

THE CHAMPION

A Monthly Publication of Saint Athanasios Greek Orthodox Church

MARCH 2026



MESSAGE FROM FR. PANAGIOTIS

As we begin Great Lent, I'd like to invite us to think about this season not simply as a set of spiritual obligations, but as a journey we take together. Lent is not just about giving something up or adding extra services to our calendars. It is about movement—slow, steady movement toward Pascha.

Each week of Lent gently leads us closer to the Joyful-Sorrow of Holy Week and, ultimately, to the bright and life-giving Resurrection.

As Lent unfolds, the Church places before us powerful reminders of what this journey is about. We celebrate the restoration of the holy icons and remember that Christ truly entered our world—and that His image is being restored in us. We hear of St. Gregory Palamas and the promise that God's grace is not distant, but something we can truly experience.

At the midpoint of Lent, the Cross is brought out for us to venerate. It meets us right when we might be feeling tired or discouraged. The Cross stands as reassurance: the path may be difficult at times, but it leads to life. We're encouraged by the example of St. John Climacus, who reminds us that spiritual growth happens step by step, and by St. Mary of Egypt, whose life assures us that no one is beyond the reach of God's mercy.

By the time we reach Palm Sunday, something has shifted in us. We've prayed a bit more. We've tried to be more attentive. We've struggled—and perhaps stumbled—but we've kept walking. And then Holy Week begins.

If we allow Lent to shape us—even imperfectly—Pascha will not feel like a sudden celebration that comes out of nowhere. It will feel like sunrise after a long journey through the night. When we hear, "Come, receive the light," we will recognize that this light has already been growing within us, little by little.

So let's take this journey together. Let's be patient with ourselves and with one another. Lent is not about perfection; it's about direction. And if we keep our eyes on Christ, He will lead us—through the Cross and into the joy of the Resurrection.

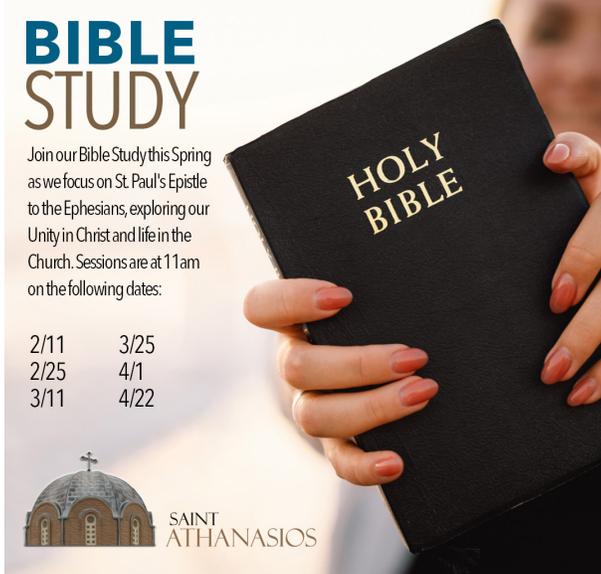


BIBLE STUDY PODCASTS

WITH FR. PANAGIOTIS



**SCAN
TO LISTEN**



BIBLE STUDY

Join our Bible Study this Spring as we focus on St. Paul's Epistle to the Ephesians, exploring our Unity in Christ and life in the Church. Sessions are at 11am on the following dates:

2/11	3/25
2/25	4/1
3/11	4/22



SAINT
ATHANASIOS

MEMORIALS

- Dempsey Taylor (6 months)
- Athanasios Moraites (2 Years)
- Christos Deligiannis (5 years)
- Paris Altidis (5 Years)

FUNERALS

Theodore W. "Ted" Valavanis

BAPTISMS

Jack Hilton
Son of Ralph and Christiana Hilton

PARISH COUNCIL

With our Lenten season underway, we are blessed to embrace both our beloved services and new opportunities to nourish our souls. Tuesday evenings are now dedicated to the Jesus Prayer, offering a quiet and prayerful pause in the midst of our busy lives. If you are seeking stillness and a deeper sense of peace, we encourage you to join us.

We are also honored to welcome Fr. Peter Spiro on Sunday, March 22. He will celebrate the Divine Liturgy with us, followed by a lenten luncheon and a presentation and training on human trafficking awareness. Father Peter joins us from Nashville, TN, where he helps survivors of human trafficking rebuild their lives. You won't want to miss this!

As we approach Holy Week and Pascha, we look forward to welcoming many visitors, which is a true blessing for our community. Let's continue to extend the hospitality, kindness, and warmth that define our parish family. As a gentle reminder, when seated in the pews, please move toward the center to make room for others and refrain from reserving seats.

On Holy Saturday morning, we anticipate welcoming 20–30 catechumens into Orthodoxy and into our St. Athanasios family through the sacraments of Baptism and Chrismation, led by His Eminence Nathaniel. This is a tremendous gift and a moment of great joy for our parish. Please take time in the coming weeks to get to know our soon-to-be new family members and keep them in your prayers.

+Praying for a blessed and fruitful lenten journey for all.

Anna Caniglia
Parish Council President

LENTEN CONFESSION SCHEDULE



Sign up here for the sacrament of Holy Confession. If you are unavailable during any of the scheduled slots, or they are all full, please reach out to office@saintathanasios.com to find an alternative date and time.



SCAN FOR APPOINTMENT

HUMAN TRAFFICKING AWARENESS & TRAINING

WITH REV. DR. PETER SPIRO

SUNDAY, MARCH 22

ST. MATTHEW HALL | AFTER LITURGY

On Sunday, March 22, we welcome Rev. Dr. Peter Spiro from Nashville, Tennessee. Following the Divine Liturgy, Fr. Peter — known by the Tennessee Bureau of Investigation and survivors of trafficked victims as “PADRE” — will offer a presentation and training on the reality of human trafficking, including ways to prevent it and protect those at risk. Fr. Peter is the Director of the Greek Orthodox Archdiocese of America FREEDOM National Ministry.

This session is designed to educate, equip, and inspire our parish community to respond with awareness, compassion, and faithful action, upholding the dignity of every human person.

**LENTEN LUNCH WILL BE PROVIDED
ALL ARE WELCOME**



**ARISTEVI**

Lenten Dinners & Lectures



Join us Wednesday evenings during Lent for Presanctified Liturgy (at 6pm) followed by a community Dinner & Lenten Lecture (at 7:30 pm). Dinners will be hosted by various ministries throughout the parish and we have a great lineup of speakers planned.

March 4th

Dinner Hosted by The Philoptochos Society

Topic: *Icons and Iconography with Iconographer Panayiotis Mihalopoulos*

March 11th

Dinner Hosted by The Choir & Chanters

Topic: *The Lenten Prayer of St. Ephraim by Fr. Panagiotis*

March 18th

Dinner Hosted by the Sunday School

Topic: *2026 Oratorical Festival Presentations*

April 1st

Dinner Hosted by the Soul Sisters

Topic: *Relics and Saints within the Parish by Fr. Panagiotis*

Lenten Donations

2026

CONTACT THE OFFICE TO DONATE
630-851-6106
OFFICE@SAINTATHANASIOS.COM

*prices listed are suggested for covering costs

SALUTATIONS ICON FLOWERS

1st Salutation	Feb 27	\$125
2nd Salutation	March 6	\$125
3rd Salutation	March 13	\$125
4th Salutation	March 20	\$125
Akathist Hymn	March 27	\$125

HOLY WEDNESDAY

Mystical Supper Icon Flowers \$125

Flour	5 LB
Olive Oil	1 Bottle

HOLY THURSDAY

Crucifixion Icon Flowers	\$125
Crucifix Floral Wreath	\$300

GOOD FRIDAY

Kouvouklion Flowers	\$1500
Kouvouklion Carnations	\$300
Rose Petals for Epitaphios	\$25

PASCHA/MISC

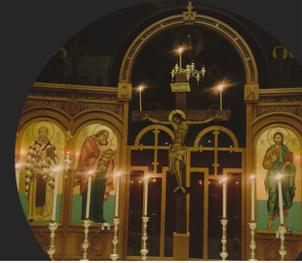
Pascha Icon Flowers	\$150
Rose Water	\$30
Lamp Oil	\$30
Red Eggs	

PALM SUNDAY

Feastal Icon Flowers	\$125
Palm Strips for Crosses	\$100
Bay Branches	\$350

BRIDEGROOM ICON FLOWERS

1st Bridegroom (Palm Sunday)	\$150
2nd Bridegroom (Holy Monday)	\$150
3rd Bridegroom (Holy Tuesday)	\$150



To donate toward the beautification of our Church during the Great Lent & Paschal season, please visit www.saintathanasios.com/easter, or contact the office via phone 630-851-6106 or email office@saintathanasios.com

GOOD FRIDAY RETREAT

APRIL 10 | 9AM - 3 PM

SUNDAY SCHOOL STUDENTS
(KINDERGARDEN TO 12TH GRADE)

\$15 REGISTRATION FEE

To volunteer, contact
sundayschool@saintathanasios.com

SCAN
TO REGISTER



PARISH CALENDAR

All services are live streamed on our YouTube Channel.

Orthros begins at 8:30am with Divine Liturgy following at 9:30am (unless otherwise noted below)

Sunday, March 1

Divine Liturgy - Sunday of Orthodoxy
Icon Procession

Monday, March 2

6pm Great Compline

Tuesday, March 3

6pm Jesus Prayer

Wednesday, March 4

6pm Presanctified Liturgy
7:30pm Lenten Dinner & Lecture: "Icons and Iconography with Iconographer Panayiotis Mihalopoulos"
7:30pm Choir Rehearsal

Friday, March 6

7pm Salutations to the Theotokos

Sunday, March 8 (Daylight Saving Times begins)

Divine Liturgy - Sunday of St Gregory Palamas

Monday, March 9

6pm Great Compline

Tuesday, March 10

6pm Jesus Prayer

Wednesday, March 11

11am Bible Study
6pm Presanctified Liturgy
7:30pm Lenten Dinner & Lecture: "The Lenten Prayer of St. Ephraim by Fr. Panagiotis"

Thursday, March 12

11am Agape Meeting
7pm Parent University

Friday, March 13

7pm Salutations to the Theotokos

Sunday, March 15

Divine Liturgy - Sunday of the Holy Cross
11:30am JOY Meeting

Monday, March 16

6pm Great Compline
6pm JrGOYA Night: Compline and Q&A with Father Panagiotis

Tuesday, March 17

6pm Jesus Prayer

Wednesday, March 18

6pm Presanctified Liturgy
7:30pm Lenten Dinner & Lectures: 2026 Oratorical Festival Presentations

Friday, March 20

7pm Salutations to the Theotokos

Saturday, March 21

6pm Men's Group: March Madness Party

Sunday, March 22

Divine Liturgy - Sunday of St John Climacus
11:30am Choir Rehearsal

Monday, March 23

6pm Great Compline

Tuesday, March 24

7pm Vespers - Feast of Annunciation
Annunciation Greek Orthodox Cathedral
1017 N LaSalle Dr, Chicago, IL 60610

Wednesday, March 25

Divine Liturgy - Annunciation of the Theotokos
11am Bible Study
7:30pm Choir Rehearsal

Friday, March 27

7pm Akathist Hymn
GOYA Retreat

Saturday, March 28

GOYA Retreat

Sunday, March 29

Divine Liturgy - Sunday of St Mary of Egypt
11am Parish Assembly Spring
GOYA Retreat

Monday, March 30

6pm Great Compline

Tuesday, March 31

6pm Jesus Prayer

COFFEE HOUR

Coffee Hour Hosts Needed

Help to promote fellowship, community, and friendship following Divine Liturgy by hosting Coffee Hour. Consider hosting for occasions such as Memorials, Namedays, Birthdays, 40-day Blessings, etc - or no occasion needed. You can join another family or multiple people to host as well. For more information and to sign up to host a Coffee Hour, please call the office.



FOOD PANTRY



Thank you to everyone who generously donated food to our Pantry! Your contributions make a real difference in the lives of our community members who need it most. We are so grateful for your kindness & support. 2025 totals - Money donated - \$1,010. Food - 1,541 lbs!

Please donate food that is Healing to the Hungry - Lean Proteins (Saturated Fats), No Sodium, Low Sugar Fruits, Whole Grain Items. No dented cans or open packaged foods. Expired food can not be accepted. This month's request is:

Canned Tomatoes, Tomato Sauce, Tomato Paste & Pasta Sauce

Please contact Betty Roussos at bettyroussos@yahoo.com with any questions.

PHILOPTOCHOS

We had a full house for Trivia Night! We had 14 teams and 125 attendees! Congratulations to Father Panagiotis and the winning team—Team England! Our dessert auction was a hit as well. Thank you to everyone who came out for a truly fun evening. Proceeds will be going to The Sisterhood of Presvyteras Fund, which provides assistance to clergy wives and families in times of crisis, and the Orthodox Christian Prison Ministry, which provides pastoral support to incarcerated individuals as well as support upon their release.



March is a busy month! We are hosting dinner after presanctified liturgy on the 4th. A sign up link has been included in the weekly email. On the 7th, we'll be baking koulourakia together at church. The cookies will be sold on Palm Sunday. On the 16th, we are packing lunches for Hesus House. Finally, we are supporting West Aurora High School by restocking their beauty bar. Items they are in most need of include:



- Hair ties/pony tail holders (any color)
- Makeup wipes/ Face wipes
- Body mist/spray
- Sanitary pads
- Hairspray

Items can be purchased and dropped off at church anytime this month. Or if you prefer, you can shop off our Amazon wish list and have your purchased delivered directly to church.



We're trying something new for Lent this year that was well received last year in the Agape Ministry-Lenten Prayer Partners. All this entails is adding another person to your prayers during the Lenten season. Someone else in the group will add you to their prayers. At the end of Lent you may share with your person that you were praying for them. Although Lent has already started, you may still participate. Please contact me.



MAY 15-17
ST. ATHANASIOS CHURCH



www.auroragreekfest.com

STEWARDSHIP

The Meaning of Stewardship

Stewardship is a word we often hear in the Church, but its meaning comes alive when we share how it is lived. As we continue to reflect on Stewardship, we are reminded that it is deeply personal — rooted in faith, shaped by community, and expressed through action. Here is what Stewardship means to some members of our Parish family:

“Stewardship is an expression of love and connection to my faith. It means so much to see the impact of our community working together and strengthening our church.”

“Stewardship means offering my resources, time, and gifts back to God and His Church, trusting that the Lord can do far more with my contributions than I ever could on my own. It also means welcoming and caring for the newcomers and seekers who come through our doors each week, seeing each person as an opportunity to share Christ’s love and help them feel at home in His Church.”

“Stewardship was displayed to me from the first day I stepped into St. Athanasios. I felt the warmth and the welcoming environment of this caring community.”

“Stewardship is an opportunity to use the gifts God has blessed me with to serve the higher purpose of allowing others to be saved and come to the knowledge of truth. What are those gifts? I have found that through showing up to church, prayer, listening, and being willing to say yes, the possibilities are endless.”

Together, these reflections remind us that Stewardship is more than what we give—it is how we live our faith. Through generosity, hospitality, prayer, and willingness to serve, Stewardship strengthens our community and allows God to work through us for His greater purpose.

With gratitude for your continued love and support,

The St. Athanasios Stewardship Committee
Pete Nassos, Elli Koulos, & Jim Kundl

COLLEGE MINISTRY

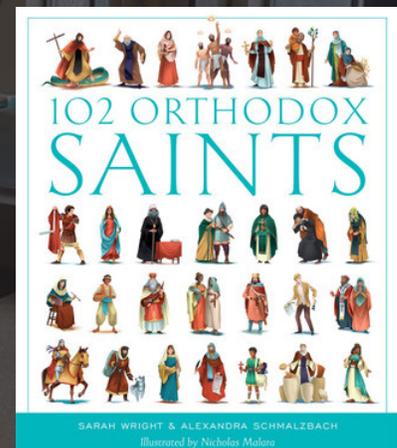


Alexandra Karalis

Alexandra Karalis is attending North Central College, at Naperville, Illinois. Her major is in “Finance”, and she expects to graduate in May 2026. Her favorite class so far has been “Econometrics”. After graduation, Alexandra’s plan is to establish herself in a role in the Chicago area that allows her to gain meaningful experience, with the intention of growing within an organization and ultimately pursuing a career in commercial real estate. In the longer term, she would like to establish a successful career at JLL, ideally within the Capital Markets group. Alexandra continues to attend the Saint Athanasios Greek Orthodox Church while in College, her Parish since childhood. What she likes most about the Parish is the strong sense of community and how genuinely welcoming everyone is. The Church has become much more than a place of worship—it feels like a second home. Saint Athanasios has played an important role in shaping who she is, and she is grateful to be part of such a close-knit and caring community. Alexandra’s favorite sport is hockey, and her favorite team is the Blackhawks. She enjoys reading, going to the Gym and spending time with family and friends. Her favorite season is Summer, as she enjoys the warm weather, the longer days and outdoor activities. Her favorite restaurants are the Greek Islands, Gia Mia and Potters.

BOOK STORE

As we welcome March and our Great Lent, Session Two of the Parent University: Children - Casting Nets of Young Hearts will be held on Thursday, March 12. For parents to continue their engagement of their children in our Orthodox Faith, our Bookstore has books for children starting with board books and moving into important prayer books for teens. For the youngest hearts, we have Goodnight, Child of God and I Pray Today in easy to hold board books. The popular, 102 Orthodox Saints, is a valuable resource for any age child and their parents to learn about the Saints, their miracles, and to view very lovely graphics. A Child’s Guide to Prayer and A Child’s Guide to the Divine Liturgy, as well as the Hear Me prayer book for teens are available for a better understanding of how and why we pray and worship. Stop in our Bookstore soon for these books and others to enhance guiding our young faithful!



MEN'S GROUP

Thank you all for your support and participation in this ministry. For those of you that may not be familiar with us, we are a Group of Orthodox friends who gather to share their experiences about life, their philosophies, values and ideas. We meet to provide charity, support, mentoring and build fellowship among the Orthodox community of men in the western suburbs.

Lives of the Saints

Thank you for all for making the Lives of the Saints a success. These group sessions allowed us to focus on different saints across the centuries, uncovering their stories, struggles, and enduring impact on the Church and world.

Lenten Dinner Service

The Men's Group provided dinner service after Presanctified Liturgy on Wednesday, February 25. Thank you to all that brought food and make this another successful dinner!

March Madness Watch Party – Saturday, March 21

Another chance to get together, talk, eat, drink, and watch some great college basketball! Details on location/time will be announced soon.

Food Pantry

Each month, our church collection of donated food needs to be delivered to local food pantries. We need volunteers to transport our donations. If you are interested, please contact us for more information.

You can like and follow our Facebook page by searching for "Men's Group of St Athanasios Greek Orthodox Church" We welcome men (21+) to join us as we grow our mission. If interested, please contact Spiro Hountalas (naperspike@aol.com), Peter Metrou (pnmlawyer@aol.com) or Nick Dagiantis (ndagiantis@gmail.com).

HESED HOUSE

HESED HOUSE DINNER SERVICE
WEDNESDAY, APRIL 1
Cooking @ 3:00 PM
Dinner @ 7:00 PM

Volunteers Needed to Cook and Serve!

Hesed House ministry will be preparing and serving dinner to Hesed House guests on April 1st. Prep and cook to begin at St Athanasios kitchen around 3pm. Food will then be driven to Hesed House in order to prepare for their 7pm dinner service. If interested, please contact Bill Collins, bctc@sbcglobal.net, for details as well as Hesed House volunteer

Monday, June 8, 2026

OPA OPEN

Presented by Saint Athanasios Church

Location

21200 S Carillon Dr,
Plainfield, IL 60544
(815) 886-2132
www.carillongolf.com

Event Details

Registration & Lunch: **11:30-12:15 PM**

Tee Off: **12:30 PM**
Shotgun-Scamble

On course contests for players of all abilities

Dress Code: Golf Attire

Dinner: **5:30 PM**

Raffle & Auctions

More Details to Follow Soon

How Do We Sign up?

Call church office: **630-851-6106**
Web: saintathanasios.com/golf

Questions?

Contact Frank Demas at 224.805.6920 OR Pete Nassos at panassos@gmail.com

Sponsorship Opportunities Available

WHO SHOULD ATTEND?

GOLFERS
\$185
\$125 Jrs.
INCLUDES GOLF, ON-COURSE GAMES LUNCH & DINNER

NON-GOLFERS
\$50
INCLUDES DINNER ONLY FUN!

SPONSORSHIP OPPORTUNITIES

ALL PROCEEDS GO TO NANCY A. GLADIS FOUNDATION AND ST. ATHANASIOS MINISTRIES

EVENT SPONSOR \$1000
INCLUDES PROMOTION AND ADVERTISING FOR THE OPA OPEN AND FALL AURORA GREEK FEST
 CONTACT FRANK DEMAS AT 224-805-6920 FOR MORE INFORMATION

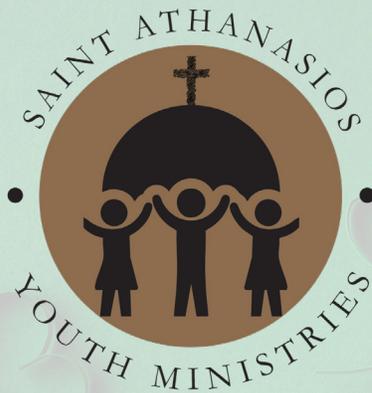
SPECIAL SPONSOR \$500
BEVERAGE CART, RAFFLE AUCTION OR LUNCH

CONTEST/GAME SPONSOR \$300
ON COURSE GAMES OR PUTTING CONTEST

HOLE SPONSOR \$175

REGISTER TODAY!

Go to www.saintathanasios.com/golf to register and pay for the outing participation fee (Includes Golf, on course games, lunch and dinner) and purchase sponsorships. Or visit us after Sunday Services in the Church Hall or call the Church office (630) 851-6106.



JOY

MARCH 15 | 11:30 AM TO 1:00 PM

JOY Meeting

More information and RSVP in Band

JOINT JR GOYA & GOYA

MARCH 16 | 6:00 - 8:00 PM

Compline and Q & A with Father Panagiotis

More information and RSVP in Band.

MARCH 24 | 6:30

Bardwell Night

GOYA

MARCH 27-29, 2026

GOYA Retreat

SUNDAY SCHOOL

MARCH 1

Icon Procession

MARCH 18 | 5:30 PM

Parish Oratorical Festival



AGAPE MINISTRY

Our February meeting was very educational as Sia Panos taught us how to make Koliva in preparation for Saturday of the Souls. Many who attended shared their own special ways of making Koliva, and we all walked away with a new information and a wonderful taste of it.



dahlia
weddings and baptisms

630.596.6826

**Weddings
Baptisms
Christmas
Easter**

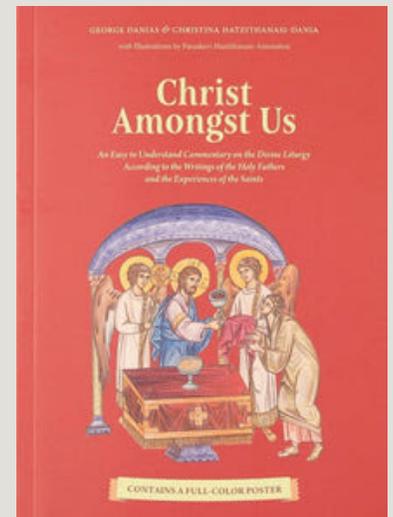


DID YOU KNOW...?

The Trisagion Hymn

Holy God, Holy Mighty, Holy Immortal, have mercy on us. This Hymn is called the thrice-holy hymn, because it calls God Holy three times and the hymn is repeated three times: One time for the Father, who is Holy, Mighty, and Immortal; One time for the Son who is Holy, Mighty, and Immortal; and one time for the Holy spirit who is Holy, Mighty and Immortal. Each one of the three persons of the Holy Trinity is Holy, Mighty, and Immortal. The Trisagion Hymn is a combination of the angelic hymn heard by Prophet Isaiah, Holy, holy, holy Lord Sabaoth (Isaiah 6:3) and the words of St David the Psalmist, My soul thrusts for my God, the mighty, the living. (Psalm 42:2) The "holy" which is chanted three times comes from the angels, while "God, Mighty, and Immortal" comes from the blessed David. Combining the 2 hymns demonstrates that, because of Christ's presence in this world, angels and mankind chant and doxologize the Holy Trinity together.

Pages 39,40 "Christ is Amongst Us" by George Danias & Christina Hatzithanasi-Dania with Iconography by Paraskevi Hatzithanasi-Anthonatou



Book is on sale
in the bookstore



"The more you surround yourself with people of Faith, you see the Holy Spirit in action! It's exciting. It's invigorating. The understanding and importance of Faith. Jesus is holding you up in times of weakness and fear but so is the Community! My strength comes from the people in this community. It's a wonderful place to be! Living real experiences, I'm grateful for the blessings that have happened in my life—not by my own

doing but through my Lord and Savior!

- Elli Koulos

by Penny Panayiota Deligiannis

Elli Koulos' earliest memories are intertwined with the Saint Athanasios Greek Orthodox Church community. "During the summer of 1966 when I was seven-years-old, Dad's (John Digrindakis) work moved our family from Colts Neck, New Jersey to Naperville, Illinois. **I REMEMBER:** Attending Saint Athanasios at 228 East Galena Boulevard... Fr. Spyridon Kawvadias was our priest. **Mom (Athena Digrindakis) teaching Sunday School and saying 'Let's all be quiet to see if we can hear a pin drop!' and somehow all of the Sunday School children-students did quietly walk down those stairs from the second-floor to receive Holy Communion!...Coffee Hours and social gatherings in the parish's basement... On Holy Friday, taking the Εμπράσιο outside through Downtown Aurora... Feast day parties... After Holy Communion, my Sunday School teacher MaryAnn Andrews 'snuck away' our entire class of children-students to eat fast food at Prince Castle located kitty-corner from Saint Athanasios... My parents saying 'Chris & Bessie Koulos, Chris & Harriett Hountalas, John & Virginia Kapellas, Dr. Michael & Eva Kontos and families reached out very quickly to us'... and Dad & John Botsis searching phone books to find Greek names and Greek-sounding names, calling strangers to invite them to Church!"**

"When I was ten-years-old alongside (sister) Daphne, I became the Nouvá (Godmother) as we baptized Leah! This Kouμπαριό relationship exists because Mom and Maria (& Peter) Lagios became friends believing 'What a beautiful thing for our daughters to be close in age and have this long-lasting relationship!' My family attended Holy Apostles for seven years. We returned to Saint Athanasios because my parents felt the parish needed support. My parents influenced my Church experiences! The meaningful relationships I have formed give me energy! When I began teaching at Saint Athanasios' Sunday School, I realized I needed to learn more about my Greek Orthodox Faith. I could no longer simply 'go through the motions,'" reflected Elli. "Over six decades, Saint Athanasios played a major part in my family milestones... Baptisms of my nieces and nephews, Luke Zanis and Kendra (Magdalini) Standish... Christmations of Randy Turzinski and Scott Reher... and the Wedding Sponsorships of James & Jill Koulos and Alexis & Jeremiah Carscadden."

"Michael ('Mickey') Koulos was a lifelong friend! Our families loved each other—we all grew up together! At the 1992 Greek Food Festival at the Kane County Fairgrounds, Mickey and I volunteered with other young adults making λουκουμάδες. During a long conversation one evening, we looked at each other and I remember thinking 'We could be something more than friends! A spark was struck! It was the coolest thing—Mickey and I already shared our Orthodox Faith and many foundational values! On July 2, 1994, we married—I was 32-years-old. As a married couple, we had to also learn how to live with each other. In Saint Athanasios' history, I believe we were the second couple where both the Bride and Groom grew up in this parish."

Elli was inspired by her mother's example of service. "I saw Mom was active baking, making crafts and taking Philoptochos minutes." Later, as a young mother with a demanding human resources career at Microsoft (for 23 years), Elli **"joined Saint Athanasios' Ladies Philoptochos Society after (then) Philoptochos president Kim Kaminski told parishioners 'If you join Philoptochos, think of just one thing you want to do to help us help others in need!'"** Elli quickly found out she loved the work, organization's focus and especially the women involved! From 2016-2019, Elli served as Philoptochos president continuing the legacy of service she witnessed growing up.

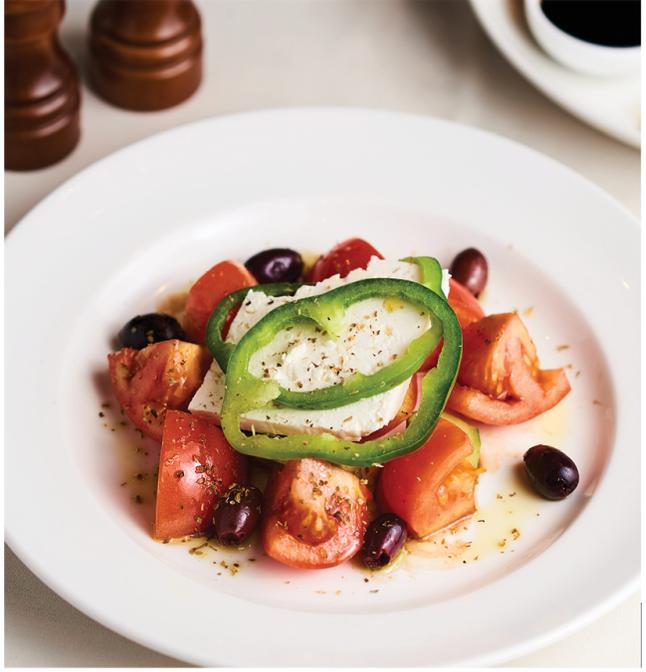


Michael & Elli Koulos

"Mickey and I are blessed to have raised our children Peter (born 1997) and Zoe (born 2000, Now Engaged!) As a family, we enjoyed learning about the Orthodox Church. Peter participated in the Apollo Dance Group. Zoe enjoyed the Neophyte Dance Group. I believe these activities and events like our Greek Food Festivals bring people together, who get to know each other, motivating them to attend more Church services and become connected to this community. These differentiators bring people into our parish doors. Once inside, people connect the dots personally and spiritually often discovering something deeper."

Elli admitted **"I am still learning about prayer and recognizing the Gifts of the Holy Spirit. As an example, Mom was a person of Faith and dealt with much physical pain in her last years. I was relieved and comforted when she died because Mom was ready and I recognized that the Holy Spirit gave her Grace and wisdom to pass when she did! I found support in both God and our community and trusted that I was not alone. Under Pete Nassos' tutelage, I currently serve on the Stewardship Committee offering my talents. My mantra is: Help people in big or small ways! What can I offer or do to help you? I'll pray for you or whatever is needed. I'm drawn to help others. As I minister and help others, I try not to forget my own spiritual care—it's important not to neglect that."**

**Καλή Σαρακοστή.
A Blessed 40-Day Lent!**



MODERN STEAKHOUSE WITH A GREEK ACCENT.

Beyond our delicious line-up of Prime Steaks, Chops, and Seafood, we offer an authentic selection of Greek Specialties, including Whole Oven Roasted Branzino, Lamb Racks & Greek Potatoes, Classic Pastitsio, and much more. Check out the **Greek Classics** on our menu for all your favorite Mediterranean flavors.

CityGate GRILLE

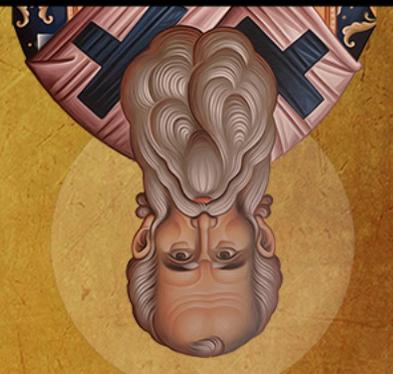
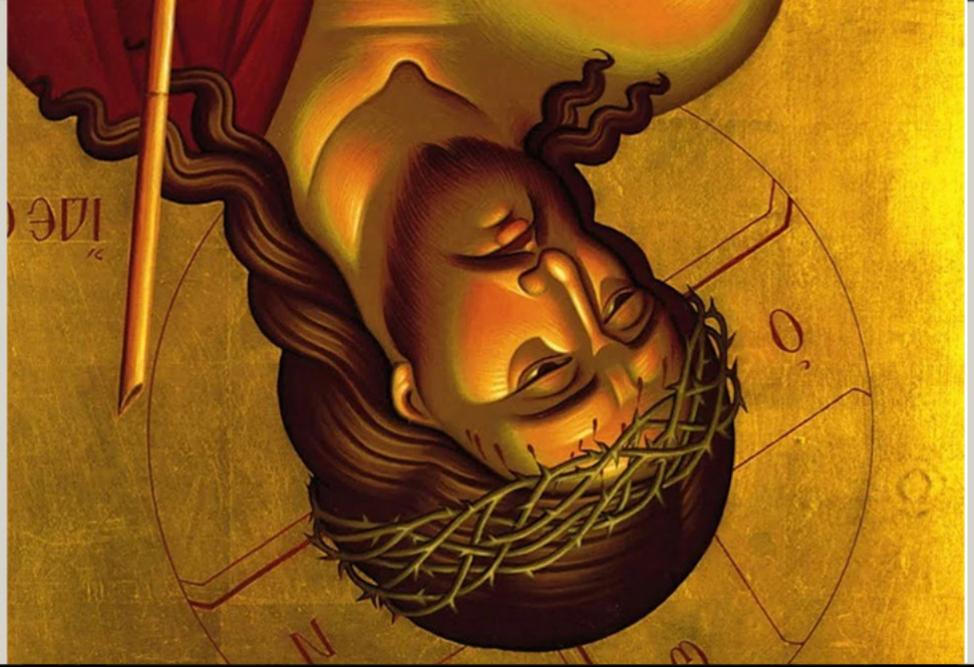
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