






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

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[Link to Service Leaflets
for February 26](#)

[Link to Randy's sermon
"Moral Man \[sic\] Immoral
Society"](#)

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

Calendar Highlights

Friday, February 24

1:00 p.m. Al-Anon, Library

Saturday, February 25

6:00 a.m. Ministeria Felicidad

9:00 p.m. Overeaters Anonymous—Chapel

11:00 a.m. Al-Anon—Undercroft Commons

11:00 a.m. Overeaters Anonymous—Room 1

4:30 p.m. Cookbook Group Meeting—Room 1

Sunday, February 26

7:45 a.m. Holy Eucharist—Main Church

8:15 a.m. Choir Rehearsal—Choir Room

9:00 a.m. Holy Eucharist—Main Church

9:00 a.m. &
11:00 a.m. Godly Play—Room 6

9:00 a.m. &
11:00 a.m. Joyful Path—Room 11

10:15 a.m. Service for Families with Young
Children—Chapel

10:15 a.m. Men's Shelter Lunches

11:00 a.m. Misa en Espanol - Chapel

11:15 a.m. Holy Eucharist —Main Church

This Week at Ascension

Looking Ahead to Lent

Ash Wednesday is just hours away! Lent, for all its apparent somberness, comes from the Middle English word *lente*, meaning *springtime*. It is about preparing for Resurrection, especially through experiences of self-discipline. And, guess what? It lasts six weeks. Contemporary psychology suggests that the brain can be rewired in six weeks. So Lent is an opportunity to change your life by practicing something for the duration of the season that you'd like to make a part of your life permanently.

This is why, long ago, I abandoned “giving up” things for Lent, because even though I could relax my discipline on the Sundays in Lent, which are after all still feasts of the Resurrection (many Episcopal parishes even continue to adorn their altars with flowers to emphasize this), I was usually more preoccupied mentally with the thing I’d “sacrificed” than before! That just didn’t seem “edifying” to me in any way, shape or form.

So I add something to my life in Lent, and that’s what I recommend to you. You will more likely find that it will stay a part of your life afterward, and inviting something

1:30 p.m. Vestry Meeting—
Room 1
5:00 p.m. Holy Eucharist—Chapel
6:00 p.m. Youth Group Meeting & Spiritual
Formation—Undercroft Commons

Monday, February 27

1:00 p.m. Al-Anon—Library
6:30 p.m. Overeaters Anonymous—Room 4
6:30 p.m. Spanish Class —Ascension House
7:00 p.m. Jr. Girl Scout Meeting—Room 6

Tuesday, February 21

10:00 a.m. Yoga - Chapel
11:00 a.m. Staff Meeting
6:00 p.m. Bible Study—Ascension House
6:00 p.m. Shrove Tuesday Pancake Supper—
Undercroft Commons
7:00 p.m. Codependents Anonymous—
Room 1
7:00 p.m. Stillwater Mindfulness Group—Chapel
8:30 p.m. Al-Anon—Room 1

Wednesday, February 28

10:00 a.m. Wednesday Morning Book Group-
Library
12:00 p.m. Ash Wednesday Holy Eucharist—
Main Church
1:00 p.m. Al-Anon—Library
7:00 p.m. Overeaters Anonymous—
Room 1
7:30 p.m. Ash Wednesday Holy Eucharist—
Main Church
8:00 p.m. Gamblers' Anonymous—Chapel

Thursday, March 1

4:00 p.m. Tai Chi—Chapel

[Link to our Online Calendar](#)

life giving and spiritually nourishing into your life leaves a little less room for the baggage that we wish we didn't have.

At Church of the Ascension you are blessed with many opportunities for a six week period of "Lenten enrichment:"

- Do some service: we send delegations to St. Martin's soup kitchen twice a month, or you can help make lunches for the men's homeless shelter once a month (service is a great gift to oneself). Or join in with Ministerio Felicidad.
- Help out with your child's Sunday School class (or have Sunday School at home for a change), or make dinner for the Youth Group or be a chaperone for one of their activities.
- Become a Pastoral Partner.
- Join the 9:00 a.m. Choir or be an 11:15 ensemble musician.
- Attend an adult formation class on a Wednesday evening or Sunday morning.
- Make a donation to the church or a charity. A long standing tradition at Ascension for Lent is the Rice Bowl: when you go up for Communion drop any spare change or currency into the bowl that'll be on a stand in the chancel. (Originally this was money you saved from not buying chocolate or whatever it was you'd given up for six weeks minus Sundays.) This year the money will probably go to our Cuban refugee family.
- Add something to your life that'll improve your physical, mental and spiritual health, as all aspects of ourselves are interconnected.

Contact information for ministry opportunities sponsored by Ascension are in the blue (sometimes green) bulletin

every Sunday, or are to be found in the context of an announcement here in the *Ascendant*.

May this Lent indeed bring springtime to your path.

Randy

HEADLINERS

[Call for Confirmation](#)

[Annual Meeting on Sunday, March 12](#)

[Candidates Forum on Sunday, March 5](#)

[Ascension 2017 Cookbook](#)

[Wednesday Nights in Lent](#)

[Sunday Morning Cell Group for Cell Group Leaders](#)

[Youth Group Schedule Spring 2017](#)

[February 28 - Shrove Tuesday Pancake Supper](#)

[Ash Wednesday](#)

[Annual Giving Campaign Extension](#)

[Wednesday Morning Book Group Reading](#)

[Becoming Wise](#)

[Movie Night is March 3](#)

[Attention, Worship Leaders and would-be Worship Leaders!](#)

LIFELONG LEARNING

[Cell Group for Families with Young Children](#)

[Thursday Afternoon Tai Chi Class](#)

[Yoga At Ascension - New Yoga Time](#)

[Listening Heart Community](#)

[Still Water Mindfulness Practice Group](#)

[Godly Play](#)

[A Joyful Path](#)

WORSHIP

[Worship Rosters, January-March](#)

SERVICE

[Men's Shelter Sandwich Making](#)

[The Lord's Table Soup Kitchen](#)

[Gaithersburg HELP](#)

[Mobile Med](#)

LIFE AT ASCENSION

[Prayer Request Updates](#)

PUBLICATIONS

[February Ascendant](#)

[Together We Shine](#)

Prayers

For Those Whose Lives are Closely Linked
With Ours: St. David's Church, World
Mission Sunday, Companions in World
Mission, Ash Wednesday (March 1)

Pray for Comfort, Healing, Courage, and Hope:

Sandy, Debbie, John, Joann, William,
Diane, Dotty, Sarah, Wilma, Roz,
and Suzanne and all those who, in this
transitory life, are in trouble, sorrow, need,
sickness, or any other adversity.

We pray for peace in the world and all who
are serving our country here and abroad,
especially those in harm's way, and their
families.

Equip us and empower us to be witnesses to
your love – as advocates and as servants, as
ministers of welcome and of hope for

refugees and all affected by natural disasters, violence, and war.

We pray for all special intentions, and those on our extended Healing Prayer List.

Worship Leaders

Sunday, February 26

Preacher: Joey Rick, Canon for
Congregational Vitality

7:45 AM

Reader/Prayers: David Burton
Chalichists: Edna Leake, Jason Cutshall
Healing Prayer: Jean Cohn
Acolytes: Raymond Chin, Aidan Douglas
Welcome Team: Enid Cole, Meredith Horan
Altar Guild: Georgette Dennis
Hospitality Angel: Sharon Hayden

9:00 AM

Reader: Sue Snay, Susan Ahalt
Prayer: Barb Mansfield
Chalichists: Bob Waters, Major Clemens
Healing Prayer: Susan McLalughlin
Acolytes: Kofi Kwamena-Poh, Gary McLaughlin, Richard McFarland
Welcome Team: Swithin Kwamena-Poh, Kevin Blanc, Algernon Thomas
Altar Guild: Kris Fitzpatrick, Sarah Gallagher
Hospitality Angel: Kristin Fitzpatrick

11:15 AM

Reader: Avin Lalmansingh
Healing Prayer: Jason Cutshall
Welcome Team: Alex Langley, Alice Padmore, Kendall Anderson
Altar Guild: Georgana Maines
Chalichist: Sarah Rubin, Christian Nwankwo

Song Leader: Claire Morin

Hospitality
Angel: Jeff Buck

Eucharistic
Visitors: Meredith Horan

Flower
Delivery: Eliane Dunn-Johnson, Alice
Padmore