

This Week at Ascension

PASTORAL CARE AT CHURCH OF THE ASCENSION AN UPDATE FROM REV. NAN AND REV. JAVIER

Since my formal time with you as your Assistant Rector, I have always held you in my heart. When I was here six years ago, my areas of service to the church were in Childrens' SundaySchool and Pastoral Care. It was such a great pleasure to live within and serve in those capacities.

In a way, I have been doing the same thing in my recent service: presiding at the Family service and supporting the pastoral visitors. For the time being and the near future, my focus will be assisting Javier with the new schedule of services, supporting the pastoral visitors and visiting parishioners who are in need of seeing a priest.

We have a marvelous pastoral visitors' program with well trained caregivers. Our caregivers for the most part are well known to you: Meredith Horan, Jean Cohn, Barbara Mansfield, Pamela Irons-Forth, Katie Beth Miksa . As you all know, this team not only has depth and breadth as caregivers at Ascension, but we have several who are professional caregivers. We are blessed to have available to us their kind hearts and their professional expertise. I should now up date you on the conversations we have been having about how the Pastoral Visitor Program is shaping in order to be able to serve the community more broadly and to have you all know more about how pastoral care will be delivered.

Our group has had several meetings in the last four months. For the most part, the congregation may not notice many changes in the pastoral visitor program. We will, however, work to make it easier for you to request assistance from us. Our revisions are more systematic than programmatic. Katie Beth is updating the online form, so that you may request a visit or home or hospital Eucharist. The online request forms will be reviewed first by Fr. Javier, so that he is well informed about the congregation's care needs. Then, that online information will be shared with me so that either Javier, I or a pastoral visitor can call or visit the parishioner in need. Javier and I have also agreed that we will share information with each other on Mondays so that we can respond more efficiently. Javier and I intend to make pastoral calls every week to those we have heard who are ill or are in any form of distress. We invite you to speak with us on Sunday or write us an email or call us, so that we may support you and pray with you.

One of the powerful characteristics of the good people of Ascension is the way we care for each other. Recently, I have seen parishioners independently rally to care for those who are in need of support. This upwelling of spirit is a sign of the Spirit building the beloved community and I pray that this responsive to one another in times of need goes from strength to strength. We are all ministers of Christ. With that, please know that neither Javier, nor I nor the pastoral visitors can replace that marvelous love in action among you, but we will always be there when we are needed and, and, primarily, know that we are needed. So, please, please let us know if you are in need of care and prayer and we will be there. You do not have to wait for our system changes to call either Javier or me. Javier's email is ocampo@ascensionmd.org and mine is hildebrandnan@gmail.com. You can

text Javier at 202-903-6428 and me at 202-277-5362.

We will keep you posted on my changes made in the next few months via our usual announcement methods.

May God Bless you and keep you and make his face to shine upon you.

Rev. Nan

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

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

Attention Worship Leaders

I will be starting the roster of worship leaders (lectors, chalicists, acolytes, hospitality angels, etc) soon. If there are any changes, if you have black-out dates, or if you would be interested in serving as a specific worship leader, please let me know before June 12.

Thanks,

Sari Stoddard
301-972-0914

Sari.stoddard@verizon.net

LIFE LONG LEARNING

Wednesday Morning Book Group

We are reading Derek Wilson's book entitled A Magical World: Superstition and Science from the Renaissance to the Enlightenment. Our group meets on Wednesday mornings at 10:00 a.m. in Ascension's library. All are welcome to participate. Please read Chapter 2 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 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 lifeforce 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 Sunday, we study the Mystery of Pentecost. In this lesson we will explore something strange that happened on Pentecost that has to do with speaking so that no matter what languages or tongues others spoke, they could understand what was meant.

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

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.

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

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

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 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

Mobile

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!

Med

Jean Cohn

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

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 or 202-903-6426 or Ascension Office.

Ascension Youth Group Cookout

Hi Everyone!

I cant wait to see you this Sunday (May 20th) for the annual Ascension Youth Group Cook Out at our place! We will gather rain or shine!! Provides will be meat and beverages. Please bring something to share-side dish or dessert.

Time: 6 pm

Location: [9701 Breckenridge Place, Montgomery Village MD](#)

Contact: 301-693-2399

It is a great time for college guys who are home for the summer to stop by and reconnect as well so please spread the word!! See you Sunday!

Best- A&T

Ascension Work Camp 2018

Hello All-

Its that time of year again where I need to give our exact numbers of Youth attending Work Camp to St. James.

Please send me an email or text to confirm your plans to go to Philadelphia by this Sunday May 20th. I have a call with St James on Monday May 21st and must have final count then.

Exact dates:

June 23: Virginia delegation arrives-Cook Out at Hight Walker 6:00 p.m.

June 24: Church send off-10:00 a.m. service

Even if you can't go to work camp please attend these two events

June 24: leave from church to drive to Philly in large vans

June 29: drive home meet at church for pick up ~9:00 p.m.

Cost:

\$350, however scholarships will be found for those in need.

Please make check out to Ascension and put "work camp" in the memo. Also please do not hand it to me but rather give it to church office in person or mail.

Please let me know if you have any questions.

Best-

A&T

PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: St. Augustine's Church, DC, St. Dunstan's Church, Bethesda, Pray for all Muslims during the holy month of Ramadan (Mary 25-June 14)

We pray for comfort, healing, courage and hope for Rose Buck and her family, Harriette Eleanor Cooper, Sally & William Glick, Jeanine Marin, Rudi Miksa, Ophelia Yalley-Ogunro, Ana Quijada, Fran Spina, Dorett Sutherland, Samuel Tellu, Martha Tieran, 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 given by Owen and Elizabeth Lennon in celebration of their 51st Wedding Anniversary.

QUICK LINKS

[Link to Leaflets for Services](#)

[Link to Podcast of Katie's Sermon on Sunday, May13th: "Ask me Jesus"](#)

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

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