

God bless America!!!

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

SUN	JULY 11	7th SUNDAY AFTER PENTECOST Rom 15:1-7 Mt 9:27-35 Tone 6 Divine Liturgy for Our Parishioners and + Joseph Lechman by Dr. Michael Lechman After - Hospitality
	11:00	
<u>Tue</u>	<u>July 13</u>	8:30am Moleben to the Theotokos For Peace in our Country
<u>Wed</u>	<u>July 14</u>	8:30am Moleben to the Theotokos For Peace in our Country
<u>Thu</u>	<u>July 15</u>	8:30am Moleben to the Theotokos For Peace in our Country After Bible Study
	6:00pm	“ROSARY” Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
SUN	JULY 18	SUNDAY OF THE FATHERS OF THE SIX ECUMENICAL COUNCILS 1 Cor 1:10-18 Mt 14:14-22 Tone 7 Divine Liturgy for Our Parishioners and + Anna Oberhouser by Elisabeth Branden After - Hospitality
	11:00	

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.

Adi Kusno (757) 332-8173 email: adithia.kusno@yahoo.com

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 JULY BIRTHDAYS

1st Tom McGraw; 2nd Ory Stefaniw; 6th Sasha Eckstein Kusno
6th Tony Kass; 13th Steve Margan; 13th Kevin Kelly; 14th John Alexander;
15th Hahn Falke; 16th MaryCatherine Cook; 19th Peter Margan
28th Isadora Jane Collins

Candles for July:

Sanctuary...HGB Margan Family...by Katarina Margan
Tetrapod...HGB Lolly Vinson...by Ann Kelly
Theotokos & Child...HGB David Noonan...by Chris Noonan
Christ Teacher...HGB Patrick Alexander & Family...by Lee & Kathy Alexander
John Baptist...HGB John Alexander...by Lee & Kathy Alexander
St Nicholas...HGB Morgan and Kevin Kelly by Ann Kelly
Protection Theotokos...HGB Adriana Shockley by Dr. Nadia Shockley

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.

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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

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

FINANCIALS

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

You can be “friends” with someone for years and it can also take years to realize they were never your friends.

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

Prayer - Part VII; Expressions of Prayer

“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 speak to the different levels, or expressions of prayers. It is a broad topic and covers much ground, so hang on.

There are various assertions on the different expressions of prayers. For example, the mystic, and doctor of the church, Saint Teresa of Avila, writes of nine levels, or grades of prayer. Each level bringing us in a closer union with God. The Catechism of the Catholic Church recognizes three expressions of prayer; vocal prayer, meditation and contemplative prayer.

Why the difference?? The levels of prayer in the Catholic Church are all contained in the first four levels of Saint Teresa’s prayers, called the Purgative Way. As a mystic, Saint Teresa goes on to describe five grades further advanced than what is stated in the Catechism. For simplicity’s sake we will speak to the three levels contained in the Catechism.

Vocal prayer is the expression of prayer we are most familiar with. It contains those prayers we say aloud, or to ourselves. Morning prayers, evening prayers, prayers surrounding the liturgy, and the cycle of prayers throughout the liturgical year. It is our daily communication with God, by which we tell Him our needs and struggles, and ask for His guidance and help. Vocal prayer is an essential element of the Christian life. (CCC 2701)

Meditation seeks to go deeper than our vocal prayers. Meditation seeks to understand the why, and how of the Christian life, in order to adhere and respond to what the Lord is asking. In meditation, the required attentiveness is aided by Sacred Scriptures, particularly the Gospels, holy icons, liturgical texts and writings of the spiritual fathers etc.... For me, meditating on the mysteries of the rosary has borne great fruit. Meditation engages thought, imagination, emotion and desire. It deepens our religious convictions, provides us insight, that can unlock knowledge that was hidden from us, giving us understanding of the mysteries of God that we would not have otherwise known.

Contemplative prayer is the simplest expression of the mystery of prayer (CCC2713). Yes, it is at its heart simple, but difficult for many. Looking back to Saint Teresa’s nine grades of prayer we see that it is a higher form. The goal of

the Christian life is union with God, and contemplation is a mysterious experience of that union. Contemplative prayer is a gaze of faith fixed on the love of Jesus Christ, and through Him the Father. Contemplation is a very intense time of prayer. A very private form of prayer, where there is just you and the Lord. It requires a quieting of the heart and of the emotions. A detachment from worldly desires and cares. Our mind focusses only on the Lord. When our mind starts to wander, as it inevitably will, we immediately bring our thought back to the Lord. Sometimes with the help of a prayer, a phrase, a word, our focus is immediately taken back to our Lord. For example, the desert fathers used the Jesus prayer to keep them centered and focused on their contemplation.

The three main expressions of prayer are different ways of living out our relationship with God. Vocal prayer is the act of actively speaking with Him. Meditative prayer is thinking about God, and opening yourself to hear His voice. Contemplative prayer is like sitting with God, opening yourself to God through Jesus Christ and delighting in his presence without the need for words.

So, what expression of prayer is best for us? The Lord leads us by different paths according to our state in life and grace received. Each path can lead us to God. Similarly, each expression of prayer has benefits. A simple vocal prayer for assistance, voiced humbly by one who is struggling in life, will have its effect, just as the deep meditation of a Christian ascetic, and the beautiful contemplative prayer of a mystic. Each form of prayer is pleasing to God, and has its own reward.

Rather than asking what expression of prayer is the best, maybe we should consider each expression as a building block to bring us closer to God. Saint Teresa would tell us that our spiritual life can be looked at as a progressive journey, one that steadily leads us closer to God. Thus, we should be encouraged to advance in our prayer life according to the grace we are given.

There are many Catholic works on the subject. I would recommend the writings of Saint John of the Cross, and those of Saint Teresa of Avila. Translations will vary. Kavanaugh, Peers and Foley are reliable. Both bodies of work are a useful guide to spiritual development. As always, seek guidance from your pastor or spiritual advisor if you have one. There are challenges and struggles to be found in developing your spiritual life. The rewards though are worth the effort.

For everyone who asks receives, and he who seeks finds, and to him who knocks, it will be opened. (Luke 11:10).

Yours in Christ
Brother Joseph

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.

Psalm 30

I will praise you, Lord, for you have rescued me.

I will extol you, O LORD, for you drew me clear
and did not let my enemies rejoice over me.
O LORD, you brought me up from the netherworld;
you preserved me from among those going down into the pit.

I will praise you, Lord, for you have rescued me.

Sing praise to the LORD, you his faithful ones,
and give thanks to his holy name.
For his anger lasts but a moment;
a lifetime, his good will.
At nightfall, weeping enters in,
but with the dawn, rejoicing.

I will praise you, Lord, for you have rescued me.

Hear, O LORD, and have pity on me;
O LORD, be my helper.
You changed my mourning into dancing;
O LORD, my God, forever will I give you thanks.

I will praise you, Lord, for you have rescued me.