



Welcome to Church of the Ascension

The Second Sunday in Lent: March 8 A.D. 2020

As the World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) monitor novel coronavirus, COVID-19, activity worldwide, we want to assure everyone that the health and safety of the congregation is in the forefront of our minds. At our March Vestry meeting we discussed monitoring developments involving COVID-19, various strains of influenza, the latest guidance from health experts on how to prevent the spread of these viruses, and how we can work with the Worship Committee to ensure safe fellowship without disrupting the harmony of our worship celebrations.

While the CDC is concerned for the spread of COVID-19, they are stressing that it's currently flu and respiratory disease season so we must take precautionary measures and to prepare for the possibility of viral activity in our community. It is especially important that we practice and promote personal hygiene as we are in close contact during our worship. Health experts agree that common sense preventative practices are the most effective for disease control. These include:

- Frequent, effective hand-washing
- Staying home when sick (the 10 am and 12 pm services are live-streamed for your convenience)
- Covering your mouth when sneezing or coughing (using a tissue or elbow instead of hands)

We also recommend and commit to the following congregational practices:

- Clergy and parishioners stay home when ill
- Those who are coughing or sneezing refrain from shaking hands and bodily contact during worship
- Eucharistic ministers use an alcohol-based rub before the distribution of the sacrament, whether in the context of the liturgy or in providing home visitation
- Sanitizing dispensers are readily available, used by parishioners prior to communion, as well as before and during the service
- Environmental cleaning occurs routinely throughout the church
- Special attention is paid to the care of vulnerable populations, the elderly, children, immunocompromised and others at special risks

Specifically regarding communion, receiving only the Bread is an acceptable communion practice and we may adopt this as the situation requires. In the meanwhile, note that dipping of bread (intinction) is *NOT* a recommended communion practice, given the risk of spreading the virus from the hands.

The CDC has advised that for the general American public, who are unlikely to be exposed to this virus at this time, the immediate health risk from COVID-19 is considered low therefore we do not want to create any undue alarm. Please do not hesitate to reach out to the Vestry, Health and Wellness Committee, or Worship Committee with any questions or concerns. These protective steps limit the risks of contagion through our services. Caring for each other and our community requires that we exercise more than ordinary caution. During any medical emergency our role as compassionate Christians is to:

- Combat fear with knowledge to encourage preparedness and decrease stigma
- Show God's compassion and care to those in our communities who are affected
- Continue worship life in a modified capacity in the case of potential disruption

Let us keep in our prayers all those around the globe who are ill or have died from this disease, and for those whose lives have been severely disrupted.

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: Peg Ruppel

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!

God does not ask the world if it wishes to be the recipient of God's love. God just goes ahead and loves, and not only loves but gives the world God's only beloved Son over to death. The one who dies for you clearly has a significant claim on you, and John makes that clear. God's love -- surprising, all encompassing, unasked for and undeserved -- is also given unconditionally. God loves us, that is, whether we like it or not. In the face of that kind of love, we will likely either yield to God's love or run away screaming, for no one can remain neutral to such extravagance. God loves this world, even the God-hating world that crucified the Lord of glory. At this place in our Lenten journey, we would do well to pray that by the gift of the untamed Spirit we might perceive in Jesus' cross God's redemptive act and in this way be drawn into fellowship with all who dare believe in Jesus and, indeed, the whole world that God loves so much!

LIFE LONG LEARNING

Sunday School

This week's Godly Play lessons, The Faces of Easter III and IV continue to help us prepare for the Mystery of Easter. We move toward the Mystery of Easter by hearing the stories of Christ's journey toward the cross and resurrection. This week we focus on the face of Christ as the One who was baptized and blessed as well as Christ's temptations in the desert.

Wednesday Morning Book Group

During our next meeting, we will be discussing Chapter 4 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 Tuesday 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.

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 have a Holy Eucharist in the Chapel every Wednesday at 7:00 p.m. It is a Contemplative Eucharist featuring alternative Eucharistic prayers, Taizé music and comes 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 or if you would like to join in, call the office.

Church First Aid Kit

In addition to the small, easily accessible kits in various locations throughout the church, a larger, more completely stocked kit needs to 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, it is hoped that you, the parishioners, will take part in stocking the kit. If you would like to purchase an item or so, contact Sue Snay at subarsy@aol.com or call her at (301) 977-5259 to see what items are needed. 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 any 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



“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”

TODAY, 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.

March 15th Pick-Up Choir

Do you like to sing? Have you ever been interested in being part of a choir, but are unsure about the commitment? If so, come join us for our Lenten pick-up choir. We will meet at 9:00 a.m. in the choir room and rehearse two pieces for the 10:00 a.m. worship service. All ages, abilities, and voice parts are welcome. Questions? Contact Andrew Kullberg via email at music@ascensionmd.org. We can’t wait to see you there!

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!

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. 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), chalcists 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 Stoddard at 301-325-8791 or sari.stoddard@verizon.net

Help (and containers) Needed

One of our members donated about 25 bags of clothing for our yard sale. We need donations of large plastic containers (**32”L x 19”W x 13”H** or **23”L x 17”W x 18”H**) so that we can put the clothes in order. We also need help sorting the clothes. We will meet every Saturday, beginning March 14, from 2:00p.m.-5:00 p.m., and continuing to meet until the sorting is completed. Please contact Wadai Dennis wadai203@yahoo.com if you have any questions or 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
 Treasurer: Gary McLaughlin

Delegates to Diocesan Convention:
 Mardia Dennis, Gary McLaughlin, Fredis Diaz
 Alternate: Ruth Anna Skowronski

Cycles of Prayer
 Pray for those whose lives are closely linked with ours:

Grace Church, Georgetown
 Grace Church, Silver Spring Parish

THIS WEEK AT ASCENSION

Monday, March 9, 2020				
11:30 AM		Living with a Chronic Illness - RM 1		
1:00 PM		Al-Anon—RM 1		
2:00 PM		English Tutoring- RM 2		
7:00 PM		Overeaters Anonymous—RM 1		
Tuesday, March 10, 2020				
7:00 AM		Mobile Med		
3:30 PM		Staff Meeting-Library		
4:00 PM		Tai Chi - Chapel		
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 11, 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 12, 2020				
10:00 AM		Yoga- RM 2		
6:00 PM		Spanish Class - Conference RM		
7:00 PM		Al Anon/Spanish - RM 1		
Friday, March 13, 2020				
1:00 PM		Al-Anon—RM 1		
Saturday, March 14, 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 15, 2020				
Preacher: Peg Ruppel				
Girl Scout Cookies Sale				
8:00 AM		Holy Eucharist - Main Church		
9:00 AM		Men’s Shelter Lunches		
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		Eucaristia en Español - Main Church		
1:30 PM		Maryland Uke Jam - Chapel		
Attendance	February 16	February 23	February 26 Ash Wednesday	March 1
8:00 AM	21	30	Noon -35	31
10:00 AM	118	138	7:30 PM -89	112
12:00 PM	17	38		33
Total	156	206	124	176