

# WELCOME TO CHURCH OF THE ASCENSION

*Trinity Sunday: 27 May A.D. 2018*

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## Spring Yard Sale

When I first came to Maryland, I heard people talking about yard sales as a way to raise money. I didn't know anything about this, so I checked it out on the Internet. I learned that a yard sale is "an informal sales event of used goods". The internet went on to suggest that most of these "goods" were unwanted clothes, toys decoration, appliances and, apparently, lots and lots of exercise equipment. "Whew", I thought. "These people are REALLY rich! They're GIVING all this things to the church for the yard sale!" Where I came from, there weren't a lot of unwanted clothes, or much of anything else, for that matter. So, we didn't have yard sales.

Over the years living here, I have discovered that some things are more complicated than they seem at first, and that quick judgment can be wrong. Now I know that yard sales are very common events here; many of them held by churches and community groups to raise funds for important causes.

We have held several events ourselves and they have all been successful. I have come to realize that the donations for these yard sales come not from the rich, but from people who sincerely want to help the mission of the Church of the Ascension. They are people who may have enough of the world's good, but who are stressed for time, companionship, and encounters with nature. These folks enjoy being with other parishioners and they have a real feeling of accomplishment at the end of the day. An event filled with hard working people that are having an obvious good time draws attention to the activity. It also draws attention of the community to the Church of the Ascension. In fact, the activity is a physical way for us to praise the Lord, to show our willingness, and ability to work together.

I appreciate all who have already brought the items to the Church, and if you are doing Spring Cleaning this week, I hope that you will donate all those "unwanted" but usable goods for this event. Remember, we will have a Car Wash too! I, myself, will be doing this work along with several highly capable car-loving fellows. The cars will be well treated! Our own Fe Wlotzko has organized a Bake Sale (to be held tantalizingly close to the wait area for the Car Wash!) There will be the usual cakes and quick breads, but Fe also plans to sell individual cookies and cupcakes. Nora Campos, too, will be cooking some delicious tacos, so we can eat something while our cars are washed. Is there any doubt about what should happen here?

Yard Sale will take place from 7:00 a.m. to 3:00 p.m.. Please drop by to work for a while, have your car washed, enjoy the delicious treat, or check out the usable donations that may be just what you need. After all, I have learned the truth of the old American saying, "one man's trash is another man's treasure!" In fact, the real treasure is we, ourselves, the members of Ascension! Come, and show your support!

Many Blessings,

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: Nan Hildebrand

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

### Yard Sale & Car Wash - June 02

Annual Summer Yard Sale and Car Wash on Saturday, June 02, 2018 from 7:00 a.m. to 3:00 p.m. If you have furniture or clothes that you want to donate, bring them to the office. Remember that you can bring your car to be washed. We also need help. If you are available, you are welcome to join us!

The Bake Sale will be held along with the Yard Sale on June 2, but the Bake Sale run between 10am & 2pm. We encourage everyone who likes to bake, to bring your favorite or specialty dessert for people to purchase and enjoy. If you have any questions, contact Fe Wlotzko at email fewlot@aol.com or call her cell at 301 452-7072. You can bring your dessert on Saturday or drop it off on Friday. For more information, please contact Javier at ocampoj@ascensionmd.org or 202-903-6426 or Ascension Office.

### 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, chalice, 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

**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 10 AM 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

**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

**AIM Action on GOTV and County Executive Candidates**

Wednesday, May 30, 2018 7:00–9:00 P.M.  
The People's Community Baptist Church, 31 Norwood Rd, Silver Spring

Over 1000 Community Leaders will Gather to hear from County Executive Candidates to hear how they stand on AIM's Agenda on Immigration, Education and Housing and rally for AIM's GOTV!

**OUR GOTV WORK CONTINUES:**

Voters can sign their commitment on the AIM website--AIM's Election Central--here: <http://actioninmontgomery.org/campaign/aim-vote-champions/>

We need 20 people that would be willing to be at this Action.

to process and a three-day training. For more information, call 301-921-4400 or visit [www.montgomeryhospice.org](http://www.montgomeryhospice.org)/volunteer.

## 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

Holy Trinity, Collington

Trinity Church, DC

Trinity Church, Newport & Hughesville and

Old Fields Chapel

Trinity Church, St. Mary’s Parish and St. Mary’s Chapel

Trinity Church, Upper Marlboro

## THIS WEEK AT ASCENSION

### Monday, May 28

#### OFFICE CLOSED

1:00 p.m. Al-Anon—Room 1

7:00 p.m. Overeaters Anonymous—Room 1

### Tuesday, May 29

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, May 30

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, May 31

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, June 1

1:00 p.m. Al-Anon—Room 1

6:30 p.m. Movie Night—Undercroft

8:00 p.m. Couples 12-Step Program—Library

### Saturday, June 2

9:00 a.m. Overeaters Anonymous—Chapel

11:00 a.m. Al-Anon—Undercroft

11:00 a.m. Overeaters Anonymous—Room 1

### Sunday, June 3

**Preacher:** Javier Ocampo

8:00 a.m. Holy Eucharist —Main Church

8:00 a.m. Immigration Consults—Library

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

Attendance	May 6	May 13	May 20
8:00a.m.	30	37	25
10:00 a.m.	121	131	116
12:00p.m.	32	63	52
Total:	183	231	193