



# This Week at Ascension

[Link to the Bulletins for July 12](#)

[Link to Randy's Sermon "High Hopes and Low Expectations" from July 5.](#)

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

## Calendar Highlights

Saturday, July 11

9am Overeaters Anonymous, Undercroft Commons  
11am Al-Anon, Undercroft Commons  
11am Overeaters Anonymous, Ascension House

Sunday, July 12

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  
12:30pm Teacher's Meeting, Library  
5pm Holy Eucharist, Chapel

Monday, July 13

6:30pm Ascension Softball vs. Church of the Nazarene, Johnson's Field  
6:30pm Overeaters

## A Different Consciousness

All the great religions at the higher or more mature levels teach a different consciousness, which we call the contemplative mind, the non-dual mind, or the mind of Christ. The levels of spiritual development begin with dualistic, exclusionary, either/or thinking and become increasingly non-dual, allowing for a deeper, broader, wiser, more inclusive and loving way of seeing. Non-dualistic thinking presumes you have first mastered dualistic clarity, but also found it insufficient for the really big issues like love, suffering, death, sexuality, God, and any notion of infinity. In short, we need both to see fully and with freedom.

Though life itself may move us to deeper levels of non-dual knowing, there are some powerful practices, images, and experiences that can serve as catalysts for unitive consciousness. We'll explore many of these, from different traditions and teachers, in the coming weeks. For example, the foundational Christian doctrine of the Trinity, if actually encountered and meditated upon, is made to order to break down the binary system of the mind--God is three and one at the same time! The Trinity makes us patient before Mystery and humbles our dualistic minds. Even though the doctrine of the Trinity was at the very center of Christian faith, most of us did not allow it to change our consciousness. We did not let the principle of three undo our dualistic principle of two. We simply "believed" it to be the nature of God and then shelved it, as we did most doctrines. Only the mystics tended to relate to God in a Trinitarian way, and often passionately so (such as Augustine, Bonaventure, Julian of Norwich, and the Cappadocian Fathers). I am certain that the future of Christian mysticism will be strongly Trinitarian. An honest Trinitarianism actually opens up interfaith dialogue and respect, because now we can admit that God is total mystery, both transcendent and immanent, a flowing God of which Jesus is a part. God is a verb more than a noun.

If there is indeed one God of all the earth, then it is this one God who is breaking through in every age and culture. Monotheists should be the first to recognize that truth is one (Ephesians 4:4-6) and that God is "all in all" (1

Anonymous, Undercroft  
Commons  
7pm Listening Hearts  
Community, Library

Tuesday, July 14  
9:30am Staff Meeting,  
Library  
7pm Still Water Mindfulness  
Practice, Chapel  
8:30pm Al-Anon, Ascension  
House

Wednesday, July 15  
10am *The Portable Jung*  
Book Group, Library  
7pm Codependents  
Anonymous, Ascension House  
8pm Gamblers Anonymous,  
Ascension House

Thursday, July 16  
10am Yoga, Chapel

[Link to our Online Calendar](#)

## Worship Leaders

Sunday, July 12  
Preacher: (The Rev.) Randy Lord-  
Wilkinson

*Flower Delivery:* Hawa Clemens,  
Eliane Dunn-Johnson

7:45 AM *Reader/Prayers:* Jean  
Cohn, *Chalicians:* Leslie Sanya, Enid  
Cole, *Healing Prayer:* Janet King,  
Acolytes: Raymond Chin, Jackson  
Douglas, Aidan Douglas, *Welcome  
Team:* Jean Cohn, Don Cohn, *Altar  
Guild:* Leslie Sanya, Wadai Dennis

9:00 AM *Readers:* Susan McLaughlin,  
Gary McLaughlin, *Prayers:* Suzyn  
Gonzalez, *Chalicians:* Esther Tellu,  
Margaret Tellu, *Healing Prayer:*  
Major Clemens, *Acolytes:* Kofi  
Dickson, Lisa Dickson, Msangwa  
Ogada, *Welcome Team:* Nii Armah  
Akuete, Ruby King, Charles Dickson,  
*Altar Guild:* Ophelia Yalley-Ogunro,  
Esther Taylor

11:15 AM *Reader:* Lovetta Willie,  
*Chalicians:* Rimie Sicard, Georgana  
Maines, *Healing Prayer:* Alex  
Langley, *Welcome Team:* Page  
Salazar, Avin Lalmansingh, *Altar  
Guild:* Lynne Shaer, Georgana

Corinthians 15:28). As Rumi said, "There are a thousand ways to kneel and kiss the ground." Different religions use different words to describe essentially the same change of consciousness that is necessary to see things in their fullness:

- Many writers in the early Christian era called the necessary perceptual shift away from the dualistic, judging, and separate self contemplation.
- Buddhists called it meditation, sitting, or practicing.
- Hesychastic Orthodoxy called it prayer of the heart.
- Sufi Islam called it ecstasy.
- Hasidic Judaism called it living from the divine spark within.
- Vedantic Hinduism spoke of it as non-dual knowing or simply breathing.
- Native religions found it in communion with nature itself or the Great Spirit through dance, ritual, and sexuality. Owen Barfield called this "original participation."

- Richard Rohr

---

Announcements  
(click for more info)

### HEADLINERS

[Hershey Park Trip, July 20](#)

[Linkages to Learning](#)

[Music News](#)

### 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

[Gaithersburg HELP](#)

[Ascension's Cancer Support Group](#)

Maines

5:00 PM Reader / Usher: Christine Yankus-Eng

Eucharistic Visitors: Jean Cohn, Tim Smith

## LIFE AT ASCENSION

[New Architect's Renderings](#)

[Ascension Softball Schedule](#)

[Hospitality Hour](#)

[Prayer Request Updates](#)

## MUSIC AT ASCENSION

[Music Minister Discernment Team](#)

## THE ASCENDANT NEWSLETTER

[July](#)

---

### Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:  
In the Diocesan cycle of prayer, we pray for The Diocesan Committee on Church Architecture, and The Diocesan Historiographer, Susan Stonesifer.

In the Anglican cycle of prayer, we pray for the Suffragan Bishop of Peru.

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:  
Rameses, Lee, Peg, Susan, Julia, Una, 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.

### ALTAR FLOWERS

Given by Eliane Dunn-Johnson, in celebration of her birthday on July 11.

Episcopal Church of the Ascension  
205 South Summit Avenue  
Gaithersburg, MD 20877-2315  
301-948-0122  
[ascensionmd.org](http://ascensionmd.org)

