

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

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
Tue	Aug 10	8:30am For Our Parishioners and + Mildred Gavulich by Danna Ross & Greg Pula
Wed	Aug 11	8:30am For Our Parishioners and + Elvina DeGaspari by Ann Kelly MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country
Thu	Aug 12	8:30am For Our Parishioners and + Nicholas Gavulich by Donna Ross & Greg Pula After - Bible Study 6:00pm “ ROSARY ” Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
SUN	AUG 15	12th SUNDAY AFTER PENTECOST 1 Cor 15:1-11; Phil2:5-11 Mt 19:16-26; Lk 10:38-42&11:27-28 Tone 3 10:40 3 rd Hour reading 11:00 Divine Liturgy for Our Parishioners and + Irene Slysh by Dr. Nadia Shockley After – Hospitality

Usher needed for Sunday Liturgies! Please see Fr. Alex is 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

10th Frank Janke; 11th Adithia Kusno; 17 Sydney Marie Karlson; 21st Loretta Fetsko; 28th Micalah Cook

FINANCIALS, Aug 1

Monthly Dues – 880.00; Offertory – 1,948.00; Candles – 69.50
In – 2,912.50; out – 2,821.54; New TV – 883.97

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

God bless America!!!

THIS BIRTHDAY, I AM ONCE AGAIN REMINDED OF THE BOUNTIFUL JOYS THAT I HAVE REAPED FROM MY FRIENDS, FAMILY MY PARISH FAMILY, AND HOW BLESSED I AM TO HAVE SO MUCH LOVE FROM EVERYONE AROUND ME. THANK YOU, FROM THE BOTTOM OF MY HEART. GOD BLESS YOU ALL. FR. ALEX

Candles for August:

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

How Anchors Work

The parable of two ships: There were two ships that made safe harbor before an approaching storm. Both ships were to spend the night in harbor, and let the storm pass over. Both ships had the same type of anchor. To save time, the captain of the first ship decided to only rest his anchor underfoot, just on the bottom directly under the ship, putting out the minimum amount of anchor chain. The captain of the second ship decided to put out sufficient scope of anchor chain, taking time to pay it out slowly, and spread the chain along the bottom of the harbor to maximize the holding power. During the night a terrible storm came upon them. The captain of the first ship desperately tried to put out more chain, but his crew were frightened and confused, and could not respond in time. The ship was driven onto the rocks and was torn apart, with the loss of all on board. The second ship, that had taken time to put out sufficient chain, rested that night. Their anchorage was secure.

The anchor was regarded in ancient times as a symbol of safety. Christians adopted the anchor as a symbol of hope. Christ is the unfailing hope of all who believe in Him. Our church is an anchor. It has the capacity to hold us firmly in touch with God through Jesus Christ. Consider, from the parable, that an anchor by itself does little to hold a ship in her anchorage. It is rather the scope of chain used and how it is stretched out on the bottom of the anchorage, in conjunction with the anchor, that provides holding power.

The church is indeed our anchor, but the church in and of itself, will not hold us to the faith. It will only give us the illusion of being securely anchored. In order to be effective, we need an anchor chain securely connected to our church, properly placed. Without it, we will drift in the storms of life.

Each link of this spiritual anchor chain that we need is forged in life through various experiences, early childhood training, continuing training as an adult, active participation in church life and parish activities, receiving the sacraments, developing our spiritual life through study and prayer. The list goes on with seemingly mundane things like bible study, listening to homilies, private meditation on scripture, and putting your faith in action through charitable works. In other words, playing an active part in your parish and leading a Christian life.

With each experience, we forge a new link to the spiritual chain that allows us to develop a very strong anchorage. One with which we can withstand whatever storms come at us. One that will keep us and our families from drifting and running aground.

Consider now, some of those that enter into the faith, especially those with young children, that do not understand this concept of creating a chain. Well, they receive the sacraments of initiation, and maybe attend the liturgy occasionally when it is convenient, or in the case of children, when parents take them. Little by little they drift away. Their initial training is not developed. For some of these folks, going to church is like, well,

going to the garage to have your car fixed. Use it when you need it. The parish begins to seem distant to them. It is not intentional. If you ask them about their faith, they will tell you that they are Catholic. Just not “practicing” Catholic.

These souls have an anchor, they may have even forged a few links in the anchor chain, but not nearly enough to hold them firm in their faith when a mighty storm passes. They will be dragged away during a storm. They may say to themselves, well I will go to church when I truly need to, again like the garage analogy. Remember the men on the first ship? During the storm they were too frightened and confused to even help themselves. The same thing will happen to us during a spiritual crisis if we are not ready for it. “But my chain is good. I am anchored well.”

It is not just enough to forge a good anchor chain. You also have to keep it in good repair. This is done by continual pursuit of our faith. Continuing development of our relationship with God. Links in your anchor chain become old and brittle. They lose tensile strength and have to be renewed. What are the signs of a chain starting to degrade? Bitterness, envy, jealousy, impatience with others, these are signs of weakened links in your chain. Links that could part during a storm. Take note and repair these links. Do not let them fester within you.

Work hard to forge your own chain. Then take time to set your anchor well so that it will hold you. Make sure your children learn how to forge and set their own anchor. Finally, pray for the souls who have not forged this chain that connects us to the anchor of the church.

Love Dad

“Why do we seek the Lord? Why do I seek the Lord? What are the motivations for my faith, for our faith? We need to discern this, because among the many temptations we encounter in life, among the many temptations there is one that we might call idolatrous temptation. It is the one that drives us to seek God for our own use, to solve problems, to have thanks to Him what we cannot obtain on our own, for our interests. But in this way faith remains superficial and even, if I may say so, faith remains miraculous: we look for God to feed us and then forget about Him when we are satiated. At the centre of this immature faith is not God, but our own needs.”

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.

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 Massah in the desert,
Where your fathers tested me;
they tested me though they had seen my works.”

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

Psalm 106

Remember us, O Lord, as you favor your people.

We have sinned, we and our fathers;
we have committed crimes; we have done wrong.
Our fathers in Egypt
considered not your wonders.

Remember us, O Lord, as you favor your people.

But soon they forgot his works;
they waited not for his counsel.
They gave way to craving in the desert
and tempted God in the wilderness.

Remember us, O Lord, as you favor your people.

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.

Remember us, O Lord, as you favor your people.

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

Remember us, O Lord, as you favor your people.