

### Resurrectional Apolytikion in the Fourth Mode

Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

### Apolytikion of Sun. of St. John Climacus in the Plagal of the Fourth Tone

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundredfold in labours; and thou becamest a luminary, shining with miracles upon the world, O John our righteous Father. Intercede with Christ God that our souls be saved.

### Memorial Hymn

Remember, O Lord, as You are good, Your servants, and forgive every sin they have 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 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 6:13-20.

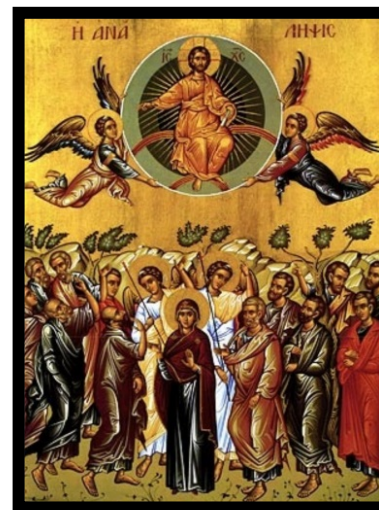
BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

### The Gospel of Mark 9:17-31



At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And He answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to Him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, He rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had entered the house, his disciples asked Him privately, "Why could we not cast it out?" And He said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And He would not have any one know it; for He was teaching His disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and when He is killed, after three days He will rise."

## Ascension of Our Lord Greek Orthodox Church



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## WEEKLY PARISH BULLETIN

### April 7 - 14, 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

*"Intelligent silence is the mother of prayer, a recall from captivity, preservation of fire, an overseer of thoughts, a watch against enemies, a prison of mourning, a friend of tears, effective remembrance of death, a depicter of punishment, a delver into judgment, a minister of sorrow, an enemy of freedom of speech, a companion of stillness, an opponent of dogmatism, increase of knowledge, a creator of divine vision, hidden progress, secret ascent."*

**St. John Climacus, The Ladder of Divine Ascent**

## Weekly Calendar

<b>Sunday</b> 8:15 a.m. 9:15 a.m. 9:30 a.m.	<b>April 7</b> Orthros Sunday Church School Divine Liturgy Memorial for the Souls of the Servants of God: Mike Nicolau (40 Days), Konstantinos Xintaris (40 days), George Petros (1 year) Parish General Assembly Meeting Coffee Fellowship hosted by Alice Nicolau and family Girls' Chanting Practice Solemn Vespers, St. John the Baptist, Des Plaines	<b>Sunday of St. John Climacus</b>
<b>Monday</b> 5 p.m. 7:30 p.m.	<b>April 8</b> Great Compline GOYA	
<b>Tuesday</b> 4:45 p.m. 7 p.m.	<b>April 9</b> Greek School Parish Council Meeting	
<b>Wednesday</b> 10 a.m. 6 p.m.	<b>April 10</b> HOPE Great Canon of St. Andrew	
<b>Thursday</b> 6:15 p.m. 7:45 p.m.	<b>April 11</b> Greek School: Beginners/Advanced Beginners Greek School Intermediate/Advanced	
<b>Saturday</b> 10:30 a.m. 5 p.m.	<b>April 13</b> Orthodox Catechism Class Vespers	
<b>Sunday</b> 8:15 a.m. 9:15 a.m. 9:30 a.m.	<b>April 14</b> Orthros Sunday Church School Divine Liturgy	<b>Sunday of St. Mary of Egypt</b>

## Our Sunday Volunteers

**Prospora:** Elaine Metropolis & Iliana Radaios  
**Epistle Reader:** Katherine Schreiber  
**Greeters:** Faye & Steven Kopplin  
**Ushers:** Peter Venetos (UIC), Doug Hugdahl, Tom Kiriakos, Diane Sigalos, Demetri Katsulis, Frank Kazas, Mike Sutherland, Bill Smirles, Alex Marx

## 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, Fred, Katerini, James, Theresa, Peter, Anna, Ignacio, Alexander, Anthony, Matina, Panagiotis, Evangelos, Paraschos

### Lenten Prayer of St. Ephraim the Syrian

O Lord and Master of my life!  
 Do not permit the spirit of laziness, curiosity, lust of power and idle talk to come into me.  
 Rather, grant me your servant, the spirit of chastity, humility, patience and love.  
 Yes, Lord and King! Grant me to see my own faults and not judge my brothers and sisters,  
 For You are blessed now and unto the ages of ages.  
 Amen.

### The Fourth Sunday of Lent - St. John Climacus

Our venerable and God-bearing Father John Climacus, also known as John of the Ladder, John Scholasticus, and John Sinaites, was a seventh century monk at St. Catherine's monastery at the base of Mount Sinai. The Orthodox Church celebrates his feast day on March 30. He came to the monastery and became a novice when he was about 16 years old, and when he died in 649 he was the monastery's abbot. He wrote a number of instructive books, the most famous of which is The Ladder of Divine Ascent. (It is because of this book that John is known as "Climacus," which means "of the ladder".) It describes how to raise one's soul to God, as if on a ladder. This book is one of the most widely read among Eastern Orthodox Christians, especially during the season of Great Lent which immediately precedes Pascha (Easter), and on the fourth Sunday of Great Lent he is especially commemorated.

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

## Announcements

+ **PARISH GENERAL ASSEMBLY MEETING TODAY!** Please attend this important meeting, which will begin immediately following Divine Liturgy. If you haven't signed in as a steward to participate, please do so at the table at the entrance. Should the table no longer be in place after Liturgy, please seek out Nick Marino or one of the other Parish Council members to be signed in.

+ **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!

+ **4TH ANNUAL LENTEN MINI-RETREAT:** Faith/JOY's 4th Annual Lenten Mini-Retreat will be held on Friday, April 19<sup>th</sup> from 5:45 – 8:30 p.m. at the house located at 1221 N. Riverwoods Road. The retreat is open to our youth in grades K – 5. There is no cost for the retreat, but a free-will offering is appreciated for craft materials. A lenten dinner will be served. Our theme this year is THE SAINTS LEAD US TO CHRIST. During the retreat our children will participate in lessons, learn hymns and make a special craft! Please RSVP to faithjoyascension@gmail.com to reserve your child's spot.

+ **PALM CROSS MAKING: WE'D LIKE YOUR HELP!** On the Saturday of Lazarus, April 20th at 10:30 a.m., Senior Synaxis invites the entire parish to make palm crosses for Palm Sunday. We will meet at Lightsource, 980 Corporate Woods Parkway in Vernon Hills and a light Lenten lunch will be served. Please join us as we prepare together as a Parish Family for Holy Week. For more information, contact Elaine Beck at 847.367.5227 or Olga Kalis at 847.393.7167.

+ **PHILOTOCHOS ONE-DAY PASCHA BAKE SALE** will take place on Palm Sunday, April 21st following the Divine Liturgy at Daniel Wright Junior High, Lincolnshire. Purchase and enjoy deliciously tempting Greek treats including tsourekis and homemade baked goods! (Sorry no preorders will be taken this year.) For more information, contact Jeannie Thomas, 847.323.6916; jgt1009@gmail.com, or Faye Kopplin, 847.561.2324, koppfm@gmail.com.

+ **SUNDAY CHURCH SCHOOL REMINDERS:** OCMC Coin boxes were distributed a few weeks ago. Please encourage your children to collect and donate change, a true act of almsgiving during this Lenten season. Boxes are to be returned no later than next **Sunday, April 14th**.

+ **DEADLINE APPROACHING TO PARTICIPATE IN THIS YEAR'S 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 last day to send in your form and donation is Tuesday, April 16.

+ **RED EGGS:** Please email Debbie Katsulis (debrakatsulis@yahoo.com) if you are able to dye two dozen hardboiled eggs red for our parish Paschal celebration and bring them to the home we are renting at 1221 North Riverwoods Road on or before April 25th (Holy Thursday). We would be very grateful.

+ **FEED THE HUNGRY" PROGRAM @ ANNUNCIATION CATHEDRAL** - Our Philoptochos will "Feed the Hungry" on Tuesday, April 30th at 10 a.m. at the Annunciation Cathedral in Chicago. We are planning to feed 150+ hungry men and women, most of who are homeless. Please see enclosed flyer and contact Kathie Rutkowski @ 847-421-8267 to volunteer or donate.

+ **THE MIDWEST HELLENIC DANCE FESTIVAL**, in conjunction with Anemos Dance Troupe of St. George Chicago, presents the first Spring Dance Workshop to be held *Saturday, May 4th at St. George Greek Orthodox Church, Chicago!* Open to all in the Greek Orthodox Metropolis of Chicago and beyond! All ages, all levels welcome! For more information, visit <https://tinyurl.com/y3dpb6f8>.

+ **JR. OLYMPICS MEMORIAL DAY WEEKEND MAY 24-26:** Team Ascension is recruiting players and coaches! Interested? Contact Dino Bolos @ dinobolos@yahoo.com

+ **THIS YEAR'S AHEPA SPORTS AWARDS BANQUET** will be held on Friday June 7, 2019 at the Fountain Blue Banquets in Des Plaines. This banquet honors Greek-American and AHEPA family high school and college athletes who have played any sport on their high school or college teams. Scholarships are also available. For more information, contact Chris Atsaves, Chris.Atsaves@UBS.com

+ **ATTENTION: ORTHODOX HIGH SCHOOL SENIORS AND UNDERGRADUATES:** AHEPA Chapter 260 has established the Peter Economos Memorial Scholarship. The scholarship is open to high school seniors who are graduating in 2019, or are now undergraduate college students, who are pursuing or will pursue a post-secondary education by attending a vocational, trade or technical school or a college or university. The deadline date for applications is Monday, May 6, 2019. The application is available on the scholarship website: <http://www.PeterEconomosScholarship.com/scholarship.html>. For more information contact: Nicholas Bobis at bobisnp@sbcglobal.net

+ **THE METROPOLIS OF CHICAGO PHILOPTOCHOS** is honored to be hosting the biennial Children's Medical Fund Luncheon taking place on Saturday, November 16, 2019 at the Chicago Marriott Hotel. Please join us at this worthwhile event in support of children in need.