



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



Ascension

Highlights What's Happening This Week

- Men's Prayer Breakfast - Thursday, Aug 20 @ 7:00 AM

- Women's Bible Study - Thursday, Aug 20 @ 12:00 PM

- Food Box Distribution - Saturday, Aug 22 @ 8:30 AM

- Morning Prayer - Daily M-F @ 8:00 AM on FaceBook

From the Rector...

The first thing I do when I get to the office is write down four things I want to accomplish that day. This practice helps me slow down, prioritize, and structure my day. No matter what else does or does not get accomplished, these four things get done before I leave in the afternoon.

I started this practice years ago, before I ever became a priest. I would walk into the office and immediately get pulled into a conversation or asked to take on another project and find myself distracted from my work. Or I would be in one of those moods where you really don't want to do anything, and every aspect of the job seems like sludging through mud, and I would sit at my desk avoiding my work. Whether it was avoidance, feeling overwhelmed, or distraction, I knew something needed to change.

I was paid to do a job, not ignore it or pout about it. So, I started writing down four things I could—and needed—to accomplish each day. And it worked. Just having a list seemed to get me more focused on the days I felt distracted and more motivated on the days I didn't really want to be there. Almost thirty years later, I continue the practice of writing down four things to accomplish; three seems too few and five is too many.



I wonder if God organized creation that way. There was obviously some structure—light and darkness, water and land, animals and humans—and it seems to have worked pretty well. God knew what needed to be done each day, and when the work was finished, God pronounced it good. And then God rested.

If my daily plan is missing anything, it would be that moment at the end of the day when I look back over what I have accomplished and pronounce it good. It seems like such a little thing, and yet, it is something I so often ignore. Taking a moment to remember what has been done in a day can buoy a sense of accomplishment, purpose, and satisfaction. Making this a daily practice leads to a greater sense of gratitude and joy. We begin to appreciate our efforts and see where we are contributing to something bigger than ourselves. When we don't take that moment to remember all that we have done and recognize it as good, we miss one of God's greatest gifts to us—the reminder that our lives and our work are interconnected.

The story of Creation reminds us that the world is good because God created it. When we are distracted, overwhelmed, and unappreciative, we don't feel good about life, whether at home, at work, or wherever we find ourselves. A little structure and order can go a long way in helping us feel more positively about life by developing the practices of discipleship. Reflecting on the work we do makes that discipleship meaningful and strengthens our partnership with God and one another in doing the work of building up God's kingdom.

We live in a world with too many choices, demands, and expectations placed upon us. Survival might mean simply making it to the next day, but to truly live, we must discover what is important to us and how we will accomplish it. Only then can we reflect upon it and know that it is good.

Light and Life,

Candice+

candice@coascension.org

SERVE

CHANGE OF CLAWS!

OUR LOBSTER FEST IS
MOVING!



NEW DATE:
OCTOBER 8!

COOLER WEATHER.
FRESH MAINE LOBSTER.
SAME **GREAT** TRADITION!

RIVER REGION LOBSTERFEST

GOOD FOOD. GOOD TIMES. GOOD COMPANY.

WE'LL SEA YOU THERE!



HOSTED BY
**CHURCH OF
THE ASCENSION**



BENEFITING
**ASCENSION
DAY SCHOOL**



THE
**RESPITE
MINISTRY**

ORDER TICKETS & LEARN MORE: RIVERREGIONLOBSTERFEST.ORG

Flower Vases Needed!



The Altar Guild is requesting medium and large flower vases! If you have vases you would like to donate please bring them and leave them in the Flower Room!

Able Bodies Needed!



Matt Bledsoe, our Clerk of the Vestry, is also a horticulturist. On Saturday, August 29, he will be doing much needed trimming of our Columbarium. I will help, but because I am old and feeble, I need 2-3 more able bodies to help drag limbs to the street. Work for us limb haulers will start at 7:00 am and end at 10 am +/-.

Please call/text me at 334-590-2865 if you can help.

Thank you,
Smitty
Jr. Warden

Food Box Saturday

SATURDAY, AUG 22ND
8:30 AM
HULL STREET PARKING LOT
VOLUNTEERS NEEDED!





WEEKLY IN

The Commons

Mondays

- 1:00 - 4:30pm - Mahjong 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

Saturdays

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

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Food Box Saturday

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8:30 AM

HULL STREET PARKING LOT

VOLUNTEERS NEEDED!

A decorative border consisting of a repeating pattern of colorful hands (in shades of blue, green, yellow, orange, and purple) holding each other, framing the central text and list. The background of the central area is a faint, light-colored illustration of a multi-story building with many windows.

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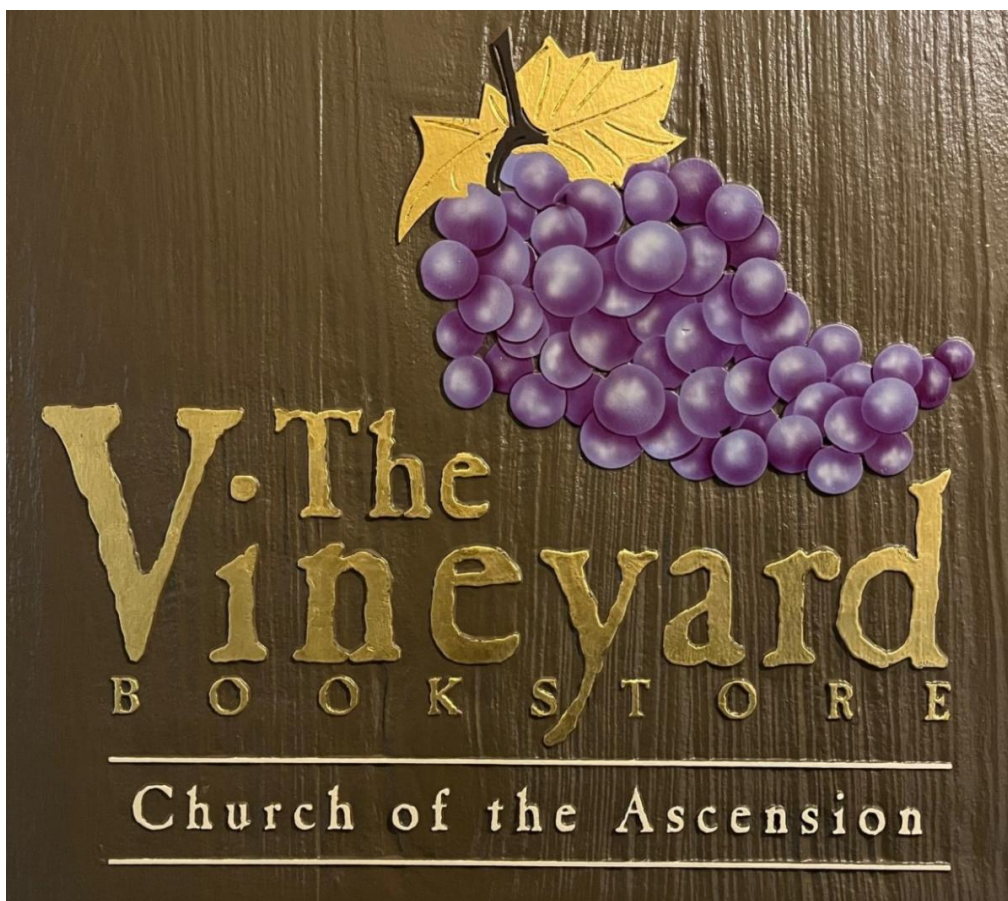
Financial Obligations Don't Take Vacations

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



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

JIM CONELY - GUEST ORGANIST

SUNDAYS, AUGUST 16 AND 23

James Conely (EdD) has served as church organist in Florida, New York City, San Antonio, and Montgomery, including 25 years for Montgomery's former Capitol Heights United Methodist Church. He has played organ recitals across the United States and is currently active as a guest organist for Alabama churches. His publishers include J. Fisher/Belwin Mills, Summy Birchard, Abingdon, and most recently three Lorenz collections and a forthcoming "Christ, the King" set. He is a Colleague Certificate member of the American Guild of Organists.



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

NEW!



CHURCH OF THE
ASCENSION

MONTGOMERY, ALABAMA

NEW MEMBER

Interest Event

— ✦ —

 **SUNDAY, AUGUST 30**
FOLLOWING THE 10:30 A.M. SERVICE
in the Small Dining Room

— ✦ —

 **LIGHT LUNCH PROVIDED**

 **CONTACT FAY TO SIGN UP:**
fay@coascension.org | 334-263-5529



For newcomers to Church of the Ascension and parishioners who are not formally members of our parish or who are not confirmed in the Episcopal Church, Reverend Candice invites you to a meeting on Sunday, August 30th following the 10:30 a.m. service in the Small Dining Room to learn about Confirmation and about becoming members of Ascension. A light lunch will be served. Please join us to learn more about our church and about becoming a full-fledged Episcopalian.



Ministry leaders reach out to [Fay](#) in order to reserve your table at the Ministry Fair by Thursday, September 10th!



ALL CHURCH WOMEN
ARE INVITED TO THE
ECW MONTGOMERY CONFERENCE

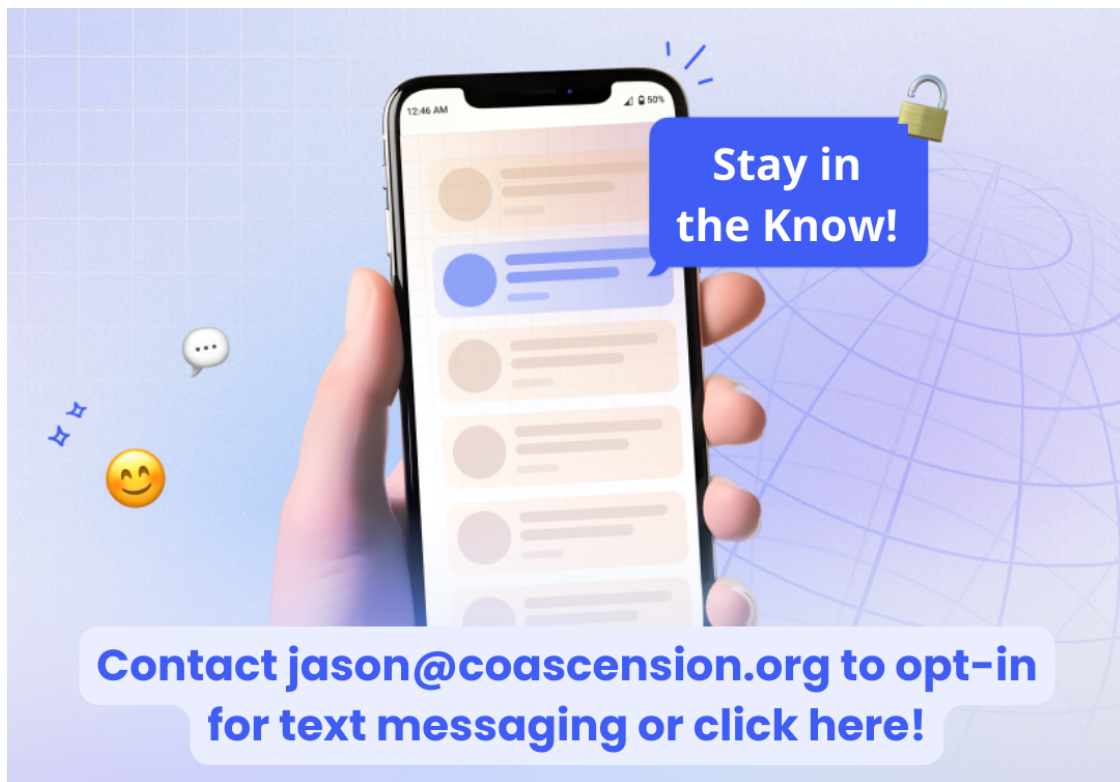
SUMMER FLING

WEDNESDAY, AUG. 19
10 AM
CAMDEN, AL

WE WILL TOUR A LOCAL
ANTEBELLUM HOME AND
HISTORIC ST. PAUL'S CHURCH
ENDING WITH LUNCH IN
DOWNTOWN CAMDEN

PLEASE CONTACT
KATHLEEN BRADFORD AT
334-201-2425 OR
KBRADBRAD@AOL.COM
TO RESPOND
AND FOR MORE INFO

Get Signed Up Today!



GROW

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.

In Trouble and In Wonder

The Gospel of St. Thomas

Thursdays - 12pm

Joshua Commons

Women's Bible Study



Our Fall Formations brochure is coming soon! Be on the lookout!

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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