

This Week at Ascension

Holy Week and Easter at Ascension



Palm Sunday, March 25

10:00 a.m. One Ascension Sunday—Procession starts at Gaithersburg High School

11:45 a.m. Randy's Farewell Party- Undercroft

Maundy Thursday, March 29

7:30 p.m. Holy Eucharist with Foot Washing and Stripping of the Altar—Main Church

Good Friday, March 30

12:00 p.m. "Stations to Go" - Main Church and Various Locations in Olde Towne Gaithersburg

7:30 p.m. Prayer Book Liturgy—Main Church

Easter Eve, Saturday, March 31

7:30 p.m. Easter Vigil—Main Church

Easter Day, Sunday, April 1

7:45 a.m. Holy Eucharist—Main Church

9:00 a.m. Festival Eucharist—Main Church

11:00 a.m. Festival Eucharist—Main Church

11:00 a.m. Holy Eucharist in Spanish—Chapel

12:30 p.m. Holy Eucharist for Families with Young Children, followed by an Easter Egg Hunt— Chapel

HEADLINERS

#MarchForOurLives



On Saturday, March 24, the students and families of March For Our Lives will take to the streets of Washington, D.C. to demand that their lives and safety become a priority and that we end gun violence and mass shootings in our schools today. Members of the Diocese of Washington are invited to march in solidarity with the young people that day, to provide ministries of hospitality, and to participate in a vigil at Washington National Cathedral ([map](#)) the evening before (no charge, but [ticket required](#)).

GET INVOLVED!

- RSVP for the march in DC at the March for Our Lives website [here](#). This will ensure you get the most up-to-date information from the organizers of the march.
- If you will be attending March for our Lives and would like us to email you with details on local Episcopal Church involvement closer to the date, [please complete this form](#).
- If you are interested in being part of EDOW's ministry of solidarity and hospitality, please let us know [here](#). We will respond with information on those seeking hospitality as we receive them.
- If you are visiting from out of town and in need of hospitality, [please complete this form](#) with your request, and we will do our best to match you with a volunteer host.
- [Register to attend \(or volunteer for\)](#) the Friday vigil at Washington National Cathedral. This event is free, but a ticket is required.
- Questions? Please [visit our FAQ page](#) for more information, articles and resources or [email us](#) with a specific concern.

Holy Week And Easter Services Sign Up

Please sign up for Holy Week and Easter Services here: <http://ascensionmd.org/holy-week-worship-roster-sign-up/>

One Ascension Sunday Potluck Agenda

1. A blessing of Father Javier
2. The meal is served and we will let table by table to be asked to come forward.
3. There will be music as organized by Meredith Horan.
4. Closing remarks by Betsy H. Senior Warden and Father Javier.

LIFE LONG LEARNING

Wednesday Morning Book Group

We are reading Brian McLaren's latest book entitled *The Great Spiritual Migration: How the World's Largest Religion Is Seeking a Better Way to Be Christian*. Here's a description from Amazon.com (<http://amzn.to/2nGabwg>): "Brian McLaren, a leading voice in contemporary religion, argues that— notwithstanding the dire headlines about the demise of faith and drop in church attendance—Christian faith is not dying. Rather, it is embarking on a once-in-an-era spiritual shift. For millions, the journey has already begun."

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](tel:301.275.0617) or Cjrosser@aol.com if you have any questions.

Thursday Morning Yoga

Randy's yoga class is every Thursday at 10:00 a.m. in 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.

Beginning April 10, Tina Lightner-Morris will be teaching this class, also at 10:00 a.m. on Thursdays (except 4/19). We will begin with the Joint Freeing Series, move into some Sun Salutations and finish with an iRest/yoga nidra guided mindful meditation. Please join us for this amazing practice of embodied prayer!"

Godly Play & A Joyful Path

Godly Play and Joyful Path will not meet on March 25 due to the observance of Palm Sunday.

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

Make a difference for someone facing the end of life

JSSA Hospice and Transitions Volunteer Training May 6 and 7, 9 a.m. to 3 p.m., Rockville, MD.

JSSA, a non-sectarian community agency, is seeking volunteers over the age of 18 to help enhance the quality of life of individuals and families facing life-threatening or terminal illness. JSSA offers specialized training for prospective volunteers for its Hospice and Transitions programs. Following the training,

volunteers are asked to commit to a minimum of 2 hours a week visiting patients in the Hospice or Transitions programs. If you're interested please fill out the application. Or contact Carrie Myatt, Volunteer Coordinator, at 301-816- 2611 or cmyatt@jssa.org

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

2018 Lenten Rice Bowl Recipient

A Lenten tradition since the tenure of Rector Harry Dalzell (1970-1980), your offering, placed in the wooden bowl in the font as you come forward for Communion, goes toward an outreach ministry. Typically, we alternate between local and domestic or international causes. This year the Rice Bowl offering goes to Gaithersburg HELP, an agency that provides material support to struggling residents of all kinds. Ascension's food offering goes to the HELP food pantry on Muddy Branch Rd. Parish member Melanie Mitchell has been heavily involved with HELP board for many years. Former Rector Joe Clark served two terms as president of the HELP board.

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, March 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 is April 15 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](tel:301.519.1074) or melanie.mitchell@verizon.net

Mobile Med

Mobile Med will not be at Ascension House starting tomorrow January 2nd (until the beginning of March). I have posted signs on the Ascension House bulletin board and on the door to the chapel. Signs list the alternate location as well as a number to contact for more information.

Jean Cohn
spangle1@comcast.net
[240.372.3652](tel:240.372.3652).

LIFE AT ASCENSION

Spring Party

Join us to celebrate that the snow and cold are almost gone. We will have our Spring Party on April 14th from 7:00 to 11:00 pm. Tickets are on sale for \$15. The money collected will be used to pay expenses for the Spiritual Retreat from the 11:00 am service. Ticket includes Dinner, Music and Lost of Fun. For more information contact Berenice (berenice.rodriquez.84@gmail.com), Luis (lripedron@gmail.com) or Javier (ocampo@ascensionmd.org).

Ascension Youth Group

Hi Everyone-

No Youth Group March 25th due to Spring Break.

If you are interested in participating in the "March for Our Lives" on March 24th, please email or text Angie at ahight@nist.gov or [301-693-2399](tel:301-693-2399)

Angie & Travon

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.

PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: Chapel of the Intercession, Washington Hospital Center, Pray for all hospital, hospice, nursing home and healthcare chaplains, Pray for all parish nurses and healthcare providers, African Palms, Passover (March 31-April 7)

We pray for comfort, healing, courage and hope for Harriette Eleanor Cooper, Mike Darracott, JuAN eRNESTO eSCAMILLA, Delores Finister, Sally and William Glick, Margaret Joseph, Ophelia Yalley-Ogunru, Sarah Olsen, Easton Pool, Fran Spina, Ruthie Swain, Suzanne Winterhalter, Sharon Wood, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

QUICK LINKS

[Link to Podcast of Randy's Sermon on Sunday, March 18: "The Spectrum of Love"](#)

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

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