

THE PROOF OF FASTING

Do You Fast?

Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye, and the ear, and the feet, and the hands, and all the members of our bodies.

Let the hands fast, by being free of avarice.

Let the feet fast, by ceasing to run after sin.

Let the eyes fast, by disciplining them not to glare at that which is sinful...

Let the ear fast...by not listening to evil talk and gossip...

Let the mouth fast from foul words and unjust criticism

For what good is it if we abstain from birds and fishes, but bite and devour our brothers?

-St. John Chrysostom



SUNDAY OF ST. JOHN CLIMACUS

MARCH 26, 2017

ASSUMPTION OF THE BLESSED VIRGIN MARY GREEK ORTHODOX CHURCH

REV. FR. CHRISTOS P. KANAKIS, PROISTAMENOS

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Office Hours: Monday-Friday 9am - 5pm

Sunday Services: Orthros 8:45 am, Divine Liturgy 10:00 am

WELCOME HOME

We thank God that you have chosen to celebrate Divine Liturgy with us today. Please feel free to participate in the Prayers and hymns of the Eastern Orthodox Church. There are Divine Liturgy books in the pews that are written in both English and Greek so you can follow along.

Please be aware that Holy Communion is for Christians that have been baptized in the Orthodox faith.

At the end of the Liturgy everyone is welcome to go forward to receive the "Antidoron" (blessed bread) and blessing.

Your children are welcome to attend our Sunday School. If you have small children we also have a "Baby" room (with a changing table) on the left when entering the Narthex.

We would love to meet you! There are cards that you can fill out and return to one of our church greeters. Information about Orthodoxy is available in the Narthex (on the left side as you exit the church) and in our book store that has display during our Fellowship Coffee Hour located in the Betty Reckas Cultural Hall (to the left of the church as you leave the church).

Please join us for our Fellowship Coffee Hour.

HAVE A GREAT WEEK, SEE YOU NEXT SUNDAY!

Altar Boys/Acolytes (7+) are expected to serve on time at 10:00 am when Divine Liturgy begins and no later than 10:15 am.

We ask for women to remove their lipstick before approaching for Holy Communion

Παρακαλούνται όλες οι κυρίες να σκουπίζουν το κραγιόν τους όταν προσέρχονται για Θεία Κοινωνία.

Commemoration Today
Synaxis of Archangel Gabriel. 26 Martyrs in Crimea

Worship Services, Meetings and Activities

Sunday, 3/26

✦ Δ' Νηστειών (Ιωάννη Κλίμακος). **Sunday of St. John Climacus**
Orthros 8:45 am, Divine Liturgy 10 am

Sunday school

Greek School Independence Day Luncheon

Goya Basketball: Assumption vs St. Katherine (Away)

Wednesday, 3/29

✦ Προηγουμένη Λειτουργία. **Pre-sanctified Liturgy 7 pm**

Panagia's Little Lambs 10:30 am - 11:30 am

Adult Orthodoxy class & Bible study 6pm - 7pm

Greek school 5:30 pm - 7:00 pm

Friday, 3/31

✦ Ακάθιστος Ύμνος. **Akathist Hymn 7:00pm**

GOYA: Basketball practice 5:00 pm - 10:00 pm

Saturday, 4/1

Goya Basketball: Assumption vs St. Nicholas (Home)

Sunday, 4/2

✦ Ε' Νηστειών (Μαριας Αιγυπτιας) **Sunday of St. Mary of Egypt**

Orthros 8:45 am, Divine Liturgy 10 am

Sunday school

Goya Basketball: Assumption vs St. Basil (Home)

Announcements

Greek School: You are all welcome to come and see the Greek school students reciting their poems and enjoy a delicious lunch today Sunday, March 26, 2017 after services.

Social Hour: Sponsored by Philoptochos.

FLOWERS FOR THE PANAGIA ICON: We would like to have our icon of the Panagia decorated with flowers for the Salutation Services each Friday. Also, with your help, Katy Georgedes and the ladies will adorn our church. Flowers needed for Nymphios, Crucifixion, the Epitaphios (Christ's tomb), the Resurrection icons and decorate the Church for Easter. Thank you for your generosity. If you would like to donate please send your donation to the office. Thank you

Upcoming Memorials:

April 2 - Fred Hennig (3 years)

GOYA Basketball: The Assumption basketball Practices for the month of March and April will be the following Fridays: 3/31, 4/7, 4/21 & 4/28 at our Assumption Gym from 6:00 pm to 10:00 pm. No practice on Good Friday, 4/14.

Deadline: Palm Sunday



GOYA Presents:
Good Friday
Luminaries
(Lambathes)



Let's light our path around the church with the names of
Our loved ones who have passed on and
Our wishes for the health of our family and friends.

Our Goyans will personalize each candle-lit bag (lambatha) with:

† In the Memory of... OR

† For the Health of...

The bags will be lined around the church along the path of the Epitaphio.

Each bag costs \$5.00. Orders can be placed in two ways, either:

† Visit our display table after church on Sunday or

† Write the names on the form below and mail with a check payable to

Assumption Goya to: Nicolette Simitian

19601 Summer Grove Lane, Hunt. Bch., CA 92648

(Please Only: Names of ONE family or TWO people, per bag. Thank you)

Ordered by:
Phone #:
In Memory of/To the Health of: (Circle One)
Family Name:
OR
Person #1:
Person #2:
Paid by: Cash/Check No.:

Ordered by:
Phone #:
In Memory of/To the Health of: (Circle One)
Family Name:
OR
Person #1:
Person #2:
Paid by: Cash/Check No.:

If you need more than 2 bags, simply write out the information on a separate piece of paper.

JOURNEY THROUGH



*Please join us in the Betty Reckas Center for
our annual preparation for Holy Week and
Palm Cross Folding
Lenten meal will be served*

**FRIDAY APRIL 7
6 PM**

Activities and crafts for all ages

RSVP to Olivia Varonos
(562) 440-4430
okvaronos@gmail.com

Announcements cont.

Bookstore: Come one....Come all....We are back and better than ever. Pascha is just around the corner so get ready to shop for your icons, one of a kind gifts, cards, egg dye with wraps and books, charcoal & incense, etc. Get all your Easter baskets filled on time so don't wait.

Please note that the services and events posted in the monthly news letter's calendar are subject to change; please refer to weekly bulletin for current schedule info.

7 Days Votive Candle Racks

We are in need of 2 more votive candle racks. The cost for each one is \$4,000.00. If you would like to donate the funds needed, please contact Father Christo or call Voula at the church office.



PASCHA is approaching – April 16th

A time of renewal, celebration and tradition.... Tsourekia, Koulourakia, Kourabiedes, Melomakarona, Bakalva and beautiful Red Eggs!

Don't have enough time to bake these traditional sweets??

Leave it up to the talent ladies of Philoptochos; we will do it for you!

Pre orders are now being accepted by calling Voula at the church office (562-494-8929) or email Kathy Bastas at knbastas@aol.com

Tsourekia = \$15.00 (available April 9, Palm Sunday)

Koulourakia = \$8.00 – 1 dozen

Kourabiedes = \$10.00 – 1 dozen

Melomakarona = \$10.00 – 1 dozen

Baklava = \$2.00 a piece

Remember to place your order (we sell out quickly) and prepay to avoid long lines on April 9th. Thank you for your continued support.

*Assumption Philoptochos wishes all a
Kalo Pascha kai Kali Anastasi.*



HOLY WEEK SERVICES
(ΛΕΙΤΟΥΡΓΙΕΣ ΤΗΣ ΜΕΓΑΛΗΣ ΕΒΔΟΜΑΔΑΣ)

Sunday, 4/9

+ Των Βαΐων. **Palm Sunday.**

Orthros 8:45 am. Divine Liturgy 10:00 am

+ Του Νυμφίου. **1st Bridegroom Service 7:00 pm.**

Holy Monday, 4/10

+ Του Νυμφίου. **2nd Bridegroom Service 7:00 pm**

Holy Tuesday, 4/11 (Των 10 Παρθένων)

+ Του Νυμφίου. **3rd Bridegroom Service 7:00 pm**

Holy Wednesday, 4/12 (Της Αλειψάσης Τον Κύριον)

+ **Sacrament of Holy Unction 3:00 pm**

+ **Orthros for Mystical Supper 7:00 pm (Sacrament of Holy Unction)**

Holy Thursday, 4/13 (Ο Μυστικός Δείπνος)

+ **Liturgy of St. Basil 10:00 am**

+ **Ακολουθία των Παθών (12 Ευαγγέλια).**

+ **Service of Passion 7:00 pm**

Holy Friday, 4/14 (Τα Άγια Πάθη Του Κυρίου)

+ **Reading of the Royal Hours 1:00 pm**

+ **Αποκαθήλωσις. Decent from the Cross 2:30 pm**

+ **Επιτάφιος. Lamentations Service 7:00 pm**

Holy Saturday, 4/15 (Η Ταφή Του Κυρίου)

+ **Liturgy of St. Basil 10:00 am**

+ **The Canon 11:15 pm**

+ **Ακολουθία της Αναστάσεως. Resurrection Service and Liturgy 12 midnight.**
Supper to follow Liturgy

Easter Sunday, 4/16

+ **ΤΟ ΑΓΙΟΝ ΠΑΣΧΑ, HOLY EASTER. Agape Service 11:30 am**

The Gospel Reading is from Mark 9:17-31

At 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."

Κατὰ Μάρκον 9:17-31

Τῷ καιρῷ ἐκείνῳ, ἀνθρώπος τις προσῆλθε τῷ Ἰησοῦ λέγων, διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτόν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἶ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρῶν ἔλεγε· κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοὶ ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτὸν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ' ἴδιαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελεῖν εἰ μὴ ἐν προσευκῇ καὶ νηστειᾷ. Καὶ ἐκεῖθεν ἐξεληθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γνῷ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

The Epistle Reading is from St. Paul's Letter to the Hebrews 6:13-20

BRETHREN, 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.

Πρὸς Ἑβραίους 6:13-20

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγελιάμενος ὁ θεὸς, ἐπεὶ κατ' οὐδενὸς εἶχεν μείζονος ὁμόσαι, ὡμοσεν καθ' ἑαυτοῦ, λέγων, Ἥ μὴν εὐλογῶν εὐλογήσω σε, καὶ πληθύνων πληθυνῶ σε. Καὶ οὕτως μακροθυμήσας ἐπέτυχεν τῆς ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσιν, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὄρκος. Ἐν ᾧ περισσώτερον βουλόμενος ὁ θεὸς ἐπιδειξάτω τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν, καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος· ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

Μετάφραση τῆς Αποστολικῆς Περικοπῆς στὴ Νεοελληνικῇ

Διότι ὅταν ὁ Θεὸς ἔδωκε ὑπόσχεσιν εἰς τὸν Ἀβραάμ, ὠρκίσθη εἰς τὸν ἑαυτόν του, ἀφοῦ δὲν εἶχε ἄλλον μεγαλύτερον εἰς τὸν ὅποιον νὰ ὀρκισθῇ, καὶ εἶπε, Ἀλήθεια, θὰ σὲ ὑπερευλογήσω καὶ θὰ σὲ ὑπερπληθύνω, καὶ ἔτσι ὁ Ἀβραάμ, μὲ τὴν ὑπομονὴν του, ἔλαβε τὴν ὑπόσχεσιν. Οἱ ἄνθρωποι ὀρκίζονται εἰς κάποιον πού εἶναι μεγαλύτερος καὶ ὁ ὄρκος θέτει δι' αὐτοὺς τέρμα εἰς κάθε ἀμφισβήτησιν καὶ δίνει ἐπιβεβαίωσιν. Ἔτσι καὶ ὅταν ὁ Θεὸς ἤθελε νὰ δεῖξῃ σαφέστερα εἰς τοὺς κληρονόμους τῆς ὑποσχέσεως τὸ ἀμετάβλητον τῆς ἀποφάσεώς του, τὴν ἐγγυήθη μετ' ὄρκου, ὥστε, διὰ δύο πραγμάτων ἀμεταβλήτων διὰ τὰ ὅποια εἶναι ἀδύνατον νὰ ἀποδειχθῇ ὁ Θεὸς ψεύτες, ἐμεῖς, πού καταφύγαμεν εἰς αὐτόν, νὰ ἔχωμεν μεγάλην ἐνθάρρυνσιν νὰ κρατήσωμεν σφιχτὰ τὴν ἐλπίδα πού εἶναι ἐνώπιόν μας. Τὴν ἐλπίδα αὐτὴν τὴν ἔχομεν σὰν ἄγκυραν τῆς ψυχῆς, ἀσφαλῆ καὶ βεβαίαν, ἢ ὅποια μπαίνει μέσα, πίσω ἀπὸ τὸ καταπέτασμα, ὅπου ἐμπήκε πρὸς χάριν μας ὁ Ἰησοῦς, ἀφοῦ ἔγινε ἀρχιερεὺς, αἰώνιος κατὰ τὴν τάξιν Μελχισεδέκ.

(DURING SMALL ENTRANCE)

(1.) Resurrectional Dismissal Hymn Ἦχος βαρύς

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέωξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrhbearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy

(AFTER SMALL ENTRANCE)

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(2.) Hymn of The Assumption of the Blessed Virgin Mary: Ἦχος α΄

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 σοῖς λυτρουμένη, ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

In the birth, you preserved your virginity; in death, you did not abandon the world, O Theotokos. As mother of life, you departed to the source of life, delivering our souls from the death by your intercessions.

(3.) Κοντάκιον: Ἦχος πλ. δ΄

Τῇ 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 Ἀνύμφευτη.

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"