

Hymns and Holy Scripture Readings

Resurrectional Apolytikion in the Second Mode

When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou didst also raise the dead out of the nethermost depths, all the powers in the Heavens cried out: O Life-giver, Christ our God, glory be to Thee.

Apolytikion for Great Martyr Kyriake in the Fourth Mode

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer for Thy sake, that I may reign with Thee; for Thy sake I die, that I may live in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord, save our souls through her intercessions, since Thou art great in mercy.

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, Χριστὲ 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 Second Mode

O Protection of Christians that cannot be put to shame, mediation unto the creator most constant: O despise not the voices of those who have sinned; but be quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, O thou who dost ever protect, O Theotokos, them that honor thee.

The Reading is from St. Paul's Letter to the Galatians 3:23-29; 4:1-5

Brethren, before faith came, we were confined under the law, kept under restraint until faith should be revealed. So that the law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

The Gospel of Matthew 6:22-33

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."

Ascension of Our Lord Greek Orthodox Church



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WEEKLY PARISH BULLETIN

July 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

"Righteousness (justice) is a wonderful thing that makes us able to stand close to God, as His equals."

St. John Chrysostom

Weekly Calendar

Sunday **July 7** **3rd Sunday of Matthew**
8:15 a.m. Orthros
9:30 a.m. Divine Liturgy
Memorial for Louise Athens (1 yr); Louis Plevritis (6 yrs)
Coffee Fellowship Hosted by the Georgia Plevritis Family
3 p.m. General Assembly immediately following Liturgy
Baptism: Mihalīs, Son of Michael & Dimitra Roop
Sponsor: Ted Liacopoulos

Sunday **July 14** **Sunday of the Holy Fathers**
8:15 a.m. Orthros
9:30 a.m. Divine Liturgy
Coffee Fellowship

Vigil Lights

Vigil Lights are offered this week by Kathie Rutkowski and Carol Stamas in celebration of the Feast Day of their patron Saint: St. Kyriaki.

Holy Communion Etiquette

+ If you are either baptized and/or confirmed as an Orthodox Christian and have spiritually prepared to receive Holy Communion, please come up with reverence and humility, row by row, and depart as directed by the ushers. Please remain in your rows until an usher indicates your row should move forward. If you are standing in the back of the nave, please wait until an usher directs you. If you are unable to step up to the solea, Fr. Sotiri will step down to serve the Sacrament once everyone has communed.

+ In receiving Communion, you should place the cloth under your chin, recite your CHRISTIAN NAME, and wipe your mouth after receiving. If you are wearing lipstick please remove it prior to receiving Communion.

+ Prior to receiving Holy Communion, you may read the *Prayers Before Receiving Holy Communion* on page 61 in the Divine Liturgy book found in the pew. Following Holy Communion, the *Prayers of Thanksgiving* can be found on page 73.

+ Whether you are an Orthodox Christian or not, please come forward at the dismissal to receive the blessed bread which is offered to everyone who worships with us. May the blessings of Christ be with you.

Our Sunday Volunteers

Prosphora: Sophie Beris & Sophia Caronis
Epistle Reader: Caity Anast
Ushers: **Nick Marino (UIC)**, Peter Venetos, Doug Hugdahl, Mia Connolly, Bill Smirles, Steve Sintetas, Carol Stamas, Demetri Katsulis

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, Stefanos, Chris, Anastasios

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 in the narthex. 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.

+ **WEEKLY "SANCTUARY VIGIL LIGHT" DONATIONS** may be offered for the health of individuals, family members or in memory of departed loved ones. Vigil lights burn perpetually in the altar. A \$75.00 donation for each week's vigil lights is requested. Names will be acknowledged in the Sunday Bulletin. Call the Church Office to reserve your week.

+ **THE CHURCH OFFICE IS BACK IN BUSINESS AT 1207 RIVERWOODS ROAD** and our address and telephone number remains unchanged. The building is not yet fully accessible to daily traffic while interior work continues. Please contact the church office if you need access to the building during the week. Thank you for your cooperation while we settle into our new routines.

+ **DON'T MISS THE 4th ANNUAL MID-SUMMER SOCIAL, July 28th!** Sponsored by Men's Koinonia, this gathering gives the families and youth in our Parish the opportunity to enjoy ice cream, hotdogs, fun and fellowship immediately following Liturgy. We hope to see you there!

+ **BOOKSTORE UPDATE** We have unpacked the boxes and the books are on the new bookshelves, but the bookstore isn't complete yet! We're still in the process of getting everything together, so until we're officially open please don't remove any of the books from the shelves. If you need help with anything, please see Caity Anast during coffee hour. We will be in need of more volunteers to help staff the bookstore after coffee hour on Sundays once we're open, if you're interested, contact Caity (anast1028@gmail.com), or call the church office.

+ **KOINONIA MEN'S MINISTRY SAVE THE DATES: MID-SUMMER SOCIAL, FAMILY PICNIC, GOLF OUTING & MEN'S RETREAT:** Please add the following dates to your calendar and stay tuned to the website and bulletin for more information: Sunday, July 28th: Mid-Summer Social; Sunday, September 8th: Parish Family Picnic; Thursday, 9/19: Golf Outing & Dinner at Chevy Chase, Wheeling; and, Saturday 10/19, 2nd Annual Men's Retreat at our new Church Home!

+ **ANNUAL CELEBRATION OF THE TRANSLATION OF THE HOLY AND INCORRUPT RELICS OF SAINT MARDARIJE OF LIBERTVILLE** at the St. Sava Monastery, 32377 N. Milwaukee Ave., Libertyville will coincide this year with the 800th anniversary of the autocephaly of the Serbian Orthodox Church. Events take place next weekend, July 13 – 16th. For more information, visit www.stsavamonastery.org

+ **SAVE THE DATE: THE FAMILY SYNAXIS RETREAT** will be held on Labor Day weekend, August 30 – September 1, at the St. Iakovos Retreat Center. More details to come!

+ **UPCOMING GREEK FESTIVALS:** Support our local Metropolis Churches and celebrate summer Greek-style!

July 6-7: St. Spyridon, Palos Heights
July 12-14: St. Sophia, Elgin
July 12-14: St. Andrew's Greek Fest, Chicago
July 12-14: St. Demetrios, Libertyville

July 19-21: St. Haralambos, Niles
July 19-21: Assumption, Homer Glen
July 26-28: St. Demetrios, Chicago
July 26-27: SS. Peter & Paul, Glenview