

**WELCOME TO ASCENSION**

VE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITAN

We are only allowing **between 22 and 44 people in Church**  
**and 20 people in Church Hall**

**God bless America!!!**

**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

<b>SUN</b>	<b>FEB 14</b>	<b>SUNDAY OF CHEESEFARE</b> Rom 13:11-14:4 Mt 6:14-21 11:00 <b>Divine Liturgy for Our Parishioners and HGB MaryAnn and Larry Drumtra by BettyMae Hertz (32<sup>nd</sup> Anniversary)</b>
<b>MON</b>	<b>FEB 15</b>	<b>FIRST DAY OF THE GREAT FAST</b>
Tus	Feb 16	8:30am <b>Divine Liturgy for Our Parishioners and + Patricia Miller by Chris Noonan</b> 4:15 -6:00pm <b>Office hours in Church (Fr. Alex)</b> 6:00pm <b>Advisory Board Meeting</b>
Wed	Feb 17	8:30am <b>Divine Liturgy for Our Parishioners and + Elvira DeGaspari by Ann Kelly</b> After <b>Moleben to the Theotokos -Special Intentions-For Peace in Our Country</b>
Thu	Feb 18	8:30am <b>Divine Liturgy for Our Parishioners and + Cecelia Kokinda (wife) by Eugene Kokinda</b> After <b>Short Bible Reflection</b> 6:00pm <b>“ROSARY” Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men’s Club</b>
Fri	Feb 19	<b>5:30pm</b> <b>Divine Liturgy of the Presanctified Gifts for Our Parishioners and + Cecelia Kokinda (wife) by Eugene Kokinda</b>
<b>SUN</b>	<b>FEB 21</b>	<b>1<sup>st</sup> SUNDAY OF THE GREAT FAST</b> Heb 11:24-26.32-12:2 Jn 1:43-51 11:00 <b>Divine Liturgy for Our Parishioners and HGB Betta Labanish by Fr. Alex</b>

**We Would Welcome Some Helping Hands to Keep Our Church Clean and Disinfected. Due to Covid 19 We Still Need to Clean the Church Before and After Every Liturgy. If You Would Like More Information, or If You Can Help, especially on a Monday or Wednesday, Please Speak with Kathy Alexander (566-8637) or Linda Lechman (714-3515).**

**THANK YOU TO ALL THE PEOPLE WHO DONATED SUPPLIES FOR CLEANING OF CHURCH. FROM LINDA AND KATHY, THANK YOU EVER SO MUCH.**

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Happy FEBRUARY Birthdays  
16th Don Merkley; 17th Nadia Shockley; 17th Mike Olson;  
19th Claudia Cochran

**“Holy Water:** Fresh and newly blessed Holy Water is now available in the church to take home with you and bless your home or drink some.

***Read Full Bulletin online [www. ascensionva.org](http://www.ascensionva.org)***

JANUARY Candles:

Sanctuary...HGB Margan Family...Requested by Katarina Margan  
Tetrapod...HGB Morgan and Kevin Kelly...Requested by Ann Kelly  
Theotokos & Child...HGB...Kyra Noonan Requested by Chris  
Noonan  
Christ Teacher...HGB Patrick Alexander & Family Requested by  
Lee & Kathy Alexander  
John Baptist...HGB John Alexander Requested by Lee & Kathy  
Alexander  
St Nicholas...For Our Parish  
Protection of the Theotokos...Helen & Merrill LeBlanc by Peter &  
Lisa Margan

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Reminder: Hospitality is **SUSPENDED**

**FINANCIALS Jan. 24, 2021**

**Total Contributions: Monthly Dues -50.00 Holyday 0.00 Offertory -682.00  
Non-Monetary Donation - 0.00 Fuel -0.00 Rainy Day Fund-0.00 Candles -  
50.00 Initial Offering/Envelopes-6.00IN - \$ 832.00; OUT- \$ 3,654.89**

We have several faithful from Ascension who are in need of  
special prayer. Some of those who need special prayer are:  
*Ann Harmeyer, Chris Janke, Mary Grace Dorsey, Adithia and  
Sasha Kusno, Patrick Cook, Betta Labanish, Elizabeth "Betty"  
Basarab, Betty May Hertz* Thank you. Fr. Alex

God sees to it that when every part of a believer prays, He blessed that  
person. Clear thinking, an enlightened understanding, and safe reasoning  
powers come from praying. Divine guidance means that God moves and  
impresses the mind in order for us to make wise decision. In former days,  
when men of very limited education had such wonderful liberty of  
invigorated minds and thoughts from the Spirit, they explained it as  
successful prayer. Their minds felt the impulse of the Spirit's gracious  
influences.

*Dear God, I pray that Your divine guidance will lead me in such a way  
that I too, will be able to experience the Spirit's gracious touch upon my  
life. Amen.*

**HRAMOTY**

There is an envelope for the 5 All Souls Saturdays (which we  
celebrate on Sunday mornings) in your pack of  
envelopes. Please write on the card all changes to the list of  
deceased members of your family to be remembered in  
prayer. If there are no changes, please write "*no changes*". The  
offering should be for Father Alex Shuter, not Ascension.

**Are you aware of any organization or church that is selling  
used church pews? Desired length 12 feet. If so, please speak  
to Thomas (Tom) McGraw.tel: (804) 932-8098**

## **Parishioner to Parishioners**

Set a guard over my mouth, O Lord.

“It is not what goes into the mouth that defiles a man, but what comes out of the mouth; this defiles a man.” Mt. 15:11. Mark relates a similar passage in Mk 7:15.

Jesus here is responding to the Pharisee's accusation that He and His disciples are not following Jewish purity laws properly; in this case the laws prescribed a certain procedure for washing before eating. Laws which the Pharisees had perverted over time. In His wisdom, Jesus takes this situation, meant to discredit and entrap Him, and makes it into a seminal teaching moment. Jesus asserts a great, broad Christian principle, which cuts at the root of the traditional Levitical system of ceremonial purity and lays the ground work, along with His other teachings, for the Christian doctrine we know today.

This was such a revolutionary thought at the time, that Peter, who was also a stickler for Jewish law, asked Jesus to explain it further. Jesus said, “For what comes out of the mouth proceeds from the heart, and this defiles a man.” Mat. 15:18. Jesus goes on with examples including evil thought, murder, adultery, fornication, theft, false witness, slander. A fairly good run down of the ten commandments.

If it is true then that what comes out of our mouth can defile us, it is also true that what comes out of our mouth can be to our benefit, can lift us up, and enlighten; for these things come from the heart also. We have free will to choose which it will be.

Emotions are running high these days. It does not take much effort to find those who slander, speak in anger, fear, possibly hatred; and even seek to persecute with their words and deeds. This is especially true in the age of mass media that seeks to draw out and play with our emotions. Consider carefully, and take care before speaking in passion, or responding to provocation of any type. It is important now that we search ourselves and seek to eliminate that which would defile us in the eyes of God. This is a time of choosing.

Whether we are a beggar, or a wealthy man, a rough farmer, or a polished business man; proud or humble; it is what comes from us, our words, our work, our deeds; the fruit that we bear; this is what defines our life and is what God is most interested in. Seek then purity and not defilement. Seek reason and not emotion. Above all seek truth and ask God's mercy.

Set a guard over my mouth, O Lord; keep watch over the door of my lips. Incline not my heart to any evil, to busy myself to wicked deeds in company with men who work iniquity; and let me not eat their delicacies. Ps. 141:3-4

Yours in Christ  
Brother Joseph

***“The believer does not turn to the Holy Scriptures to support his or her own philosophical and moral view, but because he or she hopes for an encounter; the believer knows that those words were written in the Holy Spirit, and that therefore they should be welcomed and understood in that same Spirit, so that the encounter can occur. It bothers me a little when I hear Christians who recite verses from the Bible like parrots. “Oh, yes... Oh, the Lord says... He wants this....” But did you encounter the Lord, with that verse? It is not only a question of memory: it is a question of the memory of the heart, which opens you to the encounter with the Lord. And that word, that verse, leads you to the encounter with the Lord.”***

*Pope Francis*