



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

Ascension Highlights What's Happening This Week

- Wednesday Night Live - Wednesday, May 14 @ 5:15 PM
- Men's Prayer Breakfast - Thursday, May 15 @ 7:00 AM
- Camp Day - Sunday, May 18
- Church Olympics - Sunday, May 18 @ 9:15 AM

From the Rector...

Lots of things happen on mountains. Moses received the Ten Commandments on a mountain. Jesus delivered a sermon on a mountain and was transfigured into dazzling light. In the stories of our faith, mountains are sacred places—where divine truth meets human experience.

This past weekend, I spent time on a mountain in Tennessee. Sewanee sits at the top of a ridge, accessible only by long, winding roads that switch back at strategic turns. As you climb the mountain—or descend—you become

increasingly aware of your spatial orientation and why it matters. At some point, you surrender to the realization that you are not in control of the terrain, or perhaps even of life itself. You are simply traveling through it, choosing either to resist or to accept whatever lies ahead.

Life feels like that sometimes. Eventually, you begin to see that the control you've worked so hard to maintain is only an illusion. You do your best to anticipate the challenges and opportunities on the road ahead, but more often than not, you're navigating the switchbacks—those sharp turns meant to slow you down, to keep you from careening over the edge. The greatest challenge in these moments is remembering what grounds you—not necessarily where you're headed, or how you'll get there, though those may be important. When you become aware of what truly grounds you, the switchbacks begin to feel less like hindrances and more like invitations—speeding through some, slowing carefully around others.



As Christians, we are grounded in God. The twists and turns of life aren't meant to throw us off the mountain or block our way with boulders. They are simply life unfolding. Our rootedness in God allows us to keep moving upward, step by step. I think of all the challenges Moses faced as he led God's people out of slavery, toward a land flowing with milk and honey.

The people were difficult, and God didn't make it easier. God kept asking the impossible of Moses—sending him to confront elders and to stand before Pharaoh. Even after securing their release, the people doubted him, and God kept calling him to more.

At some point, Moses had to let go—not just of control, but even the illusion that he understood the world or his place in it. He stops trying to make God understand the people, or the people understand God. Instead, he stands between them as an intercessor—leaning into the twists and turns of the wilderness journey, not manipulating, not controlling, but simply holding space for God and for the people.

Maybe our calling isn't so different from Moses'. Maybe we, too, are simply meant to journey—navigating life's switchbacks with as much grace as we can muster. Not trying to force outcomes or avoid every obstacle but offering each moment to God and to one another. Letting go of what we can't control. Trusting that the road, winding though it may

be, leads somewhere meaningful.

Maybe the goal isn't what happens when we reach the summit. Maybe the real beauty is in the journey upward, trusting that when we do finally arrive, something spectacular awaits us.

Light and Life,

Candice+

candice@coascension.org

WORSHIP

This Sunday!



Casual Sunday! Wear your favorite camp or Ascension t-shirt!

CHURCH OLYMPICS

Sunday, May 18
9:15 AM - Front Lawn



**Contact the church to sign up
your team!**

Ascension Day

Thursday, May 29th

5:30 PM Evensong with
reception to follow



In the busyness of life and the brokenness of the world, Evensong offers a sacred pause—a time to slow down, reflect, and be renewed in God's presence. Rooted in rich tradition, this service blends scripture, music, and quiet contemplation, helping us center in worship and peace. What better way to mark our feast day and remember that in the darkness of this present time, Ascension shines the light of hope.

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

Last WNL! Come and celebrate the end of the 2024-2025 school year!

WEDNESDAY NIGHTLIVE

STAY CONNECTED AND JOIN US ON
WEDNESDAY NIGHTS!

4:30
REUNION GROUP
RECTOR'S OFFICE

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

Menu This Week:

Grilled Chicken Drumsticks
Baked Beans
Chips
Salad Bar

\$8 per person or \$20 per family. Cash, check or Venmo accepted!



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
\$20,296	\$20,296	\$85,500

Total Pledged Amount for 2025 - \$912,628
Total Collected Amount for 2025 - \$338,130

Vacation Bible School 2025

June 2 – June 5 at Ascension!

8:30 – 12:00 p.m.



Register Your Children
Please register children
by May 12, 2025

Register as a Volunteer
Adults and Youth , part time
and full time help are welcome!

Click either link below and let Laura@coascension know if you have any questions.

It's here! The moment everyone looks forward to that marks the end of another school year and the start of Summer! Vacation Bible School!

This year, our parish will be hosting God's children in Ascension Hall for a journey with

Joseph!

Right now, use the links provided below to register children for VBS. Adults and Youth who wish to serve as volunteers, please register and fill out a form also!

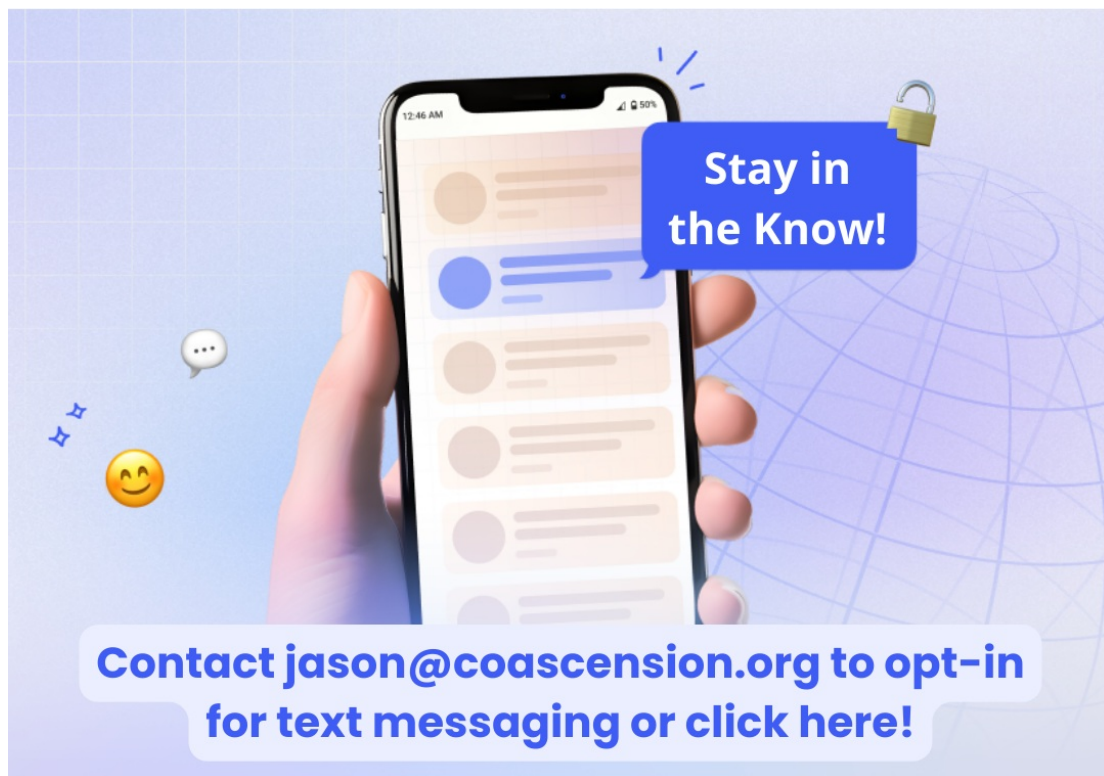
More information will follow in the coming days on specific ways you can serve in this ministry. Whether you are gifted in leading a small group, preparing snacks, or "floating" we welcome your talents!

Thank you in advance for making VBS 2025 so special!

[Click here to register your child.](#)

[Click here to register as an adult or Youth Volunteer.](#)

Opt-In for Text Notifications!



Cursillo Open Reunion Group!

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

Contact Laura@coascension.org for more information

GROW

Summer with Psalms! Starts June 1st!



THE
GOOD BOOK
CLUB

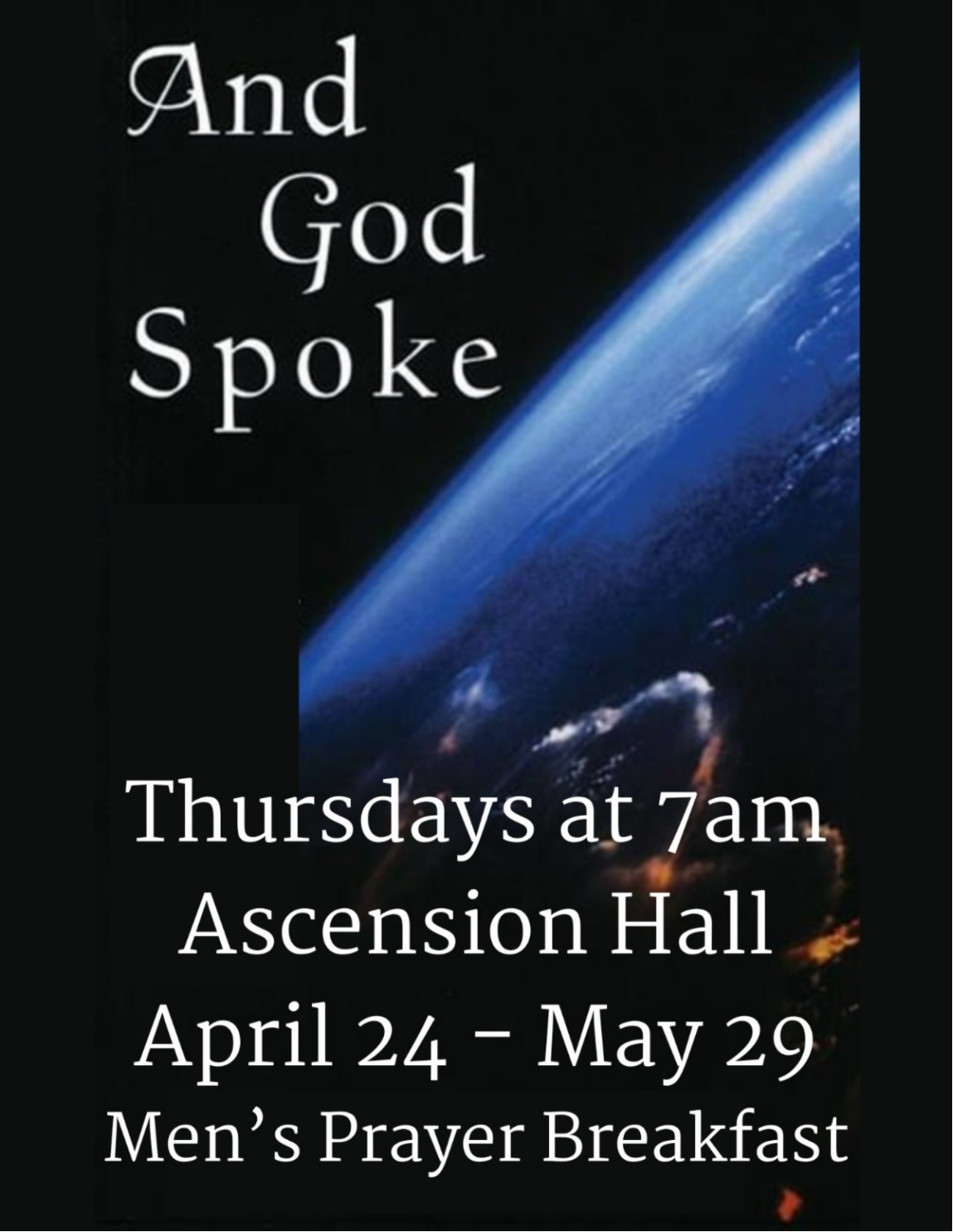
Almost time for the Good Book Club!

Are you ready for the Good Book Club to begin? Less than a month until we begin our Summer with Psalms!

The Good Book Club - an offering of [Forward Movement](#) - is simple and free. You can follow the [reading list](#) online for no charge, or follow along with your own Bible at home. Read one psalm a day on Track 1, or read through all 150 psalms on Track 2.

Download bulletin inserts from the Good Book Club's [Resources page](#) or right here in this email: [Track 1](#) | [Track 2](#)

Men's Prayer Breakfast



And God Spoke

Thursdays at 7am
Ascension Hall
April 24 – May 29
Men's Prayer Breakfast

And God Spoke
Thursdays at 7:00 am
Ascension Hall

"How can well-intentioned and intelligent persons come to such opposite conclusions about the same documents? Are the scriptures simply not clear? Are the parties to the debate interpreting the scriptures in different ways? And if so, what is the right way? Is there a "right way"? And what of "authority"-a notoriously slippery term? Is there a particular way in which the scriptures can or ought to be authoritative for the church's discourse, and if so, what is it?"

These are some of the questions that author Christopher Bryan asks and reflects on in his book *And God Spoke: The Authority of the Bible for the church today*. Bryan is an Anglican priest and the former C.K. Benedict Professor of New Testament at the School of Theology at the University of the South and editor of the *Sewanee Theological Review*. Beginning this Thursday, April 24th in Men's Prayer Breakfast, we will try to answer these

Women's Bible Study

In Trouble and In Wonder

The Gospel of St. Thomas

Thursdays - 12pm
Joshua Commons

Women's Bible Study

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



Cultivating Compassion
Wednesdays, June 11-July 23
5:30 PM in the Library
Limited Space Available
Candice@coascension.org



May 1 – June 7, 2025

Snacks for Kids:

Please buy individually
bagged items:

Cheez It Crackers
Pirates Booty
Goldfish
Veggie Straws
Sun Chips
Whole Grain Crackers
Skinny Pop
Fruit Cups
Juice Boxes
8 oz. water

***NO Peanuts or Peanut Butter**

Snacks for Adult/Volunteers:

Contact
Laura@coascension.org
to schedule a drop off
time during VBS.

Charcuterie style trays
Deli meat
Cheese
Olives & pickles
Grapes
Cheese Straws
Pita Chips
Homemade Dips
Fresh Fruit
16 oz. water



Scan to register your child:

**Collection bins will be located in
the lobby near Ascension Hall**



Scan to register as a Volunteer:

During the month of May, show your love to our children and Youth by grabbing a snack or beverage the next few times you are at the store. Let's be honest, most children's favorite time of day is snack time with their friends. Who doesn't love a crunchy snack, a slice of fresh fruit, and good laugh with the people you love? Most of the items on this list are found in bulk at Costco or Walmart. If you feel led to provide fresh items like fruit, deli trays, or charcuterie for the adult volunteer staff you are welcome to drop those items off the mornings of Vacation Bible school between 7:30 and 9:00 a.m.

If you have questions about what to buy or where to deliver contact Virginia Humphrey or Laura Mielke. We (the children!) thank you for your generosity!

Hospitality Committee



The Hospitality Committee is back! We will host our first event on Ascension Day. There will be a reception following the Evensong service on May 29th in the Knot Garden. We need 10 people to make their favorite pick-up sweet and to serve guests at the reception.

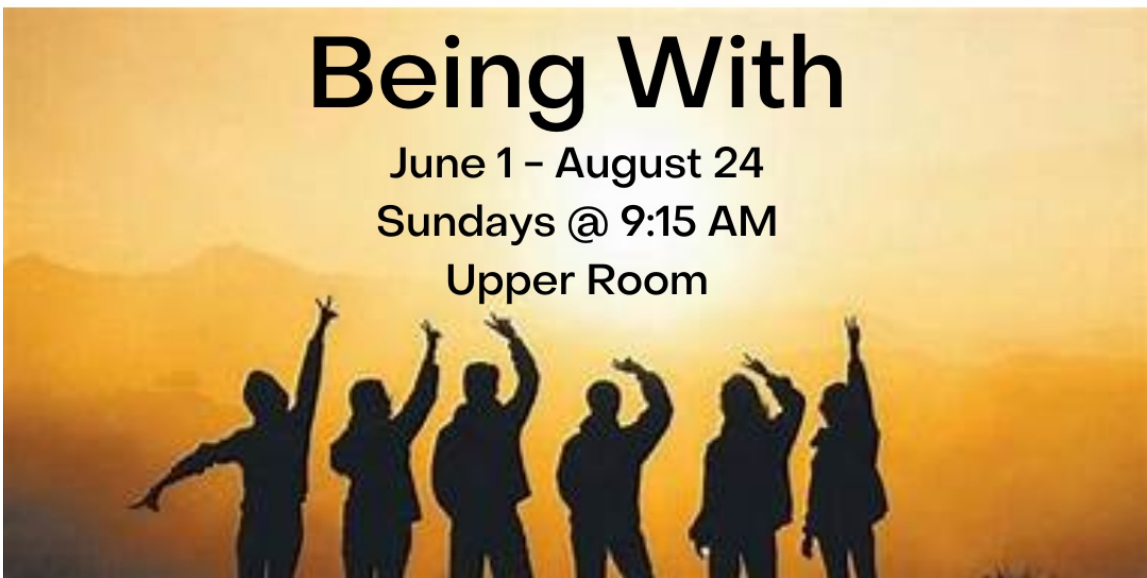
The Hospitality Committee is open to anyone who would like to be a member. Call or text Virginia Humphrey at 334-324-1135 for more information. Come and help celebrate the life of the wonderful CoA!

Being With

June 1 – August 24

Sundays @ 9:15 AM

Upper Room



There are a few routes toward membership in the Episcopal Church. If you are already confirmed as an Episcopalian, you need only contact the church office and have your letter moved. Otherwise, there are a few easy steps on the road to becoming Episcopalian and a member of Ascension. The journey begins with formation.

Each year we offer an Inquirer's Class for those who wish to know and understand more about what it means to be a Christian as an Episcopalian. Through the "Being With" class, part of the clergy forum on Sunday mornings, you get to engage in theological conversations around such topics like what Episcopalians believe about God, Sacraments, and Church Governance just to name a few. These classes are set in the context of

Sunday School with those who are new to the church as well as those who have been members for years. The class is mixed to promote healthy conversation and learning from laity and clergy alike. In essence, we teach one another. The class is mandatory for those seeking church membership.

Once the class has been completed and potential members have taken part in an Instructed Eucharist that teaches people the liturgical and theological underpinnings of our Sunday service, they are eligible for Confirmation or Reception by the bishop. Confirmation or Reception is the point at which a person becomes an official member of the church.

This year the bishop will be with us on September 7. As we prepare for that visit, we will offer the course "Being With" as our summer clergy forum. The class will meet at 9:15am in the Upper Room from June 1 through August 24 (taking a break on July 6). Anyone is invited and encouraged to take the class. Those wishing to explore the Episcopal Church and seeking membership in the church are required to take the class. If you would like more information, please contact candice@coascension.org.



Saturday, June 28

6:00pm - 9:00pm

We are in need of sponsors, silent auction donations, and wine donations. If you would be interested in helping please contact the school.



ADS@coascension.org

Click [HERE](#) for sponsorship information!

A poster for Mercy House with a blue background. It features a photo of a man in a jacket. The text 'COME SERVE AT' is at the top in white. 'Mercy House' is in large white script. 'Thursdays 11 a.m. - 1 p.m.' is in white. Contact info is at the bottom right. The Mercy House logo is at the bottom left.

COME SERVE AT

Mercy House

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

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

The logo consists of a blue house icon with a white dove inside, and the text 'MERCY HOUSE' below it.

MERCY HOUSE

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.

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.

[Visit Our Website](#)

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