



EPISCOPAL
Church of the
Ascension

"We are ambassadors who represent Christ." – 2 Corinthians 5:20



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This Week at Ascension

The Brain Power of Prayer

[Link to Service Leaflets for February 19](#)

[Link to Randy's sermon "Inside Out"](#)

[Link to the Episcopal Diocese of Washington's Website](#)

Calendar Highlights

Friday, February 17

1:00 p.m. Al-Anon, Library

6:00 p.m. Couples 12-Step Program— Room 1

Saturday, February 18

9:00 p.m. Overeaters Anonymous— Chapel

11:00 a.m. Al-Anon—Undercroft Commons

11:00 a.m. Overeaters Anonymous— Room 1

6:00 p.m. Valetnine's Day Party— Undercroft Commons

Sunday, February 19

I have a thing for brain science. I told one of my coworkers about this fascination, and she replied, "That's not very exciting." I didn't miss a beat, "Do you know what happens when you get excited?" She frowned and said, "No."

"BRAIN SCIENCE!" See, brain science is the very definition of fun.

We've entered a new era in neuroscience because we now have ways to image the insides of brains while they work. The precision of these scans is admittedly low—there are thousands of brain cells in each pixel of our scans. Even this limited insight is illuminating.

As a person who loves science and spirituality, neuroscience is even more fascinating. The ways people encounter God happens in the brain, and the effects spiritual practices have on us can be studied. Contrary to some popular notions, faith seems to be very good for us.

Most of us get stressed out about our daily lives. We worry, and dwell on our anxieties. We over think things, and get caught in mental ruts. Sometimes, we even feel guilty about how we live our lives, but can't summon the will power to do anything different. All these thoughts stir up the most ancient part of our brains, called the limbic system.

Our limbic systems are great survivalists, and work faster than other parts of the brain. Unfortunately, the limbic system

7:45 a.m. Holy Eucharist—Main Church

8:15 a.m. Choir Rehearsal—Choir Room

9:00 a.m. Holy Eucharist—Main Church

9:00 a.m. & 11:00 a.m. Godly Play—Room 6

9:00 a.m. & 11:00 a.m. Joyful Path—Room 11

10:15 a.m. Service for Families with Young Children—Chapel

10:15 a.m. Men's Shelter Lunches

11:00 a.m. Misa en Espanol - Chapel

11:15 a.m. Holy Eucharist —Main Church

5:00 p.m. Holy Eucharist - Chapel

Monday, February 20

OFFICE CLOSED

1:00 p.m. Al-Anon—Library

6:30 p.m. Overeaters Anonymous—Room 4

6:30 p.m. Spanish Class —Ascension House

7:00 p.m. Listening Hearts Community—Library

7:45 p.m. Choir Rehearsal—Choir Room

Tuesday, February 21

11:00 a.m. Yoga - Chapel

11:00 a.m. Staff Meeting

6:00 p.m. Bible Study—Ascension House

powers fear, anger, and aggression. Rational thinking and creativity come from other parts of our brains. How can we get those parts of the brain to be more active in our daily living?

Prayer and meditation.

No seriously, that's what brain scientists say. Prayer and meditation cause increased activity in the parts of your brain responsible for focus, concentration, empathy, and compassion. Prayer is a remarkable way to escape the kind of negative thoughts that consume us and drag us down. Studies show that people who pray or meditate often change their brains in positive ways.

This prayer speaks of God's greatness, "his" love, and his forgiveness. It speaks of our thankfulness and forgiveness toward others. Finally, this prayer focuses on a goal of better living. All these things are recommended by neurologists who specialize in spirituality as ways to change our behaviors and feelings.

Jesus and neuroscience both tell us the same recipe for prayer.

- Focus on God's love and goodness.
- Be thankful.
- Forgive others easily.
- Focus on goals for better living.

Do this everyday, and your brain will change for the better. So will your thoughts, feelings, and actions. Pray without ceasing, indeed.

- "Science Mike" McHargue

Pictorial Directories are here! They are in a box on the table outside the Church Office. Priority is given to those who had portraits taken.

HEADLINERS

[Call for Confirmation](#)

[Annual Meeting](#)

[Candidates Forum on Sunday, March 5](#)

[Ascension 2017 Cookbook](#)

[Wednesday Nights in Lent](#)

7:00 p.m. Codependents
Anonymous—Room 1

7:00 p.m. Stillwater Mindfulness
Group—Chapel

8:30 p.m. Al-Anon—Room 1

[Sunday Morning Cell Group for Cell Group Leaders](#)
[Youth Group Schedule Spring 2017](#)
[St. Valentine's Party](#)
[Shrove Tuesday](#)
[Annual Giving Campaign Extension](#)
[Wednesday Morning Book Group Reading Becoming Wise](#)

Wednesday, February 22

10:00 a.m. Wednesday Morning Book
Group—Library

1:00 p.m. Al-Anon—Library

7:00 p.m. Overeaters Anonymous—
Room 1

8:00 p.m. Gamblers' Anonymous—
Chapel

LIFELONG LEARNING

[Cell Group for Families with Young Children](#)
[Thursday Afternoon Tai Chi Class](#)
[Yoga At Ascension - New Yoga Time](#)
[Listening Heart Community](#)
[Still Water Mindfulness Practice Group](#)
[Godly Play](#)
[A Joyful Path](#)

WORSHIP

[Worship Rosters, January-March](#)
[Link to Service Leaflets](#)

Thursday, February 23

11:00 a.m. Episcopal Seeking Seniors—
Asbury

4:00 p.m. Tai Chi—Chapel

8:00 p.m. Bariatric Support Group—
Chapel

SERVICE

[Men's Shelter Sandwich Making](#)
[The Lord's Table Soup Kitchen](#)
[Gaithersburg HELP](#)
[Mobile Med](#)

[Link to our Online
Calendar](#)

LIFE AT ASCENSION

[Prayer Request Updates](#)

PUBLICATIONS

[February Ascendant](#)
[Together We Shine](#)

Prayers

For Those Whose Lives are Closely Linked With Ours: Diocesan
Retreat Committee, All the Presidents of the United States.

Pray for Comfort, Healing, Courage, and Hope:

Sandy, Debbie, John, Joann, William, Diane, Perine, Ruppel,
Margaret, Donna, Peggy, Dotty, Sarah, Wilma, and Roz,

and Suzanne and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

We pray for peace in the world and all who are serving our country here and abroad, especially those in harm's way, and their families.

Equip us and empower us to be witnesses to your love – as advocates and as servants, as ministers of welcome and of hope for refugees and all affected by natural disasters, violence, and war.

We pray for all special intentions, and those on our extended Healing Prayer List.

Worship Leaders

Sunday, February 19

Preacher: Randy Lord-Wilkinson

7:45 AM

Reader/Prayers: Jean Cohn

Chalicians: Sharon Hayden, Enid Cole

Healing Prayer: Meredith Horan

Acolytes: Ron Hayden, Aidan Douglas

Welcome Team: Doh Cohn, Jean Cohn

Altar Guild: Leslie Sanya, Wadai Dennis

Edna Leake

Hospitality Angel:

9:00 AM

Reader: Gordon Connelly, Chris Ruggeri

Prayer: Jason Cutshall

Chalicians: Swithin Kwamena-Poh, Nancy Carman

Healing Prayer: Javier Ocampo

Acolytes: Lisa Dickson, Alfred Wasikye, Bob Waters
Welcome Team:: Nii Armah Akuete, Ruby King, Charles Dickson
Altar Guild: Dorett Sutherland
Hospitality Angels: Sarah Gallagher

11:15 AM

Reader: Anika Lalmansingh
Healing Prayer: Peg Ruppel
Welcome Team Avin Lalmansingh, Karl Didavi, Clark Didavi
Altar Guild: Anika Lalmansingh, Avin Lalmansingh
Reader/Chalicerist: Kirk Fitch, Georgana Maines
Song Leader: Alice Benson
Hospitality Angels: Rose Buck

Eucharistic Visitors: Pamela Irons-Forth
Flower Delivery: Adome Baffoe, Hawa Clemens