

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 Apr 27 **Thomas Sunday**

Acts 5:12-20 Jn 20:19-31 Festal Tone

11:00 Divine Liturgy For All Our Parishioners + Karl Joss by Tom McGraw

After –Hospitality-Men’s Club breakfast

Tue Apr 29 8:30 Moleben to the Theotokos -Special Intentions-For Peace in Our Country

Wed Apr 30 8:30 Moleben to the Theotokos -Special Intentions-For Peace in Our Country

Thu May 1 8:30 Moleben to the Theotokos -Special Intentions-For Peace in Our Country
6:00pm – ROSARY - Prayer For Peace in Our Country & for Protection and Healing of all illnesses by Men’s Club

Sat May 3 1:00pm Church Cleaning Hours

Sun May 4 **Sunday of the Ointment - Bearers**

Acts 6:1-7 MK 15:43-16:8 Festal Tone

11:00 Typika. Prayers For Our Parish. After –Hospitality-Put Luck

12:30 Young Adults spiritual studies

**DON'T BE AFRAID! I AM THE FIRST AND LAST. I AM THE LIVING ONE.
I DIED, BUT LOOK—I AM ALIVE FOREVER AND EVER!** - Revelation 1:17b-18a

Thank you all again for PRAYERS, such a thoughtful gift and thinking of me this Easter. God bless you ALL. 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

Parish Activities: All activities should be recorded on the main calendar. Please write in the activity you are responsible for and let Fr. Alex know the details so he can include it in the bulletin.

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

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 and local honey. **Special orders welcomed.**

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; William McGraw; Myron Kotyk; Darren and June Ann Hall; Aurora & Jaime Daquilanea; Ann, Lary, Mary Ann Drumtra & their Family; 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; Adzima & John Adzima; Michael Derkacz; Retha Williams; Michael & Michaela Bross; Halyna & Micheal 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.

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.

Ascension Young Adults will continue Byzantine spiritual studies Spring 2025: May 4. at 12:30 pm. Come and pray together. In Christ Adi

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

Bible Study: the Book of Genesis

The next Adult Bible Study will be held on Tuesday, **May 13** from 5:15 to 6:30 PM. The session will cover Genesis, Chapter 31: Jacob and Laban, Lesson 18 in the workbook. Respectfully submitted, Dr. Michael Lechman

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

Happy April Birthdays

2nd William Fetsko; 3rd Adriana Shockley; 5th Anya Bobrinskaya Hunter; 22nd Jim Hoolan; 22nd Aurora DaQuilanea; 24th Nadia Hunter;

7 Spiritual Disciplines That Boost Your Mental Health

Your spiritual and mental health are connected. Practicing spiritual disciplines can deepen your faith and strengthen your mind.

1. Praying – Talking to God SLIDE 1 OF 7

Prayer is one of the most powerful ways to fight anxiety and find peace. When you lay your burdens before God and trust him to help you, you can experience peace in any circumstances. Philippians 4:6-7 advises you to pray about everything that concerns you: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Prayer changes your perspective so you can focus beyond your circumstances to God, who can always help you manage them well. Prayer is more than just asking God for things; it’s a conversation that builds your relationship with God. If you set aside dedicated time each day to talk to God, you can become more aware that God is constantly with you, ready to help you.

Some people find structured prayers helpful, while others prefer spontaneous prayers. God has given you the freedom to pray in whatever ways work best for you. No matter your style of prayer, God will hear and answer your prayer if you pray from your heart with faith.

Pray for others, as well as for your own needs. Interceding for family, friends, and even strangers will send God’s love flowing between you all. That will encourage you while you’re helping others by praying for them.

Prayer also strengthens your trust in God. Even when you don't see immediate answers, praying enables you to develop patience and learn how to rely on God to answer in the best ways and at the best times. The more you pray, the closer you’ll get to God. Then, you’ll see that your prayers will become less about changing your circumstances and more about transforming your heart to align with God’s will. Through this process, you’ll develop a more profound sense of peace, confidence, and hope, regardless of your challenges.

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, April 20, 2025

Monthly Dues –0.00; Offertory –755.00; Candles-18.00; Holyday Easter– 625.00; In – 2,398.00; Out- 188.92

Candles for April

Sanctuary Lamp...+ Drago Margan by Peter Margan
Tetrapod... + Steven Margan by Peter Margan
Theotokos & Child... For Our Parishioners
John Baptist... For Our Parishioners
St Nicholas... For Our Parishioners
Protection Theotokos... For Our Parishioners
Christ Teacher... + Katharina Margan by Peter Margan

Offertory Recorders are needed for tracking contributions to the parish. Volunteers would work with the bookkeeper, Patty Duttry, after Divine Liturgy to organize and record donations each Sunday. Volunteer for the Sundays you want; multiple volunteers can be put into a schedule to spread the work. Computer data entry experience welcome but it's possible to help with no computer data entry required.

Thank you, Patty

Our Daily Bread – Why Are All These Bad Things Happening To Me Now?

Hitting The Reset Button.

We’ve all had our share of bad things happen to us. Disappointments, failure and missteps are part of life. Nothing new here, and no one is immune. Overall, in the course of life, we learn from our mistakes and grow stronger.

Then it happens again. Failures and missteps mount up. Maybe this time they are not just isolated incidents but a series of disappointments. Where we once were fairly resilient, we find ourselves in a different place, bound somehow to a feeling that our life is off track. We are given advice, by family and friends, positive re-enforcement and so-on, but we linger over it. It starts eating away at us. Something is wrong.

We are masters at self-justification so we tell ourselves; it is certainly not me; not my fault. We then quickly turn our suspicion on other things. He is against me...She is against me...My family is against me...My friends are against me...Society is against me...The world is against me...God is against me... Sounds childish but it’s so true. This way of thinking only confuses us. Our mind turns a gloomy shade of gray. Our misfortune continues, and in time we create a self-fulfilling prophesy that leads us into a downward spiral, thinking we are cursed in some fashion. Bitterness and self-pity become our best friends, indeed, in the course of time, maybe our only friends. I have watched some end out their life just so.

“So Dad, what do you do?” “If you find yourself in this position, hit the reset button.”

“Reset button?” “Yea, stop the bleeding.”

“You just changed direction again Dad. Where is this going?”

Take a breadth and let go of all grudges. This is how you stop the bleeding. You cannot hope to recover from this situation if you are carrying around animosity of any type. *“You shall not take vengeance or bear a grudge against any of your people, but you shall love your neighbor as yourself..”* Lev. 19:18

From Leviticus in the Old Testament to the writings of Saint Paul in the New, we are consistently reminded to forgive, and not to hold a grudge. Holding onto a grudge distorts our view and misleads us. In turn it keeps us from forgiveness. *“But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins too.”* Mk. 11:25

Afterward, recognize that you are not the first to face this. Then consider, maybe God is trying to tell you something? The truth of it is God is always trying to tell us something, and we are too absorbed in ourselves to listen, especially in these situations. God uses these situations to direct us, correct us or perfect us. Approach the problem from this point of view. Things become clearer after this. We no longer dwell in a land of self-pity, and have a better opportunity to understand why these failures are happening. We also find we have the power to change the situation for the better, for without the burden of carrying a grudge you will think and see clearer. Just maybe the solution to our problem lies with us. That is my experience.

The bottom line to this is that you will never be able to wish your problems and failures away. No amount of self-justification will solve them, and no amount of casting blame will either. Personal action is the only remedy; not your spouse’s action, not your parent’s action, nor action from your friends, but your actions. Having said that, understand that you are not a burden by asking for help. Start with God. He is the Father that loves you well, and in addition to forgiveness, He will send you the grace and the assistance you need, but remember, the responsibility for action is on you.
Love Dad.

Hospitality - One of the many things that makes Ascension special is our coffee and hospitality service after Liturgy's on Sunday. The parish would have a completely different feel and character without this time of community. Chris Noonan and her volunteers do an amazing job in the set up and operation. Take a moment to let them know how much they are appreciated.

Men's Club. Breakfast Today!! Thanks to our volunteers and customers. The men will be at the grill again for our potluck on the 4th of May.

Italian Dinner!! CELEBRARE LA VITA! The Club together with the Carpathian Kitchen will be hosting our annual Parish Italian Dinner on 24 May. Tickets go on sale next week!

Carpathian Kitchen - We still have small quantities of pierogi and piroshki for sale. There is enough pierogi and piroshki to forgo the 2-3 May production run so that will be cancelled. Our next production run will be Jube 27-28

Ascension Advisory board members.

Fr. Alex (Pastor)-Security; David Efimizt & Dr. Micheal Lechman-Trustees; Michelle Massie- Property Committee; Sb. Dicon Adithia Kusno-Facebook-Young Adult Education; Patricia Duttry-Book Keeper; Don Merkley, Website; Lee Alexander-Men’s Club President; Dr. Micheal Lechman-Adult Bible Study; Lisa Edwards-Children’s Christian Formation Director-Liturgical Committee; Ann Merkley-Bookstore Manager

NEEDED!!! We will continue to ask for a few more volunteers to help out with photography needs. Please see Father Alex if you are interested in helping with this important ministry.

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

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.

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.

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;

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.