

WEEKLY BULLETIN
MARCH 23, 2025

SUNDAY

8:15 a.m. Orthros
9:30 a.m. Divine Liturgy
40 Day Blessing: Alexander, son of Stephanie Rosasco
Fellowship Hour: Meet & Greet – Parish Council / Holy Apostles Foundation Board
Philoptochos Easter Candle Sale & Bake Sale Ordering

MONDAY

7:00 p.m. Great Vespers @ Annunciation Cathedral in Chicago

TUESDAY

MARCH 25 - ANNUNCIATION

8:00 a.m. Orthros
9:00 a.m. Divine Liturgy
4:45 p.m. Greek School Independence Day Program
6:15 p.m. Greek School Staff Meeting
7:00 p.m. GOYA Meeting @ Taste, 645 N Cass Ave in Westmont

WEDNESDAY

MARCH 26

10:00 a.m. TOTS
5:30 p.m. 9th Hour / Pre-Sanctified Liturgy
7:00 p.m. Pre-Sanctified Dinner, hosted by Philoptochos

THURSDAY

MARCH 27

1:00 p.m. Bible Study
4:30 p.m. Greek School

FRIDAY

MARCH 28

7:00 p.m. Salutations to the Theotokos with Bishop Timothy
8:00 p.m. Reception
8:15 p.m. Choir Rehearsal

SATURDAY

MARCH 29

10:00 a.m. 5th Saturday Serve Day
4:00 p.m. Open Confession
5:00 p.m. Vespers

Epistle Reading—Hebrews 4:14-16; 5:1-6

Reader: Zoe Pantou

Gospel Reading—Mark 8:34-38; 9:1

Special Coffee Hour Today – Join us for coffee, light refreshments and an opportunity to meet the newly installed members of the Parish Council and Holy Apostles Foundation Board:

- Parish Council members are George Antonopoulos, Peter Bell, Terry Chiganos, Ted Dres, Bill Leider, Jim Maragos, Steven Milak, Nicole Ostendorf, Patty Pappas, Michael Parafink, Chris Pepke, Sandy Pihos, Michael Thiakos, Nicole Voelz and Valentia Vourlos.
- Holy Apostles Foundation Board members are George Antonopoulos, Ernie Davis, Ernie Karras, Kristi Athas Landorf, Tom Loukas, Jim Maragos, Tim Stojka and Joanne Volakakis.

Come learn about the important roles they play in our church community, and, together with your fellow parishioners, ask questions and share your thoughts. We hope to see you there!

Resurrectional Apolytikion

Mode pl. 2.

When the angelic powers appeared at Your tomb, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary, who was seeking Your immaculate body. Unassailed by Hades, You divested it of spoils. Then You met the Virgin. You granted life. O Lord, risen from the dead, glory to You!

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. β΄.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἀχραντὸν σου σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ’ αὐτοῦ· ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Angelike thinamis epi to mninma su, ke i filasontes apenekrothisan ke istato Maria en to tafo, zitusa to ahranton su soma; eskilefsas ton Athin, mi pirasthis ip’aftu ipintisas ti Partheno, dorumenos tin zoin. O anastas ek ton nekron, Kirie thoxa si.

The Epistle – Hebrews 4:14-16; 5:1-6

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, “You are my Son, today I have begotten you”; as he says also in another place, “You are a priest forever, according to the order of Melchizedek.”

The Gospel – Mark 8:34-38; 9:1

The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

Attention all Field Trip Participants! - Please meet in the **Youth Office** directly after church to pick up your lunch. Once you have your meal, head over to the **long purple tables** that are reserved **just for field trip goers** to eat at. **Important times to remember:**

- We will begin boarding the bus at **12:05 PM**.
- We will leave **exactly at 12:15 PM**, so please be on time!

Let's make sure we're all set and ready for an awesome trip!

Church's Main Entrance Repairs Begin on Monday, March 24 – Work will be done on the front doors of the church from March 24 - April 4. During this time, please note the following:

- The front doors will be closed 100% during this work. All church access (for services and ministry gatherings during this time period) will be through the North Door.
- For funerals, the casket procession will enter/exit the church through the MPR's double doors.

Please contact Chris Pepke at buildingcoordinator@holyapostleschurch.com with questions.

Macaronatha Luncheon Donation Period Extended to Monday, March 31 – Holy Apostles has been a loyal supporter of missionary Jesse Brandow and his work in Central America. He has begun a new project: translating the Orthodox Chant Stand into Spanish, and online for anyone to use. We have dedicated the proceeds from our Macaronatha Luncheon towards this endeavor. If you would like to support this very essential and worthwhile project, you can still donate by sending a check to the office or clicking on the link in the Weekly News. Thanks to everyone who has already contributed.

2025 Project HOPE Senior Visit Initiative - The Metropolis Project HOPE Team is encouraging parishes to visit and engage with low-income senior citizens. The request is for each parish to fill 50 HOPE bags and to also provide a team of 10 individuals to pass out the food bags and to engage the seniors in an activity. Philoptochos is **THRILLED** to announce that funds have been donated which will cover the cost for **ALL** the food needed for 50 HOPE Bags. We also have our team of 10 volunteers. Our visit is scheduled for Friday, April 4th, but **the bags will be packed at our next 5th Saturday Serve Day on March 29** and stored at Holy Apostles until the visit. **All are welcome to assist on March 29th!** We look forward to sharing this experience with all of you.







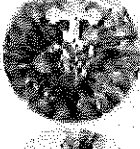





Holy Apostles Parishioners! – You are invited to join Philoptochos for a Lenten service project on **Saturday, April 5 at Feed My Starving Children in Aurora from 9:00-10:45am**. We will pack specially formulated meals that will be sent to children in need around the world. In addition to packing the meals, there are also seated jobs attaching labels to food bags. Please contact Emily Rehn at platovalentine@hotmail.com or 708-369-9365 to volunteer.

Red Easter Egg Wrapping – Philoptochos is once again asking parishioners to donate red eggs so that they may be wrapped in tulle for distribution at our Anastasi and Agape Easter services. Please bring boiled, unrefrigerated red eggs to the multi-purpose room no later than Holy Friday morning. (April 18). The eggs will be wrapped in tulle after the Royal Hours service on Holy Friday morning. All parishioners are welcome to assist.

Cemetery Plots For Sale – Holy Apostles is pleased to offer plots for sale at Chapel Hill Gardens West, located at 17W201 Roosevelt Rd in Oakbrook Terrace. Situated within the serene, park-like Garden of Ascension, these plots provide a peaceful and dignified final resting place. With fewer than 50 plots remaining from the original purchase of 270, this opportunity allows our members to secure a plot at a significantly discounted price—well below the cost of purchasing directly from Chapel Hill. For more information, please call Lou Kafkes at 708.562.2744.

OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 9th		<i>TRIDUUM WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 16th		The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 23rd FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 2nd FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 9th		<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 16th		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 23rd		VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bowl
4th Sunday of Lent MARCH 30th		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 6th		ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 13th GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 18th		GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 20th NO FASTING!		<i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



EASTER LAMBATHES SALE

Purchase your decorated Easter
Lambathes after Sunday liturgies
3/23 thru 4/13 and following
Holy Unction services on Holy
Wednesday, April 16th

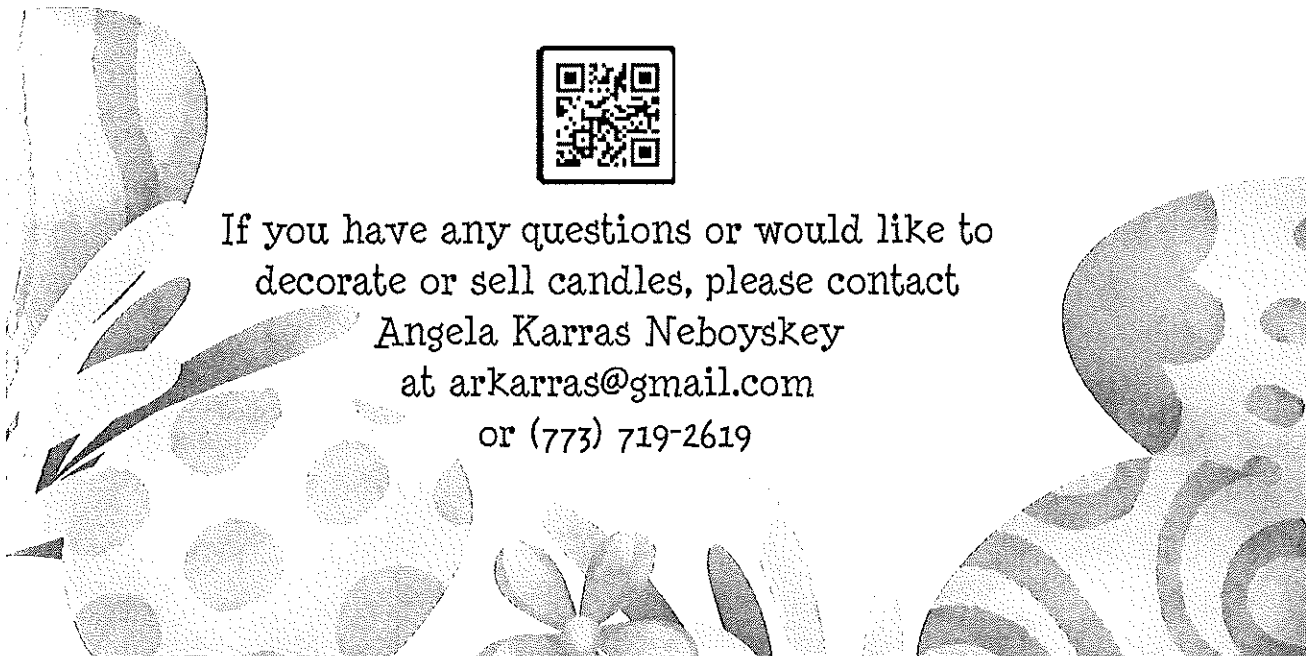
Candles are \$15 each and make
beautiful gifts for children/
godchildren

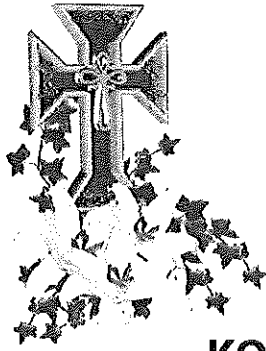
Cash - check -online

www.tinyurl.com/haphilo2501



If you have any questions or would like to
decorate or sell candles, please contact
Angela Karras Neboyskey
at arkarras@gmail.com
or (773) 719-2619





HOLY APOSTLES PHILOPTOCHOS EASTER

Drive-by Food Sale

**KOULOURAKIA | KOURAMBIEDES | PASTITSIO |
SPANAKOPITES | TIROPITES | TSOUREKI | BAKLAVA**



How to order:

Order during coffee hours March 23, March 30, & April 6.

Orders can also be placed online at www.tinyurl.com/haphilo2501 **March 1 - April 6** (no later than 6 pm).

Form of payments:

Payments accepted are cash, check (payable to Holy Apostles Philoptochos) or credit card online at www.tinyurl.com/haphilo2501

Pick up order days/times:

Pick up your order at the front of Holy Apostles Church on **Saturday, April 12 (11am - 12:30 pm)**. Enter via the south parking lot.

For further information:

Contact Laura Pepke (laurapepke@gmail.com or call 630-291-7685) or Debbie Chiganos (debbchig@att.net).

scan to order ►



ITEM	SERVING	PRICE
KOULOURAKIA (<i>homemade</i>)	1 DOZEN	\$10
KOURAMBIEDES (<i>homemade</i>)	1 DOZEN	\$10
PASTITSIO (<i>Greek Islands</i>)	10 X 13 INCH PAN	\$35
SPANAKOPITES	1 DOZEN / TRAY	\$15
TIROPITES	1 DOZEN / TRAY	\$15
TSOUREKI	1.5 LBS.	\$15
BAKLAVA (<i>homemade</i>)	1/2 DOZEN	\$10

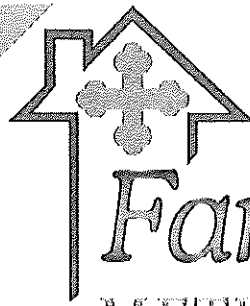
>> *Proceeds benefit Operation Classroom Initiative* <<



Memorial Luminaria

If you would like to have someone remembered with a luminary on Holy Friday, please place your order by filing in the names of your love ones via the QR code, link below or in the multipurpose room by March 30th





Family Synaxis
METROPOLIS OF CHICAGO

LENTEN RETREAT "FOLLOWING CHRIST ~~ALONE~~ TOGETHER"

STRENGTHENING FAMILIES THROUGH THE BOND OF COMMUNITY

Saturday, April 5 — 9:00AM - 3:00PM

Ascension of Our Lord Greek Orthodox Church
1207 Riverwoods Road, Lincolnshire, IL 60069



Keynote Speaker

**FATHER
GEORGE
DOKOS**

*Parish Priest
Holy Apostles Greek
Orthodox Church
(Westchester, IL)*

A retreat by families, for families!

How can we work together on our journey to Christ? What can the Fathers of the Church tell us about the Christian family and the secular world? Join us for this day retreat to explore the rich teachings of our Church and how we can become holy in our own homes.

- Prayer services as a family
- Parent workshops and discussions
- Children's games and activities
- Breakfast and Lunch provided

Register Now!

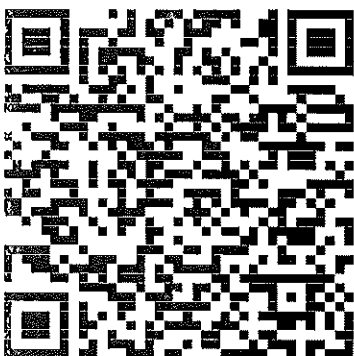
\$75 per family — Must Register by March 23

Ages 4+ (Toddler Care Unavailable)

Questions? Email Us at

chicago.family.synaxis@gmail.com

Or visit *www.gocfamilysynaxis.org*

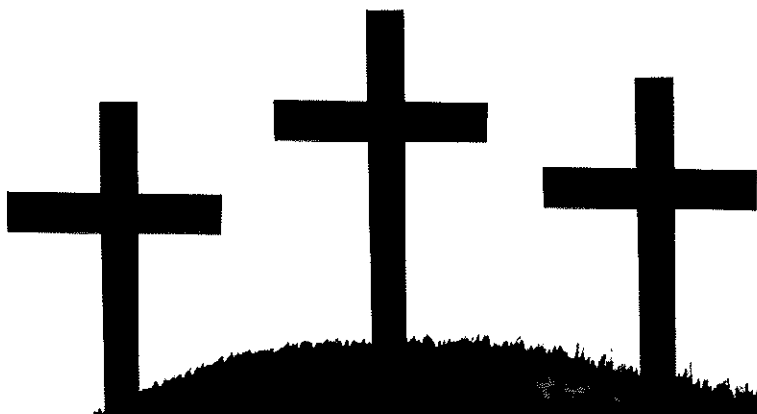
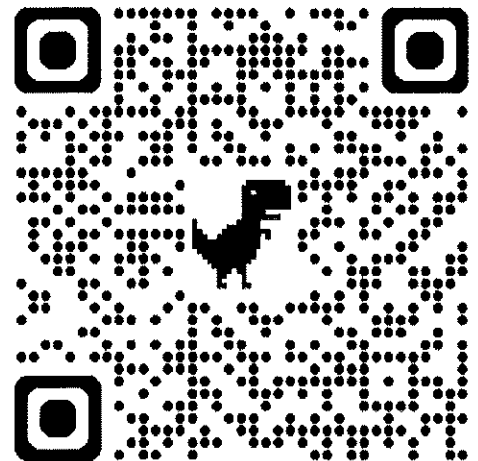


Good Friday

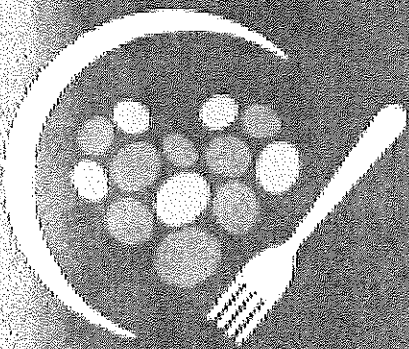
Retreat

All children in Pre-k through 5th grade are welcome to join us for our Annual Holy Friday Retreat on April 18th. We will begin after Royal Hours, at 10:30 AM and will end at 2:15 PM. All ages of volunteers are welcome! Anyone in 6th through 12th grade are encouraged to sign up to help with flowers, candles, eggs, and more! Any questions or if you need a note excusing you from school, please email Alexa at youthdirector@holypostleschurch.com

Please RSVP via QR Code:



HOLY APOSTLES VOLUNTEERS AT THE WESTCHESTER FOOD PANTRY



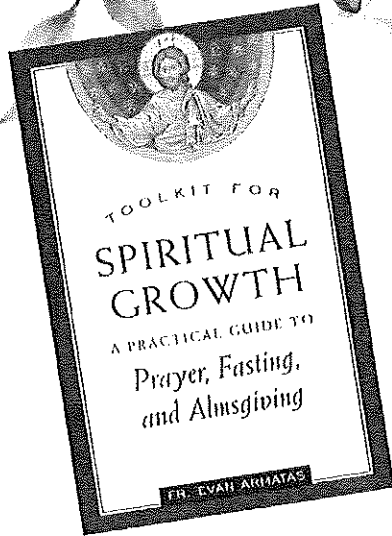
Saturday, May 3rd
8:30 am - 12:00 pm

Sign up deadline
April 28th

Sign up with the link in your
weekly email.

Questions?
parishfamily@holyapostleschurch.com





Women of all ages are invited to join in our next book club read.

This little book of about 100 pages is packed with gems to help us along our Lenten journey.

Hope to see you there!

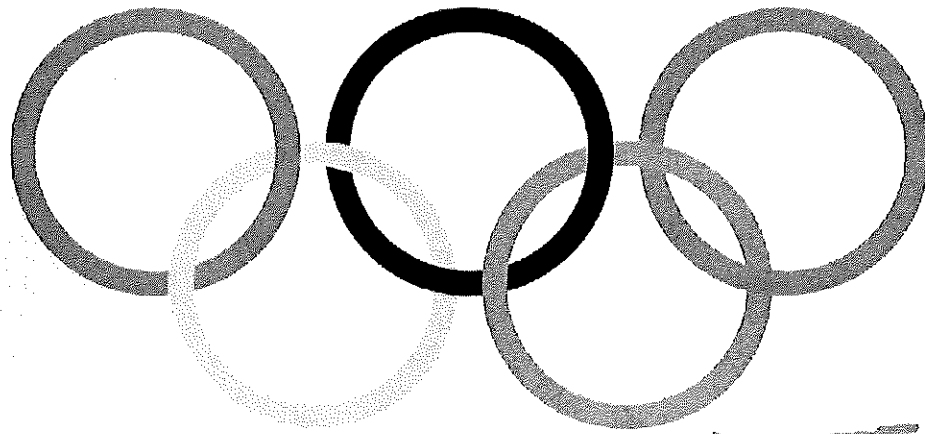
Women's Book Club

WHAT: "TOOLKIT FOR SPIRITUAL GROWTH" BY FR. EVAN ARMATAS

WHEN: THURSDAY, MAY 8TH, 7 P.M.

WHERE: HOLY APOSTLES MAIN HALL

BYOM (Bring Your Own Mug as hot drinks will be provided!)



REGISTER FOR
JUNIOR OLYMPICS

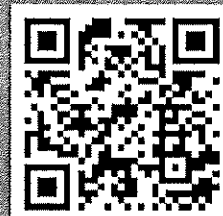
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MAY 24 & 25

SS. CONSTANTINE & HELEN

THERE IS NO FEE TO PARTICIPATE
IN JUNIOR OLYMPICS

AGES 7-18



REGISTER NOW

Faithtree Kids
SUPER SAINTS
Heroes of our Faith

VBS 2025

June 9 - 13th, 2025
Pre-K through 5th Grade

Save the Date!

CARNIVAL FRIDAY
12-2pm



VOLUNTEERS NEEDED

FOR VACATION BIBLE SCHOOL



SUPER SAINTS
Heroes of our Faith

WE WILL BE VISITING THE "HALL OF FAME" OF
SUPER SAINTS FOR OUR VBS JOURNEY THIS YEAR

JUNE 9-13TH
8:45-12:00PM



SCAN TO SIGN UP

CONTACT: NICOLE 630-673-6635

INTERNSHIP INITIATIVE

2025-2026

ARE YOU SEARCHING FOR AN INTERNSHIP?

The PanHellenic goes "Beyond a Scholarship" for its Scholars and PanHellenic Young Leaders by providing internships through our Internship Initiative. We are pleased to be partnering with amazing companies to provide internships for high-achieving young professionals across the nation

Become a Panhellenic Young Leader and Meet with our Director of Alumni and Internships to discuss your internship search today!

BOOK A MEETING WITH
THE DIRECTOR OF ALUMNI
AND INTERNSHIPS



ARE YOU A COMPANY LOOKING TO FIND GOOD QUALITY INTERNS? BECOME A PARTNER COMPANY



Discover New Talent: Tap into a pool of skilled young professionals ready to bring their perspectives to your company.



Make a Lasting Impact: Help shape the next generation of professionals in the Hellenic community by providing mentorship and real-world experience.

VIEW OUR
LISTINGS/LIST YOUR
INTERNSHIP HERE:



TO REQUEST A MEETING, OR FOR ANY QUESTIONS, PLEASE
CONTACT GEORGIA TSAKOS AT GTSAKOS@PANHELLENICSF.ORG



O Monoyenis Yios – Hymn of Justinian

Only begotten Son and Logos of God, being immortal.
You condescended for our salvation to take flesh from the
Holy Theotokos and ever virgin Mary, and without change became man.
Christ our God, You were crucified and conquered death by death.
Being one of the Holy Trinity, glorified with the Father and the Holy Spirit.
Save Us.

Apostoli Agii

Anastassiou

Voice

Ho -o- ly A -po- stles In -ter- cede- With the Mer -



A - po - sto - li a - yi - i ke - sve - sa - te to e - le - i - mo -
ci -ful God. That for - all - our - faults He may grant For-give-ness To our souls

ni - The - o i - na - pte - sma - ton a - fo - sin pa - ra - shi tes psi hes - i - mon.

Sermon Notes

Holy Apostles Greek Orthodox Church
2501 S Wolf Road
Westchester, IL 60154
708.562.2744
Website: holyapostleschurch.com
Facebook: facebook.com/holyapostlescommunity