

**+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 9 SUNDAY OF THE MAN BORN BLIND**

Acts 16:16-34 Jn 9:1-38

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

11:00 For Our Mother's

Tus May 11 **8:30am** For Our Parishioners

**MOLEBEN TO THE THEOTOKOS** -Special Intentions-For Peace in Our Country  
NO Office hours in Church (Fr. Alex)

Wed May 12 **8:30am** For Our Parishioners

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

Thu May 13 **ACCENSION OF OUR LORD**

**8:30am** For Our Parishioners

**MOLEBEN TO THE THEOTOKOS** -Special Intentions-For Peace in Our Country  
After **Short Bible Reflection**

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

Sat May 15 **Spaghetti Dinner**

**SUN MAY 16 SUNDAY OF THE FATHERS  
OF THE 1<sup>ST</sup> 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

**"Children are a great comfort in your old age – and they help you reach it faster, too." (Lionel)**

***HAPPY MOTHER'S DAY to a woman who deserves a medal.... For putting up with me all these years!!***

**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 live comes FREE!!!**

.....

**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.**

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

## Candles for May:

### **BIBLE STUDY**

1. The Liturgical Bible Study ministry surveying the weekly readings, led by Michael Bracelin, will resume starting March 21st at 9:30 am in the Hall. All are welcome to participate as one is able. Simply bring yourself and a bible if you have one!
2. Beginning later this Spring we will launch a new bible study following the Adventure Bible Series created by Ascension Press. It will take place during a weekday on a manageable semi-monthly basis. We hope to offer food, community, and of course an easy to understand exploration of the Holy Scriptures! If interested please contact Michael Bracelin ([michael.bracelin@gmail.com](mailto:michael.bracelin@gmail.com)) or Dr. Mike Lechman ([maclech@aol.com](mailto:maclech@aol.com)) via email or at Church.

---

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](mailto: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 GOD, I PRAY THAT YOUR DIVINE GUIDANCE WILL LEAD ME IN  
SUCH A WAY THAT I TOO, WILL BE ABLE TO EXPERIENCE THE  
SPIRIT'S GRACIOUS TOUCH UPON MY LIFE. AMEN.

.....

### **FINANCIALS May - 2, 2021**

Total Contributions: Monthly Dues -120.00 Offertory – 1,256.00 Candles –27. 00 Non – Monetary  
Donation – 24. 56 Special Gifts – 200.00 IN – \$ 1,603; OUT— \$ 2,668.05

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.

### To be a Saint - Sacrifice

"I am the Lord your God. Who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before Me." Ex 20:2-3.

"You shall love the Lord your God with all your heart and with all your soul and with all your might." Deut. 6:5.

Jesus said, "You shall love the Lord your God with your whole heart, and with your whole soul, and with your whole mind. This is the great and first commandment." Mt 22:37-38.

These are among the passages the Church has used to formulate the First Commandment; "I am the Lord your God. You shall not have strange gods before me." Yes, another biblical theme, and one of the basic tenants of Christianity. We often hear that God loves us and wants us to be happy, and that is absolutely true; but how often do we hear from the pulpit or elsewhere that God wants us to worship and adore Him; to put nothing else before Him? How do we conduct ourselves with respect to God? Where is our focal point? How lies our heart? Truth be told, we create small and large idols all the time. Idols that take our focus and attention away from the one true God. As a society we are losing sight of God, and replacing Him with our own contrivances.

Adoration always involves some kind of recognition of the absolute supremacy of God, and of our total dependence on him. One of the most fundamental types of adoration is sacrifice; an idea that is often misunderstood, and frankly is not popular or promoted in today's society.

In his Spiritual Exercises, St. Ignatius Loyola said that love is shown more in deeds than in words. When we pray and declare our love for God, is that where it ends? Let me ask you some questions. For those who are married, when you told your spouse that you loved her, is that where you left it? Did you not show your love in some way other than in words? Did you not make sacrifices to demonstrate your love? For older married couples, have you not made sacrifice throughout your marriage to take care of your spouse and family, further demonstrating your love and devotion? Of course, the answer to these questions is a resounding yes! So, should there not be an even greater show of devotion to our Creator? The one we acknowledge as the one true God? Or do we make sacrifice to other gods? The gods of pleasure and vice. The gods of wealth and possessions.

Every aspect of human existence requires us to make sacrifices. Educational pursuits, sports, careers, marriage and family, all require us to make sacrifice. There are certain things that we have to give up, that we deny ourselves, in order to be successful. It follows that being a Christian would also require sacrifice.

Love must be free; it cannot be forced and it cannot be bought. No one can force you to sacrifice for the sake of love. A religious sacrifice must be freely given to God as a sign of love, of reverence and submission to him. Such sacrifices are very meritorious in the sight of God, because they are acts of love. That is what God wants from us more than anything else, love.

Sacrifices come in many different forms: fasting, penances of various kinds, controlling vain curiosity, giving up a little social life to visit the church to pray, or help someone in need. Offering up your pains and sufferings, all the while handling them with grace and dignity. Even giving up sweets on occasion is a sacrifice. Yes, this is very pleasing to God. Careful though, in and of itself, getting up to go to church on Sunday is a requirement, not a sacrifice.

If you are familiar with the life of any saint, you will know what I am talking about. For there has never been a saint who did not practice some kind of sacrificial self-denial for love of God.

Yours in Christ

Brother Joseph

**"How beautiful and consoling it is to know that Jesus knows us one by one, that we are not unknown to Him, that our name is known to Him!... We are unique individuals, each with his or her own story, He knows us with our own story, each with his or her own value, both because they have been created and have been redeemed by Christ. Each of us can say: Jesus, knows me!... Only He knows what is in our hearts, our intentions, our most hidden feelings. Jesus knows our strengths and our defects, and is always ready to care for us, to heal the wounds of our errors with the abundance of His mercy."**

*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.**