

WELCOME TO CHURCH OF THE ASCENSION

Third Sunday of Easter : May 5, A.D. 2019

GESTURES AND POSTURES - WHAT ARE EPISCOPALIANS DOING?

On Easter Sunday we were blessed with unusually robust attendance. Did you notice this? Some of our 400 plus parishioners hadn't been to Ascension for quite some time, and we were delighted to see them.

I did notice, though, that some members of the congregation seemed a bit unsure about what they should do at pivotal moments: Stand? Sit? Kneel? What about crossing oneself, or bowing reverentially? I have also noticed some of this confusion at funerals and weddings, too, so it occurred to me that you might like to know, and be able to explain to new faces in the congregation what Episcopalians are doing when they sit, stand, kneel or bow during the service. These gestures and postures are not random; rather, they extend and amplify prayer by physically involving congregants in communicating with God. Further, they let the liturgical rites take place in a calm which communicates sacred purpose to the faithful.

Depending on the liturgical celebration, various postures are adopted. We stand in the nobility of our personhood, created in God's image. Standing is a sign of respect and of the sacred meaning of the reading of the gospel. We also stand when asked to pray standing, by the celebrant. In many Episcopal churches the faithful may also choose to stand during the consecration of the bread and wine. This is a powerful symbol of belief and unity.

When we sit during the services, we express peaceful openness, a willingness to receive the message of scriptural readings or the day's sermon, or announcements.

We kneel to show deep reverence or supplication. These prayers are often preceded by the priest's announcement: "Let us Pray." followed by the rumble of a hundred kneelers touching the ground. Kneeling is also appropriate during the consecration and during the administration of the Eucharist (if the kneelers are still in the church).

The Episcopal liturgy also uses a few important gestures to convey meaning and spirituality. For instance, the priest's outstretched hands are an ancient symbol of prayer, blessing, and a sign of God's presence. The faithful bow their heads before the symbols of divine presence: the altar, the cross and the book of the Gospels. When the Gospel of the day is announced, the priest and the faithful trace a small sign of the cross over the forehead, mouth and heart, indicating full engagement and acceptance of the word of God. At the "sign of peace", before communion, congregants exchange handshakes or a chaste embrace, indicating the respect and affection they have for one another, and their willingness to see the image of God in someone known or unknown.

The symbols and gestures in use in the Episcopalian church have an ancient root and modern expression. They compress and deepen the ordinary meaning of community activity, and lend solemnity and reverence to all that we do. I have often thought that a simple colored electrical light system in view of the congregation might help to clarify "stand", "sit", or "kneel", but I am pretty sure that frequent attendance (combined with observance of the choir or vestry) would probably do well, too.

If you have ever attended a service where you felt lost or out of place, you know how awkward that feels. If you are near someone who seems ill at ease, smile, and indicate graciously what is wanted. It's what you'd wish for in an unfamiliar setting.

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: Ms. Barbara Mansfield

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.

All children are welcome!

Jesus appears to seven of his disciples

It was in the sharing of the meal, after the disciples came in from fishing, that the disciples recognized Jesus as their risen Lord. Until then they only knew that he was a man on shore, trying to help. Jesus, by suggesting they cast their net on the other side of the boat was perhaps inviting them to relook at all the possibilities, by trying again

LIFE LONG LEARNING

A Joyful Path—10:00 a.m.

The 10:00 Joyful Path class 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 Harriet Tubman's life. We will learn about willpower using the story of the life and times of Harriet Tubman. She overcame many obstacles in her life and world and prospered and succeeded.

Godly Play

This Sunday's lesson is the Good Shepherd and World Communion. The Good Shepherd knows all of the sheep, and the sheep know the sound of His voice. The people of the world come to the table of the Good Shepherd to share the bread and the wine. We will use images of the Good Shepherd and World Communion to explore our own experiences.

Spanish Class

Come and take part in Ascension's Spanish class on Mondays from 6:00 p.m. to 7:30 p.m. in Room 2. You don't need to know Spanish to come, we get together to learn and/or practice. For more information, contact Fr. Javier at ocampo@ascensionmd.org.

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 on Wednesdays at 10:00 a.m. in Ascension's library. Please read chapters 12 and 13 for this coming Wednesday.

Thursday Morning Yoga

Yoga classes are offered on Thursdays at 10:00 a.m. in the Chapel, 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. Contact Claire Rosser at Cjrosser@aol.com or 301.275.0617 for information.

LIFE AT ASCENSION

Summer Work Camp for Youth

Work camp is from July 21st to 26th in Philadelphia, PA. Transportation, food and materials are provided in the \$350 fee. Scholarships are available! We need commitments to attend ASAP!

We need to Update your Information

2019 Church Directories are available on the table in the Narthex. Please check your information and if there is any change let the church office know so it can be updated. Thank you.

Baptisms on the Day of Pentecost June 9

Are you interested in receiving the Sacrament of Baptism for yourself, your baby or other family members young or old? Speak with Fr. Javier during coffee hour, or contact him at the office at 301.948.0122.

Ascension T-shirts

If you are interested in getting an Ascension T-shirt, please call or email Berenice at 249-281-3736 or berenice.rodriquez.84@gmail.com. T-shirts are \$10.

Get your food handlers card from eFoodhandlers

An eFoodhandlers card or certificate means you have been trained to properly handle and prepare food. Study and take the test for free; you'll get your printed food handlers card and certificate when you complete the program. Please provide a copy of your certificate to the office. To take the course click the link provided below.

<https://www.mdfoodhandlers.com/Register3.aspx>

Mother’s Day Food Drive: May 12

In honor or in memory of our mothers and those who mothered us on Mother’s Day, Sunday, May 12, we invite you to donate a bag of groceries to replenish the food pantry at Gaithersburg HELP. There are forms/envelopes available on the welcome desk in the narthex where you can designate your contribution in honor of your mother. That person will receive a letter notifying them of your gift. For donations in memory of your mother, we will add those names to a list for special prayers.

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. The next program is on May 19 at 9:30 a.m. Contact Edith at esekasi@gmail.com if you would like to help.

Yard Sale & Car Wash - June 1



Annual Summer Yard Sale and Car Wash on Saturday, June 01, 2019 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! For more information, please contact Javier at ocampo@ascensionmd.org or 202-903-6426 or Ascension Office.

Amazon Smile

AmazonSmile is a website operated by Amazon. When you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to our church.

On your first visit to AmazonSmile (smile.amazon.com), you are prompted -

- ◆ To login with your Amazon account.
- ◆ Then search for “Church of the Ascension” and select Church of the Ascension from the list with location “Gaithersburg MD”
- ◆ That ‘s all. It will be connected to your account; every time you shop, and when you go to smile.amazon.com, your selection will be there and will track your purchases.

Just make sure you select the right “Church of the Ascension” at Gaithersburg MD as this:

Church of the Ascension Gaithersburg MD

About v
Christian

12-Month Evaluation for Father Javier

It has been 12 months since Javier accepted the position of Priest-in-Charge at Ascension. Therefore, it is time for the second formal evaluation between Father Javier and the Church. This time, the Vestry will start the process by hosting a series of small meetings to review what we’ve been working on over the last year, progress made, and to answer your questions. Hopefully this information will help you to fill out an honest and complete evaluation for Padre Javier. Meetings are taking place throughout April, times and locations to be announced. For Javier’s evaluations, we are using a paper form that you may fill out and return to the green and gold box in the narthex. As always, they will be absolutely confidential and used to make Ascension stronger for all of us. Please participate in this important process for Ascension. Thank you.

Betsy Hasegawa, Senior Warden

Creation Care in the Episcopal Church

The online address for Presiding Bishop Curry's Creation Care project is <https://www.episcopalchurch.org/creation-care>. There is a brief video by Bishop Curry about his vision for this project. It includes resources for expanding our awareness of and engagement with environmental issues. There is also an opportunity to pledge to greater service in environmental stewardship. There are several questions associated with the pledge. Please consider taking the pledge. If the suggested responses don't seem to fit your vision, consider using local projects as a starting point.

Help Wanted!

We are accepting applications from friendly folks to serve on the Welcome Teams at the 10:00 a.m. service. We will reveal everything you need to know, and you will work with practiced parishioners who enjoy their duties. The teams serve twice in each 13-week quarter. Speak to a current Welcome Team member to be part of something that is very rewarding.

The Literacy Council of Montgomery County

The Literacy Council of Montgomery County is in need of English tutors to help adult learners gain a better understanding of the English language and improve their skills in reading, writing, speaking, and listening. Volunteers are asked to commit to two hours of tutoring each week and should plan on two hours of preparation each week as well. No experience is necessary. For more information, visit <http://www.literacycouncilmcmd.org/>.

Clergy Conference

Javier, Nan and Eugene won’t be at the office from May 7 to 9. They will be at Claggett Center, located in Adamstown, MD for Clergy Conference. If you have an emergency please contact them at their cellphones.

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
mebudde@edow.org, 202.537.6550

Priest in Charge —The Rev. Javier García Ocampo
ocampoj@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; 8 a.m. Mardia Dennis, mard908@gmail.com, 10 a.m. Dotty Pfadenhauer, dottypfa@aol.com and Georgana Maines, mainesgh@verizon.net

LEADERSHIP AT ASCENSION

Senior Warden: Betsy Hasegawa
Junior Warden: Zadinga Ogada

Vestry:

2020: Gordon Donnelly, Meredith Horan, Luis Pedrón
2021: Berenice Rodriguez, Bob Waters, Susan McLaughlin
2022: James 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:

St. George's Church, Glenn Dale
St. George's Church, Valley Lee
St. George's, DC
Diocesan Confirmation Service (May 12) Pray for those who are to be confirmed.
Ramadan begins (May 5 - June 4)

THIS WEEK AT ASCENSION

Monday, May 6, 2019

- 1:00 p.m. Al-Anon—Room 1
- 6:00 p.m. Spanish Class—Room 2
- 7:00 p.m. Overeaters Anonymous—Room 1
- 7:00 p.m. Listening Hearts Community - Library

Tuesday, May 7, 2019

Clergy Conference

- 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
- 8:30 p.m. Al-Anon—Room 1

Wednesday, May 8, 2019

Clergy Conference

- 10:00 a.m. Book club— Library
- 1:00 p.m. Al-Anon—Room 1
- 7:00 p.m. Overeaters Anonymous—Room 1
- 7:30 p.m. Spanish Bible Study-
- 8:00 p.m. Gamblers' Anonymous—Room 2

Thursday, May 9, 2019

Clergy Conference

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

Friday, May 10, 2019

Javier's Day Off

- 1:00 p.m. Al-Anon—Room 1

Saturday, May 11, 2019

- 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, May 12, 2019

Preacher: The Rev. Ken Howard

- 8:00 a.m. Holy Eucharist - Main Church
- 10:00 a.m. Bible School for 3+ year old and under - Room 4
- 10:00 a.m. Godly Play- Room 6
- 10:00 a.m. Holy Eucharist - Main Church
- 10:00 a.m. Joyful Path - Room 2
- 10:00 a.m. St. Barnabas - Chapel
- 12:00 p.m. Pastoral Care - Library
- 12:00 p.m. Escuela Dominical Para Niños - Room 2
- 12:00 p.m. Holy Eucharist (Spanish) - Main Church
- 1:30 p.m. Día de las Madres—Parish Hall
- 6:00 p.m. Youth Group- Parish Hall

Attendance	April 14	April 21	April 28
8:00 am	44	47	25
10:00 am	157	300	109
12:00 pm	45	56	20
Total:	246	403	154