



THIS WEEK AT ASCENSION

Ascension's Gardeners

I'm not sure if I have fully thanked all of you for the tremendous amount of work that you put in for our recent garden and grounds improvement day. So many people cheerfully picked up hand tools, wheelbarrows, trimmers, and loppers—well, to be honest, I didn't know what all of the tools were, but I do now. When I counted it all up, you gave us more than eighty man (and woman!) hours to beautify our church. Not many churches can say that they have ever had an event like this, and now you and I know why. It is hot, grimy, sweaty work. That evening most of us were tired and sore—I know I was. So, let me thank all of you who participated with your labor, planning, refreshments, bug spray and general good humor. We did a wonderful job together, and we even found it fun.

Now, let me tell you my very first experience of church work. When I was a child, my dad was the priest of small church. One day he told me that he had a job he wanted me to do every week. He said that I had to dust and tidy all the pews so that they were shiny and clean for the Sunday service. He showed me how to do it; it did not look like fun. I complained, but he insisted. Finally one Saturday I said I didn't like this job, and demanded to know why I had to do it EVERY week. He smiled and said kindly but firmly, that by doing this important job I would learn to love the Church.

Today, in this place, we have so much of the world's goods that we are impoverished in another way. Our first thought about repetitive, tiring tasks is to pay for some else to do it. But we miss out on the pride in doing something for others; we miss out on the solidarity of group accomplishment, and most important, we miss out on understanding the reality of the lives of workers like Fredy Diaz. Understanding difficult, sometimes dangerous physical work is important for all of to recognize and celebrate.

I would like to offer you the opportunity of doing a little gardening and grooming of the grounds at Ascension—can you year the echoes of my father here?—to increase your love of the church. Work done with love is very powerful in many ways. If you would like to participate occasionally in a gardening effort with others, let me know, and we will make it happen together.

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!

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

Fill the Bin for COMFORTCASES.

Ascension's Youth Group has been supporting the important work of a local non-profit organization-**Comfort Cases**, that provides services to children as they head into foster care. The Founder, Robert Sheer, will be speaking to the congregation on One Ascension @ 10 AM July 29th. During his visit the Youth wish to donate a bin full of supplies for the Cases the organization provides to the children. Such a bin is in the Narthex and ready to accept the items. Please help us have a full bin to give Rob on his visit to Ascension.

unopened travel-size toiletries only please

- Youth Toothbrush-*individually packaged*
- Adult Toothbrush-*individually packaged*
- Toothpaste
- Shampoo
- Conditioner
- Lotion
- Soap or Body Wash
- Deodorant

To learn more about what goes in the Cases please see: <https://www.comfortcases.org/whats-in-a-comfort->

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>

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

Sometime in 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 10 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 lifeforce 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 8/16 and 8/23.

LIFE AT ASCENSION

Katie Beth Miksa Moves to Ohio

People at Ascension might recognize Katie Beth from preaching, assisting with pastoral care, or sharing about her time at the World Council of Churches which Ascension helped facilitate. Starting August 1st, Katie Beth will be the Director of Campus Ministry and Office Administrator for Christ Lutheran Church in Athens, OH. She will largely be working with students from Ohio University, though there are several colleges nearby. Katie Beth has been at Ascension nearly four years, all throughout her time at Wesley Theological Seminary. Please join us for a coffee break celebrating her new job after the 10:00 a.m. service on July 22nd.

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 ocampoj@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 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: St. James' Church, Indian Head, St. James' Church, Potomac, St. James' Children's School, Potomac, St. Anne's Church, Damascus

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 Sermon and Other Videos page](#)

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