

Resurrectional Apolytikion in the Third Mode

Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

Memorial Hymn

Remember, O Lord, as You are good, Your servant, and forgive every sin he 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 Plagal Fourth Mode

Though You went down into the tomb, You destroyed Hades' power, and You rose the victor, Christ God, saying to the myrrh-bearing women, "Hail!" and granting peace to Your disciples, You who raise up the fallen.

The reading is from Acts of the Apostles 9:32-42.

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

The Gospel of John 5:1-15

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.' "They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

Resurrection Hymn

Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs, He has granted life.

Χριστός ανέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοὺς ἐν τοῖς μνήμασι ζωὴν χαρισάμενος.

Christos anesti eknekron, thanato thanaton patisas, ke tis en tis mnimasi, zoin charisamenos

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WEEKLY PARISH BULLETIN

May 19 - 26, 2019

Χριστός Ανέστη! Αληθώς Ανέστη!
Christ is Risen! Truly He is Risen!

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

"We must have joy. Doctors and psychiatrists say that joy's a mental phenomenon. No, they're wrong. Joy's a spiritual phenomenon. People go to the cinema to laugh and then, when they come out, they return to their problems. What did they gain by watching a film for all that time? Those who confess and take communion have joy within themselves because Christ's in their heart. This is why joy's a spiritual phenomenon."

Weekly Calendar

Sunday 8:15 a.m. 9:15 a.m. 9:30 a.m.	May 19 Orthros Sunday Church School Divine Liturgy Memorial for George Houpis (1 yr) Sunday Church School Program & Recognition of Participants in the St. John Chrysostom Oratorical Festival Coffee Fellowship hosted by Maita Houpis	Sunday of the Paralytic
Monday 5:45 p.m. 7 p.m. 7:30 p.m.	May 20 Jr. GOYA End-of-Year Potluck dinner @ Church House Great Vespers, Sts. Constantine & Helen, Palos Heights GOYA Senior Recognition & Step-Up Dinner, Jay Lovell's Restaurant, Highwood	
Tuesday 4:45 p.m.	May 21 Greek School	Sts. Constantine & Helen
Wednesday 6:30 p.m.	May 22 Thyranoixia Planning Committee Meeting	Mid-Pentecost (Fish allowed)
Thursday 6:15 p.m. 7:45 p.m.	May 23 Adult Beginner Greek School Adult Intermediate/Advanced Greek School	
Saturday 8 a.m.	May 25 Opening Ceremony followed by Jr. Olympics at Sts. Constantine and Helen, Palos Hills	
Sunday 8:15 a.m. 9:30 a.m.	May 26 Orthros Divine Liturgy <i>Jr. Olympics continues at Sts. Constantine & Helen</i>	Sunday of the Samaritan Woman

Our Sunday Volunteers

Prospora: Despina Taranko & Tasia Alexakos
Epistle Reader: Tom Kiriakos
Greeters: David & Kathie Rutkowski
Ushers: David Rutkowski (UIC), Kathie Rutkowski, Carol Stamas, Peter Venetos, Tom Kiriakos, Steve Sintetas, Mike Sutherland, Frank Kazas

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

Announcements

+ **METROPOLITAN ELPIDOPHOROS OF BURSA UNANIMOUSLY ELECTED ARCHBISHOP OF AMERICA:** The Holy and Sacred Synod of the Ecumenical Patriarchate has unanimously elected Metropolitan ELPIDOPHOROS of Bursa to be the Archbishop of America on Saturday, May 11, 2019. For more information, visit www.goarch.org. Axios!

+ **PLEASE SAVE THE DATE FOR OUR FEASTDAY SERVICES:** Hierarchical Great Vespers will take place the evening of Wednesday, June 5th and Orthros & Hierarchical Divine Liturgy will take place on Thursday morning, June 6th. Please reserve these dates in your calendar – more information to follow.

+ **RESERVATION DEADLINE NEXT SUNDAY, MAY 26th FOR OUR HISTORIC DOME SWEET HOME DINNER DANCE CELEBRATION!** On the Sunday after our Feastday celebrations, you are invited to a monumental event in the history of our parish: a celebration marking the completion of our glorious new House of Worship. Appropriately called **DOME SWEET HOME**, this family dinner dance will take place on June 9, 2019, at 4:30 p.m. at the Chevy Chase Country Club in Wheeling! The event will feature fun activities for the entire family and a special program specifically planned for our youngest parishioners so please include your children on the RSVP card! If you did not receive an invitation, please call the church office; or, you may find details and download an RSVP card off of our website. RSVPs must be received in the church office no later than next Sunday, May 26th and reservations cannot be taken at the door. **DOME SWEET HOME** 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!

+ **IMPORTANT PARKING ANNOUNCEMENT AT CHURCH HOUSE:** If you are visiting the church house, please park only on the driveway. We can no longer use the gravel lot located between the house and the church. We apologize for any inconvenience and appreciate your cooperation!

+ **IS SOMEONE IN YOUR HOUSE REACHING A GRADUATION MILESTONE THIS YEAR?** Ascension's annual graduate tribute will take place on Sunday, June 2nd, following the Divine Liturgy. Please call the church office no later than Tuesday, May 28th to submit the name(s) of your graduate(s) from Elementary School, High School, College, Graduate or Post-Graduate programs so they may be recognized on that day. Thank you.

+ **STOP BY THE LEMONADE STAND:** Our Sunday Church School 8th graders will be selling Lemonade after Liturgy to raise funds for the Metropolis Children's Medical Fund. Please stop by our table on your way out to support *Kids Helping Kids*, and take a delicious cup of lemonade to go!

+ **THE GOYA SENIOR RECOGNITION AND FRESHMEN STEP-UP DINNER IS TOMORROW,** May 20 at 7:30 pm at Jay Lovell's Restaurant, 766 Sheridan Road, Highwood. If you haven't yet RSVP'd, please contact Carol Stamas today.

+ **JR. OLYMPICS FINAL PRACTICE SCHEDULE & T-SHIRT UPDATE:** The following practice schedule has been set to prepare for Jr. Olympics: Basketball practice will take place at Half Day School: May 22nd and 24th, 7:15-9:15pm); Volleyball practice takes place at Daniel Wright: May 21 (7-8:30pm); Soccer practice at Daniel Wright: May 22nd and 24th, 6:00 - 8:00 p.m. (all ages) T-Shirts: Ascension Team shirts are required for all children participating. \$17 each. For more information, including a schedule of events for this Metropolis-wide event that takes place next weekend at SS Constantine & Helen, please contact Dino Bolos (dinobolos@yahoo.com), or visit the youth pages of our website. Let's support Team Ascension next weekend!

+ **YOU ARE CORDIALLY INVITED TO ATTEND OUR GREEK SCHOOL PROGRAM ON TUESDAY, MAY 28th at 6 pm** at the Daniel Wright Middle School Auditorium to celebrate the completion of another fruitful school year. Our theme will be "Summer in Greece", and our students will perform Greek poems, skits, songs and dances. We hope to see you there!

+ **PHILOPTOCHOS ELECTION & CELEBRATION OF GIVING DINNER:** Philoptochos invites you to its annual Celebration of Giving Dinner on Thursday, May 30th at 7 p.m. at Dover Straits in Mundelein. Elections for next year's board will precede the dinner at 6 p.m. Cost is \$30 per person, and includes our keepsake yearbook. All are encouraged to attend this double-header and celebrate our year of friendships, philanthropy and fun. See the insert for more information. For questions and to RSVP by May 26th, please contact Anna Duros at ascensionphilo@gmail.com.

+ **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.

+ **STEWARDSHIP 2019: PUT YOUR FAITH IN ACTION** - Stewardship is our opportunity to give thanks to God for all He has provided us by sharing our time, talents, and treasures. What better way to demonstrate our thanks and faith in God than by offering a portion of what God has blessed us with to support His ministries and churches. We're thankful to the 274 families that have already pledged their time, talents, and treasures to Ascension for 2019! If you and your family have not yet made your pledge, please pick up a stewardship packet near the candle stand and prayerfully consider how you can support Christ's ministries at Ascension.

+ **WE NEED COFFEE FELLOWSHIP HOSTS IN JUNE AND THROUGHOUT THE SUMMER:** Please consider hosting coffee fellowship after Liturgy with your family, or together with another family, so that we may continue our fellowship throughout the summer. Recommendations for simple offerings can be found on our website. You may sign up on the list on the coffee hour table; online via our website, or by calling the church office. Thank you in advance for offering your love and commitment to this important ministry.

+ **KOINONIA MEN'S MINISTRY SAVE THE DATES:** Thursday, 9/19: Golf Outing at Chevy Chase, Wheeling. Saturday 10/19, 2nd Annual Men's Retreat at our new Church Home!