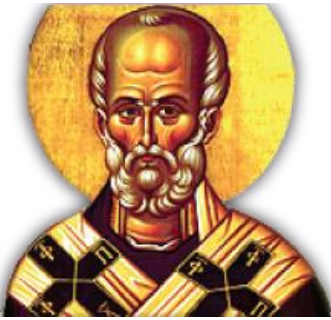


OCTOBER 1, 2017-Second Sunday of Luke

Holy Protection of the Theotokos; Holy Apostle Ananias & Righteous Father Romanos the Melodist (Hymnographer)



WELCOME TO ST. NICHOLAS GREEK ORTHODOX CATHEDRAL

VISIT www.stnickspgh.org TODAY for news and updates about our parish!

CLERGY: Rev. Fr. Christopher Bender and Rev. Dn. Robert Lykos

Father's Cell & Email: 724-630-3483; frchbender@verizon.net

PROTOPSALTIS: Dr. Nick Giannoukakis CHANTER & CHOIR DIRECTOR: Steve Andrews

ORGANIST: Igor Kraevsky ALTAR BOY CAPTAINS: Andreas Paljug & Jacob Kefalos

Questions about our Parish? Email Debbie Sandherr, Office Mgr. at church@stnickspgh.org

SERVICE SCHEDULE: Winter schedule (Current) Sept.-June, 8:30 a.m. Orthros & 10 a.m. Divine Liturgy;
summer schedule July & August 8 a.m. Orthros & 9:30 a.m. Divine Liturgy

TO OUR VISITORS & GUESTS: We welcome you to worship today, whether you are an Orthodox Christian or this is your first visit to an Orthodox Church, we are so pleased to have you with us! Although Holy Communion and other Sacraments are offered only to baptized and chrismated (confirmed) Orthodox Christians in good standing with the church, all are invited to receive the Antidoron (blessed bread) from the priest at the conclusion of the Divine Liturgy. The Antidoron is not sacramental, but is reminiscent of the agape feast that followed worship in the ancient Christian Church. After the Divine Liturgy this morning, please join us in the Church hall for fellowship and refreshments. **Please sign our visitor's book at the back of the church before you leave today, and leave an email address if you want to receive news & announcements from St. Nicholas.**

EPISTLE: 2 Corinthians 6: 16-18, 7:1 (p. 92)

GOSPEL: Luke 6: 31-36 (p. 96)

HYMNS: See pg. 2

TODAY IS CHURCH MUSIC SUNDAY!

Our sincere thanks to all the musicians who make our sacred worship possible:
our world-class chanters and our beautiful and venerable choir.

A warm welcome, as well, to our new organist, Mr. Igor Kraevsky. May God grant all of you many years!

As in past years, coffee hour will be sponsored by the choir today and a special tray will be passed in support of the choir.

THIS WEEK AT ST. NICHOLAS:

Wednesday, October 4: Adult Greek School: Beginners, 6:30 p.m. and Advanced, 8 p.m.

Thursday, October 5: Living Orthodoxy, 11 a.m.

Saturday, October 7: Greek School, 10 a.m.

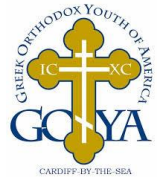
Sunday, October 8: **GOYA Walk for Missions, Schenley Park, 1 p.m.**

Trisagion for Evyenia Pappas, Coffee hour sponsored by George & Nick Pappas

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SIXTY CLUB NEWS: There is a **LUNCHEON MEETING TODAY!** Sandwiches and coffee in Crystal Room after Liturgy. See GOYA for desserts. **HOLIDAY POPS, Saturday matinee, December 9.** A few tickets remaining. \$40 for back rows on main floor (no steps). **Payment due Oct. 31.** Please contact Virginia Fekaris (412-687-4804) or Gus Mastro (412-681-2140).

GOYA WALK FOR MISSIONS

GOYA is asking for your support in helping others in need. On Sunday October 8th after church, Pam Bertos has graciously agreed to lead the GOYA on *A Walk for Missions* through Schenley Park. The GOYAs will be raising money through your sponsorship donations to help very poor children and adults in Guatemala. This is the mission work Father John Chakos and others have devoted so much of their lives to.



The money donated will be used to help the medical, dental and spiritual needs of these dear people by: supporting a fully functioning Medical and Dental Clinic - recruiting and training local priests - supporting Church building projects - and very importantly, providing Medical Education Scholarships while teaching the faith to over 400 catechists.

You can help prior to the walk by writing your tax-deductible check to the "ORTHODOX CLERGY BROTHERHOOD" with Guatemala Mission Work in the memo section. A special table will be set up today by the GOYAs during the coffee hour to receive contributions. GOYA will also pass a special tray next Sunday, October 8th. It's good to know that 100% of the Money raised will go directly to help these people in great need. As always GOYA thanks you for your support which makes all we do possible. If you would like more information please call Demetri Strauch or Diane Strauch at 724 733-1298.

Attention: College/Graduate Students and Young Adults: **If you would like to participate in the Walk for Missions on October 8th** to benefit the medical, dental and spiritual needs of Guatemalan people in great need, please see Nick Strauch to sign up at the college tables during the coffee hour. This is part of the Orthodox Clergy Brotherhood sponsored work. To see more go to <https://www.youtube.com/watch?v=4Qg26Yy2lql>.

OCTOBER 1, 2017–Second Sunday of Luke

Holy Protection of the Theotokos; Holy Apostle Ananias & Righteous Father Romanos the Melodist (Hymnographer)

Tone 8

Orthros Gospel 6

SPECIAL HYMNS OF THE DAY (SMALL ENTRANCE):

First to be chanted as the priest exits the Altar at the Small Entrance is the Resurrection Apolytikion in Tone 8
(See p. 172 in the Divine Liturgy books.)

Then, the usual Eisodikon (Entrance Hymn) in Tone 2 is chanted:

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν
(ἢ ὁ ἐν Ἁγίοις θαυμαστός), ψάλλοντάς σοι· Ἀλληλούϊα.

“Come let us worship and fall down before Christ. Save us O Son of God, who arose from the dead.
We sing to you, Alleluia.”

After this, the Resurrection Apolytikion is repeated. Then we hear the hymn for St. Ananias:

Ἀπόστολε Ἅγιε Ἀνανία, πρέσβευε τῷ ἐλεήμονι Θεῷ, ἵνα πταισμάτων ἄφεσιν, παράσχη ταῖς ψυχαῖς ἡμῶν.
O holy Apostle Ananias, make intercession to our merciful God,
that He grant our souls forgiveness of offenses.

Next, the hymn for St. Romanos is chanted:

Ἐν σοὶ Πάτερ ἀκριβῶς διεσώθη τὸ κατ' εἰκόνα· λαβὼν γὰρ τὸν σταυρόν, ἠκολούθησας τῷ Χριστῷ καὶ
πράττων ἐδίδασκες· ὑπερορᾶν μὲν σαρκός, παρέρχεται γάρ, ἐπιμελεῖσθαι δὲ ψυχῆς πράγματος ἀθανάτου.
Διὸ καὶ μετὰ Ἀγγέλων συναγάλλεται, Ὅσιε Ρωμανέ, τὸ πνεῦμά σου.

In you, O Father, is preserved undistorted what was made in the image of God; for taking up the cross,
you followed Christ and by example taught, that we should overlook the flesh, since it passes away,
and instead look after the soul, since it is immortal. And therefore,
O devout Romanos, your spirit rejoices with the angels.

After that, the Apolytikion for Patron saint of our church is chanted:

Κανόνα πίστεως καὶ εἰκόνα πραότητος, ἐγκρατείας Διδάσκαλον, ἀνέδειξέ σε τῇ ποιμνῇ σου, ἡ τῶν πραγμάτων
ἀλήθεια· διὰ τοῦτο ἐκτήσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ πτωχείᾳ τὰ πλούσια, Πάτερ Ἱεράρχα Νικόλαε·
πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

The truth of things have revealed you to your flock as a rule of faith, an icon of meekness,
and a teacher of temperance; for this cause you have achieved the heights by humility, riches by poverty.
O Father and Hierarch Nicholas, intercede with Christ God that our souls be saved.

Finally, we hear the Kontakion in Tone 4 of the Theotokos:

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε. Μὴ παρίδης ἀμαρτωλῶν
δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον
εἰς πρεσβειάν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

A protection of Christians unshamable, Intercessor to our Holy Maker, unwavering,
Please reject not The prayerful cries of those who are in sin. Instead, come to us, for you are good;
Your loving help bring unto us, Who are crying in faith to you: Hasten to intercede
And speed now to supplicate, As a protection for all time, Theotokos, for those who honor you.

LEARNING ABOUT BREAST CANCER Join the *Daughters of Penelope and the St. Nicholas Philoptochos Society* as they present a lecture given by Dr. Gordon Abrams, Radiologist at Magee & U.P.M.C. The lecture will be given on Tuesday, October 17th, 7 p.m. at St. Nicholas Greek Orthodox Cathedral. Light Refreshments will be served after the lecture. Please R.S.V.P. to JLM563@aol.com by October 10th. **ALSO**, there will be a "THINK PINK" bake sale hosted by the Daughters of Penelope on **October 29th** here at St. Nicholas Cathedral, following liturgy.



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THE FOOD BANK SUPPORTS several of our parishioners and continues to need your support. You can donate 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? Call Elaine 412-731-4334 or Denise 412-508-1326.*

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ST. NICHOLAS GARDEN CLUB 2017 dues can now be paid to Elaine Andrianos or Lillie Panagulias. **Your \$10 dues** help maintain the Forbes Avenue parklet, the trees, shrubs and annuals. **Thank you in advance!**

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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 (OM) who, in turn, confirms the work has been completed. **Any additional task requested of the maintenance staff must be scheduled through the OM.***

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. We have established a proven labor pool that must be respected & used efficiently. **All organizations are asked to adhere to this policy.**

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2017 Stewardship Pledge Cards are in the Narthex
(Just ask a member of Parish Council)

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!!

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

| 2017 | STEWARDSHIP |
|----------------|-------------------------------------|
| Total Stewards | 205 (GOAL 300) |
| Total Pledged | \$135,345.00 (GOAL \$175,000.00) |
| Avg. Pledge | \$660.22 |



From the Church School Desk:
"You Are the Voice of Christ in a Changing World."



Sunday, September 17, 2017, the bells started to ring again
for the beginning of Church school with a special
Agiasmo (Blessing of the Water) Service!

New this year: "What I did not learn in Sunday school" Adult Education Class!

Starting in October, Deacon Robert Lykos will have special classes after the
Divine Liturgy on various topics for the adults of our beloved parish.

Sunday, November 5, 2017, will be **Godparent/Special Friend Sunday**. Godparents/Special Friends will worship during the Divine Liturgy, receive Holy Communion together and attend Church School to see what their Godchild/Special Friend learns there (and make cards to send to children at Children's Hospital for Make a Difference Day). Afterwards many will attend Coffee Hour sponsored by Philoptochos. It will be the start of a wonderful day together!

I appreciate the support from all of you and thanks for sharing your children with us every Sunday!

Yours in Christ, Miss Michelle

St. Nicholas Sixty Club

A TRIP DOWN MEMORY LANE

On June 19, 1969, a group of parishioners sixty years old or older responded to a letter from Fr. George Scoulas to attend a luncheon sponsored by the St. Nicholas Philoptochos.

"The purpose of this unique gathering was to initiate a program of activities for this age group to share companionship in a church-sponsored organization." **Thus was born the St. Nicholas Sixty Club** as reported in a brief history by the late Jerry Vondas, 37 years later. The first committee consisted of Peter Zikos, Despina Branting & Helen Harris; the latter two became the club's first advisors.

According to Mr. Vondas' account the first get together was attended by 58 people including His Grace Bishop Gerasimos, and by 2006 the Sixty Club had an enrollment of 240, including members from our sister churches. Their first travel activity was an overnight trip to Washington, D.C.

Besides the many varieties of luncheons and dinners, there have been dozens of day trips and multi-day outings from New England to Savannah, from NYC to Mackinaw Island.

Recently our most popular activity has been attending numerous theater productions, often followed by dinner at local restaurants. We have had "Slider Lunches", a Zentangle demonstration, a very successful "Mystery and Masterpieces Party", a very informative program on "End of Life Decisions," and a delightfully entertaining Winter Social Luncheon. We expect to reschedule the CPR demonstration shortly. And the Planning Committee is always open to suggestions. **Check Sunday bulletins for our next meeting.**

We encourage our parishioners and friends of all ages to participate in our activities. Look for our exhibit on STEWARDSHIP SUNDAY and browse through our pictures –see how many faces from the past you can identify!

Keeping up with Philoptochos

- ♦ **Update to Parish Directory** – Letters have gone out regarding the update to the Parish Directory. Please return the forms with your updated information as soon as possible to ensure your information is accurately updated in the new directory!
- ♦ **Sponsors Needed for Parish Directory** – In order to offset the cost of printing the new directory, Philoptochos is offering parishioners the opportunity to sponsor, purchase or renew an ad in the directory. If you are interested in sponsoring an ad in the directory, please contact Nikki Lykos (412-897-8208) or Michelle Kotsagrelos (412-680-1416) for more information.
- ♦ **Spanakopita Prep** – Spanakopita logs are Philoptochos' biggest fundraiser and many hands are needed over the course of several days to get the job done!!! We will be working from **October 19th – 25th** to complete this large task. Volunteers are needed both during the day and in the evening. Please mark your calendars and keep an eye out for more detailed information on the cooking schedule. Contact Marcie McGuire (412-719-0346) or Elaine Andrianos (412-731-4334) with any questions.
- ♦ **Food Bank** – The Food Bank supports several of our parishioners & 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 St. Nicholas Food Bank (#3288) through your employers United Way contribution. Call Elaine Andrianos (412-731-4334) or Denise Daugherty (412-508-1326) w/questions!

WE ARE HONORED to welcome our new organist, MR. IGOR KRAEVSKY, to St. Nicholas Cathedral.

A native of Ukraine, Igor is an accomplished pianist who has studied at the Leningrad/St. Petersburg State Conservatory in Russia, as well as at Duquesne University here in Pittsburgh. He is a prize-winning veteran of the International Prokofiev Competition and the Ukraine National Piano Competition, as well as the Pittsburgh Concert Society Auditions and the Duquesne University Concerto Competition.

He has been the Director of Ensemble Studies, Chamber Music, and adjunct piano faculty at the City Music Center of Duquesne University since 1995. He has also taught elsewhere in Pittsburgh during this time, as well as in New York and in France. Igor has been a soloist with the Moscow State, Leningrad, Johnstown, Donetsk, Mariupol, Vannes, l'Academie de Musique des Semur, and Duquesne orchestras, and has performed in numerous Chamber Music and solo concerts in Russia, Western Europe, Canada, and the United States. He has made numerous recordings. He is an experienced church organist, having served in that capacity at three local churches, as well as at numerous houses of worship in New York City in the past.

We are blessed and delighted to have Igor join us in the Choir Loft, and wish him many years in good health as a member of the St. Nicholas family.

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VANDI
FEATURING
GIORGOS LIANOS

October 6, 2017 - Pittsburgh, PA
VIP Tables on Sale
Contact GreekPittsburgh@gmail.com
Doubletree - 500 Mansfield Ave - Greentree
Doors Open @ 8pm

<https://www.greekconcertstatus.com/despinavandi-pittsburgh.html>

*As we celebrate Church Music Sunday,
the following is a list of our choir members - all are welcome to join!*

St. Nicholas Greek Orthodox Cathedral Choir Family 2017-2018

CONDUCTOR Steve Andrews – Pittsburgh, PA

ORGANISTS

Igor Kraevsky (Principal Organist) – Mariupol, Ukraine

Irene Maginas (Associate Organist) – Sewickley, PA

SOPRANOS

Christina Arp – Blue Ridge, GA.

Elaine Bolanis (Associate Conductor) – Pittsburgh, PA

Debbie Fekos – Pittsburgh, PA

Estair Kotsagrellos – Pittsburgh, PA

Annette Kukunas – Pittsburgh, PA

Melania Linderman – Cleveland, OH

Rio Maropis – Imperial, PA

Marina Maropis – Imperial, PA

Christiana Paljug – Pittsburgh, PA

Elianna Paljug – Pittsburgh, PA

Marialice Skabardonis – Pittsburgh, PA

Marie Nicole Theodorakis – Thessaloniki, Greece

Alysia Vastardis – Orlando, Florida

Aimee Walker – Natrona Heights, PA

Brooke Walker – Natrona Heights, PA

Peggie Williams – Pittsburgh, PA

ALTOS

Thyra Lilja Altunin – Lake Tahoe, NV

Katie Andrews – Pittsburgh, PA

Alexandra Cipriano – Downingtown, PA

Virginia Fekaris – Pittsburgh, PA

Alice Gary – Pittsburgh, PA

Dina Lardas – Pittsburgh, PA

Alexia Mahr – Babylon, NY.

Victoria Mavrogeorgis – Pittsburgh, PA

Thalia Papapetropoulou – Pittsburgh, PA

Cassie Popovski – Canonsburg, PA

Angela Sfamenos – Pittsburgh, PA

Georgia Vasilakis – Beaver, PA

BASSES

Tony Andrews – Pittsburgh, PA

John Apostolides – Pittsburgh, PA

Anthony Fekos – Pittsburgh, PA

Jim Gary – Pittsburgh, PA

Nick Hages – Pittsburgh, PA

Ted Hages – Pittsburgh, PA

Nick Lamprinakos – Ardmore, PA

John Leventopoulos – North Huntingdon, PA

John Kartsonas – Pittsburgh, PA

Gus Mastros – Pittsburgh, PA

Anthony Popovski – Canonsburg, PA

Alex Stanescu – Morgantown, WV

Nick Strauch – Pittsburgh, PA

TENOR Jim Hages (Associate Conductor) – Pittsburgh, PA



St. Nicholas Greek Orthodox Cathedral
Godparent Sunday & Church School Open House
Sunday, November 5, 2017

Join your Godchild for
Church Worship,
Holy Communion
& Church School!

GREEK LANGUAGE CLASSES

For Children:

Saturdays from 10 a.m. -12:30 p.m.

For Adults:

Starts on Wednesday, October 4th
Beginners meet at 6:30 p.m., Advanced at 8 p.m.

***To enroll or if you have any questions call
Maria Stamoolis at 412.963.7283***

JOIN US ON STEWARDSHIP SUNDAY

FOR A PARISH MINISTRIES OPEN HOUSE & LUNCHEON

SUNDAY, OCTOBER 15, 2017

FOLLOWING THE DIVINE LITURGY
IN THE CATHEDRAL ROOM (LARGE HALL)

*FREE WILL OFFERING TO BENEFIT FOCUS' TRAUMA
INFORMED COMMUNITY DEVELOPMENT*



The Greek Grille

St. Nicholas Greek Orthodox Cathedral

Come, enjoy our outdoor party! OPA!

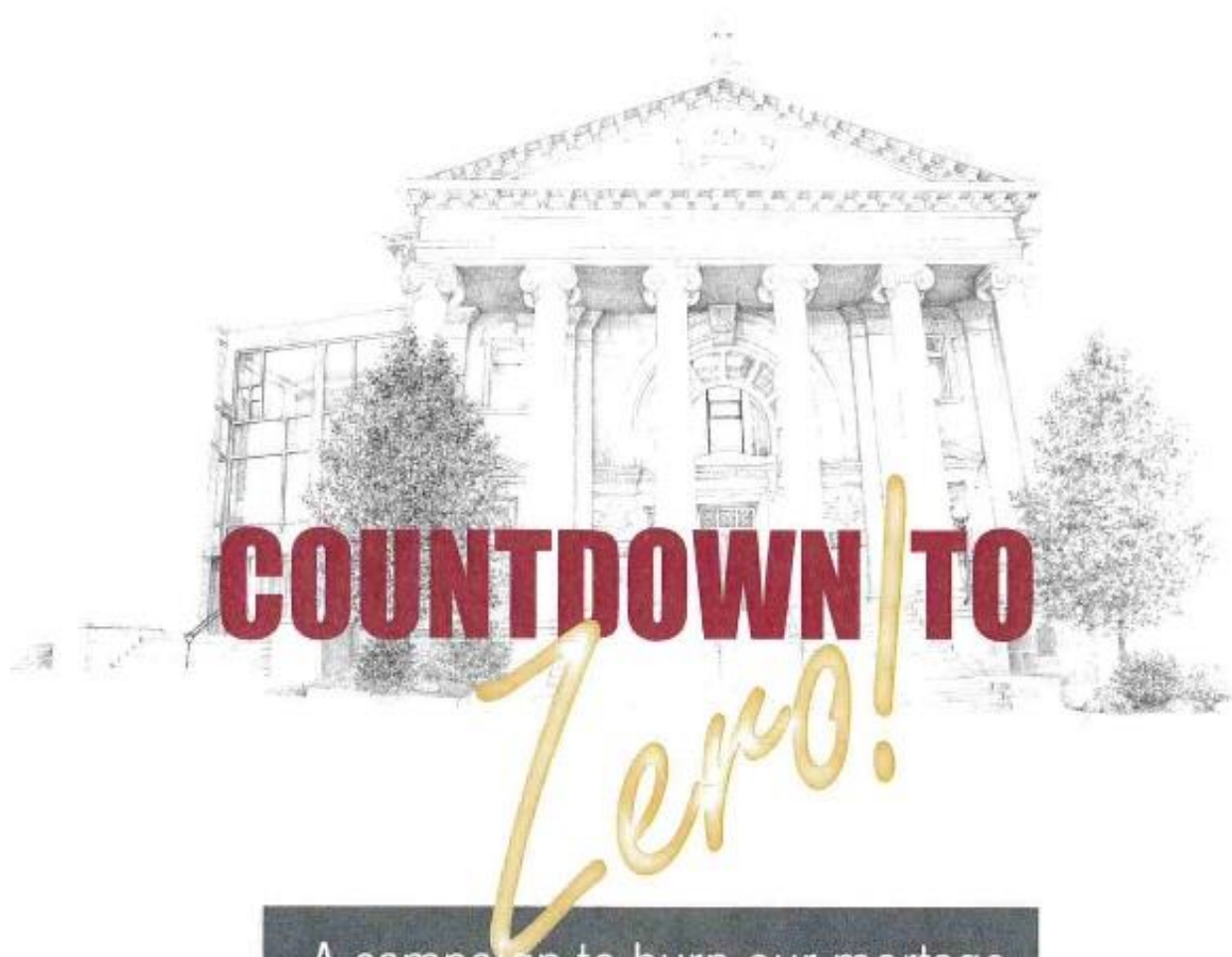
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Delicious gyros, chicken & pork souvlaki,
salad, Greek desserts & more!

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JOIN US October 9-13, 2017

Monday-Friday 11 a.m. - 8 p.m.



A campaign to burn our mortgage
by December, 2018

**Show your support by donating
and *TOGETHER*
we can reach our goal!**

St. Nicholas Cathedral thanks you for your support.

ST. GEORGE'S LAMB DINNER

ST. GEORGE CHURCH
724-335-9988
1150 LEISHMAN AVE
NEW KENSINGTON, PA 15068
WWW.SAINTGEORGEORTHODOX.ORG

EAT IN OR
TAKE OUT

Bake Sale

SATURDAY, OCTOBER 14, 2017

12 - 5 p.m.

COME AND TRY OUR BEST LAMB DINNER:

\$17 Lamb Shish Kabob Dinner includes: 1 skewer of lamb, rice & green beans, salad, Pita bread, dessert & beverage. Add an additional lamb skewer to your dinner for \$8.

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Order deadline - October 9th - Call 724-335-9988 or e-mail saintgeorgeorthodox@gmail.com

Name: _____ Please choose one: Eat-In ☐ Take Out ☐

Phone: _____ Lamb Dinners @ \$17 each \$ _____

_____ Lamb Dinners w/ additional skewer @ \$25 each \$ _____

Please make checks payable to "FELLOWSHIP"

TOTAL DUE \$ _____

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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 or at 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. 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).