

Beloved Brothers and Sisters in Christ:

September 1, the Indiction or ecclesiastical (church) New Year, is a time when Orthodox Christians have always paused to give thanks to our Creator for the bountiful world He has given us to live in. Since 1989, based on an initiative of our late Ecumenical Patriarch Dimitrios of Constantinople, it has also been observed as the annual "Day of Prayer for the Protection of Creation." New hymns which focus on this theme were composed to accompany those already designated for that day. He did so, because of his growing realization of the many threats posed by our industrialized world to the welfare of life on our planet, both human and otherwise.

Building on that initiative, our current Patriarch, Bartholomew, has worked hard to bring the growing environmental crisis to the attention of world leaders, both religious and secular. For this reason, he is often called the "Green Patriarch." Every year, he issues a public statement on September 1 that addresses this theme. Past years' messages can be read online at the Patriarchate's website – see last year's under "messages" at www.patriarchate.org. We still await the issuing of this year's statement. This practice has inspired a worldwide movement among Christians to observe this new holiday. We will celebrate it for the first time here at the Cathedral this year, with Great Vespers on August 31 at 7:00 p.m., Orthros the next day at 9:00 am, with the Divine Liturgy following at 10:00 a.m. Everyone is cordially invited and encouraged to attend. In anticipation of that event, I would like to focus the rest of this article on some basic teachings of our faith that pertain to the welfare of the earth, humanity's role, and the overarching need for *compassion* in our dealings with it. Here we understand "compassion" to mean "understanding the suffering of others and wanting to do something about it" [www.wordweb.info].

The Christian understanding of the earth, our home, is based, first of all, on Genesis: God created it, and called it good; he also created the first human beings in His own image, and told them: "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over . . . every living thing that moves upon the earth." Some Christians see this as warrant to exploit the earth, but I believe that this is becoming a minority opinion. The "dominion" mentioned here is better understood as that of a steward than of a ruler. To continue: the disobedience of the first parents brought sin and death into the world (the "fall"); Jesus Christ redeemed humanity on the Cross and conquered sin and death by His glorious Resurrection; in doing so, according to the apostle Paul, he also redeemed the rest of creation (Romans 8:18-23):

I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. For the creation waits with eager longing for the revealing of the sons of God; for the creation was subjected to futility, not of its own will but by the will of him who subjected it in hope; because the creation itself will be set free from its bondage to decay and obtain the glorious liberty of the children of God. We know that the whole creation has been groaning in travail together until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies.

If God called the creation "good" when He created it, and if it shall be liberated along with us from its bondage to decay, then this has serious implications for how we as Christians should view our earthly home and therefore, how we should treat it. For too long, many people have assumed that the resources of this vast planet are limitless, and that we humans are entitled to exploit them without taking into account the harmful effects that our activities have on us and on the natural world, which, like it or not, we depend on for our very existence. In our generation, we are learning, to our dismay, that this is not true, and that we need to take better care of this beautiful world we have inherited, before we inadvertently make it unlivable.

For example, the warming of our planet is becoming a looming crisis. Already, we are witnessing mass extinctions of creatures in every part of our planet, along with prolonged droughts that put millions of people at risk for starvation. Our rising oceans (because of glacier ice melt) are starting to encroach on low-lying areas, including Miami, Roanoke, VA, Bangladesh, and island nations around the world. How can we remain indifferent to such suffering and dislocation? Patriarch Bartholomew challenges us with the following words:

As the Church Fathers also teach, the root of all evils that plague humanity is selfishness and the highest expression of virtue is selfless love. It is not permitted for faithful Christians who are seeking sanctification to remain indifferent to the effects of their acts on their fellow human beings. The sensitivity of
(CONTINUED on PAGE 2)

St.
Nicholas
Greek
Orthodox
Cathedral

SEPTEMBER
2017
Newsletter

Points of Interest Inside:

- ◊ IMPORTANT ANNOUNCEMENT for ALL GROUPS at St. Nicholas
- ◊ Notary Services are available at the church office
- ◊ September Calendar
- ◊ "COUNTDOWN TO ZERO" Capital Campaign
- ◊ Greek School info. and registration forms inside
- ◊ 2017 Metropolis Clergy-Laity & Philoptochos Assembly, Sept. 28-30
- ◊ 4th Annual Dinner Banquet in memory of Gerontissa Taxiarchia
- ◊ 2017 Family Ministry Conference to be held in Pittsburgh, Sept. 20-23
- ◊ CHURCH PICNIC!!
- ◊ Church school schedule
- ◊ Winter Schedule BEGINS Sept. 4

their conscience must be increased so that they are not indifferent even to the indirect consequences of their acts. As Abba Isaac says, the sensitive and charitable heart "cannot bear even to hear of sorrow, even a small one, in creation. That is why his heart grieves even for creatures not endowed with reason, even for enemies of the truth and even for those who harm him. He addresses to God a prayer for them in tears, that God may spare them and have mercy on them, and similarly for reptiles, his heart being full of mercy like the one that fills the heart of God" (Homily 81). (from his introductory address, "The Danube, a River of Life," at the third international symposium, Passau, Germany, 10/17/1999)

Orthodox Christianity stresses a vision of the world transfigured through Christ, and calls each us to understand our calling in life in relation to our ultimate goal, union with God in a redeemed creation. The Church sends us out into the world to offer witness and service in the name of Jesus Christ. In witnessing to the transforming presence of God in the world, our approach emphasizes love and respect for all of God's creatures, as well as compassion for all those who suffer, and the desire to do whatever we can to help alleviate their distress. This must extend even to our children and generations yet unborn who will pay the ultimate price for our obstinacy, if we do not act.

In fashioning the Orthodox response to the current environmental crisis, we are inspired by the example of our holy people – especially the ascetic saints, the monks and nuns who dedicate their lives to prayer and worship, such as St. Isaac. As such individuals grow in their faith and closeness to God, they come to see the world in the way that the Lord does: with tears of compassion, for all the suffering in it. A good modern example of this attitude can be found in the works of one of our most recent saints, Silouan of the Holy Mountain of Athos. In a chapter "On Love," he says:

If we wish to love God, we must observe all that the Lord commanded us in the Gospels. Our hearts must brim with compassion, and not only feel love for our fellow-men but sympathy for everything created of God. That green leaf on the tree which you so needlessly plucked – it was not wrong, only rather a pity for the little leaf. The heart that has learned to love feels sorry for every created thing.

This is the attitude of compassionate love that inspires all of our work as Orthodox Christians on behalf of the environment. Each creature, large or small, is loved by God, and has an intrinsic value apart from that which human beings accord it. The heart that has learned to love must therefore try in every possible way to protect and preserve life in all its glorious variety, both on a local level and on a global level. At the same time, we must accept that the survival of humanity is also dependent on the survival of our fellow creatures. The world, after all, is one huge ecosystem. Human beings are a part of this system – not separated from it. As the world goes, so do we. Our compassion must lead to action. We can do no less.

In Christ's love, Fr. Christopher Bender, Dean

Rev. Christopher H. Bender

SACRAMENTAL LIFE

BAPTISMS

With much joy, love and thanksgiving, we welcome into the Body of Christ, the Church, our newest brothers and sister in Christ:

Mason Vasili Kefal, son of Gabriel and Amanda Kefal, who were born on October 30, 2016 and baptized on May 28, 2017. Mason's sponsor was Alexander Kefal.

Xander Lee Baughman, son of Alexander Peponidis Baughman and Kara Lee Estochin, who was born on September 14, 2015 and baptized on June 17, 2017. Xander's sponsor was Cara Baughman.

Elara Christine Pantages, daughter of Dean and Leiren Pantages, who was born on February 22, 2017 and baptized on June 24, 2017. *Congratulations to their parents and sponsors, and may God grant them Many Years!*

WEDDING

Congratulations to: **Stephen J. Humbert** and **Lauren C. McGaughey** of Cincinnati, OH, who were united in the Sacrament of Holy Matrimony here at St. Nicholas Cathedral on July 1, 2017. Sponsor was Theodore K. Frantzis.

May God bless them with Many Loving Years together!

IN MEMORIAM

Our deepest condolences to the families of:

Sophia T. Haretos, who fell asleep in the Lord on June 15, 2017. Her funeral took place on June 19.

Anastasia T. Vrettacos, who fell asleep in the Lord on June 18, 2017. Her funeral took place on June 23.

Stamatios M. Smalis, who fell asleep in the Lord on July 27, 2017. His funeral took place on July 31.

Christodoulos Trombetas, who fell asleep in the Lord on July 16. His funeral service took place on August 1.

Mary Christulides, who fell asleep in the Lord on August 6, 2017. Her funeral took place on August 12.

May their memory be eternal – Αιώνια η Μνήμη Αυτών!

Holy Trinity's *TASTE OF GREECE*

August 30 - September 3, 2017
Wednesday thru Sunday, 11 a.m. – 9 p.m.

Holy Trinity Greek Orthodox Church,
985 Providence Blvd., Pittsburgh, PA 15237
(Babcock & Cumberland, across from
UPMC Passavant)

FREE Parking & Shuttle Service
Available from the GREEN LOT
at UPMC Passavant.

Shuttle hours: Wed.-Fri. 5-11 p.m.
AND
Sat.-Sun. 10 a.m.-11 p.m. 412-366-8700
or www.holytrinitypgh.org

FOOD FESTIVAL AD BOOK

The figures are in for our
2017 St. Nicholas Food Festival Ad Book.

Our net profit was **\$21,283.48.**
*The ad book grossed \$25,100, less the
set-up and printing costs of \$3,816.52.*

***The Ad Book Committee would
like to thank all who supported
us this year!!***

All proceeds go to the Building Fund,
paying off our Community Center mort-
gage. Our net here covers almost two
months of payments, only short of \$86.02!!
(Just two more Patrons, \$50 each,
would have put us over the top.)

**The AD Book Committee is open
to all suggestions on increasing
Ad Book income. Kai tou xronou!**

2017 Metropolis Clergy-Laity & Philoptochos Assembly, Sept. 28-30

ASSEMBLY THEME: Outreach & Evangelism

Additional conference information with
overviews of the agenda, speakers, and
schedule, and information about booking
your hotel room are in the church office,
ask Debbie to email or mail them to
you. Online registration is also available.
To register or get more information, visit
<http://pittsburgh.goarch.org/2017-assembly>

Keeping up with Philoptochos

PHILOPTOCHOS' MISSION: Your time, talent and
treasure, is needed so we can continue to help
those individuals in need.

Through our fundraising efforts, Philoptochos
is continuously working to help those in need
and to promote the charitable, benevolent and
philanthropic purposes of the Greek Orthodox
Church. Your time and talent are needed to
support our programs.

**If you have any fundraising ideas or would like
to become more involved with Philoptochos,
please contact any of our Board members!**

Parish Directory – Philoptochos will be
updating our Parish Directory this year so be
on the lookout for the Directory Listing
Form & Sponsorship Letter soon.

Food Bank – 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:
contact Elaine Andrianos (412-731-4334) or
Denise Daugherty (412-508-1326).

Thirteen Reasons to Be Concerned About “13 Reasons Why”

by Sansea L Jacobson, MD, director of the Child and Adolescent Psychiatry Residency Training Program at Western Psychiatric Institute and Clinic at the University of Pittsburgh School of Medicine

Netflix recently announced its intention to release a sequel to *13 Reasons Why*, the controversial series that depicts a fictional teen suicide. As a child and adolescent psychiatrist at ground zero of the adolescent suicide problem, I feel compelled to share my concerns about this influential and concerning program.

Just one month after its release on Netflix, I binge-watched the first season of *13 Reasons Why*. I was inspired to do so after several parents asked me whether they should be allowing their teens to watch the series. From an artistic perspective, undeniably the characters and narrative of *13 Reasons Why* are compelling, and it is understandable that teens are drawn to it. Furthermore, the sensitive topics raised (e.g., bullying, sexual assault, substance use, suicide) are important and should not be ignored. After having watched the entire series, however, I became concerned.

What follows are 13 reasons why you should be concerned, too:

1. **The series romanticizes suicide**, which places youthful viewers at risk for suicide contagion. We know from research that dramatized portrayals of suicide on television and in movies can lead to increased rates of suicide and suicide attempts using the same methods displayed on the screen. Furthermore, this impact is intensified when suicide is presented in the absence of information about mental illness.
2. **It focuses on blaming others**, as opposed to recognizing that greater than 90 percent of individuals who complete suicide actually struggled with mental illness.
3. **It downplays the cognitive distortions of depression**, and instead repeatedly suggests that suicide was the protagonist's rational "choice" in order to escape the emotional pain caused by others or perhaps, more provocatively, to take revenge on those who wronged her.
4. **The imagery of self-injury and the suicide itself are disturbing and extremely graphic**. This is known to increase the risk of imitation. Fortunately, most youth will not become suicidal after being exposed to suicide. That being said, we know that a small subset of more vulnerable teens, especially those struggling with mental health issues, are at increased risk.
5. **There are prolonged rape scenes** (yes, more than one, and from multiple perspectives) that are frankly unnecessarily detailed and potentially traumatizing for those with a history of sexual assault.
6. **There are fights and beatings that are gratuitously violent** and likely emotionally distressing, especially for bullied and traumatized youth.
7. **The school's post-suicide intervention strategy doesn't come close to following national evidence-based guidelines or standards**. For instance, allowing Hannah's locker to become a long-term mini-shrine inadvertently creates an emotionally charged reminder of the suicide, which experts warn could be internalized by particularly vulnerable youth as a means to gain recognition.
8. **It portrays the school leadership as villains** primarily concerned about the legal implications of the suicide, as opposed to recognizing that teachers and school administrators are not only a potential resource for support, but also very much part of the bereaved community.
9. **It mocks the role of the counselor**, once again suggesting that adults are somehow incapable of really listening to youth at risk.
10. **It is too dangerous a topic to use for entertainment**, and yet, that is its primary purpose. Hannah was supposed to be an outcast, but she was strikingly beautiful, perfectly coiffed, envied by peers, always quick with sarcastically winy retorts -and only starts to show slight signs of disturbance (darker circles, tousled hair, irritability, hopelessness) on the day of her completed suicide.
11. **It undermines the role of the concerned parent**. Parents need to know that there are mental health resources to support families when youth are struggling and that mental health interventions are evidence-based and effective.
12. **The way the series is produced & publicized, teens are clearly the target audience, and yet the content is presented in a way that is very adult**. Netflix responded to concerns of mental health advocates by updating the trigger warnings to carry additional advisories. Unfortunately, in all likelihood, many adolescents are watching the show unaccompanied by the adults needed to reinforce these warnings.

This series had real potential to make a difference--to reduce the stigma of mental illness, promote mental health care, and inform the public about the signs and symptoms of adolescent depression. But it fell short, and we need to do better. Child mental health professionals need to help our communities understand that there is no single right way to talk to teens, that what is most important is to make time and space for the conversation to happen. In talking with adolescents about a serious topic like suicide, it's crucial that adults be open and honest, follow their lead, and **really listen**. We know that talking to teens about suicide does not increase the risk of suicide. It is silence that is dangerous.

If in crisis, anyone can call 1-800-273-TALK or text "start" to 741741. There also are excellent talking points and educational resources on save.org and starcenter.pitt.edu.

Sansea L. Jacobson is an asst. professor in the Department of Psychiatry at the University of Pittsburgh School of Medicine. She is program director of the Child and Adolescent Psychiatry Fellowship and Triple Board Program and Western Psychiatric Institute & Clinic, UPMC.

St. Nicholas Greek School

Saturday, September 16, 2017, will mark the beginning of another Greek School year. Students are to report to their classrooms at 10 a.m. while parents stay and submit their registration forms and tuitions in the fellowship room. To celebrate the start of an exciting school year, the annual ice cream social will take place after classes on the first day.

Classes for children start at Pre-K and continue to 7th. In order to start first grade a student must be in first grade or higher in their American School. There are 9 teachers and 2 teaching assistants helping with the classes. An additional teacher was added this year in order to not combine grades. Our curriculum focuses on academic skills for learning Modern Greek, our history, feast days, prayers, and hymns.

Teachers will prepare to start the new school year by participating in a **Metropolis Teacher Training Seminar at St. Nicholas on Saturday, August 26.** Two of the presenters will be Joanna Darakos and Kelly Gary who will present on "Effective Strategies for Teaching Greek."

In addition to the children's classes on Saturdays, adults interested in learning Greek can attend classes on evenings starting the first week of October.

Registration forms are below and on the next page. For questions or more information, e-mail Maria at mstamoolis@verizon.net or call at 412.963.7283.

Greek Language ADULT CLASS Registration 2017 - 2018

Please choose one:

____ Beginning Greek
____ Intermediate Greek
____ Advanced Greek

(Please print)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL _____

E-MAIL _____

Have you had any previous Greek lessons YES _____ NO _____

If so, where _____

Why do you want to learn Greek? _____

Yearly Tuition \$250 per student

Checks payable to:

St. Nicholas Cathedral

Memo: Greek School

Books are purchased by students on their own.

Yearly Tuition:

1 student = \$170; 2 students, \$155 each = \$310; 3 students, \$140 each = \$420; 4 students, \$125 each = \$500.
Checks payable to: St. Nicholas Cathedral plus an additional \$15 per child for books. Check memo: Greek School

Greek Language Registration

Children 2017 - 2018

Session: Pre K – 7th _____ Proficiency Preparation _____ Saturday _____ Weekday _____

(Print please)

LAST NAME (English & Greek) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL _____ E-MAIL _____

Father's name (English & Greek) _____

Mothers Name (English & Greek) _____

School District Children Attend _____

Children's First Names in English & Greek	Age	Grade American School	Name Day	Grade Promoted Greek School

Any food allergies? List here: _____

IN case of EMERGENCY Έν ώρα ΑΝΑΓΚΗΣ Please give the names of relatives or other persons that could be reached. Children will be taken to Children's Hospital.

Emergency Name _____ PHONE _____

Emergency Name _____ PHONE _____

Parent's Signatures _____

Parent Names (printed) _____

Email _____ home phone _____ cell phone _____

Parent Volunteering:

Your help is needed, please choose from the list below as to where you would like to offer your time and talent!

_____ Serving on Greek School Committee

_____ Help w/ End of the Year Program

_____ Greek Language Competition

_____ Substituting

_____ Teacher's assistant in class

_____ March 25th Luncheon

_____ Costume fitting

_____ St. Nicholas Bazaar

_____ Christmas Party

_____ Reception for teacher seminars

_____ Bake Sale



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).

ORTHODOX CHRISTIAN STEWARDSHIP PROGRAM

You are the Voice of Christ in a Changing World

"As the Father Has Sent Me, So I Send You" John 20:21
(and the theme of the 2016 Clergy-Laity Congress)

**THANK YOU FOR YOUR
ONGOING AND FAITHFUL
STEWARDSHIP!!!**

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 STEWARDSHIP</u>		8/21/2017
Total Stewards		198
Total Amount Pledged		\$132,045.00
Average Pledge		\$666.89
% Parish Participation to Date		66%
2017 Stewards (GOAL)		300
% of Total Budget to Date		75%
2016 Budget (GOAL)		\$175,000.00
	<i>Giving to Date:</i>	\$38,618.98
<u>AS OF 7/31/2017</u>		
Income: Pledges & Basket Collection and Food Festival	\$336,077.00	
Expenses: Salaries, Utilities, Maint., Commitments, etc.	\$279,215.00:	\$58,862.00

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	Nameday	Allergies
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_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

May we call you to volunteer for one of our projects?

Substitute Teacher _____

St. Nicholas Bazaar _____

Christmas Pageant _____

Snacks _____

Oratorical Festival _____

Communion Breakfast _____

Easter Egg Hunt _____

Outreach Projects _____

Thanks for sharing your children with us every Sunday!

From the Church school Desk

Sunday, September 17, 2017, the bells will start to ring again for the beginning of Church School with an Agiasmo (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 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*

ATTN: FAMILIES

DID YOU KNOW about the **RESOURCES** available at the **GOARCH.org Website?**

The Center for Family Care, a ministry of the Greek Orthodox Archdiocese nurtures and empowers families, helping them navigate the joys and challenges of life. The ministry focuses on equipping families to apply the teachings and practices of the Orthodox faith into every dimension of their lives.

The Ancient Faith PODCAST will feature interviews, reflections, book reviews and narratives that will encourage dialogue and strengthen families.

UPCOMING PODCASTS:

- Family Prayer Time
- Teenage Depression
- St. Porphyrios—On the upbringing of Children
- Forgiveness in Marriage
- Parenting Styles-Power or Humility?
- A Child's Development Stages
- Gerontology and Hospice Care

Go here:

<https://www.goarch.org/-/orthodox-family-faith>

To see all that is available to you!

AUTUMN FOOD FAIR & Yiayia Joan's Attic Treasures

at
**HOLY CROSS
GREEK ORTHODOX CHURCH**

Community Center
123 Gilkeson Road, Mt. Lebanon
(across from the Galleria)

Wednesday, Thursday, Friday

October 4~5~6, 2017

ALL DAY!!! 11:30am ~ 8 pm

- ◆ Featuring: **GREEK** favorites including Moussaka, Tiropita, Spanakopita, Pastitsio, rice pudding, soups and much more!
- ◆ Bake Sale featuring delicious Greek pastries, pies, cakes, jams, nuts, candies, and a variety of breads.
- ◆ Inside seating...so come rain or shine!!

NO FAX, PHONE OR ONLINE ORDERING.

Take out is available in the Community Center food line!

All proceeds benefit the philanthropic efforts of the Ladies Philoptochos Society.

Cash or credit card accepted.

Dear Friends,

Please join us to help the Nativity of the Theotokos Monastery fundraise to build new facilities. Each year, the monastery hosts a dinner to raise awareness and financial support for its building project. We are honored to serve on the committee to help plan this year's dinner, which will be held on Saturday, September 9th. We hope that you will consider attending this beautiful event. If you cannot attend, please show your love for the monastery by offering financial support to help defray the costs of the dinner. Every donation, large or small, brings spiritual benefit and honors our blessed Panagia, for whom the monastery was named. Together we can help to build a new monastery "brick by brick"!

The Nativity of the Theotokos Monastery was the first female Greek Orthodox Monastery established in the U.S. in 1989. It is the only Greek Orthodox Monastery in southwestern PA. Expansion of the facilities will allow the sisters to accommodate new novices and the many visitors who wish to attend services and/or stay overnight on the monastery grounds. Over the years, the monastery has quietly and humbly struggled with modest support from a handful of churches and individuals. Our hope is to continue to raise awareness and solicit the help of the many faithful in our Metropolis, so that we can all play a part in supporting our sisterhood and expanding this precious gem where they so generously welcome and minister to us all. We hope that you will find it in your hearts to donate to this very worthy cause, attend the dinner, and help spread awareness within your parish. Should you have any questions, please feel free to contact Ellen Kaffenets at 412-638-8296 or at ellenkaffenets@comcast.net. May our most blessed Panagia keep you in her care!

With Love in Christ, the 2017 Nativity of the Theotokos Adelfotita Committee

**Nativity of the Theotokos
Greek Orthodox Monastery**
Ἰερὰ Μονὴ Γεννήσεως τῆς Θεοτόκου

With the Blessings of His Eminence Metropolitan Savas, Gerontissa Theophano & her Sisterhood warmly welcome you to:

ALL GENERATIONS WILL CALL ME BLESSED!

The 4th Annual Dinner Banquet in Memory of Gerontissa Taxiarchia

New Caterer! This year's event catered by George Loutsion


September 9th at St. Nicholas Greek Orthodox Cathedral

3:00 p.m. Vesper Service - 4:00 p.m. Dinner Banquet

RSVP Online Now: 2017DinnerBanquet.eventbrite.com

RSVP DEADLINE: September 1, 2017
Fish and Chicken entrees: \$100 per ticket

121 St. Elias Lane; Saxonburg, PA 16056 724-352-3999

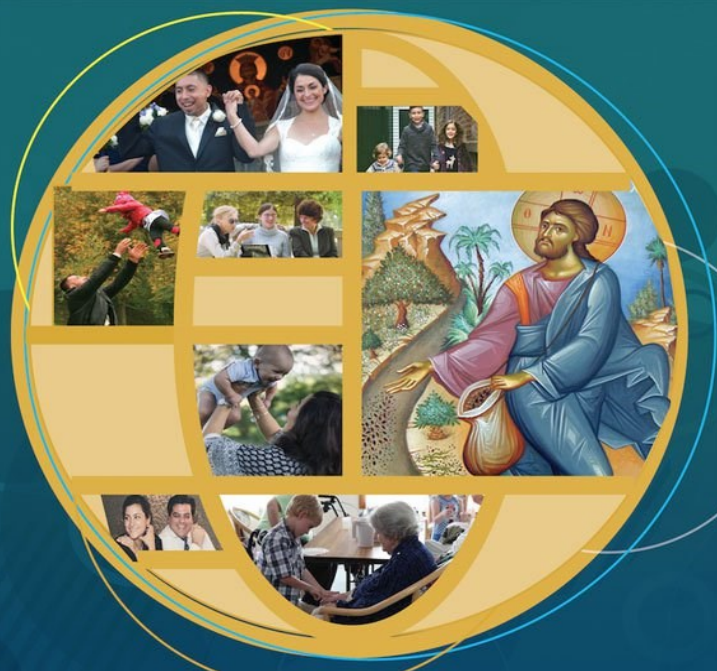


FAMILY MINISTRY CONFERENCE:

The Orthodox Family in a Changing World

**September 20–23, 2017
Pittsburgh, PA**

visit www.goarch.org/family-ministry-conference
for more information



Additional conference information (speakers, schedule, etc.) are in the church office, ask Debbie to email or mail them to you OR you can visit <https://www.goarch.org/-/family-ministry-conference> for more information.

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

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, thirty-seven years later. The first committee consisted of Peter Zikos, Despina Branting and Helen Harris; the latter two became the club's first advisors.

According to Mr. Vondas' account the first get together was attended by fifty-eight 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 New York City 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 the Sunday bulletin 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!



St. Nicholas Service Schedule:

We go back to the Winter schedule of:

Orthros @ 8:30 a.m.

And Divine Liturgy @ 10 a.m.

ON SEPTEMBER 3rd, 2017



ASSEMBLY OF CANONICAL ORTHODOX BISHOPS

OF THE UNITED STATES OF AMERICA

The Assembly of Canonical Orthodox Bishops of the United States of America Response to Racist Violence in Charlottesville, VA

Friday, August 18, 2017

The Assembly of Canonical Orthodox Bishops of the United States of America stands with all people of good will in condemning the hateful violence and lamenting the loss of life that resulted from the shameful efforts to promote racial bigotry and white supremacist ideology in Charlottesville, Virginia.

The Orthodox Church emphatically declares that it does not promote, protect or sanction participation in such reprehensible acts of hatred, racism, and discrimination, and proclaims that such beliefs and behaviors have no place in any community based in respect for the law and faith in a loving God.

The essence of the Christian Gospel and the spirit of the Orthodox Tradition are entirely and self-evidently incompatible with ideologies that declare the superiority of any race over another. Our God shows no partiality or favoritism (Deuteronomy 10:17, Romans 2:11). Our Lord Jesus Christ *broke down the dividing wall of hostility that had separated God from humans and humans from each other* (Ephesians 2:14). In Christ Jesus, the Church proclaims, there can be *neither Jew nor Greek, slave nor free, male or female, but all are one* (Galatians 3:28). Furthermore, we call on one another *to have no fellowship with the unfruitful works of darkness, but rather to expose them* (Ephesians 5:11). And what is darkness if not hatred? *The one who hates his brother is in the darkness and walks in the darkness* (1 John 2:11)!

Furthermore, in 1872, Hierarchs from around the world assembled in Constantinople and denounced all forms of xenophobia and chauvinism (*phyletism*). They agreed that the promotion of racial or national supremacy and ethnic bias or dissension in the Church of Christ is to be censured as contrary to the sacred teachings of the Christian Gospel and the holy canons of the Church. It is formally condemned as heresy, the strongest category of false teaching.

Finally, such actions as we have witnessed in recent days, by self-proclaimed white supremacists, neo-Nazis, and various racists and fascists, betray the core human values of love and solidarity. In this, we pray wholeheartedly for the families of those who lost their lives or suffered in these tragic events. In like manner, we cannot condone any form of revenge or retaliation by any group or individual. Therefore, we fervently appeal to every person of good will, and especially the leaders of our great nation, to consider and adopt ways of reconciling differences in order to rise above any and all discrimination in our history, our present, and our future.

STEWARDSHIP AS CREATION CARE

BY THE REV. ARCHDEACON JOHN CHRYSSAVGIS

If we turn to the Church Fathers, we see that they attribute the highest importance to oikonomia (stewardship or economy), which in their eyes implied a broader and more inclusive concept of revelation and salvation, identified with God's vision and desire to save the whole world. For our great theological teachers and spiritual masters, economy in fact refers to our very salvation by the all-embracing love of God for all humankind and to the universal compassion of the Creator for all creation. Somewhere along the line, we unfortunately shrunk the theme of "stewardship" to purely monetary terms that primarily include making contributions to philanthropic organizations – probably as a result of a narrow interpretation of scripture, and possibly as a result of the rigid focus of modern society. All of this invariably affects not just our understanding of the moral obligation that we have toward one another as human beings, but also inevitably distorts the worldview that shapes our moral responsibility toward creation. By limiting our attention to divine commandments for human compassion, we have invariably excised from scripture the clear mandate to creation care. Yet, these two dimensions of Christian life are integrally interrelated; one cannot envisage human progress without ecological preservation. The way we treat God's creation in nature essentially reflects the way we respect human beings created "in the image and likeness of God." The reality is that we should respond to nature with the same tenderness that we are called to respond to people. All of our spiritual activities are ultimately measured by their impact on the natural creation; just as all of our ecological choices are finally evaluated by their effect on the poor.



IMPORTANT:

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. **THANK YOU!**

You can find
copies of the
newsletter
for the
**Greek
Orthodox
Metropolis
Of Pittsburgh**
on the Candle
stands in the
narthex when
they are
issued!

JOIN US FOR OUR 10TH ANNUAL



ST. NICHOLAS PICNIC SEPTEMBER 10, 2017

Our Picnic will be held after church at the
Veterans Pavilion of Schenley Park.

Come celebrate the end of the Summer with Great
Food, Drinks, Games and Fellowship!!

Bring the whole family and bring some friends too!!!!

Lamb served at 1:30 p.m.



Sponsored by the Parish of St. Nicholas Cathedral

Lamb on the Souvla

Games and
Fun for the Kids

Music

Burgers and Dogs too!!

Students and
Visitors welcome!!

SCHENLEY PARK

Veterans Pavilion

(Same place as last year!)

After Church Services
Until???

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>LEGEND:</u> Green-cathedral Red-events Blue-metropolis				August 31 Living Orthodoxy 11 a.m. Vigil Service (Vespers, Orthros, Divine Liturgy) for Indiction & Environ- ment Protection Day of Prayer, 6:30 p.m.	1 <i>Indiction (Happy Church New Year!)</i>	2 GOYA Kickoff Party at Kefalos residence, 4 p.m.
3 13 th Sunday of Matthew Orthros 8:30 a.m., Divine Liturgy 10 a.m.	4 <u>LABOR DAY</u> Church Office Closed Co-ed College/ Grad Young Adult Volleyball 8 p.m.	5 Open Gym/ College- Graduate/ Young Adult Basketball 8:30 p.m.	6	7 Living Orthodoxy 11 a.m.	8	9 Greek Sc. begins 10 a.m. (Agiastos) Nativity of Theoto- kos Monastery Vespers 3 p.m., Fund Raiser Dinner- Cathedral Room., 4 p.m.
10 Sunday before Holy Cross Orthros 8:30 a.m., Divine Liturgy, 10 a.m. Parish Picnic, Schenley Park, Noon	11 Philoptochos General Meeting 7 p.m. Co-ed College/ Grad Young Adult Volleyball 8 p.m.	12 Open Gym/ College- Graduate/ Young Adult Basketball 8:30 p.m.	13 Great Vespers for Elevation of Holy Cross, 7 p.m., AT Holy Cross Church, Mt. Lebanon	14 Elevation of the Holy Cross Orthros 9 a.m., Di- vine Liturgy, 10 a.m. AT St. Nicholas	15	16 Greek School 10 a.m.
17 Sunday after Holy Cross Orthros 8:30 a.m., Divine Liturgy, 10 a.m. <u>Church School begins</u> <u>(Agiastos)</u> GOYA Car Wash, Noon Book Signing, 4 p.m.	18 Parish Council Meeting 7 p.m. Co-ed College/ Grad Young Adult Volleyball 8 p.m.	19 Open Gym/ College- Graduate/ Young Adult Basketball 8:30 p.m.	20 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Fr. Christopher attending the Archdiocese Family Life Conference </div>	21	22	23 Greek School 10 a.m. Event Rental 6 p.m.
24 1 st Sunday of Luke Orthros 8:30 a.m., Divine Liturgy, 10 a.m.	25 Co-ed College/ Grad Young Adult Volleyball 8 p.m.	26 Falling Asleep of St. John the Theologian Orthros, 9 a.m., Divine Liturgy, 10 a.m. Open Gym/ College- Graduate/ Young Adult Basketball 8:30 p.m.	27	28 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Fr. Christopher attending Metropolis Clergy-Laity Assembly, Columbus, OH </div>	29	30 Greek School 10 a.m.

St. Nicholas Greek
Orthodox Cathedral
419 S. Dithridge Street
Pittsburgh, PA 15213
412-682-3866
www.stnickspgh.org

DATED MATERIAL Please Deliver by September 1, 2017

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This is the official newsletter
of S.N.G.O.C, it is published
& sent monthly. This is the
September 2017 Issue.

TO SUBMIT ITEMS FOR
INCLUSION IN THIS
NEWSLETTER:
**OCTOBER SUBMISSIONS
ARE DUE ON
SEPTEMBER 15, 2017**



STAMOOLIS
BROTHERS CO. • SINCE 1909

RETAIL & WHOLESALE

Greek • Italian • Middle Eastern Food

STORE HOURS:

Monday thru Friday 7 am to 4 pm • Saturday 8 am to 4 pm

412.471.7676

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2020 Penn Ave. Pittsburgh, PA 15222



www.stamoolisbros.com