

## SEPTEMBER 17, 2017–Sunday after the Elevation of the Cross

Holy martyr Sophia and her three daughters, Faith, Hope and Love.



### WELCOME TO ST. NICHOLAS GREEK ORTHODOX CATHEDRAL

VISIT [www.stnickspgh.org](http://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](mailto: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](mailto: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 2: 16-20 (p. 151)

**GOSPEL:** Mark 8: 34-38; 9: 1 (p. 151)

**HYMNS:** See pg. 2

**PLEASE WELCOME** our new Church Organist, Mr. Igor Kraevsky who is an accomplished and experienced concert artist as well as a church musician.

*For more information, please see page 8 of this bulletin.*

**\*TODAY, Sunday, September 17, 2017, a *second basket* will be passed to benefit Hellenic College Holy Cross (HCHC) in Honor of Father Christopher Bender.**

### THIS WEEK AT ST. NICHOLAS:

**TODAY:** Church School Begins; GOYA Car Wash, Noon; Book Signing in Small Hall; 4 p.m.  
**Monday, September 18:** Parish Council Meeting, 7 p.m.; Co-ed College/Grad Young Adult Volleyball, 8 p.m.  
**Tuesday, September 19:** Philoptochos Gen. Mtg., 7 p.m.; Open Gym/College-Graduate/Young Adult B-ball, 8:30 p.m.  
**Wednesday, September 20:** Father Chris away until 'til 9/23- Archdiocese Family Life Conference  
**Saturday, September 23:** Greek School, 10 a.m.; Event Rental, 6 p.m.  
**Sunday, September 24:** **TIME CHANGE ALERT:**

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### GOYA NEWS - THE ANNUAL GOYA CAR WASH will be held TODAY!

**PLEASE COME OUT AND SHOW YOUR SUPPORT!!**



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**Keeping up with Philoptochos** JOIN US: 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! **COMMUNITY OUTREACH: PHILOPTOCHOS** will be making and **serving dinner** at the FOCUS Shelter **THIS WEDNESDAY, September 20, 2017, at 4 p.m. VOLUNTEERS ARE NEEDED!**

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**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! For more info. [www.family.goarch.org](http://www.family.goarch.org) or see Father Chris.

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**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 Gus Mastros, 412-681-2140. Have you paid your 2017 dues? Not sure...? Ask Virginia Fekaris.

<b>SEPTEMBER 17, 2017–Sunday after the Elevation of the Cross</b>	
Holy martyr Sophia and her three daughters, Faith, Hope and Love.	
Tone 5	Orthros Gospel 4

**SPECIAL HYMNS OF THE DAY (SMALL ENTRANCE):**

*First to be chanted as the priest exits the Altar at the Small Entrance is the Festal Hymn (Apolytikion) for the Exaltation of the Cross, celebrated on September 14 (Tone 1):*

Σώσον Κύριε τόν λαόν σου καί ευλόγησον τήν κληρονομίαν σου, νίκας τοῖς Βασιλεῦσι κατὰ βαρβάρων  
δωρούμενος καί τό σόν φυλάττων διά τοῦ Σταυροῦ σου πολίτευμα.

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful  
over the enemy, and by Your Cross protecting Your commonwealth.

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

Δεῦτε προσκυνήσωμεν καί 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.

*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 Festal Apolytikion is repeated.*

*After that, we hear the Hymn for the Patron Saint of our church:*

Κανόνα πίστεως καί εἰκόνα πραότητος, ἐγκρατείας Διδάσκαλον, ἀνέδειξέ σε τῇ ποιμνῇ 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 Exaltation of the Cross:*

Ο υψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ, τοὺς οἰκτιρμούς σου δώρησαι, Χριστέ ο  
Θεός, Εὐφρανὸν ἐν τῇ δυνάμει σου, τοὺς πιστοὺς Βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς, κατὰ τῶν πολεμίων,  
τὴν συμμαχίαν ἔχοιεν τὴν σὴν, ὅπλον εἰρήνης, ἀήττητον τρόπαιον.

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears  
Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries.  
May Your alliance be for them a weapon for peace, an invincible standard.

**EPISTLE:** Galatians 2: 16-20 (p. 151)

**GOSPEL:** Mark 8: 34-38; 9: 1 (p. 151)

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

***by Dr. Yolanda Avram-Willis***

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.

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](mailto:info@pahellenicfoundation.org).

*St. Bernard Roman Catholic Church, 311 Washington Rd, Pgh, PA 15216*



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.

For more information: [asbmh@pitt.edu](mailto:asbmh@pitt.edu)

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**Your \$10 dues** help maintain the Forbes Avenue parklet, the trees, shrubs and annuals. **Thank you in advance!**



**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.

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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

<u>2017</u>	<u>STEWARDSHIP</u>
Total Stewards	201 (GOAL 300)
Total Pledged	\$133,245.00 (GOAL \$175,000.00)
Avg. Pledge	\$662.91



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**From the Church School Desk:**

***"You Are the Voice of Christ in a Changing World."***

Today, **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)!

As the Church School Director I am looking forward to working with my staff, teachers and **YOU** (the St. Nicholas parishioners) to enrich the lives of our children. St. Nicholas is our spiritual family and we all should take part in educating our **youth** (The **you** of tomorrow). As a community, we need to show our children our love and devotion to our Orthodox faith

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 to class) 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 10:00 a.m.

And thanks for sharing your children with us every Sunday!

***Yours in Christ, Miss Michelle***

## **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 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](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).



## **GOYA WALK FOR MISSIONS**

Goya is asking for your support in helping others in need. On Sunday October 8<sup>th</sup> after church, Pam Bertos has graciously agreed to lead the Goya on A Walk for Missions through Schenley Park. The Goyan's 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 who have devoted so much of their lives to do.

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 by writing your tax-deductible check to the "ORTHODOX CLERGY BROTHERHOOD" and write Guatemala Mission Work in the memo section. Please give your donation to any Goyan during the coffee hour today or by October 8<sup>th</sup>. 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 8<sup>th</sup>** 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>.



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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_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**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*

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**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.**