



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



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[Link to Service Leaflets for July 30](#)

[Link to Randy's Sermon: "I Loathe Gardening!"](#)

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

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## Calendar Highlights

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### Friday, July 28

1:00 p.m. AI-Anon—Library

### Saturday, July 29

9:00 a.m. Overeaters Anonymous—Chapel

11:00 a.m. AI-Anon—Undercroft Commons

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

# This Week at Ascension

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## “EFM FAQs”

**Q: What is EFM?**

A: Education for Ministry is a four-year distance learning program to help people discover the depth and breadth of the Christian tradition and bring it into conversation and action.

**Q: How often does it meet?**

A: Once a week starting in September and ending in May. Very much like the school year, there's a mid-winter break and a spring break.

**Q: How long is the meeting?**

A: About two-and-a-half hours.

**Q: Are there any tests?**

A: No. There are no papers, either. Just readings and structured conversation we call Theological Reflection.

**Q: How much does it cost?**

A: The fees are \$375/year. That includes the text for the year. All you need to have is a Bible.

**Q: I'm not planning to be a priest, why should I take EFM?**

A: Most people who complete EFM don't go to the seminary. They take their experience with them into their lives in the community.

**Q: How do I sign up?**

A: Get in touch with Peg Ruppel at [plr301@gmail.com](mailto:plr301@gmail.com) or David Mitchell at [newlywed98@comcast.net](mailto:newlywed98@comcast.net), the Ascension EFM mentors. They'll have registration sheets available or

## Sunday, July 30

10:00 a.m. One Ascension Sunday  
with Potluck following

## Monday, July 31

1:00 p.m. Al-Anon—Room 1

6:00 p.m. Ensemble Rehearsal—  
Main Church

6:30 p.m. Overeaters Anonymous—  
Room 4

6:30 p.m. Spanish Class—  
Ascension House

## Tuesday, August 1

7:00 a.m. Mobile Med—Chapel

11:00 a.m. Staff Meeting—Library

6:00 p.m. Spanish 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, August 2

10:00 a.m. Wednesday Morning  
Book Group—Library

1:00 p.m. Al-Anon—Room 1

they can email you a copy to print and fill out.

## Baptism

Baptisms are being planned for August. Contact Randy or Javier if you would like to schedule one.

## The Installation of The Rev. Beth O'Callaghan

The Wardens, Vestry, & Membership of St. Nicholas Episcopal Church, Darnestown, Maryland request your prayer and presence at the Installation of The Rev. Beth O'Callaghan as second rector of St. Nicholas Episcopal Church and the celebration of New Ministry on Sunday September 17, 2017 at 4:00 p.m. Please join us for a reception following the service.

St. Nicholas Episcopal Church  
15575 Germantown Road  
Germantown, MD

RSVP: [office@saintnicks.com](mailto:office@saintnicks.com) or [240-631-2800](tel:240-631-2800)

The Right Rev. Mariann Edgar Budde,  
Ninth Bishop of Washington, Presiding

## Bible Treasure Hunt

Hi All!

Over the summer, I'm offering a bible treasure hunt series - basically a scavenger hunt for 7 boxes about one of the fruits of the spirit in a local park. I'm doing it in Olney because I have a core group of people who are interested here, so it's a good test location, plus parks are parks. So making a 20 minute drive to play at a park that has friends and good shade, isn't such a big deal. Here is the flyer. I would love if you would let your people know. Thanks so much!

In Christ,  
The Rev. Shivaun

7:00 p.m. Overeaters Anonymous—  
Room 1

8:00 p.m. Gamblers' Anonymous—  
Chapel

### Thursday, August 3

10:00 a.m. Yoga—Undercroft  
Commons

4:00 p.m. Tai Chi—Chapel

7:30 p.m. Zumba —Undercroft  
Commons

[Link to our Online  
Calendar](#)

### HEADLINERS

[August Recital at Ascension - August 20](#)

[Cookbook Committee: Typists Needed!](#)

[One Ascension Sunday—July 30](#)

[Help Provide School Supplies and Backpacks for Children  
in Need](#)

[Yard Sale & Car Wash— August 26](#)

[Adopt-a-Space at Ascension](#)

[Coping & Resiliency Workshop for Teens : SSL hours will  
be provided!](#)

### LIFELONG LEARNING

[Zumba at Ascension!](#)

[Education for Ministry 2017-2018](#)

[Thursday Afternoon Tai Chi Class](#)

[Listening Heart Community](#)

[Still Water Mindfulness Practice Group](#)

[Yoga Class](#)

### WORSHIP

[Worship Rosters, July-September](#)

### CARING FOR OUR COMMUNITY

[Ministerio Felicidad](#)

[Men's Shelter Lunch Preparation](#)

[Gaithersburg HELP](#)

[Mobile Med](#)

### LIFE AT ASCENSION

[Prayer Request Updates](#)

### PUBLICATIONS

[July Ascendant](#)

[2017 Annual Report](#)

[Together We Shine](#)

**Prayers** For Those Whose Lives are Closely Linked With  
Ours:Diocesan Historiographer,  
Diocesan Committee on Constitutions and Canons,  
Diocesan Disciplinary Board.

### Pray for Comfort, Healing, Courage, and Hope:

Sandy, Peg, Kirk, Sally, William, Sue, Margaret, Tobey,  
Karen, David, Olive, Mohamed, Fran, Ed, Bob, Suzanne,  
Nawal and all those who, in this transitory life, are in  
trouble, sorrow, need, sickness, or any other adversity.

We give thanks for the life of Sarah's Gallagher's cousin,  
The Rev. Richard Townley, Jr. , Who died on July 22, 2017.

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, July 30**

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<b>Celebrants</b>	(The Rev.) Randy Lord-Wilkinson The Rev. Javier Garcia Ocampo
<b>Readings:</b>	Nora Compos, Avin Lalmansingh
<b>Psalm:</b>	Erika Gallardo
<b>Prayers of the People:</b>	Ruth Anna Skowronski
<b>Chalicians:</b>	Maria Estela Rodriguez Enid Cole
<b>Healing Prayers:</b>	Jean Cohn
<b>Musicians</b>	Karina Gomez McCarty The Ascension Choir The 11:15 Ensemble
<b>Welcome Team:</b>	James Black, Jonathan Black, Algernon Thomas
<b>Altar Guild</b>	All teams
<b>Hospitality Angels:</b>	Peter Maroulis, Avin Lalmansingh
<b>Eucharistic Visitor:</b>	Meredith Horan
<b>Altar Flower Delivery:</b>	Adoma Baffoe, Hawa Clemens