

God bless America!!!

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

SUN	AUG 1	10th SUNDAY AFTER PENTECOST 1 Cor 4:9-16 Mt 17:14-23 Tone 1 11:00 BAPTISM: IVAN NIKEPHORUS DONALD COLLINS Divine Liturgy for Our Parishioners and + Anna Oberhauser by Elisabeth Branden After – Hospitality - POT LUCK – NO GRILL
Tue	Aug 3	8:30am For Our Parishioners and +Peter Peltier by Paula Peltier
Wed	Aug 4	8:30am For Our Parishioners and HGB Aleksandra, Ivanna, Julianna and Jaroslav by Fr. Alex MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country
Thu	Aug 5	8:30am For Our Parishioners and + George Molnar by Eugene Kokinda 6:00pm “ROSARY” Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men’s Club
SUN	AUG 8	11th SUNDAY AFTER PENTECOST 1 Cor 9:2-12 Mt 18:23-35 Tone 2 10:40 3 rd Hour reading 11:00 Divine Liturgy for Our Parishioners and + Andrey Slysh by Dr. Nadia Shockley After – Hospitality

Usher needed for Sunday Liturgies! Please see Fr. Alex if you are interested in helping out! Thank you

CLOSING HYMN: Liturgy is not over until the closing hymn is complete, please refrain from conversation in the church. Remember we are live streaming. Thank you.

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

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

Office Manager: Adi Kusno (Deacon Candidate) will be acting as the Ascension Office Manager under Fr. Alex. He will be responsible for organizational duties with scheduling activities as well as a contact person if Father is unavailable.

LITURGY REQUESTS: If you would like to request a Liturgy, please fill out the Liturgy request envelope and give it directly to Fr. Alex. Please include your telephone number.

PARISH ACTIVITIES: All activities should be recorded on the main calendar in the office. Please write in the activity you are responsible for and let Fr. Alex know the details so he can include it in the bulletin

Happy AUGUST BIRTHDAYS

2nd Rino Picconi; 4th Fr Alex Shuter; 10th Frank Janke; 11th Adithia Kusno; 17 Sydney Marie Karlson; 21st Loretta Fetsko; 28th Micalah Cook

FINANCIALS, July 25

Monthly Dues – 0.00; Offertory – 3,080.00; Special Gifts – 0.00
In – 3,080.00; out – 3,684.95

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

Whatever you have need of is found in God. Are you seeking healing, restoration, peace, guidance, provision, deliverance, salvation? Only God can satisfy and meet your needs. It is in Jesus Christ that we are fulfilled, restored, made whole, and saved. Only God can help you.

Everyone you meet is fighting a battle you know nothing about. Be kind. Always.

Tonight, Go to sleep with a prayer. Pray about everything, talk to God. Just let it out, all the good, all the bad. He's always listening, prayer does change things. Even if you think God isn't listening, let me tell you He always is. He's always working on something for you. Breathe and ask for forgiveness and also forgive others.

Remember, tomorrow is a new day. Start fresh and clean.

DEAR HEAVENLY FATHER, HELP ME KNOW YOU BETTER SO THAT WHEN I PRAY FOR OTHERS, I CAN FILTER MY REQUEST THROUGH MY KNOWLEDGE OF YOUR WILL.

DEAR LORD, THANK YOU FOR THE NIGHT'S REST YOU GAVE ME. I AM GRATEFUL FOR THE RENEWED ENERGY AND ENTHUSIASM IT HAS BROUGHT. ACCEPT MY GRATITUDE FOR BRINGING ME TO THE BEGINNING OF THIS NEW DAY. I ACCEPT IT AS A PRECIOUS GIFT FROM YOU. MAY I USE IT MINUTE BY MINUTE TO DO YOUR WILL. GUIDE ME IN EVERY PROBLEM I FACE, EVERY DECISION I MAKE THIS DAY. HELP ME TO TREAT EVERYONE KINDLY, FAIRLY AND THOUGHTFULLY. IF I SHOULD FORGET YOU DURING THIS DAY, PLEASE DO NOT FORGET ME. AMEN

Ascension Yard Sale Friday August 6, 12-6pm and Saturday August 7, 6:30am to 1pm Hall will be cleared after Pot Luck on Sunday August 1. Please plan to help out a few minutes to move tables and merchandise into the hall. Set up an pricing Monday-Friday times will vary contact MaryJean Sotack at [lefthandedtoothfairy@yahoo.com](mailto:left-handed-tooth-fairy@yahoo.com)

Candles for July:

Sanctuary...HGB Margan Family...by Katarina Margan
Tetrapod...For Our Parish Family
Theotokos & Child...HGB Larie Noonan...by Chris Noonan
Christ Teacher...HGB Patrick Alexander & Family...by Lee & Kathy Alexander
John Baptist...HGB Olson Family...by Lee & Kathy Alexander
St Nicholas...For Our Parish Family
Protection Theotokos... HGB Morgan and Kevin Kelly by Ann Kelly

BIBLE STUDY

Beginning in September, a new bible study will begin on the 2nd and 4th Sunday of the month before Divine Liturgy. It will walk through the major elements of the bible and tie them together in an easy to understand format. This will be accomplished through small groups, discussion, and short professional videos. This small commitment will unlock your understanding of God's Word! If interested, please contact Dr. Mike Lechman or Mike Bracelin (michael.bracelin@gmail.com).

*The **deadline** for responding is August 15th, as the associated bible study materials must be ordered and delivered (under \$30 for required booklet; If you would like the optional bible that goes with it, that is an additional \$60)."*

We have several faithful from Ascension who are in need of special prayer.
Some of those who need special prayer are:
Ann Harmeyer, Chris Janke, Mary Grace Dorsey, Adithia and Sasha Kusno, Patrick Cook, Betta Labanish, Betty May Hertz, Fr. Alex
Thank you. Fr. Alex

To be a Saint – Happiness is to be Found in Simplicity

“Where your treasure is, there will your heart be also” Mt 6:21

Simplicity has been described as an inward reality that results in an outward lifestyle.

Much has been said in these letters about the dangers of materialism, and this age of self-indulgence. There are other factors to consider in order to develop a simpler lifestyle. Let’s take a look at three of them.

Simplifying a lifestyle not only means to reduce the clutter of your life in terms of material things and possessions, but the clutter of our thoughts. How many negative thoughts do we harbor? Thoughts stemming from personal relationships, or something that has happened to us. Maybe thoughts revolving around the state of the world, politics, or the day-to-day drudgery of life. Thoughts that needlessly occupy our mind, cluttering it with worry and anxiety. We have the power to end them, but we return to them. Why? Do they give us some type of pleasure? Do we gain some type of knowledge, insight or benefit from dwelling on them? Let these thoughts go. Cut them out of our life and move on. There is no profit for us by dwelling on negative thoughts. In the end they will make us bitter, and lead us to negative actions.

Another area which will serve to simplify our life is in our personal relationships. In this age, everyone is seemingly seeking to be connected to everyone else, mainly through social media, but in other forms also. There is a growing acceptance to seek out and cultivate relationships with numerous people, some we hardly know, others we do not know at all, except maybe a screen name on a post. It is not necessarily wrong to reach out, even commendable, if in the reaching, we are seeking to help others, but there is a danger here. We are empathetic by nature. We share feelings with each other, good or bad, and are sensitive to those feelings. Complex relationships are exhausting and draining to the spirit, and can even be manipulated by others. Would it not be better, simpler, to focus your energy on those closest to you; starting with God, then your spouse and your family?

For those whose job it is to deal with people and work with others on a daily basis, this can be an unavoidable problem. One reason personal retreats are so effective is that it gives you the ability to rest and recover; “detox” from the negative pressures of life and to focus and renew our relationship with God. Let Jesus set the example. In the Gospel of Mark when His apostles came back from preaching the Word of God, he told them to “Come away by yourself to a lonely place and rest awhile.” Mk 6:31. Jesus also needed to get away from the crowd from time to time. Consider the passages of Lk. 5:15-16, and Mt 14:23. It is often in solitude and silence that we regain our strength and focus. Coincidentally, it is for me the best time to talk to God.

That leads us into the last area. Take time for prayer. Just yourself and God. That is all. Make it an intimate time where you can free yourself from everything in this world and share your most personal thoughts and feelings. Start small but be persistent

in this. It is in this personal relationship with God that you will receive the true peace that is so elusive in life. In this only, nothing else.

The more complex life is, the more confusion and duplicity we encounter. It is in simplicity that we find truth. It is in simplicity that we find true happiness. The rest is an illusion. The less our life revolves around material things and emotional baggage, the more room we have for Christ.

Yours in Christ

Brother Joseph

“The pandemic swept down on us like an unexpected and furious storm; it has been a time of trial for everyone, but especially for us elderly persons. Many of us fell ill, others died or experienced the death of spouses or loved ones, while others found themselves isolated and alone for long periods. The Lord is aware of all that we have been through in this time. He is close to those who felt isolated and alone, feelings that became more acute during the pandemic.”

Pope Francis

“Let us try to read a page of the Gospel every day, to pray with the psalms, to read the prophets! We will be comforted by the Lord's faithfulness. The Scriptures will also help us to understand what the Lord is asking of our lives today... I was called to become the Bishop of Rome when I had reached, so to speak, retirement age and thought I would not be doing anything new. The Lord is always – always – close to us. He is close to us with new possibilities, new ideas, new consolations, but always close to us. You know that the Lord is eternal; he never, ever goes into retirement.”

Pope Francis

Psalm 1

Blessed are they who hope in the Lord.

Blessed the man who follows not
the counsel of the wicked
Nor walks in the way of sinners,
nor sits in the company of the insolent,
But delights in the law of the LORD
and meditates on his law day and night.

Blessed are they who hope in the Lord.

He is like a tree
planted near running water,
That yields its fruit in due season,
and whose leaves never fade.
Whatever he does, prospers.

Blessed are they who hope in the Lord.

Not so, the wicked, not so;
they are like chaff which the wind drives away.
For the LORD watches over the way of the just,
but the way of the wicked vanishes.

Blessed are they who hope in the Lord.

Psalm 95

If today you hear his voice, harden not your hearts.

Come, let us sing joyfully to the LORD;
let us acclaim the Rock of our salvation.
Let us come into his presence with thanksgiving;
let us joyfully sing psalms to him.

If today you hear his voice, harden not your hearts.

Come, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
and we are the people he shepherds, the flock he guides.

If today you hear his voice, harden not your hearts.

Oh, that today you would hear his voice:
“Harden not your hearts as at Meribah,
as in the day of Messiah in the desert,
Where your fathers tempted me;
they tested me though they had seen my works.”

If today you hear his voice, harden not your hearts.

Psalm 23

Even though I walk in the dark valley I fear no evil; for you are at my side.

The LORD is my shepherd; I shall not want.
In verdant pastures he gives me repose;
Beside restful waters he leads me;
he refreshes my soul.

Even though I walk in the dark valley I fear no evil; for you are at my side.

He guides me in right paths
for his name's sake.
Even though I walk in the dark valley
I fear no evil; for you are at my side
With your rod and your staff
that give me courage.

Even though I walk in the dark valley I fear no evil; for you are at my side.

You spread the table before me
in the sight of my foes;
You anoint my head with oil;
my cup overflows.

Even though I walk in the dark valley I fear no evil; for you are at my side.

Only goodness and kindness follow me
all the days of my life;
And I shall dwell in the house of the LORD
for years to come.

Even though I walk in the dark valley I fear no evil; for you are at my side.

Psalm 16

Keep me safe, O God; you are my hope.

Keep me, O God, for in you I take refuge;
I say to the LORD, "My Lord are you."
O LORD, my allotted portion and my cup,
you it is who hold fast my lot.

Keep me safe, O God; you are my hope.

I bless the LORD who counsels me;
even in the night my heart exhorts me.
I set the LORD ever before me;
with him at my right hand I shall not be disturbed.

Keep me safe, O God; you are my hope.

Therefore my heart is glad and my soul rejoices,
my body, too, abides in confidence;
Because you will not abandon my soul to the nether world,
nor will you suffer your faithful one to undergo corruption.

Keep me safe, O God; you are my hope.

You will show me the path to life,
fullness of joys in your presence,
the delights at your right hand forever.

Keep me safe, O God; you are my hope.

Psalm 138

Your right hand saves me, O Lord.

I will give thanks to you, O LORD, with all my heart,
for you have heard the words of my mouth;
in the presence of the angels I will sing your praise;
I will worship at your holy temple,
and give thanks to your name.

Your right hand saves me, O Lord.

Because of your kindness and your truth,
you have made great above all things
your name and your promise.
When I called, you answered me;
you built up strength within me.

Your right hand saves me, O Lord.

Your right hand saves me.
The LORD will complete what he has done for me;
your kindness, O LORD, endures forever;
forsake not the work of your hands.

Your right hand saves me, O Lord.

Psalm 113

The Lord will give him a seat with the leaders of his people.

Praise, you servants of the LORD,
praise the name of the LORD.
Blessed be the name of the LORD
both now and forever.

The Lord will give him a seat with the leaders of his people.

From the rising to the setting of the sun
is the name of the LORD to be praised.
High above all nations is the LORD;
above the heavens is his glory.

The Lord will give him a seat with the leaders of his people.

Who is like the LORD, our God, who is enthroned on high
and looks upon the heavens and the earth below?

The Lord will give him a seat with the leaders of his people.

He raises up the lowly from the dust;
from the dunghill he lifts up the poor
To seat them with princes,
with the princes of his own people.

The Lord will give him a seat with the leaders of his people.

Psalm 104

Lord, send out your Spirit, and renew the face of the earth.

Bless the LORD, O my soul!
O LORD, my God, you are great indeed!
How manifold are your works, O LORD!
the earth is full of your creatures.

Lord, send out your Spirit, and renew the face of the earth.

May the glory of the LORD endure forever;
may the LORD be glad in his works!
Pleasing to him be my theme;
I will be glad in the LORD.

Lord, send out your Spirit, and renew the face of the earth.

If you take away their breath, they perish
and return to their dust.
When you send forth your spirit, they are created,
and you renew the face of the earth.

Lord, send out your Spirit, and renew the face of the earth.

Psalm 11

The LORD is in his holy temple;
the LORD's throne is in heaven.
His eyes behold,
his searching glance is on mankind.

The just will gaze on your face, O Lord.

The LORD searches the just and the wicked;
the lover of violence he hates.
For the LORD is just, he loves just deeds;
the upright shall see his face.

The just will gaze on your face, O Lord.

Psalm 103

The Lord has established his throne in heaven.

Bless the LORD, O my soul;
and all my being, bless his holy name.
Bless the LORD, O my soul,
and forget not all his benefits.

The Lord has established his throne in heaven.

For as the heavens are high above the earth,
so surpassing is his kindness toward those who fear him.
As far as the east is from the west,
so far has he put our transgressions from us.

The Lord has established his throne in heaven.

The LORD has established his throne in heaven,
and his kingdom rules over all.
Bless the LORD, all you his angels,
you mighty in strength, who do his bidding.

The Lord has established his throne in heaven.

Psalm 15

He who does justice will live in the presence of the Lord.

He who walks blamelessly and does justice;
who thinks the truth in his heart
and slanders not with his tongue.

He who does justice will live in the presence of the Lord.

Who harms not his fellow man,
nor takes up a reproach against his neighbor;
By whom the reprobate is despised,
while he honors those who fear the LORD.

He who does justice will live in the presence of the Lord.

Who lends not his money at usury
and accepts no bribe against the innocent.
He who does these things
shall never be disturbed.

He who does justice will live in the presence of the Lord.

Exodus 15

Let us sing to the Lord; he has covered himself in glory.

I will sing to the LORD, for he is gloriously triumphant;
horse and chariot he has cast into the sea.
My strength and my courage is the LORD,
and he has been my savior.
He is my God, I praise him;
the God of my father, I extol him.

Let us sing to the Lord; he has covered himself in glory.

The LORD is a warrior,
LORD is his name!
Pharaoh's chariots and army he hurled into the sea;
the elite of his officers were submerged in the Red Sea.

Let us sing to the Lord; he has covered himself in glory.

The flood waters covered them,
they sank into the depths like a stone.
Your right hand, O LORD, magnificent in power,
your right hand, O LORD, has shattered the enemy.

Let us sing to the Lord; he has covered himself in glory.

Psalm 69

Turn to the Lord in your need, and you will live.

I am sunk in the abysmal swamp
where there is no foothold;
I have reached the watery depths;
the flood overwhelms me.

Turn to the Lord in your need, and you will live.

But I pray to you, O LORD,
for the time of your favor, O God!
In your great kindness answer me
with your constant help.

Turn to the Lord in your need, and you will live.

But I am afflicted and in pain;
let your saving help, O God, protect me;
I will praise the name of God in song,
and I will glorify him with thanksgiving.

Turn to the Lord in your need, and you will live.

“See, you lowly ones, and be glad;
you who seek God, may your hearts revive!
For the LORD hears the poor,
and his own who are in bonds he spurns not.”

Turn to the Lord in your need, and you will live.

Psalm 106

Give thanks to the Lord, for he is good.

Our fathers made a calf in Horeb
and adored a molten image;
They exchanged their glory
for the image of a grass-eating bullock.

Give thanks to the Lord, for he is good.

They forgot the God who had saved them,
who had done great deeds in Egypt,
Wondrous deeds in the land of Ham,
terrible things at the Red Sea.

Give thanks to the Lord, for he is good.

Then he spoke of exterminating them,
but Moses, his chosen one,
Withstood him in the breach
to turn back his destructive wrath.

Give thanks to the Lord, for he is good.

Psalm 99

Holy is the Lord our God.

Extol the LORD, our God,
and worship at his footstool;
holy is he!

Holy is the Lord our God.

Moses and Aaron were among his priests,
and Samuel, among those who called upon his name;
they called upon the LORD, and he answered them.

Holy is the Lord our God.

From the pillar of cloud he spoke to them;
they heard his decrees and the law he gave them.

Holy is the Lord our God.

Extol the LORD, our God,
and worship at his holy mountain;
for holy is the LORD, our God.

Holy is the Lord our God.