

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 July 19 SUNDAY OF THE FATHERS OF THE SIX ECUMENICAL COUNCILS

1Cor 1:10-18; Mt 14:14-22 Tone 7

11:00 Divine Liturgy For Our Parish and Tom McGraw by Fr. Alex

After –Hospitality- Security Team Meeting

Tue July 21 8:30 Liturgy. For HGB our parishioners and friends who struggle with sickness, pain, hardship, or any special need: by Fr. Alex

6:00pm - Men’s Club Meeting

Wed July 22 8:30 Liturgy For + Raph De Martino by Christine Noonan

Thu July 23 8:30 Liturgy For HGB our parishioners and friends who struggle with sickness, pain, hardship, or any special need: by Fr. Alex

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

Sat July 25 12:30pm Church Cleaning Hours

Sun July 26 9TH SUNDAY AFTER PENTECOST

1Cor 3:9-17; Mt 14:22-34 Tone 8

11:00 Divine Liturgy For Our Parish and Dr. Nadia, Keit & Adriana Shockley by Fr. Alex

After –Hospitality-The Blessing of CARS

Annual Parishioner’s Yard Sale - There will be a “yard sale” for parishioners who want to clean house and sell their stuff on Saturday July 25. Parishioners can participate by reserving a table by contacting Ann Merkley. There will also be a “church table” for selling donated items. The *Carpathian Kitchen* will also be selling frozen pierogi that day.

Sponsorship Opportunity

We are in the process of ordering the 2027 Catholic Byzantine Calendar for our parish. There is an opportunity for you to sponsor our parish calendar in 2027. The sponsorship can be in memory of or honor of a person or the name of a business. If you are interested, see Dave Efimetz for details by Sunday, July 26, 2026.

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.

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; 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 and his Family; Ron Gracik & Family; Mary Soupp; Yvette Louviere; Steve Guethe. 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

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 and other parishioners have been certified in the past. Periodic updates will follow. Dr. Michael Lechman.

ASCENSION OF OUR LORD BYZANTINE CATHOLIC CHURCH

114 PALACE LANE, WILLIAMSBURG, VA 23185-2942

Church 757-220-8098 Rectory 757-585-2787

www.ascensionva.org Like us on Facebook

V. Rev. Alex Shuter

Rev.Alex.Shuter@gmail.com



INFORMATION REGARDING THE SACRAMENTS AND SACRAMENTALS

Father Alex is available for the Holy Mystery of Reconciliation before Diving Liturgy on Sunday (10:30 am) or half hour before weekly Liturgy (8:00 am) or by appointment.

MIROVANJA is a sacramental blessing with holy oil, which is applied to the forehead in the sign of the cross by the priest while proclaiming the appropriate greeting of the season. After kissing the hand cross, take a piece of the blessed bread. You may offer a donation.

The following are seven ways I prayed for my daughter before she returned to God and to me. There are also prayers to personalize for your specific child.

6. Praying Unceasingly

SLIDE 6 OF 7

You may never get to see the way your unceasing prayers are working in your child’s life or the progress that they might be making when you’re not near them. Maybe the breakthrough will happen after you’ve gone to be with the Lord. Praying unceasingly means *never* giving up during the current crisis, when it gets worse, when it gets better, when it seems over. A praying parent’s job is never finished. Praying is such an incredible privilege. That the God of the universe would care about the life of your child should be encouraging and not daunting.

Pray with me:

Dear Lord, it's hard to keep praying when I see no positive results. It's torture watching my child continue down such a destructive path. I'm weary and beaten down, and sometimes, honestly, I don't feel like praying. Please give me the desire and hope to intercede. Renew my faith and my will. Walk with me through what feels like a never-ending dark and painful nightmare when my heart is breaking. Help me keep up the fight. Amen

"With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith." - [2](#)

[Thessalonians 1:11](#)

7. Praying Thankfully

SLIDE 7 OF 7

Praying mothers of prodigals, Quin Sherrer and Ruthanne Garlock, wrote in *Praying Prodigals Home*: “Our human tendency is to wait until we see our prayers answered, and then offer praise. But that requires no faith. When we offer praise to God, focusing on His mercy, love, and power, it reinforces our faith and sends confusion to the enemy. By praising and thanking Him before seeing the answer, we are declaring God’s victory over the evil one.”

Pray with me:

Father, I praise You for who You are and not just for what You do for us. I thank You in advance for the work You’re doing in my wandering child’s life and in my life. Thank You that I can come to You with my hurts, requests, and pleas, and You’re always ready to listen and comfort me. You are my great and glorious God and I praise You and thank You for loving my child and me.

Amen

"Do not be anxious about anything, but in every situation, by [prayer](#) and petition, with [thanksgiving](#), present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." - [Philippians 4:6-7](#)

"You don’t wake up one day and discover the hole in your chest has magically filled. The ache doesn’t pack its bags and leave. You carry it. Some days it feels lighter. Some days it feels like it might crush you again. But by the grace of God, you get through it. One breath, one [prayer](#), one step, one honest moment at a time.

The Father who welcomed the prodigal son is the same Father who has carried me when I had nothing left to give Him. The Shepherd who leaves the 99 is still out searching for every wounded heart—including mine.” - Pastor Greg Locke, who knows the heartbreak of a wandering child.

"Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall." [Psalm 55:22](#)

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



July 5-12, 2026

Monthly Dues –710.00.00; Offertory –3,501.00; Candles -25.00; Rental of Facilities-1,800.00; In –6,036.00; Out- 8,373.97

Happy July BIRTHDAYS

1st Tom McGraw; 2nd Ory Stefaniw; 6th Sasha Eckstein Kusno; 14th John Alexander; 15th Hahn Falke; 19th Peter Margan;

Candles for July

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.

Our Daily Bread - Posca

“What is that your drinking Grandpa?”

“It’s a tonic I learned growing up. It’s apple cider vinegar mixed with water.”

“Is it any good?”

“It’s kind of a shock when you first taste it. I don’t think you would like it.”

“Why do you drink it then?”

“Well, once you get use to it, it’s really not that bad, and there are many things in it that’s good for you.”

“Like what?”

“It is good for your digestion, and circulation, it balances your body, and is full of electrolytes.”

“Sounds like Gatorade.”

“Well, in a way I guess it was the first Gatorade.”

What do you mean?”

“I learned it as an old mountain folk remedy, but you find this drink in one form or another throughout history. Up north there is an old drink called switchel that is based on it. I think they use ginger and honey, so the taste probably is not that bad. But long centuries ago the Roman Legion would drink it daily. They called it ’Posca’. It was made using red wine vinegar and water.”

“Why did they use red wine vinegar?”

“I suppose they used what they had. Anyway, there’s another reason why I like to drink it.”

“Because of the Romans?”

“Well, not really. Posca was an everyday drink for the Roman Legion. They had become accustom to the taste, and they would carry it with them everywhere in the Roman Empire. It seems that drinking Posca protected them from drinking bad water, and it replenish minerals.”

“Like the Gatorade does?”

“Yep. Anyway, according to the Gospel of John, when the Roman soldiers offered the vinegar to Jesus, I think it may have been posca they were giving Him. It would have been what they would normally carried to drink themselves, and it made sense they would have it with them that day.”

“So this drink causes you to think about Jesus.”

“That, and other things. Notice they offered the posca to Christ on a hyssop branch. Hyssop is used for purification. It is what was used in Exodus to spread the blood of the lamb sacrifice during the Passover. So, Christ becomes the new sacrificial lamb.”

“But you don’t have a hyssop branch.”

“No, guess this old tin cup will have to do.”

“You sure do get a lot out of that drink Grandpa.”

“I suppose, anyway it’s time to get back to work.”

Love Dad

Men's Club - The next Men's Club meeting will be Tuesday 21 July at 6pm.

Carpathian Kitchen - We will open our doors to the public on Saturday, 25 July at the church yard sale to sell our frozen products.

Security - Church security is everyone's concern, and we have a number of procedures in place to ensure we maintain proper vigilance. One such procedure is to use only the main entrance before Sunday Liturgy. All other entry points will be kept secure, as we simply do not have the ability to properly cover more than one entrance. The hall door will continue to be unlocked on a case by case basis, to facilitate handicap access and other needs. Questions regarding security should be directed to Father Alex or Dave Efimetz (Office Manager)

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

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.

Bible Study

The next BIBLE study in January to continue on the Prophets, cost \$25 to \$30 for book guide and video lectures. For questions, please text 757-880-5093.

Respectfully submitted, Dr. Michael Lechman

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

Thank You for your generosity and giving spirit!

This year, because your support to the Bishop's 2025 Stewardship Campaign, we were able to raise \$7,800. We exceeded our goal of \$6,800 by \$1,000! Your generous 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 \$3,120. The 40% reinvestment 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. Ascension Of Our Lord Advisory Board

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.