



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



Ascension

Highlights What's Happening This Week

- Men's Prayer Breakfast – Thursday, July 24 @ 7:00 AM

- Food Box Distribution – Saturday, July 26 @ 8:30 AM

- Being With – Sunday, July 27 @ 9:15 AM

- Sunday Services – Sunday July 27 @ 8:00 & 10:30 AM

From the Rector...

Last week, I spent time on retreat with friends from seminary. Each year, we gather somewhere to laugh and talk, pray, and share how we're growing in ministry. This year, we met in Highlands, North Carolina, with the theme: Cultivating Joy. And cultivate joy we did!

Every morning began with a bit of yoga, followed by meditation and journaling. Then we set out to find our joy.

Our first stop was the Nantahala River, where we went rafting with a guide who turned out to be from Selma—because, somehow, all roads lead back to Selma! Richette was two years ahead of me at Selma High. We hadn't known each other then, though she did know my sister-in-law. Still, what a small world—to have a river guide from my hometown.

We had a grand time on the Nantahala. The rapids were only Class III—not too intense—so we weren't too worried about falling out of the raft, and we had plenty of chances to float and enjoy the stunning scenery. The water was ice cold. The trees leaned in over the river, their branches brushing our heads and dropping mimosa blooms on us. Their canopy shaded us from the sun and muffled the noise of civilization. We left the river half-



soaked, hearts full of joy.

On the second day, we tackled zip lining at Highlands Aerial Park and tried the Mountain Coaster. While I've been rafting before, I had never done either of these—and I'll admit I was hesitant. The others were all in, so I followed along. I paid extra attention to the safety video and asked the guides several questions.

Once we were geared up but before we began, I asked my friends what the goal was. Was the fun in the speed or in the views? Should I be looking up or down? They all rolled their eyes and said, "The goal is to have fun!" I pressed further—because, as you might be realizing, I'm not naturally good at just having fun—and asked what made it enjoyable for them. They didn't have a clear answer. When I asked the guides, they said the experience gave them a thrill and sense of exhilaration they didn't get anywhere else.

Still, no one could tell me what I was supposed to do to enjoy it. The best advice I got was: "Just go with it." So I did.

Our first zip line was a "bunny" line—short and not too high. I started to build confidence but was still curious (and slightly anxious) about braking—how it worked and how to control my body and speed. For the next three lines, I focused hard on braking—trying to get the timing and technique right. I never quite mastered it. Then came the fifth line: the tallest and longest—250 feet above the ground and a quarter mile across. As I zipped through the air, I was mesmerized by the view of the Carolina, Georgia, and Tennessee mountains. I didn't want the ride to end, so I subconsciously tapped the brake just to linger in the moment.

Of course, that meant I didn't quite make it to the platform. But in that moment, I realized something important: my fixation on braking wasn't really about fear or safety—it was a metaphor for my own resistance to letting go and having fun. I've always valued learning, praying, and working. But enjoying life purely for the sake of enjoyment? That's something I struggle with.

Flying through the air, seeing God's creation from above, feeling the wind on my face and the weightlessness of my body—it was pure joy.

The next line was the fastest one. I stepped off the platform, let go of the brake, leaned back—and flew. It was exhilarating.

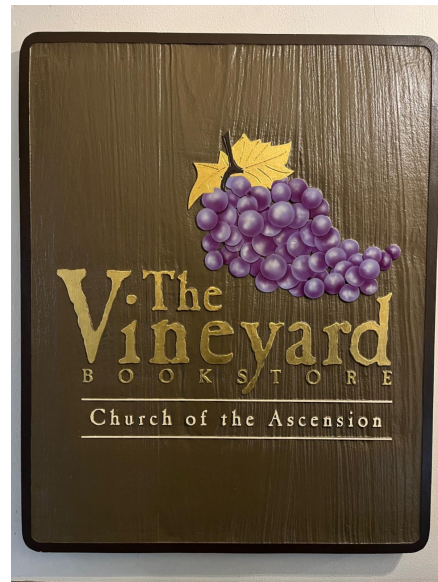
I was having fun.

And I was cultivating joy.

Light and Life,
Candice Frazer+
candice@coascension.org

SERVE

To Volunteer Click [HERE!](#)



Food Box Saturday

SATURDAY, JULY 26TH

8:30 AM

HULL STREET PARKING LOT
VOLUNTEERS NEEDED!



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



Blessing of the Backpacks

Sunday August 10th, 10:30 a.m.



Everyone is invited to bring their backpacks, diaper bags, and briefcases to receive a blessing for the 2025-2026 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

A vibrant summer-themed poster with a blue background featuring wavy lines. Decorations include a yellow inflatable ring in the top left, a striped flag and green leaves in the top right, two beach balls (one red/white, one yellow/white) on the sides, and orange hibiscus flowers at the bottom. The text is centered and reads:

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
\$35,063	\$78,972	\$85,500

Total Pledged Amount for 2025 - \$912,628
Total Collected Amount for 2025 - \$505,216

Opt-In for Text Notifications!





Tommy Holliman
St. Peter's Roman
Catholic Church



Wayne Barr
Tuskegee University



Becky Taylor
Episcopal Church of
the Ascension

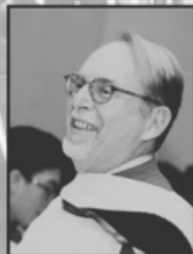


Jim Conely
Huntingdon College

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*)

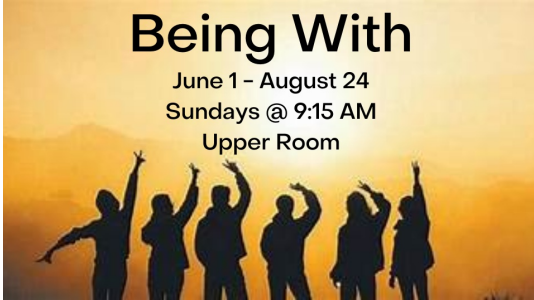
Music lists, lunch menu, and ordering information available [here](#)

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 – July 31st
Thursday Mornings
7–8 AM

Cross and Kremlin

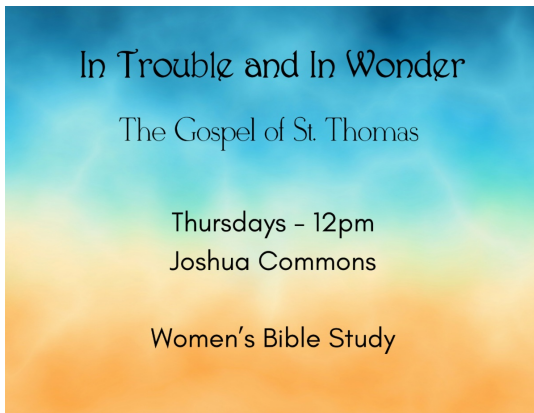


In Trouble and In Wonder

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



EfM

E D U C A T I O N F O R M I N I S T R Y

Church of the Ascension is pleased to provide an opportunity for participation in EfM (Education for Ministry), a " .. a unique four-year, small-group formation program based on study and practice in theological reflection ..." that is offered through the School of Theology at the University of the South in Seawee. "EfM helps the faithful discover the Christian tradition, bringing it into conversation with their experiences of the world. EfM seminar groups develop theologically informed, reflective, and articulate seekers of God." Ascension's class begins after Labor Day and meets on Wednesday evenings, running through May. For more information please contact Andy Akin (andrewmacakin@gmail.com) or Eric A. Kidwell (ericakidwell31@gmail.com)



Three Dioceses of Northern New England (Maine, New Hampshire, and Vermont) are offering an 11-week study exploring race and faith beginning this fall. Sessions will take place on Zoom and are open to Dioceses around the country. There will be at least three circles that will meet at different times and on different days. Previous offerings of Sacred Ground that involve multiple Dioceses have benefited greatly from the regional diversity and the different backgrounds represented.

Sacred Ground is a curriculum developed by The Episcopal Church to explore the history of racism in our country as well as the economic and social legacies that continue to underlie divisions among us. To learn more about Sacred Ground, please view the Sacred Ground Invitational video "We Bless You" (22 Minutes) [Click here](#), or for more general information, visit the Sacred Ground website [here](#).

To register:
[Registration Link](#)

For more information: Amy Hastings, amymiddlebury@gmail.com



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.

Church of the Ascension | 334-263-5529 | staff@coascension.org | www.coascension.org

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