

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."



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 LONG LEARNING

Cell Groups at Ascension

As we lean into Fall it's time to revisit the concept of small "cell" (as in "of the Body of Christ") groups. Would you consider hosting or joining a group of about 6 to 12 people that is centered around study and discussion and that deepens the experience of community?

Some groups meeting at Ascension already function this way, such as the "Listening Hearts Community" on Monday evenings, the Education for Ministry Group on Tuesday evenings, and the Wednesday Morning Book Group ("WAM"). These cell groups meet at the church, but groups may meet in somebody's home, or even at places like Panera or Growler's Pub!

There are many leader friendly formats. Check out the "African" or "Lambeth" Bible Study here: <http://bit.ly/NeenOS>. Or the 6 session "Discipleship Group" curriculum that's based on the Baptismal Covenant: <http://bit.ly/1jSMb23>.

There are many fantastic books that would be great to share with others, such as:

- Karen Armstrong, *Twelve Steps to a Compassionate Life*;
- Diana Butler Bass, *Grounded: Finding God in the World— A Spiritual Revolution*;
- Marcus Borg, *Speaking Christian*;
- Peter Gomes, *The Good Book: Reading the Bible with Mind and Heart*;
- Brian McLaren, *We Make the Road by Walking*.

If you have a book that excites you that you want to share, let Randy know. Ideally, it will be one that will better equip you to be an "ambassador for Christ."

Groups may meet as many times as they want, of course; the suggested timeframe for getting together is 1 to 3 times a month. How often you meet and where is something you work out with people you've signed on with.

E-mail Randy if you are interested in facilitating a group, or being part of one. He will eventually publish a directory of groups for people to see what's available, and a date to get the leaders squared away before we commence. His personal group will likely be a monthly one with other group leaders.

A group for families with young children who attend the 10:15 service will meet; contact Sarah Annear if you are interested, sarahannear@gmail.com. Paul Whitmore and Sari Stoddard will host a group using the McLaren book. Contact Sari at sari.stoddard@verizon.net. There is also interest in a group for singles at Ascension, over 40 and under 40. Once he has a number of commitments from prospective facilitators, Randy will circulate a list of available groups with a description of what they're about.

LIFE AT ASCENSION

Ministry Fair and Fiesta de las Americas!

Next Sunday we gear up for the coming program year. In addition to the annual Ministry Fair, 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. Classes for children up to fifth grade 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. Christian Formation for Youth happens during Youth Group.

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).

A Call for Worship Leaders

Attention all Worship Leaders - Acolytes, Readers, Healing Prayer Leaders, Chalcists 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



LIFE AT ASCENSION

Ascension Office Hours

The Church Office hours have returned to 9:30 a.m.— 3:30 p.m., Monday through Friday.

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.

Demolition Person Needed

Ascension has need of a volunteer to break down a desk discarded by the preschool and move it to the dumpster. Please contact the church office if you can help.

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>

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!

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 on September 18. Contact Edith at esekasi@gmail.com if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

FINANCIAL REPORT

Last Week's Income*	Weekly Budget Goal	Year to Date Income*	Year to Date Budget Goal
\$8,337.50	\$9,498.19	\$323,911.89	\$322,938.50

CONTACT US

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

- ◆ 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—Jerrold 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 The Church of the Holy Communion, Congress Heights Parish.

Pray for all who labor, those who are unemployed, those who seek jobs, and all who must work for less than a living wage.

THIS WEEK AT ASCENSION

MONDAY, SEPTEMBER 5

Labor Day—Office Closed

6:30 pm Overeaters Anonymous—Room 4

7:00 pm Listening Hearts Community—Library

TUESDAY, SEPTEMBER 6

7:00 pm Codependents Anonymous—Room 1

Stillwater Mindfulness Group—Chapel

8:30 pm Al-Anon—Room 1

WEDNESDAY, SEPTEMBER 7

10:00 am Wednesday Morning Book Group—Library

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 8

10:00 am Yoga Class—Chapel

7:45 pm Choir Rehearsal—Choir Room

SATURDAY, SEPTEMBER 10

9:00 am Overeaters Anonymous - Room 1

11:00 am Al-Anon - Undercroft Commons

Overeaters Anonymous - Room 1

SUNDAY, SEPTEMBER 11

Preacher: Members of the Work Camp

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

10:15 am Ministry Fair—Undercroft Commons

11:00 am Holy Eucharist in Spanish—Chapel

11:15 am Holy Eucharist—Main Church

12:15 pm Ministry Fair—Undercroft Commons

12:30 pm Fiesta de las Americas—Undercroft Commons

12:30 pm Pastoral Care Team Meeting—Library

5:00 pm Holy Eucharist—Chapel

Church Attendance	Aug 14	Aug 21	Aug 28
7:45 a.m.	26	23	29
9:00 a.m.	60	58	75
10:15 a.m.	16	15	12
11:00 a.m. Spanish Service	42	32	32
11:15 am	35	38	40
11:30 a.m. At Sunrise		12	18
5:00 p.m.	12	14	16
Total:	191	192	222

WELCOME TO CHURCH OF THE ASCENSION

The Sixteenth Sunday after Pentecost: 4 September A.D. 2016

Hope will Triumph

Daily we hear of the distress, disaster and crime that happens all around us. Media reports are filled with violence, poverty, natural disasters and incurable diseases. We wonder where it is all going to end.

When we are touched personally by these things, there is the danger of allowing it to lead to a negative attitude towards life. The troubles that you experience in your own life play havoc with your emotions, and your spiritual well-being goes into reverse gear. Eventually the stress and tension can become too much for you to bear.

If this is how you are experiencing life right now, it is high time you turned away from these adversities and focused instead on the loving acts of God. Read in the Scripture how God miraculously saved people. See how often God turned defeat into victory. Look anew at the greatest and most glorious example of the omnipotence of God - the triumph of Christ Jesus over sin, the Evil One, and death on the cross of Golgotha.

When the situation in the world seems to be at its most dire, it is time to contemplate the miracles of God. Focus on God's love and on how much God cares for you. You will have no option but to realize that God is all-powerful; supreme in all things. You will never be disappointed when you place your hope in God.

Peace,

The Rev. Javier Ocampo

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).