



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



# Ascension Highlights What's Happening This Week

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

- Wednesday Night Live - Wed, Mar 11 @ 5:15 PM

- Men's Prayer Breakfast - Thur, Mar 12 @ 7:00 AM

- Beans & Rice Distribution - Sat, Mar 14 @ 8:30 AM

From the Rector...

Scripture often speaks of Sabbath as a gift of rest. Most commonly, this meant resting on the seventh day of the week. The Ten Commandments express it this way: "Remember the sabbath day, and keep it holy" (Exodus 20:8). The Bible includes many laws describing what may or may not be done on the Sabbath, and the Gospels even tell stories of Jesus getting into trouble for healing or acting in ways that challenged strict interpretations of those rules.

Yet the biblical idea of Sabbath is broader than a single day each week. In Leviticus we learn that the land itself was to observe a Sabbath: every seventh year the fields were to lie fallow so the soil could rest and be renewed (Leviticus 25). The wisdom behind this practice is simple but profound—fruitfulness requires rest. Seasons of renewal allow life to flourish again. Clergy sabbaticals grow out of this same biblical rhythm.

A sabbatical is typically a three-month period of intentional retreat taken about every seven years in a priest's ministry. It is not simply time away from work or an extended vacation. Rather, it is dedicated time for spiritual renewal so that ministry can continue with depth, imagination, and faithfulness. Sabbaticals offer clergy the opportunity to



reconnect with their calling and to engage in prayer, study, and reflection in ways that are difficult during the ordinary pace of parish life. Priests who take these restorative seasons often return with renewed energy, fresh vision, and healthier rhythms for sustainable ministry.

Importantly, sabbaticals benefit not only the priest but also the congregation. The health and vitality of a parish are closely connected to the spiritual, emotional, and intellectual well-being of its clergy. Supporting a sabbatical is not simply granting time away; it is an investment in the long-term flourishing of the congregation and its ministry. Sabbaticals also create space for lay leadership to grow, inviting members of the parish to share more fully in the work of ministry.

For these reasons, The Episcopal Church encourages clergy to take sabbaticals during their ministry. In the Diocese of Alabama, this practice is written into a priest's Letter of Agreement. As I enter my seventh year at the Church of Ascension, and with the Vestry's approval, I am applying for a grant to take a sabbatical during the summer of 2027.

The Lilly Foundation offers grants through its Clergy Renewal Program to support both clergy and congregations during sabbatical. These grants help cover sabbatical expenses and provide funds for supply clergy and parish needs while the priest is away. With the Vestry's support, I have invited several members of Ascension with grant-writing experience to form a sabbatical planning team: Anne Kimzey, Christine Harrison, Brittany Wade, and Denton Hawk, along with our Wardens.

Our proposed grant is titled "From Wound to Way: A Pilgrimage of Healing, Incarnation, and Renewal." Through practices of silence, pilgrimage, prayer, and theological reflection, this sabbatical is designed to transform the inevitable wounds of ministry into pathways of deeper compassion, wisdom, and hope.

Supporting a clergy sabbatical is not about losing a priest for a season; it is about receiving a renewed priest for years to come. When a congregation embraces this rhythm of rest, renewal, and return, it strengthens both the priest and the parish. It becomes a gift not only to the clergy, but also to the future ministry and life of the whole community.

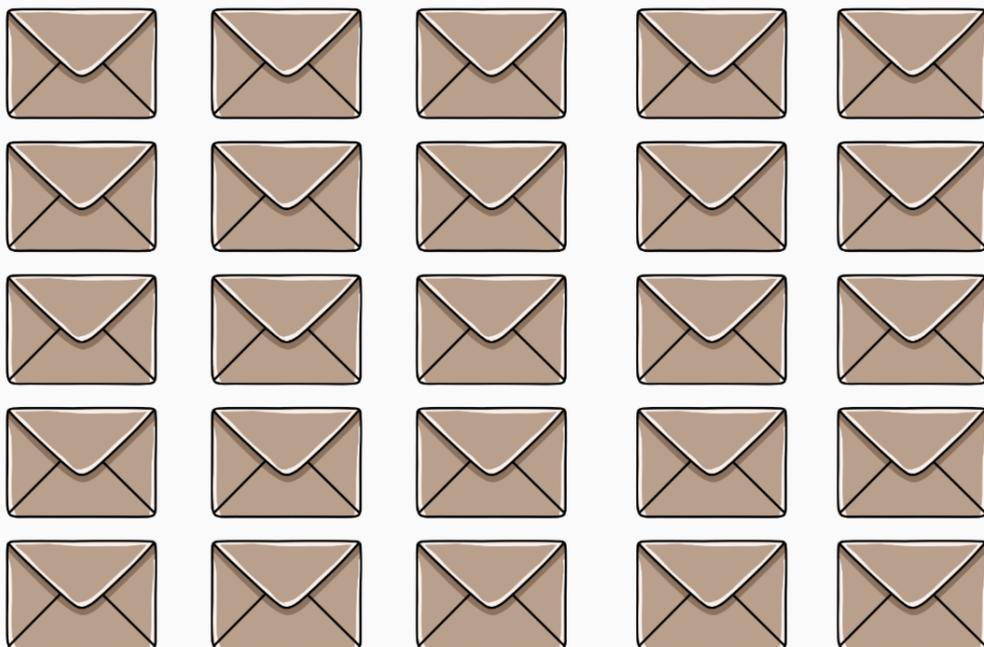
Light and Life,

Candice+

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

**SERVE**

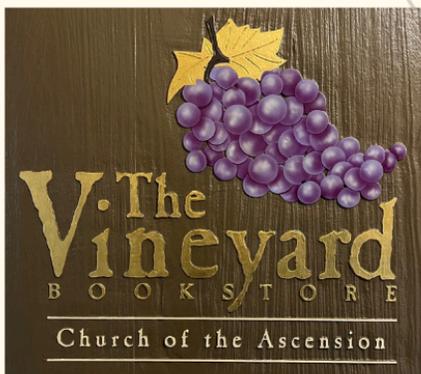
**Youth Mission Envelope Fundraiser!**



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!

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**50% off Sale!**



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

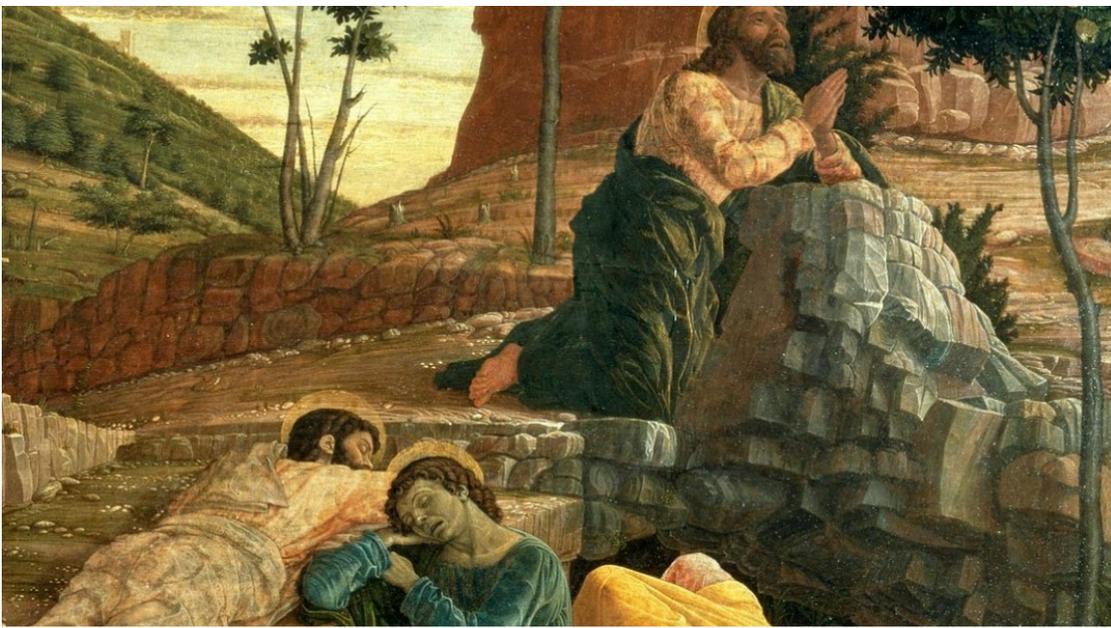
Come one! Come all!

Please come join us and spruce up the campus before Holy Week! We will be trimming up the bushes, shrubs and cleaning up the whole campus. We will also be spreading pine straw in the beds around the property! Bring your favorite yard tools and let's get going!



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**NEW!**



## The Gethsemane Watch: A Maundy Thursday Vigil

“Could you not keep awake one hour?” were the words of Jesus in reproach to his hapless followers in the first Gethsemane. Ever since, his disciples of subsequent generations have attempted to do better, and in some small way to make up what was lacking in the first bunch.



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

## Holy Week

**SCHEDULE** Week of Mar 29 - Apr 4

**PALM SUNDAY - MARCH 29**

8:00 AM, Rite One

10:30 AM, Liturgy of the Palms

**WEEKDAY MORNING PRAYER**

8:00 AM, Chapel & On Facebook

**MAUNDY THURSDAY - APRIL 2**

6:00PM, Eucharist

8:00PM - 10:00AM, Gethsemane Watch

**GOOD FRIDAY - APRIL 3**

12:00 PM, Nave

**HOLY SATURDAY - APRIL 4**

7:07 PM, Nave

In the midst of Lent, we look toward the cross and Holy Week. Join us each day in Lent for prayer, reflection, and communication in preparation of Christ's crucifixion and resurrection



## Easter Schedule

Saturday April 4

- Easter Vigil
  - 7:07 PM

Sunday April 5

- Sunrise Service at Oakwood Cemetery
  - 6:00 AM
- Family Festal Eucharist Followed by Easter Egg Hunt
  - 9:00 AM
- Festal Eucharist
  - 11:00 AM

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# MORNING PRAYER

8:00 AM MONDAY - FRIDAY

LIVE ON





**Children's Compline! Wednesday Nights!  
6:50 PM in the Choir Loft and on Facebook  
Live!**

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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

TONIGHT!

EPISCO  
PARTY

TUESDAY, MARCH 10  
6:00 PM

HOSTED BY CARLTON & PATTY KING

3309 ELEBASH HILL  
MONTGOMERY, AL 36106

# 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:**

**Breakfast for Dinner**

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

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## **Picture Taking After 8 O'Clock Service**

**For those attending this Sunday's 8:00 service, Ron Wright and Paula Smith will take your pictures for the Pictoral Directory immediately following the service, regardless of your place in the alphabet. By doing this, you will not need to return for picture taking after the 10:30 service.**



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.

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RSVP by Friday, March 13 by email [FAY](#) or [JANAN](#)

## Lent Madness!

2026 LENTMADNESS.ORG

ROUND OF 32

SAINTLY 16

FAITHFUL 8

FAITHFUL 4

THE GOLDEN HALO

Forward Movement  
www.forwardmovement.org

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.

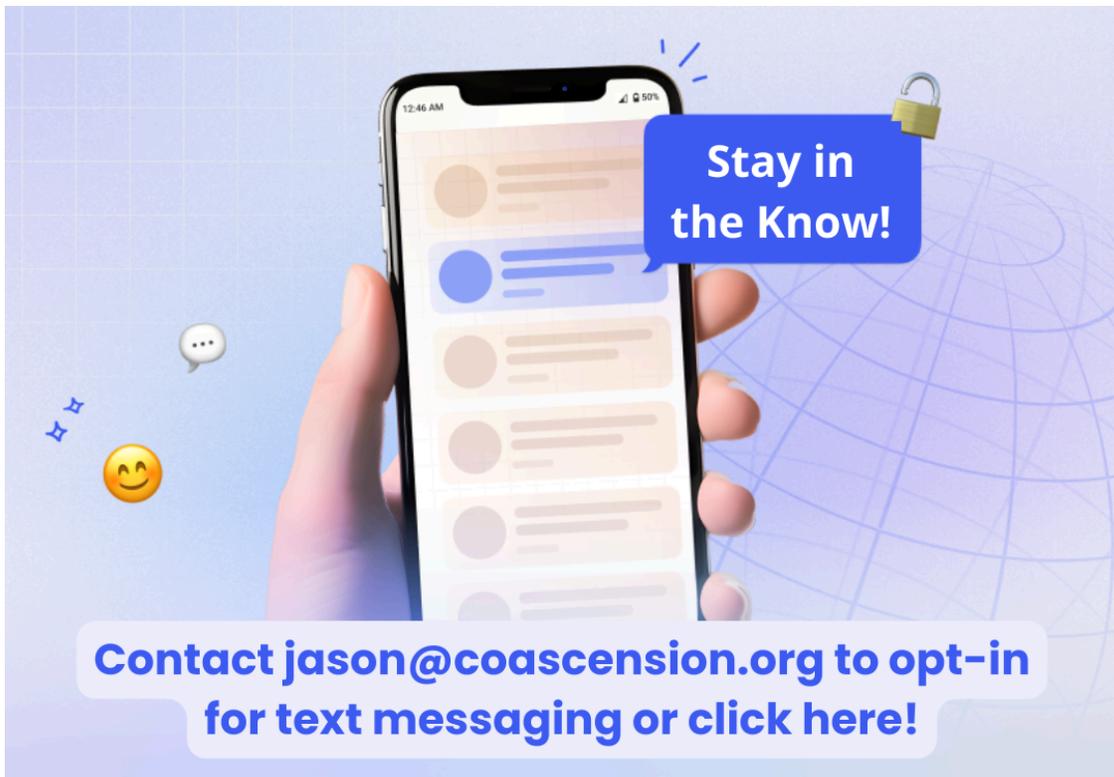
Camp Celebration is presented by Baptist Hospice. There are a limited number of spaces for this event, so if your child is interested in attending camp, you must contact Mona McDermott, Bereavement Coordinator with Baptist Hospice, at (334) 747-5000, or email [mhmcdermott@baptistfirst.org](mailto:mhmcdermott@baptistfirst.org)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

**camp**  
**celebration**



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**Get Signed Up Today!**



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

## GROW

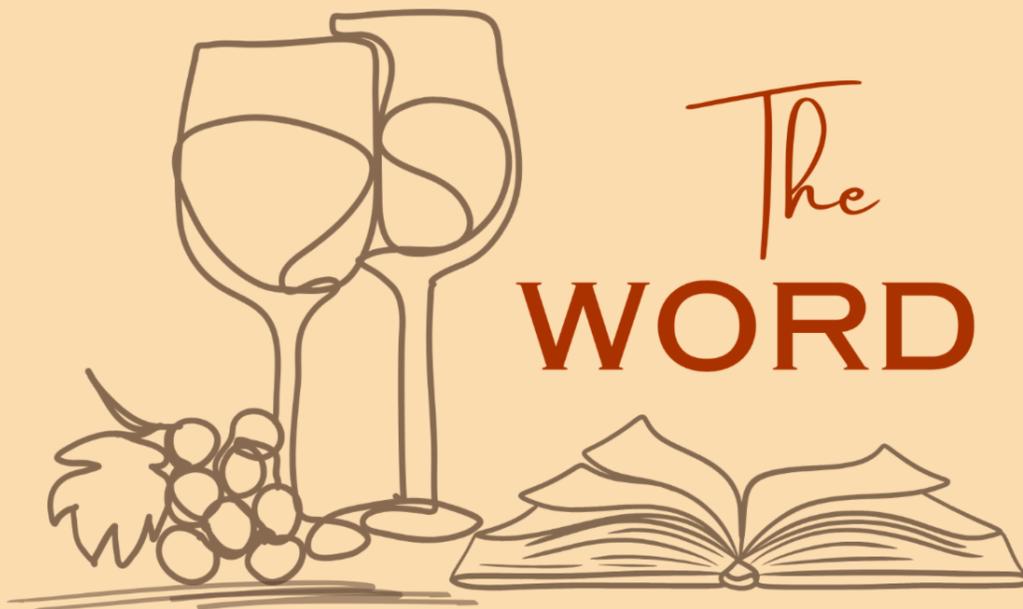


### The Great Divorce – A Lenten Practice

Daily Reflections by the Rev. David Hall

February 19 – March 27

Contact [Jason@coascension.org](mailto: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.

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DISCOVER THE  
POWER OF



March 5 - April 2  
Men's Prayer Breakfast  
to deepen your Lenten journey.

Thursdays at 7 am:

**ASCENSION HALL**

# In Trouble and In Wonder

## The Gospel of St. Thomas

Thursdays - 12pm

Joshua Commons

Women's Bible Study

### Staff Directory

The Rev. Candice B. Frazer, Rector [candice@coascension.org](mailto:candice@coascension.org)

Becky Taylor, Music Ministry [beckytaylor@coascension.org](mailto:beckytaylor@coascension.org)

Will McQueen, Facilities Manager [will@coascension.org](mailto:will@coascension.org)

Tracy Hinton, Parish Administrator [thinton@coascension.org](mailto:thinton@coascension.org)

Jason Pate, Director of Communications [jason@coascension.org](mailto:jason@coascension.org)

Laura Mielke, Children Family & Faith Formation Minister [laura@coascension.org](mailto:laura@coascension.org)

Nick Mielke, Youth Family & Faith Formation Minister [nick@coascension.org](mailto:nick@coascension.org)

Fay Worriow, 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.

[Visit Our Website](#)

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

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