



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



# Ascension

## Highlights What's Happening This Week

- Wednesday Night Live! – Wednesday, Sep 10 @ 5:15 PM

- The Word – Wednesday, Sep 10 @ 6:00 PM

- Men's Prayer Breakfast – Thursday, Sep 11 @ 7:00 AM

- Women's Bible Study – Thursday, Sep 11 @ 12:00 PM

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From the Rector...

I am not a fan of grocery shopping. I love food, but going to the store requires an enormous amount of mental energy as I try to resist temptation. It's hard work, and I often leave mentally exhausted from battling the demons of sugary, over-processed snack foods—especially those that include the words “ice” and “cream” in the title. Grocery shopping is especially challenging at the beach, where I instinctively associate being there with vacation—even if it's just for a weekend.

The other day, after arriving at the beach, unpacking, and getting ready to head to the store, I decided to try a tactic inspired by the late Irish priest, poet, and philosopher John O'Donohue. He once offered a simple prayer as a way to begin the day:

*May you arise each day with a voice of blessing whispering in your heart  
that something good is going to happen to you.*

I lightly edited the prayer to ask that something good might happen to me at the grocery store, grabbed my reusable shopping bags, and headed to Publix.



I was perusing the chocolate aisle, trying to determine whether there was a less guilt-inducing sweet I might justify buying. I had already forgotten all about my prayer when I heard my name being called, followed by the question, “What are you doing here?” I’m used to hearing my name in the Montgomery Publix, where I frequently run into familiar faces—but not at the Orange Beach location. I looked up and saw one of Steve’s good friends and Bourbon buddies. We exchanged a hug and chatted briefly before continuing with our shopping.

That small moment of connection filled my heart and left me smiling for the rest of the trip. I completely forgot about the chocolate, finished my list, and headed back to the beach house. On the ride home, it dawned on me: my prayer had been answered. Something good had happened to me at the grocery store. It also occurred to me that I had forgotten to buy any chocolate. Win some, lose some.

That short prayer didn’t just reduce my reluctance to go to the store—it opened a receptive space in me, a space where the ordinary could become sacred. A simple, friendly greeting became an answered prayer.

I believe this is one of the gifts of the Christian life: learning to see the everyday, ordinary events of our lives as sacred—centered in God and rooted in our belovedness. I pray that you, too, hear the voice of blessing whispering in your heart that something good is going to happen to you today.

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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Music for a Sunday Afternoon  
Dr. Kristofer Sanchack and Rebecca Taylor

*THIS Sunday, September 14, 2025*  
Church of the Holy Comforter  
2 pm

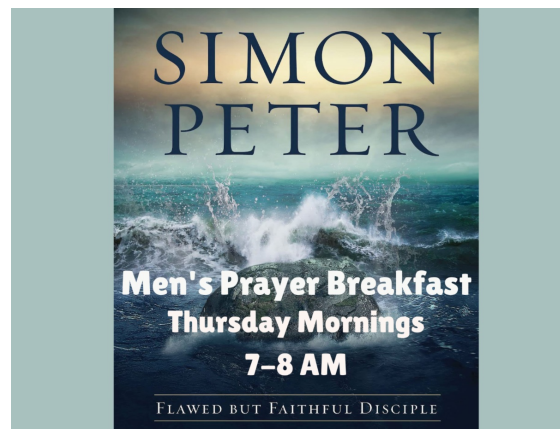
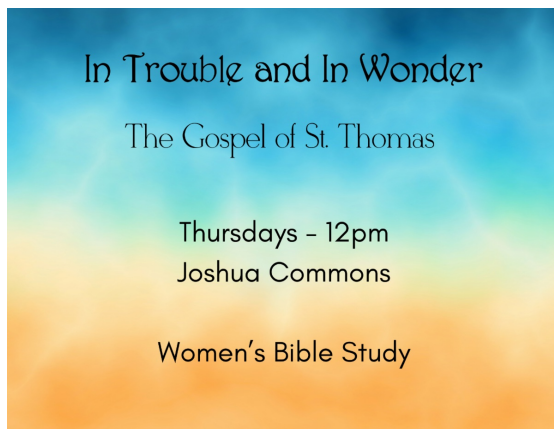
*Music for Piano, Organ, Piano 4-hands, and Organ and Piano.*

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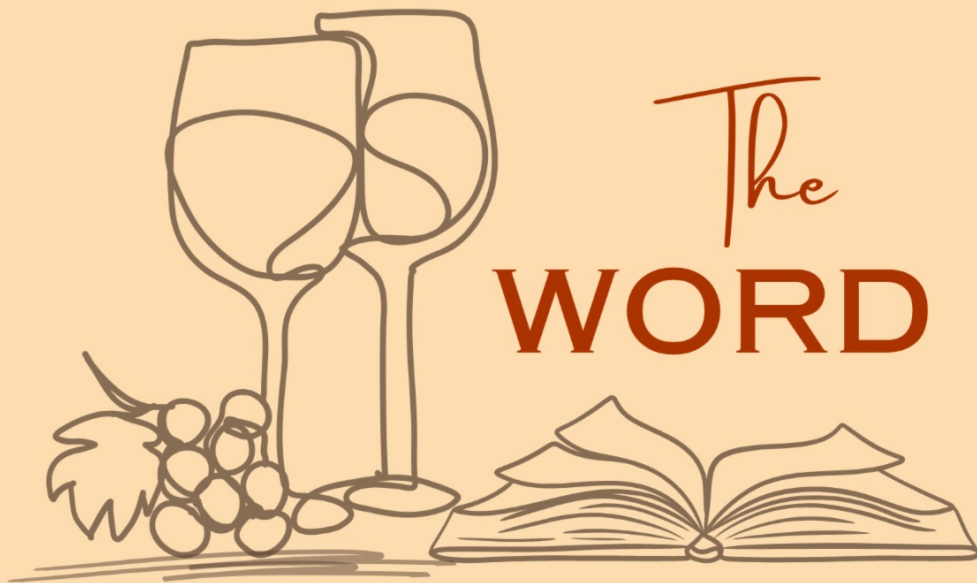
**Opt-In for Text Notifications!**



## GROW

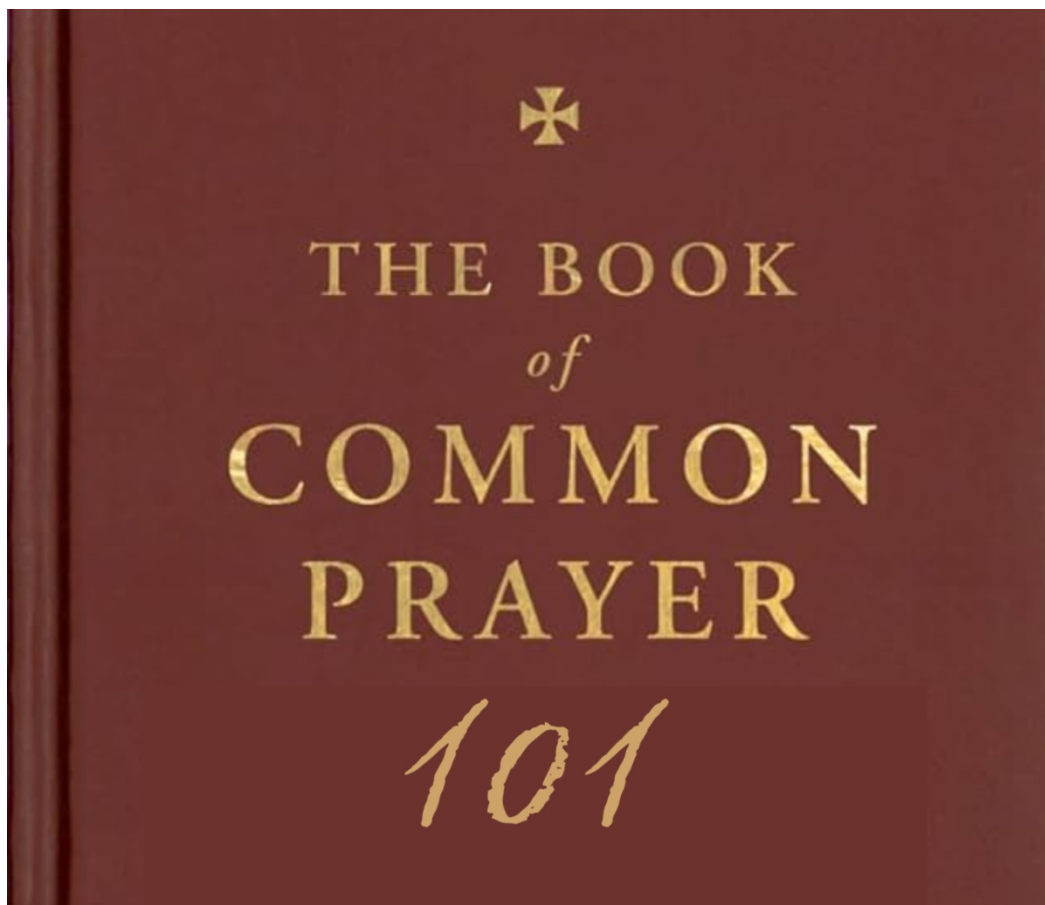






# The WORD

WEDNESDAY EVENINGS AT 6:00 PM  
IN THE SMALL DINING ROOM  
GATHER FOR CASUAL THEOLOGICAL DISCOURSE WITH CLERGY  
WINE AND ALTERNATIVE BEVERAGES PROVIDED.





## THE EPISCOPAL CHURCH OF THE ASCENSION

ART AND *Spirituality* WORKSHOP

### CROSS AND CURRENTS

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



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

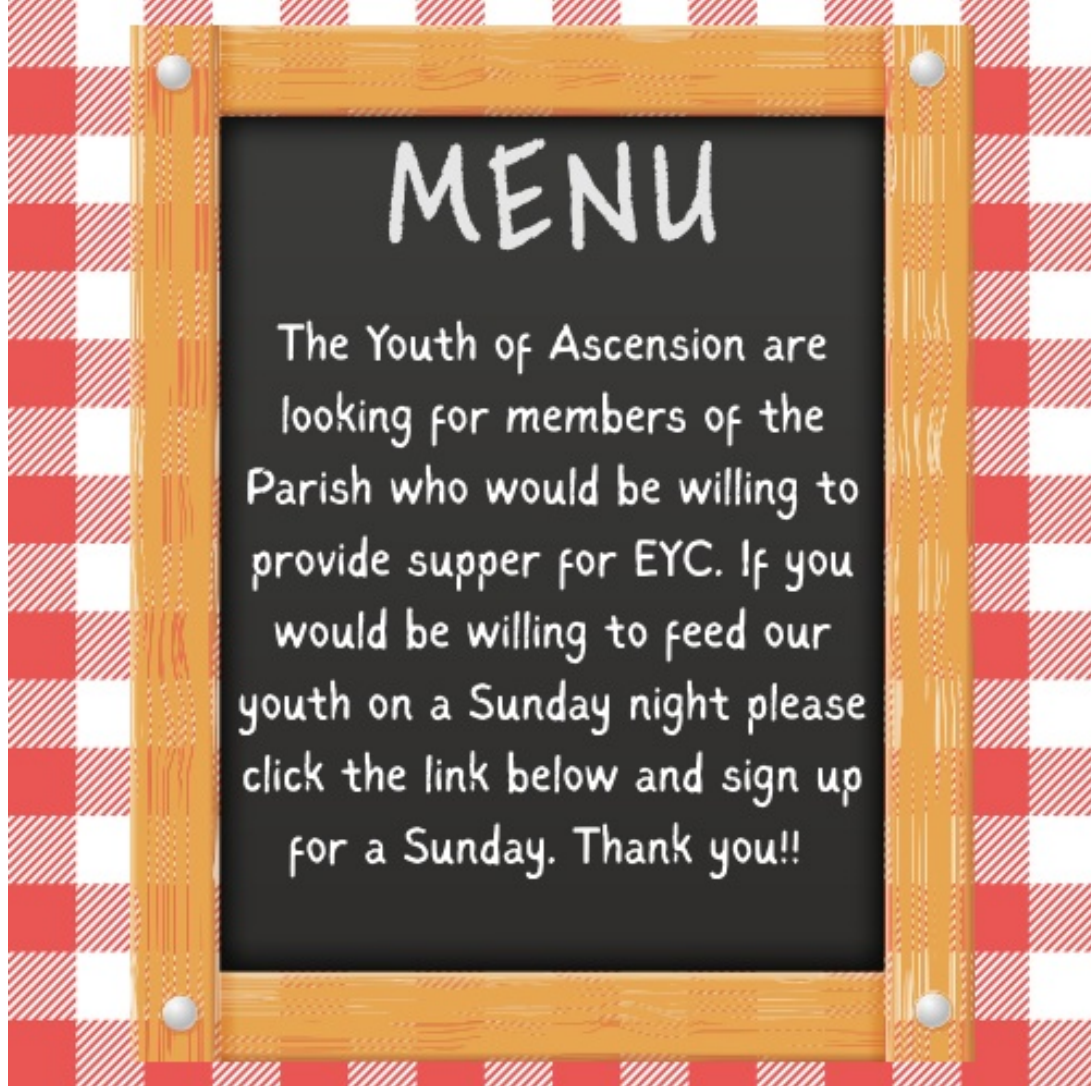
To register:  
[Registration Link](#)

For more information: Amy Hastings, [amymiddlebury@gmail.com](mailto:amymiddlebury@gmail.com)

## SERVE







Click [HERE](#) to sign up!

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## **New Beginnings for 2025-26 School Year! Volunteers Needed!**



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.

## WORSHIP

### Sunday Morning Schedule

Rite I Service: 8:00 AM - Nave

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

Surf's Up Ministry Fair - 9:15 AM - Ascension Hall

Rite II Service: 10:30 AM - Nave

Good Vibrations - Following 10:30 AM Service



### 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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# 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!

## 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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