

Resurrectional Apolytikion in the Plagal Fourth Mode

From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

Apolytikion for Sun. of St. John Climacus in the Plagal Fourth Mode

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundredfold in labours; and thou becamest a luminary, shining with miracles upon the world, O John our righteous Father. Intercede with Christ God that our souls be saved.

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

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

Ti i-per-ma-ho stra-ti-go ta ni-ki-ti-ri-a, Os li-tro-thi-sa ton thi –non ev-ha-ri-sti-ri-a. A-na-gra-fo Si i po-lis Sou The-o-to-ke. Al-los e – hou-sa-to-kra-tos a-pros-ma-hi-ton, ek pan-ti-on me kin-thi-non e-lef-the-ro-son, i-na kra-zo Si. He-re Nim-fi a – nim-fev-te.

The reading is from St. Paul's Letter to the Hebrews 6:13-20.

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

The Gospel of Mark 9:17-31



At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

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WEEKLY PARISH BULLETIN March 29 – April 5, 2020

Spiritual Reflection

"Intelligent silence is the mother of prayer, a recall from captivity, preservation of fire, an overseer of thoughts, a watch against enemies, a prison of mourning, a friend of tears, effective remembrance of death, a depicter of punishment, a delver into judgment, a minister of sorrow, an enemy of freedom of speech, a companion of stillness, an opponent of dogmatism, increase of knowledge, a creator of divine vision, hidden progress, secret ascent."

St. John Climacus, The Ladder of Divine Ascent

Weekly Calendar

Sunday 8:15 a.m. 9:30 a.m.	March 29 Orthros Divine Liturgy	Sunday of St. John Climacus
Monday 3 p.m. 4 p.m.	March 30 Jr. GOYA Zoom meeting GOYA Zoom meeting Marriage Ministry Zoom meeting	
Tuesday 9:30 a.m. 4 p.m. 6 p.m.	March 31 St. Anna's Orthodox Mothers' Ministry Zoom Meeting Greek School: upper class to meet by Zoom Paraklesis Service (Livestream)	
Wednesday 8:30 am.	April 1 9 th Hour & Pre-Sanctified Liturgy	
Thursday 10:30 a.m. 6 p.m. 7:30 p.m.	April 2 Ascending in Orthodoxy Zoom Bible Study Greek School Beginners/Advanced Beginners Zoom Class Greek School Intermediate/Advanced Zoom Class	
Friday 7 p.m.	April 3 Akathist Hymn	
Sunday 8:15 a.m. 9:30 a.m.	April 5 Orthros Divine Liturgy	Sunday of St. Mary of Egypt

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.

The Fourth Sunday of Lent - St. John Climacus

Our venerable and God-bearing Father John Climacus, also known as John of the Ladder, John Scholasticus, and John Sinaites, was a seventh century monk at St. Catherine's monastery at the base of Mount Sinai. The Orthodox Church celebrates his feast day on March 30. He came to the monastery and became a novice when he was about 16 years old, and when he died in 649 he was the monastery's abbot. He wrote a number of instructive books, the most famous of which is *The Ladder of Divine Ascent*. (It is because of this book that John is known as "Climacus," which means "of the ladder".) It describes how to raise one's soul to God, as if on a ladder. This book is one of the most widely read among Eastern Orthodox Christians, especially during the season of Great Lent which immediately precedes Pascha (Easter), and on the fourth Sunday of Great Lent he is especially commemorated.

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

Excerpt taken from *Great Lent*, by Alexander Schmemmann, and the *Synaxarion of the Sunday of the Holy Cross*

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

Condolences

Our deepest sympathies to Maria (Steven) Demet whose beloved father, Dr. Enrico Consolacion Gonzalez, fell asleep in the Lord this past week. Due to the current gathering restrictions, a memorial service will be held at a later date to celebrate his life. We pray God grant the Demet family comfort during this difficult time. May Enrico rest in peace and may his memory be eternal.

+ **COMMUNICATION!** Keeping our parish family informed, educated and connected, especially during this COVID-19 health crisis, has always been our priority. If you are *not* receiving our COVID-19 updates; the Friday *News & Announcements* E-blast, as well as other weekly email announcements, please sign up on the right side of our website homepage where it says "Join Our Email List." If you do not have an email address, please call the office so we can make sure you are on our paper mailing list. Thank you!

Announcements

+ **LIVESTREAM ASCENSION'S SERVICES:** With God's help, Liturgical Services continue at Ascension; however, by directive of our Metropolitan, and in compliance with our civil authorities, only the serving clergy and chanter can be present in the church for these services. None of the faithful are permitted to assemble. Until we can worship together in our Church Home, we will be streaming our services on our website's LIVESTREAM page. There you will also find the weekly service schedule, archived services as well as links to the text of each service through the AGES Initiatives Daily Chant Stand. Please also continue to follow our COVID-19 resource webpage for updates. Out of love and protection for our faithful, the church building is now closed and locked. We are available to you by phone weekdays from 9 a.m. - 3 p.m., and by email. Please do not hesitate to call our office at 847.482.1200 or contact us by email.

+ **MINISTRIES ARE MINISTERING ONLINE!** We are blessed that the ministry work at our parish continues with the help of tenacity and technology. Greek School and Sunday Church School teachers set up E-Learning opportunities. Our adult and youth ministries are connecting, studying Scripture and socializing and via video and tele-conferencing technology. Parish Council, Stewardship and our Health and Safety Task Force are collectively spending many hours looking out for the future health of our parish. Under Fr. Sotiri's spiritual leadership and guidance, and with God's help, we are blessed to be able to stay connected, support one-another and mobilize for the glory of God. It's never too late to join one of Ascension's ministries. For more information, please contact the office, or go to our website to read about Ascension's ministry work.

+ **PARTICIPATE IN THIS YEAR'S MEN'S MINISTRY PASCHA GREETING CARD:** The Koinonia Men's Ministry is offering the Parish the opportunity to extend Paschal greetings to fellow parishioners through its annual Pascha card fundraiser. New this year: complete the form and make your donation online! The Men's Ministry will be donating all proceeds from this card to Ascension's Operating Fund to help our parish during the financial difficulties brought on by the COVID-19 health crisis. The deadline is 4/8.

+ **PHILOPTOCHOS** prays you and your families are staying safe and healthy through this difficult time. Please reach out to those unable to get out or are alone. If you are in need of assistance, please do not hesitate to contact Philoptochos. We have so many wonderful, loving volunteers that are ready to assist whenever needed.

- Lenten Projects: Philoptochos has postponed our Veterans Dinner until sometime later in the year. Donations for the Veterans Closet will resume once services begin again.
- In response to the COVID-19 Pandemic Crisis, National Philoptochos Society approved an immediate disbursement of \$50,000, \$25,000 to the Feeding America Network and \$25,000 to Meals on Wheels America. Additionally, Philoptochos has gathered resources to help members cope with the anxiety that all citizens are facing as a result of the COVID-19 Pandemic. These can be found on the website at www.philoptochos.org/whats-happening/.

+ **CANCELLATIONS/POSTPONEMENTS:** Ascension's Good Friday Youth Retreat, April 17th, has been cancelled. Additionally, there will be no youth lily and hydrangea plant sale this year. The Metropolis Inaugural Servant Leadership Awards Banquet has been postponed to Friday, November 6, 2020 at the Cotillion Banquets in Palatine, Illinois.

+ **ORATORICAL FESTIVAL EXTENDS SUBMISSION DEADLINE AND RECREATES SPIRIT OF THE PROGRAM IN AN ONLINE FORMAT:** We are pleased to announce that the Chicago Metropolis Oratorical and Fine Arts Festival will still take place and has been changed from the usual in-person format, to an online format that respects the COVID-19 restrictions. This Festival provides our youth with the opportunity to stay close to Christ, while learning, writing and singing. If you are in 7th-12th grade, please consider entering a poem, essay, speech, iconography or vocal solo to the Festival now that we are blessed with more time at home for spiritual reflection. Ascension's new submission deadline is Wednesday, April 29th. Visit our webpage or contact Justin for more information on the new submission requirements.