

WELCOME TO CHURCH OF THE ASCENSION

The Third Sunday after Pentecost : 25 June A.D. 2017

Ascension: Church of the Big Table

This is a reprint of something I wrote in 2012. It's interesting to revisit the rationale for fairly recent changes.

If the Episcopal Church is the Big Tent, then Ascension is the Big Table. One of the most distinctive things about Ascension is that it has 6 services a Sunday, one of which is in Spanish. This is the legacy of a past generation of parish leaders who studied church growth and acted upon the exhortation of a distinguished teacher who said, "If you have a service, add another, and make it different!" This gave rise to our very popular 10:15 service for families with young children and the 5 o'clock "Come As You Are" Eucharist. Soon after (Ash Wednesday 2004) came the Spanish Eucharist, under the leadership of Padre Simón. The goal is to increase the diversity of our membership by making the Table bigger.

Those of you who've been attending the "new" 9 and 11 o'clock services have been really great about giving Paul and me feedback. On the whole the "buzz" about both liturgies is quite positive. Some are not happy about having to migrate to 9 o'clock for the classic Eucharist (it's so early!). Up until about three years ago, this was the better attended service, and has historically been the prime time "anchor" service of Ascension. It is, once again. The other concern I heard about the 9 was that some did not want a more traditional service at this hour. I explained that the 9 o'clock Eucharist as we've done it in recent years was actually quite traditional, except that we used more hymnals! From my point of view this was the easier liturgy to do in its latest incarnation as the "template" for traditional Eucharists is well defined.

At 9 o'clock you'll hear our new "gong." As I noted in my announcements one recent Sunday, bells in the Eucharist in days of yore were for the purpose of signaling to largely illiterate worshipers when the "transformation" of the Bread and Wine into the Body and Blood of Christ happened. Now, and here, I am using a meditation gong as a way to introduce a contemplative element into our classic Eucharist. We will invite it to sound once after the reading, and once after each of the paragraphs in the Great Thanksgiving known as the "words of institution." The celebrant will pause for some duration until the gong is nearly silent. You may simply observe and savor the time of quiet, or say a word of prayer, such as 'Come, Holy Spirit'.

The 11 o'clock liturgy was more challenging to design as there are no well established recipes for such an undertaking. For the moment, it is the fruit of collaborative brainstorming by Paul and me. The main concern I hear is around sharing Communion with one another and not from a priest, at both a logistical and devotional level. I want to give this mode of communicating a real chance, as it can be very powerful. I will simplify the practice by using gluten free wafers for this service. Communicants can hand the basket to the person next to them while they say "the Body of Christ" while that person picks up their own wafer and then passes the basket on. Sanitation was also a concern, so this will help in that regard, as will the bottles of hand sanitizer at either end of the pews.

So much has changed! The 11 is now 11:15, and there is an all volunteer instrumental ensemble under new leadership. We did abandon the practice of giving Communion to each other, although we are trying it again at 5. - RAL

PS - The next One Ascension Sunday is July 30th at 10:00 a.m.

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: Laura Shay

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.

Wednesday Morning Book Group

We are now 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).

Read Chapters 3 and 4 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 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 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 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.

iRest Yoga Nidra

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.

LIFE AT ASCENSION

Sanctuary Church Town Hall Meeting on July 9

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 deciding to become a Sanctuary Church.

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

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).

CARING FOR OUR COMMUNITY

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 today after the 11:15 service. 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 under-resourced 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.**

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 .

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

Graduation

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

Sermon Videos on YouTube

Go to:

<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
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Rector - (The Rev.) Randy Lord-Wilkinson
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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 ~ Pasto-
ral Care: Randy Lord-Wilkinson Personnel: Jean Cohn ~ Wor-
ship: 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
The Third Sunday after Pentecost
The Cathedral Church of St. Peter and St. Paul
Cathedral Chapter
Cathedral Chaplains and Cathedral Volunteers
The Protestant Episcopal Cathedral Foundation

THIS WEEK AT ASCENSION

MONDAY, JUNE 26

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, JUNE 27

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 28

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

THURSDAY, JUNE 29

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

FRIDAY, JUNE 30

1:00 p.m. Al Anon—Room 1

SATURDAY, JULY 1

9:00 a.m. Overeaters Anonymous—Chapel
11:00 a.m. Al-Anon—Undercroft Commons
11:00 a.m. Overeaters Anonymous—Room 1
1:30 p.m. Wedding & Reception- Main Church and
Undercroft Commons

SUNDAY, JULY 2

Preacher: Randy Lord-Wilkinson
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
5:00 p.m. Holy Eucharist: Last Chance Church —
Chapel

Church Attendance	June 4	June 11	June 18
7:45 a.m.	22	23	30
9:00 a.m.	93	68	72
10:15 a.m.	22	13	20
11:00 a.m. Spanish Service	33	31	72
11:15 am	43	40	41
5:00 p.m.	37	5	12
Total:	250	180	247