

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 4 SUNDAY OF MEAT-FARE (1st ALL SOULS)

10:00 The First Talk on the History of the Byzantine Catholic Church
1 Cor 8:8-9:2 Mt 25:31-46 Tone 3

11:00 Divine Liturgy For Parish and HGB Betty May Hertz by Petty Piszko
Dunhan

After –Hospitality-Pot Luck

1:00pm - Young Adults Bible Study

Tue Feb 6 **8:30am** For Our Parish and + James Murphy by Loretta Murphy
After - Bible Study

Wed Feb 7 **8:30am** For Our Parish and HGB Dr Nadia Shockley & her Family by Fr. Alex
After - MOLEBEN TO THE THEOTOKOS -Special Intention

Thu Feb 8 **8:30am** For Our Parish and HGB Emma Bernier by Fr. Alex
6:00pm - ROSARY - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

Sat Feb 3 **1:00pm** Church Cleaning Hours

SUN FEB 11 SUNDAY OF CHEESE-FARE

Rom 13:11-14:4 Mt 6:14-21 Tone 4

11:00 Divine Liturgy For Parish and HGB Alexandra & her Family by Fr. Alex
After –Hospitality

1:00pm Advisory Board Meeting.

Happy FEBRUARY Birthdays

2nd Michelle Massie; 4th Angela Bross; 4th MaryJean Sotack; 9th Greg
Pula; 16th Don Merkley; 17th Nadia Shockley; 17th Mike Olson;

Young Adult's 2024: Today & February 18, March 3, March 24, April 7, and April 21.
In Christ, Adithia Kusno

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, Betta Labanish, 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 February 13, 2024 from 5:15 to 6:30 PM. The discussion
will cover Lesson 23, John 18:28-40- "The Ironies of the Kingdom".

Respectfully submitted Dr. 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. 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

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 Efimitz & Dr. Micheal Lechman: Trustees; Subdeacon Adithia Kusno-
secretary; Patty Duttry-Book Keeper; Betty Mae Hertz-Outreach; 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... For Our Parishioners

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

John Baptist... For Our Parishioners

St Nicholas... For Our Parishioners

Protection Theotokos... In Love & Gratitude

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

2024 All Souls Saturdays

The Church always prays for the faithful departed. Certain Saturdays are set aside to commemorate the departed souls and they are called "**Saturdays of the Departed Souls**." There are five: 3 and 24 February; 2 and 9 March; and 18 May. At Ascension, Divine Liturgy is celebrated on the Sunday immediately following these dates.

The theological basis for these Saturdays is the doctrine that those souls departing are not perfectly cleansed and that the faithful on earth can help them by prayers and almsgiving, and especially by the sacrifice of the Divine Liturgy.

On these Saturdays, Liturgy is celebrated for all the deceased faithful followed by a Panachida prayer service during which time, the names of the departed are read publicly. This venerable custom was transmitted to us by our ancestors as part of our beautiful spiritual heritage.

Each year parishioners give the names of their departed loved ones (Hrrmoty) with the request that they be included at the service for the deceased on the All souls days. In order for your loved ones to be remembered, please provide the names by using the card in your new book of Ascension envelopes, where you will find a 14 January 2023 envelope marked **HROMOTY - 5 ALL SOULS SATURDAYS**. Behind this envelope, you will find an **All Souls "In Memory Of"** card. Enter the names of your deceased loved ones on this card and enclose in envelope and place in the Sunday offering basket.

God bless America!!!



FINANCIALS, January 28, 2024

Monthly Dues -460.00; Offertory -2, 430.00; Candles-62.00; Initial Offering/Envelopes-18.00; In - 2,970.50; Out 4,466.33

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.

To be a Saint – The Seven Corporal Works of Mercy

In my last letter we reviewed the seven-Spiritual works of mercy. In this letter we will cover the seven-Corporal works of mercy. Together they form charitable actions by which we come to the aid of our neighbor in his spiritual need and bodily necessities. The Corporal Works of Mercy are found in the teachings and actions of Jesus and give us a model for how we should treat all others. The temporal works of charity are:

Feeding the Hungry
Give drink to the thirsty
Shelter the homeless
Visit the sick
Visit the prisoners
Bury the dead
Give alms to the poor

The corporal works of mercy form the basis of Jesus' parable concerning the Judgment of the Nations (Mt. 25:32-46).

And all the nations will be gathered before Him; and He will separate them from one another, just as the shepherd separates the sheep from the goats; and He will put the sheep on His right, but the goats on the left. "Then the King will say to those on His right, 'Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me something to drink; I was a stranger, and you invited Me in; naked, and you clothed Me; I was sick, and you visited Me; I was in prison, and you came to Me.' " Then the righteous will answer Him, 'Lord, when did we see You hungry, and feed You, or thirsty, and give You something to drink? And when did we see You as a stranger, and invite You in, or naked, and clothe You? And when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Truly I say to you, to the extent that you did it for one of the least of these brothers or sisters of Mine, you did it for Me.' " Then He will also say to those on His left, 'Depart from Me, you accursed people, into the eternal fire which has been prepared for the devil and his angels; for I was hungry, and you gave Me nothing to eat; I was thirsty, and you gave Me nothing to drink; I was a stranger, and you did not invite Me in; naked, and you did not clothe Me; sick, and in prison, and you did not visit Me.' Then they themselves also will answer, 'Lord, when did we see You hungry, or thirsty, or as a stranger, or naked, or sick, or in prison, and did not take care of You?' Then He will answer them, 'Truly I say to you, to the extent that you did not do it for one of the least of these, you did not do it for Me, either.' These will go away into eternal punishment, but the righteous into eternal life."

This passage is a description of the last judgement and can be hard words to hear for

some. The judgement of the King is final, and absolute. Yet His judgement is true and just.

How often do we live our life blind to those who are suffering from want. Compassion for others, which is at the heart of the temporal works of mercy, is consumed by the passions of self-interest and worldly pursuits; sometimes to a point where we even ignore the needs of our own family members.

For examples of both spiritual and temporal works of mercy, we have to look no farther than Christ. He sets the example in all things. Consider, it was Jesus that fed the 5000. It was Jesus that healed the sick and lame, cast out demons and preached the gospel to both the rich and the downtrodden. He admonished the sinner and comforted the sorrowful. Take courage and follow the example of Christ.

You only have to find a way to get started. Become involved according to the talents God has given you. No doubt your parish has a charitable outreach activity. Ask about it and join it. When you begin to take action and perform works of mercy, no matter how small, no matter how insignificant, you will find other opportunities, other directions in which you can help. In this, you are being led by the Holy Spirit.

Yours in Christ
Brother Joseph

Carpathian Kitchen update. Pierogi pre-sales will be ready for pick up after Liturgy today, and general sales will start. We have about 40 dozen packages left, so get your Lenten pierogis soon!

Men's Club News. The Old Testament Grillers are still in hibernation and will not be cooking for the February potluck. They WILL be back in action for the potluck on 3 March where they will be making their almost famous Fish and Chips!!!the serving line. Hopefully we will have in time for our Fish and Chip potluck in March!
Lee Alexander

**The First Talk on the History of the Byzantine Catholic Church Today,
Sunday 10AM February 4, 2024 St. John Church Hall. Prior to
Liturgy Subsequent Lectures Monthly. Dr. Ron Ruszkowski**

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.

“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 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.

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.

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 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.

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.

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.

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.