



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



# Ascension

## Highlights What's Happening This Week

- Chili Cook Off - Tuesday, Jan 6 @ 5:30 PM
- Men's Prayer Breakfast - Thursday, Jan 8 @ 7:00 AM
- Women's Bible Study - Thursday, Jan 8 @ 12:00 PM
- Vestry Nominations Due - Friday, Jan 9

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From the Rector...

This past Advent, we spent some time talking about hygge and the invitation to simply be cozy. As I reflected on this spiritual practice, I realized that hygge is about more than physical comfort. Hygge invites us to make space for a deeper experience of life.

Every morning, I read scripture and pray, often including yoga and meditation as part of my routine. But before I begin any of these practices, I am intentional about making space for them. I sit in a favorite spot—if the weather is temperate, that might be the couch on the back porch, where I listen for the sounds of the earth as she stirs awake. The birds hop in and out of the sprinkler as they take their morning bath. Squirrels chatter in the treetops, chasing one another and prompting Cuthbert to run from one end of the yard to the other, carefully monitoring their progress.

As the weather cools, I bring a warm, fuzzy blanket with me and sit on the porch for as long as possible. When it becomes too cold to be outside, I snuggle into a big, oversized chair with Archie, one of the basset hounds, curled up in my lap. Often, I wrap a blanket around both of us, and together we hold that quiet space—resting in the stillness and



knowledge of God. Making that space allows for a deeper, more intentional prayer life, one in which the distractions of the world no longer pull me away from the presence of God.

I think that may be what hygge means for me: an intentionality that draws me more deeply into God through moments of quiet and care. The comfort and coziness of that space help me avoid distraction and allow me to focus on creation and presence.

Taking time each morning to pray and read the Bible are meaningful spiritual disciplines. But when I combine them with hygge, they become more than a practice—they become sustenance. They nourish my spirit and draw me into renewal and hope each morning. In this way, I begin the day grounded in love and possibility, even when I know the tasks ahead may be daunting.

As we enter into Epiphany, I am reminded that hygge is more than coziness—it is life-giving. It doesn't take much to be cozy. Perhaps that, in part, is the gift of the manger. Even as the magi arrive bearing frankincense, gold, and myrrh, they are received without ceremony or expectation. The holy family shares an intimate and sacred moment—even with strangers—in the quiet and humble warmth of a stable on a dark night, where fear is held at bay. That feels like the ultimate expression of hygge.

Light and Life,  
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**CONNECT**

**Tonight!**



## Poinsettias Available!

Poinsettias that were used for holiday services have been placed in the hallway outside the nave. They are available for pickup on a first come first serve basis!

**Save the Date!**

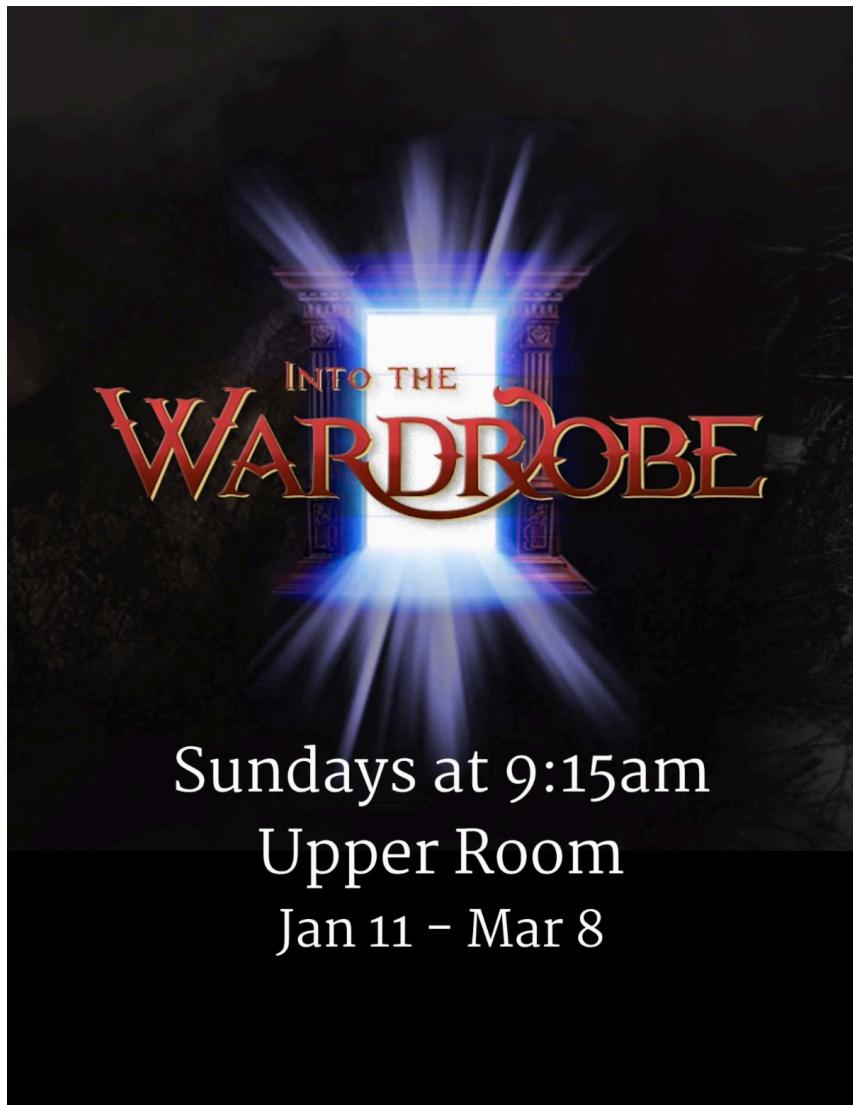
# ANNUAL MEETING & VESTRY ELECTIONS

**SUNDAY, JANUARY 25 - 9:15 AM  
ASCENSION HALL**



**GROW**

**Clergy Forum! NEW!**



Journey into the Wardrobe as we explore C. S. Lewis' world of Narnia this winter. Each week we will take an in-depth look at one of the seven books that comprise the Chronicles of Narnia to discover faith, courage, and redemption.

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**Men's Prayer Breakfast! NEW!**



BRITTLE, ANXIOUS, NON-LINEAR, INCOMPREHENSIBLE

## Christian Leadership in a BANI World

Thursdays at 7:00am  
Ascension Hall  
Jan 8 – Feb 12

In a BANI world—brittle, anxious, non-linear, and incomprehensible—Christian leadership requires more than confidence and control. In this six-week series, we will explore how God-centered leadership calls us to faithfulness, humility, and courage amid uncertainty. Together, we'll discover how God equips us to lead wisely when the world feels unstable.

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# In Trouble and In Wonder

## The Gospel of St. Thomas

Thursdays – 12pm  
Joshua Commons

Women's Bible Study

## SERVE



## NOMINATIONS

**OPEN THROUGH JANUARY 9TH**

Click [HERE](#) for the Vestry Nomination form!

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NEW YORK TIMES BESTSELLER

"Both funny and heartbreakng, this epic journey of two courageous women is an unforgettable tale of little-known wartime glory and sacrifice. Quinn knocks it out of the park with this spectacular book!"—STEPHANIE DRAY,  
*New York Times* bestselling author of *America's First Daughter*

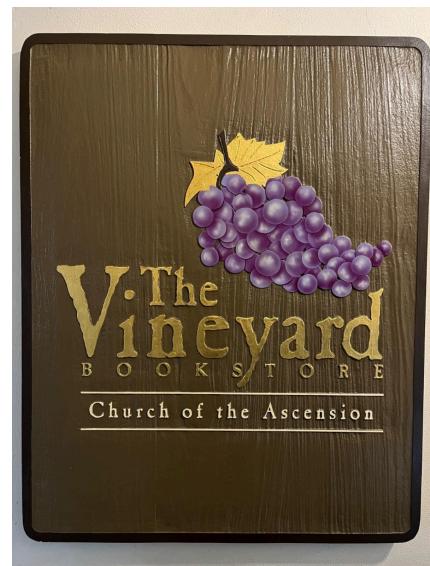
A NOVEL

# THE ALICE NETWORK

KATE QUINN



ESL Book Club for Internationals will be meeting starting this week. For more information click [HERE](#) or contact Susan Depaola [HERE](#)!





We are in need of cardboard boxes for our Food Box Ministry. 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.

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### 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!

## 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



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