

WELCOME TO ASCENSION

VE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

We are only allowing **between 22 and 44 people in Church**
and 20 people in Church Hall

SUN	DEC 13	SUNDAY OF THE FOREFATHERS Col 3: 4-11 Lk 14:16-24 11:00 Divine Liturgy for Our Parishioners and + Michael Dunham by Myron and Debbie Kotyk
Tue	Dec 15	8:30am Divine Liturgy for Our Parishioners and + Sr. Madeline Nicolas by Lolly Vinson
Wed	Dec 16	8:30am Divine Liturgy for Our Parishioners and + Mark Andrew Cirfulak by Nancy Cifrutlak After Moleben to the Theotokos -Special Intentions-For Peace in Our Country
Thu	Dec 17	8:30am Divine Liturgy for Our Parishioners and + Anna Kokinda (mom) by Eugene Kokinda After 6:00pm Short Bible Reflection “ROSARY” Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men’s Club
SUN	DEC 20	SUNDAY BEFORE CHRISTMAS – OF THE ANCESTORS Heb 11: 9-10 & 32-40 Mt 1:1-25 11:00 Divine Liturgy for Our Parishioners and + James Peter Hertz by Betty May Hertz

MAY THE WONDER OF THAT FIRST CHRISTMAS, THE JOY
OF GOD’S ABUNDANT BLESSINGS, AND THE PEACE OF
JESUS PRESENCE BE WITH YOU ALWAYS. Fr Alex

Read Full Bulletin online [www. ascensionva.org](http://www.ascensionva.org)

God bless America!!!

Prayer to Guardian Angel

Angel of God, my guardian dear, to whom His love commits me here:
ever this day be at my side, to light and guard, to rule and guide. Amen

We Would Welcome Some Helping Hands to Keep Our Church Clean and Disinfected. Due to Covid 19 We Still Need to Clean the Church Before and After Every Liturgy. If You Would Like More Information, or If You Can Help, especially on a Monday or Wednesday, Please Speak with Kathy Alexander (566-8637) or Linda Lechman (714-3515).

THANK YOU TO ALL THE PEOPLE WHO DONATED
SUPPLIES FOR CLEANING OF CHURCH. FROM LINDA AND
KATHY, THANK YOU EVER SO MUCH.

LIVE-STREAMING DIVINE LITURGY AND PRAYERS

Ascension of Our Lord Byzantine Catholic Church is providing live broadcasts of Divine Liturgy and prayers on the internet for those who would like to experience our worship and pray with us. Below is how to get notification. This announcement is posted originally on this [link](#) Divine Liturgy live-streaming can be found on YouTube and Facebook using the following links: YouTube channel <https://www.youtube.com/channel/UCFrYPWRdt-4HCsBpXdxAmhg/> To receive a notification when video is live, please like video, subscribe, and click bell notification button. Facebook page <https://www.facebook.com/Ascension-Byzantine-Catholic-Church-100862511741107/> To receive a notification when video is live, please like page and click follow. In your service, Adithia Kusno

Are you aware of any organization or church that is selling used church pews? Desired length 12 feet. If so, please speak to Thomas (Tom) McGraw.tel: (804) 932-8098

Happy DECEMBER Birthdays

19th Joe Baysura; 20th Kathy Alexander
29th Abraham Kusno

December Candles:

Sanctuary...HGB Roman Slysh...by Nadia Shockley
Tetrapod...HGB Margan Family...by Katarina Margan
Theotokos & Child...HGB Ted, Catherine, Carol, Stephen... by June Mathews
Christ Teacher...HGB Patrick Alexander...by Lee & Kathy Alexander
John Baptist...HGB John Alexander...by Lee & Kathy Alexander
St Nicholas...HGB Morgan & Kevin Kelly...by Ann Kelly
Protection Theotokos...HGB Adriana Shockley...by Nadia & Keith Shockley

Reminder: Hospitality is **SUSPENDED** until the first Sunday in January, 01/03. It will be the first Sunday of the month only, going forward.

FINANCIALS Dec. 6

Total Contributions: Monthly Dues -560.00 Holyday 120.00
Offertory -1, 268.00 Non-Monetary Donation - 0.00 Fuel -0.00 Rainy Day
Fund-0.00 Candles -67.00 Religious Education -0.00
IN - \$ 2,015.00; OUT - \$ 3150.76

“Lord, teach us to pray” Luke 11:1

True Praying involves knowing beforehand what to request from God. Praying is asking for something definite. The mind is given over entirely to God, thinking of him, of what is needed, and of what has been received in the past.

The very first step in prayer is a mental step. We must be taught through our intellect. And only as far as the intellect is given over to God in prayer will be able to learn how to pray.

Lord Jesus, just like Your disciples long ago I ask of You today, “teach me (us) to pray.” Amen.

We have several faithful from Ascension who are in need of special prayer. Some of those who need special prayer are:

Ann Harmeyer, Chris Janke, Mary Grace Dorsey, Adithia and Sasha Kusno, Patrick Cook, Betta Labanish

Thank you. Father Alex

We Would Welcome Some Helping Hands to Keep Our Church Hall Clean Sunday's after hospitality. Thank You! Fr Alex

Parishioner to Parishioners

To be a Saint

Prayer: Part 4. Balance is the key.

So, is there such a thing as praying to much? The short answer is no. As Paul tells us in his instructions to the Colossians. Continue steadfastly in prayer... Col. 4:2

The better answer to the question above is that ones spiritual and prayer life needs to be balanced with the rest of your life. Even in a monastic community there is a balance during the course of a day between spiritual and temporal activity.

This is a common problem to those entering a spiritual life or seeking to deepen it. We start out full of zeal. We begin an intense daily prayer routine that we feel justified in. Then a few days or a few weeks later we begin to lose that zeal. The burning desire lessens and we begin to slide. We become discouraged. Some may even experience a regression in their spiritual life; a form of desolation for those familiar with the writings of Saint Ignatius Loyola.

This particular problem many times stems from establishing a prayer, or spiritual routine, that is not in balance with an individual's life style. I would venture to say many of us have encountered this problem at one time or another in our life.

Let's look at some analogies. To reach the top of a profession it takes time. You do not become a professional sports player without years of training and intense practice. You do not become a doctor, engineer or lawyer without a similar investment of time and practice. A master carpenter spends years of their life working first an apprentice and then a journeyman, before they reach a level of a master carpenter. Taking it a step farther, you cannot achieve any of the professions named above without making lifestyle changes to allow you to pursue your chosen profession. You can try, and many do, but without the sacrifice of lifestyle that allows the time needed to become proficient at your chosen profession it will lead to frustration, discouragement and ultimately failure.

A prayer life should develop in a similar fashion. Start small, start simply and seek balance with your temporal life. For most starting out, do not seek to cram your days full of complex prayer sessions especially those that take you out of your normal routine. Simply put, do not establish a prayer routine beyond your ability. Instead find small opportunities during the day for prayer. Short prayers work best. The length of the prayer does not matter, it is in the fervency and persistence in praying where you will find the most effect, the most reward. As Saint John of the Ladder said "Pray in all simplicity. For both the tax collector and the prodigal son were reconciled to God by a single phrase."

So; what are the signs we should look for that we have taken on more than we can handle? You should look forward to your prayer time, not dread it. There should be some type of joyful anticipation. When you finish your prayers, you should have a feeling of refreshment, a feeling of renewal and of inner peace. If you instead feel that the prayers are a burden, this could be a warning sign. Saint John Chrysostom gives us further guidance; "Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness."

To develop a solid program of prayer, seek guidance from your pastor or from a spiritual advisor. Even those in your prayer group can provide assistance through shared experiences. If you have a prayer group at your parish, make sure it occasionally includes a discussion period where these types of issues can be discussed. If you just pray within your group and then go home, you may be missing out on one of the greatest benefits of a prayer group.

Yours in Christ
Brother Joseph