



THE VOICE

MAY 2023 - VOLUME No. 379
SAINT SPYRIDON HELLENIC ORTHODOX CHURCH

12307 SOUTH RIDGELAND AVENUE, PALOS HEIGHTS, ILLINOIS 60463
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CHRIST IS RISEN—ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ



HAPPY MOTHER'S DAY

HOLY WEEK SERVICES



HOLY WEEK SERVICES



FATHER'S LETTER

It's After Pascha... Now What?

It's after Pascha. Our bodies are confused as we begin to reintroduce foods we haven't eaten for more than forty days, and we can easily lose the focus that we had during Great Lent. We get back into our worldly routine, and as a consequence, we can easily lose the joy of Pascha.

St. Seraphim of Sarov is asked about this topic – how do we maintain the joy of Pascha after it's over? In his writings, St. Seraphim shares how one is to acquire the Holy Spirit – the aim of the Christian life.

Perhaps this text will help us retain the Grace of Pascha until it is confirmed again with the Lord's Ascension and throughout the whole season of Pentecost. He writes concerning the Lenten disciplines:

"Prayer, fasting, vigil, and all other Christian practices, however good they may be in themselves, do not constitute the aim of our Christian life, although they serve as the indispensable means of reaching this end. The true aim of our Christian life consists in the acquisition of the HOLY SPIRIT OF GOD. As for fasts, vigils, prayer, and almsgiving, they are only the means for acquiring the Holy Spirit of God. But mark my words, only good deeds done for Christ's sake brings us the fruits of the Holy Spirit."

This last sentence – acquisition of the Holy Spirit through good deeds done for the sake of Christ – is the method revealed through St. Seraphim.

"If prayer and watching gives you more grace, watch and pray; if fasting gives you much of the Spirit of God, fast; if almsgiving gives you more, give alms. Weigh every virtue done for Christ's sake in this manner. Through this weighing of our virtues we will acquire the Holy Spirit."

Brothers and sisters, by evaluating our actions in this manner, we will avoid doing things with selfish intentions that lead to pride and human glory. The Fathers of the Church and Christ himself warn against this: "Take heed that you do not do your almsgiving, nor your praying, nor your fasting before

men; otherwise you will not have your reward from your Father in heaven." St. Maximos the Confessor states,

"God searches the intention of everything that we do, whether we do it for Him or for any other motive" and that "if we do good with any other motive than for Christ, then we undergo the labor and lose the reward."

Therefore, we must serve and do good for Christ's sake, measuring our intentions and motivations, continuing to do more of that which brings the Holy Spirit. One should never act out of selfishness or for personal gain.

We can think about this within the context of our family life, our children, relatives, work, and our church. Whatever we do, we should never act out of selfishness or for personal gain. On the contrary, we should always think

"what is best for me to do or say so that family/work/church may be filled with the Holy Spirit?" In family life we can ask, *"what can I do or say in the moment to make the best out of it?"* With this kind of outlook, we can squash negativity, pride and any evil thoughts that may be seeping into our hearts and lives.

Therefore, make the most out of our short lives! Do all for Christ's sake in order to acquire the Holy Spirit, without which we will not know God in this life or in eternity.

But is this practical? How can we make this our aim? In the midst of our worries, all of this talk of good deeds and the Holy Spirit may sound fantastic, but can one truly experience it?

Let us allow the example of the Saints and the Church to fill us. With faith and simple prayer, we have made a beginning! St. Seraphim states, *"every good deed done for Christ's sake gives us the grace of the Holy Spirit, but prayer gives it to us most of all.... Prayer is always possible for everyone, rich and poor, noble and humble, strong and weak, healthy and sick, righteous and sinful."*

This should bring us great joy and help us retain it throughout this period leading us to Holy Pentecost and beyond! Whatever we are going through—whatever our current situation, let us pray so that the Holy Spirit may also bear witness quietly in our own souls. In this way, we can know calmness and the peace of our Lord that no words can express. May we find this comfort in the words of Saint Silouan the Athonite – *"O my brethren, on my knees I beg you to believe in God, believe that there is a Holy Spirit Who bears witness to Him in every church, and in my soul."* May we be aware and awake of our motives, and may the motive to bring Christ to every heart and soul be our motive for everything we do in this short life that we have so that our families, homes and our Church bear witness to Him all year..

Father George Lamberis



PRESIDENT'S LETTER

Χριστός Ανέστη! Christ is Risen!

Dear St. Spyridon Parish Family,

May all of us and our families be staying healthy and doing well. The Lenten Sarakosti through Holy Week and culminating in the Great and Holy Anastasi brought many blessings with Father George guiding us and inspiring us, through the intercessions of our beloved Patron Saint Spyridon, to experience and participate in the beautiful holy services and sacraments. We are grateful to Alexia Chibucos, our Protopsalti (First Chanter), and all of the chanters that added to the beauty of the holy services. We are appreciative to Z Chibucos (Zachary) for his efforts to support Father George and help guide the Altar Boys. Thank you to Vicky

Argyropoulos for coordinating the Myrofores, who were such a meaningful and beautiful part to the holy services. Thank you to Nick Argyropoulos, Gus Kolyvas and all of the parish council for their efforts and leadership, church office and maintenance staff, and all of the lay volunteers for supporting Father's efforts by helping to maintain a warm and welcoming church order. We were honored to receive His Grace, Bishop Timothy of Hexamilion, from our Chicago Metropolis, as he ministered the Service of the Nymphios on Holy Tuesday night. May His Grace visit our parish soon again!

As the Lenten season has come to a close, our beloved Saint Spyridon's invitation remains open, welcoming all of us to continue attending the church holy services.

The parish council approved in the April parish council meeting: the Gymnasium and Stage Areas Audio Visual Upgrade Project (John Farsatis), Festival Food Menu Pricing and Festival Loukoumades Machine purchase (Dean Eliacostas), and Festival Point of Sale Equipment Upgrade (Caryn Chibucos). The Exterior Front Lighting Renovation Project was finished in time to provide exceptional lighting during Holy Week. This project was completed by the Grace of God, through the parish and community joining together. Thank you to John Farsatis, parish council member, Pete Kavvadas, lay parishioner volunteer, and Chris Davlopoulos of Apollo K Electric and member of the community.

Please let us renew our commitment as the 2023 Stewardship drive to support the church and its ministries remains underway. Stewardship applications are available in the church office and can be sent on request.

Golfers, volunteers, sponsors, basket and prize donors are needed for the St. Spyridon 26th Annual Golf Outing. The outing is scheduled to take place on Thursday, June 8th at the Odyssey Country Club in Tinley Park. We hope to see everyone for dinner and cocktails at 4:30PM if you are unable to golf.

The St. Spyridon Festival needs 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, Setup, and Takedown.

Thank you, Father George, parish council members, all of the church organizations and committees, the parishioners, volunteers and donors for helping 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



DIVINE LITURGY SCHEDULE

Friday, May 5th	St. Irene—1st Hour & Divine Liturgy—8:00 a.m.—9:30 a.m.
Saturday, May 6th	Great Vespers—5:00 p.m.
Sunday, May 7th	Orthros & Divine Liturgy—8:15 a.m.
Monday, May 10th	Mid-Pentecost, 1st Hour & Divine Liturgy—8:00 a.m.—9:30 a.m.
Sunday, May 14th	Orthros & Divine Liturgy—8:15 a.m.
Saturday, May 20th	Great Vespers at Ss. Constantine & Helen, Palos Hills, IL—7:00 p.m.—9:30 p.m.
Sunday, May 21st	Orthros & Divine Liturgy—8:15 a.m.
Tuesday, May 23rd	The Apodosis of Pascha—Orthros & Liturgy—6:00 p.m. at Holy Cross, Justice
Thursday, May 25th	The Holy Ascension of our Lord —Orthros & Liturgy—8:00 a.m.—10:15 a.m.
Sunday, May 28th	Orthros & Divine Liturgy—8:15 a.m.
Monday, May 29	Memorials at Evergreen Cemetery—7:30 a.m.—11:00 a.m. Memorials at Bethania Cemetery—11:30 a.m.—1:30 p.m.

ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ

Παρασκευή 5 Μαΐου	Αγ. Ειρήνης Μεγαλομάρτυρος—1η Ώρα & Θεία Λειτουργία 8:00 π.μ.—9:30 π.μ.
Σάββατο 6 Μαΐου	Εσπερινός—5:00 μ.μ.
Κυριακή 7 Μαΐου	Όρθρος & Θεία Λειτουργία—8:15 π.μ.
Δευτέρα 8 Μαΐου	Μεσοπεντηκοστή—1η Ώρα & Θεία Λειτουργία—8:00 π.μ.—9:30 π.μ.
Κυριακή 14 Μαΐου	Όρθρος & Θεία Λειτουργία—8:15 π.μ.
Σάββατο 20 Μαΐου	Μέγας Εσπερινός στον Ι.Ν. Αγ. Κωνσταντίνου & Ελένης, Palos Hills, IL—7:00 μ.μ.—9:30 μ.μ.
Κυριακή 21 Μαΐου	Όρθρος & Θεία Λειτουργία—8:15 π.μ.
Τρίτη 23 Μαΐου	Η Απόδοσις του Πάσχα—Όρθρος & Λειτουργία—6μ.μ. Στον Ι.Ν Τιμίου Σταυρού, Justice, IL)
Πέμπτη 25 Μαΐου	Η Ανάληψη του Κυρίου —Όρθρος & Λειτουργία—8:00 π.μ.—10:15 π.μ.
Κυριακή 28 Μαΐου	Όρθρος & Θεία Λειτουργία—8:15 π.μ.
Δευτέρα 29 Μαΐου	Μνημόσυνο στο Evergreen—7:30 π.μ.—11:00 π.μ. Μνημόσυνο στο Bethania—11:30 π.μ.—1:30 μ.μ.



PARISH REGISTRY

40 Day Blessings

Congratulations to George and Cindy who brought their daughter Mila for her 40 Day Blessing.
Congratulations to Dan and Nikki Young who brought their daughter Fiona Maria for her 40 Day Blessing.
We also congratulate Charile and Eleni Sweis who brought their son Luca Sabba for his 40 Day Blessing.

Memorials

April 2nd, 2023: +6 mo Haralambos Pappas, +1 yr Mihail Tzanetakos
April 30th, 2023: +6 mo Alexandros Georgiou, +6 mo Arhon Letsou, +4yrs Vasiliki Gofis,
+8 yrs Sophia Giannos, +2 yrs Angeliki Treantafeles, +3 yrs John Treantafeles

May their memory be eternal!

May 2023—Community Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. * Greek School—4:30 p.m.—6:30 p.m. * Greek Dance—6:30 p.m.—7:00 p.m. 	<p>2</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. 	<p>3</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. 	<p>4</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. * Food Distribution—1:00 pm—2:00 pm 	<p>5</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. * Greek School—4:30 p.m.—6:30 p.m. * Greek Dance—6:30 p.m.—7:00 p.m. 	<p>6</p> <ul style="list-style-type: none"> * Altar Boy Meeting—10:30 a.m. * Handmaidens—10:30 a.m. * Family Night Odyssey Fun World—2:00 p.m. * Byzantine Chant Class—3:45 p.m. * Vespers—5:00 p.m.—6:00 p.m. 	
<p>7</p> <ul style="list-style-type: none"> * Sunday School—10:30 am—11:30 am * †100 Memorial for the Greek Orthodox victims of the Genocide in Pontos 	<p>8</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 am * Greek School—4:30 p.m.—6:30 p.m. * Greek Dance—6:30 p.m.—7:00 p.m. 	<p>9</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 am * Parish Council Meeting—7:00 p.m.—9:00 p.m. 	<p>10</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 am * Cherubs—10:30 a.m.—12:00 p.m. *GOYA —7:00 p.m.—8:30 p.m. 	<p>11</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 am * Food Distribution—1:00 p.m.—2:00 p.m. 	<p>12</p> <ul style="list-style-type: none"> *Archangels Academy—9:00 am * Greek School—4:30 pm -6:30 pm *Greek Dance—6:30 pm—7:00 pm 	<p>13</p> <ul style="list-style-type: none"> * Byzantine Chant Class—3:45 p.m. * Vespers—5:00 p.m.—6:00 p.m.
<p>14</p> <ul style="list-style-type: none"> * Sunday School—10:30 am—11:30 am * Mother's Day Luncheon—12:00 p.m. 	<p>15</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 am * Greek School—4:30 p.m.—6:30 p.m. * Greek Dance—6:30 p.m.—7:00 p.m. 	<p>16</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. 	<p>17</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 am * Cherubs—10:30 a.m.—12:00 p.m. 	<p>18</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. * Food Distribution—1:00 p.m.—2:00 p.m. 	<p>19</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. * Greek School—4:30 pm -6:30 pm * Greek Dance —6:30 pm—7:00 pm 	<p>20</p> <ul style="list-style-type: none"> * Byzantine Chant Class—3:45 p.m. * Vespers at Ss. Constantine & Helen, Palos Hills, IL—7:00 p.m.—9:30 p.m.
<p>21</p> <ul style="list-style-type: none"> * Graduation Sunday—11:30 a.m. 	<p>22</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 a.m. * Greek School—4:30 p.m.—6:30 p.m. * Greek Dance—6:30 p.m.—7:00 p.m. 	<p>23</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 am 	<p>24</p> <ul style="list-style-type: none"> * Archangels Academy Last Day—9:00 am 	<p>25</p> <ul style="list-style-type: none"> * Food Distribution—1:00 p.m.—2:00 p.m. * Archangels Academy Graduation Program 	<p>26</p> <ul style="list-style-type: none"> * Archangels Academy—9:00 am * Greek School Graduation —4:30 pm-6:30 pm 	<p>27</p> <ul style="list-style-type: none"> * JR Olympics at SS Constantine & Helen, Palos Hills
<p>28</p> <ul style="list-style-type: none"> * JR Olympics at SS Constantine & Helen, Palos Hills 	<p>29 MEMORIAL DAY</p> <p>Office will be closed</p>	<p>30</p>	<p>31</p>			

STEWARDSHIP



Christian stewardship means that I own nothing. Everything I have belongs to God. He has loaned it to me. I am committed to use it responsibly, and one day, I will have to answer to Him for my use or misuse of His gifts.

I am the manager of God's gifts: my time, my talents, my possessions, my body, my soul – everything belongs to God. Saint Paul asks us, "What have you that you have not received?" Money, for example, becomes a sacrament when it is offered to God. It becomes a visible expression of our commitment, faith, and love for Jesus. Once given to God, our gifts are consecrated by the Holy Spirit, who then translates them into works of mercy that bring glory to God.

Father Anthony M. Coniaris (1926-2020)

STEWARDS APRIL 1ST—APRIL 30TH

As of April 30th, Stewardship gifts have been received for 2023 from 215 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. & Mrs. Christos Arvanitis
- Mrs. Aspasia Berdusis
- Mrs. Anna Charalambos
- Ms. Bessie Demopoulos
- Mr. & Mrs. Dean Eliacostas
- Ms. Toula Gagas Smith
- Dr. Georgia J. Georgiou
- Mr. & Mrs. Dim. Karamagianis
- Mr. James Karuntzos
- Dr. Georgia Karuntzos
- Ms. Margarita Kremmidas
- Mr. & Mrs. Kosta Labrakis
- Manolis/Lemer family
- Mr. Eustratios Marinos
- Mr. Philip Papamakarios
- Mr. & Mrs. Sam Papanastasatos
- Mr. & Mrs. Michael Perovanovic
- Mr. & Mrs. George Theoharis
- Ms. Carrie Vournazos



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



HANDMAIDENS

Χριστός Ανέστη! We had a beautiful and blessed Holy Week with all our myrofores who participated in services! We pray that our young ladies enjoyed themselves and had some spiritual growth through the time spent in church.

I feel so honored to have so many young ladies wanting to participate and serve their church of Saint Spyridon. They all did great! I really want to draw attention to our older girls as well. I admire their dedication to the ministry and services. Many of them had their Holy Week service books in hand ready to go. It is a beautiful thing to see them working with younger generations of girls and helping them through the week.

A special thank you to Anastasia and Maria Chibucos for assisting me in this ministry. Your presence is encouraging for our youth and knowledge sets the stage. It truly is a blessing having you both ready to do what it takes to honor these services and guide our younger girls through each step of the way. With the guidance provided by Fr. George, our own young adults, parents, various leaders of our church and our community as a whole we can do great things together

Our next meeting is on May 6th and our final meeting will be on June 3rd.

I hope to see you all there!



PLUTARCHOS ACADEMY



Χριστός Ανέστη!

It is truly hard to believe that this school year is coming to an end in a few weeks! Graduation program is scheduled for Friday, May 26th at 4:30 p.m.

We are happy to announce that our school was chosen again to participate in the Greektown 2023 public art project. Tentative title of the project is "The Dance of Psyche". Students will paint a model that consists of a tall base with a butterfly perched on top. Psyche (Greek word for soul) is the name that Aristotle gave to the butterfly. Such an amazing opportunity to learn Mythology and create Art at the same time!

This year's Summer Camp Kalokairaki will be offered to K-8th grade students on **June 12th –16th** from 9 a.m. to 2 p.m.. The cost is \$150 for the week and space is limited. Call the Church office for more information.

We would like to remind our families that the Ellinopoula accounts will be active until the end of the summer. Please, have your kids practice to keep up with their Greek language skills. Please remember that 2023-24 registration is required for accounts to stay active after the end of the summer.

2023-24 Registration

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. Early bird tuition rate is available until May 26th.



2023 Greektown public Art Project



Sofia & Elena Tzanetakos posing with last year's Art Project still in display in Greektown for one more month

ORATORICAL FESTIVAL

Congratulations to Andreas Petropoul and Epaminondas Stamus, who both represented our parish at the 39th annual Metropolis of Chicago Oratorical and Fine Arts Festival which was held at Ascension of our Lord in Lincolnshire on April 29th.

Andreas participated in the Junior Division speech and Epaminonda's poem "The Icons on the Wall " received 2nd place. We are so proud of both young men for sharing their voices, spiritual insights, and perspectives in this year's Oratorical Festival.



ARCHANGELS

Χριστός Ανέστη!

Can't believe it's already May and our school year is quickly coming to an end.

April was a very busy month learning about the human body. Teaching the children to love and take care of their bodies at a young age helps them grow into adults who want to keep their body healthy, strong and safe.

On Thursday, May 25th, Archangels Academy Preschool will be holding our 18th Annual End of the Year/Graduation Celebration. The event is open to all who would like to support St. Spyridon's Archangels Academy Preschool. Our parents have been busy organizing and preparing for this beautiful event.



Saint Spyridon continues to bless our community with a bi-lingual preschool. Our preschool is for 3 & 4 year olds and runs Monday - Friday and we are offering Full Day and Half Day options. Applications for the 2023-2024 school year are now available in the office and online. Applications are accepted in a first come first serve basis.

Summer Camp registration is now in full swing!!

Come have some fun with us! Children ages 3-6 are welcome! Great way to kick off summer!!

We are offering 3 WEEKS this year & FULL DAY. Hours offered are 9:00 AM - 2:00 PM.

Week 1: May 30 - June 2, Week 2: June 5 - 9, Week 3: June 12 - 16

Sign up for all 3 weeks and receive a \$50 discount! SPACE IS LIMITED.

To reserve your spot call the church office at 708-385-2311.



CHERUBS

Xristos Anesti! Christ Is Risen!

The Cherubs had a wonderful time leading up to Easter making palms for Palm Sunday, coloring Easter sheets and having a fun egg hunt!

Join us! We welcome children from 40 days old to 3 years old together with their caretaker. Email cherubs12307@gmail.com



GOYA NEWS

GOYA visited Target to buy toys for the Treasure Chest Foundation. This foundation provides toys for children who are in hospitals all over the country. Thanks to our GOYAnS and families for contributing to this awesome organization! We also went out to Dinner with the Handmaidens after we delivered the toys on April 26!



FOOD PANTRY

On Saturday April 5, 2023 our St. Spyridon Community distributed food baskets to 40 needy families of our local community and our church community. Your generous donations enabled us to purchase food for the food baskets. Each basket consisted of the following items:

Ham Shank, 5Lbs of frozen vegetables, butter, canned corn, canned beans, canned peas, brownie Mix, Cake Mix & Frosting, Mac & Cheese, Oil, Pancake Mix and Syrup, Frozen Pie, Chicken stock, Rice, 10 pound bag of potatoes, onions celery, carrots, lots of fresh fruit (apples, pears oranges, bananas), a block of cheddar cheese, Corn muffin Mix, a dozen eggs . Each basket was valued at about \$65.00.

Also \$1300 of gift cards from our local grocery stores were purchased to distribute to our parishes needy families.

We would like to say thank you to those that made monetary donations and those that donated items. Our parish would not be able to do this event without your generosity. And to the volunteers that stepped up and helped to put the basket together and distribute them. Our parish is grateful for making this day possible.



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.

PHILOPTOCHOS



Dear Friends of Philoptochos

Χριστός Ανέστη!!!! Christ is Risen!!!

May the celebration of Holy Pascha and our Lord's Resurrection fill our hearts with faith, love and hope.

As usual our ladies were working hard in April in preparation for Pascha. Many thanks to Toula Georgiopoulos and her committee for baking, packaging and delivering the Easter "Philo" plates for Pascha greetings to our homebound community members. The beautiful plates included home baked koulourakia, kourambethes, and tsourekia. Thank you to all the ladies who volunteered to bake and those who personally delivered them.

Thank you to all the parishioners who supported the Palm Sunday bake sale. It was a great success and the delicious homemade tsourekia blessed our Pascha tables. These ladies also dyed the eggs for church and prepared meals for the many evenings during lent. Again, we are grateful to all the ladies who volunteered so many hours to bake the tsourekia and koulouria. Special thanks to Dina Katsoulis, Sofia Kopanitsanos and Olga Paxinos for coordinating all the cooking and baking.

We will honor our mothers at the annual Mother's Day Luncheon on May 14th with Chef Dean preparing a delicious luncheon. Please see the flyer for detailed information. Once again, we ask you to make a reservation so we can accommodate everyone. Let us all gather as a community to celebrate the blessings of our mothers, grandmothers, godmothers, & aunts who are the backbone of our family and our church community.

Please mark June 10th on your calendars for our 2nd annual walk to raise Cancer awareness. On the morning of June 10th, we will meet at church for a memorial to remember those who have passed from cancer. We will then proceed to Lake Katherine to walk as a group in support for those fighting cancer and then we will return to church where we will have a barbeque to celebrate the cancer survivors. We will be finalizing our information and sending out the flyer in the upcoming weeks. This year we plan on ordering t-shirts for all participants, so please register as soon as you can. Last year with donations and a contribution from Philoptochos we donated \$5,000 to the Cancer Foundation. This year we have determined that all proceeds will be donated towards for Breast Cancer research and education. This year cancer hit Philoptochos at home, as several of our women were diagnosed with early stages of breast cancer. Please mark the calendar for this date and join us as we show our love and support for our women.

PHILOPTOCHOS

A reminder, Philoptochos is offering our annual scholarships to students in our parish. Once again due to the generous donation from the Manasses family, in memory of Peter Manasses, Philoptochos will be offering 5 scholarships. The following scholarships are being offered (1) \$2,000 scholarship to a high school senior who will be attending college; (2) \$2,000 scholarship to undergraduate students; (2) \$3,000 scholarships to graduate students. We invite all high school seniors, current college and graduate students to apply. The applications are on the church website.



This will be my final article, as the tenure of our current Philoptochos Board, and my role as President comes to an end in June. The Board and I want to thank Father George who has shared his faith, wisdom & humor, supported all our endeavors, generously given his love and reminded us of what is truly important. Also, we thank you, all the parishioners for your support of Philoptochos; we are only as strong as those who support us. With your help together in faith and fellowship we have made a difference to those in need, whether it is with food, supplies for classroom, support for children with cancer, physical disasters, homelessness or visiting the home bound. Finally, a personal thank you to my board and to all the ladies of Philoptochos; I have been blessed to work with women who are humble, generous with their time and love and whose main concern is to help others, especially those in our community. Philoptochos has enriched my life and faith.

With Sisterly Agape,
Georgia Xeros



Celebrate Mom!

SAINT SPYRIDON PHILOPTOCHOS
INVITES YOU TO JOIN US FOR THE ANNUAL
MOTHER'S DAY LUNCHEON

Sunday, May 14, 2023

FILET MIGNON LUNCH WITH
ASPARAGUS, POTATOES, SALAD & DESSERT
\$40 ADULTS · \$15 CHILDREN
(CHILDREN'S MEAL)

RESERVATIONS FOR THIS EVENT ARE ENCOURAGED
PLEASE VISIT THE RESERVATION TABLE EACH SUNDAY AFTER CHURCH
CALL THE CHURCH OFFICE, 708.385.2311 OR
EMAIL MARIA MEINTANIS- MARIAMEITANIS6@GMAIL.COM

Saint John was born in a village in Little Russia, around 1690. During the Russian-Turkish war (1711 – 1718) he was a soldier in the imperial army of Peter the Great of Russia. At that time the then Turkish military forces were advancing from victory to victory, spreading fear to all nations. As a soldier, Saint John fought to defend his country, but having being nurtured by the springs of Orthodoxy through his Christian parents, he was appalled by the horror of war, the thousands of young men, women and children, and the elderly, left dead by the passing of the tempest of hostilities and the bellicosity of the enemy.

During the battles for the recapture of Azof on the northern coast of the Black Sea, Saint John, together with many thousands of his compatriots, was taken prisoner. He was first sent to Constantinople (Istanbul), and from there to Prokopi near Caesarea of Cappadocia in Asia Minor, where he was delivered to an Aga who maintained a camp of janissaries there. He was tortured to deny Christ. At Prokopi he was subjected to the scorn and hatred of the Turks for being an unbeliever of Islam, for which he was tortured. He was beaten with sticks, kicked and spat on, and a red hot metal bowl was put on his head, burning his hair and scalp. He was then thrown into the mire of a stable and made to live with the animals.

His Response to the Tortures

Saint John endured all his tortures with perseverance and remarkable bravery. His indomitable Christian character, his wonderful inner world, which since his childhood had been devoted to Christ, shone like the sun. To the beatings, insults and kicks of the Turks he responded with the words of Saint Paul: “Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?” (Rom. 8:35). We can imagine him saying: “I have confidence, faith and love in my Lord

Jesus Christ, the only begotten son of the Father, and none of these sufferings will separate me from His love. As a prisoner I will obey your orders, and carry out my duties as a slave, but with regard to my faith in Christ the Saviour, you are not my masters – we ought to obey God rather than men’ (Acts 5:29). I remember the crown of thorns, the spittings, the buffeting on the face, and that death on the cross, and I am ready to suffer greater and more terrible torments and even that death rather than deny my Christ.”

Thus Saint John accepted the hardships of his life – the tortures, living with the animals in the stable, which, he said, reminded him of the stable in Bethlehem, his spiritual self-discipline: fasts, vigils and prayer- and this acceptance and his way of life so impressed his tormentors that they ceased their brutality, and instead they gave him the epithet of “veli”, which means saint.

One day, at a banquet of the Aga’s officers at Prokopi, Saint John miraculously sent with an angel of the Lord a copper plate of food to the Aga in Mecca where he had gone on a pilgrimage to the tomb of Mohammed. The food was hot when the plate appeared before the Aga, and he ate it. On the Aga’s return to Prokopi three months later, at a similar banquet held in honour of his safe return, the Aga showed the officers the very same plate engraved with his family emblem. This miracle, accomplished by the grace of God, completely quenched the hatred of Saint John’s Turkish masters: their brutality was overcome by spiritual radiance.

The End of his Life

Throughout his harsh and difficult life Saint John had the support and consolation of prayer, vigils, prostrations, and of the Holy Mysteries which he partook of unbeknownst to the Turks. Receiving Holy Communion every Saturday was his greatest refreshment and sustenance. On the last day of his life, the 27th of May 1730, he sent for the priest who brought him Holy Communion concealed in a hollowed-out apple which he received for the last time there in the stable. His temporary captivity and sufferings had come to an end: as soon as he had partaken of the Holy Gifts, the wondrous Saint John passed on to the life of eternal exultation and blessedness.

His Burial

The priests and Christian notables from Prokopi were given permission by the Turks to take his body for burial. Surrounded by censers and candles, they carried it on their shoulders, accompanied by Turks and Armenians as well as Christians, to a grave in the Christian cemetery. There, with deep devotion, their eyes streaming with tears as if he were their lord and master the body of the former slave and servant was consigned to the mother earth

A Vision

One night in November of 1733, the old priest who every Saturday had listened to Saint John tell of his sufferings and tortures and who had given him Holy Communion, saw him in a dream. Saint John told the priest that, with God’s grace, his body had remained entire and uncorrupted as it had been when laid in the grave three and a half years before, and that it should be exhumed so that it would remain with them as a blessing of God for evermore. The priest hesitated and then, by the grace of God, a heavenly light, like a pillar of fire, was seen illuminating the Saint’s grave.

The Christians opened up the grave, and what great wonder the body of the Saint was found entire, uncorrupted and redolent with a divine fragrance that it still has today. With spiritual gladness and devotion they took this divine gift of the holy relic in their arms and transferred it to the church where Saint John himself had spent so many nights in prayerful vigil. On that day, over two hundred and fifty years ago, his holy body entered the liturgical life of the Church of Christ.

The Holy Body is burned by Osman Pasha

In one of the domestic conflicts and quarrels between the Sultan of Turkey and Ibrahim of Egypt, the Sultan’s delegate, Osman Pasha, set fire to the holy relic of Saint John’s body as an act of revenge against the Christians. Amid the flames the Turks saw the body begin to move and, terrified, they abandoned their unholy act and fled. The next day the Christians dug amongst the charcoal and ashes and found the body still entire and although blackened by the smoke and fire it was pliant and fragrant.

His relics were brought from the village of Prokopion to Euboea by refugees from Ürgüp in Cappadocia, after the Asia Minor Disaster of 1922-24. For several decades the relics were in the church of Ss. Constantine and Helen at New Prokopion, Euboea, and in 1951 they were transferred to a new church dedicated to St John the Russian. Thousands of pilgrims flock here from all the corners of Greece, particularly on his feast day (May 27).



PARISH ANNOUNCEMENTS



Calling All
CLASS OF 2023 GRADUATES

2023 High School and College Graduates

Please send to the office via e-mail a photo (head shot) along with your full name, school that you are graduating from, and a brief summary of your accomplishments and future aspirations. In addition, if you are 2023 Middle School graduate, please submit your name to the office. Graduate Sunday will take place on Sunday, May 21st. On this day, we will also honor our Sunday School teachers.

SAINT SPYRIDON
FAMILY NIGHT

Saturday, May 6th
2pm - 4pm

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For any questions, contact Presbytera Diana

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GREEK DANCE TROOP PERFORMANCES · FREE PARKING & SHUTTLE

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SATURDAY, JULY 8
3PM - 11PM

SUNDAY, JULY 9
NOON - 10PM

SAINT SPYRIDON HELLENIC
ORTHODOX CHURCH

JUNIOR OLYMPICS MAY 27, 28
2023

REGISTER BY MAY 1ST
MUST BE PARISH STEWARD TO PARTICIPATE

REGISTRATION FORMS IN THE OFFICE

****MUST ALSO REGISTER ON METROPOLIS WEBSITE**
<https://chicago.goarch.org/junior-olympics>

The registration fee and t-shirts will be donated this year for the athletes and coaches participating in the Junior Olympics in memory of Alex C. Georgiou.

Questions? Contact Nick Tsinoukas at
ntsinoukas@gmail.com or Demetri Marines at
jaimiemarines@aol.com

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PARISH ANNOUNCEMENTS

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& more

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WEEK 1: MAY 30 - JUNE 2
WEEK 2: JUNE 5 - 9
WEEK 3: JUNE 12-16
**sign up for all 3 weeks &
receive a \$50 discount

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Saint Spyridon Greek Orthodox Church
12307 S. Ridgeland Ave. *Palos Heights

PLEASE CALL THE CHURCH OFFICE TO RESERVE A SPOT BY MAY 19TH 708-385-2311
or message Sofea Malamis at director@archangelsacademy.org
Payment is due on or before May 19th *FEE IS NON-REFUNDABLE
Children must be between the ages of 3 & 6 * SPACE IS LIMITED
** Please provide your own lunch & water bottle

Childs Name: _____ Age: _____

Address: _____

Parent Phone #: _____

Week 1: _____ \$150 Week 2: _____ \$150 Week 3: _____ \$150

3 Weeks: _____ \$400 Total Due: _____ Date Paid: _____

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Contact Us

708-385-2311

or email

director@archangelsacademy.org

Saint Spyridon Greek Orthodox Church
12307 S. Ridgeland Ave., Palos Heights, IL



VACATION CHURCH SCHOOL



JUNE 19 - 23
9AM - 12 PM

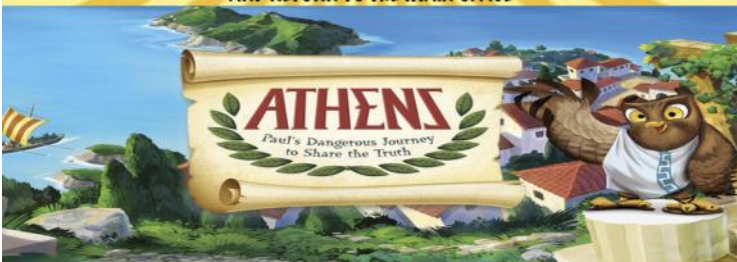
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Bible stories, Music, Crafts, Snacks, T-Shirt & more!

REGISTER BY JUNE 2

Registration Fee: \$75/child

PLEASE COMPLETE THE REGISTRATION FORM
AND RETURN TO THE MAIN OFFICE



Saint Spyridon Hellenic Orthodox Church
Contact Presvytera Diana at dlamberis@gmail.com
to volunteer or for more information

PLUTARCHOS ACADEMY OF SAINT SPYRIDON CHURCH

CAMP ΚΑΛΟΚΑΙΡΑΚΙ 2023 ΚΑΛΟΚΑΙΡΙ ΣΤΗΝ ΕΛΛΑΔΑ

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REGISTRATION DEADLINE JUNE 5TH

Camp Days: June 12 - 16
Hours: 9:00 AM - 2:00 PM
Fee: \$150
Ages: Kindergarten - 8th Grade

CONTACT INFORMATION:

Please call the church office to reserve your spot
708-385-2311 or
email: office@saint-spyridon.net

**Please provide your own lunch & water bottle

LOCATION:

St. Spyridon Hellenic Orthodox Church
12307 S. Ridgeland Avenue
Palos Heights, IL

** Volunteers are welcome - community service hours
will be given

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



SAINT SPYRIDON HELLENIC ORTHODOX CHURCH

JOIN OUR CHOIR!



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26th Annual GOLF OUTING THURSDAY, JUNE 8TH, 2023



Deadline for Registration: Friday, June 2nd

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

Awards & Raffle to Follow Dinner

**\$150 to Golf and
\$150 to be a
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You Out for
Dinner!



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Mike Hamiotakis, Gus Kolyvas, Frank & Zoe Kopanis,
Nick Kourmetas, Nick Mazarakos, Bill Perakis, Jim Petrakos,
Jim Tourlioukis, Nick Tsimoukas, Spiros Tzanetakos

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



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