

### 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.

### Memorial Hymn

Remember, O Lord, as You are good, Your servant, and forgive every sin he has committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

### 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 Grave Mode

You were transfigured upon the mount, O Christ our God, and Your disciples, in so far as they could bear, beheld Your glory. Thus, when they see You crucified, they may understand Your voluntary passion, and proclaim to the world that You are truly the effulgence of the Father.

### The reading is from St. Paul's First Letter to the Corinthians 3:9-17.

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can any one lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw - each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If any one destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.

### The Gospel of Matthew 14:22-34



At that time, Jesus made the disciples get into the boat and go before him to the other side, while He dismissed the crowds. And after He had dismissed the crowds, He went up into the hills by Himself to pray. When evening came, He was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night He came to them, walking on the sea. But when the disciples saw Him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately He spoke to them, saying "Take heart, it is I; have no fear."

And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me."

Jesus immediately reached out His hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped Him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.

## Ascension of Our Lord Greek Orthodox Church



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## WEEKLY PARISH BULLETIN July 29 – August 5, 2018

### 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

*Let us, then, cry out loudly with Peter's words, "Lord, save us." And if we are willing to receive Christ into our ship; that is, to have Him dwell in our hearts; we shall immediately find ourselves at the land to which we are hastening. What land is that? Clearly, it is the promised land, heaven, the land of the meek, of them that refrain from evil. With them, then, may we also be vouchsafed to enter that land and be heirs of its good things; in Christ Jesus our Lord, to Whom be glory and dominion, with the Father and the Holy Spirit, unto the ages of ages. Amen.*

**St. John Chrysostom**

## Announcements

## Weekly Calendar

<b>Sunday</b> 8:15 a.m. 9:30 a.m.	<b>July 29</b> Orthros Divine Liturgy Memorial for the Soul of the Servant of God Nick Korompilas (1 yr) Blessing: 40 <sup>th</sup> Wedding Anniversary: David & Kathie Rutkowski Mid-Summer Social hosted by Koinonia Men's Ministry	<b>9<sup>th</sup> Sunday of Matthew</b>
<b>Tuesday</b> 9:45 a.m.	<b>July 31</b> GOYA Outing Downtown	
<b>Wednesday</b> 7 p.m.	<b>August 1</b> Small Paraklesis, Chapel @ 1221 N. Riverwoods	<b>Dormition Fast Begins</b>
<b>Thursday</b> 7 p.m.	<b>August 2</b> Great Paraklesis	
<b>Friday</b> 7 p.m.	<b>August 3</b> Small Paraklesis	
<b>Saturday</b> 5 p.m.	<b>August 4</b> Vespers	
<b>Sunday</b> 8:15 a.m. 9:30 a.m.  7 p.m.	<b>August 5</b> Orthros Divine Liturgy Coffee Fellowship Great Vespers @ Transfiguration Monastery, Harvard	<b>10<sup>th</sup> Sunday of Matthew</b>

## Our Sunday Volunteers

**Prospora:** Sofia Caronis & Mary Kakavas  
**Epistle Reader:** James Anast  
**Greeters:** Mary & Gus Gatsis  
**Ushers:** Alex Marx (UIC), Tom Papastefan, Nick Marino, Carol Stamas, Peter Venetos, Tom Vabakos, Chris Chatzidakis

## 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, Don, Nace

## FAST OF THE THEOTOKOS

THE FAST OF THEOTOKOS begins this Wednesday, August 1st. We fast for the first 15 days of August to honor the Mother of God prior to her Falling Asleep (August 15th). A fast is followed on most of the days (no meat, dairy, or fish). On the Feast of the Transfiguration, fish is allowed. Just as Jesus fasted, so did the early Christians, and we follow that tradition today. Fasting is a means of disciplining the body and overcoming the passions.

This fast is also accompanied by the Supplication Canons, (Paraklesis) chanted almost every evening that are full of beautiful melodies with rich meaning and also fortify the prayers of Christians. Please see the insert and join us for these beautiful services.

+ **JOIN US TODAY DIRECTLY FOLLOWING DIVINE LITURGY FOR THE 3rd ANNUAL MID-SUMMER SOCIAL.** We thank the Koinonia Men's Ministry for sponsoring this wonderful tradition, which enables our parish community a chance to gather and catch up with each other during the summer. Enjoy!

+ **PARAKLESIS SERVICES: PARKING NOTE** As noted on the opposite page, the Fast of the Theotokos begins on August 1st and ends with the Feast of the Dormition on August 15th. Services will be held at the house chapel located at 1221 N. Riverwoods Rd., just south of our church construction project. **Please note:** parking is available in the gravel lot area that is located between the house and the church and is surrounded by white fencing. For easy access, please park in the lot in lieu of the long driveway in front of the house.

+ **YOUR ATTENTION PLEASE: WE ARE IN NEED OF COFFEE FELLOWSHIP HOSTS IN AUGUST:** Please volunteer to host coffee fellowship after Liturgy with your family, or together with another family, so that we may continue our fellowship throughout the summer. Recommendations for simple offerings can be found on our website. You may sign up online via our website, or by calling the church office. Thank you in advance for offering your love and commitment to this important ministry.

+ **GOYA DOWNTOWN TRIP TUESDAY!** GOYA will be spending the day downtown together this Tuesday, July 31<sup>st</sup> for fun and fellowship! Details and permissions slips are available for everyone interested in attending. The day will begin mid morning and go through the early evening. This trip has been a tradition and we are so happy to be bringing it back! If you are in high school, please join us! For more information, contact Carol Stamas (cestamas@comcast.net).

+ **SAVE THE DATE: SENIOR SYNAXIS 10th ANNUAL PICNIC** will take place on Thursday, August 16th, from noon to 4 p.m. at Wheeling Park District, Wheeling. More information will be forthcoming. If you plan to attend, please contact Elaine Beck at 847.367.5227.

+ **ANNOUNCING ASCENSION OF OUR LORD FIRST ANNUAL MEN'S MINISTRY RETREAT!! Hosted by Koinonia Men's Ministry, this event is open to all men of Ascension.** The theme of the retreat is *Becoming Better Husbands, Fathers, Brothers and Friends*, and our featured speakers will be Fr. Sotirios and Fr. Grenaias. Please join us on Saturday, September 15<sup>th</sup> at 8 a.m. - 4 at the St. Iakovos Retreat Center, Kansasville, WI. Cost, which includes breakfast and lunch, is \$50. Please RSVP by September 9<sup>th</sup>, or, register by August 10<sup>th</sup> to receive the early bird rate of \$40. For more information, contact David Rutkowski at 847-650-0559; or, stop by the registration table after Church.

+ **REGISTER NOW FOR THE 2018/19 SUNDAY CHURCH SCHOOL PROGRAM!** Exciting plans for the 2018/19 Sunday Church School program are already underway and registration is now open online at the SCS ministry tab on our website at [www.ascensiongoc.com](http://www.ascensiongoc.com). The first day of SCS is Sunday, September 9, 2018, and parishioners can look forward to new and enriching elements to this year's program. Register now!

+ **REGISTRATION NOW OPEN FOR ASCENSION'S YOUTH AND ADULT GREEK SCHOOL PROGRAMS** Visit the Greek School webpage on our website for more information and to register for the 2018/19 Greek School program. Registration will take place online this year. Also new for this upcoming school year: a new series of books will be used with access to a digital platform for children to practice and learn at both school and home! Informational open houses will take place for both the Youth and Adult Greek School the first week of September, with classes beginning the week of September 10th. We encourage you to register as soon as possible to secure enrollment so we can adequately prepare for classes prior to the first day. Payment details are set forth in the registration material. For more information, visit the website or call the church office. Thank you!

+ **REGISTRATION OPEN FOR THE LABOR DAY WEEKEND CHICAGO FAMILY SYNAXIS RETREAT:** This year's retreat is entitled "The Vocation of Parenthood" and features Dr. Philip Mamalakis, Assistant Professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology and father of 7! Sponsored by the Metropolis of Chicago, the retreat takes place August 31 – September 2 at the St. Iakovos Retreat Center and will offer "a great way to reconnect with your family and connect your family with God." Find more information and register online at: <https://sites.google.com/view/chicagofamilysynaxis/2018-labor-day-weekend-retreat>

+ **UPCOMING GREEK FESTIVALS: Support our local Metropolis Churches and celebrate summer Greek-style!**  
July 27 – 29: St. Demetrios, Chicago  
August 24 – 26: Taste of Greektown, Halsted Street  
August 17 – 18: SS. Constantine & Helen. Palos Hills