



EPISCOPAL
Church of the
Ascension

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

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This Week at Ascension

[Link to Service Leaflets for
January 29](#)

[Link to Javier's sermon
"Follow Me and I will Make
You Fish for People"](#)

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

Calendar Highlights

Friday, January 27

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

Saturday, January 28

9:00 p.m. Overeaters
Anonymous—Chapel

11:00 a.m. Al-Anon—Undercroft
Commons

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

2:30 p.m. Cookbook Group
Meeting—Room 1

Sunday, January 29

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

TRUST

Trust is a feeling of confidence that things can unfold within a dependable framework that embodies order and integrity. We may not always understand what is happening to us, or to another, or what is occurring in a particular situation; but if we trust ourselves, or another, or we place our trust in a process or ideal, we can find a powerful stabilizing element embracing security, balance, and openness within the trusting which, in some way, if not based on naiveté, intuitively guides us and protects us from harm or self-destruction.

Perhaps we could experiment with trusting the present moment, accepting whatever we think or feel or see in this moment because this is what is present now. If we can take a stand here, and let go into the full texture of now, we may find that this very moment is worthy of our trust. From such experiments, conducted over and over again, may come a new sense that somewhere deep within us resides a profoundly healthy and trustworthy core, and that our intuitions, as deep resonances of the actuality of the present moment, are worthy of our trust.

- John Kabat-Zinn, author of *Wherever You Go There You Are*

Pledge Envelope boxes for those who made commitments to both the Annual Giving Campaign and Facilities Reserve Fund are now available on the table outside the Church Office.

Pictorial Directories are here! They are in a box on the table outside the Church Office. Priority is given to those who had portraits taken.

- 10:15 a.m. Service for Families with Young Children—Chapel
- 11:00a.m. Misa en Espanol - Chapel
- 11:15 a.m. Holy Eucharist—Main Church
- 2:00 p.m. Christian Counselors Network Meeting— Library
- 5:00 p.m. Holy Eucharist - Chapel

Monday, January 30

- 1:00 p.m. Al-Anon—Library
- 6:30 p.m. Overeaters Anonymous—Room 4

Tuesday, January 31

- 11:00 a.m. Staff Meeting
- 6:00 p.m. Bible Study—Ascension House
- 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 1

- 10:00 a.m. Wednesday Morning Book Group-Library
- 1:00 p.m. Al-Anon—Library
- 7:00 p.m. Ensemble Rehearsal—Main Church
- 7:00 p.m. Overeaters Anonymous—Room 1
- 8:00 p.m. Gamblers' Anonymous—Chapel

Thursday, February 2

- 10:00 a.m. Yoga - Chapel
- 4:00 p.m. Tai Chi—Chapel
- 6:30 p.m. Spanish Class — Ascension House
- 7:45 p.m. Choir Rehearsal—Choir Room

[Link to our Online Calendar](#)

HEADLINERS

- [Music Sunday](#)
- [St. Valentine's Party](#)
- [Shrove Tuesday](#)
- [Movie Night](#)
- [New Cell Group Formation](#)
- [Annual Giving Campaign Extension](#)
- [New Book for Wednesday Morning](#)

LIFELONG LEARNING

- [A White Historian Confronts American Slavery](#)
- [Cell Group for Families with Young Children](#)
- [Thursday Afternoon Tai Chi Class](#)
- [Yoga At Ascension](#)
- [Listening Heart Community](#)
- [Still Water Mindfulness Practice Group](#)
- [Godly Play](#)
- [A Joyful Path](#)

WORSHIP

- [Worship Rosters, January-March](#)
- [Link to Service Leaflets](#)

SERVICE

- [Vestry Nominations](#)
- [Men's Shelter Sandwich Making](#)
- [The Lord's Table Soup Kitchen](#)
- [Gaithersburg HELP](#)
- [Mobile Med](#)

LIFE AT ASCENSION

- [Prayer Request Updates](#)

PUBLICATIONS

- [Link to the Annual Report](#)
- [January Ascendant](#)
- [Together We Shine](#)

Prayers

For Those Whose Lives are Closely Linked With Ours: Finance and Investment Committees, Standing Committee, The Mission and Ministry of the Episcopal Church

Pray for Comfort, Healing, Courage, and Hope:

Debbie, Sandy, John, Peggy, Sarah, Roz, Margaret, Donna,

Angela, Rachel 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, January 29

Preacher: Randy Lord-Wilkinson

7:45 AM

Reader/Prayers: Jason Cutshall
Chalicians: David Burton, Sharon Hayden
Healing Prayer: Jason Cutshall
Acolytes: Raymond Chin, Aidan Douglas
Welcome Team: Enid Cole, Wadai Dennis
Altar Guild: Leslie Sanya, Wadai Dennis
Hospitality Angel: Wadai Dennis

9:00 AM

Reader: Susan McLaughlin, Gary McLaughlin
Prayer: Gordon Donnelly
Chalicians: Jason Cutshall, Margaret Tellu
Healing Prayer: Major Clemens
Acolytes: Kofi Kwamena-Poh, Richard McFarland, Gary McLaughlin
Welcome Team:: Swithin Kwamena-Poh, Kevin Blanc, Algernon Thomas
Altar Guild: Ophelia Yalley-Ogunro, Joyce Bvumbe
Hospitality Angel: Ron & Jan Hauber

11:15 AM

Reader: Tunde Ayinde
Healing Prayer: Jason Cutshall
Welcome Team: Avin Lalmansingh, Karl Didavi, Clark Didavi
Altar Guild: Laura Shay
Reader/Chalician: Rimie Sicard, Peg Ruppel

Eucharistic
Visitors: Pamela Irons-Forth, Barb Mansfield

Song Leader: Alice Benson

Hospitality Angel: Pamela Novel

Flower Delivery: Eliane Dunn-Johnson, Alice Padmore