



# This Week at Ascension

[Link to the Bulletins for February 8](#)

[Link to Randy's Sermon "The Man Who Outed Jesus" from February 1.](#)

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

## Calendar Highlights

### Friday, February 6

6pm Family Movie Night,  
Undercroft Commons  
6pm Couples 12-Step  
Program, Ascension House

### Saturday, February 7

9am Overeaters Anonymous,  
Undercroft Commons  
11am AI-Anon, Undercroft  
Commons  
11am Overeaters  
Anonymous, Ascension House  
3pm Lord's Table Soup  
Kitchen, St. Martin's

### Sunday, February 8

7:45am Holy Eucharist, Main  
Church  
9am Holy Eucharist, Main  
Church  
9am Godly Play, Room 6  
10:15am Holy Eucharist for  
Families with young  
Children, Chapel  
10:15am A Joyful Path,  
Room 3  
10:15am Rite 13 & Confirm,  
not Conform, Ascension

## Wounded Healers

Only people who have suffered in some way can save one another—exactly as the Twelve-Step Program also discovered. Deep communion and dear compassion is formed much more by shared pain than by shared pleasure. I do not know why that is true.

"Peter, you must be ground like wheat, and once you have recovered, then you can turn and help the brothers" (Luke 22:31-32), Jesus says to Peter. Was this his real ordination to ministry? No other is ever mentioned. I do believe this is the ordination that really matters and that transforms the world. Properly ordained priests might help bread and wine to know what they truly are, but truly ordained priests are the "recovered" ones who can then "help" people to know who they are too. We have been more preoccupied with changing bread than with changing people, it seems to me.

In general, you can lead people on the spiritual journey as far as you yourself have gone. You can't talk about it or model the path beyond that. That's why the best thing you can keep doing for people is to stay on the journey yourself. Transformed people transform people. And when you can be healed yourself and not just talk about healing, you are, as Henri Nouwen so well said, a "wounded healer." Which is the only kind of healer!

Adapted from Richard Rohr's *Breathing Under Water: Spirituality and the Twelve Steps*, p. 123

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**Announcements**  
(click for more info)

## HEADLINERS

[Family Movie Night, February 6](#)

House

10:15am *We Make the Road by Walking* Book Group, Library

10:15am Choir Practice, Choir Room

11am Holy Eucharist in Spanish, Chapel

11am Godly Play, Room 6

11:15am Holy Eucharist, Main Church

1pm Pastoral Care Team Meeting, Library

1:30pm Maryland Uke Jam, Undercroft Commons

3:30pm Budget Meeting, Room 1

5pm Holy Eucharist, Chapel

6pm Youth Group, Undercroft Commons

#### Monday, February 9

6:30pm Overeaters Anonymous, Undercroft Commons

7pm Outreach Committee, Room 3

#### Tuesday, February 10

9:30am Staff Meeting, Library

11am Yoga, Chapel

6pm Spanish Bible Study, Room 3

7pm Education for Ministry, Library

7pm Still Water Mindfulness Practice, Chapel

8:30pm AI-Anon, Ascension House

#### Wednesday, February 11

10am *Speaking Christian* Book Group, Library

6pm Yoga, Chapel

6:45pm Meditation, Chapel

7pm Codependents Anonymous, Ascension House

7:30pm *Selma* Discussion, Library

8pm Gamblers Anonymous, Ascension House

#### Thursday, February 12

Men's Shelter Lunch Program

*Selma*

Shrove Tuesday Pancake Supper, 2015

Wednesday Night Lenten Class

Annual Meeting and Candidates' Forum

Confirmation Class

#### CHRISTIAN FORMATION

Godly Play, February 8

A Joyful Path, February 8

Rite-13 and Confirm, not Conform

Youth Group, Sunday, February 8

Wednesday Evening Spiritual Practice Opportunities

Still Water Mindfulness Practice Group

Listening Heart Community at Ascension

Wednesday Morning Book Study

*We Make the Road by Walking* Book Group

#### WORSHIP

Ash Wednesday, 2015

Youth Sunday, February 22

Bulletins for Tablets Link

Worship Rosters, January - March 2015

#### SERVICE

Lord's Table Soup Kitchen

Gaithersburg HELP

#### LIFE AT ASCENSION

Pastoral Care Team Meeting, February 8

Ascension's Adventure Group to Tour Clara Barton National Historic Site

Fall Event

Prayer Request Updates

Annual Giving Campaign

Winter Weather Policy

6pm Spanish Class, Room 3

[Link to our Online Calendar](#)

## Worship Leaders

Sunday, February 8

Preacher: Ms. Kate Siberine

*Flower Delivery:* Hawa Clemens,  
Adoma Baffoe

**7:45 AM Reader/Prayer:** Enid Cole,  
*Chalicians:* Leslie Sanya, Edna  
Leake, *Healing Prayer:* Jean Cohn,  
*Acolytes:* Ron Hayden, Jackson  
Douglas, Aidan Douglas, *Welcome  
Team:* Enid Cole, Wadai Dennis,  
*Altar Guild:* Georgette Dennis,  
Yarvo Jones

**9:00 AM Readers:** Carleton  
MacDonald, Barbara Mansfield,  
*Prayers:* Carleton MacDonald,  
*Chalicians:* Dotty Pfenhauer,  
Esther Tellu, *Healing Prayer:* Sarah  
Rubin, *Acolytes:* Stacy Taylor,  
Kayleigh Yankie, Alex Hanson,  
*Welcome Team:* Margaret Joseph,  
James Black, Jonathan Black, Doretta  
Sutherland, *Altar Guild:* Nancy  
Carman, Cynthia Perley

**11:15 AM Reader:** Kate Siberine,  
*Chalicians:* Laura Shay, Georgana  
Maines, *Healing Prayer:* Peg Ruppel,  
*Welcome Team:* Alex Langley, Alice  
Padmore, *Altar Guild:* Avin  
Lalmansingh, Anika Lalmansingh,  
Laura Shay

**5:00 PM Reader/Usher:** Sarah Hunt

**Eucharistic Visitor:** Peg Ruppel,  
Barb Andersen

## THE ASCENDANT

### February

#### Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:  
WORLD MISSION SUNDAY  
Episcopal Relief and Development  
Companions in World Mission  
Pray for the Mission and Ministry of The Episcopal Church

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:  
Carol, Major, Lee, Jerry, Helen, George, Heather, Marguerite,  
Nancy, Clint, Ernie, Rimie, Nancy, Rosemary, Laurie, 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.

We pray for all who are threatened by the Ebola virus, and give  
thanks that the tide is turning.

We pray for the victims of violence cloaked in the mantle of  
religion wherever it may be found, especially for Christians and  
other religious and ethnic minorities in the Middle East.

We pray that the leadership of our nation will adopt legal  
measures that will reduce the incidence of gun violence.

#### ALTAR FLOWERS:

Given by Don and Jean Cohn in honor of Catherine Spangler's  
96th Birthday.

#### THANKSGIVING:

For the life of Glenn Pfenhauer, who died on January 29.

For the life of Carol Fitch, mother of Kirk Fitch, who died on  
January 30.

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[ascensionmd.org](http://ascensionmd.org)