

# WELCOME TO CHURCH OF THE ASCENSION

*The Second Sunday after Pentecost : 18 June A.D. 2017*

## Cheap Grace

"Cheap grace means grace sold on the market like cheapjacks' wares. The sacraments, the forgiveness of sin, and the consolations of religion are thrown away at cut prices. Grace is represented as the Church's inexhaustible treasury, from which she showers blessings with generous hands, without asking questions or fixing limits. Grace without price; grace without cost! The essence of grace, we suppose, is that the account has been paid in advance; and, because it has been paid, everything can be had for nothing. Since the cost was infinite, the possibilities of using and spending it are infinite. What would grace be if it were not cheap?...

"Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, Communion without confession, absolution without personal confession. Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ, living and incarnate.

"Costly grace is the treasure hidden in the field; for the sake of it a man will go and sell all that he has. It is the pearl of great price to buy which the merchant will sell all his goods. It is the kingly rule of Christ, for whose sake a man will pluck out the eye which causes him to stumble; it is the call of Jesus Christ at which the disciple leaves his nets and follows him.

"Costly grace is the gospel which must be sought again and again, the gift which must be asked for, the door at which a man must knock.

"Such grace is costly because it calls us to follow, and it is grace because it calls us to follow Jesus Christ. It is costly because it costs a man his life, and it is grace because it gives a man the only true life. It is costly because it condemns sin, and grace because it justifies the sinner. Above all, it is costly because it cost God the life of his Son: "ye were bought at a price," and what has cost God much cannot be cheap for us. Above all, it is grace because God did not reckon his Son too dear a price to pay for our life, but delivered him up for us. Costly grace is the Incarnation of God."

— from Dietrich Bonhoeffer, *The Cost of Discipleship*

### Yard Sale & Car Wash

There will be Yard Sale and Car Wash on Saturday, June 24, 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

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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 Class

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 Classes

Randy's yoga class is every Thursday at 10:00 a.m. in 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.

### New Books for the Wednesday Morning Group

This popular discussion group meets in the Library every Wednesday at 10:00 until 11:30 p.m. It is perhaps a quarter century old and at times threatens to burst out of the Library, where it has met for years.

On Wednesday, June 14 you are invited to opt in on reading and discussing Neil deGrasse Tyson's *Astrophysics for People in a Hurry*. The book is already a best seller after about a month. The hardcover is only \$11.37 from Amazon or you can absorb it via Kindle (\$8.91).

Here's what Amazon says about the book: "What is the nature of space and time? How do we fit within the universe? How does the universe fit within us? There's no better guide through these mind-expanding questions than acclaimed astrophysicist and best-selling author Neil deGrasse Tyson. But today, few of us have time to contemplate the cosmos. So Tyson brings the universe down to Earth succinctly and clearly, with sparkling wit, in tasty chapters consumable anytime and anywhere in your busy day." Read Chapter 2 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

## LIFE LONG LEARNING

### Spanish Classes

Come and take part in Ascension's Spanish Class on Mondays from 6:30 p.m. to 9:00 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](mailto:ocampoj@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](mailto:lperine@gmail.com) if you would like to join us.

## LIFE AT ASCENSION

### 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.

### 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).

### Zumba Classes 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. beginning on June 22nd. 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.

### Father's Day Food Drive

Please leave your father's day food offering at the rear of the Nave by the rocking chair.

### iRest Yoga Nirda

Dr. Tina Lightner-Morris will be offering an iRest guided meditation on Thursday June 29 and July 27@ 9 am (before Randy's yoga class).

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.

### Work Camp 2017

**Saturday, June 25- Friday, June 30**

Fourteen Ascension Youth, joined by 6 youth from the dioceses in Virginia, will head to inner city Philadelphia for a one week Work Camp on Sunday June 25th. Currently, Philly's poverty rate is 25% (adult poverty rate) and 38% (child poverty rate), giving the unwanted distinction of having the highest rate in the nation among the 25 most populous U.S. counties. The Youth will work specifically at the St. James School <https://stjamesphila.org/> with which Ascension has a long and rewarding relationship. St. James is a faith-based middle school in the Episcopal tradition, committed to educating traditionally underresourced students in a nurturing environment. This school is located in northern Philadelphia where the poverty rate is nearly double the city's rate, surpassing 44%. The importance of education for these students can not be overstated considering that only 50% of Philadelphia high school students graduate on time and more than 40% drop out altogether. **Please keep the Youth in your prayers and consider donating their cause on Sunday the 25th.**

### AIM Listening Session

On Sunday, June 25th, Action in Montgomery and Ascension members will have a "Listening Session". AIM builds power through our relationships. Rooted in relationship and our collective power we act together to create change. The first step to building real relationships across diverse communities starts with hearing and relating to each others' stories and finding what we hold in common. Join us, so your word can be heard, after the 11:00/11:15 a.m. services, in the Undercroft .

### 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

### 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 today 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 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](mailto: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@ymail.com](mailto:pagesalazar@ymail.com)) or Jean Cohn (Mondays, [spangle1@comcast.net](mailto: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](mailto:ocampo@ascensionmd.org)



### Sermons' Video on our Website/YouTube

Check out our sermons Video :  
<http://ascensionmd.org/videos/>

Or

Our Youtube Page:

<http://bit.ly/2paseJO>

## 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

**Assistant to the Rector**—The Rev. Javier García Ocampo  
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mard908@gmail.com, Dotty Pfadenhauer, dotypfa@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. Alban's Church, Washington and Iglesia San Albano  
Pray for all fathers and those who have been  
as fathers to us

## THIS WEEK AT ASCENSION

### MONDAY, JUNE 19

- 1:00 p.m. Al-Anon—Library
- 6:00 p.m. Ensemble Rehearsal—Main Church
- 6:30 p.m. Overeaters Anonymous—Room 4
- 6:30 p.m. Spanish Class—Ascension House
- 7:00 p.m. Listening Hearts Community—Library

### TUESDAY, JUNE 20

- 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, JUNE 21

- 10:00 a.m. Wednesday Morning Book Group—Library
- 1:00 p.m. Al-Anon—Library
- 7:00 p.m. Overeaters Anonymous—Room 1
- 7:30 p.m. Zumba Class—Undercroft Commons
- 8:00 p.m. Gamblers' Anonymous—Chapel

### THURSDAY, JUNE 22

- 10:00 a.m. Yoga—Chapel
- 11:00 a.m. Episcopal Seeking Seniors—Asbury
- 4:00 p.m. Tai Chi—Chapel
- 6:00 p.m. Bariatric Support Group—Chapel

### FRIDAY, JUNE 23

- 1:00 p.m. Al Anon—Room 1

### SATURDAY, JUNE 24

- 7:00 a.m. Yard Sale and Car Wash
- 9:00 a.m. Overeaters Anonymous—Chapel
- 11:00 a.m. Al-Anon—Undercroft Commons
- 11:00 a.m. Overeaters Anonymous—Room 1

### SUNDAY, JUNE 25

- Preacher:** Laura Shay
- 7:45 a.m. Holy Eucharist—Main Church
- 8:15 a.m. Choir Rehearsal—Choir Room
- 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
- 12:00 p.m. Youth leave for Work Camp
- 1:30 p.m. Vestry Meeting—Room 1
- 5:00 p.m. Holy Eucharist—Chapel

Church Attendance	May 28	June 4	June 11
7:45 a.m.	24	22	23
9:00 a.m.	71	93	68
10:15 a.m.	39	22	13
11:00 a.m. Spanish Service	32	33	31
11:15 am	42	43	40
5:00 p.m.	10	37	5
<b>Total:</b>	<b>218</b>	<b>250</b>	<b>180</b>