

Resurrectional Apolytikion in the Plagal Fourth Mode

From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

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 Second Mode

O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "O Merciful One, have mercy on me who has fallen."

The reading is from St. Paul's Letter to the Romans 13:11-14; 14:1-4.

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

The Gospel of Matthew 6:14-21



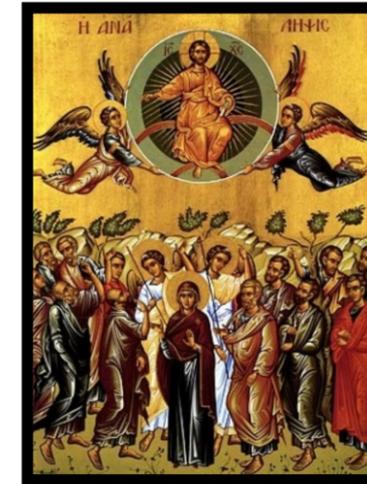
The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves

treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

Ascension of Our Lord Greek Orthodox Church



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WEEKLY PARISH BULLETIN March 10 - 17, 2019

Welcome To Our Visitors

WELCOME TO THE ASCENSION PARISH. Your presence has brought us much joy. We hope your visit is 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

"The Church has adapted herself to the people, when it should properly be just the reverse: the people adapting themselves to the Church."

St. Justin Popovich

Weekly Calendar

Sunday 8:15 a.m. 9:15 a.m. 9:30 a.m.	March 10 Orthros Sunday Church School Divine Liturgy Greek School Independence Day Program Coffee Fellowship hosted by Chrys Kaulentis Baptism: Paraskevi Ioanna, daughter of Mary and Gregory Lazariotis <i>Sponsor: Konstantina Pappas</i> Forgiveness Vespers, St. Haralambos Church, Niles	Forgiveness Sunday Cheesefare Sunday
Monday 8:30 a.m. 4:30 p.m. 6 p.m. 7:30 p.m.	March 11 Reading of the 1 st , 3 rd , 6 th & 9 th Hours @ church house Great Compline @ church house Jr. GOYA GOYA	Clean Monday Great Lent Begins
Tuesday 4:45 p.m. 5 p.m. 7 p.m.	March 12 Greek School Great Compline Parish Council Meeting	
Wednesday 10 a.m.	March 13 HOPE	
Thursday 6:15 p.m. 7:45 p.m.	March 14 Greek School: Beginners/Advanced Beginners Greek School Intermediate/Advanced	
Saturday 5 p.m.	March 16 Vespers	
Sunday 8:15 a.m. 9:15 a.m. 9:30 a.m. 6:30 p.m.	March 17 Orthros Sunday Church School Divine Liturgy Pan-Orthodox Vespers, St. Andrew Church, Chicago	Sunday of Orthodoxy St. Alexios, Man of God

The Sunday of Forgiveness and Cheesefare Sunday

The Sunday of Forgiveness is the last Sunday prior to the commencement of Great Lent. On the Sunday of Forgiveness focus is placed on the exile of Adam and Eve from the Garden of Eden, an event that shows us how far we have fallen in sin and separated ourselves from God. At the onset of Great Lent and a period of intense fasting, this Sunday reminds us of our need for God's forgiveness and guides our hearts, minds, and spiritual efforts on returning to Him in repentance.

Excerpt taken from "Coffee with a Little Stewardship" series by the Serbian Orthodox Church

Our Sunday Volunteers

Prospora: Despina Taranko & Sophia Metropulos
Epistle Reader: Nick Papastratakos
Greeters: Mary & Catherine Greub
Ushers: Bill Athenson (UIC), Peter Venetos, Diane Sigalos, Tom Papastefan
Doug Hugdahl, Mike Sutherland,

Prayer Requests for Health

PLEASE INCLUDE IN YOUR PERSONAL PRAYERS the servants of God: Eleni, George, Louise, Anastasia, Stella, Mitchell, Joanne, Panagiotis, Christina, Dee, Helen, Sophia, Connie, Janet, Anthony, Fred, Katerini, James, Theresa, Peter, Anna, Ignacio, Alexander, Anthony, Matina

Condolences

OUR DEEPEST SYMPATHY to Alice Nicolau, whose loving husband, Mike, devoted father of Joachim "Jimmy" (Paula), Maria (Michael) Kaiser, Christos (Cindy) and Peter (Diane) fell asleep in the Lord on March 1st. The funeral took place on Thursday, March 7th at St. John the Baptist Church, Des Plaines. We pray that God grant His servant, Mike, eternal rest in the Kingdom of Heaven and comfort to his family. May his memory be eternal.

NEXT WEEK IS THE SUNDAY OF ORTHODOXY

Parents of children in our Sunday Church School: Please send your children to church with an icon so they can process with them after the Divine Liturgy. It would also be a great blessing for all of our parishioners to bring an icon to church next Sunday on the day we commemorate the Triumph of Orthodoxy.

Announcements

+ **LENT BEGINS TOMORROW, MARCH 11th.** The Ascension of Our Lord wishes you a blessed and reflective Lenten journey. Please join us in worship this week at the Holy Hours and Compline services so that we may begin our Lenten journey as a parish family with strength. Due to space and parking restrictions in our temporary home, many of the services traditionally offered at Ascension throughout Lent will not take place this year. Please stay tuned to our bulletin, E-Newsletter and website for more information on the location of Holy Week services as well as other announcements related to this most sacred season.

+ **ASCENSION'S GREEK SCHOOL** will present its annual Celebration of Greek Independence Day today directly following the Divine Liturgy. We look forward to watching the students present the chronicle of the Greek revolution of 1821 through songs, poems, skits and dance.

+ **PHILOTOCHOS WOULD LIKE TO THANK** all who attended and supported the Glendi this past Sunday at the Concorde Banquet Hall. It was our largest and most successful to date and we have you to thank for that! A special thank you to Faye Kopplin and to the members of the planning committee who didn't miss a beat; and to all of our donors who helped make the evening both fun and fruitful. It was a perfect way to spend a memorable and lovely evening of fellowship together as we prepare to enter Great Lent as a parish family.

+ **SUNDAY OF ORTHODOXY PAN-ORTHODOX VESPERS** will take place on Sunday, March 17th at St. Andrew Greek Orthodox Church in Chicago at 6:30 p.m. His Eminence, Metropolitan NATHANAEL is the homilist.

+ **FANARI CAMP REGISTRATION MOVED TO MARCH 19th:** Fanari Camp for children entering 6th grade through 11th grade in the fall of September 2019 opens March 19th at 11 a.m. at FANARI.ORG and will be offering the following four sessions this summer: Session 1: June 16-22; Session 2: June 23-29; Session 3: July 7-13; Session 4: July 14-20.

+ **THIS YEAR'S FAMILY SYNAXIS LENTEN RETREAT** will take place on Saturday, March 30th at St. Nicholas Church in Oak Lawn. The one-day retreat features speaker Elissa Bjeletich, author of *Blueprints for the Little Church*. Elissa converted to Orthodoxy in 1999 and now writes and speaks primarily on parenting and Christian Education. As a wife and mother of five daughters, she is devoted to helping parents nurture their children in an Orthodox home. The retreat features dynamic workshops for adults, interactive sessions for children, "coffee talks" for teens, childcare for babies, as well as inclusion programming for children with special needs. For more information, visit www.GOCFamilySynaxis.org.

+ **ATTENTION 7th -12th GRADERS – ORATORICAL FESTIVAL:** Don't miss the opportunity to show your God-given talents as a writer, speaker, artist and vocalist (new this year) by participating in the 2019 St. John Chrysostom Oratorical Festival. If you are in 7th – 12th grade, you are encouraged to participate in this program, which gives you the opportunity for reflection leading into the Lenten season. **Submissions are due to the church office by March 15th.** Please contact John Anton, our Parish coordinator, with questions at johnlanton@hotmail.com. All of the details, including this year's interesting topics, can be found on the Youth Pages of our website.

+ **CELEBRATION OF BOOKS** - The annual celebration of books will take place at Holy Apostles Church in Westchester beginning Monday, March 25th with the theme, "Being Sanctified by God's Grace." This year's keynote speakers will be the Very Reverend Dr. Josiah Trenham, St. Andrew Orthodox Church, Riverside CA; and, Rev. Fr. Nicholas Palis from St. Nicholas Church, Bethlehem, PA. For more information, visit: www.holyapostleschurch.com

+ **MARK YOUR CALENDARS FOR A HISTORIC FAMILY DINNER DANCE** to celebrate the completion of our glorious new House of Worship! Appropriately called ***DOME SWEET HOME***, this celebration will take place on June 9, 2019, at the Chevy Chase Country Club in Wheeling the Sunday after Ascension's Feast Day! The event will feature fun activities for the entire family and promises to be a spectacular event celebrating the fulfillment of a dream come true: Our Faith + Our Church + Our Legacy. The time is drawing near for us to be home under our beautiful new dome. Stay tuned, as more details will be revealed soon!

+ **PLEASE SIGN-UP TO HOST COFFEE: WE ARE IN NEED OF COFFEE FELLOWSHIP HOSTS THE REST OF MARCH AND THROUGHOUT LENT:** Please consider hosting coffee fellowship with your family, or together with another family so that we can continue to spend time in fellowship with each other after we worship together. You may sign up via our website, or by calling the church office. Thank you for offering your love and commitment to this important ministry.