

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

We are only allowing **between 22 and 44** people in Church and **no** people in Church Hall

SUN JULY 19 SUNDAY OF THE FATHERS OF THE SIX ECUMENICAL COUCILS

Ton 6 Rom 15:1-7 Mt 9:27-35

11:00 Divine Liturgy for Our Parishioners and
+ Joan Chismar by MaryAnn Drumtra

Tue July 21 8:30am Divine Liturgy for Our Parishioners and
HGB St. Luke's Icon Guild by Fr. Alex

Wed July 22 8:30am Divine Liturgy for Our Parishioners and
+ Anne and Ralph DeMartino by Chris Noonan

Thu July 23 8:30 am Divine Liturgy for Our Parishioners and
+ Michael Molnar by Eugene Kokinda
6:00pm "ROSARY" Prayer for Protection and Healing of the
coronavirus and all serious illnesses by Men's Club

SUN JULY 26 8TH SUNDAY AFTER PENTECOST

1 Cor 1:10-18 Mt 14:14-22

11:00 Divine Liturgy for Our Parishioners and
HGB Darren Hall by MaryAnn Drumtra

God bless America!!!

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, but are unable to join us because of limited access due to COVID-19, work, personal illness or distance.

Attending the services via live streaming is an aid to sincere devotion but if you are able, we look forward to having you join us in person.

For easy access to our Facebook, go to our website, ascensionVA.org and link to our Facebook page. Past liturgies are also in an archive of videos on our website.

Schedule

Divine Liturgy: Sundays, 11 AM
Tuesdays, 8:30 AM
Wednesdays, 8:30 AM
Thursdays, 8:30 AM

Rosary: Thursdays, 6 PM

Keep practicing social distancing and use a mask when out and about as we continue through the "reopening" process.

Thank you again for your continued support and your patience as we work through these challenging times together.

Please pray for me and I will continue to pray for you. Let us not forget to pray for our country!
Fr. Alex

Recommendation from Bishop concerning attending Divine Liturgy and receiving Holy Communion.

1. Should you stay home from Divine Liturgy? Please use your own prudence. If you believe you are sick, or you are in danger, you are dispensed from attending, and God will bless you for praying home.

2. Should you avoid receiving Holy Communion on spoon? St. Paul says about communion, “Let each one examine himself.” If you believe you are sick, or that you are in danger because of weak health, and you do not receive, I promise you that God will still bless you with His abundance of graces.

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

Prayer to Defeat the Work of Satan

O Divine Eternal Father, in union with your Divine Son and the Holy Spirit, and through the Immaculate Heart of Mary, I beg You to destroy the power of your greatest enemy- the evil spirits. Cast them into the deepest recesses of hell and chain them there forever! Take possession of Your Kingdom which You have created and which is rightfully Yours. Heavenly Father, give us the reign of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I repeat this prayer out of pure love for You, with every beat of my heart and with every breath I take. Amen (Imprimatur March 1973, +Richard H. Ackerman, Bishop of Covington)

Parishioner to Parishioners

he Catholic Lifestyle - The importance of receiving the Sacraments

The seven sacraments are essential to a strong Catholic lifestyle. Sacraments develop and nourish our soul. They provide us with grace needed to strengthen our relationship with God, to keep us united in Jesus Christ. The Catechism of the Catholic Church has even gone so far as to say that “for believers the sacraments of the new covenant are necessary for salvation” CCC1129.

In addition to imparting sanctifying grace, each sacrament imparts what is called Sacramental grace. Sacramental grace is a special help which God gives us to gain the particular spiritual benefits conferred by each sacrament. For example, in the sacrament of matrimony the sacramental grace will help forge a bond between man and woman that will sustain them for a life time. Similarly, confirmation gives us the sacramental grace to be strong soldiers of Christ in defending the faith.

Let us move on to another area that needs to be put in the clear light of day.

In an effort to protect our parishes and parishioners against COVID19, Bishops and clergy have gone to great lengths to ensure the safety of their flock. We are live-streaming masses, liturgies and Eucharistic services to ensure we keep ourselves separated and “safe”. We are limiting the number of people who can attend our services. In some cases churches have shut down personal attendance, or require “reservations” to attend.

In most cases what has been done is prudent. Here’s my question. As we start to open up attendance to our Eucharistic services; will Catholics come back? More importantly, will young Catholics come back? Or will we come to accept the stay-at-home philosophy. Will we become couch Catholics?

Consider; at the exact time in our church history when our faith is literally under attack; at a time when we should be lining up to get into church and pray, coming together to ask in humble supplication for God to deliver us from evil, eagerly coming forward to receive Holy Eucharist and the sacramental graces that keeps us connected to Jesus Christ; we are given an option to stay home and safely watch it live on the internet. For those that are ill and infirm this is a good option. For others, this is an option to take the wide gate and the easy way that Jesus spoke of in the Gospel of Matthew 7:13. What will we choose?

Do not be afraid nor keep yourself as a prisoner from the sacraments. Find ways to come back. A good parish will give you several options. Attend Sunday services, or if that option is not available attend a weekday service. In extreme cases when you physically cannot come and receive the Eucharist contact your parish priest and ask for a visit.

Do not let yourself or your family fall away from receiving the Sacrament of Holy Eucharist.

In Christ Jesus
Brother Joseph

COMMITTEES

Trustees:	Mike Olson, David Efimetz
Bible Study with Coffee:	Linda Lechman
Liturgical/Church Website:	Don Merkely
Men’s Club:	John Alexander
Outreach Cleaning:	Betty Mae Hertz
Property:	Father Alex
Publicity:	Mary Jean Sotack
Security:	Mike Olson
Secretary:	Ann Kelly
Book Keeper	Patty Dutry
Youth:	Sasha Kusno

HOSPITALITY

Please see Bulletin Board at the entrance to St Phillip’s Hall for schedule of Lectures, Financial Recorders and Hospitality.
NO Hospitality

FINANCIALS

Total Contributions: Monthly Dues -750.00 Holyday 0.00
Offertory – 475.00 Non-Monetary Donation – 0.00 Fuel –0.00 Rainy Day Fund-000.00
Fund Raisers Income Tag/Yard Sale – 00.00 Candles – 103.00
Sewer Repair Project – 0.00

Enrollment for children's Eastern Catholic faith formation is still open. Ages 5-17. Please Call Patty or Sasha.

Sanctuary Lamp:	HGB Margan Family , Requested by Katarina Margan
Tetrapod Lamp:	For Our Parishioners
Theotokos & Child Lamp:	HGB Morgan Kelly , Requested by Ann Kelly
Christ Teacher Lamp:	HGB David Noonan , Requested by Chris Noonan
John Baptist Lamp:	HGB John Alexander , Requested by Lee and Kathy Alexander
Protection Theotokos Lamp:	HGB Patrick Alexander , Requested by Lee & Kathy Alexander
St. Nicholas Lamp:	HGB Kevin Kelly , Requested by Ann Kelly

When receiving Holy Communion, closely approach Father Alex, tell him your first name, tilt your head back, widely open your mouth (no need to extend your tongue). Father Alex will say the prayer while dropping the Precious Species into your mouth with a spoon

HAPPY JULY BIRTHDAYS

19th Peter Margan
28th Isadora Jane Collins

JUNE EVENTS

Spiritual Communion

O Jesus, I turn toward the holy tabernacle where you live hidden for love of me. I love You, O my God, I cannot receive You in Holy Communion. Come, nevertheless, and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like unto Your own. Amen.

New Information:

Are you aware of any organization or church that is selling used church pews? Desired length 12 feet. If so, please speak to Father or a Trustee.

Nadia Shockley's Father, Roman Slysh, is seeking a caregiver to live with him in his beautiful lake home in Raleigh, NC. Mr. Slysh is a healthy 93-year-old of Ukrainian descent. He is seeking a lady of Eastern European descent to live with him and fulfill duties of cooking, cleaning, and companionship. Mr. Slysh is healthy, drives, and leads an active life. He is active in the Ukrainian Catholic church in Raleigh. If anyone has any possible contacts, please contact Nadia Shockley at 757-867-0882 or nadiashockley62@gmail.com

Prayer for Strength

"Holy Spirit, I need You more than ever right now. My heart is hurting, and I feel overwhelmed with loneliness. At this moment, I welcome Your presence, Your peace, and Your love. Thank You for filling me with Your overwhelming comfort, holding me in Your arms and surrounding me with Your healing love. Your Word says that because I'm Your child when I hurt, You hurt too. Thank You for caring about every single detail of my life, wiping away my tears, and for always being here for me. I love You, Lord. In Jesus' name, Amen."

Lord, I'm not praying for miracles and visions, **I'm only asking for strength for my days.** Teach me the art of small steps.

Make me clever and resourceful, so that I can find important discoveries and experiences among the diversity of days.

Help me use my time better. Present me with the sense to be able to judge whether something is important or not.

I pray for the power of discipline and moderation, not only to run throughout my life, but also to live my days reasonably, and observe unexpected pleasures and heights.

Save me from the naive belief that everything in life has to go smoothly. Give me the sober recognition that difficulties, failures, fiascos, and setbacks are given to us by life itself to make us grow and mature. Send me the right person at the right moment, who will have enough courage and love to utter the truth!

I know that many problems solve themselves, so please teach me patience. You know how much we need friendship. Make me worthy of this nicest, hardest, riskiest and most fragile gift of life.

Give me enough imagination to be able to share with someone a little bit of warmth, in the right place, at the right time, with words or with silence.

Spare me the fear of missing out on life.

Do not give me the things I desire, but the things I need.

Teach me the art of small steps!'

“A Soulful Prayer by Antoine DE Saint-Exupery”