



This Week at Ascension

[Link to the Bulletins for June 21](#)

[Link to Ms. Barb Mansfield's Sermon "In Support of Our Mustard Seeds" from June 14.](#)

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

Calendar Highlights

Saturday, June 20

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

Sunday, June 21

Father's Day
7:45am Holy Eucharist, Main Church
9am Holy Eucharist, Main Church
9am ESOL Class, Room 1
10:15am Holy Eucharist for Families with Young Children, Chapel
10:15 am Men's Shelter Lunch Preparation, Undercroft Commons
11am Holy Eucharist in Spanish, Chapel
11:15am Holy Eucharist, Main Church
1:30pm Maryland Uke Jam, Undercroft Commons
2pm Fibromyalgia Support

The Welcoming Prayer

Earlier this week, I wrote about how Francis entered pain and suffering rather than trying to avoid it. This wasn't an act of moral achievement or heroic obedience. It didn't feel like winning, but more like losing, dying, and letting go. The religious word for letting go is forgiveness. Forgiveness is giving up your investment in and identification with your own painful story. This comes from a deep place of inner freedom and awareness of goodness--God's, your own, and the goodness of the person you choose to forgive.

I'd like to offer you a form of prayer--a practice of letting go and forgiving--called The Welcoming Prayer.

First, identify a hurt or an offense in your life. Remember the feelings you first experienced with this hurt and feel them the way you first felt them. Notice how this shows up in your body. Paying attention to your body's sensations keeps you from jumping into the mind and its dualistic games of good-guy/bad-guy, win/lose, either/or.

After you can identify the hurt and feel it in your body, welcome it. Stop fighting it. Stop splitting and blaming. Welcome the grief. Welcome the anger. It's hard to do, but for some reason, when we name it, feel it, and welcome it, transformation can begin.

Don't lose presence to the moment. Any kind of analysis will lead you back into attachment to your ego self. The reason a bird sitting on a hot wire is not electrocuted is quite simply because it does not touch the ground to give the electricity a pathway. Hold the creative tension, but don't ground it by thinking about it, critiquing it, or analyzing it.

When you're able to welcome your own pain, you will in some way feel the pain of the whole world. This is what it means to be human--and also what it means to be divine. You can hold this immense pain because you too are being held by the very One who went through this process on the Cross. Jesus was holding all the pain of the world, at least symbolically or archetypally; though the world had come to hate him, he

Group, Ascension House
3pm Christian Counselors
Gathering, Library
5pm Holy Eucharist, Chapel

Monday, June 22

6:30pm Ascension Softball
vs. Gaithersburg Church of
the Nazarene, Nike Field
6:30pm Overeaters
Anonymous, Undercroft
Commons

Tuesday, June 23

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

Wednesday, June 24

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

Thursday, June 25

11 am Episcopal Seeking
Seniors, Asbury
11am Yoga, Chapel
7pm Action in Montgomery
University Training, Chapel

[Link to our Online Calendar](#)

Worship Leaders

Sunday, June 21
Preacher: The Rev. Javier Ocampo

Flower Delivery: Alice Padmore,
Esther Sawyer

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

9:00 AM *Readers:* Betsy Hesegawa,
Susan McLaughlin, *Prayers:* Kirk
Davies, *Chalicians:* Jerry

refused to hate it back.

Now hand all of this pain--yours and the world's--over to God. Let it go. Ask for the grace of forgiveness of the person who hurt you, of the event that offended you, of the reality of suffering in each life.

I can't promise the pain will leave easily or quickly. To forgive is not to forget. But letting go frees up a great amount of soul-energy that liberates a level of life you didn't know existed. It leads you to your True Self.

Adapted from The Art of Letting Go: Living the Wisdom of Saint Francis.

Announcements
(click for more info)

HEADLINERS

[Father's Day Food Drive](#)

[Men's Shelter Lunch Preparation, June 21](#)

[Hospitality Hour](#)

[Ramadan Iftar Dinner at Ascension](#)

CHRISTIAN FORMATION

[Christian Formation Summer Break](#)

[The Portable Jung](#)

[Still Water Mindfulness Practice Group](#)

[Listening Heart Community at Ascension](#)

WORSHIP

[Acolyte Training, June 28](#)

[Bulletins for Tablets Link](#)

SERVICE

[Work Camp 2015](#)

[Gaithersburg HELP](#)

[Ascension's Cancer Support Group](#)

LIFE AT ASCENSION

[Ascension Softball Schedule](#)

Pfadenhauer, Dotty Pfadenhauer,
Healing Prayer: Major Clemens,
Acolytes: Stacy Taylor, Kayleigh
Yankie, Alex Hanson, *Welcome*
Team: Swithin Kwamena-Poh, Kevin
Blanc, Algernon Thomas, Barbara
Angel, *Altar Guild*: Margaret
Joseph, Dorett Sutherland

11:15 AM *Reader*: Page Salazar,
Chalicians: Kirk Fitch, Alice Benson,
Healing Prayer: Sarah Rubin,
Welcome Team: Penelope Cudjoe,
Musu Rogers, *Altar Guild*: Lynne
Shaer, Georgana Maines

5:00 PM *Reader/Usher*: Rebecca
Smith-Kevern

Eucharistic Visitors: Pamella Irons-
Forth, Kate Foley

[Congratulations Graduates, Final Call](#)

[Summer Office Hours](#)

[Altar Flower Donations](#)

[Prayer Request Updates](#)

THE ASCENDANT NEWSLETTER

[June](#)

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:

All Fathers and Those Who Have Fathered Us
St. Alban's Church, Washington
All Faith Church, Charlotte Hall
Christ Church, Durham Parish

For all Bishops and Deputies going to the General Convention
of The Episcopal Church

Pray for justice, freedom and peace for all people
We pray for the Youth Group as they serve at Work Camp at St.
James the Less Episcopal School in Philadelphia.

In the Anglican cycle of prayer, we pray for the Diocese of
Olympia.

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:

Rameses, Lee, Peg, Susan, Julia, Nancy, Jim, Rose, Peg,
Nancy, 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.

Episcopal Church of the Ascension
205 South Summit Avenue
Gaithersburg, MD 20877-2315
301-948-0122
ascensionmd.org