

## 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. Jan 11 **SUNDAY AFTER THEOPHANY**

Eph 4:7-13 Mt 4:12-17 Tone 6

**11:00** Divine Liturgy For Our Parishioners and For + Andre Hertz by Betty May Hertz

After – Hospitality – Advisory Board Meeting

Tue. Jan 13 8:30 Divine Liturgy For Our Parish & HGB Nancy Cifrutlak by Fr. Alex

Wed. Jan 14 8:30 Divine Liturgy For HGB V. Rev. Ihor Tarasiv by Fr. Alex

Thu. Jan 15 8:30 Divine Liturgy For those who need special prayer by Fr. Alex

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

Sat. Jan 17 **1:00pm Church Cleaning Hours**

Sun. Jan 18 **32<sup>nd</sup> SUNDAY AFTER PENTECOST SUNDAY OF ZACCHAEUS**

1Tim 4:9-15 Lk 19:1-10 Tone 7

**11:00** Divine Liturgy For Our Parishioners and For HGB Adithia & Sasha Kusno by Betty May Hertz

After – Hospitality – Security Team meeting

**Thank you all again for such a thoughtful gifts and thinking of me this Christmas. God bless you Fr. Alex**

**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.

**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

Happy JANUARY Birthdays

23<sup>rd</sup> Lee Alexander;

We have several faithful from Ascension who are in need of **special prayer**.

Some of those who need special prayer are:

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: Thank you. Fr. Alex

**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 Book of Genesis**

Tuesday evening Bible study will restart on **February 9 from 5:00** to 6:30 PM and will continue every other Tuesday until the Book of Exodus course has been completed. For more information please text 757-880-5093.

Respectfully submitted, Dr. Michael Lechman

[maclech@aol.com](mailto:maclech@aol.com)

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.

**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.

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

**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.

**Fear Not**

Recommended Reading

[Joshua 1:1-9](#); [Psalms 59](#); [Philippians 4:4-13](#)

Has someone deliberately tried to discredit you? Gone out of his way to tear you down? Persuaded others to believe something untrue about you?

Then you can relate to Nehemiah. He must have scratched his head when his enemies tried five times to lure him outside the city, where certain death awaited. They tried rumors, coercion and bald-faced threats, but Nehemiah wasn't fooled. He trusted God and knew that Sanballat, Tobiah and Geshem's claims weren't true. These enemies were spreading rumors, trying to frighten Nehemiah and his men into stopping their work on Jerusalem's walls. Instinctively, Nehemiah turned to [prayer](#) and asked God to provide strength for finishing the task.

Next, Nehemiah had to be wary when his enemies sent a wolf in sheep's clothing, inviting him to hide out in the temple for his own safety—an act that would have gone against God's laws. Yet even when threatened with death, Nehemiah didn't allow himself to fall into that trap. He had insight into the situation that reinforced his trust in God, rather than believing the bad reports of other men.

Thankfully, you'll probably never experience an assassination attempt. But you might face an enemy who wants to assassinate your character. Like Nehemiah's enemies, people who are bent on opposing you can be very resourceful, even downright nefarious, in getting their way. Should you fight back? Or run away and hide?

Remember that, like Nehemiah, you have a heavenly Father to whom you can always turn. As hard as Nehemiah's enemies tried to attack him, through [prayer](#) he found the power to continue his work without fear. You can too. When you trust God for protection, he will fill you with strength to complete the unique tasks he gives you and the courage you need to withstand character assassination attempts.

**To Take Away**

- Think about a really tough task, project or relationship that God has given you to deal with. How does Nehemiah's example encourage you?
- Is there someone in your circle of friends who brings you down or makes you feel afraid? How can you respond to him in a way that honors God?
- In what areas do you need to trust God to protect and strengthen you?

**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



**JANUARY 4, 2026**

Monthly Dues –1,170.00; Offertory –570.00; Candles -3.50; Holyday Christmas-215.00; Envelopes-19.00 In –4,477.50; Pay pal -5,000.00; Out- 3,760.81

**Candles for December**

Sanctuary Lamp...+ Merrill & +Holen Le Blanc by Lisa Margan  
Tetrapod... For + Steven & + Katarine Margan by Peter Margan  
Theotokos & Child... + Steven & + Katarina Margan by Peter Margan  
John Baptist... For +Katharine Smith & + Marie Mc Gvekin by Peter Margan  
St Nicholas... For Nicholas Yacknich by Evelyn Yackanich  
Protection Theotokos... For + Steven & + Katarine Margan by Peter Margan  
Christ Teacher... HGB June ann & Darren Hall by M.A. Drumtra

**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.

## Our Daily Bread – Biguns’ and Littluns’

*“Follow the footsteps of the dalesbred wherever they lead. Where ye find biguns’ you’ll find littluns’ tween. Notice the path taken; around the rocky cliffs, thick gorse, through a land Godforsaken. Safe and true the path they take. Learn from this wee one and for your own home make.”* The Wisdom of Shepherds, Yorkshire Tales.

We crawl and then walk. Never has it been done otherwise. The truth is we typically learn to walk before we learn to talk. Like the dale’s sheep in the poem above, we are at first following. Most likely our parents and family, our footsteps follow theirs. If we are lucky, we learn concepts of love and family. We develop a value system which will be sorely tested in this life.

Our footsteps are intertwined with those of our parents like our very DNA, and this process needs to be strong in order to survive the harsh realities of later life. This indeed is part of God’s natural order of things. If those parental footsteps are missing, or are treaded out lightly or haphazardly, then the natural order is disrupted.

One of the saddest stories I have ever heard was about a young father, who upon the birth of his son, loudly proclaimed that he was not going to bring him up in this world by imposing his own belief system on him. No personal moral code, values nor faith. He was truly setting his son free to determine his own way from the outset of life. He said this loudly and proudly to all he met.

In the course of things, the child grew and followed in his father’s footsteps, such as they were. It turned out bad as you might suspect. The boy learned from his father how to be disinterested, uncaring, a weak amoral way of life, no commitment, no responsibility, no code of conduct other than find the easy way and take it. The young man blew wherever the wind took him and was led down many worthless paths. Which is exactly where his father’s footsteps led. The father could not understand and cast blame on everything and everyone, except himself.

But of footsteps there are many types. They can also be confining. Confining to a point where the footsteps of the parents completely blot out those of the child. With these footsteps you will see them track back behind the small ones continually. Not just guiding, but forcefully herding the small footsteps, and in the process, stepping on and covering their children’s footsteps, until they have no identity of their own. No opportunity there for the young footsteps to grow, develop and experience life.

And so, there is a balance that must be achieved. A different balance for each. And within that

balance you will find a pattern of sorts. Small footsteps intertwined with the large ones which are shepherding, sometimes from behind as if guiding, and sometimes from the front leading. As the small footsteps grow in skill and confidence the large ones will step aside, or more to the point walk alongside, still there if needed; until in the course of time the large footprints fade away, and the cycle of life continues as another pair of small footprints enter the path of life.

*“Each of us leave footsteps, guiding the way for the small ones of tomorrow. The way you are going is the way they will follow.”*

Love Dad

**Men's Club - We are currently gathering information on fundraising and other activities for next year. Each member should have got an e-mail asking for input. Please take the time to respond as it will help our operations in the future.**

**Carpathian Kitchen - We still have potato and cheese pierogi for sale after Liturgy. Our next pierogi production run is scheduled for Friday & Saturday January 30-31.**

**Saint Nicholas Grant 2025** awarded to for Latisha's House. Congratulations to Latisha's House on receiving the 2025 Saint Nicholas Grant. Many thanks for those involved in carrying out this important charitable ministry, including members of the Carpathian Kitchen and Ascension's Men's Club.

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

**Men's Club We wish all a Merry Christmas and Happy New Year. Our next meeting is scheduled for Tuesday, 20 January at 6pm.**

**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

## 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.**

## Psalms 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.**