

# WELCOME TO CHURCH OF THE ASCENSION

*The Fourteenth Sunday after Pentecost: 10 September A.D. 2017*

## *You Are Accepted*

*“You are accepted!”...accepted by that which is greater than you and the name of which you do not know. Do not ask the name now, perhaps you will know it later. Do not try to do anything, do not perform anything, do not intend anything. Simply accept the fact that you are accepted. - Paul Tillich*

New possibilities open up when we accept our dependence on God. These possibilities come to us from beyond ourselves. We can open ourselves to acceptance by being responsible for ourselves and staying faithful to our spiritual practices. We can't improve upon the message that we are accepted, nor can we nail it down. In fact, the very moment we try to impose our control over it, it begins to evaporate.

We can receive this message of acceptance only when we are humble and open to it. After learning to surrender, we are ready to yield to messages of acceptance.

*I am grateful for the acceptance which has come my way.*

- Anonymous

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

I will be preparing the new worship roster for the months of October, November and December shortly; if you have any black-out dates for that period, or any changes specific to those months, please let me know as soon as possible. Thanks,

Sari Stoddard  
sari.stoddard@verizon.net

### **Town Hall Meeting**

There will be a Town Hall Meeting about Ascension's finances as a follow up to the discussion at the Annual Meeting, at 10:15 a.m. September 24, in the main church.

### **Episcopal Relief & Development**

Episcopal Relief & Development urges prayers for communities along the US Gulf Coast dealing with the impact of Hurricane Harvey. Please donate to the Hurricane Harvey Response Fund and visit the organization's website for more information about relief and recovery efforts. <http://www.episcopalrelief.org/hurricane-harvey-response>.

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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: 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

### 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 Labor Day. For more information contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)

### Children's Formation

Beginning September 17, 2017, Christian Formation (Sunday School) for children age 3 (and potty trained) through 5th grade will be held at 10:15 am (or immediately after the 9:00 am service) on the lower level of the main church building. Formation greeters/teachers will be stationed in the narthex to greet and assist newcomers. Classes will end before the start of the 11:00 am service. Adult classes are also offered during this time. 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: The Son of God for The Secular Age

On Wednesday, September 13, at 10:00 a.m. the book group will begin to read and discuss James Carroll's learned, extended, and beautifully written CHRIST ACTUALLY: THE SON OF GOD FOR THE SECULAR AGE. This is actually [sic] cheapest in hard cover from Amazon at \$6.98.

The Amazon synopsis: "A New York Times bestselling and widely admired Catholic writer explores how we can retrieve transcendent faith in modern times. Critically acclaimed and bestselling author James Carroll has explored every aspect of Christianity, faith, and Jesus Christ except this central one: What can we believe about—and how can we believe in—Jesus in the twenty-first century in light of the Holocaust and other atrocities of the twentieth century and the drift from religion that followed?"

The Wednesday morning book group will be on hiatus this week (Sept. 6): We will resume on Sept. 13 (10:00-11:30, as usual, in the Library) to start discussing Christ, Actually. Read the Introduction.

## LIFE LONG LEARNING

### 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. Contact Lori Perine at [lperine@gmail.com](mailto:lperine@gmail.com) if you would like to join us.

### Invitation to "Walk with Me" film



The Stillwater Mindfulness Practice Group invites you to view — "Walk with Me: A Journey into Mindfulness Featuring THICH NHAT HANH" on September 26 at 7:30 p.m. at Germantown Stadium 14, 2000 Century Blvd. Germantown, MD. For more information, visit <http://walkwithmefilm.com/> or to reserve your tickets [gather.us/s/20587](http://gather.us/s/20587)

## LIFE AT ASCENSION

### Adopt-a-Space at Ascension

Our worship and common spaces are sacramental in the sense that we rendezvous with God and one another in them. It is therefore meet and right that we tend them as the gift that they are. This sign-up lists most of the spaces we inhabit from week to week. They do get cleaned, but there's a lot of traffic in and out of our building and there are plenty of unclaimed artifacts to prove it!

This is an invitation for groups or individuals to "adopt-a-space" to declutter and re-order (where there is furniture).

I have assigned some groups to care for spaces with which they have a special relationship, such as the main church's sacristy, where the Altar Guild lives out its mission to prepare the holy of holies for each of us to encounter at every service. Some spaces got claimed immediately, such as the Chapel nave and sacristy, by "regulars" at the 11:00 o'clock service.

There are a few left! Won't you join in? Sign up by clicking this link: <http://www.signupgenius.com/go/70a0a4caba82da75-adoptaspace>

### Zumba at Ascension!

Summer is here and is always a good opportunity to get in shape. For that reason, 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.

### Contact info update

The Clipboard is being circulated at all services for a few Sundays to give you a chance to inform the Church Office of any changes in your information.

## LIFE AT ASCENSION

### The Lunch Bunch at St. Nick's

We meet on the third Tuesday of every month 11:30 a.m. until 2:00 p.m. at St. Nick's. After a delicious potluck luncheon together, we will play Bingo with winners choosing from many interesting prizes on our prize table! Newcomers and guests do not have to bring food for the first time.

We are also encouraging everyone to bring at least one non-perishable, kid-friendly food item to add to St. Nick's Summer Food Drive. Many children are hungry this summer as school is out and there are no free breakfast and lunch programs. Let's help the Germantown HELP Food Pantry meet the higher demand for food!

Come prepared to shop at the St. Nick's Crafters' Table, too! We are featuring many handmade works of art and other interesting items. As was done last year, you may make a donation in any amount for any of the items and all proceeds will be donated to the Deibel-Mahan Fund at St. Nick's. You may make your donation in cash or, for tax purposes, by check with Deibel-Mahan Fund in the memo.

### Ministry Fair

Leaders and participants of parish ministry teams will be available to chat with today at 10:15 in the Undercroft. The program year begins on Sunday, September 17. All formation classes will meet between the 9:00 and 11:00/11:15 services.

### Coping and Resiliency Workshop for Teens:

In response to an increase in incidents of violence, discrimination and bias, the International Cultural Center, in partnership with Kehilat Shalom and Church of the Ascension, hosting an interactive workshop for teens. Participants are welcome to share their reactions to recent events and discuss various ways to support themselves, their peers and the wider community. The event will include group discussion, practicing coping skills and a creative writing activity to raise awareness of violence, discrimination and bias. After completing the workshop, participants will be able to:

- ◆ Apply coping skills to overcome adversity,
- ◆ Increase communication skills & better express themselves,
- ◆ Learn how to help others who may be struggling,
- ◆ Access resources and communities of support,
- ◆ Develop advocacy skills,
- ◆ EARN SSL HOURS

The workshop will be facilitated by Licensed Clinical Social Worker, Atefeh Fathnezhad, LCSW-C

### Fiesta de las Americas, September 17

In some Latin American countries, in September we celebrate our Independence. For this reason, the Spanish Congregation is organizing a party in the Undercroft Commons on Sunday, September 17, after the 11:00 a.m. service. We invite everyone to attend!

### Save the Date

On October 7 we will hold a party in the Undercroft Commons as a fundraiser for Ascension. Tickets are on sale. If you need more information ask Javier or Berenice and Luis, members of the Vestry.

## 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 September 17 at 10:15 a.m. Contact Edith at [esekasi@gmail.com](mailto: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](mailto: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](mailto: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, September 23 in the church kitchen. If you have any questions, Contact Javier at [ocampoj@ascensionmd.org](mailto:ocampoj@ascensionmd.org)

### Connecting College Students to Our EDOW Campus Ministers

EDOW requests for names of college students in our parishes who will attend our local schools this fall. Whether entering freshmen or rising upperclassmen, they would love to know and support them. So, if you have students at any of the following, could you drop a note to Joey at [jrick@edow.org](mailto:jrick@edow.org) or to their respective campus ministers (listed below)? They would love to keep them connected to the our Episcopal chaplaincy and also to whatever parish is closest to them.

- American University, Carolyn Seton, [cseaton14@gmail.com](mailto:cseaton14@gmail.com)
- George Washington University, Shawn Strout, [strout@stpauls-kst.com](mailto:strout@stpauls-kst.com)
- Georgetown University, Becky Zartman, [rebecca.zartman@gmail.com](mailto:rebecca.zartman@gmail.com)
- Howard University, Yolanda Rolle, [yolanda.rolle@howard.edu](mailto:yolanda.rolle@howard.edu)
- St Mary's College, [nathanbeall1@gmail.com](mailto:nathanbeall1@gmail.com) or
- The University of Maryland, Kriste Pitts, [rev.kpitts@gmail.com](mailto:rev.kpitts@gmail.com)

## CONTACT US

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

**Minister of Music**—Jerrold Tidwell,  
tidwellj@ascensionmd.org, voice mailbox 11

**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, 301.540.4499  
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  
Church of Our Saviour, Brookland Parish  
Church of Our Saviour, Hillandale and Nuestro Salvador  
Diocesan Youth Ministry  
Diocesan Young Adult Ministry

## THIS WEEK AT ASCENSION

### MONDAY, SEPTEMBER 11

11:30 a.m. Living with a Chronic Illness—Room 1  
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. Spanish Class—Ascension House

### TUESDAY, SEPTEMBER 12

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, SEPTEMBER 13

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, SEPTEMBER 14

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

### FRIDAY, SEPTEMBER 15

1:00 p.m. Al Anon—Room 1  
6:00 p.m. Couples 12-Step Program—Room 1

### SATURDAY, SEPTEMBER 16

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

### SUNDAY, SEPTEMBER 17

**Preacher:** Randy Lord-Wilkinson  
7:45 a.m. Holy Eucharist—Main Church  
9:00 a.m. Holy Eucharist—Main Church  
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. Fiesta de las Americas—Undercroft  
11:00 a.m. Misa en Espanol—Chapel  
11:15 a.m. Holy Eucharist—Main Church  
1:30 p.m. Maryland Uke Jam—Undercroft Commons  
2:00 p.m. Christian Counselors Networking Meeting—  
Library  
5:00 p.m. Holy Eucharist: Last Chance Church —  
Chapel

Attendance	August 20	August 27	September 3
7:45 a.m.	25	24	25
9:00 a.m.	58	71	67
10:15 a.m.	16	15	
11:00 a.m. Spanish Service	45	36	
11:15 am	45	31	30
5:00 p.m.	7	15	12
Total:	196	192	192