

## WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

We are only allowing **10 people** in Church for private prayer and Liturgy

### SUN MAY 17 SUNDAY OF THE MAN BORN BLIND

Acts 16:16-34, Jn 9:1-38

**11:00 Divine Liturgy for Our Parishioners and**  
HGB Larry Drumtra, Merle and Theresa Phillips by MaryAnn Drumtra

Tue May 19 8:30am Divine Liturgy for Our Parishioners and  
HGB ST. Luke's Icon Guild  
9:00am-10:00am **Our Church open** "[Moleben to the Theotokos](#)" for Protection  
and Healing of the coronavirus and all serious illnesses

Wed May 20 8:30am **Divine Liturgy for Our Parishioners and**  
+ Irene Noonan by Chris Noonan  
9:00am-10:00am **Our Church open** "[Moleben to the Theotokos](#)" for Protection  
and Healing of the coronavirus and all serious illnesses

Thu May 21 [ASCENSION OF OUR LORD](#)  
**8:30 am Divine Liturgy for Our Parishioners and**  
+ Shirley Hertz by Mary Sullivan  
9:00am-10:00am **Our Church open** "[Moleben to the Theotokos](#)" for Protection  
and Healing of the coronavirus and all serious illnesses  
6:00pm **"ROSARY" Prayer for Protection and Healing** of the coronavirus  
and all serious illnesses by Men's Club

### SUN MAY 24 SUNDAY OF THE FATHERS OF THE 1 ST ECUMENICAL COUNCIL

Acts 20:16-18 & 28-38 Jn 17:1-13

**11:00 Private Divine Liturgy for Our Parishioners and**  
+ Don Noonan by Chris Noonan

## UPCOMING LIVE FACEBOOK BROADCASTS FROM ASCENSION BYZANTINE CATHOLIC CHURCH DIVINE LITURGY OF ~~MAN BORN BLIND~~ - MAY 10 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](http://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 6 PEOPLE** at any one time in the church.

### 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)

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 -125.00 Mortgage -000.00 Offertory – 2,075.00 Reiny  
Day Fund – 100.00

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

Sanctuary Lamp:	HGB Margan Family, Requested by Katarina Margan
Tetrapod Lamp:	BRS Bill Kelly, Requested by Ann Kelly
Theotokos & Child Lamp:	HGB Larry Drumtra, Merle and Theresa Phillips, Requested by MaryAnn Drumtra
Christ Teacher Lamp:	HGB Patrick Alexander, Requested by Lee and Kathy Alexander
John Baptist Lamp:	HGB Morgan Kelly Requested by Ann Kelly
Protection Theotokos Lamp:	HGB Kevin Kelly, Requested by Ann Kelly
St. Nicholas Lamp:	For HGB Mark Noonan, Requested by Chris Noonan

**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 MAY BIRTHDAYS

20<sup>th</sup> Larry Drumtra

29<sup>th</sup> Jeffrey Sotack

## APRIL 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](mailto: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."

## Blessing for Expectant Mothers

Remember always, your body is sacred ground.  
Your roots are strong and the sun holy.  
The gardeners who came before—  
Mother, grandmother, great-grandmother—  
Tilled your soil with the compost of their lives.

And now, you hold the seeds.  
Plant them deeply in the furrow of this land.

May what comes to you as flower  
One day ripe into fruit.  
And in your final years,  
May they return as shade.  
- Lynn L. Caruso

### **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.

*[insert child's name]*

From the moment of birth I have cradled  
you to my breast. Nourished you with a love that  
was both a feast, yet more often a simple meal.

In some small way, remember these  
moments together. May you be blessed as you  
move out of my arms and into the circle of others.

And may this experience of love continue to  
feed you all the days of my life.

**- Lynn L. Caruso**