



This Week at Ascension

[Link to the Bulletins for July 31](#)

[Link to Randy's Sermon "The Impossible Possibility" from July 24.](#)

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

Calendar Highlights

Saturday, July 30

9am Overeaters Anonymous, Room 1
11am AI-Anon, Undercroft Commons
11am Overeaters Anonymous, Room 1

Sunday, July 31

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
12:30pm Newcomer's Brunch/Summer Pot Luck, Undercroft Commons
5pm Holy Eucharist, Chapel

Monday, August 1

6:30pm Overeaters Anonymous, Room 1

Jonah

Within a few minutes of swallowing the prophet Jonah, the whale suffered a severe attack of acid indigestion, and it's not hard to see why. Jonah had a disposition that was enough to curdle milk.

When God ordered him to go to Nineveh and tell them there to shape up and get saved, the expression on Jonah's face was that of a man who has just gotten a whiff of septic-tank trouble. In the first place, the Ninevites were foreigners and thus off his beat. In the second place, far from wanting to see them get saved, nothing would have pleased him more than to see them get what he thought they had coming to them.

It was as the result of a desperate attempt to get himself out of the assignment that he got himself swallowed by the whale instead; but the whale couldn't stomach him for long, and in the end Jonah went ahead and, with a little more prodding from God, did what he'd been told. He hated every minute of it, however, and when the Ninevites succumbed to his eloquence and promised to shape up, he sat down under a leafy castor oil plant to shade him from the blistering sun and smoldered inwardly. It was an opening that God could not resist.

He caused the castor oil plant to shrivel up to the last leaf, and when Jonah got all upset at being back in the ghastly heat again, God pretended to misunderstand what was bugging him "Here you are, all upset out of pity for one small castor oil plant that has shriveled up," he said, "so what's wrong with having pity for this whole place that's headed for hell in a handcart if something's not done about it?" (Jonah 4:10-11).

It is one of the rare instances in the Old Testament of God's wry sense of humor, and it seems almost certain that Jonah didn't fail to appreciate it.

-Originally published in *Peculiar Treasures* and later in *Beyond Words*, by Frederick Buechner (who just turned 90!)

Tuesday, August 2

7pm Codependents
Anonymous, Room 1
7pm Stillwater Mindfulness
Group, Chapel
8:30pm AI-Anon, Room 1

Wednesday, August 3

10am *Gilead* Book Group
Discussion, Library
6:30pm Spanish Class,
Ascension House
7pm Ensemble Rehearsal,
Main Church
8pm Gamblers Anonymous,
Chapel

Thursday, August 4

10am Yoga, Chapel

[Link to our Online Calendar](#)

Worship Leaders

Sunday, July 31

Preacher: The Rev. Javier García
Ocampo

Flower Delivery: Adoma Baffoe,
Hawa Clemens

7:45 AM *Reader/Prayers:* Jean
Cohn, *Chalicians:* Enid Cole, Edna
Leake, *Healing Prayer:* Jean Cohn,
Acolytes: Raymond Chin, Aidan
Douglas, *Welcome Team:* Wadai
Dennis, Frank Sanya, *Altar Guild:*
Georgette Dennis

9:00 AM, *Readers:* Andrew Greene,
Gary McLaughlin, *Prayers:* Sue Snay,
Chalicians: Dotty Pfadenhauer,
Margaret Tellu, *Healing Prayer:*
Javier Ocampo, *Acolytes:* Manny
Johnson, Nuelle Johnson, Alfred
Wasikye, *Welcome Team:* Dorett
Sutherland, James Black, Jonathan
Black, *Altar Guild:* Nancy Carman,
Cynthia Perley, Liz Lennon

11:15 AM *Reader:* Tunde Ayinde,
Chalicians: Anika Lalmansingh,
Georgana Maines, *Healing Prayer:*
Sarah Rubin, *Welcome Team:* Alex
Langley, Alice Padmore, Kendall
Anderson, *Altar Guild:* Anika
Lalmansingh, Avin Lalmansingh

5:00 PM *Reader/Chalician:* Pete
Minderman

Announcements

(click for more info)

HEADLINERS

[Linkages to Learning](#)

[Newcomer's Brunch/Summer Potluck, July 31](#)

CHRISTIAN FORMATION

[Yoga at Ascension](#)

[Wednesday Morning Book Group: *Gilead*](#)

[New Wednesday Morning Book: Searching for Sunday, Loving,
Leaving, and finding the Church](#)

[Women's Retreat - with Registration Form](#)

[Education for Ministry, Fall 2016](#)

[Listening Heart Community at Ascension](#)

[Still Water Mindfulness Practice Group](#)

WORSHIP

[Ascension Choir](#)

[Worship Rosters, July-September](#)

[Bulletins for Tablets Link](#)

SERVICE

[Men's Shelter Lunch Preparation](#)

LIFE AT ASCENSION

[Helping Your Seniors](#)

[Yard Sale and Car Wash, August 13](#)

[Armor of Light](#)

[Summer Office Hours](#)

[Living with Serious Illness Group](#)

[Keeping the Feast](#)

[Prayer Request Updates](#)

PUBLICATIONS

[Link to the Annual Report and the Vestry Candidate](#)

Eucharistic Visitors: Jean Cohn

Questionnaire

July Ascendant

Together We Shine

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:
In the Diocesan cycle of prayer, we pray for Church of the Transfiguration, Pray for Camp EDOW: Middle Camp

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:
Helen, Joseph, George, Homé, Maria Estela, Sarah, Peg, Lea Ann, 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.

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

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

We give thanks for the life of Amos Rudy G. Worjlon, brother of Sciou Broderick, who died on July 11.

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