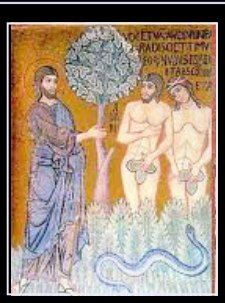
Greek Orthodox Church of the Assumption
Sunday, March 13, 2016

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



Forgiveness Sunday

Priests:
Rev. Fr. Dean Kouldukis

Rev. Fr. Michael Johnson

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Seattle, WA 98122

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Email:
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Saturday Evening:
Vespers: 6:00 pm

Sunday Morning:
Orthros: 8:45 am
Divine Liturgy:
10:00 am

Cheesefare Sunday, Commemorating the Expulsion of Adam & Eve from Paradise; Removal of the Sacred Relics of St. Nikephoros, Patriarch of Canstantinople (+846); Poplios (+175) and Markos (+2nd c.), Bishops of Athens, Holymartyrs; Christina of Persia (+4th c.).

Tone: 8th Ηχος: Πλ. Δ΄ ~ Antiphonal Verses: Sunday ~ 8th Orthros Gospel: John 20:11-18

ΤΟ ΠΡΩΤΟΝ ΑΝΤΙΦΩΝΟΝ

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

β΄ Εὐλόγει ἡ ψυχή μου τὸν Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ.

γ΄ Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε 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 πρεσβείας τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

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

ΤΟ ΔΕΥΤ. ΑΝΤΙΦΩΝΟΝ

α΄ Αἴνει ἡ ψυχή μου τὸν Κύριον· αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ μου, ἕως ὑπάρχω.

β΄ Μακάριος, οὗ ὁ Θεὸς Ἰακώβ βοηθὸς αὐτοῦ, ἡ ἐλπὶς 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· Ἀλληλούϊα.

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

ΤΟ ΑΝΑΣΤΑΣΙΜΟΝ ΑΠΟΛΥΤΙΚΙΟΝ

(Ἦχος Πλ. Δ΄)

Ἐξ ὕψους κατῆλθες ὁ εὔσπλαγχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν, ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα Σοι.

THE RESURRECTIONAL APOLYTIKION

(8th Tone)

From on high you descended, O merciful Lord. You accepted the cross and three days in the tomb to free us from the bondage of sin, O our life and resurrection. Glory to you , O Lord.

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.

ΥΜΝΟΣ ΤΟΥ ΝΑΟΥ

Ἐν τῇ Γεννήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ Κοιμήσει τὸν κόσμον οὐ κατέλιπες Θεοτόκε. Μετέστης πρὸς τὴν ζωήν, 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

ΚΟΝΤΑΚΙΟΝ

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου, Δέσποτα, σὺ δίδου μοι λόγον, ὁ τοῦ πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χείλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπέσοντα.

KONTAKION

O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "Merciful One, have mercy on me who has fallen."

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος 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

Prokeimenon. Plagal Fourth Mode. Psalm 75.11,1.
Make your vows to the Lord our God and perform them.
Verse: God is known in Judah; his name is great in Israel.

The Reading is from St. Paul's Letter to the Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

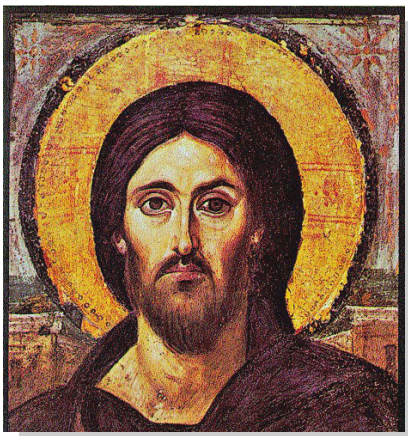
As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

THE GOSPEL READING

The Reading is from Matthew 6:14-21 (Forgiveness Sunday)

The Lord said, The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that ↗



➔ your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you."

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ

THE CONFESSION OF FAITH

ΜΕΓΑΛΥΝΑΡΙΟΝ

Ἄξιόν ἐστιν ὡς ἀληθῶς, μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμών. Τὴν τιμιωτέραν τῶν Χερουβεὶμ 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

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

COMMUNION HYMN

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

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✠ MEMORIAL ✠

A MEMORIAL WILL BE CELEBRATED TODAY IN LOVING MEMORY OF:

ARIANNA EXARHOS (3 MOS)

EKATERINI MALAMA (2 YRS)
ANDREAS SATOKIN (5 YRS)
KALLIOPI POLENAS (5 YRS)
KARMA ANNA HADJIMICHALAKIS (5 YRS)
VASILIS KASARKIS (10 YRS)
EFDRAXIA SATOKIN (10 YRS)
ANASTASIS SATOKIN (15 YRS)
NICHOLAS PAMBOUKAS (17 YRS)
ELPINIKI PAMBOUKAS (26 YRS)
ARISTOMENES MALAMA (26 YRS)
EVGENIA SATOKIN (40 YRS)

✠ MAY THEIR MEMORY BE ETERNAL ✠

THANK YOU FOR SERVING OUR COMMUNITY

READER TODAY: Elissa Kouldukis

ATTENTION ALL OUR YOUTH IN GRADES 7-12!

Don't miss this Tuesday's deadline to register for the big regional GOYA retreat. Visit *www.saintdemetrios.com*. **You *must* have your registration in by this Tuesday, March 15th**. See the "Big Race" flyer in today's Sunday bulletin for more info.

If you have questions, contact Lefteris - *lsitaras@saintdemetrios.com* or Fr. Michael - *john2402@serv.net*.

Also, be sure to let Lefteris know if your family can host up to three kids from Oregon during the retreat (April 1-3).

TODAY

- Church School
- Fellowship Hour is sponsored today by the Pamboukas, Pampoukas & Smetheram families. Please join us!
- Philoptochos Meeting (3rd Floor Conference Room): 12:30 pm
- Forgiveness Vespers: 5:00 pm
- ♬ Happy Birthday today to Andrea Gray. Χρόνια Πολλά!

MONDAY the 14th

GREAT LENT BEGINS

- Great Compline and Great Canon I: 7:00 pm

TUESDAY the 15th

- Prayers at the 3rd Hour: 10:40 am
- Bible Study: 11:00 am
- Great Compline and Great Canon II: 7:00 pm

WEDNESDAY the 16th

- Pre-Sanctified Divine Liturgy: 5:00 pm

(followed by a Lenten Potluck - Please bring a vegan dish to share with others)

THURSDAY the 17th

- Great Compline with Great Canon IV: 7:00 pm
- AA Meeting: 7:30 pm

FRIDAY the 18th

- Pre-Sanctified Divine Liturgy: 10:00 am
- Salutations to the Theotokos: 7:00 pm

SATURDAY the 19th

SATURDAY OF SOULS

- Matins: 8:45 am
- Divine Liturgy: 10:00 am
- Assumption Grounds Work Party (tear down fence): 9:30 am
- Great Vespers: 6:00 pm

WOCA LENTEN RETREAT - APRIL 9th - SAVE THE DATE!

WHERE: St. Demetrios GOC

WHEN: Saturday, April 9, 9:00 AM - 5:00 PM (followed by Great Vespers)

SPEAKER: Fr. Stephen Powley, Director of Orthodox Christian Prison Ministry
"LET US OPEN OUR HEARTS THIS LENT TO LEARN HOW GOD BRINGS LIGHT AND LOVE TO THE LEAST OF THESE OUR BRETHREN"

HOW MUCH: A freewill offering will be accepted

(An RSVP to lentenretreat@outlook.com would be greatly appreciated)

ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

The St. John Chrysostom Oratorical Festival is for Middle & High school students who want to learn more about their faith and gain research, writing and public speaking skills along the way.

Oratorical Festival: Sunday, April 10th following the Divine Liturgy (for grades 7-9 and 10-12)

Middle school and high school students will participate in a local event, here at the Assumption, **Sunday, April 10th**. The top two students from each level will go on to compete at the district level event on April 17th at St. Demetrios Greek Orthodox Church in Seattle.

Two finalists in each district division go on to represent the district at the Metropolis Oratorical Festival. The top speaker in each metropolis division is then selected to participate in the Archdiocese Finals, which is hosted by a different metropolis each year. The top three speakers are eligible to receive college scholarships of up to $2,000 and are invited to participate at the National conference June 10-12th in Atlanta, GA. Finalists of the National festival are eligible for scholarships up to $30,000.

Deadline for participation is today: Please notify Maria Geokezas at mgeokezas@hotmail.com or (206) 604-0925 if your student would like to participate.

The Oratorical Festival is an important component of the religious education of each Orthodox Christian student, providing public speaking experience that will benefit your student well beyond their school years.

In the words of St. Theophan the Recluse, "Of all holy works, the education of children is the most holy." There is "no finer way to embark on such a worthwhile ministry," than to have our youth participate in the St. John Chrysostom Oratorical Festival.

Questions? Please contact Maria Geokezas at (206) 604-0925 or via e-mail at mgeokezas@hotmail.com

STEWARDSHIP UPDATE

	2016 Pledge	2015 Pledge	Difference
Totals:	$ 233,050	$ 279,865	($ 46,815)
Percent to Goal of $290,000:	80.36%	n/a	($ 56,950)
Total Pledges:	181	255	
# of Pledges Pledging More Than 2015:	65		
# of Pledges Pledging Less Than 2015:	57		
# of Pledges Pledging The Same As 2015:	59		
Average Pledge Amount:	$ 1,288	$ 1,098	
Median Pledge Amount:	$ 600	$ 500	
% Increase in Pledges From 2015 to 2016:		-16.73%	
Received:	$ 67,284 *	$ 270,051 *	

**** Adjusted for funds received for 2015***

2016 PACIFIC NW GOYA Lent Retreat

Faith & Fellowship

THE AMAZING RACE

Edition

- WHO: Teens in Grades 7 - 12
- WHAT: An Amazing Race around Seattle! Discussions with Clergy! Fun with Friends, New and Old! Confession and More!
- WHERE: Church of the Assumption: 1804 13th Ave. Seattle, WA
- WHEN: April 1-3, 2016
- COST: $80 per person. Scholarships available for those in need.

Please fill out separate registration forms for EACH child attending. Register at www.saintdemetrios.com Registration closes on March 15, 2016.

Host families are need for our GOYAns coming from Portland.
Please contact Lefteris Sitaras at 206-660-2779 to host their youth.