

### Resurrectional Apolytikion in the Grave Mode

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

### Apolytikion for Sun. of St. John Climacus in the Plagal Fourth Mode

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

### Memorial Hymn

Remember, O Lord, as You are good, Your servants, and forgive every sin they have 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

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, τῇ ἐπαγγελίᾳ 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 Plagal Fourth Mode

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable from all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Ti ipermaho stratigo ta nikitiria, Os litrothisa ton thinon evharistiria. Anagrafo Si i polis Sou Theotoke. Allos ehousa to kratos aprosmahiton, ek pantion me kinthinon eleftheroson, ina krazo Si. Here Nimfi animfevte.

### The reading is from St. Paul's Letter to the Hebrews 6:13-20.

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

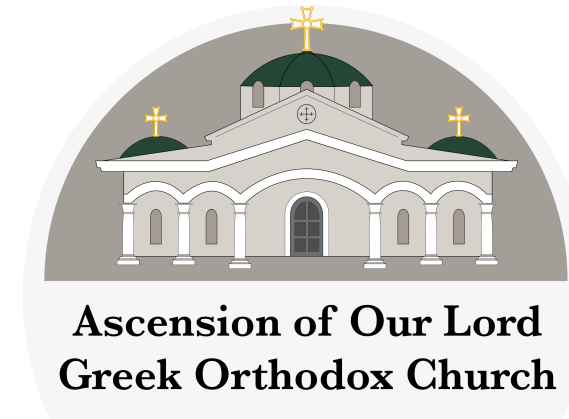
### The Gospel of Mark 9:17-31



At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

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

# Ascension of Our Lord Greek Orthodox Church



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## WEEKLY PARISH BULLETIN March 30 – April 6, 2025

**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, and, also please allow the Sunday Church School staff and students to commune first so they can make their way to class and promptly begin their lessons. Thank you.

**ON FASTING BEFORE THE PRE-SANCTIFIED LITURGY.** A reminder that just as we do not eat prior to receiving Holy Communion on Sunday mornings, we likewise observe a total fast prior to receiving Holy Communion in the evening. Strictly speaking, this would mean not eating anything until one receives Communion; however, it has become common to advise the faithful to at least refrain from eating and drinking after taking a light lunch, according to their ability.

## Spiritual Reflection

*"Humility is the only virtue that no devil can imitate. If pride made demons out of angels, there is no doubt, that humility could make angels out of demons."*

**St. John Climacus**

## Weekly Calendar

<b>Sunday</b> 8:15 a.m. 9:30 a.m.	<b>March 30</b> Orthros Divine Liturgy <u>Memorials</u> Demetrios Hernandez (40 days) Dean Lampros (6 months) 40-day blessing, son of John & Elizabeth Pouloupoulos Coffee Fellowship hosted by Maria Karalis	<b>Sunday of St. John Climacus</b>
<b>Monday</b> 5 p.m. 6 p.m. 7:30 p.m.	<b>March 31</b> Great Compline Jr. GOYA GOYA Trivia Night vs. SS Peter & Paul GOYAns	
<b>Tuesday</b> 6 a.m. 5 p.m. 6 p.m.	<b>April 1</b> Encounter the Word Greek School Special Clergy-Laity Meeting via Zoom	
<b>Wednesday</b> 5 p.m. 7 p.m.	<b>April 2</b> Great Canon of St. Andrew Parish Oratorical Festival & Light Lenten Dinner	
<b>Thursday</b> 6:15 p.m. 7:45 p.m.	<b>April 3</b> Adult Greek School: Beginners/Advanced Beginners Adult Greek School: Intermediate/Advanced	
<b>Friday</b> 10 a.m. 7 p.m.	<b>April 4</b> HOPE Group Akathist	
<b>Saturday</b> 9 a.m. 3 p.m.	<b>April 5</b> Family Synaxis Lenten Retreat hosted by Ascension Vespers (note time change)	
<b>Sunday</b> 8:15 a.m. 9:30 a.m.	<b>April 6</b> Orthros Divine Liturgy Sunday Church School resumes	<b>Sunday of St. Mary of Egypt</b>

+ **CONFESSIONS** –To schedule a confession directly with Fr. Sotiri, please access his confession calendar from the link on our home page or at <https://calendly.com/frsotirios>. Father will hear confessions throughout Great Lent up until the Friday before Holy Week. You may also call the church office to make an appointment.

+ **PASTORAL NEEDS, HOSPITAL CALLS, NURSING/REHAB AND HOME-BOUND PARISHIONERS:** If you have a pastoral need or emergency and would like to speak to Fr. Sotiri, or know of someone who would like to schedule a pastoral visit, please contact Father via the office.

+ **PUSH PAY:** Our new software platform, Push Pay, will now be going live after Pascha, at which point we will no longer be using our current platform, ParishSoft. Additional details and announcements will be shared as the change-over date gets closer.

+ **REGISTRATION FOR FANARI & LIGHTHOUSE IS OPEN!** Lighthouse, a week-long camp for graduating High School Seniors, is open at [chicago.goarch.org/lighthouse](https://chicago.goarch.org/lighthouse). Find Info & Register for FANARI SUMMER CAMP for rising 6th grade through rising 12th graders at <https://www.fanari.camp/summer-camp>. There are still weeks with open spots Counselor applications are at <https://www.fanari.camp/counselorapp>. Financial support for Fanari summer camp is available through the Carol Stamas Fanari Scholarship - interested families should contact Fr. Sotiri by calling the church office.

## Stewardship 2025

The theme of the 2025 Stewardship Campaign is, “Your own from Your own.” Let us draw together as a parish family to demonstrate our gratitude to God and lovingly serve Him by supporting Ascension. Stewardship is the lifeblood of our Parish. To date, we thank the 268 families that have pledged \$452,456 as well as generously offer their time and talents to this Parish! As of this week, we are at 70% of our 2025 stewardship target of \$650,000. *(Please be aware that Stewardship doesn't automatically renew annually.* Please contact the office with any questions.

## Sunday Volunteers

**Prophoro Bakers:** Tasia Alexakios and Nectaria Zouras  
**Epistle Reader:** Katherine Schreiber  
**Ushers:** UIC: Frank Kazas, Diane Sigalos, Chris Chatzidakis, Nick Poteres, Bill Athenson, Vicki Betsios

## 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, Finn, Kevin, Theodore, Mary, Madison, Trinity, Evangelos, John, Rick, Robert, Tom, Georgia, Kristi, Rob, Maureen, Antonia, Christina, Constantine, Irene, Iliana, John, Carolyn, Mary, Maria, Patrick, John, Panagiota, Luci, Stephanos, Leonidas, Vasiliki, Nikki, Anastasios, Stacey, Eleni, Helen, George, Gregory, Irene, Artemis, Efstathia, Maria, Vasilios, Bertha

## 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**

## Vigil Lights

Vigil Lights lovingly offered by Maria Lampros in memory of Dean Lampros.

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Altar vigil lights in the St. Katherine Chapel donated for six weeks by Kathy Hernandez in loving memory of her husband, Demetrios.

## Announcements

+ **ST. JOHN CHRYSOSTOM PARISH ORATORICAL FESTIVAL TAKES PLACE THIS WEDNESDAY!** Please support our talented 4th – 12th graders as they present their St. John Chrysostom Oratorical Festival submissions in the categories of speaking, writing, drawing and chanting this Wednesday evening immediately following the 5 p.m. Great Canon of St. Andrew service. It is very inspiring to witness the prayerful and hard work they commit to these presentations. Our Sunday Church School Ministry will be hosting the light Lenten meal. We look forward to encouraging our youth through our attentive presence and wish them all good strength!

+ **AS WE JOURNEY THROUGH LENT AND APPROACH HOLY WEEK,** we humbly request any contributions to offset the costs of the items listed on the enclosed flyer. To make a donation, please contact Lenora Vasilopoulos in the Church office at 847.482.1200.

+ **SERMON SERIES: THE DIVINE LITURGY:** Throughout the Sundays of Great Lent, Fr. Sotiri and Pastoral Assistant John Anton will be offering an explanation of the Divine Liturgy directly following the Gospel reading. Video excerpts of each session are captured on our sermon webpage. It is a blessing to deepen our understanding and appreciation of the Divine Liturgy.

### PHILOTOCHOS UPDATES

- **TODAY IS THE DEADLINE TO PRE-ORDER** from our annual Pascha Bake Sale! Stop by Coffee Hour to place your order! Or use the QR code on the order form enclosed in the bulletin. Your baked goods and traditional Greek delights will be ready for you to pick up on April 12 or Palm Sunday, April 13 after Divine Liturgy. Questions? Contact Jessica Hallam at [jhallam@depaul.edu](mailto:jhallam@depaul.edu) or (312) 504-9001.
- **SAVE THE DATE! FEED THE HUNGRY,** Tues, April 29<sup>th</sup>.
- **MARCH SNAPSHOT OF SUPPORT:** Orthodox Christian Missions, Support A Mission Priest, St. Iakovos Retreat Center, Metropolis Philoptochos Philanthropy Fund, donation for supplies for the Metropolis of Chicago Philoptochos' Blankets for Babies which were then given to the children in UIC Pediatrics unit, Metropolis of Chicago Oratorical Festival.

+ **SENIOR SYNAXIS INVITES THE ENTIRE PARISH TO MAKE PALM CROSSES** immediately following Divine Liturgy on the Saturday of Lazarus, April 12th. Join us for this beautiful Lenten tradition as we prepare for Palm Sunday and Holy Week as a parish family. Senior Synaxis will be offering a light Lenten lunch for all volunteers. Please RSVP to Kay James at 847.533.1225, or [yiyia.kayjames@gmail.com](mailto:yiyia.kayjames@gmail.com) so appropriate plans can be made for lunch. Thank you!

+ **SPECIAL APPEAL FOR VOLUNTEERS TO HELP PREP FOR PALM SUNDAY & HOLY WEEK:** Following the Divine Liturgy on the **Saturday of Lazarus**, we'd like to get as many volunteers as possible to help fold palms and decorate the church and Narthex for Palm Sunday and Holy Week. Senior Synaxis will be hosting lunch for us! On **Good Friday**, volunteers are needed following the 8 a.m. Royal Hours Service to prepare for Good Friday, Holy Saturday and Pascha services by decorating the Kouvouklion, wrapping Red Easter eggs, cleaning and enjoying fellowship. Please set aside time to help our Parish prepare for Christ's Resurrection!

+ **ATTENTION ALTAR BOYS:** Fr. Sotiri and Pastoral Assistant John Anton will be holding a mandatory Altar Boy Workshop on Lazarus Saturday, April 12th from 10:30 - 11:30 a.m. to help prepare for the upcoming holiest days of the year: Holy Week & Pascha! Lunch will be served!

+ **RECRUITING NOW FOR JR. OLYMPICS (MEMORIAL DAY WEEKEND - MAY 24-25!** Team Ascension is gearing up for another exciting year of Jr. Olympics, which will take place over Memorial Day Weekend at SS Constantine & Helen Church, Palos Hills. There will be a full offering of more than 15 competitive events for youth between 7-18 years old. We are currently recruiting players, coaches and volunteers so we can form our teams and finalize the practice schedule. **Please scan the QR code on the flyer to fill out the form and help us organize our teams**—the deadline to join is May 1! For more information, contact Anna Goldenstein at [anna.goldenstein@gmail.com](mailto:anna.goldenstein@gmail.com), or visit our Jr. Olympics webpage.

+ **RSVP TO JOIN US AT THE GREEK HERITAGE PARADE** Everyone is invited to represent our Ascension Parish at this year's Chicago's Greek Heritage Parade on Sunday, April 6th at 2:30 pm in the Greektown area on Halsted Street. Please see flyer and scan the QR code to let us know you're planning to be there!

+ **THE VILLAGE CHURCH** just down the street extended a warm invitation to the Seniors in our parish to attend their **Senior Workshop on Scams & Safety, Wednesday, April 2<sup>nd</sup>, from 9:00 AM to 12:00 PM at 201 Riverwoods Road, Lake Forest, IL 60045.** This free workshop is designed to equip seniors with essential tools to recognize and avoid scams while ensuring their safety in an increasingly digital world. If you are interested, call our church office for the registration information.

## Did You Know?

The Great Canon of St. Andrew of Crete is a long penitential hymn (which can also be read) composed by St. Andrew of Crete in the 7th–8th century. St. Andrew was a bishop and theologian who was a prominent hymnographer and orator, contributing significantly to Byzantine liturgical poetry. His Great Canon was written as a response to the Church's deep emphasis on repentance during Great Lent. The hymn draws from both the Old and New Testaments, reflecting on biblical characters as moral examples who either turned to God, or fell into sin. It is of particular importance during Great Lent because of its profound meditation on human sinfulness, calling the faithful to repentance, self-examination, and reliance on God's mercy. Join us this Wednesday at 5 p.m. for the Great Canon of St. Andrew.