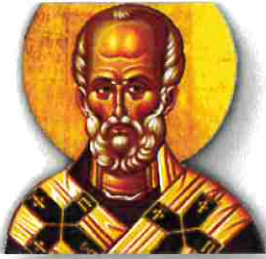


SEPTEMBER 18, 2022 – Sunday after the Elevation of the Cross

Ss. Eumenios the Wonderworker, Bishop of Gortyna and the Holy Martyrs Sophia, Irene, Adriadne, and Castor

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: Amy Hogg

CHANTER: Steve Andrews

CHOIR DIRECTOR: Steve Andrews

ORGANIST: Roseanne Yu

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

Our Sunday worship schedule: Sept 11 – May 31: Orthros 8:45 a.m. & Divine Liturgy 10:00 a.m.

WELCOME, VISITORS! You are honored guests here at St. Nicholas Cathedral and welcome at all our services. We invite you to receive the Holy Eucharist (Communion) if you are an Orthodox Christian who has prepared yourself through fasting, prayer, and confession. If you are not Orthodox, or are Orthodox but have not prepared, we respectfully invite you instead to come forward at the end of the service for a blessing by the priest and a piece of blessed bread (antidoron).

Our Mission & Vision Statements

The **MISSION** of St. Nicholas Greek Orthodox Cathedral is to Proclaim the Gospel of Jesus Christ in a Spirit of Unity and Love for All through Worship, Service, Education, Fellowship and Outreach.

Our **VISION** is to be a Welcoming and Growing Parish, Striving to Live the New Life in Christ according to the Teachings and Traditions of the Greek Orthodox Faith.

Watch Sunday services, which are still 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>

OUR DEEPEST CONDOLENCES TO the families of *Kalliope "Popie" Frentzos* who passed away on Friday September 9, 2022. Her funeral was on Tuesday, September 13, 2022, and *Alexandra Fatandas* who passed away on Sunday September 11, 2022. Her funeral will be on Monday, September 19, 2022, at Ball Funeral Home 600 Dunster Street Pittsburgh, PA 15226. Visitation 4:00 p.m. - 6:00 p.m. with funeral to follow at 6:00 p.m.

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

TODAY: CHURCH SCHOOL BEGINS

GOYA Meeting

THIS WEEK AT ST. NICHOLAS

- Monday, Sept. 19, 2022 Parish Council Meeting 7:00 p.m.
- Saturday, Sept. 24, 2022 GREEK SCHOOL 10:00 a.m.

SEPTEMBER 18, 2022 – Sunday after the Elevation of the Cross

Ss. Eumenios the Wonderworker, Bishop of Gortyna and the Holy Martyrs Sophia, Irene, Adriadne, and Castor

Tone 5

Orthros Gospel 3

TODAY'S SPECIAL HYMNS:

At the Small Entrance, first we chant the anthem for the Holy Cross:

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα. Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

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 reenter the altar, we hear the Resurrection hymn in Tone 6 (Plagal 2nd):

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεώτας, 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]

After the Anthem for the Cross is repeated, we hear the Apolytikion for our Patron, 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 Holy Cross:

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ τοὺς οἰκτιρμοὺς σου δώρησαι, Χριστέ ὁ Θεός· εὐφρανὼν ἐν τῇ δυνάμει σου τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμίων· τὴν συμμαχίαν ἔχοιεν τὴν σὴν, ὅπλον εἰρήνης, ἀήττητον τρόπαιον.

You who were lifted on the cross voluntarily, O Christ our God, bestow Your tender compassions upon Your new community to which You gave Your name. Cause our faithful emperors to be glad in Your power, granting them the victories against their adversaries. And for an ally, Lord, may they have Your peace as their armor, the trophy invincible. [SD]

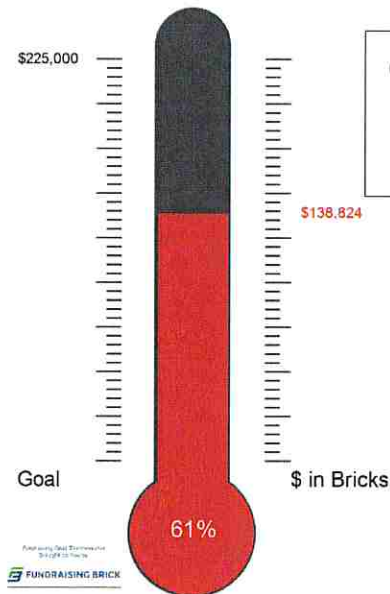
TODAY'S EPISTLE READING – GALATIANS 2:16-20. Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. [RSV]

TODAY'S GOSPEL READING – MARK 8:34-38; 9:1. The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power." [RSV]

2022 Stewardship Pledge Cards are in the Narthex
(Just ask a member of Parish Council)

If you have already submitted your 2022 Stewardship Commitment, THANK YOU! If not, please take the time to make 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!!



<u>2022</u>	<u>STEWARDSHIP</u>
Total Stewards	269 (GOAL 300)
Total Pledged	\$138,824.00 GOAL (\$225,000.00)
Avg. Pledge	\$730.65

GOYA NEWS

As our first fundraiser for the 2022-23 GOYA season we will be hosting a **Car Wash on Sept. 25th after church.**

We will be re-selling tickets in church on the 18th. Looking forward to seeing you all there.

CHOIR NEWS

The choir 2022/2023 season is about to commence. We cordially welcome all of you to come and join our choir family, sing those beautiful praises to our Lord and assist our congregation in their spiritual journey!! There is a choir book waiting for you!!

YOUTH SAFETY WORKERS

Who is considered a Youth Safety Worker?

- **All Clergymen (Bishops/Priests/Deacons, both Active & Retired)**
- **Pastoral Assistants & Youth Directors**
- **People assisting, in any ministry, where the participants are under 18 years of age or in high school, whichever is later.**
 - **Including Parish Youth Safety Administrators, Church School Teachers, Dance Directors, Greek School Teachers, Youth Advisors (including Chaperones & Drivers)**
 - **Even... Parents who occasionally help-out, but are alone with other people's children.**

Each Youth Safety Worker is required to register yearly with the church and will be available through the church office soon.

Those interested in becoming a Youth Safety Worker and have not started the process or need to determine what documentation you need to complete, please contact Taki Darakos, edarakos@aol.com, 412-944-4961.



From the Church School Desk:

"The Orthodox Christian Church: Your Spiritual Home"

TODAY, the bells will start to ring again for the beginning of Church School with an Agiasmo Service (Blessings of the Water)!

This year's Church School theme is "**The Orthodox Christian Church: Your Spiritual Home.**"

Every week your child is encouraged to bring "a donation" to Church School (this will help them learn the lesson of "stewardship," including their TIME, Talent and treasure), plus, be assigned homework: Do something nice for someone!

Please take the time to look over the attached 2022-2023 Church School Calendar, fill out the registration form (and bring it on or before the 18th) and volunteer **your** time, talent and treasure to help **our** children.

I would like to thank the parents in advance for sharing your children with us every Sunday! But, what can you do to help? You can help our Church School program, in the final analysis, your child, by bringing him/her every Sunday. Encourage your child to tell you about the lesson taught for the day, as well as, the craft brought home. Pray with your child. (Each lesson should begin and end with Prayer.) Attend worship services together as a **family**; Divine Liturgy starts at 10:00 a.m.

Yours in Christ,

Miss Michelle

Church School Schedule 2022-2023

Sunday, September 18, 2022		Church School Begins
Sunday, November 27, 2022	No Classroom Attendance	Thanksgiving Break
Sunday, December 11, 2022		St. Nicholas Bazaar
Sunday, December 18, 2022		Christmas Pageant
Sunday, December 25, 2022	No Classroom Attendance	Christmas Break
Sunday, January 1, 2023	No Classroom Attendance	Christmas Break
Sunday, January 8, 2023		Church School Resumes & Vasilopita Cutting
Sunday, March 5, 2023	Participation in Procession	Sunday of Orthodoxy
Sunday, March 19, 2023		Godparent/Parent Sunday
Saturday, April 8, 2023	Saturday of Lazarus	Communion Breakfast/Making of Palm Crosses
Sunday, April 9, 2023	Classroom Attendance	Palm Sunday
Sunday, April 16, 2023	No Classroom Attendance	Easter Sunday
Sunday, May 7, 2023	No Classroom Attendance	Food Festival
Sunday, May 21, 2023		Commencement

**Registration Form
St. Nicholas Greek Orthodox Cathedral
Church School**

Parent's Names

Address

Phone Numbers

Home _____

Work _____

Cell _____

E-mail _____

Children	Grade	Birthday	Nameday	Allergies
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May we call you to volunteer for one of our projects?

Substitute Teacher _____

Oratorical Festival _____

St. Nicholas Bazaar _____

Communion Breakfast _____

Christmas Pageant _____

Easter Egg Hunt _____

Snacks _____

Outreach Projects _____

Thanks for sharing your children with us every Sunday!

Cathedral Ceiling Damage Update, September 13

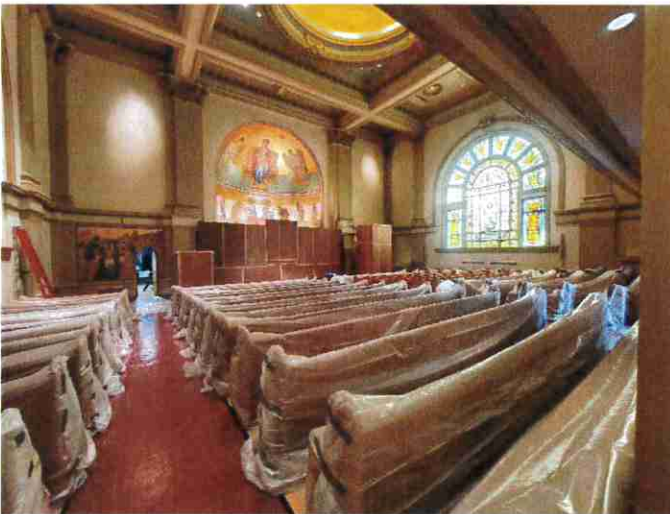
The repair project has started! On Monday, crews from NIKO Contracting Co. started the work to protect the numerous fragile surfaces in the church. Below are some pictures from this week's work to date. The stained-glass windows will also be covered. This work is being done to provide an extra level of protection to our architectural and sacred items. The wall-to-wall scaffolding is intended to catch the falling plaster chunks, but we are preparing for the worse.



Protective covering over altar screen, Bishop's Throne and marble floor



Protection over carpet, Baptismal font, carpet. Nektarios Icon removed from church



Pews wrapped. Scaffolding will stand between pews.



Choir loft covered

Last week, Parish Council decided to proceed with the first two steps of the project: protecting the contents of the church and erecting the scaffolding. We still have not received the full engineering report from Wiss, Janney, Elstner & Associates (WJE) as desired, but they have been providing repair procedures, drawings, and cost and schedule estimates piecemeal. This has given us enough confidence that the first two steps are not going to change. Plus, WJE did commit to their damage inspection service in late September, after the scaffolding is erected. (Ironically, WJE is very busy with the restoration project now happening at Heinz Chapel.)

Erection of the scaffolding will start Tuesday, September 20 and take the rest of the week. Additional protection will be completed after the scaffolding is set-up.

Based on the information currently known, we estimate the total repair cost to be about \$400,000. However, the actual cost will depend on how large the required repair area will be and the specifics of the repair procedures. Our parish has the funds available for these first two steps from the balance in the Building Fund and the 2021 Foundation Fund income. Beyond that, we are exploring other financing options including obtaining a mortgage or other loan, fundraising, and principal withdrawals from the Foundation Fund. We would deeply appreciate donations toward this repair project. This was an unforeseen event, but an event that that our community can overcome. Between the parish's current financial resources and the generosity of our parishioners, we can accomplish the repair and end up with a better facility than we had before.

Progress of the repair project will be reported frequently. If you would like more detail on the repair effort, feel free to ask Vic Bertolina, Jim Machin, or Van Paras during any coffee hour.

Parish Council

The information below was part of the last update notice and is included for your reference.

Cause of the problem - In our discussion with the engineering firm, the plaster had slow growing cracks emanating from ceiling cutouts, such as lights and ducts, that separated the plaster from the underlying lath board. They have seen this failure before in buildings of this vintage (120 years old).

Steps for the restoration - From the above discussions and discussions with other contractors, this is the current expectation of how the repair work will proceed.

1. Protect all items in the church that could be damaged by a falling chunk of plaster including the Bishop's Throne, altar screen, pulpit, and stained-glass windows.
2. Erect scaffolding under the entire ceiling to provide access for testing and repair
3. Test the structural integrity of the plaster across the entire ceiling.
 - If an area has a good bond, install mechanical supports to prevent future problems
 - If an area has cracked away from the lath board, remove the damaged plaster
4. Replaster both the area that has fallen and areas where cracked plaster was removed. Several coats of plaster will be required. The newly plastered areas will use modern steel lath panels which provides much better structural support than the old wood lath boards.
5. Paint the ceiling
6. Remove scaffolding and all protective enclosures and coverings.
7. Clean dust from the entire church.

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



Ukrainian Relief Dinner & Prayer Service

Sunday, September 25, 2022 | Service 4:00 PM • Dinner 5:00 PM

ST. NICHOLAS GREEK ORTHODOX CATHEDRAL

419 South Dithridge St. • Pittsburgh (Oakland) 15213

LED BY OUR BELOVED HIERARCHS

Metropolitan SAVAS, Greek Orthodox Archdiocese of America

Metropolitan GREGORY of Nyssa, Carpatho-Russian Orthodox Church of the USA

Archbishop MELCHISEDEK, Orthodox Church in America

Archbishop DANIEL, Ukrainian Orthodox Church of the USA

Bishop THOMAS, Antiochian Orthodox Christian Archdiocese of North America

Bishop IRINEJ, Serbian Orthodox Church in North & South America

Tickets \$50 • RSVP By September 20, 2022 • Net proceeds will benefit IOCC's Ukraine Crisis Response

SPONSORSHIPS AVAILABLE

Grand Benefactor \$10,000 • Benefactor \$5,000 • Humanitarian \$2,500 • Patron \$500 • Friend \$250

Register online at ioccc.org/pittsburgh

Or contact Zelfa 412-417-4706/zkhalil1@live.com,
Vera 412-833-0839, or Mary Ann 724-263-5605.

Make checks payable to IOCC with "Ukraine Relief" in memo.
Mail to IOCC c/o Nick Terezis, 306 Marberry Drive, Pittsburgh, PA 15215.

Tickets held at door, not mailed. Tables for groups of 8 only.
For info or to volunteer call Zelfa 412-417-4706.



ED GAINNEY
MAYOR



LEE SCHMIDT
DIRECTOR

CITY OF PITTSBURGH
OFFICE OF SPECIAL EVENTS
CITY-COUNTY BUILDING

Dear Pastor:

On Sunday, September 25, 2022, the Pittsburgh community will cheer on family and friends during the 45th running of the Richard S. Caliguiri City of Pittsburgh Great Race 10K Run and 5K Run and Fitness Walk. Over the past years, your congregation has been considerate in cooperating with our nationally recognized event, which now attracts a combination of over 16,500 runners & walkers. Our separate 5K and 10K events will start at 8:00 a.m. and 9:30 a.m.

It is my hope that we can depend on your congregation's continued patience and understanding with this temporary interruption of your regular Sunday schedule. We ask that you please remind your worshippers in advance of Sunday, September 25th, that parking is restricted on the race route beginning at 9:00 p.m. on Saturday evening, September 24th. "No Parking" signs will be posted along the course in advance of this event as a reminder.

Street closings for both the 10K and the 5K are divided into four separate zones. Zones C & D will be closed at 6:30 a.m. Zones A & B will close at 8:30 a.m. Each zone will re-open at different times. Please see the enclosed closure list for details on the road closures.

Thank you for your continued cooperation and support in helping our city to celebrate health and wellness!

Sincerely,

A handwritten signature in black ink, appearing to read "B. Katze".

Brian Katze
Special Events Manager / Great Race Director
Office of Special Events
City of Pittsburgh

ED GAINNEY
MAYOR



LEE SCHMIDT
DIRECTOR

CITY OF PITTSBURGH
OFFICE OF SPECIAL EVENTS
CITY-COUNTY BUILDING

The Great Race 10K/5K time-line is as follows:

ZONE A

Start Line at Beechwood Blvd. to Forbes and Morewood Avenues will close to traffic at 8:30 a.m. and open at approximately 10:00 a.m. on Sunday, September 25, 2022.

ZONE B

Forbes and Morewood Avenues to Fifth Avenue and Bigelow Blvd. will close to traffic at 8:30 a.m. and open at approximately 10:30 a.m. on Sunday, September 25, 2022.

ZONE C

Fifth Avenue and Bigelow Blvd. to Fifth Avenue & the Oakland ramp to Blvd. of the Allies will close to traffic at 6:30 a.m. and open at approximately 10:45 a.m. on Sunday, September 25, 2022.

ZONE D

Fifth Avenue & the Oakland ramp to Blvd. of the Allies to Commonwealth Blvd. and Liberty Ave. will close to traffic at 6:30 a.m. and open at approximately 11:00 a.m. on Sunday, September 25, 2022.

Emergency vehicles have permission to cross the race course until runners & walkers arrive and depart.

Thank you for your continued support in helping our truly one-of-a-kind city to celebrate family, friends, health & spirit.

SEPTEMBER, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE: ALL REGULARLY SCHEDULED WORSHIP SERVICES WILL TAKE PLACE IN THE CRYSTAL ROOM (SMALL HALL)						
18 Sunday after Holy Cross Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Church School begins	19 Parish Council Meeting 7:00 p.m.	20	21	22	23	24 Greek School 10:00 a.m.
25 1st Sunday of Luke 8:45 a.m. Divine Liturgy 10:00 a.m. IOCC Ukrainian Relief Dinner & Prayer Service 4:00 p.m. GOYA CAR WASH	26 Falling- asleep of John the Evangelist & Theologian Orthros 9:00 a.m. Divine Liturgy 10:00 a.m.	27	28	29	30	