



This Week at Ascension

[Link to the Bulletins for
September 6](#)

[Link to Randy's Sermon "The
Devil Within" from August
30.](#)

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

Calendar Highlights

Saturday, September 5
9am Overeaters Anonymous,
Undercroft Commons
11am AI-Anon, Undercroft
Commons
11am Overeaters
Anonymous, Chapel

Sunday, September 6
7:45am Holy Eucharist, Main
Church
9am Holy Eucharist, Main
Church
10:15am Holy Eucharist for
Families with Young
Children, Chapel
11am Holy Eucharist in
Spanish, Chapel
11:15am Holy Eucharist,
Main Church
5pm Holy Eucharist, Chapel

Monday, September 7
Labor Day - Office Closed
6:30pm Overeaters
Anonymous, Undercroft
Commons

Tuesday, September 8

"Narcissism" and Vulnerability

"For example, when I look at narcissism through the vulnerability lens, I see the shame-based fear of being ordinary. I see the fear of never feeling extraordinary enough to be noticed, to be lovable, to belong, or to cultivate a sense of purpose. Sometimes the simple act of humanizing problems sheds an important light on them, a light that often goes out the minute a stigmatizing label is applied. This new definition of narcissism offers clarity and it illuminates both the source of the problem and possible solutions. I can see exactly how and why more people are wrestling with how to believe they are enough. I see the cultural messaging everywhere that says that an ordinary life is a meaningless life. And I see how kids that grow up on a steady diet of reality television, celebrity culture, and unsupervised social media can absorb this messaging and develop a completely skewed sense of the world. I am only as good as the number of "likes" I get on Facebook or Instagram. Because we are all vulnerable to the messaging that drives these behaviors, this new lens takes away the us-versus-those-damn-narcissists element. I know the yearning to believe that what I'm doing matters and how easy it is to confuse that with the drive to be extraordinary. I know how seductive it is to use the celebrity culture yardstick to measure the smallness of our lives. And I also understand how grandiosity, entitlement, and admiration-seeking feel like just the right balm to soothe the ache of being too ordinary and inadequate. Yes, these thoughts and behaviors ultimately cause more pain and lead to more disconnection, but when we're hurting and when love and belonging are hanging in the balance, we reach for what we think will offer us the most protection."

...to grow a relationship or raise a family or create an organizational culture or run a school or nurture a faith community, all in a way that is fundamentally opposite to the cultural norms driven by scarcity, it takes awareness, commitment, and work... every single day. The larger culture is always applying pressure, and unless we're willing to push back and fight for what we believe in, the default becomes a state of scarcity. We're called to "dare greatly" every time we make

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

Wednesday, September 9
10am *Daring Greatly* Book
Group, Library
8pm Gamblers Anonymous,
Chapel

Thursday, September 10
10am Yoga, Chapel

[Link to our Online Calendar](#)

Worship Leaders

Sunday, September 6
Preacher: Ms. Diana Gustafson

Flower Delivery: Alice Padmore,
Musu Rogers

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

9:00 AM *Readers:* Stephanie
Mitchell, Barbara Mansfield,
Prayers: Susan Ahalt, *Chalicians:*
Swithin Kwamena-Poh, Sari
Stoddard, *Healing Prayer:* Paul
Whitmore, *Acolytes:* Kofi Dickson,
Lisa Dickson, Stacy Taylor, *Welcome
Team:* Nii Armah Akuete, Ruby King,
Charles Dickson, *Altar Guild:* Dotty
Pfadenhauer, Caryl Thomas, Adoma
Baffoe

11:15 AM *Reader:* Alex Langley,
Chalicians: Sarah Rubin, Rimie
Sicard, *Healing Prayer:* Alex
Langley, *Welcome Team:* Page
Salazar, Avin Lalmansingh, *Altar
Guild:* Laura Shay, Lynne Shaer

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

Eucharistic Visitors: Barb Mansfield

choices that challenge the social climate of scarcity. The counterapproach to living in scarcity is not about abundance. In fact, I think abundance and scarcity are two sides of the same coin. The opposite of "never enough" isn't abundance or "more than you could ever imagine." The opposite of scarcity is enough, or what I call Wholeheartedness. As I explained in the Introduction, there are many tenets of Wholeheartedness, but at its very core is vulnerability and worthiness: facing uncertainty, exposure, and emotional risks, and knowing that I am enough."

- Brené Brown, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. Pp. 22-23, 29). Penguin Publishing Group. Kindle Edition.

Announcements
(click for more info)

HEADLINERS

[Ministry Fair, 2015](#)

[Christian Formation for Children, Fall Schedule](#)

[Ascension Youth Group Cook-Out and Program Information](#)

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

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

CHRISTIAN FORMATION

[Christian Formation for Children Registration Form](#)

[Christian Formation for Youth Registration Form](#)

[Daring Greatly](#)

[Yoga](#)

[Listening Heart Community at Ascension](#)

[Still Water Mindfulness Practice Group](#)

WORSHIP

[Attention Worship Leaders and Those Interested in Becoming a Worship Leader](#)

[Ascension Choir](#)

[Bulletins for Tablets Link](#)

[Worship Rosters, July-September](#)

SERVICE

[Gaithersburg HELP](#)

[Ascension's Cancer Support Group](#)

[Lord's Table Soup Kitchen](#)

LIFE AT ASCENSION

[Ascension's Adventure Group to Cunningham Falls](#)

[Spanish Classes](#)

[Hospitality Hour](#)

[Prayer Request Updates](#)

ASCENDANT

[September](#)

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:

The Church of the Holy Communion, Congress Heights Parish

Pray for all victims of terrorism, war and violence and for
those who foster and perpetuate such acts

Pray for interfaith cooperation and dialogue

Pray for all who are unemployed and seeking jobs and all who
must work for less than a living wage

In the Anglican cycle of prayer, we pray for Sialkot - (Pakistan)

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:

Raymond, Lee, Peg, Sally, Donna, Susan, Johnetta, Nancy,
Janet, Lou, Fran, Margaret, Jake, 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.

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

ALTAR FLOWERS:

Given by Wadai Dennis, in honor of her daughters Mardia and
Georgette Dennis.

Episcopal Church of the Ascension
205 South Summit Avenue
Gaithersburg, MD 20877-2315
301-948-0122
ascensionmd.org