

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

SUN	SEP 5	15th SUNDAY AFTER PENTECOST 2 Cor 4:6-15:4 Mt 22:35-46 Tone 6 10:40 3 rd Hour reading 11:00 Divine Liturgy for Our Parishioners and + George and Julia Kotyk by Myron and Deborah Kotyk After – Hospitality -Pot Luck
Tue	Sep 7	8:30am For Our Parishioners and HGB June Mathews, Lolly Vinson and Tony Kass by Fr. Alex 6:00pm <u>ADVISORY BOARD MEETING IN CHURCH HALL</u>
Wed	Sep 8	BIRTH OF THE THEOTOKOS 8:30am For Our Parishioners and HGB Linda Smith by Ann Kelly MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country
Thu	Sep 9	8:30am For Our Parishioners and HGB Linda Smith by Ann Kelly After - Bible Study 6:00pm “ROSARY” Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
SUN	SEP 12	SUNDAY BEFORE THE EXALTATION OF THE CROSS Gal 6-11:18 Jn 3:13-17 Tone 7 10:40 3 rd Hour reading 11:00 Divine Liturgy for Our Parishioners and HGB June Ann Hall by MaryAnn Drumtra After – Hospitality

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.

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 SEPTEMBER BIRTHDAYS

2nd Lisa Branden; 6th Jacob Cook; 8th Jamie DaQuilanea; 14th Danny Montgomery; 14th Lolly Vinson; 20 Patty Piszko-Dunham; 21st Deborah Kotyk; 21st Sr Alphina Chepter; 23rd Peyton Karlson; 24th Zachary Karlson
27th Lydia Marin; 28th Lisa Cifrulak Edwards; 29th Christine Noonan
29th David Efimetz

FINANCIALS, Aug 29

Monthly Dues – 50.00; Offertory – 593.92; Candles – 65.00; Special Gifts – 220.00

In – 708.92; out – 534.72;

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

“BEFORE YOU ARGUE WITH SOMEONE, ASK YOURSELF, IS THAT PERSON EVEN MENTALLY MATURE ENOUGH TO GRASP THE CONCEPT OF DIFFERENT PERSPECTIVE. BECAUSE IF NOT, THERE’S ABSOLUTELY NO POINT”. MRS. HELEN MIRREN

Youth faith formation will take place the 2nd and 4th Sunday of the month from 9:30 - 10:30 am beginning in September. If you are interested in signing your child up for formation, or helping with youth formation and fun events, please contact Angela Bracelin at angela.bracelin@gmail.com (3rd grade and below), or Sasha Kusno at sashaeckstein@gmail.com (4th grade and up).

If you are interested in being an Usher, Greeter, or helping with Security please contact Mike Olson at mikeo23608@gmail.com.

If you are interested in serving the church by leading 3rd Hour before Divine Liturgy please email Michael Bracelin at Michael.bracelin@gmail.com

(For each Sunday 3rd Hour at 10:45)

Sept 5th: - Adithia Kusno; Sept 12th: - Michael Bracelin; Sept 19th: - Tony Rago; - Sept 26th: Tony Rago

The next Men’s Club meeting is Tuesday September 21, 2021.

Attention Advisory Board, Security Team, Ushers, and Church Volunteers: Catholic Mutual (our insurance company) has developed on line training courses. Please see Mrs. Linda Lechman for information on how to access these training courses.

God bless America!!!

NEVER REPLY WHEN YOU'RE ANGRY. NEVER MAKE A PROMISE WHEN YOU'RE HAPPY. NEVER MAKE A DECISION WHEN YOU'RE SAD.

Candles for September:

Sanctuary...HGB Margan Family...by Katarina Margan
Tetrapod...For Our Parish Family
Theotokos & Child...HGB June Ann and Darren Hall...by Mary Ann Drumtra
Christ Teacher...HGB Patrick Alexander & Family...by Lee & Kathy Alexander
John Baptist...HGB Olson Family...by Lee & Kathy Alexander
St Nicholas...+ Margaret Fitzgerald....by Claudia Fitzgerald
Protection Theotokos... HGB Morgan and Kevin Kelly by Ann Kelly

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, Emma Bernier, Fr. Alex

Thank you. Fr. Alex

“Half-truths are a way of acting that is not true... And in an environment where interpersonal relations are lived under the banner of formalism, the virus of hypocrisy easily spreads. That smile that looks like this, that does not come from the heart. To seem to be on good terms with everyone, but with no one.”

Pope Francis

Secrets of Life

We all become nostalgic at times. Looking for a supposed simpler way, when life seemed to be less confrontational, not so complex. A gentler, idyllic time, like out of one of those Norman Rockwell paintings. Did those times ever truly exist? Probably not, at least not in the way our imaginations create them, but there was a time where we lived a simpler life. A time when society did not place such an emphasis on the pursuit of a career, power or wealth. When we were not constantly inundated with information and devices that are intended to simplify our life. A time when our life was not so full of useless stuff.

So, how do we get back to that? Well, as you heard me say before, the first thing you do is start to live small. Focus on that which is right around you. Start with family. Focus your efforts there first. Be careful not to measure your efforts on the amount of money you spend, but rather your personal time. Personal time is the most valuable thing you have to give to your family. That personal time would be best spent by developing and reinforcing values including love and faith.

The next step? Starting with family, build your life around your faith; around your relationship with God. Start with family prayer, observance of Sundays and holy days. Build into your family's life the rich Catholic rituals that are our heritage. Read the bible as a family. For children, start them with the bible stories, and then talk to them about it. Yes, church activities, youth groups and adult educational programs can help, but remember it starts within the family first. Turn to the Holy Family for guidance. Meditate on their family life and find solace. Theirs was a life of focus on God and on family.

"But they lived 2000 years ago!" The lessons the Holy Family teach us are timeless.

The next step? Balance your life. Disconnect from "activities" or lifestyles that clutter and bring turmoil into your life, and subsequently into your family's life. These will tend to separate you from family and

faith, and they will bring no profit. Be careful not to let pursuit of a career or money dominate over your faith or family. Never mind about what "*they*" say about living life to the fullest. It always, always comes out in the end as cramming the most you can into your life, regardless of consequences. Instead of the Norman Rockwell painting, your life will look like a Picasso.

These are certainly troubling times. Times of confusion, frustration and fear, bordering on panic with anticipation as to what is to happen next. Times that are seemingly bringing us closer to something. Let them go, to the extent you can. God's plan will be accomplished. What matters in the end is how you lived your life with what God has given you, not how complex your life was, how much money you made, or how much you worried about things.

Love Dad

"Indeed, Jesus affirms that the true bread of salvation, which transmits eternal life, is His very flesh; that to enter into communion with God, before observing the laws or satisfying religious precepts, it is necessary to live out a real and concrete relationship with Him... This means that one must not pursue God in dreams and in images of grandeur and power, but He must be recognised in the humanity of Jesus and, as a consequence, in that of the brothers and sisters we meet on the path of life."

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.

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.

Exodus 15

Let us sing to the Lord; he has covered himself in glory.

I will sing to the LORD, for he is gloriously triumphant;
horse and chariot he has cast into the sea.
My strength and my courage is the LORD,
and he has been my savior.
He is my God, I praise him;
the God of my father, I extol him.

Let us sing to the Lord; he has covered himself in glory.

The LORD is a warrior,
LORD is his name!
Pharaoh's chariots and army he hurled into the sea;
the elite of his officers were submerged in the Red Sea.

Let us sing to the Lord; he has covered himself in glory.

The flood waters covered them,
they sank into the depths like a stone.
Your right hand, O LORD, magnificent in power,
your right hand, O LORD, has shattered the enemy.

Let us sing to the Lord; he has covered himself in glory.

Psalm 69

Turn to the Lord in your need, and you will live.

I am sunk in the abysmal swamp
where there is no foothold;
I have reached the watery depths;
the flood overwhelms me.

Turn to the Lord in your need, and you will live.

But I pray to you, O LORD,
for the time of your favor, O God!
In your great kindness answer me
with your constant help.

Turn to the Lord in your need, and you will live.

But I am afflicted and in pain;
let your saving help, O God, protect me;
I will praise the name of God in song,
and I will glorify him with thanksgiving.

Turn to the Lord in your need, and you will live.

“See, you lowly ones, and be glad;
you who seek God, may your hearts revive!
For the LORD hears the poor,
and his own who are in bonds he spurns not.”

Turn to the Lord in your need, and you will live.

Psalm 106

Give thanks to the Lord, for he is good.

Our fathers made a calf in Horeb
and adored a molten image;
They exchanged their glory
for the image of a grass-eating bullock.

Give thanks to the Lord, for he is good.

They forgot the God who had saved them,
who had done great deeds in Egypt,
Wondrous deeds in the land of Ham,
terrible things at the Red Sea.

Give thanks to the Lord, for he is good.

Then he spoke of exterminating them,
but Moses, his chosen one,
Withstood him in the breach
to turn back his destructive wrath.

Give thanks to the Lord, for he is good.

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.

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 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 Massah in the desert,
Where your fathers tested me;
they tested me though they had seen my works.”

If today you hear his voice, harden not your hearts.

Psalm 106

Remember us, O Lord, as you favor your people.

We have sinned, we and our fathers;
we have committed crimes; we have done wrong.
Our fathers in Egypt
considered not your wonders.

Remember us, O Lord, as you favor your people.

But soon they forgot his works;
they waited not for his counsel.
They gave way to craving in the desert
and tempted God in the wilderness.

Remember us, O Lord, as you favor your people.

They forgot the God who had saved them,
who had done great deeds in Egypt,
Wondrous deeds in the land of Ham,
terrible things at the Red Sea.

Remember us, O Lord, as you favor your people.

Then he spoke of exterminating them,
but Moses, his chosen one,
Withstood him in the breach
to turn back his destructive wrath.

Remember us, O Lord, as you favor your people.

Psalm 97

The Lord is king, the Most High over all the earth.

The LORD is king; let the earth rejoice;
let the many islands be glad.
Clouds and darkness are round about him,
justice and judgment are the foundation of his throne.

The Lord is king, the Most High over all the earth.

The mountains melt like wax before the LORD,
before the LORD of all the earth.
The heavens proclaim his justice,
and all peoples see his glory.

The Lord is king, the Most High over all the earth.

Because you, O LORD, are the Most High over all the earth,
exalted far above all gods.

The Lord is king, the Most High over all the earth.

Psalm 85

The Lord speaks of peace to his people.

I will hear what God proclaims;
the LORD—for he proclaims peace
To his people, and to his faithful ones,
and to those who put in him their hope.

The Lord speaks of peace to his people.

Kindness and truth shall meet;
justice and peace shall kiss.
Truth shall spring out of the earth,
and justice shall look down from heaven.

The Lord speaks of peace to his people.

The LORD himself will give his benefits;
our land shall yield its increase.
Justice shall walk before him,
and salvation, along the way of his steps.

The Lord speaks of peace to his people.