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 8 PENTECOST SUNDAY

Acts 2:1-11 Jn 7:37-52 & 8:12 Festal Tone (5th All Souls)

11:00 Divine Liturgy For Our Parishioners

After –Hospitality and Advisory Bord Meeting

Tue June 10 8:30 D.L + Peter Nicholas Peltier by Paula Peltier

5:15pm – BIBLE STUDY

Wed June 11 8:30 D.L For + John & Betta Labanish by Fr. Alex

After - Moleben to the Theotokos

Thu June 12 8:30 D.L + Ivan & Anna Shuter 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 14 1:00pm Church Cleaning Hours

Sun June 15 SUNDAY OF All SAINTS Father's Day

Heb 11:32-12:2 Mt 10:32-33. 37-38&19:27-30 Tone 8

11:00 Divine Liturgy For Our Fathers

After –Hospitality and Security Team 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 <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.

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.

<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.

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 Betta Hall at 5:15pm.

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 7 OF 7

7. Paying Attention to God's Wonder - Feeling Awe

Pursuing God's wonder regularly will inspire you with awe, expanding your perspective so you notice and appreciate God's work in your life. Instead of worrying about your challenges, you train your mind to focus on God and the excellent work God is doing. This fresh perspective can significantly strengthen your mental health. So, <u>pay attention to God's wonder every day</u>. The more you do so, the more your mind will be refreshed.

There is so much wonder around you that finding it will be easy once you pay attention.

Psalm 65:8 states: "The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy."

One compelling way to discover God's wonder is by exploring God's creation. Every part of nature reveals something remarkable about God, who created it. When life feels overwhelming, step outside and immerse yourself in nature. That can help you see beyond your immediate struggles. Seeing how vast the sky is, admiring the details of a beautiful flower, or enjoying the sound of birds singing can all remind you that a good God is in control. Recognizing God's presence in creation shows that he is both powerful and personal. God's wonder isn't limited to nature. You can find it in people, art, science, music, and more. Finding and enjoying God's wonder in the world around you will inspire you with the hope that it will boost your mental health.

In conclusion, your mental health matters to God, and you need to take good care of it. Spiritual disciplines can strengthen your mind in significant ways.

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, June 1 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

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

Thank you, Patty

Our Daily Bread – As Father's Day Approaches

Official government drivel from the Institute of Health (NIH) states – "Traditional masculinity is considered as the negative and socially aversive traits and behaviors related to idealized societal masculine norms, and is characterized by instrumental personality traits such as aggression, self-affirmation, social dominance, and a lack of consideration for others." I also saw in a "male fitness" website that, "toxic masculinity" is a collection of harmful beliefs, tendencies, and behaviors rooted in traditional male roles.

Woke, DEI, gender bending pronouns, whatever men can do women can do better, etc.., it goes on and on. Men have been denounced as useless on shows such as the VIEW, and other media or venues. Toxic Masculinity? The only thing toxic in all of this it the full-on attack on the traditional male. Make no mistake, it is an attack designed to not only diminish traditional men, but the traditional family unit as well; the fundamental building block of our society.

This letter is for the young men who will hopefully someday experience fatherhood. It is for the fathers and grandfathers, who know well of what I speak. It is for the women who understand and love their man, putting up with their fallibilities, supporting them come what may, and in the process, bring out the best of what they have to offer. It is for those who may have doubts or are confused.

America's greatness is largely due to the traditional male, testosterone and all. The men who came to the new-world, were no longer constrained by the old-world caste system. Unleashed, they showed greatness throughout American history. It was men who carved out the first settlements in the wilderness, seeking to determine their own course in life. To help secure our independence, it was men that crossed the Delaware River on that freezing December night to attack the Hessians, and men who survived that winter in Valley Forge. It was men who framed the founding documents and made us one nation under God. It was men, supported by histories strongest women, who wrought a nation out of harsh wilderness and won the west.

It was men that built the 20th century skyscrapers, and launched thousands of ships so that America could determine its own destiny. It was men who dug canals, invented steamboats, developed railway systems and built an interstate highway system that is the envy of the world. It was men who stormed the beaches of Normandy in 1944, and took Mount Suribachi in 1945. It was a man who set the national goal of going to the moon in 1961, and primarily men who achieved the impossible dream just 8 years later, when the nation watched men walk on the moon. By the way we watched that piece of history in the comfort of our homes by means of another American man-made invention, the television. It was men who fathered and kept safe the American family. Yes, the American family, small, hardly noticeable in the big scheme of things, but without doubt the greatest contribution to American greatness.

It is men who built our society, and it is men who by in large keep it running. How long would America survive if those toxic traditional men were removed from let's say, construction, oil rigs, mining, timber industry, utility linemen, commercial fishermen, firefighting, law enforcement, farming, mechanics, or the military? According to the World Economic Forum, as of 2022, 83% of all new patents on inventions are held by men. Let's take it a step further; how long would our nation survive if we remove men from the equation of the traditional family?

Mistakes? Plenty. It was men who developed slavery thousands of years ago. Most societies have practiced it, some still do. Slavery darkened a significant part of American history; but it was men who finally ended it with a civil war that cost the lives of 620,000 men. There may have been a better way, but we needed to correct that to move on as a nation.

To condemn men on the whole for being "masculine", a God-given trait, well it is a false doctrine, and seeks to undermine a role critical to the success of our society, and of the family. Men and women were created by God with very specific skill sets and traits. We complement each other, complete each other. We are not, nor have ever been in competition. The dark forces that seek to belittle and change this divine plan is not of God.

As Father's Day is coming soon, let's stay with that. What is fatherhood all about anyway? Let's put it in the form of some questions. Within the answers to these questions lie the truth that real men know, and try their best to live up to.

Who is the strongest? The man who gives everything he has, each and every day, even when he is hurt or sick, and makes light of his trouble.

Who is toughest? The man who stands back up when he is knocked down, and continues on...over, and over, and over, until his end, when he can stand up no more.

Who is brave? The man who can look at probable defeat, and still move ahead with what he has, doing the very best he can, showing no trepidation or fear.

Who is the greatest? The man who is humble and understands that he serves others by protecting, providing, teaching, mentoring and setting the example for others.

Who is the wisest? The man who puts his own desires and ambitions aside, and seeks to build up others in unity.

Who is a hero? The man who, out of love, does all the above, and asks for nothing in return. 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.



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 -

The Kitchen will be back in action soon. We could use volunteers for our next pierogi production run scheduled for 27-27 June. That Friday will be preparing the filling. On Saturday we will press out the pierogi (potato and cheese this time). It is on Saturday we will need the most help. There will also be a potluck after work on Saturday. All proceeds go to local charity.

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.