



# This Week at Ascension

[Link to the Bulletins for October 25](#)

[Link to Randy's Sermon "The Hands that Knead the Bread and Squeeze the Grapes" from October 18.](#)

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

## Calendar Highlights

**Saturday, October 24**

9am Overeaters Anonymous, Undercroft Commons  
11am AI-Anon, Undercroft Commons  
11am Overeaters Anonymous, Chapel  
3:30pm Capital Campaign Forum, Room 1

**Sunday, October 25**

*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  
9am Godly Play, Room 6  
9am Joyful Path, Room 11  
9am ESOL Class, Room 1  
10:15am Holy Eucharist for Families with Young Children, Chapel  
10:15am Capital Campaign Forum, Undercroft Commons  
11am Holy Eucharist in

## A Sense of Meaning Makes Pain More Bearable

"Patients in a veterans' hospital who have been seriously wounded in combat have an easier time adjusting to their injuries than do patients with exactly the same injury, sustained while fooling around on a basketball court or a swimming pool, because they can tell themselves their suffering at least was in a good cause. Parents who convince themselves that there is some purpose somewhere served by their child's handicap can accept it better for the same reason.

"We could bear any burden if we thought there was a meaning to what we were doing. Have I made it harder for people to accept their illnesses, their misfortunes, their family tragedies by telling them that they are not sent by God as part of some master plan of His? Let me suggest that the bad things that happen to us in our lives do not have a meaning when they happen to us. They do not happen for any good reason which would cause us to accept them willingly. But we can give them a meaning. We can redeem these tragedies from senselessness by imposing meaning on them.

"The question we should be asking is not, "Why did this happen to me? What did I do to deserve this?" That is really an unanswerable, pointless question. A better question would be "Now that this has happened to me, what am I going to do about it?"

"Martin Gray, a survivor of the Warsaw Ghetto and the Holocaust, writes of his life in a book called For Those I Loved. He tells how, after the Holocaust, he rebuilt his life, became successful, married, and raised a family. Life seemed good after the horrors of the concentration camp.

"Then one day, his wife and children were killed when a forest fire ravaged their home in the south of France. Gray was distraught, pushed almost to the breaking point by this added tragedy. People urged him to demand an inquiry into what caused the fire, but instead he chose to put his resources into a movement to protect nature from future fires.

Spanish, Chapel  
11am Godly Play, Room 6  
11am Joyful Path, Room 11  
11:15am Holy Eucharist,  
Main Church  
12:30pm Capital Campaign  
Forum, Undercroft Commons  
1:30pm Vestry Meeting,  
Room 1  
5pm Holy Eucharist, Chapel  
6pm Youth Group,  
Undercroft Commons

#### Monday, October 26

6:30pm Overeaters  
Anonymous, Undercroft  
Commons  
7pm Girl Scouts, Room 6

#### Tuesday, October 27

9:30am Staff Meeting,  
Library  
7pm Spanish Bible Study,  
Ascension House  
7pm Still Water Mindfulness  
Practice, Chapel  
7pm Codependents  
Anonymous, Room 1  
8:30pm AI-Anon, Room 1

#### Wednesday, October 28

10am *Daring Greatly* Book  
Group, Library  
6:30pm Yoga, Chapel  
7pm Spanish Class, Ascension  
House  
7:30pm *Daring Greatly* Book  
Group, Library  
8pm Gamblers Anonymous,  
Chapel

#### Thursday, October 29

10am Yoga, Chapel  
7:45pm Choir Rehearsal,  
Choir Room

[Link to our Online Calendar](#)

## Worship Leaders

Sunday, October 25  
Preacher: (The Rev.) Randy Lord-  
Wilkinson

"He explained that an inquiry, an investigation, would focus only on the past, on issues of pain and sorrow and blame. He wanted to focus on the future. An inquiry would set him against other people—"was someone negligent? whose fault was it?"-and being against other people, setting out to find a villain, accusing other people of being responsible for your misery, only makes a lonely person lonelier. Life, he concluded, has to be lived for something, not just against something.

"We too need to get over the questions that focus on the past and on the pain—"why did this happen to me?"-and ask instead the question which opens doors to the future: "Now that this has happened, what shall I do about it?"

- Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*

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### Announcements

(click for more info)

### HEADLINERS

[Social Media Sunday, October 25](#)

[Blood Pressure Screenings, October 25](#)

[Annual Giving Campaign News with Annual Giving Form](#)

[All Saints' Sunday, November 1](#)

[Dia de los Muertos](#)

[All Saints' Sunday Choral Evensong](#)

### CHRISTIAN FORMATION

[Godly Play, October 25](#)

[A Joyful Path, October 25](#)

[Youth Group/Formation, October 25](#)

[Daring Greatly](#)

[Yoga at Ascension](#)

[Listening Heart Community at Ascension](#)

[Still Water Mindfulness Practice Group](#)

### WORSHIP

[Bulletins for Tablets Link](#)

[Worship Rosters, October - December](#)

*Flower Delivery:* Adoma Baffoe,  
Hawa Clemens

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

**9:00 AM** *Readers:* Susan McLaughlin, Gary McLaughlin, *Prayers:* Carleton MacDonald, *Chalicians:* Nancy Carman, Sari Stoddard, *Healing Prayer:* Major Clemens, *Acolytes:* Msangwa Ogada, Nuelle Johnson, Manny Johnson, *Welcome Team:* Margaret Joseph, Dorett Sutheland, James Black, Jonathan Black, *Altar Guild:* Nancy Carman, Cynthia Perley, Liz Lennon

**11:15 AM** *Reader:* Anika Lalmansingh, *Chalicians:* Sarah Rubin, Kirk Fitch, *Healing Prayer:* Laura Shay, *Welcome Team:* Pete Minderman, Kendall Anderson, *Altar Guild:* Anika Lalmansingh, Avin Lalmansingh

**5:00 PM** *Reader/Usher:* Feeta Caphart

**Eucharistic Visitors:** Pamella Irons-Forth, Enid Cole

## SERVICE

[Gaithersburg HELP](#)

[Ascension's Cancer Support Group](#)

[Lord's Table Soup Kitchen](#)

[Men's Shelter Lunch Preparation](#)

## LIFE AT ASCENSION

[Memorial Service for Ernie Rossi](#)

[Daylight Saving Time Ends October 31](#)

[Movie Night, November 6](#)

[Ascension's Adventure Group to Visit Antietam](#)

[Capital Campaign Forum](#)

[Keeping the Feast](#)

[Spanish Classes](#)

[ESOL Classes](#)

[Prayer Request Updates](#)

## PUBLICATIONS

[October Ascendant](#)

[Together We Shine](#)

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## Prayers

### FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:

In the Diocesan cycle of prayer, we pray for St. Luke's Church, Trinity Parish, St. Luke's Church, Brighton, St. Luke's Parish, DC, St. Luke's House, Bethesda

In the Anglican cycle of prayer, we pray for The Arctic - (Rupert's Land, Canada)

### PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:

Barbara, Peg, Hollis, Susan, Johnetta, Doris, 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 Ascension's Minister of Music Discernment Team.

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.

Equip us and empower us to be witnesses to your love - as advocates and as servants, as ministers of welcome and of hope for Syrians and all those displaced by war and violence.

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

**THANKSGIVING:**

We give thanks for the wedding on Saturday of Karina Gomez and Justin McCarty at Our Lady of Lourdes in Bethesda.

**ALTAR FLOWERS:**

The Altar Flowers are given by Kate Foley, in thanksgiving and honor of Jill's 29<sup>th</sup> birthday.

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