



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



Ascension

Highlights What's Happening This Week

- Wednesday Night Live – Wednesday, Sep 16 @ 5:15 PM
- The Word – Wednesday, Sep 16 @ 6:00 PM
- Men's Prayer Breakfast – Thursday, Sep 17 @ 7:00 AM
- Women's Bible Study – Thursday, Sep 17 @ 12:00 PM

From the Rector...

One of the fascinating things about having a dog pack is watching how they engage with one another. Since Charlie joined the pack, there have certainly been some adjustments in behavior. But what is striking is that I don't think the behavior is necessarily different. Rather, Charlie seems to highlight patterns of behavior I had not noticed before.

Charlie brings his own version of chaos into the house. You might remember that his nickname is "the Kraken." It isn't that he is intentionally trying to be a troublemaker; he is simply learning what life is like in the Frazer household. He has more freedom than he has ever had before, and that gets him into a little trouble every now and then—not to mention that Petunia the Instigator can stir him up quicker than anything.

When Charlie gets a little too wild—either because he is stir-crazy or Petunia has triggered him—Steve and I begin to get a little more anxious. We are part of the pack, even if we aren't covered in fur and don't slobber quite as much. We usually try to calm him down, which often results in him getting even crazier, or we run him to the back door and let him burn it off outside.



Cutty is the sweetest to Charlie when he is in wild mode. He simply lies down and rolls over, submitting to Charlie. The other day, Charlie still wasn't calming down even after Cutty submitted to him. Cutty looked over at us, and we nodded, giving him permission to settle Charlie down by standing up for himself. Cutty understood the assignment. He immediately barked at Charlie and snipped at him. Whether it was shock or a sudden respect for Cutty, Charlie immediately calmed down—and has been more respectful of him ever since.

Archie simply disengages whenever Charlie gets too wild. He jumps out of bed in the morning and finds refuge on the couch. If we are outside, he hides in the bushes. Archie's pattern when it comes to conflict or anxiety is to distance himself. But disconnecting doesn't stop the Kracken; it just lets Archie off the hook.

Petunia, on the other hand, is the one who best calms the beast. Though she will often ignite him, she does so only when it pleases her. If Charlie is going wild at an inappropriate time, she will growl and snap at him, sometimes even taking his muzzle in her mouth and lowering him to the floor. She doesn't hurt him. She simply knows how to handle him, even though he is more than twice her size.

Each of us absorbs and responds to the anxiety of Charlie in different ways. Cutty moves toward conflict. Archie distances himself. Steve and I tend to overfunction or underfunction. Petunia, however, seems to remain grounded enough to respond rather than simply react.

Charlie is part of our pack, just like each of the rest of us. He responds to the pack, and we respond to him. Some of our responses are healthier than others, but all of them reveal patterns in the way we experience anxiety. Our anxiety is not caused by Charlie; it is our response to our perception of what is happening. In other words, it isn't simply the thing itself that makes us anxious, but how we experience and respond to it.

Charlie is not a problem, but sometimes his wildness causes anxiety. Knowing that—and recognizing our own patterns of response—can go a long way toward helping us manage our own anxiety or, at the very least, contribute a little less anxiety to the pack.

Jesus was a non-anxious presence. He responded to his disciples in different ways, helping them understand who they were and how they were responding to the world around them. At its most basic level, the Gospel story is a story of relationships. We believe in a God of relationship, and the way we respond to anxiety in the world can tell us a great deal about how we are experiencing one another and, ultimately, God. I wonder if, by noticing the patterns of behavior in our own packs—especially when we contribute to anxiety and when we offer a calming presence—we might begin to discover a little more of the kingdom life Jesus invites us to share.

Light and Life,

GROW



Men's Prayer Breakfast

Witness to Belief



September 17 - December 17



Thursday mornings, 7:00 - 8:00 a.m.



Ascension Hall

Join us for prayer, breakfast, and study

The **Forgotten Books**

Scripture Between the Testaments



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

Women's Bible Study

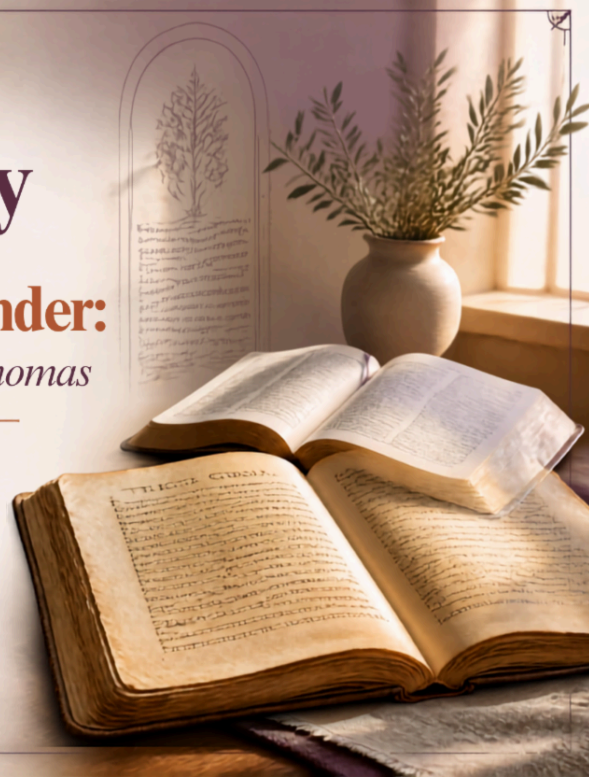
Trouble and Wonder: *Exploring the Gospel of Thomas*

🕒 Thursdays at Noon

📍 The Commons

🍴 Lunch Bunch at 11:30 a.m.

Come learn and wonder with us



Register Now!

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.

SERVE



THURSDAY, OCTOBER 8, 2026

Benefiting Ascension Day School
and Respite Ministries

coascension.org/lobster-fest/



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.

New Beginnings! Volunteers Needed!



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.

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!



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

- 12pm - Women's Bible Study

Saturdays

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

Stewardship 2027



Plenty Good Room

STEWARDSHIP KICK-OFF DINNER



*Please join us for an evening of fellowship
as we begin our stewardship campaign together.*

SUNDAY, SEPTEMBER 27

DINNER AND SPEAKER | 5:30 - 7:00 PM

Joshua Commons

DINNER AND CHILDCARE ARE PROVIDED.

Catered by Moe's, with wine and beer served.



*The evening will be accompanied
by music to lift our hearts in gratitude.*

PLEASE RSVP BY SEPTEMBER 18

TO jmcnair824@gmail.com

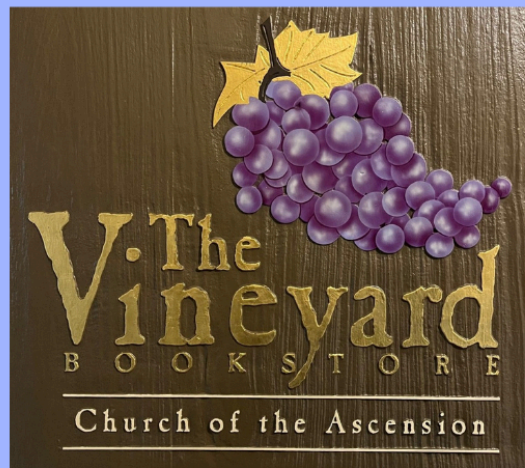
We look forward to gathering with you.



This Sunday!

Join us at The Vineyard!
Sunday, September 20th
as we reopen after summer break
8:30 AM - 12:30 PM

**We have lots of new gifts and
great items in our Treasure Shop!**



WORSHIP







New Director of Music Ministries!



We are delighted to announce Joel Gregory as our new Director of Music Ministries. Joel's first Sunday will be October 18. Sing a song of gladness!

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



Can you believe the amount of talent in our parish? Look at all these amazing coconuts from the Ministry Fair!







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:

Spaghetti

Garlic Bread Salad

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



Being With

Wednesday nights at 6:00 p.m.
Small Dining Room

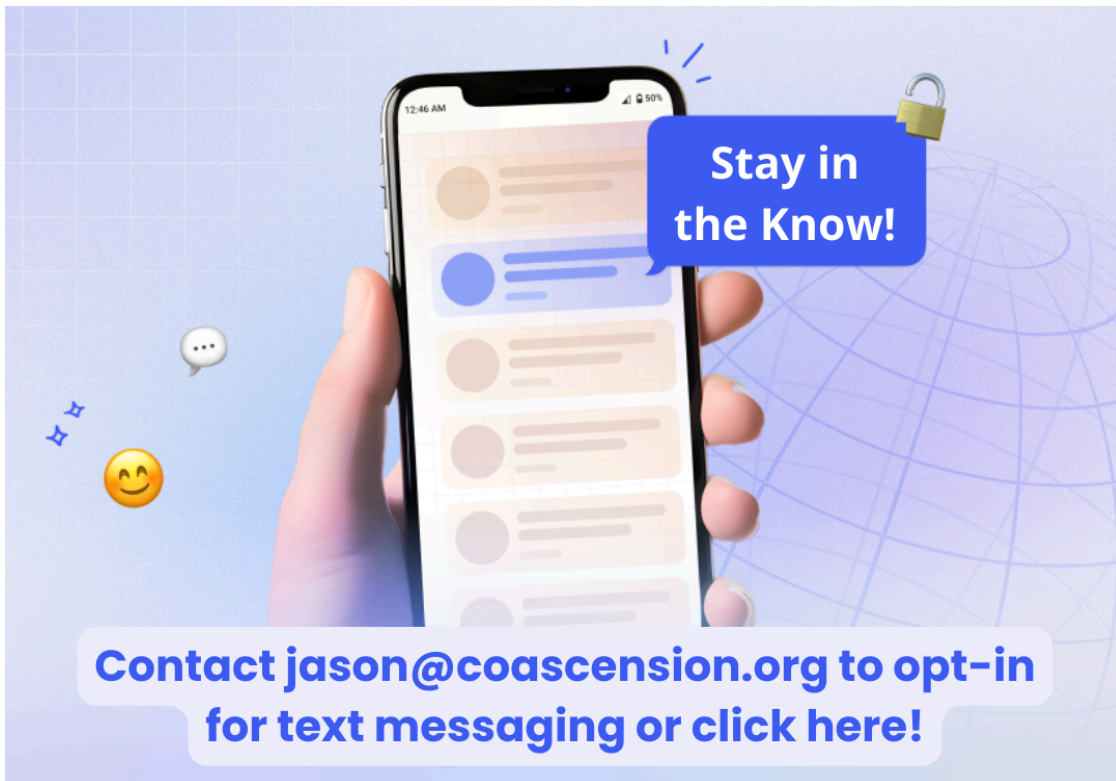
September 9 - October 21

A class exploring what it
means to be Episcopal.



**Please join us for Mahjong Mondays from 1:00 pm until 4:00 pm.
No experience needed! We are all beginners and play for fun.**

Get Signed Up Today!



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.

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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