



This Week at Ascension

[Link to the Bulletins for June 26](#)

[Link to Randy's Sermon "Demon du Jour" from June 19.](#)

[Link to Ms. Laura Shay's Sermon "The Gerasene Demoniac" from June 19](#)

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

Calendar Highlights

Friday, June 24
6:30pm Game Night Work
Camp Fundraiser, Undercroft
Commons

Saturday, June 25
9am Yard Sale and Car Wash,
Ascension House
9am Overeaters Anonymous,
Room 1
11am AI-Anon, Undercroft
Commons
11am Overeaters
Anonymous, Room 1

Sunday, June 26
*Blood Pressure Screenings
after each Service in Room 1*
7:45am Holy Eucharist, Main
Church
8:15am Choir Rehearsal,
Choir Room
9am Holy Eucharist, Main
Church
10:15am Holy Eucharist for

Trust

Trust is a feeling of confidence or conviction that things can unfold within a dependable framework that embodies order and integrity. We may not always understand what is happening to us, or to another, or what is occurring in a particular situation; but if we trust ourselves, or another, or we place our trust in a process or an ideal, we can find a powerful stabilizing element embracing security, balance, and openness within the trusting which, in some way, if not based on naivete, intuitively guides us and protects us from harm or self-destruction.

The feeling state of trust is important to cultivate in mindfulness practice, for if we do not trust in our ability to observe, to be open and attentive, to reflect upon experience, to grow and learn from observing and attending, to know something deeply, we will hardly persevere in cultivating any of these abilities, and so they will only wither or lie dormant.

Part of mindfulness practice is to cultivate a trusting heart. Let's begin by looking deeply into what we can trust in ourselves. If we don't immediately know what there is to trust in ourselves, maybe we need to look a little deeper, to dwell a little longer with ourselves in stillness and in simply being. If we are unaware of what we are doing a good deal of the time, and we don't particularly like the way things turn out in our lives, perhaps it's time to pay closer attention, to be more in touch, to observe the choices we make and their consequences down the road.

Perhaps we could experiment with trust in the present moment, accepting whatever we feel or think or see in this moment because this is what is present now. If we can take a stand here, and let go into the full texture of now, we may find that this very moment is worthy of our trust. From such experiments, conducted over and over again, may come a new sense that somewhere deep within us resides a profoundly healthy and trustworthy core, and that our intuitions, as deep resonance of the actuality of the present moment, are worthy of our trust.

Families with Young Children, Chapel
11am Holy Eucharist in Spanish, Chapel
11:15am Holy Eucharist, Main Church
1:30pm Vestry Meeting, Room 1
5pm Holy Eucharist, Chapel

Monday, June 27

6:30pm Overeaters Anonymous, Room 1

Tuesday, June 28

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

Wednesday, June 29

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

Thursday, June 30

10am Yoga, Chapel

[Link to our Online Calendar](#)

Worship Leaders

Sunday, June 26

Preacher: Ms. Diana Gustafson

Flower Delivery: Adoma Baffoe, Hawa Clemens

7:45 AM *Reader/Prayers:* Leslie Sanya, *Chalicians:* Wadai Dennis, Sharon Hayden, *Healing Prayer:* Diana Gustafson, *Acolytes:* Ron Hayden, Jackson Douglas, Aidan Douglas, *Welcome Team:* Enid Cole, Janet King, *Altar Guild:* Enid Cole, Mardia Dennis

9:00 AM, *Readers:* Suzyn Gonzalez, Carleton MacDonald, *Prayers:* Gordon Donnelly, *Chalicians:* Jerry Pfadenhauer, Diana Gustafson,

Written by Jon Kabat-Zinn, from *Wherever You Go There You Are*

Announcements

(click for more info)

HEADLINERS

[Game Night Work Camp Fundraiser, Tonight!](#)

[Church Yard Sale and Car Wash, June 25](#)

[Iftar Dinner: June 25 at 8:00 p.m.](#)

[Diana's Last Sunday, June 26](#)

[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](#)

SERVICE

[Work Camp, 2016](#)

[Men's Shelter Lunch Preparation](#)

[Gaithersburg HELP](#)

LIFE AT ASCENSION

[Ascension Softball](#)

[Summer Office Hours](#)

[Living with Serious Illness Group](#)

[Keeping the Feast](#)

Healing Prayer: Javier Ocampo,
Acolytes: Manny Johnson, Msangwa
Ogada, Nuelle Johnson, *Welcome
Team:* Esther Allotey-Taylor, Bev
Stennett, Christine Kroma,
Josephine Clarke, *Altar Guild:*
Sarah Gallagher, Kristin FitzPatrick

11:15 AM *Reader:* Peg Ruppel,
Chalicians: Page Salazar, Laura Shay,
Healing Prayer: Peg Ruppel,
Welcome Team: Sciou Broderick,
Peedy Terry, *Altar Guild:* Georgana
Maines, Laura Shay

5:00 PM *Reader/Chalician:* Howard
Holland

Eucharistic Visitors: Jean Cohn,
Enid Cole

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 Cathedral Church of St. Peter and St. Paul, The Cathedral Chapter, The Cathedral Chaplains and Cathedral Volunteers, The Protestant Episcopal Cathedral Foundation

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

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