

This Week at Ascension



Beginning May 6, 2018 Ascension Church will hold three services each Sunday:

- **8:00 am Holy Eucharist**
- **10:00 am Holy Eucharist**
- **12:00 Noon Eucaristia en Espanol**

These services are a first step to adjusting our Worship to fit our new circumstances. Additional steps, changes and adjustments will likely be made as we go forward. Please make your opinions and ideas available to Padre Javier, the Vestry or the Worship Committee.

HEADLINERS

Mother's Day Food Drive: May 13

In honor or in memory of our mothers on Mother's Day, Sunday, May 13, we invite you to donate a bag of groceries to replenish the food pantry at Gaithersburg HELP. There are forms available on the welcome desk, in the Undercroft Commons, and in the Chapel, where you can designate your contribution "in honor of" a loved one. That person will receive a letter notifying them of your gift. For donations "in memory of" loved ones, we will add those names to a list for special prayers.

Worship Roster Signup

Dear Worship Leaders,

It has just been announced that starting at the beginning of May, Ascension will only have three services each Sunday -

- an 8:00 service in English much like the current 7:45 service, without music
- a 10:00 service in English, and
- a 12 noon service in Spanish language

The most recent roster, covering April, May and June, will have to be revised for all the May and June services. So I am asking each of you to please, as soon as possible, send me an email to let me know which service to assign you to. My email address is sari.stoddard@verizon.net.

Many thanks in advance,

Peace,

Sari Stoddard

LIFE LONG LEARNING

Wednesday Morning Book Group

We are reading Brian McLaren's latest book entitled The Great Spiritual Migration: How the World's Largest Religion is Seeking a Better Way to be Christian. Here's a description from Amazon.com

(<http://amzn.to/2nGabwg>): "Brian McLaren, a leading voice in contemporary religion, argues that— notwithstanding the dire headlines about the demise of faith and drop in church attendance—Christian faith is not dying. Rather, it is embarking on a once-in-an-era spiritual shift. For millions, the journey has already begun." The group meets on Wednesday mornings at 10:00 a.m. in Ascension's library. Read Chapter 9 for this coming Wednesday. .

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.

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.

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.

Lucia Pires is from Rio de Janeiro, Brazil. She is a 500-hour Pranakriya Yoga School of Healing Arts certified yoga teacher. Her training focuses on cultivating and enhancing the relationship of the student with his or her life force through yoga postures, breath work and meditation, in order to create change in awareness and help the student move towards wholeness and greater aliveness. She completed her professional training in 2015.

Lucia is the mother of two boys, ages 14 and 10, and when they give her a little break she enjoys reading, writing, long walks in nature and dancing. Lucia is the mother of two boys, ages 14 and 10, and when they give her a little break she enjoys, reading, writing, long walks in nature, and dancing.

Godly Play

This week in Godly Play we will study the Parable of the Deep Well. This parable is not a parable of Jesus but has its roots in the traditions of the rabbis. From time to time we wonder what parables really are. The parable of the Deep Well helps us find our own interpretation of what a parable really is. The parable tells the story of a person who crossed the desert and came to a deep well where she took her time to look at the well and to learn how to draw out the refreshing water.

A Joyful Path

The members of A Joyful Path will explore the meaning of being of service to others. I John 3:18 "Little children, let us love, not in word or speech, but in truth and action. Also the meaning of this Mexican proverb: "A good deed is the best prayer." Come and join us in Room 2 after the 9:00 a.m. service (10:15).

Spanish Class

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 ocampo@ascensionmd.org

There is no Spanish Class on Monday, April 30.

CARING FOR OUR COMMUNITY

We need used bikes to aid developing countries!

On Saturday May, 12 2018 from 1-4pm, Ascension's resident Girl Scout troop, Junior Troop 3243, is teaming with Bikes for the World to hold a one-day collection of used bicycles in our church parking lot. Bring your old bikes and spare bike parts to the church parking lot any time between 1 and 4 p.m. The troop will also be collecting a \$10 donation to help defray the cost of shipping. All donations are tax deductible. The donated bikes will be distributed overseas, where they will be reconditioned by community organizations to improve the lives of unfortunate people by helping them get to work, school and health clinics. Troop 3243 is organizing the collection in order to earn their Bronze Award, which is the highest award for Junior Girl Scouts. We also welcome volunteers to help process the bikes during the collection. Please contact gstroop3243@gmail.com for more information. See you on May, 12!

Make a difference for someone facing the end of life

JSSA Hospice and Transitions Volunteer Training May 6 and 7, 9 a.m. to 3 p.m., Rockville, MD.

JSSA, a non-sectarian community agency, is seeking volunteers over the age of 18 to help enhance the quality of life of individuals and families facing life-threatening or terminal illness. JSSA offers specialized training for prospective volunteers for its Hospice and Transitions programs. Following the training, volunteers are asked to commit to a minimum of 2 hours a week visiting patients in the Hospice or Transitions programs. If you're interested please fill out the application. Or contact Carrie Myatt, Volunteer Coordinator, at 301-816- 2611 or cmmyatt@jssa.org

Prison Ministry

Bubba Pflantzbaum has been writing to an inmate in Cumberland for about 10 years, providing friendship and access to information. His name is Jim, and he may be released in the next year or so. Jim is always looking for people to correspond with, so if you are interested in getting involved with this ministry, please email Bubba at bubbashalom@gmail.com

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, May 26 in the church kitchen. If you have any question, Contact Javier at ocampo@ascensionmd.org

Men's Shelter Lunch Preparation

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 May 20 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 in-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

Mobile Med: Ascension hosts the Mobile Med van on Tuesday at Ascension House (where the van parks) and the Chapel (where the patients wait). We have volunteers that man the waiting room from 7a-3p. You do NOT need medical knowledge or training - we act as hosts to the patients as they wait. We welcome new volunteers!

Jean Cohn
spangle1@comcast.net
240.372.3652.

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 and a three-day training. For more information, call 301-921-4400 or visit www.montgomeryhospice.org/volunteer

LIFE AT ASCENSION

Zumba at Ascension

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.

Ascension Youth Group

Hello All!

Your big day is coming up VERY soon! This Saturday April 28 is Youth Sunday rehearsal at 4:00 p.m. If you have a speaking part and can not make rehearsal you must let me know. Sunday April 29th is Youth Sunday!!! You must be at church at 9:30 a.m.! The service is at 10:00 a.m. and then lunch will served in the undercroft where you will celebrated. Please text or email any questions you might have! Can't wait to see you all SHINE!!!

Best-

A&T

PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: The Parish of St. Monica and St. James, DC, St. Philip's Church, Laurel. St. Philip the Evangelist Church, DC. St. Philip's Church, Baden, St. Philip's Child Development Center, DC, National Day of Prayer (May 3).

We pray for comfort, healing, courage and hope for Harriette Eleanor Cooper, Juan Ernesto Escamilla, Charles Dickson, Delores Finister, Sally & William Glick, Jeanine Marin, Rudi Miksa, Ophelia Yalley-Ogunro, Sarah Olsen, Ana Quijada, Berenice Rodriguez, Sue Snay, Fran Spina, Dorett Sutherland, Elvia Valencia, Suzanne Winterhalter, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, as well as for all those on our extended healing prayer list.

We give thanks for the life of Bryan FitzPatrick, in whose loving memory altar flowers were given by his parents, Kristin and Jerry FtizPatrick.

QUICK LINKS

[Link to Leaflets for Services](#)

[Link to Podcast of Elena's Sermon on Sunday, April 22nd: "Sheep #57"](#)

[Link to Sermon and Other Videos page](#)

[Link to the Episcopal Diocese of Washington's Website](#)