



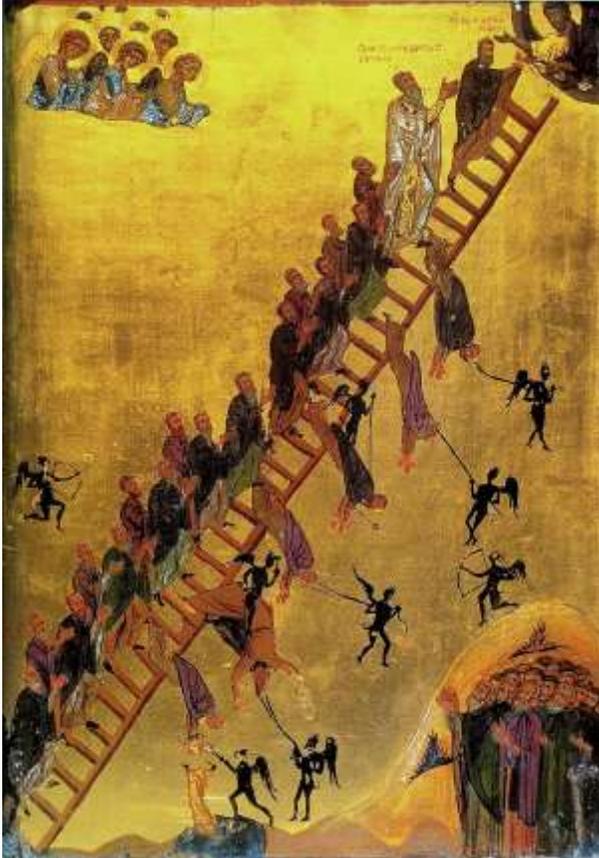
Saint Nicholas Greek Orthodox Cathedral Pittsburgh, PA



419 S. Dithridge Street, Pittsburgh, PA 15213 412-682-3866

MARCH 2026 NEWSLETTER

St. John of the Ladder (March 30)



On March 30 the Church commemorates St. John Climacus, the great spiritual father of the 6th–7th century and author of *The Ladder of Divine Ascent*. Born around 579, he entered the monastic life at Mount Sinai as a young man and spent decades in prayer, obedience, and ascetic struggle before eventually serving as abbot of Sinai.

At the request of a neighboring abbot, he composed *The Ladder* as a guide for the spiritual life—thirty steps leading from repentance and humility to the fullness of love in Christ. Though written for monks, its wisdom has nourished the entire Church for centuries.

The famous 12th-century icon of the Ladder from Saint Catherine's Monastery in Sinai beautifully portrays this ascent: souls climbing toward Christ, strengthened by grace and vigilance.

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.

ST. NICHOLAS GREEK ORTHODOX CATHEDRAL
419 S. Dithridge Street Pittsburgh, PA 15213
412-682-3866 (Office) 412-683-4960 (fax) church@stnickspgh.org

Reverend Father Eleftherios Constantine, Dean
fr.ec@stnickspgh.org

+

Reverend Deacon Robert Lykos
412-736-2762
robertlykos@gmail.com

Barbara Manners	Office Manager	412-682-3866
Mary Olszewski	Events Coordinator	412-682-4000
Vincent Nelson	Maintenance	412-537-4073

2026 Parish Council

Alexandra Davides President (412-956-6325)
Victor Bertolina, Vice President (412-860-2315)
James Machin, Treasurer (724-413-3607)
Robin Day, Assistant Treasurer (917-569-8622)
James Hages Assistant Secretary (412-523-7937)
Lee Katsafanas, Secretary (412-215-6089)
George Bellios (412-897-5354)
Vasili Copetas (412-352-9323)
William Gary (412-889-4795)
John Frentzos (412-287-0275)
Peter Krelis(412-370-2809)
Van Paras (412-527-4248)
Constance Paras-Jennings (412-302-8960)
Peter Tsudis (412-915-7006)

Service Schedule

All Year Round
Orthros 8:15 a.m.
Divine Liturgy 9:30 a.m.

Hall Rentals

If you are interested in renting either our small or large hall, please contact our Events Coordinator, Mary Olszewski, at 412-628-9466 or events@stnickspgh.org for more information and availability.

Metropolis	412-621-5529	www.pittsburgh.goarch.org
Archdiocese	212-570-3500	www.goarch.org

CHECK US OUT ON THE WEB

www.stnickspgh.org
www.stnickscathedralroom.com

And look for us on our Facebook page:
https://www.facebook.com/Saint-Nicholas-Greek-Orthodox-Cathedral-Pittsburgh-PA

Watch Sunday services streaming live from St Nicholas Cathedral at www.stnickspgh.org/ and click on "Live Streaming Click Here".

On-Line Giving donations are up and running on our web page **www.stnickspgh.org** by clicking please donate button - or you may access the donation page by using **https://abundant.co/stnickspgh/give**

ORGANIZATIONS

Church School	Michelle Kotsagrelou	412-680-1416
Greek School	Maria Stamoolis	412-963-7283
Philoptochos	Maria Bardakos	412-519-8684
GOYA Advisors	Maria Coutris	412-915-7838
	Linda Hages	412-523-7938
Little Angels/HOPE/JOY	Stavroula Doris	STAV828@gmail.com
60 Club	Alice Gary	412-951-7334
Garden Club	Elaine Andrianos	412-731-4334
Choir	Steve Andrews	412-561-9102
Organist	Brett Wells	
Chanter	Amy Hogg	amyjhogg@gmail.com
Sexton	Jimmy Machin	724-413-4309
Profora	Argy Darakos	412-319-7330
	Jim Hages	412-523-7937
Kolyva	Tulla Velisaris	412-889-1648
St Nicholas Dancers		
GOYA	Kelly Gary	412-741-8567
JOY	Aimee Walker	412-398-6094
Boys Basketball:	Nicholas Hages	412-523-9885
	Alex Lountzis	610-743-0903
Girls Basketball:	Nikki Lykos	412-897-8208
	Lenna Cominos	412-370-8181

PARISH COUNCIL COMMITTEE CHAIRS

Cemetery - Constance Paras-Jennings
Community Center & Catering - George Bellios
Facilities – Victor Bertolina
Finance - James Machin
Food Festival - Vasili Copetas & John Frentzos
Operational & Administration - John Frentzos
Parish Sustainability - Vasili Copetas
Religious & Greek Education/Greek Affiliations - Lee Katsafanas
Social - William Gary
Stewardship, Outreach & Evangelism - Robin Day
Technology & Communications - Robin Day
Youth & Young Adult Ministries - James Hages
AD HOC Committees

Beautification	Deacon Robert Lykos
Bylaws/Legal	William Gary

FATHER'S MESSAGE

March 2026

“Come, let us ascend the mountain of the Lord, and to the house of the God of Jacob.”
(Isaiah 2:3)

My dear Brothers and Sisters in Christ,

On the Fourth Sunday of Great Lent, the Church places before us the great ascetic father John Climacus, whose spiritual masterpiece, *The Ladder of Divine Ascent*, has shaped Orthodox spirituality for centuries. Some modern scholars even claim that, apart from the Holy Scriptures and the service books of the Church, there is no work in Eastern Christianity that has been studied, copied, or translated more frequently than the Ladder. Such is its power and relevance.

St. John did not write *The Ladder* as a sort of theoretical exercise, but out of his lived experience as one who struggled in asceticism. Living on Mount Sinai in the sixth and seventh centuries, he understood the spiritual life not as an abstract ideal or a fleeting emotional impulse, but as deliberate ascent. Drawing from his own experience and from the wisdom of the Fathers, he describes thirty rungs leading the soul from renunciation and repentance to the highest zenith of love. The early steps call us to detachment from the passions, obedience, and remembrance of death. Further along, he speaks of stillness, discernment, and humility. Near the top of the ladder stands pure prayer—prayer free from distraction and rooted in compunction. And above all, crowning the ascent, is love—the fulfillment of every virtue and the very life of God.

And yet, St. John's Ladder is not merely poetic imagery; it is a structured path of transformation. As the Church teaches us, the spiritual life is not random or accidental. We must be intentional in how we live our lives as Christians. The fruits of our spiritual life unfold through discipline, vigilance, and of course, God's grace. Each rung in John's *Ladder* builds upon the one before it. One does not arrive at humility without first confronting pride; one does not attain stillness without first learning obedience. And how can one love without first being purified of selfishness and only looking inwardly? The ascent is orderly, intentional, and often difficult and demanding. But it is also for us hope—because it shows us that growth in Christ is possible.

In his writing, St. John is also realistic and honest. The passions resist. The struggle can feel like an ordeal. We may advance in one virtue only to discover another weakness exposed within us. We may feel like we're climbing only to realize that we are going backwards in the wrong direction. Yet this unveiling is in and of itself a mercy. The Ladder teaches us that awareness of our infirmities is not defeat, but the beginning of

FATHER'S MESSAGE, Con't

healing. It's like that quote from Metropolitan Anthony Bloom that I have been thinking about lately, that "God can save the sinner you are, but not the saint you pretend to be." The Christian life is not about appearing strong, but about becoming humble enough to rely completely on God.

And here is a word of hope: even if you have ascended only the first rung of the Ladder, you have already left the earth. The moment we truly turn toward repentance—however imperfectly—we are no longer merely standing on worldly ground. Our direction has changed. Our face is set toward Christ. Every sincere act of repentance and confession, every restrained thought and word, every small act of obedience and kindness is already participation in the ascent.

And so, we learn from *The Ladder* that our Lenten journey is not about dramatic spiritual feats. It is about perseverance. It is about taking the next faithful step upward. May this holy season strengthen us in the climb, that through repentance, prayer, and steadfast love, we may draw ever nearer to the One who calls us upward into His Kingdom.

Prayerfully yours,



† Fr. Eleftherios Constantine

SACRAMENTAL LIFE

BAPTISM

With much joy, we welcome into our Family of faith Elleana Mae Patterson. She is the daughter of Gregory and Maria Labrakopoulos-Patterson, and was baptized on Saturday, February 7, 2026. Her Godfather is Nicholas Labrakopoulos.

PARISH COUNCIL

Your Parish Council was affirmed on January 25, 2026, after many weather delays. A lot of activity has taken place in January, starting with a Happy 250th Birthday to America hosted and sponsored by The Sixty Club, led by the indefatigable Alice Gary and her team of volunteers.

GOYA joined in by hosting almost 400, including Goyans, parents, coaches, advisors, at a Metropolis wide basketball tournament. Philoxenia was a vital part of this tournament. From those volunteering to wrap cutlery to the cooks, bakers, timekeepers, medical volunteers, decorators and so many more, Saint Nicholas shined in its efforts. It takes a community to put on this kind of event. Linda Hages, GOYA advisor made it all look effortless. Thank you to Linda and all who volunteered.

Food Festival is gearing up for another successful year, with a new date format: ***Tuesday through Sunday, May 5 through Mother's Day, May 10th. Please note the new format and pass the news to your friends and family.***

Volunteers are very much needed for the remainder of festival cooking and baking. Please follow your Sunday Bulletin for Festival cooking and updates.

While winter brought forth the above activities, winter itself has not been kind to our aging building, as our church roof has developed many leaks. The time has come for replacing the roof. Cost over runs in utilities have also caused budgetary concerns. We will be asking for help in paying for a new roof. It just cannot withstand another winter.

In closing, I wish to thank Michelle Kotsagrellos for her years of service serving on Council, including her three terms as President. Michelle is not going away! She will still be serving her church and giving of her time and talent.

It takes a community and I for one, am very proud of our Saint Nicholas community.

Kali Sarakosti,

Alexandra Davides

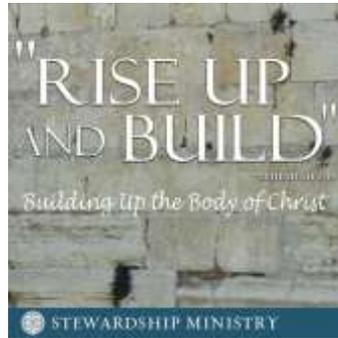
Homewood Cemetery

St. Nicholas Greek Orthodox Cathedral Greek Section

There are currently 21 graves available for purchase.

Cost per grave:

2026 STEWARDSHIP



Fr. Eleftherios & Presvytera Elizabeth Constantine	Dr. Athan & Lydia Georgiades	Mr. Paul L. Moses
Dn. & Mrs. Robert Lykos	Ms. Jami Gori	Mr. & Mrs. Dean Pantages
Dr. & Mrs. Konstantinos Alfaras-Melainis	Mrs. Alexandra Gregory	Dr. & Mrs. Spiro Papas
Mr. Emanuel Amorgianos	Mr. Corey Gregory	Mrs. Constance Paras Jennings
Ms. Anna Andrews	Mr. & Mrs. Michael Gregory	Mrs. Katherine Paras
Mr. Steven Andrews	Dr. Constantinos Hadjipanayis	Mr. John C. Paras
Mrs. Elaine Andrianos	Mr. & Mrs. John Hages	Mr. Van Paras
Ms. Jeanne Antonuccio	Mrs. Frances Hanna+	Mr. & Mrs. Jake Persinger
Mr. George Anthon	Rania Harris	Mr. & Mrs. George J. Peters
Dr. Artemisia Apostolopoulou	Ms. Maria Hnarakis	Ms. Stamatia Peters
Mr. & Mrs. Spiliou Argiropoulos	Mr. & Mrs. Charles Hogg	Mr. & Mrs. John Peterson
Mr. & Mrs. Nick Balouris	Mr. & Mrs. Andrew Janis	Mr. & Mrs. John Petrolias
Ms. Maria Bardakos	Mr. & Mrs. Nick Kakavis	Mrs. Constance Petros
Mr. & Mrs. Alexander Baughman	Ms. Christine Kanakis	Mr. & Mrs. Eugene Rakoczy
Mr. & Mrs. Eric Baughman	Mr. Konstatinos Kasamias	Mr. George S. Raftis, III
Fr. Christopher & Presvytera Filitsa Bender	Dr. Diane Karnavas & Mr. Bart Bodkin	Mr. Robert M. Reitz
Ms. Sophia Bender	Mr. & Mrs. Foster Kartsotis	Mrs. Kristina Rigoopoulos & Mr. William Guttman
Mrs. Alexandra Bergstrom	Dr. & Mrs. John Karvounides	Mr. William Sfamenos
Mr. & Mrs. Victor Bertolina	Mr. Andron Kavouras	Mr. A. Robert Shott
Ms. Pamela Bertos	Mr. Lee Katsafanas	Mrs. Stella Stratigos
Mrs. Rebecca Bertos	Mr. & Mrs. Christopher Kefalos	Mr. & Mrs. Gus Stamoolis
Dr. & Mrs. Paul Blastos	Mr. & Mrs. Steven Kefalos	Toula Stathopoulos
Ms. Krista Bullard	Mrs. Sandra Kemrer	Mrs. Argie Stuart
Mrs. Elena G. Cerri	Mr. & Mrs. Nicholas Kleissas	Mrs. Stella Stratigos
Mrs. Dee Chronis	Mrs. Elaine Keim	Mr. & Mrs. Samuel Stepanow
Mr. & Mrs. Spencer Cominos	Mrs. Demetra Kontoulis	Mrs. Evangeline Theodoridis
Ms. Theodora Constantine	Michelle Marie Kotsagrelou	Mr. & Mrs. Stephen Thomas
Marion Constatinides	Mr. Chris T, Kouklis	Mrs. Dena Haritos Tsamitis
Mr. Phillip Contacos	Mr. & Mrs. Georgios Krinis	Mr. Peter Tsoukalas
Ms. Jamie Contis	Mr. & Mrs. Nicholas D. Lardas	Mr. & Mrs. Andreas Tsourekis
Mrs. Sandra Contis	Mr. & Mrs. Michael Leombruno	Mr. & Mrs. Peter Tsudis
Mr. Charles G. Copetas	Mr. & Mrs. John C. Leventis	Mr. & Mrs. Perry Velisaris
Mr. & Mrs. Dino G. Copetas	Mr. & Mrs. Peter Leventopoulos	Mrs. Angela Vergos
Mrs. Helen G. Copetas	Mr. & Mrs. David Levine	Mr. & Mrs. Chris Vergos
Mrs. Helen M. Copetas	Mrs. Janet Lykos	Ms. Elaine Vitsas
Mr. & Mrs. William Copetas	Mr. & Mrs. James D. Machin	Mr. John Vitsas
Mr. & Mrs. Yianni Coutris	Ms. Karen Malobicky	Ms. Jane Voros
Mr. & Mrs. George Darakos	Mr. Christopher Mandros	Mrs. Helen Waskoskie
Mr. & Mrs. Taki Darakos	Mrs. Eugenia Manganas	Mr. Brett D. Wells
Denise Daugherty	Ms. Barbara R. Manners	Mrs. Debra Wiesen
Bridgette Daugherty	Ms. Electra Markopoulos	Mr. & Mrs. David Williard
Mrs. Alexandra Davides	Mr. Greg Markopoulos	Mr. & Mrs. Peter Yannopoulos
Mr. & Mrs. Petros Delivorias	Mrs. Helen Mastro	Mr. & Mrs. Anthony Zaras
Mr. Anthony Dematteo	Mr. & Mrs. Nicholas Mastro	
Mrs. Christine Dematteo	Dr's Tom & Dana McClure	
Arthur J. Dordas	Ms. Patricia McKee	
Mr. & Mrs. Steve Economou	Mr. & Mrs. Thomas McGuire	
Mr. John H. Edgos	Mr. & Mrs. Peter Menniti	
Mrs. Sophia Edgos	Mr. & Mrs. Eric Mitchell	
Mrs. Elaine Ellis	Mr. & Mrs. Tom Mitrakos	
Dr. & Mrs. Demetrius Ellis	Mr. & Mrs. Thomas McGuire	
Mr. & Mrs. Ronald Frank	Mrs. Patricia McKee	
Mrs. Alice Gary		

2026 STEWARDSHIP



Saint Nicholas Greek Orthodox Cathedral
Pittsburgh, PA

**2026 ST. NICHOLAS GREEK ORTHODOX CATHEDRAL
CONFIDENTIAL FAMILY STEWARDSHIP CARD**

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

(Alternate address if applicable) _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email _____

PLEASE provide pertinent information on reverse side about your family members-THANK YOU!

TREASURE- Total Gift for 2026 \$ _____ Contribution Frequency: Weekly Monthly Quarterly Annually

Please send Stewardship Envelopes I don't use envelopes Statement delivery: US Mail Email



Saint Nicholas Greek Orthodox Cathedral
Pittsburgh, PA

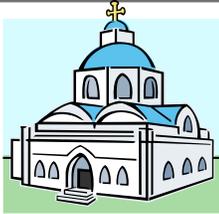
TALENT- Please check the items below that you or a family member has some expertise or interest. Place initials of the specific family member after each item checked.

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Greek Language School _____ | <input type="checkbox"/> Church School _____ | <input type="checkbox"/> Office/Newsletter _____ | <input type="checkbox"/> Church Choir _____ |
| <input type="checkbox"/> Visitation of Elderly _____ | <input type="checkbox"/> Outreach Ministry _____ | <input type="checkbox"/> Website Mgmt. _____ | <input type="checkbox"/> Cooking/Festival _____ |
| <input type="checkbox"/> Youth Ministry _____ | <input type="checkbox"/> Gardening _____ | <input type="checkbox"/> Construction/Mechanical/Plumbing | |
| <input type="checkbox"/> Philoptochos _____ | <input type="checkbox"/> Other _____ | | |

TIME- St. Nicholas Cathedral is grateful for our many volunteers. *Thank you!*

Name & relationship i.e., self, spouse, child, etc. Date of birth Marital Status Occupation OR school/grade

St. Nicholas Church School



Sunday, March 1, 2026, the Church School students will participate in the **Sunday of Orthodoxy Icon Procession** with their favorite icon!

St. Nicholas Greek Orthodox Cathedral's Church School Open House will be **Sunday, March 8, 2026**, where parents and grandparents attend Church School to see firsthand what their children are learning.

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/April 2026**. For more information, please contact Chairman Eve Elsen at 412-580-9415 or eve.m.elsen@gmail.com.

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

Yours in Christ,
Miss Michelle

St. Nicholas Greek Orthodox Cathedral's
Church School

Open
HOUSE

Sunday, March 8, 2026



Join your Child or Grandchild for
Church Worship, Holy Communion
&
Church School!

St. Nicholas Greek Orthodox Cathedral

**ORATORICAL
FESTIVAL**

 **MARCH/APRIL 2026**

CONTACT

Eve Elsen
EVE.M.ELSEN@GMAIL.COM
412-580-9415



We appreciate all those who supported our membership drive on February 8th! If you haven't paid membership dues, there's still time. Please contact Denise Daugherty

We are humbled by the generous donations for Operation Classroom thus far. If you know of any student, district, school, teacher, or institution in need please contact Sophia Bender or Eve Elsen.

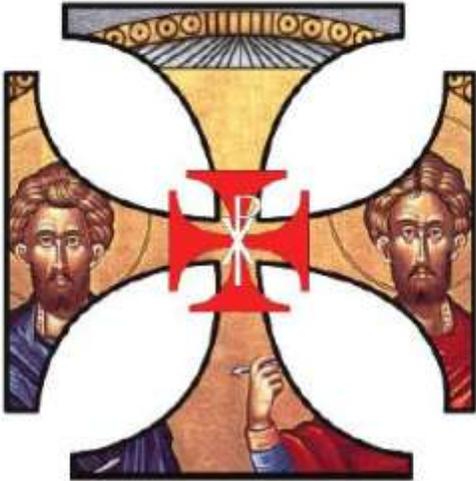
Sunday March 8th after coffee hour we will be putting together hygiene kits for Neighborhood Resilience Project as part of our annual Day of Service. We are asking for monetary donations to offset the cost for the items needed.

We will be baking Easter Bread on Friday April 3rd, one of our most important fundraisers. Most help is needed from 830am to 1130am. Additional help is needed later in the afternoon around 2pm to begin wrapping and filling orders. Please contact Nikki Lykos for more information. Flyers to order Easter Bread will be out soon.

As always, I am humbled and honored to lead this amazing group of women in our efforts and outreach. If you know anyone in need of assistance, please don't hesitate to reach out to any of the board members or to me directly.

Yours in Christ,
Maria Bardakos
Philoptochos President
412-519-8684
412-519-8684

JOIN US

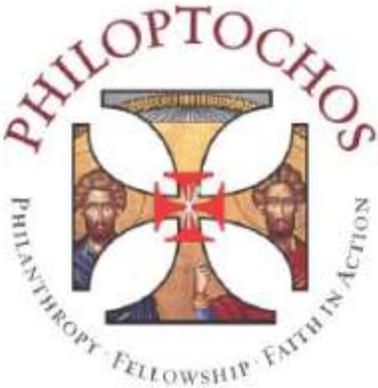


**Saint Nicholas Cathedral
Ladies Philoptochos Society**

**2026
MEMBERSHIP
CAMPAIGN**

*"You are an 'army of agape'
that conquers pain and anguish
through generosity and
kindness."*

— Archbishop Elpidophoros of America



2026 Membership

You define what kind of member you will be. We are always looking for new skills, experiences and personalities, and we welcome you with open arms to join us in making a difference.

Name: _____

Address: _____

Email: _____

Phone: _____

Enclosed is my 2026 membership donation in the amount of:

() \$50 () \$ _____

Make checks payable to St. Nicholas Philoptochos

RETURN FORM AND PAYMENT TO:
St. Nicholas Philoptochos
419 S. Dithridge Street, Pittsburgh, PA 15213



SAVE THE DATES! 2026 St. Nicholas Greek Food Festival



For many years, our festival has taken place during the first full week of May.

In 2026, we're trying something new.

Tuesday, May 5 – Sunday, May 10 (Mother's Day)

Please note that this year's festival will begin on Tuesday and conclude on Sunday.

Food Festival

With eight out of the thirteen items completed, we are now over the hump with our festival cooking. And that is a great feeling!

Our Shout Out this month goes to Marcie McGuire and Maria Bardakos for chairing Koulourakia and Pasta Flora and to Nikki Lykos for once again chairing Finikia.

We kick off March with Galatouboureko Monday and Tuesday, March 9 and 10 with an evening cooking session Monday. We end with Tiropita, Friday and Saturday, March 27 and 28.

Please note the new dates for our festival this year. We are starting our 6-day festival Tuesday, May 5 and going thru to Mother's Day, Sunday, May 10. Let's spread the word!

March schedule:

Galatouboureko, Monday, Tuesday, March 9, 10 and possibly Wednesday, March 11.
Tiropita, Friday and Saturday, March 27 and 28

April Schedule

Kourambiethes, Saturday, April 18
Diples, Monday, April 27
Karidopita, TBD

THANK YOU!



The 60'S Club would like to thank all of our members, volunteers and groups for their help and participation in the 250-year celebration of the United States of America.

The picnic menu and decorations certainly added to the enhancements of the room. The energetic spirit of our MC and the beautiful renditions of a few patriotic songs performed by our choirs set a beautiful tone enjoyed by all throughout the event. The addition of on-site voter registration tied in perfectly with the theme.

Additional thanks to Philopchos for hosting their membership drive in conjunction with the event, to GOYA for the wonderful coffee and pastries, the early morning set-up crew, the always fabulous chefs, to Greek School for their support with the rescheduling, and to our church staff as well as Father Eleftherios for their time and assistance. One final "thank you" to Fran Hanna, whose vision with this event was truly brought to life.

What started out as a bitter cold winter morning, ended up as a warm and happy luncheon of fellowship.



Memory Eternal - Fran Hanna



\$ 989 per person
double occupancy

PACKAGE INCLUDES:

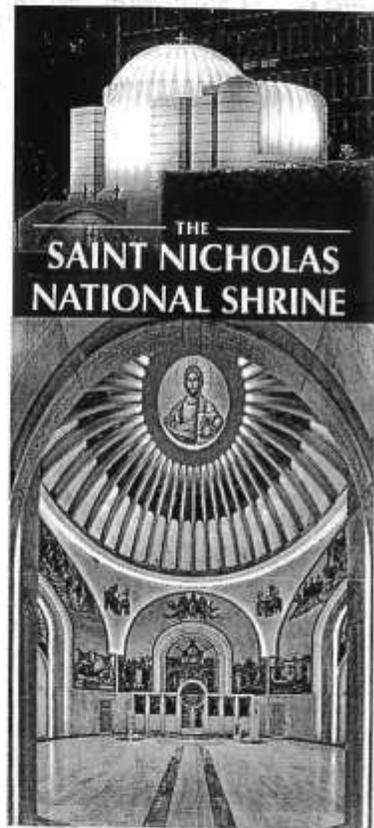
- * 2 Nights lodging
- * 2 Breakfasts
- * Luncheon Cruise around Manhattan
- * Lunch at Greek Restaurant in Astoria
- * 1 Dinner in Manhattan
- * St. Nicholas Greek Orthodox Shrine
- * Tour of Upper Manhattan
- * Tour of Lower Manhattan
- * Broadway Show (TBA)
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation



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

FOR INFORMATION AND RESERVATIONS CONTACT:

ST. NICHOLAS GREEK ORTHODOX CHURCH
 Alice Gary
 2120 Greentree Rd., #406E
 Pittsburgh, PA 15220
 (412) 249-8612



26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitestartours.com

OVER

NEW YORK CITY, NEW YORK 3 Days - 2 Nights

The sample itinerary described below is approximately like the one your group will be following during your stay with WHITE STAR TOURS. However, the exact times, days, and destinations may vary for your group.

- Day 1** A morning departure from Pittsburgh has you traveling to New York City where you will meet your local guide for a **tour of Lower Manhattan**. The tour includes the famous buildings and colorful districts such as Soho, Little Italy, Chinatown, the Garment District, the Financial District, and Ground Zero. End your tour at Rockefeller Center where you can grab lunch on your own. If time permits, you can do some sightseeing or shopping on your own in the area. This evening you will enjoy a delicious dinner at a popular restaurant in Manhattan. Afterwards, travel to New Jersey to check into your hotel for a two-night stay and relaxing evening.
- Day 2** Enjoy breakfast, then board your motor coach and head for Lower Manhattan to visit the **St. Nicholas Greek Orthodox National Shrine** which has been rebuilt after the September 11 attacks destroyed the original church. After your visit, you will depart for the docks to board a scenic **luncheon cruise around Manhattan** with spectacular views of New York's skyline. This afternoon you will enjoy a **Broadway show** (TBA). Dinner is on your own this evening.
- Day 3** After breakfast, check out and meet your guide for a **tour of Upper Manhattan** which will include the Lincoln Center, United Nations, Fifth Avenue, Harlem, St. John Divine Cathedral, St. Patrick's Cathedral, Central Park, and Rockefeller Center. After the tour, travel to Astoria, Queens where a delicious lunch awaits your arrival at a Greek restaurant. In the afternoon you will depart for home with lasting memories of your trip to the "Big Apple".

THANK YOU FOR ALLOWING WHITE STAR TOURS TO BE A PART OF YOUR TRAVELS!

Price per person double \$989 includes all taxes and gratuities (bus driver)

\$25 deposit due April 15

\$955 final payment due June 16

Any questions -
Alice Lardas Gary - 412-249-8612
Limited seating

TRIP CANCELLATION PROTECTION

*Cancellation protection is encouraged for medical emergencies that may occur. The **Enhanced option must be paid within 14 days from the day the first deposit for the trip is paid to the organization and/or group leader. There is an additional Enhanced upgrade - Cancel for Any Reason. Cancellation must be made no later than 48 hours prior to your scheduled departure, conditions, limitations, and exclusions do apply. These plans are only valid for trips booked through White Star Tours. To purchase the protection, please contact NTA/AON Insurance via their website at <https://nta.aontravelprotect.com> and provide the Tour Operator Location #386097.***

GREEK SCHOOL

March is a month of many preparations. Preparations are done by St. Nicholas Greek Language School for our annual event scheduled for **Sunday, March 22nd -- The Annual Celebration of Evangelismos (Annunciation) and Greek Independence Day Program and Luncheon.** Children are learning traditional songs, poems, the history of what happened in 1821 with the hope that this will be remembered and passed on to future generations. Come and see which Saint had a major part in stopping the Turkish offensive against the Cretans during the War of Greek Independence. Let's celebrate together this beautiful double holiday ---**Evangelismos** the start of our Salvation and the Celebration of **Greece's Independence** from 400 years of slavery to the Ottomans. Make a reservation and support our school which is one of the longest, continuously running Greek Schools in the country. There will be a Procession, a Doxology, a Lenten Luncheon, followed by a wonderful program by the children who have been working hard.

With the start of Great Lent, students prepare to read prayers to Panaghia and Christ at the beautiful Salutation Services to our Most Holy Theotokos. Students as well as alumni will be reading or chanting prayers in Biblical Greek. The first Salutation Service will take place on **Friday, February 27.** Try to attend these inspiring services which are held on the first five Fridays of Great Lent.

Some Greek School students are also preparing to take Ellinomatheas Exams in May and will need to register by March 20th. These exams will take place in mid-May at St. Nicholas Cathedral, which is the Testing Center for our Metropolis. Students who are successful with B Level Ellinomatheas and take it during their junior year are eligible to receive a "Seal of Biliterary" on their high school diploma.

GREEK SCHOOL, Con't

**Celebrate the Evangelismos and
Greek Independence Day**

with

St. Nicholas Cathedral Greek School

Sunday, March 22, 2026

Luncheon-immediately after Doxology in church



για Πίστη και Πατρίδα - for Faith and Country

luncheon reservations, by Mar. 15

**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!**

St. Nicholas hosted the GOYA Metropolis Basketball Tournament

Our St. Nicholas GOYA Basketball season concluded with our hosting of the St. Nicholas Metropolis Basketball Tournament the weekend of February 13-15. Friday started with team registration at St. Nicholas followed by a social with music and games in the Cathedral Room. Volleyball and corn hole were played while enjoying homemade pizzas. GOYAnS participated in a community service project by making blankets for Project Linus. Thank you to the St. Nicholas Philoptochos for underwriting this Service Project. Thank you to Stamoolis Brothers for donating the individual bags of chips for everyone on Friday. The evening concluded with a Small Compline service.

Saturday was filled with a whole day of competitive games played at All American Field House in Monroeville. Saturday evening, everyone attended a Sweatears Dinner Dance in a beautifully decorated Cathedral Room, and a Hospitality Room filled with homemade pastries for all adults in the Crystal Room. We served over 475 people for dinner. Thank you to Kelly Gary for chairing the decorating committee. Thank you to Eve Elsen for donating the heart shaped Eat'n Park cookies. Thank you to the Yadam family for donating the heart shaped pretzels that were distributed at the end of the evening. Thank you to Ritter's Diner for donating the linens.

On Sunday, all participants in the tournament attended a Hierarchical Liturgy at St. Nicholas. The church was filled with GOYAnS, chaperones, advisors, coaches and additional families. All graduating seniors were honored after Liturgy and received an icon from His Eminence, Metropolitan Savas. Our St. Nicholas graduating seniors are Elina Antoniadis, Christina Coutris, Demetra Coutris, Houston Frentzos, and Michael Hammerling. Our GOYA co-president, Houston Frentzos spoke eloquently on his experience growing up in the Metropolis of Pittsburgh and St. Nicholas. Also on Sunday, our co-president, Nina Velisaris spoke on Sportsmanship and announced that the Sportsmanship Trophy was awarded to Sts. Constantine and Helen Church, Reading, Pa. Christina Coutris spoke on our service project, Project Linus.

Brunch was served for everyone attending Liturgy in the Cathedral Room. Thank you to Jim and Electra Agras for generously sponsoring the brunch. Championship games followed after brunch at All American Field House. Congratulations to our St. Nicholas girls who won 1st place in the Senior Girls Division and our boys who won 2nd place in the Senior Boys Division.

We are pleased to have hosted the final tournament of the season and it was made possible through the generous support of the entire St. Nicholas community. We hosted 12 parishes staying at 3 hotels with over 200 hotel rooms booked. All the tournament trophies were donated in memory of Evi Mavrogeorgis, a former St. Nicholas GOYAn by her brother, George Mavrogeorgis.

Thank you to Fr. Eleftherios Constantine and Deacon Robert Lykos for their support and spiritual guidance to our GOYA. Thank you to the St. Nicholas Parish Council and the St. Nicholas Philoptochos for their support. Thank you to the church staff for all their help throughout the weekend. Thank you to Alyssa Kyritsis, Director of Youth and Young Adult Ministries and to Dr. Jim Kyros, Metropolis Athletic Committee Chairman, for all his help and overseeing our tournament weekend.

Thank you to everyone who donated and supported the tournament Ad Book. Thank you to all the score keepers, clock keepers, medical staff - Donna Kefalos and Jay Bedel, servers, salads maker - Steve Andrews, decorators, and wonderful honorary GOYA moms for baking and donating pastries. Thank you to John Frentzos for securing all the score keepers and clock keepers and overseeing all the courts. Thank you to Ed Guminski for securing the referees and volunteering his services and to everyone who donated items to help make this weekend successful.

Thank you to Tasso Athans and Nick Lefkakis for preparing all the wonderful meals of our tournament including the homemade pizzas on Friday, Dinner on Saturday and Sunday Brunch.

Thank you to our GOYA Tournament Committee. Thank you to all our GOYA families and chaperones. Thank you to our GOYA Advisors, Linda Hages and Maria Coutris. Thank you to our coaches, Nikki Lykos, Lenna Cominos, Alex Lountzis, Peter Copetas and Dimitri Gary for a wonderful season.

GOYA NEWS, Con't





KEEP KIDS SAFE

ARCHDIOCESE POLICIES



Are You a Youth Worker?

All Clergy, Altar Helpers, Sunday School or Greek School Teachers, Folk Dance Instructors, Oratorical Festival Chairs, GOYA Advisors, Basketball Coaches, Chaperones, JOY Advisors, etc! Parish Council Members too.

If so, you must register or log-in to your account each year.

youthsafetyplatform.goarch.org

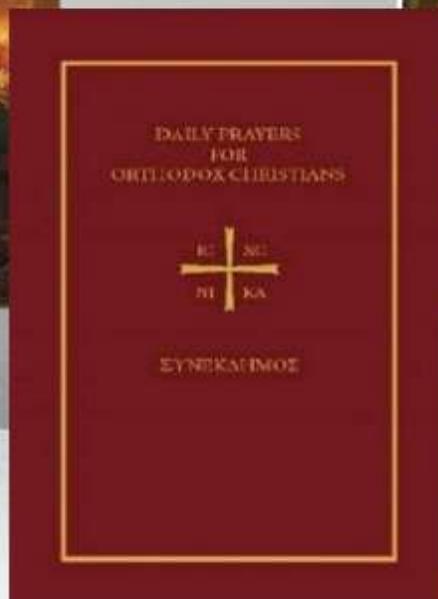
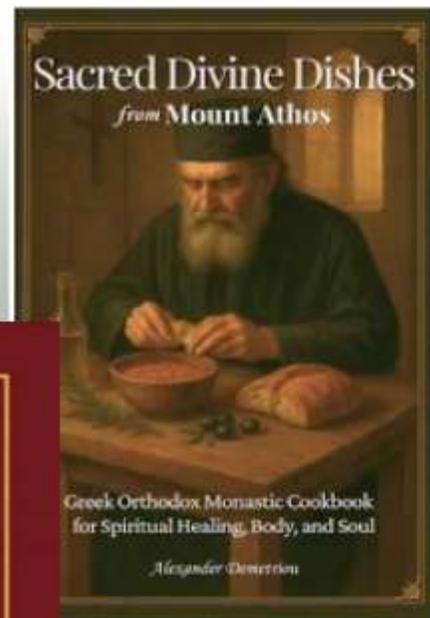
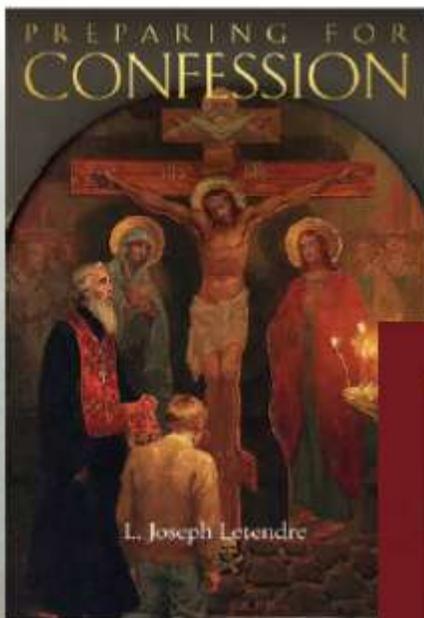
Note: PA Law has additional requirements. For more info, search Keep Kids Safe PA on the internet.

Questions? Email: youthsafety@goarch.org



Fasting, Prayer and Repentance

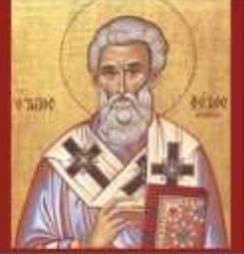
Titles for Lent and Everyday



Available at the St. John Chrysostom Bookstore

bookstore@stnickspgh.org

A Good Word - Λόγον Αγαθόν
NEWSLETTER OF THE GREEK ORTHODOX
METROPOLIS OF PITTSBURGH



48th BIENNIAL
CLERGY-LAITY
CONGRESS

SAVE THE DATE!
JUNE 30-JULY 2, 2026

Join us in Cleveland, OH at the
Huntington Convention Center

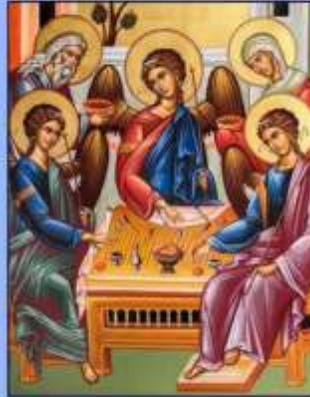
Hotel Group Rates are now available:

<https://www.clergylaity.org/hotels>

Choose from Three Hotels: Delegates, attendees, and exhibitors of the 48th Biennial Clergy-Laity Congress have the choice of staying in one of three hotels in the downtown Cleveland area, just minutes from the Huntington Convention Center where the Clergy-Laity Congress will be held.*

Plan Your Visit: Parish delegates should plan to arrive on Monday, June 29. The Clergy-Laity Congress will begin at 10 AM on Tuesday, June 30 and will continue through 10 PM Thursday, July 2.

*Meetings of the National Philoptochos Convention will be held at the Hotel Cleveland.



THE GREEK ORTHODOX
METROPOLIS OF PITTSBURGH
FAMILY MINISTRY COMMITTEE
PRESENTS:

LENTEN RETREAT
"Living in
Community"

SATURDAY, MARCH 21, 2025

10 AM - 2PM

ST. NICHOLAS GOC
220 N WALNUT ST.
YOUNGSTOWN, OH 44505

COFFEE, SWEETS & LUNCH PROVIDED

The retreat will offer points to consider regarding:

- The importance of engaging with others.
- Ultimately, Christians can only be saved in community.
- We learn from the example of the early church who "devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers." (Acts 2:42).

Our speaker, Presvytera Eleni Christakis is the wife of a Greek Orthodox priest who serves in central Massachusetts and a homeschool mother of three children. She holds a degree in pharmacy and is currently working for the Greek Orthodox Archdiocese Department of Marriage and Family, coordinating clergy wife peer groups. Presvytera Eleni also is very active in her church community directing and teaching in the religious education program and managing the book store and lending library. Drawing from her passion for teaching people of all ages, she is on a committee to start a classical Orthodox School. Living with a focus on health and wellness - physical, emotional and spiritual - is core to her being. She enjoys spending time outdoors hiking and kayaking. A true bibliophile, if she is not actively with her family she can be found reading or coordinating book discussion groups.



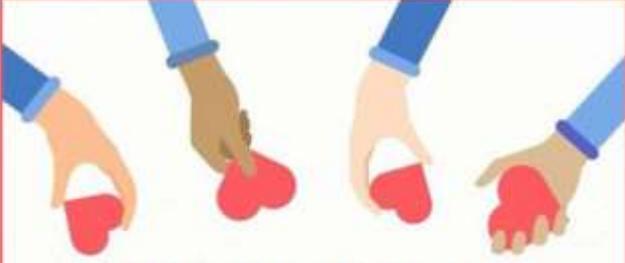
Presvytera Eleni Christakis



To Register, Go to: <https://tinyurl.com/yww3sr7p>

New Metropolis Center Progress - February 2026





WEEKEND OF SERVICE

The Office of Youth & Young Adult Ministries, in partnership with the Metropolis Ladies Philoptochos Society, invites all parishes to participate in this year's annual Weekend of Service!

MARCH 7-8, 2026

Led by youth, young adults, and Philoptochos chapters, parishes are encouraged to come together to serve others in their communities.

FOR MORE INFORMATION:



ALYSSA KYRITIS
akyritis@pittsburgh.goarch.org



JOYCE SPANAKIS
jspanakis@me.com

REGIONAL

LENTEN MINI RETREATS

Metropolis Regional Lenten Mini Retreats are open to all HOPE & JOY children (K-6th grade).

Participants will enjoy learning about Holy Week through iconography. Lessons include crafts, service projects, and moral. Lunch will be provided.

<p>Eastern</p> <p>March 7, 2026</p> <p>11:00 AM-2:15 PM <small>(Theme: Working with the Same) Age: 3rd-6th grade</small></p>	<p>Holy Trinity, Camp Hill, PA</p> <p>1000 Yvarden Dr, Camp Hill, PA 17002 Jennifer Bolomin: jenniferbolomin@gmail.com Register at: tinyurl.com/y8w8c8v8</p>
<p>Northwestern</p> <p>March 7, 2026</p> <p>10:00 AM-1:00 PM</p>	<p>St. Demetrios, Rocky River, OH</p> <p>22909 Center Ridge Rd, Rocky River, OH 44116 Marina Papafili: mpapafili@stdemetrios.org Register at: tinyurl.com/RockyRiverLU26</p>
<p>Southwestern</p> <p>March 7, 2026</p> <p>10:00 AM-1:30 PM</p>	<p>St. John, Charleston, WV</p> <p>2512 MacCortle Ave SE, Charleston, WV 25304 Alyssa Kyritis: akyritis@pittsburgh.goarch.org Register at: tinyurl.com/CharlestonLU26</p>
<p>Central</p> <p>March 21, 2026</p> <p>10:00 AM-2:00 PM</p>	<p>Dormition, Oakmont, PA</p> <p>12 Washington Ave, Oakmont, PA 15109 Fr. Michael Savaris: frmg@dormitiongoarch.org Register at: tinyurl.com/MiniLentCentral26</p>

Questions? Contact Alyssa Kyritis ☎ 412-621-8543 ✉ akyritis@pittsburgh.goarch.org

New Metropolis Center Campaign



Please consider a pledge or donation towards this worthy campaign that will benefit all. To donate please scan the QR code or visit pittsburgh.goarch.org/pledge

All donations received by **MARCH 25** will have their names added to a plaque in the main entrance and also in the bricks lining the prayer garden walkway.



Thank you as always for your support and prayers!



PLEASE SUPPORT OUR METROPOLIS MINISTRIES!

It costs approximately \$1,000 per day to operate our Metropolis - including Metropolitan Savas's Archpastoral visitations, preparations for summer camp and GOYA retreats, our vital registry, and more.

Please consider sponsoring a day in the life of the Metropolis:

Greek Orthodox Metropolis of Pittsburgh, 5201 Ellsworth Avenue, Pittsburgh, PA 15232
 412-621-5529 (Main) 412-465-0460 (Camp) 412-621-8543 (Youth)
pittsburgh.goarch.org info@pittsburgh.goarch.org




MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1st Sunday of Lent SUNDAY OF ORTHODOXY Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. <i>Pan-Orthodox Vespers at All Saints in Canonsburg 4:00 p.m.</i>	2 Great Compline 6:00 p.m. YAL Basketball 7:00 p.m.	3 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Metropolis of Pittsburgh Clergy Family Lenten Retreat March 3-5 (at Antiochian Village) </div>	4	5 Pitt/CMU OCF 7:30 p.m.	6 2nd Salutations to the Theotokos 6:00 p.m.	7 Greek School 10:00 a.m. WEEKEND OF SERVICE
8 2nd Sunday of Lent Sunday of St. Gregory Palamas Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. WEEKEND OF SERVICE	9 Great Compline 6:00 p.m. YAL Basketball 7:00 p.m.	10 Adult Greek Classes 6:30 p.m.	11 Presanctified Liturgy 6:00 p.m. Potluck Dinner and Lenten Lecture 7:30 p.m.	12 Catechism Class 6:00 p.m. Pitt/CMU OCF 7:30 p.m.	13 3rd Salutations to the Theotokos 6:00 p.m. <div style="border: 1px solid black; padding: 5px; text-align: center;"> Metropolis Young Adult Spring Retreat March 13-15 (at Camp Nazareth) </div>	14 Greek School 10:00 a.m. <i>Sacrament: Baptism</i>
15 3rd Sunday of Lent Sunday of the Holy Cross Orthros 8:15 a.m. Divine Liturgy 9:30 a.m.	16 Great Compline 6:00 p.m. YAL Basketball 7:00 p.m.	17 Adult Greek Classes 6:30 p.m.	18 Presanctified Liturgy 6:00 p.m. Potluck Dinner and Lenten Lecture 7:30 p.m.	19 Catechism Class 6:00 p.m. Pitt/CMU OCF 7:30 p.m.	20 4th Salutations to the Theotokos 6:00 p.m.	21 Greek School 10:00 a.m. Central Region HOPE and JOY Lenten Mini Retreat at Dormition Church in Oakmont
22 4th Sunday of Lent Sunday of St. John Climacus Orthros 8:15 a.m. Divine Liturgy 9:30 a.m. <i>Greek School March 25th Program and Luncheon</i>	23 Great Compline 6:00 p.m. YAL Basketball 7:00 p.m.	24 Adult Greek Classes 6:30 p.m. <i>Vespers for Annunciation at Annunciation Church in White Oak, PA</i>	25 Annunciation of the Theotokos and Greek Independence Day Orthros 8:30 a.m. Liturgy 9:30 a.m. <i>Followed by Doxology</i>	26 Catechism Class 6:00 p.m. Pitt/CMU OCF 7:30 p.m.	27 Akathist Hymn 6:00 p.m. <div style="border: 1px solid black; padding: 5px; text-align: center;"> Festival Prep and Cooking: Tiropita March 27 - 28 </div>	28 Greek School 10:00 a.m. <div style="border: 1px solid black; padding: 5px; text-align: center;"> Metropolis GOYA Spring Retreat March 27-29 (at Camp Nazareth) </div>
29 5th Sunday of Lent Sunday of St. Mary of Egypt Orthros 8:15 a.m. Divine Liturgy 9:30 a.m.	30 YAL Basketball 7:00 p.m.	31 Adult Greek Classes 6:30 p.m.	April 1 <div style="text-align: center;">23</div>	2	3	4 Lazarus Saturday Orthros 8:30 a.m. Divine Liturgy 9:30 a.m. <i>Followed by Youth Retreat and Palm Making</i>

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