



# This Week at Ascension

[Link to the Bulletins for  
September 20](#)

[Link to Randy's Sermon  
"Tipping Point" from  
September 13.](#)

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

## Calendar Highlights

**Saturday, September 19**  
9am Overeaters Anonymous,  
Undercroft Commons  
11am AI-Anon, Undercroft  
Commons  
11am Overeaters  
Anonymous, Chapel

**Sunday, September 20**  
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 Registration,  
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  
11am Godly Play, Room 6  
11am Joyful Path, Room 11

## Becoming Real

"Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but really loves you, then you become Real." "Does it hurt?" asked the Rabbit. "Sometimes," said the Skin Horse, for he was always truthful. "When you are Real, you don't mind being hurt." "Does it happen all at once, like being wound up," he asked, "or bit by bit?" "It doesn't happen all at once," said the Skin Horse. "You become. It takes a long time. That's why it doesn't often happen to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out, and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real, you can't be ugly, except to people who don't understand."

From *The Velveteen Rabbit*, by Margery Williams, quoted in Brené Brown, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*, p. 110.

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**Announcements**  
(click for more info)

## HEADLINERS

[2015-2016 Program Year Begins September 20](#)

[ESOL Classes](#)

[Fiesta de las Americas, September 20](#)

[Blessing of the Beasts, October 4](#)

## CHRISTIAN FORMATION

[Godly Play, September 20](#)

[A Joyful Path, September 20](#)

11:15am Holy Eucharist,  
Main Church  
12pm Fiesta de las  
Americas, Undercroft  
Commons  
1pm Pastoral Care Team  
Meeting, Library  
1:30 pm Maryland Uke Jam,  
Chapel  
5pm Holy Eucharist, Chapel

**Monday, September 21**  
6:30pm Overeaters  
Anonymous, Undercroft  
Commons  
7pm Listening Heart  
Community, Library

**Tuesday, September 22**  
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, September 23**  
10am *Daring Greatly* Book  
Group, Library  
7pm Spanish Class, Ascension  
House  
8pm Gamblers Anonymous,  
Chapel

**Thursday, September 24**  
10am Yoga, Chapel  
11am Episcopal Seeking  
Seniors, Asbury  
7:45pm Choir Rehearsal,  
Choir Room

[Link to our Online Calendar](#)

## Worship Leaders

Sunday, September 20  
Preacher: (The Rev.) Randy Lord-  
Wilkinson

*Flower Delivery:* Hawa Clemens,  
Eliane Dunn-Johnson

[Ascension Youth Group/Formation](#)

[Christian Formation for Children Registration Form](#)

[Christian Formation for Youth Registration Form](#)

[\*Daring Greatly\*](#)

[Yoga Classes at Ascension](#)

[Listening Heart Community at Ascension](#)

[Still Water Mindfulness Practice Group](#)

### WORSHIP

[Bulletins for Tablets Link](#)

[Worship Rosters, July-September](#)

### 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 Cunningham Falls](#)

[Blood Pressure Screenings, September 27](#)

[Spanish Classes](#)

[Family Movie Nigh, Friday, October 2](#)

[Hospitality Hour](#)

[Prayer Request Updates](#)

### PUBLICATIONS

[September Ascendant](#)

[Together We Shine](#)

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### Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:  
In the Diocesan cycle of prayer, we pray for St. Matthew's  
Church/ San Mateo, Hyattsville,  
St. Matthew's Day School, Hyattsville  
Pray for peace and benevolence among all nations:  
International Peace Day (21 September)

7:45 AM *Reader/Prayers:* Enid Cole,  
*Chalicians:* Enid Cole, Leslie Sanya,  
*Healing Prayer:* Jean Cohn,  
*Acolytes:* Ron Hayden, Jackson  
Douglas, Aidan Douglas, *Welcome*  
*Team:* Janet King, Frank Sanya,  
*Altar Guild:* Georgette Dennis

9:00 AM *Readers:* Andrew Greene,  
Carleton MacDonald, *Prayers:* Betsy  
Hasegawa, *Chalicians:* Jerry  
Pfadenhauer, Dotty Pfadenhauer,  
*Healing Prayer:* Major Clemens,  
*Acolytes:* Alfred Wasikye, Msangwa  
Ogada, Alex Hanson, *Welcome*  
*Team:* Esther Allotey-Taylor, Bev  
Stennett, Christine Kromal, *Altar*  
*Guild:* Sarah Gallagher, Kristin  
FitzPatrick

11:15 AM *Reader:* Tunde Ayinde,  
*Chalicians:* Page Salazar, Kirk Fitch,  
*Healing Prayer:* Alex Langley,  
*Welcome Team:* Penelope Cudjoe,  
*Altar Guild:* Avin Lalmansingh, Anika  
Lalmansingh

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

*Eucharistic Visitors:* Kate Foley,  
Jean Cohn

In the Anglican cycle of prayer, we pray for Southern Brazil.

**PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:**  
Raymond, Lee, Peg, Sally, Donna, Susan, Johnetta, Nancy,  
Janet, Lou, Fran, Margaret, 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.

God our strength and our redeemer, We ask for your loving  
presence and for your peace to be with the people of Syria, of  
all religious traditions and of none. Be with those in positions  
of leadership, that their decisions may hasten peace and bring  
an end to violence. Be with those who are in fear for their  
safety and their lives. Be with those who have lost their  
homes, livelihoods, and loved ones. Give them strength and  
courage. And be with us, as we listen and discern your call to  
us. 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 Eliane Dunn-Johnson, in  
celebration of the birthday of Emmanuel W. Johnson II.

Episcopal Church of the Ascension  
205 South Summit Avenue  
Gaithersburg, MD 20877-2315  
301-948-0122  
[ascensionmd.org](http://ascensionmd.org)