

WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

PLEASE KEEP SOCIAL DISTANCE

SUN JUNE 25 4th SUNDAY AFTER PENTECOST
After – Hospitality
Rom 6:18-23 Mt 8:5-13 Tone 3
11:00 Divine Liturgy For All Our Parishioners, HGB Fr. Bred and HGB Larry & Mary Ann Drumtra by Fr. Alex

Tue June 27 8:30am For + Gilbert Granger by David C. Alan.
2:00pm – 6:00pm Church Office hours
5:15pm ADULT BIBLE STUDY

Wed June 28 8:30am For HGB Anne Chahill by Christine Noonan
MOLEBEN TO THE THEOTOKOS - Special Intention

Thu June 29 PETER AND PAUL PREEMINENT APOSTLES
8:30am For Our Parishioners and + Peter Paul Fritz by Elaine & Joe Hampton
6:00pm - ROSARY - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

SUN JULY 2 5th SUNDAY AFTER PENTECOST
After – Hospitality - INDEPENDENCE DAY POTLUCK
Rom 10:1-10 Mt 8:28 - 9-1 Tone 4
11:00 Divine Liturgy For All Our Parishioners, HGB Fr. Bred and HGB Larry & Mary Ann Drumtra by Fr. Alex

July 9, after Divine Liturgy will be Security Team meeting - training. All parishioners are invited and encouraged to attend. 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

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

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
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!). We meet on the **2nd & 4th Tuesday of the month at 5:15 PM** in St. Philip Hall.

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

Men's Team Meeting - 10 Year Anniversary of the Men's Club!

The Men's team will have their next meeting on the **3rd Tuesday of July (July 18th)** at 6:00 PM in St. Philip Hall. ****Take note of the new gathering time of 6:00 PM.**

Respectfully, Michael Jack Bracelin

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

Candles for June

Sanctuary Lamp... + John Labanish by Betta Labanish
Tetrapod... HGB Roman Slysh by Dr. Nadia Shockley
Theotokos & Child... HGB Larry Drumtra by Merle & Teresa Phillips
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 Efimtz & 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

God bless America!!!

Help support our church

scan this code



To make a donation

FINANCIALS, June 18, 2023

Monthly Dues -100.00; Offertory -1,099.00; Candles-28.50; In - 1,237.00; Out -216.67

Happy JUNE BIRTHDAYS

1st Melissa Karlson; 9th Ann Merkley; 9th Matthew Montgomery; 11th Patty Duttry; 12th Anna & Sofia Carden; 14th Lisa Montgomery; 23rd Marc Picconi; 25th Mary Olson; 27th Keith Shockley; 28th Michael Lechman

SUNDAY JULY 2 INDEPENDENCE DAY POTLUCK!!!

Gather after Divine Liturgy for a day of family fun and food!

The Men's team will be working the **BBQ** making hamburgers and hotdogs, and Angela Bracelin will be teaching the kids how to make **homemade ice cream** in our **Avengers-themed bounce house!** ****Parents, don't forget to bring a bathing suit for your kids (or yourselves for that matter!), as the bounce-house has a waterslide!!!**

To Be a Saint - Developing Altruism in Your Life.

Over the past few years I've written on Socialism, Communism, Satanism and a few others. Frankly, for me, it becomes a bit depressing to see the hold these philosophies and beliefs have on people, and the infectious grip they have on society. In this letter we will look at another "ism", but this one is different. It brings out the best in us, and reflects the goodness of God. This week we will look at altruism.

Altruism is an unselfish desire to help others, even at some cost to yourself, and expect nothing in return. The practice of altruism goes back to the origins of mankind. It was probably developed in the social structure of the family, yet the term itself is relatively new. It was coined by the 19th century philosopher Auguste Comte, who became the modern father of Sociology. Think of altruism as the opposite of egotism.

In altruism we see the teaching of Christ, "Love your neighbor as yourself". We see altruism reflected in His parables; the story of the Good Samaritan comes to mind. We see altruism in His passion and death on the cross, when He makes the ultimate sacrifice for our sins and the sins of mankind.

Altruism is practiced openly within a loving family. Even from the time we were carried in the womb, our mothers nourished and sustained us. Together, our parents constantly sacrificed to provide for us, to comfort and protect us from a hostile world, until we were able to provide for ourself. We in turn, upon coming of age, take care of our own children as well as extend our help back to our aged parents. This is an important paragraph, for the cradle of altruistic behavior is the family. If the family unit is rendered obsolete by modern society, the cradle will fall.... Think now, abortion, divorce, non-traditional marriage, euthanasia of the elderly; the cradle rocks dangerously and the bough weakens. But let's continue.

In no other creature of God will you find a more developed and refined sense of altruism than mankind. It is the force which causes us to rush into a burning building to rescue a complete stranger. It is the power that animates us to stop and help a stranded motorist. It is the sense that moves us to intervene and provide food, clothing and shelter to those without.

To recognize true altruism, you must understand the traits. True altruism does not seek recognition. The best charity is that which is done anonymously. Altruism renders

service quietly, privately, without drawing undue attention. If singled out for recognition, an altruist will simply say they only did what needed to be done.

Altruism does not seek repayment. For an altruist the deed itself is payment, in terms of satisfaction for having done what is right and noble. Tell me the feeling you have when you volunteer in a soup kitchen, or donate blood, or assist an elderly person who is lost. It is uplifting. For an altruist it is knowing that you are living according to God's plan. You are bearing fruit on the vine which is Christ. In its essence true altruism is a Godly trait. In altruism we walk in a manner worthy of the Lord.

Altruism is a powerful force. We are naturally drawn to those organizations that practice it. These organizations tend to bring out the best in us, and reinforces altruistic instincts within us. Military organizations have developed a strong code of battlefield ethics that encourages their members to care for one another, and make sacrifice to ensure no one is left behind on the battlefield. Similarly, sports teams, charitable organizations and other groups recognize the power of altruism and seek to capture it within their group.

Man is incapable of pure altruism, for within our heart is a competition for self-interest and self-preservation. We are prideful and self-seeking. Altruism provides a counterbalance to these tendencies. It is a redeeming trait that counteracts our flaws and weaknesses. Indeed, in my opinion it is the stronger, for altruism is grounded in love.

But why do I bother to tell you this?

Like the importance of understanding what is evil, and that which we should avoid, it is equally important to understand that which is good and sustaining. Just as recognizing the inherent error of Communism is important, so as not to be deceived by those who would foster it upon us, recognizing the uplifting gift of altruism becomes a way to develop the trait and strengthen it within ourselves and our families.

Let the Holy Spirit be your guide.

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.