

ORTHODOX AWARENESS

“Seek Peace & Pursue It” Lenten Retreat

Saturday, April 4th

St. Elizabeth Orthodox Church in Chesterton, IN
mollysabourin@gmail.com

IOCC Banquet

Thursday, May 7th

Café la Cave, Des Plaines

Pan-Orthodox Akathist Hymn

Sunday, August 23rd

St. Demetrios, Elmhurst

✠ Approaching Liturgical Dates ✠

Ο Ευαγγελισμός ημέρα Τετάρτη
Feast of Annunciation Celebrated on Wednesday

Λατίνων Πάσχα 12 Απριλίου
Western Easter April 12th

ΤΟ ΑΓΙΟΝ ΠΑΣΧΑ 19 Απριλίου
GREAT & HOLY PASCHA April 19th

Η Ανάληψη του Κυρίου 28 Μαΐου
Feast of the Ascension May 28th

Ψυχοσάββατο 6 Ιουνίου
Saturday of Souls June 6th

Πεντηκοστή 7 Ιουνίου
Feast of Pentecost June 7th

COMPASSIONATE FRIENDS: OUTREACH & EVANGELISM MINISTRY

MEALS ON WHEELS

5.9, 6.13

BOTTLE DRIVE

for Martha & Mary Maternity Home
5.10

(Interested in helping out? Please contact
helen.osullivan@comcast.net)



Hellenic Heritage Parade 2020
Sunday, May 3rd @ 2p.m.
Greek Town, Chicago

METROPOLIS COMING EVENTS

- **Saturday, March 21st** Great Vespers at Holy Cross Church in Justice @ 7p.m.
- **Tuesday, March 24th** Great Vespers at Annunciation Cathedral in Chicago @ 7p.m.
- **Wednesday, April 22nd** Great Vespers at St. George Church in DeKalb and Chicago @ 7p.m.
- **Bright Saturday, April 25th** St. John Chrysostom Oratorical & Arts Festival at SS. Peter & Paul Church in Glenview
- **May 2020** Women Leaders of the Church hosted by Metropolis of Chicago Sisterhood of St. Helen, Equal to the Apostles.
- **Friday, May 1st** Servant Leadership Award Dinner @ The Cotillion in Palatine.
- **Sunday, May 3rd** Hellenic Heritage Parade 2020 in Greek Town Chicago.
- **Saturday, May 16th** Apostolic Visit of His All Holiness Patriarch BARTHOLOMEW of Constantinople to University of Notre Dame in South Bend, IN.
- **Wednesday, May 20th** Great Vespers at SS. Constantine & Helen Church in Palos Hills, Rockford & Merrillville, IN @ 7p.m.
- **May 22nd - May 24th** Jr. Olympics @ SS. Constantine & Helen Church in Palos Hills.
- **Wednesday, May 27th** Great Vespers at Ascension of Our Lord Church in Lincolnshire @ 7p.m.
- **June 7 - June 14** Lighthouse Camp for Graduating Seniors
- **Wednesday, June 10th** Feast Day Great Vespers of Metropolitan NATHANAEL at Ascension Church in Lincolnshire @ 7p.m.
- **Thursday, June 11th** Feast Day of Metropolitan NATHANAEL Hierarchical Liturgy at the Annunciation Cathedral in Chicago @ 9:30a.m.
- **June 28th - July 3rd, 2020** 45th Biennial Clergy Laity Congress in Cleveland, OH. www.clergylaity.org
- **September 4th - 6th** Family Synaxis Labor Day Retreat at St. Iakovos Retreat Center gocfamilysynaxis.org

“If you put something fragrant onto burning coals, you motivate those who approach to come back again and to stay near, but if, instead, you put on something with an unpleasant, oppressive smell, you repel them and drive them away. It is the same with the mind. If your attention is occupied with what is holy, you make yourself worthy of being visited by God, since this is the sweet savor which God catches scent of. On the other hand, if you nurture evil, foul and earthly thoughts within you, you remove yourself from God’s supervision and, unfortunately, make yourself worthy of His aversion.” **St. Gregory Palamas**



ST. GREGORY PALAMAS: THE WONDER OF NOETIC PRAYER BY ARCHIMANDRITE DIONISIOS KARAGIANNIS

During the Second Sunday of Great Lent, the Church celebrates the memory of the epitome of faith and life, St. Gregory Palamas, later Archbishop of Thessaloniki, who, according to the hymns, is the great teacher of the Church and the preacher of divine light.

The distinction of essence and energies of God involves all of those things God can share and those He cannot share. The essence of God is inaccessible and unknown to creation, including people. However, one can come into relationship and communion with God through His uncreated energies, and the grace offered generously.

In the relation of sanctification and communion, the heart, not the mind, is the way for anyone to have the divine experience of uncreated light. St. Gregory Palamas gives us

the example of the sun.

For Palamas, God is known sort of like the sun is known. We see the sun’s light and sense its heat. And though we may not be able to stand on the surface of the sun without melting, or be joined to its essence without disintegrating, we can nevertheless experience its energy. Thus, the face of the Prophet Moses radiated on Mount Sinai.

Yet perhaps one is wondering what is the benefit for us today, of a teaching of a Saint, a Hesychast, focused on noetic prayer known as “prayer of the heart”, an ancient practice of monks and people of the 14th century?

Why is the essence-energies distinction of God a basic element of our Orthodox spirituality and our personal relationship with God? Many of us are not monks and ascetics.

Learning the ascetic prayer method of the Holy Fathers gives us the possibility to taste the uncreated light of God. It also gives us the necessary spiritual goods in order to participate in this experience.

It is not, therefore, merely a reflection that forms the basis of Hesychasm. Nor is it a super-cognitive inner self-revelation of the mind, which is the hesychastic experience.

We feel that these profound teachings of St. Gregory Palamas touch the boundaries of divine presence, out of noetic capabilities, in the depths of our heart, where the prayer is working for union with God.

Noetic prayer, which St. Gregory Palamas hands down to us as a spiritual treasure, is not only for those who live in the monasteries and deserts, but also for the faithful. This prayer makes the nous to meet in the heart. The heart in the neptic and hesychastic tradition is the center of the moral and spiritual, and the throne and the place of the grace of God.

There a human being meets God and God meets a human being. In this meeting the filthy thoughts and sinful desires will emerge, trying to infect our hearts and sever the ties of communion with the uncreated light.

That is why we need silence, a special way that protects us from the devil’s scourges and our desires.

With the basic prerequisite of the essence-energies distinction, noetic prayer is the light in our soul. It is a chain that connects a human being with God.

These two things are not doctrinal or abstract concepts and some philosophical views of the Saint. On the Second Sunday of Great Lent the gracious preacher reminds us that God is light, in Whom there is no darkness.

Our noetic prayer helps us to taste this divine state and experience, because otherwise God and the uncreated light will remain unknown and invisible and will not touch our everyday life.

This light and experience is given to us by the Church through its mysteries (the Holy Sacraments), and noetic prayer helps us to become the vessels of the grace of God. Amen.

All information obtained from the Weblog of John Sanidopoulos-Mystagogy



THE GREEK ORTHODOX CHURCH OF SAINT DEMETRIOS

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Church Office Hours: Monday-Friday, 10:00a.m.-3:00p.m. Saturday: Church Office Closed

2020 PARISH REGISTRY

Weddings 1 Baptisms 10
Chrismations 1 Funerals 11
Clergy Hospital Visitations 80
Clergy Shut-In Visitations 15

Calling for Great Compline Readers During Great Lent



If you would like to read at the Chanter's Stand during the Great Compline Services, please call the Church Office to be put on the list. We encourage any and all who are thirsting to worship during these sacred services.



2020 Adult English Lenten

Bible Study Series

The Bible Study series is postponed until further notice.

Thank you for your patience during this time.

Philoptochos Corner



The Ladies Philoptochos meetings and events are currently postponed until further notice.

Updates to the changing schedule will be sent to you by email.

Thank you for your patience during this time.

LORD,
JESUS CHRIST,
SON OF GOD HAVE MERCY ON ME
A SINNER!

This Week At St. Demetrios...

Monday, March 16th

Church Office, 10:00a.m.-3p.m.

Tuesday, March 17th

Church Office, 10a.m.-3p.m.

Μέγα Απόδειπνο, 6μ.μ.

Great Compline, 6p.m.

Wednesday, March 18th

Church Office, 10:00a.m.-3p.m.

Προηγιασμένη Θεία Λειτουργία, 6μ.μ.

Presanctified Divine Liturgy, 6p.m.

Thursday, March 19th

Church Office, 10:00a.m.-3p.m.

Friday, March 20th

Church Office, 10:00a.m.-3p.m.

Χαιρετισμοί, 7μ.μ.

Salutations to the Theotokos, 7p.m.

Saturday, March 21st

Church Office Closed

Ministries & Programs Cancelled

St. Gregory Palamas:

"...and you will meditate on every Commandment and justification of the Lord; and you will examine yourself lest you violated or neglected something, and you will correct yourself in all things."

CONGRATULATIONS SPARTANS!



We commend all our athletes for a wonderful season!
We thank all of our coaches for their dedication to our youth & all our parents for their support.

Stewardship 2020 Stewards - 278 (As of March 13th)

2019 Stewardship: Stewards - 673

2018 Stewardship: Stewards - 654

2017 Stewardship: Stewards - 614

2016 Stewardship: Stewards - 613

2015 Stewardship: Stewards - 534

Youth Ministry Update



As everything else, all Youth Ministry events & activities are currently postponed.

Any updates to the changing schedule will be emailed to you. Please stay tuned.

Please lent.goarch.org as we continue our Lenten journey.

Religious Education...where FAITH & LIFE connect!

We welcome you to Church for Family Worship during this time as Religious Education classes are postponed.



April

12th: Palm Sunday

19th: Great & Holy Pascha

Email Lia Papadopoulou with any questions:
religiouseteacher@gmail.com.

PARISH DATES TO REMEMBER

Bright Friday, April 24th

PTO "OPA" Paschal Community-Wide Celebration

Saturday, May 9th

PPO/PCA Dinner Dance

Tuesday, May 12th

Parish Assembly/Γενική Συνέλευση

Tuesday, May 19th

Golf Outing

Memorial Day Monday, May 25th

Youth Ministry End of Year Family BBQ

June 19th, 20th & 21st

"Taste of Greece" Parish Festival
Where Summer Officially Begins!

June 29th - July 2nd

Vacation Church School

Wednesday, November 25th

Fundraising Dinner & Social

Jr. Olympics - May 22nd-24th, 2020



Once we receive the final information from the Metropolis - we plan to launch our Jr. Olympics registration! Stay tuned for more!

Lenten Prayer:

Lead us, O Lord, into a larger trust than we have known, so that we may cast our cares upon You, knowing that You love and care for us. Help us to confess our sins with humility and faith, so that we may return to You renewed. Amen

Prayer is an essential part of Lenten discipline. That's why the Church seeks to awaken us to the power and to the mystery of our "theosis" in Christ by offering opportunities for worship during Great Lent: including the following special services:

- ♥ **The Presanctified Liturgy** - This is a very old Liturgy of great beauty and solemnity consisting of psalms, biblical readings, and prayers. It is called "presanctified" because the sacred gifts offered for Holy Communion have been sanctified at the Liturgy of the previous Sunday.
- ♥ **The Akathist Hymn** - This is a poem in praise of the Theotokos. Composed of twenty-four stanzas, the Akathist extols the Virgin Mary as the servant of the mystery of salvation, especially of the Incarnation. Combined with the Small Compline (consisting of psalms and evening prayers) the Akathist Hymn is chanted on five Friday evenings of Lent.
- ♥ **The Great Compline (Mega Apodeipnon)** - This is an evening service consisting of psalms, prayer, and hymns. It may be recited one or more times weekly either at home or at Church.
- ♥ **The Canon of St. Andrew of Crete** - This is a lengthy poem (200 hymns arranged in nine odes) composed by St. Andrew of Crete and dealing with the themes of human sinfulness, repentance and the mercy of God. It is usually chanted along with the Great Compline during the last week of Lent.