

SUNDAY, September 29 – 2nd Sunday of Luke

Saint of the day: Our devout father Kyriakos the Anchorite

Plagal First Mode • Third Eothinon



WELCOME TO ST. NICHOLAS CATHEDRAL!

VISIT www.stnickspgh.org 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: Brett Wells

Questions about our Parish? E-mail church@stnickspgh.org or call 412-682-3866
Our Sunday worship schedule: Orthros 8:15 a.m. & Divine Liturgy 9:30 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:

- ❖ **Memorial Service for Louis Zambelas (15 years).**
- ❖ **Coffee hour is being hosted by GOYA and sponsored by the family of Louis Zambelas in the Large Hall.**

THIS WEEK AT ST. NICHOLAS:

- **Monday, September 30:**
 - **Tuesday, October 1:**
 - **Wednesday, October 2:**
 - **Friday, October 4:**
 - **Saturday, October 5:**
 - **Sunday, October 6:**
- YAL Basketball 7:00 p.m.**
Adult Greek School Classes begin 6:30 p.m.
YAL Volleyball 7:00 p.m.
Vespers for Consecration of Dormition Church in Oakmont
Consecration of Dormition Church in Oakmont
Greek School 10:00 a.m.
Wedding 4:30 p.m.
VISIT OF ARCHBISHOP ELPIDOPHOROS OF AMERICA
Orthros 8:00 a.m.; Hierarchical Divine Liturgy 9:30 a.m.

TODAY'S HYMNS AND READINGS

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

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠϋδόκησε 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.

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

Following the Small Entrance, Resurrection Hymn of the week in plagal first mode is repeated (see above).

Then, the Hymn for the Saint of the day (St. Kyriakos) in first mode is chanted:

Τῆς ἐρήμου πολίτης καὶ ἐν σώματι ἄγγελος καὶ θαυματουργὸς ἀνεδείχθης θεοφόρε πατὴρ ἡμῶν Κυριακέ· νηστεία, ἀγρυπνία, προσευχῇ, οὐράνια χαρίσματα λαβών· θεραπεύεις τοὺς νοσοῦντας καὶ τὰς ψυχὰς τῶν πίστει προστρεχόντων σοι. Δόξα τῷ δεδωκότι σοι ἰσχύν, δόξα τῷ σὲ στεφανώσαντι, δόξα τῷ ἐνεργοῦντι διὰ σοῦ πᾶσιν ἰάματα.

As a citizen of the desert and an angel incarnate * and a wonder-worker you shone forth, O Kyriacos, our God-bearing father. * Since you received the spiritual gifts * by fasting and vigilance and prayer, * you can cure those who are ailing and heal the souls * of those who run to you with faith. * Glory to Him who gave His might to you; * glory to Him who placed a crown on you; * glory to Him who operates through you, providing cures to all.

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, ἡ τῶν πραγμάτων ἀλήθεια· διὰ τοῦτο ἐκτίσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ πτωχείᾳ τὰ πλούσια, Πάτερ ἱεράρχα Νικόλαε· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

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

Finally, we chant the usual kontakion in second mode:

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεὶ Θεοτόκε, τῶν τιμώντων σε.

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

Today's Epistle Reading (*Fourteenth Sunday*):

The reading is from Paul's Second Letter to the Corinthians (1:21 – 24; 2:1 – 4)

Αδελφοί, ὁ βεβαιῶν ἡμᾶς σὺν ὑμῖν εἰς Χριστὸν καὶ χρίσας ἡμᾶς Θεός, ὁ καὶ σφραγισάμενος ἡμᾶς καὶ δοὺς τὸν ἁρραβῶνα τοῦ Πνεύματος ἐν ταῖς καρδίαις ἡμῶν. Ἐγὼ δὲ μάρτυρα τὸν Θεὸν ἐπικαλοῦμαι ἐπὶ τὴν ἐμὴν ψυχὴν, ὅτι φειδόμενος ὑμῶν οὐκέτι ἦλθον εἰς Κόρινθον. οὐχ ὅτι κυριεύομεν ὑμῶν τῆς πίστεως, ἀλλὰ συνεργοί ἐσμεν τῆς χαρᾶς ὑμῶν· τῇ γὰρ πίστει ἐστήκατε. Ἐκρίνα δὲ ἑμαυτῷ τοῦτο, τὸ μὴ πάλιν ἐν λύπῃ ἐλθεῖν πρὸς ὑμᾶς. εἰ γὰρ ἐγὼ λυπῶ ὑμᾶς, καὶ τίς ἐστὶν ὁ εὐφραίνων με εἰ μὴ ὁ λυπούμενος ἐξ ἐμοῦ; καὶ ἔγραψα ὑμῖν τοῦτο αὐτό, ἵνα μὴ ἐλθὼν λύπην ἔχω ἀφ' ὧν ἔδει με χαίρειν, πεποιθὼς ἐπὶ πάντας ὑμᾶς ὅτι ἡ ἐμὴ χαρὰ πάντων ὑμῶν ἐστίν. ἐκ γὰρ πολλῆς θλίψεως καὶ συνοχῆς καρδίας ἔγραψα ὑμῖν διὰ πολλῶν δακρύων, οὐχ ἵνα λυπηθῆτε, ἀλλὰ τὴν ἀγάπην ἵνα γνῶτε ἦν ἔχω περισσοτέρως εἰς ὑμᾶς.

Brethren, it is God who establishes us with you in Christ, and has commissioned us; he has put his seal upon us and given us his Spirit in our hearts as a guarantee. But I call God to witness against me — it was to spare you that I refrained from coming to Corinth. Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. For I made up my mind not to make you another painful visit. For if I cause you pain, who is there to make me glad but the one whom I have pained? And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. For I wrote you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you. [RSV]

Today's Gospel Reading (*Second Sunday of Luke*):

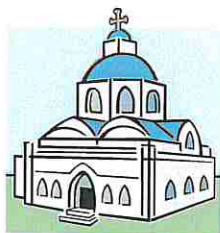
The reading is from the Holy Gospel according to Luke (6:31 – 36)

Εἶπεν ὁ Κύριος· Καθὼς θέλετε ἵνα ποιῶσιν ὑμῖν οἱ ἄνθρωποι, καὶ ὑμεῖς ποιεῖτε αὐτοῖς ὁμοίως. καὶ εἰ ἀγαπᾶτε τοὺς ἀγαπῶντας ὑμᾶς, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ οἱ ἁμαρτωλοὶ τοὺς ἀγαπῶντας αὐτοὺς ἀγαπῶσι. καὶ ἐὰν ἀγαθοποιῇτε τοὺς ἀγαθοποιῶντας ὑμᾶς, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ οἱ ἁμαρτωλοὶ τὸ αὐτὸ ποιοῦσι. καὶ ἐὰν δανείζητε παρ' ὧν ἐλπίζετε ἀπολαβεῖν, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ ἁμαρτωλοὶ ἁμαρτωλοῖς δανείζουσιν ἵνα ἀπολάβωσι τὰ ἴσα. πλὴν ἀγαπᾶτε τοὺς ἐχθροὺς ὑμῶν καὶ ἀγαθοποιεῖτε καὶ δανείζετε μηδὲν ἀπελπίζοντες, καὶ ἔσται ὁ μισθὸς ὑμῶν πολὺς, καὶ ἔσεσθε υἱοὶ ὑψίστου, ὅτι αὐτὸς χρηστός ἐστίν ἐπὶ τοὺς ἀχαρίστους καὶ πονηροὺς. Γίνεσθε οὖν οἰκτίρμονες, καθὼς καὶ ὁ πατὴρ ὑμῶν οἰκτίρμων ἐστὶ.

The Lord said, "And as you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, despairing of no man; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful." [RSV]

BEAUTIFICATION PROJECT

The church beautification committee is preparing to purchase new items for the church, including new hanging oil lamps for the iconostasis, altar cloths, a tabernacle and candle set for the altar, panel icons for the narthex and candlesticks for the ceremonial table (or replating the existing ones). Plans also include installing a *synthronon* with new chairs and iconography for the altar, and cleaning and restoring the iconostasis. The committee is communicating with iconographers and consultants about potentially adding additional iconography within the church. Further details about this last project will be forthcoming. If you would like to contribute towards the cost of these items or projects, please see either Fr. Eleftherios or any member of the committee: Deacon Robert Lykos, Rob Day, Alex Davides, Amy Hogg, Peter Krelis, Carol Tsudis, or Tulla Velisaris.



Church School's "Knowing Your Liturgy"

When does the Liturgy of Preparation take place?

- a. Prior to the Divine Liturgy
- b. During the Divine Liturgy
- c. After the Divine Liturgy (for the following week)

(See back page for answer)

ST NICHOLAS

Byzantine Youth Choir For Grades K – 12

Meets weekly for 20
minutes after Sunday School

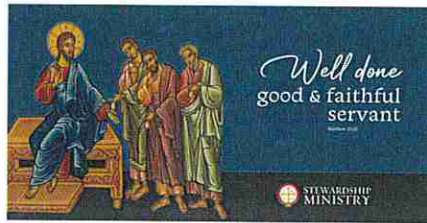
Starts on September 22!



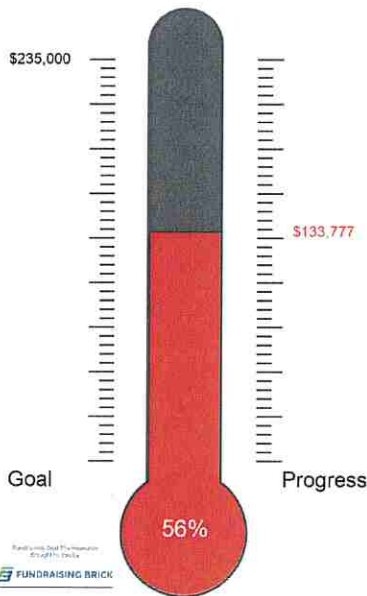
- *Learn the hymns of the Divine Liturgy
- * Online lessons with audio recordings and videos

***Talk to Amy Hogg for more information,
or email her at amy.hogg@trisagionschool.org**

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 donate
<https://stnickspgh.>



<u>2024</u>	<u>STEWARDSHIP</u>
Total Stewards	246 (GOAL 300)
Total Pledged	\$ 133,777.00 (GOAL (\$235,000.00))
Avg. Pledge	\$801.06

YOUTH SAFETY WORKERS

Who is considered a Youth Safety Worker?

All Clergymen (Bishops/Priests/Deacons, both Active & Retired)
Pastoral Assistants & Youth Directors

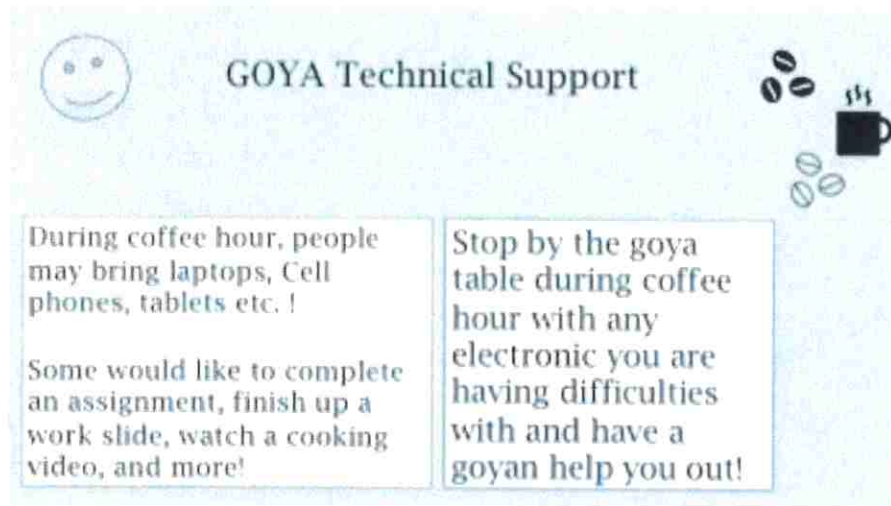
People assisting, in any ministry, where the participants are under 18 years of age or in high school, whichever is later.

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.



GOYA Technical Support

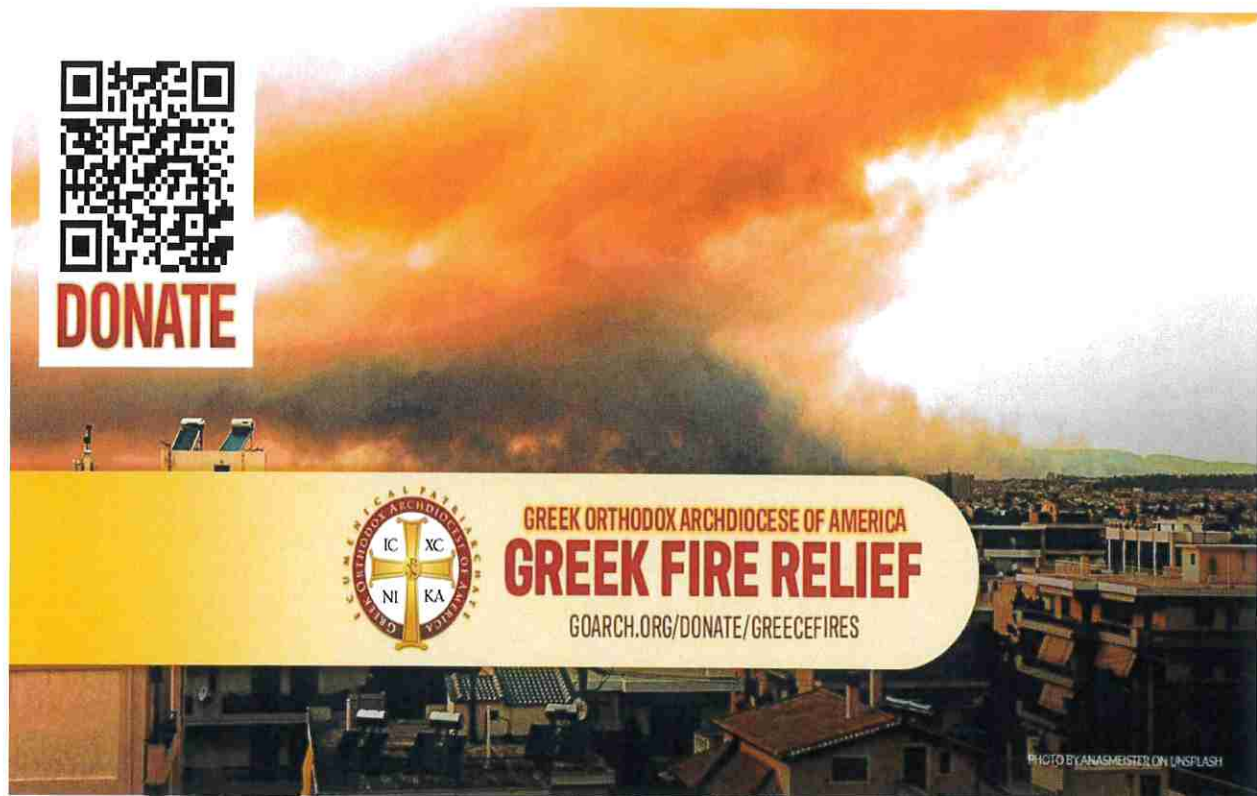
During coffee hour, people may bring laptops, Cell phones, tablets etc. !


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!

SIXTY CLUB NEWS

Time for 2024- 2025 dues; \$15.00 per person, payable to St. Nicholas 60 Club. Please contact Helen Waskoskie, 3843 Newton Court Murrysville, PA 15668 or Argie Stuart 4601 Bayard St., Apt 205, Pittsburgh, PA 15213.




DONATE


 **GREEK ORTHODOX ARCHDIOCESE OF AMERICA**
GREEK FIRE RELIEF
GOARCH.ORG/DONATE/GREECFIRES

PHOTO BY ANASIMESTER ON UNPLASH

NEW YORK TRIP IS A GO!!!!

Still time to join us, seating limited.

Act now! Call Alice Gary, 412-249-8612.

*Please Join Our St. Nicholas 60 Club
on a Memorable 3-day/2-night Trip to*

NEW YORK CITY, NEW YORK

Featuring the ST. NICHOLAS GREEK ORTHODOX CHURCH & NATIONAL SHRINE

3 DAYS - 2 NIGHTS

OCTOBER 15 - 17, 2024

\$580 per person
double occupancy

\$25 per person deposit due by 8/20/24

Balance due by 10/1/24

Make checks payable to:

St. Nicholas 60 Club

and mail to St. Nicholas Cathedral
(see address below)

PACKAGE INCLUDES:

- * 2 Nights lodging
- * 2 Breakfasts
- * 2 Dinners, including a lovely dinner in Astoria, Queens
- * Tour of the St. Nicholas Greek Orthodox Church & National Shrine
- * Visit & Tour the Greek Orthodox Archdiocese of America National Headquarters
- * Free time to visit the National 9/11 Memorial
- * Free time in Manhattan
- * Tour of Upper Manhattan
- * Tour of Lower Manhattan
- * Ferry to Statue of Liberty & Ellis Island with audio tour
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation

9/11

MEMORIAL



See reverse side for tentative itinerary

Cancellation insurance is available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:



ST. NICHOLAS GREEK ORTHODOX CATHEDRAL

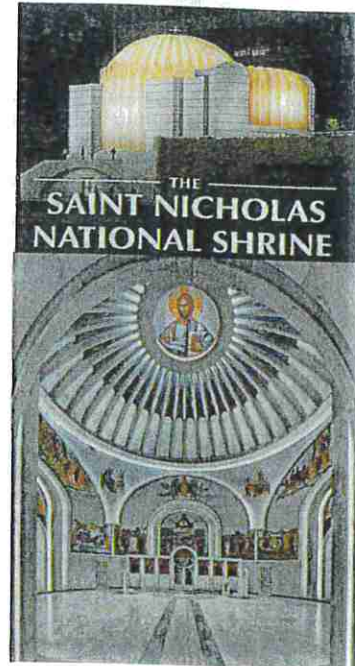
Alice Gary

419 S. Dithridge St.

Pittsburgh, PA 15213

(412) 249-8612

DELICIOUS MEALS
FABULOUS TOURS



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Orthodox Clergy Brotherhood of Greater Pittsburgh



2024-
2025

EVENTS SCHEDULE

**SUN
SEPT 15
4 PM**

BLESSING OF THE WATERS

Dormition of the Theotokos GOC, Oakmont, PA

WALK FOR MISSIONS

South Park & Schenley Park

**SUN
OCT 13
1 PM**

**SUN
NOV 24
4 PM**

PAN-ORTHODOX CHRISTMAS CHOIR CONCERT

St. Nicholas SOC, Monroeville, PA

SUNDAY OF ORTHODOXY

Holy Cross GOC, Mt. Lebanon, PA

**SUN
MAR 9
4:30 PM**



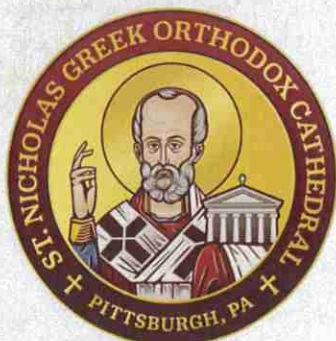
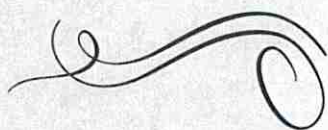
MORE INFORMATION TO FOLLOW



You are cordially
invited to the

**FIRST
ARCHPASTORAL
VISIT OF
HIS EMINENCE
ARCHBISHOP
ELPIDOPHOROS
OF AMERICA**

SUNDAY
6 OCTOBER



www.stnickspgh.org

St. Nicholas
Greek Orthodox Cathedral
419 South Dithridge Street
Pittsburgh, PA 15213

Orthros: 8:15 a.m.
Followed by Hierarchical
Divine Liturgy

A Celebratory luncheon will be
hosted in the Cathedral Hall
following the services

For more information,
kindly contact the
Cathedral Office at
412-682-3866

CALL FOR COOKIE TABLE CONTRIBUTIONS **FOR ARCHPASTORAL VISIT LUNCHEON**

As part of the Archpastoral Visit Luncheon honoring His Eminence Archbishop Elpidophoros of America, we will be hosting a traditional Pittsburgh Cookie Table following the services on Sunday, October 6. We kindly request donations of cookies, pastries, cakes, and pies to showcase this beloved tradition.

Please bring your desserts:

- **Un-plated:** Saturday, October 5, between 10:00 a.m. and 1:00 p.m.
- **Plated:** Sunday, October 6, before the luncheon.

For questions or additional information, contact Linda Hages at 412-523-7938 or Alex Davides at 412-956-6325.

VOLUNTEERS NEEDED **FOR ARCHPASTORAL VISIT LUNCHEON**

We are seeking volunteers to assist with preparations for the Archpastoral Luncheon. Help is needed:

- **Set-up:** Saturday, October 5
- **Service and Clean-up:** Sunday, October 6.

If you are able to help, please contact Michelle Kotsagrellos at 412-680-1416.

SPONSORSHIP OPPORTUNITIES **FOR ARCHPASTORAL VISIT LUNCHEON**

Since the Archpastoral Visit Luncheon will be offered gratis, we are seeking sponsors to help underwrite the costs associated with the luncheon. Any additional funds raised will go to support camp scholarships. If you are interested in supporting this important event, please contact Michelle Kotsagrellos for more information at 412-680-1416.



SATURDAY, OCTOBER 5TH, 2024

FOLLOWING THE CONSECRATION LITURGY

\$25 PER ADULT / \$15 PER CHILD (12 AND UNDER)

To RSVP

1. VISIT THE COFFEE HOUR TABLE ON SUNDAY
2. E-MAIL DORMITIONCONSECRATIONLUNCHEON@GMAIL.COM
3. CALL (412) 798-2289

PLEASE INCLUDE A PHONE NUMBER SO WE CAN CONTACT YOU.

RSVP BY WEDNESDAY, SEPTEMBER 25TH

RESERVATIONS MOVED TO OCTOBER 2, 2024

FOR MORE INFORMATION VISIT:
DORMITIONPGH.ORG/CONSECRATION

DORMITION OF THE THEOTOKOS GREEK ORTHODOX CHURCH - 12 WASHINGTON AVENUE - OLDMONT, PA

ST. JOHN CHRYSOSTOM BOOKSTORE

back to SCHOOL

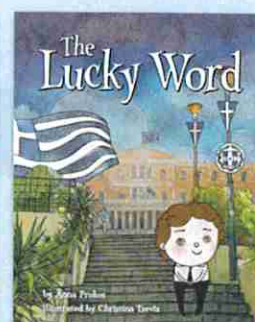
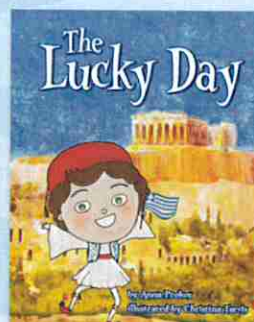
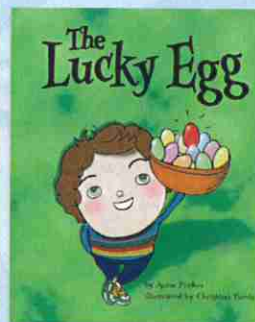
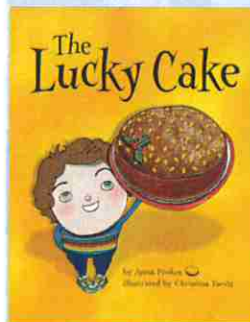
SPECIAL PRE-ORDER EVENT

Keep Greek Traditions Alive for Kids

with The Lucky Book Series

by Greek-American author Anna Prokos

a-to-zpublishing.com



(THE LUCKY CAKE IS AVAILABLE IN GREEK)

AFTER CHURCH SCHOOL 9/29 AND AT OUR OPEN
HOUSE DURING GREEK SCHOOL 10/5

SHOP FOR THE HOLIDAYS

SUPPORT GOYA MISSION WALK FOR GUATEMALA



On October 13, 2024, St. Nicholas GOYA will participate in a walk through Oakland supporting the vital work of the mission trips in Guatemala.

Money raised from this event will be used for:

- Building hospitals
- Establishing a seminary
- Translating liturgical/ theological books
- Sewing vestments/ other liturgical coverings
- Providing parishes with icons/ liturgical utensils
- Assisting less fortunate members of the church
- Supporting other mission teams

HOW CAN YOU HELP?

You can help by making a donation. Please make checks payable to Holy Cross Mission Fund and give to a GOYA member or mail to:

St. Nicholas GOYA
419 S. Dithridge Street
Pittsburgh, PA 15213

If you have any questions,
please contact the chairs of this
event, Marialena Bouzos, at
bouzosmarialena@gmail.com or
Demetri Darakos at
demetri.darakos@gmail.com

St. Nicholas Greek Orthodox Cathedral
Presents
GRΣK-TOBER



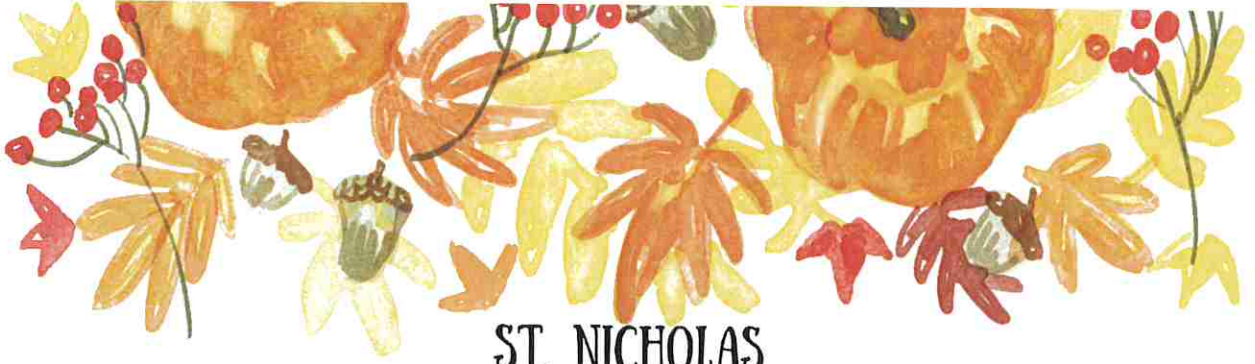
Come and enjoy
a taste of Greece with gyros, kebabs,
bougatsa, loukoumades and more!

**WEDNESDAY, OCTOBER 9TH THRU
FRIDAY, OCTOBER 11TH**

11 A.M. – 9 P.M.

OUTSIDE – UNDER THE TENT!

St. Nicholas Greek Orthodox Cathedral
419 S. Dithridge Street
Pittsburgh, PA 15213
(412) 682-3866
www.stnickspgh.org



ST. NICHOLAS
JOY-HOPE-LITTLE ANGELS
FALL FESTIVAL

FRIDAY OCTOBER 18, 2024
6:00 P.M.



*Whatever you do, do everything for the
glory of God. 1 Corinthians 10:31*

LOCATION: ST. NICHOLAS PARKING LOT

DECORATE YOUR TRUNK AND PASS OUT A TREAT
PIZZA AND A CRAFT PROVIDED

PLEASE WEAR YOUR FAVORITE DISNEY, STORYBOOK, SUPERHERO
CHARACTER OR ATHLETE COSTUME.

REFRAIN FROM WEARING COSTUMES WITH WEAPONS.

RSVP TO STAVROULA DORIS AT STAV828@GMAIL.COM



.....

St. Nicholas Philoptochos
invites you to join us for a

GENERAL MEETING

Sunday | Oct. 20 | 11:30 a.m.

WITH GUEST SPEAKER

Fr. Paul Abernathy



Please join us after church in the small hall for light refreshments and a discussion with Fr. Paul!

.....



NEIGHBORHOOD
RESILIENCE
PROJECT



Food Drive

SUNDAY,
OCTOBER 20, 2024

St. Nicholas Greek Orthodox Cathedral
419 South Dithridge St., Pittsburgh, PA 15213

SUPPORTING

Neighborhood Resilience Project's Emergency
Food Pantry

Most Needed Items:

- Ramen noodles
- Canned tuna & chicken
- Canned pudding
- Protein bars
- Cereal
- Shelf-stable milk
- Mac 'n cheese
- Oatmeal
- Snack crackers
- Trail mix/ nuts/ cookies
- Peanut butter & jam/ jelly
- Pasta and sauce
- Canned pasta (e.g., Chef Boyardee)
- Rice
- Beans- dried or canned
- Juice or juice boxes
- Canned vegetables
- Canned fruit/ applesauce
- Canned soup
- Dried soup packets





The Daughters of Penelope, Alcyone Chapter,
Are planning a Bakeless Bake Sale during the month of October.

Many is the time I heard you say,
You would rather give some cash than bake today.
And so, we are asking more or less
to make our bake sale a big success.
Just place the amount in the envelope, along with this rhyme.
You'll feel you've done your part, which took very little time.

Send your contribution payable to:
Daughters of Penelope.
% of St. Nicholas Cathedral
419 South Dithridge St.
Pittsburgh, Pa. 15213
Proceeds benefit the American Cancer Society

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 2nd Sunday Of Luke Orthros 8:15 a.m. Divine Liturgy 9:30 a.m.	30 YAL Basketball 7:00 p.m.	OCTOBER 1 Adult Greek School Classes Begins 7:00 p.m.	2 YAL Volleyball 7:00 p.m.	3	4 <i>Vespers for Consecration of Dormition Church in Oakmont</i>	5 <i>Consecration of Dormition Church in Oakmont</i> Greek School 10:00 a.m. Wedding 4:30pm
6 VISIT OF ARCHBISHOP ELPIDOPHOROS OF AMERICA Orthros 8:00 a.m. Hierarchical Divine Liturgy 9:30 a.m.	7 YAL Basketball 7:00 p.m.	8 Adult Greek School 7:00 p.m.	9	10	11	12 Greek School 10:00 a.m.
			Greek-tober (11:00 a.m. – 9:00 p.m.) Wed-Thu-Fri			
13 Sunday of the 7th Ecumenical Council Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Walk for Missions	14 Parish Council Meeting 6:30 p.m. YAL Basketball 7:00 p.m.	15 Adult Greek School 7:00 p.m.	16 YAL Volleyball 7:00 p.m.	17	18 JOY, HOPE & Little Angels Fall Festival 6:30 p.m.	19 Greek School 10:00 a.m.
		Trip to NYC			YAL Conference	
20 6th Sunday of Luke Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. Philoptochos General Meeting	21 YAL Basketball 7:00 p.m.	22 Adult Greek School 7:00 p.m.	23 St. James the Apostle Orthros 9:00 a.m. Divine Liturgy 10:00 a.m.	24	25	26 St. Demetrios the Myrrh-Streamer Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Greek School 10:00 a.m.

Answer:

- The Proskomide (from the Greek προσκομιδή), is the Service/Liturgy of Preparation (or Office of Oblation) celebrated by the priest **prior** to the Divine Liturgy. During the Proskomide, the bread and wine are prepared for the Holy Eucharist. The Proskomide is a prerequisite for the Divine Liturgy. The priest conducts the Proskomide in the Holy Altar at the Prothesis Table (Table of Preparation/Oblation) which is located to the left of the Altar Table in a small alcove. Proskomide, when translated to English, means “preparation.”