

Resurrectional Apolytikion in the Second Mode

When You descended unto death, O Life immortal, You rendered to Hades a mortal blow by the lightening of Your divinity, and when from the depths of darkness You also raised the dead, all the Heavenly Powers cried out: "O giver of life, Christ our God, glory to You."

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 Second Mode

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

The reading is from St. Paul's Letter to the Romans 5:1-10.

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through Him we have obtained access by faith to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man -- though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by His blood, much more shall we be saved by Him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by His life.

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 June 28 – July 5, 2020

Spiritual Reflection

"We advance toward humility by means of trials. He who rests on his virtue without suffering tribulation has the door of pride open before him.

St. Isaac of Syria

Weekly Calendar

Sunday 8:15 a.m. 9:30 a.m. 12:30 p.m.	June 28 Orthros Divine Liturgy Baptism: Sofia, Daughter of Effie & Antony Mores Sponsor: Natasa Zoubouridis	3rd Sunday of Matthew
Tuesday 8 a.m. 9 a.m.	June 30 Orthros Divine Liturgy	Synaxis of the Holy Apostles
Wednesday 6 a.m. 12 p.m.	July 1 Encounter the Word Men's Bible Zoom Parish COVID Safety Team Zoom Meeting	
Friday	July 3 Office Closed	
Sunday 8:15 a.m. 9:30 a.m.	July 5 Orthros Divine Liturgy	4th Sunday of Matthew

A WELCOME REOPENING UPDATE: We received the blessing of His Eminence Metropolitan Nathanael of Chicago this past week to proceed to Level 3. This means that starting today, with an abundance of joy, we are able to have 80 people in Liturgy. We urge all parishioners to read and understand the safety protocols that have been put in place for the safety of our entire congregation. We also ask that you please follow the lead of our ushers when you come to church. Even with our church re-opening, we understand that things will be different until the pandemic has run its course. Until then, we ask for your cooperation and support during these extraordinary times. To view our guidelines and register to attend a service, please visit our website. For those unable to attend a service, we will continue to stream services live on our website, Facebook Page and YouTube channel. May we pray for the day we can all be together in our parish home to welcome each other with kindness and love. God be with you all.

+ **PLEASE NOTE** that until further notice, trays will not be passed; change is not available in the Narthex and all donations brought to church must be placed inside an envelope.

+ **SIGN UP FOR ONLINE GIVING:** In an effort to minimize the handling and exchanging of currency inside the church, please consider making your one-time or recurring gifts electronically! Ascension offers easy, safe and secure electronic giving through our **WEBSITE** ascensiongoc.com/giving/; **MOBILE APP:** ascensiongoc.com/ascension-app; and **TEXT TO GIVE:** simply text the word "Give" to 847.443.9995 and follow the one-time set up prompts. We thank you in advance.

+ **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.

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

Vigil Lights

Vigil lights offered by Debbie & Demetri Katsulis and family in loving memory of Paul Moza.

Announcements

+ **THE OFFICE WILL BE CLOSED ON FRIDAY** in observance of Independence Day. We wish you all a safe holiday and pray that our Lord grants peace to our country and the world. May God Bless America.

+ **ANNOUNCING THE ORTHODOX STORE – A NEW MINISTRY AT ASCENSION!** Ascension is participating in a new Metropolis of Chicago humanitarian outreach ministry to aid parishioners in need and others in nearby locations. Starting Monday, June 29th Ascension volunteers can help create COVID Kits, Care Kits, Dinner Bags & Non-Perishable Food items for weekly drop off at Ascension, using tubs located at the west entrance. The kits will be distributed throughout our parish community and to vulnerable families throughout the Greater Chicagoland area. Please visit our webpage at www.ascensiongoc.com/aboutus/orthodox-store for more information and to sign up! Direct questions to ascensionorthodoxstore@gmail.com and stay tuned for more information!

+ **ENCOUNTER THE WORD MEN'S BIBLE STUDY MINISTRY** will convene by Zoom this Wednesday, July 1st at 6 a.m. to continue studying Acts, Chapter 13. After a short break, the ministry will meet again in August. Stay tuned for more details. We thank all who are participating in this enriching and uplifting program. A special note of gratitude to Fr. Sotiri for his spiritual leadership, and to David Rutkowski for leading this ministry with such zeal!

+ **PHILOPTOCHOS UPDATES:** We hope all Ascension Dads enjoyed a special day with their families last Sunday! To celebrate, Philoptochos honored senior dads, parish council members and other volunteers with a small Father's Day gift to help lift their spirits during the pandemic.

- Thank you to all who are making masks and have donated to the Metropolis "Masks Matter" Campaign. To date, Ascension volunteers have made more than 150 masks!!! If you like to sew, or 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. If you do not 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 and include "Masks Matter" in the memo line.
- "Feed the Hungry" Rescheduled with Social Distancing – The *Feed the Hungry* program has been rescheduled for Tuesday, August 18. Brown bag lunches will be assembled and distributed to 130+ hungry and in many cases, homeless, in the parking lot of the Annunciation Cathedral in the city. We would like to put together a healthy meal and include other necessities if possible. Due to social distancing requirements, our participation will be limited to a few people and all items must be purchased (vs. donated). If you would like to make a monetary donation to help cover the cost of purchasing items included in the bag, please make checks payable to Ascension Philoptochos and mail to Church. Please include "Feeding Program" in the memo line. For questions or more information, please contact Kathie Rutkowski, Feeding Programs Chairperson, at rutkowskik57@gmail.com.
- Ascension Women's Retreat - Saturday, October 3, Save the Date and Stay tuned!

+ **ASCENDING IN ORTHODOXY WOMEN'S BIBLE STUDY MINISTRY** is collecting money to purchase new shoes for NUNS at a monastery in Crete, Greece. If you would like to contribute, please send a check to Ascension Philoptochos (note NUN SHOES in memo) and include a list of names so the nuns can include your family in their prayers. Please send both check and names to: Marcia Moore, 1012 N. Western Ave., Lake Forest, IL 60045 by 7.4.2020.

+ **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.