

# God bless America!!!

## WELCOME TO ASCENSION

SAVE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

<b>SUN</b>	<b>JULY 25</b>	<b>9<sup>th</sup> SUNDAY AFTER PENTECOST</b> 1 Cor 3:9-17 Mt 14:22-34 Tone 8 11:00 <b>Divine Liturgy for Our Parishioners and HGB Roman Slysh by Nadia Shckley</b> <b>After - Hospitality</b>
Tue	July 27	8:30am For Our Parishioners and HGB Darren Hall by Mary Ann Drumtra
Wed	July 28	8:30am For Our Parishioners and + Ann N. Fritz by Peter Fritz and Hampton Family <b>MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country</b>
Thu	July 29	8:30am <b>MOLEBEN TO THE THEOTOKOS -Special Intentions-For Peace in Our Country</b> 6:00pm <b>“ROSARY” Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men’s Club</b>
<b>SUN</b>	<b>AUG 1</b>	<b>10<sup>th</sup> SUNDAY AFTER PENTECOST</b> 1 Cor 4:9-16 Mt 17:14-23 Tone 1 11:00 <b>Divine Liturgy for Our Parishioners and + Anna Oberhauser by Elisabeth Branden</b> <b>After – Hospitality - POT LUCK – NO GRILL</b>

**CLOSING HYMN:** Liturgy is not over until the closing hymn is complete, please refrain from conversation in the church. Remember we are live streaming. Thank you.

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

## 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

**Office Manager:** Adi Kusno (Deacon Candidate) will be acting as the Ascension Office Manager under Fr. Alex. He will be responsible for organizational duties with scheduling activities as well as a contact person if Father is unavailable.

**LITURGY REQUESTS:** If you would like to request a Liturgy, please fill out the Liturgy request envelope and give it directly to Fr. Alex. Please include your telephone number.

**PARISH ACTIVITIES:** All activities should be recorded on the main calendar in the office. Please write in the activity you are responsible for and let Fr. Alex know the details so he can include it in the bulletin

Happy JULY BIRTHDAYS  
28th Isadora Jane Collins

### FINANCIALS

Monthly Dues – 175.00; Offertory – 406.00; Special Gifts – 650.00  
In – 602.00; out – 3353.69

### Candles for July:

Sanctuary...HGB Margan Family...by Katarina Margan  
Tetrapod...HGB Lolly Vinson...by Ann Kelly  
Theotokos & Child...HGB David Noonan...by Chris Noonan  
Christ Teacher...HGB Patrick Alexander & Family...by Lee & Kathy Alexander  
John Baptist...HGB Olson Family...by Lee & Kathy Alexander  
St Nicholas...HGB Morgan and Kevin Kelly by Ann Kelly  
Protection Theotokos...HGB Adriana Shockley by Dr. Nadia Shockley

Whatever you have need of is found in God. Are you seeking healing, restoration, peace, guidance, provision, deliverance, salvation? Only God can satisfy and meet your needs. It is in Jesus Christ that we are fulfilled, restored, made whole, and saved. Only God can help you.

**Everyone you meet is fighting a battle you know nothing about. Be kind. Always.**

*Tonight, Go to sleep with a prayer. Pray about everything, talk to God. Just let it out, all the good, all the bad. He's always listening, prayer does change things. Even if you think God isn't listening, let me tell you He always is. He's always working on something for you. Breathe and ask for forgiveness and also forgive others.*

*Remember, tomorrow is a new day. Start fresh and clean.*

DEAR HEAVENLY FATHER, HELP ME KNOW YOU BETTER SO THAT WHEN I PRAY FOR OTHERS, I CAN FILTER MY REQUEST THROUGH MY KNOWLEDGE OF YOUR WILL.

DEAR LORD, THANK YOU FOR THE NIGHT'S REST YOU GAVE ME. I AM GRATEFUL FOR THE RENEWED ENERGY AND ENTHUSIASM IT HAS BROUGHT. ACCEPT MY GRATITUDE FOR BRINGING ME TO THE BEGINNING OF THIS NEW DAY. I ACCEPT IT AS A PRECIOUS GIFT FROM YOU. MAY I USE IT MINUTE BY MINUTE TO DO YOUR WILL. GUIDE ME IN EVERY PROBLEM I FACE, EVERY DECISION I MAKE THIS DAY. HELP ME TO TREAT EVERYONE KINDLY, FAIRLY AND THOUGHTFULLY. IF I SHOULD FORGET YOU DURING THIS DAY, PLEASE DO NOT FORGET ME. AMEN

**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**

**You can be "friends" with someone for years and it can also take years to realize they were never your friends.**

## **BIBLE STUDY**

*Beginning in September, a new bible study will begin on the 2nd and 4th Sunday of the month before Divine Liturgy. It will walk through the major elements of the bible and tie them together in an easy to understand format. This will be accomplished through small groups, discussion, and short professional videos. This small commitment will unlock your understanding of God's Word! If interested, please contact Dr. Mike Lechman or Mike Bracelin ([michael.bracelin@gmail.com](mailto:michael.bracelin@gmail.com)).*

*The **deadline** for responding is August 15th, as the associated bible study materials must be ordered and delivered (under \$30 for required booklet; If you would like the optional bible that goes with it, that is an additional \$60)."*

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, Betty May Hertz, Fr. Alex*

Thank you. Fr. Alex

## The Pursuit of God

“And you will seek Me and find Me when you search for Me with all your heart.” Jer. 29:13

“But if from there you seek the Lord your God, you will find Him if you seek Him with all your heart and with all your soul.” Det. 4:29

“But seek first the kingdom of God and His righteousness, and all these things will be added to you.” Mt. 6:33

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. Mt. 7:7

The message is consistent throughout the bible and in church teaching. We are called to seek out God and establish a relationship with our Lord. To pursue God, and upon finding Him, never letting go.

What happens? Well, I imagine like me, there are times when it's just not on your mind. Times when you have more important things to think about. “I mean to get to it; soon, maybe tomorrow, or next week. Maybe when I have more time.” With this attitude, a lifetime will pass and you will come no closer to God. Faith diminishes without developing a relationship with the Lord, and you will come to a point in life where it no longer matters.

Maybe you have sought God, praying diligently, and you reach a point where there is just nothing there. Prayers are left hanging in the air. You become discouraged. You say to yourself, “Well, I'll come back to it later. Maybe I've done something wrong, and my prayers are not being heard.” We give in to this dryness in our spiritual life, and stop actively pursuing God.

Or maybe like many we only seek God in a crisis, turning to Him at the last minute for help in a desperate situation. You know what I mean. Like the sign on the wall that says, “Break Glass in Case of Emergency”. A first aid kit left hanging on the wall, until the day you need it, and find it empty, or hopelessly out of date.

The one thing to remember about the pursuit of God, is that God wants to be found. He wants to establish a relationship with you. He calls us.

So, what is happening to a spiritual life that is dry and not bearing fruit. Reading scripture, I see that we are to seek God with our whole heart. Where is my heart? If my pursuits and passions are of this world, that is also where my heart is. If so, how can I pursue a relationship with God? I must live in this world, but in the living, if I succumb to life's temptations, I am never likely to have much of a relationship with God. If I can tune out, or turn down the things of this world that bring no spiritual profit, how much more likely am I to find, and then build a relationship with God?

Another reason we stumble in the pursuit of God is lack of humility. Humility is one common attribute I have seen in the study of the life of any Saint. It stands to reason, if we are full of ourselves, there is no room for God. Those who seek God in their pride are likely to be disappointed. Today, self-exultation is on display everywhere; Hollywood, sports, the entertainment industry; our children grow up thinking it is normal, when it is just the opposite that is true. The proud always seem to be seeking something other than

God.

Humility in life, and before God, brings with it great graces. “Humble yourself before the Lord and He will exalt you.” James 4:10. How much more likely are we to find God if we approach Him in true humility? I can think of no better model for a humble life than the Holy Family.

Pursuing God should be learned at an early age. In the home, in church, and school, children should be exposed to this pursuit continually according to their understanding. Lead your children to God through Jesus Christ. Read to them the words in the Gospel of John 14:1. Teach them the everlasting love of our Creator, and then teach them to put some effort into their spiritual life, not just go through the motions. The best way to teach them? By example of course.

The rewards? Once you have established that relationship with God, you will want more. In fact, you will never get your fill.

So, how hard should we pursue God? Let me ask you; how hard is Satan pursuing you? How hard is he pursuing your family? How badly Satan wants our hearts and our souls.

Let me leave you not with that thought, but with this one. As bad as Satan wants us, God wants us so much more.

Love Dad

**“Once, a good bishop told me that in a very bad moment in his life, a great trial, a moment of darkness, he looked up in the Basilica and saw this phrase written: “I, Peter, will pray for you.” And this gave him strength and comfort... Do this memory exercise, repeat this. When there is a difficulty, when you feel the orbital pull of distractions: Jesus is praying for me... With our first and last name, before the Father, showing him the wounds that are the price of our salvation.”**

*Pope Francis*

**“Let us pray to the Madonna, who cultivated silence, prayer and contemplation and who is always moved with tender compassion for us, her children.”**

*Pope Francis*

## 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.**