

# WELCOME TO CHURCH OF THE ASCENSION

*The Seventh Sunday after Pentecost : 23 July A.D. 2017*

## Faith and Belief

We could say that Christian faith (like many other faiths) was an engine of human cultural evolution when it came on the scene. It introduced new beliefs into human consciousness that liberated millions from older and less helpful beliefs. (Those beliefs themselves may have been liberating and helpful when they were first introduced, but having fulfilled their purpose became unhelpful and even imprisoning.) But eventually, by defining itself as a settled system of beliefs, Christianity . . . became a leash or a locked door impeding ongoing growth instead of a force for liberation and forward movement.

That's why members of the Christian faith (like members of many other faiths) now face this critical question: must we stay where we are, forever defining ourselves as a system of beliefs, or may we migrate to a new understanding of Christian faith as a way of life . . . ? If such a migration is possible, how would we describe that way of life . . . ?

If we are to be truly Christian, it makes sense to turn to Jesus for the answer.

Of the many radical things said and done by Jesus, his unflinching emphasis on love was the most radical of all. Love was the greatest commandment, he said (Matthew 22:37-40). It was his new commandment, his prime directive—love for God, for self, for neighbor, for stranger, . . . and even for enemy, as he himself modeled. The new commandment of love meant neither beliefs nor words, neither taboos, systems, structures nor the labels that enshrined them mattered most. Love decentered [and] relativized everything else; love took priority over everything else.

Early in his life, Paul (then known as Saul) had no time for this kind of love talk. He was a religious-correctness man, not a love man. To guard the purity of his code, he was even willing to kill (Acts 9:1). But Paul was converted, deeply converted, and he migrated from religious correctness to love.

In fact, in his writings he not only echoed Jesus's radical proposal but made it even more explicit. There were nearly nine hundred rules identified by his religion, but you could trade them all up for this one, he said: "The only thing that matters is faith expressing itself in love" (Galatians 5:6).

Jesus and Paul were not denying their religion . . . ; they were faithfully extending it, letting it grow and flow forward. In Jesus's words, they weren't "abolishing the law," but rather they were "fulfilling it"—fulfilling its intent, fulfilling its potential (Matthew 5:17). Love was already part of the tradition, as Deuteronomy 6:5 makes clear; they were saying it was the most important part of the tradition. They were decentering old things—religious rules, temples, sacrifice, hierarchies, and the like—and reentering the tradition on love.

*From The Great Spiritual Migration, by Brian McLaren*

### **COOKBOOK COMMITTEE: Typists Needed!**

The Ascension cookbook project is well under way! As you know, we spent the spring collecting recipes, and we've now moved on to production. We are working with Morris Press, an online publisher that specializes in community cookbooks, and we are looking for volunteers to help type recipes into Morris's online recipe platform. By entering the recipes ourselves, we can not only create a bilingual cookbook, but we will also have greater control over the finished design of the project.

All you need is Internet access. Recipes can be typed at your convenience, from any location, 24 hours a day. We will provide the church's user name and password as well as detailed instructions. If you can help, please email Sari at [sari.stoddard@verizon.net](mailto:sari.stoddard@verizon.net). Our deadline to enter the recipes is August 15th.

Don't forget our next cookbook tasting even at the One Ascension luncheon scheduled for July 30th. We are looking forward to another great event.

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### **TO OUR VISITORS, NEWCOMERS, AND SEEKERS**

*We thank you for joining us today and hope you will return often.*

At Ascension, our mission is to become "ambassadors of Christ," so we welcome you to this community of resident aliens. We invite you to fill out a welcome card (located in the rack at the ends of each pew).

## TODAY AT ASCENSION

### Preacher: Randy Lord-Wilkinson

Refreshments and conversation follow every service in the downstairs in lower atrium.

The Nursery is open today from 8:30 a.m. to 12:30 p.m. It is in Room 2, in the rear hallway of the annex at the high school end of the building. Ask a welcome team member for directions.

## LIFE LONG LEARNING

### Tai Chi

Tai Chi classes are offered at 4:00 p.m. on Thursday afternoons in the Chapel; a good time of peace and balance in a lovely place. Please come and join us.

There is no Tai Chi on July 27.

Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions.

### Yoga

Randy's teaches a yoga class every Thursday at 10:00 a.m. in the Chapel. These are gentle, entry level classes anyone may enjoy. No props are needed. There are some mats, blocks and blankets for those who want them. If you have your own mat, bring it. Wear loose fitting, comfortable clothing.

### Wednesday Morning Book Group

We are now reading and discussing Neil deGrasse Tyson's *Astrophysics for People in a Hurry*. Read Chapters 6 and 7 for Wednesday

### Education for Ministry (EFM) 2017-2018

In order for Ascension's Education for Ministry class to begin on or about September 12th, we need six people to have their registrations completed by August 25th. Peg Ruppel and David Mitchell renewed their mentor training in May, and now it's time to get the class registered. The \$375 tuition covers all books and materials.

If you want to explore your faith, the Bible, and the church more deeply, this is your chance. EFM is a distance learning program from the School of Theology at the University of the South (Sewanee, visit <http://efm.sewanee.edu>).

Questions? Concerns? Please contact Peggy Ruppel (ph.301.377.0728; email [plr301@gmail.com](mailto:plr301@gmail.com)) or David Mitchell (ph. 240.454.1904; email [newlywed98@comcast.net](mailto:newlywed98@comcast.net)) for more information.

Thanks, everyone! Peg

### Spanish Class

Come and take part in Ascension's Spanish Class on Mondays from 6:30 p.m. to 8:00 p.m. at Ascension House. You don't need to know Spanish to come, because we get together to learn and/or practice. For more information contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)

### Zumba at Ascension!

Summer is here and is always a good opportunity to get in shape. For that reason, we will have Zumba classes at Ascension every Thursday at 7:30 p.m. in Undercroft Commons. Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.

## LIFE LONG LEARNING

### iRest Yoga Nidra

Dr. Tina Lightner-Morris will be offering an iRest guided meditation on Thursday July 27 @ 9:30 a.m. (after Randy's yoga class), in the Chapel.

iRest is a deep, restorative practice to relax the body, mind, and spirit. Developed from the ancient practice of Yoga Nidra ("yogic sleep"), psychologist, Richard Miller adapted the practice to help with anxiety, depression, PTSD and chronic pain syndromes.

We will be practicing while seated in chairs, so there is no need for yoga props. However, you are welcome to lie down or bring any props that make you more comfortable.

### Bible Treasure Hunt

Hi All!

Over the summer, I'm offering a bible treasure hunt series - basically a scavenger hunt for 7 boxes about one of the fruits of the spirit in a local park. I'm doing it in Olney because I have a core group of people who are interested here, so it's a good test location, plus parks are parks. So making a 20 minute drive to play at a park that has friends and good shade, isn't such a big deal. Here is the flyer. I would love if you would let your people know. Thanks so much!

In Christ,  
The Rev. Shivaun

## LIFE AT ASCENSION

### One Ascension—July 30

The second "One Ascension Sunday" is on July 30 at 10:00 a.m. We will have one service and celebrate as one community. It will be followed by a luncheon in the Undercroft. The luncheon is a potluck, so please bring your appetites and a dish or two to share. Please let Zadinga Ogada ([z\\_zulu@msn.com](mailto:z_zulu@msn.com)) know what you plan to bring, so we can be ready for you.

### Yard Sale & Car Wash- August 26

There will be Yard Sale and Car Wash on Saturday, August 26, 2017 from 7:00 a.m. to 3:00 p.m. If you have furniture or clothes that you want to donate, bring them to the office. Remember that you can bring your car to be washed. We also need help. If you are available, you are welcome to join us! For more information, please contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org) or 202-903-6426

### Know a Grad?

Help us celebrate their rites of passage. E-mail Eleni ([comm@ascensionmd.org](mailto:comm@ascensionmd.org)), if you know of someone graduating from high, middle, or elementary school, or finishing a degree.

### Baptism

Baptisms are being planned for August. Contact Randy or Javier if you would like to schedule one.

**August Recital at Ascension Sunday, August 20 at 7:30 p.m.**

An evening of German, French and American classics. Come out and enjoy an evening of flute classics with works by J.S. Bach, Griffes, Burton, Varese, CPE Bach, and Hue performed by Cristian Dohler Rodas, flute; joined by Jerrold Tidwell and Janghyo Yoo on piano. This recital is free and open to the public, and there will be a reception afterwards.

**Adopt-a-Space at Ascension**

Our worship and common spaces are sacramental in the sense that we rendezvous with God and one another in them. It is therefore meet and right that we tend them as the gift that they are. This sign-up lists most of the spaces we inhabit from week to week. They do get cleaned, but there's a lot of traffic in and out of our building and there are plenty of unclaimed artifacts to prove it!



This is an invitation for groups or individuals to "adopt-a-space" to declutter and re-order (where there is furniture).

I have assigned some groups to care for spaces with which they have a special relationship, such as the main church's sacristy, where the Altar Guild lives out its mission to prepare the holy of holies for each of to encounter at every service. Some spaces got claimed immediately, such as the Chapel nave and sacristy, by "regulars" at the 11:00o'clock service.

There are a few left! Won't you join in? Sign up by clicking this link: <http://www.signupgenius.com/go/70a0a4caba82da75-adoptaspace>

Randy

**COOKBOOK COMMITTEE: Typists Needed!**

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**Help Provide School Supplies and Backpacks for Children in Need**

It is that time of year! Ascension is collecting school supplies to provide backpacks for students (kindergarten through 5th grade) at Summit Hall Elementary School, Gaithersburg as part of the Linkages to Learning Program. The purpose of this program is to improve the well-being of children and their families through collaborative delivery of school services that address social, economic, health, and emotional issues that interfere with the academic success of a child. Lists of supplies for each grade level are available in the narthex and on the website. Please take a list or share a list with a friend. A monetary donation of \$14 is welcome to help cover the cost of the backpacks. Please place monetary donations in the collection plate. Please include "for backpacks" on the memo line of the check. On Sunday August 20, we will gather in Room 1 after the 9 am service to stuff the backpacks. All help will be appreciated. We can work together while we visit and get to know each other. Thank you for your support.

**Men's Shelter Lunch Program**

The Men's Shelter Lunch program provides bagged lunches for homeless men, assembled in the Undercroft Commons once a month. Supplies are donated by Ascension members. Depending on the season, we provide forty to eighty lunches a month. The next program is August 20 at 10:15 a.m. Contact Edith at [esekasi@gmail.com](mailto:esekasi@gmail.com) if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

**Mobile Med**

Every Tuesday, for (at least) the summer months, Mobile Med has agreed that we can close the waiting room at 1:00 p.m. We will still list a person for the 1p shift in case the day is particularly hot or rainy and we need to keep the waiting room open until 3:00 p.m. I will notify the "on call" 1:00 p.m. person that morning if they need to be there.

The 11 a.m.-1:00 p.m. person will now close the Chapel at 1:00 p.m. I have put instructions for closing in the volunteer folder; you can also contact Jean Cohn if there are questions at [spangle1@comcast.net](mailto:spangle1@comcast.net) or 240.372.3652.

**Gaithersburg HELP**

This organization provides emergency food and other support to needy families in Gaithersburg. Non-perishable food collected at Ascension every week, and during specific holiday gatherings, helps to stock the pantry. Donations may be brought to church at any time and left in the narthex. For more information, contact Melanie Mitchell at 301.519.1074 or [melanie.mitchell@verizon.net](mailto:melanie.mitchell@verizon.net)

**Ministerio Felicidad**

Ascension members prepare lunches and send love and prayers to day laborers in the neighborhood of the church. Join Javier at 6:00 a.m. on Saturday, July 29 in the church kitchen. If you have any questions, Contact Javier at [ocampoj@ascensionmd.org](mailto:ocampoj@ascensionmd.org)

**Graduations**

Congratulations to Sarah Galaghar's Son, Jamie Gallagher, for graduating summa cum laude from UMBC on May 25 with a 4.0 GPA.

Congratulations to Paul Whitmore's grandson Dylan Bagarus for graduating from high school last month.

Congratulations to Raymond Chin's Son, PJ Chin, for graduating from Salisbury University with Bachelor Degree!

## CONTACT US

205 S. Summit Ave., Gaithersburg, Maryland, 20877  
www.ascensionmd.org

- ◆ Office Hours: Monday-Friday 10:00 a.m. 4:00 p.m.
- ◆ Phone: 301.948.0122 ◆ Fax: 301.926.9012
- ◆ Randy's Cell: 301.801.4347
- ◆ Javier's Cell: 202.903.6426
- ◆ Prayer requests: Fill out a yellow prayer request card on the table outside the office, in the Chapel or e-mail the office at office@ascensionmd.org.

**Bishop of Washington** - The Rt. Rev. Mariann Edgar Budde  
mebudde@edow.org, 202.537.6550

**Rector** - (The Rev.) Randy Lord-Wilkinson  
ral@ascensionmd.org, voice mailbox 12

**Assistant to the Rector**—The Rev. Javier García Ocampo  
ocampo@ascensionmd.org, voice mailbox 16

**Minister of Music**—Jerrold Tidwell,  
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**Altar Guild Directors**, Mardia Dennis, 301.540.4499  
mard908@gmail.com, Dotty Pfadenhauer, dottypfa@aol.com  
and Georgana Maines, mainesgnh@verizon.net

**Nursery Attendant**—Brenda Alvarez,  
brendaalvarezduque@hotmail.com

## LEADERSHIP AT ASCENSION

**Senior Warden:** Betsy Hasegawa  
**Junior Warden:** Janet King

### Vestry:

2018: Berenice Rodriguez, Avin Lalmansingh,  
Gary McLaughlin

2019: Rose Buck, Zadinga Ogada, John Pruessner

2020: Gordon Donnelly, Meredith Horan, Luis Pedron  
Sari Stoddard, *Clerk of the Vestry*  
Howard Holland, *Treasurer*

Christian Formation for Children: Megan Didavi ~ Christian  
Formation for Youth: Angie Hight-Walker ~ Facilities: Ted Be-  
dell Finance: Howard Holland ~ Mission: Paul Boynton ~ Pas-  
toral Care: Randy Lord-Wilkinson Personnel: Jean Cohn ~  
Worship: Carleton MacDonald

### Delegates to Diocesan Convention:

Kristen Keating, Carleton MacDonald, Sue Snay  
Alternate: Mardia Dennis

## Cycles of Prayer

In the Diocesan cycle of prayer, we pray for  
St. James' Church, Indian Head,  
St. James' Church, Potomac,  
St. James' Children's School, Potomac,  
St. Anne's Church, Damascus

## THIS WEEK AT ASCENSION

### MONDAY, JULY 24

1:00 p.m. Al-Anon—Room 1  
6:00 p.m. Ensemble Rehearsal—Main Church  
6:30 p.m. Overeaters Anonymous—Room 4  
6:30 p.m. Spanish Class—Ascension House

### TUESDAY, JULY 25

11:00 a.m. Staff Meeting—Library  
6:00 p.m. Spanish Bible Study—Ascension House  
7:00 p.m. Codependents Anonymous—Room 1  
7:00 p.m. Stillwater Mindfulness Group—Chapel  
8:30 p.m. Al-Anon—Room 1

### WEDNESDAY, JULY 26

10:00 a.m. Wednesday Morning Book Group—Library  
1:00 p.m. Al-Anon—Room 1  
7:00 p.m. Overeaters Anonymous—Room 1  
8:00 p.m. Gamblers' Anonymous—Chapel

### THURSDAY, JULY 27

10:00 a.m. AIM Action on Worker's Pensions—Chapel  
10:00 a.m. Yoga—Undercroft Commons  
12:15 p.m. AIM Lunch—Room 1  
4:00 p.m. Tai Chi—Chapel  
6:00 p.m. Bariatric Support Group—Chapel  
7:30 p.m. Zumba—Undercroft Commons

### FRIDAY, JULY 28

1:00 p.m. Al Anon—Room 1

### SATURDAY, JULY 29

6:00 p.m. Ministerio Felicidad  
9:00 a.m. Overeaters Anonymous—Chapel  
11:00 a.m. Al-Anon—Undercroft Commons  
11:00 a.m. Overeaters Anonymous—Room 1

### SUNDAY, JULY 30

**Preacher:** Randy Lord-Wilkinson  
10:00 a.m. One Ascension Sunday Following Potluck

Attendance	July 2	July 9	July 16
7:45 a.m.	23	20	20
9:00 a.m.	72	67	56
10:15 a.m.	12	16	12
11:00 a.m. Spanish Service	33	45	22
11:15 am	43	40	44
5:00 p.m.	10	10	8
Total:	193	198	162