



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

## *This Week at Ascension*

### **Journey to Generosity** ***A Different Sense of Prosperity***

There are people I know who live their lives very sacrificially, just like Moses and Paul did. Moses was called by God to lead the Israelites out of Egypt, something he was not willing to do at first; but God persisted, supporting Moses in his sacrifice doing what God wanted. The people I know do this too. They respond to God's call to care for the poor, the naked, the hungry and those in prison. In loving their neighbor, often far away from their own country, they live sacrificially to love God and their neighbor.

Paul delights in this: "So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us." (1 Thes: 2:8) Paul wants "to please God who tests our hearts." (1 Thes: 2:4)

The people I know live sacrificially; they could easily earn much more if they lived in the United States or Canada, and live much more securely; they have chosen to not follow the advice of the wicked. They really are "like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper." (Psalm 1:3)

The people I know have a different sense of how they prosper. Their currency of exchange is really not money, but how much they love their God and their neighbor. Elizabeth of the Trinity, a 19th century Carmelite nun, said, "Let us ask God to make us true in our love, to make us sacrificial beings, for it seems to me that sacrifice is only love put into action."

Christians who love God and their neighbor have the currency of the baptismal covenant to guide us. Our currency is God's love. "Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad our days." (Psalm 90:1) In rejoicing and in being glad our all days, God's love is all we need to prosper.

In our baptismal covenant Christians declare their belief in God, Jesus Christ and God the Holy Spirit. We, with God's help, declare that we will continue in fellowship, the breaking of the bread, prayer, resisting evil and repenting, proclaiming the Good News, seeking and serving Christ in all persons and loving our neighbor, striving for justice and peace and respecting the

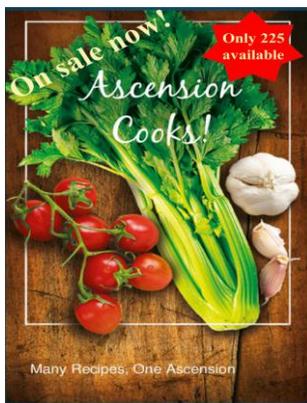
dignity of every human being. In Canada, Anglicans also agree to strive to safeguard the integrity of God's creation and respect, sustain, and renew the life of the earth.

The people I know live their lives sacrificially in the way that Elizabeth of the Trinity suggested we all do. In rejecting the rampant consumerism of the age, in rejecting the disparity between the super-rich and the poor, we are called to live sacrificially as we live out our baptismal covenant, loving God and loving our neighbor just as the people I know do, as did Moses and Paul.

Glen Mitchell

## HEADLINERS

### Ascension Cooks! Reserve Your Copy Now



The Cookbook Committee is delighted to announce that our exciting, new cookbook, *Ascension Cooks! Many Recipes, One Ascension* is on its way! The cookbooks will be available for distribution at the next One Ascension Feast on October 29th.

The Cookbook Committee will staff a table after all of the Sunday services on October 22nd where you can reserve your copies. You can also reserve your copy online by [clicking here](#). We have ordered 225 copies, and since more than 70 members of the Ascension

community have contributed to the project, we suggest you reserve a cookbook for yourself and, perhaps, for a friend or relative while they are readily available. You can pay by PayPal on the website and by cash or check during the Sunday services. We will distribute the books to those who have pre-ordered them on October 29th at which time cookbooks will also be available for purchase.

Not sure how many to order? Let us tempt you: Anyone who purchases two or more cookbooks will automatically be entered into a raffle to win a special cooking themed gift. We will also gift wrap your purchase so you are ready for the holidays!

Don't miss out! At only \$10.00, the cookbook is a steal, so you know it will sell out soon!

We are unabashedly proud of our effort. We hope that you will feel the same and join us at the Feast on October 29th!

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## Ascension Youth Group Fall 2017 Schedule

The Ascension Youth Group typically meets on the 2nd and 4th Sunday of the month from 6:00 p.m. – 8:00 p.m. in the undercroft of the church, unless otherwise noted. We will not meet on November 26th due to Thanksgiving. Youth Group is open to anyone in 6th grade and older. They need not attend services at Ascension. A typical Youth Group meeting includes dinner, provided by two families, a spiritual lesson and fun games. Our motto is “Food, Fellowship & Fun.”

[Read More](#)

## Neighbori-ando in Gaithersburg

On Thursday, November 9 Javier will be at Greene Growlers bar from 6:30pm to 8:00pm. If you want to talk and meet other people from Ascension, join us! We can have a good time and talk about Ascension and its life at the same time building stronger bonds through communication and knowing each other better. The bar is located at 227 E. Diamond Ave. Gaithersburg, Maryland in front of the train station at Gaithersburg.

## LIFE LONG LEARNING

### Wednesday Book Group: *Christ Actually: Reimagining Faith in the Modern Age*

Read chapter 6, “Thou Art Peter” in preparation for Wednesday’s discussion. The book group meets in the Library from 10:00—11:30 a.m.

## A Joyful Path for Sunday

A members of A joyful Path will be affirming: I will remember God is within me and all others. Remembering that God is within us and a part of everything that ever was and ever will be is one of the most important things we can do.

As humans, we naturally forget things and occasionally forget to be present for our family and friends when they need us. That part of being human, that is part of the learning process. We will play several memory games and hear a story about the never forgotten son. Come and join us in Room 11 after the 9:00 a.m. service. See you there.

## 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.

## Sunday Christian Formation Schedule Change

Ascension believes in its children – in their innocence, in their energy, the joy they bring with them, their spirit of wonder, and the honesty in their questions. With our Christian formation programs, we seek to nurture the spiritual growth of Ascension-ites of all ages. Our children are an integral part of our parish family and are welcome in all aspects of our worship. [Read more](#)

## Thursday Afternoon Tai Chi Class

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 at sunset. Please come and join us. Contact Claire Rosser at [301.275.0617](tel:301.275.0617) or [Cjrosser@aol.com](mailto:Cjrosser@aol.com) if you have any questions.

## Listening Heart Community

The Listening Heart Community is Ascension’s “monastery of the heart”, an intentional group for seekers in all stages of their spiritual journey to explore Benedictine and other contemplative spirituality in community. We meet the first and third Monday of each month at 7:00 p.m. in the Library. Contact Lori Perine at [lperine@gmail.com](mailto:lperine@gmail.com) if you would like to join us.

## Still Water Mindfulness Practice Group

Mindfulness is our capacity to be fully present in our own lives, to be aware of what we are doing as we are doing it. As we develop our awareness, an inner stillness naturally grows. We are better able to embrace the world, better able to experience the Kingdom of God in the present moment. Our weekly program of meditation and mindfulness practices in the tradition of zen monk and peace activist Thich Nhat Hahn will continue on Tuesdays from 7:00 to 8:30 p.m. in the chapel.

## Yoga

Randy’s yoga class is every Thursday at 10:00 a.m. in the Chapel. These are gentle, entry level classes anyone may enjoy. No props are needed. There are some mats, blocks and blankets for those who want them. If you have your own mat, bring it. Wear loose fitting, comfortable clothing.

# CARING FOR COMMUNITY

## 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, October 28 in the church kitchen. If you have any question, Contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)

## Men's Shelter Lunch Preparation

The Men's Shelter Lunches program provides bagged lunches, assembled in the Undercroft Commons once a month. Supplies are donated by Ascension members. Depending on the season, we provide forty to eighty lunches a month. [Read more](#)

## 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](tel:301.519.1074) or [melanie.mitchell@verizon.net](mailto:melanie.mitchell@verizon.net)

## Mobile Med

For the next few weeks, the van is out for repairs and patients will be referred to the Mobile Med clinic at 981 Rollins Avenue in Rockville on Tuesdays. Questions and if you want to volunteer at our waiting room, contact Jean Cohn at [spangle1@comcast.net](mailto:spangle1@comcast.net) or [240.372.3652](tel:240.372.3652).

# LIFE AT ASCENSION

## Zumba

We have Zumba classes at Ascension every Thursday at 7:30 p.m. in the Undercroft. 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, meringue and mambo

## Adopt-a-Space at Ascension

Our worship and common spaces are sacramental in the sense that we rendezvous with God and one another in them. It is therefore meet and right that we tend them as the gift that they are. This sign-up lists most of the spaces we inhabit from week to week. They do get cleaned, but there's a lot of traffic in and out of our building and there are plenty of unclaimed artifacts to prove it!

[Read more](#)

## Prayer Request Updates

The term for a prayer request is four weeks, infinitely renewable. The regular Sunday prayer list is for parishioners and their families, including extended family members. The weekday list used by the staff, called the "extended prayer list," is for coworkers, friends, and so on. When you see a name missing that you think should be included in the Prayers of the People and the list in the bulletins, say their names at service, preferably out loud, then fill out a new prayer request form, found on the table outside of the Church Office door. – Randy

[Download Request Form](#)

## My Camino to the Field of Stars

Dear Ascension Friends,

Some of you know me because I play flute with the musical group at the 11:15 service. I came to Ascension nearly two years ago, exhausted by trying to cope with the overwhelming events unfolding in our world, most especially the refugee crisis. The Ascension community has taken me in and comforted me. And Jerrold and the musical group have nurtured my musical abilities. I've been writing music for more than a year now, music that gives me peace as I write it and play it. I feel a enormous gratitude to God for guiding me to Ascension, and to you, who have embraced me. If you are interested go to YouTube and listen to my video "My Camino to the Field of Stars". If you want to hear more, let me know and I'll give you a CD or a free streaming of the whole album "Pilgrim's Way". You are responsible for this music, Ascension community, and I want to share it with you as much as I can.

Claire.

[\(Cjrosser@aol.com\)](mailto:Cjrosser@aol.com)

## Pledge Cards

Remember to bring Your Pledge Cards to Church: And place them in the baptismal font as you come forward to receive Communion.

**Prayers** For Those Whose Lives are Closely Linked With Ours: Church of St. Michael and All Angeles, All Saints's Church, Chevy Chase Parish, All Saints' Pre-School, Chevy Chase All Saints' Parish, Oakley All Saints' Memorial Church, All Souls' Parish, All Saints' Day (November 1)

**Pray for Comfort, Healing, Courage, and Hope:**

Beth, Sue, Melanie, Fran, Mike, Ruthie, Russ, Suzanne, Sally and William 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.

We pray for all special intentions, and those on our extended Healing Prayer List.

## Quick Links

[Link to Service Leaflets for October 29](#)

[Link to Podcast of Laura's Sermon on Sunday, October 22: "Give to God What is God's"](#)

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



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