

Resurrectional Apolytikion in the Second Mode

When You descended unto Death, O Lord, You who are immortal Life put Hades to death, by the lightning of Your divinity. And when You raised the dead from the netherworld, all the hosts of heaven sang aloud to You, "O Christ God, Giver of life, glory to You!"

Apolytikion for Sun. of the Holy Fathers in the Plagal Fourth Mode

Supremely blessed are You, O Christ our God. You established the holy Fathers upon the earth as beacons, and through them You have guided us all to the true Faith, O greatly merciful One, glory be to You.

Apolytikion of the Church in the Fourth Mode

You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world.

Ἀνελήφθης ἐν δόξῃ, Χριστέ ὁ Θεὸς ἡμῶν, χαροποιήσας τοὺς Μαθητάς, τῆ ἐπαγγελία τοῦ ἁγίου Πνεύματος· βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ὅτι σὺ εἶ ὁ Υἱὸς τοῦ Θεοῦ, ὁ λυτρωτὴς τοῦ κόσμου.

Apolytikion of St. Katherine (Protectress of our Chapel)

Let us praise and extol the all-lauded Bride of Christ,* the Protectress of Sinai, divine Saint Katherine,* as the one who gives aid and her assistance to us;* for she brilliantly suppressed the impious orators,*with the sword of the Spirit.* And being crowned as a martyr,* she asks that all receive the great mercy.

Seasonal Kontakion in the Second Mode

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

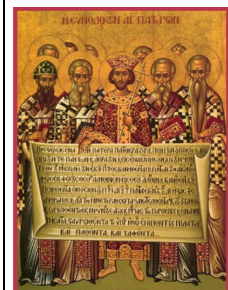
The reading is from St. Paul's Letter to Titus 3:8-15.

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

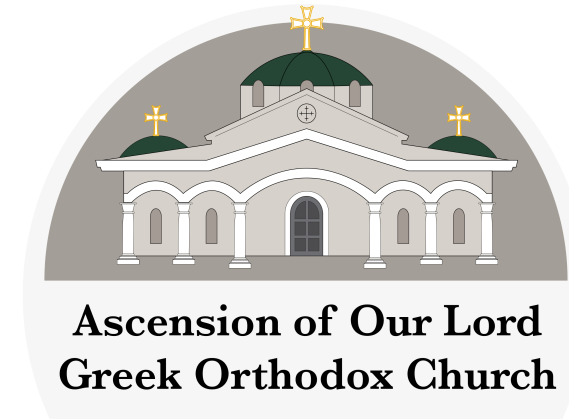
The Gospel of Matthew 5:14-19



The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

+ OUT OF RESPECT FOR THE ICONS PRINTED ON THE BULLETIN, PLEASE RECYCLE RATHER THAN DISCARD IN THE GARBAGE +

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WEEKLY PARISH BULLETIN

July 14 - 21, 2024

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 Ascension's ministries and vibrant parish life.

COMMUNION GUIDELINES: To partake of Holy Communion, one must be a Baptized/Chrismated Orthodox Christian and be in good standing with the church. Orthodox Christians who have prepared themselves through prayer, fasting and regular participation in Holy Confession are welcome to receive communion. One should also be present at the Liturgy before the Scripture readings. Please follow the directions of the ushers during Holy Communion. Thank you.

Spiritual Reflection

REFLECTION ON TODAY'S GOSPEL BY FR. STAVROS AKROTIRIANAKIS

"On Pascha, we celebrate the Resurrection by lighting candles. This act reminds us not only that the Light of Christ cannot be overcome by darkness, but that we carry this Light within us everywhere we go. It's not the physical candle that makes us a light with Christ, but the fire which burns in our hearts and souls. Today's Gospel is a reminder to keep that Light strong and to share it. If your Light is flickering, you can strengthen it at any time through prayer, worship, confession, and encouragement from other Christians. So let us use what is available to us to keep our Lights burning strongly and let us share the Light with others, not only by what we say but most especially by what we do."

Weekly Calendar

Sunday 8:15 a.m. 9:30 a.m.	July 14 Orthros Divine Liturgy Coffee Fellowship hosted by Senior Synaxis	Sunday of the Holy Fathers of the 4th Ecumenical Council
Thursday 11:30 a.m.	July 18 Senior Synaxis Meeting & Light Lunch	
Friday 5 p.m.	July 19 Wedding Rehearsal	
Saturday 4 p.m.	July 20 Wedding: Megan Coan & Alex Miramontes <i>Sponsor: Tim Coan</i>	
Sunday 8:15 a.m. 9:30 a.m.	July 21 Orthros Divine Liturgy	4th Sunday of Matthew

+ **ATTENTION: PLEASE CONSIDER HOSTING A SIMPLE COFFEE FELLOWSHIP THIS SUMMER** Thank you to the families who called recently and offered to host fellowship. We are still in need of hosts so that we may continue our fellowship after Liturgy throughout the summer months. Recommendations for simple offerings can be found on our website. You may sign up via our website, or by calling the church office. Thank you in advance.

+ **THE GREEK FEST SEASON IS UP AND RUNNING AGAIN** Support our local Metropolis Churches and celebrate summer Greekstyle! Dates are posted on the Metropolis of Chicago Events Page. Visit chicago.goarch.org/parish-festivals-24, or link to the info from our website.

+ **COMING IN TWO WEEKS: ANNUAL MID-SUMMER SOCIAL**, July 28th. Sponsored by Men's Koinonia, this gathering gives the families and youth in our Parish the opportunity to enjoy ice cream, hotdogs, fun and fellowship immediately following Liturgy. Youth Ministries, Greek School and Sunday Church School will be promoting their upcoming 2024/25 programs and calendars. Please save the date!

+ **THE CALL TO SERVE** – Please consider Stewardship of your time and talent at one of our Weekly Services. Whether it is being a Greeter, Usher, Epistle Reader or Prospora Baker, Ascension is always grateful to have parishioners be an integral part of its Liturgical life. For more information, please contact the church Office at 847.482.1200

+ **ARE YOU IN THE KNOW?** Stay connected to Ascension's Parish Life by signing up for our email list. News and announcements as well as upcoming schedules are announced weekly on Friday, in addition to periodic email blasts announcing special upcoming events. Sign up by following the "Join our Email List" link at the bottom of Ascension's webpage.

+ **BULLETIN SUBMISSIONS ARE WELCOME!** If you would like to include news or event information in a Sunday bulletin, please send your submission to Suzanne Saric (suzannesaric@ascensiongoc.com) by noon the Wednesday before publication.

+ **A VIGIL COMMEMORATING ST. PANTELEIMON** will take place on Friday, July 26th, beginning at 7 p.m., on the eve preceding the Saint's July 27th Feast Day. Please see flyer for more information.

Sunday Volunteers

Prosporo Bakers: Elaine Stevens & Despina Taranko
Epistle Reader: Katherine Schreiber
Ushers: UIC Kathy Demas, Chris Chatzidakis, Bruce Carlson, Demetri Katsulis, Kathy Schreiber, Steve Sintetas

Prayer Requests

PLEASE INCLUDE IN YOUR PERSONAL PRAYERS the servants of God: Eleni, George, Anastasia, Stella, Mitchell, Joanne, Panagiotis, Christina, Dee, Helen, Sophia, Connie, Katerini, James, Theresa, Peter, Anna, Alexander, Anthony, Magdalena, Maggie, Panagiotis, Paraschos, Chris, Don, Justin, Ignacio, Kevin, Theodore, Mary, Madison, Trinity, Evangelos, John, Rick, Robert, Tom, Georgia, Kristi, Barbara, Rob, Maureen, Antonia, Christina, Constantine, Irene, Iliana, John, Carolyn, Mary, Maria, Patrick, John, Panagiota, Luci, Stephanos, Leonidas, Vasiliki, Nikki, Grace, Anastasios, Stacey, Peter, Adriane, Barbara, Eleni

Stewardship 2024

STEWARDSHIP 2024: PUT YOUR FAITH INTO ACTION We thank the 342 families pledged that have pledged 489,520 for our 2024 Stewardship program, along with their time and talents. If you have yet to submit your pledge for the new year, please prayerfully consider how you can provide foundational support for our Parish ministries and operations. Thank you for the love you continually show for God's work in our parish!

Announcements

+ **WE WELCOME FR. DEAN PHOTOS TO ASCENSION TODAY** to celebrate the Divine Liturgy. Thank you, Fr. Dean, for worshipping with us today. May God grant you and your family many blessings. Please note: Fr. Sotiri is away until July 24th. We wish Father, Presvytera and their family a safe, blessed and well-deserved restful vacation! Please contact the office with any requests.

+ **SENIOR SYNAXIS WILL BE GATHERING THIS THURSDAY, JULY 18th** in the Anagnos Fellowship Hall for their monthly meeting. The meeting will begin at 11:30 a.m. and a light lunch will be served. Please RSVP to Kay James as soon as possible at 847.533.1225.

+ **LAST CALL: VACATION CHURCH SCHOOL! TODAY** is the last day to register for this summer's Vacation Church School at Ascension, "Super Saints: Heroes of our Faith" which will take place July 29-August 2. The program, which is designed for rising K-8th graders, will focus on the heroes of our faith (the saints!), what makes them super, and how we can be super like them! Please see the flyer for more information and to register.

+ **JUST OPENED: REGISTRATION FOR SUNDAY CHURCH SCHOOL!** Plans are already underway for the 2024/25 SCS program, which just opened registration and launches on September 8th. Our teachers are excited to have your children back and look forward to a truly special learning environment! SCS is open to Pre-K – 8th graders. For more information and to register, visit our website or contact SCS Director, Katherine Schreiber at katherineschreiber6@gmail.com

+ **REGISTRATION OPEN FOR ASCENSION'S YOUTH AND ADULT GREEK SCHOOL PROGRAMS!** Visit the Greek School webpage on our website to learn about, and register for, the 2024/25 Greek School program. Informational open houses will take place for both the Youth and Adult Greek School in the beginning of September (dates are posted on the Greek School webpage <https://www.ascensiongoc.com/parish-ministries/youth-ministries/greekschool/>). Please register online no later than July 31st to secure enrollment so we can adequately prepare for classes prior to the first day. Payment details are set forth in the registration material. For more information, visit the website or call the church office. Our Greek School teachers are looking forward to welcoming former and new students to our dynamic program! (Adult/Adolescent Greek School classes will be hybrid.)

+ **MEN'S RETREAT: SAVE THE DATE!** Please mark your calendars for the 7th annual Koinonia Men's Retreat, which will take place on Saturday, October 19th at the St. Iakovos Retreat Center in Kansasville, WI. Save the date and stay tuned for more information!

+ **UPDATE: LOOKING FOR – AND HAVE - CAREGIVERS FOR YOUNG & OLD:** From time to time, Ascension's office receives requests from stewards with elderly parents who are looking for some assistance with sitting, driving, and overall caregiving. Requests have ranged from needing assistance one day per week to needing full-time help. In order to assist our beloved parish members in locating caregivers to interview, the office keeps a potential list of people who are interested in providing these services for seniors. Likewise, we also like to keep a list of contacts who provide child care. If you would like to be either added to the list as a caregiver; or you have a reliable recommendation that we can pass along, please contact the office. *Update: the office currently has information about two live-in caregivers for the elderly who are available to start immediately.*

Did You Know?

In private or public worship, prostrations serve as a liturgical act of praying with our body, and not only with our mind, mouth, and heart. Prostrations are commonly associated with Great Lent, but can be done throughout the year (not typically on Sundays). Prostrations are the most complete form of a bow, called a "metania" or "metanoia" — which means repentance. Therefore, prostrations serve as a living icon of our spiritual journey: following Christ, falling down, and getting back up. To do a prostration, we make the Sign of the Cross, fall to our knees, and bow our heads to the floor — all in one continuous motion. When touching the floor, our hands can either be flat or a fist, with our head dropping between our hands. Then we stand up and do another prostration or continue with other prayers.