

# Wonder Worker

MARCH 2025

## CHURCH STAFF

- **Parish Priest:** Very Reverend Archimandrite Christodoulos Margellos
- **Parish Council President:** Christy Chappell Belkin
- **Philoptochos President:** Maria Molzahn
- **Sunday School Directors:** Susu Saba
- **Greek School:** Ilektra Kolokouri
- **Choir Director:** George Tzougros

## LENT A SEASON OF SIGNIFICANCE

Lent holds a profound place in the life of the Orthodox Church, serving as a season of spiritual renewal, repentance, and preparation for the celebration of Christ’s Resurrection at Pascha (Easter). Unlike fleeting modern observances, Lent in Orthodoxy is a deeply immersive journey, spanning forty days—mirroring Christ’s fasting in the wilderness—followed by Holy Week, which culminates in the triumphant proclamation of “Christ is Risen!” This period, known as Great Lent, is not merely a tradition but a transformative encounter with God, woven into the fabric of Orthodox theology, worship, and daily practice.

### *A Time of Repentance and Return*

At its core, Lent in the Orthodox Church is about returning to God. The season begins with the Sunday of the Publican and the Pharisee, a parable that sets the tone by emphasizing humility over self-righteousness. This is followed by weeks of preparatory Sundays, each with a distinct focus—such as the Prodigal Son or the Last Judgment—guiding the faithful toward self-examination. The church teaches that humanity, created in God’s image, has fallen into sin, and Lent offers a path back to communion with the Divine. Repentance, or metanoia, is not just regret but a reorientation of the soul, a turning away from worldly distractions toward eternal life.

The services of Lent, especially the Great Canon of Saint Andrew of Crete, amplify this call. Recited in the first week and again in the fifth, the Canon is a poetic dialogue between the soul and God, recounting biblical stories of sin and redemption. Its haunting refrain—“Have mercy on me, O God, have mercy on me”—echoes through dimly lit churches, where flickering candles and prostrations create an atmosphere of solemn introspection. For Orthodox Christians, Lent is not a burden but a gift: a chance to shed the weight of sin and draw closer to the One who offers forgiveness.

### *The Role of Fasting*

Fasting is the heartbeat of Orthodox Lent, though it’s far more than dietary restriction. From Clean Monday—the day Lent begins—believers abstain from meat, dairy, fish (with some exceptions), wine, and oil on most days, adhering to a vegan-like diet rooted in simplicity. This isn’t about legalism; it’s about discipline and freedom. The body, as Saint Paul writes, is a “temple of the Holy Spirit,” and fasting tames its desires, redirecting focus from physical indulgence to spiritual hunger. The Orthodox view is holistic: what we eat affects how we pray, think, and love.

Yet fasting extends beyond food. The church encourages fasting from anger, gossip, and pride, urging almsgiving and forgiveness as companions to abstinence. The Forgiveness Vespers, held on the eve of Clean Monday, is a striking ritual where parishioners seek forgiveness as well as offering forgiveness. This act embodies the Lenten ethos:

## INSIDE THIS ISSUE:

March Calendar	3
Focus on Philoptochos	4
Youth Corner	6
Community News	7
March Fliers	8-15

*Continued on next page*

reconciliation with God begins with reconciliation among people. In a world of division, this practice stands out as a radical witness to Christ's command to love one's neighbor.

### *Liturgical Life and Spiritual Ascent*

Lent transforms the rhythm of Orthodox worship. The Divine Liturgy, typically vibrant with hymns of resurrection, gives way to the more somber Liturgy of the Presanctified Gifts, celebrated on weekdays. Its muted tones and frequent silences reflect the penitential mood, while the frequent use of Psalm 51—"Create in me a clean heart, O God"—underscores the longing for renewal. Sundays remain a respite, with the full Liturgy of Saint Basil or Saint John Chrysostom, reminding the faithful that even in fasting, the joy of Christ's presence endures.

The Triodion, a liturgical book guiding the season, shapes this ascent toward Pascha. Each week highlights a milestone—such as the Triumph of Orthodoxy (celebrating icons) or the Sunday of Saint John Climacus (honoring ascetic struggle)—building momentum toward Holy Week. By the fifth week, with the hymn "Lord of the Powers, be with us," the faithful sense they're nearing the cross and the empty tomb. Lent becomes a microcosm of the Christian life: a pilgrimage through struggle to glory.

### *Preparing for Pascha*

Ultimately, Lent in the Orthodox Church is preparatory. It's not an end in itself but a means to enter the mystery of Christ's Passion and Resurrection. Holy Week intensifies this, with daily services recounting the Last Supper, Crucifixion, and burial, until the midnight Paschal Liturgy erupts in light and song. The fast breaks with a feast—lamb, red eggs, and joyous greetings—symbolizing victory over death. Yet this joy is earned through Lent's labor. The forty days strip away illusions, teaching that true life comes through dying to self, just as Christ did.

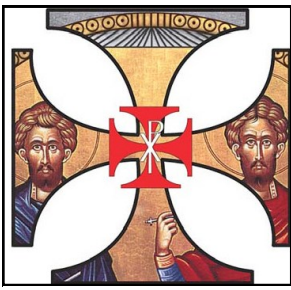
For Orthodox Christians, Lent is a mirror reflecting both human frailty and divine grace. It's a season of paradox: mourning leads to rejoicing, hunger to fullness, descent to ascent. In a culture obsessed with instant gratification, Lent stands as a counterpoint, inviting believers to slow down, look inward, and reach upward. Its significance lies not in rules or rituals but in the promise it holds: that through repentance, fasting, and prayer, the soul can taste the resurrection even now.

*+Very Rev. Archimandrite Christodoulos Margellos*



## March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
<p><b>Faet Day</b> (Dairy Permitted)</p> <p><b>Porgiveness Sunday</b> <b>Cheese Fare Sunday</b></p> <p>8:30 a.m. Orthros 8:45 a.m. Divine Liturgy Sunday School/Creek School</p>	<p><b>Clean Monday</b> <b>Great Lent Begins</b> <b>Strict Faet Day</b></p> <p>8:00 p.m. Great Compline</p>	<p><b>Strict Faet Day</b></p>	<p><b>Strict Faet Day</b></p> <p>11:00 a.m. Adult Religious Education Class</p> <p>5:30 p.m. Pre-Sanctified Liturgy</p> <p>7:00 p.m. Choir Practice</p>	<p><b>Strict Faet Day</b></p> <p>8:30 p.m. Virtual Adult Religious Education Class</p>	<p><b>Strict Faet Day</b></p> <p>8:00 p.m. 1st Salutation Service</p>	<p><b>Faet Day</b> (Wine &amp; Oil Permitted)</p> <p><b>Russian Mission Service</b></p>
9	10	11	12	13	14	15
<p><b>Sunday of Orthodoxy</b></p> <p>8:30 a.m. Orthros 8:45 a.m. Divine Liturgy With Special Procession of the Icons Sunday School/Creek School</p> <p>5:00 p.m. Sunday of Orthodoxy Pan Orthodox Vespers</p>	<p><b>Strict Faet Day</b></p> <p>8:00 p.m. Great Compline</p>	<p><b>Strict Faet Day</b></p>	<p><b>Strict Faet Day</b></p> <p>11:00 a.m. Adult Religious Education Class</p> <p>5:30 p.m. Pre-Sanctified Liturgy</p> <p>7:00 p.m. Choir Practice</p>	<p><b>Strict Faet Day</b></p> <p>8:30 p.m. Virtual Adult Religious Education Class</p>	<p><b>Strict Faet Day</b></p> <p>8:00 p.m. 2nd Salutation Service</p>	<p><b>Faet Day</b> (Wine &amp; Oil Permitted)</p> <p><b>Russian Mission Service</b></p> <p><b>Ethiopian Mission</b></p>
16	17	18	19	20	21	22
<p><b>Faet Day</b> (Wine &amp; Oil Permitted)</p> <p><b>Sunday of Saint Gregory Palamas</b></p> <p>8:30 a.m. Orthros 8:45 a.m. Hierarchical Divine Liturgy Sunday School/Creek School</p> <p>5:00 p.m. Pan-Orthodox Vespers Saint Ignatius</p>	<p><b>Strict Faet Day</b></p> <p>8:00 p.m. Great Compline</p>	<p><b>Strict Faet Day</b></p> <p>7:00 p.m. Parish Council Meeting</p>	<p><b>Strict Faet Day</b></p> <p>No Religious Education Class</p> <p>5:30 p.m. Pre-Sanctified Liturgy</p> <p>7:00 p.m. Choir Practice</p>	<p><b>Strict Faet Day</b></p> <p>7:00 p.m. Women's Spiritual Meeting</p>	<p><b>Strict Faet Day</b></p> <p>8:00 p.m. 3rd Salutation Service</p>	<p><b>Faet Day</b> (Wine &amp; Oil Permitted)</p> <p><b>Ethiopian Mission</b></p>
23	24	25	26	27	28	29
<p><b>Faet Day</b> (Wine &amp; Oil Permitted)</p> <p><b>Sunday of the Veneration of the Holy Cross</b></p> <p>8:30 a.m. Orthros 8:45 a.m. Divine Liturgy Philoptochos Luncheon/ Creek School Program</p> <p>5:00 p.m. Pan-Orthodox Vespers Assumption</p>	<p><b>Strict Faet Day</b></p> <p>8:00 p.m. Great Vespers for the Annunciation Annunciation Cathedral, Milwaukee</p>	<p><b>Faet Day</b> (Fish Permitted)</p> <p>8:30 a.m. Orthros followed by Divine Liturgy</p>	<p><b>Strict Faet Day</b></p> <p>11:00 a.m. Adult Religious Education Class</p> <p>7:00 p.m. Choir Practice</p>	<p><b>Strict Faet Day</b></p> <p>8:30 p.m. Virtual Adult Religious Education Class</p>	<p><b>Strict Faet Day</b></p> <p>8:00 p.m. 4th Salutation Service</p>	<p><b>Faet Day</b> Wine &amp; Oil Permitted)</p> <p><b>Russian Mission</b></p>
30	31					
<p><b>Faet Day</b> (Wine &amp; Oil Permitted)</p> <p><b>Sunday of Saint John Climacus</b></p> <p>8:30 a.m. Orthros 8:45 a.m. Divine Liturgy Parish General Assembly</p> <p>5:00 p.m. Pan Orthodox Vespers Saint Ignatius</p>	<p><b>Strict Faet Day</b></p> <p>8:00 p.m. Great Compline</p>					



# FOCUS ON PHILOTOCHOS HELP US TO HELP OTHERS

Agape Forward, March 2025 Philoptochos News

History fascinates me – blame that on being born a Greek. Levity aside, as the ancient philosopher stated, the more one lives, the more one learns. March, is an auspicious month for our Orthodox faith and Greek heritage. It is a perfect time to learn about two such luminaries: St. Philothei of Athens (1522-1589) and James Jakob Williams (1785/1800 - 1829). In times of darkness, St. Philothei brought hope and salvation. And when Greece was at the precipice of independence James Jakob Williams proved a fierce friend.



St. Philothei (Ἁγία Φιλοθέη ἡ Ἀθηναία), was born Rinoula Benizelos. The only child to a family able to thrive under the Turkish Occupation. Her upbringing was unique. Not only was she steeped in traditional female roles, but her father also ensured that she had a formal education. However, as was the custom, she was married at 14. Her husband turned out to be cruel and her marriage ended three years later when he died. She returned to her family and made it clear that she would never marry again. Indeed, she took to heart Jesus' message of love for others and dedicated herself to charity.

After the death of her parents, she turned her home into the first school for women in Europe. She understood that all people needed to read, write, and have a viable means of providing sustenance for themselves and their families. Originally designated as a school for Christian women, the Turkish authorities allowed her to operate quietly. However, when she refused to turn away Muslim women needing solace from abusive husbands, and when she used her holdings to go to the slave ports and "buy" people to set them free, she became a challenge to authorities. Rather than escape and have her

wards face persecution, St. Philothei was martyred for her faith. Through her faith and actions, St. Philothei helped hundreds of people prosper.

James Jakob Williams (1785/1800 - 1829), while secular, is also important to us, both as Greeks and as Americans. A slave in the United States, Mr. Williams, fought for and died a hero for Greece's Independence. As a young man, Mr. Williams escaped from the Maryland plantation that held him in bondage and hid on the *USS Guerriere*. He fought bravely, and his commander recommended he stay in Greece, where slavery had been abolished. A brave and dedicated soldier, he was able to infiltrate the enemies and share information with the Greek command, help liberate Nafpaktos, and secure the ship Sotir for the Greeks. Mr. Williams died from wounds during the fighting (<https://www.eefshp.org/en/african-americans-and-the-greek-revolution/>).



March 25 honors our faith, a faith that, as St. Philothei's biography points out, is steeped in the belief that ALL people have a right to experience the Agape of our Lord. March 25 also honors our independence. An independence that, as James Jakob Williams' story teaches, expands beyond the boundaries of nationalism or race. As we continue to grow in our faith and our own stories, may these two models help us.

Philoptochos is excited to share our annual March 25 luncheon, this year hosted on Sunday, 3/23. Proceeds from the meal and raffle will go to help the poor of Greece and Cyprus.

Thank you all for your continued support!

## YOUTH CORNER



Hello Sunday school families,

Spring is definitely in the air as the weather has been getting warmer the past couple of days. As lent is around the corner, Sunday school teachers will now be teaching your children about the importance of prayer, fasting, and almsgiving. I encourage all of you and your families to take a step forward in fasting, prayer, and almsgiving this year; whatever that may be in each family household. Teaching your children the importance of lent is very vital in bringing them up in the Orthodox faith. Lent is much more than “becoming vegan for 40 days.” It’s a way of self control, learning to love our brothers and sisters in Christ, and becoming closer with our Lord.

A couple of years ago during lent, many families from the parish came together to volunteer and help package and sort food for the Allied Food Pantry. We are hoping to do something similar again this year. Please keep a lookout for your emails, I am hoping once I find a good organization like in the past that I will send out more information about it, so children and families can come together and help those in need.

Mark your calendars, on **Thursday March 13th** there will be a family outing to Urban Air located in West Towne Mall from 5:30 pm - 7:30 pm. There are lots of fun activities for kids to choose from to play with their friends and jump around! We hope you can make it for some family fellowship fun.

In Christ,  
Susu Akkawi

## COMMUNITY NEWS

**PARISH COUNCIL MEETING:** Will be held on Tuesday, March 18th at 7:00 p.m.

**PHILOTOCHOS MEETING:** The Next meeting will be on Tuesday, March 25th via Zoom.

**ADULT RELIGIOUS EDUCATION CLASS:** We have begun A.R.E. classes. We will be starting “Spiritual Counsels” Classes are on Wednesday’s at 11:00 a.m. and Thursday at 6:30 p.m. via Zoom. Everyone is welcome to join us.

**WOMEN’S SPIRITUAL MEETING:** Women's spiritual zoom meetings will be on Thursday, March 20th at 7:00 p.m. If you are interested in participating and you haven't signed in yet please contact Peli Galiti at pegaliti@gmail.com You will get the zoom link in your email.

**STEWARDSHIP 2025 APPEAL:** At our Stewardship meeting, we have discussed the changes at Assumption. The church is in constant transition, and our aim is to anticipate the time, talent, and treasure needs of our community. We need to combine the Strengths of our heritage, our Orthodox Tradition, and our faith in God to encourage what we do now & toward the future. The Church needs the involvement of you and me, & with the Help of God, to shape our programs to meet the needs of our community & to reach out to others, outside of our community. Please volunteer this year your time and talents, for the good of the church. Nearly every committee has need of the talents and time of leaders & contributors.

**SUNDAY OF ORTHODOX SUNDAY SCHOOL PROCESSION MARCH 9TH:** Sunday, March 9th at the conclusion of the Liturgy we will be having our Sunday of Orthodoxy Procession of Icons with our Sunday School children. We ask all our Sunday School kids and Parishioners bring their Icons next week in celebration of the restoration of Icons to the Church. It is a Good for everyone to participate by bringing Icons. We pray to see you all there.

**ANNUNCIATION PHILOPTOCHOS LUNCHEON & GREEK SCHOOL PROGRAM:** Our Ladies Philoptochos are hosting Luncheon for the feast day of Annunciation and Greek Independence Day. Our Greek School will also be having their Greek School program as part of the Luncheon as well. The Luncheon will have a Plaki Dinner and the cost will be \$15 for Adults and \$10 for children 10 and under.

[Click Link Here](#)

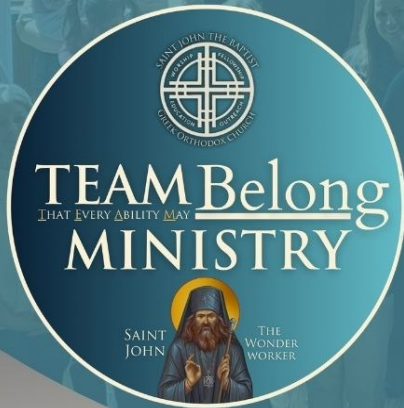
It is highly encouraged to make a reservation so that we can gauge how many people will be attending the luncheon. Reservations are not required and we will allow walk-ins. I hope to see you all joining us for this wonderful day.

**PAN ORTHODOX VESPERS:** Sunday of the Triumph of Orthodoxy will be chanted on Sunday, March 9th, at 5:00 p.m., here at Assumption Greek Orthodox Church. We will then be alternating with Saint Ignatius for Sunday Evening Lenten Vespers. All Orthodox faithful are encouraged to attend and co-celebrate this historical triumph of our Holy Church as well as all the other Lenten Vespers.

**ALTAR BOY WORKSHOP SUNDAY, APRIL 6th:** We are hosting a workshop for our current Altar Boy & for anyone wanting to join the ranks. We will be going over proper procedure and order for services and processions. Anyone who would like to join the Altar boys is Welcome but must be at least 8 years old. It will be following Liturgy on Sunday, April 6th. Come join our blessed tradition of serving God.

**PLEASE REMEMBER THE CHURCH IN YOUR WILL OR ESTATE PLANNING:** As we begin this new year, please consider making a Planned Gift to the Church. A Planned Gift is an opportunity to leave a legacy that strengthens the Church and supports its vital ministries and will leave an impact that will be felt for years to come. It may also give you substantial current tax benefits as well as estate tax benefits. If you are interested in finding out more about the many ways that the Church can be included in your will or estate planning, please contact a Parish Council Member.

**FOOD FOR THE NEEDY:** Please help the needy and bring non-perishable food items for the Food Pantry. Canned vegetables and fruits, pasta, baby food, canned meals, peanut butter and jelly, pasta sauce, cereal, canned soup, etc. We are always so fortunate and thankful that we have generous parishioners. We are able to feed many of those in need, with your help. Place any items in the Barrel in the Foyer



# Lenten Retreat

## *An Eternal Perspective*

**Orthodox Christian families with children and adults with disabilities** are welcome to an afternoon Lenten Retreat with a speaker for parents/caregivers and activities for participants with disabilities, supported by 1-to-1 volunteers, and their siblings. **All interested in the topic are welcome! [Register here.](#)**

**8** March  
2025

St. John the Baptist Greek  
Orthodox Church, Des Plaines

### SCHEDULE OF EVENTS:

**1:30-2 pm Arrival, participants with disabilities paired with volunteers**

**2-4:45 pm**

- **Workshops for Adults: Fr. Ephraim Peters**
- **Participants with disabilities, volunteers, and siblings will participate in music, art, gross motor, and other activities adapted for all needs.**

**4:45-6 pm Dinner**

**6 pm Vespers**

**Email [abbyvlahos@gmail.com](mailto:abbyvlahos@gmail.com) with questions.**



**THIS EVENT IS FUNDED BY A  
GENEROUS GRANT FROM THE  
HELLENIC FOUNDATION.**



**SPEAKER**

*Fr. Ephraim  
Peters*

Fr. Ephraim is the pastor at St. George Greek Orthodox Church in Keene, NH in the Metropolis of Boston. He'll be leading the workshops for parents/caregivers around the theme of an Eternal Perspective on parenting, especially the particular challenges and blessings of being a parent of a child with disabilities. He'll be bringing his own personal experience as the parent of two adult autistic sons.



# GREEK INDEPENDENCE DAY LUNCHEON

Sunday March 23, 2025 after liturgy



Plaki (baked fish in tomato), Rice, Greek Salad, Skordalia (garlic potato dip) and Bread. Hand made by our own Philoptochos members.

*Adults \$15, Children \$10*

Please RSVP for the meal [HERE](#) so that we can get an estimate of how many meals to make.

Payment is not due until day of event. If you do not RSVP we cannot guarantee there will be extra dinners available.

In conjunction with the dinner, we will be drawing the lucky winner for our 4-night Stay at Sunset Nook Cottage on Green Lake. This is a fundraiser for humanitarian aid for Greece and Cyprus. Raffle tickets are \$20 each or 3 for \$50. Follow this [LINK](#) for more information about this exciting getaway.



**Sunday of Orthodoxy**  
**Pan-Orthodox Vespers**  
**At Assumption Greek Orthodox Church**



**On Sunday, March 9th, 2025 the Madison Area Orthodox Churches will be having our Fourth Annual Sunday of Orthodoxy Pan-Orthodox Great Vespers.**

**Services will begin at 5:00 p.m. at  
Assumption Greek Orthodox Church  
11 N. 7th St, Madison, WI**

**We will have a Pan-Orthodox Choir singing along with our Chanters.**

**Our Ladies Philoptochos will be hosting fellowship coffee hour immediately following the service in our Fellowship Hall**

**Lenten Pan-Orthodox Vespers  
For the Madison Area Orthodox Church**



**On Sunday's, March 9th, 16th, 23rd & 30th 2024 the Madison Area Orthodox Churches will all be hosting Sunday Night Lenten Pan Orthodox Great Vespers.**

**All Services will begin at 5:00 p.m.**

**Sunday's, March 9th & 23rd - Assumption Greek Orthodox Church  
11 N 7th St. Madison, WI**

**Sunday's, March, 16th & 30th - Saint Ignatius Antiochian  
Orthodox Church**

**2124 Shafer Drive, Fitchburg, WI**



**\$1,200 VALUE**

## SUNSET NOOK COTTAGE

*Green Lake, Wisconsin*



## Waterfront Cottage

### Win a 4 Night Getaway!

Valid Oct 15 thru May 1st

#### Philoptochos Sponsored Event

Proceeds will benefit the neediest of Greece and Cyprus.

Scan to see Photos



- ✓ Two Bedroom Ranch
- ✓ 1 Bath w/ walk-in shower and jacuzzi
- ✓ Fully Equipped Kitchen
- ✓ Boat Slip
- ✓ Kayaks
- ✓ Walk to restaurants and downtown shops

**SOLD WITH FAITH**  
REAL ESTATE  
608.444.8330



Donated By:  
**Faith Morledge**  
Realtor/Broker





**Assumption Philoptochos Raffle to Raise Money for Crisis Relief for the Poor of Greece and Cyprus**

Win a 4-night stay at Sunset Nook Cottage on Green Lake, WI.

Drawing to be held on March 23, 2025.

**Raffle Tickets: \$20 each or 3 for \$50**

Name \_\_\_\_\_

Email address and/or phone number \_\_\_\_\_

Amount of cash/check donation \$ \_\_\_\_\_

Please enclose this form in an envelope along with your donation (cash or check\*)

Place the envelope in the Philoptochos philanthropy basket at church exo-narthex.

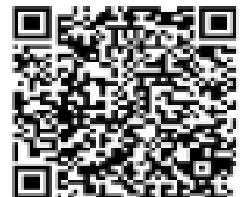
Alternatively, mail a check\* with your donation to Philoptochos Treasurer:

Beth Fatsis  
1215 E Johnson St  
Madison WI 53703

\*Checks payable to Philoptochos with "Greece" in the memo section.

Credit/debit card payments, Apple Pay and Google Pay are also accepted. Link below will take you to our secure payment processor.

[Click here or scan QR code to pay electronically.](#)



Thank you very much for your ongoing support! Winner will be selected at our luncheon on March 23, 2025. Need not be present to win.

# **METROPOLIS OF CHICAGO PHILOPTOCHOS LENTEN RETREAT 2025**

## **Using Your Gifts for the Glory of God**

**Saturday, March 15, 2025  
9:00 am - 1:30 pm**

**Fellowship & Registration  
beginning at 9am  
Services, Presentations and  
Luncheon to follow**



**Corinthians 12:4-7 -  
"There are diversities of  
gifts, but the same Spirit.  
There are differences of  
ministries, but the same  
Lord. And there are  
diversities of activities,  
but the same God who  
works all in all. But the  
manifestation of the  
Spirit is given to each one  
for the profit of all."**

**Retreat Master: His Grace Bishop Timothy of Hexamilion**

### **Presentations by:**

**Rev. Fr. Anastasios Theodoropoulos**  
English Speaker  
All Saints - Joliet, IL

**Rev. Fr. Sotirios Malamis**  
Greek Speaker  
Ascension of Our Lord - Lincolnshire, IL

**RSVP to your Chapter President or Lenten Retreat Co-chairs  
by Wednesday, March 5th**











Please let us know if you will be attending the English or Greek presentation

**Co-chairs: Kathy Siavelis - [katherine.siavelis@gmail.com](mailto:katherine.siavelis@gmail.com) - (847) 710-0326  
Eleni Zervas - [eleni.zervas@gmail.com](mailto:eleni.zervas@gmail.com) - (414) 852-5020**

**Annunciation Greek Orthodox Church  
9400 West Congress St. Wauwatosa, WI 53225**

# OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

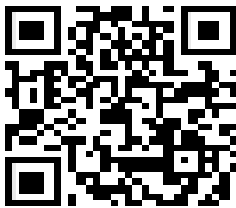
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 9th</b>	 <p><i>TRIODION WEEKS</i> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14</p>	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every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



March 2025

# MESSAGES *from* the METROPOLIS

[www.chicago.goarch.org](http://www.chicago.goarch.org)



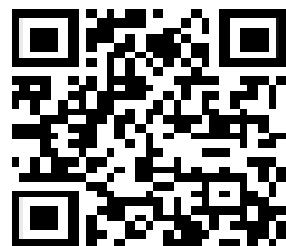
SCAN FOR  
MORE NEWS

## LATEST NEWS

- 2/28 Encyclical Concerning Regional Vicars
- 1/30 Clergy, parishes, and ministries to benefit in new ways through success of the Metropolis of Chicago's 2024 Annual Vision Campaign
- 1/28 The vision of a flourishing Church for all people steadily coming to fruition as a result of Metropolis of Chicago goal setting in 2024

## UPCOMING EVENTS

- 3/7-9 YAL Spring Retreat
- 3/8 TEAM Belong Lenten Retreat
- 3/22 Fanari Lenten Retreat
- 4/5 Family Synaxis Lenten retreat



SCAN FOR  
MORE  
EVENTS

sign up to receive email updates:  
[www.chicago.goarch.org/sign-up](http://www.chicago.goarch.org/sign-up)