

## 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 APR 14**

**SUNDAY OF THE MYRRH-BEARERS**

Acts 6:1-7 Mk 15:43-16:8 Festal Tone

10:00 The 4<sup>th</sup> Talk on the History of the Byzantine Catholic Church Dr. Ron

11:00 Divine Liturgy For All Our Parishioners and + Hnat Stefaniw by Orisia Stefaniw  
After –Hospitality

1:00pm Advisory Board Meeting in Betta Hall.

**Tue Apr 16**

8: 30am For Our Parishioners and for + Andrew & Hedwig Lech by Bill & Lisa Lech

**Wed Apr 17**

8:30am For Our Parishioners and + James Murphy by Loretta Murphy

**MOLEBEN TO THE THEOTOKOS** -Special Intentions-For Peace in Our Country

**Thu Apr 18**

8:30am For Our Parishioners and HGB Dr. Nadia Shockley her Family by Fr. Alex

6:00pm - **ROSARY** - Prayer for Protection and Healing of the coronavirus and all serious illnesses by Men's Club

**Sat Apr 20**

1:00pm Church **Cleaning Hours**

**SUN APR 21**

**SUNDAY OF THE PARALYTIC MAN**

Acts 9:32-42 Jn 5:1-15:8 Festal Tone

11:00 Divine Liturgy For All Our Parishioners and + Richard Falke by Hanh Falke

After –Hospitality - The Men's Club will be serving breakfast sandwiches

Ascension Spiritual Retreat. Saturday May 11, 2024 9am-4pm." **Receive and Give The Gift That You Are"**

We are honored to have, as guest speaker, **Maria Ivaniv Lonchyna**, a Ph.D. candidate at Regis St. Michael's Faculty of Theology in Toronto School of Theology (Canada). She has earned multiple degrees in theology at the Catholic University of Leuven (Belgium), and the Ukrainian Catholic University (Ukraine). Maria was a lecturer at the Three Holy Hierarchs Kyiv Theological Seminary (Kyiv, Ukraine) and a teaching assistant in the Theology Department at the Ukrainian Catholic University (Lviv, Ukraine).

Please register for the retreat by filling out a registration form found inside the bulletin. Return forms and \$30 fee by May 1, 2024 by mail to the church or deposit in retreat box. Online registration will also be available. Extra forms can be found in the hall. For further questions please see David Efimitz, Don Merkley or Mary Jean Sotack.

Happy APRIL BIRTHDAYS

2nd William Fetsko; 3rd Adriana Shockley; 5th Anya Bobrinskaya Hunter; 22nd Jim Hoolan; 22nd Aurora DaQuilanea; 24th Nadia Hunter;

## Bible Study: The Gospel of John

The next Bible study will be held on Tuesday April 23 from 5:15 to 6:30 PM. The discussion will cover Lesson 27, John 20: 19-31, Appearance to Thomas.

Respectfully, Dr. Michael Lechman

Please Join us on the (1<sup>st</sup> and 3<sup>rd</sup> Tuesday) of the month to: Read, Discuss, and Meditate on the Daily Readings, after Divine Liturgy, and ( 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Evening Bible Study of St. John at 5:15pm. in the Social Hall.

**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-Outrage; 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

The 4<sup>th</sup> Talk on the History of the Byzantine Catholic Church, Sunday April 14, 10AM 2024 Betta Hall. Prior to Liturgy Subsequent Lectures Monthly. **Dr. Ron Ruskowski**

**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 March

Sanctuary Lamp...+ John & Betta Labanish  
Tetrapod... HGB Katherine, Mary & Ann Efimetz by David Efimetz  
Theotokos & Child... HGB Merle & Teresa Phillips by Mary Ann Drumtra  
John Baptist... HGB Kyra Noonan by Chris Noonan  
St Nicholas... For Our Parishioners  
Protection Theotokos... In Love & Gratitude by Jim & Gia Hoolan  
Christ Teacher... HGB Patrick Alexander & Family by Kathy Alexander

**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, Linda Lechman, Orysia Stefaniv, Elisabeth Branden, Merly & Teresa Phillips, Mary Sullivan, Mary Saupp, Francis Fenderson, Gareth & Patricia Reeves. Abigail Johnson.  
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

**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.

### **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

**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, April 1-7, 2024**

Monthly Dues –1,270.00; Offertory –1,266.00; Candles-85.00; Holyday (Easter)-1,550.00 In – 4,171.00; Out-4,245.29

**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**

**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 Dangers of Freemasonry

Young Adult's 2024:, April 21.  
In Christ, Adithia Kusno

## To Be a Saint – Living an Effective Life; Dealing with Distractions.

“I know they are waiting on me, but I have to see the ending of this show... I’m too tired for prayers tonight, I just want to relax and watch TV; I deserve a break... I want to try that new restaurant; I’ll sleep in and go to the Sunday brunch instead of Sunday Mass... I should get back to work; but I’m on a winning streak. No one will miss me if I play just one more game... I really should help out with the charity event, but I’ll miss the big sale... I promise, the next job interview I’ll leave my cell phone at home, I’ll be better focused...”

I suspect we’ve all been down this road once or twice. We have the best intentions, the very strongest of desires, but we get distracted and fail to deliver our best. We may feel a twinge of guilt, but that is quickly dissolved in the tumult of life, and we find ourselves feeling no worse for wear. There’s the trap. Process repeated, and it becomes easier and easier to follow the road of distraction.

“That worked out pretty well... No harm done... I wasn’t even missed...I did the best I could with the time I spent...” Whatever the self-assessment, man is a master of self-justification, and once we get the hang of it, doesn’t it become easier.

Distraction itself is not a sin, in fact, it can be beneficial. Why do we take vacations? Most of us have the weekend still to relax, or like to spend time with a good book in the evening. God gave us Sunday to honor Him, and in the process, gave us a day of rest. Used in the right way, distractions are beneficial, it can help us recharge. But remember, distraction was the root of man’s original sin.

Saint Augustine wrote of this process in the late 4<sup>th</sup> century. Using Augustine's process, it was Satan’s distraction (Augustine uses the term suggestion) promising Eve that she would become like God if she ate the fruit, that led to her desire (temptation) and caused her to sin. Adam came along and was similarly distracted from God’s command, and we know the rest of the story.

In Luke Chapter 10 we hear of Jesus’ visit to the house of Martha, *“and she had a sister called Mary who sat at the Lord’s feet and listened to His teaching. But Martha was distracted with much serving; and she went to Him and said, ‘Lord, do You not care that my sister has left me to serve alone? Tell her then to help me.’ But the Lord answered her, Martha, Martha, you are anxious and troubled about many things, one thing is needful. Mary has chosen the good portion which shall not be taken away from her.”* Luke 10:39-43. Martha was distracted from our Lord. Why? Because she was anxious about feeding everyone, and being a perfect hostess.

We learn young in life how to prioritize, how to choose that which is important, that which can wait, and that which can be ignored. Yet how often do we lose track of our priorities? Even with the best of intentions we let ourselves be distracted from what is important. Having a short list of priorities is always a good thing. Top to bottom these priorities become your anchor that keeps you from drifting away. God and Family would be a good start.

We all have our distractions that lead us into temptation. Learn to recognize them in your life. Those things that tend to draw us away from what is important. Those things that take up so much of our time needlessly, and may become an occasion for sin. A good start would be to review the seven deadly sins, pride, envy, gluttony, lust, anger, greed, and sloth. Distractions toward these do indeed lead us to sin.

There are others to consider. They may not lead us to sin, but they keep us off balance and drag us down. Fatigue and burnout come to mind, giving in and going along with the crowd is another. Then there is failure of some sort, which can leave us momentarily confused and susceptible to bad decisions. One that occurs often is when we are so preoccupied by a personal idea or desire that we become blinded as to what is really important. This was the distraction of Martha.

Recognizing and fighting distractions is key to fighting temptation, and helps build humility, wisdom and other virtues. The more you learn to recognize these distractions, the more you realize the potential dangers, and from that you understand how much you need God in your life.

Yours in Christ  
Brother Joseph

**Men's Club News** - The Men's Club will be serving breakfast sandwiches on Sunday 21 April (next Week). The Old Testament Grillers will be back in action on Sunday 5 May. The May menu will be announced soon. There will be a couple of other events in May which will also be announced soon. The call has gone out for volunteers for our upcoming events and socials. All members are encouraged to volunteer to help out. Members should have received individual requests for volunteers if not please see Mike Olson and sign up.

**Carpathian Kitchen News** - There are only 10 dozen piroshki left from the last production run. They will be on sale after Liturgy today. The next pierogi production run will be on 3-4 May. Lee

## 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.**