

**Resurrectional Apolytikion in the Plagal Second Mode**

Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

**Apolytikion for Sun. of the Holy Cross in the First Mode**

Save, O Lord, Thy people and bless Thine inheritance; grant Thou unto the faithful victory over adversaries. And by the power of Thy Cross do Thou preserve Thy commonwealth.

**Apolytikion of the Church in the Fourth Mode**

Thou hast ascended in glory, O Christ our God, and gladdened Thy disciples with the promise of the Holy Spirit; and they were assured by the blessing that Thou are the Son of God and Redeemer of the world.

Ἀνελήφθης ἐν δόξῃ, Χριστέ ὁ Θεὸς ἡμῶν, χαροποιήσας τοὺς Μαθητάς, τῇ ἐπαγγελίᾳ τοῦ ἁγίου Πνεύματος· βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ὅτι σὺ εἶ ὁ Υἱὸς τοῦ Θεοῦ, ὁ λυτρωτὴς τοῦ κόσμου.

**Seasonal Kontakion in the Plagal Fourth Mode**

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

**The reading is from St. Paul's Letter to the Hebrews 4:14-16; 5:1-6.**

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."



**The Gospel of Mark 8:34-38; 9:1**

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

Ascension of Our Lord  
Greek Orthodox Church



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**WEEKLY PARISH BULLETIN**  
**March 19 - 26, 2017**

Welcome to Our Visitors

**WE ARE GLAD** you joined us in worship today. We hope your visit to Ascension was memorable and meaningful in every way. Our doors and hearts are always open to you. Please join us for fellowship following the Divine Liturgy and visit with Fr. Sotiri and with members of the Parish Council. They will answer questions and provide you with information regarding the programs and life at the Ascension.

Spiritual Reflection

*Interior crosses can found at all times, and more easily than exterior ones. You have only to direct your attention to yourself and examine yourself with a sense of repentance, and a thousand interior crosses will at once present themselves to you. . . Interior crosses are sometimes so burdensome that the sufferer can find no consolation whatever in anything. All this can happen to you too! But in whatever position you may be, and whatever sufferings of the soul you may feel, do not despair and do not think that the Lord has abandoned you. NO! God will always be with you and will invisibly strengthen you even when it seems to you that you are on the very brink of perdition.*

**St. Innocent of Alaska**

## Weekly Calendar

<b>Sunday</b> 8:15 a.m. 9:15 a.m. 9:30 a.m.	<b>March 19</b> Orthros Sunday Church School Divine Liturgy Coffee Fellowship hosted by Maria Karalis	<b>Sunday of the Holy Cross</b>
<b>Monday</b> 5 p.m. 5:45 p.m. 7:30 p.m.	<b>March 20</b> Great Compline JOY/Jr. GOYA GOYA	
<b>Tuesday</b> 4:45 p.m.	<b>March 21</b> Greek School	
<b>Wednesday</b> 10 a.m. 5:30 p.m.	<b>March 22</b> HOPE 9 <sup>th</sup> Hour and Pre-Sanctified Liturgy Lenten Meal hosted by Men's Ministry   Speaker Series featuring Dr. Amelia Bartholomew	
<b>Thursday</b> 6:15 p.m. 7:45 p.m.	<b>March 23</b> Adult Intermediate/Advanced Greek School Adult Beginner Greek School	
<b>Friday</b> 7 p.m.	<b>March 24</b> Great Vespers and 4th Salutations to the Theotokos	
<b>Saturday</b> 8:15 a.m. 9:15 a.m. 5 p.m.	<b>March 25</b> Orthros Divine Liturgy followed by Doxology Vespers	<b>Feast of the Annunciation</b> <b>Greek Independence Day</b>
<b>Sunday</b> 8:15 a.m. 9:30 a.m.	<b>March 26</b> Orthros Divine Liturgy Memorial for the Soul of the Servants of God, Lew Dumas (6 months) and John Kokinis (40 days) Coffee Fellowship	<b>Sunday of St. John Climacus</b>

## Our Sunday Volunteers

**Prospora:** Tasia Alexakos & Anastasia Anton  
**Epistle Reader:** Frank Kazas  
**Ministry Greeters:** Mark and Janis Rader  
**Ushers:** Nick Marino, Peter Venetos, Doug Hugdahl, Steve Sintetas, Steve Demet, Andrea Rogers

## Prayer Requests for Health

**PLEASE INCLUDE IN YOUR PERSONAL PRAYERS** the servants of God: Georgia, John, Eleni, George, Nicholas, Christine, Christy, Louise, Anastasia, Stella, Mitchell, Joanne, Panagiotis, Christina, Helen, James, Sophia, Connie, Janet, Anthony

## Announcements

- + **CONFESSIONS:** Fr. Sotiri will hear confessions throughout Lent up until the week before Holy Week. Please call the Church office to make an appointment.
- + **THE CAPITAL CAMPAIGN COMMITTEE** has identified additional major donor naming opportunities and has re-worked others: the foyer (\$150,000), the gallery (\$150,000), and the community center stage (\$50,000). These, together with our remaining major donor naming opportunities, which include the Nave (\$500,000), the kitchen (\$250,000), landscaping (\$150,000), a multi-purpose room (\$100,000), and a classroom (\$75,000), are now shown on an updated board located in the Narthex. Also, our other remaining donation opportunities are Pews (\$10,000), but there are only six Pews yet to be donated, and Personalized Brick Pavers (\$1,000). Please act fast as we are now approximately 83% of the way to our goal of remaining debt-free and building without any borrowing. If you would like to avail yourself of one of the remaining major donor naming opportunities or to donate towards any of these other remaining Donation Opportunities, please contact Fr. Sotirios in the church office at 847-482-1200 or email him at [frsotirios@ascensiongoc.com](mailto:frsotirios@ascensiongoc.com)
- + **STEWARDSHIP** Stewardship is recognizing the amazing wonder and power of grace that we did not deserve. It is the attitude of gratitude, of being thankful in all things, even when we do not feel the gratitude or see it. To date, the total pledged for Ascension in 2017 is \$246,884 by 186 families. If you have not submitted your 2017 pledge, please do so today!
- + **THIS WEDNESDAY, 3/22, AFTER THE PRE-SANCTIFIED LITURGY** our Lenten Lecture Series continues as we welcome Dr. Amelia Bartholomew, who will present: "Living a Healthy Life: What the Holy Fathers Knew About Key Factors Impacting Your Health Today." Please join us for a spiritually enriching service followed by a very relevant presentation.
- + **ASCENSION GIRLS CHANT GROUP** Girls 3rd Grade-HS are invited to join a chant group! The girls will help sing some of the Good Friday hymns. Practices are mandatory and will primarily take place Sundays after church, with the possibility of a few practices on Saturdays. Please let Presvytera Stefanie Malamis know if you are interested ([presstefanie@yahoo.com](mailto:presstefanie@yahoo.com)). Practice takes place today immediately following Divine Liturgy in the Church.
- + **JOY/JR. GOYA PASCHA PLANT SALE BEGINS TODAY:** JOY/Jr. GOYA will be taking orders for lilies and hydrangeas after Liturgy today, on 3/26 and 4/2. The plants will be ready for pick-up on Palm Sunday. Please support this ministry.
- + **KOINONIA MEN'S MINISTRY PACHAL GREETING CARD:** Once again this year, Koinonia Men's Ministry will be offering the Parish the opportunity to extend Paschal greetings to fellow parishioners through its annual Pascha card fundraiser. See enclosed insert for more information.
- + **THE PHILOPTOCHOS PASCHA BAKE SALE** will be here April 8th & 9th! Sale items include koulouria, kourabiedes, melomakarona, baklava, tsourekis, lambades, and Greek egg dye. Pre-order so we don't run out of your favorites! Fill out an order form and turn it in after church today. Pre-orders will be accepted until April 2nd and will be available for pickup following the Saturday of Lazarus service on Saturday, April 8th and the Palm Sunday service on April 9th. Questions? Contact Debbie Katsulis 847-573-8233, [debrakatsulis@yahoo.com](mailto:debrakatsulis@yahoo.com) or Patricia Filley 312-320-4062, [pfilley@sbcglobal.net](mailto:pfilley@sbcglobal.net).
- + **HOCKEY MANIA WINNER UPDATE** for week 11: Eric Moore, who won \$25.00. Congratulations!
- + **JR. OLYMPICS MEMORIAL DAY WEEKEND:** Team Ascension is recruiting players and coaches! Interested? See our website for more information and/or contact Esther Tegel at [etegel2@gmail.com](mailto:etegel2@gmail.com).
- + **ATTENTION 7th-12 GRADERS,** the deadline for submission of your entry to the St. John Oratorical Festival is tomorrow, Monday, March 20, 2017. For additional information, please contact Dr. Dean Tsarwhas at [tsarwhas1@gmail.com](mailto:tsarwhas1@gmail.com), or visit the youth pages of our website. Your submissions can be emailed to Dr. Tsarwhas at [tsarwhas1@gmail.com](mailto:tsarwhas1@gmail.com) or Carol Stamas at [cestamas@comcast.net](mailto:cestamas@comcast.net).
- + **COFFEE FELLOWSHIP HOSTS NEEDED** – Please consider hosting a coffee fellowship hour after Liturgy. It's simple to do! More information, including suggested food items, is available in fellowship hall and on our website. The sign-up list is posted near the coffee serving area and now extends through June. During Lent, out of respect for the sacred fast and to those keeping the fast, please offer simple Lenten items. Also, it is imperative that any items that are served in Church, for any reason or event, should not include any kind of nuts. We thank you for your consideration.

### The Sunday of the Holy Cross – Mid Lent

On this Sunday, the third Sunday of Lent, we celebrate the veneration of the honorable and Life-Giving Cross, and for this reason: inasmuch as in the forty days of fasting we in a way crucify ourselves... and become bitter and despondent and failing, the Life-Giving Cross is presented to us for refreshment and assurance, for remembrance of our Lord's Passion, and for comfort.... We are like those following a long and cruel path, who become tired, see a beautiful tree with many leaves, sit in its shadow and rest for a while and then, as if rejuvenated, continue their journey; likewise today, in the time of fasting and difficult journey and effort, the Life-Giving Cross was planted in our midst by the holy fathers to give us rest and refreshment, to make us light and courageous for the remaining task....

*Excerpt taken from **Great Lent**, by Alexander Schmemmann, and the Synaxarion of the Sunday of the Holy Cross*