

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 MAR 10 4th SUNDAY OF THE GREAT FAST (4th ALL SOULS)

Heb 6:13-20 Mk 9:17-31 Tone 8

11:00 Divine Liturgy For Parish and HGB Katharina Peter & Lisa Margan by Fr. Alex

After –Hospitality

1:00pm **Advisory Board Meeting** in Betta Hall.

Tue Mar 12 8:30am For Our Parish and HGB Laly & Gary Vinson by Fr. Alex

5:15 pm - Bible Study

Wed Mar 13 8:30am For Our Parish and + Ralph De Martino by Christine Noonan

After - **MOLEBEN TO THE THEOTOKOS** -Special Intention

Thu Mar 14 8:30am For Our Parish and HGB Mary Saupp& Francis Fenderson by Gareth &Patricia Reeves

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

Fri Mar 15 5:30pm Presanctified Gifts For Our Parish and + Eugene Kokinda by Fr. Alex

Sat Mar 16 1:00pm Church **Cleaning Hours**

SUN MAR 17 5th SUNDAY OF THE GREAT FAST ST. MARY OF EGYPT

Heb 9:11-14 Mk 10:32-45 Tone 1

11:00 Divine Liturgy For Parish and HGB Katharina Peter & Lisa Margan by Fr. Alex

After –Hospitality

Happy MARCH Birthdays

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

LOVE YOUR HOSPITALITY GOODIES AFTER SUNDAY LITURGY?? WE ARE LOOKING FOR VOLUNTEERS FOR 2024 TO ENSURE THAT IT CONTINUES. IF INTERESTED, PLEASE SEE CHRIS NOONAN IN THE PARISH HALL OR EMAIL HER AT, CDFNOONA@GMAIL.COM

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, Mary Ann Drumtra, Katharina Margan, Elaine Hampton, Linda Lechman, Orysia Stefaniv, Elisabeth Branden, Merly & Teresa Phillips, Mary Sullivan, Mary Saupp, Francis Fenderson, Gareth & Patricia Reeves. Thank you. Fr. Alex

Bible Study: The Gospel of John

The next adult Bible study will be held on Tuesday March 12 from 5:15 to 6:30 :PM. The discussion will cover Lesson 24, John 19: 1-16 - "The Lamb King".

Respectfully submitted, 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.

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

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

2024 Ascension Advisory board members.

Fr. Alex (Pastor)-Property; David Efimetz & Dr. Micheal Lechman: Trustees; Subdeacon Adithia Kusno-secretary; Patty Duttry-Book Keeper; Betty Mae Hertz-Outrage; Don Merkley: Website, Facebook, Lisa Edwards-Liturgical Committee; Lee Alexander-Men's Club President, Dr. Micheal Lechman-Adult Bible Study; Mike Olson-Security Manager; Ann Merkley-Bookstore Manager

Young Adult's 2024: March 24, April 7, and April 21.

In Christ, Adithia Kusno

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

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.

Candles for March

Sanctuary Lamp...+ John & Betta Labanish
Tetrapod... HGB Katherine, Mary & Ann Efimetz by David Efimetz
Theotokos & Child... HGB Merle & Teresa Phillips by Mary Ann Drumtra
John Baptist... HGB Kyra Noonan by Chris Noonan
St Nicholas... For Our Parishioners
Protection Theotokos... In Love & Gratitude by Jim & Gia Hoolan
Christ Teacher... HGB Patrick Alexander & Family by Kathy Alexander

The Metropolitan Cantor Institute (MCI) is offering classes for all parishioners interested in learning more about our church and its musical history. These include an Introduction to Divine Liturgy, Church Singing and Reading in Church. These self-paced courses are FREE to registered parishioners our church and are between 4 and 8 weeks and online, where you will learn about what makes our church unique - our Prostopinija, or 'simple chant'. Join other parishioners or study solo to gain knowledge about the ancient melodies of our beautiful rich traditions. If you have any questions please ask Lisa Edwards (Cantor/Choir Director) or visit <https://mci.archpitt.org/online/> for more information.

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

God bless America!!!



FINANCIALS, March 3, 2024

Monthly Dues –1, 270.00; Offertory –2,447.00; Candles-22.00; In – 3,744.00; Out 3,197.93

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

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.

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.

Our Daily Bread – Sacramentals; The Sign of the Cross

Probably like many of you, I remember as a young boy learning about sacramentals in school and at home. Crucifixes, holy water, blessed oils and so on. At home I always remember rosaries, statues and holy cards of the saints, I still wear my holy medal given to me when I was very young. The old Baltimore Catechism said that sacramentals are things set apart or blessed by the Church to excite good thoughts and to increase devotion, and through these, remit venial sin. Out of all of the sacramentals I know, I would say the one most often used is the sign of the cross. It is more than likely the first sacramental we learn as children, and one of the more powerful. In addition to the physical action of making the sign of the cross, the prayer that accompanies it contain 15 of the most powerful words in human language.

Most Catholics make the sign of the cross many times during the day. If you attend an Eastern Divine Liturgy, you will make the sign of the cross throughout the service. We do it so often that we tend to forget it's power and effect on us. For each time we make the sign of the cross, we renew our profession of faith; express our belief in the Father, Son, and Holy Spirit; and acknowledge the divine work of creation, salvation, and sanctification. We invoke the Holy Trinity.

The sign of the cross has been with us since the time of the Apostles. According to Saint Basil, the apostles *“taught us to mark with the sign of the cross those who put their hope in the Lord,”*

According to Saint John Chrysostom, *“Never leave your house without making the sign of the cross. It will be to you a staff, a weapon, an impregnable fortress. Neither man nor demon will dare to attack you, seeing you covered with such powerful armor. Let this sign teach you that you are a soldier, ready to combat against the demons, and ready to fight for the crown of justice. Are you ignorant of what the cross has done? It has vanquished death, destroyed sin, emptied hell, dethroned Satan, and restored the universe.”*

Initially the sign of the cross was made with the thumb, usually on the forehead, but sometimes on the lips and chest. This small sign of the cross was commonly used by the end of the 4th century and is still used today in the sacraments of Baptism, Confirmation, and the Anointing of the Sick. I still cross myself this way when the Gospel is announced; forehead, mouth and heart. May the Lord be on my mind, on my lips, and in my heart.

By the 6th century, people were using the first two fingers, held together to make a large sign of the cross touching the forehead, chest, and shoulders. The two fingers symbolized the two natures of Jesus Christ (divine and human).The

use of three fingers became popular in the 9th century, by which the thumb and first two fingers were held outstretched together to symbolize the Trinity, while the remaining two fingers were bent to signify the two natures of Christ. Saint Francis De Sales notes that sometime all five fingers are used representing the five wounds of Christ.

So, what is this power of making the sign of the cross. How does it drive away evil? First let me say it is not some magic. There is no superstition surrounding it. Using the sign of the cross for those purposes would be meaningless. Plain and simple, making the sign of the cross brings us closer to God through Jesus Christ, and anything that brings us closer to God, necessarily drives away evil. Satan in particular hates the sign of the cross because it represents his everlasting defeat. As such, making the sign of the cross becomes a valuable tool in our spiritual combat with the demons. Saint Anthony of the Desert, a third-century Egyptian monk, encouraged the sign of the cross. He used it often to combat all kinds of evil, confusion, terror, deception, depression, frustration, and so on.

“So Dad, which way is right, crossing right to left or crossing left to right?” From what I have read the right to left crossing is the more ancient form, as is practiced in the Eastern Churches. It was somewhere, I believe in the 13th century, around the time of Pope Innocent III, that the west started left to right. There are all sorts of reasoning as to which is appropriate, unfortunately the topic can be a source of contention, and in that recognize the handiwork of Satan. Here is my thinking, make the sign of the cross reverently, according to how you were taught, and respect other traditions. “In the name of the Father, and of the Son and of the Holy Spirit, Amen. Love Dad

Men's Club Meeting - March 19th at 6pm will be our next Club Meeting. Please set that date aside and plan to come. Pizza and beer (& beverages) will be served after the meeting.

Carpathian Kitchen - We will be making kolache and piroshki on Saturday, 23 March starting at 9am. Please come out and support. We could use a good turn out. Best Regards
Lee

The 3rd Talk on the History of the Byzantine Catholic Church, Sunday March 17, 10AM2024
Betta Hall. Prior to Liturgy Subsequent Lectures Monthly. Dr. Ron Ruszkowski

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.

Psalms 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.

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 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.

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.

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 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.

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.