

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 JULY 21

9th SUNDAY AFTER PENTECOST

After – Hospitality and blessing our "chariots"

1 Cor 3:9-17 Mt 14:22-34 Tone 8

11:00 Divine Liturgy For All Our Parishioners and + Janice & HGB Richard Knapp by Dr. Mary Jean Sotack

Tue July 23 8:30 Divine Liturgy For All Our Parishioners HGB Icon Guild & + Maure Black by Fr. Alex
5:15pm Bible Study

Wed July 24 8:30 Divine Liturgy For All Our Parishioners and + Anne DeMartino by Christine
MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country
5:30pm Chant Camp - a summer music offering

Thu July 25 8:30 Divine Liturgy For All Our Parishioners + Jamas Murphy by Loretta Murphy
6:00pm - ROSARY - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

Sat July 27 1:00pm Church **Cleaning** Hours

SUN JULY 28

10th SUNDAY AFTER PENTECOST

After – Hospitality

1 Cor 4:9-16 Mt 17:14-23 Tone 1

11:00 Divine Liturgy For All Our Parishioners and + Anne Fritz by Elaine & Joe Hampton

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

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

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. 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.

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

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 July 23 from 5:15 to 6:30 PM. The session will cover Genesis Chapter 3: The Fall of Man.

Dr. Michael Lechman

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

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 14, 2024

Monthly Dues –100.00; Offertory –1,653.00; Candles-15.00; Special Gifts 4,903.14
In – 6,671.14; Out-484.07

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 David Noonan by Chris Noonan

Theotokos & Child... HGB Merle & Teresa Phillips by Mary Ann Drumtra

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 Larry Drumtra, Merle & Teresa by Mary Ann Drumtra

Our Daily Bread – The Importance of Maintaining a Routine

Over the years I've heard all types of speeches, lectures and even a few sermons on how we are supposed to live a spontaneous life. A life of joy, a life of adventure, open to new things, open to ALL things. Don't be so rigid with those monotonous values..... My goodness isn't it all magical! I am not going to condemn this, but in this train of thought, is left out the importance of first establishing a set of values and beliefs to keep you anchored.

On every ship there is something known as the "Ship's Routine". It has been around for centuries and helps maintain order and discipline, fosters productivity, accountability, and most of all, the well-being of the ship's crew. The routine is transmitted on the 1MC (ships loud speaker). It starts with revelry in the morning, followed by breakfast, morning cleanups, followed by ships work, followed by lunch, all hands quarters, then some type of training, followed by ships work, then afternoon cleanups, followed by the evening meal and so on until taps. Of course, interwoven in the routine, most everyone is on some type of 4-hour watch rotation, either on the bridge, combat, or engine room. Then there is the normal ebb and flow of operations and exercises which continually interrupts the routine, I guess you could call that spontaneity, as many of the missions we did were unpredictable and somewhat adventurous. These could last a few hours or several days. But afterwards, the routine is there again like a familiar friend, and we regain that pace of life that helps keep us together in that isolated environment for months on end. Within that routine there were a set of values established. Cleanliness, order, discipline, responsibility and so on. This is important.

I suspect most of us have lived under some type of routine which instilled key values that help us in life. It starts with growing up within a family, and continues through high school, while maybe playing some type of organized sports. Even as adults, most professional groups have their protocols and procedures that does much the same. In general, it keeps us focused and standards high.

What happens when we do not have a "routine"? On Sundays and holidays the ship's routine adjusted so as to allow the crew the maximum time off to relax, take care of personal affairs, a time to read and write home, a time to study for advancement, exercise, etc..... There is value and importance in all of that, but these were the times

crewmembers got into some type of trouble. It was more common in new crew members, although there were occasions when someone was going through some personal difficulty at home, and this free time would consume them with dark thoughts. Some members would develop depression, and yes on occasion try to take their life. This was especially prevalent around the holidays. Over the years we learned to recognize this situation and had several methods of intervention. The fact remains free time, unstructured time, can be a problem for some.

Another example is that interesting transition from high school to college. The individual goes from a fairly regulated environment to one that does not provide much, if any oversight. In and of itself, it is a good learning experience in how to best manage your time, but it also leads to a lot of problems and misdirection. It is a vulnerable time in our life, full of passion and dreams. It is also full of outside influence, some good, some not so good. Why is it that most communist and radical social groups target young folks in colleges and universities? For those that have developed a good set of values in their early life, college will not present much of a problem. For those who have not, well they will drift to what seems right to them.

I guess what this all gets to is you have to have structure in your life; in all stages of your life. A good routine will necessarily provide that structure and lead to a good set of core values. As far as spontaneity? It happens, never fear. If you are raising a family, you are living a life full of spontaneity, and probably struggling to maintain some type of routine.... If you are well grounded in your core beliefs and value system, you'll have nothing to worry about.

Love Dad

Carpathian Kitchen News. We just completed another successful pierogi production run bagging 52 dozen potato and cheeses pierogi this week. Many thanks to those who came and helped out. Stop by after Liturgy to buy yours pierogi soon. We also have a small quantity of Bacon and cream cheese pirogi left.

Best Regards
Lee

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.

Psalm 69

Turn to the Lord in your need, and you will live.

I am sunk in the abysmal swamp
where there is no foothold;
I have reached the watery depths;
the flood overwhelms me.

Turn to the Lord in your need, and you will live.

But I pray to you, O LORD,
for the time of your favor, O God!
In your great kindness answer me
with your constant help.

Turn to the Lord in your need, and you will live.

But I am afflicted and in pain;
let your saving help, O God, protect me;
I will praise the name of God in song,
and I will glorify him with thanksgiving.

Turn to the Lord in your need, and you will live.

“See, you lowly ones, and be glad;
you who seek God, may your hearts revive!
For the LORD hears the poor,
and his own who are in bonds he spurns not.”

Turn to the Lord in your need, and you will live.

Psalm 106

Give thanks to the Lord, for he is good.

Our fathers made a calf in Horeb
and adored a molten image;
They exchanged their glory
for the image of a grass-eating bullock.

Give thanks to the Lord, for he is good.

They forgot the God who had saved them,
who had done great deeds in Egypt,
Wondrous deeds in the land of Ham,
terrible things at the Red Sea.

Give thanks to the Lord, for he is good.

Then he spoke of exterminating them,
but Moses, his chosen one,
Withstood him in the breach
to turn back his destructive wrath.

Give thanks to the Lord, for he is good.

Psalm 99

Holy is the Lord our God.

Extol the LORD, our God,
and worship at his footstool;
holy is he!

Holy is the Lord our God.

Moses and Aaron were among his priests,
and Samuel, among those who called upon his name;
they called upon the LORD, and he answered them.

Holy is the Lord our God.

From the pillar of cloud he spoke to them;
they heard his decrees and the law he gave them.

Holy is the Lord our God.

Extol the LORD, our God,
and worship at his holy mountain;
for holy is the LORD, our God.

Holy is the Lord our God.

Psalm 95

If today you hear his voice, harden not your hearts.

Come, let us sing joyfully to the LORD;
let us acclaim the Rock of our salvation.
Let us come into his presence with thanksgiving;
let us joyfully sing psalms to him.

If today you hear his voice, harden not your hearts.

Come, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
and we are the people he shepherds, the flock he guides.

If today you hear his voice, harden not your hearts.

Oh, that today you would hear his voice:
“Harden not your hearts as at Meribah,
as in the day of Massah in the desert,
Where your fathers tested me;
they tested me though they had seen my works.”

If today you hear his voice, harden not your hearts.

Psalm 106

Remember us, O Lord, as you favor your people.

We have sinned, we and our fathers;
we have committed crimes; we have done wrong.
Our fathers in Egypt
considered not your wonders.

Remember us, O Lord, as you favor your people.

But soon they forgot his works;
they waited not for his counsel.
They gave way to craving in the desert
and tempted God in the wilderness.

Remember us, O Lord, as you favor your people.

They forgot the God who had saved them,
who had done great deeds in Egypt,
Wondrous deeds in the land of Ham,
terrible things at the Red Sea.

Remember us, O Lord, as you favor your people.

Then he spoke of exterminating them,
but Moses, his chosen one,
Withstood him in the breach
to turn back his destructive wrath.

Remember us, O Lord, as you favor your people.

Psalm 97

The Lord is king, the Most High over all the earth.

The LORD is king; let the earth rejoice;
let the many islands be glad.
Clouds and darkness are round about him,
justice and judgment are the foundation of his throne.

The Lord is king, the Most High over all the earth.

The mountains melt like wax before the LORD,
before the LORD of all the earth.
The heavens proclaim his justice,
and all peoples see his glory.

The Lord is king, the Most High over all the earth.

Because you, O LORD, are the Most High over all the earth,
exalted far above all gods.

The Lord is king, the Most High over all the earth.

Psalm 85

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.