



St. Spyridon Church

I belong to



St. Spyridon's Flock

Sunday School

2011-2012



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 Sunday School - which begins at 9:45 am sharp.
- * 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.

Sunday School Calendar

September 11th- 1st Day of Class

September 18th—Class

September 25th—Class

October 2nd—Class

October 9th-Family Worship

October 16th- Class

October 23rd-Class

October 30th- Class

November 5th—IOCC Walk

November 6th-Class

Nov. 13th-Godparents Sunday

November 20th-Class

November 27th-Family Worship
Thanksgiving Weekend

December 4th-Class

December 11th-Class

Vespers—Saint Spyridon's Feast Day

December 12th—St. Spyridon's

December 17th- Pageant Practice

December 18th—Christmas Pageant

December 25th-Christmas Day
Family Worship

January 1st—New Year's Day
Family Worship

January 8th—Class-Vasilopita

January 15h—Class

January 22nd-Class

January 29th-Class

P.T.A. Artoklasia

February 5th- Class

February 12th-Class

February 19th-Class

Mission Boxes Distributed

February 20th—Great Lent Begins

February 26th-Class

Sunday of Orthodoxy

Oratorical Projects Due

March 4th—Class

March 10th-Lenten Retreat

March 11th-Class

March 18th—Class

March 25th-Family Worship

April 1st-Class

April 7th—Saturday of Lazarus
Communion Breakfast

April 8th—Palm Sunday
Family Worship

April 15th-HOLY PASCHA

April 22nd—Class
Mission Boxes Collected

April 29th—Class

May 6th-Class

May 13th-Class & Bible Bowl

May 20th—Graduation Sunday

Sunday Services Schedule

Orthros: 8:00 a.m.— Divine Liturgy: 9:45 a.m.

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

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.

Metropolis Requirements for Athletics

In order for our young students to participate in our Athletic Program, specifically the Metropolis Basketball League, they must be registered and active in their Sunday School class.

During the season, if a player misses Sunday School, he/she will not be allowed to play at the subsequent basketball game.

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, a 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 Missions of our Orthodox Church.



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: Presbyteria Georgia

Pre-School—3 yr. & 4yr.

Effie Papadopoulos

Toni Eliopoulos

Manar Janinah

Vicky Sacha

Tiffany Grimanis

Kindergarten

Presbyteria Georgia Alikakos

Sophia Anastasopoulos

1st Grade

Dana Vasilakos

Maria Perros

2nd Grades

Kristin Wagner

Olga Dinos

3rd-4th Grades

Stella Parhas

Rebecca Righetti

Christine Voutiritsas

5th-6th Grades

Jann Kolyvas

Kathy Karopoulos

Irene Alex

7th-8th Grades

Georgia Xeros

Angela Evangelopoulos

High School Girls

Helen Pappas

Olibia Stamatoglou

High School Boys

Anastasios Berdusis

Omar Sweiss

Family Ministries at Saint Spyridon's

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 Tuesday, 10:00—11:30 a.m.. The first meeting is on **Tuesday, September 13th**. The program is offered free of charge to all area Orthodox families. Registration Forms for this group are available in the church office and on Saint-Spyridon.org.

HOPE

HOPE is a weekly youth program for children 4 to 10 years old, where they learn about the lives of the saints and do a small craft. The program runs on Saturdays, 11—11:30 a.m. on the same weeks as Greek Dance and Pee-Wee Basketball. The first meeting is **Saturday, September 17th**.

JUNIOR G.O.Y.A. & G.O.Y.A.

Boys and girls in 6th-8th (Jr. GOYA) and in High School (GOYA) are welcome to join. Various athletic, social and religious activities are held as well as other programs. Meetings and activities are held weekly. The first meeting and elections of officers will take place on **Thursday, September 22nd at 7:00 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. Their first participation in the Divine Liturgy will take place on **Sunday, September 25th**.

Altar Boys

Boys in 1st grade through High School are called to serve as Altar Boys. Along with their Altar duties, a monthly meeting and other programs are held. If you wish for your child to participate please inform Fr. Tilemahos.

Handmaidens

Girls ages 7-17 are called to serve as Handmaidens. Monthly 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. Meetings take place on Saturday mornings.

Athletics

All youth (boys and girls) between the ages of 5-17 are invited to join the Athletics Program of our parish. Basketball is offered for Pee-Wee (4-10 year olds) on Saturdays. Grammar School and High School teams practice during the week. Practice schedule to be announced. The final activity for Athletics is the Junior Olympics in May. For more information or to volunteer as a coach for one of the teams, please contact our athletic director, Mr. John Angelos through the Church Office..

Greek Dancing

Greek ethnic and cultural dances are taught to children of all ages. There are three levels based on age and skill. Classes meet every Saturday, with Level I class 10:00 a.m.-10:30 a.m., Level II, 10:30 a.m.—11:00 a.m., and Level III 11:00 a.m.—11:30 p.m.. All youth are welcome. The Dancers participate in community ethnic events as well as the parish festival. The first session will take place on **Saturday, September 17th.**

Archangels Academy

The first Orthodox Bilingual Preschool of the south suburbs offers an excellent Preschool program for our Orthodox families. Under the direction of Mrs. Anna Angelos, Archangels Academy is welcoming all students who are 3 years old by September 1st, 2011.

AM Class—8:30am — 11:30am

PM Class—12:30pm — 3:30pm

Monday through Thursday

3 & 4 years olds (Children must be toilet trained)

School begins the day after Labor Day and ends the Thursday before Memorial Day.

Greek School Plutarchos

Greek Language classes are offered every Monday and Friday, 4:30 p.m. to 6:30 p.m. for children 3 years until 8th grade. Recognized by the Greek government, our Plutarchos Greek School offers an excellent education on the Greek Language, culture, history and geography of Greece. Applications are available at the church office. Mrs. Lambrini Stavrou, Director.

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.

Georgia Theoharis - P.T.A. President

For more information on these programs
please call the Church Office, visit the church website at
www.Saint-Spyridon.org

Saint Spyridon Orthodox Studies Program

Orthodox Discussion Group

Religious Education is a lifelong undertaking for every Orthodox Christian. At Saint Spyridon's, 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 "Twelve Great Feasts of our Lord". We will be discussing the importance and message of each feast through the hymnology, scripture readings, and the iconography. The classes take place weekly beginning the week of September 26th.

Monday: 7:00 p.m.— 8:15 p.m. in Greek

Wednesday: 10:30 a.m. – 11:30 a.m. in English

Iconography Seminar

On its fourth year, 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 21st, at 6p.m.

Byzantine Music School

The Byzantine Music School of the Greek Orthodox Metropolis of Chicago, provides the basics in the art of Byzantine Music for both children and adults.

Beginner Adult and Youth : Wednesday—6 p.m.—6:30 p.m.

Advanced Adult : Wednesday—6:30 p.m.—7:15 p.m.

Advanced Youth : Thursday—6:30 p.m.—7 p.m.

The first day of class is Wednesday, September 21st.

Traditions & Etiquette of the Orthodox Church

For any questions, please feel free to contact the parish priest.

Entering the Church

◊ Arrive on Time

The time to arrive at church is before the service starts. If you arrive after the Divine Liturgy has begun, try to enter the church quietly and at the appropriate moment. We must not enter the church when the Epistle or Gospel is being read, when a procession is taking place, or at any time that the priest is facing the congregation. Please always follow the directions of the Parish Council members in this matter.

◊ Lighting Candles

The lighting of the candle is an expression of gratitude and prayer as we enter the church. When we light our candle we want to make sure it is not during the reading of the Epistle or Gospel, or during the processions.

◊ Venerating Icons

When we enter the church it is traditional to venerate the icons. When venerating (kissing) an icon, do the sign of the cross and kiss the hand or feet of the person depicted. And remember, blot out your lipstick before kissing an icon.

While in Church

◊ Standing vs. Sitting

After we quietly find a pew, we join the congregation in attentive worship. The traditional posture for prayer and worship in the Orthodox Church has been to stand. There are occasions during the services when we are instructed to kneel. Otherwise, it is never wrong to stand in church. Sitting at times as suggested in the Divine Liturgy book or because of physical limitations is allowed. If we are sitting in church, we do not cross our legs. We sit attentively, keeping those feet on the floor and ready to stand at attention.

◊ Talking during Church

Talking with others is disrespectful toward God and toward others who are trying to pray. Talk to God while in church through your prayers, hymns, and thanksgiving, and to your friends in the community hall afterwards. Most importantly, silence or turn off your cell phones.

◊ To Cross or Not to Cross

To cross oneself is according to personal piety and it is not an issue of dogma. But there are times when it is specifically proper to cross yourself such as when the name of the "Father, Son, and Holy Spirit", or the Theotokos is heard. It is also proper to cross when entering or exiting the

church, or when passing in front of the Holy Altar, or before venerating an icon or holy objects. While the priest is censuring the congregation it is proper to simply bow our head. We also bow our head when the priest blesses the congregation or when he says: "Let us bow our heads to the Lord".

♦ Snacks for Children

Parents often bring snacks along for the children to eat during church. And for young children, (0-2 years old), this is fine. By the time children are 3-4 years old, they should be able to make it through the Liturgy without eating, and by the time they reach seven (the age of their first confession), they should begin fasting on Sunday morning for Communion. For those children who get snacks, clean up as best you can, and please do not feed them while in the line for Holy Communion, since they need to come for Communion without food in their mouths.

♦ In & Out

Once we are in the church, we plan to stay there until the service is over. Taking restless little ones out is a different matter. If a child is disruptive, take him/her quickly and quietly out of the church and to the cry room, just long enough to settle them down. Then return to the church as soon as the child is ready.

♦ Handling the Holy Bread (Antidoron)

After taking Holy Communion and at the end of the liturgy, it is traditional to eat a piece of holy bread or Antidoro—the bread that was left over after Holy Communion was prepared. While Antidoro is not Holy Communion, it is blessed bread and as such, should be eaten carefully so that crumbs don't fall all over the place. After taking Communion or kissing the cross at the end of the Divine Liturgy, take one piece of Antidoro (you don't need four or five pieces), place it in your right hand, and when you return to your seat or get to a place where you can stop for a moment; eat the bread trying not to drop crumbs. If you want to give a piece to someone else, go ahead and take an extra piece—don't break yours in half (it produces too many crumbs). And monitor your children as they take the Antidoro and teach them to eat it respectfully.

♦ Kiss (Don't Shake) the Priest's or Bishop's Hand

Did you know that the proper way to greet a priest or bishop is to ask his blessing and kiss his right hand? How do you do this? Approach the priest or bishop with your right hand over your left hand and say "Father (or "Master" in the case of the bishop), bless". [He will make the sign of the cross, and place his right hand over yours]. This is much more appropriate (and traditional) than shaking their hands. After all, the priest and bishop are not just "one of the boys." When you kiss their hands, you show respect for their office—they are the ones who "bless and sanctify" you and who offer the holy gifts on your behalf. So next time you greet your priest or bishop, don't shake their hand, ask for his blessing.

♦ Leaving Before Dismissal

Leaving church before the Dismissal—besides being rude—deprives us of a blessing. Worship has a beginning (“Blessed is the Kingdom...”) and an end (“Let us depart in peace”). To leave immediately after Communion is to treat church like a fast food restaurant where we come and go as we please. We live in a fast paced world where we seem to be hurrying from place to place. But in God’s presence, we need to make every attempt to fight this pressure to move on to the next thing on the day’s agenda. We deprive ourselves of blessings by not being still and participating in God’s holiness. Stay in church and thank God for His precious gifts.

Appropriate Attire

♦ Sunday Dress

Remember the time when people put on their “Sunday best” to go to church? In fact, dress clothes were often referred to as Sunday clothes. Unfortunately, this is not common today. In fact, all too often, dress in church has become too casual. In all areas of our lives, we should offer Christ out “Sunday best”, not our everyday or common wear. And we should dress modestly, not in a flashy way that would bring attention to ourselves. Our dress should always be becoming of a Christian—especially at church. If you’re going somewhere after church where you need to dress casually, bring a change of clothing with you and change after coffee hour. Remember, use your best judgment and good taste when dressing for church. After all, you don’t go to be seen by everyone else—you go to meet and worship God.

♦ Here are some specific guidelines:

Women—Dresses should be modest. No tank tops or dresses with only straps at the shoulders, no short skirts (mini skirts), and no skintight dresses. Dresses should have backs and not be cut low in the front. Women should never wear pants in church unless there are some physical limitations and have received the permission of the parish priest. Women who wear lipstick to church should blot their lips well before venerating an icon, receiving Communion, or kissing the cross or the priest’s hand.

Men—Men should also dress modestly. While a suit and tie is not mandatory, shirts should have collars and be buttoned close to the collar. Slacks should be cleaned and pressed. Jeans (of any color) are too casual for church, especially ones with patches or holes. Shorts are not appropriate church wear. Earrings, piercings and visible tattoos are not appropriate.

A Final Thought

Much of the church etiquette is based on common sense and showing respect for God and others. Always remember that you are in church to worship with fear of God, faith and love. Amen.



WALK the WALK for IOCC

Swallow Cliff Woods
119th & LaGrange Road, Palos Park, IL

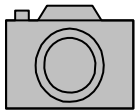
Saturday, November 5th, 2011

Registration: 9:30 a.m. & 5K Walk/Run: 10:00 a.m.
Donation: \$25/family—all Proceeds to benefit IOCC

Godparents Sunday

Sunday, November 13th, 2011

Divine Liturgy: 9:45 am
Luncheon immediately following the Divine Liturgy



1st Annual Saint Spyridon Photo Contest

Sunday, November 20th, 2011

All our Sunday School families are invited to join the Photo Contest. Submit your 8½x11 prints of an Orthodox Christian theme with a caption. The picture will then be judged and displayed in our community hall.



Christmas Pageant 2011

Sunday, December 18th

(Following the Divine Liturgy)

Dress Rehearsal, Saturday, December 17th

"Souperbowl" of Caring Sunday, February 5th, 2012



Under the directive of IOCC, we remember those among us who are hungry. On "Superbowl Sunday" we will bring canned goods and \$1 for our food pantry and for IOCC ministries.



Orthodox Missions Sunday

Sunday, February 19th, 2012

Students receive their Missions boxes as they learn about the work of Orthodox Missionaries around the world

Oratorical Festival 2012

All children registered in the Sunday School Program participate in the annual Oratorical Festival by proclaiming their Orthodox Faith through art, oratory and writing.
February 26th, 2012: Oratorical Projects Due
March 4th, 2012: Awards Presentation & Display of projects.



Lenten Retreat 2012

Saturday, March 10th, 10:00am – 2:00pm
Please register by Sunday, March 4th, 2012



Communion Breakfast

Saturday of Lazarus, - April 7th, 2012

In preparation for Holy Week, all our Saint Spyridon children are called to receive Holy Communion and enjoy the Communion Breakfast that follows. The children will make palm crosses and decorate the church for Palm Sunday.



Bible Bowl 2012—Sunday, May 13th

Students are challenged to match wits in a tournament of Bible Trivia.

Junior Division: Grades 3-6

Senior Division: Junior High vs High School



Graduation Sunday

May 20th, 2012

Join us as we celebrate the accomplishments of our students. Ceremony immediately following the Divine Liturgy.



Service Project 2011-12



Once again, our Sunday School Families are asked to contribute to our Food Pantry. With the tough economy more and more people seek assistance from our community. Each month we will ask the children to bring different items which can be dropped off at the church narthex.

September: School Supplies & Breakfast Foods

October: Shoes and Coats

November: Thanksgiving Dinner items

December: Christmas Feast

January: Canned Soups and Vegetables

February: Pasta & Sauces

March: Canned Fruits and PB&J

April: Spring Cleaning Supplies

May: Personal Hygiene Items

Saint Spyridon Hellenic Orthodox Church

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www.Saint-Spyridon.org