



Welcome to Church of the Ascension

The First Sunday in Lent: March 1 A.D. 2020

Courage: A Tool in Times of Change and Uncertainty

As a child, I approached the season of Lent with regret and a certain amount of unwillingness-- after all I WAS a child, and a little bit spoiled. In my mind, Lent was all about “giving up”: candy, treats, attention. And “giving up” was not just for children. I observed the adults in my church community “giving up” smoking, drinking, swearing and heaven knows what else. There was much moaning and groaning about the sacrifice involved, and absolutely no conversation about spiritual growth or any residual sense of Christian awareness of the mystery and power of Easter.

Some of us have repeated this little drama yearly, perhaps for decades. Do not feel badly about it, we’ve all done this at one time or another. And if custom or sentiment demands that you continue “giving up” something for Lent, do that. But I have another suggestion. Do something positive, something that will calm your spirit and refresh your soul. Lent is the perfect time to begin a practice of prayer and reflection, of self-examination and forgiveness. We have forty days, a biblical model for change and renewal; forty days to grow closer to God; forty days to really understand why Jesus’ sacrifice mattered then, and matters today.

I have purchased sufficient Booklets entitled, Living Well Through Lent 2020 (in English and Spanish) so that you may participate in a deeper spiritual journey this year. Much of the devotional material has been written by the Rev. Scott Stoner. It is simple direct, and generally one brief page per day. The Rev. Stoner places considerable emphasis on courage—courage to be vulnerable, to grow, to act with grace, to change, and the courage to walk the way of love. His writing is enhanced by selections from eight other religious leaders, including our own Bishop Mariann Budde.

I would very much like to have every one of us participate in this Lenten devotion. There are many ways to reap the spiritual benefits of “Living Well”. You may sign up to receive the devotional material as an email; you may join a Facebook discussion group, or you may respond in your own booklet to the questions posed by the author at the end of each page. When you pick up your booklet, just go to LivingCompass.org/Lent . You can sign up to participate at whatever level is comfortable for you. I assure you that we will have some interesting and fulfilling conversations, and at the end of forty days we will have received a spiritual gift, shared important insights and offered to God a more important gift of ourselves than grudging “giving up” of little imperfections. Will you join me?

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!

Temptation, Testing and Real Life

Taking advantage of Jesus' hunger, the devil tries to entice his opponent to grasp after domestic security for its own sake (amass more than his share of food--turn stones into multiple loaves of bread), demonstrate his close association with the powerful (prove that God's angels will keep him from injury) and secure the glory of political leadership (rule the kingdoms of the world). The temptation is not that food, power and leadership are inherently wrong, but rather that they can be used for the wrong ends, or at the wrong time.

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

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. This year it is Manna Food Center.

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; a stitching group has been established to start on the project. For more information, call the office.

Youth Sunday will be March 29, 2020

Youth Sunday - which is also a One Ascension Sunday - will take place on March 29th 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!

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-lenten-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.

LIFE LONG LEARNING

Sunday School

This week's Godly Play lessons, the Faces of Easter I and II, help children prepare for the Mystery of Easter. We move toward the Mystery by hearing the stories of Christ's journey toward the cross and resurrection. This week we focus on the face of Christ as a newborn child and the face of Christ as the One who was lost and found.

Wednesday Morning Book Group

During our next meeting, we will be discussing Chapter 3 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 or 301-275-0617 for more information.

“Journey into America”

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.” (Matthew 25:25-36)

Experience the Journey of Muslim Immigrants into America.

View and discuss an uplifting, moving, and powerful film, “Journey into America”

Sunday, March 8, 3:00-5:30 pm

The Church of Jesus Christ of Latter-day Saints
Washington DC Temple, Visitors’ Center Auditorium
9900 Stoneybrook Drive, Kensington, MD 20895
Sponsored by the Montgomery County Faith Community Advisory Council

The film documents how Muslims first came to America in the 15th century as navigators, then later as slaves, and in the 20th century as people seeking education and opportunity. It was developed by Dr. Akbar Ahmed, Chair of Islamic Studies and Professor of International Relations at the American University in Washington, DC. Dr. Ahmed’s team visited 75 cities and 100 mosques to reveal the diversity of Muslim communities and how these communities are fitting into American society. Admission and parking are free. Register at: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07egvv2fquc6dd3f6a&oseq=&c=&ch=>

If you would like to go as a group from Ascension, contact Laurie Yelle at lyelle@aol.com.

Inventory help needed

What would happen if the church burned down, or was flooded, or otherwise ruined inside? We would contact the insurance company, of course. But - we realized that we don’t even know ourselves just what we possess. So, we need to conduct an inventory of everything in the church. Volunteers are needed. If you are interested in helping out, please contact Vestry member Berenice Rodriguez at 240-281-3736 or Berenice.rodriguez.84@gmail.com.

Church 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 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

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 6th grade by the end of this school year and older to contact us with any questions! - Angie and Trevor.

Attention Worship Leaders

Who are the Worship Leaders? They’re the people who serve at our services. They include acolytes, readers, ushers (aka Welcome teams), chalicists and more - just check the back of the bulletin. Interested? We can always use new people!

I’ll be starting the schedule for the next quarter (April, May and June) very shortly. Current Worship Leaders - if you know of any dates when you won’t be available, please let me know so I don’t schedule you then. Thanks! Sari at sari.stoddard@verizon.net

Help (and containers) 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. We also will need help sorting the clothes when we have a good number of containers. Please contact the office if you are able to help.

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
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:

St. David’s Church, DC
Episcopal Relief and Development

THIS WEEK AT ASCENSION

Monday, March 2, 2020				
1:00 PM		Al-Anon—RM 1		
2:00 PM		English Tutoring- RM 2		
7:00 PM		Listening Hearts Community- Library		
7:00 PM		Overeaters Anonymous—RM 1		
Tuesday, March 3, 2020				
7:00 AM		Mobile Med		
3:30 PM		Staff Meeting-Library		
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, March 4, 2020				
10:00 AM		Wednesday Morning Book Group - Library		
1:00 PM		Al-Anon—RM 1		
6:00 PM		English tutoring-RM 2		
6:00 PM		Soup- Parish Hall		
7:00 PM		Overeaters Anonymous—RM 1		
7:00 PM		Wednesday Service- Chapel		
7:30 PM		Spanish Bible Study		
8:00 PM		Gamblers Anonymous—RM 2		
Thursday, March 5, 2020				
10:00 AM		Yoga- RM 2		
7:00 PM		Al Anon/Spanish - RM 1		
7:30 PM		Worship Committee-Library		
Friday, March 6, 2020				
1:00 PM		Al-Anon—RM 1		
8:00 PM		Couples 12-Step Program - Library		
Saturday, March 7, 2020				
9:00 AM		Overeaters Anonymous-RM 2		
11:00 AM		Al Anon - Parish Hall		
11:00 AM		Overeaters Anonymous - RM 1		
7:00 PM		Al Anon/Spanish - RM 1		
Sunday, March 8, 2020				
Preacher: Peg Ruppel				
Girl Scouts Cookies Sale				
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		
12:00 PM		Eucaristía en Español - Main Church		
Attendance	February 9	February 16	February 23	February 26 Ash Wednesday
8:00 AM	30	21	30	12:00 PM -35
10:00 AM	125	118	138	7:30 PM -89
12:00 PM	38	17	38	
Total	195	156	206	124