



# Welcome to Church of the Ascension

*The Second Sunday after the Epiphany: January 19 A.D. 2020*

Welcome to the Fifty-Sixth Annual Meeting  
At the Church of the Ascension  
January 19, 2020

What do you think of when you hear the word “meeting”? How about “Annual Meeting”? Any better? I think I can see you shrinking away, because my life is a carousel of daily meetings, most of which go on too long, and are repeated too frequently. I have no experience of corporate annual meetings, but some of my friends have told me of the endless displays of personal status and cutthroat financial moves.

Happily, this is not how we do Annual Meetings at Ascension! In fact, perhaps we should call this event something else -for example, the Fifty Sixth Coming of the Holy Spirit! I have told you a few things about the Episcopal Way in last Sunday’s Bulletin: giving each member a chance to be heard, building options, considering (in love) another’s point of view, and discerning the best course among all possibilities. It’s terribly hard to say exactly what happens in the discernment effort. Certainly, we have no hesitation in calling to God to heal or comfort us. We are not surprised when he does. And maybe we think too highly of our intellectual and analytical skills to think immediately of asking God to help us find and understand the best way to govern our church. But God is there, in the form of the Holy Spirit. Keep your eyes and ears open for evidence of this presence, and you will find it. I am especially interested in seeing members of the church who have never experienced an Annual Meeting, and hope that you will tell me about your perceptions.

Now, if you are new to the Episcopal Way, you might need to be lured to the Annual Meeting by the amazing sweet and savory treats that will be on hand to help you keep your strength up. But know that whether you ascribe your mental clarity to calories or cogent presentations, the Holy Spirit is at work. You will find yourself engaged in the process, working for the best outcomes for the Church of the Ascension. Please join us for the fifty-sixth coming of the Holy Spirit right after the 10 o’clock service.

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. Ken Howard**

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!

### Annual Meeting

Our annual parish meeting will take place today after the service in the Undercroft. We'll begin with a potluck lunch. Our primary business will be to elect new Vestry members and to have a time for shared reflection on the ministry and mission of Ascension.

## LIFE LONG LEARNING

### Sunday School

This Sunday, for the one service at 10:00, children's formation will be baking communion bread. We use a quick recipe which uses baking powder rather than yeast, but it still takes about an hour so we won't be coming up for communion unless you request your child to come. We will still start off in the service and gather for a prayer before going downstairs to room 6.

### Wednesday Morning Book Group

During our next meeting, we will be discussing Chapters 7 and 8 of the book "Brief Answers to the Big Questions" by Stephen Hawking. We meet at 10 am on Wednesday's in Ascension's library. All people are welcome to participate.

### 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](mailto: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 Share

Charlie Shore will give 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.

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

### Vestry/Convention Delegate Candidates Named

Many, many thanks to everyone who took part in this year's nomination process. The process was made even better by everyone who took the time to think about their vision for Ascension and how they or someone they knew could serve our community. By the end of the nominating period, ten names had been put forward and each potential candidate was asked to consider standing for election. We are very pleased to announce the following slate for the vestry:

Danielle Allen, Adoma Baffoe, David Mitchell,  
Wendy Quijada

In addition, Ruth Anna Skowronski has agreed to become Ascension's Alternate Delegate to the Episcopal Diocese of Washington's annual convention.

### MLK Choral Evensong today at 5:00 p.m.

The Ascension Music Ministry is presenting an evening prayer service in honor of the life and work of Dr. Martin Luther King Jr. in the main church. This service will be led by the Ascension Choir and will feature new service music composed by our former Minister of Music, Paul Kelley. If you are interested in taking part in the service by singing with our choir or reading scripture, please contact Andrew Kullberg at [music@ascensionmd.org](mailto:music@ascensionmd.org)

### Stitchers 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.

**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 Selected 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 1<sup>st</sup>**. This is truly a life changing experience. Please encourage any youth-who will have finished 6<sup>th</sup> 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.

**"Inspire Your Heart with Art"**

"Inspire Your Heart with Art" will be held at National Lutheran's Village at Rockville (9701 Veirs Dr, Rockville, MD 20850). Everyone is invited to attend the Opening Reception Thursday January 30 from 4:00 to 6:00 p.m. You can also submit your own art to be in this show by contacting Brittany McKee at [bmckee@thevillageatrockville.org](mailto:bmckee@thevillageatrockville.org) or call her at 301-354-8447. Photo submissions of art work need to be submitted by January 20.

**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.

**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](mailto:frjavier@ascensionmd.org) or Music Minister Andrew at [music@ascensionmd.org](mailto: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](mailto: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.

**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](mailto:office@ascensionmd.org).

**Bishop of Washington** - The Rt. Rev. Mariann Edgar Budde [mebudde@edow.org](mailto:mebudde@edow.org), 202-537-6550  
**Priest in Charge** –The Rev. Javier García Ocampo [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org), voice mailbox 12  
**Pastoral Associate**—The Rev. Nan Hildebrand [hildebrandnan@gmail.com](mailto:hildebrandnan@gmail.com)  
**Deacon**—The Rev. Deacon Eugene Wright [genenatwright@gmail.com](mailto:genenatwright@gmail.com)  
**Minister of Music**—Andrew Kullberg [music@ascensionmd.org](mailto:music@ascensionmd.org), voice mailbox 11  
**Parish Administrator** - Lin Keene [office@ascensionmd.org](mailto:office@ascensionmd.org), voice mailbox 10  
**Communications** – Jesse Velazquez [comm@ascensionmd.org](mailto:comm@ascensionmd.org), voice mailbox 14

**Altar Guild Directors**

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

**LEADERSHIP AT ASCENSION**

**Senior Warden:** Betsy Hasegawa  
**Junior Warden:** Zadinga Ogada  
**Vestry:**

2020: Gordon Donnelly, Meredith Horan, Luis Pedrón  
 2021: Berenice Rodriguez, Bob Waters, Susan McLaughlin  
 2022: James Black, Kristen Keating, Wadai Dennis  
 Danielle Allen, *Clerk of the Vestry*  
 Avin Lalmansingh, *Treasurer*

**Delegates to Diocesan Convention:**

Mardia Dennis, Gary McLaughlin, Sue Snay  
 Alternate: Fredis Diaz

**Cycles of Prayer**

Prayers for those whose lives are closely linked with ours:

St. Peter’s Church, Poolesville  
 Church of the Ascension and St. Agnes, DC  
 Week of Prayer for Christian Unity

**THIS WEEK AT ASCENSION**

Monday, January 20, 2020				
Martin Luther King Day - Office Closed				
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 Hearts Community - Library		
7:00 PM		Overeaters Anonymous—RM 1		
Tuesday, January 21, 2020				
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, January 22, 2020				
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, January 23, 2020				
10:00 AM		Yoga- RM 2		
4:00 PM		Tai Chi- Chapel		
6:30 PM		Ensemble - MC		
7:00 PM		Al Anon/Spanish - RM 1		
7:30 PM		Choir Rehearsal		
Friday, January 24, 2020				
Javier’s Day Off				
1:00 PM		Al-Anon—RM 1		
Saturday, January 25, 2020				
Diocesan Convention at Washington National Cathedral				
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, January 26, 2020				
Preacher: Peg Ruppel				
More Jesus More Love Revival Service				
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		
2:00 PM		More Jesus More Love - Entertainment and Sports Arena 1100 Oak St SE, Washington, DC 20032		
Attendance	Dec 25	Dec 29 1A	January 5	January 12
8:00 AM			26	26
10:00 AM	35	175	156	116
12:00 PM			41	30
Total	35	175	223	172