

and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

MEMORIAL UPDATES: Please note that Memorial Prayers will not be offered on **Sunday, March 9th - Sunday of Orthodoxy, Sunday, March 23rd - Sunday of the Veneration of the Holy Cross**, as well as from **Sunday April 13th to Sunday, April 27th** (Palm Sunday/ Pascha & Sunday of Thomas). Anyone wishing to commemorate a love one during March may do so during the Saturday of Souls, (February 22nd & March 1st) or on Sunday, March 2nd, 16th, 30th & April 6th.

FOOD FOR THE NEEDY - Please help the needy and bring non-perishable food items for the Food Pantry. Canned vegetables and fruits, pasta, baby food, canned meals, peanut butter and jelly, pasta sauce, cereal, canned soup, etc. We are always so fortunate and thankful that we have generous parishioners. We are able to feed many of those in need, with your help.

SACRAMENT OF HOLY CONFESSION: As we begin the Lenten Period on our Journey towards Pascha, we should all prepare for the Resurrection of our Lord by partaking of the Sacrament of Holy Confession. Make an appointment with your Spiritual Father. For details, see Fr. Christodoulos.

COMMUNION ANNOUNCEMENT: While we pray and work for the reconciliation and unity of all the world's Christians, the reality remains that there is still no intercommunion between our Orthodox Churches and the Churches of the West. This means that only baptized, chrismated and observant Orthodox faithful receive Communion in our churches. At the same time, we warmly welcome all non-Orthodox to join us in prayer and celebration, and humbly offer to all present the Antidoro bread of fellowship at the end of the service. We offer this important symbol 'instead of the Gifts', in the words of the Apostle Paul, 'Till we all come to the unity of the Faith' (Eph. 4.13).

ATTENTION PARISHIONERS: Before making any firm plans for baptisms, weddings, funerals, or memorial services, please check with Fr. Christodoulos to see if dates and tomes are permissible. Also, please refrain from scheduling a baby, bridal shower or any other type of party celebration during a fasting period

NEW CAPITAL IMPROVEMENT DRIVE: As a community we have always tried and succeeded in taking care of and upgrading our Sanctuary and facilities. We the spirit of continuously improving our church. We are beginning a long term Capital Improvement Fund Drive. We are looking at 3 particular future projects. These are the Broken Sewer pipe in our back parking lot, Replacing and upgrading our current church sound system and remodeling our kitchen. The months ahead we will be formally setting up a Capital Improvement Fund Drive Committee who will spearhead the entire process. We ask everyone to consider this in future giving, funeral memorials and in planned giving. If you are interested in giving a donation for the Capital Fund please put “Capital Improvement Fund Drive” on the memo line of the check or mark it on the envelope. Together we can get these projects finished.

Assumption Greek Orthodox Church Bulletin



✠Fr. Christodoulos Margellos

Proistemenos

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(608)-244-1001

www.agocwi.org

Sunday, March 16th, 2025
Sunday of St. Gregory Palamas
Saint Sabine the Martyr of Egypt
Saint Christodoulos the Wonderworker of Patmos

Readings:

Epistle: Hebrews 1: 10-14; 2: 1-3

Gospel: Mark 2: 1-12

Sunday School/Greek School

THIS WEEK AT ASSUMPTION

Monday, March 17th, 2025

Strict Fast Day

6:00 p.m.

Great Compline

Wednesday, March 19th, 2025

Strict Fast Day

5:30 p.m.

Pre-Sanctified Liturgy

7:00 p.m.

Choir Practice

Thursday, March 20th, 2025

Strict Fast Day

7:00 p.m.

Women's Spiritual Meeting

Friday, March 21st, 2025

Strict Fast Day

6:00 p.m.

3rd Salutation Service to the Theotokos

Fr. Christodoulou's Office hours are: Tuesday - Friday 10:00 am to 2:00 pm

ANNUNCIATION PHILOPTOCHOS LUNCHEON & GREEK SCHOOL

PROGRAM: Our Ladies Philoptochos are hosting Luncheon for the feast day of Annunciation and Greek Independence Day. Our Greek School will also be having their Greek School program as part of the Luncheon as well. The Luncheon will support OUR parish of Assumption and promote OUR Orthodox Christian Faith! A Plaki Dinner and the cost will be \$15 for Adults and \$10 for children 10 and under.

[Click Link Here](#)

It is highly encouraged to make a reservation so that we can gauge how many people will be attending the luncheon. Reservation are not required and we will allow walk ins. I hope to see you all joining us for this wonderful day.

STEWARDSHIP NOTE: Supporting the Church is **EACH** Orthodox Christian's responsibility to the Lord. From the single young adult to the married couple to the young family to those who are senior citizens, it takes everyone's commitment to support **OUR** parish of Assumption and promote **OUR** Orthodox Christian Faith!

Many thanks to all those who have pledged and we invite all those who haven't to please submit their pledge to the church office today.

μή ποτε παραρρῶμεν. εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

The reading is from Paul's letter to the Hebrews

"In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end." But to what angel has he ever said, "Sit at my right hand until I make your enemies a footstool for your feet"? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Ἐκ τοῦ κατὰ Μάρκον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθημένοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἴνα δὲ εἰδῇτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας — λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε

The reading is from the Holy Gospel according to Mark

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins' — he said to the paralytic — 'I say to you, rise, take up your pallet

Resurrection Hymn

Ἦχος πλ α

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεώτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Plagal of the First

Let us worship the Word, O ye faithful, praising Him that with the Father and the Spirit is co-beginning less God, Who was born of a pure Virgin that we all be saved; for He was pleased to mount the Cross in the flesh that He assumed, accepting thus to endure death. And by His glorious rising, He also willed to resurrect the dead.

For Saint Gregory Palamas

Ἦχος πλ δ

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Plagal of the Fourth

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Hymn for the Dormition of the Theotokos

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 σαῖς λυτρουμένη, ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

First Mode

You gave birth yet preserved your virginity. You fell asleep in death yet did not desert the world, O Theotokos. You were transported to life, as you are Mother of Life and, by virtue of your intercessions, deliver our souls from death.

Kontakion

Ἦχος πλ δ

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ' ὥς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Plagal of the Fourth Mode

To thee, the Champion Leader, we thy flock dedicate a feast of victory and of thanksgiving, as ones rescued out of sufferings, O Theotokos. But as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we may cry to thee: Rejoice, thou Bride unwedded.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα

Κατ' ἀρχὰς σὺ, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοὶ· αὐτοὶ ἀπολούνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. πρὸς τίνα δὲ τῶν ἀγγέλων εἰρηκέ ποτε· κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσotέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι,

SECOND SUNDAY OF LENT – RETURN TO PARADISE: Today the Orthodox Church commemorates Saint Gregory Palamas, Archbishop of Thessalonica. Saint Gregory devoted his life to prayer, to understanding God and to becoming one with God. As we walk through Lent, let us look to Saint Gregory as a guide.

Saint Gregory sees man as being on a journey of return to Paradise, to his true beauty before the fall. The method of return is asceticism, discipline and effort. By disciplining himself, man begins to understand God. He bridles his passions and begins to purify himself. Repentance creates a distaste for sin and a longing for God's love which was completely his at the beginning.

Gregory says that Jesus is implanted into our hearts at Baptism and within the confines of our heart, our inner being, Christ reveals himself.

Prayer unites man with God and becomes the channel through which love for God and love for man fills his heart. Prayer motivates man to stop criticizing and finding faults in his neighbor, but to look deeply into himself and there discover his own sins and shortcomings. For Gregory, this process resembles a scroll when it is rolled up. The scroll's center becomes the focal point around which the entire parchment is wound.

Man, like the wound scroll, must wind his entire attention and life around his center, his heart, his soul. When man learns to discipline his thoughts and by prayers to look inwardly, his ascent begins. He begins to lift himself out of his fallen state of sin and begins his return to paradise. As man lifts himself ascetically, he approaches the mystical life of grace near God. In his upward turn, man tastes of Paradise, he partakes of the Kingdom to come, even now in the present.

SAINTS OF THE DAY: Saint Christodoulos of Patmos: Our Venerable Father Christódoulos 1) was born near Nicaea of Bithynia circa 1020. His parents' names were Theodore and Anna, and their son received the name John in Holy Baptism. He was renowned as an ascetic and a physician throughout the Byzantine Empire. In 1043 he was tonsured on Mount Olympus, where, under the guidance of the Elders, he received a broad education. After the death of his Spiritual Father, he made a pilgrimage to the holy places in 1045. He visited Rome and Palestine, and he lived in Asia Minor, and on some Greek islands, where he founded several monasteries.

After the Saracen invasion of Palestine, Father Christódoulos left the Holy Land and in 1070 settled on Mount Latmos, in the stavropegial Monastery of the Theotokos in northwestern Karia. Soon he was chosen as the Superior of that monastery. In 1076, Patriarch Cosmas I of Constantinople installed Father Christódoulos as Archimandrite over all the Latmian monasteries. From 1076–1079, he labored to build and fortify monasteries.

In 1079 the Latmian monasteries were destroyed by the Seljuk Turks. The Saint took refuge with his small community in the city of Strovilos on the Aegean coast, where the hermit Arsenios placed him in charge of his monastery. Father Christódoulos soon moved to the nearby island of Kos, the least affected by Muslim incursions. There Arsenios had several estates, and on Mount Pelion, at the latter's suggestion, Christódoulos founded the Kastrian Monastery of the Most Holy Theotokos in 1080.

In 1087, he founded a monastery on the neighboring island of Leros. In addition, during his stay on the island of Kos, Saint Christódoulos organized an expedition to Mount Latmos in order to rescue the books from the monastic community which he had abandoned. These books were sent to the library of the Hagia Sophia in Constantinople for safekeeping.

Seeking greater solitude and austerity, Saint Christódoulos turned his attention to the island of Patmos. He was so struck by the ascetic spirit of these places that he decided to establish a monastery on that island. In 1089, he submitted his first application to Emperor Alexios I Komnenos for a new monastic community on the

FANARI

REGIONAL LENTEN RETREAT

Current 5th-12th Graders

March 22, 2025

10AM-3PM

Locations:

SS. Constantine & Helen, Merrillville, IN

St. Nicholas, St. Louis, MO

SS. Constantine & Helen, Wauwatosa, WI

St. Spyridon, Palos Heights, IL

St. Andrew, Chicago, IL

St. Haralambos, Niles, IL



fanari.camp/retreat
\$30/camper

Lenten Pan-Orthodox Vespers For the Madison Area Orthodox Church



On Sunday's, March 9th, 16th, 23rd & 30th 2024 the Madison Area Orthodox Churches will all be hosting Sunday Night Lenten Pan Orthodox Great Vespers.

All Services will begin at 5:00 p.m.

Sunday's, March 9th & 23rd - Assumption Greek Orthodox Church

11 N 7th St. Madison, WI

Sunday's, March, 16th & 30th - Saint Ignatius Antiochian
Orthodox Church

2124 Shafer Drive, Fitchburg, WI



HOLY ANNUNCIATION FEAST DAY 2025

Hierarchical Services Vespers & Artoklasia

Monday, March 24 at 5:30 PM

Matins & Divine Liturgy

Tuesday, March 25 at 8:00 am & 9:30 AM

Clergy from near-by Orthodox
Parishes will be concelebrating.

Parishioners, Friends
& Inquirers are welcome.

Reception will follow...
after Artoklasia on March 24 and
after Divine Liturgy on March 25.
Thank you to Philoptochos
and all our helpers.



Annunciation Greek Orthodox Church
9400 W Congress St, Milwaukee, WI 53225



URBAN AIR

Thursday

March 27th

5:30 - 7:30 pm

Purchase tickets

in person

or online



CONFESSION SUNDAYS

- Sunday March 16th
students in grade
PreK - 3rd grade
- Sunday April 6th
students in grade
4th - 12th grade

Confession will take
place after Sunday
school in the church

GREEK INDEPENDENCE DAY LUNCHEON

Sunday March 23, 2025 after liturgy



Plaki (baked fish in tomato), Rice, Greek Salad,
Skordalia (garlic potato dip) and Bread. Hand made
by our own Philoptochos members.

Adults \$15, Children \$10

[Please RSVP for the meal HERE](#) so that we can get an
estimate of how many meals to make. (Or RSVP to Beth
Fatsis at (608) 345-5070 or Bfatsis1215@gmail.com)

Payment is not due until day of event. If you do not RSVP we cannot
guarantee there will be extra dinners available.

In conjunction with the dinner, we will be drawing
the lucky winner for our 4-night Stay at Sunset
Nook Cottage on Green Lake. This is a
fundraiser for humanitarian aid for Greece and
Cyprus.
Refill tickets are \$20 each or 3 for \$50. **Follow
this LINK for more information** about this exciting
getaway.

Or scan code to RSVP



\$1,200 VALUE

SUNSET NOOK COTTAGE

Green Lake, Wisconsin

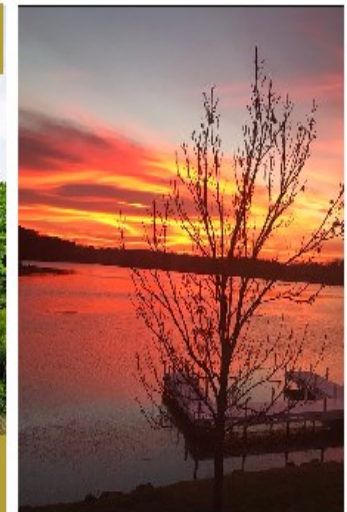
Win a 4 Night Getaway!

Valid Oct 15 thru May 1st

Philoptochos Sponsored Event

Proceeds will benefit the neediest of
Greece and Cyprus.

Scan to see Photos



Waterfront Cottage

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