

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 30 4th SUNDAY OF THE GREAT FAST – (4th ALL SOULS)

After – Hospitality

Heb 4:14-5:6 Mk 8: 34-9:1 Tone 4

11:00 Divine Liturgy For Our Parishioners & HGB Peter & Lisa Margan by Fr. Alex

Mon Mar 31 5:30pm Chant Camp

Tue Apr 1 8:30 Divine Liturgy + Peter Nicholas Peltier by Paula Peltier

5:00pm Moleben to the Theotokos - Special Intention

Wed Apr 2 8:30 Divine Liturgy + Richard Falke by Hanh Falke

After - Moleben to the Theotokos -Special Intention

Thu Apr 3 8:30 Divine Liturgy + Travis Chuff by Mark & Jo Anne Chuff

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

Fri Apr 4 5:30pm Presanctified Gifts For Our Parish and + Eugene Kokinda by Fr. Alex

After: 4rd Day of Recollection – by Lisa Edvards and Diner

Sat Apr 5 1:00pm Church **Cleaning** Hours

SUN APR 6 5th SUNDAY OF THE GREAT FAST – (ST. MARY OF EGYPT)

After – Hospitality

Heb 9:11-14 Mk 10: 32-45 Tone 5

11:00 Divine Liturgy For Our Parishioners & Willam Kelly by Ann Kelly

Chant Camp” meets Monday evenings at 530p in the Betta church hall. While learning about the music and chant and traditions of our church we enjoy each other's company and light snacks! Everyone is welcome, no music experience needed! Questions? See Lisa Edwards or sent to Lisa Edwards at LisaCVoice@yahoo.com

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.

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; 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.

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

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

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 study session will be held on April 8 from 5:15 until 6:30.PM. The subject will be Lesson 17 in the workbook - Jacob and Rachel, Chapters 29 and 30 in Genesis. 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 April Birthdays

2nd William Fetsko; 3rd Adriana Shockley; 5th Anya Bobrinskaya Hunter; 22nd Jim Hoolan; 22nd Aurora DaQuilanea; 24th Nadia Hunter;

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 Your 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, March 23, 2025

Monthly Dues –0.00; Offertory –562.00; Candles-39.50; Holyday Annunciation – 20.00; Flowers-Easter -00.00; St. Luke’s Icon Guild-120.00 In – 741.50; Out- 22.50

Candles for January

Sanctuary Lamp...+ Drago Margan by Peter Margan
Tetrapod... + Steven Margan by Peter Margan
Theotokos & Child... For Our Parishioners
John Baptist... For Our Parishioners
St Nicholas... For Our Parishioners
Protection Theotokos... For Our Parishioners
Christ Teacher... + Katharina Margan by Peter Margan

2024 – 2025 Annual Bishop’s Appeal

LATEST UPDATE! To date we have raised \$6,432 of the \$6,800 needed to reach our goal. Only \$368.00 more to raise! Our success has always been through the generosity and giving spirit from you convenience additional Bishop Appeal envelopes are in the front of the church. Everyone is welcome to participate. Be the one to bring us over the top. When we reach our goal, 40% of our donation will be paid back to our Parish.

Our Daily Bread – The Importance of Detachment

Overwhelmed, exhausted, frustrated, mounting irritation and anger, these are things that come with being overly attached to issues. There is an endless list of issues that seek to overwhelm us; the state of the nation, the war, crime, politics, health and certain family matters. Undue fixation on these issues has the potential to consume us.

Most of us learn to let go of certain hot button issues, put them in the hands of God and move on with life. But do we? We care about these things; they are important to us. So, we find ourselves staying up late at night listening for news updates on matters we cannot have any impact on. We find ourselves lying in bed working a matter over and over through our mind, losing sleep in the process. We can become so attached to these things that it effects our diet and even our health. God did not create us for this.

It is a very seductive thing. The temptation to engage an issue important to us becomes a fixation. The fixation develops mental traps where thoughts become intrusive and uncontrollable, which can create monstrous scenarios within our mind. In the end it can lead to obsession and worse. There are signposts along the way, including frustration, mounting irritation, confusion and eventually exhaustion. It's a downward spiral. Given this, how likely is it you will be able to function productively in life? What is the cost to your personal well-being? What is the cost to your family and profession?

There are some obvious examples including certain types of preppers. Then there are the fan clubs; groupies that live eat and breathe everything that their idol does. There are political groupies also. The one group that stands out here is the antagonist. One that gets so worked up against a politician or political issue that it manifests into violence. The following demonstrates what I am talking about.

March 19th, New York Post - Florida man arrested for posting sickening threats against President Trump: He says, 'Fight me naked to the death'. He continues, "Because of Donald Trump every single person in this world is cursed...."

Mental illness, substance abuse or Trump derangement syndrome, whatever they call it, it is an extreme example of someone consumed by their overwhelming attachment to an issue. For him, it became an obsession where raw emotion overwhelmed what little reason the man had.

Total detachment from the world is not the answer, as it leads to other problems including isolation, problems with personal relationships, paranoia and fear. It will also lead to manipulation by others, including your own government. No, living life as some type of hermit is not the answer.

So then, what to do? You can always seek professional help, as our friend in Florida should've; but often we have it within our power to avoid problems of this type.

Recognition. No one knows you better than yourself. You understand your faults and weaknesses, your hot button issues. Stay away from situations that lead to flareups. When you encounter it, change the station or turn off the program, ever so gently change the conversation. Lifestyle plays a role here also,

alcohol being the primer for many. What was it we learned in catechism? Avoid situations that lead to temptation. Also remember Proverbs; "Idle hands are the devil's workshop". Get busy and stay productive.

Be careful of firebrands. Firebrands are thought provoking and even entertaining. They are mostly associated with media, but can be encountered anywhere. More often than not they are obsessives themselves, beating the drum as a call to arms. But for all their noise, often they cannot see the forest for the trees. We tend to like to listen to firebrands we agree with. Careful though, the term firebrand is appropriate for they will provide the spark that ignites your passion on a topic, and then fan the flames. Pushing, always pushing.

Learn to balance. Seek understanding of issues and how they impact your life and family to the extent necessary. Then move on, stay productive and attentive to those who depend on you. Put it in prospective; if there is something you could do to resolve your fixation you would have done it. It may come to you, but in the meantime move on to something that you CAN change for the better, and put it in the hands of God.

With detachment comes many benefits. Detachment reduces stress and anxiety, improves mental clarity and emotional well-being, improves relationships and provides insight into accepting things the way they are. In reality the only thing you really need to stay attached to is God.

Love Dad

Carpathian Kitchen - We are now selling a variety of pierogi and piroshki after Liturgy on Sundays. Our next event will be making Kolache on Saturday 12 April. All proceeds from sales go toward the Circle of Hope Program that supports local charities.

Men's Club News - Many exciting event are coming in the future.

-Our next event will be the April 6 potluck which will feature grilled smoked salmon.

-Volunteers are needed to help with the Liturgical service processions on Good Friday and Easter. If you are interested please see Don Merkley.

-Save a date events The annual Italian dinner is scheduled for Saturday 24 May. More information to follow, with tickets to go on sale after Easter.

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.

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.