

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

PLEASE KEEP SOCIAL DISTANCE

SUN	FEB 26	1ST SUNDAY OF GREAT FAST Heb 11:24-26.32-12:2 Jn 1:43-51 Tone 5 11:00 Divine Liturgy For All Our Parishioners and + John Labanish by Betta Labanish After – Hospitality
Tue	Feb 28	8: 30am For Our Parishioners and HGB Fr. Brad P. Guilary by Fr. Alex
Wed	Mar 1	8:30am For Our Parishioners and who are in need of special prayer by Fr Alex MOLEBEN TO THE THEOTOKOS
Thu	Mar 2	8:30am For Our Parishioners and Jery & Ambar by Fr. Alex After - Bible Study 6:00pm - ROSARY - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
Fri	Mar 3	5:30pm Divine Liturgy of the Presanctified Gifts for Our Parishioners and + Eugene Kokinda by Fr. Alex
SUN	MAR 5	2ND SUNDAY OF GREAT FAST Heb 1:10-2:3 Mk 2:1-12 Tone 6 11:00 Divine Liturgy For All Our Parishioners and + John Labanish by Betta Labanish After – Hospitality

March 12, 2023, after Divine Liturgy will be Security Team meeting - training.
All parishioners are invited and encouraged to attend. Fr. Alex

Young Adult will meet at 1pm on these Sundays:
Today and March 5; March 26; April 16; April 30
Sincerely, Adithia Kusno, Reader

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, Thomas McGraw, Darren and June Hall, Aurora & Jaime Daquilanea, Mary Ann Drumtra, Katharina and Steven Margan Thank you. Fr. Alex

Adult Bible Study: The Gospel of John

It's not too late to join the Bible Study for 2023! Come and grow in your relationship with Jesus Christ by diving deep in the life of Christ according to the beloved disciple John (and eat some great food as well!). We are only a chapter into John, so it's not too late! We meet on the **2nd & 4th Tuesday of the month at 5:15 PM** in St. Philip Hall.

Respectfully,
Michael Jack Bracelin

Children's formation is held regularly at 10 am on Sundays. If you would like to enroll a school-age student to learn more about God and faith, please reach out to Sasha or Fr. Alex. Upcoming classes will be on February 26; March 12, 19, & 26; and April 16, 23 & 30. Give your child the opportunity to ask questions and grow in community with others! Sasha Kusno 660-287-1003 (Eastern Standard Time)

Have you noticed that the **ECF Classroom has moved to the Conference Room?** To ensure that our children do not have any interruptions, this room will be for **Classroom Use Only on Sundays from 9:50am to 11am. Check back here to learn the New Location for the Copier.**

Also, **Patty** has moved and **her office** is now in the **Old ECF Classroom**. To ensure that Patty can work efficiently and without any distractions. **Please, No Interruptions When the Do Not Disturb Sign is Posted.**

FINANCIALS, February 19 2023

Monthly Dues –160.00; Offertory –1,246.25; Candles-25.00;
In – 1,431.00; Out –978.34

Candles for February - March:

Sanctuary Lamp... + John Labanish by Betta Labanish
Tetrapod... HGB Roman Slysh by Dr. Nadia Shockley
Theotokos & Child... HGB Kyra Noonan by Cristine Noonan
John Baptist... +Michael T. Bross by Angela Bross
St Nicholas... HGB Dr. Ronald & Joan Ruszkowski by David Efimetz
Protection Theotokos... In Love & Gratitude by Jim & Gia Hoolan
Christ Teacher... For Our Parishioners

If any parishioners plan to visit Edmonton, Canada, please speak with Father Alex regarding picking up a needed item for faith formation.

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, local honey.

The Williamsburg **House of Mercy feed and shelter your neighbors?** *This summer, Williamsburg House of Mercy gave food to 208 families in a single a day and has moved 25 households into stable housing. For more information on how to donate or our shopping list, please visit WilliamsburgHouseOfMercy.org. Will you help? Thank you for being the hands and feed of Christ to our community!*
Thank you. God Bless, Larissa

BISHOP'S APPEAL: The 2022 Bishop's Appeal is underway. Pledge cards have been mailed out. Please consider giving something. Even a small amount helps Bishop Kurt help parishes in need. Please see David Efimetz if you did not receive a card in your mailbox and you wanted to give.

God bless America!!!

Happy March Birthdays

2nd Myron Kotyk; 14th Bladimir Hunter; 21nd Josiah Cook;
21st Seraphima Joan Collins; 25th Ron Ruszkowski

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

CONGRATULATIONS to Michael Bracelin on his selection by Bishop Kurt Burnette for the Diaconate Formation Program. Please keep Michael in your prayers as he begins his studies to become a Deacon for Ascension Parish.

OFFERING ENVELOPES FOR 2023: Boxes of envelopes for your 2023 Sunday and holyday offerings are available at the entrance of the Church Hall. If your family is not assigned a number, please contact Patricia Duttry.

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

Would you like to be involved in the discussion that establishes our parish policies to maintain a **safe environment for our children**? If so, join us on March 5th at 10 am in the parish hall. We will work from the eparchy's policies to collaboratively create a mission statement and written policies for our parish volunteers regarding interactions with minors. Please reach out to Sasha if you have feedback but are not able to attend.

Sasha Kusno 660-287-1003 (Eastern Standard Time)

Our Daily Bread - The Lessons of Making Leftover Hash

Like making a good gravy, homemade hash is a dish that everyone should know how to make. It is also a dish we could learn from. I'm not talking about the "Who Hash" that comes in cans from the store and proclaims to be corned beef. I'm talking about the hash that you put together from the leftovers in your refrigerator. Yea those there, hiding in the back.

The roots of good homemade hash go back a long way in history. It defines a time when we all lived frugally by necessity. The next meal was not a sure bet, requiring only a trip to a store or restaurant. Leftovers were rarely thrown in the garbage; it was repurposed over and sometimes over again. Everything was used until it was gone. My how those days have changed.

How did I acquire my predilection and passion for this meal? Well, like I told you before, Mom and Dad were raised country proud but country poor. They got married young and faced the Great Depression together before going to war with the rest of that generation. Talk about a challenging environment. It changed them and most Americans of the time for life. They saved everything, right up to the end of their own life. For better or for worse those traits were poured into my brothers and I constantly. Fried Baloney, Mulligan stew, beans potatoes corn bread, and yes hash.

Don't misunderstand, we had plenty of chicken, steak, pork, fish and vegetables. We butchered most of our own meat, and grew our vegetables. But mom and dad kept these humble dishes alive, as it was a good way to use leftovers, and well, I suppose just to remember what they had lived through. Like a Passover meal for a Jewish family, a fried baloney sandwich with a side of hash, helped them to remember where they had been, how they survived, and yes, they gave thanks to God for it. It was a comfort.

What's that? My favorite type of hash? Left over pork roast, sauerkraut, potatoes and carrots. Pre-chop onions and peppers, and simmer them in a skillet with a dollop of melted lard. Chop up the leftovers and add them to the onions and peppers with the skillet turned on high heat to develop the desired caramelization of the hash. When it is brown to your satisfaction plate it and serve it with a side of ketchup. Oh, I didn't tell you, but I think another facet of depression era food was a jug of ketchup on the table.

"Dad, not feeling very inspired by all of this. In fact, I'm a little queasy...."

Oh, sorry. I guess what all this leads to is that frugality and self-control has a place in our Christian life. I'm not talking about stinginess or hoarding. I'm talking about taking pleasure in the little things. Making the most of what you have, and not spending undue time worrying about what you don't have. Worse yet, coveting what others have.

Wishing for a new car, the latest "device", that new suit of clothes, or that long dreamed of vacation, is not necessarily bad, but all of them in sum can distract us from what we do have. First and foremost be thankful we have each other. Secondly, notice the talents that each of us have been given, they are unique. Notice carefully how each set of our families' talents are

mutually supporting and compliment the other's talents. This is not by accident. This is by God's design.

No, our family is not unique. I see this quality in many families, large and small. Some recognize it, use it, and are strengthened by it. Other Families for one reason or another fail to see it or take advantage of it, and well, over time fall apart. It is not the most eloquent analogy I grant you, but in making a good flavorful hash, it takes all the ingredients together to make it work.

So, recognize the gifts we have and give thanks. Whether it be a plate of hash, or a can of tomato soup with a grilled cheese sandwich. These humble meals are worthy and honorable. So too is an old suit of clothes that is kept clean and mended. An old car that is safe and runs well. Maybe your vacation consists of going to the park on your day off or just relaxing. Also recognize the importance of each member of the family. Young or old, shy or outgoing, every one plays a critical role in the family and is important to us, and in the Eyes of God.

Love Dad

CALLING ALL MEN OF ASCENSION!

1st Annual Men's Day of Recollection - March 25th! In the Scripture we learn *"iron sharpens iron, and one man sharpens another"* (Proverbs 27.17). *And that as men we are to devote ourselves "to the apostles' teaching and the fellowship, to the breaking of bread and the prayers (Acts 2.42)."*

The Men's Club is hosting a first-ever **Men's Day of Recollection** on the *Feast of the Annunciation* (March 25). We will have a day of prayer, optional confession, and liturgy, as well as a number of reflections by our distinguished guest speaker **Fr. Mark Morosovich, Dean of Theology at Catholic University of America**. Fr. Alex and the Men's team invite you to come and join us in our shared journey of faith and brotherly love as we move towards the Pascha! For planning, we appreciate that you **RSVP** with your name, and any other guests you would like to bring, **by emailing michael.bracelin@gmail.com**.

Men's Team Meeting

The Men's team will have their next meeting on the **3rd Tuesday of March (March 21)** at 6:30 PM in St. Philip Hall.

Respectfully, Michael Jack Bracelin

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.

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.

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 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!

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.

Remember us, O Lord, as you favor your people.

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.

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.