



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



Ascension

Highlights What's Happening This Week

- All Hallows' Fest - Wednesday, Oct 29 @ 5:00 PM
- Men's Prayer Breakfast - Thursday, Oct 30 @ 7:00 AM
- Women's Bible Study - Thursday, Oct 30 @ 12:00 PM
- Cross & Currents Workshop - Saturday, Nov 1 @ 9:30 AM

This Wednesday!

DUE TO FORECASTED
RAIN ALL HALLOWS' FEST
IS MOVING!

New Night & Time!



WEDNESDAY
OCT. 29th
5:00 - 7:00 p.m.

If you volunteered to host a trunk, host a game, work the cake-walk, etc. then you will receive an email by Sunday that offers detailed information about what you need to know. Please plan to arrive at 4:00 to help set up, get your supplies, and welcome Trunk-or-Treaters! New Beginnings students will be attending and we encourage all tutors to come out and enjoy the time with them. This is going to be such a joy filled event! Thank you in

advance for pivoting with us!

All Cake Walk donations are being collected in Ascension Hall Sunday through Wednesday!

This Saturday!



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



From the Rector...

I've always believed that if I were ever tortured, I could escape into my head—doing math equations or listing historical events—to avoid focusing on the pain. Then I had a root canal last week and realized just how naïve that belief was.

It wasn't that I was especially anxious. I'd never had a root canal before, and I assumed they'd numb me well enough that I wouldn't feel anything. I didn't really know what to expect, so instead of panicking, I tried to stay

curious about the experience.

I also planned for the worst. Any dental procedure, to me, feels akin to waterboarding. I decided I'd distract myself by running through piano scales, French verb conjugations, or maybe reciting poetry and prayers. Those plans evaporated quickly. The moment the drilling began, I couldn't think about anything except the whirring sound and the faint burning smell coming from my mouth. I wasn't in pain—it was simply overwhelming.



We're told to "plan for the worst and hope for the best." Good advice, but in my case, my planning failed because I don't actually practice piano scales, poetry, or French conjugations on a regular basis. What I *do* practice regularly is listening to calming music—to study, meditate, relax, and pray. When my planned distractions fell apart, I instinctively switched to the familiar. Without thinking, I played calming music and felt my body settle.

It made me wonder: maybe that's the key to coping well with life's challenges. When we regularly practice positive spiritual or emotional habits in calm moments, those same habits rise to meet us when life gets hard. How often do we find ourselves humming a hymn or reciting a prayer in our heads when we're under stress?

Years ago, another priest told me about his time in Taizé, France—a spiritual retreat center known for its meditative singing. What struck him most wasn't just the experience itself but what happened afterward. For months, he'd wake up every morning with the songs of Taizé echoing in his head. They became his go-to source of peace. Whenever he faced discouragement or difficulty, he found himself singing those same simple, meditative songs.

When I couldn't recall the French verb *être* sitting in the endodontist's chair, my mind turned instead to the music I know so well. It carried me into prayer and calm, even amid drill sounds and burning smells. And I realized, that was possible only because it was already my practice—my rhythm of life.

Trials and suffering will come. The question is: how will we prepare for them? What practices that draw you close to God in easy times might sustain you in hard ones? Distraction can help, but true hope and joy come from the rhythms already woven into our lives—through prayer, worship, and the steady repetition of faith.

Light and Life,

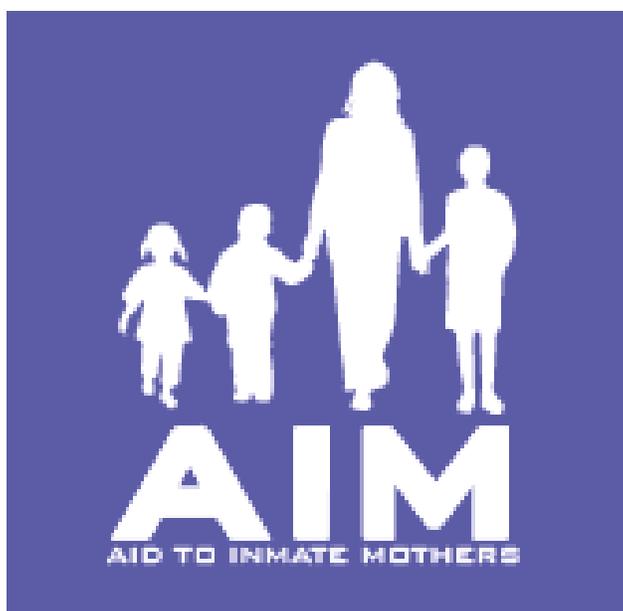
Candice+

candice@coascension.org

SERVE



Tell Out
My Soul



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!



Join Us for a one day Staff Training. This session is open to anyone who has completed a three day Cursillo Weekend and is interested in serving on a Cursillo Staff.

Saturday, November 8th

9:00A.M.-3:00P.M.

St. Michael & All

Angels

Millbrook, AL

Register [HERE!](#)

SCOUT TROOP ONE



Christmas Trees



Fraser Fir Trees, Wreaths and Garland
Complimentary Delivery
Friday November 28th

Scan QR Code to Order

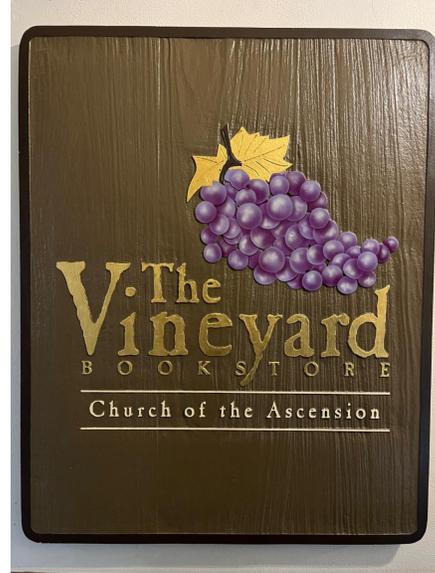
COME SERVE AT

Mercy House

Thursdays
11 a.m. - 1 p.m.

Questions? Call or text
Stephanie Norrell
at 334-467-6989





Saturday Sidewalk Volunteers Needed!



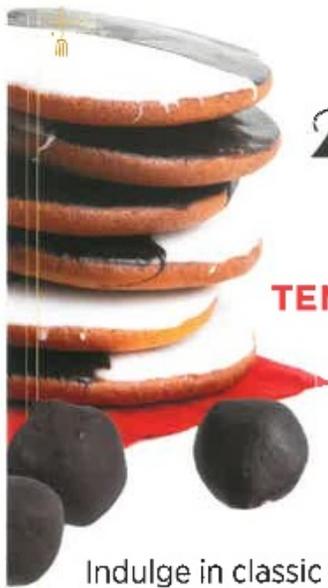
Blow off leaves and debris before Sunday services! Sign up below!



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)

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 Fundraiser!*

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

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!

PUMPKIN COLLECTION

**WE ARE COLLECTING
NON-CARVED
PUMPKINS TO BE
USED AS DECORATION
AROUND THE CHURCH
AND FOR UPCOMING
SERVICICES. IF
ANYONE HAS ANY
FIRM AND NON-
CARVED PUMPKINS
PLEASE PLACE THEM
IN THE FLOWER
ROOM!**



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



The Recreators will be rehearsing Christmas music in Joshua Commons on Tuesday, October 28 from 7:09 pm until 9:09 pm. All are welcome to come listen. Feel free to bring snacks and beverages!



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

Opt-In for Text Notifications!

Stay in the Know!

Contact jason@coascension.org to opt-in for text messaging or click here!

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

NEW YORK TIMES BESTSELLER

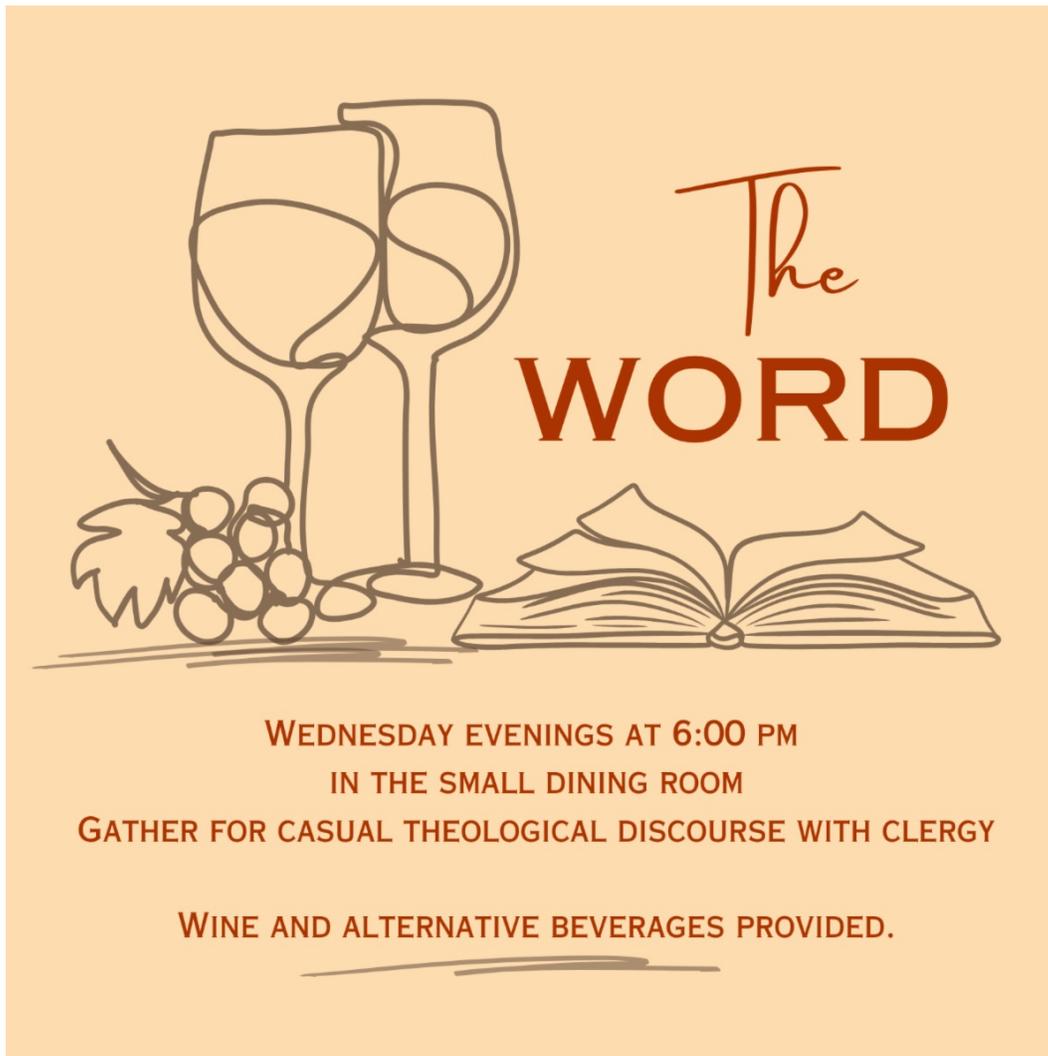
RICHARD ROHR

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 Loper 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.

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

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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