



**HOLY ASCENSION**  
*of Our Lord*

**Saint George Greek Orthodox Cathedral**

650 Hanover Street Manchester, New Hampshire 03104

+Very Rev. Fr. Archimandrite Agathonikos M. Wilson, Cathedral Dean

Church Phone: (603) 622-9113 Father's Cell Phone: (603) 856-6749

Website: [www.stgeorge.nh.goarch.org](http://www.stgeorge.nh.goarch.org) Father's E-mail: [revframwilson@yahoo.com](mailto:revframwilson@yahoo.com)

**June 5, 2022 / 7th Sunday of Pascha / Sunday of the 318 Holy Fathers of the First Ecumenical Council**

*Apolytikion of the Feast of Ascension - sung before the small entrance*

Ανελήφθης ἐν δόξῃ, Χριστέ ὁ Θεὸς ἡμῶν, χαροποιήσας τοὺς Μαθητάς, τῇ ἐπαγγελίᾳ τοῦ ἁγίου Πνεύματος, βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ὅτι σὺ εἶ ὁ Υἱὸς τοῦ Θεοῦ, ὁ λυτρωτὴς τοῦ κόσμου.

You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world.

*Resurrection Apolytikion of the tone of the week (Plagal of the Second)*

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἵστατο Μαρία ἐν τῷ τάφῳ ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήντησας τῇ Παρθένῳ, δωροῦμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

*Apolytikion of the Feast of Ascension*

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### *Apolytikion for the Fathers of the First Ecumenical Council*

Ὑπερδεδοξασμένος εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ φωστῆρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν θεμελιώσας, καὶ δι' αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὁδηγήσας· πολυεύσπλαγχνε, δόξα σοι.

Supremely blessed are You, O Christ our God. You established the holy Fathers upon the earth as beacons, and through them You have guided us all to the true Faith, greatly merciful One, glory be to You.

### *Apolytikion for Memorial Services*

Μνήσθητι Κύριε ὁς ἀγαθὸς του (της, των) δούλος (δουλῆς, δούλων) σου, καὶ ὅσα ἐν βίῳ ἡμαρτεν (ἡμαρτων), συγχώρησον, οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ Σὺ ὁ δυνάμενος, καὶ τῷ (τῇ, τοῖς) μεταστάντι (μεταστάση, μεταστᾶσι) δοῦναι τὴν ἀνάπαυσιν

Remember, O Lord, as You are good, Your Servant(s), and forgive every sin he (she, they) has (have) committed in this life. For no one is sinless except for You, Who has power to grant rest to those who have fallen asleep.

### *Apolytikion of our Church*

Ὡς τῶν αἰχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, ἀσθενούντων ἱατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

As liberator of captives, defender of the poor, physician of the ailing, and champion of Kings, beseech Christ our God, O great martyr George, Standard Bearer, for the salvation of our souls.

### *Kontakion of Ascension*

Τὴν ὑπὲρ ἡμῶν πληρώσας οἰκονομίαν, καὶ τὰ ἐπὶ γῆς ἐνώσας τοῖς οὐρανίοις, ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς ἡμῶν, οὐδαμόθεν χωριζόμενος, ἀλλὰ μένων ἀδιάστατος, καὶ βοῶν τοῖς ἀγαπῶσί σε· Ἐγὼ εἰμι μεθ' ὑμῶν, καὶ οὐδεὶς καθ' ὑμῶν.

When you had fulfilled the dispensation for our sake, and united things on earth with the things in heaven, You were taken up thither in glory, O Christ our God, going not away from any place, but continuing inseparable, and to them that love You crying out, "I am with you, and there is, therefore, none against you."

## *The Epistle Reading – Sunday, June 5, 2022*

*Blessed are you, O Lord, the God of our fathers.*

*For you are just in all you have done*

**The Reading is from Acts of the Apostles 20:16-18, 28-36**

IN THOSE DAYS, Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletos he sent to Ephesus and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'it is more blessed to give than to receive.' "And when he had spoken thus, he knelt down and prayed with them all.

### **Πράξεις Ἀποστόλων 20:16-18, 28-36**

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, ἔκρινεν ὁ Παῦλος παραπλεῦσαι τὴν Ἐφεσον, ὅπως μὴ γένηται αὐτῷ χρονοτριβῆσαι ἐν τῇ Ἀσίᾳ· ἔσπευδεν γάρ, εἰ δυνατόν ἦν αὐτῷ, τὴν ἡμέραν τῆς Πεντηκοστῆς γενέσθαι εἰς Ἱερουσόλυμα. Ἀπὸ δὲ τῆς Μιλήτου πέμψας εἰς Ἐφεσον μετεκαλέσατο τοὺς πρεσβυτέρους τῆς ἐκκλησίας. Ὡς δὲ παρεγένοντο πρὸς αὐτόν, εἶπεν αὐτοῖς, προσέχετε οὖν ἑαυτοῖς καὶ παντὶ τῷ ποιμνίῳ, ἐν ᾧ ὑμᾶς τὸ πνεῦμα τὸ ἅγιον ἔθετο ἐπισκόπους, ποιμαίνειν τὴν ἐκκλησίαν τοῦ κυρίου καὶ θεοῦ, ἣν περιποιήσατο διὰ τοῦ ἰδίου αἵματος. Ἐγὼ γὰρ οἶδα τοῦτο, ὅτι εἰσελεύσονται μετὰ τὴν ἄφιξίν μου λύκοι βαρεῖς εἰς ὑμᾶς, μὴ φειδόμενοι τοῦ ποιμνίου· καὶ ἐξ ὑμῶν αὐτῶν ἀναστήσονται ἄνδρες λαλοῦντες διεστραμμένα, τοῦ ἀποσπᾶν τοὺς μαθητὰς ὀπίσω αὐτῶν. Διὸ γρηγορεῖτε, μνημονεύοντες ὅτι τριετίαν νύκτα καὶ ἡμέραν οὐκ ἐπαυσάμην μετὰ δακρύων νουθετῶν ἕνα ἕκαστον. Καὶ τὰ νῦν παρατίθεμαι ὑμᾶς, ἀδελφοί, τῷ θεῷ καὶ τῷ λόγῳ τῆς χάριτος αὐτοῦ, τῷ δυναμένῳ ἐποικοδομῆσαι, καὶ δοῦναι ὑμῖν κληρονομίαν ἐν τοῖς ἡγιασμένοις πασιν. Ἀργυρίου ἢ χρυσίου ἢ ἱματισμοῦ οὐδενὸς ἐπεθύμησα. Αὐτοὶ γινώσκετε ὅτι ταῖς χρεαίαις μου καὶ τοῖς οὖσιν μετ' ἐμοῦ ὑπηρέτησαν αἱ χεῖρες αὐταί. Πάντα ὑπέδειξα ὑμῖν, ὅτι οὕτως κοπιῶντας δεῖ ἀντιλαμβάνεσθαι τῶν ἀσθενούντων, μνημονεύειν τε τῶν λόγων τοῦ κυρίου Ἰησοῦ, ὅτι αὐτὸς εἶπεν, Μακάριόν ἐστιν μᾶλλον δίδοναι ἢ λαμβάνειν. Καὶ ταῦτα εἰπὼν, θείς τὰ γόνατα αὐτοῦ, σὺν πᾶσιν αὐτοῖς προσηύξατο.



## *The Gospel Lesson – Sunday, June 5, 2022*

The Reading is from John 17:1-13

At that time, Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, you glorify me in your own presence with the glory which I had with you before the world was made. "I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves."

### **Κατὰ Ἰωάννην 17:1-13**

Τῷ καιρῷ ἐκείνῳ, ὁ Ἰησοῦς, καὶ ἐπῆρε τοὺς ὀφθαλμοὺς αὐτοῦ εἰς τὸν οὐρανὸν καὶ εἶπε· πάτερ, ἐλήλυθεν ἡ ὥρα· δόξασόν σου τὸν υἱόν, ἵνα καὶ ὁ υἱός σου δοξάσῃ σε, καθὼς ἔδωκας αὐτῷ ἐξουσίαν πάσης σαρκός, ἵνα πᾶν ὃ δέδωκας αὐτῷ δώσῃ αὐτοῖς ζωὴν αἰώνιον. αὕτη δέ ἐστιν ἡ αἰώνιος ζωὴ, ἵνα γινώσκωσί σε τὸν μόνον ἀληθινὸν Θεὸν καὶ ὃν ἀπέστειλας Ἰησοῦν Χριστόν. ἐγὼ σε ἐδόξασα ἐπὶ τῆς γῆς, τὸ ἔργον ἐτελείωσα ὃ δέδωκάς μοι ἵνα ποιήσω· καὶ νῦν δόξασόν με σύ, πάτερ, παρὰ σεαυτῷ τῇ δόξῃ ἣ εἶχον πρὸ τοῦ τὸν κόσμον εἶναι παρὰ σοί. Ἐφανερώσά σου τὸ ὄνομα τοῖς ἀνθρώποις οὓς δέδωκάς μοι ἐκ τοῦ κόσμου. σοὶ ἦσαν καὶ ἐμοὶ αὐτοὺς δέδωκας, καὶ τὸν λόγον σου τετηρήκασι. νῦν ἔγνωκαν ὅτι πάντα ὅσα δέδωκάς μοι παρὰ σοῦ ἐστίν· ὅτι τὰ ῥήματα ἃ δέδωκάς μοι δέδωκα αὐτοῖς, καὶ αὐτοὶ ἔλαβον, καὶ ἔγνωσαν ἀληθῶς ὅτι παρὰ σοῦ ἐξηλθον, καὶ ἐπίστευσαν ὅτι σύ με ἀπέστειλας. Ἐγὼ περὶ αὐτῶν ἐρωτῶ· οὐ περὶ τοῦ κόσμου ἐρωτῶ, ἀλλὰ περὶ ὧν δέδωκάς μοι, ὅτι σοὶ εἰσι, καὶ τὰ ἐμὰ πάντα σὰ ἐστὶ καὶ τὰ σὰ ἐμὰ, καὶ δεδόξασμαι ἐν αὐτοῖς. καὶ οὐκέτι εἰμὶ ἐν τῷ κόσμῳ, καὶ οὗτοι ἐν τῷ κόσμῳ εἰσὶ, καὶ ἐγὼ πρὸς σὲ ἔρχομαι. πάτερ ἅγιε, τήρησον αὐτοὺς ἐν τῷ ὀνόματί σου ᾧ δέδωκάς μοι, ἵνα ὥσιν ἐν καθὼς ἡμεῖς. ὅτε ἤμην μετ' αὐτῶν ἐν τῷ κόσμῳ, ἐγὼ ἐτήρουν αὐτοὺς ἐν τῷ ὀνόματί σου· οὓς δέδωκάς

μοι ἐφύλαξα, καὶ οὐδεὶς ἐξ αὐτῶν ἀπώλετο εἰ μὴ ὁ υἱὸς τῆς ἀπωλείας, ἵνα ἡ γραφὴ πληρωθῇ. νῦν δὲ πρὸς σὲ ἔρχομαι, καὶ ταῦτα λαλῶ ἐν τῷ κόσμῳ ἵνα ἔχωσιν τὴν χαρὰν τὴν ἐμὴν πεπληρωμένην ἐν αὐτοῖς.

### ANNOUNCEMENTS

**Sunday June 5**

Scholarship Sunday

Greek School Graduation at Assumption Church 1 p.m.

**Tuesday June 7**

Library Memory Project Zoom Picture ID 7 p.m.

**Wednesday June 8**

Daughters of Penelope 7 p.m.

**Thursday June 9**

GLENDI meeting 6 p.m.

AHEPA 7 p.m.

**Saturday June 11**

Fourth Saturday of the Souls

Divine Liturgy and Memorial Service 10 a.m.

**Sunday June 5**

Feast of Pentecost

Orthros 8:45 a.m.

Divine Liturgy 10:00 a.m.

Kneeling Service at the end of Divine Liturgy

This morning we will be offering memorial services in memory of Soultana Mokas (40 day) and George J. Mokas (34 year). May their memories be eternal.

Coffee hour this morning is sponsored by John Mokas in memory of Soultana Zioze Mokas (40 days) and George J. Mokas (34 years).

### *Join us as we cook for GLENDI!*

<i>June 17</i>	<i>GLENDI Cooking: Domathes with Jenny &amp; Angela</i>
<i>June 21</i>	<i>GLENDI Cooking: Stuffed Peppers with Linda &amp; Louise</i>
<i>June 23 &amp; 24</i>	<i>GLENDI Cooking: Pastichio with Athanasia &amp; Angela</i>
<i>June 27</i>	<i>GLENDI Cooking: Meatballs with Tana &amp; Pete</i>
<i>August 8</i>	<i>GLENDI Cooking: Kourambiethes with Angela</i>
<i>Sept 16-18</i>	<i>GLENDI 2022</i>



### HELP WANTED!!

We are looking for the next generation to join our weekly photo ID sessions. If you are 50 to 60 years of age, we really need your help! Please help us complete this project and join our weekly Zoom meeting.

Thank you,  
Meleti and Phil

### GLENDI AD BOOK

**Deadline is June 30!**

Please help us identify someone to contact about advertising in our ad book and send the contact information to Beth in the office! Think about friends who have small businesses, organizations that have events after September, places you or your family do business with (doggy daycare, pet-sitting, yard work, etc.) just to name a few.

If you know a business that would like to do more, we can send them sponsorship information! Sponsorships include showcasing out sponsors in event advertising, displaying logos on banners and cover of ad book, complementary dinner tickets, and more! Share the contact information with Beth in the office.

Thank you for helping us make this ad book a nice fat one!

### The St. George Sunday School is now accepting DONATIONS FOR UKRAINE



Collection bins are located in the lobby of the community center.

#### ITEMS NEEDED:

Medical and First Aid Supplies \* Diapers (all sizes) \* Personal Hygiene Products  
Infant Formula \* Socks \* Mens Boots (new or gently used, all sizes)  
Dry/Non-Perishable Food

❖ ❖ ❖ HEAD FOR THE HILLS ❖ ❖ ❖

**P**salm 121 begins with these wise words "I will lift up my eyes to the hills - from whence comes my help? My help comes from the Lord, who made heaven and earth . . ." This is a psalm intended for those who are in need of help. Sometimes it is people who give us trouble. At times, it may be our bodies that give us trouble. There are times we even bring it upon ourselves. But know that when trouble does come, we must "HEAD FOR THE HILLS."



The Bible tells us we can head for a hill called SINAI. On Mt. Sinai, Moses encountered the burning bush. It is also the place he received the Law of God. These 10 Commandments declare God's Holiness and unchanging principles.

They are meant to offer help to those in distress.

We can head for a hill called GOLGOTHA. It is the place Jesus died, providing us mercy and grace. It is the hill of salvation and hope. If you are burdened with sin, the Cross upon the hill is the cure.

Today we head for a hill called OLIVET (Mount of Olives). We witness the Ascension of our living Saviour. We patiently await His return to establish the Kingdom in all its fullness.

The phrase "Head for the Hills," in biblical terms, is an INVITATION to those in need of help. So if you ever find yourself in need . . . accept the invitation. In doing so, you will find the heavenly grace you seek.



# GLENDI 2022 AD BOOK RATES

## Option 1: Patron List \$25.00

This option lists your name on the Patrons page. Write as legibly as possible how you would like your name to appear on the page on the line below:

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## Option 2: Quarter-page ad \$75.00

Your ad appears in the ad book in the quarter-page ad section. Dimensions are 3.5" wide by 4.75" high.

## Option 3: Half-page ad \$150.00

Your ad appears in the ad book in the half-page ad section. Dimensions are: 7.5" wide by 4.75" high OR 3.5" wide by 10" high.

## Option 4: Full-page ad \$300.00

Your ad appears in the ad book in the full-page ad section. Dimensions are 7.5" wide by 10" high.

For quarter, half, and full-page ads, please send ads by email to [beth@stgeorgenh.org](mailto:beth@stgeorgenh.org) in PDF, TIFF, JPG, or Word format.

**DEADLINE FOR ADS IS JUNE 30!**

Please make checks payable to:

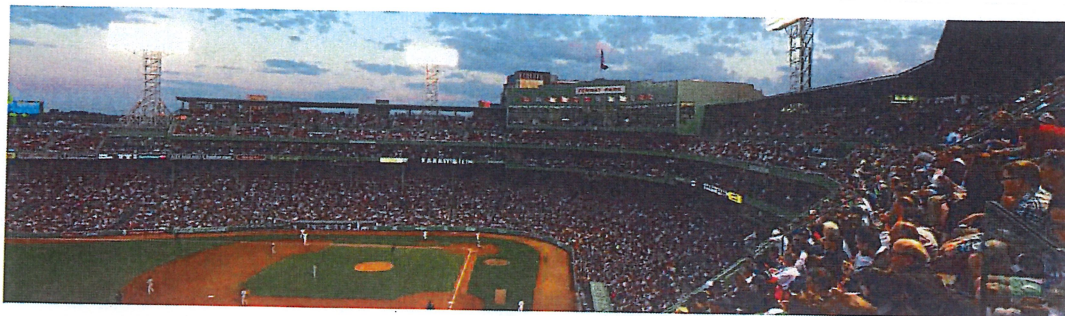
St. George Greek Orthodox Cathedral  
650 Hanover Street  
Manchester, NH 03104-5306

Contact Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

St. George Greek Orthodox Cathedral Tax ID 02-0230366



 **RED SOX GROUPS**

THE ALPHA OMEGA COUNCIL PRESENTS  
**GREEK HERITAGE  
NIGHT**

JOIN US TO COMMEMORATE THE ANNUAL GREEK HERITAGE NIGHT AT FENWAY!  
NEW THIS YEAR, EACH TICKET PURCHASE THROUGH THIS PROMOTION WILL  
RECEIVE A RED SOX GREEK HERITAGE JERSEY!

**MONDAY JUNE 20TH | 7:10PM**

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RED SOX GAME  
AND JERSEY

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