



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



Ascension

Highlights What's Happening This Week

- Bach's Lunch Performance – Wednesday, July 22 @ 12:00 PM

- Men's Prayer Breakfast – Thursday, July 13 @ 7:00 AM

- Selma Field Trip – Thursday, July 23

- Food Box Distribution– Saturday, July 25 @ 8:30 AM

From the Rector...

Recently, during my morning swim, I pushed off the wall only to come face to face with an alligator. I mean mere inches away. I wasn't at the beach or a lake, but in a swimming pool in the middle of Montgomery. It definitely got my attention.

Granted, it wasn't a real alligator. It was a remarkably realistic fake alligator head that the pool owners had placed in the water to try and get rid of a pair of ducks who had taken up residence. Before I started swimming, I had noticed a couple of inflatable alligators floating in the deep end, but I hadn't seen the fake heads until I was halfway through my workout.



Even after that first surprise, I had to keep my imagination in check. Every time one of those fake alligator heads bobbed into view, my pulse quickened just a bit. Intellectually, I knew there was nothing to fear. The heads weren't alive, and they certainly didn't have bodies attached to them. Even so, they were unsettling.

Many of my fears are like those alligators. I see something, hear something, or imagine something, and my mind starts filling in the blanks. Usually, I can rein it back in fairly quickly. But sometimes those fears linger.

Our brains are designed with a fear response that helps us survive. When we perceive a threat, stress hormones are released, our breathing and heart rate increase, and our bodies prepare to fight, flee, or freeze. While most of us are no longer worried about predators lurking outside the cave, our brains still react to perceived danger much the same way they always have.

Sometimes that fear response is triggered by situations that aren't actually dangerous. Anxiety can take hold through uncertainty, loss, failure, rejection, or simply the unknown. Some of those fears are learned through experience; others seem almost instinctive. Whatever their source, fear often has a way of convincing us that the worst-case scenario is the most likely one.

The good news is that we don't have to be ruled by fear. Practices like prayer and meditation help cultivate a mind that is less reactive and more responsive. Instead of immediately assuming the worst, we learn to pause, breathe, and ask what is actually true. Naming our fears out loud and distinguishing between what we are perceiving and what is real can diminish their power. We can also become a non-anxious presence for others. Fear is contagious, but so is calm. When we respond with trust instead of panic, we often help those around us do the same.

Pastor Adam Hamilton offers a helpful acronym for **FEAR**:

- **Face** your fears.
- **Examine** your assumptions versus the facts.
- **Attack** your anxieties with action.
- **Release** your cares to God.

As Christians, learning to live with less fear is more than a strategy for better mental health; it is a spiritual discipline. Throughout Scripture, God's response to human fear is not, "Nothing bad will happen," but, "Do not be afraid, for I am with you." Our confidence rests not in our ability to control every circumstance, but in God's faithful presence.

Those alligator heads, like many of our fears, are not real—no matter how threatening they may look. And the ducks? They're still around—just a little more cautious about getting in the pool.

Light and Life,
Candice+

candice@coascension.org

CONNECT

**This Wednesday, Church of the Ascension
Jim Sadie, 12 Noon**



Bach's Lunch 2026

**July 22 – Jim Sadie - Church of the Ascension
July 29 – Becky Taylor - Church of the Ascension**

Ascension is hosting the final two Bach's Lunch concerts of the summer! The Montgomery Chapter of the American Guild of Organists has sponsored this highly successful concert series featuring local organists. The series has been sponsored by First United Methodist Church, Trinity Presbyterian Church, St. John's Episcopal Church and, finally, Church of the Ascension, so we hope to have our parishioners attend to support this collaborative series in our community. Becky Taylor will do the final concert of the series on July 29.

Following the 25-30 minute concert, lunch from Scott Street Deli will be available for \$12.



Ascensionnaires'
MMFA Tour
with Alice
Novak
August 5
10:00 a.m.

**Please RSVP to Fay by August 1st.
If you need a ride, please let Janan
know at 334 391-9108**

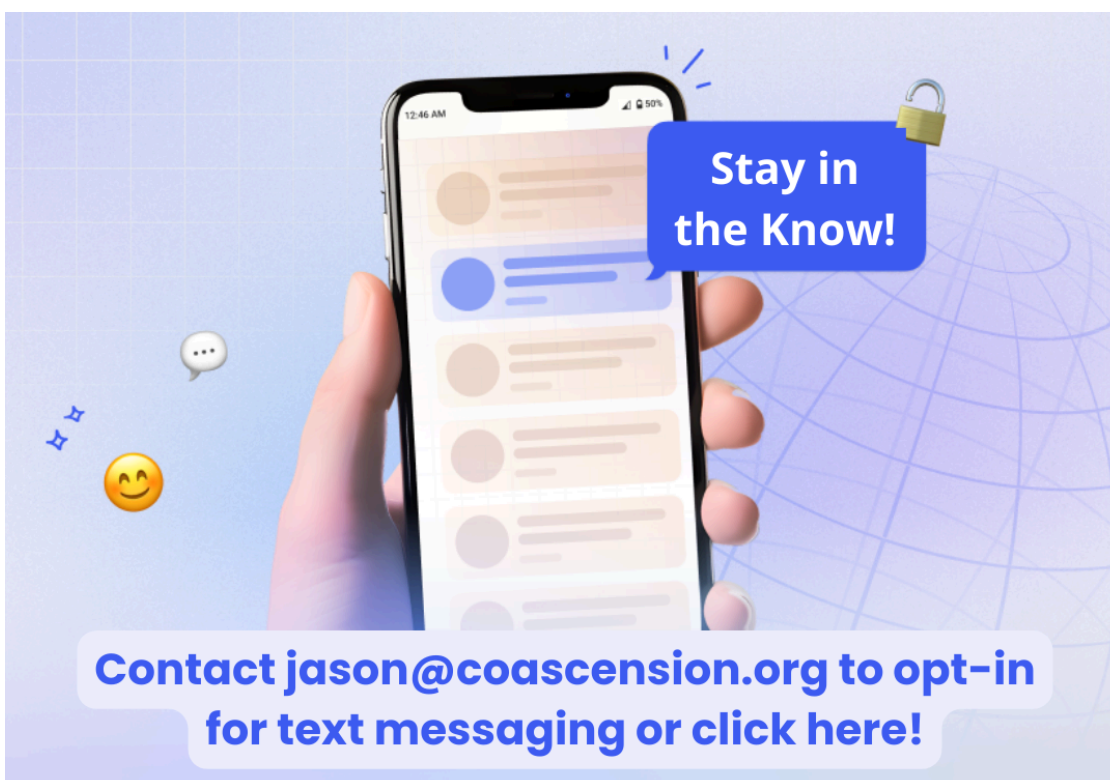
Jonathan Daniels Pilgrimage



2026 Pilgrimage Event Details

- Event Date: Saturday, August 15, 2026
- Guest Preacher: The 13th Bishop of the Episcopal Diocese of Alabama, Richard Lawson
- Location: Lowndes County Courthouse Square (1 South Washington Street, Hayneville, AL 36040)
- Time: 11:00 a.m.- 2:00 p.m

Get Signed Up Today!



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

GROW

Date Change! Now July 23rd!

Ascensionaire's Selma Field Trip!

RSVP by July 16th!

Included in your
Retreat is a
Delicious
Fresh Food Buffet
where each dish and
baked goods are
made in-house
using local
Ingredients

Food Restrictions
are honored
on the
5&Dime Spread

Gluten Free
Lactose Free
Nut Free
Vegetarian
& Vegan
Diners will
Also find many
options from
which to choose



201 Broad Street
Selma, Alabama 36701
334-375-3838

July 16 10am-2:30pm 201 Broad St

5&Dime
One Day
Creativity
Retreat

Come spend a Day
in Selma, Alabama

at the 5&Dime's
OneDay
Creativity Retreat

We invite
YOU
to Come Play
while slipping
into the
Right side of
Your Brain

You will be
PLAYING with
Cyanotype (sunprints)
and
Collage

It is Impossible
to Mess Up!!!

No Art Experience
Required
(Infact, being a beginner
may be a benefit)

During Lunch
YOU get to
Break Bread

&

Listen to
Two Selma
Special Guest
Stars:

Joyce O'Neal

&

Henry Hudson

Share their
unique
Selma Story

Thursday
July 16
10am-
2:30pm

Arrive
10:00

Playtime
10:00-
11:30

Lunch &
Talks
11:30-
1:30

Finish
Projects
1:30-
2:30

Depart
2:30

\$50 Per
Person
Contact
Fay
Worriolow
By July 9

The **Forgotten Books**

Scripture Between the Testaments



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

Register Now!

EfM

EDUCATION FOR MINISTRY

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.

No Women's Bible Study This Week!

In Trouble and In Wonder

The Gospel of St. Thomas

Thursdays - 12pm

Joshua Commons

Women's Bible Study

SERVE

CHANGE OF CLAWS!

OUR LOBSTER FEST IS
MOVING!



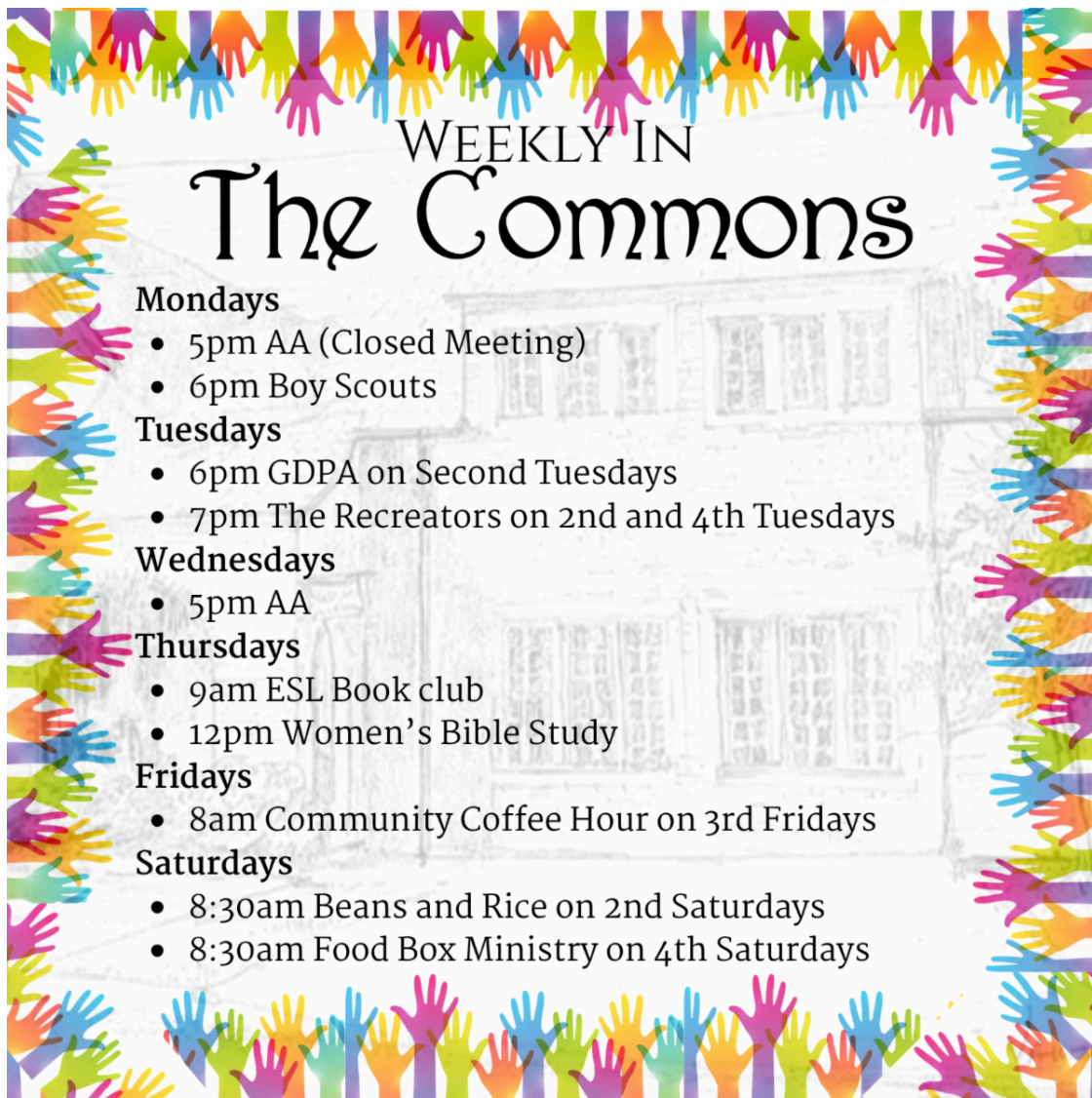
NEW DATE:
OCTOBER 8!

🍁 COOLER WEATHER.
😎 HAPPIER LOBSTERS.
❤️ SAME GREAT FEST!

RIVER REGION
LOBSTERFEST

GOOD FOOD. GOOD TIMES. GOOD COMPANY.

~ WE'LL SEA YOU THERE! ~

A decorative border of colorful hands in various colors (red, orange, yellow, green, blue, purple, pink) arranged in a circular pattern around the text.

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



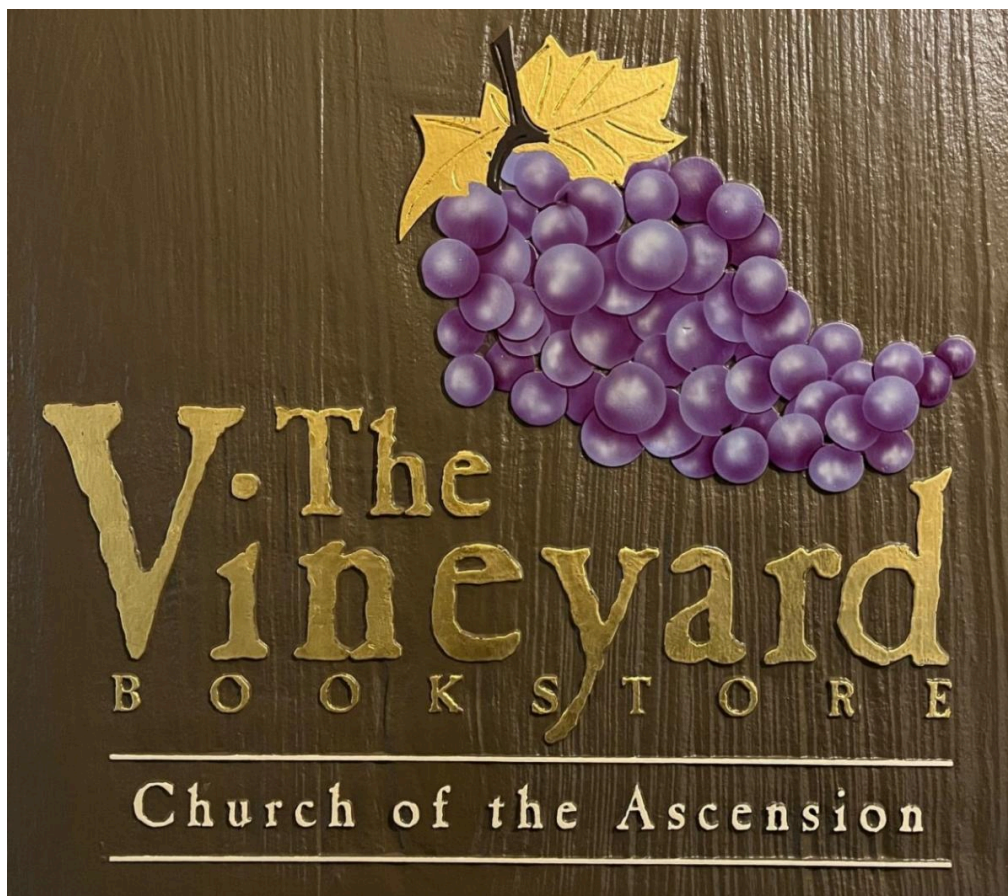
Financial Obligations Don't Take Vacations

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

The Vineyard will Reopen on September 13



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.

WORSHIP

Becky's Last Sunday

August 9th



Come and celebrate Becky Taylor's 40 years at Ascension for one last Sunday! A pre-worship concert will begin at 10:00 AM and we will have a reception following the 10:30 service!

Celebrating 46 Years of Faithful Music Ministry

After 46 years of faithful service to the Church of the Ascension, our beloved Becky Taylor is preparing for a well-earned retirement. For nearly half a century, she has led us in song, enriched our worship, and marked countless baptisms, weddings, funerals, feast days, and ordinary Sundays with beautiful music offered to the glory of God.

As a parish family, we have the opportunity to express our gratitude in a tangible way. We will be collecting contributions for a retirement purse that will be presented as a gift of thanksgiving in recognition of her extraordinary ministry at her reception on Sunday, August 9.

If you would like to contribute, please make your check payable to Church of the Ascension and write "Retirement Purse" in the memo line, or use Venmo and designate "Retirement Purse" from the fund options. Contributions may be made through **Thursday, August 6.**

Thank you for helping us honor a remarkable legacy of faithful service and for joining us in celebrating Becky.

Backpack BLESSING

Sunday, August 16th



Children and teachers are invited to bring their bags or backpacks to the service to be blessed for the upcoming school year!



O God, who has blessed and sustained us through the years; we ask that you continue to lead us, stretch us, and direct us in our search for a new director of music. Raise for us,

we pray, someone who will faithfully serve your people with love and compassion, leading us to be more deeply engaged in worship, that we may continue to grow in the likeness of Christ and be a beacon of love and hope to our community and the world. To the glory of your Holy Name.

Amen



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

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