



# THE VOICE

**MARCH 2023 - VOLUME No. 377**  
**SAINT SPYRIDON HELLENIC ORTHODOX CHURCH**

12307 SOUTH RIDGELAND AVENUE, PALOS HEIGHTS, ILLINOIS 60463  
 FIND US ON FACEBOOK, INSTAGRAM & YOUTUBE



O Lord and Master of my life!  
 Take from me a spirit of sloth,  
 despair, lust of power, and idle talk.

@goarchDRE

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

Yes, Lord and King!  
 Grant me to see my own  
 errors and not to judge  
 my brother, for You are  
 blessed unto ages of ages.

*Amen.*



LENTEN PRAYER OF  
 ST. EPHRAIM THE SYRIAN



South Side Vicariate Presents  
Great Compline Services for Great  
 and Holy Lent

All Services Begin At  
 6 PM

Tuesday, March 7th  
 Holy Cross Justice  
 Fr. Sotirios Dimitriou

Tuesday, March 14th  
 St. Nicholas Oak Lawn  
 Fr. George Lamberis

Tuesday, March 21st  
 Ss Constantine and  
 Helen Palos Hills  
 Fr. John Kalomas

Tuesday, March 28th  
 St. Spyridon Palos  
 Heights  
 Fr. Chris Avromopoulos

Tuesday, April 4th  
 Assumption Homer Glenn  
 Fr. Nicholas Greanias



## PRESIDENT'S LETTER

Dear St. Spyridon Parish Family,

It is with hope and prayer that this message finds all of our families staying healthy and doing well. Thank you to our Father George as the Lenten Sarakosti is here and preparations for the holy services are underway. Thank you to the parish council members, parish employees and volunteers for assisting with this beautiful time of the year.

May we accept our beloved Saint Spyridon's invitation welcoming all of us including the parishioners, families and community to attend and experience the Lenten journey together.

Thank you to Father George for working with Father Tilemahos to coordinate the Saint Haralambos bus trip in February for the Saint Haralambos Great Vespers. It was warm-hearted and uplifting to be a part of the holy service and evening with our parish making a nice turnout.

Parish council approvals in the February parish council meeting included new Greek School tuition for the 2023-2024 school year (George Vythoulkas), Festival music (Dana Vasilakos), Festival raffle prizes (Bill Kiliyas), Festival tent rentals (Dean Eliacostas), the Outdoor Parking Lot Lighting Renovation Project (John Farsatis), new storage dollies and racks for the gymnasium banquet and folding chairs as well as adding reserve funds to the Emergency Roof/HVAC Capital Project Fund (Gus Kolyvas). Spring cleaning to organize and maintain the various storage areas and rooms around the parish buildings took place in February.

The 2023 Stewardship drive is in progress (Caryn Chibucos). Please make a commitment to support the church and its ministries by offering our time and skills. Forms are available in the church office and can be mailed or emailed on request. There will be a Stewardship information table during coffee hour this Sunday, March 5th, The Sunday of Orthodoxy. Committee volunteers will be available to answer questions and provide us with assistance regarding the Stewardship applications.

The Golf Outing fundraiser is scheduled for June 8th (Nick Kournetas). The Festival fundraiser is taking place this summer on July 8th and 9th (Dean Eliacostas). The fundraisers and committees are in need of more parishioner volunteers. Whether you are a parishioner or someone who is part of the surrounding community, please volunteer to be on a committee as help is needed. Please contact Father George, any of the parish council members or the church office at (708) 385-2311 for more information.

Thank you to Father George, the parish council members, all of the church organizations and committees, the parishioners, volunteers and donors for your continued efforts to support our parish.

Σας εύχομαι Καλή Σαρακοστή. Best wishes on a Blessed Lenten Season to all.

May Saint Spyridon continue to guide us and protect us.

Humbly submitted, Frank Kopanis



## FATHER'S LETTER

### BEGINNING OF GREAT LENT

Beloved Faithful,

The season of Great Lent has begun! As Orthodox Christians, the beginning of this beautiful season of the Church is a cause for us to rejoice!

While it is true that we are called to "give up" certain things during this season such as food and unnecessary activity, it is in reality a time where we receive much more than we give up, if we willingly embrace it.

When we fast, we lighten our bodies so that we can pray more attentively. When we participate in the "joyful sorrow" (χαρμολύπη) of the Lenten services—the sorrow and reflective spirit during the week, and the joy of the Resurrection's anticipation on weekends—our hearts are softened and we experience God's peace. When we secretly perform acts of charity and love "to the least of the brethren..." expecting NOTHING in return, we receive back in greater measure the rich blessings of God.

This season is designed to help restore our spiritual balance and improve our spiritual insight. Take time to slow down and embrace the lifestyle change as we can once again try to discover the "things most needful" in life. Our happiness is not found in the endless pursuit of worldly possessions, fame and fortune but in our ability to love others and experience the love of God!

Saint Anthony the Great said more than 1,300 years ago, "When the demons see Christians working joyfully and growing in the spirit, first they fight them with temptation, and by placing obstacles to hinder their growth, trying to inject evil thoughts in their minds; but there is no reason for fear from their temptations because their offenses fail instantly by prayer and fasting, especially if you have had armed yourself with faith and the sign of the cross."

Together, we communally fast, we communally pray, we communally forgive at Forgiveness Vespers so that we may, in the words of St. Peter, "take up the whole armor of God" and combat the evil one—communally. Fast to the best of our ability, pray more, both at home and by attending as many Lenten services as possible, and demonstrate our recommitment to pursuing the path of holiness. We are to show love to others, patience to others, and conduct ourselves peacefully with those who challenge us with their hate, impatience and turbulence.

As we begin Great Lent, please forgive me, the unworthy sinner.

By making the most of this Holy Season, by the grace of God, may we truly be spiritually transformed through our participation in the Saving Passion, Death and Third Day Resurrection of our Lord God and Savior Jesus Christ.

In His love,



Father George

## The Voice -

### Ἡ φωνή

Official Monthly Community  
Publication of St. Spyridon  
Hellenic Orthodox Church  
12307 S. Ridgeland Avenue  
Palos Heights, IL 60463

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LAMBERIS  
PARISH PRIEST  
Church Office

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Web: www.Saint-Spyridon.net

### Parish Council Officers

Frank Kopanis	President
George Papadopoulos	Vice- President
James Xeros	Vice- President
Panagiotis Stamus	Secretary
Spiros Tzanetakos	Assistant Secretary
Gus Kolyvas	Treasurer
Jim Korbakes	Assistant Treasurer

### Auxiliary Officers

Alexia Chibucos	Chanter
Georgia Xeros	Philoptochos
Dana Vasilakos	P.T.A.
Gus Rougas	Kentro
Jimmy Korbakes	Kentro
Marianna Haniotakis	Plutarchos Academy
Sofea Malamis	Archangels Academy
Ria Hronis	Cherubs
Zoe Kopanis	SundaySchool Director
Nancy Primbas	G.O.Y.A.
Pres. Diana Lamberis	Family Night
Vivian Tzanetakos	Family Night
Ria Hronis	Family Night
Labros Malfas	Altar Boys
Vicky Argyropoulos	Handmaidens
Demetrius Marines	Athletics
Nick Tsinoukas	Athletics
Stella Parhas	Food Pantry
Litsa Tsarouhis	Church Office
Marianna Haniotakis	Church Office
Soteria Simantirakis	Custodian

## ***DIVINE LITURGY SCHEDULE***

Wednesday, March 1st	Presanctified Liturgy—6:00 p.m.
Thursday, March 2nd	Great Compline with Canon of St. Andrew (Part 3) —6:00 p.m.
Friday, March 3rd	Confession—11:00 a.m.—1:00 p.m. 1st Salutations to the Theotokos—7:00 p.m.
Saturday, March 4th	3rd Saturday of the Souls— Orthros & Divine Liturgy—8:00 a.m. Great Vespers—5:00 p.m.
Sunday, March 5th	<b>Sunday of Orthodoxy</b> , Orthros & Divine Liturgy—8:15 a.m. Pan-Orthodox Vespers—Holy Resurrection Serbian Orthodox Cathedral—6:30 p.m.
Monday, March 6th	Great Compline—6:00 p.m.
Tuesday, March 7th	Confession— 11:00 a.m.— 1:00 p.m. Great Compline at Holy Cross, Justice, IL—6:00 p.m.
Wednesday, March 8th	Presanctified Liturgy—6:00 p.m.
Friday, March 10th	Confession—11:00—1:00 p.m. * 2nd Salutations to the Theotokos—7:00 p.m.
Saturday, March 11th	Confession—2:00—3:30 p.m. * Great Vespers—5:00 p.m.
Sunday, March 12th	<b>2nd Sunday of Great Lent, St. Gregory Palamas</b> , Orthros & Divine Liturgy—8:15 a.m. Solemn Vespers at Holy Apostles, Westchester, IL—6:30 p.m. (Book Week)
Monday, March 13th	Great Compline—6:00 p.m.
Tuesday, March 14th	Confession—11:00—1:00 p.m. Great Compline at St. Nicholas, Oak Lawn, IL—6:00 p.m.
Wednesday, March 15th	Presanctified Liturgy—6:00 p.m.
Friday, March 17th	Confession—11:00—1:00 p.m. * 3rd Salutations to the Theotokos—7:00 p.m.
Saturday, March 18th	Great Vespers at Holy Cross, Justice, IL — 7:00 p.m.
Sunday, March 19th	<b>Sunday of the Veneration of the Cross</b> Orthros & Divine Liturgy—8:15 a.m—11:15 a.m.
Monday, March 20th	Great Compline—6:00 p.m.
Tuesday, March 21st	Confession—11:00—1:00 p.m. Great Compline at Ss. Constantine & Helen, Palos Hills, IL—6:00 p.m.
Wednesday, March 22nd	Presanctified Liturgy—6:00 p.m.
Friday, March 24th	Confession—11:00 a.m.—1:00 p.m. Great Vespers with the 4th Salutations to the Theotokos—7:00 p.m.
Saturday, March 25th	<b>Annunciation of the Theotokos</b> —Orthros & Divine Liturgy—8:00 a.m. Confession—2:00 p.m.—3:30 p.m. * Great Vespers—5:00 p.m.
Sunday, March 26th	<b>4th Sunday of Lent, St. John the Ladder</b> , Orthros & Divine Liturgy—8:00 a.m.
Monday, March 27th	Great Compline—6:00 p.m.
Tuesday, March 28th	Holy Confession—11:00 a.m.—1:00 p.m. Great Compline at St. Spyridon—6:00 p.m.
Wednesday, March 29th	Presanctified Liturgy—6:00 p.m.
Thursday, March 30th	Great Canon of St. Andrew—8:00 a.m.
Friday, March 31st	Confession—11:00 a.m.—1:00 p.m. * Akathist Hymn—7:00 p.m.

## ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ

Τετάρτη 1 Μαρτίου	Προηγιασμένη Λειτουργία –6:00 μ.μ.
Πέμπτη 2 Μαρτίου	Μέγα Απόδειπνο με τον Κανόνα του Αγ. Ανδρέου (3ο μέρος) -6:00 μ.μ.
Παρασκευή 3 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. * Α΄ Χαιρετισμοί—7:00 μ.μ.
Σάββατο 4 Μαρτίου	Γ΄ Ψυχοσάββατο, Όρθρος & Θεία Λειτουργία –8:00 π.μ. Μέγας Εσπερινός—5:00 μ.μ.
Κυριακή 5 Μαρτίου	<b>Κυριακή της Ορθοδοξίας</b> , Όρθρος & Θεία Λειτουργία—8:15 π.μ. * Πανορθόδοξος Εσπερινός—Holy Resurrection Serbian Cathedral, Chicago, IL—6:00 μ.μ.
Δευτέρα 6 Μαρτίου	Μέγα Απόδειπνο— 6:00 μ.μ.
Τρίτη 7 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. Μέγα Απόδειπνο στον Ι.Ν. Τιμίου Σταυρού—Justice, IL— 6:00 μ.μ.
Τετάρτη 8 Μαρτίου	Προηγιασμένη Λειτουργία—6:00 μ.μ.
Παρασκευή 10 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. * Β΄ Χαιρετισμοί—7:00 μ.μ.
Σάββατο 11 Μαρτίου	Εξομολόγηση—2:00 μ.μ.—3:30 μ.μ. * Μέγας Εσπερινός— 5:00 μ.μ.
Κυριακή 12 Μαρτίου	<b>Β΄ Κυριακή της Σαρακοστής, Αγ. Γρηγορίου Παλαμά</b> , Όρθρος & Θεία Λειτουργία—8:15 π.μ. Κατανυκτικός Εσπερινός—Ι.Ν. Αγ. Αποστόλων, Westchester, IL—6:30 μ.μ.
Δευτέρα 13 Μαρτίου	Μέγα Απόδειπνο –6:00 μ.μ.
Τρίτη 14 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. Μέγα Απόδειπνο στον Ι.Ν. Αγ. Νικολάου, Oak Lawn, IL— 6:00 μ.μ.
Τετάρτη 15 Μαρτίου	Προηγιασμένη Λειτουργία—6:00 μ.μ.
Παρασκευή 17 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. * Γ΄ Χαιρετισμοί—7:00 μ.μ.
Σάββατο 18 Μαρτίου	Εξομολόγηση—2:00 μ.μ.—3:30 μ.μ. Μέγας Εσπερινός στον Ι.Ν. Τιμίου Σταυρού—7:00 μ.μ.
Κυριακή 19 Μαρτίου	<b>Σταυροπροσκυνήσεως</b> , Όρθρος & Θεία Λειτουργία—8:15 π.μ.
Δευτέρα 20 Μαρτίου	Μέγα Απόδειπνο—6:00 μ.μ.
Τρίτη 21 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. Μέγα Απόδειπνο στον Ι.Ν. Αγ. Κωνσταντίνου & Ελένης, Palos Hills, IL— 6:00 μ.μ.
Τετάρτη 22 Μαρτίου	Προηγιασμένη Λειτουργία—6:00 μ.μ.
Παρασκευή 24 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. Μέγας Εσπερινός του Ευαγγελισμού μετά Δ΄ Χαιρετισμών—7:00 μ.μ.
Σάββατο 25 Μαρτίου	Ευαγγελισμός της Θεοτόκου—Όρθρος & Θεία Λειτουργία—8:00 π.μ. Εξομολόγηση—2:00 μ.μ.—3:30 μ.μ. * Μέγας Εσπερινός— 5:00 μ.μ.
Κυριακή 26 Μαρτίου	<b>Δ΄ Κυριακή της Σαρακοστής, Αγ. Ιωάννη της Κλίμακος</b> Όρθρος & Θεία Λειτουργία—8:00 π.μ.
Δευτέρα 27 Μαρτίου	Μέγα Απόδειπνο—6:00 μ.μ.
Τρίτη 28 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. Μέγα Απόδειπνο στον Ι.Ν. Αγ. Σπυρίδωνος—6:00 μ.μ.
Τετάρτη 29 Μαρτίου	Προηγιασμένη Λειτουργία—6:00 μ.μ.
Πέμπτη 30 Μαρτίου	Μέγας Κανών του Αγ. Ανδρέου—8:00 π.μ.
Παρασκευή 31 Μαρτίου	Εξομολόγηση—11:00 π.μ.—1:00 μ.μ. * Ακάθιστος Ύμνος—7:00 μ.μ.

## March 2023 — Community Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 * Archangels Academy — 9:00 am * Cherubs — 10:30 a.m. — 12:00 p.m.	2 * Archangels Academy — 9:00 am * Golf outing meeting — 8:00 p.m.	3 * Archangels Academy — 9:00 am * Greek School — 4:30 pm-6:30 pm * Greek Dance (both groups) — 6:30 pm — 7:00 pm	4 * Dance Troupe Performance at Orland Park Library — 12:00 p.m. — 1:00 p.m. * Byzantine Chant Class — 3:45 p.m.
5 * Sunday School — 10:30 am — 11:30 am	6 * Teacher Insititute day NO Archangels Academy * Greek School — 4:30 p.m. — 6:30 p.m. * Greek Dance — 6:30 p.m. — 7:00 p.m.	7 * Archangels Academy — 9:00 am * Parish Council Meeting — 7:00 p.m. — 9:00 p.m.	8 * Archangels Academy — 9:00 am * Philoptochos General Meeting — 5:30 p.m. *GOYA — 7:00 pm	9 * Archangels Academy — 9:00 am	10 * Archangels Academy — 9:00 am * Greek School — 4:30 pm-6:30 pm *Greek Dance — 6:30 pm — 7:00 pm	11 * Byzantine Chant Class — 3:45 p.m.
12 * Sunday School — 10:30 am — 11:30 am	13 * Archangels Academy — 9:00 am * Greek School — 4:30 pm -6:30 pm *Greek dance — 6:30 pm — 7:00 pm	14 * Archangels Academy — 9:00 a.m.	15 * Archangels Academy — 9:00 am * Cherubs — 10:30 a.m. — 12:00 p.m.	16 * Archangels Academy — 9:00 am	17 * Archangels Academy — 9:00 am * Greek School — 4:30 pm-6:30 pm * Greek Dance — 6:30 pm — 7:00 pm	18 * Handmaidens — 10:30 a.m. — 12:30 p.m. * Byzantine Chant Class — 3:45 p.m.
19 * Sunday School — 10:30 p.m. — 11:30 p.m.	20 * Archangels Academy — 9:30 am * Greek School Program celebrating March 25th Day — 4:30 p.m. — 6:30 p.m.	21 * Archangels Academy — 9:30 am	22 * Archangels Academy — 9:00 am	23 * Archangels Academy — 9:00 am	24 * Archangels Academy — 9:00 am * Greek School — 4:30 pm-6:30 pm * Greek Dance — 6:30 pm — 7:00 pm	25 * Byzantine Chant Class — 3:45 p.m.
26 * Family worship — No Sunday School	27 * NO Archangels Academy (Spring Break) * Greek School — 4:30 pm -6:30 pm * Greek Dance — 6:30 p.m. — 7:00 p.m.	28 * NO Archangels Academy Spring Break)	29 * NO Archangels Academy Spring Break)	30 * NO Archangels Academy Spring Break)	31 * NO Archangels Academy Spring Break) * Greek School — 4:30 pm-6:30 pm * Greek Dance — 6:30 pm — 7:00 pm	



# 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 in-

volves **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

The Great Lent and Pascha Season is upon us, and once again we are asking for your contributions and donations towards the adornment of our St. Spyridon Church. Please call the Church office if you are interested in donating flowers for the Epitaphios or for individual icons. Donations can be sent in the enclosed Paschal Donation Envelope.

***Flowers for Panagia \$100 (Five Fridays)***

***Flowers for Sunday of the Cross—\$150***

***Palms for Palm Sunday—\$250***

***Icon of the Last Supper—\$150***

***Icon of the Crucifixion—\$150***

***Icon of the Apokathelosis—\$150***

***Carnations for the Epitaphios—\$300***

***Decorative flowers for the Epitaphios—\$250***

***Four (4) Bouquets for the Epitaphios—\$150/each***

***Icon Sts. Raphael, Nicholas & Irene—\$150***

## ΙΣΤΟΡΙΚΕΣ ΑΛΗΘΕΙΕΣ ΑΠΟ ΑΥΤΟΥΣ ΠΟΥ ΑΓΩΝΙΣΘΗΣΑΝ ΜΕ ΠΑΘΟΣ ΓΙΑ ΤΗΝ ΕΛΕΥΘΕΡΙΑ ΜΑΣ



Ἡ Ἐπανάσταση ἡ δική μας δέν ὀμοιάζε μέ καμιά ἀπ' ὄσες γίνονται σήμερα στήν Εὐρώπη. Τῆς Εὐρώπης οἱ ἐπαναστάσεις ἐναντίον τῶν διοικήσεων τους εἶναι ἐμφύλιος πόλεμος. Ὁ δικός μας πόλεμος ἦταν πῖο δίκαιος, ἦταν ἔθνος μέ ἄλλο ἔθνος. Ὁ σουλτάνος ποτέ δέν θέλησε νά θεωρήσει τόν ἑλληνικό λαό ὡς λαό, ἀλλά τούς ἐβλεπε ὡς σκλάβους.

Μιά φορά, ὅταν πήραμε τό Ναύπλιο, ἦρθε ὁ Χάμιλτον νά μέ ἰδεῖ. «

-Πρέπει, μοῦ εἶπε, οἱ Ἕλληνες νά ζητήσετε συμβιβασμό καί ἡ Ἀγγλία θά μεσιτεύσει.

Ἐγώ τοῦ ἀποκρίθηκα:

-Αὐτό δέν γίνεται ποτέ. Ἐλευθερία ἢ θάνατος! Ἐμεῖς, καπετάν Χάμιλτον, ποτέ δέν κάμαμε συμβιβασμό μέ τούς Τούρκους. Ἄλους ἐκοψαν, ἄλλους σκλάβωσαν μέ τό σπαθί καί ἄλλοι, καθῶς ἐμεῖς, ζούσαμε ἐλεύθεροι ἀπό γενιά σέ γενιά. Ὁ βασιλιάς μας (ἐνν. τόν *Κωνσταντῖνο Παλαιολόγο*) σκοτώθηκε, καμιά συνθήκη δέν ἔκαμε. Ἡ φρουρά του εἶχε παντοτινό πόλεμο μέ τούς Τούρκους καί τά φρούρια ἦταν πάντοτε ἀνυπότακτα.

- Ποιά εἶναι ἡ φρουρά του; μοῦ εἶπε, καί ποιά τά φρούρια;

- Ἡ φρουρά τοῦ βασιλιᾶ μας εἶναι οἱ κλέφτες, τοῦ εἶπα, καί τά φρούρια, ἡ Μάνη, τό Σούλι καί τά βουνά.

### «Ἀπομνημονεύματα» Θ. Κολοκοτρώνη



Μιά χούφτα ἀπόγονοι ἐκείνων τῶν παλαιῶν Ἑλλήνων, χωρίς ντουφέκια καί πολεμοφόδια καί τ' ἄλλα τ' ἀναγκαῖα τοῦ πολέμου, ξεσκεπάσαμε τή μάσκαρα τοῦ Σουλτάνου.

Πᾶμε νά ἰδοῦμε τούς παλιούς τούς Ἕλληνες εἰς τό μέρος ὅπου κατοικοῦν νά τους εἰποῦμε τίς χαροποιές εἰδήσεις, ὅτι ἀντιστάθηκαν οἱ ἀπόγονοί τους, ὅπου ἦταν χαμένοι καί σβημένοι ἀπό τόν κατάλογον τῆς ἀνθρωπότης...

Ὁ Θεός ὁ ἀληθινός τους ἀνάστησε – ξυπόλυτους, γυμνοῦς, νηστικούς, δεμένα

τά ντουφέκια τους μέ σχοινιά. Οἱ περισσότεροι πολεμοῦσαν μέ ξύλα καί χωρίς τ' ἀναγκαῖα. Οἱ Τούρκοι ἦταν πλῆθος καί γυμνασμένοι. Οἱ δυστυχεῖς Ἕλληνες, ὀλίγοι καί ἀγύμναστοι, νίκησαν!

### «Ἀπομνημονεύματα» Μακρυγιάννη

## Ο ΕΥΑΓΓΕΛΙΣΜΟΣ ΤΗΣ ΘΕΟΤΟΚΟΥ



Ὁ καιρός ὁ κατάλληλος ἔφτασε. Ἡ ἀνθρωπότητα δέν ἀντεχε περισσότερο στήν προσμονή. Ἡ ἀνάγκη γιά λύτρωση εἶχε γίνει ἐπιτακτική. Καί ὁ Θεός, πιστός στίς ὑποσχέσεις Του, θέτει πλέον σέ ἐφαρμογή τό προαιώνιο σχέδιό Του, μέ τρόπο θαυμαστό καί μεγαλόπρεπο:

«Ὁ μέγας στρατηγός τῶν ἀῦλων ταγμάτων», ὁ Ἀρχάγγελος Γαβριήλ, κατέρχεται ἀπό τούς οὐράνιους θόλους, σχίζει τούς αἰθέρες καί σπεύδει νά ἐκπληρώσει τοῦ Θεοῦ τή μυστική ἐντολή. Νά, σταματᾷ στό ταπεινό σπιτάκι τῆς Ναζαρέτ. Ἐκεῖ μέσα ἀνθεῖ «κρίνον τῆς ἀγνότητος», Παρθένος Κόρη, ἡ Μαριάμ. «Χαῖρε, Κεχαριτωμένη, ὁ Κύριος μετά σου...». Ὁ Ἀρχάγγελος τῆς φέρνει τό πῖο χαρούμενο ἀγγελμα, ὅτι ὁ Θεός ὡς ἀνθρωπος ἀπό αὐτήν θά γίνει βρέφος, γιά νά ἀναδημιουργήσει ὄλο τό ἀνθρώπινο γένος. Ἡ Παρθένος ἀκούει, θαυμάζει, συγκλονίζεται, δέχεται τή θεία βουλή καί ἀποκρίνεται ταπεινά «ἰδού ἡ δούλη Κυρίου...».

Τό σκοτάδι ὑποχωρεῖ. Τό φῶς σέ λίγο θά λάμψει. Ἔρχεται ὁ Ἥλιος τῆς Δικαιοσύνης. Τό σχέδιο τοῦ Θεοῦ ἐνεργοποιεῖται, ἡ εὐλογημένη ὥρα τῆς συναντήσεως τοῦ Οὐρανοῦ μέ τή γῆ!

## PARISH REGISTRY

### Memorials

#### Sunday, February 5th

†40 days Andrew Pappas , †40 days Helen Valaris, †34 yrs Peter Valaris, †6 mo Ioannis Catsogiannis, †6 mo Maria Giannopoulos, †3 yrs Chris Katsoulis.

#### Sunday, February 12th

†1 year Nikolaos Kotsopoulos

**May their memory be eternal!**

## KENTRO BOOKSTORE



An acclaimed expert in Christian mysticism travels to a monastery high in the Mountains of Cyprus and offers a fascinating look at the Greek Orthodox approach to spirituality. In an engaging combination of dialogues, reflections, conversations, history, and travel information, the author follows Father Maximos, a Mount Athos monk, to the troubled island of Cyprus. As Father Maximos establishes churches, convents, and monasteries in this deeply divided land, Markides is awakened anew to the magnificent spirituality of the Greek Orthodox Church. The result is a remarkable work—a moving, profoundly human examination of the role and the power of spirituality in a complex and confusing world.

## SUNDAY SCHOOL

Sunday School has started, but it is not too late to join us! Sunday School classes will continue to be offered during the month of March, April and May for grades PreK – High School. During the month of March, classes will be held each Sunday, with the exception of March 26th. This month, our students will be focusing on The St. John Chrysostom Oratorical Festival. Each teacher will be reviewing the projects that class will be working on. On Friday March 10th, the Junior and Senior Division speakers will present their topics after the Salutations to the Theotokos service at 7pm.



## Saint John Chrysostom Oratorical and Fine Arts Festival

**JOIN THOUSANDS  
OF YOUTH ACROSS  
THE NATION AND  
SHARE YOUR FAITH!**



**2023 ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL**  
Senior Division (Grades 10-12) • Junior Division (Grades 7-9)

### AWARDS

National finalists are eligible to receive the following:

**St. John Chrysostom Oratorical Festival Scholarship: \$500 to \$2000**

**FAITH: An Endowment for Orthodoxy and Hellenism:** to be announced

Finalists at any level are eligible to receive the following:

**Chrysostom Scholarship to Hellenic College: \$2,500 up to \$30,000 per year**

Parish Festival Date & Time: Friday, March 10 (following the Salutations)

Parish Chairperson: Maria Baltas

Contact Information: englishteacher30@yahoo.com

With the blessings of His Eminence Metropolitan Nathanael, we are pleased to announce that the *39th Annual Saint John Chrysostom Oratorical and Fine Arts Festival* will be held at St. Spyridon on *Friday, March 10* immediately following the *Salutations of the Theotokos*. *This event is open to all youth in grades 7-12.*

The Oratorical Festival will offer 6 categories (**Speech, Essay, Poetry, Iconography, Vocal Solo, and Vocal Chant**), each with 2 divisions

**Senior: Grades 10-12 and**

**Junior: Grades 7-9.**

Topics, Resources, and guidelines for all categories are contained by scanning the QR code or going to all entries for Speech, Essay, Poetry, Vocal Solo, and Vocal Chant. Both Junior and Senior Divisions must be submitted no later than *Sunday, March 5, 2023*. Please contact *Maria Baltas* for more details ([englishteacher30@yahoo.com](mailto:englishteacher30@yahoo.com))

# PLUTARCHOS ACADEMY



The Greek School Program in honor of 25<sup>th</sup> of March, 1821 will be held on **Monday, March 20<sup>th</sup>**, at 4:30 p.m.. All girls and boys are required to wear the Ethnic Greek Costume (Tsolia and Amalia) or the blue and white school uniform. Parents are asked to help their kids learn their poems and songs.

**Sunday, March 26<sup>th</sup>**, the Annual Greek Parade will be held at Greektown, Halsted Street in Chicago, begins at 2:30 p.m. Students are required to wear the Ethnic Greek Costume (Tsolia and Amalia) or the blue and white school uniform.



GREEK INDEPENDENCE DAY PARADE  
SUNDAY, MARCH 26<sup>th</sup>,  
2:30 p.m. GREEKTOWN ON HALSTED



## ELLINOMATHEIA 2023 EXAMS INFORMATION

Applications for the Ellinomatheia Exams are now been accepted until March 22nd. The exams are organized by the Center for the Greek Language (CGL) in Thessaloniki, Greece. The CGL is a non-profit organization supervised by the Greek Ministry of Education to support, promote and organize the teaching of Greek as a foreign and second language in Greece and abroad .

Certificates are issued for candidates who successfully pass the exams at the following six levels of attainment in Greek: A1 (A1 for children 8-12 and A1 for adolescents and adults), A2, B1, B2, C1, and C2. The Ellinomatheia levels are linked to the corresponding levels of the Common European Framework (CEFR). All language skills (comprehension of oral and written communication and production of oral and written communication) are examined at each level.

The Ellinomatheia certificates Level B1 and above are officially approved by the Illinois State Board of Education for the prestigious Seal of Biliteracy Program. For further details regarding the Biliteracy Program, please follow the link

<https://www.isbe.net/sealofbiliteracy#:~:text=A%20public%20school%20district%20or,foreign%2C%20or%20world%2C%20languages.>

The authorized examination center for the Ellinomatheia Exams in Illinois is the **Hellenic American Academy, 445 Pine Street, Deerfield, IL 60015.**

The Exams will take place on **May 23<sup>rd</sup> for levels A1, A2, May 24<sup>th</sup> for levels B2 and C1, and May 25<sup>th</sup> for levels B1 and C2.** Candidates can apply online at <http://www.greek-language.gr/certification/application/index.html>.

Alternatively, candidates can fill out the application form attached below and mail it to: Hellenic American Academy (attn. Ellinomatheia), 445 Pine Street, Deerfield, IL 60015, or scan and email the application at [ellinomatheia@haamail.net](mailto:ellinomatheia@haamail.net)

## YOUNG ADULTS



We had a great TELOS Young Adult event at Xando Café. Father George also offered a spiritual reflection on the life of St. Haralambos. Join us for our next event in March! Details to come soon!



## FAMILY NIGHT

Family Night Ministry had its second annual Bowling Night on February 17th at Palos Lanes. Children had a fun time bowling with their friends! We wish everyone a blessed Lenten season, Καλή Σαρακοστή!



## CHERUBS

Our Cherubs had a wonderful month playing, crafting and getting ready for spring! As we begin Great Lent, we'd like to wish all of you a Kali Sarakosti!

Join us! Send an email to [cherubs12307@gmail.com](mailto:cherubs12307@gmail.com) to sign up for this free ministry. Children from 40 days to 3 years old are welcome with their caretaker.



# ARCHANGELS

This past month, our children were learning that practicing the three R's is not only important in caring for our planet ☺ but for our health as well. Reduce, Reuse & Recycle! This unit offered the children an opportunity to learn more about trash & garbage, where it comes from, why it can be a problem and what we can do to help. We set out recycling bins for paper, plastic, metal & glass and discussed how we can reuse items we have, reduce the amount of waste we produce and recycle items that we've used.

The children even found ways to reuse items to create amazing art!!

Archangels Academy Preschool is now offering FULL & HALF day options for the upcoming 2023-2024 school year! Enrollment is open & applications are now being accepted. Please be aware that applications are on a first come, first serve basis with priority given to our current students, St. Spyridon Stewards & alumni.



# PHILOPTOCHOS

Καλή Σαρακοστή. As we begin to prepare for our Lenten Journey may we gain strength in our faith, forgive each other and continue to do works of mercy and charity for those in need.

The month of February was busy for Philoptochos. On Saturday, February 18<sup>th</sup> we served 65 meals at the Almost Home Soup Kitchen in Oak Lawn, a bi-weekly soup kitchen and an organization that helps the homeless of the south suburbs. Special thank you to Terry Roupas, from Ki's Restaurant in Glen Ellyn, for the delicious chicken shiskobob, rice and vegetables. Also, thank you to Demetria Papadopoulou for the wonderful chocolate cakes for dessert, and Sandy Koryaks for the salad. This year with the Apokreatiko luncheon the next day and with preparations underway on Saturday, we had to divide and conquer. So, our cooks were in church preparing for the Apokreatiko and we had some help to set up, serve and clean up at the soup kitchen. Special thank you to our Philoptochos families, Chris and Peter Korbakes, James Xeros and Joakim Vasilakos for all your help.

On February 19<sup>th</sup> we welcomed the Lenten Season with the Apokreatiko Luncheon. It was wonderful to once again be together in fellowship to celebrate our Hellenic traditions and begin our Lenten Journey as a community. Thank you to Dina Katsoulis who, with the help of Kosta Pappas and Kosta Lamberis, prepared the delicious meal. Also thank you to all of our ladies for all the preparations and our bakers for the galopita. As always, a special thank you to Bill Perakis who just smiles and manages to keep all our cooks calm, happy and everything moving in the kitchen. Thank you to Janine Riley and Debbie Petrakos who just keep providing us with beautiful events, creating an atmosphere that transforms our room for the festivities. Everything from the beautiful decorations, festive centerpieces and table settings, the music, and the crafts for the kids, created a wonderful time for all. This year we were happy to welcome the St. Spyridon Greek Folk Dance Troupe, who performed several traditional Greek dances. The performers were dressed in traditional Greek costumes and had an amazing performance. Thank you and Bravo to all the performers and to Sophia Christopher, their director, for a job well done. Also, thank you to our younger children directed by Evie Maroudas who also danced several dances. It truly was a celebration for all of our families and highlighted our traditions.

We ended the month of February with the Lenten Grab and Go, starting our clean week with homemade taramosalata and laganas. Thank you to Dina Katsoulis and Sophia Kopanitsanos for all the preparations and baking and thank you to Stella Parhas for organizing this fundraiser.

During the Great and Holy Lenten period, Philoptochos will once again host events to enrich our Lenten experience. On Clean Monday, February 26<sup>th</sup> Philoptochos hosted the "Koulouma" dinner immediately after the service. On March 19<sup>th</sup>, the Sunday of the Holy Cross, immediately after divine liturgy, Philoptochos will host a Loukoumades Sale. During this event we will also be fundraising to help the victims of the earthquake in Syria and Turkey. We will be sending our donation to the National Philoptochos who is working with the IOCC (International Orthodox Christian Charities) to ensure all funds are used directly to help those in need. The National Philoptochos immediately donated \$50,000 and is now collecting from all the chapters. If you will not be in church on Sunday you can also donate by sending your donation to St. Spyridon Philoptochos in the Church office. I know we were all devastated at the loss of human life and the suffering.

On March 21<sup>st</sup> we will once again be Feeding the Hungry at the Cathedral and then delivering packaged lunches for the homeless under the bridges in the city. The Cathedral has opened its hall and we will be serving a hot meal inside. If anyone is interested in helping, please contact me.

On Saturday, April 1<sup>st</sup>, the Metropolis of Chicago Philoptochos will host their annual Lenten retreat at St. Athanasios Church in Aurora. The topic this year is "Seeking Peace and Love in an Anxious and Confusing World". Everyone is invited to join the retreat. There will be both a Greek and an English presentation. For further information or if you wish to attend, please contact Kathy Korbakes.

Moving a little ahead, Philoptochos will be continuing the tradition of our Palm Sunday Easter Pastries Sale. In addition to our pastry sale in the hall on Palm Sunday we are also offering an opportunity for preorders. The preorders can be picked up either on Saturday, April 9<sup>th</sup> or Sunday, April 10<sup>th</sup> for tsoureki & koulourakia. Also, please mark your calendar as we will be hosting our Mother's Day Luncheon.



# PHILOPTOCHOS

Please let high school graduates, college students and graduate students know that Philoptochos will be offering our annual scholarship. Once again with the generous donation from Tina Manasses and her family, Philoptochos will be offering 5 scholarships: (1) one to a graduating senior who will be attending college, (2) to undergraduate students in college and (2) to graduate or doctorate students. We thank the Manases family for their donation and generosity to assist the youth of our parish. Please check the church web site for applications and further information.

Again, I thank each of you for your support, encouragement, and participation in Philoptochos events and projects. It is only with your support that we can accomplish our philanthropic mission. Consider joining us and sharing your gifts and talents as we put our faith to action.

With Sisterly Agape  
Georgia Xeros



# HANDMAIDENS

The handmaidens were spreading the love in February! The girls fulfilled the 25 backpacks and school supplies pledged to Saint Basils Academy in New York. The girls made 150 Valentines and passed them out to all the parishioners after liturgy on Sunday.

Our young ladies didn't just show love but received love. The backpacks were graciously donated by one of our moms and we received an anonymous monetary donation towards our ministry! We are over the moon thankful for these donations and incredibly thankful to all who support our ministry!

Pascha is right around the corner and we are preparing the schedule for myrofores. Please join us at our March 18th meeting! We will find the time to practice for Holy Week and take a glimpse at Holy Week and discover what each day means. Thank you!



## PARISH ANNOUNCEMENTS

Saint Spyridon Hellenic Orthodox Church

**YAL**  
**Presanctified  
 Liturgy,  
 Potluck &  
 Discussion**

**Wednesday, March 22  
 6 PM - 8:30 PM**

Join our newly formed Young Adult Group  
 for worship, fellowship, and a discussion.



FOR MORE INFO CONTACT GEORGIA DANOS AT  
[georgia.danos@gmail.com](mailto:georgia.danos@gmail.com)

SHOW YOUR  FOR OUR HERITAGE AND  
 JUST IN TIME FOR THE GREEK PARADE!



ORDER YOUR CHURCH SPIRIT HOODIE BY  
**NOON ON MARCH 10TH**  
 ORDERS SUBMITTED AFTER THIS DATE WILL  
**NOT BE ACCEPTED**

PAYMENT DUE WITH ORDER. CHECK CAN BE MADE OUT TO  
 "SAINT SPYRIDON HELLENIC ORTHODOX CHURCH"

Please Detach & Return To Office  
 Or Email To Office At [office@saint-spyridon.net](mailto:office@saint-spyridon.net)

Name \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_

Adult: \$27.00  
 (Color: Heather Grey)  
 Small  
 Medium  
 Large  
 XLarge  
 XXLarge  
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Youth: \$27.00  
 (Color: Heather Grey)  
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 XLarge

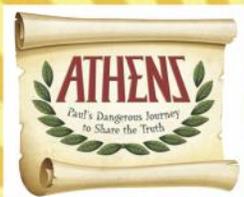
Adult: \$27.00  
 (Color: Heather Sport Royal Blue \*pictured above\*)  
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Youth: \$27.00  
 (Color: Royal Blue \*pictured here\*)  
 XSmall  
 Small  
 Medium  
 Large  
 XLarge



# PARISH ANNOUNCEMENTS

## VACATION CHURCH SCHOOL



**JUNE 19 - 23**  
**9AM - 12 PM**

**PRE-K (4 YRS OLD) THRU 6TH GRADE**  
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](mailto:dlamberis@gmail.com)  
to volunteer or for more information

*For Sale*

## EASTER LAMBATHES

- hosted by -  
**PTA**

COME AND FIND US  
EVERY SUNDAY AFTER THE  
DIVINE LITURGY  
SALES START ON MARCH 5TH  
AND END ON PALM SUNDAY  
LAMBATHES WILL BE SOLD FOR \$25

**ARCHANGELS  
ACADEMY  
PRESCHOOL**

**KIDS  
SUMMER  
CAMP**

**REGISTRATION OPEN**

**\$150  
PER WEEK**

**OUR PROGRAM INCLUDES:**

Strategy Games  
Arts & Crafts  
Music & Movement  
Social Engagement  
Outdoor & Indoor  
Playtime  
Storytelling  
& more ....

**NOW OFFERING 3 WEEKS**  
**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 &  
receive a \$50 discount

## ARCHANGELS ACADEMY PRESCHOOL

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](mailto: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: \_\_\_\_\_

Archangels Academy Preschool

**NOW OFFERING**  
**FULL DAY & HALF DAY**  
**PRESCHOOL**

Open For **2023-2024**  
Registration!

"FINDING THE IDEAL  
LEARNING ENVIRONMENT  
FOR YOUR CHILD"

**ENROLL NOW**  
SPACE IS LIMITED



WHAT WE OFFER:

- Faith Formation & Lessons
- Small Class Sizes
- Language & Literature
- Mathematics
- Science
- Social Emotional Learning
- Greek Language
- Life-Long Friendships

Monday - Friday  
Half Day 8:45 AM - 12:00 PM  
Full Day 8:45 - 3:00 PM



Contact Us  
**708-385-2311**

or email  
[director@archangelsacademy.org](mailto:director@archangelsacademy.org)  
Saint Spyridon Greek Orthodox Church  
12307 S. Ridgeland Ave., Palos Heights, IL



# PARISH ANNOUNCEMENTS

Join Us For  
**PRESANCTIFIED  
DINNER**

(WEDNESDAY NIGHTS)

MARCH 1ST: HOSTED BY  
ARCHANGELS | GREEK SCHOOL |  
SUNDAY SCHOOL

MARCH 8TH: HOSTED BY GOYA

MARCH 15TH: HOSTED BY  
FAMILY MINISTRY

MARCH 22ND: HOSTED BY  
HANDMAIDENS | ALTAR BOYS

MARCH 29TH: TBD

APRIL 7TH (FRIDAY): PHILOPTOCHOS

DINNER WILL BE OFFERED  
AFTER PRESANCTIFIED LITURGY  
AT 6:30 PM IN SAINT SPYRIDON'S  
COMMUNITY HALL

ALL PROCEEDS WILL BENEFIT ORTHODOX MISSION WORK

## SATURDAY OF LAZARUS RETREAT

Join us for the Divine Liturgy, a lenten breakfast, crafts, an outreach project, spiritual lesson, egg hunt and palm cross making!

### APRIL 08 2023

10:30-2:00

Festivities will begin immediately following the Divine Liturgy in the community hall.

Please help us prepare, you can scan the QR code on this flyer to reserve your spot! Parents are required to stay for this event.



HOSTED & SPONSORED  
BY THE PTA

## Saint Spyridon Hellenic Orthodox Church

### TOY DRIVE

HELP US PUT A SMILE ON THE FACE OF  
CHILDREN AND TEENS FIGHTING CANCER

Bring New Unwrapped Toys, \$5 to  
\$10 Gift Cards or Gifts For Teens  
(no stuffed animals)

DROP OFF DONATIONS  
February 27 - April 17



## EASTER FOOD BASKETS



Our parish Food Pantry will be distributing Food Baskets to needy families on Wednesday, April 5th.

We are asking for monetary donations in any amount. Each basket is valued at \$65.

Checks & Cash accepted in the church office:  
Monday - Friday from 9am - 2pm.

Online donations can be made at:  
[https://tithe.ly/give\\_new/www/#/tithely/give-one-time/1390651](https://tithe.ly/give_new/www/#/tithely/give-one-time/1390651) (Choose Food Pantry).

Donation Deadline is Sunday, April 2nd.

THANK YOU!

# OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 5th</b>	<b>TRIDUON WEEKS</b> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 12th</b>	<b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 19th</b> FAREWELL TO MEAT TODAY	<b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>FEBRUARY 26th</b> FAREWELL TO CHEESE TODAY	<b>Adam and Eve are cast from Paradise!</b> <b>FORGIVENESS SUNDAY</b> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 5th</b>	<b>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</b> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 12th</b>	<b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 19th</b>	<b>VENERATION OF THE HOLY CROSS</b> <b>HALF WAY TO PASCHA!</b> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 26th</b>	<b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 2nd</b>	<b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 9th</b> GREAT WEEK BEGINS	<b>GREAT AND HOLY WEEK</b> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 14th</b>	<b>GREAT AND HOLY FRIDAY</b> <b>JESUS DIES ON THE CROSS</b> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 16th</b> NO FASTING!	<b>BRIGHT WEEK</b> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

**BETTER LUCK THIS YEAR!**

**26th Annual GOLF OUTING**  
**SAVE the DATE**

**06.08.23** | **ODYSSEY GOLF FOUNDATION**  
19110 South Ridgeland Avenue, Tinley Park, Illinois 60477

## Triumph of Orthodoxy Pan-Orthodox Vespers

Sponsored by the Orthodox Christian Clergy Association of Greater Chicago

**Sunday March 5th 6:30 PM**  
Holy Resurrection Serbian Orthodox Church  
5701 N Redwood Dr, Chicago, IL 60631

**Homilist:**  
**His Eminence Archbishop Daniel**  
Archbishop of Chicago and the Midwest of the Orthodox Church in America

Responses chanted by *The Pan Orthodox Choir of Greater Chicago*  
Gordana Truhovich, Director

# FANARI

## REGIONAL LENTEN RETREAT

**Who:** Current 5th-12th Fanari Campers

**What:** Regional Lenten Retreat

**When:** April 1, 2023; 2-8pm

**Locations:**  
St. George, St. Paul, MN  
SS. Constantine & Helen, Wauwatosa, WI  
Holy Trinity, Schiller Park, IL  
St. Nectarios, Palatine, IL  
Holy Apostles, Westchester, IL  
St. Spyridon, Palos Heights, IL  
Assumption, Town & Country, MO  
St. John the Baptist, Cedar Rapids, IA\*  
\*IOWA WILL INCLUDE ADULTS AND ALL YOUTH

fanari.camp/retreat | REG OPENS FEB 15 @ noon | \$30/camper

## 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)



# Huck FINN

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