



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



Ascension Highlights What's Happening This Week

- Happy Thanksgiving!
- Office Closed- Wednesday, Thursday, Friday
- Advent Wreath Making - Sunday, Nov 30 @ 12:00 PM
- Soup Luncheon - Sunday, Nov 30 @ 12:00 PM

From the Rector...

Forgiveness is a difficult thing. We know we need to forgive—Jesus tells us to do so. It is woven into who we are as Christians. But simply knowing we ought to do something does not make it easy.

Years ago, I was the victim of a group of people who gossiped about me and spread things that were not true. Sadly, that is an experience all too many of us share. It was a painful season marked not only by the gaslighting I received, but by the self-doubt and imposter syndrome that came with it. I was fortunate to have the resources and a supportive community to help me heal, but it still took time to forgive.

At first, my inability to forgive grew out of the expectation that those who had harmed me needed to apologize and ask for my forgiveness. As I wrestled with that unrealistic demand, I began to look more deeply at what Jesus says about forgiveness. There is, of course, his instruction to forgive “seventy times seven”—not a literal limit but a call to forgive completely. In Jewish tradition, the number seven symbolizes fullness. To forgive seventy times seven is to forgive with the fullness of heart to which God calls us. It is to forgive COMPLETELY.



Jesus offers other teachings on forgiveness as well:

- We forgive so that we ourselves might be forgiven.
- Our forgiveness should be sincere and from the heart.
- Forgiveness extends even to our enemies.
- We forgive even if we are the ones being wronged.
- Forgiveness is the first step toward reconciliation.
- Forgiveness frees us.

It was this last teaching that finally opened something in me. I forgave—not to release those who had harmed me from the weight of what they had done, but because in forgiving them, I released **myself** from their control. It may sound almost selfish, yet true forgiveness became for me an act of salvation—a liberation—through which I was freed from the negativity they had placed upon me. Instead of seeing myself through the eyes of shame and guilt, or overwhelmed by anger, their actions no longer held power over my identity or my spirit.

Forgiveness became a path to freedom. It loosened the grip of others' judgment and quieted the anger that had begun to eat away at my own soul. I came to understand that forgiveness was more about my healing than about their remorse. Perhaps that seems like the “wrong” reason to forgive, but in forgiving so completely, I eventually learned to love those who had harmed me—even though they never acknowledged their wrongdoing or sought reconciliation. Their silence no longer mattered. As I learned to love them again, I began to see them with new, compassionate eyes.

And in that compassion, I recognized something profound: their actions toward me reflected wounds they carried long before I ever entered their lives. The harm they inflicted was born of harm they themselves had endured.

Forgiveness may be difficult—sometimes painfully so—but it is ultimately an act of compassion, both for oneself and for others.

Light and Life,

Candice+

candice@coascension.org

CONNECT

No WNL This Week!

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



We are seeking a host for our Holiday Episcoparty. The available best dates in December are Thursday, Dec 4 and Thursday, Dec 11. We ask that the hosting home be decorated. Please contact the church office at 263-5529 if interested in hosting!

Host the Holy Family this Advent Season



Las Posadas

*A special tradition comemmerating the journey of
Mary and Joseph before the birth of Jesus.*



Scan the QR code to choose a night your family will receive the Holy Family. The stable, donkey, and Holy Family comes with [The Night of Las Posadas](#) by Tomie DePaola - an illustrated book that tells the story of Las Posadas.



JOIN US FOR A CURSILLO CHRISTMAS PARTY

THIS IS AN OPEN INVITATION FOR ALL WHO ARE
INTERESTED IN ATTENDING A CURSILLO WEEKEND
AND THOSE WHO HAVE COMPLETED A WEEKEND.
PLEASE BRING AN APPETIZER OR DESSERT TO

SHARE.

December

20th

6-8 P.M. at

The

Hayden's



Sunday, November 30th following the
10:30 service, in Ascension Hall.



Summer Mission 2024 Team

Parish Advent Wreath Party & Soup Luncheon

*Dine in and carry out soup options will be
available.

GROW

**No Men's Prayer Breakfast or Women's Bible
Study This Week!**

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

Begins This Sunday!

A CHILD *is* BORN

A BEGINNER'S GUIDE TO NATIVITY STORIES



Sundays at 9:15am
Upper Room
Nov 30 - Dec 14

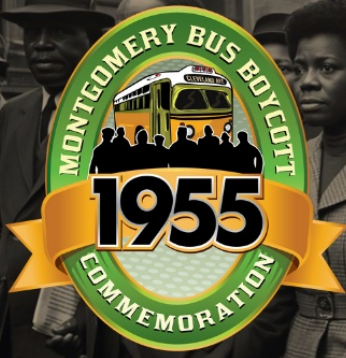
The Christmas story is said to be the Greatest Story Ever Told. That story is rooted in other ancient birth narratives like Isaac and Ishmael, Moses, and Samuel. Amy-Jill Levine offers fresh insights and inspiration in seeing the birth of Jesus through a new, yet ancient, lens.

THE CHURCH OF THE ASCENSION

Christmas Pageant

PARENTS: Please complete the Christmas Pageant survey ASAP! If you would like for your child(ren) to participate, please contact Becky Taylor (beckytaylor@coascension.org) or Laura Mielke (laura@coascension.org)

NEW PAGEANT THIS YEAR!



70TH ANNIVERSARY OF THE MONTGOMERY BUS BOYCOTT

NOVEMBER 29TH – DECEMBER 6TH

EVENTS AT A GLANCE

SACRIFICE. RESILIENCE. HOPE.

NOV 29

SATURDAY / 10:00AM

YOUTH LEADERSHIP
BRUNCH

NOV 30

SUNDAY

382: A CITYWIDE
MOMENT OF REFLECTION

DEC 01 – 05

MONDAY – FRIDAY

FREE ENTRY TO THE
ROSA PARKS MUSEUM

DEC 01

MONDAY

UNITY WALK FOR PEACE & JUSTICE / 5:30PM

WORLDWIDE TOLLING OF THE BELLS / 6:06PM

ROSA PARKS DAY CLOSING CONVOCATION
& AWARDS PRESENTATION / 7:00PM

DEC 02

TUESDAY / 7:00PM

WOMEN IN HISTORY
PANEL DISCUSSION
*REFRESHMENTS AT
6PM

DEC 03

WEDNESDAY / 6:00PM

A MUSICAL
INTERPRETATION OF
BLACKS' PROTEST
AGAINST SEGREGATION IN
MONTGOMERY, AL

DEC 04

THURSDAY / 6:00PM

FILM PREMIERE: THE
SKIN YOU'RE IN

DEC 05

FRIDAY / 5:30PM

MASS MEETING –
WHERE DO WE GO
FROM HERE?

DEC 06

SATURDAY

ROSA PARKS & ELLA BAKER YOUTH
CALL TO ACTION SUMMIT / 8:00AM

ROSA L. PARKS GALA AND AWARDS PROGRAM / 7:00PM

Worldwide Tolling of the Bells

**MONDAY, DECEMBER 1, 2025
6:06 P.M. CST**

Join churches and houses of worship around the world in tolling bells or engaging in other symbolic acts to mark the 70th anniversary of Mrs. Rosa L. Parks' courageous action at the exact moment of her arrest.



Volunteers needed to arrive at the church at 6:00 PM and ring the bells at 6:06 PM.
Contact Candice to sign-up!

SERVE

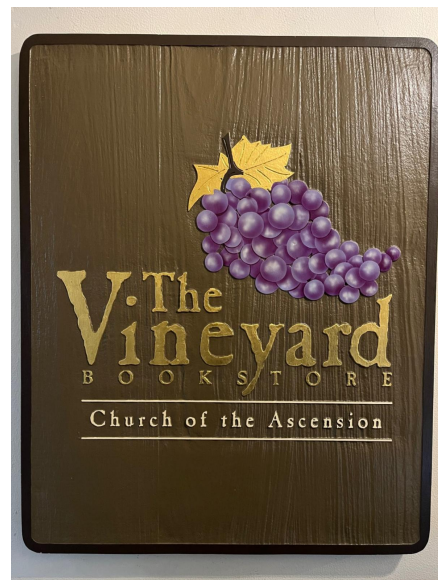
This Sunday!

soup chefs

NEEDED



This Sunday is the annual Youth Soup Luncheon and fundraiser. This is our first fundraiser that will go towards next summer's mission trip. We need some wonderful volunteers who would be willing to make a batch (or more) of one of our three soups. Recipe is provided, all you have to do is make it and bring it Sunday morning for us to combine into our big pots. You can see the three types of soup and sign up to help [HERE](#)



The Vineyard Bookstore is pleased to announce its list of contributions for 2025 totaling \$3,000.

- 1) Mercy House
- 2) Dream Court
- 3) Respite for All
- 4) Family Sunshine Center
- 5) Boys and Girls Clubs

Thank you for patronizing our small store and enabling us to help these wonderful local charities.

Saturday Sidewalk Volunteers Needed!



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



Double Duty! Advent, Food, and Music

If you are looking for a specific event that you can be part of to feed the hungry and prepare for a new birth of love in your heart, we have a great answer!

You invited to be on one of three teams who will cook soup for the Advent Recital lunches and for the Food Ministry. Grab two or three of your friends! Make a fun time to get

together and cook an abundance of soup that will serve as lunch on Wednesdays in Advent, and then be passed on to MACOA or the food banks to meet the needs of those who are hungry.

Please contact Becky Taylor ASAP if you are interested and willing, or for questions. beckytaylor@coascension.org.



We are in need of cardboard boxes for our Food Box Ministry for our distribution on November 22. Boxes strong enough to support 10 pounds of food such as those made for books or wine bottles are preferred! Boxes can be dropped off in either the office or Ascension Hall lobbies.

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!



Milton Lewis Memorial Christmas Tree Project

Saturday, December 13th at 8:00 AM

Target @ Eastchase

Planned Give is \$100 per child

To Donate Contact Tracy Hinton

thinton@coascension.org

Each year we get to “play Santa” to our New Beginning’s tutoring kids by donating and/or shopping for them at Target. The kids create a wish list, and we get to play Santa’s helpers by fulfilling those wishes. You can be a part of the Milton Lewis Christmas Tree Project by helping us shop or donating to the cause. The suggested donation amount is \$100.00 per child. It’s a great family activity to start the season remembering the reason! Contact the church office or Elizabeth Conner for more information.



Frozen Meals Ministry

If you are interested in preparing or packaging meals contact [Candice](#) or [Will](#). More information to follow next week!

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



ADVENT 2025

TRAWICK-SCOTT ADVENT RECITAL SERIES

DECEMBER 3

ADONIS GONZALEZ, PIANO

12:05 PM

CONTEMPLATIVE MUSIC FOR THE PIANO IS PERFORMED BY INTERNATIONALLY ACCLAIMED PIANIST ADONIS GONZALEZ, PROFESSOR OF PIANO AT ALABAMA STATE UNIVERSITY

DECEMBER 10

MICHAEL DELFIN, HARPSICORD

12:05 PM

VERSATILE AND CELEBRATED EARLY MUSIC SPECIALIST AND PERFORMER OF HISTORICAL AND MODERN KEYBOARD INSTRUMENTS, MICHAEL DELFIN, UNIVERSITY OF ALABAMA, PRESENTS MUSIC FOR HARPSICORD.

DECEMBER 17

ADVENT: SING OF HOPE

12:05 PM

THE AUDIENCE SING SONGS, HYMNS AND SPIRITUAL SONGS OF LOVE, JOY, AND HOPE TO A WEARY WORLD.

CHRISTMAS 2025

DECEMBER 4

MESSIAH SINGALONG

7:00 PM

JOIN THE MONTGOMERY CHORALE, ORCHESTRA, AND SOLOISTS IN THE CHURCH OF THE ASCENSION NAVE IN A GROUP SINGALONG OF HANDEL'S IMMORTAL WORK

DECEMBER 19

BLUE CHRISTMAS

12:00 PM

SERVICE FOR THOSE WHO ARE EXPERIENCING GRIEF OR STRUGGLING WITH LOSS

DECEMBER 21

THE CHRISTMAS PAGEANT

9:15 AM

JOIN CHILDREN AND YOUTH IN ASCENSION HALL FOR A NEW TELLING OF THE CHRISTMAS STORY, INVITING LOVE TO BE BORN IN OUR HEARTS

DECEMBER 24 CHRISTMAS EVE FAMILY EUCHARIST 5:30 PM

CELEBRATE THE CHRISTMAS EUCHARIST WITH THE ENTIRE FAMILY

FESTIVE CHRISTMAS EUCHARIST

10:15 PM

THE ASCENSION CHOIR WILL OFFER ANTHEMS OF THE MUSIC OF CHRISTMAS BEGINNING AT 10:15 PM. EUCHARIST TO BEGIN AT 11:00 PM

DECEMBER 25

CHRISTMAS EUCHARIST

10:00 AM

THIS SERVICE WILL NOT HAVE MUSIC

DECEMBER 28

CHRISTMAS LESSONS & CAROLS

10:30 AM

HEAR THE STORY OF GOD'S REDEMPTION WITH CAROLS AND ANTHEMS AND LESSONS READ BY REPRESENTATIVES OF ASCENSION MINISTRIES

JANUARY 6

FEAST OF THE EPIPHANY

5:30 PM

BONFIRE & CHILI COOKOFF

CLOSE THE CHRISTMAS SEASON WITH WORSHIP AROUND THE BONFIRE, AND JOIN US IN THE PARKING LOT FOR THE ANNUAL ASCENSION CHILI COOKOFF



MORNING PRAYER

8:00 AM MONDAY - FRIDAY

LIVE ON



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
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

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