

MOSAIC

Coming together, we form an icon of God's Kingdom

Vol. 7, No. 11

Holy Apostles Greek Orthodox Church 2501 S. Wolf Rd. Westchester, IL.

February 2003

(708) 562-2744

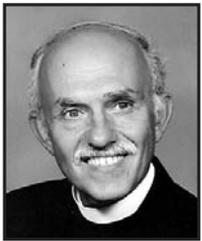
www.holyapostleschurch.com

Parishioners come up with lucky gold at Vasilopita Celebration.



Above, Fr. Bill thanks Pat Chiampas and Bertha Balodimas for baking the Vasilopita bread for the past thirty three years. At left, Liz Dorner claims a coin for the office staff.

From Father Bill... Avoid Those Sleepless Nights



Recently I was engaged in a conversation with some friends who were discussing the problem of sleep. It seems each individual had a problem of carrying his day's wor-

ries to bed. Some confessed they tossed and turned for hours before they were able to enjoy some rest. It soon occurred to me that this problem is common among many.

For instance, what keeps you up at night? Is it perhaps the spicy food or maybe it's a baby that can't get comfortable. That is close to home when I discuss their sleepless moments with my own children. I remember that with our fourth child, Presvetera had mastered the 15-minute power nap. I had

quickly forgotten that a two week-old baby does not sleep through the night.

Some of us may have a lingering cold or a nasty cough that can keep our eyes open as well as those of one's spouse. That's why you stock your medicine cabinet with NyQuil and cough medicine.

But I'd guess the number one thing snatching your zzz's is stress. Since my heart surgery, I have been reading about managing stress. Simple to say, so hard to accomplish. There is so much truth when the lights are out. The house has reached a moment of silence and the mind begins to wander. It slips into the past and peeks into the future. Sometimes a pressing decision ties your insides up tighter than a drum. In my experience, few remedies provide the relief from tossing, turning, twitching and fretting. At night, we

need medicine for the soul. Let's face it, if we could get control of our last thoughts of the day, we could sleep and live a lot better.

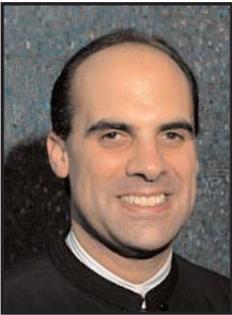
I'm reminded of King Solomon who had just completed the magnificent temple. He made an alliance with Pharaoh, the king of Egypt, and married one of his daughters.

Solomon loved the Lord and followed all of his father David's instructions except that he continued to sacrifice in the hills and to offer incense there. Solomon, now king of a great nation, was confronted daily with many decisions. No doubt, he experienced numerous sleepless nights. Stress was very real for him, even if they didn't talk about it in those days.

But Solomon was not going to try and deal personally with all his problems. He went

...See Fr. Bill on P. 6

From Father Nicholas



Love, the perfect Valentine's Day Gift

Valentine's Day is almost here. We may be trying to find the perfect gift for our special loved one. Maybe we are trying to plan a Valentine's Day party for our children. We are probably shopping with our children to buy cards for all of their classmates. All of these activities may cause us to stop and to ask ourselves, "Why do we celebrate Valentine's Day?" At the center of Valentine's Day is the heart. The heart symbolizes love. What is love?

If we watch television, movies or read romance novels, we may think that love is a mushy, warm feeling that we have for the people that mean the most to us. Do these feelings define love?

In 1996, the movie *101 Dalmations* was released. Many moviegoers fell in love with the cute little spotted puppies and decided to buy one for themselves. When people brought the adorable little puppies home, they quickly learned that living with a dalmation is much different than watching one on television. Soon, according to the Associated Press, dog shelters saw a dramatic increase in the number of dalmations being abandoned by their owners. In 1997, Florida-based Dalmation Rescue took in the same amount of dalmations in 9 months as they usually did in two and a half years.

Dalmation owners quickly realized that these dogs can be a challenge to own for several reasons. They can become large, ram-bunctious dogs that require much exercise. The dogs can become moody, restless and even destructive if they do not get enough activity. They shed year-round and 10 percent of them are born deaf. A spokesperson for the Humane Society said, "Although dalmations are beautiful puppies and can be wonderful dogs, you have to know what you're getting into."

Whether dealing with pets or with people, some of us equate love with affectionate feelings. This is the reason that some people can be married for years and then fall out of love. Christian love is concerned first with our decisions and not our affections. True biblical love begins with our will and then moves to our affections. So, we can decide to love people that we do not like. Loving each other is



George Mannos Jr.

A correction, and the results of the Parish Council Officers' election

In compiling last month's report on the Parish Council elections, the re-election of George Mannos Jr. was omitted. The Mosaic staff regrets error.

The Parish Council elected the

following officers on Sunday, January 5th:

President, Peter Tomaras; Vice President, Sandy Fiascone; Treasurer, Nick Kirkeles; and Secretary, Peter Poteres.



Gavel to Gavel



BY NICK KIRKELES... Parish Council Secretary

Regular Parish Council meeting Thursday, December 19th

Present: Fr. Nicholas Georgiou, George Alex, Don Alexander, John Anos, George Beshilas, Terry Chiganos, Nick Christy, James Fotopoulos, Spero Kinna, Nick Kirkeles, George Mannos Jr., Peter Poteres, Dennis Poulos, Michael Stefanos, Peter Tomaras.

Absent: Sandy Fiascone

Meditation

- + Fr. Nicholas reflected on the Christmas season. He asked that with all the Christmas lights and decorations, parties, and gift hunting, would Jesus understand our behavior? The question we should ask each other is not "What did you get?", but rather, "Did you pray and thank God for all that you have?"

Stewardship

- + As of November 30th, the church has received 941 pledges totaling \$560,257, for an average pledge of \$595.39.

Building and Grounds

- + George Alex reported a new dishwasher has been installed in the kitchen and carpeting for the nursery and Sunday School office has been ordered.
- + Jim Fotopoulos reported that the kitchen vent fire system required by the Westchester Fire Dept. cost \$2,250.
- + The Building and Grounds committee will

provide a list of proposed projects for the 2003 budget.

Old Business

- + The election results were submitted to both the Diocese and Archdiocese for ratification. Once the letter of approval is received at Holy Apostles, the new Council may be sworn in.

New Business

- + The Parish Council established a goal of \$600,000 in Stewardship pledges for 2003.
- + George Alex moved that our annual pledge to the Archdiocese be set at \$90,000 for the year 2003. Motion passed by a vote of 12-2.
- + Peter Tomaras indicated that the Finance committee will meet prior to the next meeting.
- + George Alex moved to purchase a portable defibrillator for the church. Peter Tomaras will obtain information on cost and training to be reviewed at the next meeting.
- + Jim Banakis and George Alex expressed thanks to all the outgoing members for their dedication and work over the years. Special thanks were given to George Beshilas for his many years of service to the Council and the Church, and to Michael Stefanos, Nick Christy, and Spero Kinna.

the mark of true Christianity.

In the Gospel of St. Matthew, the lawyer asked Jesus, "Which is the greatest commandment in the law?" Jesus answered to love God with all your heart, soul and mind. Jesus added the second commandment that we should "love our neighbor as ourselves." Our love for God can be measured by the love that we have for each other (His children).

Sometimes we measure our love for God by the feelings that we get in Church. If we are moved by the music or the sermon we might get some warm, tingly feeling and think

that we love God. Feelings are not sufficient evidence that we love God. Actions show our love for the Lord. The Gospel of St. John states, "He who has my commandments and keeps them, it is he who loves Me." The Lord cannot dictate our feelings, but he can command our actions.

How do we love? St. Paul tells us to be "imitators of God". He tells us (in his letter to the Ephesians) that we can imitate God by being "kind to one another, tenderhearted,

...see Fr. Nicholas on P. 6

The **HARC** CORNER

**Crowns Of Honor And Glory
Your Marriage in the Greek Orthodox Church**

by Father George Nicozisin

This book was written because of the growing number of divorces in the Orthodox Church. However, the main purpose was to strengthen all marriages and to assist those contemplating marriage. The meaning and symbolism of marriage, as well as contemporary moral issues such as abortion, are illuminated. Interestingly, the author reveals that in the later years of an Orthodox marriage, the husband and wife can say to one another, "This is the best yet, because we have 'kept the good wine until now.'"

Softbound, \$7.00

**The Treasured Traditions and Customs
of the Orthodox Churches**

by Mary Paloumpis Hallick

The purpose of this book is to share different customs and traditions within the various ethnic Orthodox churches in America. An excellent, easy-to-read study of the Orthodox church as it is seen in the traditions of many Orthodox worshippers such as Russian, Serbian, Greek, etc. It includes a useful calendar with a month-by-month explanation of feast days. The author embraces the diverse customs which should be guarded and passed on to the next generation.

Softbound, \$15.00

**Inner Way. Toward a Rebirth
of Eastern Christian Spiritual Direction**

by Joseph J. Allen

Many times problems which may be labeled as psychological difficulties can be better treated from the perspective of spiritual direction. The ministry of spiritual director or Father is very effective in assisting a person by applying Biblical truths to the struggles of life and which path a 'directee' should take. *Inner Way* is a valuable tool for Christian laymen, as well as counselors, spiritual guides and pastors, providing techniques for Christian empathetic, active listening.

Softbound, \$15.00

The Theology of Illness

By Jean-Claude Larchet

Larchet explains the origins of sin which commenced with Adam and Eve in the Garden of Eden. He discusses how free will, sin, and its resulting illness affect our spiritual, as well as, our physical health. The crucial role of prayer is offered as a means of healing and glorifying God. By understanding the 'problem of sin' from a theological perspective, we can find the healing touch of Christ.

Reviewed by Pauline Franks and Elaine Regopoulos

*February
Registry*

Baptisms

Alexandra, daughter of
Alyssa & Theodore Stamatakos
Sponsor: Philip Stamatakos

William, son of
Sarah & Philip Stamatakos
Sponsor: Maria Daniels

Halle, daughter of
Gia & Robert Frey
Sponsor: Mark Lallas

Weddings

None

**You're
Invited**



Synaxis is once again hosting a Wine Tasting on Saturday, February 22, immediately following Vespers beginning at 5 p.m.

This event will be presented a little differently

than past wine-tasting events, by having a display table of wines. Danny Parrott, sommelier, will be available to share his knowledge of wines. Several types of wines, provided by Prestige Wines and Liquors, in Countryside, will be available.

Couples are asked to prepare a food item including hors d'ouvres and desserts. The cost is \$12.00 per couple. Please call Connie and Peter Kates at 708-246-5699 to let them know that you are coming and what you are bringing.

Our schedule of events includes hosting the coffee hour at the Celebration of Books on Tuesday, March 25, and a wedding theme for our Saturday, May 17th meeting.

Anyone interested in more information about Synaxis and its activities can call Stacy and Jim Kuncl at 630-922-3326.

Parishioners' behind-the-scenes offering evident to all each Sunday



Kathy Beshilas, one of Holy Apostles' prosphoro bakers, adds more flour for just the right consistency, above left. Then, she pulls the seal from the dough after pressing its image into the firm dough, lower left. Above, she takes the freshly baked prosphoro from the oven, and at left, the closeup of the seal.

With no fanfare, nine women and one man from Holy Apostles perform a somewhat overlooked but vital role for the Liturgy every Sunday. They are Presvytera Effie, Jane Fotopoulos, Maria Lagios, Kathy Beshilas, Leah Toliias and her sister Fotini Karuntzos, Pat Chiampas, Ioanna Burtzos, Maria Theodorou and Petros Verros. These parishioners bake prosphoro, the simple but substantial bread that is transformed into the body of Christ for Communion.

"I feel like I'm doing something worthwhile," said Jane Fotopoulos, who has been baking prosphoro for about eight years. "I'm offering a gift to God, a gift to the church and the fact that it's bread and it becomes the body of Christ, I think that's the awesome part."

In her kitchen on Fridays, Jane bakes six loaves for the Liturgy on the fourth Sunday of the month. A typical Liturgy requires 12 loaves of prosphoro, which literally means 'offering,' in Greek. That which is not used in Communion is given as antithoron at the end of the Liturgy. It is an uncomplicated recipe that calls for

only flour, water and yeast. Once the dough is ready to go into the oven, the baker presses a wooden stamp with a seal into it. The seal spells out in Greek the words "Jesus Christ Saves," and includes triangular designs on the side of the seal.

Typically, the bakers who are scheduled to provide the bread that Sunday drop off the prosphoro on Saturday or early Sunday. The priests then slice the bread before Liturgy starts, including the cutting of crumbs for each name memorialized that particular Sunday.

Although it would seem a mundane task, Jane and the others who volunteer to bake prosphoro treat the ritual with great seriousness. "To me, it is a time for prayer and meditation," Jane said, adding that she prays repeatedly for the three hours she works to make prosphoro and refuses to answer the phone during that time. "You're making bread and it's becoming the body of Christ."

Maria Lagios, who also has been making the bread in her home for about six years, views the effort the same way. "It's really an energizing thing for me as a woman, and a way to participate in the Liturgy with my own hands." Maria said she lights livani (incense), blesses her house, blesses the bread, and says other prayers while making prosphoro. "I'm just delighted to be able to make that contribution," she said. "Anyone who can, should do it."

The recipe used for the prosphoro can be found in *Tasty Traditions*, the cookbook published by Holy Apostles Philoptohos. www.prosphora.org, it is a website that has been created in the hopes of helping aspiring Church bakers learn the traditions and methods for preparing bread for Holy Communion.

What's Happenin' at Holy Apostles

YAL Conference

The 2003 Chicago Diocese YAL Conference will be held Feb. 14-17 at the Westin O'Hare Hotel, Rosemont, IL. The theme of the conference is Love: Agape, Eros, Filia. For registration details, see the information posted on the wall in the multi-purpose room or go to www.YALChicago.org.

Jr. Olympics

Fr. Nicholas is looking for coaches for the Jr. Olympics 2003.

Important Dates for 2003

Beginning of Triodion, or Pre-Lent	February 16
Great Lent begins	March 10
Palm Sunday	April 20
Easter	April 27
Ascension	June 5
Pentecost	June 15

Philoptohos

The February Philoptohos meeting will be held at 10am on February 18th in the multi-purpose room. Sharon Bellovich, a representative from Palos Community Hospital, will talk about fighting the wintertime blues. Sharon spoke last year on stress has been requested to return by popular demand. She has an interesting way of presenting her topics with humor.

Adventure Theater

There will be an Adventure Theater Retreat and Outing, March 1st.

Thanks

Thanks to Mauricio Forero for again providing the great artwork for our Parish's Christmas Card.

Annual Greek School Dance February 16th

The Holy Apostles Greek School invites the community to its annual Apokriatiko Dinner Dance. This family-friendly event will be held Sunday, February 16, at the Diplomat West in Elmhurst. Cocktails will be at 5:30 p.m. with dinner following at 6 p.m. Musical entertainment will be provided by disc jockey John Markopoulos. There will also be many attractive raffle prizes.

The Apokriatiko Dinner Dance is an opportunity for the community to come together with the Greek School families as we celebrate the festive time prior to Great Lent.

The Greek work 'Apokreos' originates from the words 'apo' and 'kreas' signifying that we are going to 'put away meat' for the upcoming Lenten period. In Greece, parties and gather-



Greek School students sing the traditional 'Kalanda' after the Liturgy on December 22nd.

ings in costumes characterize Apokries.

The event is sponsored by the Greek School Parents Committee and this year is chaired by Mary Syregelas. The cost for

adults is \$30.00 and children \$15.00, with a cash bar. For tickets, call Eleni Kouimelis 630-268-0189 (evenings) or Mary Syregelas at 630-654-4099 (days).

...Fr. Bill P. 1

Psalms provide solace for sleepless nights

directly to the Lord. After all, he required some restful nights to meet the challenges of the day.

One night after he tossed and turned trying to get his sleep, the Lord appeared to him in a dream and told him to ask for anything he wanted, and it would be given to him!

Can you imagine being told to ask for anything your heart desires? I wonder what our reply might be: to win the lottery, or regain your health or perhaps you might ask for a hand in marriage.

Solomon replied as follows: "...O Lord my God, now you have made me the king instead of my father David, but I am a little child here among your chosen people, a nation so great that there are almost too many people to count. Give me an understanding mind so that I can govern your people well and know the difference between what is right and what is wrong. For who by himself is able to carry such a heavy responsibility?"

The Lord was pleased that Solomon, who could have asked for anything in the world, chose to ask for WISDOM. Specifically the Lord said, "Because you haven't asked for a long life or riches for yourself or the defeat of your enemies, I will give you what you asked

for! I will give you a wiser mind than anyone else has ever had or ever will have. And I will also give you what you didn't ask for—riches and honor."

I have discovered that if before retiring in the evening, I read a bite-size segment from scriptures, it is enough to restore calm and peace and a good night's sleep.

I am reminded of David as a fugitive. Hounded and haunted by the fanatical jealousy of his father-in-law, King Saul, David stole sleep on the run. By the light of the moon or the flicker of the last smoldering camp fire, David wrote some of our most treasured Psalms. David had plenty to keep him up at night, but David made his last thought 'God thoughts' as he wrote in Psalm 63:6-8:

When I remember You on my bed,
I meditate on You in the night watches,
For You have been my help.
And in the shadow of Your wings,
I sing for joy.

My soul clings to You;
Your right hand upholds me.

Our task at Holy Apostles is to offer a healing touch to you through all the available means: worship, prayer, the printed word and the personal touch. Please accept these

thoughts as our way of helping you through those sleepless moments. Solomon turned to God, why shouldn't we? 'God thoughts' may be the solution to your restless nights.

...Fr. Nicholas from P. 2

Imitate God through Christian Love

forgiving one another as God in Christ has forgiven you." We can imitate God by following the Lord's example. I love to work outside and take care of my lawn. My son James already has a toy lawn mower and trimmer. Whenever I am outside working, he works right next to me with his toy tools and mimics everything that I do! We must become like children that imitate their parents as we try to imitate God.

As we approach Valentine's Day, we are reminded to love. This love is not a worldly, touchy-feely love that is based on emotions. It is a Christian love that takes action and actions speak louder than words. True Christian love is imitating the Lord in the way that we treat others. Our best Valentine's Day gift to our loved ones and to each other is to give this true Christian love.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Stewardship is Heart Work
 If you have a heart of love... visit the sick, greet the stranger, sympathize with the troubled or sorrowing ones.
 If you love little children or youth, lead them.
 If your Church means life to you and yours, tell others about it.

1						
2	5:15pm The Way	9:45am TOTIS Program 4:30pm Greek School	1:00pm Adult Christian Fellowship And Study Group 7:30pm Choir Rehearsal 7:30pm Catechism Instruction	4:30pm Greek School	4:30pm Adventure Theater 7:30pm YAL Meeting (Discussion)	7
3	FEAST DAY OF ST. HARALAMBOS 8:00am Orthros 9:00am Divine Liturgy	4:30pm Greek School	1:00pm Adult Christian Fellowship And Study Group 7:30pm Choir Rehearsal 7:30pm Catechism Instruction	4:30pm Greek School	Valentine's Day 4:30pm Adventure Theater	8
4	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

YAL Conference at Westin O'Hare Hotel In Rosemont

Weekday Services

Feast Day of St. Haralambos

Monday, February 10th
8:00am Orthros
9:00am Divine Liturgy

Vespers

Saturday, February 22nd
5:00 pm

Memorials

Paul Kuchuris
Evangelos Tasoulis
August Zarcone
Nick Georges
Dr. George Manos
George Karrison
Elaine Karrison
Eleftheria Pantelis
Angelo Bilder
Lelica Bilder
Paulette Olson

Funerals

Mary Anestos
George Tsicouris

For fun, a presidential trivia quiz

1. Only president married in the White House and only president to serve two non-consecutive terms.
 2. This Eagle Scout became the first president not elected by the people.
 3. Only president elected unanimously by the Electoral College.
 4. This president installed the first library and kitchen stove in the White House.
 5. This president never gave an inaugural address.
 6. This president and his wife held the first Easter Egg Roll on the White House lawn.
 7. This was the only president to sign the Declaration of Independence.
 8. First president to have the US Marine Band play at his inauguration. The band has played at every inauguration since.
 9. Only president elected to the House of Representatives after his Presidency.
 10. Only president to have been a POW.
 11. Only president to have a Vice President who was born in the same county.
 12. First president to start the tradition of playing "Hail to the Chief" at his entrance to state functions.
 13. First annual Thanksgiving Dinner held during his administration.
 14. First president to die by assassination.
 15. First president to own a radio and speak over the radio airwaves. Also had the largest feet of any president (size 14).
 16. This president gave the "Day of Infamy" speech.
 17. First president to have a Christmas tree in the White House; also installed the first central heating in the White House.
 18. First president that was left handed.
- A. John Quincy Adams
B. Grover Cleveland
C. Milliard Fillmore
D. Gerald Ford
E. James Garfield
F. Warren G. Harding
G. William Henry Harrison
H. Rutherford B. Hayes
I. Andrew Jackson
J. Thomas Jefferson
K. Andrew Johnson
L. Abraham Lincoln
M. James Monroe
N. Franklin Pierce
O. James Polk
P. Franklin D. Roosevelt
Q. John Tyler
R. George Washington

Mosaic Deadline

The deadline for the March
Mosaic is Tuesday, February 4th.

Stewardship

If you have not sent in your
pledge for 2003, please do so.

Quiz Answers

18-E,
13-O, 14-L, 15-F, 16-P, 17-N,
1, 8-M, 9-A, 10-I, 11-G, 12-Q,
1-B, 2-D, 3-R, 4-C, 5-K, 6-H, 7-

Holy Apostles Greek Orthodox Church
2501 S. Wolf Rd.
Westchester, Il. 60154
(708) 562-2744

Address Service Requested

NONPROFIT ORG.
U.S. POSTAGE
PAID
MAYWOOD, IL.
PERMIT NO. 157

Postmaster: Please deliver by 3rd of month.