



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

From the Rector...

Bill Gamble, a friend of mine and an attorney in Selma, AL, claims that the word “politics” can be broken down into two parts that contribute to its definition: “poli” meaning “many” in Latin, and “tics” referring to blood-sucking creatures. I think most of us would agree that this definition seems to hold some truth these days—no offense to any politicians reading this. The divisiveness in our country has nearly destroyed our ability to engage in meaningful conversations. While it’s safe to discuss how the kids or grandkids are doing or what you want for dinner, even discussions about the weather or disaster relief have become somewhat taboo. Conspiracy theories, denigrating comments, and hyperbole have taken a hold in negative ways. We can no longer be open with one another, and thus, we can no longer be honest with one another.



Fear, anxiety, and denial seem to underlie our current mental health challenges, which is not a good place to be. Pandora’s box has been opened, and we are still waiting for hope to emerge. However, we don’t have to remain this way. As Christians, we are called to be a non-anxious, peaceful presence in the world. Here are a few tips to help release our anxieties and fears, even if just a little, and be agents of that peace that passes all understanding:

(I hope these help.)

- **Become present-minded.** In this moment, are you experiencing an event that truly justifies your emotional reactivity, or is that reactivity related to something you fear in the

future? If it's the latter, stop and notice the good things around you right now. Focus on those, and return to that present-mindedness whenever you begin to feel overwhelmed.

- **Practice appreciation.** When you are standing in line at the grocery store or the polls next Tuesday, look for the things to appreciate in the world and in those around you. The more you appreciate others and creation, the more positively connected you'll feel.

- **Become curious about your emotional reactivity.** Where are you holding your stress? What thoughts are running through your mind?

- **Be kind.** Bring mints to the polls and offer them to others. Step back to let someone enter a building before you do. Practice the "zipper" merging method in traffic instead of trying to shut another driver out.

- **Go for a walk or sit on the back porch** (or even the front porch if you're in the mood to be neighborly). Asian countries have started to prescribe "forest baths" as an important part of mental and physical health care. A forest bath simply involves spending time under a tree canopy. Visit the woods and breathe in some fresh, pine scented air.

- **Be selective about your news and social media intake.** You don't have to quit Facebook, but if you talk about puppies near your phone and scroll through puppy videos, you'll see more puppies in your feed. And who doesn't like puppies! Turn off notifications for "breaking news". Pro-tip: not all news is breaking, so maybe try not to treat everything like a crisis.

- **Come to church.** There are many opportunities to immerse yourself in liturgy and re-center your life on God this weekend. Friday, November 1, is the River Region All Saints' Evensong in the style of Taizé at CoA. Saturday, November 2, is the livestreamed worship for the Celebration and Investiture of the new Presiding Bishop, The Rt. Rev. Sean Rowe. Sunday, we will celebrate the Feast of All Saints. On Monday at 7pm we will offer prayers for peace as we continue to Live in Hope and prepare for Election Day. Bringing God to the center of your being is about keeping the main thing, the main thing.

In the days and weeks ahead, I don't expect the national mood of anxiety to lessen; if anything, it may intensify. I hope I am wrong. However, if not, our job will be to bear that peace which passes all understanding to a world hurting, chaotic, and desperate for that peace. It doesn't mean we have to like or agree with what is happening in the world—much less who wins the presidential race. It doesn't even mean we can't speak our own truths or concerns. It simply means that when we do express ourselves, we do it in ways that don't contribute to the general anxiety, are not grounded in judgment, and help us to know and understand one another a little better.

God's blessings and prayers as you navigate the many blood sucking tics of our time.

Light and Life,

Candice+

candice@coascension.org

WORSHIP

Taizé Evensong for The Feast of All Saints'



November 1 - 6:00 PM

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

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](#).

All Saints' Sunday

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



Wednesday, November 6th! 5:30 PM

Instructed Eucharist

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



NOVEMBER 10TH



*Confirmation
Sunday*

&

BLESSING OF JOSHUA COMMONS

Thanksgiving Concert
Becky Taylor, Organ
Hunter Dailey, Trumpet



St. John's Episcopal Church
Sunday afternoon, November 17, 2024
4:00 PM

Works by Cecilia McDowall, Charpentier J. S Bach, R. Vaughan Williams,
Indigenous American composer Connor Chee, J. Biery, G. Shearing, V. Fox, and
Jean Langlais

It will be wonderful to have many Ascension parishioners there!

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

◀ Church Of the Ascension Montgomery ○○○



Church Of the Ascension Mont...

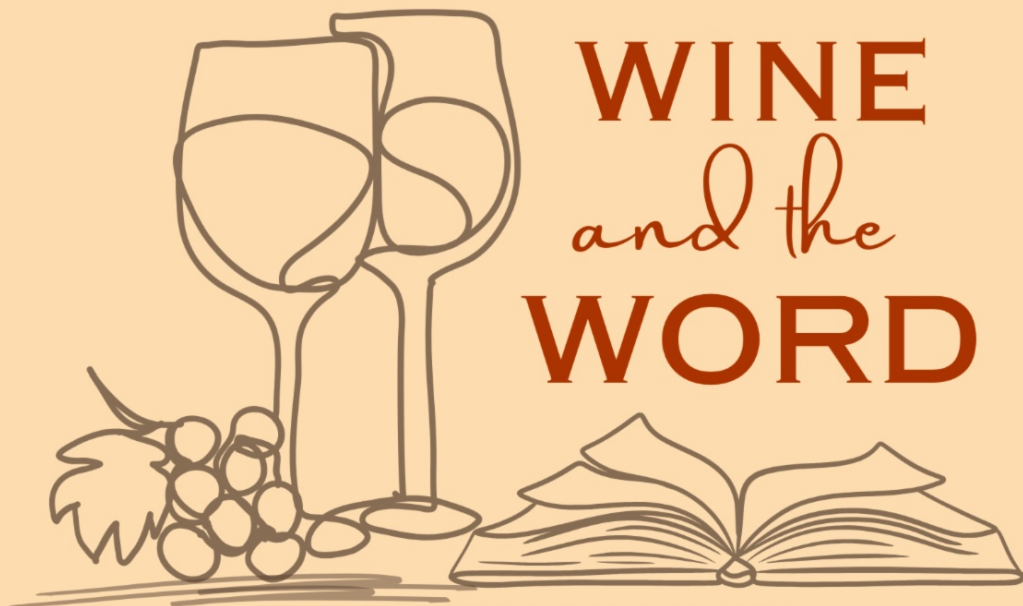
@ChurchOftheAscension-Montgomer • 18 friends

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!

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
RESPITE

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:

Fried Chicken
Mashed Potatoes
Green Beans

\$8 per person or \$20 per family

Follow us on Instagram!



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

Stewardship 2025!



Click [HERE](#) to see the first installment of our Walk in Love video series!

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
Total Collected Amount for 2024 - \$682,031

Final Bylaws Meetings October 30th
Ascension Hall



Bylaws

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. **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.

Light and Life,

Candice+

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



ALABAMA CURSILLO

Episcopal Diocese of Alabama

2024 Cursillo Dates

Staff Training - November 9th - Ascension Hall

2025 Cursillo Dates

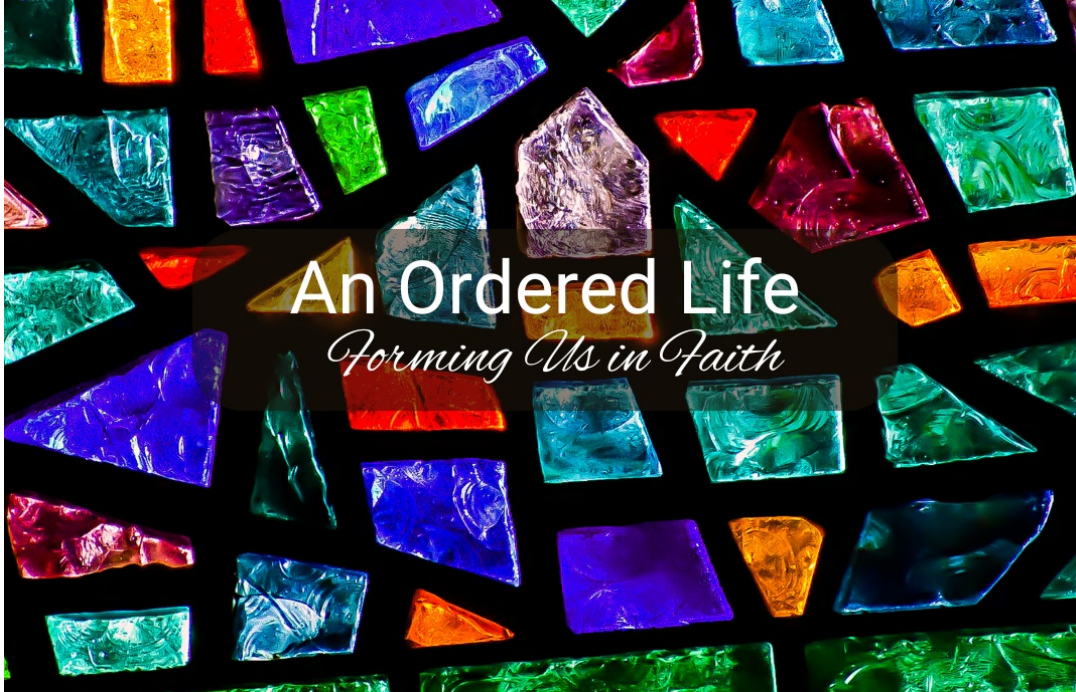
April 3-6

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



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

RESPIRE

RESPIRE is more than simply taking time to ourselves to recover; it can also be about creating space for others to do the same. In my first career as a social worker, I worked with a family that had three sons under ten, all with autism. They exhibited classic symptoms including irrational emotional states, non-verbal communication, and a focus on repetitive patterns. A group of us came together to offer the parents RESPIRE.

I recall one day taking the boys for a walk, during which we repeatedly walked along a fifty foot stone wall. This pattern fascinated them, and they resisted moving away from it. Whenever we tried to resume our walk, the boys would react with tantrums and irrational behavior. It was a challenging experience, but it made me realize how difficult it must be for their parents to manage this every day.

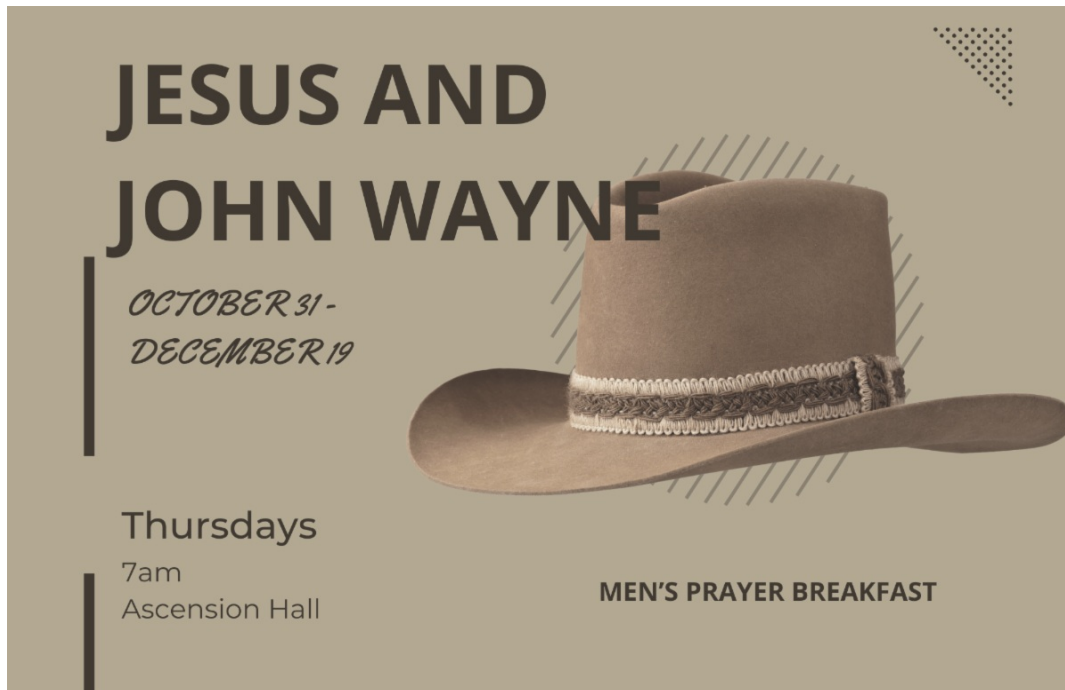
While I dreaded the boys' tantrums, I cherished their moments of joy. They found delight in the world far more than they caused distress. It was fulfilling to provide RESPIRE for their parents, who used those precious hours to run errands or share quiet moments together, regaining the emotional strength needed to care for their children.

Though I've lost touch with that beautiful family, I often think of them. The boys would be in their thirties now, and hope they have found ways to engage with society as vibrant young men. I also hope that those years of RESPIRE nurtured their parents' hope and faith in

God and humanity.

RESPITE for All is a non-profit here in Montgomery that works to establish programs for people who are affected by dementia. It not only serves those with the disease, but also provides support for their loved ones, offering them a chance to recover a sense of self. Additionally, it benefits the volunteers who help to make space for those who need RESPITE, allowing them to experience their own moments of RESPITE as they, too, find rest and recovery.

Men's Prayer Breakfast 7:00 AM on Thursdays



The myth of the American hero has caused us to “replace the Jesus of the Gospels with an idol of rugged masculinity and Christian nationalism.” This class will trace the history of popular culture and how it has transformed our understanding of Christianity and our communal life.

SERVE



Milton Lewis Memorial Christmas Tree Project

Saturday, December 7th at 8:00 AM

Target @ Eastchase

Planned Give is \$100 per child

To Donate Contact Tracy Hinton

thinton@coascension.org



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.

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.



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.

Church of the Ascension | 334-263-5529 | staff@coascension.org | www.coascension.org

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