



THE VOICE

NOVEMBER 2024 - VOLUME No. 395
SAINT SPYRIDON HELLENIC ORTHODOX CHURCH

12307 SOUTH RIDGELAND AVENUE, PALOS HEIGHTS, ILLINOIS 60463

FIND US ON FACEBOOK, INSTAGRAM & YOUTUBE

St Spyridon's Floga Hellenic Dance Troupe Fundraiser

Join us on Sunday November 10th, 2024
4:00pm - 8:00pm
115 Bourbon Street
3359 W 115th St
Merrionette Park, IL 60803

Raffles

Buffet Dinner
Beer and wine
will be served

Performances by:
The Springs of Basil
The Wonderworkers
Floga Advanced

Adults: \$40
advance
reservations
\$60 at the door
Children: \$20.00

**Sunday
November
10th, 2024**

FOR RESERVATIONS CONTACT SOPHIA OR ANASTASIA AT
FLOGADANCEGROUP@GMAIL.COM



JOIN US FOR THE ANNUAL

Godparent Brunch

NOVEMBER 3RD, 2024

AFTER DIVINE LITURGY IN THE COMMUNITY CENTER

\$25 ADULTS | \$12 CHILDREN

Seats are limited.
Reservations are strongly encouraged.
To make a reservation please email the PTA at:
spyridonpta@gmail.com
or
Visit us at our reservation table on Sundays
after Liturgy.



FLOGA DANCE TROUPE

We are excited to share that the St. Spyridon Floga Hellenic Dance Troupe has had a fantastic start to the year! Our practices for the Springs of Basil & the Wonderworkers group are underway on Mondays, while the Advanced Floga group meets on Fridays. Recently, we had the pleasure of performing at Annunciation Church in Kankakee, showcasing a variety of dances for their wonderful community. We also performed at the Saint Spyridon Dinner Dance on October 20th.

We are preparing for our upcoming performance at our inaugural Floga Fundraiser. We warmly invite the entire community, along with family and friends, to join us for this special event. It promises to be an afternoon filled with fellowship, delicious food, lively dancing, engaging performances, and exciting raffle prizes.

We anticipate a year full of memorable experiences and are grateful for the continued support and encouragement from our community. Thank you for being part of our journey!



FATHER'S MESSAGE

GOOD HABITS LEAD TO SPIRITUAL PROGRESS

In the life of Elder Joseph the Hesychast (now Saint), one of his important teachings was his strictness in keeping a rule of life. He often would say that the beginning of acquiring character and personhood lies in insistence on following an ordered and systematic way of life. "By making the decision to maintain an invariable regime, man acquires resolve and bravery, something very important and essential in life since our contest is a struggle and, indeed, a fierce one....No other human factor is such an aid to success as a firm and steady resolve and a carefully worked-out regime....It is proof that regulation in life is the main factor in spiritual progress" (*Elder Joseph the Hesychast*, pp. 174 – 177).

It is heartening when we in the 21st century find that contemporary experts discover, using scientific methods, what the Church has known and practiced all along. One such recent discovery is that it takes about six weeks, or forty days, to make a certain practice into a habit. The period of forty days has since Old Testament times been that amount of time necessary to prepare for something significant or purge oneself of something negative. Today, the Church invites us to a forty-day fast twice a year: once before the Nativity of our Lord (which is right around the corner) and the other before our Lord's Passion and Resurrection.

Keep in mind, that when we speak of habits, we may either mean something good or something bad. In the case of the Christian life, we are often speaking of replacing bad habits with good ones. This process is called repentance, since the bad or sinful habits lead to death and away from God, whereas the good habits or virtues lead to physical health, spiritual health, God and eternal life. In the words of Saint John Chrysostom, "Habit is a difficult thing, and it is hard to break and hard to avoid....Therefore, the more you understand the power of a habit, the more should you endeavor to be rid of a bad habit and change yourself over to a good one" (*Concerning Frequent Communion*, pg. 169).

Creating habits in America usually takes place

around the New Year holiday. Whether it's the New Year or one of the fasting periods, any time is a good time to begin forming a good habit. In fact, the best time to route out the bad and begin good habits is in the present moment: "Behold, now is the acceptable time, behold now is the day of salvation" (2 Cor 6:2).

So how do we begin healthy habits? First one must be motivated. We have to realize that not everything is right in our lives; some things need to change. When we realize this, we are most ripe to change. For some, this might mean when life gets ugly or you may be at a low point in your life. The story of the prodigal son resonates with this point. He had a moment of realization that he needed to change, to get up out of the mud and return to his father with a humble and repentant heart. This is step number one toward developing a good habit – acknowledgment that something needs to change and being motivated to begin making that change.

The second step toward creating healthy habits is realizing that without struggle and effort, things will not change. Struggle may come in the form of changing our schedule so we can make these habits possible. We must not forget that some of this struggle also comes from spiritual warfare. There are invisible forces that also try to do everything possible to prevent us from living good and virtuous lives.

The Fathers of the Church have always communicated that we must 1) struggle against our own sinful inclinations and passions, 2) be aware of the evil One and his demons who continuously wage spiritual war against us and 3) we must remember that we live in a fallen world whose many values are in opposition to those of God. If we can keep these points in our mind, with God's help, we will be able to establish good habits.

We can keep our motivation strong if we reframe our habits as well. For example, let's say we struggle with a daily morning prayer ritual. Instead of telling ourselves that we are tired and don't feel like praying, instead focus on reframing the thought to tell yourself how this will benefit you in your life. As St. Paisios

FATHER'S MESSAGE

says, "prayer is vital for the spiritual soldier to remain in communication with God."

The last step to creating healthy habits is to put our good intentions into action. This is where we move from contemplation to action. Research has shown that having a planner to help organize your thoughts and goals increases the likelihood that one puts their intentions into action. Once this does take place, we must remember that an action not sustained will profit us very little.

Self-discipline is the most important ingredient to forming good habits. If we have the discipline to be motivated, the discipline to move forward despite our struggle and the discipline to act, we will slowly be on the path which the Lord desires for us. And remember – we need to be realistic in the change we want in our lives. You will do a great disservice to yourself if you try to set too many goals together. Instead, work on a few good habits and set up a correct routine and follow through with it. Learn to master one habit at a time so that we can witness the healing property of repentance which brings a change of mind and ultimately, a healthier lifestyle which will help us face and even overcome even our most challenging issues so that they will not paralyze us but bring us into greater communion with our Lord and with one another.

Fr. George

FAMILY NIGHT

On Friday, October 4th, our family night children gathered together in the kitchen to learn how to make Artoclasia!

A special thank you to Sophia Kopanitsanos for putting together all of the ingredients and the lesson, and for walking the children through everything, step by step. Each child was afforded the opportunity to add an ingredient and mix everything together. Also, each family was given a mini Artoclasia to bring home, compliments of Chef Sophia. Afterwards, Fr. George brought the kids into the church to explain in depth the meaning of Artoclasia in the Orthodox Church.



SUNDAY SCHOOL

October has been a busy month for Sunday School. By now, most of our students are registered and attending class regularly. If you have not already registered your child, please do so at the office. Fall is in the air and Sunday School has a lot to be thankful for and look forward to.

The PTA is hosting our annual Godparent Sunday breakfast on November 3rd ~ our students will not have class as an opportunity to be in church with their Godparents and families.

November 10th will be another family worship, due to the long holiday weekend and Veteran's Day. For the month of November, we will have class on the 17th and 24th.

Our Advent retreat will be hosted on Saturday November 23rd. This year, we will be making LEGO ornaments! Mark your calendar for a fun day of crafts, music, and an outreach project! Fr. Athanasios Papagiannis will offer two talks for our parents titled "Be A Walking Church." Thank you to our PTA for sponsoring this event.

Please make an effort to support our Food Pantry. We collect canned and dry food items and distribute to those in need on a weekly basis. This is a great time of year to remember those less fortunate and provide food for them. For a complete list of items we need, see the sign above the pantry box in the North-East corner of the gym.



The Voice Η φωνή
Official Monthly Community
Publication of
St. Spyridon
Hellenic Orthodox Church
12307 S. Ridgeland Avenue
Palos Heights, IL 60463
Rev. Fr. George Lamberis
PARISH PRIEST

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Zoe Kopanis	Sunday School
Stacy Vallianatos	G.O.Y.A.
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Ria Hronis	Family Night
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Labros Malfas	Altar Boys
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Sophia Christofer	Floga Dance
Evi Marouda	Floga Dance
Anastasia Deligiannis	Floga Dance
Patty Pappas	Floga Dance
Olga Baroudos	Floga Dance

PLUTARCHOS ACADEMY



This year we took a different approach to our Greek School celebration of OXI Day. Rather than holding a formal program, we celebrated in each classroom through engaging activities and lessons. Students worked on special projects and dove into the rich history of Greek culture. This hands-on experience allowed to explore their heritage in a meaningful, interactive and fun way. Although we are not having an OXI day program this year, we are learning about the significance of the 28th of October 1940, learning patriotic songs and working on history projects.

On Saturday, November 2nd our teachers will attend a Metropolis of Chicago specialized Professional Development Seminar at St. Haralambos Church. This seminar aims to provide our teachers with innovative strategies, tools and insights into modern educational methodologies tailored to the unique needs of our Greek classrooms. This event is an invaluable opportunity for our teachers who are passionate about advancing their skills and contributing to the future of Greek education.

As we approach the Thanksgiving Holiday, we want to express our gratitude for your continued support and involvement in our school community. November is at time of reflection and giving thanks, and we have much to be thankful for the at Plutarchos Academy.



November 2024—Community Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 * Archangels Academy * Plutarchos Academy, 4:30 pm-6:30 pm * Family Night, 6:30 pm * Adult Greek School 6:45 p.m.—8:15 p.m.	2 * Byzantine Music Level 1 & 3, 4:15 pm
3 * Family Worship—No Sunday school * Godparent Sunday Brunch—11:15 am	4 * Archangels Academy * Christianiki Philoxenia at Assumption, Homer Glen—9:30 a.m. * Plutarchos Academy, 4:30 pm-6:30 pm * Floga Springs of Basil & Wonderworkers—6:45 pm—7:30 p.m.	5 * Archangels Academy * Parish Council Meeting—7:00 p.m.	6 * Archangels Academy * Iconography, 5:30 pm * GOYA, 7pm	7 * Archangels Academy * Food Distribution—1:00 pm * Paradosis Dance Troup—7:00 pm	8 * Archangels Academy * Plutarchos Academy, 4:30 pm-6:30 pm * Floga Practice, 6:40 pm * Adult Greek School 6:45 p.m.—8:15 p.m.	9 * Byzantine Music Level 1 & 3, 4:15 pm
10 * Family Worship—No Sunday school * Philoptochos Sunday * PTA meeting * Floga Dance Troupe Fundraiser @ Bourbon Street—4 p.m.-8:00 p.m.	11 * Archangels Academy * Plutarchos Academy, 4:30 pm-6:30 pm * Floga Springs of Basil & Wonderworkers—6:45 pm—7:30 p.m.	12 * Archangels Academy * Philoptochos Feed the Hungry—11 a.m.	13 * Archangels Academy * Bus Departs for Monastery—6 a.m. * Cherubs, 10 am * Iconography, 5:30 pm	14 * Archangels Academy * Food Distribution—1:00 pm * Hellenic College Holy Cross Fundraiser at the Empress—6 p.m. * PTA Ship & Shop—5 p.m.	15 * Archangels Academy * Plutarchos Academy, 4:30 pm-6:30 pm * Floga Practice, 6:40 pm * Adult Greek School 6:45 p.m.—8:15 p.m.	16 * Byzantine Music Level 3, 4:15 pm Outreach Feed My Starving Children—2:30pm
17 * Sunday School 10:30—11:30 a.m.	18 * Archangels Academy * Plutarchos Academy, 4:30 pm-6:30 pm * Floga Springs of Basil & Wonderworkers—6:45 pm—7:30 p.m.	19 * Archangels Academy	20 * Archangels Academy * Iconography, 5:30 pm * GOYA, 7pm	21 * Archangels Academy * Food Distribution—1:00 pm * Paradosis Dance Troup—7:00 pm	22 * Archangels Academy * Thanksgiving Program * Plutarchos Academy, 4:30 pm-6:30 pm * Floga Practice, 6:40 pm * Adult Greek School 6:45 p.m.—8:15 p.m.	23 Parish Christmas Retreat—9:30 am * Byzantine Music Level 1 & 3, 4:15 pm
24 * Sunday School—10:30—11:30 am	25 * Food Distribution for Thanksgiving—10 a.m. * Plutarchos Academy, 4:30 pm-6:30 pm * Floga Springs of Basil & Wonderworkers—6:45—7:30 p.m.	26	27	28 * THANKSGIVING * Office closed	29 * No activities/office closed	30 * No activities

SCHEDULE OF DIVINE SERVICES

Friday, November 1st	SS Cosmas & Damianos— Agiasmos & Divine Liturgy, 7:30 a.m.—9 a.m.
Saturday, November 2nd	Vespers—5:00 p.m.
Sunday, November 3rd	Orthros & Divine Liturgy, 8:00 a.m.—11:30 a.m.
Monday, November 4th	Paraklesis at Assumption Church in Homer Glen , 9:30 a.m.
Friday, November 8th	Synaxis of the Archangels, Orthros & Divine Liturgy —8:00 a.m.—10:00 a.m. * Vespers at St. Nektarios Church, Palatine, IL—7:00 p.m.
Saturday, November 9th	St. Nektarios, Orthros & Divine Liturgy— 8:00 a.m.—10:30 a.m Vespers—5:00 p.m.
Sunday, November 10th	Orthros & Divine Liturgy, 8:00 a.m.—11:30 a.m.
Tuesday, November 12th	* Vespers at St. John Chrysostom Monastery, Kenosha, WI, 6:00 p.m.
Wednesday, November 13th	Orthros & Divine Liturgy at St. John Chrysostom Monastery, Kenosha, WI, 7:00 a.m.
Friday, November 15th	Beginning of Christmas Lent , 1st Hour & Divine Liturgy—8:00 a.m.—9:30 a.m.
Saturday, November 16th	Evangelist Matthew, Orthros & Divine Liturgy—8:00 a.m.—10:15 a.m.
Sunday, November 17th	Orthros & Divine Liturgy—8:00 a.m.—11:30 a.m.
Monday, November 18th	1st Hour & Divine Liturgy—8:00 a.m.—9:30 a.m.
Tuesday, November 19th	1st Hour & Divine Liturgy—8:00 a.m.—9:30 a.m.
Wednesday, November 20th	1st Hour & Divine Liturgy—8:00 a.m.—9:30 a.m.
Thursday, November 21st	Entrance of the Theotokos, Orthros & Divine Liturgy—8:00 a.m.—10:30 a.m.
Friday, November 22nd	1st Hour & Divine Liturgy—8:00 a.m.—9:30 a.m.
Saturday, November 23rd	1st Hour & Divine Liturgy—8:00 a.m.—9:30 a.m. * Great Vespers—5 p.m.
Sunday, November 24	Orthros & Divine Liturgy — 8:00 a.m.—11:30 a.m.
Monday, November 25	St. Katherine, Orthros & Divine Liturgy — 8:00 a.m.—10:15 a.m.
Tuesday, November 26	1st Hour & Divine Liturgy —8:00 a.m. — 9:30 a.m.
Wednesday, November 27th—Friday, November 29th—No Divine Liturgy	
Friday, November 29th	Great Vespers at St. Andrew Greek Orthodox Church, Chicago, IL— 7:00 p.m.
Saturday, November 30th	St. Andrew the First Called Apostle, Orthros & Divine Liturgy—8:30 a.m.—10:30 a.m., at Ss. Constantine and Helen, Palos Hills, IL
Sunday, December 1st	Orthros & Divine Liturgy — 8:00 a.m.—11:30 a.m.



ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ



Celebrate The Nativity of Jesus Christ

Παρασκευή 1 Νοεμβρίου	Αγ. Κοσμά & Δαμιανού, Αγιασμός & Θεία Λειτουργία, 7:30 — 9:00 π.μ.
Σάββατο 2 Νοεμβρίου	Εσπερινός, 5:00 μ.μ.
Κυριακή 3 Νοεμβρίου	Όρθρος & Θεία Λειτουργία, 8:00—11:30 π.μ.
Δευτέρα 4 Νοεμβρίου	Παράκλησις στον Ι.Ν. Κοιμήσεως της Θεοτόκου στο Homer Glen, IL, 9:30 π.μ.
Παρασκευή 8 Νοεμβρίου	Σύναξις των Αρχαγγέλων, Όρθρος & Θεία Λειτουργία, 8:00—10:00 π.μ.
Σάββατο 9 Νοεμβρίου	Μέγας Εσπερινός στον Ι.Ν. Αγ. Νεκταρίου—7:00 μ.μ
Κυριακή 10 Νοεμβρίου	Αγ. Νεκταρίου, Όρθρος και Θεία Λειτουργία—8:00 π.μ.—10:30 π.μ.
Τρίτη 12 Νοεμβρίου	Εσπερινός, 5:00 μ.μ.
Τετάρτη 13 Νοεμβρίου	Όρθρος & Θεία Λειτουργία, 8:00 π.μ.
Παρασκευή 15 Νοεμβρίου	*Εσπερινός στο Μοναστήρι του Αγ. Ιωάννη του Χρυσόστομου, Kenosha, WI
Σάββατο 16 Νοεμβρίου	Όρθρος & Θεία Λειτουργία στο Μοναστήρι του Αγ. Ιωάννη του Χρυσόστομου, Kenosha, WI, 7:00 π.μ.
Κυριακή 17 Νοεμβρίου	Αρχίζει το Σαρανταλείτουργο και η Νηστεία των Χριστουγέννων
Δευτέρα 18 Νοεμβρίου	1η Ώρα & Θεία Λειτουργία—8:00 π.μ.—9:30 π.μ.
Τρίτη 19 Νοεμβρίου	Αποστόλου Ματθαίου, Όρθρος και Θεία Λειτουργία—8:00 π.μ.—10:15 π.μ.
Τετάρτη 20 Νοεμβρίου	Όρθρος και Θεία Λειτουργία—8:00 π.μ.—11:30 π.μ.
Πέμπτη 21 Νοεμβρίου	1η Ώρα & Θεία Λειτουργία—8:00 π.μ.—9:30 π.μ.
Παρασκευή 22 Νοεμβρίου	1η Ώρα & Θεία Λειτουργία—8:00 π.μ.—9:30 π.μ.
Σάββατο 23 Νοεμβρίου	1η Ώρα & Θεία Λειτουργία—8:00 π.μ.—9:30 π.μ.
Κυριακή 24 Νοεμβρίου	1η Ώρα & Θεία Λειτουργία—8:00 π.μ.—9:30 π.μ.
Δευτέρα 25 Νοεμβρίου	1η Ώρα & Θεία Λειτουργία—8:00 π.μ.—9:30 π.μ.
Τρίτη 26 Νοεμβρίου	1η Ώρα & Θεία Λειτουργία—8:00 π.μ.—9:30 π.μ.
Τετάρτη 27 Νοεμβρίου—Παρασκευή 29 Νοεμβρίου	-Δεν θα τελεσθούν Θείες Λειτουργίες
Παρασκευή 29 Νοεμβρίου	Μέγας Εσπερινός στον Ι.Ν. του Αγ. Ανδρέα στο Σικάγο—7:00 μ.μ.
Σάββατο 30 Νοεμβρίου	Αγίου Ανδρέα του Πρωτοκλήτου, Όρθρος & Θεία Λειτουργία—8:30 π.μ.—10:30 π.μ. Στον Ι.Ν. Αγ. Κωνσταντίνου και Ελένης, Palos Hills
Κυριακή 1 Δεκεμβρίου	Όρθρος και Θεία Λειτουργία—8:00 π.μ.—11:30 π.μ.

PHILOPTOCHOS

Dear St. Spyridon Family,

Kalo Mina!! Preparations are underway for our annual Holiday Craft Show on December 7th & 8th! If you are available & can assist, please join us – schedule listed below.

I am so happy that we were able to send over 43 care packages to our college students!! Many thanks to Kathy Korbakes & her committee for leading this effort!! It is truly a blessing that we are able to do this for our young adults that are away studying & attending college.

On Sunday, November 10th, we will be having our Philoptochos Sunday honoring & commemorating our Patron Saints Cosmas & Damianos. We will be having an artoclasia and memorial service for our Philoptochos women. After service our Philoptochos will be hosting the coffee social – proceeds collected from the coffee social will go towards the Hurricane Victims.

Wishing you & your family a Blessed month!!

Sisterly Agapi,

Dana Vasilakos – Philoptochos President

Save these Dates!!

*Monday, November 4th – Christianiki Philoxenia @ Assumption, Homer Glen

*Tuesday, November 12th – Feed the Hungry @ Annunciation Cathedral (downtown)



2024 BAKING SCHEDULE

Wednesday, November 6—

Kourambiedes – 9 a.m.

Monday, November 18—

Spanakopites – 9 a.m.

Monday, November 25—

Koulouria – 9 a.m.

Saturday, November 30—

Diples – 9 a.m.

Monday, December 2—

Baklava – 9 a.m.

FOOD PANTRY

As part of the Metropolis of Chicago *Project Hope* initiative, we distributed 50 bags of food to the needy in Chicago's Pilsen neighborhood on October 16th. Many thanks to our GOYA families and the St. Spyridon Missions for their donations of food. A special thanks goes out to our GOYA members for packing the bags, and to our parishioners for taking the trip to deliver the donations.

Once again, we are collecting for the annual *Thanksgiving* Food Baskets. Please consider donating food items or making a monetary donation to help purchase food for the needy in our community. Each food basket is valued at \$65. The deadline for donations is November 23rd.

We thank you for your ongoing support of our mission!



ARCHANGELS ACADEMY

What an exciting month October has been!

We had our first field trip to the Palos Park Children's Farm and what a beautiful Fall day it was. Our children enjoyed petting the animals and learning all about life on a farm.

Our classroom has been transformed into a farm. The children have been having so much fun taking care of the animals by feeding them, milking the cows, gathering eggs and collecting honey!!

Our incubator is almost set! God willing in the month of November we will have a classroom full of chicks! The children are all anxiously awaiting and counting down the days!!

DATES TO REMEMBER:

November 22nd - Thanksgiving Program - Early Dismissal

November 25 - 29 - Fall/Thanksgiving Break



ST. ARTEMIOS / PATRON SAINT OF POLICE OFFICERS

On Sunday, October 20th, we honored our Police officers on the feast of Saint Artemios, the patron Saint of police officers, with an artoklasia for their health and well being. We also offered a memorial for all police officers who have fallen asleep in the Lord. May God keep safe those who protect and serve- our men in blue!



GOYA

GOYA kept busy this month! We started our first gathering with a collaboration with Project Hope. Our GOYA kids and their families supplied items from Project Hope's list to fill 50 bags of food that helped people from the Pilsen neighborhood in Chicago. Their hard work definitely made a difference! Our next GOYA gathering was a pumpkin carving contest. The kids got their creative juices flowing and came up with some amazing designs. And finally, the GOYA kids had an opportunity to help at Treats on the Trail hosted by PTA. The kids set up and helped guide our St. Spyridon family around Lake Katherine.

We have lots of exciting things planned for the month of November. We will be assembling car care kits, making prayer bracelets and have our volunteer opportunities to help with the Thanksgiving Food Drive.

It's never too late to join GOYA – the more the merrier! Stay up to date on all things GOYA by receiving GOYA notifications through the Remind app. Text @jrgoyag to 81010 You will receive a text to confirm you are signed up.

NOVEMBER

Goya Gatherings

11/6 @ St. Spyridon, 7-8:30 pm
Assembly of Car Care Kits

11/20 @ St. Spyridon, 7-8:30 pm
Making Prayer Bracelets

Volunteer opportunities

Thanksgiving Food Basket Assembly,
Sunday, 11/24 5pm-7pm

Thanksgiving Food Basket Distribution,
Monday, 11/25 8am-12pm

GOYA



Καθώς επιτελούμε την σύναξη των Αρχιστρατήγων και των λοιπών Ασωμάτων Δυνάμεων, είναι ευκαιρία να αναφερθούμε στην διδασκαλία της Εκκλησίας μας για τους Αγίους Αγγέλους. Πηγές του κειμένου είναι η Παλαιά και η Καινή Διαθήκη, καθώς και οι μελέτες τριών μεγάλων Αγίων και Θεολόγων που συνέγραψαν έργα για τους Αγγέλους, του Αγίου Γρηγορίου του Θεολόγου, του Αγίου Ιωάννου του Δαμασκηνού και του Αγίου Νεκταρίου Πενταπόλεως.

Η πρώτη αναφορά γίνεται στην Παλαιά Διαθήκη και στο βιβλίο της Γενέσεως εκεί όπου Άγγελος Κυρίου φανερώθηκε στην Άγαρ. Στο Δευτερονόμιο ο Μωυσής μιλάει για τους αγγέλους «όταν ο Κύριος ξεχώριζε τα έθνη διασπείροντας τα παιδιά του Αδάμ, καθόρισε όρια για τα έθνη που αντιστοιχούσαν σε αριθμό με τους αγγέλους του Θεού».

Στο βιβλίο του Ιώβ αναφέρονται ότι Άγγελοι και μαζί τους και ο διάβολος παρουσιάστηκαν ενώπιον Κυρίου. Επίσης ότι Άγγελοι δοξολογούσαν με μεγάλη φωνή τον Κύριο όταν έγιναν τα άστρα. Πολλές αναφορές υπάρχουν και στα βιβλία των Βασιλειών και των Αριθμών.

Στην Καινή Διαθήκη ο Απόστολος Παύλος θέλοντας να δείξει στους Κολασσαείς ότι εκτός του ορατού κόσμου υπάρχει και αόρατος κόσμος, γράφει ότι «πριν τον αισθητό κόσμο έγιναν από τον ίδιο τον Χριστό, Θρόνοι, Αρχαί, Εξουσίαι». Γι' αυτό και στην προς Εφεσίους επιστολή όταν τους προτρέπει να ενδυθούν την πανοπλία του Θεού για να αντισταθούν στον διάβολο τους λέει ότι η πάλη αυτή δεν είναι ενάντια σε σάρκα και αίμα, αλλά σε πνευματικά όντα που βρίσκονται στα επουράνια. Με τον τρόπο αυτό διδάσκει ο μεγάλος Απόστολος στην ύπαρξη των επουρανίων δυνάμεων. Άλλωστε, αυτό αναφέρεται αργότερα και στο Σύμβολο της Πίστεως όπου ομολογούμε πίστη στον Θεό

Πατέρα, ο οποίος είναι Δημιουργός «ορατών τε πάντων και αοράτων».

Η διδασκαλία του Αγίου Γρηγορίου του Θεολόγου μας δίνει πολλά στοιχεία για την ύπαρξη και την ζωή των Αγγέλων. Στο έργο του «Εἰς τὰ Θεοφάνια, εἶπουν Γενέθλια τοῦ Σωτῆρος (Λόγος ΔΗ΄)» ο Μέγας Θεολόγος αναφέρει ότι ως προς την φύση τους είναι ασώματοι, δεν έχουν δηλαδή υλικό στοιχείο όπως έχουμε οι άνθρωποι. Σε σχέση με εμάς είναι ασώματοι σε σχέση με το Θεό είναι ύλη. Οι πνευματικές αυτές υπάρξεις έχουν σώματα λεπτά, αέρια, και πυρώδη. Όχι όμως σώματα σαν τα δικά μας. Μάλιστα ο Άγιος λέει ότι έχουν σώματα που δεν είναι απολύτως πνεύματα. Γιατί πνεύμα είναι μόνο ο Θεός. Τι σημαίνει αυτό; Σε μερικές περιπτώσεις και μέσα



στην Παλαιά και Καινή Διαθήκη οι Άγγελοι γίνονται ορατοί. Ας θυμηθούμε την συνάντηση των Μυροφόρων με τους Αγγέλους στον κενό Τάφο του Χριστού. Βλέπουν οι μαθήτριες δυο αγγέλους γεμάτους φως, να αστράπτουν. Ο Άγιος Ιωάννης ο Δαμασκηνός λέει ότι αυτό το φως δεν είναι από την φύση τους,

δεν είναι δικό τους, αλλά είναι το φως της Θεότητας. Επειδή είναι τα πιο κοντινά προς το Θεό κτίσματα παίρνουν από το φως Του, όταν ο Θεός το επιτρέπει. Αυτό το φως ο Άγιος Γρηγόριος το ονομάζει «δεύτερο φως του πρώτου απορροή». Παρόμοιο φαινόμενο συμβαίνει με τον ήλιο και την σελήνη. Η σελήνη φέγγει, όμως το φως είναι του ηλίου, όχι δικό της.

Επίσης ο Άγιος Γρηγόριος αναφέρει ότι οι Άγγελοι, έχουν ανάγκη από τροφή, όχι βέβαια υλική, αλλά ουράνια, τους συντηρεί ο λόγος του Θεού.

Συνεχίζοντας την διδασκαλία του Αγίου μας λέει ότι οι άγγελοι είναι αθάνατοι και άγαμοι, επειδή δεν έχουν φύλο. Δεν υπάρχουν ούτε αρσενικοί, ούτε θηλυκοί. Σε ότι αφορά τον αριθμό τους, είναι αναρίθμητοι. Στο ΙΔ΄ Λόγο του «Περί Φιλοπτωχίας» μιλάει για λεγεώνες αγγέλων. Ο

ίδιος συχνά αναφέρει τα ονόματα των αρχαγγέλων Γαβριήλ και Μιχαήλ, ενώ από το βιβλίο της Παλαιάς Διαθήκης του Τωβίτ μαθαίνουμε και για τον Ραφαήλ.

Σημαντικές πληροφορίες μας δίνει ο Άγιος για το έργο των αγγέλων που είναι δοξολογικό, δηλ. υμνολογούν ακατάπαυστα την Αγία Τριάδα, και εκτελεστικό, δηλ. να επεμβαίνουν στην ιστορία του κόσμου προστατεύοντας τους ανθρώπους από τους πειρασμούς του διαβόλου. Αυτό το βλέπουμε ακόμη και στους τρεις πειρασμούς του Χριστού στο Σαραντάριο Όρος. Οι άγγελοι υπερέχουν από πλευράς γνώσεως κάθε άλλου κτίσματος. Όμως, και μεταξύ των αγγέλων υπάρχει διαβάθμιση της γνώσης. Όταν μιλούμε για γνώση εννοούμε την πνευματική κατάσταση της γνώσης του Θεού πάντα σε σχέση με τους ανθρώπους. Διότι το μέγα Μυστήριο της Σαρκώσεως του Χριστού, ούτε οι άγγελοι το καταλάβαιναν, ούτε το προοιωνίζαν.

Επίσης, ο Άγιος Γρηγόριος ο Θεολόγος αναφέρει ότι οι άγγελοι δεν έχουν ροπή στο κακό, αλλά έχουν μια προοδευτική πορεία, ώστε να πλησιάζουν όλο και περισσότερο τον φωτισμό του Θεού. Αυτό έγινε μετά την πτώση του Εωσφόρου ως ανταμοιβή για την σταθερότητά τους.

Ο Άγιος Ιωάννης ο Δαμασκηνός ακολουθεί περί των αγγέλων την διδασκαλία του Αγίου Γρηγορίου. Θεωρεί ότι πρώτα έκτισε ο Θεός την νοερά ουσία και έπειτα την αισθητή και στο τέλος και από τα δύο έπλασε τον άνθρωπο.

Σε ότι αφορά την ιεραρχία ο Δαμασκηνός ακολουθεί τον Άγιο Διονύσιο τον Αρεοπαγίτη λέγοντας πως χωρίζονται σε τρεις τριάδες: Πρώτη είναι τα εξαπτέρυγα Σεραφίμ, τα πολύμομα Χερουβίμ και οι Θρόνοι. Στην δεύτερη είναι οι Κυριότητες, Δυνάμεις και Εξουσίες και στην τρίτη οι Αρχές, οι Αρχάγγελοι και οι Άγγελοι.

Τέλος, η πληροφορία που δίνει ο Δαμασκηνός

είναι ότι οι άγγελοι δεν είναι πανταχού παρόντες. Αυτή η ιδιότητα είναι μόνο του Θεού.

Το 787 η Ζ' Οικουμενική Σύνοδος όρισε την διδασκαλία περί της τιμής των αγίων αγγέλων και όλων των επουρανίων δυνάμεων, σύμφωνα με την Αγία Γραφή και την Πατερική Γραμματολογία. Επιπλέον αποφάσισε να ζωγραφίζονται οι άγγελοι μόνο με ανδρική μορφή. Κύριος λόγος της απόφασης αυτής είναι να μην ταυτισθούν με τον παγανισμό και την μυθολογία.

Τελευταίος ιστορικά από τους αγίους Πατέρες της Εκκλησίας μας που συνέγραψαν σχετικά με τους αγίους αγγέλους είναι ο Άγιος Νεκτάριος, ο οποίος στο έργο του «Ιερά Κατήχηση της Ανατολικής Ορθοδόξου Εκκλησίας» αφιερώνει το 4ο κεφάλαιο στους αγίους αγγέλους. Εκεί διατυπώνει εκ νέου όλη την διδασκαλία της Εκκλησίας για τους αγγέλους όπως αυτή καταγράφηκε στις αποφάσεις της Ζ' Οικουμενικής Συνόδου, αλλά και σε όλους τους αγίους Πατέρες που έζησαν πριν απ' αυτόν, και επιπλέον εξηγεί την λέξη «άγγελος» με τη διαφορετική σημασία σε χωρία της Αγίας Γραφής, αλλού ως απεσταλμένου, αλλού ως προφήτη, ως ιερέα, ως ανέμου, ως νεφέλης, ως σκόλοπα στην σάρκα κλπ. Επίσης, αναλύει την σημασία της λέξεως Σεραφίμ που την συναντάμε μόνο μια φορά στην Αγία Γραφή στον Ησαΐα 11 και σημαίνει κάτι που καίει, λάμπει.

Κλείνοντας αυτό το άρθρο αναφέρουμε πως η Ζ' Οικουμενική Σύνοδος αναγνώρισε τους αγγέλους σαν πνευματικά όντα. Καθόρισε να εικονίζονται και να τιμώνται επειδή υπερέχουν από τον άνθρωπο. Ο μόνος άνθρωπος που είναι πάνω από τους αγίους αγγέλους είναι η Παναγία. Γι' αυτό και την ονομάζουμε «τιμιωτέρα των Χερουβίμ και ενδοξοτέρα των Σεραφίμ». Αυτής της Κυρίας μας δια των Αγγέλων ας έχουμε την χάρη και την ευλογία.

† Αρχιμ. Ειρηναίος Λαφτσής

PARISH REGISTRY

WEDDINGS

On October 6th, Robert Theodoros Vasiliou and Sarah Tiffany Jouras were joined together in the sacrament of marriage. Their sponsor was Mrs. Denise Skiadopoulos and Mr. Theodore Nikolaou.

On October 27th, Daniel John Ryan and Despina Sthathopoulos were joined together in the sacrament of marriage. Their sponsors were Mr. & Mrs. Chris Frentzos.

Να ζήσετε!

BAPTISMS

The daughter of Mr. and Mrs. Joshua Falcone was baptized on October 20th and was given the name Josephine by her godmother Ms. Rena Falcone.

The son of Mr. and Mrs. Elias Bizios was baptized on October 26th and was given the name Adonis by his godparents Mr. & Mrs. Peter Alfano.

Να σας ζήσουν!

CHRISMATION

Congratulations to Mr. Anthony Thomas Bando who was chrismated on September 29th. His sponsor was Mrs. Stavroula Karampelas.

MEMORIALS

Sunday, October 13th: †12 yrs Tom Amaranatos, †15 yrs Georgia Christy, †28 yrs William G. Christy, †57 yrs George Christacakos, †44 yrs Angeline Christacakos, †48 yrs Nicholas Kamberos & †28 yrs Panorea Kamberos

Sunday, October 20th: †Fallen Police Officers, †3 mo Garyfalia Alikakos, †1 yr Stavroula Theohari & †5 yrs Sava Konjevich

Sunday, October 27th: †40 days Vasilios Lolis, †40 days Apostolos Malfas & †2 yrs Alexandros Georgiou

May their memory be eternal!

NEW 2024 STEWARDS OCTOBER 1ST—OCTOBER 31ST

We wish to thank the 310 Stewards who have committed their stewardship for 2024. Stewardship materials are available at the church office, in the community hall and on our website.

Ευχαριστούμε τους 310 ενορίτες που προσφέρατε την συνδρομή σας για το 2024. Η υποστήριξη όλων είναι απαραίτητη για την σωστή και θεάρεστη λειτουργία της ενορίας μας. Παρακαλούμε όπως όλοι συμβάλουμε την συνδρομή μας. Συμπληρώστε την κάρτα συνδρομής με την προσφορά σας και βοηθήστε να συνεχίσουμε όλοι μαζί την διακονία της ιεράς κοινότητός μας.

Mr. Peter Boutsikakis
Mr. & Mrs. Peter Feradouros
Mr. & Mrs. Dimitrios Flaskos
Ms. Kaliopi Flaskos
Mr. & Mrs. Christ Georgiou

Mr. & Mrs. Chris Michalopoulos
Mr. & Mrs. Gus Pappas
Mr. & Mrs. Odysseus Tsarouhis

Total # of Stewards: # 310



*In gratitude for God's blessings, I commit to Christ
and His Church as a Steward of
Saint Spyridon with my 2024 Stewardship.*



METROPOLIS ANNOUNCEMENTS



Assumption Philoptochos asks you to join them on Monday, November 4th, 2024

**Paraklesis Service at 9:30 a.m.
Followed by a luncheon and fellowship .**

Assumption Greek Orthodox Church
15625 S. Bell Road
Homer Glen, IL. 60491

**Please call for reservations
708-645-0652**

Free of Charge and is hosted by the five Chicago South Side Greek Orthodox Churches

FANARI CAMP PRESENTS

HIGH SCHOOL Girls Retreat

CONNECT TO CHRIST AND ONE ANOTHER
AS WE NAVIGATE OUR LIVES

NOVEMBER 22-24
ST. IAKOVOS RETREAT CENTER

SCHOLARSHIP AND INTERNSHIP OPPORTUNITIES!



\$250,000 IN SCHOLARSHIPS

Applications are due
January 31, 2025

The application criteria, requirements, and guidelines are available at:
www.panhellenic.org



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✉ info@panhellenic.org



METROPOLIS
OF CHICAGO

October / November 2024

MESSAGES from the METROPOLIS

www.chicago.goarch.org

LATEST NEWS



SCAN FOR
MORE NEWS

9/24 Greek Orthodox Metropolis of Chicago Foundation Receives \$1.0 Million Gift

9/11 His Eminence Named to Interfaith Advisory Council of Illinois Secretary of State



SCAN FOR
MORE EVENTS

UPCOMING EVENTS

10/13 Friends of the St. Iakovos Retreat Center - Fall Volunteer Day 2024

11/9 Hellenic College/ Holy Cross Greek Orthodox School of Theology Fundraiser

sign up to receive email updates:
www.chicago.goarch.org/sign-up

PARISH ANNOUNCEMENTS



CHICAGO WOLVES

GREEK HERITAGE NIGHT WITH THE CHICAGO WOLVES

**SATURDAY, JANUARY 18 AT 7PM
VS. BAKERSFIELD CONDORS**

**FREE WOLVES KNIT HAT FOR ALL ATTENDEES
FREE WOLVES GREEK SCARF FOR ALL ATTENDEES
GREEK HERITAGE NIGHT**

ORDER FORM:

NUMBER OF TICKETS

of Tickets: _____ @ \$22

of Hot Dog and Soda Vouchers: _____ @ \$6.75 | \$

PERSONAL

Name: _____

Address: _____

City, State, Zip: _____

Cell Phone: _____

Alternate Phone: _____

Email: _____

Join St. Spyridon families and friends for a night of fun at a Chicago Wolves hockey game at the Allstate Arena in Rosemont. Everyone will receive a free Chicago Wolves hat, Greek scarf, and be seated together in the same section. Our church name will also be on the LED boards during the game.

HOW TO ORDER:

Fill out order form and submit with payment to **Saint Spyridon Hellenic Orthodox Church** by January 8th.

If submitting form via email, please send to both email addresses below:
office@saint-spyridon.net
ntsinoukas@gmail.com

For more information contact: Nick Tsinoukas - ntsinoukas@gmail.com



Sip & Shop

Shop some holiday looks with the PTA
Thursday, November 14th
5-8pm

Where: Vintage Charm

52 S Washington Street, Hinsdale, IL

Grab your girlfriends and join us for a night out & for some shopping!

This event is free to attend, but a portion of your purchase will benefit the PTA

Fundraiser
CHICAGO METROPOLIS SEMINARIANS ATTENDING HELLENIC COLLEGE/HOLY CROSS SCHOOL OF THEOLOGY

NOV 14
EMPRESS BANQUET HALL
ADDISON, IL
6:30 PM COCKTAILS
7:30 PM DINNER

Join us to help raise funds for Chicago Metropolis Seminarians attending Hellenic College/Holy Cross School of Theology

Holy Cross is a graduate school of theology that educates and forms Orthodox Christian men and women for service to the Church and society. Whether preparing for the holy priesthood or for lay vocations in which they can put their faith into action, HCHC students make up a vibrant community engaged in pursuing the eternal truths of Christ's message of salvation for all the world.

Proceeds for this event will directly benefit the current and future seminarians attending Holy Cross and will be the future leaders of our Orthodox faith.

TICKETS \$125 (PERSON) | \$1,250 (TABLE)

KEYNOTE SPEAKER

DR. DEMETRIOS KATOS
President, Hellenic College Holy Cross Greek Orthodox School of Theology

RSVP BY NOV 7
SCAN QR CODE
OR CALL 630.851.6106

**Pilgrimage to
Saint John Chrysostom Monastery**

**Bus departs from
Saint Spyridon Hellenic Orthodox Church
12307 S Ridgeland Ave., Palos Heights, IL**

Wednesday, November 13th, 2024
Departure Time: 6:00 a.m.
**Please call the Church Office (708) 385-2311 to reserve a seat
by November 11th**
Spots are limited!

On Wednesday, November 13th, our South Suburban Parishes are organizing a charter bus for the Feast Day Divine Liturgy at St. John Chrysostom Monastery in Pleasant Prairie, Wisconsin. The bus will leave from Saint Spyridon, in Palos Heights, at 6:00 a.m. and return at 1:30 p.m.. There is no cost. Reservations are required and can be made by calling your Church Office by November 11th. The transportation is generously offered by the Hellenic Foundation's Gold Circle Initiative.

**Προσκύνημα στην Ιερά Μονή
του Αγίου Ιωάννου του Χρυσόστομου**

**Λεωφορείο αναχωρεί το
Τετάρτη, 13 Νοεμβρίου, στις 6:00 π.μ.
από την ένορία του Αγίου Σπυριδωνος
12307 S Ridgeland Ave., Palos Heights, IL**

Παρακαλώ να τηλεφωνήσετε το γραφείο για να κλισηθεί θέση

Οι ένοριες των νοτίων προαστίων οργανώνουν λεωφορείο για προσκύνημα στην Ιερά Μονή του Αγίου Ιωάννου του Χρυσόστομου. Το λεωφορείο θα αναχωρήσει από τον Άγιο Σπυρίδωνα, 6:00 π.μ. Επιστροφή στις 1:30 μ.μ. Για κρατήσεις θέσεων τηλεφωνήστε στο κοινοτικό γραφείο Του Αγ. Σπυριδωνος πριν την 11ην Νοεμβρίου.

PARISH ANNOUNCEMENTS

**DELICIOUS HOMEMADE
GREEK FOOD & PASTRIES**
DINE IN OR CARRY OUT

**OVER
50
VENDORS!**

Christmas
**CRAFT
SHOW**

DECEMBER 7 & 8, 2024

SATURDAY 9AM-4PM AND
SUNDAY, 11AM-3PM

 **ST. SPYRIDON CHURCH
12307 S. RIDGELAND AVENUE
PALOS HEIGHTS, ILLINOIS**



**SAINT SPYRIDON HELLENIC
ORTHODOX CHURCH**

Christmas

ADVENT RETREAT

**SAT, NOVEMBER 23RD
9:30AM - 1:30PM**

CHILDREN FROM PRE-K TO 5TH GRADE WELCOME!

- 9:30AM CONTINENTAL BREAKFAST
- 10:15-12PM CRAFTS, LESSON, MUSIC, OUTREACH
- 12PM LUNCH & MAKING LEGO ORNAMENTS
SPONSORED BY PTA

SPECIAL GUEST SPEAKER FOR PARENTS
REV. FR. ATHANASIOS PAPAGIANNIS
"BE A WALKING CHURCH"
10:15AM-12PM

REGISTER BY NOV. 20TH



EMAIL: PRESBYTERA DIANA AT DLAMBERIS@GMAIL.COM FOR MORE INFO

St. Spyridon DCFS Christmas

**TOY
DRIVE**

**Pick up a form
on Sunday
during Coffee
Hour or stop by
the church
office.**

Help children in foster
care have a joyful
Christmas despite their
challenges. They
appreciate our
outreach!

**Drop-Off gifts in
the church office**

DEADLINE: 12/1

For more info, contact Presvytera Diana
708-466-4301
dlamberis@gmail.com



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Food Pantry Donations for Thanksgiving

Our parish will be distributing food baskets to
needy families. Your generous donations will
enable us to purchase all items for the baskets,
valued at \$65 each.

Cash/Checks accepted in the church office
weekdays from 9am - 2pm.

Donate online at saint-spyridon.net
(Select FOOD PANTRY).

Donation deadline is Saturday, November 23rd.

Thank You!



Huck FinN

Restaurant & Donuts

10501 S. Cicero 708-499-1112
Oak Lawn, IL 60453
3414 S. Archer 773-247-5515
Chicago, IL 60608
6650 S. Pulaski 773-581-4285
Chicago, IL 60629

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Alsip 5500 Cal Sag Rd. (708) 923-RIBS (7427)	Homer Glen 16800 S. Bell Rd. (708) 645-RIBS (7427)	WE HAVE VIDEO GAMING

Eggman's



Restaurant

12701 S. Pulaski
Alsip, IL 60803
708-239-8740

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Alsip, IL 60803
Chris: (708) 745-8659
Email: ACcollision.claims@gmail.com



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