

# GREEK ORTHODOX CHURCH OF THE ASSUMPTION

## SUNDAY, AUGUST 1, 2021

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



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

**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: 7:45 am**

**Divine Liturgy:**

**9:00 am**

**FEAST: Procession of the Holy Cross**

**7 Maccabean Youths, their mother Salomone & their teacher Eleazar (167 B.C.)  
Righteous Martyr Elesa of Kythera**

## WELCOME TO OUR CHURCH

It is with great joy that we welcome all visitors and guests who are worshiping with us today. Whether you are an Orthodox Christian or this is your first visit to an Orthodox Church, we are pleased to have you with us! Although Holy Communion and other Sacraments are offered only to baptized and chrismated (confirmed) Orthodox Christians, all are invited to receive the *antidoron* (blessed bread) from the priest at the conclusion of the Divine Liturgy. The *antidoron* is not sacramental, but is reminiscent of the agape feast that followed worship in the ancient Christian Church.

After the Divine Liturgy this morning, please join us in the Fellowship Hall for fellowship and refreshments.

There are several items in our literature holder (located on the wall in our Fellowship Hall next door) pertaining to Orthodox teachings and on the Orthodox Church in general. Please feel free to take a copy. We also have an Orthodox bookstore in our Fellowship Hall where you are welcome to browse for books on Orthodoxy and Orthodox living.

Also, please feel free to approach Fr. Dean after services with any questions you may have regarding your worship experience with us.

We hope that you will return often to worship with us, to grow in Christ and in our Orthodox Faith.

## 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 everything  
within me, bless His holy name.*

v.2 *Bless the Lord, O my soul, and forget not  
all His rewards.*

v.3 *The Lord prepared His throne in heaven,  
and His Kingdom rules over all.*

### REFRAIN (after each stichera):

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

Through the intercessions of the Theoto-  
kos, 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, οὐ 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 γε-  
νεάν.

## THE SECOND ANTIPHON

v.1 *Praise the Lord, O my soul! I shall praise  
the Lord while I live; I shall sing to my God  
as long as I exist.*

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

v.3 *The Lord shall reign forever; your God, O  
Zion, to all generations.*

### REFRAIN:

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

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

## ΤΟ ΤΡΙΤΟΝ ΑΝΤΙΦΩΝΟΝ

( Απολυτικιον Της Ημέρας - Ηχος Πλ. Α΄ )

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· Ὅτι ἠϋδόκησε σαρκί, ἀνελθεῖν ἐν τῷ σταυρῷ καὶ θάνατον ὑπομεῖναι, καὶ ἐγειραὶ τοὺς θενωτάς ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

## THE THIRD ANTIPHON

( The Hymn of the Day - Mode/Tone 5 )

Let us Worship the Word who is unoriginated with the Father and the Spirit, and from a Virgin was born for our salvation, O believers, and let us sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection.

## ΕΙΣΟΔΙΚΟΝ

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

## SMALL ENTRANCE HYMN

Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

## ΤΟ ΑΝΑΣΤΑΣΙΜΟΝ ΑΠΟΛΥΤΙΚΙΟΝ

( Ηχος Πλ. Α΄ )

Τὸν συνάναρχον Λόγον Πατρὶ...

## THE RESURRECTIONAL APOLYTIKION

( Mode/Tone 5 )

Let us Worship the Word...

## ΑΠΟΛΥΤΙΚΙΟΝ

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.

## FOR THE CROSS

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

## 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

Επὶ τοῦ ὄρους μετεμορφώθης, καὶ ὡς ἐχώρουν οἱ μαθηταὶ Σου τὴν δόξαν Σου Χριστέ ὁ Θεὸς ἐθεάσαντο· ἵνα οὐκ ἴδωσι σταυρούμενον, τὸ μὲν πάθος νοήσωσιν ἐκούσιον, τῷ δὲ κόσμῳ κηρύξωσιν, ὅτι Σὺ ὑπάρχεις ἀληθῶς τοῦ Πατρὸς τὸ ἀπαύγασμα.

## KONTAKION

Upon the mountain were You transfigured, and Your disciples beheld Your glory as far as they were able, O Christ our God; so that when they would see You crucified they might understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance.

## Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος ἰσχυρός, ἅγιος ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ΄)...

## 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 (Rom. 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 the Holy Gospel according to Matthew (9:1-8)

**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

continued →

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.

---

## ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ THE CONFESSION OF FAITH

---

### ΜΕΓΑΛΥΝΑΡΙΟΝ

Αξιόν 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, σέ μεγαλυνομεν.

### 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 Logos. We magnify you, the true Theotokos.

---

### ΚΟΙΝΩΝΙΚΟΣ ΥΜΝΟΣ

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

### 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 received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us.

---

## MEMORIAL

A MEMORIAL WILL BE CELEBRATED TODAY FOR PANAYIOTA LIPSOU (14 YRS).

MAY HER MEMORY BE ETERNAL



## OPPORTUNITIES THIS WEEK...

### TODAY

- Many thanks to the Howe Family for sponsoring the Fellowship Hour today in memory of Maro's mother, Panayiota Lipsou. Please join us. All are welcome!
- 🎵 Happy Birthday today to Allison & Ariana Charoni; Irina Visintainer and Kathryn Hulbert. Χρόνια Πολλά!

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

- Small Paraclesis: 7:00 pm

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

- Great Paraclesis: 7:00 pm

### WEDNESDAY the 4<sup>th</sup>

- Small Paraclesis: 7:00 pm

### THURSDAY the 5<sup>th</sup>

- Cooking for the Homeless (Society of St. John the Almsgiver): 9:30 am
  - Great Vespers: 7:00 pm

### FRIDAY the 6<sup>th</sup>

#### HOLY TRANSFIGURATION

- Matins: 7:45 am
- Divine Liturgy: 9:00 am

We've launched our parish-wide survey and  
we really want to hear from you!!

The

**STRATEGIC  
PLANNING  
SURVEY**

is

**NOW OPEN!**

Take the survey now:

<https://www.surveymonkey.com/r/AssumptionSurvey2021>

*The survey will close on*  
**August 16th**

Don't have an electronic device?  
Call Jillian at (206) 323-8557  
**NO LATER THAN AUGUST 9th**  
to request a paper copy.

All responses will be  
**completely**  
anonymous.





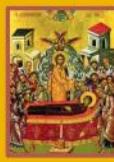

# FEED *the* HOMELESS

**THE FIRST AND/OR SECOND THURSDAYS OF THE MONTH**

We are looking for volunteers able to commit from 9:30 am to 12:00 pm on the first and/or second Thursdays of each month to cook a meal for the Homeless men (aged 55 and older) who live at the St. Martin de Porres shelter. Volunteers will be mentored in all aspects of meal planning, shopping, meal prep, clean-up and kitchen protocols. No financial obligation is required.

**FOR MORE INFORMATION, PLEASE CONTACT LAURIE SKANDALIS AT (206) 941-3805.**

## the strategic plan



### Strategic Plan Update August 2021

ACCOMPLISHED THUS FAR:

**Pre-Planning (January 2021)**

- Fr. Dean Initiates Strategic Plan and Parish Council approves moving forward
- Steve Tibbs is hired as our consultant

**Step One: FORM THE PLANNING TEAM (February-April 2021)**

- Father Dean appoints Leadership Team
- Strategic Plan announcement to community
- Strategic Plan Team expanded to include 12 additional members. Orientation meeting held.

**Step Two: ASSESS (May-July 2021)**

- Why our Parish Exists – God’s Embassy – Our Aims and Beliefs
- Our Wishes
- Life Cycle Assessment
- Initial Parish Ratings
- SWOT Ratings: Parish Strengths, Weaknesses, Opportunities and Threats
- Parish Registry and Trends
- Parish Health
- Parish Culture
- What We Learned From COVID
- Identify Key Strategic Areas

**CURRENTLY WORKING ON:**

**Step Two: ASSESS continued**

- Parish Wide Survey is LIVE through August 16<sup>th</sup>. Go to <https://www.surveymonkey.com/r/AssumptionSurvey2021>

**Step Three: ENVISION**

- Create new Mission, Vision and Value Statements

**COMING UP NEXT:**

**Step Four: PLAN**

- Identify Key Strategic Objectives

**Strategic Plan Team:**

- Fr. Dean Kouldukis\*
- Manda Bekris
- Ted Dimitriou
- Demetrios Geokezas
- Marco Honrado
- William Howe
- Maggie John
- Alexis Katsis
- Dan Maschinsky
- Gus Mehas\*
- Kristina Mehas\*
- Sofie Mitchell
- Chrs Pamboukas
- Niko Pamboukas\*
- Cristina Pappas
- Steve Tibbs\*
- Deme Xenos

\*Member of the Leadership Team

## UPDATE ON VOLUNTEER POLICIES

Several of you have asked the very good question of if we're allowed to go back and cook at the Jubilee Women's Shelter and eat with the women again.

The answer is, unfortunately, no. Not all of the residents are vaccinated or plan to get vaccinated so the staff are trying to maintain low risk of transmission within the facility, especially with the rising rates of infection in King County.

So for now, we will still be dropping off food on the 4th Wednesday of the month. The women still very much appreciate this service so I hope that we can still provide it for them.

You can participate by either dropping off a meal component or donating by sending a check to the church address, attention to Philoptochos, with Jubilee in the subject line.

Thank you again for all your help with this ministry. I hope you are staying safe and cool.

In Christ,

*Alexis Katsis*