



We believe in sharing love and grace with God and one another.

From the Rector...

Getting old is hard. I watch our almost 17-year-old dog trying to navigate her daily life, facing the challenges and struggles of each day. Where she once bounded up the stairs, showed strong resistance to anything she didn't want to do, barked at the top of her lungs, and ran and played with ease; she now struggles just to get on her feet and has to wear diapers. Some days, I feel deep sorrow and pity for her, but then I am reminded of her enduring spirit, courage, and determination. Banshee is not planning to leave this life anytime soon, and she certainly isn't going to give up on it.



As I grow older, I become increasingly aware of the wisdom of the elders in my community. Life may be a struggle at times, with aching joints and arthritis, but the changes of the body and the circumstances of life offer more than frustration; they can grant great wisdom.

At the end of Compline, we sing the Nunc Dimittis or Song of Simeon as it is often called. This hauntingly beautiful and poetic expression of peace is sung by a man named Simeon (thus its name). Simeon was an old man described in the Gospel of Luke as righteous and devout. God told Simeon that he would not die until he had seen the Messiah. When Mary and Joseph brought the baby Jesus to the temple to be circumcised, Simeon took the babe in his arms and sang this song in praise of God:

Lord, you now have set your servant free

to go in peace as you have promised;
For these eyes of mine have seen the savior,
whom you have prepared for all the world to see:
A light to enlighten the nations,
and the glory of your people Israel. (BCP p. 135)

Simeon's song is a powerful testament to who we understand Jesus to be and how God is active in our world. His story is immediately followed by the story of Anna. Scripture describes her as "of great age" and noted to be 84. She never left the temple and was considered a prophet. She proclaimed Jesus as "the child to all who were looking for the redemption of Jerusalem." (Luke 2:38)

Simeon and Anna navigated old age as faithful witnesses to the power and purpose of God. The promise made to them was not that they wouldn't suffer or that life would be easy, but rather a promise of hope and redemption. Their lives testify not only to God and the Messiah, but to our purpose as we age, even as our bodies become more limited and our opportunities lessened.

Each of us has a purpose. We spend the first half of our lives trying to discover what that purpose might be, and then we spend the second part living into the only purpose we have always had—bearing witness to and glorifying God. Some of us figure this out sooner than others, but whether we are twenty years old or 108, we are created to bear witness to God. This is true of each of us regardless of our mental or physical abilities or disabilities—as long as we are breathing, we are glorifying God.

Banshee struggles each day to get up and keep going. And each day her tenacity and courage serve as a witness to me of the power of God in his creation. Banshee has become humble, weak, and vulnerable—qualities I would never have assigned to her in her youth. In so becoming, she and I have deepened our relationship of love and compassion, finding new power and courage in one another. And that gives me hope—her witness to me of the promise of God, of the Messiah.

Light and Life,

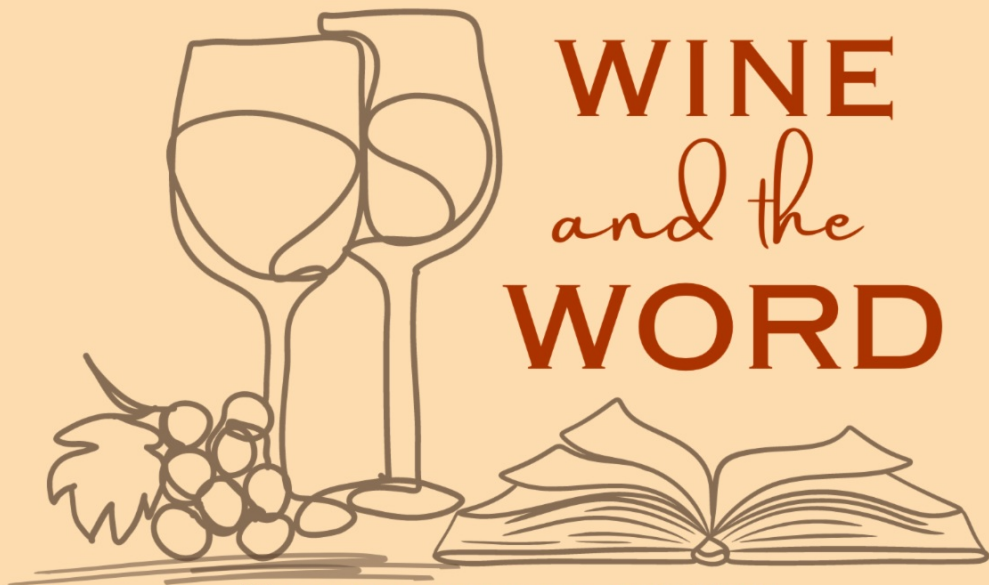
Candice+

candice@coascension.org

This Thursday!



CONNECT



WINE *and the* WORD

WEDNESDAY EVENINGS AT 6:00 PM
IN THE SMALL DINING ROOM

GATHER FOR CASUAL THEOLOGICAL DISCOURSE WITH THE CLERGY
THIS WEEK'S THEME OF DISCUSSION IS
RELIANCE

WINE AND ALTERNATIVE BEVERAGES WILL BE PROVIDED.

WEDNESDAY NIGHTLIVE

STAY CONNECTED AND JOIN US ON
WEDNESDAY NIGHTS!

4:30
REUNION GROUP
LIBRARY

5:15
DINNER
ASCENSION HALL

6:00
BREAD OF LIFE
WALDO GARDEN

6:00
AN ORDERED LIFE SMALL GROUP
SMALL DINING ROOM

6:00
YOUTH ACIVITIES
3RD FLOOR YOUTH ROOM

6:00
CHILDREN'S CHOIR
4TH FLOOR CHOIR LOFT

6:00
EDUCATION FOR MINISTRY
LIBRARY

6:45
COMPLINE
4TH FLOOR CHOIR LOFT

Dinner Menu:

Fried Chicken
Macaroni & Cheese

\$8 per person or \$20 per family

Follow us on Instagram!



Our new Instagram account is up and running! Follow us [HERE!](#)

RSVP by Friday with Tina Harstad or on BOL Facebook page by clicking below!



They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not



Stewardship Update 2024

If you haven't turned in your pledge card it is not too late. You can drop in in the basket during service or bring it by the church office, For more information on pledging click [HERE](#).

Financial Gifts Offered This Week	Financial Gifts Offered This Month	Financial Gift Target Monthly
\$4,721	\$53,967	\$85,500

Total Pledged Amount for 2024 - \$1,025,396
Total Collected Amount for 2024 - \$675,637



ALABAMA CURSILLO

Episcopal Diocese of Alabama

2024 Cursillo Dates

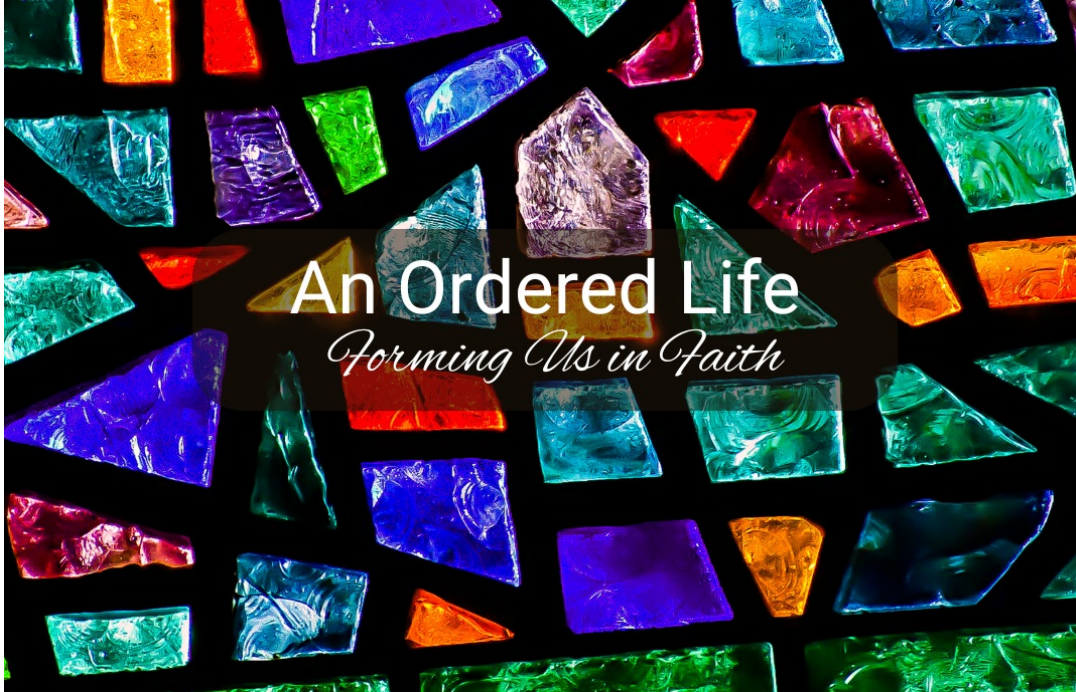
September 12-15 (Drew+ on staff)
October 17-20 (Will & Amy McQueen on staff)
Staff Training - November 9th

2025 Cursillo Dates

April 3-6 (Drew+ on staff)
June 5-8 (Steve & Candice+ on staff)
October 9-12

Contact Steve Frazer or Sharon Massey for more information.

GROW



An Ordered Life

Forming Us in Faith

New Facebook Group!

An Ordered Life

A place to come and discern how God is crafting your inner disciple. Be encouraged to post thoughts and inspirations related to growing a spiritual rule of life that guides who you are at home, work, play, and church. This is a safe place where we treat one another with reverence and respect.

Click [HERE](#) to go to the Facebook group page and request access!

The Weekly WORD

RELIANCE

In 2019, fire destroyed the roof and spire along with much of the interior of Notre Dame. The walls remained standing in large part due to the flying buttresses holding them up. Those flying buttresses were an architectural novel in the 13th century when the church was built. Church design had become more impressive with taller buildings, skinnier walls, larger windows, and expanded space all to allow more light to flow into the space. The flying buttresses were a way of allowing more equal weight distribution of the building so that the walls would not fall down. The church's RELIANCE on its flying buttresses proved critical in the fire a few years ago.

Out RELIANCE on God as a support keeps us from collapsing under the burdens and pressures of daily life and the challenges that come our way. That RELIANCE might look like daily reading of the Bible, a disciplined prayer life, spiritual direction, or even intentional time in soaking in nature or art. Like those flying buttresses, when we have established a trustworthy practice of RELIANCE in our spiritual life, we discover that we can withstand most any challenge.

Men's Prayer Breakfast

7:00 AM on Thursdays



A rule of life is a deliberate set of commitments and practices crafted to enrich one's spiritual journey. In this series, we'll hear from various ecumenical clergy members who will share how they have created their own rules of life and how these practices have deepened their relationship with Jesus.

SERVE



Come support ADS by signing up to read to our students on Thursday's at noon! Please reach out to Murrey if you are interested.

Last Sunday for Popcorn!



Cub Scout Pack 1

HELP SUPPORT THE SCOUTS!

Pack 1 Scouts will be selling popcorn
at Church of the Ascension
after the 10:30 am Service on:

September 8

September 15

September 22

Payment Options: cash, CC,
checks and Venmo

Mercy House Volunteer Sign-up

A new sign up is now available for volunteers to help distribute lunches at Mercy House from August-December. You can view the sign up sheet by clicking [HERE](#). Since August of last year we have been working alongside our friends from St. John's on this outreach project, and two volunteers are needed from 11:00 - 1:00 every Thursday.



The Vineyard Bookstore

Come see what is new at the Vineyard!

You can now Venmo at The Vineyard! Just search for **@ChurchoftheAscension** and look for our logo. Make sure you tell us it is for The Vineyard and offer a brief description of your purchase. All proceeds at The Vineyard go to outreach initiatives.





WORSHIP

Sunday Morning Schedule

Rite I Service - 8:00 AM - Nave

Summer Breakfast - 8:30 AM - Ascension Hall

Clergy Forum - 9:15 AM - Upper Room

Rite II Service - 10:30 AM - Nave



This Sunday!



Installation of new Daughters of the King this Sunday during 10:30 service!



Attention Venmo Users



As electronic payments become more widely used we ask that anyone who uses Venmo to **please add a short summary of what the payment is for in the description field.** We now accept Venmo for Wednesday night dinner, Sunday morning breakfast, purchases in The Vineyard Bookstore, as well as for giving. This description will help us allocate the resources appropriately. Thanks!

Staff Directory

The Rev. Candice B. Frazer, Rector candice@coascension.org
The Rev. Drew Brislin, Associate Rector drew@coascension.org
Becky Taylor, Music Ministry beckytaylor@coascension.org
Will McQueen, Facilities Manager will@coascension.org
Tracy Hinton, Parish Administrator thinton@coascension.org
Jason Pate, Director of Communications jason@coascension.org
Laura Mielke, Children Family & Faith Formation Minister laura@coascension.org
Nick Mielke, Youth Family & Faith Formation Minister nick@coascension.org
Fay WorriLOW, Administrative Assistant fay@coascension.org

PRAYER FOR THE ASCENSION

Almighty and everlasting Father, we stand in your presence, awed and silenced by your goodness and wisdom. We rejoice in the outpouring of your Spirit on the Ascension and our ministries. Help each of us to remember that we are walking in your sight, and that you are present with us at every moment. Through your Holy Spirit, guide us in our prayers and enable us to focus our thoughts on you, so that we may be filled with the knowledge of your will. Grant us the wisdom to ask what you would have us do; the strength and courage to carry out your work; and the grace to show our gratitude through good

stewardship of your gracious gifts. We ask all things in the name of Jesus Christ, our Savior, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen.

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