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 FEB 25 2^m SUNDAY OF THE GREAT FAST (2^m ALL SOULS)

10:00 Second Talk on the History of the Byzantine Catholic Church Dr. Ron Ruszkowski Heb 1:10-2:3 Mk 2:1-12 Tone 6

11:00 Divine Liturgy For Parish and + Michael T. Bross by Angela Bross After –Hospitality

1:00pm - Young Adults Bible Study in Betta Hall

<u>Tue</u> Feb 27 8: 30am For Our Parish and + James Murphy by Loretta Murphy

5:15pm Bible Study

Wed Feb 28 8:30am For Our Parish and + Drago & Steven Margan by Margan Family
After - MOLEBEN TO THE THEOTOKOS - Special Intention

Thu Mar 1 8:30am For Our Parish and HGB Garrick Colorado by Dr. Mary Jean Sotack
6:00pm - ROSARY - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

Fri Feb 23 5:30pm Presanctified Gifts For Our Parish and + Eugene Kokinda by Fr. Alex

Sat Mar 2 1:00pm Church Cleaning Hours

SUN MAR 3 310 SUNDAY OF THE GREAT FAST-VENERATION OF THE CROSS (310 ALL SOULS)

Heb 4:14-5:6 Mk 8:34-9:1 Tone 7

11:00 Divine Liturgy For Parish and HGB Katharina Peter & Lisa Margan by Fr. Alex

After -Hospitality

1:00pm - Young Adults Bible Study in Betta Hall

Happy MARCH Birthdays

2nd Myron Kotyk; 14th Bladimir Hunter; 21st Seraphima Joan Collins; 25th Ron Ruszkowski

LOVE YOUR HOSPITALITY GOODIES AFTER SUNDAY LITURGY?? WE ARE LOOKING FOR VOLUNTEERS FOR 2024 TO ENSURE THAT IT CONTINUES. IF INTERESTED, PLEASE SEE CHRIS NOONAN IN THE PARISH HALL OR EMAIL HER AT, CDFNOONA@GMAIL.COM

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, Betty May Hertz, Emma Bernier, Lolly Vinson, June Mathews, William McGraw, Myron Kotyk, Darren and June Hall, Aurora & Jaime Daquilanea, Mary Ann Drumtra, Katharina Margan, Elaine Hampton, Linda Lechman, Orysia Stefaniv, Elisabeth Branden, Merly & Teresa Phillips, Mary Sullivan Thank you. Fr. Alex

Bible Study: The Gospel of John

The next adult Bible study will be held on Tuesday February 27 from 5:15 to 6:30 :PM. The discussion will cover Lesson 24, John 19: 1-16 - "The Lamb King".

Respectfully submitted, Michael Lechman

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.

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 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

The Automatic External Defibrillator (AED) is fully operational and located on the wall above the fire extinguisher in St. Phillips Hall. Eight parishioners were certified on the use of the AED on Oct 8,2023 and other parishioners have been certified in the past. Periodic updates will follow. Dr. Michael Lechman

2024 Ascension Advisory board members.

Fr. Alex (Pastor)-Property; David Efimetz & Dr. Micheal Lechman: Trustees; Subdeacon Adithia Kusnosecretary; Patty Duttry-Book Keeper; Betty Mae Hertz-Outrage: Don Merkley: Website, Facebook, Lisa Edwards-Liturgical Committee; Lee Alexander-Men's Club President, Dr. Micheal Lechman-Adult Bible Study; Mike Olson-Security Manager; 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

Liturgy and Candle Requests: Often we want to remember someone and offer special prayers for the departure of a loved one, special occasion, birthday, anniversary, etc. with celebration of a Divine Liturgy or lighting of a candle in front of an icon. To request a liturgy or candle, please complete the form in the appropriate envelope which you will find in the rack on the wall as you enter Ascension church and place it in the Sunday offering basket. Thank you. Fr. Alex.

Candles for February

Sanctuary Lamp...+ John & Betta Labanish

Tetrapod... HGB Katherine, Mary & Ann Efimetz by David Efimetz

Theotokos & Child... HGB Merle & Teresa Phillips by Mary Ann Drumtra

John Baptist... HGB Kyra Noonan by Chris Noonan

St Nicholas... For Our Parishioners

Protection Theotokos... In Love & Gratitude

Christ Teacher... HGB Patrick Alexander & Family by Kathy Alexander

The Metropolitan Cantor Institute (MCI) is offering classes for all parishioners interested in learning more about our church and its musical history. These include an Introduction to Divine Liturgy, Church Singing and Reading in Church. These self-paced courses are FREE to registered parishioners our church and are between 4 and 8 weeks and online, where you will learn about what makes our church unique - our Prostopinija, or 'simple chant'. Join other parishioners or study solo to gain knowledge about the ancient melodies of our beautiful rich traditions. If you have any questions please ask Lisa Edwards (Cantor/Choir Director) or visit https://mci.archpitt.org/online/ for more information.

<u>Young Adults, Children, Adult Bible Study Comity:</u> Subdeacon Adithia Kusno, Dr. Michael Lechman, Sasha Kusno.

Special Event/Retreat Speakers Comity: David Efimetz, Don Merkley, Dr. Mary Jean Sotack

God bless America!!!



FINANCIALS, February 18, 2024

Monthly Dues -125.00; Offertory -591.00; Candles-26.00; Fuel-20.00; Flowers-Easter-65; In -839.00; Out 606.41

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

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.

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.

Our Daily Bread. Standing the Watch this Lent

Some of my most vivid memories at sea are found in the simplicity of nighttime transits. It is incredible what you can see. The view of the Milky Way down in the Caribbean is awe inspiring. In the northern latitudes it was the Aurora Borealis that would hold my attention. On a calm night, when the moon was bright you could see whales spouting hundreds of yards away from the ship, and it was always a treat to go watch the ships wake as it churned up bioluminescence, turning the water a glowing green.

Night watches would be confusing to someone stepping aboard for the first time. Oncoming watch standers would arrive on the bridge a minimum of 20 minutes early to let their eyes adjust to the dark. All bridge operations were carried out as much as possible in darkness. Yes, we use spot lights when necessary to search for something in the water or conducting night time boardings, but unless it is necessary you will not find white light on the bridge of a military or other professionally run merchant ship.

This is done not just to look at the stars. When you have good night vision, you can more easily see other vessels or hazards to navigation. It is the same reasoning why you don't keep white lights on inside your car while driving at night. The white light blinds you to what is outside your car.

We also kept strict silence on the bridge, using only that communication which was necessary, and always done in subdued professional terms. The silence and the focus allowed us to use our other senses as well. We can pick up distant navigational sound signals. We can monitor various radio frequencies. Believe it or not we can make out various smells when the wind it right. Operating off Haiti, or the Straights of Sumatra the smell of smoke is common. Land has a distinct smell to it when operating in warmer climates. Then there are the winds and currents, each having a distinctive characteristic. If you are familiar with them, they can be a great asset.

Reports are constant, either from the lookouts, or from the navigator, from "Combat" or the helmsman, each time something is identified it is reported in a very precise manner. Course and speed, bearing, range, bearing drift, aspect, target angles, set and drift and so on. It is a world where numbers are spat out continually, all have a specific meaning and paint a precises picture. At times the reports start overlapping and build to a confusing crescendo. When the "chatter" becomes too much the officer of the deck will command "Silence on the bridge", and that command resets the noise level to a minimum, so we can regain our focus and concentrate on what is happening around us and not be distracted by the noise. A simple discipline that keeps distractions to a minimum and allows us to better focus on the job at hand.

Our approach to Lent should seek that same simplicity and order of the bridge watch; free of clutter and unnecessary distraction. During Lent we seek to quiet ourselves, bringing down the noise level to a bare minimum so we can better hear our Lord. Similarly, we should find ways to reduce the bright lights which blind and distract. We learn to detach ourselves from these things. Sort of a self-denial, and in this, we find that we can see just fine. In fact, we may find that we discover things that we never knew existed, like a beneficial current. With this approach, we increase in Spiritual growth, cultivate personal humility and bring true joy into our life.

Love Dad

Carpathian Kitchen News

Carpathian Kitchens News - Our last pierogi run has completely sold out! We will be back soon though with kolache and piroshki in time for Easter. Yes, we will be making kolache and piroshki for the Easter season. That production run is scheduled for Saturday, March 23rd. The kolache will be ready to pick up the next day March 24th (Palm Sunday). The piroshki will be bagged and ready to pick up on March 30th. (Holy Saturday).

Men's Club News. After the recent vandalism incident, a request was sent out for all members of the Men's Club to help out with Sunday security. To that effect, a sign up sheet has again be posted on the bulletin board as you enter the church hall. We need a minimum of two watch standers each Sunday, to provide surveillance of the parking lot, to keep obvious threats from entering the church, and monitor the Liturgy on Sundays for all emergencies. We are asking members to sign up for just one Sunday a month if possible. Other Ascension parishioners are very welcomed to sign up as well. More information and guidance to follow. Lee Alexander

The Second Talk on the History of the Byzantine Catholic Church, TODAY-Sunday February 25, 10AM2024 Betta Church Hall. Prior to Liturgy Subsequent Lectures Monthly. Dr. Ron Ruszkowski

Young Adult's 2024: Today-February 25, March 3, March 24, April 7, and April 21. In Christ, Adithia Kusno

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.

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.

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.

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.

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.

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.

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.