

Hymns and Holy Scripture Readings

Apolytikion of Great and Holy Pascha in the Plagal First Mode

Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs He has granted life.

Apolytikion for Thomas Sun. in the Grave Mode

Whilst the tomb was sealed, Thou, O Life, didst shine forth from the grave, O Christ God; and whilst the doors were shut, Thou didst come unto Thy disciples, O Resurrection of all, renewing through them an upright Spirit in us according to Thy great mercy.

Apolytikion for John the Theologian in the Second Mode

O Apostle, beloved of Christ our God, hasten to deliver a defenseless people. He that allowed thee to recline on His breast, receiveth thee bowing in intercession. Implore Him, O Theologian, to dispel the persistent cloud of the heathen, and ask for us His peace and great mercy.

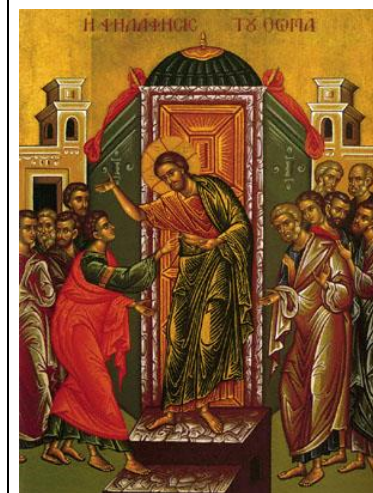
Seasonal Kontakion in the Plagal Fourth Mode

Though You went down into the tomb, You destroyed Hades' power, and You rose the victor, Christ God, saying to the myrrh-bearing women, "Hail!" and granting peace to Your disciples, You who raise up the fallen.

The reading is from St. John's First Universal Letter 1: 1-7.

THAT WHICH WAS from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon and touched with our hands, concerning the word of life - the life was made manifest, and we saw it, and testify to it, and proclaim to You the eternal life which was with the Father and was made manifest to us - that which we have seen and heard we proclaim also to You, so that You may have fellowship with us; and our fellowship is with the Father and with his Son Jesus Christ. And we are writing this that our joy may be complete. This is the message we have heard from Him and proclaim to you, that God is light and in Him is no darkness at all. If we say we have fellowship with Him while we walk in darkness, we lie and do not live according to the truth; but if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.

The Gospel of John 20:19-31



On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them: "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them: "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him: "We have seen the Lord." But he said to them: "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said: "Peace be with you." Then He said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to Him: "Have you believed because you have seen me? Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.

Resurrection Hymn

Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs, He has granted life.

Χριστός ανέστη εκ νεκρών, θανάτω θάνατον πατήσας, και τοις εν τοις μνήμασι ζωήν χαρισάμενος.

Christos anesti eknekron, thanato thanaton patisas, ke tis en tis mnimasi, zoin charisamenos.

Ascension of Our Lord Greek Orthodox Church



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WEEKLY PARISH BULLETIN May 8 – 15

Χριστός Ανέστη! Αληθώς Ανέστη!
Christ is Risen! Truly He is Risen!

Happy Mother's Day!

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

"The Lord stoops to the level even of our feeble understanding. He works a miracle of His invisible power in order to satisfy the doubts of unbelieving minds."

St. Hilary of Poitiers

Weekly Calendar

Sunday 8:15 a.m. 9:15 a.m. 9:30 a.m.	May 8 Orthros Sunday Church School Divine Liturgy Coffee Fellowship hosted by Koinonia Men's Ministry and GOYA in honor of Mother's Day	Sunday of Thomas
Monday 5:30 p.m.	May 9 JOY, Jr. GOYA and GOYA visit the Greek American Rehab Center	
Tuesday 4:45 p.m.	May 10 Clergy Retreat through Thursday, 5/12 Greek School	
Thursday 6:15 p.m. 7:45 p.m.	May 12 Adult Beginner Greek School Adult Intermediate/Advanced Greek School	
Friday 6:30 p.m.	May 13 FAITH/JOY	
Saturday 5 p.m.	May 14 Vespers	
Sunday 8:15 a.m. 9:15 a.m. 9:30 a.m.	May 15 Orthros Sunday Church School Divine Liturgy Coffee Fellowship General Assembly	Sunday of The Myrrh Bearers

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.
- + 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.
- + 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.
- + Whether or not you are an Orthodox Christian, 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: Maria Karahalios & Elaine Metropoulos
FOS Ministry Greeters: Elaine & Harry Metropoulos
Epistle Reader: Katherine Schreiber
Ushers: UIC Carol Stamas, Doug Hugdahl, Harold Anagnos, Mike Sutherland, Bob Mantzoros, Mia Connolly

Condolences

Our condolences to Tom (Valerie) Papastefan on the death of his beloved aunt, Callie Panagiotou, who recently fell asleep in the Lord. May her memory be eternal.

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, Vasilius



DO YOU KNOW why we don't kneel between the Feast Days of Pascha and Pentecost? To answer this, let's find out why we kneel at all. Kneeling, bowing and prostrations were conducted even in the Old Testament as a sign of deep prayer, repentance, lamentation and devout respect and worship. Even Jesus knelt before His Passion in the Garden of Gethsemane (Matthew 26:29). According to a canon by the First Ecumenical Council, we are not to kneel between Pascha and Pentecost because of the "brilliant solemnity of the events which the Church commemorates" after Christ's Resurrection. We celebrate His third day Resurrection and therefore do not need to lament. St. Basil teaches us that by standing, we are reminded that we have risen from the dead together with Christ and we ought to seek the things above. Of course, the same prayers are said with reverence and fervor during this most Holy Consecration portion of the Liturgy. (Source: *Orthodox Christian Information Center*)

Announcements

- + **CHRISTOS ANESTI! MAY OUR RISEN LORD** continue to bless Ascension of Our Lord and each and every member of our Parish. We thank you most sincerely for all of your monetary donations as well as the contributions of time and creative talent you gave to our beloved Ascension throughout Great Lent and Holy Week.
- + **THE GENERAL ASSEMBLY MEETING WILL TAKE PLACE NEXT SUNDAY, MAY 15th.** Please mark your calendars and plan to attend this important meeting immediately following the Divine Liturgy. Visit the website to view the important agenda.
- + **CAPITAL CAMPAIGN GOAL PROGRESS REPORT.** There will be progress charts displayed in the Narthex, which will be updated with current information periodically. We have a goal to be reached, and it cannot be reached without full participation and commitment from the entire Parish at every donor level. Even if you have pledged in the prior 2007 campaign, we ask that you submit a new 2016 pledge card, confirming the 2007 information. Once all pledge cards have been submitted to the Church office, we will then be better able to measure the progress of our campaign and determine our subsequent actions for completion of the campaign and attainment of our goal. We understand that this is a serious family commitment, but we ask that you look into your hearts and make a pledge to the best of your ability. Please contact Fr. Sotiri at the Church office at 847.482.1200, or by email at frsotirios@ascensiongoc.com
- + **JR. OLYMPICS REGISTRATION FORMS NEEDED TODAY!** Jr. Olympics takes place this Memorial Day weekend and registration forms, signed by parents and participants, are needed today in order to meet the Diocese deadline. Please stop by the table after Liturgy to drop off your forms. (Blank forms will be available if needed.) Also, the same neon yellow shirts will be worn this year. If you or your child need to order a shirt, please email or speak to Esther Tegel, etegel2@gmail.com. More information is available on our website.
- + **OCMC COIN BOXES:** Sunday Church School: Please don't forget to return your Coin Box as soon as possible.
- + **THE JOY/JR. GOYA AND GOYA VISITATION TO THE GREEK AMERICAN REHABILITATION CENTER** will take place tomorrow, Monday, May 9th. We will gather on the first floor at 5:30 p.m. and visit the residents singing "Christos Anesti", followed by a fellowship dinner.
- + **THE BAKE SALE COMMITTEE WOULD LIKE TO THANK** all of our dedicated bakers and volunteers for making this year's bake sale a success. We greatly appreciate your time and talents! We also thank the congregation for their continued loving support of our efforts.
- + **THE PHILOPTOCHOS PHILANTHROPY COMMITTEE** wishes to thank everyone who donated various items and made monetary donations for our annual "Fill the Bag" Lenten project. On Saturday, April 16th, with the generous effort of members of Philoptochos, 150 bags were filled and then distributed at the "Feed the Hungry" event.
- + **"FEED THE HUNGRY" EVENT A SUCCESS** – On Holy Tuesday, April 26, Philoptochos hosted another successful "Feed the Hungry" program at Annunciation Cathedral in Chicago. We would like to thank the 12 women and men who volunteered to serve and clean up, as well as underwrite the food expenses again this year. We extend a special "thank you" to the Demet family and Grazziano's restaurant for donating the prepared pasta and meat dishes that fed more than 150 hungry people. Your generosity of time, talents and treasures makes this worthwhile event possible every year.
- + **THE ST. DEMETRIOS SPRING GREEK FEST** takes place on May 14th and 15th from noon-8 in the Church Hall, 1400 N. O'Plaine Rd., Libertyville. Enjoy traditional Greek cuisine and homemade Greek pastries. For more information, call St. Demetrios at 224.513-5530.
- + **2016 ASCENSION GOLF OUTING:** The Koinonia Men's Ministry will be hosting the annual Ascension Golf Outing and Family Dinner on Friday, June 24th, at the Deerfield Golf Course. Please go to the Men's Ministry webpage @ www.ascensiongoc.com to register.
- + **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/amsutherland@comcast.net) to sign up. Thank you!
- + **WEEKLY "SANCTUARY VIGIL LIGHT" DONATIONS** may be offered for the health of individuals, family members or in memory of departed loved ones. A \$75.00 donation for each week's vigil lights is requested. Names will be acknowledged in the Sunday Bulletin. Call the Church Office to reserve your week.