



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

Ascension Highlights What's Happening This Week

- Wednesday Night Live - Wednesday, Feb 26 @ 5:15 PM
- The Word - Wednesday, Feb. 26 @ 5:45 PM
- Lift Up Your Voices! - Sunday, Mar 2 @ 4:00 PM

From the Rector...

“Seek and ye shall find...” (Matthew 7:7) These words are among the most well-known sayings of Jesus. They are beautiful, hopeful, and empower us to actively engage in our own discoveries about the world. Yet, they fail to mention that what lies beyond the open door of discovery can sometimes be troubling.

I don't mean that every search for answers will necessary lead to something that causes fear or suffering. Rather, I am suggesting that when you genuinely seek knowledge, direction, or truth—and find it—it will inevitably disrupt who you are and what you believe. Of course, you



can always choose to ignore what you've discovered and return to life as it was, either by denying or rejecting your findings. But that too, can be troubling.

The trouble you encounter doesn't have to lead to fear. If you allow it, it can spark curiosity. When you realize that your past beliefs no longer align with your present reality, it can be tempting to live in a place of fear. Fear, in itself, is not inherently wrong, but if we allow fear to direct or control our actions and thoughts, we may find ourselves trapped in places of darkness and fall into despair. But trouble doesn't have to lead to fear and despair, you can choose to respond with curiosity.

When you become curious about the things that trouble you, you create space for wonder. You begin to distance yourself from the suffering associated with the trouble and gain a new perspective—like a scientist in a lab. No longer are you bound by rigid beliefs or expectations; you can now explore the world, as Alice did, through the looking glass. The more you allow your troubledness to become an opportunity for wonder, the more empowered you become.

Empowerment is not about control or manipulation. It is not an opportunity to set certain expectations for yourself or others. It is about release.

Living in that place of wonder means releasing the need to know the answers or control the outcomes. When you release the need to understand mystery and simply appreciate it, then you can also release the need for control and the corrupting influences of power. In doing so, you discover true sovereignty over your life—not because you can control what may or may not happen to you, but because you have discovered a liberating wisdom that transcends personal experience. You come to understand that you are more than the circumstances that surround you; you are fullness of being. Realizing this wholeness is not just empowering—it is what leads to that peace beyond all understanding.

Peace is not about being content with how the world or your life is unfolding; it's about embracing trouble with wonder and feeling empowered, rather than imprisoned. Peace doesn't come from making trouble go away—it comes from accepting it as part of your experience. Once you know that peace, you can find rest in it. But this rest isn't about withdrawing from action or avoiding work; it is the restful assurance of your soul in the trust and promises of God even as you continue to act in the world.

Seek, find; trouble, wonder; empowerment, rest. These are the six-fold experiences of the path of wisdom. When we begin a journey of discovery, the road ahead will lead us down rabbit holes, through gardens, around tea tables, and across croquet courts. We will encounter those who threaten, "Off with your head," and moments when nothing makes any sense at all. At times, we may feel too small or too large. But if we keep moving forward, with hearts and minds open to the possibilities that emerge, we may discover a

wisdom greater than we ever imagined. That wisdom may well teach us who we are—who we truly are—and who God created us to be.

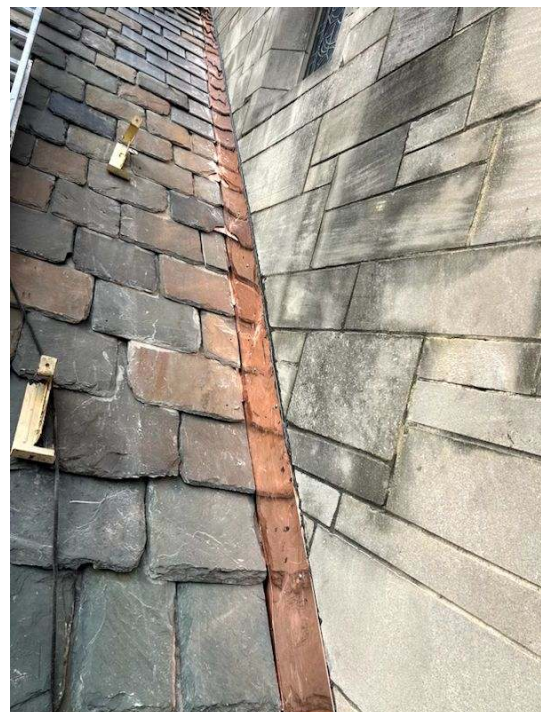
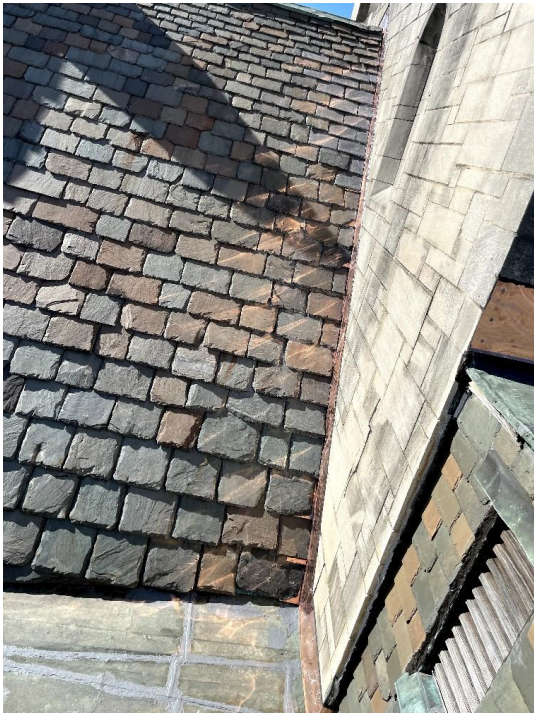
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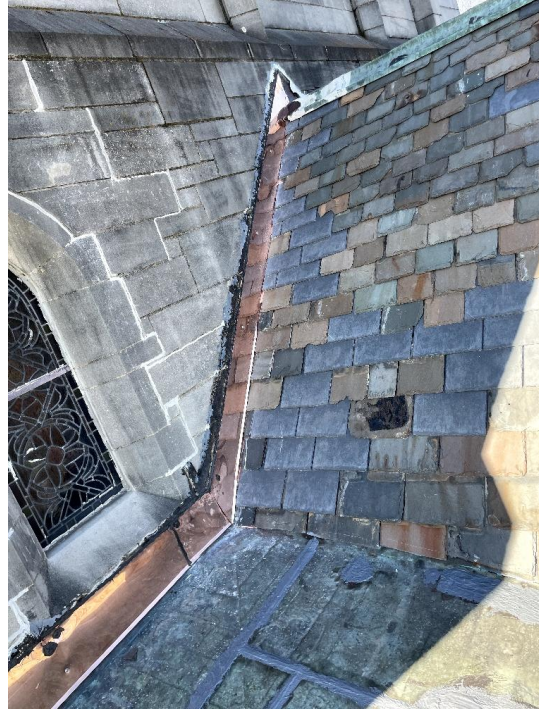
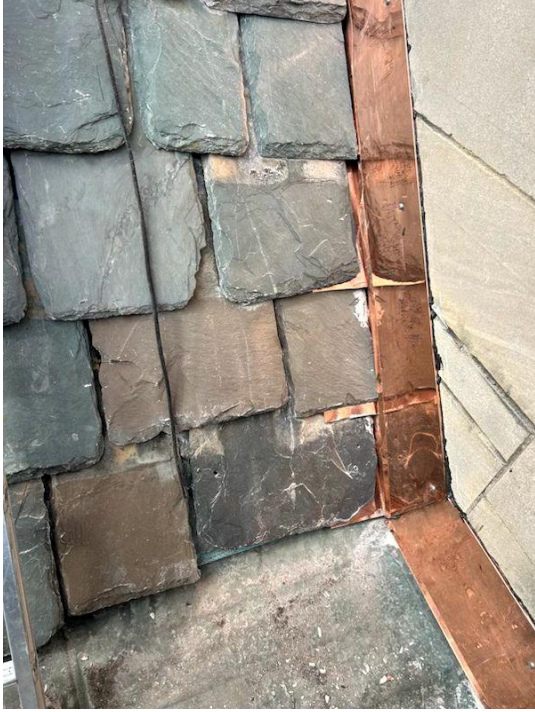
Candice+

candice@coascension.org

CONNECT

The first phase of much needed roof repairs recenetly completed!





Opt-In for Text Notifications!

A hand holding a smartphone displaying a text message interface. The phone screen shows a list of messages with circular profile pictures and text blocks. The background is a light blue grid pattern. There are several floating icons: a yellow smiley face emoji, a white speech bubble, and a yellow padlock icon. A blue speech bubble with white text is positioned over the phone screen.

Stay in the Know!

Contact jason@coascension.org to opt-in for text messaging or click here!



Cursillo Open Reunion Group!

Meets Wednesdays at 4:30 p.m.
The Rector's Office

Contact Laura@coascension.org for more information

Wednesday January 8, 2025 at 4:30p.m. "Open Reunion" for those who have attended Cursillo is back! For anyone who has not yet attended Cursillo but would like to, please reach out to Steve Frazer or Sharon Massey.

WEDNESDAY

NIGHTLIVE

STAY CONNECTED AND JOIN US ON
WEDNESDAY NIGHTS!

4:30
REUNION GROUP
LIBRARY

5:15
DINNER
ASCENSION HALL

5:45
THE WORD
SMALL DINING ROOM

6:00
YOUTH ACTIVITIES
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:

BBQ Sandwiches
Hash Brown Casserole
Chips
Salad

\$8 per person or \$20 per family!



If you haven't turned in your pledge card please do so as soon as possible. Thanks! If you would like to fill your pledge card out online click [HERE!](#)

Financial Gifts Offered This Week	Financial Gifts Offered This Month	Financial Gift Target Monthly
\$29,182	\$29,182	\$85,500

Total Pledged Amount for 2025 - \$912,628
Total Collected Amount for 2025 - \$185,109

GROW

The JEWISH FEDERATION OF CENTRAL ALABAMA

Invites you to our 2025 Campaign Event

Faces OF OCTOBER SEVENTH

Connecting communities face-to-face
with survivors of the massacre.

Guest Speaker
GAL COHEN-SOLAL

Gal Cohen-Solal is a 37 year old survivor
from Kibbutz Reim – the Kibbutz on the
border with Gaza where the Nova Music
Festival took place. He and his family hid
in their safe room for 30 hours as terrorists
massacred their neighbors.

This is your opportunity to hear his
deeply personal story.

Reception immediately following event.

Sunday | **March 2**
2 p.m. | **2025**

at **Agudath Israel Etz Ahayem**
3525 Cloverdale Road, Montgomery



RSVP BY FEBRUARY 27:

Online at myJFCA.org/FACES (or scan QR code)
(334) 490-8600 or Tara@myJFCA.org

This event is free but space is limited.



cordially invites you

Remembering
TODD ROAD

42nd Year Anniversary
OF THE TODD ROAD INCIDENT

THE EPISCOPAL CHURCH OF THE ASCENSION
ASCENSION HALL
315 Clanton Avenue | Montgomery, AL 36104

THURSDAY, FEBRUARY 27, 2025 ❖ 12:00 PM
(LUNCH WILL BE SERVED)

In all of our diversity, we are One Montgomery

R S V P
(334) 669-5485



WEDNESDAY EVENINGS AT 5:45 PM
IN THE SMALL DINING ROOM

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

WINE AND ALTERNATIVE BEVERAGES WILL BE PROVIDED.

The Word
Wednesdays, January 8 – February 26
5:45pm in the Small Dining Room

The Enneagram is an ancient understanding of our gifts as children of God. The nine personality types of the Enneagram help a person get out of their own way and become who they were created to be. Some say it helps us to “wake up” to our true selves and escape the prison of our past. Studying the Enneagram is a great way to reclaim your identity and rediscover your purpose. Each week we will discuss a different personality type in hopes that participants will discover and deepen their knowledge of self and others.

The Weekly WORD



RUNNING

Paul tells us to RUN, with patience, the race. (Hebrews 12:1) Whenever I think about that I am reminded of my own discipline of RUNNING.

RUNNING is hard. It takes not only physical prowess but mental fortitude as well. I usually RUN first thing in the morning. In order to even get out of bed and put on my RUNNING clothes, I have to psyche myself up to go for the RUN. Any little thing can dissuade me like a basset hound coming to snuggle in the early morning or if it feels too cold in the room or someone texts me or whatever I can use as an excuse not to get out of bed and go for a RUN.

I think that is a lot like the spiritual life. We can make a plan and then let any number of distractions keep us from following through. An Ordered Life is one that requires us not only to practice our spirituality but also to mentally psyche ourselves up to overcome all the distractions that would try to keep us from our true purpose as followers of Jesus Christ.



THE CHILDREN'S WING

SUNDAY SCHOOL

AGE 4 THROUGH 5TH GRADE

Beulah Land

COME AND SEE THE STORIES OF GOD

**LENTEN
PARABLES SERIES!**

**March 9 The Sower
March 16 Mustard Seed & Yeast
March 23 The Good Samaritan
March 30 The Prodigal Son
April 6 Loaves & Fishes**

Story Tellers are needed! "Beulah Land" is a ministry for God's children of all ages! As God's stories are told, one large blue felt board comes alive with colorful images of God, Creation, the Holy Spirit, our Lord, and of course the people of God. These stories take anywhere from 10 - 20 minutes to tell and after that there is time for discuss which we call "wonderland!" If you are interested in being a Beulah Land Buddy for Fall 2025 please contact Laura@coascension.org now! The Parables Series throughout Lent are open to the parish for viewing. Just stop by the Children's Chapel on Sunday Mornings at 9:15 and see the stories for yourself. Contact Laura Mielke and find out how you can share in this joyful ministry!



Women's Bible Study

In Trouble and In Wonder

The Gospel of St. Thomas

Monday Nights - 5pm

The Library

January 27 - April 7

The wisdom sayings attributed to Jesus in The Gospel of Thomas open in us new ways of seeing the world. In this ten week study, we will explore various sayings and examine them in relationship to their counterparts in the Synoptic gospels.

Men's Prayer Breakfast



Exodus: Movement of the People

Thursdays at 7:15am

Ascension Hall

January 9 - February 27

Order and disorder, life and chaos, are the means through which God moves his people and liberates them for his purposes. In the book of Exodus, Moses discovers his call in the ordering of God's chosen people and the power of God's purposes over those desired by man. Join us each week to nurture the body, mind, and spirit through breakfast, study, and community.

SERVE



Shrove Tuesday Pancake Supper and ADS Art Show

Tuesday, March 4th

5:00pm - 6:30pm

\$5/person or \$20/family

Come support our ADS families and get to know them a little better! All proceeds benefit ADS.



**ASCENSION
YOUTH**

Mission Trip Blood Drive Sunday March 9th 8:00 a.m.-1:00 p.m.

If a minimum of 10 people donate blood that day LifeSouth will donate a grant to the Youth Summer Mission Trip. For every increment of 10 beyond the first 10 the grant increases. Come help SAVE LIVES and support our youth mission work!



LIFESOUTH
Community Blood Centers

Get Involved!

COME SERVE AT

Mercy House

**Thursdays
11 a.m. - 1 p.m.**

Questions? Call or text
Stephanie Norrell
at 334-467-6989



Mercy House is a day shelter at 2412 Council Street serving Washington Park and West Montgomery, providing access to food, clothing, shower facilities, and laundry. St. John's and Ascension members are working each week at Mercy House to help package and distribute a hot lunch to those in need every Thursday from 11 a.m.-1 p.m. and we would love for you to join us! The staff at Mercy House prepares the food and handles the distribution, but they can always use help getting the prepared meals bagged and out the door. The link [HERE](#) will take you to the sign-up sheet, but if you aren't comfortable with using Sign Up Genius, you can call or text Stephanie Norrell to sign up at 334-467-6989.



McDowell Summer Camps at
Bethany Village invites you to a



MARDI GRAS BALL





supporting Special Session



Saturday, March 1st
4-7PM

Good People Brewing Co.
114 14th St. S.
Birmingham, AL. 35233



Purchase tickets, donate, become a sponsor here:
<https://mardigrasball.swell.gives>

Cardboard Boxes Needed!

The Food Box Ministry is asking for donations of empty cardboard boxes. Boxes around the size of office paper boxes are best and they need to be sturdy enough to hold about 40 pounds of food. Boxes can be dropped off in the foyer of Ascension Hall. Thank you!

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

Children's Activities Available!

Parish Sing-A-Long

*Lift Up
Your Voice*



Sunday, March 2

4:00 - 6:00 PM

Joshua Commons

Do you want to have some *Mardi Gras!* fun that will prepare your heart, mind and body for Lent (and improve your weekly worship, at the same time)?

The staff has chosen a challenging yet different Lenten daily meditation series for Lent. There is power and synergy in our all practicing together, so we want to kick off the series with a parish sing-along, of sorts. If you love to sing, you will love this. If singing is not enjoyable for you or you think that you cannot sing, you do not want to miss this time of fellowship, learning, and growth. Invite your friends! See you there!

We will christen our new space with music in Joshua Commons!!!

Weekly Worship Schedule



Sunday Services

8:00 AM - Rite I, 10:30 AM Rite II



Morning Prayer

Monday - Friday, 8:00 AM - Facebook Live



Compline

Wednesday 6:45 PM - Choir Loft & Facebook Live



Sung Compline

3rd Sundays 7:30 PM - Nave

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.

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

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