

# *This Week at Ascension*

## Henry Nouwen on the "Wounded Healer"

"One day a young fugitive, trying to hide himself from the enemy, entered a small village. The people were kind to him and offered him a place to stay. But when the soldiers who sought the fugitive asked where he was hiding, everyone became very fearful. The soldiers threatened to burn the village and kill every man in it unless the young man were handed over to them before dawn. The people went to the minister and asked him what to do. The minister, torn between handing over the boy to the enemy or having his people killed, withdrew to his room and read his Bible, hoping to find an answer before dawn. After many hours, in the early morning his eyes fell on these words: "It is better that one man dies than that the whole people be lost." Then the minister closed the Bible, called the soldiers and told them where the boy was hidden. And after the soldiers led the fugitive away to be killed, there was a feast in the village because the minister had saved the lives of the people. But the minister did not celebrate. Overcome with a deep sadness, he remained in his room. That night an angel came to him, and asked, "What have you done?" He said: "I handed over the fugitive to the enemy." Then the angel said: "But don't you know that you have handed over the Messiah?" "How could I know?" the minister replied anxiously. Then the angel said: "If, instead of reading your Bible, you had visited this young man just once and looked into his eyes, you would have known." While versions of this story are very old, it seems the most modern of tales. Like that minister, who might have recognized the Messiah if he had raised his eyes from his Bible to look into the youth's eyes, we are challenged to look into the eyes of the young men and women of today, who are running away from our cruel ways. Perhaps that will be enough to prevent us from handing them over to the enemy and enable us to lead them out of their hidden places into the middle of their people where they can redeem us from our fears."

## HEADLINERS

### #MarchForOurLives



On Saturday, March 24, the students and families of March For Our Lives will take to the streets of Washington, D.C. to demand that their lives and safety become a priority and that we end gun violence and mass shootings in our schools today. Members of the Diocese of Washington are invited to march in solidarity with the young people that day, to provide ministries of hospitality, and to participate in a vigil at Washington National Cathedral ([map](#)) the evening before (no charge, but [ticket required](#)).

### GET INVOLVED!

- RSVP for the march in DC at the March for Our Lives website [here](#). This will ensure you get the most up-to-date information from the organizers of the march.

- If you will be attending March for our Lives and would like us to email you with details on local Episcopal Church involvement closer to the date, [please complete this form](#).
- If you are interested in being part of EDOW's ministry of solidarity and hospitality, please let us know [here](#). We will respond with information on those seeking hospitality as we receive them.
- If you are visiting from out of town and in need of hospitality, [please complete this form](#) with your request, and we will do our best to match you with a volunteer host.
- [Register to attend \(or volunteer for\)](#) the Friday vigil at Washington National Cathedral. This event is free, but a ticket is required.
- Questions? Please [visit our FAQ page](#) for more information, articles and resources or [email us](#) with a specific concern.

### **Palm Sunday is a 1A Sunday!**

There will be one service at 10:00 a.m. Afterward will be Randy's farewell celebration. Save the date: March 25.

### **Holy Week And Easter Services Sign-up**

Please sign up for Holy Week and Easter Services

here: <http://ascensionmd.org/holy-week-worship-roster-sign-up/>

### **Lenten Bible Study: Contemplating Colossians**

Contemplation is entering into the realm of spiritual mystery. In the New Testament, the mysterious letter to the Colossians takes up that theme with its claim that we have the mystery of Christ. Over the first five Sundays in Lent, Sister Elena will lead an encounter with this mysterious short text and its theologies of the pre-existence of Christ, invisibility (Harry Potter's not the only one with a cloak!), spiritual power and resurrection. We'll also engage the apparent contradiction with these theologies and their manifestation within an unjust social order. The class meets from 10:15 to 10:45 am on five Sundays, February 18 through March 18, in the Undercroft with the Rev. Sr. Elena Thompson

### **Ascension Youth Group**

Hi Everyone-

Please plan to attend Youth Group this Sunday March 11th at 6:00 p.m.

There will not be another Youth Group in March due to Spring Break. We will however "March for our Lives" together on the 24th for those interested.

See you Sunday!!

Angie & Travor

### **Christian Formation**

Christian Formation teachers will meet with parents and grand parents on Sunday, March 18th at 10:15 a.m. in the Library for parents who would like to discuss the Sunday School situation (the best time to hold Sunday School classes).

# LIFE LONG LEARNING

## **New Book for Wednesday Morning Book Group**

Beginning Wednesday, March 7, the Wednesday morning group will begin to discuss Brian McLaren's latest book entitled *The Great Spiritual Migration: How the World's Largest Religion Is Seeking a Better Way to Be Christian*. Watch the Sunday announcements and weekly e-mails for reading assignments. Here's a description from Amazon.com (<http://amzn.to/2nGabwq>): "Brian McLaren, a leading voice in contemporary religion, argues that— notwithstanding the dire headlines about the demise of faith and drop in church attendance—Christian faith is not dying. Rather, it is embarking on a once-in-an-era spiritual shift. For millions, the journey has already begun." Read through Chapter 3 for Wednesday.

## **Tai Chi**

Tai Chi classes are offered at 4:00 p.m. on Thursday afternoons in the Chapel; a good time of peace and balance in a lovely place. Please come and join us.

Tai Chi will be cancelled any Thursday that schools are closed for bad weather this winter. Contact Claire Rosser at [301.275.0617](tel:301.275.0617) or [Cjrosser@aol.com](mailto:Cjrosser@aol.com) if you have any questions.

## **Thursday Morning Yoga**

Randy's yoga class is every Thursday at 10:00 a.m. in Chapel. These are gentle, entry level classes anyone may enjoy. No props are needed. There are some mats, blocks and blankets for those who want them. If you have your own mat, bring it. Wear loose fitting, comfortable clothing.

Starting April 12, 2018, Tina Lightner-Morris will be teaching Yoga at 10:00 a.m. at Chapel.

## **Godly Play**

This week's Godly Play lesson, *The Faces of Easter VI*, continues to help us prepare for the Mystery of Easter. We move toward the Mystery of Easter by hearing the stories of Christ's journey toward the cross and resurrection. This week's presentation focuses on the face of Christ as he enters Jerusalem and offers the Twelve--and us--the bread and wine.

## **A Joyful Path**

The members of A Joyful Path will explore the meaning of being of service to others. I John 3:18 "Little children, let us love, not in word or speech, but in truth and action. Also the meaning of this Mexican proverb: "A good deed is the best prayer." Come and join us in Room 2 after the 9:00 a.m. service (10:15).

## **Spanish Class**

Come and take part in Ascension's Spanish Class on Mondays from 6:00 p.m. to 8:00 p.m. at Ascension House. You don't need to know Spanish to come, because we get together to learn and/or practice. For more information contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org) There is no Spanish Class on March 12.

# 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](mailto:bubbashalom@gmail.com)

## 2018 Lenten Rice Bowl Recipient

A Lenten tradition since the tenure of Rector Harry Dalzell (1970-1980), your offering, placed in the wooden bowl in the font as you come forward for Communion, goes toward an outreach ministry. Typically, we alternate between local and domestic or international causes. This year the Rice Bowl offering goes to Gaithersburg HELP, an agency that provides material support to struggling residents of all kinds. Ascension's food offering goes to the HELP food pantry on Muddy Branch Rd. Parish member Melanie Mitchell has been heavily involved with HELP board for many years. Former Rector Joe Clark served two terms as president of the HELP board.

## 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, March 24 in the church kitchen. If you have any question, Contact Javier at [ocampo@ascensionmd.org](mailto: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 is March 18 at 10:15 a.m. Contact Edith at [esekasi@gmail.com](mailto: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](tel:301.519.1074) or [melanie.mitchell@verizon.net](mailto:melanie.mitchell@verizon.net)

## Mobile Med

Mobile Med will not be at Ascension House starting tomorrow January 2nd (until the beginning of March). I have posted signs on the Ascension House bulletin board and on the door to the chapel. Signs list the alternate location as well as a number to contact for more information.

Jean Cohn

[spangle1@comcast.net](mailto:spangle1@comcast.net) | [240.372.3652](tel:240.372.3652).

# LIFE AT ASCENSION

## Worship Committee News

Our single-handed stellar Worship Committee Chair Carleton MacDonald is moving to Orangevale, California. His last Sunday at Ascension is April 8. If you would like to serve as chair or committee member, please let me know. Meredith Horan [301-926-1054](tel:301-926-1054) or [horanm@hotmail.com](mailto:horanm@hotmail.com)

## Pledge Envelopes

Please don't forget to pickup your pledge envelopes located on the table outside the Parish Office if you haven't done so. If your pledge envelope is not there and you did not pick it up please contact Lin by e-mail at [office@ascensionmd.org](mailto:office@ascensionmd.org).

## Zumba at Ascension

We will have Zumba classes at Ascension every Thursday at 7:30 p.m. in Undercroft Commons. Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip -hop, soca, samba, salsa, merengue and mambo.

# PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: St. Patrick's Church, DC, St. Patrick's Episcopal Day School, DC

We pray for comfort, healing, courage and hope for Harriette Eleanor Cooper, Mike Darracott, Delores Finister, Sally and William Glick, Margaret Joseph, Ophelia Yalley-Ogunru, Sarah Olsen, Easton Pool, Fran Spina, Ruthie Swain, Kim Weaver, Suzanne Winterhalter, Sharon Wood, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

# QUICK LINKS

[Link to Service Leaflets for March 11](#)

[Link to Podcast of Randy's Sermon on Sunday, March 4: "In Collusion with the R\\*\\*\\*\\*s"](#)

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

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



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