



**ASCENSION**  
GREEK ORTHODOX CHURCH  
FAIRVIEW, NEW JERSEY



**The LIGHT of the ASCENSION**  
**Το Φως της Θείας Αναλήψεως**



**Sunday, March 20, 2022**

**Today we commemorate**

## Sunday of Saint Gregory Palamas

- [Epistle Reading click here](#)
- [Gospel Reading click here](#)



In response to the tragic humanitarian crisis in Ukraine, and the immediate aid needed there, His Eminence Archbishop Elpidophoros announced the GOARCH Ukraniann Relief Fund, established in collaboration with the IOCC, aiming to raise \$1 million for both immediate and long-term support of the Ukrainian people. "We find ourselves in deep pain and sorrow of the soul over the horror that has ensued from the invasion of Ukraine."

~ His Eminence Archbishop Elpidophoros

[DONATE NOW](#)

## GOSPEL and EPISTLE READINGS

### EPISTLE READING

**St. Paul's Letter to the Hebrews 1:10-14; 2:1-3**

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy 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.

**ΑΠΟΣΤΟΛΙΚΟ ΑΝΑΓΝΩΣΜΑ**

Κατ' ἄρχας, Κύριε, τὸν γὰρ ἐμελίωσας, καὶ ἔργα τὸν χειρὸν σου ἐσὶν ὅσα οὐρανοὶ· αὐτὸς πολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες οἱ οὐρανοὶ παλαιωθήσονται, καὶ σὺ περιβόλαιον ὀλίξεις αὐτούς, καὶ ἀλλαγῇσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὸ πνεῦμα σου ὁ κύριος κλείψουσιν. Πρὸς τίνα δὲ τὸν ἡγγέλων ἐρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ὥς θύομαι τοῖς ἁγίοις σου ἑτοῖμα τὸν ποδὸν σου; Ὁ γὰρ πάντες ἐστὶν λειτουργικὰ πνεύματα, ἐξ διακονίας ἀποστελλόμενα διὰ τοῖς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμῶς προσέχειν τοῖς ἐκκλησιαστικῶν, μήποτε παραρρηκῶμεν. Ἐὰν γὰρ ὁ δὲ ἡγγέλων λαλήθῃ λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ λαβὴν ὀνδικὸν μισθοποδοσίαν, πᾶς ἡμεῖς ἐκφευζόμεθα τηλικαύτης ἐμελήσαντες σωτηρίας; ὅτις, ἄρχῃ λαβοῦσα λαλεῖσθαι διὰ τὸ κυρίου, ὅτι τὸν ἐκκλησιαστικῶν ἐξ ἡμῶν ἐβεβαιώθη.

## GOSPEL READING

### The Gospel According to Mark 2:1-12

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 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!"

## ΕΥΑΓΓΕΛΙΚΟ ΑΝΑΓΝΩΣΜΑ

### Ἐκ τοῦ Κατὰ Μάρκον 2:1-12 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τὸ καιρὸς ἐκεῖνον, ἐστὶς ἦλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοὺμ διὰ ἡμέραν καὶ κοίτην ἔτι εἰς ὅσον ἔστι. καὶ ἐθῆκεν συνῆχθησαν πολλοί, ὥστε μηκῆτι χωρεῖν μηδὲ τὸ πρὸς τὴν θύραν· καὶ ἄλλοι αὐτοῖς τὸν λόγον. καὶ ἄρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, ἀρρῶμενον πρὸς τέσσαρων· καὶ μὴ δυνάμενοι προσεγγῆσαι αὐτὸν διὰ τὸν ὄχλον, ἐπεστράψαν τὸν στέγην ἧκου ἔχοντες, καὶ ἐξορύξαντες χαλᾶσι τὸν κροβάττον, ὅπως ὁ παραλυτικὸς κατακειτο. ὁ δὲ ὁ Ἰησοῦς τὸν πρὸς αὐτὸν λέγει τὸ παραλυτικῷ· τὸ κλον, ὅφρωντα σοὶ ἂν μαρτυρῶ σου. ὅταν δὲ τινες τὸν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἦν ταῖς καρδίαις αὐτῶν· τὸ ὅτι οὗτος ὁ ἄνθρωπος λαλεῖ βλασφημίας; τὸς δὲ νύκτις ἐφίπναι μαρτυρᾶς ἐπὶ μὴ εἰς ὁ Θεός; καὶ ἐθῆκεν ἐπιγνοῦς ὁ Ἰησοῦς τὸ πνεύματι αὐτοῦ· ὅτι ὁ ἄνθρωπος αὐτὸς διαλογίζονται ἦν αὐτοῖς, ἐπεὶ αὐτοῖς· τὸ ταῦτα διαλογίζεσθε ἦν ταῖς καρδίαις ἡμῶν; τὸ ὅτι ἐστὶν ἐκκοπτερον, ἐπεὶ τὸ παραλυτικῷ, ὅφρωντα σου ἂν μαρτυρῶ, ὁ ἐπεὶ, ὅφειρε καὶ ὅρον τὸν κροβάττον σου καὶ περιπτεῖ; ἵνα δὲ ἐδιδότε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἐφίπναι πρὸς τὸς γὰρ μαρτυρᾶς - λέγει τὸ παραλυτικῷ· σοὶ λέγω, ὅφειρε καὶ ὅρον τὸν κροβάττον σου καὶ παγε εἰς τὸν ὅσον σου. καὶ ὁ γὰρ ἔθῆκεν, καὶ ὅρας τὸν κροβάττον ἐξῆλθεν ὡς ἐκ τῶν πνυτων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

**2022 Ascension Church**  
**Membership Dues**  
Individual or Couple \$450  
Senior Citizen Individual or Couple \$350

[Click and Pay Membership Dues](#)

## **SCHEDULE OF SERVICES**

### **Sunday, March 20, 2022**

[Sunday of St. Gregory Palamas click here](#)

**8:30am-11:30 a.m.,**

**Orthros, Divine Liturgy**

**Catechism Program**

**Coffee is offered by the PTO**

**6:00 p.m. – 7:00 p.m. *Vespers for Contrition***

### **Tuesday, March 22, 2022**

**6:00 p.m. Great Compline**

**8:00 p.m. Zoom**

**Conversation & Fellowship**

**with Fr. Christos**

### **Wednesday, March 23, 2022**

**4:30 p.m.- 6:30 p.m. *Greek School***

**6:00 p.m. – 7:30 p.m. *Presanctified Liturgy***

### **Thursday, March 24, 2022**

**6:00 p.m. *Archieratical Vespers***

**(*Evangelismos Greek Orthodox Church***

**- *Jersey City*)**

### **Friday, March 25, 2022**

***Annunciation of the Theotokos click here***

**9:00 a.m. – Orthros, Divine Liturgy**

**4:30 p.m.- 6:30 p.m. *Greek School***

**7:00 p.m. – 8:30 p.m. *3rd Salutations***

**8:30 p.m. *Oratorical Festival***

### **Saturday, March 26, 2022**

**GOYA Lenten Retreat**

**9:00 a.m. – 10:00 a.m. *Divine Liturgy***

**10:00 a.m. – 2:00 p.m. *Meet Fr. Elias Pappas***

### **Sunday, March 27, 2022**

**[Sunday of the Holy Cross click here](#)**

**8:30am-11:30 a.m., Orthros, Divine Liturgy**

Coffee is served by the Parish Council  
6:00 p.m. – 7:00 p.m. *Vespers for Contrition*  
(St. Nicholas Church, Wyckoff, NJ)

## ΠΡΟΓΡΑΜΜΑ ΑΚΟΛΟΥΘΙΩΝ

**Κυριακή, 20 Μαρτίου, 2022**

**Β' Νηστειών - Γρηγορίου Παλαμά [click here](#)**

8:30 πμ - 11:30 π.μ. Όρθρος, Θ. Λειτουργία

Κατηχητικό Πρόγραμμα

Ο καφές προσφέρεται από το ΠΤΟ

6:00 μ.μ. - 7:00 μ.μ. Κατανυκτικός Εσπερινός

**Τρίτη, 22 Μαρτίου, 2022**

6:00 μ.μ. Μέγα Απόδειπνο

8:00 μ.μ. Διαδικτυακή Συνάντηση

με τον π. Χρήστο

για Μελέτη της Αγίας Γραφής

**Τετάρτη, 23 Μαρτίου, 2022**

4:30 μ.μ. – 6:30 μ.μ. Ελληνικό Σχολείο

6:00 μ.μ. – 7:30 μ.μ. Προηγιασμένη Θεία Λειτουργία

**Πέμπτη, 24 Μαρτίου, 2022**

6:00 μ.μ. Αρχιερατικός Εσπερινός

(Ναός Ευαγγελισμός της Θεοτόκου - Jersey City)

**Παρασκευή, 25 Μαρτίου, 2022**

**Ευαγγελισμός της Θεοτόκου [click here](#)**

9:00 π.μ. Όρθρος, Θ. Λειτουργία

4:30 μ.μ. – 6:30 μ.μ. Ελληνικό Σχολείο

7:00 μ.μ. – 8:30 μ.μ. Γ' Χαιρετισμοί

8:30 μ.μ. Oratorical Festival

**Σάββατο, 26 Μαρτίου, 2022**

**GOYA Retreat**

9:00 π.μ. - 10:00 π.μ. Θεία Λειτουργία

10:00 π.μ. - 2:00 μ.μ. Συνάντηση με τον π. Ηλία Παππά

**Κυριακή, 27 Μαρτίου, 2022**

**Γ' Νηστειών - Σταυροπροσκυνήσεως [click here](#)**

8:30 πμ - 11:30 π.μ. Όρθρος, Θ. Λειτουργία

Ο καφές σερβίρεται από το Συμβούλιο

6:00 μ.μ. - 7:00 μ.μ. Κατανυκτικός Εσπερινός

(Ναός Αγίου Νικολάου στο Wyckoff, NJ)



[LIVE STREAM click  
here](#)

[LIGHT a CANDLE and SAY a PRAYER click here](#)

## MEMORIAL SERVICES

**Saturday, March 19, 2022**

**40 days: Charalambos Alexiou**

**40 μέρες: Χαράλαμπος Αλεξίου**

## OUR SPIRITUAL LEADER



**Rev. Christos L. Pappas**

**Protopresbyter**

**office: 201-945-6448**

**cell: 201-707-4737**

**[fatherchristos@yahoo.com](mailto:fatherchristos@yahoo.com)**

**Anastasia Perdikos  
Office Administrator**

office: 201-945-6448

office hours:

M,W 9:30 a.m. - 5:00 p.m.

T, Th, F 9:30 a.m. - 3:00 p.m.

Sunday 10:30 - 1:30 p.m.

[info@ascensionfairview.org](mailto:info@ascensionfairview.org)

[DONATE to the ASCENSION CHURCH click here](#)

## ANNOUNCEMENTS

### UPCOMING EVENTS

**March 22 ~ Conversation & Fellowship Fr. Christo**

**March 25 ~ Oratorical Festival**

**March 26 ~ GOYA Lenten Retreat with Fr. Elias**

**April 2 ~ Philoptochos Membership Luncheon**

**April 3 ~ Catechism Easter/Pascha Retreat**

**April 17 ~ Palm Sunday Bakaliaro Luncheon**

**June 5 ~ Greek Independence Day Parade, New York**

**June 10-12 ~ Ascension Festival**

**December 11 ~ Annual Dinner, 70th Anniversary**

# Join thousands of teens across the nation & **#shareorthodoxy!**

## 2022 ORATORICAL FESTIVAL



**EXPLORE** a deeper knowledge of your Orthodox faith  
**THINK** critically about current issues  
**SPEAK** to a gentle and loving audience

Share Your  
**FAITH**

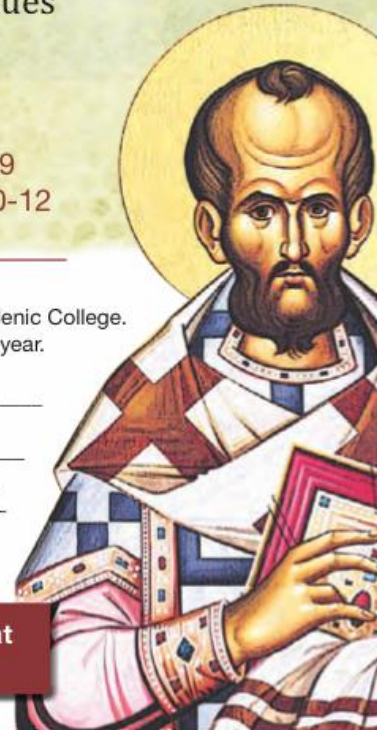
Junior Division for Grades 7-9  
Senior Division for Grades 10-12

**AWARDS** - The Chrysostom Scholarship for Hellenic College  
The 2022 finalists are eligible to receive a Chrysostom Scholarship to Hellenic College.  
This scholarship provides awards ranging from \$2,500 up to \$30,000 per year.

Parish Festival Date **March 25, 2022**  
Parish Chairperson **Stacy Pinou-Melizanis**  
Contact Information **pinoustacy@hotmail.com**

The St. John Chrysostom Oratorical Festival is a Ministry of the Department of Religious Education from the Greek Orthodox Archdiocese.

Find the topics, rules, guidelines, and prize information at  
[www.goarch.org/oratorical](http://www.goarch.org/oratorical)





# **The Greek Orthodox Church of the Ascension St. John Chrysostom Oratorical Festival Friday, March 25, 2022**

Students in **grades 3 through 12** are invited to participate in the **St. John Chrysostom Oratorical Festival on Friday, March 25, 2022 at 7:30 pm in Ascension Church.**

Students are to prepare a speech/response that answers one of the questions found in the attached guidelines and present it to the community. Speeches/Responses need to be **typed** and **submitted** to the Parish Chairperson by **March 20, 2022**, in order to assist the student in putting the final touches on their entry. Entries can be emailed to [pinoustacy@hotmail.com](mailto:pinoustacy@hotmail.com)

## **Length of Presentation:**

**Elementary Division (Grades 3 -6)** should prepare a response between 30 seconds and 90 seconds.

**Junior Division (Grades 7-9)** should prepare a response between 3 and 4 minutes.

**Senior Division (Grades 10-12)** should prepare a response between 4 and 5 minutes.

## **There are many benefits in participating in such an event:**

1. It is a great opportunity for your child to build public speaking skills in a safe, supportive environment while applying their religious knowledge and beliefs.
2. Our current and former participants have noted this event on their college resumes which has resulted in curiosity from colleges and recommendations to participate in leadership activities.

**All participants will receive a certificate and gift for their participation.**

Feel free to contact Stacy Pinou at [pinoustacy@hotmail.com](mailto:pinoustacy@hotmail.com) with questions and concerns. Those who are interested in participating should let me know as early as possible. I will conduct writing workshops for all interested.

Sincerely,  
Stacy Pinou-Melizanis  
Oratorical festival Chairwoman





## ST JOHN CHRYSOSTOM ORATORICAL FESTIVAL 2022 Topics

### Junior Division (Grades 7-9)

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#### Topic 1

Share what you learned about yourself after a “technology fast” of at least 21 days. What can we learn about our relationship to God and the world by fasting?

#### Topic 2

In our personal prayer and liturgy, we usually make requests of God. Discuss why we make these petitions and how God fulfills them.

#### Topic 3

Choose a saint whose life has been important to you or your family. Discuss what you find most inspiring about this saint and what others can learn from how they lived their life.

#### Topic 4

Discuss how you would share your Orthodox Christian faith with a visitor to your parish.

#### Topic 5

Discuss your favorite Church service of the year and why it is meaningful to you.

### Senior Division (Grades 10-12)

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#### Topic 1

Discuss the significance of Orthodox iconography (historically, symbolically and/or artistically) and how icons enhance our worship.

#### Topic 2

From the earliest days, Christian worship has been community-based, not only solitary, and Christians formed communities where the members learned from and took care of one another. Why is it important to be part of a Church community, and how is this relevant today?

### **Topic 3**

The Orthodox faithful pray to the saints for physical healing and we have examples of saints like Cosmas and Damian who were doctors. What does this teach us about the Orthodox perspective on faith, health, and medicine?

### **Topic 4**

Discuss ways that a young person can respond to God's call to love God with heart, soul, mind, and strength and one's neighbor as oneself (see Luke 10:27).

### **Topic 5**

In every Church service, we pray for "peace in the world," usually many times. Yet, war and violence persist. What is the Orthodox Christian approach to war and violence?



Ascension Greek Orthodox Church

**MEET**

**Fr. Elias**

**MARCH 26**

**Saturday**

**9 am - 10 am Divine Liturgy**

**10 am - 2 pm**

**GOYA Lenten Retreat**

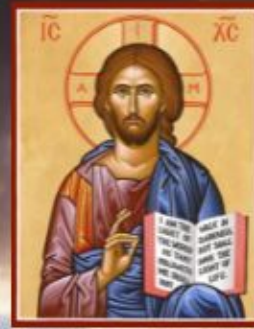
**Fellowship**

**Meaning of Easter**





# Conversation & fellowship



with  
Fr. Christos Pappas

*next meeting*

*will take place on*

**Tuesday, March 22, 2022**

**Zoom @ 8:00 pm**

**Meeting ID: 865 3931 6032**

**Passcode: 856974**

**Any questions call Fr. Christos @ 201.707.4737**

Conversation and fellowship with Father Christos will continue twice a month on Tuesdays via zoom. It has been a blessing to be able to meet everyone on zoom and share a meaningful evening with our spiritual leader.

The next meeting will be on

**Tuesday, March 22, 2022 at 8 pm.**

Please click on the link below and join us on ZOOM

[click here to join ZOOM](#)

**ASCENSION CATECHISM PROGRAM**  
**EASTER/PASCHA RETREAT**  
**April 3, 2022, Sunday**



**April 3, 2022**

The Ascension Catechism Program  
Easter/Pascha retreat will take place on  
Sunday, April 3, 2022, 10 AM to 3 PM.

Father Christos and all the Catechism teachers look forward to seeing you as we prepare for Holy Week and the Holy Resurrection. We will begin at church to receive Holy Communion and then the fun and activities will continue in the community center.

Please register your child for this event by completing the registration form BELOW

[REGISTRATION FORM](#)

**COMMUNITY SERVICE HOURS OPPORTUNITY**

Father Christos is offering community service hours (5 hours) to **10th, 11th, & 12th graders** who would like to fulfill community service requirements by assisting the Catechism Director, Mrs. Addie Toumazou, and the teachers at the **Catechism Easter/Pascha Retreat** on April 3, 2022. This would be a great opportunity to give back to your community, the Ascension Church, and complete community service hours. Volunteers would assist students during the Divine Liturgy at church, help the children decorate their lambathes, help



with lunch, and any other meaningful service. We hope you strongly consider and complete the registration form below.

## COMMUNITY SERVICE REGISTRATION FORM

# YOUTH & YOUNG ADULT MINISTRIES

## SUNDAY OF SAINT GREGORY PALAMAS

Saint Gregory taught what it means to fully know and experience God.

*~ Steve Christoforou, Director of the Department of Youth and Young Adult Ministries, Greek Orthodox Archdiocese of America.*

Check out this great series of videos to share with your children on "Finding God" and "Living Orthodoxy."

#BeTheBee #Orthodoxy #SaintGregoryPalamas

click below to view video 14:11 minutes



For more information on the  
**Youth & Young Adult Ministries** follow on:

Facebook - Y2AM

Instagram - @y2am\_official

Twitter - @y2am\_official

**YouTube - [youtube.com/y2am](https://www.youtube.com/y2am)**

[www.y2am.org](http://www.y2am.org)

[y2am@goarch.org](mailto:y2am@goarch.org)





If you would like to volunteer in one of our  
youth ministries, you must comply  
with the

**Greek Orthodox Archdiocese of America**  
**Policies for the**  
**safety of Children and Youth**

For more information and to  
register to be a youth worker,  
contact:

Evelyn Tsugranis  
Parish Youth Safety Administrator  
youthsafetyascension@gmail.com  
201-658-1801

## COMMUNITY NEWS



It was an honor to have His Grace Bishop Athenagoras visit the Ladies Philoptochos on Kathera Monday for a lenten luncheon.

## GOYA SIGHTS and SOUNDS 2022

On March 5, 2022, our GOYAns participated in the 50th Anniversary of Sights

and Sounds at the Holy Trinity Church, Westfield. Our GOYAns worked tirelessly over the last several weeks so that they could represent our church and our community. The hours were long and the effort was great, and they certainly made us proud. Congratulations to all!

**Here are the categories below that our GOYAns won:**

### **SOUNDS**

Greek Play ~ 2nd Place

Singing Solo, Alexi Horne ~ 1st Place

English Monologue,

Alexi Horne ~ 2nd Place

English Singing group ~ 4th Place

Greek Singing Group ~ 4th Place

### **SIGHTS**

Original Design on Ready Made Clothing, Constantine Tsugranis ~ 2nd Place

Collage Art, Sophia Lazarou ~ 2nd Place

Computer Art, Constantine Tsugranis ~ Honorable Mention









Greek Theatre ~ 2nd Place

**GREEK PLAY ~ 2nd Place**





**SINGING SOLO**, Alexi Horne ~ 1st Place  
**ENGLISH MONOLOGUE**,  
Alexi Horne ~ 2nd Place



### **GREEK SINGING GROUP**

~ 4th Place



### **ENGLISH SINGING GROUP**

~ 4th Place





**ORIGINAL DESIGN ON READY MADE CLOTHING,**  
Constantine Tsugranis ~ 2nd Place  
**COMPUTER ART,** Constantine Tsugranis ~ Honorable Mention



**COLLAGE ART,**  
Sophia Lazarou ~ 2nd Place





**INSTRUMENTAL GROUP**







**GREEK DANCE GROUP**





**ALL THE AMAZING SIGHTS** at the Showcase at our Ascension Church!

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If you shop on [www.amazon.com](http://www.amazon.com), logon **INSTEAD** to [AmazonSmile](https://www.amazon.com/smile), Amazon's foundation (The AmazonSmile Foundation). **AmazonSmile** makes it simple for you to support our **Greek Orthodox Church of the Ascension in Fairview Inc** every time you shop, at **NO COST** to you. The AmazonSmile Foundation donates 0.5% of the purchase price from your

eligible AmazonSmile purchases. AmazonSmile is a separate portal of [www.amazon.com](http://www.amazon.com), so be sure to **TURN-ON** AmazonSmile via your [www.amazon.com](http://www.amazon.com) account. See TIPS below to designate the **Greek Orthodox Church of the Ascension Fairview Inc** as your charity and begin supporting our church NOW!



VISIT our WEBSITE



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