



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, March 7th

Judgement Day Sunday

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

Memorials: +10 years for Demetra Proutsos

Monday, March 8th

Archangels Academy—9:00 a.m.

Greek School Online

Divorce Rebuilders Ministry—7:00 p.m.

Tuesday, March 9th

Holy Forty Martyrs—Divine Liturgy—8:00 a.m.

Archangels Academy—9:00 a.m.

Bible Study in Greek—10:00 a.m.

Parish Council—7:00 p.m.

Wednesday, March 10th

Archangels Academy—9:00 a.m.

GOYA Meeting—7:00 p.m.

Thursday, March 11th

Archangels Academy—9:00 a.m.

Bible Study—7:00 p.m.

Friday, March 12th

Archangels Academy—9:00 a.m.

Greek School Online

Paraklesis to the Theotokos—6:00 p.m.

Saturday, March 13th

Saturday of Souls—Orthros, Divine Liturgy

& Memorial—8:00 a.m.—10:00 a.m.

Great Vespers—6:00 p.m.

Sunday, March 14th

Cheesefare Sunday

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

General Assembly—11:30 a.m.

Solemn Vespers—6:00 p.m.

Monday, March 15th

Clean Monday, Great Lent begins

Archangels Academy—9:00 a.m.

Greek School Online

Holy Confession—10 a.m.—12 noon

Great Compline—6:00 p.m.—7:00 p.m.

Hymns of Judgement Sunday

I ponder that day and hour, when we all, naked and as convicts, will appear before the Judge we cannot bribe. Then a great trumpet will sound and the foundations of the earth will be shaken, and the dead will be raised from the graves, and all will become of one stature. And all that which is hidden will be presented overtly before You, and they shall mourn and wail who have never repented, and they shall depart into the outer fire. And with joy and exaltation will the lot of the righteous enter into the heavenly chamber.

O what an hour and fearful day shall that be, when the Judge shall sit upon His fearsome throne! Books will be opened, deeds will be checked, and the hidden works of darkness will be made public. Angels speed about, gathering all the nations. Come, hearken, kings and rulers, slaves and freemen, sinners and righteous, rich men and paupers, He is coming who is about to judge the whole world; and who shall bear His countenance, when angels are at hand to accuse your acts, your thoughts, your desires, be they of day or night? O what an hour that shall be! But before the end arrives, O soul, make haste to cry, "O God, convert me, save me as You alone are compassionate."

Daniel the prophet, a man of goodly desires, considered God's authority, and cried out thus and said, "The Judgment Seat was set up and books were opened." Look, my soul, are you fasting? Do not neglect your neighbor! Are you abstaining from food? Do not condemn your brother, lest you be sent to the fire that will burn you up as wax. But unimpeded, let Christ lead you into His kingdom.

Let us first cleanse ourselves, O brethren, by the queen of virtues, for behold, she is here, providing us with a wealth of blessings! She suppresses our swelling passions, and reconciles offenders with the Master. Therefore, let us welcome her with a cheerful heart, crying out to Christ our God, "You who rose from the dead, keep us uncondemned as we glorify You, the only sinless One."

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge.

Considering well Your fearsome judgment, exceedingly good Lord, and the Judgment Day, I shudder and am frightened at the accusations of my conscience. When You are seated on Your throne and conduct the examination, no one can deny their sins, accused by the truth and possessed by terror. Great will be the sound of the Gehenna fire, then, and the gnashing of sinners. Therefore, have mercy on me before the end, and pity me, O You, the most righteous Judge.

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



READINGS OF THE DAY

Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."



FOOD PANTRY DONATIONS for Easter Food Baskets

Our parish will be distributing Food Baskets to needy families on Saturday, April 3rd.

Your generous donations will enable us to purchase all necessary items to assemble each food basket.

This year, we are asking for monetary donations (in any amount), OR if you wish to sponsor a basket, each basket is valued at \$60.

Cash/check donations may be dropped off in the church office:
Monday - Friday from 9am to 2pm

Checks to "St. Spyridon" & "Food Pantry" in the MEMO section or online at: https://tithe.ly/give_new/www/#/tithe.ly/give-one-time/1390651 (Please select "Food Pantry Donation" from the dropdown menu)

Donation Deadline is Wednesday, March 31st

THANK YOU!

Spring into Action to Help Kids Fighting Cancer! Saint Spyridon's Lenten Toy Drive



All proceeds to benefit:

The Pediatric Oncology Treasure Chest Foundation

Suggested Donations by Age:

School Age

Action Figures
Barbie Dolls & accessories
Trucks and Cars
Snapitite Models
Board Games

Arts/Crafts

Playdough
Coloring Books
Crayola Markers/Crayons
Activity Sets/Prepackaged Crafts

Adolescent

Journals
Jewelry
Nail Polish Kits
Cosmetic Bags
Purses/Wallets
Scarves/Hats
DVDs/CDs
Board Games
Gift Cards (\$5 increments)

Infant/Toddler/Preschool

Fischer-Price/Playskool toys
Play Dish Sets & Play Food
Baby Dolls & accessories
Wooden & Plastic Puzzles
Activity Books

Drop off all NEW, unwrapped donations in boxes near the office and gym.

Donation Deadline is Sunday, April 25th

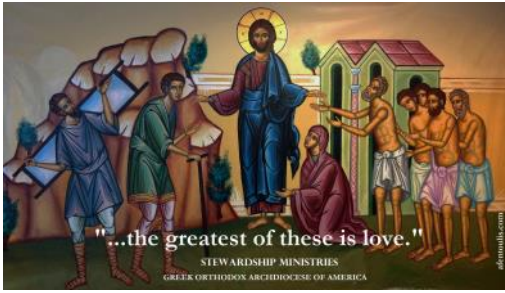
Cash/Check donations may be dropped off in the church office:
Monday - Friday from 9am to 2pm

Checks payable to "St. Spyridon" & "Toy Drive" in the Memo section, or
Donate online: https://tithe.ly/give_new/www/#/tithe.ly/give-one-time/1390651
(Please Select "Toy Drive - Pediatric Oncology Treasure Chest" from the dropdown menu)

For questions, please contact:

Stella Parhas at 708.717.2518 or Demetria Papadopoulos at 708.870.2785

Thank you for donating!



“Do not neglect to do good and to pray.”
“Do not neglect to do good and to study the Bible.”
“Do not neglect to do good and to volunteer at church.”
“Do not neglect to do good and to share what you have,
for such sacrifices are pleasing to God.” (Hebrews 13:16)



We thank the 159 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

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZcpcO2srTkoEtEkZrXsZ6x8RL8SG8vQTfir>

After registering, you will receive a confirmation email containing information about joining the meeting.



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. 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.



There will an Open House for interested families on Thursday, March 25th, 5:30 p.m. – 7:30 p.m.



The St. Spyridon Ladies Philoptochos society invites all interested High School seniors and current college students to apply for the St. Spyridon Philoptochos Scholarship.

The winning applicant will receive a \$1000 scholarship

Applications and information are available on St. Spyridon's website:
<http://www.saintspyridon.org>

The deadline for the completed application and supporting documents are due by June 15, 2021. Please email application materials to englishteacher30@yahoo.com
The recipient will be notified by August 15, 2021.

PARISH ANNOUNCEMENTS



Family Synaxis
METROPOLIS OF CHICAGO

INVITES YOU TO AN IN-PERSON RETREAT:

PARENTING
In a tough world



WORKSHOP WITH FR. CHRIS KERHULAS
PRIEST AND AUTHOR OF PARENT POINTS




“Unless you see Christ in the eyes of your sisters and brothers, you’ll never know Him!”
— Fr. Chris Kerhulas
Parent Points

Saturday, April 3, 2021
10 am – 12 pm • St. Nicholas Greek Orthodox Church
10301 Kolmar Ave, Oak Lawn, IL • www.stnicholasil.org

- \$25 registration fee per household includes a copy of *Parent Points*!
- Metropolis-approved Covid-19 plans to keep participants safe
- Live-streamed option available.
- Young adults and parents invited; unfortunately we cannot accommodate children at this retreat.
- Space is limited; seats are reserved in order registration payment is received.

Learn more & register @ www.gocfamilysynaxis.org


Have questions? chicago.familysynaxis@gmail.com • Toni Mlak 630-341-2013 • [f](#) Greek Orthodox Metropolis of Chicago Family Synaxis




Family Synaxis
METROPOLIS OF CHICAGO

INVITES YOU TO A ZOOM WEBINAR:

GREAT LENT
The Clear Path to Christ



“Do not neglect the fast; it constitutes an imitation of Christ’s way of life.”
— St. Anthony the Great



PRESENTATION BY
V. REV. FR. TOM DEMEIDEIROS
PRIEST AT STS. CONSTANTINE AND HELEN, PALOS HILLS, IL

Friday, March 12, 2021
7:00-8:30 pm • No cost!

Learn more & register @ www.gocfamilysynaxis.org

Have questions? chicago.familysynaxis@gmail.com • Toni Mlak 630-341-2013 • [f](#) Greek Orthodox Metropolis of Chicago Family Synaxis

The Metropolis of Chicago Southwest Parishes

LENTEN SERVICES & REFLECTIONS



ALL SERVICES BEGIN at 6pm

FOR MORE INFORMATION CONTACT YOUR PARISH

Tuesday, March 16th at Sts. Constantine and Helen Church
Anointing with myrrh from icon of St. John

Thursday, March 25th at Holy Cross Church
Reflection by: Fr. Sotirios

Thursday, April 1st at Assumption Church
Reflection by: Fr. Tilemahos

Thursday, April 8th at St. Spyridon Church
Reflection by: Fr. Athanasios

Thursday, April 15th at Sts. Constantine and Helen Church
Reflection by: Fr. Demetri

Thursday, April 22nd at St. Nicholas Church
Reflection by: Fr. Nicholas

PARAKLESIS TO ST. JOHN THE BAPTIST

All the southside parishes will join to offer the Paraklesis to St. John the Baptist followed by the anointing with myrrh from the miracle-working icon of St. John in Assumption, Homer Glen.

Tuesday, March 16th – 6 p.m.
Sts. Constantine & Helen, Palos Hills

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.

GOYA PIZZA NIGHT
WEDNESDAY,
MARCH 10th at
7:00 p.m.