



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



# Ascension

## Highlights What's Happening This Week

- Cub Scouts Raingutter Regatta - Friday, August 8 @ 6:00 PM
- Jonathan Daniels Pilgrimage - Sat, August 9 @ 11:00 AM
- Being With - Sunday, August 10 @ 9:15 AM
- Blessing of the Backpacks - Sunday, August 10 @ 10:30 AM

From the Rector...

Though there are several Ancient Greek words for love, three are most commonly found in Scripture and shape our religious understanding of how we are called to love one another: *eros*, *philia*, and *agape*. *Eros* refers to romantic love, expressed through passion and desire. *Philia* describes the deep, trusting connection we share with friends and family—a love rooted in mutual respect and companionship. *Agape* is the most selfless form of love: unconditional, generous, and freely given. It asks nothing in return, though it often inspires love in others simply by being offered.



Last week, Steve and I celebrated our 31<sup>st</sup> wedding anniversary. I decided to dedicate the week to cultivating love. Since we were going out of town and leaving behind the usual distractions of work and responsibility, it felt like the perfect opportunity to reconnect with one another. And we did. In deepening the love Steve and I share, I noticed something unexpected happening—I began to experience greater love for myself. That in turn opened my heart to others in new ways, even in places where I'm usually more reserved.

After a long boat ride to Mobile Bay and back, we stopped at Lulu's for a little refreshment. Sitting at the bar, I struck up a conversation with the bartender. She was young, energetic,



and full of life—a joy to talk to. We chatted about life at the beach and the summer heat. A few minutes later, Steve spotted the son of a family friend working as a food runner. He tracked him down, and soon we were deep in another lively conversation with yet another young person full of good energy. These might seem like simple interactions, but they left a deep impression on me. They reminded me of the beauty and power of *philia* love—the love that simply connects us to one another, heart to heart, stranger to stranger.

There were other moments like that, too. Steve has a habit of waving to everyone we pass when we're out on the water. This trip, I decided to join in. Most people gave a polite wave back, usually the boat captain. But one woman really got into it—waving enthusiastically, as if we were long-lost relatives spotting each other across the waves. I couldn't help but laugh and return the gesture with equal enthusiasm. From that moment on, I didn't just raise a hand in greeting—I waved big, made eye contact, and tried to share a spark of joy with everyone we passed. We were strangers, yes, but we were also fellow travelers—connected by water and wind and waves. And that small act of connection brought me great joy. It reminded me of my childhood in a small town where everyone waved—on the street, in the store, from their cars. There was a warmth to it. A sense of belonging.

I thought I'd spend the week cultivating *eros* love. And I did. But what I didn't expect was how fully *philia* love would bloom in my heart—reminding me and encouraging me of the importance in connecting to others. As an introvert, I'm often hesitant to strike up conversations or show outward affection. But last week broke through some of that stoicism. It reminded me how good it feels simply to greet and connect, to love and to be loved.

Even now, after the vacation has ended, my heart still feels full. My hope is to carry that love forward—to keep cultivating *philia* in every encounter, with spouse and stranger, friend and family member alike. Because being connected to one another brings greater joy than our divisions can ever know.

Light and Life,  
Candice Frazer+

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

## WORSHIP



# Sunday Morning Schedule

Rite I Service: 8:00 AM - Nave

Coffee Hour: 9:15 AM - Ascension Hall

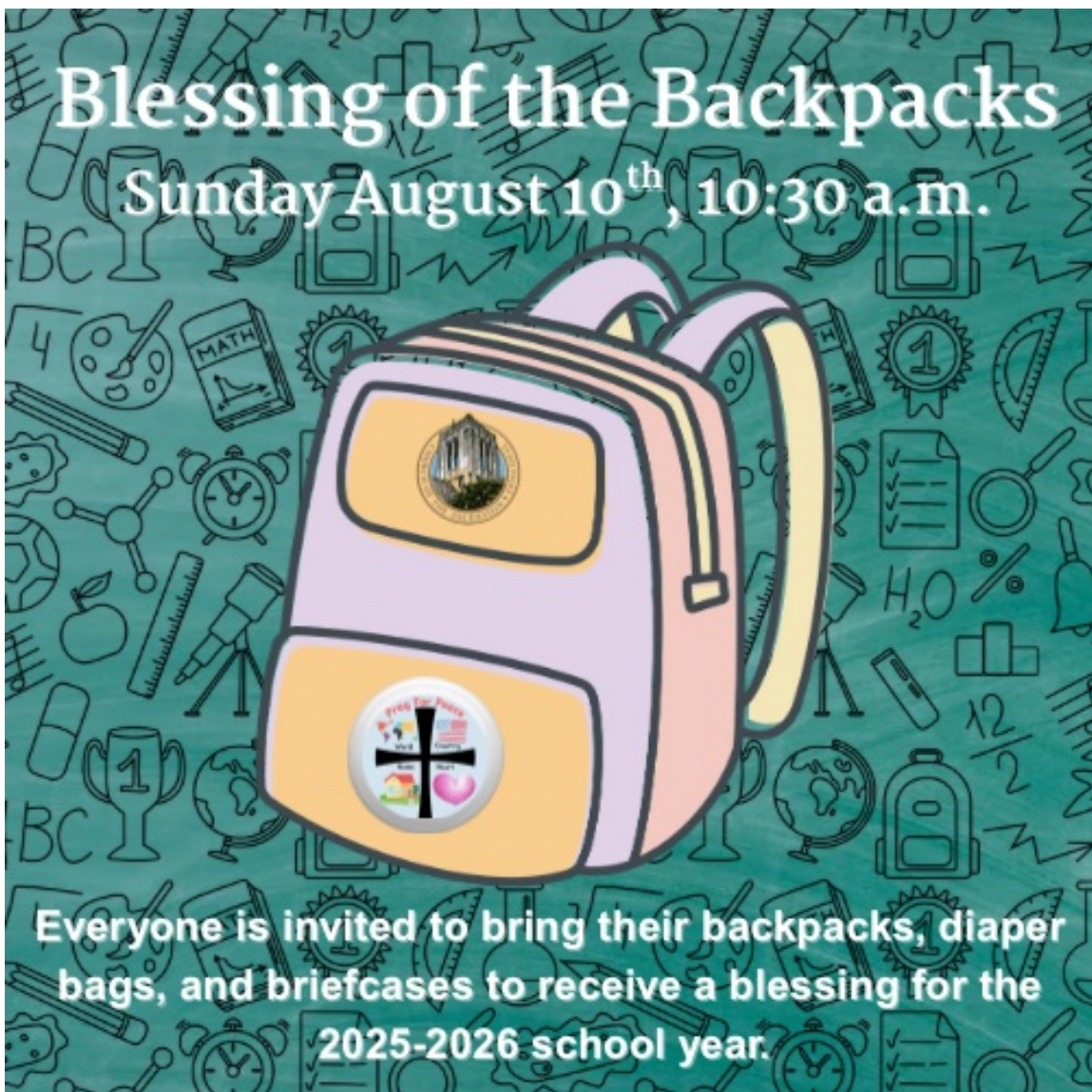
Clergy Forum - 9:15 AM - Upper Room

Rite II Service: 10:30 AM - Nave



**This Sunday!**

## Blessing of the Backpacks Sunday August 10<sup>th</sup>, 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.



## NEW! Calling All Academia!

This Sunday at the 10:30am service, all those working in education and academic fields are invited to join the procession in full academic regalia as part of our Backpack Sunday celebration. This special procession honors the wisdom and knowledge gifted to us by God and recognizes the calling of those who have dedicated their lives to teaching and learning—for the sake of both present and future generations.

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# 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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**Bishop’s Visit and Confirmation – Sunday, September 7**





Bishop Prior will be with us Sunday, September 7 at the 10:30am service. He will preach and celebrate and share the Good News of God in the Diocese of Alabama. He will also confirm, receive, or reaffirm all those interested. Confirmation or Reception is necessary for full membership in the Episcopal Church—which means at some point in your life a bishop laid hands on your head and said something about grace and sustenance in a church service. If you are not sure of your membership status, please contact the church office. If you would like more information regarding confirmation or reception, please contact [candice@coascension.org](mailto:candice@coascension.org).

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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

# CONNECT

## This Saturday!

The 28th Annual Jonathan Daniels Pilgrimage will take place this Saturday, August 9th. We will gather in the courthouse square in Hayneville, Alabama, and begin our pilgrimage procession at 11 AM. The procession will travel from the square to the old County Jail where Daniels was among those detained for a week after being arrested in Fort Deposit for picketing white-only businesses. The procession continues to the site of the old Varner's Cash Store, where Daniels was killed. The procession ends in the Lowndes County Courthouse, where a service of Holy Communion will be celebrated in the courtroom where the man who shot Daniels had been tried and acquitted by an all-white jury.



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## This Friday!





# PACK 1 CUB SCOUTS

**RAINGUTTER REGATTA**

BRING A FRIEND EVENT  
MEET THE LEADERSHIP  
MEET THE SCOUTS  
HAVE SOME FUN

**FRIDAY  
AUG 8  
6 PM**

**ASCENSION HALL  
CHURCH OF THE ASCENSION  
315 CLANTON AVE  
ENTER PARKING LOT OFF HULL ST**

334-530-5248  
334-332-3101

MORE INFORMATION  
RACHELWISHUMSCOUTING@GMAIL.COM  
GCVIN.PACK15@GMAIL.COM

Cubscout Pack 1 will be having our School Night for Scouting this Friday, August 8th, at 6:00 PM. This night we will have information about Cubscouts, and your kids can participate in our Raingutter Regata, a fun event where kids build and sail "boats" out of everyday materials. Our Pack meets on Monday nights at 6:00 pm, and will have our first official meeting on August 18th. You can jump in at any time, including once the scouting year is well under way. We are for boys and girls, grades K-5.



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**

**\$25,543**

**Financial Gifts Offered This Month**

**\$25,543**

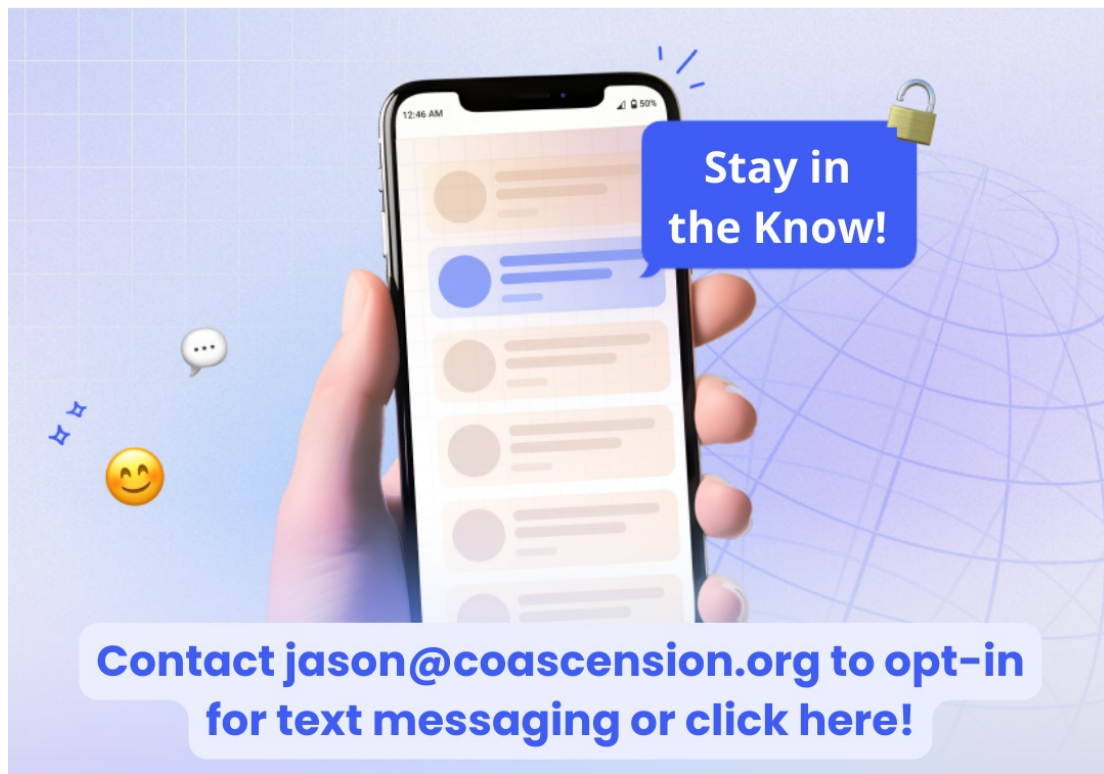
**Financial Gift Target Monthly**

**\$85,500**

**Total Pledged Amount for 2025 - \$912,628**

**Total Collected Amount for 2025 - \$543,756**

## **Opt-In for Text Notifications!**



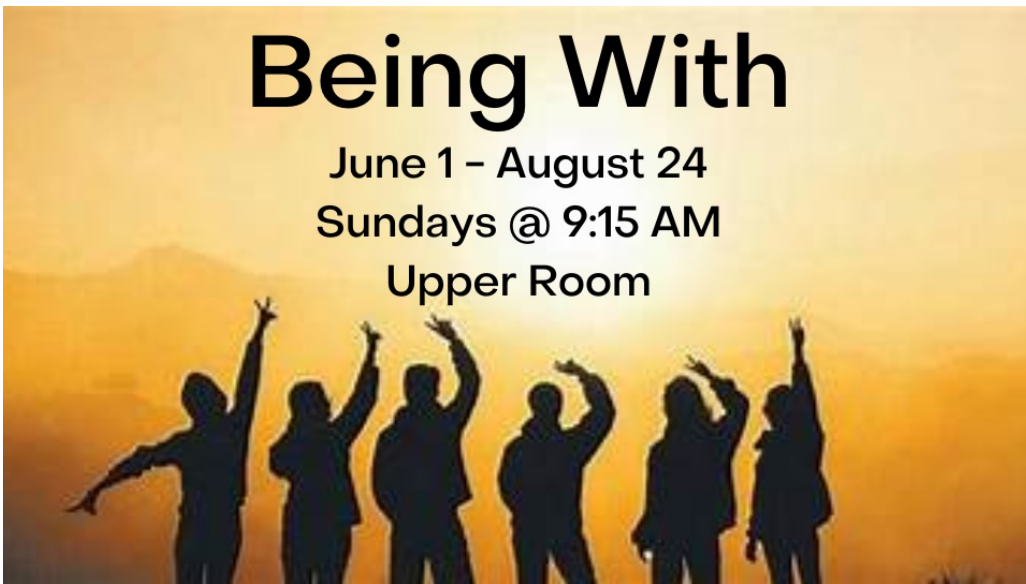
## **GROW**

# **Being With**

**June 1 – August 24**

**Sundays @ 9:15 AM**

**Upper Room**





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Returns This Week!

# In Trouble and In Wonder

The Gospel of St. Thomas

Thursdays - 12pm

Joshua Commons

Women's Bible Study

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# SIMON PETER

**Men's Prayer Breakfast  
Thursday Mornings**

**7-8 AM**

FLAWED BUT FAITHFUL DISCIPLE

In this six-week course, we explore *Simon Peter* by Adam Hamilton—a powerful look at how an ordinary man with doubts and failures became a bold leader of the early Church. His story reminds us that God uses imperfect men to do extraordinary things. Our discussion themes center around courage and leadership, faith in the face of fear,



brotherhood and accountability, forgiveness and redemption. You do not need to have read the book to participate, though it is encouraged.

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# EfM

## EDUCATION FOR MINISTRY

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 Sewanee. "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](mailto:andrewmacakin@gmail.com)) or Eric A. Kidwell ([ericakidwell31@gmail.com](mailto:ericakidwell31@gmail.com))

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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](mailto:amymiddlebury@gmail.com)

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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

**Last Week to Purchase Lobsterfest Tickets!**

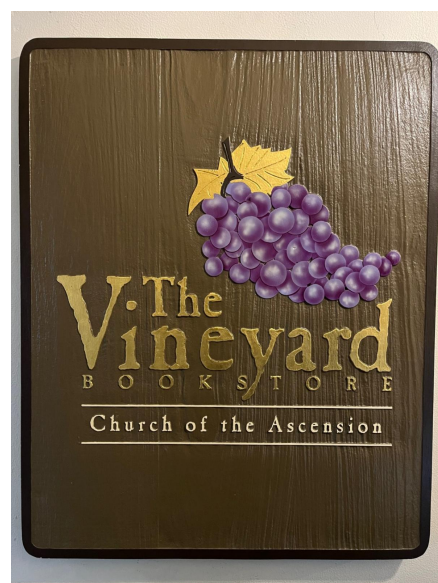
**To Volunteer Click [HERE!](#)**

**Watch 'Lobsterpiece Theatre' [HERE!](#)**



We are also in need of volunteers the week of Lobsterfest to help with silverware rolling and various tasks around the church. Below are times and locations for those who can help!

Tuesday, August 12 - 1:00 PM - Respite at First Methodist  
Wednesday, August 13 & Thursday August 14 - 10:00 AM - Ascension Hall



**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](mailto: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](mailto:candice@coascension.org)  
The Rev. Drew Brislin, Associate Rector [drew@coascension.org](mailto:drew@coascension.org)  
Becky Taylor, Music Ministry [beckytaylor@coascension.org](mailto:beckytaylor@coascension.org)  
Will McQueen, Facilities Manager [will@coascension.org](mailto:will@coascension.org)  
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 Worriow, 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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