

# THE CHOIR LOFT

The Official Newsletter of the Federation of Greek Orthodox Choirs — Chicago Metropolis • [www.chicago.churchmusic.goarch.org](http://www.chicago.churchmusic.goarch.org)

Spring 2009

## NOTES FROM THE TOP

I hope this finds everyone doing well as we go through this Lenten journey. I thank God for all His blessings and for the support I receive from the Federation Board and from all of you individually.

The board recently met and many things were discussed and being planned. The first thing is our 52nd Annual Conference. Please note the change of location and dates. We will be in Milwaukee, WI at the Annunciation Church the weekend of Nov. 5-8, 2009. We will be meeting in conjunction with the Clergy-Laity of the Metropolis. We will be singing the new Bilingual Liturgy of Tikey Zes and Michael Doran will be accompanist. The second thing will be our annual Youth Choir Conference. It will be held October 9, 10, 11, 2009, at St. Nicholas in Oak Lawn. Diana Ott will be director. The final major event on our schedule this year will be our Church Music Institute (CMI) funded by the National Forum of Church Musicians and a grant from Leadership 100. It will be March 13,14, 15, 2009, at St. Nicholas, in St. Louis, MO. Dr. Tikey Zes will be doing 3 sessions on conducting. Dr. Valerie Karras will be doing a session on the Theology behind what we Sing, and Joanne Kambouris will be doing 2 sessions on Youth Choirs. We are very excited about the CMI. We will also be using the bilingual liturgy of Tikey Zes at the CMI. More information on the CMI and how to order music will be coming out soon as March is not far around the corner!

For those of you who did not attend the 51st annual conference, you missed a fantastic time. We were hosted by the Sts. Anargyroi choir and parish in Rochester, MN. Tia Maragos was our conference chairman and I want to thank her for the tremendous job she did from long distance! I also want to thank Connie and Nick Maragos for conducting Nick's new 3 + 1 Liturgy. It was truly inspiring. Fr. Nick Kasemeotes' self-defense workshop was useful and fun. The Beatles Bash was an absolute blast! Thank you all again for doing such a good job.

November 7, 8, 9, 2008, was the annual Youth Choir Conference. It was truly an awe inspiring weekend. Diana Ott not only directed our youth choir, but chaired the conference. Michael Doran accompanied and also directed a Byzantine Chanters Academy. The older children chanted the antiphons and also Psalm 135 during communion. They did a wonderful job. The Liturgy was recorded and will be available for sale from Diana Ott, ([dianaott@juno.com](mailto:dianaott@juno.com)) for \$10 plus shipping/handling. A big thank you goes to those children who came to St. Louis from Chicago, and Swansea, IL. Thank you Ida Trakadas and Theoney Bouris for being chaperones! Again, we are here to serve you. If you have any questions, need music, or can assist you in any way, please let me know. You can email me at: [Dkarras916@aol.com](mailto:Dkarras916@aol.com) Have a blessed Lent.

Denise Karras,  
President



## CHOIR FEDERATION REHEARSAL SCHEDULE – 2009

This rehearsal schedule at the following churches is in preparation for the 52<sup>nd</sup> Annual Choir Conference, hosted by the Annunciation Cathedral in Milwaukee, in conjunction with the Clergy-Laity Conference November 4-8, 2009. See your choir director for information and Registration forms; or visit the Federation web site at...

[chicago.churchmusic.govarch.org](http://chicago.churchmusic.govarch.org)

*All rehearsals will begin promptly at 7:30 P.M.*

Wednesday, June 3	Holy Apostles 2501 S. Wolf Rd. Westchester, IL 60184	708-562-2744
Wednesday, June 17	St. Spyridon 12397 S. Ridgeland Palos Heights, IL 60463	708-385-2311
Wednesday, July 1	SS Peter & Paul 1401 Wagner Rd. Glenview, IL 60025	847-729-2235
Wednesday, July 15	All Saints 102 Broadway Joliet, IL 60435	815-722-1727
Wednesday, July 29	Ascension of Our Lord 1207 N. Riverwoods Rd. Lincolnshire, IL 60069	847-482-1200
Wednesday, Aug. 19	St. Nicholas 10391 S. Kolmar Ave. Oak Lawn, IL 60453	708-636-5460
Wednesday, Sept. 2	St. Athanasios 1855 E. 5 <sup>th</sup> Avenue Aurora, IL 60504	630-851-6106
<b>TUESDAY</b> , Sept. 15	SS Constantine & Helen 11025-45 S. Roberts Rd. Palos Hills, IL 60465	708-974-3400
Wednesday, Sept. 30	St. Andrew 3649 N. Sheridan Rd. Chicago, IL 60660	773-334-4515
Wednesday, Oct. 14	St. Demetrios 7021 Hohman Ave. Hammond, IN 46324	319-932-7347
Wednesday, Oct. 28	St. John the Baptist 2350 Dempster St. Des Plaines, IL 60016	847-827-8519

March 15, 2009



## **Choir Federation Music Order Information**

**This November we will be singing the new bilingual liturgical music composed by Tikey Zes. Music is available by ordering directly from the composer.**

*Contact Dr. Tikey Zes directly to order your music.*

**Dr. Tikey Zes  
2503 Booksin Ave.  
San Jose, CA 95125  
Telephone: 408-723-0640  
E-Mail: [tzes@abqglcna.net](mailto:tzes@abqglcna.net)**

**Cost for music, shipping and handling as follows:**

**One Copy - \$22 + \$9 shipping and handling.**

**2-10 copies - \$19.80 per copy + \$13 shipping and handling.**

**11-20 copies - \$18.40 per copy + \$19 shipping and handling.**

**21-30 copies - \$17.25 per copy + \$29 shipping and handling.**



## **OUR LENTEN JOURNEY**

by Fr. Peter Spiro, St. Athanasios Church, Aurora, Illinois

### **Preparing for the Passion & Resurrection of Our Lord**

Great Lent is a time for self-examination and self-denial - a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God.

Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us - our family and friends.

Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves -mind, body and soul- through the physical and spiritual fast, keeping a Christian attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha - the Resurrection of Christ.

This brochure has been compiled to assist you on your Lenten Journey, guiding you in fasting, prayer, repentance & confession, Bible reading and in receiving Holy Communion.

May God bless you and guide you, and may you reach your Paschal destination with the joy of renewed faith in Christ.

### **Repentance & Confession**

Repentance has its roots in the apostles. In the Book of Acts the Apostle Peter says, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you shall receive the gift of the Holy Spirit." (Acts 2:37-38)

When we fall away from God, we have removed ourselves from His communion - with Him and with other Christians. We have excommunicated ourselves. To re-enter communion with God is the on-going activity of all Christians. We fall away daily in some way or another. No one is exempt.

Often, when children play in competitive games, one will call out "that's a do over!" Haven't we all wished for that chance to undo the past and start over? Repentance offers us this new beginning.

We are telling God that we have changed our mind about our past direction and want to be back in communion with him. The Greek work for repentance, metanoia, implies a very deep change in the way we see ourselves, our world, and our relationship to God.

To change our mind in repentance is the starting point in our Lenten journey. We leave behind regret as we move toward hope. Repentance is not a single action but an attitude, a frame of mind.

Think back over your life of things which you regret having said or done - hurtful, inconsiderate, selfish, deceitful. Think also of those things which you have done which may not have directly affected others, but which you know to be wrong according to the teachings of the Church. Bring them to mind as if they were occurring right now. Think of how it would have been if you had acted differently. Take this regret and turn it into repentance. Acknowledge that you have offended another person or the Church, and in doing so you have offended God.

If we are to be forgiven by God, He requires of us that we also forgive one another. For many of us, this is the most difficult aspect of repentance and confession. Yet we say it each time we pray the Lord's prayer, "forgive us our trespasses as we forgive those who trespass against us."

Just as God's love for us is personal, so must ours be for Him. As the Christian grows from child to adult, his or her personal response to God becomes crucial. This personal response is the act of confession.

### **Guidelines for Fasting**

The fast for the forty days of Lent is indicated below, though many are not able to hold to the strict fast. We offer the following guidelines to be considered prayerfully with the guidance of your spiritual father and in consideration of any medical condition or dietary requirements.

### **STRICT FAST**

No Meat, Fish, Milk, Dairy Products, Oil, or Oil Products

### **PALM SUNDAY**

Fish, Oil & Wine permitted

### **FEAST OF THE ANNUNCIATION/MARCH 25TH**

March 25th - all day: Fish, Oil & Wine Permitted

Shellfish are permitted throughout Great Lent

Resource Note: The Orthodox Daily Planner and Resource Guide published by the Department of Youth and Young Adult Ministries offers daily guidance in fasting, scripture readings, feast days and more.