

THIS WEEK AT ASCENSION

Healing Prayer

Healing Prayer is a sacramental rite in which a person may be anointed with holy oil or experience the laying on of hands, by which God's grace is experienced for the healing of spirit, mind, and body. Healing prayer may be administered by the priest or by trained lay ministers. There are references in the Old Testament to Healing Prayer (particularly in the Psalms, and in Samuel); but the New Testament offers many direct statements from Jesus' preaching where we are to preach the kingdom and heal the sick. Remember that a very high percentage of Jesus' ministry was healing, and that those who sought Him out were subject to all kinds of physical ills, as well as many disabling emotional and spiritual troubles.

In our society today we're experiencing high levels of stress and anxiety. Even in an age of technological marvels, amazing treatments for disease, and medication for previously untreatable conditions, we experience much brokenness and fear. There is trauma and uncertainty in everyone—evident when we least expect it. Healing prayer helps us to trust that God does heal; that in his unfailing love for us that he wants us to live fully, joyfully, and abundantly as he designed us to do. Healing ministers offer listening, love, and prayer for body, mind and spirit. They do not judge, they do not offer advice, they do not practice magic, or pretend to offer miracles. The effectiveness of healing prayer lies in helping a petitioner to call upon God to intervene, to relieve his troubles in whatever way he knows we need.

Sometimes, people are a bit afraid of healing prayer—that nothing will “happen”, or that something **will** happen. But prayer is not an on/off switch, it is a process. The healing that we experience comes from the mystery of God's love and will. It has nothing to do with any skill or charisma of the healing prayer minister, who is merely a conduit for God's love. Healing prayer is truly a process of inviting God to be present in our lives.

At the Church of the Ascension there is a team of healing prayer ministers.

Someone is available at every celebration of the Eucharist in the little alcove off the narthex. If you wish to participate, you may come in silence, or name that which troubles you. You will receive a simple, compassionate prayer for your healing in mind, body and

spirit. It is also appropriate to offer prayers of thanksgiving for healing, or recognition of the gifts of God.

Do not be shy. We invite you to experience the healing power of prayer.

Javier+

HEADLINERS

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.

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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 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. On Sunday, August 26, the backpacks will be assembled in Room 1 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

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 Chapter 11 of "A Magical World" by Derek Wilson 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 (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 or at 301.325.6291 or email Lin Keene at 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

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

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 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

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

PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: Church of the Transfiguration, Silver Spring.

We pray for comfort, healing, courage and hope for Jean Cohn, Harriette Eleanor Cooper, Fredy Diaz, Peggy Donnellon, Sally & William Glick, Rudi Miksa, Ann Mitchell, Leslie Pool,

Leslie Sanya, Fran Spina, Dorett Sutherland, Samuel Teilu, Martha Hieran, , 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 One Ascension Sunday Sermon, July 29 Podcast](#)

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

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



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