



# THE VOICE

**JUNE/JULY 2023 - VOLUME No. 380**  
**SAINT SPYRIDON HELLENIC ORTHODOX CHURCH**

12307 SOUTH RIDGELAND AVENUE, PALOS HEIGHTS, ILLINOIS 60463  
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*St. Spyridon's*



## GREEK FESTIVAL

12307 S. RIDGELAND  
PALOS HEIGHTS

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**SAVE THE DATE!**  
**\$12,500 IN CASH PRIZES!**

**SATURDAY, JULY 8**  
 3PM - 11PM

**SUNDAY, JULY 9**  
 NOON - 10PM



# 4TH OF JULY

**PALOS HEIGHTS PARADE**  
 COME MARCH WITH ST SPYRIDON AT  
 THE VILLAGE OF PALOS HEIGHTS  
 4TH OF JULY PARADE!

**Join us for the Parade**  
**at 11:30 a.m.**

STARTING LOCATION: BMO HARRIS BANK  
 12534 S Harlem Ave, Palos Heights, IL 60463  
 SCAN THE QR CODE TO PARTICIPATE




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## PRESIDENT'S LETTER

Greetings, Καλό Καλοκαίρι and Warm Summer Wishes St. Spyridon Parish Family,

It is with great hope and prayer that all of us, our families and community are in good health and are doing well. We are grateful to Father George as we enter a new season of the ecclesiastical year with more beautiful holy services including the Ascension of our Lord Christ our God on May 25th, Holy Pentecost on June 4th and the Apostles' Lent beginning on June 12th.

Our beloved Saint Spyridon welcomes all of us to visit and participate in His church's holy services.

Congratulations to all of the St. Spyridon parish family students that graduated grammar school, high school and college this year! The Archangels, Plutarchos Greek School and Sunday School ceremonies took place with much excitement and celebration for the new class of graduates. Και σε ανώτερα!

As Philoptochos elections have taken place, we thank Philoptochos President, Georgia Xeros, and the outgoing board for their dedicated service. Thank you to the Philoptochos for their meaningful Christian Philoxenia outreach to our parish community and beyond. Dana Vasilakos will be leading the newly elected Philoptochos board as its President. Congratulations to Dana and the new board! We look forward to supporting you and your ministries!

Thank you to parish council members Nick Tsinoukas and Demetrius Marines for helping bring the parish children and families together to participate in the Metropolis Junior Olympics that took place over Memorial Day Weekend at Saints Constantine and Helen Greek Orthodox Church in Palos Hills. Congratulations to all of the medalists and competitors!

The Saint Spyridon 26th Annual Golf Outing is scheduled to take place on Thursday, June 8th at the Odyssey Country Club in Tinley Park. Please support this important fundraiser as there is still time to volunteer, sponsor and donate baskets and prizes. Golf starts at 11:45am. If you are unable to golf, we hope to see you and everyone for dinner and cocktails at 4:30pm.

The parish council commitment to the success of the Festival continues as it approved in the May parish council meeting: two Festival French fries fryer machines (replacing an old machine and refurbishing an existing machine) as well as a new Festival equipment table (Dean Eliacostas). The Festival Committee met on May 23rd with much planning and preparations taking place. The St. Spyridon Festival needs more volunteers. It is scheduled to take place on Saturday, July 8th and Sunday, July 9th. The raffle will take place on Sunday, July 9th, at 10:00pm. Volunteers are needed to help set up the Festival areas in the days before the Festival, work during the Festival and assist with take down the Monday after the Festival. Festival departments that need volunteers include: Admissions, Advertising, Baking, Bar, Café Opa, Cleaning, Cooking, Decorations, Raffle, Security, Set-up, and Takedown.

Please volunteer for the Golf Outing, Festival or any parish ministry by contacting Father George, any of the parish council members or the church office at (708) 385-2311 for more information.

The 2023 Stewardship drive continues for us to become first-time stewards or to renew our commitment to the church and its ministries. Stewardship applications are available in the church office and can be sent on request.

The needs of the parish are many and unceasing. It is with this in heart and mind that we are thankful to Father George, the parish council members, all of the church organizations and committees, the parishioners, volunteers and donors for their unyielding efforts to help our parish and families by supporting, participating and leading the church ministries.

Καλή δύναμη και καλή συνέχεια με υγεία.

May Saint Spyridon continue to guide us and protect us.

Humbly submitted, Frank Kopanis



## FATHER'S LETTER

*Handling Conflict: Staying on the Path Toward Salvation (sermon delivered Sunday, May 28th, 2023)*

If you grew up on a farm, then you'd know that everyone has to pitch in to make things work. My friend's mom was asked by her husband to drive a tractor across a field. She had never done this before, and her husband said to her "Pick out an object at the end of the field and drive toward it, that way your path will remain straight."

So she put the tractor in gear and off she went toward the other end of the field. It wasn't long before she noticed her husband running alongside the tractor waving his hands up in the air trying to get her attention. She stopped and asked, "What's wrong?"

She then noticed that the path she created with the tractor was rather crooked as opposed to the straight line she needed to drive. Her husband again explained she needed to pick out an object and drive toward it. She said, "I did!"

"What are you driving toward?" he asked. She pointed to the object at the end of the row, which at that point she realized was a bird that had been hopping across the ground.

Precious friends, how important it is to be careful when setting our mark so that we set it on something that is stationary.

Today, the church celebrates the Fathers of the 1st Ecumenical Council, and the hymns today describes these men as "radiant stars, the myrrh breathing flowers of paradise, the all-gold mouths of the Word, the Church's pride, the adornment of the universe." In 325 A.D., Saint Constantine and the church organized this gathering to discuss important foundational truths of faith and resolve any divisive issues to ensure continued unity amongst the faithful. Amongst these 318 bishops summoned worldwide were Saint Athanasios, our very own St. Spyridon and St. Nicholas, along with many other Saints and Hierarchs. Within this Council was discussed the observance of the date of Pascha, and the construction of the first half of the Nicene Creed: "I believe in one God, the Father Almighty, maker of heaven and earth" ... ending at the point where it mentions the Holy Spirit.

The Creed is our statement of faith. If anyone asks you, "what does Orthodox Christianity believe", it can be summarized by the creed that we recite at every Divine Liturgy. In the time of this council, a man named Arius had deviated from the teachings of the church. He had inserted his own opinion about who Christ is.

Arius taught that Jesus is not truly divine but is a created being; that he came into existence when he entered the world. We believe that Jesus is co-eternal with the Father, and Arius taught that Jesus is not of the same essence with the Father – In other words, he taught that Jesus is finite and therefore, devalues and demotes Him in comparison to God the Father. The Creed in 325 at the 1st Ecumenical Council is a direct response to Arius - that Jesus Christ is "begotten of the Father before all ages, light of light true God of true

God, begotten, not created, of one essence with the Father by Whom all things were made."

Society and political agendas change, but our faith has been that one thing that remains constant. This is true because "Jesus Christ is the same yesterday, today and tomorrow" (Hebrews 13:8). Yes, there were challenges along the way. These ecumenical councils, led by the Holy Spirit, helped resolve whatever conflicts the church had to confront throughout the centuries and maintain its unity amongst believers.

So, like the Arian controversy, when we have controversies or struggles that arise within our lives, our homes or our parish, what do we do? How are we called to handle them?

First, we have to remember that there's a reason we call each other brothers and sisters. The words "brother" and "sister" implies that we are to have a higher level of intimacy with one another. Our connection should be so close that we consider each other blood brothers or sisters. This alone should set a healthy perspective for how we should interact with each other.

If we care about our spiritual life and theirs, we also will refrain from receiving Holy Communion with God until we are in communion with our brother or sister. When one reads Matthew 5:24 – first go and reconcile with them before you offer your gift – implies that importance of reconciliation.

Most importantly, we must do our best to reconcile with the other and have peace with them. So we take the opportunity to talk to the other and understand their point of view. We don't embarrass. We don't criticize. We don't respond with anger, but we do dialogue with love. If we respond w/ anger, all we will hear is anger. If we

## FATHER'S LETTER (CONTINUED)

speak out of pain, this will only spread pain. If we speak out of care and compassion for your brother or sister in Christ, it will yield results of peace – the result we are looking for as does Christ.

So what do if that doesn't work? Then have witnesses – those who can attest to the problem-- witnesses who see the interaction and the damage that it creates—and take two or three people to help. If this doesn't work, we take it to the church community, and we confess to the father of the community.

We try everything to make forgiveness and reconciliation possible. This way we can make sure that each and everyone of us are on the path to the kingdom.

Is this not what we want for all of our brothers and sisters? When we aim for peace, we can know that we are following Christ. If there is not peace amongst a person, people or even within an organization, we are following not Christ, but perhaps our own ego or the devil himself. For God resists the proud but gives grace to the humble (James 4:6).

In Sunday's gospel Christ prays to his Father "to keep them in your name, that they may be one even as we are one" (John 17:11). Christ calls for us – in our homes, our families, our church – to be united. When we teach, preach and follow Jesus, wherever we may be,

this is what will bring unity. Let us always use Christ and His teachings as our marker, to determine if what we do is what He would do in all circumstances.

*F. George*

### DIVINE LITURGY SCHEDULE

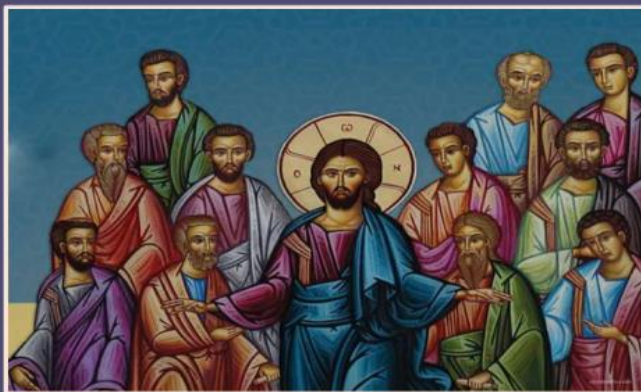
Saturday, June 24th	Nativity of St. John the Baptist –Orthros & Liturgy—8:00 a.m.—10:15 a.m.
Sunday, June 25th	Orthros & Divine Liturgy — 8:00 a.m. — 11:00 a.m.
Thursday, June 29th	Ss. Peter and Paul — 1st Hour & Divine Liturgy— 8:00—9:15 a.m.
Saturday, July 1st	Ss. Cosmas & Damian—1st Hour, Liturgy & Agiasmos—8:00 a.m.—10:00 a.m.
Sunday, July 2nd	Orthros & Divine Liturgy—8:00 a.m.—11:00 a.m.
Sunday, July 9th	Orthros & Divine Liturgy—8:00 a.m.—11:00 a.m.
Wednesday, July 12th	St. Paisios of Mt. Athos, Orthros & Divine Liturgy—8:00 a.m.
Sunday, July 16th	Orthros & Divine Liturgy—8:00 a.m.—11:00 a.m.
Sunday, July 23rd	Orthros & Divine Liturgy—8:00 a.m.—11:00 a.m.
Friday, July 28th	St. Irene Chrysovalantou — 1st Hour & Divine Liturgy—8:00 a.m.—9:15 a.m.
Sunday, July 30th	Orthros & Divine Liturgy—8:00 a.m.—11:00 a.m.

### ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ

Σάββατο 24 Ιουνίου	Γενέθλιον του Αγ. Ιωάννου Προδρόμου—Ορθρος & Θεία Λειτουργία—8:00 π.μ.—10:15 π.μ.
Κυριακή 25 Ιουνίου	Ορθρος & Θεία Λειτουργία—8:00 π.μ.—11:00 π.μ.
Πέμπτη 29 Ιουνίου	Αγ. Πέτρου και Παύλου —1η ώρα & Θεία Λειτουργία —8:00 π.μ.—9:30 π.μ.
Σάββατο 1 Ιουλίου	Αγ. Κοσμά & Δαμιανού -1η ώρα, Λειτουργία & Αγιασμός—8:00 π.μ.— 10:30 π.μ.
Κυριακή 2 Ιουλίου	Ορθρος & Θεία Λειτουργία—8:00 π.μ.—11:00 π.μ.
Κυριακή 9 Ιουλίου	Ορθρος & Θεία Λειτουργία—8:00 π.μ.—11:00 π.μ.
Τετάρτη 12 Ιουλίου	Αγ. Παΐσιου του Αγιουρείτου—Ορθρος & Λειτουργία—8:00 π.μ.—10:00 π.μ.
Κυριακή 16 Ιουλίου	Ορθρος & Θεία Λειτουργία—8:00 π.μ.—11:00 π.μ.
Κυριακή 23 Ιουλίου	Ορθρος & Θεία Λειτουργία—8:00 π.μ.—11:00 π.μ.
Παρασκευή 28 Ιουλίου	Αγ. Ειρήνη Χρυσοβαλάντου—1η Ωρα & Θεία Λειτουργία—8:00 π.μ.—10:00 π.μ.
Κυριακή 30 Ιουλίου	Ορθρος & Θεία Λειτουργία—8:00 π.μ.—11:00 π.μ.



## 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—MAY 31ST

*As of May 31st, stewardship gifts have been received for 2023 from 252 individual/families. We are so thankful to these stewards.*

*Have you sent in your 2023 Stewardship Commitment Form? Forms are available in the Narthex of the church and online. Thank you to our stewards who have already sent their 2023 pledge forms!!*

Mr. & Mr. Kostas Alexopoulos  
Mr. & Mrs. John Arestis  
Ms. Penelope Arges  
Mr. & Mrs. Georgios Belesiotis  
Mr. & Mrs. Dimitris Bezanis  
Mr. & Dr. Yiorgos Bozonelos  
Mr. & Mrs. Nicholas Christy  
Ms. Eleni Dimis  
Mr. & Mrs. Dimitrios Flaskos  
Dr. Kaliopi Flaskos  
Mr. & Mrs. George Georgaklis  
Mr. & Mrs. Angelo Giannakopoulos  
Mr. Athanasios Goutas  
Mr. & Mrs. Steve Kalfas  
Mr. & Mrs. Nikolaos Kladis  
Mr. & Mrs. Chris Korbakes  
Mr. Demetrios G Kottaras  
Mr. & Mrs. Dave Mancini  
Ms. Roula Marinos

Ms. Kathy Michalarias  
Mr. Peter Panagiotopoulos  
Mr. Philip Papamakarios  
Mrs. Carol Lee Pappas  
Dr. Mary Peters  
Ms. Alexandria Ramirez  
Mr. & Mrs. Rick Rimbo  
Ms. Denise Skiadopoulos  
Ms. Toula Smith  
Ms. Denise Spinos & Family  
Ms. Fotini Triantafyllou  
Ms. Georgia Triantafyllou  
Mr. & Mrs. Anestis Tsonis  
Mr. & Mrs. Harry Tzouanopoulos  
Mr. & Mrs. Konstantinos Vasilopoulos  
Mr. & Mrs. Labros Vlachos  
Mr. & Mrs. Andrew Watne  
Mrs. Goldie Xirafakis

**Total Stewards: 252**



*In gratitude for God's blessings, I commit to Christ and His Church as a Steward of Saint Spyridon with my 2023 Stewardship.*



## PARISH RESGISTRY

### Baptisms

The son of Mr. & Mrs. Dion Xenos was baptized on May 7th and was given the name John Dion by his godmother Mrs. Stavroula Mihos.

The son of Mr. & Mrs. Omar Ramirez was baptized on May 20th and was given the name Santiago Maxemiliano by his godparents Robert and Stamatina Hernandez.

The daughter of Mr. & Mrs. George Kattos was baptized on May 21st and was given the name Alice Anastasia by her godparents Mr. & Mrs. David Mancini and Mr. & Mrs. Rick Rimbo.

The daughter of Theodore Tsiamas & Nikoleta Ivanova was baptized on May 21st and was given the name Alik Marie by her godfather Mr. Athanasios Goutas.

The daughter of Mr. & Mrs. Nikolaos Kladis was baptized on June 3rd and was given the name Angelina by her godmother Ms. Denise Spinos.

*Να σας ζήσουν!*

### Chrismation

Congratulations to Francesco and Venita Louise Auriemma who were chrismated on June 12th.

### Weddings

Panagiotis Alexakos and Danielle Reusnow were joined in Holy Matrimony on Sunday, May 28th. Their sponsor was Ms. Despoina Alexakos.

Alexandros Orestis and Antonia Kallas were joined in Holy Matrimony on Sunday, June 11th. Their sponsor was Mrs. Denise Skiadopoulos.

*Να ζήσετε!*

### Memorials

**May 7:** †The Greek Orthodox victims of the Genocide in Pontos, Asia Minor who perished a century ago †40 days Andreas Malamis, †6 mo Angeliki Visvardis, †11 yrs Ekaterini Villanueva, †5 yrs—Eleni Vournazos, †44 yrs James Vournazos

**May 14:** †3 yrs Nicholas Chibucos, †11 yrs Penelope Chibucos, †30 yrs Maryann Chibucos, †35 yrs George Chibucos

**May 21:** †1 yr Ioannis Vasiliadis, †6 yrs Panagiota (Betty) Catsogiannis, †9 yrs Ioannis Argyropoulos

**May 28:** † Tree of Love, †1 yr Petroula Katsenis, †9 yrs Kyriakoula Polimenakos, †31 yrs Dimitri Hampilos, †33 yrs Christina Hampilos, †1 yr Helen Chiagouris, †3 yrs Konstantinos Grapsas, †5 yrs Peter Kloris, †12 yrs John Kapetan, †28 yrs Stella Nickles, †34 yrs Bertha Kapetan

**June 11:** †40 days George A. Pappas

*May their memory be eternal!*

## 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".





## 2023 GOLF OUTING SPONSORS

### HOLE-IN-ONE SPONSORS \$1,000+

9 MUSES AND MELI CAFÉ  
CAREY'S SMALL ARMS RANGE VENTILATION  
ELIACOSTAS PAINTING, INC.  
HEALTHONOMIC PRIMARY CARE  
PRASINO ENGINEERING  
RETRO BURGER  
THE DANOS FAMILY  
THE ODYSSEY

### EAGLE SPONSORS \$500-\$999

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CHRIST PANOS FOODS  
DONNY G'S RISTORANTE- ELMWOOD PARK  
DWF FOOD & PAPER REDISTRIBUTORS, INC.  
NEALEY FOODS  
STATE FARM- PHIL CALI  
THE CHRISTY FAMILY  
WORLD HYUNDAI- MATTESON

### BIRDIE SPONSORS \$200-\$499

AFINA INSURANCE  
BITE SIZE PEDIATRIC DENTISTRY  
BRADY IFS / YPV / BERT  
DR. CHRIS AND JANN KOLYVAS  
GEORGE & TELLY KORBAKES  
HELLENIC HEARTBEAT TV & RADIO  
IN MEMORY OF MIKE "MOOSE" BEPIS  
KONSTADINOS LABRAKIS & FAMILY  
MORSE FRESH MARKET- GEORGE THEOHARIS  
NICK & CHRISTINE PIPIKIOS  
NICK'S BBQ  
PETE'S PRODUCE  
PROVIDENCE BANK & TRUST  
QUATRRO BUSINESS SUPPORT SERVICES

SPIRRCO REAL ESTATE  
SPRINGDALE EYE CARE- DR. TANYA HALIKIAS  
STATE FARM- KEN ANDERSON  
UNITED RADIO COMMUNICATIONS  
ZIEBELL WATER SERVICE PRODUCTS

### BREAKFAST SPONSORS

BRADY IFS / YPV / BERT  
HELLENIC HEARTBEAT TV & RADIO  
KONSTADINOS LABRAKIS & FAMILY  
QUATRRO BUSINESS SUPPORT SERVICES  
SPIRRCO REAL ESTATE  
STATE FARM- KEN ANDERSON  
UNITED RADIO COMMUNICATIONS  
ZIEBELL WATER SERVICE PRODUCTS

### LUNCH SPONSORS

ATHENIAN BODY SHOP  
BITE SIZE PEDIATRIC DENTISTRY-  
DONNY G'S RISTORANTE- ELMWOOD PARK  
DWF FOOD & PAPER REDISTRIBUTORS, INC.  
PROVIDENCE BANK & TRUST  
STATE FARM- PHIL CALI  
THE CHRISTY FAMILY

### DINNER SPONSORS

CHRIST PANOS FOODS  
NEALEY FOODS

### BEVERAGE CART SPONSORS

AFINA INSURANCE  
DR. CHRIS AND JANN KOLYVAS  
GEORGE & TELLY KORBAKES-  
IN MEMORY OF MIKE "MOOSE" BEPIS  
NICK & CHRISTINE PIPIKIOS





## GOLF OUTING

St. Spyridon's 26th annual golf outing and dinner social took place on Thursday, June 8th at the Odyssey in Tinley Park. The picture-perfect 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 televisions.

We were blessed with yet another year of record attendance with over 110 golfers and dozens more for dinner. Congratulations to Jim Tourloukis, Brian Dober, Bob Lusk and Dan Burns for winning the best team golf score contest coming in at 11 under par. Jim Tourloukis won the longest drive contest and Andy Revell won longest putt. Jimmy Stoes and Tim Perakis 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.





# GOLF OUTING





# JR OLYMPICS

We had another great turn-out this year and once again the weather was beautiful for a wonderful weekend! Thank you Father George for all of your guidance and support & those in the office - Marianna, Litsa & Gus - for all your assistance and Vicky Argyropoulos for the beautiful design of the shirts! Many thanks to the Christ Georgiou Family for their very generous donation of the Junior Olympics registration fee and t-shirts for the athletes & coaches in loving memory of their son Alex C. Georgiou. May his memory be eternal. 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), Kathy Vasilopoulos (ages 7-10) & Anthony Christofer (ages 11-13)

**Soccer:** Terry Pappas (ages 7-9), Apostoli Hardaloupas (ages 7-9), Angelo Velissaris (ages 10-12)

Bill Tsoukalas (ages 10-12), Michael Haniotakis (ages 13-15) & Andy Watne (ages 13-15)

**Volleyball (boys & girls 13-18):** Anna Hix & Kleopatra "Kleo" Vasiliades

**Track & Field (ages 7-18):** Rob McNeil & Niki McNeil

**Swimming (ages 7-18):** Mario Halikias, Sofia Sofou & Patricia Vythoulkas

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

*Nick Tsinoukas & Demetrius Marines*





# JR OLYMPICS

## A summary of some of the highlights:

Our **basketball & soccer teams** won some & lost some though our soccer team for ages 10-12 had an exciting run to take the Silver medal.

Our **volleyball teams** (combined with Holy Cross) had impressive runs with the boys winning the Gold medal and the girls taking 4th place.

For **chess**, Sotiri Papamihail won the silver for 13-15 year olds.

For **tennis**, Ares Cajas won the silver.

For **Track & Field** we had 6 medals: Elessa McNeil - Silver - girls 13-15 800m, Luke Watne - Silver - boys 13-15 800m & Silver boys 16-18 1,600m, Dena Prassas - Bronze - girls 16-18 1,600m & Bronze girls 16-18 shot put and Leo Bousies, Nicholas Korolis, Yiannis Tsoukalas & John Sweis - Silver boys 11-12 4 x 50m relay

Our **Swimming team** had another outstanding year with 22 medals - 9 Gold, 8 Silver & 5 Bronze. For the 2nd year in a row, just a remarkable performance & below are the medal winners with their events:

Elessa McNeil: 4 Gold (200 yd Medley Relay, 50 yd Backstroke, 100 Yd Freestyle Relay) & 1 Silver (50 yd Freestyle)

Maria Petrakos: 3 Gold (200 yd Medley Relay, 100 yd Freestyle Relay, 200 yd Freestyle Relay)

Vasia Halikias: 3 Gold (200 yd Medley Relay, 50 Yd Freestyle, 200 yd Freestyle Relay) & 2 Silver (50 yd Backstroke, 50 yd Butterfly)

Despina Karanastasis: 2 Gold (200 yd Medley Relay, 200 yd Freestyle Relay), 2 Silver (50 yd Freestyle, 50 yd Breaststroke) & 1 Bronze (100 yd Freestyle)

Vasili Vythoulkas: 1 Gold (200 yd Medley Relay), 1 Silver (50 yd Backstroke) & 2 Bronze (50 yd Freestyle, 200 yd Freestyle Relay)

Mihael Karanastasis: 1 Gold (200 yd Medley Relay), 1 Silver (50 yd Backstroke) & 2 Bronze (50 yd Breaststroke, 200 Yd Freestyle Relay)

Christos Delgiannis: 3 Gold (200 yd Medley Relay, 25 yd Backstroke, 50 yd Freestyle) & 2 Bronze (100 Yd Mixed Freestyle Relay, 200 yd Freestyle Relay)

Alexander McNeil: 1 Gold (200 yd Medley Relay) & 2 Bronze (200 yd Freestyle Relay, 100 Freestyle Relay)

Sophia McNeil: 2 Gold (100 yd Freestyle Relay, 100 yd Freestyle Relay), 1 Silver (25 yd Freestyle) & 1 Bronze (100 yd Freestyle Relay)

Zoe McNeil: 2 Gold (100 yd Freestyle Relay, 100 yd Freestyle) & 1 Bronze (100 yd Freestyle Relay)

Maeve Maras: 1 Gold (100 yd Freestyle Relay)

Stella Maras : 1 Gold (100 yd Freestyle Relay)





# ARCHANGELS ACADEMY

Congratulations to the 2022 - 2023 graduating class of Archangels Academy Preschool. What an amazing and successful year we have had together. We ended the year with our 18th Annual Graduation Banquet. Thank you to our amazing parents who dedicated their time, love & talents to make this years graduation celebration a huge success. Thank you to Xando Cafe for the fabulous job you did catering for our little school. The food was fantastic and enjoyed by all. A huge thank you to everyone who came out to support our beautiful school.

Summer camp has come and gone but our wonderful memories will last forever! From arts & crafts to science experiments, we had amazing three weeks of non-stop fun, laughter, and friendship. Until next year!!

We have already started preparing for the upcoming 2023 - 2024 school year.

Parents should be looking out for beginning of the year information.

Hurry before it's too late! Few spots remain for Fall Registration.

We hope that everyone is relaxing and enjoying their families and the beautiful summer weather!

## Class of 2023

**Andoni Argyropoulos**

**Evelyn Halikias**

**Sebastian Hohlastos**

**Patricia Hristakos**

**Boby Kyriakopoulos**

**Toli Sotiropoulos**

**Savvas Trahanas**





# ARCHANGELS ACADEMY SUMMER CAMP





## 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 26th. 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 2023 Public Art Project "Dance of Psych". It was such an amazing opportunity to study Mythology, History and Poetry and create wonderful art at the same time.

We painted a tall statue with a butterfly perched on top. Psyche (Greek word for soul) is the name that Aristotle gave to the butterfly. Our statue was given the title: "Αφιερωμένο στις ψυχές που θυσιάστηκαν για την Ελευθερία του Γένους μας". "Dedicated to the Psyches that sacrificed themselves for the freedom of our Nation". Emphasis was given to Cyprus, Pontos, Asia Minor and Macedonia.

Our teachers were invited to the ribbon cutting ceremony on Friday, June 3rd and gave a small presentation. It is so rewarding to see our hard work and talent getting recognized!

We would like to remind our families that the Ellinopoula accounts are staying active until the end of the summer. Check out some of the new collections like, Father's Day, where kids learn about family relationships in Greek, or Space Travel, where kids become astronauts, step on board the spaceship "Argo," and learn about the solar system while traveling in space.

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, Ms. Dina Katsibrinakis, Ms. Stavroula Koutsis, Mrs. Patricia Vythoulkas, Mrs. Litsa Tsarouhis, Mrs. Evie Maroudas, Mrs. Marianna Haniotakis, Mrs. Filitsa Verrou and Mrs. Kristen Kourkoumelis.*





# PLUTARCHOS ACADEMY





# GRADUATES 2023

## MIDDLE SCHOOL GRADUATES

Despina Karanastasis  
Andreas Petropoul

Epaminontas Stamus  
Maria Scarlatis

Stavros Farsatis  
George Kavroulakis

## HIGH SCHOOL GRADUATES



**George Dagnes** will be graduating from Carl Sandburg High School this year. As a member of the National Honors Society and an AP Scholar, George's academic prowess is undeniable. Not only is he a talented volleyball player, but he also actively participated in the investment club and iFest. Since a young age, George has been a devoted servant in the altar of our Greek Orthodox church. His commitment to his faith is truly inspiring. George also participated in Ellinomathia, Junior Olympics and the Floga dance troupe. This Fall, he will be studying Finance at the University of Illinois at Chicago, where he aims to make a mark in the financial world. Congratulations to George Dagnes on his well-deserved graduation! We wish him endless success, joy, and fulfillment as he continues to inspire others with his unwavering spirit and achievements.



**Aspasia Drikos** is graduating from Carl Sandburg High School. Her educational journey began at Saint Spyridon's very own Archangels Academy. Throughout her high school career, Aspasia dedicated long hours and extensive effort towards Sandburg's Band Program, participating in four different ensembles per year, and playing three different instruments. During her senior year, she led the marching band as Drum Major, the highest form of student leadership possible. She ended her final year in the music program achieving membership in Sandburg's chapter of the Illinois Music Honor Society. However, music has not been the only area that Aspasia has excelled in. She achieved membership in Sandburg's National Honor Society (NHS) and National Spanish Honor Society (NSHS). Along with NSHS, she earned the Seal of Biliteracy for the Spanish language. Furthermore, Aspasia picked up powerlifting her junior year going on to take First in two consecutive Illinois High School Powerlifting Association State Championships. Outside of school, Aspasia is just as involved in her community. She earned the Sheriff's Award for completing over 100 hours of community service and extended her love of giving back to the church. Over the years, Aspasia has attended St. Spyridon's Plutarchos Greek School, participated in Floga Dance Troupe, sang in the choir, and competed in Junior Olympics. Her most recent achievement was becoming the GOYA president and she is honored to have been chosen for the position. Growing up in a church community rooted in the principles of kindness, compassion, service, and love, Aspasia has been inspired to take her education to the next level. She will be attending Southern Illinois University in Carbondale this fall and has chosen to major in International Studies and minor in Spanish with the hopes of pursuing a career in diplomacy.



**Angelica Glikis** is a member of the 2023 graduating class from Carl Sandburg High School. There, she participated in orchestra for all 4 years where she played the viola. At church, Angelica was in Junior Choir, Handmaidens, Goya, Greek School and Sunday School

throughout her grammar school career. Angelica is interested in massage therapy and plans to start the program offered at Moraine Valley Community College in the fall.



**Nina Papadopoulos** will be graduating from Amos Alonzo Stagg High School and was a member of the swim team and the drama club. She will be attending Southern Illinois University-Carbondale as a legacy student. Nina will be following in the footsteps of her mother, maternal grandparents and many other Karayiannis family members. She will be majoring in English and Creative Writing. Growing up at St. Spyridon, Nina attended Archangels Academy, Plutarchos Greek School, Sunday School, Floga Dance Troupe, handmaidens, myrofores, JR. GOYA and GOYA and Jr Olympics. She has volunteered many hours helping young students in Archangels Academy and Greek school. She loved helping the ladies of the Philoptochos at their Craft Show and volunteering at the annual summer festival. Nina is the daughter of George and Effie Papadopoulos.



**Ekaterini Polyzos** is graduating from Alan B. Shepard High School. She has been part of the national honors society, French national honors society and journalism honors society while in high school. She also has obtained over 100 hours of serving her community. In the fall she will be attending the University of Illinois Chicago. Ekaterini will be majoring in Psychology with a minor in Neuroscience on a Pre-Med track. She now will be working towards a career in the medical field as a surgeon.



**Christos Retsinas** is graduating from Amos Alonzo Stagg High School and preparing to study finance at the University of Illinois Urbana Champaign. Throughout high school, he actively participated in the International Club, Relay For Life Club, and was a member of the National Honor Society. He is also involved within the church, serving as an altar boy since kindergarten. In the International Club, Christos embraced diversity, organizing events, workshops, and celebrations to foster cross-cultural understanding. As a dedicated volunteer for the Relay For Life Club, he supported cancer research through fundraising events and raised awareness about early detection and prevention.

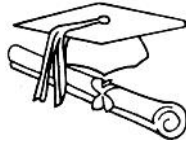
His academic excellence and commitment to personal growth earned him a place in the National Honor Society. Engaging in service projects and leadership development activities, Christos further cultivated his skills and sense of responsibility. With a passion for finance, Christos eagerly looks forward to his university journey. He aims to capitalize on the academic opportunities at the University of Illinois Urbana Champaign, channeling his strong work ethic and analytical mindset into making a positive impact on the global economy.



## GRADUATES 2023



Theodore Retsinas is graduating from Amos Alonzo Stagg High School and is continuing his education at the University of Iowa to pursue a degree in neuroscience on a pre-med track. During his time at Stagg he was a big part of Stagg's community. He served as the local HOSA chapter's president as well as the Illinois HOSA Officer Board. He also was the school's sports photographer and photographed many of the athletic events at Stagg. Theodore has also been an active member of St. Spyridon with his help in the altar since kindergarten and his participation in the Floga Greek Dance Troupe.

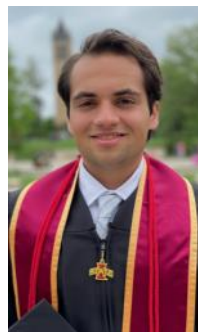


Victoria Zdenovec is graduating from Marist High School with high recognition of being on the Deans list for four years. All throughout high school, she was involved in Peer Leadership, National Honors Society, Student Ambassadors, and was involved in the grade school tutoring program. Outside of school, Victoria has been an active member of the St. Spyridon Community. She graduated from Archangels Academy and attended Koraes Elementary School until 6th grade. She was involved with Handmaidens, was a Myrofora, participated in the Jr. Olympics, and was a member of GOYA. In the fall, Victoria will be attending Indiana University, Bloomington. As a direct admit to the Kelley Business school she plans on pursuing a career in Finance. She would like to thank the St. Spyridon Community for their continued love and support throughout the years. Victoria is the daughter of Georgia Malamis.

## COLLEGE GRADUATES



**Matthew James** graduated Magna Cum Laude, with High Honors, from Indiana University's Kelley School of Business with a Bachelor of Science Degree in Business and a double major in both Finance and Accounting. During his time at IU, Matthew was selected by faculty members as a part of the top 10% of his class to join the Kelley Honors Program. He was a Direct Admit to the Business School and the Hutton Honors College based on his academic achievements and was only 1 of 72 students selected to the Ace Program where he participated in a challenging honors curriculum. Matthew was named an IU Founders Scholar all 4 years. He was selected by both his faculty and peers to be a member of the Investment Banking Workshop where he participated in a rigorous program of competition and training. In his free time, Matthew was a member of the Financial Services Club, was a peer tutor, mentored other students and volunteered for Habitat for Humanity. This summer, Matthew will be moving to New York City to begin his career as an Investment Banking Analyst in the Healthcare Group at Jefferies, LLC.. He would like to thank the St. Spyridon Community and his family for their love and support throughout the years. Matthew is the son of Curt and Efi James.



**Nicolas Kopanis** graduated from Iowa State University with a Bachelor of Science degree in Industrial Engineering. He was on the Dean's list each semester and graduated with the honors of Cum Laude. He also had an internship with Bastian Solutions, a Toyota Advanced Logistics Company, and has accepted a position as a Consulting Engineer in their headquarters located in Carmel, Indiana. Nicolas is grateful to his St. Spyridon parish family for all their love



and support and to our beloved Saint Spyridon for his continued presence in his life. Nicolas is the son of Frank and Zoe Kopanis.

**George Paraskevopoulos** attended Iowa State University and graduated with a BA in Finance with a minor in Accounting and Economics. During his years at Iowa State, he was a finance chair of Sigma Tau Gamma. He was a member of the Campus Service where he volunteered his time for campus clean up and beautification projects. In addition, George was a member of the Investment Group and OCF. He is looking forward to beginning his career in finance. George is the son of Paul and Calliope Paraskevopoulos and grandson of Christos Catsogiannis who have been members since the Roseland years.



**Gabriella Tsarouhis** graduated with Cum Laude Honors from Illinois Wesleyan's School of Nursing with a Bachelor of Science in Nursing. She held the position of Deans List for seven consecutive semesters. Gabriella was involved on campus as an active member of Sigma Theta Tau International Honors Society of Nurses, as co-president of the Shotokan Karate Club, and as a student success tutor. She was also involved in the Bloomington-Normal community as a member of the Central Illinois Shotokan Karate Association, where she developed her love for martial arts and Shotokan Karate. Gabriella will begin her nursing career in women's health. She has accepted a position at Christ Medical Center in Oak Lawn in the postpartum unit. She thanks her family, friends, and the St. Spyridon Community for all their support and encouragement throughout her college career. Gabriella is the daughter of Odysseus and Litsa Tsarouhis.



## CHERUBS

What a great year our Cherubs had! It was wonderful getting to know new friends! We wish all of our littles a great summer!



If you have any questions or would like to join Cherubs, starting again in the Fall, please send an email to [cherubs12307@gmail.com](mailto:cherubs12307@gmail.com). We accept children, together with their caretaker, from 40 days old to 3 years old.

## FAMILY NIGHT

On Family Night we met to learn about the Major Feast of the Holy Ascension. We also had a fun scavenger hunt, dinner and played a game with the kids.



## HANDMAIDENS

This past month our Handmaidens celebrated with a taco party and beach towel making for all their hard work during Holy Week where they served as Myrofores (Myrrh-bearers) but also for the work they put in throughout the year.

Our theme was Matthew 5:13 and we talked about the term "stay salty." We discussed how salt is a preservative, and thought about why would we be asked to be the salt of the earth. We are to salt the earth and our hearts so that we can preserve all that is good and sweet around and in us.

Thank you to all our beautiful moms for their donations that made this event enjoyable for the girls!





## DANCE TROUPE

The Floga dance troupe has had an exciting year. We re-ignited the group in October and between our younger group & the performing group we have around 50 participants. We had our performances in the winter which included the Sts. Constantine & Helen Apokriatiko glendi, the St. Spyridon Apokriatiko luncheon, the Messinian Apokriatiko glendi and finishing off with the Orland Library event.



We just had a great time performing at the St. Spyridon Mother's day luncheon and we thank the Philoptochos for all their support. Our next performances include the St. Demetrios Chicago festival in June and our own St. Spyridon festival performances in July.

We have started a Facebook page (Floga Hellenic dance troupe) where everyone can see what the groups are up to and we also have a Floga email ([floga@dancetroupe.org](mailto:floga@dancetroupe.org)) where we can be contacted with questions.

We are also in the process of fundraising for new island costumes. Any donations towards this effort would be greatly appreciated. We are all so very proud of our children and we are very excited to pass on our traditions and love of dance to them. Thank you to the parish for all their support and see you all at our next performances.

*Sophia Parhas Christofer*





# PHILOPTOCHOS

## Congratulations New Philoptochos Board:

Philoptochos elections took place on May 31 with Dana Vasilakos being elected President!

Congratulations to Dana and the new board! Thank you and best wishes to Philoptochos President, Georgia Xeros, 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.



## Christianiki Philoxenia

St. Spyridon Philoptochos proudly hosted 120 seniors from the south suburbs for Christianiki Philoxenia on Tuesday, June 6th. Seniors, along with clergy, from St. Spyridon - Palos Heights, Saints Constantine & Helen - Palos Hills, St. Nicholas - Oak Lawn, Assumption - Homer Glen and Holy Cross - Justice, all gathered for Divine Liturgy followed with a luncheon prepared by our very own Chef Dean Eliacostas. An afternoon of fellowship was enjoyed by all!

The fun continued with singing Happy Birthday for those celebrating June birthdays along with honoring those celebrating their feast day on Saints Constantine and Helen.

Many thanks to Michael Orrico of Orrico Kourelis Funeral Services for generously underwriting the entire luncheon. His generosity is heartfelt and appreciated!

And of course, the St. Spyridon Philoptochos ladies under the guidance of chairlady Toulia Georgiopoulos and newly elected President Dana Vasilakos, proudly showed their warm Philoxenia, love and smiles to one and all.

Much appreciation is extended to our sisters of Assumption - Homer Glen, who graciously assisted with serving. Sisters helping sisters, working together to serve others - this is the true spirit of Philoptochos!





# PHILOPTOCHOS

## Visit to the Greek American Rehabilitation Center:

Thursday, May 18th visit to Greek American rehabilitation center. St. Spyridon Philoptochos presented a generous donation to GARC.



## 2nd Annual Walk against Cancer

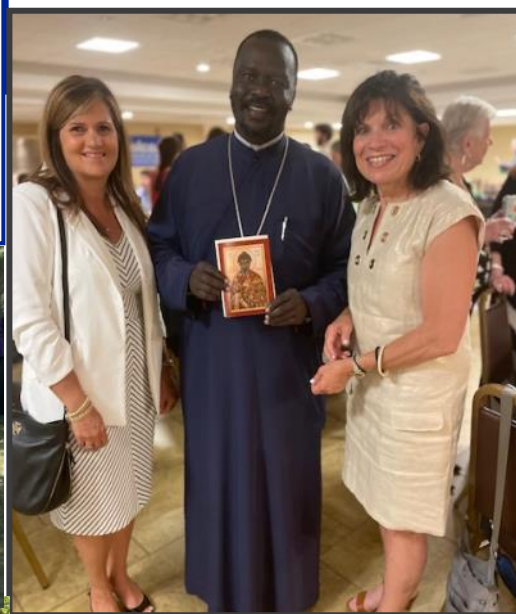
St. Spyridon Philoptochos hosted their 2<sup>nd</sup> Annual Cancer Walk for the south side parishes on Saturday, June 10th. The walk was in honor of those we've lost to cancer, for those that continue the fight and for those who are survivors. Over eighty participants showed their support for their loved ones, seventy were walkers. Participants represented Assumption, Homer Glen; SS Constantine & Helen, Palos Hills; St. Demetrios, Hammond and St. Spyridon, Palos Heights. The day's events began with a Paraklesis Service to St. Nectarios for those currently battling cancer. After the service participants boarded a bus to Lake Katherine where a Trisagion Service took place honoring the memories of those we've lost to cancer. Following the walk, everyone returned to St. Spyridon where a picnic lunch was enjoyed by all. The Walk Against Cancer committee members thank all who participated and donated as we "join in the fight, one step at a time".



## Orthodox Christian Mission Benefit Dinner

His Grace Bishop Neofitos of Eldoret & Northern Kenya - keynote speaker at OCMC Mission Team Benefit at Saints Peter & Paul, June 5th.

St. Spyridon Philoptochos gave a generous donation to continue spreading the word of Orthodoxy in Kenya.





# PARISH ANNOUNCEMENTS

## ST SPYRIDON HELLENIC ORTHODOX CHURCH



LET'S CELEBRATE OUR  
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AS WE RECOGNIZE OUR



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TEAMS & ATHLETES

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SUNDAY

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## St. Spyridon's Greek Festival Raffle Ticket

123rd & Ridgeland Ave. Palos Heights

July 8th & 9th, 2023

**1st Prize: \$7,500**

**2nd Prize: \$2,000**

**4th Prize: \$1,000**

**3rd Prize: \$1,000**

**5th Prize: \$1,000**

Saturday - 3:00pm-11:00pm and Sunday - 12:00pm-10:00pm

The raffle drawing will take place on July 9th at 10:00pm. Winner need not be present.

Raffle Donation: \$100

## 2023 Festival Baking Schedule

Wednesday, June 21st—Koulouria—9 am

Monday, June 26th—Diples—9 am

Wednesday, June 28th—Baklava—9 am

Monday, July 3rd—Honey-dipping of  
Melomakarona & Diples

Wednesday, July 5th & Thursday, July 6th —  
Assemble Combo Plates, Bag Koulouria & Paxi-  
madia

Friday, July 7th—Pricing & continue setup

\*On days with Divine Liturgy scheduled,  
preparations will follow.



## FOOD PANTRY

### Please remember our Food Pantry

The St. Spyridon Food Pantry passes out food to the needy  
every Thursday from 1:00-2:00 p.m.

We are always in need of the following items.

Cereal	Pancake Mix and Syrup	Oatmeal
Spaghetti Sauce	Spaghetti/Pasta	Box mash Potatoes
Brownie Mix	Mac & Cheese	Tuna cans
Can Soups	Mustard/Ketchup	Salad Dressing
Can Corn	Can Beans	Can Peas
Oil	Any other Nonperishable Foods.	

Monetary donations are always welcome.

Please place all nonperishable food donation in the **FOOD PANTRY DONATION BOX** located in the gym by the parking lot door.

## SAINT SPYRIDON HELLENIC ORTHODOX CHURCH

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FAKLIS AT 708.530.9064 OR BY E-MAIL  
AT RODOTHEA52@HOTMAIL.COM



# PARISH ANNOUNCEMENTS



## Attention St. Spyridon College Students!

St. Spyridon's Memorial Scholarship Committee is pleased to announce the 2023 Charles C. Condes Scholarship for undergraduate and graduate students!



### \$3,000 CHARLES C. CONDES SCHOLARSHIP

Applications must be submitted by  
July 14th, 2023

MORE INFORMATION:

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

## Scholarship 2023

The St. Spyridon Ladies Philoptochos society invites all High School Seniors, current College students, and Graduate students to apply for the St. Spyridon Philoptochos Scholarship.

*The 2023 scholarships, for the second year, are made available through the generosity of Mrs. Manasses and her family, in memory of her beloved husband, Mr. Peter Manasses.*

The following Scholarships will be offered in 2023:

- (1) \$2,000 scholarship to a graduating High School Senior
- (2) \$2,000 scholarships to currently enrolled undergraduate students
- (2) \$3,000 scholarships to currently enrolled graduate students.

Application and information are available on St. Spyridon's website:

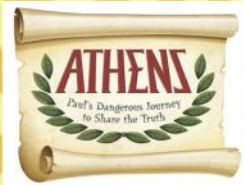
<https://saint-spyridon.net/philoptochos>

The deadline for the completed application and supporting documents are due by June 30, 2023.

Please email application materials to  
[englishteacher30@yahoo.com](mailto:englishteacher30@yahoo.com)



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to volunteer or for more information

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or email

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