

WELCOME TO CHURCH OF THE ASCENSION

The Eighteenth Sunday after Pentecost: 8 October A.D. 2017

Radical Acceptance

If you want to find one true path to life, love and God, your best prospects lie in a radical openness to anything. When confronted with a choice in your journey, to discern where the Lord will lead you, clarity will come when you view all options with a balanced perspective. How many times have you heard: "I would not have chosen to go through what I did, but I am really blessed to be who I am today and know what I know now. I have God in my life." They might be talking about a serious illness or loss, or failure in their vocation, or even the crushing responsibility of leadership, power and wealth.

The idea is that if I am following where God is leading I will know greater freedom and feel more truly alive, regardless of the circumstances in which I may find myself.

*Lord, my God,
When your love spilled over into creation
You thought of me.
I am from love, of love, for love.
Let my heart, O God, always recognize, cherish,
and enjoy your goodness in all of creation.
Direct all that is in me toward your praise.
Teach me reverence for every person, all things.
Energize me in your service.
Lord God, may nothing ever distract me
from your love, neither health nor sickness
wealth nor poverty, honor nor dishonor
long life nor short life.
May I never seek to choose to be other
than you intend or wish.
- Joseph Tetlow, S.J.*

May you find peace, in God's ongoing creation of you,

Randy

One Ascension Sunday: October 29

It is that time again to celebrate together. The theme for this luncheon after the 10:00 o'clock service is Fall Celebration. There will be a parade of Children dressed in their Halloween costumes to start off the celebration. Since it is also near All Saints Day, we are asking all who would like to bring a picture of a loved one who is deceased and share their story with those gathered. The Cookbooks should be available for sale, at \$10.00 each, they make an excellent holiday gift. Also one can purchase the Ascension t-shirt and/or sweatshirt, for yourself or as a gift. Please plan on bringing a fall dish to share. The committee will be making several Chili Dishes as a main course. Come one come all to join the fun.

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: The Rev. Shivaun Wilkinson

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

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.

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

Spanish Class

Come and take part in Ascension's Spanish Class on Mondays from 6:30 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. There is no class on Columbus Day. For more information contact Javier at ocampo@ascensionmd.org

Christian Formation

Christian Formation (Sunday School) for children age 3 (and potty trained) through 5th grade will be held immediately after the 9:00 a.m. service on the lower level of the main church annex. Teachers will be stationed in the narthex to greet and assist newcomers. Classes will end before the start of the 11:00 a.m. service. Adult classes are also offered during this time in the Library. These sessions will help us deepen our knowledge of the stories of the people of God and reflect on the meaning of these stories in our lives.

Wednesday Book Group: Christ Actually: Reimagining Faith in the Modern Age

Read through the end of Chapter 3, "The Jewish Christ," in preparation for Wednesday's discussion. The book group meets in the Library from 10:00–11:30 a.m.

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 in Library at 7:00 p.m. Contact Lori Perine at lperine@gmail.com if you would like to join us.

A Joyful Path

This week the members of A Joyful Path will learn about the importance of the Bible to our faith and in our lives. We will discuss the differences between the Old and New Testament. We will discover the different versions of the Bible and their uses today. If you are in grades 3-5, come and join us in Room 11 after the 9:00 a.m. service.

Godly Play

Our Godly Play lesson this week focuses on the Holy Family--Mary, Joseph and Jesus, along with the Angels, Shepherds, Magi and animals present at Jesus' birth. The Holy Family

LIFE LONG LEARNING

holds deep significance in Godly Play as the matrix from which new life comes. Christ's incarnation changes everything, particularly the way we understand ourselves, each other, the Creator, and the world around us. We meet in Room 6 after the 9:00 a.m. service.

LIFE AT ASCENSION

Zumba

We have Zumba classes at Ascension every Thursday at 7:30 p.m. in the Undercroft. 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, meringue and mambo.

Lector Training

Seasoned lector Andrew Greene will hold a lector training after the 9:00 o'clock service on Sunday, October 22 in the main church. This is for current and new lectors.

Acolyte Training

Ray Chin will be offering a training for new and current acolytes after the 9 o'clock service on Sunday, October 15, in the main church.

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Cookbook Committee Update

We did it! We made the August 31st deadline to submit our recipes to Morris Press Cookbooks! Our original plan was to have the company upload our recipes into their online program, but they wouldn't guarantee the Spanish language recipes. So, we decided that the only way to get the cookbook we wanted was to do it ourselves. Many, many thanks to everyone who helped with all of the editing, translating and uploading of recipes. We now have the bilingual cookbook we wanted. We are especially indebted to Ruth Anna Skowronski who uploaded all of the Spanish language recipes and Sari Stoddard whose unflappable demeanor and first-rate editing and project management skills kept us on course and on schedule. Morris Press has confirmed that Ascension Cooks! Many Recipes, One Ascension is now in production. We are on track to have the cookbooks on hand by October 29th, the date of the final One Ascension Luncheon of the year--just in time for holiday gift-giving!

Montgomery County Unity Walk

Opening Doors to Interfaith Understanding: Everyone is welcome to meet your neighbors, tour houses of worship and learn more about services our diverse faith communities offer.

WHEN: Sunday, October 8; 1:00 pm- Resource Fair, 2pm- Opening Ceremony, 2:30 pm Walk

WHERE: Chinmaya Mission Washington Regional Center, 46 Norwood Rd, Silver Spring, MD

LIFE AT ASCENSION

Youth Group Today at 6:00 p.m.

We have a very special Youth Group today!! And we need EVERYONE to attend!

We are very blessed to host the local founder of **Comfort Cases**, Rob Scheer and his family to share their story and get you excited about our upcoming fall service project. <https://www.comfortcases.org/>

Rob has even appeared on Ellen!!

<https://www.ellentube.com/video/an-exceptional-pair-of-parents-meets-ellen.html>

PLEASE ATTEND!! We will also have dinner and games!!

We need some parents to provide dinner, please contact Angie at angela.hightwalker@gmail.com

Open Bethlehem—October 15

Christ of the Servant Lutheran Church presents a series of four films this autumn on Sunday afternoons. The first film is titled *Open Bethlehem* (90 minutes) on October 15 at 2:30 p.m. at 9801 Centerway Road, Montgomery Village, MD, 20879.

Open Bethlehem spans seven momentous years in the life of Bethlehem, revealing a city of astonishing beauty and political strife under occupation. The documentary follows the story of director Leila Sansour as she returns to her hometown as it is soon to be encircled by The Wall. Chronicling Sansour's campaign to stop occupying Israeli forces encircling Bethlehem, this fierce and poignant story maps a determined and ongoing effort to unite Christians, Muslims and Jews in the desire for free access to the Holy City. Sansour, who lives in Bethlehem and London, plans to participate in the moderated discussion.

Neighbori-ando in Gaithersburg

On Thursday, October 12th Javier will be at Greene Growlers bar from 6:30pm to 8:00pm. If you want to talk and meet other people from Ascension, join us! We can have a good time and talk about Ascension and its life at the same time building stronger bonds through communication and knowing each other better. The bar is located at 227 E. Diamond Ave. Gaithersburg, Maryland in front of the train station at Gaithersburg.

Movie Night: October 13

Everyone is welcome to meet up in the Undercroft on Friday, October 13 at 6:30 p.m. to watch *The Nightmare Before Christmas*. A SignUp Genius has been emailed to everyone. We need 10 to make this happen.

Blood Pressure Screening

The Blood pressure Screening will aim to start in the last week of this month.

CARING FOR OUR COMMUNITY

Hurricane Relief

Episcopal Relief & Development urges prayers for communities recovering from the impact of Hurricanes Harvey, Irma and Maria, especially Puerto Rico. Please donate to the Hurricane Relief Fund and visit the organization's website for more information about relief and recovery efforts. <http://bit.ly/2xiQwJ3>

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 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 October 15 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>.

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

Mobile Med

Every Tuesday, for (at least) the summer months, Mobile Med has agreed that we can close the waiting room at 1:00 p.m. We will still list a person for the 1p shift in case the day is particularly hot or rainy and we need to keep the waiting room open until 3:00 p.m. I will notify the "on call" 1:00 p.m. person that morning if they need to be there.

The 11 a.m.-1:00 p.m. person will now close the Chapel at 1:00 p.m. I have put instructions for closing in the volunteer folder; you can also contact Jean Cohn if there are questions at spangle1@comcast.net or 240.372.3652.

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, October 28 in the church kitchen. If you have any questions, Contact Javier at ocampoj@ascensionmd.org

Washington Community: Gracious and Courageous Conversations: Deepening Understanding About Race, Community, and Country

You are invited to join an evening of guided conversation about our nation's long struggle with race and racism. We invite you to come and listen deeply and speak truthfully to each other, so that we may understand our shared history. We will not blame others or minimize anyone's experiences, nor expect "right" answers. In this sacred space, we will listen, learn, sing and pray together and continue forward on the journey toward freedom and justice for all.

Monday, October 16

6:15-9:15pm

Washington National Cathedral

Register here : <http://bit.ly/2xQN06g>

Light dinner provided. Recent events in our country and the Cathedral's recent removal of the Lee-Jackson windows are the catalyst for this dialogue, which will be supported by the Kaleidoscope Institute. Although we do not expect to achieve racial reconciliation in this one event, this moment calls the Cathedral, our community, and our country to reflection and renewal of our commitment to respect the dignity of every person, and to end racism. Your presence will help the Cathedral discern our next steps for the windows, and for our role in this collective effort.

Contact Michelle Dibblee, Cathedral Program Director, with questions at mdibblee@cathedral.org.

CONTACT US

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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

Assistant to the Rector—The Rev. Javier García Ocampo
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mard908@gmail.com, Dotty Pfadenhauer, dottypfa@aol.com
and Georgana Maines, mainesgnh@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
Regional Assemblies and regional conveners of the Diocese
Pray for all Native Americans and Native American
congregations.

Pray for all victims of terrorism, war, and violence and for
those who foster and perpetuate such acts

THIS WEEK AT ASCENSION

MONDAY, OCTOBER 9

OFFICE CLOSED

- 1:00 p.m. Al-Anon—Room 1
- 6:00 p.m. Ensemble Rehearsal—Main Church
- 6:30 p.m. Overeaters Anonymous—Room 4
- 7:00 p.m. Listening Hearts Community—Library
- 7:30 p.m. Choir Rehearsal—Choir Room

TUESDAY, OCTOBER 10

- 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, OCTOBER 11

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

THURSDAY, OCTOBER 12

- 10:00 a.m. Yoga—Chapel
- 4:00 p.m. Tai Chi—Chapel
- 7:30 p.m. Zumba—Undercroft

FRIDAY, OCTOBER 13

- 1:00 p.m. Al Anon—Room 1
- 6:30 p.m. Movie Night: The Nightmare before
Christmas— Undercroft

SATURDAY, OCTOBER 14

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

SUNDAY, OCTOBER 15

Preacher: Randy Lord-Wilkinson

- 7:45 a.m. Holy Eucharist—Main Church
- 9:00 a.m. Holy Eucharist—Main Church
- 10:15 a.m. Adult Class—Library
- 10:15 a.m. Godly Play—Room 6
- 10:15 a.m. Joyful Path—Room 10
- 10:15 a.m. Service for Young Children— Chapel
- 10:15 a.m. Men's Shelter Lunches
- 11:00 a.m. Misa en Espanol—Chapel
- 11:15 a.m. Holy Eucharist—Main Church
- 1:30 p.m. Maryland Ike Jam—Undercroft
- 5:00 p.m. Last Chance Church— Chapel

Attendance	September 17	September 24	October 1
7:45 a.m.	30	22	18
9:00 a.m.	93	75	86
10:15 a.m.	17	14	5
11:00 a.m. Spanish Service	45	41	51
11:15 am	50	44	38
5:00 p.m.	5	10	16
Total:	240	206	214