

WELCOME TO CHURCH OF THE ASCENSION

The Nineteenth Sunday after Pentecost: 15 October A.D. 2017

For Times Like These

Someone asked me, “Aren’t you worried about the state of the world?” I allowed myself to breathe and then I said, “What is most important is not to allow your anxiety about what happens in the world to fill your heart. If your heart is filled with anxiety, you will get sick, and you will not be able to help.”

Yes, there is tremendous suffering all over the world, but knowing this need not paralyze us. If we practice mindful breathing, mindful walking, mindful sitting, and working in mindfulness, we can try our best to help.

- Thich Nhat Hanh

- ◆ Only watch enough media today to be informed. This is not a TV drama that will be solved before the top of the hour.
- ◆ Play some music.
- ◆ Pray for the living and the dead, for first responders and those are struggling.
- ◆ Find a place of quiet and seek God who loves all creation.
- ◆ Hand write letters to your representatives.
- ◆ Do not forget the suffering of the people of Puerto Rico, Mexico, Houston, Florida which is overshadowed today.
- ◆ Hug someone (after you make sure that's okay to do).
- ◆ Get outside in creation.

- The Rev. Mark Delcuze, an Episcopal Priest

“My mother would say to me, ‘Look for the helpers. You will always find people who are helping.’ To this day, especially in times of disaster, I remember my mother’s words, and I am always comforted by realizing that there are still so many helpers — so many caring people in this world.”

- Fred Rogers

TO OUR VISITORS, NEWCOMERS, AND SEEKERS

We thank you for joining us today and hope you will return often.

At Ascension, our mission is to become “ambassadors of Christ,” so we welcome you to this community of resident aliens. We invite you to fill out a welcome card (located in the rack at the ends of each pew).

TODAY AT ASCENSION

Preacher: (The Rev.) Randy Lord-Wilkinson

Refreshments and conversation follow every service, in the lower atrium, starting today!

The Nursery is open today from 8:30 a.m. to 12:30 p.m. It is in Room 2, in the rear hallway of the annex at the high school end of the building. Ask a welcome team member for directions.

LIFE LONG LEARNING

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.

Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions.

Spanish Class

Come and take part in Ascension's Spanish Class on Mondays from 6:30 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. There is no class on Columbus Day. For more information contact Javier at ocampo@ascensionmd.org

Christian Formation

Christian Formation (Sunday School) for children age 3 (and potty trained) through 5th grade will be held immediately after the 9:00 a.m. service on the lower level of the main church annex. Teachers will be stationed in the narthex to greet and assist newcomers. Classes will end before the start of the 11:00 a.m. service. Adult classes are also offered during this time in the Library. These sessions will help us deepen our knowledge of the stories of the people of God and reflect on the meaning of these stories in our lives.

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

Read through the end of Chapter 4 in preparation for Wednesday's discussion. The book group meets in the Library from 10:00–11:30 a.m.

The 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 in Library at 7:00 p.m. Contact Lori Perine at lperine@gmail.com if you would like to join us.

A Joyful Path

This week the members of A Joyful Path will learn about the importance of the Bible to our faith and in our lives. We will discuss the differences between the Old and New Testament. We will discover the different versions of the Bible and their uses today. If you are in grades 3-5, come and join us in Room 11 after the 9:00 a.m. service.

LIFE LONG LEARNING

Godly Play

This week in Godly Play, we study The Great Family. The People living around Abraham and Sarah believed that there were many gods embedded in nature. Abraham and his family believed that God was everywhere, but was that really true? What if they were to go to an unknown place or experience, would God be there? They were not sure of this but they put their father in God's promises and found them to be true.

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.

Lector Training

Seasoned lector Andrew Greene will hold a lector training after the 9:00 o'clock service on Sunday, October 22 in the main church. This is for current and new lectors.

Acolyte Training - Today

Ray Chin will be offering a training for new and current acolytes after the 9:00 o'clock service, in the main church.

One Ascension Sunday: October 29

It is that time again to celebrate together. The theme for this luncheon after the 10:00 o'clock service is Fall Celebration. There will be a parade of Children dressed in their Halloween costumes to start off the celebration. Since it is also near All Saints Day, we are asking all who would like to bring a picture of a loved one who is deceased and share their story with those gathered. The Cookbooks should be available for sale, at \$10.00 each, they make an excellent holiday gift. Also one can purchase the Ascension t-shirt and/or sweatshirt, for yourself or as a gift. Please plan on bringing a fall dish to share. The committee will be making several Chili Dishes as a main course. Come one come all to join the fun.

The Montgomery County VOICES from the Holy Land film series

On October 22, *Life in Occupied Palestine*, a primer on the situation by Anna Baltzer, a Jewish-American Columbia graduate and Fulbright scholar, will be shown at 2:30 p.m. at 9801 Centerway Road, Montgomery Village, MD, 20879.

Blood Pressure Screening

Blood pressure Screening will start on Sunday, October 29.

Hurricane Relief

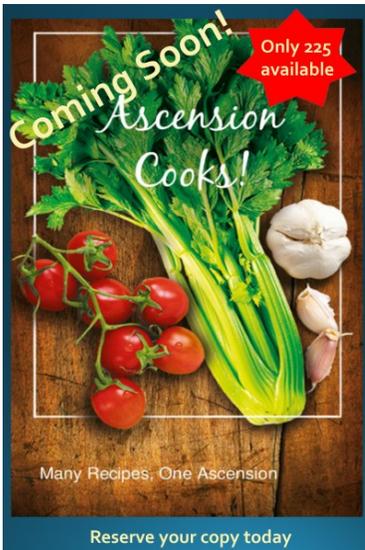
Episcopal Relief & Development urges prayers for communities recovering from the impact of Hurricanes Harvey, Irma and Maria, especially Puerto Rico. Please donate to the Hurricane Relief Fund and visit the organization's website for more information about relief and recovery efforts. <http://bit.ly/2xiQwJ3>

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).

Cookbook Committee Update



The Cookbook Committee is delighted to announce that our exciting new cookbook, "Ascension Cooks! Many Recipes, One Ascension" is now being printed. We have been advised that the cookbooks will ship next week, and we expect them to be available for distribution at the next One Ascension Feast on October 29th.

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 cook-

book for yourself and, perhaps, for a friend or two while they are readily available. The Cookbook Committee will staff a table after each of the Sunday services on October 22nd where you can pre-order your cookbook for \$10.00 (cash or check). The books will also be available for purchase on Ascension's website from the 22nd. We will distribute the cookbooks to those who have preordered them at the One Ascension Feast the following week. Not sure how many cookbooks 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 giftwrap your purchase so you are ready for the holidays!

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

CARING FOR OUR COMMUNITY

Men's Shelter Lunch Program

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 today 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 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

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 or 240.372.3652.

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 questions, Contact Javier at ocampoj@ascensionmd.org

PLEDGE UPDATE AS OF OCTOBER 11, 2017

Thanks to those below who have pledged to the annual giving campaign:

- ◆ Ron & Jan Hauber
- ◆ Mary H Waldron
- ◆ Jake & Ophelia Yalley-Ogunro

CONNECT WITH US ON SOCIAL MEDIA



<http://bit.ly/2tHzJuT>



<http://bit.ly/2sYC8UV>



<http://bit.ly/2tCOYsa>



<http://bit.ly/2paseJO>

CONTACT US

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- ◆ Office Hours: Monday-Friday 10:00 a.m. 4:00 p.m.
- ◆ Phone: 301.948.0122 ◆ Fax: 301.926.9012
- ◆ Randy's Cell: 301.801.4347
- ◆ Javier's Cell: 202.903.6426
- ◆ Prayer requests: Fill out a yellow prayer request card on the table outside the office, in the Chapel or e-mail the office at office@ascensionmd.org.

Bishop of Washington - The Rt. Rev. Mariann Edgar Budde
mebudde@edow.org, 202.537.6550

Rector - (The Rev.) Randy Lord-Wilkinson
ral@ascensionmd.org, voice mailbox 12

Assistant to the Rector—The Rev. Javier García Ocampo
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Altar Guild Directors, Mardia Dennis, 301.540.4499
mard908@gmail.com, Dotty Pfadenhauer, dottypfa@aol.com
and Georgana Maines, mainesgnh@verizon.net

Nursery Attendant—Brenda Alvarez,
brendaalvarezduque@hotmail.com

LEADERSHIP AT ASCENSION

Senior Warden: Betsy Hasegawa
Junior Warden: Janet King

Vestry:

2018: Berenice Rodriguez, Avin Lalmansingh,
Gary McLaughlin

2019: Rose Buck, Zadinga Ogada, John Pruessner

2020: Gordon Donnelly, Meredith Horan, Luis Pedron
Sari Stoddard, *Clerk of the Vestry*
Howard Holland, *Treasurer*

Christian Formation for Children: Megan Didavi ~ Christian
Formation for Youth: Angie Hight-Walker ~ Facilities: Ted Be-
dell Finance: Howard Holland ~ Mission: Paul Boynton ~ Pas-
toral Care: Randy Lord-Wilkinson Personnel: Jean Cohn ~
Worship: Carleton MacDonald

Delegates to Diocesan Convention:

Kristen Keating, Carleton MacDonald, Sue Snay
Alternate: Mardia Dennis

Cycles of Prayer

In the Diocesan cycle of prayer, we pray for
St. Luke's Church, Trinity Parish
St. Luke's Church, Brighton
St. Luke's Parish, DC

St. Luke's House, Bethesda
Hunger Fund Committee

Pray for all who are hungry, especially children (World
Food Day - October 16)

THIS WEEK AT ASCENSION

MONDAY, OCTOBER 16

1:00 p.m. Al-Anon—Room 1
6:00 p.m. Ensemble Rehearsal—Main Church
6:00 p.m. Spanish Class—Ascension House
6:30 p.m. Overeaters Anonymous—Room 4
7:00 p.m. Listening Hearts Community—Library
7:30 p.m. Choir Rehearsal—Choir Room

TUESDAY, OCTOBER 17

10:30 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, OCTOBER 18

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

THURSDAY, OCTOBER 19

10:00 a.m. Yoga—Chapel
4:00 p.m. Tai Chi—Chapel
7:30 p.m. Zumba—Undercroft

FRIDAY, OCTOBER 20

1:00 p.m. Al Anon—Room 1
6:00 p.m. Couples 12-Step Program—Room 1

SATURDAY, OCTOBER 21

9:00 a.m. Overeaters Anonymous—Chapel
11:00 a.m. Al-Anon—Undercroft
11:00 a.m. Overeaters Anonymous—Room 1

SUNDAY, OCTOBER 22

Preacher: Laura Shay
7:45 a.m. Holy Eucharist—Main Church
9:00 a.m. Holy Eucharist—Main Church
10:15 a.m. Adult Class—Library
10:15 a.m. Godly Play—Room 6
10:15 a.m. Joyful Path—Room 10
10:15 a.m. Service for Young Children—Chapel
10:15 a.m. Men's Shelter Lunches—Undercroft
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. Last Chance Church—Chapel

Attendance	September 24	October 1	October 8
7:45 a.m.	22	18	23
9:00 a.m.	75	86	75
10:15 a.m.	14	5	8
11:00 a.m. Spanish Service	41	51	50
11:15 am	44	38	40
5:00 p.m.	10	16	12
Total:	206	214	208