

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	JUNE 21	3RD SUNDAY AFTER PENTECOST FATHER'S DAY Ton 2 Rom 5:1-10: Mt 6:22-34 11:00 Divine Liturgy for Our Parishioners and For All Father's
Tue	June 23	8:30am Divine Liturgy for Our Parishioners and HGB St. Luke's Icon Guild by Fr. Alex
Wed	June 24	8:30am Divine Liturgy for Our Parishioners and + Paul Oberhauser by Lisa Branden
Thu	June 25	8:30 am Divine Liturgy for Our Parishioners and + Bill Kelly by Ann Kelly 6:00pm "ROSARY" Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
SUN	JUNE 28	4TH SUNDAY AFTER PENTECOST Ton 3 Rom 6:18-23 Mt 8:5-13 11:00 Divine Liturgy for Our Parishioners and +Theodor Mathews by June Mathews
Mon	June 29	PETER & PAUL PREEMINENT APOSTLES 2 Cor 11:21-12:9 Mt 16: 13-19 8:30 Divine Liturgy for Our Parishioners and Peace in our Country

God bless America!!!

UPCOMING LIVE FACEBOOK BROADCASTS FROM
ASCENSION BYZANTINE CATHOLIC CHURCH

2ND SUNDAY AFTER PENTECOST - JUNE 14 AT 11:00 A.M.

Hello All!

I just wanted to let you know that the Celebration of Divine Liturgies can be accessed online through the church website. Go to www.ascensionva.org, scroll down on the Home Page and look at the items on the left side of the screen. There you will see "Liturgical Video Archive". It is here that you will find the Liturgical Videos.

Also, a reminder that **Rosary** continues on Thursdays at 6:00 as we pray for the eradication of the COVID19 Virus. It is still a **MAXIMUM OF 22 PEOPLE** at any one time in the church.

Hello everyone. Just a reminder that you can **follow Divine Liturgy online through the Facebook page for Ascension. It is 8:30am during the week, Tue, Wed, Thu, and on Sunday mornings at 11:00. Remember you can still join us from home! Rosary is at 6:00 pm on Thursdays and that will be streamed also. Keep practicing social distancing and use a mask when out and about as we continue through the "reopening" process.**

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

To be a Saint

As Catholics we should want to become Saints, right; otherwise what's the purpose of our existence. How do we become Saints? How do we live a Saintly life? The answer, like so much else, lies within scripture. It is a matter of doing the Will of God. Over and over, from Psalm 40:8, Matt. 6-10, Matt 7-21, Jn. 1:9-13, Rm 12-2 Col. 1-9, to Heb. 10-9; the answer is to do the Will of the Father. For me, all of the scripture guidance culminates in Lk. 22:42; "Father if You are willing, remove this chalice from Me; nevertheless not My will but Yours be done."

Simple right? But oh so hard. God in His wisdom gave us free will. Our free will keeps us from doing, or even listening to the will of God. Never in history has mankind had more distractions from the Will of the Father than we have today. We have crowded our life with so much noise, and it keeps us from discerning the will of the Father. Noise in the form of earthly pleasures, personal concerns, worries, and all the apps and news which we simply must have, or know in order to live.... To make matters worse, the more distractions we have, the more we want. These distractions cloud out any guidance the Father has for us, and keep us from living a saintly life. Know this; God is not going to shout over these distractions to get our attention. We must choose.

Turn off the noise. Do not be anxious. Let your worries go just a little. Quiet your soul through prayer and contemplation. Get in the habit of receiving the Sacraments of the church, which will strengthen you. Practice a little fasting and charity. Offer your trials and tribulations as penance for sins committed. Take pleasure in the simple gifts of life and family. Soon you will be able to discern the Will of the Father clearly, and will be living a life of a Saint.

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 Records and Hospitality.
NO Hospitality

FINANCIALS

Total Contributions: Monthly Dues -500.00 Holyday –0.00 Mortgage -0.00
Offertory – 342.00 Non-Monetary Donation – 0.00 Fuel –0.00 Rainy Day Fund-000.00
Fund Raisers Income Tag/Yard Sale – 00.00 Candles – 50.00
Sewer Repair Project – 100.00 Special Gifts – 100.00

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:	BRS Bill Kelly, Requested by Ann Kelly
Theotokos & Child Lamp:	Kevin andMorgan Kelly, Requested by Ann Kelly
Christ Teacher Lamp:	HGB Kyra Noonan, Requested by Chris Noonan
John Baptist Lamp:	HGB Medeline Noonan, Requested by Chris Noonan
Protection Theotokos Lamp:	HGB Patrick Alexander, Requested by Lee & Kathy Alexander
St. Nicholas Lamp:	For 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

The Men’s Club of Ascension of Our Lord Parish announces the 2020 Scholarship Program. Candidates for the scholarship must be registered and active members of the Parish and be between the ages of 17 and 28 years old. They must have been excepted or registered at an accredited college, university or trade school for the 2020- 2021 school term. For a complete list of guidelines and an application please contact Michael Lechman at 757-880-5093.
Strict deadline for all applications is June 28, 2020.
Scholarships winners will be announced later in the summer.

HAPPY JUNE BIRTHDAYS

23 rd	Marc Picconi
23 rd	Maion Picconi
25 th	Mary Olson
27 th	Keith Shockley
28 th	Michael Lechman

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”