



This Week at Ascension

[Link to the Bulletins for February 22](#)

[Link to Randy's Sermon from February 15.](#)

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

Calendar Highlights

Friday, February 20
6pm Couples 12-Step Program, Ascension House

Saturday, February 21
9am Overeaters Anonymous, Undercroft Commons
11am AI-Anon, Undercroft Commons
11am Overeaters Anonymous, Ascension House

Sunday, February 22
Blood Pressure Screenings after each Service in Room 1
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 House
10:15am Choir Practice, Choir Room

The Wisdom of Lent

Lent, for all its apparent somberness, comes from the Middle English word *lente*, meaning springtime. It is about preparing for the Resurrection, especially through experiences of self-discipline. And, guess what? It lasts 40 days, reminding us that Moses, Jesus and Elijah also entered special periods of preparation that lasted 40 days, "in the wilderness."

Long ago I abandoned "giving up" things for Lent, because even though I could relax my discipline on the Sundays in Lent, which are nonetheless feasts of the Resurrection (many Episcopal parishes even continue to adorn their altars with flowers to emphasize this), I was usually more preoccupied mentally with the thing I'd "sacrificed" than before! That just didn't seem "edifying" to me in any way, shape or form.

So I add something to my life in Lent, and that's what I recommend to you. You will more likely find that it will stay a part of your life afterward, and inviting something life giving and spiritually nourishing into your life leaves a little less room for the baggage that we wish we didn't have.

At Church of the Ascension you are blessed with many opportunities for a six week period of "Lenten enrichment:"

- Do some service: we send delegations to St. Martin's soup kitchen three times a month, or you can help make lunches for the men's homeless shelter once a month (service is a great gift to oneself).
- Or help out with your child's Sunday School class or make dinner for the Youth Group or be a chaperone for one of their activities.
- Become a Pastoral Partner.
- Join the choir.
- Attend an adult formation class on a Wednesday evening or Sunday morning.
- Make a donation to the church or a charity. A long standing tradition at Ascension for Lent is the Rice Bowl: when you go up for Communion drop any spare change or currency into the bowl that'll be on a stand in the chancel. (Originally this was money you saved from not buying chocolate or whatever it was

11am Holy Eucharist in Spanish, Chapel
11am Godly Play, Room 6
11:15am Holy Eucharist, Main Church
2pm Vestry Meeting, Room 1
3pm Youth Against Hunger, International Cultural Center
5pm Holy Eucharist, Chapel

Monday, February 23

6:30pm Overeaters Anonymous, Undercroft Commons

Tuesday, February 24

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 25

10am *Speaking Christian* Book Group, Library
6pm Yoga, Chapel
6:45pm Meditation, Chapel
7pm Codependents Anonymous, Ascension House
7:30 *Christ, Actually: The Son of God for the Secular Age* Class, Library
8pm Gamblers Anonymous, Ascension House

Thursday, February 26

11am Episcopal Seeking Seniors, Asbury
6pm Spanish Class, Room 3

[Link to our Online Calendar](#)

Worship Leaders

Sunday, February 22, Youth Sunday
Preachers: Alex Angel, Alex Hanson, Kendal Anderson, Gabrielle

you'd given up for six weeks minus Sundays.) This year the money will go to Action in Montgomery.

- Add something to your life that'll improve your physical, mental and spiritual health, as all aspects of our selves are interconnected.

Contact information for ministry opportunities sponsored by Ascension are in the blue (sometimes green) bulletin every Sunday, or are to be found in the context of an announcement.

Start modestly. Start somewhere. Just start. Even if you are still bound to give something up because that is what you need to do.

Namasté (the Christ in me reverences the Christ in you),
Randy

Announcements

(click for more info)

HEADLINERS

[*Christ, Actually: The Son of God for the Secular Age* Lenten Class](#)

[Youth Sunday, February 22](#)

[This Year's Rice Bowl Offering](#)

[Annual Meeting and Candidates' Forum](#)

CHRISTIAN FORMATION

[Godly Play, February 22](#)

[A Joyful Path, February 22](#)

[Rite-13 and Confirm, not Conform](#)

[Confirmation Class](#)

[Wednesday Evening Spiritual Practice Opportunities](#)

[Still Water Mindfulness Practice Group](#)

[Listening Heart Community at Ascension](#)

[*Speaking Christian* Morning Book Study](#)

WORSHIP

[Bulletins for Tablets Link](#)

[Worship Rosters, January - March 2015](#)

DeRosier, Ben Heining

Flower Delivery: Esther Sawyer,
Musu Rogers

7:45 AM Opener/Collect: Jackson Douglas, *Reader:* Alfred Wasikye, *Chalicians:* Angie Hight-Walker, Trevor Walker, *Nicene Creed/Affirmation of Faith:* Aidan Douglas, *Confession of Sin:* Ian Shaer, *Healing Prayer:* Meredith Horan, *Acolytes:* Jackson Douglas, Aidan Douglas, *Welcome Team:* Ian Shaer, Alfred Wasikye, *Dismissal:* Aidan Douglas, *Altar Guild:* Georgette Dennis, Yarvo Jones

9:00 AM Opener/Collect: Karyn Anderson, *Readers:* Peedy Pschopelius, Douglas Wasikye, *Confession of Sin:* Ian Shaer, *Prayers:* Alfred Wasikye, *Chalicians:* Douglas Wasikye, *Healing Prayer:* Javier Ocampo, *Acolytes:* Nuelle Johnson, Karyn Anderson, *Welcome Team:* Ian Shaer, Alfred Wasikye, Angie Hight-Walker, Trevor Walker, *Dismissal:* Ian Shaer, *Altar Guild:* Sarah Gallagher, Kristin FitzPatrick

11:15 AM Opener/Collect: Dora Krietzer, *Chalicians:* Ian Shaer, Karyn Anderson, *Healing Prayer:* Laura Shay, *Nicene Creed/Affirmation of Faith:* Karyn Anderson, *Prayers of the People:* Alexandra Lord-Wilkinson, *Welcome Team:* Alfred Wasikye, Jenny TenHagen, Jerry FitzPatrick, *Altar Guild:* Fran Spina

5:00 PM Collect/Usher: Dora Krietzer, *Solo:* Gabrielle DeRosier

Eucharistic Visitor: Meredith Horan,
Enid Cole

SERVICE

[Lord's Table Soup Kitchen](#)

[Gaithersburg HELP](#)

LIFE AT ASCENSION

[Ascension's Adventure Group to Tour Clara Barton National Historic Site](#)

[ESOL Class](#)

[Daylight Saving Time](#)

[Fall Event](#)

[Prayer Request Updates](#)

[Annual Giving Campaign](#)

[Winter Weather Policy](#)

THE ASCENDANT

[February](#)

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:
St. David's Church

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:
Carol, Major, Sue, Lee, Jerry, Helen, George, Heather,
Marguerite, Susan, Nancy, Clint, Ernie, Rimie, Richard, Nancy,
Janet, Lou, Fran, 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.

THANKSGIVING:

For the life of Roy Fritts, Jr., uncle of Robert Toense, who died on February 18.

For the life of Rosemary Walsh, who died on February 19.

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