



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

From the Rector...

Steve and I spent last week at the beach enjoying a wonderful vacation filled with family, friends, blue skies, comets, porpoises, and plenty of reading. The Frazer family has a vacation home in Orange Beach—built in the 1940's and later rebuilt after Hurricane Ivan destroyed it. It offers solace and peace, beautiful views of the bay, and the soothing sounds of the water and osprey—a truly wonderful place to rest and rejuvenate.



Our next-door neighbors at the beach have been there for as long as I can remember.

While we were there last week, the youngest of their three daughters temporarily moved in with her husband and two children. They live in Ashville and were under a “boil water” alert so, they decided to stay at the beach until the “all clear” is issued back home.

Though life at the beach is quite different from the daily grind we often experience at home, it was clear that the mother of these two small children was trying to maintain a schedule. Every morning at dawn, they walked down to the pier to watch the sunrise. At 3pm, like clockwork, the children came outside to play in the front yard. At sunset, it was time for another trip to the pier to watch the sun go down. Routine is important, and this little family, whose life had been so disrupted by natural disaster, was coping by establishing a new daily routine.

Children crave structure and thrive in it. The looser the structure around their lives, the more chaotic and reactive they tend to become. When boundaries are set around their

behavior, they begin to act more positively. The challenge lies in finding the right balance of structure that each child needs, specific to their situation. Parents can spend their entire lives fine-tuning this structure to help their children find positive expressions of who they are and grow into good humans. It's hard work, but when done well, it brings purpose, meaning, and fulfillment to both parents and children alike.

Adults are no different; we need structure. We can easily become overwhelmed when faced with too many choices. This may partly explain why Chick-Fil-A is so successful. We think we want unlimited choices, but we truly crave boundaries and guidance in decision-making and behavior. When we allow ourselves the luxury of good structure with fewer choices and clearer focus, we find that we thrive.

Structure doesn't have to be rigid—this is the essence of Jesus' mission and ministry. When we impose a structure that is too inflexible to allow for some bending of the rules, we risk breaking relationships. Jesus comes as the fulfillment of the law and the prophets; he embodies the fulfillment of relationships. He doesn't merely tell people what to do and judge them when they fall short; he shows them how to live and loves them into being. His life is loosely structured around praying, teaching, and miracles. He feeds people and then withdraws to pray. He heals people and then goes off by himself to pray. He teaches the crowds and then prays. Unlike our next-door beach neighbors, his structure isn't bound by hours or specific times; it is grounded in ways of being—act and pray, act and pray. (Though we might do better to pray first and then act. Indeed, you could argue that Jesus prays before he feeds, heals, or teaches. You might even go so far as to say he prays, acts, prays.) The routine is important, regardless of whether it is built on a schedule or a way of being in the world.

One of the lessons of the pandemic is the value of routine. Family life shifted during those years to accommodate changes in work, school, and home routines. Unfortunately, one of the casualties of that shift was the church. While we are beginning to recover our church attendance habits, we have suffered from being out of the routine of going to church. As you reflect on the routines in your life, consider the importance of regular church attendance for worship and praise, anchoring your life to the things that matter most. The church is not meant to be a rigid structure, but a place of relationships—with God and with one another.

Light and Life,

Candice+

[candice@coascension.org](mailto:candice@coascension.org)



# Barefoot Sunday - Oct 20th



Bring your gentled loved shoes to donate and kick-off our stewardship campaign by Walking in Love and sharing freely with a world in need.



Barefoot Sunday was a kick! We collected tons of shoes as we kicked off our Walk In Love Stewardship Campaign. Thank you to everyone who donated and if you were not able to attend you can pick up your stewardship packet through November 3rd!

**WORSHIP**

**Wednesday, November 5th! 5:30 PM**



# Instructed Eucharist

Join us as we explore what we do in worship and why!



## Join the Churchwide Virtual Celebration



The Most Reverend Michael Curry  
requests the honor  
of your presence at the  
Celebration of New Ministry and Investiture of  
*the Right Reverend Sean Rowe*  
as Presiding Bishop and Primate  
of The Episcopal Church

**Saturday, November 2, 2024**

**“Roll Call” of Dioceses - 9:30 am ET**  
**Service of Holy Eucharist - 11:00 am ET**

**[www.iam.ec/investiture](http://www.iam.ec/investiture)**

The planning committee for the investiture of Presiding Bishop-elect Sean Rowe has released a batch of resources to aid Episcopalians in hosting local watch parties during the churchwide virtual event at 11 a.m. ET on Nov. 2.

The service will be livestreamed on the [event webpage](#) as well as [The Episcopal Church's Facebook page](#).

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# Roll of Remeberance

All Saints Sunday is November 3rd. If you would like to remember a family member or friend who has passed away in the last year, please contact Fay ([fay@coascension.org](mailto:fay@coascension.org) or 334-263-5529) at the church office by Tuesday, October 29th.

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## Sunday Morning Schedule

Rite I Service - 8:00 AM - Nave

Breakfast - 8:30 AM - Ascension Hall

Adult Forum - 9:15 AM - Upper Room

EYC & Sunday School - 9:15 AM - 3rd Floor

Rite II Service - 10:30 AM - Nave & Livestream





# Taizé Evensong for The Feast of All Saints'



November 1 - 6:00 PM

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**The Sacrament of Order: A Preaching Series on  
the Letter to the Hebrews  
Sundays October 6 – November 17**

# HEBREWS

JESUS  EVERYTHING

The letter to the Hebrews points us toward a future hope grounded in Jesus. Jesus is the one who sustains all things and proceeds from the One who created all things. When our life is ordered around Christ, the changes and chances of this world are less threatening, and we begin to discover opportunity and possibility.

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**Venmo update!**

If you are using Venmo please check and make sure your are sending payments to the Venmo account with the FULL COLOR logo with the name @ChurchOftheAscension-

Montgomery. If you are sending it to the account with the **GOLD** logo with the name @churchoftheascension please change to the other account. The account with the gold logo is an old account and accessing funds from it is becoming more difficult. If you have any questions please contact Tracy!

## CORRECT INCORRECT

< Church Of the Ascension Montgomery



Church Of the Ascension Mont...

@ChurchOftheAscension-Montgomer • 18 friends



Church Of the Ascension

@churchoftheascension



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!

## CONNECT

## Tomorrow Night!



# Paint a Pumpkin!

Wednesday Night

October 23


Following Supper at 5:15 p.m.



Pumpkins and supplies will be provided! Painted pumpkins will be displayed during All Hallow's Fest and in the Nave!

Contact [Laura@coascension.org](mailto:Laura@coascension.org)





**The Episcopal Church  
of the Ascension**

# All Hallow's Fest

**Sunday October 27**

**4:00 till 6:00 p.m. 315 Clanton Avenue**

*Fun for the Whole Family!*





# All Hallow's Fest

October 27 4:00 - 6:00 p.m.

Church of the Ascension

## Volunteer to Help!

PARISHIONERS:

Host a trunk for Trunk-or-Treat!

ASCENSION MINISTRIES:

Donate a baked item

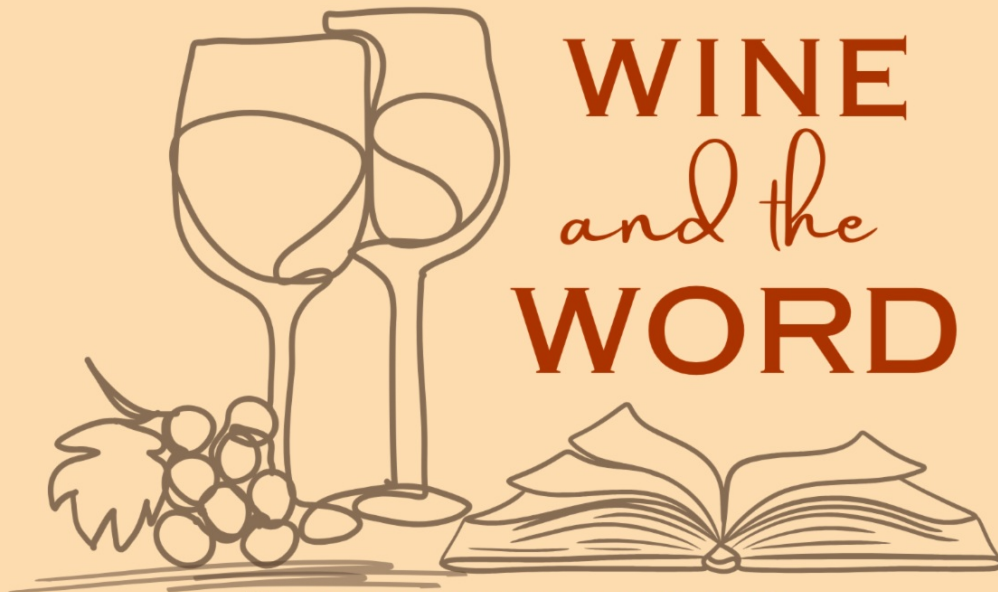
for the Cake Walk!

Contact

[Laura@coascension.org](mailto:Laura@coascension.org) or [Nick@coascension.org](mailto:Nick@coascension.org)

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# 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  
REST

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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**  
**WINE AND THE WORD**  
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:

Lasagna  
Salad  
Bread

\$8 per person or \$20 per family

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**Follow us on Instagram!**





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

*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 anxious, and it does not cease to bear fruit. - Jeremiah 17:8*



## 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
\$4,671	\$30,796	\$85,500

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

## Bylaws Meetings Oct 27th & 30th Ascension Hall



Dear members of Ascension,

As you may remember, last fall the Vestry and Rector, in consultation with the bishop, hired a consultant to review our governance amongst other tasks. In response to the governance recommendations made by this consultant, a Governance Task Group (GTG) was appointed by the Vestry. This group consisted of Ellen Brooks (chair), Young Boozer, Elizabeth Conner, Jenny Garrett, Christopher Turner, Candice Frazer (Rector), April McKay (Vestry), Smitty Smith (Vestry), Dorman Walker (Vestry), and Tim Marquardt (Chair of Roles and Responsibilities Committee). The GTG met fourteen times over the course of seven months (February – August 2024). In August they submitted their final report along with a draft of proposed bylaws for The Episcopal Church of the Ascension.

Your Vestry has since reviewed these bylaws as to their efficacy for our governance and ensured that they meet national and diocesan canonical standards. We now submit them to you, the parish at large, for comment, questions, and suggestions as we prepare for final approval by the Vestry. Please feel encouraged to speak with a member of the GTG, the Vestry, Drew, or me for clarifications or suggestions (noting that all comments and their authorship will be shared with the Vestry and clergy). You may also submit any questions or comments via email at [staff@coascension.org](mailto:staff@coascension.org). **There will be two parish wide meetings for open discussion, education, and feedback on the proposed bylaws: Sunday, October 27 immediately following the 10:30am service and on Wednesday, October 30 at 6pm. Both meetings will take place in Ascension Hall.**

Bylaws are an important part of how the church functions and fosters good relationships among members. The Vestry and clergy are eager to receive your feedback and participation in this significant step forward in the life of The Episcopal Church of the Ascension. We invite you to be a part of this process and hope you will join us in discerning this work of the Holy Spirit by reading the proposed bylaws and attending one of the parish wide meetings if at all possible.



CLICK [HERE](#) TO READ THE PROPOSED BYLAWS

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# ALABAMA CURSILLO

Episcopal Diocese of Alabama

## 2024 Cursillo Dates

Staff Training - November 9th - Ascension Hall

## 2025 Cursillo Dates

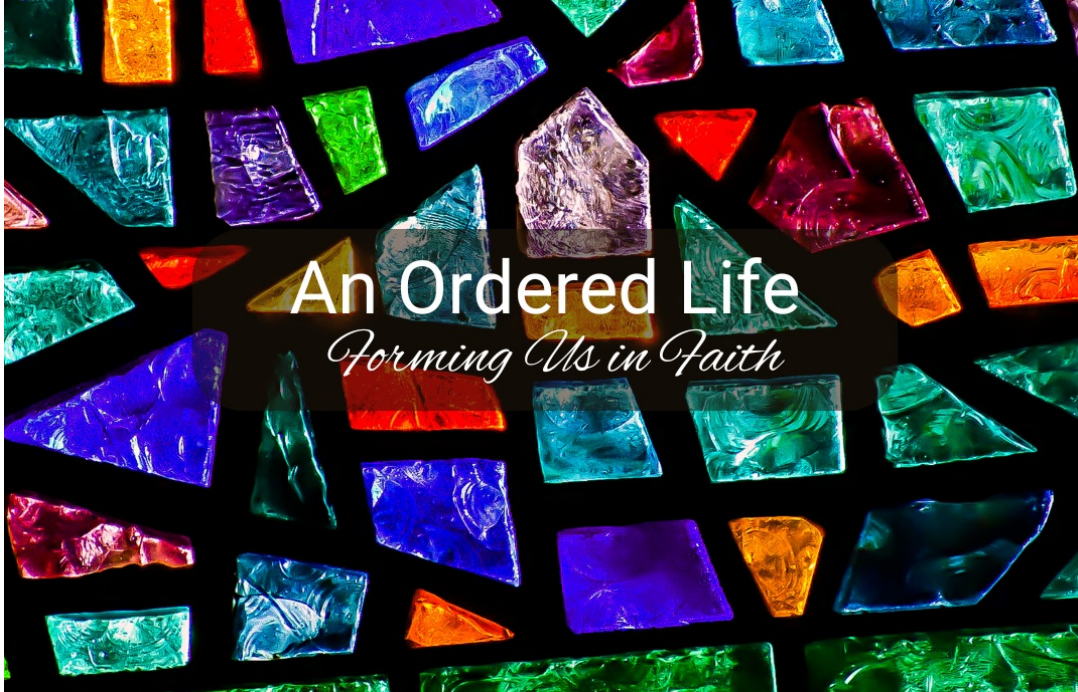
April 3-6

June 5-8 (Steve & Candice+ on staff)

October 9-12

If you would like to attend 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!

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## The Weekly WORD

### REST

I was brought up with the sentiment that “you can REST when you die.” In other words, it is better to be busy, get things done, accomplish something. There is something in the way we approach the world that reinforces a need to be productive and scoffs at our need for REST. Even on vacation, we will overschedule ourselves in order to ensure we take in every sight to see and place to be. But checking off our bucket list does not guarantee us a sense of fulfillment or meaning. Instead, taking the opportunity to REST is about savoring life and finding purpose and meaning.

Jesus says, “Come to me and I will give you REST.” If you find life too busy and that you are irritable more days than not, maybe it is time to find REST for your soul. We have all this time-saving technology, but instead of using it to give us more REST, we seem to fill up those spaces with more busyness. Maybe just don’t do that.

An ordered life requires REST not sleep, though some need more of that. It requires time to reflect and savor the important things in life that give us meaning. Church is part of a life that prioritizes REST. Come to Jesus, sit in the pew, and savor the REST he offers you.

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## 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.

This week's guest speaker is Andy Akin!

**SERVE**



**Episcopal  
Relief & Development**  
Working Together for Lasting Change

In the last week we have seen the devastating pictures coming out of North Carolina, Georgia, Tennessee, South Carolina, and Florida due to Hurricane Helene. Hurricane Milton is now threatening the western coast of Florida, projecting to land as a Category 3

with significant wind threat and storm surge. Pray for those who have been victims of the severe weather and those who are in the path of the latest threat. If you would like to further support relief and rebuilding efforts, consider giving to [Episcopal Relief and Development](#). This agency works through the national church as our response to devastation throughout the world.

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## This Sunday is ADS Sunday!



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.

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## 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.





Thursdays  
11:00 AM - 1:00 PM

## 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.



### Staff Directory

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

Church of the Ascension | 334-263-5529 | [staff@coascension.org](mailto:staff@coascension.org) | [www.coascension.org](http://www.coascension.org)

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