

WELCOME TO CHURCH OF THE ASCENSION

The Fifteenth Sunday after Pentecost: 17 September A.D. 2017

Thich Nhat Hanh, the Renowned Buddhist Peacemaker, On Seeing Our Brothers and Sisters

"We need to rise above [dualistic choosing of sides] to look at a conflict the way a mother would who is watching her two children fighting. She seeks only their reconciliation.

"In order to fight each other, the chicks born from the same mother hen put colors on their faces.' This is a well-known Vietnamese saying. Putting colors on our own face is to make ourselves a stranger to our own brothers and sisters. We can only shoot others when they are strangers. Real efforts for reconciliation arise when we see with the eyes of compassion, and that ability comes when we see clearly the nature of interbeing and interpenetration of all beings.

"In our lives, we may be lucky enough to know someone whose love extends to animals and plants. We may also know people who, although they themselves live in a safe situation, realize that famine, disease, and oppression are destroying millions of people on Earth and look for ways to help those who suffer. They cannot forget the downtrodden, even amidst the pressures of their own lives. At least to some extent, these people have realized the interdependent nature of life. They know that the survival of the underdeveloped countries cannot be separated from the survival of the materially wealthy, technically advanced countries. The fate of each country is linked to the fate of all others.

"When will the chicks of the same mother hen remove the colors from their faces and recognize each other as brothers and sisters? The only way to end the danger is for each of us to do so, and to say to others, 'I am your brother.' 'I am your sister.' 'We are all humankind, and our life is one.'"

Fiesta de las Americas: September 17 after the 11:00/11:15 a.m. Services

In September many Latin American countries celebrate their independence. Members of the Spanish speaking community have organized a fiesta to mark this and other important cultural highlights and people. All are most welcome to the party, which takes place in the Undercroft.

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: Javier Ocampo

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

Christian Formation—Classes Begin Today

Christian Formation (Sunday School) for children age 3 (and potty trained) through 5th grade will be held at 10:15 a.m. (or immediately after the 9:00 a.m. service) on the lower level of the main church annex. Formation greeters/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. 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

Read chapter 1, "Personal Jesus," 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.

LIFE LONG LEARNING

Invitation to View "Walk with Me"



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

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 and held on Sunday, October 1, 2017 from 2:00 p.m. - 4:00 p.m. in Undercroft.

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, 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.

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 Relief Fund and visit the organization's website for more information about relief and recovery efforts. <http://www.episcopalrelief.org/hurricane-harvey-response>.

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 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>

Save the Date

On October 7 we will held a party in the Undercroft as a fundraiser for Ascension. Tickets are on sale. If you need more information ask members of the Vestry, Bernice @ Berenice.rodriquez.84@gmail.com or Luis @ lrpedron@gmail.com or Javier @ ocampo@ascensionmd.org

Town Hall Meeting on Ascension Finances

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.

Blessing of the Beasts, Sunday October 1



In observance of the Feast of St. Francis of Assisi, we will be blessing your feline, avian, canine, bovine, equine, porcine, reptilian, and arachnid friends at the 5:00 p.m. service on Sunday, October 1, in the Chapel. Please invite your friends to bring their pets too!

Beth O'Callaghan

At the beginning of last week Beth complained about a headache at a family reunion in Massachusetts. A day later it was debilitating, and she lost most of her vision. An MRI revealed a brain bleed. She is doing better as of Thursday but is still being tested.

Naturally, her installation as the second Rector of St. Nicholas's Church in Darnestown, scheduled for this coming Sunday afternoon, is being postponed until she is well.

For more news as it unfolds go to Beth's CaringBridge website: <https://www.caringbridge.org/visit/bethocallaghan>

Please hold her and Marla in your prayers.

Men's Shelter Lunch Program—Today at 10:15

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. 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

If the Mobile Med Van ("Annie") is still out of commission, the Clinic will be held at 981 Rollins Avenue in Rockville. Mobile Med's main number is 301-493-2400 (for patients looking for the van).

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 ocampo@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 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
- George Washington University, Shawn Strout, strout@stpauls-kst.com
- Georgetown University, Becky Zartman, rebecca.zartman@gmail.com
- Howard University, Yolanda Rolle, yolanda.rolle@howard.edu
- St Mary's College, nathanbeall1@gmail.com or
- The University of Maryland, Kriste Pitts, 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 García 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
St. Matthew's Church/San Mateo, Hyattsville
St. Matthew's Day School, Hyattsville

Remember and pray for all Jewish people during the holy
days of Rosh Hashanah (September 20-22) and Yom Kippur
(September 29-30).

Pray for peace and benevolence among all nations, remem-
bering especially the United Nations International Day of
Peace (September 21)

THIS WEEK AT ASCENSION

MONDAY, SEPTEMBER 18

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
7:00 p.m. Listening Hearts Community—Library
7:00 p.m. Choir Rehearsal

TUESDAY, SEPTEMBER 19

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 20

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 21

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

FRIDAY, SEPTEMBER 22

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

SATURDAY, SEPTEMBER 23

6:00 a.m. Ministerio Felicidad
9:00 a.m. Overeaters Anonymous—Chapel
11:00 a.m. Al-Anon—Undercroft Commons
11:00 a.m. Overeaters Anonymous—Room 1

SUNDAY, SEPTEMBER 24

Preacher: Laura Shay
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. Town Hall Meeting-Parish Finances—
Main Church
11:00 a.m. Misa en Espanol—Chapel
11:15 a.m. Holy Eucharist—Main Church
1:30 p.m. Vestry Meeting—Room 1
5:00 p.m. Last Chance Church — Chapel

Attendance	August 27	September 3	September 10
7:45 a.m.	24	25	24
9:00 a.m.	71	67	71
10:15 a.m.	15	44	9
11:00 a.m. Spanish Service	36	32	49
11:15 am	31	30	51
5:00 p.m.	15	12	10
Total:	192	210	214