

### Resurrectional Apolytikion in the Second Mode

When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou didst also raise the dead out of the nethermost depths, all the powers in the Heavens cried out: O Life-giver, Christ our God, 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.

### 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, Χριστὲ 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 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 27 – April 3, 2016**

**Prosphora:**

Elaine Metropoulos & Mary Karahalios

**FOS Ministry Greeters:**

Mary & Gust Gatsis

**Epistle Reader:**

Paul Lillios

**Ushers:**

**David Rutkowski**, Peter Venetos, Tom Kiriakos, Diane Sigalos,  
Kathie Rutkowski

**SPIRITUAL REFLECTION** – *“To those who respect and worship Him, and who love and keep His commands, He promises and gives the heavenly kingdom and perpetual and painless life, and life immortal, and unsetting light to enjoy.”*

From the writings of St. Gregory Palamas

## Ascension of Our Lord Greek Orthodox Church

March 27 – April 3, 2016

<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	40-day blessing for the daughter of Jonathan & Angeliki Uvaldo
6:30 p.m.		Celebration of Books @ Holy Apostles Church, Westchester (through Thursday 3/31)
<b>Monday</b>	<b>March 28</b>	
5 p.m.	Great Compline	
<b>Tuesday</b>	<b>March 29</b>	
7 p.m.	Construction Committee Meeting	
<b>Wednesday</b>	<b>March 30</b>	
10 a.m.	HOPE	
5:30 p.m.	9 <sup>th</sup> Hour and Pre-Sanctified Liturgy	Lenten Supper hosted by Greek School   Lecture Series featuring Rev. Deacon Alexander Koranda
<b>Thursday</b>	<b>March 31</b>	
8:15 a.m.	Senior Synaxis Trip to Field Museum	
6:15 p.m.	Adult Beginner Greek School	
7:45 p.m.	Adult Intermediate/Advanced Greek School	
<b>Friday</b>	<b>April 1</b>	
7 p.m.	3 <sup>rd</sup> Salutations to the Theotokos	
<b>Saturday</b>	<b>April 2</b>	
8:30 a.m.	Family Synaxis Retreat @ St. Spyridon Church	
<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	
7 p.m.	Solemn Vespers hosted by our Parish	

### 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

+ **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, 3/30, AFTER THE PRE-SANCTIFIED LITURGY** our Lenten Lecture Series will focus on St. John Maximovitch and we welcome as our speaker Rev. Deacon Alexander Koranda from the Orthodox Church of America. As an added blessing, we will have the opportunity to venerate a piece of the Saints holy robe.

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

+ **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!

+ **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** again for Holy Week. If you are interested in participating, please contact Georgia Mitchell, [viayjagsm13@aol.com](mailto:viayjagsm13@aol.com). Rehearsals will begin very soon.

+ **THE EASTER BAKE SALE WILL BE HERE APRIL 23rd & 24th!** Sale items include koulouria, kourabiedes, melomakarona, baklava, karithopita, tsourekis, and Greek egg dye. Pre-order so we don't run out of your favorites! Pre-orders will be accepted April 3-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, [pfillee@sbcglobal.net](mailto:pfillee@sbcglobal.net).

+ **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**) for events, news, and photos from our parish and metropolis, as well as other relevant and interesting Orthodox-related content.

+ **CELEBRATION OF BOOKS** – The annual celebration of books begins this evening at Holy Apostles Church in Westchester and runs through 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)

+ **THE FAMILY SYNAXIS RETREAT TAKES PLACE NEXT SATURDAY, APRIL 2<sup>nd</sup>** from 8:30 a.m. to 5 p.m. at St. Spyridon Church in Palos Heights. This year’s theme is: *Family Forgiveness*. For more info: [www.gocfamilysynaxis.org](http://www.gocfamilysynaxis.org)

+ **ASCENSION IS HOSTING THE METROPOLIS OF CHICAGO SOLEMN VESPERS NEXT SUNDAY, APRIL 3<sup>rd</sup>** 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.

+ **ATTENTION 7<sup>th</sup>-12<sup>th</sup> GRADERS: YOUR SUBMISSIONS FOR THE PARISH ORATORICAL FESTIVAL** are due this Friday, 4/1. We invite the Parish to join us on Monday evening, April 4<sup>th</sup>, when our upper elementary and high school students will share their icons, essays, poems and/or presentations about the Orthodox Faith. For more information, contact Dr. Dean Tsarwhas at [tsarwhas1@gmail.com](mailto:tsarwhas1@gmail.com), or visit the Youth Pages of our website.

+ **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.

+ **JR. OLYMPICS MEMORIAL DAY WEEKEND:** Team Ascension is recruiting players and coaches! Interested? Fill out the insert and leave it in the Church office; or, contact Esther Tegel at [etegel2@gmail.com](mailto:etegel2@gmail.com).

### 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