



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

# *This Week at Ascension*

## **For Times Like These**

Someone asked me, "Aren't you worried about the state of the world?" I allowed myself to breathe and then I said, "What is most important is not to allow your anxiety about what happens in the world to fill your heart. If your heart is filled with anxiety, you will get sick, and you will not be able to help."

Yes, there is tremendous suffering all over the world, but knowing this need not paralyze us. If we practice mindful breathing, mindful walking, mindful sitting, and working in mindfulness, we can try our best to help.

- Thich Nhat Hanh

+ Only watch enough media today to be informed. This is not a TV drama that will be solved before the top of the hour.

+ Play some music.

+ Pray for the living and the dead, for first responders and those are struggling.

+ Find a place of quiet and seek God who loves all creation.

+ Hand write letters to your representatives.

+ Do not forget the suffering of the people of Puerto Rico, Mexico, Houston, Florida which is overshadowed today.

+ Hug someone (after you make sure that's okay to do).

+ Get outside in creation.

- The Rev. Mark Delcuze, an Episcopal Priest

"My mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of disaster, I remember my mother's words, and I am always comforted by realizing that there are still so many helpers — so many caring people in this world."

- Fred Rogers

## **Podcasts & Links**

[Link to Service Leaflets for October 8](#)

[Link to Podcast of Randy's Sermon on Sunday, October 8: "Boundaries"](#)

[Link to Podcast of Shivaun Wilkinson's Sermon on Sunday, October 8: "Finding God"](#)

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

## One Ascension Sunday October 29

It is that time again to celebrate together. The theme for this luncheon after the 10:00 o'clock service is Fall Celebration. There will be a parade of Children dressed in their Halloween costumes to start off the celebration. Since it is also near All Saints Day, we are asking all who would like to bring a picture of a loved one who is deceased and share their story with those gathered. The Cookbooks should be available for sale, at \$10.00 each, they make an excellent holiday gift. Also one can purchase the Ascension t-shirt and/or sweatshirt, for yourself or as a gift. Please plan on bringing a fall dish to share. The committee will be making several Chili Dishes as a main course. Come one come all to join the fun.

## My Camino to the Field of Stars

Dear Ascension Friends,

Some of you know me because I play flute with the musical group at the 11:15 service. I came to Ascension nearly two years ago, exhausted by trying to cope with the overwhelming events unfolding in our world, most especially the refugee crisis. The Ascension community has taken me in and comforted me. And Jerrold and the musical group have nurtured my musical abilities. I've been writing music for more than a year now, music that gives me peace as I write it and play it. I feel a enormous gratitude to God for guiding me to Ascension, and to you, who have embraced me. If you are interested go to YouTube and listen to my video "My Camino to the Field of Stars". If you want to hear more, let me know and I'll give you a CD or a free streaming of the whole album "Pilgrim's Way". You are responsible for this music, Ascension community, and I want to share it with you as much as I can.

Claire.  
([Cjrosser@aol.com](mailto:Cjrosser@aol.com)).

## Lector Training

Seasoned lector Andrew Greene and Randy will hold a lector training after the 9:00 o'clock service on Sunday, October 22 in the main church. This is for current and new lectors.

## Acolyte Training

Ray Chin will be offering a training for new and current acolytes after the 9 o'clock service on Sunday, October 15, in the main church.

**Prayers** For Those Whose Lives are Closely Linked With Ours: St. Francis Church, Pray for human treatment of all of God's creatures, especially companion, rescue, and service animals

**Pray for Comfort, Healing, Courage, and Hope:**

Beth, Sue, Melanie, Fran, Mike, Ruthie, Russ, 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 especially those living in the aftermath of the devastation caused by the earthquakes in Mexico and hurricanes Harvey, Irma, and Maria in east Texas, the Gulf Coast of Florida, and the Caribbean in general, including Antigua and Barbuda, Bahamas, Barbados, Cuba, Dominica, Dominican Republic, Grenada, Guyana, Haiti, Jamaica, Puerto Rico, St Kitts-Nevis, St Lucia, St Vincent and the Grenadines, Suriname, Trinidad and Tobago.

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



[Episcopal Relief & Development: Hurricane & Earth Quake Relief](#)

[Ascension Youth Group Fall 2017 Schedule](#)

[Neighbori-ando in Gaithersburg](#)

[Washington Community: Gracious and Courageous Conversations: Deepening Understanding About Race, Community, and Country](#)

## Calendar Highlights

### Friday, October 13

1:00 p.m. Al-Anon—Room 1

6:30 p.m. **Movie Night—Undercroft**

### Saturday, October 14

9:00 a.m. Overeaters Anonymous—Chapel

11:00 a.m. Al-Anon — Undercroft Commons

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

### Sunday, October 15

7:45 a.m. Holy Eucharist—Main Church

9:00 a.m. Holy Eucharist—Main Church

10:15 a.m. **Godly Play— Room 6**

10:15 a.m. **Joyful Path— Room 10**

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

10:15 a.m. **Adult Class Group— Library**

10:10 a.m. **Men's Shelter Lunches— Undercroft**

11:00 **Misa en Espanol—Chapel**



[Wednesday Book Group: \*Christ Actually: Reimagining Faith in the Modern Age\*](#)

[A Joyful Path for Sunday](#)

[Godly Play](#)

[Sunday Christian Formation Schedule Change](#)

[Thursday Afternoon Tai Chi Class](#)

[Listening Heart Community](#)

[Still Water Mindfulness Practice Group](#)

[Yoga](#)



[Worship Rosters, October - December](#)

[Ministerio Felicidad](#)

[Men's Shelter Lunch Preparation](#)

[Gaithersburg HELP](#)

[Mobile Med](#)

a.m.

11:15 a.m. Holy Eucharist—Main Church

1:30 p.m. Maryland Uke Jam—  
Undercroft

5:00 p.m. Holy Eucharist: Last Chance  
Church —Chapel

### Monday, October 16

1:00 p.m. Al-Anon—Room 1

6:00 p.m. Ensemble Rehearsal—Main  
Church

6:30 p.m. Overeaters Anonymous—Room  
4

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

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

7:30 p.m. Choir Rehearsal

### Tuesday, October 17

7:00 a.m. Mobile Med—Chapel

11:00 a.m. Staff Meeting—Library

6:00 p.m. Spanish Bible Study—  
Ascension House

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

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

8:30 p.m. Al-Anon—Room 1

### Wednesday, October 18

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

1:00 p.m. Al-Anon—Room 1

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

8:00 p.m. Gamblers' Anonymous—Chapel

### Thursday, October 19

10:00 Yoga-Chapel

# Life At Ascension

[Cookbook Committee Update](#)

[Zumba at Ascension!](#)

[Adopt-a-Space at Ascension](#)

[Contact Info Update](#)

[Prayer Request Updas](#)



[October Ascendant](#)

[2017 Annual Report](#)

a.m.

4:00 p.m. Tai Chi—Chapel

7:30 p.m. Zumba —Undercroft

## worshipleader

**Sunday, October 15**

Preacher:Randy Lord-Wilkinson

**7:45 AM**

Reader/Prayers:

David Burton

Chalicians:

Sharon Hayden, Enid  
Cole

Healing Prayer:

Meredith Horan

Acolytes:

Ron Hayden, Aidan

Welcome Team: Douglas  
Wadai Dennis, Florence  
Sirleaf  
Altar Guild: Georgette Dennis,  
Michelle Heinigwood  
Hospitality Angel: Don Cohn

**9:00 AM**

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Reader: Chris Ruggieri, Betsy  
Hasegawa  
Prayer: Sue Snay  
Chalichists: Major Clemens, Esther  
Tellu  
Healing Prayer: Susan McLaughlin  
Alfred Waskiye, Manny  
Acolytes: Johnson, Nuelle  
Johnson  
Welcome Team: Alex Langley, Alice  
Padmore, Kendall  
Anderson  
Altar Guild: TBA  
Hospitality Angels: Sarah Gallagher

**11:15 AM**

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Reader: Alex Langley  
Healing Prayer: Peg Ruppel  
Welcome Team: Alex Langley, Alice  
Padmore, Kendall  
Anderson  
Altar Guild: Georgana Maines  
Chalichist: Anika Lalmansingh,  
Georgana Maines  
Song Leader: Sue Snay  
Hospitality Angel: Aaron and Emma Boyce  
Eucharistic Visitor: Meredith Horan  
Flower Delivery: Eliane Dunn-Johnson,  
Alice Padmore



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