

## WELCOME TO ASCENSION

### SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

“NOTHING EMBITTERS A PERSON MORE THAN SUFFERING. BUT WHEN IT IS CONSECRATED TO GOD, IT BECOMES HOLY”

THOMAS MERTON

**SUN AUG 4**

**11<sup>th</sup> SUNDAY AFTER PENTECOST**

**After+ – Hospitality – Pot Luck**

1 Cor 9:2-12 Mt 18:23-35 Tone 2

**11:00 Divine Liturgy For All Our Parishioners & Thanksgiving of GOD for all the blessings**

Tue Aug 6

**TRANSFIGURATION OF OUR LORD**

8:30 Divine Liturgy For All Our Parishioners + Mary Faith West by Family

Wed Aug 7

8:30 Divine Liturgy For All Our Parishioners and James Murphy by Loretta Murphy

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

**5:30pm Chant Camp** - a summer music offering

Thu Aug 8

8:30 Divine Liturgy For All Our Parishioners HGB Capt. Francis Fetsko by William Fetsko

**6:00pm - ROSARY** - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

Sat Aug 10

1:00pm Church **Cleaning** Hours

**SUN AUG 11**

**12<sup>th</sup> SUNDAY AFTER PENTECOST**

**After+ – Hospitality**

1 Cor 15:1-11 Mt 19:16-26 Tone 3

**11:00 Divine Liturgy For All Our Parishioners & Thanksgiving of GOD for all the blessings**

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

**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, Betty May Hertz, Emma Bernier, Lolly Vinson, June Mathews, William McGraw, Myron Kotyk, Darren and June Hall, Aurora & Jaime Daquilanea, Lary, Mary Ann Drumtra & their Family, Katharina Margan, Elaine Hampton, Dr. Micheal & Linda Lechman, Orysia Stefaniv, Elisabeth Branden, Merly & Teresa Phillips, Mary Sullivan, Mary Saupp, Francis Fenderson, Gareth & Patricia Reeves. Abigail Johnson, Don Wilson & his Family, Johnny Morris, Mary Faith West, Hazel Reeres, Richard Bapst. Thank you. Fr. Alex

**Visitors, family and friends:** Are you curious, do you have questions or inquirers about our church, icons, Divine Liturgy, or Byzantine Catholic traditions? Someone will be waiting to answer your questions after Divine Liturgy on Sunday mornings in the vicinity of the icon corner at the front of the sanctuary. Don't be afraid to ask, there are no wrong questions.

**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

The **Automatic External Defibrillator (AED)** is fully operational and located on the wall above the fire extinguisher in St. Phillips Hall. Eight parishioners were certified on the use of the AED on Oct 8, 2023 and other parishioners have been certified in the past. Periodic updates will follow. Dr. Michael Lechman

**Liturgy and Candle Requests:** Often we want to remember someone and offer special prayers for the departure of a loved one, special occasion, birthday, anniversary, etc. with celebration of a Divine Liturgy or lighting of a candle in front of an icon. To request a liturgy or candle, please complete the form in the appropriate envelope which you will find in the rack on the wall as you enter Ascension church and place it in the Sunday offering basket. Thank you. 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**

**Young Adults, Children, Adult Bible Study Comity:** Subdeacon Adithia Kusno, Dr. Michael Lechman, Sasha Kusno. **Special Event/Retreat Speakers Comity:** David Efimetz, Don Merkley, Dr. Mary Jean Sotack

### Bible Study: the Book of Genesis

The next Bible study will be held on August 13 from 5:15 to 6:30 PM. The discussion will cover Chapter 4,5 and 6 in Genesis.

Dr. Michael Lechman

**Please Join us on the (1<sup>st</sup> and 3<sup>rd</sup> Tuesday) of the month to: Read, Discuss, and Meditate on the Daily Readings, after Divine Liturgy, and ( 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Evening Bible Study of St. John at 5:15pm. in the Social Hall.**

### Happy July BIRTHDAYS

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

Tonight, Go to sleep with a prayer. Pray about everything, talk to God. Just let it out, all the good, all the bad. He is always listening; prayer does change things. Even if you think God is not listening, let me tell you He always is. He is always working on something for you. Breathe and ask for forgiveness and also forgive others. Remember, tomorrow is a new day.

Start fresh and clean.

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!"

**God bless America!!!**

### 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



### *FINANCIALS, Jul 28, 2024*

Monthly Dues –350.00; Offertory –533.75; Candles-3.00; Special Gifts 1,000.00; St. Luke's Icon Guild-80.00  
In – 1,966.75; Out-7,168.61

### **SPECIAL ORDERS WELCOMED.**

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.

### **Candles for July**

Sanctuary Lamp...+ John & Betta Labanish  
Tetrapod... HGB Lainie Noonan by Chris Noonan  
Theotokos & Child... HGB Andrey by Keith & Nadia Shckly  
John Baptist... + Jonathan Duttry by Patty Duttry  
St Nicholas... HGB Hampton Family Nicole, Alex Allyson by Eleine & Joe Hampton  
Protection Theotokos... In Love & Gratitude by Jim & Gia Hoolan  
Christ Teacher... HGB Irene Slysh by Keith & Nadia Shockly

## To be a Saint – Do Not Let Your Hearts be Troubled

*Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.* John 14:27

I recommend pulling out your Bible, and take the time to read through the passages referenced in this letter. They are important for us to ponder in this time of turmoil. Contemplate them in your heart daily, and they will provide you strength.

Assassination attempts, conspiracy theories, cyber outages, economic collapse, fears of war, food shortages, pandemics, crime, politics, politics, politics.... these are some of the things I read about and hear daily. They confront us every time we turn on the news or read a paper. Couple this with the common problems of raising a family, holding a job and just making ends meet, it can be overwhelming. It can become an obsession that brings with it worries and anxiety in our life, which in turn keeps us from growing closer to God. It will also have a negative effect on your family and those around you.

This is not how God wants us to live. Read again the passage from John quoted above. God wishes us to live in peace through His Son Jesus Christ. God does not give us these worries and anxieties. These feelings I spoke of above come from the world, and he that is the prince of this world. They come from Satan. They are like Jesus' parable of the Sower who sowed seeds among the thorns, *"these are the ones who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature."* Lk 8:14. Satan uses worries and the cares of this world to distract and hinder people from growing spiritually.

Our worries and anxieties give Satan a foothold into our live. Once there, he will manifest all type of fear and illusions that lead us deeper into the trap. We start suspecting all manner of things and persons working against us. We may start comparing ourselves to others, or become fixated on what we do not have, making ourselves increasingly a victim. Often Satan will attempt to make you feel guilty or ashamed of your past sins or mistakes. Foolishly we start to doubt God's love and mercy. We fall further, cutting ourselves off from friends and family, leading us increasingly into isolation with only our worries to keep us company. You could call it a tomb. But what is to be done???

This next biblical passage is greatly truncated, but listen to the words of Jesus in the Gospel of Matthew Chapter 6. *"Do not be anxious about your life...."* Jesus goes on to give examples and finishes with, *"So do not worry about tomorrow, for tomorrow will*

*bring worries of its own. Today's trouble is enough for today."* Turn now to Proverbs and see this thought echoed, *"Trust in the Lord with all your heart and do not rely on your own insight, In all your ways acknowledge Him and He will make straight your paths."* Prov. 3:5-6.

Throughout the Old and New Testaments, this thought remains constant. *"Cast all your anxiety on Him, because He cares about you."* 1 Peter 5-7. Do not seal yourself in a tomb with your worries and anxieties. As Peter urged us, give all of them to God and trust He will take care of us. With that, distance yourself from thoughts and lifestyle that is causing you anxiety and worry. Then seek out what is beautiful in life, what is sustaining. Take joy in what you have in life and forget about thoughts of what you do not have. Surround yourself with those that are supportive. Take a break from the news and create a safe haven with your spouse and family. Take time to pray and develop your relationship with God as Paul tells us in Philippians. *"Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your mind on Christ Jesus."* Phil. 4:6-7

Remember, it is not only about you. Help others along the way. Encouragement from others builds confidence in those that are losing hope. Help change the subject to something lighter, something good, something that motivates them toward God. The decision is theirs, but we should always be willing to hold the door open.

Yours in Christ

Brother Joseph

## 10 signs you're doing well in life:

- 1.) you have a roof over your head. 2.) You ate today. 3.) You have a good heart.
- 4.) You wish good for others. 5.) You have clean water. 6.) Someone cares for you.
- 7.) You strive to be better. 8.) You have clean clothes. 9.) You have a dream. 10.) You're Breathing.

Be Thankful For The Little Things

DEAR HEAVENLY FATHER, HELP ME KNOW YOU BETTER SO THAT WHEN I PRAY FOR OTHERS, I CAN FILTER MY REQUEST THROUGH MY KNOWLEDGE

## 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.**

**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.**

## Psalms 69

## Psalms 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.**

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.**

## **Psalm 85**

**The Lord speaks of peace to his people.**