



# THIS WEEK AT ASCENSION

## Why You Choose to Give to Ascension

As I told you last week, the people of Ascension give generously in many ways, financially, physically, emotionally, and spiritually. I have observed that it is impossible for people to do this unless they feel a genuine connection to the church. Anyone can sit still, thinking private thoughts for an hour, but to give time, treasure, and baked goodies week after week suggests that you are really invested in our success. I asked a few people to comment on why they give, and you will see that everyone is unique, and all have fine, personal reasons reasons for their support. I would be very happy to share your statement, if you would send it to me at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org).

When I read Javier's list of reasons he has heard for giving to the church, my first thought was "I give for all of those reasons". I was raised in a "church giving" family --I like the church to be warm in the Winter and cold in the Summer --I believe that God calls me to be involved --I have made many life-long friends in both the choir and the congregation --more than 50 years ago when I first came to Ascension, the Priest led me to the help I needed in my personal life --I became involved in many ways in my younger years and I am grateful for those who continue to keep things "running". That's why I will continue to pledge some of my income to Ascension Church and I hope you will also!!

Betty Knight

Ascension is my community. I've made wonderful friends here, and I love what Ascension stands for.

Zadinga Ogada

I pledge my financial support to help pay for clergy, staff, brick and mortar, supplies, program, ministry and mission work. I pledge my time and talents to help fulfill what God is calling me to do here at Ascension. I do it because I want to.... and have to.... as a supportive member of the Ascension congregation. Please join me and others and make your pledge today!

Gordon L. Donnelly

# HEADLINERS

## **Bishop's Visit and One Ascension Sunday**

Bishop Mariann Edgar Budde spends much of her time out and about in the congregations of the diocese. In addition, she makes an official visitation to each of the diocese's 88 congregations once every three years. These visits occur on Sunday mornings, and the schedule is typically announced each summer. In years in which the bishop does not visit, a member of her senior staff visits instead. This year she will come to Ascension on Sunday September 30th, since it is also One Ascension Sunday we will have just one service at 10:00 a.m. After the service we will have a potluck. Please sign up if you want to bring any food or drink.

**Parking:** There is additional parking available at Gaithersburg High School (South Side) if the Ascension Parking is full on Sunday.

## **A Joyful Path**

We welcome all 3rd to 5th graders to come and join A Joyful Path in Room 2 during the 10:00 service. This week we will continue to search for understanding by using the Bible as a tool.. Come join us on the path for fellowship and learning.

## **Blessing of the Animals, Sunday October 7**

In observance of the Feast of St. Francis of Assisi, we will be blessing your feline, avian, canine, bovine, equine, porcine, reptilian, and arachnid friends at the 5:00 p.m. service on Sunday, October 7, in the Chapel. Please invite your friends to bring their pets too!

## **Autumn Party**

On October 13 we will held a party in the Undercroft as a fundraiser for Ascension. Tickets are on sale and the price is \$15. If you need more information ask Vestry members Bernice Rodriguez ([Berenice.rodriquez.84@gmail.com](mailto:Berenice.rodriquez.84@gmail.com)) or Luis Pedron ([lrpedron@gmail.com](mailto:lrpedron@gmail.com)), or Javier ([ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)).

## **Lands Green Waters Clean Butterfly and Bay Friendly Garden Tour**

Opening remarks will occur at 9 AM at Constitution Park, 112 Brookes Ave, Gaithersburg, MD 20877 followed by additional tour stops around the City of Gaithersburg. This free self-guided tour is open to anyone interested in seeing what butterfly and Bay friendly gardening looks like. The tour features the Woodland Hills Home Owners Association, The City of Gaithersburg Constitution Park, a private home, Epworth Church and Pleasant View Historic Site. Each of these sites adds something unique to the tour and each will have a representative on site during the tour hours to answer questions about the gardens and how they were installed.

## **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](mailto:ocampo@ascensionmd.org)

## **Continuing the Collection of Items for ComfortCases**

The inspiring sermon last Sunday 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](http://www.comfortcases.org). The organization is housed at 15825 Shady Grove Road, Suite 60, Rockville, MD 20850; phone: 202-253-0402.

# LIFE LONG LEARNING

## Sunday School During One Ascension Service

We will have a Sunday school lesson for all ages in the Godly Play classroom, Room 6 (downstairs). We will learn about our holidays in "the Circle of the Church Year". Children will be offered choices of activities following the lesson and we will end with songs and prayers before joining the congregation for communion.

## Wednesday Morning Book Group

On October 10th, we will start 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 at 10:00 a.m. in Ascension's library on Wednesdays. All are welcome. On this coming Wednesday, we will discuss the last three chapters of the book, "Take This Bread", by Sara Miles.

## 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.

There will not be Tai Chi Class on October 6th.

## 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.

Please note the following Yoga Schedule changes:

- **10/4/2018 class canceled;**
- **10/11/2018 class moved to 10/12/2018 at 10:00 am.**

### **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](mailto:ocampo@ascensionmd.org)

## **LIFE AT ASCENSION**

### **Parishioner with Cancer in Need of Transport to Doctors**

Leslie Pool has cancer and is in need of help getting to her numerous medical appointments. Ascension is not her only source of help, but we are looking for a few people who can assist. Please contact Bubba Pflantzbaum at [bubbashalom@gmail.com](mailto:bubbashalom@gmail.com)

### **Healing Prayer Ministers**

We are in desperate need of Volunteers to provide this special function at our 8 o'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.

### **WE HAVE GONE DIGITAL**

In this day and age we must keep up with technology. We have update Servant Keeper (Ascension's database) to allow parishioners to update their own information on the church's database. The link below will allow you to access it by entering your email address and creating a password. You will be able to upload your own photo, update your current information, and also view your contributions and print your own statements. Of course those whom wish us to provide them with their statements, we

will be happy to do so. You will be able to share your interests in serving and tell us where you are serving now. If you have any difficulties, please contact Lin at [office@ascensionmd.org](mailto:office@ascensionmd.org)

<https://servantkeeper.com/member-portal/ECOTA/registration/email>

**Are you interested in helping someone in need of transportation get to church?**

We have members at Ascension that are looking for a ride to Sunday service. Are you available, are you interested in giving them a lift? If you live in Gaithersburg and would like to assist please contact the parish administrator Lin Keene at [office@ascensionmd.org](mailto:office@ascensionmd.org)

## 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](http://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, October 27 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 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 October 21 at 11:15 a.m. Contact Edith at [esekasi@gmail.com](mailto: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

## PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: St. Francis' Church, Potomac, Pray for humane treatment of all of God's creatures, especially companion, rescue and service animals.

We offer to your gracious protection our intercessions for those for whom we are called to pray, especially we pray for comfort, healing, courage and hope for Ashley Alford, Jean Cohn, Harriette Eleanor Cooper, Fredy Diaz, Peggy Donnellon, Eleni Hailu & her family, Jim & Carol Keenan, Rudi Miksa, Ann Mitchell, Daniel & Aillen Pagan, Wendy Jo Perkins, Leslie Pool, Olive Rivera, Genia Saniul-Heinig, Fran Spina, Ruthie Swain, Samuel Tellu, 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 Javier's Sunday, September 16 Sermon Podcast: "Way to Love, Turn"](#)

[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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