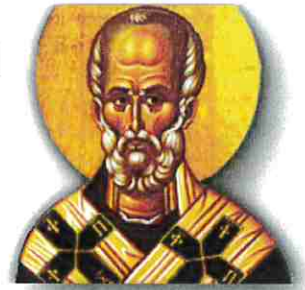


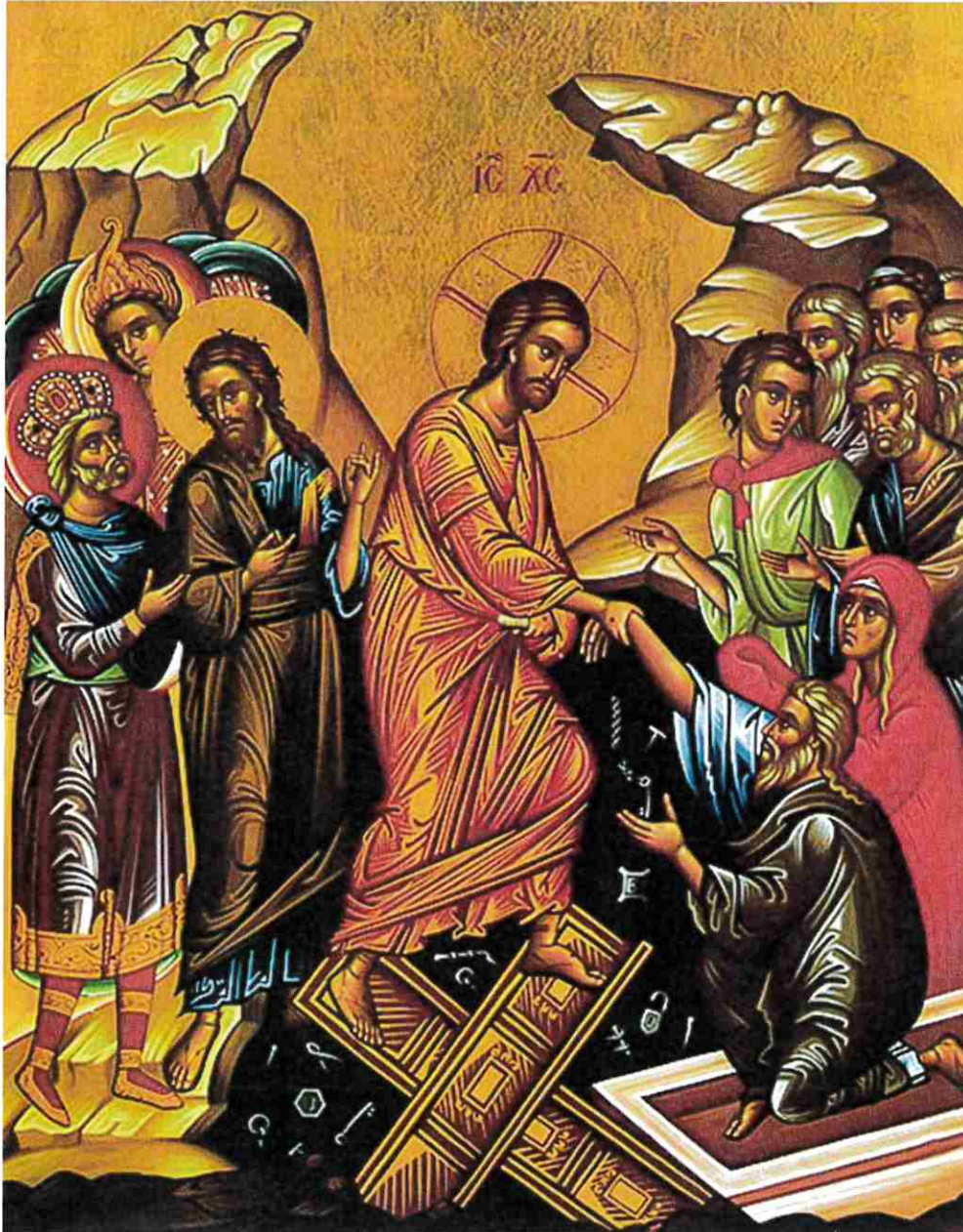


Saint Nicholas Greek Orthodox Cathedral Pittsburgh, PA

419 S Dithridge Street, Pittsburgh PA 15213 412-682-3866



APRIL 2020 NEWSLETTER



Holy Week comes to an end at sunset of Great and Holy Saturday, as the Church prepares to celebrate her most ancient and preeminent festival, Pascha, the feast of feasts.

The time of preparation will give way to a time of fulfillment. The glorious and resplendent light emanating from the empty Tomb will dispel the darkness. Christ, risen from the dead, cracks the fortress of death and takes "captivity captive" (Psalm 67:19).

All the limitations of our createdness are torn asunder. Death is swallowed up in victory and life is liberated. "For as by a man came death, by a man came also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive" (1 Corinthians 15:21-22).

Pascha is the dawn of the new and unending day. The Resurrection constitutes the most radical and decisive deliverance of humankind.

Icon of the Commemoration of Great and Holy Pascha. One of the most symbolic of the Festal Icons of the Orthodox Church is that of the Holy Resurrection. In the center of this radiant event is Christ pulling Adam and Eve up from their tombs. The gates of the Realm of Death are broken and thrown down.

ST. NICHOLAS GREEK ORTHODOX CATHEDRAL
419 S. Dithridge Street Pittsburgh, PA 15213

Reverend Father Christopher Bender, Dean
Reverend Deacon Robert Lykos

**Watch Sunday services streaming live from St. Nicholas Greek
Orthodox Cathedral at StNicksPgh/Live**

| | | |
|---------------------------|-------------------|--|
| Father Christopher | 724-630-3483 | frchbender@verizon.net |
| Barbara Manners | Office Manager | church@stnickspgh.org |
| Stacie de la Parra | Event Coordinator | events@stnickspgh.org |
| Vincent Nelson | Maintenance | 412-537-4073 |

Church Phone 412-682-3866
Church Fax 412-683-4960
Church email church@stnickspgh.org

2020 Parish Council

Vasili Copetas, *President*
John Frentzos, *Vice President*
Dean Panagulias, *Treasurer*
James Machin, *Assistant Treasurer*
Michelle Kotsagrellos, *Secretary*
Sophia Panagis, *Assistant Secretary*
Simon Barber, George Bellios, Arthur Dordas,
Peter Krelis, Peter Nychis, Van Paras
Jim Stamatelos

Service Schedule

Fall and Winter Hours (September-June):

Orthros 8:30 a.m.
Divine Liturgy 10 a.m.

Summer Hours (July & August):

Orthros 8:00 a.m.
Divine Liturgy 9:30 a.m.

Hall Rentals

If you are interested in renting either our small or large hall,
please contact our events coordinator Stacie de la Parra, at
412-682-3866 for more information and availability.

Metropolis 412-621-5529 www.pittsburgh.goarch.org
Archdiocese 212-570-3500 www.goarch.org

CHECK US OUT ON THE WEB
www.stnickspgh.org

FATHER'S MESSAGE

April 1, 2020

Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. . . I have said this to you, that in me you may have peace.

In the world you have tribulation; but be of good cheer, I have overcome the world."

(John 14:27 and 16:33)

Beloved Brothers and Sisters in Christ,

Greetings in our Lord and Savior Jesus Christ, who suffered and died for our salvation! Once again this month, we will enter into that most solemn and sacred time of year: Holy Week, when we remember the passion of our Lord. All around us, the world is full of flux and change: the economy is great, then it is not. Stocks climb to the stratosphere, and then they plummet to their lowest point in years. International crises come and go. Governments rise and fall. One week we are healthy, and then the next we come face to face with a novel and deadly pathogen. One thing, however, does not change: the reality of the Cross, and of the Empty Tomb. This is the truth that anchors our life, that gives it meaning and purpose. This is the source of our faith, and the reason for our hope. Peace on this earth may be more illusive than dreams, but the Peace of God is ours for all eternity, if only we open our hearts and minds to it, and trust in our Savior that He will never abandon us, no matter what.

The services of Holy Week are a journey, that take us from the triumphant entry of our Lord into Jerusalem, through a time of vigil with the Bridegroom, to the Last Supper, the Betrayal, the Trial, the Crucifixion, and beyond. Through them, the Church invites us to enter with Jesus into the very mystery at the heart of our salvation: namely, that the Incarnate God gave His life, that we might live with Him forever in Paradise. As St. Gregory of Nazianzus put it:

"He lays down His life, but He has power to take it again; and the veil is rent, for the mysterious doors of heaven are opened. The rocks are cleft, the dead rise. . . He dies, but He gives life, and by His death destroys death. He is buried, but He rises again. He goes down into Hell, but He brings up the souls."

(Oration 41)

For Orthodox Christians, the New Life in Christ is not something to be lived by us strictly as individuals, or even in the private company of our families. It is something to be experienced in the context of the entire community of faith which is the Church. This year, however, because of the Covid-19 pandemic, things will be different for all of us. At first, just the elderly, who are always the most vulnerable population in such circumstances, were told to stay home. Then, families with children – especially if they come into regular contact with older people. Now, *all of us* are expected to do so – unless we work for a "life-sustaining business." Fortunately, "religious organizations" have been included in this category. Nevertheless, this does not mean that we are free to go on with business as usual. As our hierarch and pastor of this Cathedral, Metropolitan Savas, has directed, we may, for the time being, celebrate the major services, but only with five persons present. This is in order to protect everyone from each other. You will be notified if you are among the five for any given service, and the door will be locked for safety reasons after that.

It is understandably hard for many of us to accept these restrictions. Some even question the validity of such policies, saying that it is not worth the damage to the economy that this enforced isolation is causing. "People die from the flu every year," they contend, "but we don't close down the whole country when it shows up in our community." True, but, consider: this bug is really contagious – far more contagious than the flu – and far more deadly! Every step to reduce social contact that has been imposed on us is totally appropriate and totally necessary.

FATHER'S MESSAGE, Con't

How, then, do we stay together as a family united by our faith, which makes us all brothers and sisters in Christ? How do we constitute the "Body of Christ" when we cannot gather as such in our Sanctuary? First, let us not forget that this is a mystical bond, forged at our baptism, which is strengthened over the years as we grow closer to Christ and to one another. This bond of love, this gift from above, exists and unites us, no matter where we are. It joins us as one family, with God as our Father. As the Apostle Paul writes, "When we cry, "Abba! Father!" it is the Spirit himself bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him" (Romans 8:15-17).

The challenge we face right now, when we are *all* suffering – whether because of the enforced isolation, or our anxieties about contracting the illness, or the loss of income from not being able to go to work – is to reaffirm that gift by looking after one other, even if from afar. Call or text, or group-chat on the internet, if you can, with your relatives and friends – and even with fellow parishioners who you may not be particularly close to. Who knows – perhaps a new friendship may be forged in the process! For our elders and those who have special needs: if you cannot or are not supposed to leave your house and need help with groceries, please call the Church Office, and we will match you with a volunteer who can help you with groceries and necessities.

If finances are a serious challenge for any of you, PLEASE let me know! The Agape Fund was created for times such as these. The Philoptochos also stands ready. Whether it is to pay a bill, buy some food, pay a utility, or any other necessity, your Church is ready to assist. Please do not hesitate out of embarrassment or shame! Confidentiality is a part of the package.

At the same time, we must also remember that the financial obligations of our parish – such as maintenance, utilities, salaries, security, etc. – do not cease, even during this unprecedented pandemic. Our usual source of income, such as Sunday offerings, cannot be counted on for the present. Most challenging of all, however, is the looming prospect that we may very well have to postpone our annual Food Festival until the fall because of the epidemic.

For those who can still afford it (considering how many have lost jobs and income because of the crisis), we respectfully ask you to continue supporting our beloved parish by mailing in your usual donations. For those who usually make your stewardship donation in one lump sum at the end of the year, please consider making the payment now, to help us out in this time of need. The Parish Council is also working on a new way to donate online. Detailed instruction of how to do this will be given, once the system is set up, and added to our webpage and Facebook. At that point, all of us can use it, if we wish, in order to establish a regular pattern of giving that splits up our pledge over time.

Our new camera in the Sanctuary should be functional by the time you read this. We will make every effort to "live stream" online our services with it – both on the Church website (stnickspgh.org) and on the Church's Facebook page. You can access it either way. So, we extend an invitation: even if by electronic means, you are welcome and encouraged to worship with us, and looking forward to Pascha, to celebrate the Light which knows no night, to be renewed in heart and soul; and to find the balm which heals and restores our souls: "The peace of God, which passes all understanding" (Philippians 4:9).

Wishing you and yours good health and a most blessed and holy Pascha, Your servant in Christ,

Rev. Father Christoph H. Bender

Protopresbyter Christopher H. Bender, Dean

THANK YOU to Presvyteres Maria Gavrilos and Kassiani Callos for assembling the collection of spiritual resources found below for their sisters in Christ, all the Presvyteres of the Metropolis of Pittsburgh, along with an open invitation to share it widely. I encourage you to investigate them; they are ALL occasions for God's grace to bless us and comfort us in this difficult time. (In order to follow the links highlighted below, you must first access this newsletter online (see our website, stnickspgh.org), and go to page 5. Then, put your cursor over the underlined words in each case, but do not click the mouse. A box should pop up telling you "Ctrl + Click to follow" Press both the control button (ctrl) and the cursor -left- button on the mouse at the same time, and the website or document should appear.)

Several Monasteries are live streaming all of their services, including hours, matins, compline, vespers, Liturgies, etc. both mornings and evenings.

The Orthodox Monastery of the Transfiguration in Ellwood City, PA is livestreaming most of their services, you can access their schedule and livestream link [HERE](#)

The Hermitage of the Holy Cross in Wayne, WV is also livestreaming all of their services, link and schedule [HERE](#)

Here is a copy of the [Akathist to the Theotokos, Joy of all Who Sorrow](#), which is a beautiful service to pray to our all Holy Lady, even if you only read a couple stanzas a night.

Here is a copy of the [Akathist of Thanksgiving to our Lord, "Glory to God for All Things."](#)

This service is so appropriate right now, because we really do have so much to be thankful for, but often lose sight amidst the stress and worry. The prayers in this Akathist are really beautiful, and were written by Metropolitan Tryphon of Turkestan not long before his death in 1934, when he was blind, sick, and the church in Russia was being persecuted. The title comes from the last words of Saint John Chrysostom as he died in exile in 407.

[Paraklesis service to St. Nikephoros the Leper](#)

St. Nikephoros (read about him [here](#)) lived with leprosy, a painful disease, yet radiated joy and peace. May his intercessions help all those affected by COVID-19 or any other diseases.

Many monasteries have started praying the **Jesus Prayer** and asking the faithful to join. I think this is a beautiful practice in general, but especially during these times. Even if you can only do 5 minutes, I highly recommend it. The Jesus Prayer brings a sense of peace and calm as you pray.

- The nuns of St. John Chrysostom Monastery have asked that everyone pray the Jesus Prayer from 8-8:15pm CST (9-9:15 EST) for the benefit and salvation of the world.

The monks on Mt. Athos are praying every night from 10:00pm to 10:15pm the Jesus prayer for the entire world, "**Lord Jesus Christ, Son of God, have mercy upon your world**" with their prayer ropes. We are asked to pray also in our respective time zones from 10pm – 10:15pm with this prayer.

[AGES Digital Chant Stand](#) has all the daily reader services (including hours, matins, vespers, and compline) with texts and sheet music - they have all the services for every day, plus I believe they are livestreaming some of the readers services on their Facebook page.

The GOARCH Department of Religious Education is putting together resources for religious education at home, including lessons, activities, and crafts, for families, and preschool through high school. [Click here](#)

List of daily reader services from the [Antiochian Archdiocese](#)

[GOARCH Chapel](#) - Daily readings, church services (under Liturgical texts), links to livestreamed services.

IMPORTANT NEWS:

The **ST. PHOTIOS BANQUET** has been **CANCELLED FOR 2020**, because of the continuing pandemic. Those who have been nominated by the parishes will be honored at next year's banquet, instead.

CONGRATULATIONS to our honorees for 2020/2021: **BECKY BERTOS** and **LINDA HAGES**. Even if the Metropolis event has been cancelled, we can still acknowledge and thank them in a special way here at St. Nicholas, once it is safe to gather once again. Stay tuned for further information about this later in the year.

ALSO: Fr. Bender will offer a new program online and over the phone, using the **ZOOM** platform, beginning this **TUESDAY, MARCH 31 at 7:30 P.M.**, with a **BIBLE STUDY** that will focus on a variety of texts from the Old and New Testament that are appropriate to this Lenten season, as well as to our current situation. You do not have to be an existing member of our "Living Orthodoxy" program in order to join in. Nor do you need to follow the program every week – just when you are able to. Zoom can be accessed online, and the app can be downloaded to your computer or smartphone, or you can participate by calling in a specified number. More detailed information about what to do to will be made available from the Church Office as soon as it becomes available. You may watch for news about this in an upcoming email online, or call the Church Office at any time from March 31 on to get instructions about how join by computer or telephone.

PHILOPTOCHOS UPDATES

Due to the COVID-19 pandemic, Philoptochos is **CANCELLING** the following events and fundraisers:

- **Easter Bread** – If you have already placed an order, we will contact you and return your check.
- **Palm Sunday Luncheon** scheduled for Sunday, April 12
- **Anastasi Meal** scheduled for Sunday, April 19

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 directly to Neighborhood Resilience Project located at 2038 Bedford Avenue, Pittsburgh, PA 15219. They appreciate your support!

Celebrating MOTHER'S DAY

St. Nicholas Philoptochos believes in honoring the women in our lives. Honor your wife, mother, grandmother, godmother, sister, aunt or special friend with a gift to Philoptochos. Your donation will enable us to continue our work of charitable giving to individuals and families in need, area food banks, shelters for the homeless, social service agencies and countless research efforts in the battle against cancer and other catastrophic diseases.

Join us this Mother's Day by honoring someone you love with a gift to Philoptochos.

Make checks payable and send to: St. Nicholas Philoptochos, 419 S. Dithridge St. Pittsburgh, PA 15213, Memo: Mother's Day

DEADLINE TO SUBMIT NAMES FOR INCLUSION IN BULLETIN – SUNDAY, MAY 3, 2020

Enclosed is my gift of \$ _____

(minimum gift of \$5.00 per name please — all donations are tax deductible)

Your Name: _____

Honorees will receive a special Mother's Day acknowledgement card.

The amount of your gift will not be disclosed.

☐ Please accept this gift in **honor** of:

Name: _____

Address: _____

Name: _____

Address: _____

Name: _____

Address: _____

Name: _____

Address: _____

☐ Please accept this gift in **memory** of:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

*List any additional names and addresses on the back of this flyer and indicate whether donation is in Honor or in Memory.
Please print clearly.*

Celebrating FATHER'S DAY

St. Nicholas Philoptochos believes in honoring the men in our lives. Honor your husband, father, grandfather, godfather, brother, uncle or a special friend with a gift to Philoptochos. Your donation will enable us to continue our work of charitable giving to individuals and families in need, area food banks, shelters for the homeless, social service agencies and countless research efforts in the battle against cancer and other catastrophic diseases.

Join us this Father's Day by honoring someone you love with a gift to Philoptochos.

Make checks payable and send to: St. Nicholas Philoptochos, 419 S. Dithridge St. Pittsburgh, PA 15213, Memo: Father's Day

DEADLINE TO SUBMIT NAMES FOR INCLUSION IN BULLETIN – SUNDAY, JUNE 24, 2020

Enclosed is my gift of \$ _____

(minimum gift of \$5.00 per name please — all donations are tax deductible)

Your Name: _____

Honorees will receive a special Father's Day acknowledgement card.

The amount of your gift will not be disclosed.

☐ Please accept this gift in **honor** of:

Name: _____

Address: _____

Name: _____

Address: _____

Name: _____

Address: _____

Name: _____

Address: _____

☐ Please accept this gift in **memory** of:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

*List any additional names and addresses on the back of this flyer and indicate whether donation is in Honor or in Memory.
Please print clearly.*



St. Nicholas Church School

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

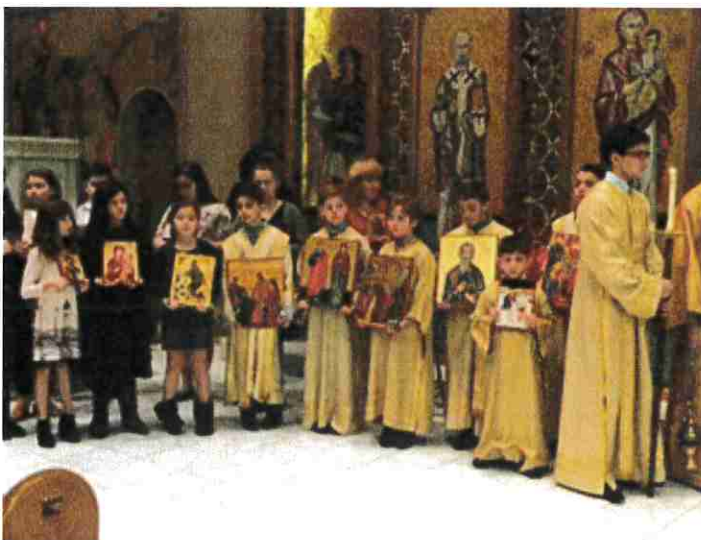
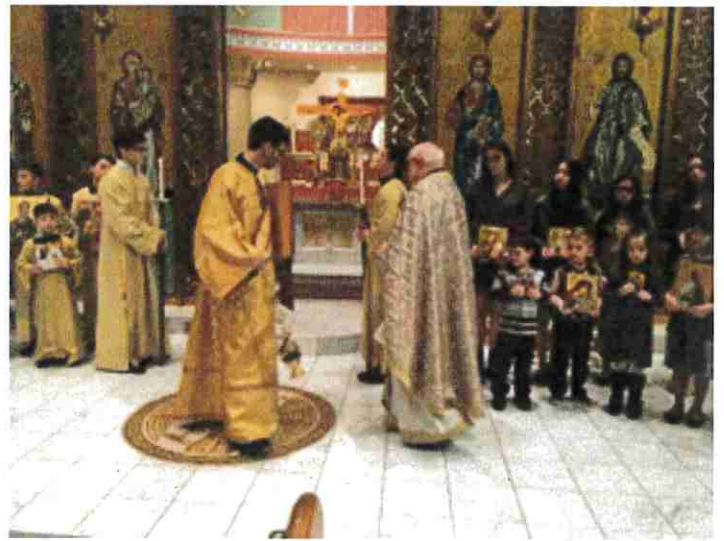
AND THANKS FOR SHARING YOUR CHILDREN WITH US EVERY SUNDAY!

Yours in Christ,
Miss Michelle

March 8th -Sunday of Orthodoxy ICON Procession



St. Nicholas Church School, Con't



STEWARDSHIP

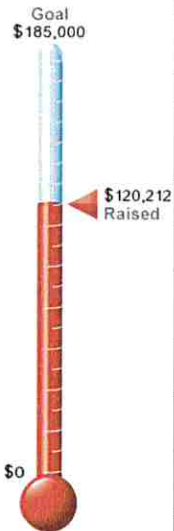
“A Time for Every Purpose Under Heaven”

The Stewardship of Time

Ecclesiastes 3

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



| | | |
|---|----------------|---------------|
| 2020 STEWARDSHIP | | 03/17/2020 |
| Total Stewards | | 220 |
| Total Amount Pledged | | \$120,212.00 |
| Average Pledge | | \$ 546.42 |
| % Parish Participation to Date | | 73% |
| 2020 Stewards (GOAL) | | 300 |
| % of Total Budget to Date | | 65% |
| 2020 Budget (GOAL) | | \$ 185,000.00 |
| Total Giving to Date | | \$ 60,523.00 |
| As of: | | 02/29/2020 |
| Income: Pledges & Basket Collection and Food Festival | \$ 62,735.00 | |
| Expenses: Salaries, Utilities, Maintenance, Commitments, etc. | \$ 74,144.00 | |
| | \$ (11,409.00) | |

STEWARDSHIP

2020 St. Nicholas Greek Orthodox Cathedral Stewards 03/17/20

Mr. & Mrs. Michael Aber
 Mr. & Mrs. James Agras
 Dr. & Mrs. Konstantinos Alfaras-Melainis
 Mr. & Mrs. Emanuel Amorgianos
 Mr. Anthony N. Andrews
 Mr. & Mrs. Glen Andrews
 Mr. Steven Andrews
 Mrs. Elaine Andrianos
 Mr. & Mrs. Theodore Andrianos
 Mr. & Mrs. Eugene Andriotis
 Mr. George Anthon
 Mrs. Virginia Anthon
 Mr. & Mrs. Yianni Antoniadis
 Mr. & Mrs. Spilios Argiropoulos
 Mrs. Lamona M. Athens
 Mr. & Mrs. Harry Avery
 Mr. & Mrs. Simon Barber
 Mr. & Mrs. Alexander Baughman
 Mr. & Mrs. Eric Baughman
 Mr. & Mrs. Maurice Bedel
 Fr. Christopher & Dr. Filitsa Bender
 Ms. Sophia Bender
 Mr. & Mrs. Victor Bertolina
 Mrs. Rebecca Bertos
 Dr. & Mrs. Paul Blastos
 Mrs. Elaine Bolanis
 Mrs. Mary Brahas
 Mr. & Mrs. Maury Burgwin
 Mr. & Mrs. William Chapas
 Dr. & Mrs. Antonios Christou
 Deacon E. P. Christulides
 Mr. & Mrs. George Chronis
 Mr. Panos Chrysanthis
 Mr. & Mrs. Spencer Cominos
 Mrs. Afrodite Condos
 Mrs. Marion Constantinides-Bennett
 Mr. Philip Contacos
 Mrs. Eleni Contis
 Ms. Jamie Contis
 Mr. & Mrs. John J. Contis
 Mr. Charles G. Copetas
 Mr. & Mrs. Dino Copetas
 Mrs. Helen G. Copetas
 Mrs. Helen M. Copetas
 Mr. & Mrs. Peter Copetas
 Mrs. Theodora Copetas
 Mr. & Mrs. William Copetas
 Mr. & Mrs. Louis Countouris
 Mr. & Mrs. Nevin Craig

Mr. & Mrs. George Darakos
 Mr. & Mrs. Taki Darakos
 Ms. Bridgette Daugherty
 Mrs. Denise Daugherty
 Mr. & Mrs. Rob Day
 Mr. & Mrs. Petros Delivorias
 Mrs. Christine DeMatteo
 Mrs. Christine Dickos
 Mr. Arthur J. Dordas
 Mr. & Mrs. Sotirios Doris
 Mr. & Mrs. Theodore Drapas
 Mr. & Mrs. Speros G. Drelles
 Mr. & Mrs. Randy Eberhardt
 Mrs. Sophia Edgos
 Dr. & Mrs. Demetrius Ellis
 Mrs. Elaine Ellis
 Dr. & Mrs. Mike Epitropoulos
 Ms. Alexandra Fatandas
 Mrs. Virginia Fekaris
 Mrs. Alice K. Flocos
 Mr. & Mrs. Karl Florence
 Mr. & Mrs. Ronald Frank
 Mrs. Kalliope Frenzots
 Mrs. Alice Gary
 Dr. & Mrs. Anthony J. Gialamas
 Mr. & Mrs. Kyle Glaser (Karras)
 Mr. & Mrs. Nick Goranitis
 Mrs. Alexandra Gregory
 Mr. & Mrs. Michael Gregory
 Mr. & Mrs. Van Beck Hall
 Ms. Aphrodite Halleran
 Mrs. Antigone Hanna
 Mrs. Frances Hanna
 Ms. Maria Hnarakis
 Ms. Christine Kanakis
 Mr. Nicholas Karabetsos
 Dr. Diane Karnavas & Mr. Bart Bodkin
 Mr. & Mrs. Foster Kartsothis
 Mrs. Georgia Katsafanas
 Mr. Lee Katsafanas
 Mr. Andron Kavouras
 Mr. & Mrs. Christopher Kefalos
 Mr. George Kefalos
 Mr. & Mrs. Steven Kefalos
 Dr. & Mrs. Georgios Kitsios
 Mrs. Mary Kleissas
 Mr. & Mrs. Nicholas Kleissas
 Mr. Peter Kolios
 Mr. Konstantinos Koromvokis
 Mrs. Estair Kotsagrelas
 Ms. Michelle Marie Kotsagrelas
 Mr. Chris T. Kouklis
 Mr. & Mrs. William Kozy

Ms. Christine Krelis
 Ms. Georgia Krelis
 Mr. Peter Krelis
 Mr. & Mrs. John Kristian
 Mr. James S. Kukunas
 Mr. & Mrs. James T. Kukunas
 Dr. Paul Kukunas
 Dr. & Mrs. Steve Kukunas
 Dr. & Mrs. James Kyros
 Mr. Dean Langan
 Mr. & Mrs. Louis Langan
 Ms. Maria Langan
 Mr. & Mrs. Emmanuel Lardas
 Mr. & Mrs. Kemon Lardas
 Mr. & Mrs. Kleanthis Lardas
 Mr. & Mrs. Nicholas D. Lardas
 Mr. & Mrs. Michael Leombruno
 Mr. Richard Lepidi
 Mrs. Lucia Leventis
 Mr. & Mrs. Peter Leventopoulos
 Mr. & Mrs. David Levine
 Mr. & Mrs. Michael Lewis
 Mr. & Mrs. Stephen Lipecky
 Dr. & Mrs. Robert Lykos
 Mr. & Mrs. James D. Machin
 Mr. James L. Machin
 Mr. & Mrs. Spero Maginas
 Ms. Karen Malobicky
 Mrs. Kay Mandalakas
 Mr. & Mrs. George Mandros
 Mrs. Eugenia Manganas
 Ms. Electra Markopoulos
 Mr. Gregory Markopoulos
 Ms. Valerie Mastandrea
 Mrs. Helen Mastro
 Mr. Kostas J. Mastro
 Ms. Alisa Mathews
 Mr. & Mrs. Dimitrios Mavrogeorgis
 Mr. & Mrs. John McCann
 Drs. Thomas & Dana McClure
 Mr. and Mrs. Tom McGuire
 Mrs. Patricia McKee
 Mr. & Mrs. Christos S. Melacrinis
 Mrs. Antigone Mellas
 Mr. & Mrs. William Michaels
 Dr. & Mrs. George Michalopoulos
 Mr. & Mrs. Chad Miller
 Mr. & Mrs. Eric Mitchell
 Mr. & Mrs. Milton Moratis

STEWARDSHIP, Con't

2020 St. Nicholas Greek Orthodox Cathedral Stewards 03/17/2020

Dr. & Mrs. Jose Moreno
 Mrs. Beulah Mougianis
 Mr. & Mrs. Robert Panagoulas
 Ms. Catherine Pandeladis
 Mrs. Georgia Pandeladis
 Mr. & Mrs. John N. Panos
 Mr. & Mrs. Constantinos Panousis
 Mr. & Mrs. Dean Pantages
 Dr. & Mrs. Spiro Papas
 Mr. John C. Paras
 Mrs. Lillian Grace Paras
 Mr. Van Paras
 Mr. Kenneth Parks
 Mr. & Mrs. Dean Paul
 Mr. & Mrs. Robert Pease
 Ms. Anna Pedos
 Mrs. Astrid Peponidis
 Mr. & Mrs. Jake Persinger
 Mrs. Stamatia Peters
 Mr. & Mrs. John Peterson
 Mrs. Toulia Peterson
 Ms. Constance Petros
 Mr. Thomas Plakidas
 Mrs. Vera Poland
 Mrs. Barbara Polimus

Mrs. Esther Rafaloski
 Mr. & Mrs. Eugene Rakoczy
 Mr. & Mrs. Michael Rodites
 Mr. & Mrs. Nikolaos Sahinidis
 Mr. & Mrs. Nikolaos Sarioglou
 Mrs. Angela Sfamenos
 Mr. & Mrs. George Sockos
 Mr. & Mrs. James Stamatelos
 Mr. & Mrs. Constantine Stamoolis
 Mr. & Mrs. James Stathopoulos
 Mr. & Mrs. Pat Stauch
 Mrs. Argie Stuart
 Mr. & Mrs. Robert Swisher
 Ms. Evangeline Theodoridis
 Mrs. Kay Thimoleas
 Mr. & Mrs. Stephen A. Thomas
 Dr. & Mrs. Anastasios Tousimis
 Mr. & Mrs. Andreas Tsourekis
 Mr. Sotirios Tsourekis
 Mr. & Mrs. Peter Tsudis
 Mrs. Joanna Tzortzis

Ms Mary Vasilakis
 Mrs. Panagiota Vasilakis
 Mr. & Mrs. John Velisaris
 Mr. & Mrs. Perry Velisaris
 Mrs. Angela Vergos
 Ms. Elaine Vitsas
 Mr. John Vitsas
 Mrs. Frances Vlahos
 Mrs. Tsambika Vlahoulis
 Mr. & Mrs. Harry Vrahas
 Mrs. Helen Waskoskie
 Mr. & Mrs. Jason Welch
 Mr. & Mrs. Scott Whipple
 Dr. & Mrs. Karl Smyrnes-Williams
 Mr. & Mrs. Gus Xilas
 Dr. & Mrs. Leo Yannopoulos
 Mr. & Mrs. Peter Yannopoulos
 Mr. & Mrs. Anthony Zaras
 Dr. Katerina Zavaras
 Mr. Joseph Konzier & Mrs. Renee Zavitsanos
 Mr. & Mrs. Demetri Zervoudis
 Mrs. Dorothea Zikos⁺
 Mrs. Sophia Zozos

If you don't see your name, we do not have a

STEWARDSHIP CARD recorded for you.

Many of you have been contributing, but **PLEASE** complete a
 Stewardship Card or call the church office (412-682-3866) to rectify.



Photos from the last
basketball tournament at
Holy Cross

" Congratulations ot the
Senior Boys on winning the
championship.
Thank you to all the coach-
es, parents and Chaperones
for making this a great sea-
son and look forward for
next year."



GOYA NEWS, Con't

"THANK YOU to all Parents, Coaches and Chaperones that helped make basketball season a huge success this year. Here is a recap of how our teams finished this season:

Junior Girls- 2nd place, 2nd place,
Senior Girls- 5th place, 5th place,
Junior Boys- 5th place, 3rd place
Senior Boys- 2nd place, 1st place, 1st place

Just as we finished Basketball season we had a quick 2 week turnaround and we were honored to Host a Volleyball Tournament at our church on Saturday March 7th 2020.

Thank you to all the Parishes that participated- Holy Cross Pittsburgh, All Saints Canonsburg, Saint Paul North Royalton, Saint Demetrios Warren and Kimisis Tis Theotokou Aliquippa.

Our senior team finished in 2nd place and our Junior team finished in 3rd place.

We want to Thank especially Nick Lardas from Niko Contracting for donating the use of Scaffolding for the referees to stand on. Thank you to Ed Guminski for donating his time as a referee at our tournament. Thank you to John Dakis for cooking and preparing all the food at our tournament. Thank you to everyone from the parish that donated pastries, prepared salads and helped serve lunch. Thank you to all that helped during the games with score keeping and line judging. Thank you to Parish council for all their support. Thank you to our GOYA families for making this a wonderful tournament.

All GOYA activities have been cancelled during this Corona Virus Pandemic, We will resume again until Health Officials have cleared all "mass gatherings" safe to conduct again. We are praying for the safety and well being of everyone in this time in need."



St. Nicholas Greek School



Elias ("E") Kazas

Even though St. Nicholas Greek School has closed its doors and events are cancelled, work continues. An alternative to in-person classes is being done. Adult classes continue with Toulia Protopapa at the same time as they would normally attend in person by use of Skype--Beginners on Tuesday, Intermediates on Wednesday, and Advanced on Thursday. Children classes will also be resuming under the same format to the one used by the adult classes or a similar one. In addition, children are also continuing to use "Rebooting Greek" at home.

Even though the beautiful Salutations to our Most Holy Theotokos Services have been disrupted in the usual manner until the Corona virus has passed, we thank the children who prepared to read this year—Marianna Christou, Evan and Michael Chrysanthis, Konstandinos Karamalides, Yanna and Christos Mavrogeorgis, Mary Sider-Rose, Mia Velisaris. We also thank Julianna Chrysanthis and Deacon Robert who chanted the prayers on the first week.

Students are also continuing to prepare for the international proficiency exams, "Ellinomatheas." The exams are postponed by the Centre for Greek Language in Thessaloniki, Greece until November, but the registration deadline remained at March 22. Those exams are normally taken in May.

All the St. Nicholas Greek School children have been praying for little Elias Kazas and we are asking everyone to pray for him and his family. We all know that many miracles have happened and continue to happen through prayer. Please read the attachment about little Elias and his family and if you can offer some monetary assistance directly to the family, that would be appreciated.

As we are in the midst of Great Lent and the world is at a standstill with the pandemic, we pray that Panaghia shelters and guides all of us.

Some of you may already know about the medical situation regarding Elias Kazas, who was diagnosed with an inoperable malignant brain tumor in January 2019, when he was 11 years old.

On his twelfth birthday, he had the first of several biopsies. The second biopsy, conducted at St. Jude Children's Research Hospital, showed that the cancer is a rare form which usually affects adults (approximately 300 cases per year in the USA). To complicate matters, his type of cancer also has 2 mutations – making it even more rare (30 cases).

Little E or "E" has had radiation treatment at St. Jude's and is currently undergoing chemo (2 treatments every day, along with 2 anti-nausea drugs) in western PA through a partnership with St. Jude's and Children's Hospital of Pittsburgh (amazing places with amazing people who do amazing things).

With God's grace and mercy, he celebrated his 13th B-Day in January 2020!

"E" lives in Beaver, PA (outside of Pittsburgh) with his parents, Silvia and George. He has an older brother Peter (19) who is a freshman at Chatham University and an older sister Elena (17) who is a junior at Beaver Area High School.

"E" has many interests, foremost among them is serving in the altar in his home parish of Kimisis Tis Theotokou in Aliquippa, PA. Nicknamed "the Hellenic Warrior", due to his fighting spirit, he also has a passion for all things "Greek" especially visiting his family in Kalamata, Greece where he chose to go on a trip sponsored by the Make a Wish Foundation.

"E" also loves the game of basketball – especially playing in tournaments with his GOYA friends! □

We ask for and thank you for your prayers for Elias, his family and friends – and his medical Team.

And if you would like, please send donations to his parents:

Silvia and George Kazas
605 Midway Drive
Beaver, PA 15009



A GOOD WORD—Λόγον Αγαθόν

MONTHLY NEWSLETTER OF THE
GREEK ORTHODOX METROPOLIS OF PITTSBURGH

ISSUE 30 -- APRIL 2020



HIS EMINENCE'S PASTORAL MESSAGE REGARDING THE PANDEMIC

We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken, struck down, but not destroyed— always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. (St. Paul's 2nd Letter to the Corinthians, 4:8-10.)

These words of the Holy Apostle Paul speak as forcefully to the Church throughout the world today as they did to the Christian community at Corinth to which they were initially addressed two thousand years ago. The specific trials may differ across time and cultures, but the challenges they present must be borne not with complaint and self-pity, but in a manner consonant with our life in the Lord Jesus. In our time we find ourselves confronted with a disease that threatens not only our lives but our manner of living. While we are tempted to focus on the affect the change in life has on each of us personally, our identity as a Christian community also requires us to consider more highly the needs of others rather than ourselves – in the words once again of Saint Paul, we are called to “Bear one another's burdens, and so fulfill the law of Christ.” (Gal 6:2)

It is in this spirit of bearing the burdens of those at greatest risk to the current disease – the elderly, immunocompromised, those with respiratory conditions or diseases, and those who are unaware of potential complications – that we have been called in recent days to limit our interactions with others, in order to safeguard those in need around us. The need to self-limit has increased with our developing understanding of the present strain of coronavirus and the manner of its spreading. We are called to respond as the Body of Christ in a way that will protect the most vulnerable while remaining faithful to our identity as a community of prayer.

RESOURCES FOR PRAYER, WORSHIP

- Spend time at the appropriate moments to participate via video in the services. If your parish does not broadcast its services, you can find other options at <https://www.goarch.org/live-broadcasts>



- Those with newer AppleTV devices, Roku, or Amazon Fire can find the Archdiocesan channel: <https://www.goarch.org/tv>



- Utilize the Archdiocesan Online Chapel for texts of services, daily readings, and lives of the Saints: <https://www.goarch.org/chapel>

- Utilize the various service texts available on AGES Initiatives <http://www.agesinitiatives.com/dcs/public/dcs/servicesindex.html>, singing or reading the hymns. (Replace the litanies of petitions by saying “Lord, have mercy” three times, and replace the Priest's exclamations or blessings with “Through the prayers of our holy fathers, Lord Jesus Christ our God have mercy on us and save us. Amen.”)



- There are many edifying bible studies and educational podcasts available via Ancient Faith Ministries (<https://www.ancientfaith.com/>) or Orthodox Christian Network (<http://myocn.net/>)



SUPPORT HIS EMINENCE AND THE METROPOLIS MINISTRIES

It costs approximately \$1,000 per day to operate our Metropolis—including Metropolitan Savas's pastoral visitations, preparations for Summer Camp and GOYA retreats, our vital registry (tracking marriages, baptisms, chrismations, and deaths), and more. Please consider sponsoring a day in the life of the Metropolis. To contribute, visit <https://pittsburgh.goarch.org/support>

Metropolis Newsletter, Con't



METROPOLIS AND PARISH OPERATIONS

His Eminence is cancelling his public appearances until further notice. Those who have been scheduled for visitations after March 31 will be informed by Archdeacon Ryan Gzikowski about the status of the visits.

The offices of the Metropolis of Pittsburgh will be officially closed effective immediately. Individual staff members can be contacted at their appropriate email addresses, which can be found at <https://pittsburgh.goarch.org/metropolis-staff>. Keep in mind that while the offices are closed, there will be limited

access to mail, telephone, and office voicemail. The most effective means of communication is via email. We ask everyone to be patient as we attempt to maintain essential functionality under these conditions.

Non-essential gatherings (coffee hour, social activities, etc.) will be discontinued in all parishes. Classes and meetings (catechism, parish council and philoptochos, retreats) should be transitioned to videoconference. The guidelines promulgated by the respective states should be observed, especially with respect to fundraising activities of the parishes (like luncheons or fish fries).

Church services may continue as scheduled within our parishes, but the parishioners are directed to participate via the internet. A minimum compliment should be present at the parish (no more than 5 persons including the priest, all of whom should be physically healthy and at low risk for the disease, who will participate at the invitation of the priest). Those unable to participate via live streaming are encouraged to utilize other resources available to the faithful (see below). Those clergy, cantors, and parish leaders who fall within the higher risk groups (older than 65; having long-term respiratory conditions; being immunocompromised or living with the immunocompromised; etc.) must remain home.

BENEFACTORS OF THE HOLY METROPOLIS OF PITTSBURGH

We offer our apologies to Archon Nick & Kathy Lekas for failing to include their names in the 2019 Benefactors list.

MAJOR EVENT UPDATES (CLERGY-LAITY, ST PHOTIOS, ETC.)

Please "stay tuned" for official updates regarding major Metropolis events (Summer Camp, St. Photios Banquet, etc.) and Archdiocesan events (Clergy-Laity Congress). While there are many updates coming from multiple sources (federal, state, county, and local government and government agencies; health agencies like the WHO and CDC; ecclesial bodies like the Ecumenical Patriarchate and the Archdiocese), **please wait for confirmation from the Metropolis regarding anything affecting parish life.**

In the meantime, our dedicated volunteers are working hard to plan the upcoming events, and will continue to prepare for them to run successfully. If they need to be postponed or cancelled, then we will shift gears. Thank you for your patience and understanding!

GREEK ORTHODOX METROPOLIS OF PITTSBURGH

5201 Ellsworth Avenue, Pittsburgh, PA 15232 - <http://pittsburgh.goarch.org> - info@pittsburgh.goarch.org
412-621-5529 (Main) - 412-465-0460 (Camp) - 412-621-8543 (Youth) - 412-621-1522 (Fax)

His Eminence Metropolitan SAVAS of Pittsburgh, Presiding Hierarch

Fr. George Callos, Chancellor
Pres. Eileen Sedor, Receptionist
Marina Papafil, Camp Ministries Coordinator

ADn. Ryan Gzikowski, Asst. to Metropolitan & Registrar
Rhea Ballas, Youth & Young Adult Ministries Director
Maria Stamoolis, Director of Greek Education and Culture
Stacey Stathulis, Stewardship Ministries Coordinator

APRIL 2020

PLEASE NOTE: CANCELLATIONS AND LIMITATIONS ON THE NUMBER OF WORSHIPERS AT SERVICES DUE TO THE CONTINUING HEALTH CRISIS ARE DEFINITELY POSSIBLE. We will make every effort to keep you informed. The church office will always have the most up-to-date information.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
| | | | 1 | 2 | 3 Akathist Hymn 7:00 pm | 4 |
| 5 Sunday of Saint Mary of Egypt Orthros, 8:30 am Divine Liturgy, 10 am | 6 | 7 | 8 | 9 | 10 | 11 Lazarus Satur- day Orthros 9 am Divine Liturgy 10 am |
| 12 Palm Sunday Orthros, 8:30 am Divine Liturgy, 10 am 1 st Bridegroom Service 7 pm | 13 Holy Monday 2 nd Bridegroom Service 7:00 pm | 14 Holy Tuesday 3 rd Bridegroom Service 7:00 pm | 15 Holy Wednes- day Holy Unction & Anointing 5:00 pm | 16 Holy Thursday Vespers Divine Liturgy 9:30 am [Mystical (Last) Supper] 12 Gospels Service 6:30 pm | 17 Great & Holy Friday Royal Hours 9 am Apokathelosis Vespers 1:30 pm Lamentations 7:00 pm | 18 GREAT & HO- LY SATURDAY Vespers Divine Liturgy 9:30 am Vigil Service 10:45 pm Resurrection Service & Pas- chal Liturgy 11:45 pm |
| 19 GREAT & HOLY PASCHA Vespers of Agape, 1 pm | 20 Parish Coun- cil Meeting 7 pm | 21 | 22 | 23 St. George the Greatmartyr Orthros 9 am Divine Liturgy 10 am | 24 | 25 |
| 26 Thomas Sunday Orthros, 8:30 am Divine Liturgy, 10 am | 27 | 28 | 29 | 30 | | |

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

Non-profit Org.
U.S. Postage Paid
Pittsburgh, PA
Permit No 287



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

In the Heart of the Strip District
2020 Penn Ave. Pittsburgh, PA 15222



www.stamoolisbros.com