

WELCOME TO CHURCH OF THE ASCENSION

The Third Sunday in Lent: 19 March A.D. 2017

DMV Sanctuary Congregation Network

If you'd like to be part of the Sanctuary march on Tuesday, we can carpool from Ascension to the Shady Grove Metro station. Here is the official invitation from the organizers: "Friends,

We're writing to you as clergy and lay contact people listed for your congregation's participation in the DMV Sanctuary Congregation network.

We're encouraging as many clergy and lay members who are able to attend the launch event on Tuesday, March 21 at 11:45am at Foundry United Methodist Church, 1500 16th Street. We'll have a short program that begins at noon and then march together down 16th Street to the White House. We're asking clergy to come attired."

Sanctuary for ALL - Safety for ALL

Tuesday, March 21, 2017 11:45 AM to 1 PM EST
Foundry United Methodist Church, 1500 16th St NW, Washington, DC

Gather and March to Launch a Network of Sanctuary Congregations in the DC/MD/VA region:
Program begins at noon, followed by a March to the White House



DMV Sanctuary
Congregation Network



The DMV Sanctuary Congregation Network is a partnership between Sanctuary DMV and PICO National Network.

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 Narthex.

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

Godly Play

This week in Godly Play, we will study the Faces of Easter V. This lesson continues to help us prepare for the Mystery of Easter. We move toward the Mystery by hearing the stories of Christ's journey toward the cross and resurrection. This week focus on the face of Christ as healer and parable-Maker.

A Joyful Path

The Members of a Joyful Path will be studying how we are a part of the community of life that includes all people. Lesson topics will be: What is family?; People in the Neighborhood; The New Tribe and No Boundaries. Please come and join us downstairs in Room 11 during the 9:00 a.m. and 11:15 a.m. services

Yoga Classes



New Yoga Time: Randy is part of an interfaith team teaching comparative religion at Osher for Lifelong Learning at Johns Hopkins University on Thursday mornings, so yoga moved to Tuesday mornings 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.

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 at sunset. Please come and join us.

Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions.

Wednesday Morning Book Group

The Wednesday morning book discussion group is reading Krista Tippett's *Becoming Wise: An Inquiry into the Mystery and Art of Living*. From the author: "The discourse of our common life inclines towards despair. In my field of journalism, where we presume to write the first draft of history, we summon our deepest critical capacities for investigating what is inadequate, corrupt, catastrophic, and failing. The 'news' is defined as the extraordinary events of the day, but it is most often translated as the extraordinarily terrible events of the day. And in an immersive 24/7 news cycle, we internalize the deluge of bad news as the norm—the real truth of who we are and what we're up against as a species. But my work has shown me that spiritual geniuses of the everyday are everywhere. They are in the margins and do not have publicists. They are below the radar, which is broken." Read the first 25 pages of Chapter 5 for Wednesday.

LIFE LONG LEARNING

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.

Youth Group Schedule Spring 2017

- Today— Northern Montgomery County Regional Youth Consortium at Ascension-making blessing baggies
- March 26 - Regular Meeting in Undercroft Commons
- April 9 - No Youth Group due to Spring Break
- April 23 - Regular Meeting in Undercroft Commons
- April 30 - Youth Sunday: NO YOUTH GROUP BUT LOTS OF CHURCH TIME
- May 21 - Picnic at Hight Walkers'
- June 25—Philly Work Camps

Sunday Morning Small Group for Small Group Leaders

If you are interested in growing your faith and connecting with other Ascensionites, then join me for a small groups leader training. Small groups are a great way to develop your faith in the context of relationship. We will talk about how to form, participate and facilitate a small group. We will address best practices and a structure to start your group off with. Join me either after the 9:00 or 11:15 services in the Library, this morning, Jason Cutshall, jascut@me.com

Call for Confirmation

If you are in the 9th grade or older (including adults up to 99 years old) and want to confirm your baptismal vows at the Cathedral in May, drop Randy a line. You should have been an active participant in the life of Ascension for at least the last couple of years, and be willing to participate in a group made up of people who are deciding if this the right time to do this.

Small Group for Families with Young Children

The small group for families with young children meets today at 11:15 am in the church library. We are currently discussing Brian McLaren's *We Make the Road by Walking*. If you have any questions, feel free to contact at sarahanear@gmail.com

Spanish Classes

Come and take part in Ascension's Spanish Class on Mondays from 6:30 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

Wednesday Nights in Lent

Wednesday evening yoga is back. Meet Randy in the Chapel at 6:00 p.m. for half an hour of gentle yoga. There are plenty of extra mats and blocks for those who need them.

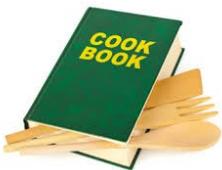
Then there will be 20 minutes of Centering Prayer (instruction provided for those new to the practice).

Then at 7:00 p.m. follow Randy to the Library for a class on how to read the Bible called *Who Says So?*

From the Introduction: This adult education curriculum is designed to lead participants into an encounter with scripture as a source of authority for the Church and in their own lives. Its purpose is:

- To overcome common fears of discussing scriptural authority shared by many Episcopalians
- To give participants an awareness of the existence, strengths and limitations of a diversity of positions in relation to the authority of scripture, together with tools to understand the ways in which scriptural authority can be invoked by different groups
- To give participants an understanding of changing views of scriptural authority throughout history, including the uniquely Anglican perspective
- To enable participants to experience a diversity of methods of exploring and interpreting the scriptures
- To encourage participants to reflect upon the authoritative claims that they allow scripture to make on their own lives

Ascension 2017 Cookbook—DEADLINE EXTENDED!!!!



Have you heard? We have extended the deadline for submitting recipes for the next Ascension Community Cookbook. Many, many thanks to everyone who has submitted a recipe to date. We are so excited at how much enthusiasm there is for the project...

Nevertheless, we want more recipes! We welcome all submissions, but we are particularly looking for main and side dishes, vegetables and beverages. We would also love to include a "Kid's Corner" section with recipes from our youngest members. So please take a moment to give us those wonderful directions on paper (forms in the Narthex) or electronically (forms at <http://ascensionmd.org/wp-content/uploads/2017/02/Recipe-Card-English.pdf>) by Friday, March 24th. And don't forget to include a note about what inspired your submission. Our first tasting event, last month's Pancake Supper, was a huge success! Stay tuned for the next tasting opportunity and keep those recipes coming! If you have any questions about the content or process, or to submit a recipe digitally, please contact Zadinga at Z_Zulu@msn.com.

Men's Shelter Lunch Program—Today

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.

Mobile Med

We host the MobileMed van every Tuesday from 7:00 a.m. until 3:00 p.m. Volunteers are assigned a 2 ½ hour shift each month. Duties include collecting basic patient information, answering questions and ensuring a safe, comfortable waiting area.

Our contact for Mobile Med is Jean Cohn 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 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 pm (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) or Jean Cohn (Mondays, spangle1@comcast.net). We can always use more volunteers!

April Ascendant



Please email anything you have for April Ascendant to Eleni Hailu by Wednesday, March 29, if you have anything for the March Ascendant at comm@ascensionmd.org.

Thank you!

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

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Interim Altar Guild Directors, Mardia Dennis, 301.540.4499
mard908@gmail.com, Doty Pfadenhauer, dottypfa@aol.com
and Georgana Maines, mainesgnh@verizon.net

Children's Music Leader - Howard Hanson,
howarddhanson@gmail.com

Chapel Musicians - Eric O'Loughlin, ericsmelody@gmail.com,
Samuel Munguia, pianoconclave@verizon.net

Nursery Attendant—Brenda Alvarez,
brendaalvarezduque@hotmail.com

LEADERSHIP AT ASCENSION

Senior Warden: Betsy Hasegawa
Junior Warden: Janet King

Vestry:

2017: Denise Lionetti, Najma Stubblefield, Paul Whitmore
2018: Berenice Rodriguez, Avin Lalmansingh,
Gary McLaughlin
2019: Rose Buck, Zadinga Ogada, John Pruessner
2020: Gordon Donnelly, Meredith Horan, Luis Padmore
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
Chapel of the Annunciation, Church House
Audit Committee

THIS WEEK AT ASCENSION

MONDAY, MARCH 20

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
7:45 p.m. Choir Rehearsal—Choir Room

TUESDAY, MARCH 21

10:00 a.m. Yoga—Chapel
11:00 a.m. Staff Meeting
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 22

10:00 a.m. Wednesday Morning Book Group—Library
1:00 p.m. Al-Anon—Library
6:00 p.m. Yoga—Chapel
6:30 p.m. Centering Prayer—Chapel
7:00 p.m. Who Says So—Library
7:00 p.m. Overeaters Anonymous—Room 1
8:00 p.m. Gamblers' Anonymous—Chapel

THURSDAY, MARCH 23

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

FRIDAY, MARCH 24

1:00 p.m. Al-Anon—Library

SATURDAY, MARCH 25

6:00 a.m. Ministerio Felicidad
9:00 a.m. Overeaters Anonymous—Chapel
11:00 a.m. Al-Anon—Undercroft Commons
11:00 a.m. Overeaters Anonymous—Room 1
1:00 p.m. Ascension Adventures—NASA Goddard Space
Flight Center

SUNDAY, MARCH 26

Preacher: Jason Cutshall
7:45 a.m. Holy Eucharist—Main Church
8:15 a.m. Choir Rehearsal—Choir Room
9:00 a.m. Holy Eucharist—Main Church
9:00 a.m. and 11:00 a.m. Godly Play—Room 6
9:00 a.m. and 11:00 a.m. Joyful Path—Room 11
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
1:30 p.m. Vestry Meeting—Room 1
5:00 p.m. Holy Eucharist— Chapel
6:00 p.m. Youth Group Meeting & Spritual Formation—
Undercroft Commons

Church Attendance	Feb. 26	Mar. 5	Mar. 12
7:45 a.m.	30	26	23
9:00 a.m.	101	84	99
10:15 a.m.	13	13	19
11:00 a.m. Spanish Service	40	49	41
11:15 am	56	51	47
11:30 a.m. At Sunrise	--	--	4
5:00 p.m.	8	16	12
Total:	248	239	245