

JANUARY 29, 2023 – 17th SUNDAY OF MATTHEW (the Canaanite Woman)

Transfer of Relics of Hieromartyr Ignatios the Godbearer; Righteous Ignatios and Nikandros of Sinai

Plagal Fourth (8th) Tone

Orthros Gospel 11



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>

TODAYS MEMORIAL & TRISAGION SERVICE is being chanted for the souls of the servants of God *Katherine Georgiades* (1 year) and *Magdalini Theodorakis Hnarakis* (41 years).

PLEASE JOIN US for coffee and fellowship following services in the Large Hall hosted by Parish Council and sponsored by the family of Katherine Georgiades.

THIS WEEK AT ST. NICHOLAS

- Monday, Jan 30, 2023: Synaxis of Three Hierarchs Orthros 9:00 a.m. Divine Liturgy 10:00 a.m.
- Tuesday, Jan 31, 2023: GOYA BOYS Basketball 7:00 p.m.
- Wednesday, Feb 1, 2023: GOYA GIRLS Basketball 7:00 p.m.
- Great Vespers for Ypapanti's Feastday, 6:30 p.m. in East Pittsburgh
- Thursday, Feb 2, 2023: Feastday: AT Presentation of Christ Church, East Pittsburgh
Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Lunch follows.
- Saturday, Feb 4, 2023: Greek School 10:00 a.m.
- Sunday, Feb 5, 2023: Memorial Services for Becky Vlahoulis (40 days) and Anna & Andreas Koumbaridou (2 years).

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Orthros Gospel 11

The first hymn chanted at the Small Entrance is the Resurrection Apolitikion in Tone 8:

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You. [SD]

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν.

Ἦ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

At the procession with the Gospel the usual Eisodikon (Entrance Hymn) is chanted: Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Alleluia. Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι Ἀλληλούϊα.

After the Entrance Hymn the Priest reenters the Sanctuary, and the Resurrection Apolitikion is chanted again, followed by the troparion for St. Ignatios:

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Ignatius. Intercede with Christ our God, beseeching Him to save our souls. Καὶ τρόπων μέτοχος, καὶ θρόνων διάδοχος, τῶν Ἀποστόλων γενόμενος, τὴν πρᾶξιν εὔρες Θεόπνευστε, εἰς θεωρίας ἐπίβασιν· διὰ τοῦτο τὸν λόγον τῆς ἀληθείας ὀρθοτομῶν, καὶ τῇ πίστει ἐνήθλησας μέχρις αἵματος, Ἱερομάρτυς Ἰγνάτιε. Πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Then, we hear the hymn of our Church's Patron Saint in Tone 4:

Κανόνα πίστεως καὶ εἰκόνα πραότητος, ἐγκρατείας Διδάσκαλον, ἀνέδειξέ σε τῇ ποιμένι σου, ἡ τῶν πραγμάτων ἀλήθεια· διὰ τοῦτο ἐκτίσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ πτωχείᾳ τὰ πλούσια, Πάτερ Ἱεράρχα Νικόλαε· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

The truth of things have revealed you to your flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause you have achieved the heights by humility, riches by poverty. O Father and Hierarch Nicholas, intercede with Christ God that our souls be saved.

Finally, the Kontakion in Tone 1 for the Feast of the Presentation is chanted:

Ὁ μήτραν παρθενικὴν ἀγίασας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεὼν εὐλόγησας ὡς ἔπρεπε, προφθάσας καὶ νὺν ἔσωσας ἡμᾶς Χριστέ ὁ Θεός. Ἀλλ' εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὓς ἠγάπησας, ὁ μόνος φιλόανθρωπος. Your birth sanctified a Virgin's womb and properly blessed the hands of Symeon. Having now come and saved us O Christ our God, give peace to Your commonwealth in troubled times and strengthen those in authority, whom You love, as only the loving One.

EPISTLE: 2 Corinthians 6: 16-18, 7:1. Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God. [RSV]

Ἀδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ Θεὸς ὅτι ἐνοικήσω ἐν αὐτοῖς καὶ ἐμπεριπατήσω, καὶ ἔσομαι αὐτῶν Θεός, καὶ αὐτοὶ ἔσονται μοι λαός. Διὸ ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει Κύριος, καὶ ἀκαθάρτου μὴ ἅπτεσθε, κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει Κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρίσωμεν ἑαυτοὺς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἀγιωσύνην ἐν φόβῳ Θεοῦ.

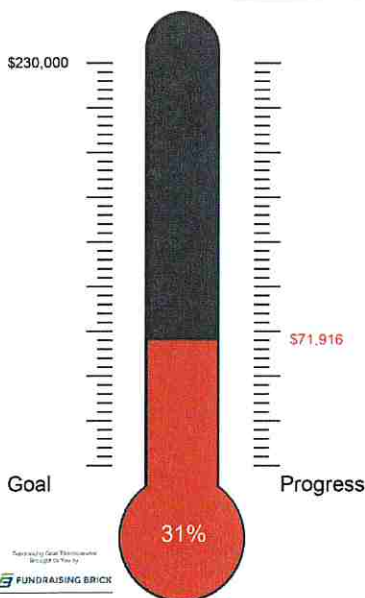
GOSPEL: MATTHEW 15:21-28: At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly. [RSV]

Τῷ καιρῷ ἐκείνῳ ἐξῆλθεν ὁ Ἰησοῦς εἰς τὰ μέρη Τύρου καὶ Σιδῶνος. καὶ ἰδοὺ γυνὴ Χαναanaία ἀπὸ τῶν ὁρίων ἐκείνων ἐξεληθοῦσα ἐκραύγασεν αὐτῷ λέγουσα· Ἐλέησόν με, Κύριε, υἱὲ Δαυὶδ· ἡ θυγάτηρ μου κακῶς δαιμονίζεται. ὁ δὲ οὐκ ἀπεκρίθη αὐτῇ λόγον. καὶ προσελθόντες οἱ μαθηταὶ αὐτοῦ ἠρώτουν αὐτὸν λέγοντες· Ἀπόλυσον αὐτήν, ὅτι κράζει ὀπισθεν ἡμῶν. ὁ δὲ ἀποκριθεὶς εἶπεν· Οὐκ ἀπεστάλην εἰ μὴ εἰς τὰ πρόβατα τὰ ἀπολωλότα οἴκου Ἰσραὴλ. ἡ δὲ ἐλθοῦσα προσεκύνησεν αὐτῷ λέγουσα· Κύριε, βοήθει μοι. ὁ δὲ ἀποκριθεὶς εἶπεν· Οὐκ ἔστι καλὸν λαβεῖν τὸν ἄρτον τῶν τέκνων καὶ βαλεῖν τοῖς κυναρίοις. ἡ δὲ εἶπε· Ναί, Κύριε, καὶ γὰρ τὰ κυνάρια ἐσθίει ἀπὸ τῶν ψιχίων τῶν πιπτόντων ἀπὸ τῆς τραπέζης τῶν κυρίων αὐτῶν. τότε ἀποκριθεὶς ὁ Ἰησοῦς εἶπεν αὐτῇ· Ὡ γύναι, μεγάλη σου ἡ πίστις! γεννηθήτω σοι ὡς θέλεις. καὶ ἰάθη ἡ θυγάτηρ αὐτῆς ἀπὸ τῆς ὥρας ἐκείνης.

2023 Stewardship Pledge Cards are in the Narthex
(Just ask a member of Parish Council)

If you have already submitted your 2023 Stewardship Commitment, THANK YOU! If not, please take the time to mar 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!!



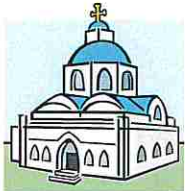
Giving Thanks,
Eucharistic
Stewardship

<u>2023</u>	<u>STEWARDSHIP</u>
Total Stewards	123 (GOAL 300)
Total Pledged	\$71,916.00 GOAL (\$230,000.00)
Avg. Pledge	\$773.29

Greek2Go Thank You

Thanks to everyone who helped at the Greek2Go last Saturday. The event was hugely successful!! The amount of help you provided was incredible and enabled us to fulfill a huge number of orders every hour without making the customer wait for their order. We took in over \$25,000 in sales, the largest ever, and most of this will be profit dedicated to the ceiling restoration.

**PARISH COUNCIL IS LOOKING FOR
ONE (1) ADDITIONAL MEMBER.
IF YOU ARE INTERESTED IN JOINING, PLEASE CONTACT
PARISH COUNCIL PRESIDENT,
MICHELLE KOTSAGRELOS
(MMK8317@HOTMAIL.COM OR 412.680.1416).**



From the Church School Desk!

The St. Nicholas Church School teachers and students want to wish our GOYANs (and Church School students) Good Luck at the GOYA Basketball Tournament at Annunciation Church (Akron, OH) this weekend!

Church School students in grades 7th–12th have the opportunity to learn more about their faith and participate in the St. Nicholas Oratorical Festival that will be held in March 2023. For more information, please contact Chairman Eve Elsen at 412-580-9415 or eve.m.elsen@gmail.com.

And thanks for sharing your children with us every Sunday.

Yours in Christ,
Miss Michelle

GOYA NEWS

Dear St. Nicholas Parishioners,

The GOYA is thrilled to be hosting a Metropolis Basketball Tournament at our church this year. We are hoping that you will consider placing an advertisement in our tournament book, to help support our youth. Given the escalating costs of hosting these tournaments, the Tournament Program Book contributes greatly to the essential revenue needed as part of our overall cost raising efforts.

The tournament will be held the weekend of February 17-19, 2023, and we are expecting over 500 people from across PA and OH to attend! The program book serves as a great way to advertise local businesses and recognize our GOYANS.

Enclosed you will find our submission form, which has all the information you need to place the ad. The deadline for advertisements is February 6th. If you have any questions or need additional information, please feel free to contact me at (412) 915-7838.

Thank you for your consideration and support!

Sincerely,

Maria Coutris

Pastitsio Sale - GOYA is selling their annual frozen 9 by 13 pans of Pastitsio for \$35.00. Please stop by the GOYA table to purchase. For Pastitsio pickups, call the church office or contact Alea Melacrinis Mavrogeorgis via text 412-726-5940. Please identify who you are in a detailed message. Checks can be made to St. Nicholas GOYA or cash is also acceptable.

TOURNAMENT PROGRAM BOOK SUBMISSION FORM

GOYA METROPOLIS BASKETBALL TOURNAMENT
FEBRUARY 17-19, 2023
HOSTED BY:

ST. NICHOLAS GREEK ORTHODOX CATHEDRAL
PITTSBURGH, PA

Please support our youth by placing an ad in the tournament book. Advertisements may include business as well as personal wishes to the groups and/or individual players.
Please check your choice below.

All ads are BLACK & WHITE, no color options:

_____ Centerfold	\$250.00
_____ Full Page (5 ½ X 8 ½)	\$150.00
_____ Half Page (5 ½ X 4 ¼)	\$100.00
_____ 1/4 Page (2 ¾ X 4 ¼)	\$60.00
_____ Line sponsor (maximum of 60 characters/line)	\$30.00

One photo may be included in FULL or HALF page ads (MUST BE .jpg format)
Additional photos are \$5.00 each.

Ads may be submitted in hard copy or through email by FEBRUARY 6th:

Maria Coutris
8551 Ivy Hill Drive #9
Poland, OH 44514

EMAIL: mvcoutris@gmail.com

Please make checks payable to: **St. Nicholas GOYA** (mail to address above)

If you have questions, please call: (412)915-7838

Name:

Address:

Phone number:

Email:

Thank you for your continued support!

Theophany & the Blessing of the Waters

“WHAT IS THEOPHANY?” Every year on January 5 & 6 we celebrate the great feastday of the Theophany of our Lord and Savior Jesus Christ. The Baptism of Christ in the River Jordan by St. John the Baptist presents us with a great mystery of God: “He who is the Master of all is baptized by a servant, and He gives mankind cleansing through water.”

“WHAT IS A HOUSE BLESSING?” In celebration of Theophany, Orthodox Christians invite Christ not only into their hearts, but also their homes. We call upon Him to bring the blessings and spiritual cleansing of the Jordan into our daily lives. We do this each year by having the priest bless our homes with the Holy Water from the service of Theophany, offering prayers for our health, our family, and the Lord’s abundant blessings in the coming year.

“WHAT DO I NEED TO DO?” When Fr. Christopher visits, please have ready: **1)** a list of names of your family members, **2)** an icon. He will begin the service in the dining room or in the area of your home where you keep your icons, and then he will ask you to guide him around the house so that he may sprinkle the Holy Water throughout it. During the service, please turn off televisions, radios, etc., and silence your cell phones, so that full concentration may be given to the service.

“WHAT ABOUT BUSINESSES?” You may also request a blessing for your office or business. What better way to offer thanks to the Lord for your livelihood which He provides and to ask for His continued blessings upon it?

BLESSING OF HOMES: After the Holy Water Service on January 6, Fr. Christopher will begin blessing the homes of our parish with holy water. This year he will be blessing homes by appointment from January 6 on.

IN ORDER TO HAVE YOUR HOUSE BLESSED, please fill out this form and return it to the church office. If you are mailing it, please address it to Fr. Christopher and mark it ATTN: HOUSE BLESSING. He will call you to schedule a time for your house blessing.

You may also call Father Bender at (724) 630-3483

Name: _____

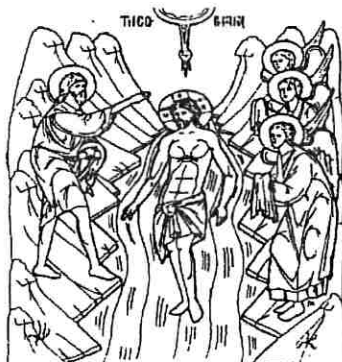
Telephone: _____

Address: _____

PREFERRED TIME OF VISIT: Morning

Afternoon

Evening



Cathedral Restoration Project

Donation and Pledge Form

Donor Name _____

Address _____

E-mail _____

Total Amount Pledged _____

Payment Options

Paid in Full _____

Initial Payment _____ Your plan for additional payments _____

Donations can be by check or made on-line with credit card. From the St. Nicholas web site, www.stnickspgh.org, go to the "Giving" tab and click the "Donate" pull-down. This will transfer you to the on-line giving form. Select Ceiling Fund on the Fund pull down menu.

A construction board with signatures of all donors will be installed as part of the new ceiling. All donor family members can sign it. The board will be available at the church from mid-November through the end of December.

Engraved commemorative pavers are also available at the sizes below. These pavers will be added to the granite circle in our green space. Please indicate if you are interested in a paver and you will be provided with additional information.

____ 8" x 4" Paver at \$1,250

____ 8" x 8" Paver at \$2,500

____ 12" x 12" Granite at \$5,000 (pieces that make up the center cross)

____ 42" x 15" Exterior Granite Ring at \$25,000 (pieces on either side of the Bible verse)

Food Festival Cooking, 2023

Food Festival Preparations. Some minor changes were made to the cooking schedule. We'll follow the cooking schedule with the February 1, 2023 revision date.

2023 Food festival Cooking Schedule, rev. February 1, 2023

February

Finikia	Saturday, February 11, 9:00 – 4:00pm
Pasta Flora	Sunday, Feb. 12, 12 noon to 4:00 Monday, February 13, 9:00 to 4:00
Pastitsio	Thursday, Friday and Saturday, Feb. 24, 25 and 26, 9:00 am – 4:00pm

March

Galatoboureko	Friday and Saturday, March 3 and 4, 9:00 am to 4:00 pm Sunday, March 5, 12 noon to 4:00
Baklava	Friday and Saturday, March 10 and 11, 9:00 am to 4:00 pm Sunday, March 12, 12 noon to 4:00
Kourambiethes	Saturday, March 18, 9:00 am to 4:00

April

Tiropita	Saturday, April 1, 9:00am to 12noon Sunday, April 2, 12 noon to 4:00
Diples	Tuesday, April 25, 9:00 am to 4:00 pm

Festival Dates: Sunday, May 7 to Saturday, May 13, 2023

JAN/FEB 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JAN 29 Sunday of the Canaanite Woman Orthros 8:45 a.m. Divine Liturgy 10:00 a.m.	30 Synaxis of Three Hierarchs Orthros 9:00 a.m. Divine Liturgy 10:00 a.m.	31 GOYA BOYS Basketball 7:00 p.m.	FEB 1 Great Vespers for Ypapanti's Feastday, 6:30 p.m. in East Pittsburgh GOYA GIRLS Basketball 7:00 p.m.	2 Feastday: AT Presentation of Christ (Ypapanti) Church, East Pittsburgh Orthros, 9:00 a.m., Divine Liturgy, 10 a.m. Lunch follows.	3	4 Greek School 10 a.m.
5 Sunday of Publican & Pharisee Orthros 8:45 am Divine Liturgy 10:00 a.m.	6	7 GOYA BOYS Basketball 7:00 p.m.	8 GOYA GIRLS Basketball 7:00 p.m.	9	10	11 Greek School 10 a.m.
12 Sunday of Prodigal Son Orthros 8:45 am Divine Liturgy 10:00 a.m.	13	14 GOYA BOYS Basketball 7:00 p.m.	15 GOYA GIRLS Basketball 7:00 p.m.	16	17	18 Greek School 10 a.m.
19 NOTE TIME CHANGES Last Judgement (Meatfare) Sunday Orthros 8:30 am Divine Liturgy 9:30 a.m.	20 Parish Council Meeting 6:30 p.m.	21	22	23	24	25 1st Saturday of the Souls Orthros 9 a.m., Divine Liturgy 10 a.m. Father will be available for Sacrament of Confession following services. Greek School 10 a.m.
Tournament participants all attend services and leave <i>first</i> at end						
Vlachokerasiotiko Apokreatiko Glendi (Dinner Dance) 6:00 pm. (Last day to eat meat before Lent.)						
26 Forgiveness Sunday Orthros 8:45 am Divine Liturgy 10:00 a.m. (Also called Cheesefare Sunday)	27 Καθαρά Δευτέρα – Clean Monday. GREAT LENT BEGINS. (STRICT FAST ALL WEEK.) Great Compline 6 p.m.	28	MARCH 1 Presanctified Liturgy 6 p.m.	2	3 First Salutations Service, 7 p.m.	4 2nd Saturday of the Souls Orthros 9 a.m. Divine Liturgy 10 am Greek School 10 am