

WELCOME TO CHURCH OF THE ASCENSION

The Sixteenth Sunday after Pentecost: 24 September A.D. 2017

Ascension Youth Group Kicks off 2017-2018 Program!



Youth Group will begin this evening with a Cook-Out at the Hight Walkers @ 9701 Breckenridge Place in Montgomery Village. Please arrive by 6:00 p.m. for games, food and fellowship which will end at 8:00 p.m. Meat, buns, and serving items will be provided. Please bring a dish or item to share.

All Youth in 6th grade and older are encouraged to participate in the Ascension Youth Program! We meet on the 2nd and 4th Sunday evenings of each month from 6:00 p.m. to 8:00 p.m., typically in the Undercroft. We are one of the largest and most active Youth Programs in Montgomery County-so come and see what all the excitement is about! We have fun and serve others, especially during our annual Mission Trip which occurs every summer.

Text Angie at 301.693.2399 with any questions.

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. this morning, in the main church.

Walk Maryland Day Connection--Rockville

Marjorie Madikoto is affiliated with the Diabetes Self Care Management Institute in Rockville and supports Diabetes Self Management Education and Diabetes Prevention Program classes around this community. Adriana Hochberg is an America Walks fellow examining walkability in Rockville and has organized an Aspen Hill community walk for Sunday, October 1st at 4:00 p.m. at Aspen Hill Library (meeting spot) 4407 Aspen Hill Rd, Rockville, MD 20854. For more information, please contact Adriana at: adriana_hochberg@yahoo.com

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: Laura Shay

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 Labor 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 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 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: The Son of God for The Secular Age

Read chapter 2, "The First Holocaust," 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.

Today's A Joyful Path

The members of A Joyful Path will take an introductory look at "The Teacher of the Way" in Room 6. We will consider what characteristics make up a good teacher. We will begin to discover why Jesus is our great teacher. A story, some crafts, mixed with fun and learning. In grades 3-5 come and join us in Room11 after the 9am service. (10:15am).

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.

Beth O'Callaghan

We give thanks for Beth's continued improvement! She went home from the hospital last Monday. See her CaringBridge blog at <https://www.caringbridge.org/visit/bethocallaghan>

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!

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 un-

claimed 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 11:00o'clock service.

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

Open Bethlehem -October 15

Christ of the Servant Lutheran Church presents A series of four films this autumn on Sunday afternoons, in Montgomery County, Maryland. The first film is titled "Open Bethlehem" (90 minutes) on October 15 at 2:30 p.m. at 9801 Centway 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.

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!

Save the Date

On October 7 we will held a party in the Undercroft as a fundraiser for Ascension. Tickets are on sale and the price is \$15. If you need more information ask members of the Vestry, Bernice @ Berenice.rodriguez.84@gmail.com or Luis @ lrpedron@gmail.com or Javier @ ocampo@ascensionmd.org

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*

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. 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, September 23 in the church kitchen. If you have any questions, Contact Javier at ocampo@ascensionmd.org

Blood Pressure Screening

There will not be Blood pressure Screening in this month. It will aim to start in the last week of October.

Hurricane Relief

Episcopal Relief & Development urges prayers for communities along the US Gulf Coast dealing with the impact of Hurricane Harvey, Irma and Maria . 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>

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,
tidwell@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 25

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
7:30 p.m. Choir Rehearsal- Choir Room

TUESDAY, SEPTEMBER 26

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 27

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 28

10:00 a.m. Yoga—Chapel
4:00 p.m. Tai Chi—Chapel
6:00 p.m. Bariatric Support Group - Chapel
7:30 p.m. Zumba —Undercroft

FRIDAY, SEPTEMBER 29

1:00 p.m. Al Anon—Room 1

SATURDAY, SEPTEMBER 30

9:00 a.m. Overeaters Anonymous—Chapel
9:00 a.m. Service for Momo Fahnbuelleh—
Main Church & Undercroft
11:00 a.m. Al-Anon—Undercroft
11:00 a.m. Overeaters Anonymous—Room 1

SUNDAY, OCTOBER 1

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
11:00 a.m. Misa en Espanol—Chapel
11:15 a.m. Holy Eucharist—Main Church
1:30 p.m. NoMoCo Youth/ICC—Coping and Resiliency
Workshop for Teens—Undercroft
5:00 p.m. Last Chance Church — Chapel

Attendance	September 3	September 10	September 17
7:45 a.m.	25	24	30
9:00 a.m.	67	71	93
10:15 a.m.	44	9	17
11:00 a.m. Spanish Service	32	49	45
11:15 am	30	51	50
5:00 p.m.	12	10	5
Total:	210	214	240