Dear Fellow Philoptochos Sisters:

On behalf of the Metropolis Board and myself I wish to thank all of you for being loyal, strong and faithful soldiers in carrying out the Mission of Philoptochos. We began 2020 with the Annual Vasilopita, thank you to St. George Chicago Parish and especially the Philoptochos and Evelyn Nisbett, President for hosting such a wonderful event. We were all together, less than 6 feet apart. We honored and celebrated the end of Pam’s term as President, and her service to Philoptochos and the Metropolis. We thank Pam for being our leader, our friend and our beloved Sister. And then everything stopped.

When a crisis hits, Philoptochos Sisters band together and offer assistance. We put together food baskets, we called our fellow Parishioners, we assisted the elderly with grocery deliveries and medicines and most of all we supported our family and friends with strength and compassion. Our Metropolitan challenged us to do more. We began Masks Matter, distributing hand-sewn masks to date 7,600 masks to non-first responders. We donated to food banks to help the hungry. We kept our faith alive, though unable to enter our churches, we watched live stream services.

As we begin to open our cities, our work places and our churches, Philoptochos will continue to help those in need and those who can not help themselves. “Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Corinthians 13: 4-7. Stay safe, stay strong, separate but united.

Yours in Christ, Marilyn
METROPOLIS OF CHICAGO - Events You Won’t Want to Miss!

2020  “Separated but United”

**Due to the Covid-19 Virus & restrictions of gatherings, there are many event changes.**

June

06/13  Saturday Metropolis/Chapter Presidents Meeting, ZOOM Virtual Meeting. 9:30 am

06/28 -07/03  National Clergy/Laity/Philoptochos Congress; **CHANGED** due to COVID-19 see new date August

06/28 Sunday St. George, Schererville, IN PURSE DRAWING ~benefit Fair Heaven Women’s Ctr  **(NEW date)**

August

21-22 Friday -Saturday  National Philoptochos Congress; VIRTUAL ZOOM MEETING

September

09/19  Saturday METROPOLIS PHILOPTOCHOS SEPTEMBER LUNCHEON, VIRTUAL Event

October

10/24  Saturday, Holy Apostles, Westchester; Fashion Show; Drury Lane Oak Brook. **CANCELED**

10/31  Saturday St. Demetrios, Elmhurst:  SS Cosmas & Damianos Great Vespers

November

11/01  Sunday St. Demetrios, Elmhurst:  SS Cosmas & Damianos Feast Day Divine Liturgy

11/07  Saturday Metropolis Wide Dress A Girl Sew-a-thon @ St. Basil, Chicago **CANCELED**

11/21  Saturday, Assumption, Madison, WI, Baklava Plus Sale

DECEMBER

12/07  Monday Holy Taxiarhi & St. Haralambos Christmas Party

2021

FEBRUARY

02/26  Friday  SS. Peter & Paul, Glenview, IL.  6:30 pm FUNDRAISER

†  Let’s continue to Pray the Philoptochos Covid Virus Prayer, Nationally at 3pm eastern /2pm central time  **

Bold items Are a METROPOLIS EVENT AND SHOULD have all Chapters Attend

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:

philomocc@gmail.com  (219) 789-4560  (Demetria Bakris)
Metropolis of Chicago Philoptochos

Save The Date
Virtual Fundraiser
Saturday, September 19, 2020

Though this event will be different, our commitment in helping those in need hasn’t changed. It is with your support and generosity that makes it possible for Philoptochos to be successful.

Invitations & Sponsorship letters and more details are forthcoming

“Sometimes it Takes Only One Act of Kindness and Caring to Change a Person’s Life.”

scatter kindness
Dear Metropolis of Chicago Philoptochos Sisters;

All three of us are so excited to be hosting our 1st ever Virtual Luncheon on Saturday September 19, 2020. Our theme this year is ‘Scatter Kindness.’ This theme says it all that WE are the ladies who scatter kindness to each other and to those in need. We plan to live stream our event and our goal is to have you join us with your church group or from your home.

Here are a few quotes we’d like to share:

“Kindness is having the ability to speak with love, listen with patience and act with compassion” RAKtivisit

“Love and kindness are never wasted. They always make a difference. They bless the one who receives them and you, the giver.” Barbara De Angelis

With these thoughts we hope YOU will help us make this event a success. Our goal is to raise $30,000 and we cannot do it without you. **Please save the date Saturday, September 19, 2020, Noon – 1:30pm.**

Whether you gather your ladies at church or have a group at your home it is with your generosity that we will be able to help benefit:

-St. Iakovos Retreat Center

-NOKidHungry

-The Metropolis Philoptochos Philanthropic Endeavors

We will be sending out updates to be shared with your chapter regarding event. Thank you in advance for your support.

With sisterly agape,
Marilynn Jemas, Flora Dimitriou and Vonnie Karafotias

“More details will follow.”
Masks – St. Demetrios - Chicago

Pitsa Antonakos is excited to have exceeded her goal of 1000 masks for the Metropolis/Philoptochos Mask Makers Project and also provided 60 masks for Niles Township.

Philoptochos can put your time, energy, creativity and donations to good use. There are no shortages of opportunities for each of us to help substantially.
Masks – St. Demetrios - Chicago

MASK DELIVERY TO SWEDISH HOSPITAL

MASK FOR THE 5K WALK
MASKS
Annunciation - Chicago

MASK

MASK

MAKERS
Philoptochos would like to hear what you’re doing to help in your community during the Coronavirus Crisis. Please send your ideas and any stories you have, as we’d like to share them in the Perspective.
THE GOOD WORKS OF PHILOPTOCHOS ARE LINKS THAT FORM A CHAIN OF LOVE
Three Hierarchs - Champaign

Annunciation - Milwaukee

Holy Trinity – Sioux City

Any help you can offer Philoptochos is positive and impactful.
St. Helen is Keeping Their Members Safe. Handmade masks for the members were distributed. Every mask was made with special “Philo-love” to keep members safe and beautiful!
Mask makers Presvytera Christina Papulis, Teresa Ferguson and Linda Nicozisin made 1100 masks, including this special clear front style for the hearing impaired.

SPECIAL THANKS TO ALL OUR PHILOPTOCHOS MASK MAKERS
Holy Trinity – Sioux City

Sioux City Holy Trinity’s neighbor across the street is Mercy One Hospital. Parish youth and Philoptochos painted a large message to the hospital to cheer patients and healthcare workers. The chapter also made and donated masks to Mercy and Unity Point Hospital, in Sioux City. Chapter also contacted the elderly and shut-ins in our community for those in need. The chapter also encouraged parish members to donate blood. Chapter President Mary Baryo was among those members donating blood.

![Message to Mercy One Hospital](image1.jpg)

Give blood. There is a severe shortage. Healthy donors are needed. One blood donation saves three lives. 1-800-RED-CROSS.

> Do small things with great love.  
> -Mother Theresa

![Parish Members](image2.jpg)
Food Drives – Getting Food to People in Need
Enthusiasm is the key ingredient in Philoptochohs

St. Andrew’s Chicago – Feeding the Hungry

Annunciation Cathedral Chicago
Feeding the Hungry

Thank you to all who volunteer for Feed The Hungry projects.

Saints Constantine and Helen – Palos Hills Feeding the Hungry
St. Sophia Philoptochos participated in their first outreach ministry in Elgin. Due to the Covid-19 outbreak, the Vineyard Church of Elgin had to close its doors because they could not serve daily hot breakfasts indoors instead they shifted to handing out sack lunches to their patrons. St. Sophia Philoptochos quickly assembled 60 sack lunches and delivered them to Vineyard Church. Jim & Peggy Boyter and Spero & Pam Argyris coordinated the effort. The head of the ministry was overwhelmed that we were able to make 60 lunches and was very thankful to St. Sophia for the blessings that they were able to bestow to those less fortunate. Thank you to all who so graciously donated to this project. We are #PhiloStrong!

It’s possible to change a life with one small act of kindness.

St. Sophia Philoptochos and youth, organized by President Pat Kolodziej, prepared health kits filled with hand towels, washcloths, toothbrushes, combs, nail clippers, band-aids & bars of soap for Make a Difference Day. 103 health kits were sent to IOCC to help victims of Hurricane Dorian.
St. Sophia – Elgin

St. Sophia Philoptochos Society visited the Greek American Rehabilitation & Care Centre where the residents enjoyed rice pudding & Koulourakia along with fellowship.

Feeding The Hungry Is Back!

The Metropolis of Chicago is in the forefront of serving in this noble project of Feeding The Hungry.

St. Demetrios – Libertyville. Nancy Paganis, Nikki Katris, Katerina Pasinski, Niki Tziavaras

Saints Constantine & Helen – Palos Hills. President Marilyn Tzakis, Vonnie Karafotias, Georgia Gavaris, Effie Panos, Alexandra Smirniotis, Antigone Campobasso & Penny Vitogiannis were all there for the reopening of the Feeding the Hungry Program which had been on Covid lockdown for three months. Feeding the Hungry will be every Tuesday morning serving sack lunches until further notice.
“He who is kind to the poor lends to the Lord, and the Lord will reward him for what he has done.” Proverbs 19:17
Decisions on what to serve for dinner were a little easier for parishioners who purchased food items for carry out from St. Basil Philoptochos. The fundraiser offered a large variety of Lenten fare freshly prepared, delicious and homemade. All proceeds will help them continue their good works.

Your talent is God’s gift to you.
What you do with it is your gift back to God.
Zoom Zoom

During the COVID Crisis, the Philoptochos Board and many Chapters turned to Zoom Meetings to continue their good works.

Stay connected from home. Zoom is a good way to keep in contact while socially distancing.

St. Demetrios - Libertyville
Philoptochos friendships are built on a thousand small kindnesses.
Dear Philoptochos Sisters and Friends,

Thank you for your support, your enthusiasm, your kindness and the love you have shown to me over the past four years. It has been my honor and pleasure to serve as the Metropolis of Chicago Philoptochos president. Thank you to Metropolitan Nathanael and our Chancellor, Very Reverend Fr. Timothy, for their support, encouragement and their belief in the good works of Philoptochos. Thank you for facing the challenges of the past four years with me and for being a force for change. Together we will face the challenge of continuing to help those less fortunate in as many ways as possible.

Congratulations to your new president, Marilyn Tzakis, and to the entire 2019-2021 Metropolis Philoptochos Board. I know that you will continue to support their efforts and endeavors in fulfilling the mission of Philoptochos. They are a dedicated group of women who will go out of their way to help and advise all our chapters in this wonderful Metropolis. Let us continue to work together to fulfill Christ’s admonition to us…”For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me…” Mathew 25:35-36. Together we can strive to make the world a better place.

With agape, Pam
When counting your blessings, be sure to count all your Philoptochos friends!

Philoptochos Enthusiasm Bubbles Over
It takes a lot of caring to be a Philoptochos Friend!

Combine Your Passions With Your Contributions
Philoptochos Women Still Are An Untapped Reservoir
Presidents Meeting – All Saints - Joliet

Charity is the root of all good works.
Philoctochos Cares
The Power of Thank You!!!
Thank you to our hosts in Joliet.
Philoptochos
Women of all ages are driven by faith and fellowship. They improve lives by mobilizing & multiplying their caring power.
Philoptochos Members Value Results and Relationships
Good works are worth much, and cost little.
St. Demetrios – Chicago

St. Demetrios Philoptochos donated ten infant car seats to Swedish Hospital for those that can’t afford to buy an infant car seat for their newborn.

Lenten Retreat – Ark of the World Charity

While the Lenten Retreat at Saints Constantine and Helen, which was to have been chaired by Demetra Bakris and Christina Hiotis, had to be canceled due to the Coronavirus Crisis, the Philoptochos Metropolis Board still was able to donate $1,000 to the Ark of the World Charity. Info at link below:

https://www.kivotostoukosmou.org/
Coming to St. Mary’s from a fairly small parish was a bit overwhelming at first, but I knew the best way to meet people was to get involved. I chose to join Philoptochos and quickly found a group of exceedingly kind and welcoming women who fulfill the Philoptochos mission by joyfully serving the church and community. I have been able to participate in a few activities since joining and have had so much fun getting to know some of the ladies while being inspired by their hard work and dedication to serve the Lord. I would encourage anyone who’s thinking of getting involved to take a look at joining Philoptochos. I feel blessed do be a part of this organization and am looking forward to taking advantage of more of the many opportunities it offers to serve the poor and be involved in the life of the Church.

Joan Spell - Celebrated her 102nd birthday in March

Kudos to whoever is responsible for this pearl of wisdom, “It is better to give than to receive.”

I was a homemaker with two daughters in school all day and so I had the time, the energy and the desire to do something helpful outside of my home. I turned to my church for the answers. Sure enough there was a vehicle for my pursuits and it's called Philoptochos, which means friend of the poor. In the Gospel, numerous times, Jesus instructs His followers to help the poor. I became involved in Philoptochos and in the sixties was elected president. Today as a centenarian I look back on those years as the happiest and most productive of my lifetime, not only fulfilling the mission prescribed by our Lord and Savior but basking in the pleasure of the warm hearted friends I made and the knowledge of helping a cause to the best of my ability.

Joan Spell - Celebrated her 102nd birthday in March

Baby Bottle Banks for Tandem: Philoptochos has long supported TANDEM, an organization that focuses on generational poverty and single motherhood during pregnancy and beyond. For the last six years during Lent, parishioners have been invited to take a Baby Bottle Bank to fill with coins, dollars and checks to help mamas and littles purchase many supplies needed in adverse circumstances.
St. Anthony – Springfield, IL

President Maria Kypreos made the beautiful Vasilopita cake. We have a lot to be thankful for. The chapter had a very successful December luncheon/fashion show.

St. Athanasios – Chicago

St. Athanasios held their annual “Vasiloptia Throwdown” to raise funds for St. Basil’s Academy. Volunteer bakers had their Vasilopitas judged by the community. This year it was a tie between two of our youth raising over $7,000.
Cultivate your beautiful heart. 
Nourish every inch of it. 
Fill it with love. 
Fill it with kindness. 
Fill it with compassion. 
Make your loving heart the most beautiful thing about you.

St. George Philoptochos President, Evelyn Nesbitt, hosted the 2020 Metropolis Vasilopita Celebration. 380 people attended and were served. Evelyn thanks everyone for supporting this event.
There is no friend like a Philoptochos friend.

Do something good each day that your future self will thank you for.
Assumption – Town & Country - Vasilopita

St. Haralambos - Niles - Vespers

Philoptochos – We Do Good & We Have a Good Time Doing It!
St. Haralambos - Niles
Visiting the Greek American Rehabilitation and Care Centre in Wheeling, IL

Saints Constantine & Helen – Palos Hills
Farewell Celebration for Fr. Chris and Best Wishes in Joliet.

When one door of happiness closes…

…another door opens for you.
It's a lot easier to do good work when you have good words to say and work with good people.
Philoptochos members are aware that a little progress each day adds up to big results.

St. Demetrios – Hammond, IN – Go Red

Look back & be grateful, look forward and be hopeful, look around and be helpful.
To strengthen your heart, reach out and lift others up.

Philoptochos members smile more and are grateful for all the big and little things.
St. John the Baptist – Des Plaines

Always Doing Positive Things to Help Others!

Philoptochos members always find time for the things that make them feel so happy to be alive.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.
I can do everything through Him who gives me strength.
The Lord says, “I will guide you along the best pathway for your life. I will advise you and watch over you.”

Psalms 32:8

Everyone had a jolly time.
At The Children’s Medical Fund Luncheon in Chicago, Beacon Children’s Hospital of South Bend was awarded a $13,000 grant to fund ten Neopuff infant resuscitators and one vein finder. These tools will improve respiratory management, sedation and IV practices for critically ill children and premature babies.

This group also delivered sixty winter coats to Hope Ministries and collected items (fuzzy socks, slippers, hand lotion and lap blankets) for the Wellbrooke Assisted Living facility in South Bend. They also disbursed $1,400 in Meijer food cards to parish and community members in need.

Assumption – Town & Country, MO

A Merry Heart Does Good Things

GIVE THE GIFT OF YOUR TIME.

THE REWARDS ARE CONSIDERABLE ON BOTH SIDES.
Ascension of Our Lord – Lincolnshire

Ascension of Our Lord has stepped up during the COVID issue. They have delivered snacks and milk shakes to the Greek American Nursing Home. They have also matched volunteer members to our senior/isolated members. Volunteers contact the seniors with frequent "check-ins," to provide companionship and/or run errands. They also delivered Pascha baskets to families, Mother's Day gifts of tulips and fruits to our parish's "senior moms" and Father's Day gifts of ouzo and mixed nuts to our "senior dads."

Honoring those who put the welfare of others above themselves.
It’s great to show gratitude.
Our Philoptochos Perspective Needs You!

Help the Perspective bring our good works and accomplishments to all in our Metropolis.

Thank you to all chapters that emailed their events and photos to the Perspective for this issue. We are starting work on the next edition of the Perspective.

We will be changing the format of the Perspective in the near future and will need your assistance. We will be publishing more frequently. Please send your submissions to me as soon as your event is completed so that I can publish the Perspective in a timely manner.

*When submitting please email the highest resolution photos you have along with the name of the church & event and any other details on your event.*

I am anxiously awaiting your emails, articles and photos for our next Perspective.

**Share your Chapter News and Events with the Perspective!**

**Share the Perspective With Others!**

Email your submissions to:

marilynnjemas@gmail.com

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*THE BEST IDEAS COME TO US WHEN WE LEAST EXPECT THEM. SO HAVE YOUR SMILES AND CAMERAS READY!*