

**Beloved Brothers and Sisters in Christ: Greetings in our Lord and Savior Jesus Christ!**

At the heart of the worship life of Orthodox Christians is the celebration of the Divine Liturgy. And at the heart of the Divine Liturgy is the celebration of the *Holy Eucharist*. This ritual is the most ancient and universal in the history of our Church, going back all the way to our Lord and Savior Jesus Christ, who instituted it at His last meal with His disciples before His death, called the “Mystical Supper” in our tradition. He declared the bread to be His Body, and the wine to be His Blood. We make this miracle real again every time we repeat His words, and invoke God the Father to send down His Holy Spirit to effect the change. How exactly this happens, our Church does not attempt to analyze; it is the “mystery” at the heart of the Mystical Supper. All we know is that it is the Lord’s ardent desire that we be united to Him and to one another not just spiritually, but also in a material, tangible way, through receiving Holy Communion. In this manner, we are invited to experience a foretaste of God’s Kingdom already in this life, “for remission of sins and life everlasting.”

When the priest invokes the Holy Spirit, the prayer focuses on more than the bread and wine. The exact words are: “Once again we offer to you this spiritual worship without the shedding of blood, and we ask, pray, and entreat you: send down Your Holy Spirit *upon us* and upon these gifts here presented.” The blessing, the sanctification is intended not just for what is in the chalice, but also on everyone who is present for the worship service. We thus come to Church, not to see or be seen, nor to be with “our own kind,” not even to enjoy the coffee hour with our friends, but rather, to worship the Holy One and ask Him to make us holy in return.

It is notable that the Greek roots of the word “liturgy” are *laos* (people) and *ergo* (work). A liturgy, in other words, is the *work of the people*. The worship life of the Church is not the exclusive domain of the priest, but rather, belongs to the whole people of God, who together make up Christ’s Body. Indeed, in the Orthodox tradition (in contrast to the Roman practice), a priest is forbidden from celebrating a “private mass” (i.e., by himself). At least one other person must be present. Otherwise, the service would lose its corporate character, and become the exclusive domain of a single individual.

I am told that the atmosphere in our church on Sunday mornings has much to commend it: the beauty of the sanctuary inspires a sense of reverence and awe, but at the same time, as the place where our congregation gathers, it feels warm, welcoming, and comfortable. The oldest and the youngest all have a place there. Everyone is included. I hope that it always remains so. After all, it is our home – our *spiritual* home. And we wouldn’t dream of excluding a loved one or a guest from our home, simply because they fidget or cough or have to get up frequently to tend to their personal needs. This is especially true with our children, because it is their home, too – even when they are tired and cranky, or rambunctious. A little chaos is *good* – it is to be expected. It means that we are still alive, glory to God, and that our community is a living organism. After all, the only place that is totally silent is the cemetery.

Nevertheless, most of us would probably agree that too much chaos tips the balance, and leads to bad outcomes. It produces anxiety and unease. At home that is when we put the toys and papers away, and dedicate some time to cleaning up the mess. We feel the need to restore some *order* to our living space. The same thing is true at our spiritual home – the Church. We try to strike a balance between two extremes: too great an emphasis on order and decorum on the one hand (which leads to stuffiness and intolerance, which drives people away), and too much chaos on the other hand (which also drives people away, because they become frustrated and anxious with all the distractions).

We generally do a good job in maintaining this balance. Sometimes, though, it helps to remind ourselves of some of the common-sense behaviors which help us to remain respectful and considerate of our fellow parishioners. It is in that spirit that the following suggestions are offered:

1. Please come on time, and stay until the end of the service. Those who consistently come in late and/or leave early perhaps don’t realize how distracting this is to others, and how disrespectful it is towards God. This is a serious problem in our community, which holds us back, in our spiritual growth.
2. If you do come in late, please do not enter the sanctuary when crucial parts of the service, such as processions, readings, or the consecration of the gifts, are taking place.
3. At the same time, please do not linger any longer than necessary in the Narthex, where it is so easy to forget where one is and to begin a conversation. Why stand any longer than necessary, when a comfortable seat awaits?
4. Few things are more distracting during the service than a person who is talking to their neighbor. There is generally no need to speak, unless there is an emergency. This is true for the entire sanctuary, including the choir loft.
5. Please remember where you are, and behave accordingly. Gum chewing is generally not appropriate (especially for those planning to receive Holy Communion!); nor do we cross our legs or engage in other behaviors which express an attitude of irreverence. Please put cellphones on “silent” (or, better yet, turn them off!) during the service.

(CONTINUED ON PG. 2)

St.  
Nicholas  
Greek  
Orthodox  
Cathedral

AUGUST 2017  
Newsletter

**Points of  
Interest Inside:**

- ◇ IMPORTANT ANNOUNCEMENT for ALL GROUPS at St. Nicholas
- ◇ Notary Services are available at the church office
- ◇ Father’s Day Honorees & Memorials
- ◇ August Calendar
- ◇ “COUNTDOWN TO ZERO” Capital Campaign
- ◇ Greek School info. and registration forms inside
- ◇ 2017 Metropolis Clergy-Laity & Philoptochos Assembly, Sept. 28-30
- ◇ 4th Annual Dinner Banquet in memory of Gerontissa Taxiarchia
- ◇ 2017 Family Ministry Conference to be held in Pittsburgh, Sept. 20-23
- ◇ List inside for **NAMES FOR THE PARAKLESIS SERVICES**
- ◇ College Welcome Brunch, August 27
- ◇ Father’s UN Report

6. No one should feel compelled to “dress up” for Church, but we all should strive to dress in a modest and respectful manner.
7. Please wait *in the pew* until those in front of you have gone, when coming forward to receive Holy Communion. There is no need to rush – there is plenty for all. Also, please come forward quietly and reverently – “with fear of God, faith and love.”
8. Grown-ups: please “suffer the little children” to come near to our Lord, as He commanded, and exercise patience if they are fussy or fidgety.
9. At the same time, parents with small children, we are counting on you to exercise discretion and remove your child to the cry room or let them run around a little bit outside, if they become too noisy or rambunctious. But please, keep on bringing them—even the most difficult baby or toddler will eventually “get it,” and learn how to be quiet in Church. Also, bring your children forward, once they are baptized, *every week* for Holy Communion – even if they refuse it every time. Eventually, they will overcome their fear or shyness, and accept the sacrament.
10. *Please* bring guests to church with you – visitors are always gladly welcomed! But please remember that, in conformity with our centuries-old tradition, only Orthodox Christians can receive Holy Communion. Everyone, however, is invited to come forward at the end of the service to receive the blessing of the priest and a piece of *antidoron* (blessed bread).
11. Finally, please remember that God doesn’t ever take a “vacation,” and neither should we – please come to Church and bring the whole family, even during the summer and on holidays!

The Divine Liturgy is the “people’s work,” a service in which we offer worship to God, who responds in turn by bringing us into communion both with Him and with each other. Let us strive to worship Him indeed “in spirit and in truth,” by making sure that everyone feels comfortable and welcome in our congregation, and that good order is maintained for the benefit of all. In short, let’s “get to work!”

*With love in Christ, Father Christopher Bender*

*Rev. Christopher H. Bender*

### **SIXTY CLUB NEWS:**

Contact Virginia 412-687-4804 OR  
Fran 412-731-0790. Write checks, including **2017 dues (\$10)**, to St. Nicholas 60 Club.  
Virginia is the membership chairman.

### **IMPORTANT:**

#### **NOTICE FOR ALL ORGANIZATIONS OF ST. NICHOLAS**

To organize and prioritize the daily needs of St. Nicholas Cathedral, our maintenance staff has adopted a task-list system, prepared with their input, which allots time for routine, seasonal and unexpected needs of our facilities. Employees are required to submit a check list of tasks accomplished daily to the Office Manager who, in turn, confirms the work has been completed.

**Any additional task that may be required of the maintenance staff must be scheduled through the Office Manager.**

**EXAMPLES INCLUDE:** running errands, emptying deliveries, setting up tables and chairs, taking something to storage, etc. The OM is responsible for all scheduling of help, including extra personnel needed for church functions.

All organizations are asked to adhere to this policy.

We have established a proven labor pool that must be respected and used efficiently. **THANK YOU!**



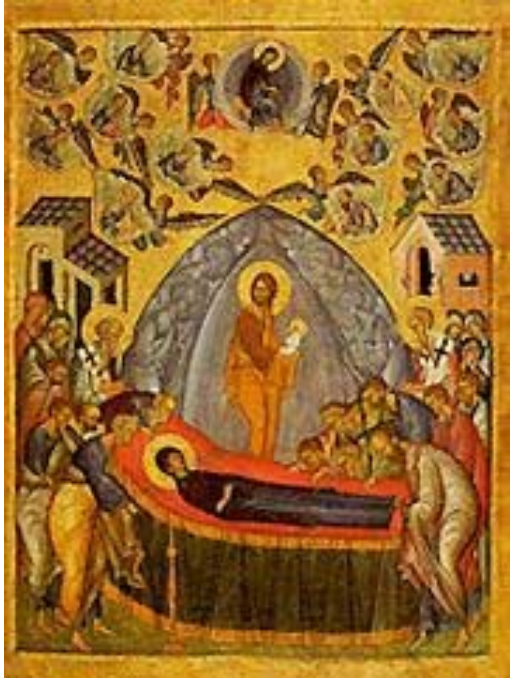
We remember in prayer,  
**Laia H. Copetas**, who died  
on April 25, 2017 and was  
buried on April 29th at the  
Annunciation Church in  
Akron, OH. She was  
predeceased by her  
husband,



You can find copies of  
the newsletter for the  
**Greek Orthodox**  
**Metropolis Of**  
**Pittsburgh**  
on the Candle stands  
in the narthex when  
they are issued!

# NAMES FOR THE PARAKLESIS SERVICES: August 1<sup>st</sup>-14<sup>th</sup>, 2017

“Most Holy Theotokos Save Us!” First Names Only - Please Print Clearly!



|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

## Holy Trinity's TASTE OF GREECE

A VARIETY OF YOUR FAVORITE GREEK

FOOD AND PASTRY!!

**August 30 - September 3, 2017**

**Wednesday thru Sunday, 11 a.m. – 9 p.m.**

**Holy Trinity Greek Orthodox Church,  
985 Providence Blvd., Pittsburgh, PA 15237**

*(Corner of Babcock & Cumberland,  
(across from UPMC Passavant)*

***FREE Parking & Shuttle Service Available from  
the GREEN LOT at UPMC Passavant.***

**Shuttle hours: Wed.-Fri. 5-11 p.m. AND  
Sat.-Sun. 10 a.m.-11 p.m. 412-366-8700 or**

[www.holytrinitypgh.org](http://www.holytrinitypgh.org)

## PRESENTATION OF CHRIST

GREEK ORTHODOX CHURCH “Ypapanti”

1672 Electric Avenue, East Pittsburgh, 412-824-9188

**34<sup>th</sup> Annual Greek Food Festival - Free Admission!!**

**August 17, 18, 19 & 20**

**Indoor Food Line, Outside Grill and Tent**

**Thursday-Saturday: Food line & Pastries 11 a.m. – 9 p.m.**

**Sunday: Food line and Pastries 11 a.m. – 7 p.m.**

**Outdoor Taverna Daily: 11 a.m. – 10 p.m.**

**Feast on the Festival's Fabulous Food!!!**

**Shop for:**

**Artifacts Imported from Greece, T-shirts of the Grecian  
Isles, Icons of the Church, Gold & Silver Jewelry**

## Keeping up with Philoptochos

**PHILOPTOCHOS' MISSION:** Your time, talent and treasure, is needed so we can continue to help those individuals in need.

Through our fundraising efforts, Philoptochos is continuously working to help those in need and to promote the charitable, benevolent and philanthropic purposes of the Greek Orthodox Church. Your time and talent are needed to support our programs.

**If you have any fundraising ideas or would like to become more involved with Philoptochos, please contact any of our Board members!**

## OUTREACH

♦ **Spanakopita Logs** – Only about 50 logs left! They are \$9.00 per log and make an excellent addition to your summer picnic! Please see Nikki Lykos or any other Philoptochos Board member. *Hurry before they are all gone!*

♦ **Parish Directory** – Philoptochos will be updating our Parish Directory this year so be on the lookout for the Directory Listing Form & Sponsorship Letter soon.

♦ **Food Bank** – The Food Bank supports several of our parishioners and continues to need your support! You can donate by making a check payable to the “St. Nicholas Philoptochos Food Bank” or through United Way by designating the St. Nicholas Food Bank (#3288) through your employers United Way contribution. Questions: contact Elaine Andrianos (412-731-4334) or Denise Daugherty (412-508-1326).

**NOTE:** the following is taken from a report that I submitted to the Archdiocese subsequent to attending this conference. I was asked to attend because of my many years of advocacy work on behalf of God's creation as a representative of the Archdiocese to the National Council of Churches. I have also served for fifteen years as chair of the Steering Committee of the Orthodox Fellowship of the Transfiguration, which was formed to provide an Orthodox Christian perspective on the environmental crisis. – **Father Christopher Bender**

## **THE U.N. OCEANS CONFERENCE HIGHLIGHTS THREATS AND SOLUTIONS**

The United Nations hosted a high-level conference on the Oceans from June 5-9, 2017 at the U.N. headquarters in New York City. Approximately 4,000 delegates attended, including numerous heads of state or government as well as ministers responsible for the implementation of policy in this area from countries all over the world, from the smallest island nation to the largest nation-states. I was privileged to attend as a guest-delegate representing the Greek Orthodox Archdiocese of America, which has NGO (non-governmental organization) status at the U.N. (along with many other churches, religious organizations, and international charities).

The presence of the Archdiocese at the U.N. makes it possible for our Church to participate in important international discussions on public policy issues. These include immediate relief efforts in times of war, famine, earthquakes, hurricanes, or other disasters, as well as those matters of equal importance but which pose a challenge to human life and survival over the longer term, such as global climate change, air and water pollution, the eradication of communicable diseases, human trafficking, and the collapse of ecosystems. International bodies such as the U.N. welcome and appreciate the input provided by members of the faith community and the non-profit sector. Our Archdiocese also looks to protect the interests, safety, and freedom of the Ecumenical Patriarchate, as well as the welfare of the Greek and Cypriot people.

In 2015, the U.N. adopted a program that identified 17 urgent goals as necessary priorities for transforming our planet into a more just, livable and sustainable world by 2030 (see [un.org](http://un.org) for more information). The purpose of this conference was to discuss ways to support implementation of Sustainable Development Goal 14 (“SDG 14 – Conserve and sustainably use the oceans, seas and marine resources for sustainable development”). This challenge is clearly a daunting one, which requires immediate and concerted action, as well as peaceful international cooperation and joint efforts.

### **These are just some of the problems that were identified and addressed in the plenaries and workshops at the conference:**

- Ocean warming and acidification, resulting from the continuing emission of CO<sub>2</sub>, methane, and other “greenhouse gases,” leading to the bleaching and death of 50 % of corals, as well as casualties among all sea creatures with calcium-based bodies or shells. There is a concomitant problem of oxygen depletion in a growing number of places.
- Rising water levels leading to flooding and loss of land along coastlines.
- Extreme overfishing, including the use of huge bottom trawling nets, which scrape up everything in their path and devastate the seafloor. As a result, we were told, 90% of larger fish species have disappeared.
- Marine pollution —especially plastics of all sorts, (bags, bottles, toys, Styrofoam, tiny plastic granules, et.), which have reached overwhelming amounts in many places, winding up on island beaches and killing the wildlife that ingest them.
- Eutrophication (the enrichment of a body of water with excess nutrients that lead to oxygen depletion), which is usually caused by the run-off of phosphate- or nitrogen-containing fertilizers, or raw sewage, and which produce “dead zones” around estuaries & other coastal areas.
- Degradation of marine and coastal ecosystems, leaving islands and other coastal areas vulnerable to flooding and erosion.

If these challenges remain unaddressed, they will lead to the collapse of the ocean ecosystem in much of the globe. Considering how much of the world's population depends on the oceans for their primary source of protein, and that the entire world depends on it to produce at least half the oxygen we breathe, this could prove catastrophic.

Despite this threat, the tone of the conference was actually optimistic and upbeat. These politicians, diplomats, scientists, scholars, entrepreneurs, activists, and people of faith did not come here to share their despair. Numerous workshops highlighted the amazing ways in which populations in countries large and small are changing their ways in order to help the oceans recover – from banishing plastic single-use water bottles to enforcing stricter supervision of their fishing fleets to developing new technologies that derive clean electrical power from the sea. All (but the United States) reaffirmed their commitment to the Paris Accord on Climate Change, because they realize that the accumulation of greenhouse gases is as much a threat to life in the oceans as it is to life on land.

A special celebration was held on World Oceans Day (June 8), to place the challenge in a larger context. Among the numerous presentations was a message via video link from UNESCO youth representatives. As the Conference's *Summary Highlights* reports, “They urged decision makers to act now to ensure that ‘our children will remember us as the generation that avoided the catastrophe, rather than the one that created it.’”

How are we, as Orthodox Christians, to respond? His All Holiness Patriarch Bartholomew offers to us important words of warning, which none of us can afford to ignore:

*The oceans provide one-sixth of the animal protein consumed by humans, more than chickens, beef, mutton or pork. Oceans generate half of the oxygen we breathe and cleanse the atmosphere of carbon dioxide that people, automobiles and power plants produce.... But the health of the oceans and seas is severely threatened. We overfish. We pollute. We have nearly exhausted our seas. The oceans are in peril. They cannot protect themselves. But God has endowed humankind with the knowledge to rectify our mistakes, and we are, each one of us, given the choice of what we will do. To harm them, even if we are ignorant of the harm, is to diminish His Creation.*

What is necessary is for us to educate ourselves about the measures we can take in order to reduce our impact on the oceans. The focus of the conference was not on individual responses, but rather on those that are initiated by or sponsored by governments. But, we do not need to wait for the government to tell us what to do. **The next issue of the Newsletter will focus in part on the Day of Prayer for Protection of the Environment, which coincides with September 1, the Orthodox Church's New Year. It will include some simple suggestions which any of us can implement. We will observe this feast day with a Vesper service on August 31 at 7 p.m., followed by the Orthros and Divine Liturgy on September 1.**

In closing, let us consider these words from our Ecumenical Patriarch:

*For the human race as a whole, there is now a kairos, a decisive time in our relationship with God's creation.*

*We will either act in time to protect life on earth from the worst consequences of human folly, or we will fail to act.*

*On behalf of all of us..., allow me to offer up a public prayer: “May God grant us the wisdom to act in time.”*



## St. Nicholas Greek School

St. Nicholas Greek School will be welcoming returning students and new students on **Saturday, September 16, 2017**. Classes will start that day at 10 a.m. with children going straight to their classrooms. Registration forms and tuitions are due on the first day of classes. An ice cream social will take place that day after classes to celebrate the start of our new school year. Our school has been open continuously for more than a century and it gives the teaching staff great joy and responsibility knowing this. Our curriculum focuses on academic skills for learning Greek, our history, as well as our Orthodox faith and hymns. This year an additional teacher will be added to the staff in order not to combine grades and expedite learning. Grades start at Pre-K and continue to 7<sup>th</sup> as well as classes for those interested in preparing for Proficiency Testing.

Prior to opening day, a Metropolis Teacher Training Seminar will take place for all teachers of the Metropolis on Saturday, August 26 at 11 a.m. at St. Nicholas Cathedral. Some of the presenters will be our own Joanna Darakos and Kelly Gary as well as others. Effective strategies for Teaching Greek will be the topic of this seminar.

For those interested in "Adult Classes" for learning Greek, it will be offered again on Wednesday evenings starting on October 4th.

Registration forms are below and on the next page. For questions or more information, e-mail Maria at [mstamoolis@verizon.net](mailto:mstamoolis@verizon.net) or call at 412.963.7283.

## Greek Language ADULT CLASS Registration 2017 - 2018

Please choose one:

\_\_\_\_\_ Beginning Greek  
\_\_\_\_\_ Intermediate Greek  
\_\_\_\_\_ Advanced Greek

(Please print)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_

E-MAIL \_\_\_\_\_

Have you had any previous Greek lessons YES \_\_\_\_\_ NO \_\_\_\_\_

If so, where \_\_\_\_\_

Why do you want to learn Greek? \_\_\_\_\_

**Yearly Tuition** \$250 per student

Checks payable to:

**St. Nicholas Cathedral**

Memo: Greek School

Books are purchased by students on their own.

**Yearly Tuition:**

1 student = \$170; 2 students, \$155 each = \$310; 3 students, \$140 each = \$420; 4 students, \$125 each = \$500.  
Checks payable to: St. Nicholas Cathedral plus an additional \$15 per child for books. Check memo: Greek School

**Greek Language Registration**

**Children 2017 - 2018**

Session: Pre K – 7<sup>th</sup> \_\_\_\_\_ Proficiency Preparation \_\_\_\_\_ Saturday \_\_\_\_\_ Weekday \_\_\_\_\_

***(Print please)***

LAST NAME (English & Greek) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_ E-MAIL \_\_\_\_\_

Father's name (English & Greek) \_\_\_\_\_

Mothers Name (English & Greek) \_\_\_\_\_

School District Children Attend \_\_\_\_\_

| Children's First Names in English & Greek | Age | Grade American School | Name Day | Grade Promoted Greek School |
|---|-----|-----------------------|----------|-----------------------------|
|   |     |                       |          |                             |
|   |     |                       |          |                             |
|   |     |                       |          |                             |
|   |     |                       |          |                             |
|   |     |                       |          |                             |

Any food allergies? List here: \_\_\_\_\_

IN case of EMERGENCY Έν ώρα ΑΝΑΓΚΗΣ Please give the names of relatives or other persons that could be reached. Children will be taken to Children's Hospital.

Emergency Name \_\_\_\_\_ PHONE \_\_\_\_\_

Emergency Name \_\_\_\_\_ PHONE \_\_\_\_\_

Parent's Signatures \_\_\_\_\_

\_\_\_\_\_

Parent Names (printed) \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_ home phone \_\_\_\_\_ cell phone \_\_\_\_\_

**Parent Volunteering:**

Your help is needed, please choose from the list below as to where you would like to offer your time and talent!

\_\_\_\_\_ Serving on Greek School Committee

\_\_\_\_\_ Help w/ End of the Year Program

\_\_\_\_\_ Greek Language Competition

\_\_\_\_\_ Substituting

\_\_\_\_\_ Teacher's assistant in class

\_\_\_\_\_ March 25<sup>th</sup> Luncheon

\_\_\_\_\_ Costume fitting

\_\_\_\_\_ St. Nicholas Bazaar

\_\_\_\_\_ Christmas Party

\_\_\_\_\_ Reception for teacher seminars

\_\_\_\_\_ Bake Sale



## **ECCLESIASTICAL MUSIC MINISTRY AT THE CATHEDRAL**

*You are cordially invited! Come and learn Byzantine chant from a world-class instructor, or join our choir and learn to sing the unique and beautiful arrangements composed by our founding choir director!*

Our Cathedral is graced by two music ministries grounded in tradition that we hope you will consider participating in:

The first is rooted at the Analogion (the Chanter Bookstand). Our Analogion Ministry, blessed by the volunteer service of Dr. Nick Giannoukakis, invites and welcomes anyone with some musical ability, especially the younger generation, to join and learn the beautiful and 1200 year-old tradition of Byzantine hymnology and chant. Those who faithfully adhere to the ministry will not only have an opportunity to grow musically, but more importantly, will solidify their understanding of Greek, gain an appreciation for the structure of the services, and a better insight into our Orthodox faith and its theology through a comprehension of the hymns. With the exception of the summer months (June-August), the Ministry will focus on the Sunday Orthros and the occasional Vespers, in addition to the evening services of Lent and Holy Week. Between June and early September, the Ministry will also focus on the Holy and Divine Liturgy.

Dr. Giannoukakis, who was distinguished and tonsured as Protopsaltis by Metropolitan Maximos in 1998, and noted to be among the "who is who" of Byzantine Chanters in a historical compendium published in Greece in 1994, is also the only chanter in our Metropolis to hold a certificate and diploma in Byzantine Music from a Greek Music Conservatory. Dr. Giannoukakis, personally-trained by renowned and respected Greek chanters (Constantin Lagouros, Georgios Syrkas, Emmanuel Hatzimarkos), offers music to the highest possible standards of the Great Church of Christ (the Ecumenical Patriarchate) and has successfully trained young and old individuals for more than 25 years. To learn more, and to consider

participating, contact Dr. Giannoukakis at [ngni@andrew.cmu.edu](mailto:ngni@andrew.cmu.edu) or at [ngianni@pitt.edu](mailto:ngianni@pitt.edu). All educational materials are complimentary.

The second is rooted in the rich polyphonic innovations of the late Rudolph Agraphtotis who in the early 1900s, first composed the lyrical Liturgy conducted in our church to this day. Some of the choir members are among those who came together to constitute the first choir directed by Mr. Agraphtotis. Today, the choir is in the very capable hands of Mr. Steve Andrews who directs it as another of our Cathedral's volunteers. The choir can be heard during the Divine Liturgy for most of the year's Sunday services as well as at the services for Holy Thursday, Friday and Saturday.

The Choir invites and welcomes anyone with some musical ability, especially the younger generation, to join. To learn more, and to consider participating, contact Mr. Steve Andrews at [beyondfromwithin@comcast.net](mailto:beyondfromwithin@comcast.net). Why not join both ministries? As it is written: "He who delights in the Lord, and walks in the Light will not stumble" (From the Doxastikon of the Orthros of the 5th Sunday of Lent).

## **You are the Voice of Christ in a Changing World**

*"As the Father Has Sent Me, So I Send You" John 20:21*

*(and the theme of the 2016 Clergy-Laity Congress)*

If you have already submitted your 2017 Stewardship Commitment, **THANK YOU!** If not, please take the time to make your financial Stewardship Commitment today and complete the talent portion of the card to enable

**OUR Community to grow and carry on the mission of our faith.**

Re-dedicate yourself to God by participating in the Divine Liturgy each Sunday and offer your  
***TIME, Talent and treasure.***

## **HELP US REACH/EXCEED OUR GOAL!!**



| <b><u>2017 STEWARDSHIP</u></b>                                   |                        | <b>7/27/2017</b>    |
|--|------------------------|---------------------|
| <b>Total Stewards</b>  |                        | <b>192</b>          |
| <b>Total Amount Pledged</b>                                      |                        | <b>\$127,645.00</b> |
| <b>Average Pledge</b>  |                        | <b>\$664.82</b>     |
| <b>% Parish Participation to Date</b>                            |                        | <b>64%</b>          |
| <b>2017 Stewards (GOAL)</b>                                      |                        | <b>300</b>          |
| <b>% of Total Budget to Date</b>                                 |                        | <b>73%</b>          |
| <b>2016 Budget (GOAL)</b>  |                        | <b>\$175,000.00</b> |
|  | <b>Giving to Date:</b> | <b>\$38,618.98</b>  |
| <b><u>AS OF 6/30/2017</u></b>                                    |                        |                     |
| <b>Income: Pledges &amp; Basket Collection and Food Festival</b> | <b>\$320,641.00</b>    |                     |
| <b>Expenses: Salaries, Utilities, Maint., Commitments, etc.</b>  | <b>\$247,276.00:</b>   | <b>\$73,365.00</b>  |

# Philoptochos Father's Day 2017 Honorees

**Mennel G. Anthon**—George Anthon

**Nicholas A. Beldecos**—Vange Beldecos

**George Bellios** - Talia Cominos

**Gust Bellios**—George & Maive Bellios

**Father Christopher Bender**

Presbytera Filitsa Bender

Sophia & Maria Bender

St. Nicholas Cathedral Altar Boys

St. Nicholas Cathedral Church School

**Archdeacon Euripides Christulides**

Denise & Bridgette Daugherty

**George Chronis** - Elaine Vitsas

**Spencer Cominos**—Dina & Talia Cominos

**Robert Diaconis** - Virginia Fekaris

**Demetri Ellis**

Melissa Bennett

Patricia DiNatale

**John Edgos**

Dina & Talia Cominos

Houston & Evina Frentzos

**Robert C. Falck**—Penny Falck

**Robert M. Falck**—Penny Falck

**John Frentzos**

Houston & Evina Frentzos

Tommy, Kalliope & Antoni Kristian

**Michael Gabriel**—Patricia DiNatale

**Christ Geanopulos**—Georgette Nelson

**Chris Geronimos** - Ted Hages

**James Hages**—Ted & Nicholas Hages

**Nicholas Kleissas**—Amy Kleissas

**Anest (Tasso) Kotsagrellos**

Estair Kotsagrellos

Michelle Kotsagrellos

Georgette Nelson

Aimee Walker

Brooke & Drew Walker

Stacey Whipple

Tasso & Faith Whipple

**John Kristian**

Tommy, Kalliope & Antoni Kristian

**Nicholas Lamprinakos**

Deborah & Louis Lamprinakos

**Deacon Robert Lykos**

Yoanna & Stamatia Lykos

**James Machin**—Nicholas Hages

**Nicholas Mastros**—Helen Mastros

**Conrad Mitchell**

Deborah & Louis Lamprinakos

**Eric Mitchell**—Leona & Sarah Mitchell

**Brian Nelson** - Brooke Walker

**John Peterson**

Jamie Contis

Jasmine Peterson

Toula Peterson

**Mark Peterson** - Patti McKee

**Larry Reina** - Penny Falck

**Steven Roman**

Michelle Kotsagrellos

**H.R. Sheetz**—Tara Pallas-Sheetz

**Gus Stamoolis**- Aimee Walker

**Anastasios J. Tousimis**

Popie Tousimis

**Mel Trifanoff**—John, Mary & Jasmine Peterson

**Perry Velisaris**

Yoanna & Stamatia Lykos

**Bob Walker**

Jason & Aimee Walker

Brooke & Drew Walker

**Jason Walker**

Brooke & Drew Walker

Tasso Whipple

**Scott Whipple**

Tasso & Faith Whipple

**Leo Yannopoulos**—Peter & Emily Yannopoulos

**Peter Yannopoulos**—Drew Walker



## Philoptochos Father's Day 2017 Memorials

**Emanuel Amurgis**  
Michelle Kotsagrellos

**William Amurgis**  
Estair & Tasso Kotsagrellos

**Theodore Andrews**—Steve Andrews

**Andrew Beldecos**  
Vange & Nicholas Beldecos

**Harry Bender**  
Fr. Christopher & Presbyteria Filitsa  
Sophia & Maria Bender

**George Bertos**—Pamela Bertos

**Thomas Chester**  
Thomas J. Plakidas

**George Christ**—Martha Kartsotis

**Paul Chronis**- Elaine Vitsas

**Constantine A. Contis**  
Kyriakos & Alexandra Davides

**Deno G. Contis**—Georgia Contis

**George Contis**—Jamie Contis

**John G. Contis**  
Dn. Robert, Nikki, Yoanna & Stamatia  
Lykos

**Thomas Contis**—Jamie Contis

**Gus Dakis**  
Alexandra, Michael & Corey Gregory

**Harry Darakos**—  
Taki & Argy Darakos

**Ron (Richards) Daugherty**  
Denise & Bridgette Daugherty  
Kay Thimoleas & Family

**Andreas Delivorias**  
Petros & Marlene Delivorias

**Constantin Davides**  
Kyriakos & Alexandra Davides

**Sotirios Diacoyanis**  
Virginia Fekaris

**James Dordas**—Demetra Craig

**Jules Falck**—Penny Falck

**Peter Flocos**  
Martha Kartsotis, Patti McKee

**Tom Frentzos**  
Houston & Evina Frentzos  
Tommy, Kalliope & Antoni Kristian

**Charles Garbinski**—Melissa Bennett

**Michael Geanopulos**  
Estair & Tasso Kotsagrellos  
Michelle Kotsagrellos  
Georgette Nelson  
Aimee Walker, Stacey Whipple

**Thomas Geanopulos**  
Estair & Tasso Kotsagrellos

**George Gregory**  
Alexandra, Michael & Corey Gregory

**Edward Gust**—Thomas J. Plakidas

**Eleftherios Hages**  
Jim & Linda Hages  
Nick Hages  
Teddy & Nicholas Hages

**John C. Hanna**—Frances Hanna

**Anastasios Hatzivasiliou**  
Fr. Christopher & Presbyteria Filitsa  
Sophia & Maria Bender

**Pete Kappas**—Frances Hanna

**George Kotsagrellos**  
Estair & Tasso Kotsagrellos  
Michelle Kotsagrellos  
Georgette Nelson  
Aimee Walker  
Stacey Whipple

**Denis Latos**—Georgia Contis

**Constantine J. Leoleos**  
Georgia Contis

**James Leoleos**—Georgia Contis

**Sotirios Livanos**  
Leona & Sarah Mitchell

**George Lykos**  
Yoanna & Stamatia Lykos

**Michael Markas**—Thomas J. Plakidas

**Athanasios Markopoulos**  
Greg & Electra Markopoulos

**John Mastros**—Kostas J. Mastos

**Anthony Morrison**—Helen Mastros

**Theodore Pallas, Sr.**  
Tara Pallas-Sheetz

**Leonard Panos**  
Denise & Bridgette Daugherty  
Caroline Panos

**Sotirios N. Papandreas**  
Elaine Andrianos

**Robert Peterson**  
John, Mary & Jasmine Peterson

**Gust Petinos**—Alice Lardas Gary

**George Petritis**  
Eugenia & Emanuel Vergis

**Vasilios Petritis**  
Eugenia & Emanuel Vergis

**James Petrolias**—John Petrolias

**Alex Plakidas**—Thomas J. Plakidas

**George Plakidas**  
Thomas J. Plakidas

**James Plakidas**  
Thomas J. Plakidas

**John Plakidas**  
Thomas J. Plakidas

**John Seitanakis**  
Vange & Nicholas Beldecos

**Walter Stefanowicz**  
Petros & Marlene Delivorias

**Paul Telakis**—Elaine Vitsas

**Dan Thimoleas**  
Denise & Bridgette Daugherty  
Caroline Panos  
Kay Thimoleas & Family

**Louis Torlidas**—Penny Falck

**Angelo Tsudis**  
Peter & Carol Tsudis

**Chrysostomos Tzamouzakis**  
Conrad Mitchell

**George K. Vasilakis**  
Mary Vasilakis

**Athanasios Vergis**  
Eugenia & Emanuel Vergis

**Nicholas T. Vergis**  
Eugenia & Emanuel Vergis

**Gust Vitsas**  
Martha Kartsotis, Patti McKee

**Louis G. Vitsas**  
Martha Kartsotis, Patti McKee

**Theodore Vlahoulis**  
Mary & George Kappakas

**Joseph Wimmer**  
Demetri & Irene Ellis

**John Xidis**  
Jamie Contis, Toula Peterson

June 1, 2017—Dear Friends,

Please join us to help the Nativity of the Theotokos Monastery fundraise to build new facilities. Each year, the monastery hosts a dinner to raise awareness and financial support for its building project. We are honored to serve on the committee to help plan this year's dinner, which will be held on Saturday, September 9<sup>th</sup>. We hope that you will consider attending this beautiful event. If you cannot attend, please show your love for the monastery by offering financial support to help defray the costs of the dinner. Every donation, large or small, brings spiritual benefit and honors our blessed Panagia, for whom the monastery was named. Together we can help to build a new monastery "brick by brick"!

The Nativity of the Theotokos Monastery was the first female Greek Orthodox Monastery established in the U.S. in 1989. It is the only Greek Orthodox Monastery in southwestern PA. Expansion of the facilities will allow the sisters to accommodate new novices and the many visitors who wish to attend services and/or stay overnight on the monastery grounds. Over the years, the monastery has quietly and humbly struggled with modest support from a handful of churches and individuals. Our hope is to continue to raise awareness and solicit the help of the many faithful in our Metropolis, so that we can all play a part in supporting our sisterhood and expanding this precious gem where they so generously welcome and minister to us all. We hope that you will find it in your hearts to donate to this very worthy cause, attend the dinner, and help spread awareness within your parish. Should you have any questions, please feel free to contact Ellen Kaffenes at 412-63 8-8296 or at [ellenkaffenes@comcast.net](mailto:ellenkaffenes@comcast.net). May our most blessed Panagia keep you in her care!

With Love in Christ, the 2017 Nativity of the Theotokos Adelfotita Committee:

Olympia Arthur, Dormition of the Theotokos, Oakmont, PA; Elaine Bellios, St. Nicholas Cathedral, Pittsburgh, PA;  
Athena Bober, Holy Trinity, Pittsburgh, PA; Penny Bouris, Dormition of the Theotokos, Oakmont, PA;  
Cathy Champagne, Dormition of the Theotokos, Oakmont, PA; Argiri Christou, St. George, New Castle, PA, ;  
Denise Panos-Daugherty, St. Nicholas Cathedral, Pittsburgh, PA; Diane Davliakos, Ypapanti, East Pittsburgh, PA;  
Sophia Facaros, Dormition of the Theotokos, Oakmont, PA; Ellen Kaffenes, Kimisis Tis Theotokou, Aliquippa, PA;  
Zelfa Kahlil, St. George Antiochian Cathedral, Pittsburgh, PA; Elesa Kantzos, St. Anthony's Monastery, Arizona;  
Kelli Katsadas, Archangel Michael, Campbell, OH; Catherine Kolias, St. Nicholas Cathedral, Pittsburgh, PA;  
Michelle Kotsagrellos, St. Nicholas Cathedral, Pittsburgh, PA; Irene Lampros, Koimisis Tis Theotokou, Erie, PA;  
Kiki Lazaridis, Ypapanti, East Pittsburgh, PA; Nick Ligerakis, St. George, New Castle, PA;  
Georgene Snyder-Petrovich, Holy Trinity, Pittsburgh, PA; Elaine Spiridonakos, Dormition of the Theotokos, Oakmont, PA;  
Elaine Vitsas, St. Nicholas Cathedral, Pittsburgh, PA AND Jean Walter, Dormition of the Theotokos, Oakmont, PA.

## PLEASE VOLUNTEER FOR SUMMER COFFEE HOURS!

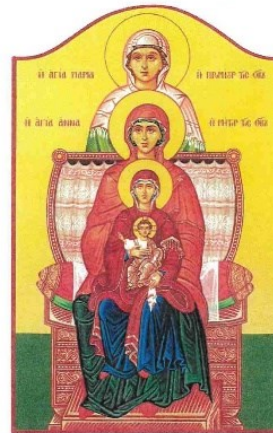
Volunteers (organizations and/or individual families) are requested to come forward and take responsibility for one or more of the **Coffee Hours this Summer** (August 6 & 13 are available!!)



Please call Debbie to volunteer, 412-682-3866. (The GOYA will resume serving in September.)

## Nativity of the Theotokos Greek Orthodox Monastery Ἰερὰ Μοῆ Ἐκδήσεως τῆς Θεοτόκου

With the  
Blessings of His  
Eminence  
Metropolitan  
Savas,  
Gerontissa  
Theophano  
& her Sisterhood  
warmly welcome  
you to:



ALL  
GENERATIONS  
WILL  
CALL  
ME  
BLESSED!

### The 4th Annual Dinner Banquet in Memory of Gerontissa Taxiarchia

**New Caterer! This year's event catered by George Loutsion**

**September 9th at St. Nicholas Greek Orthodox Cathedral**

3:00 p.m. Vesper Service - 4:00 p.m. Dinner Banquet

**RSVP Online Now: [2017DinnerBanquet.eventbrite.com](http://2017DinnerBanquet.eventbrite.com)**

**RSVP DEADLINE: September 1, 2017**  
Fish and Chicken entrees: \$100 per ticket

121 St. Elias Lane; Saxonburg, PA 16056 724-352-3999

ST NICHOLAS GREEK ORTHODOX CATHEDRAL  
CORDIALLY INVITES  
**ALL COLLEGE AND GRADUATE STUDENTS  
TO A WELCOME BRUNCH**

SUNDAY, AUGUST 27, 2017  
FOLLOWING THE DIVINE LITURGY  
419 S. DITHRIDGE STREET  
CORNER OF FORBES & DITHRIDGE STREETS

HOSTED BY ST. NICHOLAS CATHEDRAL  
MOMS & DADS—WE LOOK FORWARD TO  
WELCOMING ALL NEW AND RETURNING  
STUDENTS TO PITTSBURGH AND  
THE ST. NICHOLAS FAMILY!



*August, 2017*

# *St. Nicholas Greek Orthodox Cathedral*

| Sunday   | Monday  | Tuesday   | Wednesday            | Thursday                             | Friday               | Saturday |
|--|---|---|----------------------|--------------------------------------|----------------------|----------|
|  |   | 1   | 2                    | 3<br>Living<br>Orthodoxy<br>11 a.m.  | 4                    | 5        |
|  |   | <i>F A S T I N G</i>  |                      |                                      |                      |          |
|  |   | Paraklesis<br>7 p.m.  | Paraklesis<br>7 p.m. |                                      | Paraklesis<br>7 p.m. |          |
| 6<br>HOLY<br>TRANSFIGURATION   | 7   | 8   | 9                    | 10<br>Living<br>Orthodoxy<br>11 a.m. | 11                   | 12       |
| <i>F A S T I N G</i>   |   |   |                      |                                      |                      |          |
| Orthros 8 a.m.<br>Divine Liturgy<br>9:30 a.m.  | Paraklesis<br>7 p.m.  | Ch. School<br>Teacher's<br>Mtg. 7 p.m.  | Paraklesis<br>7 p.m. |                                      | Paraklesis<br>7 p.m. |          |
| 13<br>10th Sunday of<br>Matthew<br><br>Orthros 8 a.m.<br>Divine Liturgy<br>9:30 a.m.             | 14<br><br>Great Vespers<br>for Dormition<br>at Oakmont &<br>Aliquippa<br>7 p.m. | 15<br><br><b>DORMITION<br/>OF THE<br/>THEOTOKOS</b><br>Orthros<br>8:45 a.m.<br>Divine<br>Liturgy<br>10 a.m. | 16                   | 17<br>Living<br>Orthodoxy<br>11 a.m. | 18                   | 19       |
| <i>F A S T I N G</i>   |   |   |                      |                                      |                      |          |
| 20<br>11 <sup>th</sup> Sunday of<br>Matthew<br><br>Orthros 8 a.m.<br>Divine Liturgy<br>9:30 a.m. | 21<br><br>Parish Council<br>Meeting 7 p.m.                                      | 22<br><br>Philoptochos<br>Board Mtg.<br>7 p.m.  | 23                   | 24<br>Living<br>Orthodoxy<br>11 a.m. | 25                   | 26       |
| 27<br>12 <sup>th</sup> Sunday of<br>Matthew<br><br>Orthros 8 a.m.<br>Divine Liturgy<br>9:30 a.m. | 28  | 29  | 30                   | 31<br>Living<br>Orthodoxy<br>11 a.m. |                      |          |

St. Nicholas Greek  
Orthodox Cathedral  
419 S. Dithridge Street  
Pittsburgh, PA 15213  
412-682-3866  
[www.stnickspgh.org](http://www.stnickspgh.org)

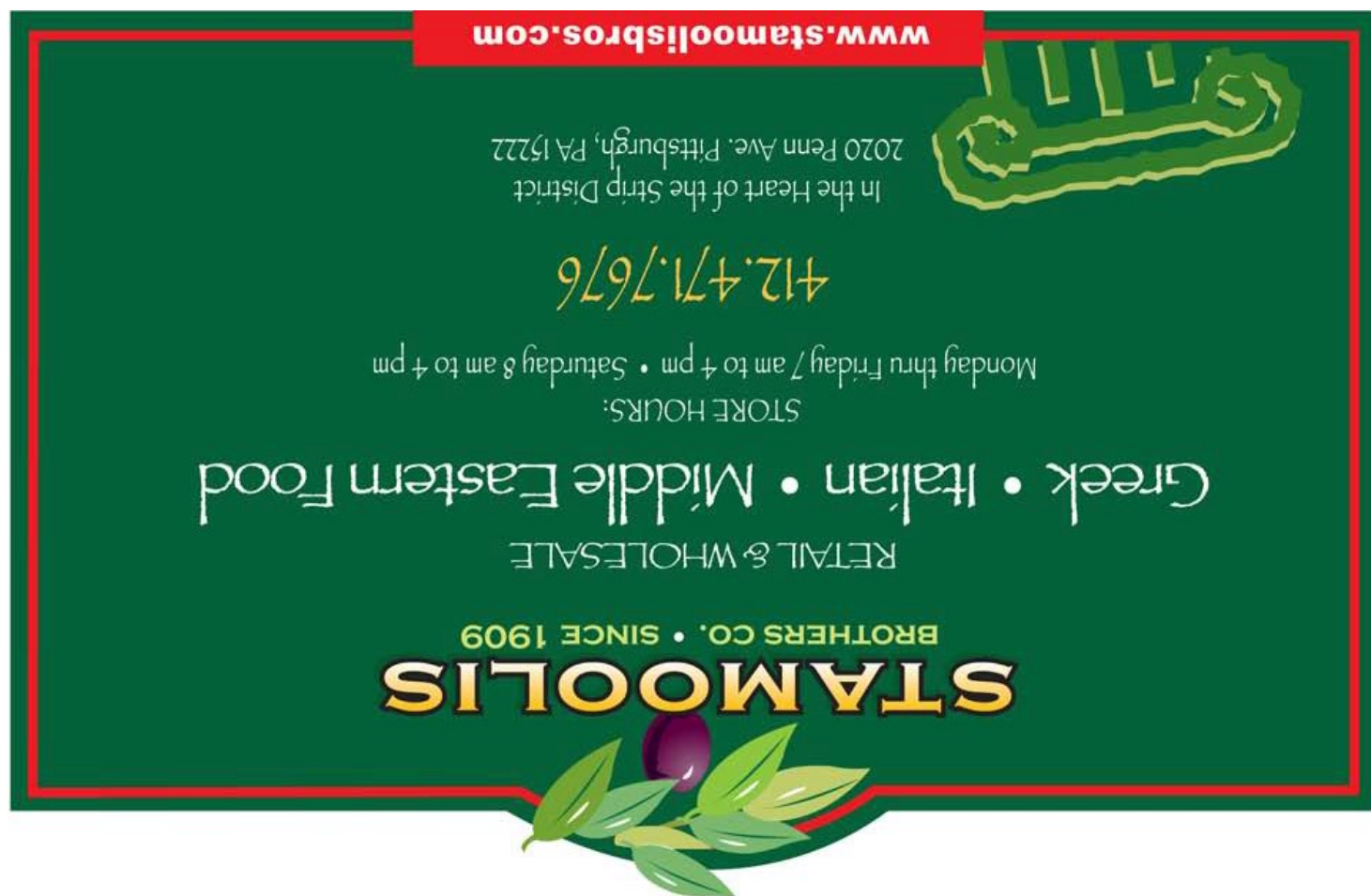
**DATED MATERIAL Please Deliver by August 1, 2017**

ELECTRONIC SERVICE REQUESTED

Non-profit Org.  
U.S. Postage Paid  
Pittsburgh, PA  
Permit No 287

This is the official newsletter  
of S.N.G.O.C, it is published  
& sent monthly. This is the  
**August 2017** Issue.

TO SUBMIT ITEMS FOR  
INCLUSION IN THIS  
NEWSLETTER:  
**SEPTEMBER SUBMISSIONS  
ARE DUE ON  
AUGUST 15, 2017**



www.stamoolisbros.com

In the Heart of the Strip District  
2020 Penn Ave. Pittsburgh, PA 15222

412.471.7676

Monday thru Friday 7 am to 4 pm • Saturday 8 am to 4 pm  
STORE HOURS:

Greek • Italian • Middle Eastern Food  
RETAIL & WHOLESALE

BROTHERS CO. • SINCE 1909  
**STAMOOOLIS**

