



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

Ascension Highlights What's Happening This Week

- Men's Prayer Breakfast - Thursday, May 29 @ 7:00 AM
- Women's Bible Study - Thursday, May 29 @ 12:00 PM
- Ascension Day Evensong - Thursday, May 29 @ 5:30 PM
- VBS Ingathering - Through June 1

From the Rector...

No one likes to suffer. But how we respond to our suffering can shape who we become.

Many of us reach for a pint of frozen yogurt or curl up under a blanket to binge-watch Netflix as a way to cope with anxiety or emotional pain. Some turn to online shopping, others to alcohol—anything to avoid the discomfort. We often seek distraction as a form of self-soothing, forgetting that distraction is not the same as self-care.

There are times when self-soothing is necessary—especially when the pain is so

acute that it might lead to further harm. In those moments, creating distance from our suffering can help us regain perspective, strength, and the capacity to engage with the pain in a healthier way. But when we are able, holding space for our suffering can help build resilience and make us more grounded, compassionate members of society.

Self-care isn't about escaping pain—it's about making space to feel it. It's about sitting with our difficult emotions, especially in moments of suffering. Several biblical figures come to mind when I think of those who exemplified this.

Take Mordecai, for example. When he heard that the king was planning to destroy the Jewish people, his first reaction wasn't to run to Esther or devise a plan. Instead, he put on sackcloth and ashes and went to the city gate.



That is what it means to feel one's pain. Mordecai didn't immediately rush into action or try to rally support. His first response was to stop, allow the anguish to wash over him, and fully acknowledge the weight of the moment. That's where true self-care begins. And the more specifically we can name our feelings and allow ourselves to experience them, the more resilient we become.

Self-care is not about getting stuck in the pain. It's about honoring the experience, letting it move through us, and then choosing how we grow from it. The decisions we make from a place of self-care are often very different from those made in a state of self-soothing. They lead us toward deeper growth and a healthier emotional and spiritual life.

Numbing our feelings or denying our pain usually leads to even greater suffering. As difficult as it is, facing our pain—naming it, and even claiming it—can empower us. In a BANI world (Brittle, Anxious, Nonlinear, Incomprehensible), where so much is unstable and fragmented, resilience is essential. And resilience isn't something others can give us—it's something we must cultivate within ourselves. It comes from discovering the strength that already lies deep inside us.

No one wants to suffer. But the suffering we encounter can make us stronger and more resilient, especially in a world where chaos and division often feel like the norm. Mordecai understood this. After allowing himself to sit with the pain for a while, he took action. Instead of checking out, he made a plan. He engaged others—even those who were

hesitant—and together, they did something bigger than they could ask or imagine. By choosing to feel instead of numb, Mordecai aligned himself with a purpose larger than his own.

Suffering is never easy. But ignoring it doesn't make it disappear—it only allows it to grow, often until we're reduced to reactive, impulsive behavior. So the next time you reach for a chocolate bar or the TV remote, pause, take a breath, and ask yourself, "Is this self-soothing or self-caring?" Even if it is self-soothing and the choice that you make, simply asking the question moves you one step closer to intentionality, empowerment, and resilience.

Light and Life,

Candice Frazer+

candice@coascension.org

GROW

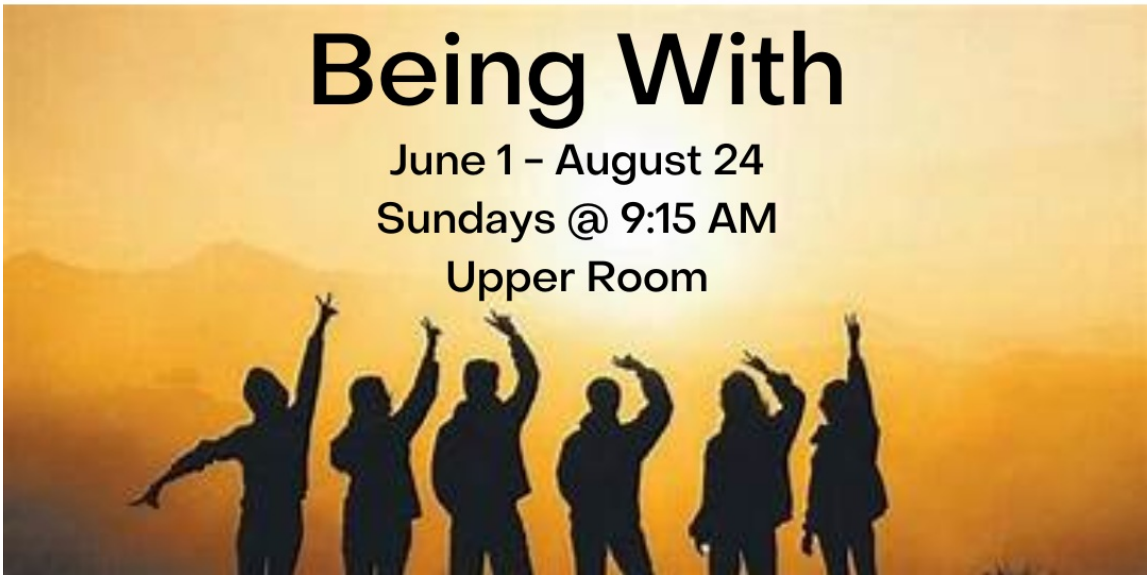
New! Starting This Week!

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.

Summer with Psalms! Starts June 1st!




Almost time for the Good Book Club!

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 – June 12
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 18-July 23
5:30 PM in the Library
Limited Space Available
Candice@coascension.org

Last Week to Donate!



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!



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!

Save
the
date



Save
the
date

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

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.

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

This Thursday!

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.

Pentecost Sunday - June 8!



'When the day of Pentecost had come, the disciples were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them,

and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.’ Acts 2:1-4

It has been a tradition in recent years to emulate this important event in the church by having parishioners read this scripture aloud in different languages. If you speak a foreign language, please reach out to me or Candice+. We would love for you to participate in this fun tradition as we celebrate the birth of the church.

Blessings,
Drew+



A Special Note from Your Stewardship Committee

Your Stewardship Committee is excited to announce our theme for the 2025-2026 campaign: “Tell Out My Soul” – a call to consider all God has done for us, and to respond with joyful generosity. “Tell Out My Soul” reflects the giving heart of Mary and her willingness and eagerness to serve and remain faithful, even through the unknown.

We invite you to help us jumpstart our stewardship campaign as we head into summer. As this season arrives and we find time for rest, travel, and renewal, it’s important to remember that the life of our church continues – in worship, outreach, and care for our community.

Like many churches, we often see a dip in giving during the summer months, even as our ministries and expenses remain steady. If you are able to continue your current giving or make a gift during this season, it makes a meaningful difference and helps us stay strong and consistent in our work.

Summer gives us many opportunities to “tell out” to friends, family, and the community about the good work of Church of the Ascension. Your support helps ensure that our parish continues to be a place where that story is told boldly – in word, in service, and in love.

Thank you for being part of that witness.

Your Stewardship Committee



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

CoA Hosting on June 11!



BISHOP SEARCH LISTENING SESSIONS

The Search Committee invites you to attend a Listening Session this summer!

The purpose of these sessions is simple but deeply important: to listen. Your input will help create a Diocesan Profile—an honest, prayerful portrait of who we are, where we've been, and who we are called to become. That profile will then be shared with prospective candidates for bishop to help them discern whether they are called to join us in this next chapter of ministry.

Questions to Consider:

1. What makes you proud of your church, the diocese, or our mission?
2. What does success look like in the next decade?
3. What strengths are most important for our next bishop—and why?
4. What are your hopes and expectations for our next bishop?
5. What does it mean to be an Episcopalian in Alabama?
6. What are our most important missions?

Questions or Concerns?

Email:
albishopsearch@gmail.com

LISTENING SESSION SCHEDULE

Sun, June 1
2:00 PM - 3:30 PM

**ST. STEPHENS,
VESTAVIA**
3775 Crosshaven Dr
Vestavia Hills, AL 35223

Wed, June 4
5:30 PM - 7:00 PM

**TRINITY,
FLORENCE**
410 North Pine Street,
Florence, Alabama 35630

Sat, June 7
10:00 AM - 12:00 PM
For Episcopalians of Color.

**ST. MARK'S
BIRMINGHAM**
228 Dennison Ave SW,
Birmingham, AL 35211

Sun, June 8
3:00 PM - 4:30 PM

**ST. MICHAEL & ALL
ANGELS, ANNISTON**
1000 West 18th Street
Anniston, AL 36201

Wed, June 11
5:30 PM - 7:00 PM

**ASCENSION
MONTGOMERY**
315 Clanton Avenue
Montgomery, AL 36104

Sun, June 15
2:00 PM - 3:30 PM

**CHRIST CHURCH
TUSCALOOSA**
605 Lurleen B Wallace N Blvd
Tuscaloosa, AL 35401

Sat, June 21
1:00 PM - 2:30 PM

**NATIVITY
HUNTSVILLE**
208 Eustis Ave SE
Huntsville, AL 35801

Thurs, June 26
1:00 PM - 3:00 PM
*For clergy and seminarians.
Zoom link will be available.*

**ST. LUKE'S
BIRMINGHAM**
3736 Montrose Road
Mountain Brook, AL 35213

Thurs, June 26
7:00 PM - 8:30 PM

ZOOM
bit.ly/DioAlaListeningSession

Sat, June 28
1:00 PM - 2:30 PM

**HOLY TRINITY
AUBURN**
100 Church Drive
Auburn, AL 36830

Sat, June 28
2:00 PM - 3:30 PM
For Youth & Young Adults.

**TRINITY COMMONS
BIRMINGHAM**
1024 12th Street South
Birmingham, AL 35205

Fri, July 11
9:45 AM - 11:30 AM
*For Youth & Young Adults at
Camp McDowell for Senior
Session.*

**CAMP MCDOWELL
NAUVOO**
105 Delong Rd
Nauvoo, AL 35578



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
\$3,410	\$56,422	\$85,500

Total Pledged Amount for 2025 - \$912,628
Total Collected Amount for 2025 - \$374,256

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!

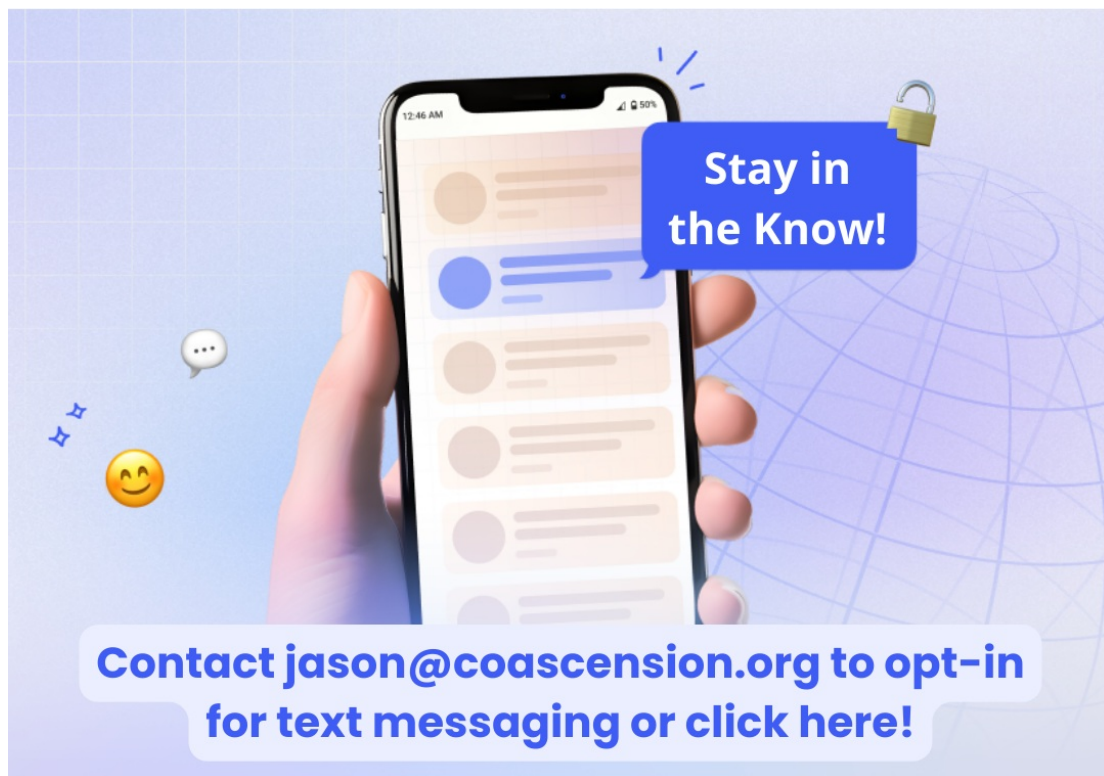
More information will follow in the coming days on specific ways you can serve in this ministry. Whether you are gifted in leading a small group, preparing snacks, or "floating" we welcome your talents!

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

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](#)

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

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