



The Tower

STAND UP! SIT DOWN! KNEEL! KNEEL! KNEEL!

When I was a little kid, my favorite cheer was: Lean to the left. Lean to the right. Stand up! Sit down! Fight! Fight! Fight! We often changed the words to Lean to the left. Lean to the right. Peel your banana and Um! Take a bite! I have know idea what that meant—it was just funny. Sometimes in church, I don't really know why we are doing certain things. Growing up Roman Catholic and later becoming Episcopalian, my childhood cheer would run through my mind but with one edit: Stand up! Sit down! Kneel! Kneel! Kneel! I didn't know why we were standing or kneeling or even sitting, I just knew that was what everyone else did so I better do it, too.

Since childhood, I have heard various reasons for our different postures in church. My favorite reason given me is, "because the rubrics say so." But the one that makes a great deal of sense to me is that we stand to praise God, sit to listen, and kneel to pray. For the most part, that seems to cover the basics and feels like a pretty good explanation to me.

But, knowing the Catholic and Episcopal faiths like I do, it didn't seem like the complete explanation. So, I went on the hunt for why we exhibit particular postures in various parts of the liturgy and I discovered that I had to go back several centuries to find the answer.

In 325 A. D., the Council of Nicea prescribes the posture of standing on Sundays and during the Easter season, except during penitential times (think Lent). This posture is to express a sense of honor and respect and Easter joy. The council felt the need to weigh in on what posture people might assume during the liturgy because it had become the practice to kneel throughout the service. The understanding of kneeling at that time was in penance (thus appropriate for penitential times) not out of respect during prayer. Not only do we know that the Council of Nicea recognized posture in prayer, we also know that it was in accordance with the approval of Canon 20. That might not seem like a big deal, but think about this: A canon law written about 1700 years ago still remains in effect for a significant part of the Christian world in it how it practices

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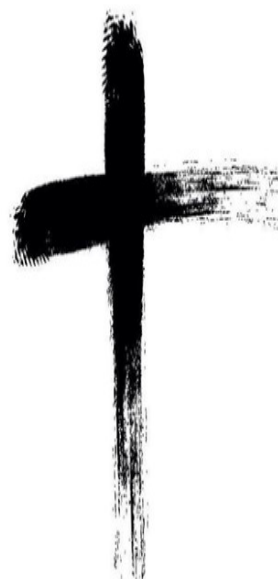
We believe in
sharing the
experience of
love and grace by
seeking
relationship with
God and one
another.

ASH WEDNESDAY SERVICES

March 6

Holy Eucharist and
Imposition of Ashes

7:00am † 12:05pm †
5:30pm





ful resource for diocese and parishes as well.

Here, at Church of the Ascension, we maintain our own archives. Hugh Alsbrook is our resident archivist. Not only does he maintain our archives, he also maintains exhibits in our display cases in the hall outside the Canterbury Room in the administrative building of the church. This month's spotlight on ministry features The Archives. Check out Hugh's article about the Archives and look for fun archive facts in the weekly E-news throughout the year. Thanks Hugh for keeping us in touch with our roots!

Whether or not its important to you to stand, kneel, or sit during liturgy—it is important for us to know and understand where our traditions, rules, and laws come from so that we might benefit from the wisdom and guidance of the Holy Spirit throughout the Christian era. It may not seem like a bunch of old photographs, obsolete laws, or dusty old documents are filled with the Holy Spirit—but they are invaluable in helping us chart our course by understanding how we got to where we are now.

Light and Life,
Candice+

liturgy. Furthermore, we can put our hands on this law if we have access to the archives in which it exists (probably somewhere under the Vatican—but I'm just guessing).

The Episcopal Church maintains its own archives. They can be found at www.episcopalarchives.org.

Much of this collection is digital and can be useful in researching actions of General Convention as well as other aspects of our history.

Sermons are now online!

Missed a Sunday, but don't want to miss a sermon? Text and audio of Rev. Candice's weekly Sunday sermons can now be found on our website. Go to www.coascension.org/sermons/ to listen to past sermons. We are currently in the process of back logging previous week's sermons to bring us fully up-to-date.

Ascension Outreach Report

In 2018, Ascension's Outreach Committee met on four occasions during the year to consider requests for outreach support from various organizations and individuals. In addition to those areas of specific support, the Committee was also able to provide assistance for several active outreach efforts by various groups of parishioners. Those efforts include support of the monthly Beans and Rice Ministry food distribution, and for two cooking teams; one cooking on Saturdays mornings to provide frozen meal servings to the Montgomery Area Council on Aging and the other effort cooking monthly for the first Monday feeding of the homeless through Reality and Truth Ministry. The Committee also provided seminary support during 2018 to two seminarians, Richelle Thompson-Pridmore and Joe Hubbard.

Support is categorized as follows:

LOCAL -\$46,710

Holy Cross Episcopal School; Reality & Truth; Kelcie's Place; Montgomery Council on Aging-Meals on Wheels route; Food boxes distributed from the Church office as well as delivered to residents of

Paterson Court; Respite Care Ministry; New Beginnings Educational Center; That's My Child Ministry; Meals for Wednesday night tutoring; Medical Advocacy & Outreach; Family Promise; Beans & Rice; and Renascence Re-Entry Ministry.

USA- \$8,500

Support of disaster relief efforts in Florida, South Carolina and North Carolina for victims of Hurricanes Florence and Michael; Girl Power 2 Cure; Seminary support for our two seminarians.

WORLD-\$10,750

Send International (missionaries in Japan); Diocese of Costa Rica; All Saint's Cathedral in St. Thomas Virgin Islands; El Hogar Ministries (Honduras) and Lunches for Learning (Honduras).

On behalf of all who have benefitted from Ascension outreach support, we thank the congregation for its financial gifts to the Church which continue to make our outreach efforts possible.

TRANSFORMING GENEROSITY

2019 STEWARDSHIP UPDATE (As of 2/27/19):

171 Pledges totaling \$908,146.00
2019 Pledges Collected To-date: \$274,326.11

Thank you to those who have made a pledge! If you have not done so, pledge envelopes are available in the Parish Office or you can contact Tracy at thin-ton@coascension.org. Pledges are important not only in properly budgeting for the church, but in our growth and transformation as we give to God to partner with God in doing his work in the world.

Have you considered Church of the Ascension in your estate planning? For more information, contact Tracy in the Parish Office.

VESTRY

2019

Scott Bamman,
Senior Warden

Paul Davis

Richard Norris

Chris Smith

2020

Andrew Akin,

Junior Warden

Laura Brendle

Susan Copeland

Henry Weatherly

2021

Brittney Calhoun

Lacy Gibson

Sissy Speirs

Mr. Glenn Sylvest

Robert Gould,
Treasurer

Matt Bledsoe,
Clerk of the Vestry

WHAT IS ARCHIVES?

When our beloved Bubba Patton spoke to me about replacing him as the church's archivist, I reluctantly agreed without realizing that my task was going to be a daunting one. My organizational experience at that point had been developing and storing the music libraries at St. Bernard United Methodist Church in Slidell, Louisiana and at Church of the Ascension.

That is a fairly simple process: filing alphabetically under title or the name of the composer and possibly under the liturgical season in which the piece will be used.

Little did I know that I would spend the better part of the next five or six years identifying and storing the history of this parish. The archives were located in a closet in the Upper Room, and when I saw the disarray of the things in that closet, the inclination to re-

sign from my "new position" was very strong. However, my insatiable curiosity prevailed, and I "took a seat" in the closet and began discovering what was there. After "digging around" in there for a few weeks, I realized that my predecessors Bubba Patton and Mrs. Elizabeth Pannell, the daughter of Mr. Algernon Blair, a leading founder of the Parish, had done a great job of collecting historical materials. Basically, there were two types of information: documents and photographs.

Now my task was to decide how to organize all these documents and photographs. My first thought was to do it all chronologically; however, many of the documents were undated, and practically none of the photographs were dated. I obviously needed a new plan. It was about this time when the archives and I were happily moved out of the closet and into a very spacious room on the fourth floor where there are file cabinets, large work tables,

a desk with a lamp and other nice amenities. I decided that my new plan was going to be to file the materials under the name of the Rector when they were produced.

I then began to sort through these many stacks trying to determine where each piece belonged in this rather loose historical plan I was using. At this point the "going got slow." I rapidly became "overly interested" and the work would come to a screeching halt while I meticulously read all of the very interesting details of various documents. Very quickly into this process, I began to appreciate the necessity of maintaining an accurate, well organized, "detail-laden" and accessible record of the history of Church of the Ascension. The past has such a great influence on the future. Just as I am what I am today because of the past, so Church of the Ascension is what it is today because of what it was in the past. As I moved through the various Rector-ships from the earliest to the present, I became more and more

aware of how one generation in the life of this parish has influenced the next one to come.

One of the great joys of doing this project was becoming acquainted with some of the founding families of Church of the Ascension. They were a strong and

dedicated group of men and women who were determined to build a church that would glorify God with its beauty and stand "forever" as a place of worship, a place of welcome, a place of rest and peace and a place where God's ever-abiding love is always present in all that we think, in all that we say and in all that we do.

Hugh Alsabrook



Pew Pals

Totes filled with Godly and quiet activities for your child to enjoy during church services.

Available at the Vineyard Bookstore

FAMILY PROMISE

MARCH 17-24

Ascension will soon be hosting one or more homeless families at Joshua House for the first time this year.

Please contact Mildred Wakefield ([201-4854](tel:201-4854) or wake7@me.com) if you would like more information or are able to participate in this week of hospitality, when we welcome some of our neighbors who need a safe place to stay as they work to return to permanent housing.

Tasks include setting up, providing a meal, eating with the families, spending a night, or washing linens. Volunteers are encouraged to bring their children with them, and new helpers are welcome.

MUSIC NOTES

The Ascension Choir

As The Ascension Choir is busily preparing for Lent/Holy Week/Easter, I am aware that one of the blessings of being in a choir is that we get to practice being the Kingdom every week. Yes, I have said this before, that we come together with many different views, backgrounds, families, experiences, political positions, and so on. We lay them aside for 2 hours on Wednesday evening and for 2 hours on Sunday mornings, and we create a space that allows all of us to worship, to ascribe worth to God.

This week, I am thinking of our Sunday mornings, too. As the congregation gathers, we also lay aside differences to practice being the Body of Christ, gathered in community to remember, re-pent, to worship. Our music and our liturgies make it possible to do that, to lay aside the stresses and disease of the week, to re-call Jesus and what he showed us about Love. We declare that God is God and we sing out our joy and bits of our understanding of his greatness.

It can become easy to think of coming to church as an individual discipline, which it certainly is, but I believe that we are called to the community and communion of worship, and that it is truly good for our souls. If you would like to fos-

ter that community, join us in the Ascension Choir. A short conversation with me is all that is needed, and you could regularly practice with us, to become one, to model the Kingdom, and to worship using one of God's greatest gifts.

Calling ALL Children!

This is one of my favorite pictures of any Children's Choir that I have ever directed, as most choir directors that have worked with children would die laughing. It epitomizes all of the distractions of teaching children to sing and all of the joy that they bring. It was taken as we were beginning to reorganize our children's choir program. Haven't they come a long way? Look for them to sing at Compline, April 7, on Easter Sunday morning at the 9:00 service and on Mother's Day/Good Shepherd Sunday! Our children (Age 3 through 6th grade) meet on Wednesday nights for rehearsal. We would love for ALL of the children at Ascension to sing with us. Check out our schedule, contact me if you have questions.

Becky

CONTRIBUTIONS

The Music Ministry Discretionary Fund has been established to provide special resources for the music program at Ascension. Gifts are welcome in honor, thanksgiving and memory of loved ones.

Thank you to all who support music ministry at the Ascension, by your prayers, presence and gifts.

In Tribute to a Loving and Supportive Family

Ms. Clyde H. Eller

In Thanksgiving and Honor of Her Children

Emily Caruso

In Memory of June B. Scott

The June B. Scott Family

In Honor of Marjorie Kohn

Minnie Lee Gill

Pat & Jim Franklin

The Hobbs Foundation

Karen & Marvin Campbell

Emily Caruso

Susan & Lavone Dubose

Patricia T. Guest and her family



Episcopal Youth Community

DEVELOPMENT AND EXPANSION OF THE CHURCH'S MINISTRY WITH YOUNG PEOPLE

Join us for our next adventure! All youth in grades 7 to 12 are welcome to come anytime!

March EYC Events

- 3.3 EYC @ Joshua House, 5:30 PM
- 3.5 Shrove Tuesday Pancake Supper, 4 - 8 PM
- SPRING BREAK
- 3.31 EYC @ Joshua House, time TBD

Shrove Tuesday Pancake Supper

Tuesday, March 5
Youth will help set up and serve. We will have tip jars to raise money for the summer trip. Come any time between 4 - 8 PM. Parents and family should join us to help and eat supper!

Serve as Staff at Sawyerville Summer Camp

Sawyerville Summer Camp is a free day camp for children and youth ages 6-14 living in Hale County. At camp, kids hear Bible stories, create art, make music, play sports, learn to swim, and enjoy a breakfast, lunch, and snack. The staff are high school and college age young people ages 16 and up and come from all over the Episcopal Diocese of Alabama and the local community.

Sessions are June 1-7, 15-21, 22-28. Deadline for staff applications is March 10.

For more info: <https://www.sawyervilledaycamp.org>

Wonderful, Wonderful Camp McDowell!

Summer camp registration is now open

PRIMARY I (1st-3rd grade w/ adult) MAY 24-26

ELEMENTARY II (4th-5th grade) MAY 29-JUN 2

MIDDLER CAMP (5th-6th grade) JUN 5-JUN 10

SOPHOMORE CAMP (8th-9th grade) JUN 14-22

JUNIOR HIGH I (6th-7th grade) JUN 25-JUL 1

SENIOR CAMP (10th-12th grade) JUL 6-15

JUNIOR HIGH II (7th-8th grade) JUL 19-26

ELEMENTARY I (3rd-4th grade) JUL 28-JUL 31

YOUTH FOLK CAMP (5th-12th grade) JUL 28-31

PRIMARY II (1st-3rd grade w/ adult) AUG 2-4

BETHANY'S KIDS:

CAMPER BUDDY (10th grade-high school grads) JUN 5-9

CAMPERS (4th-8th grade w/ AND w/out disabilities) JUN 6-9

Grade based on entering Fall 2019



Register at:
<https://campmcdowell.com>

Children's Ministry

Godly Play Teachers (PreK and K) 9:15 Sundays, Third Floor

Mar. 3 - Christine Harrison
Circle of the Church Year

Mar. 10 - Christine Harrison
Faces of Easter, I

Mar. 17 - Tiffany Nishibun
(one room—all meet in Godly Play)

Mar. 24 - Tiffany Nishibun
Faces of Easter, III

Mar. 31 - Christine Harrison
Faces of Easter, IV

ELEMENTary Teachers (1st-6th) 9:15 Sundays, Third Floor

Mar. 3 - Nan Barganier and Lauren Greene
Proverbs

Mar. 10 - Nan Barganier and Lauren Greene
I am the good shepherd

Mar. 17 - Tiffany Nishibun
(One Room—all meet in Godly Play)

Mar. 24 - Nan Barganier
I am the bread of life

Mar. 31 - Mary Lee Yelverton
I am the light of the world

Children's Church Helpers, 10:15 Sundays

Mar. 3 - The Aman Family

Mar. 10 - The Wiggins Family

Mar. 17 - TBA

Mar. 24 - TBA

Mar. 31 - The Harrison Family

** If you know you are going to be in town during Spring Break and you are willing to volunteer to be the helper, Please let Tiffany know.

Children's choirs meet Wednesdays at 6:00

Family Dinner starts at 5:15 with a max cost of \$15 per family.

Dates to remember....

Mar. 5 - 5:30, Shrove Tuesday Pancake Supper and ADS Art Auction

Mar. 6 - 5:30 Holy Eucharist for Ash Wednesday, childcare provided for kindergarten and younger, NO Children's Choirs or Supper.

Mar. 20 - No Children's Choirs (Spring Break)



ASH WEDNESDAY, March 6, 5:30 —Children and the imposition of ashes.

Help your children to feel the change in the church year by bringing them to our Ash Wednesday Eucharist and Imposition of Ashes. This service helps us switch our focus from the light of Epiphany to the Journey of Lent. I can't say that it feels good to see you child marked and told, "REMEMBER THAT YOU ARE DUST AND TO DUST YOU SHALL RETURN." I can however tell you, that it has always been helpful for my own practice of Lent each year, and a powerful reminder of the gift that all of these children are to us and our community.



Children's Bulletins from Illustrated Children's Ministry will be available to children during the 10:15 service starting in the season of Lent. This website also has some good family devotions for the seasons for a small cost to download.



SAVE THE DATE FOR.....

Vacation Bible School
June 3-6, 8:30am - Noon
@ St. John's

This year St. John's will host VBS. We will look at the story of Joseph and God's Faithfulness to Joseph despite many difficult times in his life! We will also "grow our faith" while exploring farms and gardens around the River Region. Remember that even though we are not the hosts, we still need the support of Ascensions AWESOME volunteers! You'll receive more information in the spring, but keep these dates open for our kids to have a great experience!