



This Week at Ascension

[Link to the Bulletins for August 14](#)

[Link to Randy's August 7 sermon "You Are What You Eat"](#)

[Link to the Episcopal Diocese of Washington's Website](#)

Calendar Highlights

Saturday, August 13

8am Yard Sale

9am Overeaters Anonymous, Chapel

11am Al-Anon, Undercroft Commons

11am Overeaters Anonymous, Room 1

Sunday, August 14

7:45am Holy Eucharist, Main Church

9am Holy Eucharist, Main Church

10:15am Holy Eucharist for Families with Young Children, Chapel

11am Holy Eucharist in Spanish, Chapel

11:15am Holy Eucharist, Main Church

5pm Holy Eucharist, Chapel

Monday, August 15

6:30pm Overeaters Anonymous, Room 1

Tuesday, August 16

7pm Codependents

Ascension: Church of the Big Table

If the Episcopal Church is the Big Tent, then Ascension is the Big Table. One of the most distinctive things about Ascension is that it has 6 services a Sunday, one of which is in Spanish. This is the legacy of a past generation of parish leaders who studied church growth and acted upon the exhortation of a distinguished teacher who said, "If you have a service, add another, and make it different!" This gave rise to our very popular 10:15 service for families with young children and the 5 o'clock "Last Chance Church" Eucharist. The latter used to be called the "Come as You Are" service, but all of our liturgies are.

Soon after (Ash Wednesday 2004) came the Spanish Eucharist, under the leadership of The Rev. Canon Simón Betances Bautista, who's now doing mission in the Diocese of Texas. The goal is to increase the diversity of our membership by making the Table bigger.

I get a lot of questions about that gong we use at 9:00 a.m. Bells in the Eucharist in days of yore were for the purpose of signaling to largely illiterate worshipers when the "transformation" of the Bread and Wine into the Body and Blood of Christ happened. Now, and here, I am using a meditation gong as a way to introduce a contemplative element into our classic Eucharist. We will invite it to sound once after the reading, and once after each of the paragraphs in the Great Thanksgiving known as the "words of institution." The readers and celebrant will pause for some duration until the gong is nearly silent. You may simply observe and savor the time of quiet, or say a word of prayer, such as 'Come, Holy Spirit'.

The 11:15 was more challenging to design as there are no well established recipes for such an undertaking. Its most striking difference is the modern Christian music written and composed by, for the most part, living composers from across the denominational spectrum. Congregational singing is accompanied by a largely volunteer group of dedicated amateur musicians (flute, oboe, 6 and 12 string guitar, and light percussion) and a cantor (or "song-leader"), backed up

Anonymous, Room 1
7pm Stillwater Mindfulness
Group, Chapel
8:30pm AI-Anon, Room 1

Wednesday, August 17

6:30pm Spanish Class,
Ascension House
7pm Ensemble Rehearsal,
Main Church
8pm Gamblers Anonymous,
Chapel

Thursday, August 18

10am Yoga, Chapel

[Link to our Online Calendar](#)

Worship Leaders

Sunday, August 14

Preacher: (The Rev.) Randy Lord-
Wilkinson

Flower Delivery: Adoma Baffoe,
Esther Sawyer

7:45 AM Reader/Prayers: Leslie
Sanya, *Chalicians:* Sharon Hayden,
Leslie Sanya, *Healing Prayer:* Janet
King, *Acolytes:* Raymond Chin,
Aidan Douglas, *Welcome Team:*
Meredith Horan, Enid Cole, *Altar*
Guild: Leslie Sanya, Wadai Dennis

9:00 AM, Readers: Carleton
MacDonald, Sue Snay, *Prayers:*
Gordon Donnelly, *Chalicians:* Sue
Snay, Swithin Kwamena-Poh,
Healing Prayer: Major Clemens,
Acolytes: Manny Johnson, Nuelle
Johnson, Msangwa Ogada, *Welcome*
Team: Swithin Kwamena-Poh, Kevin
Blanc, Algernon Thomas *Altar*
Guild: Ophelia Yalley-Ogunto, Joyce
Bvume

11:15 AM Reader: Peedy Terry,
Chalicians: Anika Lalmansingh,
Christian Nwankwo, *Healing Prayer:*
Alex Langley, *Welcome Team:* Avin
Lalmansingh, Karl Didavi, Clark
Didavi, *Altar Guild:* Anika
Lalmansingh, Avin Lalmansingh

5:00 PM Reader/Chalician: Christine
Yankus-Eng

Eucharistic Visitors: Pamela Irons-
forth

by two professionals, our Minister of Music Jerrold on the grand piano, and Howard Hanson on the electric bass. This is not a "praise band" leading contemporary Christian music (although I applaud that model for liturgical churches), but something else. Check it out some Sunday if you oversleep.

By the way, if this kind of thing interests you, consider attending with me "Missional Voices: Liturgy, Music, and Context," on Saturday, October 15, at Virginia Theological Seminary.

Peace, Randy

Announcements

(click for more info)

HEADLINERS

[Yard Sale and Car Wash, August 13](#)

[Linkages to Learning](#)

[Women's Retreat - with Registration Form](#)

CHRISTIAN FORMATION

[Yoga at Ascension](#)

[New Wednesday Morning Book: Searching for Sunday, Loving, Leaving, and finding the Church](#)

[Education for Ministry, Fall 2016](#)

[Listening Heart Community at Ascension](#)

[Still Water Mindfulness Practice Group](#)

WORSHIP

[Ascension Choir](#)

[Worship Rosters, July-September](#)

[Bulletins for Tablets Link](#)

SERVICE

[Men's Shelter Lunch Preparation](#)

LIFE AT ASCENSION

[Helping Your Seniors](#)

[Armor of Light](#)

[Summer Office Hours](#)

[Living with Serious Illness Group](#)

[Keeping the Feast](#)

[Prayer Request Updates](#)

[Welcome New Seminarian Jason Cutshall](#)

[September Is Coming!](#)

PUBLICATIONS

[Link to the Annual Report and the Vestry Candidate Questionnaire](#)

[August Ascendant](#)

[Together We Shine](#)

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:
In the Diocesan cycle of prayer, we pray for St. Mary's Church, St. Mary's Court, St. Mary's Scholarship Committee.

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:
Helen, Joseph, George, Homé, Maria Estela, Peg, Lea Ann, Nancy, Janet, Lou, Fran, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

We pray for peace in the world and all who are serving our country here and abroad, especially those in harm's way, and their families.

Equip us and empower us to be witnesses to your love - as advocates and as servants, as ministers of welcome and of hope for all affected by natural disasters, violence, and war.

We pray for all special intentions, and those on our extended Healing Prayer List.

We give thanks for the lives of Grey and Dick Froelich, in whose memory the altar flowers are given.

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