



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

[Link to Service Leaflets for May 21](#)

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

Calendar Highlights

Friday, May 19

1:00 p.m. Al-Anon—Library

Saturday, May 20

9:00 a.m. Overeaters Anonymous—Chapel
10:00 a.m. Confirmation at Cathedral
11:00 a.m. Al-Anon—Undercroft Commons
11:00 a.m. Overeaters Anonymous—Room 1

Sunday, May 21

7:45 a.m. Holy Eucharist—Main Church
8:15 a.m. Choir Rehearsal —Choir Room
9:00 a.m. Holy Eucharist—Main Church
9:00 a.m. & 11:00 a.m. Godly Play—Room 6
9:00 a.m. & 11:00 a.m. Joyful Path—Room 11
10:15 a.m. Service for Young Children—Chapel
11:00 a.m. Misa en Espanol— Chapel
11:15 a.m. Holy Eucharist—Main Church
5:00 p.m. Holy Eucharist—Chapel

Monday, May 22

1:00 p.m. Al-Anon—Library
6:30 p.m. Ensemble Rehearsal—Main Church
6:30 p.m. Overeaters Anonymous—Room 4
6:30 p.m. Spanish Class—Ascension House
7:00 p.m. Listening Hearts Community — Library
7:30 p.m. Choir Rehearsal — Choir Room

Tuesday, May 23

7:00 a.m. Mobile Med—Chapel

This Week at Ascension

You Are Accepted

"Do we know what it means to be struck by grace? It does not mean that we suddenly believe that God exists, or that Jesus is the Saviour, or that the Bible contains the truth. To believe that something is, is almost contrary to the meaning of grace. Furthermore, grace does not mean simply that we are making progress in our moral self-control, in our fight against special faults, and in our relationships to men and to society. Moral progress may be a fruit of grace; but it is not grace itself, and it can even prevent us from receiving grace. For there is too often a graceless acceptance of Christian doctrines and a graceless battle against the structures of evil in our personalities. Such a graceless relation to God may lead us by necessity either to arrogance or to despair. It would be better to refuse God and the Christ and the Bible than to accept them without grace. For if we accept without grace, we do so in the state of separation, and can only succeed in deepening the separation. We cannot transform our lives, unless we allow them to be transformed by that stroke of grace. It happens; or it does not happen. And certainly it does not happen if we try to force it upon ourselves, just as it shall not happen so long as we think, in our self-complacency, that we have no need of it. Grace strikes us when we are in great pain and restlessness. It strikes us when we walk through the dark valley of a meaningless and empty life. It strikes us when we feel that our separation is deeper than usual, because we have violated another life, a life which we loved, or from which we were estranged. It strikes us when our disgust for our own being, our indifference, our weakness, our hostility, and our lack of direction and composure have become intolerable to us. It strikes us when, year after year, the longed-for perfection of life does not appear, when the old compulsions reign within us as they have for decades, when despair destroys all joy and courage. Sometimes at that moment a wave of light breaks into our darkness, and it is as though a voice were saying: 'You are accepted. You are accepted, accepted by that which is greater than you, and the name of which you do not know. Do not ask for the name now; perhaps you will find it later. Do not try to do anything now; perhaps later you will do much. Do not seek for anything; do not perform anything; do not intend anything. Simply accept the fact that you are accepted!' If that happens to us, we experience grace After such an experience we

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
7:00 p.m.	Latino Ministry Meeting—Undercroft Commons
8:30 p.m.	Al-Anon—Room 1

Wednesday, May 24

10:30 a.m.	Sandy Ridge Academy Graduation — Undercroft Commons
1:00 p.m.	Al-Anon—Library
7:00 p.m.	Overeaters Anonymous—Room 1
8:00 p.m.	Gamblers' Anonymous—Chapel

Thursday, May 25

4:00 p.m.	Tai Chi—Chapel
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[Link to our Online Calendar](#)

may not be better than before, and we may not believe more than before. But everything is transformed. In that moment, grace conquers sin, and reconciliation bridges the gulf of estrangement. And nothing is demanded of this experience, no religious or moral or intellectual presupposition, nothing but acceptance."

- Paul Tillich

Hands (and Feet) Needed

It is said that after German bombers destroyed an English cathedral during the Second World War, dedicated volunteers worked to repair one of the church's broken statues of Christ. Rather than restore the figure's missing hands, the artisans left Christ handless – replacing the artwork's "Come unto Me" inscription with "Christ has no hands but ours." While the authenticity of that popular story is a matter for debate, the message it conveys is not: Christians are called to be Christ's presence in the world today.

Ascension is in need of your hands (and feet). We need of volunteers of all kinds to fill the gaps in service to each other and to the community.

Our parish administrator, Kathy Van Arnum, is preparing to have knee replacement surgery and needs volunteers to fill in at the office one day a week while she is out (about 6-8 weeks) or you can volunteer to be a substitute. Office hours are 10-4 Monday-Friday. Training will be provided before she has her surgery.

If you can be Christ's hands and help in the office, or would like to volunteer somewhere else there is a need, please contact the church office, 301-948-0122 or email office@ascensionmd.org.

Randy on Leave

I will be taking 2 weeks of my annual leave from Sunday, May 14th through Saturday, May 27th. Javier, whose contact info is on page 4 of this bulletin, will be on call for emergencies.

Jason's Ordination

Ascension I would like to thank you for a wonderful year with you all. You are a gift.

I also want to let you know what I am doing next. First, we move to Minneapolis in May. I begin work at "The Dignity Center" (a center that works to assist people from homelessness to stability), I will be a pastoral presence there for the summer. I will keep you posted as a more permanent placement develops.

On June 10th I would invite you to join me in person or prayer for my ordination to the transitional diaconate. The service will be held at "Episcopal Church of the Epiphany" (3301 Hidden Meadow Dr. Herndon, VA 20171) at 10:30 a.m. As is our motto: All are welcome.

Blessings to you all from Cecily, Jason, Soren and Henning Cutshall.

HEADLINERS

["One Ascension/Youth Sunday" was a Hit!](#)

[Ascension 2017 Cookbook Update](#)

[Education for Ministry 2017-2018](#)

[Wednesday Morning Book Group - in Recess until May 31](#)

[Baptisms on the Day of Pentecost](#)

[Attention all Worship Leaders](#)

LIFELONG LEARNING

[Small Group for Families with Young Children](#)

[Thursday Afternoon Tai Chi Class](#)

[Yoga At Ascension](#)

[Listening Heart Community](#)

[Still Water Mindfulness Practice Group](#)

[Godly Play](#)

[A Joyful Path](#)
[Youth Group Spring Schedule](#)

WORSHIP
[Worship Rosters, April-June](#)

CARING FOR OUR COMMUNITY

[Ministrio Felicidad](#)
[Men's Shelter Lunch Preparation](#)
[The Lord's Table Soup Kitchen](#)
[Gaithersburg HELP](#)
[Mobile Med](#)

LIFE AT ASCENSION
[Prayer Request Updates](#)

PUBLICATIONS

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

Prayers For Those Whose Lives are Closely Linked With Ours: Church of the Ascension, Gaithersburg and Iglesia La Ascencion, Church of the Ascension, Silver Spring (Sligo Parish), Church of the Ascension, Lexington Park, Pray for all Muslims during the holy month of Ramadan (May 26-June 25)

Pray for Comfort, Healing, Courage, and Hope:
Sandy, John, Peg, Nadir, Carol, Mary, John, Elinor, Joseph, Kirk, Sally, William, James, Christine, Margaret Joseph, Margaret Mirin, Al and Julie, Warren, Home, Nancy, Fran, Tom, Suzanne, María, Jeanine, Elvia, Martin, Ana, Erick, María, Camila, Jaime, Ernesto, Delfin and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

Altar Flowers are dedicated in memory of Shirley L. Thomas for Mother's day from her daughter, Nancy Carman.

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, May 21

Preacher: Javier Ocampo

7:45 AM

Reader/Prayers:	Leslie Sanya
Chalicists:	David Burton, Wadai Dennis
Healing Prayer:	Meredith Horan
Acolytes:	Raymond Chin, Aidan Douglas
Welcome Team:	Herald Douglas, Lisa Murdock
Altar Guild:	Georgan Maines
Hospitality Angel:	Sharon Hayden

9:00 AM

Reader:	Andrew Greene
Prayer:	Sue Snay
Chalicists:	Esther Tellu, Major Clemens
Healing Prayer:	Paul Whitmore
Acolytes:	Alfred Wasikye, Nuelle Johnson, Manny Johnson
Welcome Team:	Swithin Kwamena-Poh, Kevin Blanc, Algernon Thomas
Altar Guild:	TBA
Hospitality Angel:	Kristin Fitzpatrick

11:15 AM

Reader:	Tunde Ayinde
Healing Prayer:	Sarah Rubin
Welcome Team	Alex Langley, Alice Padmore, Kendall Anderson
Altar Guild:	Geogana Maines
Chalicist:	Georgana Maines, Laura Shay
Song Leader:	Sue Snay
Hospitality Angel:	Peg Ruppel
Eucharistic Visitor:	Meredith Horan
Flower Delivery:	Alice Padmore, Esther Sawer