

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: From *New York Times* bestselling author Rachel Held Evans comes a book that is both a heartfelt ode to the past and hopeful gaze into the future of what it means to be a part of the Church.

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.



Summer Baptisms

Summer Baptisms will be offered in August. Please contact Randy if you want to schedule a baptism at ral@ascensionmd.org, or call 301.948.0122 ext. 12.

LIFE LONG LEARNING

Women's Retreat

No, it's not too late to sign up for the Women's retreat Aug 19-21. We need to give the Hallowood retreat center our count by the 10th. Forms (pink) are on the table by the office and may be turned to the office or to Lauren Kingsland. The retreat is Friday night to Sunday noon for women of Ascension to share a time apart for fellowship and renewal. Call Lauren [301-275-5831](tel:301-275-5831) or Ophelia for more information.

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.

If you are interested, or just have some questions, contact David Mitchell at 240.454.1904, or newlywed98@comcast.net.

LIFE AT ASCENSION

Ascension Choir

On June 12, the Ascension Choir finished its regular season at the 9:00 service, but some of the members will continue to sing every other week during the summer on August 21.

On these dates anyone interesting in singing for the 9:00 service can meet in the choir room at 8:15 am. Jerrold will select music based on how many are there at that time. If you have been thinking about singing with the choir, you are most welcome, and this is a great opportunity to try it out without further commitment. Just show up on one or more of the Sundays. Being able to read music is helpful but not required.



LIFE AT ASCENSION

Gift for Gisele

We want to present Gisele with a nice departing cash gift. If you'd like to contribute toward this, write a check to Ascension with 'Gisele' in the memo line and mail it to the church with Attn: Kathy as part of the address, or drop it in the offering plate on a Sunday, or just stop by during office hours. We plan to have selected her successor by September at the latest.

Helping your Senior

Senior high students are graduating and preparing for a new season of life. As you celebrate this season with your students, the Diocese would like to support your efforts in transitioning students from life at home to life on campus. Specifically, we would be honored to introduce them to the chaplains and clergy nearby-wherever they are headed. If you would like assistance in connecting your graduates with their new community, please contact us directly, or you may fill out the form found here: <http://tinyurl.com/2016graduates>

We will take the initiative to reach out to clergy and chaplains and pass along your student's contact information. We will ensure these leaders follow up with each student, letting students know of available programs and inviting each student to participate.

Sincerely, Jason Evans and Iman Green, Young Adult, Youth and Family Missioners, Episcopal Diocese of Washington

Yard Sale and Car Wash, August 13

We are having another yard sale and car wash on Saturday, August 13 from 8:00 a.m.—3:00 p.m. Again, if you have items to donate for the yard sale, please bring them to church and leave in the office. Also, if you are able to help out during the yard sale on August 13, let Javier know at ocampo@ascensionmd.org.

Armor of Light

As you may recall we are planning a viewing of the acclaimed documentary on gun violence - recently broadcast on PBS - *The Armour 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).

CARING FOR OUR COMMUNITY

Linkages to Learning



Linkages to Learning is a school-based collaboration among Montgomery County Public Schools (MCPS), the Department of Health and Human Services (DHHS), and private sector health and human service agencies in Montgomery County, Maryland. The Summit Hall Elementary School is a participant in this program, and we support their students with our backpack project.

The Backpacks project provides new backpacks filled with specific school supplies for students at each level in the school. Our project leader, Kristen Keating, has put out lists of supplies needed in the Narthex, and parishioners can take a list (or two!), buy the supplies, and enclose a check in the specified amount to cover the cost of the backpack. Then, on Sunday August 14th during Connection Hour, we'll get a group together to assemble the backpacks. - Kristen Keating

Men's Shelter Lunch Program

The Men's Shelter Lunches program provides bagged lunches, assembled in the Undercroft Commons once a month. Supplies are donated by Ascension members. Depending on the season, we provide forty to eighty lunches a month.

Sign-up for contributions are through an online system and assembly occurs by those present after the 9:00 o'clock service on the third Sunday of the month. We will put lunches together next on August 21.

Contact Edith at esekasi@gmail.com if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.



CONTACT US

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- ◆ 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.

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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. Albans
School for Boys; National Cathedral School for Girls;
Beauvoir, the National Cathedral Elementary School;
Washington Episcopal School; The Bishop John T. Walker
School and the School's Parish Committee



THIS WEEK AT ASCENSION

MONDAY, AUGUST 8

6:30 pm Overeaters Anonymous - Room 1
7:00 pm Outreach Committee Meeting—Library

TUESDAY, AUGUST 9

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

WEDNESDAY, AUGUST 10

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

THURSDAY, AUGUST 11

10:00 am Yoga—Chapel

SATURDAY, AUGUST 13

8:00 am Yard Sale and Car Wash
9:00 am Overeaters Anonymous - Room 1
11:00 am Al-Anon - Undercroft Commons
Overeaters Anonymous - Room 1

SUNDAY, AUGUST 14

Preacher: (The Rev.) Randy Lord-Wilkinson

7:45 am Holy Eucharist—Main Church
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
12:30 pm Pastoral Care Team Meeting—Library
5:00 pm Holy Eucharist—Chapel

Church Attendance	July 17	July 24	July 31
7:45 a.m.	30	27	19
9:00 a.m.	65	83	73
10:15 a.m.	14	9	24
11:00 a.m. Spanish Service	39	43	30
11:15 am	29	25	37
11:30 a.m. At Sunrise	17	-	-
5:00 p.m.	17	10	15
Total:	211	197	198

WELCOME TO CHURCH OF THE ASCENSION

The Twelfth Sunday after Pentecost: 7 August A.D. 2016

Are You Sleepwalking?

"The scriptures are always hinting of that, but you'll never understand a word of what the scriptures are saying until you wake up. Sleeping people read the scriptures and crucify the Messiah on the basis of them. You've got to wake up to make sense out of the scriptures. When you do wake up, they make sense. So does reality. But you'll never be able to put it into words. You'd rather do something? But even there we've got to make sure that you're not swinging into action simply to get rid of your negative feelings. Many people swing into action only to make things worse. They're not coming from love, they're coming from negative feelings. They're coming from guilt, anger, hate; from a sense of injustice or whatever. You've got to make sure of your "being" before you swing into action. You have to make sure of who you are before you act. Unfortunately, when sleeping people swing into action, they simply substitute one cruelty for another, one injustice for another. And so it goes. Meister Eckhart says, "It is not by your actions that you will be saved" (or awakened; call it by any word you want), "but by your being. It is not by what you do, but by what you are that you will be judged." What good is it to you to feed the hungry, give the thirsty to drink, or visit prisoners in jail?

"Imagine that you're unwell and in a foul mood, and they're taking you through some lovely countryside. The landscape is beautiful but you're not in the mood to see anything. A few days later you pass the same place and you say, "Good heavens, where was I that I didn't notice all of this?" Everything becomes beautiful when you change. Or you look at the trees and the mountains through windows that are wet with rain from a storm, and everything looks blurred and shapeless. You want to go right out there and change those trees, change those mountains. Wait a minute, let's examine your window. When the storm ceases and the rain stops, and you look out the window, you say, "Well, how different everything looks." We see people and things not as they are, but as we are. That is why when two people look at something or someone, you get two different reactions. We see things and people not as they are, but as we are.

"Remember that sentence from scripture about everything turning into good for those who love God? When you finally awake, you don't try to make good things happen; they just happen. You understand suddenly that everything that happens to you is good. Think of some people you're living with whom you want to change. You find them moody, inconsiderate, unreliable, treacherous, or whatever. But when you are different, they'll be different. That's an infallible and miraculous cure. The day you are different, they will become different. And you will see them differently, too. Someone who seemed terrifying will now seem frightened. Someone who seemed rude will seem frightened. All of a sudden, no one has the power to hurt you anymore. No one has the power to put pressure on you. It's something like this: You leave a book on the table and I pick it up and say, "You're pressing this book on me. I have to pick it up or not pick it up." People are so busy accusing everyone else, blaming everyone else, blaming life, blaming society, blaming their neighbor. You'll never change that way; you'll continue in your nightmare, you'll never wake up.

"Put this program into action, a thousand times: (a) identify the negative feelings in you; (b) understand that they are in you, not in the world, not in external reality; (c) do not see them as an essential part of "I"; these things come and go; (d) understand that when you change, everything changes."

- Anthony de Mello, S.J. *Until his sudden death on June 2, 1987, Fr. Tony de Mello was the director of the Sadhana Institute of Pastoral Counseling near Poona, India. Author of five best selling books, renowned worldwide for his workshops, retreats, and prayer courses, he aimed simply to teach people how to pray, how to wake up and live.*

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).