

### Resurrectional Apolytikion in the Fourth Mode

Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

### Apolytikion of St. Nicholas Planas

Let us praise our protector, the godly Nicholas; \* as one endowed with blest virtue, he shone forth as a true priest \* of the Most High God, and was His fervent worshipper. \* For, by his holy life on earth, \* he hath left us most sublime, divine and unfailing teachings \* of long-suffering, meekness, patience, unfeigned humility and true Godlike love.

### Memorial Hymn

Remember, O Lord, as You are good, Your servants, and forgive every sin they have 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.

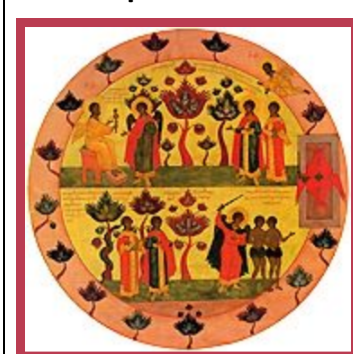
### Seasonal Kontakion in the Plagal Second Mode

O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "O Merciful One, have mercy on me who has fallen."

### The reading is from St. Paul's Letter to the Romans 13:11-14; 14:1-4.

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

### The Gospel of Matthew 6:14-21



The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

+ OUT OF RESPECT FOR THE ICONS PRINTED ON THE BULLETIN, PLEASE RECYCLE RATHER THAN DISCARD IN THE GARBAGE +

## 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](http://www.ascensiongoc.com)

Office e-mail: [info@ascensiongoc.com](mailto:info@ascensiongoc.com)

## WEEKLY PARISH BULLETIN

### March 1 - 8, 2020

### 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

*"Before we enter the Lenten fast, we are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. A fast without mutual love is the fast of demons. . . We do not travel the road of Lent as isolated individuals but as members of a family."*

**His Grace Bishop Kallistos of Diokleia**

*"If we have true love with sympathy and patient labor, we shall not go about scrutinizing our neighbor's shortcomings. As it is said, "Charity shall cover the multitude of sins" (1 Peter 4:8). . . True love screens anything of this kind, as did the saints when they saw the shortcomings of men. Were they blind? Not at all! But they simply would not let their eyes dwell on sins."*

**St. Dorotheos of Gaza**

## Weekly Calendar

<b>Sunday</b> 8:15 a.m. 9:15 a.m. 9:30 a.m.	<b>March 1</b> Orthros Sunday Church School Divine Liturgy Artoclasia offered for Thanksgiving to God for all things and the continued health and well-being of the Lialios Family Memorial for Dimitrios Mantzoros (40 days); Panagiotis Stasinakos (1 year); and Thanasi Gialamas (3 years) Coffee Fellowship hosted by The Marriage Ministry Forgiveness Vespers	<b>Forgiveness Sunday</b> <b>Cheesefare Sunday</b>
5 p.m.		
<b>Monday</b> 8:30 a.m. 6 p.m. 7 p.m.	<b>March 2</b> Reading of the Hours Great Compline Jr. GOYA & GOYA	<b>Clean Monday</b> <b>Great Lent Begins</b>
<b>Tuesday</b> 6 a.m. 4:45 p.m. 5:30 p.m.	<b>March 3</b> Encounter the Word Men's Bible Study Greek School Great Compline	
<b>Wednesday</b> 10 a.m. 5 p.m. 5:30 p.m.	<b>March 4</b> HOPE 9 <sup>th</sup> Hour Pre-Sanctified Liturgy followed by Lenten Lecture & Dinner	
<b>Thursday</b> 10:30 a.m. 6:15 p.m. 7:45 p.m.	<b>March 5</b> Ascending in Orthodoxy Bible Study Greek School Beginners/Advanced Beginners Greek School Intermediate/Advanced	
<b>Friday</b> 7 p.m.	<b>March 6</b> 1 <sup>st</sup> Salutations to the Theotokos	
<b>Saturday</b> 8 a.m. 9 a.m. 4 p.m. 5 p.m.	<b>March 7</b> Orthros Divine Liturgy Byzantine Music Class Vespers	<b>3rd Saturday of Souls</b>
<b>Sunday</b> 8:15 a.m. 9:15 a.m. 9:30 a.m. 6:30 p.m.	<b>March 9</b> Orthros Sunday Church School Divine Liturgy Pan-Orthodox Vespers, St. George Antiochian Orthodox Church, Cicero	<b>Sunday of Orthodoxy</b> <i>Daylight Savings Time</i>

## Condolences

Our deepest sympathies to Christine (Barrett) Maki and Paul (Tamara) Vabakos, sister and brother of Tom Vabakos, who fell asleep in the Lord. The funeral was held at Ridgewood Cemetery on Thursday. We pray that God grant Tom eternal rest in the Kingdom of Heaven and comfort to his family. May his memory be eternal.

## NEXT WEEK IS THE SUNDAY OF ORTHODOXY

Parents of children in our Sunday Church School: Please send your children to church with an icon so they can process with them after the Divine Liturgy. It would also be a great blessing for all of our parishioners to bring an icon to church next Sunday on the day we commemorate the Triumph of Orthodoxy.

## Our Sunday Volunteers

**Prosporo Bakers:** Prospora offered for Saturday of Souls  
**Epistle Reader:** Tom Kiriakos  
**Greeters:** Harry & Elaine Metropoulos  
**Ushers:** Tom Kiriakos UIC, Carol Stamas Diane Sigalos, Frank Kazas, Bill Athenson, Bruce Carlson, Chris Chatzidakis, 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, Fred, Katerini, James, Theresa, Peter, Anna, Alexander, Anthony, Matina, Panagiotis, Evangelos, Paraschos, Chris, Bill, Don, Hariklia, Evgenia

## The Sunday of Forgiveness and Cheesefare Sunday

The Sunday of Forgiveness is the last Sunday prior to the commencement of Great Lent. On the Sunday of Forgiveness focus is placed on the exile of Adam and Eve from the Garden of Eden, an event that shows us how far we have fallen in sin and separated ourselves from God. At the onset of Great Lent and a period of intense fasting, this Sunday reminds us of our need for God's forgiveness and guides our hearts, minds, and spiritual efforts on returning to Him in repentance.

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

## Announcements

### + GREAT LENT BEGINS WITH PRAYER +

- Forgiveness Vespers will take this evening at 5 p.m.
- Kathara Theftera (Clean Monday), 3/2: 8:30 a.m.: Reading of the Hours | 6 p.m. Great Compline
- Tuesday, Great Compline at 5:30 p.m.
- The 9th Hour and Pre-Sanctified Liturgy will take place on Wednesday, 3/4, beginning at 5 p.m.
- The First Salutations to the Theotokos is on Friday, 3/6 at 7 p.m.

**Additional information, calendars and reflections can be found on a special webpage devoted to Great Lent 2020, which you can access from our Ascension website: [www.ascensiongoc.com](http://www.ascensiongoc.com).**

+ **FLOWERS FOR THE THEOTOKOS** The Salutations for the Theotokos begin this Friday, March 6th. For the five consecutive Fridays, we adorn the Icon of the Theotokos with flowers. The dates of the Salutations are 3/6, 3/13; 3/20; 3/27, and 4/3. The cost of the flowers for each Friday is \$100.00. If you wish to donate the flowers that adorn the Icon of the Theotokos for any Friday, please call Renee Maltezos in the Church Office. We thank you in advance.

+ **THE 3rd SATURDAY OF SOULS** is this Saturday, March 7th. Names of your deceased loved ones and koliva can be prepared and given to the ushers as you enter church, so that through your presence at the Divine Liturgy, you may offer prayers for the souls of your departed loved ones.

+ **ST. ANNA'S ORTHODOX MOTHERS' MINISTRY MARCH EVENTS:** The ministry will meet and pray together at this Tuesday's Compline Service at 5:30 p.m. On Tuesday, March 31st, we will be taking a field trip to St. John Chrysostomos Monastery in Pleasant Prairie, WI. We welcome all mothers of young children and teenagers to join us! For more information, please contact [ascensionmomsministry@gmail.com](mailto:ascensionmomsministry@gmail.com).

+ **ENCOUNTER THE WORD:** Join us this *Tuesday* morning at 6 a.m. for the Men's Bible Study Group. This week we will study chapter nine in the Book of Acts. For questions or to RSVP, please contact [david.rutkowski55@yahoo.com](mailto:david.rutkowski55@yahoo.com).

+ **ASCENDING IN ORTHODOXY WOMEN'S BIBLE STUDY** will meet this Thursday, 3/5 at 10:30 a.m. to discuss the Gospel of Matthew, Chapters 16-17. If you can't attend but wish to call in, please contact Bess Bologeorges at [bessbo@ameritech.net](mailto:bessbo@ameritech.net).

+ **IONIAN VILLAGE REGISTRATION BEGINS THIS WEDNESDAY**, March 4<sup>th</sup>. Two sessions will be offered this summer for students currently in 9<sup>th</sup>—12<sup>th</sup> grade: June 20-July 9 & July 19-August 7. More information can be found at [www.ionianvillage.org/](http://www.ionianvillage.org/)

+ **SUNDAY OF ORTHODOXY PAN-ORTHODOX VESPERS** will take place on Sunday, March 8th at St. George Antiochian Orthodox Church in Cicero at 6:30 p.m. The V. Rev. Fr. Dr. Milos M. Vesin is the homilist.

+ **ASCENSION'S GREEK SCHOOL** will present its annual Celebration of Greek Independence Day program on Sunday, March 15th, directly following the Divine Liturgy. Our students look forward to performing songs, poems, skits and dances in honor of the March 25th commemoration.

+ **ATTENTION 7th -12th GRADERS – ORATORICAL FESTIVAL:** Don't miss the opportunity to show your God-given talents as a writer, speaker, artist and vocalist by participating in the 2020 St. John Chrysostom Oratorical Festival. If you are in 7<sup>th</sup> – 12<sup>th</sup> grade, you are encouraged to participate in this program, which gives you the opportunity for reflection during the Lenten season. **Submissions are due to the church office by March 16th.** Please contact Justin Glavanovits, our Parish coordinator, with questions at [justinglav@ascensiongoc.com](mailto:justinglav@ascensiongoc.com). All of the details, including this year's topics, can be found on the Youth Pages of our website.

+ **SAVE THE DATE OF MAY 1ST FOR THE METROPOLIS INAUGURAL SERVANT LEADERSHIP AWARDS BANQUET** when His Eminence Metropolitan Nathanael of Chicago will honor parishioners throughout the Metropolis who have been chosen by their parishes as recipients of the Metropolis Bronze Cross award for demonstrating exemplary service, leadership and innovation in the service of the Church. Ascension is hoping to fill a few tables for this event to show support for our very own honoree, Bill Athenson, as well as other recipients throughout the Metropolis. The event will take place at Cotillion Banquets, Palatine, beginning at 6 p.m. . If you are interested in attending, please contact Carol Stamas ( [cestamas@comcast.net](mailto:cestamas@comcast.net)), who is coordinating this for our parish. Tickets are \$125 each (payable to Ascension) and **reservations must be made by 3/31** in order to assure that we can sit together as a parish family.

+ **PHILOTOCHOS WOULD LIKE TO THANK ALL WHO ATTENDED AND SUPPORTED** the Glendi this past Sunday at the Concorde Banquet Hall. A special thank you to the members of the Glendi committee who did an outstanding job planning this year's event and, to all of our donors who helped make the evening both fun and successful. It was a perfect way to spend a memorable and lovely evening of fellowship together as we enter Great Lent as a parish family."

+ **ASCENSION OF OUR LORD 2020 ALASKA MISSION TRIP:** In partnership with the Orthodox Christian Mission Center, Ascension is planning a mission trip to Newhalen Alaska, August 6<sup>th</sup> – 17<sup>th</sup>. It has been over two hundred years since the Orthodox Christian faith was proclaimed on the shores of Alaska! Space is limited for this life-changing opportunity. If you are interested, please contact David Rutkowski: [David.rutkowski55@yahoo.com](mailto:David.rutkowski55@yahoo.com), (847)650-0559, who will give you much greater detail about this mission.