

## WELCOME TO ASCENSION

VE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

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>OCT 25</b>	<b>21<sup>ST</sup> SUNDAY AFTER PENTECOST</b> Gal 2: 16: 20 Lk 16:19:31 <b>Divine Liturgy for Our Parishioners and HGB JuneAnn &amp; Darren Hall by MaryAnn Drumtra</b>
	<b>11:00</b>	
Tue	Oct 27	8:30am Divine Liturgy for Our Parishioners and + Cecelia Kokinda (wife) by Eugene Kokinda
Wed	Oct 28	8:30am Divine Liturgy for Our Parishioners and + Andrew Kokinda (father) by Eugene Kokinda After Moleben to the Theotokos -Special Intentions-For Peace in Our Country
Thu	Oct 29	8:30am Divine Liturgy for Our Parishioners and + Cecelia Kokinda (wife) by Eugene Kokinda After 6:00pm Short Bible Reflection "ROSARY" Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
Fri	Oct 30 6 – 9 p.m.	<b>Bon Fire</b>
<b>SUN</b>	<b>NOV 1</b>	<b>22<sup>ND</sup> SUNDAY AFTER PENTECOST</b> Gal 6: 11: 18 Lk 8:26:39 <b>Divine Liturgy for Our Parishioners and + Charles Tyler Morgan by Dr. MaryJean Sotack</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).

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**2020 National Byzantine Catholic Convention: "Growing a Vibrant Byzantine Church."** This event will consist of live panel discussions delivered virtually on Saturday, November 14, 2020 on the television in St. Philip's Hall from 11am to 3pm. There is no cost involved and will provide an opportunity to hear expert discussions on prayer, fellowship, formation and mission as Eastern Catholics. Bring a lunch, if desired, while practicing proper hygiene and social distancing. Contact Don Merkley if you plan to attend so we can setup appropriately. Additional information can be found at [byzantineconvention.com](http://byzantineconvention.com).

**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**

## **2020 Bon Fire will be held on Friday October 30th**

from 6-9pm. (No rain date) This year because of COVID, we are asking that everyone bring their own picnic dinner.

We will have out door games, hayride and youth and adult piñatas. We are also asking that families donate candy and treats for both piñatas. Items may be left in the kitchen marked for bon fire piñata .

The Men's club will help set up, build the fire, maintain it and extinguish. Unfortunately we will not have the fire trucks this year also due to COVID.

Coffee will be served by hostesses from the bar in St. Phillip's Hall. Server will pour the coffee, ask if parishioner wants cream/sugar etc. and hand them the coffee. Any pastries served will be individually wrapped. Servers will be wearing masks and gloves. Parishioners will be wearing masks. After receiving your coffee, you will head out to the new back patio area where social distancing will be maintained. There will be trash cans to deposit your trash when finished.

**No one, except servers, will be allowed to congregate in the Hall or go into the kitchen.** Servers will clean up when finished.

Children's faith formation start. There is still time to enroll your family, and we are excited for coming year! Classes will start online due to Covid-19. Please contact Patty Duttry or Sasha Kusno. Enrollment for children's Eastern Catholic faith formation is still open. Ages 5-17.

### **FINANCIALS**

Total Contributions: Monthly Dues -120.00 Holyday 0.00  
Offertory – 1,816.00 Non-Monetary Donation – 0.00 Fuel –0.00 Rainy Day  
Fund-0.00 Candles –50.00 Religious Education –0.00  
IN – \$ 1986.00; OUT— \$ 627.38

## **Happy October Birthdays**

25<sup>th</sup> Charlene Yackanich; 26<sup>th</sup> MaryAnn Drumtra; 28<sup>th</sup> Anna Montgomery; 30<sup>th</sup> Joann Darling

Sanctuary Lamp: HGB Margan Family... by Katarina Margan

Tetrapod Lamp: HGB Richard Murphy... by Ann Kelly

Theotokos & Child Lamp: HGB Patrick Alexander... by Lee & Kathy Alexander

Christ Teacher Lamp: HGB Lisa Noonan... by Chris Noonan

John Baptist Lamp: HGB John Alexander... by Lee & Kathy Alexander

Protection of Theotokos Lamp: HGB Morgan Kelly... by Ann Kelly

St. Nicholas Lamp: HGB Kevin Kelly...by Ann Kelly

### **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](https://ascensionVA.org) and link to our Facebook page. Past liturgies are also in an archive of videos on our website.

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/>

#### 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.

#### 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.

#### "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

Prayer – Part three: Are you a good fighter?

***There is nothing more worthwhile than to pray to God and to converse with him, for prayer unites us with God as his companions. Saint John Chrysostom, Homily 6***

In this letter, we will go a step farther into a prayerful life. We know from the first two letters that:

Prayer is our way of talking to God. Our way of building our relationship with our Creator.

Simple prayers, especially those from the heart, work better than complex prayers using words we don't truly understand. As Saint John of the Ladder said **“Pray in all simplicity. For both the tax collector and the prodigal son were reconciled to God by a single phrase.”**

Praying well takes practice. In the words of Saint John again; **“Until we have acquired genuine prayer, we are like people teaching children to begin to walk.”**

Satan does not want us to have any relationship with God.

In this letter we will expand on this last point. But first a question; are you a good fighter? That's right, for to have a strong prayer life, and a well-developed relationship with God, you must fight Satan at each step, for he will surely fight against you. Remember through prayer and good works we are slowly shaped and formed into a reflection of God. Satan will fight against that with all of his power. During prayer, he will do this primarily through temptation and distraction.

In earlier letters we spoke of calming your emotions, turning off the news of the day and finding a quiet place before we start our prayers. During prayer, expect to be distracted, expect temptation. For many, it is a simple matter of distracting thoughts that pop into your mind. Trivial matters, that oh so quickly take our mind completely off of our prayer focus. This is especially true when we know the prayers so well that we say them in auto-pilot.

Sometimes the distractions are not trivial matters, but involve real life situations. These matters often are the subject of our prayers. For example, you are asking through prayer the grace to deal with a financial situation, and suddenly find yourself running over various financial options in your mind, while your prayer goes into auto-pilot. Other distractions can occur after a particularly good piece of news or misfortunate news. Anything that tends to stir your emotion could be used to distract you. For still others, the distraction becomes something worse and could involve truly evil visions and temptations

accompanied by a waterfall of terrible images. For these situations I recommend consulting your pastor or spiritual advisor.

In all of these cases we are seeing the work of Satan, the evil one, who is trying to distract us from God. Envision if you would a fly, flying around your head, landing here and there on your face, you swat at it but to no avail. It distracts you so much that you completely ignore what you are doing to kill the fly.

Like the analogy of the fly, when you recognize the distraction put in front of you, the temptation may be to do direct battle with Satan, trying to rebuke him in some fashion. Do not seek this battle. The more you try to fight with Satan, the more Satan defeats you, because he is keeping you from God! Remember Satan knows you better than you know yourself. He knows your past. He does not know your future, but he can predict it to a degree based on what he knows of you. He knows your weaknesses and will seek to use them against you. Satan wants only to distract you from God. So, do not engage these thoughts of distraction during prayer.

These distractions and temptations come into being only if we allow them to exist. So, when they do come, ask yourself two questions. Is this thought mine? Do I want this thought? If the answers are no, then reject these thoughts outright and focus on God. A simple prayer of *God protect me*, or *Jesus save me*, may be all you need to refocus from the distraction back on God. Notice in both prayers we turned toward God, avoiding direct battle with Satan. As Saint John of the Ladder taught us; remind yourself that you stand before the presence of God.

Seek quality over quantity. What if the answers to the questions above are yes? At times when our emotions are high, and we simply cannot focus, take a break; ask God to bring you calm, and come back to prayer when you are composed. Pushing through your prayers when you are distracted is not productive, and indeed could lead to a weakening in your spiritual life. The length of our prayer time, and time of day are also considerations, but far too much to talk about here. I recommend you discuss these or other related topics with your pastor or within your prayer group, or with your spiritual advisor if you have one.

Finally, take comfort. As long as we are attacked, it means we are walking the right path toward God.

Yours in Christ  
Brother Joseph