



# This Week at Ascension

[Link to the Bulletins for July 5](#)

[Link to Mr. Paul Kelley's Sermon "Sound and Silence" from June 28.](#)

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

## Calendar Highlights

### Saturday, July 4

*Independence Day*

9am Overeaters Anonymous, Undercroft Commons

11am AI-Anon, Undercroft Commons

11am Overeaters

Anonymous, Ascension House

### Sunday, July 5

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, July 6

11:30am Cancer Support Group, Room 3

6:30pm Overeaters

Anonymous, Undercroft Commons

## Quotes from Martin Buber's *I and Thou*

The world is twofold for man in accordance with his twofold attitude. The attitude of man is twofold in accordance with the two basic words he can speak. The basic words are not single words but word pairs. One basic word is the word pair I-You. The other basic word is the word pair I-It; but this basic word is not changed when He or She takes the place of It. Thus the I of man is also twofold. For the I of the basic word I-You is different from that of the basic word I-It.

\*

The life of a human being does not exist merely in the sphere of goal-directed verbs. It does not consist merely of activities that have something for their object. I perceive something. I feel something. I imagine something. I want something. I sense something. I think something. The life of a human being does not consist merely of all this and its like. All this and its like is the basis of the realm of It. But the realm of You has another basis. Whoever says You does not have something for his object. For wherever there is something there is also another something; every It borders on other Its; It is only by virtue of bordering on others. But where You is said there is no something. You has no borders. Whoever says You does not have something; he has nothing. But he stands in relation.

\*

We are told that man experiences his world. What does this mean? Man goes over the surfaces of things and experiences them. He brings back from them some knowledge of their condition — an experience. He experiences what there is to things. But it is not experiences alone that bring the world to man. For what they bring to him is only a world that consists of It and It and It, of He and He and She and She and It. . . . The world as experience belongs to the basic word I-It. The basic word I-You establishes the world of relation.

\*

When I confront a human being as my You and speak the basic word I-You to him, then he is no thing among things nor does he consist of things. He is no longer He or She, limited by other He's and She's, a dot in the world grid of space and time, nor a condition that can be experienced and described, a loose bundle of named qualities. Neighborless and seamless, he is You and fills the firmament. Not as if there were nothing but

7pm Listening Hearts  
Community, Library

### Tuesday, July 7

9:30am Staff Meeting,  
Library  
7pm Still Water Mindfulness  
Practice, Chapel  
7:30pm Ramadan Iftar  
Dinner, Undercroft Commons  
8:30pm AI-Anon, Ascension  
House

### Wednesday, July 8

10am No Book Group  
7pm Codependents  
Anonymous, Ascension House  
8pm Gamblers Anonymous,  
Ascension House

### Thursday, July 9

10am Yoga, Chapel

[Link to our Online Calendar](#)

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## Worship Leaders

### Sunday, July 5

Preacher: (The Rev.) Randy Lord-  
Wilkinson

*Flower Delivery:* Shirley Allen,  
Adoma Baffoe

*7:45 AM Reader/Prayers:* Leslie  
Sanya, *Chalicians:* Sharon Hayden,  
Edna Leake, *Healing Prayer:*  
Meredith Horan, *Acolytes:* Raymond  
Chin, Jackson Douglas, Aidan  
Douglas, *Welcome Team:* Florence  
Sirleaf, Wadai Dennis, *Altar Guild:*  
Enid Cole, Mardia Dennis

*9:00 AM Readers:* Betsy Hasegawa,  
Kirk Davies, *Prayers:* Barbara  
Mansfield, *Chalicians:* Sue Snay,  
Nancy Carman, *Healing Prayer:*  
Javier Ocampo, *Acolytes:* Alex  
Hanson, Kofi Kwamena-Poh, Stacy  
Taylor, *Welcome Team:* Margaret  
Joseph, Dorett Sutherland, James  
Black, Jonathan Black, *Altar Guild:*  
Sarah Gallagher, Kristin FitzPatrick

*11:15 AM Reader:* Laura Shay,  
*Chalicians:* Sarah Rubin, Page  
Salazar, *Healing Prayer:* Laura Shay,  
*Welcome Team:* Alex Langley, Alice  
Padmore, *Altar Guild:* Laura Shay,  
Alice Padmore

he; but everything else lives in *his* light. . . .

Translation from the German by Walter Kaufmann (1970)

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**Announcements**  
(click for more info)

### HEADLINERS

[G-SHARP Direct Appeal Letter](#)

[Ramadan Iftar Dinner at Ascension](#)

[Hershey Park Trip, July 20](#)

### CHRISTIAN FORMATION

[The Portable Jung](#)

[Still Water Mindfulness Practice Group](#)

[Listening Heart Community at Ascension](#)

### WORSHIP

[Bulletins for Tablets Link](#)

[Worship Rosters, July-September](#)

### SERVICE

[Linkages to Learning](#)

[Gaithersburg HELP](#)

[Ascension's Cancer Support Group](#)

### LIFE AT ASCENSION

[Music Minister Discernment Team](#)

[Other Music News](#)

[Ascension Softball Schedule](#)

[Hospitality Hour](#)

[Prayer Request Updates](#)

### THE ASCENDANT NEWSLETTER

[July](#)

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Prayers

5:00 PM Reader / Usher: Pete Minderman

Eucharistic Visitors: Barb Mansfield

**FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:**  
In the Diocesan cycle of prayer, we pray for The Diocesan Committee on Constitutions and Canons, and for The Diocesan Disciplinary Board.

In the Anglican cycle of prayer, we pray for the Diocese of Oyo, Nigeria.

**PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:**  
Rameses, Lee, Peg, Susan, Julia, Una, Nancy, Jim, Rose, Peg, Nancy, Janet, Lou, Fran, Howard, Jake, 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 give thanks for the life of Olivia Tweh Bestman, on the first anniversary of her death, and her 60th birthday on June 29th.

**ALTAR FLOWERS**

We give thanks for the birthday on June 30 of Enid Cole, in whose honor her children and grandchildren have given altar flowers.

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