

Resurrectional Apolytikion in the Plagal Second Mode

Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

Apolytikion for Sun. of St. Gregory Palamas in the Plagal Fourth Mode

Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonderworker, boast of Thessalonica, herald of grace: ever pray that our souls be saved.

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 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 1:10-14; 2:1-3.

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

The Gospel of Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the word to them. And they came, bringing to Him a paralytic carried by four men. And when they could not get near Him because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins' He said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Ascension of Our Lord Greek Orthodox Church



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WEEKLY PARISH BULLETIN

March 15 - 22, 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

"Fasting and self control are a double-wall of defense and whoever lives within them, enjoys great peace."

St. Gregory Palamas

"In the Time of Fasting and Prayer"



Sunday of St. Gregory Palamas

On this Sunday of Lent we remember St. Gregory Palamas. St. Gregory was born into a noble family in Constantinople. He left all his wealth and prestige to pursue a life of prayer on Mt. Athos where he acquired great holiness beholding the uncreated light of God. Later, he became Archbishop of Thessalonica. St. Gregory defended the doctrine of the church that divine grace is uncreated. He also explained that we experience only this divine energy of God but not His essence, which is beyond understanding. The feast day of Saint Gregory Palamas is November 14, however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teachings by the Church in the 14th century was acclaimed as a second triumph of Orthodoxy.

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

Weekly Calendar

Sunday 8:15 a.m. 9:30 a.m.	March 15 Orthros Divine Liturgy Memorial for Tom Vabakos (40 Days), Paul Murphy (40 days); Georgia Kokinis (40 days); Paul Adams (1 year) No Coffee Fellowship	Sunday of St. Gregory Palamas
Monday 5 p.m.	March 16 Great Compline	
Tuesday 8:30 a.m.	March 17 9 th Hour & Pre-Sanctified Liturgy	St. Alexios, Man of God
Wednesday 5 p.m. 5:30 p.m.	March 18 9 th Hour Pre-Sanctified Liturgy	
Friday 7 p.m.	March 20 3rd Salutations to the Theotokos	
Saturday 7 p.m.	March 21 Great Vespers, Holy Cross Hellenic Orthodox Church, Justice	
Sunday 8:15 a.m. 9:30 a.m.	March 22 Orthros Divine Liturgy followed by Procession of the Cross	Sunday of the Holy Cross

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.

+ **COMMUNICATION!** Keeping our parish family informed and educated has always been our priority. If you are *not* receiving our recent 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!

+ **CONFESSIONS:** Fr. Sotiri will hear confessions throughout Lent up until the week before Holy Week. Please call the Church office to make an appointment. Service schedules, reflections and announcements can be found on a special webpage devoted to Great Lent 2020, which you can access from our Ascension website: www.ascensiongoc.com.

Our Sunday Volunteers

Prosporo Bakers: Iliana Radaios
Epistle Reader: Tom Kiriakos
Ushers: Peter Venetos (UIC), Tom Kiriakos, Carol Stamas, Doug Hugdahl, Anastasia Svigos, Nick Marino, Steve Sintetas, 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, Justin

Condolences

Our deepest sympathies to Andrea (John) Patrinos whose beloved mother, Annette Katsulis, fell asleep in the Lord on March 5, 2020. The funeral was held at Holy Apostles Church in Westchester on March 9th. We pray that God grant Annette eternal rest in the Kingdom of Heaven and comfort to her family. May her memory be eternal.

Announcements

All non-Liturgical meetings and events are postponed or cancelled until further notice. Divine Services will continue as scheduled.

- **Sunday Church School will be cancelling all classes until further notice.**
- **The Youth AND Adult Greek School Program will also be cancelling all classes until further notice. Additionally, we are postponing the Greek Independence Program that was scheduled for today.**
- **Coffee Fellowship Hour will be cancelled until further notice**
- **The Lenten Lecture Series will be postponed until further notice.**

Monday, 3/16: Youth Groups will NOT meet. Confessions are still being scheduled. Please speak to Justin to arrange a confession with Fr. Sotiri.

Tuesday, March 17: Encounter the Word & St. Anna's Mothers' Ministry cancelled

Wednesday, March 18: HOPE cancelled

Thursday, March 19: Ascending in Orthodoxy cancelled. Senior Synaxis Meeting postponed.

Friday, March 20: Faith/Joy cancelled

Saturday, March 21: Byzantine Music Class cancelled

We've also received word that the following Metropolis events have been cancelled:

- Holy Apostles Celebration of Books
- March 21 Metropolis Family Synaxis Lenten Retreat

+ Looking ahead in March, the Philoptochos 3/26 James Lovell Health Center Dinner with the Veterans will be postponed.

The rest of these announcements are going forward for now:

+ **TOMORROW IS THE DEADLINE FOR ORATORICAL FESTIVAL SUBMISSIONS!** If you are in 7th-12th grade and interested in participating in the 2020 St. John Chrysostom Oratorical Festival, please contact Justin Glavanovits at justinglav@ascensiongoc.com by tomorrow's youth meetings. All of the details, including this year's topics, can be found on the Youth Pages of our website.

+ **SUPPORT OUR VETERANS' - PHILOPTOCHOS LENTEN PROJECTS** Philoptochos will be spearheading a parish-wide donation of clothing, household items and some food items for the **Midwest Veterans Closet**. (See enclosed flyer) Donations will be received until March 31 at Church or if you'd prefer, they can be dropped off directly at the MVC facility located at 2323 Green Bay Road in North Chicago, IL Please contact Stephanie Prousis at (847) 744-5860 for additional information.

+ **SAVE THE DATE: Ascension's Good Friday Youth Retreat** for grades K-8 will take place on Good Friday, April 17th from 11:45 a.m. - 3:00 p.m. A lenten lunch will be served. The theme is Walk with Christ, and our lessons will focus on the Garden of Gethsamane, the Mystical Supper, and the Crucifixion. Afterwards, our youth will sit together in church for the Apokathelosis (Un-nailing) service. There is no cost for the retreat, but a free will offering is appreciated for the lunch and craft. Please rsvp to reserve your spot at faithjoyascension@gmail.com.

+ **BOOKSTORE NEWS!** Lent is the perfect time to pick up and read a new book about our Orthodox faith. You'll find many to choose from at the bookstore, so stop by and see us after Divine Liturgy. We also have Lenten service books and Holy Week books for sale. And if you need a Pascha gift for your godchild, check out our children's items. May we also suggest listening to an Orthodox podcast while driving in your car or doing work around the house. You can find a variety of podcasts from Ancient Faith Ministries at ancientfaith.com/podcasts, or download the Ancient Faith Radio app.

+ **KOINONIA MEN'S MINISTRY PASCHAL GREETING CARD:** Once again this year, Koinonia Men's Ministry will be offering the Parish the opportunity to extend Paschal greetings to fellow parishioners through its annual Pascha card fundraiser. See enclosed insert for more information.

+ **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 as recipients of the Metropolis Bronze Cross award. Ascension is hoping to fill a few tables for this event to show support for our very own honoree, Bill Athenson. 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), 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.