

## WELCOME TO ASCENSION

Join us for hospitality directly after Liturgy  
Visit our Gift Shop

**SUN MAR 15**     **3<sup>RD</sup> SUNDAY OF THE GREAT FAST ( 3<sup>RD</sup> ALL SOULS )**  
**VENERATION OF THE CROSS**  
Heb4:14-5:6, Mk 8:34-9:1  
9:45     Eastern Catholic Formation  
9:45     *Adult Bible Study with Mike Bracelin*  
11:00     For Our Parishioners and  
            + John Labanish by Professors Nancy Combs and Eric Kades

Tus    Mar 178:30    **HGB ST. LUKE,S ICON GUILD** by Fr. Alex Shuter  
         After        **Moleben** to the Theotokos-Intentions - for Protection and Healing  
                         of the coronavirus and all serious illnesses  
                         6:00pm Men's Club beginning with Rosary  
Wed    Mar 188:30    + **Donald Noonan** by Chris Noonan  
         After        **Bible Study with Coffee-** All Are Welcome  
Thu    Mar 198:30    + **Anna Huber** by Lisa Branden  
Fri    Mar 206:00pm ***Liturgy of the Presanctified Gifts***  
         For Our Parishioners and  
         + **Andrew Kokinda** by Evgene Kokinda

**SUN MAR 22**     **2<sup>ND</sup> SUNDAY OF THE GREAT FAST ( 4<sup>TH</sup> ALL SOULS )**  
Heb1:10-2:3, Mk 2:1-12  
9:45     Eastern Catholic Formation  
9:45     *Adult Bible Study with Mike Bracelin*  
11:00     For Our Parishioners and  
            + John Labanish by Henscheld and Torcia

## Spring Yard Sale News

### Ascension's Big Fundraiser

Yard Sale Set up will begin directly after a brief Sunday hospitality on April 26. Please stay to help unload the "She Shed" into the hall and begin to unpack. Many hands make light work! Set up will occur from April 26 to May 1. Please consider coming out to help price and organize.

Please contact Mary Jean Sotack @ [left-handedtoothfairy@yahoo.com](mailto:left-handedtoothfairy@yahoo.com) to let her know you would like to help out!

Donations of baked goods are needed. Please drop off at the hall on Friday May 1, 2020~9am

Take Out food will also be sold!

### 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.

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.

Hospitality	3/15 Chris Noonan	3/22 Mary Grace Dorsey
-------------	-------------------	------------------------

FINANCIALS

Total Contributions for 02/23/20	\$1,345.67
----------------------------------	------------

All believers are welcome Sundays at 3:00 pm for an ecumenical bible study. No preparation needed, come as you are and enjoy fellowship and discussion! Currently studying 1 Corinthians. Contact Sasha for details.

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

Save the date! Easter Basket preparation and fun night on March 28 from 4-7pm. All children are welcome! Dinner will be server. RSVP to Sasha

All youth are invited to play dames weekly after church 12:40-1pm.  
See Abigail to join in the fun !CANDLE AND PRAYER INTENTIONS FOR MARCH

Sanctuary Lamp: Health and God’s Blessing for the Margan Family  
Requested by Katarina Margan

Sanctuary Lamp: HGB Margan Family, Requested by Katarina Margan

Tetrapod Lamp: HGB Morgan & Kevin Kelly

Theotokos & Child Lamp Lamp: HGB June Ann Hall, Requested by MaryAnn Drumtra

Christ Teacher Lamp: HGB Patrick Alexander, Requested by Lee and Kathy Alexander

**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.

The COME AND SEE books that explain our Byzantine Catholic Faith will be available for purchase, in the back of the church and in the social hall, after Liturgy, \$5.00 per book

### HAPPY MARCH BIRTHDAYS

2nd Myron Kotyk  
2nd Josiah Cook  
14th Vladimir Hunter  
21st Seraphima Joan Collins  
25th Dr. Ron Ruszkowski

### MARCH EVENTS

Men's Club beginning with Rosary  
03/17 @6:00 pm  
St Luke's Icon Guild  
03/15-16-17

The Divine Liturgy of Presanctified Gifts will be on **Friday, March 20th at 6:00 pm**, A Simple Supper Will Follow. There Is A Sign-Up Sheet Located at The Back of The Church with All the Dates for The Suppers. Simply Chose A Date and Sign Your Name in The Date You Want. REMEMBER: The Supers Are To Be Very Simple: Soup or Rice and Beans, Bread or Crackers. Please: No Meat or Dairy!

If A Date Slot Is Not Filled There Will Not Be A Dinner on That Date

---

**ICON GUILD WILL MEET SUNDAY, MONDAY AND TUESDAY:  
MARCH 15, 16 & 17.**

### **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](mailto:nadiashockley62@gmail.com)

### **Prayer for Strength**

Father in Heaven, I am weary. I am tired. My energy is sagging and my motivation is low. Especially today, I need Your love to get my life back on track. In Psalm 28:7 I read that You are my strength and my shield. Please help me say no when I am tempted to surrender to the easy way. Please help me say yes, to Your will and Your way. Hear this prayer, oh Lord that I pray in Your holy name, Amen.

### **Prayer for Children**

Father of us all, I commend these children (or this child) To Your care. Be their God and Father and mercifully provide whatever I lack through my own frailty and weakness. Give them the strength to overcome temptations and corruptions, and deliver them from the pressures, fears, anxieties and emotional upheavals that seem so omnipresent in their young lives. Help them grow each day in knowledge and in reverence, faithfully serving You and learning how to walk every day in Your light In this and all things I humbly pray in His holy name, Amen.

### **Miracle Prayer**

Father I come to You through Your Son Jesus just as I am. I repent of my sins. In Your name, I forgive all others for what they have done against me. I renounce Satan, all evil spirits, and their works. I give my entire self to you Lord Jesus, now and forever. I invite you into my life Jesus. I accept you as my Lord, God, and Savior. Heal me, change me, strengthen me in body, soul, and spirit. Come Lord Jesus, cover me with your precious blood and fill me with your Holy Spirit. I ask you to go before me today and prepare the way in Jesus name. I thank you Jesus. I shall follow you every day of my life. Romans 10:9,10.  
Now Jesus you live in me and I live in you. Amen. 1 John 5:12,13.