

### Resurrectional Apolytikion in the First Mode

When the stone had been sealed by the Jews and the soldiers were guarding Thine immaculate Body, Thou didst arise on the third day, O Saviour, granting life unto the world. Wherefore, the powers of the Heavens cried out to Thee, O Lifegiver: Glory to Thy Resurrection, O Christ. Glory to Thy Kingdom. Glory to Thy dispensation, O only Friend of man.

### Apolytikion for Sun. of Orthodoxy in the Second Mode

We worship Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ our God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from slavery to the enemy those whom Thou hadst fashioned. Wherefore, we cry to Thee thankfully: Thou didst fill all things with joy, O our Saviour, when Thou camest to save the world.

### 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 λυτρωτῆς 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 11:24-26, 32-40.

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

### The Gospel of John 1:43-51

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

## Ascension of Our Lord Greek Orthodox Church



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### WEEKLY PARISH BULLETIN

**March 20 - 27, 2016**

**Prospora:**

Provided by bakers who offered prospora for Saturday of Souls

**FOS Ministry Greeters:**

The Saric Family

**Epistle Reader:**

Nick Gatsis

**Ushers:**

**Peter Venetos**, Mike Sutherland, Steve Demet, Steve Sintetas,  
Tom Kiriakos, Mia Connolly

**SPIRITUAL REFLECTION** –“*Grumbling is caused by misery and it can be put aside by doxology (giving praise). Grumbling begets grumbling and doxology begets doxology. When someone doesn't grumble over a problem troubling him, but rather praises God, then the devil gets frustrated and goes off to someone else who grumbles, in order to cause everything to go even worse for him. You see, the more one grumbles, the more one falls into ruin. Sometimes the devil deceives us and makes us unable to be pleased with anything; however, one can celebrate all things in a spiritual manner, with doxology, and secure God's constant blessing.*”

**Ascension of Our Lord Greek Orthodox Church**  
**March 20 - 27, 2016**

<b>Sunday</b>	<b>March 20</b>	<b>Sunday of Orthodoxy</b>
8:15 a.m.	Orthros	
9:15 a.m.	Sunday Church School	
9:30 a.m.	Divine Liturgy followed by Procession of Icons	
	40-day blessing for the daughter of Dean & Denise Karousos	
6 p.m.	Triumph of Orthodoxy Pan-Orthodox Vespers @ St. Demetrios Church, Elmhurst	
<b>Tuesday</b>	<b>March 22</b>	
4:45 p.m.	Greek School Independence Day Program	
<b>Wednesday</b>	<b>March 23</b>	
10 a.m.	HOPE	
5:30 p.m.	9 <sup>th</sup> Hour and Pre-Sanctified Liturgy	
	Lenten Supper hosted by Parish Council   Lecture Series featuring Fr. Treantafeles	
<b>Thursday</b>	<b>March 24</b>	
6:15 p.m.	Adult Beginner Greek School	
7:45 p.m.	Adult Intermediate/Advanced Greek School	
7 p.m.	Great Vespers @ Annunciation Cathedral, Chicago	
<b>Friday</b>	<b>March 25</b>	<b>Annunciation</b>
8:15 a.m.	Orthros	
9:15 a.m.	Divine Liturgy followed by Doxology	
7 p.m.	2 <sup>nd</sup> Salutations to the Theotokos	
<b>Saturday</b>	<b>March 26</b>	
5 p.m.	Vespers	
<b>Sunday</b>	<b>March 27</b>	<b>Sunday of St. Gregory Palamas</b>
8:15 a.m.	Orthros	
9:30 a.m.	Divine Liturgy	
6:30 p.m.	Celebration of Books @ Holy Apostles Church, Westchester	

**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.

+ **OUR CONDOLENCES** to Robert Gremley, whose beloved wife, Mary Gremley, fell asleep in the Lord this week. Her funeral took place at Ascension this past Wednesday. May her memory be eternal.

+ **WE ALSO EXTEND OUR SYMPATHIES TO** John Pantazis, whose beloved wife, Helena Pantazis, fell asleep in the Lord on March 13, 2016. Her visitation will take place on Monday, March 21, 2016, at St. Patrick's Roman Catholic Church (991 S. Waukegan Road, Lake Forest) at 9:30 a.m. The funeral begins at 11 a.m. May her memory be eternal.

**CHURCH NEWS**

+ **A NOTE FROM THE MALAMIS FAMILY:** Thank you to everyone who participated in hosting our sprinkle shower last Sunday! We were touched and overwhelmed by your generosity, thoughtfulness and love! Thank you for everything and we can't wait for Baby Malamis to meet you all!

+ With much Love in Christ, Fr. Sotiri, Presvytera Stefanie, Maria & Niko.

+ **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, 3/23, AFTER THE PRE-SANCTIFIED LITURGY** our Lenten Lecture Series continues with Fr. Treantafeles' presentation, entitled: *"Inspecting Our Inner World Amidst A World in Crisis."* Please join us to hear our very own beloved "Father T" share his passionate wisdom.

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

+ **HOSPITAL CALLS, NURSING HOME & HOME-BOUND PARISHIONER VISITS.** If you know someone who is hospitalized, in a nursing home or is home-bound, and they would like Fr. Sotiri to visit them, please contact our office.

+ **CHURCH RIDE SHARING:** Do you need a ride to church or are you able to provide a ride for someone else? Philoptochos can help facilitate a match between drivers and riders so everyone who would like to attend church or church meetings is able. Contact Annette Sutherland (847-224-7126/[amsuther@comcast.net](mailto:amsuther@comcast.net)) to sign up. Thank you!

+ **ASCENSION'S GREEK SCHOOL INVITES YOU** to this Tuesday's *Celebration of Greek Independence Day* program, which begins at 5 p.m. Our students look forward to performing songs, skits, poems and dances in honor of the March 25<sup>th</sup> commemoration.

+ **SUNDAY CHURCH SCHOOL REMINDERS:** OCMC Coin boxes were distributed last week. Please encourage your children to collect and donate change, a true act of almsgiving during this Lenten season. Also, please note that SCS does not meet next week, 3/27, due to spring break.

+ **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).

+ **ASCENSION IS ON SOCIAL MEDIA!** Please be sure to visit our Facebook page ([www.facebook.com/AscensionGOC](http://www.facebook.com/AscensionGOC)) and our *new* Twitter account ([@Ascension\\_GOC](https://twitter.com/Ascension_GOC)) for events, news, and photos from our parish and metropolis, as well as other relevant and interesting Orthodox-related content.

+ **"LOVING YOUR NEIGHBOR: SPEAKING TO OTHERS ABOUT ORTHODOXY"** On March 26 @ 10 a.m., St. Basil's in Chicago will feature this presentation by Fr. Dustin Lyon, of Prophet Elias Greek Orthodox Church in Dubuque, IA. Fr. Dustin will be offering some easy, informal ways to discuss our Faith with non-Orthodox people in our lives.

+ **LENTEN RETREAT: HUMILITY: THE KEY TO THE KINGDOM** The Metropolis of Chicago Philoptochos invites you to participate in this spiritually uplifting, informative, and enlightening program to be held on March 26th at Holy Cross Greek Orthodox Church, Justice, IL. Please see Carol Stamas with any questions.

+ **CELEBRATION OF BOOKS** – The annual celebration of books will once again take place at Holy Apostles Church in Westchester, on Sunday, March 27<sup>th</sup> – Thursday, March 31<sup>st</sup>. This year's keynote speakers will be Dr. Lewis Patsavos and Rev. Dr. George Dokos. For more information, visit: [www.holyapostleschurch.com](http://www.holyapostleschurch.com)

+ **A WONDERFUL FAMILY LENTEN OPPORTUNITY IS OPEN TO US** on April 2<sup>nd</sup> at the Metropolis of Chicago Family Synaxis Retreat, which will be held from 8:30 a.m. to 5 p.m. at St. Spyridon Church in Palos Heights. This year's theme is: *Family Forgiveness*. Visit [www.gocfamilysynaxis.org](http://www.gocfamilysynaxis.org) to register by the early-bird deadline of 3/23.

+ **SAVE THE DATE FOR THE PARISH ORATORICAL FESTIVAL**, which will be held Monday evening, April 4<sup>th</sup>. If you are in 7<sup>th</sup> – 12<sup>th</sup> grade, you are encouraged to participate in this program. All of the details are on the Youth Pages of our website. For more information, contact Dr. Dean Tsarwhas at [tsarwhas1@gmail.com](mailto:tsarwhas1@gmail.com)

**PRAYER REQUESTS FOR HEALTH**

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