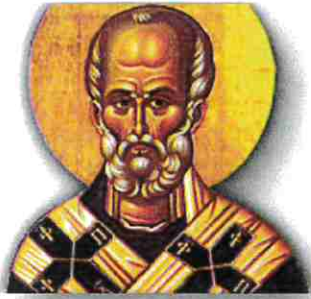


JANUARY 5, 2020 – Sunday before Theophany

Theopemptos and Theonas the Martyrs; the Righteous Syncletiki of Alexandria. And Gregory of Akritas

Tone 4

Orthros Gospel 7



WELCOME TO ST. NICHOLAS 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

CHANTERS: Steve Andrews, & Michael Rodites

CHOIR DIRECTOR: Steve Andrews

ORGANIST: Haley Cobb

ALTAR BOY CAPTAINS: Dimitri Gary, Christos Mavrogeorgis,
Steven Kefalos & Chris Kefalos

Questions about our Parish? Email church@stnickspgh.org

CHURCH SERVICE SCHEDULE: Sept 15 - June, Orthros 8:30 a.m. & Divine Liturgy 10:00 a.m.

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 happy to see you! 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. After services, 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.*

PLEASE JOIN US for coffee and fellowship following services hosted by GOYA in the Small Hall following services.

THIS WEEK AT ST. NICHOLAS:

- Monday, Jan 6: **Holy Theophany Orthros 8:30am Divine Liturgy 10:00am**
- Tuesday, Jan 7: **Synaxis of John the Baptist Orthros 9:00 am Divine Liturgy 10 am**
Food Festival Moussaka Prep
- Wednesday, Jan 8: Food Festival Moussaka Prep
- Thursday, Jan 9: Food Festival Moussaka Prep
- Friday, Jan 10: Possible Food Festival Moussaka Prep
- Saturday, Jan 11: Greek School 10am with Vasilopita Cutting at 12:15pm
Philoptochos Bagged Lunches for Focus 9:00am

2020 Food Festival Preparations

We are ringing in the New Year with **Moussaka** this week. Help is needed peeling, baking and assembling. Parking is available in the church lot by identifying your car with your name and cellphone number.

Tuesday, Wednesday, Thursday, January 7, 8, and 9
Possibly Friday, January 10
9:00 am – 4:00 pm

JANUARY 5, 2020 –Sunday before Theophany

Theopemptos and Theonas the Martyrs; the Righteous Syncletiki of Alexandria. And Gregory of Akritas

Tone 4

Orthros Gospel 7

SPECIAL HYMNS OF THE DAY (SMALL ENTRANCE):

First to be chanted as the priest exits the Altar at the Small Entrance is the Resurrection Apolytikion in Tone 4 (see p. 171 in the Divine Liturgy books). Then, the usual Eisodikon (Entrance Hymn) in Tone 2 is chanted:

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν,
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 Resurrection Apolytikion is repeated, followed by the hymn for the Forefeast of Theophany:

Ἀπεστρέφετο ποτέ, ὁ Ἰορδάνης ποταμός, τῇ μηλωτῇ Ἐλισαίῃ, ἀναληφθέντος Ἡλιοῦ, καὶ διηρεῖτο τὰ ὕδατα
ἐνθεν καὶ ἐνθεν, καὶ γέγονεν αὐτῷ, ξηρὰ ὁδὸς ἡ ὑγρά, εἰς τύπον ἀληθῶς τοῦ Βαπτίσματος, δι' οὗ ἡμεῖς τὴν
ῥέουσιν, τοῦ βίου διαπερῶμεν διάβασιν, Χριστὸς ἐφάνη, ἐν Ἰορδάνῃ, ἀγιαῖσαι τὰ ὕδατα.

The River Jordan was turned back by Elisha's mantle once, when the fiery man of zeal Elijah had been taken up; then were its waters divided in two. The running streams became dry passage for him, truly as a sign and type of Baptism, whereby we pass to the other side of the shifting stream of this fleeting life.

Christ has appeared in the Jordan River, to sanctify the waters.

Then, we hear the Apolytikion for the patron saint of our Church:

Κανόνα πίστεως καὶ 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· πρόσβευε 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, the Kontakion in Tone 4 for the Forefeast of Theophany is chanted:

Ἐν τοῖς ρείθροις σήμερον τοῦ Ἰορδάνου, γεγονῶς ὁ Κύριος, τῷ Ἰωάννῃ ἐκβοᾷ. Μὴ δειλιάσης βαπτίσει με,
σῶσαι γὰρ ἤκω, Ἀδὰμ τὸν πρωτόπλαστον.

In the running waters of the Jordan River, on this day the Lord of all cries to John: Be not afraid and hesitate not to baptize me, for I am come to save Adam, the first-formed man.

Epistle Reading: Timothy 4:5-8 (p. 125)

Gospel: Mark 1:1-8 (p. 125)

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

2020 Stewardship Pledge Cards are in the Narthex
(Just ask a member of Parish Council)



If you have already submitted your 2020 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.

HELP US REACH/ EXCEED OUR GOAL!!

*"A Time for Every Purpose
Under Heaven"*

The Stewardship of Time
Ecclesiastes 3

<u>2020</u>	<u>STEWARDSHIP</u>
Total Stewards	69 (GOAL 300)
Total Pledged	\$61,881.00 (GOAL \$185,000.00)
Avg. Pledge	\$896.83

FROM THE CHURCH SCHOOL DESK:

15 hats, 15 pairs of gloves
and 6 scarves
were collected to be delivered to

FOCUS
for their
Project Bundle-up.

Thanks to all who contributed to this
wonderful cause.

GOYA NEWS

GOYA has prepared their highly popular and parish favorite, Pastichio! GOYA is selling Pastichio pans frozen and ready to cook. The 9X12 pans of Greek deliciousness are \$30!

To place an order, contact Alea Melacrinis either after church or email at

goya.pastichiosale@gmail.com

Thank you for supporting our fundraiser!

SIXTY CLUB NEWS

Remember the talk next week. Please encourage everyone you know of **any age** to attend. Spiritual and medical end of life decisions need our attention. Even when there already is a Living Will, families often attempt to challenge a patient's decisions. It will be beneficial to hear a professional's point of view.

We will be serving coffee and a light lunch after Liturgy; please let us know how many to expect (the office at 412-682-3866 or Fran at 412-731-0790). The talk will begin at 12:30 in the small hall.

A BLESSED NEW YEAR TO ALL!

PHILOPTOCHOS UPDATES

Vasilopita Cutting Today – The annual Vasilopita cutting sponsored by Philoptochos will take place today. Leaders of our parish organizations as well as various Greek organizations will be invited to receive a piece of Vasilopita on behalf of those groups, followed by all parishioners. Donations will be collected to support St. Basil's Academy. Checks can be made out to "St. Nicholas Philoptochos" with "St. Basil's Academy" in the memo.

Bagged Lunches for FOCUS – We will be making sandwiches and bagged lunches for FOCUS on **Saturday, January 11th at 9:00 a.m.** We invite volunteers of all ages to help with this service project! The lunches will be delivered to FOCUS at 11:00 a.m.

Food Bank – The Food Bank 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).

FOCUS Food Drive – We will continue collecting **non-perishable food** donations for FOCUS in the large bin outside of the church office. Donations are greatly appreciated! For additional information, please contact Venetia Moreno or Cathy Pandeladis.



The Philoptochos Board Invites You To

Mimosas & Membership

**Sunday, January 26th
During Coffee Hour**

*Join us to celebrate our wonderful
organization and our amazing women as we
kick off our 2020 membership drive.*

*Bring your membership donation to receive
your complimentary mimosa!*

INVITATION to ALL
**PREPARING for a "GOOD DEATH":
MEDICALLY and SPIRITUALLY**

**ST. NICHOLAS CATHEDRAL
SUNDAY, JANUARY 12
12:30
CRYSTAL ROOM**



Orthodoxy does not sanction euthanasia, suicide and cremation. Why is that so? At the same time, though, does our faith require us to go to extremes to prolong life?

Fr. Christopher Bender will present the moral teachings of the Church relating to the end of life.

Dr. Jane Schell will discuss the purpose and content of the Living Will and its importance to both the patient and the doctor.

Coffee and a light lunch will be provided in the Crystal Room after Liturgy for those attending. Please let us know how many to expect by calling the church at 412-682-3866 or Fran at 412-731-0790.

CHURCH SCHEDULE FOR CHRISTMAS AND EPIPHANY

December 2019

22 Sunday Orthros 8:30 a.m.
Divine Liturgy 10:00 a.m.
**SUNDAY SCHOOL CHRISTMAS
PAGEANT**

24 Tuesday **CHRISTMAS EVE
VESPERAL LITURGY OF
ST. BASIL** 6:00 p.m.

25 Wednesday **THE NATIVITY OF OUR
LORD AND SAVIOR JESUS
CHRIST**
Orthros 8:30 a.m.
Divine Liturgy 10:00 a.m.

29 Sunday Orthros 8:30 a.m.
Divine Liturgy 10:00 a.m.

January 2020

1 Wednesday **NEW YEAR'S DAY – FEAST
OF ST. BASIL THE GREAT**
Orthros 9:00 a.m.
Divine Liturgy 10:00 a.m.

5 Sunday **EVE OF EPIPHANY**
Orthros 9:00 a.m.
Divine Liturgy 10:00 a.m.
Holy Water Blessing
Oil and wine may be consumed

6 Monday **HOLY THEOPHANY OF OUR
LORD (EPIPHANY)**
Orthros 8:30 a.m.
Divine Liturgy 10:00 a.m.
**GREAT BLESSINGS OF THE
WATERS**

7 Tuesday **ST. JOHN THE BAPTIST**
Orthros 9:00 a.m.
Divine Liturgy 10:00 a.m.

ΠΡΟΓΡΑΜΜΑ ΧΡΙΣΤΟΥΓΕΝΝΩΝ ΚΑΙ ΘΕΟΦΑΝΕΙΩΝ

Δεκέμβριος 2019

22 Κυριακή Όρθρος 8:30 πμ
Θεία Λειτουργία 10:00 πμ

24 Τρίτη Παραμονή Χριστουγέννων
Εσπερινή Θ. Λειτουργία
Αγίου Βασιλείου 6:00 μμ

25 Η ΚΑΤΑ ΣΑΡΚΑ ΓΕΝΝΗΣΙΣ
ΤΟΥ ΚΥΡΙΟΥ ΚΑΙ ΘΕΟΥ ΚΑΙ ΣΩΤΗΡΟΣ
ΗΜΩΝ ΙΗΣΟΥ ΧΡΙΣΤΟΥ
Όρθρος 8:30 πμ
Θεία Λειτουργία 10:00 πμ

29 Κυριακή Όρθρος 8:30 πμ
Θεία Λειτουργία 10:00 πμ

Ιανουάριος 2020

1 Τετάρτη ΑΓΙΟΥ ΒΑΣΙΛΕΙΟΥ ΤΟΥ
ΜΕΓΑΛΟΥ
Όρθρος 9:00 πμ
Θεία Λειτουργία 10:00 πμ

5 Κυριακή Παραμονή Θεοφανείων
Όρθρος 9:00πμ
Θεία Λειτουργία 9:30πμ
Μικρός Αγιασμός
(Κατάλυσις οίνου και ελαίου)

6 Δευτέρα ΤΑ ΑΓΙΑ ΘΕΟΦΑΝΕΙΑ
Όρθρος 8:30 πμ
Θεία Λειτουργία 10:00 πμ
ΜΕΓΑΣ ΑΓΙΑΣΜΟΣ

7 Τρίτη Αγίου Ιωάννου του Προδρόμου
Όρθρος 9:00 πμ
Θεία Λειτουργία 10:00 πμ

Theophany & the Blessing of the Waters

“WHAT IS THEOPHANY?” Every year on January 5 & 6 we celebrate the great feastday of the Theophany of our Lord and Savior Jesus Christ. The Baptism of Christ in the River Jordan by St. John the Baptist presents us with a great mystery of God: “He who is the Master of all is baptized by a servant, and He gives mankind cleansing through water.”

“WHAT IS A HOUSE BLESSING?” In celebration of Theophany, Orthodox Christians invite Christ not only into their hearts, but also their homes. We call upon Him to bring the blessings and spiritual cleansing of the Jordan into our daily lives. We do this each year by having the priest bless our homes with the Holy Water from the service of Theophany, offering prayers for our health, our family, and the Lord’s abundant blessings in the coming year.

“WHAT DO I NEED TO DO?” When Fr. Christopher visits, please have ready: 1) a list of names of your family members, 2) an icon. He will begin the service in the dining room or in the area of your home where you keep your icons, and then he will ask you to guide him around the house so that he may sprinkle the Holy Water throughout it. During the service, please turn off televisions, radios, etc., and silence your cell phones, so that full concentration may be given to the service.

“WHAT ABOUT BUSINESSES?” You may also request a blessing for your office or business. What better way to offer thanks to the Lord for your livelihood which He provides and to ask for His continued blessings upon it?

BLESSING OF HOMES: After the Holy Water Service on January 6, Fr. Christopher will begin blessing the homes of our parish with holy water. This year he will be blessing homes from January 6th-31st.

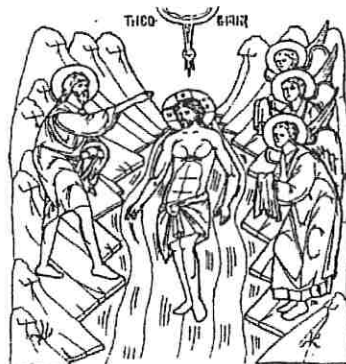
IN ORDER TO HAVE YOUR HOUSE BLESSED, please fill out this form and return it to the church office. If you are mailing it, please address it to Fr. Christopher and mark it ATTN: HOUSE BLESSING. He will call you to schedule a time for your house blessing.

Name: _____

Telephone: _____

Address: _____

PREFERRED TIME OF VISIT: Morning Afternoon Evening



ST NICHOLAS BOOKSTORE

Browse among icons, religious books for adults and children, tee shirts for kids, various adult aprons etc... New year resolution: must have Guide to the Divine Liturgy. Really get to know the masterpiece that is our Divine Liturgy. See you soon.

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Sunday before Theophany – Orthros, 8 am Divine Liturgy, 9:30 am, followed by Blessing of the Waters & Philop. Vasilopita Cutting	6 HOLY THEOPHANY Orthros, 8:30 am, Divine Liturgy, 10 am, Gt. Blessing of the Waters follows	7 Synaxis of John the Baptist – Orthros 9 am, Divine Liturgy, 10 am	8	9	10	11 Greek School, 10 am, with Vasilopita Cutting at 12:15 pm
12 Sunday after Theophany – Orthros, 8:30 am Divine Liturgy, 10 am	13	14	15	16 Parish Council Meeting, 7 pm	17 Anthony the Great – Orthros, 9 am Divine Liturgy, 10 am	18 Greek School, 10 am
				GOYA BB Tournament Jan 17-19 at Sts Constantine & Helen, Cleveland OH		
19 12th Sunday of Luke – Orthros, 8:30 am, Divine Liturgy 10 am	20	21	22	23	24	25 Greek School, 10 am
				Fr. Christopher away at Family Ministry Conference		
PLEASE NOTE: Fr. Christopher will be attending a conference in Houston, TX on Pastoral Challenges in Marriage, sponsored by the GOA Center for Family Care, from January 22-25, 2020. In the event of pastoral need, please contact Deacon Robert Lykos (412-736-2762). He can also assist you in locating a priest, if needed.						
26 15th Sunday of Luke – Orthros, 8:30 am, Divine Liturgy 10 am Philop. General Meeting	27	28	29	30 Three Hierarchs – Orthros, 9 am Divine Liturgy, 10 am	31	1
				GOYA BB Tournament Jan 31-Feb 2 at Holy Trinity, Canton OH		