

## WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

We are only allowing **between 22 and 44** people in Church and **20** people in Church Hall

**SUN AUG 2** **9<sup>TH</sup> SUNDAY AFTER PENTECOST**  
1 Cor 3:9-17 Mt 14:22-34  
**11:00** **Divine Liturgy for Our Parishioners and HGB Aleksandra, Ivanna, Julianna and Jerry by Fr. Alex**

Tue Aug 4 8:30am **Divine Liturgy for Our Parishioners and + Josephine and Joseph Horvat by Fr. Alex**

Wed Aug 5 8:30am **Divine Liturgy for Our Parishioners and HGB James Kokinda (wellbeing) by Eugene Kokinda**

Thu Aug 6 **TRANSFIGURATION OF OUR LORD (solemn)**  
8:30 am **Divine Liturgy for Our Parishioners and HGB August Birthdays by Fr. Alex**  
6:00pm **“ROSARY” Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men’s Club**

**SUN AUG 9** **10<sup>TH</sup> SUNDAY AFTER PENTECOST**  
1 Cor 4:9-16 Mt 17:14-23  
**11:00** **Divine Liturgy for Our Parishioners and +Andrey Slysh by Nadia Shockley**

# God bless America!!!

## LIVE-STREAMING DIVINE LITURGY AND PRAYERS

**Ascension of Our Lord Byzantine Catholic Church** is providing live broadcasts of Divine Liturgy and prayers on the internet for those who would like to experience our worship and pray with us, but are unable to join us because of limited access due to COVID-19, work, personal illness or distance.

Attending the services via live streaming is an aid to sincere devotion but if you are able, we look forward to having you join us in person.

For easy access to our Facebook, go to our website, ascensionVA.org and link to our Facebook page. Past liturgies are also in an archive of videos on our website.

### Schedule

**Divine Liturgy:** Sundays, 11 AM  
Tuesdays, 8:30 AM  
Wednesdays, 8:30 AM  
Thursdays, 8:30 AM

**Rosary:** Thursdays, 6 PM

Keep practicing social distancing and use a mask when out and about as we continue through the "reopening" process.

Thank you again for your continued support and your patience as we work through these challenging times together.

Please pray for me and I will continue to pray for you. Let us not forget to pray for our country!  
Fr. Alex

## Parishioner to Parishioners

To be a Saint – Are we moving toward God or away.  
The Concept of Desolation and Consolation.

Nothing ever stands still. Like the planets in our solar system we are always moving toward the sun or away from it. Similarly the same can be said of our relationship with God. It is important that we know where we are at, and the direction we are going in our relationship with the Father.

Saint Ignatius Loyola was founder of the Jesuit order. After an early military career in which he was severely injured, he had a spiritual awakening and dedicated the rest of his life to God. He developed certain rules which can help us discern this “motion” in our life either to or from God. The terms Saint Ignatius uses to describe this are *Consolation and Desolation*.

Consolation: We are moving toward God... In consolation, the good spirit (i.e., the Holy Spirit, or the work and intercession of Angels and Saints) gives peace and builds us up with consolation by a growth of faith, hope, and love, giving us a greater sense of God’s presence in our lives, manifested by good works, and making it easier to pray and overcome sin. In consolation we feel on top of the world and everything is going our way.

Desolation: We are moving away from God... In desolation, the evil spirit (Satan and his demons) try to bring us down with an increased anxiety and a sense of God’s absence in our life, leading to discouragement and a decreased desire to pray. There is a growth of resentment, ingratitude, selfishness, doubt, fear, and so on. Our outlook becomes increasingly gloomy and self-obsessed. We are being led away from God. In our disheartened state we are more prone to be deceived and give in to our temptations.

The ebb and flow of consolation and desolation is the normal path of the Christian life; thus when in consolation we should humble ourselves and be on guard for the turn.

When we find ourselves entering desolation we should pause to consider God’s purposes for allowing it. The first reason is due to some spiritual negligence on

our part. Desolation can then be a “wake-up call,” calling us back. The second reason is to teach us some spiritual lesson, and the third is to show us our absolute need for grace.

Whatever the reason Saint Ignatius tells us to resist vehemently when we are first tempted or feel ourselves slip into desolation, thus we place ourselves in the best position. If we do not, the strength of temptation grows and snowballs upon us. He also tells us that resisting temptation while we are in desolation allows us to grow spiritually.

Saint Ignatius concludes his rules with a discussion of Satan’s tactics. We have to learn to recognize Satan’s work and act contrary to these movements and temptations through prayer, meditation and active resistance.

I am constrained by space to go further. Saint Ignatius’ rules are worth further study and reflection. I recommend asking your adult religious education program administrator or your pastor to include it your parishes educational program.

Yours in Christ  
Brother Joseph

### Recommendation from Bishop concerning attending Divine Liturgy and receiving Holy Communion.

1. Should you stay home from Divine Liturgy? Please use your own prudence. If you believe you are sick, or you are in danger, you are dispensed from attending, and God will bless you for praying home.
2. Should you avoid receiving Holy Communion on spoon? St. Paul says about communion, “Let each one examine himself.” If you believe you are sick, or that you are in danger because of weak health, and you do not receive, I promise you that God will still bless you with His abundance of graces.

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

Prayer to Defeat the Work of Satan

O Divine Eternal Father, in union with your Divine Son and the Holy Spirit, and through  
the Immaculate Heart of Mary, I beg You to destroy the power of your greatest enemy-  
the evil spirits. Cast them into the deepest recesses of hell and chain them there  
forever! Take possession of Your Kingdom which You have created and which is  
rightfully Yours. Heavenly Father, give us the reign of the Sacred Heart of Jesus and the  
Immaculate Heart of Mary, I repeat this prayer out of pure love for You, with every beat  
of my heart and with every breath I take. Amen (Imprimatur March 1973, +Richard H.  
Ackerman, Bishop of Covington)

COMMITTEES

Trustees:	Mike Olson, David Efimetz
Bible Study with Coffee:	Linda Lechman
Liturgical/Church Website:	Don Merkely
Men’s Club:	John Alexander
Outreach Cleaning:	Betty Mae Hertz
Property:	Father Alex
Publicity:	Mary Jean Sotack
Security:	Mike Olson
Secretary:	Ann Kelly
Book Keeper	Patty Dutry
Youth:	Sasha Kusno

HOSPITALITY

Please see Bulletin Board at the entrance to St Phillip’s Hall for schedule of Lectures, Financial Records  
and Hospitality.  
NO Hospitality

FINANCIALS

Total Contributions: Monthly Dues -0.00 Holyday 0.00  
Offertory – 219.00 Non-Monetary Donation – 0.00 Fuel –0.00 Rainy Day Fund-0.00 Fund  
Raisers Income Tag/Yard Sale – 00.00 Candles – 35.00

Enrollment for children's Eastern Catholic faith formation is still open. Ages  
5-17. Please Call Patty or Sasha.

- Sanctuary Lamp: **HGB Margan Family**, Requested by Katarina Margan
- Tetrapod Lamp: **HGB Morgan and Kevin Kelly** Requested by Ann Kelly
- Theotokos & Child Lamp: **HGB Laini Noonan**, Requested by Chris Noonan
- Christ Teacher Lamp: **HGB Patrick Alexander**, Requested by Lee & Kathy Alexander
- John Baptist Lamp: **HGB John Alexander**, Requested by Lee and Kathy Alexander
- Protection Theotokos Lamp: **For Our Parishioners and Pease in Our Country**
- St. Nicholas Lamp: **For Our Parishioners and Pease in Our Country**

When receiving Holy Communion, closely approach Father Alex, tell  
him your first name, tilt your head back, widely open your mouth (no  
need to extend your tongue). Father Alex will say the prayer while  
dropping the Precious Species into your mouth with a spoon

HAPPY AUGUST BIRTHDAYS

2<sup>nd</sup> Rino Picconi  
4<sup>th</sup> Fr. Alex Shuter  
10<sup>th</sup> Frank Janke  
11<sup>th</sup> Adithia Kusno  
17<sup>th</sup> Sydney Marie Karlson  
21<sup>st</sup> Loretta Fetsko  
28<sup>th</sup> Micalah Cook

JUNE EVENTS

**Spiritual Communion**

O Jesus, I turn toward the holy tabernacle where you live hidden for love of me. I love You, O my God, I cannot receive You in Holy Communion. Come, nevertheless, and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like unto Your own. Amen.

**New Information:**

**Are you aware of any organization or church that is selling used church pews? Desired length 12 feet. If so, please speak to Father or a Trustee.**

**Prayer for Strength**

"Holy Spirit, I need You more than ever right now. My heart is hurting, and I feel overwhelmed with loneliness. At this moment, I welcome Your presence, Your peace, and Your love. Thank You for filling me with Your overwhelming comfort, holding me in Your arms and surrounding me with Your healing love. Your Word says that because I'm Your child when I hurt, You hurt too. Thank You for caring about every single detail of my life, wiping away my tears, and for always being here for me. I love You, Lord. In Jesus' name, Amen."

Lord, I'm not praying for miracles and visions, **I'm only asking for strength for my days.** Teach me the art of small steps.

Make me clever and resourceful, so that I can find important discoveries and experiences among the diversity of days.

Help me use my time better. Present me with the sense to be able to judge whether something is important or not.

I pray for the power of discipline and moderation, not only to run throughout my life, but also to live my days reasonably, and observe unexpected pleasures and heights.

**Save me from the naive belief that everything in life has to go smoothly.** Give me the sober recognition that difficulties, failures, fiascos, and setbacks are given to us by life itself to make us grow and mature. Send me the right person at the right moment, who will have enough courage and love to utter the truth!

**I know that many problems solve themselves, so please teach me patience.** You know how much we need friendship. Make me worthy of this nicest, hardest, riskiest and most fragile gift of life.

Give me enough imagination to be able to share with someone a little bit of warmth, in the right place, at the right time, with words or with silence.

Spare me the fear of missing out on life.

Do not give me the things I desire, but the things I need.

**Teach me the art of small steps!'**

“A Soulful Prayer by Antoine DE Saint-Exupery”