

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.

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

New Wednesday Morning Book



We will start a new book on August 3; *Searching for Sunday, Loving, Leaving, and finding the Church* by Rachel Held Evans.

From Amazon: From *New York Times* bestselling author Rachel Held Evans comes a book that is both a heartfelt ode to the past and hopeful gaze into the future of what it means to be a part of the Church.

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.

Summer Baptisms

Summer Baptisms will be offered in August. Please contact Randy if you want to schedule a baptism at ral@ascensionmd.org, or call 301.948.0122 ext. 12.

LIFE LONG LEARNING

Women's Retreat

The Women's Retreat is back!! Once again Hallowood 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

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 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.

Blood Pressure Screenings

Next Sunday, July 24, there will be blood pressure screenings in Room 1 after each service. All are welcome.

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.

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.

Yard Sale, August 13

We are having another yard sale on Saturday, August 13 from 8:00 a.m.—3:00 p.m. Again, if you have items to donate for the yard sale, please bring them to church and leave in the office. Also, if you are able to help out during the yard sale on August 13, let Javier know at ocampoj@ascensionmd.org.

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).

LIFE AT ASCENSION

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

Altar Flowers

If you have a special date you would like to donate flowers for the altar, please put your name on the altar flower calendar on the bulletin board in the Narthex. Also, fill out an altar flower envelope, available on the table outside the office with your information and donation. Thank you! There are several open dates in the upcoming months.

CARING FOR OUR COMMUNITY

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 today.

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, has put out lists of supplies needed in the Narthex, 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
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Children's Music Leader - Howard Hanson,
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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 Church of
Mary Magdalene, St. Christopher's Church



THIS WEEK AT ASCENSION

MONDAY, JULY 18

6:30 pm Overeaters Anonymous - Room 1

TUESDAY, JULY 19

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, JULY 20

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

THURSDAY, JULY 21

10:00 am Yoga—Chapel

SATURDAY, JULY 23

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

SUNDAY, JULY 24

Preacher: (The Rev.) Randy Lord-Wilkinson

Blood Pressure Screenings after each service in Room 1

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
1:30 pm Vestry Meeting—Room 1
5:00 pm Holy Eucharist—Chapel

Church Attendance	June 26	July 3	July 10
7:45 a.m.	28	25	28
9:00 a.m.	75	85	85
10:15 a.m.	25	21	17
11:00 a.m. Spanish Service	47	40	31
11:15 am	36	37	42
11:30 a.m. At Sunrise	2	13	
5:00 p.m.	20	13	22
Total:	233	234	225

WELCOME TO CHURCH OF THE ASCENSION

The Ninth Sunday after Pentecost: 17 July A.D. 2016

We are ambassadors who represent Christ. - 2 Corinthians 5:20

As you well know I am passionate about the need for Christians to learn to translate the teachings of Christianity into words and images that 21st century people can understand. I've shared with you from time to time about how often I've met lapsed members of churches who'd dutifully and joyfully brought their children up in the faith. They did lots of great volunteer work, served on committees, launched into outreach activities and taught Sunday School, for example. And they also tended to drift away after their children left the nest.

They found themselves in a spiritual vacuum. Nothing filled the hole left by the cessation of all the activities associated with child-rearing years in the church. In particular, they tell me how they cannot accept, on an intellectual level, the words of the Creeds and Bible and many of the prayers. The ancient language is opaque to them, and a stumbling block to further spiritual development, at least in the Christian Church. For the many Christians who remain (happily, even), intellectual assent to the Creeds and doctrines of Christianity as they've been received from antiquity, verbatim, is the assumed prerequisite to being a Christian in good standing.

Historically, many in the last century have been more concerned with accepting Church doctrines than taking comfort and finding new life in living as ambassadors for Jesus in today's world. I meet these "exiles" everywhere. And, of course, this is not the only reason people drifted away from Ascension or "organized religion." But this is one area that we can address head on. There are many marvelous resources for those of us who feel drawn to a ministry of learning to "speak Christian" so that we can bring those "lost sheep" back into our fold.

I for one have always felt a "call" to do this, and to complement the reshaping and updating of Christian thought and speech with practical instruction in techniques that will enable *anybody* to deepen her conscious awareness of God.

In the program year to come watch for classes that will help us all become better ambassadors.

Peace, 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).