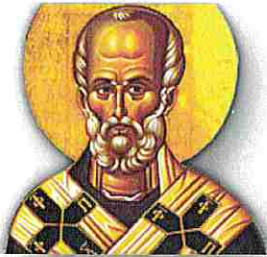


SUNDAY, MARCH 17, 2024 – Cheesefare Sunday (Sunday of Forgiveness)

Saint of the Day: Our Devout Father Alexios, the Man of God

Plagal Fourth Mode • Eighth 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:

- ❖ Trisagion Service for James Danchulis, a former long-time member of St. Nicholas Cathedral, who passed away on Friday, March 1, 2024. May his memory be eternal.
- ❖ Coffee hour is hosted today by GOYA in the Large Hall.
- ❖ Philoptochos General Meeting – OPEN TO ALL Chapter members or anyone interested in learning more about Philoptochos in the GOYA Room after Church.
- ❖ GOYA Dance Practice.
- ❖ Metropolis-wide Camp Sunday. Learn more about our Metropolis Camping Ministry.
- ❖ **TONIGHT** - Forgiveness Vespers of Compunction 5:00 p.m.

THIS WEEK AT ST. NICHOLAS:

- Monday, March 18, 2024: CLEAN MONDAY LENT BEGINS; Great Compline 6:00 p.m. YAL Basketball 7:00 p.m.
- Tuesday, March 19, 2024: PARISH COUNCIL MEETING 6:30 p.m.; Adult Greek Classes 6:30 p.m. GOYA Dance Practice (Girls only).
- Wednesday, March 20, 2024: Presanctified Liturgy 6:30 p.m. – Potluck Dinner and Lenten Lecture 7:30 p.m.
- Friday, March 22, 2024: 1st Salutations to the Theotokos 6:30 p.m. (*Dinner Reception Hosted by Philoptochos*).
- Saturday, March 23, 2024: Commemoration of the Miracle of Kollyva wrought by (3rd Saturday of Souls) Orthros 9:00 a.m., Liturgy 10:00 a.m.; Greek School 10:00 a.m.
- Sunday, March 24, 2024: SUNDAY OF ORTHODOXY Icon Procession. Church School Students Please bring an Icon.

SUNDAY, MARCH 17, 2024 – Cheesefare Sunday (Sunday of Forgiveness)
<i>Saint of the Day: Our Devout Father Alexios, the Man of God</i>
Plagal Fourth Mode · Eighth Eothinon

TODAY'S HYMNS AND READINGS

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

Εξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

You descended from on high, O compassionate One, and consented to a three-day burial, to free us from the passions. O Lord, our life and resurrection, glory to You!

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 plagal 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 ποιμένι σου, ἡ τῶν πραγμάτων ἀλήθεια· διὰ τοῦτο ἐκτίσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ πτωχείᾳ τὰ πλούσια, Πάτερ ἱεράρχα Νικόλαε· πρόσβενε 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 Cheesefare Sunday):

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλη μου, οὐ μὴ κωλύσω ἐν τῷ κρᾶζειν σοι Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

Today's Epistle Reading (Cheesefare Sunday):

The reading is from St. Paul's Letter to the Romans (13:11-14; 14:1-4)

Αδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν. Ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ, ἀλλ' ἐνδύσασθε τὸν Κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε εἰς ἐπιθυμίαν. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὃς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ Θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; τῷ ἰδίῳ Κυρίῳ στήκει ἢ πίπτει, σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ Θεὸς στήσαι αὐτόν.

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand. [RSV]

Today's Gospel Reading (Cheesefare Sunday):

The reading is from the Holy Gospel according to Matthew (6:14-21)

Εἶπεν ὁ Κύριος· Ἐὰν ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποί, ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν, ὅτι ἀπέχουσιν τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῇς τοῖς ἀνθρώποις νηστεύων ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ· καὶ ὁ πατὴρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σὴς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσιν καὶ κλέπτουσιν· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σὴς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδιά ὑμῶν.

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also. [RSV]

CATECHETICAL HOMILY
FOR THE OPENING
OF HOLY AND GREAT LENT

+ **BARTHOLOMEW**
BY GOD'S MERCY
ARCHBISHOP OF CONSTANTINOPLE-NEW ROME
AND ECUMENICAL PATRIARCH
TO THE PLENITUDE OF THE CHURCH,
MAY THE GRACE AND PEACE
OF OUR LORD AND SAVIOR JESUS CHRIST,
TOGETHER WITH OUR PRAYER, BLESSING AND FORGIVENESS
BE WITH ALL

* * *

Most honorable brother Hierarchs and blessed children in the Lord,

The grace of our God of love has once again vouchsafed for us to enter the soul-benefiting period of the Lenten Triodion and arrive at Holy and Great Lent, namely to the arena of ascetic struggle replete with gifts from above and the joy of the Cross and Resurrection. During this blessed period, the spiritual treasure and dynamism of the ecclesiastical life as well as the soteriological reference of all its expressions are revealed with clarity.

We have already learned much from the impasse and self-righteous arrogance of the Pharisee, from the barren moralism and hard-heartedness of the elder son in the Parable of the Prodigal Son, and from the callousness and condemnation on the Day of Judgment of those who proved indifferent to the "least of our brothers" that were hungry, thirsty, foreigners, naked, ill, and imprisoned. Moreover, the value and power of humility and repentance, of forgiveness and mercy were revealed to us as attitudes that the Church emphatically calls us to nurture in the period that opens up before us.

Holy and Great Lent is a welcome time of spiritual, inner and physical purification and discipline, which—as we just heard in the Gospel passage that was read—traverses through fasting, which should not be practiced "so that others may see," and through forgiveness of our brothers and sisters: "For if you forgive men their trespasses, your heavenly Father also will forgive you" (Mt. 6.14). After all, this is what we confess each day with the Lord's Prayer, when we say: "as we forgive the sins of our debtors" (Mt. 6.12).

Yesterday, on Cheesefare Saturday, the Church honored the memory of the saintly men and women who shone in ascetic life. Saints are not only models for the faithful in the good fight of life in Christ and according to Christ. They are also our fellow travelers, friends and supporters in the ascetic journey of fasting, repentance, and humility. We are not alone in our effort, but we have God, who encourages and blesses us, as well as the Saints and Martyrs, who stand beside us, and above all the First among the Saints and Mother of God, who intercedes for us all to the Lord. Sanctity is proof of the power of divine grace and the human synergy in the Church, which takes place through participation in the holy sacraments and fulfilment of the divine commandments. There is no “gratuitous piety” or “easy Christianity,” just as there is no “wide gate” or “spacious way” that leads to the heavenly Kingdom (cf. Mt. 7.13–14).

The Church constantly reminds us that salvation is not an individual, but an ecclesiastical event, a common discipline. During the God-guarded Holy and Great Lent, what becomes apparent for the spiritual life of the faithful is the definitive meaning of participation in the life of the community—that is to say, in the Christian family and parish, or else in the monastic coenobium. We would like to highlight the function of the Christian family as a community of life for the experience of Great Lent’s spirituality. Our predecessor among the Saints, John Chrysostom, described the family as “a small Church.”¹ Indeed, it is in the family that occurs the rendering of our existence into that of the church; it is there that the sense of the social and communal character of human life and the life in Christ as well as the love, mutual respect and solidarity are developed; and it is there that the life and joy of cohabitation are experienced as a divine gift.

The joint endeavor to apply the ecclesiastical rule and ethos of fasting in the context of the family manifests the charismatic dimension of ascetic life and, more broadly, the conviction that whatever is true, honorable, and rightful in our life comes to us from above; that despite our own cooperation and contribution, in the end they transcend whatever is humanly achievable and accessible. After all, the communal aspect of life, the love for one another that does not seek its own, and the virtue of forgiveness, do not allow room for human rights-ism and complacency. An expression of such a spirit of “common freedom” and eucharistic asceticism is precisely the inseparable connection between fasting, charity, and participation in the parish and liturgical life of the Church. Living out this “Lenten spirit” within a Christian family leads us to the depth of truth in the ecclesiastical experience and constitutes the birthplace and source of Christian witness in our secularized contemporary world.

Brothers and children, pray that we may all travel with godly zeal along the way of Holy and Great Lent with fasting and repentance, in prayer and contrition,

¹ *Commentary on the Letter to the Ephesians* 20, PG 62.143.

making peace within ourselves and with one another, sharing in life and showing ourselves to be “neighbors” to those in need through charitable works, forgiving one another and glorifying in all circumstances the God of mercy’s name, which is above the heavens, beseeching Him to deem us worthy of reaching Holy and Great Week with purified minds and of worshipping with joy and delight His splendid Resurrection.

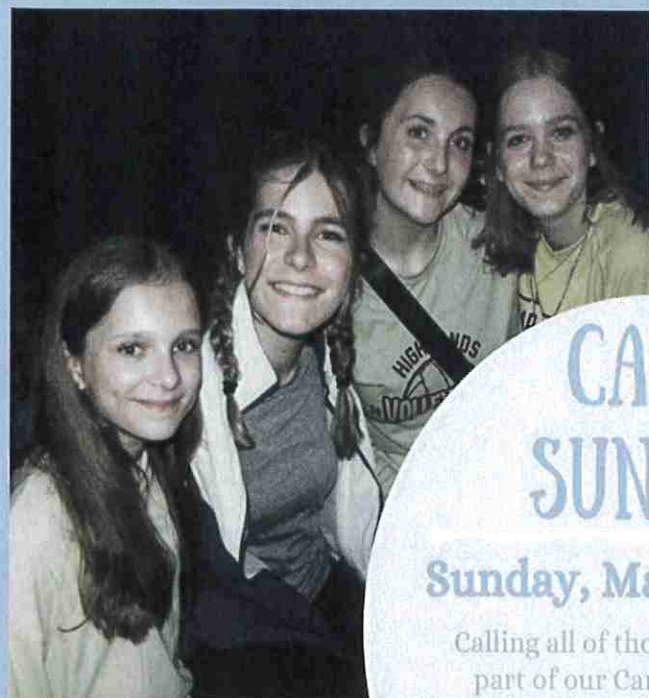
Holy and Great Lent 2024

✠ **BARTHOLOMEW of Constantinople**

Fervent supplicant for all before God

To be read in churches on Cheesefare Sunday, March 17, 2024, immediately after the Holy Gospel.

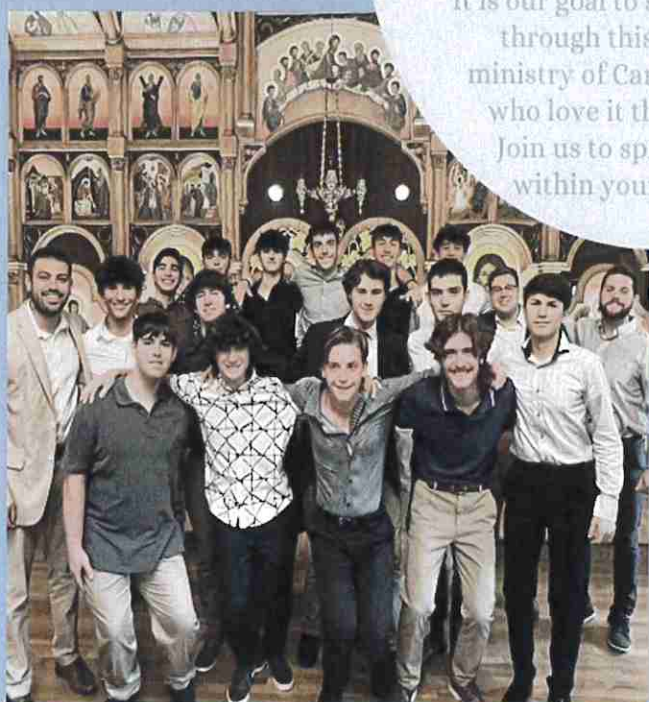
Metropolis of Pittsburgh Camp Presents...



CAMP SUNDAY

Sunday, March 17, 2024

Calling all of those who have been
part of our Camping Ministry!
It is our goal to share Christ's love
through this life-changing
ministry of Camp by the people
who love it the most... YOU!
Join us to spread the word
within your own parish!



Further Information: y2am.pittsburgh.goarch.org/summercamp

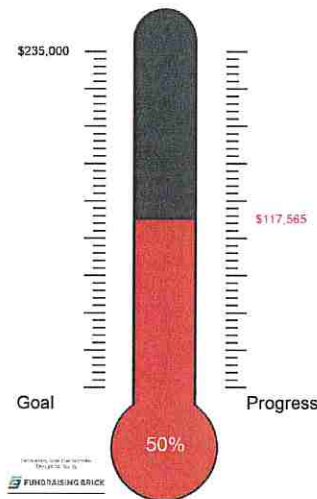
2024 Stewardship Pledge Cards are in the Narthex

(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>



<u>2024</u>	<u>STEWARDSHIP</u>
Total Stewards	192 (GOAL 300)
Total Pledged	\$ 117,565.00 GOAL (\$235,000.00)
Avg. Pledge	\$845.79

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!

St. John Chrysostom Bookstore

There are two tables in the hallway between the Church and the Fellowship Room with older inventory.

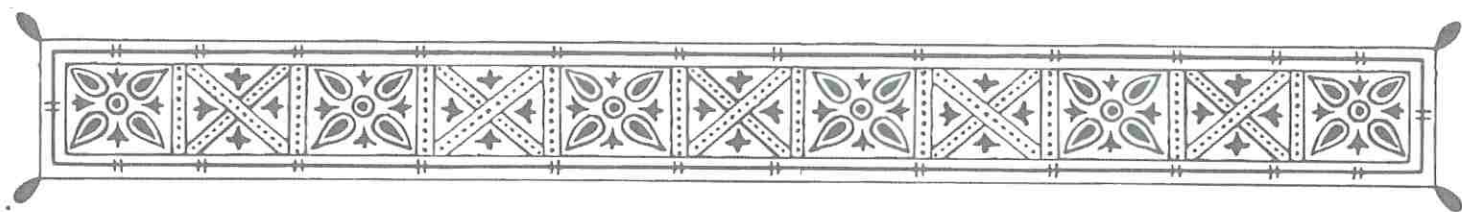
Please peruse and take what you wish.

Any free will offerings are appreciated.



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)

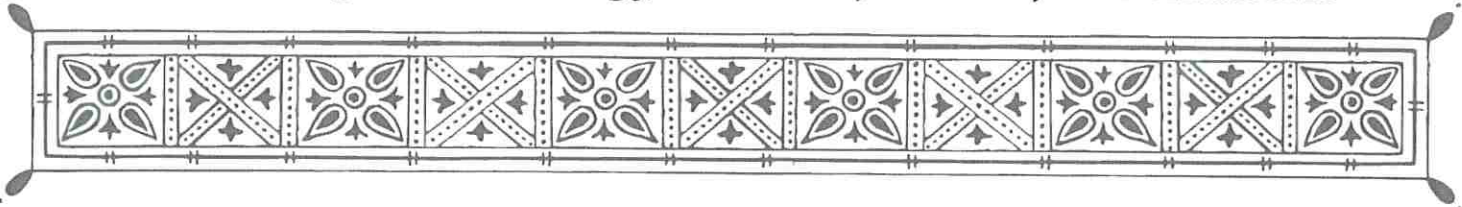
March
30th | 2 - 4
pm

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!



THE GREEK NATIONALITY ROOM & THE AMERICAN HELLENIC FOUNDATION OF WESTERN PA
PRESENT

GREEK INDEPENDENCE WEEK 2024
200 YEAR ANNIVERSARY OF THE "GREEK QUESTION"
MARCH 23 AND MARCH 30, 2024

"The Greek Question" remains one of the little-known matters of American history that was both consequence of, and fuel for, America's growing support for the Greek Revolution. Congressional documents and underlying evidence is scant. Until now.

This year, we unveil some of the documents. Most importantly, we bring to light the actual Congressional Session on the matter, with a *re-enactment* by students of the Quo Vadis program at the University of Pittsburgh.

PROGRAM DETAILS AT:

[HTTPS://PAHELLENICFOUNDATION.ORG/MARCH2024](https://pahellenicfoundation.org/march2024)

SIXTY CLUB NEWS

TITANIC ARTIFACT EXHIBITION

Wednesday, April 10

Cost: \$29.00*

Bus leaves St. Nicholas 10:15.**

More than 154 genuine artifacts such as a telegraph mechanism, Saalfeld perfume vials and labels, playing cards, passenger jewelry, even an almost perfect stack of au gratin dishes.

After browsing the exhibit at our own pace, our bus will take us to the Federal Galley for an individual choice of menu for lunch before returning to the church approximately 2:30.

*Price includes exhibit, bus, and driver's gratuity.

**We must have 15 participants for both the bus and the exhibit.

Reservations are due April 7.

Call Argie Stuart (412-6812-6754), Helen Waskoskie (724-327-3539), Alice Gary (412-249-8612) or Fran Hanna (412-731-0790).

(Please make checks payable to St. Nicholas Sixty Club and remit to any of the above.)

Food Festival Preparations

This Saturday, we were busy making our festival Finikia. Many thanks to Nikki Lykos for chairing once again and to all who came to help.

Due to the rescheduling of Galatoboureko, we are not cooking next week. Please note the **change we** made for **Galatoboureko**. Galatoboureko is now schedule for **Friday and Saturday, March 29 and 30**. Please consider helping out. We'd love to see some new faces. Thank you Elaine Keim for volunteering to chair.

And a HUGE Thank You to those who have come to help so far. You are a key component to the success of our festival.

March

Galatoboureko	Friday and Saturday, , March 29 and 30 9:00 am to 4:00pm
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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 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

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

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

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Date Received:

Check Number:

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ST. NICHOLAS
GREEK ORTHODOX
CATHEDRAL
PITTSBURGH, PA

2024 LENTEN LECTURE SERIES

**"FINDING GOD ON OUR
JOURNEY TO PASCHA"**

WEDNESDAYS
FOLLOWING
PRESANCTIFIED LITURGY

COME AND BRING A
LENTEN POTLUCK MEAL
TO ENJOY

PRESANCTIFIED LITURGY

⌚ 6:30 P.M.

**POTLUCK MEAL AND
LENTEN LECTURE**

⌚ 7:30 P.M.



WWW.STNICKSPGH.ORG

SPEAKERS

MARCH 20



**"FINDING GOD
IN THE WORK YOU
DO EACH DAY"**

**PRESBYTERA
KRISTINA ABERNATHY**

CHIEF DEVELOPMENT OFFICER AT
NEIGHBORHOOD RESILIENCE PROJECT

MARCH 27

NO PRESANCTIFIED LITURGY

METROPOLIS CLERGY
LENTEN RETREAT

APRIL 3



**"LENTEN DIAKONIA:
CULTIVATING A SPIRIT
OF SERVICE DURING
THE GREAT FAST"**

ARCHDN. RYAN GZIKOWSKI

ARCHDEACON OF THE METROPOLIS OF
PITTSBURGH AND DIRECTOR OF THE
METROPOLITAN'S OFFICE

APRIL 10



**"ILLUMINATING
THE SACRED:
SYMBOLS IN THE
ORTHODOX TRADITION"**

VASIE-LEIGH ANDRIOTIS

M.DIV.,
FORMER YOUTH DIRECTOR OF THE
METROPOLIS OF PITTSBURGH

APRIL 17



**"THE PARISH:
BUILDING, COMMUNITY
AND MINISTRIES"**

FR. RADU BORDEIANU

DUQUESNE UNIVERSITY PROFESSOR
OF THEOLOGY AND DIRECTOR OF
GRADUATE STUDIES

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
17 Forgiveness Sunday (Cheesefare Sunday) Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Philoptochos General Meeting GOYA Dance Practice Forgiveness Vespers of Compuption 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. GOYA Dance Practice (Girls Only)	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>Dinner Reception</i> <i>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. GOYA Dance Practice 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. GOYA Dance Practice	27	28	29 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Festival Baking – Galaktoboureko (9a-4p) </div> 2nd Salutations to the Theotokos 6:30 p.m.	30 Greek School 10:00 a.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	APRIL 1 YAL Basketball 7:00 p.m.	2	3 Presanctified Liturgy 6:30 p.m. Potluck Dinner and Lenten Lecture 7:30 p.m.	4	5 3rd Salutations to the Theotokos 6:30 p.m.	6 Greek School 10:00 a.m.