

## TODAY AT ASCENSION

**Preacher: The Rev. Javier García Ocampo**

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

### 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. There is no yoga on the 27th.

### Two *Armor of Light* Viewings: October 28

Trevor and Angie Hight Walker are offering a viewing and discussion of the award winning video at 8:00 p.m. on Friday, October 28th at their home in Montgomery Village, 9701 Breckenridge Place. Dessert will be served. Reserve your place by emailing [ecg@ascensionmd.org](mailto:ecg@ascensionmd.org)

### Wednesday Morning Book Group

We will finish *Searching for Sunday: Loving, Leaving, and finding the Church* by Rachel Held Evans on November 2 (there will be no group on October 26).

Read Section VII, "Anointing of the Sick" in preparation for Wednesday's discussion.

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>

## LIFE LONG LEARNING

### Cell Group News

On the first Sunday of the month there is a group for parents of small children, facilitated by Sarah and Brian Annear. 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.

Sari Stoddard and Paul Whitmore's group is also using the McLaren book and is taking names of interested people, who will decide when and where to meet together. E-mail Sari at [sari.stoddard@verizon.net](mailto:sari.stoddard@verizon.net) if you want in.

### 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.

### Godly Play

This week in Godly Play, we will bake Communion bread for the church. Godly Play classes meet downstairs in Room 6 during the 9, 11 & 11:15 services.

### 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](mailto:lperine@gmail.com) if you would like to join us.

### 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.

## LIFE AT ASCENSION

### All Saints' at Ascension

At the 9:00 and 11:15 services on Sunday, November 6, we will prayerfully read the names of loved ones who have entered into the "land of light and joy" and are now part of the Church Triumphant. All Saints' Sunday is the occasion for celebrating the lives and legacies of the great saints of the church and the saints of our lives. Forms for you to complete are in today's bulletins and on the tables in the hallway next to the office and in the Chapel. Copies of the list of names of those for whom you have requested prayers will be available on the welcome desk in the narthex of the main church on All Saints' Sunday.



At 7:45, 9:00 and 11:15 we will also renew our Baptismal Covenant.

### Día de los Muertos



At the 11:00 a.m. Spanish Eucharist in the Chapel on All Saints' Sunday, we will be observing a Latin American tradition called the festival of "Día de los Muertos." As is customary we will adorn the altar with pictures of departed loved ones, and offer our memories of them and their spiritual legacies to the Lord.

### "Fifth Sunday" Brunch is Coming

Save the date! Ascension's next gathering of the Fifth Sunday Brunch will take place on next Sunday, October 30 at 12:30 p.m. in the Undercroft. All are welcome, new and old members alike. Sign up here: <http://bit.ly/2e3ztmi>  
See all of you there on the 30th.

### 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!

## 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 **TODAY** at 10:15 am. Contact Edith at [esekasi@gmail.com](mailto:esekasi@gmail.com) if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

### Fall into Wellness Health Fair

Come to Church of the Ascension on Saturday, October 29 from 9:00 a.m. to 2:00 p.m., to a health fair hosted by The Diabetes Selfcare Management Institute. There you can get a free flu vaccination, information on the latest trends in health and wellness, an exercise demonstration, vendor giveaways and discounts, and some good old fashioned fun for the kids. See the posters in the narthex, chapel, and table outside the office.

## FINANCIAL REPORTS

Last Week's Income*	Weekly Budget Goal	Year to Date Income*	Year to Date Budget Goal
\$6,672.21	\$9,498.19	\$396,870.80	\$389,425.88

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 10-18-16:

- 21 Pledges for the Annual Giving Campaign, total \$46,482
- 8 Pledges for Facilities Reserve Fund, total \$16,940

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

Mary Anna Culkin, Don & Martha Marks, Jake & Ophelia Yalley-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

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

## CONTACT US

205 S. Summit Ave., Gaithersburg, Maryland, 20877  
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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  
ocampo@ascensionmd.org, voice mailbox 16

**Seminarian**—Jason Cutshall  
jascut@mac.com

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

**Parish Administrator** - Kathy Van Arnum  
office@ascensionmd.org, voice mailbox 10

**Media Specialist**—Eleni Hailu  
comm@ascensionmd.org, 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

## 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  
Church musicians and choirs  
International human rights and all organizations and  
individuals that promote peace and justice worldwide.  
Remember United Nations Day (October 24)

## THIS WEEK AT ASCENSION

### MONDAY, OCTOBER 24

1:00 pm Al-Anon—Room 1  
6:30 pm Overeaters Anonymous—Room 4  
7:00 pm Jr. Girl Scout Meeting—Room 1

### TUESDAY, OCTOBER 25

6:00 pm Bible Study—Ascension House  
7:00 pm Codependents Anonymous—Room 1  
7:00 pm Stillwater Mindfulness Group—Chapel  
8:30 pm Al-Anon—Room 1

### WEDNESDAY, OCTOBER 26

10:00 am No Wednesday Morning Book Group  
1:00 pm Al-Anon—Room 1  
6:30 pm N. Montgomery Cty Regional Meeting—Main Church  
7:00 pm Ensemble Rehearsal—Choir Room  
7:00 pm Overeaters Anonymous—Room 1  
8:00 pm Gamblers' Anonymous—Chapel

### THURSDAY, OCTOBER 27

10:00 am No Yoga Class  
11:00 am Episcopal Seeking Seniors—Asbury  
6:00 pm Bariatric Support Group—Chapel  
7:45 pm Choir Rehearsal—Choir Room

### FRIDAY, OCTOBER 28

1:00 pm Al-Anon—Library

### SATURDAY, OCTOBER 29

9:00 am Overeaters Anonymous—Chapel  
9:00 am Wellness Community Program—UC  
11:00 am Al-Anon—Undercroft Commons  
11:00 am Overeaters Anonymous—Room 1

### SUNDAY, OCTOBER 30

Preacher: Jason Cutshall

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  
11:00 am Holy Eucharist in Spanish—Chapel  
11:00 am Misa en Espanol—Chapel  
11:15 am Holy Eucharist—Main Church  
12:30 pm 5th Sunday Brunch—UC  
5:00 pm Holy Eucharist—Chapel

Church Attendance	Oct 2	Oct 9	Oct 16
7:45 a.m.	33	22	18
9:00 a.m.	94	79	104
10:15 a.m.	10	12	22
11:00 a.m. Spanish Service	44	39	52
11:15 am	41	52	49
11:30 a.m. At Sunrise	—	12	11
5:00 p.m.	30	9	18
Total:	252	225	274

## WELCOME TO CHURCH OF THE ASCENSION

*The Twenty-Third Sunday after Pentecost: 23 October A.D. 2016*

Living Generously  
The Rev. Carolyn Woodall

I suspect that when people think about stewardship most think about their pledge. There is nothing wrong with that as churches certainly need money to survive and flourish - generally more than they have. But that isn't the end of it because stewardship encompasses so much more. Being a steward requires that we carefully and responsibly manage or care for something that has been placed in our care. That could certainly be the finances. After all, the rector and staff must be paid. There are also a few other expenses, such as the gas, electricity, water, garbage collection, phones, office supplies, flowers, wine, wafers, linens, perhaps a mortgage, and - as everyone who has ever been on a vestry knows - a thousand and one maintenance projects. These must be carefully managed. But paying the bills and keeping the campus in repair constitute only limited aspects of stewardship. As members of a congregation we are all responsible for these things through the donation of our Time, Talent, and Treasure - the three "T's" we hear so much about. Our buildings and grounds are important as places from which to reach out and do our real work. The Church is the people both inside - and outside - the walls.

So we have to ask, What else has been placed in our care? How about the other members of our respective congregations? Most certainly we must support each other if our congregations are to function. Our fellow parishioners are certainly to be counted among our neighbors whom we are to love as ourselves. What about our families? Is there any question there? Of what else are we stewards? We are stewards also for the poor, the hungry, the homeless, the sick, and anyone else in need - these, too, are our neighbors whom we are called to love. This is a stewardship obligation clearly set forth in the Gospels. We are called to feed the hungry, tend the sick, clothe the naked and welcome the stranger. These, too, are part of the Church. When we are charged - by society or by God - to care for someone or something, we are stewards. How do we fulfill our obligations? We can certainly give of our income. Perhaps you can mend vestments? How are your carpentry skills? Can you collect clothes and food for the homeless? Can you knit a scarf or hat for someone who has none? How about lending a sympathetic ear to a troubled friend? It is in giving of ourselves for others that we, as Christians, should find our greatest joy, and there are countless ways to be joyful.

### Reflection Questions

- What is something you can do well?
- How can that be used to help the Church, either inside or outside the walls?

The Rev. Carolyn Woodall was ordained a Deacon in the Diocese of San Joaquin in 2012 after spending 28 years as an attorney. She is a member of the board of directors of Integrity USA, the board of trustees of The School for Deacons in Berkeley, from which she graduated in 2011, and the board of Sierra HOPE, which provides services to those with HIV/AIDS and other chronic illnesses. Carolyn lives in Copperopolis, Calif., with one of her two adult children, as well as four cats who deign to let her live with them

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).