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# THIS WEEK AT ASCENSION

## An Old Fashioned Picnic

I have been looking forward to this 1A Sunday since the last one! When I realized that the kitchen wouldn't be quite ready for us, I was disappointed at first. But then I realized that a summer picnic is just the sort of informal get together of friends and family that makes everyone share, laugh, fool around, and create memories of our times and emotions at certain places. Do you doubt me? Think about your own memories of picnics past. Who was there? What did you eat? What activities came after the eating? Are your childhood memories different from your young adult memories of picnicking? If you're like me, you may recall odd things. For example, my mother always made hard boiled eggs and rice! Why? Nobody really liked it...but it was a picnic staple. My dad was a very serious, formal man. Seeing him without his clerical collar, trying to relax in the country, I have to smile today as I picture it. Later, as a young man carousing around with other youth, I recall nothing about the food, only the rental of horses or off- road bikes, the noise, the music and the laughter. I wish I had photos of those early picnics. I think I would see things in them that might not have been important to me then, but would have meaning today.

When we picnic together this week, let's recreate the joy and fellowship of old- time family gatherings, as well as the gathering of the multitudes around Jesus as he preached. That was a kind of picnic, don't you think? Surely, all those 5,000 people were not committed followers yet—they were interested in what was happening, and came for a good look. I'll bet that most of them had a snack or two tucked away on their person, and part of the miracle of being able to feed them all was getting them all to share everything they had! You know, some of the folks who plan our 1A meals say that they are always concerned about the amount of food that has arrived by the beginning of the service that day. "Oh Gosh, this doesn't seem like enough!", they always say. But somehow, there is ALWAYS enough; somehow, we always distribute leftovers to others.

A picnic is in the best tradition of family life, and life with Jesus. Our relationships deepen, and the informal setting makes it easier to welcome the stranger to our group, and to share our bounty with him.

I hope that as you sit in the grass (or at one of the tables in the Undercrott) that you will feel that you can share yourself, as well as your picnic food with those around you. It would also be lovely if you took out your phone or camera and captured an image of our picnic that will help you remember something of this day. And if you really like the picture, send a copy to me ([ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)) so that the Church will have an institutional memory of the friends, the food, and the fun!

Javier

## HEADLINERS

### **One Ascension Sunday/Picnic— July 29**

We will again celebrate as one Ascension, next week Sunday at 10:00 a.m. There will be no other services that day. We will have the picnic as well. Come one, come all, to join the fun!

### **Yard Sale & Car Wash - September 08**

Second Annual Summer Yard Sale and Car Wash on Saturday, September, 2018 from 7:00 a.m. to 3:00 p.m. If you have furniture or clothes that you want to donate, bring them to the office. Remember that you can bring your car to be washed. We also need help. If you are available, you are welcome to join us! For more information, please contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org) or 202-903-6426 or Ascension Office.

### **Help Provide School Supplies and Backpacks for Children in Need**

Ascension is collecting supplies and financial donations to provide backpacks for students (kindergarten through 5th grade) at Summit Hall E. S. in Gaithersburg as part of the Linkages to Learning Program. The purpose of this program is to improve the well-being of children and their families through collaborative delivery of school based services that address social, economic, health and emotional issues that interfere with the academic success of the child. The lists of supplies are available in the narthex. You are not obligated to provide all of the supplies on the list. All donations are welcome. If you would like to make a financial donation, please make the check payable to the church and write

"For Backpacks" on the memo line. Please put the check in the plate on Sunday. On Sunday, August 26, the backpacks will be assembled in Room 1 following the 10 am service. All help will be appreciated. We can work together while we visit and get to know each other. Thank you in advance for your support of this project.

### **Fill the Bin for Comfort Cases**

### **Summer Sunday School**

Children and Families are welcome! We are offering Summer Sunday School, in room 4 (also called the "Place of Peace", during the 10:00 service. Similar to the Families with Young Children Service, we sing, have a simple lesson, pray and play and then go to church for communion. Parents may come to Sunday school with their little ones or leave their children to us while they enjoy the church service. Over the past few weeks we have seen some beautiful interactions between older and younger children. Come hang out with us sometime! Questions? text or call: Megan Didavi 703-626-7199

### **WE HAVE GONE DIGITAL**

In this day and age we must keep up with technology. We have update Servant Keeper (Ascension's database) to allow parishioners to update their own information on the church's database. The link below will allow you to access it by entering your email address and creating a password. You will be able to upload your own photo, update your current information, and also view your contributions and print your own statements. Of course those whom wish us to provide them with their statements, we will be happy to do so. You will be able to share your interests in severing and tell us where you are serving now.

<https://servantkeeper.com/member-portal/ECOTA/registration/email>

### **Overtone Singing at Ascension!**

On Friday, July 27th at 7:30pm, join Harmonic Introductions for a concert of overtone singing in the Chapel!

Harmonic Introductions is a small non profit, community vocal ensemble, dedicated to expanding the awareness, appreciation, and understanding of the art of overtone singing.

### **What is Overtone Singing?**

Overtone singing is a technique that enables 1 vocalist to produce and, with a bit of practice, control 2 or more notes simultaneously. When multiple voices come together to sound in this medium, a surreal soundscape and relaxing, glowing atmosphere settle and swirl throughout the space!

Link to Facebook event: <https://www.facebook.com/events/1570313249764904/?ti=icl>

**Are you interested in helping someone in need of transportation get to church?**

We have members at Ascension that are looking for a ride to Sunday service. Are you available, are you interested in giving them a lift? If you live in Gaithersburg and would like to assist please contact the parish administrator Lin Keene at [office@ascensionmd.org](mailto:office@ascensionmd.org)

## **LIFE LONG LEARNING**

### **Wednesday Morning Book Group**

On August 15th, our group will start discussing the book, "Take This Bread: A Radical Conversion," by Sara Miles. This book presents the story of its author's journey to faith and how she took Jesus' call to feed others by establishing food pantries. Our group meets on Wednesday mornings at 10:00 a.m. in Ascension's library. All are welcome to participate. Please read Chapter 11 of "A Magical World" by Derek Wilson for this coming Wednesday.

### **Tai Chi**

Tai Chi on Thursdays in the Chapel will be cancelled for July and August, and resume in September.

During the summer, we will meet in Washington Grove on Saturday mornings at 9 am.

Directions are Woodland Park, on Grove Road, near the tennis courts. Cancelled if rainy.

For information, contact Claire at [cjrosser@aol.com](mailto:cjrosser@aol.com) (301-275-0617).

### **Thursday Morning Yoga**

Yoga classes are offered on Thursdays at 10:00 AM, 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.

Lucia Pires is from Rio de Janeiro, Brazil. She is a 500-hour Pranakriya Yoga School of Healing Arts certified yoga teacher. Her training focuses on cultivating and enhancing the relationship of the student with his or her life force through yoga postures, breath work and meditation, in order to create change in awareness and help the student move towards wholeness and greater aliveness. She completed her professional training in 2015.

Lucia is the mother of two boys, ages 14 and 10, and when they give her a little break she enjoys reading, writing, long walks in nature and dancing.

**Yoga class has been temporarily moved to Room 6 in the main church from July 12th through August 30th. This classroom is located on the lower level of the main building. Classes will resume in the Chapel on September 6, 2018**

**There will be no yoga class on 8/16 and 8/23.**

## **LIFE AT ASCENSION**

### **Personnel Committee Seeks Volunteers!**

Do you have Human Resource Management or Managerial experience? Do you have a keen eye for detail? Are you gifted at conflict resolution? Well if so, then the personnel Committee is looking for volunteers. We are looking for help with the following areas of personnel: reviewing the personnel policies and guidelines, establishing salary structures, creating and performing annual reviews, and reviewing benefits packages for the staff and clergy. If any of the above sounds interesting, Ascension could use your help. Please contact the Vestry Liaison, Rose Buck, at [rose.buck2@gmail.com](mailto:rose.buck2@gmail.com) or at 301.325.6291 or email Lin Keene at [office@ascensionmd.org](mailto:office@ascensionmd.org).

# CARING FOR OUR COMMUNITY

## **Prison Ministry**

Bubba Pflantzbaum has been writing to an inmate in Cumberland for about 10 years, providing friendship and access to information. His name is Jim, and he may be released in the next year or so. Jim is always looking for people to correspond with, so if you are interested in getting involved with this ministry, please email Bubba at [bubbashalom@gmail.com](mailto:bubbashalom@gmail.com)

## **Ministerio Felicidad**

Ascension members prepare lunches and send love and prayers to day laborers in the neighborhood of the church. Join Javier at 6:00 a.m. on Saturday, August 25 in the church kitchen. If you have any question, Contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)

## **Men's Shelter Lunch Preparation**

The Men's Shelter Lunch program provides bagged lunches for homeless men, assembled in the Undercroft once a month. Supplies are donated by Ascension members. Depending on the season, we provide forty to eighty lunches a month. The next program will be on August 19 at 11:15 a.m. Contact Edith at [esekasi@gmail.com](mailto:esekasi@gmail.com) if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

## **Gaithersburg HELP**

This organization provides emergency food and other support to needy families in Gaithersburg. Non-perishable food collected at Ascension every week, and during specific holiday in-gatherings, helps to stock the pantry. Donations may be brought to church at any time and left in the narthex. For more information, contact Melanie Mitchell at 301.519.1074 or [melanie.mitchell@verizon.net](mailto:melanie.mitchell@verizon.net)

## Montgomery Hospice

Montgomery Hospice is a nonprofit hospice that has been serving the residents of Montgomery County for 36 years. We provide professional end-of-life care in homes, extended care facilities and at Casey House, our acute care facility. We are looking for new volunteers. Our greatest need is for volunteers to visit patients. These volunteers provide companionship for patients, respite for family members, lavender oil hand massages, music by the bedside or help with practical matters. Many provide the gift of “presence” by simply being with a patient. All volunteers go through an application process and a three-day training. For more information, call 301-921-4400 or visit [www.montgomeryhospice.org/volunteer](http://www.montgomeryhospice.org/volunteer)

## PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: Diocesan Historiographer, Diocesan Committee on Constitutions and Canons, Diocesan Disciplinary Board

We pray for comfort, healing, courage and hope for Jean Cohn, Harriette Eleanor Cooper, Fredy Diaz, Peggy Donnellon, Sally & William Glick, Rudi Miksa, Ann Mitchell, Leslie Pool, Leslie Sanya, Fran Spina, Dorett Sutherland, Samuel Tellu, Martha Tieran, , and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, as well as for all those on our extended healing prayer list.

## QUICK LINKS

[Link to Leaflets for Services](#)

[Link to Kathie's Sermon on Sunday, July 22 Podcast](#)

[Link to Sermon and Other Videos page](#)

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