

# *The Episcopal Church of the Ascension*



## THE THIRD SUNDAY IN LENT MARCH 3, 2024

The Rt. Rev. Dr. Glenda Curry, Bishop of Alabama  
The Rt. Rev. Brian Prior, Assisting Bishop  
The Rev. Candice B. Frazer, Rector  
The Rev. Andrew S. Brislin, Associate Rector

### **MINISTERS SERVING THIS SUNDAY**

**ORGANIST/CHOIRMASTER:**

Rebecca Taylor

**LECTOR:** Mark Bullock

**LEMS:** Robert Prescott,  
Brittany Wade, Anne Kimzey

**VERGER:** Tim Lewis

**ACOLYTES:** TEAM LUKE:  
Collins Liveoak, Addie Liveoak,  
Grayson Dickert, Will McKay

**CHILDREN'S CHURCH:**

Liza & Milland Simpler

**AV CREW:** Jason Pate

Will McQueen, Sound

Jason Pate, Camera

**ALTAR GUILD:**

Anne Kimzey,

Lisa Franklin

**FLOWER GUILD:**

Libby Weatherly

# HOLY EUCHARIST RITE ONE, 10:30 AM LIVESTREAM

Voluntary      *Spirituals* (RBT)  
Introit          *Just as I am without one plea* (D. Gustafson)  
Hymn 372      *Praise to the living God!* (Leoni)

1 Praise to the liv - ing God! All prais - ed be his Name  
2 Form - less, all love - ly forms de - clare his love - li - ness;  
3 His Spi - rit flow - eth free, high surg - ing where it will:  
4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.  
ho - ly, no ho - li - ness of earth can his ex - press.  
in pro - phet's word he spoke of old; he speak - eth still.  
his love shall be our strength and stay while a - ges roll.

The one e - ter - nal God ere aught that now ap - pears:  
Lo, he is Lord of all. Cre - a - tion speaks his praise,  
Es - tab - lished is his law, and change - less it shall stand,  
Praise to the liv - ing God! All prais - ed be his Name

the first, the last, be - yond all thought his time - less years!  
and ev - ery - where a - bove, be - low, his will o - beys.  
deep writ up - on the hu - man heart, on sea, on land.  
who was, and is, and is to be, for ay the same.

Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926). Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1985, alt.

## THE WORD OF GOD

*Officiant* Blessed be God: Father, Son, and Holy Spirit.  
*People* And blessed be his kingdom, now and for ever. Amen.

BCP 323

*The Celebrant says,*

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. *Amen*

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Kyrie eleison **S91** (H. Willan)

Lord, have mer - cy up - on us. Lord, have mer - cy up -  
on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -  
on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -  
on us. Lord, have mer - cy up - on us.  
Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

### The Collect of the Day

*Celebrant* The Lord be with you.  
*People* And also with you.  
*Celebrant* Let us pray.

BCP 325

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen*.

## THE FIRST READING: EXODUS 20:1-17

*A reading from the book of Exodus.*

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third

and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

*Reader*        The Word of the Lord.

*People*        Thanks be to God.

## PSALM 19 *Caeli enarrant*

Thomas Dupuis  
(1733–1796)



- 1 The heavens declare the / glory • of / God, \*  
and the / firma- • ment / shows his / handi-  
work.
- 2 One day tells its / tale to • an- / other, \*  
and one night imparts / know - ledge / to an  
- / other.
- 3 Although they have no / words or / language, \*  
and their / voi - ces / are not / heard,
- 4 Their sound has gone / out into • all / lands, \*  
and their / message to • the / ends of • the /  
world.
- 5 In the deep has he set a pa- / vilion for • the /  
sun; \*  
it comes forth like a bridegroom out of his  
chamber;  
it rejoices like a / champion • to / run its /  
course.
- 6 It goes forth from the uttermost edge of the  
heavens  
and runs about to the / end of it • a- / gain; \*  
nothing is / hidden from • its / burn - ing /  
heat.
- 7 The law of the LORD is perfect  
and re- / vives the / soul; \*  
the testimony of the LORD is sure  
and gives / wisdom to • the / in - no - / cent.
- 8 The statutes of the LORD are just

- and re- / joice the / heart; \*  
the commandment of the LORD is clear  
and gives / **light** / to the / eyes.
- 9 The fear of the LORD is clean  
and en- / dures for / ever; \*  
the judgments of the LORD are true  
and / right - eous / al - to / gether.
- 10 More to be desired are they than gold,  
more than / much fine / gold, \*  
sweeter far than honey,  
than / hon - ey / in the / comb.
- 11 By them also is your / servant • en- / light-  
ened, \*  
and in keeping them / there is / great re - /  
ward.
- 12 Who can tell how often / he of - / fends? \*  
cleanse me / from my / se - cret / faults.
- 13 Above all, keep your servant from presumptu-  
ous sins;  
let them not get do- / minion o- • ver / me; \*  
then shall I be whole and sound,  
and / innocent of • a / great of- / fense.
- 14 Let the words of my mouth and the meditation  
of my heart be ac- / ceptable in • your /  
sight, \*  
O LORD, my / strength and / my re- / deem-  
er.

## ROMANS 1 CORINTHIANS 1:18-25

*A reading from Paul's first letter to the Corinthians.*

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

The Word of the Lord.

*People: Thanks be to God.*

1 Rock of a - ges, cleft for me, let me hide my - self in thee;  
2 Should my tears for ev - er flow, should my zeal no lan - guor know,  
3 While I draw this fleet-ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound - ed side that flowed,  
all for sin could not a - tone: thou must save, and thou a - lone;  
when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou - ble cure, cleanse me from its guilt and power.  
in my hand no price I bring, sim - ply to thy cross I cling.  
Rock of a - ges, cleft for me, let me hide my - self in thee.

Words: Augustus Montague Toplady (1740-1778), alt. Music: *Toplady*, Thomas Hastings (1784-1872).

## **HOLY GOSPEL JOHN 2:13-22**

*Celebrant*     The Holy Gospel of our Lord Jesus Christ according to John  
*People*        *Glory be to thee, O Lord.*

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

*Celebrant*     The Gospel of the Lord.  
*People*        *Praise be to thee, O Christ.*

### **Sermon**

*The Rev. Candice B. Frazer*

### **Nicene Creed**

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.



## The Prayers of the People

Let us pray for the whole state of Christ's Church and the world, kneeling as you are able.

*[Pause for a slow count of three to allow people to kneel.]*

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Give grace, O heavenly Father, to all bishops and other ministers especially Justin, the Archbishop of Canterbury; Michael, our Presiding Bishop; Glenda and Brian our bishops; Candice and Drew our clergy that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land especially Joe, our President; Kay, our Governor; and Steven, our Mayor, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor Lila, Rex, Ann, Ryan, Andi, Babette, Bob, Charles, Tad, Brittney, Debbie, Bill, Violet, Jean, Ann, Martha Jane, Sue & Bill, Jane, Betty, Sophie, Edith, Hugh, Marion, Ginny, Phil, Dan, and all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

We pray for the safety of our armed forces both here and abroad, especially Will McQueen, nephew of Will McQueen. We give thanks for Ascension Day School.

We beseech thee almighty God, maker of heaven and earth, inspire your people by your creative vision in the growing of your church, that we may partner with you and one another to share in The Way, The Truth, and The Life.

-

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear and those in whose memory the altar flowers are given, Judge John C. Godbold, Elsie & Edwin Godbold, Pat & B.D. Godbold, Condie Godbold, Florence & Benjamin Showalter, Jean Showalter & Gilbert Milligan, Sally Milligan Hubbard beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. *Amen.*

## CONFESSION AND ABSOLUTION

**Let us humbly confess our sins unto Almighty God.**

Almighty God,  
Father of our Lord Jesus Christ,  
maker of all things, judge of all men:  
We acknowledge and bewail our manifold sins  
and wickedness,  
which we from time to time most grievously have committed,  
by thought, word, and deed, against thy divine Majesty,  
provoking most justly thy wrath and indignation against us.  
We do earnestly repent,  
and are heartily sorry for these our misdoings;  
the remembrance of them is grievous unto us,  
the burden of them is intolerable.  
Have mercy upon us,  
have mercy upon us, most merciful Father;  
for thy Son our Lord Jesus Christ's sake,  
forgive us all that is past;  
and grant that we may ever hereafter  
serve and please thee in newness of life,  
to the honor and glory of thy Name;  
through Jesus Christ our Lord. Amen.

*The Priest, stands and says*

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. *Amen.*

Hear the Word of God to all who truly turn to him.

Come unto me, all ye that travail and are heavy laden, and  
I will refresh you. *Matthew 11:28*

God so loved the world, that he gave his only-begotten Son,  
to the end that all that believe in him should not perish, but  
have everlasting life. *John 3:16*

This is a true saying, and worthy of all men to be received,  
that Christ Jesus came into the world to save sinners.  
*1 Timothy 1:15*

If any man sin, we have an Advocate with the Father, Jesus  
Christ the righteous; and he is the perfect offering for our  
sins, and not for ours only, but for the sins of the whole  
world. *1 John 2:1-2*

## THE PEACE

                    The peace of the Lord be always with you.  
*People*           *And with thy spirit.*

*Then the Ministers and People may greet one another in the name of the Lord.*

## Announcements

*Giving is available on-line by going to [www.coascension.org](http://www.coascension.org) and click on the "Give" link  
Or, text the word "GIVE" to (833)901-2138 and follow as prompted.  
Or, VENMO @churchoftheascension Montgomery, Alabama (look for our logo)*



## OFFERTORY ANTHEM: *Give me Jesus* (L. Fleming)

*The text for the Anthem is found at Hymn 653.*

### **Presentation** *The Doxology Old 100th*

**Celebrant:** *All things come of thee, O Lord,*

**People:** *And of thine own have we given thee. Amen.*

## **The Great Thanksgiving**

*Eucharistic Prayer I*

*The people remain standing. The Celebrant, whether bishop or priest, faces them and sings or says*

	The Lord be with you.
<i>People</i>	And with thy spirit.
<i>Celebrant</i>	Lift up your hearts.
<i>People</i>	We lift them up unto the Lord.
<i>Celebrant</i>	Let us give thanks unto our Lord God.
<i>People</i>	It is meet and right so to do.

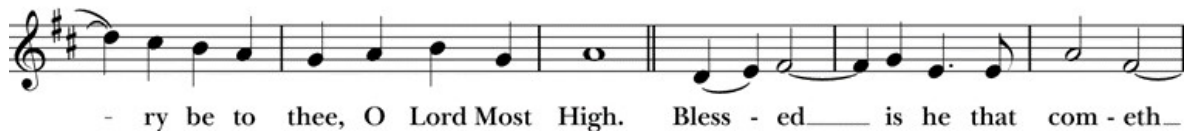
*Then, facing the Holy Table, the Celebrant proceeds*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Because thou didst send your beloved Son to redeem us from sin and death, to make us heirs in him of everlasting life; that when he shall come again in power and great triumph to judge the world, we may without shame or fear rejoice to behold his appearing.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Sanctus **S114** (H. Willan)



Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

*The people kneel or stand.  
Then the Celebrant continues*

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

*At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated*

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood. And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. *AMEN.*

And now, as our Savior Christ hath taught us, we are bold to say,

*People and Celebrant*

Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,

as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom, and the power, and the glory,  
for ever and ever. Amen.

## The Breaking of the Bread

*The Celebrant breaks the consecrated Bread.*

*A period of silence is kept.*

*Then may be sung or said*  
Christ our Passover is sacrificed for us;  
*Therefore let us keep the feast.*

*The following prayer may be said. The People may join in saying this prayer*

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. *Amen.*

O Lamb of God, that ta - kest a -  
way the sins of the world, have mer - cy up -  
on us. O Lamb of God, that  
ta - kest a - way the sins of the world, have  
mer - cy up - on us. O Lamb of  
God, that ta - kest a - way the sins of the  
world, grant us thy peace.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

*Facing the people, the Celebrant may say the following invitation*

The Gifts of God for the People of God, take them in remembrance that Christ died for you, and feed on him in your hearts by faith with thanksgiving.

Communion Anthem: *Weary of all trumpeting, weary of all killing* (H. Distler)

*The text for the Communion Anthem is found at Hymn 572.*

## THE POST COMMUNION PRAYER

*After Communion, the Celebrant says*

Let us pray.

### *Celebrant and People*

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. *Amen.*

### The Blessing

*The priest blesses the people, saying*

*Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost be upon you and remain with you always. Amen.*

Hymn in Procession 409 *The spacious firmament on high* (Creation)

*Unison or harmony*

1 The spa - cious fir - ma - ment on high,  
2 Soon as the eve - ning shades pre - vail,  
3 What though in sol - emn si - lence all

with all the blue e - ther - eal sky,  
the moon takes up the won - drous tale,  
move round the dark ter - res - trial ball?

and span - gled heavens, a shin - ing frame,  
and night - ly to the lis - tening earth  
What though no re - al voice nor sound

their great O - rig i - nal pro - claim.  
re - peats the sto - ry of her birth:  
a - mid their ra - diant orbs be found?

The un - wea - ried sun from day to day  
whilst all the stars that round her burn,  
In rea - son's ear they all re - joice,

does his Cre - a - tor's power dis - play;  
and all the plan - ets in their turn,  
and ut - ter forth a glo - rious voice;

and pub - lish - es to ev - ery land  
con - firm the ti - dings, as they roll  
for ev - er sing - ing as they shine,

the work of an al - might - y hand.  
and spread the truth from pole to pole.  
"The hand that made us is di - vine."

Words: Joseph Addison (1672-1719); para. of Psalm 19:1-6. Music: *Creation*, Franz Joseph Haydn (1732-1809); adapt. *Dulcimer*, or *New York Collection of Sacred Music*, 1950, alt.

### Dismissal

*Celebrant*  
*People*

Go in peace to love and serve the Lord.  
Thanks be to God.

Voluntary *Every time I feel the Spirit* (A. Hailstork)

**MARCH 3, 2024**

---

**All Our Understandings: Loving God With All Our Mind**

**Week Three: We invite you to contemplate why you choose your information outlets.**

- What do I want to make myself aware of this week?
  - Am I looking for news or entertainment?
  - Whether I am looking for news or entertainment, which methods of information delivery do I prefer and why?
  - Am I looking for opportunities to be involved?
- 

**Preaching Series**

**All Our Understandings: A Series on the Collects**

**Sundays February 18—March 24**

Praying shapes believing. When we pray, we shape not only our hearts, but our minds as well. We build up and nurture our relationship with God. Our prayers are less about telling God what we want God to do and more about forming our hearts into God's will. In this series, we will dive into the prayers that shape the season of Lent and guide us into greater spiritual health, examining Lent through our own practices that shape who we are while identifying the things of the world that draw us away from God.

---

**Clergy Forum: The Information Diet**

**Sundays at 9:15am**

**Upper Room**

Americans consume information almost ceaselessly. We are gluttons for texts, emails, videos, status updates, tweets, doom scrolling, IMing and all the other ways we use our screens. We might have a content filter but rarely do we closely examine how the information age has shaped the ways we think and act in the world. In the six weeks of Lent, we will look at how "Big Info" gives us what we want and learn to find a healthy, balanced diet when it comes to our choice of media.

---

**A Lenten Reflection**

**In your In-Box**

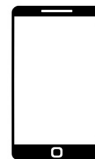
Daily in Lent you will receive an emailed quote for your reflection and encouragement. The quotes are relevant to the *All Our Understandings* practice each week though they are also inspiring in other contexts as well. Meditate, pray, and journal with the quotes as a way of enhancing your Lenten journey. The bottom of the quote has a link to the *All Our Understandings* practice for the week.

---

**WAYS TO GIVE AT ASCENSION**



@ChurchoftheAscension-  
Montgomery, AL



Text to Give  
833-901-2138



Giving envelopes available upon  
request—contact Tracy Hinton

## THIS WEEK AT ASCENSION

### SUNDAY, MARCH 3 THE THIRD SUNDAY IN LENT

8:00 AM HOLY EUCHARIST RITE I  
8:30 AM BREAKFAST (ASCENSION HALL)  
9:15 AM CHRISTIAN FORMATION FOR ALL AGES  
10:30 AM HOLY EUCHARIST RITE I (LIVESTREAM)  
4:00 PM MISSION TRIP MEETING (YOUTH ROOM)  
5:00 PM EYC (YOUTH ROOM)

### MONDAY, MARCH 4

8:00 PM MORNING PRAYER (FACEBOOK LIVE)  
5:00 PM WOMEN'S BIBLE STUDY (LIBRARY)  
6:00 PM CULTIVATING COMPASSION

### TUESDAY, MARCH 5

8:00 AM MORNING PRAYER (FACEBOOK LIVE)  
12 NOON FINANCE COMMITTEE MEETING (SMALL DINING ROOM)  
5:30 PM VESTRY MEETING (UPPER ROOM)

### WEDNESDAY, MARCH 6

8:00 AM MORNING PRAYER (FACEBOOK LIVE)  
5:15 PM DINNER (ASCENSION HALL)  
6:00 PM WEDNESDAY NIGHT LIVE  
6:00 PM NEW BEGINNINGS TUTORING PROGRAM  
6:00 PM ONE DIOCESE, ONE BOOK (ZOOM/CANDICE'S OFFICE)

### THURSDAY, MARCH 7 PERPETUA AND FELICITY, MARTYRS, 202

7:00 AM MEN'S PRAYER BREAKFAST  
8:00 AM MORNING PRAYER (FACEBOOK LIVE)

### FRIDAY, MARCH 8

8:00 AM MORNING PRAYER (FACEBOOK LIVE)

### SATURDAY, MARCH 9 GREGORY OF NYSSA, BISHOP AND THEOLOGIAN, c.394

9:00 AM BEANS & RICE MINISTRY (JOSHUA HOUSE PARKING LOT)

## ALTAR FLOWERS

The flowers on the altar are given to the glory of God and in memory of:

Judge John C. Godbold  
Elsie & Edwin Goldbold  
Pat & B.D. Godbold  
Condie Godbold  
Florence & Benjamin Showalter  
Jean Showalter & Gilbert Milligan  
Sally Milligan Hubbard

## PRAYERS FOR ASCENSION

**Parishioners:** Lila Dryer, Rex Curvin, Ann Barton, Ryan Hall, Andi Silberman, Babette Barmettler, Bob Lewis, Charles Voltz, Tad Davis, Brittney Calhoun, Debbie Steindorff, Bill Wall, Violet Monson, Jean Lewis, Ann Thorington, Martha Jane Dawson, Sue & Bill Hicks, Jane McConnell, Betty Godbold, Sophie Xides, Edith Crook, Hugh Alsbrook, Marion Allison, Ginny White, Phil Murkett, Dan Hackett.

For those serving in the Armed Forces especially, Will McQueen, nephew of Will McQueen.

**Families and Friends:** Ana Hernandez, Joanne Mielke, Hannah Bear, Trish Harbin, Dylan Logan, Cathey Smith, Tony Wilson, Mary Benedict Steindorff, Melody Merritt, Brenda Davis Roehm, Steve McQueen, John Hardwick.



**CHURCH OF THE ASCENSION**  
315 CLANTON AVENUE  
MONTGOMERY, AL 36104  
(334)263-5529 ♦ STAFF@COASCENSION.ORG  
[www.coascension.org](http://www.coascension.org)

Like us on Facebook, Instagram, YouTube and your favorite Podcast Channel  
The Episcopal Church of the Ascension  
@coascension

