



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 27 @ 7:00 AM
- Women's Bible Study - Thursday, Aug 27 @ 12:00 PM
- New Member Interest Event - Sunday, Aug 30 @ 12:00 PM
- Vestry Meeting - Sunday, Aug 30 @ 12:00 PM

From the Rector...

We've nicknamed Charlie, our Golden Retriever rescue, the Kraken. Don't get me wrong—he is doing beautifully and fitting in well, but at times he simply doesn't know how to regulate his energy. He is only one and a half years old, so this is not entirely unexpected. When Cutty, also a Golden Retriever, was a puppy, we called him the "Monster Book of Monsters" when he was little. So, we knew there might be some behavioral challenges when we got Charlie.

Charlie, the Kraken, erupts at unexpected times: when the alarm goes off at 5 a.m., whenever someone walks in front of the house (especially if they are walking a dog), when we are sitting on the couch or Steve is working at his computer, when Cutty gets home from church, and sometimes just randomly. The attacks typically involve the mauling of someone's hand or arm, lots of slobber on the other dogs' heads, ginormous paws in the face or on the chest, and crazy zoomies in the bed, around the house, or out in the yard. Anything can set the Kraken off—scratching his chest, stroking his fur, talking sweetly to him—but the number one reason for the appearance of the Kraken is Petunia.



Petunia is the littlest Basset Hound in our house. She is also the queen of the castle. Every morning, she comes and lies on top of me for snuggles and belly rubs. I used to talk sweetly to her and get her excited about going for a morning walk, but that would put Charlie into Kraken mode. He has watched Petunia do this every morning for so long that as soon as she gets off me, he jumps on me and starts knocking me around with his big, hairy paws.

Petunia thinks this is a great game. Instead of helping me escape or lessening the energy in the bed, she stirs the Kraken up. Charlie turns his attention to her, and they immediately begin to tussle—zooming around the bed like they are in the WWE and it is WrestleMania. Steve and I redirect them outside, which usually works—if only briefly. The walk helps calm things down, but even then, Charlie has had to walk separately from the other dogs because he just can't regulate his energy around them.

People act the same way. When chaos reigns and people are anxious or afraid, we can easily be drawn into their emotional state. We become reactive to the chaos around us instead of responding from a rational or reasonable mindset. We don't want to be that way, but managing our energy can be challenging when we are not mindful and intentional. When someone else's energy is bigger than ours, it is easy to get caught up in it. It takes practice to remain a calming, non-anxious presence.

Fortunately, Cutty is that presence in our home. As much as Petunia stirs the Kraken up, Cutty settles him down. Bit by bit, over time, Cutty has demonstrated to Charlie how to regulate some of his energy. When Charlie gets chaotic, Cutty simply lies down and refuses to feed his energy. Whereas early on Charlie would jump all over Cutty and bite his paws, now he often settles down and lies next to him—mimicking Cutty's energy by lessening his own.

Cutty knows when to amp up the energy in the room and when to slow it down. He is a good teacher to Charlie simply through his example. He is a non-anxious presence, even when Petunia is trying to stir things up, and he has helped Charlie begin to mature into the good dog he truly is.

I wonder what might happen if more of us could be that kind of presence for one another and for the world around us. Perhaps what the world needs is more Cuttys and fewer Petunias—not people who stir up the Kraken with anxiety and chaos, but those who can act as a non-anxious presence, remind us of our belovedness, and help us recognize our goodness, and become more fully the children of God we are all created to be. For as much as we love Petunia, it is Cutty who brings peace and helps Charlie to become the best Golden Retriever he can be.

Light and Life,

Candice+

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

# WORSHIP



There will be a covered dish lunch immediately following 10:30 service. Please see below for details on what to bring:

Last Name A-M: Side Dish

Last Name N-Z: Dessert

You can drop your dish off in the kitchen prior to service. The church will provide fried chicken and beverages!

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# *We pray for our next Director of Music Ministry*

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

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# 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



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](mailto: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.

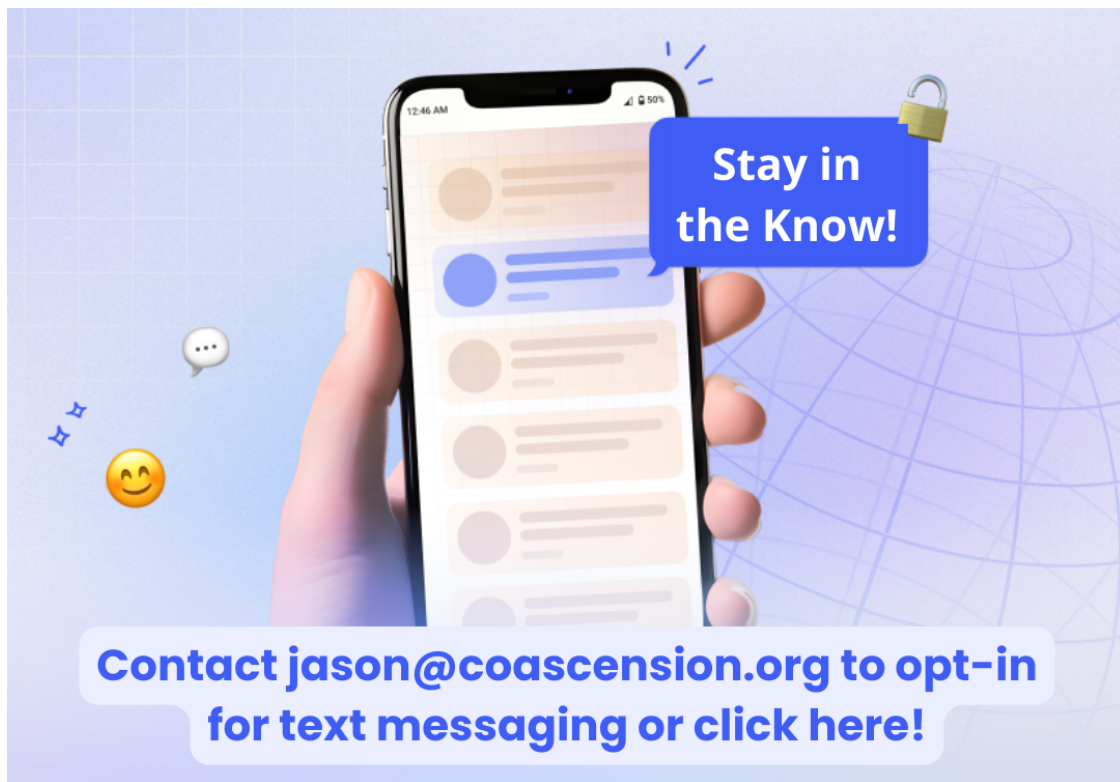
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Ministry leaders reach out to [Laura](#) in order to reserve your table at the Ministry Fair by Thursday, September 10th!

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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* **Forgotten Books**

Scripture Between the Testaments



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

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**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](mailto:ericakidwell31@gmail.com)) or Russ Wishum ([russ.wishum@gmail.com](mailto:russ.wishum@gmail.com)), who will be happy to answer your questions.

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### In Trouble and In Wonder

#### The Gospel of St. Thomas

Thursdays - 12pm

Joshua Commons

Women's Bible Study

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

**SERVE**

# CHANGE OF CLAWS!

OUR LOBSTER FEST IS  
**MOVING!**

**AUGUST**

**OCTOBER 8**

**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](http://RIVERREGIONLOBSTERFEST.ORG)

Contact Monique Walker if you would like to volunteer!

**Bring Youth a Meal!**



EYC season is almost upon us and one of the great services of the church is feeding our youth on Sunday evenings when we get together. Youth parents help provide meals but we also would love help from members of the parish who may not have a teenager at home anymore but can still sympathize with the plight of a hungry group of young people. If you would be willing to provide supper on a Sunday night please click the link [HERE](#) and go to our sign-up page to select your Sunday.

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## **New Beginnings!**



Ascension-New Beginnings is looking for tutor-mentors for the upcoming school year. Ascension volunteers meet with students at the church on Wednesdays for a group meal, conversation/play, and about an hour of one-on-one school-related work, which can be provided by the program. We ask that each mentor commit to being present for most Wednesday evenings during the school year, except for holidays; some serve one year and others develop longer relationships. If you are interested in having a meaningful impact in this way on the life of a child, please call or text Mildred Wakefield ([334-201-4854](tel:334-201-4854)) or send an [EMAIL](#). We will start the 2026-2027 school year with an orientation meeting for volunteers—tentatively scheduled for Wednesday September 2— before we begin meeting with the children, probably beginning September 9.

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## **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!**

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## **Able Bodies Needed!**

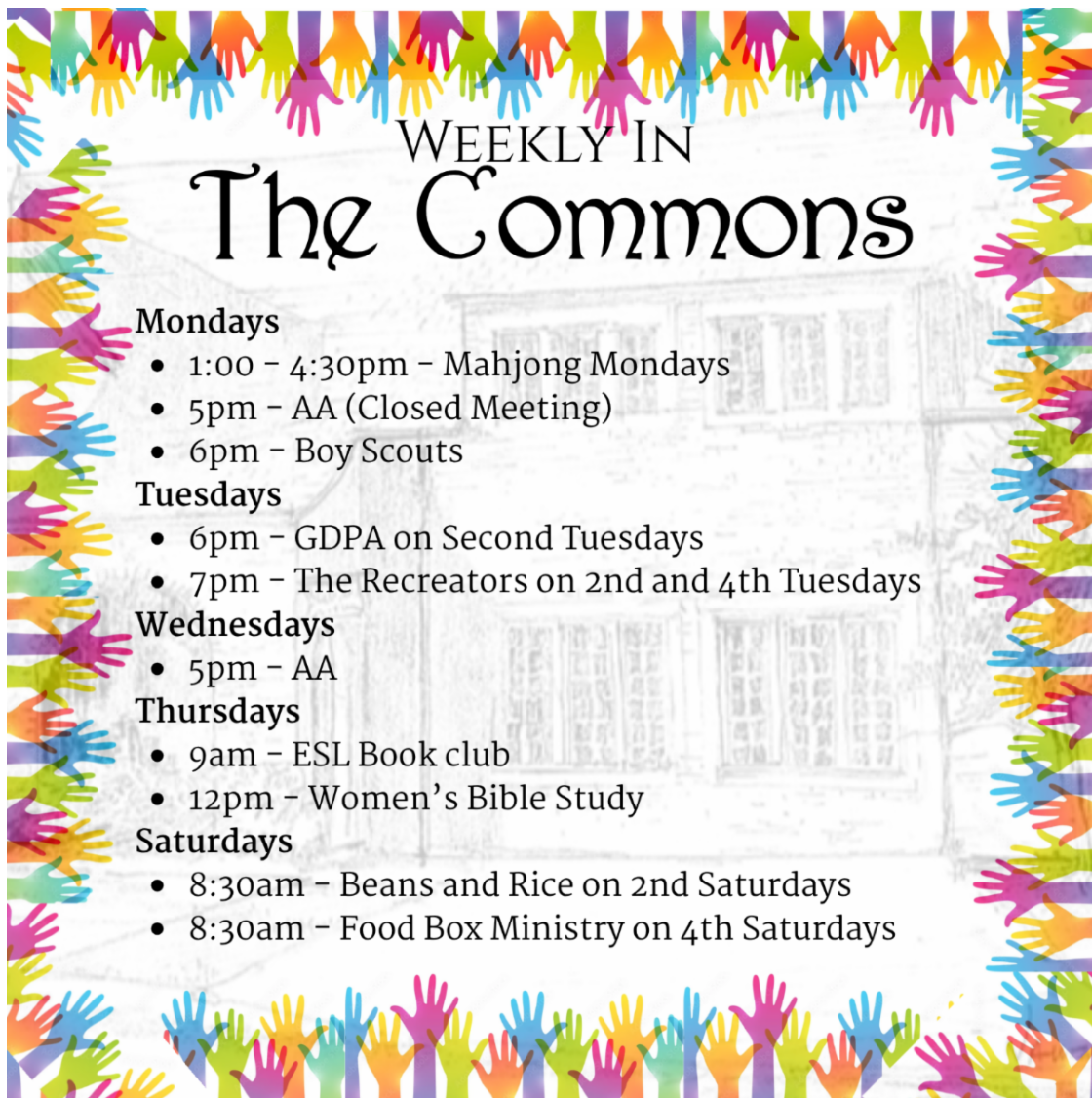


Matt Bledsoe, our Clerk of the Vestry, is also a horticulturist. On Saturday, August 29, he will be doing much needed trimming of our Columbarium. I will help, but because I am old and feeble, I need 2-3 more able bodies to help drag limbs to the street. Work for us limb haulers will start at 7:00 am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

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

Thank you,  
Smitty  
Jr. Warden

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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



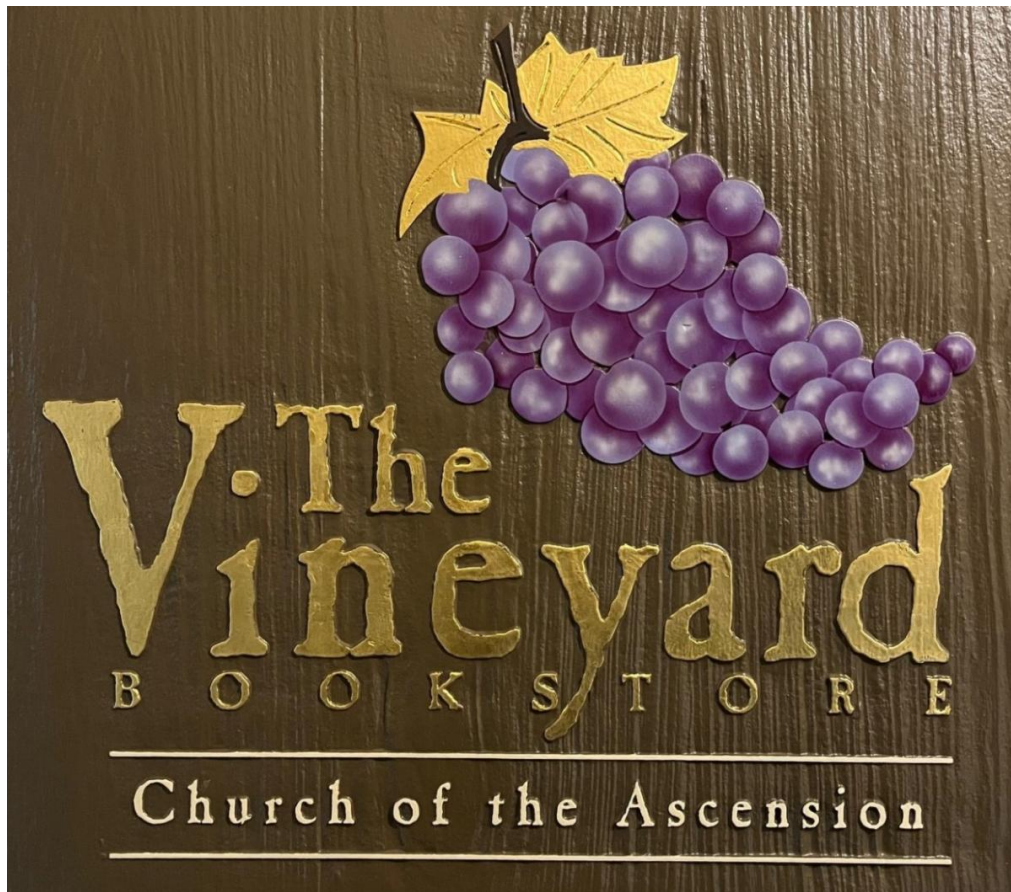
Financial Obligations Don't Take Vacations

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.

### **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 WorriLOW, 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.

Church of the Ascension | 334-263-5529 | [staff@coascension.org](mailto:staff@coascension.org) | [www.coascension.org](http://www.coascension.org)

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