



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

From the Rector...

Just breathe. There is a lot of anxiety and fear in the world today—I don't need to point out the obvious. This fear and angst often cause us to unconsciously hold our breath. Researchers believe we do this to prepare our bodies for a fight-or-flight response to whatever we perceive as a threat. Most people don't even realize they're holding their breath, much less how often they do it. It's such a common response to stress that we may not even recognize when we feel threatened.



Breathing intentionally, however, can help relieve anxiety and break its hold on you—especially in situations where you subconsciously associate threat, like driving or rushing to a meeting. Intentional breathing is even more effective when you're aware of your stress. It helps you regain a sense of power and control in the moment and clears your mind for creative thinking. It is no coincidence that the first act of creation was God breathing across the waters (Genesis 1:2).

The ruach, or breath of God, organizes the chaos, bringing order to creation as God divides the water from the air, the land from the sea, and begins to populate it. We continue to associate this divine breath with the Holy Spirit. Philologists who study ancient languages, have suggested that there may be a connection between early words and breath—that the breath became word. Yahweh is one of these words. The next time you take an intentional breath, quietly say “Yah” as you breath in through your mouth and “weh” as you breath out through your mouth. Continue breathing but now quietly sync think the words with your inhalation and exhalation. The word flows through your lips with

the air. It is as if your very breath is God. Moreover, if Yahweh is a breath word, then God is breath—the primary force of life.

I practice this “Yahweh” breath whenever I feel particularly anxious, when I am asked a question I am not prepared for, or before speaking or performing a task. It centers me and grounds me in God, which calms me and gives me strength and courage. It allows me to embrace opportunity. By pausing for just that one second to breathe, I am choosing to be present and allow whatever happens next to happen—without trying to force things or react impulsively.

It has taken me years, but I’ve learned that if I simply release my need for things to go a certain way and allow God to let whatever happens next happen, I may or may not get my way, but I will find peace.

Maybe that is why I am so drawn to the act of breathing—it brings me peace.

Today is election day, something many of us have been anticipating for some time now. I have no idea what may or may not happen tonight or in the days to come, but I do know that as long as I center myself in my breath and manifest peace, I can receive that gift of peace beyond all understanding that God offers each of us.

Light and Life,

Candice+

candice@coascension.org

ADVENT

ADVENT 2024

TRAWICK-SCOTT ADVENT RECITAL SERIES

DECEMBER 4

12:05 PM

JOEL GREGORY, ORGANIST

DECEMBER 11

12:05 PM

PRESTON WINKLES, ORGANIST

DECEMBER 18

12:05 PM

**CONCERT IN CELEBRATION OF THE 25TH SEASON
THE ASCENSION CHOIR**

CHRISTMAS 2024

DECEMBER 3

MESSIAH SINGALONG

7:00 PM

JOIN THE MONTGOMERY CHORALE, ORCHESTRA, AND SOLOISTS IN THE CHURCH OF THE ASCENSION NAVE IN A GROUP SINGALONG OF HANDEL'S IMMORTAL WORK

DECEMBER 15

THE CHRISTMAS PAGEANT

9:15 AM

JOIN CHILDREN AND YOUTH IN ASCENSION HALL FOR THE TELLING OF THE CHRISTMAS STORY.

DECEMBER 24 CHRISTMAS EVE FAMILY EUCHARIST 5:00 PM

CELEBRATE THE CHRISTMAS EUCHARIST WITH THE ENTIRE FAMILY

FESTIVE CHRISTMAS EUCHARIST

10:30 PM

ANTHEMS AND HYMNS WITH THE ASCENSION CHOIR

DECEMBER 25

CHRISTMAS EUCHARIST

10:00 AM

THIS SERVICE WILL NOT HAVE MUSIC

DECEMBER 29

CHRISTMAS LESSONS & CAROLS

10:30 AM

HEAR THE STORY OF GOD REDEMPTION WITH CAROLS AND ANTHEMS AND LESSONS READ BY REPRESENTATIVES OF ASCENSION MINISTRIES

JANUARY 6

**FEAST OF THE EPIPHANY
BONFIRE & CHILI COOKOFF**

5:30 PM

CLOSE THE CHRISTMAS SEASON WITH WORSHIP AROUND THE BONFIRE, THEN JOIN US IN THE PARKING LOT FOR THE ANNUAL ASCENSION CHILI COOKOFF



Advent Wreath Party & Soup Fundraiser



Come join us in Ascension Hall on Dec. 1st after the 10:30 service to kick off the Advent season by making wreaths! We will also have a soup fundraiser to benefit our 2025 Youth Summer Mission Trip

All ages are invited to attend & participate.

A white silhouette illustration of a Nativity scene set against a vibrant red background with a dense pattern of white stars and sparkles. The scene includes three camels on the left, a central manger with figures, and several figures on the right, including shepherds with staffs. A bright star is positioned above the manger.

Pageant Rehearsals:

- DECEMBER 4TH AT 9:15AM
- DECEMBER 11TH AT 9:15 AM

Rehearsals will be held in Ascension Hall

Christmas Tree Trim

Christmas Tree Trim
Wednesday December
11th after Wednesday
Night Family Supper
in Ascension Hall.



Progressive Dinner & Christmas Party Sunday December 22, 2024

Wear your favorite tacky Christmas sweater, bring a Dirty Santa gift (valued \$10 or less), and let's go eat some fun food and celebrate the season. We will meet at Ascension at 5:00 p.m. and your parents can pick you up there at 8:00 p.m.

From the Manger

A Family Advent Devotion Series



A series designed for families with children. Your packet contains weekly themes & devotions, discussion questions, prayers, and activities.

Advent One: Hope Grows

Advent Two: Peace Grows

Advent Three: Joy Grows

Advent Four: Love Grows

Christmas: Good News Has Come

To receive a digital or hard copy,
please email Laura@coascension.org



BSA SCOUT TROOP 1

CHRISTMAS TREE & WREATH SALE

PLACE YOUR ORDER NOW!

FRESH CUT FRASER FIRS ARRIVE THANKSGIVING WEEK
SCOUTS DELIVER TREES NOV 29TH



WORSHIP

NOVEMBER 10TH



*Confirmation
Sunday*

&

BLESSING OF JOSHUA COMMONS

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!



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!

Thanksgiving Ecumenical Service

Sunday, November 24th at 4pm



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



The office will be closed on Monday, November 11 for Veterans Day.

No Wine and the Word this Wednesday due to

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:

Fettuccine Alfredo with Chicken
Salad

\$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 2nd 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
\$16,078	\$46,874	\$85,500

Total Pledged Amount for 2024 - \$1,025,396
Total Collected Amount for 2024 - \$793,396



ALABAMA CURSILLO

Episcopal Diocese of Alabama

2024 Cursillo Dates

Staff Training - November 9th - Ascension Hall

2025 Cursillo Dates

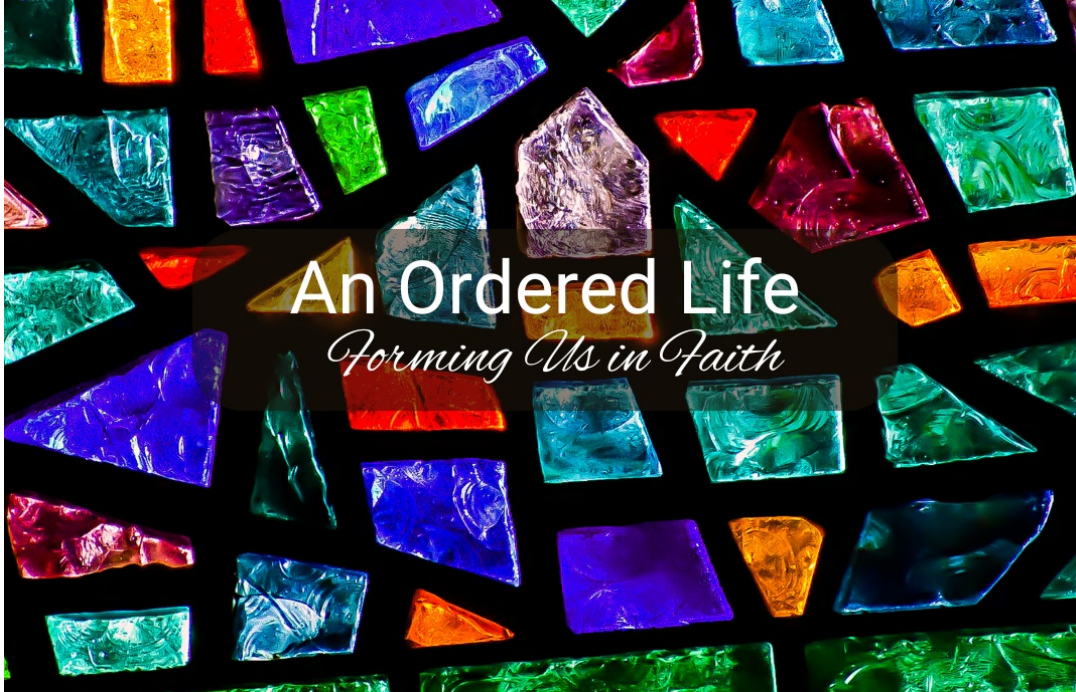
April 3-6

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!

The Weekly WORD

RIVER

Today is Election Day and for many that connotes feelings of anxiety. That anxiety may well reflect our misguided trust in the institutions of man over the abiding hope of God.

RIVER is our word this week. In thinking about RIVERS they are reminders of the power and glory of God.

RIVERS cut through rock and define landscapes. They are artists working with a media for hundreds of years. They are not necessarily hurried or demanding nor do they forget their purpose. RIVERS flow and change, sometimes gently and sometimes violently, but always as a reminder that life is more than what man can do or make or be.

Go vote because it is your right and privilege. But trust in God that all things are always being renewed and made beautiful—even when we cannot see it.

Men's Prayer Breakfast
7:00 AM on Thursdays

JESUS AND JOHN WAYNE

*OCTOBER 31 -
DECEMBER 19*



Thursdays

7am
Ascension Hall

MEN'S PRAYER BREAKFAST

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.

**Outreach Committee Meeting
Tuesday, November 12
6:00 PM - Small Dining Room
Everyone Welcome!**



Outreach Committee Meeting

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
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

[Visit Our Website](http://www.coascension.org)

Church of the Ascension | 315 Clanton Avenue | Montgomery, AL 36104 US

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