

**Weekly Bulletin**

**February 15, 2026**

**Meatfare Sunday**

**WEEKLY BULLETIN** [www.holyapostleschurch.com](http://www.holyapostleschurch.com)

**SUNDAY**

8:15 a.m.

9:30 a.m.

Memorials:

Fellowship Hour:

4:00 p.m.

**MONDAY**

**TUESDAY**

4:30 p.m.

6:15 p.m.

7:00 p.m.

**WEDNESDAY**

1:00 p.m.

6:30 p.m.

7:00 p.m.

**THURSDAY**

1:00 p.m.

4:30 p.m.

6:00 p.m.

6:15 p.m.

7:30 p.m.

**FRIDAY**

6:30 p.m.

7:00 p.m.

**SATURDAY**

8:00 a.m.

9:00 a.m.

11:30 a.m.

3:00 p.m.

4:00 p.m.

5:00 p.m.

**FEBRUARY 15: MEATEARE SUNDAY**

Orthros

Divine Liturgy

Chrisoula Banakis, Gus & Mary Psychogios, Roussa Stolis

Fellowship Hour: Hosted by the Banakis, Mandelaris and Georgacopoulos families: In loving memory of Chrisoula Banakis

Greek School Valentine Glendi

**FEBRUARY 16**

Presidents Day: Office closed

**FEBRUARY 17:**

Greek School

JOY

Neighborhood Bible Study: LaGrange

**FEBRUARY 18**

Bereavement Group Meeting

Philoptochos General Meeting

Choir Practice

**FEBRUARY 19**

Bible Study

Greek School

YAL Discussion and Pizza

Neolea Dance Troupe

Parish Council Meeting

**FEBRUARY 20**

Greek Heritage Night: Windy City Bulls

Small Paraklesis

**FEBRUARY 21: SATURDAY OF SOULS**

Orthros

Divine Liturgy

Baptism: Joseph, son of Joseph & Lauren Dellarria

Sponsor: Dana Coon

Baptism: Nikolaos, son of Kyle and Demi Fritz

Sponsor: George and Lisette Poletes

Open Confession

Vespers

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**Epistle Reading – 1 Corinthians 8:8 – 13; 9:1 – 2**

**Reader: Anastasia Mandelaris**

**Gospel Reading – Mt. 25:31 – 46**

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**Sunday School:** There is no Sunday School this week. Class will resume next week (2/22).

**Youth in the Loft:** The next date is February 22. Participants should arrive at church at 9:00am.

**New Payment Options:** We now offer the option of electronic payments at the candle stand.

### **Resurrectional Apolytikion: Mode 3**

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted great mercy.

### **Ἀπολυτίκιον Ἀναστάσιμον: Ἡχος γ'**

Εὐφρατινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιλίας ἥδου ἐβρύνσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Efrenéstho ta uránia, agallíastho ta epíyia, óti epísei krátos en vrahíoni aftú, o Kýrios. Epátise to thanáto ton thánaton; protótokos ton nekrón egéneto; ek kilías Ádou errýsato imás, ke paréshe to kósmo to méga éleos.

### **The Epistle – 1 Corinthians 8:8 – 13; 9:1 – 2**

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

### **The Gospel – Mt. 25:31 – 46**

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

**A vacancy has occurred on the Parish Council.** According to the Uniform Parish Regulations, May 2025: “A vacancy on the Parish Council shall be promptly filled by the Parish Council by electing a successor therefor from among the parishioners in good standing of the Parish.” If you are interested in serving, please follow our standard candidate protocols by submitting the following:

- Relevant contact information
- Brief biographical statement and background summary
- Paragraph explaining why you wish to serve on the Parish Council.

Father George will approve your candidacy. **SUBMISSION DEADLINE IS MONDAY, FEBRUARY 16 TH AT NOON.** Please submit your information to both of the following with **VACANCY** in the subject line:

**Holy Apostles Greek Orthodox Church**  
[office@holyapostleschurch.com](mailto:office@holyapostleschurch.com)  
**AND**  
**Dr. James Maragos**  
[jmmdds4513@gmail.com](mailto:jmmdds4513@gmail.com)

If elected, you will be required to complete the Youth Worker Protection Training and Background Check prior to taking the Oath of Office. If you have questions, please feel free to contact Dr. Maragos, President of the Parish Council.

**Lenten Psalms Reading Group:** Enrich your Lenten journey with a short daily reading of the Book of Psalms. The Psalms Reading Group is open to everyone!

- When: Mon., 2/23 - Fri., 4/3/2026
- Where: In the privacy of your home
- How: Use a resource that employs the Greek numbering system (Septuagint or The Seventy). Examples are: The Orthodox Study Bible; any Orthodox version of The Psalter; or Songs of Praise by Sylvia Leontaritis. All are available in HARC. Register by sending your name/email to: [psalter@holyapostleschurch.com](mailto:psalter@holyapostleschurch.com)

**Feed the Hungry:** On Monday, March 2nd at 3:00 pm we will be preparing sack lunches at church in the multipurpose room. We will distribute the lunches the following day on Tuesday, March 3rd at the Annunciation Greek Orthodox Church in Chicago. If you are interested in helping out either day, please contact Anne Theophilos at 630-460-0712.

**Feed My Starving Children:** Holy Apostles Philoptochos invites parishioners to participate in a Lenten service project at Feed My Starving Children in Aurora on Saturday, March 7, from 9-10:45 am. They will pack specially formulated meals to be sent to children in need. All ages, 5 and up, are welcome to volunteer. There are some seated jobs available labeling food bags, too. This is a great way to earn service hours. Please contact Emily Rehn at [platovalentine@hotmail.com](mailto:platovalentine@hotmail.com) or 708-369-9365 to volunteer or ask questions.

**Fanari Scholarships Available:** Fanari Summer Camp is just around the corner! This is a wonderful opportunity to engage Orthodox Christian youth in an exciting, Christ-centered camp experience that brings them closer to God, the Church, and their community. Families registering for Fanari Camp this year who need financial assistance should note that, in addition to applying for a camp grant, the Holy Apostles Philoptochos Society awards scholarships each year to two campers. Scholarship consideration is handled directly through the camper's registration with Fanari Camp.

**Project Mexico:** There will be an online (Zoom or MS Teams) informational session for Project Mexico on the following days:

- February 19 at 7pm CST
- February 24 at 12pm CST

If anyone is interested in joining the online information sessions, they should email Thania Panopoulos at [tdpanopoulos@gmail.com](mailto:tdpanopoulos@gmail.com) and let her know what session they would like to join. She will then send them the link prior to the session.

Norm Pomrenning will host an in person informational session directly after church in the GOYA room on March 8. If anyone would like to join in person, they do not have to RSVP, but go directly to the meeting.

**Project HOPE Update:** The Hillside Food Pantry (HFP), which operates out of Immanuel Lutheran Church Church one block to the north of us, has been the recipient of our Project HOPE Bags for several years. HFP hosts a monthly drive-thru food pantry, no questions asked. Below is a "Thank You" and summary of the Holy Apostles donations from the Hillside Food Pantry Director.

- "Your congregation of generous supporters has enabled us to serve many individuals. We thank God for all of you who have helped relieve a great burden on our neighbors."
- "We highly value our relationship with the Holy Apostles congregation. We know it takes a lot of work. Our patrons are truly grateful for your HOPE Outreach Ministry."

In 2025, 3950 pounds of food were received between HOPE Bags and purchased food (like the Holiday Food Collection). This roughly translates to 3292 meals. The Holy Apostles Project HOPE Team thanks the community for their support of this ministry. It clearly has an impact on our neighbors in need. Let us strive to do even more in 2026. If you have any questions regarding the Project HOPE Ministry, please contact either Faye Adams at [geofaye.adams@gmail.com](mailto:geofaye.adams@gmail.com) or Maria Patt at [mdpatt59@comcast.net](mailto:mdpatt59@comcast.net).

**Therapy Dog Service Available:** Andrea San Luis, who works part time in the church office, and her dog, Yogi Bear are a certified Therapy Team. This is a free service where they visit people who could use the comfort from spending time with a calm dog. Yogi Bear is a medium sized hypoallergenic dog. He has experience visiting with children, people with disabilities, nursing homes residents, and people with dementia. Not all situations are eligible for visits, but if you are interested in learning more, please contact the church office.

# SAVE THE DATE! MACARONATHA LUNCHEON

**Sunday, February 22nd  
following Divine Liturgy**

**Reservations  
Required!**

On behalf of the Holy Apostles Parish Council, please join us after the Divine Liturgy on Sunday, February 22nd for our 67th Annual Macaronatha Luncheon. As we begin Great Lent, let us nourish our souls and begin our efforts together as a church community with love and camaraderie. As always, your generous free will contributions are going to be donated to sending participants from Holy Apostles to Project Mexico.

**RESERVATIONS ARE REQUIRED.**

**IN PERSON:** In the Multipurpose Room after the Divine Liturgy today, **February 15.**

**PHONE, TEXT, EMAIL:** Contact Sandy Pihos, either by phone/text at **(630) 640-5811** or at [greeks1@gmail.com](mailto:greeks1@gmail.com) stating your name, contact phone number, email address, the total number of people in your party and the names of any family you would like to be seated with. Put **RESERVATIONS** in the subject line.

**VIA WEEKLY E-NEWSLETTER:** Use the registration form provided in the Holy Apostles Weekly Newsletter and submit **ALL** the required information, including the specific names of families you want to sit with. Make sure to fill in all the spaces, especially names and contact information.

**ONLINE:** Visit: <https://form.jotform.com/holy.apostles.westchester.il/2026-macaronatha-luncheon-reservati>

**RESERVATION DEADLINE:  
WEDNESDAY, FEBRUARY 18th**

**PAYMENT:** Payments can be made online during the reservation sign up, or at the event with cash or check.



**Scan to register**

Holy Apostles Young Adults

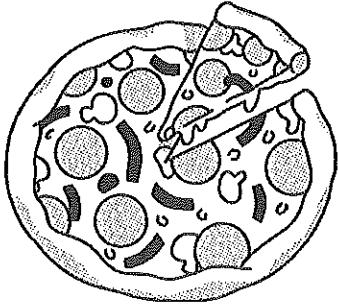
# DISCUSSION

AND

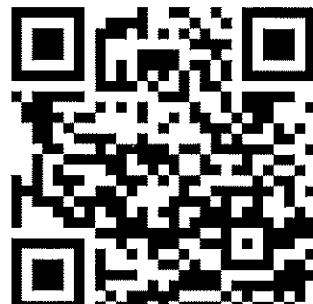
**pizza**

**FEBRUARY 19<sup>TH</sup>, 2026**  
**6:00PM AT HOLY**  
**APOSTLES**

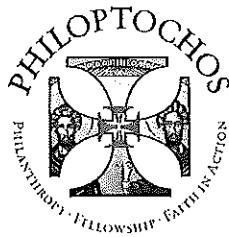
Join us for a pre-lent discussion led by Fr. Nicholas, after we will go to dinner at Wooden Paddle in LaGrange



**PLEASE RSVP BY**  
**FEBRUARY 15TH**

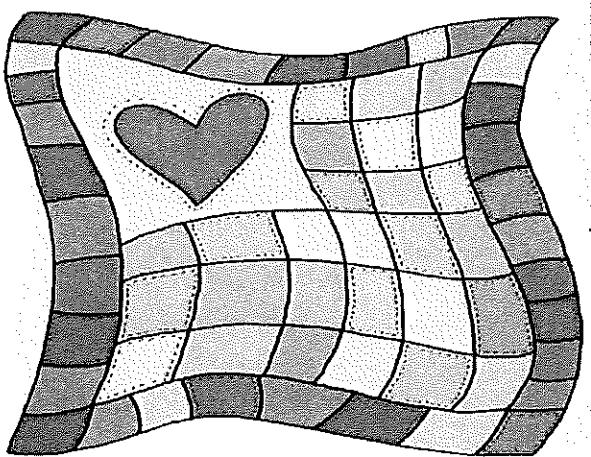


**QUESTIONS? EMAIL**  
**YAL@HOLYAPOSTLESCHURCH.COM**



# Blankets of Love

Throughout February



Philoptochos is collecting knitted, crocheted, and fleece blankets throughout February. Those who are unable to make a blanket can still participate by donating money for supplies online at <http://www.tinyurl.com/haphilo2501> or by sending a check to the church office.

The next blanket making event will be held on February 28 at 10:30AM in the multi-purpose room. We will be making full size blankets that will be donated to Phil's Friends and baby blankets that will go to the People's Resource Center. Please sign up using the following link:

[Blanket Making Sign Up](#)

For more information, please contact Faye Adams at [geofaye.adams@gmail.com](mailto:geofaye.adams@gmail.com) or (630) 517-8097 or Nicole Kubesh at [nkubesh73@gmail.com](mailto:nkubesh73@gmail.com) or (773) 972-5857



Sign Up



Donate

Please join us for our  
**Philoptochos**  
**General Meeting**

wednesday, February 18th @ 6:30 pm  
Holy Apostles - Multi-purpose Room  
Refreshments & Appetizers will be served

*Special Guest Speaker*

*Dr. Lena Nikolas MD*  
*Women's Health Through the Years*

Please RSVP by 2/13 to Aleka Ernst  
philotreasurer@holycatholycatholicchurch.com or (630) 561-1660

Please join our Philoptochos Chapter to continue  
its philanthropic missions -  
Online Membership registration link/QR code below

[www.tinyurl.com/haphilo2501](http://www.tinyurl.com/haphilo2501)

or



# Women's Book Club

Women of all ages are encouraged to come and discuss the next book club offering. We will be focusing on food and fasting which will come in handy this Great Lent.

**What:** "Food, Faith and Fasting" by Rita Madden

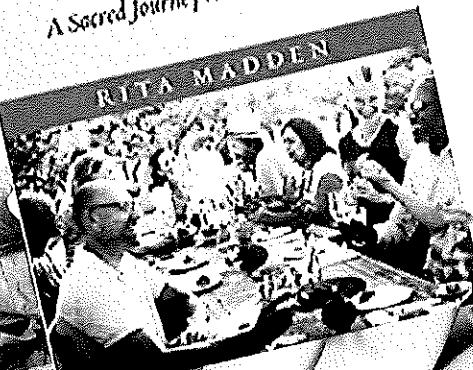
**When:** Thursday, March 12, 7 p.m.

**Where:** Holy Apostles Great Hall

FOOD  
FAITH and  
FASTING

*A Sacred Journey to Better Health*

RITA MADDEN



**BYOM:** Bring your own mug as hot drinks will be provided.

Contact Presv. Christa with any questions at

[PresChrista@gmail.com](mailto:PresChrista@gmail.com)



# TRAVEL WITH US

CHANGE A LIFE

## PROJECT MEXICO

JULY 16 - 22, 2026

Building Homes. Transforming Lives. Serving Christ.

Project Mexico and St. Innocent Orphanage is an Orthodox Christian nonprofit dedicated to transforming lives through service, shelter, and faith. Since 1988 they have built 450+ homes for impoverished families in Mexico and provided loving care, education, and spiritual guidance to orphaned and vulnerable children.

Homebuilding is more than just construction, it's a life-changing experience. A team of Holy Apostles parishioners will travel to Northern Mexico, to build a safe and secure home for an impoverished family. The home is built entirely with volunteer labor. No prior construction experience necessary. You will be housed in tents on a campground on the property shared with the St Innocent Orphanage.

The trip is open to:

- Parishioners of Holy Apostles Greek Orthodox Church
- Individual participants should be 18 years of age or older
- Participants between 12-17 years must be accompanied by a parent or guardian
- Orthodox Christian Fellowship (OCF) college chapter
- Mission-minded families and individuals

Thania Panopoulos (tdpanopoulos@gmail.com) and Norm Pomrenning (pomrenning@comcast.com) will co-lead the team on this transformational journey. We encourage young adults to participate. Check out [projectmexico.org](http://projectmexico.org).

The cost to participate in a Project Mexico Home Building Project is \$900 per person. This cost includes building materials, three meals per day, tools, supplies, staffing and other costs necessary to sustain the program. Additionally, participants are responsible for their roundtrip flight from Chicago to San Diego.

Holy Apostles will be supporting this trip through free will contributions from parishioners. Money raised for this trip will be applied to the associated costs. Net proceeds from the Macaronatha Luncheon, February 22nd, will help defray some expenses for the Project Mexico team.

If you are interested in being a Project Mexico participant, or have questions, please click on the jot form link. We invite you to donate to this very important mission work where the Holy Apostles community, collectively, can make such profound impact.

I'M INTERESTED

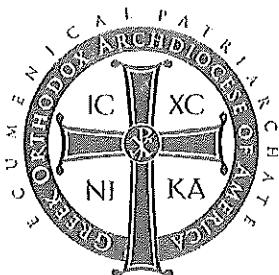


[form.jotform.com/220614299323151](http://form.jotform.com/220614299323151)

I'D LIKE TO DONATE  
TO PROJECT MEXICO



[secure.myvanco.com/L-ZADA/campaign/C-13R4P](http://secure.myvanco.com/L-ZADA/campaign/C-13R4P)



METROPOLIS  
OF CHICAGO

You're Invited!

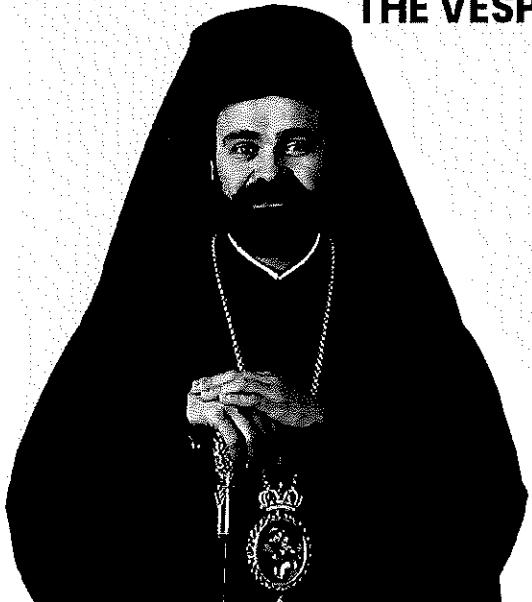


# FORGIVENESS

*Vespers of*

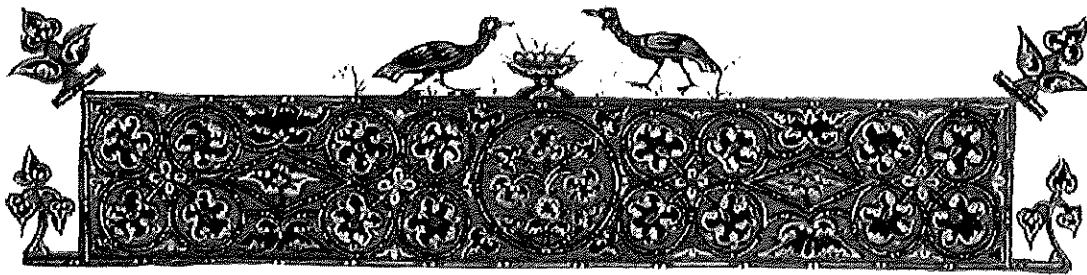
**FEBRUARY 22, 2026**

THE VESPERS WILL START AT 6:00 PM



**HOLY TRINITY GREEK  
ORTHODOX CHURCH**  
10050 IVANHOE AVE.  
SCHILLER PARK, IL 60176

PRESIDED BY HIS EMINENCE  
METROPOLITAN NATHANAEL



# **Triumph Of Orthodoxy**

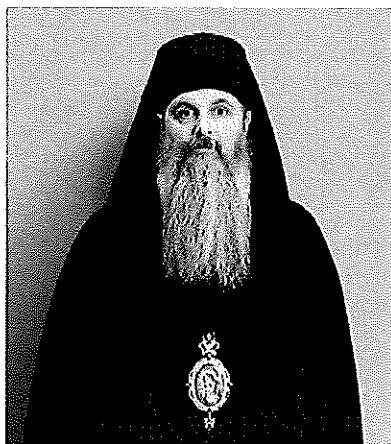
# **PAN ORTHODOX VESPERS**

Sponsored by the Orthodox Christian Clergy Association of Greater Chicago



**Sunday, March 1, 2025**  
**at 6:30 p.m.**

**Holy Resurrection**  
**Serbian Orthodox Cathedral**  
**5701 N Redwood Drive, Chicago, IL**



**Homilist:**  
**His Grace Bishop Serafim**  
**of Kostajnica**  
**Vicar of the Diocese of**  
**New Gracanica-Midwestern America**

**Responses by**  
**The Pan Orthodox Choir of Greater Chicago**  
**Gordana Trbuovich, Director**

# CELEBRATION OF BOOKS

HOLY APOSTLES GREEK ORTHODOX CHURCH

SUNDAY, MARCH 8TH  
6:30 PM SOLEMN VESPERS  
8:00 PM PRESENTATION

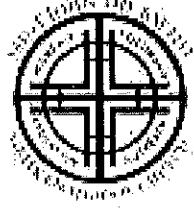
“SELF-EMPTYING  
(KENOSIS) AND  
ORTHODOX  
WITNESS”

PRESENTED BY HIS  
EMINENCE METROPOLITAN  
AMBROSIOS OF KOREA AND  
EXARCH OF JAPAN

TUESDAY, MARCH 10TH  
7:00 PM

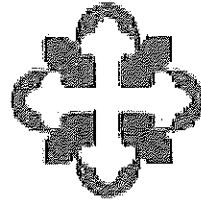
“ORTHODOX  
WITNESS IN  
KOREA”

CO-PRESENTED BY HIS  
EMINENCE MET.  
AMBROSIOS AND DN.  
PERRY HAMALIS, PH.D.



## SPRING RETREAT

### THE CROSS OF MARRIAGE, THE CROSS OF PARENTING & THE RESURRECTION



**March 14, 2026 • 10:00 am - 4:00 pm**

at the St. Iakovos Retreat Center

920 224th Ave, Kansasville, WI 53139



FR. SOTIRIOS MALAMIS



FR. GEORGE DOKOS

SCAN TO  
REGISTER



**10:00 am - Opening**

**10:30 am - Speaker: Fr. Sotirios Malamis:**

Marriage: A Shared Cross,  
A Shared Grace

**11:30 am - Speaker: Fr. George Dokos:**

Generational Holiness

**12:30pm - Lunch**

**1:30 pm - Couples Panel Discussion**

**3:00 pm - Close and Vespers**



Join us for a family retreat with special guest speakers.

We will have breakout groups for the following ages:

Adults, GOYA (high school), Jr. GOYA (Middle School),

FAITH/JOY (elementary school), and childcare for Toddlers!



**Cost: \$25 per person  
(capped at \$75)**



**Sponsored by the Stewardship Committee**

# 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

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


## Sermon Notes

Holy Apostles Greek Orthodox Church

2501 S Wolf Road

Westchester, IL 60154

708.562.2744

Website: [holyapostleschurch.com](http://holyapostleschurch.com)

Facebook: [facebook.com/holyapostlescommunity](https://www.facebook.com/holyapostlescommunity)