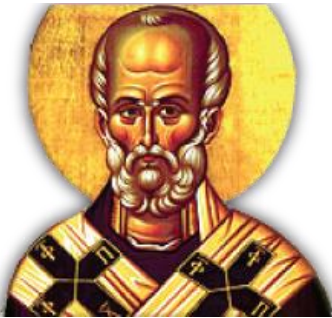


OCTOBER 22, 2017–Sixth Sunday of Luke

The Holy Equal-to-the-Apostles Averkios, Bishop of Hierapolis, the Wonderworker,
|and the Seven Holy Children of Ephesus



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: Galatians 1:11-19 (p. 97)

Gospel: Luke 8: 26-39 (p. 102)

HYMNS: See pg. 2

TODAY'S TRISAGION is being chanted for the soul of the servant of God, **George Lykos (6 months)**. May God grant him eternal rest and comfort to his family.

PLEASE JOIN US for coffee & fellowship after services, hosted by the G.O.Y.A.

THIS WEEK AT ST. NICHOLAS:

- Sunday, October 22:** SPANAKOPITA: Assembling Rolls, after church **Please volunteer to help!**
GOYA Meeting after Liturgy; GARDEN CLUB Meeting after coffee hour
- Monday, October 23:** GOYA Boys Basketball-**ALL Are Welcome**, 7 p.m., Parish Council Meeting, 7 p.m.
- Tuesday, October 24:** Open Gym/Young Adult Basketball, 8:30 p.m.
- Wednesday, October 25:** Adult Greek School: Beginners, 6:30 p.m., Advanced, 8 p.m.;
GOYA Girls Basketball-**ALL Are Welcome**, 7 p.m.
- Thursday, October 26:** St. Demetrios the Myrrh-Streamer Orthros 9 a.m., Divine Liturgy, 10 a.m.
- Friday, October 27:** Visitation of Myrrh-Streaming Panagia Kardiotissa Icon from Taylor, PA, Paraklesis-7 p.m.
- Saturday, October 28:** Greek School, 10 a.m.; Baptism 1 p.m.
- Sunday, October 29:** **PARISH GENERAL ASSEMBLY, 12:30 p.m.**



REMINDER:

**GOYA Meeting today, after Liturgy in the GOYA Room,
please do your best to attend!!**

+++++
THE ST. NICHOLAS GARDEN CLUB will meet on **TODAY**
after coffee hour. Dues for 2017 can still be paid to
Elaine Andrianos or Lillie Panagulias. **Your \$10 dues** help
maintain the Forbes Avenue parklet,
the trees, shrubs and annuals.



+++++
There will be a "THINK PINK" bake sale hosted by the Daughters of Penelope on
October 29th here at St. Nicholas Cathedral following liturgy.



OCTOBER 22, 2017–Sixth Sunday of Luke

The Holy Equal-to-the-Apostles Averkios, Bishop of Hierapolis, the Wonderworker,
|and the Seven Holy Children of Ephesus

Tone 3

Orthros Gospel 9

SCRIPTURE READINGS:

Epistle: Galatians 1: 11-19 (p. 97)

Gospel: Luke: 8:26-39 (p. 102)

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 3
(See p. 170 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 Ἀγίοις 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. Averkios:

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
Ἀβέρκιε· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

The actual facts of your life manifested you to your flock as a rule of faith and an icon of gentleness and a teacher of self-control. By humility, therefore, you acquired the things on high, and riches through poverty.
Father holy hierarch Averkios, intercede with Christ our God, entreating Him to save our souls.

Next, the hymn for the seven Martyrs is heard:

Οἱ Μάρτυρές σου Κύριε, ἐν τῇ ἀθλήσει αὐτῶν, στεφάνους ἐκομίσαντο τῆς ἀφθαρσίας,
ἐκ σοῦ τοῦ Θεοῦ ἡμῶν· σχόντες γὰρ τὴν ἰσχύν σου, τοὺς τυράννους καθεῖλον, ἔθραυσαν καὶ δαιμόνων, τὰ
ἀνίσχυρα θράση. Αὐτῶν ταῖς ἱκεσίαις, Χριστέ ὁ Θεός, σῶσον τὰς ψυχὰς ἡμῶν.

Your Martyrs, O Lord, were worthily awarded by You the crowns of incorruption,
in that they contested for You our immortal God. Since they possessed Your power, they defeated the tyrants,
dashing the demons' powerless displays of defiance. O Christ God, at their fervent entreaties, save our souls.

After that, the Apolytikion for the 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 ἁμαρτωλῶν δεήσεων
φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ
σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα αἰεὶ, Θεοτόκε, τῶν τιμῶντων 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.



Visitation of Myrrh-streaming Icon of Theotokos “Kardiotissa”

Join us on October 27th

7-9 p.m. for a Paraklesis Service

At St. Nicholas Greek Orthodox Cathedral

419 S. Dithridge Street, Pgh., PA 15213

The Icon is visiting us from St. George Carpatho-Russian Orthodox Church in Taylor, Pennsylvania

+++++

FALL YOUNG ADULT RETREAT

“Trusting the Process”

Camp Nazareth
Mercer, PA

Friday-Sunday

October 27-29, 2017



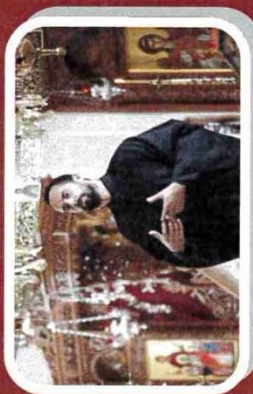
About the theme:

If there were another way to make it (another way out), if there another way to heaven, to joy, peace, fulfillment, truth to life, to salvation, Jesus Christ would have told us. Instead He tells us only that the way—His way to make it, is one of holiness, of repentance, it is the way of forgiveness and of love. With this in mind, how are we to engage this journey towards Him? How are we to be encouraged to humble and to overcome ourselves and to focus our mindset towards this destiny? Do we have the tools to do this? Are we truly aware of the power and effects of our smallest actions and decisions on this cosmic process, and the cosmos itself? And can we really, in our day-to-day, 21st century, American lives, really make it?

Guest Speaker:

Mr. Jacob Saylor

Director - Youth & Young Adults, Guest Lecturer



Jacob is the Pastoral Assistant at Assumption Church in Scottsdale, AZ. He has worked extensively in field of Orthodox youth and young adult ministry since 2007. Jacob received a B.A. from University of South Carolina in Philosophy & Religious Studies and his Masters of Divinity in 2010 from Holy Cross School of Theology. Following his studies, Jacob worked as youth director of Holy Trinity Greek Orthodox Church in San Francisco from 2011-2015, during which time he also served as program director for the Metropolis of San Francisco Summer Camp (2013-2016). Invested in ministering to as many youth, families, and young adults as possible, Jacob has created, developed, and contributed to numerous programs and curriculums across our Orthodox Church in North America, and has been blessed to be further allowed to lead, organize, and guest lecture at various regional, Metropolis, and national youth, young adult, and youth worker events, retreats, and workshops year round.



\$75 per person

Online registration: campnazareth.org or pittsburgh.goarch.org

Financial-need scholarships available, contact your diocese.

For more info: YoungAdultRetreats@gmail.com or Phone: 724.662.4840 or 412.621.8543



METROPOLIS OF
PITTSBURGH

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.*

+++++



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.**

+++++

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

<u>2017</u>	<u>STEWARDSHIP</u>
Total Stewards	209 (GOAL 300)
Total Pledged	\$137,285.00 (GOAL \$175,000.00)
Avg. Pledge	\$656.87



+++++

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

Attention all Nounos, Nounas and Special Friends!
**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!

Please volunteer **your** time, talent and treasure to help **our** children. Yours in Christ, *Miss Michelle*



GOYA NEWS

Basketball practice for the GOYA boys started on **Monday, October 16th**, please join us on **Mondays at 7 p.m.**

-Basketball practice for the GOYA girls started on **Wed., October 18th**, please join us on **Wednesdays at 7 p.m.**

There will be GOYA meeting on Sunday, October 22 after church in the GOYA Room. Looking forward to seeing everyone attend.

VOLUNTEERS NEEDED **TO MAKE THE PHILOPTOCHOS** **SPANAKOPITA ROLLS**

The sale of spanakopita rolls is one of Philoptochos' biggest fundraisers and enables us to assist those in need locally, nationally and internationally.

We need many hands over the course of
several days to get the job done!!!
Please give a few hours of your time
and bring a friend (or two or three)!

The schedule is as follows:

- ❖ Today after church – begin assembling rolls
- ❖ Tomorrow, October 23 – 9 a.m.–4 p.m.
and wrapping beginning at 5 p.m.
- ❖ Tuesday, October 24 – 9 a.m.–4 p.m.
and wrapping beginning at 5 p.m.

Contact Marcie McGuire (412-719-0346)

Or Elaine Andrianos (412-731-4334) with any questions.

Update to Parish Directory

Philoptochos is updating the Parish Directory. Please return the form with your updated information as soon as possible to ensure your information is accurate!

We are also seeking sponsors to help offset the cost of printing the directory. Please consider placing an ad or being a sponsor!

If you have any questions, please contact Nikki Lykos at 412-897-8208 or Michelle Kotsagrellos at 412-680-1416.



SIXTY CLUB NEWS

Do not forget to reserve your ticket for the **Holiday Pops Saturday matinee, December 9 at Heinz Hall. The cost is \$40, due October 31** (these seats are in the back rows on the first floor –no steps).
Contact Virginia Fekaris at 412-684-4804 or Gus Mastros at 412-681-2140.



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!

GOYA THANKS YOU...
FOR HELPING US HELP OTHERS IN GREAT NEED

The GOYA offers our most sincere thanks to our St. Nicholas Church family for your very generous donations for the Walk for Missions on October 8th. **Thanks to you, we raised \$1,490 (One thousand four hundred ninety dollars) for the Orthodox Clergy Brotherhood's fund drive for the needy children and adults served by the Orthodox Mission in Guatemala.** Thank you for making it possible to supply additional medical, dental and spiritual support to these people in great need. Your donations will be used to fund the critical work of Fr. John Chakos and Presbytera Sandy, and their team.

GOYA would like to extend a special thank you to Pam Bertos who led GOYAns, JOY, College Students, Young Adults and Parents on a vigorous and fun filled 4.35 mile walk through the beautiful paths of Schenely Park. We also thank the Hages Family for donating the post walk luncheon refreshments to all. GOYA has mailed out individual letters acknowledging your specific generosity for your records. If you have not yet received a thank you letter and, donated to the Walk for Missions through the GOYA, please contact Diane Strauch. Once again, GOYA thanks you, our St. Nicholas Church family, for your continued support which makes all we do possible.

THANK YOU! THANK YOU!
GOYA THANKS YOU!
THANK YOU! THANK YOU!



COOKING
ALERT!!



The price is right!
Because of the great
seasonal price we can
get for eggplant, we plan on
making MOUSSAKA on:

Monday, October 30th,
Tuesday, October 31st, &
Wednesday, Nov. 1st!

We will peel, slice and bake the
eggplant on Monday, then assemble
on Tuesday & Wednesday!
Let's get off to a great start!
Cooking begins at 9 a.m.

The Metropolis of Pittsburgh

Presents

2017 GOYA Fall Retreat

Friday-Sunday
November 17-19

Camp Nazareth
339 Pew Rd. Mercer, PA

ANTIDORON FOR THE WORLD

THE LITURGY OUTSIDE THE LITURGY

With Guest Speaker



Daniel Christopoulos

IOCC US Country Representative
National VOAD Vice Chair
Minnesota VOAD President

Join our GOYA Hurricane Relief Effort!

Make a monetary donation at the retreat

Help with your GOYA's Relief Campaign

Donate IOCC Hygiene Kit Items

Campers and Staff
Register at
pittsburgh.goarch.org

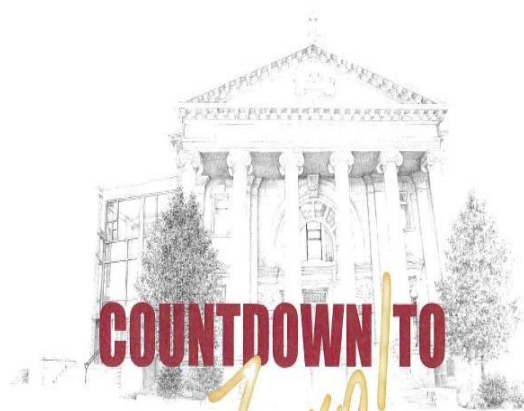
Registration Cost
\$165



Scholarships available thanks to
the generosity of Leadership 100

Y2AM Office
412-621-8543

camp@pittsburgh.goarch.org



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.

+++++



The Greek Grille

St. Nicholas Greek Orthodox Cathedral

Come, enjoy our outdoor party! **OPA!**

+++++

Delicious gyros, chicken & pork souvlaki,
salad, loukoumades & more!

+++++

JOIN US November 13-17, 2017

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

The Greek Nationality Room Committee of the University Of Pittsburgh Nationality Rooms Program
& The American-Hellenic Foundation of Western PA present

50 Years Maria Callas: A Musical Tribute, Nov. 3, 2017 — 6:30 p.m. Featuring: Soprano Ms. Alexandra Loutsion



The Recital Auditorium 7th Floor Alumni Hall, University of Pittsburgh 4227 Fifth Ave, Pittsburgh, PA 15260

~A refreshing aperitif reception together with a photo, video & art tribute to Callas will precede the Main Program~

To buy tickets, or to R.S.V.P., contact by email info@pahellenicfoundation.org or call 412. 624. 6150
Adults: \$50, Students (with valid ID): \$20 (tickets also available at the event)

All proceeds & donations will support University Student Research Scholarships for study at universities in Greece & Cyprus.

A VOYAGE THROUGH THE LIFE AND THE ART OF THE GREAT DIVA THROUGH PRESENTATION AND MASTERFUL PERFORMANCES OF SONGS AND SOME OF CALLAS' ICONIC ARIAS IN THEIR FULL FORM

Fifty years after her passing, Maria Callas remains a towering and historic Diva of opera. With her vivid interpretations, Callas succeeded brilliantly at living for her art. Soprano Aprile Millo once said, "Listening to Callas is like reading Shakespeare: You're always going to be knocked senseless by some incredible insight into humanity."

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 Protosaltis 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).