

TODAY AT ASCENSION

Preachers: Ms. Diana Gustafson

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.

Wednesday Book Group: *Gilead*

The Wednesday Morning Book Group ("WAM") is reading the novel *Gilead*, by Marilynne Robinson. The book is available in multiple versions from Amazon.com: <http://amzn.to/24o1hVf>. Discussion of *Gilead* continues on Wednesday, June 29 at 10:00 a.m. in the Library. Read to page 160 for this week's discussion.

Women's Retreat

The Women's Retreat is back!! Once again Hallowed Retreat Center, near Sugarloaf Mountain, will be the site of our gathering of the women of Ascension for renewal, fellowship and learning from Friday evening, August 19-21, 2016. *Registration forms are already available on the table outside the office.*

The planning committee welcomes suggestions for topics or activities, particularly if someone can share their expertise. Contact Ophelia Magnusen Yalley-Ogunru, opiemagz@gmail.com or Lauren Kingsland, Laurenkingsland@gmail.com.

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 Iperine@gmail.com if you would like to join us.

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

Diana's Last Sunday Today

Today is our last Sunday with seminarian Diana Gustafson. Let's celebrate her time here at Ascension at 12:30 p.m. in the Narthex and Nave.

Gisele Lachance to Retire as Nursery Director

After 20+ years of service, Gisele has decided to retire from her position at Ascension, effective today. Be sure to stop by the Nursery and thank her for an amazing run!

Blood Pressure Screenings



Today there will be blood pressure screenings after each service in Room 1.

Summer Office Hours



During the months of June, July, and August, the church office hours will change. The office will be open Mondays-Thursdays, 9:30 a.m.—4:00 p.m., and on Fridays 9:30 a.m.-1:30 p.m.

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 June 26, July 10, July 24, August 7, and 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

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.

As your diocesan staff, we are proud of all that your students have learned and accomplished in their lives thus far, and we pray that the path ahead is one of continued growth and opportunity.

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

Ascension Softball

The men's softball team play on Mondays at 6:30 p.m. Playoffs will be July 25 & 30.

June 27 Ascension vs. Journeys Crossing at Flower Hill Field

July 11 Ascension vs. Gatiersburg Church of the Nazarene at Johnsons Field

July 18 Ascension vs. Seneca Creec CC

If you would like more information, contact Ted Bedell at tedbedell@comcast.net or 301.520.8449, or Bill Ward at William.ward@nrc.gov or 301.523.4088.

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 desk under the bulletin board in the Narthex, and the table near the Chapel door. - Randy

Keep Us Informed

If you have a new email, phone number and/or address - please let the office know. You may email office@ascensionmd.org, leave the information in the basket on the table by the office, or call 301.948.0122.

CARING FOR OUR COMMUNITY

Work Camp 2016

Saturday, July 16- Friday, July 22

Where: Philadelphia City Camp/Episcopal Mission Center.
Cost: \$398

Go to: episcopalmissioncenter.org/summer-break.html

This is always a very rewarding experience for Youth and for the adult chaperones. The number of spots is limited but sufficient, and will be filled on a first come first served basis. There is room for 18 youth and 4 adults.

Please contact Angie to sign up or with any questions: angela.hightwalker@gmail.com. Make checks out to Church of the Ascension, with Work Camp in the subject line. Please, leave the check with Kathy in the office, not in the plate or with Angie.

All undesignated offerings today will go toward Work Camp.

Fundraisers are being organized by youth and their parents. Scholarships are available. See Angie or Randy.

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



WORSHIP

Worship Rosters

Worship rosters for July, August, and September have been emailed out. There are also hard copies available on the table outside the office and in the chapel.

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' 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

Spanish Language Missioner—The Rev. Javier García Ocampo
ocampo@ascensionmd.org, voice mailbox 16

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

Seminarian—Diana Gustafson, dmorgan1@vts.edu

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

Communications - Pia Leaman
leamanp@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

Nursery Director - Gisèle Lachance, 301.928.0788

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 Cathedral
Church of St. Peter and St. Paul, The Cathedral Chapter,
The Cathedral Chaplains and Cathedral Volunteers, The
Protestant Episcopal Cathedral Foundation



THIS WEEK AT ASCENSION

MONDAY, JUNE 27

6:30 pm Overeaters Anonymous - Room 1

TUESDAY, JUNE 28

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

WEDNESDAY, JUNE 29

10:00 am Gilead Book Group—Library
7:00 pm Ensemble Rehearsal—Main Church
8:00 pm Gamblers' Anonymous—Chapel

THURSDAY, JUNE 30

10:00 am Yoga—Chapel

FRIDAY, JULY 1

6:00 pm Couples in Recovery—Room 1

SATURDAY, JULY 2

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

SUNDAY, JULY 3

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
5:00 pm Holy Eucharist—Chapel

Church Attendance	June 5	June 12	June 19
7:45 a.m.	25	33	31
9:00 a.m.	80	85	88
10:15 a.m.	10	18	17
11:00 a.m. Spanish Service	Picnic: 73	40	60
11:15 am		34	31
11:30 a.m. At Sunrise	-	12	16
5:00 p.m.	10	20	15
Total:	198	242	258

WELCOME TO CHURCH OF THE ASCENSION

The Sixth Sunday after Pentecost: 26 June A.D. 2016

Trust

Trust is a feeling of confidence or conviction that things can unfold within a dependable framework that embodies order and integrity. We may not always understand what is happening to us, or to another, or what is occurring in a particular situation; but if we trust ourselves, or another, or we place our trust in a process or an ideal, we can find a powerful stabilizing element embracing security, balance, and openness within the trusting which, in some way, if not based on naivete, intuitively guides us and protects us from harm or self-destruction.

The feeling state of trust is important to cultivate in mindfulness practice, for if we do not trust in our ability to observe, to be open and attentive, to reflect upon experience, to grow and learn from observing and attending, to know something deeply, we will hardly persevere in cultivating any of these abilities, and so they will only wither or lie dormant.

Part of mindfulness practice is to cultivate a trusting heart. Let's begin by looking deeply into what we can trust in ourselves. If we don't immediately know what there is to trust in ourselves, maybe we need to look a little deeper, to dwell a little longer with ourselves in stillness and in simply being. If we are unaware of what we are doing a good deal of the time, and we don't particularly like the way things turn out in our lives, perhaps it's time to pay closer attention, to be more in touch, to observe the choices we make and their consequences down the road.

Perhaps we could experiment with trust in the present moment, accepting whatever we feel or think or see in this moment because this is what is present now. If we can take a stand here, and let go into the full texture of now, we may find that this very moment is worthy of our trust. From such experiments, conducted over and over again, may come a new sense that somewhere deep within us resides a profoundly healthy and trustworthy core, and that our intuitions, as deep resonance of the actuality of the present moment, are worthy of our trust.

Written by Jon Kabat-Zinn, from *Wherever You Go There You Are*

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).