



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



Ascension

Highlights What's Happening This Week

- Being Jewish - Wednesday, June 10 @ 5:30 PM - Temple Beth Or
- Men's Prayer Breakfast - Thursday, June 11 @ 7:00 AM
- Women's Bible Study - Thursday June 11 @ 12:00 PM
- Sunday Services - Sunday, June 14 @ 8:00 & 10:30 AM

From the Rector...

The staff and I are on retreat today and tomorrow. Every June, we take a couple of days to reset, strengthen our relationships as a team, and refocus on the year ahead. This year, we are spending time growing in emotional awareness, identifying our core values as a staff, brainstorming about the coming year, and doing some calendar planning.

Emotional intelligence is a powerful tool that helps us grow to love ourselves so that we can love others. It creates space for us to belong to ourselves. And until we belong to ourselves, we have little room for others to belong.

Jesus tells us to "love God and love your neighbor as yourself." He orders our loves. If you were to write that out, the list would look like this:

1. Love God
2. Love self
3. Love neighbor

We have often been conditioned to think that love of neighbor should come second, but we cannot truly love others until we have learned to love and accept ourselves.



That love of self is not characterized by selfishness, but by vulnerability and sacrifice. It becomes so at home within itself that it is no longer threatened by loving others. Instead, it only expands through the act of loving.

To love another as you love yourself is revealing in what it says about how you think about other people. When we are judgmental of others, it often reflects how harshly we judge ourselves. When we are easily frustrated by others, often we are frustrated with ourselves. When we find joy and peace in another, it reflects the joy and peace we know in our own hearts. There is a direct correlation between how we think about others and our own emotional well-being. Our ability and willingness to love is a mirror of our hearts.

Our emotional well-being takes work, just as intellectual growth requires effort through reading, studying, and learning. Emotional intelligence also requires intention and practice.

One of the exercises we did as a staff involved quieting our minds and actively scanning our bodies to discover where we might be carrying an emotion. Emotions are not always found in the heart or the head. I discovered that I was holding a sense of uneasiness in the soles of my feet. That is pretty telling when you realize that holding fear in one's feet may reflect being rooted in fear—that even my connection to the earth is filtered through it. That is something I will be thinking about for a while.

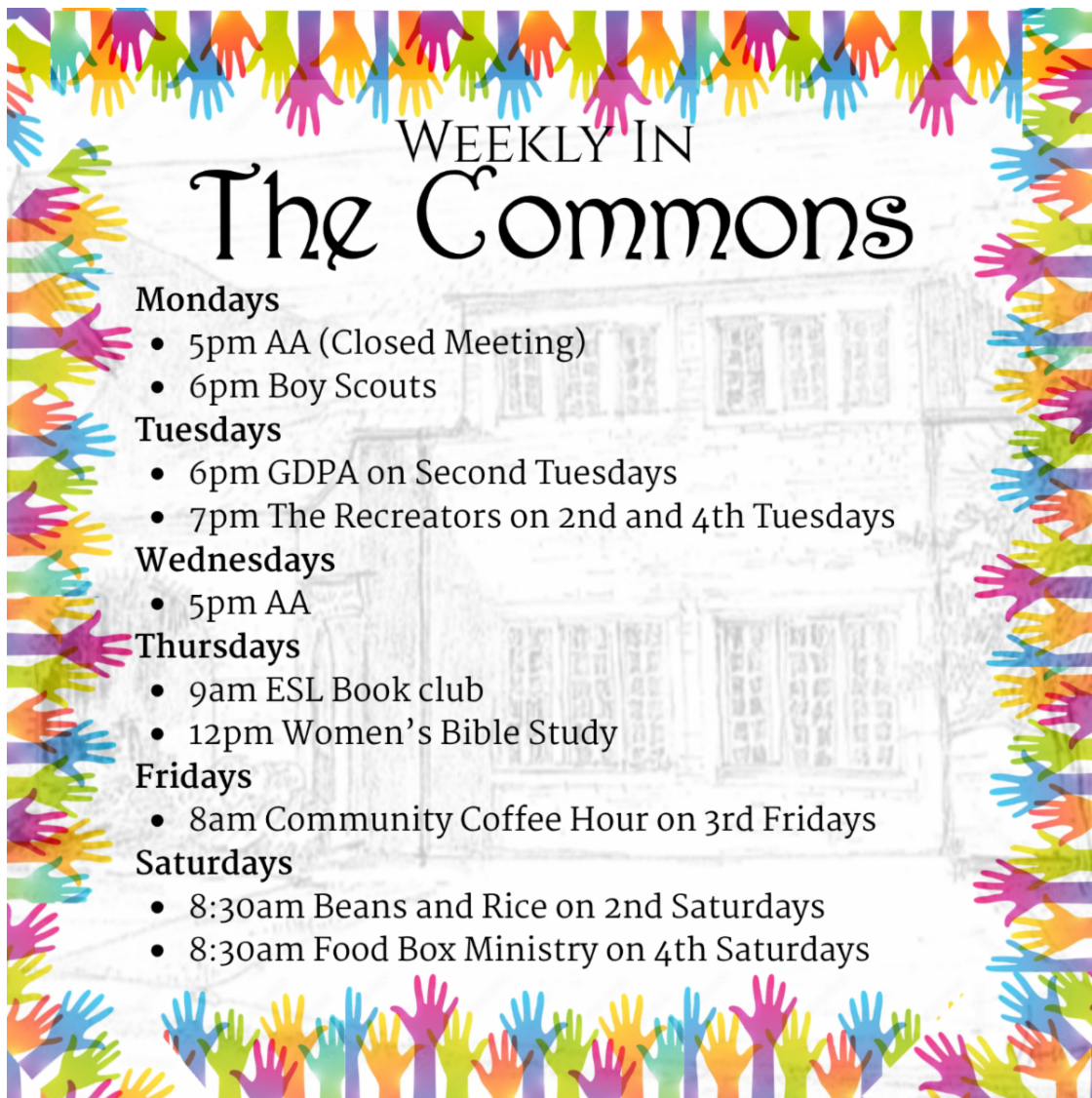
Taking time to discover who we are as emotional beings is not simply about self-awareness. By noticing my emotions and being vulnerable enough to talk about them, I make space for others to do the same. That space is what helps connect us and creates a place of cherished belonging. It allows our differences to coexist without feeling threatening. When we can name our fear, we can recognize how much power it wields regardless of the circumstances that cause it. In that place, we can begin to appreciate another person's fears and understand how they may lead them to make choices vastly different from our own. Only then can we make room for one another.

Pray for the staff as we continue our retreat—specifically, that we might be guided and inspired by the Holy Spirit as we look toward another great program year at Ascension.

Light and Life,
Candice+

candice@coascension.org

SERVE

A decorative border of colorful hands in various colors (red, orange, yellow, green, blue, purple) is arranged in a circular pattern around the text. The background of the central area is a faint, light gray image of a building with many windows.

WEEKLY IN The Commons

Mondays

- 5pm AA (Closed Meeting)
- 6pm Boy Scouts

Tuesdays

- 6pm GDPA on Second Tuesdays
- 7pm The Recreators on 2nd and 4th Tuesdays

Wednesdays

- 5pm AA

Thursdays

- 9am ESL Book club
- 12pm Women's Bible Study

Fridays

- 8am Community Coffee Hour on 3rd Fridays

Saturdays

- 8:30am Beans and Rice on 2nd Saturdays
- 8:30am Food Box Ministry on 4th Saturdays

EfM

E D U C A T I O N F O R M I N I S T R Y

As we look forward to a new year together, EfM (Education for Ministry) extends an invitation to anyone interested in a community experience that is a "... unique four-year, small-group formation program based on study and practice in theological reflection." Ascension's EfM year begins the week after Labor Day and runs through the month of May (please note that you don't have to be an Ascension member to participate, and you can commit to participating on a year-by-year basis). You can find information about the program on Sewanee's website at <https://theology.sewanee.edu/education-for-ministry/>, or by contacting co-EfM Mentors Eric A. Kidwell (ericakidwell31@gmail.com) or Russ Wishum (russ.wishum@gmail.com), who will be happy to answer your questions.

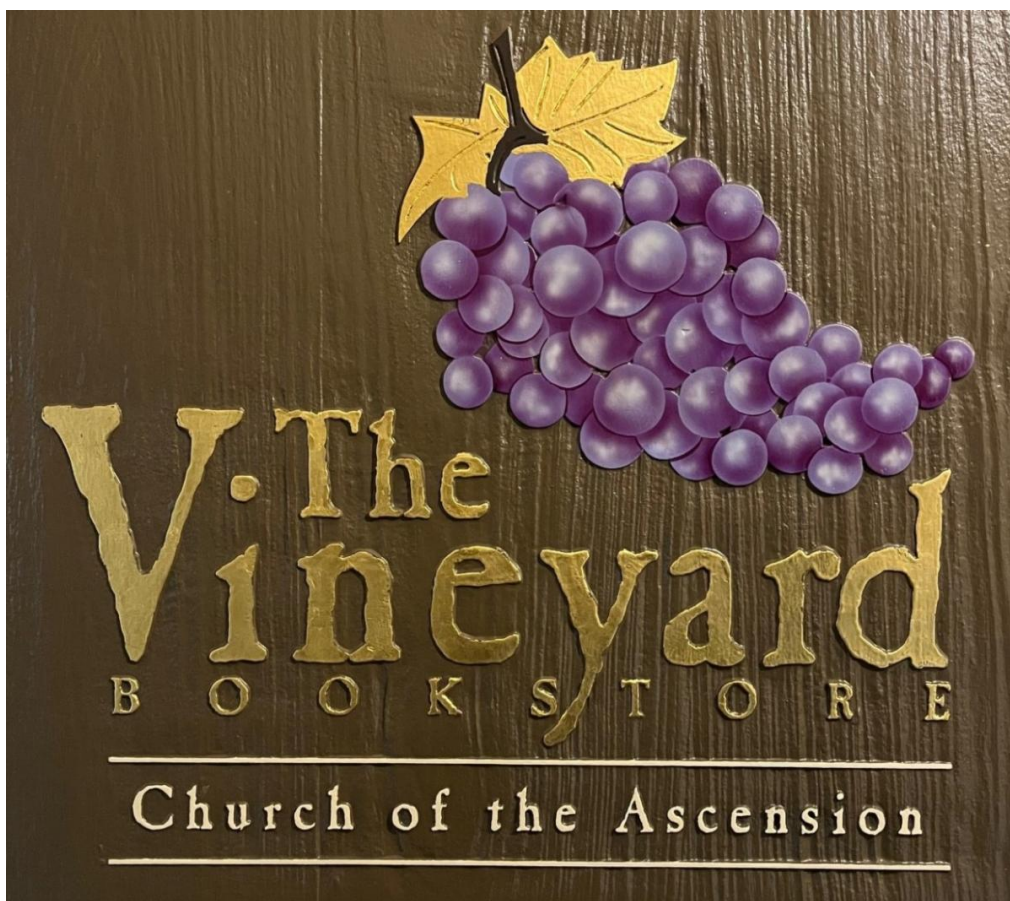


Financial Obligations Don't Take Vacations

Historically, pledge fulfillment at Church of the Ascension declines during the summer months, because of vacations and travel. Yet, our church consistently operates on \$90,000 each month year round, paying for salaries, church maintenance and ministry expenses. We need to avoid a shortfall this summer.

To all, as you plan your summer activities, please consider your stewardship obligations in order that our church can meet its obligations and our hard working employees, facilities and ministries are properly supported throughout the season.

Thank you for your consideration,
COA Finance Committee

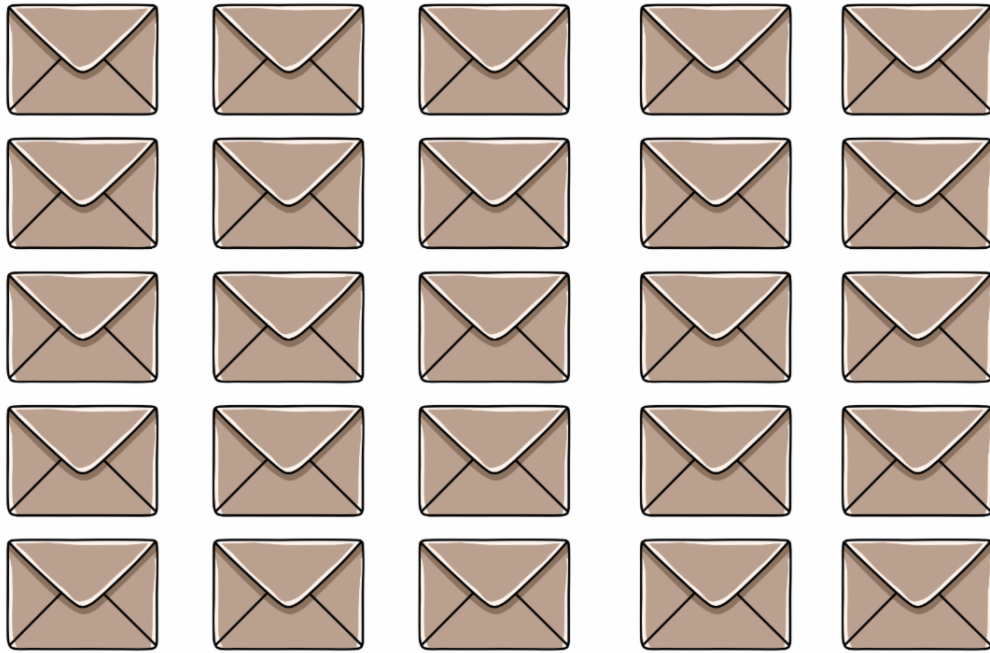


Downsizing? Decluttering?
The Vineyard is opening a new branch!

The Vineyard Treasure Shop

Please bring your "nice as new" items: home decor, artwork, antiques, serving pieces, decorative items, etc... to the small Vineyard room this summer. We will price and display everything for our Fall kick-off. Want to join the Vineyard Bunch? Call or text Lang Cardinal with questions or to volunteer.

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!

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!

CONNECT

The Episcopal Church Welcomes You! Drive by Ascension and check out our new signs!!





Church of the Ascension
The Episcopal Church
Welcomes You
Sunday Worship
8:00 AM & 10:30 AM

EPISCO PARTY

TUESDAY, JUNE 23
6:00 PM

JOSHUA COMMONS WITH
THE RECREATORS PERFORMING

POT LUCK WITH ASCENSION
PROVIDING BEVERAGES AND SUPPLIES

ASCENSIONAIRES
SUMMER
LUNCHEON

JUNE 24TH

12:00 P.M.

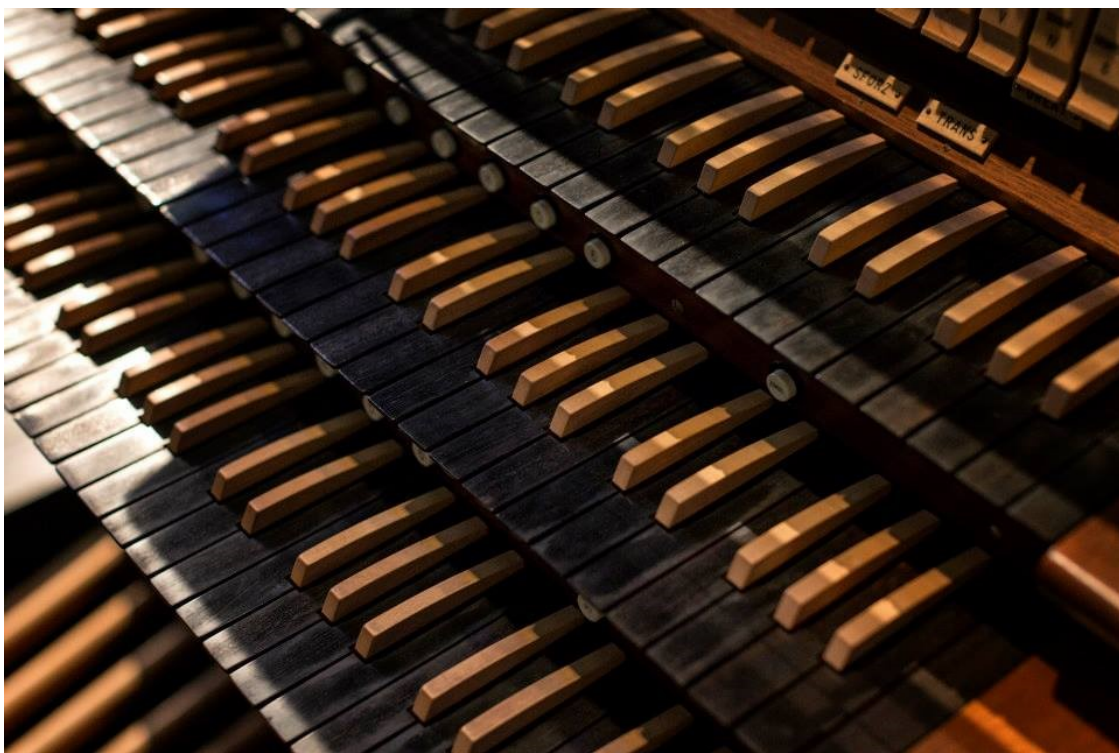
RSVP to Fay Worrilow

fay@coascension.org,

or Janan Hayden

haydenjanan@gmail.com

10 Dollars



Church of the Ascension is excited to be jointly hosting the **2026 Bach's Lunch Summer Organ Festival**. **St. John's First United Methodist, Trinity Presbyterian, and Church of the Ascension** will be jointly hosting a Summer Organ Festival featuring great organists of our city during the **months of June and July**. Our own Becky Taylor is featured as an artist. Concerts are at noon on Wednesdays rotating throughout the churches followed by a light lunch for \$10. **Please see agomontgomery.org for full information.** The festival is sponsored by the Montgomery Chapter of the American Guild of Organists.

COLORS OF CREATION
Creativity
Camp

Ascension Children
Rising Kindergarten through Rising 5th Grade

July 7, 8, 9th
9:00-12:30

Click the code to register:

Ascension Children!

Let's beat the heat together and explore what it means to be co-creators with God as we engage in various creative projects and mindful exercises! COC Camp will meet in Joshua Commons. More information will be sent to you closer to camp time.

To register your child, use the QR code or follow this link:

[REGISTER for Camp!](#)

Get Signed Up Today!



GROW

The Word will join a class hosted by Temple Beth Or examining the Israeli-Palestinian Conflict and being Jewish after Gaza beginning April 29.

THE WORD

Being Jewish

Wednesday Nights 5:30 PM

Temple Beth Or

BEING JEWISH AFTER THE DESTRUCTION OF GAZA WEEKLY MEETINGS WILL BEGIN WEDNESDAY, APRIL 29 5:30 PM TEMPLE BETH OR LIBRARY

Stories have dominated communal Jewish life for centuries. There are stories of persecution and victim hood and, ultimately, of survival and even victory. We, Jews, know who we are by our stories, our religious beliefs and traditions, and Rabbinic teachings.

Today, we have 24-7 news reports, audio and video documentation of current events happening worldwide. The torture, kidnapping, and slaughter of innocent Jews by Hamas on October 7th will forever be in our memories and our stories. Governments and people still tell their stories, but what happens when the videos we see contradict the stories told? What do we tell ourselves today, after October 7th? Perhaps a more important question for Jews to address is what has occurred after October 7th.

For this class, we will initially read ["Being Jewish After the Destruction of Gaza: A Reckoning,"](#) by Peter Beinart (2025). The history of the Israeli-Palestinian conflict will be covered, in the context of the history of the Middle East, as well as current documented events. We encourage the active participation of all attending and look forward to lively discussion. Some of us will disagree; some will agree; some will not be sure of what to think. We feel that this is an important discussion to have because now, in light of the stories we hear and see about events in Gaza and the Middle East in general, we now ask and must answer: "What does it mean to be a Jew?"

The **Forgotten Books**

Scripture Between the Testaments



Every Thursday - 7 AM
Breakfast & Bible Study
Ascension Hall
Men's Prayer Breakfast

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

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 Worriow, 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.

[Visit Our Website](#)

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

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