

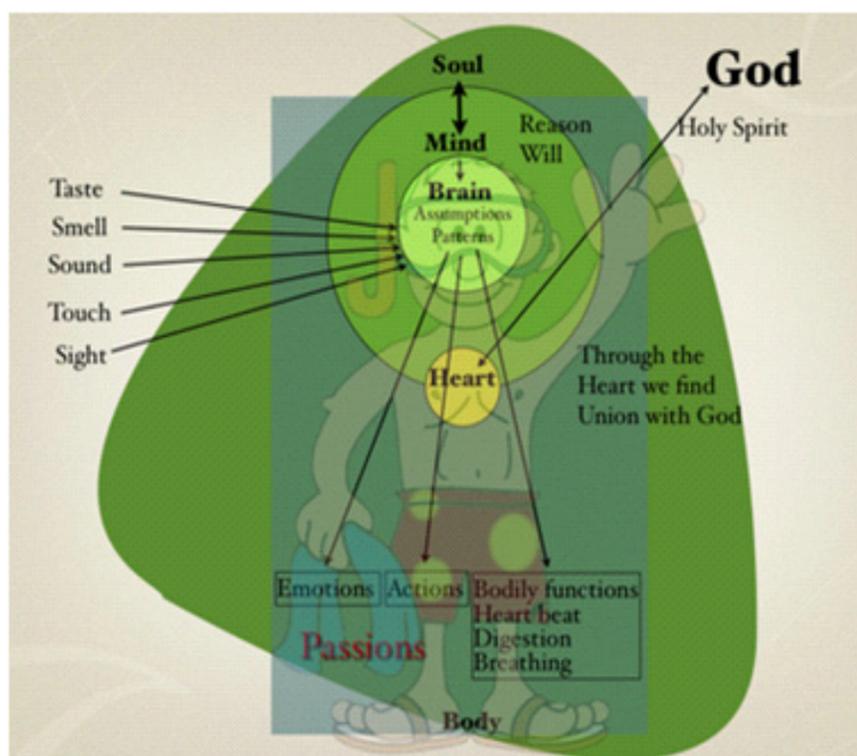
## HAPPY EASTER

### The Soul Part III

Louis A. Palivos

## The Virtues and Vices of the Soul and Body

The soul is a mystical concept that both Theologians and Scientists have a hard time understanding. The soul for Theologians and the conscious for Scientists make the material elements become conscious and capable of willful actions.



Aside of the body and soul, St. Theophan the Recluse says, "The heart is the innermost part of man and is spirit. This is where our self-awareness, our conscience and our idea of God resides. The Fathers use the heart as both a bodily organ and as the center of our being." <sup>1</sup> The article, *Nature of Soul, Mind, Brain and Heart*, has a wonderful diagram to help visualize the body, soul and spirit (heart), see below.

St. Gregory Palamas wrote that the soul, like angels, is incorporeal and not in a particular place, yet neither are angels everywhere. He further wrote that the soul is everywhere in the body and it is in God's image. <sup>2</sup>

St. Anthony the Great stated that, "the soul is divine and immortal and while being God's breath, is joined to the body to be tested and deified." p. 348. He further wrote, "Plants have a natural life, but they do not have a soul. Animals and birds possess breath and soul." p. 354. <sup>3</sup>

**St. John of Damascus wrote,**

The virtues which we ascribe to the soul are primarily the four cardinal virtues: courage, moral judgment, self-restraint and justice. These give birth to the other virtues of the soul: faith, hope, love, prayer, humility, gentle-

(continue p. 2)



Η μεγάλη παρέα του Σαμ Βεργάκη στην δεξίωση του Ποντιακού Συλλόγου. Από Αρ.: Γιάννης Νικολακάκης, Πρόεδρος Σπαρτιατικού Συλλόγου, Σαμ και Φωτεινή Βεργάκη, Κική και Γιώργος Πολυμενάκος, κα. Γκρέϊς Μπαρτζή, κα. Μπέσσυ Μερκούρη, Γιάννης Μπαρτζής και Τζίμης Μερκούρης.



Μία μουσική παρουσία στον τόπο μας που έχει παραγκωνιστεί τελείως είναι ο νεαρός Στηβ Κολιόπουλος που στην φωτογραφία τραγουδά πριν από την Κατερίνα Στανίση. Έχει μια ανδροπρεπή και σωστή φωνή.



Από το πάρτι "εκπληξη" της Δήμητρας, σημαντικού μέλους των "τροβαδούρων" για τα 70 της χρόνια που το έκαναν τα παιδιά της. Από Αρ.: η Δήμητρα, η Τζοέν Ο γιός Μπιλ και η Ανίτα. Να τα κατοστήσεις Δήμητρα!

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**The Soul  
Part III**

Louis A. Palivos

**The Virtues and  
Vices of the Soul  
and Body**

ness, long-suffering, forbearance, kindness, freedom from anger, knowledge of God, cheerfulness, simplicity, calmness, sincerity, freedom from vanity, freedom from pride, absence of envy, honesty, freedom from avarice, compassion, mercifulness, generosity, fearlessness, freedom from dejection, deep compunction, modesty, reverence, desire for the blessings held in store, longing for the kingdom of God, and aspiration for divine sonship.

Besides these there are the *bodily virtues* or, rather, the tools or instruments of virtue. When used with understanding, in accordance with God's will, and without the least hypocrisy or desire to win men's esteem, they make it possible to advance in humility and dispassion. They are self-control, fasting, hunger, thirst, staying awake, keeping all-night vigils, constant kneeling, not washing, the wearing of a single garment, eating dry food, eating slowly, drinking nothing but water, sleeping on the ground, poverty, total shedding of possessions, austerity, disregard of personal appearance, unselfishness, solitude, preserving stillness, not going out, enduring scarcity, being self-supporting, silence, working with your own hands, and every kind of hardship and physical asceticism, with other similar practices. When the body is strong and not disturbed by carnal passions, they are all indispensable and extremely beneficial. When the body is weak, however, and with the help of God has overcome these passions, such practices are not as vital as holy humility and thanks-giving which suffices for everything.

Something should also be said about the *vices* or the *passions* of the soul and the body. The *passions* of the soul are forgetfulness, laziness and ignorance. When the soul's eye, the intellect, has been darkened by these three, the soul is dominated by all the other passions. These are impiety, false teaching or every kind of heresy, blasphemy, wrath, anger, bitterness, irritability, inhumanity, rancor, back-biting, censoriousness, senseless dejection, fear, cowardice, quarrelsomeness, jealousy, envy, self-esteem, pride, hypocrisy, falsehood, unbelief, greed, love of material things, attachment to worldly concerns, listlessness, faint-heartedness, ingratitude, grumbling, vanity, conceit, pomposity, boastfulness, love of power, love of popularity, deceit, shamelessness, insensibility, flattery, treachery, pretence, indecision, assent to sins arising from the soul's passable aspect and dwelling on them continuously, wandering thoughts, self-love, the mother of vices, avarice, the root of all evil (I Tim. 6:10) and, finally, malice and guile.

The *passions* of the body are gluttony, greed, over-indulgence, drunkenness, eating in secret, general softness of living, unchastity, adultery, licentiousness, uncleanness, incest, pederasty, bestiality, impure desires and every passion which is foul and unnatural, theft, sacrilege, robbery, murder, every kind of physical luxury and gratification of the whims of the flesh, (especially when the body is in good health), consulting oracles, casting spells, watching for omens and portents, self-adornment, ostentation, foolish display, use of cosmetics, painting the face, wasting time, day-dreaming, trickery, impassioned misuse of the pleasures of this world, and a life of bodily ease, which by coarsening the intellect makes it cloddish and brute-like and never lets it raise itself towards God and the practice of virtues.

The roots or primary causes of all these *passions* are the love of sensual pleasure, the love of praise and the love of material wealth. Every evil has its origin in these.<sup>4</sup>

The next article will address the teaching on the "Aerial Toll-Houses" in regards to their soul's journey after its departure from the body. The soul passes through 20 "Toll-Houses" which are as follows: 1. Sins of the tongue. 2. Lies. 3. Slander. 4. Gluttony. 5. Laziness. 6. Theft. 7. Covetness. 8. Usury. 9. Injustice. 10. Envy. 11. Pride. 12. Anger and Rage. 13. Remembering evil. 14. Murder. 15. Divination. 16. Lust. 17. Adultery. 18. Sodomy. 19. Heresy. 20. Unmercifulness.<sup>5</sup>

So what is it worth to lose your soul?

1. The Orthodox Way of Life: Walking the Path to Theosis, *Nature of Soul, Mind, Brain and Heart*, <http://orthodoxwayoflife.blogspot.com/2009/07/nature-of-soul-mind-brain-and-heart.html>

2. St. Nikodemos of the Holy Mountain and St. Makarios of Corinth, *the Philokalia Vol. 4*, Faber and Faber, Inc. N.Y. 1979.

3. St. Nikodemos of the Holy Mountain and St. Makarios of Corinth, *the Philokalia Vol. 1*, Faber and Faber, Inc. N.Y. 1979.

4. St. Nikodemos of the Holy Mountain and St. Makarios of Corinth, *the Philokalia Vol. 2*, Faber and Faber, Inc. N.Y. 1979.

5. *Aerial Toll-House*, [www.orthodoxwiki.org](http://www.orthodoxwiki.org)

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# METROPOLIS OF CHICAGO ARCHONS HOLD THIRD ANNUAL BUSINESS RETREAT

## GUEST SPEAKER ARCHON AND PROFESSOR DR. JOHN FOTOPOULOS DISCUSSED THE HALKI THEOLOGICAL SCHOOL

The Metropolis of Chicago's Archons held their Third Annual Archon Business Retreat on Saturday, February 24, at the St. Iakovos Retreat Center in Kansasville, Wisconsin. The retreat was spearheaded by Regional Commanders Gus M. Pablecas and John G. Manos.

During the event, the Regional Commanders discussed Metropolis of Chicago Archon news and reported on National Archon-related events, including the Third Archon International Conference on Religious Freedom, which was held in Washington D.C. in December 2017. During the event a detailed Power Point presentation was presented to attendees. The retreat included a business and planning session, a dialog on defending and promoting the Holy and Great Mother Church and how to create new ideas for raising



awareness of the issues facing the Ecumenical Patriarch today. In addition, the guest speaker was Archon Dr. John Fotopoulos.

"It was one of the most productive, high spirited meetings where new constructive ideas were created and action plans were implemented," said Regional Commander Pablecas.

As part of the retreat, there was a segment that was basically a think tank session where expanded ideas were discussed. This allowed the regional commanders to tap into the vast experience of the Archons attending the meeting.

Regional Commander Manos concurred. "You could feel the synergy from the start. That synergy, coupled with the Archons' enthusiasm, made this the best of the three retreats to date."

As part of the retreat, a presentation was made by Archon Dr. John Fotopoulos, who was inducted as an Archon of the Order of St. Andrew the Apostle in 2017 and bestowed the offikion Didaskalos tou Euaggeliou. He is an Associate Professor in the Department of Religious Studies at Saint Mary's College in Notre Dame, Indiana, where he has served on the faculty since 2001. His lecture focused on the Halki Theological School. Specifically, he spoke on its history and religious freedom, the need for the Halki Theological School to open as part of the Ecumenical Patriarchate, and the great biblical theologian Vasileios Antoniadis, who was a professor at Halki. Professor Anotoniadis helped compile the Greek text of the New Testament that we hear in worship within the Greek speaking churches of the Ecumenical Patriarchate. Eastern Orthodox Christians are the second largest Christian faith tradition worldwide. The Metropolis of Chicago oversees all Greek Orthodox Parishes within Illinois, Iowa, Wisconsin, and Minnesota, as well as large portions of Missouri and Indiana. You can find more information on the Greek Orthodox Metropolis

# Clouds gather over negotiations with FYROM

Just a few days before Foreign Minister Nikos Kotzias heads to Skopje, a shadow has been cast over negotiations to resolve the name dispute between Greece and the



Former Yugoslav Republic of Macedonia after it emerged that his counterpart, Nikola Dimitrov, reportedly described Greece's positions during his contacts with European Union officials as bordering on the "absurd."

According to diplomatic sources, Dimitrov's remarks did not go down well in Athens, with officials questioning the approach of authorities in Skopje with regard to the negotiations.

It is not lost on Athens, however, that Dimitrov, who is a member of the nationalist VMRO-DPMNE party, is also part of a fragile coalition under the leadership of Socialist Zoran Zaev, and that his rhetoric is also aimed at a domestic audience.

Tensions ran high this week as FYROM's Parliament approved a law allowing for the wider use of the Albanian language, despite the efforts of opposition nationalists, spearheaded by former prime minister and ex-VMRO-DPMNE leader Nikola Gruevski.

Gruevski, along with other lawmakers, pulled away the microphone and spilled water on the desk of parliamentary speaker Talat Xhaferi during the vote.

Nationalists in the Greece's Balkan neighbor are opposed to granting additional rights to its large ethnic Albanian minority.

Zaev has pledged to resolve the name issue with Athens in order to pave the way for the country's accession to NATO and the EU.

However, the antics surrounding this week's parliamentary vote drew scathing comments from European diplomats.

According to French Ambassador in Skopje Christian Thimonier, the vote was adopted without a minimum of consensus and without a civilized discussion.

"It was a disappointing day because we saw events that we thought we had already turned our backs on," he said, adding that "what we saw was nothing but a glimpse of what a parliament of European state should not be."

# At least 16 including children, die at sea

The bodies of 16 migrants, including those of four children, were re-



covered off the island of Agathonisi near the eastern Aegean island of Samos close to the Turkish coast, after the boat they were traveling in capsizing with an estimated 21 people on board early on Saturday morning.

The identities and nationalities of the victims were not immediately known. According to reports, coast guard officials said there were at least three more migrants that were unaccounted for.

"We can't tolerate losing children in the Aegean Sea... the solution is to protect people, to implement safe procedures and safe routes for migrants and refugees, to hit the human trafficking circuits," Migration Minister Dimitris Vitsas said in a press release.

The search and rescue mission for those missing included private boats, three aircraft, a European Border and Coast Guard Agency (Frontex) vessel, as well as Hellenic Navy and Coast Guard vessels.



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## History repeats itself when a guilty verdict is delivered at NHM Trial

### Judiciary panel, distinguished jurists and citizens affirm ancient practice of trial by jury

CHICAGO (March 3, 2018) – A jury composed of community leaders, academics and journalists, along with an audience of hundreds, presented their verdict of guilty to a presiding panel of federal and state court judges in the National Hellenic Museum’s Trial of Megacles, held Thursday in Chicago. This fifth installment of the NHM Trial Series debated whether the ends justified the



Tinos Diamantatos provides the Defense’s closing arguments in the NHM Trial of Megacles.

means when a government leader lied in the name of protecting democracy. On Thursday, just as it was determined in 632 BCE, it does not.

Moderated by WGN’s Andrea Darlas, the event featured a re-trial of Megacles, an ancient Athenian leader who ordered the death of a traitor to the city’s power. When Cylon, a populist Olympian hero, led an unsuccessful coup



Christina Faklis Adair examines expert witness Dr. Katherine Kelaidis at the NHM Trial of Megacles.

and then claimed sanctuary in the Temple of Athena, Megacles promised him and his followers a fair trial. Instead, he ordered Cylon’s execution without due process.

The judiciary panel was composed of four judges: from the Seventh Circuit Court of Appeals Judge William J. Bauer, U.S. District Judge Charles P. Kocoras and Cook County Circuit Judge Anna H. Demacopoulos and, new this year, U.S. District Judge Sharon Johnson Coleman.

Prosecuting Megacles for violating the sanctity of supplicants and subverting the laws of Athens were former U.S. Attorney Patrick J. Fitzgerald of Skadden, Arps, Slate, Meagher & Flom and Patrick M. Collins of King & Spalding. Megacles’ defense team was composed of Robert A. Clifford of Clifford Law Offices and Tinos Diamantatos of Morgan Lewis. Christina Faklis Adair of Gozdecki, Del Giudice, Americus, Farkas & Brocato examined expert witness Katherine Kelaidis, Ph.D., a Visiting Assistant Professor at DePaul University.

“The audience participation element in this event makes it truly unique,” said NHM Trustee and Chair of the NHM Trial Series Committee, Dino Armiros. “While the cases are selected for their modern-day relevance, the attorneys make compelling arguments, and expert testimony and opinions presented by thought leaders are provocative and intriguing. This isn’t a sit and watch event. It’s a learn and vote event – with audience members becoming truly vested in the proceedings.”

Attendees of the NHM Trial of Megacles experienced the court in the style of ancient Athens where juries were often composed of hundreds of citizens. An

added modern element to this courtroom was the mix of wit and humor in the dynamic legal presentations. All in attendance were in rapt attention following the arguments that made ancient history relevant through modern references. “In Athens, the responsibility to act as a juror was incumbent on all citizens,” said expert witness Dr. Kelaidis. “This is what we did Thursday night. We gave everyone a vote.” Serving as distinguished jurors: Cynthia Photos Abbott, Vice President & General Counsel, WBEZ, Chicago Public Media; University of Illinois at Chicago Chancellor Dr. Michael D. Amiridis; Cook County Public Administrator Hon. Louis G. Apostol; George Apostolides, Partner & Vice Chair National Litigation, Saul Ewing Arnstein & Lehr, LLP; Lori D. Barcliff Baptista, Ph.D., African-American Cultural Center Director, University of Illinois at Chicago; WGN Host Anna Davlantes; Illinois State Rep. and House Minority Leader



Patrick Collins begins his closing arguments for the Prosecution in the NHM Trial of Megacles.

Jim Durkin; Calamos Wealth Management Sr. Vice President Anita Knotts; Cook County Circuit Court Judge Anthony C. Kyriakopoulos; Thomas G. Massouras, Trial Attorney and Special Assistant U.S. Attorney, U.S. Dept. of Housing and Urban Development Office of Regional Counsel; Chicago Tribune Columnist Heidi Stevens; and Lorien Yonker, Research Associate, The Art Institute of Chicago Dept. of Ancient and Byzantine Art.

The verdict breakdown was 11 guilty and 1 not guilty among the jury of 12. The jury’s determining verdict was supported by the hundreds of attendees when the



NHM Trial of Megacles Jury Standing L to R: Lorien Yonker, Heidi Stevens, Thomas G. Massouras, Hon. Anthony C. Kyriakopoulos, Anita Knotts and Jim Durkin Seated L to R: Anna Davlantes, Dr. Lori D. Barcliff Baptista, George Apostolides, Hon. Louis G. Apostol, Dr. Michael D. Amiridis and Cynthia Photos Abbott Photo Credit: Photos by Elios Photography@b2018

scales of justice were literally tipped to guilty by the majority of the voting chips. The esteemed panel of judges unanimously found Megacles guilty, while acknowledging the strength of the arguments by defense counsel.

The event affirmed the importance of holding a trial of the accused, even during a time of violent insurrection. Judges, jury and citizen audience noted that due process continues to be crucial to democracy, just as it was in the earliest days of Athens.

The Trial of Megacles was approved for 1.5 hours Ethics CLE by the Attorney Registration & Disciplinary Commission of the Supreme Court of Illinois.

The dynamic NHM Trial Series has grown both in reputation and following over the years. The 2016 Trial of Antigone was broadcast on WTTW-TV (PBS Chicago) in May 2017 and nominated for a regional Emmy. The 2017 Trial of the Parthenon Marbles is expected to be released on DVD soon.

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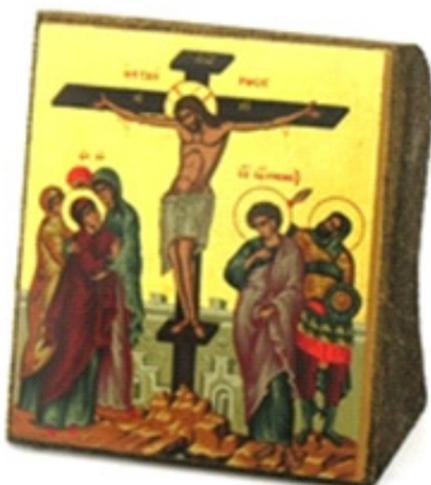
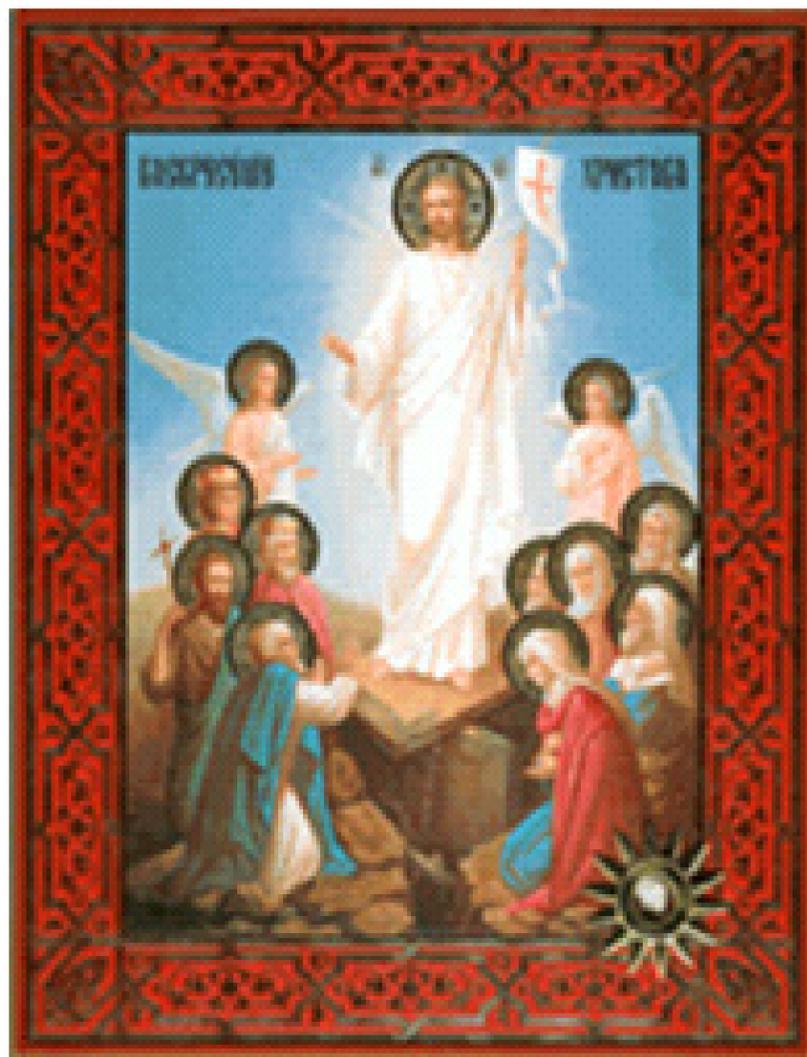
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# THE FORM OF APOLLO HELIOS THE LIGHT BEARER AND THE STATUE OF LIBERTY

An important topic that has started becoming increasingly popular in the last few years is the discovery made by Classics Professor and Historian Antonios A. Antonakos, which concerns the facial form



of the Statue of Liberty, located in the USA.

Professor Antonakos highlighted the issue for the first time after he announced it at an international conference, as well as in an article, published in the historic magazine ELLINORAMA in September 2006. In said article, indisputable evidence on the typical depiction of that form being the one of Apollo Helios was presented. And because a picture is worth a thousand words, he also presented this



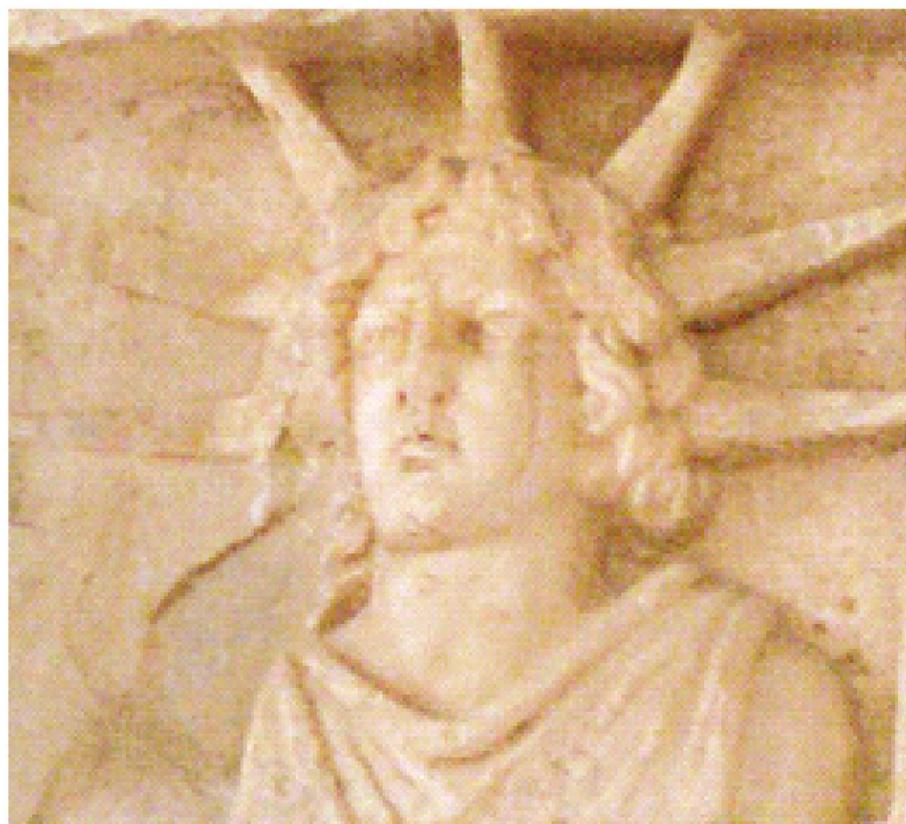
specific form, which is depicted on a triptych slab, and can be found in the Archaeological Museum of Corinth.

Back then, this discovery travelled around the world through hundreds of thousands of e-mails. The news was also republished in many newspapers in Greece and abroad, as well as online in many web pages. A few years ago, it was broadcast on Greek television, plus it was published on New York newspaper "The National Herald", and in many Greek magazines. Recently, this piece of information has also been included in the textbook by Irini Vallera-Rickerson, professor of Art History and Architecture in Orange Coast College, entitled *A Concise Architectural Journey from the 18th century to the present*.

However, such an important issue could not leave a Greek man

with an immense cultural contribution history, like Mr. Markos Arvanitis, indifferent. Thus he reached out to professor Antonios A. Antonakos for finding out ways to highlight such an important piece of information. He also decided to include this information of great value in his street nameplate project, both in their street and collectible versions. So he published a sign for Apollo Street, where on the front side, the form of Apollo Helios the Light bearer and the Statue of Liberty are presented next to each other, while on the back side of the collectible sign is the article of Mr. Antonakos, which reveals the issue.

How is it proved though that this form belongs to the Greek god Apollo? We already know the history of the Statue of Liberty, as well as its formal name, "Liberty enlightening the World" ("La Liberté éclairant le Monde" in French).



Therefore, Liberty enlightens the world. However, global and cultural enlightenment cannot happen with just a torch, held by Liberty, no matter what symbolic meaning we give to it, as it can only light up the surrounding area. Global enlightenment can happen only with the rays of the Sun (Helios), which as a symbol enlightens both the world and Apollo (who represents the Sun) as well as the Statue of Liberty.

Besides, the sun has seven rays and, in any case, the seven ray sun is always a symbol of Apollo, both as "Sun/Helios - Light" (because Apollo, as it is known, is the god of light) and thanks to its trait of having seven rays (because the Greek number for seven, «ἑπτὰ» (eptá), comes from the word «σάβδη» (septá), which means "sacred", and is thus the "sacred number" of Apollo).

The most important point though, which proves the truth of Professor Antonios A. Antonakos' claim, aside from Liberty's global enlightenment (something that seems to be ignored by not only the USA, but also the rest of the world), which is the sacred number seven on Helios' rays etc., is Apollo's facial form itself, which has been evidently copied, as it is proved by the photo!

This discovery is very important and the world must know about it, so that everyone knows that Liberty, for which the Greeks and the other people of Earth fought, has one more Greek symbolism, through the depiction of the Greek god Apollo Helios, which everyone can see and admire when they visit the Archaeological Museum of Corinth.

Translation by Adrianos A. Antonakos

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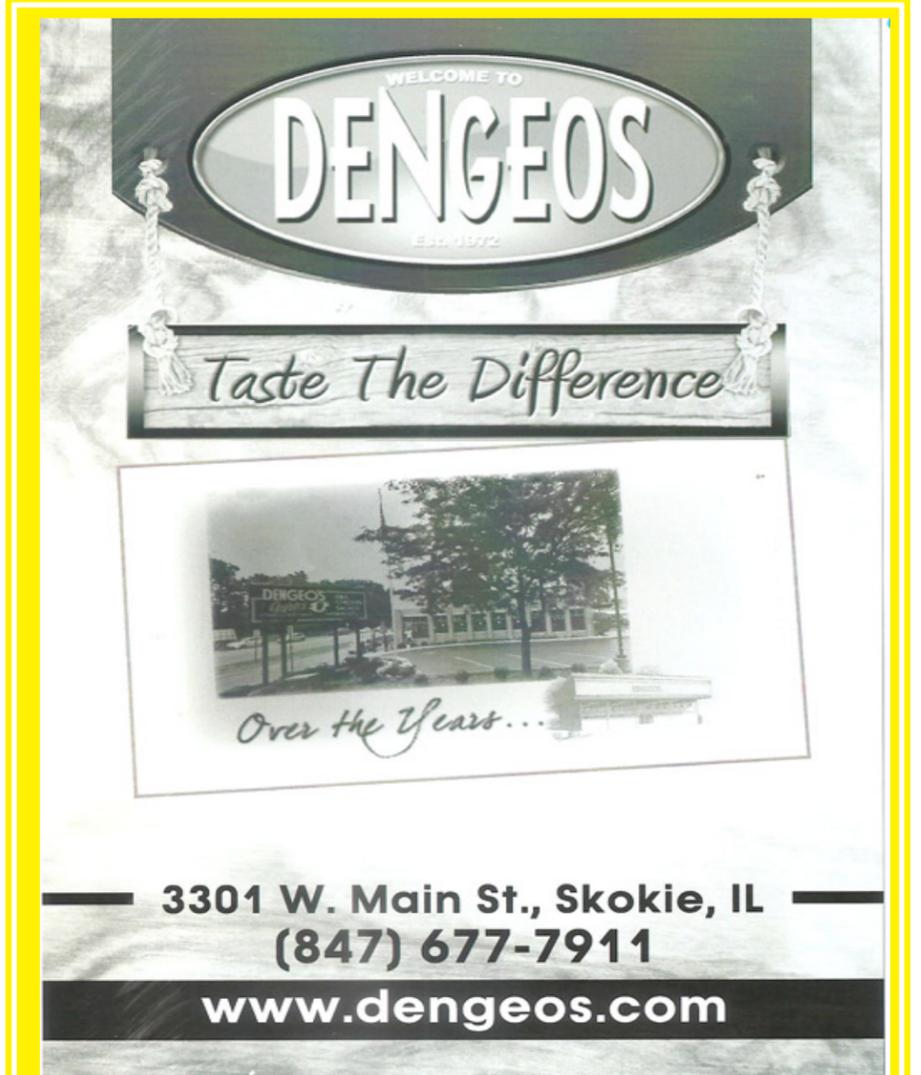
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### Βήμα 1ο

Σε ένα ποτήρι ανάμειξε ένα φλιτζάνι ζεστό νερό με λίγες σταγόνες χρώμα ζαχαροπλαστικής (εμελις πρτείνουμε 10 σταγόνες) κι 1 κουταλάκι του γλυκού ξίδι. Βύθισε το νερό μέσα στο χρώμα, άσε το να βάψει και στη συνέχεια άσε το να στεγνώσει για 10 λεπτά.

### Βήμα 2ο

Επιλέγεις το χρώμα που θέλεις για να κάνεις τα νερά του μωσαικού. Προσοχή: Για να πετύχει η τεχνική το δεύτερο χρώμα πρέπει να είναι πιο σκούρο άρα και περισσότερες σταγόνες χρώματος και πιο έντονο χρώμα. Αυτή τη φορά μέσα στο νερό θα προσθέσεις και μια γεμάτη κουταλιά λάδι και θ' ανακατέψεις καλά! Θα βάλεις το βαμμένο



αυγουλάκι μέσα στο χρωματιστό νερό με λάδι και θα το βουτήξεις μέσα σε αυτό για λίγα δευτερόλεπτα έτσι ώστε ν' απορροφήσει λίγο από το δεύτερο χρώμα.

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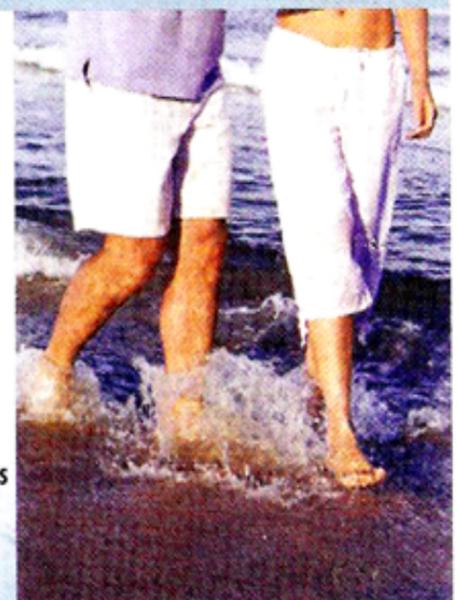
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## Easy Easter egg dyeing tips



There's no need to buy store-bought egg coloring kits. Simply get creative by raiding the pantry for food coloring and white vinegar -- and start creating your own homemade batch of colorful Easter decorations that you and the kids can show off to friends and loved ones!

Easter egg coloring is fun... but messy. So make sure you begin by covering your work surface with plenty of newspapers or paper towels to keep colors from table tops and furniture. Next, gather the tools and materials you'll need to begin making your homemade Easter treasures:

- hard boiled eggs
- egg carton (save the egg carton to store eggs as they dry)
- heat proof bowls (deep enough to submerge an egg)
- white vinegar
- food coloring
- a large spoon or tongs
- stickers, tape, or contact paper for creating designs (optional)

1. In a bowl mix 1 teaspoon of white vinegar and 15-20 drops of food coloring to a cup of boiling water.

2. Use tongs or a large spoon to submerge an egg into the mixture and let sit for 5 minutes, or allow more time for deeper hues.

3. To make designs, use kids' stickers or masking tape and apply firmly to the egg before submersion in a dye. Once dry, remove the stickers or masking tape

Around the Web, find out more techniques and creative tricks for how to create your own perfect Easter eggs with complete instructions for tie-dyeing, sponge painting, natural dyes, waxing, and lots more for fun, do-it-yourself egg decorating..



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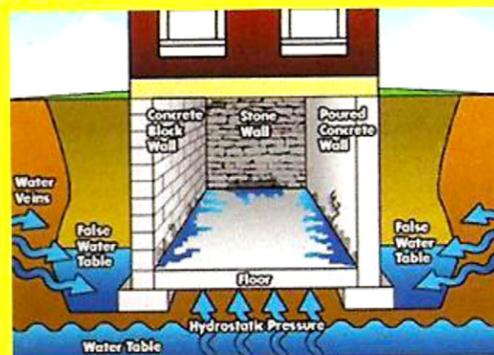
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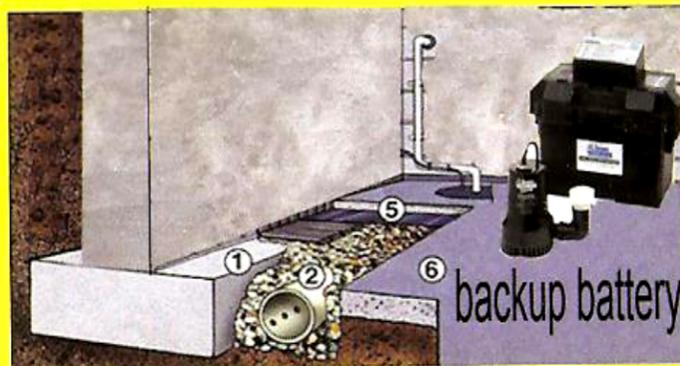
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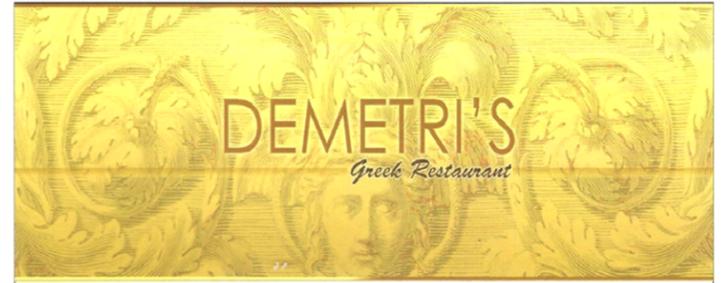
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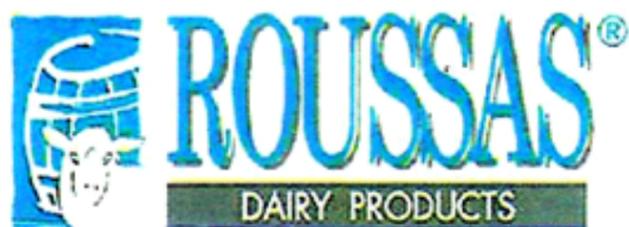


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