

### Resurrectional Apolytikion in the Grave Mode

Thou didst abolish death by Thy Cross; Thou didst open Paradise to the thief; Thou didst transform the myrrh-bearers' lamentation, and didst bid Thine Apostles to preach that Thou art risen, O Christ God, granting great mercy to the world.

### Apolytikion for Afterfeast 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 for Great Martyr Euphemia in the Third Mode

O Euphemia, Christ's comely virgin, thou didst fill the Orthodox with gladness and didst cover with shame all the heretics; for at the holy Fourth Council in Chalcedon, thou didst confirm what the Fathers decreed aright. O all-glorious Great Martyr, do thou entreat Christ God that His great mercy may be granted unto us.

### 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 Fourth Mode

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.

### The reading is from St. Paul's Letter to the Galatians 2:16-20.

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

### 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 September 16 - 23, 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

*"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.    7 p.m.	<b>September 16</b> Orthros Sunday Church School Divine Liturgy Coffee Fellowship hosted by Greek School 40-Day Blessing, Son of Kosta & Ekatarine Douvogiannis Girls' Chanting Practice Great Vespers, St. Sophia Church, Elgin	<b>Sunday After Holy Cross</b>
<b>Monday</b> 8 a.m. 9 a.m. 5:45 p.m. 7:30 p.m.	<b>September 17</b> Orthros Divine Liturgy Jr. GOYA GOYA	<b>SS Sophia, Faith, Hope &amp; Agape, The Martyrs</b>
<b>Tuesday</b> 4:45 p.m.	<b>September 18</b> Greek School, Daniel Wright Middle School	
<b>Thursday</b> 10 a.m.   10:15 a.m. 6:15 p.m. 7:45 p.m.: 6:30 p.m.	<b>September 20</b> Fr. Sotiri serving Divine Liturgy at the Greek American Rehab Center in Wheeling Senior Synaxis Fox River Cruise & Luncheon Greek School: Beginners/Advanced Beginners Greek School Intermediate/Advanced Philoptochos Membership Kick-Off Meeting	
<b>Friday</b> 5:30 p.m. 7 p.m.	<b>September 21</b> Girls' Chanting Practice Faith/Joy Bowling Kick-Off @ Brunswick	
<b>Saturday</b> 11 a.m.	<b>September 22</b> Metropolis Philoptochos Luncheon at Café La Cave, Des Plaines	
<b>Sunday</b> 8:15 a.m. 9:15 a.m. 9:30 a.m. 11:30 a.m.	<b>September 23</b> Orthros Sunday Church School Divine Liturgy Philoptochos POP Breast Cancer Walk	<b>1<sup>st</sup> Sunday of Luke</b>

+ **STEWARDSHIP 2018:** The month of September marks the beginning of a new Ecclesiastical year and the start of our vibrant ministry programs! As a parish, we are blessed to have so many ministries that serve parishioners of all ages, our neighbors & communities, and people in need throughout the world. Our stewardship of time, talent, and treasure makes all our ministries possible. To date, the total pledged for Ascension in 2018 is \$343,559 by 275 families. If you haven't pledged your Stewardship for 2018, or if you have pledged but have yet to fulfill your financial or time/talent commitment - the time is now! Please ask a Parish Council member how you can get involved. You can also find pledge cards near the candle stand.

+ **THANKS FOR THE KOINONIA, KOINONIA!** Phenomenal food, frappes, fellowship, family and fun defined last Sunday's fifth annual Parish picnic, hosted and perfectly executed by Ascension's Koinonia Men's Ministry. What a beautiful way to kick off a new Ecclesiastical year! The weather wasn't that bad either! Enjoy viewing photos of the event in Ascension's website photo gallery. To everyone who contributed to this wonderful event, thank you and God bless you!

## Our Sunday Volunteers

**Prosphora:** Elaine Metropoulos & Sophia Metropulos  
**Epistle Reader:** Tom Kiriakos  
**Greeters:** Elaine & Harry Metropoulos  
**Ushers:** Tom Kiriakos (UIC), Nick Marino, Dimitri Katsulis, Alex Marx, Peter Venetos, Diane Sigalos, Tom Vabakos, Steve Demet

## 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

## Condolences

+ **OUR DEEPEST SYMPATHY** to Nick (Estela) Ittounas whose father, Milton Ittounas, fell asleep in the Lord on Tuesday, September 11th. His funeral was held this past Friday at St. George Greek Orthodox Church in Chicago. We pray that God grant His servant, Milton, eternal rest in the Kingdom of Heaven and comfort to his family. May his memory be eternal.

## Announcements

+ **ATTENTION 6<sup>th</sup> – 8<sup>th</sup> GRADERS: JR. GOYA LAUNCHES TOMORROW** and it promises to be an exciting year filled with relevant spiritual discussions about The Ten Commandments as well as several fun activities. This growing ministry will meet every other week this year from 5:45 – 7:25 at the 1221 Riverwoods church house and gatherings begin with a fellowship dinner. **Registration for all of our youth ministries can be found on our website at [www.ascensiongoc.com](http://www.ascensiongoc.com)**

+ **SUNDAY CHURCH SCHOOL IS UNDERWAY AND WHAT A FANTASTIC FIRST DAY** we had last week! If you have not registered your child, please do so as soon as possible via the website. We would love your child to join this ministry and share in all of the excitement and learning that was displayed last week. A special thank you to Koinonia Men's Ministry for the very generous donation they gave to each SCS class teacher to help support their curriculum. Please note: SCS Open House will take place September 30<sup>th</sup>.

+ **PHILOPTOCHOS INVITES EVERYONE TO THIS YEAR'S KICKOFF MEETING THIS THURSDAY, SEPTEMBER 20<sup>th</sup>** at 6:30 pm at The Wild Buffalo Restaurant, 48 Raupp Blvd, Buffalo Grove. With the start of the new Ecclesiastical year upon us, we've chosen this year's theme to be "There's No Place Like Home" since we are excited about the prospect of returning to our church home! Please join this dynamic group of women! Membership forms are posted on the Ascension Philoptochos web page and will also be emailed. RSVP to Anna Duros at [ascensionphilo@gmail.com](mailto:ascensionphilo@gmail.com) or call at 847-370-2662.

+ **FAITH/JOY KICKOFF EVENT** - All K-5th graders are invited to join us for our kick-off bowling event this Friday, September 21st from 7-9 p.m. at Brunswick Zone Hawthorn in Vernon Hills. The cost is \$20 per child and includes shoes and two hours of bowling. See insert for details and contact [faithjoyascension@gmail.com](mailto:faithjoyascension@gmail.com) to RSVP.

+ **METROPOLIS STRATEGIC PLANNING ACTION ITEM DUE THIS THURSDAY** His Eminence Metropolitan Nathanael is implementing a new and energetic Strategic Planning process that will ensure a fruitful future for the Metropolis of Chicago, its parishes and all its people. His Eminence asks that we please take the time to read about this plan and to contribute to the action item (SWOT analysis). Copies are available by the candle stand or via our website at <http://ascensiongoc.com/news/>. SWOT responses can be either emailed or sent directly to the Metropolis by this Thursday, September 20<sup>th</sup>. Thank you.

+ **RECRUITING ALTAR BOYS:** All Orthodox young men and/or boys 10 years and older are invited to participate in the sacred privilege of serving in the altar. Altar boys must have a teachable spirit, demonstrate respect for liturgical tradition and commit to serving consistently. If your son is interested in participating in this formational year-round ministry, please contact Pete Metropoulos at [metro821@yahoo.com](mailto:metro821@yahoo.com). Please see insert for more information on the September 23<sup>rd</sup> altar boy workshop, followed by lunch at Red Robin generously donated by a parishioner.

+ **IOCC WALK THE WALK:** The 12<sup>th</sup> annual 5K Walk/Run to support IOCC's global humanitarian relief programs will take place on Saturday, September 29<sup>th</sup> at St. Andrew Greek Orthodox Church in Chicago. For more information and to register, visit: <http://support.iocc.org/site/Calendar?id=100523&view=Detail>, or email Carol Stamas at [cestamas@comcast.net](mailto:cestamas@comcast.net)

+ **TEAM POP (Power of Philoptochos) 2018 HEEL TO HEAL!** Ascension Philoptochos will once again walk for the American Cancer Society's "Making Strides Against Breast Cancer" on Sunday, September 30th. Stop by our table after church for more information and to sign up to walk in honor of -- or in memory of -- a loved one.

+ **JOIN US AT OUR NEXT MARRIAGE MINISTRY MEETING ON FRIDAY, SEPTEMBER 28th** at the church house, (1221 Riverwoods Rd.). Fr. Sotiri will lead a spiritual discussion on the vital roles we each play in our marriages. The Marriage Ministry is open to everyone and we look forward to a dynamic program this new Ecclesiastical year. Please contact Loukas Jonson at [LoukasJonson@gmail.com](mailto:LoukasJonson@gmail.com) with questions.

+ **PLEASE CONSIDER BECOMING A PART OF THE PHILOPTOCHOS KOLIVA MINISTRY!** Most of the time you see Koliva during a memorial service at Ascension, it has been made by the loving hands of our Philoptochos members. Philoptochos offers this wonderful ministry to help families commemorate their loved ones. As we begin the new ecclesiastical year, Philoptochos is looking for additional volunteers who are willing to boil and/or prepare the Koliva for Sunday memorials. No prior knowledge or experience is necessary. If you are interested in assisting, please call Andrea Rogers at 847.682.4816. Thank you.

+ **SCHOLARSHIP OPPORTUNITIES AVAILABLE TO UNIVERSITY STUDENTS OF HELLENIC DESCENT** through the Hellenic Link-Midwest Board (applications due October 15, 2018). Scholarships are \$2,000 or more and applicants must have completed one year of college. For more information on available scholarship programs, visit Ascension's website and click on the Orthodox Christian Fellowship link within the Ministry section.