



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

THIS WEEK AT ASCENSION

Exodus 18:21

Moreover, look for able men from all the people, men who fear God, who are trustworthy and hate a bribe, and place such men over the people as chiefs of thousands, of hundreds, of fifties, and of tens.

As soon as I turned 18, I became a regular voter in Mexico. I believed that it was one way to seek assistance for people who needed it, and good government for everyone. Of course, when I came to the United States I could no longer vote, no matter how strongly I felt about the matters at hand. All I could legally do was keep up with what was happening in Mexico, and exercise my right to vote by completing a ballot in the Mexican Embassy.

I look forward to the day when I can vote here—but until then, I urge you to exercise your right to vote. Remember, voting is a right that generations of Americans struggled to win—and people in other countries are still fighting for. Voting is your voice, and elected officials respond to voters preferences by awarding greater chunks of public resources to those whose voices they hear.

One of these days, I hope to see you at the polls. For now, do this to follow the admonition of Exodus. Choose men (and women) who are trustworthy!

Blessings,
Javier

HEADLINERS

Daylight Saving Time Ends November 3

Don't forget to set your clocks back one hour before you go to bed on Saturday, November 3 This is also a good time to change the batteries in your smoke detectors.

Día de los Muertos

On November 4, at the 12:00 p.m. Service, we will be observing a Latin American tradition called the festival of “Día de los Muertos.” As is customary we will adorn the altar with pictures of departed loved ones, and offer our memories of them and their spiritual legacies to the Lord. The Altar will be placed in the Undercroft.

Our Choir is Recruiting New Members!

A new and exciting musical opportunity awaits you! The Ascension Choir is currently recruiting new members. Singers of all ages, abilities, and voice parts are welcome to participate. If you're interested, come visit our weekly choir rehearsals on Thursday evenings at 7:30 pm in the Choir Room- no audition required and no strings attached.

We'd love to see you there!

Questions? Contact Andrew Kullberg, music@ascensionmd.org

Attend a Concert to Support Gaithersburg HELP

Gaithersburg HELP and The National Christian Choir (NCC) are excited to announce “An Evening with The National Christian Choir,” a live Performance Benefitting Gaithersburg HELP. The NCC presents music that touches the heart from a variety of sacred styles — gospel, contemporary praise music, traditional anthems, hymns, a cappella — all combining for one joyful, uplifting experience.

When: November 3rd, 2018

Where: Pathways Baptist Church

200 W. Diamond Avenue

Gaithersburg, MD 20877

You may purchase tickets for \$15. Even if you are unable to attend, all proceeds go to benefit Gaithersburg HELP.

Questions? Contact Andrew Kullberg, music@ascensionmd.org

Next Baptism Dates



The next baptism date will be November 4th. If you want to be baptized or know someone who would like to be, please contact Javier at ocampo@ascensionmd.org

Continuing the Collection of Items for ComfortCases

The inspiring sermon in September by Robert Scheer, founder of ComfortCases, has prompted many congregants to ask what more we can do to help this local non-profit organization bring dignity and hope to youth entering foster care. We will continue to have a bin in the narthex for collecting additional travel-sized toiletry items. Further information on ways to help the organization—from donating pajamas to helping pack comfort cases—can be found at www.comfortcases.org. The organization is housed at 15825 Shady Grove Road, Suite 60, Rockville, MD 20850; phone: 202-253-0402.

LIFE LONG LEARNING

Wednesday Morning Book Group

Ascension's book group is discussing the book, "Sapiens: A Brief History of Humanity", by Yuval Noah Harari. This book explores the ways in which biology and history have defined us and enhanced our understanding of what it means to be "human". We meet weekly at 10:00 a.m. in Ascension's library on Wednesdays. All are welcome to join us. Please read Chapter 6 for this coming Wednesday.

Tai Chi

Tai Chi class is 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 Class

Yoga classes are offered on Thursdays at 10:00 AM in the Chapel, 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.

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 ocampoj@ascensionmd.org

LIFE AT ASCENSION

Godly Play

This week in Godly Play, we will study the "Ten Best Ways" to live, also known as the Ten Commandments. After Moses led the People of God out of Egypt to freedom, they could live where they wanted, be who they wanted, and do what they wanted. God provided divine guidance through Moses.

A Joyful Path

A Joyful Path—10:00 a.m.

The members of A Joyful Path will make discoveries about Vietnamese Peace Activist Thich Nhat Hanh. He believed sharing his beliefs in practicing inner peace and mindfulness would bring peace to others and the world. Come join us in Room 2 during the 10 a.m. service.

A Joyful Path—12:00 p.m.

Escuela Dominical Para Nin@s. The members of A Joyful Path at noon will learn about the most important source of our tradition- The Bible. We will learn about some sayings which are biblical and others attributed to the Bible which are not. Come join us at 12:00 pm. (noon) in Room 2.

Healing Prayer Ministers

We are in desperate need of Volunteers to provide this special function at our 8 oâ€™clock service. Training and assistance will be provided to you on a one-on-one basis. Give your name to Father Javier, or call Lin at 301 948-0122.

CARING FOR OUR COMMUNITY

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

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, November 24 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 will be on November 18 at 9:30 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

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PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: Resolutions Committee of the Diocese

We pray for comfort, healing, courage and hope for Ashley Alford, Kathy Bainbridge, Sciou Broderick, Harriette Eleanor Cooper, Fredy Diaz, Peggy Donnellon, Patricia Griffith, Tana Hight, Jim & Carol Keenan, Daniel & Aillen Pagan, Wendy Jo Perkins, Bubba Pflantzbaum, Olive Rivera, Genia Saniul-Heinig, Fran Spina, Ruthie Swain, Samuel Tellu, Suzanne Winterhalter, Simon James Mwamba 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 the life of Eugene Caffey, Fran Spina's brother, who died on October 23, 2018.

QUICK LINKS

[Link to Javier's Sunday October 28 Sermon: "Way of Love-Rest"](#)

[Link to the Service Bulletin](#)

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

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



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