

## WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE  
It turns out you were right about everything, DAD. Happy Father's Day!

**SUN JUNE 20 4<sup>th</sup> SUNDAY AFTER PENTECOST**  
Rom 6:18-23 Mt 8:5-13 Tone 3  
11:00 Divine Liturgy for Our Parishioners and + Gloria Rago by Anthony Rago

Tue June 22 8:30am For Our Parishioners and Icon Guild by Fr. Alex

Wed June 23 8:30am For Our Parishioners and HGB Men's Club by Fr. Alex  
**MOLEBEN TO THE THEOTOKOS** -Special Intentions-For Peace in Our Country

Thu June 24 Birth of John the Baptist (Solemn)  
8:30am For Our Parishioners and HGB Eugene 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 27 5<sup>th</sup> SUNDAY AFTER PENTECOST**  
Rom 10:1-10 Mt 8:28-9:1 Tone 4  
11:00 Divine Liturgy for Our Parishioners and + Bill Kelly by Ann Kelly

**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.

### 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

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

## 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 Dr. 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.*

### 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...HGB Joel Hampton Family...RB Joe & Elaine Hampton  
Protection Theotokos...HGB Peter Fritz...RB Joe & Elaine Hampton

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 May - 13

Total Contributions: Monthly Dues - 0.00 Offertory - 0.00 Candles - 0.00 Fuel - 0.00  
IN - \$ 969.56 OUT - \$ 0.00

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.

**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**

**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.

### **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*

Thank you. Fr. Alex

**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

## To be a Saint – Christ, Satan and Sin

Consider the roles of Christ and Satan, with respect to sin.

Before we sin, a thought comes to us, the thought becomes a temptation, and there is a conscious decision to act upon our temptation. Sin is committed. What is the role of Satan and that of Christ before we sin?

Before we sin, Satan whispers to us words of justification. He is our friend and supporter. He tells us; it's no big deal, no one will care. We deserve a little happiness, a little pleasure in life, right? This will make you happy. Satan is our defender at this point; the great enabler of our personal free will.

On the other hand, we have Christ. Before we sin, Christ, through the teachings of Holy Church, puts up a barrier to sin. Christ tells us, no, you should not do it, there will be consequences, Thou shalt NOT.... Unlike Satan, Christ is the great barrier. The one who holds us back, and attempts to keep us from sin.

So, the decision is made. One way or the other. This constant battle takes place all of our life. Sometimes we defeat the temptation. All too often we give in to our temptations. So, let's follow the scenario above, and the sin is committed.

Now, consider the role of Satan and the role of Christ. The roles are reversed. Satan now becomes the great accuser. You did it, there is no going back now. Might as well keep doing it because you'll never be forgiven. It's too late anyway. You sinned, and now you belong to me. You are mine and you cannot go back. Satan becomes the barrier to keep us from going back to Christ.

Christ on the other hand now becomes the great defender. Do not give up hope. Come back home to me, and ask forgiveness, for I shall surely forgive your sin and will yet give you new life. Only come home. You are my sheep and I will take care of you no matter what you have done. Repent and be free of your sin.

Before the crucifixion, Judas betrayed Christ to the authorities. Consider what Satan was whispering into the ear of Judas before the betrayal. Words of encouragement, words of support. Words of justification. Jesus did not turn out to be the Messiah you were hoping for, did He. He is just an ordinary man, a rabbi only. The others, especially Peter, call him Christ and Messiah. This will show them that Jesus is only a man. Besides think of what you could do with the silver reward; 30 pieces was it? Go ahead Judas.

After the deed was accomplished, what must of Satan been saying to Judas. You fool, you just betrayed the Son of God. You just killed the one whom your nation had been waiting for so long a time. Now, you have lost your eternal salvation and are condemned forever; how can you expect your master to forgive what you have done. The only thing left for you now is to end your life. Yes, kill yourself now, and be done with it you wretch, for you are beyond hope.

Every sound that came to Judas' ear was an accusation. Imagine the demons that

were laughing. The guilt was consuming and drowned out any thought of redemption and forgiveness. The tree upon which he hung himself seemed the only thing on earth willing to accept him now, and only then if he had a noose around his neck.

Now consider Peter. Peter who denied Christ three times before the cock crowed. What must of Satan have been saying to Peter. Peter my friend, this is dangerous business. The authorities want to round up all of Jesus' supporters. They will surely do to you what they will do to your Master. Stay quiet, inconspicuous. If they recognize you, just deny that you ever knew the man. Play it safe. Jesus would understand.

Peter did deny Christ. Like Judas he felt a wretch. Unlike Judas, who shut out the possibility of forgiveness, Peter was filled with remorse. A remorse so great and powerful that it drowned out the voice of Satan that would have whispered words of despair. Instead, Peter, who loved his Master so, asked for forgiveness, and found redemption.

Later in life, Peter was tempted once again to flee in the face of danger, and on the lonely road leading away from Rome, he met Jesus once again, carrying the rugged cross toward Calvary; this time leading to Rome. "Quo Vadis Domine?" These were the words Peter spoke to Jesus. Where are you going Lord? Jesus' reply; "To Rome, to be re-crucified." Immediately, Peter recognized the situation, and determined not to deny Jesus again. He resisted the temptation surely put there by Satan to flee for his life. Peter went back to Rome to provide witness to Christ and face a martyr's death.

Understand the roles of Satan and Christ with respect to sin. Say no to temptation; however, if sin is committed, do not give up hope, and do not despair. Heed the healing message of Jesus.

"Come to me all you who labor and are burdened, and I will give you rest." Mat 11:28  
Yours in Christ  
Brother Joseph

**"God is at work, like a good little seed that silently and slowly germinates. And, little by little, it becomes a lush tree, which gives life and rest to everyone. The seed of our good works too can seem like a small thing, yet all that is good pertains to God, and thus it humbly, slowly bears fruit. Good, let us remember, always grows in a humble way, in a hidden, often invisible way."**

*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.**