

FEBRUARY 19, 2023 – MEATFARE SUNDAY

18TH SUNDAY OF LUKE – THE LAST JUDGMENT

The Holy Apostles Archippos, Philemon, and Apphia; the holy martyrs Maximus, Theodotos, Hesychios, and Asklepiodoti; our devout father Rabulas; our devout fathers and confessors Eugene, Makarios and Conon; and our devout mother Philothea of Athens.

Tone 3

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>

TODAY: GOYA BB Tournament Luncheon / Vlahokerasiotiko Dinner Dance 6:00 p.m.

THIS WEEK AT ST. NICHOLAS

- Monday, Feb. 20, 2023: Parish Council Meeting 6:30 p.m.
- Tuesday, Feb. 21, 2023: Philoptochos Board Meeting 6:30 p.m.
- Saturday, Feb. 25, 2023: 2nd Saturday of the Souls Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.
Greek School 10:00 a.m.
- Sunday, Feb. 26, 2023: General Assembly
Memorial Service for Semie Tsudis (40 days).

**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).**

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Tone 3	Orthros Gospel 3

A WARM WELCOME TO ALL OUR GUESTS, YOUNG AND OLD, WHO ARE WITH US FOR OUR GOYA BASKETBALL TOURNAMENT!

Never forget: On the court, you are divided into teams and compete against each other. But, here in Church, all those divisions disappear – because we are one body – the Body of Christ!

TODAY'S SPECIAL HYMNS AND READINGS

The first hymn we hear at the Small Entrance is the Resurrection Hymn in Tone 3:

Let the heavens sing for joy, and let everything on earth be glad. For with His arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy. [SD]

Then the usual Entrance Hymn is chanted by the clergy:

Come, let us worship and bow down before Christ. Save us, O Son of God, who did rise from the dead. We sing to You, Alleluia.

The Resurrection Hymn (above) is repeated, followed by that for our Patron Saint, Nicholas the Wonderworker:

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 proper to today's observance is heard:

When You come down to the earth, O God, in Your glory, all things will cower and tremble, and a river of fire will flow before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge. [GKD]

TODAY'S EPISTLE READING – I Corinthians 8:18; 9:1-2. Brethren, "all things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and the stomach for food"—and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by his power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So, glorify God in your body and in your spirit which belong to God. [RSV]

TODAY'S GOSPEL READING: Luke 15: 11-32. The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

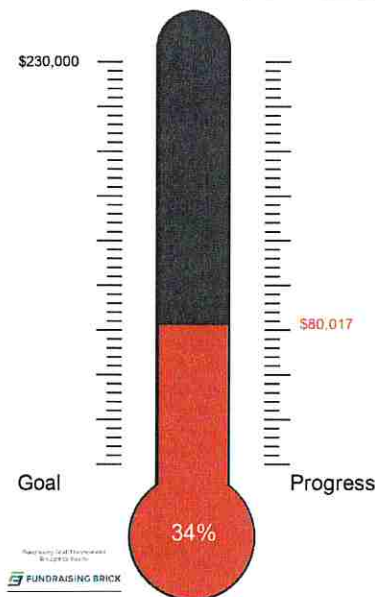
2023 Stewardship Pledge Cards are in the Narthex
(Just ask a member of Parish Council)

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

Giving Thanks,
**Eucharistic
 Stewardship**

<u>2023</u>	<u>STEWARDSHIP</u>
Total Stewards	147 (GOAL 300)
Total Pledged	\$80,017.00 GOAL (\$230,000.00)
Avg. Pledge	\$762.07



Food Festival Cooking, 2023

Almost half-way there! Join us for Pastitsio, our next big festival undertaking, next Friday and Saturday, February 24 and 25, 9:00 am to 4:00 pm. We've been on a roll...Let's keep up the momentum! The more the merrier!

Festival Dates: Sunday, May 7 thru Saturday, May 13

Pastitsio	Friday and Saturday, Feb. 24 and 25, 9:00 a.m. to 4:00 p.m.
	A Peek at March
Galatouboureko	Friday and Saturday, March 3 and 4, 9:00 am to 4:00 p.m. Sunday, March 5, 12 noon to 4:00 p.m.
Baklava	Friday and Saturday, March 10 and 11, 9:00 am to 4:00 pm Sunday, March 12, 12 noon to 4:00 p.m.
Kourambiethes	Saturday, March 18, 9:00 am to 4:00 p.m.

GOYA NEWS

Pastitsio Sale - GOYA is selling their annual frozen 9 by 13 pans of Pastitsio for \$35.00. For Pastitsio pickups, call the church office or contact Alea Melacrinou 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.



From the Church School Desk! WELCOME GOYAns!

Church School students in grades 7th–12th can 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.

Sunday, March 5, 2023, the Church School students will participate in the **Sunday of Orthodoxy Icon Procession** with their favorite icon!

St. Nicholas Greek Orthodox Cathedral's Church School Open House will be **Sunday, March 19, 2023**, where parents and grandparents attend Church School to see firsthand what their children are learning.

I appreciate the support from all of you and thanks for sharing your children with us every Sunday!

Yours in Christ,

Miss Michelle

Join Us for The Annual
Vlahokerasiotiki
Makaronada Dinner & Dance

Sunday, February 19th

St. Nicholas Greek Orthodox Cathedral
419 S. Dithridge Street

Dinner Followed by Music

Cocktails 6:00 p.m.

Dinner 7:00 p.m.

Adults — \$35.00

Children 12 and under — \$15.00

Children 3 and under — Free

Pan of Makaronia To Go — \$20.00

***All proceeds will be matched by the Society and donated to the
St. Nicholas Cathedral ceiling restoration fund!***

For reservations, please contact Nikki Velisaris Lykos by February 12th
phone: 412-897-8208 e-mail: nvlykos@gmail.com

Name: _____

PHONE: _____

_____ Adults _____ Children 12 and under _____ Children 3 and under

_____ Pans of Makaronia To Go

Make checks payable to Manthyrea Educational Society and mail to:

Nikki Velisaris Lykos
1512 La Salle Avenue
Pittsburgh, PA 15216



ST. NICHOLAS GREEK ORTHODOX CATHEDRAL

419 S. Dithridge St., Pittsburgh, PA 15213-3596 · Tel.: (412) 682-3866 · Fax: (412) 683-4960
E-mail: church@stnickspgh.org · Web: stnickspgh.org

REVEREND FATHER CHRISTOPHER H. BENDER, DEAN · REVEREND DEACON ROBERT W. LYKOS

Date: February 14, 2023

To: Members of The Greek Community of Allegheny County, PA –
St. Nicholas Greek Orthodox Cathedral

From: Parish Council

Subject: Parish Council General Assembly of February 26, 2023

A General Assembly will be convened immediately following the Divine Liturgy on Sunday, February 26, 2023.

The agenda will be as follows:

- A. Opening Prayer
- B. Election of the General Assembly Chairperson
 - i. Appointment of the Assembly Secretary by the Chairperson
- C. Approval of the minutes of the October 23, 2022, General Assembly meeting
- D. Father's Report
- E. Executive Committee Report
- F. Finance Committee Report
- G. Foundation Fund Report
- H. Unfinished Business
- I. New Business
- J. Adjournment

The Parish Council requests your presence and support. Please make every effort to attend.

Respectfully,

Rev. Fr. Christopher Bender

Rev. Fr. Christopher Bender, Dean

Michelle Marie Kotsagrelou

Michelle Marie Kotsagrelou, President

(Name _____)


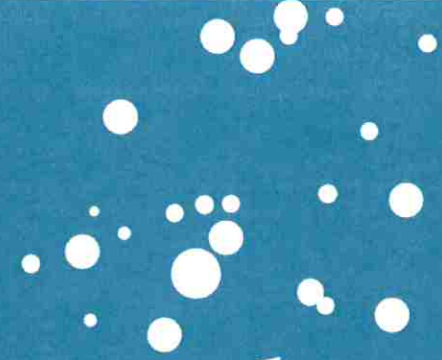
ST. NICHOLAS GREEK ORTHODOX CATHEDRAL
NAMES FOR SATURDAYS OF THE SOULS 2023
(February 18, 25, March 4)

“Again, we pray for the repose of the souls of the departed servants of God . . . and for the forgiveness of all their sins, both voluntary and involuntary.”

(Please note: First names only; use complete baptismal name, if known -Greek or English)

Orthodox Christians
FIRST NAMES ONLY

[illegible]Others[illegible]



• Orthodox Christian Gathering for widows, widowers, divorcees, and never-marrieds



ST.S PETER AND PAUL UOC
220 MANSFIELD BLVD.
CARNEGIE, PA 15106

SAT. FEB. 25 @ 7:00 PM



THE EVENT WILL BE IN THE LOWER LEVEL OF THE
SOCIAL HALL - TO THE RIGHT OF THE GOLD DOMED
CHURCH. PARKING ON THE STREET IS FREE - THE
PARISH DOES NOT OWN THE LOT NEXT TO THE HALL.

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.

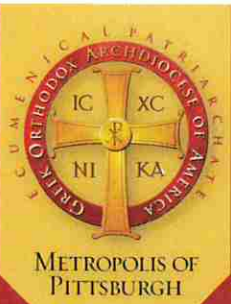
Engraved commemorative pavers are also available at the sizes below. These pavers will be added to the granite circle in our green space. Please indicate if you are interested in a paver and you will be provided with additional information.

____ 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)

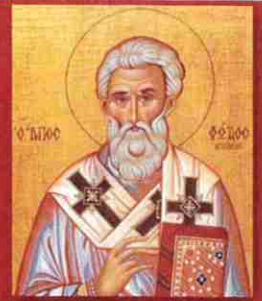


VOLUME 6 NO. 5 ISSUE: 50

MARCH 2023

A Good Word - Λόγον Αγαθόν

NEWSLETTER OF THE GREEK ORTHODOX METROPOLIS OF PITTSBURGH



THOUGHT PROVOKING PRESENTATION ON PARISH STEWARDSHIP

The Parish of St. Demetrios, Warren, OH welcomed Fr. Barnabas Powell to discuss "The Parish as Steward." Fr. Barnabas gave an insightful and inspiring presentation and how we can improve outreach in the present moment and in the generations to come. We strongly recommend all parish leaders - clergy and lay; Council and non-Council - take the time to watch the presentation and discuss how it could be applied within your own parish's life.

Philoptochos News by President Joyce Spanakis

Thirty Metropolis of Pittsburgh Philoptochos sisters gathered together in Washington, PA for a two-day "Meet and Greet" Retreat titled "New Year - New Relationships." The women from all over the tri-state area participated in various icebreaker and team bonding activities to learn more about each other, share ideas and simply enjoy each other's company. A delicious breakfast and luncheon buffet was served and the members were blessed to have His Eminence Metropolitan Savas join.

Each of the women left feeling grateful for the beautiful bond shared between the women of the Metropolis of Pittsburgh Philoptochos. More importantly, they are thankful to be part of such an amazing #ArmyofAgape with the mission to help those in need.

**The Metropolis of Pittsburgh
Greek Orthodox Ladies
Philoptochos Society**

**2023 Daffodil Luncheon
on Saturday, April 1, 2023, 11:00am
at the
Sheraton Suites Akron
Cuyahoga Falls**

**1989 Front Street
Cuyahoga Falls, Ohio 44221**

**We are honored
to have as our guest
speaker for the event
the National
Philoptochos
President, Mrs. Arlene
Siavelis-Kehl.**

**SAVE
THE
DATE**

**THE 2023
METROPOLIS OF
PITTSBURGH ST.
PHOTIOS AWARDS
BANQUET**

SATURDAY, APRIL 29, 2023

**DOUBLETREE BY HILTON
PITTSBURGH CRANBERRY
MARS, PA**

**Hors d'oeuvres - 4:00 pm
Dinner & Awards - 5:00 pm**

pittsburgh.goarch.org/st-photios-awards-banquet

JOIN US for the Daffodil Luncheon on April 1st

Visit pittsburgh.goarch.org/philoptochos for more information and to make a reservation for the luncheon. Or scan the QR code to make a sponsorship donation today!



Weekend of Service: March 11-12

The Philoptochos has partnered with the Metropolis Youth and Young Adult Ministries to hold a Metropolis-wide "Weekend of Service." We are encouraging our members to work together with the Sunday School, HOPE, JOY, and/or GOYA on either March 11th or 12th to do a worthwhile project to help those in need.

pittsburgh.goarch.org

Projects that involve the entire parish are strongly encouraged. Can you prepare meals for a homeless shelter? Do the grounds around your church need spruced up? Perhaps a nice blessing basket with fresh fruit, cards, canned soups, etc. might be nice gift for them.

Could you collect or create soft blankets for widows or widowers within the parish? Maybe you could hold a stuffed animal drive to give to first responders for children they may encounter at the scene of an accident or house fire?

Below you will find the link to a video with Philoptochos President, Joyce Spanakis and Alyssa Kyritsis, the Director of the Metropolis Youth and Young Adult Ministries. Please plan to share it with your members or show it at a Philoptochos meeting where you will be discussing the Weekend of Service. I know that the ladies of the Philoptochos will work to guarantee that this project is a success! <https://youtu.be/ZBoqyINvZwE>

Turkey and Syria Earthquake Relief Fund

The National Philoptochos has established the Turkey and Syria Earthquake Relief Fund to aid the victims of the devastation that occurred in the region. They are urging all Philoptochos chapters across the country to give generously to aid the victims of this disaster. The Executive Board of the National Philoptochos unanimously voted to disburse \$50,000 to the Greek Orthodox Archdiocese of America Earthquake Relief Fund. These funds come from the National Philoptochos Emergency Fund, which enables the Philoptochos Society to immediately respond to those in need in times of national or international crisis.

Please keep the victims, their families and loved ones in your prayers. Donations can be made online: ppay.co/-N5VYeUg5JI. Checks may also be sent to the [National Philoptochos Society, 126 East 37th Street, New York, NY 10016](#) in the memo stating, "Turkey and Syria Earthquake Relief Fund." Please give generously as a chapter and also encourage your members and fellow parishioners to do the same. Our Metropolis of Pittsburgh Philoptochos Board will disburse \$5,000 from our Metropolis Emergency Fund to aid the victims of this disaster. Thank you in advance for your donation.

Camping Ministries Update:

Our GOYA Spring Retreat is March 31-April 2 at Camp Nazareth. Father Matthew and Pres. Jennifer Moore will be presenting about relationships; the ones we have with ourselves and others. We are only a handful of spots away from selling out!

Summer Camp registration will open April 4th! We cannot wait for another great summer with our campers and staff. We will be learning more about the Trinity this summer with our mystery based theme, "Who is God?" Be on the lookout for our Amazon Camp Wishlist that will be posted on our social media accounts and website.

*The American Carpatho-Russian Orthodox Diocese,
the Greek Orthodox Metropolis of Pittsburgh YzAM and
the Ukrainian Orthodox Church USA present...*

2023 Young Adult Spring Retreat

at Camp Nazareth
Open to those 18-35 from all jurisdictions!

March 17-19, 2023

Plants Made Before the Sun and
a Tired God who Rested:
A Spiritual Reading of Genesis 1-2

With Keynote Speaker:

Rev. Dr. Radu Bordeianu

Register: tinyurl.com/23YASpringRetreat

SUMMER CAMP 2023

WEEK 1: JUNE 18-JUNE 24 (GRADES 2-4)
WEEK 2: JUNE 25-JULY 1 (GRADES 5-7)
WEEK 3: JULY 2-JULY 8 (GRADES 7-9)
WEEK 4: JULY 9-JULY 15 (GRADES 10-12)



SUPPORT HIS EMINENCE AND OUR METROPOLIS MINISTRIES

It costs approximately \$1,000 per day to operate our Metropolis - including Metropolitan Savas's Archpastoral visitations, preparations for summer camp and GOYA retreats, our vital registry, and more. Please consider sponsoring a day in the life of the Metropolis:

Greek Orthodox Metropolis of Pittsburgh, 5201 Ellsworth Avenue, Pittsburgh, PA 15232

412-621-5529 (Main) 412-465-0460 (Camp) 412-621-8543 (Youth)

pittsburgh.goarch.org info@pittsburgh.goarch.org



FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 NOTE TIME CHANGE Last Judgement (Meatfare Sunday) Orthros 8:30 a.m. Divine Liturgy 9:30 a.m. Tournament participants attend services and are dismissed first. Vlachokerasiotiko Apokreatiko Glendi (Dinner Dance) 6:00 p.m. (Last day to eat meat)	20 Parish Council Meeting 6:30 p.m.	21 Philoptochos Board Meeting 6:30 p.m.	22	23	24	25 2nd Saturday of the Souls Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Greek School 10:00 a.m.
26 Forgiveness Sunday (Cheesefare Sunday) Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. General Assembly	27 Καθαρά Δευτέρα Clean Monday GREAT LENT BEGINS. (STRICT FAST ALL WEEK.) Great Compline 6:00 p.m.	28	MARCH 1 Presanctified Liturgy 6:00 p.m.	2	3 First Salutations 7:00 p.m.	4 3rd Saturday of the Souls Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Greek School 10:00 a.m.