

Resurrectional Apolytikion in the Plagal First Mode

Let us worship the Word, O ye faithful, praising Him that with the Father and the Spirit is co-beginningless God, Who was born of a pure Virgin that we all be saved; for He was pleased to mount the Cross in the flesh that He assumed, accepting thus to endure death. And by His glorious rising, He also willed to resurrect the dead.

Apolytikion for Eudocimus of Cappadocia in the Fourth Mode

The One that hath called thee from the earth to Heaven to dwell * preserveth thy body uncorrupted after thy death, O saintly Eudocimus; * for in living modestly and chastely, O blest one, * thou didst keep thy flesh free of all stain and defilement; * with boldness, therefore, pray unto Christ that we may all 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.

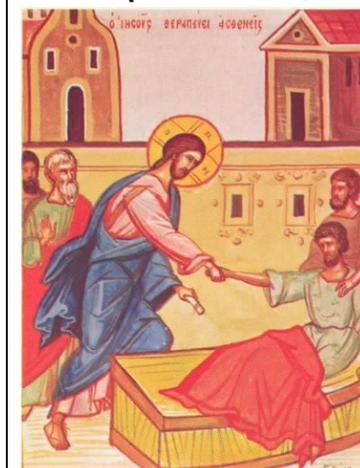
Seasonal Kontakion in the Grave Mode

You were transfigured upon the mount, O Christ our God, and Your disciples, in so far as they could bear, beheld Your glory. Thus, when they see You crucified, they may understand Your voluntary passion, and proclaim to the world that You are truly the effulgence of the Father.

The reading is from St. Paul's Letter to the Romans 12:6-14.

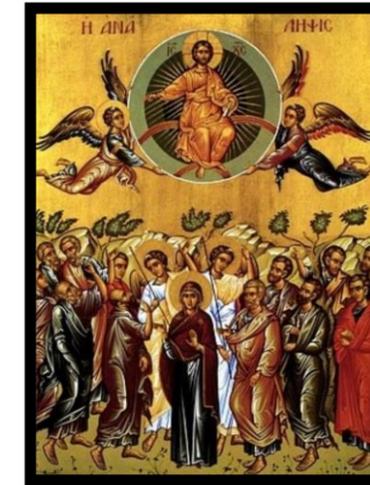
BRETHREN, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

The Gospel of Matthew 9:1-8



At that time, getting into a boat Jesus crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This Man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" He then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

Ascension of Our Lord Greek Orthodox Church



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WEEKLY PARISH BULLETIN July 31 – August 7

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.

Spiritual Reflection

“Rejoice at every opportunity of showing kindness to your neighbor as a true Christian who strives to store up as many good works as possible, especially the treasures of love. Do not rejoice when others show you kindness and love – consider yourself unworthy of it; but rejoice when an occasion presents itself for you to show love. Show love simply, without any deviation into cunning thoughts, without any trivial, worldly, covetous calculations, remembering that love is God Himself. Remember that He sees all your ways, sees all the thoughts and movements of your heart.”

Saint John of Kronstadt, My Life in Christ

Weekly Calendar

Sunday	July 31	6th Sunday of Matthew
8:15 a.m.	Orthros	
9:30 a.m.	Divine Liturgy	Memorial for the Souls of the Servants of God Michael Diveris (18 years) and Mary Diveris (20 years) Mid-Summer Hot Dog and Ice-Cream Social for Sunday Church School hosted by Koinonia Men's Ministry
Monday	August 1	Dormition Fast Begins
7 p.m.	Small Paraklesis	
Tuesday	August 2	
7 p.m.	Great Paraklesis	
Wednesday	August 3	
7 p.m.	Small Paraklesis	
Thursday	August 4	
7 p.m.	Great Paraklesis	
Friday	August 5	
7 p.m.	Great Vespers @ Transfiguration Monastery, Harvard, IL	
Saturday	August 6	Transfiguration of Our Lord
8 a.m.	Orthros	Fish is permitted today
9 a.m.	Divine Liturgy	
Sunday	August 7	7th Sunday of Matthew
8:15 a.m.	Orthros	
9:30 a.m.	Divine Liturgy	

Holy Communion Etiquette

- + If you are either baptized and/or confirmed as an Orthodox Christian and have spiritually prepared to receive Holy Communion, please come up with reverence and humility, row by row, and depart as directed by the ushers. Please remain in your rows until an usher indicates your row should move forward. If you are standing in the back of the nave, please wait until an usher directs you.
- + Prior to receiving Holy Communion, you may read the *Prayers Before Receiving Holy Communion* on page 37 in the Divine Liturgy book found in the pew. Following Holy Communion, it is customary for the faithful to silently recite the *Prayers of Thanksgiving*, on page 55.
- + In receiving Communion, you should place the cloth under your chin, recite your CHRISTIAN NAME, and wipe your mouth after receiving. If you are wearing lipstick please remove it prior to receiving Communion.
- + Whether you are an Orthodox Christian or not, please come forward at the dismissal to receive the blessed bread which is offered to everyone who worships with us. May the blessings of Christ be with you.

Our Sunday Volunteers

Prospora: Sophie Beris & Patricia Filley
Epistle Reader: Elaine Simos
Ushers: UIC Tom Kiriakos, Peter Venetos, Harold Anagnos, Nick Marino, Carol Stamas, Bob Mantzoros, David Rutkowski

Prayer Requests for Health

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

Condolences

OUR PRAYERS THIS MORNING are for the souls of the servants of God, Michael Diveris and Mary Diveris, beloved parents of Dr. Aristides (Amelia) Diveris. May their memory be eternal.

Announcements

- + **OUR SYMPATHIES** to Tom (Mary) Gough and his family on the death of his sister, Linda Adams, who recently fell asleep in the Lord. The funeral took place at the Orthodox Church of the Annunciation Milwaukee, OR. May her memory be eternal.
- + **JOIN US TODAY AFTER LITURGY FOR A MID-SUMMER SOCIAL!** The Koinonia Men's Ministry invites you to a mid-summer fellowship lunch after Liturgy today in honor of all past, present and future Sunday Church School students and their families.
- + **FAST OF THEOTOKOS** begins tomorrow, August 1st. Please see the enclosed flyer listing the service schedule and an opportunity to receive the Sacrament of Holy Unction on 8/12 during these Holy days of August. A strict fast is followed on most of the days (no meat, dairy, oil or wine), with the exceptions of fish on the Feast of the Transfiguration (Aug 6th). Oil and Wine are allowed on Saturdays and Sundays.
- + **REGISTRATION NOW OPEN** for Ascension's Sunday Church School and Greek School programs. Visit our website at www.ascensiongoc.com, or call the office for information and registration materials.
- + **SENIOR SYNAXIS LAKE GENEVA CRUISE:** Join Ascension's active Senior Synaxis ministry on Thursday, August 25th, when they travel by bus to Lake Geneva, WI, to enjoy lunch, a one-hour scenic boat tour of Lake Geneva, and a stop at the Mars Cheese castle on the way home! The bus departs Ascension at 10:30 a.m. and will return by 5 p.m. Please contact Elaine Beck at 847.367.5227 for more information, and to RSVP by tomorrow, Monday, August 1st.
- + **PROTECTION OF THE ENVIRONMENT:** Many years ago, our Ecumenical Patriarchate pronounced September 1st, the Feast of the Indiction and Ecclesiastical New Year, as a commemoration for the Protection of the Environment. Our Spiritual Shepherd, Metropolitan Iakovos, has determined that we shall celebrate this day together annually with the service of Great Vespers on the evening of August 31. The service will be held at Saints Peter & Paul Church of Glenview beginning at 7 pm.
- + **LABOR DAY FAMILY RETREAT:** Join other Orthodox families at the St. Iakovos Retreat Center in Wisconsin over Labor Day Weekend, September 2 – 4, for a fun-filled time reconnecting with family and reconnecting with God. Retreat Leader Fr. Andrew Kearns will present workshops on the theme *Sacred Space, Sacred Time: Cultivating Orthodox Families*. Children's workshops will also be provided, as well as childcare for babies. Find more information and register online at www.GOCFamilySynaxis.org; or, email Chicago.Family.Synaxis@gmail.com. Register by Aug. 17 for the best rate.
- + **SAVE THE DATE: ASCENSION'S ANNUAL FAMILY PICNIC** will take place on Sunday, September 11th, immediately following Liturgy. This year, the picnic will take place on the grounds of Banner Camp, just north of the Church. Don't miss this wonderful way to kick off the new Ecclesiastical Year with parish family & friends, while enjoying the delicious menu served by our hosts, the Koinonia Men's Ministry.
- + **UPCOMING GREEK FESTIVALS:** Support our local Metropolis Churches and celebrate summer Greek-style!
August 19 – 21: St. Demetrios, Chicago
August 19 – 21: SS. Constantine & Helen, Palos Hills
Sept. 3 – 5: Hellenic American Academy, Deerfield
Sept. 9 – 11: SS. Athanasios & John, Chicago