



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, January 31st

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

Monday, February 1st

Agiasmos & Divine Liturgy — 8:00 a.m. — 9:30 a.m.

Archangels Academy — 9:00 a.m.

Greek School Online * Bible Study — 7 p.m.

Tuesday, February 2nd

Presentation of our Lord

Orthros & Divine Liturgy — 8:00 a.m. — 10:00 a.m.

Bible Study in Greek — 10:00 a.m.

Archangels Academy — 9:00 a.m.

Wednesday, February 3rd

Archangels Academy — 9:00 a.m.

Thursday, February 4th

Archangels Academy — 9:00 a.m.

Friday, February 5th

Archangels Academy — 9:00 a.m.

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

Saturday, February 6th

Vespers — 6:00 p.m.

Sunday, February 7th

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

Monday, February 8th

Archangels Academy — 9:00 a.m.

Greek School Online * Bible Study — 7pm

Tuesday, February 9th

Archangels Academy — 9:00 a.m.

Parish Council Meeting — 7:00 p.m.

Wednesday, February 10th

St. Haralambos, Divine Liturgy — 8:30 a.m. — 9:30 a.m.

Archangels Academy — 9:00 a.m.

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



Hymns of the Divine Liturgy

In Your kingdom. Remember us, O Lord, when You come in Your kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Then the foe used eating from the tree to get Adam banished from Paradise. Now crucified upon a tree, Christ allowed the Robber enter it, when he said: Remember me when You come in Your kingdom, O Lord.

Blessed are the pure in heart, for they shall see God.

I revere and honor and extol Your holy Passion, and I glorify Your resurrection, and I sing joining Adam and the Robber and say joyfully: Remember me when You come in Your kingdom, O Lord.

Blessed are the peacemakers, for they shall be called sons of God. Sinless Savior, You were crucified and laid in a tomb voluntarily. But then, as God, You arose, resurrecting Adam with yourself. He cried out: Remember me when You come in Your kingdom, O Lord.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

We Your people now invoke the name of Your holy Mother entreating for us. O Good One, at her fervent prayers, send Your mercies to us, Christ, as we sing glorifying You who rose from the sepulcher, like a sun for us.

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake].

The Martyrs chose to be sacrificed for Christ, rather than to sacrifice to the devil. They preferred the Lord, who in His compassion was sacrificed for us like a sheep, over the wicked tyrant.

Rejoice and be glad, for your reward is great in heaven.

The men who with no mercy scraped the Martyrs were themselves struck with pain. But for the saints who were being scraped, the wounds wondrously became like darts of infants, for the Holy Spirit strengthened them.

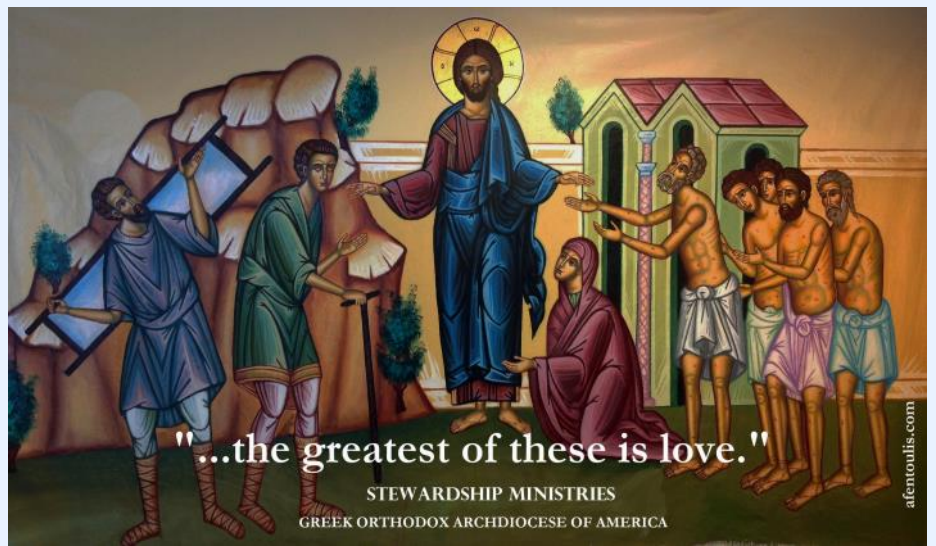
READINGS OF THE DAY

Timothy 4:9-15

Timothy, my son, the saying is sure and worthy of full acceptance. For to this end we toil and suffer reproach, because we have our hope set on the living God, who is the Savior of all men, especially of those who believe. Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Till I come, attend to the public reading of scripture, to preaching, to teaching. Do not neglect the gift you have, which was given you by prophetic utterance when the council of elders laid their hands upon you. Practice these duties, devote yourself to them, so that all may see your progress.

Luke 19:1-10

At that time, Jesus was passing through Jericho. And there was a man named Zacchaios; he was a chief collector, and rich. And he sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way. And when Jesus came to the place, he looked up and said to him, "Zacchaios, make haste and come down; for I must stay at your house today." So he made haste and came down, and received him joyfully. And when they saw it they all murmured, "He has gone in to be the guest of a man who is a sinner." And Zacchaios stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor; and if I have defrauded any one of anything, I restore it fourfold." And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham. For the Son of man came to seek and to save the lost."



Thus says the Lord, the one who created you, who formed you: "Do not be afraid, for I have delivered you. I have called you by your name, and you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overcome you. When you walk through the fire, you shall not be burned, and the flame shall not consume you. You are precious in my sight, and I love you. Do not be afraid -- for I am with you." (Isaiah 43:1-6)

We thank all our stewards who offered your gifts of time, talent and treasure for 2020. 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.



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.*



RECYCLING YOUR PAPER

Please bring your paper products to recycle in the recycling bin in the back parking lot. Please bring white office paper, newspaper, colored office paper, computer paper, magazines, catalogs, and books. Do not bring cardboard.

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
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NAME: _____ QTY _____

PHONE NUMBER/EMAIL: _____