



# This Week at Ascension

[Link to the Bulletins for October 18](#)

[Link to Randy's Sermon "Radical Freedom" from October 11.](#)

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

## Calendar Highlights

### Saturday, October 17

8:45am Ascension's  
Adventure Group - National  
Zoo  
9am Overeaters Anonymous,  
Undercroft Commons  
11am AI-Anon, Undercroft  
Commons  
11am Overeaters  
Anonymous, Chapel

### Sunday, October 18

7:45am Holy Eucharist, Main  
Church  
8:15am Choir Rehearsal,  
Choir Room  
9am Holy Eucharist, Main  
Church  
9am Godly Play, Room 6  
9am Joyful Path, Room 11  
9am ESOL Class, Room 1  
10:15am Holy Eucharist for  
Families with Young  
Children, Chapel  
10:15am Men's Shelter  
Lunch Preparation,  
Undercroft Commons  
11am Holy Eucharist in  
Spanish, Chapel

## The First Principle and Foundation

*Ignatius of Loyola, founder of the Society of Jesus, begins his Spiritual Exercises with "The First Principle and Foundation." I referred to this in my sermon last Sunday. Here's the whole thing. - RAL*

The Goal of our life is to live with God forever. God, who loves us, gave us life. Our own response of love allows God's life to flow into us without limit.

All the things in this world are gifts from God, Presented to us so that we can know God more easily and make a return of love more readily. As a result, we appreciate and use all these gifts of God insofar as they help us to develop as loving persons. But if any of these gifts become the center of our lives, They displace God And so hinder our growth toward our goal.

In everyday life, then, we must hold ourselves in balance Before all of these created gifts insofar as we have a choice And are not bound by some obligation. We should not fix our desires on health or sickness, Wealth or poverty, success or failure, a long life or a short one. For everything has the potential of calling forth in us A deeper response to our life in God.

Our only desire and our one choice should be this: I want and I choose what better leads To God's deepening his [sic] life in me.

- Ignatius of Loyola, as paraphrased by David L. Fleming, S.J.

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**Announcements**  
(click for more info)

## HEADLINERS

[Annual Giving Campaign News with Annual Giving Form](#)

[Capital Campaign News](#)

11am Godly Play, Room 6  
11am Joyful Path, Room 11  
11:15am Holy Eucharist,  
Main Church  
1:30pm Maryland Uke Jam,  
Undercroft Commons  
5pm Holy Eucharist, Chapel

**Monday, October 19**

6:30pm Overeaters  
Anonymous, Undercroft  
Commons  
7pm Listening Heart  
Community, Library  
7:30pm Outreach Committee  
Meeting, Library

**Tuesday, October 20**

9:30am Staff Meeting,  
Library  
7pm Spanish Bible Study,  
Ascension House  
7pm Still Water Mindfulness  
Practice, Chapel  
7pm Codependents  
Anonymous, Room 1  
8:30pm AI-Anon, Room 1

**Wednesday, October 21**

10am *Daring Greatly* Book  
Group, Library  
6:30pm Yoga, Chapel  
7pm Spanish Class, Ascension  
House  
7:30pm *Daring Greatly* Book  
Group, Library  
8pm Gamblers Anonymous,  
Chapel

**Thursday, October 22**

10am Yoga, Chapel  
11am Episcopal Seeking  
Seniors, Asbury  
7:45pm Choir Rehearsal,  
Choir Room

[Link to our Online Calendar](#)

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## Worship Leaders

Sunday, October 18  
Preacher: (The Rev.) Randy Lord-  
Wilkinson

[Keeping the Feast](#)

### CHRISTIAN FORMATION

[Godly Play, October 18](#)

[A Joyful Path, October 18](#)

[Youth Group/Formation](#)

[Youth Summit, October 16](#)

[Daring Greatly](#)

[Yoga at Ascension](#)

[Listening Heart Community at Ascension](#)

[Still Water Mindfulness Practice Group](#)

[Families, Faith and Your School Parent Academy](#)

### WORSHIP

[All Saints' Sunday, November 1](#)

[Dia de los Muertos](#)

[All Saints' Sunday Choral Evensong](#)

[Bulletins for Tablets Link](#)

[Worship Rosters, October - December](#)

### SERVICE

[Gaithersburg HELP](#)

[Ascension's Cancer Support Group](#)

[Lord's Table Soup Kitchen](#)

[Men's Shelter Lunch Preparation](#)

### LIFE AT ASCENSION

[Ascension's Adventure Group to the National Zoo, October 17](#)

[Spanish Classes](#)

[ESOL Classes](#)

[Prayer Request Updates](#)

### PUBLICATIONS

[October Ascendant](#)

[Together We Shine](#)

*Flower Delivery:* Alice Padmore,  
Esther Sawyer

**7:45 AM Reader/Prayers:** Diana Gustafson, Jackson Douglas,  
*Chalicians:* Sharon hayden, Diana Gustafson, *Healing Prayer:* Kate Siberine, *Acolytes:* Ron Hayden, Jackson Douglas, Aidan Douglas, *Welcome Team:* Herald Douglas, Lisa Murdock, *Altar Guild:* Enid Cole, Mardia Dennis

**9:00 AM Readers:** Andrew Greene, Christian Simpson, *Prayers:* Betsy Hasegawa, *Chalicians:* Jerry Pfadenhauer, Dotty Pfadenhauer, *Healing Prayer:* Susan McLaughlin, *Acolytes:* Alfred Wasikye, Kayleigh Yankie, Stacy Taylor, *Welcome Team:* Esther Allotey-Taylor, Bev Stennett Christine Kroma, *Altar Guild:* Ophelia Yalley-Ogunro, Esther Taylor, Sari Stoddard

**11:15 AM Reader:** Page Salazar, *Chalicians:* Georgana Maines, Laura Shay, *Healing Prayer:* Sarah Rubin, *Welcome Team:* Clark Didavi, Alex Langley, *Altar Guild:* Lynne Shaer, Georgana Maines

**5:00 PM Reader / Usher:** Howard Holland

**Eucharistic Visitors:** Jean Cohn, Kate Foley

## Prayers

**FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:**  
In the Diocesan cycle of prayer, we pray for St. Luke's Church, Trinity Parish, St. Luke's Church, Brighton, St. Luke's Parish, DC, St. Luke's House, Bethesda

In the Anglican cycle of prayer, we pray for The Arctic - (Rupert's Land, Canada)

**PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:**  
Barbara, Peg, Hollis, Susan, Johnetta, Doris, 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 Ascension's Minister of Music Discernment Team.

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.

Equip us and empower us to be witnesses to your love - as advocates and as servants, as ministers of welcome and of hope for Syrians and all those displaced by war and violence.

We pray for all special intentions, and those on our extended Healing Prayer List.

**ALTAR FLOWERS:**  
The altar flowers are given by Sari Stoddard, in loving memory of her parents Russel Stoddard, Peg Stoddard, and Jan King.

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