

# GREEK ORTHODOX CHURCH OF THE ASSUMPTION

## SUNDAY, APRIL 7, 2019

THE DIVINE LITURGY OF ST. BASIL THE GREAT WILL BE CELEBRATED TODAY



Sunday of St.  
John Climacus

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

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**Saturday Vespers:**  
4:00 pm

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

**Divine Liturgy:**  
10:00 am

**Fourth Sunday in Lent, commemorating John Climacus, author of "Steps of Virtue"; Martyr Kalliopios and Martyr Acylina (+304); Righteous George, Bishop of Mytilene (+816).**

Tone: 4<sup>th</sup> Ἦχος: Δ' ~ Antiphonal Verses: Sunday ~ 1<sup>st</sup> Orthros Gospel: Matt. 28:16-20

### ΤΟ ΠΡΩΤΟΝ ΑΝΤΙΦΩΝΟΝ

α' Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

β' Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ.

γ' Κύριος ἐν τῷ οὐρανῷ ἠτοίμασε τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ πάντων δεσπόζει.

### THE FIRST ANTIPHON

v.1 Bless the Lord, O my soul, and all that is within me, bless His holy name.

v.2 Bless the Lord, O my soul, and forget not all that He has done for you.

v.3 The Lord in heaven has prepared His throne, and His kingdom rules over all.

### REFRAIN (after each stichera):

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Through the intercessions of the Theotokos, Savior, save us.

### ΤΟ ΔΕΥΤ. ΑΝΤΙΦΩΝΟΝ

α' Αἶνει ἡ ψυχὴ μου τὸν Κύριον· αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ μου, ἕως ὑπάρχω.

β' Μακάριος, οὗ ὁ Θεὸς Ἰακώβ βοηθὸς αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν Θεὸν αὐτοῦ.

γ' Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ Θεὸς σου, Σιών, εἰς γενεὰν καὶ γενεάν.

### THE SECOND ANTIPHON

v.1 Praise the Lord, O my soul; I will praise the Lord in my life; I will chant unto my God for as long as I have my being.

v.2 Blessed is He of whom the God of Jacob is his help, whose hope is in the Lord his God.

v.3 The Lord shall be King unto eternity; your God, O Zion, from generation to generation.

### REFRAIN:

Σῶσον ἡμᾶς, Υἱὲ θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι· Ἀλληλουῖα.

Save us, O Son of God, Who arose from the dead, save us who sing to You: Alleluia.

## ΤΟ ΤΡΙΤΟΝ ΑΝΤΙΦΩΝΟΝ

( ΥΜΝΟΣ ΤΗΣ ΕΟΡΤΗΣ - ᾠχος Δ' )

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς ἀποστόλοις καυχόμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος ἠγέρθη Χριστὸς ὁ Θεὸς, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

## THE THIRD ANTIPHON

( THE HYMN OF THE DAY - Tone 4 )

The joyful news of Your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with His great mercy.

## ΕΙΣΟΔΙΚΟΝ

Δεῦτε 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

Τὸ φαιδρὸν...

## THE RESURRECTIONAL APOLYTIKION

The joyful news of Your resurrection...

## ΑΠΟΛΥΤΙΚΙΟΝ ΣΙΩΑΝΝΟΥ ΚΛΙΜΑΚΟΣ

Ταῖς τῶν δακρῦν σου ῥοαῖς, τῆς ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους ἐκαρποφόρησας· καὶ γέγονας φωστήρ, τῇ Οἰκουμένη λάμπων τοῖς θαύμασιν, Ἰωάννη Πατὴρ ἡμῶν ὁ ᾧ· σὶε· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

## ΑΠΟΛΥΤΙΚΙΟΝ JOHN CLIMACUS

With the rivers of your tears, you have made fertile the barren desert. Through sighs of sorrow from deep within you, your labors have borne fruit a hundredfold. By your miracles, you have become a light shining upon the world. O John, our Holy Father, intercede to Christ our God to save our souls.

## 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 λυτρομένη, 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.

## KONTAKION

Τῆ Ὑπερμάχῳ Στρατηγῷ τὰ νικητήρια,  
ὡς λυτρωθεῖσα τῶν δεινῶν  
εὐχαριστήρια, ἀναγράφω σοι ἡ Πόλις  
σου, Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ  
κράτος ἀπροσμάχητον, ἐκ παντοίων με  
κινδύνων ἐλευθέρωσον, ἵνα κράζω σοι·  
Χαῖρε, Νύμφη ἀνύμφευτε.

## KONTAKION

Unto you, O Theotokos, invincible Champi-  
on, your City, in thanksgiving ascribes the  
victory for the deliverance from sufferings.  
And having your might unassailable, free me  
from all dangers, so that I may cry unto you:  
Hail! O Bride Ever-Virgin.

## Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

"Αγιος ὁ Θεός, ἅγιος ισχυρός, ἅγιος  
ἀθάνατος, ἐλέησον ἡμᾶς. (3x)...

## THE TRISAGION HYMN

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

## THE EPISTLE READING

**Priest:** Let us be attentive.

**Reader:** The Lord will give strength to His people.

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

**Priest:** Wisdom.

**Reader:** The reading is from St. Paul's Letter to the Hebrews (6:13-20).

**Priest:** Let us be attentive.

**B**rethren, 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 READING

The Reading is from Mark 9:17-31

**A**t 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."

## ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ THE CONFSSION OF FAITH

### ΜΕΓΑΛΥΝΑΡΙΟΝ

Ἐπί σοι χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, Ἄγγέλων τὸ σύστημα καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε Ναὲ καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ παιδίον γέγονεν ὁ πρὸ αἰώνων ὑπάρχων Θεὸς ἡμῶν. Τὴν γὰρ σὴν μήτραν θρόνον ἐποίησε, καὶ τὴν σὴν γαστέρα πλατυτέραν οὐρανῶν ἀπειγάσατο. Ἐπί σοι χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, δόξα σοι.

### HYMN TO THE THEOTOKOS

All of creation, the assembly of angels, and the race of humanity rejoice in you who are full of Grace, O Sanctified Temple, Paradise endowed with reason and Virginal Pride. God became incarnate of you; our God who exists from before all ages has become a babe. He has made your womb become a throne, and the recess of your body more spacious than the heavens. All of creation rejoices in you, who are full of Grace. Glory to you.

## ΚΟΙΝΩΝΙΚΟΣ ΥΜΝΟΣ

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν.  
Αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἄλλη-  
ηλούια.

## COMMUNION HYMN

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

## ΑΝΤΙ ΤΟΥ ΕΙΔΟΜΕΝ ΤΟ ΦΩΣ

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν  
Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν  
ἀληθῆ, ἀδιαίρετον Τριάδα  
προσκυνοῦντες· αὕτη γὰρ ἡμᾶς ἔσωσεν.

## POST COMMUNION HYMN

We have seen the true light; we have re-  
ceived the heavenly Spirit; we have found  
the true faith, worshipping the undivided  
Trinity, for the Trinity has saved us.

✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠

## TSOUREKIA BAKING

We'll be assembling and baking our Pascha Tsourekia on **Monday, April 15<sup>th</sup>** from 10:30 am - 4:00 pm and packaging the following day (**Tuesday, April 16<sup>th</sup>**) beginning at 12:30 pm until it's done (it usually takes about 3 hours). Please join us for baking and packaging. Don't forget to place your order with the Philoptochos so you can celebrate Pascha with this traditional sweet bread!! Bread orders will be available for pick up on **Palm Sunday, April 21<sup>st</sup>**. If you have questions please **contact Joanne Zarkades** at [jzarkades@q.com](mailto:jzarkades@q.com) or give her a call via phone at (206) 473-7351.

## SPANAKOPITA FOR SALE (\$20)

Please see **Joanne Zarkades** if you would like to pick up a pan or two.

## ASSUMPTION BOOKSTORE



The Holy Week service books are here! These books contain the complete Greek and English texts for all of the services of Holy Week. These services are unique to this time of the year in our liturgical calendar. If you don't already have a copy of the Holy Week service book, you will definitely want to purchase one, so that you can follow along as the priest, chanters, choir, and congregation chants all of the beautiful prayers and biblical readings for each of the services during this week.

## OPPORTUNITIES THIS WEEK...

### TODAY

- Thank you to Straton Spyropoulos for serving our community today as the Reader.
  - Church School
- Please join us for Fellowship Hour today after Liturgy. All are welcome!
- Pan-Orthodox Lenten Vespers at St. Savas Serbian Orthodox Church in Issaquah: 5:00 pm

### MONDAY the 8<sup>th</sup>

- Prayers at the 3<sup>rd</sup> Hour: 10:40 am
  - Bible Study: 11:00 am
  - Great Compline: 5:00 pm
- Parish Council Meeting: 6:00 pm

### WEDNESDAY the 10<sup>th</sup>

- Presanctified Divine Liturgy (at St. Demetrios GOC): 6:30 pm  
(followed by a Lenten Potluck - please take a dish to share with others)

### THURSDAY the 11<sup>th</sup>

- Cooking for the Homeless (Society of St. John the Almsgiver): 9:30 am
  - Great Canon of St. Andrew of Crete: 10:00 am

### FRIDAY the 12<sup>th</sup>

- Presanctified Divine Liturgy: 10:00 am
  - Akathist Hymn: 7:00 pm

### SATURDAY the 13<sup>th</sup>

#### MARTIN, POPE OF ROME

- Matins: 8:45 am
- Divine Liturgy: 10:00 am
- Great Vespers: 4:00 pm



**MAY 31ST, JUNE 1-2**

**FRIDAY 4-10 PM  
SATURDAY 11AM-10PM  
SUNDAY 12-6PM**

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#### BITE OF GREECE PASTRY/SPECIALTY FOOD PREP SCHEDULE

##### **APRIL**

April 14 (Sunday): Spanakopita & Tiropita Assembly - After Liturgy to 5:00 pm (Catherine Iles)

April 16 (Tuesday): Tiropita Assembly - 10:30 am to 3:00 pm (Catherine Iles)

##### **MAY**

May 05 (Sunday): Koulourakia: Assemble & Bake - After Liturgy to 5:00 pm (Athena Sarantinos)

May 07 (Tuesday): Baklava Assembly - 10:30 am to 4:00 pm (Mary Lou Barton & Katie O'Neil)

May 13 (Monday): Kourambiedes: Assemble & Bake - 10:30 am to 4:00 pm (Penny Peppes)

May 15 (Wed.): Melomakarona: Assemble & Bake - 10:30 am to 4:00 pm (Manda Bekris)

Please note that many of the above scheduled dates are Sundays, after Liturgy. Please stay after church to assist if you can. Spanakopita and Tiropita are made in large pans so work goes pretty fast. If you are a parent of a child attending either Greek School or Greek Dance rehearsals, please come to the Fellowship Hall and join us!

Questions? **Contact Joanne Zarkades** at (206) 763-9628 or e-mail: [jzarkades@q.com](mailto:jzarkades@q.com).

BITE OF GREECE MARKETING COMMITTEE  
LOOKING FOR INTERNS

**Attention Parents of High Schoolers & College Students...**

The marketing committee of the **Bite of Greece** is looking to bring on a couple of **interns** for the next two months as we prepare for the **2019 Bite of Greece event**.

If your students are interested in learning about event and social marketing and would like to get some marketing experience to add to their resumes, please give **James Bratsanos** or **Maria Geokezas** a call/text: James (206) 818-6771 and Maria (206) 604-0925.

YIA-YIA'S ATTIC

As you go about your spring cleaning, make sure to set aside any items you would like to donate to "Yia Yia's Attic" for our Bite of Greece event. We are asking for donations of gently used household goods, antiques, jewelry (old and/or new), books, small furniture, toys and handwork. Please, no clothes. Any questions, please contact **Pauli Diafos** at (206) 254-1806.

DOCENT TOUR OF SEATTLE ART MUSEUM  
PERMANENT COLLECTION

**Free Public Tour**

WHEN: Thursday, June 6<sup>th</sup>

WHAT TIME: 12:30 pm-1:15 pm

WHERE: Meet at the top of the escalator on the 3<sup>rd</sup> floor of the Museum.  
There is no reservation necessary for the tour.

After the tour we will meet for a no-host lunch at a nearby restaurant.  
For a lunch reservation, please **contact Andrea Mann by Friday, May 31<sup>st</sup>**.

Questions? Call/text **Andrea Mann** at (206) 849-3262 or e-mail her  
at: [Andrea.s.t.mann@gmail.com](mailto:Andrea.s.t.mann@gmail.com)