



Prayers of the Heart

"For what is prayer? Prayer is the raising of the mind and heart to God—for praise and thanksgiving and beseeching Him for the good things necessary for soul and body. The essence of prayer, then, is the mental ascent to God from the heart. The mind stands in the heart consciously before the face of God, and, filled with proper and necessary reverence, it begins to pour out its heart before Him. This is prayer of the heart!"

Bishop Theophan the Recluse

The OCWA Prayer Chain has existed for many years. It is a way for us to pray for others knowing that our prayers will be magnified when all of us lift our hearts and our words up to God. We pray for those afflicted with illness, sorrow, and challenges of body and soul. We add prayers for physicians and caregivers and family members who heal and support, so that they may be comforted and guided by God. We also pray for those departed this life.

Our group of faithful prayer warriors can always use additional members. If you would like to join us, please email me at maryann.lindberg@gmail.com. You will be added to the chain but your email address will not be visible to others. Please send any prayer request to the same email, with the first name of the prayer recipient and a brief description of the prayers needed.

Taking a moment from your busy day to pray for someone in need is a source of calm and spiritual strengthening that would add purpose to your day.

All are welcome to join us!

"Oh, what great happiness and bliss, what exaltation it is to address oneself to the Everlasting Father. Always, without fail, value this joy which has been accorded to you by God's infinite grace and do not forget it during your prayers; God, the angels and God's holy men listen to you."

Elder Joseph the Hesychast

Assumption Greek Orthodox Church Bulletin



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Sunday, June 21st, 2026
3rd Sunday of Matthew—Happy Father’s Day
Saint Julian the Martyr of Tarsus
Saint Terentios, Bishop of Iconium
Saint Nikitas the New Martyr of Nisyros

Readings:

Epistle: Romans 5: 1-10

Gospel: Matthew 6: 22-33

Coffee Hour

THIS WEEK AT ASSUMPTION

Saturday, June 27th, 2026

Philoptochos Baking Day

Ethiopian Mission

Fr. Christodoulos will be out of the office the next 2 weeks for surgery & Clergy Laity Conference

ASSUMPTION’S 75th ANNIVERSARY SAVE THE DATE 11-14-2026: As we prepare to celebrate the 75th Anniversary of our beloved parish, we invite everyone to participate in making this milestone truly memorable!

- **Share Your Memories:** Please submit any Assumption-related photos as soon as possible for inclusion in our anniversary celebration.
- **Become a Sponsor:** Personal and business sponsorships for our 75th Anniversary Gala are greatly appreciated and will help make this special event a success.
- **Watch Your Mailbox:** Official invitations for our 75th Anniversary Celebration will be mailed in September.

Thank you for helping us honor 75 years of faith, fellowship, and ministry at Assumption!

SOUVLAKI CUTTING & PREPARING: On Saturday, 11th our Greek Fest + Committee is in need of volunteers to help cut and prepare the Souvlakis for this Fall’s Greek Fest +. If you are able to help join us on the 11th beginning at 9:00 a.m. downstairs in the Social Hall. We need everyone’s help to make this another successful Greek Fest.

GREEK FEST + VOLUNTEERS NEEDED: Dear AGOC Family, Our annual Assumption Greek Orthodox Church Greek Fest Plus will be here before we know it. We need everyone to step up and join the party! Please take a minute to complete this form: [CLICK HERE](#) with your availability.

If you can’t open the link please contact Maria Molzahn or Beth Beth Fatsis. philomadison@gmail.com or bfatsis1215@gmail.com. Thank you!!!!

Maria and Beth

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).

which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man — though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Ἐκ τοῦ κατὰ Ματθαῖον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ὁ λύχνος τοῦ σώματός ἐστιν ὁ ὀφθαλμός· ἐὰν οὖν ὁ ὀφθαλμός σου ἄπλοῦς ἦ, ὅλον τὸ σῶμά σου φωτεινὸν ἔσται· ἐὰν δὲ ὁ ὀφθαλμός σου πονηρὸς ἦ, ὅλον τὸ σῶμά σου σκοτεινὸν ἔσται. εἰ οὖν τὸ φῶς τὸ ἐν σοὶ σκότος ἐστί, τὸ σκότος πόσον; Οὐδεὶς δύναται δυσὶ κυρίοις δουλεύειν· ἢ γὰρ τὸν ἓνα μισήσει καὶ τὸν ἕτερον ἀγαπήσει, ἢ ἐνὸς ἀνθέξεται καὶ τοῦ ἑτέρου καταφρονήσει. οὐ δύνασθε Θεῷ δουλεῖν καὶ μαμωνᾷ. Διὰ τοῦτο λέγω ὑμῖν, μὴ μεριμνᾶτε τῇ ψυχῇ ὑμῶν τί φάγητε καὶ τί πίητε, μηδὲ τῷ σώματι ὑμῶν τί ἐνδύσησθε· οὐχὶ ἡ ψυχὴ πλεῖον ἐστὶ τῆς τροφῆς καὶ τὸ σῶμα τοῦ ἐνδύματος; ἐμβλέψατε εἰς τὰ πετεινὰ τοῦ οὐρανοῦ, ὅτι οὐ σπείρουσιν οὐδὲ θερίζουσιν οὐδὲ συνάγουσιν εἰς ἀποθήκας, καὶ ὁ πατὴρ ὑμῶν ὁ οὐράνιος τρέφει αὐτά· οὐχ ὑμεῖς μᾶλλον διαφέρετε αὐτῶν; τίς δὲ ἐξ ὑμῶν μεριμνῶν δύναται προσθεῖναι ἐπὶ τὴν ἡλικίαν αὐτοῦ πῆχυν ἓνα; καὶ περὶ ἐνδύματος τί μεριμνᾶτε; καταμάθετε τὰ κρίνα τοῦ ἀγροῦ πῶς αὐξάνει· οὐ κοπιᾷ οὐδὲ νῆθει· λέγω δὲ ὑμῖν ὅτι οὐδὲ Σολομὼν ἐν πάσῃ τῇ δόξῃ αὐτοῦ περιεβάλετο ὡς ἐν τούτων. Εἰ δὲ τὸν χόρτον τοῦ ἀγροῦ, σήμερον ὄντα καὶ αὔριον εἰς κλίβανον βαλλόμενον, ὁ Θεὸς οὕτως ἀμφιένυσσιν, οὐ πολλῷ μᾶλλον ὑμᾶς, ὀλιγόπιστοι; μὴ οὖν μεριμνήσητε λέγοντες, τί φάγωμεν ἢ τί πίωμεν ἢ τί περιβαλώμεθα; πάντα γὰρ ταῦτα τὰ ἔθνη ἐπιζητεῖ· οἶδε γὰρ ὁ πατὴρ ὑμῶν ὁ οὐράνιος ὅτι χρῆζετε τούτων ἀπάντων. Ζητεῖτε δὲ πρῶτον τὴν βασιλείαν τοῦ Θεοῦ καὶ τὴν δικαιοσύνην αὐτοῦ, καὶ ταῦτα πάντα προστεθήσεται ὑμῖν.

The reading is from the holy Gospel according to Matthew

The Lord said, “The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first the kingdom of God and his righteousness, and all these things shall be yours as well.”

Resurrection Dismissal Hymn

Ἦχος β

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν Ἄδην ἐνέκρωσας τῆ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεώτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

Second Mode

When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity And when Thou didst also raise the dead out of the nether world, all the powers of the heavens were crying out: O Giver of life, Christ our God, glory be to Thee.

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 λυτρομένη, 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 β

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

Second Mode

A protection of Christians that cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα

Ἀδελφοί, δικαιωθέντες οὖν ἐκ πίστεως εἰρήνην ἔχομεν πρὸς τὸν Θεὸν διὰ τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὗ καὶ τὴν προσαγωγὴν ἐσχίκαμεν τῇ πίστει εἰς τὴν χάριν ταύτην ἐν ἣ ἐστήκαμεν, καὶ καυχώμεθα ἐπ' ἐλπίδι τῆς δόξης τοῦ Θεοῦ. οὐ μόνον δέ, ἀλλὰ καὶ καυχώμεθα ἐν ταῖς θλίψεσιν, εἰδότες ὅτι ἡ θλίψις ὑπομονὴν κατεργάζεται, ἡ δὲ ὑπομονὴ δοκιμὴν, ἡ δὲ δοκιμὴ ἐλπίδα, ἡ δὲ ἐλπίς οὐ καταίσχυνει, ὅτι ἡ ἀγάπη τοῦ Θεοῦ ἐκκέχεται ἐν ταῖς καρδίαις ἡμῶν διὰ Πνεύματος Ἁγίου τοῦ δοθέντος ἡμῖν. ἔτι γὰρ Χριστὸς ὄντων ἡμῶν ἀσθενῶν κατὰ καιρὸν ὑπὲρ ἀσεβῶν ἀπέθανε. μόλις γὰρ ὑπὲρ δικαίου τις ἀποθάνεται· ὑπὲρ γὰρ τοῦ ἀγαθοῦ τάχα τις καὶ τολμᾷ ἀποθάνειν. συνίστησι δὲ τὴν ἑαυτοῦ ἀγάπην εἰς ἡμᾶς ὁ Θεός, ὅτι ἔτι ἀμαρτωλῶν ὄντων ἡμῶν Χριστὸς ὑπὲρ ἡμῶν ἀπέθανε. πολλῶ οὖν μᾶλλον δικαιωθέντες νῦν ἐν τῷ αἵματι αὐτοῦ σωθησόμεθα δι' αὐτοῦ ἀπὸ τῆς ὀργῆς. εἰ γὰρ ἐχθροὶ ὄντες κατηλλάγημεν τῷ Θεῷ διὰ τοῦ θανάτου τοῦ υἱοῦ αὐτοῦ, πολλῶ μᾶλλον καταλλαγέντες σωθησόμεθα ἐν τῇ ζωῇ αὐτοῦ.

The reading is from Paul's Letter to the Romans

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access by faith to this grace in

THE HAPPIEST TIMES: A psychologist once asked 3,000 people, “What are you living for?” He was startled to find that most of them were simply enduring the present while they waited for something better in the future.

Actors and entertainers doing small parts waiting for the “big dance.” Business people enduring their job, making time until fate opened the door to something better.

One middle-aged mother said, “I hope my nerves can stand the ordeal until my husband retires and the children get homes of their own. I'm living for that blessed day when I can get a little rest.” When her husband did retire and the children were married and living on their own, this same mother was a very unhappy person. She looked back to the time when her husband was working and the house was full of children as the happiest period of her life.

Many times we miss the joy and happiness that can be found in the present because we think about how much better life will be in the future. Now is the accepted time. Now is the day of salvation. Now is the time to live. Now, not tomorrow is the time to be made whole. Our time on earth is limited. Every moment is unique and unrepeatable. Tomorrow is not ours; today is. Now is the time to be compassionate. Now is the time to forgive - before our time runs out. Now is the most glorious period of life. God's time is now. “Now is the accepted time.”

THE WAY TO PEACE: An older Christian was asked by a younger person if he had “found peace.” He answered, “no, dear friend, not peace but constant struggle.” In a sense the Christian life is a constant struggle. It demands continuous warfare against the evil one. “Put to death what is earthly in you.”

When Socrates faced death without fear but rather with a spirit of gaiety, he explained that true philosophers “are always occupied in the practice of dying.” By this he meant the process by which we become progressively liberated from the compulsions of the flesh. Such daily dying could be called “Operation Liberation”. The Epistle of Timothy reminds us that if we died with Him, we shall also live with Him.

George Muller said once, “There was a day when I died; utterly died; died to George Muller, his opinions, preferences, tastes and will; died to the world its approval or censure, died to the approval or blame even of my brethren and friends and, since then, I have studied only to show myself approved unto God.”

The way to peace is through struggle.

FROM THE FATHERS: The soul has followed Moses and the cloud, both of these serving as guides for those who would advance in virtue; Moses her represents the commandments of the Law; and the cloud that leads the way, its spiritual meaning. The soul has been purified by crossing the Sea; it has removed from itself and destroyed the enemy army. It has tasted of the waters of Marah, that is, of life deprived of all sinful pleasure; and this at first had seemed bitter and unpleasant to the taste but offered a sensation of sweetness to those who accepted the wood. Next it enjoyed the beauty of the palm Trees of the gospel and the springs; it filled itself with the living water, that is, the rock. It took within itself the bread of heaven. It overwhelmed the foreign host - a victory due to the extended arms of the Lawgiver, which thus foreshadowed the mystery of the Cross. Only then can the soul go on to the contemplation of transcendent Being.

+*Saint Gregory of Nyssa*



Greek Fest+ 2026

September 12

Sat. 11 AM - 7 PM

Assumption Greek Orthodox Church
11 N. Seventh St., Madison, WI
at E. Washington Ave. & N. Seventh St.

Enjoy music, dancing, church tours and delicious Greek favorites including gyros, fries, spanakopita, chicken souvlakia, baklava, loukoumades, beer and wine!

Don't miss our Bake Sale inside the church!



**Follow us on social media and
introduce yourself!**

SCAN HERE

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WELCOME FORM



@agoc_msn

**Questions? Reach out
to Fr. Chris or Zach**

PLEASE SUBMIT PHOTOS HERE FOR OUR 75TH CELEBRATION!

As we celebrate 75 years of faith, tradition, and community, we invite you to share your favorite photos from our parish's past to help us create a special 75th Anniversary presentation. **All photos should be related to Assumption Parish/Events/Celebrations.** These can include:

- Church Sacramental occasions
- Fellowship Hall events
- Choir
- Sunday School
- Dinner Dances
- Greek Fest
- Other Assumption organizations & events

Scanned photos may be emailed to Denise George Schultz twinjoys23@gmail.com. Printed photos may be dropped off in our Fellowship Hall - a labeled Collection Box will be on the bookcase, or they can be given directly to Margo Schmidt. Please place your photos in an envelope with your name on the back of each photo and the envelope, so they may be returned. We will include as many photos as possible. **FINAL DUE DATE FOR PHOTO SUBMISSIONS WILL BE SUNDAY, SEPTEMBER 13TH.**



Assumption Greek Orthodox Church

Tuesday, July 21st

First Pitch: 6:05 PM - Gates Open One Hour Prior

[CLICK HERE FOR TICKETS](#)

Busch Light Duck Blind Reserved
Tables



All bags larger than 4.5 x 6.5
must be CLEAR



GAMEDAY LINKS

[Menu & Pictures](#)

[Parking Info](#)

The Duck Pond at Warner Park 2920 N Sherman Ave, Madison, WI 53704 608-246-4277

SAVE THE DATE!!

75TH ANNIVERSARY CELEBRATION



Assumption Greek Orthodox Church is celebrating 75 years! Please join us for dinner, dancing and fellowship. Gather your family to reflect on our past and to look ahead to our future. More information can be found in the weekly bulletin and FYI - there you will find our BIG request for photos - old and new!

NOVEMBER 14, 5:30-10 PM

Madison Concourse Hotel
1 W. Dayton St. Madison WI

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Sponsorship of Event:

We gratefully welcome sponsorships and donations from individuals and businesses to help keep ticket prices affordable and accessible for all. All donations (including memorial donations) will be listed in book form at the event. Sponsorship donations are currently being accepted by check. Please make checks payable to AGOC and indicate "75th Sponsorship" in the memo section.

Please save the date! Formal invitations for our 75th Anniversary Celebration will be sent this fall.