

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. July 27 **7th SUNDAY after Pentecost**

Rom 15:1-7 Mt 9:27-35 Tone 6

11:00 Divine Liturgy For Our Parishioners & HGB Patricia & Gareth Reeves by Fr. Alex
After – Hospitality

Tue July 29 8:30 Liturgy For HGB Sylvia & Bernie Lechman by Dr. Micheal & Linda Lechman

5:00pm - Moleben to the Theotokos (Subdeacon Adithia Kusno)

Wed July 30 8:30 Liturgy For + Christine Janke by Fr. Alex

After - Moleben to the Theotokos

Thu July 31 8:30 Liturgy For USA and Ukraine by Fr. Alex

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

Sat Aug 2 1:00pm Church Cleaning Hours

Sun. July 3 **8th SUNDAY after Pentecost**

1 Cor 1:10-18 Mt 14:14-22 Tone 7

11:00 Divine Liturgy For Our Parishioners & HGB Alex by Fr. Alex
After – Hospitality – Pot Luck

+

It is with deepest sympathy that Ascension Parish Family express their condolences to the Janke Family. July 16 Christine Janke passed away peacefully. Funeral services are as follows: Saturday August 16, 10:00am Funeral Liturgy at our parish. Blessed repose and eternal memory.

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 Efimetz & 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 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.

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.

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 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.

Bible Study: the Book of Genesis

The next adult Bible study will be held on Tuesday August 12 from 5:15 to 6:30 PM.
The session will cover Chapters 40 and 41-Lesson 24 in the workbook- Joseph Interprets a Dream.
Respectfully submitted,
Dr. Michael Lechman
Please Join us on the 2nd and 4th 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;

6 Ways to Guard Your Heart from Manipulative People

Not every person is safe. We must use wisdom when choosing and navigating the people in our lives. Unfortunately, it's not easy to find ways to be loving and maintain healthy boundaries when people we interact with and often love are manipulative.
Luke 6:31 says, "And as you wish that others would do to you, do so to them."
We must keep this in mind as we interact with others. We aren't to exact revenge, we are to let go of judgment and show others the kindness that we are looking for. Yet, healthy boundaries are a part of God's love.
Proverbs 4:23 says, "Keep your heart with all vigilance, for from it flow the springs of life."
God wants us to guard our hearts so that they remain a source of his life for others. Thankfully, His Word guides us to keep our hearts safe when encountering unsafe people.

SLIDE 2 OF 6

2. Limit the Amount of Time You Spend with Manipulative People

SLIDE 2 OF 6

Proverbs 13:20 says, "Whoever walks with the wise becomes wise, but the companion of fools will suffer harm."

Who we spend our time with matters. Our closest friendships play a vital role in our spiritual and character formation. If we invest a lot of time with those who have unhealthy tendencies, such as manipulation, we will suffer harm.

Proverbs 15:2 says, "The tongue of the wise commends knowledge, but the mouths of fools pour out folly."

Those who are foolish spout foolish advice, and if we allow these people to influence us, we will find ourselves following poor advice that leads to our destruction. Guard your time as a way to guard your heart. It's perfectly okay to decline that coffee date, say no when they ask for help, and point them to others if helping will put you in harm's way.

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 20, 2025

Monthly Dues –0.00; Offertory –1,661.00; Special Gifts-5.00; Candles -30.00;
In –1,696.00; Out- 8,992.45

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

Church Cleaning: **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 - Conditioning

“Dad, why do you sit on the barn porch in the rocker when you could go inside in the air conditioning?”

“Honestly, I like sitting outside. I’m in the shade, and I have ice water, there is a little breeze, and I got the radio with me. Anyway, after my break I have to go back in the field and install the shade sail on that new crop of winter squash. They still don’t have the root structure to withstand this heat. I don’t want to cool off only to come back into the heat.”

“How did you and mom stand the heat growing up without A/C?”

“Well I don’t recall thinking much about it. I mean there was no ready alternative where we lived, so you went on with life and adapted. Anyway, where I came from people lived outside for most of the summer months. I was a young man the first time I felt air conditioning; it was like a miracle. Although I didn’t think much about it then, there was a change in our society as air conditioning became the norm. We transitioned gradually from a society that stayed outside when it became hot, to relative shut ins, never venturing outside unless it was to get into their air-conditioned car. The more A/C became available the less you saw folks outside. I think we lost something there. Close knit communities became strangers in a sense. I guess you could say they’ve been conditioned. “

“The heat does not seem to bother you.”

“It does to a point, especially since I’ve grown older, but I’ve spent most of my life outdoors, so I guess I’m conditioned to it. We condition ourselves for all sorts of things you know. Some condition themselves for sport, or to stay healthy. Others condition themselves to learn a trade or earn a degree. Still others condition themselves for vanity, pride, or immoral behavior. I would say you have conditioned yourself well to work hard, to live within your means, to raise a family and so on. We condition ourselves for the life we want to live. Philosophers call it existentialism; I call it free will. God gives us free will so we can live the life we want. As Catholics we should seek to condition ourselves to live according to God’s plan for us, and if we do so, by extension, will condition ourselves to bear fruit on the vine, like it says in the Gospel of

John.”

“Oh I know that one. At the beginning of Chapter 15, right?”

“Wow that’s good.”

“Not too hard Dad, I’ve listened to you refer to that for over 40 years.”

“Well it is an important passage. You see you can be a member of the church in name only, going through the motions, and never truly conditioning yourself to bear fruit, to fulfill God’s plan. We never learn to step out of our comfort zone to help anyone but ourselves. Not necessarily living a bad life, but at the same time not going beyond taking care of ourselves and our personal needs. A selfish life of relative isolation. And keeping with the analogy in Jesus’ parable, in this self-imposed isolation, the branch that bears no fruit is cut off and cast into the fire. If we condition ourselves to reach beyond our own comfort, our own needs, and shape our life accordingly, we will bear fruit. We may even find ourselves “pruned” to bear even more fruit. Within all this we find meaning in life, and I would say happiness; if all that makes sense.”

“Makes perfect sense Dad, but I’m conditioned to be cool, and I don’t want to lose my conditioning, I’m going inside now where it’s cool. You can stay here in the heat and ruminate as long as you like.”

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 - A reminder that the men will be taking off from the grill for the August 3rd potluck. The next Club sponsored event will be a breakfast on August 17th.

Carpathian Kitchen - We are currently selling Pirogi and Piroshki after Sunday Liturgy. All proceeds go toward the Parish's Circle of Hope program benefitting local charity.

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.

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.

Psalms 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.