

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"
THOMAS MERTON

SUN OCT 8 19TH SUNDAY AFTER PENTECOST

2 Cor 11: 31-12:9 Lk 7:11-16 Tone 2

11:00 Divine Liturgy For All Our Parishioners and + Nicholas Yackanich
by Evelyn Yackanich

After - **Hospitality**

1:00pm - Young Adults Bible Study

Mon Oct 9 6:00pm Advisory Board Meeting.

Tue Oct 10 8:30am For Our Parish + Stephen Margan by Myron & Debora Kotyk
After **Bible Study**

Wed Oct 11 8:30am For Our Parish and HGB Margan Family by Fr. Alex
After - **MOLEBEN TO THE THEOTOKOS** -Special Intention

Thu Oct 12 8:30am For Our Parish and +James A. Murphy by Loretta Murphy
6:00pm - **ROSARY** - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

SUN OCT 15 SUNDAY OF THE FATHERS OF THE 2ND ECUMENICAL COUNCIL

Gal1:11-19; Lk 8:5-15 Tone 3

11:00 Divine Liturgy For All Our Parishioners and + Andrey Slysh by
Keith & Nadia Shockley

After - **Hospitality - and Movie**, season 1 of The Chosen! Come
watch and discuss in the Saint John the Baptist Hall

+

IT WILL BE WITH DEEPEST CONDOLENCES THAT WE BID FAREWELL TO STEPHEN
MARGAN. STEPHEN PASSED AWAY EARLY IN THE MORNING OF SATURDAY
SEPTEMBER 30, 2023. MAY GOD GRANT HIM PEACE IN A PLACE WHERE THERE IS NO
SORROW NOR MOURNING. ETERNAL MEMORY.

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, Linda Lechman, Dr. Jeffery Sotack Elisabeth Branden,
Merly & Teresa Phillips 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 (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**

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

TODAY.

I CHOOSE TO LIVE BY CHOICE, NOT BY CHANCE; TO MAKE CHANGES, NOT EXCUSES. TO
BE MOTIVATED, NOT MANIPULATED. TO BE USEFUL, NOT USED. TO EXCEL, NOT
COMPETE. I CHOOSE SELF-ESTEEM, NOT SELF-PITY. I CHOOSE TO LISTEN TO THE INNER
VOICE, NOT THE RANDOM OPINION OF OTHERS.

**NEVER REPLY WHEN YOU'RE ANGRY. NEVER MAKE A PROMISE WHEN
YOU'RE HAPPY. NEVER MAKE A DECISION WHEN YOU'RE SAD.**

Candles for October

Sanctuary Lamp... + John Labanish by Betta Labanish
Tetrapod... HGB Roman Slysh by Dr. Nadia Shockley
Theotokos & Child... HGB Lisa 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... + Michael Bross by Angela Bross

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.

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

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

Happy OCTOBER BIRTHDAYS

4th Abigail Bracelin; 4th Christine Janke; 9th Donna Ross; 10th Gia Hoolan;
10th: Michael Bracelin; 13th Jeff Carden; 13th Katarina Margan; 14th Lily
Olson; 17th: Michael Bracelin 21st Lisa Margan; 22nd Linda Lechman; 25th
Charlene Yackanich; 26th MaryAnn Drumtra; 28th Anna Montgomery

God bless America!!!

Help support our church



FINANCIALS, October 1, 2023

Monthly Dues –810.00; Offertory –1,053.00; Candles-37.00; Holyday-60.00
In – 1,940.0; Out –3,126.53

ADULT BIBLE STUDY RESUMES

“How can I understand, unless I have someone to instruct me?” (Acts 8:1) Share the joys of Scripture each Sunday morning prior to Liturgy! Adult Bible Study will meet at 10:00 in the Saint John the Baptist Hall beginning on Sunday, September 10. We will read the Gospel and Epistle for each Sunday, and then reflect on the lessons based on Church teachings. David C. Alan and occasional guests will lead the discussion. No registration necessary—we look forward to seeing you there! Contact David if you have any questions chaim2000@att.net

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

Young Adults will continue to meditate on the spiritual heritage of desert fathers and saints in Philokalia starting Today, September 24 at 1 pm. Schedule 2023: October 8 and 22; November 12 and 26; December 3 Last meeting for Fall semester: Sunday, December 3. Adithia Kusno

Our Daily Bread – Putting God First, and Living Well

Through the years, I have managed to learn the difference between living, and living well. I suspect you have also, and none of what I am about to say will be new to you. From taking care of our health, and our pursuits in this life, to the way we treat others and approach our personal responsibilities, these things define who we are, and what we become in our life. They also shape us for the next life. So, what's the difference between just living and living well? For me, it can be summed up by putting God first in our life. That's worth talking about. It's worth contemplating, how we do that, and occasionally neglect to do it.

Putting God first means different things to different people. A lot of it has to do with the state of mind we are in. We tend to put God first when we are afraid and overwhelmed with life, we place our trust in Him and ask Him for guidance. We put God first when we are lonely, and feel rejected, we turn to Him for solace, because we know He cares. We put God first when we are grieving at a loss of a loved one, we don't want to experience these emotions so we turn once again to God. We turn to God when there is no one else to turn to. This is all good.

So, lets expand. How often do we think about God when everything is going right? When we are in full health, or experiencing a great event in our life, like a birthday or anniversary, a big promotion, where do our thoughts turn? Let's say we saved up and got that new car or that latest gadget, or say win the lottery, as if that would ever happen..., what is the first thing we do? The second? The third? Honest now, did thanking God come in the top three? How about the top ten? Well, you're probably not alone if you answered no. All these things that bring us great joy and happiness, all of our great accomplishments in life, as good as they are, become better when we thank our Creator. I knew a couple in Alaska who were trying so hard to start a family. The husband got the call one day from his wife that she was expecting a child. I will never forget; when he hung up the phone, he immediately fell to his knees thanking God. Before he got home, he stopped at the church to pray. He put God first for he knew he and his wife had been blessed. This is part of living well.

Let's expand our thoughts in another direction. What about those times when we are in a rut, no direction, no energy or drive; those times when we are adrift, seemingly without purpose? I think most of us have been in that position once or twice. What do we do? Some seek out professional counseling, motivational seminars and so-on. There's nothing wrong with this. I cannot help but think if we just turn to God, put God first in our life, that we would find direction and purpose. It works every time.

Sharing your feelings with God should be second nature to us, it should be habitual. Think about it, if we were to turn toward God when we first feel anger coming on, how quick would our anger dissipate. What happens when we delay? You say to

yourself, "I'll talk it over with God later, right now I want to stew on my anger. I want to rehearse what I will say, what I should do. I'll get even".... Ya, tell me how that is going to work out.

Anger is like poison ivy, you scratch and it feels good, but it also spreads. So, you scratch some more. Soon a little patch of poison ivy on your hand spreads to your arm, and other places. Anger is like that, your mind is quick to "scratch" it, to stoke the embers, and it feels good, but it also grows and spreads, and eventually takes over your life. There are some folks that go through their life in anger. It has consumed them to a point that they feel they need it. In some perverse way, it gives them a reason to go on. Just turn to God in the first place and everything will work out. This too becomes part of living well.

Turning to God should start with prayer; talking it over with God. Ask yourself, when do you pray? How often? Seriously, do you pray as often as you speak to your spouse, your children, your friends, your co-workers? Do you wait for Sunday to roll around before you pray to God? What's that you say, you just can't find the time? One last question then. Do you really believe you are putting God first?

Talk to God continually, not just in formal prayer, and in formal settings. Pray in the morning asking God for His blessing throughout the day for all of your worthy endeavors, all your travels. Pray during the day, especially when temptation presents itself. Pray in the evening before bed, do so as a family if possible; thank God for His blessings and ask for His protection during the night from danger and evil. Make this as an example for our children so that they come to know this wisdom, and in turn, make it a part of their lives. Teach them to put God first. This is also a part of living well.

Love Dad

-On Saturday October 14th the parish hosts the quilters group in the church hall.

- On Saturday the 23rd the men's club hosts their first "*Octoberfest*" dinner complete with special lighting and decorations.

- On Saturday the 28th we'll run the parish craft show, where the hall will be filled with activity, all sorts of crafts and (Lord willing), our piroshki and pierogi!

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.