



THE VOICE

APRIL 2024 - VOLUME No. 389

SAINT SPYRIDON HELLENIC ORTHODOX CHURCH

12307 SOUTH RIDGELAND AVENUE, PALOS HEIGHTS, ILLINOIS 60463

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O Lord and Master of my life,
take from me the spirit of sloth,
despair, lust of power,
and idle talk.

But give rather the spirit of
chastity, humility, patience, and
love to Thy servant.

Yea, O Lord and King, grant me
to see my own transgressions,
and not to judge my brother, for
blessed art Thou, unto
ages of ages. Amen.

SAINT SPYRIDON HELLENIC
ORTHODOX CHURCH INVITES YOU TO

Saturday of Lazarus Retreat

APRIL, 27TH 2024

IMMEDIATELY FOLLOWING DIVINE LITURGY
10:45AM-1:15PM

Please mark your calendars and join us for this year's
Saturday of Lazarus Retreat in the Community Hall. It is
a wonderful time for families and friends to worship
together in preparation for Palm Sunday.



- ☘ Light lenten breakfast
- ☘ Palm making
- ☘ Crafts, spiritual lesson, Easter egg hunt



Breakfast and egg hunt generously sponsored by PTA

March 25th Celebration



SUNDAY OF ORTHODOXY



PRESIDENT'S LETTER

Χαίρετε,
Σας εύχομαι καλό μήνα και καλή Σαρακοστή.
Με αγάπη,
Βασίλης Κίλιας

Hello St. Spyridon Parish Family,

The early days of Spring have arrived, and although Winter has not fully departed, the days are getting longer, and Easter is just around the corner. May the Holy Lenten journey that we are on humble all of us.

One of the things that I love most about our St. Spyridon Parish is the sense of community. Whether it is the coffee or social hour after church, a Floga practice, Greek School, Food Pantry, or Byzantine Chant, there is always something going on at our parish.

Last month we had several events including a wonderful Apokriatiko Luncheon, hosted by Philoptochos. It is one of the events I look forward to every year. There is a celebratory spirit and an even stronger sense of community as we get closer to the beginning of Lent. A huge thank you to Dana Vasilakos and the entire Philoptochos society for their hard work and welcoming nature, and to all of the volunteers that helped put on this event.

A week later, our Greek School celebrated Greek Independence Day. Ζήτω η Ελλάδα!! Ζητώ το 1821!! The poems, the plays, the dancing. Hellenism lives on and it is vibrant. The turnout was wonderful and the pride in the eyes of parents, siblings, and grandparents was priceless. Thank you to George Vythoulkas, Marianna Haniotakis, Evi Maroudas and all of the teachers and students for such a wonderful program. Also, a special thank you to Hellenic Heartbeat for honoring our Plutarchos School and recording the program. We are blessed to have you looking after our Greek school, and we truly appreciate your support of our students and Greek Heritage!

On March 24th, the first Sunday of Lent, was celebrated the Sunday of Orthodoxy, also known as the 'Triumph or Orthodoxy'. It is a day that we, as Orthodox Christians, commemorate the restoration of the veneration of icons and the defeat of iconoclasm. We also recite the Affirmation of Faith and sing the Great Prokeimenon, one of the most moving moments of the year for all of us.

And on this same Sunday, we took a moment to recognize and celebrate with Father George, Presvytera Diana, Constantine, Emmanuel, and Mr. and Mrs Gus and Aspasia Lamberis, Father's 10 year anniversary in the holy priesthood. We are blessed to have Father George as our priest. He always leads with love and humility, and we wanted to live his example and show him the same love from the community. We wish you many years of health, Father, as you continue your ministry. AXIOS!

Have a blessed month of April.

With Love,

Bill Kiliias



FATHER'S LETTER

Dying to Self, Resurrecting with Christ

Historically, what the Romans did to Christ during Holy Week was quite common in that day. The Romans killed and crucified someone who disturbed their view and understanding of order. We see this to be true with both thieves at the right and left of Jesus Christ on the cross. Many Jews were killed while the Romans ruled over Judea. We know that Christ's crucifixion would present a different reality for all.

As a hymn of Holy Saturday beautifully proclaim:

Today Hades cried out groaning: "My power has been trampled on; the Shepherd has been crucified, and He raised up Adam; all those whom I swallowed in my strength I have disgorged. He Who was crucified has cleared the tombs and the power of Death avails not."

As we have now entered into Great Lent, we must not forget that we also have a role in this new reality! What exactly is this new reality? Can we present a false reality? Indeed it is possible to present a false reality. We can sometimes think that we are living holy lives when in fact, we are playing on the devil's playground.

When Jesus chastised in the Gospel, he often called them hypocrites. Many times the word hypocrite was used for those who practiced their piety in public places. We heard the parable of the publican and the pharisee during the beginning of the Triodion. When one draws attention to themselves; when one feels the need to be "seen" when they do good works or pray, they become hypocrites in the deepest way. They simply become actors instead of focusing on their heart and its relationship to God.

We easily start to criticize the Pharisees and think this doesn't apply to us. We can easily live our lives like they did. We see this in the world today. Social media experts put their acts of charity on-line for others to see. The very things that are designed to be done in secret and to make us humble can easily be used to make us more self-centered. One can easily give off the appearance of being holy, but this is a false reality. Unfortunately, many people – even churches – are in danger of falling into this practice!

This is how we can easily live a false reality!

The lesson here is simple – humility is not something that is meant to be seen outwardly. One can easily give the appearance through their clothes and even through their demeanor, that they are humble. But the goal of humility is just the opposite. The goal of humility is to not stand out. It is to become like the humus – the earth or dirt – something we walk by and do not notice every day. Holiness and humility is to not stand out. Real holiness is to appear normal.

Perhaps we could say that Christ's crucifixion was like this. It appeared normal just like the others being crucified next to Him that day along with the many others who were crucified. We know, however, that within Christ and within the world, something very different was happening. Of course, His only motivation was to follow the will of His Father for the life of and resurrection of the entire world.

This is the way we should try to understand and view our spiritual life. God is to be our only audience, and we should not be so worried about what others are doing or even thinking. Externally we should look ordinary. Within we should be experiencing crucifixion of our passions and desires. Then our fast, our almsgiving and our prayer – when it is offered to God in complete humility and with no acknowledgement from others – truly fuels us in a way that only the grace from above can.

This is the real work of Great Lent, brothers and sisters. For the remaining days, let us do our very best to not bring attention to ourselves but do the real work of fasting, prayer and repentance. Let this be our battle. If we are serious about the spiritual struggle,



FATHER'S LETTER

we will do what we do and draw no attention to ourselves.

This was something we experienced very much on the Holy Mountain. When we asked many of the monks to take a photo together, or if we asked them what they do day to day, they almost never wanted a photo and they quickly diverted the conversation back toward us and what we do for a living. Their primary care was to feed us and make us feel comfortable by offering us hospitality without asking us much of anything about how we fast, pray or give alms, and they never spoke about how they did these things either.

This is the exact opposite of being a hypocrite. The appearance seems ordinary, but holiness lies within, and it is intensely lived in every moment.

Let us, therefore, also offer our Lenten disciplines in this manner, brothers and sisters. Let us focus not on our false realities and our appearance but true humility and asceticism - the kind that our Lord emulates on the cross - the kind that appears ordinary on the outside but on the inside, is extraordinary. In this manner, we can experience true piety, crucifixion and ultimately, resurrection in our own life.



PARISH REGISTRY

Funerals

On February 13th, Mr. George Sianis fell asleep in the Lord. His funeral took place on February 22nd and he was interred at Evergreen Cemetery.

Memorials

March 3rd:

† 40 days Fr. Stephen Bithos
† 6 mo Theofano Pavlopoulos
† 22 yr George Malliaras

March 10th:

† 6 mo Konstantinos Rigas
† 2 yrs Janet Tsoukalas
† 5 yrs Sophia Kolyvas
† 40 yrs Rev. Vasileios Tsoukalas
† 51 yrs Presb. Markella Tsoukalas

March 17th:

† 40 days Theodoros Limperis
† 40 days George Sianis
† 6 mo Maria Stavrakos
† 4 yrs Peter G. Polmen
† 5 yrs Emmanuel Kyroudis
† 5 yrs Konstantina Panagiotaros
† 6 yrs David W. Piper
† 17 yrs Theodoros Panagiotaros
† 25 yrs Joanne Piper
† 25 yrs Helen R. Faklis
† 50 yrs George Faklis
† 50 yrs Ruth Polmen
† 50 yrs Demetrios Polman

March 24th

† 40 days George Sianis
† 3 yrs Rousa Ayaleanos
† 5 yrs Peter Ayaleanos

May their memory be eternal!

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Parish Council Officers

Bill Kiliias	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

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Dana Vasilakos	Philoptochos
Vicky Argyropoulos	P.T.A.
Gus Rougas	Kentro
Jimmy Korbakes	Kentro
Marianna Haniotakis	Plutarchos Academy
Sofea Malamis	Archangels Academy
Evelyn Christakos	Cherubs
Zoe Kopanis	Sunday School
Stacy Vallianatos	G.O.Y.A.
Stephane Collopy	G.O.Y.A.
Pres. Diana Lamberis	Family Night
Vivian Tzanetakos	Family Night
Ria Hronis	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	Floga Dance
Evi Marouda	Floga Dance
Anastasia Deligiannis	Floga Dance
Patty Pappas	Floga Dance

STEWARDSHIP 2024

There was a man who took a shovel into his backyard each day to dig up a box containing money that he had buried in the ground. Every day he would look at it, count it, and then bury it again.

One day he dug in the usual spot and found that his box and the money were gone. He let out a cry, which brought his neighbor to ask what was the matter. Upon hearing what had happened, the neighbor asked, "What's all the fuss? You weren't using it anyway. Maybe the person who has it now will use it to do something good!"

In the Gospel of Matthew, we read the Parable of the Talents, in which a man leaving on a long journey called three of his servants and entrusted to each a certain sum of money measured in talents. To one he gave five, to another he gave two and to the third, he gave one talent. Upon his return, the man called his servants to give

account for the money with which he had entrusted them. The first two, by wise use of the money had doubled the amount they had received. To these he praised with the words, "Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord."

The third servant, who had received one talent, out of fear, had buried the talent in the ground. Upon the man's return, this servant returned to him only the one talent. In anger, the man called him a "wicked and lazy servant," and taking away the one talent, he gave it to the servant who had ten.

Jesus gave us this parable for us to consider the gifts that God has given us. Although we all receive different gifts, there is no difference in God's reward for what we accomplish with them. If you want to be a faithful servant, then take whatever you have and offer it faithfully to the Lord. It is not about how much ability you have, it is what you do with it.

The gifts we receive are to be multiplied. They are not to be buried in the ground. About this, Saint Gregory the Great wrote that hiding our talent in the earth, is to use our gifts only for earthly things.

"Every man shall give as he is able, according to the blessing of the Lord thy God which He hath given thee." Deuteronomy (16:17)

In the time of Jesus, a talent referred to substantial amount of money. The message to us today is that God gives each of us something of considerable value and expects good stewardship and a return on what He has

given. Although Jesus speaks to us about money in the Parable of the Talents, He is really talking about something far more important.

Whatever blessings we receive, we are to multiply them. We were given our church – our local parish – built by our ancestors and all who have gone before us. We are to grow it – to multiply it – by adding to the number of faithful and growing her ministries. In the Old Testament book of Deuteronomy (16:17), we read, "Every man shall give as he is able, according to the blessing of the Lord thy God which He hath given thee."

When we cling tightly to our wealth, we are like the man, when forced to swim from a sinking ship, couldn't bear to leave his money behind. He strapped his gold to his body, but as he swam toward shore, the weight of the gold pulled him under and he drowned. Do we own our money or does our money own us?

God gave us his love – do we multiply it or do we keep it for ourselves?

God gave us the Gospel – do we multiply it or do we keep it for ourselves?

God gave us the Church – do we multiply it or do we keep it for ourselves?

Our gift to God and His Church is a sacred act, a form of worship, and a response to all his blessings in our life -- our bodies, our family, the environment, our time, our faith, our neighbor.

Stewardship is our spirituality in action, our faith in action, our theology in action.

Stewardship is personal – between Jesus and us – an expression of love and commitment. A response to all that he has given us.

Some day we will stand before God and show Him what we did with all that He entrusted to us. If we have been faithful stewards of our gifts, He will say to us, "Well done, good and faithful servant. Enter into the joy of your Lord."



STEWARDS FEBRUARY 25TH—MARCH 27TH

Mr. & Mrs. Nika Alex
Mr. & Mrs. John Arestis
Mr. & Mrs. Christos Arvanitis
Mrs. Aspasia Berdusis
Mr. & Mrs. Herbert Borchers
Mr. & Mrs. Michael Giannos
Mr. & Mrs. Andreas Glikis
Mrs. Roula Karampelas
Mr. & Mrs. George Karras
Mrs. Tasia Kladis

Mrs. Stavroula Klioris
Mr. & Mrs. George Korbakes
Mr. James Korbakes
Mr. & Mrs. George Kyroudis
Mr. George Laris
Mr. & Mrs. Demetri Manasses
Mr. Philip Papamakarios
Mr. & Mrs. Taso Panagiotopoulos
Mrs. Despina Petropoulos
Mr. Marino Petropoulos

Mrs. Irene Poulos & Mr. Spero Poulos
Mr. & Mrs. Nick Scarlatis
Mr. & Mrs. Panagiotis Stamus
Mr. & Mrs. Christos Tsakiris
Mr. & Mrs. Nicholas Tsinoukas
Mr. John Tsoukalas
Mr. & Mrs. George Vythoukas
Ms. Katherine Yrapsis

The Stewardship Committee thanks our 174 Stewards who have fulfilled their pledge for the 2024 year. We wish to express our gratitude for your commitment to the Lord's work through our Church of Saint Spyridon and we encourage everyone to offer their stewardship for the good of the Church. Let us work together to make 2024, an exemplary year of growth and renewed blessings for our beloved parish of Saint Spyridon.

Ευχαριστούμε τις 174 οικογένειες που εκπλήρωσαν τις υποσχέσεις τους για το έτος 2024. Υπενθυμίζουμε σε όλους ότι έχουν ταχυδρομηθεί οι Καταστάσεις Υπόσχεσης του Καλού Οικονόμου για το τρέχον έτος. Σας παρακαλούμε να ανανεώσετε την συνδρομή σας το γρηγορότερο δυνατόν. Χρειαζόμαστε την βοήθεια και την υποστήριξη όλων σας.

April 2024 — Community Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 * Archangels Academy, 9:00 am * Greek School —4:30 pm-6:30 pm * Family Night —6:30 pm	2 * Archangels Academy, 9:00 a.m. * Iconography, 5:30 — 7:00 pm * Parish Council, 7:00 p.m.	3 * Archangels Academy, 9:00 a.m. * Lenten Dinner hosted by Floga — 7:00 pm * GOYA, 7:00 p.m. — 8:30 p.m.	4 * Archangels Academy —9:00 am * Food Distribution —1:00 pm — 2:00 pm * Paradosis Dance Troupe Practice 7:00 p.m	5 * Archangels Academy, 9:00 a.m. * Greek School —4:30 pm-6:30 pm	6 * Floga e Advanced 1:30 — 2:30 p.m. / Intermediate 2:30 — 3:30 p.m. * Byzantine Music Beginners, 3:30 / Intermediate, 4:15 pm
7 * Sunday School, 10:30 am * Loukoumades Fundraiser * Greek Parade, 2:30pm	8 * Archangels Academy, 9:00 am * Greek School, 4:30 pm -6:30 pm * Floga (beginners)6:40 pm — 7:10 pm	9 * Archangels Academy —9:00 am * Iconography — 5:30 pm —7:00 pm	10 * Archangels Academy, 9:00 a.m. * Cherubs —10:00 am —12:00 pm * Lenten Dinner hosted by Ploutarchos Academy 7:00 pm	11 * Archangels Academy —9:00 am * Food Distribution —1:00 pm — 2:00 pm	12 * Archangels Academy — 9:00 a.m. * Greek School —4:30 pm-6:30 pm	13 * Floga e Advanced 1:30 — 2:30 p.m. / Intermediate 2:30 — 3:30 p.m. * Metropolis Fanari Lenten retreat at Ss. Constantine & Helen —2:00 —8:00 pm * Byzantine Music Beginners, 3:30 / Intermediate, 4:15 pm
14 * Sunday School, 10:30 am * Oratorical Festival Presentation, * 11:30 a.m.	15 * Greek School, 4:30 pm -6:30 pm * Floga (beginners)6:40 pm — 7:10 pm	16 * Archangels Academy —9:00 am * Iconography —5:30 pm —7:00 pm	17 * Archangels Academy, 9:00 a.m. * Lenten meal hosted by GOYA —7:00 pm	18 * Archangels Academy —9:00 am * Food Distribution —1:00 pm — 2:00 pm	19 * Archangels Academy — 9:00 a.m. * Greek School —4:30 pm-6:30 pm	20 * Myrofores Practice for Holy Week 10:00 am — 11:30 am * Altar Boy meeting —10 am * Floga Advanced 1:30 — 2:30 p.m. / Intermediate 2:30 — 3:30 p.m.. * Byzantine Music Beginners, 3:30 / Intermediate, 4:15 pm
21 * Family Worship (No Sunday School)	22 * Archangels Academy, 9:00 am * Greek School, 4:30 pm -6:30 pm * Floga (beginners)6:40 pm — 7:10 pm	23 * Archangels Academy —9:00 am * Iconography —5:30 pm —7:00 pm	24 * Archangels Academy —9:00 a.m. * Cherubs Playgroup — 10:00 am —12:00 pm	25 * Archangels Academy —9:00 am * Food Distribution —1:00 pm — 2:00 pm * Paradosis Dance Troupe Practice 7:00 p.m. — 8:00 p.m	26 * Archangels Academy — 9:00 a.m. * Greek School —4:30 pm-6:30 pm	27 * Saturday of Lazarus Retreat — 10:45 am —1:15 pm * Byzantine Music Beginners, 3:30 / Intermediate, 4:15 pm
28 * Sunday School 10:30 a.m.— 11:30 a.m. * Palm Sunday Philoptochos Bake Sale 12:00 p.m.	29 * Archangels Academy, 9:00 am * Greek School, 4:30 pm -6:30 pm	30 * Archangels Academy —9:00 am				

ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ

Δευτέρα 1 Απριλίου	Μέγα Απόδειπνο — 6:00 μ.μ.
Τρίτη 2 Απριλίου	Εξομολόγηση — 1:00 μ.μ. — 3:00 μ.μ.
Τετάρτη 3 Απριλίου	Προηγιασμένη Λειτουργία — 6:00 μ.μ.
Παρασκευή 5 Απριλίου	Εξομολόγηση — 4:00 μ.μ. — 6:00 μ.μ. * Γ' Χαιρετισμοί — 6:30 μ.μ.
Σάββατο 6 Απριλίου	Εξομολόγηση — 2:00 μ.μ. — 3:30 μ.μ.
Κυριακή 7 Απριλίου	Μέγας Εσπερινός στον Ι.Ν. Τιμίου Σταυρού, Justice, IL — 7:00 μ.μ. Σταυροπροσκυνησεως, Όρθρος και Θεία Λειτουργία — 8:00 π.μ. Κατανυκτικός Εσπερινός — Ι.Ν. Αγ. Αποστόλων, Westchester, IL — 6:30 μ.μ.
Δευτέρα 8 Απριλίου	Μέγα Απόδειπνο — 6:00 μ.μ.
Τρίτη 9 Απριλίου	Εξομολόγηση — 1:00 μ.μ. — 3:00 μ.μ.
Τετάρτη 10 Απριλίου	Προηγιασμένη Λειτουργία — 6:00 μ.μ.
Παρασκευή 12 Απριλίου	Εξομολόγηση — 4:00 μ.μ. — 6:00 μ.μ. * Δ' Χαιρετισμοί — 6:30 μ.μ.
Κυριακή 14 Απριλίου	Δ' Κυριακή της Σαρακοστής, Όρθρος και Θεία Λειτουργία — 8:00 π.μ. Κατανυκτικός Εσπερινός — Ι.Ν. Αγ. Κων/νου και Ελένης, Palos Hills, IL — 6:00 μ.μ.
Δευτέρα 15 Απριλίου	Μέγα Απόδειπνο — 6:00 μ.μ.
Τρίτη 16 Απριλίου	Εξομολόγηση — 1:00 μ.μ. — 3:00 μ.μ.
Τετάρτη 17 Απριλίου	Προηγιασμένη Λειτουργία — 6:00 μ.μ.
Πέμπτη 18 Απριλίου	Μέγας Κανών του Αγίου Ανδρέου — 8:00 π.μ.
Παρασκευή 19 Απριλίου	Εξομολόγηση, 4:00 μ.μ. — 6:00 μ.μ. * Ακάθιστος Ύμνος — 6:30 μ.μ.
Κυριακή 21 Απριλίου	Ε' Κυριακή της Σαρακοστής, Όρθρος και Θεία Λειτουργία — 8:00 π.μ. Κατανυκτικός Εσπερινός — Ι.Ν. Κοιμήσεως της Θεοτόκου, Homer Glen, IL — 6:00 μ.μ.
Δευτέρα 22 Απριλίου	Μέγα Απόδειπνο — 6:00 μ.μ.
Τρίτη 23 Απριλίου	Εξομολόγηση — 1:00 μ.μ. — 3:00 μ.μ.
Τετάρτη 24 Απριλίου	Πανορθόδοξος Ακάθιστος στον Ι.Ν. Αγ. Λουκά, Palos Hills — 7:00 μ.μ.
Παρασκευή 26 Απριλίου	Προηγιασμένη Λειτουργία — 8:00 π.μ.
Σάββατο 27η Απριλίου	Εξομολόγηση — 11:00 μ.μ. — 1:00 μ.μ. Σάββατο του Λαζάρου, Όρθρος & Θεία Λειτουργία — 8:00 π.μ. Μέγας Έσπερινός — 5:00 μ.μ.
Κυριακή 28η Απριλίου	Κυριακή των Βαΐων, Όρθρος & Θεία Λειτουργία — 8:15 π.μ. Ακολουθία του Νυμφίου — 7:00 μ.μ.
Δευτέρα 29η Απριλίου	Άγια και Μεγάλη Δευτέρα Προηγιασμένη Θεία Λειτουργία — 8:00 π.μ. * Ακολουθία του Νυμφίου — 7:00 μ.μ.
Τρίτη 30η Απριλίου	Άγια και Μεγάλη Τρίτη * Προηγιασμένη Θεία Λειτουργία — 8:00 π.μ. Ακολουθία του Νυμφίου — 7:00 μ.μ.
Τετάρτη 1η Μαΐου	Άγια και Μεγάλη Τετάρτη, Ευχέλαιο — 11:00 π.μ. (Ο Ιερός Ναός θα παραμείνει ανοικτός για να λάβουν οι πιστοί το Ιερό Ευχέλαιο) * Ιερό Ευχέλαιο — 3:00 μ.μ. Όρθρος της Μ. Πέμπτης (Ι. Ευχέλαιον θα δοθεί στο τέλος της τελετής) — 7:00 μ.μ.
Πέμπτη 2η Μαΐου	Άγια και Μεγάλη Πέμπτη Έσπερινός και Θεία Λειτουργία του Μ. Βασιλείου — 8:00 π.μ. Ακολουθία των Παθών — 6:30 μ.μ.
Παρασκευή 3η Μαΐου	Άγια και Μεγάλη Παρασκευή Ακολουθία των Βασιλικών Ωρών — 9:00 π.μ. Έσπερινός της Αποκαθήλωσης — 3:00 μ.μ. Ακολουθία του Έπιταφίου — 7:00 μ.μ.
Σάββατο 4η Μαΐου	Μέγα Σάββατο, Έσπερινή Θ. Λειτουργία Μ. Βασιλείου — 8:00 π.μ. Μεσονυκτική Ακολουθία — 11:00 μ.μ.
Κυριακή 5η Μαΐου	ΑΓΙΟΝ ΠΑΣΧΑ, Έσπερινός της Αγάπης — 11:00 π.μ.

LITURGICAL SCHEDULE

Monday, April 1st	Great Compline—6:00 p.m.
Tuesday, April 2nd	Confession —1: 00 p.m.—3:00 p.m.
Wednesday, April 3rd	Presanctified Liturgy—6:00 p.m.
Friday, April 5th	Confession—4:00 p.m.—6:00 p.m. * 3rd Salutations to the Theotokos—6:30 p.m.
Saturday, April 6th	Confession—2:00 —3:30 p.m. * Great Vespers at Holy Cross, Justice, IL —7:00 p.m.
Sunday, April 7th	Sunday of the Veneration of the Cross, Orthros and Divine Liturgy—8:00 a.m. Solemn Vespers at Holy Apostles, Westchester, IL—6:30 p.m. (Book Week)
Monday, April 8th	Great Compline — 6:00 p.m.
Tuesday, April 9th	Confession —1: 00 p.m.—3:00 p.m.
Wednesday, April 10th	Presanctified Liturgy — 6:00 p.m.
Friday, April 12th	Confession —4:00 p.m.—6:00 p.m. * 4th Salutations to the Theotokos — 6:30 p.m.
Sunday, April 14th	4th Sunday of Lent, St. John of the Ladder * Orthros and Divine Liturgy —8:00 a.m. (Oratorical Fest Presentations) Solemn Vespers at Ss, Constantine and Helen, Palos Hills, IL—6:00 p.m.
Monday, April 15th	Great Compline—6:00 p.m.
Tuesday, April 16th	Holy Confession—1: 00 p.m.—3:00 p.m.
Wednesday, April 17th	Presanctified Liturgy—6:00 p.m.
Thursday, April 18th	Great Canon of St. Andrew—8:00 a.m.
Friday, April 19th	Confession— 4:00 p.m.—6:00 p.m.* Akathist Hymn—6:30 p.m.
Sunday, April 21st	5th Sunday of Lent, St. Mary of Egypt * Orthros and Divine Liturgy—8:00 a.m. Solemn Vespers at Assumption, Homer Glen, IL—6:00 p.m.
Monday, April 22nd	Great Compline—6:00 p.m.
Tuesday, April 23rd	Holy Confession —1: 00 p.m.—3:00 p.m. Pan-Orthodox Akathist at St. Luke Orthodox Church, Palos Hills IL —7:00 p.m.
Wednesday, April 24th	Presanctified Liturgy — 8:00 a.m.
Friday, April 26th	Holy Confession —11:00 a.m. — 1:00 p.m.
Saturday, April 27th	Saturday of Lazarus , Orthros & Liturgy—8:00 a.m. * Great Vespers—5:00 p.m.
Sunday, April 28th	Palm Sunday , Orthros & D. Liturgy—8:15 a.m. * Service of the Nymphios—7:00 p.m.
Monday, April 29th	Holy & Great Monday , Presanctified Liturgy—8:00 a.m. Service of the Nymphios—7:00 p.m.
Tuesday, April 30th	Holy & Great Tuesday , Presanctified Liturgy—8:00 a.m. Service of the Nymphios—7:00 p.m.
Wednesday, May 1st	Holy & Great Wednesday , Holy Unction—11:00 a.m. <i>The church will then remain open for the faithful to receive Holy Unction</i> Holy Unction—3:00 p.m. Orthros of Holy Thursday (Holy Unction will be offered)—7:00 p.m.
Thursday, May 2nd	Holy & Great Thursday , Vesperal Liturgy of St. Basil—8:00 a.m. Service of the Passion of Christ - 6:30 p.m.
Friday, May 3rd	Holy & Great Friday , Great & Royal Hours—9:00 a.m. * Apokathelosis—3:00 p.m. Service of the Epitaphios—7:00 p.m.
Saturday, May 4th	Holy & Great Saturday , Vesperal Liturgy of St. Basil—8:00 a.m.
Sunday, May 5th	Resurrection Orthros & Divine Liturgy—11:00 p.m. HOLY PASCHA , Agape Service—11:00 a.m.



ST. SPYRIDON

April 2024



PTA NEWSLETTER



DATES TO REMEMBER



APRIL 7TH LEADERSHIP AWARD DEADLINE



APRIL 15: ARCHANGELS NO SCHOOL



APRIL 21: NO SUNDAY SCHOOL



APRIL 28: PALM SUNDAY



FUNDRAISERS & EVENTS



LAMBATHES SALES, EVERY SUNDAY AFTER LITURGY



APRIL 27TH: SATURDAY OF LAZARUS RETREAT



MAY 10: BRIGHT FRIDAY BBQ



PTA NEEDS YOU!

PTA relies on volunteers to provide all of the services we offer! Get involved today to help us make a difference. Email spyridonpta@gmail.com to help!



FOR MORE INFORMATION ON FASTING SCAN HERE



GOA GUIDE ON FASTING



SAINT STORY OF THE MONTH



APRIL 15

HOLY MARTYR SABBAS THE GOTH (372)

IN THE KINGDOM OF WALLACHIA (IN MODERN-DAY ROMANIA) THE GOTHs UNDERTOOK A BRUTAL PERSECUTION OF CHRISTIANS. A GOTHIC PRINCE CAME TO THE VILLAGE OF BUZAU AND ASKED THE VILLAGERS IF ANY CHRISTIANS LIVED THERE. THEY SWORE TO HIM THAT THERE WERE NONE. AT THIS, SABBAS CAME BEFORE THE PRINCE AND SAID 'LET NO ONE SWEAR AN OATH ON MY BEHALF. I AM A CHRISTIAN.' TOUCHED BY HIS COURAGE, THE PRINCE LET SABBAS GO, SAYING 'THIS ONE CAN DO NEITHER HARM NOR GOOD.'

THE FOLLOWING YEAR A PRIEST NAMED SANSAL CAME TO THE VILLAGE AND CELEBRATED PASCHA WITH SABBAS (WHO WAS TRULY THE ONLY CHRISTIAN THERE). WHEN THE PAGANS HEARD OF THIS, THEY ATTACKED SABBAS' HOUSE AND SEIZED BOTH MEN. THEY DRAGGED SABBAS NAKED THROUGH THORNS, THEN TIED BOTH HIM AND SANSAL TO TREES AND TRIED TO MAKE THEM EAT MEAT OFFERED TO IDOLS. NEITHER MAN WOULD TOUCH THE SACRIFICES. THE PRINCE THEN SENTENCED SABBAS TO DEATH AND GAVE HIM OVER TO THE SOLDIERS. SABBAS WALKED TO THE PLACE OF EXECUTION JOYFULLY, SINGING AND PRAISING GOD. SEEING HIS GOODNESS, THE SOLDIERS TRIED TO FREE HIM ON THE WAY, BUT SABBAS REFUSED, TELLING THEM THAT IT WAS THEIR DUTY TO CARRY OUT THE PRINCE'S COMMAND.

THE SOLDIERS TOOK HIM TO A RIVER, TIED A ROCK TO HIS NECK AND CAST HIM INTO THE WATERS, WHERE HE GAVE BACK HIS SOUL TO GOD.

SOME CHRISTIANS LATER RECOVERED HIS BODY AND GAVE IT HONORABLE BURIAL. THE SAINT WAS 31 YEARS OLD AT THE TIME OF HIS MARTYRDOM. IN THE REIGN OF THE EMPEROR VALENS, THE GREEK COMMANDER IONNIOS SORANOS FOUND THE SAINT'S BODY DURING A WAR AGAINST THE GOTHs, AND TOOK IT TO CAPPADOCIA.

Source: abbamoses.com

THIS MONTHS FASTING DATES

- GREAT AND HOLY LENT UNTIL MAY 5TH

PLUTARCHOS IN-SCHOOL FIELD TRIP

On Friday, March 1st, Plutarchos students enjoyed an in-school field trip. Under the guidance of PTA, and with the help of their teachers, students learned about the various stages of pottery making, the historical significance and cultural importance of Ancient Greek ceramics. The shared enthusiasm created a dynamic learning environment, bridging the gap between past and present. Thank you PTA for the amazing experience and the delicious food. Everyone went home with well fed minds and bodies!



PLUTARCHOS ACADEMY



We started the month of March with an In School Pottery Field Trip. Students took an interactive lesson about Ancient Greek pottery and created their own vase or bowl. Everyone enjoyed the hands on experience and the delicious Greek food.

Thank you to our P.T.A. for hosting a fantastic educational and enjoyable event for our students.

On Friday, March 15th we had our Greek School Program, in honor of 25th of March 1821. Congratulations to all our teachers and students for the amazing job. Their hard work, dedication, and creativity truly shone through, making the event a memorable and meaningful celebration of our Greek national history.

Sunday, April 7th, the Annual Greek Parade will be held at Greektown, Halsted Street in Chicago. Parade starts at 2:30 p.m. Students are required to wear the Ethnic Greek Costume (Tsolia/ Amalia) or the blue and white school uniform. We will share details about the float # as soon as they become available. He hope to see you all there.

Blessed lent to all, Καλή και ευλογημένη Σαρακοστή



PLUTARCHOS ACADEMY



ARCHANGELS ACADEMY

March was a month brimming with excitement and learning in our classroom as we embarked on a journey into the heart of our very own Archangels Community. With each corner transformed into a lively representation of essential community services, from doctor and dentist offices to salons and markets, our young learners are diving deep into the world of community helpers. This fascinating experience isn't just about role-play; it's about instilling a sense of belonging and fostering teamwork within each child's world.

Throughout this month-long exploration, we've been fortunate to welcome esteemed members of our Saint Spyridon community into our classroom, enriching our learning experiences. Librarian Ruth Faklis, with her infectious passion for stories, whisked our young learners away on a magical journey through the realms of imagination. Dr. Amy Korolis, in her engaging manner, enlightened the children about the importance of oral hygiene, turning tooth brushing into an adventure against pesky sugar bugs. Dr. Denise Skiadopoulos shared her valuable knowledge about the importance of maintaining eye health from a young age.

But our journey didn't stop there. With passports in hand, we boarded Archangels Flight 2024 and jetted off to Athens, Greece, guided by the expertise of Flight Attendant Brina Papadoulaki. Through her narrative, our students gained insight into the responsibilities, safety measures, and comfort airline workers provide travelers—a lesson in service and hospitality that transcends borders.

As our adventure continues, with more community helpers lined up to visit in the upcoming weeks, we are eager to share the enriching experiences that lie ahead. Each interaction, whether with a local hero or a global ambassador, reinforces the values of collaboration, empathy, and appreciation for the diverse roles within our community.

Summer Camp is just around the corner and will run for two consecutive weeks. With limited space available, we encourage you to reach out to the church office or message Sofea Malamis to reserve your child's spot today!

Looking even further ahead, we are excited to announce that enrollment for the fall 2024-2025 academic year is now open! Given the limited availability, we urge interested families to visit our website at archangelsacademy.org for tuition information and to download the application today. While there, take a moment to explore our photo gallery and read some parent testimonials to discover why our preschool is truly extraordinary. Should you have any questions, please do not hesitate to contact us at any time.

Important Dates to Remember:

Monday, April 15th - NO SCHOOL - Teacher Institute Day

Thursday, May 30th - End of the Year Celebration/ Graduation



CHERUBS

We had so much fun playing with all our favorite toys and friends. These adorable little Cherubs are starting to become best friends and have been playing so well together.

Riding bikes has been our favorite thing to do! We can't wait for the warm weather to begin so we can start exploring the outdoors. Our next meeting will be held on April 10th due to Spring Break at the end of March.

Evelyn Hristakos



GOYA

This past month GOYA had the pleasure of gathering together to continue to build faith and community by serving! GOYA gathered on March 6 to focus on the Parable of Judgement Sunday. Within this parable, the GOYA group reviewed that we serve and help others as Christ would want us to do for him – “And the King will answer and say to them, Assuredly I say to you, is as much as you did it to one of the least of My brethren, you did it to Me.” Matthew 25:40. With this in mind, GOYA teamed up with the Giolas Foundation, whose mission is to help those in need. This amazing foundation has done the work of the Lord by helping those in need all over the world. Our GOYAN's made 500 health kits to be sent to IOCC!! God bless our GOYAN's for their good works.

Please join GOYA any time you can. We welcome you with open arms. We focus on our faith but always find time for some fun games!!! Mark your calendar for upcoming GOYA events: April 3, 17 (Presacrtified liturgy + Lenten meal). May 8 and 28.

Stay up to date and sign up for GOYA notifications through the REMIND APP.

TEXT @jrgoyag to 81010

You will receive a text to confirm you are signed up.



GOYA GATHERINGS



PHILOPTOCHOS

St. Spyridon's Philoptochos prepared Lenten College Outreach packages for 38 St. Spyridon college and graduate students. We wanted our kids to know we are thinking and praying for them during our Lenten journey. Packages included student prayer cards, icon bookmarkers, homemade Lenten koulouria, Bombas socks, stress balls, protein bars, snacks, and school supplies.

Our Philoptochos sisters had an enjoyable visit with Angela Malfas and her parents in honor of her feast day, the Annunciation. The ladies were so impressed with Angela's homegrown lemons.

We wish everyone a blessed lent season.



FOOD PANTRY

On Wednesday, March 27, our St. Spyridon Food Pantry distributed Easter meals to 40 families from our local community for Western Easter. Each meal included Ham, Eggs, Potatoes, Pie, Vegetables, Breakfast items and other food items for entire Easter Day. The value of each basket was roughly \$65.00. Beyond the baskets, \$1200 in gift cards will be distributed to St. Spyridon families in need.

Thank you to all who donated to this worthy cause. We are grateful to the GOYANs that came out Tuesday evening to help the adults assemble the baskets.

We also would like to thank our donors for their ongoing support every week. Because your generous donations helps keep our shelves stocked as we continue to distribute food to local needy families every Thursday from 1p.m. to 2p.m.



FLOGA DANCE TROUPE

The St. Spyridon Floga Hellenic Dance Troupe had a great month. The Floga Advanced group performed at the Papaflessa Apokriatiko dinner dance and the St Constantine & Helen Apokriatiko luncheon. The children did a great job at both performances. We all had a great time and they were wonderful and fun events. We thank Papaflessa and St. Constantine & Helen for inviting us to their events. We all had an amazing time at both events that were filled with bonding and creating friendships .

Our final performance was at the St. Spyridon Apokriatiko luncheon. The Wonderworkers & Advanced Floga once again did a wonderful job performing for the community and enjoying the afternoon with dancing and crafts.



During Lent our Friday practices will be on Saturdays, to encourage families to attend church services. We will send out updates on Remind if there are any changes. On behalf of the Floga family we would like to thank everyone for your continued support and Kali Sarakosti!



SUNDAY SCHOOL

Saint John Chrysostom Oratorical and Fine Arts Festival

As part of our ongoing commitment to the spiritual growth and development of our youth, we are excited to announce the upcoming **Oratorical Festival** at our parish. This enriching event will take place after the Divine Liturgy on **Sunday, April 14th** immediately following the Divine Liturgy.



AWARDS

National finalists are eligible to receive the following:
St. John Chrysostom Oratorical Festival Scholarship: \$200 to \$2000
FAITH: An Endowment for Orthodoxy and Hellenism: to be announced

SCHOLARSHIPS

Finalists at any level are eligible to receive the following:
Chrysostom Scholarship to Hellenic College: \$2,000 up to \$30,000 per year

The Oratorical Festival is a tradition within our parish, designed to offer our young people a platform to express their faith and explore their creative talents in a supportive and nurturing environment.

Categories include: **Speech, Poetry, Iconography, Vocal Chant, and Vocal Solo** for students in grades 7-12.

- Junior Division for grades 7-9
- Senior Division for grades 10-12.



Scan the QR Code for Topics, Tips, and Resources

Students in grades 1-6 are highly encouraged to participate. Projects should be rooted in Orthodox teachings. **All projects are due by Sunday, April 7** to ensure that we have enough time to prepare them for display during the Oratorical Festival. **Examples of projects:** posters, dioramas, icons, drawings, prayer journal, storybook, shadow box

Topics

- The Life of a Saint
- The Meaning of a Holy Day
- A Miracle of the Orthodox Church
- My Favorite Bible Story
- The Importance of Prayer
- Icons and their Significance



Maria Baltas, Oratorical Chair (773) 615-1719 or englishteacher30@yahoo.com

Days to remember:

Oratorical Festival:

April 14th following the Divine Liturgy.

April 21st:

Family Worship

May 5th:

Easter, Family Worship

Graduation Sunday:

June 2

Το εσώκλειστο πρόγραμμα υποδυκνείει τīs ώρες για Ίερά Ξεομολόγηση πού θα προσφέρεται στην εκκλησία μας. Μπορείτε επίσης να κανονίσετε διαφορετική ώρα επικοινωνώντας με το κοινοτικό μας γραφείο.

Βοήθημα Ξεομολογουμένου

Ένα άπλο βοήθημα για εκείνους πού έτοιμάζονται να προσέλθουν στο σωστικό Μυστήριο της ιεράς Ξεομολόγησεως.

Η Ξεομολόγηση είναι τόσο αναγκαία για κάθε χριστιανό, όσο και τo Βάπτισμα. Γιατί τo Βάπτισμα μās καθαρίζει από τις προηγούμενες άμαρτίες μας, ενώ ή Ξεομολόγηση από όσες διαπραττούμε μετά τo Βάπτισμα. Χωρίς τo Βάπτισμα δέν μπορούμε να κοινωνήσουμε τὰ άχραντα Μυστήρια του Κυρίου. Δέν μπορούμε επίσης να κοινωνήσουμε, αν δέν ξεομολογηθούμε τις άμαρτίες μας, αφού αυτές σαν ένα τείχος μās χωρίζουν από τον Θεό.

Η άμαρτία είναι αρρώστια της ψυχής, πού αν μείνει άθεράπευτη, οδηγεί στον πνευματικό θάνατο, στον αιώνιο, δηλαδή, χωρισμό της ψυχής από τον Θεό. Τί κάνουμε όταν άσθενεί τo σώμα μας; Ήπισκεπτόμαστε χωρίς καθυστέρηση τo γιατρό, στον όποιο άποκαλύπτουμε τις πληγές μας και περιγράφουμε με ακρίβεια όλα τὰ συμπτώματά μας. Εκείνος τότε μās χορηγεί τὰ κατάλληλα φάρμακα και τις ιατρικές οδηγίες πού πρέπει να ακολουθήσουμε για να θεραπευθούμε.

Κάτι ανάλογο συμβαίνει όταν άσθενεί ή ψυχή μας και ποθούμε να ανακτήσουμε την πνευματική μας ύγεια. Προσερχόμαστε στην Έκκλησία πού είναι ένα πνευματικό θεραπευτήριο. Εκεί αναζητούμε τον πνευματικό, στον όποιο δίχως ντροπή όμολογούμε όλες τις άμαρτίες πού τραυμάτισαν την ψυχή μας. Στη συνέχεια εκείνος θα μās διαβάσει τή συγχωρητική ευχή και θα μās άπευθύνει τις αρμόζουσες συμβουλές για την ευόδωση της πνευματικής μας πορείας. Μ' αυτόν τον τρόπο ó φιλόανθρωπος Χριστός, ó Όποιος είναι παρών σε όλη τη διάρκεια της Ξεομολόγησεως, μās χορηγεί την άφεση των άμαρτιών και μās ύποδεικνύει τo δρόμο πού πρέπει να ακολουθήσουμε για να άπαλλαγούμε όριστικά από την αρρώστια της άμαρτίας.

Πρώτο βήμα για την ξεομολόγησή μας είναι ή συναίσθηση των άμαρτιών μας. Είναι ένα δώρο του Θεού πού χαρίζεται σε όσους τo ζητούν με την προσευχή και τo επιδιώκουν με τή γενναία και τίμια βυθοσκόπηση του έαυτού τους.

Η νηστεία της Μεγάλης Τεσσαρακοστής

Η νηστεία της Μεγάλης Τεσσαρακοστής είναι η αρχαιότερη και αυστηρότερη περίοδος νηστείας. Ξεκινά από την Καθαρά Δευτέρα και τελειώνει με τo Μεγάλο Σάββατο. Με ιδιαίτερη αυστηρότητα λοιπόν νηστεύουμε την πρώτη ή αλλιώς Καθαρά Εβδομάδα. Λάδι (και οίνο) καταλύουμε μόνο τo Σάββατο και την Κυριακή. Με τον ίδιο περίπου τρόπο οφείλουμε να νηστεύουμε και τo άλλο διάστημα της Μεγάλης Τεσσαρακοστής. Αν θέλουμε να είμαστε ακριβείς, από λάδι και οίνο απέχουμε όλες τις ημέρες της εβδομάδας και όχι μόνο την Τετάρτη και την Παρασκευή, ενώ λάδι και οίνο καταλύουμε μόνο τo Σάββατο και την Κυριακή.

Εξαιρέσεις της νηστείας

Των Αγίων Τεσσαράκοντα Μαρτύρων επιτρέπεται η κατάλυση οίνου και ελαίου. Τον Ευαγγελισμό της Θεοτόκου καταλύουμε και ψάρι.

Την Κυριακή των Βαΐων καταλύουμε ψάρι. Τέλος, θα πρέπει να τονίσουμε ότι τo Σάββατο και την Κυριακή καταλύουμε υποχρεωτικά οίνο και έλαιο, με μία εξαίρεση: Τo Μεγάλο Σάββατο, τo μοναδικό Σάββατο του έτους που νηστεύουμε, είναι ημέρα αυστηρής νηστείας.

ΛΟΥΛΟΥΔΙΑ ΜΕΓΑΛΗΣ ΤΕΣΣΑΡΑΚΟΣΤΗΣ ΚΑΙ ΠΑΣΧΑ

Φέτος και πάλι, παρακαλούμε όλους όσους έχουν την ευχαρίστηση να προσφέρουν χρήματα για την αγορά λουλουδιών για τον στολισμό των εικόνων της Σαρακοστής και της Μεγάλης Εβδομάδας, να επικοινωνήσουν με τo γραφείο της Εκκλησίας μας.

- *Εικόνα για τους Χαιρετισμούς της Παναγίας(3) - \$100*
- *Λουλούδια εορτής Σταυροπροσκυνήσεως -\$150*
- *Βάγια—\$250*
- *Εικόνα Εορτής Βαΐων -\$150*
- *Εικόνα Νυμφίου—\$150*
- *Εικόνα του Μυστικού Δείπνου -\$150*
- *Εικόνα για τo στεφάνι του Σταυρού -\$150*
- *Εικόνα της Σταύρωσης—\$150*
- *Εικόνα της Αποκαθήλωσης —\$150*
- *Άνθη του Επιταφίου—\$250*
- *Τέσσερα μπουκέτα για τον Επιτάφιο (4)—\$150*

GREAT LENT

Preparation for Holy Confession

The gift of God's forgiveness is received through private prayer, corporate worship, the disciplines of prayer and fasting, penitential services and above all through the sacrament of Holy Confession. The value of Holy Confession is twofold. First, through this sacramental act of the ordained priest and the Christian believer we have the assurance of divine forgiveness, according to the words of Christ (Jn 20:23). Secondly, Holy Confession provides the opportunity to talk about one's deep concerns, to receive counsel and to be encouraged toward spiritual growth, all of which are universally recognized as extremely beneficial to personal life.

Holy Confession is appropriate at least twice a year and more often if an Orthodox Christian feels the need for it. It is also a part of our total spiritual preparation during the fast periods leading up to the great feasts of Pascha, Christmas, the Falling Asleep of the Theotokos and the Feast of Twelve Apostles. However, Holy Confession is especially necessary: when a serious sin has been committed; when a habitual sin has overwhelmed a Christian, or when a Christian has stopped growing spiritually and needs a reexamination of priorities. We confess our sins to God and the power of forgiveness is God's. However, the gift of God's forgiveness, although assured, is not magical. It does not automatically spare us from spiritual struggle - the continual vigilance against evil and the unceasing warfare against sin. Holy Confession will bear fruits in the Spirit only when the believer hates evil, utterly rejects sin and patiently cultivates positive habits of the life in Christ.

How can one prepare for Holy Confession? Preparation for Holy Confession is a prayerful examination of thoughts, words, acts, attitudes, habits, values, priorities, goals, direction and way of life. This prayerful self-examination includes not only the personal religious life, but also family relationships, social activities, job conduct, business dealings, political commitments and even recreational pursuits, because our entire existence should be lived in under the light of the Holy Spirit is not to condemn ourselves, but to affirm our true selves in Christ who has given us access to God's mercy and forgiveness and who has taught us to live for God's glory.

Please remember that Holy Confession is not a counseling session. If you wish to speak about general concerns and challenges please schedule an appointment to see the priest at his office outside of the times for confession. Holy Confession is a sacrament in which we are ready and prepared to express our sins. We should prayerfully prepare to receive the sacrament by thinking of what we will say before we come. It is often helpful to write down our confession so that we do not forget our list at the time of



Confession. Finally, Holy Confession involves **our** sins. There is no need to speak of the sins of others or to contextualize our sins within the sins and imperfections of others. God is aware of our circumstances. There is no need to justify or lighten our sins in the sight of God. He already knows and He will forgive us according to the measure that we have forgiven others. Our Confession is the seal of His forgiveness which is promised to those who repent through the commission given to the Church by Christ Himself.

"So Jesus said to them again, "Peace to you! As the Father has sent Me, I also send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." (John 20:21-23)

Prayer, Fasting & Charity

During Great Lent, our Orthodox Church calls us to renew our discipline of prayer, fasting, and charity. Private prayer must accompany all the church services. The fasting rules during Lent are as follows: On weekdays and Holy Saturday, meat, fish, dairy products, wine and oil are not allowed, with the exception of March 25th when fish, wine, and oil are allowed. On Saturday and Sunday, oil and wine are allowed, with the exception of Palm Sunday when fish is also allowed. Finally, in order for prayer and fasting to be meaningful and spiritually beneficial, they need to be accompanied by vigilance, abstinence, forgiveness, charity, and acts of compassion.

For more information on Great & Holy Lent please visit <http://lent.goarch.org>

Flowers for Lent & Holy Week

As the Pascha Season is approaching quickly once again we are asking for your contributions and donations towards the adornment of our St. Spyridon Church during the Lenten and Paschal season. Please call the Church office if you are interested in donating for the flowers for the Epitaphios, or for individual icons. Donations are accepted in the church office and in the designated donation box in the church narthex.

- ◆ Three (3) icons for Panagia—\$100/each
- ◆ Flowers for Sunday of the Cross—\$150
- ◆ Palms for Palm Sunday—\$250
- ◆ Icon of the Bridegroom—\$150
- ◆ Icon of the Last Supper—\$150
- ◆ Wreath for the Cross—\$150
- ◆ Flowers for the Cross- \$150
- ◆ Icon of the Crucifixion—\$150
- ◆ Icon of the Apokathelosis—\$150
- ◆ Decorative flowers for the Epitaphios—\$250
- ◆ Four (4) Bouquets for the Epitaphios—\$150/each

PARISH ANNOUNCEMENTS



Sunday
April 7

**GREEK INDEPENDENCE
DAY PARADE**

★★★

CHICAGO 2024
HALSTED ST. (GREEKTOWN)
STARTS 2:30 PM

PARTICIPATION & OTHER INFO WWW.ENOSISGROUP.ORG
Presented by the Federation of Hellenic American Organizations of Illinois (ENOSIS)



SAINT SPYRIDON HELLENIC ORTHODOX CHURCH
WELCOMES ALL TO THE

PRE-SANCTIFIED LITURGY

Potluck

...join us during the 40 days of lent as we enjoy dishes prepared by our church ministries

COMMUNITY HALL IMMEDIATELY FOLLOWING
6 PM PRE-SANCTIFIED LITURGY

Wednesday, March 20th ✝
Hosted By Handmaidens

Wednesday, March 27th ✝
Hosted By Parish Council and Kentro

Wednesday, April 3rd ✝
Hosted By Saint Spyridon Floga Dance Troupe

Wednesday, April 10th ✝
Hosted By Plutarchos Greek School

Wednesday, April 17th ✝
Hosted By GOYA



Lambathes

Traditional White Lambathes with Decor.....\$25


Beeswax Lambathes with Decor.....\$25

Colored Lambathes with Decor.....\$20

Large Decorated Battery Operated Candle.....\$15

Small Decorated Battery Operated Candle.....\$10

Sales begin on April 7th through Palm Sunday

 **HOLY APOSTLES**
GREEK ORTHODOX CHURCH

CELEBRATION OF BOOKS

*“Spiritual Development:
Personal and Communal”*

SUNDAY, APRIL 7, 2024
6:30 PM - SOLEMN VESPERS

8:00 PM - PRESENTATION BY
REVEREND DR. PANAYIOTIS
PAPAGEORGIU

*(PROTOPRESBYTER AT HOLY
TRANSFIGURATION CHURCH IN
MARIETTA, GEORGIA AND PRODUCER
OF TRISAGION FILMS)*

The Celebration of Books Reception will be hosted on Sunday April 7, following Vespers. To assist with this event, contact Yvonne Fawell (630) 234-4666, yfawell@gmail.com or Ellena Vranas (630) 207-3765, horevo60@gmail.com

PARISH ANNOUNCEMENTS



SOUTH SIDE
VICARIATE
LENTEN SERVICES

- MARCH 24, 2024** Great Vespers of the Annunciation: 6:00 pm
Annunciation, Kankakee, IL
- MARCH 31, 2024** Lenten Vespers: 6:00 pm
St. Spyridon, Palos Heights, IL
- APRIL 6, 2024** Great Vespers for the
Veneration of the Holy Cross: 7:00 pm
Holy Cross, Justice, IL
- APRIL 14, 2024** Lenten Vespers: 6:00 pm
SS. Constantine and Helen, Palos Hills, IL
- APRIL 21, 2024** Lenten Vespers: 6:00 pm
Assumption, Homer Glen, IL

Spring into Action to Help Kids Fighting Cancer! Saint Spyridon's Lenten Toy Drive



All proceeds to benefit:

The Pediatric Oncology Treasure Chest Foundation

Suggested Donations by Age:

SCHOOL AGE

Action Figures
Barbie Dolls & accessories
Trucks and Cars
Snapfit Models
Board Games

ADOLESCENT

Journals
Jewelry
Nail Polish Kits
Cosmetic Bags
Purses/Wallets
Scarves/Hats
DVDs/CDs
Board Games
Gift Cards (\$5 increments)

INFANT/TODDLER/PRESCHOOL

Fisher-Price/PlaySchool toys
Play Dish Sets & Play Food
Baby Dolls & accessories
Wooden & Plastic Puzzles
Activity Books

ARTS/CRAFTS

Playdough
Coloring Books
Crayola Markers/Crayons
Activity Sets/Prepackaged Crafts

Drop off **NEW, unwrapped donations** in boxes near the office and gym.
Donation Deadline is Saturday, May 4th

Cash/Check donations may be dropped off in the church office:
Monday – Friday from 9am to 2pm

Checks payable to "St. Spyridon" & "Toy Drive" in the Memo section, or
Donate online: https://tithely.give_new/www/#/tithely/give-one-time/1390651
(Please Select "Toy Drive – Pediatric Oncology Treasure Chest" from the dropdown menu)

For questions, please contact:
Stephane Collopy 312.613.0434 OR Stacy Vallianatos 708.670.7059

Thank You for donating!



ALTAR BOY AND MYROFORES

MANDATORY MEETING

**April 20
at 10 am**

JOIN US AS WE PREPARE FOR HOLY WEEK.
WE WILL BE PRACTICING AND GOING OVER
THE EXPECTATIONS OF OUR YOUNG SERVERS AS WE
EMBARK ON THE BEAUTIFUL JOURNEY OF HOLY WEEK
TOGETHER.
WE WILL ALSO MAKE LAZARAKIA.

**We kindly ask that everyone is accompanied by a
parent during this meeting.**

SIGNUP FOR SERVICES HERE 



FANARI

REGIONAL LENTEN RETREAT

Who: Current 5th-12th Fanari Campers

What: Regional Lenten Retreat

When: April 13, 2024; 2-8pm

Locations:

St. Mary's, Minneapolis, MN
Annunciation, Milwaukee, WI
Ascension, Lincolnshire, IL
St. Haralambos, Niles, IL
SS. Constantine & Helen, Palos Hills, IL
SS. Constantine & Helen, Merrillville, IN
St. Nicholas Family Life Center, St. Louis, MO

PARISH ANNOUNCEMENTS



ARCHANGELS ACADEMY PRESCHOOL

SUMMER CAMP

Summer fun, here we come! Archangels Academy Preschool is excited to be offering 2 weeks of fun summer activities for students. Accepting students ages 3-5 Children must bring a their own snack, water bottle, change of clothes (just in case), & a great attitude!
SPACE IS LIMITED

PER WEEK \$130 PER CHILD
Payment due by May 24th

ACTIVITIES	CAMP WEEKS
<ul style="list-style-type: none"> Arts and Crafts Outdoor & Indoor Playtime Music & Movement Strategy Games Science Social Engagement & so much more 	<p>WEEK 1: JUNE 3-7</p> <p>WEEK 2: JUNE 10-14</p> <p>9:00 AM - 1:00 PM</p> <p>ST. SPYRIDON GREEK ORTHODOX CHURCH 12307 S. RIDGELAND AVE. PALOS HEIGHTS, IL 708-385-2311</p>

FOR MORE INFORMATION OR TO REGISTER YOUR CHILD Contact Sofea Malamis director@archangelsacademy.org
** FEE IS NON-REFUNDABLE

PLUTARCHOS HELLENIC LANGUAGE & HERITAGE ACADEMY PRESENTS



Camp Καλοκαιράκι

A Greek Summer Camp for students in Kindergarten - 6th grade

· DAILY THEMES · ARTS & CRAFTS · SONGS · GYM TIME ·

Get ready to embark on a summer journey around Greece. Learn about local traditions, dances, songs and food.

Ετοιμαστείτε για ένα καλοκαιρινό ταξίδι σε διάφορα μέρη της Ελλάδας μας. Θα μάθουμε τοπικά ήθη και έθιμα, χορούς, τραγούδια. Θα φτιάξουμε νόστιμα φαγητά και γλυκά. Θα περάσουμε υπέροχα!

June 17th-21st
10 a.m.—2:00 p.m.

Cost: \$150 per camper
Plutarchos Academy
of St. Spyridon Church
12307 S. Ridgeland Ave
Palos Heights, IL 60463



Babylon

Daniel's Courage in Captivity

SAVE THE DATE:

St. Spyridon Vacation Church School 2024
June 24 - June 28
9:00 am – 12:00 pm

Come bring your kids to Vacation Church School to learn about the Great Prophet Daniel and the Three Holy Youths from the Old Testament! Our kids will learn about their great faith in God and courage to follow Him even when we experience challenging times!

Ages: Pre-K (4 years old by Sept. 1st) through 6th grade

Bible stories, Music, Crafts, Snacks, and T-Shirt!

Please consider joining our staff to continue making V.C.S. memorable for our youth!!

Contact Presvytera Diana Lamberis at dlamberis@gmail.com to volunteer or for more information.



ST. SPYRIDON PTA

PRESENTS

FANARI LEADERSHIP AWARD

2023-2024 SCHOOL YEAR

Include:
-Application
-Questionnaire (fully complete)
-Applicant must demonstrate respect, integrity, responsibility and safety for themselves and those around them
-Letter of recommendation from a church leader (no letter from parent or Fr. George)

Award will cover one summer session at Fanari Camp.
Applicants must be in 6th-12th grade.
Please see application.

PARISH ANNOUNCEMENTS

\$2,000 YOUTH LEADERSHIP SCHOLARSHIP

Students who are in their undergraduate studies in a 4 year college/university are encouraged to apply for the Philoptochos Youth Leadership Scholarship.

This scholarship opportunity has been made possible through the generous support of the Dr. and Mrs. Gregory Papadeas and Family Charitable Fund, who have contributed a grant of \$1,000. Additionally, \$1,000 of this scholarship fund is also provided by the Philoptochos.

The Philoptochos Youth Leadership Scholarship will be awarded in early August. Please note that applicants who have been awarded a scholarship by the Philoptochos organization in the previous two years are ineligible to apply for this scholarship.

Please scan the QR code or visit <https://saint-spyridon.net/> for additional details. All application materials should be emailed to englishteacher30@yahoo.com before May 31, 2024.



Submission Requirements:

- 800-1000 word essay (guidelines on church website)
 - Format: PDF or GOOGLE DOC
- Official College Transcripts
- 2 letters of recommendation
- Deadline: Friday, May 31, 2024



27th Annual GOLF OUTING THURSDAY, JUNE 6TH, 2024



Deadline for Registration: Friday, May 31st

Odyssey Golf Foundation
19110 S. Ridgeland Avenue
Tinley Park, IL 60477

**EARLY BIRD RATE
\$15 DISCOUNT
PREPAY BY MAY 24th
\$150 TO GOLF**

10:00am | Check-In & Continental Breakfast
11:45am | Shotgun Start
2:00pm (+/-) | Lunch at the Turn
4:30pm | Cocktails
5:00pm | Dinner

Awards & Raffle to Follow Dinner

**\$165 to Golf &
\$175 to be a
Hole Sponsor!**

**Have Your
Family Meet
You Out for
Dinner!**



St. Spyridon Golf Committee:

Nick Kourmetas, Bill Kilias, Jim Argropoulos, Nick Argropoulos,
Zachary Chibros, Adam Colopy, John Farcato, Nick Haidichos, Mike Haidichos,
Gus Kolyvris, Frank & Zoe Kopolitis, Nick Makrisinos, Bill Perakis, Jim Tsaroulakis,
Nick Yimoukas, Spiros Tzavelakos

For any questions please contact the Church Office between 9am-2pm at (708)385-2311,
-or- email at Office@Saint-Spyridon.net -or- Nick.Kourmetas@gmail.com

ARCHANGELS ACADEMY PRESCHOOL ENROLLMENT OPEN 2024-2025

PROGRAM FEATURES :

- Developmentally Appropriate High Quality curriculum
- Play-based learning
- Social & Emotional Learning
- Orthodox Christian Faith
- Hellenic Language & Heritage
- Small Classroom Ratio
- Affordable Tuition



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YOUR TOUR TODAY
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Visit our website at
www.archangelsacademy.org
for tuition information and to download our application




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Alsip 5500 Cal Sag Rd. (708) 923-RIBS (7427)	Homer Glen 15800 S. Bell Rd. (708) 645-RIBS (7427)	

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Alsip, IL 60803 708-239-8740

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