

# HOLY CROSS CROSSROADS

Beloved Members and Friends of Holy Cross,

**Christ is in our midst! He is and shall always be!**

The Fall is upon us. The leaves are changing and there is a noticeable drop in temperature. Soon we will enter the season of Advent (This year it begins on Wednesday) **November 15<sup>th</sup>** – and once again we anticipate the coming (advent) of the Lord in the feast of His Holy Nativity. In the life of our Holy Orthodox Church, as soon as we conclude one feast, we begin anticipating the next. Our life moves in the anticipation of God’s love and mercy. This is why it is so important to live in each moment. Each moment has an opportunity to bring us into communion with God. Distractions abound and keep us from experiencing the fullness of the moment. We have so many things that can distract our attention, it becomes a challenge for us to focus, even for a short time on what is at hand. The Lord encourages us to holiness! The saints (meaning “holy ones”) also have given us examples of their lives. The saints of God not only were examples in word, but also in deed!

“When Christ wanted to focus His people’s attention on the necessity of being distinguished by consistency of words and deeds, He spoke about the majesty of the spiritual life, but also about the tragedy of spiritually missing the mark, mainly as its effect on the rest of the people. ‘You are the salt of the earth: but if the salt has lost his flavor, how shall it be salted? It is therefore good for nothing, but to be cast out and to be trodden under foot by men.’ (Mt. 5:13)” (Archimandrite I.N.)

As disciples of Christ, as Christians following the way of Christ, we are called to be the “salt” of the earth. Salt not only adds flavor and makes food pleasant to eat, it also preserves it from rotting (spiritually and morally). If the salt is

# General Assembly Meeting Notice

DEAR PARISHIONERS:

There will be a **GENERAL ASSEMBLY MEETING** on Sunday, November 5, 2023 after the Divine Liturgy following a light lunch provided by Parish Council. Please make every effort to attend.

## AGENDA

1. Opening Prayer
2. Elect Assembly Chairperson
3. Reading of minutes of last General Assembly
4. Priest's Report
5. Report by the President of the Parish Council
6. Report of the Chairman of Building Committee
7. Election of members to Building Committee
8. Nomination of Candidates for election to 2024 Parish Council
9. Election of five member Board of Elections
10. Election of three member Board of Auditors
11. Unfinished business
12. New business
13. Closing Prayer

Yours in Christ,

*Fr. Michael H. Kallaur*

Economos

*Constance Zotis*

Parish Council President

MHK:CZ:nj

10/25/23

# Holy Cross Greek Orthodox Church

123 Gilkeson Road, Pittsburgh, PA 15228

*Crossroads, published monthly Volume 23 Issue 11*

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, Presiding Priest**

**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

## \*Services:

Sundays: 8:15am Orthros

9:30 am Divine Liturgy

Mondays: 6:30pm Paraclesis

Wednesdays: 7 pm Bible Study and *via Zoom*

Weekdays: 8:30am Orthros

9:30am Divine Liturgy

Saturdays: Vespers 5pm

*\*See monthly calendar for all services.*

## Organizations & Committees

Church School	Elias Diamond	(412) 833-3355
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
	Dina Hartlep	(412) 720-9383
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		
First Steps	Sophia Alfaras-Melainis	(412) 251-3209
JOY	Elias Diamond	(412)413-7427
Young Adults	Elias Diamond	(412)413-7427
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.	Michael N. Zervos	(412) 833-6843
Sts. Mary & Martha	Adrienne Dickos	(412) 833-4980
Interior Design Committee	Janet Conomos	(412) 831-7997

## Parish Council 2023

Constance Zotis, President  
 Jordan Nicholas, Vice President  
 Nicholas Tripodes, Treasurer  
 Jim Mustakas, Financial Secretary  
 Rachel Kartofilis, Secretary  
 Nick Ambeliotis  
 Christopher Chaney  
 Mark Hummel  
 Frank Kalogeris  
 George Liadis  
 Tom Mourtaeos  
 Christine Picard  
 Dean Stambolis  
 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). For **Kollyva**, you may bring your own or contact Denise Melis directly (412) 341-9264.



**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.



deprived of its “saltiness”, its spiritual and moral character, how will it again regain its “saltiness?” It no longer serves but rather is trampled upon. Our words must match our deeds.

St. Paul writing to the various communities calls his flock, “To the saints which are in Ephesus, in Corinth, or in Philippi.” All are called by this glorious title. The dedication, faithfulness, and zeal in the Faith of these communities, as well as their desire to lead holy and pure lives is a great encouragement to all of us. Their desire to be the “salt” of the earth was manifested in their deeds and love for one another. The early Christian communities were challenged in many ways; false teachings, pagan influences, persecutions from both Jews and the Roman state. Yet, the Lord provided leaders and those with a variety of gifts to help the faithful.

“The Holy Spirit has given us diverse gifts; some are apostles, some are prophets, some are teachers, some are priests... it is for the perfecting of the saints. As within each household, being one honor and ministry of the parents, another of the children, yet all minister to the needs of each other. The home is the icon of the larger Church. It is in God’s house, the Church of God. A responsibility is linked with every honor and to help the faithful. Through God’s mercy and grace the Church of Christ is built up. Each member, helped by others, continues to grow in holiness and purity and in the measure and proportion of their responsibility toward the whole body. The whole body, especially beginning from the Incarnation of God the Word on earth to the Second Coming and Judgment of Christ. The body, that is the Church, is worthy of immortality. The eye of a person cannot perceive it all, nor the mind understand it all. The building is of living stones, of eyes and hearts, without roughness or ugliness, without corruption or transience. Everything has its place, everything is beautiful in its entirety and in its parts. The goal of our journey, the meaning to our suffering and difficulty in this life, so that better than all our plans and lovelier than all our desires is the will of God to polish us and build us into His Immortal Body.” (*Prologue of Ochrid*, Volume IV, pg. 246, St. Nicholas Velimirovic)

Our Church is a dynamic body of the faithful. It is not merely a building! The Body of Christ, the Church, brings together all the faithful to transform us into the saints God calls us to be. This effort is fulfilled through the ministries of the Church. It is where our words are matched by our deeds. We encourage all the faithful to have an active ministry in the life of our beloved Church.

Very often it may not be clear to us, how the Lord is using us to bring about His will for us and for our salvation, and even the salvation of others around us. A faithful witness to the Gospel may inspire thousands around us. The Lord commands us to be faithful, to endure to the end, to be His presence, the SALT of the earth. As we enter this time of Advent, let us rightly offer thanksgiving to God for all His mercies and love that He continually showers upon us. May our words and deeds bring glory to God and help our neighbor in any and every way toward their salvation in Christ. Let us be the “salt” that gives joy and purpose to our life in this world.

Wishing you a blessed journey of Advent and joyous Thanksgiving!

With love and prayers,  
Fr. Michael

## The Nativity Fast – Why We Fast – By Fr. Stephen Freeman

*November 15, marks the beginning of the Nativity Fast (40 days before Christmas). The following article offers some thoughts on the purpose of fasting.*

Fasting is not very alive and well in the Christian world. Much of that world has long lost any living connection with the historical memory of Christian fasting. Without the guidance of Tradition, many modern Christians either do not fast, or constantly seek to re-invent the practice, sometimes with unintended consequences.

There are other segments of Christendom who have tiny remnants of the traditional Christian fast, but in the face of a modern world have reduced the tradition to relatively trivial acts of self-denial.

I read recently (though I cannot remember where) that the rejection of Hesychasm was the source of all heresy. In less technical terms we can say that knowing God in truth, participating in His life, union with Him through humility, prayer, love of enemy and repentance before all and for everything, is the purpose of the Christian life. Hesychasm (Greek Hesychia=Silence) is the name applied to the Orthodox tradition of ceaseless prayer and inner stillness.

But these are incorrectly understood if they are separated from knowledge of God and participation in His life, union with Him through humility, prayer, love of enemy and repentance before all and for everything.

And it is the same path of inner knowledge of God (with all its components) that is the proper context of fasting. If we fast but do not forgive our enemies – our fasting is of no use. If we fast and do not find it drawing us into humility – our fasting is of no use. If our fasting does not make us yet more keenly aware of the fact that we are sinful before all and responsible to all then it is of no benefit. If our fasting does not unite us with the life of God – which is meek and lowly – then it is again of no benefit.

Fasting is not dieting. Fasting is not about keeping a Christian version of kosher. Fasting is about hunger and humility (which is increased as we allow ourselves to become weak).

*Continued pg. 6 →*

Fasting is about allowing our heart to break.

I have seen greater good accomplished in souls through their failure in the fasting season than in the souls of those who “fasted well.” Publicans enter the kingdom of God before Pharisees pretty much every time.

Why do we fast? Perhaps the more germane question is “why do we eat?” Christ quoted Scripture to the evil one and said, “Man does not live by bread alone but by every word that proceeds from the mouth of God.” We eat as though our life depended on it and it does not. We fast because our life depends on the word of God.

I worked for a couple of years as a hospice chaplain. During that time, daily sitting at the side of the beds of dying patients – I learned a little about how we die. It is a medical fact that many people become “anorexic” before death – that is – they cease to want food. Many times family and even doctors become concerned and force food on a patient who will not survive. Interestingly, it was found that patients who became anorexic had less pain than those who, having become anorexic, were forced to take food. (None of this is about the psychological anorexia that afflicts many of our youth. That is a tragedy)

It is as though at death our bodies have a wisdom we have lacked for most of our lives. It knows that what it needs is not food – but something deeper. The soul seeks and hungers for the living God. The body and its pain become a distraction. And thus in God’s mercy the distraction is reduced.

Christianity as a religion – as a theoretical system of explanations regarding heaven and hell, reward and punishment, is simply Christianity that has been distorted from its true form. Either we know the living God or we have nothing. Either we eat His flesh and drink His blood or we have no life in us. The rejection of Hesychasm is the source of all heresy.

Why do we fast? We fast so that we may live like a dying man – and in dying we can be born to eternal life.

METROPOLIS  
CLERGY/LAITY,  
READING PA



1<sup>st</sup> Sunday of Luke    September 24<sup>th</sup>, 2023    ~Deacon Frank Dickos

Climate change. High interest rates. Inflation. Political indictments. The ongoing war in the Ukraine. Another show of brinkmanship before another possible government shutdown. The media continues to assault us with crisis after crisis. And while that is not unjustified, sometimes their degree of emphasis is inappropriate. But how to know the correct level of response? While to treat every newscast and online source as sure indicators of impending global disaster smacks of "*The Boy Who Cried Wolf*", to treat them casually equally smacks of a Pollyanna. Finding the proper emphasis is important, especially because there may be other important issues requiring our attention which are deemphasized because they don't receive the same media attention. That forms the focus of today's reflection.

This wouldn't be the first time the media got it inappropriately prioritized. To hear the breaking news of the day is to think that impending disaster is right around the corner. Yet who can recall the important issues of ten years ago? What was truly important that happened in September of 2013? Or even in all of 2013? And yet it is a sure thing that the emphasis the media placed on the issues of the day was no less urgent than those of today. And it is not surprising that it is that way; after all, the majority of public media is comprised of for-profit corporations. There may still be a few respected bastions of journalism, but even they need to fill their format on a regular basis, and to keep the interest of their audience, they emphasize the top issues of the day. So while it is important to be aware of the world around us, we cannot rely on broadcast media to keep the proper balance.

Online media, especially social media, is even more suspect. The same temptations that exist in traditional media are even less constrained in the newer forums. We have a love of the sensational, so when we get word of something that has been overemphasized, it has almost always been done so to get our attention. Even in older more established forms of online communication, like email, we often received a message that was so shocking, we had to forward it to all our friends, only to discover that it was a hoax? Newer forms of social media are even less constrained, and as such we are constantly bombarded by tweets, texts, and posts. Our sense of urgency is heightened, and our attraction to the sensational is even more likely to be deluded by communication designed to take advantage of it. So while they can be used, because it is important to stay in touch with those who are important to us, we cannot rely on them to keep the proper balance.

Yet perhaps the greatest victim of all this is hope. Because every issue needs to be presented as a crisis in order to get our attention, all



we see are problems and not solutions. We are so overwhelmed by bad news that we see no point in good news. Is it any wonder that anxiety prevails, especially among the young?

So where to turn? How about starting with this morning's Gospel? Jesus is teaching in Simon Peter's boat just off the coast of the lake of Gennesaret. In Luke's account, we don't even hear the teaching, all we know is that afterwards, Jesus asks Peter to cast the nets out for a catch. Peter is reluctant but does so, and something sensational happens. They catch the haul of a lifetime. Can you imagine how the crowd went wild at this? It was a hook worthy of the greatest media mogul, or online post. So was Jesus just doing exactly what we've been discrediting? The cynics would say yes. But look a bit deeper. In the first place, something amazing had indeed happened, so it wasn't a false sensationalism. But perhaps more to the point, Jesus shows us our weakness. The miracle was meant to underscore the authority of his teaching, but who remembered it? Not even Luke recorded it. But it is telling to note what happened both just before and just after it. Prior to this passage, Jesus had healed Peter's mother-in-law, and many others who were literally pressing upon him to heal them. That's why he was in the boat in the first place. And Luke is very careful to emphasize that Jesus was teaching about the kingdom all this time, and was planning to leave for other regions to do the same. It was the crowd who was fascinated, not by the Good News, but by the sensation. In this way they were no different than we are today. We haven't changed.

But we can react differently. Peter, upon seeing the miracle, and having seen the previous miracle of his mother-in-law's healing, realizes the importance, not of Jesus's actions, but of His person, and overwhelmed, he asks Jesus to depart from him, realizing his sinfulness. As opposed to the crowd, he wants less, not more. And Jesus turns to him and asks Peter to follow Him. Because Peter, having rejected the sensation, is ready to hear the content. Having rejected the sizzle, he is ready for the steak.

And so, my brothers and sisters, the lesson we take from this is not one of sensation. It is one of calm. It is one of hope. When we hear the news of the day, we must filter out the parts of what we see and hear which appeal to our love of the incredulous and look instead at the content. Prayer is our greatest ally here. For through prayer, we can anchor the turbulence of the world around us in the calm of the Divine Presence. In focusing on Jesus, we find peace and hope, that allows us to reflect on the events of the day in clarity, devoid of hype, and then consider what reaction is appropriate. To Him belongs all Glory, now and forever. Amen.

# PHILOPTOCHOS AUTUMN FOOD FESTIVAL



**SAVE THE DATES** for the 2024 Philoptochos Autumn Food Fair on Wednesday, October 2<sup>nd</sup> and Thursday, October 3<sup>rd</sup>. Wonderful food and fellowship!







A heartfelt THANK YOU to ALL who volunteered at the Philoptochos Autumn Food Fair last month! We thank you for attending, cooking, setting and cleaning up! A SPECIAL Thank You to ALL the sub chairs at the various venues who made my job so much easier. Thank you to ALL who donated the delicious pastries, Yiayia Joan's Market items and soups to the fair. It was pure profit for Philoptochos! Thank you to my Co-Chair, Domenica Gulli, for her dedication to Philoptochos! It was a VERY successful Autumn Food Fair! Philoptochos may now continue its Philanthropic efforts because of your support! ~Elaine Sofis, Philoptochos Autumn Food Fair Co-Chair



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**HOLY CROSS**  
GREEK ORTHODOX CHURCH  
PHILOPTOCHOS

**METROPOLIS OF PITTSBURGH  
2023 GOYA FALL RETREAT**

**A.I. VS I AM**



**NOVEMBER 17-19, 2023  
AT CAMP NAZARETH**

FEATURING SPEAKERS  
**TED CHERPAS, MDIV  
&  
FR. ALEXEY PETRIDES**

Registration opens October 21 Visit our website:  
[y2am.pittsburgh.goarch.org/retreats](http://y2am.pittsburgh.goarch.org/retreats)

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Join Ted Cherpas and Fr. Alexandros Demetrios Petrides for an incredibly relevant topic in today's world:

*"With the development of Artificial Intelligence proceeding at breakneck speed, our youth are confronted with the question: how will A.I. affect my Faith?"*

*Through an exploration of God, neighbor, and prayer, our youth will emerge with a new perspective to navigate the modern world."*

If you have questions or issues when registering, please email Alyssa Kyrtsis at [akyrtsis@pittsburgh.goarch.org](mailto:akyrtsis@pittsburgh.goarch.org) or visit our website below!

<https://y2am.pittsburgh.goarch.org/retreats>



# Holy Cross Philoptochos Membership

Tuesday, November 7

Borelli Cellars in the Galleria

Open House 7-9 PM

Space is limited! Please RSVP to  
[dinahartlep@gmail.com](mailto:dinahartlep@gmail.com) 412-720-9383



Scan this QR code  
to process your membership  
**TODAY!**

*Please contact the church office  
to sponsor a coffee hour.*

*More information can be found  
on our website:*



<https://www.holycrosspgh.org/coffee-hour>



Hot sauce  
wing challenge! 🔥







## INCARNATIONAL MISSIONS: PUTTING FLESH ON OUR FAITH

Mission Walk Sunday at Holy Cross- 10/8/23

I would like to begin with a marvelous story about a four-year-old child who awoke one night in fright. She was convinced that in her dark room there were all kinds of spooks and monsters. Alone, she ran to her parents' bedroom. Her mother calmed her down, and taking her by the hand, led her back to her own room. Once there, she put on a light and reassured her daughter with these words: You needn't be afraid, you are not alone here. God is in the room with you. The little girl replied: I know that God is here, but I need someone in this room who has skin!"

The human need for touch is undeniable. And this is doubly so when it comes to our faith. Believing in a God who is somewhere out there but not among us gives little comfort. In today's Gospel we see the importance of touch in a most dramatic way. Jesus encounters a grief-stricken widow in a large crowd on its way to bury her only son. Moved by compassion, Jesus says to her: "Weep not." And then touching the casket, He commands the boy to rise, then gives him back to his mother. It was flesh touching flesh, thereby turning the mother's sorrow into joy. This miracle, along with many others that Jesus performed, gives us a template for Christian missions. We are called to put flesh on our faith, and in this way showing God's love for the world with a human face- our face. Today, let us see how this works in the fields of missions.

Let's begin with an example of how missions does not work. Some years ago a Christian journal carried the lament of a bitter woman. She explained why she did not believe in God. Never in her explanation did she mention dogma, morals, or church authority. For her, the credibility of God and Christ depended on something else. Here is what she said: "Don't come talk to me of God, or come to my door with religious pamphlets, or ask me whether I'm saved. Hell holds no threat more agonizing than the harsh reality of my life. I swear to you that the fires of hell seem more inviting than the bone-deep cold of my own life. And don't talk to me of church. What does the church know of my despair- barricaded behind its stained glass windows against the likes of me? I once sought repentance and community within your walls, but I saw your God reflected in your faces as you turned away from the likes of me. Forgiveness was never given me. The healing love that I sought was carefully hoarded, reserved for your own kind. So be gone from me and speak no more of God. The God I see in you has no compassion. So long as your God withholds the warmth of human touch from me, I shall remain an unbeliever."

Before He ascended into heaven, Jesus told us to go to all nations and tell of His love. He intended this to be done by putting flesh on our faith, that is, through human contact and not high theology. The challenge is not, as the woman makes clear, to pass out religious tracts, establish religious TV



networks or pressure people to convert to our particular brand of Christianity. Instead we must radiate the compassion and love of God, so much so, that people will see Jesus in our faces and actions.

When Jeremiah the prophet received God's call, he was commanded to *"eat what is before you, eat the scroll, then go and speak to the people of Israel. So I ate it, and it tasted as sweet as honey in my mouth"* (Jeremiah 3:3). The powerful idea is that in digesting God's word he would turn it into his own flesh. In this way, the people will be able to see the word of God in a living body rather than on a dead parchment. Our task in taking God to others is not of handing somebody a bible or some religious tract. Instead, we are to convert God physically into the flesh of our own bodies. It becomes part of what we look like. If we do this with the Word of God and Holy Communion, others wouldn't have to read the Bible to see what God is like, they would only need to look at our faces and our lives to see God.

As members of the Church we gather together every Sunday to affirm our humanity in Christ. We come to say I love you to others and hope to hear the same in return. In the end, we go to Church to ready each other for physical death, but always in the hope of the Resurrection.. Jesus gave hope to a woman by raising her son from the dead. God gave us hope by raising His Son from the dead. For us to experience this hope in a tangible way, we cannot approach God as individuals. We are not saved in a self-centered vacuum, sealed off from the rest of the world. There is no such thing as a solitary Christian. Walls don't work in the Church. We need each other to be saved. I have to see your face and you have to see mine, and together we will see God in each other. The hope of the Resurrection lives in each one of us for the world to see.

Let me conclude with the story of a fallen woman who never knew Christ or the Scriptures. Hers was a heart filled with regret and sorrow over her wasted life. At odd times she would come to the public museum to stare at one painting, a still-life of bread and grapes. A guard noticed her fascination with the painting. He asked why she came so frequently to fix her gaze on such a simple painting. She explained that the painting symbolized all that was lacking in her life- a home, a husband, children, food, warmth, security, pure love.

Jesus no doubt had her in mind, as well as all of us who feel abandoned or lost and alone in the world. On the very night of His betrayal, He lifted His eyes up to heaven, blessing that same bread and wine, saying: *"Take, eat, this is my body...drink of this all of you this is my blood poured out for many for the forgiveness of sin"* (Mathew 26:28).

In Guatemala, this is what we offer to the long-suffering Mayan people, the very humanity of Christ, His flesh and blood. They, too, like all of us, have a holy longing for Christ. They, too, need to know that they are loved and valued as children of God. The world often forgets the poor and marginalized of the world, but Jesus never did. Today, we can reach out and touch the humanity of the Mayan faithful who struggle every day to survive. Through our Mission Walk we can show them the face of Christ; we can put flesh on our faith. Today, we can say to them, as we should to each other, "I love you and God loves you."

## Walk for Missions – 2023 – Celebrating 30 Years

In the Gospel of Matthew, Chapter 28:19-20, we read the Great Commission that Christ, Himself, gave us: *“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”*

For more than 40 years, our Holy Cross community has responded to Christ’s command by sending missionaries to foreign countries, welcoming mission priests and students, and giving generous donations to fund mission projects. An important source of these vital donations has been the annual Walk for Missions, which marked its 30th year on October 8, 2023. For most of those years, the Walk has been spearheaded by Faith Williard, who has tirelessly organized the many details, including teams of volunteers, that made each year a success.

This year’s 30th Anniversary Walk was promoted with a coffee hour on September 24, which featured Guatemalan-inspired foods, a silent auction of wonderful donated items, and an exciting Hot Sauce Challenge, organized by Elias Diamond.

On October 8, a sunny autumn day in South Park saw a Pan-Orthodox gathering of 45 walkers from these area churches: St. Michael Carpatho-Russian (Rankin), St. Nicholas Carpatho-Russian (Homestead), Sts. Peter and Paul Ukrainian (Carnegie), St. George Antiochian (Oakland), Monastery of the Transfiguration (Ellwood City), and our own Holy Cross. On the same day, 20 GOYA members of St. Nicholas Cathedral (Oakland), led by advisor Linda Hages and Fr. Eleftherios Constantine, held a Walk for Missions in Schenley Park, with proceeds added to the Holy Cross Mission Fund. This combined enthusiastic effort has raised over \$10,000 and donations are still arriving.

Funds raised through the Walks have helped to build a medical clinic and churches, and to educate doctors, a nurse, and clergy. A current project is the building of a seminary where future priests and catechists will be trained to serve the 130 Orthodox parishes throughout Guatemala and southern Mexico. Fr. John and Pres. Sandy Chakos extend their heartfelt gratitude to Fr. Michael Kallaur for continuing the Holy Cross commitment to support missions and to the organizers, walkers, and donors who have worked so hard to make all 30 years of the Walk for Missions a success. Together, we are partners in fulfilling Christ’s Great Commission by reaching out to our brothers and sisters in Christ with a physical and spiritual healing touch.

~Pres. Alexandra Chakos







St. Nicholas GOYA walked at another location at the same time



# Holy Cross

SUN	MON	Tue
	NATIONAL CLERGY RETREAT IN PHOENIX, ARIZONA	
<b>5 YOUTH SUNDAY</b> 8:15am Orthros 9:30am Divine Liturgy  <b>General Assembly Meeting</b>	<b>6</b>  6:30pm Paracletes to St. Nektarios	<b>7</b>  <b>7pm Parish Council Meeting</b>
<b>12</b> 8:15am Orthros 9:30am Divine Liturgy	<b>13 St. John Chrysostom</b> 8:15am Orthros 9:30am Divine Liturgy <b>11am Golden Club</b>  6:30pm Paracletes	<b>14 Apostle Philip</b>  <b>7pm Parish Council</b>
<b>19</b> 8:15am Orthros 9:30am Divine Liturgy  <b>Medicare open enrollment information session &amp; coffee hour</b>	<b>20</b>  6:30pm Paracletes	<b>21 Entrance of Theotokos</b> 8:30am Orthros 9:30am Divine Liturgy
<b>26</b> 8:15am Orthros 9:30am Divine Liturgy	<b>27</b>  6:30pm Paracletes	<b>28</b>  <i>7pm Sts. Mary &amp; Martha</i>



# November 2023

Wed	THU	FRI	SAT
<p><i>1 Holy Unmercenaries</i></p> <p>4:30PM GREEK SCHOOL 7PM BIBLE STUDY</p>	<p>2</p>	<p>3</p> <p>7PM CONSECRATION VESPERS @ HOLY TRINITY, NORTH HILLS</p>	<p>4</p> <p>8AM ORTHROS 9AM CONSECRATION LITURGY @ HOLY TRINITY, NORTH HILLS</p> <p><i>5pm Vespers</i></p>
<p>8 <i>Synaxis of Archangels</i> 8:30am Orthros 9:30am Divine Liturgy</p> <p>4:30PM GREEK SCHOOL 6:45 GOYA BBall 7PM BIBLE STUDY</p>	<p>9 <i>St. Nektarios</i> 8:30am Orthros 9:30am Divine Liturgy Community Night 6pm Vespers 6:30pm Dinner 7:30pm short presentation on St. Nektarios</p>	<p>10</p>	<p>11</p> <p><i>5pm Vespers</i></p>
<p>15 NATIVITY FAST BEGINS 8:30am Orthros 9:30am Divine Liturgy 4:30PM GREEK SCHOOL 6:45 GOYA BBall 7PM BIBLE STUDY</p>	<p>16 <i>Apostle &amp; Evangelist St. Matthew</i> 8:30am Orthros 9:30am Divine Liturgy</p>	<p>17</p>	<p>18</p> <p><i>Wedding/No Vespers</i></p>
<p>22</p> <p>4:30PM GREEK SCHOOL 6:45 GOYA BBall 7PM BIBLE STUDY</p>	<p>23 <i>Thanksgiving</i> 8:30am Orthros 9:30am Divine Liturgy</p> 	<p>24</p>	<p>25 <i>Great Martyr Catherine</i> 8:30am Orthros 9:30am Divine Liturgy</p> <p><i>5pm Vespers</i></p>
<p>29</p> <p>4:30PM GREEK SCHOOL 6:45 GOYA BBall 7PM BIBLE STUDY</p>	<p>30 <i>Apostle Andrew the First-Called</i> 8:30am Orthros 9:30am Divine Liturgy</p>		

Just before the Liturgy begins, while the Great Doxology is still being chanted, the Deacon kneels before the priest and declares, "It is time for the Lord to act." The Greek work for time in this case is *καιρός*, which might seem unusual. Even casual students of the language might suggest *ώρα*, from which we derive "hour", or *χρόνος*, which we see in such words as chronic, or chronology; indeed, *καιρός* as a term is more commonly associated with weather, especially in modern Greek. But it's a very significant choice, because when used in this way, it refers not just to a moment in time, but one of special, if not critical importance. Perhaps the sense is better served by the translation "the moment has come" rather than "it is time." For it *is* a moment, but not as in "*momentary*"; rather, as in "*momentous*." And this would be appropriate because all too often, we view events in the former sense and not the latter. And so today, let's take the time to talk about the importance of the moment, and how it applies to us and to our way of life.

Bartholomew, the Ecumenical Patriarch, has used the word *καιρός*, when referring to a call to action for the environment. He himself has been referred to as the "Green" Patriarch for his decades of involvement in matters of global climate change, and his opposition to the exploitation of the world's resources for the simple satisfaction of humanity's appetites. Uniting scientific and religious leaders to influence political ones, he has called on us to look at the importance of this moment, for many believe we stand at the brink of global catastrophe, and humanity can, through its stewardship of the world, reign in the major influences on climate change. But it is up to us to recognize this moment as one calling each of us to a more environmentally responsible lifestyle. Whether it be purchasing a more energy efficient automobile, furnace, or appliances, doing more to reuse and recycle, or just turning out the lights when you're not using them, there are many things we can do to manage our resource consumption more wisely. The moment has come.

Today is also the commemoration of the fathers of the seventh ecumenical council. This is the one, you may recall, where icons were affirmed as right and proper to venerate in Orthodox Churches, as well as in the homes of the faithful. But the great implication of this council was that if icons could be windows into heaven, then matter itself can be connected to the Divine, and that we, as both material and spiritual beings, are called to perform that connection. Even the beauty of this church is an acknowledgement of this. For we did not enhance this edifice for our own edification, nor for God's. We did it to reflect the transcendent reality that during our worship, heaven and earth are

united. God sits enthroned in Glory, surrounded by the highest orders of angels, the Cherubim and the Seraphim, and the glory of this temple is a reflection of and connection to that Glory in heaven. But that connection requires us, for more than anything, heaven and earth are united in humanity in general, and in this assembly in particular. The liturgy is not a demonstration put on in your behalf. It is a work of the people, which is what the word "liturgy" means. But that implies we need to immerse ourselves in it. Get caught up in the worship of God. Connect heaven and earth. The moment has come.

Today's gospel speaks of the sower and the seeds. Even now, the Lord spreads the good news of God's salvation, its message of hope, and of the great destiny of humankind. But how have we reacted to this news? Hopefully not with skepticism. But perhaps with enthusiasm but no real commitment or sincerity. Or perhaps we are too enamored of the pleasures of life? This is a moment for all of us. Will we recognize and accept our great calling from Christ? Or will we simply go on with our lives as they are and look at our religion as merely a comfort and convenience? The parable applies to all of us. In what kind of soil does the word of God grow in your heart? This cannot not be ignored any longer. The moment has come.

Finally, remember that we are nearing the time for us to renew our commitment of stewardship to this community, which is part of the Body of Christ. In times of both fortune and misfortune, this parish needs our participation. Each of us needs to be engaged with at least one of the many ministries this church provides. Run for parish council. We always have trouble finding volunteers for what is a wonderful board. Sunday school needs teachers. Joy and GOYA need involved parents and children. Philoptochos needs younger members as well. Stewardship is so much more than financial. Get involved. The moment has come.

My brothers and sisters, our lives are filled with moments that seem fleeting and unimportant but are indeed filled with great opportunity. It is implicit, in our very calling to become divine, that we reject the insignificance of humanity in general, and of any human or human action in particular. So often we feel insignificant and powerless in a world filled with tragic news, or lost in a vast and uncaring universe. But this is a deception to lull us into inaction. For we are all of great worth, and our lives are laden with moments of opportunity to make the world a better place. The world needs the presence of God, and it is for us, in every moment, no matter how small, to bring together the things of earth with those of heaven. For when it is time for God to act, every moment is indeed momentous. To Him be all Glory, now and forever. Amen.

**SAVE THE DATE!**  
**SAVE THE DATE!**  
**SAVE THE DATE!**



**Family Greek Night**  
**December 29<sup>th</sup>**

**Holy Cross Community Center**

**Food, Spirits, & Live Music**

*Brought to you by the wonderful women of the Holy Cross Philoptochos*

# **Saints Mary & Martha Women's Fellowship The Holy Cross**

**Tuesday, November 28, 2023**

**Prefigurement of the Cross in the Old Testament**

**Speaker: Fr. Anastasios Athanasiou**

At the home of Cynthia Raftis

800 Valleyview Drive, Mt. Lebanon 15243

RSVP 412-427-7407

**Tuesday, January 30, 2024**

**The Penitent Thief Speaker: Fr. George Callas**

At the home of Pres. Kassiani Callas

1365 Craigview Drive, Mt. Lebanon 15243

RSVP 330-604-2925

**Tuesday, February 27, 2024**

**The Suffering Servant Speaker: Fr. Theodosios Palis**

At the home of Adrienne Dickos

1840 Kent Road, Upper St Clair 15241

RSVP 412-400-4290

**Tuesday, March 19, 2024**

**History of the Cross post-Crucifixion to present**

**Speaker: Dn. Frank Dickos**

At the home of Irene Zotis

76 Woodland Drive, Mt. Lebanon 15228

RSVP 412-721-0146

**Tuesday, April 23, 2023**

**The Sayings of Christ from the Cross**

**Speaker: His Eminence Metropolitan Savas of Pittsburgh**

At the home of Stellani Coleman

105 Cedarbrook Ct., McMurray 15317

RSVP 724-255-6178

**Tuesday, May 28, 2023**

**Modern Miracles of the Cross Speaker: Fr. John Chakos**

At the home of Mary Zotis

419 Longleaf Dr., Venetia 15367

RSVP 412-835-2381

**Remember, all meetings run from 7pm-9pm.**

Thanksgiving is November 23.

Pascha is May 5.



## *Golden Club visits The Le Moyne House*



## *Golden Club Luncheon at Cracker Barrel, Washington, PA after visiting the LeMoyne House*

**GOLDEN CLUB:** It's time again for our annual Golden Club membership luncheon! Please join us in the Community Center on Monday, November 13th, beginning at 11am for fellowship, food and a presentation by our guest speaker, Todd DePastino, Executive Director of the Veterans Breakfast Club. Todd will present, "*Vietnam: Then and Now.*" He will discuss the history of Vietnam through his travels with the Veterans Breakfast Club. In 2018 and 2020, the group retraced the footsteps of the veterans who'd served in country a half century earlier and took in Vietnam's history and natural beauty. Todd will share what he and the veterans learned on the trips and what it was like for our veterans to meet their former battlefield enemies.

We will be collecting dues of \$10/person that day for the year 2024. If paying by check, please make checks payable to **GOLDEN CLUB OF HOLY CROSS**. We welcome all of our current Golden Club members and encourage all members of Holy Cross, age 50+, to join the group!

You **MUST** have a reservation to attend, as this is a catered luncheon. **PLEASE** do not wait to respond! **NO** reservations will be taken after Tuesday, November 7th--the caterer's cut-off date. To **RSVP** please call Rene at 412-559-1721 or Cynthia at 412-722-9512. We look forward to seeing you that day!

# 100 YEARS

## Holy Trinity Consecration Weekend

### Consecration Vespers: Friday, Nov. 3rd

7PM - Consecration Vespers and Placing of the Holy Relics on the Altar

### Consecration Liturgy & Luncheon: Sat. Nov. 4th

8AM - Orthros

9AM - Consecration Divine Liturgy and Procession with the Holy Relics

His Eminence Metropolitan Savas presiding

12PM - Celebration Luncheon in the Holy Trinity Grand Room

Adults: \$25

Children under 12: \$15

## The Holy Trinity Centennial Gala

at the Omni William Penn Hotel

Sunday, November 5th, 5pm

Adults: \$150

Teens (12 to 18): \$100

Seniors: \$100

Children under 12: \$50

Ticket prices include: appetizers, dinner, dancing, and the famous Pittsburgh Cookie Table. Entertainment by the **George Karas Band** featuring Toronto-based clarinetist **Peter Bexis** and the **Holy Trinity Jazz Band**.

### Gala Sponsorship Levels:

**Bronze:** \$100-\$249

**Silver:** \$250-\$499 (receives Commemorative Marble Icon)

**Gold:** \$500-\$1499 (receives Commemorative Marble Icon and 1/8 page ad in the Centennial Album)

**Centennial:** \$1500-\$2499 (receives Commemorative Marble Icon and 1/2 page ad in the Centennial Album)

**Platinum:** \$2500 and above (receives two Commemorative Marble Icons and full page ad in the Centennial Album)

CONSECRATION LUNCHEON TICKETS, GALA TICKETS & SPONSORSHIPS  
AND COMMEMORATIVE MERCHANDISE ARE ALL AVAILABLE ONLINE AT

**[HOLYTRINITYPGH.ORG/CENTENNIAL](http://HOLYTRINITYPGH.ORG/CENTENNIAL)**

AND AT HOSPITALITY HOUR FOLLOWING SUNDAY LITURGY

GET YOURS TODAY!

QUESTIONS: EMAIL [CENTENNIAL@HOLYTRINITYPGH.ORG](mailto:CENTENNIAL@HOLYTRINITYPGH.ORG)

## Baby 40 day Zoe Marie Wolcott (parents James & Mary (Gidas) Wolcott)



### **Attention High School Seniors and Parents!**

The application for the Popi Hagelios Memorial Philanthropy Award of the Philoptochos Society of Holy Cross Church is available on November 19 in the Narthex, Elaine Sofis, [esofis@comcast.net](mailto:esofis@comcast.net) or Denise Melis, [dmelis@comcast.net](mailto:dmelis@comcast.net) electronically. The application is due by Sunday, March 17, 2024. **NO EXCEPTIONS!** The award is available to a 2024 PLEDGED Holy Cross family member who is a 2024 graduating high school senior. A similar application is available at Mt. Lebanon High School. You may apply to both philanthropy awards, but will only be eligible for one \$1,500 award.

DIDRA & BOB  
KIRSCHNER  
ARE DELIGHTED  
TO ANNOUNCE:

AT  
ST. PAUL GREEK  
ORTHODOX CHURCH  
4548 WALLINGS ROAD,  
NORTH ROYALTON,  
OH 44133-3121  
PHONE: (440) 237-8998  
[messenger@stpaulgoc.org](mailto:messenger@stpaulgoc.org)  
Website:  
<https://www.stpaulgoc.org/#>

# Save the Date

Sunday, November 19, 2023

Deaconal Incardination of



*Robert P Kirschner*  
son of Didra & Bob Kirschner

Join us as His Eminence Metropolitan SAVAS of Pittsburgh elevates Robert to the rank of Deacon during the Liturgy through a special service called Incardination.

Philoptochos will host a special coffee social in honor of the new Deacon as we welcome his Eminence to our parish along with visiting clergy. Please plan to attend and share in his joy. More details to follow.



The *Landscape Committee* has exciting news on our next project! We will entirely focus on the front of the church with the following project phases:

1. Garden of Love
2. Cross Garden
3. Entry Court Paving (this will turn into a 'Platia' = Entry Plaza with decorative patterned paving)
4. Entry Drive Curbs
5. Hillside Steps & Wall
6. Parking Lot (this will be a large project to be initiated at a later stage)

These updated projects will have significant new elements and features enhancing the functionality and use of our Holy Cross entry:

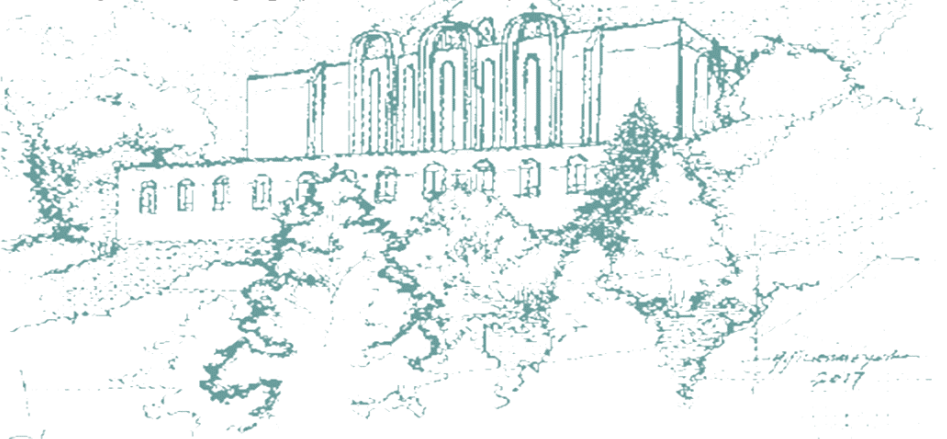
- most importantly, a separate sidewalk that creates better access for people with disabilities leading from the handicapped parking spaces to the church entry
- a Platia rendering the front into a more appropriate space for our processions, particularly during Holy Week and Easter, for weddings and other events
- options for memorial pavers
- an improved Cross Garden

We at the Committee would love your comments and feedback for these new developments & designs. Please use [HCLAsuggestions@gmail.com](mailto:HCLAsuggestions@gmail.com)

Last year, after we kicked off our Matching Donor Fundraiser, we quickly obtained the commitment of 23 matching donors totaling \$102,000. We now have more than \$100,000 paid into the campaign and due to the success of our Summer Garden Gala we have over \$130,000 in our bank account for our new project phases.

Due to the Matching nature of our Fundraiser, not all the funds are free to spend unless we can raise another \$70,000 from the Holy Cross community at large. To put these requested donations of \$70,000 in perspective, the total is not even half of what our Holy Cross community has been able to contribute in past years above and beyond our gracious stewardship donations.

We are confident that our parish will step forward and complete our matching fundraiser campaign before we embark on our next exciting project-finishing the iconography in our sanctuary!



# Paraclesis Service to Saint Nektarios

Monday, November 6, 2022 Paraclesis - 6:30 pm, anointing to follow

Saint Nektarios is one of the most well-known and beloved modern Saints of the Orthodox Faith. He was an accomplished scholar who was eventually ordained a bishop and appointed dean of the theological school in Athens. After an active tenure as a renowned preacher and theologian, he retired to the island of Aegina, where he had established the Monastery of Holy Trinity. He lived a pious and humble Christian life there until his death on November 9, 1920, when he was buried in a special chapel built on the grounds of the Monastery.

This beloved bishop was officially declared a Saint by the Ecumenical Patriarchate in the year 1961. He has been given the tide “Wonderworker” and is considered the patron saint of people stricken with cancer, heart trouble, arthritis, epilepsy and many other diseases. Many miraculous cures have been reported by those who have visited his tomb or asked for his prayers.

*The Apolytikion of St. Nektarios.*

*Selybria's offspring and Aegina's guardian,*

*the true friend of virtue, revealed in these last times,*

*Nekatrios let us, the faithful, praise as inspired servants of Christ; for he pours out healings of every kind for those who devoutly cry:*

*Glory to Christ who gave you glory!*

*Glory to Him who made you wondrous!*

*Glory to Him who through you works healings for all!*

We, too, will be offering our requests to this powerful Saint that he might entreat Christ, our God, to heal us of all our spiritual and bodily illnesses. Following the service, we will be anointed with holy oil from his shrine in Aegina. Please use the list below to submit the first names of living Christians for whom you would like prayers offered.

**PARACLESIS TO SAINT NECTARIOS**

**FIRSTS NAMES OF THE LIVING**

**PLEASE PRINT**

**“O Saint of God, Nektarios, intercede for us”**




Chios Society Proodos  
Greater Pittsburgh Area  
Pennsylvania



Nikiphoros Lytras, "The blowing up of the Nusuh Ali Pasha's flagship by Kanaris"

**CELEBRATION OF CHIOS INDEPENDENCE DAY**

**SUNDAY, NOVEMBER 19, 2023**

**MEMORIAL SERVICE AND ARTOCLASSIA**

**AT ST. SPYRIDON CHURCH**

1205 Grand Blvd

Monessen, PA 15062

**FOLLOWED BY LUNCHEON**

Εορταζουμε την Ανεξαρτησια της Χιου

Κυριακη, 19 Νοεμβριου, 2023

Μνημοσυνο και Αρτοκλασια

Στον Αγ. Σπυριδων

Με Γευμα

Lunch \$10.00

**RSVP BY NOVEMBER 8**

**Reserve your Table of 10 for your family & friends**

**Effie Kilantonis 412-831-3291**

# GLENDI



FRIDAY, NOVEMBER 24, 2023  
DOORS OPEN AT 8:00 PM

HOLY TRINITY GREEK ORTHODOX CHURCH  
300 S. Fourth Street, Steubenville, Ohio

**THE**  
**GREEK COMPANY**  
ORCHESTRA



**ALL AGES WELCOME!!!**

HOTEL ROOM BLOCK @ BEST WESTERN PLUS  
INN AND SUITES FRANCISCAN SQUARE  
RESERVE EARLY!

**\$25.00 PRE-SALE UNTIL NOVEMBER 1**

**\$35.00 AT THE DOOR**

**CASH BAR & MEZEDES**

**FOR INQUIRIES: [HOLY.TRINITY.GLENDI@GMAIL.COM](mailto:HOLY.TRINITY.GLENDI@GMAIL.COM) OR CALL [740.314.0359](tel:740.314.0359)**



# A Good Word - Λόγον Αγαθόν

## NEWSLETTER OF THE GREEK ORTHODOX METROPOLIS OF PITTSBURGH



### Clergy-Laity Assembly: Fr. George Callos, Chancellor

The 2023 Metropolis Assembly was hosted by the Sts. Constantine & Helen community of Reading, Pennsylvania from 28-30 September. Our Metropolis was honored by the presence of His Eminence Archbishop Elpidophoros of America, who spent time each day among the delegates and graced us with his kindness and warm Archpastoral blessings.

At the opening Banquet, His Eminence updated the assembly on the status of the charter revision process, and commended the Metropolis and its ministries on the New Metropolis Center project and the opportunities that await following its completion. Citing Ps 126:1 - Unless the Lord builds the house, those who build it labor in vain - His Eminence assured the group that the new center is "being built under the watchful eye of the Great Architect of Creation," and commending us to labor in love and cooperation with one another in order to cooperate with



His Eminence Archbishop Elpidophoros

His grace. Following the banquet, participants retired to the hotel for a social hour and fellowship.

Friday's program began with a report from Metropolitan Savas on the progress of the ministries and the opportunities that await the Metropolis in the coming year. Regular reports on Friday and Saturday were heard from the Metropolis Council Vice-Chair, Philoptochos President, Syndesmos President, Regional Archon Commander, Treasurer, Chancellor, Registrar, Archdiocesan Council representatives, and from some of the active committees and ministries, including Finance, Audit, Greek Education, Family Ministry, Religious Education, Youth & Young Adult Ministries, Youth Safety, and Camping Ministries. A comprehensive update on the New Metropolis Center was shared, including pictures of the groundbreaking and current construction progress. A presentation was shared on "Spiritual Transformation and Giving," a newly published work by Bishop Alexei of Sitka & Alaska that talks about the change

brought to the giver and the receiver in acts of almsgiving to the Church and to the poor. Friday evening, following dinner, the Assembly delegates were treated to a beautiful concert by the Reading Choral Society and then a "Greek night" fellowship in the Church Hall with dancing and live music. On Saturday the 2024 Budget was passed by the delegates, and the Assembly elected eight laypersons to the Metropolis Council, two laypersons to the Archdiocesan Council, and three members to the Audit Committee, all for the 2024-2026 term. The reports and subsequent documents from the Assembly are all located on the Metropolis website, at <https://pittsburgh.goarch.org/2023-assembly>



Reading Choral Society

## Youth Worker Assembly: Alyssa Kyritsis, Director of Youth and Young Adult Ministries

This year, the Youth Worker Track welcomed 11 registered participants along with a plethora of others who were interested in the speakers and topics we were blessed to offer. The highlight of our time together was spent with His Eminence Archbishop Elpidophoros of America and His Eminence Metropolitan Savas of Pittsburgh who shared their wisdom and listened to our ideas in Youth and Young Adult Ministry. We were also joined in person by the National Director of Youth and Young Adult Ministries, Eva Konstantakos, who encouraged our Youth Workers to 'Approach Tough Topics in Love' and help us navigate working with young people in our ever-changing world.

Rhea Ballas of the Department of Youth Safety helped our PYSA's navigate our new youth safety platform by offering us our own personal walkthrough session. Virtually, Fr. Nicolaos Tzetzis, Proistamenos of St. Nicholas in Troy, MI, taught us how to 'Engage Parents in Your Ministry' and Pres. Toni Mihalopoulos, founder of the Metropolis of Chicago's Pick Up Your Cross and Follow Me Ministry, opened our eyes to 'Making Ministry Inclusive' by offering ways we can welcome our brothers and sisters with special needs. Overall, it was a wonderful Clergy-Laity spent learning new concepts, sharing ideas and supporting one another.



Isaac Lampart, Ted Cherpas, Alyssa Kyritsis, Rev. Dn. Emmanuel Maginas, Paul Murray, Despina Murray, Pres. Becky Touloumes, Pasquale Santarelli and Anastasis Phyrillas



Eva Konstantakos, Rhea Ballas, Alyssa Kyritsis



Ted Cherpas, Alyssa Kyritsis, Dn. Jeremiah Mandoras, Archbishop Elpidophoros, and Metropolitan Savas

# HUMS

HOLY UNMERCENARIES MEDICAL SOCIETY  
MEMBERSHIP OF THE ANNUNCIATION GREEK ORTHODOX CHURCH

*Please join us*

HOLY UNMERCENARIES MEDICAL SOCIETY OF AKRON  
ANNUNCIATION GREEK ORTHODOX CHURCH

FALL RETREAT

**SATURDAY OCTOBER 28TH**  
**9AM - 12 NOON**

Suffering and the Nature of Healing  
An Orthodox Perspective  
Guest Speakers Dr. Daniel Hinshaw & Dr. Jane Carnahan Hinshaw

register at [hums@annunciationakron.org](mailto:hums@annunciationakron.org)  
by October 22 2023



Missio Statement: The HUMS of Metropolis of Pittsburgh, Association Akron will be a fellowship of healthcare professionals within the Greek Orthodox Metropolis of Pittsburgh. Through the spiritual development as fellowship of its members, the Society aspires to give (body into others) the love, mercy, and healing ministry of our Lord and Savior Jesus Christ, through worship, education, service, and philanthropy. Four Pillars: The Four Pillars of the HUMS Metropolis of Pittsburgh, Association Akron are: (1) Worship (2) Education (3) Service and (4) Philanthropy. These are the means by which the mission of HUMS Metropolis of Pittsburgh will be carried out.

# HUMS

HOLY UNMERCENARIES MEDICAL SOCIETY  
MEMBERSHIP OF THE ANNUNCIATION GREEK ORTHODOX CHURCH

FALL RETREAT: SUFFERING AND THE NATURE OF HEALING  
AN ORTHODOX PERSPECTIVE

**SATURDAY, OCTOBER 28, 2023 9:00 AM – 12:00 NOON**  
Annunciation Greek Orthodox Church, 129 S. Union St. Akron, OH 44304

Guest Speakers: Daniel Hinshaw, M.D. Author of *Suffering and the Nature of Healing*, and his wife, Jane Carnahan Hinshaw, M.D.

Agenda

0900 – 0905 Opening Prayer Fr. Dean Kokanos  
0905 – 0915 Welcome Melanie Morris, President (Orthodontics) Alexander Nicosianos, M.D.  
0915 – 1030 Suffering—An Orthodox Perspective and Healing Independent of Care  
1030 – 1045 Stretch Break  
1045 – 1115 The Therapeutic Encounter and the Business Model of Healthcare—the Strains of Corporatized Medicine and How the Orthodox Faith May Guide Medical Practice  
1115 – 1200 Panel discussion: The Psychology of Incorporating Our Orthodox Faith into the Care of Our Patients  
1200 – 1215 General Membership Meeting and Book Study kick off  
1215 Closing Prayer Fr. Dean Kokanos

registration fee: \$20 hums.annunciationakron.org members: \$25 non members.  
register at [hums@annunciationakron.org](mailto:hums@annunciationakron.org) by October 22, 2023.  
a light breakfast will be provided.



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Metropolis of Pittsburgh Philoptochos Board and Chapter Delegates with His Eminence Archbishop Elpidophoros and His Eminence Metropolitan Savas

The members of the Metropolis of Pittsburgh Philoptochos Assembly had a fruitful and beneficial two days of meetings. The Philoptochos women were blessed to have His Eminence Archbishop Elpidophoros and His Eminence Metropolitan Savas in attendance for some of their meeting, and to hear the words of His Eminence Archbishop Elpidophoros commending the work of the Philoptochos not only in our Metropolis, but world-wide.

The guest speakers were Kate Alley from the LightHouse Center of Reading, a new facility for women and children experiencing homelessness. The Metropolis Philoptochos also made a donation of \$1,000 to the LightHouse Center. We enjoyed informative presentations from Rhea Ballas on Youth Safety, the Metropolis Board Advisor and National Philoptochos treasurer, Barbara Pasalis on the National Philoptochos Humanitarian Aid Worldwide. Metropolis Y2AM director, Alyssa Kyritsis, presented information on the YAL conference and their service project for Global Links. She also shared information on the cross-generational Weekend of Service held in conjunction with Philoptochos. Alyssa Kyritsis was presented with a check for \$500 toward the YAL Global Links service project.

Since January 2022, the National Philoptochos with the assistance of its 438 chapters across the Archdiocese representing 25,000 women, as well as its nine Metropolis Philoptochoses donated \$814,178 in International Disbursements. These included money to IOCC for Ukraine, the earthquakes in Turkey and Syria, the floods and fires in Greece as well as Hurricane Ian and the Maui fires. A check for \$3,300 was presented to His Eminence Metropolitan Savas for his Good Samaritan Fund and a check for \$3,300 will be mailed to the Nativity of the Theotokos Monastery. It was approved that

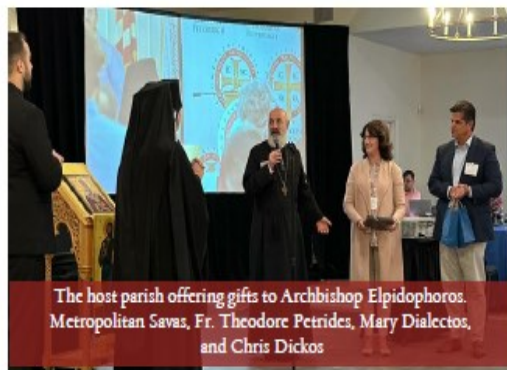


Archbishop Elpidophoros, Metropolitan Savas, and Joyce Spanakis

the four Metropolis of Pittsburgh seminarians will each receive \$3,000 for a total disbursement of \$12,000. In response to Archon Nick Tranto's Archon's young adult pilgrimage presentation to the Ecumenical Patriarchate pilot program, the Metropolis Philoptochos voted and approved to give \$5,000 to the program earmarked for when a Metropolis of Pittsburgh young adult is in attendance. As part of the budget for 2024, a decision was made regarding the division of Daffodil Luncheon proceeds.

Since the balance in our Emergency Fund is low due to the increased number of natural disasters this past year, it was decided to designate two thirds of the Daffodil Luncheon proceeds to the Emergency Fund and one third to the Seminarian Our Future Fund. This division of funds will be revisited on a yearly basis and division of the proceeds will be determined by the fund balances available in the Emergency and Social Service Funds. Delegates left the 2023 assembly honored to have had the opportunity to meet and interact with His Eminence Archbishop Elpidophoros of America, informed, energized and humbled to be a member of such an amazing organization and valuable ministry of the church.





The host parish offering gifts to Archbishop Elpidophoros, Metropolitan Savas, Fr. Theodore Petrides, Mary Dialectos, and Chris Dickos

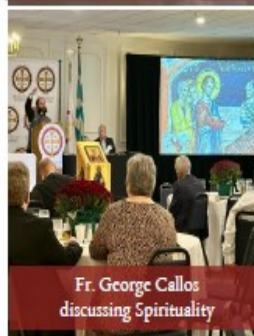


Archbishop Elpidophoros receiving his own Philadelphia Eagle Shirt from the host parish.



Delegates and parishioners enjoyed a Greek Night on the Friday.

### New Metropolis Center Progress October 8 2023



Fr. George Callos discussing Spirituality



Archons and delegates enjoying the Greek night!

### New Metropolis Center Update

The foundations are being poured and blocks are being laid! Please consider a personal commitment, a family pledge and/or at the parish level. Ensure that you are recognized for your commitment to our community family. To establish a pledge or make a donation please scan the QR code. Thank You!

Archon Nick Lekas - New Metropolis Center Project Manager



#### 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:

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



The Church and Community Center exteriors have been cleaned and power washed, joints & windows were caulked, the buildings painted, and new doors with electronic systems installed.



# Holy Cross Golf Outing

More photos to come next month...









GREEK-AMERICAN PROGRESSIVE ASSOCIATION  
ΕΛΛΗΝΟΑΜΕΡΙΚΑΝΙΚΟΣ ΠΡΟΟΔΕΥΤΙΚΟΣ ΣΥΝΔΕΣΜΟΣ

*Celebrating 100 Years | 1923-2023*

You are cordially invited to join G.A.P.A. for an evening of fellowship and memories at our

# *Centennial Gala*

*Celebrating 100 years of brotherhood,  
philanthropy, and service to the  
Greek-American community & beyond!*

**Saturday, December 9, 2023**

Cocktails & Hors D'oeuvres: **6:00 PM** | Dinner: **7:00 PM**

**Crowne Plaza Hotel Pittsburgh South**

164 Fort Couch Road | Pittsburgh, PA 15241

*Live music by the fabulous Stigma Band*

Dinner & Dance - **\$85** | Dance Only - **\$25** (9:00 PM)

For reservations, please contact **Joanne Melacrinis** at (+12) 400-4607 -or-

**Helen Valsamidis** at (724) 777-5155 no later than Saturday, 11/23/2023.



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*Celebrating 100 Years | 1923-2023*

## G.A.P.A. Centennial Gala

### ~ Commemorative Album Ad Form ~

Name of Individual/Business/Org: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Step #1 - Please check one option below:

- \_\_\_\_\_ Patron Listing (1 line w/individual/business/organization name) - \$25
- \_\_\_\_\_ ¼ Page/Business Card Listing - \$50
- \_\_\_\_\_ ½ Page Listing - \$75
- \_\_\_\_\_ Full-Page Listing - \$125

Step #2 - Please write your ad message below (i.e. "best wishes", "in memory/honor of", etc.):

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*\*If you wish to include any pictures, artwork, business cards, etc. as part of your ad placement, please include them with this form -or- email them to Niko Koukias at [koukiasn@gmail.com](mailto:koukiasn@gmail.com).*

Step #3 - Please submit this completed form, any accompanying items (if applicable), and a check made payable to "G.A.P.A." to the address listed below by Saturday, 11/11/2023:

G.A.P.A. Centennial Gala Commemorative Album  
c/o Niko Koukias  
610 Rockwood Avenue  
Pittsburgh, PA 15234

*If you have any questions, please contact Niko Koukias, Album Chairman, at [koukiasn@gmail.com](mailto:koukiasn@gmail.com) -or- (+1) 519-6226. Thank you for your support!*

**HOLY CROSS GREEK ORTHODOX CHURCH  
123 GILKESON ROAD  
PITTSBURGH, PA 15228**

**RETURN SERVICE REQUESTED**

Sunday,

November 5, 2023

**YOUTH  
SUNDAY  
AND  
GENERAL  
ASSEMBLY  
MEETING**

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
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Pittsburgh, PA