

JULY 23, 2017 – 7th SUNDAY OF MATTHEW
Hieromartyr Phocas; Prophet Ezekial; and Pelagia the Righteous of Tinos

WELCOME TO ST. NICHOLAS GREEK ORTHODOX CATHEDRAL

Website: www.stnickspgh.org

Email: church@stnickspgh.org

VISIT THE UPDATED WEBSITE TODAY!

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

Father's Cell - 724-630-3483; Father's E-mail - frchbender@verizon.net

PROTOPSALTIS: Dr. Nick Giannoukakis

CHANTER & CHOIR DIRECTOR: Steve Andrews

ORGANIST: Anna Kovalevska

ALTAR BOY CAPTAINS: Nicholas Hages & Andreas Paljug

Today's hymns: please see page 2

EPISTLE: Romans 15: 1-7 (pp. 73-74)

GOSPEL: Matthew 9: 27-35 (p. 74)

TODAY'S MEMORIAL SERVICE is being chanted for the repose of the souls of the servants of God, **MARY BENDER** (2 years) and **ANASTASIA VRETACOS** (40 days). May God grant them eternal rest and comfort to their families.

PLEASE JOIN US for coffee & fellowship in the Cathedral room (large hall) following services, hosted and sponsored by the **LITTLE ANGELS**.

PLEASE HELP WITH THE 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. **ALL SUNDAYS IN AUGUST ARE OPEN AND READY FOR VOLUNTEERS!** Call Debbie to volunteer, 412-682-3866. *(The GOYA will resume serving in September.)*



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.

SIXTY CLUB NEWS Please pay your 2017 dues - \$10, to Virginia Fekaris.

2017 dues for the **St. Nicholas Garden Club** 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!**

SPANAKOPITA LOGS – ONLY \$9 PER LOG – GET YOURS TODAY! A LIMITED NUMBER OF DELICIOUS spanakopita logs are still available (**approx. 50**) from the Philoptochos. They make an excellent addition to your summer picnic! See Nikki Lykos or any other Philoptochos Board member to purchase. *Hurry before they are all gone!*

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? Call Elaine Andrianos (412-731-4334) or Denise Daugherty (412-508-1326).*

JOIN US!! For GREEK DAY AT KENNYWOOD PARK! JULY 25, 2017

Gyros – Gyro Platters – Dolmathes – Rice Pilaf – Pastries – Greek Dancing

FUN & FELLOWSHIP! For tickets, contact Presentation of Christ Church at 412-824-9188, email at lkoutsavlis@ypapant.net Credit cards now accepted for phone orders.

Prices: Regular day pass: \$27; Seniors 55+: \$16; Seniors 70+: \$11.



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Tone 6

Orthros Gospel 7

SPECIAL HYMNS OF THE DAY (SMALL ENTRANCE):

*First to be chanted at the Small Entrance is the Resurrection hymn for the tone of the week
(Tone 6 - see p. 171 in the Divine Liturgy books).*

*At the procession with the Gospel the usual **Eisodikon (Entrance Hymn)** in Tone 2 is chanted:*

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν,
ψάλλοντάς σοι· Ἀλληλουῖα.

“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.”

As the Clergy return inside the Sanctuary, we hear the Resurrection hymn for the Tone of the week again.

This is followed by the troparion for the Hieromartyr Phocas:

Καὶ τρόπων μέτοχος, καὶ θρόνων διάδοχος, τῶν Ἀποστόλων γενόμενος, τὴν πρᾶξιν εὗρες Θεόπνευστε, εἰς θεωρίας ἐπίβασιν·
διὰ τοῦτο τὸν λόγον τῆς ἀληθείας ὀρθοτομῶν, καὶ τῇ πίστει ἐνήθησας μέχρις
αἵματος, Ἱερομάρτυς Φωκᾶ, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life
you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in
struggling for the faith, O Hieromartyr Phocas. Intercede with Christ our God, beseeching Him to save our souls.

After this, we chant the Hymn for our Church's Patron Saint, St. Nicholas (Tone 4):

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 for the Theotokos:

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε. Μὴ παρίδης ἀμαρτωλῶν δεήσεων
φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ
σπεῦσον εἰς ἰκεσίαν, ἡ προστατεύουσα αἰεὶ, 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.

EPISTLE: Romans 15: 1-7 (pp. 73-74) **GOSPEL:** Matthew 9: 27-35 (p. 74)

After the Gospel reading, return to page 12 of the Divine Liturgy Book for the remainder of the Service.

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

Christian Stewardship is about becoming good caretakers of all that God has given us. It is by offering our gifts back of TIME, Talent and treasure to God that we will be able to continue to enjoy Church life and be happy in Church ministries. 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**.

<u>2017</u>	<u>STEWARDSHIP</u>
Total Stewards	188 (GOAL 300)
Total Pledged	\$125,975.00 (GOAL \$175,000.00)
Avg. Pledge	\$670.08

“As the Father Has Sent Me, So I Send You” John 20:21

HELP US REACH/ EXCEED OUR GOAL!!



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).



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.



Presentation of Christ "Ypapanti" Greek
Orthodox Church

Annual Golf Outing!



**Sunday July 30th, 2017
4 Man Scramble at Grandview Golf Club
1:30 Shotgun Start
12:00pm Registration**

Price per Player \$100

**Includes: Golf, Refreshments, Dinner, Prizes, and Various Skill
Competitions**

**Prizes include:
Golf Clubs, Bags, Golf Accessories, Clothing and Much, Much More!**

You may sign up as a foursome or we can pair you with someone. Field is limited. Make your reservations today!
E-mail questions to Dean Leventopoulos at Greek2001@aol.com Subject: Ypapanti Golf Outing

The format of play will be a scramble. Each player hits a ball and the group will play from the best lying ball.

**Registration form is on reverse.
Payment must accompany registration.
Only the first 36 paid foursomes can be taken!
Don't miss out!!**

Your Blessings Fathers and my Brothers and Sisters in Christ:

We are reaching out to you to contribute in any way that your love allows to our fund-raising efforts to build a new Monastery for you and for your children. We are living in a time where we are witnessing an increase in Christian suffering and persecution throughout the world. From the Orthodox Church's early history, monastics have come to the aid of the Church in times of persecution.

We call upon you to help create a spiritual haven in our region as many Orthodox have done so in other parts of the country; a place for you and your families to come in times of personal pain and suffering; a place to share our faith, the love of our Christ, and fellowship.

What does it mean to make an offering to build a monastery?

You will become a builder of a monastery before Christ.....

Throughout the centuries, there were builders of monasteries who because of their great faith in God and love of Orthodoxy, created treasures for themselves and their family members in the Kingdom of Heaven.

"...lay up for yourselves treasures in heaven where thieves do not break in and steal. For where your treasure is, there your heart will be also."
Matthew 6:18

You will benefit the souls of your departed loved ones.....

Contemporary Church Fathers tell us how much help the departed seek!since they see that the help of the living greatly assists them to find rest, they yearn, seek, and long for someone to commemorate them.

You will benefit yourself, relatives, and friends through the ceaseless, daily prayers of the Monastery.....

- *For physical and spiritual well-being to endure personal trials and afflictions.*
- *For your work that it progresses in a spirit of harmony and godliness*
- *For those nearing the end of their life - that they find salvation and counseling through the sacrament of the church, confession.*

You will benefit those who come after you.....

- *Women dedicating themselves to Christ and a life of prayer will continue the precedence of hospitality and missionizing to pilgrims.*
- *People seeking refuge from a world that has created spiritual illness and imbalance in their daily lives.*
- *Young adults, pressured to undertake a path that can lead to physical and spiritual damage. They will find encouragement to counteract the problems they face and see modeled an alternative Christian lifestyle which is quickly disappearing in our present-day society.*

As long as the Nativity of the Theotokos Monastery exists, with the last breath of the last monastic, you will be commemorated – both those who are living and those who have fallen asleep.

Monasteries will always remain eternal as the Orthodox Church is eternal.

May our Most Holy Theotokos intercede for you before Her Son our Lord God and Savior Jesus Christ and may She pour upon you all Her love and protection.

My love in Christ to you and to your families, Gerontissa Theophano and my Sisterhood

Gerontissa Theophano

SEPTEMBER 9, 2017 – *"All Generations Will Call Me Blessed"*

4th Annual Dinner Banquet in Memory of Gerontissa Taxiarchia – An evening of fundraising to help build a new monastery

Please help the Nativity of the Theotokos Monastery build new facilities with a donation to help with this year's fundraising dinner.

Donations of any size will be humbly and gratefully accepted and will be recognized on an insert in the program book at the dinner.

Your financial support will honor the Panagia and bring spiritual benefit. Together we can help to build a new monastery "brick by brick"! The following sponsorship levels will be specially recognized:

Level 1 - \$500 - \$1499 Level 2 - \$1,500 - \$2,999 Level 3 - \$3,000 and higher.

Thank you for your generous donation!

Name & Address _____ Donation amount \$ _____

Name to appear in the Dinner Banquet Program Book on September 9th. _____

Monetary donations can be made payable to:

Nativity of the Theotokos Monastery, 121 St. Elias Ln., Saxonburg, PA 16056 Attn: Dinner Banquet Sponsorship

ST. ANTHONY, CLAIRTON, PA – SUMMER CELEBRATION 2017

We invite all brothers and sisters to join us on **Saturday, July 29, 2017** in a summer celebration of one of the tristate area's oldest churches, St. Anthony in Clairton, PA.

St. Anthony Greek Orthodox Church, which belongs to our Metropolis, served as the center of Hellenism and Orthodoxy for the earliest Greek immigrants in the late 1800s and early 1900s. Today, it remains a regional historical landmark and is celebrated twice a year, on its feast day in January and once in the summer. All proceeds go towards the maintenance of this unique historical landmark of Orthodoxy and the earliest Greek presence in the tristate area.

The festal service begins with a 9 a.m. Orthros followed by the Liturgy of St. John Chrysostom, in traditional Byzantine fashion. The service will be followed by a hearty summer meal with Greek traditional food overtones. We look forward to a wonderful fellowship in honor of the earliest immigrants and their labors of love to their faith and traditions.

Directions to St. Anthony (424 Miller Avenue, Clairton, PA 15025- 1719)

Join Route 51 South. Continue on Route 51 South past Century III Mall, past Bowser Automobile Sales and Showroom and just past the Route 43 overpass. Within less than 100 yards, make a left on Worthington Avenue. Continue along Worthington Avenue until the T-intersection at Desiderio. Make a left on Desiderio and within less and 50 yards make a right on St-Clair Avenue (Rite-Aid will be across this waypoint). On St. Clair Avenue continue past two traffic lights. The third traffic light is at the intersection of St. Clair and Miller Avenue. Make a left on Miller Avenue. St. Anthony is on the right hand side of the street just past the high school.

