

# THIS WEEK AT ASCENSION

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## Welcoming the Eucharistic Visitor

Most of us feel alone and vulnerable when we are incapacitated, sick or homebound. It doesn't take long for anxiety and fear to become part of our emotional landscape. We can become cut off from the larger community if the situation persists. The Episcopal Church recognizes the suffering of the individual, as well as the diminution of the congregation as a whole when its members are unable to participate in the Eucharist. The Church has instituted the position of the lay Eucharistic Visitor who brings the sacrament of the Eucharist to homebound members of the faith community.

The practice of bringing the consecrated bread and wine to those who cannot come to the congregation dates from the early days of the Church, when coming together was not always possible, or safe. By receiving the blessed bread and wine in private, members of the community were once again bonded to the larger community. The Eucharistic visitor today is a layperson who has been trained and licensed by the diocese. The Eucharistic visitor embodies a ministry of listening, caring, and spiritual presence. The visit can take place at home, in the hospital, rehab facility, or nursing home. Note that the Eucharistic visitor does not visit as a neighbor or friend—it is not primarily about keeping up with events or telling humorous stories to amuse the sick. The Eucharistic visitor brings the the good news of the gospel that we are never really alone to face whatever life may bring; rather, this ambassador of Christ brings the Word and the consecrated elements of bread and wine to those who would otherwise have lost contact with the body of Christ.

During a visit, the Eucharistic visitor will typically hand out a copy of the service to those present, set the table, read the collect and verses for the day, share a prayer, and administer the sacred elements. All who are able may offer a prayer of thanksgiving. Generally, the Eucharistic visit is a gentle, unhurried half hour of inclusion and contemplation. If you or a family member or friend would benefit from such a visit, call the church (301 948-0122) to make a request. Such a visit is possible whether the disability is permanent or temporary.

If you feel that becoming a Eucharistic visitor is something that might interest you, contact the

Priest in Charge, Fr. Javier Ucampo, or the director of Pastoral Care, Nan Hildebrand for more information.

## HEADLINERS

### 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](mailto:sari.stoddard@verizon.net). Blessings on all of you, and thank you for offering your help to our worship.

Thanks in advance,

Sari

### 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)

### Invitation for Enid's Ordination

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.*

## **Bike Ride with the Bishop**

## **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.

## **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.

**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 started 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 5, 6, and 7 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 lifeforce 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 Form 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 8/23 and 8/30.**

## LIFE AT ASCENSION

### **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)

### **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)

## PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: St. Bartholomew's Parish, Laytonsville

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, Doret 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.

## 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](#)



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