

## WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

**PLEASE KEEP SOCIAL DISTANCE**

<b>SUN</b>	<b>AUG 28</b>	<b>12<sup>TH</sup> SUNDAY AFTER PENTECOST</b> <b>After – Hospitality</b> 1 Cor 15:1-11 Mt 19:16-26 Tone 3 <b>11:00</b> <b>Divine Liturgy For All Our Parishioners and</b> + Leo Branden by Elisabeth Branden
<b>Tue</b>	<b>Aug 30</b>	<b>8: 30am For Our Parishioners &amp;</b> + Brook Newkirk by The Merkley's
<b>Wed</b>	<b>Aug 31</b>	<b>8:30am For Our Parishioners and</b> + John Labanish by Betta Labanish <b>MOLEBEN TO THE THEOTOKOS</b> -Special Intention
<b>Thu</b>	<b>Sep 1</b>	<b>8:30am For Our Parishioners and</b> + Elvira DeGaspari by Ann Kelly <b>After - Bible Study</b> <b>6:00pm</b> - <b>ROSARY</b> - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
<b>SUN</b>	<b>SEP 4</b>	<b>13<sup>TH</sup> SUNDAY AFTER PENTECOST</b> <b>After – Hospitality - POAT LUCK</b> 1 Cor 16:13-24 Mt 21:33-42 Tone 4 <b>11:00</b> <b>Divine Liturgy For All Our Parishioners and</b> HGB John and Clarice Alexander by Fr. Alex

Thank You, Thank You, Thank You for your generosity and giving spirit! Because of your support to the **Bishop's 2021 Stewardship** Campaign we were able to raise \$9,825 this year. Which was \$3,025 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. We also received a check from the Bishop's Office in the amount of \$3,932. 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.  
**David Efimetz, Dr. Michael Lechman – Our Parish Trustiest & Fr. Alex**

**\*\* KITCHEN MAINTENANCE \*\***

**HOSPITALITY**- Scheduled person is responsible for setting up and cleaning up coffee and cakes according to the instructions in the coffee cabinet.

### 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**

**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, Betta Labanish, Betty May Hertz, Emma Bernier, Lolly Vinson, William McGraw, June McGraw, Darren and June Hall, Thank you. Fr. Alex

### **ADULT BIBLE STUDY**

Bible Study is held on the first and third Tuesdays. The next Bible study will be on **Tuesday September 6** from 5:15 to 6:30 PM. The subject will be Messianic Fulfillment Part 1 Which is Session 18. The readings will be from your Bible Timeline manual. Please join us for great food and a wonderful conversation-based journey through Scripture! See Dr. Michael Lechman and Michael Bracelin for questions.

**IN THIS HOUSE, WE BELIEVE**

**IN THE HOLY SPIRIT; THE HOLY CATHOLIC CHURCH; THE COMMUNION OF SAINTS; THE FORGIVENESS OF SINS; THE RESURRECTION OF THE BODY; AND LIFE EVERLASTING**

**PARISH ACTIVITIES:** **All activities should be recorded on the main calendar 2022 in the office.** Please write in the activity you are responsible for and let Fr. Alex know the details so he can include it in the bulletin

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, local honey.

**SPECIAL ORDERS WELCOMED.**

**FINANCIALS, Aug 21, 2022**

Monthly Dues –50.00; Offertory –552.00; Candles-42.00; Holyday – 140.00 In – 834.00; Out –778.30

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 make 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

Whatever you have need of is found in God. Are you seeking healing, restoration, peace, guidance, provision, deliverance, salvation? Only God can satisfy and meet your needs. It is in Jesus Christ that we are fulfilled, restored, made whole, and saved. Only God can help you.

**God bless America!!!**

**Let's Keep Our Parish Safe and Secure  
New In Person Training For Our Security Team**

We will have a special 30-minute training session in the Church Hall immediately following the **Hospitality Sunday**, September 11. The training will be presented by retired Officer Larry Drumtra. All new and current members of the Security Team are expected to attend.

**Let's be prepared and proactive for any event that may happen on church property during our Sunday Divine Liturgy and every day.**

**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**

**Candles for August :**

Sanctuary...For Our Parishioners

Tetrapod... BRS + Bill Kelly by Ann Kelly

Theotokos & Child... HGB Lainie Noonan by Chris Noonan

John Baptist... Kevin Kelly by Ann Kelly by Patty Duttry

St Nicholas... + Leo Branden by Lisa Branden

Protection Theotokos... For Our Families

Christ Teacher...+ Elvira DeGaspari by Ann Kelly

**CLOSING HYMN:** Liturgy is not over until the closing hymn is complete, please refrain from conversation in the church. Remember we are live streaming. Thank you.

## A Sermon on Gravy

“Dad, when you were making the gravy tonight before supper, you told the kids that gravy on the table was an important part of being a family. Tell us that story.”

“Well, let me see. I’ll give you two. The first one so as I can collect my thoughts for the second one.”

\*\*\*\*\*

A bible study group was meeting in the school basement o so many years ago. It was the highlight of the week for Agnus. Besides Sundays, it was the only time she got away from the farm. Agnus had come to America from Germany as a young girl in the 1920s. She married soon afterward to a Swedish Farmer named Peter, and became mother to four strapping young boys, who in turn married, settled on the same farm, and raised their families. Eight, no, nine grandchildren, with Agnus as the matriarch. She could not read English and only could write so far as to sign her name. All "Momma" knew was how to cook, keep house, be a midwife, tend livestock, and, well pretty much everything else related to family and farm. She had no regrets, loved her family dearly, but also loved what little time she could get out into the world. So, Peter drove her each Wednesday to the bible study group to get away for a while.

Father Schmidt had just finished reading how Jesus had fed the 5000. He looked at Agnus who sat there with a puzzled face. “What is a matter Momma? You look doubtful.” Agnus replied, “Oh no Father, I have no doubts, Jesus made this miracle. I believe it, only...”. She trailed off and looked down. “Only what Momma?”, Father persisted. “Only this writer Matthew, he must have left something out.” “What could that be?”. After a pause she replied. There is no gravy Father. You cannot feed 5000 hungry men their supper and they be satisfied without you have proper gravy to dip their bread in.” We would have laughed out loud at that today, but for Agnus, and many in the room, who only understood life by their personal experience, the question was genuine.

Father Schmidt understood the question perfectly. He had sometimes helped out in the fields late in the evening during harvest, when the work went past supper time and

into the night. He looked at Agnus with a twinkle in his eye and said. “Momma, these men we read about were outside in the field, right? When you take supper to your men during harvest, they eat on the ground and off the back of a wagon. They eat picnic style with their hands. There is no gravy.” Agnus’ husband Peter, who normally sat quiet and never spoke a word said, “By-golly Momma, Father is right, you never bring us gravy.” “Yaa Poppa, that’s true,” said Agnus. “If I did, you lazy men would forget the harvest and fall asleep!” Everyone burst out laughing. Father Schmidt smiled and wondered to himself if that question would come up again when they covered the Last Supper.

Well, now-a-days gravy is seen mostly on holidays, served as a pairing with other foods like roast beef, turkey and the like, or it comes along at breakfast with sausage and biscuits. If it is served at home, it usually comes in cans and premade bags. Rarely is it made from scratch, which may explain why it has declined in popularity at home. Gravy at one time was a staple on the table. It made a meager meal into a feast. A good gravy is the result of a lot of practice. Everyone has their own recipes, either passed down, or secrets won through years of trial and error, finally perfected and used to bring satisfaction and enjoyment at the table. A good gravy is filling, satisfying, and binds a family together at the table.

“Where is this going Dad? “

Gravy is more than a filler. It enriches the supper table. Just like love enriches a family. The gravy in the plate binds the entire plate. A little gravy gets on everything, and a good gravy makes everything taste better. Love is like that. Love, a good wholesome love, can’t help but get into every crevice of a family. Families are bound tighter together, and it is those bonds that see them through hard times and trouble, just like a good gravy can get a hungry family through lean times.

So, learn to make good gravy for your family, but more importantly learn how to bring love into your life as a family.

Love Dad

## *Nothing but a Number*

*Japanese mountain climber Yuichiro Miura reached the summit of Mount Everest at age 70.*

*George Brunstad was also 70 when he swam the English Channel. Naval officer Grace Hopper became the first female rear admiral of the United States Navy when she was 79. Margaret Haggerty completed her quest to run a marathon on each of the seven continents when she was 84.*

*If stories like these teach us anything, it's that senior adults are capable of amazing things.*

*That was certainly true of Joshua. Even though he was probably nearing the century mark, God had a plan for him. Age didn't matter to God. Rather than telling Joshua to rest, retire or step aside for a younger replacement, God instructed him to get to work.*

*Perhaps we should take a cue from God in our attitude toward older adults. From an early age most of us were taught to respect our elders. However, too often we confuse politeness for respect. What's the difference? Politeness might include offering a hand to senior adults when they struggle with steps or making awkward small talk with aging relatives at family gatherings. Respect, however, would include realizing that with their years of challenges and experiences these adults are a rich, God-given resource.*

*In this age of politically correct labels, perhaps a better name for senior citizens is "ultra-experienced adults." God entrusted Joshua with an important duty a quarter century after Joshua reached retirement age because of his vast military experience and knowledge.*

*Think of the older adults you know. How does God want to use them in your life? What experiences of theirs might benefit you? What life lessons have they learned that might keep you from making a bad decision? And what might you be able to learn from hearing their stories and asking for their advice?*

### ***To Take Away***

- *How would you describe your attitude toward senior adults?*
- *Think of two or three seniors you know. What might getting to know them better add to your life?*
- *What steps can you take this week to build a mutually beneficial relationship with an older adult?*

## **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.**

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.**

### Psalm 15

**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.**

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.**

## Psalm 85

**The Lord speaks of peace to his people.**

I will hear what God proclaims;  
the LORD—for he proclaims peace