

# GREEK ORTHODOX CHURCH OF THE ASSUMPTION

## SUNDAY, SEPTEMBER 16, 2018

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM WILL BE CELEBRATED TODAY



**Sunday after  
Holy Cross**

**Priest:**  
Rev. Fr. Dean  
Kouldukis

**Address:**  
1804 13th Ave.  
Seattle, WA 98122

**Telephone:**  
(206) 323-8557

**Email:**  
parishoffice@  
assumptionseattle.org

**Web:**  
assumptionseattle.org

**Saturday Vespers:**  
4:00 pm

**Sunday Morning:**  
Orthros: 8:45 am

**Divine Liturgy:**  
10:00 am

**Post-Elevation; Greatmartyr Euphemia, the all-extolled (+305);  
Bishop Martinos.**

Tone: 7<sup>th</sup> Ηχος: Βαρύς ~ Antiphonal Verses: Festal ~ 5<sup>th</sup> Orthros Gospel: Luke 24:13-35

### ΤΟ ΠΡΩΤΟΝ ΑΝΤΙΦΩΝΟΝ

α' Ὁ θεός μου πρόσχεσ μοι ἵνα τί  
ἐγκατέλιπέσ με.

β' Μακρὰν ἀπὸ τῆσ σωτηρίας μου  
οἱ λόγοι τῶν παραπτωμάτων μου.

γ' Ὁ θεός μου κεκράξομαι ἡμέρας  
καὶ οὐκ εἰσακούση.

δ' Σὺ δέ ἐν ἁγίῳ κατοικεῖσ, ὁ ε  
ῥπαινος του Ἰσραήλ.

### THE FIRST ANTIPHON

v.1 *O my God, attend to me, why have You  
forsaken me?*

v.2 *The accounts of my failings are far from  
my salvation.*

v.3 *O my God, I have cried through the day  
and You did not hear.*

v.4 *But You, the praise of Israel, dwell in  
the sanctuary.*

### REFRAIN (after each stichera) :

Ταῖσ πρεσβείασ τῆσ Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶσ.

Through the intercessions of the Theoto-  
kos, Savior, save us.

### ΤΟ ΔΕΥΤ. ΑΝΤΙΦΩΝΟΝ

α' Ἰνα τί ἀπώσω ὁ θεός εἰσ τέλος.

β' Μνήσθητι τῆσ συναγωγῆσ σου  
ἧσ ἐκτήσω ἀπ' ἀρχῆσ.

γ' Ὅρος Σιων τοῦτο ὁ  
κατεσκήνωσασ ἐν αὐτῶ.

δ' Ὁ δέ Θεός Βασιλεύσ ἡμῶν πρό  
αἰώνων εἰργάσατο σωτηρίαν ἐν  
μέσῳ τῆσ γῆσ.

### THE SECOND ANTIPHON

v.1 *Why have you rejected us forever, O  
God?*

v.2 *Remember Your assembly which You  
procured from the beginning.*

v.3 *This is the mount of Zion in which You  
dwelt.*

v.4 *God is our King of old: working salva-  
tion in the midst of the earth.*

### REFRAIN:

Σῶσον ἡμᾶσ, Υἱέ θεοῦ, ὁ σαρκὶ  
σταυρωθεῖσ, ψάλλοντάσ σοι.  
Ἄλληλούια.

Save us, O Son of God, Who was  
crucified in the flesh, to You we sing:  
Alleluia!

**ΤΟ ΤΡΙΤΟΝ ΑΝΤΙΦΩΝΟΝ**  
ΑΠΟΛΥΤΙΚΙΟΝ ΤΗΣ ΗΜΕΡΑΣ

Σῶσον, Κύριε τὸν λαόν σου, καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων, διὰ τοῦ Σταυροῦ σου πολίτευμα.

**THE THIRD ANTIPHON**  
THE HYMN OF THE FEAST

Save, O Lord, your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

**ΕΙΣΟΔΙΚΟΝ**

Δέντε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι Ἀλληλούϊα.

**SMALL ENTRANCE HYMN**

Come, let us bow down to Christ as we worship him, the Son of God. Save us, O Son of God (who arose from the dead), we sing to Thee: Alleluia.

**ΤΟ ΑΝΑΣΤΑΣΙΜΟΝ ΑΠΟΛΥΤΙΚΙΟΝ**  
(ᾠχος Βαρύς)

Κατέλυσας τῷ σταυρῷ Σου τὸν θάνατον· ἠνέωξας τῷ ληστῇ τὸν παράδεισον· τῶν μυροφόρων τὸν θρήνον μετέβαλες καὶ τοῖς Σοῖς ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ Θεὸς, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

**THE RESURRECTIONAL APOLYTIKION**  
(7<sup>th</sup> Tone)

By your cross, O Lord, you destroyed death; to the thief you opened paradise. The myrrh bearers' sorrow you transformed into joy, and you sent your apostles forth to proclaim that you had risen from the dead, Christ our God, bestowing on all the world your great mercy.

**ΑΠΟΛΥΤΙΚΙΟΝ**

Λίαν εὐφρανας τοὺς ὀρθοδόξους, καὶ κατήσχυνας τοὺς κακοδόξους, Εὐφημία Χριστοῦ καλλιπάρθενε· τῆς γὰρ Τετάρτης Συνόδου ἐκύρωσας, ἃ οἱ Πατέρες καλῶς ἐδογμάτισαν, Μάρτυς ἔνδοξε, Χριστὸν τὸν Θεὸν ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

**APOLYTIKION - EUPHEMIA**

O Euphemia, Christ's comely virgin, you filled the Orthodox with gladness and covered with shame all the heretics; for at the holy Fourth Council in Chalcedon, you confirmed what the Fathers decreed aright. O all-glorious Great Martyr, do entreat Christ God that His great mercy may be granted unto us.

## ΥΜΝΟΣ ΤΟΥ ΝΑΟΥ

Ἐν τῇ Γεννήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ Κοιμήσει τὸν κόσμον οὐ κατέλιπες Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς· καὶ ταῖς πρεσβείαις ταῖς σαῖς λυτρουμένη, ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

## HYMN OF THE TEMPLE

You preserved your virginity in birthgiving; you did not forsake the world in your falling asleep, O Theotokos. You have passed to life being the mother of Life, and through your intercessions, deliver our souls from death.

## ΚΟΝΤΑΚΙΟΝ

Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωρνύμῳ Σου καινῇ πολιτείᾳ τοῦς οἰκτιρμούς Σου δώρησαι Χριστὲ ὁ Θεός· εὐφρανον ἐν τῇ δυνάμει Σου τοῦς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμίων τὴν συμμαχίαν ἔχοιεν τὴν Σὴν ὄπλον εἰρήνης, ἀήττητον τρόπαιον.

## KONTAKION

Lifted up of Your own will upon the Cross, bestow Your mercy upon the new people that bear Your Name. Make glad in Your power, our king, the faithful, granting them victories against their enemies in battle. May they have Your weapon of peace, an unconquerable trophy.

## Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος ἰσχυρός, ἅγιος ἀθάνατος, ἐλέησον ἡμᾶς. (3x)...

## THE TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)...

## THE EPISTLE READING

**Prokeimenon. Grave Mode. Psalm 28.11,1.**

*The Lord will give strength to his people.*

*Verse: Bring to the Lord, O sons of God, bring to the Lord honor and glory.*

**St. Paul's Letter to the Galatians. Chapter 2:16-20**

**B**rethren, 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

continued →

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 READING

Mark 8:34-38; 9:1

**T**he Lord said, "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."

## ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ THE CONFSSION OF FAITH

### ΜΕΓΑΛΥΝΑΡΙΟΝ

Ἄξιόν ἐστιν ὡς ἀληθῶς, μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

### HYMN TO THE THEOTOKOS

It is truly right to bless you, Theotokos, ever blessed, most pure, and mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word. We magnify you, the true Theotokos.

### ΚΟΙΝΩΝΙΚΟΣ ΥΜΝΟΣ

Ἄινεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν. Ἄινεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἄλληλουῖα.

### COMMUNION HYMN

Praise the Lord from the heavens; praise Him in the highest. Alleluia. (Repeat)...

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## OPPORTUNITIES THIS WEEK . . .

### TODAY

- We welcome His Eminence Metropolitan Gerasimos.
- Stella Athans, thank you for serving our community today as Epistle Reader.
  - Church School (Procession Schedule).
- Please join us for a Retirement Event for Fr. Michael Johnson today during Fellowship Hour. All are welcome!
  - Orthodox Connections (at Carkeek Park): 5:30 pm
  - St. Demetrios Greek Festival: Open until 7:00 pm tonight
  - Great Vespers at St. Sophia GOC in Bellingham: 7:00 pm
  - 🎵 Happy Birthday today to Matthew Gray. Χρόνια Πολλά!

### MONDAY the 17<sup>th</sup>

#### SOPHIA AND HER THREE DAUGHTERS: FAITH, HOPE & LOVE

- Matins at St. Sophia GOC in Bellingham: 9:00 am
- Hierarchical Divine Liturgy at St. Sophia GOC in Bellingham: 10:00 am  
(followed by a Feast Day Luncheon)

### TUESDAY the 18<sup>th</sup>

- Philoptochos Meal Service at the Jubilee Women's Center: 4:30 pm

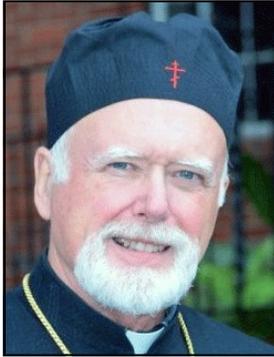
### WEDNESDAY the 19<sup>th</sup>

- Discovering the Treasures of Orthodoxy (at Holy Apostles GOC): 7:00 pm

### SATURDAY the 22<sup>nd</sup>

- Great Vespers: 4:00 pm

## IT'S A PARTY!

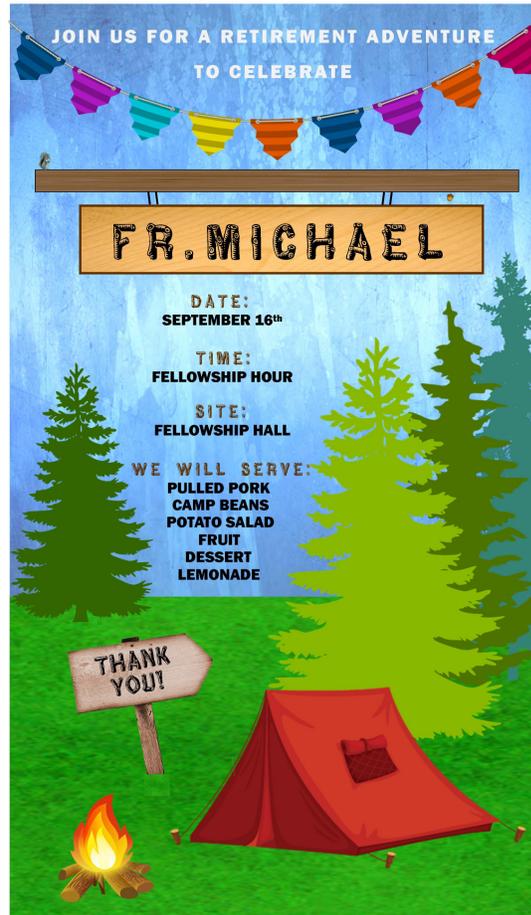
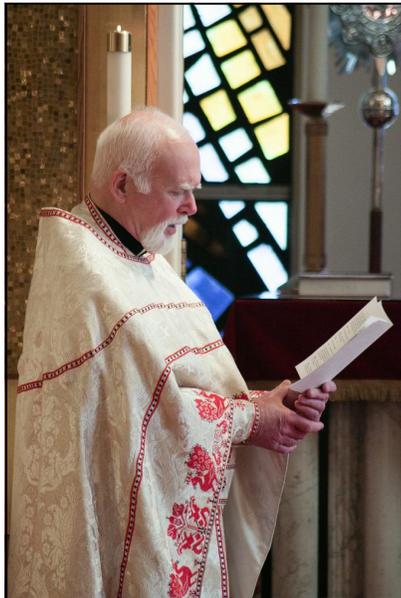


Please join us today as we join with His Eminence Metropolitan Gerasimos to celebrate the retirement of Fr. Michael Johnson.

The Fellowship Hour today is sponsored by the Parish Council and St. Catherine Philoptochos.

While the Fellowship Hour luncheon today will be a free will offering event, the Philoptochos will be accepting donations for the Hellenic College Holy Cross School of Theology Scholarship Fund. Your gift will be greatly appreciated.

A Big  
**THANK**  
YOU!



**OC**  
**Orthodox Connections**  
 Back to School Kick Off  
**CARKEEK PARK**

← NEW DATE!

**Sunday, September 16 @ 5:30-7:30 pm**

All High School / College + welcome  
 Invite your friends – spread the word  
**Dinner, Games, Fellowship, Fun!**  
 (Look for the balloons - meet by the open field / play structure)



**PRESERVING OUR CULTURE IN A CHANGING AMERICAN ENVIRONMENT**

A panel discussion Exploring and discussing the role of the Church, academic institutions and fraternal organizations as the caretakers of our ethnic heritage

**SUNDAY, OCTOBER 14, 2018**

**TIME:** 1pm following the fellowship hour hosted by Greeks In Washington

**LOCATION:** Assumption Greek Orthodox Church, Seattle - 1804 13<sup>th</sup> Avenue on Capitol Hill

**PANEL MEMBERS**



**Steve Frangos** - earned his B.A. in Linguistics at Hampshire College and his M.A. in Anthropology from Indiana University. He is one of the most prolific historians of Greek America. In addition to his published work in scholarly journals and encyclopedias, Frangos has been writing regularly for *THE NATIONAL HERALD*, as well as the *GREEK ORTHODOX OBSERVER*. He draws from a wide variety of resources, but more significantly from his extensive research in various Greek American communities scattered across the country. He offers a wealth of information on the subjects of immigration, businesses, athletics, political figures, movie stars and more. A few of his recent articles (some of many about the Greek-American experience) may be seen at <https://www.thenationalherald.com/writers/steve-frangos/>



**John T. John** - Seattle attorney and key supporter of Hellenes of the Northwest and the Hellenic Studies program at the University of Washington.  
<http://www.millernash.com/john-t-john/>



**Liz Economou** - Seattle based journalist, writer and editor. Former adjunct professor at Seattle University and a member of American Society of Journalists and Authors. She is a nationally published essayist and storyteller.  
<http://www.elizabethmeconomou.com/>



St. Nicholas Russian Orthodox Cathedral's

**Taste of Russia**

Saturday & Sunday  
**September 29 - 30, 2018**

*Save the Date!*



St. Nicholas  
**Taste of Russia**  
[www.sainicholascaathedral.org](http://www.sainicholascaathedral.org)  
[www.facebook.com/stnickseattle](http://www.facebook.com/stnickseattle)

**DATE:** September 29-30, 2018  
**TIME:** 12p.m. to 5p.m.  
**WHERE:** 1714 13th Ave. Seattle, WA 98122  
**WHAT:** Babushka's Bistro - homemade Russian food, and church tours

To pre-order piroshky and pelmeni, contact [tanusha56@gmail.com](mailto:tanusha56@gmail.com) by September 15, 2018.

*Save the Date*

**SEATTLE CHOCOLATE & WINE BALL**

a benefit for  
**Camp Agape Northwest**

**SUNDAY, NOVEMBER 11, 2018**

Wine • Chocolates • Dinner • Dancing  
**SODO PARK / HERBAN FEAST**  
**\$100 - ALL INCLUSIVE**  
[cagape.brownpapertickets.com](http://cagape.brownpapertickets.com)





# Discovering the Treasures of Orthodoxy

Uncovering the joy of living a life in Christ

with

Guest Speaker

**Fr. Evan Armatas**

**Wednesday, September 19<sup>th</sup>**

7:00 p.m.- 9:00 p.m.

at

**Holy Apostles Greek Orthodox Church**

19421 Ashworth Ave. N. • Shoreline, WA

Holy Apostles Family Wellness Ministry invites you to join us for a powerful evening with guest speaker Fr. Evan Armatas. Fr. Evan will help us discover the treasures Jesus Christ offers us as revealed in the Scriptures and His church so we can have a more balanced, peaceful and full life.

**The Treasure of our soul:** Who's tending to our Soul? Discover a deeper understanding how Jesus and His Church wants to feed our soul and help us respond to the complexities of this world.

**The Treasure of Living in the moment:** Developing the character of gratitude becoming mindful that the only time we have is 'now', the present time. Discover how our thoughts determine our life:

**The Treasure of Peace:** Acquiring the spirit of peace and the grace of the Holy Spirit.



**The Treasure of the Kingdom:** The call to refocus our vision towards what is eternal, giving glory to God.

**FR. EVAN ARMATAS** is the priest at St. Spyridon's Greek Orthodox Church in Loveland, Colorado who started St. Nektarios Fund in 2002 which helps establish schools in Africa. He is also the host of "Orthodoxy Live" on Ancient Faith Radio. He is married to Presvytera Stacy and is the father of four children.

Suggested freewill donation - \$10