

## MARCH 15, 2020 – 2<sup>ND</sup> SUNDAY OF LENT

On which we commemorate our father among the saints GREGORY PALAMAS, Archbishop of Thessaloniki. Also, the Martyr Agapios and his companions and the Newmartyr Manuel of Sfakies, Crete.

Tone 6

Orthros Gospel 6



### WELCOME TO ST. NICHOLAS 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

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](mailto: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.*

**OUR DEEPEST CONDOLENCES** To The Family OF *Jean Collura* (Kay Thimoleas's sister), who passed away on March 11, 2020. Her funeral took place on March 13. May God grant her eternal rest.

**PLEASE JOIN US for coffee and fellowship following services, hosted by GOYA.**

### TODAY – Food Festival Koulourakia Prep

**THIS WEEK AT ST. NICHOLAS:** PLEASE NOTE that all scheduled events are subject to change due to the COVID-19 crisis. Please check with the Church Office or the leader of the event for further information.

- **Monday, Mar 16:** Food Festival Koulourakia prep; Parish Council meeting 7:00 pm
- **Tuesday, Mar 17:** GOYA Volleyball Practice **CANCELLED.**
- **Wednesday, Mar 18:** **Presanctified Liturgy 9:30 am**
- **Thursday, Mar 19:** Living Orthodoxy **CANCELLED.**
- **Friday, Mar 20:** **Salutations to the Theotokos 7:00 pm**
- **Saturday, Mar 21:** **Greek School, CANCELLED UNTIL FURTHER NOTICE.**
- **Sunday, Mar 22:** 5 Year Memorial Service for Nicholas Karras;  
St. Nicholas Garden Club meeting after church.
- **Friday, Mar 27:** **FAMILY NIGHT CANCELLED.**

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

*As the priest exits the Altar the Resurrection Apolytikion in the Tone of the week (Tone 6, p. 171 in the old Divine Liturgy book) is chanted. Then, the usual Eisodikon (Entrance Hymn) for Sundays is sung: Δεϋτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστάς 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 is repeated as the priest reenters the Altar. Then, the hymn in Tone 8 for St. Gregory Palamas, who is always honored on the 2<sup>nd</sup> Sunday of Lent, is heard:*

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

O Gregory the Miracle Worker, light of Orthodoxy, support and teacher of the Church, comeliness of Monastics, invincible defender of theologians, the pride of Thessalonica, and preacher of grace, intercede forever that our souls may be saved.

*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 ἐκτήσω 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 appointed for this season in the Triodion:*

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' 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 this victory festival as a thank offering. In your irresistible might, keep me safe from all trials, so that I may call out to you: "Hail, O bride unwedded!"

**Scripture readings:**

Epistle: Hebrews 1: 10 – 14; 2:1-3 (P. 138)

Gospel: Mark 2: 1-12 (p. 139)

**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>
<b>Total Stewards</b>	<b>220(GOAL 300)</b>
<b>Total Pledged</b>	<b>\$120,212.00 (GOAL \$185,000.00)</b>
<b>Avg. Pledge</b>	<b>\$546.42</b>

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**FROM THE CHURCH SCHOOL DESK**

Church School students in grades 7-12<sup>th</sup> 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](mailto: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

## Next 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 26<sup>th</sup> 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!

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## FOOD FESTIVAL NEWS

Join us **today** after church till 4 pm, or **tomorrow, Monday, March 15** to make our festival **Koulourakia**. Help is needed to scoop, roll, and twist about 4,000 of these all-time favorites.

Koulourakia	Sunday, March 15, after church till 4 pm
	Monday, March 16, 9 am

Thanks to an amazing group of helpers spanning all age groups last Sunday, our festival Pasta Flora was completed in record time! Thank you Dina Machin Persinger for spearheading this venture!

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](http://Y2AM.PITTSBURGH.GOARCH.ORG)

Please Join Father William Zotis and the Parishioners of the Annunciation of the Theotokos for the Following Upcoming Events:

**March 24, 2020:**

The Feast Day of the Annunciation of the Theotokos  
Vespers: 7:00pm

**March 25, 2020**

Orthos: 9:00am  
Divine Liturgy: 10:00am with a Luncheon to Follow

**March 29, 2020**

Continued Celebration of the Annunciation of the Theotokos.  
We will be welcoming Metropolitan Savas. There will be a 2-year memorial for Metropolitan Savas' mother, Stamatia Zembillas and a 1-year memorial for Stavroula Papadakos. Luncheon to Follow

1128 Summit Street  
White Oak Boro, PA 15131

# Western PA Youth Retreat (Ages 13-18)



Hosted By The St. Sava Serbian Orthodox Church Of McKeesport, Pa.

Retreat Facilitator – Dr. Gregory Abdalah (Bishop John's Son – DMIN – Youth Ministry)

## SATURDAY, APRIL 4<sup>th</sup>: 9 AM – 4:30 PM

### Tentative Schedule For The Day:

9AM – 10 AM: REGISTRATION and Continental Breakfast

10-11:30AM: Session 1: "Spin the Wheel" (Contraception, Pre-Marital Sex, Abortion)

11:45-1 PM: Session 2: "Choose a Path" (Personhood, Homosexuality, Transgender, Pornography, Dating, Sexting)

1-2PM: LUNCH

2-3:30PM: Session 3: "Retirement" (Death penalty, Suicide, Euthanasia, Life-Support)  
Wrap-Up Session: How do we talk about this stuff? (With Parents)

3:30PM – Great Vespers/Close of the Retreat!

PLEASE RSVP To: [frstevor@aol.com](mailto:frstevor@aol.com) By March 29<sup>th</sup> With Number Attending!

Present:

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

## **PROMETHEUS RESURRECTED: THE LONDON PROTOCOLS 1827-1830**

A Celebration on the 199<sup>th</sup> Anniversary of the Greek Revolution (1821)  
and  
The 190<sup>th</sup> 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*

**Postponed  
for the fall season**

Sunday, March 29, 2020

6 PM

Alumni Hall Auditorium

7<sup>th</sup> 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](mailto: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

# MARCH 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**PLEASE NOTE CHANGES ON CALENDAR:**

**(1) March 18<sup>th</sup> Presanctified Liturgy begins at 9:30 am**

**(2) Mondays, March 23<sup>rd</sup> & March 30<sup>th</sup> Great Compline begins at 6:00 pm**

**(3) Wednesday, March 25<sup>th</sup> Orthros begins at 9:00 am**

15	<b>Sunday Of St Gregory Palamas</b> Orthros, 8:30 am Divine Liturgy, 10 am	16	<b>Parish Council, 7:00 pm</b>	17	GOYA Volleyball Practice <b>CANCELLED</b>	18	<b>Presanctified Liturgy 9:30 am</b>	19	Living Orthodoxy <b>CANCELLED</b>	20	Salutations to the Theotokos 7 pm	21	<b>NO Greek School</b>
22	<b>Sunday of Holy Cross</b> Orthros, 8:30 am Divine Liturgy, 10 am	23	<b>Great Compline 6:00 pm</b>	24	GOYA Volleyball Practice <b>CANCELLED</b>	25	<b>THE ANNUNCIATION (Greek Independence Day)</b> Orthros 9:00 am Divine Liturgy 10 am	26	Living Orthodoxy <b>CANCELLED</b>  Philoptochos General Meeting @ Neighborhood Resilience 2038 Bedford Ave Formerly FOCUS 6:30pm	27	Family Night <b>CANCELLED</b>  Salutations to the Theotokos 7:00 pm	28	<b>NO Greek School</b>
29	<b>Sunday of Saint John Climacus</b> Orthros, 8:30 am Divine Liturgy, 10 am	30	<b>Great Compline 6:00 pm</b>	31	GOYA Volleyball Practice <b>CANCELLED</b>								

Greek Room Program and Reception for Gk.  
Independence Day Sunday 6 pm Alumni Hall  
Auditorium, Mar 29<sup>th</sup> has been postponed  
until Fall.

**GREEK SCHOOL INDEPENDENCE DAY LUNCHEON AND PROGRAM  
HAS BEEN CANCELLED FOR THIS YEAR.**