## **WELCOME TO ASCENSION**

# SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

"NOTHING EMBITTERS & PERSON MORE THAN SUFFERING. BUT WHEN IT IS CONSECRATED TO GOD, IT BECOMES HOLY"

THOMAS MERTON

#### Sun July 13 SUNDAY of the Fathers of the Six Ecumenical Councils

Rom 10:1-10 Mt 8:28-9:1or: Heb 13:7-16; Jn 17:1-13 Tone 4

11:00 Divine Liturgy For Our Parishioners & HGB Chris and Frank Janke by Fr. Alex After –Hospitality

Tue July 15 8:30 Liturgy For + Mary Faith West by Fr. Alex 5:00pm - Moleben to the Theotokos

Wed July 16 8:30 Liturgy For HGB Betty May Hertz by Fr. Alex After - Moleben to the Theotokos

Thu July 17 8:30 Liturgy For HGB Chris Janke by Fr. Alex

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

Sat July 19 1:00pm Church Cleaning Hours

## Sun July 20 6th SUNDAY after Pentecost – ELIJAH – great prophet

Rom 12:6-14 & James 5:10-20 Mt 9:1-8 Lk 4:22-30 Tone 5

11:00 Divine Liturgy For Our Parishioners & HGB Julianna Shuter by Fr. Alex After – Blessing Cars – Hospitality - Security team meeting

Weekly Moleben Tuesday at 5pm with a brief reflection on Theotokos life.

# 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.

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

Today we still grapple with security, and we live in a time where we should all be sensitive to the threats and danger brought about by terrorism and incivility of our society. As the situation develops in the Middle East, there is a potential for spillover here in the States. We are tracking the situation closely, and will take steps as necessary to provide for the safety and security of the parish. With that said, we would welcome volunteers to help augment our security teams. In the mean time I ask all to help us as you can. If you see something amiss please say something to security. Father Alex...

Advisory Bord: Fr. Alex (Pastor)-Security; David Efimizt & Dr. Micheal Lechman-Trustees; Betty May Hertz-outreach; Michelle Massie- Property; 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

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; Caroline and Vince Spinella; Sharon & Steve Guethe; Christopher Berkery; Desiree & Brandon Hartlaub 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.

<u>Liturgy and Candle Requests</u>: 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.

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

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

### Bible Study: the Book of Genesis

The next adult Bible study will be held on July 22 from 5:15 to 6:30 PM.

The session will cover Genesis Chapter 38 - Lesson 23 in the workbook-Tamar and Potiphar's Wife. Respectfully submitted, Dr. Michael Lechman

Please Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Evening Bible Study of Betta Hall at 5:15pm.

### Happy July BIRTHDAYS

1st Tom McGraw; 2nd Ory Stefaniw; 6th Sasha Eckstein Kusno; 14th John Alexander; 15th Hahn Falke; 19th Peter Margan;

### 5 Prayers to Trust God with a Difficult Health Journey

Believers can lean on God's presence, promises, and peace through fear, pain, and uncertainty, offering heartfelt prayers to help navigate physical suffering with unwavering faith and hope.

5. Prayer to Not Lose Hope

#### SLIDE 5 OF 5

"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit." Romans 15:13 NLT

Lord, I know that this arduous journey will not last forever. Help me remember all the hard times you've rescued me in the past. Strengthen my faith to endure the current trials and to trust that whatever the outcome, You will be in it. Whether I survive or go home to be with You, I know the plans You have for me are for good and not for harm to give me hope and a future, either here on earth or with You. If I lose hope, I will also lose the will to fight and overcome these challenges. I need to put my hope in you to carry me through until the completion of my journey. You've always been there with me through the good times and the bad, and I trust you won't leave me now. You will give me a testimony of your unfailing love and support in all circumstances. I want to experience Your peace that passes all understanding and ask You, Father, to lift me out of the mire and quicksand of despair. Help me to hang on tightly to what seems like a thin thread of hope, knowing that You're the One holding tightly to the other end of the thread. You've got this, Lord, and my hope is in You. When I despair and am discouraged, you assure me my hope will not lead to disappointment. I pray with the apostle Paul that I can rejoice in my confident hope. I will be patient in trouble, and keep on praying. Amen

As a Christian, you'll have good days and bad days, good healthy days and bad unhealthy days, but you'll never have a day without God, who is always close to us in <u>prayer</u>. Praise His Name in the good and the bad. Trust Him.

"For I fully expect and hope that I will never be ashamed, but I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die. For to me, living means living for Christ, and dying is even better. But if I live, I can do more fruitful work for Christ. So I really don't know which is better." Philippians 1:20-22 NLT "And this hope will not lead to disappointment." Romans 5:5a

We need your help - Did you know that church security goes back to the early church when they had designated guards outside church services? The position was known as Porters. The term dates back to the old testament where Porters held essential roles see 1 Chronicles 9:17-27. Porters duties extended beyond the mere opening and closing of doors and gates; they were entrusted with responsibilities that ensured security and order within sacred spaces. They more things change the more they stay the same.

# **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, July 6, 2025

Monthly Dues -100.00; Offertory -859.00; Bulding Improvement-65.00; Candles -13:00 In -1,037.00; Out- 3666.69

## **Candles for July**

Sanctuary Lamp...+ Drago Margan by Peter Margan Tetrapod...+ Steven Margan by Peter Margan Theotokos & Child... For Family by Oksana Makowiec John Baptist... For Our Parishioners St Nicholas... For Nicholas Yacknich by Evelyn Yackanich Protection Theotokos... For Our Parishioners

Christ Teacher... + Katharina Margan by Peter Margan

<u>Church Cleaning:</u> We have a very dedicated team at Ascension who cleans God's house weekly generally on Saturdays. However, sometimes schedules run thin and so we are in need of a few more helping hands. Please find it in your heart to help us with this very important ministry for only one hour a week. Thanks to all of you for your hard work and time. Betty Mae Hertz

#### Our Daily Bread – Look Closely Now

"Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them." Mt. 5:17

As Catholics, we believe sacred scripture is the inspired word of God. Through scripture God reveals His plan of salvation for mankind. This culminates in the life, death and resurrection of Jesus Christ. Some beliefs can easily be found in scripture. For example, we know Jesus healed the sick, cast out demons and rose from the dead. Some beliefs are hidden. God loves to hide secrets for us to discover. The discovery of these secrets never contradicts the Word of God in Scripture, but serve to articulate its truth more clearly. Let's talk about one such secret today.

Genesis Chapter 5, gives the first genealogy of the Bible, and includes the names of the first 10 generations from Adam to Noah. They are in order, Adam, Seth, Enosh, Kenon, Mahalalel, Jared, Enoch, Methuselah, Lamech, and Noah. We know the back story of each of these names, and that is where most bibles studies will leave you. Now let's go deeper. Could it be that God's plan of salvation was described in the very names of the pre-flood generation? Ready? Let's go.

Let's then examine the Hebrew meaning of each of their names. Adam is the Hebrew name for man. Adam's third son was Seth. His name is derived from the Hebrew word Shet, and means appointed, and reflects upon his role as a replacement for Able. Seth's son was Enosh, and is another Hebrew name for man, but meaning weak, and carries the ideal of human mortality. Enosh's son was Kenan, and means possession or sorrow. The word reflects the complexities of human existence. Kenan's son was Mahalalel. In Hebrew Mahalalel translates as Praise of God. Mahalalel's son was called Jared. The Hebrew translation means descending or shall come down. Jared's son was Enoch. His name means dedicated or consecrated, and is associated with wisdom and spirituality. Before he walked with God, Enoch had a son named Methuselah. Methuselah in Hebrew means man of the spear, or his death shall bring. Methuselah had a son named Lamech. Lamech has different meanings in Hebrew but is normally interpreted as having power, while also interpreted as despairing or lamenting. Lamech's son was Noah. His name translates in Hebrew to rest or comfort.

Each names symbolizes a key aspect of our relationship with God and His unfolding plan for mankind. Let's connect the meaning of each of the names together.

Man, appointed, mortal and subject to death, a sorrowful existence. Praise God, one comes down consecrated in wisdom and spirituality. He shall have power over death, which will bring to the despairing comfort and rest.

Is this then a foretelling, or an elaborate scheme concocted by the writer of Genesis? Moses is said to have written the first five books of the Bible, the Pentateuch, which includes Genesis. The scripture contained therein was written in an ancient form of Hebrew. The time period when Genesis was written is around 1500BC. How could Moses, or for that matter anyone else, have predicted such a thing to come to pass in

our Lord Jesus Christ? How could the prophecy contained in the names have been fulfilled so completely if Jesus is not the Christ, unless, as the Church teaches, Genesis and the whole of sacred scripture is inspired by God.

It is my belief that there is far more to unlock in scripture. Wonderous things, beautiful things that only the Creator knows. He want's us to know these hidden treasures also, but we must come to Him through Jesus Christ.

"Come to me all you who labor and are heavy laden and I will give you rest." Mt.11:28 Believe.

Love Dad

"Like Heaven, a Catholic parish is comprised of family, there are no strangers."

For new members of the parish, the Men's Club and Carpathian Kitchen events are among the many ways to be involved and become family.

#### Men's Club

Men's Club News Many thanks to the Old Testament Grillers for the Hamburgers and Hotdogs last Sunday. The next club event will be the Chicken Dinner on Tuesday 15 July at 6pm. The event is free and open to the parish! There is still time to sign up on the list in the hall. Guest speaker will be Mrs. Jill Holroyd, President of FISH.

SAVE A DATE FOR ... The Men's Club presentation of - A Mid-Summer's Night Chicken Dinner! Tuesday, July 15th, 6pm in the church hall. Dinner starts at 6pm followed by a presentation from Ms. Jill Holroyd concerning the 50 years of service of FISH in the Williamsburg area. Best of all, its free !!! Fried chicken, potato salad, coleslaw, baked beans, corn on the cob, etc...

In order to determine what to plan for we will ask for those coming to sign up after liturgy on Sunday leading up to the event.

#### Carpathian Kitchen -

<u>Carpathian Kitchen. We recently completed a production run, and have a fresh supply of potato and cheese pierogi.</u> Be sure to get yours after liturgy today!

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.

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.

#### 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.