

### Resurrectional Apolytikion in the Third Mode

Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

### Apolytikion for Sunday of the Holy Cross in the First Mode

Save, O Lord, Thy people and bless Thine inheritance; grant Thou unto the faithful victory over adversaries. And by the power of Thy Cross do Thou preserve Thy commonwealth.

### Apolytikion of the Church in the First 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!"

### The reading is from St. Paul's Letter to the Hebrews 4:14-16; 5:1-6.

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

### The Gospel of Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of Man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

## Ascension of Our Lord Greek Orthodox Church



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### WEEKLY PARISH BULLETIN

**April 3, 2016 – April 10**

<b>Prospora:</b>	Sophia Metropulos & Mary Greub
<b>FOS Ministry Greeters:</b>	Katherine Schrieber
<b>Epistle Reader:</b>	Mark Rader
<b>Ushers:</b>	<b>Nick Marino</b> , Harold Anagnos, Steve Demet Tom Vabakos, Doug Hugdahl, Tom Kiriakos

**Vigil Lights Offered** for the health and well being of the Duros and Gevrekis families

**SPIRITUAL REFLECTION** – *"Taking up our cross and following Jesus' means trying harder when those moments of calamity, tragedy, sorrow and loss and grief beset us. It means bringing under control our uncontrollable anger, our undue insensitivity, our impatience and impetuosity. It means subduing our temperament and disposition so that we can master them rather than their mastering us."*

Fr. George Nicozisin, Blessed Memory. St. Nicholas Church, St. Louis, Missouri

## Ascension of Our Lord Greek Orthodox Church

April 3 - 10, 2016

<b>Sunday</b>	<b>April 3</b>	<b>Sunday of the Holy Cross</b>
8:15 a.m.	Orthros	
9:10 a.m.	Sunday Church School	
9:30 a.m.	Divine Liturgy followed by procession of the Holy Cross	
	Coffee Fellowship hosted by a group of women who love our Ascension Church	
7 p.m.	Solemn Vespers	
<b>Monday</b>	<b>April 4</b>	
5 p.m.	Great Compline	
5:45 p.m.	JOY/Jr. GOYA	
7:15 p.m.	Choir practice for Holy Week Chanting	
7:30 p.m.	GOYA	
<b>Tuesday</b>	<b>April 5</b>	
4:45 p.m.	Greek School	
<b>Wednesday</b>	<b>April 6</b>	
10 a.m.	HOPE	
5:30 p.m.	9 <sup>th</sup> Hour and Pre-Sanctified Liturgy	
	Lenten Supper hosted by Koinonia   Lecture Series featuring Fr. Sotirios Malamis	
<b>Thursday</b>	<b>April 7</b>	
6:15 p.m.	Adult Beginner Greek School	
7:45 p.m.	Adult Intermediate/Advanced Greek School	
	GOYA Trip to Boston through Sunday	
<b>Friday</b>	<b>April 8</b>	
7 p.m.	4th Salutations to the Theotokos	
<b>Sunday</b>	<b>April 10</b>	<b>Sunday of St. John Climacus</b>
8:15 a.m.	Orthros	
9:10 a.m.	Sunday Church School	
9:30 a.m.	Divine Liturgy	

### WELCOME TO OUR VISITORS

+ **WE ARE GLAD** *you came to our Church*. We hope your visit was 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.

### CHURCH NEWS

+ **ASCENSION IS HOSTING THE METROPOLIS OF CHICAGO SOLEMN VESPERS THIS EVENING** at 7 p.m. Rev. Fr. Cosmas Halekakis will be offering the sermon that evening and Philoptochos will be hosting the fellowship following the service. We encourage our parish family to attend and support this Metropolis-wide worship service.

+ **CONFESSIONS:** Fr. Sotiri will hear confessions throughout Lent up until the week before Holy Week. Please call the Church office to make an appointment.

+ **THIS WEDNESDAY, 4/6, AFTER THE PRE-SANCTIFIED LITURGY** our popular Lenten Lecture Series continues, featuring our very own parish priest, Fr. Sotiri, presenting "On Violence and the Cross". Please join us for this thought-provoking discussion.

+ **OUR ASCENSION GOYA** will be traveling to Boston this Thursday and returning Sunday evening. We pray that our GOYANs have a safe and blessed trip and a rich, spiritual experience.

+ **SERVICE BOOKS** for the Pre-Sanctified Liturgy and Heretismi are available for purchase from the bookstore.

+ **OUR CAPITAL CAMPAIGN "OUR FAITH...OUR CHURCH...OUR LEGACY":** As we continue to pursue our fundraising goals, we cannot emphasize our need for support from each and every one of our Parish Families. If you have not contacted Fr. Sotiri, or any of the Capital Campaign committee members regarding your family's pledge, we encourage you to do so, as soon as you are able. We know this is a very personal decision and serious commitment for our families so please feel free to contact Fr. Sotiri regarding your support and participation at [frsotirios@ascensiongoc.com/847.482.1200](mailto:frsotirios@ascensiongoc.com/847.482.1200).

+ **KOINONIA MEN'S MINISTRY PACHAL 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.

+ **THE ASCENSION CHOIR WILL BE CHANTING HYMNS** for Holy Week. If you are interested in participating, please contact Georgia Mitchell, [yiyagi3@aol.com](mailto:yiyagi3@aol.com). You need not read music, just have the desire to sing! Practices will take place at Ascension every Monday evening until Holy Week at 7:15 p.m.

+ **JOY/JR. GOYA PASCHA PLANT SALE BEGINS NEXT WEEK.** JOY/Jr. GOYA will be taking orders for lilies and hydrangeas after Liturgy next Sunday, 4/10 and also Sunday, 4/17. The plants will be ready for pick-up on Palm Sunday.

+ **PHILOPTOCHOS "FILL THE BAG" PROJECT-** We will be assembling bags for the Annunciation Feed the Hungry Program on Saturday, April 16. We are asking for donations of Men's white crew socks (size 10-13), Boxes of Band-Aids (60 Count), Granola Bars, Chapsticks, and bags of Hard Candies. Monetary donations are also welcome. Make checks to: Ascension Philoptochos and mark "Lenten Project/Chapter Challenge" in the memo. All donations are needed by April 11th. You may contact Kathie Rutkowski @847-421-8267 with questions.

+ **"FEED THE HUNGRY" PROGRAM @ ANNUNCIATION CATHEDRAL** - Our Philoptochos will "Feed the Hungry" on Tuesday, April 26th at the Annunciation Cathedral in Chicago. We are planning to feed 175+ hungry men and women, most of whom are homeless. Please contact Kathie Rutkowski @ 847-421-8267, to volunteer or donate. Philoptochos will also be distributing the filled bags from the "Fill the Bag" program to everyone being fed that day.

+ **THE EASTER BAKE SALE WILL BE HERE APRIL 23rd & 24th!** The Easter Bake Sale will be here April 23rd & 24th! Sale items include koulouria, kourabiedes, melomakarona, baklava, karithopita, tsoureki, and Greek egg dye. Pre-order so we don't run out of your favorites! Fill out an order form and turn it in after church today. Pre-orders will be accepted until April 17th and will be available for pickup following the Saturday of Lazarus service on Saturday, April 23rd and the Palm Sunday service on April 24th. Questions? Contact Debbie Katsulis 847-573-8233, [debrakatsulis@yahoo.com](mailto:debrakatsulis@yahoo.com) or Patricia Filley 312-320-4062, [pfilley@sbcglobal.net](mailto:pfilley@sbcglobal.net).

+ **MARTYRS FOR CHRIST**, an ecumenical prayer service offering intercessory prayers for the Holy Martyrs of the Armenian Genocide will take place at Assumption Greek Orthodox Church in Chicago, on April 16. The service and musical program begins at 3 p.m., with a reception to follow. Contact Assumption for more info: (773) 626-3114.

+ **AN EVENING WITH EIKONA, a three-sister ensemble**, will take place on Saturday, April 16 at 7:30 p.m. at St. Demetrios Church in Elmhurst. The event will feature Byzantine-styled hymns and contemporary Christian music sung by these sisters known throughout the world for their talent. For reservations, please call: 630.834.7010.

+ **FAITH AND JOY LENTEN MINI-RETREAT:** Please join us on Friday, April 22nd from 6:30 - 8:30 p.m. at Ascension for our Lenten Mini-Retreat where K-5th graders will be "journeying" through Holy Week. We will discuss each evening of Holy Week starting from when Christ raised Lazarus all the way through His triumphant Resurrection. Children will actively participate through hands-on lessons, crafts, and hymns. There is no cost for the retreat, but a free-will offering is appreciated for craft materials. Please RSVP to [faithjoyascension@gmail.com](mailto:faithjoyascension@gmail.com) to reserve your child's spot.

### PRAYER REQUESTS FOR HEALTH

+ **PLEASE INCLUDE IN YOUR PERSONAL PRAYERS** the servants of God: Georgia, John, Eleni, George, Nicholas, Christine, Louise, John, Anastasia, Stella, Mitchell, Joanne, Panagiotis, Christina, Helen, James, Sophia, Connie