



This Week at Ascension

[Link to the Bulletins for July 3](#)

[Link to Ms. Diana Gustafson's Sermon "Freedom and Foxholes" from June 26.](#)

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

Calendar Highlights

Friday, July 1

6pm Couples in Recovery, Room 1

Saturday, July 2

9am Overeaters Anonymous, Room 1

11am AI-Anon, Undercroft Commons

11am Overeaters Anonymous, Room 1

Sunday, July 3

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

5pm Holy Eucharist, Chapel

Monday, July 4

What is the Episcopalian "Style" of Christianity?

Over the last almost three years with the significant changes in two of the Sunday morning liturgies I, along with many other ordained leaders, have been *expanding* what constitutes "Episcopal" worship. In this era the parameters of Episcopal worship are very, very broad.

So what is unique and definitive about Episcopal *belief*? On the whole, we as a Christian denomination have not been as concerned about doctrine as we are about liturgy. We are not like the Romans, whose catechisms parse in some detail the beliefs of Catholics. Typically, we point to the Creeds. But I believe that this can be as problematic as looking for definite answers in the Bible, for the same reasons. The Creeds and Scriptures were created in a cultural and historical milieu that is alien to our own, and much of the material simply cannot be understood literally. Nor is much of it applicable beyond the challenges posed to the people of God at the time. This is especially true of Paul's epistles.

That said, you probably know about the "three legged stool" that constitutes religious authority for Episcopalian Christians: Scripture (our foundational stories), Tradition (the living, evolving legacy of spiritual wisdom passed on from generation to generation), and Reason (the human intellect, as illuminated and enhanced by the Spirit of God).

And here are a few more defining characteristics of the Episcopalian style of Christianity:

1. Believe that following the path and teachings of Jesus can lead to an awareness and experience of the Holy and the interconnectedness of all life;
2. Affirm that the teachings of Jesus provide but one of many ways to experience the sacred character of life, and that we can draw from diverse sources of wisdom in our spiritual journey;
3. Seek community that is inclusive of ALL people, including but not limited to:

Independence Day - Office Closed

6:30pm Overeaters Anonymous, Room 1

Tuesday, July 5

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

Wednesday, July 6

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

Thursday, July 7

10am Yoga, Chapel

[Link to our Online Calendar](#)

Worship Leaders

Sunday, July 3

Preacher: (The Rev.) Randy Lord-Wilkinson

Flower Delivery: Eliane Dunn-Johnson, Alice Padmore

7:45 AM *Reader/Prayers:* Jean Cohn, *Chalicians:* Wadai Dennis, Sharon Hayden, *Healing Prayer:* Meredith Horan, *Acolytes:* Raymond Chin, Jackson Douglas, Aidan Douglas, *Welcome Team:* Don Cohn, Jean Cohn, *Altar Guild:* Leslie Sanya, Wadai Dennis

9:00 AM, *Readers:* Susan Ahalt, Betsy Hasegawa, *Prayers:* Gary McLaughlin, *Chalicians:* Sue Snay, Sari Stoddard, *Healing Prayer:* Susan McLaughlin, *Acolytes:* Kofi Kwamena-Poh, Alfred Wasikye, Sam Mendimasa, *Welcome Team:* Dorett Sutherland, James Black, Jonathan Black, *Altar Guild:* Dorett Sutherland, Margaret Joseph

11:15 AM *Reader:* Anika Lalmansingh, *Chalicians:* Rimie Sicard, Georgana Maines, *Healing Prayer:* Sarah Rubin, *Welcome*

- * Conventional Christians and questioning skeptics,
- * Believers and agnostics,
- * Women and men,
- * Those of all sexual orientations and gender identities,
- * Those of all classes and abilities;

4. Know that the way we behave towards one another is the fullest expression of what we believe;

5. Find grace in the search for understanding and believe there is more value in questioning than in absolutes;

6. Strive for peace and justice among all people;

7. Strive to protect and restore the integrity of our Earth;

8. Commit to a path of life-long learning, compassion, and selfless love.

Peace, Randy

Announcements

(click for more info)

HEADLINERS

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

[Work Camp, 2016](#)

[Helping Your Seniors](#)

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](#)

Team: Avin Lalmansingh, Karl Didavi, Clark Didavi, *Altar Guild:* Laura Shay, Georgana Maines

5:00 PM *Reader/Chalicerist:* Pete Minderman

Eucharistic Visitors: Meredith Horan

SERVICE

[Men's Shelter Lunch Preparation](#)

LIFE AT ASCENSION

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

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

[Ascension Softball](#)

[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](#)

[June 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 Committee on Constitutions and Canons, The Diocesan Disciplinary Board, Pray for justice, freedom and peace for all people (Remember Independence Day)

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:

Carol, Helen, Helen, Carleton, Homé, Sarah, Peg, Lea Ann, Nancy, Janet, Lou, Fran, Toshi, 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 West Virginia flood victims families and friends. United we stand in love and prayer.

We pray for peace in Istanbul.

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

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