

Resurrectional Apolytikion in the Plagal Fourth Mode

From on high You descended, Most Merciful, for us You condescended to a three-day burial, to set us free from the passions. O Lord, our resurrection and life, glory to You.

Apolytikion for All Saints in the Fourth Mode

Adorned in the blood of Thy Martyrs throughout all the world as in purple and fine linen, Thy Church, though them, doth cry unto Thee, O Christ God: Send down Thy compassions upon Thy people; grant peace to Thy commonwealth, and great mercy to our souls.

Apolytikion for Prophet Elisseus in the Fourth Mode

The incarnate Angel, and the Prophets' summit and boast, the second forerunner of the coming of Christ our God, Elias, the glorious, from above sent down his grace upon Elisseus; he doth cast out sickness and doth also cleanse lepers; and unto all that honour him, he poureth forth streams of cures.

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 λυτρωτῆς τοῦ κόσμου.

Seasonal Kontakion in the Plagal Fourth Mode

As the first-fruits of our nature to the Planter of created things, the world presenteth the God-bearing martyred Saints in off'ring unto Thee, O Lord. Through their earnest entreaties, keep Thy Church in deep peace and divine tranquillity, through the pure Theotokos, O Thou Who art greatly merciful.

The reading is from St. Paul's Letter to the Hebrews 11:33-40; 12:1-2.

Brethren, all the saints 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 armies 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 tempted, 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. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith.

The Gospel of Matthew 10:32-33; 37-38; 19:27-30

The Lord said to his disciples, "Every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny him before my Father who is in heaven. He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me." Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold, and inherit eternal life. But many that are first will be last, and the last first."

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WEEKLY PARISH BULLETIN

June 14 - 21, 2020

Spiritual Reflection

"If you want to help the Church, then try to mend your own ways, rather than others'. In straightening yourself out you straighten out a particle of the Church. If everyone were to do that then the Church would be in perfect order. But today's people attend to everything under the sun, only not to themselves, because it's easy to teach others, while mending one's own ways requires effort."

St. Paisios of the Holy Mountai

Announcements

Weekly Calendar

THE APOSTLES FAST BEGINS TOMORROW and lasts through Monday, June 29th. Fish, wine and oil are permitted on all days except the strict fast days of Wednesday and Friday.

Sunday June 14 All Saints
8:15 a.m. Orthros
9:30 a.m. Divine Liturgy followed by Graduate Sunday

Wednesday June 17
6 a.m. Encounter the Word Men's Zoom Bible Study
12 p.m. Parish COVID Safety Team Zoom Meeting
6:30 p.m. Parish Ministry Leaders Zoom Meeting

Saturday June 20
9 a.m. Divine Liturgy
5 p.m. Vespers

Sunday June 21 2nd Sunday of Matthew
8:15 a.m. Orthros
9:30 a.m. Divine Liturgy
Father's Day

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, Alexander, Anthony, Matina, Panagiotis, Evangelos, Paraschos, Chris, Bill, Don, Hariklia, Evgenia, Justin, Ignacio, Kevin

Stewardship

We thank the 275 families that have pledged \$375,148 to date to support our Ascension parish. Please join these stewards and submit your pledge online today at ascensiongoc.com/stewardship

The Apostles Fast

Orthodox Christians around the world observe four fasting seasons during the year: Great Lent, the Dormition Fast, the Nativity Fast and the Fast of the Apostles. In America the Fast of the Apostles is probably the least well known, but is among the oldest of Christian traditions. The fast begins the day after All Saints and ends with the observance of the Feast of SS. Peter and Paul, which is held on June 29. The length of the fast varies each year since the Sunday of All Saints varies according to Pascha. For faithful Orthodox today, the Fast of the Apostles can be an occasion for reflection upon the lives and example of the Holy Apostles. On the Sunday of All Saints, we remember and celebrate the lives of all those who have gone before us in the faith: our fathers, forefathers, the apostles, preachers, evangelists, teachers, hierarchs and martyrs. The readings which are appointed for that day (Hebrews 11:33-40, 12:1-2, and Matthew 10:32-33, 37-38, 19:27-30) remind us that countless worshippers of God have sacrificed their lives for the faith which we have inherited. The Apostles left behind their parents, their children, and their possessions in order to bring the Good News of Jesus Christ to people who did not know Him. Christian missionaries around the world are still doing this today. During the Fast of the Apostles we are reminded to pray for them all, and for Orthodox mission everywhere.

Source: Orthodox Christian Network

+ **ANNOUNCING GRADUATE SUNDAY VIA CAMERAS & COMPUTERS: PLEASE JOIN US AFTER LITURGY TODAY WHEN WE RECOGNIZE OUR 2020 GRADUATES VIA LIVESTREAM.** It will look a little bit different this year; however, we are still honored to celebrate the achievements of a record number of 43 graduates this year! We are very proud of each and every one of you and pray that God guides the steps you take during the next chapter of your lives. Congratulations!

+ **A NOTE FROM YOUR STEWARDSHIP COMMITTEE: Stewardship in Covid19 times**
As we all know, times are difficult and more so with our sister churches that depend on fund raising events to meet their operating budgets. Dinner Dances, Golf Outings and Greek Festivals are the sources of financing up to 50% of many communities' budgets. For our Ascension community that has little dependence on fundraising events, our stewardship contributions are immensely important. We also depend on tray and candle donations; however, when there are currently no worshippers at services, these sources are also below historic levels. Please consider to be more generous with your stewardship of treasures to help our community operate without deficits until we get back to pre-virus times. It appears as though our 2020 stewardship income will be impacted for most of this year. Your Ascension community thanks you for your sacrificial generosity.

+ **REOPENING UPDATE:** This week we received blessings from His Eminence Metropolitan Nathanael to activate Level 2 requirements and proceed with Level 3 preparations of our Metropolis' health and safety requirements. Level 2 means that we will open this Sunday's Divine Liturgy to six ushers, in addition to Fr. Sotiri, two chanters and one acolyte, for a total of 10 people. This Sunday, our ushers will follow all currently approved health and safety protocols, identify any concerns and make adjustments as needed. Meantime, the task force is working on Level 3 safety preparations toward Metropolis compliance that will allow us to open the church to 80 congregants. In order to transition to Level 3, the Metropolis requires that at least three Level 2 services are held. Level 2 activation will continue during services on June 20 and 21, with our fervent hope that we will proceed to Level 3 occupancy by Sunday, June 28. Additionally, we will soon announce a registration process and guidelines for returning to church. Thank you for your continued patience and understanding as we humbly look forward to the day we all will gather together as one community to celebrate our Orthodox Christian faith

+ **ENCOUNTER THE WORD MEN'S BIBLE STUDY MINISTRY** will convene by Zoom this Wednesday, June 17th at 6 a.m. to continue studying Acts, Chapter 13. Please contact David Rutkowski (david.rutkowski55@yahoo.com) with any questions.

+ **VOLUNTEERS NEEDED!** Please join the "**Masks Matter**" Campaign! If you like to sew, or just want to be a part of this humanitarian aid effort, please contact Maria Lampros, *Masks Matter* Campaign Chairperson at mvl101@aol.com for specifics on how you can help. The Metropolis Philoptochos recently began a campaign to help slow the spread of Covid-19 by sewing, assembling and distributing masks to service groups. If you don't sew, but would like to contribute, donations to help cover the cost of supplies and fabric are appreciated. Please make checks payable to Ascension Philoptochos with "Masks Matter" in the memo line.

+ **LIVESTREAM ASCENSION'S SERVICES:** With God's help, until we can worship together in our Church Home, we will stream services live on our website; on our Facebook Page; and on our YouTube channel. The weekly service schedule is posted on our livestream webpage (www.ascensiongoc.com/livestream) as well as archived services and links to the text of each service through the AGES Initiatives Daily Chant Stand. Please also continue to follow our COVID-19 resource webpage as it is updated whenever new correspondence is released.

+ **SUPPORT ASCENSION WHILE SHOPPING ON AMAZON!** When you make a purchase on smile.amazon.com and designate Ascension as your charity of choice, 0.5% of eligible purchases will be donated to our church! Just start each shopping session at the URL smile.amazon.com. On your first visit to AmazonSmile, select Ascension of Our Lord Greek Orthodox Church before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. Thank you for participating in this simple way to raise funds for our parish!

+ **THE 2020 CROSSROAD SUMMER INSTITUTE**, open to rising high school seniors and incoming college freshmen, has openings for its second session to take place virtually on June 30-July 10. CrossRoad is a 10 day, academic institute where participants can interact with other Orthodox youth across the country and connect with the Orthodox Christian theological and spiritual tradition. For more information and to view the program video, go to: <https://www.crossroadinstitute.org/>. Applications are due Friday, June 19.