

Resurrectional Apolytikion in the Plagal Second Mode

Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, 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.

Memorial Hymn

Remember, O Lord, as You are good, Your servant, and forgive every sin she has 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 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.

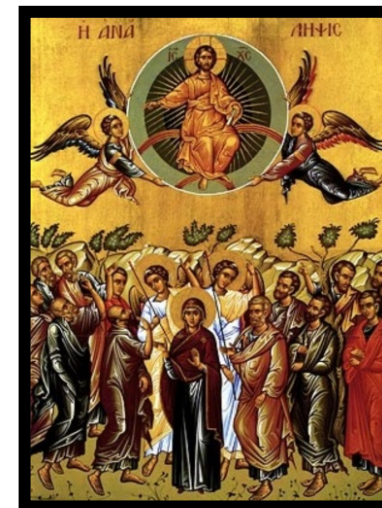
"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never 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 4 - 11, 2018

Welcome To Our Visitors

WELCOME TO THE ASCENSION PARISH. Your presence has brought us much joy. We hope your visit is 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

"Take up your bed. Carry the very mat that once carried you. Change places, so that what was the proof of your sickness may now give testimony to your soundness. Your bed of pain becomes the sign of healing, its very weight the measure of the strength that has been restored to you."

St. Peter Chrysologus

Weekly Calendar

Sunday	March 4	St. Gregory Palamas
8:15 a.m.	Orthros	
9:15 a.m.	Sunday Church School	
9:30 a.m.	Divine Liturgy	Memorial for the Soul of the Servant of God, Georgia Katz (3 months)
		Stewardship Presentation
		Coffee Fellowship hosted by The Men's Ministry
		Girls' Chanting Practice immediately following Liturgy
6:30 p.m.		<i>Celebration of Books</i> begins at Holy Apostles
Monday	March 5	
5 p.m.	Great Compline	
5:45 p.m.	JOY/Jr. GOYA	
7:30 p.m.	GOYA	
Tuesday	March 6	
4:45 p.m.	Greek School	
Wednesday	March 7	
10 a.m.	HOPE	
Thursday	March 8	
6:15 p.m.	Greek School Beginners/Advanced Beginners	
7:45 p.m.	Greek School Intermediate/Advanced (@ 1221 House)	
Friday	March 9	40 Holy Martyrs
Saturday	March 10	
8:30 a.m.	Metropolis Family Synaxis Lenten Retreat, St. Demetrios	
9 a.m.	Metropolis Philoptochos Lenten Retreat, Assumption	
7 p.m.	Great Vespers, Holy Cross Hellenic Orthodox Church, Justice	
Sunday	March 11	Sunday of the Holy Cross
8:15 a.m.	Orthros	<i>Daylights Savings Time</i>
9:15 a.m.	Sunday Church School	
9:30 a.m.	Divine Liturgy followed by Procession of the Cross	
	Philoptochos General Meeting following Liturgy	

Our Sunday Volunteers

Prospora: Mary Kakavas & Maria Karalis
Epistle Reader: Tom Kiriakos
Greeter: Julia Economy
Ushers: Bill Athenson (UIC), Carol Stamas, Peter Venetos, Doug Hugdahl, Nick Marino, Demetri Katsulis, Steve Sintetas

Prayer Requests for Health

PLEASE INCLUDE IN YOUR PERSONAL PRAYERS the servants of God: Eleni, George, Louise, Anastasia, Stella, Mitchell, Joanne, Panagiotis, Christina, Dee, Helen, Sophia, Connie, Janet, Anthony, Fred, Katerini, George, James, Theresa

Lenten Prayer of St. Ephraim the Syrian

O Lord and Master of my life!

Do not permit the spirit of laziness, curiosity, lust of power and idle talk to come into me.

Rather, grant me your servant, the spirit of chastity, humility, patience and love.

Yes, Lord and King! Grant me to see my own faults and not judge my brothers and sisters,

For You are blessed now and unto the ages of ages.

Amen.

Announcements

+ **WE WELCOME TO ASCENSION TODAY JERRY MINETOS, Founder and President of Orthodox Parish Development.** Mr. Minetos has two decades of experience working as a fundraising consultant to Orthodox parishes and organizations throughout the country. He will speak to us today about expanding the practical aspects of good stewardship in order to fruitfully use God's gifts of time, talent and treasure.

+ **ENTHRONEMENT RECEPTION:** Ascension has reserved tables at a luncheon reception which will be held at the Chicago Hilton at 1 p.m. following the March 24th enthronement of Metropolitan-Elect Nathanael. If you are interested in joining the Parish table, please call Renee in the Church office as soon as possible, and no later than March 8th. Reservations are \$125 each.

+ **CONFESSIONS:** Fr. Sotiri will hear confessions throughout Lent up until the week before Holy Week. Please call the Church office to make an appointment.

+ **CONSTRUCTION FUNDING UPDATE: The time has come! Please, if you have not yet contributed to the capital campaign fund, the time is now!** We are at a critical juncture and need to raise the final \$1.65M to build our new church. *Debt-free.* Every donation matters, no matter how big or small! We ask that you open your hearts, have a family discussion, and consider this unique opportunity to pledge. Our Donor Recognition Wall will forever profile each family donor's name and we want you to be a part of it. Please contact Fr. Sotirios at 847-482-1200, or email at frsotirios@ascensiongoc.com. We thank you in advance for your love to building *Our Church - Our Faith - Our Legacy.*

+ **FANARI CAMP REGISTRATION OPENS THIS TUESDAY March 6,** at 12 p.m. for children entering 6th grade through 11th grade in the fall of September 2018. For more info, go to <http://www.fanari.org/>.

+ **LENTEN FAMILY RETREAT:** Join other Orthodox families at St. Demetrios' Church in Chicago on Saturday, March 10 for a one day Lenten Retreat titled, Transforming our Baptismal Garments into the Armor of God. Registration is open through March 5th. Visit www.GOCFamilySynaxis.org for more information and to register.

+ **THE METROPOLIS OF CHICAGO PHILOPTOCHOS LENTEN RETREAT** takes place next Saturday, March 10th at Assumption Greek Orthodox Church, Chicago, beginning at 9 a.m. The title of the retreat is "The Body: Temple of the Holy Spirit – Raising Diabetes Awareness." For more information, contact Carol Stamas at 847.323.1796.

+ **THE NEXT PHILOPTOCHOS GENERAL MEETING will take place on Sunday, March 11th after Divine Liturgy.** Please stay for fellowship and updates on our upcoming events. Our Lenten Project will benefit Bernie's Book Bank, whose mission is to process and distribute quality new and almost new children's books among at risk children throughout Chicagoland. Please bring a children's book to the meeting or drop it off at the church house during the month of March. If you have not yet signed up as a Philoptochos member, Lent is the perfect time to join us in becoming 100 Strong!

+ **3RD ANNUAL LENTEN MINI-RETREAT:** Please join us for our 3rd Annual Lenten Mini-Retreat on Friday, March 16th from 6:00 – 8:30 p.m. at the house located at 1221 N. Riverwoods Road. The retreat is open to our youth in grades Pre-K – 5th. There is no cost for the retreat, but a free-will offering is appreciated for craft materials. A lenten dinner will be served. Our theme this year is PRAYER. As prayer is one of the three pillars of Great Lent, we will discuss the importance of it in our daily lives as we journey through this sacred Lenten period on our path to Christ. During the retreat our children will learn many different types of prayers, participate in hands-on lessons, sing hymns and make a special craft! Please RSVP to faithjoyascension@gmail.com to reserve your child's spot.

+ **ATTENTION 7th -12th GRADERS – ORATORICAL FESTIVAL:** Don't miss the opportunity to show your God-given talents as a writer, speaker and/or artist. The 2018 St. John Chrysostom Oratorical Festival is underway! If you are in 7th – 12th grade, you are encouraged to participate in this program, which gives you the opportunity to express your faith. Coinciding with Great Lent, this inspiring program will give you a unique opportunity for reflection during the Lenten journey. All of the details, including this year's interesting topics, can be found on the Youth Pages of our website.

+ **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.

Sunday of St. Gregory Palamas

On this Sunday of Lent we remember St. Gregory Palamas. St. Gregory was born into a noble family in Constantinople. He left all his wealth and prestige to pursue a life of prayer on Mt. Athos where he acquired great holiness beholding the uncreated light of God. Later, he became Archbishop of Thessalonica. St. Gregory defended the doctrine of the church that divine grace is uncreated. He also explained that we experience only this divine energy of God but not His essence, which is beyond understanding. The feast day of Saint Gregory Palamas is November 14, however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teachings by the Church in the 14th century was acclaimed as a second triumph of Orthodoxy.

Excerpt taken from "Coffee with a Little Stewardship" series by the Serbian Orthodox Church