



# HOLY CROSS CROSSROADS

Beloved Members and Friends of Holy Cross,

**Christ is Risen! Truly the Lord is Risen!**  
**Χριστος Ανεστη! Αληθως Ανεστη!**

How beautiful are these eternal words! We never get tired of hearing the proclamation of the Risen Lord. For forty days the Royal Gates of the Altar remain open. The Church gives us an image of openness. Our hearts need to be open to Christ. He stands at the door and knocks. (Rev. 3:20) Jesus desires to commune with us and dwell in our hearts. The joy that we experience at Pascha is a joy that will sustain us throughout the entire year. We must preserve this joy and remind ourselves why we are Christians. It is tempting to set aside a week of celebrations and return to a routine that does not prioritize our Faith. Slowly the world takes away our joy and wants us to compromise our beliefs with the current mis-placed morals, ideas, and “norms” of society. Pascha is our opportunity to re-orient our thinking and re-capture the incredible transformation of life caused by the Risen Lord. Jesus literally turned everything (worldly and religious) upside down. This breakthrough of salvation and forgiveness is something that we must contemplate and live out in our daily lives. I look forward to greeting all of you during this holy time of celebration.

With love and prayers in the Risen Lord,  
Fr. Michael

*Continued pg. 4 →*

May 2022

# THE 2022 PITTSBURGH SUMMER GREEK FESTIVALS GUIDE

*It's a great tradition, and it's back again in full strength and in person: 38 days of Greek Festivals in the Pittsburgh region, so plan well and you can eat Greek all summer! Post this schedule on your refrigerator and share copies with others. We look forward to seeing you!*

## LOCATION

## DATES

- St. Nicholas (Pittsburgh/Oakland) .....May 1-7
- All Saints (Canonsburg) ..... June 6-10
- Holy Cross (Pittsburgh/Mt. Lebanon) ..... June 14-17
- Kimisis Tis Theotokou (Aliquippa) ..... June 16-18
- Holy Dormition (Oakmont) ..... June 24-26
- Holy Trinity (Ambridge) .....July 12-16
- St. Spyridon (Monessen) .....July 15
- Greek Day at Kennywood .....July 19
- Presentation of Christ/Ypapanti (East Pgh.) .....August 18-20
- St. George (New Castle) .....August 27-28
- Holy Trinity (Pittsburgh/North Hills) .....September 1-4

SEE BELOW FOR FESTIVAL HOURS & HOST PARISH WEB SITES. CHECK FOR UPDATES.

## THE 2022 PITTSBURGH SUMMER GREEK FESTIVALS: ALL THE DETAILS

Don't cook tonight...go Greek! Please pass copies on to your friends! Greek food is always enjoyed best with good company!

Parish	Dates	Address	Phone	Website	Hours
Saint Nicholas	May 1-7	419 S. Dithridge Street Pittsburgh (Oakland)	412-682-3866	<a href="http://www.SINicksPgh.org">www.SINicksPgh.org</a>	Sun: 12p-8p; Mon-Thur: 11a-9p; Fri-Sat: 11a-10p
All Saints	June 6-10	601 West McMurray Road Canonsburg	724-745-5205	<a href="http://www.AllSaintsCbg.org">www.AllSaintsCbg.org</a>	Mon-Fri: 11a-9p
Holy Cross	June 14-17	123 Gilkeson Road Pittsburgh (Mt. Lebanon)	412-833-3355	<a href="http://www.HolyCrossPgh.org">www.HolyCrossPgh.org</a>	Tue-Thu: 11a-8p Fri: 11a-9p
Kimisis Tis Theotokou	June 16-18	2111 Davidson Street Aliquippa	724-375-5341	<a href="http://www.Theotokou.org">www.Theotokou.org</a>	Thu-Sat: 11a-8p
Holy Dormition	June 24-26	12 Washington Avenue Oakmont	412-828-4144	<a href="http://www.DormitionPgh.org">www.DormitionPgh.org</a>	Fri-Sun: 12p-11p Dinner until 8pm
Holy Trinity (Ambridge)	July 12-16	2930 Beaver Road Ambridge	724-266-5336	<a href="http://www.htgoc.org">www.htgoc.org</a>	Tue-Sat: 11a-10p
Saint Spyridon	July 15	1207 Grand Boulevard Monessen	724-684-5411	<a href="http://stspyridon.pa.goarch.org">stspyridon.pa.goarch.org</a>	Fri: 11a-8p
Ypapanti (Presentation of Christ)	August 18-20	1672 Electric Avenue East Pittsburgh	412-824-9188	<a href="http://www.greekburgh.com">www.greekburgh.com</a>	Thu-Sat: 11a-9p
Saint George	August 27-28	315 W. Englewood Avenue New Castle	724-654-8521	<a href="http://www.stgeorgewcastle.org">www.stgeorgewcastle.org</a>	Sat-Sun: 11a-7p
Holy Trinity (Pittsburgh)	September 1-4	985 Providence Boulevard Pittsburgh (across from Passavant Hospital)	412-366-8700	<a href="http://www.HolyTrinityPgh.org">www.HolyTrinityPgh.org</a>	Thu-Sun: 11a-9p

Thank you for enjoying our great Greek food and visiting our churches. Want to also help these communities feed, minister to and provide health care for the hungry and needy of the Hill District and the Pittsburgh area? Support the Neighbor Resilience Project by visiting [neighborhoodresilience.org](http://neighborhoodresilience.org), a philanthropic ministry united in faith and joined by a desire to provide action-oriented and sustainable solutions for poverty-and-trauma-affected communities in the Pittsburgh area.

This free guide is provided as a public service of Holy Trinity Greek Orthodox Church (Pittsburgh). Online at [HolyTrinityPgh.org/pittsburgh-greek-festivals-guide](http://HolyTrinityPgh.org/pittsburgh-greek-festivals-guide).

# Holy Cross Greek Orthodox Church

123 Gilkeson Road, Pittsburgh, PA 15228

*Crossroads, published monthly Volume 22 Issue 5*

Under the jurisdiction of the Ecumenical Patriarch Bartholomew I, His Eminence Archbishop Elpidophoros of the Greek Orthodox Archdiocese of America and His Eminence Metropolitan SAVAS of Pittsburgh

The mission of Holy Cross is to keep and proclaim, pure and undefiled, the Orthodox Christian faith and traditions in conformity with the doctrine, canons, worship, discipline and customs of the Church.

**Fr. Michael Kallaur, Economos**

**Fr. Daniel Korba, Presbyter**

**Dn. Frank Dickos, Deacon**

**Elias Diamond, Pastoral Assistant**

Nena Jovonovich, Secretary

Website: [holycrosspgh.org](http://holycrosspgh.org)

Office (412) 833-3355 FAX (412) 833-3357

Community Center Phone:(412) 854-6001

Office Hours Monday-Friday 9am-5pm

## Organizations & Committees

Church School		Elias Diamond
Philoptochos Pres.	Thea Manos	(412) 600-8640
Phil. Membership	Adrienne Dickos	(412) 833-4980
Circle of Angels	Carol Halkias	(412) 276-5002
	Christine Peters	(724) 693-9290
Garden of Love	Stacie Metrose	(412) 833-5164
	Didra Kirschner	(412) 561-2892
Greek School	Dena Yamalis	(412) 343-8355
Junior Dance	Kristina Gzikowski	(412) 257-5015
Senior Dance	Georgia Yamalis	(412) 728-2259
Choir	Thespina Christulides	(412)608-6418
First Steps	Denise Sokos	(412) 257-1610
JOY	Christine Chapas	(724) 986-2082
Young Adults	Thespina Christulides	(412)608-6418
GOYA	Denise Melis	(412) 341-9264
Golden Club	Cynthia Kostelnik	(412) 833-9423
	Rene Koett	(412) 831-3142
Bookstore	Mary Portellos	(724) 941-8699
House Committee	Konrad Mayr	(412) 877-7780
Building Comm.	John Conomos	(412) 831-7997
Sts. Mary & Martha	Adrienne Dickos	(412) 833-4980
Interior Design Committee	Janet Conomos	(412) 831-7997

**Coffee Hour** fellowship is an extension of our Divine Liturgy! Please gather with family, koumbari or friends to sponsor/prepare one Sunday. See the calendar on website for open dates, and call the church office to confirm.



## **\*Services:**

Sundays:	8:15am Orthros 9:30 am Divine Liturgy
Mondays:	6:30pm Paraclesis
Wednesdays:	7 pm Bible Study <i>via Zoom</i>
Weekdays:	8:30am Orthros 9:30am Divine Liturgy
Saturdays:	Vespers 5pm

*\*See monthly calendar for all services.*

## **Parish Council 2022**

**Dean Stambolis,**

*President*

**Jordan Nicholas,**

*Vice President*

**Nicholas Tripodes,**

*Treasurer*

**Nicholas Chakos,**

*Financial Secretary*

**Constance Zotis,**

*Secretary*

**Christopher Chaney**

**Mark Hummel**

**Frank Kalogeris**

**Rachel Kartofilis**

**Bob Kirschner**

**Deno Pappas**

**Christine Picard**

**Bill Poutous**

**Donna Staub**

**Annie Urso**

## **Funeral/Memorial information:** Use of

the Community Center is available for parishioner funeral lunches at no charge. Parishioners may contact any caterer they choose to purchase and prepare their **Makaria** (Mercy Meal). Contact the church office for suggestions if you need a referral. For **Kollyva**, you may bring your own or contact Denise Melis directly (412) 341-9264.

***Please find an excellent article written about preserving our joy not only throughout the Paschal season, but to live our entire lives through the lens of the Resurrection.***

**How to keep Paschal joy? Advice from New Martyrs.**  
FR. ANDREI GAVRILENKO

I am a man in whose veins eternity flows. I am like this because “Christ is Risen.” These words breathe joy and eternity. Here is the name of God and the life of mankind.

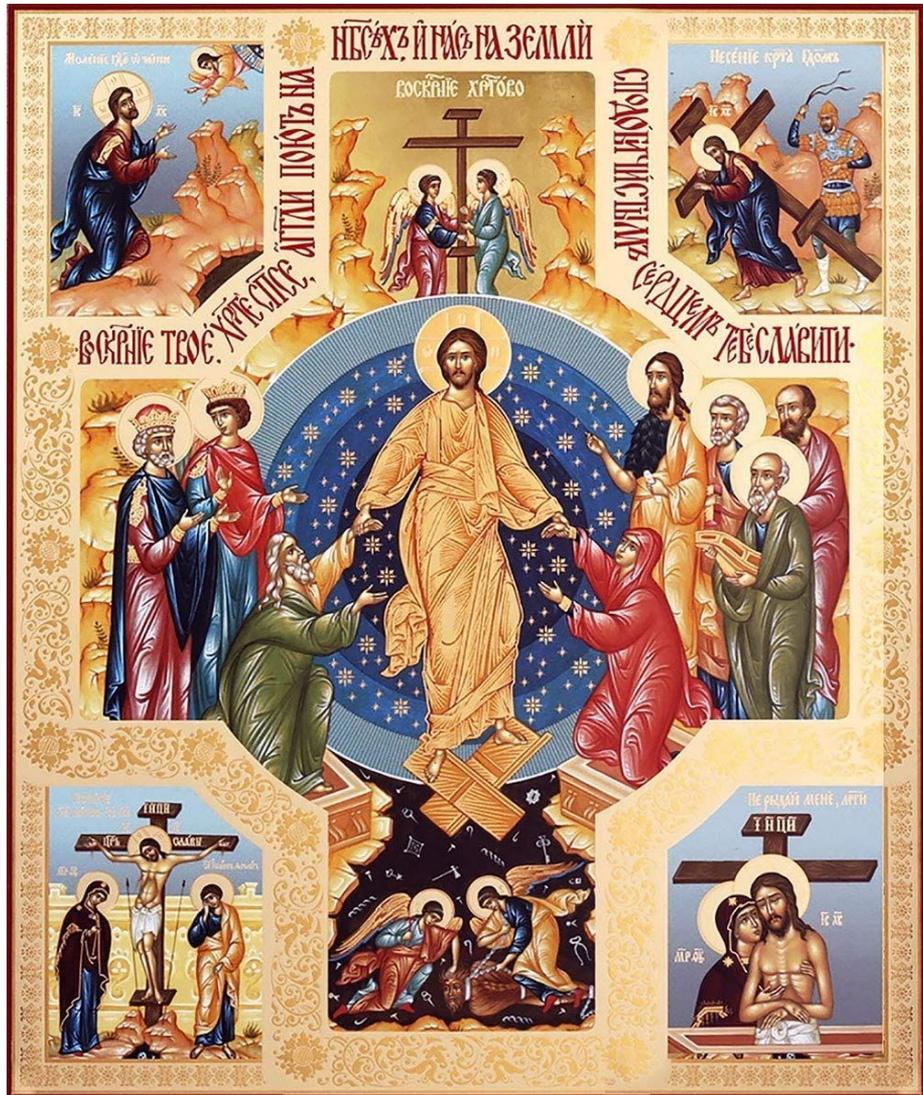
During Paschal days, we feel the energy of the resurrection – “the death of death and the destruction of hell.” We received healing from the tomb of Christ, like from an operating room. An experienced Surgeon has carved death from the nature of humanity. The fresh water of life has become an expensive wine, the tasteless tea is soaked with the sweetness of the sugar of the Resurrection.

Resurrection is established in the law of the Universe!

And there is no longer a person on earth who will not rise from the dead – for joy or condemnation. And here Christians are faced with a task of how to live so that Pascha would be for us into eternal life before the Throne of the Glory of God? After fasting, the flesh begins to take its toll again. What should we do next so that the spirit triumphs?

The **Holy Martyr Thaddeus (Uspensky)** remarks, “Were you introduced into the joy of the resurrection, so that on holy days you could surrender to mostly carnal, sometimes very gross pleasures? Yesterday you sang together with the Holy Church: “Let all mortal flesh keep silent, and stand with fear and trembling, and in itself consider nothing earthly”, is it really time to indulge the flesh and be silent in the spirit, to think only about earthly things?”

Following this thought of the saint, we see that it is necessary to continue to live in the spirit, even when the fast is over. Pascha is a pure continuation of spiritual work. We rose with Christ to live with God – we were “crucified” with Christ yesterday, so



that today He would glorify us in His Kingdom. The thought of the saint is at the empty tomb of Christ with the memory of the co-crucifixion with Him. If you were crucified with Christ during lent, “your spirit will not be able to hold back spiritual raptures, just as the grave could not hold Christ.”

If you preserve the spiritual life acquired in fasting, you can receive joy of such strength that it can cover many weaknesses of your faith. Pascha is an opportunity to stop being ashamed of

your faith forever. We are singing these days: “We know none but You, and after Your name we are called”! The greeting “Christ is Risen!” becomes the beginning of our preaching.

A new martyr, a saint, advised people to remember the holy myrrh-bearing women and first Christians during Paschal days, who were fearless, devoted to Christ, and who did not hesitate to reveal their love for the Crucified and Risen Teacher before anyone. This becomes a reproach for modern Christians of the “weekends”: “People are not afraid of showing their love for one another, for those who have sins and passions, in front of everyone (on the streets), even if this love is impure and passionate, they are ready to call it holy and do so, but they are ashamed of showing love for Christ. Does this not mean that they loved people more than God, that “they loved the praise of men more than the praise of God”, that they do not accept Christ sincerely, and “if another shall come in his own name, him they will receive”? (John 12:43 , 5:43)”

Sadly, Paschal joy leaves our hearts quickly, because spiritual feasts are replaced by bodily pleasure. Spiritual food is replaced by overeating, praising the Lord – by idle talk, and worship – by pleasure-seeking.



In general, the joy of the Resurrection is the dividing line between faith and unbelief.

The **Holy Martyr Onufrius (Gagalyuk)** notes that the future life is being prepared today and during Paschal days it is especially clear what will await us after death: joy and happiness or anguish and despondency. “Believers experience joy and peace, a special spiritual sweetness during the days of Holy Pascha. For nonbelievers, this is an ordinary week of the year, one of many weeks. They are gloomy and their soul is empty, while believers are filled with spiritual joy. Yes, real earthly life is the anticipation of eternal life. It is here that our mood is developed, begins, as we will live forever. And the guarantee of eternal joy is our mood, which we experience during Bright week... Only here on earth we perceive everything vaguely, faintly, but then in all clarity (1 Cor. 13:12)”.

How to preserve Pascha within yourself? How to maintain and extend spiritual joy?

First, try to be with the Church, listen to her – after all, she glorifies the Risen One until the Ascension. Here is simple advice from the **Holy Martyr Thaddeus**: try to listen to and sing the hymns of Pascha more often: “Let us again open the doors to our ears, so that the words of church hymns, filled with spiritual triumph, may enter into them! When these words reach the inner doors to our hearts, we will hear again in our souls the voice of Christ, entering to sup with us (Rev. 3:20) and taking out the remnants of our spiritual life, rotten from passions, from our graves, that is, our hearts that are chained with love for the sin (Ezek. 37: 11-14)”.

Such an attitude can return us to spiritual feelings, give us strength to resist the flesh, “Our spiritual enemies will disappear like smoke, and we will experience empirically the power of the words that we so often hear these days: “May God arise, may His enemies be scattered!”. The Night of the Resurrection of Christ Will Return.

After all, we need Christ more than air, because His tomb is empty! Without Jesus there is no victory over death, without Him hell will take over the soul and we will return to our graves.

The **Holy Martyr John Vostorgov** said: “Death and decay did not restrain the Ruler of life, and hell met in Him the Destroyer of hell.”

The disciples greeted the Risen One in different ways: some doubted, some were horrified, thinking that they were seeing a ghost, and for some it was enough to see the empty veils in the tomb to believe.

From the experience of communicating with people who come to consecrate their offerings on Pascha, we see that many people still do not believe and doubt the Resurrection of Christ. The **Holy Martyr Luke of Crimea**, a surgeon and archbishop, urged us to undoubtedly believe in the Resurrection: “It is crazy to doubt the truthfulness of the Resurrection of Christ, for if we do not believe that the Lord Jesus Christ has risen and all of us will be resurrected, then we reject all of His teachings, all His works, all that He has revealed to the world. His preaching was a sermon about eternal life in the kingdom of God, an indication of the way to salvation. How can you not believe that Christ is risen? Does anyone really dare to think that the Most Holy and the Greatest Wonderworker and Teacher, Whom the world has ever seen, who stood immeasurably higher than other teachers, in Whom, according to the Apostle, there was no sin (see 1 Pet. 2:22), could the Son of God be swallowed up in dark death forever? If He had not been resurrected, then faith in holy love and eternal truth would have died in our souls. Anyone who rejects the miracle of Christ’s Resurrection falls low in moral dignity, because he does not believe in unconditional good, in holy truth.”

Belief in the Resurrection expands our consciousness, we look at life deeper. Imagine everything we do has an echo in eternity. Christianity makes a person more serious and bold. Tearfulness is not characteristic of our faith. It wipes away our tears.

The **Holy Martyr Anatoly Zhurakovsky** remarked about this: “The Christian worldview ... claims that this whole world is only an image of another world, that it is only a small corner of infinity ... Everything visible is only an image, only a shadow of true being.” He who affirms the inviolability of the material world is similar to a person who did not leave the boundaries of

his small town, who did not see the railway, ocean and mountains. This narrow world cannot contain the universe. Orthodoxy calls us to the universal scale, to the scale of the spirit, and not only the corruptible flesh.

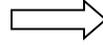
**Holy Martyr Onufrius (Gagalyuk)**, in one short Paschal sermon, shared our laments that Pascha passed so quickly, but at the same time he consoled: “The time will come, my beloved, when joy will be constant, when Bright week will continue forever: this is in the future life. There will be eternal Pascha, and there will be no end to it. There will be eternal joy, according to the prophetic word: “The ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away” (Isaiah 35:10).”

The dough of humanity received the leaven of death from Adam and everything turned sour for decay. From Christ the dough of humanity became the leaven of resurrection and eternal life. Let us cleanse the old in order to preserve the new according to the word of the Apostle Paul (1 Cor. 5, 7). Let us conclude with the words of the **New Martyr Onufrius of Odessa and Khar-kov**: “Your further life depends on you, my beloved: if you want an eternal joyful life with God, eternal Pascha, – believe in God and fulfill His holy commandments, as the Orthodox Church teaches you. If you do not believe in God and live in a pagan way – there will be eternal sorrow and darkness for you.”





Craig Wolfley, former Steeler, spoke to **Philo**ptochos about his journey from the football field to feeding the homeless.



The kitchen help preparing **Pascha bread** was fantastic! Thank you to all who donated food for a relaxing luncheon of fellowship.





**TICKET PRICES START AT \$25**



# Comedy Night



**Tickets  
now on  
sale!**

**Gus Constantellis  
"Greek Mom"**

**Saturday, May 14, 2022**  
[www.holycrosspgh.org](http://www.holycrosspgh.org)

## **GREEK NIGHT TO FOLLOW. MUSIC BY THE GRECIAN KEYS**

Join Holy Cross Philoptochos for a night of laughter, dancing and fun! Greek American Comedian, Gus Constantellis, will bring laughter to the stage at the Holy Cross Greek Orthodox Church Community Center. The comedy show will be from 7-8 PM. Following the show, guests will hear live Greek music performed by The Grecian Keys for an evening of dancing and socializing. We hope you, your family and friends will join us for a great evening of fun all while supporting the philanthropic efforts of the Holy Cross Philoptochos Society!

If you would prefer to pay by cash or check rather than through this site, please contact Vasso Paliouras at [vassopaliouras@gmail.com](mailto:vassopaliouras@gmail.com).

**\*\*\*NO TICKETS WILL BE SOLD AT THE DOOR.\*\***

## Saints Mary & Martha Women's Fellowship

Everything Old is New Again: The New Testament revealed in the Old Testament

### May 24, 2022 Theotokos revealed in the Old Testament

Fr. Michael Kallaur, speaker

At the home of Adrienne Dickos RSVP

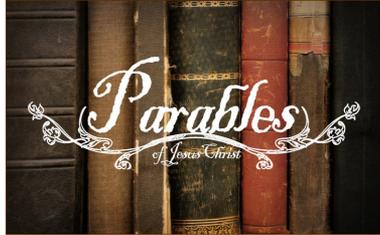
Text 412-400-4290

1840 Kent Road, Upper St. Clair 15241



Remember, all meetings run from 7-9pm.

### *Adult and teen volunteers needed for Vacation Church Schools!!!*



**Adults:** *We need Teachers for every grade level.*

*We need a Chairperson for each of these areas:*

- ♥ *Snacks*
- ♥ *Arts and Crafts*
- ♥ *Recreation*
- ♥ *Music*

**Teen** *assistants to help in classrooms as well as areas listed above.*

*Please contact Elias Diamond at*

*724.413.7427 or [ediamondhpcpg@gmail.com](mailto:ediamondhpcpg@gmail.com) to volunteer*

*in any of the listed areas!*

*THANK YOU in advance!*

**George Titonis created six Greek scenes for the Food Fair. Peter Mays and Tom Frommeyer helped George enlarge these images into wall-size artwork that will hang in the community center for the festival.**



**The Landscaping Committee** is heading into the Spring and Summer seasons with several items on their agenda. Phase 1 of the project is taking shape, with work and negotiations on the necessary construction drawings and pricing estimates being obtained. These detailed plans are necessary to obtain an accurate actual bid for the work, planting, and materials needed--and to ensure consistency in all phases.

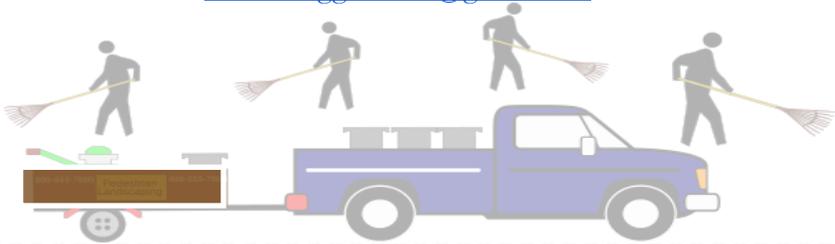
Phase 1 includes the new sign at the base of the driveway and two hillsides and areas coming up the serpentine drive. The sign had to be redesigned due to PennDot pressures, and installation is expected within 2 months.

Pricing for the construction plans, (and supervision of work) and estimate for Phase 1 is approximately \$80,000 (not including the sign itself which is funded by donation). We will next obtain several bids for that work based on the drawings and its specifications.

We have also obtained five bids for maintenance of the areas around the church which have 'pre-emergent' weeds and growth that needs to be controlled. A bid has been approved and work will commence for treatment to keep weeds down through this Spring and Summer.

With The Festival coming closer, major work on Phase 1 is subject to change, but it is also why we have chosen to start at the lower portion of the property so as not to interfere with traffic during the Festival.

Please feel free to ask Questions or give comment through our Committee's Web address: [HCLAsuggestions@gmail.com](mailto:HCLAsuggestions@gmail.com)



Work has now been started with renovations to the Community Center lobby area. Walls will be repaired and painted initially. This work is expected to take 3-4 weeks, pending no issues. We plan to continue to have coffee hour. Work areas will be covered and equipment kept in storage. Plan accordingly. Your patience and cooperation would be appreciated during this much needed improvement.



Here we are at the fourth Sunday of Lent. Hard to believe that Pascha is only three weeks away. And now that we're past the halfway point, it may be you have noticed something about the Gospels during Lent; namely, that with the exception of the Sunday of Orthodoxy, all the Gospel readings are taken from Mark. Now we know that the Church is very deliberate about the selection of Sunday readings throughout the year, so the fact that they come from the same evangelist during Lent cannot be coincidence. And so today, we're going to look at one of the reasons that Mark's account is of particular importance to us during this season.

Mark is often overlooked. As the shortest Gospel, we're sometimes tempted to view it as the abridged version of the story of Jesus. It does not have the theological profundity of John, nor the flowing prose of Luke. It doesn't even have a famous section, like the Sermon on the Mount in Matthew. Yet the fathers chose it for Lent. It cannot be because it's shorter; after all, most things during this time of year are deliberately longer. It might be because it's simpler and more direct. That would fit in the spirit of the season.

But that would be selling Mark's account short. For perhaps because of his brevity, every choice of phrase is particularly important. And if we look at where his account differs from the others, we can see a theme emerge.

It is perhaps most obvious in a passage that isn't even in the Sunday lectionary. It's the passage where Jesus is in His hometown, where He remarks that a prophet is not without honor except in his own country. In Matthew's account, he states, "Now He did not do many mighty works there because of their unbelief." But in Mark's account, he says "Now He *could* do no mighty work there, except that He laid His hands on a few sick people and healed them." Matthew implies Jesus withheld grace because of the unbelief of the people, whereas Mark implies that Jesus was unable to do anything. And in this morning's passage, when the father of the epileptic boy begs Jesus, "but if you can do anything, have pity on us and help us." Jesus replies, "If *you* can! All things are possible to him who believes."

We might be tempted to think that Jesus' power somehow derives from the faith of those who believe in Him, but that would be very wrong. What Mark is emphasizing instead is what the Church calls *συνεργεία*. This is the origin of our word synergy, but in its theological application it refers to the cooperation of man with divine grace. The word literally means "work together" and this is precisely Mark's point. God has great power, but we have a part to play as well. We must work

with that power in a human-divine cooperation, and then great things are possible.

This is an important reminder especially during Lent. We are tempted in this season of ascetic discipline to think we are the ones doing all the work, that God is waiting for us to show how dedicated we are. But that's just another way of being self-centered. It's not the old athlete's mantra of "no pain, no gain". It's not about what *you* do. It's about us: what *we* do.

And that doesn't mean just you and God. *Us* is meant to refer to all of us: you, me, and God. Consider that the afflicted boy in the Gospel says nothing. The conversation is with Jesus and the boy's father. It's not the boy's faith that is questioned, it's the father's. And two weeks ago, when the paralytic is healed, it's because the four men brought him and lowered him through the roof. The paralytic does nothing. Yet both he and the boy are healed. By this we understand that the synergy is meant to include all of us, and our cooperation with Divine Grace helps others, even those who cannot help themselves. God will do great things not just for us, but for others as well, if we work with Him. This is another validation of something we already understand; namely, the power of intercessory prayer. But we probably never considered it as part of the purpose of Lent.

Yet once we consider it, we see that it makes sense. The additional services are additional opportunities for us to work together to intercede with God on behalf of those who cannot or will not help themselves. The way of the Cross, whose veneration we celebrated last week, is a reflection of this as well, for the vertical of the cross joins man to God, and the horizontal joins man to his fellow man. And Mark, with his subtle yet powerful emphasis on the human/divine synergy serves as yet another reminder that we are not in this for ourselves, we are in this together.

And so my brothers and sisters, with only two weeks left until the triumphant entry into Jerusalem, and the Divine Passion and Resurrection which will follow, there is still time to consider that we're not in this alone; not only that, but we're not supposed to be in this alone. We're in this for each other. So when you fast, you fast for your brother who does not fast. When you pray, you pray for your sister who cannot pray. When you come to weekday services, you represent those who cannot attend. This is what it means to be a community. This is what it means to be a Church. This is what it means to be the people of God. That not only as individuals, but as a group, we struggle together to attain the kingdom, especially now in this Lenten season. That together we may reach the joy of the Resurrection of our Lord, to Whom is due all glory now and forever. Amen.

~Deacon Frank Dickos



**GREEK ORTHODOX ARCHDIOCESE OF AMERICA  
ARCHEPISCOPAL ENCYCLICAL**

Prot.No. 68/2022

**Archepiscopal Encyclical on the Great and Holy Pascha**

April 24, 2022

My Beloved Brothers and Sisters in Christ,

*Christ descended alone to the Gates of Hades, He returned taking many spoils of His victory.  
(Verse of the Synaxarion of Pascha)*

What a journey our Lord took for the sake of our salvation! What pains did He not endure? Not only did He descend from the heights of Heaven to earth through his Incarnation, but through His Death on the Cross he descended into the lowest depths of human experience. As we chant on Pascha night: Κατήλθεσ ἐν τοῖς κατωτάτοις τῆς γῆς – into death itself, even though He is the Author of Life.

This is how the Lord Jesus, Who is the New Adam and the First-Born of the Dead, redeems the mass of humanity. He undergoes a single human life and death; He died alone upon the Cross, forsaken and abandoned. Alone did He descend into Hades, that he might free all those imprisoned there from ages past. By His flesh, which He took from the womb of His Virgin Mother, He assumes the totality of the human race. There is no person who is not connected to Him through His Incarnation. By living a perfect life in a willing, conscience way, He makes possible perfection for every human being through metanoia, which is as much transformation as it is repentance and turning from selfishness to God. Finally, using the Cross to bridge Heaven and earth, He descends to the lowest depths, to find us and to bring us home to Heaven.

As the Synaxarion affirms: “He returned taking many spoils of His victory.” This is why we cry out with our hearts aflame with joy, even as our candles shine brightly and dispel the gloom of night:

**Christ is risen from the dead, by death trampling down upon death,  
and to those in the tombs He has granted life!**

Therefore, my beloved Christians, let us honor His journey from Heaven to earth, from earth to Hades, and back again for our salvation. Let us embrace one another with love and compassion, forgetting no one and forgiving everyone. Thus, we will rise from the lowest depths of our struggles and challenges, to the celestial heights of God’s glory and life everlasting.

Χριστὸς Ἀνέστη! Ἀληθῶς Ἀνέστη!

Christ is Risen! Truly He is Risen!

† ELPIDOPHOROS  
Archbishop of America



**PALM  
SUNDAY**



# Holy Cross

SUN	MON	Tue
<p><i>1 Thomas Sunday</i> 8:15am Orthros 9:30am Divine Liturgy</p> <p><i>No Memorials</i></p>	<p>2</p> <p>6:30pm Paraclesis</p>	<p>3</p>
<p><i>8 Sunday of the Myrrh Bearing Women</i> 8:15am Orthros 9:30am Divine Liturgy</p> <p><i>❀ Mother's Day ❀</i></p>	<p><i>9 Isaiah the Prophet</i> 8:30am Orthros 9:30am Divine Liturgy</p> <p>6:30pm Paraclesis</p>	<p>10 Golden Club</p> <p><b>Shanks</b></p>
<p><i>15 Sunday of the Paralytic</i> 8:15am Orthros 9:30am Divine Liturgy</p>	<p>16</p> <p>6:30pm Paraclesis</p>	<p>17</p>
<p><i>22 Sunday of the Samaritan Woman</i> 8:15am Orthros 9:30am Divine Liturgy *Last Day of Church School*</p>	<p>23</p> <p>6:30pm Paraclesis</p>	<p>24</p> <p><b>Spanakopita</b></p> <p><i>7pm Sts. Mary &amp; Martha</i></p>
<p><i>29 Sunday of the Blind Man</i> 8:15am Orthros 9:30am Divine Liturgy</p>	<p><i>30 Memorial Day</i> <i>Office Closed</i> 9-11am Jefferson Cemetery 12:30-2:30pm Mt Lebanon Cemetery</p>	<p>31</p>

# May 2022

WED	THU	FRI	SAT
<p>4 10am-Noon First Steps</p> <p><b>Pastitsio prep</b></p> <p>4:30pm <i>Greek School</i> 7pm Bible Study</p>	<p>5</p>	<p>6 <i>Prophet Job</i> 8:30am Orthros 9:30am Divine Liturgy</p>	<p>7</p> <p>5pm <i>Vespers</i></p>
<p>11</p> <p><b>and Souzoukakia</b></p> <p>4:30pm <i>Greek School</i> 7pm Bible Study</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>NO <i>Vespers</i> 7pm Comedy Night</p> 
<p>18 <i>Mid-Pentecost</i> 8:30am Orthros 9:30am Divine Liturgy 10am-Noon First Steps</p> <p>4:30pm <i>Greek School</i> 7pm Bible Study</p>	<p>19</p>	<p>20</p> <p><b>Festival</b> <b>Ad Book ads</b> <b>DUE!!!</b> <b>Grad info DUE!</b></p>	<p>21 <i>Sts. Constantine and Helen</i> 8:30am Orthros 9:30am Divine Liturgy</p> <p>NO <i>Vespers</i></p>
<p>25</p> <p>4:30pm <i>Greek School</i> 7pm Bible Study</p>	<p>26</p>	<p>27</p>	<p>28</p> <p>5pm <i>Vespers</i></p>

*Coffee Hours are back!*  
*Please call the church office to*  
*volunteer to sponsor and host one!*



# **EXTRA EXTRA ... FESTIVAL NEWS FROM DEMETRIOS**

The schedule is in and the subcommittee heads, and the festival prep days set!

**May 3<sup>rd</sup> - 5<sup>th</sup> Pastitsio:** Rita Manganas 813.390.5948

**May 9<sup>th</sup> - 11<sup>th</sup> Shanks and Souzoukakia:** John Hoenig 412.478.7942

**May 23<sup>rd</sup> - 26<sup>th</sup> Spanakopita:** Katina Galie 412.951.8383

Don't be left out of the fun and fellowship!

I ask everyone to call and volunteer to be on a team!

## **CALL AND SIGN UP TODAY!!! OPA!!!**

Contact Jim Mustakas @

[demetrios.holycross@gmail.com](mailto:demetrios.holycross@gmail.com) or 305.606.5627

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### **Holy Cross Food Festival June 14 - June 17, 2022**

Tuesday, June 14 - Thursday, June 16, 2022 11:00AM - 8:00PM ALL DAY

Friday, June 17, 11:00AM - 9:00PM ALL DAY

June 14-17 Main Food Line chairpersons and Prep Room

**OPENING 11:00AM and CLOSING, 8:00PM Tuesday - Thursday, June 14-16**

**OPENING 11:00AM and CLOSING, 9:00PM Friday, June 17**

Much help is needed at the June Food Festival Main Food lines. Lunch time duties are 11AM - 4PM. Dinner food line duties are 4-8 PM and 4-9 PM on Friday. Please contact a chairperson to donate your time: June 14, 15, 16, 17. If you cannot commit to a full shift, please let the chairperson know what times are convenient for you, for example, 11AM - 2PM, or 5-8PM OR an ENTIRE SHIFT. Any time is appreciated! One Line is open from 2-4PM if you wish to work a lighter attended shift.

Tuesday, June 14, Lunch - Joan Zacharias, Cell 412 996-1674 or [joanandjohnz@gmail.com](mailto:joanandjohnz@gmail.com)

Tuesday, June 14, Dinner - Joan Zacharias, Contact info above

Wednesday, June 15, Lunch - Elaine Sofis, Home, 412 344-7046 or [esofis@comcast.net](mailto:esofis@comcast.net)

Wednesday, June 15, Dinner - Terpsie Katsafanas, Cell, 412 310-3851, Home, 412 831-2248 or

Thursday, June 16, Lunch - Terpsie Katsafanas, [thatsafanas@comcast.net](mailto:thatsafanas@comcast.net)

Thursday, June 16, Dinner - Elaine Sofis, Contact info above

Friday, June 17, Lunch - Terpsie Katsafanas, Contact info above

Friday, June 17, Dinner - Elaine Sofis, Contact info above

Food Line runners are needed for lunch and dinner hours. Please contact Elaine Sofis if your availability.

[esofis@comcast.net](mailto:esofis@comcast.net) or Home 412 344-7046 Help is needed in the prep room anytime from 9:30AM to

CLOSING to prepare salads and to cup tzatziki sauce, June 14-17. Please contact Adrienne Dickos at Cell

412 400-4290 or [adkdickos@verizon.net](mailto:adkdickos@verizon.net) Please volunteer anytime at your convenience!

Please volunteer. Your time is valued and truly appreciated!

Elaine Sofis, Home 412 344-7046 or [esofis@comcast.net](mailto:esofis@comcast.net)

Main Food Line Chairperson

# EXTRA EXTRA ... FESTIVAL NEWS FROM DEMETRIOS

"Many Hands Make Light the Work"

The festival is not only about food preparation but there is set-up and breakdown that is even more important. I will be having tents, tables and chairs delivered early morning Friday 6/10.

The remote walk-in cooler and Ice Chest will also be delivered that morning.

We need everything set up & ready to go by Sunday the 12th so that we will only have to tweak & troubleshoot on that Monday before the Festival. Breakdowns must be completed by Sunday 6/19.

## PRE FESTIVAL SET-UP and POST FESTIVAL BEAKDOWNS

### EVERYONE NEEDS TO HELP!

Please contact me directly to head up these projects and draft your teams to assist.

[Demetrios.holycross@gmail.com](mailto:Demetrios.holycross@gmail.com) 305 606-5627

Community Center Set-Up Sat and Sun 6/11-12

Move stage to under the basket

Break stage down into a smaller platform

Set up tables and chairs

Set up bar into corner of room

Fill refrigerator with water and soda

Set up bar in carpeted area

Fill refrigerator with water and soda

Set up tables and chairs into the carpeted area

Food line and Bakery line Sunday 6/11

Set up tables for bakery

Set up 2 food lines and warmers

Set up a bagging station

Set up POS tables

Drive Thru Set Up CC entrance Sat 6/11

2 Warming cabinets

Worktables 18ft and 2 6 foot

2 Warmers

Pos Station/Bagging station

Veranda Set Up Fri and Sat 6/10-11

Set up tables and chairs under tent

Set up bar and 2 tables

Fill Refrigerators with water and soda

Outside Tent Food Line Set-Up Fri and Sat 6/10-11

Set Up Booths and tables under tents

From front of church back

Souvlaki/Lamb Chops

Gyros/Loukanaki

Fryers

Baked Goods

Loukoumathes

Set up warmers, Fryers, Char Grills and Flat top

Place refrigerators

Place Cabinet Freezer

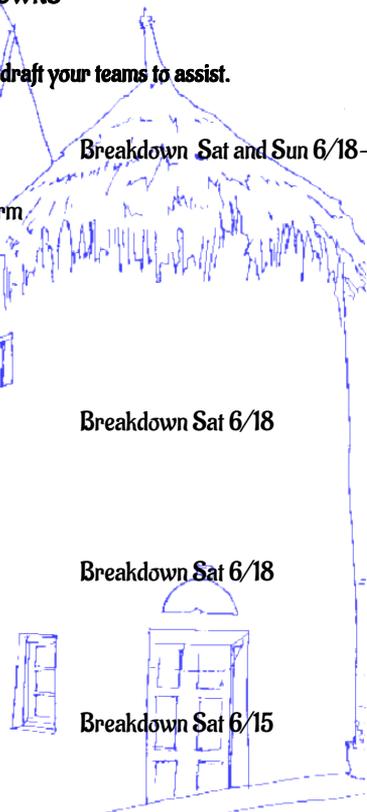
Breakdown Sat and Sun 6/18-19

Breakdown Sat 6/18

Breakdown Sat 6/18

Breakdown Sat 6/15

Breakdown Sat -Sun 6/15-16



## Pre-Marriage Seminar



## Presanctified Liturgy and GOYA dinner after



## GOLDEN CLUB MEMBERS

Please join us on Tuesday, May 10th as we travel by van to Kouzina Greek Bistro in the George Washington Hotel for lunch and fellowship. Afterwards, our outing will continue at Sarris Candies for ice cream.

We will meet at the church at 10:15 a.m. Please RSVP by May 4th to Rene Koett (412) 559-1721 or Cynthia Kostelnik (412) 722-9512.

New members are welcome!



Community Center cleaning



*50 year marriage blessing for Tom & Kathy Frommeyer*



## Holy Cross Greek Orthodox Church 50<sup>th</sup> Annual Food Festival



Holy Cross Greek Orthodox Church in Mt. Lebanon will be hosting its 50<sup>th</sup> Annual Food Festival on June 14-17, 2022. We thank you for your past support and encourage you to participate in making this 50<sup>th</sup> year's Food Festival Ad Book a success. We plan on hosting thousands of guests at this year's festival to share our culture and our faith! Your generous donation will help support this endeavor, allow you to promote your business or cause, as well as support the mission of Holy Cross!

Please indicate the level of sponsorship and complete the requested information below. You may include camera ready art and ad copy by attaching with your remittance. The deadline for placing an advertisement or personal message in the Food Festival Ad Book is **Friday, May 20, 2022.**

**Other sponsorship opportunities are available! Should you have any questions, please contact:**

**Philip Yamalis** (412) 606-0092 - [pyamalis@comcast.net](mailto:pyamalis@comcast.net)

-or-

**Chronis Manolis** (412) 612-8129 - [chronismanolis87@gmail.com](mailto:chronismanolis87@gmail.com)

### **Sponsorship Application Form – Holy Cross Annual Food Festival**

Name:		Amount:
Address:		E-Mail:
City:	State:	Zip:
Contact Person:		Phone:

**Application deadline: May 20, 2022**  
**Payment must accompany application for placement**

Page Size	Actual Size	Location	Cost	Mark with an X
2 Full Pages Color Centerfold	11 x 8-1/2"	Centerfold (Includes Sponsorship)	\$ 3000	
2 Full Pages Color Adjacent	11 x 8-1/2"	Adjacent 2 pages (Includes Sponsorship)	\$ 2500	
Full page - Color	5-1/2 x 8-1/2"	Back cover (Includes Sponsorship)	\$ 2500	
Full page - Color	5-1/2 x 8-1/2"	Inside back cover (Includes Sponsorship)	\$ 1750	
Full page - Color	5-1/2 x 8-1/2"	Inside front cover (Includes Sponsorship)	\$ 1750	
Full page - Color	5-1/2 x 8-1/2"	(Includes Video Ad)	\$ 1200	
Full page - Black & White	5-1/2 x 8-1/2"		\$ 800	
Half page - Black & White	5-1/2 x 4-1/4"		\$ 425	
Quarter page - Black & White	5-1/2 x 2"		\$ 225	
Patron	One line listing		\$ 50	
Donation				

**Please make check payable to: Holy Cross Church Food Festival.**

**Mail to: Holy Cross Greek Orthodox Church,**

**ATTN: Food Festival Ad Book**

123 Gilkeson Road, Pittsburgh, PA 15228

**THANK YOU FOR YOUR GENEROSITY AND SUPPORT!**

# Lazarus Saturday: Luncheon and Palm Cross Making





2022 *Orthodox Christian*  
**Vacation Church School**

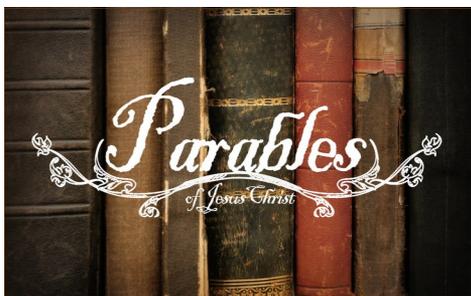
*at Holy Cross*

Bring your children to learn God's word at VCS!

VCS is dedicated to teaching our young children about Orthodox Christianity in a fun and exciting atmosphere. It is an extension of the Sunday School experience that can greatly enhance a child's sense of belonging to the church, while providing our children with an opportunity to make lifelong friends in the church community.

Activities include daily skits illustrating lesson, brief classroom instruction, religious music lessons, hands-on crafts relating to lesson, recreation time, snack & social time.

This year's theme is:



**Monday, July 25, 2022 thru Friday, July 29, 2022**  
**9:00 am to 12:00 Noon**

*\*Monday, July 25, children should arrive at 8:30 am*

Welcoming all children age 3 years through entering 6th grade  
High School students, parents, interested adults needed to volunteer.

Nominal registration fee of

\$20 per student is due by June 30th

\$30 if received by July 15th,

\$40 if received after July 15th

**Please register early** so we can prepare nametags, snacks & crafts!

Make checks payable to Holy Cross VCS and send to:

123 Gilkeson Road, Mt. Lebanon, PA 15228

Should you need financial assistance, please contact

Fr. Michael Kallaur (Holy Cross) at (412) 833-3355

# Orthodox Christian Vacation Church School at Holy Cross

2022 Registration Form - Please print.

Child's First & Last Name	Age on July 30	Grade Entering Fall 2022	Allergy information (Food, Medicine, Other)

Parent's Name(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Church Parish you belong to: \_\_\_\_\_

Mother's Cell Phone/Work Phone: \_\_\_\_\_

Father's Cell Phone/Work Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

**Emergency information, OTHER THAN parents**

1st Emergency Contact: Name \_\_\_\_\_ Phone \_\_\_\_\_

2nd Emergency Contact: Name \_\_\_\_\_ Phone \_\_\_\_\_

Parental Consent: \_\_\_\_\_

I give my child(ren) listed above permission to participate in the Vacation Church School held July 25 - 29, 2022. I understand that my child (ren) will be responsible for obeying the rules and regulations of VCS as enforced by the directors, teachers, and staff. I hereby release Holy Cross church, its VCS teachers and staff from liability for the safety and/or conduct of my child(ren). I also give permission for emergency medical care to be administered to my child(ren) if necessary.

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_

For administrative use:

Date Received \_\_\_\_\_ Amt Recd/Check \_\_\_\_\_ Amt Recd/Cash \_\_\_\_\_

## SACRAMENTS

### Baptisms

December 26, 2021 ~ Maria Kyriaki, daughter r of Michael and Aundrea (Caripides) Ambeliotis. Godparents are Yianni Tiliakos and Lenora Ciraldo.

April 2 ~ Lucy, daughter of Nicholas and Alyssa (Campisi) Gagianas. Godparents are Paul and Despina Murray.

### Adult Baptism

April 10~ Daniel Griffith. Godparent is Theodore Georgiadis.

### Chrismations

April 2 ~ Alyssa Campisi.

Sponsor is Yianni Gagianas.

April 10 ~ Rebekah Black. →

Sponsor is Brent Cline.



### Marriages

January 22 Jordan Bukowski and Elena LaQuatra.

Koumbara is Christina Kakoullis.

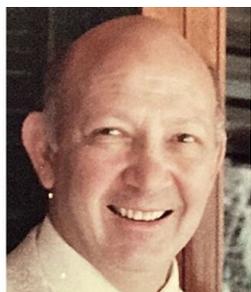
### Funerals

February 3 ~ Stamos (Stamatios) Eleftheriou, 88, husband of the late Estelle Eleftheriou. Survived by son, Nicholas; daughter, Chrisanne (Kevin) Burr; cherished granddaughter, Kristen Burr.



February 15 ~ Gust (Constantine) Angelo Bardakos, 74, son of the late Katherine and Gust Bardakos. Brother of the late George and Mary Bardakos.

March 29 ~ John Aristocles Kristakis, age 81, survived by wife Irene, and predeceased by sister Lee James and brother Dino.



# Graduate Recognition Sunday, June 5

Graduating High School & College Seniors (post graduate degree earners as well) will be recognized by the Parish. Please send information to the Church Office: [holycrosspittsburgh@gmail.com](mailto:holycrosspittsburgh@gmail.com)

## Information to submit by Friday, May 20

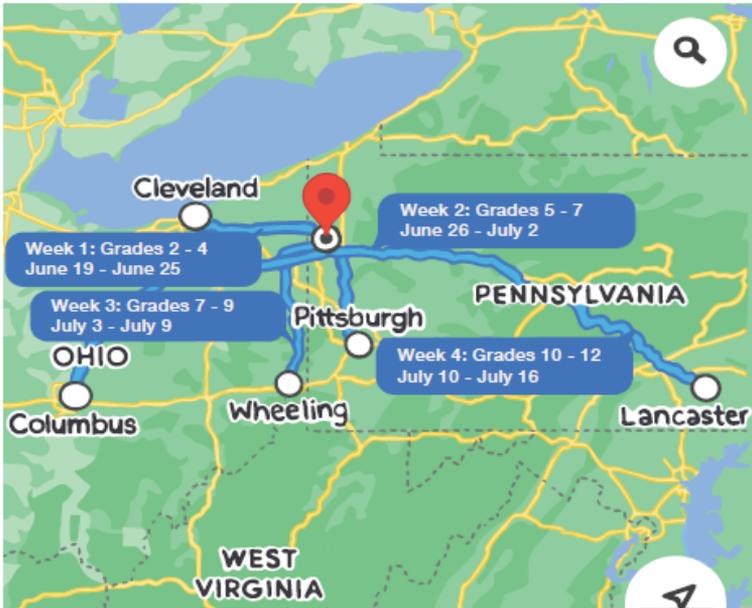
*to be included in Line Crossroads*

- Name of Graduate and their parents
- Name of school graduating from - High School or College
- What he/she intends to study or degree earned
- Where he/she plans to further their education or future employment plans



**Please submit (email) a photo as well!!!**

## Greek Orthodox Metropolis of Pittsburgh Camp



# Summer Camp 2022

"Our help is in the name of the Lord, who made heaven and earth." Psalm 124:8



Scholarships are available thanks to the generosity of Leadership 100



For more information please visit  
[y2am.pittsburgh.goarch.org/summercamp](http://y2am.pittsburgh.goarch.org/summercamp)

It wasn't that long ago, in the age of the Cold War anxiety, that students would do duck-and-cover drills under their desks, as a precaution against the threat of a nuclear attack. In retrospect, it seems a bit silly – what good could a desk do against the force of atomic weaponry? And yet, this practice is indicative of a deep-seated anxiety, not just the anxiety that was part and parcel of the Cold War between the United States and the Soviet Union, when the threat of nuclear war hung heavy over this country, but it's indicative of an even deeper, older anxiety, that being the anxiety we have for the end of the world. Now that Russia and the West are being drawn ever deeper into a bloody ground war, the tensions and fears associated with potential nuclear war have once again emerged. I thought of this during today's presanctified liturgy, where in the Gospel we hear Christ admonishing His disciples, saying, "you will hear of wars and rumors of wars [but] see that you are not alarmed; for this must take place." The themes of this day in Holy Week challenge the deep-rooted fears we hold about war, destruction, and "the end of the world," through reference to several of Christ's most significant parables.

There are, among other themes, three major teachings of Christ's which are referenced extensively in the hymnology which we have heard tonight. One of these is the parable of the ten virgins, five of them wise, keeping their lamps burning brightly to meet the Bridegroom, and five of them foolish, who did not prepare with adequate oil for their lamps, and who thus are disavowed by the Bridegroom. We also hear reference to the parable of the talents, in which two wise servants take the money their master has left with them and multiply it, whereas the one foolish servant simply hides away the talent he has been given, much to his master's displeasure. And then, of course, we can also note the reference to the parable of the sheep and the goats, where Christ reveals an image of His final judgement of humanity.

These three parables can all be found towards the end of the Gospel of Matthew, in its 25<sup>th</sup> chapter, in the section leading up to Christ's passion, and one could say that a common theme shared by all is "vigilance." We do not know the hour in which we will meet our Master, and thus it is wise to be prepared, to live every

moment as if our own judgement is immanent. Perhaps this is why when Christ mentions war and rumors of war, He also reminds His disciples to not be alarmed. The true Christian can acquire a peace which surpasses all understanding – they can face all things through Christ, whether it is the deprivation of the Fast, whether it is the torture that the martyrs endured, or whether it is even the end of this world itself. Even faced with such things, we can have this peace in Christ, but it requires vigilance, the same vigilance that these final teachings of Christ put on display to us. Even faced with war and rumors of war, we can fear not, and I think it's very interesting, and very poignant, that this phrase, "fear not," appears in some form 365 times throughout the Bible, reminding us that the Christians who have wedded themselves to Christ have nothing to fear upon any single day of the year.

Certainly, our age is one where hear a lot of war and rumors of war, and lately, people's fears of Armageddon seem to be on the rise. This word, Armageddon, comes from our scripture. *Harmegiddo*, in Hebrew, literally means "the mountain of Megiddo," a real place that was set in the midst of the once vital trade routes of the Ancient World. When I visited this place several years ago, I was impressed by the layers of ruins there. It is a place that was occupied by numerous empires over the centuries, only to have their holdings swept away by various cataclysmic battles. This reminds us that "Armageddon," in a sense, does not simply refer to a singular event, but rather to the whole of human history, in which empires and kingdoms rise and fall. Percy Shelley's poem *Ozymandias*, paints a picture of this, by imagining a traveler in the desert finding the ruined statue of a once-great king, underscored by the phrase, "look on my works ye mighty and despair." This is the way of all Earthly Kings, and yet, in this moment in Christ's story, He is pointing the way towards His Kingdom, a Heavenly Kingdom, with a Heavenly King, where neither moth nor rust can touch, where no thief can break in, which will last in glory to ages of ages. Yes, the things of this Earth will pass away, but if we are vigilant, then we too, unworthy as we are, can be accepted into this Kingdom. So, as we progress through this Holy Week, to share in Christ's sufferings and eventual triumph, we have tonight as a reminder to remain vigilant and also, as a reminder to "fear not."



## A GOOD WORD — Λόγον Αγαθόν

NEWSLETTER OF THE GREEK ORTHODOX METROPOLIS OF PITTSBURGH

VOLUME 5 NO. 11 (ISSUE 45) — APRIL 2022



### ST. PHOTIOS AWARDS BANQUET

On April 30, the Metropolis of Pittsburgh is celebrating the 2022 St. Photios Awards Banquet at the DoubleTree by Hilton Hotel in Mars, PA. Hors d'oeuvres begin at 4 PM and dinner is slated for 5 PM. The banquet recognizes the dedicated work of two volunteers from every parish in the Metropolis with net proceeds from the event benefitting His Eminence Metropolitan Sava's Benevolence Fund.

Tickets to the banquet are \$95 for adults and \$25 for children and sponsorship opportunities remain. Please visit [www.pittsburgh.goarch.org/st-photios-awards-banquet](http://www.pittsburgh.goarch.org/st-photios-awards-banquet) for more information or



### OFFERING TIME AND TALENT

On March 12-13, the Metropolis Philoptochos in conjunction with the Office of Youth & Young Adult Ministry sponsored days of service. Parishioners, and in particular our youth and young adults, offered to serve as the hands and feet of Christ in their respective communities – the very definition of stewardship



### IN THIS ISSUE...

- St. Photios Banquet Update
- Day of Service Photos
- 2022 Oratorical Festival Information

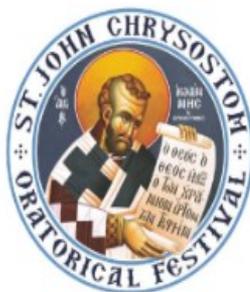
*Clockwise from left:*

*GOYANs from St. Paul (North Royalton, OH) learned to make spanakopita and finikia and then*

*delivered the food to parishioners; St. Nicholas (Bethlehem, PA) planted Spring crops in their greenhouse as a part of its Monocacy Farm Project; Annunciation (Columbus, OH) put together 500 hygiene kits for IOCC's use at locations around the world; this was in addition to a donation to the Ukrainian Relief Fund; GOYANs at St. Haralambos (Canton, OH) help clean the Church.*

# Be INSPIRED!

*Participate and  
witness the beauty of  
our theology through  
speech.*



## 2022 ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

The St. John Chrysostom Oratorical Festival provides Greek Orthodox teenagers the opportunity to write and talk about their faith, earn scholarships and sharpen their public speaking skills.



### REGIONAL ORATORICAL FESTIVALS

Western: April 10 at Sts. Constantine & Helen, Cleveland Heights, OH  
Central: March 26 at All Saints, Canonsburg, PA  
Eastern: March 26 at Sts. Constantine & Helen, Reading, PA



### METROPOLIS ORATORICAL FESTIVAL

May 7 at Holy Trinity Greek Orthodox Cathedral in Camp Hill, PA



### NATIONAL ORATORICAL FESTIVAL

June 3-5 at Holy Trinity Greek Orthodox Church in Dallas, Texas

*To register and get more information:  
[tinyurl.com/GOMOPOratorical](https://tinyurl.com/GOMOPOratorical)*



**SUPPORT HIS EMINENCE AND OUR METROPOLIS MINISTRIES:** It costs approximately \$1,000 per day to operate our Metropolis—including Metropolitan Sava'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: <https://pittsburgh.goarch.org/support>



### GREEK ORTHODOX METROPOLIS OF PITTSBURGH

5201 Ellsworth Avenue, Pittsburgh, PA 15232 - <http://pittsburgh.goarch.org> - [info@pittsburgh.goarch.org](mailto:info@pittsburgh.goarch.org)  
412-621-5529 (Main) - 412-465-0460 (Camp) - 412-621-8543 (Youth) - 412-621-1522 (Fax)



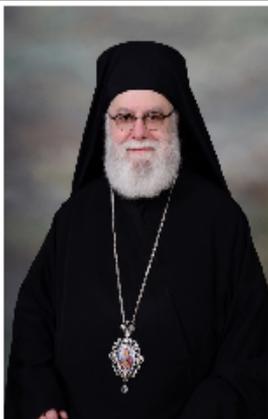
## A GOOD WORD — Λόγον Αγαθόν

NEWSLETTER OF THE GREEK ORTHODOX METROPOLIS OF PITTSBURGH  
VOLUME 6 NO. 1 (ISSUE 46) — MAY 2022



### ARCHPASTORAL REFLECTION: HOPE RISES FROM THE TOMB

As we bask in the glory of the resurrection and greet one another with a joy appropriate for this, the feast of feasts, we must always remember that our salvation is accomplished and completed when Christ rises from the tomb – but it is begun when He is lifted up on



the cross. If it concludes in glory and triumph, our salvation originates in shame and pain. We should linger over this fact for a while, and not pass over it too quickly, because it reminds us that Christ has shared and endured all the worst of human suffering and has conquered death by dying Himself.

As we struggle to care for ailing family members who have no hope of recovery; as we endure in ourselves the habits of a lifetime that seem so hard to break; as we wrestle with the sins of the world that seem to lead inexorably to crime and to injustice and, now, even to war, we must remember that we believe in a God who has met us at our worst, and has turned our darkness into his light.

Our struggles and our sadness are not meaningless and they are not endured alone. Even if we stand in the pit of despair, we must seek for illumination in the shadows, and find Christ in valley of death. We do not believe in a God who ignores our suffering or who befriends only the mighty and the powerful, but in a God who promised us, "In this world you have trouble, but take heart, I have overcome the world (John 16:33)."

### IN THIS ISSUE...

- Archpastoral Reflection: Hope Rises from the Tomb
- MEFGOX 75th Anniversary Convention: North Royalton
- Holy Unmercenary Medical Society Founded

### MEFGOX 75TH ANNIVERSARY CONVENTION

Save the date for MEFGOX's 75th Anniversary Church Music Convention taking place July 28 – 31, 2022 at St. Paul Church in North Royalton, OH. All church musicians are welcome to participate in the first in-person convention since the pandemic began.

There will be a variety of workshops featuring guest clinicians from our Metropolis and beyond. A tour of downtown Cleveland is scheduled and the Grand Banquet on Saturday evening is always one of the highlights of the conference. It will feature special presentations and recognition of our church musicians, an announcement of this year's MEFGOX Memorial Scholarship, and the newly established Peter Vatsures Church Music Award is being given in honor of members who have dedicated their lives to serving the Lord and His church through music.

Dr. Ann Marie Koukios of Ann Arbor is serving as guest conductor this year. She will be directing the Divine Liturgy music arranged by MEFGOX president Nicholas Bodle of that is based on the Byzantine third mode. Those interested can learn the music (using YouTube) and request a copy of the score at [www.orthodoxmusic.us](http://www.orthodoxmusic.us)

To register for the convention, or to submit an ad or page for your parish in the convention album, visit [www.mefgox.org](http://www.mefgox.org) and select the "Convention" tab at the top. We look forward to seeing you in Cleveland this summer.

## HOLY UNMERCENARIES MEDICAL SOCIETY FOUNDED



The Holy Unmercenaries Medical Society (HUMS) of the Metropolis of Pittsburgh has been founded with the mission to “be a fellowship of healthcare professionals within the Greek Orthodox Metropolis of Pittsburgh. Through the spiritual development and fellowship of its members, the society aspires to give freely unto others the love, mercy and healing ministry of our Lord and Savior Jesus Christ, through worship, education, service and philanthropy.”



Patron saints of the group include Sts. Panteleimon, Cosmas and Damianos and others, who as healers, received no payment for their service and who healed not only with medicine, but also with faith. Membership is open to healthcare professionals and students. HUMS of the Metropolis of Pittsburgh was modeled after the HUMS in the Metropolis of Atlanta.

The Annunciation Akron Chapter (<http://annunciationakron.org/hums>) is the pilot chapter in our metropolis. The Akron

Board of Directors currently also serves as the Board the Metropolis organization (which will expand with the founding of other parish chapters). Over the last three years, it has hosted annual HUMS parish retreats, conducted book studies related to faith and healing, sponsored webinars on COVID-19, and held a Blessing of the Hands Service.

We encourage those parishes interested in organizing a local HUMS chapter under the metropolis organization are encouraged to contact Dr. Costas Kefalas (Founding President) at [ckefalas3@gmail.com](mailto:ckefalas3@gmail.com). Our goal is to have parish or regional chapters all across the Metropolis—to support the vital work of all our healthcare professionals!



**SUPPORT HIS EMINENCE AND 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: <https://pittsburgh.goarch.org/support>



### GREEK ORTHODOX METROPOLIS OF PITTSBURGH

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