

# WELCOME TO CHURCH OF THE ASCENSION

*The Fifth Sunday in Lent : 18 March A.D. 2018*

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## Holy Week and Easter at Ascension



### **Palm Sunday, March 25**

10:00 a.m. One Ascension Sunday—Procession starts at Gaithersburg High School

11:45 a.m. Randy's Farewell Party- Undercroft

### **Maundy Thursday, March 29**

7:30 p.m. Holy Eucharist with Foot Washing and Stripping of the Altar—Main Church

### **Good Friday, March 30**

12:00 p.m. "Stations to Go" - Main Church and Various Locations in Olde Towne Gaithersburg

7:30 p.m. Prayer Book Liturgy—Main Church

### **Easter Eve, Saturday, March 31**

7:30 p.m. Easter Vigil—Main Church

### **Easter Day, Sunday, April 1**

7:45 a.m. Holy Eucharist—Main Church

9:00 a.m. Festival Eucharist—Main Church

11:00 a.m. Festival Eucharist—Main Church

11:00 a.m. Holy Eucharist in Spanish—Chapel

12:30 p.m. Holy Eucharist for Families with Young Children, followed by an Easter Egg Hunt— Chapel

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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 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

This week's Godly Play lesson, Faces of Easter VII, continues to help us prepare for the Mystery of Easter. We continue to move toward the Mystery of Easter by hearing the stories of Christ's journey toward the cross and resurrection.

### A 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).

### New Book for Wednesday Morning Book Group

We are reading Brian McLaren's latest book entitled *The Great Spiritual Migration: How the World's Largest Religion Is Seeking a Better Way to Be Christian*. Here's a description from Amazon.com (<http://amzn.to/2nGabwg>): "Brian McLaren, a leading voice in contemporary religion, argues that— notwithstanding the dire headlines about the demise of faith and drop in church attendance—Christian faith is not dying. Rather, it is embarking on a once-in-an-era spiritual shift. For millions, the journey has already begun." Read through Chapter 5 for 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](mailto:ocampoj@ascensionmd.org)

### Thursday Morning Yoga

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.

Beginning April 10, Tina Lightner-Morris will be teaching this class, also at 10:00 a.m. on Thursdays (except 4/19). We will begin with the Joint Freeing Series, move into some Sun Salutations and finish with an iRest/yoga nidra guided mindful meditation. Please join us for this amazing practice of embodied prayer!"

## 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. This fall and winter, we will be praying with the writings and teachings of Thomas Merton, the American mystic and Trappist monk, in observance of the centennial of his birth.

We meet again on Monday December 4. Contact Lori Perine at [lperine@gmail.com](mailto:lperine@gmail.com) if you would like to join us.

## Lenten Bible Study: Contemplating Colossians

Contemplation is entering into the realm of spiritual mystery. In the New Testament, the mysterious letter to the Colossians takes up that theme with its claim that we have the mystery of Christ. Over the first five Sundays in Lent, Sister Elena will lead an encounter with this mysterious short text and its theologies of the pre-existence of Christ, invisibility (Harry Potter's not the only one with a cloak!), spiritual power and resurrection. We'll also engage the apparent contradiction with these theologies and their manifestation within an unjust social order. The class meets from 10:15 to 10:45 a.m., in the Undercroft with the Rev. Sr. Elena Thompson. Today is the last day.

## LIFE AT ASCENSION

### Palm Sunday is a 1A Sunday!

There will be one service at 10:00 a.m. Assemble by the high school entrance for the Liturgy of the Palms. Afterward will be Randy's farewell celebration. Save the date: March 25.

## Worship Committee News

Our singlehanded stellar Worship Committee Chairman Carleton MacDonald is moving to Orangevale, California. His last Sunday at Ascension is April 8. If you would like to serve as chair or committee member, please let me know.

Meredith Horan  
[eve 301-926-1054 horanm@hotmail.com](mailto:eve301-926-1054_horanm@hotmail.com)

## Christian Formation

Christian Formation teachers will meet with parents and grand parents on Sunday, March 18th at 10:15 a.m. in the Library for parents who would like to discuss the Sunday School situation (the best time to hold Sunday School classes).

## Ascension Youth Group

No Youth Group March 25th due to Spring Break.

If you are interested in participating in the "March for Our Lives" on March 24th, please email or text Angie at [ahight@nist.gov](mailto:ahight@nist.gov) or 301-693-2399

## HOLY WEEK AND EASTER SERVICES SIGNUP

Holy Week Worship Roster Sign up

Current Sign-up Sheets			
Who	Date	Open Spots	View Sign-up
Palm Sunday	March 24, 2018	11	<a href="#">View Sign-up</a>
Maundy Thursday	March 29, 2018	14	<a href="#">View Sign-up</a>
Good Friday	March 30, 2018	4	<a href="#">View Sign-up</a>
Good Sat. Afternoon Service	March 31, 2018	13	<a href="#">View Sign-up</a>
Easter Day 10:00 a.m. Service	April 1, 2018	13	<a href="#">View Sign-up</a>
Easter Day 10:00 a.m. Service	April 1, 2018	14	<a href="#">View Sign-up</a>
Easter Day 10:00 a.m. Service for Families	April 1, 2018	6	<a href="#">View Sign-up</a>

Please sign up for Holy Week and Easter Services here:  
<http://ascensionmd.org/holy-week-worship-roster-sign-up/>

## #MarchForOurLives

On Saturday, March 24, the students and families of March For Our Lives will take to the streets of Washington, D.C. to demand that their lives and safety become a priority and that we end gun violence and mass shootings in our schools today. Members of the Diocese of Washington are invited to march in solidarity with the young people that day, to provide ministries of hospitality, and to participate in a vigil at Washington National Cathedral (map) the evening before (no charge, but ticket required: <http://bit.ly/2HjkAp2>).



### GET INVOLVED!

RSVP for the march in DC at the March for Our Lives website: <http://bit.ly/2tt7jlp>. This will ensure you get the most up-to-date information from the organizers of the march.

If you will be attending March for our Lives and would like us to email you with details on local Episcopal Church involvement closer to the date, please complete the form here: <http://bit.ly/2Hkl66l>.

If you are interested in being part of EDOW's ministry of solidarity and hospitality, please let us know here: <http://bit.ly/2HlahRE>. We will respond with information on those seeking hospitality as we receive them.

If you are visiting from out of town and in need of hospitality, please complete this form here: <http://bit.ly/2FuUzml> with your request, and we will do our best to match you with a volunteer host.

Register to attend (or volunteer for) the Friday vigil at Washington National Cathedral here: <http://bit.ly/2HjkAp2>. This event is free, but a ticket is required.

Questions? Please visit our FAQ page (<http://bit.ly/2Dae1mr>) for more information, articles and resources or email us at

### 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 April 15 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

Mobile Med will not be at Ascension House starting tomorrow January 2nd (until the beginning of March). I have posted signs on the Ascension House bulletin board and on the door to the chapel. Signs list the alternate location as well as a number to contact for more information.

Jean Cohn | [spangle1@comcast.net](mailto:spangle1@comcast.net) | 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. **Please: no perishables.** For more information, contact Melanie Mitchell at 301.519.1074 or [melanie.mitchell@verizon.net](mailto:melanie.mitchell@verizon.net)

### 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, March 24 in the church kitchen. If you have any questions, Contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)

### 2018 Lenten 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 Rice Bowl offering goes to Gaithersburg HELP, an agency that provides material support to struggling residents of all kinds. Ascension's food offering goes to the HELP food pantry on Muddy Branch Rd. Parish member Melanie Mitchell has been heavily involved with HELP board for many years. Former Rector Joe Clark served two terms as president of the HELP board.

### 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)

### Make a difference for someone facing the end of life

JSSA Hospice and Transitions Volunteer Training May 6 and 7, 9 a.m. to 3 p.m., Rockville, MD.

JSSA, a non-sectarian community agency, is seeking volunteers over the age of 18 to help enhance the quality of life of individuals and families facing life-threatening or terminal illness. JSSA offers specialized training for prospective volunteers for its Hospice and Transitions programs. Following the training, volunteers are asked to commit to a minimum of 2 hours a week visiting patients in the Hospice or Transitions programs. If you're interested please fill out the application. Or contact Carrie Myatt, Volunteer Coordinator, at 301-816-2611 or [cmyatt@jssa.org](mailto:cmyatt@jssa.org)

## CONTACT US

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

- ◆ 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 Garcia Ocampo  
ocampo@ascensionmd.org, voice mailbox 16

**Interim Ministers of Music**  
9:00 a.m. Clarice Snyder  
11:15 a.m. Karina Gomez McCarty

**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:

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*  
Avin Lalmansingh, *Treasurer*

Christian Formation for Children: Megan Didavi ~ Christian  
Formation for Youth: Angie Hight-Walker ~ Facilities: Ted Be-  
dell Finance: Howard Holland ~ Mission: Paul Boynton ~  
Pastoral Care: Nan Hildebrand  
Personnel: Jean Cohn ~ Worship: open

### 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  
Grace Church, Georgetown  
Grace Church, Silver Spring Parish  
Audit Committee  
Strategic Financial Resources Commission

## THIS WEEK AT ASCENSION

### Monday, March 19

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

### Tuesday, March 20

- 10:30 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, March 21

- 10:00 a.m. Wednesday Morning Book Group—Library
- 1:00 p.m. Al-Anon—Room 1
- 6:00 p.m. Ensemble Rehearsal—Main Church
- 7:00 p.m. Overeaters Anonymous—Room 1
- 8:00 p.m. Gamblers' Anonymous—Chapel

### Thursday, March 22

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

### Friday, March 23

- 1:00 p.m. Al Anon—Room 1

### Saturday, March 24

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

### Sunday, March 25

#### PALM SUNDAY

- Preacher: Randy Lord-Wilkinson
- Liturgy of the Palm & Holy Eucharist—GHS
- 10:00 a.m. Entrance
- 11:45 a.m. Randy's Farewell Party—Undercroft

Attendance	February 25	March 4	March 11
7:45 a.m.	22	28	25
9:00 a.m.	73	65	78
10:15 a.m.	13	9	3
11:00 a.m. Spanish Service	35	40	40
11:15 am	41	42	41
5:00 p.m.	13	3	5
<b>Total:</b>	<b>197</b>	<b>187</b>	<b>192</b>