

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

PLEASE KEEP SOCIAL DISTANCE

SUN	FEB 5	SUNDAY OF THE PRODIGAL SON 1 Cor 6:12-20 Lk 15:11-32 Tone 2 Divine Liturgy For All Our Parishioners After – Hospitality– POT LOCK
Tue	Feb 7	8:30am For Our Parishioners and HBG Margan Family by Fr. Alex 5:15pm ADULT BIBLE STUDY
Wed	Feb 8	8:30am For Our Parishioners and HGB Christine Noonan by Fr Alex MOLEBEN TO THE THEOTOKOS
Thu	Feb 9	8:30am For Our Parishioners and HGB Beverly, Michael & Charlene 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
Sat	Feb 11	5:00pm Italian Dinner "Cena Italiana"
SUN	FEB 12	SUNDAY OF MEAT-FERE 1ST ALL SOULS 1 Cor 8:8-9:2 Mt 25:31-46 Tone 3 Divine Liturgy For All Our Parishioners and + Peter P. Fritz by Elaine & Joe Hampton After – Hospitality

Today, February 12, 2023, after Divine Liturgy will be Security Team meeting.

There will be a presentation by Deputy Alan Bartnikowski, Crime Prevention Specialist, York County Sheriff's Office. Deputy Bartnikowski will discuss measures that can be taken to prevent a disaster from occurring. All parishioners are invited and encouraged to attend. Fr. Alex

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, Aurora & Jaime Daquilanea, Mary Ann Drumtra, Katharina and Steven Margan
Thank you. Fr. Alex

Italian Dinner, February 11th at 5:00 pm!

"Cena Italiana!! Come break bread(sticks!) with us before the Great Fast starts with one of our unforgettable spaghetti dinners! Hosted by the Ascension Men's Club, dinner will be served on Saturday February 11th at 5:00PM!"

Breakfast Sandwiches February 19th!

The Men's Club will kick off the 2023 breakfast sandwiches on February 19th after Divine Liturgy. Make sure to get those delicious breakfast orders in, the Great Fast/Lent starts the day after!

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 will begin on Tuesday February 7th at 5:15 pm in the Hall with Chapter 1 of the Gospel of John! Chapter 2 will be two weeks later on Tuesday February 21st at 5:15!

*Respectfully,
Michael Jack Bracelin*

Our **Children's Formation program** has open enrollment. If you would like your child to learn about the faith and have space to have thoughtful conversations about God with peers, reach out to Sasha Kusno, 660-287-1003. Upcoming dates include: February:

Candles for February:

Sanctuary Lamp... + John Labanish by Betta Labanish
Tetrapod... For Our Parishioners
Theotokos & Child... HGB Kyra Noonan by Cristine Noonan
John Baptist... For Our Parishioners
St Nicholas... For Our Parishioners
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.

FINANCIALS, January 29 2023

Monthly Dues –0.00; Offertory –.00; Candles-.00; Special Gifts-0.00; Wall Calendars-0.00 In – 0.00; Out –0.00

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

God bless America!!!

Happy FEBRUARY Birthdays

4th Angela Bross; 4th MaryJean Sotack; 9th Greg Pula; 16th Don Merkley; 17th Nadia Shockley; 17th Mike Olson; 19th Claudia Cochran

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

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.

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.

2023 CALENDARS: The Ecclesiastical Wall Calendar for 2023 is available at the entrance of the Church Hall. Please take one per family. Thank you to Dr. Michael and Linda Lechman for generously sponsoring the calendar this year.

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

Every day is a new beginning. Take a deep breath, smile and begin again. God woke you up today for reason. Trust in His plan, His timing is perfect. He will make a way. Amen.

Arrow Prayers; a Powerful Weapon.

A few years ago when I began this particular thread on prayer, we discussed that a prayerful life is at the heart of a good Christian life; a way to avail ourselves of the blessings, graces and wisdom of God, and develop a deeper relationship with our Creator. In that first letter we touched upon different types of prayers; among them, arrow prayers. We will discuss that type of prayer in this letter, for I believe we are in a time when they are very much needed.

I would venture to say, at some point in our life, we have all used arrow prayers, and maybe not have known it. They are quick prayers of adoration and supplication, used in times of joy, temptation, or even desperation. They are called arrow prayers for the simple fact that they are shot up to heaven in a single breath, in a few seconds with a powerful intent, that bring us immediately into the presence of God and the Saints.

Arrow prayers cut through all darkness. Their effect can be immediately felt. In a hospital once the patient I was with was in a terrible situation. Immediate action was required. The surgeon had just walked into the room with attendants to begin the preparations for surgery. The surgeon was a man of considerable experience and skill; however, it was easy to see the indecision and trepidation in his face. Indeed, there was a feeling of hopelessness in the room. Silently, I called upon the Blessed Virgin saying, Holy Mother come to us, we need you now. Immediately there was a quiet calm that fell upon the room. Just at that moment, a priest knocked on the door and introduced himself. At once, the anxiety fell away from the surgeon's face, and was replaced by a confidence in his manner and that of the attendants. Yes, arrow prayers are direct and effective.

One of the best examples of an arrow prayer is recalled in the 18th chapter of the Gospel of Luke, in the parable of the Pharisee and the Tax Collector. Whereas the Pharisee stood in a prominent place and loudly proclaimed his elaborate prayer of self-justification, the tax collector made himself humble before the Lord, beat his breast and prayed simply "God, be merciful to me the sinner." Straight, to the point, this simple prayer of sincerity justified this man before the Lord.

Another arrow prayer, similar to the Tax Collector's prayer, is known as the

Jesus Prayer. This one is of particular favor in the Eastern Church. Lord, Jesus Christ, Son of God, have mercy on me, a sinner. This beautiful prayer should be in everyone's lexicon of prayers.

Pray like a Child: *"Jesus called for the little ones, saying, Allow the children to come to Me, and do not forbid them, for the kingdom of God belongs to such as these. Truly I say to you, whoever does not receive the kingdom of God like a child shall not enter it."* LK18:16-17 In the Gospels of Matthew, Mark and Luke. We learn from Jesus to take on the spirit of the innocence found in children. This includes our prayer life. In their innocence, a young child speaks simply and freely, without guile or pretense. A child speaks to their parents with love and with trust, in a way that pierces the heart of the parent with love. A true arrow prayer, in its simplicity and sincerity, accomplishes this. It is the prayer of a child that pierces the heart of the Lord.

Types of Arrow Prayers: These prayers are suitable for many situations. The more you practice them, the more you find yourself using them. There are morning prayers, evening prayers. There are prayers for thanksgiving and prayers to use when tempted. There are intercessory prayers and guidance prayers. There are even "doorway" prayers that are used when starting a journey or a task. One I was taught early in life goes "Please God, help me today, I have a lot to do and I need your help." Don't worry about finding the right words. Your Angel will guide you

Arrow prayers are especially needed at this time, when there is so much danger and temptation around us. These prayers are a powerful weapon to ward off evil, for they give us a direct and instant connection with the Lord. A connection that Satan cannot abide. They should be one of the first type of prayer taught to young children as a way to develop their own relationship with God.

And so, I close with an arrow prayer for you. May God hold you, and keep you safe from evil.

Yours in Christ
Brother Joseph

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.

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.