

MARCH 8, 2020 – SUNDAY OF ORTHODOXY

On which we commemorate the restoration of the most holy icons. Theophylactos the Confessor, Bishop of Nikomedeia; Hermas the Apostle of the 70; Paul the Confessor; and the Righteous Dometios.

Mode: Plagal First (5)

Orthros Gospel 5



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.

**TODAY – Sunday of Orthodoxy Icon Procession
Food Festival Pasta Flora Prep**

THIS WEEK AT ST. NICHOLAS:

- **Monday, Mar 9:** Father Bender away until Thursday afternoon
Food Festival Pasta Flora Prep
- **Thursday, Mar 12:** OCF 7:00 pm
- **Friday, Mar 13:** Salutations of the Theotokos 7:00 pm
- **Saturday, Mar 14:** Greek School, 10:00 am

In the event of a pastoral emergency during Father Bender's absence, please contact Reverend Father Polycarp Rameas at 412-828-4144 (w) or 412-793-7106 (h).

MARCH 8, 2020 – SUNDAY OF ORTHODOXY

On which we commemorate the restoration of the most holy icons. Theophylactos the Confessor, Bishop of Nikomedeia; Hermas the Apostle of the 70; Paul the Confessor; and the Righteous Dometios.

Mode: Plagal First (5)

Orthros: Gospel 5

SPECIAL HYMNS OF THE DAY (SMALL ENTRANCE):

As the priest exits the Altar the Apolytikion for the Sunday of Orthodoxy (Mode 2) is chanted:

Τὴν ἄχραντον Εἰκόνα σου προσκυνοῦμεν Ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ἡδύοκσας σαρκὶ ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὓς ἐπλασας ἐκ τῆς δουλείας τοῦ ἔχθρου· ὅθεν εὐχαρίστως βοῶμέν σοι·
Χαρᾶς ἐπλήρωσας τὰ πάντα, ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν Κόσμον

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe.

Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

Then, the usual Eisodikon (Entrance Hymn) for Sundays is chanted: Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι Ἀλληλουῖα. "Come let us worship and fall down before Christ. Save us O Son of God, who arose from the dead. We sing to you, Alleluia."

The Resurrection Apolytikion in the tone of the week (Plagal First mode (5) – pp. 104-105 in the blue Divine Liturgy books) is chanted as the priest reenters the Altar. Then, the hymn for the Sunday of Orthodoxy is repeated.

After that, we hear the Apolytikion for our Patron saint, Nicholas of Myra the Wonderworker:

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· 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 Mode 4 appointed for this season in the Triodion:

Τὴ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαῖρε νύμφη ἀνύμφευτε. To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, O bride unwedded!"

Scripture readings:

Epistle: Hebrews 11:24-26; 32-40. BRETHREN, Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated — of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. RSV

Gospel: John 1: 43-52. At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man." [RSV]

After the Gospel reading, please return to pages 40-41 of the Divine Liturgy Book for the remainder of the service.

LOOKING AHEAD:

All of us are cordially invited to attend Great Vespers for the Feast Day of the Annunciation of the Theotokos at 7:00 pm on Tuesday, March 24th at Annunciation Church in McKeesport, PA as well as services there on March 25: Orthros 9:00 am and Divine Liturgy 10:00 am with a luncheon to follow.

PLEASE NOTE: Divine services will also take place here at St Nicholas Cathedral as noted in the monthly calendar: Orthros 8:30 am, Divine Liturgy 10:00 am.

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	202 (GOAL 300)
Total Pledged	\$114,962.00 (GOAL \$185,000.00)
Avg. Pledge	\$569.12

FROM THE CHURCH SCHOOL DESK

TODAY, Sunday, March 8, 2020, the Church School students will participate in the Sunday of Orthodoxy Icon Procession with their favorite icon!

Church School students in grades 7-12th gave the opportunity to learn more about their faith and participate in the **St Nicholas Oratorical Festival** that will be held in **March 2020**. For more information, please contact Chairperson Eve Elsen at 412-580-9415 or eve.elsen@gmail.com.

St Nicholas Greek Orthodox Cathedral's **Church School Open House** will be **Sunday, April 5, 2020**, where parents and grandparents attend Church School to see firsthand what their children are learning.

AND THANKS FOR SHARING YOUR CHILDREN WITH US EVERY SUNDAY!

Yours in Christ,
Miss Michelle

PHILOPTOCHOS UPDATES

2020 Membership Drive – Last call for our 2020 membership drive! We encourage the women of our parish to join our Philoptochos chapter! If you have already renewed your membership or joined as a new member for 2020, we thank you for your support. If you have not yet submitted your 2020 membership, please return your form and donation to the church office **by today**. Membership brochures are available in the Narthex. If you have any questions about membership, please contact Nikki Lykos (nvlykos@gmail.com or 412-897-8208).

March General Meeting

Our March General Meeting (open to all Philoptochos members and anyone interested in joining us) will be held at **Neighborhood Resilience Project (formerly known as FOCUS Pittsburgh), 2038 Bedford Ave, Pittsburgh, PA 15219** on **Thursday, March 26th at 6:30 p.m.** Fr. Paul Abernathy will join us to provide a tour of the new facility and more information regarding the program.

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).

Neighborhood Resilience Project Food Drive – Thank you to everyone who has supported our ongoing food drive for Neighborhood Resilience Project (formerly known as FOCUS Pittsburgh). We will continue collecting **non-perishable food** donations in the large bin outside of the church office. We appreciate your donations!

SIXTY CLUB NEWS

Wednesday, March 11: Meet at the Frick Fine Arts Museum at 11:00 am for the **Year of the Woman Exhibit including works by our own Fran Gialamas.**

The Museum is located behind the Carnegie Library—look for the huge fountain. Nonmembers are invited; please call Lillian Panagulias at 412-366-0945 for details. Lunch at the Union Grill is set for 12:30 with a possible 15-minute wait. PLEASE NOTE: The GRILL will not do separate checks for groups larger than 4; please have cash on hand.

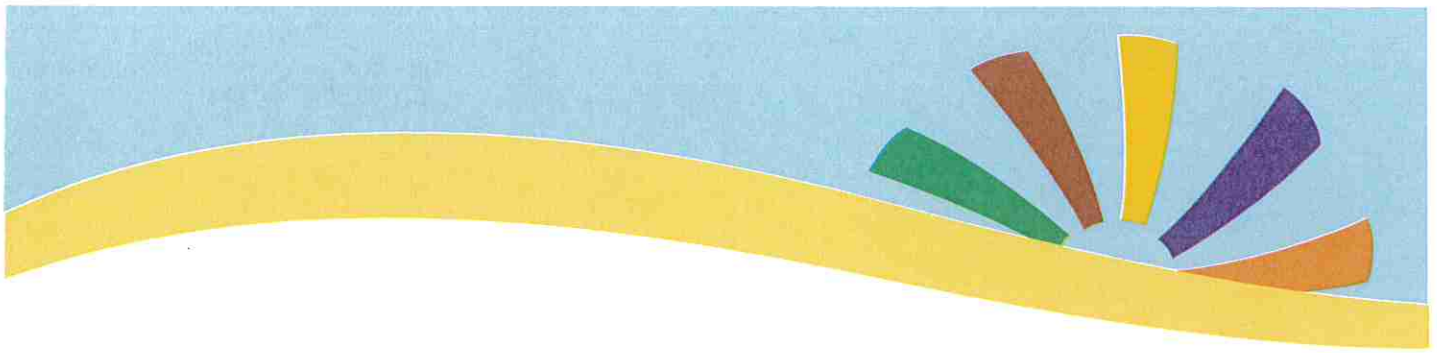
FOOD FESTIVAL NEWS

Join us **TODAY** after church till 4:00 pm or **Tomorrow** as we make our festival **Pasta Flora**.

We make this assembly-line style.

Needed: patters, to lay out the bottom dough; spreaders, to spread out the preserves, and rollers, to roll out the top lattice.

Pasta Flora	Sunday, March 8 After Church till 4:00 pm Monday, March 9, 9:00 am
Koulourakia	Sunday, March 15 After Church till 4:00 pm Monday, March 16, 9:00 am



St. Nicholas Parish Family Night



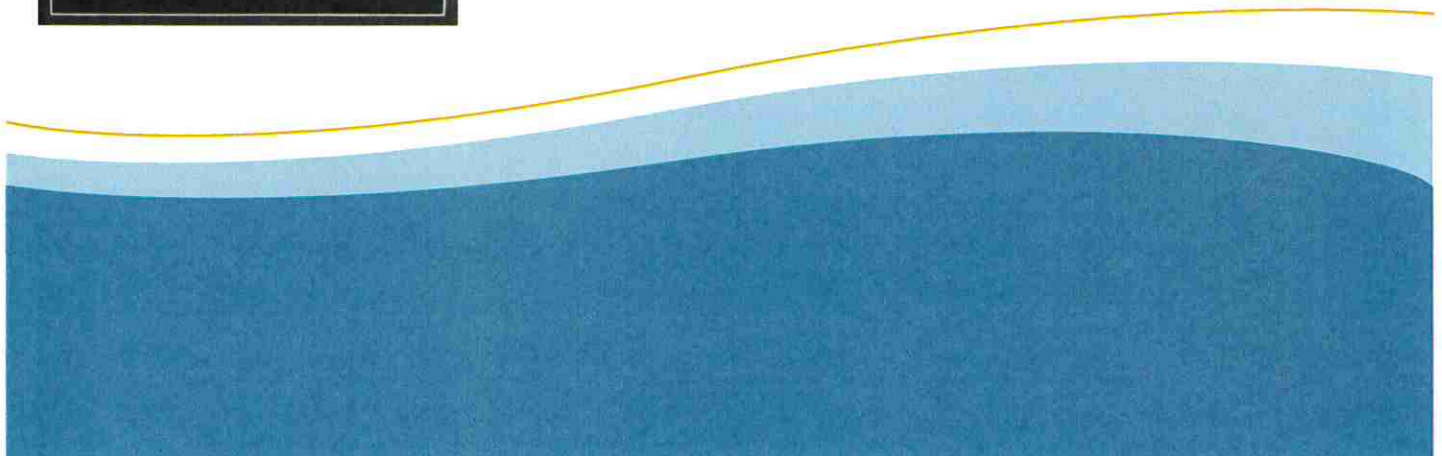
Come and join us for our first Parish Family Night!

March 27, 2020, 5:30 p.m. to 8:30 p.m.

St. Nicholas Greek Orthodox Cathedral

- * Please bring a Lenten dish to contribute to our covered dish supper.**
- * Activities for the children will be provided.**
- * At 7 p.m., we will head to the Church for the Salutations to the Theotokos service, where Fr. Chris will provide an explanation of the service for the kids.**

**Please RSVP to the church office: 412-682-3866
or church@stnickspgh.org by March 25**



REGISTRATION
TO OPEN IN MARCH!

GREEK ORTHODOX METROPOLIS OF PITTSBURGH

SUMMER CAMP 2020

WEEK ONE (2ND-4TH GRADES):

JUNE 21 - JUNE 27

WEEK TWO (5TH-7TH GRADES):

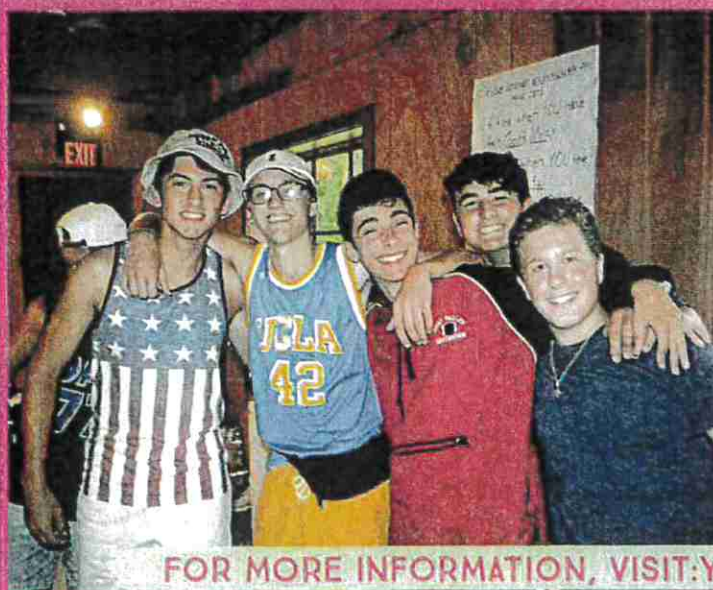
JUNE 28 - JULY 4

WEEK THREE (7TH-9TH GRADES):

JULY 5 - JULY 11

WEEK FOUR (10TH-12TH GRADES):

JULY 12 - JULY 18



FOR MORE INFORMATION, VISIT: Y2AM.PITTSBURGH.GOARCH.ORG



CAMP NAZARETH | MERCER, PA
MARCH 13-15, 2020

ORTHODOX YOUNG ADULT SPRING RETREAT

**ENGAGING THE NON-RELIGIOUS WITH THE
GOSPEL OF JESUS CHRIST**

FR. SERGIUS HALVORSEN

HOMILETICS AND RHETORIC
AT ST. VLADIMIR'S ORTHODOX THEOLOGICAL SEMINARY

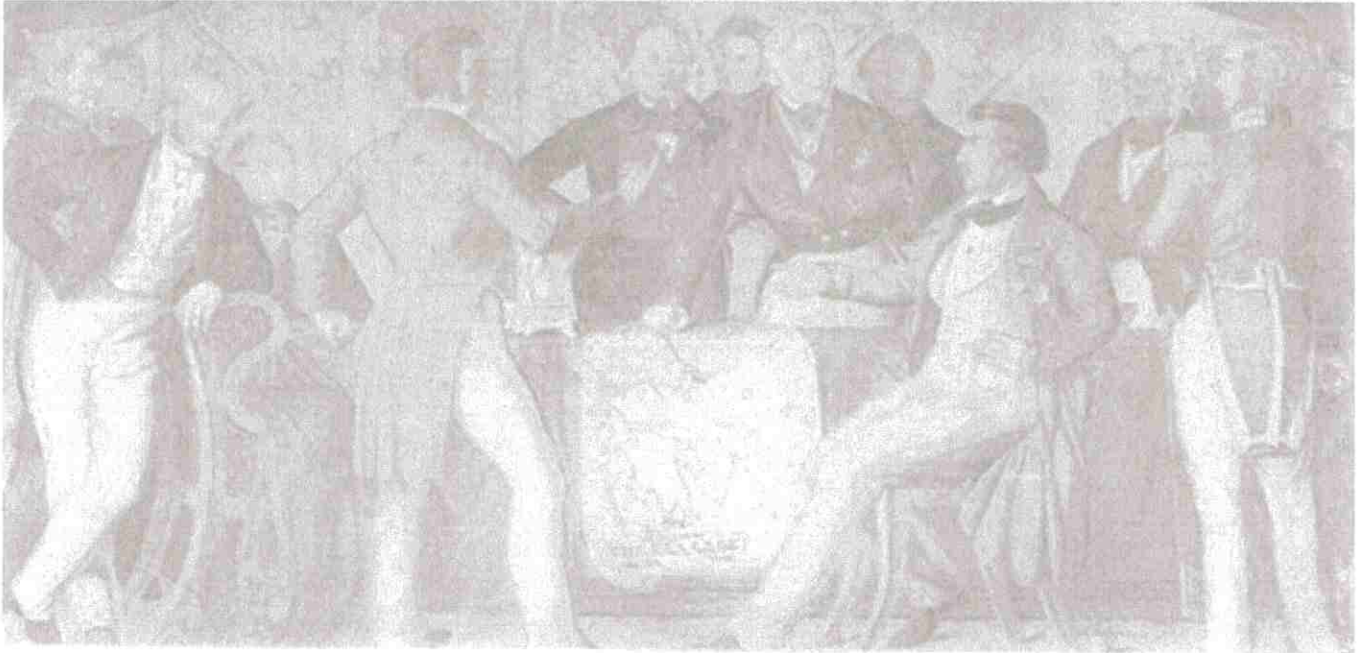
[TINYURL.COM/SPRING2020YOUNGADULTS](https://tinyurl.com/spring2020youngadults)

MORE INFO: YOUNGADULTRETREATS@GMAIL.COM OR PH: 724.662.4840

PROTOCOL, No. 1, of the Conference held at the Foreign Office, on the 3d of February, 1830.

Present:

*The Plenipotentiaries of
Great Britain ;
France ; and
Russia.*



Prometheus Resurrected: The London Protocols 1827-1830

A Celebration on the 199th Anniversary of the Greek Revolution (1821)
and The 190th Anniversary of the Liberation of Athens and Attica (1830)

*A program by the Greek Room Committee in honor of France, Russia and Great Britain,
through the French, English and Russian Room Committees of the Nationality Rooms Program at the University
of Pittsburgh*

Celebrating the friendship of France, Great Britain, Russia, and Greece in the rise of the modern Greek nation
through the London Protocols of 1827-1830
imaged in poem, music, and song

- A synaxis of friends; to remember where we started from, to realize where we stand, and to decide where we want to go
- Through our common memories, lives and dreams, all of us have – inside of us - some part of Greece

Sunday, March 29, 2020

6 PM

Alumni Hall Auditorium

7th Floor Alumni Hall, University of Pittsburgh 4227 Fifth Avenue, Pittsburgh, PA 15260

A light reception with wines from the Attica region of Greece will be offered following the Program
Program supported by the American Hellenic Foundation of Western PA For more information:

contact@pahellenicfoundation.org

Give a little--Help a lot!



Spaghetti Luncheon

Sunday, April 5, 2020

\$10 presale \$12 at the door

Keli 412-337-1297

Lisa 412-600-1240

Carrie 412-680-0210

Consider making a donation if you cannot attend

All proceeds go to offsetting costs for
St Nicholas' children to attend camp Nazareth

St. Nicholas Greek Food Festival

February, 2020

Dear Friends,

This year, St. Nicholas Greek Orthodox Cathedral will be hosting its 59th annual Greek Food Festival from **May 3 thru May 9**. Once again, we would like to give you the opportunity to be part of our Festival by advertising in our **2020 Food Festival Ad Book**.

This is a great way to advertise your business to the thousands of people who come to enjoy our great Greek food, our music and our Greek hospitality. The money raised through our Food Festival benefits the St. Nicholas Cathedral Building Fund and since St. Nicholas is a 501(C)3, that makes your contribution tax deductible.

On the next page you will find this year's advertising contract detailing ad sizes and prices. Please consider placing an ad by completing the form with your contact information, payment type, and ad size selection. You may submit completed contracts and ads via e-mail to **foodfestadbook@stnickspgh.org**, or mail to:

St. Nicholas Cathedral
c/o Greek Food Festival Ad Book Committee
419 South Dithridge Street
Pittsburgh, PA 15213

DEADLINE FOR ALL ADS is April 8, 2020

Premium pages include **center pages** and **inside cover**.

All ads are in **color**.

Please send ads in **JPEG** format.

See ad rates on next page for pricing.

If you have a new ad or logo that you would like to use this year, please send a **JPEG** file to the email shown above. If you would like to use an ad previously placed in the ad book, please indicate that on the ad contract. (Please note that all ads will be in color this year.)

For additional information or if you have any questions, please call Lenna Cominos at (412) 370-8181, or send an e-mail to **foodfestadbook@stnickspgh.org**.

We sincerely hope that you will play a part in making this year's edition of our ad book a success.

Best regards,

Elaine Andrianos, Simon Barber, Lenna Cominos, Alisa Mathews

St. Nicholas Ad Book Committee

St. Nicholas Greek Orthodox Cathedral

**2020 GREEK FOOD FESTIVAL
ADVERTISING CONTRACT**



Name _____

Business _____

Address _____

Phone/ Cell _____

Email _____

AD DEADLINE APRIL 8, 2020

Ad Size	Color
Outside Back Cover/ 4.5w x 7.5h	\$750
Premium Full Pages/ 4.5w x 7.5h	\$650
Full Page/ 4.5w x 7.5h	\$600
Half Page/ 4.5w x 3.75h	\$350
Quarter Page/ 4.5w x 1.875h	\$200
Patron/ listing	\$50

☐ Use same ad as previous year

Please make check payable and mail to St. Nicholas Cathedral. ☐ Check enclosed ☐ Bill me

Authorized Signature _____ Date _____

Please print or attach ad copy, or email ad file in a **JPEG** format to: foodfestadbook@stnickspgh.org

Date Received:

Check Number:

Receipt Number:

419 S. Dithridge St. Pittsburgh, PA 15213 • Phone: 412-412-682-3866 • Fax: 412-683-4960

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE CHANGES ON CALENDAR: (1) March 18th Presanctified Liturgy begins at 9:30 am (2) Mondays, March 23rd & March 30th Great Compline begins at 6:00 pm (3) Wednesday, March 25th Orthros begins at 9:00 am						
8 Sunday of Orthodoxy Orthros, 8:30 am Divine Liturgy, 10 am Pasta Flora Prep	9 Pasta Flora Prep Fr. Christopher away for meeting in New York	10 GOYA Volleyball Practice 7-9 pm Pasta Flora Prep	11 Fr. Christopher away at Metropolis Clergy Retreat	12 	13 Salutations of the Theotokos 7:00 pm	14 Greek School, 10:00 am
15 Sunday Of St Gregory Palamas Orthros, 8:30 am Divine Liturgy, 10 am	16 Parish Council, 7:00 pm	17 GOYA Volleyball Practice 7-9 pm	18 Presanctified Liturgy 9:30 am	19 Living Orthodoxy 11 am OCF, 7 pm	20 Salutations of the Theotokos 7 pm	21 Greek School, 10:00 am
22 Sunday of Holy Cross Orthros, 8:30 am Divine Liturgy, 10 am	23 Great Compline 6:00 pm	24 GOYA Volleyball Practice 7-9 pm	25 THE ANNUNCIATION (Greek Independence Day) Orthros 9:00 am Divine Liturgy 10 am	26 Living Orthodoxy 11 am OCF, 7 pm Philoptochos General Meeting @ Neighborhood Resilience 2038 Bedford Ave Formerly FOCUS 6:30pm	27 Family Night (all ages) (Lenten meal and fun activities), 5:30 pm Salutations of the Theotokos 7:00 pm (with explanation about the service for the children)	28 Greek School, 10:00 am
29 Sunday of Saint John Climacus Orthros, 8:30 am Divine Liturgy, 10 am Greek School Independence Day Luncheon and Program 12:15 pm Greek Room Program and Reception for Gk. Independence Day Sunday 6 pm Alumni Hall Auditorium, Mar 29th	30 Great Compline 6:00 pm	31 GOYA Volleyball Practice 7-9 pm				