

Weekly Bulletin

March 8, 2026

Sunday of St. Gregory Palamas

WEEKLY BULLETIN www.holyapostleschurch.com

SUNDAY

8:15 a.m. Orthros
9:30 a.m. Divine Liturgy (Sunday School following Holy Communion)
10:45 a.m. Oratorical Festival: Grades 6-12
Memorials: Athena Georganas, Michael Hamalis, Pauline (Pulcheria) Hamalis, Elaine Katzioris, George Kolimbiris, Maria Kolimbiris, Georgia Spiropoulos, Demetri Vandarakis
Fellowship Hour: In loving memory of Elaine Katzioris: Hosted by her family and friends
11:45 a.m. Project Mexico Informational Meeting in the GOYA Room
6:30 p.m. Solemn Vespers
8:00 p.m. Celebration of Books Reception

MONDAY

6:00 p.m. Great Compline
7:00 p.m. GOYA Meeting

TUESDAY

1:00 p.m. Caregivers Support Group
4:30 p.m. Greek School
6:15 p.m. Greek School Staff Meeting
7:00 p.m. Celebration of Books Presentation

WEDNESDAY

10:00 a.m. TOTS
5:30 p.m. Ninth Hour/Pre-Sanctified Liturgy
7:00 p.m. Pre-Sanctified Dinner

THURSDAY

6:45 a.m. Brotherhood of St. Peter the Apostle
1:00 p.m. Bible Study
4:30 p.m. Greek School
7:00 p.m. Women's Book Club
7:30 p.m. YAL Bible Study

FRIDAY

7:00 p.m. Salutations to the Theotokos
8:00 p.m. Communing with the Saints
8:15 p.m. Choir Rehearsal

SATURDAY

10:00 a.m. Family Retreat at SIRC
4:00 p.m. Open Confession
5:00 p.m. Vespers

MARCH 8: SUNDAY OF ST GREGORY PALAMAS

Orthros
Divine Liturgy (Sunday School following Holy Communion)
Oratorical Festival: Grades 6-12
Athena Georganas, Michael Hamalis, Pauline (Pulcheria) Hamalis, Elaine Katzioris, George Kolimbiris, Maria Kolimbiris, Georgia Spiropoulos, Demetri Vandarakis
In loving memory of Elaine Katzioris: Hosted by her family and friends
Project Mexico Informational Meeting in the GOYA Room
Solemn Vespers
Celebration of Books Reception

MARCH 9

Great Compline
GOYA Meeting

MARCH 10

Caregivers Support Group
Greek School
Greek School Staff Meeting
Celebration of Books Presentation

MARCH 11

TOTS
Ninth Hour/Pre-Sanctified Liturgy
Pre-Sanctified Dinner

MARCH 12

Brotherhood of St. Peter the Apostle
Bible Study
Greek School
Women's Book Club
YAL Bible Study

MARCH 13

Salutations to the Theotokos
Communing with the Saints
Choir Rehearsal

MARCH 14

Family Retreat at SIRC
Open Confession
Vespers

Epistle Reading – Hebrews 1:10 – 14; 2:1 – 3 Gospel Reading – Mark 2:1 – 12

Sunday School: The 2nd graders should come sit in the front row for liturgy this morning. Sunday School is in session today and will begin following communion. Grades 6-12 will be participating in the Oratorical Festival and will be dismissed at 11:50.

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 ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ’ αὐτοῦ· ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Angelikón dynámeis epí to mníma su, ke i filássondes apenekróthisan; ke ístato María en to táfo, zitúsa to áchrandon su sóma. Eskýlefsas ton Ádin, mi pirastheís yp’ aftú; ypítissas ti Parthénu, dorúmenos tin zoín. O anastás ek ton nekrón, Kýrie dóxa si.

The Epistle – Hebrews 1:10 – 14; 2:1 – 3

“In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to what angel has he ever said, “Sit at my right hand until I make your enemies a footstool for your feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

The Gospel – Mark 2:1 – 12

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, “Follow me.” Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, “We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph.” Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” Jesus saw Nathanael coming to him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” Nathanael said to him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” Nathanael answered him, “Rabbi, you are the son of God! You are the King of Israel!” Jesus answered him, “Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these.” And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

Parish Council Survey: The Parish Council is conducting a short and anonymous survey of the Holy Apostles community to gather feedback regarding the performance and service of our Parish Council members. We value your input and are looking forward to your participation, as it helps ensure that we are serving our parish faithfully, responsibly, and in a manner that reflects the needs of our community.

The survey will be distributed online on March 10th. For those of you who do not have online access, please reach out to the church office at (708) 562-2744 to request a printed copy. After the responses have been reviewed and analyzed, we plan to share a summary with you at the Parish Assembly on May 3rd.

We sincerely appreciate your time, thoughtfulness, and participation

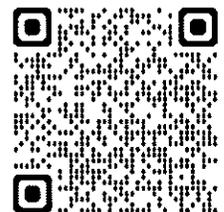
Fanari Scholarships Available: Fanari Summer Camp sign up is March 9! This is a wonderful opportunity to engage Orthodox Christian youth in an exciting, Christ-centered camp experience that brings them closer to God, the Church, and their community. Families registering for Fanari Camp this year who 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: Donations are being taken online or by check with PROJECT MEXICO in the memo line. We are halfway to our goal of \$12,000 and are immensely grateful to all who have donated. **There is an in person informational session hosted by Norm Pomrening directly after church in the GOYA room today, March 8.** All are welcome to attend this meeting.

Junior Olympics: May 23 & 24! Holy Apostles had a great showing last year with fun memories made and a lot of medals won! We are currently starting the planning of this event.

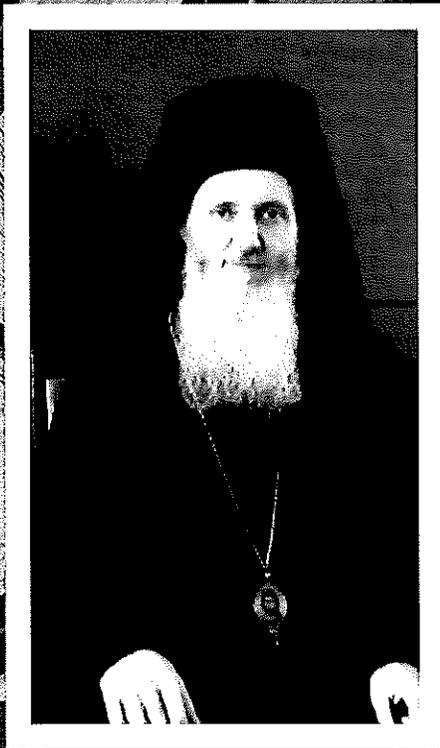
- **Coaches Needed:** We are looking for people who are willing to be coaches for our team sports: basketball, softball, soccer, and volleyball. If you are interested, please contact Andrea San Luis at athletics@holyapostleschurch.com.
- **Activities Available:** The official list of activities is not out yet. Typical activities offered include the team sports listed above, tennis, track and field, swimming, table tennis, and a few board games. These events are open to children ages 7-18, with a 10K run available to adults. Sign ups will be available soon!

Coffee Hour Hosts/Helpers Needed: Grab your family, friends, and koumbari and sign up together to help with wonderful ministry! Hosting instructions and the sign up are found with the QR code. There are many upcoming dates that are open.



CELEBRATION OF BOOKS

HOLY APOSTLES GREEK ORTHODOX CHURCH



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

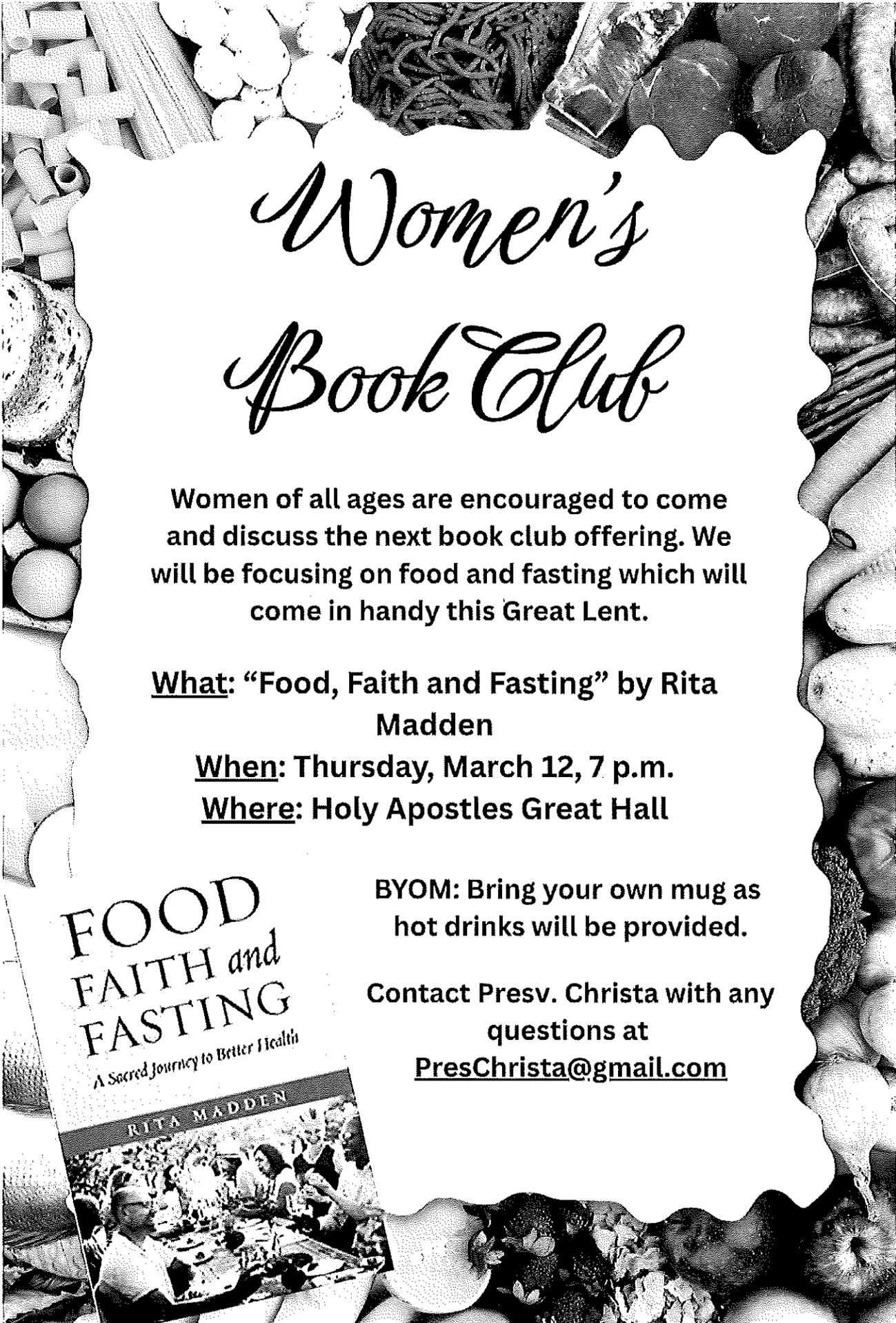
“SELF-
EMPTYING
(KENOSIS)
AND
ORTHODOX
WITNESS”

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.



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

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

Contact Presv. Christa with any questions at

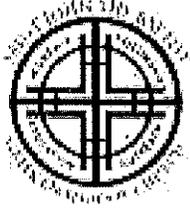
PresChrista@gmail.com

**FOOD
FAITH and
FASTING**

A Sacred Journey to Better Health

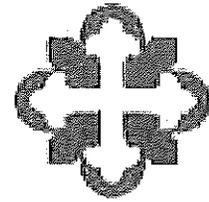
RYTA MADDEN





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

Memorial Luminaria

If you would like to honor a loved one with a luminary on Holy Friday, please submit your names by Sunday, March 29 using the QR code below, the link in the weekly email, our website, or the sign-up sheet in the multipurpose room after Divine Liturgy on Sundays beginning March 1st.

This year, all proceeds will be donated to the Cardinal Bernardin Cancer Center in memory of Elaine Katzioris.



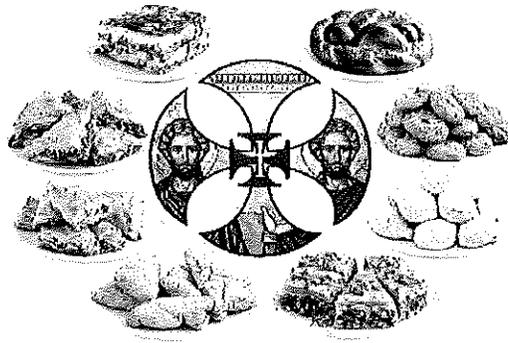
Good Friday

Retreat

All children in Pre-k (age3) through 5th grade are welcome to join us for our Annual Holy Friday Retreat on April 10th. We will begin after Royal Hours, at 10:45 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 Philoptochos Drive-by Easter Food Sale!

KOULOURLAKIA ~ KOURAMBIEDES ~ BAKLAVA
PASTITSIO ~ SPANAKOPITES ~ TIROPITES
TSOUREKIA ~ MELOMAKARONA

Order online www.tinyurl.com/haphilo2501
or at Coffee Hour on March 1, 8, 15



Pickup is Saturday, April 4 between 11:00 AM and 1:00 PM
at Holy Apostles Church (you don't even have to get out of the car!)

ITEM	SERVING	PRICE	ORDER BY
SPANAKOPITES	24 PIECES/TRAY	\$25	March 18
TIROPITES	24 PIECES/TRAY	\$25	March 18
PASTITSIO (from Greek Islands)	10X12 INCH PAN	\$40	March 18
TSOUREKI	1.5 LBS	\$15	March 25
KOULOURLAKIA (homemade)	1 DOZEN	\$10	March 25
KOURAMBIEDES (homemade)	1 DOZEN	\$10	March 25
BAKLAVA (homemade)	1/2 DOZEN	\$15	March 25
MELOMAKARONA	1 DOZEN	\$15	March 25

If you have any questions, please contact Karen Anagnos at kanagnos1@gmail.com or (312) 305-1116



EASTER LAMBATHES SALE

Purchase your decorated Easter
Lambathes after Sunday liturgies
3/15 thru 4/5 and following
Holy Unction services on Holy
Wednesday, April 8th

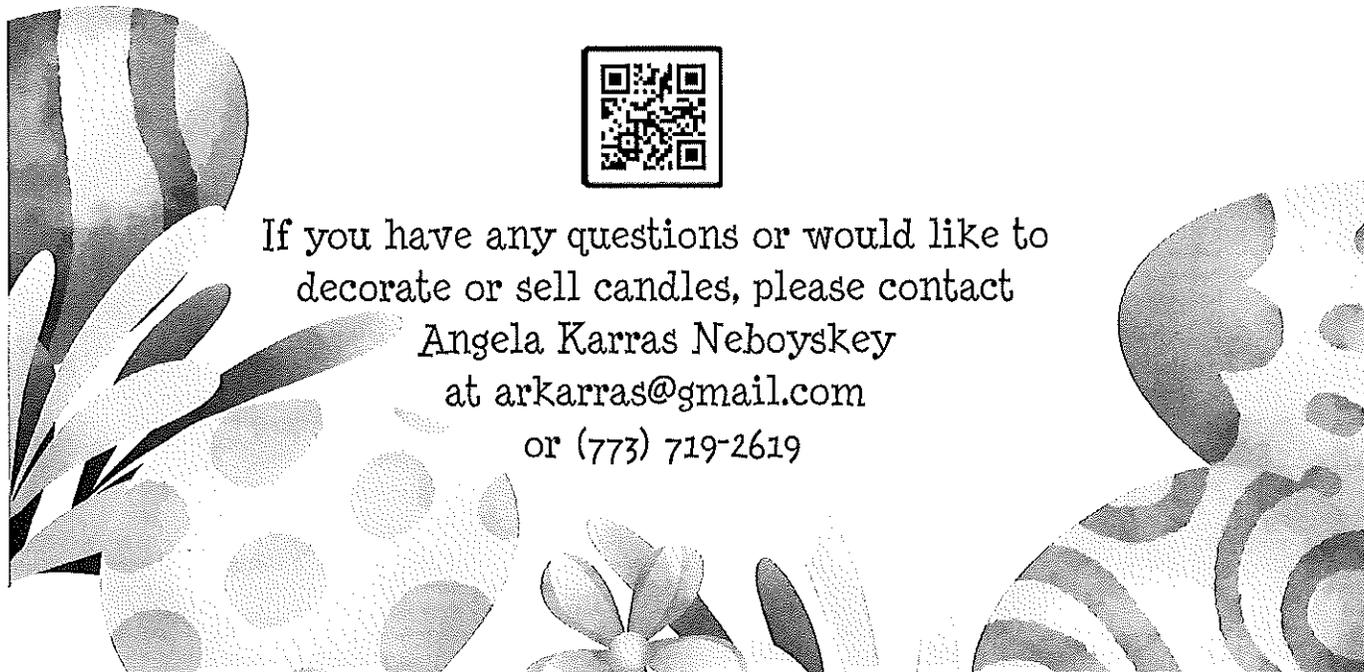
Candles are \$15 each and make
beautiful gifts for children/
godchildren

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 GREEK ORTHODOX CHURCH

Join us!

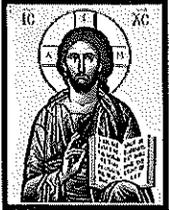


JOIN US ON FRIDAY, MARCH 27TH AT 7:00 PM
FOR THE AKATHIST HYMN WITH
ARCHBISHOP ELPIDOPHOROS,
METROPOLITAN NATHANAEL, AND
BISHOP-ELECT DIONYSIOS.

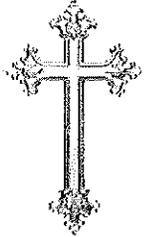
Special Reception to follow.

All Orthodox Brothers and Sisters in Christ are urged to attend

The Illinois Pro-Life March



Thursday, March 19th
Illinois State Capitol, Springfield IL



St. Anthony's Greek Orthodox Church will be open from 8:00am for refreshments, fellowship, refuge and revitalization. Chicago-area, multi-parish bus transportation potentially available.

St. Anthony's Greek Orthodox Church
1600 S. Glenwood Avenue, Springfield IL 62704

SCHEDULE:

11:00am	Orthodox Hours Service, St. Anthony's Church
12:00pm	Lenten Lunch, St. Anthony's Church
1:00pm	The Pro-Life Rally, Illinois State Capitol Building
2:00pm	The March For Life, Illinois State Capitol Building
3:00pm	Lobbying our elected representatives

Bus transportation can be provided through the Hellenic Foundation's Golden Circle Program, but we must be adequately organized to take advantage of this generous opportunity. Please email Fr. Nick Greanias at Annunciation Church in Kankakee with your parish interest in bus transportation and number of people traveling by March 2. Otherwise, everyone can travel on their own and meet at St. Anthony's or the State Capitol.

For inquiries or further information, or to indicate your parish interest in bus transportation, please contact Fr. Nicholas Greanias at:

nickgreanias@yahoo.com

708-606-1015

In any event, please register your parish participants, or if traveling independently, your own bus, on the Illinois Pro-Life March 2026 website. Thank you!



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 Pomrening (pomrening@comcast.com) will co-lead the team on this transformational journey. We encourage young adults to participate. Check out 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

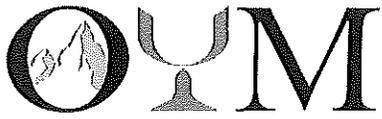
**I'D LIKE TO DONATE
TO PROJECT MEXICO**



secure.myvanco.com/L-ZADA/campaign/C-13R4P

Outdoor Orthodoxy

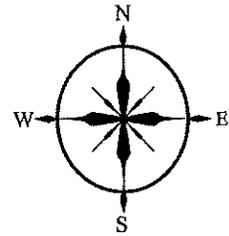
An Initiative of Orthodox Youth & Young Adult Ministries (OYM)



An Orthodox Outdoor Ministry that invites families to step away from the noise and distractions of daily life and enter into the rhythm of prayer, presence, and pilgrimage.

A Hike with the Saints

Join us for a **Prayer Hike** where children learn about powerful stories of saints who prayed outdoors!



Use QR Code to Register
or email Chicagoland
Ministry Support
Coordinator, Peter Savas
at psavas@theoym.org



Schiller Woods South

(W. Irving Park Rd just east of River Rd)



Saturday, Mar. 28th

10:00-11:00am



Families

with children ages 5-12



Please Bring:

water bottle, proper shoes,
layers as needed



www.theoym.org/outdoor-orthodoxy

Scan the QR Codes to get the **hike location** sent directly to your maps:

Apple
Maps:



Google
Maps:



"The heavens declare the glory of God." (Psalm 19:1)

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 A - po - sto - li a - yi - i pre - 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 - fe - 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: holypostleschurch.com
Facebook: facebook.com/holypostlescommunity