

# *This Week at Ascension*

## **The Feast of the Ascension**

If you have been attentive to the dates on your calendar, you will have noticed that this past Thursday was the Feast of the Ascension. In the life of the Church, this day is a major event. It takes place 40 days after the Resurrection of Jesus Christ, and indicates in a most dramatic fashion that Jesus' life on earth was over. From the Acts of the Apostles, here is the description of the Ascension:

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth”. After he said this, he was taken up before their very eyes, and a cloud hid him from their sight. They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them. “Men of Galilee,” they said, “why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven.” Acts of the Apostles 1:8-11

Remember that Jesus appeared to his apostles multiple times in the preceding 40 days; it seems that they were almost used to this mode of communication. But now they are being told directly that it is time to carry out His teachings on their own. They are ready to live the lives Jesus has taught them. I'll bet they didn't feel ready! Jesus told them directly that they would receive some special power when the Holy Spirit would come upon them. He is referring to the feast of Pentecost which comes to pass ten days after the Ascension, and which was the occasion when the Holy Spirit came to dwell permanently in his disciples. As with the Ascension, the event of Pentecost was filled with drama: the appearance of tongues of fire, and the instantaneous ability to speak in foreign tongues. It is as if Jesus was determined to prove to his disciples that YES! they are ready to do important work. And they have the tools.

It is quite wonderful to be members of the Church of the Ascension today. The name of our church itself reminds us that we, though from many countries, backgrounds and cultural traditions, are one body in Christ. We are called to remember the life of Jesus as a loving God, and to spread the good news to other people of good will who may not have been touched by it yet. It is hard to feel ready to do this, but the Ascension of Jesus shows us that He has faith in us and in our community. We must have faith in ourselves, and our ability to do all that we are capable of.

Javier

# HEADLINERS

## Seeking Readers for Pentecost Day - May 20

If you speak different language and interested to read Gospel in this language, please send your full name and the name of the language to Javier Ocampo at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)

## Diana Gustafson Ordination

Dear Ascension Friends

By the Grace of God and the people consenting I will be ordained to the priesthood on June 16, 2018 at 10:00 at the National Cathedral. I am joyful and humbled to invite you join me.

I will have a more formal invitation and further details to send in a few weeks.

National Cathedral

[3101 Wisconsin Ave NW, Washington, DC 20016](https://www.nationalcathedral.org/3101-Wisconsin-Ave-NW-Washington-DC-20016)

Blessings,  
Diana

## Facilities Committee Seeks Volunteers!

Have you ever built a house all by yourself? Neither have we. But we have lived in houses and apartments where things break and need repairs. If you have experience calling plumbers, electricians, roofers, etc., and meeting them when they come for estimates, you are just the kind of person we need for the facilities committee. While we welcome handy people who can fix a lock, drive a screw or change a light bulb, most of our duties consist of identifying projects, arranging for estimates and meeting prospective contractors. Perfect for retirees! The more of us there are, the less any one person has to do. If you are interested, contact one of the following: Ted Bedell, 301-520-8449; Luis Pedron, 301-922-5610; John Pruessner, 240-271-4739, or email Lin Keene at: [office@ascensionmd.org](mailto:office@ascensionmd.org)

## Mother's Day Food Drive: May 13

In honor or in memory of our mothers on Mother's Day, Sunday, May 13, we invite you to donate a bag of groceries to replenish the food pantry at Gaithersburg HELP. There will be forms available inside the announcement bulletin on Sunday to fill out "in honor of" a loved one. That person will receive a letter notifying them of your gift. For donations "in memory of" loved ones, we will add those names to a list for special prayers.

# LIFE LONG LEARNING

## Wednesday Morning Book Group

Starting this week, we will be reading Derek Wilson's book entitled *A Magical World: Superstition and Science from the Renaissance to the Enlightenment*. Here is a description from Amazon.com: "A rich and multi-faceted history of heroes and villains interwoven with the profound changes in human knowledge that took place between the Renaissance and the Enlightenment." The group meets on Wednesday mornings at 10:00 a.m. in Ascension's library. Read the Introduction and Chapter 1 for this coming 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 or [Cjrosser@aol.com](mailto:Cjrosser@aol.com) if you have any questions.

## Thursday Morning Yoga

Yoga classes are offered on Thursdays at 10:00 AM, taught by Lucia Pires. The class is multilevel, with an emphasis on gentle yoga, and is appropriate for beginners. Props are offered, but the students are encouraged to bring their own yoga mats.

Lucia Pires is from Rio de Janeiro, Brazil. She is a 500-hour Pranakriya Yoga School of Healing Arts certified yoga teacher. Her training focuses on cultivating and enhancing the relationship of the student with his or her life force through yoga postures, breath work and meditation, in order to create change in awareness and help the student move towards wholeness and greater aliveness. She completed her professional training in 2015.

Lucia is the mother of two boys, ages 14 and 10, and when they give her a little break she enjoys reading, writing, long walks in nature and dancing. Lucia is the mother of two boys, ages 14 and 10, and when they give her a little break she enjoys, reading, writing, long walks in nature, and dancing.

## Godly Play

This week in Godly Play, we remember Jesus' last hours in the story of "Jesus and the Twelve." We learn about the Last Supper, the final meal Christ shared with his disciples before his crucifixion. We also discuss the lives of the disciples and their transformation into apostles.

## 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)

# CARING FOR OUR COMMUNITY

## AIM Action on GOTV and County Executive Candidates

Wednesday, May 30, 2018 7:00—9:00 P.M.

The People's Community Baptist Church, [31 Norwood Rd, Silver Spring](#)

Over 1000 Community Leaders will Gather to hear from County Executive Candidates to hear how they stand on AIM's Agenda on Immigration, Education and Housing and rally for AIM's GOTV!

### OUR GOTV WORK CONTINUES:

Voters can sign their commitment on the AIM website--AIM's Election Central-- here: <http://actioninmontgomery.org/campaign/aim-vote-champions/>

We need 20 people that would be willing to be at this Action.

## We Need Used Bikes to Aid Developing Countries!

On Saturday May, 12 2018 from 1-4pm, Ascension's resident Girl Scout troop, Junior Troop 3243, is teaming with Bikes for the World to hold a one-day collection of used bicycles in our church parking lot. Bring your old bikes and spare bike parts to the church parking lot any time between 1 and 4 p.m. The troop will also be collecting a \$10 donation to help defray the cost of shipping. All donations are tax deductible. The donated bikes will be distributed overseas, where they will be reconditioned by community organizations to improve the lives of unfortunate people by helping them get to work, school and health clinics. Troop 3243 is organizing the collection in order to earn their Bronze Award, which is the highest award for Junior Girl Scouts. We also welcome volunteers to help process the bikes during the collection. Please contact [gstroop3243@gmail.com](mailto:gstroop3243@gmail.com) for more information. See you on May, 12!

## 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)

## 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, May 26 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 May 20 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 or [melanie.mitchell@verizon.net](mailto:melanie.mitchell@verizon.net)

## Mobile Med

Mobile Med: Ascension hosts the Mobile Med van on Tuesday at Ascension House (where the van parks) and the Chapel (where the patients wait). We have volunteers that man the waiting room from 7:00 a.m.-3:00 p.m. You do NOT need medical knowledge or training - we act as hosts to the patients as they wait. We welcome new volunteers!

Jean Cohn  
[spangle1@comcast.net](mailto:spangle1@comcast.net)  
240.372.3652.

## Montgomery Hospice

Montgomery Hospice is a nonprofit hospice that has been serving the residents of Montgomery County for 36 years. We provide professional end-of-life care in homes, extended care facilities and at Casey House, our acute care facility. We are looking for new volunteers. Our greatest need is for volunteers to visit patients. These volunteers provide companionship for patients, respite for family members, lavender oil hand massages, music by the bedside or help with practical matters. Many provide the gift of "presence" by simply being with a patient. All volunteers go through an application process and a three-day training. For more information, call 301-921-4400 or visit [www.montgomeryhospice.org/volunteer](http://www.montgomeryhospice.org/volunteer)

# LIFE AT ASCENSION

## 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.

## Pentecost Day Sunday May 20

The Christian holiday of Pentecost, commemorates the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks, as described in the Acts of the Apostles. Some Christians believe this event represents the birth of the Church. We will be celebrating Pentecost on Sunday May 20. Remember to wear red. After the service we will meet for our coffee hour.

## Yard Sale & Car Wash - June 02

Annual Summer Yard Sale and Car Wash on Saturday, June 02, 2018 from 7:00 a.m. to 3:00 p.m. If you have furniture or clothes that you want to donate, bring them to the office. Remember that you can bring your car to be washed. We also need help. If you are available, you are welcome to join us! For more information, please contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org) or 202-903-6426 or Ascension Office.

## Ascension Youth Group Schedule

NO YOUTH GROUP this Sunday, May 13 .

NO YOUTH GROUP, May 27

Sunday May 20, cookout at the Hight Walkers

## PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: Seabury Resources for Aging, Friendship Terrace, Collington Episcopal Life Care Community, Pray for all seniors and their ministries in the Church, Pray for all mothers and those who have been as mothers to us, Pray in thanksgiving for the life and witness of Thurgood Marshall (May 17).

We pray for comfort, healing, courage and hope for Rose Buck and her family, Harriette Eleanor Cooper, Ryan Van Dalinda, Charles Dickson, Delores Finister, Sally & William Glick, Jeanine Marin, Rudi Miksa, Ophelia Yalley-Ogunro, Sarah Olsen, Ana Quijada, Fran Spina, Dorett Sutherland, Samuel Tellu, Elvia Valencia, Suzanne Winterhalter, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, as well as for all those on our extended healing prayer list.

We give thanks for Altar flowers were given by Nancy Carman in whose loving memory of her mother Shirley Thomas.

We give thanks for the life of Torofaina Nambowe, mother of Edith Sekasi Wasikye, who died on April 17.

## QUICK LINKS

[Link to Leaflets for Services](#)

[Link to Podcast of Javier's Sermon on Sunday, May 6th: "Showing Love in the Neighborhood"](#)

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

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