

TODAY AT ASCENSION

Preachers: Ms. Barb Mansfield

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, July 13 at 10:00 a.m. in the Library. Read to page 215 for this week's discussion.

Women's Retreat

The Women's Retreat is back!! Once again Hallwood 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 gather twice a month for contemplative prayer, readings, and discussion.

During the month of July, we will meet on Mondays July 11 in Room 3, and July 25, 7:00-8:30 p.m., in the library. Contact Lori Perine at lperine@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

Work Camp Fundraiser—Dine Out



Come out and support our Youth Group. Grab lunch or dinner (or both) on July 12 at Ledo Pizza, 19200 Montgomery Village Avenue, Village Plaza. Bring the flyer available on the table outside the office and in the Chapel. When you show them the flyer and mention Ascension, our Youth Group will receive 20% of the check for their Work Camp trip to Philadelphia.

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 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.

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).

Ascension Softball

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

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

July 18 Ascension vs. Seneca Creek 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.

LIFE AT ASCENSION

Funeral for Ernie Rossi at Arlington

Former parishioner Ernie Rossi will be interred with full military honors at Arlington National Cemetery at 1:00 p.m. on Thursday July 14th. The ceremony will begin at the Old Post Chapel before the caisson, band, family and guests proceed to the burial site. Those attending will need to enter through the Fort Myer gate. Please arrive 30 to 45 minutes early to go through security. All are welcome to attend.

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's Adventurers to Visit Kenilworth Aquatic Gardens

All parishioners and friends are invited to join us in visiting Kenilworth Aquatic Gardens on Saturday, July 16, where we will participate in their annual "Lotus and Water Lily Festival."

We will meet in the Ascension House parking lot at 9:00 a.m. to carpool. Alternatively, you can meet us at Kenilworth's Visitors Center at 10:00 a.m. Admission is free.

Participants are also invited to join us at Thai Farm Restaurant (800 King Farm Blvd., Suite 125, Rockville) for lunch.

For information about Kenilworth Aquatic Gardens see: <https://www.nps.gov/keaq/index.html>

For information about Thai Farm Restaurant see: <http://www.thaifarmrestaurant.com/>

Contact Richard Snay at rssnay@aol.com or 240.750.5960 if you have any questions.

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.**

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. We will put lunches together next on July 17.

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

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, will put out lists of supplies on Sunday July 10th, 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

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' 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
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Altar Guild Directors-Sari Stoddard, 301.972.0914,
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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 Diocesan
Historiographer

THIS WEEK AT ASCENSION

MONDAY, JULY 11

11:30 am Living with Serious Illness Group—Room 1
6:30 pm Overeaters Anonymous - Room 1
7:00 pm Listening Heart Community—Room 3
Outreach Committee—Library

TUESDAY, JULY 12

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

WEDNESDAY, JULY 13

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

THURSDAY, JULY 14

10:00 am Yoga—Chapel

FRIDAY, JULY 15

6:00 pm Couples in Recovery—Room 1

SATURDAY, JULY 16

Work Camp Begins

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

SUNDAY, JULY 17

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
Men's Shelter Lunch Preparation—Undercroft
Commons
11:00 am Holy Eucharist in Spanish—Chapel
11:15 am Holy Eucharist—Main Church
1:30 pm Maryland Uke Jam—Undercroft Commons
5:00 pm Holy Eucharist—Chapel

Church Attendance	June 19	June 26	July 3
7:45 a.m.	31	28	25
9:00 a.m.	88	75	85
10:15 a.m.	17	25	21
11:00 a.m. Spanish Service	60	47	40
11:15 am	31	36	37
11:30 a.m. At Sunrise	16	2	13
5:00 p.m.	15	20	13
Total:	258	233	234

WELCOME TO CHURCH OF THE ASCENSION

The Eighth Sunday after Pentecost: 10 July A.D. 2016

Recognition

One of the most important things my bishop in the Diocese of Olympia did for his clergy was model good self care. He took a sabbatical. The year after he did this, it seemed like dozens of priests followed his example. Many of them made pilgrimages of various sorts, including me.

I'm not writing this to tell you about clergy wellness but about an experience my bishop had that I am having regularly. He didn't wear his purple shirt and collar while he was away and travelling, so you couldn't just look at him and tell what his occupation was. Nonetheless, he regaled us with hilarious tales of the directions his conversations with strangers took.

Almost invariably they began talking about their lives and beliefs. In a word, if he talked with them long enough, they began to share their thoughts and feelings about the meaning of their lives: their hopes, joys, losses, fears. These are spiritual conversations, even if God is not named.

Why did this happen? I have my theories. This happens to me all the time. First of all, I enjoy talking to strangers and engaging people in conversation. Even when I am out of "uniform" (I do wear my clerical collar occasionally), given time, the dialog will run to topics of deep meaning. I don't think this is because of my priestly "mojo." I believe it's just because I am interested in people's lives and journeys.

There are varieties of motivation for this kind of interest. Mine is born of my own spiritual path as a Christian, which is partly why I'm a priest but that's only one aspect of my baptismal ministry. I believe that the longer we're on the Christian path, or "way," the more inner real estate is occupied by the Spirit. That Spirit impels me (with my consent, of course) to seek Christ in the world as well as to be Christ in the world.

If you express a deep, selfless concern for anyone, in most cases they will open up to you. A "note" is added when you bear Christ to them. At some level they recognize him in you and respond to him by sharing the secret thoughts of their hearts.

I'll bet you have many stories like mine.

Namasté,
Randy

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).