

WELCOME TO CHURCH OF THE ASCENSION

The Seventh Sunday of Easter : 28 May A.D. 2017

The Depths

"The truly sacred attitude toward life is in no sense an escape from the sense of nothingness that assails us when we are left alone with ourselves. On the contrary, it penetrates into the darkness and that nothingness, realizing that the mercy of God has transformed our nothingness into His temple and believing that in our darkness His light has hidden itself. Hence the sacred attitude is one which does not recoil from our own inner emptiness, but rather penetrates into it with awe and reverence, and with the awareness of mystery.

"This is a most important discovery in the interior life. For the external self fears and recoils from what is beyond it and above it. It dreads the seeming emptiness and darkness of the interior self. The whole tragedy of "diversion" is precisely that it is a flight from all that is most real and immediate and genuine in ourselves. It is a flight from life and from experience—an attempt to put a veil of objects between the mind and its experience of itself. It is therefore a matter of great courage and spiritual energy to turn away from diversion and prepare to meet, face-to-face, that immediate experience of life which is intolerable to the exterior man. This is only possible when, by a gift of God (St. Thomas would say it was the Gift of Fear, or sacred awe) we are able to see our inner selves not as a vacuum but as an infinite depth, not as emptiness but as fullness. This change of perspective is impossible as long as we are afraid of our own nothingness, as long as we are afraid of fear, afraid of poverty, afraid of boredom—as long as we run away from ourselves.

"What we need is the gift of God which makes us able to find in ourselves not just ourselves, but Him: and then our nothingness becomes His all. This is not possible without the liberation effected by communication and humility. It requires not talent, not mere insight, but sorrow, pouring itself out in love and trust."

- Thomas Merton

Sermons' Video on our Website/YouTube



Check out our sermons Video :
<http://ascensionmd.org/videos/>

Or

Our Youtube Page:
<http://bit.ly/2paseJO>

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 downstairs in lower atrium.

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: Room 6

Today: *Mystery of Pentecost*

This Sunday, we study the Mystery of Pentecost. In this lesson we will explore something strange that happened on Pentecost that had to do with speaking so that no matter what languages or tongues others spoke, they could understand what was meant.

A Joyful Path: Room 11

The members of A Joyful Path will explore the three reasons to read, explore and be familiar with the Bible. We will use the following quote as our starting point: "The Bible is not an end in itself, but a means to bring men to an intimate and satisfying knowledge of God, that they may enter into Him, that they may delight in His Oresence, may taste and know the inner sweetness of the very God Himself in the core and center of their hearts." A.W. Tozer. Come and join us in Rm 11 during the 9 and the 11:15. See you there.

Yoga Classes Return to Thursdays on June 1

Randy's yoga class is in recess until Thursday, June 1, when it resumes in the Chapel at 10:00 a.m.

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. Please come and join us.

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

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

- June 25—Philly Work Camp

Small Group for Families with Young Children

The small group for families with young children meets the first Sunday of every month at 11:15 a.m. 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

LIFE LONG LEARNING

Spanish Classes

Come and take part in Ascension's Spanish Class on Mondays from 6:30 p.m. 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 ocampoj@ascensionmd.org

Wednesday Morning Book Group in Recess until May 31

The "WAM" book group will reconvene after Randy returns from clergy conference (next Monday-Wednesday), and two weeks of his annual leave. In preparation for the next discussion on the 31st, read chapters IV-VI. The group meets in the Library from 10:00 a.m.—11:30 a.m.

Education for Ministry 2017-2018

After a year's sabbatical, Education for Ministry is going to return to Ascension! If you want to explore your faith, the Bible, and the church more deeply, this is your chance. EFM is a distance learning program from the School of Theology at the University of the South (Sewanee). The four-year program explores the Hebrew Bible (the Old Testament), the New Testament, church history, theology, and the church in the world. Tuition covers all books and materials.

In order for the class to begin in September, six people need to commit to the class before the end of August. Please contact Peggy Ruppel (at 301.377.0728 or plr301@gmail.com) or David Mitchell (at 240.454.1904 or newlywed98@comcast.net) for more information.

From Jason Cutshall

Dear Ascension Friends - I would like to thank you for a wonderful year. You are a gift.

I also want to let you know what I am doing next. First, we move to Minneapolis in May. I begin work at "The Dignity Center" (a center that works to assist people transition from homelessness to stability). I will be a pastoral presence there for the summer. I will keep you posted as a more permanent placement develops.

On June 10th I would like to invite you to join me in person or prayer for my ordination to the transitional diaconate. The service will be held at Episcopal Church of the Epiphany, located at 3301 Hidden Meadow Dr., Herndon, VA 20171, at 10:30 a.m. As is our motto: All are welcome.

Blessings to you all from Cecily, Jason, Soren and Henning Cutshall.

2017 Ascension Cookbook Update

Last Sunday's joint One Ascension luncheon/Cookbook tasting event was a resounding success! We counted more than 30 samples of recipes that had been submitted for the cookbook project. With all of the other wonderful dishes at the luncheon, we were hard-pressed to find space to lay everything out on the serving tables...a great problem to have!

So, many thanks to everyone who participated by attending and/or bringing a dish to share, and by getting into the spirit of the event and meeting someone new. Many thanks, as well, to the Parish Life Committee for making it so easy for us to collaborate. Like One Ascension Sundays, the cookbook project is all about community-building, and we are off to a great start!

Stay tuned for more updates on the cookbook project, and be sure to mark your calendars for the next One Ascension luncheon and Cookbook tasting event. It's scheduled for Sunday, July 30th.

Warmly,

Your Ascension Cookbook Committee

"One Ascension/Youth Sunday" was a Hit!

I think we were all over the moon after seeing a good portion of the total Ascension community assemble to worship (and feast) in two languages, ably led by members of the Youth Group. There are simply too many people to thank! But we have to acknowledge yet again the dynamic presence of Ascension youth under the devoted, loving leadership of Angie and Trevor Hight Walker. Kudos also to Alfred Wasikye for a sermon he hit out of the park. And who can we thank for the miraculous feeding of the 5000? The next One Ascension Sunday is July 30. - RAL

Baptisms on the Day of Pentecost

June 4 is the Day of Pentecost. If you want to schedule a baptism contact Javier or Randy. Note that this is also the Sunday of the annual Parish Picnic, when the 11:00 and 11:15 services worship jointly at Bohrer Park.

Hands (and Feet) Needed

It is said that after German bombers destroyed an English cathedral during the Second World War, dedicated volunteers worked to repair one of the church's broken statues of Christ. Rather than restore the figure's missing hands, the artisans left Christ handless - replacing the artwork's "Come unto Me" inscription with "Christ has no hands but ours." While the authenticity of that popular story is a matter for debate, the message it conveys is not: Christians are called to be Christ's presence in the world today.

Ascension is in need of your hands (and feet). We need of volunteers of all kinds to fill the gaps in service to each other and to the community.

Our parish administrator, Kathy Van Arnum, is preparing to have knee replacement surgery and needs volunteers to fill in at the office one day a week while she is out (about 6-8 weeks) or you can volunteer to be a substitute. Office hours are 10-4 Monday-Friday. Training will be provided before she has her surgery.

If you can be Christ's hands and help in the office, or would like to volunteer somewhere else there is a need, please contact the church office, 301-948-0122 or email office@ascensionmd.org.

Attention all Worship Leaders (and those interested in becoming a worship leader)

I will be preparing the new worship roster for the months of July, August and September shortly; if there 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 June 9th.

Thanks,
Sari Stoddard

CARING FOR OUR COMMUNITY**Men's Shelter Lunch Program**

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. The next program is on June 18 at 10:15 a.m. Contact Edith at esekasi@gmail.com if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

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 in-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 p.m. (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@gmail.com) or Jean Cohn (Mondays, spangle1@comcast.net). We can always use more volunteers!

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, June 24 in the church kitchen. If you have any question, Contact Javier at ocampo@ascensionmd.org

CONTACT US

205 S. Summit Ave., Gaithersburg, Maryland, 20877
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- ◆ 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 García Ocampo
ocampo@ascensionmd.org, voice mailbox 16

Minister of Music—Jerrold Tidwell,
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Media Specialist—Eleni Hailu
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Altar Guild Directors, Mardia Dennis, 301.540.4499
mard908@gmail.com, Dotty 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:

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*
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
Seabury Resources for Aging
Friendship Terrace
Seabury Christian Communities Group Homes
Collington Episcopal Life Care Community
Pray for all Seniors and their ministries in the Church

THIS WEEK AT ASCENSION

MONDAY, MAY 29

OFFICE CLOSED

1:00 p.m. Al-Anon—Library
6:30 p.m. Ensemble Rehearsal—Main Church
6:30 p.m. Overeaters Anonymous—Room 4
6:30 p.m. Spanish Class—Ascension House
7:30 p.m. Choir Rehearsal—Choir Room

TUESDAY, MAY 30

11:00 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, MAY 31

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

THURSDAY, JUNE 1

10:00 a.m. Yoga—Chapel
4:00 p.m. Tai Chi—Chapel

FRIDAY, JUNE 2

1:00 p.m. Al Anon—Room 1
6:00 p.m. Couples 12-Step Program—Room 1
6:30 p.m. Movie Night—Undercroft Commons

SATURDAY, JUNE 3

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

SUNDAY, JUNE 4

Preacher: Randy Lord-Wilkinson
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
11:15 a.m. Family with Young Children Small Group—
Library
5:00 p.m. Holy Eucharist—Chapel

Church Attendance	May 7	May 14	May 21
7:45 a.m.	21	35	16
9:00 a.m.	73	91	82
10:15 a.m.	25	21	9
11:00 a.m. Spanish Service	41	72	34
11:15 am	56	40	41
11:30 a.m. At Sunrise	—	—	—
5:00 p.m.	18	7	15
Total:	234	266	197