

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

PLEASE KEEP SOCIAL DISTANCE

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| SUN | AUG 7 | 9TH SUNDAY AFTER PENTECOST After – Hospitality – POT LOCK 1 Cor 3:9-17 Mt 14:22-34 Tone 8 11:00 Divine Liturgy For All Our Parishioners and + Andrey Slysh by Nadia & Keith Shuckley |
| Tue | Aug 9 | 8: 30am For Our Parishioners and + Ann Harmeyer by Fr. Alex |
| Wed | Aug 10 | 8:30am For Our Parishioners and HGB William McGraw by Tom McGraw MOLEBEN TO THE THEOTOKOS -Special Intention |
| Thu | Aug 11 | 8:30am For Our Parishioners and HGB Betta Labanish by Fr. Alex After - Bible Study 6:00pm - ROSARY - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club |
| SUN | AUG 14 | 10TH SUNDAY AFTER PENTECOST After – Hospitality 1 Cor 4:9-16 Mt 17:14-23 Tone 1 11:00 Divine Liturgy For All Our Parishioners and + Anna Oberhauser by Elisabeth Branden |

Happy AUGUST BIRTHDAYS

4th Fr. Alex Shuter; 10th Frank Janke; 11th Adithia Kusno; 17 Sydney Marie Karlson; 21st Loretta Fetsko

All Are WELCOME, PLEASE ATTEND:

On Wednesday, after Liturgy, Moleben to the Theotokos. On Thursday, after Liturgy, Bible Study, reflecting on Sunday's Gospel Reading

**** KITCHEN MAINTENANCE ****

HOSPITALITY- Scheduled person is responsible for setting up and cleaning up coffee and cakes according to the instructions in the coffee cabinet.

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

We have several faithful from Ascension who are in need of special prayer.

Some of those who need special prayer are:

Frank and Chris Janke, Mary Grace Dorsey, Ben Pawers, Betta Labanish, Betty May Hertz, Emma Bernier, Lolly Vinson, William McGraw, June McGraw, Darren and June Hall, Thank you. Fr. Alex

ADULT BIBLE STUDY

Bible Study is held on the first and third Tuesdays. The next Bible study will be on **Tuesday August 16** from 5:15 to 6:30 PM. The subject will be The readings will be from Please join us for great food and a wonderful conversation-based journey through Scripture! See Dr. Michael Lechman and Michael Bracelin for questions.

IN THIS HOUSE, WE BELIEVE

IN THE HOLY SPIRIT; THE HOLY CATHOLIC CHURCH; THE COMMUNION OF SAITS; THE FORGIVENESS OF SINS; THE RESURRECTION OF THE BODY; AND LIFE EVERLASTING

PARISH ACTIVITIES: All activities should be recorded on the **main calendar 2022 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

POT LUCK LUNCHES

It is **NOT** the responsibility of Hospitality to clean up after Pot Luck. **EVERYONE** is responsible and expected to share in the cleanup!! Remember to take your dishes/utensils home after pot luck. You can wash them in the kitchen or at home. Items left in the kitchen **will be** donated to Goodwill!

FOOD AND/OR UTENSILS SHOULD NEVER BE LEFT UNATTENDED IN THE KITCHEN!
ALL COUNTERTOPS MUST BE WIPED CLEAN.

Adithia Kusno: **TODAY**, the 7th of August at St Nicholas Shrine, Carpathian Village in Canadensis, PA, Bishop Kurt will tonsure and give Adithia Kusno minor orders of Candle Bearer, Reader and Cantor. Congratulations Adi – and God bless you on this first step of your spiritual journey.

Many unique items come into the shop weekly. We have a great selection of special-occasion gifts and religious items unique to the Williamsburg area, including a wide selection of spiritual books, music, icons and devotional and inspirational articles plus hand-made soaps, local honey.

SPECIAL ORDERS WELCOMED.

FINANCIALS, July 31, 2022

Monthly Dues –0.00; Offertory –0.00; Candles-0.00;
In –0.00; Out –0.00

Attention all Parishioners, Visitors, and Guests: please do your part to help us keep the Social Hall clean. After Sunday Hospitality and Pot Lucks please make sure the table area where you were sitting is wiped clean. Also, please place your chair on top of the table.

Doing these things will be a big help and save much time in maintaining and keeping the floors clean. Thanks for your help and cooperation Fr. Alex

God bless America!!!

**Let's Keep Our Parish Safe and Secure
New In Person Training For Our Security Team**

We will have a special 30-minute training session in the Church Hall immediately following the **Hospitality** on Sunday, August 14. The training will be presented by retired Officer Larry Drumtra. All new and current members of the Security Team are expected to attend.

Let's be prepared and proactive for any event that may happen on church property during our Sunday Divine Liturgy.

We will still collect donations for the Ukrainian Humanitarian Cause. You may place your generous gift in the basket with the Ukrainian Flag. You will find it at the Icon Screen. Thank you for your gift of hope! Fr. Alex

Candles for August :

Sanctuary...For Our Parishioners

Tetrapod... BRS + Bill Kelly by Ann Kelly

Theotokos & Child... HGB Lainie Noonan by Chris Noonan

John Baptist... Kevin Kelly by Ann Kelly by Patty Duttry

St Nicholas... + Leo Branden by Lisa Branden

Protection Theotokos... For Our Families

Christ Teacher...+ Elvira DeGaspari by Ann Kelly

Prayer, Part 10 - Choosing Your Ground, Finding Your Time

While discussing prayer life one day, a young man confided that he started his private prayer life most unexpectedly as a boy. It was during one hot summer evening, just around dusk. He went and sat in an old car parked on his family's property alongside an open field, where he could observe the rabbits come out to feed. He had his rosary with him and said he just started praying it while watching the field. It was hot and muggy inside the car. The only fresh air was from the open window he had rolled down. It didn't matter. Once the rosary was started, he lost track of the discomfort and was at peace. He re-visited that old car throughout the rest of that summer, about the same time each evening, telling others he was watching the rabbits feed, but in reality, to pray the rosary. He said that experience changed him forever, and from that time on sought out "special places" to pray.

This story is consistent with others I have heard and with my own experience. Prayer is essentially a dialog with God. God wants to hear from you and wants you to know Him. There is no way better to get to know someone than to spend time alone with them. For me, that requires private time in prayer. Holy Mass and Divine Liturgy are beautiful in their majesty and spirituality, and essential in terms of the graces received, but if that becomes the sum total of your prayer life, the intensity and joy will wear thin through the years. Eventually you will become prefunctional in the manner you participate. Here we stand, here we sit, here we kneel. Here we recite this prayer, here we chant this tone. Now we get communion, and now we receive the final blessing and can go get coffee and some breakfast. It is like two strangers meeting on a street and they each say "Hi, how are you doing?", and "Have a nice day.". Nothing is accomplished outside of the pleasantries in the greeting. The strangers walk away, still strangers.

To get to know a stranger you have to talk to the person one on one. To get to know God it works the same way. There is no substitute. To get to know and understand our Creator, we have to approach Him in Prayer.

We've talked in previous letters about setting aside time and a place for private prayer. As difficult as that may seem, once you have accomplished that, and established

a routine, there is a great inner peace that accompanies it. You will also find that once your prayer time is established you will become very reluctant to give it up. You will order your life around your prayer time and not vice -a-versa. This is a strong sign you are on the right path.

As to the location? What is right for some may not be right for others. Jesus prayed in various locations, the synagogue, in various rooms, in other settings where he was surrounded by people, and even on the cross. He seems to have been most comfortable praying alone and outside in the open air. At the start of his public ministry, He went out into the wilderness to fast and to pray. Luke Chapter 5 indicates that Jesus often went into the wilderness to pray. Jesus once again was praying outside in the Garden of Gethsemane apart from the apostles when he was arrested by the authorities.

As Jesus sought solitude to be alone with His Father, so should we. For in solitude there is little competition vying for your attention. You will find yourself expressing your feelings openly, without pretense. In this setting then, wherever it is you choose, pursue your relationship with the Creator.

Don't be concerned about interruptions and temptations during prayer. Was not Jesus interrupted and tempted by Satan in the desert? Why would we expect our experience to be different? It goes with the territory. Voices in your head will start a separate dialog in your mind, or you will be interrupted with something or someone passing by. Simply stop, deal with the interruption and move on. Do not become impatient and above all do not become angry. God will understand and will allow you the time to get your focus back.

Once established, expand on your prayer life. At many parishes there are prayer groups and bible study groups. Talk to your pastor and seek these groups out as a way to develop and strengthen your relationship with God. Do not be afraid to share your prayer experience with others. Share your victories and even your failures. You will find others have similar experiences, for in terms of developing our relationship with God, we are truly traveling the same road.

Yours in Christ

Brother Joseph

Nothing but a Number

Japanese mountain climber Yuichiro Miura reached the summit of Mount Everest at age 70. George Brunstad was also 70 when he swam the English Channel. Naval officer Grace Hopper became the first female rear admiral of the United States Navy when she was 79. Margaret Haggerty completed her quest to run a marathon on each of the seven continents when she was 84.

If stories like these teach us anything, it's that senior adults are capable of amazing things.

That was certainly true of Joshua. Even though he was probably nearing the century mark, God had a plan for him. Age didn't matter to God. Rather than telling Joshua to rest, retire or step aside for a younger replacement, God instructed him to get to work.

Perhaps we should take a cue from God in our attitude toward older adults. From an early age most of us were taught to respect our elders. However, too often we confuse politeness for respect. What's the difference? Politeness might include offering a hand to senior adults when they struggle with steps or making awkward small talk with aging relatives at family gatherings. Respect, however, would include realizing that with their years of challenges and experiences these adults are a rich, God-given resource.

In this age of politically correct labels, perhaps a better name for senior citizens is "ultra-experienced adults." God entrusted Joshua with an important duty a quarter century after Joshua reached retirement age because of his vast military experience and knowledge.

Think of the older adults you know. How does God want to use them in your life? What experiences of theirs might benefit you? What life lessons have they learned that might keep you from making a bad decision? And what might you be able to learn from hearing their stories and asking for their advice?

To Take Away

- *How would you describe your attitude toward senior adults?*
- *Think of two or three seniors you know. What might getting to know them better add to your life?*
- *What steps can you take this week to build a mutually beneficial relationship with an older adult?*

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.

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.

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.

Psalms 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.

Psalms 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.

Psalms 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.

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.

Psalm 85

The Lord speaks of peace to his people.

I will hear what God proclaims;
the LORD—for he proclaims peace