



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

THIS WEEK AT ASCENSION

Food Safety at the Church of the Ascension

We will soon be able to reopen the kitchen —sparkling from deep cleaning, and a revision of the piping from sink to street. It's taken a long time, and proved to be very expensive. However, we're looking forward now to a better facility, and more people properly certified in Food Handling. I would like to have at least twenty people take and pass the MD Food Handlers course. Let me tell you why.

The Health Department was not too happy with our systems on their last visit; in order that we reopen for future One Ascension Feasts and other events, we need to have several people certified as Food Handlers, as well as make a host of other safety improvements.

It was obvious from some of the unsafe practices that the inspectors observed, that we really need to be aware of ALL of the material covered in the Food Handlers' course. I agree. It is terribly easy to accidentally transmit germs while making, cooking, cooling and holding food. We all use little shortcuts that could turn a joyous gathering into a very painful memory.

Doing things carefully and well greatly reduces any potential health or safety problem. It gives us more confidence in the best ways to cook and prepare food, even at home. And having lots of people certified in best food practices makes it likelier that we will all be more careful as we work together. Finally, having lots of people in the congregation certified as safe food handlers makes staffing an impromptu event much easier. If this works well for us, there is an advanced level course for the Person -in -Charge.

Here's what you do if you would like to participate: Go to www.MDFoodHandlers.com

This online site lets you take a course with multiple little videos and quizzes. To do the course in Spanish, click on the Green Espanol button in the upper right corner. At the end, you take an on-line test. If you pass, you can print a certificate. If you don't, you simply

take it again, as many times as necessary. Each test covers the same material, but the 40 questions are randomly put together for each test.

The cost of the certification is normally \$10, but when you go to checkout fill the PO field with “**eFoodVolunteer**”, and click APPLY it will be \$5. The certification is good for 3 years, and can be used in other settings than the Church of the Ascension. If you have any questions, please contact me at lrpedron@gmail.com.

One person on the Vestry has already taken and passed the course. She reports that it took a bit longer than an hour, and would have been quicker if she were on better terms with her computer!

Luis Pedron

HEADLINERS

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 not only update your current information, but 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>

The Fredy Diaz Martinez Fund

Friends, most of you know that our fellow parishioner and friend, Fredy, was arrested by ICE last month. Fredy's wife and three children are also active and faithful members of Ascension. They primarily worship at the Noon service, but are always participants in the One Ascension services. Their daughter Jazmin is a reader of the Psalms at that service and reads beautifully from the lectern. Fredy and his family are always there for others in need. Present to serve when Ascension needs him. Our lawns and gardens testify to his care. In my support letter to the immigration judge, I described Fredy as a man of merit and spirit.

Well, now Fredy needs us. Because of his detention, he will have massive legal bills so that he can be reunited with his family, his church and his job. At this time, his family is deprived of the much needed second income provided by Fredy to his family. Last time, we let you all know what had happened to Fredy and invited you to help Fredy and his family. We also asked you to write letters of support for Fredy to the immigration judge. Many of you have provided wonderful letters. Thank you. Many of you have already made financial donations as well. Thank you. To further support the Fredy and his family, we are formally setting up a Fredy Diaz fund. If you have not yet donated, we invite you to do so as you are able by going here: <http://ascensionmd.org/know-about-fredy-and-his-family/>.

If you would like to send him a letter of encouragement and/or support, he may receive correspondence at:

**Fredy A Diaz JID 1483728
600 E. Ordnance Road
Glen Burnie, MD 21060**

I'm sure he would appreciate hearing from you. Thank you in advance for your caring and support of Fredy and his family.

May God's Blessings be upon you!
Javier and Nan

The University of Liberia Alumni Chorus

The University of Liberia is located in Monrovia, Liberia on the West Coast of Africa and is the flagship center of higher learning in Liberia. The University Chorus is a nonprofit

Organization in the United States consisting of alumni of The University of Liberia. The Choir has a concert once each year and all proceeds go towards a scholarship fund to continuously sponsor forty students enrolled in full-time studies at the University and the construction of a Fine Arts Center on the University's Fendell Campus in Liberia. The Choir has committed to singing two songs on Sunday, July 22nd at the 10:00 a.m. service as an offering of thanks and appreciation for your kindness.

1. The Lord bless you and keep you
2. A traditional Liberian tribal song

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

LIFE LONG LEARNING

Wednesday Morning Book Group

Starting in mid-August, our group will start reading "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 9 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 (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 Form 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 7/26, 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 or at 301.325.6291 or email Lin Keene at 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

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, July 28 in the church kitchen. If you have any question, Contact Javier at 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 is July 15 at 11:15 a.m. Contact Edith at 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

Mobile Med

Mobile Med: Ascension hosts the Mobile Med van on Tuesday at Ascension House (where the van parks) and the Chapel (where the patients wait). We have volunteers that man the waiting room from 7:00 a.m.-3:00 p.m. You do NOT need medical knowledge or training - we act as hosts to the patients as they wait. We welcome new volunteers!

Jean Cohn

spangle1@comcast.net

240.372.3652.

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

PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: Church of St. Mary Magdalene, Wheaton Parish and Misa Madalena, St. Christopher's Church, New Carrollton

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 podcast of Javier's Sunday, July 8 Sermon: "Failure Vs Success"](#)

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

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