

WELCOME TO CHURCH OF THE ASCENSION

The Twenty-Sixth Sunday after Pentecost : 13 November A.D. 2016

Living Generously

Glen Mitchell

Isaiah describes God's heavenly world, which sounds lovely! But for many of us, it is not the world we experience now. There is still much weeping in the world (v.19), whether we think of Central America, the Middle East, much of Africa, or even closer to home where there are many who are refugees or poor; many are excluded from society. True, people are living longer (v.20) but it is not my experience that the wolves and lambs (v.25) are feeding together just yet. There is much to do to forge heaven in this world.

In Thessalonians, we are called as Christians to respond by setting an example. We are to contribute to the community where we live. We are to get to work to bring the heaven Isaiah describes to fruition (v.7). Paul calls us not to associate with those who are living in idleness (V.6). His example of working for his supper (v.8), contributing to the welfare of the community, means we're not to wait for others to do the work. No; participation is required by everyone (v.12) in whatever way – he values all members of the community – as we work quietly, earning a living and struggling, though weary, to do what is right (v.13).

This is not going to be easy. Luke's Gospel describes a very un-heavenly world filled with wars between nations, family betrayals, persecutions, earthquakes, famines and plagues, deaths and hatreds. It sounds terrifying; yet, we are counseled to refuse to be terrified (v.9) and trust in our faith, knowing that God is with us. Indeed, we'll receive even the words to say (v.15) framed in the irrefutable wisdom of God.

What does this mean for you? To me, it describes Christian discipleship – we are to be good stewards as we work to build the glorious new creation. It is all laid out for us: Isaiah provides God's vision of the heaven we need to build with God's help; Paul sets our action plan in place; and Luke shows us how much endurance we will need to gain our souls as we forge the Kingdom knowing that we live into this heaven through the Grace of God.

Bless you as you begin or continue God's work.

Reflection Questions:

- In your discipleship, how can your faith community encourage and support your response to God's call?
- How will you endure the difficult times ahead so that you can rejoice in the world Isaiah describes?

Glen Mitchell is a member of the TENS Board. He is the Director of Stewardship and Gift Development in the Diocese of New Westminster. He is a member of the Coordinating Committee (Resources for Mission) for the General Synod of the Anglican Church of Canada. He has a Masters degree in Theological Studies from Vancouver School of Theology and is a Certified Fund Raising Executive. He worships at St. Mary's Kerrisdale. He is married and has two daughters.

PS. Pledge cards for the Annual Giving Campaign and Facilities Reserve Fund, and Electronic Funds Transfer Forms, are available on the table by the office door, Chapel side entrance, and on the website.

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).

TODAY AT ASCENSION

Preacher: Rev. Randy Lord-Willkinson

Refreshments and conversation follow every service in the Narthex.

The Nursery is open today from 8:30 a.m. to 12:30 p.m. It is in Room 2, in the rear hallway of the annex at the high school end of the building. Ask a welcome team member for directions.

LIFE LONG LEARNING

Godly Play

This week in Godly Play, we will study The Exodus, when Moses led the People of God out of slavery in Egypt through a parting in the Red Sea. This story helps evoke the People's experience of God's elusive presence. Godly Play classes meet downstairs in Room 6 during the 9, 11 & 11:15 services.

A Joyful Path

The members of A Joyful Path will be spending the next several Sundays studying and learning about "the Many Ways." We will be exploring and discovering the beliefs and rituals of the five major world religions. We will continue our journey from Hinduism to Buddhism. Come and join us in Room 11 during the 9, 11 and 11:15 services.

Youth Group Fall Service Activity

Today, there will be a Youth group Meeting and Spiritual Formation at 6:00pm In Undercroft Commons.

November: Prepare, invite and engage with the faith-based community, fund raise for supplies

December 14th : Attend special Annual National Vigil for All Victims of Gun Violence (Wed evening, anniversary of Newtown)
<http://www.stmarks.net/preventing-gun-violence/>

Yoga Classes

Randy teaches yoga every Thursday at 10:00 a.m. in the chapel. 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. Wear loose fitting, comfortable clothing.

New Music Program for Sunday School

We are so pleased to announce a new component to our Sunday School program. The last Sunday of each month will now be "Music Sunday" with Howard Hanson, Ascension's Children's Music Director. Each Music Sunday we will spend approximately 15 minutes during the 9:00 and 11:15 Sunday School sessions to learn basic music theory, explore our favorite musical traditions and learn new Bible songs. So let's get our children fired up!

LIFE LONG LEARNING

Tai Chi Class

Tai Chi is an ancient tradition that helps us feel healthy and relaxed. It is a moving meditation. Claire Rosser proposes to lead a group through the 88 steps in the Yang Long Form on Thursdays from 4pm to 5pm in the chapel. For detailed information: <http://www.ascensionmd.org/tai-chi-class/>

Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions.

The Listening Heart Community

The Listening Heart community is Ascension's "monastery of the heart", an intentional group for seekers in all stages of their spiritual journey to explore Benedictine and other contemplative spirituality in community. We meet the first and third Monday of each month. Contact Lori Perine at lperine@gmail.com if you would like to join us.

Wednesday Morning Book Group

On November 16 Randy and the Wednesday Morning Book Group will begin exploring *Finding God in the Waves: How I Lost My Faith and Found it Again Through Science*, by Mike McHargue. From Amazon.com: "From the host of the popular podcasts, The Liturgists Podcast and Ask Science Mike, a story of having faith, losing it, and finding it again through science—revealing how the latest in neuroscience, physics, and biology help us understand God, faith, and ourselves." For a fuller description and to purchase, go to <http://amzn.to/2ecQ9DC>

In preparation for this Wednesday's discussion, read the Forward Introduction, and Chapter 1.

Cell Group News

Once in a month, the group for parents of small children, facilitated by Sarah and Brian Annear will meet in the Library at 11:00am and the next meeting is on December 4. While the group originated from the 10:15 service, anyone who fits the profile is welcome! You can read the book's preface and introduction at the below Amazon link. <http://amzn.to/2d87ApX> It is based on this text from Genesis: <http://bit.ly/13yDft0> Feel free to bring snacks/toys to help distract the little ones.

Stillwater Mindfulness Practice Group

Our weekly program of meditation and mindfulness practices in the tradition of zen monk and peace activist Thich Nhat Hahn will continue on Tuesdays from 7:00 to 8:30 p.m. in the chapel.

Mind-Body Skills Workshop

Dr. Tina Lightner-Morris will offer workshops on holistic health using research based healing therapies for 8 Mondays from November 14, 2016 to January 9, 2017 between 7pm and 9pm to help you deal with life changes, stress and illness. Participants have experienced a decrease in depression and anxiety, renewed sense of wellbeing, better coping skills to manage pain, increased energy and stamina, enhanced immune system, greater self-awareness and more. The fee is \$65 per session, \$520 for the series or \$500 if paid in full by the first session.

For more information or if you have question, contact Dr. Lightner-Morris, at 301.524.0808 or tina@lightbalncecounseling.org

LIFE AT ASCENSION

Thanksgiving Day Eucharist



THANKSGIVING SERVICE We will celebrate Thanksgiving in the spirit of gratitude for creation and how the earth God has given us supports our lives. Join us Thanksgiving Day in the main church at 10:00 a.m. for a Eucharist that will reconnect us to a sense of the goodness of creation, and creation as the body of God.

Visitors' Welcome Kits Are Available

If you are visiting Ascension today, Welcome! To learn more about the community that is Church of the Ascension, please take home with you a yellow welcome packet, located on the Chapel counter and on the table next to the Office. A Welcome Team member will be glad to assist you!

Blessing of the Cars



As we celebrate the beginning of the Christian year we pray that God will be with us wherever we go. For that reason we will have the Blessing of the Cars on November 27 after the 11:00 am services. If you want you can decorate your car with flowers.

CARING FOR OUR COMMUNITIES

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 am service on the third Sunday of the month. We will put lunches together on **November 20** at 10:15 am. Contact Edith at esekasi@gmail.com if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

Blood Pressure Screenings



On November 27, there will be blood pressure screenings after each service in Room 1. All are welcome.

ATFA & Rumi Forum Early Thanksgiving Dinner

American Turkish Friendship Association (ATFA) and Rumi Forum of Maryland invite you to join them for our annual " Early Thanksgiving Dinner and Interfaith Celebration of Peace on November 15, from 6:30pm to 8:30pm at ATFA-Rockville. The dinner is dedicated to peace-building in diverse Maryland community. It is free and RSVP Deadline is November 13, 2016.

For any questions about the program, please contact them at maryland@atfa.us

FINANCIAL REPORTS

Last Week's Income*	Weekly Budget Goal	Year to Date Income*	Year to Date Budget Goal
\$11,678.17	\$9,498.19	\$424,252.86	\$417,920.46

N.B.—In addition to pledge and plate income, together with what Ascension receives in rental fees and money from several small trusts, Ascension uses the cash portion of the Endowment Fund to meet month-to-month operating expenses. In general, we have been using between \$7,000 - \$8,000 per month from the Endowment on top of a monthly transfer of \$3,334 that the Vestry approved as part of the 2016 budget.

Pledge Update as of 11-08-16:

- 67 Pledges for the Annual Giving Campaign, total \$151,237
- 35 Pledges for Facilities Reserve Fund, total \$58,170

Thanks to those below who have pledged to the annual giving campaign:

Mary Anna Culkin, Don & Martha Marks, Jake & Ophelia Valley-Ogunro, Christopher & Susan Ahalt, Levin B Broughton, Jemima Carr, Cynthia Perley, Neil & Nathalie Scott, Carolyn Dowling & John Bjerke, Jennie B Cargill, Nancy & John Carman, Beverly Stennett, Gary & Susan McLaughlin, Mary N Waldron, Russell E Weber, Kelvin W Basier, Suzanne E Hood, Monteath B Petersen, Janet King, Betty B Knight, Marjorie Madikoto, Richard & Susan Snay, Margaret Tellu, Stewart & Lavina Williams, Carleton MacDonald, Claire Rosser, Paul Whitmore, Laura Shay & Linda MacNeil, Donna R Moss, Martha Lubet, Sari Stoddard, Avin Lalmansingh, Ceda & Zadinga Ogada, Rose & Jeff Buck, John B Pruessner, John & Kelly Ten-Hagen, Ann & Jim Utterback, Don & Jean Cohn, Kevin Conway, Johnetta Mars-Gibson, Sylvana F McIntosh, James & Antoinette Babcock, Phyllis Eddy/Joseph Deffenbaugh, Betsy Hasegawa, Troyce Holland, Lauren Kingsland, Swithin & Ama Kwamena-Poh, Elizabeth Lennon, David & Stephanie Mitchell, Algernon Thomas, Roy Bevington & Constance Finch, Margaret Donnellon, Janet M Rhoads, Natalie Wilson, Laurie & David Yelle, Joyce & Andrew Bvumbe, Chris & Rachel Ruggeri, Francisco Balicao, Gina Fera, Sarah Gallagher, Gerry & Geraldine Gil, Ron & Jan Hauber, Alice Benson, Margaret Custer, Meredith Louise Horan, Lisa Murdock & Herald Douglas, Maria E Rodriguez, Randy Lord-Wilkinson, Lovetta Willie, Karyn Worthing.

And to those who pledges to the Facilities Fund:

Carleton MacDonald, Claire Rosser, Paul Whitmore, Laura Shay & Linda MacNeil, Donna R Moss, Martha Lubet, Sari Stoddard, Avin Lalmansingh, Ceda & Zadinga Ogada, Rose & Jeff Buck, John B Pruessner, John & Kelly Ten-Hagen, Ann & Jim Utterback, Don & Jean Cohn, Johnetta Mars-Gibson, Sylvana F McIntosh, Janet King, Marjorie Madikoto, Betsy Hasegawa, Lauren Kingsland, Elizabeth Lennon, Algernon Thomas, Roy Bevington & Constance Finch, Margaret Donnellon, Joyce & Andrew Bvumbe, Chris & Rachel Ruggeri, Francisco Balicao, Ron & Jan Hauber, Alice Benson, Meredith Louise Horan, Lisa Murdock & Herald Douglas, Maria E Rodriguez, Randy Lord-Wilkinson, Lovetta Willie, Karyn Worthing

CONTACT US

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- ◆ Office Hours: Monday-Friday 10:00 am-4:00 pm
- ◆ Phone: 301.948.0122 ◆ Fax: 301.926.9012
- ◆ Randy's Cell: 301.801.4347
- ◆ Javier's Cell: 202.903.6426
- ◆ 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
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Media Specialist—Eleni Hailu
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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

Nursery Attendant—Brenda Alvarez

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. Margaret's Parish
Charlie's Place Feeding Program,
St. Margaret's Parish

THIS WEEK AT ASCENSION

MONDAY, NOVEMBER 14

- 11:30 am Living with a Chronic Illness—Room 1
- 1:00 pm Al-Anon—Library
- 6:30 pm Overeaters Anonymous—Room 4
- 7:00 pm **Outreach Committee Meeting—Library**

TUESDAY, NOVEMBER 15

- 6:00 pm **Bible Study—Ascension House**
- 7:00 pm Codependents Anonymous—Room 1
- 7:00 pm Latino Ministry Meeting—Undercroft Commons
- 7:00 pm Stillwater Mindfulness Group—Chapel
- 8:30 pm Al-Anon—Room 1

WEDNESDAY, NOVEMBER 16

- 10:00 am **Wednesday Morning Book Group—Library**
- 1:00 pm Al-Anon—Library
- 6:30 pm **Spanish Class—Ascension House**
- 7:00 pm **Ensemble Rehearsal—Main Church**
- 7:00 pm Overeaters Anonymous—Room 1
- 8:00 pm Gamblers' Anonymous—Chapel

THURSDAY, NOVEMBER 17

- 10:00 am **Yoga Class—Chapel**
- 4:00 pm **Tai Chi—Chapel**
- 7:45 pm **Choir Rehearsal—Choir Room**

FRIDAY, NOVEMBER 18

- 1:00 pm Al-Anon—Library
- 6:00 pm **Couples 12-Step Program—Room 1**

SATURDAY, NOVEMBER 19

- 9:00 am Overeaters Anonymous—Chapel
- 11:00 am Al-Anon—Undercroft Commons
- 11:00 am Overeaters Anonymous—Room 1
- 6:00 pm XV—Wendy Quijada

SUNDAY, NOVEMBER 20

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**
- 9:00 am and 11:00 am **Godly Play—Room 6**
- 9:00 am and 11:00 am **Joyful Path—Room 11**
- 10:15 am **Service for Families with Young Children—Chapel**
- 10:15 am **Men's Shelter Lunches**
- 11:00 am **Misa en Espanol—Chapel**
- 11:15 am **Holy Eucharist—Main Church**
- 5:00 pm **Holy Eucharist—Chapel**

Church Attendance	Oct 23	Oct. 30	Nov. 06
7:45 a.m.	20	24	35
9:00 a.m.	87	90	109
10:15 a.m.	17	28	19
11:00 a.m. Spanish Service	38	38	87
11:15 am	52	83	71
11:30 a.m. At Sunrise	14		
5:00 p.m.	8	17	9
Total:	236	280	330