



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



Ascension Highlights What's Happening This Week

- ADS Pancake Supper - Tuesday, Feb 17 @ 4:30 PM
- Ash Wednesday Services - Wed, Feb 18 @ 7AM, 12:05 & 5:30 PM
- Usher Training - Sunday, February 22 @ 3:00 PM
- Music & Movement - Sunday, February 22 @ 12:00 PM

From the Rector...

About a week before Anne Waldo died, I went to visit her at the nursing home. She was sitting in a wheelchair in the day room. Though I am not sure she knew who I was, we shared a gentle and pleasant conversation. At one point she proudly showed me a birthday card she had received.

Anne had just turned ninety-eight. Her eyes still shone, even though severe macular degeneration had greatly limited her sight. Her voice retained its familiar lilt, though she sometimes struggled to follow the thread of conversation or find the words she wanted. What struck me most was her spirit—steady, gracious, and quietly joyful.

As I stood to leave, I said lightly, "Keep being nice and take care." She looked at me and replied, "Some days it is just too difficult to be nice." True words.

I cannot imagine there were many days when Anne was anything but kind. Yet I suspect many of us recognize the truth in what she said. Some days it is difficult to be nice—when the people around us test our patience, when responsibilities press in, or when life



disappoints us yet again. Fatigue, grief, frustration, and fear can thin the veneer of pleasantness we try to maintain.

But being nice is not the same thing as loving.

Niceness can sometimes mean smoothing things over, avoiding conflict, or keeping the peace at any cost. Love, by contrast, is deeper and more demanding. Love does not require us to ignore our feelings, allow ourselves to be mistreated, or say yes when we mean no. There are moments when being “nice” is neither honest nor faithful.

Jesus himself experienced the full range of human emotion. In the Garden of Gethsemane, he felt anguish and prayed in distress. In the Temple, he overturned the tables of the money changers in righteous anger. He spoke sharply to religious leaders whose hypocrisy burdened the vulnerable. These were not particularly “nice” moments. Yet in all of them, he did not cease to love.

Struggling emotionally is part of being human. Struggling to be nice is not the same as refusing to love.

Love may mean holding someone accountable. It may mean setting boundaries or speaking a hard truth with clarity and conviction. It may even mean walking away when staying would diminish the dignity of either person. As Saint Paul reminds us, love is patient and kind—but it is also truthful and steadfast.

Some days it may indeed be too difficult to be nice. On those days, we can pray for the grace not simply to be pleasant, but to be loving—toward our neighbors, toward ourselves, and toward God, who always loves us.

Light and Life,

Candice+

candice@coascension.org

WORSHIP

This Wednesday!

ASH WEDNESDAY

Wednesday, February 18th
Services at
7:00AM, 12:05PM, 5:30PM
5:30PM will be livestreamed

The imposition of ashes alongside
Holy Eucharist is designed to
help us remember not simply that
we are dust—but that we are
God's dust



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!

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

Ascensionaires at ASF!



Newcomers Luncheon

Sunday, March 1

12:00 PM

Ascension Hall

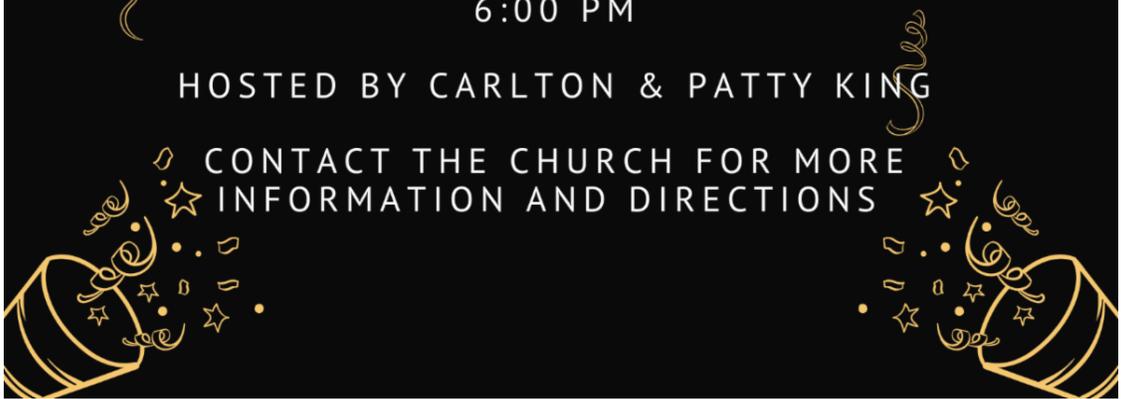


EPISCO PARTY

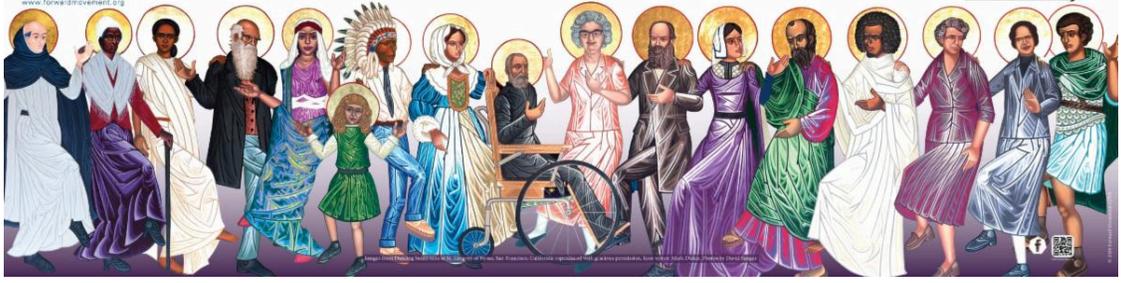
TUESDAY, MARCH 10
6:00 PM

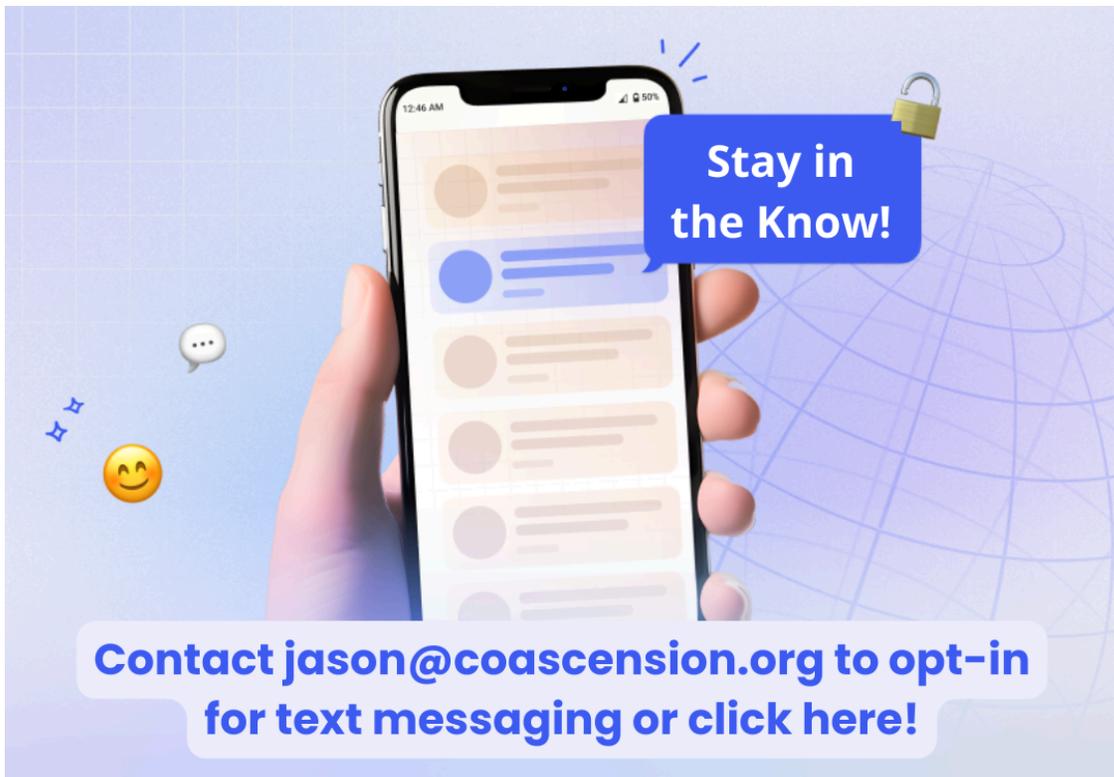
HOSTED BY CARLTON & PATTY KING

CONTACT THE CHURCH FOR MORE
INFORMATION AND DIRECTIONS



2026 LENTMADNESS.ORG





Contact jason@coascension.org to opt-in for text messaging or [click here!](#)

GROW

NEW!



The Great Divorce – A Lenten Practice

Daily Reflections by the Rev. David Hall

February 19 – March 27

Contact Jason@coascension.org to receive daily emails or listen at Church of the Ascension on your favorite podcast channel



Grace Episcopal Church
906 Pike Road (Pike Road)

Lenten Women's Retreat 2026

Planting our gardens together: A retreat on rootedness

Drawing on the Benedictine principle of Ora et Labora (prayer and work) and the spiritual practices of art, dance, silence, and rest, we will explore how to recognize God's presence within the rhythms of our daily lives—whether in household tasks or corporate responsibilities.

FEB 21
9:00 - 12:00



For More Information

Rev. Mawande Mzongwana
curate@graceepiscopalpike.org
334.472.1413

Register by Jan 31st!



BRITTLE, ANXIOUS, NON-LINEAR, INCOMPREHENSIBLE

Christian Leadership in a BANI World

Thursdays at 7:00am
Ascension Hall
Jan 8 – Feb 26

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.

In Trouble and In Wonder

The Gospel of St. Thomas

Thursdays - 12pm

Joshua Commons

Women's Bible Study

SERVE

This Sunday at 3:00!



USHER TRAINING

Anyone who wants to learn how to usher is welcome to attend!

Welcoming Visitors

HELLO!

New Members!

Dear Parish Family,

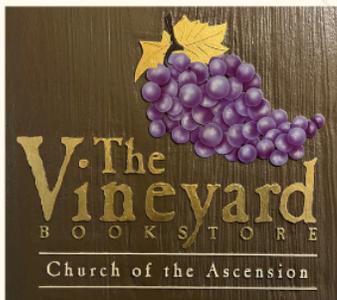
In an effort to enhance the experience of visitors to our church, the Newcomers Committee is requesting your help.

For those visiting who are not Episcopalians and sit by you, would you kindly assist them with our Prayer Book if they look lost or awkward in finding the service or right page? Simply offer to help in a warm, welcoming way. Also, if they seem unsure about taking communion, invite them to partake.

We want all of our visitors to feel welcome, and these simple measures of hospitality will enhance their worship experience while making a positive first impression of our church.

Thank you for your support in this important matter.

Smitty Smith
Chair, Membership Committee



**50% OFF SALE
CONTINUES!**

Come grab a cup of coffee and
shop with us.

Stock up on gifts for
Valentine's Day, Easter, and
Mother's Day

Cash/Check/Venmo Accepted!



TONIGHT!



Shrove Tuesday Pancake Supper and ADS Art Show

Tuesday, February 17th
4:30pm - 6:30pm
\$5/person or \$20/family

Come support our ADS families and get to know them a little better! All proceeds benefit ADS.



ESL Book Club
Every Other Thursday
9:30 AM in Joshua Commons

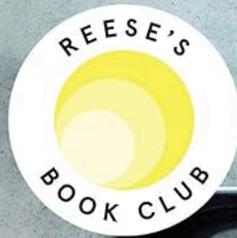
NEW YORK TIMES BESTSELLER

"Both funny and heartbreaking, 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.

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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