

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 First 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 13 - 19, 2016

Prospora:

Provided by bakers who offered prospora for Saturday of Souls

FOS Ministry Greeter:

Julia Economy

Epistle Reader:

Frank Kazas

Ushers:

Carol Stamas, Bob Mantzoros, Steve Demet, Mia Connolly. Bill Smirles
Harold Anagnos, Steve Sintetas

SPIRITUAL REFLECTION –There once lived a holy Archbishop who was sought out by pilgrims because of his great spiritual insight. As his popularity and the demands on his time grew, he wished to retreat into a life of noetic prayer - ceaseless prayer of the mind and the heart. He was granted permission to move back to his native island where he lived more fully a monastic life. One day, a man desperately knocked at the monastery door; he had committed a murder and was trying to flee from the villagers seeking revenge. The man confessed his sins to the holy Archbishop, now the abbot of the monastery. As he listened, the abbot realized that the person who the man had murdered was the abbot's own brother. God helped the abbot see into the heart of this man and see how sorry he was. He forgave the man who murdered his brother and read the confessional prayer of absolution. The abbot then helped the man to escape the authorities so that he could live the rest of his life in prayer and repentance at a monastery. This holy abbot is St. Dionysios of Zakynthos. He exemplifies true forgiveness.

**Ascension of Our Lord Greek Orthodox Church
March 13 - 19, 2016**

Sunday	March 13	<u>Forgiveness Sunday - Cheesefare Sunday</u>
8:15 a.m.		Orthros
9:15 a.m.		Sunday Church School
9:30 a.m.		Divine Liturgy Memorial Service for the soul of the servant of God, Maria Anast (40 days) Coffee Fellowship/Baby Shower hosted by all ministries in honor of Presvytera Stefanie and Fr. Sotiri
5 p.m.		Forgiveness Vespers
Monday	March 14	<u>Clean Monday – Lent Begins</u>
6 p.m.		Great Compline, followed by Lenten dinner with Youth Groups
Tuesday	March 15	
4:45 p.m.		Greek School
Wednesday	March 16	
10 a.m.		HOPE
5:30 p.m.		9 th Hour and Pre-Sanctified Liturgy Lenten Supper hosted by Philoptochos Lecture Series featuring Dr. Ary Christofidis
Thursday	March 17	<u>St. Alexios the Man of God</u>
6:15 p.m.		Adult Beginner Greek School
7:45 p.m.		Adult Intermediate/Advanced Greek School
Friday	March 18	
6 p.m.		FAITH/JOY
7 p.m.		1 st Salutations to the Theotokos
Saturday	March 19	<u>3rd Saturday of Souls - Psychosavato</u>
8:15 a.m.		Orthros
9:15 a.m.		Divine Liturgy
10:30 a.m.		Metropolis of Chicago Presvyteres Gathering
5 p.m.		Vespers

WELCOME TO OUR VISITORS

+ **WE ARE GLAD** *you came to our Church*. We hope your visit 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.

+ **OUR PRAYERS THIS MORNING** are for the soul of the servant of God, Maria Anast, beloved wife of Jason Anast. May her memory be eternal.

CHURCH NEWS

+ **GREAT LENT BEGINS WITH PRAYER:** Forgiveness Vespers, this evening at 5 p.m. Tomorrow, Kathara Theftera (Clean Monday), the Great Compline will take place at 6 p.m., followed by a light Lenten dinner with our youth groups.

+ **CONFESSIONS:** Fr. Sotiri will hear confessions throughout Lent up until the week before Holy Week. Please call the Church office to make an appointment.

+ **THIS WEDNESDAY, 3/16, AFTER THE PRE-SANCTIFIED LITURGY** we kick off our Lenten Lecture Series by welcoming Dr. Ary Christofidis to Ascension. Dr. Christofidis is the founder and director of the Orthodox Christian Counseling Institution, and his presentation will focus on how St. Paisios' teachings about the family truly relate to today's family problems. Please join us for this spiritual, relevant and enriching evening.

+ **FLOWERS FOR THE THEOTOKOS** – The Salutations for the Theotokos begin this Friday, March 18th. For five consecutive Fridays, we adorn the Icon of the Theotokos with flowers. The dates of the Salutations are 3/18; 3/25; 4/1; 4/8 and 4/15. The cost of the flowers for each Friday is \$75.00. If you wish to donate the flowers that adorn the Icon of the Theotokos for any Friday, please call Renee Maltezos in the Church Office. We thank you in advance.

+ **THE THIRD SATURDAY OF SOULS** will be celebrated this Saturday, March 19th. Names of your deceased loved ones and koliva should be prepared, so through your presence at the Divine Liturgy, you may offer prayers for your departed loved ones' souls.

+ **HOSPITAL CALLS, NURSING HOME & HOME-BOUND PARISHIONER VISITS.** If you know someone who is hospitalized, in a nursing home or is home-bound, and they would like Fr. Sotiri to visit them, please contact our office.

+ **CHURCH RIDE SHARING:** Do you need a ride to church or are you able to provide a ride for someone else? Philoptochos can help facilitate a match between drivers and riders so everyone who would like to attend church or church meetings is able. Contact Annette Sutherland (847-224-7126/ambsther@comcast.net) to sign up. Thank you!

+ **PHILOPTOCHOS WOULD LIKE TO THANK** all who attended the Glendi this year on March 6th at the Concorde Banquet Hall. We appreciate your participation and donations, which helped make the evening both fun and successful! We applaud our families for coming together in fellowship for a record attendance of over 275 people!

+ **FAITH AND JOY:** Please join us this Friday, March 18th from 6 - 7 p.m. at Ascension for our Lenten meeting. Father Sotiri will speak to the parents, while our group participates in a Lenten calendar project. At 7 p.m., we will all reconvene to attend the First Salutations to the Theotokos service.

+ **OUR CAPITAL CAMPAIGN "OUR FAITH...OUR CHURCH...OUR LEGACY":** We are thankful to our Parish members, who with their families, have made their pledges and in many instances, fulfilled their pledges. Although a wonderful beginning, we truly need the support of everyone in our Parish family to reach our goal. Time is of the essence, and we encourage you to prepare your pledge cards and submit them as soon as possible, so that we can successfully continue our project. Please also feel free to contact Fr. Sotiri regarding your support and participation at frsotirios@ascensiongoc.com/847.482.1200.

+ **TRIUMPH OF ORTHODOXY PAN-ORTHODOX VESPERS** will take place on March 20th at St. Demetrios in Elmhurst at 6:30 p.m. The homilist will be His Grace Bishop PAUL, Bishop of Chicago and the Midwest (OCA).

+ **"LOVING YOUR NEIGHBOR: SPEAKING TO OTHERS ABOUT ORTHODOXY"** On March 26 @ 10 a.m., St. Basil's in Chicago will feature this presentation by Fr. Dustin Lyon, of Prophet Elias Greek Orthodox Church in Dubuque, IA. Fr. Dustin will be offering some easy, informal ways to discuss our Faith with non-Orthodox people in our lives.

+ **LENTEN RETREAT: HUMILITY: THE KEY TO THE KINGDOM** The Metropolis of Chicago Philoptochos invites you to participate in this spiritually uplifting, informative, and enlightening program to be held on March 26th at Holy Cross Greek Orthodox Church, Justice, IL. Please see Carol Stamas with any questions.

+ **CELEBRATION OF BOOKS** – The annual celebration of books will once again take place at Holy Apostles Church in Westchester, on Sunday, March 27th – Thursday, March 31st. This year's keynote speakers will be Dr. Lewis Patsavos and Rev. Dr. George Dokos. For more information, visit: www.holyapostleschurch.com

+ **SAVE THE DATE FOR THE PARISH ORATORICAL FESTIVAL**, which will be held Monday evening, April 4th. If you are in 7th – 12th grade, you are encouraged to participate in this program, which gives you the opportunity to express your faith either through writing, speaking, drawing or poetry. All of the details are on the Youth Pages of our website. For more information, contact Dr. Dean Tsarwhas at tsarwhas1@gmail.com

+ **JR. OLYMPICS MEMORIAL DAY WEEKEND:** Team Ascension is recruiting players and coaches! Interested? Fill out the insert and leave it in the Church office; or, contact Esther Tegel at etegel2@gmail.com.

PRAYER REQUESTS FOR HEALTH

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