

WELCOME TO CHURCH OF THE ASCENSION

First Sunday in Lent: March 10, A.D. 2019

The SEASON of Lent

Our lives are so pressured and hurried today that it is hard even to think about how we would make careful preparations for a whole season! It's burdensome enough to get everything set up for a one-day event: Easter, mom or dad's birthday, the Annual Meeting—these and more. But the truth is, this momentary, even if intense concentration on an important day, leaves us with little to remember and little learned because we are forever scurrying to the next event. Since Easter is the most important feast of the year, I think we, and our Church, deserve the joy and spiritual growth that comes with focusing on our relationship with God. Perhaps this makes you slightly uneasy; perhaps you would like to grow closer to God, but have no idea how to do that. Lent is the perfect time to begin a practice of prayer and reflection, of self-examination and forgiveness. We have forty days, after all, and a lot can change and improve in that time.

As you probably know, I do quite a bit of regular exercise. Over time I became able to do more, for longer periods of time. I found that though I can exercise more today than when I first began, that I need the exercise to feel truly well. If I were to stop, I would be diminished in some ways—and it would be doubly hard to regain what I had lost. It's so easy to forget what we have learned the hard way. We need simple, clear reminders for all the important but difficult things in life.

Happily, through another cleric I learned of a way that we may all be helped to have simple, graphic reminders of the life of Christ, and of our connection to Him. Each Sunday in Lent I will share a simple object with you (a small rock, for example, or a candle). This object will resonate in the sermon, and by taking it home and placing it in a visible spot in your home it will be easier to recollect the essence of the sermon and the spiritual exercise that may be suggested. I don't tell you too much right now because this is supposed to be enjoyable, and a little surprising. After all, we are not obliged to go through Lent with sour faces and horrible memories—quite the contrary! Let this be the Lenten SEASON where you prayed, meditated, and reached a new level of understanding and love of God. It will be our secret that LENT In—A—Bag (and its collection of tiny symbolic reminders) helped get you there!

Blessings,

Javier

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 "Represent Jesus Christ wherever we may be." We welcome you to our church family and invite you to fill out a welcome card (located in the rack at the ends of each pew).

TODAY AT ASCENSION

Preacher: The Rev. Javier Garcia

Refreshments and conversation follow every service in the lower atrium.

A place of peace for parents and a beginners Sunday School is available in Room 4.

Please feel free to bring your child.

Annual Meeting

Our annual Parish meeting will take place in the Parish Hall after the service. We will only have one service at 10 a.m. The Vestry Committee will provide something to eat after the service. Our primary business will be to elect new Vestry members and to have a time for shared reflection on the ministry and mission of Ascension. The Vestry candidates will be available for dialog on the preceding Sunday after each service in the Parish Hall.

Classical Violin Concert at Ascension

Come enjoy a free classical violin concert in the main church at 2:00 p.m. The musician is Vijeta Sathyaraj a violinist in the National Symphony Orchestra. Ms. Sathyaraj is a highly accomplished performer who has given solo recitals in Denmark, India, Hong Kong, and the United States. A reception will follow the concert. This concert is a gift from Julie Yelle to Ascension in honor of the 75th birthday of her mother, Laurie Yelle. Ms. Sathyaraj donated the concert as a silent auction item for the Family & Youth Initiative, a Washington DC nonprofit organization that creates community and lasting relationships for teen and young adults in foster care.

Ascension Youth Group

- Ascension Youth Group typically meets on the 2nd and 4th Sunday of the month from 6 pm - 8 pm in the undercroft of the church, unless otherwise noted.
- Ascension YG is open to all Youth in 6th grade and beyond. They need not attend Ascension.
- Typical YG includes dinner, provided by two families, a spiritual lesson and fun games. "Food, Fellowship & Fun"
- The YG meets tonight

LIFE LONG LEARNING

A Joyful Path and Godly Play

We have a Joyful Path lesson for all school aged children this week. Preschoolers will join toddlers and infants for a bible story and songs in the Place of Peace.

Wednesday Morning Book Group

Starting March 20th, Ascension's book group will be discussing the book, "Enlightenment Now" by Steven Pinker. This book claims that reason, science, and humanism have brought progress in the sense that health, prosperity, safety, peace, and happiness have tended to rise worldwide. We invite you to participate in our discussions. We meet weekly at 10:00 a.m. in Ascension's library. Please read Chapter 20 of the book, "Sapiens: A Brief History of Humanity", for this coming Wednesday.

Spanish Class

Come and take part in Ascension's Spanish Class on Mondays from 6:00 p.m. to 7:30 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 Fr. Javier at ocampo@ascensionmd.org.

Thursday Morning Yoga

Yoga classes are offered on Thursdays at 10:00 a.m. in Room 6, 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.

Tai Chi

Tai Chi class is 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 is 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.

LIFE AT ASCENSION

One Ascension Sunday

On March 31, 2019 the Youth group will be leading the One Ascension Sunday. There will be one service for everyone at 10:00am. This will be followed by a luncheon in the undercroft. All are asked to bring a favorite salad, some fruit, or a dessert for all to share. Come one, come all, to enjoy the Youth group's One Ascension Sunday.

2019 Lenten Offering (Rice Bowl Recipient)

A Lenten tradition since the tenure of Rector Harry Dalzell (1970-1980), your offering, placed in the wooden bowl in the font as you come forward for Communion, goes toward an outreach ministry. Typically, we alternate between local and domestic or international causes. This year the offering will be destined to end hunger.

Midweek Eucharistic Service

Our new service on Wednesday evenings will be preceded by a light supper of bread and soup. Several folks have signed up to bring the edibles, and a schedule has been constructed. You will be reminded to bring your contribution each week. For the first week, the following have volunteered: Doris Chin, Berenice Rodriguez and Peg Ruppel will bring soup, Carol Keenan and Julissa Calix will bring bread. A schedule will be posted on the bulletin board outside the office for all the weeks. Contact Gary McLaughlin for any questions or clarifications. 301 340-7139 or garymclaughlin100@gmail.com. Bless and thank you for your contributions.

Immigration Consultations

Lucelia R. Justiniano worked at several immigration law firms as a law clerk assisting clients in removal defense cases and family-based applications before the U.S. Citizenship and Immigration Services. Lucelia interned at the Executive Office of Immigration Review in Baltimore, Maryland drafting decisions for three of the immigration judges. She also interned at the Board of Immigration Appeals in Falls Church, Virginia where she worked alongside Board Attorney Advisors in drafting Board decisions. She has been part of Ascension for a long time. She is exceptionally dedicated to giving back to the community. Now, she is offering immigration consultations every first Sunday of the month. If you have question or know anybody who would need some legal advice she will be at the Library on April 7th, from 10:30 to 11:45 AM Contact Lucelia Justiniano at lucelia@jezicfirm.com or Cell phone (240)565-5590

“For I was hungry and you gave me food ...”



Ending Hunger and Homelessness in Montgomery County

A Social Justice Brunch & Panel Discussion
Sunday, March 31, 2019, 12:00-1:30 PM

Join us in the Parish Hall after the 10:30 service for homemade soup, bread, and dessert, and a discussion with local leaders who will share insights into poverty and homelessness, what their organizations are doing to effect change, and how faith communities like ours can help.

Jacki Coyle

Executive Director, Shepherd's Table

Lynn Rose

Montgomery County Coalition for the Homeless (MCCH)

Pamela Luckett

Montgomery County Community Action Board

Good Shepherd Episcopal Church

818 University Blvd. West, Silver Spring, MD 20901 www.gsecmd.org

Ascension's Room 2 Renovation

Dear members of Ascension,

My name is Matthew Watson. I am a Boy Scout in Troop 207 in Gaithersburg. I am currently working on attaining the rank of Eagle Scout, the highest rank in Scouting. For my service project, I will be renovating Ascension's Room 2 (also known as the Classroom) in March with brand new wooden shelving, building new cubby storage units, and painting the walls. I am seeking donations to help the church pay for supplies for the renovation. Your donation can help make Ascension's Room 2 a more calm, warm, and welcoming environment for both youths and adults. Thank you for your consideration and have a blessed day!

Sincerely, Matthew Watson

Connection Hour Bible Study on The Women of the Cross

From the Sundays of Lent from March 17th to April 7th, Reverends Eugene Wright and Nan Hildebrand will facilitate a bible study on the steadfast and courageous women who stayed with Jesus during the hours of his crucifixion. Our study and conversation will be a meditation on the role of their caregiving, prayer and their courageous love which led to their revelatory leadership. Our study will direct our thoughts to the anticipatory joy of Easter. Help yourself to some coffee and a treat at the 9am coffee hour and meet us in the library. Prayer and discussion will be from 9:10am to 9:50 am.

Attention all Worship Leaders

(and those interested in becoming a worship leader): I will be preparing the new worship roster for the months of April, May and June shortly; if you have any black-out dates for that period, or any changes specific to those months, please let me know as soon as possible. I won't be able to make any changes to the roster after March 12th. My email issari.stoddard@verizon.net, and my cell phone is 301-325-8791 (call or text). Thanks for your generous support of our wonderful church, Sari Stoddard

Ministerio Felicidad

Once a month, Ascension members prepare lunches and send love and prayers to day laborers in the neighborhood of the church. Join Fr. Javier at 6:00 a.m. on Saturday, March 23rd in the church kitchen. For more information, contact Fr. Javier at ocampoj@ascensionmd.org.

Men's Shelter Lunch Program

The Men's Shelter lunch program provides bagged lunches for homeless men. Lunches are assembled in the Undercroft once a month. Generous Ascension members donate the supplies. Depending on the season, we provide 40 to 80 lunches each month. The next program is on March 17th at 9:30 a.m. Contact Edith at esekasi@gmail.com if you would like to help.

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
- ◆ Fr. Javier's cell: 202.903.6426
- ◆ Prayer requests: Fill out a prayer request card (pink or yellow, on the table in the narthex) or e-mail the office at office@ascensionmd.org.

Bishop of Washington - The Rt. Rev. Mariann Edgar Budde *me-budde@edow.org*, 202.537.6550

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

Pastoral Associate—The Rev. Nan Hildebrand *hildebrandnan@gmail.com*, voice mailbox 13

Deacon—Eugene Wright

Minister of Music—Andrew Kullberg *music@ascensionmd.org*, voice mailbox 11

Parish Administrator - Lin Keene *office@ascensionmd.org*, voice mailbox 10

Communications — Jesse Velazquez *comm@ascensionmd.org*, voice mailbox 14

Altar Guild Directors, Sari Stoddard *sari.stoddard@verizon.net*; 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: Zadinga Ogada

Vestry:

2019: Rose Buck, Janet King, John Pruessner
2020: Gordon Donnelly, Meredith Horan, Luis Pedron
2021: Berenice Rodriguez, Robert Waters,
Susan McLaughlin
Danielle Allen, *Clerk of the Vestry*
Avin Lalmansingh, *Treasurer*

Christian Formation for Children: Megan Didavi
Christian Formation for Youth: Angie Hight-Walker
Christian Formation for Adults: Peg Ruppel
Facilities: Ted Bedell & John Pruessner
Finance: Avin Lalmansingh
Mission: Paul Boynton
Pastoral Care: The Rev. Javier Garcia
The Rev. Nan Hildebrand
Personnel: Jean Cohn
Worship: Gary McLaughlin & Curt Lindsay

Delegates to Diocesan Convention:

Mardia Dennis, Gary McLaughlin, Sue Snay
Alternate: Fredy Diaz

Cycles of Prayer

Prayers for those whose lives are closely linked with ours:

Grace Church, Georgetown
Grace Church, Silver Spring Parish

THIS WEEK AT ASCENSION

Monday, March 11, 2019

11:30 a.m. Living with Chronic Illness-Room 1
1:00 p.m. Al-Anon—Room 1
6:00 p.m. Spanish Class- Ascension House
7:00 p.m. Overeaters Anonymous—Room 1

Tuesday, March 12, 2019

7:00 a.m. Mobile Med
11:00 a.m. Staff Meeting—Library
6:30 p.m. Ensemble—Main Church
7:00 p.m. Stillwater Mindfulness Group—Chapel
7:30 p.m. Choir Rehearsal
7:30 p.m. Curso de Oración- Room 2
7:30 p.m. Spanish Bible Study—Library
8:30 p.m. Al-Anon—Room 1

Wednesday, March 13, 2019

10:00 a.m. Book Club- Library
1:00 p.m. Al-Anon—Room 1
7:00 p.m. Midweek Eucharistic Service—Main Church
7:00 p.m. Overeaters Anonymous—Room 1
8:00 p.m. Gamblers' Anonymous—Room 2

Thursday, March 14, 2019

10:00 a.m. Yoga—Room 6
4:00 p.m. Tai Chi—Chapel
7:00 p.m. Al-Anon/Spanish—Room 1
7:30 p.m. Worship committee- Chapel

Friday, March 15, 2019

Ascension's Vestry Retreat

St Luke's Episcopal Church Bethesda

1:00 p.m. Al-Anon—Room 1
6:00 p.m. Couples 12-steps program- Library

Saturday, March 16, 2019

Ascension's Vestry Retreat

St Luke's Episcopal Church Bethesda

9:00 a.m. Overeaters Anonymous—Room 2
11:00 a.m. Al-Anon—Undercroft
11:00 a.m. Overeaters Anonymous—Room 1
7:00 p.m. Al-Anon/Spanish- Room 1

Sunday, March 17, 2019

Preacher: The Rev. Ken Howard.

8:00 a.m. HE- Main Church
9:10 a.m. Bible Study/ Women of the Cross- Library
9:30 a.m. Men's Shelter Lunches
10:00 a.m. Bible School for 3+ year olds and under - Room 4
10:00 a.m. Godly Play- Room 6
10:00 a.m. HE - Main Church
10:00 a.m. Joyful Path - Room 2
10:00 a.m. St. Barnabas - Chapel
12:00 p.m. Escuela dominical para niños- Room 2
12:00 p.m. Euscaristia en español- Main Church

Attendance	Feb. 17	Feb. 24	March 3
8:00 am	30	27	38
10:00 am	112	114	104
12:00 pm	35	40	35
Total:	177	181	177