

Resurrectional Apolytikion in the First Mode

When the stone had been sealed by the Jews and the soldiers were guarding Thine immaculate Body, Thou didst arise on the third day, O Saviour, granting life unto the world. Wherefore, the powers of the Heavens cried out to Thee, O Lifegiver: Glory to Thy Resurrection, O Christ. Glory to Thy Kingdom. Glory to Thy dispensation, O only Friend of man.

Apolytikion in the Second Mode

We worship Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ our God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from slavery to the enemy those whom Thou hadst fashioned. Wherefore, we cry to Thee thankfully: Thou didst fill all things with joy, O our Saviour, when Thou camest to save the world.

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 11:24-26, 32-40.

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin.

And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

The Gospel of John 1:43-51



At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Ascension of Our Lord Greek Orthodox Church



1207 Riverwoods Road – Lincolnshire, Illinois 60069

Fr. Sotirios P. Malamis, Proistamenos

TEL: (847) 482-1200 | FAX: (847) 482-9566 | www.ascensiongoc.com

Office e-mail: info@ascensiongoc.com

WEEKLY PARISH BULLETIN

March 17 - 24, 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

“Reverence for saints is enhanced through the use and veneration of icons which are ever present in Orthodox homes. The icon becomes a meeting place, an existential encounter, a window through which we look on the saints not as shadowy figures from a remote past but as contemporary brothers and sisters in Christ, members of the same household of God. We feel free to call on them through prayer for family support as they intercede to God in our behalf. For example, St. Basil writes, ‘I accept the saintly apostles, prophets, and martyrs, and in my prayer to God I call upon them and through their prayer I receive mercy from our God who loves all humanity’ (Epistle to Amphilochos).”

Excerpt from *Introducing the Orthodox Church* by Anthony Coniaris

Weekly Calendar

Sunday 8:15 a.m. 9:15 a.m. 9:30 a.m. 6:30 p.m.	March 17 Orthros Sunday Church School Divine Liturgy followed by Procession of the Icons Coffee Fellowship: no host Girls' Chanting Practice Pan-Orthodox Vespers, St. Andrew Church, Chicago	Sunday of Orthodoxy St. Alexios, Man of God
Monday 8 a.m. 5 p.m. 7:30 p.m.	March 18 OCCA Retreat Great Compline @ church house GOYA	
Tuesday 4:45 p.m.	March 19 Greek School	
Wednesday 6 a.m. 10 a.m.	March 20 Encounter the Word Men's Bible Study HOPE	
Thursday 10:30 a.m. 6:15 p.m. 7:45 p.m.	March 21 Ascending in Orthodoxy Bible Study Greek School: Beginners/Advanced Beginners Greek School Intermediate/Advanced	
Saturday 9 a.m. 10:30 a.m. 5 p.m.	March 23 Philoptochos Lenten Retreat, St. Spyridon Church, Palos Heights Catechism Class Vespers	
Sunday 8:15 a.m. 9:30 a.m. 7 p.m.	March 24 Orthros Divine Liturgy Great Vespers, Feast of the Annunciation Annunciation Cathedral Chicago, IL	Sunday of St. Gregory Palamas

Our Sunday Volunteers

Prosphora: Sofie Beris & Sofia Caronis
Epistle Reader: Caitly Anast
Ushers: Bill Athenson (UIC), Peter Venetos, Diane Sigalos, Tom Papastefan Doug Hugdahl, Mike Sutherland,

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, Alexander, Anthony, Matina

Vigil Lights

Vigil Lights offered by Carol Stamas in memory of her mother, Margie (Maroula) Stamas

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.

Announcements

+ **SERVICES DURING LENT:** The Ascension of Our Lord wishes you a blessed and reflective Lenten journey. Due to space and parking restrictions in our temporary home, many of the services traditionally offered at Ascension throughout Lent will not take place this year. The Great Compline service will take place on Mondays in the chapel at the house at 5 p.m., unless otherwise noted. Please stay tuned to our bulletin, E-Newsletter and website for the most up-to-date information and announcements related to this most sacred season.

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

+ **REMINDER: FANARI CAMP REGISTRATION THIS TUESDAY:** Fanari Camp for children entering 6th grade through 11th grade in the fall of September 2019 opens this Tuesday, March 19th at 11 a.m. at FANARI.ORG.

+ **MEN'S BIBLE STUDY GROUP: ENCOUNTER THE WORD:** Join us this Wednesday morning at 6 a.m. at the Church house for the next Men's Bible Study Group. The topic, which will be led by Fr. Sotiri, is Study the Sunday Gospels: Mark 2: 1-12: Jesus Forgives and Heals a Paralytic. Please RSVP to david.rutkowski55@yahoo.com. Join us also in April on 4/3 and 4/17.

+ **ASCENDING INTO ORTHODOXY BIBLE STUDY MINISTRY WILL MEET AT THE CHURCH HOUSE THIS THURSDAY:** Join us this Thursday, March 21st from 10:30 a.m. to noon for Bible Study. For questions and to RSVP, please contact Marcia Moore at marcia.moore1780@gmail.com. April Bible Ministry gatherings take place on April 4th and April 18th.

+ **THE METROPOLIS OF CHICAGO PHILOPTOCHOS LENTEN RETREAT** takes place next Saturday, March 23rd at St. Spyridon Church, Palos Heights, beginning at 9 a.m. The title of the retreat is "Refugees, War and Oppression." For more information, contact Carol Stamas at 847.323.1796.

+ **CELEBRATION OF BOOKS** - The annual celebration of books will take place at Holy Apostles Church in Westchester beginning Monday, March 25th with the theme, "Being Sanctified by God's Grace." This year's keynote speakers will be the Very Reverend Dr. Josiah Trenham, St. Andrew Orthodox Church, Riverside CA; and, Rev. Fr. Nicholas Palis from St. Nicholas Church, Bethlehem, PA. For more information, visit: www.holyapostleschurch.com

+ **RESERVE YOUR PLACE FOR THE APRIL 6th PILGRIMAGE TO ASSUMPTION CHURCH, HOMER GLEN** To enrich our journey through Lent, Ascension will be holding a Paraklesis service to St. John the Baptist at Assumption Homer Glen on April 6, 2019. The Icon of St. John has been miraculously streaming myrrh at Assumption for several years. Bus transportation will be provided from Lincolnshire and following the service, we will stop at a restaurant to enjoy fellowship and a Lenten lunch. Please see insert for all the information! RSVP deadline is 3/22!

+ **THIS YEAR'S FAMILY SYNAXIS LENTEN RETREAT** will take place on Saturday, March 30th at St. Nicholas Church in Oak Lawn. The one-day retreat features speaker Elissa Bjeletich, author of *Blueprints for the Little Church*. Elissa converted to Orthodoxy in 1999 and now writes and speaks primarily on parenting and Christian Education. As a wife and mother of five daughters, she is devoted to helping parents nurture their children in an Orthodox home. The retreat features dynamic workshops for adults, interactive sessions for children, "coffee talks" for teens, childcare for babies, as well as inclusion programming for children with special needs. For more information, visit www.GOCFamilySynaxis.org.

+ **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!

+ **PLEASE SIGN-UP TO HOST COFFEE: WE ARE IN NEED OF COFFEE FELLOWSHIP HOSTS THE REST OF MARCH AND THROUGHOUT LENT:** Please consider hosting coffee fellowship with your family, or together with another family so that we can continue to spend time in fellowship with each other after we worship together. You may sign up via our website, or by calling the church office. Thank you for offering your love and commitment to this important ministry.

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

+ **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 Sunday of Orthodoxy

The Sunday of Orthodoxy is the first Sunday of Great Lent. The dominant theme of this Sunday since 843 has been that of the victory of the icons. In that year the iconoclastic controversy, which had raged on and off since 726, was finally laid to rest, and icons and their veneration were restored on the first Sunday in Lent. Ever since, this Sunday has been commemorated as the "Triumph of Orthodoxy." The Seventh Ecumenical Council dealt predominantly with the controversy regarding icons and their place in Orthodox worship. It was convened in Nicaea in 787 by Empress Irene at the request of Tarasios, Patriarch of Constantinople. The Council was attended by 367 bishops. Almost a century before this, the iconoclastic controversy had once more shaken the foundations of both Church and State in the Byzantine Empire. Excessive religious respect and the ascribed miracles to icons by some members of society, approached the point of worship (due only to God) and idolatry. This instigated excesses at the other extreme by which icons were completely taken out of the liturgical life of the Church by the Iconoclasts. The Iconophiles, on the other-hand, believed that icons served to preserve the doctrinal teachings of the Church; they considered icons to be man's dynamic way of expressing the divine through art and beauty .

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