

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 FEB 2 SUNDAY OF ZACCHAEUS ENCOUNTER OF OUR LORD WITH SIMEON AND ANNA

After – Hospitality - Pot Luck

1 Tim 4:9-15 & Heb 7:7-17 Lk 19: 1-10 & Lk 2: 22-40 Tone 4

11:00 Divine Liturgy For Our Parishioners & HGB Larry & Mary Ann Drumtra by Fr. Alex

12:30 - Young Adults continue spiritual studies

Mon Feb 3 5:30pm Chant Camp

Tue Feb 4 8:30 Divine Liturgy HBG Ivanna & Luba & Zenovii Tsybulyak by Fr. Alex

Wed Feb 5 8:30 Divine Liturgy + Dulcelina Ramos by David c. Alan

After - Moleben to the Theotokos -Special Intention

Thu Feb 6 8:30 Divine Liturgy HGB Shuter Family by Fr. Alex

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

Sat Feb 7 1:00pm Church Cleaning Hours

SUN FEB 9 SUNDAY OF THE PUBLICAN AND PHARISEE

After – Hospitality

2 Tim 3:10-15 Lk 18: 10-14 Tone 5

11:00 Divine Liturgy For Our Parishioners & + Peter Nicholas Peltier by Paula Peltier

1:00 - Advisory Board Meeting

Happy FEBRUARY Birthdays

2nd Michelle Massie; 4th Dr. Angela Bross; 4th Dr. MaryJean Sotack; 9th Greg Pula; 16th Don Merkley; 17th Dr. Nadia Shockley; 17th Mike Olson;

“Chant Camp” will be returning on a new day and time starting in February! Join us weekly beginning Monday, February 3rd at 5:30pm in Beta Hall. The first area of focus will be chant for reading. Any and all skill levels are welcome! Questions can be sent to Lisa Edwards at LisaCVoice@yahoo.com

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; June Mathews; William McGraw; Myron Kotyk; Darren and June Ann Hall; Aurora & Jaime Daquilanea; Ann, 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; Adzima & John Adzima; Michael Derkacz; Retha Williams; Michael & Michaela Bross; Dara Horvath Murphy 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.

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

2024 – 2025 Annual Bishop’s Appeal

The campaign has begun! We are well on the way of reaching our parish goal of \$6,800. To date we have raised \$3,700 with just 7 donors! We are more than halfway to our goal with only \$3,100 more to raise. Our success has always been through the generosity and giving spirit from you the members of our Parish. To make your donation you can go online at WWW.Eparchyofpassaic.com and make you pledge directly to the Eparchy or mail in you pledge card to the Bishop’s Office. For your convenience additional Bishop Appeal envelopes are in the front of the church. Everyone is welcome to participate. When we reach our goal, 40% of our donation will be paid back to our Parish.

Bible Study: the Book of Genesis

The next adult Bible study will be held on Tuesday February 11 from 5:15 to 6:30 PM. The session will cover Genesis, Chapters 23 and 24-Sarah, Isaac and Rebakah, Lesson 14 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.

**7 Practical Ways to Pray More This New Year
6. Pray Immediately.**

Have you ever been talking with someone and been asked to pray for someone or something? We often agree to pray, but then it slips our mind amidst the busyness of life. Often, the best thing to do is stop and pray in that moment. Taking a moment to pray out loud with someone not only ensures we follow through on our commitment, but it also encourages and uplifts the person in real time.

[James 5:16](#) reminds us to “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” However, we can’t be effective if we don’t take the time to pray. By praying immediately, we fulfill our promise, bless the person we’re interceding for, and cultivate a spiritual habit of turning to God in the moment. It’s a simple yet powerful act of faith that fosters connection, strengthens relationships, and keeps Christ at the center of our interactions.

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, Jan 26, 2025

Monthly Dues –200.00; Offertory –746.00; Holydays –0.00; Candles-16.00; St. Luke’s Icon Guild – 100.00; Kitchen Income – 75.00; In – 1,175.00; Out- 701.49

Candles for January

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... + Nicholas Yackanovich by Evelyn Yackanovich
Protection Theotokos... HGB Michael Noonan by Chris Noonan
Christ Teacher... HGB Merly & Teresa Phillips & Mary Ann Drumtra

Ascension Young Adults will continue Byzantine spiritual studies Spring 2025: **Today February 2,** March 2, April 6, and 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

Our Daily Bread – The Secrets of Creating a Refuge

Most of us would like to create some type of refuge. No, not a place to try to escape reality, but a place that offers relief from the distractions and pressures of life. A place to dwell peacefully, with a modicum of comfort and security, while living a productive enjoyable life. Many seek this their entire life and do not find it, for they pursue it in the wrong way. Listen now to a story of one individual who did manage to find it. In it you will see what he found out in the process.

The small farm the old man worked seemed to him the best way to live. He grew up learning to work hard on various types of farms. He knew what it was like to work a dairy farm, tobacco farms, and on truck farms, which grew acre upon acre of vegetable crops for market. Each farm was developed with an infrastructure that supported their main product, but each one also had to diversify to a degree, egg sales were common, along with crafts such as baking and quilting. There was always something useful to do, and it left an impression on him. With his financial circumstances being what they were, operating a farm of his own was well beyond his reach, so like many of his generation, he had left farming early, and earned his way in another line of work, but the farm held his imagination. There was something special there.

When he did retire, the man found himself with a small plot of land and developed his own place. A farmstead which in time would become his refuge. He had always imagined something much bigger, but he adjusted without too much trouble, and scaled back his dreams to fit what he had to work with, a very important concept in creating a refuge.

It did not happen overnight, but in stages. Each stage was well thought out and considered. Before the shed there was a garage. Before the barn there was the shed, the garage, and most of the house. He always knew he had a special wife, but it was during these days he really began to appreciate just how special she was. These are other aspects in creating a refuge; the first to be creative with what you have. The second to recognize and find comfort in the gifts and blessings you have been given, especially family.

So on it went... Before the greenhouse there was the bathtubs and sunny window sills. Each stage led to the next. An extra well, electricity for the greenhouse and so on. Within it all there became special memories of what was, and how the future came to be, and along this road he developed perseverance and resilience.

He wanted to try so many things but selected only a few, for each endeavor required time to develop and prepare. The vegetable garden came first, the vineyard and orchard came later, and required more time and equipment; so too with the bees, and all the other processing efforts. Setbacks and failures were many, but never defeating; there was always next year. And throughout it all, in all climes and weather, he was happily engaged, and in

this he felt God's pleasure.

As slow and monotonous as it seemed to others, he was always happy to get to work each morning and rested peacefully at night. In this he found another secret to creating a refuge. His refuge did not grow old or bothersome, in fact the fascination grew and expanded.

He diversified and tried different things. He relearned crafts he remembered when growing up, and within this he found ways to balance his activities according to the seasons. As well, each craft led to something productive and useful, while at the same time provided him challenges which kept him mentally and physically busy throughout the year. His refuge was helping him keep active and fully engaged with life.

Now within this, he began to realize that the refuge he sought was not to be found in an end state. Something that he could one day point at and say "There I did it, it is finished". He discovered that his refuge was the pursuit of an idea, and that he had been given the blessing to work and develop it. And he thanked God.

As each of you pursue your life, seeking your own refuge, remember the old man and his journey. For in it you will find wisdom to help you live a good life and create your own refuge.

Love Dad

Carthian Kitchen News - The Kitchen was busy this weekend with their first production run of the year. The team made approximately 50 dozen potato and cheese pierogi which will be bagged early next week and ready for sale next Sunday. All proceeds goes toward local charity.

Men's Club News - The 2025 schedule is set! It started today with the roasted turkey and 50/50 raffle. Breakfast sandwiches are scheduled for February 16th, with much more to come.

Want to get to know Ascension better? Come join us in the Carthian Kitchen our the Men's Club, at Bible study, or any one of our many activities. Find out what a great thing belonging to a parish is.

NEEDED!!! Many thanks to Katya Dahdah for volunteering to help with parish photography needs. Her efforts will help us to capture and save many special parish moments. A strong team is best, so 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.

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

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.