



The Fifth Sunday after Epiphany

† Year A

Sunday, February 5, 2023 • 10:00 a.m.

Welcome to Church of the Ascension. We are an inclusive community that respects the dignity of every human being. Therefore, whoever you are in terms of race, ethnicity, gender, age, sexual orientation, gender identity, or ability and wherever you are on your faith journey, we welcome you and hope you will give us an opportunity to be your spiritual home. At this time, **masks are required for congregational singing**.

The lit candle before the altar is “the Peace and Justice Candle.” It stands to proclaim our commitment against any kind of injustice, prejudice, or discrimination based on difference, and also our prayers for an end to war, violence, genocide, and gun violence.

THE HOLY EUCHARIST RITE II

PRELUDE

My Redeemer Lives
Bailey Myers, piano

Victor C. Johnson

PROCESSIONAL HYMN

HYMNAL 7

Christ, Whose Glory Fills the Skies

Words: Charles Wesley (1707-1788)

Music: Ratisbon, melody from *Geystliche gesangk Bucheyn*, 1524;
adapt. att. William Henry Havergal (1793-1870); harm. William Henry Havergal (1793-1870)

1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!

Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:
joy - less is the day's re - turn, till thy mer - cy's beams I see,
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;

The people standing, the Celebrant says

Celebrant Blessed be the One, Holy, and Living God!

People **Glory to God forever and ever. Amen!**

COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **AMEN.**

SONG OF PRAISE

LEVAS 243

Glory to God

Music: Carl Haywood (b. 1949), from *Mass for Grace*
Copyright © 1992

2. Lord God, heav-en - ly King, al - might - y God and Fa - ther, we

wor - ship you, - we give you thanks, - we praise you for - your glo - ry.

Unison

3. Lord Je-sus Christ, on - ly son of the Fa - ther, Lord God, Lamb of God, Glo - ry,

Glo - ry, hal - le - lu - - jah, Lord we praise your Ho - ly name, - - Glo - ry,

Glo - ry hal - le - lu - - jah, Lord we praise your Ho - ly name. - - 4. You

take a - way the sin of the world: have mer - cy on us, 5. You are

seat - ed at the right hand of the Fa - ther: re - ceive - our - prayer. 6. For

you a - lone_ are the Ho - ly One, You a - lone are_ the Lord,

Unison

7. You a - lone_ are the Most High, Je-sus Christ, with the Ho - ly Spir-it, in the

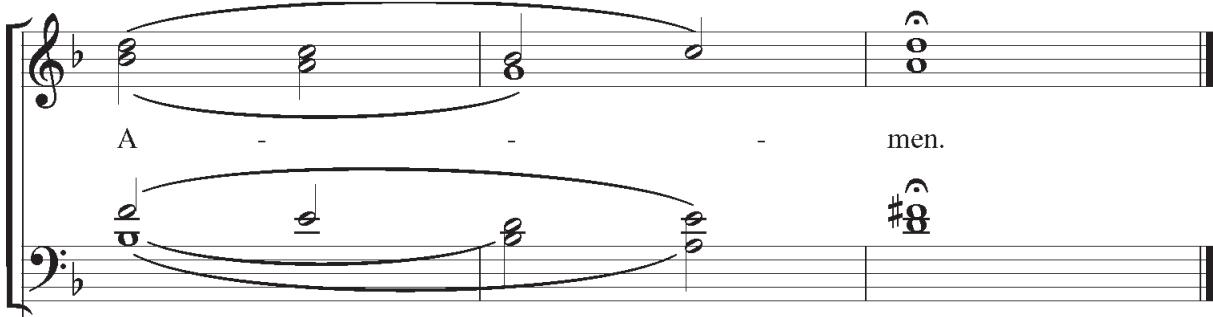
Descant

Lord,____ Lord____ we
glo - ry of the Fa - - ther. Glo - ry, Glo - ry, hal - le - lu - - jah, Lord we

praise____ you____ Lord,____ Lord____ hal - le -
praise your Ho - ly name,____ Glo - ry, Glo - ry hal - le - lu - - jah, Lord we

Descant

lu - - jah.
Women
Praise your Ho - - ly name.
Men
Praise your Ho - - ly name.



COLLECT OF THE DAY

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

THE FIRST LESSON

Liz Malone, Lector

Isaiah 58:1-9a

A Reading from the Prophet Isaiah.

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God. “Why do we fast, but you do not see? Why humble ourselves, but you do not notice?” Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord?

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

The Word of the Lord.

People Thanks be to God.

PSALM 112:1-9

Liz Malone, Lector

- 1 **Hallelujah! Happy are they who fear the Lord ***
and have great delight in his commandments!
- 2 **Their descendants will be mighty in the land; ***
the generation of the upright will be blessed.
- 3 **Wealth and riches will be in their house, ***
and their righteousness will last for ever.
- 4 **Light shines in the darkness for the upright; ***
the righteous are merciful and full of compassion.

- 5 It is good for them to be generous in lending *
and to manage their affairs with justice.
- 6 For they will never be shaken; *
the righteous will be kept in everlasting remembrance.
- 7 They will not be afraid of any evil rumors; *
their heart is right; they put their trust in the Lord.
- 8 Their heart is established and will not shrink, *
until they see their desire upon their enemies.
- 9 They have given freely to the poor, *
and their righteousness stands fast for ever; they will hold up their head with honor.

THE SECOND LESSON

Liz Malone, Lector

1 Corinthians 2:1-12, [13-16]

A Reading from Paul's First Letter to the Corinthians.

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

"What no eye has seen, nor ear heard, nor the human heart conceived,
what God has prepared for those who love him"—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

The Word of the Lord.

People Thanks be to God.

THE GRADUAL HYMN

MHSO 18

Halle, Halle, Halle



Hal - le, hal - le, hal - le - lu - - jah! Hal - le, hal - le, hal - le - - ia! Hal - le, hal - le, hal - le - - lu - - jah! Hal - le - lu - - jah! Hal - le - lu - - jah! Hal - le - lu - - jah!

Music: Traditional Caribbean, arr. by John L. Bell, © 1990, Iona Community, GIA Publications, Inc., agent

THE GOSPEL

Matthew 5:13-20

Celebrant The Holy Gospel of our Lord Jesus Christ according to Matthew.

People **Glory to you, Lord Christ.**

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

The Gospel of the Lord.

People **Praise to you, Lord Christ.**

SERMON

The Rev. Dr. Joan E. Beilstein, Rector

A moment of silence for reflection will follow the sermon.

THE AFFIRMATION OF FAITH

**We believe in God above us, maker and sustainer of all life,
of sun and moon, of water and earth, of male and female.**

**We believe in God beside us, Jesus Christ, the word made flesh,
born of a woman, servant of the poor, tortured and
nailed to a tree.**

**A man of sorrows, he died forsaken.
He descended into the earth to the place of death.
On the third day he rose from the tomb.
He ascended into heaven to be everywhere present,
and his kingdom will come on earth.**

**We believe in God within us, the Holy Spirit of Pentecostal fire,
Life-giving breath of the church,
Spirit of healing and forgiveness,
Source of resurrection and of eternal life. *AMEN.***

From the Abbey of Iona, Scotland (Celtic)

PRAYERS OF THE PEOPLE

In this season of God's light and new birth, let us offer our prayers, saying, "Christ, have mercy."

For peace, justice, and tranquility in the world, and for the salvation of all, let us pray.

Christ, have mercy.

For Michael our Presiding Bishop; Mariann our bishop; Joan our Rector; Terri our Deacon; Bailey, our Director of Music Ministries; Creamilda, transitional deacon; our deacon postulants Annemarie and Mary; and for all bishops and other ministers, and for all the People of God. In our Diocese we pray that all members of our Diocese will grow in their respect for the diversity of God's creation.

And we pray for Theological Education Sunday, and for all Seminaries, Seminarians, and Seminary Professors, Postulants, and Candidates. In the Anglican Communion we pray for The Anglican Church of Papua New Guinea.

Let us pray.

Christ, have mercy.

For those who are unemployed, hungry, homeless, and in any kind of need, especially those whom we encounter in our own community of Silver Spring, let us pray.

Christ have mercy.

For those who suffer in body, mind, and spirit and are experiencing any kind of distress or trouble. We pray especially today for **Virginia ... Gwendolyn ... Myrna ... Rachel ... Tina ... David ... *Yvonne ... Jean ... *Bob¹ ... Joré Yvonne ... The Ciavarella Family, ... Anneliese ... Joe ... *Heidi ... *Ray ... Giulia ... Emily ... *Lorraine¹ ... *Keith ... Sean ... Asa ... Pat¹ ... Geoff ... Bob² ... *Luz ... Elizabeth ... Lisa ... Judy ... Ben ... The Hernandez Family ... Jere ... *Maggie ... *Bob³ ... Andy ... *Maybelle ... Pete ... Pat ... Dee ... Linda ... Sally ... The Lovell Family ... Peggy ... *Dana ... Tiffiny ... David ... Rodney ... Robert ... The Roberts Family ... Martha² ... *Roger ... Severn ... Robin ... *Carol ... *Martha³ ... Theo ... *Joyce ... Ted ... *Erin ... Logan ... Gemma ... Marvin ... *Al ... The Teesdale Family ... *Emile ... Nancy ... *Joan ... Myrtle ... *Helen ... The Vialva Family ... Lesley ... Tom ... *Libby ... Marie ... and *Jennifer.**

Silence

Let us pray,

Christ, have mercy.

For all the blessings of this life, especially for the members of this parish: Helen Van Doren; Lorraine Van Buren and George Rathbone; Susie, Caitlin, Arden, and Ivy Veech; Maureen Walsh, and Evan, Galen, April, and the Epps Family. For those celebrating birthdays: Avery Todd, Mathew Hand, Catherine Carr, and Anya Winter.

Silence

Let us pray,
Christ, have mercy.

For those who have died, especially Mike Smith, dear friend of Liz Malone.. May their souls and the souls of all the departed, beloved of God, rest in peace.

Silence

Let us pray,
Christ, have mercy.

I invite you now to offer up your prayers of thanksgiving, either aloud or in the silence of your hearts..

Silence

Let us pray.
Christ, have mercy.

Celebrant

Gracious God, hear the prayers of your people. In this Epiphany season, empower us to be vehicles of your love, healing, and peace in the world. We ask through Jesus Christ our Lord, who baptizes us with water and the Spirit, that we may led into all truth and be his disciples. ***Amen.***

Deacon:

Let us confess our sins against God and our neighbor.

Silence may be kept.

THE CONFSSION & ABSOLUTION

360

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. *AMEN.*

The Celebrant declares God's mercy and forgiveness.

THE PEACE

360

WELCOME & ANNOUNCEMENTS

THE HOLY COMMUNION

OFFERTORY ANTHEM

Justice

The Chancel Choir

Words from the poem: *Justice*, Paul Laurence Dunbar
Music, and additional Words: Rollo Dilworth

OFFERTORY HYMN

LEVAS 148

I'm a-Going to Eat at the Welcome Table

Words: Traditional

Music: Negro Spiritual; arr. Carl Diton (1886-1969), from 36 South Carolina Spirituals

1. I'm ____ a-going to eat at the wel-come ta - ble,
 2. I'm ____ a-going to feast on milk ____ and hon - ey,
 3. I'm ____ a-going to fly all a-round in heav - en,
 4. I'm ____ a-going to wade cross Jor - dan's riv - er,

1. I'm ____ a-going to eat at the wel-come ta - ble, some of these days.
 2. I'm ____ a-going to feast on milk and hon - ey, some of these days.
 3. I'm ____ a-going to fly all a-round in heav - en, some of these days.
 4. I'm ____ a-going to wade cross Jor - dan's riv - er, some of these days.

1. I'm ____ a-going to eat at the wel-come ta - ble, I'm going to
 2. I'm ____ a-going to feast on milk ____ and hon - ey, I'm going to
 3. I'm ____ a-going to fly all a-round in heav - en, I'm going to
 4. I'm ____ a-going to wade cross Jor - dan's riv - er, I'm going to

1. eat at the wel - come ta - ble, some of these days.
 2. feast on ____ milk and hon - ey, some of these days.
 3. fly all a-round in heav - en, some of these days.
 4. wade 'cross ____ Jor - dan's riv - er, some of these days.

OFFERTORY WORDS

Celebrant All things come of thee, O Lord.

People And of thine own have we given thee.

BLESSING OF THE AGAPE MEAL AT HOME

We thank you God for the abundance of your hand. The food that satisfies our hunger, and the drink that quenches our thirst. As we gather together, from near and far, we ask that you continue to bless our daily bread and the fruit of the vine, which we share when we come together as One Body in your Name. **Amen.**

THE GREAT THANKSGIVING: EUCHARIST PRAYER A

Celebrant The Lord be with you.

People And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

People It is right to give God thanks and praise.

Then, facing the Holy Table, the Celebrant proceeds

It is right, and a good and joyful thing, always and every where to give thanks to you, Father Almighty, Creator of heaven and earth.

Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord.

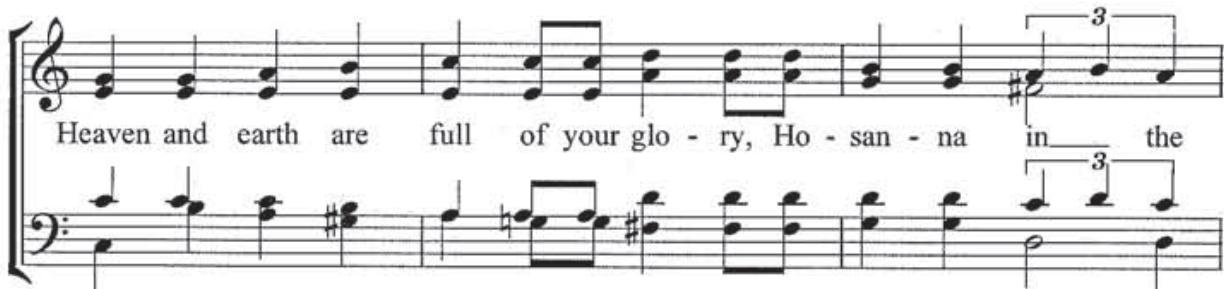
Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:



SANCTUS AND BENEDICTUS

Holy, Holy, Holy Lord

Words: from the *Liturgy for Holy Communion*
Music: *We Shall Overcome*, Spiritual, setting: Dean B. McIntyre
One License, #A-729163



Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." 

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." 

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. AMEN.

And now, as our Savior Christ has taught us, we are bold to say.

THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy Name,
thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread. And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever. *AMEN.*

THE BREAKING OF THE BREAD

Alleluia! Christ our Passover is sacrificed for us!
Therefore let us keep the feast. Alleluia!

FRACTION ANTHEM

WLP 878

Whoever Comes To Me
To be sung twice.

Who-ev - er comes to me shall not hun - ger and

who-ev - er be - lieves in me shall nev - er thirst.

Music: Carl Haywood (b. 1949), from *Fraction Anthems, Canticles, and Chants*. Copyright © 1997 Carl Haywood.

THE INVITATION

The Gifts of God, for you, the beloved people of God. Take them in remembrance that Christ lived, and died, and rose for you, and feed on him in your hearts by faith, with thanksgiving.

*No matter where you are on your walk of faith, this is Christ's table and all are welcome to the Feast.
Gluten-free wafers available upon request.*

THE ADMINISTRATION OF HOLY COMMUNION

MUSIC DURING COMMUNION

HYMNAL 488

Be Thou My Vision

Words: Irish, ca. 700; versified Mary Elizabeth Bryne (1880-1931); tr. Eleanor H. Hull (1860-1933), alt.

Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnal*, 1927

1 Be thou my vi - sion, O Lord of my heart;
 2 Be thou my wis - dom, and thou my true word;
 3 High King of hea - ven, when vic - tory is won,

 all else be nought to me, save that thou art -
 I ev - er with thee and thou with me, Lord;
 may I reach hea - ven's joys, bright hea - ven's Sun!

 thou my best thought, by day or by night,
 thou my great Fa - ther; thine own may I be;
 Heart of my heart, what - ev - er be - fall,

 wak - ing or sleep - ing, thy pres - ence my light.
 thou in me dwell - ing, and I one with thee.
 still be my vis - ion, O Ru - ler of all.

LEVAS 138

Lord, I Want to Be a Christian

Words: Traditional

Music: Negro Spiritual; arr. Edward C. Deas Copyright © Sunday School Publishing Board

1. Lord, I want to be a Chris - tian In my heart, In my heart; -
 2. Lord, I want to be more lov - ing In my heart, In my heart; -
 3. Lord, I want to be more ho - ly In my heart, In my heart; -
 4. I don't want to be like Ju - das In my heart, In my heart; -
 5. Lord, I want to be like Je - sus In my heart, In my heart; -

1. Lord, I want to be a Chris-tian In my heart,
 2. Lord, I want to be more lov-ing In my heart,
 3. Lord, I want to be more ho-ly In my heart,
 4. I don't want to be like Ju-das In my heart,
 5. Lord, I want to be like Je-sus In my heart,

In my heart, In my heart, In my heart,

1. Lord, I want to be a Chris-tian In my heart.
 2. Lord, I want to be more lov-ing In my heart.
 3. Lord, I want to be more ho-ly In my heart.
 4. I don't want to be like Ju-das In my heart.
 5. Lord, I want to be like Je-sus In my heart.

POSTCOMUNION PRAYER

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. *Amen.*

THE BLESSING

DISMISSAL

PROCESSION INTO THE WORLD

LEVAS 221

This Little Light of Mine

Words: Traditional

Music: Negro Spiritual; arr. Horace Clarence Boyer (1935-2009)

1. This lit - tle light of mine, I'm gon - na let it
 2. Ev - 'ry - where I go, I'm gon - na let it
 3. Je - sus gave it to me, I'm gon - na let it

Oh

1. shine, This lit - tle light of mine,
 2. shine, Ev - 'ry - where I go,
 3. shine, Je - sus gave it to me,

Oh

1. I'm gon - na let it shine; This lit - tle light of
 2. I'm gon - na let it shine; Ev - 'ry - where I
 3. I'm gon - na let it shine; Je - sus gave it to

Oh

1. mine, I'm gon - na let it shine, Let it
 2. go, I'm gon - na let it shine, Let it
 3. me, I'm gon - na let it shine, Let it

Oh

1. shine, let it shine, let it shine.
 2. shine, let it shine, let it shine.
 3. shine, let it shine, let it shine.

POSTLUDE

To God Be the Glory Bailey Myers, organ

William H. Doane; Arr. Victor C. Johnson



BLACK HISTORY MONTH COMPOSER SPOTLIGHT:



Victor C. Johnson is an award winning composer and arranger, in addition to being an experienced music educator and conductor. His first choral composition was published in 1994 while he was still a sophomore in high school, and he has since composed over 200 pieces for choir. A native of Dallas, Texas, Johnson is currently in his 12th year of teaching at the Fort Worth Academy of Fine Arts and serving as director of the Children's Choir of Texas. Johnson attended the University of Texas at Arlington where he majored in music education with a concentration in organ, and is currently serving as Minister of Worship and Arts at Shiloh Baptist Church in Plano, Texas.

Rollo A. Dilworth is an American choral composer, arranger, conductor, and music educator from St. Louis, Missouri. He holds music degrees from Case Western Reserve University, University of Missouri-St. Louis, and Northwestern University. Dilworth is currently Associate Professor of Choral Music Education and Chair of the Music Education Department at Temple University in Philadelphia, PA., where he also serves as conductor for the University Chorale. Dilworth is a prolific composer, having written and/or arranged over 150 choral works that are currently in print. His works often draw inspiration from spirituals and gospel music. Dilworth is also in high demand as a guest conductor and clinician for honors, festival, and all-state choirs throughout the United States and abroad, and has written many works specifically for elementary and secondary school choirs.



Carl W. Haywood is a prolific composer, arranger, conductor, and educator who has had great influence over the evolution of music in the Episcopal Church. He served as Service Music Editor for «Lift Every Voice and Sing II: An African American Hymnal» and composed or arranged twenty-nine of the included selections. He is also the leading contributor to the supplemental hymnal «Wonder, Love, and Praise.» A native of Portsmouth, Virginia, Haywood holds music degrees from Norfolk State University, Southern Methodist University, and the University of Southern California. Now returned to Norfolk State University as a professor, he serves as the Director of Choral Activities and conducts the NSU Concert Choir and the Spartan Chorale.

ANNOUNCEMENTS • FEBRUARY 5, 2023



JOIN THE LIVE STREAM TEAM!

We're looking for new recruits to help live stream our 10 a.m. service! No experience necessary, just a willingness to learn. Contact **Bailey Myers** at baileyjoymyers@gmail.com for more info.

Confirmation Class

There will be an orientation for parents with children, who are considering Confirmation, after the 10:00 service in February 19. (Kids can come too.) We will meet in the sanctuary. Our class will be in preparation for the November 2023 service at the cathedral.

Any young person considering Confirmation must be at least 13 years old and in high school by next fall. Adults considering Confirmation or reception into the church should contact Rev. Terri at reverendterri@aol to arrange separate instruction.



SAVE THE DATE!

A FASCINATING BOOK FOR DISCUSSION IN FEBRUARY!

Sunday, February 12, 2023 • 11:45 am to 1:15 pm

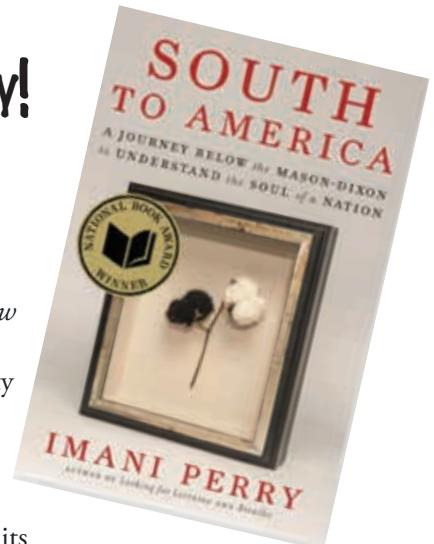
in the Parish Hall and via Zoom

Ascension's *Conversations on Race Group* invites you to read and discuss with us the 2022 National Book Award for Nonfiction, *South to America: A Journey Below the Mason-Dixon to Understand the Soul of a Nation* by Imani Perry. Dr. Perry is the Hughes-Rogers Professor of African American Studies at Princeton University and a faculty associate with the Programs in Law and Public Affairs, Gender and Sexuality Studies and Jazz Studies.

In *South to America*, Imani Perry, a native Alabaman, shows at the meaning of *American* is inextricably linked with the South and that our understanding of its history, landscape, culture, and its ritual humiliations and joys is the key to understanding the nation as a whole.

Click [here](#) to read or listen to a sample of the book:

<https://www.harpercollins.com/products/south-to-america-imani-perry?variant=39331608625186>



The Zoom link is:

<https://us02web.zoom.us/j/3015851659?pwd=RVQzSVBrMk91QS9GQWRHSDF5TmRKQT09>

Light refreshments will be available.

Any questions?

Contact **Susan Poling** (sapoling@verizon.net) from the *Conversations on Race Group*, which includes **Annie Brown**, **Jane Alperson**, and **Marta Brenden**.

CONCERT OF MUSIC BY
BLACK WOMEN COMPOSERS!

SATURDAY, FEBRUARY 25 • 4 P.M.

In person and live-streamed.

Featuring Ascension musicians and music by **Florence Price**, **Ysaye M. Barnwell** (*Sweet Honey in the Rock*), **Rosephanye Powell**, and more! More info, and live stream link to come!

ASCENSION'S ONLINE ANNUAL MEETING
MUST REGISTER TO PARTICIPATE!

SUNDAY, FEBRUARY 5TH • 1–2:30 PM

The Annual Meeting is scheduled to start Sunday, February 5, 2022, at 1 pm and will take place via Zoom. The Zoom “meeting room” will open at 12:45 pm. We welcome all congregants of the Church of the Ascension to attend the Annual Meeting.

***Registration**

To attend the Annual Meeting, you must have a Realm account and register using Realm. Once you log in, go to your profile page, navigate to the Events listing on the left-hand side and click on it, search for and click on the “2023 Church of the Ascension Annual Meeting” Event on February 5, 2023 listed under All Events. As part of the registration process, you will be required to confirm your date of birth, primary phone, and address. Please remember to click through each step of the process and press **Register** at the end. You can register family members at the same time. You should receive a confirmation email if your registration was successful.

Registration ends Saturday, February 4, 2023 at 12:00 Noon.

If you are unable to use Realm and want to register for the Annual Meeting, or if you are having trouble using Realm, please contact **Chris Parker Hunt** at chrisparker208@yahoo.com for assistance.

***Annual Meeting - Zoom Access**

Once you register, we will send you the Zoom access information (link, meeting ID, password) no later than Saturday, February 4, 2022.

***Materials for the Meeting**

Meeting Materials will be posted in Realm by the start of the meeting. These materials include the:

Agenda

Minutes from the 2022 Annual Meeting

Treasurer's 2022 Report

Vestry-proposed 2023 Budget

Profiles of the Candidates for Vestry

Profiles of the Candidates for Delegates to the Diocese

— more on the next page

***Online Voting**

There will be several items presented at the meeting that will need to be voted on.

We'll also use a secure online voting platform called Election Buddy, as we did last year. After the meeting, you will receive an email with a unique link only for you; this link allows you to access the ballot and submit your votes regarding Minutes from the 2022 Annual Meeting, Treasurer's 2022 Report, Vestry-proposed 2023 Budget, and Vestry candidates and Diocesan Delegates. You must submit your votes no later than 11:00 pm, Wednesday, February 8, 2023. The results will be tabulated and shared later in the week.

***Eligibility to Vote**

As a reminder, according to our bylaws, persons qualified to vote at Annual Parish Meeting shall:

Be least 16 years of age;

Have received communion at least three times at the Church of the Ascension in 2022, either in person or virtually.

Be a giver of record at least one month preceding the Annual Meeting, in the form of a pledge or a financial donation, that has been documented in church records.

Have requested at least one month prior to the Annual Meeting, to be placed in the official church rolls (i.e., the Realm Membership list, by Letter of Transfer, or by contacting the Rector.)

If you have questions about your eligibility to vote, please contact The Rev. Dr. Joan E. Beilstein, Rector, at revdrjeb@comcast.net or 240-476-9772.

And again, if you have questions about Realm's functionality, please contact Chris Parker Hunt at chrisparker208@yahoo.com.

Thank you for your time and commitment to Ascension! We look forward to 'seeing' you at the Annual Meeting!

The Rev. Dr. Joan E. Beilstein, Rector

Joe Simpich, Senior Warden

ASH WEDNESDAY SERVICES
February 22nd, 2023
12 PM & 7 PM
(in person and live streamed)
Stay tuned for bulletins and log in links.



BULLETIN ANNOUNCEMENTS

If you would like to put an announcement about an upcoming event in the Sunday bulletin, please email Jennifer Woods at knitpick@mac.com.

NOTE: The deadline for submissions to appear in the following Sunday bulletin is Wednesdays 5 PM.

SWEET SPIRIT EXPRESS

The Sweet Spirit Express (Ascension's weekly email) comes out on Fridays/Saturdays. If you have a submission for the Sweet Spirit Express (i.e., an upcoming event, an outreach opportunity, an article or reflection you have written, etc.), please email it to the Rector at revdrjeb@comcast.net.

NOTE: The deadline for submissions to appear in the upcoming email is Wednesdays 5 PM.

FACEBOOK PAGE

Join us on Facebook! <https://www.facebook.com/groups/21062820918>

Mustard Seed Ministry Opportunities • February 2023



Ascension's Mustard Seed Ministry offers simple moments of ministry that are easy to complete, often from the comfort of your own home. Don't know what to do to combat the hate and need you see all around you? Choose one or more of the Mustard Seed opportunities below!

- **NEW Columbia Lighthouse for the Blind**, located on Georgia Ave., Silver Spring is seeking volunteers to record for the blind, as well as those who will help the visually impaired with a variety of tasks. For more info, contact Jocelyn Hunter at jhunter@clb.org or call 301-589-0894.
- **Tommy's Pantry**, volunteer to help at Ascension on Saturdays to prep and distribute food to needy neighbors. For more info contact tommyspantry.org or Libbie Griffin 240-593-1143 or libbiegriffin@gmail.com
- **Casserole Ministry**. Shepherd's Table asks that rather than making a casserole for Shepherd's Table, you donate the cost of making one (\$10), to Shepherd's Table. Please let Carol Schwobel know of your donation. Cjs_skye@hotmail.com¹
- **Drop off a \$10.00 Giant or Safeway food cards or granola bars** at services or in the mail slot in Ascension House. These are needed for street ministry. *
- **Join a street ministry team!** We are looking for people to join our team especially for the every other Wednesday patrol. On the first and third Wednesdays of the month, they go out from 10-11 p.m. to distribute gift cards to the homeless in the area.
- **Diaper Ministry** to benefit Greater DC Diaper Bank and Silver Spring/Takoma Park Mutual Aid. Please drop off items at Church on Sunday mornings. For more info contact Laura Schattschneider at les291@nyu.edu; Drew Snyder at drewsnyder@pobox.com or Jess Quaranto at jess.quaranto@gmail.com
- Want to help a child stay in school in Ecuador? The cost is a minimal \$22/month. Joan and I worked with these people when we were there, and every penny goes to the child's educational costs. To donate to Education = Hope, go to educationequalshope.org/ecuador.html
- Volunteer to welcome busses arriving from the border! For info on how you can help, please contact Amy Hammond at migranthehelpdmv@gmail.com
- For mental health care for person in detention. For more info contact Dick Marks at richardpmarks@aol.com.

In January, you donated:

1. \$1160 = 160 casseroles to Shepherd's Table
2. \$1,260.00 in grocery cards were given to the homeless through our street ministry.
3. 156 diapers to the Diaper Ministry

Serving Today

Sunday, February 5, 2023
Fifth Sunday after Epiphany

Celebrant & Preacher: The Rev. Dr. Joan E. Beilstein

8:00 AM Service

Lector: Jocelyn Lindsay

LEM: Fred Paul

10:00 AM Service

Lector: Liz Malone

LEM: Steve Fromyer and Deborah Percell

Sunday Warden: Theo Emory

Ushers & Greeters: Chuck McCarter and Jim Wolf

Live Stream Team: Monica Allen and Bill Schauman

Serving Next Week

Sunday, February 12, 2023

Sixth Sunday after Epiphany

Celebrant and Preacher: The Rev. Gayle Fisher-Stewart

8:00 AM Service

Lector: Tom Jacobson

LEM: Luz Guiab

10:00 AM Service

Lector: Sandra Sussman

LEM: Buck Buckingham and Gloria Hunt

Sunday Warden: Denise Franklin

Ushers & Greeters: Addison Hunt and Bob Jacobs

Live Stream Team: Peter Chang and Steve Fromyer



For peace and an end to violence and terrorism everywhere.

Our Parish Cycle of Prayer:

Helen Van Doren

Lorraine Van Buren and George Rathbone

Susie, Caitlin, Arden, and Ivy Veech

Maureen Walsh, and Evan, Galen, April, and Family Epps

For those celebrating birthdays:

February 6: Avery Todd and Mathew Hand

February 9: Catherine Carr

February 11: Anya Winter

In our Diocese:

We pray that all members of our Diocese will grow in their respect for the diversity of God's creation.

Theological Education Sunday

All Seminaries, Seminarians, and Seminary Professors, Postulants, and Candidates

In the Anglican Communion:

The Anglican Church of Papua New Guinea

For those with HIV/AIDS everywhere, but especially in Africa.

In the World:

All with the COVID-19 virus and all who have died.

For people in need of healing

(*indicates a member of the parish; italics, new this week):

Virginia Allen, Gwendolyn Alexander, Myrna Ajavon, Tina Arnold, David Boulet, Dee Wood-Bowling, *Yvonne Boyd, *Bob Brown, *Bick Buckingham, Joré Yvonne Chumbley, The Ciavarella Family, Anneliese Clark, Joe Clark, *Heidi Clark, *Ray Cummings, Giulia Del Priore, Emily Dixon, *Keith Ecker, Sean Fitzsimmons, Asa Flanigan, Pat Grant, Geoff Grub, Bob Gough, *Luz Guiab, Elizabeth Haines, Lisa Harrison, Judy Haveman, *Ben Heffer*, The Hernandez Family, Jere Herzenberg, *Maggie Howard, *Bob Jacobs, Andy Jury, *Maybelle Kagy, Pete Kraemer, Pat Latin, Dee Lehman, Linda LeVeque, Sally Logan, The Lovell Family, *Dana Sussman-Martin, *Peggy Mantinbands*, Tiffiny Medlin, David Meyer, Rodney Myrvaagnes, Robert Peterson, The Roberts Family, Martha Roberts, *Roger Rohrbaugh, Severn Savage, Robin Schueneman, *Carol Schwobel, *Martha Smith, Theo Stein, *Joyce Sterling, Ted Stewart, Erin (Cummings) Straub and Logan Straub, Gemma Tate, Marvin Tate, *Al Taylor, The Teesdale Family, *Emile and Nancy Thomas, *Joan Thomas, Myrtle Thompson, *Helen Van Doren, The Vialva Family, Lesley Vossen, *Libby Williams, Marie Woodley, *Jennifer Woods

And for those who have died:

Prayer of thanks for the life of Mike Smith, dear friend of Liz Malonw

Please take the Prayer List home for use in daily prayers.

PARISH STAFF

Rector: The Rev. Dr. Joan E. Beilstein

240-476-9772 • revdrjeb@comcast.net

Deacon: The Rev. Terri M. Murphy

ReverendTerri@aol.com • 240-535-3703

Director of Music Ministries: Bailey Myers

1-715-304-7202 • baileyjoymyers@gmail.com

THE VESTRY OF ASCENSION

- Joe Simpich ('25), *Senior Warden* • Steve Fromyer ('23), *Junior Warden*
 - Karen MacPherson ('25), *Secretary*
- Theo Emery ('24) • Denise Franklin ('25) • Chris Parker Hunt ('25)
- Anne LeVeque ('24) • Chuck McCarter ('24) • Jonathan Mengesha ('23)
- Blaise Strandquist ('23) • Sandra Sussman ('23) • Joan Thomas ('24)
 - Leticia Read – *Clerk of the Works*
- Leona Cosby – *Treasurer* • Fred Paul – *Assistant Treasurer*
treasurer-ascension@comcast.net

To submit a prayer request or add birthdays, anniversaries, and other thanksgivings to the Sunday prayer list please email:
Jennifer Woods, knitpick@mac.com and
The Rev. Dr. Joan E. Beilstein, revdrjeb@comcast.net

Special Thanks to Chris Chang and Astrocasters for helping make our live stream possible by providing our streaming server and cota.live site!