

## Hymns and Holy Scripture Readings

### Resurrectional Apolytikion in the Fourth Mode

Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

### Apolytikion for Afterfeast 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 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, 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.

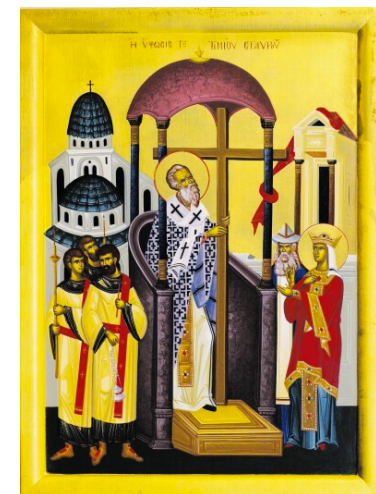
### Seasonal Kontakion in the Fourth Mode

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.

### The reading is from St. Paul's Letter to the Galatians 2:16-20.

BRETHREN, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

### 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 September 18 - 25

### 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

*"In everything we do, we need to be careful what we say and how we say it. Our thoughts should always be focused on how we can please God. And we should want nothing more than we want Him. We shouldn't be in a hurry to judge what other people say and do and we shouldn't interfere in issues that are none of our business."*

+ Elder Cleopa Ilie

## Weekly Calendar

<b>Sunday</b>	<b>September 18</b>	<b>Sunday After the Holy Cross</b>
8:15 a.m.	Orthros	Ministry Sunday
9:15 a.m.	Sunday Church School	
9:30 a.m.	Divine Liturgy	
	Overview of Ascension Ministries	
	Coffee Fellowship hosted by the Parish Council	
<b>Monday</b>	<b>September 19</b>	
5:45 p.m.	JOY/Jr. GOYA	
7:30 p.m.	GOYA	
<b>Tuesday</b>	<b>September 20</b>	
10 a.m.	Clergy Syndesmos at Assumption, Homer Glen	
4:45 p.m.	Greek School	
7 p.m.	Parish Council Meeting	
<b>Wednesday</b>	<b>September 21</b>	
10 a.m.	HOPE Ministry	
6:30 p.m.	Paraklesis	
<b>Thursday</b>	<b>September 22</b>	
10 a.m.	Fr. Sotiri serving Liturgy at the Greek Amer. Rehab Center	
6:15 p.m.	Adult Beginner Greek School	
7 p.m.	Philoptochos Kick-Off Meeting @ Church	
7:45 p.m.	Adult Intermediate/Advanced Greek School	
<b>Saturday</b>	<b>September 24</b>	
11 a.m.	Metropolis Philoptochos Luncheon @ The Carlisle	
5 p.m.	Vespers	
<b>Sunday</b>	<b>September 25</b>	<b>1<sup>st</sup> Sunday of Luke</b>
8:15 a.m.	Orthros	
9:15 a.m.	Sunday Church School (Open House, Pre-K, 4 <sup>th</sup> Grade)	
9:30 a.m.	Divine Liturgy	
	Memorial for the Soul of the Servant of God, Nicholas Tsimouris (40 days)	
	Coffee Fellowship	

## Our Sunday Volunteers

**Prospora:** Patricia Filley & Mary Greub  
**Epistle Reader:** Thomas Poulakidas  
**Ministry Greeters:** Elaine & Harry Metropoulos  
**Ushers:** UIC Nick Marino, David Rutkowski, Kathie Rutkowski, Steve Sintetas, Carol Stamas, Mike Sutherland

## Prayer Requests for Health

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

## 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, we will recite together the *Prayers Before Receiving Holy Communion* on page 61 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 73.
- + 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.

## Announcements

- + **IT WAS A "BANNER" DAY LAST SUNDAY** at Ascension's 3<sup>rd</sup> annual Parish Family Picnic hosted by the Koinonia Men's Ministry and held at Banner Day Camp! We congratulate and warmly thank our Men's Ministry for the outstanding food, excellent execution and the warm family atmosphere they created for our Parish family. The entire day emulated the name of your ministry: Koinonia – fellowship and sharing in common communion with fellow Christians. Thank you!
- + **TODAY IS MINISTRY SUNDAY!** Stay tuned following the Divine Liturgy for an overview of all of the dynamic ministries in motion at Ascension. The new Ecclesiastical Year offers us all an opportunity to become truly engaged in the philanthropic, spiritual and energetic work we do as a parish family through our many flourishing ministries. Find out how you and your family can get plugged into our ministries. More information on each ministry, including registration materials, can also be found at [www.ascension.com](http://www.ascension.com). Leaders of each ministry will also be available after Church to provide additional information and answer your questions.
- + **SUNDAY CHURCH SCHOOL IS UNDERWAY AND WHAT A FANTASTIC FIRST DAY** we had last week! If you have not registered your child, please do so as soon as possible via the website. We would love your child to join this ministry and share in all of the excitement and learning that was displayed last week. Thank you to the Men's Koinonia for the very generous donations to our SCS Staff and ministry to help support our curriculum. **A special note:** SCS Open House is scheduled for Sunday, Oct. 2<sup>nd</sup> (Grades Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>-8<sup>th</sup>). Preschool and 4<sup>th</sup> Grade will hold their Open House next week, Sunday, Sept. 25<sup>th</sup>. Please note the change – further details will be emailed to you by your teacher.
- + **STEWARDSHIP IS OUR RESPONSE TO GOD'S GRACE** and moves us from grace to gratitude. We thank the 284 stewards who have pledged for 2016. If you have not pledged or fulfilled your pledge for 2016, please express your love to God and to the growth of our Parish Ministries today.
- + **ATTENTION MOMS/YIAYIAS AND LITTLE ONES!** HOPE ministry begins this Wednesday, Sept. 21 from 10 -11 a.m. Please join us for prayer, lesson and playtime! HOPE is for children, ages 40 days - 3 years old, and their parents and/or grandparents. Contact Presvytera with any questions [presstefanie@yahoo.com](mailto:presstefanie@yahoo.com).
- + **PHILOPTOCHOS KICK-OFF MEETING** will take place this Thursday, September 22nd from 7 – 9 p.m. at the Church. Join us for fellowship, food, fun and door prizes as we begin our 2016/17 journey "On Earth as it is in Heaven". RSVP to Anna Duros via email at [ascensionphilo@gmail.com](mailto:ascensionphilo@gmail.com) or by phone 847-918-1106.
- + **RECRUITING PARTICIPANTS FOR THE 5th ANNUAL POWER OF PHILOPTOCHOS ("POP") EVENT!** On October 2nd, Philoptochos will participate in the American Cancer Society's "Making Strides Against Breast Cancer" walk, which commences in Northbrook at 9 a.m. This event is part of our chapter's nationally recognized annual "POP initiative" in which we participate collaboratively with the Philoptochos chapters at St. John and SS Peter and Paul to raise money for breast cancer. Everyone is welcome to join us! For more information and to sign up, please see Marcia Moore and Vicki Douvlis after Liturgy.
- + **MARK YOUR CALENDAR THE ASCENSION LEGACY GALA**, a groundbreaking celebration and momentous event in the life of our church, will be held Saturday, February 4, 2017 at the Lincolnshire Marriott Resort. The exciting details will be revealed in coming weeks at [www.ascensiongoc.com/gala](http://www.ascensiongoc.com/gala). Want to get involved? Your help is appreciated. Contact co-chairs Marcia Moore ([Marcia.moore1780@gmail.com](mailto:Marcia.moore1780@gmail.com)) or Amy Tsarwhas ([tsarwhas@sbcglobal.net](mailto:tsarwhas@sbcglobal.net)).
- + **LOOK WHAT'S NEW IN THE PEW!** Thanks to generous donations from our parishioners, Ascension purchased new Liturgy books recently published with an updated English translation of the Divine Liturgy of St. John Chrysostom. In producing this book, The Holy Eparhial Synod of the Greek Orthodox Archdiocese of America sought to create a new English translation in order to foster greater Liturgical unity throughout our Archdiocese and enable parishioners to pray fervently in unison with the Clergy. You are encouraged to enhance your prayerful participation in the Divine Liturgy by using this book,. *Please note that the section typeset in a shaded box on p. 23, "The Prayers for the Catechumens", is read inaudibly by the priest. Also, we will continue to use the white card in the pew when reciting the Creed.*
- + **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/[ambsther@comcast.net](mailto:ambsther@comcast.net)) to sign up. Thank you!