

# GREEK ORTHODOX CHURCH OF THE ASSUMPTION

## SUNDAY, JULY 28, 2019

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



6<sup>th</sup> Sunday  
of Matthew

**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

**Apostles and Deacons Prochoros, Nikanor, Timon and Parmenas (1<sup>st</sup> c.);  
Righteous Father Paul of Xeropotamou, Mt. Athos (+820);  
Righteous Holy Mother Irene of the Monastery Chrysovalantou (+9<sup>th</sup> c.).**

Tone: 5<sup>th</sup> Ηχο": Πλ. Α ~ Antiphonal Verses: Sunday ~ 6<sup>th</sup> Orthros Gospel: Luke 24:36-53

### TO PRWTON ANTIFWNON

a Ἦψλ ογεῖ ἡ ψυχὴ μου τοῦ Κυρίου, καὶ  
παντὰ τὰ ἐποίησέν μου τὸ ὄνομα τοῦ ἁγίου αὐτοῦ.

b Ἦψλ ογεῖ ἡ ψυχὴ μου τοῦ Κυρίου, καὶ  
μηδὲ ἐπιλανθάνου πάσα τὰ ἔργα ποιοῦσέν αὐτοῦ.

g Ἦ Κυρίου ἐν τῷ οὐρανῷ ἠτοίμασε τοῦ  
θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ  
πάντων δεσποεῖ.

### 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 προσευχαῖς τῆς Θεοτόκου, Σωτῆρ,  
σώσον ἡμᾶς.

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

### TO DEUT. ANTIFWNON

a Αἰψὲς ἡ ψυχὴ μου τοῦ Κυρίου:  
αἰψὲς Κυρίου ἐν τῇ ζωῇ μου: ὡς ἂν  
τῷ Θεῷ μου, ἐφ' ὃν ὑπερῶ.

b Ἦ Μακάριοι, οὗ ὁ Θεὸς Ἰακώβ βοηθὸς  
αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ τῷ Κυρίῳ τοῦ  
Θεοῦ αὐτοῦ.

g Ἦ Βασιλεῦσι Κυρίου εἶς τὸν αἰῶνα, ὁ  
Θεὸς σου, Σιών, εἶς γενεὰ καὶ γενε-  
αν.

### 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:

Σώσον ἡμᾶς, Ὁ Θεὸς τοῦ ἀναστῆναι  
ἐκ νεκρῶν, ὡς ἂν ἡμεῖς σοὶ ᾄδωμεν  
ἡμεῖς.

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

## TO TRITON ANTIFWNON

( Apolutikion Th" Hmera" - Hco" Pl. A r )

Toh sunanarcon Logon Patriv kail Pneumati, toh ek Parqenou tecqenta eij" swthrian hmw, ajumnhiswmen pistoi v kail proskunhiswmen: Oti hupokhse sarki v ajel qeih ejn tw/ staurw/ kail qanaton upomeihai, kail egeirai tou v teqnewta" ejn th/ ejdokw/ ajastasei autou'.

## THE THIRD ANTIPHON

( The Hymn of the Day - Tone 5 )

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For He willed to be lifted up on the cross in the flesh, to endure death and raise the dead by His glorious resurrection.

## EISODIKON

Den te proskunhiswmen kai j prospejswmen Cristw. Swson hma" Uiv/ Qeou, ol ajastal' ek nekrwn, ya l l ontal' soi: jAl hl ouia.

## SMALL ENTRANCE HYMN

Come, let us worship and bow before Christ. Save us, O Son of God (who rose from the dead), to You we sing: Alleluia.

## TO ANASTASIMON APOLUTIKION

( Hco" Pl. A r )

Toh sunanarcon Logon...

## THE RESURRECTIONAL APOLYTIKION

( Tone 5 )

To the Word...



## UMNOS TOU NAOU

jEn th/ Gennhsei thh parqenian ejful axa", ejn th/ Koimhsei toh kosmon ouj katelipe" Qeotoke. Metesth" prol' thh zwhn, mhthr uparcousa th" zwh": kail tai" presbeiai" tai" sai" lutroumenh, ek qanaitou tal' yucal' hmw.

## 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

ĴEpiV tou' oĵrou" metemorfwqĥ", kaiV wĴ  
eĵcwroun oil maqhtaiV Sou thĥ doxan  
Sou Cristell ol Qeol' eĵgeasanto: iĥa o  
Ĵtan Se idwsi stauroumenon, tol' meh  
paqo" noĥswsin eĵkousion, twĴ del' kosmw/  
khruxwsin, oĴti Su uparcei" aĴ hqw"  
tou' Patrol' tol' aĵpaugasma.

## KONTAKION

You were transfigured on the mountain, O  
Christ our God, and Your disciples beheld  
as much as they could of Your glory, so  
when they see you being crucified, they  
would understand you suffered willingly; and  
would proclaim to the world that You are  
truly the splendor of the Father.

## O TRISAGIOS UMNOS

ĴAgio" ol Qeol', agio" iscurol', agio"  
aĵqanato", eĴ ehson hma". (3x)...

## THE TRISAGION HYMN

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

## THE EPISTLE READING

**Priest:** Let us be attentive.

**Reader:** You shall guard us, O Lord; You shall preserve us.

**Verse:** *Save me, O Lord, for the holy man has ceased.*

**Priest:** Wisdom.

**Reader:** The reading is from St. Paul's Letter to the Romans (12:6-14).

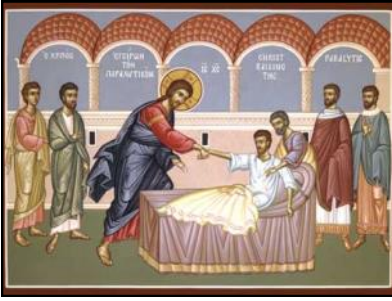
**Priest:** Let us be attentive.

**B**rethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

## THE GOSPEL READING

The Reading is from Matthew 9:1-8

continued →



**A**t that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may

know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

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## TO SUMBOLON THS PISTEWS THE CONFESSION OF FAITH

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### MEGALUNARION

Ἰαχὼν ἐστὶν ὡς ἄλλῃ ἡμέρᾳ, μακαρίζειν σε τῆς Θεοτοκῆς, τῆς ἀειμακαρίστης καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τῆς τιμιωτέρας τῶν Σεραφειῶν καὶ ἐνδοξότερας ἀσυγκρίτην τῶν Σεραφεῖμ, τῆς ἀδιάφθορον Θεοῦ Λόγον τέκουσαν τῆς ὀρθῆς Θεοτοκῆς, σεὶ μεγαλῶν.

### 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.

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### KOINWNIKOS UMNOS

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν. Αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἰαλληλουῖα.

### COMMUNION HYMN

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

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### ANTI TOU EIDOMEN TO FWS

Εἶδόμεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν Πνεῦμα ἐπουράνιον, εὐφρομέν πιστὴν ἀληθῆ, ἀδιάαιρετον Τριάδα προσκυνοῦντες: αὐτὴ γὰρ ἡμεῖς ἐσώσεν.

### POST COMMUNION HYMN

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

# THANK YOU FOR SERVING OUR COMMUNITY

READER TODAY: Laurie Skandalis

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## OPPORTUNITIES THIS WEEK ...

### TODAY

- “Welcome” to Fr. Cheroubim Apostolou who will be celebrating Liturgy with us today.
- Please join us for Fellowship Hour today after Liturgy. Everyone is welcome!
  - 🎵 Happy Birthday today to Patrick Durham. Cronia Pol I at!

### TODAY through WEDNESDAY the 31<sup>st</sup> FR. DEAN OUT OF TOWN FOR VACATION

### TUESDAY the 30<sup>th</sup>

- All Saints Camp Board Meeting (3<sup>rd</sup> Floor Conference Room): 6:30 pm

### THURSDAY the 1<sup>st</sup>

#### DORMITION FAST BEGINS

- Cooking for the Homeless (Society of St. John the Almsgiver): 9:30 am
  - Small Paraclesis: 8:00 pm

### FRIDAY the 2<sup>nd</sup>

- Great Paraclesis: 8:00 pm

### SATURDAY the 3<sup>rd</sup>

- Great Vespers: 4:00 pm

## OUR CHURCH RENOVATION HAS BEGUN!



Preparation for the installation of the new windows in the church is already underway. The church has been pressure washed and the exterior has been painted.

Installation of the new windows should begin on August 19<sup>th</sup> and be completed around September 9<sup>th</sup>.

As of now the church will be unavailable to us on Sunday, August 25<sup>th</sup>, Sunday, September 1<sup>st</sup>, and Sunday, September 8<sup>th</sup>, so we will celebrate Liturgy in the Fellowship Hall.

If you have any questions, please feel free to contact me.

**Rachael Pamboukas**



## BITE OF GREECE...THANK YOU!

Oops! We forgot to thank some very important Bite volunteers in last month's "The Good News."

**Pauli Diafos** was Yia Yia's Attic Chair. She organized, set-up, priced, ran, and, after the event, cleared and distributed leftover items. Her helper was the late **Stella Bass**.

**Stephanie Tschida** designed and prepared the graphics for food signs and other pieces used by the Marketing Committee.

**Katie Wright** flew up from Los Angeles for the Bite and chaired the salad prep area with **Jodie Hulbert**.

We hope we haven't forgotten anyone else—so many helped make the Bite so successful. Thanks again to all!



# PHILOPTOCHOS UPDATE

## PHILOPTOCHOS ELECTS NEW OFFICERS

After the newly elected Philoptochos Board was sworn in on Sunday, July 14<sup>th</sup>, members of the board met to elect new officers for 2019-2021. The results are as follows:

### Officers

Co-Presidents: **Teresa Delarose & Pauli Diafos**

Vice President: **Marianne Bratsanos**

Secretary: **Teresa Maschinsky**

Treasurer: **Joanne Zarkades**

Assistant Treasurer: **Mary Lou Barton**

### Board Members

+**Stella Bass**

**Rose Bratsanos**

**Kristina Mehas**

**Katie O'Neil**

**Janice Xydis**

## JUBILEE WOMEN'S CENTER

July's dinner at the Jubilee Women's Center featured grilled marinated chicken prepared by **Dimos Katsis**. We also served spanakopita, bread donated by the **Maschinsky family** and fresh fruit (always a favorite) donated by **Straton Spyropoulos** and **Andriana**.

We prepare and serve community meals at Jubilee Women's Center on the 3<sup>rd</sup> Wednesday of each month. Volunteers meet at the Jubilee Women's Center around 4:30 pm and serve the meal buffet style at 5:30 pm. Dinners our parish provides to Jubilee help low income women and women coming out of homelessness stretch their grocery budgets. The residents not only deeply appreciate the meals, they truly look forward to and enjoy our company and friendship.

If you would like to donate a food item or help prepare and/or serve the meal please contact **Alexis Boyd** (boyda02@gmail.com).

*Save the date!*





# The Assumption

Greek Orthodox Church

would like to invite you to join  
them in celebrating their 2019  
Patronal Feast Day

Dormition  
of the  
Theotokos



Wednesday, August 14<sup>th</sup>

7:00 pm Vespers

(followed by a Reception)

Thursday, August 15<sup>th</sup>

8:45 am Matins

10:00 am Divine Liturgy

(followed by a Luncheon)

<http://www.assumptionseattle.org>



ALL SAINTS CAMP

# COMMUNITY PICNIC

Enjoy a Greek BBQ and fellowship!

Games and crafts for kids!

•Please bring a dessert or side to share•

**AUGUST 25, 2019 • 2PM - 6PM**

RSVP by Emailing [camp@allsaintscamp.com](mailto:camp@allsaintscamp.com)

Transportation is Available:

A bus from the St. Demetrios parking lot will depart at 12:30pm

**205 CAMP ROAD NW • GIG HARBOR, WA 98335**