

SUNDAY, MARCH 10, 2024 – Meatfare Sunday (Sunday of the Last Judgement)

Saints of the Day: The holy Martyr Quadratus of Corinth and those with him

Grave Mode • Seventh 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 E-mail: 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 <https://stnickspgh.org> by clicking the Giving tab and select donate. or you may access the donation page by visiting <https://abundant.co/stnickspgh/give>

TODAY:

- ❖ Coffee hour is hosted today by GOYA in the Small Hall.
- ❖ Little Angels, HOPE & JOY Dance Practice
- ❖ We are revamping our St. John Chrysostom Bookstore! There are two tables in the hallway between the Church and the Fellowship Room with older inventory. Please peruse and take what you wish. Any free will offerings are appreciated.

THIS WEEK AT ST. NICHOLAS:

- Monday, March 11, 2024: YAL Basketball 7:00 p.m.
- Tuesday, March 12, 2024: Adult Greek Classes 6:30 p.m.
- Wednesday, March 13, 2024: YAL Volleyball 7:00 p.m.
- Friday, March 15, 2024: *Pan-Orthodox Regional Akathist Service "For those afflicted with cancer" at St. John the Baptist Orthodox Church in Allison Park 6:30 p.m.*
- Saturday, March 16, 2024: Saturday of the Souls – Orthros 9:00 a.m.; Liturgy 10:00 a.m.; Greek School 10:00 a.m.
Little Angels, HOPE & JOY Dance Practice

SUNDAY, MARCH 10, 2024 – Meatfare Sunday (Sunday of the Last Judgement)
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TODAY'S HYMNS AND READINGS

The Resurrection Hymn of the week in grave mode is chanted twice for the Small Entrance:

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέωξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

At the Small Entrance, the usual Entrance Hymn is chanted.

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

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 grave 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 ποίμνῃ σου, ἡ τῶν πραγμάτων ἀλήθεια· διὰ τοῦτο ἐκτήσω 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 chant the Kontakion of the day, in first mode (for Meatfare Sunday):

Ὅταν ἔλθῃς ὁ Θεός, ἐπὶ γῆς μετὰ δόξης, καὶ τρέμωσι τὰ σύμπαντα, ποταμὸς δὲ τοῦ πυρὸς πρὸ τοῦ Βήματος ἔλκη, καὶ βίβλοι ἀνοίγωνται, καὶ τὰ κρυπτὰ δημοσιεύωνται, τότε ῥῦσαί με, ἐκ τοῦ πυρὸς τοῦ ἀσβέστου, καὶ ἀξίωσον, ἐκ δεξιῶν σου μὲ στῆναι, Κριτὰ δικαιοτάτε.

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw 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.

Today's Epistle Reading (Meatfare Sunday):

The reading is from St. Paul's First Letter to the Corinthians (8:8-13; 9:1-2)

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησι τῷ Θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γὰρ τις ἴδῃ σε, τὸν ἔχοντα γνῶσιν, ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνειδήσις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθυτα ἐσθίειν; Καὶ ἀπολεῖται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῇ γνώσει, δι' ὃν Χριστὸς ἀπέθανεν. Οὕτω δὲ ἁμαρτάνοντες εἰς τοὺς ἀδελφούς καὶ τύπτοντες αὐτῶν τὴν συνειδήσιν ἀσθενοῦσαν εἰς Χριστὸν ἁμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμὶ ἀπόστολος; οὐκ εἰμὶ ἐλεύθερος; οὐχὶ Ἰησοῦν Χριστὸν τὸν Κύριον ἡμῶν ἑώρακα; οὐ τὸν ἔργον μου ὑμεῖς ἐστε ἐν Κυρίῳ; Εἰ ἄλλοις οὐκ εἰμὶ ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμὶ ἡ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν Κυρίῳ.

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if anyone sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so, by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord. [RSV]

Today's Gospel Reading (Meatfare Sunday):

The reading is from the Holy Gospel according to Matthew (25:31-46)

Εἶπεν ὁ Κύριος· Ὅταν ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ· καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων, ὥσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσῃ τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε, οἱ εὐλογημένοι τοῦ πατρὸς μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου· ἐπείνασα γὰρ καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα καὶ ἐποτίσατέ με, ξένος ἤμην καὶ συνηγάγετέ με, γυμνὸς καὶ περιεβάλετέ με, ἡσθένησα καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἤμην καὶ ἤλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δέ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δέ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ καὶ ἤλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. Τότε ἐρεῖ καὶ τοῖς ἐκ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ· ἐπείνασα γὰρ καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα καὶ οὐκ ἐποτίσατέ με, ξένος ἤμην καὶ οὐ συνηγάγετέ με, γυμνὸς καὶ οὐ περιεβάλετέ με, ἀσθενὴς καὶ ἐν φυλακῇ καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

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." [RSV]



About the Saturday of Souls

(from the Archdiocese Digital Chant Stand)

The Saturday of the Souls, this year, is on March 9. The following two Saturdays, March 16 and 23, strictly speaking are not Saturdays of Souls, according to the liturgical books, and that is why you won't see hymns about the deceased on those days. March 16 is the Saturday of Cheese Week, which each year is dedicated to honor the memory of the holy Ascetics. The next Saturday, this year March 21, is the Saturday of the first week of Lent, which is always dedicated to the memory of the miracle of the kolyva by St. Theodore.

In common parish practice, after the first Saturday of the Souls (this year March 9), the next two Saturdays are thought of as also being Saturdays of Souls... however inconsistent this is with the liturgical books.

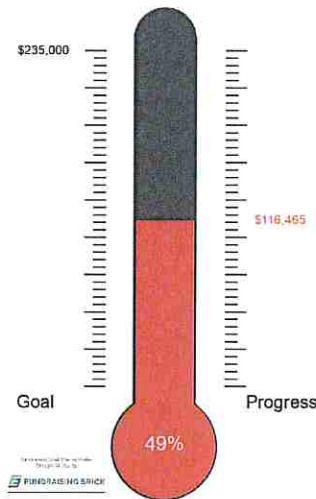
2024 Stewardship Pledge Cards are in the Narthex

(Just ask a member of Parish Council)



Visit our website to fill out a Stewardship Card for 2024 or to make a donation

<https://stnickspgh>



2024	STEWARDSHIP
Total Stewards	186 (GOAL 300)
Total Pledged	\$ 116,465.00 GOAL (\$235,000.00)
Avg. Pledge	\$856.36

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.

Dance Group Costumes

Donations Needed

The St. Nicholas Dancers (7th grade and up) are in need of additional costumes and replacement pieces. Our current costumes date back to 2013 and our needs have grown. We have contacted the costume manufacturer in Greece and will be placing an order soon. Our festival is quickly approaching, and we find ourselves in need. The current cost of a girl's costume is \$310, and a boy's costume is \$180.

We are currently collecting donations toward this project. Thank you to those who have already donated. **Please make checks payable to St. Nicholas Cathedral with St. Nicholas Dancers in the memo line. If you are mailing your check to the church, please write Attn: St. Nicholas Dancers on the envelope.**

For further information, please contact Linda Hages: 412-523-7938.

GREEK SCHOOL

Keep open **March 31, 2024**, to join us in the celebration of the Feast Day of Evangelismos and Greek Independence.

On that day a Doxology, a luncheon, followed with an annual program presented by the students and GOYA dancers will take place.



From the Church School Desk!

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 2024**. For more information, please contact our Oratorical Festival Chair Eve Elsen at 412-580-9415 or eve.m.elsen@gmail.com.

Yours in Christ
Miss Michelle



GOYA Technical Support



During coffee hour, people may bring laptops, Cell phones, tablets etc. !

Some would like to complete an assignment, finish up a work slide, watch a cooking video, and more!

Stop by the goya table during coffee hour with any electronic you are having difficulties with and have a goyan help you out!



Church School Students:

Please bring an icon
Sunday, March 24, 2024
for the
Sunday of Orthodoxy
Icon Procession

VOCAL HEALTH for Holy Week

(and the rest of the year)

March 30th | 2 - 4
pm

Presented by:
Amy Hogg

Learn:

- * Simple vocal exercises to increase range & stamina
- * How to monitor your vocal health
- * How to make adjustments when you sense trouble

Free & Open to all Clergy, Chanters, Readers, and Choristers

CAMP NAZARETH SPAGHETTI LUNCHEON

This year's Spaghetti Luncheon Camp Fundraiser will be held Sunday, April 7th, 2024. \$15 for adults and children 12 and under will be \$10. Take-out is an option as well. If unable to attend and would like to donate, please send to the church "attention: Camp FUND" or provide the donation to either Keli Frentzos (412) 337-1297, Lisa Kristian (412) 600-2140, or Carrie Velisaris (412) 680-0210. Our "GIVE A LITTLE ---HELP A LOT" campaign has provided an opportunity for many of our St. Nicholas families to send their children to Camp Nazareth. For those unfamiliar with the camp, please join us at the luncheon to learn from our own children what this experience has provided them. *A quick shout out to Pam Bertos for her help throughout the years and her creative mind with our campaign slogan:)*

Give a little--Help a lot!



Spaghetti Luncheon

Sunday, April 7th, 2024

Adults \$15 Children under 12 \$10

TAKE OUT OR DINE IN

Dine in menu includes pasta, salad desserts and coffee

Take out includes salad and pasta only

Call for info or reservations

Keli 412-337-1297

Lisa 412-600-1240

Carrie 412-680-0210

Consider making a donation if you cannot attend

All proceeds go to offset costs for

St Nicholas' children to attend CAMP NAZARETH!

Food Festival Preparations

We will be making **Finikia** for our festival **Saturday, March 16**. Please consider offering a few hours of your time to help us complete this food festival pastry. Absolutely no baking experience is needed! We will start the dough early in the morning so **help is needed to roll the Finikia beginning around 8:00am**. We hope to be done baking, dipping and packaging by late afternoon. The more hands to dip, sprinkle and package the Finikia, the sooner we get done! Thank you Nikki Lykos for chairing Finikia.

CHANGE IN DATES: **Galatoboureko** has now been changed to the last weekend in March. Mark your calendars for this change. Galatoboureko will be made, **Friday and Saturday, March 29 and 30**. Thank you Elaine Keim for chairing Galatoboureko.

March

Finikia	Saturday, March 16, 9:00 am to 4:00pm
Galaktoboureko	Friday and Saturday, March 29 & 30, 9:00 am to 4:00pm

April

Kourambiethes	Saturday, April 6, 9:00 am to 4:00pm
Tiropita	Saturday, April 13, 9:00am to 4:00pm Sunday, April 14, after Church to 4:00pm
Pasta Flora	Saturday, April 20, 9:00 – 4:00 pm

Diples	Wednesday, April 24, 9:00 – 4:00pm
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FOOD FESTIVAL DATES

SUNDAY, MAY 12 – SATURDAY, MAY 18, 2024

CELEBRATE ORTHODOXY!



THE ORTHODOX CLERGY BROTHERHOOD OF GREATER PITTSBURGH INVITES YOU TO THE PITTSBURGH AREA

GREAT VESPERS OF THE ANNUNCIATION AND PAN-ORTHODOX SUNDAY OF ORTHODOXY CELEBRATION

Sunday, March 24, 2024 at 4:30 PM
Holy Trinity Greek Orthodox Church
Pittsburgh, PA 15237

Celebrant and Homilist: His Grace Bishop Andrei of Cleveland
Romanian Episcopate of the Orthodox Church in America
Featuring the Pan-Orthodox Choir of Pittsburgh

Great Vespers will be followed by fellowship and Lenten refreshments.

SUNDAY, MARCH 24, 2024

**Celebrate the Evangelismos and
Greek Independence Day**

with

St. Nicholas Cathedral Greek School

Sunday, March 31, 2024

Luncheon-immediately after Doxology in church



luncheon reservations, by Mar. 22

**Call/Text Maria Stamoolis at 412-874-4422 or E-mail
mstamoolis@verizon.net**

Shrimp Luncheon – adults \$15 / children 13 and under \$10

**Then stay and celebrate with the children-- POEMS! SONGS!
PLAY! Dancing!**

The Department of Greek Education for
the Greek Orthodox Metropolis of Pittsburgh presents

THE NINTH ANNUAL GREEK LANGUAGE FESTIVAL AND QUIZ BOWL

Saturday, April 13, 2024
St. Demetrios Church, Rocky River, OH
11am - 3pm

1. Quiz Bowl on Greek Revolution of 1821 and Burning of Smyrna

Teams of three (3) students will compete in two levels. Eligible contestants are those currently or previously enrolled in Greek Language Studies. All the material needed to study for the Quiz Bowl is available to download at <https://www.dropbox.com/scl/fo/3yx04h3bdlll5c2ifyk4m/h?dl=0&rlkey=d45th09aivd712t40ynqvo6c2> Each team creates its own name. A large trophy cup will be placed at the winning team's church. Individual awards will also be given.

a. Intermediate Level: 4th, 5th, 6th grade American School

b. Advanced Level: 6th - 12th grade American School (note that 6th grade students have the option of teaming up in either level)

2. For students who are **musically talented** we encourage you to perform either solo or with others an original Greek song or Greek instrumental selection or a selection from an existing Greek composer. This is open for all grades, K - 12th grade American School.

3. For students **who love to act** we encourage you to perform an original Greek skit or one from an existing writer. This is open for all grades, K - 12th grade American School.

4. For students **who love art** we encourage you to submit your artwork for the Art Exhibit with the title in Greek on Greek Revolution of 1821 and Burning of Smyrna. This is open for all grades, K - 12th grade American School.

In addition, there will also be various booths, food, and fun for all.

Registration forms available at the Metropolis website, facebook, and
<https://www.dropbox.com/scl/fo/3yx04h3bdlll5c2ifyk4m/h?dl=0&rlkey=d45th09aivd712t40ynqvo6c2>

Registration deadline is March 30, 2024

Questions contact Maria Stamoolis: mstamoolis@verizon.net

St. Nicholas Greek Food Festival

February 2024

Dear Friends,

St. Nicholas Greek Orthodox Cathedral will be hosting our 62nd annual Greek Food Festival from **May 12 thru May 18**. We truly enjoy bringing this weeklong event to our community year after year.

We would like to give you the opportunity to be part of our Festival by advertising in our **2024 Food Festival Ad Book**. This is a great way to advertise your business to the thousands of people who come to enjoy our great Greek food, music, and hospitality, while at the same time, supporting our church's fundraising efforts. The money raised through our ad book benefits the St. Nicholas Cathedral Building Fund and since St. Nicholas is a 501(C)3 that makes your contribution tax deductible.

Below you will find this year's advertising prices and which are also outlined on the ad contract:

Ad Size	Cost
Full Page Premium* (inside covers and center pages)	\$850
Full Page/ 4.5w x 7.5h	\$700
Half Page/ 4.5w x 3.75h	\$400
Quarter Page/ 4.5w x 1.875h	\$250
Patron/ listing (family names or in memory of someone)	\$50

**There are 4 premium pages available and are on a first come first serve basis.*

Please consider placing an ad by completing the attached ad contract with your contact information, payment type, and ad size selection. Completed contracts and ads can be sent via e-mail to foodfestadbook@stnickspgh.org, or mail to:

St. Nicholas Cathedral
c/o Greek Food Festival Ad Book Committee
419 South Dithridge Street
Pittsburgh, PA 15213

A few things to note:

- DEADLINE FOR ALL ADS is April 15, 2024
- For all ads, please use high resolution **JPEG** files.
- If you would like to use an ad previously placed in the ad book, please indicate on the ad contract
- All ads are in color

For additional information or if you have any questions, please call Lenna Cominos at (412) 370-8181, or send an e-mail to foodfestadbook@stnickspgh.org.

Best regards,

Elaine Andrianos, Simon Barber, Lenna Cominos, Alisa Balouris

St. Nicholas Ad Book Committee

St. Nicholas Greek Orthodox Cathedral

2024 GREEK FOOD FESTIVAL ADVERTISING CONTRACT



Name _____

Business _____

Address _____

Phone/Cell _____

Email _____

AD DEADLINE APRIL 15, 2024

Ad Size	Color
Full page Premium (inside covers and center fold) 4.5w X 7.5H	\$850
Full Page/ 4.5w x 7.5h	\$700
Half Page/ 4.5w x 3.75h	\$400
Quarter Page/ 4.5w x 1.8750h	\$250
Patron/listing*	\$50

**Patron listing is for name(s) or in memory of someone*

For repeat customers, please indicate below if you would like to use the same ad as last year.

☐ Use same ad as previous year

Please make check payable and mail to St. Nicholas Cathedral. ☐ Check enclosed ☐ Bill me

Authorized Signature _____ Date _____

Please print or attach ad copy, or email ad file in a high-resolution JPEG format to: foodfestadbook@stnickspgh.org

Date Received:

Check Number:

Receipt Number:

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Fast - Free Week
FEBRUARY 25th



Publican and the Pharisee

Epistle: 2 Timothy 3:10-15
Gospel: Luke 18:10-14

Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.

Normal Fast Week
MARCH 3rd



The Prodigal Son Returns!

Epistle: 1 Corinthians 6:12-20
Gospel: Luke 15:11-32

Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.

Meatfare
MARCH 10th

FAREWELL TO MEAT TODAY



The Last Judgement

Epistle: 1 Corinthians 8:8-9:2
Gospel: Matthew 25:31-46

Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.

Cheesefare
MARCH 17th
FAREWELL TO CHEESE TODAY



Adam and Eve are cast from Paradise!

FORGIVENESS SUNDAY
Epistle: Romans 13:11-14:4
Gospel: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

1st Sunday of Lent
MARCH 24th



GREAT LENT BEGINS WITH FORGIVENESS VESPERS
SUNDAY of ORTHODOXY

Epistle: Hebrews 11:24-26, 32-12:2
Gospel: John 1:43-51

Bring an icon to church for a procession.

2nd Sunday of Lent
MARCH 31st



ST GREGORY PALAMAS

Epistle: Hebrews 1:10-2:3
Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.

3rd Sunday of Lent
APRIL 7th



VENERATION OF THE HOLY CROSS

HALF WAY TO PASCHA!
Epistle: Hebrews 4:14-5:6
Gospel: Mark 8:34-9:1

Wear your cross to church and kiss the cross each morning with a bow!

4th Sunday of Lent
APRIL 14th



ST JOHN of the LADDER

Epistle: Hebrews 6:13-20
Gospel: Mark 9:17-31

Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!

5th Sunday of Lent
APRIL 21st



ST MARY of EGYPT

Epistle: Hebrews 9:11-14
Gospel: Mark 10:32-45

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

FLOWERY (PALM) SUNDAY!
APRIL 28th
GREAT WEEK BEGINS



GREAT AND HOLY WEEK
ENTRY OF OUR LORD INTO JERUSALEM

Epistle: Philippians 4:4-9
Gospel: John 12:1-18

Place your palm branches and pussywillows behind an icon at home and in your car!

GREAT AND HOLY FRIDAY
MAY 3rd



GREAT AND HOLY FRIDAY

JESUS DIES ON THE CROSS
CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet & Phones to honor Christ's Death.

FEAST OF FEASTS!
MAY 5th
NO FASTING!



BRIGHT WEEK
HOLY PASCHA! (CHRIST IS RISEN!)

Epistle: Acts 1:1-8 Gospel: John 1:1-17

Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Judgment Sunday (Meatfare Sunday) Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Little Angels, HOPE & JOY Greek Dancing	11 YAL Basketball 7:00 p.m.	12 Adult Greek Classes 6:30 p.m.	13 YAL Volleyball 7:00 p.m.	14	15 Pan-Orthodox Regional Akathist Service "For those afflicted with cancer" <i>at St. John the Baptist Orthodox Church in Allison Park</i> 6:30 p.m.	16 Commemoration of the Holy Men and Women Who Have Excelled in Asceticism ("2nd Saturday of Souls") Orthros 9:00 a.m. Liturgy 10:00 a.m. Greek School 10:00 a.m. Little Angels, HOPE & JOY Greek Dancing
17 Forgiveness Sunday (Cheesefare Sunday) Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Philoptochos General Meeting Forgiveness Vespers of Compuccion 5:00 p.m.	18 CLEAN MONDAY LENT BEGINS Great Compline 6:00 p.m. YAL Basketball 7:00 p.m.	19 Adult Greek Classes 6:30 p.m. Parish Council Meeting 6:30 p.m.	20 Presanctified Liturgy 6:30 p.m. Potluck Dinner And Lenten Lecture 7:30 p.m.	21	22 1st Salutations to the Theotokos 6:30 p.m. <i>Reception Hosted by</i> <i>Philoptochos</i>	23 Commemoration of the Miracle of Kollyva wrought by Saint Theodore ("3rd Saturday of Souls") Orthros 9:00 a.m. Liturgy 10:00 a.m. Greek School 10:00 a.m.
24 1st Sunday of Lent SUNDAY OF ORTHODOXY Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Little Angels, HOPE & JOY Greek Dancing Pan-Orthodox Vespers <i>at Holy Trinity</i> <i>North Hills</i> 4:30 p.m.	25 Annunciation of the Theotokos and Greek Independence Day Orthros 9:00 a.m. Liturgy 10:00 a.m. Followed by Doxology YAL Basketball 7:00 p.m.	26 Adult Greek Classes 6:30 p.m.	27 YAL Volleyball 7:00 p.m.	28	29 2nd Salutations to the Theotokos 6:30 p.m.	30 Greek School 10:00 a.m. Workshop: "Vocal Health for Holy Week" 2:00 p.m.
31 2nd Sunday of Lent Sunday of St. Gregory Palamas Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. March 25th Luncheon and Program						

Pittsburgh Metropolis Clergy Lenten Retreat in Ligonier, PA
March 26-28