

WELCOME TO CHURCH OF THE ASCENSION

The Fifth Sunday after Pentecost : 9 July A.D. 2017

"God is Not a Christian"

"I mean, God is not a Christian. God is not a Jew or a Muslim or a Hindu or Buddhist. All of those are human systems, which human beings have created to try to help us walk into the mystery of God. I honor my tradition. I walk through my tradition. But I don't think my tradition defines God. It only points me to God.

"You and I are emerging people, not fallen people. Our problem is not that we are born in sin, our problem is that we don't know how to yet achieve being fully human.

"The function of the Christ is not to rescue sinners, but to empower you and call you to be more deeply and fully human than you've ever realized there was the potential within you to be. Maybe salvation needs to be conveyed in terms of enhancing your humanity, rather than rescuing you from it.

"Life is a startling and wondrous experience, and eventually I think we're going to discover that God is unfolding through the life of our consciousness, in our self-consciousness."

- The Rt. Rev. John Shelby Spong
Episcopal Bishop of Newark, ret.

Sanctuary Church Town Hall Meeting Today

Laura Stump of St. Stephen's and the Incarnation Church in D.C. will speak to us after the 9:00 a.m. service in the Nave about the process of discernment around becoming a Sanctuary Church.

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) 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 ocampo@ascensionmd.org

The Listening Heart Community

The Listening Heart Community is Ascension's "monastery of the heart", an intentional group for seekers in all stages of their spiritual journey to explore Benedictine and other contemplative spirituality in community. We meet the first and third Monday of each month. Contact Lori Perine at lperine@gmail.com if you would like to join us.

LIFE LONG LEARNING

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.

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

Still Water Mindfulness Practice Group

Mindfulness is our capacity to be fully present in our own lives, to be aware of what we are doing as we are doing it. As we develop our awareness, an inner stillness naturally grows. We are better able to embrace the world, better able to experience the Kingdom of God in the present moment. Our weekly program of meditation and mindfulness practices in the tradition of zen monk and peace activist Thich Nhat Hahn will continue on Tuesdays from 7:00 to 8:30 p.m. in the chapel.

LIFE AT ASCENSION

Know a Grad?

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

Got Glue?

And some clamps? Thank you ever so much, Gary McLaughlin, Pete Minderman, and Jim Utterback for performing first aid on the Chapel chairs. If any one else feels equipped to tighten up some loose chair legs, drop Randy a line (contact info on the back cover of this bulletin).

Help Select Ascension's Future Adventures

On our website, we have posted the list that identifies many activities for Ascension's adventure group to possibly undertake during the upcoming 12 months or so.

Please help identify the most popular among these activities by sending an email to Richard Snay (rssnay@aol.com) identifying up to ten of these activities, each being of interest to you.

It would be helpful if you would number your suggested activities in the order of your preference from one to ten with the number 1 designating your most preferred activity.

Alternatively, you can simply hit the forward button for this email and then place the numbers in the first column of the following table before hitting the send button.

Please provide Richard your selections by Tuesday, July 18. He will then compile everyone's input and prepare a tentative schedule of our preferred activities.

You can access the list: <http://bit.ly/2u1dEdV>

Sermon Videos on YouTube



Go to:
<http://ascensionmd.org/videos/>
or
Our Youtube Page: <http://bit.ly/2paseJO>

CARING FOR OUR COMMUNITY

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 July 16 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

Lord's Table Soup Kitchen

There is an opportunity to serve at the soup kitchen on the first Saturday or third Monday each month at 1:00 p.m. (prep work) or 3:00 p.m. (serving) across the street at St. Martin's Church. Contact one of our experienced team leaders, Page Salazar (Saturdays, pagesalazar@gmail.com) or Jean Cohn (Mondays, spangle1@comcast.net). We can always use more volunteers!

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 22 in the church kitchen. If you have any questions, Contact Javier at ocampo@ascensionmd.org

CONTACT US

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- ◆ 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

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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
All Faith Church, Charlotte Hall

Diocesan Committee on Human Resources
Canons and Staff of the Diocese of Washington
All Vestries, Parish Leaders and Staff Members

THIS WEEK AT ASCENSION

MONDAY, JULY 10

- 11:30 a.m. Living with a Chronic Illness—Room 1
- 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 11

- 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 12

- 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 13

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

FRIDAY, JULY 14

- 1:00 p.m. Al Anon—Room 1

SATURDAY, JULY 15

- 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 16

Preacher: Laura Shay

- 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
- 10:15 a.m. Men's Shelter Lunches
- 11:00 a.m. Misa en Espanol—Chapel
- 11:15 a.m. Holy Eucharist—Main Church
- 1:30 p.m. Maryland Uke Jam—Undercroft Commons
- 5:00 p.m. Holy Eucharist: Last Chance Church—Chapel

Attendance	June 18	June 25	July 2
7:45 a.m.	30	19	23
9:00 a.m.	72	74	72
10:15 a.m.	20	—	12
11:00 a.m. Spanish Service	72	36	33
11:15 am	41	68	43
5:00 p.m.	12	8	10
Total:	247	205	193