

This Week at Ascension

Holy Week and Easter at Ascension



Palm Sunday, March 25

10:00 a.m. One Ascension Sunday—Procession starts at Gaithersburg High School

11:45 a.m. Randy's Farewell Party- Undercroft

Maundy Thursday, March 29

7:30 p.m. Holy Eucharist with Foot Washing and Stripping of the Altar—Main Church

Good Friday, March 30

12:00 p.m. "Stations to Go" - Main Church and Various Locations in Olde Towne Gaithersburg

7:30 p.m. Prayer Book Liturgy—Main Church

Easter Eve, Saturday, March 31

7:30 p.m. Easter Vigil—Main Church

Easter Day, Sunday, April 1

7:45 a.m. Holy Eucharist—Main Church

9:00 a.m. Festival Eucharist—Main Church

11:00 a.m. Festival Eucharist—Main Church

11:00 a.m. Holy Eucharist in Spanish—Chapel

12:30 p.m. Holy Eucharist for Families with Young Children, followed by an Easter Egg Hunt— Chapel

HEADLINERS

VESTRY UPDATE

Vestry Retreat

This past weekend, the vestry held its annual retreat. We said good-bye to Gary and Avin and welcomed Berenice, Susan and Bob. The retreat was facilitated by Reverend Tim Malone, recommended to us by Paula Clarke (who works with Bishop Marianne on Clergy transitions), and our theme was “Announcing our Gifts and Sharing our Stories.”

The retreat was a terrific investment of time for us. After dinner on Friday, Rev. Malone asked us to introduce ourselves by sharing the story of “Why we came to Ascension, how we enter Ascension, and why we stay.” Listening to others and sharing our own stories turned out to be very inspiring. Our stories revealed our many different paths to Ascension and, yet, strikingly similar reasons behind the journeys. It is no accident that we ended up here at Ascension at this very moment.

Of course, when we met again on Saturday, we spent a good deal of time discussing the transition. We are on track to adopt a 2018 budget at this weekend’s vestry meeting, and once the budget is in place, we will be able to move forward with engaging a Priest in Charge. We also discussed the responses to the survey on church priorities that we have received. We are very grateful for everyone’s input and are in the process of devising a way to share the results which will help create our parish profile.

A New Initiative- Sharing our Stories

It was in the context of thinking about our parish profile that we decided to launch an exciting, new initiative. We are going to invite members of the congregation to share the critical stories that form and shape them, in the same way that we shared our stories with each other. After all, story-keeping, story-sharing, and story-making are essential elements of discipleship. Stories can hold the memory of who we have been as well as guide who we are becoming – individually and communally, and as we move through this time of transition, it is more important than ever to build a spiritual connection and understand our collective story.

So, in the coming weeks, we will be reaching out to you to hear the story of why you came, how you came, and why you stay--in a one on one conversation with a vestry member. Please look for one of us, and we'll look for those of you who are willing to talk and grow our spiritual connections to each other. We look forward to sharing and listening with you.

Blessings, Your Vestry

#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-

No Youth Group March 25th due to Spring Break.

If you are interested in participating in the “March for Our Lives” on March 24th, please email or text Angie at ahight@nist.gov or [301-693-2399](tel:301-693-2399)

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

Wednesday Morning Book Group

We are reading Brian McLaren’s latest book entitled The Great Spiritual Migration: How the World’s Largest Religion Is Seeking a Better Way to Be Christian. Here’s a description from Amazon.com (<http://amzn.to/2nGabwg>): “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 5 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 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.

Beginning April 10, Tina Lightner-Morris will be teaching this class, also at 10:00 a.m. on Thursdays (except 4/19). We will begin with the Joint Freeing Series, move into some Sun Salutations and finish with an iRest/yoga nidra guided

mindful mediation. Please join us for this amazing practice of embodied prayer!"

Godly Play

This week's Godly Play lesson, Faces of Easter VII, continues to help us prepare for the Mystery of Easter. We continue to move toward the Mystery of Easter by hearing the stories of Christ's journey toward the cross and resurrection.

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

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

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

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 April 15 at 10:15 a.m. Contact Edith at 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

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
[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

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. Grace Church, Georgetown Grace Church, Silver Spring Parish, Audit Committee, Strategic Financial Resources Commission

We pray for comfort, healing, courage and hope for Harriette Eleanor Cooper, Mike Darracott, JuAN eRNESTO eSCAMILLA, 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 18](#)

[Link to Podcast of Randy's Sermon on Sunday, March 11: "Coach Jesus"](#)

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

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



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