



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

THIS WEEK AT ASCENSION

September 9 Healing Prayer

Hello dear friends of Ascension,

This coming Sunday during coffee hour, a short prayer clinic will be offered by myself and Paul Whitmore. Paul is a veteran healing minister and doctor. I got my start in ministry as a healing minister and social worker. The presentation with questions and answers will take about 30 minutes. We hope that we will see you then for our brief talk and Q & A where you can hear more about healing ministry. Bring your coffee and cookies with you...Javier won't mind. It will be less temptation for him.

Now, what is healing prayer? Healing Prayer as a category of ministry which is a vital part of a church's pastoral care program. Healing prayer is an opportunity for the individual to stand in person with another person before God for prayer. Healing ministers are trained by the ordained clergy of Ascension. Healing Prayer is for everyone however the need. It can happen anywhere at any time, but, on Sundays, it is conducted in a small prayer room just outside the sacristy. It is entered from the crossing of the church on the pulpit side of the church. There is a kneeler but you can stand if you prefer.

Our goal is that healing prayer will be better understood by the congregation. Further, we hope that individuals who could benefit from healing prayer will feel that the healing prayer is more accessible to them and that they might avail themselves of this important ministry. Secondly, we are hoping that those who have been thinking about becoming healing prayer ministers will have a way to learn more about it so that they can discern and possibly answer God's call to serve in this way at Ascension.

Now, I will offer as a teaser a brief summary of what we will do during this gathering. You will learn briefly about the theological and spiritual underpinnings of prayer and how healing

prayer invites healing into all of our lives. You will learn how healing ministry is offered and how healing ministers know how to pray for you and with you. You will learn about the guiding principles of healing ministry: that you are entering sacred space with another person before God; that God is present and that God listens; that the healing minister listens to you and to God and prays accordingly; that God's intent for all humanity is for health and happiness; that your prayer encounter is completely confidential; that, we understand that God is praying with the minister and the petitioner synchronously and that God's praying with us puts the words we need into our mouths and blesses them. We hope that knowing about healing prayer will also increase your understanding of all prayer and that this paragraph will help you form your own questions.

Now, that sounds like a lot to do in 30 minutes evenly divided between presentation and Q & A, but we promise to keep the emphasis on the personal experience of the healing ministers as the primary teacher. If there is a need, we will later offer more extended training for praying and for discernment for becoming a healing minister.

May God Bless you and keep you,

Nan+

HEADLINERS

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 or 202-903-6426 or Ascension Office.

Bake Sale with Yard Sale

We are now going to have a Bake Sale along with the Yard Sale on Saturday, September 8. The Bake Sale will be from 9:00 a.m. to 2:00 p.m. This gives you only a few days to get out your favorite recipes to bake for our Ascension Bake Sale.

You can bring your baked goods on Friday afternoon or evening to the church office, or bring them to the Ascension House. Fe Wlotzko will be at the church setting up at 8:30 am on

Saturday, so you can bring your Bake Sale items any time after that.

Also, if you would like to help out with the bake sale for a couple of hours, please call Fe Wlotzko at 301 948-2026 or email her at fewlot@aol.com.

Introducing Ascension's Music Minister

Andrew Kullberg began his ministry at Church of the Ascension in September 2018. He grew up in Silver Spring, Maryland and developed an interest in music at a very young age. Through musical opportunities in his church and school, Andrew developed his musical abilities and learned to play multiple instruments fluently. He attended Eastern University outside of Philadelphia and majored in music education with a concentration in piano. While attending undergrad, Andrew grew as a church musician by singing in various choirs and playing piano and organ for numerous worship services in and out of state. After graduating, Andrew returned to his hometown to start a career in teaching Montgomery County Public Schools and working part-time at Colesville Presbyterian Church. At Colesville, he served various music positions for six years including Children's Choir Director, Director of Contemporary Worship, Organist, and eventually, Director of Music. Andrew currently teaches a diverse population of over 400 students at Meadow Hall Elementary School in Rockville and is the Conductor of the Montgomery County Central Honors Chorus. Additionally, he serves on occasion as Piano Accompanist for Bet Aviv, a Reform Jewish Congregation in Columbia, MD. Andrew lives in Bethesda and is currently working towards his Masters of Music in Education at University of Maryland.

Fill the Bin for Comfort Case

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. We are collecting the Comfort Cases leading the 10 a.m. service on September 9, 2018. If you bring supplies to donate, a bin is still available at Narthex.

Invitation for Enid's Ordination

My dear friends,

Attached is an invitation to my ordination. I look forward to seeing you all, but if you cannot make it, I ask you to please keep me in your prayers. I also, want to inform you that I have

received my parish assignment from Bishop Mariam. Unfortunately, I'm not returning to Ascension. I have been assigned to St. Nicholas in Germantown and St. Peter's in Poolesville. I will return to Ascension on Sunday, September 23rd, the day after ordination to serve and preach my first sermon as a deacon. After that, I will be moving on to my new church homes.



By the Grace of God and the people consenting
The Right Reverend Mariann Edgar Budde
Bishop of Washington
will ordain
to the Sacred Order of Deacons
in Christ's One Holy Catholic and Apostolic Church

*Sandra Russline Bramble
Enid Omodele Cole
Joan Marie Crittenden
Anne Elizabeth Derse
Elizabeth Lovette Dixon
Martha Josephine Eldredge
Susan Cheryl Fritz
Janice Marie Hicks
Lesley Werner Krauland
Kathryn Evans McMahon
Steven Eugene Seely
Eugene Nat Wright*

on Saturday, September 22, 2018

10:00 a.m.

at the

Cathedral Church of St. Peter and St. Paul

3101 Wisconsin Avenue, NW,

Washington, District of Columbia

Your prayers and presence are requested.

Clergy: Red Stoles

Reception to follow in the Bishop's Garden.

Clergy planning to process please rsvp to www.edow.org/ordinationrsvp

by September 14, 2018.

Bishop's Visit and One Ascension Sunday

Bishop Mariann Edgar Budde spends much of her time out and about in the congregations of the diocese. In addition, she makes an official visitation to each of the diocese's 88 congregations once every three years. These visits occur on Sunday mornings, and the schedule is typically announced each summer. In years in which the bishop does not visit, a member of her senior staff visits instead. This year she will come to Ascension on Sunday September 30th, since it is also One Ascension Sunday we will have just one service at 10:00 a.m. After the service we will have a potluck. Please sign up if you want to bring any food or drink.

Backpack Drive Big Success

I would like to thank everyone for their support of the backpack drive. Your donations of supplies and financial support enabled us to provide 55 backpacks for the Linkages to Learning program at Summit Hall E.S. in Gaithersburg. This is the largest number of backpacks we have provided since 2015. Thank you to those who helped to stuff the backpacks. I really appreciate your support of this project and I am sure that the children appreciate the backpacks. Thank you again! Kristen Keating

Ministries Fair

Leaders and participants of parish ministry teams will be available to chat Sunday, September 9 from 8:00a.m. to 10:00a.m. in the Undercroft. The program year begins on Sunday, September 16. All formation classes will meet at 10:00a.m. Service.

Fiesta de las Americas

In some Latin American countries, in September we celebrate our Independence. For this reason, we are organizing a party in the Undercroft Commons on Sunday, September 16, after the 12:00 p.m. service. We invite everyone to attend!

LIFE LONG LEARNING

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

Wednesday Morning Book Group

Our group is 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 chapters 11, 12, and 13 for this coming Wednesday.

Tai Chi

Tai Chi class is at 4:00 p.m. on Thursday afternoons in the Chapel; a good time of peace and balance in a lovely place. Please come and join us. Tai Chi will be cancelled any Thursday that schools are closed for bad weather this winter. Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions.

Thursday Morning Yoga Class

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

Spanish Class

Spanish class will resume on September 10. Come and take part in Ascension's Spanish Class on Mondays from 6:00 p.m. to 8:00 p.m. at Ascension House. You don't need to know Spanish to come, because we get together to learn and/or practice. For more information contact Javier at ocampo@ascensionmd.org

LIFE AT ASCENSION

Parishioner with Cancer in Need of Transport to Doctors

Leslie Pool has cancer and is in need of help getting to her numerous medical appointments. Ascension is not her only source of help, but we are looking for a few people who can assist. Please contact Bubba Pflantzbaum at bubbashalom@gmail.com

Healing Prayer Ministers

We are in desperate need of Volunteers to provide this special function at our 8 o'clock service. Training and assistance will be provided to you on a one-on-one basis. Give your name to Father Javier, or call Lin at 301 948-0122.

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. If you have any difficulties, please contact Lin at office@ascensionmd.org

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

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

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

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

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, September 29 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 will be on September 16 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

PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: Church of Our Saviour, Brookland Parish Church of Our Saviour, Hillandale and Nuestro Salvador Diocesan Youth Ministry Diocesan Young Adult Ministry Remember and pray for all Jewish people during the holy days of Rosh Hashana (September 10-11)

We pray for comfort, healing, courage and hope for Jean Cohn, Harriette Eleanor Cooper, Fredy Diaz, Peggy Donnellon, Jim & Carol Keenan, Rudi Miksa, Ann Mitchell, Daniel/Aillen Pagan/Henandez, Wendy Jo Perkins, Leslie Pool, Olive Rivera, Fran Spina, Ruthie Swain, Samuel Tellu, Suzanne Winterhalter 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.

We give thanks for the Altar Flowers give by Wadai Dennis in Celebration of her daughters' birthday, Mardia's on September 8 and Georgette's on September 11.

QUICK LINKS

[Link to Javier's Sunday, September 2 Sermon Podcast: "Follow God, not Tradition"](#)

[Link to Services Bulletin](#)

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

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



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