

+WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

We are only allowing **between 44 people in Church and 44 people in Church Hall**

**SUN MAY 16 SUNDAY OF THE FATHERS
OF THE 1ST ECUMENICAL COUNCIL**

Acts 20:16-18 & 28-38 Jn 17:1-13

9:30 **BIBLE STUDY**, led by Mike Bracelin

11:00 Divine Liturgy for Our Parishioners

Tue May 18 **8:30am** For Our Parishioners and All Souls in Purgatory by Eugene Kokinda
NO Office hours in Church (Fr. Alex)

Wed May 19 **8:30am** For Our Parishioners and All Souls in Purgatory by Eugene Kokinda
MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country

Thu May 20 **8:30am** For Our Parishioners and HGB Eugene Kokinda by Eugene Kokinda
After Short Bible Reflection

6:00pm **"ROSARY"** Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

SUN MAY 23 PENTECOST SUNDAY (5th All Souls)

Acts 2:1-11 Jn 7:37-52 & 8:12

9:30 **BIBLE STUDY**, led by Mike Bracelin

11:00 Divine Liturgy for Our Parishioners

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

God bless America!!!

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

Nothing valuable in life comes FREE!!!

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Happy MAY BIRTHDAYS

20th Larry Drumtra; 29th Jeffrey Sotack; 29th Fr Bob Chope

Pew books are available to parishioners on temporary loan during the pandemic. One can check out a book (or books) as you would check out a library book. It will be the person's responsibility to return the book in good condition when we are able to once again have the books in the pews for general use. If you are interested, see Don Merkley.

THANK YOU TO ALL THE PEOPLE WHO DONATED SUPPLIES FOR CLEANING OF CHURCH. FROM LINDA AND KATHY, THANK YOU EVER SO MUCH.

Candles for May:

BIBLE STUDY

A new bi-weekly Bible Study, led by Michael Bracelin and Dr. Michael Lechman, will follow the Adventure Bible Series and likely begin with the new Liturgical year in early September. It would walk through how the Old Testament foreshadows the New Testament, and how the New Testament sheds light on the Old Testament. In essence, we will explore how the bible fits together in a way that is understandable even to the novice! If interested, please find us at church, or email one of us (michael.bracelin@gmail.com) directly if interested in learning more

If you are interested in attending a bi-weekly Bible study that takes place during a weekday late afternoon/evening, which teaches you how to understand the “grand story of the Bible,” please find out more by finding Dr. Mike Lechman or Mike Bracelin at church on Sunday, or email us at Michael.bracelin@gmail.com.

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

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

Sanctuary... HGB Margan Family...by Katarina Margan
Tetrapod...BRS Bill Kelly...by Ann Kelly
Theotokos & Child HGB Morgan & Kevin Kelly by Ann Kelly
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 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 May - 9, 2021

Total Contributions: Monthly Dues - 325.00 Offertory – 1,165.00 Candles –167. 00

IN – \$ 1,657; OUT— \$ 725.26

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.

The Quality of Silence

I had just returned to port from a short 2-month deployment. It felt good to be back home. Home; where I imagined everything would be just as it was, just as I had left it. Home was the one place I knew would be the same and unchanged, compared to my life of constant pressure and high tempo operations aboard ship. Ah yes, home, the great friend of a weary traveler.

The first thing I noticed when I came through our front door, was the sliding glass doors leading onto our deck had been removed and replaced with fancy French doors. I walked over to them and suddenly realized that I was walking through a room of brand-new furniture; lots of brand-new furniture. My old favorite chair was gone, and everything was different. Is this my house?

There is an old maxim for seamen returning to their families from a voyage. No matter what you find upon your return, don't get a fight started over it. So; I didn't say a word but just walked out into the garage to bring my sea bag into the house and get unpacked.

There was a big empty space in the garage where my beloved Ford Bronco was supposed to be. The Bronco that I had for over 20 years. The Bronco I had cherished as a good friend. The Bronco that mom said she was going to sell one day, and use the profit to fix up the house!

I was shaken now. I had managed not to say anything since discovering all the changes, wanting to give time for them to sink in, and not wanting to start a big argument the first thing. I went to the garage refrigerator and opened it to get a cold beer. I always keep a few beers in it, just for emergencies you understand. Hand shaking slightly, I slowly opened the door to find: cold beer!

Faith in family restored, I walked back into the house. You know, those French doors actually look good. The furniture mom picked out was comfortable and made sense, as our family was getting older. Mom, who had been following at a safe distance, said a friend had borrowed the Bronco, and upon returning it had scraped the side panel pulling it into the garage. He had taken it to the body shop to get it repaired and it should be back the next day good as new.

Silence, the one thing that stood between me and getting a terrible fight started. Silence is golden they say. In this instance it was priceless..... There have been many other times I wish I had kept silent but did not.

Often today we hear folks speak before they hear the facts. Speak before they consider their words. We all do it. We are quick to form opinions, or accept someone else's opinion, and then put it forth as fact; in the process closing our minds to the real facts as they come out.

Other times we may speak truly, but in a way that is hurtful. A way that tends to tear down relationships. It works both ways you know. When we are on the receiving end of it, we tend to respond in kind, and even turn bitter. A lot of families fall apart this way.

There is no great insight here. We've all have had experience with this. We all know that sometimes a respectful silence and thoughtful consideration is what is needed.

In a day that seemingly encourages us to voice our opinion on everything at the drop of a hat, or come up with a quick retort to provocation, remember to take the time to understand things before you speak up. The situation may not require you to say anything at all. Sometimes thoughtful silence is an appropriate choice.

Love Dad

“Every moment of Jesus’ earthly life, through the grace of prayer, can become immediate to us, thanks to the Holy Spirit... And thanks to the Holy Spirit, we too are present at the River Jordan when Jesus immerses himself to receive baptism. We too are guests at the wedding at Cana, when Jesus gives the best wine for the happiness of the couple, that is, it is the Holy Spirit who connects us with these mysteries of the life of Christ because in contemplation of Jesus we experience prayer, to join us more closely to Him.”

Pope Francis

“I look at him and he looks at me!” (Catechism of the Catholic Church, 2715) It is like this: loving contemplation, typical of the most intimate prayer, does not need many words. A gaze is enough. It is enough to be convinced that our life is surrounded by an immense and faithful love that nothing can ever separate us from. Jesus was a master of this gaze. His life never lacked the time, space, silence, the loving communion that allows one’s existence not to be devastated by the inevitable trials, but to maintain beauty intact. His secret was His relationship with His heavenly Father.”

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.