



"We are ambassadors who represent Christ." – 2 Corinthians 5:20

## THIS WEEK AT ASCENSION

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Dear sisters and brothers in Christ,

This morning, I sat at my desk in my home office looking out the windows into the leafy domain of our small garden. I had checked the weather report to find that the long walks Peter and I so look forward to with Stella, our shaggy, poodle mix puppy, would be curtailed by heat and humidity. She likes the air conditioning on high heat index days just as we do. So, we'll do a few brief chases around the garden and play tug inside and, perhaps, get in a late evening walk. .

The heavy July rains we have had for the last two summers have the quality of South Pacific monsoons. The garden is looking pretty good, but there is a lightly beaten down look of the flower garden and the soil even after a day without rain has a strangely dry quality. It makes me uneasy. To compound that unease, the height of the Potomac River is close to surging over its banks and is looking muddy from being so thoroughly stirred by the rains. It seems a bit ominous. Reading the newspapers brings about a similar sense of unease and a similar desire to be sheltered from the unpleasantness just as I wish to stay in the my conditioned office. Yet, as we know, there is no real shelter from the issues of climate change or of the world's troubles by staying inside and by not reading the newspapers.

It helps us to notice the lovely things around us. I've had more than my share lately: my Zurich family's long visit a week ago; my uncle's 100th birthday; our foreign adventurer daughter who with her family managed to get home before the Lombok earthquake; the improvements in Peter's 96 year old father's health; Sunday evening's sighting of a doe and her fawns grazing along Rock Creek; and the bunny rabbits hopping to and fro in the late evening when we are finally out late walking Stella. Reassuring as well are the images of gentle domesticity revealed in the the mellow lights shimmering from the houses of our dear neighbors and the casual and relaxed friendliness of other neighbors out for late night walks. Julian Norwich comes to mind. Her famous line "All will be well and every kind of thing will be well" has always calmed me when my spirit is troubled.

When Julian wrote these words, England was in a period of plague- a third of the population was dying . Yet, she dared to say these words. We, too, must cling to these words not only to comfort us but to remind us that we as Christians have a very important role in partnering with Christ to fulfill these words. Fulfillment of her prophecy is made when humanity accepts Christ's charge to be his hands and feet in the world. St. Francis' Prayer teaches us how this is done.

"Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is pardoning that we are pardoned; and it is in dying that we are born to eternal life." Amen.

Blessings,

Nan+

## HEADLINERS

### **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)

### **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.

## **Yard Sale & Car Wash - September 08**

Second Annual Summer Yard Sale and Car Wash on Saturday, September, 2018 from 7:00 a.m. to 3:00 p.m. If you have furniture or clothes that you want to donate, bring them to the office. Remember that you can bring your car to be washed. We also need help. If you are available, you are welcome to join us! For more information, please contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org) or 202-903-6426 or Ascension Office.

## **Help Provide School Supplies and Backpacks for Children in Need**

Ascension is collecting supplies and financial donations to provide backpacks for students (kindergarten through 5th grade) at Summit Hall E. S. in Gaithersburg as part of the Linkages to Learning Program. The purpose of this program is to improve the well-being of children and their families through collaborative delivery of school based services that address social, economic, health and emotional issues that interfere with the academic success of the child. The lists of supplies are available in the narthex. You are not obligated to provide all of the supplies on the list. All donations are welcome. If you would like to make a financial donation, please make the check payable to the church and write "For Backpacks" on the memo line. Please put the check in the plate on Sunday. Please put the supplies in Room 2 On Sunday, August 26, the backpacks will be assembled in Room 2 following the 10 am service. All help will be appreciated. We can work together while we visit and get to know each other. Thank you in advance for your support of this project.

## **WE HAVE GONE DIGITAL**

In this day and age we must keep up with technology. We have update 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 whom 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.

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

**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](mailto:office@ascensionmd.org)

## LIFE LONG LEARNING

### **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. Similar to the Families with Young Children 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 703-626-7199

### **Wednesday Morning Book Group**

On August 15th, our group will start 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 the first four chapters for this coming Wednesday.

### **Tai Chi**

Tai Chi on Thursdays in the Chapel will be cancelled for July and August, and resume in September.

During the summer, we will meet in Washington Grove on Saturday mornings at 9 am. Directions are Woodland Park, on Grove Road, near the tennis courts. Cancelled if rainy.

For information, contact Claire at [cjrosser@aol.com](mailto:cjrosser@aol.com) (301-275-0617).

### **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.

**Yoga class has been temporarily moved to Room 6 in the main church from July 12th through August 30th. This classroom is located on the lower level of the main building. Classes will resume in the Chapel on September 6, 2018**

**There will be no yoga class on 8/16, 8/23 and 8/30.**

## **LIFE AT ASCENSION**

### **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).

# CARING FOR OUR COMMUNITY

## **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, August 25 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 will be on August 19 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/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)

## 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)

## PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: St. Mary's Church, DC, St. Mary's Court, DC, St. Mary's County Scholarship Committee

We pray for comfort, healing, courage and hope for Jean Cohn, Harriette Eleanor Cooper, Fredy Diaz, Peggy Donnellon, Sally & William Glick, Lin Keene, Rudi Miksa, Ann Mitchell, Daniel/Aillen Pagan/Henandez, Wendy Jo Perkins, Leslie Pool, Fran Spina, Dorett Sutherland, Samuel Tellu, 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 Altar Flowers give by Kathryn Froelich in whose memory of Grey and Dick Froelich.

## QUICK LINKS

[Link to Barbara's Sunday, August 5 Sermon Podcast: "It's the Message, Not the Meal, that Counts"](#)

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

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