

Spring 2018

# PHILOPTOCHOS PERSPECTIVE

Philanthropy • Fellowship • Faith in Action



Metropolitan Nathanael of Chicago was enthroned on March 24, 2018 at the Greek Orthodox Cathedral of the Annunciation in Chicago.

***AXIOS!***

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Pam Argyris, Metropolitan of Chicago Philoptochos President

## President's Corner

Dear Philoptochos Sisters,

Christos Anesti, Christ is Risen! I hope that you celebrated a wonderful Pascha and that your hearts are filled with the joy of His Resurrection.

We celebrate the Enthronement of our new spiritual shepherd, Metropolitan Nathanael of Chicago and welcome His Eminence to our Metropolis. The Metropolis Philoptochos Board, the Philoptochos Chapter Presidents and our 2,600 members look forward to Metropolitan Nathanael's guidance and advice as we ALL work to continue our mission of Philoptochos; to help those in need and less fortunate.

### ***Looking back at some of the past events since our last issue in December...***

-Thank you to the St. Demetrios Philoptochos chapter in Hammond, IN for hosting our Winter Presidents' Meeting on February 3<sup>rd</sup>. The meeting was well attended and very informative and the warm hospitality of the Philoptochos members of St. Demetrios was truly appreciated.

-Thank you also to the Assumption, Chicago Philoptochos chapter for hosting our annual Lenten Retreat, "The Body: Temple of the Holy Spirit" on Saturday, March 11<sup>th</sup>. The retreat was spiritually uplifting, informative and enlightening with a program concerning raising Diabetes Awareness. We thank Very Rev. Timothy Bakakos for being our new Retreat Master and our team of speakers: Rev. Athanasios Minetos and Dr. George Bakris (Greek) and Fr. Anastasios Theodoropoulos and Dr. Siri Greeley (English) for their uplifting presentations. Thank you also to the Assumption Philoptochos chapter for their gracious hospitality and to our Lenten Retreat co-chairs, Carol Stamas and Katherine Siavelis, for their efforts to bring us such a spiritual event.

-Two other yearly Lenten events were the two Quilt-a-Thons hosted by the Philoptochos chapters at SS. Peter & Paul in Glenview, IL and SS. Constantine & Helen in Palos Hills, IL. It is so heartwarming to see so many women from various chapters working together to produce colorful quilts for children in hospitals across the Metropolis.

**Looking ahead**, our Spring Presidents' Meeting will take place on Saturday, May 19<sup>th</sup> at the St. Iakovos Retreat Center. At this meeting, in addition to our regular business, we will discuss how to write and present Resolutions for submission to the Philoptochos Convention in July. It is always a pleasure to spend the day in the relaxed atmosphere of our Retreat Center and we look forward to seeing you there. Please respond to Carol Stamas to let her know of your attendance, 847-681-0418 (h), 847-323-1796 (c) or [cestamas@comcast.net](mailto:cestamas@comcast.net).

Don't forget to register for the 44<sup>th</sup> Annual Clergy/Laity/Philoptochos Conference to be held July 1-5 in Boston, MA. Registration packets have been sent out or you can register online at [www.philoptochos.org](http://www.philoptochos.org). Each chapter is allowed three delegates and it is important to have representation there to vote on the important issues that are presented as well as to learn more about what is happening in the Philoptochos chapters across the country. I hope to see you there!

In closing, I thank you for celebrating all your accomplishments as evidenced in the following pages. The teamwork, the overwhelming thoughtfulness and selflessness of our chapters is outstanding.

Have a blessed and safe summer...see you in Boston!

With love in Christ,  
Pam



Philoptochos Friends at St. Sophia "Building Together" Gala

(Seated: Lena Angelos, Irene Arsoniadis, Athena Kontos visiting from All Saints Chapter in Peoria, IL.

Standing: Arlene Siavelis Kehl, Pam Argyris, Marilyn Tzakis, Kathy Siavelis, Georgia Sarlas)

***Philoptochos sisters drop their plans if other sisters need help.***

***They encourage each other's dreams and share joy in their accomplishments.***

# **METROPOLIS OF CHICAGO**

## **Calendar of Chapters' Events**

### **May**

05/05 St. Demetrios Chicago Festival of Tables @ St. Demetrios

05/05 St. John the Baptist Mad Hatter event @ Hilton Hotel, Rosemont 11:30 am

### **05/19 Presidents' Meeting @ St. Iakovos Retreat Center**

05/20 St. George, Schererville, IN; Bags, Baubles & More Live Auction & Luncheon @ Briar Ridge Country Club

### **July**

07/11 St. Mary, Minneapolis; Days for Girls All Day Event; 9 am – 9 pm

### **September**

### **09/22 September Luncheon, @ Café La Cave, Des Plaines, IL**

09/29 IOCC 5K WALK @ St. Andrew

### **October**

### **10/02 Presidents Meeting; site TBD**

10/12 St. Nectarios Fashion Show

10/13 Metropolis Wide Dress A Girl Sew-a-thon @ St. Basil, Chicago

10/20 Holy Apostles Fashion Show @ The Abbington, Glen Ellyn

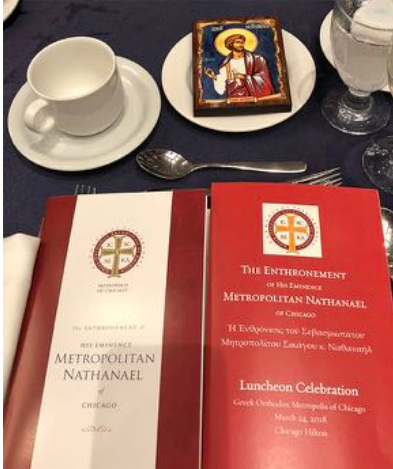
*Please Note: Every Chapter hosts Christmas & Easter Bake Sales, Palm Sunday Luncheons, Membership Drives and other usual internal events. Due to limitation of space, this calendar is designed as a tool to notify chapters about citywide events, to encourage participation from our chapters' members, and as a vehicle for planning chapter events to assist in eliminating schedule conflicts whenever possible.*

**To place your Chapter's events on the Calendar, please call or email:**

[kathywalstrom@gmail.com](mailto:kathywalstrom@gmail.com) - 847-606-9889



# Metropolitan Nathanael Enthronement Luncheon



*Rejoice & Celebrate*











# Metropolitan Nathanael Visits Churches During Holy Week



Palm Sunday -Annunciation -Milwaukee



Great and Holy Thursday - St. Andrew's



Holy Wednesday - St. Spyridon



Easter Service – St. Demetrios



St. Demetrios – Elmhurst  
Great & Holy Lamentations



## Bright Friday – Iakovos Retreat Center



We are all joined to each other as different parts of one body. So we are to use our different gifts in accordance with the Grace that God has given us. Romans 12:5-6





St. Demetrios - Chicago - Parish Vasilopita Luncheon



I am the face of  
PHILOPTOCHOS





## St. Demetrios - Chicago – Cornerstone Outreach



May each Philoptochos member find strength, faith and flexibility when you lend a helping hand.



St. Demetrios Philoptochos cooked and delivered food to the Cornerstone Outreach Center to feed over 150 homeless. People waited in the cold for the delicious food.



## Presidents' Meeting – St. Demetrios - Hammond, IN



Philotochos members do things better when we work together.















## **At the Presidents' Meeting the Perspective asked attendees to tell us**

### **“Why they are thankful for Philoptochos.” Here are some of their answers.**

“It has allowed me to serve others while gaining new skills, growing in faith and enriching friendships.” Paulette Hastings.

“It promotes camaraderie amongst women trying to achieve the same goals.” Valerie Green

“It lets me know what other chapters are doing, saying and thinking. It is a connection across the miles.” Betty Tsiolis

“The name Philoptochos says it all. And all we do to help those that are in need. I am very blessed to be a part of this organization.” Eirene Theodosiou Walsh

“It does a lot of good in the World.” Elena Kristos

“Philoptochos represents the Greek Orthodox community and gives to many charities on behalf of all of us.” Mary Jo Tirikos

“ We are a very giving group which helps many, many people all over the world.” Esther Arvanitis

“It fills the very critical need to help those less fortunate than others.” Spyro Sims Terezis

“It helps us all think outside our immediate world to help those around us.” Elle Koulos

“I get to be a part of something bigger than myself. With the small things we do at our chapter level, it’s wonderful to see the impact it has at the Metropolis and National level.” Pat Kolodozig

### **We also asked why they liked reading the Philoptochos Perspective.**

#### **Here are some of those answers.**

“It is enlightening! It is so nice to learn about Philoptochos events hosted by other chapters.” Valerie Green

“It amazes me to learn what other chapters achieve and are doing.” Betty Tsiolis

“It gives me information and inspiration.” Elena Kristos

“It inspires me to do more for charity.” Mary Jo Tirikos

“ It is very informative to see what the chapters in our Metropolis are doing.” Esther Arvanitis

“It gives me great ideas to bring back to my chapter. It’s a reminder that helping others makes us feel happy.” Elle Koulos





Philoptochos keeps:  
High Aspirations  
Happy Expectations  
and  
Fills a host of needs  
With  
Their helpful deeds



Vespers at St. Antonio's Chapel – Metropolis Home





## St. Sophia - Elgin



St. Sophia Philoptochos members Matina Caribacas, Anna Panagiotopoulos, Pam Argyris, Angela Kalamaris & Kathy Katrakis, provided sweet treats for the residents of the Greek American Rehabilitation Centre.



Georgia Gavaris & Philoptochos Chapters continue the Philoptochos efforts of *Feeding the Hungry*.

## Sts. Constantine & Helen – Palos Heights



SS Constantine and Helen's Hosted the Sunday of Orthodoxy Pan-Orthodox Vespers & Reception.



## Sts. Constantine & Helen – Palos Heights



St. Helen Philoptochos hosted its second annual "Night With Bouzoukia" Glendi. Over 200 people attended. A portion of the proceeds benefited *Almost Home for Kids* (an organization which helps severely disabled children) and a young child from the community suffering from a rare childhood cancer.

## Sts. Constantine & Helen Quilt-a-Thon – Palos Heights



Philoptochos chapters share their time and talents with others.







If Philotochos members did all the things we are capable of doing, we would astound ourselves.





# Sts. Constantine & Helen Bake Sale – Palos Heights





## St. Andrew's – Chicago



THANK YOU to Chairman Fotine Bloom and her co-chairs, Diane and Alexandra White for putting on a fun filled, action packed and exciting evening Disco Glendi! Many, many thanks to all who attended **Disco Glendi**, on Saturday, February 10<sup>th</sup>! The weather certainly made it a challenging weekend for all, but when it comes to the last celebration before Lent, St. Andrew's parishioners showed up!! Hats off to Fotine, for, once again, transforming the gym with festive, glittering stars, along with the creative talent of Diane White designing the *rockin'* centerpieces and the best piñata ever. Without a doubt, the rotating, flashing Disco lights on the stage, created the finishing touch that took everyone back to Disco days...along with everyone's fabulous costumes. Graziano's provided a delicious buffet for all to enjoy, while Tracey Lazos and Kristin Blathras, *Dessert Chefs extraordinaire*, created a delicious buffet of mostly *homemade* desserts along with the chocolate fountain.

Philoptochos members challenge themselves, focus on the positive and think outside the box to ultimately reach their goals.



Congratulations to co-chairs Marilyn Tzakis and Anastasia Kafkes who coordinated a lovely brunch for our first annual **New Year's Eve Day Champagne Mimosa Brunch**. In addition to Anastasia, the entire Kafkes family participated from serving champagne mimosas to delivering brunch from Nookies!! Thank you, Diana, for once again capturing a fun afternoon of fellowship, singing, and ringing in the New Year, just a tad early!! All of the muffins and cookies made by Marilyn and Anastasia added to the delicious brunch, topped off with some very fun Mimosas!!



January 7<sup>th</sup> Annual Cutting of the Vasilopita



*Philoptochos members celebrate one another!*





Once again Philoptochos was able to collect funds to support St. Basil's Academy thanks to the generosity of the Philoptochos members and St. Andrew's parish.

Many thanks to the ladies who assisted in our January Annual Feeding the Hungry. Tia Manolakes Rudofski and family led the way to plan or another healthy meal for the homeless. Kosta and team cooked a delicious meal for 100 people who came through the doors. Tia's children, Mia, Adam, and Steven, once again made personal take away bags for every attendee. Many ladies and gents who came to assist with the serving of the meal...it always takes a village to make sure we support efforts of this importance. Thanks to: Jim and Patty Harrison, Seva Johnson, Karen Anderson, Becky Hatzopoulos, Maria Kotsinis, Mrs. Farlekas, Hellena Chrones, Marilyn Tzakis, Vonnie and Nick Karafotias, and Terri Mikuzis.

Philoptochos members take risks,  
courageously meet challenges,  
believe in themselves  
and Philoptochos.



**February GO RED SUNDAY:** Many thanks to Becky Hatzopoulos for a delicious and heart healthy extended coffee hour this past Sunday. Once again, Becky gave a lot of personal attention to prepare the menu to ensure we practice what we preach. Statistics show one in three women die of heart disease or stroke, more than all cancers combined. Once again, Becky Hatzopoulos chaired this very tasty and enjoyable coffee hour. Items on the menu: fresh fruit, orange juice, nuts, raise and dark chocolate cups, hummus and whole wheat pita, and manadrin oranges. Thank you to Antigone Polite for assisting with the set-up of the meal that everyone enjoyed after church.

Philoptochos Annual Lenten Luncheon and Greek School Independence Day Program. Thank you to the St Andrew's Parish who helped to celebrate and support the Annual Greek School Independence Day Program and Lenten Luncheon. Many thanks to Patty Harrison and Demetra Christos for all of their work in coordinating the delicious luncheon and all the ladies who baked the delicious desserts. Special thanks to Patty's brother and sister-in-law, Gus and Marzena Valkanas for putting on their chef's hats and cooking for us. As always, thank you to Kosta and his staff, who assisted with set up and serving...last but, certainly, not least, special thanks to the Greek school teachers Eugenia Demos, Kiki Kakavas, Eleni Pappas, and all the Greek School children for all their



Philoptochos members have creative, helpful ideas popping up everywhere.





**Philoptochos Annual Palm Sunday Bake Sale and Parish Council Palm Sunday Luncheon:**

Many thanks to all you who supported the Palm Sunday Bake Sale along with coordinators Patty Harrison and Demetra Christos for their hard work scheduling all our cooks, setting up and selling the delicious pastries made by so many of the ladies of St. Andrews. Many thanks to Angie Alexopoulos, Karen Anderson, Gena Brelas, Eugenia Demos, Mrs. Georgia Farlekas, Tasia Foutris, Patty Harrison, Kristen Haynes, Seva Johnson, Vonnie Karafotias, Cynthia Melas, Georgia Melidis, Terri Mikuzis, Chrissie Pavlov, Neva Revel, Loukia Rodriguez, Aspasia Sarris, Sophia Spiradokos, Canella Stavrou, and Diane White. Multiple Easter baskets were assembled for a dozen or more shut-ins before and during Holy Week, delivered by Father Kalomas, Father Athanasios and members of Philoptochos.



**Annual Holy Thursday Egg Dyeing in preparation of Easter Sunday AGAPE Service**

## Metropolitan Nathanael visits St. Andrew's for Holy Thursday Services & Coffee Hour



## Friday, April 6th Good Friday Outreach Project

Philoptochos once again sponsored the OUTREACH project to feed 10,000 on Good Friday. It has been determined that every donation of \$25 will help feed 100 children in need. Sufficient monies were raised from the parish, participants along with Philoptochos donations; we were raising to buy the necessary meals to MEET our goal of making 10,000 meals on Good Friday. At least 50 volunteers successfully packaged meals for Chicagoland's needy. Thanks to all the efforts of Fr. Athanasios, Kathy Siavelis, and the



Submitted for St. Andrew's by Cynthia Melas



## St. Haralambos - Niles



Niles, IL



Vasilopita Luncheon, Sunday, January 14, 2018  
Deacon John, Fr. Dean, President Georgia Litsoziannis



St. Haralambos Feast Day Vespers  
Maria Dimitriou, Kalitsa Georgatsos, Elaine Kozlowski, President Georgia Litsogiannis, Karen Liapis



Feed the Hungry at the Annunciation Cathedral



Tsiknopempti, February 8 2018



## **SPRING BAKE SALE**



## **His Eminence Metropolitan Nathanael Apokathelosis Service**





St. Demetrios – Chicago – Dress a Girl



*Lenten Project*  
St. Demetrios  
Ladies  
Philoptochos  
Society



**Please mark your calendars and  
"SAVE THIS DATE"  
Saturday, October 13, 2018 - 9am until 2pm  
St. Basil Philoptochos Church Hall**

**"6th Annual Metropolis"  
"Dress a Girl/Boy Around the World" Sew-a-Thon"**









Philoptochos  
Members

*PRAY*  
without ceasing

*ENJOY*  
without complaining

*TRUST*  
without wavering

*GIVE*  
without sparing





## SS Peter & Paul- Chicago - Quilt -a-Thon



Seek out people who inspire and support you.







## Ascension of Our Lord - Lincolnshire – Bake Sale



May each challenge Philoptochos members  
face become a wonderful opportunity to excel.

I am the face of  
**PHILOPTOCHOS**

## St. Demetrios – Chicago – Family Synaxis Lenten Retreat



Acts of Kindness are like  
branches on a tree:

We all grow in different  
directions.

Our roots grown strong and  
provide nourishment for  
others when needed.





## St. Mary's – St. Paul, MN

St. Mary's held a Sweet Sunday efforts and raising \$893 for **Breaking Free**, an organization supporting women who are trafficked or bound in prostitution. We are grateful to the dozens of women who donated goodies to serve, and to those who worked that morning to make it a success, including Cathy Selin, Stephanie George, Alexandria Kalina, Vangie Karakatsanis, Jayne Klatt, Sofia Johnson, Annette Legeros, Lamona Legeros, Donnarae Louricas, Tina Menter, Barbara Nichols, Photine Saar, Samira Saleh and Andrea Tiggas.



A Lenten meal was held in February. Thanks to Sandra Anderson, who chaired the event and for all who helped: Jamie Amacci, Prsv. Christa Dokos, Stephanie George, Sofia Johnson, Mary Kafkas, Alexandria Kalina, Jayne Klatt, Connie Kouzes, Donnarae Louricas, Tina Menter, Barbara Nichols, Yana Patridge, Cathy Selin, Carol Smith, Andrea Tiggas, Elena Tudor, Mary Kay Twito. More than \$1000 was raised for the Pro Vita Orphanage in Romania.



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## St. Sophia – Elgin



**St. Sophia Philoptochos hosted a live demonstration on Facebook showing how to make delicious Lenten meals to keep your home smelling fabulous throughout the Lenten Season.**







Philoptochos friends are like a strong cup of coffee. Both pick you up and both provide a jolt of energy when needed.

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**PHILOPTOCHOS**

## HAPPY DAY RECIPE

.....  
Begin with a smile, Mix in some laughter Add a dash of wisdom, Stir in plenty of hugs. Blend with inspiration, Combine with joy and top off the day with a generous sprinkling of love !



# St. Nicholas – Oak Lawn - Cooking Class and Luncheon







Toast your Philoptochos friends for always bringing out the best in you.

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**PHILOPTOCHOS**





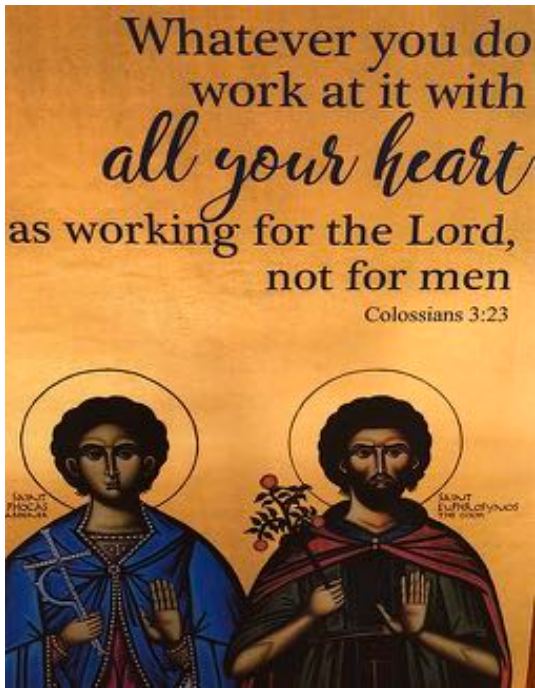
## Lenten Retreat – Assumption - Chicago

Kathy Siavelis & Carol Stamas presented us with another beautiful and meaningful Lenten Retreat at Assumption Church, Chicago. **“The Body: A Temple of the Holy Spirit”** was the topic and it certainly raised diabetes awareness. Diabetes is a silent killer and the statistics presented and the lectures have brought that to light for everyone. Fr. Anastasios & Dr. Siri Greeley made the connection between spirituality and diabetes. Fr. Athanasios & Dr. George Bakris spoke about diabetes and fasting during this Lenten period. Valerie Green and her team from the Assumption Philoptochos provided a delicious breakfast and lunch.



***Philoptochos***  
has the power to  
turn many lives  
around.



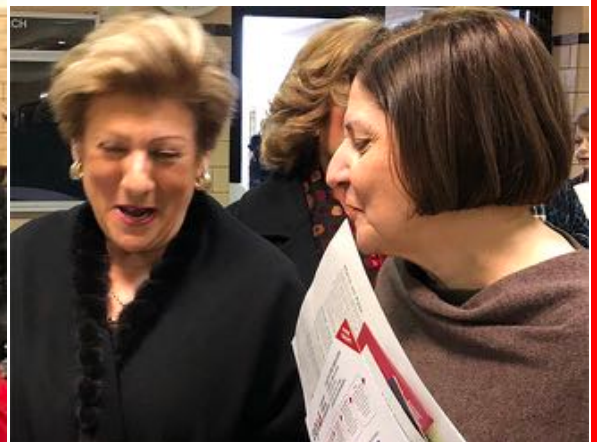






Philoptochos members put in many tiny efforts that no one sees or appreciates before achieving a successful result.









Philoptochos endeavors may start out small, but they go big and go far.

I am the face of  
**PHILOPTOCHOS**



# ♥ TO ♥ Aid to Greece and Cyprus Campaign Continues

**On July 3, 2017, The National Executive Board approved disbursements totaling \$115,000 for aid to the people of Greece and Cyprus bringing total amount of financial support to date to \$789,120.**

The Heart-to-Heart Campaign of the Aid to Greece & Cyprus Committee of the National Philoptochos Society wants to emphasize the dire need for YOUR personal help this year for the Heart-to-Heart Campaign.

The Ladies of the Philoptochos of earlier generations were called upon to provide help for the starving, homeless, and suffering multitudes in our motherland, and today we are once again called upon to provide the same service.

Today Greece is facing no less ominous situation in terms of human suffering. Poverty levels have risen 40% as of 2015. Seven thousand suicides have been reported in the last seven years, bringing it to an average of a thousand suicides a year. Widespread unemployment has forced people in their forties and fifties to survive on the pensions of their elderly parents. Greece is facing a major public health calamity. Churches and Apostoli are helping by running soup kitchens and preparing food packages to be delivered to the hungry.

The National Philoptochos Aid to Greece & Cyprus Committee has recommended one of the ways to help by holding Heart-to-Heart Kaffe-Popups. The Kaffe Popups have the ability to build a grass roots campaign to mobilize communities on an almost no cost basis to raise funds and provide aid to help the people in Greece & Cyprus.

It is easy to hold a Heart-to-Heart Kaffe-Popup at your home. Invite guests to come together at your home. Those attending are free to give any amount they deem appropriate; there is no minimum required; the important thing is your presence and your care and moral support. Spend time discussing the situation in Greece & Cyprus and emphasize how contributions can certainly help to alleviate human suffering.

At the conclusion of the Kaffe Popups, the hostess will fill out the form below, providing the attendees' details and amount donated. All Checks are made out to The National Philoptochos with "Aid to Greece & Cyprus Campaign" written in the memo. If cash is donated, the hostess converts the money to a cashier's check or money order, made out to the National Philoptochos. The form and checks are then sent to Christina Hiotis, Metropolis Treasurer, who will forward them to the National Philoptochos each month. We hope that many of the attendees of these Kaffe Popups will be inspired to hold their own Kaffe Popups, resulting in a grass roots network to help the people in Greece & Cyprus.

Our OXI in 2017 should be 'NO' to poverty, 'NO' to human suffering, and 'NO' to disease and sickness.

We ask that you to participate in this Campaign by holding a Heart-to-Heart Kaffe Popup at your home. The same request is being sent to all the Chapters in our Metropolis. Christina Hiotis, will be in contact with the chapters to offer any further information or help in organizing these Kaffe Popups.

Following videos shed light on the situation in Greece & our responsibility. It can be shown at the Kaffe Popups:

[https://www.youtube.com/watch?v=QBEed\\_ENBXwU](https://www.youtube.com/watch?v=QBEed_ENBXwU)

[https://www.youtube.com/watch?v=HoXlwl3I\\_RE](https://www.youtube.com/watch?v=HoXlwl3I_RE)

Thank you for your time and support. **Christina Hiotis, Aid to Greece & Cyprus Committee**

**Date:** \_\_\_\_\_ **Hostess:** \_\_\_\_\_

**Address:** \_\_\_\_\_

Name	Email	Amount

## Metropolis September Luncheon

*SAVE THE DATE*

*Metropolis of Chicago September Luncheon*

*“All Things are Possible with Faith & Love”*

*September 22, 2018*

*Café La Cave*

*This year’s beneficiaries are:*

*Metropolis of Chicago Philanthropy Fund*

*St. Iakovos Retreat Center*

*Metropolis of Chicago Philanthropic Endeavors*

Join Philoptochos  
and enrich your life  
by investing yourself  
in helping others.

*The Metropolis of Chicago  
Greek Orthodox  
Ladies Philoptochos  
Society*



*A Legacy of  
Philanthropy*



The happiest  
people in  
Philoptochos know  
how to make the  
best of everything!



*Please send submissions to: [marilynnjemas@gmail.com](mailto:marilynnjemas@gmail.com)*



Thanks to all who contributed to this Spring Edition Perspective! This edition is filled with friendly photos, some new exciting ideas and many successful fundraising efforts.

Thank you for sharing your kind acts and generous deeds. It is truly heartwarming to a part of Philoptochos.

In every Perspective issue it is easy to see how wonderful it feels to both give and receive through Philoptochos.

Your Perspective Editor,

Marilynn

### *Philoptochos Friends*

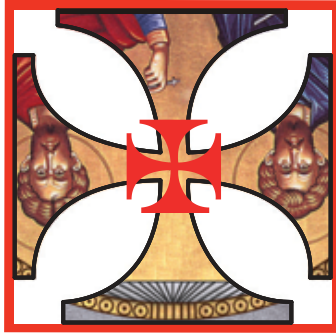
- *There's something special about a Philoptochos Friend.*
- *Someone who loves you like a sister because you share so many memories and challenges.*
- *Someone that holds a very special place in your heart because she's been there for you through many wonderful times and some tearful times, too.*
- *Thank you dear Philoptochos Friends!*

You may also purchase St. Nicholas merchandise from Shoppe Philoptochos. 100% of the profits will support Philoptochos Initiatives. The St. Nicholas silk tie and sterling silver charm make wonderful gifts for family and friends.

Many other gifts are available.

To order, visit our website:

<http://www.philoptochos.org/resources/shoppe-philoptochos/>



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Place  
Postage  
Here

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