



# Welcome to Church of the Ascension

*The Last Sunday after the Epiphany: February 23 A.D. 2020*

## **The Ascension Rice Bowl 2020**

We are approaching the season of Lent, an annual time of praying, fasting and giving alms to the needy. Through such activities, we reflect on how we may truly return to Jesus. We consider anew the role of charitable giving and serving those in need of the most basic requirements for human life: adequate nutrition. Even in Montgomery County, thousands of people are hungry or food insecure.

The rice bowl—simple, uncomplicated, undemanding—is the image of our Lenten charity. Each year we choose a recipient, either international or local, to receive our collective donation. Do you remember that last year we packaged thousands of rice-based meals that were distributed by Rise Against Hunger? They reached school-based programs in Zambia, and helped those students grow and learn.

This year, we will be giving locally to Manna Food Center in Montgomery County. Manna is an experienced local charity, founded in 1983 with a mix of paid and volunteer staff. Their goal is to eliminate hunger in Montgomery County. The organization is part of a local network of corporate, governmental, religious, and individual sponsors, making it possible to achieve county wide solutions to difficult problems. Gaithersburg Help, an organization we support during the year, is also part of this network. Manna is known for its commitment to quality nutrition, including fresh fruits, vegetables, meats and dairy products. Manna also has educational cooking programs for children, parents and seniors, and is able to provide direct grocery delivery to select apartment buildings with a high proportion of eligible seniors. Manna has been rated 95.7 by Charity Navigator, an excellent score reflecting their effectiveness and transparency at serving the community.

Manna welcomes your interest and involvement as well as your donations. If you would like more information about Manna, visit [www.Mannafood.org](http://www.Mannafood.org) or call 301 424-1130. When you go online, take a close look at the smiling staff—one person in the front row is a Church of the Ascension parishioner!

All during Lent you will see a small wooden bowl nestled in the baptismal font. Its simplicity and unobtrusiveness is calling to you to remember those people in our very community who have less than they need. Will you share a little of what you have to ease their hunger and sense of deprivation? As you pass by the rice bowl in the nave, thank God for your abundance, and slip something into the rice bowl for our brothers and sisters in Christ.

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.

## LIFE AT ASCENSION

### 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!

Six days after foretelling his death, Jesus takes Peter, James, and John and "leads them up a high mountain, by themselves" (Matthew 17:1). Together with Peter's brother, Andrew, these three disciples have been with Jesus the longest of any of his followers, ever since Jesus called them away from their fishing nets alongside the Sea of Galilee

### Next Baptism

The next baptism date is **April 11, 2020**, Easter Eve. 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)

### 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.

## LIFE LONG LEARNING

### Sunday School

Lent is the Season when we prepare for Easter. These six weeks are a solemn time, overflowing with meaning. Today's lesson gives an introduction to the relationship of Lent to the Mystery of Easter as well as how Easter Sunday overflows into the season of Easter. This lesson that introduces the Mystery of Easter will be followed by the lessons called the Faces of Easter during the weeks of Lent.

### Wednesday Morning Book Group

During our next meeting, we will be discussing Chapter 2 of the book "The Lost Way" by Stephen J. Patterson, which discusses some early gospels that were not included in the Bible. We meet at 10:00 a.m. on Wednesdays 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.

### 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 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. This year it is Manna Food Center.

### Seamstresses 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. This stitching group will meet this coming Saturday, February 29, at 10:00 a.m. in Room 2.

Office Help Needed

Our Parish Administrator is out of the office for unforeseen events. Would you sign up to sit in for a couple or so hours? With guidance, you would answer phone calls, take messages, distribute mail and welcome visitors. It isn't hard! We already have some volunteers, but we still need temporary help in 2-or 4-hour time slots (10 a.m.-noon; noon-2p.m. or 10 a.m.-2p.m.) on February 26, 28, March 2, 3, 4 & 5. Please call the office at 301-948-0122 to sign up.

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, a week from today.** 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.

Youth Sunday will be March 29, 2020

Youth Sunday-which is also a One Ascension Sunday-will take place on March 29<sup>th</sup> at the 10:00 a.m. service. There will be a luncheon to follow in the undercroft. Please mark your calendars so you are certain to attend!



Church's first aid kit

We have decided that in addition to the small, easily accessible kits in various locations throughout the church, a larger, more completely stocked kit should also be available and kept in a centrally accessible location in the church.

There are many items that make up a fully stocked first aid kit, and the cost of them all can add up. Therefore, we hope that, since each individual item is relatively inexpensive, you, the parishioners, would be willing to take part in stocking the kit. If you would like to participate, please contact Sue Snay at [subarsy@aol.com](mailto:subarsy@aol.com) or call her at (301) 977-5259 to see what items are needed, and then place your donation in the collection box in the narthex. Because space in the kit is limited, please do not donate more than one of each item that you signed up for, and only the regular or small sizes. (No super or extra bonus sizes, please.)

Thank you in advance for your generosity. - Sue Snay



## 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, 202-537-6550  
**Rector** –The Rev. Javier García Ocampo    ocampo@ascensionmd.org, voice mailbox 12  
**Deacon**–The Rev. Deacon Eugene Wright    genenatwright@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:

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

Ash Wednesday (February 26)

## THIS WEEK AT ASCENSION

Monday, February 24, 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		Overeaters Anonymous—RM 1		
Tuesday, February 25, 2020				
3:30 PM		Staff Meeting-Library		
6:00 PM		Shrove Tuesday Pancake Dinner - Parish Hall		
6:30 PM		English Bible Study - RM 2		
6:30 PM		Ensemble - Main Church		
7:00 PM		Stillwater Mindfulness Practice Group - Chapel		
7:30 PM		Choir Rehearsal		
8:30 PM		Al-Anon—RM 1		
Wednesday, February 26, 2020				
7:00 AM		Ashes to Go- Shady Grove Station		
10:00 AM		Wednesday Morning Book Group - Library		
12:00 PM		Holy Eucharist- Main Church		
1:00 PM		Al-Anon—RM 1		
6:00 PM		English tutoring-RM 2		
7:00 PM		Overeaters Anonymous—RM 1		
7:30 PM		Holy Eucharist - Main Church		
7:30 PM		Spanish Bible Study		
8:00 PM		Gamblers Anonymous—RM 2		
Thursday, February 27, 2020				
10:00 AM		Yoga- RM 2		
4:00 PM		Tai Chi - Chapel		
7:00 PM		Al Anon/Spanish - RM 1		
Friday, February 28, 2020				
1:00 PM		Al-Anon—RM 1		
Saturday, February 29, 2020				
9:00 AM		Overeaters Anonymous-RM 2		
10:00 AM		Seamstresses - RM 2		
11:00 AM		Wynne James - Memorial Service- Main Church		
7:00 PM		Al Anon/Spanish - RM 1		
Sunday, March 1, 2020				
Preacher: The Rev. Javier G. Ocampo				
8:00 AM		Holy Eucharist - Main Church		
10:00 AM		Bible School for 3-year old’s and under - RM 4		
10:00 AM		Holy Eucharist - Main Church		
10:00 AM		St. Barnabas - Chapel		
10:30 AM		Immigration Consultations - Library		
12:00 PM		Eucaristia en Español - Main Church		
2:00 PM		Vestry Meeting		
Attendance	January 26	February 2	February 9	February 16
8:00 AM	28	29	30	21
10:00 AM	114	147	125	118
12:00 PM	40	52	38	17
Total	182	228	195	156