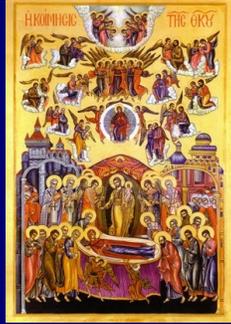


CHURCH STAFF

- Parish Priest: Very Reverend Archimandrite Christodoulos Margellos
- Parish Council President: Jim (Demetrios) Kathihtis
- Philoptochos President: Eleni Giakoumopoulos
- Sunday School Directors: Susu Saba & Peli Galiti
- Greek School: Ilektra Kolokouri
- Choir Director: George Tzougros

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The Message

APRIL 2020

THE GREATEST GREETING

“It is the day of the Resurrection, let us be glorious and splendor for the Festival and let us all embrace one another. Let us also speak, O Brethren, to those that hate us and in the Resurrection, let us forgive all things and so let us cry, Christ is risen from the dead, by death he has trampled down death, and to those in the tombs bestowing life!”(Doxastikon from the Resurrectional Service)

What a beautiful and awesome hymn! A true Orthodox Christian cannot help but experience triumph and joy on this day, which is characterized by the saints of the

Church as the “Feast of Feasts and the Celebration of Celebrations.” This means that much more to us who have spiritually invested during the period of Great Lent and Holy Week.

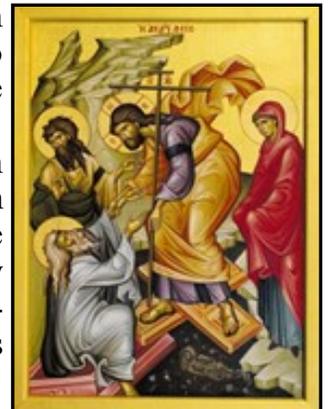
The Paschal Festival brings an inexpressible joy that no one can compare to anything else. Sorrow becomes joy. Grief turns into hope. The bright light of Christ now shines so bright over the shadow of death, and with His victory nothing overshadows His Glory.

In little more than a week we will be saying CHRIST IS RISEN! ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! This is how we are to greet each other during the Pascha season. Not with the typical “Hello, how are you? How is everything? How is the family? Good to see you.” We will say the words for every one to know “Who is so great a God, as our God” we will say the words CHRIST IS RISEN/ ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ!

Our Lord’s love and grace reaches each and every one of us through His Resurrection. As we were somber and reflected on our own faults and sins during the Lenten season, we will for 40 days greet each other with joy and a happiness that can never be taken away by saying, CHRIST IS RISEN! ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! What greater greeting is there, none that comes to my mind.

During this Great Feast we will be reconciled with Christ. By His death, Christ has brought back man to God. We are called to embrace one another at the time of Pascha and to forgive all things.

Each ethnicity or culture has a way to say hello. In Greek, it is “Yasou.” In Hawaii, you say “Aloha.” In America, we say “What’s up?” In the Church we have the best saying of all, and it will be said and heard by all: CHRIST IS RISEN! TRULY HE IS RISEN! ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! ΑΛΗΘΩΣ ΑΝΕΣΤΗ! ‘Christ is Risen!’ the proper greeting, the greatest greeting!



What wondrous gifts our God has given us!

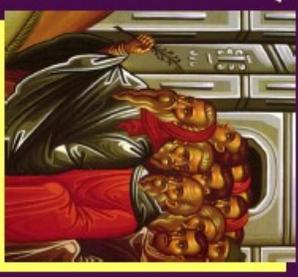
The Entrance of Our Lord Jesus Christ into Jerusalem Sunday before Pascha

“Hosanna! Blessed is he that comes in the Name of the Lord, the King of Israeli!”

- + Christ is blessing with His right hand.
- + In His left hand is a scroll, symbolizing that He fulfills the Old Testament prophecies of the Messiah Who has come to redeem us from our sins and break the power of death.
- + Just as the bridegroom comes for the wedding not with authority and power, so Christ comes to man, with humility and Great Love.
- + Holy Tradition says that children climbed trees to cut down palm branches.
- + They greet Him, waving the palm branches as a gesture of love.
- + St. Cyril of Alexandria points out that children sang “hosanna” while their fathers shouted “let Him be crucified.” Children threw their garments down for Christ to pass, while their fathers divided Christ’s garments.
- + St. Paul calls us to be childlike, with pure hearts, rejecting evil thoughts.



- + The Jews greet Him crying, “Hosanna! Blessed is he who comes in the name of the Lord, the King of Israeli!”
- + The word “Hosanna” means “Save, I pray” or “Save now.”
- + Chief priests and scribes were especially angry at hearing this praise.



- + Christ is seated upon a donkey’s colt as He enters Jerusalem: a fulfillment of prophecy (Zechariah 9:9).
- + This lowly form of transportation is chosen by Christ with humility. Christ is meek and lowly in heart, as He calls us to be.
- + The colt was considered unclean according to the Law.
- + It symbolizes the inclusion of all peoples of all nations in the New Covenant to come through the death and Resurrection of Christ (Isaiah 6, 2:10-11).



What can we give back?

Developed by the
Greek Orthodox Archdiocese of America
Office of Parish Development
www.development.goarch.org
(847)925-1432

The Parish Council Update

April 2020

Officers: Jim Katsihtis, President; Maria Molzahn, Vice President; Bruce Hansen, Secretary; Niko Papadopoulos, Treasurer; Scott Storck, Assistant Treasurer

Members: John Bayouth, Christy Chappell-Belkin, Conn Choles, Maria Schirmer-Devitt, Dori Hosek, Carol Griskavich, Mike Smith

Dear Parishioners,

We hope and pray that you and your loved ones are all well and stay well during the Coronavirus pandemic.

We commemorated St. John of the Ladder recently on the Fourth Sunday of Great and Holy Lent. His writings on fear and stillness are helpful to remember at this time.

St. John writes that “Fear is the loss of assurance... The Servant of the Lord will be afraid only of his Master,” the latter of which recalls our Lord’s words to only “fear Him” (Matt. 10:28). Let’s remember to have faith in God’s assurances for us and not let fear overcome us.

On stillness, St. John writes, “Stillness is worshipping God unceasingly and waiting on Him.”

Let’s continue to seek God in the stillness and solitude we find ourselves in today, and wait on Him. As the psalmist wrote, “Be still, and know that I am God.” (Ps. 45:10)

We continue to receive updates and guidance from His Eminence and the Metropolis on everything from the approach to Liturgical services to matters relating to the financial impact of the pandemic on parishes. His Eminence leads weekly conference calls with all parishes that we participate in. We will continue to provide you with relevant updates.

Many thanks to Fr. Christodoulos, Benny and Saed for the services offered and livestreamed. More information on upcoming services including those for Holy Week will be published soon.

Thank you to all who continue to support our parish via their many forms of stewardship. Our parish relies on your loving stewardship, offerings and certain fundraisers. As we continue to face financial challenges, and as GreekFest+ is at risk for this year, please continue your generous giving to the best of your abilities and consider a special offering if you are able to. We are also looking at new and creative ways for fundraising. More information to follow soon.

Let’s also try to support the businesses of our parishioners as best we can during these times.

The next Parish Council meeting is Tuesday April 7 at 7:00pm.

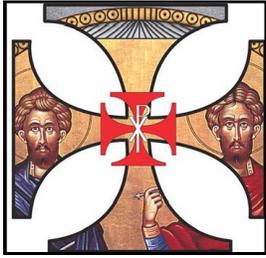
Thank you.

On behalf of the Parish Council,

Jim

407-408-3096

jkatsihtis@gmail.com



FOCUS ON PHILOPTOCHOS HELP US TO HELP OTHERS

**President, Eleni Giakoumopoulos, lenagiak@gmail.com
608-556-8186**

**Vice President: Maria Molzahn, Secretary: Sue Soloninka, Treasurer: Maria Heide,
Asst. Treasurer: Jenny Glatch, Corresponding Secretary: Nancy Briamis, Asst. Corre-
sponding Secretary: Kathie Fafalios**

Sending our best wishes for everyone to be healthy and safe during this time. In person activities may be temporarily suspended, but we can all find additional hymns, services, etc are available on Metropolis website here: <https://chicago.goarch.org/>

2020 Membership

If you have not already renewed your 2020 Philoptochos membership or would like to join as a new member, please complete the membership form and send to Maria Heide by mail as soon as possible. All Philoptochos membership commitments are due to National by April 30.

METROPOLIS

- Letter from His Eminence Metropolitan Nathanael
- National Philoptochos 2020 Young Philanthropist Award Application – deadline is April 1, 2020. Perhaps an extension will be given.

River Food Pantry - Nancy Briamis, nbriamis@gmail.com

The River Food Pantry has established a COVID-19 Emergency Food Fund to see the nutritional needs of food-insecure households for the duration of the coronavirus pandemic. The fund will help to provide curb side pick up of boxes of groceries for hundreds of households, as well as provide pre-bagged lunches for children delivered to 9 low-income neighborhoods 6 days a week. Over 300 households lined up for groceries on one day alone this week.

The River seeks health volunteers who are not in the higher-risk demographic to help with food packaging and distribution and client registration. Volunteers are also needed to help with MUNCH lunch production (Monday, Wednesday and Friday 8:30-10:30 am) and lunch distribution (Monday-Saturday 10:45am-2:30pm).

To donate to the COVID-19 Emergency Food Fund or to register to volunteer, please visit their website - info@riverfoodpantry.org or call (608) 442-8815.

GRACE EPISCOPAL HOMELESS SHELTER - David Giffey, barnowl1941@gmail.com

We are in almost daily contact with Porchlight Inc. and Karla Thennes, exec director of Porchlight, who today updated their email list and will now include Mike Smith and Ilektra Kolokouri. Our turn to volunteer at Grace Episcopal will occur on Tuesday, March 31 and then again on June 30, September 29, and December 29.

We are preparing to make and deliver a hot meal and the usual condiments like milk, bread, etc. if available. Karla and night manager Preston Patterson are prepared to have homeless staff serve the meal at the homeless shelter. They will meet us at the door. Mike Smith said he will deliver the meal, and I plan to buy and deliver the other cold food. Ilektra is working on meal preparation.

SUNDAY SCHOOL NEWS

Seham Akkawi, Co-Director, sususaba@yahoo.com, Peli Galiti, Co-Director, pegaliti@gmail.com, Fr. Christodoulos, Spiritual Advisor, frchristos@gmail.com

Sunday March 22nd gospel lesson for all grades (each page is for a different grade level, look at the top-right corner for your child's grade): <http://ww1.antiochian.org/sites/default/files/2020-03-22-a.pdf>

A video for the younger kids (pre-K through 3rd grade) about Annunciation: <https://www.youtube.com/watch?v=VrYvuYwPAvU>

Short stories of the gospel, with coloring an icon, and word puzzle for 2nd-3rd grades: <http://myocn.net/wp-content/uploads/2020/03/Childrens-Word-371.pdf>

A video of the importance and meaning of the Holy Cross for 4th-12th grades: https://bethebee.goarch.org/home/-/asset_publisher/gAnk4cdUihei/content/the-beauty-of-the-cross

For 4th-12th grades: the story of Annunciation of Mary with explanation of the Icon: <https://www.orthodoxcatechismproject.org/web/greek-orthodox-archdiocese-of-america/annunciation>

You can find us on facebook: www.facebook.com/agocwi.SpiritualLearningCntr/ and our temporary webpage: <https://sites.google.com/site/assumptiongocsundayschool/home>



SPIRITUAL MEETINGS

Peli Galiti, pegaliti@gmail.com

This is a very particularly changing time in human history. The outbreak of COVID19 may be stressful for many of us and fear and anxiety can cause strong emotions. How we respond to the outbreak can depend on many things and everyone reacts differently. We can get strength through the tools that our Church gives us. Our faith can be our resilient strength during this uncertainty. We must always see the goodness of God in all things that are happening.

Physical separation does not mean spiritual isolation! Our monastic tradition shows that prayer for the world can be practiced from a place of physical isolation! In order to keep our sanity during these difficult times, we need to be spiritually fit. Besides our bodies, we mostly need to take care of our minds and soul. Although we will not be able to continue our spiritual meetings at least for the next month, we can still keep communicating in many other ways with our inner self and with each other. Taking care of ourselves, our friends and family can help us cope better with stress and can make our community stronger.

I have been asked to recommend some websites or books while we're in self-quarantine. Below are some suggestions for this time. You may receive occasionally more.

1. **Prayer:** As we have discussed in our last meeting we can start with reading one or two psalms a day from the book of Psalms. This is one of the best sources of biblical encouragement and calls for divine help. Here you can find some of the most ardent cries for strength. Especially Psalms 3, 18, 27, 46, 84 and 121 are a great source of strength. We can also read a chapter of the Bible, each day. Readings can be a form of prayer but do not substitute our personal time of praying. Please note: The numbering of the psalms may be slightly different between the orthodox psalms and any online psalm from other congregations. For example, everyone will talk about psalm 51 and we orthodox refer to psalm 50.

2. **Reading books:**

a. "The Lenten Spring" by Thomas Hopko, St. Vladimir's Seminary Press

b. "The way of a pilgrim". Unknown Author. You can read it online [here](#)

Also other online everyday readings:

<https://asceticexperience.com/?na=v&nk=8939-a6041f438f&id=159>

coffeewithsistervassa@gmail.com

Also: "church buildings are closed, now what?" Practices and Resources for continuing Ministry in the digital time, from Telos project.

3. **Listening:**

<https://www.ancientfaith.com/>

There is a free download for the App. There are several podcasts available. You can browse by going to "Recent Episodes" or "by Author". Presbytera Dr. Jeannie Constantinou has two podcasts on Search the Scriptures, one of which is a live program. You can also just listen to the music which features choirs from all the Orthodox jurisdictions.

4. **WORDS OF COMFORT:** Here I strongly recommend reading what father Zacharias from the monastery of Essex in England (St. Sophronios' monastery) says about the pandemic.

Please be hopeful, be patient, pray, stay connected and help those in need. This will be temporary! In the meantime, we are figuring out how to love our neighbor without being physically close and wonder what lessons God wants us to learn from this new and unusual situation.

CHURCH WEBSITE

Lainey Skoumbouris, laney0220@yahoo.com

The church website is set-up for private login to access the monthly newsletters and are meant for Church members only, not the public. Church members can read the newsletter on the website, but you must create an account before you can view it. Log onto the website and click on "Newsletter" on the side-bar <http://www.agocwi.org/registration-required/>, or "login" on the main menu <http://www.agocwi.org/login/>; it will direct you to sign up. If you need help, have questions or something isn't working in the registration contact me.

ANNOUNCEMENTS

J and M Home Helpers

AGOC's handymen, John and Mike, will do minor home repairs and maintenance for \$25/hour, with the money for their work being donated to the church.



Call Mike at (608) 516-9188 and John at (608) 575-1014 today!

Greek Fest Plus Update

We regretfully announce that Greek Fest Plus 2020 will be postponed indefinitely, until further notice. As the COVID19 situation continues to unfold and develop, we will provide you with updates.

Assumption Cookbook Project

In the meantime, it seems prudent for us to develop alternate fundraising plans. As a parish community, we can use this crisis as an opportunity and strategically pause to assess how else we can celebrate our shared cultures as Orthodox Christians who find a spiritual home in the Greek Orthodox Church. In that spirit, please help us to create an Assumption cookbook to share stories and bits of our traditions. This will allow our shared and unique cultures and histories to live on, and can be a way we can raise money for the church without social gathering. Here is how you can help: Please start gathering your recipes, your stories, and your photos. In the coming weeks, we will put together a cookbook committee. If you are interested in joining this committee, please let Maria Schirmer Devitt know (especially if you have graphic design or publishing experience).



The Ladies' Philoptochos Society Assumption Greek Orthodox Church 2020 Membership Drive

We invite you to join us and share in our philanthropic mission. Through your stewardships and our various fundraisers, we are able to donate to many worthy causes helping people in need locally, nationally, and internationally. Locally we donate our resources and "women power" to several organizations on a regular basis, and also to special hardship situations as needs are presented to us. Nationally and internationally we support the philanthropic programs of our Metropolis Philoptochos and our National Philoptochos.

We hope that you will join us as a member and also as a volunteer. Whether you attend regular meetings, volunteer to help with our activities, or would like to support our work with your stewardship, you will be a **valued** Philoptochos member. We look forward to hearing from you.

Please complete the form below and submit to **Maria Heide either by mail or in-person by April 1, 2020**. We also ask that you include your 2020 stewardship payment. Checks should be made payable to "Philoptochos" and please write *membership* in the memo section. Thank you!

NAME: _____

—

AD-
DRESS: _____

CITY/
ZIP: _____

PHONE: _____

—

EMAIL: _____

—

I am interested in helping with the following project(s) and please include me!

- | | |
|---|--|
| Vasilopita Dinner (January) _____ | Baklava Plus Sale (Sept. – Nov.) _____ |
| Mid – Winter Luncheon (February) _____ | Maintaining the Church Hall/Kitchen _____ |
| Greek Independence Day Dinner _____ | Cooking for Grace Episcopal Homeless Shelter _____ |
| Koulourakia baking (Holy Week) _____ | Baptism, Wedding Assistance to priest _____ |
| Greek Fest Bake Sale (July) _____ | Baking Breads for Special Dinners _____ |
| Reception for Assumption Feast Aug 14 _____ | Coffee Hour Host _____ |
| Bucket Brigade (church cleaning) _____ | Prosforon (Holy Bread) baking _____ |

My Stewardship payment of \$_____ is enclosed (check # _____ or cash).

Please note: \$15.00 goes to National Philoptochos, \$5.00 to the Metropolis of Chicago Philoptochos, and \$2.00 to the Bishop's Fund. **We ask for a minimum pledge of \$22.00.** Dues paid above the amount will be used for our philanthropic activities and other chapter obligations.

Please return to **Maria Heide (5751 Ballina Pkwy, Fitchburg, WI 53711)** or drop it in the Philoptochos mailbox at Church.



GREEK ORTHODOX ARCHDIOCESE OF AMERICA
GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, Inc.

**National Philoptochos
Young Philanthropist Award Honorees
\$1000**

National Philoptochos is excited to introduce a new initiative to promote Philanthropy among the next generation, the inaugural **Young Philanthropist Award**.

We will honor one girl and one boy, juniors or seniors in high school, from the Direct Archdiocesan District and each Metropolis at our National Clergy-Laity Conference, June 28 – July 2, 2020, in Cleveland, Ohio.

Philanthropy is the heart and soul of Philoptochos. It is our desire to show appreciation for the compassionate heart of students who have reached out to the less fortunate. In addition, we wish to encourage our Orthodox Christian youth to continue to give their time and talent to the needy, and to inspire a philanthropic spirit that will continue throughout their lives.

Philanthropy makes a significant difference in a community and an impact on society. The 18 award honorees will receive a gift of \$1000 to design and establish a Philanthropic program within their community. The awards ceremony will take place at the Grand Opening Breakfast of the 2020 Clergy-Laity Congress on June 29, 2020. Travel expenses and hotel will be provided for the honorees. Detailed information will be provided to families of award winners. Students will also be honored by Philoptochos at their home parish.

We are asking your Chapter to nominate one outstanding girl and boy from your parish, (either juniors or seniors in high school) who are involved in parish life and philanthropy in their greater community.

Please share this information and consult with your parish priest and youth director.

Your nominees must answer 3 questions about their involvement in service and philanthropic activities and write a short essay (200 words maximum) expressing their thoughts and beliefs about why philanthropy is important in a community and what philanthropy means to them personally. In addition, we are asking the students to supply recommendation forms to their parish priests and one other advisor who can speak to their service and philanthropic activities.

All applications must be received at the National Philoptochos office no later than **April 1, 2020**.

National Philoptochos Society
126 East 37th Street
New York, New York 10016

Applications and forms can be found on the National Philoptochos website at:
www.philoptochos.org and by selecting Events-Convention 2020.

126 EAST 37th STREET, NEW YORK, N.Y. 10016 • TEL: (212) 977-7770 • FAX: (212) 977-7784
Web: www.philoptochos.org • E-mail: contact@philoptochos.org



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ

March 18, 2020

My Beloved,

The world has changed unimaginably since the beginning of Great Lent. As we continue to adjust our lives to the rapidly changing times, my daily prayers continue to be with you, the faithful of our Holy Metropolis.

The increasingly stringent guidelines issued by local, state and federal officials have caused us to come to terms with being physically separated from our neighbors, colleagues and friends. A tragic consequence of the current crisis is that we must also be separated from our fellow parishioners and priests and, therefore, cannot partake in the Eucharist and otherwise celebrate the divine services for the time being. The decision to *temporarily suspend* parish worship was the most difficult decision I've made as Metropolitan, and it brings me great heartache to know that one of my decisions brings understandable pain to clergy and laypeople of our Metropolis. At the same time, in accordance with the [Holy Eparchial Synod](#), and in light of recommendations I continue to receive from physicians and infectious disease experts, I believe this decision is still indispensable for the care and preservation of the members of our Metropolis and of our neighbors at large. Please rest assured that our directive will be reviewed regularly according to the conditions on the ground and updates received from expert sources.

While it is difficult for us to comprehend the rate and scale of change happening before our eyes, I remind you that “Jesus Christ is the same yesterday and today and forever.” (Heb 13:8). I strongly encourage you, my beloved, to reflect on this biblical verse. The truth is that the Church is eternal, because Christ, our Head, is eternal (Col 1:18). From momentary challenge to an existential crisis, our Church has survived and ultimately thrived over the span of millennia—amidst persecution, plague, invasion, genocide, and war. Because our Church is eternal and Christ is our Savior, we are afforded the strength not merely to cope with the trial that is before us, but to transcend it and be transfigured through it.

It is true that our parish churches are our spiritual homes. But ours is a faith that calls us to live a full, constant and complete life in Christ. We pray, venerate the icons, and reflect on the Holy Scriptures at church. But we also maintain these life-giving practices at home, and when we travel away from home. Indeed, when we are away from the parish home, we live in the *kat' οικον ecclesia*, the “Church of the home,” where God is still present and where we still grow as spiritual beings. Because we are created in the image of God (Gen 1:26), the Church is also present in our hearts. Our Lord reminds us, “the Kingdom of God is within you” (Lk 17:21). In this way, our faith is not solely a series of sacred excursions, but an ongoing way of life that is bound to Christ. Though we are separated from our parish communities, the Church always is with us, within us, and the same yesterday, today, and forever.

I fervently believe that, where there is a crisis, there is also opportunity. Given our exceptional circumstances, our distance from the sacraments can deepen our hunger and thirst for Christ; it can intensify our yearning for the moment when we can again be united with our beloved Bridegroom through the Eucharist. It is my heartfelt desire that this momentary hardship cultivates not just a yearning for the Eucharist, but also creates space for contemplation about how we can become one with Christ through all aspects of our lives. As your spiritual father, to see this outcome would bring tears of joy to me.



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ

To be sure, we are now experiencing the pangs of separation and suffering; we are anxious not only about sickness but about lost jobs and economic uncertainties; we are concerned about closed schools and the education of our youth; we are grieving the cancelation of many anticipated joys—from wedding and graduation celebrations to athletic events, art performances, and planned trips. *We are hurting, one and all.* And yet, our Lord is listening; our Lord invites us to speak our concerns, our pains, and our frustrations to Him. Indeed, this is the core of *prayer*—sharing what is in our hearts with our Lord and Savior Jesus Christ, who is eager to hear from us, to unite with us, and to sanctify us with His grace.

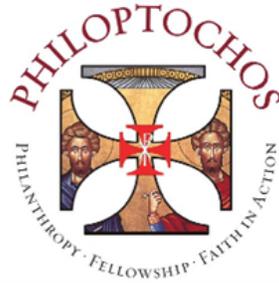
And so, my beloved, I pray you find solace in knowing that we are and never will be spiritually isolated even if we are physically separated. I ask you to pray daily, to check in with and console the elderly and infirmed and to resist the temptation to panic, hoard and lose sight of Christ as our center. Care for and set a good example for all our neighbors. In short, be the living body of Christ in the world.

Please visit the [special page](#) launched on our website for information related to COVID-19 as well as spiritual nourishment. While we cannot physically be in our parishes to experience the Lenten services, we can read or listen to these powerful hymns and petitions, sharing and discussing them with loved ones around us. We can listen to spiritually edifying music and lectures, and watch videos about our faith and spiritual life. The priests, deacons, and I plan to reach out to you regularly in the days ahead with fresh reflections and ongoing spiritual support for our journey toward Christ's Cross and Resurrection.

There is much that is beyond our control amidst this pandemic. However, there is also much that is within our control! May we use the freedom gifted to us by God to choose freely to embrace Christ and each other, to bring goodness out of suffering and to resurrect our faith.

With paternal love in Christ,

+Metropolitan Nathanael of Chicago



**National Philoptochos Society
2020 Young Philanthropist Award Nomination Form**

Nominee Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ Email: _____

Metropolis: _____ Chapter Number: _____

Parish Name: _____

Parish Address: _____

Philoptochos President Endorsement: _____

Parish Priest Endorsement: _____



National Philoptochos Society 2020 Young Philanthropist Award Application

INSTRUCTIONS FOR THE APPLICANT

A complete application consists of:

1. Answers to the questions on page 2.
2. An essay of 200 words maximum to the essay prompt on page 2.
3. Two (2) recommendations. Please provide the Recommendation Forms that follow to your priest and one other adult who can speak to your service and involvement – a teacher, activity advisor, scout leader, etc. They will return their recommendations directly to National Philoptochos.

You must return your application no later than ***April 1, 2020*** to:

National Philoptochos Society
126 East 37th Street
New York, New York 10016



FOR THE APPLICANT:

We want to learn about your involvement in philanthropic activities at your church, your school, and your community. (Do not feel as though it is necessary to have activities in all of these areas.) On a separate sheet of paper, please provide a short response to the following questions.

1. Please tell us about your involvement at your parish, including projects, committees, leadership positions, for example:
 - GOYA
 - Sunday School
 - Oratorical Festival
 - Choir
 - Church Festival
 - Altars Boys
 - Dance Group
 - Participation in Philoptochos projects

2. Please tell us about the activities you are involved in at school:
 - Extracurricular Activities
 - Philanthropic groups

3. Please tell us about volunteer/service groups and activities in which you participate within your greater community. This can include:
 - Scouts BSA/Girl Scouts
 - Hospital volunteering
 - Habitat for Humanity
 - Volunteering at a food bank
 - Environmental cleanup of parks
 - Visits to nursing homes
 - Assisting senior citizens
 - i. Lawn mowing
 - ii. Leaf raking
 - iii. Assisting with Household Chores
 - Helping with recreation and sports activities for younger children at your local rec center, etc.

ESSAY: “Why I am a Philanthropist” (200 words maximum)

Easter Word Search

	P	I	E	R	C	E	D	S																					
	I	A	S	L	R	U	R	P																					
	E	C	S	A	S	A	T	K																					
	C	N	E	S	C	I	B	L																					
	E	P	D	W	O	R	N	B																					
	S	N	Q	F	Z	V	I	Y																					
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ANGELS
 APOSTLES
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 CALVARY
 CROSS
 CROWN OF THORNS
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 DARKNESS
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 GOLGOTHA
 HIGH PRIEST
 JESUS CHRIST
 JOSEPH
 JUDAS ISCARIOT
 KING
 LAMB

MARY
 NAILS
 PASSOVER
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 PIERCED
 PILATE
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 ROBE
 ROMANS
 SACRIFICE
 SIMON OF CYRENE
 SOLDIERS
 SON OF GOD
 SPEAR
 STONE
 TEMPLE
 THIEVES
 THREE DAYS
 TOMB

We have formed a new Medical Committee to help us navigate this current pandemic and for all future challenges that can affect us. We thank Dr. Giorgos Kirvassilis, Dr. Petros Anagnostopoulos & Dr. Christos Kyriakopoulos for the Article they have written for us.

Madison, April 10th, 2020

Dear parishioners and friends,

Father Christodoulos and the parish council suggested that members of our community, who work in health care, reach out to you, and provide some updated information on the coronavirus (COVID-19) pandemic and share knowledge and experience at the University Hospitals.

We first hope and pray that everybody in our parish, with God's help, stays safe and healthy and well prepared for this "Marathon".

As we all know by now, Coronavirus disease (COVID-19) is an infectious disease caused by the newly discovered coronavirus. It started in China and within months has spread all over the world. The World Health Organization, early on, has declared it a pandemic. (Πάν (pan)=all and Δῆμος (demos)=people). Wish the Greek language was not so "rich" in this situation!

The coronavirus family is not new, but the virus causing COVID-19 disease is a new one. This made its behavior unknown and our medication and vaccine armamentarium very limited. However, there are many ongoing clinical trials evaluating potential treatments.

Before we refresh what you all heard and know on things that each one of us need to do, we take this opportunity to inform you on how the situation in our area is developing. This information comes from numerous meetings and updates we have several times every day at work. Although we are still in the beginning, not even the end of the beginning, it looks like the initial goal of slowing down the spread of new cases ("flattening the curve") in our state and Dane county is achieved for now. Although no one can predict the future, we are doing much better than other states and areas of our country. As of 9:00 today we only had 313 confirmed cases in Dane county and 12 deaths, out of 2885 cases and 116 deaths in Wisconsin, 463619 and 16695 in the US. Our UW Health-Madison hospitals' census is extremely low (only 19 COVID-19 patients hospitalized so far). This ensures that the spread is currently under control and, most importantly, there is enough time for the health care units in the area to be well prepared for the peak of the epidemic in our area. This peak, based mostly on mathematical models and some modifications after several observations from the first few

weeks, is expected in our area anywhere from the middle of next week (Holly week or Easter) to mid- May. This is only the peak of the so-called surge. We will not be out of the woods for several weeks and potentially even months after the peak. The sense we have from interacting with top officials in the state and our area is, that we "so far are doing very well" but "we should not rest and relax with our early achievements in this battle". We would like to assure

everyone in our parish that our hospitals are to the highest degree possible prepared for what is predicted to happen. We know this firsthand. This preparation, which started weeks ago, involves from complex planning for resources like Personal Protective Equipment or PPE (masks, gloves etc) and equipment (ventilators, ICU beds) to planning to ensure adequate health care workers are available during the peaks of the pandemic. All health care personnel and our facilities are ready. We eliminated our work to doing emergent cases and those non-emergent with highest priority only (i.e. cancer treatment patients and such), so there will be enough manpower and space to care for COVID-19 patients. Our hospitals are ready to accept COVID-19 patients from the area and maybe accommodate others from outside Dane county.

We all pray and hope and are “silently optimistic” that, all this preparation will remain “a good exercise for future situations” and will not need to be implemented in real life in this current crisis.

We still have long ways to go, things may change for the worst, but the first preliminary signs are promising.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. This is why our friends and neighbors who belong to these categories need to be isolated and extra cautious. There are worldwide reports though of young people, even children, experiencing more heavy symptoms and needing intense medical attention. Truth is that this virus does not spare any age and, what we have come to learn, may also not spare any of the body’s vital organs. It can affect not only the lungs but the heart, kidneys, and other vital systems as well. It must be taken seriously.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it is important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

The World Health Organization has a very informative and resourceful site on the latest on the virus and we strongly encourage everybody to visit. Here is the link: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Finally, we would like again to emphasize how important is to adhere to simple things such as frequent hand washing, social distancing, protecting our vulnerable family members and friends, self-isolation if someone gets sick, and seeking medical advice as soon as possible.

We are all asked to participate in this marathon, and this is both a physical but mostly a spiritual challenge for everyone. This is extremely important as we do not know when all this will be

over, how will we all transition to a more normal life, and when we will be able to go back to life as it used to be before the COVID pandemic reached our communities.

Let us all pray to God that this difficult period, that we are all going through, will make our parish even stronger and will bring so many blessings to each one of us, our families, and our parish community.

We are here to help each other. In communication with Father Christodoulos and the parish council we will stay in touch with further information as things develop. Meanwhile please do not hesitate to reach out to anyone of us.

Stay healthy and safe.

May we all have a blessed and spiritually uplifting Holy Week and Pascha.

Sincerely

Giorgos Kirvassilis, Petros Anagnostopoulos, Christos Kyriakopoulos



ORTHODOX BINGO FOR GREAT LENT

Say a prayer for the same person every night	Try not to eat meat	Give away 5 toys to an orphan	Visit with an elderly person who is lonely	Pick one coat from your closet to give to someone without one
Make a handmade gift for someone special	Send a missionary a handwritten letter of encouragement	Make seven prostrations	Sing a song of praise to God	Pack a lunch to give to someone who is hungry
Try not to eat dairy today	Give a pair of shoes to a homeless shelter	Make a care package for the I.O.C.C. (www.iocc.org)	Sit with a homeless person and drink a cup of hot cocoa	Send a stuffed animal to a hospital patient
Bake cookies for a homeless shelter	Gather canned foods from people at Church to give away	Attend a weekday Church service	Play a Church CD and sing along	Color an icon of Christ for your refrigerator
Light a candle for your godparents	Thank God for 10 things today	Say a prayer for the same person each morning	Ask the Mother of God to help all the children who are sick	Visit a child with special needs

CHURCH CALENDAR HOLY WEEK & PASCHA 2020

Services will only be available on Live Stream.
Check website for Links

SATURDAY OF LAZARUS

April 11th, 2020

9:00 a.m. Orthros followed by the Divine Liturgy

PALM SUNDAY

April 12th, 2020

8:45 a.m. Orthros

10:00 a.m. Divine Liturgy

6:00 p.m. Bridegroom Service

GREAT AND HOLY MONDAY

April 13th, 2020

6:00 p.m. Bridegroom Service

GREAT AND HOLY TUESDAY

April 14th, 2020

10:00 a.m. Pre-Sanctified Liturgy

6:00 p.m. Bridegroom Service

GREAT AND HOLY WEDNESDAY

April 15th, 2020

2:00 p.m. Sacrament of Holy Unction

6:00 p.m. Orthros of Holy Thursday and Anointing with Holy Unction

GREAT AND HOLY THURSDAY

April 16th, 2020

10:00 a.m. Vespers Divine Liturgy

6:00 p.m. The Passion of our Lord and the Reading of the 12 Gospels

GREAT AND HOLY FRIDAY

April 17th, 2020

9:00 a.m. Royal Hours

2:30 p.m. Apokathelosis/Unnailing Service

6:00 p.m. Lamentations Service

GREAT AND HOLY SATURDAY

April 18th, 2020

9:00 a.m. Vespers Divine Liturgy of the First Resurrection

10:00 p.m. Anastasi/ Resurrection Service with Orthros & Divine Liturgy

HOLY AND GREAT PASCHA

April 19th, 2020

11:00 a.m. Agape Vespers

BRIGHT FRIDAY – THEOTOKOS OF THE LIFE GIVING FONT

April 24th, 2020

9:00 a.m. Orthros followed by the Divine Liturgy

FIRST SUNDAY AFTER PASCHA/SUNDAY OF THOMAS

Sunday, April 26th, 2020

8:45 a.m. Orthros

10:00 a.m. Divine Liturgy

Holy Week Meditation and Study Guide

Fr. Andrew J. Demotses

The services of Holy Week transform us into eyewitnesses and direct participants in the awesome events of the Passion and Resurrection of Jesus Christ. In readings taken from both Old and New Testaments, in hymns, processions, and liturgical commemoration, we see the fulfillment of the Messianic prophecies, and the mighty acts by which God Himself, in the person of Jesus Christ, grants us forgiveness for our sins, and rescues us from the pain of eternal death.

Palm Sunday Evening

Matthew 21:18-43.

This evening's service calls to mind the beginning of Jesus' suffering. The gospel describes the plotting of the priests and elders to trap Jesus into convicting Himself as a religious heretic. Through parables, Jesus tells us of His coming betrayal, trial, conviction and execution by crucifixion. The hymns of this service commemorate two things; the first, the prophetic figure of Joseph, who, while virtuous, nonetheless suffered unjustly at the hands of his brothers before being greatly rewarded, and the second, the parable of the fig tree, which in failing to bear fruit, became a symbol of fallen creation, and of our own lives, in which we also have failed to bear spiritual fruit.

Holy Monday Evening

Matthew 22:15-46; 23:1-39.

This evening's theme is the need for watchfulness and preparation, lest we be called unprepared before the awesome judgement seat of Christ to render an account of ourselves. The gospel reading contrasts the efforts of the Pharisees to trick and discredit Jesus, with the forceful resistance which Christ mounts against their evil. The hymns remind us of the parable of the Ten Virgins, in which the faithful Christian is exhorted to vigilance.

Holy Tuesday Evening

John 12:17-50.

The need for true repentance is the concern of Tuesday evening's service. This transformation from the life of sin to a life of faith and obedience is exemplified for us in the person of the sinful woman who received the gift for forgiveness when she anointed Jesus with myrrh and washed His feet. The highlight of the service is the hymn written in honor of this woman by St. Kassiani. The Gospel meditation foretells of the coming suffering of Christ and recalls His inner struggles and agony.

Holy Wednesday Afternoon and Evening

Epistle readings: James 5:10-16, Romans 15:1-7, I Corinthians 12:27-31-13:1-8, II Corinthians 1:8-11. Galatians 5:22-6:2, I Thessalonians 5:14-23. Gospel readings: Luke 10:25-37, Luke 19:1-10, Matthew 10:1 & 10:5-8, Matthew 8:14-23, Matthew 25:1-13, Matthew 15:21-28, and Matthew 9:9-13.

The primary theme of Holy Wednesday is our human need for the healing and forgiveness that comes into our lives when we establish a relationship with God through Jesus Christ. We are reminded that the way to this relationship is to be found, above all else, through the life of prayer. In the Sacrament of Holy Unction, the faithful are anointed and thus, healed both physically

and spiritually. They are also reconciled to God and one another so that they might receive the gift of the Holy Eucharist instituted by Christ at the Last Supper.

Holy Thursday Morning

Matthew 26:2-20, John 13:3-17, Matthew 26:21-39, Luke 22:43-45, and Matthew 26:40-27:2.

On Holy Thursday morning, we ascend Mt. Zion with Christ and the Twelve, and enter into the upper room. Once there, we witness the awesome moment when, at the Last Supper, Christ abolishes the ritual practice of the Old Covenant and establishes the ritual of the New Covenant, prophesied by Jeremiah, through the Sacrament of Holy Communion. The faithful receive Holy Communion at that Holiest of Liturgies.

Holy Thursday Evening

In this service, we commemorate the undeserved suffering of Jesus Christ, endured for our sake, so that we might be reconciled anew to God our Father. The Gospel readings witness for us the betrayal and arrest of Jesus, his trial and conviction, and finally his torture, crucifixion and death at the hands of a sinful humanity. This evening's service also includes the procession representing Christ carrying His own cross along the Via Dolorosa, and ends when we see before us the King of Glory crucified. The Gospels are as follows:

1. John 13:31-18:1
2. John 18:1-29
3. Matthew 26:57-75
4. John 18:28-19:16
5. Matthew 27:3-32
6. Mark 15:16-32
7. Matthew 27:33-54
8. 23:32-49
9. John 19:25-37
10. Mark 15:43-47
11. John 19:38-42

Matthew 27:62-66

Holy Friday Afternoon

I Corinthians 1:18-2:2, Matthew 27:1-38, Luke 23:39-43, Matthew 27:39-54, John 19:31-37, and Matthew 27:55-61.

In this service, we are once again reverent witnesses to the undeserved suffering of Christ, to his terrible passion and death. What is remembered in a special way through liturgical commemoration and procession, is the faithfulness and love of Joseph of Arimathea who tenderly removed Christ's body from the cross, wrapped it in clean linen, and carried it to his own unused tomb

for burial.

Holy Friday Evening

- Ezekiel 37:1-14, I Corinthians 5:6-8, Galatians 3:13-14, Matthew 27:62-66. On Good Friday evening, the theme is Christ's descent into Hades during which the Gospel of repentance and reconciliation with God is shared with those who died before Christ's saving dispensation in the flesh. The service begins with lamentations sung as we stand before the tomb of Christ commemorating His unjust punishment and the shedding of His innocent blood. But the service ends on a note of joy and hope, with the reading of the Prophet Ezekiel in which he describes his vision of our resurrection yet to come; in the midst of despair, we are told there is hope, for not even death can separate us from the unfailing love and power of God. Death is about to be conquered and faithfulness rewarded.

Holy Saturday Morning

Romans 6:3-11, Matthew 28:1-20.

On Holy Saturday morning we celebrate the theme of faithfulness receiving its reward. The crucifixion is over, Christ is buried, the twelve apostles and other disciples are scattered and defeated. And yet, three myrrh-bearing women come in faithfulness to perform the last act of love--to anoint Jesus according to the Jewish burial custom. Their unwavering devotion is rewarded--they are the first to share in Christ's triumph over evil and death. They are the first witnesses to the Resurrection. This joy is commemorated through the scattering of bay leaves and rose petals by the priest.

Holy Saturday Evening and Easter Sunday Morning

Mark 16:1-8.

The lamentations of the previous night are repeated and the church is plunged into darkness to symbolize the despair and defeat experienced before the dawn of Christ's victory over the Enemy of our salvation. Precisely at midnight, a single light emerges from the altar representing the victory of Christ over death, the defeat of the Prince of Darkness by Jesus, the Light of the World. As the light is passed from person to person, it pushes back the darkness of the church and defeats it completely. The Resurrection is proclaimed in song and triumphant procession, and after the Liturgy, its light is carried into our homes so that they too might be filled with its light and warmth and triumph.

Easter Sunday Morning

John 20:19-25.

Christ's Resurrection and victory is affirmed in this morning's theme. The Gospel is read in several languages to illustrate the universality of the Good News of the Resurrection and its proclamation to the very ends of the earth. Love, forgiveness, reconciliation, triumph and joy--these are the gifts which we receive because Christ lived and died and triumphed for our sake.

GLORY BE TO HIM FOR ALL THINGS, AND MAY YOUR EASTER BE BLESSED



April 22—Renewal Tuesday: The Commemoration of Saints Raphael, Nicholas, Irene, and the Other Newly-revealed Martyrs of Lesbos Orthros begins at 9:00 a.m.

On the island of Mytilene (Lesbos in ancient times), near the village of Therme, the villagers had a custom of ascending a certain hill on this day to celebrate the Divine Liturgy in the ruins of a small chapel, although no

one knew whence the tradition sprang. In the year 1959, certain villagers began seeing persons who spoke to them, first in dreams, then awake, both by day and by night. Through these wondrous appearances, which were given to many people independently, the holy Martyrs Raphael, Archimandrite of the ancient monastery, and Nicholas, his deacon, together with other Saints who had been martyred on the island, told the villagers the whole account of their martyrdom, which had taken place at the hands of the Moslem Turks ten years after the fall of Constantinople, in 1463. The twelve-year-old Irene had been tortured, then burned alive in a large earthenware jar in the presence of her parents. On Tuesday of Renewal Week, Saint Raphael had been tied to a tree and his head sawn off through his jaws; Saint Nicholas had died at the sight of this. Although the feast is celebrated today because it is the day of their martyrdom, through the appearances of the Saints as living persons five hundred years after their martyrdom, it is also a singular testimony to the Resurrection of Christ.

Apolytikion in the Fourth Tone

On Lesbos, ye strove in contest for the sake of Christ God; ye also have hallowed her with the discovery of your relics, O blessed ones. O God-bearer Raphael, with thee, we all honour Nicholas the deacon and Irene the chaste virgin, as our divine protectors, who now intercede with the Lord.

Kontakion in the Plagal of the Fourth Tone

Ye shone on the world like stars first as ascetics, then as athletes slain for Christ, and were translated to the heights through the great torments that ye endured; and them that praise you, ye keep and protect, O Saints.

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