

# WELCOME TO CHURCH OF THE ASCENSION

*Sixteenth Sunday after Pentecost : 9 September A.D. 2018*

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## September 9 Healing Prayer

Hello dear friends of Ascension,

This coming Sunday during coffee hour, a short prayer clinic will be offered by myself and Paul Whitmore. Paul is a veteran healing minister and doctor. I got my start in ministry as a healing minister and social worker. The presentation with questions and answers will take about 30 minutes. We hope that we will see you then for our brief talk and Q & A where you can hear more about healing ministry. Bring your coffee and cookies with you...Javier won't mind. It will be less temptation for him.

Now, what is healing prayer? Healing Prayer as a category of ministry which is a vital part of a church's pastoral care program. Healing prayer is an opportunity for the individual to stand in person with another person before God for prayer. Healing ministers are trained by the ordained clergy of Ascension. Healing Prayer is for everyone however the need. It can happen anywhere at any time, but, on Sundays, it is conducted in a small prayer room just outside the sacristy. It is entered from the crossing of the church on the pulpit side of the church. There is a kneeler but you can stand if you prefer.

Our goal is that healing prayer will be better understood by the congregation. Further, we hope that individuals who could benefit from healing prayer will feel that the healing prayer is more accessible to them and that they might avail themselves of this important ministry. Secondly, we are hoping that those who have been thinking about becoming healing prayer ministers will have a way to learn more about it so that they can discern and possibly answer God's call to serve in this way at Ascension.

Now, I will offer as a teaser a brief summary of what we will do during this gathering. You will learn briefly about the theological and spiritual underpinnings of prayer and how healing prayer invites healing into all of our lives. You will learn how healing ministry is offered and how healing ministers know how to pray for you and with you. You will learn about the guiding principles of healing ministry: that you are entering sacred space with another person before God; that God is present and that God listens; that the healing minister listens to you and to God and prays accordingly; that God's intent for all humanity is for health and happiness; that your prayer encounter is completely confidential; that, we understand that God is praying with the minister and the petitioner synchronously and that God's praying with us puts the words we need into our mouths and blesses them. We hope that knowing about healing prayer will also increase your understanding of all prayer and that this paragraph will help you form your own questions.

Now, that sounds like a lot to do in 30 minutes evenly divided between presentation and Q & A, but we promise to keep the emphasis on the personal experience of the healing ministers as the primary teacher. If there is a need, we will later offer more extended training for praying and for discernment for becoming a healing minister.

May God Bless you and keep you,

Nan+

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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 "Represent Jesus Christ Whatever We May be," so we welcome you to this family 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: Rob Scheer

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. Please feel free to bring your child.

## LIFE LONG LEARNING

### 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 will be cancelled any Thursday that schools are closed for bad weather this winter. Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions.

### Summer Sunday School

Children and Families are welcome! We are offering Summer Sunday School, in room 4 (also called the "Place of Peace"), during the 10:00 service. We sing, have a simple lesson, pray and play and then go to church for communion. Parents may come to Sunday school with their little ones or leave their children to us while they enjoy the church service. Over the past few weeks we have seen some beautiful interactions between older and younger children. Come hang out with us sometime! Questions? text or call: Megan Didavi at 703-626-7199

### Wednesday Morning Book Group

Our group is discussing the book, "Take This Bread: A Radical Conversion," by Sara Miles. This book presents the story of its author's journey to faith and how she took Jesus' call to feed others by establishing food pantries. Our group meets on Wednesday mornings at 10:00 a.m. in Ascension's library. All are welcome to participate. Please read chapters 14, 15, and 16 for this coming Wednesday.

### Spanish Class

Spanish class will resume on September 10. Come and take part in Ascension's Spanish Class on Mondays from 6:00 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. For more information contact Javier at ocampoj@ascensionmd.org

### Thursday Morning Yoga

Yoga classes are offered on Thursdays at 10:00 AM, 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.

## Request for Updating your Email Address

We are in the process of updating your information in our system. Please make sure we have your correct email address.

## LIFE AT ASCENSION

### Are you interested in helping someone in need of transportation get to church?

We have members at Ascension that are looking for a ride to Sunday service. Are you available, are you interested in giving them a lift? If you live in Gaithersburg and would like to assist please contact the parish administrator Lin Keene at office@ascensionmd.org

### WE HAVE GONE DIGITAL

In this day and age we must keep up with technology. We have updated Servant Keeper (Ascension's database) to allow parishioners to update their own information on the church's database. The link below will allow you to access it by entering your email address and creating a password. You will be able to upload your own photo, update your current information, and also view your contributions and print your own statements. Of course those who wish us to provide them with their statements, we will be happy to do so. You will be able to share your interests in severing and tell us where you are serving now. If you have any difficulties, please contact Lin Keene at office@ascensionmd.org

<https://servantkeeper.com/member-portal/ECOTA/registration/email>

### Healing Prayer Ministers

We are in desperate need of volunteers to provide this special function at our 8 o'clock service. Training and assistance will be provided to you on a one-on-one basis. Give your name to Father Javier, or call Lin at 301 948-0122.

### ATTENTION WORSHIP LEADERS

Chalicians, readers, acolytes, healing prayer ministers, ushers, hospitality angels, flower deliverers: It's time to start looking for any black-out dates you may have for October, November and December. I will be starting the roster for the next quarter shortly and if I know in advance that you won't be available on specific dates, I won't schedule you for those dates. That's so much easier than your having to find a sub! Email me any "not available" dates you may know of at sari.stoddard@verizon.net. Blessings on all of you, and thank you for offering your help to our worship.

Thanks in advance,  
Sari

### Introducing Ascension Music Minister



Andrew Kullberg began his ministry at Church of the Ascension in September 2018. He grew up in Silver Spring, Maryland and developed an interest in music at a very young age. Through musical opportunities in his church and school, Andrew developed his musical abilities and learned to play multiple instruments fluently. He attended Eastern University outside of Philadelphia and majored in music education with a concentration in piano. While attending undergrad, Andrew grew as a church musician by singing in various choirs and playing piano and organ for numerous worship services in and out of state.

After graduating, Andrew returned to his hometown to start a career in teaching Montgomery County Public Schools and working part-time at Colesville Presbyterian Church. At Colesville, he served various music positions for six years including Children's Choir Director, Director of Contemporary Worship, Organist, and eventually, Director of Music.

Andrew currently teaches a diverse population of over 400 students at Meadow Hall Elementary School in Rockville and is the Conductor of the Montgomery County Central Honors Chorus. Additionally, he serves on occasion as Piano Accompanist for Bet Aviv, a Reform Jewish Congregation in Columbia, MD. Andrew lives in Bethesda and is currently working towards his Masters of Music in Education at University of Maryland.

## Invitation for Enid's Ordination

My dear friends,

Attached is an invitation to my ordination. I look forward to seeing you all, but if you cannot make it, I ask you to please keep me in your prayers. I also, want to inform you that I have received my parish assignment from Bishop Mariann. Unfortunately, I'm not returning to Ascension. I have been assigned to St. Nicholas in Germantown and St. Peter's in Poolesville. I will return to Ascension on Sunday, September 23rd, the day after ordination to serve and preach my first sermon as a deacon. After that, I will be moving on to my new church homes.



By the Grace of God and the people consenting  
The Right Reverend Mariann Edgar Budde, Bishop of Washington  
will ordain to the Sacred Order of Deacons in Christ's One Holy  
Catholic and Apostolic Church

Sandra Rusline Bramble  
Enid Omodele Cole  
Joan Marie Crittenden  
Anne Elizabeth Derse  
Elizabeth Lovette Dixon  
Martha Josephine Eldredge  
Susan Cheryl Fritz  
Janice Marie Hicks  
Lesley Werner Krauland  
Kathryn Evans McMahon  
Steven Eugene Seely  
Eugene Nat Wright

on Saturday, September 22, 2018, 10:00 a.m.  
at the Cathedral Church of St. Peter and St. Paul  
3101 Wisconsin Avenue, NW,  
Washington, District of Columbia

Your prayers and presence are requested.  
Clergy: Red Stoles

Reception to follow in the Bishop's Garden. Clergy planning to  
process please RSVP to [www.edow.org/ordinationrsvp](http://www.edow.org/ordinationrsvp)  
by September 14, 2018.

## Parishioner with Cancer in Need of Transport to Doctors

Leslie Pool has cancer and is in need of help getting to her numerous medical appointments. Ascension is not her only source of help, but we are looking for a few people who can assist. Please contact Bubba Pflantzbaum at [bubbashalom@gmail.com](mailto:bubbashalom@gmail.com)

## Personnel Committee Seeks Volunteers!

Do you have Human Resource Management or Managerial experience? Do you have a keen eye for detail? Are you gifted at conflict resolution? Well if so, then the Personnel Committee is looking for volunteers. We are looking for help with the following areas of personnel: reviewing the personnel policies and guidelines, establishing salary structures, creating and performing annual reviews, and reviewing benefits packages for the staff and clergy. If any of the above sounds interesting, Ascension could use your help. Please contact the Vestry Liaison, Rose Buck, at [rose.buck2@gmail.com](mailto:rose.buck2@gmail.com) or at 301.325.6291 or email Lin Keene at [office@ascensionmd.org](mailto:office@ascensionmd.org).

## Fill the Bin for Comfort Case

Ascension's Youth Group has been supporting the important work of a local non-profit organization—Comfort Cases, that provides services to children as they head into foster care. We are delivering the Comfort Cases today leading the 10 a.m. service. If you bring supplies to donate, a bin is still available at Narthex.

## Fiesta de las Americas

In some Latin American countries, in September we celebrate our Independence. For this reason, we are organizing a party in the Undercroft Commons on Sunday, September 16, after the 12:00 p.m. service. We invite everyone to attend!

## Bishop's Visit and One Ascension Sunday

Bishop Mariann Edgar Budde spends much of her time out and about in the congregations of the diocese. In addition, she makes an official visitation to each of the diocese's 88 congregations once every three years. These visits occur on Sunday mornings, and the schedule is typically announced each summer. In years in which the bishop does not visit, a member of her senior staff visits instead. This year she will come to Ascension on Sunday September 30th, since it is also One Ascension Sunday we will have just one service at 10:00 a.m. After the service we will have a potluck. Please sign up if you want to bring any food or drink.

## Healing Prayer Ministers

We are in desperate need of volunteers to provide this special function at our 8 o'clock service. Training and assistance will be provided to you on a one-on-one basis. Give your name to Father Javier, or call Lin at 301 948-0122.

## 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 will be September 16 at 11:15 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/>

### 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 29 in the church kitchen. If you have any questions, Contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)

### Montgomery Hospice

Montgomery Hospice is a nonprofit hospice that has been serving the residents of Montgomery County for 36 years. We provide professional end-of-life care in homes, extended care facilities and at Casey House, our acute care facility. We are looking for new volunteers. Our greatest need is for volunteers to visit patients. These volunteers provide companionship for patients, respite for family members, lavender oil hand massages, music by the bedside or help with practical matters. Many provide the gift of "presence" by simply being with a patient. All volunteers go through an application process.

## 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
- ◆ Javier's Cell: 202.903.6426
- ◆ Prayer requests: Fill out a yellow prayer request card 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  
ocampo@ascensionmd.org, voice mailbox 12

**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,  
mard908@gmail.com, Dotty Pfadenhauer, dotty@pfad@aol.com  
and Georgana Maines, mainesgnh@verizon.net

## LEADERSHIP AT ASCENSION

**Senior Warden:** Betsy Hasegawa

**Junior Warden:** Janet King

### Vestry:

2019: Rose Buck, Zadinga Ogada, John Pruessner  
2020: Gordon Donnelly, Meredith Horan, Luis Pedron  
2021: Berenice Rodriguez, Robert Waters,  
Susan McLaughlin  
Sari Stoddard, *Clerk of the Vestry*  
Avin Lalmansingh, *Treasurer*

Christian Formation for Children: Megan Didavi ~ Christian  
Formation for Youth: Angie Hight-Walker ~  
Facilities: Ted Bedell ~ John Prussener  
Finance: Avin Lalmansingh ~ Mission: Paul Boynton ~  
Pastoral Care: 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: Church of Our Saviour, Brookland Parish  
Church of Our Saviour, Hillandale and Nuestro Salvador  
Diocesan Youth Ministry

Diocesan Young Adult Ministry

Remember and pray for all Jewish people during the holy  
days of Rosh Hashana (September 10-11)

## THIS WEEK AT ASCENSION

### Monday, September 10

- 11:30 a.m. Living with a Chronic Illness—Room 1
- 1:00 p.m. Al-Anon—Room 1
- 6:00 p.m. Spanish Class—Ascension House
- 7:00 p.m. Overeaters Anonymous—Room 1

### Tuesday, September 11

- 7:00 p.m. Stillwater Mindfulness Group—Chapel
- 7:30 p.m. Spanish Bible Study—Library
- 8:30 p.m. Al-Anon—Room 1

### Wednesday, September 12

- 10:00 a.m. Wednesday 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—Room 2

### Thursday, September 13

- 10:00 am. Yoga—Chapel
- 4:00 p.m. Tai Chi—Chapel
- 6:30 p.m. Al Anon/Spanish—Room 1
- 6:30 p.m. Ensemble—Main Church
- 7:30 p.m. Choir Rehearsal

### Friday, September 14

- 1:00 p.m. Al-Anon—Room 1

### Saturday, September 15

- 9:00 a.m. Overeaters Anonymous—Room 2
- 11:00 a.m. Al-Anon—Undercroft
- 11:00 a.m. Overeaters Anonymous—Room 1
- 6:30 p.m. Al-Anon/Spanish- Room 1

### Sunday, September 16

**Preacher:** Nan Hildebrand

- 8:00 a.m. Holy Eucharist —Main Church  
Bible School for 3+ year olds & under — Main Church
- 10:00 a.m. Holy Eucharist —Main Church
- 10:00 a.m. Godly Play—Room 6
- 10:00 a.m. Joyful Path—Room 2
- 11:15 a.m. Men's Shelter Lunches
- 12:00 p.m. Escuela Dominical Para Niños - Room 2
- 12:00 p.m. Eucaristia en Espanol—Main Church
- 1:30 p.m. Fiesta de las Americas—Under Croft
- 2:00 p.m. Christian Counselling Network—Library

Attendance	August 19	August 26	September 2
8:00a.m.	25	29	28
10:00 a.m.	89	104	83
12:00p.m.	34	30	40
Total:	148	163	151