

WELCOME TO CHURCH OF THE ASCENSION

Third Sunday in Lent: March 24, A.D. 2019

The Power of Candles

Do you remember when you were a small child how you felt about the dark? Most of us were at least uneasy about the darkest part of the house, especially when we were alone. I can remember calling out to my mother when, from the darkness of my room, I was frightened by the sight of blurred tree branches pushing against the window. I told her I was afraid of the witch. I'm not sure I actually thought there was any such thing—but I was scared anyway. Do you recall such an irrational fear? And how did your parent respond?

In an electrified, modern world, light is taken for granted. But our ancient brain is attuned to the danger of darkness, the presence of predators, the power of evil. Something is lurking, prepared to do us harm. We are unconsciously aware that without light, there can be no life. So, we have smart houses whose lights come on automatically, and walk lights that sense that this is a moment of gloom which they must overcome. Parents almost always try to convince children that their fear is groundless, that nothing will harm them—I know that my mom and dad did this!

In the early Church, candles served the very practical purpose of providing sufficient light to conduct the service. They have never been abandoned because they serve, in an instant, as powerful visual symbols of things that are complicated, spiritual and emotional. Most of us are familiar with the quotation from John 8:12:

“I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life”.

How better to illustrate the message than with the image of lit candles, a symbol of prayer, of community, and the timelessness of our life with God. A candle is also a symbol of prayer, a coming to God in darkness, confusion, loneliness, in search of his light and love. Lighting a candle as we pray is a good way to focus, and to be intentional in our concerns.

This week our little Lenten reminder from me is a votive candle which you may light (safely, please!) as you say some simple Lenten prayers. If you are fortunate to have your own Book of Common Prayer, turn to page 115 and following for Evening Prayer. You will find words of wisdom and kindness to settle you and bring you peace. Here, for example, is “A collect for Aid Against Perils” (page 123):

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. Amen.

Here is another beautiful, simple prayer from the BCP:

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope that we may know you as you are revealed in Scripture and the breaking of the bread. Grant this for the sake of your love. Amen.

Even if you are new to praying at home, I think you will find the few minutes you devote each day of Lent to prayer will refresh and center you. When you light your tiny candle, you will announce your intention to be God centered, not self-centered. Lighting your tiny candle says that though we never completely outgrow our fear of darkness, that we have a bit of the power of light, and we are using it.

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: Peggy Ruppel

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.

Candle

Winter can be cold and dark. Spring is a time where we think of sunshine and flowers blooming. Jesus is called the Light of the World. Jesus told his disciples to be a light in the world too and make a difference. So where do you shine? What do you think you are good at? What is your talent? How can you encourage someone to see the good in themselves?

Light the candle and read Matthew 5:14-16, and sing the song, *This Little Light of Mine*. How do you let your light shine? (look on YouTube for: The butterfly Circus/ El Circulo de la Mariposa- a 20 min video)

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 today in the Parish Hall.

LIFE LONG LEARNING

A Joyful Path

The 10:00 Joyful path will learn about Mildred Norman Ryder who answered Jesus's call to leave family and friends and follow him by becoming a "peace Pilgrim". She walked across the United States several times in the 1950's, 60's and 70's teaching people about peace. For this service, all children will meet in the place of peace located in room 4 each week, and then separate by age groups.

A Joyful Path—12:00 p.m.

We will use the story of Harriett Tubman's life We will learn willpower using the story of the life and times of Harriett Tubman. She overcame many obstacles in her life and world and prospered and succeeded.

Godly Play

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

Wednesday Morning Book Group

Ascension's book group is 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 3 and 4 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 10:00 AM. 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.



<http://bit.ly/2tHzJuT>



<http://bit.ly/2tCOYsa>



<http://bit.ly/2sYC8UV>



<http://bit.ly/2paseJO>

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

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

"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 Lockett

Montgomery County Community Action Board

Suggested brunch donation \$20 per family

All proceeds to benefit Shepherd's Table and MCCH!

Good Shepherd Episcopal Church

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

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.

Midweek Eucharistic Service

On Wednesday, March 20th, the Evening Lenten Service program continued. We gathered at 6 pm in Room 2, having delicious soup and bread. We continued our Eucharist in the Chapel at 7 pm. The serene, contemplative service was attended by 23 people. Sue Snay won the drawing for the Lenten gift.. Contact Gary McLaughlin 301-340-7139 or garymclaughlin100@gmail.com. if you'd like to know more about coming to join us Wednesday, March 27th. So make plans to participate.

Volunteers for bring and serving food for next Wednesday's service are:

Bread – Gail Unterburger
Alice Benson

Soup – Kirk Fitch
Sandra Araiz
Lucelia Cosido

Lenten Retreat in Spanish

The Lenten Spiritual Retreat will be held on Saturday, March 30 from 9:00 a.m. to 2:00 p.m. At Ascension facilities. We will be talking about the women who were an important part of the Passion of Jesus and we will meditate about their lives and the ministry they performed as Evangelizers. Please bring lunch to share.

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. Next program is on April 21 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:

2020: Gordon Donnelly, Meredith Horan, Luis Pedron
2021: Berenice Rodriguez, Robert Waters, Susan McLaughlin
2022: James A. Black, Kristen Keating, Wadai Dennis
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:

Chapel of the Intercession, Washington Hospital Center
Pray for all hospital, hospice, nursing home and healthcare chaplains

Pray for all parish nurses and healthcare providers
The Annunciation (March 25)

THIS WEEK AT ASCENSION

Monday, March 25, 2019

- 1:00 p.m. Al-Anon—Room 1
- 6:00 p.m. Spanish Class- Ascension House (Canceled)
- 7:00 p.m. Stewardship Committee- Library
- 7:00 p.m. Overeaters Anonymous—Room 1

Tuesday, March 26, 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 27, 2019

- 10:00 a.m. Book Club- Library
- 1:00 p.m. Al-Anon—Room 1
- 6:00 p.m. Lenten Soup- Room 2
- 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 28, 2019

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

Friday, March 29, 2019

- 1:00 p.m. Al-Anon—Room 1

Saturday, March 30, 2019

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

Sunday, March 31, 2019 Youth Sunday "1A"

Preacher: The Rev. Javier Garcia

- 9:10 a.m. Bible Study/ Women of the Cross- Library
- 10:00 a.m. Holy Eucharist - Main Church
- 10:00 a.m. St. Barnabas - Chapel
- 1:00 p.m. Maryland Uke Jam- Chapel

Attendance	March 3	March 10	March 17
8:00 am	38		42
10:00 am	104	134	120
12:00 pm	35		35
Total:	177	134	197