



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



Ascension

Highlights What's Happening This Week

- Wednesday Night Live! – Wednesday, Oct 15 @ 5:15 PM
- Women's Bible Study – Thursday, Oct 16 @ 12:00 PM
- ECW Speaker with Wine & Cheese – Fri, Oct 17 @ 5:30 PM
- Stewardship Sunday – Sunday, Oct 19

From the Rector...

Whenever I find myself sinking into despair, my first instinct is to distract myself. I read a book, call a friend, listen to music, scroll through TikTok—anything to numb the sadness that starts to take hold of my heart. The last thing I want to do is sit with emotions that make me feel bad. I am afraid of feeling bad. I don't like it. No one does. No one chooses pain; we would all rather be free from suffering.

The challenge is that freedom from suffering and avoiding pain are not the same thing. The more I try to distract myself from pain, suffering, and despair, the more those feelings seem to build up inside me. Avoidance does not lead to freedom. True freedom from suffering is less about not suffering and more about not being imprisoned by suffering.

When I'm imprisoned by my anxiety, despair, and pain—I become acutely aware of them. They take up all the space in my mind. No longer can I see how perfectly blue the sky is or find the positive in my experience. Even moments of joy are fleeting, quickly overshadowed by negativity. Being imprisoned in my suffering leaves no room for joy.

This imprisonment, more often than not, is one of my own making. Yes, something may



have happened to cause a “bad day,” but other things have also happened that could make it a “good day.” What I choose to focus on determines what I feel. The Buddhists have a saying: when asked how their day is going, they respond, “Sometimes the road is smooth, and other times it’s bumpy.” They seem to understand that both the good and the bad can coexist, and that neither has to define the whole experience. That perspective offers a certain liberation—a freedom that allows suffering to exist beside joy rather than overpower it.

Choosing distraction over suffering doesn’t free us, it only distracts us. Embracing suffering is, paradoxically, a key to freedom. When we face our pain with curiosity, we begin to see it differently. We engage with what causes our hurt in new, deliberate, and intentional ways. It isn’t easy—good and healthy paths rarely are—but life is not always about what is easy. Sometimes it’s about what makes us well, healthy, and whole.

When we embrace our suffering—naming it, questioning it, and seeking what purpose it might hold—we reclaim agency over it. We are empowered to participate in our own healing. The suffering may still exist, but we are no longer its victim. We become free—liberated from the prison of our pain.

There are many ways to practice that liberation: humor, curiosity, gratitude. The point is to live intentionally, not allowing suffering, fear, or anger to dictate the direction of our lives. When those things fill the spaces of our hearts, there is little room left for grace, mercy, love, hope, or compassion. We find ourselves locked in a prison of our own making.

Freedom from suffering doesn’t mean the absence of pain—it means the presence of peace even while in the midst of suffering.

Light and Life and Liberation,

Candice+

candice@coascension.org

SERVE

Stewardship 2025 Kicks Off This Sunday!

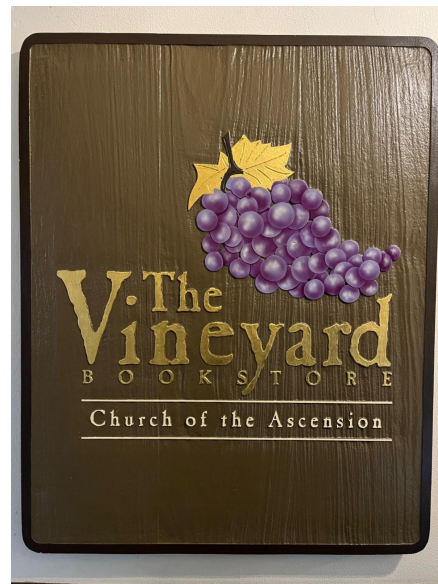


Tell Out My Soul

Collection Begins This Sunday!



Aid to Inmate Mothers helps women transition from incarceration as they work to rebuild their lives and reunite with their families. We are collecting donations to support them in these efforts: toiletry items, new undergarments, gift cards (Walmart, Target, CVS, Walgreens), make-up, pajamas, and monetary donations by check or money order payable to Aid to Inmate Mothers are greatly appreciated. Help us kick off our stewardship campaign and bring these items in starting October 19th and ending November 16!



Saturday Sidewalk Volunteers Needed!



Blow off leaves and debris before Sunday services! Sign up below!



NEW!
Click [HERE](#) to Order!

Make Your 2025 Holiday Special!

TEMPLE BETH OR SISTERHOOD
PRESENTS



Indulge in classic New York cheesecakes, delicatessen, cheesecake bites and black & white cookies. Carnegie Deli brings an authentic New York experience to deli lovers all over the world and now to your home.

Pick-up will be 9:00 a.m. – 5:00 p.m., Tuesday, November 18th & Wednesday November 19th, at Temple Beth or located at 2246 Narrow Lane Road, Montgomery, AL 36106, (334)262-3314
(across from Montgomery Country Club golf course)

Name (please print): _____

Address: _____

City: _____ State: _____ Zip: _____

Contact/Phone#: _____

Email: _____

_____ # of 4" Cheesecakes (yields 3 slices) @ \$20 each \$ _____ Total

_____ # of 6" Cheesecakes (serves 6-8 people) @ \$30 each \$ _____ Total

_____ # of 1 ½ lbs presliced Corned Beef @ \$35 each \$ _____ Total

_____ # of 1 ½ lbs presliced Pastrami @ \$35 each \$ _____ Total

_____ # of Chocolate Covered Cheesecake Bites @ \$15 each \$ _____ Total
_____ Classic _____ Raspberry _____ Chocolate)

_____ # of Black & White Cookies @ \$5 each \$ _____ Total

_____ # of Giant Rye Chocolate Chip cookies @ \$5 each \$ _____ Total

NEW!
Giant Rye
Chocolate Chip
Cookies

**Orders and payment must
be received by October 24th**

Send your order to:

Marlene Beringer
3653 Oak Grove Circle
Montgomery, AL 36116

Make checks payable to:
Sisterhood Temple Beth Or

For more information:

Lisa Weil
334-324-9000

Marlene Beringer
334-399-6868

*Thank you for your continued
support of our Fundraising!*

Graphic Novels for New Beginnings



New Beginnings would like to create a library of graphic novels to circulate among our young friends who come for tutoring on Wednesday nights. If your family has graphic novels that need a new home, please leave them in the donation box outside the children's library on the third floor!

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

Roll of Remeberance

All Saints Sunday is November 2nd. If you would like to remember a family member or friend who has passed away in the last year, please contact Fay (fay@coascension.org or 334-263-5529) at the church office by Tuesday, October 30th.

MORNING PRAYER

8:00 AM MONDAY - FRIDAY

LIVE ON





Children's Compline! Wednesday Nights!



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

Must Sign-Up before Wednesday!



S I N G

Spirituality in Nature Group

Rest Connect Renew

Spirituality in Nature Groups create refreshing space for mindful practice, connection in community, and engagement with the many gifts of the natural world! Join us as we explore the world around us and share refreshing time with like-hearted friends!

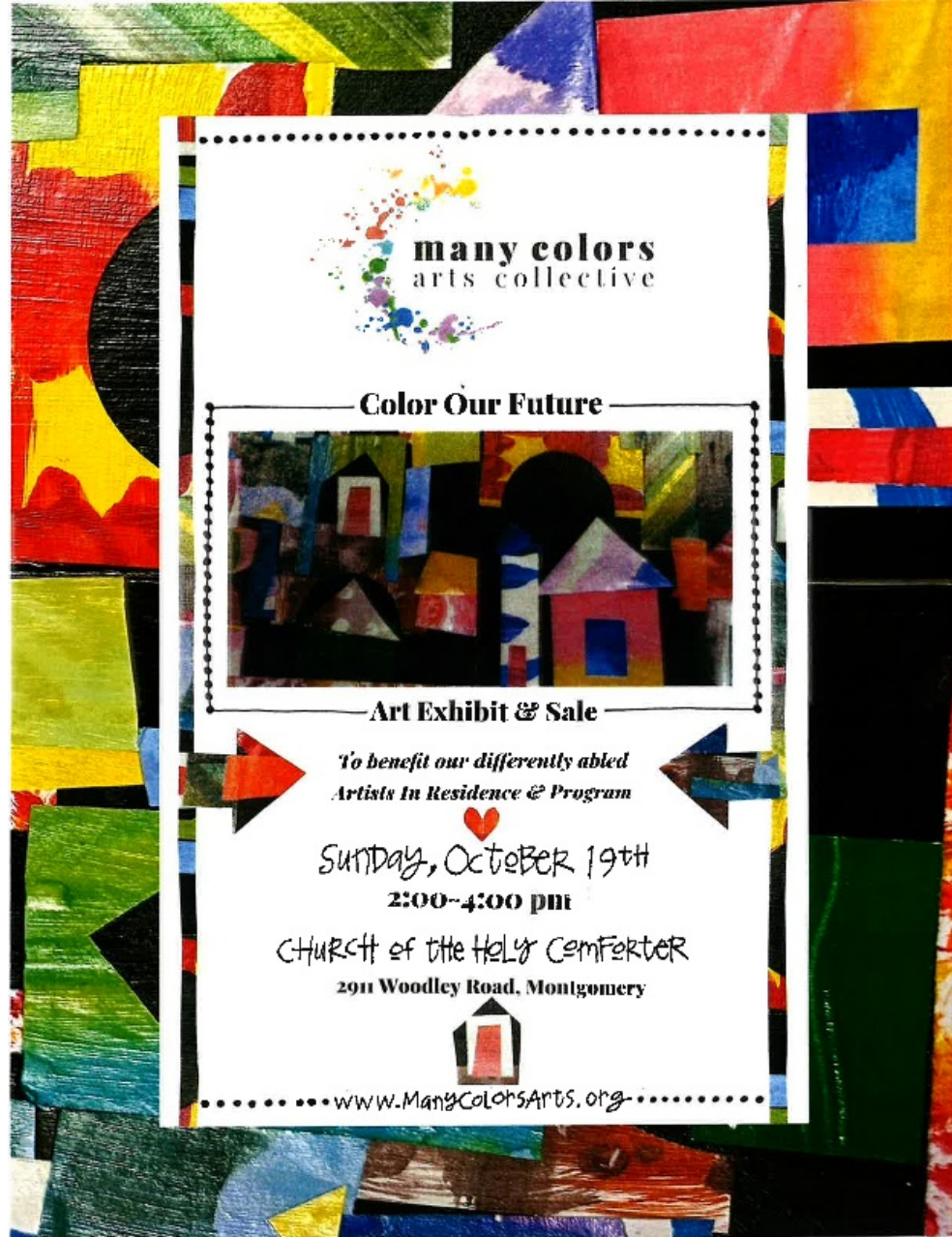
Contact Becky Taylor for more information and to RSVP!

Location Provided upon registration

Date Saturday, October 18, 2025 10 am – 2 pm

Contact Becky Taylor at rebeccacog@gmail.com

This Sunday at Holy Comforter!



Attention Ascension Ladies!

Ascension is hosting the Diocese of Alabama ECW conference on Friday October 17th. The keynote speaker is Sister Monica Clare (sistermonicaclare.com). She will speak at 5:30 in the nave followed by a wine and cheese meet and greet in the Waldo Garden. All Ascension women are welcome. For more information call Virginia Humphrey at 334-324-1135 or Elizabeth Goodwyn at 205-542-7778.

No Registration Required to Attend!



You are cordially invited
to the Celebration of New Ministry for

The Reverend Andrew Scott Brislin
Rector of St. Joseph's On-the-Mountain, Mentone, Alabama

Wednesday, November 12, 2025, at 6:00 p.m.

Clergy: Red stoles
Reception to follow

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:

Chicken Stir Fry with Vegetables
Hawaiian BBQ Meatballs
Salad
Rice

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

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

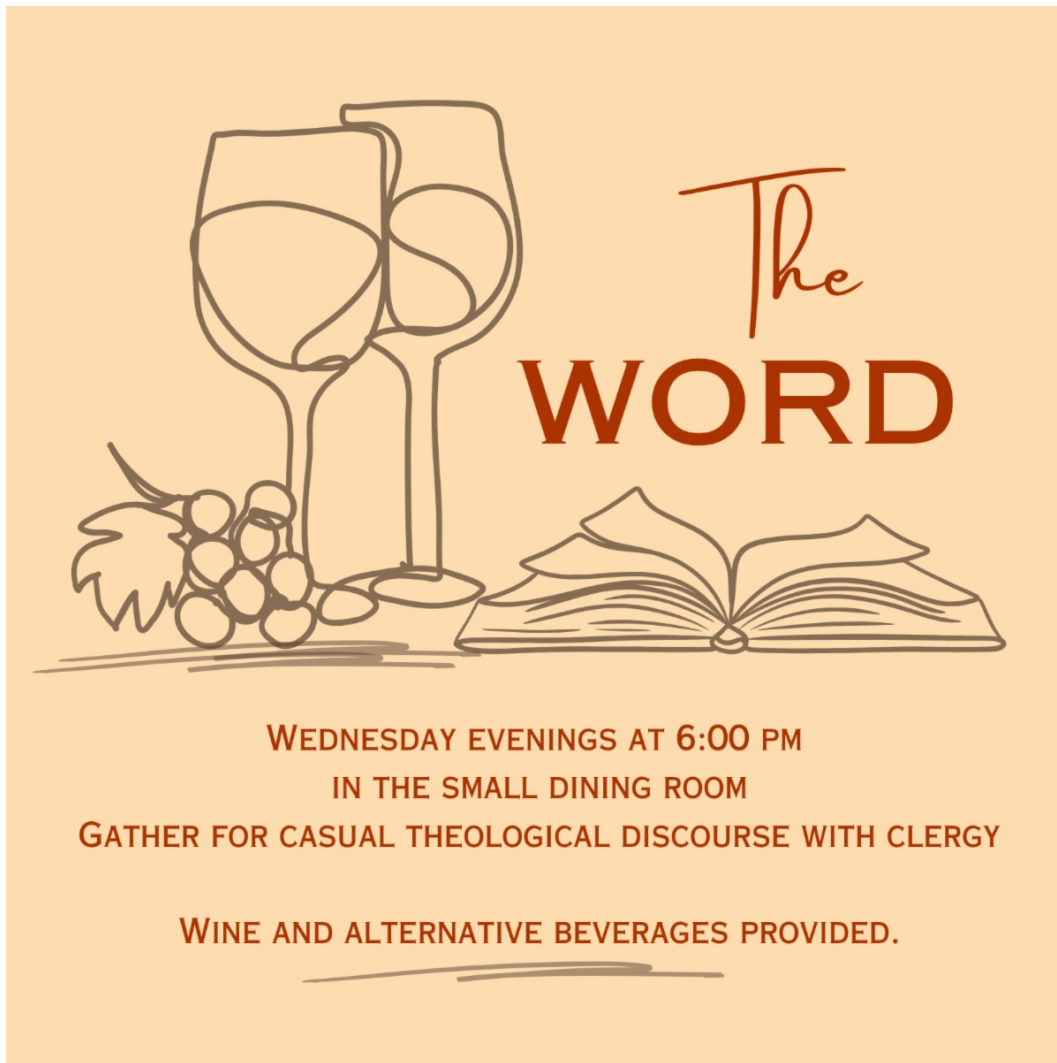
NEW YORK
TIMES
BESTSELLER

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

LIVE NOW

**PROPHETIC
CONVERSATIONS**

Wednesdays at 5:45pm
Small Dining Room
Oct 1 - Oct 29



Join Candice+ and Rabbi Scott Looper of Temple Beth Or to deepen our understanding of the voices of the prophets. Through dialogue and shared perspectives, they will open up the wisdom, challenges, and enduring relevance of these ancient texts. Come ready to listen, learn, and discover how the prophets still speak to us today.



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

REGISTER HERE



Staff Directory

The Rev. Candice B. Frazer, Rector candice@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 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

[Visit Our Website](#)

Church of the Ascension | 315 Clanton Avenue | Montgomery, AL 36104 US

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