

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 of Forefeast of the Annunciation in the Fourth Tone

Today is the prelude of universal joy; let us keep the forefeast in gladness. For, behold, Gabriel cometh with fear and wonder unto the Virgin, bringing her the good tidings: Rejoice, thou who art full of grace; the Lord is with thee.

Apolytikion of Sun. of St. Gregory Palamas in the Plagal of the Fourth Tone

O Gregory the Miracle Worker, light of Orthodoxy, support and teacher of the Church, comeliness of Monastics, invincible defender of theologians, the pride of Thessalonica, and preacher of grace, intercede forever that our souls may be saved.

Memorial Hymn

Remember, O Lord, as You are good, Your servant, and forgive every sin she 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.

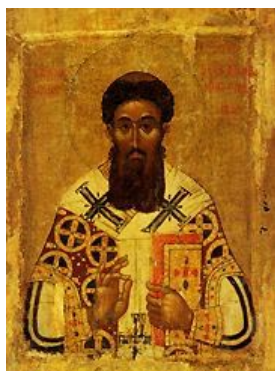
Seasonal Kontakion in the Fourth Mode

At the great Archangel's voice, O Theotokos, the All-holy Spirit came upon thee and thou didst conceive Him that is one in essence and throne with God the Father, O Adam's recovery.

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3.

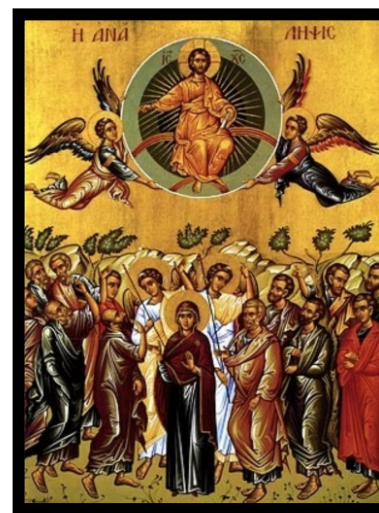
"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

The Gospel of Mark 2:1-12



At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins'-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all: so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Ascension of Our Lord Greek Orthodox Church



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WEEKLY PARISH BULLETIN

March 24 - 31, 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

"In this time of fasting and prayer, brethren, let us with all our hearts forgive anything real or imaginary we have against anyone. May we all devote ourselves to love, and let us consider one another as an incentive to love and good works, speaking in defense of one another, having good thoughts and dispositions within us before God and men. In this way our fasting will be laudable and blameless, and our requests to God while we fast will be readily received."

Weekly Calendar

Sunday 8:15 a.m. 9:30 a.m.	March 24 Orthros Divine Liturgy Memorial for the Soul of the Servant of God: Penelope Chiakulas (10 years) Coffee Fellowship 7 p.m. Great Vespers, Feast of the Annunciation Annunciation Cathedral Chicago, IL	Sunday of St. Gregory Palamas
Monday 8 a.m. 9 a.m. 6:30 p.m.	March 25 Orthros Divine Liturgy followed by Doxology Celebration of Books begins at Holy Apostles, Westchester (through Friday, 3/29)	Annunciation Greek Independence Day
Wednesday 6 p.m.	March 27 Philo托chos Dinner with Veterans, James A. Lovell Federal Health Center	
Thursday 6:15 p.m. 7:45 p.m.	March 28 Greek School: Beginners/Advanced Beginners Greek School Intermediate/Advanced	
Saturday 8:30 a.m. 7 p.m.	March 30 Metropolis Family Synaxis Lenten Retreat, St. Nicholas, Oak Lawn Great Vespers, Holy Cross Hellenic Orthodox Church, Justice	
Sunday 8:15 a.m. 9:15 a.m. 9:30 a.m.	March 31 Orthros Sunday Church School Divine Liturgy followed by Procession of the Cross	Sunday of the Holy Cross

Our Sunday Volunteers

Prospora: Sofia Caronis and Mary Kakavas
Epistle Reader: David Rutkowski
Greeters: Debra & Demetri Katsulis
Ushers: Tom Kiriakos (UIC), Tom Papastefan, Carol Stamas, Nick Marino, Frank Kazas, Demetri Katsulis, Mia Connolly, David Rutkowski

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

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.

+ **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

+ **THERE ARE STILL SPOTS AVAILABLE 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 has been extended to Wednesday, 3/27!**

+ **SAVE THE DATE: THE NEXT GENERAL ASSEMBLY MEETING WILL TAKE PLACE ON APRIL 7th.** Please mark your calendars and plan to attend this important meeting immediately following the Divine Liturgy

+ **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.

+ **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.

+ **KOINONIA MEN'S MINISTRY PASCHAL 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.

+ **CONGRATULATIONS** to the students in our Greek School program who performed a beautiful program in honor of Greek Independence Day (which is commemorated tomorrow, March 25th) for our parish two Sundays ago. Bravo! ΖΗΤΩ ΕΛΛΑΣ!

+ **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 AHEAP 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

+ **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!

+ **THE METROPOLIS OF CHICAGO PHILOTOCHOS** 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.

Condolences

OUR DEEPEST SYMPATHY to Adriane Adams, whose loving husband Paul, fell asleep in the Lord on March 14th. He is also the devoted father of Alexander (Marissa) and Michael Adams; and, proud grandfather of Anastasia and Penelope. The funeral took place on Wednesday, March 20th at St. Demetrios Church, Libertyville. We pray that God grant His servant, Paul, eternal rest in the Kingdom of Heaven and comfort to his family. May his memory be eternal.

Sunday of St. Gregory Palamas

On this Sunday of Lent we remember St. Gregory Palamas. St. Gregory was born into a noble family in Constantinople. He left all his wealth and prestige to pursue a life of prayer on Mt. Athos where he acquired great holiness beholding the uncreated light of God. Later, he became Archbishop of Thessalonica. St. Gregory defended the doctrine of the church that divine grace is uncreated. He also explained that we experience only this divine energy of God but not His essence, which is beyond understanding. The feast day of Saint Gregory Palamas is November 14, however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teachings by the Church in the 14th century was acclaimed as a second triumph of Orthodoxy.

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