



This Week at Ascension

[Link to the Bulletins for February 15](#)

[Link to Ms. Kate Siberine's Sermon from February 8.](#)

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

Calendar Highlights

Friday, February 13
6pm Couples 12-Step Program, Ascension House

Saturday, February 14
9am Overeaters Anonymous, Undercroft Commons
11am AI-Anon, Undercroft Commons
11am Overeaters Anonymous, Ascension House

Sunday, February 15
7:45am Holy Eucharist, Main Church
9am Holy Eucharist, Main Church
9am Godly Play, Room 6
10:15am Holy Eucharist for Families with young Children, Chapel
10:15am A Joyful Path, Room 3
10:15am Rite 13 & Confirm, not Conform, Ascension House
10:15am Men's Shelter Lunch Preparation, Undercroft Commons
10:15am Choir Practice,

Why Meditate?

It may be hard to convince yourself of the value of interior silence. But if you are going to practice centering prayer, [a popular form of Christian meditation] the only way to do it is to ignore every thought. Let it be a time of interior silence and nothing else. If God wants to speak to you in successive words, let Him do so during the other twenty-three hours of the day. He will be more pleased that you preferred to listen to His silence. In this prayer God is speaking not to your ears, to your emotions, to your head, or even to your heart, but to your spirit, to your inmost being. There is no human apparatus to understand that language or to hear it. A kind of anointing takes place. The fruits of that anointing will appear later in ways that are indirect: in your gentleness, peace, and willingness to surrender to God in everything that happens. That is why interior silence is greater than any insight. It also saves you a lot of trouble. Pure faith is the surest and straightest road to God. Human nature wants to recall spiritual experiences of one kind or another in order to be able to explain them to oneself and to others. The remembrance of spiritual experiences is okay up to a point, but such experiences are not as important as interior silence. Don't reflect on them during centering prayer. If they have genuine value, they will come back to you later. The deeper your interior silence, the more profoundly God will work in you without your knowing it. Pure faith consents and surrenders to the Ultimate Mystery just as He is; not as you think God is or as someone has told you He is, but as God is in Himself.

From *Open Mind, Open Heart* by Thomas Keating

Announcements
(click for more info)

HEADLINERS

Choir Room
11am Holy Eucharist in Spanish, Chapel
11am Godly Play, Room 6
11:15am Holy Eucharist, Main Church
12:30pm Preacher's Meeting, Library
2pm Fibromyalgia Support Group, Ascension House
5pm Holy Eucharist, Chapel

Monday, February 16
Presidents' Day - Office Closed

1pm Lord's Table Soup Kitchen, St. Martin's
6:30pm Overeaters Anonymous, Undercroft Commons

Tuesday, February 17

9:30am Staff Meeting, Library
11am Yoga, Chapel
6pm Shrove Tuesday Pancake Supper, Undercroft Commons
7pm Education for Ministry, Library
7pm Still Water Mindfulness Practice, Chapel
8:30pm AI-Anon, Ascension House

Wednesday, February 18
Ash Wednesday

10am *Speaking Christian* Book Group, Library
12noon holy Eucharist and Imposition of Ashes, Main Church
6pm No Yoga
6:45pm No Meditation
7pm Codependents Anonymous, Ascension House
8pm Gamblers Anonymous, Ascension House

Thursday, February 19
6pm Spanish Class, Room 3

[Link to our Online Calendar](#)

[Men's Shelter Lunch Program](#)

[Shrove Tuesday Pancake Supper, 2015](#)

[Ash Wednesday, 2015](#)

[Wednesday Night Lenten Class](#)

[Youth Sunday, February 22](#)

[This Year's Rice Bowl Offering](#)

CHRISTIAN FORMATION

[Godly Play, February 15](#)

[A Joyful Path, February 15](#)

[Rite-13 and Confirm, not Conform](#)

[Confirmation Class](#)

[Wednesday Evening Spiritual Practice Opportunities](#)

[Still Water Mindfulness Practice Group](#)

[Listening Heart Community at Ascension](#)

[Wednesday Morning Book Study](#)

WORSHIP

[Bulletins for Tablets Link](#)

[Worship Rosters, January - March 2015](#)

SERVICE

[Lord's Table Soup Kitchen](#)

[Gaithersburg HELP](#)

LIFE AT ASCENSION

[Ascension's Adventure Group to Tour Clara Barton National Historic Site](#)

[Annual Meeting and Candidates' Forum](#)

[Fall Event](#)

[Prayer Request Updates](#)

[Annual Giving Campaign](#)

[Winter Weather Policy](#)

THE ASCENDANT

[February](#)

Worship Leaders

Sunday, February 15

Preacher: (The Rev.) Randy Lord-Wilkinson

Flower Delivery: Alice Padmore,
Eliane Dunn-Johnson

7:45 AM *Reader/Prayer:* Bob Owolabi, *Chalicians:* Enid Cole, Sharon Hayden, *Healing Prayer:* Lisa Murdock, *Acolytes:* Raymond Chin, Jackson Douglas, Aidan Douglas, *Welcome Team:* Janet King, Florence Sirleaf, *Altar Guild:* Leslie Sanya, Mardia Dennis

9:00 AM *Readers:* Susan McLaughlin, Gary McLaughlin, *Prayers:* Kate Siberine, *Chalicians:* Margaret Tellu, Swithin Kwamena-Poh, *Healing Prayer:* Major Clemens, *Acolytes:* Kofi Dickson, Lisa Dickson, Nuelle Johnson, *Welcome Team:* Nii Armah Akuete, Ruby King, Charles Dickson, *Altar Guild:* Ophelia Yalley-Ogunro, Esther Allotey-Taylor

11:15 AM *Reader:* Paul Kelley, *Chalicians:* Alice Benson, Kirk Fitch, *Healing Prayer:* Alex Langley, *Welcome Team:* Page Salazar, Avin Lalmansingh, *Altar Guild:* Georgana Maines

5:00 PM *Reader/Usher:* Hollis King

Eucharistic Visitor: Jean Cohn, Kate Foley

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:
Holy Trinity, Collington

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:
Carol, Major, Sue, Lee, Jerry, Helen, George, Heather, Marguerite, Susan, Nancy, Clint, Ernie, Rimie, Richard, Nancy, Janet, Lou, Fran, Rosemary, Laurie, 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. For all people affected by natural disasters, violence, and war.

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

We pray for all who are threatened by the Ebola virus, and give thanks that the tide is turning.

We pray for the victims of violence cloaked in the mantle of religion wherever it may be found, especially for Christians and other religious and ethnic minorities in the Middle East.

We pray that the leadership of our nation will adopt legal measures that will reduce the incidence of gun violence.

ALTAR FLOWERS:
Given by Doris Froelich,
in loving memory of Richard Wagner Froelich.

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