

MOSAIC

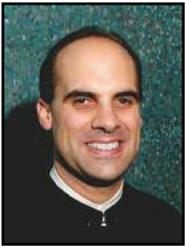
Coming together, we form an icon of God's Kingdom

Vol. 23, No. 1

Holy Apostles Greek Orthodox Church 2501 S. Wolf Rd. Westchester, IL
708.562.2744 www.holyapostleschurch.com

April 2018

From Father Nicholas



Dealing With Despondency

“Persevering through Life” was our Book Week theme this year. Dr. David Ford, a professor of Church History at St.

Tikhon’s Orthodox Seminary, gave an excellent presentation discussing “Dealing with Despondency”. This is a very timely and relevant topic. We face many challenging situations in the world, our country and our own personal lives that may bring despondency. How do we deal with it?

Dr. Ford translated some of the letters that St. John Chrysostom wrote to St. Olympia the Deaconess. She was a young widow whose world fell apart. St. Chrysostom, her beloved spiritual father, teacher, supporter, and encourager was taken away by the imperial guards. He was unjustly and illegally exiled to a faraway place and would never return. These letters were written from his place of exile to help Olympia emerge from and stay out of despondency’s grip.

First, read relevant, edifying spiritual material. Letter 17 calls spiritual material a “medicine sufficient for us, if we want it to be.” Chrysostom encourages Olympia to continually review the letters thoroughly. He writes: “You will perceive their strength; you will experience their great healing power and benefit.” Olympia is so despondent that she writes about conjuring up painful thoughts and imagining things that do not exist. Chrysostom commands her to “read those letters, and you will no longer say these things, even if you insist on being despondent a thousand times over.”

Second, give thanks to God in the midst of the trial. On Holy Saturday morning we will remember the Three Holy Youths (detailed in the 3rd chapter of Daniel) who were cast into a fiery furnace by King Nebuchadnezzar in Babylon. They continually thanked and glorified God.

...See Fr. Nicholas on P. 3



Professor Mary Ford chats with Diaconessa Jordana Finzel and her daughter Sonya. They were visiting from Holy Transfiguration Antiochian Church in Warrenville.

Annual Celebration Of Books Features Outstanding Speakers

Professor David Ford is the author of a truly brilliant translation of the 17 letters which St. John Chrysostom wrote to St. Diaconessa Olympia.

As a result of the translation, in his presentation Professor Ford addressed how to overcome despondency, and made the letters accessible to the 21st century reader. He distilled the teaching of the letters down to seven essential points.

Professor Mary Ford did an excellent of summarizing Revelations, the final book of the New Testament. She emphasized that Revelations, properly understood, is a reaffirmation of the Message of the Gospels and that God always makes good out of the seemingly worst circumstances.



Vanessa Clohessy, left, looks for a pen so Professor David Ford can sign his book for her.

From Father
Panayiotis



When Storms Come

A spiritual father was once asked about the temptations that occur in our Christian life. He responded with an illustration of what happens in the ocean: “All kinds of rubbish and refuse are thrown into the sea, especially in the harbor, and if there were no storms, the sea would become a source of pestilence. But the fact that the sea is pure and wholesome is due to the occasional storms.”

The priest went on to say that the same thing happens to our souls. Over time, due to our negligence, we allow spiritual refuse to accumulate inside our souls, some coming from our own bad thoughts, other things coming from the evil one. God, seeing our condition, allows storms to come to cleanse the soul from these things, to make it pure again, like the beautiful waters of the rushing sea.

For us, we may not always see this accumulation occurring. We are moving so fast in our daily lives that we do not often take the time to examine ourselves. It is possible for pride and other passions to be hidden deep under the surface—not only such that other people do not see them, but even we may not realize that they are there! For this reason, it is important for us to learn to be thankful for the storms when they come. God has sent them to make the waters of our souls beautiful again.

Even the saints, whose souls were very pure, still experienced the storms of temptations and trials. Why is this? For them, enduring such trials allowed them to become even more saintly and more pure. In a similar way, once we have begun cleaning our house when company is about to come over, the cleanliness of the house actually makes us want to clean more! We see more and more chances to perfect the house and make it more beautiful. So too is our soul always able to be made more beautiful, more perfect, more shining with the radiant light of Christ. Thinking in this way, we can accept every difficulty that we encounter with the words of the Prophet David, “It is good for me that Thou hast humbled me, that I might learn that statutes” (Ps 118:71) and “my soul is in Thy hands continually, and Thy law have I not forgotten” (118:109).

Enduring the storm is hard for all of us, and we cannot do it by our own strength. We must cry out continually to Christ like the disciples, “Lord, save us! We are perishing!” (Mt 8:25) With time, we will slowly see the power of calling on the name of Christ, and we will marvel with the disciples, saying, “who can



Gavel to Gavel



Minutes of the January Council Meeting BY TOM GREGORY

Present: Fr. Nicholas Georgiou,

Fr. Panayiotis Hasiakos, Peter Bell, Terry Chiganos, Cindy Clark, Dan Cussick, Spyro Demakis, Tom Gregory, Lou Katzoris, Nick Kirkeles, Nick Kouchis, Alicia Magas, Norm Pomrening, Peter Poteres, Jim Maragos, and Steven Savas.

Meditation

✦ Fr. Nicholas announced that a new Metropolitan, Fr. Nathaneal Symeonides, has been elected for the Chicago Metropolitan. His enthronement will be historic. Fr. Nathaneal Symeonides was elected unanimously. His Ordination to Bishop is set for March 17 in NY. Enthronement is set for March 24 in Chicago. He pastored a church in NY, and was a schoolmate of Father Nicholas. Unlike the pope, a bishop’s jurisdiction does not extend to everyone. Rather, our unity is through Holy Communion. St. Ignatius wrote that the faithful gather around the bishop to celebrate the Eucharist. The Church is not a monarchy. It is collegial and centered around the hierarch. We have deacons, priests, and a bishop (who serves as the high priest). After God and the Theotokos, the chief celebrant of the Holy Mysteries is the bishop. He presides over the throne of Christ. The priest always censes the throne of Christ first. The Holy Synod that elected the new Metropolitan is conciliar such that the members work toward achieving consensus. There is precedence for this consensus building in the Book of Acts. Finally, there are three parts to a bishop’s role: (1) Shepherd (overseer); (2) Teacher; and (3) Chief Celebrant of the Divine Liturgy.

Financial/Stewardship Report

✦ Norm Pomrening gave the Treasurer’s Report.
✦ 2017 was a great year. Classroom projects

and iconography in the parish are in good financial positions.

- ✦ The amount pledged in January 2018 is down from the same period last year by almost \$12,000.
- ✦ The number of pledges is down 72 but expected to normalize as the year progresses.

Updates

- ✦ Peter Bell reported that the Council retreat proved highly beneficial and that the session with Bill Marianes showed that Holy Apostles is blessed to have committed stewards. A survey is being considered to assess how our stewards’ time and talents can be better utilized.
- ✦ Nick Kouchis reported that a steering committee of 12-15 parishioners is being assembled for the 60th Anniversary Dinner Dance planned for 2019.

Correspondence

- ✦ A December thank you letter was received from Metropolitan Ambrosios of Korea acknowledging receipt of the \$1,000 donation from Holy Apostles to the missionary efforts in Korea.
- ✦ A January thank you letter was received from Metropolitan Ambrosios of Korea acknowledging receipt of the \$500 donation from Holy Apostles to the evangelism efforts in Korea.

New Business

- ✦ The new Metropolitan’s enthronement and reception are set for March 24. Steve Savas made a motion to buy two tables. The motion passed unanimously.
- ✦ GOYA is planning a retreat to St. Iakovos Retreat Center.
- ✦ Congratulations are in order for the Holy Apostles high school basketball team which won the championship of the church league for the first time in 46 years. The grade school boys won consolation (silver division/bracket).

Junior Olympics

The Jr. Olympics registration is open now. Please visit the table in the multipurpose room to get your registration forms starting. Ages 7-18 are welcome in many of the events, so please consider participating. The event is Memorial Day weekend, May 25 to 27. If you have questions, please email Aleka Ernst at alekaernst@aol.com.

Fanari Camp

Register now for one of the four sessions of Fanari Camp:
Session 1: June 17-23
Session 2: June 24-30
Session 3: July 8-14
Session 4: July 15-21
For further information, email fanari.camp@gmail.com

this be, that even the winds and the sea obey Him?” (8:27)

May the light of the Resurrection guide us

through every storm we encounter, so that we may arrive at the feast of Pascha with a pure heart, filled with joy and thanksgiving. Amen.

Fr. Nicholas from P. 1

Dealing With Despondency...

fied God in the midst of their fiery tribulation. Thanking God “will make the cloud of despair vanish” and we will experience tranquility.

Third, remember that Christ Himself suffered much. When Christ was born He quickly became an exile and fugitive. He had to flee with His whole family into exile in a foreign land. Ultimately the Son of Man was crucified. How about the Holy Apostles? When Christ was crucified the disciples went into hiding to escape being noticed. They were fearful fugitives and continually moved from one place to another. The Apostles were persecuted, living in fear and suffering in agony. They clung to St. Paul’s words: “My grace is sufficient for you; for My power is perfected in weakness.” (2 Corinthians 12:9)

Fourth, pray and realize that God may not immediately grant our prayer for deliverance. Remember that St. Paul was not delivered from his “thorn in the flesh”. But, he writes: “to the One Who is able to do more than everything, even exceedingly more than we can ask or think.” (Ephesians 3:20) Although God may not answer prayers immediately, He will eventually provide what our soul needs.

Fifth, have good, uplifting and helpful thoughts. This is Chrysostom’s most frequent advice for fighting despondency. He calls despondent thoughts “dust” that results from swelling wounds in our souls. If “dust” is not brushed off quickly it can greatly harm our eye which is the most precious organ. Dust can interfere with our vision. Chrysostom encourages her to “remember your death”. This puts everything in perspective and encourages us to grow closer to God at every moment of our lives. Trials and tribulations are fleeting. He considers them “dust and smoke” when compared with eternity. Sin is the only thing that should distress us. Chrysostom urges her to consider the rewards she is accruing in heaven as she patiently bears and endures her struggles.

Sixth, live a virtuous life. Thinking virtuous thoughts and living virtuously fights despondency. Living a vain life of self-centered human happiness does not compare with living virtuously. Struggling to live a virtuous life brings rewards. He writes: “Let nothing trouble you – neither anything that happens, nor anything that threatens to happen.” When we stand firm the waves do not shake the rock. The more they hit the rock, the more they dissipate. Waves in our lives do not shake the rock, but make us stronger. We receive prizes after the contest and even in the midst of them. Struggling for virtue “brings its own recompense.”



Lent Starts With Annual Macaronatha Luncheon

Spyro Demakis serves some mac and cheese to Dee Manolis while sisters Penny Egarter and Sophia Simios look on above. Greg and Nola Vandarakis get a huge plate to dig into from Jim Maragos at left.

Last, fight despondency for someone else’s sake. St. Chrysostom writes: “If you wish to fill us with great joyfulness, show us that you have completely chased away the burden of despondency, and that you are filled with calm.” Fighting for the benefit of someone else is powerful. It takes us outside of ourselves and helps us focus on others. If we are alone by ourselves we may withdraw into our

own pity party and separate ourselves from everyone else. We need each other. The Saints tell us that “our brother is our life.”

These letters from St. John Chrysostom to St. Olympia provide wonderful tools to help us deal with despondency. Hopefully they will guide and help us persevere. Then we will be able to flourish in our Christian life and joyfully exclaim: “Christ is Risen. Truly He is Risen!”

Memorials

- Liberty Poteres*
- Chrisy Banakis*
- Ruth Ann Murlas*
- Dimitrios Verros*
- Nicholas Patinos*
- Gail Patinos*
- Nicholas Lekkas*
- Dimitrios Vlahos*
- George P. Verros*
- George Katsaros*
- Zoe Fjflis*
- Peter Fjflis*
- Mary Stepina*
- Constantina Mansueto*
- Milton Kentes*
- Steven Sfondilias*

Funeral

Sotirios Beicos

Baptisms

- Cameon, son of Nicole & David Chiscon*
Sponsor: *Sophia Campbell*
- Henry, son of Christine & Vasilios Bournas*
Sponsor: *Panagiota Salgado*
- Theodore, son of Lindsay & John Vlahos*
Sponsors: *Eleni and Angelo Malamis*
- Quinn, daughter of Kristina & George Jordan*
Sponsor: *Nicholas Jordan*

Wedding

Nicole Young and David Schneider
Sponsor: *Jessica Young*

Holy Apostles Greek Orthodox Church April 2018 2501 S. Wolf Rd. Westchester, Illinois

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PALM SUNDAY 8:15am Orthros 9:30am Divine Liturgy Fellowship Hour Philoptochos Bake Sale And Candle Sale 7:00pm Nymphios Service 1	HOLY MONDAY 7:00PM Nymphios Service 2	HOLY TUESDAY 4:30pm Greek School 7:00pm Nymphios Service & Hymn of Kassiani 3	HOLY WEDNESDAY 10:00am Holy Unction 3:30pm Holy Unction 7:00pm Orthros Of Holy Thursday & Anointing Of Holy Unction 4	HOLY THURSDAY 8:00am Vespers Divine Liturgy NO Greek School 7:00pm Twelve Holy Gospels Today Is The Deadline For the May Mosaic 5	HOLY FRIDAY Holy Friday Retreat 9:00am Royal Hours 3:00pm Apokathelosis 7:00pm Lamentations 6	HOLY SATURDAY 8:00am First Anastasi Liturgy 10:30pm Choir Concert 11:00pm Pre-Pascha Service & Resurrection Liturgy 7
EASTER 11:00am Agape Service 8	9	4:30pm Greek School 10	1:00pm Adult Christian Fellowship & Bible Study 11	4:30pm Greek School 12	4:30pm Adventure Theater 13	14
Children In The Loft 8:15am Orthros 9:30am Divine Liturgy Fellowship Hour 15	16	10:00am TOTIS 4:30pm Greek School 17	1:00pm Adult Christian Fellowship & Bible Study 18	4:30pm Greek School 19	4:30pm Adventure Theater 20	21
8:15am Orthros 9:30am Divine Liturgy Fellowship Hour 22	FEAST DAY OF ST. GEORGE 8:00am Orthros 9:00am Divine Liturgy 23	4:30pm Greek School 24	1:00pm Adult Christian Fellowship & Bible Study 25	12:00pm Koukiri's Kafentio 4:30pm Greek School 26	4:30pm Adventure Theater 27	28
8:15am Orthros 9:30am Divine Liturgy Fellowship Hour 2:30pm Greek Parade 29	30	The Paschal Feast Like good and faithful servants of the Lord, we want to hear Him say, "Enter into the joy of your Lord" (Mt 25:21). These days of Easter are not a time of sorrow and mourning as some people think. We come to the feast full of joy and gladness. St. Athanasius 325 - 373 A.D.				

Calendar current as of publication date

Pick Up Your Cross and Follow Me

Presvytera Toni Mihalopoulos spoke about Pick Up Your Cross and Follow Me, a ministry for those with special needs and their families, at the Philoptochos general meeting on Tuesday, February 13.

Presvytera is the founder and coordinator of this ministry. She holds Bachelor's Degrees in English and American Sign Language, and a Master's Degree in Elementary Education with specializations in Early Childhood, Special Education, English Education, and English as a Second Language. She has experience teaching children from 3-14 years of age.

This ministry began 10 years ago when Presvytera Toni saw that there was a need in the metropolis for a program for those with special needs. She came to the realization that many special needs children and their families do not attend church or engage in church activities because the church experience can be so difficult for them. Presvytera contacted His Eminence Metropolitan Iakovos of blessed memory and together with His Grace Bishop Demetrios of Mokissos and Deacon Chris Avramopoulos, began this inclusion ministry

to help all feel welcome. The ministry has grown from 5 families to 30 families, with more families to reach.

Pick Up Your Cross and Follow Me offers several programs. There is a one-day Fall Day Camp at the St. Iakovos Retreat Center, which features sensory based learning. The Special Olympics are held together with the Junior Olympics over a two-day period. The Special Olympics features bowling and track events overseen by volunteer peer buddies.

Project Inclusion provides a way for special needs children to experience Fanari Camp. This is held the 4th week of Fanari Camp and utilizes specially trained aides and support personnel. If necessary, alternate or adaptive activities can be implemented.

Presvytera Toni receives a special Individual Education Program for each camper and shares this information with the staff to ensure a good summer camp experience for each child. Inclusion Liturgies are complete services which feature a more relaxed environment. They are offered on Saturday mornings at a central location for

short periods of time. These liturgies are a wonderful way for families with special needs to attend church. Lenten retreats are hosted by different parishes in the Metropolis. There is an attempt to have an Inclusion Liturgy as part of each retreat to teach the hosting parish about inclusion.

Finally, this ministry serves as a resource for special needs families. They help train the Fanari Camp staff, work with the Religious Education Department, and lead sessions on inclusion for both clergy and lay people.

Presvytera Toni talked about ways that we can make our own parish more inclusive, such as offering visual aids and identifying more appropriate seating areas for church services. She identified professionals in our Holy Apostles community who have volunteered their expertise to suggest strategies to improve the overall church experience.

Please contact the church office or clergy to obtain their assistance.

Together, we hope to make every family feel welcome.

Philoptochos Spring Happenings

Easter Candle Sales

Decorated candles for Pascha will be available to purchase after the Liturgy on Palm Sunday and after the three Holy Unction services during Holy Week. These candles are hand made by our Philoptochos members and make great gifts for godparents to give to their godchildren.

Koukla's Kafenio

All seniors are invited to Koukla's Kafenio on Thursday, April 26. The Kafenio begins at noon and there will be live Greek music providing us with opportunities for singing and dancing. Please RSVP by Friday, April 20 to Bess Shizas at 630.834.2186. This is a free event, but we will be collecting donations of children's diapers in sizes 4, 5, and 6 as well as packaged socks in ALL sizes for the Peoples Resource Center (PRC) in Wheaton.

Poised for Success

Philoptochos is collecting new and gently used summer women's career clothing from April 29 through May 12 for Poised for Success. This nonprofit organization provides career clothing to women who cannot afford appropriate clothes for a job interview. The women are provided two interview outfits and once they secure a job, three more are given so that they will have a week's work of clothing. Philoptochos would greatly appreciate it if you could peek at your closets and bring any donations to the multi-purpose room. Please leave the clothing on hangers. Holy Apostles parishioners generously donated 2 full coat racks of

clothing for the fall clothing drive. Thank You!

Feed the Hungry Service Commitment

Holy Apostles Philoptochos will take its turn preparing and serving a meal for the homeless on Tuesday, May 8. Every chapter in the Chicago Metropolis is expected to participate in this year-round program. All meals are transported and served at the Annunciation Cathedral on LaSalle Street. If you would like to assist with this philanthropic cause or would like to make a monetary donation for supplies, contact Anne Theophilos at 630.230.0579.

Blankets of Love

A since thank you to everyone who made blankets for the Philoptochos Blankets of Love ministry. We collected 80 blankets, double what was collected last year! The blankets have been delivered to the Central DuPage Hospital NICU (neonatal intensive care unit). The efforts and generosity of the Holy Apostles community are deeply appreciated by both the hospital staff and by Philoptochos.

Membership

It is not too late to join Philoptochos! We welcome new and returning members. Membership envelopes and volunteer forms are available in the multipurpose room and on the Philoptochos page of the Holy Apostles website. For more information, please contact Membership Chair Chrisie Alex at 630.272.0737 or chrisievalex@sbcglobal.net.

Philoptochos General Meeting

Tuesday, May 15.

It's Showtime!

On Sunday, April 22, the Adventure Theater will present an original movie production *A Letter to Tiberius* in the multipurpose room. The movie will be preceded by a delicious luncheon. The donation is \$12, and those four-years-old and under will be admitted free of charge.

You can make your reservations following The Divine Liturgy on Sunday, April 15 in the multipurpose room. You can also make reservations by calling Mr. D. 708.562.4926, or e-mailing him at fanari@me.com.

Preview: President of the United States Elli Panagiotis has gone to Israel in a last ditch attempt to stop a devastating war that threatens to involve countries in the eastern Mediterranean and Persian Gulf, including Israel, Greece, Turkey, Saudi Arabia, and New Persia (formerly Iran).

As the gallant president watches her efforts begin to fail, a young Palestinian girl named Zanna brings a very special gift to her hotel room. It is this unique gift plus two ancient scrolls that take President Panagiotis, her national security advisor, two Secret Service agents, Zanna, and an archeologist and old high school sweetheart named Michael Koulos along with our audience back in time almost two thousand years.

Will President Elli Panagiotis be able to stop a war that could result in the death of millions of people? Get your tickets now!

Holy Week Services

March 31 Saturday of Lazarus

On the Saturday of Lazarus (**Orthros 8am, Liturgy 9am**), we commemorate the divine love that brought Lazarus back to life - the same love that Christ offers to each one of us today.

April 1 Palm Sunday

On Palm Sunday (**Orthros 8:00am, Liturgy 9:30am**), we commemorate Jesus' triumphant entry into Jerusalem.

On Palm Sunday evening (**Nymphios Service 7pm**), we commemorate: 1) Christ the Bridegroom by singing *The Hymn of the Bridegroom*, warning us to be prepared for Christ's coming. We behold Christ as the Bridegroom of the Church, bearing the marks of suffering, yet preparing a marriage feast for us in God's Kingdom; 2) The Blessed Joseph who was thrown into a pit and sold into slavery by his brothers, and who later became a powerful ruler. In the same way, Christ was rejected, betrayed and crowned with glory in God's Kingdom; 3) The Barren Fig Tree which Christ cursed and withered because it bore no fruit. The tree is like those who have heard God's word but fail to bear fruit by not obeying it.

April 2 Holy Monday

On Holy Monday evening (**Nymphios Service 7pm**), we commemorate The Parable of the Ten Virgins. The maidens who filled their lamps with oil were prepared to receive

the bridegroom. Those with empty lamps were shut out of the marriage feast.

April 3 Holy Tuesday

On Holy Tuesday evening (**Nymphios Service 7pm**), we commemorate The Sinful Woman who anointed Christ in anticipation of His death. Her repentance and love for Christ is the theme of the Hymn of Kassiani.

April 4 Holy Wednesday

The Sacrament of Holy Unction (**10:00am, 3:30pm**) is celebrated when we confess our sins and seek to be reconciled by God. The priest anoints us with holy oil so that we may be healed physically and spiritually.

The Orthros for Thursday morning (**7pm**) followed by anointing with Holy Unction.

April 5 Holy Thursday

On Holy Thursday morning (**Divine Liturgy 6:30am**), we commemorate: 1) The Washing of the Disciples' Feet - This is an example of Christian humility and love; 2) The Betrayal - Jesus announced that a traitor (Judas Iscariot) was among the twelve; 3) The Last Supper - when Jesus offered Himself as the food for all of us. The bread and wine of this meal became the Body and Blood that gives us eternal life; 4) Christ's Vigil in The Garden - Before Jesus was arrested, He prayed in the Garden of Gethsemane and endured the agony of His impending death.

On Holy Thursday evening (**12 Gospel Readings 7pm**), we commemorate The Crucifixion of our Lord and Savior Jesus Christ who died to take away our sins.

April 6 Holy Friday

On Holy Friday morning (**Royal Hours 9am**), we commemorate the story of Christ's passion.

On Holy Friday afternoon (**Apokathelosis 3pm**), we commemorate the un-nailing of the crucified Christ and His burial.

On Holy Friday evening (**Lamentations 7pm**), we commemorate the burial of the Divine Body, and the descent of our Lord and Savior Jesus Christ to Hades through which He restored our kind from corruption and transplanted it to eternal life.

April 7 Holy Saturday

On Holy Saturday morning (**Divine Liturgy 8am**), we commemorate Christ's descent into hell so that death itself might be destroyed. We also anticipate the Resurrection.

At the Easter (**11pm**) & Resurrection Services (**midnight**), the faithful hear the good news of Christ's triumph over death.

Immediately following, **the Paschal Liturgy (12:15am)** invites us to take part in the Feast of the Resurrection and receive Holy Communion.

April 8 Easter Sunday

At the Agape Service (**11am**), we celebrate Christ's gift of new life in several languages.

Postmaster: Please deliver by the 3rd of April

Address Service Requested

(708) 562-2744

Westchester, IL 60154

2501 S. Wolf Rd.

Holy Apostles Greek Orthodox Church

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