



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



Ascension

Highlights What's Happening This Week

- Cultivating Compassion - Wednesday, July 16 @ 5:30 PM

- Men's Prayer Breakfast - Thursday, July 17 @ 7:00 AM

- Being With - Sunday, July 20 @ 9:15 AM

- Sunday Services - Sunday July 20 @ 8:00 & 10:30 AM

From the Rector...

Recently, I discovered the practice of havruta —also spelled chavruta—which means companionship or friendship. It's a method of study in which two people engage a sacred text together, allowing it to reveal deeper meaning through discussion. The pair works as one: they study the text, form a question around it, and respond with a reasoned argument. One person presents their question and offers an answer. The other listens, then offers a different perspective. As they engage with each other's reasoning, they often arrive at new insights—discovering a depth of meaning that neither might have uncovered alone.



Havruta begins with the assumption that no one person holds the full truth. Rather, each of us holds a piece of it, and only through shared exploration can we approach a fuller understanding.

I find this idea of havruta incredibly meaningful. First, it shifts the burden of having all the answers from the individual to a shared responsibility—truth becomes something we uncover together. Second, it encourages me to look beyond my own perspective by listening with respect and openness to someone else's. Third, it reminds me that truth is

often found in differing viewpoints. If everyone believed the exact same way, we'd live in a one-dimensional world.

Being open to another person's thoughts and ideas can feel threatening at times. We often define our self-worth through a false sense of certainty about the world. When that certainty is challenged, it can feel disruptive, even disorienting. In response, we may cling to our beliefs more rigidly—even when they no longer serve us or make sense. I'm reminded of the image of a stork trying to eat a frog, while the frog is simultaneously choking the stork—a lose/lose scenario.

When we try to force our beliefs on others, we close the door to genuine connection. In fact, the more we try to control or persuade, the more resistant others may become. But if we can offer our thoughts and then truly listen to theirs, we create space for openness and mutual understanding.

Next time you're in a conversation and find yourself disagreeing, try this: listen carefully, and instead of responding with "I disagree" or "but...", try saying, "That makes me think of..." This simple shift can de-escalate tension and invite a richer exchange. You may find that both of you walk away with broader perspectives and new insights.

Contributing to conversation in a positive way is one way we partner with God—and each other—in building the kingdom because it is how we build one another up. When we only listen to our own voice, we leave no room for the Holy Spirit to inspire us. We can choose to live in a world where we always need the last word, or we can choose to live in a world where we are open to the knowledge and love of God—the "truest true"—which is always discoverable between us.

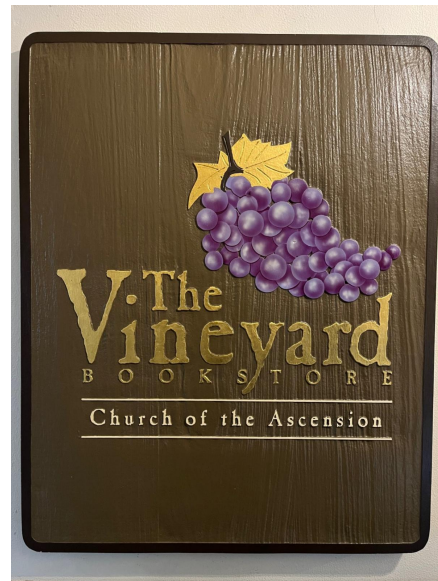
Havruta is about companionship, not about being right. It is a way of connecting to one another as pilgrims on a journey. We might have some idea of where we want to end up, but it is in the traveling together that we discover the deeper truth.

Light and Life,
Candice Frazer+

candice@coascension.org

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

Backpack BLESSING

Sunday, August 10th



Children and teachers invited to bring their
bags or backpacks to the service to be
blessed for the upcoming school year!

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

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



ASCENSIONAIRES **SUMMER PARTY**

**JULY 30TH
12:00 P.M.**

RSVP to Fay Worrilow

fay@coascension.org

or Janan Hayden

haydenjanan@gmail.com

by Friday, July 25th

10 Dollars



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
\$3,045	\$43,909	\$85,500

Total Pledged Amount for 2025 - \$912,628
Total Collected Amount for 2025 - \$470,153

Opt-In for Text Notifications!





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



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)*

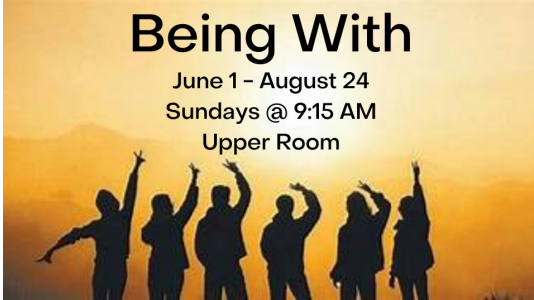
Music lists, lunch menu, and ordering information available [here](#)

GROW

Women's Bible Study will be on hiatus until Thursday, August 7th!

Being With

June 1 – August 24
Sundays @ 9:15 AM
Upper Room



Men's Prayer Breakfast

July 17th – August 21st
Thursday Mornings
7–8 AM

Cross and Kremlin

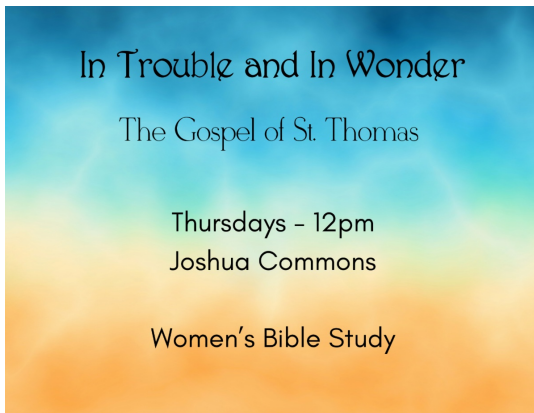


In Trouble and In Wonder

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



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](#)

Staff Directory

The Rev. Candice B. Frazer, Rector candice@coascension.org
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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.

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