#### **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 May 18 SUNDAY OF THE SAMARITAN WOMAN

Acts 11:19-26 & 29-30 Jn 4:5-42 Festal Tone

11:00 Divine Liturgy For Our Parish and Donald Noonan by Chris Noonan After –Hospitality- and Security Team meeting

Tue May 20 8:30 D.L For HGB Michelle Massie and Her Family by Fr. Alex 6:00pm Men's Club meeting

Wed May 21 8:30 D.L For HGB Myron Kotyk and His Family by Fr. Alex After - Moleben to the Theotokos

Thu May 22 8:30 Moleben to the Theotokos For OUR HILING
6:00pm - ROSARY- Prayer For Peace in Our Country & for Protection and Healing of all illnesses by Men's Club

Fri May 23 3:00pm Church Cleaning Hours

<u>Sat May 24 **5:00pm Italian Dinner** "Cena Italiana"</u>

Sun May 25 SUNDAY OF THE MAN BORN BLIND

Acts 16:16-34 Jn 9:1-38 Festal Tone

11:00 Typika For Our Parish After –Hospitality

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

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

#### 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 & Michael 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 Study will be held on Tuesday, May 27 from 5:15 to 6:30 PM.

The session will cover Genesis,

Respectfully submitted, Dr. Michael Lechman

Please Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Evening Bible Study of St. John Hall at 5:15pm. in the Social Hall.

<u>Happy MAY BIRTHDAYS</u> 20th Larry Drumtra; 29th Jeffrey Sotack;

#### 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 4 OF 7

4. Practicing Gratitude – Focusing on the Positive

A thankful heart is healthy. Practicing gratitude changes your perspective from what you don't have to the blessings God constantly gives you. In 1 Thessalonians 5:16-18, the Bible encourages you: "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." Keeping a gratitude journal or thanking God in prayer daily can encourage you, improve your mood, and relieve stress. When you intentionally focus on what you're grateful for, your brain rewires itself to notice what's good rather than dwelling on what's bad in your life. This can significantly strengthen your mental health.

When you're grateful, you can see <a href="hew God">how God</a> is good in any circumstances and how God is constantly at work in your life. One compelling way to become more grateful is by keeping a gratitude journal. Every day, write down three blessings you're thankful for. These can be small, everyday blessings — like a beautiful sunrise, a kind word from a friend, or the ability to enjoy a meal. Over time, as you practice this, you'll start to recognize the abundant ways God provides for you each day. Fresh doses of encouragement from practicing gratitude daily will boost your mental health, no matter what circumstances you're going through on any particular day.

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.

# **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 11, 2025

Monthly Dues -1,302.00; Offertory -478.00; Candles-15.00; In -1.79500; Out- 1,215.53

#### **Candles for May**

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

#### To Be a Saint – Sola Scriptura

Sola Scriptura: "Scripture Alone", is one of the five principles developed during the Protestant Reformation. The other four are, Sola fide: "faith alone", Sola gratia: "grace alone", Solo Christo: "Christ alone", Soli Deo gloria: "to the glory of God alone".

Let's examine Sola Scriptura in this letter.

In the Catholic tradition both Sacred Scripture and Sacred Tradition are essential for understanding the faith. We call it the Deposit of Faith. To use one and reject the other would be like trying to breathe with one lung. During the Protestant Reformation however, a concept came about that Scripture alone was the only source of authority for Christian faith and practice, and many reformers rejected Sacred Tradition.

The composition of the New Testament was not begun until years after Christ's death. The books were slowly completed during the span of about fifty years. During this time Christianity was based solely on tradition, including the verbal teachings and instructions that were passed down from Christ and His disciples along with their successors. The First Vatican Council on Divine Revelation says: "To the successors of the apostles, sacred tradition hands on in its full purity God's word, which was entrusted to the apostles by Christ the Lord and the Holy Spirit."

To prove that the Bible is the sole authority of God's word, Protestants usually cite various biblical passages; Paul is a favorite. For example, they will use the following verse in Paul's Letter to Timothy. "All scripture is inspired by God and profitable for teaching, for reproof for correction and for training in righteousness. That the man of God might be complete and equipped for every good work." 2 Tim. 3:16-17. Taken by itself it seems to provide proof that all you need is written scripture, but then how do you explain Paul's words in Thessalonians 2:15, "So then brethren hold to the traditions which you were taught by us either by word of mouth or by letter". Here, Paul clearly appeals to sacred tradition.

Scripture consistently urges the use of tradition. Consider the following; The Great Commission – "Go therefore and make disciples of all nations baptizing them in the name of the Father, and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you: and behold I am with you even unto the close of the age." Matt. 28:19 – This commission was given to all those disciples present, not just to those whose writings are included in Scripture. In Mark's account of the Great Commission, Mk.16:15, Jesus commands the disciples to "Go into all the world and preach the Gospel to the whole of creation". Were the others whose writings are not included in the bible less faithful to Jesus?

The consequences of Sola Scriptura are many. The Lord has given us many great gifts to sustain us, guide us and advocate for us. The three greatest are the coming of the Holy Spirit, the Holy Eucharist, and the doctrine of the Blessed Virgin Mary as our Queen and Advocate.

The Holy Spirit came to us to guide and sustain the Church; to keep us from drifting into another doctrine. As the Second Vatican Council commented... "The Holy Ghost has not been promised to the successors of Peter that, under His revelation, they might make known a new doctrine, but in order that, with His assistance, they sacredly preserve and faithfully set forth the revelation transmitted by the Apostles." It is the Magisterium of the Church, i.e. the Pope in communion with the bishops, with the guidance of the

Holy Spirit that hold the official teaching authority of the Catholic Church, and are responsible for interpreting the deposit of faith. As an aside I draw your attention to the fact that apart from Jesus' naming Peter as His successor, the workings of the Magisterium, is derived solely from Sacred Tradition.

Through both Scripture and Sacred Tradition, Catholics believe that the consecrated Eucharist does in fact become the Body and Blood of Christ. For Protestants, denying the example and teachings of tradition, their communion service has devolved into a reenactment of the Last Supper only, a communal meal of remembrance. No graces are looked for, and no graces are received.

With Sola Scriptura, the Blessed Virgin Mary, in many Protestant sects, has been diminished as nothing more than a good-hearted woman who bore the Christ Child. Through the Sacred Tradition of the Catholic Church, Mary is known to be much more. She is a powerful advocate for us before the Throne of Almighty God. The Catechism of the Catholic Church (CCC-p.84) states that the apostles entrusted the "Sacred deposit" of the faith, contained in Sacred Scripture and Tradition, to the whole of the Church. Place your trust in this and breathe with both lungs.

Yours in Christ Brother Joseph

**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.

Men's Club - Our next regular meeting will be this Tuesday 20 May starting at 6pm. Please try to attend as we will be making final preps for the Italian Dinner.

**Italian Dinner!!** CELEBRARE LA VITA! The Club together with the Carpathian Kitchen will be hosting our annual Parish Italian THIS SATURDAY, 24 May. Tickets on sale after Liturgy. The 50/50 jackpot is over \$100 now so be sure to buy your ticket. Last October the final 50/50 prize was over \$500!!

Italian Dinner ticket discount...... Buy 3 or more tickets and get a 15% discount!

**NEEDED!!!** 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.

#### 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.