

SEPTEMBER 10, 2017–Sunday before the Elevation of the Cross

Holy Martyrs Menodora, Metrodora and Nymphodora. Poulcheria the Empress.



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 6: 11-18 (p. 147)

GOSPEL: John 3: 13-17 (p. 148)

HYMNS: See pg. 2

TODAY'S TRISAGION is being changed for the repose of the soul of the servant of God, **Daniel Thimoleas (8 years)**. May God grant him eternal rest and comfort to his family.

THIS WEEK AT ST. NICHOLAS:

TODAY:

Monday, September 11:

Tuesday, September 12:

Wednesday, September 13:

Thursday, September 14:

Saturday, September 16:

Sunday, September 17:

CHURCH PICNIC

Philoptochos General Meeting, 7 p.m.; Co-ed College/Grad Young Adult Volleyball, 8 p.m.

Open Gym/College-Graduate/Young Adult Basketball, 8:30 p.m.

Great Vespers for Elevation of Holy Cross @ Holy Cross Church, Mt. Lebanon, 7 p.m.

Elevation of the Holy Cross-Orthros 9 a.m., Divine Liturgy 10 a.m.

Greek School Begins, 10 a.m.

Church School Begins; GOYA Car Wash, Noon; Book Signing in Small Hall; 4 p.m.

GOYA NEWS Thanks very much to the Kefalos family for hosting the GOYA Kick-off party. Everybody had a great time. The annual **GOYA CAR WASH** will be held on **September 17th**. **GOYANS** will sell tickets after church **AND** at the church picnic today & would greatly appreciate your support!



Keeping up with Philoptochos

JOIN US FOR OUR Philoptochos General Meeting on Tuesday, September 19th at 7 p.m. We will be discussing outreach and fundraising ideas for the year. If anyone has any suggestions or ideas or is interested in getting involved with Philoptochos, please join us at the meeting or contact a Philoptochos board member! **ALSO, PHILOPTOCHOS** will be making and **serving dinner** at the **FOCUS Shelter Wed., September 20, 2017, at 4 p.m. VOLUNTEERS ARE NEEDED!**

FAMILY MINISTRY CONFERENCE The Metropolis of Pittsburgh will host the second family ministry conference, *The Orthodox Family in a Changing World*, at the Hilton Garden Inn in Southpointe (Canonsburg, PA) from **September 20-23, 2017**. **EVERYONE** is welcome to attend. For more info. go to www.family.goarch.org or see Father Christopher.

SIXTY CLUB NEWS WELCOME BACK MEETING & SLIDER LUNCH! October 1, Meet in the Crystal Room after Liturgy. Let's get together and make plans for the 2017-1018 year. We'll have reports from the Lenzner Travel Show and theater plans. Please let Virginia or Fran know if you will be there. **NOTE:** We have reserved 12 tickets for the **Holiday Pops, Saturday matinee, Dec. 9, at Heinz Hall. The seats are in the last few rows on the main floor. Tickets are \$40.** Money will be due October 15th; please reserve early in case we need more tickets. Contact Virginia, 412-687-4804 or Gust Mastros, 412-681-2140. Have you paid your 2017 dues? Not sure...? Ask Virginia Fekaris.

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Tone 5

Orthros Gospel 3

SPECIAL HYMNS OF THE DAY (SMALL ENTRANCE):

First to be chanted as the priest exits the Altar at the Small Entrance is the Feastday Hymn (Apolytikion) of the Nativity of the Theotokos (Tone 4):

Ἡ γέννησίς σου Θεοτόκε, χαράν ἐμήνυσε πάσῃ τῇ οἰκουμένη, ἐκ σοῦ γάρ ἀνέτειλεν ὁ ἥλιος τῆς δικαιοσύνης,
Χριστός ὁ Θεός ἡμῶν, καί λύσας τὴν κατάραν, ἔδωκε τὴν εὐλογίαν, καί καταργήσας τὸν θάνατον,
ἐδωρήσατο ἡμῖν ζωὴν τὴν αἰώνιον.

Your birth, O Theotokos, brought joy to the whole world, for from you dawned the sun of righteousness,
Christ our God. Freeing us from the curse, He gave us His blessings. Abolishing death,
He granted us eternal life.

Then, 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· 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.”

The priest reenters the Altar and then the Apolytikion in the Tone of the Week (Tone 5, p. 171 in the Divine Liturgy books) is chanted. Then, the Feastday Apolytikion is repeated.

Following 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 ποιμένι σου, ἡ τῶν πραγμάτων
ἀλήθεια· διὰ τοῦτο ἐκτίσω 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 for the Nativity of the Theotokos:

Ἰωακείμ καὶ Ἄννα ὄνειδισμού ατεκνίας, καὶ Ἀδάμ καὶ Εὐά, ἐκ τῆς φθοράς τοῦ θανάτου, ἡλευθερώθησαν, Ἀχραντε,
ἐν τῇ αγία γεννήσει σου, αὐτὴν εορτάζει καὶ ὁ λαός σου, ενοχῆς τῶν πταισμάτων, λυτρωθεὶς ἐν τῷ κράζειν σοι,
Ἡ στείρα τίκτει τὴν Θεοτόκον, καὶ τροφὸν τῆς ζωῆς ἡμῶν.

In your holy birth, Immaculate One, Joachim and Anna were rid of the shame of childlessness; Adam and
Eve of the corruption of death. And so your people, free of the guilt of their sins, celebrate crying:
"The barren one gives birth to the Theotokos, who nourishes our life."

EPISTLE: Galatians 6: 11-18 (p. 147) **GOSPEL:** John 3: 13-17 (p. 148)

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

Book Presentation & Signing for "A Hidden Child in Greece"
by Dr. Yolanda Avram-Willis

Even though most of Greece's Jews were murdered in the Nazi "Final Solution", Hitler's savagery was dealt a humiliation as Greek Christians hid, transferred, and otherwise protected as many Greek Jews as possible. From the National Resistance to Archbishop Damaskinos, regional bishops, clergy, civic leaders and simple families, nowhere else in Nazi-occupied Southern Europe was there so much effort in protecting and saving Jews from the inhumanity of the Nazi regime and its philosophy.

Dr. Avram-Willis is a survivor of the Holocaust in Greece. Her book recounts her life, her family, and her family's dramatic passage from a certain death to rescue and liberation. This book is not just about the story of the Avram family.

Rather, it tells of the gentle Greek citizens who helped them as well as the Greek Christian and

Greek Jewish partisans who resisted the Nazi occupiers.

The book, through the living testimony of Dr. Avram-Willis is an additional, modern contribution to the as-yet-incomplete canvas of a humanitarian symphony of Greeks who sided with humanity and morality, and ultimately triumphed.

Sunday, September 17, 2017 at 4 p.m. Crystal Room, St. Nicholas Greek Orthodox Cathedral, 419 South Dithridge, Pittsburgh, PA. Light refreshments and mini-exhibit will precede and follow the book presentation. The event is open

to the public. Books will be available for purchase, on site. Please have the exact amount of \$23 in check/cash. After defrayment of publisher's charge and Pennsylvania taxes, remaining proceeds will be donated to the sponsors and

St. Nicholas Greek Orthodox Church. For more information, or to R.S.V.P. a book copy: info@pahellenicfoundation.org.

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.

All organizations are asked to adhere to this policy.

We have established a proven labor pool that must be respected & used efficiently.

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!!

<u>2017</u>	<u>STEWARDSHIP</u>
Total Stewards	200 (GOAL 300)
Total Pledged	\$132,245.00 (GOAL \$175,000.00)
Avg. Pledge	\$661.23

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



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 Agraphiotis 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. Agraphiotis. 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).

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

Next week, **Sunday, September 17, 2017**, the bells will start to ring again for the beginning of Church School with an Agiasmo Service (Blessings of the Water)!

This year's Church School theme is "You are the 'Voice' of Christ in a Changing World". Church School students will be given an assignment to 'spread Orthodoxy' by being good stewards of the church by using their time, talent and treasure in Service to our Families, Friends, Neighbors, Community and Christ.

Every week your child is encouraged to bring "a donation" to Church School (this will help them learn the lesson of "stewardship"), plus, be assigned homework: Do something nice for someone!

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.

Please take the time to look over the attached 2017-2018 Church School Calendar, fill out the registration form (and bring it on or before the 17th) and volunteer **your** time, talent and treasure to help **our** children.

I would like to thank the parents in advance for sharing your children with us every Sunday! But, what can you do to help? You can help our Church School program, in the final analysis, your child, by bringing him/her every Sunday.

Encourage your child to tell you about the lesson taught for the day, as well as, the craft brought home. Pray with your child. (Each lesson should begin and end with Prayer.) Attend worship services together as a **family**; Divine Liturgy starts at 10 a.m.

Yours in Christ, Miss Michelle

From Mysticism to Jubilation: A Voyage through Orthodox Christian Sacred Chant

Sunday, September 24, 2017, 4 p.m. - St. Bernard Roman Catholic Church, 311 Washington Rd, Pgh, PA 15216



A spiritual meander through an enchanting early fall field of Orthodox Christian musical and hymnologic treasures that span 1500 years. From the musical prayers of the early Christian communities, through the impressive evolution of Byzantine chant and its influence on the ecclesiastic musical worship of the Balkans, Eastern Europe, the Ukraine and Russia, to very recent translated hymnology in modern English.

The region's two key Orthodox ecclesiastic choirs, the Pan-Orthodox Choir of Pittsburgh, and the Byzantine Choir of the Greek Orthodox Metropolis of Pittsburgh, have joined together to express and present these traditions faithfully to their origins in this unique and inspiring musical journey.

*** Admission free; free-will offerings most gratefully accepted. All donations will support local ministries.
For more information: asbmh@pitt.edu

Thank you for your tremendous outpouring of prayers and support for those affected by Hurricane Harvey and its aftermath. We ask you to keep those affected by Hurricane Harvey in your prayers and also those now facing Hurricane Irma.

IOCC has been in the region since early last week providing care and we will continue to be in the Houston region and Louisiana for weeks and months to come.

***IOCC's Frontliner team** was the first group to offer emotional and spiritual care in the "mega-shelter" at the George R. Brown Convention Center in downtown Houston, and they remain a steadfast presence there, collectively offering 12 hours of care daily to both survivors and volunteers, as well as to law-enforcement officers, at the center.*

***The IOCC Emergency Response Van and staff** arrived in Houston on 9/1 for a Rapid Needs Assessment, and IOCC's first muck-out team took place on Saturday 9/2. Some 50–75 more houses are slated for assessments in the coming day to see what needs might exist for IOCC muck-out teams in the coming 7–14 days.*

*IOCC has arranged, through partners Church World Service and Good360, for **two truckloads of hygiene kits, clean-up buckets, food, and baby products** to the Houston area, arriving early the week of 9/4/17. IOCC staff is checking in with every Orthodox parish in the region to assess clean-up and other needs. Parishioners who have specific clean-up needs are asked to speak to their parish priest, who will coordinate with IOCC.*

How can you help?

- Make a gift.
- Create clean up buckets, our supply of clean up buckets has been depleted at our warehouse, please consider creating clean up buckets and shipping to our warehouse for distribution. Instructions on creating and shipping kits here: ioccc.org/kits.
- Sign up to volunteer: those interested in volunteering for clean-up efforts in the region should register using the form at <https://goo.gl/hkwwg1F>. Houston-area volunteers will be of greatest help at the moment. Because we expect this to be a busy hurricane season, there will be additional opportunities for other volunteers.
- Share our good work: *follow us on our social media channels (IOCC Relief) and share how IOCC is responding to support people in need.*

110 West Road, Suite 360 Baltimore MD 21204 | Tel: 410.243.9820 | International Orthodox Christian Charities

JOINT MESSAGE

On the World Day of Prayer for Creation

The story of creation presents us with a panoramic view of the world. Scripture reveals that, "in the beginning", God intended humanity to cooperate in the preservation and protection of the natural environment. At first, as we read in Genesis, "no plant of the field was yet in the earth and no herb of the field had yet sprung up – for the Lord God had not caused it to rain upon the earth, and there was no one to till the ground" (2:5). The earth was entrusted to us as a sublime gift and legacy, for which all of us share responsibility until, "in the end", all things in heaven and on earth will be restored in Christ (cf. Eph. 1:10). Our human dignity and welfare are deeply connected to our care for the whole of creation.

However, "in the meantime", the history of the world presents a very different context. It reveals a morally decaying scenario where our attitude and behavior towards creation obscures our calling as God's co-operators. Our propensity to interrupt the world's delicate and balanced ecosystems, our insatiable desire to manipulate and control the planet's limited resources, and our greed for limitless profit in markets – all these have alienated us from the original purpose of creation. We no longer respect nature as a shared gift; instead, we regard it as a private possession. We no longer associate with nature in order to sustain it; instead, we lord over it to support our own constructs.

The consequences of this alternative worldview are tragic and lasting. The human environment and the natural environment are deteriorating together, and this deterioration of the planet weighs upon the most vulnerable of its people. The impact of climate change affects, first and foremost, those who live in poverty in every corner of the globe. Our obligation to use the earth's goods responsibly implies the recognition of and respect for all people and all living creatures. The urgent call and challenge to care for creation are an invitation for all of humanity to work toward sustainable and integral development.

Therefore, united by the same concern for God's creation and acknowledging the earth as a shared good, we fervently invite all people of goodwill to dedicate a time of prayer for the environment on September 1st. On this occasion, we wish to offer thanks to the loving Creator for the noble gift of creation and to pledge commitment to its care and preservation for the sake of future generations. After all, we know that we labor in vain if the Lord is not by our side (cf. Ps. 126-127), if prayer is not at the center of our reflection and celebration. Indeed, an objective of our prayer is to change the way we perceive the world in order to change the way we relate to the world. The goal of our promise is to be courageous in embracing greater simplicity and solidarity in our lives.

We urgently appeal to those in positions of social and economic, as well as political and cultural, responsibility to hear the cry of the earth and to attend to the needs of the marginalized, but above all to respond to the plea of millions and support the consensus of the world for the healing of our wounded creation. We are convinced that there can be no sincere and enduring resolution to the challenge of the ecological crisis and climate change unless the response is concerted and collective, unless the responsibility is shared and accountable, unless we give priority to solidarity and service.

From the Vatican and from the Phanar, 1 September 2017

Pope Francis and Ecumenical Patriarch Bartholomew



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.

Church school schedule 2017-2018

Sunday, September 17, 2017—Church School Begins

Sunday, November 5, 2017—Godparent/Special Friend Sunday

Sunday, November 23, 2017—No Classroom Attendance—Thanksgiving Break

Sunday, December 10, 2017—St. Nicholas Bazaar

Sunday, December 17, 2017—Christmas Pageant

Sunday, December 24, 2017—No Classroom Attendance—Christmas Break

Sunday, December 31, 2017—No Classroom Attendance—Christmas Break

Sunday, January 7, 2018—Church School Resumes & Vasilopita Cutting

Sunday, February 25, 2018—Participation in Procession—Sunday of Orthodoxy

Sunday, March 11, 2018—Parent Sunday

Saturday, March 31, 2018 - Saturday of Lazarus—Communion Breakfast/Making of Palm Crosses

Sunday, April 1, 2018—Classroom Attendance—Palm Sunday

Sunday, April 8, 2018—No Classroom Attendance—Easter Sunday

Sunday, May 6, 2018—No Classroom Attendance—Food Festival

Sunday, May 20, 2018—Commencement

Registration Form—St. Nicholas Greek Orthodox Cathedral Church School

Parent's Names _____

Address _____

Phone Numbers: Home _____

Work _____

Cell _____

E-mail _____

Children	Grade	Birthday	Name day	Allergies
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