

WELCOME TO CHURCH OF THE ASCENSION

One Ascension Sunday : 30 July A.D. 2017

EFM FAQs

Q: What is EFM?

A: Education for Ministry is a four-year distance learning program to help people discovery the depth and breadth of the Christian tradition and bring it into conversation and action.

Q: How often does it meet?

A: Once a week starting in September and ending in May. Very much like the school year, there's a mid-winter break and a spring break.

Q: How long is the meeting?

A: About two-and-a-half hours.

Q: Are there any tests?

A: No. There are no papers, either. Just readings and structured conversation we call Theological Reflection.

Q: How much does it cost?

A: The fees are \$375/year. That includes the text for the year. All you need to have is a Bible.

Q: I'm not planning to be a priest, why should I take EFM?

A: Most people who complete EFM don't go to the seminary. They take their experience with them into their lives in the community.

Q: How do I sign up?

A: Get in touch with Peg Ruppel at plr301@gmail.com or David Mitchell at newlywed98@comcast.net, the Ascension EFM mentors. They'll have registration sheets available or they can email you a copy to print and fill out.

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.

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.

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.

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) or David Mitchell (ph. 240.454.1904; email 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 ocampoj@ascensionmd.org

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 LONG LEARNING

Children's Formation

Starting this fall, all Sunday school classes will be held between the 9:00 and 11:00 services. Adult Christian Formation will also be offered at this time. We are excited about consolidating the two groups into one larger group. We hope children will become more involved in the church service by doing welcome team, helping with alter guild, reading, or whatever their talents and interests bring them to do. Adult Formation choices will include the opportunity to learn what their children are learning and how to help them see God in everyday life.

LIFE AT ASCENSION

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.

Baptism

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

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

LIFE AT ASCENSION

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. 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.

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 or 202-903-6426

CARING FOR OUR COMMUNITY

Interfaith Community Meeting on Immigration Issues

You are invited to an interfaith community forum on immigration issues, which will be moderated by Interfaith Works CEO Shane Rock. All are welcome.

WHEN: Monday, July 31, 5 - 8pm

WHERE: Islamic Education Center of Maryland
7917 Montrose Rd., Potomac

A flyer with details is available here: <http://bit.ly/2uHre3n>

Skywatching - Solar Eclipse Party



The Gaithersburg Community Museum is hosting a free Solar Eclipse event at Observatory Park on Monday, August 21, 2017, from 1 to 4 p.m.

As always, stargazing events are weather permitting. Last minute announcements will be posted on the Museum's Facebook page at <https://www.facebook.com/GaithersburgCommunityMuseum>. Also, please note that there are no restrooms available, and parking adjacent to Observatory Park is very limited. There will be overflow parking available in the St. Martin's field at the corner of DeSillum Avenue and Route 355, one block from the park.

For more information contact the Gaithersburg Community Museum: 301-258-6160 or museum@gaithersburgmd.gov

CARING FOR OUR COMMUNITY

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 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 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 in-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

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 ocampo@ascensionmd.org

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 Garcia Ocampo
ocampo@ascensionmd.org, voice mailbox 16

Minister of Music—Jerrold Tidwell,
tidwellj@ascensionmd.org, voice mailbox 11

Parish Administrator - Kathy Van Arnum
office@ascensionmd.org, voice mailbox 10

Media Specialist—Eleni Hailu
comm@ascensionmd.org, voice mailbox 14

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
Diocesan Historiographer
Diocesan Committee on Constitutions and Canons
Diocesan Disciplinary Board

THIS WEEK AT ASCENSION

MONDAY, JULY 31

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, AUGUST 1

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, AUGUST 2

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, AUGUST 3

10:00 a.m. Yoga—Undercroft Commons
4:00 p.m. Tai Chi—Chapel
7:30 p.m. Zumba—Undercroft Commons

FRIDAY, AUGUST 4

1:00 p.m. Al Anon—Room 1
6:00 p.m. Couples 12-Step Program—Room 1

SATURDAY, AUGUST 5

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

SUNDAY, AUGUST 6

Preacher: Javier Ocampo
7:45 a.m. Holy Eucharist—Main Church
9:00 a.m. Holy Eucharist—Main Church
10:15 a.m. Service for Young Children—Chapel
11:00 a.m. Misa en Espanol—Chapel
11:15 a.m. Holy Eucharist—Main Church
5:00 p.m. Holy Eucharist: Last Chance Church—
Chapel

Attendance	July 9	July 16	July 30
7:45 a.m.	20	20	24
9:00 a.m.	67	56	52
10:15 a.m.	16	12	12
11:00 a.m. Spanish Service	45	22	42
11:15 am	40	44	51
5:00 p.m.	10	8	7
Total:	198	162	188