



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



# Ascension Highlights What's Happening This Week

- Spring Work Day - Sat, March 28 @ 9:00 AM
- Men's Prayer Breakfast - Thur, Mar 26 @ 7:00 AM
- Food Box Distribution - Sat, Mar 28 @ 8:30 AM
- Palm Sunday Services - Sun, Mar 29 @ 8:00 & 10:30 AM

From the Rector...

One of my favorite stories in Scripture is the story of Moses in the Book of Exodus. Moses is called to free the Israelites from an oppressive Pharaoh who has forgotten that his forefathers once granted them peace, land, and prosperity. Now, threatened by their presence, Pharaoh enslaves them, treats them harshly, and orders the killing of their sons while demanding impossible labor.

Moses himself is an unlikely deliverer. Saved as a baby by Pharaoh's daughter, he is raised in the Egyptian court. As a young man, he kills an Egyptian for beating an Israelite slave and flees into the wilderness. There, God calls him to return and set the captives free. Moses resists, offering every excuse he can muster, yet God persists. In time, Moses leads the Israelites out of bondage.

Their liberation, however, is not the end of the story—it is the beginning of a long formation. In the wilderness, the Israelites wander for forty years. Not because they are lost, but because they struggle to live as free people. They grumble, lose trust, and ultimately fashion a golden calf—an idol to worship while Moses is on the mountain receiving the Ten Commandments.



The commandments are not simply a set of rules; they are a reordering of life. They stand in quiet but profound contrast to the patterns of domination, fear, and control the Israelites have known under the Egyptian government. Having lived under oppression, they understand authority primarily through that lens. So, when left on their own—even briefly—they revert to familiar patterns, recreating what they have just been delivered from.

When Moses comes down the mountain and sees the golden calf, he throws the tablets, upon which the Ten Commandments are written, to the ground and breaks them. It is a striking moment. The people are not yet ready to receive what God has given. Freedom requires more than release from bondage; it requires a transformation of the heart. To live by these commandments, they must let go of the only way of life they have ever known; the only form of government they have ever known.

That is no small task.

In our own time, conversations about the role of faith in public life continue to surface. From time to time, proposals arise suggesting that the Ten Commandments be displayed in public settings such as schools. Whatever one's perspective on such efforts, it is worth considering what, exactly, is being proposed.

Because the Ten Commandments are not a reinforcement of human authority—they are a **limit upon it**.

They begin not with human law, but with God: *"I am the Lord your God."* Before any nation, institution, or leader can make a claim on our allegiance, the commandments establish that all authority is **secondary**. No government, however well-intentioned, can claim ultimate loyalty.

In this sense, to truly take the commandments seriously is to allow them to **subvert government**, not just ancient Egypt. They challenge any tendency toward absolutizing power, excusing injustice, or confusing national identity with divine will.

In Leviticus, the people are told that faithfulness to these commandments leads to life and flourishing, while disregard leads to disorder. The emphasis is not on visibility, i.e. public display, but on **faithful practice**—a way of life that often stands in tension with the surrounding culture.

If the commandments were to be posted publicly, they should not simply affirm what we already believe. They should question us. They should unsettle us. They should call into question many of our assumptions about power, success, truth, and security.

They might ask:

1. **Thou shall have no other gods but me.** What claims our ultimate allegiance? What are we worshipping—God, country, or something else?

2. **Thou shall not make idols.** What have we elevated—success, the flag, wealth, or self—beyond its proper place? What have we made morally infallible?
3. **Thou shall not take the Lord's name in vain.** Where do we invoke God's name in ways that serve our own purposes rather than God's truth? How do we use God to justify harm done to others or the divisions we've created? How have we reduced God to a tool for our own ends?
4. **Remember the Sabbath and keep it holy.** Can a society built on constant productivity truly honor rest? How are we spending our Sundays?
5. **Honor thy father and mother.** Do we cultivate a culture of dignity and respect across generations? Across sexes?
6. **Thou shall not kill.** How do we value and protect life, even when it is difficult or costly? Are we practicing compassion or objectifying humanity?
7. **Thou shall not commit adultery.** Where are we tempted toward unfaithfulness—not just marriage, but in any relationship, commitment, or common life?
8. **Thou shall not steal.** Do we take what is not ours—whether materially or in the form of trust, time, peace, or dignity?
9. **Thou shall not bear false witness against thy neighbor.** Are we committed to truth, even when it challenges our preferred narratives? Or do we continue to demonize the “other” because they don't share our political opinions, race, color, educational status, culture, or socio-economic background?
10. **Thou shall not covet.** What comparisons are we making? What restless desires drive us even in the midst of abundance?

These commandments do not simply support a moral society—they call us into a **different kind of society altogether**, one shaped not by domination or scarcity, but by reverence, trust, and rightly ordered love. Which leads us to the deeper question: not whether the commandments should be displayed, but whether we are prepared for what they would demand of us if we truly allowed them to speak. Because to post them honestly is not to domesticate them—it is to invite a quiet but profound **reordering of everything we think we know about power, authority, and the good life.**

Light and Life,

Candice+

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

**SERVE**

**This Saturday!**

# SPRING WORK DAY



## SATURDAY, MARCH 28

### 9:00 AM – 12:00 PM

**Areas needing particular attention and the tools and supplies need to bring with are as follows:**

1. Clear Hull Street lot of underbrush. Bring weed eaters and clippers.
  2. Clean upper foyer balcony door windows. Bring paper towels and window cleaner.
  3. Remove old pine straw from beds around the campus. Need rakes and wheelbarrow.
  4. Spread new pine straw in beds around campus. Need gloves, long sleeves, and rakes.
  5. Clean dirt from storm gutters around campus. Need wheelbarrow and flat shovel.
  6. Making Palm Crosses. Need willing hands and meet in Ascension Hall.
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# Food Box Saturday

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

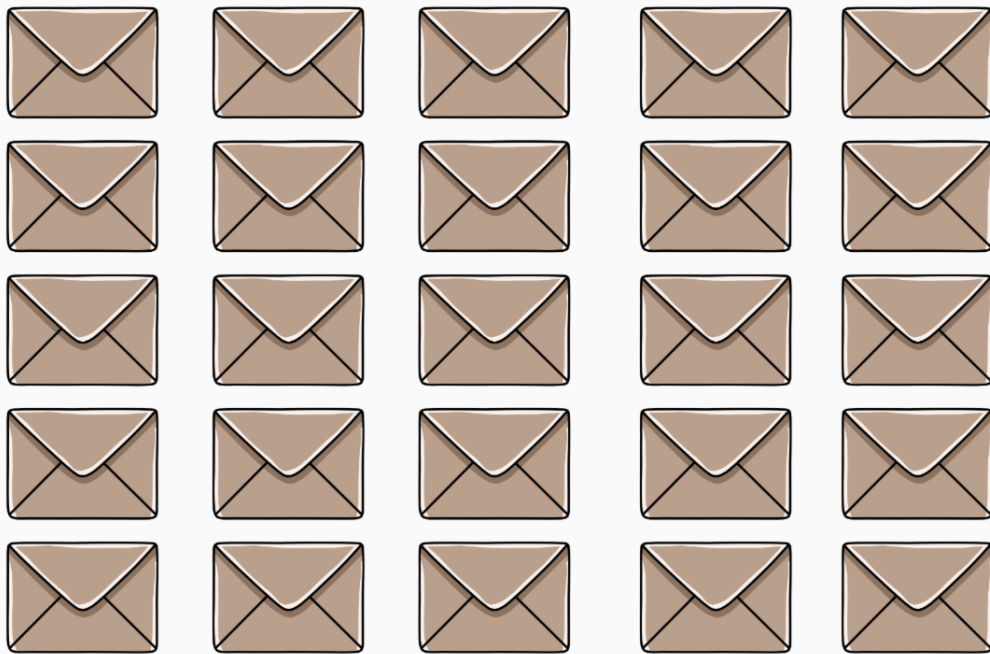


**Cardboard  
Boxes  
Needed!**

A large stack of cardboard boxes is shown in a room with a wooden floor and a white wall. The boxes are stacked in a way that they are visible from multiple angles. The text "Cardboard Boxes Needed!" is overlaid on the image in a large, green, bold font.

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.

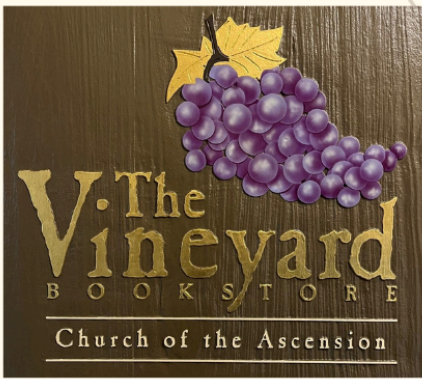
**Youth Mission Envelope Fundraiser!**



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!



**WORSHIP**

# PALM SUNDAY



**Gather at 10:30 AM in the Knot Garden (formerly known as the Sundial Garden) for the Procession of Palms!**

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# 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

6:00 PM, Stations of the Cross

**HOLY SATURDAY - APRIL 4**

9:00 AM, Holy Saturday Liturgy

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

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**Thursday April 2 - Friday April 3**



## 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.

[Sign Up](#)





## 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
-

The Ascension Children's Choirs present



Sunday, April 12, 2026  
"Children & Youth Sunday" at 10:30a.m.

# 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**

# 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:

Fried Chicken  
Mashed Potatoes  
Rolls  
Salad

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

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**Though not originally scheduled, picture taking for the Pictoral Directory will take place following this coming Sunday's 8:00 and 10:30 am services for those wishing to do so.**



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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**Lent Madness!**

# 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 Billiart
- Blessed Gerard

**Modern Mercifuls**

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

THE GOLDEN HALO

Each year Forward Movement hosts Lent Madness as a 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.

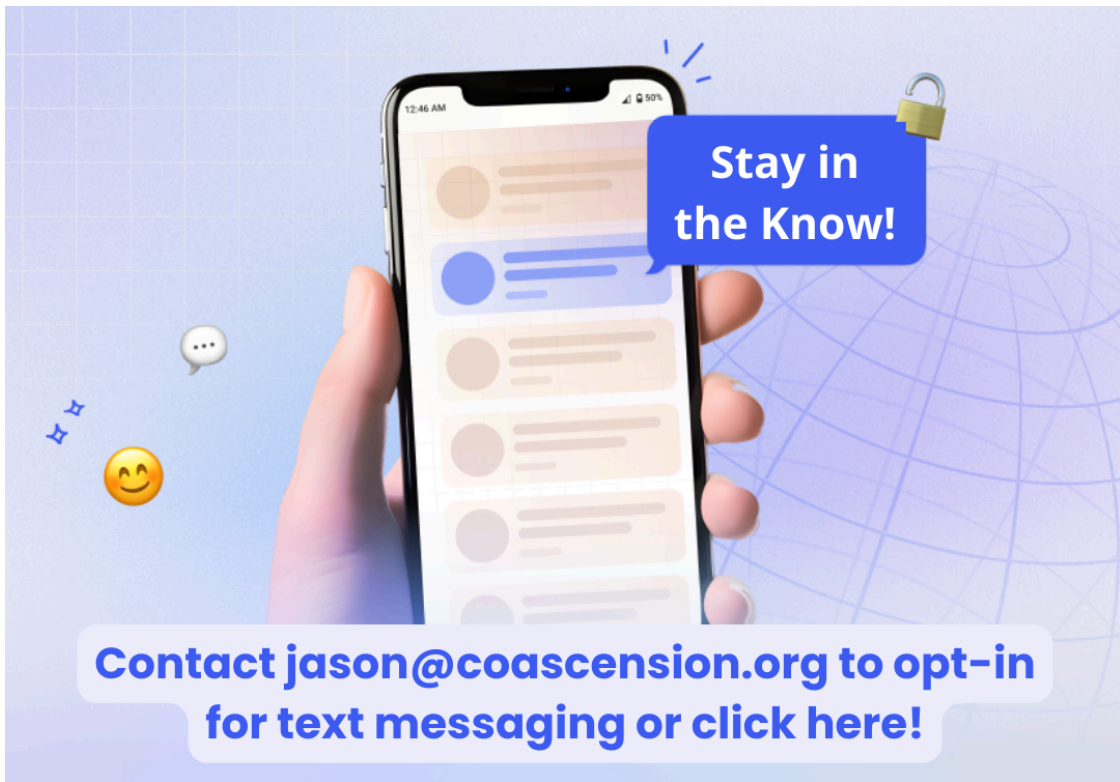
Camp Celebration is presented by Baptist Hospice. There are a limited number of spaces for this event, so if your child is interested in attending camp, you must contact Mona McDermott, Bereavement Coordinator with Baptist Hospice, at (334) 747-5000, or email [mhmcdermott@baptistfirst.org](mailto:mhmcdermott@baptistfirst.org)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

**camp**  
**celebration**



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**Get Signed Up Today!**



**Stay in the Know!**

**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

# holy week with jesus

A Holy Week Daily  
Text Experience

 **TRYTANK**  
Research Institute

Holy Week With Jesus is a text message experience that walks participants through the final days of Jesus's life, from Palm Sunday to Easter Sunday, with messages arriving at the actual hours the events unfolded.

To sign up, click [here](#) or go to [www.HolyWeekWithJesus.com](http://www.HolyWeekWithJesus.com)

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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](#)

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