



“Let everything take second place to our care of our children, our bringing them up to the discipline and instruction of the Lord. If from the beginning we teach them to love true wisdom, they will have great wealth and glory than riches can provide. If a child learns a trade, or is highly educated for a lucrative profession, all this is

nothing compared to the art of detachment from riches; if you want to make your child rich, teach him this. He is truly rich who does not desire great possessions, or surround himself with wealth, but who requires nothing... Don't think that only monks need to learn the Bible; Children about to go our into the world stand in greater need of Scriptural knowledge.”

– St. John Chrysostom, *Homilies on Ephesians*

Sunday Services Schedule

Orthros: 8:00 a.m.— Divine Liturgy: 9:30 a.m.

Sunday School begins after Holy Communion and is dismissed at 12 noon

Saint Spyridon Hellenic Orthodox Church

12307 S. Ridgeland Ave.

Palos Heights, IL 60463

[www. Saint-Spyridon.org](http://www.Saint-Spyridon.org)



2018-2019

Sunday School Teaching Staff

The teachers and various coordinators of the Sunday School Program are fellow parishioners who love children and show a desire to serve our Lord through the stewardship of teaching. They stand as role models for our children. The following are the names of all our Sunday School Staff:

Spiritual Advisor:

Father Tilemahos Alikakos

Sunday School Director: Zoe Kopanis

Curriculum Coordinator: Irene Giardina

Events Coordinator: Dana Vasilakos

Pre-School—3 yr. & 4yr.

Angie Koutsis
Toni Eliopulos
Kathy Karopoulos

Kindergarten

Amy Korollis
Helen Halikias
Cindy Polyzos

1st & 2nd Grades

Bessie Mihas
Maria Bousies

3th & 4th Grades

Litsa Tsarouhis
Patricia Vythoulkas

5th & 6th Grades

Becky Righetti
Irene Giardina

7th & 8th Grades

Presvytera Georgia
Kiki Kavroulakis

High School Girls

Helen Pappas

High School Boys

Alex Sotiropoulos

P.T.A. Scholarship

The Sunday School is grateful to the P.T.A. for providing a scholarship to college-bound graduating seniors. In order to be eligible for the scholarship, applicants must have attended Sunday School during their senior year of High School.



St. Stephen's Award

At the Sunday Graduation ceremony, one deserving altar boy receives the St. Stephen's Award. Eligible altar boys have to complete certain requirements as they are outlined during the altar boy meetings throughout the year.

St. Makrina Award

At the end of the school year, one deserving young lady receives the St. Makrina Award for her dedication and outstanding service to the educational programs of Saint Spyridon.



Sts. Peter & Paul Award

The Sts. Peter & Paul Award is given to a Sunday School student who shows concern and active involvement in the Sunday School Service Projects.

Iconography Seminar

Our Iconography seminar will once again welcome new and old students to learn how to make icons. Mr. Panagiotis Michalopoulos, a professional iconographer, is donating his time to teach both children and adults the art of iconography. The Registration Fee for this class is \$100 for stewards of Saint Spyridon. **Classes will be offered on Wednesday evenings starting on Wednesday, September 19th, at 6:00 p.m.**

Junior Choir

All Sunday School students ages 7 and older are invited to join the Junior choir. The children sing ecclesiastical hymns during the Divine Liturgy once a month, and with the regular choir throughout the year. Practice and Liturgy schedule will be announced.

Bible Study

Religious Education is a lifelong undertaking for every Orthodox Christian. At Saint Spyridon, Religious Education classes have focused in the past on a variety of topics including the Divine Liturgy, the Creed, the Miracles and Parables of the Four Gospels, and much more. Our theme this year will be the Book of Acts which describes the early history of our Church and in which we discover the roots of our liturgical and spiritual life. **Classes begin on Wednesday, September 19th at 7:00 p.m.**

Community Events

- Back to School Retreat—August 25th, 2018*
- Philoptochos Fall Luncheon—September 29th, 2018*
- Annual Dinner Dance—October 21st, 2018*
- IOCC Walk—November 3rd, 2018*
- Feed the Hungry—November 13th, 2018*
- Christmas Craft Show—December 1st & 2nd, 2018*
- Parish Feast Day—December 11th & 12th, 2018*
- Youth Christmas Celebration—December 14th, 2018*
- Christmas Pageant—December 23rd, 2018*
- Godparents Sunday—January 20th, 2019*
- Archangels Pancake Breakfast—February 10th, 2019*
- Family Fun Night—February 22nd, 2019*
- Apokreatiko Luncheon—March 3rd, 2019*
- Saturday of Lazarus Lenten Retreat—April 20th, 2019*
- Palm Sunday Luncheon—April 21st, 2019*
- Mothers Day Luncheon—May 12th, 2019*
- Graduation Sunday—May 19th, 2019*
- Golf Outing—June, 2019*
- Greek Festival—July 6th & 7th, 2019*



Service Projects 2018-19

Through our Sunday School, our Saint Spyridon children will have the opportunity to contribute toward a variety of philanthropic projects listed below. Every Sunday our students will have the opportunity to contribute an item or a monetary gift toward our service goals. Furthermore, all donation items can be dropped off at the designated Food Pantry area by the east door of the Community Center.

IOCC Walk—Saturday, November 3rd, 2018

Come out for a walk at Lake Katherine and support the International Orthodox Christian Charities.

“Feed the Hungry” Drive (September & October)

On November 13th, our parish Philoptochos will be feeding the homeless at the Annunciation Cathedral. At that time we also take coats, jackets, socks, sweaters, and other winter items for the homeless who come for the lunch. Our kids are asked to donate those items for the November 13th event.

Thanksgiving & Christmas Drives (November & December)

Over twenty families depend on our Food Pantry throughout the year and especially for the holidays. Canned goods, cereals, pasta, grocery store gift cards or donations for the Thanksgiving and Christmas season are welcome.

Pediatric Oncology Treasure Chest Foundation (January & February)

The Oncology Treasure Chest Foundation places toys and books at Children Cancer centers. Details on the items that they are looking for will be given to our students.

SOS Children’s Villages (March –May)

This organization operates four sites in Illinois to provide foster care and resources to children. We will be collecting gift cards to support the villages so they can offer comprehensive quality services to children and families in need. Some gift card ideas are Amazon, Gas cards, Phone cards, Retail cards.

Goals of the Sunday School Program

- * To encourage all students from Pre-School age to High School to participate in our religious education program at Saint Spyridon Church.
- * To make our Sunday School spiritually enriching to our children.
- * To provide the Sunday School staff and students with books and resources which inspire learning.
- * To provide Sunday School students the opportunity to learn about Stewardship and caring for God's creation.
- * To provide well rounded and theologically based lessons on the Bible, Liturgical Worship, Prayer, Sacramental Life, and Mission awareness.
- * To learn how to work together with one another in the House of God.

Ways Parents Can Help Strengthen the Foundation of Religious Education

- * Plan to be in Church prior to the beginning of the Divine Liturgy which begins at 9:30 am.
- * Be consistent. Attend Church regularly.
- * Visit the classroom and meet with the teacher to see what lessons your child is learning so they can be re-enforced at home; ask your child if they have any special handouts from the teacher.
- * See that your child comes to class prepared with books, homework assignments etc.
- * Practice the faith at home, observe fast days and schedule family prayer time. Children are great imitators; what they see you do, you will see them do.
- * Be realistic in setting your goals as you grow in the Faith. Do not feel alone, or overwhelmed, but turn to Him in prayer at all times.

Family Ministries at Saint Spyridon

HOPE

HOPE is a youth program for children 3 to 6 years old, where they learn about the lives of the saints and do a small craft. Meeting dates will be announced.

GOYA

Boys and girls in 6th-12th (Jr. GOYA) are welcome to join. Various athletic, social and religious activities are held as well as other programs. Meetings are twice a month and the first meeting and elections of officers will take place on **Wednesday, September 12th at 8:00 p.m.**

Altar Boys

Boys in 1st grade through High School are called to serve as Altar Boys. Along with their Altar duties, regular meetings and other programs are held. If you wish for your child to participate please contact Fr. Tilemahos. Meeting times will be announced through Remind App.

Handmaidens

Girls ages 7-17 are called to serve as Handmaidens. Meetings are geared toward service projects that teach young girls to offer their time and talents to the church and to the community at large. Meeting schedule will be announced through Remind App.

FLOGA Dance Troupe

The Greek dance groups at St. Spyridon have been part of the church community for many years. Teaching Greek dance to the youth of the church is a way to keep our customs and traditions alive and ensures that these special lessons will be passed down to future generation. In 2017, Saint Spyridon formed a new Greek Dance Troupe called FLOGA. It is for young dancers 7th-12th grades, and the instructor is Mr. Angelo Angelos.

This year, all our dancers will have the chance to participate in the Midwest Hellenic Dance Festival on October 5th-7th. The registration for the MHDF is included in the tuition. **Practices are on Wednesday evenings at 7:00 p.m. starting on September 12th. Annual Registration Fee: \$200.**

Athletics

All youth (boys and girls) between the ages of 5-17 are invited to join the Athletics Program of our parish. We are in need for coaches for the basketball season and for Jr. Olympics. For more information or to volunteer as a coach for one of the teams, please contact our athletic director, Mr. John Farsatis through the Church Office.

Family Ministries at Saint Spyridon

Parent Teacher Association (P.T.A.)

The "Parent & Teacher Association" of Saint Spyridon consists of the Greek School & Sunday School teachers, the parents of the Greek and Sunday School students and parishioners who are interested in the education of our children. The purpose of the P.T.A. is to help and support the different programs of our schools. We ask everyone to please become members and active supporters of our P.T.A.

Sunday School

Sunday School is held during the regular school year (September thru May). Grade levels are from Pre-School through 12th grade and registration is held in August and September. We ask all parents to enroll their children in Sunday School and have them attend on a regular basis so that they may come close to the Church and learn more about our beautiful Orthodox faith. **Registration Fee for Sunday School is \$40/ student payable to Saint Spyridon.**

Greek School Plutarchos

The Afternoon Greek School is held twice a week on Mondays and Fridays from 4:30-6:30 p.m. and recognized by the Education Department of Greece and the FEK 49/T.B./6-2-1991. Grade levels are Pre-School through 8th Grade. The curriculum encompasses the Greek language, Reading, Writing, Speaking, History, Religion, Ecclesiastical Hymns, Geography of Greece, Greek Ethnic Hymns and Greek Dance. **Tuition Agreement Form Required.**

Archangels Academy

The first Orthodox Bilingual Preschool of the south suburbs offers an excellent Preschool program for our Orthodox families. Archangels Academy is welcoming all students who are 3 years old by September 1st, 2018. Classes are held Monday through Friday, 9:00 am — 12:00 noon.

Cherubs

Under the wing of the Archangels Academy, Cherubs is a toddler-caregiver program that welcomes our young children from 6 months to 4 years old, along with caregivers. The group meets every Wednesday, 10:30a.m.—12noon. The program runs September through May and it is offered free of charge to all area Orthodox families.

Guidelines For Parents of Infants & Toddlers

It is important for parents to attend Church often with their infant or toddler before they become of Sunday School age. This helps the child become more comfortable being in Church and participating in the worship services. There is no doubt that attending Church regularly with an infant or toddler takes commitment. It is also fair to say that, as a parent, you may be distracted during the worship service because of your personal attention to your child's needs. Nevertheless, it is very important to have these youngsters attend church on a regular basis because attending the Divine Liturgy and receiving Holy Communion is a vital part of their young spiritual lives.

Guidelines For Parents Of Younger Children

For the safety of all children who attend Pre-School through 2nd grade, it is necessary for a parent to go to class and pick up your child personally, before you enjoy the refreshments served at the fellowship hour. This will prevent a child from becoming anxious because a parent cannot be found.

Student Stewardship

"God loves a cheerful giver" (2 Corinthians 9:6-7).

It is very important for our young children to learn to give back to their parish from their Time, Talent, and Treasure. Please, remind your children to bring a gift to the church every week, whether it is a dollar, or a can of food for the Food Pantry, or on item from the service projects listed in the back of this brochure. It is also important to instruct our children to help around the church by cleaning up after themselves and by being respectful of the church edifice. Most importantly, our students' greatest contribution is to pray for our staff and all our parishioners, for the prayers of children are always heard by our all merciful God.

Sunday School Calendar 2018-19

AUGUST

Saturday, August 25th—Back to School Retreat

Sunday, August 26th—Registration

SEPTEMBER

Sunday, September 2nd—Registration

Saturday, September 8th—Sunday School Staff Meeting

Sunday, September 9th- 1st Day of Class

Sunday, September 16th—Class

Sunday, September 23rd—Jr. Choir, Class

Sunday, September 30th—Class, Philoptochos Luncheon

OCTOBER

Sunday, October 7th—Family Worship

Sunday, October 14th—Class

Sunday, October 21st—Class, 101st Dinner Dance

Sunday October 28th— Jr. Choir, Class

NOVEMBER

Saturday, November 3rd—IOCC Walk @ Lake Katherine

Sunday, November 4th—Class, Philoptochos Sunday

Sunday, November 11th — Class

Thursday, November 15th—Advent Begins

Sunday, November 18th—Jr. Choir, Class

Sunday, November 25th—Thanksgiving Break, Family Worship

DECEMBER

Sunday, December 2nd—Class, Christmas Craft Show

Sunday, December 9th—Class

Tuesday, December 11th—Vespers for St. Spyridon's

Wednesday, December 12th—Feast Day of St. Spyridon

Friday, December 14th—Family Fun Night—5:00 p.m.

Sunday, December 16th—Class

Saturday, December 22nd—Pageant Practice—10 a.m.

Sunday, December 23rd—Jr. Choir, Christmas Pageant

Sunday, December 30th—Family Worship

Sunday School Calendar 2018-19

JANUARY

Sunday, January 6th—THEOPHANY, Family Worship

Sunday, January 13th—Class

Sunday, January 20th—Godparents Sunday, Family Worship

Sunday, January 27th—Jr. Choir, Class, PTA Sunday

FEBRUARY

Sunday, February 3rd—Class, IOCC Souperbowl

Sunday, February 10th—Class, Archangels Breakfast

Sunday, February 17th—Presidents Day Weekend, Family Worship

Friday, February 22nd—PTA Family-Fun Night

Sunday, February 25th— Jr. Choir, Class

MARCH

Sunday, March 3rd—Class, Meatfare Sunday Luncheon

Sunday, March 10th—Jr. Choir, Class, Cheesefare Sunday

Monday, March 11th—Great Lent Begins

Sunday, March 17th— Class, Procession of Icons

Oratorical Projects Due

Sunday, March 24th— Class, Oratorical Project Display

Sunday, March 31st—Class

APRIL

Sunday, April 7th—Class

Sunday, April 14th—Class

Saturday, April 20th—Saturday of Lazarus Lenten Retreat

Sunday, April 21st—Jr. Choir, Class, Palm Sunday

Sunday, April 28th—Pascha

MAY

Sunday, May 5th—Class, Bible Bowl

Sunday, May 12th—Class, Mother's Day

Sunday, May 19th—Jr. Choir, Graduation Sunday

May 24-26—Jr. Olympics

JUNE

June 17—21, 2018—Vacation Bible School