

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 JUNE 30

6th SUNDAY AFTER PENTECOST
(MYROVANIA) After – Hospitality

Rom 12:6-14 Mt 9:1-8 Tone 5

11:00 Divine Liturgy For All Our Parishioners and + Peter Paul Fritz by Elaine & Joe Hampton
After –Hospitality

Tue July 2 **8:30** For Our Parishioners and + James Murphy by Loretta Murphy

Wed July 3 **8:30** **MOLEBEN TO THE THEOTOKOS** -Special Intentions-For Peace in Our Country

Thu July 4 **8:30** **MOLEBEN TO THE THEOTOKOS** -Special Intentions-For Peace in Our Country
6:00pm - ROSARY - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

Happy Fourth of July! May you celebrate the day with a heart full of passion, patriotism, courage, and kindness!

Sat July 6 1:00pm Church **Cleaning** Hours

SUN JULY 7

7th SUNDAY AFTER PENTECOST
After – Hospitality

Rom 9:27-35 Mt 9:27-35 Tone 6

11:00 Divine Liturgy For All Our Parishioners and + Peter Paul Fritz by Elaine & Joe Hampton
After –Hospitality - Pot Luck

Happy July BIRTHDAYS

1st Tom McGraw; 2nd Ory Stefaniw; 6th Sasha Eckstein Kusno;
13th Steve Margan; 13th Kevin Kelly; 14th John Alexander;
15th Hahn Falke; 19th Peter Margan; 28th Isadora Jane Collins

Come to celebrate end of class for 2024 Children Faith Formation TODAY on Sunday June 30 after Liturgy.

Children are invited to play games, enjoy fun activities, and ice cream!

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 time in maintaining and keeping the floors clean. Thanks for your help and cooperation Fr. Alex

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

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 June

Sanctuary Lamp... + John & Betta Labanish

Tetrapod... HGB Madeline Noonan by Chris Noonan

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

John Baptist... + Jonathan Duttry by Patty Duttry

St Nicholas... HGB Hampton Family Nicole, Alex Allyson by Elaine & Joe Hampton

Protection Theotokos... In Love & Gratitude by Jim & Gia Hoolan

Christ Teacher... HGB Larry Drumtra, Merle & Teresa by Mary Ann Drumtra

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

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, Lary, Mary Ann Drumtra & their Family, Katharina Margan, Elaine Hampton, Dr. Micheal & Linda Lechman, Orysia Stefaniv, Elisabeth Branden, Merly & Teresa Phillips, Mary Sullivan, Mary Saupp, Francis Fenderson, Gareth & Patricia Reeves. Abigail Johnson, Don Wilson & his Family, Johnny Morris, Mary Faith West. Thank you. Fr. Alex

Young Adults, Children, Adult Bible Study Comity: Subdeacon Adithia Kusno, Dr. Michael Lechman, Sasha Kusno. **Special Event/Retreat Speakers Comity:** David Efimetz, Don Merkley, Dr. Mary Jean Sotack

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10 signs you're doing well in life:

- 1.) you have a roof over your head.
 - 2.) You ate today.
 - 3.) You have a good heart.
 - 4.) You wish good for others.
 - 5.) You have clean water.
 - 6.) Someone cares for you.
 - 7.) You strive to be better.
 - 8.) You have clean clothes.
 - 9.) You have a dream.
 - 10.) You're Breathing.
- Be Thankful For The Little Things

Bible Study: the Book of Genesis

The next Bible study will be held on **July 9 at 5:15 PM.** The seeing will cover Genesis Chapter 2: In His Image. from 5:15 to 6:30 PM. We will begin the study of the Book of Genesis, Chapter1: 1-31. This is Lesson 1: "Let There Be Light", in the Genesis study manual. 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.

Let's be prepared and proactive for any event that may happen on church property during our Sunday Divine Liturgy and every day.

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



FINANCIALS, June 23, 2024

Monthly Dues –100.00; Offertory –786.00; Candles-17.05; Holyday – 150.00 In – 1,053.00; Out-483.54

Thank You for your generosity and giving spirit!

Because of your support to the Bishop's 2023 Stewardship Campaign we were able to raise \$7,121 this year. Which was \$321 over the Parish goal of \$6,800. Your donations to the Campaign will assist Bishop Kurt in providing much needed resources to the Eparchy, to Parishes not as fortunate as us at Ascension, and the Ukraine Relief Fund.

Our Parish will receive a check from the Bishop's Office in the amount of \$2,848. The 40% return to our Parish for meeting and exceeding our goal. I cannot help but think of the founding members of our Parish and how proud they must be of us for continuing the legacy they began. Thank you again for your support.

Ascension Of Our Lord Advisory Board

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 – With God All Things Are Possible

We all have memories, some pleasant, some not so much. Memories are important as they guide us to live a better life, a more effective life. Even unpleasant memories are there, like a stop sign, to warn us of danger ahead. Ah yes, the memories of sin, from the moment of temptation on, are there not so much as to cause pain, but to warn us off repeating the sin. Just like we learn early in life not to play with a sharp knife, we learn to avoid sin, and those things that lead to sin. This is normal.

If however, you find yourself dwelling on past sins to the point of obsession; sins that you have confessed, sins that you have fully repented of, and diligently avoid, there could be something else at play. On these occasions the memory of the sin rushes in on you. Why did I do that? How could I have been so weak, so stupid? But you tell yourself that you confessed the sin, you amended your life, and are ever so careful to avoid further sin. Yet the thought persists. Did I fully confess the sin? Could I have done a better job? How could God possibly forgive me? These feelings do not come from God. Like a father does not seek to torment his children, God will not seek to torment us with these thoughts.

One of the most common ways Satan attacks us is through the suggestion that we are still weighted down by our past sins. He brings up memories, often in vivid detail, to re-live them over and over, seeking to entrap us. Like a prison cell he wants us to jail ourselves with guilt over these past sins. Why?

Satan knows that sin separates us from God. If he can keep us dwelling on our past sins, he knows he has an opportunity to prolong and even increase this separation. This becomes the crack in our armor, and once seen, he will do all in his power to exploit it. It is cunning in the extreme, causing some to give up hope of salvation.

Recognize these attacks for what they are. Satan seeks to use our limited understanding of God's mercy and forgiveness. He quietly whispers into your ear of the guilt and shame of your sin. The words go something like this....*“What a shame, you had great potential, but look at what you did. Sure, the priest said your sin is forgiven, but is it? Is it really? How could God forgive that. It is too late for you now. How could a righteous God ever forgive you. Why look at you, you cannot even forgive yourself!”* And so, the conversation goes. What Satan will not tell you is that God is not limited by our human understanding of mercy and forgiveness.

“And Jesus said to his disciples, “Truly, I say to you, it will be hard for a rich man to enter

the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” When the disciples heard this they were greatly astonished, saying, “Who then can be saved?” But Jesus looked at them and said to them, “With men this is impossible, but with God all things are possible.” Mt 19: 23-26

With God all things are possible..... Our God is the Father of the prodigal son. Our God is the Father that loved mankind so much He sent His only begotten Son to die on the cross for our sins. Our God wants us to be with Him in Heaven. Take courage in this.

If you have confessed your sins and have genuine remorse, if you have amended your life accordingly, then trust in God. Your sins are forgiven. Don't forget to forgive yourself in the process. If this attack from Satan comes, remember it is an attack that seeks to keep us separated from God, and in doubt. Immediately turn to God through prayer. Turn to Jesus and ask Him to save you from this spiritual attack. Turn to the Blessed Virgin, who's intercession before the Throne of God is so powerful, and who Satan fears greatly. Turn to Saint Joseph who is correctly called the “Terror of Demons”.

Yours in Christ
Brother Joseph

**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.**

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.

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.

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.

Psalm 85

The Lord speaks of peace to his people.