

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 June 1 **SUNDAY OF THE FATHERS OF THE 1st ECUMENICAL COUNCIL**

Acts 20:16-18 & 28-36 Jn 17:1-13 Festal Tone

11:00 Divine Liturgy For Our Parishioners & + Patricio Silva Bapuyot by Dr. Mary Jean Sotack
After –Hospitality –Miravanja- **Put Luck**

Tue June 3 8:30 D.L For HGB Mike Yackanich by Fr. Alex

Wed June 4 8:30 D.L For + John & Monika Ruscus by Fr. Alex
After - Moleben to the Theotokos

Thu June 5 8:30 D.L + Mary Faith West by Fr. Alex

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

Sat June 7 1:00pm Church Cleaning Hours

Sun June 8 **PENTECOST SUNDAY**

Acts 2:1-11 Jn 7:37-52 & 8:12 Festal Tone

11:00 Divine Liturgy For Our Parishioners
After –Hospitality and **Advisory Bord Meeting**

Thank You, Thank You, Thank You for your generosity and giving spirit!

Because of your support to the Bishop’s 2024 Stewardship Campaign we were able to raise \$6,932 this year. Which was \$132.00 over the Parish goal of \$6,800. Your donations to the Campaign will assist Bishop Kurt in providing much needed resources to the Eparchy and to Parishes not as fortunate as us at Ascension. In August our Parish will receive a check from the Bishop’s Office in the amount of \$2,772. The 40% return to our Parish for meeting and exceeding our goal. I cannot help but think of the founding members of our Parish and how proud they must be of us for continuing the legacy they began.

Thank you again.

Ascension Of Our Lord Advisory Board

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.

Ascension Advisory board members.

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

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; Caroline and Vince Spinella. 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

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 will be held on June 10 from 5:15 to 6:30. The will cover Genesis, Chapter 34-The Story of Dinah, Lesson 20 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 JUNE BIRTHDAYS

1st Melissa Karlson; 9th Ann Merkley; 9th Matthew Montgomery; 11th Patty Duttry; 12th Anna & Sofia Carden; 14th Lisa Montgomery; 25th Mary Olson; 27th Keith Shockley; 28th Dr. Michael Lechman

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.

SLIDE 6 OF 7

6. Resting in God’s Presence - Embracing Stillness

In today’s rushed and stressful world, taking time to [notice and rest in God’s presence](#) is vital for mental and emotional well-being. [Jesus](#) prioritized rest during his earthly life, and he says in [Matthew 11:28](#): “Come to me, all you who are weary and burdened, and I will give you rest.” Many people feel pressured to stay constantly busy, believing productivity defines their worth. However, God calls you to slow down and rest by trusting that he is in control. Resting in God’s presence also involves solitude and silence. In a world filled with noise – from social media, news, work responsibilities, and more – it’s easy to lose touch with God’s still, small voice. [Jesus](#) often withdrew to quiet places to pray ([Luke 5:16](#)). Taking even a few minutes each day to sit in silence before God, breathing deeply and focusing on God’s presence, can help you [experience God’s peace](#). Another way to rest in God’s presence is through reflection and surrender. Sometimes, carrying burdens never meant to be yours can exhaust you mentally. [Psalm 46:10](#) reminds you: “Be still, and know that I am God.” When you truly rest in God’s presence, you let go of the need to control everything and trust that God is in control and will work everything out for the best. This surrender can relieve you of the heavy burdens of stress and [anxiety](#). Resting in God isn’t passive; it’s active. When you rest in God, you cooperate with him to bring renewal and revival to your life. Rest helps you create space for God’s healing presence to restore you from the inside out.

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

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, May 25, 2025

Monthly Dues –0.00; Offertory –541.00; Candles-0.00; Fuel-0.00; Holyday-0.00
St. Luke’s Icon Guild-100.00 In –64100; Out- 900.22

Candles for June

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

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

To Be a Saint – Through the Eyes of the Virgin Mary

When this letter is published, we should have just commemorated two great feast days, the Ascension of Our Lord on 29 May, and the Visitation of the Blessed Virgin Mary to Elizabeth, 31 May. Let's consider the connections between the two great feast days and the indispensable role of Mary. But first some grounding.

In his gospel, Luke recounts how he spoke with, "...eye witnesses and ministers of the word". Lk 1:2. He then spends the first two chapters of his gospel covering the most intimate of details concerning the pronouncement of the Archangel Gabriel to the Blessed Virgin Mary. Luke gives us a precise recounting of the birth of Jesus, including the Roman census, the journey to Bethlehem, the visit of the shepherds; even the intimate moment of the child being wrapped in swaddling clothes and laid in a manger. Details that only a mother could provide. No doubt Luke had lengthy discussions with Mary; the eye witness closest to Jesus.

The Visitation - *"At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: 'Blessed are you among women, and blessed is the child you will bear! But why am I so favored, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that the Lord would fulfill his promises to her!'"* (Luke 1:39-45)

Luke describes Mary as "Hurrying". Why the hurry? Perhaps the Catechism of the Church can shed light. *"The Virgin Mary is the supreme model of this collaboration of the will of God, with a full and active acceptance of the divine will and an unwavering faith in its fulfillment"* (CCC 148). In doing God's will, no creature ever surpassed the Blessed Virgin Mary. We should imitate that and not delay in the service of the Lord.

The encounter between Mary and Elizabeth is a moment of joy and divine recognition. Elizabeth, filled with the Holy Spirit, acknowledges the presence of the Lord within Mary, she said the baby in my womb leaped for joy. The word "leaped" appears also in scripture when King David "leaped" and danced before the Ark of the Covenant. Now, John the Baptist leaps before the new Ark of the Covenant.

This Visitation was important to God's design. We are told Elizabeth was filled with the Holy Spirit. As mother and child are so wonderfully connected during pregnancy, so too the infant she carried, John, was filled with the Holy Spirit upon this meeting. It might be said that at this moment John was sanctified and commissioned for his great work. Ordained in Heaven, this meeting, after Mary's acceptance at the Annunciation, was the second great work of God's plan of salvation.

The Ascension - Scripture tells us that the Apostles were with Jesus on Mount Olivet when He was taken up into heaven before their eyes. Was not the safeguarding of the Blessed Virgin

given to the Apostle John? Mary was present in Jerusalem, a place that was still dangerous to the disciples and the family of Jesus, so why would John leave Mary behind? Indeed, did John really have a say in the matter? Why would Jesus want to depart from His mother without a chance for her to say one last goodbye, and watch her Son ascend in glory? She had earned that at least. Of note, tradition dating back to Apostolic times also has the Blessed Virgin being at the Ascension.

What conversation might they have had at this parting. For her part, I have no doubt that the moment would have been filled with tenderness combined with trust, and a continuing desire to see God's will completed. I would like to think the final gaze of our Lord was upon His mother; indeed, His first disciple.

Consider that the Holy Spirit was a promise to the others, but for Mary, the Holy Spirit had already filled her and remained part of her; the same Spirit which filled Elizabeth and the Forerunner John. Mary had no need to wait in Jerusalem for Pentecost, but did so to steady the others until the Holy Spirit filled them also. Luke says in Chapter 1 of Acts, that while they waited in Jerusalem for the Holy Spirit, "they were of one accord". I sense once more the gentle touch of the Blessed Virgin, accomplishing the will of God.

The Blessed Virgin Mary never counted the personal cost in any sacrifice that she made. She was consumed with the love of our Lord and desire to do His will. How ready are we to do the same?

Yours in Christ
Brother Joseph

Men's Club - Thanks to all our volunteers and patrons for the wonderful Italian Dinner!! Also thanks for the pork tenderloin served at the potluck today. The club will serve the traditional hamburgers and hot dogs at the July Potluck.

A parish summer event! Save A Date - Make plans now to attend a parish event on Tuesday evening of 15 July at 6pm. Guest speaker will be Ms. Jill Holroyd the President of FISH Williamsburg as they celebrate their 50th anniversary!! Food & refreshment to be provided by the Men's Club. Lets come out and show our support for this wonderful organization.

Carpathian Kitchen. - We have only two dozen potato and cheese pierogi left. and limited quantities of other products. With that said, our next pierogi production run will be 27-28 June. We could use help at that event as our inventories are running low. All proceeds go to support local charities.

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.