

## 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 OCT 20 22<sup>nd</sup> SUNDAY AFTER PENTECOST

After – Hospitality

Gai 6: 11-18 Lk 16:19-31 Tone 5

11:00 Divine Liturgy For All Our Parishioners & HGB by Fr. Alex

After Divine Liturgy will be Security Team meeting - training.

12:30 - Young Adults continue spiritual studies

Mon Oct 21 8:30 Divine Liturgy For Peace in Our Country & HGB Icon Gild by Fr. Alex

Tue Oct 22 8:30 Divine Liturgy For Peace in Our Country & HGB Linda Lechman by Fr. Alex

Wed Oct 23 8:30 Divine Liturgy For Peace in Our Country & HGB Ruszkowski Family by Fr. Alex

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

Thu Oct 24 8:30 Divine Liturgy For Peace in Our Country & + Daniel Bernier by Emma Bernier

6:00pm - **ROSARY** - Prayer For Peace in Our Country & for Protection and Healing of all serious illnesses by Men's Club

Sat Oct 26 1:00pm Church Cleaning Hours

#### SUN OCT 27 23<sup>rd</sup> SUNDAY AFTER PENTECOST

After – Hospitality

Eph 2:4-10 Lk 8:26-39 Tone 6

11:00 Divine Liturgy For All Our Parishioners & HGB by Fr. Alex

12:30 - Young Adults continue spiritual studies

### YARD & FOOD SALE

**November 1, 2024 4-6pm (pre-sale and food sale) November 2, 2024 6:30 am - 2pm**

Halupki making-assembly: Saturday October 19, 2024 starting at 9am

All proceeds from the yard sale will go to the victims of hurricane Helene

*Help needed please see Mary Jean Sotack.*

### Welcome Back ECF Students!

Welcome Back, Children and teachers! Our children's ECF classes will meet weekly at 10am before Divine Liturgy. All children are welcome to attend! If you have any questions, please reach out to

Lisa Edwards at [LisaCVoice@yahoo.com](mailto:LisaCVoice@yahoo.com).

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

**November 17,** after Divine Liturgy will be Security Team meeting - training. All parishioners are invited and encouraged to attend. Fr. Alex

Ascension Young Adults will continue Byzantine spiritual studies from Philokalia at 12:30 pm on each Sunday: **TODAY - October 20,** and 27; and November 3, 10, 17, and 24. Come and pray together.

In Christ, Adi

### Bible Study: the Book of Genesis

The next adult Bible study will be held on October 22 from 5:15 to 6:30 PM. The subject is God's Covenant with Abram- Chapters 15 and 16.

Respectfully submitted,

Dr. Michael Lechman

**Please Join us on the ( 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Evening Bible Study of St. John Hall at 5:15pm. in the Social Hall.**

**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

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

### **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.

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, Hazel Reeres, Richard Bapst; Joan Ruszkowski and her Family, John Adzima, Michael Derkacz Thank you. Fr. Alex

### **HAPPY OCTOBER BIRTHDAYS**

4th Christine Janke; 10th Gia Hoolan; 13th Jeff Carden; 13th Katarina Margan; 14th Lily Olson; 21st Lisa Margan; 22nd Linda Lechman; 25th Charlene Yackanich; 26th MaryAnn Drumtra; 28th Anna Montgomery

**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.

**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

## **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, Oct 13, 2024**

Monthly Dues –200.00; Offertory –1,368.00; Candles-48.00;  
In –1,616.00; Out-149.65

### **Candles for October**

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

### **Operation Christmas Child is up and running.**

The table is located in the Fellowship Hall with all supplies and directions for the Christmas boxes. Please return all boxes during the week of November 18th through November 22nd. The boxes will be shipped out November 22. Please remember to include a \$10.00 donation to help with shipping. Thank you for your generosity!  
Michelle Massie

## To be a Saint – “Now Then”

*“I believe God made me for a purpose, but he also made me fast! And when I run, I feel his pleasure.”— Eric Liddell, 400 meter gold medalist, 1924 Paris Olympics*

The quote above was from the great runner whose story is told in the movie Chariots of Fire. These are not words written in Hollywood, they are Liddell’s own words. They sum up the deep connection between physical abilities, spirituality, and purpose. We are at our best when we offer up to God the gifts He has given us.

We’ve often talked about prayer, and we’ve also talked about the importance of work. In this letter let’s talk about the importance of combining prayer and work. Prayers help us grow closer to God. When we pray, we are welcoming God in our life. The more you spend time talking and listening to God through prayer, the more we draw closer to Him, and God naturally draws close to us too. He is always watching us, but praying while you work invites God into your life in a very personal way. Like Eric Liddell, God takes great pleasure in seeing you use the talents He gave you for good purpose.

Within our life’s work, no matter what that work may be, we should be able to find dignity and purpose. We should also learn to trust that we are doing what God meant us to do. That we are exactly where God intended us to be. Once this realization comes home, you will feel a confidence, a fulfillment beyond your wildest dreams, as your life becomes better conformed to God’s plan. You will come to realize what Eric Liddell was getting at.

But for many, prayer is thought of to be a mental exercise only, let’s use the term spiritual. But we are not just spirits, we have both body and soul. What if we somehow incorporate the skills, knowledge and passion we have developed in life into our prayers? What if we approach God not just in spirit but with body and soul? Ahh now, this is a secret of the great saints.

But my work takes my total focus! I don’t have time to do my work AND focus on prayer.

I spoke to a prominent surgeon some time ago and asked him about prayer during his work. He said simply that before a procedure began, he would pause and take a moment to ask God to be with him, and to guide him. He eventually noticed that the

surgical assistant, anesthesiologist, OR nurse and others began to do the same. He further went on to tell me that on several occasions, when something unexpected happened, or when he was losing the patient, he would verbally say “God please guide us.” The result? An immediate calming in the surgery.

His name is Amacio. He is from Guatemala. A man about 30 years of age, with a wife and two young children. He is also a proud American citizen and small business owner. Amacio owns a landscaping business and is regularly climbing into large overgrown trees to trim them, or prepare them for removal. I watched him one morning prepare to climb a large tree to trim limbs bottom to top. He was rigged in climbing spikes, a safety harness, and had a chain saw dangling at his side to trim the limbs. He approached the tree alone with his thoughts, made the sign of the cross, put both hands on the tree and bowed his head to pray. His crew had been busy preparing for the ground work, and actively engaged in conversation. When Amacio bent his head in prayer they all, as if on signal, turned toward him and bowed their head in prayer. When finished with his prayer, Amacio looked into the tall tree and said, “Now then”. I asked him later how he came to pray before work. He looked at me, smiled and said, “I could not do this work without God”. I went on, “So God is with you?” “Oh yes, God is with me always in my work; He guides me and tells me what I need to do.” “I notice you begin every task with ‘Now then’, why is that?” The broad smile came back on his face. “I am asking God what I should do next of course.” Amacio’s “ Now then”, was a short beautiful prayer to God. You might call it an Arrow Prayer, a very short prayer that flies directly to heaven calling on God’s aid. In this way, Amacio has found a way to live his life as a prayer.

Like Eric Liddell, the surgeon and Amacio have found a way to incorporate their skills and passion into their spiritual life. We could learn a lot from them. Learn to live your life as a prayer, both body and soul.

Yours in Christ

Brother Joseph

## 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.**

**Psalms 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.**

**Psalms 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.**

**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.**