



Saint Spyridon Hellenic Orthodox Church

12307 S. Ridgeland Avenue, Palos Heights, IL. 60463

Phone 708-385-2311 * Fax 708-385-0166

Website: www.Saint-Spyridon.net * E-mail: office@Saint-Spyridon.net

Office Hours: Monday-Friday 9:00 a.m. - 2:00 p.m.

Rev. Tilemahos Alikakos, Protopresbyter - Mr. Frank Kopanis, Parish Council President

PARISH SCHEDULE

Sunday, February 14th

Sunday of the Canaanite Woman

Orthros & Divine Liturgy — 8:00 a.m. — 11:00 a.m.

Memorials: Members of the John Pappas Family

Monday, February 15th

Archangels Academy — 9:00 a.m. * Greek School Online

Tuesday, February 16th

Archangels Academy — 9 a.m. * Bible Study in Greek — 10 a.m.

Wednesday, February 17th

St. Theodore of Tyron

1st Hour & Divine Liturgy — 8:15 a.m. — 9:30 a.m.

Archangels Academy — 9:00 a.m.

Thursday, February 18th

Archangels Academy — 9:00 a.m. * Bible Study — 7 p.m.

Friday, February 19th

Archangels Academy — 9:00 a.m.

Greek School Online *Paraklesis — 6:00 p.m. — 6:45 p.m.

Saturday, February 20th

Vespers — 6:00 p.m. — 6:30 p.m.

Sunday, February 21st

Sunday of the Publican and Pharisee, Triodion Begins

Orthros & Divine Liturgy — 8:00 a.m. — 11:00 a.m.

Monday, February 22nd

Archangels Academy — 9:00 a.m. * Greek School Online

Divorce Rebuilders On-line — 7:00 p.m.

Tuesday, February 23rd

Archangels Academy — 9a.m. * Bible Study in Greek — 10 a.m.

Wednesday, February 24th

Archangels Academy — 9:00 a.m.

Thursday, February 25th

Archangels Academy — 9:00 a.m. * Bible Study — 7:00 p.m.

Friday, February 26th

Archangels Academy — 9:00 a.m. * Greek School Online

Saturday, February 27th

Orthros & Divine Liturgy — 8:00 a.m.

Great Vespers — 6:00 p.m.

**SAINT SPYRIDON SERVICES
ARE STREAMED ON OUR
[PARISH YOUTUBE CHANNEL](#)**



Hymns of the Resurrection

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

Christ has risen from the dead, the first of those who have fallen asleep. The Artificer of all things that were made was first born before all creation; now He has renewed the corrupted nature of our human race in himself. O Death, you no longer have dominion, for the Master of all has destroyed your power.

When You had physically tasted death, O Lord, You curtailed its bitterness by Your resurrection, and You strengthened humanity against it, by reversing the failure related to the primal curse, O Defender of our life. Glory to You, O Lord

Astounding in appearance, refreshing by the words he spoke, the flashing Angel said to the myrrh-bearing women: Why do you look in a tomb for the Living One? He is risen and has emptied the tombs. Know Him, the unchanging Changer of corruption. Say to God: How awesome are Your works! For You have saved the human race.

From the tomb You rose today, O Lord of tender compassion, also from the gates of death You led us out, O our Savior. On this day is Adam dancing and Eve rejoices, and with them together Patriarchs and the Prophets are unceasingly extolling the divine power of Your authority.

Let heaven and earth dance for joy today, and in oneness of mind extol Christ God, for He resurrected the prisoners from their tombs. All creation rejoices together, offering worthy songs to the Creator of all and our Redeemer, for today as the Giver of Life, having drawn mortals up from Hades, He exalts them to heaven together, and lays a curse on the enemy's haughtiness, and smashes the gates of Hades, by the divine power of His authority.

When Mary Magdalene announced the good news of the Savior's resurrection from the dead and His appearance, the Disciples would not believe. So they were upbraided for their hardness of heart. But once they were fully equipped with the signs and miracles, they were sent out to preach. So then You, O Lord, were taken up to Your Father, the Source of Light; and they went and preached the word everywhere, and were confirmed by the miracles. Therefore we, who have been enlightened by them, glorify Your resurrection from the dead, O Lord who loves humanity.

Hymn of St. Afxentios

As a citizen of the desert and an angel incarnate and a wonder-worker you shone forth, O Afxentios, our God-bearing father. Since you received the spiritual gifts by fasting and vigilance and prayer, you can cure those who are ailing and heal the souls of those who run to you with faith. Glory to Him who gave His might to you; glory to Him who placed a crown on you; glory to Him who operates through you, providing cures to all.

READINGS OF THE DAY

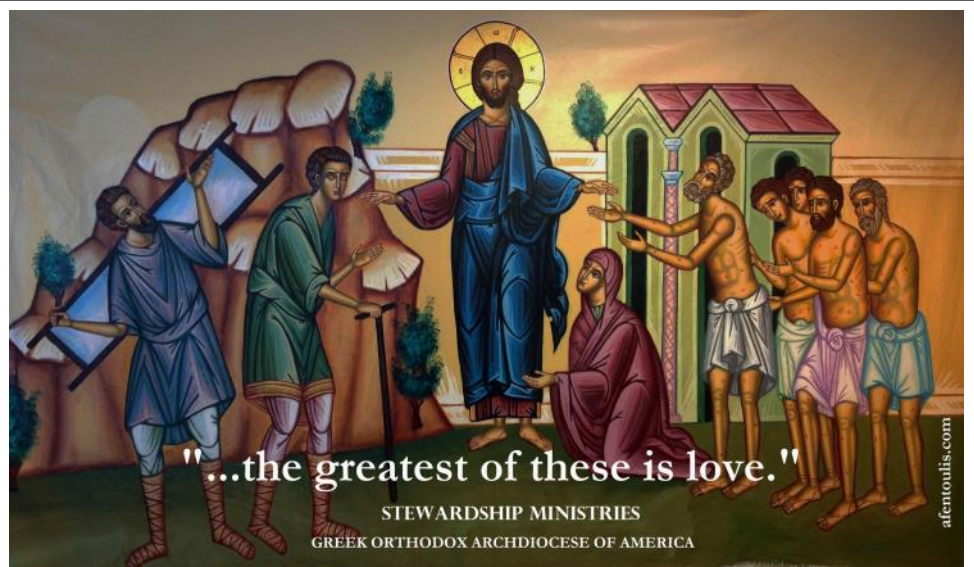
Corinthians 6:16-18; 7:1

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty."

Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

Matthew 15:21-28

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.



Patrick Henry wrote into his will that if he had left nothing in terms of worldly riches but had given his heirs a faith in Jesus Christ, then they were of all people most wealthy. Conversely he added that if he had left them all the wealth in the world but had not left them a faith in Jesus Christ, they would be of all people most destitute.

Stewardship of our blessings, our time, talent, and treasure, all culminate into how we grow our faith with one another. As Stewards of Saint Spyridon, we are called to grow together and inspire those around us to join.

We thank the 120 Stewards that have joined so far in 2021. As we journey through this new year, let us continue to serve our community and support our beloved Saint Spyridon parish. Your stewardship offering may be submitted by mail to the church office. We have also made online giving available on our church website (www.Saint-Spyridon.net) for one-time and periodic giving.

SPRING GENERAL ASSEMBLY

SUNDAY, MARCH 14, 2021



ARCHANGELS ACADEMY ENROLLMENT FOR 2021-22 IS NOW OPEN

Archangels Academy announces that applications for the 2021-22 academic year are now available at the church office and at ArchangelsAcademy.org. Incoming students must be at least three years old by September 1st, 2021. You can reserve a classroom tour and a meeting with Mrs. Sofea Malamis, our Archangels Academy Director, by calling the church office. Please be aware that applications are accepted on a first come first serve basis with priority given to currently enrolled students, St. Spyridon stewards and alumni. We have limited space so please plan accordingly.



DIVORCE REBUILDERS MINISTRY

Saints Peter and Paul Divorce Rebuilders

Saint Peter and Paul Divorce Rebuilders Group is an Orthodox ministry that offers support, guidance and hope to those who are separated and divorced. For the last 15 years, Divorce Rebuilders has addressed the contemporary needs of Orthodox Christians by offering them a place to process the many aspects of the divorce experience through instruction, guidance, and support.

The SS. Peter and Paul Divorce Rebuilders Group is based on evidence based counseling practices that equips participants with understandings, skills and tools to help them rebuild from divorce. New insights and perspectives help you create new understandings towards developing new personal, relational and spiritual goals in your life.

Group session discussions are grounded in psychoeducational and faith based principles and references. One group session is led by the parish priest. Social activities with members of the group will be offered.

Examples of topics covered in the series are as follows:

- Components of the divorce experience
- The grieving process and one's journey toward recovery
- Gaining clarity in one's experiences
- Identifying work to be done towards personal growth
- Necessary endings and new beginnings; becoming anew
- Combatting loneliness and negative self-talk
- Steps and strategies for rebuilding and personal growth
- The role spiritual growth plays in healing, hope, personal growth and rebuilding

The Divorce Rebuilders program has achieved a 100% success rate as evaluated by over 180 participants since its inception. Participants have indicated a closer connection to their Orthodox faith and church along with new goals, self-awareness and spiritual and personal growth. Participants may repeat this program as many times as desired.

Meetings this Spring 2021 will be held via ZOOM and will be hosted by St. Spyridon Greek Orthodox Church, Palos Heights, Illinois, on Mondays, February 15-March 29, excluding March 15th, starting at 7 p.m. for six weeks. There is no fee for this program. For more information and to enroll by ZOOM in this program please e-mail Maria Boyle at: sspp.divorcerebuilders@gmail.com or mariaharduvel4@gmail.com.

"No Christian should walk through the pain of divorce alone."

COVID 19 Safety Protocols

We are limited to 25% capacity while maintaining social distancing. Everyone will still need to reserve on-line or by phone as we are required to keep attendance records which will remain private, in the case of an attendee testing positive for Covid-19.

- ◆ *If you are feeling ill, or if you are within a high-risk group, we recommend that you shelter at home.*
- ◆ *Please reserve your seat by phone or on-line, especially for Sundays.*
- ◆ *Every attendee must wear a face mask. In case you forget yours, masks are available at the church.*
- ◆ *Hand-sanitizer is available at multiple locations throughout the church. You are encouraged to disinfect your hands often.*
- ◆ *Please refrain from kissing icons.*
- ◆ *While the method of receiving Holy Communion has not changed, we ask that you do not touch the communion cloth.*

Orthodox Bible Study is moving to Thursdays.

In order to accommodate the Divorce Rebuilders Ministry on Monday nights, we will move our Bible Study discussion to Thursdays, starting on February 18th. Bible Study will still be available on Zoom and on YouTube Live. Please subscribe to our Parish YouTube Channel or to our Listserv in order to receive notification of classes.

PARISH ANNOUNCEMENTS



Drive Thru Food Pantry Pick Up

Helping to Feed those in Need

Open to the public

Every Thursday 1pm -2pm (While Supplies Last)

Saint Spyridon Hellenic Orthodox Church
12307 S. Ridgeland Avenue, Palos Heights, IL
When you arrive for a pick-up call: 708-385-2311




Important information:

- Drive Thru Only
- Keep your windows rolled-up
- Be prepared to open your trunk
- Stay in your vehicle - unless opening your trunk



Pull for the House.



Many Hearts. One Home.

One of our Goyans is collecting pop tabs for Ronald McDonald House. Please save your pop tabs and drop them off at church during office hours or at the designated basket located in the narthex during Sunday Services.

Our Saint Spyridon PTA is collecting recipes for their cookbook. Please send in your favorite recipe to spyridonpta@gmail.com by February 28, 2021. You can also use the form in this link to pre-order your own cookbook.



SHARE YOUR FAMILY'S FAVORITE RECIPES IN THE ST. SPYRIDON FAMILY COOKBOOK!

THE PTA IS COLLECTING RECIPES UNTIL 2/28/21
PLEASE SEND ALL RECIPES TO: SPYRIDONPTA@GMAIL.COM

\$25/COOKBOOK
EACH COOKBOOK WILL INCLUDE A ONE OF A KIND DESIGNED 5x7 BINDER WITH DIVIDER TABS AND ALL OF OUR ST. SPYRIDON FAMILY RECIPES



TO ORDER, PLEASE FILL OUT THIS ORDER FORM, MAIL THIS ORDER FORM AND PAYMENT TO:

CHECKS PAYABLE TO: ST. SPYRIDON PTA • CREDIT/DEBIT PAYMENT AVAILABLE UPON REQUEST
ST. SPYRIDON PTA COOKBOOK c/o VICKY ARGYROPOULOS • 10257 SOUTH CALIFORNIA AVENUE • CHICAGO, ILLINOIS 60655

NAME: _____ QTY _____

PHONE NUMBER/EMAIL: _____