

1963 WELCOME TO ASCENSION

WE YOUR PEOPLE, OH GOD, AND BLESS YOUR INHERITANCE

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

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.

Happy March Birthdays

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

FINANCIALS Mar. 7, 2021

Total Contributions: Monthly Dues -995.00 Offertory -1,225.00
Candles -59.00 ECL - 10.00 Non-Monetary Donation - 89.14
IN - \$ 2279.00; OUT - \$ 2833.98

SUN	MAR 14	4th SUNDAY OF THE GREAT FAST (4th ALL SOULS) Heb 6:13-20 Mk 9:17-31 11:00 Divine Liturgy for Our Parishioners and HGB Lisa Edwards and Dr. Mary Jean Sotack by Fr. Alex
Tue	Mar 16	8:30am Divine Liturgy for Our Parishioners and HGB Donald and Ann Merkley by Fr. Alex 4:15 -6:00pm Office hours in Church (Fr. Alex) 7:00pm Men's Club Meeting
Wed	Mar 17	8:30am Divine Liturgy for Our Parishioners and HGB Dr. Nadia Shockley and her family by Fr. Alex After Moleben to the Theotokos -Special Intentions-For Peace in Our Country
Thu	Mar 18	8:30am Divine Liturgy for Our Parishioners and + Cecelia Kokinda (wife) by Eugene Kokinda After Short Bible Reflection 6:00pm "ROSARY" Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club
Fri	Feb 19	5:30pm Divine Liturgy of the Presanctified Gifts for Our Parishioners and + Cecelia Kokinda (wife) by Eugene Kokinda
SUN	MAR 21	5th SUNDAY OF THE GREAT FAST Heb 9:11-14 Mk 10:32-45 11:00 Divine Liturgy for Our Parishioners and HGB Betta Labanish by Betty Mae Hertz

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

BIBLE STUDY

1. The Liturgical Bible Study ministry surveying the weekly readings, led by Michael Bracelin, will resume starting March 21st at 9:30 am in the Hall. All are welcome to participate as one is able. Simply bring yourself and a bible if you have one!

2. Beginning later this Spring we will launch a new bible study following the Adventure Bible Series created by Ascension Press. It will take place during a weekday on a manageable semi-monthly basis. We hope to offer food, community, and of course an easy to understand exploration of the Holy Scriptures! If interested please contact Michael Bracelin (michael.bracelin@gmail.com) or Dr. Mike Lechman (maclech@aol.com) via email or at Church.

The weekly liturgical readings Bible study, led by Mike Bracelin, will resume March 21st at 9:30 am.”

If you are interested in attending a bi-weekly Bible study that takes place during a weekday late afternoon/evening, which teaches you how to understand the “grand story of the Bible,” please find out more by finding Dr. Mike Lechman or Mike Bracelin at church on Sunday, or email us at Michael.bracelin@gmail.com.

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*
Thank you. Fr. Alex

Candles for March:

Sanctuary...HGB Margan Family...Requested by Katarina Margan
Tetrapod...HGB Our Parish Family
Theotokos & Child... HGB Morgan and Kevin Kelly...Requested by Ann Kelly
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

"Surely, there will be moments when faith can waver, when it seems that God does not see or act... And it is true too in these days of global health crisis and great insecurity. At times like these, remember that Jesus is by your side. Do not stop dreaming! Do not give up! Do not lose hope! From heaven the saints are watching over us. Let us pray to them and never tire of begging their intercession... Let them accompany you to a better future, a future of hope."

Pope Francis

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.

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

To be a Saint

The Struggle Within: A Lenten Meditation

What is the greatest obstacle in my spiritual life? That which keeps me separated from God? Is it all the worldly pleasures that surround me? Is it wealth, and my possessions? Surely it must be Satan. The evil one who seeks my ruin. Ah, but when I consider the matter deeper, I find that it is none of these. Pleasure, wealth and possessions; they are merely inanimate objects. They cannot of their own power seek my ruin. Satan; well, it is true Satan seeks my downfall and the destruction of my soul, however that is still not the true center of the problem. Satan is a deceiver, a tempter, an influencer and manipulator. He sees my weakness and uses it to accomplish his goal. So then, what is it?

My struggle centers not on something "outside" of me, but something within me. It is a struggle with my own personal will. Over the years, I have developed the knowledge and experience of an elder. I believe myself to be a rational person in all things. Upon reflection though, I often find I act with the self-absorbed irrational willfulness of a child. Where is the spiritual growth in always getting what you want, in always having your way?

I know that God dignifies me with free will. I make my own decisions, and choose my own way in life. This is a gift. For me though, this gift manifests itself often into undisciplined willfulness. It becomes the genesis of temptation and sin, involving pride, jealousy, envy and more. It is this willfulness that stands between me and my God. God is calling me, but I do not answer.

But how can I win this struggle? My will power is strong, while I am weak and easily tempted.

Satan knows this, and uses it against me continually. I can seek to shut out the world, to remove temptation; lock myself in a cell and never come out. This will not work. I cannot run from the world. I was created to face the world. I was created to live in the world. In this world, I find my crucible.

I can spend my day in prayer asking God for temptation to be removed, but at the end of the day the temptation is still there, lurking around, just on the edge of my conscience. My unwelcomed companion. I cannot escape it. It seems God then ordains that I must face my weaknesses and do battle with

them. For it is in the fire of this battle that I will be made strong... But I am so weak. Everything seems failure. I am in desolation. Even in my Lenten fast I find failure. I try and fail, and then reproach myself. In this reproach, I find that I even fail here. For there is little solace and absolutely no healing in self-rebuke. It only reinforces my defeat.

Understand then that I am weak and subject to fail. But the battle is before me and I cannot escape it. So, I will do battle.

Instead of harsh self-rebuke, I will re-engage in the fight. I will pray for humility; I will pray for patience; I will pray for endurance and perseverance. I will trust in the Divine Mercy.

It is my test, a test permitted by my Creator. A test of self-assertion against temptation. A test of self-assertion against frustration and failure. A test of acceptance, and above all, a test of love. The race is long and will not be accomplished in a day or a year, but in a lifetime of struggle. In the end; however, through God's grace and love, I will win my race.

Yours in Christ

Brother Joseph

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.

"To dialogue with God is a grace: we are not worthy of it, we have no rights to claim, we "limp" with every word and every thought... But Jesus is the door that opens us to this dialogue with God... Remember: "What great nation is there that has a god so near to it as ours?" ... A God who loves humanity: we would never have had the courage to believe in Him, had we not known Jesus."

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 Massah 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.