



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



# Ascension

## Highlights What's Happening This Week

- Cultivating Compassion - Wednesday, July 2 @ 5:30 PM

- Men's Prayer Breakfast - Thursday, July 3 @ 7:00 AM

- Women's Bible Study - Thursday, July 3 @ 12:00 PM

- Being With - Sunday, July 6 @ 9:15 AM

From the Rector...

Never underestimate the value of silence.

Last Friday, I ruptured my eardrum—in the least dramatic way possible. I knew it had happened immediately, thanks to the sudden ringing and pressure in my ear. It wasn't painful, just uncomfortable. Unfortunately, this isn't the first time I've done something like this. I know the primary concern is infection, which antibiotics can treat, but the only other remedy for healing is silence—or at least resting in as quiet an environment as possible until the eardrum settles and heals.



Healing can take anywhere from a few days to a few weeks. I'm hoping for the "few days" scenario, of course, and in the meantime, I'm reminded of the importance of caring for my body. I don't want to risk losing my hearing, so I'll be sitting quietly for a bit—reading, meditating, and studying Scripture. A forced pause, but not an unwelcome one. Thrown into the briar patch, indeed!

What I can't control, though, is the persistent ringing in my ears. It's mostly just irritating. It tends to fade while I sleep, but returns as the day goes on. In a strange way, it reminds me not only to remain quiet but also that true silence is almost impossible to come by in our modern, tech-saturated world. Even now, as I type this, I notice the keyboard tapping,



the refrigerator humming, the air conditioner shifting modes, clothes tumbling in the dryer, and the faint buzz of the lamp above me. Outside, a car speeds by. Inside, Petunia snores on the sofa while Cutty gnaws on a bone.

Silence is golden precisely because it's so rare.

And yet, it is in silence that God so often speaks to us. When Elijah was hiding in a cave, afraid and alone, God told him to stand on the mountain because He would pass by. A powerful wind came—but God was not in the wind. Then an earthquake—but God was not in the earthquake. Then a fire—but God was not in the fire. And then... sheer silence. And in that silence, Elijah encountered God. (1 Kings 19:9–18)

Elijah had been running—from enemies, yes, but also from fear. And it was only in the silence that he could name that fear and hear God's reassurance.

How often do we let our fears and anxieties drown out our faith? How often are our prayers filled with lists of needs and concerns, but empty of space for God's still, small voice? When we're running—literally or metaphorically—we rarely pause long enough to let God in, much less allow God to reassure us.

But God waits for us in the quiet.

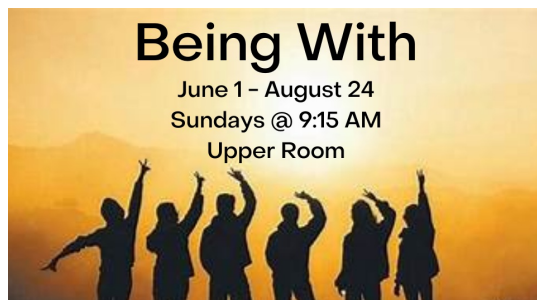
For the next few days, I get to be quiet and still and listen to the sounds of silence.

I pray we all find space this week, even if just for a moment, to be still... and to hear.

Light and Life,  
Candice Frazer+

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

## GROW



## In Trouble and In Wonder

The Gospel of St. Thomas

Thursdays - 12pm  
Joshua Commons

Women's Bible Study

Cultivating Compassion  
Wednesdays, June 18-July 23  
5:30 PM in the Library  
Limited Space Available  
[Candice@coascension.org](mailto:Candice@coascension.org)



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.

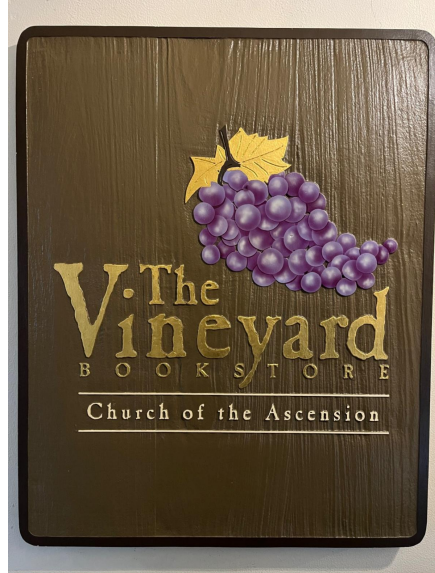
Download bulletin inserts from the Good Book Club's [Resources page](#) or right here: [Track 1](#) | [Track 2](#)

## SERVE

To Volunteer Click [HERE!](#)







## WORSHIP

### Sunday Morning Schedule

Rite I Service: 8:00 AM - Nave

Coffee Hour: 9:15 AM - Ascension Hall

Clergy Forum - 9:15 AM - Upper Room

Rite II Service: 10:30 AM - Nave



# MORNING PRAYER

8:00 AM MONDAY - FRIDAY

LIVE ON



## Tell Out My Soul

### 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

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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**



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
\$2,796	\$40,864	\$85,500

Total Pledged Amount for 2025 - \$912,628  
Total Collected Amount for 2025 - \$467,108

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**Opt-In for Text Notifications!**





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



Tommy Holliman  
St. Peter's Roman  
Catholic Church



Wayne Barr  
Tuskegee University



Becky Taylor  
Episcopal Church of  
the Ascension

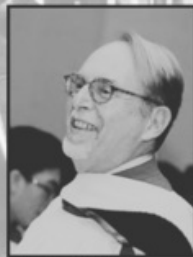


Jim Conely  
Huntingdon College

# BACH'S LUNCH

ORGAN CONCERTS &  
CATERED LUNCH  
WEDNESDAYS IN  
JUNE AND JULY  
AT 12:05 PM

Learn more and order lunches at  
[stjohnsmontgomery.org](http://stjohnsmontgomery.org)



Wallace Hornady  
Woodberry Forrest  
School



Shannon Mathai  
Trinity Presbyterian  
Church



Kelley Garrett  
Frazer Methodist  
Church



Jim Sadie  
Allen Organs

Announcing Bach's Lunch Summer Organ concerts at St John's.

25 minute Concerts **Wednesdays at 12:05pm** followed by lunch in the Parish Hall.

Lunches may be pre-ordered for \$15. (*Information available on the church web page - link below*)

Music lists, lunch menu, and ordering information available [here](#)

## 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)

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Tracy Hinton, Parish Administrator [thinton@coascension.org](mailto:thinton@coascension.org)

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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