

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

SUN

JUNE 13

3<sup>rd</sup> SUNDAY AFTER PENTECOST

Rom 5:1-10 Mt 6:22-34 Tone 2

Divine Liturgy for Our Parishioners

After HOSPITALITY

Tue June 15

8:30am

For Our Parishioners JUNE BIRTHDAYS by Fr. Alex

Wed June 16

8:30am

For Our Parishioners and HGB Jaroslav and Luba by Fr. Alex

MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country

Thu June 17

8:30am

For Our Parishioners and + Andrew Kokinda by Eugene Kokinda

After Bible Study

6:00pm

“ROSARY”

Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

SUN

JUNE 20

4<sup>th</sup> SUNDAY AFTER PENTECOST

Rom 6:18-23 Mt 8:5-13 Tone 3

Divine Liturgy for Our Parishioners and HGB MaryAnn and Lawrence

Drumtra

After HOSPITALITY

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

God bless America!!!

Dear Lord, I need more energy and strength. Change my thoughts to be in harmony with your divine power. Keep me in close contact with you, the source of energy that never runs down. I accept this great new energy now and give you thanks. Amen.

“They will soar on wings as eagles; they will run and not grow weary.”  
(Isaiah 40:31)

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

.....

Happy JUNE BIRTHDAYS

1st Michael Dunham; 1st Melissa Karlson; 2nd Micah Cook;  
9th Ann Merkley; 9th Matthew Montgomery; 11th Patty Duttry  
12th Anna & Sofia Carden; 14th Lisa Montgomery;  
23rd Marc Picconi; 25th Mary Olson; 27th Keith Shockley  
28th Michael Lechman

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.

## 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](mailto: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, MaryAnn Drumtra*

Thank you. Fr. Alex

**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**

**"Jesus shows us that the aim of life lies in self-giving, that the greatest thing is to serve... Jesus becomes fragile like the bread that is broken and crumbled. But His strength lies precisely therein, in His fragility. In the Eucharist fragility is strength: the strength of the love that becomes small so it can be welcomed and not feared; the strength of the love that is broken and shared so as to nourish and give life; the strength of the love that is split apart so as to join us in unity."**

*Pope Francis*

## Candles for June:

Sanctuary...HGB Margan Family...by Katarina Margan  
Tetrapod...HGB Morgan & Kevin Kelly...by Ann Kelly  
Theotokos & Child...HGB Madeline 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...For Our Parishioners  
Protection of the Theotokos...For Our Parishioners

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

FINANCIALS June - 6, 2021

Total Contributions: Monthly Dues - 360.00 Offertory – 1,109.00 Candles –51. 00 Fuel –0.00  
IN – \$ 1520.00; OUT— \$ 1, 133. 01

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.

## Set and Drift

Set and Drift. These are nautical terms of some importance to navigators, but also have practical application in everyday life.

So, what is set and drift? The term is used to describe external forces that effect a ship, and keep it from making good an intended course. It is a combination of wind and current that acts to “set” a ship in a particular direction, and at a certain speed, called “drift”. In brief, when we plot a ships position over a period of time, we can calculate the direction and speed of the set and drift, and compensate with a course and/or speed change. There are several other variables, but that’s it in a nutshell.

At no time in our life do we completely standstill, outside forces are always constantly moving around us. Influencing us, you could say, in one direction or another, mentally, physically, socially, economically, morally, even culturally. We may think we are maintaining a straight course in life, unaffected, direct and true, but are we? Are we not also constantly compensating and adjusting our course to correct for this?

A lot of ships have been lost at sea or run aground for failing to recognize and account for set and drift. Just like a lot of good folks have ruined their life for not recognizing problems in time to compensate. Like at sea, most of the time the set and drift in our life is almost imperceptible, and hard to recognize, especially for the young and inexperienced. A lot of social unrest we see happening in our country today is as a result of these forces.

Each life is influenced and shaped by outside forces, family, friends, neighborhoods, church, communities, organizations, social media, entertainment, to list a few. Our character is molded by these influences for the good, or for the bad. That’s of course why we tend to watch the forces that influence our children. We bring them up to recognize good and bad so that they can chart their own course in life safely, making corrections as necessary. However, there are navigators, and then there are navigators....

There is the person that goes through life semidetached from it, maybe a little bewildered by it;..... everything seems OK. I seem to be making it just fine...., I’m doing good enough...., no need to press harder...., I’ll know if there’s a problem when the time comes... I’ll enjoy the ride....., I’m waiting for the right time.....,

Then there is the person that’s perfect in their own mind. I don’t make mistakes...., I can handle anything...., nothing is too much for me....., I can press a little bit harder, and a little bit longer, and still have time to come out without running into much harm....., I’m in control.

Then there is the lazy one. Yea, I know I’ve got a problem but...., well, I’m not hurting anyone but myself....., nobody cares anyway...., I’ll do something about it tomorrow.

There are others, and I guess there is a little of this in all of us within our life time.

There is an old saying at sea. The first step in saving yourself is recognizing you’re in trouble. It is one of the hardest things to do. It means you have to come face to face with

your problem, and we do not like to do that. It also means you have to take positive action to “change course” in your life. A lot of good people; promising folks, have failed to make this recognition in a timely manner, and have destroyed their life far to early. Ask a recovering alcoholic who’s been through the AA program. Recognizing the problem and taking action was one of the hardest things they have had to do in life.

They will also say it was the only way they could get their life back.

Love Dad

**“There is another strength that stands out in the fragility of the Eucharist: the strength to love those who make mistakes... betrayal is the worst suffering for one who loves. And what does Jesus do? He reacts to the evil with a greater good... When we receive the Eucharist, Jesus does the same with us: He knows us; He knows we are sinners; He knows we make many mistakes, but He does not give up on joining His life to ours. He knows that we need it, because the Eucharist is not the reward of saints, but the Bread of sinners. This is why He exhorts us: “Do not be afraid! Take and eat.””**  
*Pope Francis*

**If you realized how powerful your thoughts are, you would never think a negative thought. “Peace Pilgrim”**

.....

**Dear God, we want to start this week by saying, “Thank You”. Blessed us so much, and we never want to take that for granted. Amen**

## 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 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.**

O LORD, our God, you answered them;  
a forgiving God you were to them,  
though requiting their misdeeds.

**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 34**

**Taste and see the goodness of the Lord.**

I will bless the LORD at all times;  
his praise shall be ever in my mouth.  
Let my soul glory in the LORD;  
the lowly will hear me and be glad.

**Taste and see the goodness of the Lord.**

Glorify the LORD with me,  
let us together extol his name.  
I sought the LORD, and he answered me  
and delivered me from all my fears.

**Taste and see the goodness of the Lord.**

Look to him that you may be radiant with joy,  
and your faces may not blush with shame.  
When the poor one called out, the LORD heard,  
and from all his distress he saved him.

**Taste and see the goodness of the Lord.**

The angel of the LORD encamps  
around those who fear him, and delivers them.  
Taste and see how good the LORD is;  
blessed the man who takes refuge in him.

**Taste and see the goodness of the Lord.**