



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



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[Link to Service Leaflets for June 25](#)

[Link to Randy's Sermon: "I Can't Do This Alone." - Jesus](#)

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

Calendar Highlights

Friday, June 23

1:00 p.m. Al-Anon—Library

Saturday, June 24

7:00 a.m. Yard Sale and Car Wash

9:00 a.m. Overeaters Anonymous—Chapel

11:00 a.m. Al-Anon—Undercroft Commons

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

Sunday, June 25

7:45 a.m. Holy Eucharist—Main Church

8:15 a.m. Choir Rehearsal —Choir Room

9:00 a.m. Holy Eucharist—Main Church

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

This Week at Ascension

Ascension: Church of the Big Table

This is a reprint of something I wrote in 2012. It's interesting to revisit the rationale for fairly recent changes.

If the Episcopal Church is the Big Tent, then Ascension is the Big Table. One of the most distinctive things about Ascension is that it has 6 services a Sunday, one of which is in Spanish. This is the legacy of a past generation of parish leaders who studied church growth and acted upon the exhortation of a distinguished teacher who said, "If you have a service, add another, and make it different!" This gave rise to our very popular 10:15 service for families with young children and the 5 o'clock "Come As You Are" Eucharist. Soon after (Ash Wednesday 2004) came the Spanish Eucharist, under the leadership of Padre Simón. The goal is to increase the diversity of our membership by making the Table bigger.

Those of you who've been attending the "new" 9 and 11 o'clock services have been really great about giving Paul and me feedback. On the whole the "buzz" about both liturgies is quite positive. Some are not happy about having to migrate to 9 o'clock for the classic Eucharist (it's so early!). Up until about three years ago, this was the better attended service, and has historically been the prime time "anchor" service of Ascension. It is, once again. The other concern I heard about the 9 was that some did not want a more traditional service at this hour.

- 11:00 a.m. Misa en Espanol— Chapel
- 11:15 a.m. Holy Eucharist—Main Church
- 12:00 p.m. Youth leave for Work Camp
- 1:30 p.m. Vestry Meeting —Room 1
- 5:00 p.m. Holy Eucharist—Chapel

Monday, June 26

- 1:00 p.m. Al-Anon—Library
- 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, June 27

- 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, June 28

- 10:00 a.m. Wednesday Morning Book Group—Library
- 1:00 p.m. Al-Anon—Library
- 7:00 a.m. Faith Leaders Response Team—Undercroft Commons
- 7:00 p.m. Overeaters Anonymous—Room 1
- 8:00 p.m. Gamblers' Anonymous—Chapel

Thursday, June 29

- 10:00 a.m. Yoga—Chapel

I explained that the 9 o'clock Eucharist as we've done it in recent years was actually quite traditional, except that we used more hymnals! From my point of view this was the easier liturgy to do in its latest incarnation as the "template" for traditional Eucharists is well defined.

At 9 o'clock you'll hear our new "gong." As I noted in my announcements one recent Sunday, bells in the Eucharist in days of yore were for the purpose of signaling to largely illiterate worshipers when the "transformation" of the Bread and Wine into the Body and Blood of Christ happened. Now, and here, I am using a meditation gong as a way to introduce a contemplative element into our classic Eucharist. We will invite it to sound once after the reading, and once after each of the paragraphs in the Great Thanksgiving known as the "words of institution." The celebrant will pause for some duration until the gong is nearly silent. You may simply observe and savor the time of quiet, or say a word of prayer, such as 'Come, Holy Spirit'.

The 11 o'clock liturgy was more challenging to design as there are no well established recipes for such an undertaking. For the moment, it is the fruit of collaborative brainstorming by Paul and me. The main concern I hear is around sharing Communion with one another and not from a priest, at both a logistical and devotional level. I want to give this mode of communicating a real chance, as it can be very powerful. I will simplify the practice by using gluten free wafers for this service. Communicants can hand the basket to the person next to them while they say "the Body of Christ" while that person picks up their own wafer and then passes the basket on. Sanitation was also a concern, so this will help in that regard, as will the bottles of hand sanitizer at either end of the pews.

So much has changed! The 11 is now 11:15, and there is an all volunteer instrumental ensemble under new leadership. We did abandon the practice of giving Communion to each other, although we are trying it again at 5. – RAL

4:00 p.m. Tai Chi—Chapel

7:30 p.m. Zumba Classes—Undercroft
Commons

[Link to our Online Calendar](#)

PS – The next One Ascension Sunday is July 30th at 10:00 a.m.

Know a Grad?

Help us celebrate their rites of passage. E-mail Eleni (comm@ascensionmd.org), if you know of someone graduating from high, middle, or elementary school, or finishing a degree.

Got Glue?

And some clamps? Thank you ever so much, Gary McLaughlin, Pete Minderman, and Jim Utterback for performing first aid on the Chapel chairs. If any one else feels equipped to tighten up some loose chair legs, drop Randy a line (contact info on the back cover of this bulletin).

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

HEADLINERS

[Work Camp 2017](#)

[Education for Ministry 2017-2018](#)

[AIM Listening Session](#)

[Zumba Classes at Ascension!](#)
[Father's Day Food Drive](#)
[Yard Sale and Car Wash](#)
[iRest Yoga Nidra](#)
[Sanctuary Church Town Hall Meeting on July 9](#)

LIFELONG LEARNING

[Wednesday Morning Book Group](#)
[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](#)
[The Lord's Table Soup Kitchen](#)
[Gaithersburg HELP](#)
[Mobile Med](#)

LIFE AT ASCENSION

[Prayer Request Updates](#)

PUBLICATIONS

[June Ascendant](#)
[2017 Annual Report](#)
[Together We Shine](#)

Prayers For Those Whose Lives are Closely Linked With Ours: The Third Sunday after Pentecost, The Cathedral Church of St. Peter and St. Paul, Cathedral Chapter, Cathedral Chaplains and Cathedral Volunteers, The Protestant Episcopal Cathedral Foundation

Pray for Comfort, Healing, Courage, and Hope:

Sandy, Kirk, Sally, William, Margaret, Christine, David, Olive, Fran, Bob, Suzanne 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 William Carter, father of Sally Hunt, who died this past Thursday.

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, June 25

Preacher: Laura Shay

7:45 AM

Reader/Prayers: David Burton
Chalicians: David Burton, Enid Cole
Healing Prayer: Janet King
Acolytes: Ron Hayden, Aidan Douglas
Welcome Team: Herald Douglas, Lisa Murdock
Altar Guild: Leslie Sanya, Wadai Dennis
Hospitality Angel: Jean Cohn

9:00 AM

Reader: Andrew Greene, Marsha Sutherland
Prayer: Susan Ahalt
Chalicians: Winsome Palmer, Jake Yalley-Ogunru
Healing Prayer: Randy Lord-Wilkinson
Acolytes: Roberta Taylor, Kofi Kwamena-Poh, Richard McFarland
Welcome Team: Esther Allotey-Taylor, Bev Stennett, Christine Kroma, Josephine Clarke
Altar Guild: TBA
Hospitality Angel: Robertine Urey

11:15 AM

Reader: Peedy Terry
Healing Prayer: Peg Ruppel
Welcome Team Avin Lalmansingh, Karl Didavi, Clark Didavi
Altar Guild: Avin Lalmansingh, Anika Lalmansingh
Chalicerist: Laura Shay
Song Leader: Claire Morin
Hospitality
Angel: Rose Buck

Eucharistic
Visitor: Barb Mansfield

Flower
Delivery: Alice Padmore, Esther Sawyer