

**WELCOME TO ASCENSION**

VE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITAN

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

**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

<b>SUN</b>	<b>NOV 29</b>	<b>26<sup>TH</sup> SUNDAY AFTER PENTECOST</b> Eph 2: 14-22 Lu 10:25-37 <b>Divine Liturgy for Our Parishioners and</b> <b>+ George Waschko by Maryjean and Jeffrey Sotack</b>
	<b>11:00</b>	
Tue	Dec 1	8:30am <b>Divine Liturgy for Our Parishioners and</b> <b>HGB December Birthdays by Fr. Alex</b> <b>+ John Labanish by Betta Labanish</b>
Wed	Dec 2	8:30am <b>Divine Liturgy for Our Parishioners and</b> <b>HGB Kathy Alexander by Anne Kelly</b> <b>Moleben to the Theotokos -Special Intentions-For Peace in Our Country</b>
	After	
Thu	Dec 3	8:30am <b>Divine Liturgy for Our Parishioners and</b> <b>+ Travis Chuff and Family by Mark and Anne Chuff</b> <b>Short Bible Reflection</b>
	After	
	6:00pm	<b>“ROSARY”</b> Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men’s Club
<b>SUN</b>	<b>DEC 6</b>	<b>27<sup>TH</sup> SUNDAY AFTER PENTECOST</b> <b>NICHOLAS OF MYRA ARCHBISHOP</b> Eph 6: 10-17 & Heb 13: 17-21 Lk 17:12-19 & Lk 6: 17-23 <b>Divine Liturgy for Our Parishioners and</b> <b>+ John Labanish by June Mathews</b>
	<b>11:00</b>	

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

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. The divine liturgy will be livestreamed on AscensionVA's YouTube channel on Sunday, November 1  
<https://www.youtube.com/channel/UCFrYPWRdt-4HCsBpXdxAmhg/>  
A link to scheduled YouTube livestream will be posted at AscensionVA's Facebook's page.  
<https://www.facebook.com/Ascension-Byzantine-Catholic-Church-100862511741107>

**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**

Those of us attending Sunday Liturgy are aware that we are having a limited hospitality with social distancing. For the past several weeks we have had four ladies volunteering as hostesses. Now that we have the system organized, we feel that two ladies can adequately handle hospitality each week.

We are now asking for additional volunteers to take part so that the same ladies are not working each week or even every other week. Please think seriously about helping out. Everyone seems to be happy that we have reinstated hospitality and it would be nice if everyone who participates would also volunteer to help.

Please contact Chris Noonan ([cdfnoona@gmail.com](mailto:cdfnoona@gmail.com)) to be added to the roster.

Thank you! Ann Kelly for Chris Noonan

Happy DECEMBER Birthdays

3rd Gwendolyn Rose Picconi; 4th Robert Sotac;  
7th Yaroslava Nicola Collins; 7th Ann Harmeyer  
11th Joshua Karlson; 19th Joe Baysura; 20th Kathy Alexander  
29th Abraham Kusno

.....

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

**VISITATION!!!**

**ST. NICHOLAS OF MYRA ARCHBISHOP visit our Parish Family  
December 6**

December Candles:

Sanctuary...HGB Roman Slysh...by Nadia Shockley  
Tetrapod...HGB Margan Family...by Katarina Margan  
Theotokos & Child...  
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

-----

Anyone who is interested in learning the liturgical music on their own could take online courses through the Metropolitan Cantor Institute. The Free courses can be found on their website: <https://mci.archpitt.org/online/>

**“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.*

## **Bishop's 2020 Appeal**

By now, everyone should have received a letter from Bishop Kurt outlining all the good things that our Eparchy of Passaic does. To do these good things, obviously takes money. Please be generous to the Bishop's Appeal this year. I am asking everyone to consider a pledge of at least a dollar a week, \$52, which you could spread over a couple of months. If you can pledge two, three, even five dollars a week, \$260, that would be wonderful..If God has blessed you richly, please consider a larger pledge even ten dollars a week, \$520. In any event, please pledge something. I am asking everyone to pledge and contribute to The Bishop's Appeal this year. The goal is 100% participation. Thank you for your consideration. Father Alex

### **Parishioner to Parishioners**

To be a Saint – A matter of habit.

We often consider habits in a negative sense. He has a bad habit of smoking, or she is drinking too much. To be sure there are many bad habits we tend to pick up in life, swearing, anger; jealousy is a big one. We seem to slip into them like a hand in a glove. So easily in fact that they seem comfortable to us. Like an old friend there to support us.

Habits work the other way too. With a little effort we can form good habits just as well as bad. Generosity, joy, thankfulness, meekness; all of these traits can be learned and practiced so that they become habits also. Good habits that define who we are just as readily as those bad habits.

In establishing good habits, we are better able to do battle with temptation. Habits are developed with practice, and are guided by self-control, prayer, and the Sacraments. They must be done with God's help. Even though we form a habit through our free will, it is God's grace that will help us form these habits.

Practicing the four Cardinal Virtues is always a good place to start. The Cardinal Virtues are the four principle virtues upon which Christian morality rests. First taught by Plato they have been since adopted by the Catholic Church. They consist of Prudence, Justice, Temperance and Fortitude. We will discuss two of them below.

Temperance - In our modern society, temperance is a virtue that is fading fast. The vices/sins of gluttony and lust are on full display from unrestricted sex to binge drinking to obesity. Temperance is essential for taming these temptations and strengthening us on the journey to holiness. As with the other cardinal virtues, temperance can only be learned by habit. Food, drink, are gifts from God that are meant to be enjoyed. Problems arise when we use them in an excessive manner. Temperance helps us to keep a proper balance and ordering to God of the goods He has given us.

Fortitude – This is the virtue which helps us to overcome obstacles in daily life and persecution in the spiritual life. It is the virtue most needed when others do evil against us, even inside of the Church. In order to persevere in moments of persecution or fear, fortitude needs to be firmly established within the individual. Fortitude helps the individual to restrain and control fear.

Establishing good habits that become second nature to us are essential to living a Saintly life. Remember though that to master good habits you have to practice them, all the while praying for God's grace.

Yours in Christ  
Brother Joseph