

## WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

**PLEASE KEEP SOCIAL DISTANCE**

<b>SUN</b>	<b>MAR 26</b>	<b>5<sup>th</sup> SUNDAY OF GREAT FAST – SYNAXIS OF THE ARCHANGEL GABRIEL</b> Heb 9:11-14 Mk 10:32-45 Tone 1 11:00 <b>Divine Liturgy For All Our Parishioners and</b> +Michael Bross by Angela Bross <b>After – Hospitality</b>
<b>Tue</b>	<b>Mar 28</b>	<b>8: 30am For Our Parishioners and</b> + Clara Herrera by Katya <b>5:15pm ADULT BIBLE STUDY</b>
<b>Wed</b>	<b>Mar 29</b>	<b>8:30am For Our Parishioners and</b> HGB Mary Saupp by Reeves Family <b>MOLEBEN TO THE THEOTOKOS</b>
<b>Thu</b>	<b>Mar 30</b>	<b>8:30am For Our Parishioners and</b> For USA and Ukraine by Fr. Alex <b>6:00pm</b> - <b>ROSARY</b> - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
<b>Fri</b>	<b>Mar 31</b>	<b>5:30pm</b> Divine Liturgy of the <b>Presanctified Gifts</b> for Our Parishioners and + Eugene Kokinda by Fr. Alex
<b>SUN</b>	<b>APR 2</b>	<b>PALM SUNDAY</b> Phil 4:4-9 Jn 12:1-18 Tone 1 11:00 <b>Divine Liturgy For All Our Parishioners and</b> +Monica & John Ruscus by Fr. Alex <b>After – Hospitality- POT LUCK</b>

**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 made 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

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

**May 14, after Divine Liturgy will be Security Team meeting - training.**  
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, 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.

*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 March 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)

### **FINANCIALS, March 19 2023**

Monthly Dues –20.00; Offertory –2,214.00; Candles-83.00; ESL-0.00; Flowers-Easter-10.00; Fuel-10.00;  
In – 2,327.00; Out –1,645.40

### Candles for March:

Sanctuary Lamp... + John Labanish by Betta Labanish  
Tetrapod... HGB Roman Slysh by Dr. Nadia Shockley  
Theotokos & Child... HGB Kyra Noonan by Christine 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

### **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.

### CALLING ALL MEN OF ASCENSION!

**1st Annual Men's Day of Recollection – Today 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](mailto:michael.bracelin@gmail.com)**.

**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!!!**

**Young Adult** will meet at 1pm on these Sundays: April 2; April 16; April 30

St Gregory of Palamas Philokalia Vol 4

Adithia Kusno, Reader

Happy March Birthdays

2nd Myron Kotyk; 14th Bladimir Hunter; 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

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 can ask ourselves: how do we react to situations that are not right? In the face of adversity, there are always two temptations. The first is flight: we can run away, turn our backs, trying to keep aloof from it all. The second is to react with anger, with a show of force... Jesus, on the other hand, changed history. How? With the humble power of love, with His patient witness. This is what we are called to do; and this is how God fulfils His promises... God's promises guarantee unrivalled joy and never disappoint. But how are they fulfilled? Through our weaknesses. God makes blessed those who travel the path of their inner poverty to the very end."**

*Pope Francis*

## Your Greatest Enemy

“The Devil made me do it.” Flip Wilson, popular American comedian of the 1970s

Who is your greatest enemy? Is it someone you know personally, someone out to get you? Is it some criminal or diabolical world figure you hear about, planning to control us or destroy us? Who is responsible for causing your life’s misfortune? If you are one of my readers you may think I’m talking about Satan. We are often quick to blame everything on Satan. It’s always easier to blame somebody else for our faults and our failures. In this, Satan becomes low hanging fruit. But was Flip Wilson right? Is it really Satan that causes all of our problems? Satan is the great tempter for sure, but temptation is one thing. Who is it that pulls the trigger?

Blaming someone else for our problems and misfortunes goes back to the beginning, in the Garden of Eden. Adam blamed Eve, Eve blamed the devil, and the devil blamed God.

God gave us free will. The devil may tempt us and set cunning traps, but unless we are actually possessed by a demon, we are responsible for our own actions. We can choose to do right, or we can choose to do wrong, and in the wrong doing, we slowly, but ever so surely become our greatest enemy. It may not be bad at first, we may not even be aware, but the problem goes on. Ask an alcoholic where their drinking problem lies, and they will most often tell you they have no problem. Once a problem is admitted though, more often than not we fail to address it, and use self-justification to make it right.

Ah, self-justification, the universal skill of mankind. In the words of a President, “Come on Man”; you don’t understand the whole story... you weren’t there.... I had to.... others do it... I have bad genes from my parents, their responsible.... Sounds like childish talk, well let’s face it, it is.

We cannot blame our circumstances, in doing so we only get deeper in the trap and yes, in this, Satan is guiding us. And he makes it feel so comfortable, so right. Some folks go through their whole life living a lie. They build for themselves a pretty little tomb manufactured solely out of self-justification. Tombs built on property owned by lust, greed, every type of vice.

No; until we recognize that the problem resides within us, that we are our own enemy, we will continue building our tomb. Lay down the trowel...

*Come on man, sorry, I mean dad, this is making me feel uncomfortable. I understand what you’re saying.*

I know, it is an uncomfortable subject. I have to look in the same mirror you know. Its not a pretty picture, but one that has to be recognized. For in the recognition, we have an opportunity to make it right. Let’s get to the point then. “Come to Me, all who are weary and burdened, and I will give you rest.” Mt. 11:28

God understands our plight, and provides. God provides us the teachings of His Son Jesus Christ, He provides us the wisdom and guidance of the Holy Spirit, He provides us the sacraments and saving graces necessary to make the recognition of what we are doing, and the internal strength to make the corrections necessary. God provides.

But just like Satan cannot force you to sin, God will not force you to repent from sin. God will not free you from the tomb you have built, but He will give you the means to free yourself. For it must start within ourselves. We must stop being our own worst enemy. Confess our sins, ask for absolution, and for God’s cleansing Grace. Then move on. It may be a long hard road to recovery. We may even be tempted back. Understand Satan will not give up easily. But Satan knows that you are on to his tricks, and his influence over you will weaken. At the same time, embrace the Lord. God’s influence and presence will become stronger in you. Satan cannot abide this.

No more temptation? I’m afraid there will always be temptation, A thought, a mental picture, a brief inclination, but these will be passing, for you will immediately understand from where it came. Put these temptations behind you, just as Jesus did when He was tempted.

Love Dad

## *Nothing but a Number*

*Japanese mountain climber Yuichiro Miura reached the summit of Mount Everest at age 70. George Brunstad was also 70 when he swam the English Channel. Naval officer Grace Hopper became the first female rear admiral of the United States Navy when she was 79. Margaret Haggerty completed her quest to run a marathon on each of the seven continents when she was 84.*

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

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

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

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

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

### **To Take Away**

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

## **Psalm 1**

**Blessed are they who hope in the Lord.**

Blessed the man who follows not  
the counsel of the wicked  
Nor walks in the way of sinners,  
nor sits in the company of the insolent,  
But delights in the law of the LORD  
and meditates on his law day and night.

**Blessed are they who hope in the Lord.**

He is like a tree  
planted near running water,  
That yields its fruit in due season,  
and whose leaves never fade.  
Whatever he does, prospers.

**Blessed are they who hope in the Lord.**

Not so, the wicked, not so;  
they are like chaff which the wind drives away.  
For the LORD watches over the way of the just,  
but the way of the wicked vanishes.

**Blessed are they who hope in the Lord.**

## Psalm 95

**If today you hear his voice, harden not your hearts.**

Come, let us sing joyfully to the LORD;  
let us acclaim the Rock of our salvation.  
Let us come into his presence with thanksgiving;  
let us joyfully sing psalms to him.

**If today you hear his voice, harden not your hearts.**

Come, let us bow down in worship;  
let us kneel before the LORD who made us.  
For he is our God,  
and we are the people he shepherds, the flock he guides.

**If today you hear his voice, harden not your hearts.**

Oh, that today you would hear his voice:  
“Harden not your hearts as at Meribah,  
as in the day of Messiah in the desert,  
Where your fathers tempted me;  
they tested me though they had seen my works.”

**If today you hear his voice, harden not your hearts.**

## Psalm 23

**Even though I walk in the dark valley I fear no evil; for you are at my side.**

The LORD is my shepherd; I shall not want.  
In verdant pastures he gives me repose;  
Beside restful waters he leads me;  
he refreshes my soul.

**Even though I walk in the dark valley I fear no evil; for you are at my side.**

He guides me in right paths  
for his name's sake.  
Even though I walk in the dark valley  
I fear no evil; for you are at my side  
With your rod and your staff  
that give me courage.

**Even though I walk in the dark valley I fear no evil; for you are at my side.**

You spread the table before me  
in the sight of my foes;  
You anoint my head with oil;  
my cup overflows.

**Even though I walk in the dark valley I fear no evil; for you are at my side.**

Only goodness and kindness follow me  
all the days of my life;  
And I shall dwell in the house of the LORD  
for years to come.

**Even though I walk in the dark valley I fear no evil; for you are at my side.**

## Psalm 16

**Keep me safe, O God; you are my hope.**

Keep me, O God, for in you I take refuge;  
I say to the LORD, "My Lord are you."  
O LORD, my allotted portion and my cup,  
you it is who hold fast my lot.

**Keep me safe, O God; you are my hope.**

I bless the LORD who counsels me;  
even in the night my heart exhorts me.  
I set the LORD ever before me;  
with him at my right hand I shall not be disturbed.

**Keep me safe, O God; you are my hope.**

Therefore my heart is glad and my soul rejoices,  
my body, too, abides in confidence;  
Because you will not abandon my soul to the nether world,  
nor will you suffer your faithful one to undergo corruption.

**Keep me safe, O God; you are my hope.**

You will show me the path to life,  
fullness of joys in your presence,  
the delights at your right hand forever.

**Keep me safe, O God; you are my hope.**

## Psalm 138

**Your right hand saves me, O Lord.**

I will give thanks to you, O LORD, with all my heart,  
for you have heard the words of my mouth;  
in the presence of the angels I will sing your praise;  
I will worship at your holy temple,  
and give thanks to your name.

**Your right hand saves me, O Lord.**

Because of your kindness and your truth,  
you have made great above all things  
your name and your promise.  
When I called, you answered me;  
you built up strength within me.

**Your right hand saves me, O Lord.**

Your right hand saves me.  
The LORD will complete what he has done for me;  
your kindness, O LORD, endures forever;  
forsake not the work of your hands.

**Your right hand saves me, O Lord.**

**Psalm 113**

**The Lord will give him a seat with the leaders of his people.**

Praise, you servants of the LORD,  
praise the name of the LORD.  
Blessed be the name of the LORD  
both now and forever.

**The Lord will give him a seat with the leaders of his people.**

From the rising to the setting of the sun  
is the name of the LORD to be praised.  
High above all nations is the LORD;  
above the heavens is his glory.

**The Lord will give him a seat with the leaders of his people.**

Who is like the LORD, our God, who is enthroned on high  
and looks upon the heavens and the earth below?

**The Lord will give him a seat with the leaders of his people.**

He raises up the lowly from the dust;  
from the dunghill he lifts up the poor  
To seat them with princes,  
with the princes of his own people.

**The Lord will give him a seat with the leaders of his people.**

**Psalm 104**

**Lord, send out your Spirit, and renew the face of the earth.**

Bless the LORD, O my soul!  
O LORD, my God, you are great indeed!  
How manifold are your works, O LORD!  
the earth is full of your creatures.

**Lord, send out your Spirit, and renew the face of the earth.**

May the glory of the LORD endure forever;  
may the LORD be glad in his works!  
Pleasing to him be my theme;  
I will be glad in the LORD.

**Lord, send out your Spirit, and renew the face of the earth.**

If you take away their breath, they perish  
and return to their dust.  
When you send forth your spirit, they are created,  
and you renew the face of the earth.

**Lord, send out your Spirit, and renew the face of the earth.**

### Psalm 11

The LORD is in his holy temple;  
the LORD's throne is in heaven.  
His eyes behold,  
his searching glance is on mankind.

**The just will gaze on your face, O Lord.**

The LORD searches the just and the wicked;  
the lover of violence he hates.  
For the LORD is just, he loves just deeds;  
the upright shall see his face.

**The just will gaze on your face, O Lord.**

### Psalm 103

**The Lord has established his throne in heaven.**

Bless the LORD, O my soul;  
and all my being, bless his holy name.  
Bless the LORD, O my soul,  
and forget not all his benefits.

**The Lord has established his throne in heaven.**

For as the heavens are high above the earth,  
so surpassing is his kindness toward those who fear him.  
As far as the east is from the west,  
so far has he put our transgressions from us.

**The Lord has established his throne in heaven.**

The LORD has established his throne in heaven,  
and his kingdom rules over all.  
Bless the LORD, all you his angels,  
you mighty in strength, who do his bidding.

**The Lord has established his throne in heaven.**



## 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.**