

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

PLEASE KEEP SOCIAL DISTANCE

SUN	MAR 13	2ST SUNDAY OF THE GREAT FAST 2ND ALL SOULS Heb 1:10-2:3 Mk 2:1-12 Tone 1 10:40 3 rd Hour reading Divine Liturgy For All Our Parishioners and + John Labanish by Betta Labanish After – Hospitality
Tue	Mar 15	8: 30am For Our Parishioners and + Eugene Kokinda by Fr. Alex 6:30pm Men's club meeting
Wed	Mar 16	8:30am For Our Parishioners and HGB Lally Vinson by Fr. Alex MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country
Thu	Mar 17	8:30am For Our Parishioners and for Ukraine 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
Fri	Mar 18	5:30pm Divine Liturgy of the Presanctified Gifts for Our Parishioners and HGB Seamus Kearney by Eugene Kokinda

SUN	MAR 20	3ST SUNDAY OF THE GREAT FAST VENERATION OF THE CROSS 3ND ALL SOULS Heb 1:10-2:3 Mk 2:1-12 Tone 1 10:40 3 rd Hour reading Divine Liturgy For All Our Parishioners and + Alicia Krupa After – Hospitality
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Second Collection. Sunday March 20, 2022. For Ukrainian Humanitarian Relief.

Please consider donating to support humanitarian relief for the war afflicted people of Ukraine. Checks should be made payable to Ascension of Our Lord Byzantine Catholic Church. Earmark in the memo “Ukrainian Humanitarian Relief”

100% of your donation will go to this cause.

"Put on the full armor of God, so that you can take your stand against the devil's schemes"
Ephesians 6:11

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

HRAMOTY

There is an envelope for the 5 All Souls Saturdays (which we celebrate on Sunday mornings) in your pack of envelopes. Please write on the card all changes to the list of deceased members of your family to be remembered in prayer. If there are no changes, please write "*no changes*". The offering should be for Father Alex Shuter, not Ascension.

Happy March Birthdays

2nd Myron Kotyk; 14th Bladimir Hunter; 21nd Josiah Cook;
21st Seraphima Joan Collins; 25th Ron Ruszkowski

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, Ben Pawers,
Betta Labanish, Betty May Hertz, Emma Bernier, Lolly Vinson,
June McGraw Thank you. Fr. Alex

FINANCIALS, Mar 6, 2022

Monthly Dues – 810,00.00; Offertory –2,635.00; Candles-37.00; Fuel –0.0;
Flowers – Ester – 110.00; Holyday – 150.00; In –3,592 .00; Out - 3,439.61

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

ADULT BIBLE STUDY

Did you miss the Bible Study this Fall, but you want to still participate? It's not too late! The Bible Study will restart on Tuesday January 18th at 5:15 pm and we will do a complete review of everything we learned in Fall. Please join us for great food and a wonderful conversation-based journey through Scripture! See Dr. Michael Lechman and Michael Bracelin for questions.

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

Candles for February:

Sanctuary...For Our Parishioners
Tetrapod... For Our Parishioners
Theotokos & Child... HGB Kyra Noonan by Christine Noonan
Christ Teacher... HGB Mary, John, Patrick Alexander by Lee and Kathy Alexander
John Baptist... For Our Parishioners
St Nicholas... For Our Parishioners
Protection Theotokos... HGB June and Darren Hall by Mary Ann Drumtra

God bless America!!!

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 and local honey.

SPECIAL ORDERS WELCOMED.

Saturday, 2 April 2022, 2:00 - 5:00 pm

Holy Lent Day of Reflection

As we prepare for Great & Holy Week and Pascha (Easter), Fr. Brad Guillory (Chaplain, United States Navy) will lead us in an afternoon of prayer and reflection on the Liturgical Season. It will include an opportunity to celebrate the Mystery of Penance (Confession). The afternoon will flow into an evening Potluck Dinner in accordance with the Great Fast; i.e., exclusion of meat, dairy, eggs, etc. (it is a Saturday so seafood & wine are permitted, get out those old family recipes!). Fr. Brad will also preach at Divine Liturgy on Sunday 3 April, linking our themes and concluding our time of reflection. Please extend the invitation to your family, friends, and wider community.

God, I am so sorry For the way I complain about my circumstances. Please forgive me for my bad attitude when things don't go my way. I know you have a beautiful plan for my life and have already showered me with more blessing than I can count. Amen!

Coming together

Over the years I've seen things that were surreal in every sense. I've had to purposely lay my ship once alongside another vessel completely engulfed in flames, and in danger of exploding. My units picked up refugees from war torn nations, and watched helplessly as families were forcefully separated. We rendered first aid to many, most made it, some didn't. We picked up survivors, while watching others go under, unable to get to them in time. We weathered unimaginable storms and natural catastrophes. There are other things that I will not speak of. Each time it is the same though. A sense of the surreal, an unbelievable bizarre situation that leads to a jumble of emotions, and clouds thinking to the point of frustration, anger and helplessness. In this clouded thinking there is danger.

Training helps, but it is not enough. At a time when there is need for clear minded and focused action, we start acting on irrational emotions. Some simply are frozen in their tracks, others try one thing or another but there is no coordination, no unity of effort, no sense of team work. This only leads to a greater frustration. In an emergency, crisis or other dangerous situation, the first thing that needs to happen is to come together. Leaders have to swallow hard their own emotions, and bring their people together to focus their efforts. When this is done, there is an immediate calming effect. A crew, an army, a parish or a family, starts to work together effectively, and there is hope.

Watching what is happening in our own nation, with the crime and violence, the economic situation, and politics; these are things we tend to adapt to, each making adjustments in our own way. When we start seeing the war in Ukraine, and the great humanitarian disaster developing, with the potential it has to spread to Europe and elsewhere, well, that is something else. I think you would agree that at times the situation paints a surreal picture, doesn't it?

Some will advocate sending in troops and creating a no-fly zone. Others will tell you that would only start a greater war. Others will say to ignore the problem and it will go away. Still others stand helplessly and scream to no one in particular that we need to do something; now! In the meantime, the situation grows worse and frustration builds. As frustration grows, so too does our passions and anger. If not checked and redirected at some point we will fall apart.

Instead of falling apart, we need, at this time most of all, to come together. Come together first in prayer and supplication to God, asking for forgiveness, and for direction. Then come together as individuals, families and parishes to do something within our means to relieve, in some small way, the suffering. What to do? Do what you know, what is within your means to do. Whatever you do, do it together in harmony and love.

Why is it important to act with harmony and love? At this time when everything is seemingly in chaos and falling apart, when there is so many atrocities occurring, so much anger, division and suffering, Satan is being magnified. At a time when there are so many emotions pulling us apart from one another, Satan's power grows strong. We can deny that all we want, but the fact remains, as we fall apart and rely on our base emotions, Satan gains more control over us. The only remedy is to come together in Christ, and work in harmony and love.

So then, recognize that it is normal, and oh so human, to feel these emotions that create division and cause us to fall apart. Reach beyond that though, and ask God for the grace and strength to overcome our passions, so that we can come together with others to do some type of good.

Love Dad

*Every day is a new beginning. Take a deep breath, smile and begin again.
God woke you up today for reason. Trust in His plan, His timing is perfect.
He will make a way. Amen.*

Nobody is perfect. We all make mistakes. We say wrong things, we do wrong things, we fall, we get up, we learn, we grow, we move on, we live and we thank GOD for always giving us another chance.

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.

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 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.

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 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