

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 SEP 1 15th SUNDAY AFTER PENTECOST

After – Hospitality-Pot Luck

2 Cor 4:6-15 Mt 22:35-46 Tone 6

11:00 Divine Liturgy For All Our Parishioners & HGB Some of those who need special prayer by Fr. Alex

Tue Sep 3 8:30 Divine Liturgy For All Our Parishioners HGB Yaroslav & his Family by Fr. Alex

Wed Sep 4 8:30 Divine Liturgy For All Our Parishioners and + Wolodymyra by Fr. Alex
MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country

Thu Sep 5 8:30 Divine Liturgy For All Our Parishioners and + John & Betta Labanish by Fr. Alex
6:00pm - ROSARY - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

Sat Sep 7 1:00pm Church **Cleaning** Hours

SUN SEP 8 SUNDAY BEFOR THE EXALTATION OF THE CROSS

BIRTH OF THE THEOTOKOS

After – Hospitality

Gal 6:11-18 & Phil 2:5-11 Jn 3:13-17 & 10:38-42 & 11:27 -28 Tone 7

11:00 Divine Liturgy For All Our Parishioners & HGB Some of those who need special prayer by Fr. Alex

**September 22, after Divine Liturgy will be Security Team meeting - training.
All parishioners are invited and encouraged to attend. Fr. Alex**

Welcome Back ECF Students!

We are gearing up for a fun filled school year with our Children's Formation classes. Please fill out a registration card for each family member that is interested (even if you can only pop in every now and then!) and give them to Sasha Kusno or Lisa Edwards by Sept 1. Also, If you are interested in helping out teach our children this school year (even if it is 1 Sunday a month!) please speak to Lisa Edwards after Divine Liturgy or email her at LisaCVoice@yahoo.com for more details. We will have a Catechumen meeting on Sept 8th at 12:45 and lunch will be provided. All training and education needed for the school year will be provided at this meeting, so please plan to attend. Our School Year will kick off with our first day of class on September 15th beginning at 10am and will conclude with children and their families attending Divine Liturgy together with special blessing at the beginning of Divine Liturgy to kick off our school year! Thank you all for your help and we cannot wait to get this school year rolling!!!!

Bible Study: the Book of Genesis

The next adult Bible study will be held on Tuesday September 10 from 5:15 to 6:30 PM. The session will cover Lesson 6 in the study book-The Tower of Babel- Chapters 10 and 11 in Genesis,
Dr. Michael Lechman
Please Join us on the (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 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, Lisa Edwards. **Special Event/Retreat Speakers Comity:** David Efimetz, Don Merkley, Dr. Mary Jean Sotack

Security Team Recruitment

Fr. Alex is seeking additional volunteers to be part of the Ascension Security Team. All able-bodied adults (Men and Women) are welcome to participate. We need Greeters at the front entrance outside the church from 10:30am to the end of Divine Liturgy and Greeters inside the church from 10:30am to the end of the Divine Liturgy. Training and security updates will be provided once a month after Sunday Divine Liturgy at a scheduled Security Team meeting. To sign up for this important Church ministry please see Ann Merkley (Security Team Secretary) in the gift shop before or after Sunday Divine Liturgy.

Job descriptions will be available for each role.

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

Breakfast Sandwiches - The men's club will be offering breakfast sandwiches once again on Sunday 25 August, after liturgy. Funds raised help the club support parish projects.

Happy SEPTEMBER BIRTHDAYS

2nd Lisa Branden; 8th Jamie DaQuilanea; 14th Danny Montgomery; 14th Lolly Vinson; 20 Patty Piszko-Dunham; 21st Deborah Kotyk; 21st Sr Alphina Chepter; 23rd Peyton Karlson; 24th Zachary Karlson; 27th Lydia Marin; 28th Lisa Cifrulak Edwards; 29th Christine Noonan; 29th David Efimetz

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, Aug 26, 2024

Monthly Dues –50.00; Offertory –390.00; Candles-2.00; St Luke's Icon Guild-40.00
In – 482.00; Out-1880.37

Candles for September

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

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

Our Daily Bread – The Patience of God

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the Will of God in Jesus Christ for you. 1 Thes. 5:16-18. Easier said than done Saint Paul....

Yes, I want to do God’s Will. I know that praying helps me grow closer to God and aligns me to God’s Will. It reminds me that life is not just about myself. Developing a relationship with God brings peace of mind, and provides strength and guidance. There is no downside to it, but...

The distractions come early in life. For me you can lump in all the distractions of youth nicely under the heading of “Just Growing Up”. Oh my, there’s a lot there. It covers friends, school, sports, dreaming and so on. Who’s got time for prayer? Still certain things manage to get through that barrage and stick. There is an anchor chain formed that helps keep me steady and prevents me from drifting too far. When I get older, I’ll manage it better. I will find the time. After all, God is patient with me.

Then, when that check is in the box of “Growing Up”, you have the “A” list to keep you occupied. A wife, A family, A home, A job, A mortgage, and A responsibility to all. Hoo-wee, all of a sudden you find yourself fully occupied and wondering where the time went. “A” time for myself? It was there, mostly squandered. Your life is consumed in everything but prayer and developing that relationship with God. Still, you manage to get to church on Sunday, and spend at least some time with God. You figure out ways to work God into the downtime with prayer and tinker with meditation, but you tell yourself you can do better. Just wait until retirement. Then I will finally have the time to put what Saint Paul said into practice. After all, God is patient with me.

Well one fine day you find yourself at that magic moment, and you are retired. Through the grace of God, you find yourself relatively intact, with most of the bills paid, and in a stable situation. This should be ideal for what Saint Paul wants us to do. We have time... Lots of time.... And what do we do? We fill every blessed moment of it with stuff. We volunteer, we start a garden, heck, we start a small farm. We pursue hobbies, and all those worldly things that interested us, but never had the time for.

Well, there you go. The three main stages in life. But maybe I am not a complete failure. Somewhere along the way I have managed to develop habits. I still pray the rosary, the one my mom gave to me when I was young. I look forward to praying it in the evening and I

always carry one in my left pocket, where I pull it out occasionally during the day as time permits. Somewhere along the way I added (or re-found) morning prayer, and evening prayer, I even find myself talking it over with God when out in the field working. Sometimes at night, when I am lying awake, I do the same. I also seem to of found more time for scripture. Not just the reading part, but the understanding part. The meditation that is so important comes a little easier.

But let’s not get carried away. For all of that good stuff, the distractions and temptations are stronger than ever. Within my mind there is this spiritual tug of war. Funny thing, the more I work at developing my relationship with God the more “push back” I seem to get. I guess I can understand that. God permits that in order to help us grow in virtue, wisdom and humility. It seems that I am a very slow student...

I take solace in the fact that I am not alone. Even Saint Anthony the Great, who left the world to live in a remote part of the Saharan desert to eliminate distractions from God, still struggled with his demons. So too, other Saints had their struggles. Why should I expect it to be different. It will always be that way. The only thing to do is just resist and persevere. I think I will have to do that until the end, until my own race is finished.

So, I’ll hang on to the last stage as long as God allows. Maybe, just maybe I’ll figure it out. I’ll shape my life into some type of semblance of what Paul was describing. After all, did I mention, God is very patient with me.

I suspect He will be patient with you too.

Love Dad

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.