



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

[Link to Service Leaflets for May 28](#)

[Link to Javier's Sermon: "God's Love Vs Commandments"](#)

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

Calendar Highlights

Friday, May 26

1:00 p.m. Al-Anon—Library

Saturday, May 27

6:00 a.m. Ministerio Felicidad

9:00 a.m. Overeaters Anonymous—Chapel

11:00 a.m. Al-Anon—Undercroft Commons

11:00 a.m. Overeaters Anonymous—Room 1

Sunday, May 28

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

1:30 p.m. Vestry Meeting—Room 1

5:00 p.m. Holy Eucharist—Chapel

7:00 p.m. Enid Cole-Class REunion—Undercroft Commons

This Week at Ascension

The Depths

"The truly sacred attitude toward life is in no sense an escape from the sense of nothingness that assails us when we are left alone with ourselves. On the contrary, it penetrates into the darkness and that nothingness, realizing that the mercy of God has transformed our nothingness into His temple and believing that in our darkness His light has hidden itself. Hence the sacred attitude is one which does not recoil from our own inner emptiness, but rather penetrates into it with awe and reverence, and with the awareness of mystery.

"This is a most important discovery in the interior life. For the external self fears and recoils from what is beyond it and above it. It dreads the seeming emptiness and darkness of the interior self. The whole tragedy of "diversion" is precisely that it is a flight from all that is most real and immediate and genuine in ourselves. It is a flight from life and from experience—an attempt to put a veil of objects between the mind and its experience of itself. It is therefore a matter of great courage and spiritual energy to turn away from diversion and prepare to meet, face-to-face, that immediate experience of life which is intolerable to the exterior man. This is only possible when, by a gift of God (St. Thomas would say it was the Gift of Fear, or sacred awe) we are able to see our inner selves not as a vacuum but as an infinite depth, not as emptiness but as fullness. This change of perspective is impossible as long as we are afraid of our own nothingness, as long as we are afraid of fear, afraid of poverty, afraid of boredom—as long as we run away from ourselves.

"What we need is the gift of God which makes us able to find in ourselves not just ourselves, but Him: and then our nothingness becomes His all. This is not possible without the liberation effected by communication and humility. It requires not talent, not mere insight, but sorrow, pouring itself out in love and trust."

Monday, May 29

Office Closed

- 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
- 7:30 p.m. Choir Rehearsal — Choir Room

Tuesday, May 30

- 7:00 a.m. Mobile Med—Chapel
- 11:00 a.m. Staff Meeting—Library
- 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
- 8:30 p.m. Al-Anon—Room 1

Wednesday, May 31

- 10:00 a.m. Wednesday Morning Book Group—Library
- 1:00 p.m. Al-Anon—Library
- 7:00 p.m. Overeaters Anonymous—Room 1
- 8:00 p.m. Gamblers' Anonymous—Chapel

Thursday, June 1

- 10:00 a.m. Yoga—Chapel
- 4:00 p.m. Tai Chi—Chapel

[Link to our Online Calendar](#)

- Thomas Merton

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](tel:301-948-0122) or email office@ascensionmd.org.

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](#)

WORSHIP

[Worship Rosters, April-June](#)

CARING FOR OUR COMMUNITY

[Ministerio 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: Seabury Resources for Aging, Friendship Terrace, Seabury Christian Communities Group Homes, Collington Episcopal Life Care Community, Pray for all Seniors and their ministries in the Church

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.

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 28

Preacher: Randy Lord-Wilkinson

7:45 AM

Reader/Prayers: David Burton
Chalichists: Sharon Hayden, Edna Leake
Healing Prayer: Lisa Murdock
Acolytes: Ron Hayden, Aidan Douglas
Welcome Team: Meredith Horan, Janet King
Altar Guild: Enid Cole, Mardia Dennis
Hospitality Angel: Peter Maroulis

9:00 AM

Reader: Christian Simpson, Marsha Sutherland
Prayer: Gary McLaughlin
Chalichists: Winsome Palmer, Jake Yalley-Ogunru
Healing Prayer: Susan McLaughlin
Acolytes: Paul Whitmore, Gary McLaughlin, Kofi Kwamena-Poh
Welcome Team: Esther Allotey-Taylor, Bev Stennett, Christine Kroma, Josephine Clarke
Altar Guild: TBA
Hospitality Angel: Michelle Wood

11:15 AM

Reader: Alex Langley
Healing Prayer: Laura Shay
Welcome Team: Sciou Broderick, Peedy Terry, Emmanuel Nwankwo
Altar Guild: Geogana Maines
Chalichist: TBA, Rimie Sicard
Song Leader: Claire Morin
Hospitality Angel: Geogana Maines
Eucharistic Visitor: Pamela Irons-Forth
Flower Delivery: Adoma Baffoe, Hawa Clemens