

## 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"  
ST. THOMAS AQUINAS

**SUN JULY 30 9<sup>th</sup> SUNDAY AFTER PENTECOST**

**After – Hospitality**

1 Cor 3:9-17 Mt 14:22 -34 Tone 8

**11:00 Divine Liturgy For All Our Parishioners and  
HGB John and Clarice Alexander by Lee & Kathy Alexander**

**Tue Aug 1 8:30am For Our Parish & + Maure Black by Fr. Alex**

**After - Bible Study (Discuss, and Meditate on the Daily Readings)**

2:00pm – 6:00pm Church Office hours

**Wed Aug 2 8:30am For Our Parish & + Daniel Bernier by June Mathews**

**MOLEBEN TO THE THEOTOKOS** -Special Intention

**Thu Aug 3 8:30am For Our Parish & HGB Alex by Fr. Alex**

**6:00pm – ROSARY** - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

**SUN AUG 6 TRANSFIGURATION OF THE LORD**

**After – Bless Fruit – Mirovanya - Hospitality - POT LUCK**

2 Pet 1:10-19 Mt 17:1 -9 Tone \*

**11:00 Divine Liturgy For All Our Parishioners and  
+ Dr. Kerry Demascus by Dr. Maryjean Sotack**

**News from the Carpathian Kitchen** - Pierogi Sale This Sunday. The Kitchen team made 51 dozen pierogi last weekend and they have been bagged, labeled and ready for sale. Advance sales are brisk, so stop by after church and buy a dozen to take home. For those early birds who made their advanced orders last weekend your pierogi is already bagged and ready. You can pay with cash, check or credit card.

Many thanks to those who came out and worked last weekend. It went smoothly and we got to make new friends from outside the parish that we've added to our kitchen family.

**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, June Mathews, William McGraw, Thomas McGraw, Darren and June Hall, Aurora & Jaime Daquilanea, Mary Ann Drumtra, Katharina and Steven Margan, Elaine Hampton, Elisabeth Branden Thank you. Fr. Alex

### **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!).

**Please Join us on the (1<sup>st</sup> and 3<sup>rd</sup> Tuesday) of the month to: Read, Discuss, and Meditate on the Daily Readings, after Divine Liturgy, and ( 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Evening Bible Study of St. John at 5:15pm. in the Social Hall. 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.

**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

**Circle of Hope update.** The first Saint Nicholas Grant has been approved! This week the Men's Club approved a grant to Housing Partnerships Inc. This little volunteer organization which is located across the street from Ascension, has a mighty impact on the local community, providing housing repair and related services to low income, disabled and elderly folks in Williamsburg, James City County and York County. In the upcoming weeks we will discuss Housing Partnership in greater detail along with more details on the grant. **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 July

Sanctuary Lamp... + John Labanish by Betta Labanish  
Tetrapod... HGB Roman Slysh by Dr. Nadia Shockley  
Theotokos & Child... HGB David Noonan by Christine Noonan  
John Baptist... HGB Mark Noonan by Christine Noonan  
St Nicholas... +Michael & Avanelle Bross by Angela Bross  
Protection Theotokos... In Love & Gratitude by Jim & Gia Hoolan  
Christ Teacher... Madeline Noonan by Christine Noonan

### 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.

### Ascension Advisory board members.

Alex (Pastor) Property Committee; David Efimizt & Dr. Micheal Lechman: Trustees;  
Betty Mae Hertz: Outrage Committee: Reader Adithia Kusno Facebook, Young Adult Education; Patty Duttry: Book Keeper; Don Merkley: Website, Liturgical Committee; Michael Bracelin: Men's Club President, Adult Bible Study; Mike Olson: Security Manager; Sasha Kusno: Children's Christian Formation Director; Ann Merkley Bookstore Manager

### 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 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

Speak 5 lines to yourself every morning:

1. I'm the best 2. I can do it 3. God is always with me 4. I'm a winner 5. Today is my DAY

**God bless America!!!**

**Help support our church**

scan this code



To make a donation

### FINANCIALS, July 23, 2023

Monthly Dues –150.00; Offertory –866.00; Candles-81.00; St. Luke's Icon Guild–80.00  
In – 1,177.00; Out –3015.12

### Happy JULY BIRTHDAYS

4th Fr. Alex Shuter; 10th Frank Janke; 11th Adithia Kusno; 17 Sydney Marie Karlson; 21st Loretta Fetsko

### Men's Club Social

The Men's team will have their next informal social on the **3rd Tuesday of August (August 15)** at 6:00 PM in St. Philip Hall. \*\*Take note of the new gathering time of 6:00 PM. All members of the men's club, as well as inquiring men, are encouraged to come

### August 20 Breakfast Sandwich Sale!!!!

Remember to put your orders in before liturgy on Sunday August 20 for your favorite Men's Club Breakfast foods!!! We will be taking orders, and have plenty of extras for sale after liturgy.

## Our Daily Bread – The Whispers of Satan; The Love of God

There are many things we learn and skills we develop in life. Skill sets that help us survive, earn a living, raise a family, and so on. Within this you also learn to recognize what is good for us and our loved ones, what provides us nourishment, shelter, safety, and comfort. Then we seek to surround ourselves with all manner of these good things.

We also learn quickly to recognize danger and avoid it when possible. We learn to recognize an oncoming storm, get out of the way of street traffic, we learn to recognize poisons, avoid violent situations, we exercise caution with fires, floods and so on. Over all things temporal, God has given us the ability to learn to discern the good from the bad.

The same is true in the spiritual realm. Over time, we develop a reasonable understanding of good and evil. Let's discuss one aspect of that, for it is one of Satan's greatest weapons. The roots of this weapon lie within the deceptive whispers of Satan. Satan is constantly seeking to fill our minds with destructive thoughts. They come in the form of undue fear and worry, pride, envy and all manner of temptations. Perhaps his greatest lie comes in the form of spiritual hopelessness.

The whispers come in this sequence. "Look how much fun others are having. Don't you deserve to enjoy life, to experience all parts of life? Why worry... Nothing will happen... Everyone does it... There is nothing really wrong with it... It's your life, and your free to choose... Your entitled..." These are the whispers of temptation. Everyone has them, even Jesus.

These whispers of temptation come in many forms. Like an angler, Satan tries different lures to see if he can get a bite. Satan knows well though when he has our interest in something, and then tries to set the hook. If we take the bait and succumb to temptation, over time the whispers start to change in nature to something like, "You know you went too far there... It's too late for you now... God will never hear your prayer after what you did... You've sinned too much... Why even try, might as well continue, and get the most you can out of this life..."

If left unaddressed through confession and coming before God for forgiveness, a sense of hopelessness sets in. We feel we've dug a hole so deep that we will never be able to climb out. We begin to verbalize what Satan has whispered to us. "How could God ever accept me after what I did?" When this happens Satan's whisper becomes a frightening roar which says, "Mine... Mine... Mine..."

But the God that Satan describes in his whispers to us is not our God. Our God

created us in His image. He so loves us that he sent His only Son to redeem us. Our God is the Good Shepard we read about in the Gospels of Matthew and Luke, who having 100 sheep, finds that one is missing and leaves the 99 behind, to search and find the one. Our God is the Father of the Prodigal Son, who upon seeing His son returning, rushes out to meet him, lest his son falters along the way home.

God does not give up on a sinner. Even if the sinner gives up on themselves for a time, God will be there reaching out, ready to forgive and bring us back into the flock.

Let loose of the idea that "I should have been better; I should have known." I should, I should, I should... This thinking is fruitless and leads to frustration and anger. Learn to forgive yourself. Do not beat yourself up over your sin. This leads us back to Satan. We have to surrender ourselves to God and His mercy. We find healing through God's grace and embracing our cross. Recognize then your weakness and ask God to give you the grace to build virtue, and the strength to resist Satan's temptations.

Like we do with temporal things, learn to discern the good and evil in the spiritual realm as well. Teach your children the same, according to their understanding. Surround yourself with the good, shunning the evil. Learn then to recognize the voice of Satan who whispers words of indulgence and self-justification, who later will most assuredly stand to accuse you. If we stumble, reach out for the Good Shepherd; echo the voice of the prodigal son who confessed his sin seeking forgiveness.

Satan's whispers and Satan's roars cannot touch a child of God.  
Love Dad

### IN THIS CHURCH, WE BELIEVE

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

## *Nothing but a Number*

*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.**