

# WELCOME TO CHURCH OF THE ASCENSION

*The Second Sunday after Pentecost: 3 June A.D. 2018*

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## Wait, what?! Summer is here?!

When I started my ministry in the USA, I realized that summer is a season to do many things but Church. It was different to me because in my other church, summer was the busiest season of the year. We used to have many activities, especially for children, since they were on vacation from school. On the other hand here we tend to take church off in the summer.

I don't remember my dad ever dismissing anyone in his church at the end of spring with a sermon called, "See you in the fall." But sometimes I think that's what we hear in our heads. The weather gets warmer. The days get brighter, and around Memorial Day, we pretend the priest is giving us a pass for the next few months.

Why does this happen?

I can only think of two reasons we take church off during summer

### 1. You go on vacation.

I can probably count on one hand the number of times I've gone to church while on vacation at the beach during the summer. That's horrible, right? (Yeah, I assume so). Some people love that, though. I have friends, who enjoy finding a random church to visit to add to their summer vacation memories, or they hold a church service wherever they're staying, both are legitimate options. If you're away on vacation, that is actually a good reason to miss going to your home church during summer.

### 2. You throw the "God is everywhere in nature" card.

What a beautiful day. What a warm, fun day this Sunday morning has already turned into. I'd like to go to church today, but you know, I don't want to miss God's glorious sunshine. It's too pretty today to go to church, plus God is everywhere, you know? He made it all. He made the ocean and the mountains and the lake.... Today, instead of being stuck in church, I will worship God in all his majesty, at the lake!

Will this post dramatically impact church attendance this summer? Probably, I'd like to think we're going to see a direct correlation, and church attendance is about to spike. If it doesn't, there must be some other reason for taking the summer off from church that I didn't mention.

What's your reason for missing church during the summer?

If you are not going anywhere for vacation, Church is a good option. We need to come up with some ideas and activities for our church. Come and volunteer and let us make this summer special and different.

Javier

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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: Javier Ocampo

Refreshments and conversation follow every service in the lower atrium.

A place of refuge for parents with restless children is available all morning in the Main Building, in Room 4.

## 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. Tai Chi will be cancelled any Thursday that schools are closed for bad weather this winter. Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions.

### Godly Play

In Godly Play, we will learn about how Paul discovered the power of the holy spirit and went to the ends of the earth to teach people the message of love.

### Joyful Path

The members of A Joyful Path will explore the meaning of being of service to others. I John 3:18 "Little children, let us love, not in word or speech, but in truth and action. Also the meaning of this Mexican proverb: "A good deed is the best prayer." Come and join us in Room 2 after the 9:00 a.m. service (10:15).

### Wednesday Morning Book Group

We are reading Derek Wilson's book entitled A Magical World: Superstition and Science from the Renaissance to the Enlightenment. Our group meets on Wednesday mornings at 10:00 a.m. in Ascension's library. All are welcome to participate. Please read Chapter 3 for this coming Wednesday.

### Spanish Class

Come and take part in Ascension's Spanish Class on Mondays from 6:00 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

### 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 on alternate Monday evenings. Please contact Lori Perine at lperine@gmail.com if you would like more information.

### Zumba at Ascension

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.

### Thursday Morning Yoga

Yoga classes are offered on Thursdays at 10:00 AM, taught by Lucia Pires. The class is multilevel, with an emphasis on gentle yoga, and is appropriate for beginners. Props are offered, but the students are encouraged to bring their own yoga mats.

Lucia Pires is from Rio de Janeiro, Brazil. She is a 500-hour Pranakriya Yoga School of Healing Arts certified yoga teacher. Her training focuses on cultivating and enhancing the relationship of the student with his or her life force through yoga postures, breath work and meditation, in order to create change in awareness and help the student move towards wholeness and greater aliveness. She completed her professional training in 2015.



Lucia is the mother of two boys, ages 14 and 10, and when they give her a little break she enjoys reading, writing, long walks in nature and dancing.

## LIFE AT ASCENSION

### Diana Gustafson Ordination

Dear Ascension Friends

By the Grace of God and the people consenting I will be ordained to the priesthood on June 16, 2018 at 10:00 at the National Cathedral. I am joyful and humbled to invite you join me.

I will have a more formal invitation and further details to send in a few weeks. National Cathedral, 101 Wisconsin Ave NW, Washington, DC 20016

Blessings, Diana

### Attention Worship Leaders

I will be starting the roster of worship leaders (lectors, chaliceists, acolytes, hospitality angels, etc) soon. If there are any changes, if you have black-out dates, or if you would be interested in serving as a specific worship leader, please let me know before June 12.

Thanks,

Sari Stoddard | 301-972-0914 | Sari.stoddard@verizon.net

### Father's Day Food Drive

Honor your dads, living and departed, while helping others. Bring a bag of groceries to church before or on Father's Day, Sunday, June 17, for the food pantry at Gaithersburg HELP. Forms for dedication information are found at the Narthex, and undercroft. As always, we will give thanks for the ministry of fatherhood in the Prayers of the People at all services on the 17th.

### First Responder Presentation

Would you know how to act quickly if a person in your pew suddenly had a heart attack? Do you know where our AED is located, how to use it, or even what it is? What would you do if a stranger entered the church carrying a weapon, or simply looked threatening? A presentation given by a member of the Gaithersburg Police Department will address all these issues, and more, on Sunday, June 24th following the 10:00 a.m. service in the undercroft. Please plan to attend this important meeting to learn more about these urgent issues.

### Kitchen Closed

Until repairs are completed, the kitchen will be closed. We are sorry for the inconvenience and thank you for your support during this time.

### Facilities Committee Seeks Volunteers!

Have you ever built a house all by yourself? Neither have we. But we have lived in houses and apartments where things break and need repairs. If you have experience calling plumbers, electricians, roofers, etc., and meeting them when they come for estimates, you are just the kind of person we need for the facilities committee. While we welcome handy people who can fix a lock, drive a screw or change a light bulb, most of our duties consist of identifying projects, arranging for estimates and meeting prospective contractors. Perfect for retirees! The more of us there are, the less any one person has to do. If you are interested, contact one of the following: Ted Bedell, 301-520-8449; Luis Pedron, 301-922-5610; John Pruessner, 240-271-4739, or email Lin Keene at: office@ascensionmd.org

### Ascension Work Camp 2018

#### Exact dates:

- ◆ June 23: Virginia delegation arrives-Cook Out at Hight Walker 6:00 p.m.
- ◆ June 24: Church send off-10:00 a.m. service
- ◆ Even if you can't go to work camp please attend these two events
- ◆ June 24: leave from church to drive to Philly in large vans
- ◆ June 29: drive home meet at church for pick up ~9:00 p.m.

#### Cost:

\$350, however scholarships will be found for those in need. Please make check out to Ascension and put "work camp" in the memo. Also please do not hand it to me but rather give it to church office in person or mail.

Please let me know if you have any questions.  
Best- A&T

### Ascension Music Update

Church of the Ascension is blessed to have so many talented and dedicated musicians to lead and inspire in our worship. Beginning Sunday June 10, 2018 The Ascension Choir will begin their summer hiatus. Music at the 10AM service will continue to be drawn from a variety of sources. The Ensemble will continue to provide accompaniment along with the organ. This summer is an opportunity for new and old members to come and join in the singing and the playing. Rehearsal for the music of the day will be held at 9 AM prior to worship. Additional instrumental rehearsal to be arranged as needed.

Thank-you all,  
Clarice Snyder, Interim Organist and Choir Director

#### Events Schedule Update

We are in the process of updating "Together We Shine" and if you have any event that is scheduled between now and December 2018, Please email all the event's name and date to Eleni at Comm@ascensionmd.org

### Men's Shelter Lunch Program

The Men's Shelter Lunch program provides bagged lunches for homeless men, assembled in the Undercroft once a month. Supplies are donated by Ascension members. Depending on the season, we provide forty to eighty lunches a month. The next program will be on June 17 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>

### 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, June 30 in the church kitchen. If you have any questions, Contact Javier at ocampoj@ascensionmd.org

### Donation for Gaithersburg HELP

Thank you all so much for your generous donations of food to the Gaithersburg HELP food pantry. We get a wide range of donations from week to week, and are very grateful. We especially appreciate donations of canned fruit, boxed cereal, pasta, beans, peanut butter, and soup. There are, however, a couple of categories of items that we cannot accept:

- ◆ Perishable items, especially bread. The pantry does have agreements with a couple of local bakeries, by which their unsold (but still fresh) baked goods are delivered directly to our freezers. Loaves of bread left at the church are likely to be crushed or go moldy before they can be delivered to the pantry.
- ◆ Open items, or items that are not in their original packaging. We respect our clients and show concern for their health and safety by not giving them open boxes, half-empty jars, pasta or beans in unlabeled plastic bags, or loose flavor packets.

If you would like to volunteer for Gaithersburg HELP, or if you need assistance, visit [gaithersburghelp.org](http://gaithersburghelp.org) or call (301) 216-2510. Thank you!

Melanie Mitchell  
301.519.1074 or [melanie.mitchell@verizon.net](mailto:melanie.mitchell@verizon.net)

### Prison Ministry

Bubba Pflantzbaum has been writing to an inmate in Cumberland for about 10 years, providing friendship and access to information. His name is Jim, and he may be released in the next year or so. Jim is always looking for people to correspond with, so if you are interested in getting involved with this ministry, please email Bubba at [bubbashalom@gmail.com](mailto:bubbashalom@gmail.com)

### Montgomery Hospice

Montgomery Hospice is a nonprofit hospice that has been serving the residents of Montgomery County for 36 years. We provide professional end-of-life care in homes, extended care facilities and at Casey House, our acute care facility. We are looking for new volunteers. Our greatest need is for volunteers to visit patients. These volunteers provide companionship for patients, respite for family members, lavender oil hand massages, music by the bedside or help with practical matters. Many provide the gift of "presence" by simply being with a patient. All volunteers go through an application

## CONTACT US

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

- ◆ Office Hours: Monday-Thursday 9:30 a.m. 3:30 p.m.  
Friday 10:00 a.m.–2:00 p.m.
- ◆ Phone: 301.948.0122 ◆ Fax: 301.926.9012
- ◆ Javier’s Cell: 202.903.6426
- ◆ Prayer requests: Fill out a yellow prayer request card on the table at Narthex, 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

**Priest in Charge** –The Rev. Javier García Ocampo  
ocampo@ascensionmd.org, voice mailbox 12

### Interim Ministers of Music

9:00 a.m. Clarice Snyder

**Parish Administrator** - Lin Keene

office@ascensionmd.org, voice mailbox 10

**Media Specialist**—Eleni Hailu

comm@ascensionmd.org, voice mailbox 14

**Altar Guild Directors**, Mardia Dennis,

mard908@gmail.com, Dotty Pfadenhauer, dottypfa@aol.com  
and Georgana Maines, mainesgnh@verizon.net

## LEADERSHIP AT ASCENSION

**Senior Warden:** Betsy Hasegawa

**Junior Warden:** Janet King

### Vestry:

2019: Rose Buck, Zadinga Ogada, John Pruessner

2020: Gordon Donnelly, Meredith Horan, Luis Pedron

Sari Stoddard, *Clerk of the Vestry*

Avin Lalmansingh, *Treasurer*

2021: Berenice Rodriguez, Robert Waters,

Susan McLaughlin

Christian Formation for Children: Megan Didavi ~ Christian

Formation for Youth: Angie Hight-Walker ~

Facilities: Ted Bedell ~

Finance: Avin Lalmansingh ~ Mission: Paul Boynton ~

Pastoral Care: Nan Hildebrand ~

Personnel: Jean Cohn ~

Worship: Gary McLaughlin, Curt Lindsay

### Delegates to Diocesan Convention:

Mardia Dennis, Gary McLaughlin, Sue Snay

Alternate: Fred Diaz

## Cycles of Prayer

In the Diocesan cycle of prayer, we pray for

St. Columba’s Church, DC

St. Columba’s Nursery School, DC

## THIS WEEK AT ASCENSION

### Monday, June 4

- 1:00 p.m. Al-Anon—Room 1
- 6:00 p.m. Spanish Class—Ascension House
- 6:45 p.m. Girl Scout—Room 6
- 7:00 p.m. Listening Hearts Community—Library
- 7:00 p.m. Overeaters Anonymous—Room 1

### Tuesday, Juen 5

- 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 6

- 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, June 7

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

### Friday, June 8

- 1:00 p.m. Al-Anon—Room 1

### Saturday, June 9

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

### Sunday, June 10

**Preacher:** Elena Thompson

- 8:00 a.m. Holy Eucharist —Main Church  
Bible School for 3+ year olds & under — Main Church
- 10:00 a.m. Godly Play — Room 6
- 10:00 a.m. Holy Eucharist —Main Church
- 10:00 a.m. Joyful Path — Room 2
- 11:00 a.m. Latin Choir — Room 1
- 12:00 p.m. Eucaristia en Espanol—Main Church
- 1:30 p.m. Pastoral Care Team—Library

Attendance	May 13	May 20	May 27
8:00a.m.	37	25	20
10:00 a.m.	131	116	107
12:00p.m.	63	52	44
Total:	231	193	171