



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



Ascension

Highlights What's Happening This Week

- Newcomers Potluck - Sunday, Mar 1 @ 12:00 PM

- Wednesday Night Live - Wed, Feb 25 @ 5:15 PM

- Food Box Distribution- Sat, February 28 @ 8:30 AM

- FaceBook Morning Prayer - Mon-Fri, @ 8:00 AM

From the Rector...

During the Vietnam War, the U.S. government conducted experiments involving drugs and soldiers' performance. Some service members were intentionally exposed—and in some cases became addicted—to substances such as LSD and other psychedelics, amphetamines, and barbiturates. As soldiers prepared to return home, they were placed in detoxification programs. Some completed these programs "in country," while others entered treatment after arriving back in the United States.

Researchers later noticed a striking difference.

Soldiers who detoxed overseas before returning home had a significantly lower rate of relapse. Those who came home first and then entered detox were more likely to struggle. At first, investigators examined the programs themselves. Were the same treatment models being used? Were qualified professionals leading them? The answer in both cases was yes. So, researchers began to ask a deeper question: What else might explain the difference?

One answer had to do with habits.



Habits are behaviors that become woven into the fabric of our daily lives. The longer we practice them, the more automatic they become. Think about the first thing you do when you get out of bed. Or the route you instinctively drive to work. Smoking, exercising, scrolling on your phone, shopping, pouring a drink at the end of the day—any of these can become habitual. Not all habits are harmful, but many are shaped and reinforced by unconscious cues in our environment.

You've probably experienced this yourself. You set out to drive to a doctor's appointment, your mind wandering over the day ahead, and before you know it you are headed toward work instead. The familiar route takes over. Or you walk into the grocery store planning to buy milk, but your body automatically turns toward the produce section because that is what you always do. The cue triggers the routine before you even think about it.

The same dynamic effects more serious behaviors. For some, finishing a meal or feeling anxious can trigger the urge to smoke. For others, arriving home at a certain hour cues the habit of fixing a drink. Over time, these patterns become linked to places, times, emotions, and relationships. Each of us lives with our own set of unconscious triggers.

Researchers concluded that soldiers who returned home before detox were re-immersed in environments filled with powerful cues—neighborhoods, routines, relationships, and daily rhythms associated with drug use. By the time they entered treatment, new habits were already reforming. Their recovery required not only freedom from a substance but also the painful work of untangling deeply embedded associations. They often had to change routes, avoid certain places, and reshape daily routines just to reduce the triggers around them. Those who detoxed overseas did not face the same immediate environmental cues and, as a result, experienced greater success.

There is a spiritual parallel here for us in Lent. When we give something up, we are in a sense choosing a kind of detox. Whatever we relinquish—chocolate, social media, alcohol, or something else entirely—is usually connected to more than simple enjoyment. It is often tied to emotion, stress, boredom, or comfort. The practice of self-denial is not merely about resisting a craving. It is about becoming aware of how that craving has quietly attached itself to certain moments and feelings in our lives.

As you continue your Lenten disciplines, especially those involving abstinence, I invite you to look beyond the surface. Pay attention to the habits that shape your days. Notice the cues that pull at you. Lent offers us not just the chance to give something up, but the grace to become more conscious, more intentional, and ultimately more free.

Light and Life,
Candice+

candice@coascension.org

CONNECT

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:

Hot Dog Bar
Baked Beans
Cole Slaw
Chips

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

NEW!



This spring, Church of the Ascension will field a pictorial directory. Step One is to get everyone's picture. We will do so over four Sundays in March and April.

Here's the plan: Immediately following the 10:30 a.m. service, family/individual photos will be taken in the Nave at the base of the altar steps. Each session will cover a segment of the parish broken out alphabetically as follows:

Sunday, Mar 8: Terryn Abner - Clyde Eller
Sunday, Mar 15: Lee & Nancy Ellis - Becky Lewis
Sunday, Mar 22: Bob Lewis - Inglesmay Rose
Sunday, Apr 12: Pat Rutland - Drew Zimmerman

Parishioners in each session are to remain behind in the Nave for their picture to be taken, then may leave.

Parishioner Ron Wright, an experienced photographer, assisted by Paula Smith, will take the pictures. The intent is to get a family/individual's picture quickly without the usual lengthy posing in order to move the process along efficiently.

We appreciate everyone's cooperation and participation in this important project. Please contact me, Smitty, at 334-590-2865 with any questions.

Ascensionaires

St. Patrick's Day

Corned Beef and Cabbage Luncheon

Church of the Ascension

March 17, 2026, at 12:00 PM

Ten Dollars per person

You're Invited!

Newcomers' Potluck

Bring a dish to share - you can drop it off
in the kitchen before the 10:30am service

Sunday, March 1

12 Noon

Ascension Hall

Questions and RSVP

Nan Barganier (334) 322-2064

*We hope you will join us to meet new friends
and learn about The Church of the Ascension.*



EPISCO PARTY

TUESDAY, MARCH 10
6:00 PM

HOSTED BY CARLTON & PATTY KING

CONTACT THE CHURCH FOR MORE
INFORMATION AND DIRECTIONS

2026 LENTMADNESS.ORG

Denomination Domination

- John Wesley
- Martin Luther
- Richard Hooker
- Thomas Cranmer
- Gregory the Illuminator
- Nino of Georgia
- Joan of Arc
- Marina the Monk

Apostles and Allies

- Constance and her Companions
- Martyrs of Uganda
- Cosmas and Damian
- Priscilla and Aquila
- Seven Sleepers of Ephesus
- Thomas the Apostle
- Paul the Apostle
- Peter the Apostle

FAITHFUL 4

ELITE 8

SANTLY 16

ROUND OF 32

Founders & Fellowship

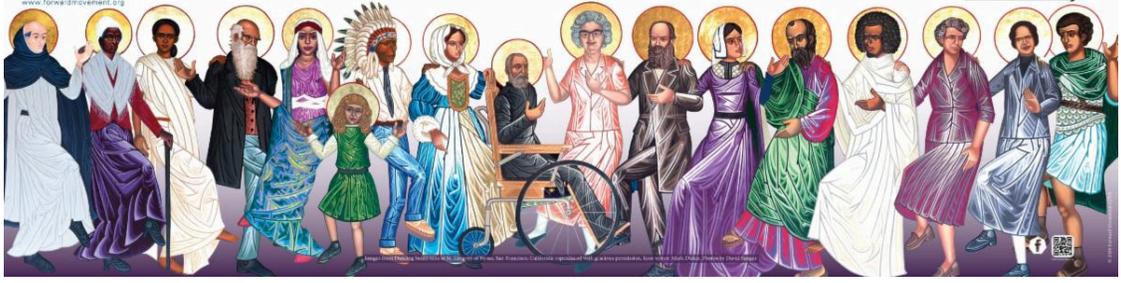
- Benedict of Nursia
- Basil the Great
- Anthony the Great
- Paul of Thebes
- Clare of Assisi
- Scholastica
- Julie Billiard
- Blessed Gerard

Modern Mercifuls

- Brother Roger of Taizé
- Damien of Molokai
- Janani Luwum
- Wang Zhiming
- Amy Carmichael
- Edith Stein
- Elizabeth Ann Seton
- Desmond Tutu



THE GOLDEN HALO



Each year Forward Movement hosts Lent Madness as way to learn about the various saints in the Christian experience. You are invited and encouraged to go online by clicking

the above image to vote for your favorite saint!



Camp Celebration

SATURDAY, APRIL 11, 2026
10 A.M.

Riverwalk Stadium

200 COOSA ST, MONTGOMERY, AL 36104

**FOR CHILDREN AND TEENS, AGES 5-16
THAT HAVE EXPERIENCED A DEATH IN THEIR LIFE**

REGISTRATION BEGINS AT 9 A.M.; CAMP BEGINS AT 10 A.M.

Camp Celebration provides children, teens and their families with the opportunity to learn coping skills they can use during the ongoing grief process. The camp's daylong program helps children and teens face their grief and express emotions through a variety of activities, games and crafts.

Most importantly, children learn they are not alone in their grief. The camp allows campers and families the opportunity to meet others who have also experienced loss. A memorial service will be held prior to the conclusion of camp; parents and guardians are invited.

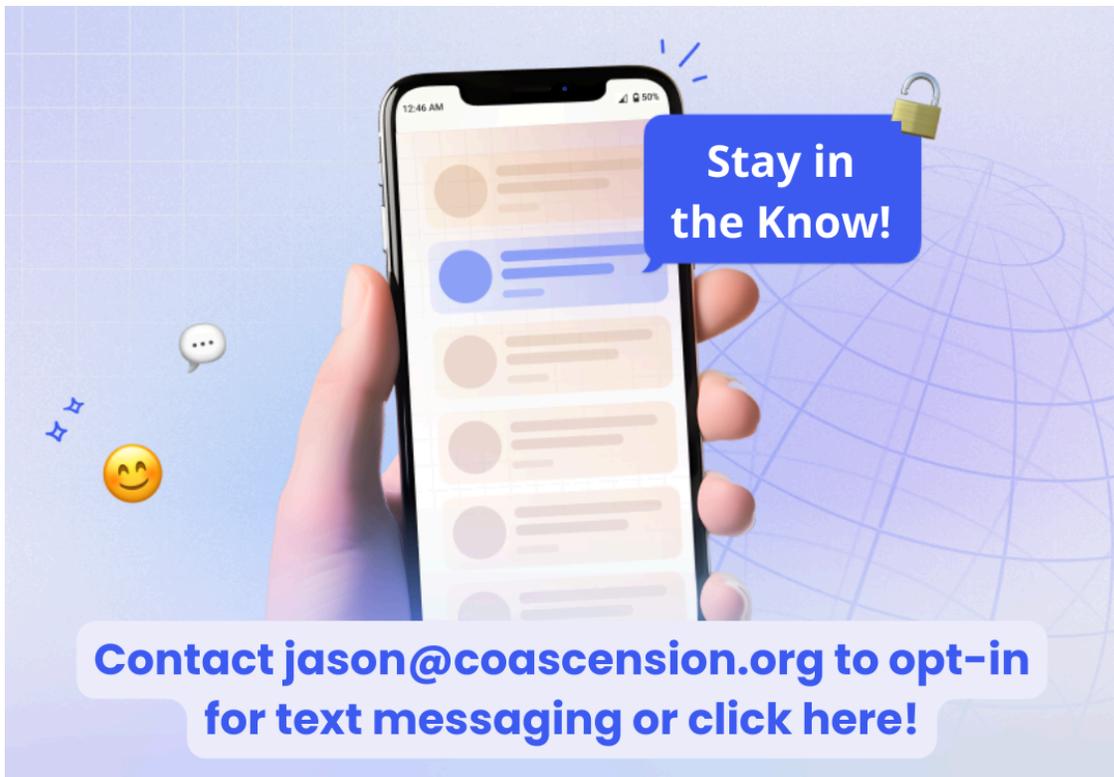
Lunch is provided and each participant will receive a Camp Celebration t-shirt.

Camp Celebration is presented by Baptist Hospice. There are a limited number of spaces for this event, so if your child is interested in attending camp, you must contact Mona McDermott, Bereavement Coordinator with Baptist Hospice, at (334) 747-5000, or email mhmcdermott@baptistfirst.org for more information.

camp
celebration



Get Signed Up Today!



Stay in the Know!

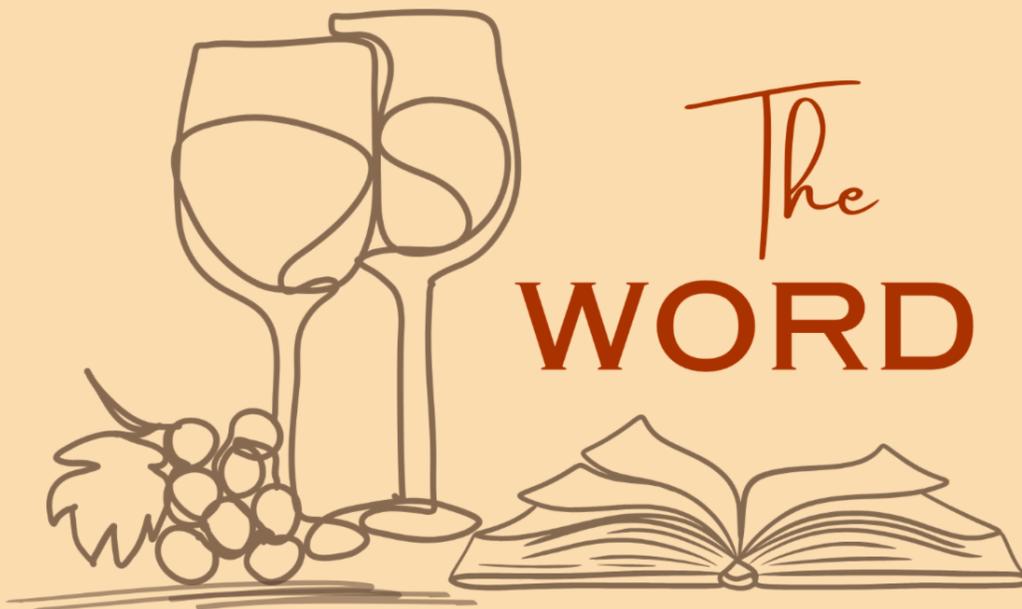
Contact jason@coascension.org to opt-in for text messaging or click here!

GROW



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



The WORD

THE GREAT DIVORCE

WEDNESDAY EVENINGS AT 6:00 PM
IN THE SMALL DINING ROOM
GATHER FOR CASUAL THEOLOGICAL DISCOURSE WITH CLERGY

WINE AND ALTERNATIVE BEVERAGES PROVIDED.



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

Food Box Saturday

SATURDAY, FEBRUARY 28TH
8:30 AM
HULL STREET PARKING LOT
VOLUNTEERS NEEDED!



THE ROAD AHEAD

A Community Information Seminar for Seniors & Caregivers

JOIN US for a morning of empowerment and education as we host four expert speakers dedicated to the well-being of our senior community.

WHEN: THURSDAY, FEBRUARY 26, 2026

TIME: 10:00AM – 12:00PM
(WE WILL BEGIN PROMPTLY AT 10)

WHERE: FIRST UNITED METHODIST CHURCH
2614 W. CLOVERDALE PARK
MONTGOMERY, AL 36106



SAFETY: Montgomery County Sheriff's Department – Project Lifesaver is a program that provides a wearable transmitter device to assist law enforcement in quickly locating individuals who may wander due to Alzheimer's disease, dementia, or other medical memory loss conditions.



FINANCES: Managing the High Cost of Long-Term Care – A direct look at the high cost of care and how to prepare your finances for the future.



SUPPORT: Central Alabama Aging Consortium – Discover information on a wide range of programs and services provided to seniors and people with disabilities in Montgomery, Elmore, and Autauga counties.

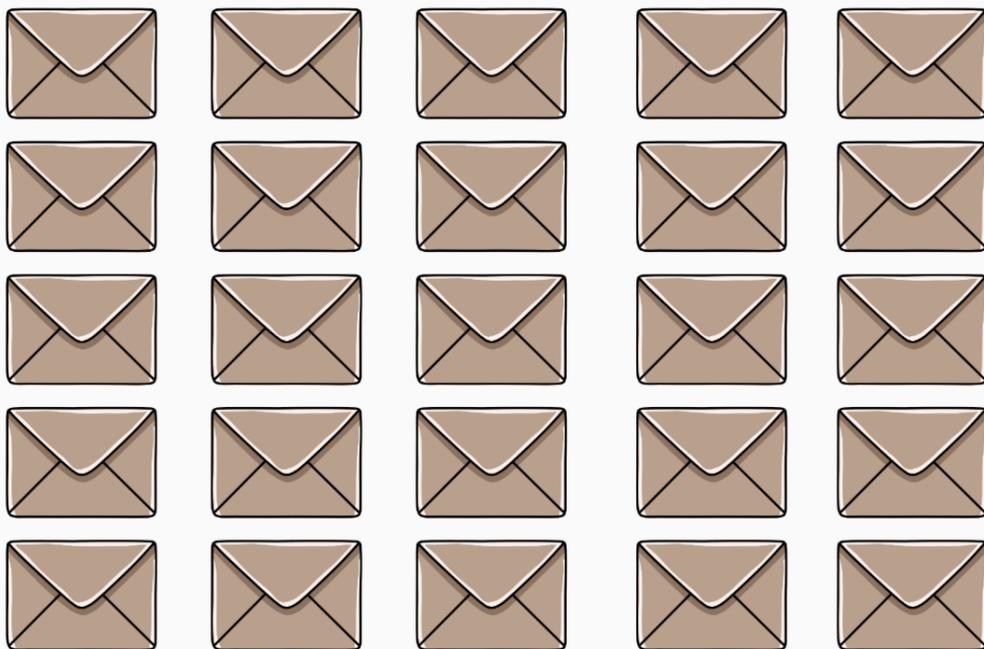


HEALTH: Faulkner University Center for Therapy and Research – Providing FREE Occupational Therapy, Physical Therapy, Speech Therapy, and Mental Health services to the uninsured – over 49,000 free visits and counting!

RESPIE

For questions or additional info contact Tammy Center, Respite Director: [334-834-8990](tel:334-834-8990)

EYC Envelope Campaign! NEW!



The Youth Envelope Fundraiser is back! Once again we are raising money for our summer mission trip to Hinton Rural Life Center in North Carolina. We will have 100 envelopes numbered 1-100 and ask members to select their favorite number (or group of numbers) and donate that amount of money to our trip! Each donor will receive a thank you note from our trip as well as updates along the way!

Welcoming Visitors

HELLO!

New Members!

Dear Parish Family,

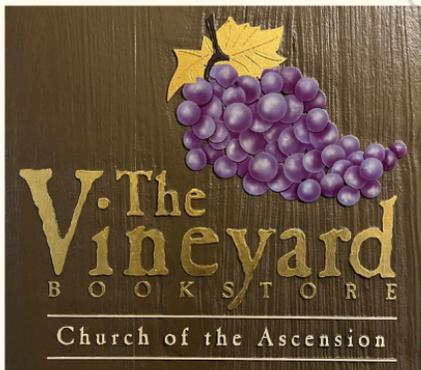
In an effort to enhance the experience of visitors to our church, the Newcomers Committee is requesting your help.

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



New Easter basket items in now
and more arriving next week.

Shop with us for your birthday
gifts too!

All proceeds support local
organizations.

**CALLING ALL
BUNNIES!**

Cash/Check/Venmo Accepted!



SPRING WORK DAY



SATURDAY, MARCH 28

Save The Date!!



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!

WORSHIP

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

[Visit Our Website](#)

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!