



Welcome to Church of the Ascension

The Fourth Sunday after the Epiphany: February 2 A.D. 2020

God Can Do Anything—But you Must Ask!

For the last several weeks as I have looked out over the congregation, I have seen the empty spaces of parishioners who always come to church, but have missed a Sunday—or two. I hear the sneezes and coughs of those just getting sick, and notice the weary affect of those recovering from colds, flus and other seasonal afflictions. I am truly sorry for your suffering. I understand how horrible you feel, because I am prone to these infections myself. Some of you contend with other conditions that make respiratory infections dangerous, or have more serious issues and concerns.

Have you remembered the most powerful tool for health and recovery? It is prayer. Of course, I advocate seeking out competent medical care when you are sick. But when we are really down, hurting, and afraid, it's time to have a conversation with Jesus. Remember that Jesus, who had an affinity for the poor and marginalized, did not shy away from people who were sick. The gospel reveals that He was interested in whether they **wanted** to be healed, and whether they **believed** that he could and would heal them. If you pass those tests, the unfailing love, sympathy, and power of God is available to you anytime, every time you ask.

Perhaps this is new to you. In our society we place tremendous value on managing everything according to our own will. If that is not working for you, just speak to Jesus in your own words: “Jesus, I am sick. I feel miserable; I am scared and alone. Heal me in body and soul.” Or, if for someone else: “Dear God, embrace those who are sick and hurting today, and let them feel the warmth of your love.”

If you have a Book of Common Prayer (and I advise this) turn to page 461, “Prayers for use by a sick person” or Page 458, “Prayers for the Sick”. Read timeless these prayers now, while you are well, and know that they are there for you at any time.

If you are comforted by the majesty of the Old Testament phrases, consider: **“So, do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand”**. *Isaiah 41:10* or, **“Heal me, O Lord, and I will be healed; save me, and I will be saved, for you are the one I Praise”**. *Jeremiah 17:14*

If you are more comfortable with contemporary language, you will find a wealth of accessible prayers on the internet. “Almighty God, you know that we are surrounded by great dangers. Because of our weakness we cannot withstand them. Give us health of mind and body so that we who suffer may overcome our afflictions and be restored through you”.

Pray for simple things, as you would a friend. And also pray Big, Impossible Prayers for things that only God can do. For God can do anything; Believe it!

Blessings,
Javier

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 represent Jesus Christ wherever we may be. We welcome you to our church family and invite you to fill out a welcome card, located in the rack at the ends of each pew.

TODAY AT ASCENSION

Preacher: The Rev. Javier G. Ocampo

Refreshments and conversation follow every service in the lower atrium.

A place of peace for parents and a beginners Sunday School is available in Room 4. All children are welcome!

Today Gospel

Joseph and Mary brought Jesus to the temple to be consecrated. Simeon, a holy and pious man, took the child in his arms, and Anna the prophetess gave thanks to God.

LIFE LONG LEARNING

Sunday School

This week in Godly Play, we study the Parable of the Good Samaritan, which Jesus tells in answer to the question of how to inherit eternal life. Through the story we remember that everyone is a neighbor, and, moreover, that the Kingdom of God consists of action, not just talk.

Wednesday Morning Book Group

We will start our new Book- The Lost Way, by Stephen J. Patterson on Wednesday Feb. 5th, 10am in the Library., Please read the first chapter, we meet on every Wednesday's at 10am in the Library, all are welcome to join us.

Thursday Morning Yoga

Yoga classes are offered on Thursdays at 10:00 a.m. in room 2, 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.

Tai Chi

Tai Chi class is at 4:00 p.m. on Thursday afternoons in the chapel, a time of peace and balance in a lovely place. Please come and join us. Contact Claire Rosser at cjrosser@aol.com or 301-275-0617 for more information.

LIFE AT ASCENSION

"How the Loss of Biodiversity Threatens All Life on Earth" By Charlie Shore

On Sunday, February 16, scientist Charlie Shore will give a presentation on biodiversity as part of a four-week series of discussions we will have on Sundays in February about our responsibility as Christians to care for the earth and address the climate crisis. He will begin with a brief overview of the carbon and nitrogen cycles and give an analysis of how soil micro- and macro-organisms are essential to good soil health, and our entire agricultural system. Charlie will discuss the importance of free-range grazing by large herds (cattle, elk, bison), and the necessity of restoring predation in grazed lands. Throughout his talk, he will present key information about how climate change and biodiversity loss are working synergistically to destroy our environment. He will conclude with a dialog of how each individual, no matter what station in life, can act to ameliorate these tragic and imminent threats. Q&A to follow. The presentation will be held in the Parish Hall after the 10:00 service, and everyone is encouraged to come.

Next Baptism

The next baptism date, will be on **April 11, 2020**. If you want to be baptized or know someone who would like to be, please contact Javier at ocampo@ascensionmd.org

Seamstress' Wanted!

Ascension is blessed in having priestly garments and hangings in most liturgical colors—but we don't have a set of the dark red ones used in Holy Week. We are interested in seeing if we can make them ourselves, maybe in a weekly sewing circle. Please email Fr. Javier if you are interested in being part of this group effort. He will set up an informational meeting to kick the project off.

Ash Wednesday is February 26

We will celebrate the Holy Eucharist and offer the Imposition of Ashes at 12:00 noon and 7:30 p.m. in the Main Church. The evening service will be bilingual. The Labyrinth will be available for meditation in the Chapel from 10:00 a.m. to 7:00 p.m. "Ashes to Go" will be offered again this year for morning commuters at the Shady Grove Metro Station between 7:00 a.m. and 9:00 a.m. We need volunteers to come and help with prayers and administering the Ashes.

Please help us with your pledge!

Thank you all for your continued support of Ascension. We are having glitches with our new system while breaking it in. So we ask you to do a couple of extra things this year.

- If you have submitted your pledge online, please *fill out a pledge card* also.
- If you are an EFT donor, please *fill out a new EFT authorization form* and submit it to the office.

We apologize for the inconvenience. As we move forward with our new database we will need to resubmit your information.

Lenten Devotional

The first Sunday of Lent will include a gift of a small daily devotional pamphlet titled, "Living Well through Lent ". The booklet provides a foundation for seeking a deeper experience of Lent, an experience that will help prepare us for the true meaning of Easter. An English or Spanish version can be downloaded for free at <https://shop.livingcompass.org/collections/advent-and-lent-resources> in PDF format. We have ordered a number of paper copies, but they are not free - so we encourage you to get your copy at the above website.

Youth Group Work Camp Dates for 2020

Ascension Youth Group will once again go to Philadelphia to work with the St. James School. Please mark your calendars! **The dates are July 12-17, 2020.**

Our Virginia friends at St Ivy will also join us that week. We need approximate numbers of attendees by **March 1st**. This is truly a life changing experience. Please encourage any youth-who will have finished 6th grade by the end of this school year and older-to contact us with any questions! - Angie and Trevor

Sorters and Plastic Bins Needed

One of our members donated about 25 bags of clothing for our yard sale. We need to sort through the bags and we are asking you to please donate large plastic containers so that we can put the clothes in order. Also we will need help sorting the clothes when we have a good number of containers. Please contact the office if you are able to help and state what your available day(s) and time(s) are. Thank you for your usual kindness.

Shrove Tuesday Pancake Supper

This fun annual event will be held on Tuesday, February 25, 2020 from 6:00 p.m. to 8:00 p.m. in the Undercroft. Come join us to celebrate Mardi Gras, Carnival, Fat Tuesday or Martes Gordo...or use this event as a good excuse to have pancakes and sausage! This fun event needs lots of helpers AND lots of attendees, 'the more, the merrier!' If you have an instrument you would like to play or if you have a fun activity or games to play, contact Padre Javier at frjavier@ascensionmd.org or Music Minister Andrew at music@ascensionmd.org.

Midweek Eucharistic Service

During Lent, we will have a Holy Eucharist in the Chapel every Wednesday at 7:00 p.m. It will be a Contemplative Eucharist featuring alternative Eucharistic prayers, Taizé music and will come from a variety of sources. If you have questions contact Padre Javier at frjavier@ascensionmd.org

2020 Lenten Rice Bowl Recipient

Continuing 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. The recipient is selected anew each year by the Vestry.

ComfortCases

The inspiring sermon preached 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.

Javier will be on a spiritual retreat.

Fr. Javier will be on spiritual retreat from Tuesday, February 4th to Friday February 7th at Loyola on the Potomac. If there is an emergency, please contact the office and the staff will communicate with him.

CONTACT US

205 S. Summit Ave., Gaithersburg, MD, 20877
 www.ascensionmd.org

- ◆ Office Hours: Monday-Thursday 9:30 a.m.- 3:30 p.m.
 Friday 10:00 a.m.–2:00 p.m.
- ◆ Phone: 301-948-0122 ◆ Fax: 301-926-9012
- ◆ Fr. Javier’s cell: 202-903-6426
- ◆ Prayer requests: Fill out a yellow prayer request card (on the table in the narthex) 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. Javier García Ocampo ocampo@ascensionmd.org, voice mailbox 12
Deacon–The Rev. Deacon Eugene Wright genatwright@gmail.com
Minister of Music–Andrew Kullberg music@ascensionmd.org, voice mailbox 11
Parish Administrator - Lin Keene office@ascensionmd.org, voice mailbox 10
Communications – Jesse Velazquez comm@ascensionmd.org, voice mailbox 14

Altar Guild Directors

Sari Stoddard, sari.stoddard@verizon.net; 8:00 a.m. director Mardia Dennis, mard908@gmail.com; 10:00 a.m. directors Dotty Pfadenhauer, dottypfa@aol.com and Georgana Maines, mainesgnh@verizon.net

LEADERSHIP AT ASCENSION

Senior Warden: Zadinga Ogada
Junior Warden: Kristen Keating
Vestry:

2021: Berenice Rodriguez, Bob Waters, Susan McLaughlin
 2022: James Black, Adoma Baffoe, Wadai Dennis
 2023: Wendy Quijada, David Mitchell, Danielle Allen
Clerk of the Vestry - TBA
 Gary McLaughlin, *Treasurer*

Delegates to Diocesan Convention:

Mardia Dennis, Gary McLaughlin, Fredis Diaz
 Alternate: Ruth Anna Skowronski

Cycles of Prayer

Prayers for those whose lives are closely linked with ours:

St. Timothy's Parish, DC
 St. Timothy's Child Development Center, DC
 Theological Education Sunday

THIS WEEK AT ASCENSION

Monday, February 3, 2020				
1:00 PM		Al-Anon—RM 1		
2:00 PM		English Tutoring- RM 2		
6:00 PM		Spanish Class - Conference RM		
7:00 PM		Listening Heart Community-Library		
7:00 PM		Overeaters Anonymous—RM 1		
Tuesday, February 4, 2020				
The Rev. Javier- Clergy Retreat				
3:30 PM		Staff Meeting-Library		
6:30 PM		English Bible Study - RM 2		
7:00 PM		Stillwater Mindfulness Practice Group - Chapel		
8:30 PM		Al-Anon—RM 1		
Wednesday, February 5, 2020				
The Rev. Javier- Clergy Retreat				
10:00 AM		Wednesday Morning Book Group - Library		
1:00 PM		Al-Anon—RM 1		
6:00 PM		English tutoring-RM 2		
7:00 PM		Overeaters Anonymous—RM 1		
7:30 PM		Spanish Bible Study		
8:00 PM		Gamblers Anonymous—RM 2		
Thursday, February 6, 2020				
The Rev. Javier- Clergy Retreat				
10:00 AM		Yoga- RM 2		
7:00 PM		Al Anon/Spanish - RM 1		
Friday, February 7, 2020				
The Rev. Javier- Clergy Retreat				
1:00 PM		Al-Anon—RM 1		
8:00 PM		Couples 12-Step Program - Library		
Saturday, February 8, 2020				
9:00 AM		Overeaters Anonymous-RM 2		
11:00 AM		Overeaters Anonymous—RM1		
11:00 AM		Al Anon - Parish Hall		
7:00 PM		Al Anon/Spanish - RM 1		
Sunday, February 9, 2020				
Preacher: The Rev. Eugene Wright				
8:00 AM		Holy Eucharist - Main Church		
10:00 AM		Bible School for 3-year olds and under -RM 4		
10:00 AM		Holy Eucharist - Main Church		
10:00 AM		St. Barnabas - Chapel		
12:00 PM		Eucaristía en Español - Main Church		
Attendance	January 5	January 12	January 19	January 26
8:00 AM	26	26		28
10:00 AM	156	116	198	114
12:00 PM	41	30		40
Total	223	172	198	182