

## TODAY AT ASCENSION

Preacher: (The Rev.) Randy Lord-Wilkinson

### HOSPITALITY HOUR

Refreshments and conversation follow every service in the Narthex.

## LIFE LONG LEARNING

### Yoga Classes

Randy teaches yoga every Thursday at 10:00 a.m. These are gentle, entry level classes anyone may enjoy. No props are needed. There are some mats, blocks and blankets for those who want them. If you have your own mat, bring it to class. Wear loose fitting, comfortable clothing.

### New Wednesday Morning Book Selection

We will start a new book on September 7; *Searching for Sunday, Loving, Leaving, and finding the Church* by Rachel Held Evans.

From Amazon: Centered around seven sacraments, Evans' quest takes readers through a liturgical year with stories about baptism, communion, confirmation, confession, marriage, vocation, and death that are funny, heartbreaking, and sharply honest.

A memoir about making do and taking risks, about the messiness of community and the power of grace, *Searching for Sunday* is about overcoming cynicism to find hope and, somewhere in between, Church.

Read Section I, "Baptism."

### Education for Ministry

The Education for Ministry (EfM) group here at Ascension wrapped up a wonderful year of exploring our faith. We are now signing people up for the coming year. Prayerfully consider joining us.

Questions? Contact David Mitchell at 240.454.1904 or newlywed98@comcast.net.

### The Armor of Light

As you may recall we are planning a viewing of the acclaimed documentary on gun violence - recently broadcast on PBS - The Armor of Light. We want to have the viewing (or viewings) in September. Our plan is to have it either at the church or in people's homes. Or both. In either scenario we will want to discuss the film in small groups. We'll be sending out an invitation for those of you who would like to facilitate a small group discussion so you let us know that you're interested. Group facilitators will prepare by viewing the video and working with other facilitators to generate questions and talking points to get the discussions going. - Alice Benson and Kirk Fitch (fitchbenson@comcast.net).

## LIFE AT ASCENSION

### Blessing of the Backpacks This Sunday

Today (the day before MCPS classes begin), at the 9:00 a.m. service, the 11:00 a.m. Spanish service and the 11:15 a.m. service, we will bless backpacks (bendición de mochilos) for students returning to school. Ascension will also bless ALL forms of bags and backpacks (which includes laptop bags, briefcases, instrument cases...). Bring your "backpack" to church with you!



### A Call for Worship Leaders

Attention all Worship Leaders - Acolytes, Readers, Healing Prayer Leaders, Chalicists and Welcome Team Members, and anyone who would like to join in any of these capacities: I will be starting work on the next Worship Roster (for October, November and December) very shortly. If you know you have any blackout dates please email them to me as soon as you can. I won't be able to make changes after mid-September. And to anyone who's interested in joining the Worship Roster in any of these capacities, please email me and we will arrange for training. Many, many thanks to all of you who serve the Lord as a Worship Leader. Sari Stoddard. sari.stoddard@verizon.net

### Furniture Refinisher Needed

Ascension has a few tables that need refinishing. Please contact Randy if you would like to take on this task. Ascension will supply the materials.

### Prayer Request Policy

The term for a prayer request is four weeks, infinitely renewable. The regular Sunday prayer list is for parishioners and their families, including extended family members. The weekday list used by the staff, called the "extended prayer list," is for coworkers, friends, and so on. When you see a name missing that you think should be included in the Prayers of the People and the list in the bulletins, say their names at service, preferably out loud, then fill out a new prayer request form, found on the welcome desk, the table outside the Church Office, and the table near the Chapel door. - Randy

## LIFE AT ASCENSION

### Ministry Fair and Fiesta de las Americas!

The Sunday after Labor Day is when Ascension begins to gear up for the coming program year. In addition to the annual Ministry Fair on that day, the 11th, we'll also have the annual observance of Fiesta de las Americas, also in the Undercroft Commons.

The Fair will be held after the 9:00 and 11:00/11:15 services, at 10:15 a.m. and 12:15 p.m. The Fiesta will start around 12:30 p.m. There will be lots to eat and drink!

The Fair is also the occasion to register for Christian Formation for all ages. These classes begin on September 18 at 9:00 a.m. and 11:00 a.m. Youth Group starts at 6:00 p.m. on September 25.

### Articles for *The Ascendant* Due

Articles and announcements for the September *Ascendant* are now due. If you have an article to submit, please send it to Carol at leamanp@ascension.org as soon as possible. The deadline for October articles is September 15.

### Welcome New Seminarian Jason Cutshall

Jason is studying for a year at Virginia Seminary and will be coming to Ascension this Fall as a field education student. He grew up in Minnesota, worshiping and serving in many different denominations. After completing his Master's of Divinity degree Jason moved to The Hague, Netherlands, where he served at Crossroads International Church for two years. During this time he was hired by Christian Associates International to work in their operations department supporting church planting in Europe and North and South Americas Jason relocated to Arlington, VA in 2010 and, with his wife Cecily, began attending St. Mary's Episcopal Church. Jason came on staff there in 2014 as the Minister of Community Life. Jason is a postulant in the Diocese of VA and lives at VTS with his wife and two boys, Henning (2) and Soren (4 mo).



## LIFE AT ASCENSION

### Name Badge Reminder

Wear your name badges every Sunday, and when you leave, put them back on the Kiosk in the Church. If you need a new name tag, there is a sign up sheet on the table under the monitor in the Narthex.

### Altar Flowers

If you have a special date you would like to donate flowers for the altar, please put your name on the altar flower calendar on the bulletin board in the Narthex. Also, fill out an altar flower envelope, available on the table outside the office with your information and donation. Thank you! There are several open dates in the upcoming months.

## CARING FOR OUR COMMUNITY

### Help Victims of Silver Spring Apartment Explosion

There are many ways to help victims of the recent explosion and fire at the Flower Branch Apartments in Silver Spring.

This link to the Washington Post article tells where to donate furniture or household goods, make monetary donations, or volunteer as interpreter or sorter of donations: <http://wapo.st/2bdWw7U>

### 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 melanie.mitchell@verizon.net or 301.519.1074.

### Lord's Table Soup Kitchen

There is an opportunity to serve at the soup kitchen on the first Saturday or third Monday each month at 1:00 pm (prep work) or 3:00 p.m. (serving) across the street at St. Martin's Church. Contact one of our experienced team leaders, Page Salazar (Saturdays, pagesalazar@gmail.com) or Jennifer Smith (Mondays, jennifer0966@gmail.com.) We can always use more volunteers!

## FINANCIAL REPORT

Last Week's Income*	Weekly Budget Goal	Year to Date Income*	Year to Date Budget Goal
\$9,322.50	\$9,498.19	\$315,574.39	\$313,440.35

## CONTACT US

205 S. Summit Ave., Gaithersburg, Maryland, 20877  
www.ascensionmd.org

- ◆ Summer Office Hours: Monday-Friday 9:30 am-3:30 pm
- ◆ Phone: 301.948.0122 ◆ Fax: 301.926.9012
- ◆ Randy's Cell: 301.801.4347
- ◆ Prayer requests: Fill out a yellow prayer request card on the table outside the office, in the Chapel or e-mail the office at office@ascensionmd.org.

**Bishop of Washington** - The Rt. Rev. Mariann Edgar Budde  
mebudde@edow.org, 202.537.6550

**Rector** - (The Rev.) Randy Lord-Wilkinson  
ral@ascensionmd.org, voice mailbox 12

**Assistant to the Rector**—The Rev. Javier García Ocampo  
ocampo@ascensionmd.org, voice mailbox 16

**Minister of Music**—Jerold Tidwell,  
tidwellj@ascensionmd.org, voice mailbox 11

**Office Coordinator** - Kathy Van Arnum  
office@ascensionmd.org, voice mailbox 10

**Communications** - Carol Bruno, voice mailbox 14

**Altar Guild Directors**-Sari Stoddard, 301.972.0914,  
Sari.stoddard@verizon.net, Mardia Dennis, 301.540.4499  
mard908@gmail.com

**Children's Music Leader** - Howard Hanson,  
howarddhanson@gmail.com

**Chapel Musicians** - Eric O'Loughlin, ericsmelody@gmail.com,  
Samuel Munguia, pianoconclave@verizon.net

**Sexton** - Betty LaVern, betty\_s\_lavern@mcpsmd.org

## LEADERSHIP AT ASCENSION

**Senior Warden:** Betsy Hasegawa  
**Junior Warden:** Janet King

### Vestry:

2017: Denise Lionetti, Najma Stubblefield, Paul Whitmore

2018: Maria Estela Rodriguez, Avin Lalmansingh, Gary McLaughlin

2019: Rose Buck, Zadinga Ogada, John Pruessner

Sari Stoddard, *Clerk of the Vestry*

Howard Holland, *Treasurer*

Christian Formation for Children: Zadinga Ogada ~ Christian

Formation for Youth: Angie Hight-Walker ~ Facilities: Ted

Bedell Finance: Howard Holland ~ Outreach: Paul Boynton ~

Pastoral Care: Randy Lord-Wilkinson Personnel: Jean Cohn ~

Worship: Carleton MacDonald

### Delegates to Diocesan Convention:

Kristen Keating, Carleton MacDonald, Sue Snay

Alternate: Mardia Dennis

## Cycles of Prayer

In the Diocesan cycle of prayer, we pray for St.

Augustine's Church, Washington; Campus Ministry Advisory

Group; Committee on Youth and Family Ministry; Diocesan

Young Adult Ministry; Howard University Chaplaincy;

University of Maryland Chaplaincy; and for all Students

and Teachers.



## THIS WEEK AT ASCENSION

### MONDAY, AUGUST 29

6:00 pm Girl Scouts—Room 1  
6:30 pm Overeaters Anonymous—Room 3

### TUESDAY, AUGUST 30

7:00 pm Codependents Anonymous—Room 1  
Stillwater Mindfulness Group—Chapel  
8:30 pm Al-Anon—Room 1

### WEDNESDAY, AUGUST 31

6:30 pm Spanish Class—Ascension House  
7:00 pm Ensemble Rehearsal—Main Church  
Overeaters Anonymous—Room 1  
8:00 pm Gamblers' Anonymous—Chapel

### THURSDAY, SEPTEMBER 1

10:00 am Yoga Class—Chapel

### FRIDAY, SEPTEMBER 2

6:00 pm Couples 12-Step Program - Room 1  
6:00 pm Movie Night - Undercroft Commons

### SATURDAY, SEPTEMBER 3

9:00 am Overeaters Anonymous - Room 1  
11:00 am Al-Anon - Undercroft Commons  
Overeaters Anonymous - Room 1

### SUNDAY, SEPTEMBER 4

Preacher: (The Rev.) Randy Lord-Wilkinson

7:45 am Holy Eucharist—Main Church  
8:15 am Choir Rehearsal—Choir Room  
9:00 am Holy Eucharist—Main Church  
10:15 am Service for Families with Young Children—Chapel  
11:00 am Holy Eucharist in Spanish—Chapel  
11:15 am Holy Eucharist—Main Church

Church Attendance	Aug 7	Aug 14	Aug 21
7:45 a.m.	34	26	23
9:00 a.m.	68	60	58
10:15 a.m.	4	16	15
11:00 a.m.	30	42	32
Spanish Service			
11:15 am	40	35	38
11:30 a.m. At Sunrise	11		12
5:00 p.m.	21	12	14
Total:	208	191	192

# WELCOME TO CHURCH OF THE ASCENSION

*The Fifteenth Sunday after Pentecost: 28 August A.D. 2016*

## RenewalWorks Survey 2016

This fall, the Diocese will once again offer to facilitate Ascension's participation in Forward Movement's RenewalWorks Program. We were among the first cohort of parishes to participate in the program three years ago. "RenewalWorks" is the Episcopal version of a spiritual vitality program based on research in 2000+ Christian parishes and with their 500,000+ congregants. The program invites parishes to explore their spiritual health and identify ways to increase it. Though most churches feel the call to numeric growth, the center of church is spiritual growth. It is the only true foundation on which we can build. RenewalWorks helps to focus a congregation on that very fact and to reinvigorate the most seminal conversations we can have. The Vestry voted to have Ascension participate in this year's diocesan cohort as a follow up to our first inventory.

### FAQs

#### Where did RenewalWorks come from?

Willow Creek Church near Chicago did a study of themselves, and called it Reveal. The study was then replicated at over a thousand churches, and the overall results published in a book entitled MOVE. Since the original Reveal consultant was an Episcopalian, some of our clergy got involved. The Rev. Jay Sidebotham, formerly of EDOW, has partnered with Forward Movement to call the project RenewalWorks, give the survey more Episcopal language, and spread it throughout our denomination.

#### What does participation look like?

During a 2-3 week window beginning Sunday, September 11, Ascension members take an on-line survey. After the surveys are tabulated, a select group from the parish meets for four 2.5 hour workshops, each about two weeks apart. Those workshops use survey results to explore where the parish is and where it feels called to go spiritually.

#### How much effort is involved?

As many parishioners as possible would need to take the online survey, which will be available in Spanish and English. A group of 6-10 would attend a workshop. It's not an enormous commitment, but it is an important one.

#### Is this related to other Diocesan programs?

Ideally, we hope all EDOW programs are related! The Bishop's staff's number one goal is to help parishes grow in vitality and deepen the connections between their spirituality and everyday life. RenewalWorks falls under the banner of things our diocesan leadership cares most about.

Spiritual growth applies everywhere, so any parish will find value in participating in the survey and follow up workshops. That being said, it's critical that parishes enter this program with an open mind and a willingness to follow-through. Some of the survey language may be less Episcopal than people prefer. Learning that some percentage of our parishioners feel "stalled" or "dissatisfied" in their spiritual lives, for example, can be troubling. Every parish is asked to discern their participation thoughtfully.

### TO OUR VISITORS, NEWCOMERS, AND SEEKERS

*We thank you for joining us today and hope you will return often.*

At Ascension, our mission is to become "ambassadors of Christ," so we welcome you to this community of resident aliens. We invite you to fill out a welcome card (located in the rack at the ends of each pew).