



THE VOICE

FEBRUARY 2025 - VOLUME No. 398

SAINT SPYRIDON HELLENIC ORTHODOX CHURCH

12307 SOUTH RIDGELAND AVENUE, PALOS HEIGHTS, ILLINOIS 60463

FIND US ON FACEBOOK, INSTAGRAM & YOUTUBE

ST. SPYRIDON CHURCH IS PARTNERING WITH
HELLENIC FOUNDATION GOLDEN CIRCLE INITIATIVE

*Orthros & Divine Liturgy in
honor of St. Haralambos
Niles, IL*

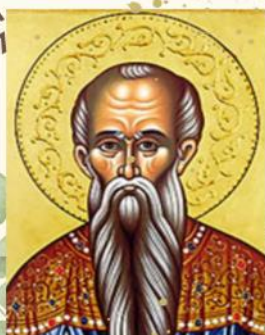
Shuttle Bus Round Trip

Monday, February 10

Departing from St. Spyridon at 7:45 a.m.

Luncheon to follow the Divine Liturgy

To RSVP
call the Church office
at 708-385-2311
by February 7



Ooh La La!

COME JOIN US FOR A LE PETIT-DÉJEUNER
(BREAKFAST)

*Cafe de La
Archangels*

Sunday | February 16th 2025

DELICIOUS SPREAD
PASTRIES
MIMOSA BAR
RAFFLES & MORE

ADULTS \$25
CHILDREN \$15

RSVP TO
DIRECTOR@ARCHANGELSSACADEMY.ORG

Following the Divine Liturgy



The Annual Metropolis Vasilopita Cutting Celebration was held on Sunday, January 12th at St. Nicholas Greek Orthodox Church in Oak Lawn.

PLUTARCHOS ACADEMY VASILOPITA CELEBRATION

On Monday, January 6th, we had our Vasilopita celebration. Thank you to the wonderful parents and teachers for making the vasilopites. Many thanks to the PTA for providing the special coins.



FATHER'S MESSAGE

HEALING THE BODY OF CHRIST FROM THE POISON OF GOSSIP, NEGATIVITY AND DIVISION:

In every community, words have the power to build up or tear down. This truth is especially significant in the Church, the Body of Christ, where unity is essential for spiritual growth and the fulfillment of God's mission in the world. Gossip, negativity, and hurtful speech, especially when these are allowed to spread within the Church, act as a poison that not only harms relationships within a parish, but it also undermines the integrity and witness of the Christian community.

The Book of Acts, while primarily focused on the early days of the Church and the apostles' missionary work, also addresses the destructive potential of divisive behavior. In Acts 20:29-30, the Apostle Paul warns:

"I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking twisted things, to draw away the disciples after them." (Acts 20:29-30)

This warning about "wolves" infiltrating the flock is not only a warning about false teachings but also about the dangers of divisive behavior that originates from within the community itself. The Apostle Paul highlights the internal threats to the Church: those who seek to lead others astray, often through the spread of malicious gossip or sinful attitudes.

Gossip and negativity can take root when people begin to speak ill of others behind their backs, criticize the leadership, or sow doubt and discord among the faithful. The Apostle James gives a clear admonition against the misuse of speech in James 3:5-6:

"So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell." (James 3:5-6)

Here, Saint James compares the tongue to a small spark that can ignite a vast fire. A single word or comment, especially when spoken with ill intent, can spread and cause lasting damage to relationships and unity within the Church.

The Fathers of the Church on Gossip and Sinful Speech

The Fathers of the Church were deeply concerned about the destructive power of gossip and slander. St. John Chrysostom, one of the most influential Fathers of the Church, offers a strong warning about the impact of harmful speech within the community:

"A man who speaks ill of others is worse than a thief. The thief only robs a person of temporal goods, but a slanderer robs the soul of a person." (Homily 7 on Ephesians)

St. Chrysostom's words highlight that the damage caused by gossip and slander is not merely temporal but eternal, as it corrupts the soul and destroys the unity of the Church. He emphasizes that those who gossip not only harm others but also wound their own spiritual well-being, for they participate in the sin of division and discord.

St. Gregory the Great, in his *Morals on the Book of Job*, also speaks to the spiritual dangers of negative speech:

"He who engages in gossip and false accusations is one who wounds the soul. His words become a source of bitterness that lingers in the hearts of those who hear them."

This reflection reinforces the idea that gossip is not a trivial matter but a profound spiritual sickness. It spreads bitterness and poison within the community, leading to division, distrust, and sorrow.

The Spiritual Harm of Gossip and Negative Speech

The spread of gossip, negativity, and sin within the Church not only disrupts the peace of the

community but also hinders the spiritual growth of all involved. The Church is called to be a place of healing, where believers come together in Christ to grow in holiness, love, and mutual respect. Gossip and divisive speech create an atmosphere of suspicion and distrust, making it difficult for the faithful to experience the unity that Christ desires for His Church.

The Apostle Paul gives a clear exhortation in Ephesians 4:29:

"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear." (Ephesians 4:29)

Rather than tearing others down with our words, we are called to use speech that encourages and strengthens the faith of those around us. The destructive nature of gossip can never be overstated, for it not only damages relationships but also hinders the work of God in the Church.

St. Basil the Great, in his *Homily on the Holy Spirit*, writes:

"When one sows discord in the Church, they are working against the Holy Spirit, who is the source of the unity of the faithful. The Holy Spirit seeks to unite, but the one who speaks evil seeks to divide."

This teaching emphasizes that divisive speech is not merely a human sin—it is a direct opposition to the unity that the Holy Spirit seeks to foster in the Church. In the Orthodox view, the Church is the Temple of the Holy Spirit (1 Corinthians 3:16), and anything that causes division within the community threatens to undermine this sacred presence.

How Should We Handle Those Who Poison the Church?

When faced with individuals who poison the Church with gossip, negativity, or sinful behavior, the Orthodox Christian response is one of correction, love, and, when necessary, discipline. The goal is always to restore the person to the faith, heal the damage done to

the community, and preserve the unity of the Church.

St. John Chrysostom, in his *Homily on Ephesians*, writes:

"If you see your brother sin, do not speak ill of him, but approach him with kindness. Correct him, pray for him, and help him to return to the right path. For the restoration of a soul is a greater joy than the destruction of evil."

This teaching reflects the importance of offering correction in a spirit of love and compassion. The process of correction is meant to be carried out with humility and a desire for restoration. Instead of gossiping about someone's wrongdoing, we are called to address the issue directly with the person, offering the opportunity for repentance and reconciliation. When this happens, peace can be restored and it ensures that the unity of the Church is maintained.

Gossip, negativity, and sinful speech are among the most dangerous threats to the unity of the Church. These behaviors poison relationships, sow division, and hinder the spiritual growth of the faithful. The Fathers of the Church and the Scriptures make it clear that such actions are not merely trivial offenses but serious sins that disrupt the peace and unity that Christ desires for His Body.

As Orthodox Christians, we must strive to guard our speech, cultivating words that edify, encourage, and build up the community. When we encounter those who cause division through harmful words or actions, we must respond with correction, love, and humility, caring for the soul of those who fall and always with the goal of reconciliation and restoration.

Let us remember the teachings of the Fathers and the wisdom of Scripture, seeking to preserve the unity of the Church, which is the foundation of our faith and the path to our salvation.

Fr. George

PRESIDENT'S MESSAGE

Χαίρετε,

Εύχομαι σε όλους ένα καλό μήνα,
Φεβρουάριο, γεμάτο αγάπη, υγεία και
ευτυχία.

Είμαι ενθουσιασμένος που ανακοινώνω ότι
στις 7 Ιανουαρίου 2025 το Ενοριακό
Συμβούλιο ψήφισε για την έναρξη ενός έργου
καλλωπισμού του Ιερού Ναού
μας. Ελπίζουμε ότι θα συμμετάσχετε όλοι
μαζί μας σε μια ειδική ενοριακή συνέλευση
στις 2 Φεβρουαρίου 2025, αμέσως μετά την
Θεία Λειτουργία, για να μάθετε περισσότερα
για αυτά τα έργα.

Τα έργα αυτά θα περιλαμβάνουν
αποκατάσταση όλων των δαπέδων Terrazzo,
αποκατάσταση όλων των στασίων,
τοποθέτηση καινούριων καγγέλων στη
σόλεα, τοποθέτηση βρόχου ακοής, και τέλος
τοποθέτηση νέου χαλιού.

Greetings, I wish you all a good month of Feb-
ruary filled with love, health, and happiness.

I am excited to announce that on January 7, 2025 the St. Spyridon Parish Council voted to begin a Church Beautification Project. We hope that all of you will join us for a Special Parish Assembly on February 2, 2025, right after liturgy, to hear about these projects

Our beloved St. Spyridon Hellenic Orthodox Church was built in 1986, and was consecrated in 1996 by Metropolitan Iakovos, of blessed memory. The stewards that built the church worked tirelessly as one UNITED team, offering their time, talent, and treasure, and in the process sacrificed everything to build the church that we are privileged to stand and worship in today. To honor our St. Spyridon the Wonderworker, and the memory of those dedicated stewards, we are committed to restore the church, to preserve and safeguard it for the next

generation.

All of this began with an amazing blessing of a \$12,000 grant from the Hellenic Foundation to install a hearing loop, which transmits sound directly into hearing aids, **significantly enhancing the listening experience of our parishioners with hearing aids.** The Hellenic Foundation has graciously provided this technology to several Hellenic Orthodox churches within our Metropolis.

When we humbly accepted the Hellenic Foundation grant, we recognized that we would have to replace the carpet, which is 18 years old, since the hearing loop must be installed under the carpet. **The Parish Council voted to proceed with the hearing loop installation and carpet replacement.**

In further examining our beloved parish's flooring, we realized the terrazzo floors had settlement cracks, significant wear and tear, and erosion from winter salts and other elements, especially in the church narthex, but also under the pews, on the solea, and in the altar. All of the floors, which have not been refinished since their installation in 1986, are in dire need of repair, which if not addressed, would be at risk of failing and needing to be replaced at cost of at least 5 times the restoration cost. **The Parish Council prudently voted to proceed with the floor restoration.**

Since the floor restoration project would require the removal of the wooden pews, which are also in need of restoration, **the Parish Council voted to refinish them as well.** We will also repair the kneeling benches and any components that need to be addressed.

And finally, and perhaps most importantly, many of our stewards have asked for accessibility railings to be installed on the solea steps to

PRESIDENT'S MESSAGE

provide safer access to the solea, particularly during Holy Communion. Upon assessment of the radiant heating location, **the Parish Council approved moving forward with church railing project as well.**

The total cost of the project is \$103,000. To date we have received approximately \$68,000 in donations, with the current net difference of \$35,000 to be funded by the Church Building Fund.

We are blessed to have all of you helping our beloved St. Spyridon Hellenic Orthodox Church in every way that you do.

If you are moved by these projects, and would like to make a donation, please contact Fr. George, or me (bkilias@yahoo.com or 708 927 0075), or the Church Office.

All of these projects are for **St. Spyridon the Wonderworker**, and our **St. Spyridon Hellenic Orthodox Church** should be completed within 4 to 6 weeks. We humbly ask for your patience during this time.



Καλή συνέχεια με υγεία

Bill Kilias

Parish Council President

SUNDAY SCHOOL



It has been another great month in Sunday School. We resumed classes on January 12th with our tradition of cutting the Vasilopita in each classroom. Many thanks to all the parents and teachers who volunteered to make them.

Speaking of volunteers... we always need new parents to come forward and help in Sunday School. Whether you would like to help for one class, or become a substitute – please consider sharing your talent with us. It is truly a rewarding experience.

We would like to focus on Stewardship in Sunday School and need the students get into the habit of giving. It is a very important component of being an Orthodox Christian. For children, that might be as simple as bringing in a can of food for the food pantry.

Oratorical Festival topics have also been distributed to each teacher. We would like to have 100 percent participation this year, so please ask your children about it and designate some time to complete this at home.

Class dates this month are February 2nd, 9th and 23rd. Please note that there is no class on Sunday February 16th.



SUNDAY SCHOOL

Saint John Chrysostom Oratorical and Fine Arts Festival

As part of our ongoing commitment to the spiritual growth and development of our youth, we are excited to announce the upcoming **Oratorical Festival** at our parish.

This enriching event will take place after the Salutation Service on **Friday, March 21st**.

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

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

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



2025 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

All students are strongly encouraged to participate in this year's Oratorical Festival. Projects should be rooted in Orthodox teachings. **Projects are due by Sunday, March 16,** to ensure that we have enough time to prepare them for display during the Oratorical Festival. **Examples of projects (for students in Grades 1-6): Posters, dioramas, icons, drawings, prayer journal, storybook, shadow box.**



Topics

- *The Life of a Saint*
- *The Meaning of a Holy Day*
- *A Miracle of the Orthodox Church*
- *My Favorite Bible Story*
- *The Importance of Prayer*
- *Icons and their Significance*
- *A Significant Sacrament*
- *The Importance of Kindness*
- *Why We Light Candles in Church*
- *The Significance of the Cross*
- *The Role of a Priest in the Church*



Scan the QR Code
for Topics, Tips, and
Resources

For additional information,
please contact

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

DIVINE LITURGY SCHEDULE

Sunday, February 2nd	The Presentation of Our Lord and Savior, Orthros & Divine Liturgy, 8:00—11:15 a.m.
Sunday, February 9th	Beginning of Triodion, Orthros & Divine Liturgy, 8:00—11:15 a.m.
Monday, February 10th	St. Charalambos, Orthros & Divine Liturgy at St. Charalambos Church in Niles, 8:00 a.m.—11:30 a.m.
Sunday, February 16th	Orthros & Divine Liturgy, 8:00—11:15 a.m.
Saturday, February 22nd	1st Saturday of the Souls, Orthros & Divine Liturgy, 8:00—10:30 a.m. Vespers—5:00 p.m.
Sunday, February 23rd	Orthros & Divine Liturgy, 8:15—11:15 a.m.
Saturday, March 1st	2nd Saturday of the Souls, Orthros & Divine Liturgy, 8:00—10:30 a.m. * Vespers—5:00 p.m.
Sunday, March 2nd	Orthros & Divine Liturgy, 8:00—11:15 a.m. * Forgiveness Vespers 6:00 p.m.
Monday, March 3rd	Clean Monday * Great Compline, Part 1 of St. Andrew Canon, 5:00—6:15 p.m. * Koulouma Dinner

ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ

Κυριακή 2 Φεβρουαρίου	Υπαπαντή του Κυρίου, Όρθρος & Θεία Λειτουργία, 8:00—11:15 π.μ.
Κυριακή 9 Φεβρουαρίου	Έναρξη Τριωδίου, Όρθρος & Θεία Λειτουργία, 8:00—11:15 π.μ.
Δευτέρα 10 Φεβρουαρίου	Αγ. Χαραλάμπους, Όρθρος & Θεία Λειτουργία στον Ιερό Ναό Αγίου Χαραλάμπους στο Niles, 8:00—11:30 π.μ.
Κυριακή 16 Φεβρουαρίου	Όρθρος & Θεία Λειτουργία, 8:00—11:15 π.μ.
Σάββατο 22 Φεβρουαρίου	1ο Ψυχοσάββατο, Όρθρος & Θεία Λειτουργία, 8:00—10:30 π.μ. Εσπερινός—5:00 μ.μ.
Κυριακή 23 Φεβρουαρίου	Όρθρος & Θεία Λειτουργία, 8:00—11:15 π.μ.
Σάββατο 1 Μαρτίου	2ο Ψυχοσάββατο—Όρθρος & Θεία Λειτουργία, 8:00—10:30 π.μ. Εσπερινός—5:00 μ.μ.
Κυριακή 2 Μαρτίου	Όρθρος & Θεία Λειτουργία, 8:00—11:15 π.μ. Κατανυκτικός Εσπερινός της Συγχωρήσεως—6:00 μ.μ.
Δευτέρα 3 Μαρτίου	Μέγα Απόδειπνο με τον Κανόνα του Αγίου Ανδρέου (1ο μέρος) - 5:00—6:15 μ.μ.* Κούλουμα



February 2025 — Community Calendar						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 * Sunday School — 10:30 am — 11:30 am * PTA Zoom Meeting — 7:00-8:00pm	3 * Archangels Academy — 9:00 a.m. * Greek School — 4:30 pm-6:30 pm * Floga dance (beginners & Intermediate) — 6:45 pm — 7:30 p.m.	4 * Archangels Academy — 9:00 am * Parish Council, 7:00 p.m. — 9:00 p.m.	5 * Archangels Academy — 9:00 am * Philoptochos Meeting — 6 p.m.	6 * Archangels Academy — 9:00 am * Food Pantry— 1:00 — 2:00 pm	7 * Archangels Academy — 9:00 am	8
9 * Sunday School — 10:30am — 11:30am PTA Meeting — 11:30 am GOYA Bake Sale Triodion Begins	10 * Archangels Academy — 9:00 a.m. * Greek School — 4:30 pm-6:30 pm * Floga dance (beginners & Intermediate) — 6:45 pm — 7:30 p.m.	11 * Archangels Academy — 9:00 am	12 * Archangels Academy — 9:00 am * Iconography Class — 5:30pm — 7:00pm * GOYA — 7:00 pm	13 * Archangels Academy — 9:00am * Food Pantry— 1:00 — 2:00 pm * Philoptochos Meeting — 6:30pm Paradosis Dance Troupe — 7:00 pm	14 * Archangels Academy — 9:00 am * Greek School — 4:30 -6:30 pm * Floga dance (advanced & Inter) — 6:40pm — 7:40 pm * Adult Greek School — 6:45 p.m. — 8:15 p.m.	15 * Altar Boy Meeting — 10 am * Byzantine Chant Class — 4:15 p.m.
16 * Family Worship — No Sunday School Archangels Breakfast Fundraiser — 11:30 am	17 * Greek School — 4:30 pm-6:30 pm * Floga dance (beginners & Intermediate) — 6:45 pm — 7:30 p.m.	18 * Archangels Academy — 9:00 am	19 * Archangels Academy — 9:00 am * Iconography Class — 5:30 pm — 7:00 pm	20 * Archangels Academy — 9:00am * Food Pantry— 1:00 — 2:00 pm	21 * Archangels Academy — 9:00 am * Greek School — 4:30 -6:30 pm * Floga dance (advanced & Inter) — 6:40pm — 7:40 pm * Adult Greek School — 6:45 p.m. — 8:15 p.m. * Family Night — 6:30pm	22 * Byzantine Chant Class — 4:15 p.m. * Handmaidens — 11:30 a.m.
23 * Sunday School — 10:30 a.m. — 11:30 a.m. * Philoptochos Apokreatiko Luncheon — 11:30 a.m.	24 * Archangels Academy — 9:00 a.m. * Greek School — 4:30 pm-6:30 pm * Floga dance (beginners & Intermediate) — 6:45 pm — 7:30 p.m.	25 * Archangels Academy — 9:00 am	26 Archangels Academy — 9:00 am * Iconography Class — 5:30 pm — 7:00 pm * GOYA — 7:00 pm	27 * Archangels Academy — 9:00am * Food Pantry— 1:00 — 2:00 pm Paradosis Dance Troupe — 7:00 pm	28 * Archangels Academy — 9:00 am * Greek School — 4:30 -6:30 pm * Floga dance (advanced & Inter) — 6:40pm — 7:40 pm * Adult Greek School — 6:45 p.m. — 8:15 p.m.	

PARISH REGISTRY

WEDDING

Pavlos Angelo Marudas and Angela Linn Kelsey were joined in Holy Matrimony on Sunday, January 26th. Their sponsors were Mr. & Mrs. Dennis Marudas.

BAPTISM

Douglas Edward Blackstone was baptized on January 16th and was given the name Damianos by his godparents Anthanasios & Dorothy Kremmydas

NA ZHEOYN!



MEMORIALS

January 5th: +6 months Polichronis Christopoulos

January 12th: +40 days Renatka (Irin) Kontaris, , +1 yr Dimitrios Mazarakos, , +2 yrs Alexandros Georgiou, + 5 yrs Gregory Les, , +9 yrs Constantine Georgiou, +20 yrs Eugenia Mazarakos, , +24 yrs Vasiliki Georgiou and +46 yrs Alexandros Georgiou

January 19th: +40 days Kyratso Kintonis, +6 mos Garyfalia Alikakos and +13 yrs Anastasios Kintonis

January 26th: +40 days Emilia Kyriakoulis,, +5 yrs Emmanuel Tsoukalas, +8 yrs Laureen Tsoukalas and +8 yrs Soteria Ardami

May their memory be eternal!

FORGIVENESS & PAN ORTHODOX VESPERS

FORGIVENESS VESPERS

SUNDAY, MARCH 2, 2025
6:00 PM FORGIVENESS VESPERS
 BEGIN GREAT LENT BY PARTICIPATING AND PRAYING THE FORGIVENESS VESPERS SERVICE.

SAINT SPYRIDON
 HELLENIC ORTHODOX CHURCH
 12307 S. RIDGELAND AVENUE, PALOS HEIGHT, IL 60463

Triumph of Orthodoxy
PAN ORTHODOX VESPERS

Sponsored by the Orthodox Christian Clergy Association of Greater Chicago

6:30 p.m.
Sunday, March 9, 2025
Assumption Greek Orthodox Church
601 S Central Avenue, Chicago, IL

Homilist: His Grace Bishop Alexei
 Diocese of Sitka and Alaska
 of the Orthodox Church in America (OCA)

Responses by
 The Pan Orthodox Choir
 of Greater Chicago
 Gordana Trbuhovich, Director

THE SYNODIKON
 THIS is the Faith of the Apostles!
 THIS is the Faith of the Fathers!
 THIS is the Faith of the Orthodox!
 THIS is the Faith which has
 established the Universe!

ARCHANGELS ACADEMY

All the children are very excited to be back in school. They came in ready with their smiles and full of energy, and have been busy learning and having fun. Father George came into our class and cut our annual Vasilopita. Congratulations to Arianna Ross for finding the flouri in her piece.

This month our students focused on Nutrition and our five senses. 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.

Archangels Academy Preschool Breakfast Fundraiser is taking place on February 16th after Divine Liturgy. It's going to be a fantastic event filled with delicious breakfast treats and a chance to come together as a community. Everyone is invited to attend but reservations are required. Limited seating will be available at the door. Message Sofea Malamis at Director@archangelsacademy.org to reserve your seat to-day.

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 offers Full & Half day options. Applications for the 2025-2026 school year are now available in the office and online. Applications are accepted on a first come first serve basis.

SPECIAL ANNOUNCEMENTS

Sunday, February 16th - Archangels Pancake Breakfast
Monday, February 17th - NO SCHOOL - Presidents Day



Την Κυριακή 9 Φεβρουαρίου, του Τελώνου και Φαρισαίου, ξεκινά φέτος το Τριώδιο.

Τριώδιο: Η περίοδος του Τριωδίου αποτελεί το κινητό εκείνο τμήμα του εκκλησιαστικού έτους που προπαρασκευάζει τον πιστό για τον άξιο έορτασμό των Παθών και της Αναστάσεως με ανάλογα βιώματα, πνευματική καλλιέργεια και συμμετοχή, με άγωνα μετανοίας, προσευχής και νηστείας.

Η περίοδος του Τριωδίου είναι ένα στάδιο «προετοιμασίας» για την νηστεία της Μεγάλης Τεσσαρακοστής και ξεκινά από την Κυριακή του «Τελώνου και Φαρισαίου» και τελειώνει την Ε' Κυριακή των Νηστειών.

Το Τριώδιο είναι ένα από τα λειτουργικά βιβλία της Έκκλησίας. Στο βιβλίο αυτό περιέχονται σχεδόν κάθε μέρα ύμνοι, που λέγονται Τριώδια, ύμνοι δηλαδή με τρεις ωδές. Οί ύμνοι αυτοί γενικά λέγονται Κανόνες.

Οί Κανόνες, στην ἄρτια μορφή τους και αντίθετα προς τα Τριώδια, αποτελούνται από έννέα ωδές. Οί ωδές, είναι ομάδες από τέσσερα ως πέντε ή και περισσότερα τροπάρια, που ψάλλονται όλα με τον ίδιο τρόπο. Ένω λοιπόν οί Κανόνες είναι ύμνοι με έννέα ωδές, τα Τριώδια είναι μικρότεροι ύμνοι με τρεις μόνο ωδές. Από τα Τριώδια λοιπόν αυτά, λέγεται και το βιβλίο Τριώδιο.

Τριώδιο λέγεται και η εκκλησιαστική περίοδος από την Κυριακή του Τελώνου και Φαρισαίου ως το Πάσχα, επειδή όλο αυτό το χρονικό διάστημα, είναι σε χρήση το λειτουργικό βιβλίο του Τριωδίου.

Περιλαμβάνει, τις τέσσερις εβδομάδες πριν από τη Μεγάλη Τεσσαρακοστή, τις πέντε εβδομάδες της Μεγάλης Τεσσαρακοστής ως το Σάββατο του Λαζάρου, και τη Μεγάλη Εβδομάδα.

Την πρώτη εβδομάδα του Τριωδίου γίνεται «καταλύση εις πάντα», δηλαδή τρώγεται ελεύθερα κάθε φαγητό ακόμη και την Τετάρτη και Παρασκευή. Για το λόγο αυτό ονομάζεται «ελεύθερη» ή «απολυτή».

Την δεύτερη εβδομάδα γίνεται «καταλύση εις πάντα», όλες τις ημέρες εκτός της Τετάρτης και Παρασκευής.

Την τρίτη εβδομάδα, της Τυροφάγου ή Τυρινής γίνεται όλες τις ημέρες καταλύση σε όλα τα γαλακτοκομικά προϊόντα, του αυγού, των ψαριών και φυσικά του ελαιολάδου, απαγορεύεται όμως η κρεοφαγία.

• Κυριακή του Τελώνη και του Φαρισαίου:

Η εκκλησία θέλει να μάς έμπνεύσει την ταπείνωση του Τελώνη και να μάς προφυλάξει από την υπερηφάνεια

του Φαρισαίου. Ο Κύριος διδάσκει: πᾶς ὁ ὑψῶν ἑαυτόν ταπεινωθήσεται, ὁ δὲ ταπεινῶν ἑαυτόν ὑψωθήσεται.

• Κυριακή του Ἀσώτου:

Τρία πράγματα διδάσκει ή παραβολή:

α) την ἄθλια κατάσταση του ἁμαρτωλοῦ

β) την ἀξία της μετανοίας και

γ) τὸ μεγαλεῖο τῆς συγχωρέσεως.

Τὸ Σάββατο πρὶν τὴν τρίτη Κυριακὴ ὀνομάζεται Ψυχὸσάββατο ἢ Σάββατο τῶν Ψυχῶν. Καθιερώθηκε ἀπὸ τὴν ἐκκλησίαν ὡς ἡμέρα πού προσφέρουμε κόλλυβα καὶ προσευχόμεστε γιὰ ὅλους αὐτοὺς πού γιὰ διαφόρους λόγους δὲν μνημονεύονται σὲ μνημόσυνα: γιὰ παράδειγμα ἄνθρωποι πού δὲν ἔχουν ἐν ζωῇ κανένα συγγενῆ.

• Κυριακή τῆς Ἀπόκρεω:

Λέγεται ἔτσι διότι μετὰ τὴν Κυριακὴ αὕτῃ ἀπέχουμε ἀπὸ τὸ κρέας. Τῇ μέρᾳ αὕτῃ ἡ Ἐκκλησία μας, φέρνει στὴ μνήμη μας τὴν φοβερὴ Δευτέρα Παρουσία τοῦ Κυρίου.

• Κυριακή τῆς Τυρινῆς:

Λέγεται ἔτσι διότι μετὰ τὴ μέρα αὕτῃ καθὼς καὶ τὴν ἐβδομάδα πού προηγείται καταλύουμε τυριὰ καὶ ἄλλα γαλακτώδη.

Τὸ Εὐαγγέλιο τῆς μέρας αὕτης παροτρύνει τοὺς πιστοὺς νὰ συγχωρήσουν αὐτοὺς πού τοὺς ἔφταιξαν ὥστε νὰ τοὺς συγχωρήσει καὶ ὁ Θεός. Ἡ νηστεία νὰ μὴ γίνεταί ἀφορμὴ ἐπιδείξεως ὅπως ἔκαναν οἱ Φαρισαῖοι καὶ νὰ διάγουν βίον ἐνάρετο καὶ ἐλεήμονα. Τῇ μέρᾳ αὕτῃ ἡ ἐκκλησία, μᾶς θυμίζει τὴν ἐξορία τοῦ Ἀδὰμ ἀπὸ τὸν Παράδεισο.

Ἡ ἱερὴ ὕμνολογία, ἡ βυζαντινὴ ψαλμωδία, καὶ ἡ θεία λατρεία γενικὰ τῆς Ἐκκλησίας, μαζί με τὴν ἀναγνώση τῶν Γραφῶν καὶ τὸ θεῖο κήρυγμα εἶναι τὰ ἱερὰ γράμματα καὶ ἡ παιδεία τῶν ὀρθοδόξων. Γιὰ μᾶς τοὺς Ἕλληνες εἶναι καὶ ἡ ἐθνικὴ μας γλῶσσα, γιατί ὅλα αὐτὰ εἶναι γραμμένα στὰ Ἑλληνικά, ὅπως καὶ ἡ Ἁγία Γραφή καὶ οἱ ἱερὲς Ἀκολουθίες.

Ὅλη ἡ περίοδος τοῦ Τριωδίου γιὰ τοὺς ὀρθοδόξους χριστιανούς εἶναι καιρὸς μετανοίας, προσευχῆς καὶ νηστείας. Γι' αὐτὸ κι ἀπὸ τὴ μέρα πού ἀνοίγει τὸ Τριώδιο, ὁ κάθε πιστὸς προσεύχεται κατανυκτικὰ καὶ ψάλλει: «τῆς μετα-νοίας ἀνοιξόν μοι πύλας, Ζωοδότα...».

Πηγή: <https://www.vimaorthodoxias.gr/>



Νεανικά χρόνια:

Η Αγία Φιλοθέη γεννήθηκε το έτος 1522 μ.Χ. στην τουρκοκρατούμενη τότε Αθήνα. Ήταν κόρη αθηναϊκής αρχοντικής οικογένειας γαιοκτημόνων, του Άγγελου Μπενιζέλου και της Σηρίγης Παλαιολογίνας και το κοσμικό της όνομα ήταν Ρηγουλά ή Ρεβούλα (Παρασκευούλα) Μπενιζέλου. Η μητέρα της ήταν στείρα και απέκτησε την Αγία μετά από θερμή και συνεχή προσευχή. Καθώς η Ρηγουλά μεγάλωνε, διακρινόταν για το ήθος και την ευφυΐα της. Έλαβε μόρφωση εξαιρετική, κάτι σπάνιο για κορίτσι της εποχής της.

Σε ηλικία 14 χρονών, οι γονείς της την πάντρεψαν, παρά τη θέλησή της, με τον κατά πολύ μεγαλύτερό της Ανδρέα Χειλά, έναν από τους άρχοντες της Αθήνας. Ο γάμος διήρκεσε μόνο τρία χρόνια. Στα 17 της χρόνια η Ρεβούλα έμεινε χήρα. Η ομορφιά της, τα πλούτη της, η ευγενική της καταγωγή, η μόρφωσή της την καθιστούσαν περιζήτητη νύφη που διεκδικούσαν οι σημαντικότερες οικογένειες της Αθήνας και όχι μόνο. Οι γονείς της την πίεζαν έντονα να συνάψει δεύτερο γάμο, όμως αυτή τη φορά η Ρεβούλα δεν εισάκουσε την επιθυμία τους. Επιδόθηκε σε σπουδαίο φιλανθρωπικό και κοινωνικό έργο και δέκα χρόνια μετά το θάνατο των γονιών της γίνεται μοναχή με το όνομα Φιλοθέη.

Το έργο της:

Το 1571 ξεκίνησε να πραγματοποιεί την ανακαίνιση του ναΐσκου του Αγίου Ανδρέα, ο οποίος βρισκόταν στον περίβολο του πατρικού της αρχοντικού, μετατρέποντάς τον σε κοινόβιο.

Ύστερα από εντολή του Αγίου Ανδρέα του Πρωτόκλητου, τον οποίο είδε σε όραμα, οικοδόμησε ένα γυναικείο μοναστήρι με αρκετά κελιά, στο οποίο και έδωσε το όνομα του Αγίου για να τον τιμήσει. Εκεί μόνασε ως ηγουμένη της αδελφότητας μαζί με κόρες εύπορων οικογενειών, αλλά και εκχριστιανισμένες μουσουλμάνες και κατατρεγμένες Κύπριες. Ακόμα και οι γυναίκες που ήταν στην υπηρεσία της οικογένειάς της ακολούθησαν το παράδειγμά της, αγωνιζόμενες στην άσκηση και την αρετή. Σε λίγο διάστημα, η μονή έφθασε να έχει διακόσιες αδελφές. Η μονή της Οσίας Φιλοθέης γίνεται ένα πραγματικό λιμάνι, στο οποίο βρίσκουν προστασία οι ταλαιπωρημένοι από τη σκλαβιά, θεραπεία οι άρρωστοι, τροφή οι πεινασμένοι, στήριγμα οι γέροντες και στοργή τα ορφανά.

Στο φιλανθρωπικό, κοινωνικό, εκπαιδευτικό και εθνικό έργο της η Αγία Φιλοθέη αφιέρωσε ολόκληρη την πατρική και προσωπική της περιουσία. Η Οσία, παρά τις αντιδράσεις των Τούρκων ιδρύει σχολεία, βιοτεχνικά και χειροτεχνικά εργαστήρια, νοσοκομεία, ξενοδοχεία, ορφανοτροφεία, «σχολεία διὰ τούδ παιδας τῶν Ἀθηναίων, διὰ ν' ἀνοίξη τούδ ὀφθαλμούς αὐτῶν πρὸς τὴν παράδοσιν καὶ τὴν δόξαν τῶν προγόνων τῶν».

Βασική επιδίωξη της αγίας Φιλοθέης ήταν η τόνωση του ορθοδόξου ιδεώδους και η διατήρηση της ελληνικής συνειδήσης. Το έργο της, κατά βάση εθνικό και θρησκευτικό, ξεπέρασε τα όρια της Αθήνας και έγινε γνωστό σε όλη την Ελλάδα.

Η όλη όμως δράση της Αγίας Φιλοθέης εξαργύωσε τους

Τούρκους. Κάποια στιγμή την συλλαμβάνουν και εκείνη με πνευματική ανδρεία ομολογεί: «Εγὼ διψῶ νὰ υπομείνω διάφορα εἶδη βασανιστηρίων γιὰ τὸ ὄνομα τοῦ Χριστοῦ, τὸν ὁποῖο λατρεύω καὶ προσκυνῶ με ὅλη μου τὴν ψυχὴ καὶ τὴν καρδιά, ὡς Θεὸ ἀληθινὸ καὶ ἄνθρωπο τέλειο καὶ θὰ σὰς χρωστάω μεγάλη εὐγνωμοσύνη ἀν μπορεῖτε μὴ ὥρα πρωτύτερα νὰ με στείλετε πρὸς Αὐτόν με τὸ στεφάνι τοῦ μαρτυρίου». Ὑστερα ἀπὸ τὴν ηρωικὴ αὐτὴ ἀπάντηση πρὸς τοὺς κατακτητὲς, ὅλοι πίστευαν ὅτι ἡ πανευτυχὴς καὶ φερώνυμη Φιλοθέη ἐντὸς ὀλίγου θὰ ἐτελειούτο διὰ τοῦ μαρτυρικοῦ θανάτου. Ὅμως, κατὰ θεῖα βούληση, τὴν τελευταία σχεδὸν στιγμὴ πρόφθασαν κάποιοι Χριστιανοὶ καὶ καταπράυναν τὸν ηγεμόνα με διάφορους τρόπους. Ἐτσι πέτυχαν νὰ ἐλευθερώσουν τὴν Αγία.

Το οσιακό τέλος:

Οι Τούρκοι, όμως, προσπαθούσαν με κάθε τρόπο νὰ ἀνακόψουν τὴ δράση της. Ἐτσι μὴ νύχτα, στὶς 2 Οκτωβρίου τοῦ ἐτοῦς 1588 μ.Χ., πήγαν στὸ μονύδριο ποῦ εἶχε οἰκοδομήσει στὰ Πατήσια, τὴν ὥρα ποῦ ἡ Αγία μαζί με τὶς ἄλλες ἀδελφές βρισκόνταν στὸν Ἱερό Ναὸ ἐπιτελώντας ὁλονύκτια ἀγρυπνία, εορτάζοντας τὴ μνήμη



τοῦ Αγίου Ἱερομάρτυρος Διονυσίου τοῦ Ἀρεοπαγίτου καὶ πέντε ἀπὸ αὐτοὺς ἀνεβαίνοντας στὸν ἐξωτερικὸ τοῖχο πῆδηξαν μέσα στὴν αὐλὴ. Στὴν συνέχεια εἰσέβαλαν στὸν ναὸ, ἄρπαξαν τὴν Αγία καὶ τὴν μαστίγωσαν με μανία καὶ βαναυσότητα, ἐγκαταλείποντάς τὴν ἡμιθανή ἐξω ἀπὸ τὴ μονὴ της.

Ἐξω ἀπὸ τὸ ναὸ, στὰ δεξιὰ της εἰσόδου τοῦ, σώζεται ἡ κολώνα, ὅπου ἡ αγία Φιλοθέη δέθηκε καὶ μαστιγώθηκε. Οἱ μοναχὲς τὴν μετέφεραν στὴν κρύπτη της στὴν Καλογρέζα. Εκεί ἡ Φιλοθέη υπέκυψε στα τραύματά της στὶς 19 Φεβρουαρίου 1589 μ.Χ. Ἐνταφιάστηκε στὸ δεξιὸ μέρος τοῦ Ἱεροῦ βήματος τοῦ Αγίου Ανδρέα, ἐνῶ αἰῶνες ἀργότερα τὸ σκήνωμά της μεταφέρθηκε στὴ Μητρόπολη Ἀθηνῶν, ὅπου φυλάσσεται σὲ ἀσημένια λάρνακα μέχρι σήμερα.

Εἴκοσι ἡμέρες μετὰ ἀπὸ τὴν κοίμηση της Αγίας ὁ τάφος της εὐωδίαζε. Ἀκόμη, ὅταν μετὰ ἀπὸ ἓν ἐτος ἐγίνε ἡ ἀνακομιδὴ, τὸ τίμιο λείψανό της βρέθηκε ἀκέραιο. Ἐπιπλέον ἦταν γεμάτο με εὐωδιαστὸ μύρο, τρανὴ καὶ λαμπρὴ ἀπόδειξη της θεάρεστης καὶ ἐνάρετης πολιτείας της, πρὸς δόξα καὶ αἶνο τοῦ Θεοῦ καὶ καύχημα της πίστεώς μας.

Η Αγιοποίηση:

Ἡ Φιλοθέη ἀνακηρύχθηκε αγία ἐπὶ Οἰκουμενικοῦ Πατριάρχου Ματθαίου Β' (1595 – 1600 μ.Χ.). Ὁ Νεόφυτος ὁ μητροπολίτης Ἀθηνῶν, ἀφού ἐξέτασε καὶ ἐρεύνησε τὰ κατὰ τὸν βίον καὶ τὸ μαρτύριον της οσίας, σύνταξε ἀναφορὰ στὸ Πατριαρχεῖο μαζί με τοὺς ἐπισκόπους Κορίνθου καὶ Θηβῶν καὶ με τοὺς προκρίτους της Ἀθήνας γιὰ νὰ τάξει τὴν οσία Φιλοθέη στους χοροὺς τῶν ἁγίων. Τὸ Καθολικὸ τοῦ Αγίου Ανδρέα καὶ τὸ πηγάδι της μονῆς της σώζονται με τὴ Χάρη τοῦ Θεοῦ μέχρι σήμερα στὸν περίβολο της Ἀρχιεπισκοπῆς Ἀθηνῶν, πολλὰ ἔτη μετὰ τὴν κοίμηση της Αγίας.

Ἡ μνήμη της εορτάζεται στὶς 19 Φεβρουαρίου.

Πηγὴ λήψης ἀρθροῦ www.galilea.gr

STEWARDSHIP 2025

The Stewardship Committee thanks our 103 Stewards who have fulfilled their pledge for the 2025 year. We wish to express our gratitude for your commitment to the Lord's work through our Church of Saint Spyridon and we encourage everyone to offer their stewardship for the good of the Church. Let us work together to make 2025, an exemplary year of growth and renewed blessings for our beloved parish of Saint Spyridon.

STEWARDS JANUARY 1ST—JANUARY 31ST

Dr. & Mrs. Chris Alemis	Mr. & Mrs. Michael Haniotakis	Mr. & Mrs. Dennis Marudas
Mr. Gus Alikakos	Mr. & Mrs. Peter Hristakos	Mr. & Mrs. Pavlos Marudas
Mr. & Mrs. John Arestis	Mr. & Mrs. Dimitris Karamagianis	Ms. Maria Meintanis
Mr. & Mrs. Anthony Argyropoulos	Mrs. Helen Katris	Ms. Catherine Nakos
Mrs. & Mrs. John Arvanitis	Mr. Bill Katsenis	Mr. & Mrs. Bob Papadatos
Ms. Olga Baroudos	Mrs. Dina Katsoulis	Mr. & Mrs. Ted Pappas
Mrs. Chrisi Bastas	Mr. & Mrs. Bill Kiliias	Mr. & Mrs. Paul Paraskevopoulos
Mr. & Mrs. John Bastas	Mr. & Mrs. George Kladis	Mr. & Mrs. Peter Paraskis
Ms. Eleni Bizoukas	Mrs. Tasia Kladis	Mr. & Mrs. Peter Paxinos
Mr. & Dr. Kevin Cajas	Mr. & Mrs. Demetrios Kollintzas	Mr. & Mrs. Bill Perakis
Mr. Christos Catsogiannis	Mr. Gus Kolyvas	Ms. Penny Poninski
Mr. & Mrs. George Charalapous	Mr. Pete Kolyvas	Mr. & Mrs. Dan Prevett
Mrs. Caryn Chibucos	Mrs. & Mrs. Frank Kopanis	Mr. & Mrs. Tom Primbas
Mr. & Mrs. Chris Christofer	Ms. Sophia Kopanitsanis	Mr. & Mrs. Thomas Riley
Ms. Angeliki Christopoulos	Mr. & Mrs. Chris Korbakes	Mr. & Mrs. Gus Rougas
Mr. & Mrs. Adam Collopy	Mr. & Mrs. Peter G. Korbakes	Dr. & Mrs. George Scarlatis
Mr. & Mrs. Steven Colompos	Mr. & Mrs. Nick Korolis	Mr. & Mrs. Nicholas Shizas
Mr. & Mrs. Panagiotis Deligiannis	Mr. Demetrios Kottaras	Mr. Andrew Stameson
Mr. & Mrs. Konstantinos Demakis	Mr. Chris Koulogeorge	Mr. & Mrs. Charlie Sweis
Mr. & Mrs. George Eliacostas	Mr. & Mrs. Nicholas Kournetas	Mrs. Efthimia Thiakos
Mrs. Martha Eliopulos	Mr. & Mrs. John Koziocas	Mr. & Mrs. William Toullos
Mrs. Georgia Evangelopoulos	Mr. & Mrs. Athanas. Kremmydas	Mrs. Leah Treantafeles
Ms. Ruth Ellen Faklis	Mr. & Mrs. Tom Kyres	Mr. Angelos Tsagalis
Mr. & Mrs. John Farsatis	Fr. & Presbytera George Lamberis	Mr. John Tsoukalas
Mrs. Sophia Felecos	Mr. & Mrs. Gus Lamberis	Mr. & Dr. Vasileios Tsoukalas
Dr. Sylvia Felecos	Mr. & Mrs. James Laris	Ms. Ioanna Tzaferis-Kolios
Mr. & Mrs. Demetrios Gatsinos	Mr. & Mrs. George Limperis	Mr. & Mrs. Spiros Tzanetakos
Mr. & Mrs. George Gatsios	Mr. & Mrs. Taso Malamis	Mr. & Mrs. Elias Valaveris
Mr. & Mrs. Theofanis Gatsios	Mr. & Mrs. Theodore Manasses	Mrs. Patricia Vardalos
Dr. & Mrs. George Georgelos	Mrs. Tina Manasses	Ms. Magdalini Vasiliadou
Mr. & Mrs. Theof. Georgiopoulos	Mr. & Mrs. Billy Manikas	Mr. & Mrs. Vasilios Vasilopoulos
Mrs. Kathy Grapsas	Mr. & Mrs. Theophanes Manikas	Mr. & Mrs. George Vythoulkas
Mr. & Mrs. Aris Halikias	Mr. & Mrs. Bill Marinakos	Mr. & Mrs. Dennis Xenos
Mr. & Mrs. Aris T Halikias	Mr. & Mrs. Robert Markatos	Ms. Effie Zorbas



*In gratitude for God's blessings, I commit to Christ and
His Church as a Steward of Saint Spyridon with my 2025 Stewardship.*



ANNOUNCEMENT

Dear Beloved Parishioners of Saint Spyridon,
Greetings in the Name of our Lord and Savior, Jesus Christ!

We hope this letter finds you in good health and high spirits. Recently, the Parish Council approved several maintenance projects to be completed in the Church. We have organized a General Assembly for Sunday, February 2 immediately after the Divine Liturgy to inform our stewards about the plans for these projects.



We would also like to inform you of a recent vacancy on our Parish Council. This position has become available and we are now seeking eligible parishioners who are interested in filling this role and serving the parish community.

In accordance with the governing structure of our parish and as outlined in Article VII - Section 8 of the Parish Council Bylaws, the following procedure will be followed to fill this vacancy:

"A vacancy on the Parish Council, after the Parish Council Officers have been sworn in, shall be filled by the Parish Council in the following manner: All eligible parishioners will be invited to submit their names as nominees no later than one week before the Parish Council meeting, at which the election will be held, and the Parish Council will elect as many as vacancies exist from among them."

Eligibility Criteria:

To be considered for election to the Parish Council, candidates must meet the following criteria:

1. **Canonical:** The nominee must be an active and practicing member of the Orthodox Christian faith.
2. **Spiritual:** The nominee must regularly attend Divine Services and participate in the sacramental life of the Church.
3. **Financial:** The nominee must be in good standing with the financial obligations of the parish, including regular stewardship contributions.

We invite all eligible parishioners who meet these criteria to submit their names as nominees for the vacant position. All nominations must be received no later than one week prior to the Parish Council meeting, at which the election will be held.

If interested complete the included form and send your nominations to the Parish Office to the attention of Fr. George, no later than February 27. Should you have any questions or need further clarification on the nomination process or eligibility, please do not hesitate to contact us.

In Christ,

Father George Lamberis, Parish Priest

Bill Kiliyas, Parish Council President

APPLICATION FOR PARISH COUNCIL MEMBER CANDIDACY

To:

The Parish Council
St. Spyridon Hellenic Orthodox Church
12307 Ridgeland Avenue
Palos Heights, Illinois 60463

I wish to place my name in nominations for the election to the Parish Council of the Saint Spyridon Hellenic Orthodox Church of Palos Heights, Illinois. As required by the UNIFORM PARISH REGULATION of the GREEK ORTHODOX ARCHDIOCESE, I hereby declare that I have been a steward of good standing for at least two (2) years prior to the date of the elections and I understand the duties and responsibilities which are expected of the members of the Parish Council.

Election Date: Tuesday, March 4, 2025

Candidate Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____ E-mail: _____

Candidate's Signature: _____

Signature of three (3) stewards in good standing of Saint Spyridon Hellenic Orthodox Church.

1. _____

2. _____

3. _____

Note: This application must be received by the church office no later than Thursday, February 27, 2025. This application must also be accompanied by a photograph of the Candidate.

Received by the Board of Elections:

Signature of Receiver: _____ Date: _____

Priest's Verification

I have verified that the above candidate is ecclesiastically, canonically, and financially in good standing.

Signature of Priest: _____ Date: _____

PLUTARCHOS ACADEMY



The month of January was filled with celebrations and many opportunities for a deep appreciation of our Hellenic Orthodox Heritage. We started the New Year with our Annual Plutarchos Vasilopita cutting on January 6th. Thank you to Fr. George for teaching our kids about St. Basil, the beautiful tradition of vasilopita cutting and the importance of giving to the needy. Thank you to all the mothers and teachers that baked the delicious vasilopites and to our PTA for providing the St. Basil coins. It was a festive day full of big smiles and happy bellies!

On Sunday, January 26th we celebrated Hellenic Letters Day, a day dedicated to honoring the Three Hierarchs—St. Basil the Great, St. Gregory the Theologian and St. John the Chrysostom. As part of our school's special tribute, five of our talented students delivered a speech that truly captured the beauty and significance of the day. A big thank you to Marianna Haniotakis, Evan Panagiotopoulos, Ellesa McNeil, Eva Hardaloupas and Ioanna Marouda for their dedication and hard work.

Important Dates

- **Friday, February 7th**—No School
- **Monday, February 17th**—Regular School Day (make up for missed day)
- **Saturday, February 22nd**—Metropolis Agrafo
- **Sunday, March 16th**—Greek Independence Day School Program, after the Divine Liturgy
- **Sunday, April 6th**—Chicago Greek Independence Day Parade
- **June 16th -20th**—Camp Kalokairaki



FAMILY NIGHT

What a great night of fun for our Family Night Ministry on Friday, January 31st! We thank all of the families that came to Urban Air in Mokena for our first Family Night in 2025! There was a total of 33 children who jumped and played, and then we all enjoyed a nice dinner together.

We also thank all of our families for their flexibility. This event was to happen on site, but because of the maintenance projects at St. Spyridon, we moved it off site.

The Family Night Ministry welcomes all families with children in Pre-K thru 5th grade. Join us by reaching out to Presvytera Diana at dlamberis@gmail.com or attending our next meet up on Friday, February 21st. We hope to see you all there!

*Submitted by Ria Hronis
and the Family Night Committee*



CHERUBS

Happy New Year!! Our first day back from break and these kids were excited to run around together.

We enjoyed playing in the gym, working on fine motor skills while making snowflakes with beads and playing with our favorite, playdoh. We look forward to more activities together and brighter days ahead as we slowly start to approach spring and the warmer weather that will follow.



FOOD PANTRY

Our Food Pantry team distributed Christmas baskets to 50 needy families. Each food basket was valued at approximately \$65 and contained one ham and enough fresh and non-perishable food items for multiple meals for each family. Additionally, \$1,200 in gift cards were purchased and will be given to those in need throughout the year.

THANK YOU to all who donated funds and food, and to our tireless volunteers for carefully assembling and distributing the baskets.

Our next holiday food distribution will be on April 17th for Pascha. If you know of a family in need, please advise them that we distribute food every Thursday from 1pm to 2pm, inside the back door of our church Gym. Wishing everyone a Happy New Year!



For I was hungry
and you gave me food
I was thirsty
and you gave me drink
Matthew 25:35-40



GOYA NEWS

GOYA has some exciting events later this school year. If you haven't marked your calendar yet, GOYA is going to Rochester, MN for an outreach ministry trip May 1-4, 2025. GOYA kids will be helping out at the Philoxenia House - a place where people and their families can stay for free while they undergo long-term treatment at the MAYO clinic. The GOYA Group will be putting their Orthodoxy into action by painting the interior of the Philoxenia House. In addition to our mission work, the kids will have fun activities planned to continue to nurture their sense of community with their fellow Orthodox Christian peers. If any GOYA member needs more information about the trip, please reach out to sacollop@gmail.com or stacyval@outlook.com.

GOYA will be hosting several fundraisers to help offset the cost of this trip. Our very first fundraiser is a bake sale on Sunday, 2/9 after Divine Liturgy. Load up on all sorts of treats for your Super Bowl gathering. Interested in helping support this mission trip and would like to donate? Please contact Father George. Any type of donation is much appreciated!



PHILOPTOCHOS NEWS

Dear St. Spyridon Family,

February is here! Its hard to believe that we will be soon preparing for Lent & the celebration of Pascha.

Our Membership Drive kicked off with a great start! Our Philoptochos hosted the "Membership, Meze & Mingle" event on January 23rd. The event was a huge success! Special thank you to our Chair Ladies Helen Sotiropoulos & Zoe Kopanis for putting this successful event together & Kathy Korbakes for her assistance with working with the committee on the new membership material!! Kai Tou Xronou!! If you were unable to attend, please make sure to complete your membership card.

Don't forget to make your reservations for our upcoming annual Aprokreatiko event! Our committee has been busy planning for this festive event and we look forward to seeing you there!

Wishing you & your family a blessed month!

Sisterly Agapi,

Dana Vasilakos , Philoptochos President

Save these Dates!

Saturday, February 1st – Chapter Connect Meeting @ St. Andrew – Chicago, IL

Sunday, February 2nd – "Go Red Sunday" (Support of Women's Heart Health)

Wednesday, February 5th – Monthly meeting at 6:00 p.m.

Our Philoxenia Luncheon has been rescheduled for June 3rd.

Sunday, February 23rd – Apokreatiko Luncheon



PARISH ANNOUNCEMENTS



**BETTER
LUCK
THIS
YEAR!**

28th Annual GOLF OUTING
SAVE the DATE

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

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**ΨΥΧΟΚΑΒΒΑΤΟ
SATURDAY OF THE SOULS**



8:00 am Orthros and Divine Liturgy
Saturday, February 22
Saturday, March 1
Saturday, March 8



Saint Spyridon Hellenic Orthodox Church
12307 S Ridgeland Ave, Palos Height, IL

The Voice H φωνή
Official Monthly Community
Publication of
St. Spyridon

Hellenic Orthodox Church
12307 S. Ridgeland Avenue
Palos Heights, IL 60463

Rev. Fr. George Lamberis
PARISH PRIEST

Church Office

Hours: Monday-Friday 9 a.m.-2 p.m.

Phone: 708-385-2311

Fax: 708-385-0166

E-mail: office@Saint-Spyridon.net

Web: www.Saint-Spyridon.net

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Zoe Kopanis	Sunday School
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Stephane Collopy	G.O.Y.A.
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Viaian Tzanetakos	Family Night
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Nick Tsinoukas	Athletics
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Soteria Simantirakis	Custodian
Pete Mihalopoulos	Iconography
Sophia Christofer	Floga Dance
Evi Marouda	Floga Dance
Anastasia Deligiannis	Floga Dance
Patty Pappas	Floga Dance
Olga Baroudos	Floga Dance

PARISH ANNOUNCEMENTS

— PTA —
HEART SHAPED PIZZA
Sale




Pizza

HEART SHAPED CHEESE PIZZA	\$15
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All pizzas are frozen.

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 SPYRIDONPTA@GMAIL.COM
 PICK UP AVAILABLE ON
 FEBRUARY 6 AT TRIVIA NIGHT,
 FEBRUARY 7 AT GREEK SCHOOL,
 FEBRUARY 9 AFTER CHURCH



GOYA BAKE SALE



**SUNDAY, FEBRUARY 9
AFTER DIVINE LITURGY**

HELP SUPPORT GOYA AS THEY
FUNDRAISE FOR THEIR
UPCOMING MINNESOTA
OUTREACH TRIP

YOUR SUPPORT IS APPRECIATED!

**STOCK UP ON ALL SORTS OF
GOODIES FOR YOUR SUPER
BOWL PARTY!!**

YOU ARE INVITED TO
**Holy Taxiarchai & St.
Haralambos GOYA**
**VALENTINE'S
DAY DANCE**

FEBRUARY 21

FROM 7:30 PM- 10:30 PM

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COME JOIN US FOR FOOD,
MUSIC, DANCING AND
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February 2025

MESSAGES from the METROPOLIS

www.chicago.goarch.org



SCAN FOR
MORE NEWS

LATEST NEWS

- 1/09** Three Parishes of the Metropolis of Chicago Celebrate Debt Elimination, Inspired by 5-Year Vision for Parish Growth
- 1/24** Encyclical: Reawakening the Evangelical Spirit of our Holy Metropolis of Chicago
- 1/31** Deadline for 2025 Pilgrimage of Discovery Applications
- 3/17** Deadline for the Independent Director for the Greek Orthodox Metropolis of Chicago Foundation application

UPCOMING EVENTS

- 1/31-2/2** Western Region Basketball Tournament
- 2/4** Strengthen Stewardship Now & Forever Virtual Event
- 2/7** Tim Tebow Foundation Night To Shine hosted by Holy Taxiarchai & St. Haralambos
- 2/8** The Ministry of Women in the Church panel discussion with keynote speaker, Elizabeth Prodromou, Ph.D, hosted by St. Andrew of Chicago
- 02/14 -17** YAL Chicago Conference



SCAN FOR
MORE
EVENTS

sign up to receive email updates:
www.chicago.goarch.org/sign-up

PARISH ANNOUNCEMENTS



St. Spyridon Parish Baby Food Drive February 1 – February 23

Help a growing baby get the food and nutrients it needs to grow strong!

Baby Formula, Baby Cereal and Baby Food
You can make a big difference to a sweet little one!
Cash or Check donations also accepted
(checks made out to St. Spyridon – memo Project Hope)



St. Spyridon is partnering with Project HOPE. You ask...What is HOPE? The Greek Orthodox Metropolis of Chicago announced the launch of a new ministry designed to address food security and stable housing for families and individuals living in the Chicago area. Called Project HOPE (Humanitarian Outreach and Philanthropic Engagement), the new ministry is operating and already has distributed more than five tons of food and more than 2,000 meals to people in need.

SAVE THE DATE SUMMER KIDS CAMPS

AT SAINT SPYRIDON

ARCHANGELS ACADEMY PRESCHOOL
JUNE 9 - 13, 2025
DAILY FROM 9 AM - 1 PM
AGES 3-5

PLUTARCHOS ACADEMY
CAMP KALOKAIRAKI
JUNE 16 - 20, 2025
DAILY 9 AM - 1 PM
GRADES K - 6TH

VACATION CHURCH SCHOOL
JUNE 23 - 27, 2025
GRADES PREK - 6TH
DAILY 9 AM - 12 PM

12307 S. RIDGELAND
PALOS HEIGHTS, IL



FOOD PANTRY ITEMS ALWAYS NEEDED

Canned Corn	Mac & Cheese	Canned Peas
Dry Beans & Lentils	Canned Fruit	Peanut Butter & Jelly
Cereal or Oatmeal	Vegetable Oil	Canned Green Beans
Boxed Mashed Potatoes	Tomato Paste	Tomato Sauce
Pancake mix & syrup	Spaghetti Sauce	Boxed Pasta
Brownie Mix	Canned Tuna	Canned Soup
Mustard/Ketchup	Salad Dressing	Crackers

Please place all non-perishable food donations in the
FOOD PANTRY DONATION BOX,
located in the gym. Monetary donations are always welcome.

Thank You!



The Ministry of Women in the Church: Reflections of Leaders, Inspiring Growth

Saturday 10AM-3PM

**Feb
8th
2025**

St Andrew's Greek Orthodox Church
5649 N. Sheridan Rd
Chicago, IL 60660
(773) 334-4515



With the support of the Hellenic Foundation and a generous anonymous donor.

Keynote Speaker

Elizabeth H. Prodromou, Ph.D

Visiting Professor in the International Studies Program at Boston College, and affiliated faculty member of the Islamic Civilizations and Societies Program and the Boisi Center for Religion and American Public Life.

Panelists

Mother Seraphima

Orthodox Monastery of the Transfiguration, Ellwood City, PA

Randa Karadsheh Anderson, Ph.D

Clinical Psychologist; President of OCAMPR

Maria H. Boyle

MS in counseling, Northwestern; Founder and Leader of Divorce Rebuilders Ministry

Presbyter Anna Kallis

MDiv, Director of the Telos Project, CrossRoad Institute; Founder of Myrbearers Ministry

Katherine Siavelis

Learning Disabilities Specialist and Educational Consultant; Greek Orthodox Metropolis of Chicago Philoptochos Board, Co-Chair Philanthropy Fund

Helen Theodoropoulos, PhD

Adjunct Professor of Theology, St Phoebe Center for the Diaconess Board

Registration: The Conference is free of charge, but registration is required. To register, send name(s) of attendee(s) and contact email to Helen at metroconferencechicago@gmail.com

Outline of Program:

10:00 am - 12:00: Introduction
Keynote Address with Q&A
12:00 - 1:00 pm: Lunch
1:00 - 3:00 pm: Panel Presentation.
Break followed by Q&A.



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