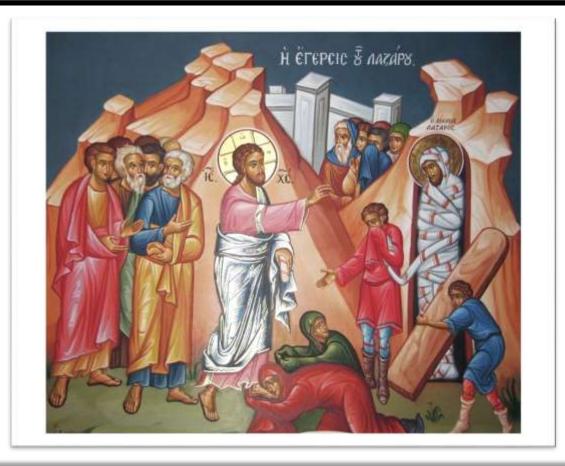


Lent CHICAGO, ILLINOIS

2018



The gateway to divine repentance has been opened: let us enter eagerly, purified in our bodies and observing abstinence from food and passions, as obedient servants of Christ, who has called the world into the heavenly Kingdom. Let us offer to the King of all a tenth part of the whole year, that we may look with love upon His Resurrection. ~From the Matins of Cheesefare Monday The Messenger is the official publication of Annunciation Greek Orthodox Cathedral of Chicago

1017 North LaSalle Drive Chicago, Illinois 60610 (312) 664-**5485 • Fax: (312) 664**-5921

E-mail: communications@annunciationcathedralchicago.org

Web site: annunciationcathedralchicago.org

Like us on Facebook & Instagram!

Sunday Services: Orthros 8:15 a.m. and Divine Liturgy follows

CLERGY

Fr. Stamatios G. Sfikas.....Cathedral Dean Fr. Nicholas Nikokavouras.....Dean Emeritus

PARISH COUNCIL OFFICERS

President
Vice-President
Secretary
Treasurer

AUXILIARY OFFICES

Cathy Hareas.....Ladies Philoptochos Ellen Best Zrazik, Faye Peponis, Caroline Pappas, & Dean Alonistiotis.....Stewardship Committee Taso Devetzis.....Internet & Technology Director

STAFF

Demetrios Chingas	Head Chanter
Nicholas Gavaris	
Pangratis Papacostas	Chanter
Demetri Damaskus	Chanter
Myron Chornomaz	Chanter
George George	Choir Director
Debbie Demolaris	Organist
John York	Parish Administrator
Panagiotis Rogaris	Neokoros

PROGRAMS

Fr. Stamatios Sfikas	Altar Boys
Polyxeni Kapsalis	Sunday School Director
Nekarios Marakalis	Greek School/Adult Greek
Fr. Stamatios Sfikas	Adult Religious Education
Pres. Katerina Sfikas.	Mommy and Me
Stephanie Meletis	Young Adults
Georgia Gavaris	Metropolis Feed the Hungry

Man seeks joy and happiness in heaven. He seeks what is eternal far from everyone and everything. He seeks to find joy in God. God is a mystery. He is silence. He is infinite. He is everything. Everyone possesses this inclination of the soul for heaven. All people seek something heavenly. All beings turn towards Him, albeit unconsciously.

Turn your mind towards Him continually. Learn to love prayer, familiar converse with the Lord. What counts above all is love, passionate love for the Lord, for Christ the Bridegroom. Become worthy of Christ's love. In order not to live in darkness, turn on the switch of prayer so that divine light may flood your soul. Christ will appear in the depths of your being. There, in the deepest and most inward part, is the Kingdom of God. The Kingdom of God is within you [Luke 17:21].

+St Porphyrios

Do not be irritated either with those who sin or those who offend; do not have a passion for noticing every sin in your neighbour, and for judging him, as we are in the habit of doing. Everyone shall give an answer to God for himself. Everyone has a conscience; everyone hears God's Word, and knows God's Will either from books or from conversation with other people. Especially do not look with evil intention upon the sins of your elders, which do not regard you; "to his own master he standeth or falleth." Correct your own sins, amend your own life. +St John of Kronstadt

I saw all the traps that the enemy spreads out over the world and I said in despair, 'What can escape such snares?' Then I heard a voice answer, 'humility.' +St Anthony

"We cannot live in such a way that no one grieves or offends us, for the Apostle Luke writes: we must through much tribulation enter into the kingdom of God (Acts 14:22), and bear ye one another's burdens, and so fulfill the law of Christ (Gal. 6:2). Let us therefore ask that we may bear sorrows with self-reproach and humility and not be overcome by evil, but overcome evil with good, and with the Prophet say: With them that hate pace I was peaceable (Ps. 119:6)."

+St Hilarion of Optina

The power of God is effective when a person asks for the help from God, acknowledging his own weakness and sinfulness. This is why humility and the striving towards God are the fundamental virtues of a Christian. +St John Maximovitch

<u>Archimandrite Nathanael Symeonides Elected</u> <u>Metropolitan of Chicago</u>

ECUMENICAL PATRIARCHATE ANNOUNCEMENT

Under the chairmanship of His All-Holiness, the Holy and Sacred Synod of the Ecumenical Patriarchate, convened today Wednesday February 7, 2018 for its regularly scheduled meeting and reviewed all the items in the agenda.

During this meeting, following the recommendation of His All-Holiness Ecumenical Patriarch Bartholomew, the members of Holy and Sacred Synod duly casted their votes in the Sacred Patriarchal Church electing unanimously the Very Rev. Archimandrite Chrysostomos Pitsis, Chancellor of the Holy Metropolis of Kos and Nisyros as Metropolitan of Symi; and the Very Rev. Archimandrite Nathanael Symeonides, clergyman of the Holy Archdiocese of America, as Metropolitan of Chicago.

Biographical Note:

The Very Reverend Archimandrite Nathanael Symeonides was born in Thessaloniki, Greece (1978). He is the third child of Irene and Vasilios Symeonides. He is graduate of Hellenic College (BA,



2000) and of Holy Cross Greek Orthodox School of Theology (MDiv, 2003). He earned an STM (2003) and a ThD (2007) in Bioethics from Boston University. Fr. Nathanael has also studied the history and ethics of public health at Columbia University Mailman School of Public Health. He is a guest professor of Christian ethics and bioethics at Fordham University, Holy Cross Greek Orthodox School of Theology, and Saint Vladimir Theological School. He has authored numerous articles in theology and bioethics.

Fr. Nathanael was ordained a Deacon (2003) and a Presbyter (2010) by His Eminence Archbishop Demetrios of America. His ecclesial and pastoral work includes service as the Deacon to Metropolitan Methodios (2003-2006); Deacon to the Archbishop (2006-2010); Pastor of the Annunciation Greek Orthodox Church, NY (2010-2013). During his time as a parish priest, Fr. Nathanael developed an urban ministry, *Orthodox Professionals in Action* (OPA), which harnessed the gifts and talents of over 400 young professionals of Manhattan, offering them opportunities to create meaningful change in the lives of those most vulnerable in society. Fr. Nathanael has also served the pastoral needs of the Holy Resurrection Church of Brookville, NY and the Saints Constantine and Helen Cathedral of Brooklyn, NY.

In September of 2013 he was appointed Director of the Office of Inter-Orthodox, Ecumenical and Interfaith Relations of the Greek Orthodox Archdiocese of America. In his present position, Fr. Nathanael manages and directs the relationships between the Archdiocese and numerous religious organizations, think tanks, non-governmental organizations, and Permanent Missions to the United Nations. As the Director of the Department, Fr. Nathanael is best known for promoting cooperation and inclusivity. Most recently, he convened a colloquium entitled, *Orthodoxy and Humanitarianism: Ideas and Action in the Contemporary World*, which provided experts from around the world the opportunity to meet and consider ways in which the Church may help respond to humanitarian crises and promote sustainable development in post-crisis regions.

Fr. Nathanael is a brother of the historic monastic community of St. George *Epanosifis* in Crete, Greece.

Stewardship Message

In its Stewardship materials our Archdiocese uses Colossians 3:23 to guide the 2018 Stewardship Program,

"Whatever you do, work at it with all your heart, as working for the Lord, not for men...."

We are called to view our gift of life and also our work as an opportunity to serve God and others. The book of **Genesis tells us of man's first responsibility, to work in and care for the Garden of Eden. The scope of our work** has changed but whatever type of work we find ourselves, our work can become sacred when we dedicate it to God. In the words of Saint Porphyrios,

"A man who belongs to Christ makes all things in his life a prayer... A person can become a saint anywhere. He can become holy even in Omonia Square if he so desires. Even at work, whatever it is that you are doing, you can become holy. This can be accomplished with meekness, patience, and love."

As in all we have, we are only stewards: doing, owning, sharing what we have by the grace of God and only for a period of time. We are called to consider our actions judiciously and utilize our time, treasure, and talent wisely and to the glory of God. A simple prayer or making the sign of the cross before decisions and actions brings **God's grace into all aspects of our lives.**

Bringing God's grace into our actions enables us to remember and witness Christian virtues: love of God and our fellow man through charity and generosity, faith and hope in our example to others, wisdom and justice in our decisions, integrity and moderation in dealing with others, courage and perseverance in dealing with difficulties.

Our Archdiocese reminds us:

In times of trouble or worry, especially over our career, we call upon God to strengthen us, to provide opportunity and to bring us success. When we achieve some measure of worldly success, it is easy to say to ourselves, as we read in the Old Testament Book of Deuteronomy (8:17), "My power and the strength of my hands have produced this wealth for me." But the next verse quickly reminds us, "Remember the Lord your God, for it is he who gives you the ability to produce wealth."

As Christian Stewards, we are called to give back to God from the "first fruits" of our labor. We support our parish and her ministries in an intentional way and not with only what it left after everything else has been taken care of.

In whatever work we do, we are called to give glory to God for the abilities and opportunities He provides. We do this by caring for the work we do, applying our God-given abilities to our work, and by respecting the responsibilities with which we have been entrusted.

Please fill out both sides of your 2018 Stewardship Pledge Card. Consider your pledge amount carefully. Are the blessings you have been given reflected in your generosity?

May God's blessings be abundant in the coming year.

The Annunciation Cathedral Stewardship Committee Ellen Best Zrazik, Faye Peponis, Caroline Pappas, & Dean Alonistiotis

* Please note that you can now make your stewardship contributions, and even set up monthly recurring donations, *online*. Just visit our website at www.annunciationcathedralchicago.org/donate

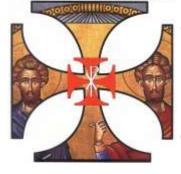
STEWARDSHIP STATISTICS FOR 2017

2017 Stewardship Goal: \$120,000 2017 Contributions : \$134,792 Thank you for a wonderful and fruitful year!

2018 Stewardship Goal: \$135, 000

Philoptochos News:

PHILOPTOCHOS



Our local Philoptochos chapter has been very busy this year. We continue to organize the Cathedral's Feed the Hungry luncheons, and we hosted our annual Christmas Bazaar and St Nicholas Luncheon in December, as well as a Christmas Party at Carmine's Restaurant, and a dinner at Greek Island's Restaurant in honor of our former president, Tula Knoch.

Upcoming Events 3/10 – Metropolitan Philoptochos Lenten Retreat *At Assumption Greek Orthodox Church, Chicago* 3/11 – Stavroproskyniseos Luncheon 4/14 – Metropolitan St John Chrysostom Oratorical Festival *At St Demetrios Greek Orthodox Church, Hammond*

Many other events are being planned for the Lenten and Paschal seasons – keep an eye on the bulletin and weekly emails for updates! Please contact Cathy Hareas at cathy,hareas@gmail.com with any questions about the Philoptochos Society.

2018 Parish Council Election Results

Nick Hlis, President Dean Alonistiotis, Vice President George Alonistiotis, Secretary Kevin Miologos, Treasurer

<u>Council Members</u>					
Michael Hlis	Nick Papagiannis	Joseph Poulos	Evangelia Dallas		
George Melanis	Steve Kapsalis	Dimitra Galanis Knoch	Harold Peponis		
Stavros Salapatas	Constance Marina	kis Nick Miliss	sis Jonathan Bacon		

OUR JOURNEY TO PASCHA! 2018 Created by Fr. Jonathan Bannon (ACROD

SUNDAYS

Fast - Free Week **JANUARY 28th**

Normal Fast Week **FEBRUARY 4th**



Meatfare FEBRUARY 11th FAREWELL TO MEAT TODAY

Cheesefare FEBRUARY 18th FAREWELL TO CHEESE TODAY

1st Sunday of Lent

FEBRUARY 25th

2nd Sunday of Lent

MARCH 4th

3rd Sunday of Lent

MARCH 11th

4th Sunday of Lent

MARCH 18th

5th Sunday of Lent

MARCH 25th

FLOWERY (PALM) SUNDAY!

April 1st GREAT WEEK BEGINS

GREAT AND HOLY FRIDAY

APRIL 6th

FEAST OF FEASTS!

APRIL 8th NO FASTING!

THEMES / GOSPEL READING

RIODION WEEKS Reading: Gospel:

Publican and the Pharisee 2 Timothy 3: 10-15 Luke 18: 10-14

The Prodigal Son Returns! Reading: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32

The Last Judgment Reading: 1 Corinthians 8: 8-9: 2 Matthew 25: 31-46 Gospel:

Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Reading: Romans 13: 11-14:4 Gospel: Matthew 6: 14-21 T BEGINS WITH FORGIVENESS VESPERS

SUNDAY of ORTHODOXY Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51

ST GREGORY PALAMAS

Reading: Gospel:

Hebrews 1:10-2:3 Mark 2: 1-12

VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA!

Reading: Gospel:

Hebrews 4: 14-5: 6 Mark 8:34-9: 1

ST JOHN of the LADDER Reading:

Hebrews: 6:13-20 Gospel: Mark 9: 17-31

ST MARY of EGYPT

Reading: Gospel:

Hebrews 9: 11-14 & Heb 2:11-18 Mark 10: 32-45 & LK 1:24-38

GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Philippians 4: 4-9 Reading: Gospel: John 12: 1-18

GREAT AND HOLY FRIDAY

JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

BRIGHT WEEK

HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1: 1-17

HOW TO PARTICIPATE:

Trust in God, not yourself! Ask for His help before every task this week!

Schedule a Confession. Use up/freeze meats this week.

Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.

Ask each other for forgiveness each evening this week before bed.

Bring an icon to church for a procession.

Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.

Wear your cross to church and kiss the cross each morning with a bow!

Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

> Place your palm branches and pussywillows behind an icon at home and in your car!

Refrain from TV, Internet, & Phones to honor Christ's Death.

Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Sunday School Update

We've had a successful Sunday School year so far! The children are eager to learn more about our Orthodox Faith. As we head into the spring and Great Lent, the Sunday School is preparing for lessons about Lenten Season and Pascha.



We ended 2017 with our Christmas program; following the Divine Liturgy, our children performed Christmas poems and sang a holiday song.

We are looking forward to participating in the Oratorical Festival with the help of Cathy Hareas. We encourage all children to participate; projects will be started in the upcoming weeks and displayed at the end of the Sunday School year.

Christmas Donations

Thank you to everyone who made a Christmas donation this year. Your contributions helped adorn our Cathedral with poinsettias, wreaths, and lights in preparation for our Savior's birth!

Agamemnon & Athanasia Alonistiotis Konstantine & Lia Alonistiotis Matthew & Emily Brown Bertha Capulos Myron Chornomaz Dean & Marika Christopher George & Sara Demos Frank & Anastasia Glapa Donna Inlow Steve & Periklia Kapsalis Nikitas & Vasiliki Karahalios Robert & Diana Karis

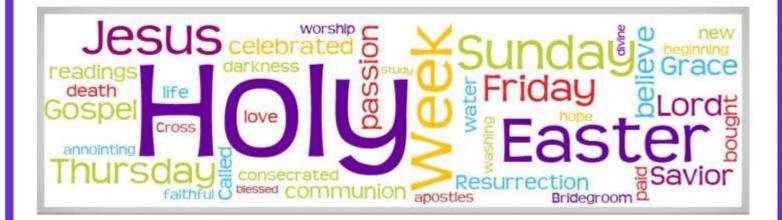
Mia Kasimos Beatrice Kay Wilfred Chapleau & Lauren Kentouris Louis & Irene Kocsis Penelope Kyriakopoulos Christ & Constance Marinakis Tim & Tiffany McQuillen Stephanie Meletis Ian & Eugenia Miller Iraklis & Debbie Nikokavouras Pangratios Papacosta Elizabeth Papadakos Catherine Peponis Harold & Aphrodite Peponis Anthony & Elena Poulos Athena Pugliese Fr & Pres Stamatios & Katerina Sfikas Eleftherios & Niki Shinas Nicholas Svarnias Artemis Trebellas Peggy Zimmar





<u>The Annunciation Cathedral</u> <u>Saturday of Lazarus Youth Retreat</u>

For those 3 years old - High School



Saturday, March 31, 2018

8:30 a.m. - Orthros & Divine Liturgy

11:00 a.m. - Lenten Breakfast

11:30 a.m. - Crafts, Making of Lazarakia (Lazarus Breads) & Discussion about Holy week with Fr. Stamatios

1:30 p.m. - Conclusion of Retreat

We encourage all our youth and parents to participate in the retreat as we learn about our Lords Crucifixion and Glorious Resurrection together!

Suggested Donation \$10

*Please note this retreat will take the place of our traditional Holy Friday Retreat

Thoughts on the 125th Anniversary Gala

It is with great honor and pleasure that we welcomed you to the 2017 Cathedral Gala on December 2, 2018. On that special evening, we were given the opportunity to come together and celebrate the 125th year anniversary of our beloved Cathedral, and the community it has fostered here in Chicago. With the dedicated help of my co-chair, Alexandra Alexander, the journey of the planning process for this milestone event began in the early summer months of 2017, just shortly after our fun times volunteering at the annual Gold Coast Greek Fest.

As a third-generation member of Annunciation Cathedral, certain traditions like the Cathedral Galas and Balls of the past hold a special place in my heart. As a child, I had watched my parents dress-up **in excitement to attend the similar event of our Cathedral's past, and then later in life eagerly attend**ed with my family, friends and loved ones. The 125 year anniversary of Annunciation Cathedral brought a new milestone to the Cathedral Galas of the past. Without a doubt, it required a fitting level of attention to ensure it rang true while emulating the faith, love, and heritage of the Cathedral's heart.

Over the summer months, the Gala Committee provided their time and dedicated support making it a night to be remembered. Their contribution to the event were invaluable. After months of planning and event preparations, December 2nd came before we knew it. On the night of the Cathedral Gala we gathered, ate, drank, and danced while celebrating at The Drake Hotel. There was nothing better than to see our beloved Cathedral goers having a wonderful time enjoying Greek music and dancing among the twinkling lights of Lake Shore Drive. There are not enough words to describe **the "kefi" of the evening, but most importantly the gratitude for brining everyone together to honor** The Cathedral.

To our faithful supporters, we extend our deepest appreciation for your generous contributions to making this 125 Cathedral Gala possible. As time passes and times inevitably change, it is important to carry the torch of traditions forward in a way that honors the past and is relevant in the present. My hope is that Annunciation Cathedral with its supporting community will stand true to for generations to come.

May God continue to bless you and your family.

With Love - Perri Miologos Otil

















Celebrating 125 Years!







Thank you to all of our Gala donors!

Mrs. Kay Adams Adinamis & Corliss Balodimas Funeral Ltd. Mr. George Alonistiotis Mr. & Mrs. Konstantine & Lia Alonistiotis Mr. Larry Anas Ms. Betty Angelos Annunciation Cathedral Philoptochos Mr. & Mrs. Peter & Kathy Apostal Ascension of Our Lord Greek Orthodox Church Mr. James Ascot Assumption Orthodox Church Mr. & Mrs. Leo & Elaine Athas Athens Construction Atrium Landscape Mr. & Mrs. Louis & Helen Atsavas Mr. Jonathan Bacon Ms. Erini Balanis Mr. & Mrs. Arthur & Nancy Balourdos Mr. & Mrs. John & Maria Balourdos Mr. & Mrs. Dimitris & Eleni Bousis — Sponsor Mr. John Brahos Mr. Robert Buhler Chapekis & Chapekis Law Offices Citizens for Sara Feigenholtz Mr. John Colis Ms. Lenette Collias Continental Window and Glass Corfu Foods Inc Ms. Evangeline Dallas Mr. & Mrs. Angelos & Debbie Damolaris Mr. & Mrs. Robert & Rose Decker Mr. & Mrs. George & Sara Demos Dengeos Restaurant Mr. Taso Devetzis Diamond Parking Mrs. Frances Douros Mr. & Mrs. Daniel & Marina Draper Ms. Vasiliki Drebos Mr. Ted Dres Fric's Foods Ms. Voula Euthimiou Mr. & Mrs. Ammad & Nicholetta Faisal Mr. & Mrs. Milton & Catherine Fasseas Mr. & Mrs. Peter & Paula Fasseas — Sponsor Mr. John Fotopoulos Mr. & Mrs. Themis & Teddi Galanis Mr. Chris George Ms. Pat Gerbanas Mr. & Mrs. Alec & Viena Gianaras

Ms. Joanne Giannopoulos Ms. Anna Giannoulias Mr. & Mrs. Frank & Anastasia Glapa Mr. Nicholas Gouletas & Mrs. Natel Matschulat Greek Islands Restuarant Grill House Restuarant Mr. & Mrs. George & Shari Haldes Miss Krista Haldes Ms. Cathy Hareas Ms. Maria Hatzinakos Mr. & Mrs. Dimitrios & Sandra Hatzopoulos Mr. & Mrs. Nicholas. & Eleni Hatzopoulos Hellas Pastry Shop Mr. & Mrs. Nicholas & Denisse Hlis Holy Cross Philoptochos Holy Name Cathedral Ms. Susanna Homan Mr. Brian Hopkins Dr. & Mrs. John & Maria Jonihakis Mr. & Mrs. Evan & Elaine Kakis Ms. Georgia Kakis Mr. Tony Kalogerakos Ms. Senya Kalpake Ms. Patricia Kamberos Mr. & Mrs. Steve & Periklia Kapsalis Mr. & Mrs. Sophocles & Elena Karapas Mr. Angelo Karasmanakis Mr. Nikolaos Karavitis Mr. & Mrs. Robert & Diana Karis Mr. George Karkazis Mr. George Karras Mr. & Mrs. Nathan & Kathryn Karras Mrs. Anna Kioutas Ms. Dimitra Knoch Mr. & Mrs. Louis & Irene Kocsis Ms. Electra Kontalonis Fr. & Pres. Demetrios & Katerina Kounavis Mrs. Penelope Kyriakopoulos Mr. Steven Laduzinsky Mr. & Mrs. Frank & Katena Lagouros Mr. James Lakerdas Ms. Patricia Lappas Perritt Ms. Maria Lereno Ms. Pamela Limbert Mrs. Sylvia Litsos Mr. William Loesch & Mrs. Maria Davlantes Mr. Louis Malevitis Mr. & Mrs. John & Helen Manos Ms. Anastasia Marakis Margie's Candies

Mr. & Mrs. Christ & Constance Marinakis Mr. & Mrs. George & Anna Melanis Ms. Stephanie Meletis Ms. Harriet Melissaratos Ms. Demetra Merikas Mrs. Margaret Merikas Ms. Alexandra Mihalas Ms. Terri Mikuzis Mr. & Mrs. Nicholas & Lena Milissis Mrs. Bessie Miologos Mr. Kevin Miologos — Sponsor Mr. Paul Nagaro & Mrs. Anna Vasser Mr. Anthony Nichols Ms. Eva Nikellys Mr. & Mrs. Iraklis & Debbie Nikokavouras North Elston Fruits and Vegetables Order of St Andrew the Apostle P&S Meats Pabcor Equities Mr. & Mrs. Gus & Gail Pablecas Dr. Irene Panayotou Mr. Pangratios Papacosta Ms. Elizabeth Papadakos Mr. Nicolaos Papagiannis Ms. Francine Pappadis-Friedman Mr. & Mrs. Sotirios & Melpomeni Pappas Ms. Catherine Peponis Mr. & Mrs. Harold & Aphrodite Peponis — Sponsor Mr. Ray Perpignani Mr. Nicholas Pipikios Mr. Lee Polite Mr. & Mrs. Anthony & Elena Poulos Mr. & Mrs. Joseph & Britt Poulos Ms. Athena Pugliese Mr. Alen Redzic Mr. George Reveliotis Mrs. Zoe Rummel Mr. & Mrs. Stavros & Katerina Salapatas Mr. & Mrs. Theodore & Kathy Sepsis Fr. and Pres. Stamatios & Katerina Sfikas Ms. Cherie Shanahan Ms. Katherine Siavelis Mr. & Mrs. Steve & Sofia Siliverdis Mr. & Mrs. Kosta & Cathy Skandamis Mr. & Mrs. John & Elaine Sotos Mr. & Mrs. Sam & Soula Souleles St Andrew's Greek Orthodox Church St Demetrios Church St Demetrios Philoptochos St Demetrios Philoptochos Society St George Orthodox Church St Haralambos Church St Haralambos Philoptochos

Ms. Alexis Stathis Mr. William Stathopoulos Mr. & Mrs. Dean & Joanne Stavrakas Mr. George Stavros Mr. Wesley Stinch Ms. Angela Strelka Dr. Steven Stryker Sts Constantine and Helen Greek Orthodox Cathedral Sts Peter & Paul Orthodox Church Sts Peter & Paul Philoptochos Mr & Mrs. John & Anastasia Svigos Mr. & Mrs. Philip & Francine Taque Ms. Evangelia Travlos Mr. & Mrs. Jerry & Dimitra Travlos Ms. Artemis Trebellas Mr. & Mrs. Vasili & Maria Tsourapas Ms. Eleni Tzotzolis — Sponsor Mr. Peter Valessares Mr. & Mrs. Constantine & Mary Varvouletos Ms. Esther Velis Ms. Suzanne Velonis Mr. & Mrs. William Vranas Ms. Rachel Wesley & Old World Wines Windy City Greek Mr. Greg Zrazik & Mrs. Ellen Best



Thank you!

Fasting is Walking on Water By Fr Nicholai Bulgakov

Fasting is not a question of nourishment or changing dishes. It is a question of our relationship to God. First of all, fasting exists so that a person would receive spiritual benefit. We sinful people do not want to limit ourselves in anything voluntarily. We want everything to be easy, light, and quick. How does a person usually act? He makes himself a sandwich with a slice of salami or cheese and runs **off on his business. This won't work during the fast.** Fasting is humility.

Before starting to fast we need to know the **Church's rule for fasting. Not in order to break it,** but so that we can orient ourselves by it. It is not so simple to know what this rule is. You have to make an effort, and find an authoritative source. For example, the Reference Book for Clergmen published in 1913 and republished by the Moscow Patriar-chate in 1993.

The main thing is to not make yourself eat during the fast. Do not be afraid of fasting. Remember how the Apostle Peter saw the Lord walking on the water and asked: "Lord, bid me to come to You on the water." The Lord bade him, and Peter went, but then he doubted: How could this be? And he began to drown. The Lord reached out his hand and saved him. Fasting is walking on the water. There is no need to go overboard worrying about how you're going to live on fasting foods. Experience shows that the Lord helps, especially if the fast is combined with prayer, with attending services, repentance, and Communion. Holy righteous John of Kronstadt said, "When I do not take Communion I die." It is the same for us – when we feel that our strength is running out, we can go more often to Church, take Communion, and pray. In this lies the wisdom of Great Lent, in this is its important lesson for us: It shows us our weakness; it shows us especially clearly that without God we can do nothing.

Of course, no one makes us fast to the point of dizziness and dragging feet. A person should be healthy during the fast, he should have strength, including for attending the Great Lenten services. It's just as in pedagogy: It's bad to overdo it, but it's pointless if you don't do enough.

Fasting is work; there is no benefit without work. It is a serious job to change a human soul — the hardest job there is.

Fasting is a time of purification, repentance; a time that helps us leave this vain world in which we live from day to day without often thinking about what is most important. Time goes by and we are in the same place; the soul has not changed. So it would be good for us to make friends with fasting. After all, it gives us the most important thing—spiritual transformation.

And what services there are during Great Lent! They are especially remarkable during the weekdays, when we read the prayer of St. Ephraim the **Syrian and make prostrations. That was Pushkin's** favorite prayer. Try not to miss these services. They are very needful to us, because they help us to repent, to correct ourselves. They make us remember that we are after all mortals and will have to answer for our lives. We love to take showers, to take care of our bodies, but we forget that the soul and its purification are more important.

Think through the time that is dedicated to Great Lent, and try to get the most out of it. For example, why not take vacation time for the first week, for Passion Week, or Bright Week? In tsarist times, Great Thursday through Bright Week were state holidays and no one worked. The peasants didn't go out in the fields, no matter how good the weather. But there was no harm done to agriculture, because God helped. You have to think through this this time in advance, because there can be temptations in the form of some enticing trips, vacations, or the family will suggest it's time for remodeling... Our life is given to us not so that we would simply live and live. It is given so that our souls would come closer to the Kingdom of Heaven.

Reprinted from Pravoslavie

<u>Annunciation Cathedral</u> <u>Holy Week Donations – 2018</u>

In an effort to help offset the cost of the various items needed for Holy Week we are prayerfully asking for your support. If you are able to donate towards any of these items below please contact Fr. Stamati or the Church office at 312-664-5485.

	JITICE AL JTZ=004=J40J.
<u>ITEM:</u>	<u>COST:</u>
Daffodils for Sunday of the Holy Cross	\$125.00
Flowers for icon for Saturday of Lazarus	\$200.00
Palms and Palm Branches for Palm Sunday	\$600.00
Flowers for icon on Palm Sunday	\$225.00
Flowers for the Nymphios Icon	\$250.00
Flowers for icon of the Last Supper	\$200.00
Flowers for icon of the Crucifixion	\$225.00
Wreath for Crucified Lord	\$250.00
2 Wreaths on Stands on two sides of Crucifixion	\$175.00 each (\$350 total)
Flowers for icon of the Apokathelosis	\$200.00
2 Bags of Rose Petals for the Epitaphion	\$100.00
Flowers for the Kouvouklion	\$1,500.00
4 large baskets of flowers for First Anastasi	\$125.00 each (\$500 total)
1 Icon for Proti Anastasi	\$200.00
3 Icons of the Anastasi	\$200.00 each (\$600 total)
2 Flower vases for Altar Table on Anastasi Night	\$100.00 each (\$200 total)
2 Decorated Anastasi Candles	\$250.00 each (\$500 total)
Flowers for Anastasi Banner	\$300.00
25 pots of Easter Lilies	\$20 each (\$500 total)
Oil for Kandelia for the week	\$100.00
Candles for the Crucifixion	\$100.00
Incense for the week	\$75.00
Flour and 7 candles for Holy Unction	\$50.00
Rosewater (4 bottles)	\$50.00

WE THANK YOU FOR YOUR CONTINUD LOVE AND SUPPORT!

Please join us in Celebration of our Parish Feast Day

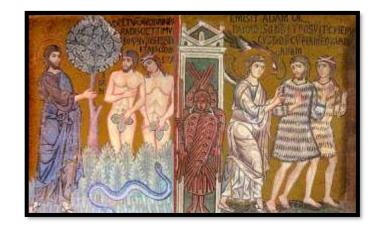
Saturday, March, 24 7:00 p.m. - Great Vespers A reception will follow in the Cathedral Hall

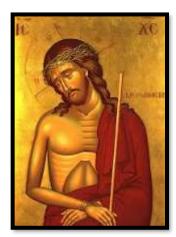
Sunday, March 25 8:15 a.m.- Orthros followed by Divine Liturgy A reception will follow in the Cathedral Hall

Free Valet Parking will be available on both days

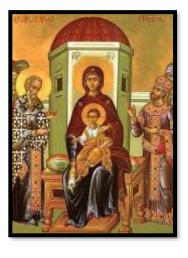
Liturgical Calendar

- February 18 8:15 a.m. Orthros & Divine Liturgy Forgiveness Sunday
- February 19 +LENT BEGINS+ 6:00 p.m. - Great Compline
- February 21 6:00 p.m. Pre-Sanctified Divine Liturgy
- February 23 7:00 p.m. Salutations to the Theotokos
- February 24 8:30 a.m. Orthros & Divine Liturgy +3rd Saturday of Souls
- February 26 6:00 p.m. Great Compline
- February 28 6:00 p.m. Presanctified Divine Liturgy
- March 1 7:00 p.m. Salutations to the Theotokos
- March 5 6:00 p.m. Great Compline
- March 7 6:00 p.m. Presanctified Divine Liturgy
- March 9 7:00 p.m. Salutations to the Theotokos
- March 12 6:00 p.m. Great Compline
- March 14 6:00 p.m. Pre-Sanctified Divine Liturgy
- March 15 7:00 p.m. Salutations to the Theotokos
- March 19 6:00 p.m. Great Compline
- March 21 6:00 p.m. Presanctified Divine Liturgy
- March 23 7:00 p.m. Akathist Hymn
- March 24 7:00 p.m. Great Vespers
- March 25 8:15 a.m. Orthros & Divine Liturgy +The Annunciation (Cathedral Feast Day)
- March 26 6:00 p.m. Great Compline
- March 28 6:00 p.m. Pre-Sanctified Divine Liturgy
- March 31 8:30 a.m. Orthros & Divine Liturgy +Saturday of Lazarus











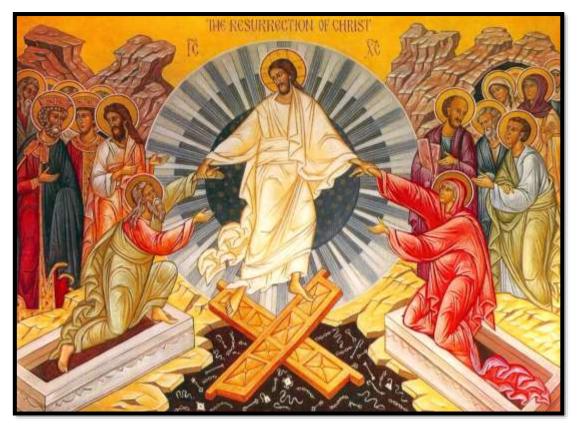
Every Sunday Orthros begins at 8:15 a.m. followed by the Divine Liturgy.

Great and Holy Week

Sunday, April 1st	8:15 a.m. — Orthros & Divine Liturgy +Palm Sunday 7:00 p.m. — Orthros of Great and Holy Monday
Monday, April 2nd	7:00 p.m. – Orthros of Great and Holy Tuesday
Tuesday, April 3rd	7:00 p.m. – Orthros of Great and Holy Wednesday
Wednesday, April 4th	3:00 p.m. – Holy Unction 7:00 p.m. – Orthros of Great and Holy Thursday with Anointing
Thursday, April 5th	7:30 a.m. – Divine Liturgy of St Basil the Great 6:30 p.m. – Twelve Gospel Readings & Procession of the Crucified Christ
Friday, April 6th	9:00 a.m. – Royal Hours 10:30 a.m.– Decorating of the Epitaphios 3:00 p.m. – Apokathelosis 6:30 p.m. – Orthros of Great and Holy Saturday
Saturday, April 7th	8:30 a.m.—Vesperal Liturgy of St Basil the Great 11:00 p.m.—Vigil for the Holy Resurrection & the Resurrection Service +GREAT AND HOLY PASCHA+

Sunday, April 8th

11:00 a.m. – Agape Vespers



Flowers for the Panagia

During Fridays in Great Lent, the Salutations to the Theotokos are sung in Orthodox churches throughout the world. We supplicate the Panagia to support us in our Lenten struggle with her maternal love and affection and to intercede with our Father in Heaven that He would bless our efforts and cause us to "bear fruit worthy of repentance" (Matthew 3.8).

We prayerfully ask for your support in offsetting the cost of flowers for these services. Flowers are needed for each Friday on which the Salutations are sung (February 23rd, March 2nd, March 9th, and March 16th), and especially for the final Friday (March 23rd), on which the Akathist Hymn is sung in its entirety.

The donation of flowers for these services is a wonderful way to honor Our Lady, the **Theotokos, and to beautify our church's Lenten services. Please consider donating to**wards one of these services:

Friday, February 23rd	\$125
Friday, March 2nd	\$125
Friday, March 9th	\$125
Friday, March 16th	\$125
Friday, March 23rd	\$200

Contact the Church Office at 312-664-5485 if you have any questions or would like to make a donation.



Sanctuary Wishlist

- 2 Wood Carved Icon Stands \$3,000 each
- 1 Wood Carved Gospel Stand \$1,800
- 1 Pure Silver Censor \$2,650
- 1 Agiasmo (Holy Water) Blessing Cross & Stand \$1,000
- 2 Vigil Candle Lamp Holders \$1,600 each
- 1 Wedding Chalice \$300
- 2 Antidoron bowls with covers \$500 each
- ← Gold & White Altar Coverings (Set) \$2,800 Generously donated by Mr. & Mrs. Taso Devetzis

All prices include international shipping Items can be dedicated in memory or for health and well-being of a loved one



Annunciation Greek Orthodox Cathedral of Chicago The Messenger 1017 North LaSalle Drive Chicago, IL 60610

SAVE THE DATES! 2018 GOLD COAST GREEK FEST IS COMING!

JUNE 22, 23 & 24