

Remember When.....

Do you remember when we sat on the hardwood floor, building a lego house?

Do you remember when we would go down the street to the park?

I played on the swings while you sat on a park bench and watched me.

Do you remember when we would watch those cartoons together?

Everything seems to have changed so quickly.

I now come to visit you, bringing you a vase full of lilies

And I know this may sound a bit silly

But I can't help but to be scared when I come visit you

I know you can't remember those times we sat on your porch, staring at the view

Or when you would take care of me whenever I had the flu

I just feel terrified that the day will come when you can't remember who I am

I have prepared myself as I know your dementia is taking over

I have prepared myself to know that you process things a bit slower

I will try to prepare myself for when the time comes that you can't remember my name....

But for now.....

Do you remember when we would play all those games?

Do you remember when your smile lit up the room?

I promise you this one thing, I certainly do.

By Mikaila Theodossiou for her Pappou, the late Efrem Mike Theodossiou.

The Hellenic Community of Ottawa
Dormition of the Virgin Mary
Greek Orthodox Church

Protopresbyter
Fr. Alex Michalopoulos



Church office: 613-225-8016 ext. 222
Father Alex's personal line: ext. 230
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Ελληνική Κοινότητα Οττάβας
Ορθόδοξος Ιερός Ναός
Κοιμήσεως της Θεοτόκου
Πρωτοπρεσβύτερος
Πατήρ Αλέξανδρος Μιχαλόπουλος

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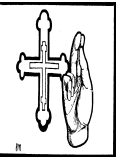
Sunday, September 16, 2018

SUNDAY AFTER THE EXALTATION

Κυριακή, 16 Σεπτεμβρίου 2018

ΚΥΡΙΑΚΗ ΜΕΤΑ ΤΗΝ ΥΨΩΣΙΝ

Memorial Service ~ Μνημόσυνα



Prayers for the repose of the souls of the departed servants of God:

Christos Dimitriou and Ekaterini Georganas

A reception is being offered by the family of the late Christos Dimitriou in the Church Hall.

Μνημόσυνο υπέρ αναπαύσεως των ψυχών των δούλων του Θεού:

Χρήστου Δημητρίου και Αικατερίνης Γεωργανά

Η οικογένεια του αιμνήστου Χρήστου Δημητρίου θα προσφέρει μακαρία, στο χωλ του Ιερού Ναού.

Church Calendar ~ Εκκλησιαστικό Ημερολόγιο

Monday, September 17

Sts. SOPHIA, FAITH, HOPE and LOVE

Matins 9:00 a.m., Divine Liturgy 9:45 a.m.

Δευτέρα, 17 Σεπτεμβρίου

Αγ. ΣΟΦΙΑΣ, ΠΙΣΤΕΩΣ, ΕΛΠΙΔΟΣ, ΑΓΑΠΗΣ

Όρθρος 9.00 π.μ., Θεία Λειτουργία 9.45 π.μ. (πρωί)

Thursday, September 20

EFSTATHIOS the GREAT MARTYR

Matins 9:00 a.m., Divine Liturgy 9:45 a.m.

Πέμπτη, 20 Σεπτεμβρίου

ΕΥΣΤΑΘΙΟΥ ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ

Όρθρος 9.00 π.μ., Θεία Λειτουργία 9.45 π.μ. (πρωί)



Today's Epistle

St. Paul's Letter to the Galatians. / Πρὸς Γαλάτας 2:16-20

BRETHREN, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.



Ἀδελφοί, εἰδότες ὅτι οὐ δικαιοῦται ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπιστεύσαμεν, ἵνα δικαιωθῶμεν ἐκ πίστεως Χριστοῦ, καὶ οὐκ ἐξ ἔργων νόμου· διότι οὐ δικαιωθήσεται ἐξ ἔργων νόμου πᾶσα σὰρξ. Εἰ δέ, ζητοῦντες δικαιωθῆναι ἐν Χριστῷ, εὐρέθημεν καὶ αὐτοὶ ἁμαρτωλοὶ, ἄρα Χριστὸς ἁμαρτίας διάκονος; Μὴ γένοιτο. Εἰ γὰρ ἂ κατέλυσα, ταῦτα πάλιν οἰκοδομῶ, παραβάτην ἑμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον, ἵνα θεῷ ζήσω. Χριστῷ συνεσταύρωμαι· ζῶ δέ, οὐκέτι ἐγώ, ζῆ δὲ ἐν ἐμοὶ Χριστός· ὁ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῆ τοῦ υἱοῦ τοῦ θεοῦ, τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.



Today's Gospel

Saint Mark / Κατὰ Μᾶρκον 8:34 - 9:1



The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."



Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἔλθειν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνηθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνηθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

Ανακοινώσεις

Ο αγιασμός στο Ελληνικό Σχολείο Οττάβας - 29 Σεπτεμβρίου

Ο αγιασμός για την έναρξη του νέου σχολικού έτους θα πραγματοποιηθεί το Σάββατο, 29 Σεπτεμβρίου, 11.30 π.μ. στο σχολείο D. Roy Kennedy (919 Woodroffe Ave).



Σύλλογος Αρκάδων Οττάβας «Θεόδωρος Κολοκοτρώνης» 197^η Επέτειος της Αλωσης της Τριπολιτσάς – 30 Σεπτεμβρίου



Για τον εορτασμό της ιστορικής αυτής επετείου, την Κυριακή, **30 Σεπτεμβρίου**, θα τελεστεί Αρτοκλασία και Δοξολογία στον ιερό μας ναό και θα αγιάσει την εικόνα της Σύναξης των 16 Αγίων της Αρκαδίας δωρεά του Σύλλογου Αρκάδων της κοινότητά μας. Θα ακολουθήσει γεύμα, στο Κοινοτικό Κέντρο με παραδοσιακό πιάτο «Γουρουνοπούλα Ψητή». Κόστος εισιτηρίου: 25 δολάρια για ενήλικες και 15 δολάρια για παιδιά κάτω των 12 ετών. Παρακαλούμε προμηθευθείτε τα εισιτήριά σας, μέχρι τις 27 Σεπτεμβρίου, από τους: Δημήτρη και Τούλα Σιώρη (613-825-0222), Γιαννη Σαΐνη (613-912-8254), Θανάση Ζούζουλα (613-422-0831), Παντελή Σιώρη (613-226-5301), και Ζαφειρόπουλος αδελφές Βαρβάρα η Θεοδώρα (613-823-4283).

Ρεμπέτικο Γλέντι – 4 Οκτωβρίου

Ο Ελληνικός Πολιτιστικός Σύλλογος «Παρνασσός» σας προσκαλεί στην εκδήλωση «Ρεμπέτικο Γλέντι» την Πέμπτη, 4 Οκτωβρίου στο Κοινοτικό μας Κέντρο. Συμμετέχουν μουσικοί από το Μοντρεάλ και το χορευτικό συγκρότημα «Οδύσσεια», συνοδευόμενο από το μουσικό συγκρότημα «Διασπορά». Τα έσοδα της εκδήλωσης θα δοθούν στην «Οδύσσεια», στο Πρόγραμμα Νέων Ελληνικών Σπουδών του Πανεπιστημίου της Οττάβας και στον Ελληνικό Πολιτιστικό Σύλλογο «Παρνασσός». Για περισσότερες πληροφορίες παρακαλείσθε να απευθυνθείτε στη Μαργαρίτα Ζαφειρίου (613-825-4287 ή margaret.zafiriou@gmail.com), στην Μαρία Κουλούρη (613-769-0484 ή koulouris.maria@gmail.com), ή στον Γιώργο Πιτσικούλη (613-726-9558 or amc.consulting@bell.net).

Ευχαριστήριο δείπνο για τους εθελοντές του Φεστιβάλ - 16 Οκτωβρίου

Προσκαλούνται όλοι οι εθελοντές του Φεστιβάλ σε δείπνο που θα προσφέρει η Κοινότητα, την Τρίτη, 16 Οκτωβρίου, 6.30 μ.μ. στο Κοινοτικό Κέντρο. Θα σας περιμένουμε όλους για να σας πούμε, κι από κοντά, ένα μεγάλο «Ευχαριστώ» και να μοιραστούμε με νέους και παλιούς φίλους ιστορίες από το φετινό φεστιβάλ!



St. Sophia & her three daughters: Faith, Hope, and Love September 17th

These Saints were from Italy and contested for the Faith about the year 126, during the reign of the Emperor Hadrian. Faith was twelve years old, Hope, ten, and Love, nine; each was tormented and then beheaded, from the eldest to the youngest. Their mother Sophia mourned at their grave for three days, where she also fell asleep in peace; because of her courageous endurance in the face of her daughters' sufferings, she is also counted a martyr. The name Sophia means "wisdom" in Greek; as for her daughters' names, Faith, Hope, and Love (Charity), they are Pistis, Elpis, and Agape in Greek.

Apolytikion

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer for Thy sake, that I may reign with Thee; for Thy sake I die, that I may live in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord, save our souls through her intercessions, since Thou art great in mercy.

Η αμνάς σου Ιησού, κράζει μεγάλη τή φωνή Σέ νυμφίε μου ποθώ, και σέ ζητούσα αθλώ, και συσταυρούμαι, και συνθάπτομαι τώ βαπτισμώ σου, και πάσχω διά σέ, ως βασιλεύσω συν σοί, και θνήσκω υπέρ σου, ίνα και ζήσω εν σοί αλλ' ως θυσίαν άμωμον, προσδέχου τήν μετά πόθου τυθείσάν σοι, Αυτής πρεσβείαις, ως ελεήμων σώσον τάς ψυχάς ημών.

Kontakion

Since Faith and Hope and Love were in truth sacred branches of ven'erable Sophia, the namesake of wisdom by grace they have shown all men that Greek wisdom is foolishness, and in contest they proved to be prizewinning victors; wherefore, they received a crown that never shall perish from Christ God, the Lord of all.

Σοφίας τής σεμνής, ιερώτατοι κλάδοι, ή Πίστις και Ελπίς, και Αγάπη δειχθείσαι, σοφίαν απεμώραναν, τών Ελλήνων εν χάριτι, και αθλήσασαι, και νικηφόροι φανείσαι, στέφος άφθαρτον, παρά τού πάντων Δεσπότου, Χριστού ανεδήσαντο.

Announcements

School of Greek Traditional Dances - September 17th: Registration continues tomorrow at 6:30 p.m. at the Banquet Centre with classes from 6:30-8:30 p.m.

HIKE for CHEO SUNDAY – September 23rd

Normally we would be getting ready for our annual HIKE for CHEO. This year due to the road construction and the sidewalk conditions on Prince of Wales Drive as well as the Army Run which is scheduled for September 23rd we decided to not have an actual HIKE. Instead, we are dedicating Sunday, September 23rd as **CHEO Sunday**. We are asking for donations which can still be made to HIKE for CHEO. All monies collected will be given to CHEO on behalf of our Community. Please continue to support this wonderful cause.



Blessing of the Waters at the Hellenic School of Ottawa - September 29th

The Blessing of the Waters for the Hellenic School will be held on Saturday, **September 29th** at 11:30 a.m. in the gym at D. Roy Kennedy P.S. (919 Woodroffe Ave.)

Arcadian Association – 197th Anniversary of the Liberation of Tripolis - September 30th

The Arcadian Association of Ottawa will commemorate the 197th Anniversary of the Liberation of Tripolis this year on Sunday, September 30th, with Artoclasia, Doxology, and "Agiasmo" of the Holy Icon of the 16 Saints of Arcadia donated to our Church by the association. Following Divine Liturgy there will be a luncheon at our banquet center with the traditional barbecue pork dish. Tickets are \$25 for adults and \$15 for children under 12. Everyone is invited. Tickets can be purchased from Jim & Toula Sioris, (613-825-0222), John Sainis (613-912-8254), Tom Zouzoulas (613-422-0831), Peter Sioris (613-226-5301), Theodora & Barbara Zaphiropoulos (613-823-4283).

“Rebetiko Glendi” A Celebration of the Greek Blues - October 4th

The Parnassos Hellenic Cultural Society invites everyone to join them for “Rebetiko Glendi” featuring musicians from Montreal; special performance by the Odyssey Dance Troupe accompanied by Diaspora on Thursday, October 4th at our Hellenic Meeting and Reception Centre. Proceeds to benefit the Odyssey Dance Troupe, the Modern Greek Studies Program at the University of Ottawa and Parnassos programming. For more information please contact Margaret Zafiriou (613-825-4287 or margaret.zafiriou@gmail.com), Maria Koulouris Glanz (613-769-0484 or koulouris.maria@gmail.com), or George Pitsicoulis (613-726-9558 or amc.consulting@bell.net)



GreekFest Volunteer Appreciation Dinner - October 16th:

All volunteers of this year's Festival are invited to the Community's GreekFest 2018 Volunteer Appreciation Dinner on Tuesday, October 16th at 6:30 p.m., at the Banquet Centre. We hope to see you all there, so we can say a big Thank You and take time to sit with new friends & old and share our stories from this year's festival!