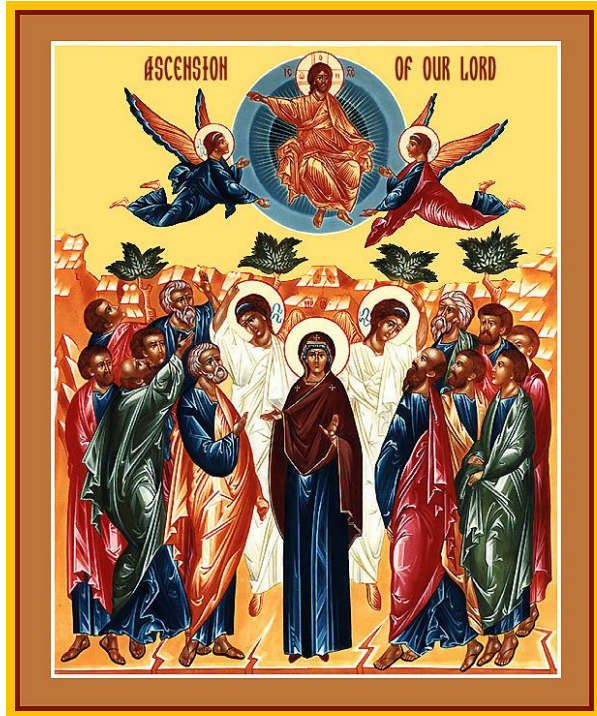


Holy Ascension Orthodox Mission



*Immediate & Ongoing
Needs*

Beloved Brothers and Sisters in Christ,

We invite you to prayerfully support the liturgical requirements and general maintenance of your Mission.

Traditionally, the faithful make offerings, to their local parish or monastery, of items that are required for the various liturgical services, as well as for the general maintenance and beautification of the church.

We would be very grateful if anyone may freely assist us by generously donating any of the following needed items for our Mission Community:

Incense



Incense is used at all liturgical services. We find the use of incense as far back as the Old Testament, such as Psalm 140: 2, “Let my prayer be set forth before You as incense; and the lifting up of my hands be as an evening sacrifice.” In Malachi 1: 11, it says, “...and in every place incense is going to be offered to My Name.” Much of our worship comes from the Hebrew rites and traditions established before Christ, including the reading of Psalms (which are in every service of the Orthodox Church), incense, chanting, and much more. Incense is made from aromatic plant matter, (the good smelling plant parts) and a binding agent to hold it together, either oil or resin.

At Holy Ascension Orthodox Mission, we prefer the fragrant (any fragrance) incense as opposed to the raw incense.

Incense may be purchased from:

Greek Orthodox Archdiocese of Australia
Book Centre Victoria

7 Hartington Street
Northcote

Phone: (03) 9998 1813

Email: bookcentre.vic@hotmail.com

Brunswick Supa IGA

614 Sydney Rd
Brunswick

Pantanassa Monastery

567 Mangrove Creek Rd
Mangrove Creek, NSW 2250

Email: admin@pantanassa.org.au

www.pantanassa.org.au/product-category/incense-charcoal/

You can also buy incense from your local Greek/Middle-Eastern Deli, or buy online.

Charcoal



In the Censers that are used at all liturgical services, we place a piece of charcoal and on top of the charcoal we place incense. The fragrant smoke that is produced reminds us of our prayers rising to God.

At Holy Ascension Orthodox Mission, we prefer the large-size (roughly the size of a 50-cent coin), quick-lighting charcoal briquettes.

Charcoal briquettes may be purchased from:

Greek Orthodox Archdiocese of Australia

Book Centre Victoria

7 Hartington Street
Northcote

Phone: (03) 9998 1813

Email: bookcentre.vic@hotmail.com

Brunswick Supa IGA

614 Sydney Rd
Brunswick

Pantanassa Monastery

567 Mangrove Creek Rd
Mangrove Creek NSW 2250

Email: admin@pantanassa.org.au

www.pantanassa.org.au/product-category/incense-charcoal/

You can also buy charcoal briquettes from your local Greek/Middle-Eastern Deli, or buy online.

Holy Communion Wine



"Most assuredly, I say to you, unless you eat the flesh of the Son of man and drink His blood, you have no life in you... For My flesh is food indeed, and My blood is drink indeed" (John 6: 53, 55).

The most important element in the spiritual renewal of the Orthodox Christian is the Sacrament of Holy Communion. It is the one sacrament that transcends all other sacraments.

When we receive Holy Communion we receive Jesus Himself into us. So great is this mystery that we are left without any possible response which would express what God has done.

Therefore, we offer the only answer we can, 'Thank you.'

The Greek word for "Thank you," is "Eucharisto" (pronounced ef-haristo).

We refer to Holy Communion as "the Eucharist" and offer thanksgiving to God for this great mystery whereby God not only sanctifies the bread and wine, but also changes them into the body and blood of Jesus Christ.

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The Sacramental Wine in the Orthodox Church should be pure red grape wine, often sweet, though this is not required.

Wines with additives, such as retsina, are not allowed.



There are several well known Orthodox Christian Sacramental Wine labels such as:

Commandaria
Mavrodaphne
Nama
Byzantino

At Holy Ascension Orthodox Mission, we prefer any of the abovementioned labels, although any sweet red wine (such as Port) will do.

If you are conscious about buying Australian, the following Australian labels offer sweet red wines which are acceptable as sacramental wine:

Brown Brothers

Pirramimma

Penfolds

McWilliam's / Hanwood

Holy Communion Wine may be purchased from:

Greek Orthodox Archdiocese of Australia

Book Centre Victoria

7 Hartington Street

Northcote

Phone: (03) 9998 1813

Email: bookcentre.vic@hotmail.com

Dan Murphy's

www.danmurphys.com.au

You can also buy Holy Communion Wine online.

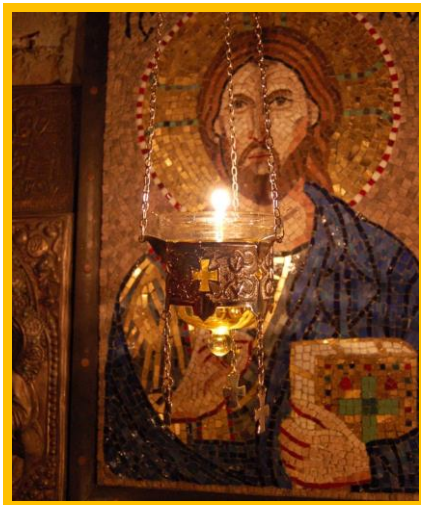
Oil

“You are the light of the world... Let your light so shine before men, that they may see your good works and glorify your Father in Heaven.” (Matthew 5: 14 - 16).

Are any among you sick? Let them call for the presbyters of the church, and let them pray over the sick, anointing them with oil in the name of the Lord; and the prayer of faith will save the sick, and the Lord will raise them up; and if they have committed sins, they will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. (James 5: 14 – 16).

Oil plays a prominent part in the life of an Orthodox Christian. From oil lamps which we keep before our icons at church and at our home prayer corner, to the Oil of Gladness that we receive at Vigils, and the Chrism that we receive at our baptism and chrismation, as well as the Oil of Holy Unction for spiritual and bodily infirmities.





In Holy Scripture, and in the Holy Tradition of the Orthodox Church, we are instructed to bring the best offering, and this is how we should consider the burning of our vigil lamps whether in church or at home. It is for this reason that we only use olive oil just as we only use beeswax candles. Some consider this instruction to be of no significance. Aside from fidelity to Church Tradition (dating back at least as far as to our father the God-Seer Moses), the reasons for burning olive oil are related to the idea of sacrifice. Vigilance is a personal sacrifice - an offering to God where we try to remain sober-minded and come eventually to an awareness of the concepts of deep repentance and humility found in the prayers and lives of the saints.

At Holy Ascension Orthodox Mission, we prefer any Olive Oil.

Olive Oil may be purchased from any supermarket.

Rose Water

Quite simply, rose water is used to wipe icons, crosses, and anything else that may be frequently “kissed” by the faithful to:

- Remove lip-marks and various other smudges.
- Leave icons with a pleasant aroma.

Rose water may be purchased from supermarkets like Coles and Woolworths (check the International Food Section), and from Greek delis as well as specialist grocery shops (Middle-Eastern groceries, delis, nut shops...etc, around Melbourne).



Candles

Meaning and Symbolism

There are many profound symbols behind the candle.

The candle represents the Light of Christ, the flame of faith.

It represents the purity of our soul because it is made of pure beeswax.

It also represents the plasticity of our soul because we can easily engrave anything on it.

It represents deification, to which we must aim, because the candle is mixed with fire.

It represents the light of Christ because, as it burns, it illuminates the darkness.

It represents the love and peace which are attributes that every Christian should have because the candle burns and comforts everyone with its light in the darkness.

When lighting a candle, we must remember that we must live in the light we received with our baptism.

Every time we light a candle the flame and the light should remind us of God.

Lighting a candle on entering church expresses our belief that Jesus is the Light of the world and that as His disciple, I am called daily to reflect His light in my life.

Safety and Weekly Maintenance

Someone (or two, or three people) must always keep an eye on candles during services, activities, and events at the Mission. **This is a must.**

Don't have too many candles lit as they will just melt over each other, perhaps fall onto the divider screens or on the floor and set a fire.

Extinguish candles when they burn down to a small stub.

Extinguish them by butting them out in the sand or having a small bucket with water.

Dispose candle stubs in candle bin. When the candle bin is full, throw out paraffin candles in regular waste. If they are beeswax, keep the candle stubs as the re-supplier may wish to recycle the beeswax.

Replace candles in candle basket on the candle desk once a week. A half-full or almost empty candle basket is not a good look.

In case of fire, use bucket of sand (under candle table) or fire blanket.

Re-Supply

Candles need to be replenished at least once a year depending on frequency of usage.

We usually order one box of tapers (Tapers are the "spaghetti-thin" candles).

Beeswax is always preferable, but also the more expensive option.

Suppliers

You can purchase a ***box of paraffin tapers*** from:

Angel Candles

3 Bailey Ave, Keilor East

Phone: (03) 9336 4648

Email: info@angelcandles.com.au

Web: angelcandles.com.au

Contos Candle Makers

43 McIntosh St, Airport West

Phone: (03) 9338 4984

You can purchase a ***box of paraffin or a box of beeswax tapers*** from:

St Paraskevi Greek Orthodox Church

22 Marsden Crescent, St Albans

Phone: (03) 9367 2860

Email: admin@stparaskevi.org.au

Web: stparaskevi.org.au

Sand

Sand needs sifting once a week.

Replenish sand as needed.

Buy washed, fine sand from places like Bunnings. Do not use sand straight from beaches. It may be contaminated and polluted and befouled by animals (and humans!).



Flowers

An ongoing supply of flowers is needed for the general beautification of the church and for the decoration of icons, especially on feast days. The Epitaphios (the embroidered icon depicting the burial of Christ during Holy Week, which rests in its own canopy / bier / sepulcher... it has a variety of names), is also richly decorated with flowers.



Occasions when flowers are required

- = 3rd Sunday of Lent – Icon stand Decoration (Basil especially) and Large Cross Decoration
- = Palm Sunday – 10 palm branches (6 long, 4 short)
- = Holy Thursday – Wreath for Large Cross
- = Holy Friday – Epitaphios Decoration
- = Ascension – Icon Stand Decoration
- = Elevation of the Cross (Sep 14/27) - Icon Stand Decoration (Basil especially)

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= Christmas – Icon Stand Decoration

= Theophany – Icon Stand Decoration (Basil especially)

** Special occasions, for example when we have a visiting miracle-working icon.

Please see Emily or one of the clergy if you would like to buy flowers or help with flower decorations.

Donations towards flowers are most welcome:

BSB: 033134

Account: 321425

Name: Holy Ascension Orthodox Mission

Reference: Donation Flowers.



Prosfhora

The word "prosfhora" (in Greek, prosphoron; plural prosphora) originally meant any gift that the faithful made to the church.

Today it refers to the loaves of bread used in the Proskomedia (the Service of Preparation before the Divine Liturgy).

Each prosfhora is made of two joined circles of dough, representing the two natures in Christ. The breads are made from pure wheat flour leavened with yeast (the Lord Himself compared Himself to a grain of wheat. John 12: 24) and are stamped with a seal bearing a cross and the letters "IC XC NIKA," an abbreviation from the Greek, meaning "Jesus Christ Victorious" (or "Conqueror").



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In small congregations, it is nice for the faithful to share this labor of love and contribute by bringing prosphoras, the work of their hands, as a gift to the altar.

Like icon painting however, making prosphoras is an art. The bread should not be spongy, or have big air bubbles, or be hard as rocks; nor is it something to do while the television is on or after returning from a party. To bake prosphoras, one should have the blessing of the priest, prayer, and a good recipe!

The website **Prosphora.org** is a very good resource for information about altar bread and has a variety of prosphora-baking recipes.

Talk to one of the clergy about obtaining prosphora stamps.



Artoclasia

The term "Artoclasia" (Artoklasia) derives from two Greek words: "artos" which means "wheat bread," and "klao" which means "break." The term "artoclasia" derives from the very words used by the Evangelists in describing the Last Supper at which Christ "broke bread" and offered it to His disciples as His own Body.

The Artoclasia is a service held at the end of Vespers. Five round loaves of bread, just like prosphora except without the stamp, are offered by individual faithful as a sign of devotion for personal or family anniversaries such as name days and other occasions. The five loaves are reminiscent of the five loaves that Jesus Christ blessed in the desert and by which five thousand of His hearers were fed.

Artoclasia also symbolises and brings into practice the Agape meals of the very early Christian communities. Then, after the faithful received the Body and Blood of Christ, they would gather in a common meal, thus signifying the brotherly association established between them by their common faith and by their receiving the same sacramental Lord. Also, the Agape meals served a charitable purpose by providing meals to the poorer from among them.

At a certain point during Vespers (usually forming part of a Vigil Service), the priests and deacons go to the middle of the church to a table prepared beforehand with five loaves of leavened bread, the artoclasia loaves, bottles of wine and olive oil and also a dish containing wheat kernels.

These items are all offered by the faithful.



The deacon circles the artoclasia table, censing the offerings. After this the priest uncovers his head and takes up one of the five loaves in his right hand, while he says the prayer:

O Lord Jesus Christ our God, who blessed the five loaves and satisfied the five thousand: **(the priest points with his right hand to the bread, wheat, wine, and oil)** Bless also these loaves, wheat, wine, and oil, and multiply them in this city/ town/holy monastery, and in all Your world, and sanctify the faithful who partake of them. For it is You who blesses and sanctifies all things, O Christ our God, and to You we send up glory, together with Your Father who is without beginning, and Your All-holy and good and life-creating Spirit, now and ever, and to the ages of ages.

During the words "loaves, wheat, wine and oil" above, the priest blesses each item as he names it.

At a later point in the service, the bread is sliced into enough pieces, dipped in the blessed wine that has just been offered as well at the artoclasia, and then distributed to the faithful, as a blessing of the feast, and to sustain them during the lengthy Vigil Service.

By various local customs, the wheat may be ground into flour, often for making prosphora, or may be reserved until the time of sowing.

When do we need Artoclasia at the Mission?

- Whenever we celebrate one of the Great Feasts (Christmas, Theophany...etc)
- The Mission's Patronal Feast (Ascension, 40 days after Pascha)
- Whenever one of the faithful wishes to give thanks to the Lord for any occasion (Eg, deliverance from illness, nameday, family patron-saint [Slava], finding employment...etc). Please contact priest well ahead of time to book this Artoclasia.



Kollyva



Kollyva (also spelled “Koliva”) is a dish of boiled wheat which is prepared at memorial services and funerals. The Kollyva is blessed by the priest and then consumed by the faithful in memory of the departed.

The word Kollyva is from the Greek and means “small pies made from wheat.”

When served, the kollyva mixture, which looks like earth, is shaped into a mound to resemble a grave.

Orthodox Christians consider kollyva to be symbolic of death and resurrection, according to the words of the Gospel:

Amen, amen, I tell you; unless a grain of wheat falls into the earth and dies, it remains by itself a single seed. But if it dies, it bears much fruit! (John 12: 24)

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Wheat which is planted in the earth and rises in new life is symbolic of those beloved departed who have died in the hope of resurrection, in accordance with the words of Saint Paul:

This is comparable to the resurrection of the dead: something is sown in corruption but raised in incorruption. It is sown in dishonor; it is then raised in glory. It is sown in weakness then raised in power. It is sown as a natural body; it is raised a spiritual body. There is a natural body just as there is a spiritual body. (1 Corinthians 15: 42 – 44)



After the service, those attending share in eating the kollyva as they speak of the deceased and say, "May God forgive him/her."

After the kollyva is blessed and eaten, whatever is left over should not be tossed in the garbage. Please leave it for the

birds under a bush or a tree, not where people would walk on it.

While recipes may vary widely, the primary ingredient is wheat kernels which have been boiled until they are soft and then sweetened with honey or sugar.

You may find a kollyva recipe at this web address:

<https://presvassi.blogspot.com/2013/03/koliva-memorial-tradition-of-orthodox.html>

Some Orthodox churches have a designated individual charged with making the kollyva. This is in part due to the health risk of fermented wheat if the kollyva is not prepared correctly.

Kollyva ought to be consumed immediately after the service or refrigerated. If anything remains for more than 24 hours, please leave it for the birds under a bush or a tree, not where people would walk on it.

Kollyva is offered by the faithful on several different occasions such as St Theodore Saturday, Soul Saturdays, Memorial Services, and Funerals.

St Theodore Saturday

The tradition of blessing and eating kollyva at the end of the first week of Great Lent relates to an event in the reign of Julian the Apostate (361 – 363). The tradition states that the pagan Emperor knew that the Christians would be hungry after the first week of strict fasting and would go to the marketplaces of Constantinople on Saturday to buy food. So, he ordered that blood from pagan sacrifices be sprinkled over

all the food that was sold there. This made the food unsuitable as Lenten fare (since Christians could not eat meat products during Lent), and in general as food for Christians, who are forbidden to eat food from such sacrifices. However, St Theodore Tyro appeared in the dream to Archbishop Eudoxius of Constantinople and advised him that the people should not eat food bought at the marketplace that day, but only boiled wheat mixed with honey. As a result, this first Saturday of Great Lent has come to be known as Theodore Saturday.



Memorial services

During memorial services, the family or friends of the departed will often prepare kollyva which is placed in front of the memorial table before which the service is chanted.

Memorial services are held on the 3rd, 9th, and 40th days after the repose of an Orthodox Christian, as well as on the one-year anniversary. In addition, there are several Soul Saturdays during the church year (mostly during Great Lent), as well as on the second Tuesday after Pascha, on each of which general commemorations are made for all the departed.

Printing & Publication Needs

As an English-speaking Orthodox church, an important ministry and service of Holy Ascension Orthodox Mission is to publish, print and distribute, a variety of booklets, brochures, and pamphlets about our Orthodox Christian Faith.

This literature covers all themes and aspects of Orthodox Christianity for the spiritual enlightenment and edification of the faithful and interested inquirers seeking out the Orthodox Church:

- The Divine Services (The weekly Sunday rubrics for the Divine Liturgy, Matins, Vespers, Services of Holy Week and Pascha, Baptisms, Weddings, Memorial Services...)
- Catechism (Introductory lessons about the Orthodox Christian Faith)
- Brochures (Brief and easy to read pamphlets on topics such as Church Etiquette, Making the Sign of the Cross, How to Write Your Commemoration Lists, Why we burn incense...)

While we are seeking a professional printer who can produce our works at a reasonable price, we call on the faithful to make donations of the following:

A4 copy paper = Plain white A4 paper up to 80gsm. We usually require a ream of A4 paper every 3 months. You can purchase paper from **Officeworks**.



Ink toner = The Mission currently uses a multifunction (color laser printer, scanner, copier) **Brother MFC-L8600CDW**. To ensure that we get the most out of our printer, it is recommended that we use genuine Brother toners (we have used generic, no-name toners in the past which drastically shortened the life of previous printers).

Brother TN341 Toner

A 4-Pack Genuine Brother TN 341 includes:

- One Black (TN-341BK)
- One Cyan (TN-341C)
- One Magenta (TN-341M)
- One Yellow (TN-341Y)

We usually buy toner (4-Pack) from **inkstation.com.au** for around \$580. Individual toners for around \$150 each.

Brother BU-320CL Belt Unit

Every 2 years, the printer also needs to replace the drum (belt unit).

We usually obtain drums from **inkstation.com.au** for around \$190.

Please see one of the clergy if you intend to donate ink toner and before placing any orders to confirm the correct and compatible toners.

Donations towards ink toners are most welcome:

BSB: 033134

Account: 321425

Name: Holy Ascension Orthodox Mission

Reference: Ink Toner.



Post-Liturgy Fellowship & Buffet

After the Divine Liturgy on Sundays and feast days, there is a free buffet where all are invited to partake. It is an opportunity to socialise with our brothers and sisters in Christ, and welcome visitors and potential new members. Everyone is encouraged to bring a plate. If you are interested in making or buying something for the buffet, please talk to one of the clergy or one of the faithful after the Sunday Liturgy.

We always have need of the following items:

Serviettes

Paper Towels

Disposable cutlery & crockery (forks, knives, spoons, plates, cups...)

Tea (Various Flavors)

Coffee

Sugar

Milk

Soy Milk (During Fasts)



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Also, we always have need of the following items for the regular hygiene and maintenance of the Mission:

Plastic bags

Rubbish bags

Cleaning supplies

Disinfectant/Bleach

Soap

Liquid soap, dispenser, and refills (for both the men's and women's facilities)

Sponges

Gloves

Toilet Paper

Hand Sanitiser

Insect Spray & Insect Control Bombs