



# THE VOICE

**JUNE/JULY 2025 - VOLUME No. 402**

**SAINT SPYRIDON HELLENIC ORTHODOX CHURCH**

12307 SOUTH RIDGELAND AVENUE, PALOS HEIGHTS, ILLINOIS 60463

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*St. Spyridon's*



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## 2025 GOLF OUTING PICTURES





### A SPIRITUAL WORKOUT: CHANGE OF MIND, HEART, AND TONGUE THROUGH THE HOLY SPIRIT REFLECTIONS ON PENTECOST WITH ST. NIKODEMOS THE HAGIORITE

Every fitness journey begins with a moment of resolve: a decision to push our bodies toward discipline, endurance, and transformation. We hit the gym, lift weights, and run miles—not merely to look better, but to feel stronger and live fuller. But what if we treated our spiritual lives the same way? What if the soul, too, had its own training ground—and Pentecost, as St. Nikodemos the Hagiorite teaches, was our entry into this divine regimen?

Just as physical exercise reshapes the body, the descent of the Holy Spirit reshapes the entire person. At Pentecost, the Apostles didn't just receive tongues of fire—they received a change of mind, a change of heart, and a change of tongue. These changes weren't metaphorical. They were transformative, lasting, and essential. St. Nikodemos, in his beautiful meditation on the mystery of Pentecost, guides us to understand what this means for us today: that to truly walk in the Spirit is to submit to a holy training that renews our entire being.

#### The Change of Mind (Μετάνοια-Metanoia)

In the Upper Room, the Apostles had minds clouded with fear and confusion. They had witnessed Christ's resurrection, yet uncertainty lingered. But then, as St. Nikodemos writes, "the Holy Spirit came and illuminated their minds like lightning flashing in darkness."<sup>1</sup> They received the gift of divine understanding—of no longer seeing Christ or the world through mere human reasoning, but through the clarity of divine wisdom.

For us, this change of mind is metanoia—a turning around, a repentance not of emotion alone but of intellect. We begin to see the world differently, to evaluate our priorities not based on ego or gain, but through the mind of Christ.

St. Nikodemos insists that "the mind, once darkened by sin, becomes brightened by grace,

learning to discern spirits and understand divine mysteries."<sup>2</sup> This change doesn't happen overnight. Just as lifting weights builds muscle through repetition and fatigue, so too must we daily read Scripture, engage in prayer, and wrestle with our thoughts—training our mind to be a place the Holy Spirit can inhabit.

#### The Change of Heart (Καρδίας)

But Pentecost did not only enlighten the intellect. It inflamed the hearts of the Apostles with divine love. St. Nikodemos says, "Their hearts, once timid and cold, became furnaces of love, unable to remain silent about Christ."<sup>3</sup>

A heart changed by the Spirit beats with new desires. It no longer seeks revenge, praise, or comfort—but seeks the good of others, mercy over judgment, humility over pride.

This is perhaps the hardest "workout" of all: allowing our hardened, self-focused hearts to be melted and molded. We resist loving our enemies. We flee from sacrificial service. But the Spirit urges us on, like a divine coach saying, "One more

step. One more prayer. One more act of love." And over time, we begin to feel the shift—not just in what we do, but in what we desire to do.

St. Nikodemos challenges us: "If you feel no warmth when praying, no compassion when seeing another suffer, then pray again. Wait upon the Spirit. For He comes like fire—not always suddenly, but always to those who wait in love."<sup>4</sup>

#### The Change of Tongue (Γλώσσης-Glōssēs)

At Pentecost, the Apostles spoke in tongues. But more than linguistic ability, they were given truthful speech, courageous proclamation, and words that healed. Their speech was no longer impulsive, fearful, or self-serving. It was full of the Spirit.

St. Nikodemos reflects, "The tongue, once an instrument of betrayal and denial (as with Pe-



## FATHER'S MESSAGE (CONTINUED)

ter), becomes now the instrument of salvation, proclaiming boldly the Gospel of peace.”<sup>5</sup>

A tongue changed by the Holy Spirit does not gossip. It does not slander or lie. It encourages, testifies, sings psalms, and speaks truth with love. And just as the body's fitness is seen in how we move, the soul's health is revealed in how we speak.

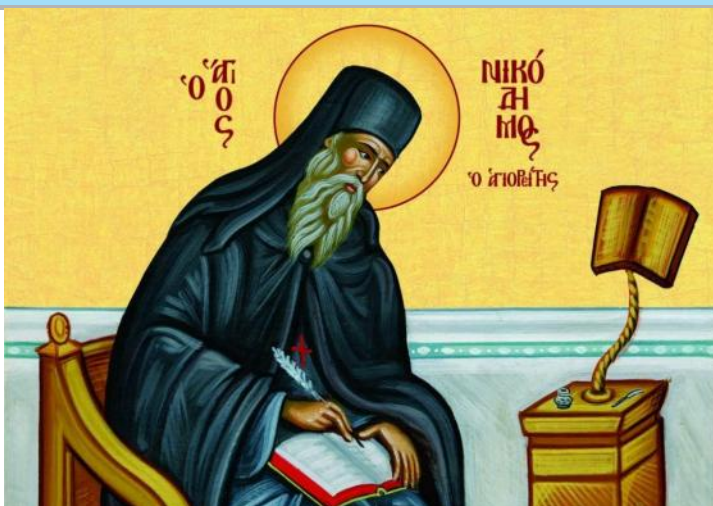
Think of your own conversations—are they full of life or laced with bitterness? Do your words uplift or undermine? Are you silent when you should speak, or speaking when silence would be holy? A Spirit-filled tongue is a hard-won gift, formed by prayer, silence, repentance, and boldness all at once.

St. Nikodemos reminds us that Pentecost was not a one-time event, but a continual invitation. The Spirit descends again and again—into each Liturgy, each confession, each prayer—and asks us to enter this divine gymnasium.

He writes, *“The Spirit is the divine trainer (παιδαγωγός), teaching the soul to breathe God, to run the race, to fight the good fight, to endure the sweat of repentance and the pain of love.”*<sup>6</sup>

This is not easy work. But like all worthwhile training, it changes us in every dimension. The change of mind clarifies our path. The change of heart energizes our love. The change of tongue sanctifies our relationships.

So let us enter into this holy training, not with fear, but with joy. For the Holy Spirit is not just a fire that descends, but a flame that abides—transforming those who make room in



their minds, hearts, and tongues for Him to dwell.

In the words of St. Nikodemos, “Come, O Holy Spirit, and renew the face of the earth—beginning with me.”

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### Footnotes

St. Nikodemos the Hagiorite, Homily on the Day of Pentecost, from the Greek Patristic tradition, quoted in *The Philokalia*, Vol. IV.

Ibid.

St. Nikodemos the Hagiorite, *Spiritual Exercises*, “On the Power of the Holy Spirit.”

Ibid.

St. Nikodemos, *Unseen Warfare*, adapted by Theophan the Recluse (St. Vladimir's Seminary Press, 1987), Ch. 35.

St. Nikodemos, *Interpretation of the Epistles*, commentary on 2 Timothy 2:5-7.

## NATIONAL SISTERHOOD OF PRESVYTERES SUNDAY

On Sunday, June 1st we paid homage to our presvyteres, our precious spiritual mothers in our churches, who protect and foster the sacred traditions of the Apostles with precision and devotion.

We thank them for their sacrifices and have deep appreciation for their offerings and enhancements to our parishes. These yokefellows of their ordained husbands bear witness to the Orthodox Faith every day — in their dealings with parishioners, in the examples set in their families, and in the mission-driven efforts they bring to the life of the local church and the Church-at-large.

Many thanks to Presvytera Diana and Presvytera Despina Massouras for their sacrifice and love for the church!





## PRESIDENT'S MESSAGE

Χαίρετε,

Σας εύχομαι καλό καλοκαίρι με αγάπη, υγεία, και ευτυχία.

Εύχομαι να σας δω όλους στο φεστιβάλ του Αγίου Σπυρίδωνα 12 και 13 Ιουλίου.

Greetings, I wish you all a wonderful summer, filled with love, health, and happiness.

We had a beautiful month of May, which included the Greek School and Archangels graduations. It is amazing to see the progress that our children made throughout the year. They are the future of this community. Many thanks to Marianna Haniotakis, George Vythoulkas, and Sofea Malamis for leading our schools. And also, a big THANK YOU to Evi Marouda, and Evelyn and Pete Hristakos for their work to organize and decorate all Greek School and Archangels events.

At the Archangels graduation, we also celebrate Katerina Alexakos' 20<sup>th</sup> Anniversary. Congratulations Katerina, and thank you for all of your wonderful contributions throughout the years. We look forward to you continuing to shape the lives of our youth.

Floga also had their end of year Panigiri to celebrate another successful year. This ministry continues to thrive with participation from several neighboring churches. Thank you to Sofia Chris-

tofer and Anastasia Deligiannis for their leadership of this wonderful ministry.

June started strong as well. Philoptochos hosted Philoxenia with a very strong turnout. We had 110 in attendance at the luncheon. THANK YOU Dean Eliacostas and his Moraine Valley students for the 5 STAR meal.

On June 10<sup>th</sup> my family and I were blessed to attend St. Haralambos for the Feast Day of St. Bartholomew and Nathanael. We were pleasantly surprised to witness His Eminence Metropolitan Nathanael bestow on our Father George Lamberis the Offikion of Ekonomos, which means a Good Steward of the Church. Congratulations to Fr. George. AXIOS!!!

And finally, I am looking forward to seeing everyone at our Annual Festival 12-13 July. If you are able to work and help that would be greatly appreciated. Please see QR code below...



*Καλή συνέχεια με υγεία*

*Bill Kiliias*

*Parish Council President*





## SUNDAY SCHOOL

As we come to the end of our Sunday School year, I would like to thank everyone who helps our program thrive. To all the Sunday School teachers, who share their time and talent weekly and are committed to teaching our Orthodox faith. To the parents, or yiayia and papou, who bring their children or grandchildren and make Sunday School a priority. To the PTA, who are always looking for ways to connect our Sunday School and Greek School students and support us. The list goes on and on, because each of us support Sunday School in a different way. It is only together that we make it a success. Some of our Sunday School teachers have taught for over a decade! That is a true testament to their level of commitment. They serve as role models and play such an important part in the lives of their students. Students will always remember their Sunday School teacher, which is why, I think, many of our teachers choose to come back, year after year. We are truly blessed to have many students enrolled in our program. I look forward to our Sunday School family growing and continuing to thrive. Congratulations to all of our graduates, and best wishes for summer "break".

*--Zoe Kopanis, Sunday School Director*



## GOLF OUTING

St. Spyridon's 28<sup>th</sup> annual golf outing and dinner social took place on Thursday, June 5<sup>th</sup> at the Odyssey in Tinley Park. The day was filled with fellowship as participants enjoyed golfing, continental breakfast, lunch, a delicious Italian themed dinner, awards, and a prize-filled raffle including two 65-inch televisions. We were blessed with yet another year of an abundance of golfers with over 100 participating and several more for dinner.

Congratulations to Gus Kolyvas, Paul Manolitsis, Bill Vardalos and Ralph Zintak for winning the best team golf score contest coming in at 10 under par. Elias Atiyeh won the longest drive contest and Billy Marinakos won longest putt. Tony Clementi and Nicolas Kopanis each won closest to the pin contests.

This important fundraiser helps support the St. Spyridon Church Building Fund. This year's donations will help with various church repairs and heavy maintenance over some of the church areas, offices and classrooms and will provide safety to our parishioners.

Thank you to Father George Lamberis for his spiritual leadership, golf committee members who donated countless hours of their time, sponsors, golfers, volunteers, dinner guests and everyone for supporting our church and making it a memorable and fun event.

*--Nick Kournetas, Golf Committee Chair.*



## 2025 GOLF OUTING SPONSORS

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### GOLF OUTING COMMITTEE

NICK KOURNETAS, BILL KILIAS, JIM ARGYROPOULOS, NICK ARGYROPOULOS, ZACHARY CHIBUCOS, ADAM COLLOPY, JOHN FARSATIS, NICK HALIKIAS, MIKE HANNIOTAKIS, GUS KOLYVAS, FRANK & ZOE KOPANIS, NICK MAZARAKOS, BILL PERAKIS, JIM TOURLOUKIS, NICK TSINOUKAS, SPIROS TZANETAKOS



## MOTHER'S DAY LUNCHEON

Our Philoptochos Mother's Day Luncheon is always a popular family event for St. Spyridon parishioners and friends.

Many thanks to our members for organizing a beautiful luncheon. Our appreciation goes out to Chef Dean Eliacostas for his unforgettable luncheon, and our gratitude goes out to Parish Council President Bill Kiliyas and all the men who helped cook, serve and clean up. Many thanks to all who attended and supported our Philoptochos!





## CHRISTIANIKI PHILOXENIA

Once again, our St. Spyridon Philoptochos was a shining example of Philotimo at our very successful Christianiki Philoxenia Luncheon on Tuesday, June 3rd. Everything was done with love! I would like to thank our chairladies Toula Georgiopoulos and Olga Paxinos for their attention to every detail. Well done, ladies!

We began with Divine Liturgy, with our Rev. Fr. George concelebrating with Rev. Fr. Chris Avramopoulos, Sts. Constantine & Helen.

A lovely lunch was then served to 120 guests from All Saints, Joliet; Annunciation, Kankakee; Assumption, Homer Glen; Holy Cross, Justice; Sts. Constantine & Helen, Palos Hills, and St. Nicholas, Oak Lawn. We can proudly say, everyone raved about the luncheon!

Our gratitude goes out to Chef Dean Eliacostas and Chef Lampros Tzimis and their Moraine Valley students who prepared and served. We also honored all who celebrated a birthday or feast day since the last Philoxenia Luncheon in April.

Best of all, we extend our appreciation to Michael Orrico of Orrico-Kourelis Funeral Services. Michael was so kind to underwrite our Philoxenia Luncheon. We appreciate his generosity once again! He is a great friend to St. Spyridon and to our Philoxenia tradition.

The Christianiki Philoxenia gatherings began 15 years ago with the mission to honor our southside community seniors. Beginning with a church service and followed with a luncheon, our seniors have the beautiful opportunity to meet in faith and fellowship.

The southside hosting parishes include - Sts. Constantine & Helen, St. Nicholas, Holy Cross, Assumption of Homer Glen, and St. Spyridon. We have also extended our invitation to All Saints, Joliet and Annunciation, Kankakee. The five original parishes take turns hosting this lovely event.

Thank you for your love of this wonderful event. May we continue!

Agape,

*Kathy Korbakes*

*President of St. Spyridon Philoptochos*





## JR OLYMPICS

Hi everyone!

Hope all is well & that your summer is off to a great start! We wanted to thank everyone for participating in the Junior Olympics! We had another great turnout this year with almost 80 kids participating, and outside of some rain on Sunday, the weather was once again beautiful and made for a wonderful weekend! Thank you Father George for all of your guidance and support & also those in the office - Kalli Theodoropoulos & Marianna Haniotakis - for all your assistance and Vicky Argyropoulos for another awesome design of the t-shirts!

We also would like to thank all of the coaches below for their hard work! It is a huge commitment with all of the practices, the games, etc. & doing their best to make sure all of the kids have fun! A great job by all & thank you again, it is much appreciated!

### Coaches:

**Basketball:** Aris Halikias (ages 7-10 & 11-13) and William Karopulos (ages 7-10 & 11-13)

**Soccer:** Terry Pappas (ages 7-9), Kosta Vasilopoulos (ages 7-9), Angelo Velissaris (ages 10-12), Bill Tsoukalas (ages 10-12), Michael Haniotakis (ages 13-15) and Andy Watne (ages 13-15)

**Volleyball (girls 13-18):** Kleopatra "Kleo" Vasiliades and Andreana Kekempanos

### **Track & Field (ages 7-18):**

Rob McNeil and Niki McNeil

### **Swimming (ages 7-18):**

Mario Halikias and Sofia Sofou

**Bowling (ages 13-18):** Connie Briseno



### A summary of some of the highlights:

Last year the Metropolis brought back bowling which kicked off the weekend on Friday night. We had eight bowlers (plus alternates) and once again everyone seemed to have a great time. This is a really fun event where the kids & everyone have a chance to just hang out, bowl, have some pizza, etc and it's all covered by the parish. Hopefully next year we will have even more bowlers!

Both of our **basketball teams** played well & had exciting games - our 7-10 team started out strong though were not able to hang on while our 11-13 team had a great game and won 36-21 to advance. Unfortunately we had to forfeit their next game on Sunday as the whole team was also registered for soccer which had a game at the same time. The Metropolis did try to adjust the time so the kids could play both but unfortunately were not able to do so. The kids on both teams played well and it's a great experience for them to build on going forward.

For **volleyball**, the last few years we have had to combine teams with Holy Cross, however this year we had enough girls for our own team. They played



## JR OLYMPICS

well though did not advance, but again the fact that we had our own team was awesome as they had fun and it was definitely a great experience for them going forward. Hopefully next year we'll have enough boys for our own team.



Our **soccer teams** won some & lost some - the 7-9 team had a tough game and did not advance. Our 10-12 team started out great with a 9-0 win to advance to Sunday, and that was an unbelievable game. Our kids played great and had so many shots that just missed while the other team only had a few shots but unfortunately one of them went in for a heartbreaking 1-0 loss. Our 13-15 team advanced to play on Sunday & had a tough opponent who had scored 11 goals in each of their first two games. Our kids played well & tied it 3-3 late in the game though the other team was able to pull it out 4-3. They did go on to play in the consolation game and had a 3-1 victory to win the bronze medal!

For **tennis**, Andreas Petropoul and Joakim Tsantilis won the bronze in Tennis Doubles and Andreas Petropoul also won the silver medal in Singles.

For **Track & Field** we had the following medals:

Elessa McNeil - Gold - Girls 16-18 800 Meters

Andreas Baltsas, Evan Panagiotopoulos, John Sweis, Yiannis Tsoukalas - Silver - Boys 11-12 4 x 50 Meter Relay

Elessa McNeil - Silver - Girls 13-15 Long Jump

James Collopy - Silver - Boys 11-12 Softball Throw

Carmen Navaro - Silver - Girls 8-10 Softball Throw

Niko Korolis - Bronze - Boys 13-15 400 Meters

Elessa McNeil - Bronze - Girls 13-15 1,600 Meters

Our Swimming team had another outstanding year & they are a powerhouse as they won 30 medals - 21 Gold, 5 Silver & 4 Bronze. Another remarkable performance & below are the medal winners with their events:

### **TJ Collopy**

Gold - Boys 15 & Under 200 Yard Freestyle Relay

Silver - Boys 18 & Under 200 Yard Medley Relay

Bronze - Boys 18 & Under 50 Yard Breaststroke

### **Christos Deligiannis**

Gold - Boys 15 & Under 200 Yard Freestyle Relay

Gold - Boys 15 & Under 50 Yard Freestyle

Silver - Boys 18 & Under 200 Yard Medley Relay

Bronze - Boys 18 & Under 50 Yard Butterfly

### **Vasia Halikias**

Gold - Girls 18 & Under 200 Yard Medley Relay

Gold - Girls 18 & Under 50 Yard Freestyle

Gold - Girls 18 & Under 200 Yard Freestyle Relay

Bronze - Girls 18 & Under 100 Yard Freestyle

### **Vasili Hohlastos**

Gold - Boys 15 & Under 200 Yard Freestyle Relay

### **Despina Karanastasis**

Gold - Girls 18 & Under 200 Yard Medley Relay

Gold - Girls 15 & Under 200 Yard Freestyle Relay

Gold - Girls 18 & Under 200 Yard Freestyle Relay

Silver - Girls 18 & Under 50 Yard Breaststroke

### **Mia Karras**

Gold - Girls 18 & Under 200 Yard Medley Relay

Gold - Girls 18 & Under 50 Yard Backstroke

Gold - Girls 15 & Under 200 Yard Freestyle Relay

Gold - Girls 18 & Under 200 Yard Freestyle Relay

### **Loukia Kournetas**

Gold - Girls 10 & Under 25 Yard Freestyle

### **Alexander McNeill**

Silver - Boys 18 & Under 200 Yard Medley Relay

### **Elessa McNeill**

Gold - Girls 18 & Under 200 Yard Medley Relay

Gold - Girls 15 & Under 200 Yard Freestyle Relay

Gold - Girls 18 & Under 200 Yard Freestyle Relay

Bronze - Girls 15 & Under 50 Yard Breaststroke

### **Zoe McNeill**

Gold - Girls 15 & Under 200 Yard Freestyle Relay

### **Vasili Vythoulkas**

Gold - Boys 18 & Under 50 Yard Freestyle

Gold - Boys 15 & Under 200 Yard Freestyle Relay

Silver - Boys 18 & Under 200 Yard Medley Relay

**Congratulations to all of the medal winners & participants!!** Thank you again everyone & until next year, have a great summer!

*Nick Tsinoukas & Demetrius Marines*



# JUNIOR OLYMPICS





## JUNIOR OLYMPICS





## ARCHANGELS ACADEMY

Congratulations to the 2024-2025 Graduating Class of Archangels Academy Preschool!

What an incredible journey it has been! With hearts full of pride and joy, we extend our warmest congratulations to the graduates of Archangels Academy Preschool for the 2024-2025 school year. This year, we celebrated 10 amazing graduates, each one a shining star ready to begin new adventures.

As we closed this chapter, we gathered for our 20th Annual Graduation Banquet, a milestone that brought together our community in a beautiful celebration of growth and achievement. A heartfelt thank you to our extraordinary parents, whose dedication, love, and talents transformed this event into a huge success. Your support and enthusiasm brightened the evening, creating an atmosphere of joy and friendship. A special shout-out goes to Xando Cafe for the fabulous meal that was enjoyed by all. You never disappoint. The laughter and chatter around the tables were a testament to the wonderful community we have built together. Thank you to everyone who came out to support and celebrate our beautiful school—your presence made the day unforgettable! Now, as we enjoy the warm summer days, we are also getting ready for the 2025-2026 school year. We are excited about the new experiences that await our future students. There are only two spots left for Fall Registration! If you know someone looking for a nurturing and developmentally appropriate preschool, now is the perfect time to reach out. As we soak up the sunshine and spend time with family, let's celebrate the beauty of summer. May it be filled with laughter, relaxation, and happy memories. Here's to a wonderful summer, and we can't wait to welcome everyone back for another amazing school year!

*Sofea Malamis, Archangels Director*





# ARCHANGELS ACADEMY

## Class of 2025

Gabriel Collopy

Maria Georgiou

Gia Kottis

Stephanos Maroudas

Evanthia Papamihail

Grace Sweiss

Christina Trahanas

Ellie Vasilopoulos

John Xenos

*Congratulations*





## G.O.Y.A.

GOYA was blessed to plan its first outreach trip to Rochester, MN on May 1-4, 2025 to help the Philoxenia Charities. The Philoxenia Charity's main focus is to help provide housing for those undergoing long term treatment at the MAYO clinic. Our main responsibility was to paint one of the homes for patients and families to stay in. It was a trip that was impactful and fun. The memories created will last a lifetime! Here is a rundown of all that we did.

### DAY 1

Our departure was on Thursday morning, May 1. Bus ride was great! Lots of fun, snacks and trivia. Father George was full of energy on the mic and it was very entertaining!! Once we arrived in Minnesota, our first fun stop was the Mall of America. The mall was enjoyed by all with lots of treats and shopping and rides!! Everyone was tired from a long travel day so we heading to the hotel to get some great rest in preparation for all our work the next couple of days.

### DAY 2

After breakfast at the hotel, we headed over to the church, St. Anagyrois, Sts. Kosmas and Damianos to meet Father Nick and Alexandra Kroll, our Philoxenia House leader. We learned so much about the church and the charity. The church was filled with such beautiful iconography that is typically never seen in our Orthodox churches. There are several icons of modern day saints along with several icons of the unmercenary saints.

We got right to work and worked so well that the majority of the painting was completed the first day. But there was plenty of work to be done to make this house a home for a family who is checking in the fol-

lowing week.

We had also been blessed to have our trip documented in detail by the Hellenic Foundation. Fred, from the Hellenic Foundation, was with us to take pictures, videos and interviews to capture the incredible work the kids were doing.

After our work was completed we enjoyed dinner at The Workshop and headed off to go rock climbing. We ended the evening with a friendly game of left, right, center. The kids had a blast!!!

### DAY 3

The group completed all the work for a family to check in on Monday! Not only did we paint but we also deep cleaned and put all the furniture back. The place is ready to make someone feel "at home" and supported while they go through their treatments at the MAYO Clinic.

Two major spearheads of the Philoxenia House was this beautiful couple - Tim and Calli. For lunch that day, Calli prepared a marvelous spread of food which consisted of chicken, potatoes, spanakopita, pasta, salad, pitas, tzatziki, fruit and cookies. This woman along with her husband Tim had such humble, giving and loving hearts. She spoke so eloquently about her experiences with Philoxenia House. Everyone was immensely moved by her words. Along with her, Father George and Tim also spoke to the group which was emotionally filled with so much love.

Since our work finished so quickly and efficiently, we had an opportunity to go swimming after lunch and then head off to our activity of bowling, laser tag and dinner. Our evening concluded with a devotional circle time with Father George.





# G.O.Y.A.

## DAY 4

On our final day, we all headed to Orthos/Liturgy first thing in the morning. All of our GOYA boys served in the altar. Since the church is in such a unique community serving people from all over, there are many Orthodox nationalities represented. We were blessed to hear the Lord's Prayer recited in 7 different languages. It was an amazing community to celebrate the Liturgy with. At the conclusion of the Liturgy, Father George on behalf of GOYA and Philoptochos, presented monetary gifts to the Philoxenia House to help support their ongoing mission efforts. Once liturgy was over and we gathered at fellowship, the Philoptochos graciously made us box lunches for our drive home and then we headed back to St. Spyridon.

It was a full 4 days but such a blessing to have the GOYA group experience such a thing. A special note of gratitude and appreciation to the St. Spyridon Community and all the donors who made this trip a possibility for the GOYA. This was the first trip but it definitely won't be the last.

## MORE GOYA UPDATES:

GOYA is already gearing up for the upcoming 2025-26 year. If you want to stay up to date on all our activities, please be sure to sign up on the Remind App. TEXT @jrgoyag to 81010. You will receive a text to confirm you are signed up.

Have a blessed summer!!





# PLUTARCHOS ACADEMY



It is hard to believe that summer is finally here! Our end of the school year program and graduation ceremony was held on Friday, May 23rd. Congratulations to all our graduates and many thanks to our teachers for the amazing program. Many thanks to all that helped with the set up and brought food and treats for the reception.

Archangels & Plutarchos Academy students participated in the Greektown 2025 Public Art Project "The Flowering Grecian Urn" The urn shape of our sculpture was guided by then-SSA commissioner Maria Melidis and featured in a Greektown exhibit titled " A Celebration of the Grecian Urn." (2006). We've taken this urn and given it a new and fresh spin! It was such an amazing opportunity to study Mythology, History and Poetry and create wonderful art at the same time.

Our Urn was given the title: "Νύμφη Χλωρίς». Chloris is the Greek goddess of flowers! She was a minor deity associated with spring, flowers, and new growth. According to Greek mythology, Chloris was married to Zephyrus, the west wind, and is said to bring life and bloom to nature. Her Roman counterpart is the goddess Flora. So too, there are flower deities across the world that symbolize beauty, the renewal of life, and inspire a deep reverence for the many wonders of our natural world.

Our teachers were invited to the reception and the ribbon cutting ceremony on Thursday, June 5th. It is so rewarding to see our hard work and talent getting recognized!

Please register for next school year as soon as possible! September will be here before we know it and we need to plan resources accordingly. Registration forms have been mailed out to the families. School calendar will be available in early August.

We will like to wish everyone a wonderful and restful summer! Καλό καλοκαίρι!

*Mrs. Nicky Glikis, Mrs. Sofia Charalambous, Mrs. Patricia Vythoulkas, Mrs. Fay Ferradourous, Mrs. Georgia Georgelos, Mrs. Evi Marouda, Mrs. Marianna Haniotakis, Ms. Christina Drikos.*





# PLUTARCHOS ACADEMY





# GRADUATES 2025

## MIDDLE SCHOOL GRADUATES

Theodore John Collopy  
Chryssa Farsatis

Maria Petrakos  
William Riley

Joakim Tsantilis  
Emmanuel (Manoli) Tsoukalas

## HIGH SCHOOL GRADUATES



### Christina Dages

Christina has been a devoted member of St. Spyridon Greek Orthodox Church since early childhood. She began her journey in the faith at Archangels Preschool and continued through Sunday School, Greek School and Ellinomatheia, GOYA, and as a Handmaiden,

actively participating in the spiritual and cultural life of the parish. A recent graduate of Carl Sandburg High School, where she graduated with honors, while being the Leader in I-Fest, Soccer, Basketball and Superfan, and Environmental Science Club. She will be attending the University of Illinois-Chicago to study Kinesiology in the College of Applied Health Sciences. Her strong foundation in the church community has shaped her values and inspired her passion for helping others through a future career in health and wellness.



### Geia Glikis

Geia Glikis graduated from Carl Sandburg High School. She was a huge part of the band program there with her primary instrument being the clarinet. She graduated with over 100 service hours, was a member of The

Music Honors Society and received the Patrick Gilmore Band Award. At St Spyridon she attended and participated in Archangels Academy, Greek School, Sunday School, Handmaidens, Floga Dance Troupe and Junior Choir. Geia often helped the Philotochos prepare and serve for events.

### Dena Prassas

Throughout high school, I have demonstrated a strong commitment to my academics, leadership, and community involvement. Ranked in the top 1% of my class and recognized as an AP Scholar with Distinction from 2022 to 2025, I have consistently pursued rigor-



ous academic courses. My dedication to service is reflected in over 190 hours of community involvement and my ongoing participation as a Center Tour guide for three years. I have served in multiple leadership roles, including Student Council President for the 2024–2025 school year and President of the Junior Class Council in 2023–2024, as well as on the executive boards of Student Council, Project Diversity, and Girls in STEM. As a committed member of my school community, I have also contributed to the Superintendent's Advisory Board from 2021 to 2025. Additionally, I serve as Captain of the Cross Country team for the 2024–2025 season, further demonstrating my dedication to teamwork and leadership beyond the classroom. This fall I will be attending Butler University as a biochemistry major.

### Nicole Prassas

I am a recent graduate of Victor J. Andrew High School, where I pursued a rigorous academic and extracurricular path. During my high school career, I was honored to be recognized as an AP Scholar, AP Scholar with Distinction, Illinois State Scholar, and Athletic Booster Club Athlete Scholar. I



was also inducted into the National Honor Society and the High Honors Spanish Society and received departmental recognition in Science for academic excellence. Beyond the classroom, I completed over 150 hours of community service, including environmental clean-up initiatives and tutoring fellow students. I also worked as a certified U.S. Soccer Federation referee for two years. As a four-year varsity athlete and team captain, I competed in soccer, cross country, and track, balancing my academic goals with a strong commitment to athletics. I held leadership positions in several student organizations, serving as president of Girls in STEM and Sports Medicine, and participating in Junior Class Council, Student Council, and Greek Club. I was also a proud leader of Project Diversity, where I choreographed and organized performances representing European cultures—most notably leading a Greek dance in celebration of my heritage. This fall, I will attend Butler University as a Biochemistry major.



## GRADUATES 2025



### Khol Michael Rogers

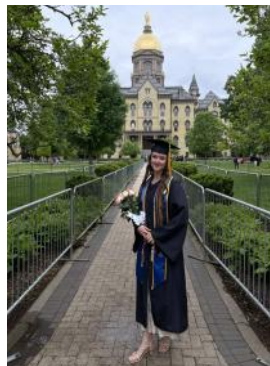
Khol is 17-year-old graduate of Stagg High School whose dedication, strength, and character have made him stand out both in and out of the classroom. A well-rounded student-athlete, Khol was an active member of the football, powerlifting, and wrestling teams, earning the honor of competing at the state level in powerlifting. He also achieved academic distinction as a four-year German honors student. Beyond school, Khol holds a black belt in Tae Kwon Do—a testament to his discipline and perseverance. Known for his polite and caring nature, he's someone who naturally gravitates toward helping others.

While he's still exploring his future path, Khol is considering joining the Air Force, with aspirations of eventually becoming a commercial airline pilot. Whatever direction he chooses, his faith, strength of character, and kindness will undoubtedly carry him far.

## COLLEGE GRADUATES

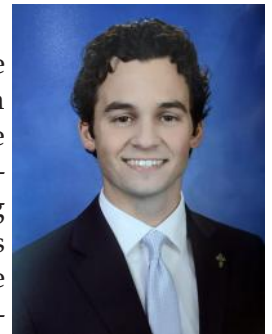
### Anastasia Chibucos

Anastasia is the daughter of Caryn Chibucos and the late Nicholas Chibucos. She graduated from the University of Notre Dame with a Bachelor of Science in Neuroscience and minors in Theology and Compassionate Care in Medicine. Throughout her undergraduate years, she dedicated herself to service, leadership, and research. She worked in the Vaughan Lab studying Niemann-Pick Type C, a rare pediatric neurodegenerative disease, and served as President of the Compassionate Care in Medicine Club and the President of the Orthodox Christian Fellowship. She also served on the leadership committee for the Neuroscience major, raised awareness about substance abuse through her volunteer work with Recover Michiana, and promoted education and prevention of sexual assault and dating violence as a Senior Fellow with GreeNDot. Additionally, she provided first aid at sporting events as part of the FAST Club and served as President of a campus knitting and crocheting club. She volunteered for four years as a hospice medical assistant and companion. She is planning on attending medical school after graduation. A devoted member of St. Spyridon, Anastasia grew up attending Plutarchos Greek School, Sunday School, and participating in Greek Dance, GOYA, Junior Olympics, Handmaidens, Myrofores, and Byzantine Chant School. She continues to give back through her service at the annual Greek Fest. She is deeply grateful for the *philoxenia* and love offered by the St. Spyridon community, especially the care packages and prayers that reminded her of home throughout her college journey.



### Luke Christy

Luke, the youngest of the five Christy boys, is graduating from the University of Notre Dame with a degree in Mechanical Engineering and minor in Engineering Corporate Practice. During his time, he served as President of the Notre Dame Evans Scholars Chapter, Vice President of Siegfried Hall, and as a student athletic manager for 3 years. Luke is a natural leader and enjoys serving others. He will be working in New York City to begin his career as a Corporate Finance Analyst at Ally Financial in Manhattan.



### Joanna James

Joanna is a graduate of Saint Mary's College with a Bachelor of Arts in Psychology. She graduated Magna Cum Laude and has been on the Dean's List all 4 years. Joanna earned her membership in the Psi Chi International Honors Society and served as its Treasurer. She also served as the co-chair of the Academic Liaison Committee of the Student Government Association. Joanna has been a member of the American Psychological Association, Midwestern Psychological Association, Psychology Club and the Student Athletic Advising Committee. As a student athlete, Joanna has been a 4-year member of Saint Mary's Women's Golf Team. Joanna has served as a Senior Student Ambassador in the Admissions Office, as a Teaching Assistant at Saint Mary's as well as a Research Assistant at the Univer-



## GRADUATES 2025

sity of Notre Dame where she completed her senior thesis project related to the study of memory. Joanna was invited to present her research findings at the Midwestern Psychological Association Conference in New York and at the Saint Mary's College Symposium in Chicago. Joanna has been the recipient of the Charles Leo Eaton Scholarship, the Dean's Scholarship, the Mother Pauline Award and has earned the Joseph Miller Outstanding Scholarship Award for the highest academic achievement in the Department of Psychology. Joanna has been awarded a Fellowship in the Cognition and Cognitive Neuroscience Program at Michigan State University where she will earn her masters and doctoral degree in in the field of Psychology. Joanna is the daughter of Curt and Efi James.



### Sofia Kopanis

Sofia will be graduating from DePaul University with her Bachelor's Degree in Secondary Education English for grades 6 through 12. At her time at DePaul, she has been on the College of Education Dean's List every quarter and graduating with honors. Sofia

served time as the Hellenic Student Association President, a member of the National Society of Honors as well as the National Society of Leadership

and Success. Here at church, she has enjoyed her time volunteering with Sunday School and various retreats as well the annual festival.

### Stavroula Malamis

I am graduating from DePaul University with a BS in Exercise Science. Throughout my time at DePaul, I have consistently earned a place on the Dean's List. In addition to my studies, I collaborated closely with faculty to help develop a new concentration within the Exercise Science program for



students interested in pursuing occupational therapy—a contribution that will be helpful for future students with similar goals. This fall, I will be attending North Central College to pursue my Master's in Occupational Therapy. I am passionate about supporting individuals in achieving greater independence and quality of life, specifically working in pediatrics, which excites me to take the next step in becoming a licensed occupational therapist. In the future, I aspire to open a private practice with my sister, where we can work together to make a meaningful difference in our community.

## GRADUATE STUDENT



### Dr. Emily Kolyvas, MD/PhD

It is with great enthusiasm to announce that Dr. Emily Kolyvas has successfully graduated in May 2025 from the Medical College of Wisconsin earning a Doctor of Medicine Degree. In May 2023, Emily graduated from the University of Cambridge earning a Doctorate of Philosophy (PhD) in Oncology. We celebrate this momentous achievement as she embarks on the next chapter of her journey.

Emily will continue to pursue her career goals for medical research and medicine through her residency in radiation oncology at Harvard University and Massachusetts General and Brigham Women's Hospitals in Boston and to serve the community with commitment, dedication and compassion. Emily is the daughter of Dr. Chris and Jann Kolyvas and has been a St. Spyridon parishioner for many years.



## FLOGA HELLENIC DANCE TROUPE

The St. Spyridon Floga Hellenic Dance Troupe wrapped up another incredible year with our very first End-of-the-Year Paniyiri this past May! It was a joyful celebration filled with delicious food—including roasted pig—and vibrant performances by all our dance groups. Each group showcased the dances they've worked so hard on throughout the year, and their energy and talent lit up the floor.

A special highlight of the evening was a surprise performance by our Competition Group, who offered a sneak peek of the dance suite they'll present at the Hellenic Dance Festival (HDF) this January. The night was a beautiful blend of tradition, celebration, and the strong bonds of friendship that define our Floga family. We extend our heartfelt thanks to all the donors, volunteers, and teachers whose dedication and generosity made this event such a success!

Looking ahead, we are excited to continue sharing our love for Greek dance at the upcoming St. Spyridon Festival! Our Wonderworkers and Advanced Floga groups will take the stage, ready to perform and connect with the community through dance. As we enter Festival season, practices will take place on Fridays, and all updates will be communicated through the Remind app.

On behalf of the entire Floga family, thank you for your continued support. We can't wait for another season of dancing, celebrating, and growing together!

*Sophia Parhas Christofer*





# PHILOPTOCHOS

## Congratulations New Philoptochos Board:

Philoptochos elections took place on May 25th with Kathy Korbakes being elected President!

Congratulations to Kathy and the new board! Thank you and best wishes to Philoptochos President, Dana Vasilakos, and the outgoing board for their dedicated service. We look forward to working with the new Philoptochos leadership as they continue their meaningful ministry of Christian Philoxenia outreach to our parish community and beyond.

## The newly elected 2025 - 2027 officers are:

**President** - Kathy Korbakes

**1st Vice President**- Toulia Georgiopoulos

**2nd Vice President**- Helen Sortiropoulos

**Recording Secretary** - Zoe Kopanis

**Corresponding Secretary**- Demetria Papadopoulos

**Treasurer** - Chris Alexopoulos

**Assistant Treasurer**- Stella Parhas

**Advisor** - Dana Vasilakos

## Board Members:

Thalia Colompos, Eleni Dimis, Dina Katsoulis, Andriana Kavvadas, Sophia Kopanitsanos, Alexandra Korbakes, Maria Meintanis, Tasia Pappas, Olga Paxinos.



**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**  
**Church Office**

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Phone: 708-385-2311

Fax: 708-385-0166

E-mail: office@Saint-Spyridon.net

Web: www.Saint-Spyridon.net

## Parish Council Officers

Bill Kilias	President
Nick Kournetas	Vice-President
James Korbakes	2nd Vice-President
Spiros Tzanetakos	Secretary
Panagiotis Stamus	Assistant Secretary
Caryn Chibucos	Treasurer
Gus Kolyvas	Assistant Treasurer

## Auxiliary Officers

Alexia Tuhaime	Chanter
Kathy Korbakes	Philoptochos
Vicky Argyropoulos	P.T.A.
Gus Rougas	Kentro
James Korbakes	Kentro
Marianna Haniotakis	Plutarchos
Sofea Malamis	Archangels
Evelyn Christakos	Cherubs
Zoe Kopanis	Sunday School
Stacy Vallianatos	G.O.Y.A.
Stephane Collopy	G.O.Y.A.
Pres. Diana Lamberis	Family Night
Ria Hronis	Family Night
Viaian Tzanetakos	Family Night
Labros Malfas	Altar Boys
Zachary Chibucos	Altar Boys
Vicky Argyropoulos	Handmaidens
Demetrius Marines	Athletics
Nick Tsinoukas	Athletics
Stella Parhas	Food Pantry
Kalli Theodoropoulos	Church Office
Marianna Haniotakis	Church Office
Litsa Tsarouhis	Church Office
Soteria Simantirakis	Custodian
Pete Mihalopoulos	Iconography
Sophia Christofer	Flaga Dance
Evi Marouda	Flaga Dance
Anastasia Deligiannis	Flaga Dance
Patty Pappas	Flaga Dance
Olga Baroudos	Flaga Dance



## STEWARDSHIP



Stewardship is our response to God's grace and moves us from grace to gratitude. Just as we love because God first loved us (I John 4:14), we give because God first gave to us. The question of the Psalmist "What shall I give to the Lord in return for all His benefits towards me?" (Ps 116:12), is answered in every liturgy when we pray, "Let us offer ourselves and one another and our whole life to Christ our God."

### STEWARDS MAY 1ST—JUNE 9TH

*As of June 9th, stewardship gifts have been received for 2025 from 275 individual/families.*

*We are so thankful to these stewards.*

*Have you sent in your 2025 Stewardship Commitment Form? Forms are available in the Narthex of the church and online. Thank you to our stewards who have already sent their 2025 pledge forms!!*

Mr. & Mrs. Angelo Angelos  
Mr. & Mrs. John Baltsas  
Mr. & Mrs. Andrew Bertos  
Mr. & Mrs. Felix Briseno  
Mr. & Mrs. Conner Louis Calabrese  
Mr. & Mrs. Demetri Delis  
Mr. & Mrs. Biko Dodas  
Mr. George Drikos  
Mr. & Mrs. P Feradouros  
Mr. Mrs. Peter Glikis  
Ms. Kathy Gountanis  
Mr. & Mrs. Apostolis Hardaloupas  
Dr. & Mrs. Michael Hohlastos  
Mr. & Mrs. George Karountzos  
Ms. Andriana Kilias  
Dr. & Mrs. Chris Kolyvas  
Mr. & Mrs. John Korbakis  
+ Mrs. Zoe Korbakis  
Ms. Monica Kritikos & Family  
Mr. Denny Kuruklis  
Mr. & Mrs. George Laris  
Mr. Aleksandar Lazarevic  
Mr. & Mrs. Robert McNeill

Mrs. Georgia Panagiotaros  
Ms. Demetria S. Papadopoulos  
Mr. & Mrs. Sotirios Pappas  
Ms. Stella Parhas  
Ms. Eleni Patsakas  
Mr. & Mrs. Tom Pavlopoulos  
Mr. & Mrs. Timothy Perakis  
Mr. & Mrs. Glynn Searl  
Mr. & Mrs. Tony Shamma  
Dr. & Mrs. Peter Sotiropoulos  
Ms. Rita Sperlakis  
Mr. Michael Stogsdill  
Ms. Alexandra Stolis  
Mr. & Mrs. Matthew Susnis  
Mr. & Mrs. Thomas Topalidis  
Mr. & Mrs. Dimitrios Tourloukis  
Mr. & Mrs. Sofoklis Vasiliades  
Mr. & Mrs. Konstantinos Vasilopoulos  
Ms. Polytime Vello  
Mr. & Mrs. Spyros Vlahos  
Mr. & Mrs. Andrew Watne  
Ms. Helena Xeros



## PARISH REGISTRY

### BAPTISMS

The son of Mr. & Mrs. Michael Samir Tuhaimer was baptized on May 3rd and was given the name Nicholas Anthony by his godparents Mr. & Mrs. Robert Hanna.

The daughter of Mr. & Mrs. Angel Chavez was baptized on May 10th and was given the name Stevie Marie by her godmother Zoe Christou.

The son of Mr. & Mrs. Matthew Susnis was baptized on May 11th and was given the name Niko Theodore by his godfather Michael Stogsdill.

The son of Mr. & Mrs. Michael Touloupakis was baptized on May 17th and was given the name Christian Theo by his godfather Mr. Frank Kladis.

The daughter of Mr. & Mrs. Nicholas William-Feltz was baptized on May 18th and was given the name Vivian Hope by her godmother Andriana Kulis

The son of Mr. & Mrs. Conner Louis Calabrese was baptized on May 18th and was given the name Calix Louis by his godmother Demetria Stergiopoulos.

The son of Dr. & Mrs. Dean G Danos was baptized on May 31st and was given the name Giorgos Dean by his godmother Ms. Polyxenia Kapsalis.

*Να σας ζήσουν!*

### WEDDINGS

Angel Chavez and Alexandra K Christou were joined in Holy Matrimony on Saturday, May 10th. Their sponsor was Ms. Zoe Christou.

Danny Kuruklis and Samantha Lee Macke were joined in Holy Matrimony on Saturday, May 24th. Their sponsors were Maria & Koralia Kuruklis.

Demetri Bill Delis and Patricia G. Karountzos were joined in Holy Matrimony on Sunday, May 25th. Their sponsor was Mr. Stavro Zahariadis.

*Να ζήσετε!*

### FUNERALS

On May 1st, Nicholas Litsogiannis fell asleep in the Lord. His funeral service took place in Greece at St. Nicholas Cemetery in Achlados, Greece.

On May 3rd, Zoe Korbakis fell asleep in the Lord. Her funeral service took place on May 9th and she was interned at Evergreen Cemetery.

On May 9th, Georgia Kekempanos fell asleep in the Lord. Her funeral service took place on May 12th and she was interned at Chapel Hill Cemetery.

On May 22nd, Mary Paras fell asleep in the Lord. Her funeral service took place on June 2nd and she was interned at Elmwood Cemetery

### MEMORIALS

**May 4th:** +40 days Athanasios Marinopoulos, +1yr George Tzouanopoulos, +2yrs Angeliki Visvardis, +4yrs Angeliki Treantafeles, +5yrs John Treantafeles, +10 yrs Spyridon Drikos, and +13yrs Eikaterini Villanueva

**May 11th:** +4 yrs Konstadinos Pappas, +5 yrs Konstadinos Grapsas, +14 yrs Theodore Deimer

**May 18th:** +40 days Louis Thanasouras, +3 mos Gus Vlamis, +6 mos Alexandra Manolitsis, +8 yrs Betty Catsogiannis, and +11 yrs John Argyropoulos.

**May 25th:** +1yr Peggy Zippmann, +33yrs Mary Toures, +61 yrs Thomas Toures, and + Tree of Love

**June 1st:** +3yrs Petroula Katsenis, +3yrs Ioannis Vasiliades, and +8yrs Metropolitan Iakovos.

**June 15th:** +40 days Georgia Kekempanos, +6 months Kyratso (Koula) Kintonis, and +1yr Pericles Tziavaras.

*May their memory be eternal!*



## DIVINE LITURGY SCHEDULE

Sunday, June 22nd	Orthros & Divine Liturgy, 8:00 a.m.
Tuesday, June 24th	Nativity of St. John the Baptism, Orthros & Divine Liturgy, 7:00 a.m.
Saturday, June 28th	Great Vespers at SS. Peter & Paul church—6:00 p.m.
Sunday, June 29th	Ss. Peter and Paul—Orthros & Divine Liturgy, 8:00 a.m.
Monday, June 30th	Vigil for Holy Anargyroi, Vespers, Orthros & Divine Liturgy, 6:00 p.m.
Sunday, July 6th	Orthros & Divine Liturgy, 8:00 a.m.
Sunday, July 13th	Orthros & Divine Liturgy, 8:00 a.m.
Sunday, July 20th	Holy Prophet Elija, Orthros & Divine Liturgy, 8:00 a.m.
Sunday, July 27th	Orthros & Divine Liturgy, 8:00 a.m.

## ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ

Κυριακή 22 Ιουνίου	Όρθρος & Θεία Λειτουργία, 8:00 π.μ.
Τρίτη 24 Ιουνίου	Γέννησης του Αγίου Ιωάννου του Προδρόμου, Όρθρος & Θεία Λειτουργία, 7:00 π.μ.
Σάββατο 28 Ιουνίου	Μ. Εσπερινός στην Ενορία Αγ. Πέτρου και Παύλου, 6:00 μ.μ.
Κυριακή 29 Ιουνίου	Αγ. Πέτρου και Παύλου, Όρθρος και Θεία Λειτουργία, 8:00 π.μ.
Δευτέρα 30 Ιουνίου	Αγρυπνία Αγίων Αναργύρων, Όρθρος & Θεία Λειτουργία, 6:00 μ.μ.
Κυριακή 6 Ιουλίου	Όρθρος & Θεία Λειτουργία—8:00 π.μ.
Κυριακή 13 Ιουλίου	Όρθρος & Θεία Λειτουργία—8:00 π.μ.
Κυριακή 20 Ιουλίου	Όρθρος & Θεία Λειτουργία—8:00 π.μ.
Κυριακή 27 Ιουλίου	Όρθρος & Θεία Λειτουργία, 8:00 π.μ.

**SAINT SPYRIDON HELLENIC  
ORTHODOX CHURCH**

**Invites the whole parish to  
march in the Palos Heights  
4th of July Parade**

**DATE: JULY 4TH  
TIME: PARADE STARTS AT NOON  
(PARTICIPANTS SHOULD ARRIVE  
BY 11:15 AM)  
PARADE ROUTE: 125TH & HARLEM  
PROCEEDING TO 119TH**

**MEET AT OLD NATIONAL BANK  
PARKING LOT**

**FEEL FREE TO BRING  
CANDY TO PASS OUT**

**KIDS CAN BRING A DECORATED  
BIKE OR WAGON**



**Attention  
St. Spyridon  
College  
Students!**

St. Spyridon's Memorial Scholarship Committee is pleased to announce the 2025 Charles C. Condes Scholarships for undergraduate and graduate students!



**SCHOLARSHIPS OFFERED:**

- (1) \$3,000
- (1) \$1,000
- (1) \$1,000

**Applications must be submitted by  
July 25th, 2025**

**MORE INFORMATION:**

<https://saint-spyridon.net/>





# Huck FinN

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