#### **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 MAR 2 SUNDAY OF CHEESEFARE

## After – Hospitality – Put Luck

Rom 13:11-14;4 Mt 6: 14-21 Tone 8

11:00 Divine Liturgy For Our Parishioners & HGB Donald & Ann Merkley by Fr. Alex

## Mon Mar 3 FIRST DAY OF THE GREAT FAST

8:30 Divine Liturgy For Our Parishioners

5:30pm Chant Camp

<u>Tue Mar 4</u> 8:30 Divine Liturgy + Katharina Margan by Fr. Alex

Wed Mar 5 8:30 Divine Liturgy HGB Margan Family by Fr. Alex

After - Moleben to the Theotokos -Special Intention

**Thu Mar 6** 8:30 Divine Liturgy + June Joan Mathews by Fr. Alex

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

Fri Mar 7 5:30pm Presanctified Gifts For Our Parish and + Eugene Kokinda by Fr. Alex

After: 1st *Day of Recollection* – by Lisa Edvards and Diner

Sat Mar 8 1:00pm Church Cleaning Hours

## SUN MAR 9 1st SUNDAY OF THE GREAT FAST

## After - Hospitality

Heb 11:24-26.32-12:2 Jn 1: 43-51 Tone 1

11:00 Divine Liturgy For Our Parishioners & USA by Fr. Alex

+

June Joan Mathews, age 93, of St. Augustine, Florida passed away on Saturday, February 22,2025. A visitation for June will be held Thursday, March 6,2025 from 10:00 AM to 12:00PM at Nelsen Funeral Home, 3785 Strawberry Plains Rd., Williamsburg, VA 23188, followed by a memorial service at 12:00 PM.

Blessed repose and eternal memory.

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.

Attention all Parishioners, Visitors, and Guests: please do your part to help us keep the Social Hall clean. After Sunday Hospitality and Pot Lucks please made sure the table area where you were sitting is wiped clean. Also, please place your chair on top of the table. Doing these things will be a big help and save much time in maintaining and keeping the floors clean. Thanks for your help and cooperation Fr. Alex

# SPECIAL ORDERS WELCOMED.

Many unique items come into the shop weekly. We have a great selection of special-occasion gifts and religious items unique to the Williamsburg area, including a wide selection of spiritual books, music, icons and devotional and inspirational articles plus hand-made soaps and local honey. Special orders welcomed.

We have several faithful from Ascension who are in need of special prayer.

Some of those who need special prayer are:

Frank and Chris Janke; Mary Grace Dorsey; Ben Pawers; Betty May Hertz; Emma Bernier; Lolly Vinson; June Mathews; William McGraw; Myron Kotyk; Darren and June Ann Hall; Aurora & Jaime Daquilanea; Ann, Lary, Mary Ann Drumtra & their Family; Katharina Margan; Elaine Hampton; Dr. Micheal & Linda Lechman; Orysia Stefaniv; Elisabeth Branden; Merly & Teresa Phillips; Mary Sullivan; Mary Saupp; Francis Fenderson; Gareth & Patricia Reeves; Abigail Johnson; Don Wilson & his Family; Johnny Morris; Hazel Reeres; Richard Bapst; Adzima & John Adzima; Michael Derkacz; Retha Williams; Michael & Michaela Bross; Dara Horvath Murphy

Thank you. Fr. Alex

Visitors, family and friends: Are you curious, do you have questions or inquirers about our church, icons, Divine Liturgy, or Byzantine Catholic traditions? Someone will be waiting to answer your questions after Divine Liturgy on Sunday mornings in the vicinity of the icon corner at the front of the sanctuary. Don't be afraid to ask, there are no wrong questions.

<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

Ascension Young Adults will continue Byzantine spiritual studies Spring 2025: Today February 2, March 2, April 6, and May 4. at 12:30 pm. Come and pray together. In Christ Adi

<u>Young Adults, Children, Adult Bible Study Comity:</u> Subdeacon Adithia Kusno, Dr. Michael Lechman, Lisa Edwards. <u>Special Event/Retreat Speakers Comity:</u> David Efimetz, Don Merkley, Dr. Mary Jean Sotack

#### **Bible Study: the Book of Genesis**

The next adult Bible study well be held on Tuesday March 11 from 5:15 to 6:30 PM. The session will cover Genesis Chapters 25 and 26 - Jacob and Esau, Lesson 15 in the workbook.Respectfully submitted, Dr. Michael Lechman

Please Join us on the ( $2^{nd}$  and  $4^{th}$  Tuesday Evening Bible Study of St. John Hall at 5:15pm. in the Social Hall.

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

## <u>Happy MARCH Birthdays</u> 2nd Myron Kotyk; 14th Bladimir Hunter; 25th Ron Ruszkowski

**NEEDED!!!** Many thanks to Katya Dahdah for volunteering to help with parish photography needs. Her efforts will help us to capture and save many special parish moments. A strong team is best, so we will continue to ask for a few more volunteers to help out with photography needs. Please see Father Alex if you are interested in helping with this important ministry.

The Automatic External Defibrillator (AED) is fully operational and located on the wall above the fire extinguisher in St. Phillips Hall. Eight parishioners were certified on the use of the AED on Oct 8,2023 and other parishioners have been certified in the past. Periodic updates will follow. Dr. Michael Lechman

Join us Fridays during Lent for Presanctified Divine Liturgy followed by a series of micro discussions on "Finding Youn Inner Desert" to help make the most out of your Lenten journey as we prepare ourselves for Pascha! Lisa Edvards

# **God bless America!!!**

## Prayer to Guardian Angel

ANGEL OF GOD, MY GUARDIAN DEAR, TO WHOM HIS LOVE COMMITS ME HERE: EVER THIS DAY BE AT MY SIDE, TO LIGHT AND GUARD, TO RULE AND GUIDE. AMEN



# FINANCIALS, Jan 23, 2025

Monthly Dues –45.00; Offertory –760.00; Candles-152.00; Special Gifts St. Luke's Icon Guild – 100.00; In – 1,094.00; Out- 1,790.75

# **Candles for January**

Sanctuary Lamp...+ John & Betta Labanish
Tetrapod... HGB Lainie Noonan by Chris Noonan
Theotokos & Child... HGB Andrey by Keith & Nadia Shckly
John Baptist... + Jonathan Duttry by Patty Duttry
St Nicholas... + Nicholas Yackanovich by Evelyn Yackanovich
Protection Theotokos... HGB Michael Noonan by Chris Noonan

Christ Teacher... HGB Merly & Teresa Phillips & Mary Ann Drumtra

# 2024 - 2025 Annual Bishop's Appeal

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

#### Our Daily Bread – Finding the Fountain of Youth

Let's face it, life tends to beat you down. You get a little older, and are no longer at the top of your game. Things hurt; things you never knew you had until they start hurting. As you become aware of this natural process you are more self-conscious, a little more sensitive to your shortfalls; hesitant, unsure, and well, more than a little grouchy.

There was a time when you crowded your day with an impossible schedule and accomplished everything, along with a couple of unexpected things besides, all with a car full of kids, and still cooked dinner for the family. There was a time when you risked life and limb at the drop of a hat, eager to get a job done, skilled, confident, making it look easy. Now? Just taking out the garbage is fraught with disaster.... Mind the tree root you tripped over last week...got to watch lifting those heavy bags, can't afford to pull another muscle.

The prize winner? The ever-so-nice yet inexperienced young clinic technician, has to come in to the sound booth <u>twice</u>, to demonstrate how to push the button down when you hear the tone... because?? She can't fathom anyone on this good earth not being able to hear the tone, and tries to help by showing you how to push the button!!!!

What happened to that young girl, carefree, spontaneous, witty, and oh so much fun to be around. What happened to that man who stood strong, confident, facing the wind no matter what. Nothing ever bothered them. As the song says; we were something to see... But now???

And once again, God provides in the most unlikely way.....

Woah, Grandpa! Did you make that? Did you grow that? How come you know so much? Grandma, read me the story again... But you can read it yourself dear?... But Grandma, it's just not the same as when you read it to me, and let me sit beside you... But there is no room in the chair for both of us?... Yes Grandma, we can always make room.

You are still something amazing to them. They believe in you. They trust you.

It does not have to be with grandkids. Find ways to keep busy and surround yourself with youth. It is the young children, untainted by the world, where you will find solace and joy. What's more, they are willing and eager to share it with you, but come to them on their terms, not yours. Remember carefully Jesus' words in Matthew 18:1-6.

Don't dwell on what was. Listen to the innocent who only dwell in the present, and are blind to what you consider to be your shortcomings. Like making room in Grandma's chair, make room for them.

**Love Dad** 

Verse: Proverbs 15:1-15 Recommended Reading Psalms 34:13-14; James 3:1-12

The ability to master our mouths, watch our words and tame our tongues demonstrates a level of spiritual and emotional maturity. The opposite is true as well. An inability to control our speech shows immaturity, and it can inflict great harm on our relationships. Solomon addresses the importance of controlling our words by contrasting positive and negative speech. In each case, the effects end up as opposites: peacefulness or wrath, knowledge or folly, healing or a crushed spirit. In other words, when we fail to control our tongue, we don't just fail to give, or be, a blessing. We also cause a wound that can rupture a relationship.

Rabbi Joseph Telushkin, author of *Words That Hurt, Words That Heal*, states that he asks audiences whether they can go 24 hours without saying any unkind words about or to anyone. Invariably, a few people answer "yes," but most call out "no!" He responds, "Those who can't answer 'yes' have a serious problem. If you can't go 24 hours without drinking liquor, you're addicted to alcohol. If you can't last 24 hours without smoking, you're addicted to nicotine. And if you can't make it 24 hours without saying unkind words about others, you've lost control of your tongue."

How can you tell whether your tongue is under control? You won't say anything about an individual that you can't say directly to that person. You resist the urge to exaggerate. You consciously examine your thoughts and remove gossip and rumors from your conversations. You keep in confidence a personal matter that someone else shares with you. Further, you learn to speak positive words. Appropriate words communicate affirmation, comfort and healing.

Men's Club - Thanks to our Old Testament Grillers for the Fish and Chips! Your work is much appreciated. The next Club Meeting will be on March, 18th, 6pm in the hall. We would like to have a good turn out as we have many things to discuss, including the upcoming Italian Dinner. Food and refreshment served afterwards.

<u>Carpathian Kitchen</u> - Our next production run will be 7-8 March. The tentative plans are to do a combined run of pirogi and piroshki. We really could use help on Saturday the 8th. More details later. We still have a couple dozen of potato and cheese pirogi left for sale. Stop by the sales table in the hall after Liturgy to get yours.

Hospitality - One of the many things that makes Ascension special is our coffee and hospitality service after Liturgy's on Sunday. The parish would have a completely different feel and character without this time of community. Chris Noonan and her volunteers do an amazing job in the set up and operation. Take a moment to let them know how much they are appreciated.

## 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.