



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



# Ascension

## Highlights What's Happening This Week

- Wednesday Night Live! – Wednesday, Sep 17 @ 5:15 PM

- The Word – Wednesday, Sep 17 @ 6:00 PM

- Men's Prayer Breakfast – Thursday, Sep 18 @ 7:00 AM

- Women's Bible Study – Thursday, Sep 18 @ 12:00 PM

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From the Rector...

One of my favorite things about September is the return of the hummingbirds. Each year I put out a feeder as they begin their long migration back to Mexico. It gives me joy to support their journey—and I love watching their tiny bodies zoom around the backyard, drinking eagerly from the feeder.

What I don't love, however, is how territorial they become. Though beautiful, hummingbirds are also fierce. Once one finds a feeder, it guards it day and night, chasing off any bird that dares to approach. The other evening, as Petunia and I sat quietly on the back porch, the hummingbird on duty decided I was too close and began buzzing my head, wings whirring loudly. As the dive-bombing continued, Petunia grew anxious, scanning the skies for the attacker until she finally bolted inside. She was so shaken she refused to come back out, even after the bird calmed down.

Nature is strange and mysterious. I knew what the hummingbird was doing—it could not trust me and saw me as a threat. Petunia, who had never witnessed such a thing, couldn't make sense of it and simply fled. Both were responding out of fear: the hummingbird with fight, and Petunia with flight.



Fight, flight, or freeze are our most basic responses to fear and anxiety. They come from the primal part of our brain—the amygdala, often called the “lizard brain.” When we react from this place, we are not intentional. We fight back, run away, or freeze and hope we go unnoticed.

The hummingbird’s dive-bombing might work against other birds—or even a basset hound—but it had no effect on me. I wasn’t afraid, so he couldn’t drive me off. Eventually, he perched in a nearby tree and watched me warily. How often do we let others push us away simply because they feel threatened, even if that perception isn’t accurate? And how often do we pause to consider why someone feels threatened, adjusting our presence to ease their fear?

Petunia, on the other hand, fled. Unable to locate the threat, she did what seemed safe, she got out of there! I recognize myself in her reaction. When I feel anxious or under threat, I sometimes disengage rather than risk conflict or lose a relationship. In a world already so divided, why add fuel to the fire?

But while fighting back or disengaging might bring short-term relief, I wonder how often deeper truths are buried in the process. Respectful engagement—where each person can express their beliefs while honoring the other’s—creates opportunities for wisdom, understanding, and deeper relationships.

This is what Nicodemus did when he approached Jesus at night to ask about baptism (John 3:1–21). As a Pharisee, Nicodemus worried about his standing in the community, yet he didn’t run away or fight Jesus. Instead, he sought conversation. We don’t know if he was convinced, but we do know that after Jesus’ death, Nicodemus helped bury his body.

Unlike Petunia and the hummingbird, we don’t have to remain stuck in our lizard brains. We can choose compassion, practice non-judgment, and engage one another with love and curiosity. That means we can’t simply fight, freeze, or flee. Instead, we are called to listen and love—and then listen and love some more.

Light and Life,

Candice Frazer+

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

## CONNECT

### Wednesday Nights Are Back!



# WEDNESDAY NIGHTLIVE

STAY CONNECTED AND JOIN US ON  
WEDNESDAY NIGHTS!

**5:15**  
**DINNER**  
ASCENSION HALL

**5:45**  
**THE WORD**  
SMALL DINING ROOM

**6:00**  
**YOUTH ACTIVITIES**  
3RD FLOOR YOUTH ROOM

**6:00**  
**CHILDREN'S CHOIR**  
4TH FLOOR CHOIR LOFT

**6:00**  
**EDUCATION FOR MINISTRY**  
LIBRARY

**6:45**  
**COMPLINE**  
4TH FLOOR CHOIR LOFT

## Dinner Menu:

BBQ Pork  
Grilled Chicken  
Baked Beans  
Chips  
Salad

\$8 per person or \$20 per family!

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# EPISCO PARTY

THURSDAY, OCTOBER 9  
6:00 PM

HOSTED BY LOUIS & LANG CARDINAL

CONTACT THE CHURCH FOR MORE  
INFORMATION AND DIRECTIONS



YOUTH DEPARTMENT PRESENTS:

# DIO-OLYMPICS



**SUNDAY OCTOBER 5, 2025**

THE YOUTH DEPARTMENT INVITES YOU TO JOIN US FOR DIO  
DAY 2025 AND DIO-OLYMPICS.

WHERE: HOLY CROSS EPISCOPAL CHURCH TRUSVILLE, AL

WHEN: SUNDAY OCTOBER 5TH 2-4 PM

WHO: ALL YOUTH GRADES 7-12

WHAT: GAMES, SNACKS, CRAFTS, AND MORE!

REGISTER: [WWW.DIOALA.ORG](http://WWW.DIOALA.ORG)

CONTACT: [ALABAMAYOUTH@GMAIL.COM](mailto:ALABAMAYOUTH@GMAIL.COM)

WE WILL ALSO BE COLLECTING AN  
OFFERING TO SUPPORT THE HANK POORE  
FOUNDATION AS OUR DIO DAY MISSION.



Contact [NICK](#) to sign up! Robert Prescott and Christopher Turner will chaperone!

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**Opt-In for Text Notifications!**





## GROW

In Trouble and In Wonder  
The Gospel of St. Thomas

Thursdays - 12pm  
Joshua Commons

Women's Bible Study

CHERISHED  
BELONGING

**Men's Prayer Breakfast**

Thursdays at 7:00 AM  
Ascension Hall  
September 18 - November 20

THE  
TEARS  
OF  
THINGS  
RICHARD  
ROHR

NEW YORK  
TIMES  
BESTSELLER

Sundays at 9:15am  
Upper Room  
Sep 7 - Nov 2

✠

THE BOOK  
of  
COMMON  
PRAYER  
101

Wednesdays at 5:45pm  
Small Dining Room  
Sep 10 - Sep 24



# The WORD

WEDNESDAY EVENINGS AT 6:00 PM  
IN THE SMALL DINING ROOM  
GATHER FOR CASUAL THEOLOGICAL DISCOURSE WITH CLERGY

WINE AND ALTERNATIVE BEVERAGES PROVIDED.

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# THE EPISCOPAL CHURCH OF THE ASCENSION

## ART AND *Spirituality* WORKSHOP

### CROSS AND CURRENTS

*Like boats upon the sea, we navigate the currents of life, journeying toward a deeper connection with the divine and each other. As Jesus taught his disciples about the challenging life of love, this workshop invites us to reflect on our own journeys as we travel through still and stormy waters.*

MORE INFORMATION



**SATURDAY NOVEMBER 1, 2025**

**9:30 A.M. - 3:30 P.M.**

**FOLLOWED BY**

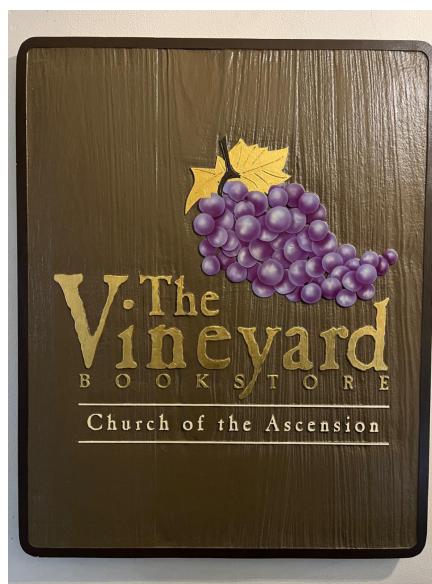
**EVENSONG AT 4:00 P.M.**

**VISIT [WWW.COASCENSION.ORG](http://WWW.COASCENSION.ORG)**

REGISTER HERE



## SERVE





Cub Scout Pack 1

# HELP SUPPORT THE SCOUTS!

Pack 1 Scouts will be selling popcorn  
at Church of the Ascension  
after the 10:30 am Service on:

September 14

September 21

September 28

Payment Options: cash, CC,  
checks and Venmo

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# MENU

The Youth of Ascension are looking for members of the Parish who would be willing to provide supper for EYC. If you would be willing to feed our youth on a Sunday night please click the link below and sign up for a Sunday. Thank you!!

Click [HERE](#) to sign up!

## WORSHIP

### Sunday Morning Schedule

Rite I Service: 8:00 AM - Nave

Breakfast: 8:30 AM - 10:15 AM - Ascension Hall

Clergy Forum - 9:15 AM - Upper Room

Rite II Service: 10:30 AM - Nave



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This Sunday!

Compline with *Encore!*

Sunday - 7:30 PM



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MORNING PRAYER

8:00 AM MONDAY - FRIDAY

LIVE ON





## Children's Compline! Wednesday Nights!

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# 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!

#### 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 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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