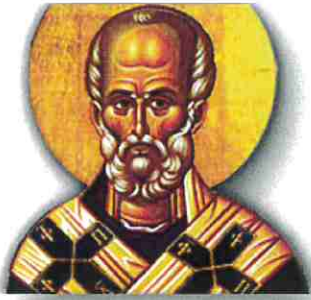


SEPTEMBER 13, 2020 – Sunday before the Elevation of the Cross

Founding of the Church of the Resurrection of Christ (the Holy Sepulchre) in Jerusalem (336 AD); Martyr
Cornelius the Centurion (1st Gentile convert)

Tone 5

Orthros Gospel 3



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: Konstantinos Fekos

CHANTERS: Steve Andrews, & Michael Rodites

CHOIR DIRECTOR: Steve Andrews

ORGANIST: Haley Cobb

ALTAR BOY CAPTAINS: TBA

Questions about our Parish? Email church@stnickspgh.org or call 412-682-3866

Our Sunday worship schedule: September 1 – June 13: Orthros 8:45 a.m. & Divine Liturgy 10 a.m.

COFFEE HOUR: You are cordially invited to join us for coffee and fellowship following services in the Crystal Room (Small Hall) downstairs. Physical (Social) Distancing will be practiced.

THIS WEEK AT ST. NICHOLAS:

- Monday, Sept 14: Elevation of the Holy Cross Orthros 9am Divine Liturgy 10 am
- Tuesday, Sept 15: **OUR FOOD FESTIVAL BIGINS:**
Gyros and Loukoumades on front lawn (Tuesday Sept 15 – Sunday, Sept 20)
Online Ordering Only for Take-Out/Pick up inside will begin on:

Thursday, Sept 17 – Sunday, Sept 20

11:00am – 2:00 pm (Lunch)

5:00pm – 8:00 pm (Dinner)

Go to www.stnickspgh.org and follow instructions for ordering.

Watch Sunday services streaming live from St Nicholas Cathedral at www.stnickspgh.org/ and click on “Live Streaming Click Here.”

On-Line Giving donations are up and running on our web page www.stnickspgh.org by clicking please donate button - or you may access the donation page by using <https://abundant.co/stnickspgh/give>

SEPTEMBER 13, 2020 – Sunday before the Elevation of the Cross

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Tone 5

Orthros Gospel 3

SPECIAL HYMNS OF THE DAY (SMALL ENTRANCE):

At the Small Entrance, we hear the Resurrection hymn for the Mode (Tone) of the week (Plagal First, or 5)

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν,
ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠϋδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ
θάνατον ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Let us worship the Word who is unoriginate with the Father and the Spirit, and from a Virgin was born for our salvation, O believers, and let us sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection. [SD]

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."

As the Clergy return inside the Sanctuary, the Resurrection hymn is chanted once again. Then we hear the hymn for the Forefeast of the Cross:

Τὸν ζωοποιὸν Σταυρόν, τῆς σῆς ἀγαθότητος, ὃν ἐδωρήσω ἡμῖν τοῖς ἀναξίοις Κύριε, σοὶ
προσάγομεν εἰς πρεσβείαν, σῶζε τοὺς βασιλεῖς καὶ τὴν πόλιν σου, εἰρηνεύοντας διὰ τῆς
Θεοτόκου, μόνε φιλόανθρωπε.

The life-giving Cross of Your goodness, which we the unworthy have from You as a gift, we present to You, O Lord, as an intercessor. Save our leaders and our nation and keep them in peace, through the Theotokos, O only One who loves humanity. [SD]

Next, the Hymn for the Founding of the Church of the Holy Sepulcher is sung:

Ὡς τοῦ ἄνω στερεώματος τὴν εὐπρέπειαν, καὶ τὴν κάτω συναπέδειξας ὡραιότητα, τοῦ ἁγίου
σκηνώματος τῆς δόξης σου Κύριε. Κραταίωσον αὐτὸ εἰς αἰῶνα αἰῶνος, καὶ πρόσδεξαι ἡμῶν, τὰς
ἐν αὐτῷ ἀπαύστως προσαγομένας σοι δεήσεις, πρεσβείαις τῆς Θεοτόκου, ἢ πάντων ζωὴ καὶ
ἀνάστασις.

You have made the earthly beauty of the holy tabernacle of Your glory to be like the majesty of the firmament on high, O Lord. Make it strong forever and ever, and accept our supplications that we unceasingly bring to You there, at the intercession of the Theotokos. For You are the life and resurrection of all. [SD]

Following this, we chant the Hymn for our Church's Patron Saint, St. Nicholas (Tone 4):

Κανόνα πίστεως καὶ εἰκόνα πραότητος, ἐγκρατείας Διδάσκαλον, ἀνέδειξέ σε τῇ ποιμνῇ σου, ἢ
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 for the Forefeast of the Holy Cross:

Οὐρανὸς πολύφωτος ἡ Ἐκκλησία, ἀνεδείχθη ἅπαντας, φωταγωγοῦσα τοὺς πιστοὺς· ἐν ᾧ ἐστῶτες
κραυγάζομεν· Τοῦτον τὸν οἶκον, στερέωσον Κύριε.

Lord, Your Church appears to us to be like heaven * full of light, and guides with light all who believe in
You, O Christ. And we who stand in it cry to You: Savior, establish forever this holy house. [SD]

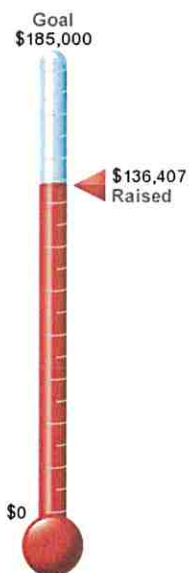
TODAY'S EPISTLE READING: GALATIANS 6:11-18. Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen. [RSV]

TODAY'S GOSPEL READING: JOHN 3:13-17. The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him." [RSV]

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	280 (GOAL 300)
Total Pledged	\$136,407.00 (GOAL \$185,000.00)
Avg. Pledge	\$487.17

PHILOPTOCHOS UPDATES

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 – At this time, we are unable to collect food drive donations for Neighborhood Resilience Project (formerly known as FOCUS Pittsburgh). There is a great need for support during this difficult time for many. We encourage parishioners to take non-perishable food donations or send monetary donations directly to Neighborhood Resilience Project located at 2038 Bedford Avenue, Pittsburgh PA 15219. They appreciate your support

Foundation Fund Donation

The St. Nicholas Cathedral Foundation Fund recently received a \$15,000 bequest from the estate of Callie H. Kamaras. Her legacy donation has been added to the Foundation Fund’s principal, helping to support our parish’s needs for many more generations. We are deeply grateful to her for this generous gift. May God grant her eternal rest, and may her memory be eternal!

The annual income generated from the Fund’s principal is used to support the needs of the parish. In previous years, the Foundation Fund income was used to assist with mortgage payments and for funding specific building upgrades, such as last year’s sidewalk repair. This year, the Fund’s income was provided to our General Fund, given the detrimental impact Covid-19 has had on our budget.

We are deeply grateful to the founding donors of the Fund for their foresight and generosity in creating this trust for us. It has served us well – especially in times such as these, when external circumstances have reduced our annual income so much. Indeed, we are sincerely thankful to all our donors – old or new, in life or at the end of life. Their love for our Cathedral shines through, and their generosity is helping us to weather the storm, now and in the future. May our gracious God bless them, and all of us!

Opal!

St. Nicholas Greek Orthodox Cathedral

GREEK2GO DAYS!

The same delicious Festival food you know and love

Thurs/Sun, Sept 17 to 20

pre-order **only**

Pick-Up (inside atrium)

11a-2p & 5-8p • Sun: 11a-2p & 5-7p

Gyro's & Pastries (WALK UP ONLY)

Starting Tuesday Sept 15 (11-8:00)

**For details & ordering go to
www.greek2go.org**

St. Nicholas Greek Orthodox Cathedral / Oakland

GREEK2GO DAYS!

THURS/SUN SEPT 17-20 • PICK-UP (IN ATRIUM)

11A-2P & 5-8P; SUN: 11A-2P & 5-7P

(Pre-orders ONLY @ www.greek2go.org)

NEW ITEM LAMB SHANK W/ RICE PILAF \$16 (Thur, Sat & Sun only)

Bone-in lamb shank braised in a tomato-wine sauce with vegetables, Greek seasonings.

BEEF STEFATHO W/ RICE PILAF \$14 (Fri, Sat & Sun only)

Tender cubes of beef braised with onions in an aromatic tomato sauce.

GREEK CHICKEN OREGANO W/ RICE PILAF \$14 (Served everyday)

Half Chicken marinated in lemon, olive oil and oregano. Baked until golden brown.

TWO SOUZOUKAKIA W/ RICE PILAF \$8

Meatballs simmered in a tomato-wine sauce.

PASTITSIO \$5

Layers of macaroni, sautéed ground beef, grated cheese and topped with a rich cream sauce.

MOUSSAKA \$5

Layers of eggplant, sautéed ground beef and topped with a rich cream sauce.

SPANAKOPITA \$4

Delicate layers of phyllo filled with spinach and feta cheese and baked until crisp and golden.

GREEN BEANS & ZUCCHINI YAHNI \$2.75

Green beans and zucchini, seasoned and simmered in a tomato sauce.

DOLMATHES 4/ \$2

Special blend of herbs and rice wrapped in marinated grape leaves.

GYRO \$10

Sliced Gyro meat in grilled pita; side of tzatziki sauce; either loaded (lettuce, tomato & onion) or meat only Gyros.

EXTRA MEATBALL \$3

SIDE OF RICE \$2

PASTRIES

(Sorry, no substitutions on pastry packs)

LOUKOUMADES (our almost famous Honey Balls) 6/ \$3.00

LARGE PASTRY PACK \$8 • A sampling of five pastries/ Baklava, Kourambietha, Koulouraki, Finiki, Karithopita.

SMALL PASTRY PACK \$5 • Festival best sellers/ Baklava, Kourambietha, Koulouraki.

BAKLAVA 2/ \$5 • Buttery layers of phyllo, ground walnuts, cinnamon and honey syrup. Baked until golden.

KOULOURAKIA 6/ \$5.00 • Crispy twisted butter cookies, glazed and baked until golden brown.

FINIKIA 2/ \$3 • Delicate cinnamon cookies dipped in syrup and sprinkled with ground walnuts.

KARITHOPITA 2/ \$4 • Dark rich walnut and spice cake drizzled with honey syrup.

KOURAMBIETHES 2/ \$3 • Delicate Greek butter cookies sprinkled with powder sugar.

PASTA FLORA 2/ \$4 • Buttery lattice-topped tart with your choice of apricot or strawberry preserves.

St. Nicholas Greek Orthodox Cathedral • 419 S. Dithridge St. Pittsburgh, PA 15213

**Members and Friends of St. Nicholas Cathedral:
Help Us Upgrade our Sound System and Wi-Fi Capabilities!**



We all have experienced the deficiencies with the audio and video systems in our Cathedral; whether it's the broken microphones, poor sound quality both in church and over the internet, or inconsistent volume, just to name a few. It is not surprising we have problems with the system; most of it is about 25 years old and is several generations out of date.

There is another serious problem: there are dead spots in our buildings where even the most sophisticated cell phones cannot be used. Imagine an emergency in the lower level that would require someone running upstairs to call for help. Problems with our Wi-Fi system are not allowing Fr. Bender to hold the Orthodox Living classes at church because the Wi-Fi connection is unreliable, making it impossible for him to record these sessions for online viewing.

Before the COVID-19 crisis hit, Parish Council was investigating sound system and Wi-Fi replacement options and the cost is about \$25,000. However, with the shortfall in our budget from the scaled back Food Festival, funds are not available for capital improvements. The only way we can replace these systems in the short term is to reach out to our parishioners and ask anyone who is able, to make a special donation to help make the Divine Liturgy and other services understandable to everyone in the pews and at home on the video stream. This is so important during the COVID-19 crisis.

Please consider making a contribution or pledge toward the new sound system. We would like to finalize whether we can go forward with this over the next 60 days. For checks, designate in the memo field that this is for the sound system upgrade. For on-line donations, select Building Fund in the pull-down menu and enter sound system in the memo field. Any contribution amount will be helpful. We will keep you apprised of the amount of funds collected or pledged and the funds will only be used for the audio/visual upgrade. (\$3,500 has been pledged at the start!!!)

The Maintenance Committee will continue to obtain input, recommendations, and cost estimates for the new system. If there are any parishioners that have experience with these systems, please contact Vasili Copetas, Van Paras, or Jim Machin let them know. At a minimum, the system will include a new mixer/controller, new microphones, new speakers, mounting rack, new router, new boosters, and sound system tuning.



Thank you for your support

Parish Council and the Sound & Wi-Fi Upgrade Committee

Update on the Audio and Wi-Fi Upgrade Campaign

We are only three weeks into the campaign and we are halfway toward our fundraising goal. To date, we have \$12,371 in donations and pledges. These donations and pledges have come from 17 parishioners. Thank you to everyone who has donated or pledged!

We have met with one vendor to hear his recommendations and to obtain a quote. We will meet with additional vendors the week after our Greek 2 Go festival.

We are all looking forward to this improvement!

The Sound and Wi-Fi Upgrade Committee

ST. NICHOLAS CATHEDRAL
GREEK LANGUAGE SCHOOL REGISTRATION FOR CHILDREN
2020 - 2021

Yearly Tuition for Children

1 student=\$170; 2 students , \$155 each=\$310; 3 students, \$140 each=\$420; 4 students, \$125 each=\$500
 Make checks payable to St. Nicholas Cathedral with Greek School in the memo. Plus an additional \$15 per student for books

Session: Pre K – 7th _____ Proficiency Preparation(TBA) _____
 (Please Print)

LAST NAME (English&Greek) _____
 ADDRESS _____
 CITY _____ state _____ ZIP _____
 HOME PHONE _____ CELL _____
 E-MAIL _____
 FATHER'S NAME (English & Greek) _____
 MOTHER'S NAME (English & Greek) _____
 School District Children Attend _____

List Children's First Names in English & Greek	Age	Grade Amer. School	Name Day	Grade Greek School	Birthdate

Any food allergies? Please list _____

IN case of EMERGENCY Εν 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 Signature _____

Parent Volunteering – Your Help is Needed!

- | | |
|--|---------------------------------------|
| _____ serving on Greek School Committee | _____ Substituting |
| _____ with Costume fitting | _____ March 25 th Luncheon |
| _____ with St. Nicholas Bazaar | _____ with Greek Language Festival |
| _____ with Christmas Caroling in nursing homes | _____ with Bake Sale |
| _____ with copying | _____ being a teacher's assistant |

ST. NICHOLAS CATHEDRAL
GREEK LANGUAGE SCHOOL REGISTRATION FOR ADULTS
2020 - 2021

Please select

- ☐ Beginners
- ☐ Intermediates
- ☐ Advanced

Yearly Tuition \$ 275 per student

Checks payable to

St. Nicholas Cathedral

Memo: Greek School

Books are purchased by students
on their own

Please print

Name _____

Address _____

Home phone _____

City _____ State _____ Zip _____

Cell phone _____

E-mail _____

Emergency contact _____

Emergency phone _____

Have you had previous Greek lessons? _____

If so where _____

Why do you want to learn Modern Greek? _____

Signature _____

IOCC Drive-Through Ice Cream Event

TO BENEFIT IOCC'S RESPONSE IN LEBANON



Saturday, October 3, 2020 | 1:00 – 4:00 pm

Parking lot at St. Nicholas Greek Orthodox Cathedral (Oakland)
419 S Dithridge St, Pittsburgh, PA 15213

Stay safe and socially distanced at a drive-through ice cream event to support IOCC's response to the Beirut, Lebanon explosion. Enter at St. Nicholas parking lot and stay in your car to order an ice cream treat from Sarris Candies. Access into St. Nicholas church and hall facilities will not be available.



*All ice cream donated
by Sarris Candies*

Free will offering | Make a donation at
iocc.org/pittsburgh
or send checks to IOCC with "Beirut"
in the memo line to Nick Terezis,
306 Marberry Drive, Pittsburgh PA 15215

More Info? Contact Zelfa Khalil
(412-417-4706 | zkhalil1@live.com)
or Nick Terezis (412-781-1923)



SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Sunday before <u>Holy Cross</u> Orthros 8:45 am Divine Liturgy <u>10:00 am</u> Great Vespers AT Holy Cross Church, Mt. Lebanon, 5 pm	14 Elevation of the Holy Cross Orthros 9:00 am Divine Liturgy 10:00 am STRICT FAST	15 Zoom Bible Study 8:30 pm <div>2020 Greek Food Festival: 9/15-16- GYROs, Pastries, Loukoumades (front lawn)</div>	16	17	18	19
				<div>Food Festival: 9/17-20- GYROS etc. continue outside; Online ordering for take-out inside, 11-2 (Lunch), 5-8 (Dinner) VOLUNTEERS NEEDED ALL WEEK! PLEASE HELP!</div>		
20 Sunday after <u>Holy Cross</u> Orthros 8:30 am Divine Liturgy 9:30 am <div>Food Festival take- outs 11-2, 5-7; GYROS etc. all day</div>	21 Parish Council Meeting TBA	22	23	24	25	26 Metropolis of Pittsburgh Virtual Clergy- Laity Assembly (online)
	<div>Father Christopher out of the office September 21- October 3</div>					
27 1 st Sunday of <u>Luke</u> Orthros 8:45 am Divine Liturgy 10:00 am	28	29	30			
<div>Father Christopher away until October 3</div>						