

EPISCOPAL
**Church of the
Ascension**



This Week at Ascension

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

[Link to The Rev. Deacon
Kate Siberine's Sermon from
February 28.](#)

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

Calendar Highlights

Friday, March 4

6pm Movie Night, Undercroft
Commons
6pm Couples in Recovery,
Chapel

Saturday, March 5

9am Overeaters Anonymous,
Undercroft Commons
9:45am Ascension's
Adventure Group, Franciscan
Monastery
11am AI-Anon, Undercroft
Commons
11am Overeaters
Anonymous, Chapel

Sunday, March 6

7:45am Holy Eucharist, Main
Church
8:15am Choir Rehearsal,
Choir Room
9am Holy Eucharist, Main
Church
9am *Godly Play*, Room 6
9am *A Joyful Path*, Room 11
9am ESOL Class, Room 1
10:15am Holy Eucharist for
Families with Young

Trials

Only God is able. It is faith in him that we must rediscover. With this faith we can transform bleak and desolate valleys into sunlit paths of joy and bring new light into the dark caverns of pessimism. Is someone here moving toward the twilight of life and fearful of that which we call death? Why be afraid? God is able. Is someone here on the brink of despair because of the death of a loved one, the breaking of a marriage, or the waywardness of a child? Why despair? God is able to give you the power to endure that which cannot be changed. Is someone here anxious because of bad health? Why be anxious? Come what may, God is able.

After a particularly strenuous day, I settled in bed at a late hour. My wife had already fallen asleep and I was about to doze off when the telephone rang. An angry voice said, "Listen, nigger, we've taken all we want from you. Before next week you'll be sorry you ever came to Montgomery." I hung up, but I could not sleep. It seemed that all of my fears had come down on me at once. I had reached the saturation point.

I got out of bed and began to walk the floor. Finally, I went to the kitchen and heated a pot of coffee. I was ready to give up. I tried to think of a way to move out of the picture without appearing to be a coward. In this state of exhaustion, when my courage had almost gone, I determined to take my problem to God. My head in my hands, I bowed over the kitchen table and prayed aloud. The words I spoke to God that midnight are still vivid in my memory. "I am here taking a stand for what I believe is right. But now I am afraid. The people are looking to me for leadership, and if I stand before them without strength and courage, they too will falter. I am at the end of my powers, I have nothing left. I've come to the point where I can't face it alone."

At that moment I experienced the presence of the Divine as I had never before experienced him. It seemed as though I could hear the quiet assurance of an inner voice saying. "Stand up for righteousness, stand up for truth. God will be at your side forever." Almost at once my fears began to pass from me. My uncertainty disappeared. I was ready to face anything. The

Children, Chapel
10:15am Candidates' Forum,
Undercroft Commons
11am Holy Eucharist in
Spanish, Chapel
11am Godly Play, Room 6
11am A Joyful Path, Room
11
11:15am Holy Eucharist,
Main Church
12:30pm Lenten Series on
Race, Undercroft Commons
3pm Youth Confirmation
Class, Room 1
5pm Holy Eucharist, Chapel

Monday, March 7

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

Tuesday, March 8

6:30pm Spanish Class,
Ascension House
7pm Education for Ministry,
Library
7pm Codependents
Anonymous, Room 1
8:30pm AI-Anon, Room 1

Wednesday, March 9

10am *Grounded* Book Group,
Library
7pm Ensemble Rehearsal,
Main Church
8pm Gamblers Anonymous,
Chapel

Thursday, March 10

10am Yoga, Chapel
7:45pm Choir Rehearsal,
Choir Room

[Link to our Online Calendar](#)

Worship Leaders

Sunday, March 6
Preacher: Ms. Iman Green, *Diocesan
Youth Missioner*

Flower Delivery: Alice Padmore,
Esther Sawyer

outer situation remained the same, but God had given me inner calm.

Three nights later, our home was bombed. Strangely enough, I accepted the word of the bombing calmly. My experience with God had given me a new strength and trust. I knew now that God is able to give us the interior resources to face the storms and problems of life.

Let this affirmation be our ringing cry. It will give us courage to face the uncertainties of the future. It will give our tired feet new strength as we continue our forward stride toward the city of freedom. When our days become dreary with low-hovering clouds and our nights become darker than a thousand midnights, let us remember that there is a great benign Power in the universe whose name is God, and he is able to make a way out of no way, and transform dark yesterdays into bright tomorrows. This is our hope for becoming better men. This is our mandate for seeking to make a better world.

- Martin Luther King, Jr. *Strength to Love*

Announcements

(click for more info)

HEADLINERS

[Movie Night, March 4](#)

[Annual Meeting and Candidate's Forum](#)

[Lenten Series: God's Children Talk About Race](#)

[Name Badge Reminder](#)

CHRISTIAN FORMATION

[Christian Formation Easter Break](#)

[Godly Play, March 6](#)

[A Joyful Path, March 6](#)

[Youth Group, March 13](#)

[Youth Confirmations](#)

[Education for Ministry](#)

[Armor of Light Viewing and Discussion](#)

[New Book for Wednesday Morning Book Group](#)

[Yoga at Ascension](#)

[Listening Heart Community at Ascension](#)

7:45 AM *Reader/Prayers:* Jean Cohn, *Chalicians:* Diana Gustafson, Wadai Dennis, *Healing Prayer:* Janet King, *Acolytes:* Ron Hayden, Jackson Douglas, Aidan Douglas, *Welcome Team:* Jean Cohn, Don Cohn, *Altar Guild:* Georgette Dennis

9:00 AM, *Readers:* Diana Gustafson, Barbara Mansfield, *Prayers:* Susan Ahalt, *Chalicians:* Nancy Carman, Jerry Pfadenhauer, *Healing Prayer:* Kate Siberine, *Acolytes:* Manny Johnson, Msangwa Ogada, Nuelle Johnson, *Welcome Team:* Esther Allotey-Taylor, Bev Stennett, Christine Kroma, Josephine Clarke, *Altar Guild:* Caryl Thomas, Adoma Baffoe, Dotty Pfadenhauer

11:15 AM *Reader:* Karl Didavi, *Chalicians:* Page Salazar, Laura Shay, *Healing Prayer:* Diana Gustafson, *Welcome Team:* Sciou Broderick, Peedy Terry, *Altar Guild:* Avin Lalmansingh, Anika Lalmansingh

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

Eucharistic Visitors: Jean Cohn, Barb Mansfield

Still Water Mindfulness Practice Group

WORSHIP

Bulletins for Tablets Link

Girl Scout Sunday, March 13

Youth Sunday, April 10

Attention Worship Leaders

SERVICE

This Year's Rice Bowl Offering

Men's Shelter Lunch Preparation

Gaithersburg HELP

Ascension's Cancer Support Group

Lord's Table Soup Kitchen

LIFE AT ASCENSION

Ascension's Adventure Group to Tour the "Holy Land"

Easter Flowers

Easter Artwork and Eggs

Keeping the Feast

Spanish Classes

ESOL Classes

Prayer Request Updates

PUBLICATIONS

February Ascendant

Together We Shine

Prayers

FOR THOSE WHOSE LIVES ARE CLOSELY LINKED WITH OURS:
In the Diocesan cycle of prayer, we pray for The Non-Parochial Clergy of the Diocese, Washington Episcopal Clergy Association (WECA), Network of National Episcopal Clergy Associations (NNECA)

PRAY FOR COMFORT, HEALING, COURAGE, AND HOPE:
Brad, Carol, Ann, Dorothy, Leo, Kirk, The FitzPatrick Family, Abby, George, Marguerite, Warren, Adam, Nancy, Janet, Lou,

Fran, Maria, Peter, Leslie, 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.

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