



This Week at Ascension

[Link to the Bulletins for July 10](#)

[Link to Randy's Sermon "The Quick Fix" from July 3.](#)

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

Calendar Highlights

Saturday, July 9

9am Overeaters Anonymous, Room 1

11am AI-Anon, Undercroft Commons

11am Overeaters Anonymous, Room 1

Sunday, July 10

7:45am Holy Eucharist, Main Church

8:15am Choir Rehearsal, Choir Room

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

12:30pm Pastoral Care Team Meeting, Library

5pm Holy Eucharist, Chapel

Monday, July 11

11:30am Living with Serious Illness Group, Room 1

6:30pm Overeaters

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

Anonymous, Room 1
7pm Listening Heart
Community, Room 3
7pm Outreach Committee
Meeting, Library

Tuesday, July 12
6:30pm Spanish Class,
Ascension House
7pm Codependents
Anonymous, Room 1
7pm Stillwater Mindfulness
Group, Chapel
8:30pm AI-Anon, Room 1

Wednesday, July 13
10am *Gilead* Book Group,
Library
7pm Ensemble Rehearsal,
Main Church
8pm Gamblers Anonymous,
Chapel

Thursday, July 14
10am Yoga, Chapel

[Link to our Online Calendar](#)

Worship Leaders

Sunday, July 10
Preacher: Ms. Barb Mansfield

Flower Delivery: Esther Sawyer,
Adoma Baffoe

7:45 AM Reader/Prayers: Jackson
Douglas, *Chalicians:* Enid Cole, Leslie
Sanya, *Healing Prayer:* Jean Cohn,
Acolytes: Ron Hayden, Jackson
Douglas, Aidan Douglas, *Welcome
Team:* Florence Sirleaf, Meredith
Horan, *Altar Guild:* Georgette
Dennis

9:00 AM, Readers: Marsha
Sutherland, Susan McLaughlin,
Prayers: Andrew Greene, *Chalicians:*
Swithin Kwamena-Poh, Esther Tellu,
Healing Prayer: Paul Whitmore,
Acolytes: Kofi Dickson, Lisa Dickson,
Msangwa Ogada, *Welcome Team:* Nii
Armah Akuete, Ruby King, Charles
Dickson, *Altar Guild:* Ophelia
Yalley-Ogunro

11:15 AM Reader: Avin
Lalmansingh, *Chalicians:* Kirk Fitch,
Anika Lalmansingh, *Healing Prayer:*

hearts.

I'll bet you have many stories like mine.

Namasté,
Randy

Announcements
(click for more info)

HEADLINERS

[Work Camp Dine Out Fundraiser, July 12](#)

[Linkages to Learning](#)

[Ascension's Adventure Group to Kenilworth Aquatic Gardens,
July 16](#)

CHRISTIAN FORMATION

[Yoga at Ascension](#)

[Wednesday Morning Book Group: *Gilead*](#)

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

[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

[Work Camp, 2016](#)

[Men's Shelter Lunch Preparation](#)

LIFE AT ASCENSION

[Helping Your Seniors](#)

[Funeral Service at Arlington for Ernie Rossi](#)

[Ascension Softball](#)

Laura Shay, *Welcome Team*: Alex Langley, Alice Padmore, Kendall Anderson, *Altar Guild*: Lynne Shaer, Georgana Maines

5:00 PM *Reader/Chalicerist*: Dora Kreitzer

Eucharistic Visitors: Barb Mansfield

[Armor of Light](#)

[Summer Office Hours](#)

[Living with Serious Illness Group](#)

[Keeping the Feast](#)

[Prayer Request Updates](#)

PUBLICATIONS

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

[July Ascendant](#)

[Together We Shine](#)

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:
In the Diocesan cycle of prayer, we pray for The Diocesan Historiographer

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:
Helen, Joseph, Homé, 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 peace in Istanbul, Baghdad, Dhaka, Jidda, Medinah, and Qatif.

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

ALTAR FLOWERS
Given by Kate Foley, in loving memory of her mother Marilyn Young.

Given by the children and grandchildren of Enid Cole, in honor of her birthday.

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