

Clean Monday Lenten Dinner - Please make your reservations for tomorrow night's dinner in the gym after Liturgy. \$12 Adults, \$4 children (4-12). Office (773) 334-4515

Weekly Offering Envelopes are available in the auditorium after services. If you are interested in using weekly envelopes, please contact the office (773) 334-4515

Adult Bible Study - Monday, March 18th @ 7:00 pm. Come join us and learn about the richness of our faith through scripture. Bring your bibles, we will be using the Orthodox Study Bible. For more information call the office at (773) 334-4515 and speak to Father John.

Mommy and Me will be meeting on Friday, March 15th @ 10:30 am in the pre-school room. Great Lenten lesson and craft. If you are interested in joining the group please contact Stephane Collopy at sacollopy@gmail.com

Spiritual Book Club

We will be meeting after church in Fr. Athanasios' office. Everybody is welcome!

Back by popular demand, Nick the Greek will be returning to the Greenhouse Theater, 2257 North Lincoln Avenue. April, 5, 6 and 7. This moving and spirited one-woman play, performed in English, is the story of immigration and has performed to sold-out audiences and to standing ovations in LA, NY and Chicago. The actress, Angeliki Giannakopoulos, seamlessly performs seven characters and as The National Herald said, "It is... Bold...Brash...Brilliant."

Please visit www.greenhousetheater.org/nickthegreek for more information and to purchase your ticket(s) or call the Box Office at (773) 404-7336, Tues-Sat. 12pm – 6pm; Sun. 12pm- 4pm. The producers are generously donating 15% of the total St. Andrew sales back to our church, but you must complete the short questionnaire when purchasing your ticket(s) online and when it asks, "Where did you hear about Nick the Greek, type in STANDREW." Easiest thing to do is to call the box office and mention that you are from St. Andrew. This offer is going out to other select churches and will be advertised to the public. Seats are limited.



Saturday, March 16 - Meeting & Blanket-making project. In the President's Room after Service (11:30) Join us after the Saturday of the Souls service for a light breakfast and short meeting. We'll be making the "tie blankets", and we welcome kids to help out with this project. Hope to see you then!

Sunday, March 17 - Pan Orthodox Vespers. St. Andrew Church at 6:30pm

Would love to see you for this service and then have your help in hosting visitors from other Orthodox churches. If you would like to bake or help serve, please email Marilyn: mglttd@aol.com.

Friday, March 29, Sandwich Making 10:30-noon. In the Kitchen

Thank you to all who have been coming on a monthly basis and making these sack lunches. It is nice to see new faces each month, along with the "regulars". Would you like to know how you can help? Please contact Vicki at (773)327-3194.

Saturday, March 30, Lenten Retreat. 9am-1:30pm St. Spyridon Greek Orthodox Church, Palos Heights

This year's theme is "Refugees, War, and Oppression", with a presentation by Dr. Vasileia Digidiki, M.A., PhD. You are cordially invited to participate in this informative and enlightening program.

Sunday, March 31, Pasta Lunch. After Liturgy in the Auditorium

Philoptochos sponsors this pasta lunch, and the Greek School students perform by reciting poems and singing songs on this special day, remembering Greek Independence Day, along with the third Sunday of Lent, Sunday of the Veneration of the Holy Cross. Looking for volunteers to chair and assist. If you are available and would like to help with this luncheon, please reply to: fotine14@yahoo.com

Welcome to Saint Andrew's Greek Orthodox Church

"Proclaiming Orthodoxy Since 1926"

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Fr. John N. Kalomas – Proistamenos

Fr. Athanasios Minetos - Associate Priest

Fr. John Kutulas – In Loving Memory



SUNDAY, MARCH 10, 2019 (Cheesefare Sunday)

STEWARDSHIP QUOTE – *Let The Wicked Forsake Their Ways And The Unrighteous Their Thoughts. Let Them Turn To The Lord, And He Will Have Mercy On Them, And To Our God, For He Will Freely Pardon (Isaiah 55:7) A Good Steward Begins With Repentance Of Their Heart To God.*

MEMORIAL

Georgia Karafotias - 3 years

George Karafotias - 15 years

May Their Memory Be Eternal!!!

Coffee Hour is being sponsored by The Karafotias Family.

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• **FOR NON-ORTHODOX CHRISTIANS:** We welcome those Christians not fully united with us. It is a consequence of the sad
• divisions of Christianity that we cannot extend to you a general invitation to receive Holy Communion. Orthodox
• Christians believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and
• worship. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet
• exist and for which we must all pray. We do however invite you to receive the blessed bread that is given out to all at
• the end of service. Thank you for coming and worshipping with us.
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Forgiveness Sunday: A Time To Look At The Inner Forgive The Outer

My Beloved:

We have reached the 2nd Road of the Triodion Period. The Period of Great and Holy Lent. We have completed the preparatory period of the Pre-Lenten Sundays. We saw three parables; 2 maintaining the theme of a forgiving and loving Father. The third as a Judgmental Father and finally this last Sunday encompassing all three not meant for God but for us; to forgive so we also will not be judged.

It's a time where many now prepare their homes with Peanut butter and jelly, Lentils for the soup, all sorts of fast free products that will allow us to understand in the physical sense the journey that we are walking on. No dairy and no meat for these next 40 days. Yes the period of Lent is here because the food that we eat during this time is present. Maybe though we may miss the picture because how many of us follow that strict road of no meat and dairy for the 40 days? The question also needs to be asked is how many of us then use the fasting to actually somehow find the loop hole in the fast? I will not use olive oil, but I will use corn oil. I will not have regular milk but I will use Almond milk. Ask ourselves the question why don't we cook therefore always with corn oil and why don't we always use almond milk instead of regular dairy milk? Sometimes we make fasting more into a hypocritical situation than the situation of placing ourselves on a disciplinary level. If you ask a monk he will say to you, "Oil is Oil whether from the olive or from the corn." He will say "Milk is milk whether from the cow or from the almond seeds." It is discipline. Maybe we should avoid the corn oil during Lent just as much as we avoid the olive oil. Maybe we should avoid the almond milk during lent as we avoid the dairy. Maybe we should avoid the veggie burger as we avoid the regular hamburger during lent. It is all called discipline or is that all it is? Discipline from food?

I named this message "A time to look at the inner and forgive the outer." I truly believe that all that issue of fasting is a waste of time if we do not follow a more strict discipline of the inner self and not the outer world. We must look inwardly before we look outwardly. Before we even begin to fast from the physical foods of the world, we should fast

from spiritual foods that we will take with us into the next life. I mean at the end of it all, the one thing we are trying to accomplish is salvation.

Therefore this is my suggestion what you need to fast from first this year during Great and Holy Lent; Fast from hurting words and say kind words. Fast from sadness and be filled with gratitude. Fast from anger and be filled with patience. Fast from pessimism and be filled with hope. Fast from worries and have trust in God. Fast from complaints and contemplate simplicity. Fast from pressure and be prayerful. Fast from bitterness and fill your hearts with joy. Fast from selfishness and be compassionate to others. Fast from grudges and be reconciled. Fast from words and be silent so you can listen. I truly feel that a person's spiritual life will be filled with strength and cleanliness and once that is completed, the physical fast from the foods that we eat will become for us not a moment to circumvent the true rules of fasting, but a moment that we also discipline the physical self of our lives.

I wish you all a great adventure as well as journey during these holy days. I wish you all the opportunity to find and cleanse the inside of our spiritual self so that we can eventually can fully embrace the outside of our physical self. Take the opportunities that are given to us that will help us make this journey and succeed. Go to the Lenten Services that will be offered on Wednesdays and Fridays. Recite the prayer of St. Ephraim the Syrian who wrote on how Great Lent must be followed Attend Bible study to learn about its teachings and writings. Make the effort to see your priest for confession so you can be able to breathe again freely. For once we are free, when we come into a darkened church at the end of this road, we will find the bright candle coming out of the altar and the priest saying the words "Come and Receive The Light." A blessed Great Lent my beloved. Please forgive me your priest the sinner that I am.

Fr. John N Kalomas

EPISTLE READING **Romans 12:11-14; 14:1-4**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgement on him who eats; for God has welcomed him. Who are you to pass judgement on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

GOSPEL READING **Matthew 6:14-21**

The Lord said: "If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal. For where your treasure is, there will your heart be also"

UPCOMING SERVICES

Monday, March 11th
Clean Monday
Great Compline **5:45 p.m.**
followed by Lenten Meal

Wednesday, March 13th
Pre-Sanctified Liturgy **6:00 p.m.**

Friday, March 15th
Pre-Sanctified Liturgy **9:00 a.m.**
1st Salutations to the Virgin Mary **7:00 p.m.**

Saturday, March 16th
3rd Saturday of Souls
Orthros **8:30 a.m.**, Liturgy **9:30 a.m.**