



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



Ascension Highlights What's Happening This Week

- Ascensionaires Summer Party - Wed, July 30 @ 12:00 PM

- Men's Prayer Breakfast - Thursday, July 31 @ 7:00 AM

- Being With - Sunday, August 3 @ 9:15 AM

- Sunday Services - Sunday, August 3 @ 8:00 & 10:30 AM

From the Rector...

Last week, I spent time with my best friend intentionally cultivating peace. I'm a relatively peaceful person by nature—I pray, practice yoga, meditate, and pause to breathe whenever I begin to feel anxious or overwhelmed. But rarely do I stumble upon peace that doesn't require mindfulness or effort. That kind of unexpected peace was exactly what we set out to find last week, and I'm happy to say—we did.

We had been in the mountains with two seminary classmates the week before on retreat to cultivate joy. After returning to Montgomery for the weekend, we headed south to the most peaceful place I know: the beach. We stayed at the Frazers' beach house, which is actually located on St. John's Bay. It's a lovely spot, but we decided that true peace, for us, would be found in the sounds of the Gulf—seagulls crying, waves rolling, children laughing. You get the idea.

So, each morning we loaded up our chairs, towels, and cooler, and headed out. We found a place in the sand and set up camp, spending our days reading, talking, and soaking up the sun. As you do at the beach, whenever we got hot, we headed for the water. The waves were gentle, and once you passed the water breaking on the shore line, you could



simply sway with the rhythm of the sea.

One morning, as I stood waist-deep in the water, I noticed a lifeguard on a Sea-Doo picking up a man who had been swimming far offshore. I hadn't seen the man in any kind of distress and wondered what was going on. Then, just a few feet from me, I saw a couple pointing excitedly before they turned and headed quickly for shore.

I remembered the purple flag flying at the lifeguard stand—indicating that potentially harmful sea creatures had been spotted. I had assumed it meant jellyfish. But after watching the lifeguard's unusual behavior, I wasn't so sure. The lifeguard didn't seem to be in any rush to get out of the water, so I stayed put, unsure what was happening.

Then I saw it: a flash of a fin, a sleek body curving through the sunlight before disappearing beneath the waves—dolphins. I was mesmerized.

I don't know how long I stood in the gently rolling water, hands floating on the surface of the waves, feet shifting gently in the sand, watching my favorite sea creatures frolic and delight in their audience. It felt like an ancient hula, a dance that connected me to the deep rhythms of the earth. It was gentle, yet strong; purposeful, yet effortless. In that moment, the dolphins, the water, the sand, and I were one—interconnected, dependent on each other if only to experience this moment of joy. And this joy wasn't a thrill or a fleeting emotion—it was presence. It was peace that surpasses all understanding.

That peaceful encounter with the sea wasn't simply about nature's beauty, it was a spiritual experience rooted in stillness, wonder, and a connection to something greater. True peace cannot always be manufactured through effort or discipline. Sometimes the deepest sense of true peace finds us when we allow ourselves to be fully present in the moment, immersed in creation, and open to joy.

Light and Life,
Candice Frazer+

candice@coascension.org

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



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

Tomorrow at 12:00!

A vibrant summer-themed poster for an Ascensionaires Summer Party. The background is a bright blue sky with stylized white clouds. In the top left corner, there is a yellow inflatable ring. In the top right, there are green palm leaves and a string of colorful triangular flags. Two beach balls with red, white, and yellow segments are positioned on the left and right sides. At the bottom, there are large orange hibiscus flowers and smaller yellow ones. The text is centered and reads: "ASCENSIONAIRES SUMMER PARTY" in large, bold, white letters with a blue outline. Below this, it says "JULY 30TH 12:00 P.M." in blue. Then, "RSVP to Fay Worrilow" followed by the email "fay@coascension.org" and "or Janan Hayden" followed by the email "haydenjanan@gmail.com". The deadline "by Friday, July 25th" is written in blue, and the price "10 Dollars" is in large blue letters at the bottom.

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
\$12,997	\$91,969	\$85,500

Total Pledged Amount for 2025 - \$912,628
Total Collected Amount for 2025 - \$518,213

Opt-In for Text Notifications!



**Contact 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

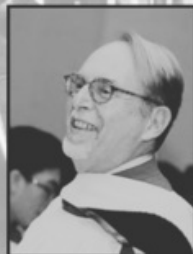


Jim Conely
Huntingdon College

BACH'S LUNCH

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

Learn more and order lunches at
stjohnsmontgomery.org



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)*

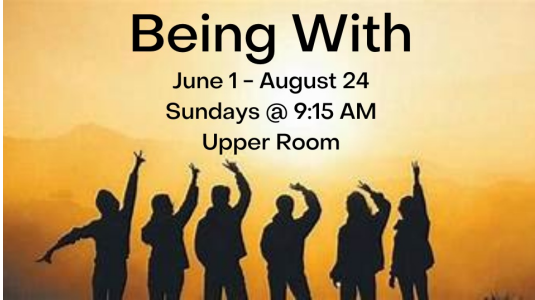
Music lists, lunch menu, and ordering information available [here](#)

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

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

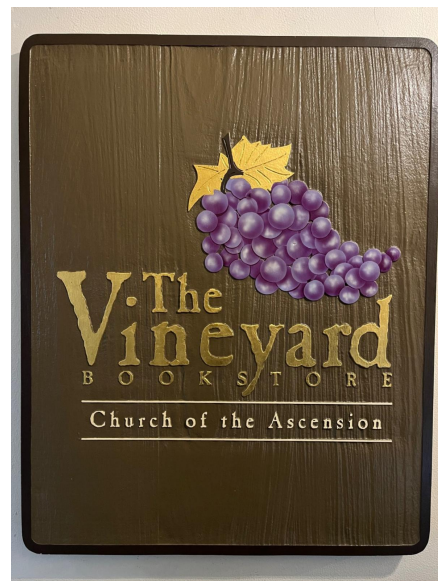


The Good Book Club - an offering of [Forward Movement](#) - is simple and free. You can follow the [reading list](#) online for no charge, or follow along with your own Bible at home. Read one psalm a day on Track 1, or read through all 150 psalms on Track 2.

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

SERVE

To Volunteer Click [HERE!](#)
Watch 'Lobsterpiece Theatre' [HERE!](#)



New Beginnings for 2025-26 School Year!



New Beginnings is looking for tutor-mentors for the upcoming school year. Ascension volunteers meet with students at the church on Wednesdays for a group meal, conversation/play, and about an hour of one-on-one school-related work, which can be provided by the program. We ask that each mentor commit to being present for most Wednesday evenings during the school year, except for holidays; some serve one year and others develop longer relationships. If you are interested in having a meaningful impact in this way on the life of a child, please call or text Mildred Wakefield (334-201-4854) or send an email (wake7@me.com): we will start the 2025-2026 school year with an orientation meeting for volunteers—tentatively scheduled for Wednesday September 3—before we begin meeting with the children, probably beginning September 10.

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 Worriow, 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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