

## WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

**PLEASE KEEP SOCIAL DISTANCE**

<b>SUN</b>	<b>JULY 10</b>	<b>5<sup>th</sup> SUNDAY AFTER PENTECOST</b> <b>After – Hospitality</b> Rom 10:1-10 Mt 8:28-9:1 Tone 4 <b>11:00</b> Divine Liturgy For All Our Parishioners and + Thomas Krupa by Kusno Family
<b>Mon</b>	<b>July 11</b>	<b>6:00pm</b> Advisory Board Meeting.
<b>Tue</b>	<b>July 12</b>	8: 30am For Our Parishioners and For USA and UKRAINE by Fr. Alex
<b>Wed</b>	<b>July 13</b>	8:30am For Our Parishioners and For perogy making team by Fr. Alex <b>MOLEBEN TO THE THEOTOKOS</b> -Special Intention
<b>Thu</b>	<b>July 14</b>	8:30am For Our Parishioners and For USA and UKRAINE by Fr. Alex <b>After - Bible Study</b> <b>6:00pm</b> - <b>ROSARY</b> - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
<b>Fri</b>	<b>July 15</b>	8:30am For + Lidia Havrelenko by Family
<b>SUN</b>	<b>JULY 17</b>	<b>SUNDAY OF THE FATHERS OF THE SIX ECUMENICAL COUNCILS</b> <b>After – Hospitality</b> Rom 12:6-14 Mt 9:1-8:1 Tone 5 <b>11:00</b> Divine Liturgy For All Our Parishioners and + Richard Hine by Mary Ann Drumtra

### Happy JULY BIRTHDAYS

1st Tom McGraw; 2nd Ory Stefaniw; 6th Sasha Eckstein Kusno  
6th Tony Kass; 13th Steve Margan; 13th Kevin Kelly; 14th John Alexander;  
15th Hahn Falke; 19th Peter Margan; 28th Isadora Jane Collins

## 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

### 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:

Ann Harmeyer, Frank and Chris Janke, Mary Grace Dorsey, Ben Pawers, Betta Labanish, Betty May Hertz, Emma Bernier, Lolly Vinson, 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 July 19** from 5:15 to 6:30 PM. The subject will be .....Please join us for great food and a wonderful conversation-based journey through Scripture! See Dr. Michael Lechman and Michael Bracelin for questions.

**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

Dear Lord, Prepare me for the coming week. Take away my worries and my regrets. Recharge my soul and renew my hope. Please go before me, clear the way and protect me. Bring the right people into my life and move the wrong people out the way. Guide me with your love and give me your joy.

In Jesus' Mighty Name, I Pray. Amen

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 and HOME MADE PIROHY.

The next Pierogi pinching event will be on Saturday, June 11 starting at 9:00am. Please come and bring a dish for a potluck afterward.

*SPECIAL ORDERS WELCOMED.*

*FINANCIALS, July 3, 2022*

Monthly Dues – 770.00; Offertory –1, 674.00; Candles-16.00;  
Holyday: \$ 20.00; In –2,480.00; Out – 2,760.63

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

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

**God bless America!!!**

IN THIS HOUSE, WE BELIEVE  
IN THE HOLY SPIRIT; THE HOLY CATHOLIC CHURCH; THE COMMUNION  
OF SAINTS; THE FORGIVENESS OF SINS; THE RESURRECTION OF THE  
BODY; AND LIFE EVERLASTING

**Candles for July :**

Sanctuary...For Our Parishioners  
Tetrapod... BRS + Bill Kelly by Ann Kelly  
Theotokos & Child... HGB David Noonan by Chris Noonan  
John Baptist... Kevin Kelly by Ann Kelly by Patty Duttry  
St Nicholas... For Our Parishioners  
Protection Theotokos... For Our Families  
Christ Teacher...HGB Darren Hall by MaryAnn Drumtra

**\*\* KITCHEN MAINTENANCE \*\***

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

**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.**

Verse: [John 19:28-37](#)

Recommended Reading

[2 Samuel 22:32-23:5](#); [Colossians 2:6-15](#); [2 Timothy 4:1-8](#); [Hebrews 12:1-2](#)

Climb inside the mind of a marathon runner. Listen to his thoughts. You've run this race countless times in your mind and hundreds of times in practice. But none of those resemble the real thing. The course takes you cross-country, and the running surface changes constantly. You could stumble at any step. Every change in terrain brings new challenges. Each race offers a different combination of obstacles and difficulties. And even though there are people at the roadside water stations to refresh your body, and crowds of individuals standing by to revive your spirit with their encouragement, it's still just you out there—you, your two legs and your two feet. No matter which race you're running, all of them have at least two things in common: the pain and the finish line.

Ah, the finish line! It makes all the pain bearable. Sometimes you forget the idea of winning the race in your all-consuming effort just to reach the finish line. You face the challenge and embrace the pain of running for over 26 miles, and a surge of joy fills your heart as you see the tape stretched across the journey's end. Every last ounce of strength drives you across the finish line.

Jesus understood that intense drive to finish. With one of his last breaths, he cried out, "[It is finished](#)!" In the language of the New Testament, that's a one-word exclamation: "Done!"

Jesus had joined the human race for a very special and specific reason—to finish God's plan to provide forgiveness, [salvation](#) and eternal life for a fallen humanity. When Jesus shouted "Finished!" he was declaring that he had endured the judgment of sin on behalf of all humankind. He'd crossed the finish line for each of us. And in order to finish, he had to seal the arrangement with his life. The cross represented the last hours in a long race marked out for Jesus. Even though he knew exactly how the race would end—with his sacrificial death—he still ran. Even though he had his disciples around him to provide companionship and support, not one of them knew exactly what he was going through in his final hours. Jesus knew that he'd experience excruciating pain. He knew that many would never accept his sacrifice, but he also knew that many would, and for us he ran. And finished. For this we'll spend eternity in grateful appreciation.

### To Take Away

- Do you see your life as a race? Why? How would you describe your progress so far?
- When you think of Jesus dying on your behalf on the cross, how does it make you feel? What effect does this reality have on your daily life?
- How can Jesus' sacrifice on the cross motivate you to run the race God sets out before you?

## *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.**

## 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.**

## Psalms 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.**

**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.**