

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 26 Sunday of the Paralytic Man

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

11:00 Divine Liturgy For All Our Parishioners and HGB Eric West by Dr. Jeffrey Sotack
After –Hospitality

Tue Apr 28 8:30 Divine Liturgy HGB Emma Bernier by Fr. Alex

5:00PM to 6:30PM BIBLE STUDY

Wed Apr 29 8:30 Divine Liturgy HGB Andrey & Julianna by Fr. Alex

Thu Apr 30 8:30 Divine Liturgy HGB Yerry and Ambar by Fr. Alex

6:00pm – ROSARY - Prayer For Peace in Our Country & for Protection and Healing of all illnesses by Men’s Club

Sat May 2 1:00pm Church Cleaning Hours

Sun May 3 Sunday of the Samaritan Woman

Acts 11:19-26 & 29-30 Jn 4:5-42 Festal Tone

11:00 Divine Liturgy For All Our Parishioners and HGB Laura Sotack and Scott George on the day of their marriage by Dr. Maryjean Sotack
After –Hospitality - Put Luck

Happy April Birthdays

2nd William Fetsko; 3rd Adriana Shockley; 22nd Aurora DaQuilanea;

ADVICE

When people throw you stones, it’s because you are a good tree full of fruits. They see a lot of harvest in you. Don’t go down to their level by throwing them back the stones, but throw them your FRUITS so the seeds of yourself may inspire them to change their ways.

Ascension prayer list - Kindly remember in your prayers our parishioners and friends who struggle with sickness, pain, hardship, or any special need:

Frank Janke; Mary Grace Dorsey; Betty May Hertz; Emma Bernier; Lolly Vinson; Myron Kotyk; Darren and June Ann Hall; Aurora & Jaime Daquilanea; Lary & Mary Ann Drumtra & their Family; Elaine Hampton; Dr. Micheal & Linda Lechman; Elisabeth Branden; Merly & Teresa Phillips; Mary Sullivan; Michael & Michaela Bross; Peter & Lisa Margan; Wayne Smith & his Family: Austin; If you would like to add your name or name of a loved one to this list, please contact Fr. Alex. Thank you.

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.

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

Bible Study

The next evening Bible study will be held on Tuesday April 28 from 5:00 to 6:30 PM. The session will cover Chapters 15:22 -18:27, Providence and Problems in the Wilderness. This is Session Six in the workbook. For questions, please text 757-880-5093. Respectfully submitted, Dr. Michael Lechman

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.

Enjoy Hospitality after Sunday Liturgy? Please give prayerful consideration to joining Committee. Interested, **SEE Chris Noonan** after liturgy in the Parish Hall.

4 Loving Ways God Uses Marriage Conflict to Help You Grow

2. Forgiveness

SLIDE 2 OF 4

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. [Colossians 3:13](#) NLT

My husband is very easy-going and his personality is that of a peacemaker (he's an Enneagram 9). So when he makes a snippy remark to me or overreacts about something, it throws me for a loop because it's out of his character.

When it does happen, my first instinct is to get angry and fight back, but over the years I've learned to step back and think about what may have caused his outburst. Did he have a stressful week at work? Has he been feeling physically ill lately? Did he get enough sleep the night before?

Instead of confronting him immediately, knowing his personality wouldn't handle that well, I have learned to choose to immediately forgive him and circle back to the incident later with him.

Forgiving in these situations have helped me to get better at putting my anger in check and giving my offenses to God rather than overreacting and causing more pain and strife in our relationship.

Practical Application: In moments of anger at your spouse, before reacting, choose to take a minute to take some deep breaths and think about why they may be acting the way they are. Choose to immediately forgive them, even if you don't feel like it at that moment, and choose to follow up with your spouse later with a soft heart.

3. Grace for Yourself

SLIDE 3 OF 4

May God give you more and more grace and peace as you grow in your knowledge of God and [Jesus](#) our Lord. [2 Peter 1:2](#) NLT

I can be pretty hard on myself sometimes. I'm an Enneagram 1, which is known as the Perfectionist. Enneagram 1's have a strong inner critic and typically judge themselves constantly. When stressed, they become judgemental, projecting their inner critic outwards to others. I'm sure all Enneagram types can fall prey to this, too.

When stress consumes my soul, my husband, unfortunately, becomes the target of that inner critic turning outward and he can take the brunt of things that have nothing to do with them.

Just like it's important to realize that your spouse may be experiencing some stress that's driving their behavior, it's important for you to realize that you may be experiencing something similar. When your own emotional capacity is low, due to stress at work, stress with kids, physical issues, etc. then you easily become mad at things that aren't really as big of a deal.

When you are aware of this in your life, it will help you put things into perspective and more easily set down your anger about the more trivial things that happen in your [marriage](#).

Practical Application: *While we all have off days and weeks, if you notice yourself overreacting and struggling week after week and month after month, it would be beneficial to sit down and talk to your spouse about it. You may need to make some changes in your life and set some boundaries that help you move towards emotional and physical health.*

This could include going to see a counselor, starting a daily exercise routine, or making sure you are taking daily some to connect with God and center yourself with Him. Whatever it may look like for you, it's worth the investment in yourself and the quality of your [marriage](#).

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



April 19, 2026

Monthly Dues –120.00; Offertory – 1,006.00; Candles - 7.00; ECL – 0.00; Holyday
Easter – 20. 00; Special Gifts-0.00;
In – 1, 253.00; Out- 129. 90

Candles for February

Sanctuary Lamp... For Fr. John Ridgell by Peter & Lisa Margan
Tetrapod... For + Drago & Katarina Margan by Peter Margan
Theotokos & Child... For HGB Norma Duttry by Patty Duttry
John Baptist... For Debra Gilray by Peter & Lisa Margan
St Nicholas... For Margan Family by Peter Margan
Protection Theotokos... For + Steven Margan by Peter & Lisa Margan
Christ Teacher... For HGB Doyle Duttry by Patty Duttry

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 and local honey. Special orders welcomed.

Parish Activities: All activities should be recorded on the [main calendar](#). Please write in the activity you are responsible for and let Fr. Alex know the details so he can include it in the bulletin.

Our Daily Bread – Patience

Some lessons we learn in our youth are even more important to practice now.

“Grandpa, mom says I need to develop more patience.”

“Well patience is always a good thing. Do you know why it’s important?”

“Well, kind of, it’s about waiting for my turn, controlling my emotions and frustration.”

“It sounds like you know a lot about it already.” “Yea, but I still don’t have it.”

“Many people struggle with that. They know what it is, but don’t practice it enough. I think that may be true in your case.”

“Let’s see, you’re playing soccer, volley ball, and getting good with the drum, aren’t you.”

“Uh-huh.”

“Also getting good grades in school.” “Yea, but what has that got to do with patience.”

“You notice they all have something in common. They all require practice. If you did not practice your drum, you would not pass the exams. It’s the same with school; homework and classroom study is practice. The amount of effort you put into it determines your grade.”

“Ya, but you forgot to mention, practice is hard.”

“So was learning to walk, to climb trees, and to ride a bike, like every good thing in life we have to practice at it, and the more you practice patience the better you get.”

“How do you practice it?”

“I would say from experience the first thing to do is to learn to take your time before you speak. Sometimes the first thing you say is not the best. Consider what you say before saying it.”

“But I know what I want, and I know what needs to be done.”

“But often what you want comes across to others as a demand. If you don’t get your demand your frustrated, angry and stressed out, so is everyone else. One thing leads to another and before you know it hurts family relationships. Think about what you say, your attitude in how you say it, and when you say it. Think about the reality, sometimes what you want is not the best thing after all.”

“The second thing to learn is to give time for others to speak, and carefully listen to what they say before you reply. Consider their reasoning and feelings as well as your own. This is the tough part, because this is where your attitude, and your personal will, can cause problems.....
Hmmm, you’re pretty quiet over there; no comment”

“I’m considering your feelings Grandpa before I say anything.”

“Oh well, consider this then also. There is another aspect to developing patience, and that’s the willingness to sacrifice, or to give a little.” “Like waiting my turn.”

“Exactly. To develop patience, you must be willing to give up what is easy, or your immediate desires, and wait your turn. Sometimes you have to compromise and work with others to find a middle ground. Sometimes it means you have to change your expectations, even endure some hardship or suffering.”

“But I’m still a kid Grandpa?”

“Well, depending on circumstances, a little suffering and hardship comes in many forms at any age. You’re very fortunate, your loved and cared for greatly. Right now, for you, suffering is mostly waiting your turn in life. Your turn in life will come soon enough. In the meantime, you’ll do better in life if you practice and develop a little patience now.”

“Is that it.” “There’s more, but that’s a start, and a start is enough for now.”

Love Dad

Men's Club - Each week during the summer several members get together to mow grass and do other work around the church. If you would like to get involved with that see Lee after Liturgy. The club will be resuming its grill activities in May, and also has a breakfast sandwich sale scheduled soon. Next Meeting will be May 19th.

Carpathian Kitchen - We still have a few potato and cheese pierogi left along with a few dozen piroshki. They are available for sale after Sunday Liturgy. Our next event will be a pierogi production run scheduled for this Friday and Saturday (May 1-2). We could really use help on Saturday. There will be a potluck following Saturday's work.

Church Cleaning: We have a very dedicated team at Ascension who cleans God's house weekly generally on Saturdays. However, sometimes schedules run thin and so we are in need of a few more helping hands. Please find it in your heart to help us with this very important ministry for only one hour a week. Thanks to all of you for your hard work and time. Betty Mae Hertz

Ascension Young Adults Fellowship on Sunday after Potluck 1pm to 3pm: April 12 Sunday of Saint Thomas, and May 3 Sunday of Saint Photini of Samaria. In Christ, Adithia Kusno

Advisory Bord: Fr. Alex (Pastor)-Security; Don Merkley & Michelle Massie - Trustees; David Efimizt – Fundraising; Dr. Micheal Lechman-Investment & Adult Bible Study; Betty May Hertz-outreach; Michelle Massie- Property; Sb. Dicon Adithia Kusno-Facebook-Young Adult Education; Patricia Duttry-Book Keeper; Don Merkley, Website; Lee Alexander-Men’s Club President; Lisa Edwards-Children’s Christian Formation Director-Liturgical Committee; Ann Merkley-Bookstore Manager-Security.

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.

Psalm 85

The Lord speaks of peace to his people.

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.