

## WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

**PLEASE KEEP SOCIAL DISTANCE**

**SUN MAR 6**

**1<sup>ST</sup> SUNDAY OF THE GREAT FAST**

Heb 11:24-26.32-12:2 Jn 1:43-51 Tone 8

10:40 3<sup>rd</sup> Hour reading

11:00

**Divine Liturgy For All Our Parishioners** and HGB Helen Luecke by The Icon Guild

**After – Hospitality**

Tue Mar 8

**8: 30am For Our Parishioners** and Helen Luecke by The Icon Guild

Wed Mar 9

**8:30am For Our Parishioners** and HGB June Mc Graw by Tomas Mc Craw

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

Thu Mar 10

**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 11

**5:30pm** Divine Liturgy of the **Presanctified Gifts** for Our Parishioners and HGB **Seamus Kearney** by **Eugene Kokinda**

**SUN MAR 13**

**2<sup>ND</sup> SUNDAY OF THE GREAT FAST**

Heb 1:10-2:3 Mk 2:1-12 Tone 1

10:40 3<sup>rd</sup> Hour reading

11:00

**Divine Liturgy For All Our Parishioners** and HGB Helen Luecke by The Icon Guild

**After – Hospitality**

**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, Feb 27, 2022

Monthly Dues –015,00.00; Offertory –1,258.00; Candles-305.00; Fuel –13.0;  
Holyday – 150.00; In –1,726 .01; Out - 1,254.56

**Youth faith formation** please contact Sasha Kusno  
at [sashaeckstein@gmail.com](mailto:sashaeckstein@gmail.com) (4th grade and up).

Glory to Jesus Christ! To watch livestreaming: <https://www.facebook.com/AscensionOfOurLord/> Click both "Follow" (blue button) on Facebook Page and hit "Like" button to get notification

and/or Click both "Subscribe" (red button) on YouTube Channel and hit "Bell" button to get notification

<https://www.youtube.com/channel/UCFrYPWRdt-4HCsBpXdxAmhg>

Each time new video is live streaming there will be notification on Facebook and/or YouTube

Please let me know if there is other technical difficulty. In your service, Adi : +1 (757) 332-8173

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

**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.

*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.*

## **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.**

**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!**

**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.

## The most difficult thing

“But I say to you, love your enemies and pray for those who persecute you. Mt. 5:44

There are many difficult passages in the bible concerning the teachings of Christ. Passages that should give pause to our passions. Mk.10:21 comes to mind, as Jesus instructed the well-intentioned young man to go and sell everything he had and give it to the poor, and then come back and follow Him. Mt.19:24 is another. “It is easier for a camel to pass through the eye of the needle than for a rich man to enter heaven.”

We are certainly all attached to our earthly goods and treasures, something that is unique in all of God’s creatures. We covet that which is ours, sometimes overly so, and this is dangerous. However, getting back to loving your enemy, and praying for those who persecute you; well, that goes against our primordial instinct of self-preservation. The instinct that illicit fear and hatred, and tends to lead us away from God. For with fear and hatred often comes unjust anger and vengeance, and the power of Satan is greatly magnified. It takes something special to overcome these passions. It takes something Christlike.

Passions are running high in many areas, and for many reasons. The war in Ukraine, the economy, continuing stress from the pandemic, violence and crime, those on the Left, those on the Right; anger, disunity and hatred. Yes, passions are running high. Listen carefully; can you hear the laughter of Satan?

Consider now the war in Ukraine. Like all wars, the innocent are being killed, the wealth of a nation destroyed, lives are changed forever, and truth is the first casualty.

“Wait! Are you saying that we should just submit to the will of our enemies?”

No, we have a moral responsibility, and what is called in Natural Law, a “perfect right of self-defense” to protect ourselves and our families. We also have a perfect right and duty to protect our nation from aggressors that seek to destroy it. No, to understand the meaning of what I am saying, we have to go deeper. For the answer is to be found within us.

The key to Jesus’ statement in Mt. 5:44 lies within each of us. Specifically, it is the temptation to evil that lies at the core of it. I have an enemy, so therefore I fear and hate my enemy. This one persecutes me, therefore I fear and hate that person. This temptation to evil spurred on by the passions of fear and hatred leads to the sin of anger and vengeance. It is this temptation to evil that, if not controlled, will lead to sin and the eventual destruction of our own soul.

“Are you telling us that we should hate nothing; accept everything.” Your hatred should be reserved for sin, the immoral, and that which offends God. That which keeps us from God.

“I’m sorry Brother Joseph, I cannot accept this thought. I hold the aggressors who attacked Ukraine directly responsible, and we should hate what they did. Can you deny the pain and suffering they cause.”

I understand, and yes I have very deep feelings myself; however, the honesty in your statement just proved my point. Yes, we should hold the aggressors responsible, and I

am confident they will be, according to their role, but to be Christlike we need to continue to pray for them. As Catholics, we hate the sin of the aggressor. That hatred should be left there, where it rightfully belongs. Hatred of the sinner leads to the inevitable judgement and retribution in various forms. It is in this that we cross a line. I recently became aware of a child here in America, who was mercifully put to shame by classmates because of her Russian nationality. How is that justifiable? Where did that come from? What are we teaching our children? Hold your feelings in check. It is the Lord who ultimately judges.

Jesus did not qualify His statement to love your enemies by saying which enemies to love and which to hate. He said simply “LOVE your enemies, and pray for those who persecute you.” Shortly afterward, Jesus demonstrated exactly what he meant by forgiving those who crucified Him. He asked the Father to forgive the sin they were committing in the crucifixion, but never withdrew His Love for them. We see an example of this in the martyrdom of Saint Steven, and for that matter many of the early 1<sup>st</sup> century martyrs. This then represents the apex of Christian life.

At Fatima Portugal, during the six apparitions of the Blessed Virgin Mary, Our Lady told the children without qualification that war is a punishment for sin. Yes, she said that during the turmoil and strife of the First World War, but Her pronouncement is still valid. War is a punishment from God for sin. The Blessed Virgin also gave us the remedy for war which is, prayer, performing acts of reparation and sacrifice. She also gave us a prayer to be said at the end of each decade of the Rosary. A powerful prayer which fulfills the teaching of Jesus Christ perfectly.

***Oh My Jesus, forgive us our sins, save us from the fires of Hell, lead all souls to Heaven, especially those in most need of Thy mercy.***

During these times of turmoil and war, especially during the season of Lent, we would do well to pray this prayer often, as well as make sacrifices and reparations of some kind, according to our ability. Be Christlike.

Yours in Christ  
Brother Joseph

*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.*

## 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