

# *This Week at Ascension*

## **Resurrection Poem**

Rise heart: thy Lord is risen. Sing his praise  
Without delays,  
Who takes thee by the hand, that thou likewise  
With him mayst rise:  
That, as his death calcined thee to dust,  
His life may make thee gold, and much more just.

Awake, my lute, and struggle for thy part  
With all thy art.  
The crosse taught all wood to resound his name,  
Who bore the same.  
His stretched sinews taught all strings, what key  
Is best to celebrate this most high day.

Consort both heart and lute, and twist a song  
Pleasant and long:  
Or since all music is but three parts vied  
And multiplied;  
O let thy blessed Spirit bear a part,  
And make up our defects with his sweet art.

I got me flowers to straw thy way;  
I got me boughs off many a tree:  
But thou wast up by break of day,  
And brought'st thy sweets along with thee.

The sunne arising in the East,  
Though he give light, & th'East perfume;  
If they should offer to contest  
With thy arising, they presume.

Can there be any day but this,  
Though many sunnes to shine endeavour?  
We count three hundred, but we misse:  
There is but one, and that one ever.

*George Herbert*

# HEADLINERS

## Spring Party

A vertical invitation card for a Spring Party. The background is light orange with a pattern of small white circles. At the top, a green banner contains the text "Spring is here Let's celebrate!". Below this, the text reads: "Church of the Ascension invites you to our Spring celebration." The event details are: "When: Saturday, April 14th 2018", "Where: 205 South Summit Ave Gaithersburg, MD 20877", "Party Room", "Time: 7:30 pm". A note states: "Admission is free to children 12 & under". Another note says: "There will be music, food, drinks and desserts sold separately for children don't miss out!". A red circular badge in the bottom right corner says "\$15 Dinner & 1 drink". The card is decorated with illustrations of a light blue bird, two black birds on a branch, and a light blue bird on a branch, all set against a background of green clovers at the bottom.

For more information contact Berenice at [berenice.rodriquez.84@gmail.com](mailto:berenice.rodriquez.84@gmail.com), Luis at [lrpedron@gmail.com](mailto:lrpedron@gmail.com) or Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org).

## April Service Schedule

### April 8th :

7:45 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist  
11:15 a.m. Holy Eucharist

### April 15th & 22nd:

7:45 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist  
10:15 a.m. Holy Eucharist  
11:00 a.m. Eucaristia en Espanol  
11:15 a.m. Holy Eucharist  
5:00 p.m. Holy Eucharist

**April 29 :** 10:00 a.m. One Ascension/Youth Sunday - Holy Eucharist

## Looking for two Percussionists

Ascension's Ensemble is recruiting for two percussionists. For information: Meredith Horan 301-926-1054 (evenings) or [horanm@hotmail.com](mailto:horanm@hotmail.com)

# 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 Chapters 5 and 6 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](mailto:Cjrosser@aol.com) if you have any questions.

## Thursday Morning Yoga

There is yoga class every Thursday at 10:00 a.m. in Chapel. These are gentle, entry level classes anyone may enjoy. No props are needed. There are some mats, blocks and blankets for those who want them. If you have your own mat, bring it. Wear loose fitting, comfortable clothing.

Beginning April 12, Tina Lightner-Morris and Lucia Pires will be teaching this class, also at 10:00 a.m. on Thursdays (except 4/19). Tina will begin with the Joint Freeing Series, move into some Sun Salutations and finish with an iRest/yoga nidra guided mindful meditation. Please join us for this amazing practice of embodied prayer!"

## Godly Play

This week in Godly Play we study the Parable of the Great Pearl from the Gospel of Matthew (13:45). In this Parable Jesus compares the Kingdom of Heaven to a merchant who goes in search for the great pearl, and exchanges everything for the great pearl when it is found. The children and teachers will explore questions about the parable after hearing the story.

## 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](mailto:ocampo@ascensionmd.org)

There is no class on Monday April 2nd.

# CARING FOR OUR COMMUNITY

## 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 [cmyatt@jssa.org](mailto:cmyatt@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](mailto: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, April 28 in the church kitchen. If you have any question, Contact Javier at [ocampo@ascensionmd.org](mailto: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 April 15 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 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](mailto: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](mailto: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](http://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!

I hope you had a wonderful spring break and Easter! We have a busy April so I want to make sure you have everything in your calendars.

- April 8th-Youth Group 6 pm
- April 22th-Youth Group 6 pm
- April 28 (Saturday)-Dry Run for Youth Sunday 4 pm
- April 29th Youth Sunday ONLY ONE SERVICE @10 am with pizza luncheon immediately following.

We need dinner support for Youth Group on the 8th and 22nd . Should anyone be interested please let me know!

We need a big attendance at the two Youth Groups this month to prepare for Youth Sunday. If you wish to participate in Youth Sunday but can not make either Youth Group-please let me know

immediately so I can hold a part for you.

Thank you to all four seniors for agreeing to speak! This will be a wonderful event!

Reach out with any questions!

Best-

A&T

## PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: Calvary Church, DC, Church of the Atonement, DC, Church of the Redeemer, Bethesda Chapel of the Annunciation, Church House

We pray for comfort, healing, courage and hope for Harriette Eleanor Cooper, Mike Darracott, Juan Ernesto Escamilla, Delores Finister, Sally and William Glick, Margaret Joseph, Lin Keene, Ophelia Yalley-Ogunru, Sarah Olsen, Easton Pool, Fran Spina, Ruthie Swain, Suzanne Winterhalter, Sharon Wood, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

## QUICK LINKS

[Link to Service Leaflets for Easter and Holy Week Services](#)

[Link to Podcast of Randy's Last Sermon on Sunday, April 1st:](#)

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

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