



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

## Ascension Highlights What's Happening This Week

- Shrove Tuesday Pancake Supper - Tuesday, Mar 4 @ 5:00 PM
- Lenten Devotional Begins - Wednesday, Mar 5
- Ash Wednesday Services - Wed, Mar 5 @ 7 AM, 12:05 PM, 6 PM
- Mission Trip Blood Drive - Sunday, Mar 9 @ 8:00 AM - 1:00 PM

From the Rector...

Sunday night many of us gathered together in Joshua Commons to lift up our voices in song. It was a raucous time filled with laughter and joyful noise. At the start of the afternoon, a few people asked if I really thought we would sing for two hours straight—and we did, for the most part, taking a break about halfway through. We sang hymns we know and love, explored different ways of singing to achieve various effects, and learned a little bit as well. The time flew by! Before we knew it, the clock struck 6, and we had to stop.



Not a single person told me they didn't enjoy

the sing-a-long, and most people asked if we could do it again. (We can—and we will!) For two hours, we talked, sang, ate, drank, and enjoyed the revelry of our time together. There was no pressure or distractions; people weren't checking their phones or worrying about the chaos of the world. We were all tuned into one another and to why we had come together. The feeling was electric with joy.

It's been a while since I've had the chance to immerse myself in such a delightful experience without my worries and fears hanging thick in the air. Sunday afternoon felt a bit like singing into the veil—the thin place between heaven and earth. It reminded me that we are enveloped in the Good News of Jesus, if we simply take the time to look for it and participate in it.

I usually approach Lent from the perspective of a “sinner in need of redemption,” but Sunday reminded me that I am a child of God, just like everyone else in the world. And this year, I need that reminder. The past month has been filled with a certain amount of chaos and disruption. On the national level, there's the movement to reorder our government. Regardless as to whether you support that reordering or not, it is an unprecedented effort in our lifetime, causing significant anxiety. On the church level, we are facing a budget deficit we haven't had to contend with in the seven years I've been here. The decision-making and work of budget cuts are threatening and disheartening, contributing to a certain amount of anxiety in the church. On a personal level, I am still grieving the loss of Banshee, “Church Dog.” I know how disruptive grief can be, and I feel that disruption every day. So, this Lent, I really don't need to be reminded of what a sinner I am—I'm very aware that I am but dust and to dust I will return. What I need is to be reminded of my hope and joy in God's love for me and for all of humanity.

I don't believe I am alone in needing that reminder of God's love for us as his children. That need contributed significantly to the joy we all felt in singing together Sunday afternoon. Singing became a way for us to knit ourselves together in community and lift each other up through our song. It is my hope for this season of Lent. By choosing the devotional, *Lift Up Your Voice*, we get to sing together every day of this season. We might not do that in person, but simply listening to the music or singing the hymn of the day in the shower will draw us together in unity and strengthen the body of Christ here at CoA.

I invite you to join me on this Lenten journey of remembering our hope and strengthening our spirits as we continue to face the chaos and destructive forces of this world. Music has always been an act of resistance to life's burdens. The psalms were sung throughout Israel's history and could not be silenced, even when she was held in captivity. The Civil Rights Movement rallied around singing spirituals of freedom in the face of injustice. The Vietnam War spurred incredible music of protest through folk and rock artists alike. Hip-Hop music continues to highlight the struggle for social justice. The power of music as resistance is not just in its transformative possibilities, it also helps us remember our



identity. As followers of The Way, music reminds us who we are and whose we are—  
beloved children of a loving God who will not abandon us.

I hope you will sing your way through Lent as a powerful reminder of how much you are  
loved, and as a source of courage to love others.

Light and Life,

Candice+

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

## Lenten Devotional 2025! Starts Wednesday!



*lift up your voice*  
SINGING THROUGH LENT AND EASTER

In this devotional, each day,  
scripture and song inspires our hope  
in the midst of this season of Lent.

Booklets available in Ascension Hall  
and the Narthex.

Daily emails contain a link to the  
hymn of the day.

# ASH WEDNESDAY


Wednesday, March 5  
Services at  
7:00AM, 12:05PM, 6:00PM  
6:00PM will be livestreamed

The imposition of ashes alongside  
Holy Eucharist is designed to  
help us remember not simply that  
we are dust—but that we are  
God's dust



**GROW**

**Will Return Next Week!**



*The*  
**WORD**

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.

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**The Weekly WORD**





## REALMS

In ancient view, creation was made up of three REALMS—the earthly REALM, the heavenly REALM, and the REALM of the underworld. These REALMS were divided in particular ways, meaning they were ordered. Each of the REALMS functioned according to their particular order and all together defined purpose and potential for all creation.

We, too, have particular REALMS. They no longer look like the heavens divided from the earth by a dome or the earth from the underworld. Our REALMS are more likely ways that our lives coexist—the REALM of the home, the REALM of work, the political REALM, a social REALM, you get the idea. What helps these REALMS to function is when they all contribute to the ordering of our lives. When our REALMS are disrupted, that tends to lead toward chaos and disordered living.

Our REALMS are defined by our own expectations and desires. They are not concrete nor do they have power unless we define them well and hold them steady. However, when one of our REALMS does come under attack, we often feel disruption in the other REALMS of our life. That disruption often feels like a threat. It doesn't have to. Hold fast to those REALMS that bring you truth and vitality even when other REALMS are beginning to crumble. Truth is not about what we control, it is about who we are. Let your particular REALMS be those that bring you fulfillment and love for others and release the need to control the REALMS which do not.

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**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](mailto: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!



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**Women's Bible Study**



# In Trouble and In Wonder

## The Gospel of St. Thomas

Tuesday 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.

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## Men's Prayer Breakfast



**Exodus: Movement of the People**

**Thursdays at 7:15am**

**Ascension Hall Small Dining Room This Week!**

**January 9 – March 6**

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**

**TONIGHT!**



## 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.



### **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! This Saturday!**

A photograph of a bowl filled with beans and rice. The bowl is made of reddish-brown ceramic with white floral patterns. The rice is white and fluffy, and the beans are dark. The bowl is set on a white cloth.

# Beans & Rice Outreach

Every 2nd Saturday – 8:30 AM  
Church of the Ascension  
Hull Street Parking Lot  
Volunteers Needed

A photograph showing a large stack of empty cardboard boxes of various sizes, piled up in a room with light-colored walls and a wooden floor.

## 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

Parish Sing-A-Long

*Lift Up  
Your Voice*



Sunday, March 2

4:00 - 6:00 PM

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



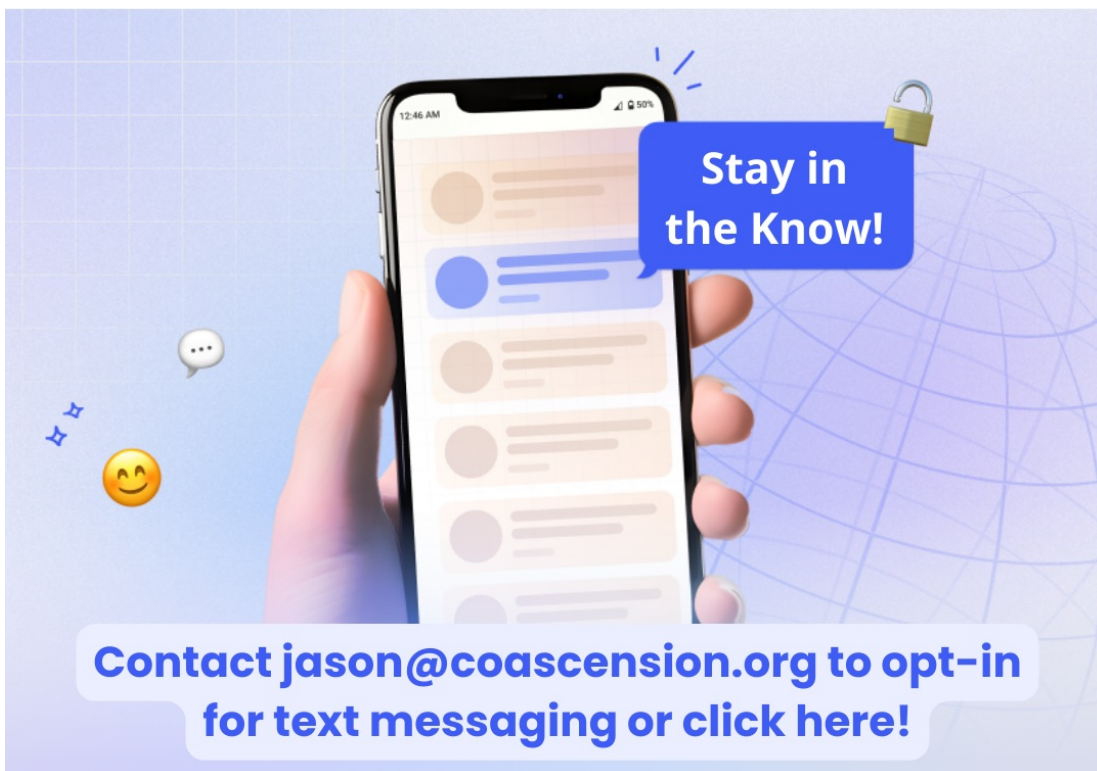
# Attention Venmo Users



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!

## CONNECT

### Opt-In for Text Notifications!



Contact [jason@coascension.org](mailto:jason@coascension.org) to opt-in for text messaging or [click here!](#)



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**Cursillo  
Open Reunion  
Group!**

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

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

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**No WNL This Week. Will Return March 12!**

# 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



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

\$3,140

Financial Gifts Offered This  
Month

\$29,282

Financial Gift Target  
Monthly

\$85,500

Total Pledged Amount for 2025 - \$912,628  
Total Collected Amount for 2025 - \$232,481

#### 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)

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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.

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