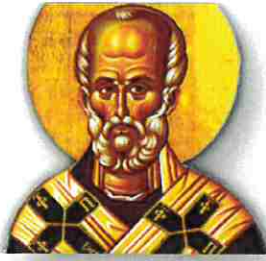


SUNDAY, SEPTEMBER 10, 2023 - Sunday Before Holy Cross

The Holy Martyrs Menodora, Metrodora, & Nymphodora

Plagal First Mode · 3rd Eothinon



WELCOME TO ST. NICHOLAS CATHEDRAL!

VISIT www.stnickspgh.org TODAY for news and updates about our parish!

CLERGY: Rev. Fr. Eleftherios Constantine and Rev. Dn. Robert Lykos

Father's Email: fr.ec@stnickspgh.org

PROTOPSALTRIA: Amy Hogg

CHOIR DIRECTOR: Steve Andrews

ORGANIST: Larsen Vincent

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

Our Sunday worship schedule: September – May: 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 is prepared 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 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 the please donate button – or you may access the donation page by visiting <https://abundant.co/stnickspgh/give>

TODAY:

- ❖ **TODAY'S TRISAGION SERVICE** is being chanted for the soul of the servant of God, Stephen "Stavros" Harris (2 years). May God grant him eternal rest.
- ❖ **CHURCH PICNIC** – Veterans Pavilion of Schenley Park

THIS WEEK AT ST. NICHOLAS:

- **Monday, September 11, 2023:** Philoptochos Board Meeting 6:30 p.m.
- **Tuesday, September 12, 2023:** Open Gym 7:00 p.m.
- **Thursday, September 14, 2023:** Exaltation of the Holy Cross
Orthros 9:00 a.m. / Divine Liturgy 10:00 a.m.
- **Saturday, September 16, 2023:** Greek School Begins 10:00 a.m.
- **Sunday, September 17, 2023:** Memorial Service for Popie Frentzos (1 year)
Ministries Sunday. Please join us in the Large Hall following Divine Liturgy to learn more about the various ministries offered by our Cathedral.
Church School Begins
Choir Resumes (Volunteers needed!)
GOYA Meeting

SUNDAY, SEPTEMBER 10, 2023 - Sunday Before Holy Cross
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TODAY'S HYMNS AND READINGS

The Festal Hymn for the Nativity of the Theotokos in fourth mode is chanted at the Small Entrance:

Ἡ γέννησίς σου Θεοτόκε, χαρὰν ἐμήνυσε πάση τῇ οἰκουμένη· ἐκ σοῦ γὰρ ἀνέτειλεν ὁ ἥλιος τῆς δικαιοσύνης, Χριστὸς ὁ Θεὸς ἡμῶν, καὶ λύσας τὴν κατάραν, ἔδωκε τὴν εὐλογίαν καὶ καταργήσας τὸν θάνατον, ἔδωρήσατο ἡμῖν ζωὴν τὴν αἰώνιον.

Your Nativity, O Theotokos, imparted joy to the entire earth, for out of you has risen the Sun of Righteousness, Christ our God. He nullified the curse and instead gave His blessing; and causing death to be neutralized, He granted us eternal life.

For the Small Entrance, the usual Entrance Hymn is chanted:

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλοῦϊα.

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

Following the Small Entrance, the Resurrection Hymn of the week in plagal first mode is chanted.

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 ἐγείραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

As the Father and Spirit are unoriginate, so the Word, who was born from the Virgin for us. Let us praise Him, O believers, and let us worship Him. For our salvation He was pleased to be crucified in the flesh, and to undergo death, and to resurrect the dead, by His glorious resurrection.

Then, the Festal Hymn for the Nativity of the Theotokos in fourth mode is repeated (see above).

We then chant the Apolytikion hymn for our patron, St. Nicholas, in fourth mode:

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· πρόσβευε 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 chant the festal Kontakion (for the Nativity of the Theotokos), in the fourth mode:

Ἰωακείμ καὶ Ἄννα ὀνειδισμοῦ ἀτεκνίας, καὶ Ἀδὰμ καὶ Εὐὰ, ἐκ τῆς φθορᾶς τοῦ θανάτου, ἠλευθερώθησαν, Ἄχραντε, ἐν τῇ ἀγίᾳ γεννήσει σου· αὐτὴν ἐορτάζει καὶ ὁ λαός σου, ἐνοχῆς τῶν πταισμάτων, λυτρωθεὶς ἐν τῷ κράζειν σοι· Ἡ στεῖρα τίκτει τὴν Θεοτόκον, καὶ τροφὸν τῆς ζωῆς ἡμῶν.

Both Joachim and Anna from their sterility's stigma, and Adam and Eve from their mortality's ruin have been set free, O immaculate Maid, by your holy nativity. For this do your people hold celebration, redeemed from the guilt of transgression as they cry to you, "The barren one bears the Theotokos, the nourisher of our Life."

Today's Epistle Reading (*Sunday Before the Elevation of the Cross*):

The reading is from St. Paul's Letter to the Galatians (16:11-18)

Αδελφοί, ἴδετε πηλίκους ὑμῖν γράμμασιν ἔγραψα τῇ ἐμῇ χειρὶ. Ὅσοι θέλουσιν εὐπροσωπῆσαι ἐν σαρκί, οὗτοι ἀναγκάζουσιν ὑμᾶς περιτέμνεσθαι, μόνον ἵνα μὴ τῷ σταυρῷ τοῦ Χριστοῦ διώκωνται· οὐδὲ γὰρ οἱ περιτεμνόμενοι αὐτοὶ νόμον φυλάσσουσιν, ἀλλὰ θέλουσιν ὑμᾶς περιτέμνεσθαι ἵνα ἐν τῇ ὑμετέρᾳ σαρκὶ καυχῆσωνται. Ἐμοὶ δὲ μὴ γένοιτο καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὗ ἐμοὶ κόσμος ἐσταύρωται καὶ γὰρ τῷ κόσμῳ. Ἐν γὰρ Χριστῷ Ἰησοῦ οὔτε περιτομὴ τι ἰσχύει οὔτε ἀκροβυστία, ἀλλὰ καινὴ κτίσις. Καὶ ὅσοι τῷ κανόνι τούτῳ στοιχήσουσιν, εἰρήνη ἐπ' αὐτοὺς καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ τοῦ Θεοῦ. Τοῦ λοιποῦ κόπους μοι μηδεὶς παρεχέτω· ἐγὼ γὰρ τὰ στίγματα τοῦ Κυρίου Ἰησοῦ ἐν τῷ σώματί μου βαστάζω. Ἡ χάρις τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μετὰ τοῦ πνεύματος ὑμῶν, ἀδελφοί· ἀμήν.

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

Today's Gospel Reading (*Sunday Before the Elevation of the Cross*):

The reading is from the holy Gospel according to John (3:13-17)

Εἶπεν ὁ Κύριος· καὶ οὐδεὶς ἀναβέβηκεν εἰς τὸν οὐρανὸν εἰ μὴ ὁ ἐκ τοῦ οὐρανοῦ καταβάς, ὁ υἱὸς τοῦ ἀνθρώπου ὁ ὢν ἐν τῷ οὐρανῷ. καὶ καθὼς Μωϋσῆς ὑψώσε τὸν ὄφιν ἐν τῇ ἐρήμῳ, οὕτως ὑψωθῆναι δεῖ τὸν υἱὸν τοῦ ἀνθρώπου, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ' ἔχη ζωὴν αἰώνιον. Οὕτως γὰρ ἠγάπησεν ὁ Θεὸς τὸν κόσμον, ὥστε τὸν υἱὸν αὐτοῦ τὸν μονογενῆ ἔδωκεν, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ' ἔχη ζωὴν αἰώνιον. οὐ γὰρ ἀπέστειλεν ὁ Θεὸς τὸν υἱὸν αὐτοῦ εἰς τὸν κόσμον ἵνα κρίνη τὸν κόσμον, ἀλλ' ἵνα σωθῆ ὁ κόσμος δι' αὐτοῦ.

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

Sixty Club News

The Planning Committee has purchased 12 tickets for the **Wednesday, October 11 Gateway Clipper Autumn Serenade Luncheon Cruise**. The cost is \$59.00 per person. Reservations will be taken on a first call basis and must be paid by **October 8**. Checks should be payable to St. Nicholas Sixty Club. Please contact Fran Hanna at 412.731.0790.

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 your financial Stewardship Commitment today and complete the talent portion of the card to enable OUR Community to grow and carry on the mission of our faith.

HELP US REACH/ EXCEED OUR GOAL!!



*Giving Thanks,
 Eucharistic
 Stewardship*

<u>2023</u>	<u>STEWARDSHIP</u>
Total Stewards	254 (GOAL 300)
Total Pledged	\$120,763.00 GOAL (\$230,000.00)
Avg. Pledge	\$727.49

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) and Parish Council.
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.

Registration is available through the church office. In addition, all Youth Safety Workers are required to take two courses (on-line training platform) annually and to complete a background check every other year.

Here is the website: Please register at <https://ncsrisk.org/goarch/>. The first course, Youth Safety, has two parts. The second course, Youth Worker Regulations, has one part. Prompt completion is necessary as one cannot participate in any youth programs without being registered, having a background check, having PA state clearances, and completing the two courses.

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.

GOYA News

Our St. Nicholas GOYA is looking forward to this upcoming year's activities.

Our first GOYA meeting will take place on Sunday, September 17 after Liturgy.

This is also the first day of Church School along with Ministries Sunday.

All 7th through 12th grade students are welcome to participate in our GOYA ministry, focusing on:

Worship, Fellowship, Witness and Service.

Looking forward to seeing everyone!

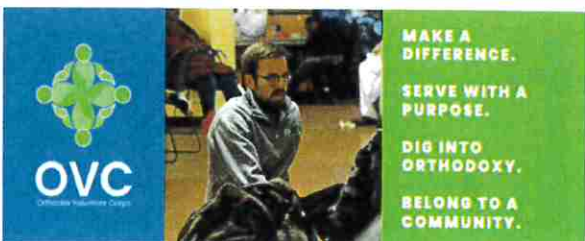


Would you give a few hours a month to **serve** in a way that matters, **explore** the meaning of Orthodox service, **connect** with Orthodox young adults, and **share** a meal?

JOIN OVC REACH IN PITTSBURGH!

OVC REACH

is a new part-time program of Orthodox Volunteer Corps designed for young adults who are interested in service, formation, community and Church but can't participate in OVC's full-time program.



OVC REACH AT A GLANCE

- For young adults, 21-29 yrs old living in or near Pittsburgh.
- Lasts from October 2023 to June 2024
- Meet once/month (first Thursday, 6-9pm)
- Free meal and conversation
 - Presentations and Discussion on **Orthodoxy and Service**
 - Guest speakers (theologians, Church and community leaders)
 - Facilitated conversation
 - Community building and planning for innovative service
- Volunteer for at least one local service initiative each month at nonprofits in the city working alongside other Orthodox young adults
- Additional, optional social events each month

CURIOS TO LEARN MORE?

- Email us at info@orthodoxvolunteercorps.org
- Call Michael at 412-396-9620 or Kyra at 215-206-0580

SOLD?

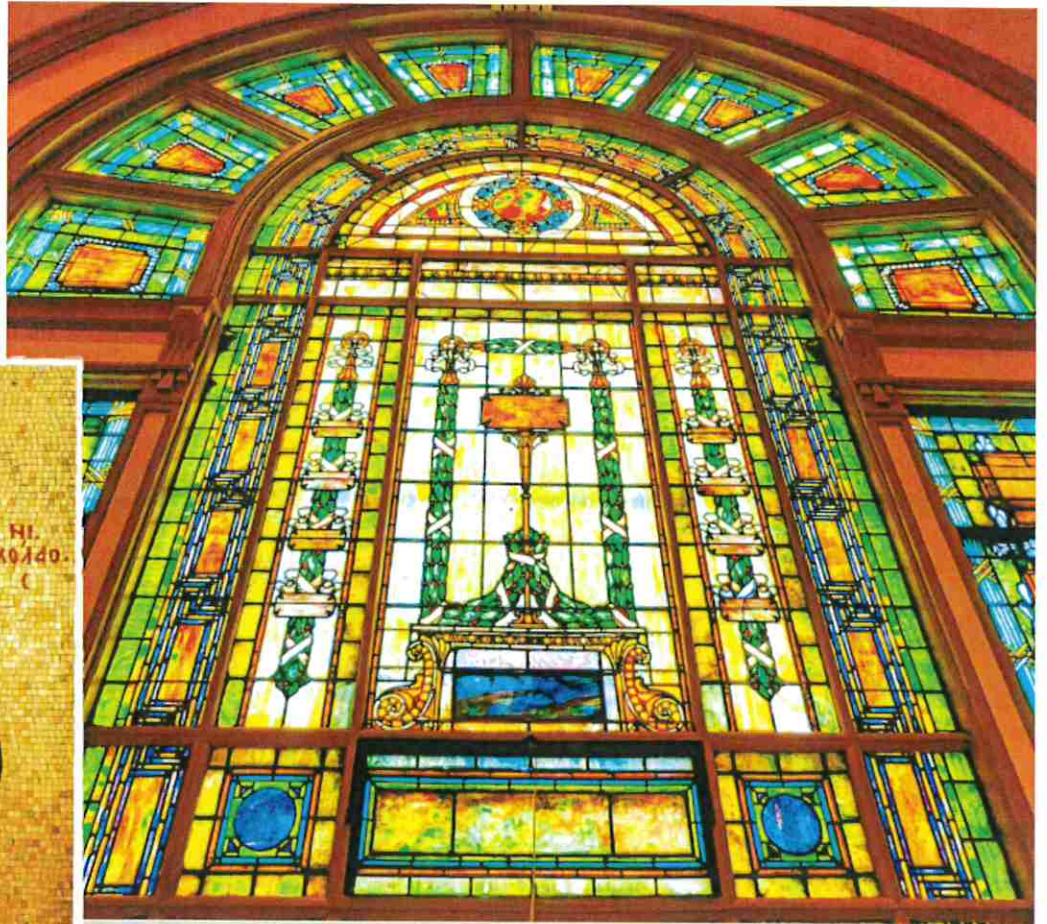
- Take 10 minutes to fill out the application by September 26, 2023
- Reserve the first Thursday of the month, beginning Oct 5, 2023

WHY?

- The time to change the world is now.
- If not you, who?

SEPT.

17



MINISTRIES SUNDAY

St. Nicholas Greek Orthodox Cathedral

Join us in the Large Hall following Divine Liturgy to learn more about the various ministries offered by our Cathedral!

WWW.STNICKSPGH.ORG

FOR TICKETS Contact Michelle Kotsagrelos (412-680-1416).

Ukrainian Relief Dinner & Prayer Service

LED BY OUR BELOVED HIERARCHS



Sunday, September 24, 2023

Service 4:00 PM • Dinner 5:00 PM

ST. NICHOLAS
GREEK ORTHODOX CATHEDRAL
419 South Dithridge St.
Pittsburgh (Oakland) 15213

Net proceeds will benefit IOCC's Ukraine Crisis Response

SPONSORSHIPS AVAILABLE

For information or to volunteer,
call Zelfa at 412.417.4706



IOCC®

International Orthodox Christian Charities


VOLUNTEERS NEEDED!

VOLUNTEERS NEEDED

Ukrainian Relief Dinner

Sunday, September 24

Net proceeds to benefit
IOCC's relief efforts in
Ukraine

 St Nicholas Greek
Orthodox Cathedral
419 S Dithridge St
Pittsburgh PA 15213



Scan the QR Code to sign up!



IOCC®

WE NEED HELP WITH:

- Setting up tables

**SATURDAY,
SEPTEMBER 23**

11:00 a.m. - 2:00 p.m.

- Preparation
- Serving tables
- Serving at buffet
- Cleaning up

**SUNDAY,
SEPTEMBER 24**

1:00 ~ 7:30 p.m.

If you have any questions, contact
angelina.khoury3@gmail.com (724) 584 6390

September 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>10</p> <p style="text-align: center;">Sunday Before Holy Cross</p> <p>Orthros 8:45 a.m. Divine Liturgy 10:00 a.m.</p> <p style="text-align: center;">Church Picnic Sunday</p>	<p>11</p> <p style="text-align: center;">Philoptochos Board Meeting 6:30 p.m.</p>	<p>12</p> <p style="text-align: center;">Open Gym 7:00 p.m.</p>	<p>13</p> <p style="text-align: center;"><i>Great Vespers at Holy Cross in Mt. Lebanon, PA</i></p>	<p>14</p> <p style="text-align: center;">Exaltation of the Holy Cross</p> <p>Orthros 9:00 a.m. Divine Liturgy 10:00 a.m.</p> <p style="text-align: center;"><i>Strict Fast Day</i></p>	<p>15</p>	<p>16</p> <p style="text-align: center;">First Day of Greek School 10:00 a.m.</p>
<p>17</p> <p style="text-align: center;">Sunday After Holy Cross</p> <p style="text-align: center;">MINISTRIES SUNDAY</p> <p>Orthros 8:45 a.m. Divine Liturgy 10:00 a.m.</p> <p style="text-align: center;">Church School Begins</p> <p style="text-align: center;">1st GOYA Meeting</p>	<p>18</p> <p style="text-align: center;">Parish Council Meeting 6:30 p.m.</p>	<p>19</p> <p style="text-align: center;">Open Gym 7:00 p.m.</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p style="text-align: center;">Greek School 10:00 a.m.</p>
<p>24</p> <p style="text-align: center;">1st Sunday of Luke</p> <p>Orthros 8:45 a.m. Divine Liturgy 10:00 a.m.</p> <p>4:00 p.m. Vespers IOCC Event</p>	<p>25</p>	<p>26</p> <p style="text-align: center;">The Falling Asleep Of St. John the Evangelist and Theologian</p> <p>Orthros 9:00 a.m. Divine Liturgy 10:00 a.m.</p> <p style="text-align: center;">Open Gym 7:00 p.m.</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <p style="text-align: center;">Greek School 10:00 a.m.</p>
				<p>2023 Pittsburgh Metropolis Clergy-Laity, Philoptochos, And Youth Worker Assembly in Reading, PA</p>		<p style="text-align: center;">Event Both Halls 3:00 p.m.</p>