

This Week at Ascension

Spring Yard Sale

When I first came to Maryland, I heard people talking about yard sales as a way to raise money. I didn't know anything about this, so I checked it out on the Internet. I learned that a yard sale is "an informal sales event of used goods". The internet went on to suggest that most of these "goods" were unwanted clothes, toys decoration, appliances and, apparently, lots and lots of exercise equipment. "Whew", I thought. "These people are REALLY rich! They're GIVING all this things to the church for the yard sale!" Where I came from, there weren't a lot of unwanted clothes, or much of anything else, for that matter. So, we didn't have yard sales.

Over the years living here, I have discovered that some things are more complicated than they seem at first, and that quick judgement can be wrong. Now I know that yard sales are very common events here; many of them held by churches and community groups to raise funds for important causes.

We have held several events ourselves and they have all been successful. I have come to realize that the donations for these yard sales come not from the rich, but from people who sincerely want to help the mission of the Church of the Ascension. They are people who may have enough of the world's good, but who are stressed for time, companionship, and encounters with nature. These folks enjoy being with other parishioners and they have a real feeling of accomplishment at the end of the day. An event filled with hard working people that are having an obvious good time draws attention to the activity. It also draws attention of the community to the Church of the Ascension. In fact, the activity is a physical way for us to praise the Lord, to show our willingness, and ability to work together.

I appreciate all who have already brought the items to the Church, and if you are doing Spring Cleaning this week, I hope that you will donate all those "unwanted" but usable goods for this event. Remember, we will have a Car Wash too! I, myself, will be doing this work along with several highly capable car-loving fellows. The cars will be well treated! Our own Fe Wlotzko has organized a Bake Sale (to be held tantalizingly close to the wait area for the Car Wash!) There will be the usual cakes and quick breads, but Fe also plans to sell individual cookies and cupcakes. Nora Campos, too, will be cooking some delicious tacos, so we can eat something while our cars are washed. Is there any doubt about what should happen here?

Yard Sale will take place from 7:00 a.m. to 3:00 p.m.. Please drop by to work for a while, have your car washed, enjoy the delicious treat, or check out the usable donations that may be just what you need. After all, I have learned the truth of the old American saying, "one man's trash is another man's treasure!" In fact, the real treasure is we, ourselves, the members of Ascension! Come, and show your support!

Many Blessings,

Javier

HEADLINERS

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.

The Bake Sale will be held along with the Yard Sale on June 2, but the Bake Sale run between 10am & 2pm. We encourage everyone who likes to bake, to bring your favorite or specialty dessert for people to purchase and enjoy. If you have any questions, contact Fe Wlotzko at email fewlot@aol.com or call her cell at 301 452-7072. You can bring your dessert on Saturday or drop it off on Friday. If you are available, you are welcome to join us! For more information, please contact Javier at ocampo@ascensionmd.org or 202-903-6426.

Ascension Music Update

Church of the Ascension is blessed to have so many talented and dedicated musicians to lead and inspire in our worship. Beginning Sunday June 10, 2018 The Ascension Choir will begin their summer hiatus. Music at the 10 AM service will continue to be drawn from a variety of sources. The Ensemble will continue to provide accompaniment along with the organ. This summer is an opportunity for new and old members to come and join in the singing and the playing. Rehearsal for the music of the day will be held at 9 AM prior to worship. Additional instrumental rehearsal to be arranged as needed.

Thank-you all,
Clarice Snyder, Interim Organist and Choir Director

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

Donations for Gaithersburg HELP

Thank you all so much for your generous donations of food to the Gaithersburg HELP food pantry. We get a wide range of donations from week to week, and are very grateful. We especially appreciate donations of canned fruit, boxed cereal, pasta, beans, peanut butter, and soup. There are, however, a couple of categories of items that we cannot accept:

- Perishable items, especially bread. The pantry does have agreements with a couple of local bakeries, by which their unsold (but still fresh) baked goods are delivered directly to our freezers. Loaves of bread left at the church are likely to be crushed or go moldy before they can be delivered to the pantry.
- Open items, or items that are not in their original packaging. We respect our clients and show concern for their health and safety by not giving them open boxes, half-empty jars, pasta or beans in unlabeled plastic bags, or loose flavor packets.

If you would like to volunteer for Gaithersburg HELP, or if you need assistance, visit gaithersburghelp.org or call (301) 216-2510. Thank you!

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 3 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 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.

Godly Play

In Godly Play, we will learn about how Paul discovered the power of the holy spirit and went to the ends of the earth to teach people the message of love.

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, June 23 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 June 17 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 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

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

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](http://3101WisconsinAveNW.WashingtonDC20016)

Blessings,
Diana

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.

Ascension Work Camp 2018

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: Holy Trinity, Collington, Trinity Church, DC, Trinity Church, Newport & Hughesville and Old Fields Chapel, Trinity Church, St. Mary's Parish and St. Mary's Chapel, Trinity Church, Upper Marlboro

We pray for comfort, healing, courage and hope for Reba Brown, Harriette Eleanor Cooper, Sally & William Glick, Rudi Miksa, Ophelia Yalley-Ogunro, Leslie Pool, 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.

QUICK LINKS

[Link to Leaflets for Services](#)

[Link to Podcast of Javier's Sermon on Sunday, May 20th: "Where is the Holy Spirit?"](#)

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

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