



This Week at Ascension

[Link to the Bulletins for
March 1](#)

[Link to Randy's Sermon "The
Perfect Me" from Ash
Wednesday.](#)

[Link to Randy's Sermon "Into
the Wilderness" from
February 22.](#)

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

Calendar Highlights

Friday, February 27
6pm Couples 12-Step
Program, Ascension House

Saturday, February 28
9am Overeaters Anonymous,
Undercroft Commons
10am Ascension's Adventure
Group, Clara Barton National
Historic Site
11am AI-Anon, Undercroft
Commons
11am Overeaters
Anonymous, Ascension House

Sunday, March 1
7:45am Holy Eucharist, Main
Church
9am Holy Eucharist, Main
Church
9am Godly Play, Room 6
9am ESOL Class, Room 1
10:15am Holy Eucharist for
Families with young
Children, Chapel

Lent

In many cultures there is an ancient custom of giving a tenth of each year's income to some holy use. For Christians, to observe the forty days of Lent is do the same thing with roughly a tenth of each year's days. After being baptized by John in the river Jordan, Jesus went off alone into the wilderness where he spent forty days asking himself the question what it meant to be Jesus. During Lent, Christians are supposed to ask one way or another what it means to be themselves.

If you had to bet everything you have on whether there is a God or whether there isn't, which side would get your money and why?

When you look at your face in the mirror, what do you see in it that you most like and what do you see in it that you most deplore?

If you had only one last message to leave to the handful of people who are most important to you, what would it be in twenty-five words or less?

Of all the things you have done in your life, which is the one you would most like to undo? Which is the one that makes you happiest to remember?

Is there any person in the world, or any cause, that, if circumstances called for it, you would be willing to die for? If this were the last day of your life, what would you do with it?

To hear yourself try to answer questions like these is to begin to hear something not only of who you are but of both what you are becoming and what you are failing to become. It can be a pretty depressing business all in all, but if sack-cloth and ashes are at the start of it, something like Easter may be at the end.

Source: Frederick Buechner, *Whistling in the Dark: An ABC Theologized*, pp.74-75.

10:15am A Joyful Path,
Room 3
10:15am Rite 13 & Confirm,
not Conform, Ascension
House
10:15am Choir Practice,
Choir Room
10:15am Candidates' Forum,
Undercroft Commons
11am Godly Play, Room 6
11:15am Holy Eucharist,
Main Church
12:30pm Harvest Festival
Planning Meeting, Room 1
5pm Holy Eucharist, Chapel

Monday, March 2

11:30am Cancer Support
Group, Room 3
6:30pm Overeaters
Anonymous, Undercroft
Commons
7pm Listening Heart
Community, Library

Tuesday, March 3

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, March 4

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, March 5

6pm Spanish Class, Room 3
6:45pm Girl Scouts, Room 6

Announcements

(click for more info)

HEADLINERS

[Annual Meeting and Candidates' Forum](#)

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

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

CHRISTIAN FORMATION

[Godly Play, March 1](#)

[A Joyful Path, March 1](#)

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

[Confirmation Class](#)

[Lenten Lectio Retreat: March 21](#)

[Wednesday Evening Spiritual Practice Opportunities](#)

[Still Water Mindfulness Practice Group](#)

[Listening Heart Community at Ascension](#)

[Speaking Christian Morning Book Study](#)

WORSHIP

[Celebrate Girl Scout Sunday at Ascension, March 8](#)

[Bulletins for Tablets Link](#)

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

SERVICE

[Lord's Table Soup Kitchen](#)

[Gaithersburg HELP](#)

LIFE AT ASCENSION

[Ascension's Adventure Group to Tour Clara Barton National Historic Site, February 28](#)

[ESOL Class](#)

[Calling all Girl Scouts: Help Sell Cookies at Ascension](#)

[Daylight Saving Time](#)

[Fall Event](#)

[Link to our Online Calendar](#)

Worship Leaders

Sunday, March 1

Preacher: The Rev. Javier Garcia Ocampo

Flower Delivery: Adoma Baffoe, Shirley Allen

7:45 AM Reader/Prayers: Jackson Douglas *Chalicians:* Sharon Hayden, Leslie Sanya, *Healing Prayer:* Kate Siberine, *Acolytes:* Raymond Chin, Jackson Douglas, Aidan Douglas, *Welcome Team:* Herald Douglas, Lisa Murdock, *Altar Guild:* Enid Cole, Mardia Dennis

9:00 AM Readers: Stephanie Mitchell, Andrew Greene, *Prayers:* Sue Snay, *Chalicians:* Cynthia Perley, Nancy Carman, *Healing Prayer:* Sarah Rubin, *Acolytes:* Patrick Mitchell, Alex Hanson, Nuelle Johnson, *Welcome Team:* Naomi Senkeeto, Esther Allotey-Taylor, Bev Stennett, Christine Kroma, *Altar Guild:* Carly Thomas, Shirley Allen

11:15 AM Reader: Peg Ruppel, *Chalicians:* Avin Lalmansingh, Anika Lalmansingh, *Healing Prayer:* Barb Andersen, *Welcome Team:* Penelope Cudjoe, Musu Rogers, *Altar Guild:* Georgana Maines

5:00 PM Reader/Usher: Pete Minderman

Eucharistic Visitor: Pamela Irons-Forth

[Prayer Request Updates](#)

[Annual Giving Campaign](#)

[Winter Weather Policy](#)

THE ASCENDANT

[February](#)

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:
The Diocesan Retreat Committee
The Committee on the Partnership with the Province of South Africa
The Honduras Coordinating Committee
The African Palms Ministry

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:
Carol, Major, Sue, Lee, Susan, Nancy, Clint, Nancy, Gail, 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 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.

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