

HOLY CROSS



CROSS ROADS

Beloved Members and Friends of Holy Cross,

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

St. John Chrysostom discusses how it can be proved that Christ is God, *“Not with arguments of creation, resurrection, healing the blind, and exorcising demons. Only that Christ planted the Church and it spread to the whole world in a brief time which made it IMPOSSIBLE for it to be a human work. It invited people with evil habits and slaves of sin to a higher life. Jesus did this without weapons, armies, wars, or money, using twelve simple, uneducated, poor (fisher) men. They persuaded pagans to think correctly about the present and the future.”*

How could this be? The call of Jesus’ disciples is a call to all of us! We too are called by Jesus to be obedient to His word. Jesus said, “I am the Way, the Truth, and the Life. No one comes to the Father except through Me.” (John 14:6) We come to know God the Father, through His Son, in the power of the Holy Spirit. This Holy Spirit enabled the fishermen to become bold preachers of God’s word. Listen to St. Peter speak to the **SAME Sanhedrin**, after he and John were arrested, that condemned Jesus to be crucified just two months earlier.

This is the same Peter who denied even knowing Christ, when accused by a maid on the night of Jesus’ trial.

“And it came to pass, on the next day, that their rulers, elders, and scribes, as well as Annas the high priest, Caiaphas, John, and Alexander, and as many as were of the family of the high priest, were gathered together at Jerusalem. And when they had set them in the midst they asked, “By what power or by what name have done this?” (Peter and John had healed a paralytic, paralyzed from birth). Then Peter, filled with the Holy Spirit, said to them. “Rulers of the people and elders of Israel: If we this day are judged for a good deed done to a helpless man, by what means he has been made well, let it be known to you all, and to all the people of Israel, that by the name of Jesus Christ, whom you

AUTUMN FOOD FAIR

& YiaYia Joan's Treasures & Market

at HOLY CROSS GREEK ORTHODOX CHURCH Community Center

123 Gilkeson Road, Mt. Lebanon (across from the Galleria)

Wednesday, Thursday, Friday October 2, 3, 4, 2019 11:30 am - 8 pm

NO FAX, PHONE OR ONLINE ORDERING. Take out is available in the Community Center food line! Cash or credit cards accepted.

Rice Pilaf ...\$2.00

Fluffy and soft-boiled in broth-steamed to perfection

Half a Chicken ...\$10.00

Baked until juicy seasoned in a Greco style

Beef Stifado ...\$10.50

Sautéed seasoned cubed beef simmered in tangy red sauce with pearl onions

Souzoukakia ...\$3.00 or 2 for \$5.00

Meal size meatballs simmered in a savory Greek sauce

Fish Plaki ...\$8.00

Soz of delicately seasoned cod baked with red sauce swimming in vegetable medley

Green Beans Yahnri ...\$3.00

Simmered in tomato sauce with carrots and onion ~ a vegetarian Greek delight!

Pastitsio ...\$5.50

Pasta prepared with secret seasoned meat covered in béchamel

Kotopita (Chicken Rolls) ...\$5.25

Tender shredded chicken in phyllo pastry topped with béchamel sauce

Moussaka ...\$5.50

Multiple layers thin eggplant, seasoned beef topped with a golden béchamel

Spanakopita ...\$4.00

Thin layers of phyllo pastry filled with fresh spinach, dill, mint and Greek feta

Tiropita ...\$4.00

Thin layers of phyllo pastry filled with cheese

Gyros ...\$8.00

Circular broiled lamb served in pita with condiments

Dolmathes ...\$.50 each

Herbs & rice wrapped and cooked in a flavored broth ~ vegetarian

Greek Salad ...\$3.00

Crisp lettuce adorned with Greek feta, kalamata olives & tossed in dressing

Bean, Lentils or Greek Chicken (Avgolemono) Soup \$3.75

Bread w/Butter...\$.50 Sliced fresh Mediterra Bakehouse bread

Rizogalo ...\$3.00 Traditional Greek Rice Pudding, sprinkled with cinnamon

Assorted pastries priced individually

Soft Drinks, Bottled Water and Coffee...\$1.50

All profits support the Philanthropic endeavors of the Ladies Philoptochos of Holy Cross.

This year Philoptochos donated to Walk for Missions, FOCUS, KDKA Turkey Fund,

Blessings in a Backpack, Camp Catanese, SHIM and countless others.

Holy Cross Greek Orthodox Church

123 Gilkeson Road, Pittsburgh, PA 15228

Crossroads, published monthly Volume 19 Issue 10

Under the jurisdiction of the Ecumenical Patriarch Bartholomew I, His Eminence Archbishop Demetrios 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
Emmanuel Maginas, Pastoral Assistant
 Nena Jovonovich, Secretary
 Office Telephone: (412) 833-3355
 FAX Telephone: (412) 833-3357
 Community Center Phone:(412) 854-6001
Office Hours Monday-Friday 9 am - 5 pm

Organizations & Committees

Church School	Jennifer Moorcroft	(412) 626-9143
Philoptochos	Elaine Sofis	(412)344-7046
Philoptochos	Connie Carahalis	(412) 561-4783
Membership		
Circle of Angels	Carol Halkias	(412) 276-5002
Angels	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 Professionals	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

*Services:

Sundays:	8:15am Orthros
	9:30 am Divine Liturgy
Mondays:	6:30pm Paraclesis
	7:30 pm Bible Study
Weekdays:	8:30am Orthros
	9:30am Divine Liturgy
Saturdays:	Vespers 5pm

*See monthly calendar for all services.

2019

Parish Council

Konrad Mayr, Acting President
 Konrad Mayr, Vice President
 John Hoenig, Financial Secretary
 Peter Teris, Treasurer
 Dena Galie, Secretary

JoAnna Asvestas
 Costas Grekis
 Frank Kalogeris
 Jennifer Liokereas
 Stephanie Kladakis Myers
 Peter Landis
 Joy Palonis
 Deno Pappas
 George Sokos
 Georgia Yamalis

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.



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.



crucified, whom God has raised from the dead, by Him this man stands here before you whole. This is, "the stone which was rejected by you builders, which has become the chief cornerstone." Nor is there salvation from any other, for there is no other name under heaven given among men by which we must be saved." (Acts 3:8-12)

The Sanhedrin marveled at the boldness of Peter and John and could not believe that they were simple and uneducated men. The miracle could not be denied because the paralytic lay at the door of the Temple for over 40 years and now he was healed. The only response from the Sanhedrin was to threaten the Apostles not to preach in Jesus' name. The response from Peter and John was again shocking. **"Whether it is right in the sight of God to listen to you more than to God, you judge. For we cannot but speak the things we have seen and heard."** (Acts 3:18-19)

The word of God could not be silenced. The Apostles filled with the Holy Spirit began the Great Commission to baptize and teach all nations concerning Jesus Christ. We are inheritors of this great faith and witnesses to the two thousand years of church history, and we too must be obedient to call of our God. We too must preach Christ in our lives, not only through words, but through actions of love, forgiveness, and compassion. We must strive to follow Christ, deny ourselves, and lift up our cross. This is our calling and our Church stands as a witness to those who came before us and were faithful in establishing this community. Sixty-five years in total and now fifty years on this hill over looking the south hills, we are blessed to carry on the mission of Christ into the 21st Century!

My brothers and sisters in Christ, how blessed we are to have received such a calling from God. We must consider the next fifty years and the ministries and witness we will provide in the upcoming half century, into our centennial. **"You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lamp stand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven."** (John 5:14-16)

Through obedience and faith we will find our calling and through the power of the Holy Spirit proclaim to the world the glory of God. Please find a timely article written Fr. Philip LeMasters, Professor of Theology in Abilene, Texas.

With love and prayers,
Fr. Michael

**Blessings Demand Self-Denial: Homily for the
Conception of the Forerunner and Baptist John
and the 1st Sunday of Luke in the Orthodox Church**

Galatians 4:22-27; Luke 5:1-11

It is a heavy burden for married couples not to be able to conceive and bear children. That is true today in our society, and it was certainly the case for Jewish couples in the first century. Zechariah and Elizabeth had waited a very long time for God to bless them with children, and they had likely given up hope at their advanced age. When the Archangel Gabriel told the priest Zechariah, as he was serving in the Temple, that God had heard his prayer and they would have a son named John who would be a great prophet, Zechariah responded with skepticism. He asked "How shall I know this? For I am an old man, and my wife is well advanced in years." (Lk 1:18) Instead of remembering how God had done something quite similar for Abraham and Sarah in their conception of Isaac, Zechariah doubted. As a result, he could not speak until the birth of his son.

When months later the pregnant Theotokos visited the pregnant Elizabeth, the older woman recognized the Savior and His Mother, exclaiming "Blessed are you among women, and blessed is the fruit of your womb!" John even leaped in her "womb for joy" when they arrived. (Lk 1: 42) After Elizabeth gave birth, "her neighbors and relatives...rejoiced with her" in response to God's great mercy and blessing to the woman who had been barren. (Lk 1:58) When it was time to circumcise the baby on the eighth day, Zechariah wrote that the child's name was to be John. That was when his speech was restored and he proclaimed "You, child, will be called the prophet of the Highest; for you will go before the face of the Lord to prepare His ways, to give knowledge of salvation to His people by the remission of their sins, through the tender mercy of our God, with which the Dayspring from on high has visited us; to give light to those who sit in darkness and the shadow of death, to guide our feet into the way of peace." (Lk 1:76-79) Things had turned out very differently for Zechariah and Elizabeth than they, or anyone else, had expected.

In today's gospel reading, Peter, James, and John had worked hard all night trying to catch fish, but they had landed none at all. They were not even in their boats, but were instead washing their nets as they put things in order to call it quits. And that is precisely when Jesus Christ, who had been in the boat as he taught the people who were on the shore, told Peter to do what must have seemed completely pointless: "Put out into the deep and let down your nets for a catch." Despite his understandable doubt, Peter obeyed and caught so many fish that their nets

were breaking and their boats started to sink. That must have been quite a sight, and it was so extraordinary that Peter knelt before Christ and said, "Depart from me, for I am a sinful man, O Lord." The Savior responded, "Do not be afraid; henceforth you will be catching men." At that point, Peter, James, and John "left everything and followed Him." The reaction of the disciples shows that they knew Christ had blessed them for something larger than their own immediate satisfaction. Notice that they did not simply take all those fish to market in order to make a lot of money. They did not ask the Savior to become a partner in their business as a fishing guide. No, they left it all behind in order to offer their lives to the Lord, even to the point of death as martyrs.

The same is true of Zechariah and Elizabeth, for the miraculous conception of their son did not occur so that they would have someone to care for them in their old age or extend their family line. A couple of years later, Herod's soldiers murdered Zechariah when they were trying to kill John after the birth of Christ. Elizabeth died forty days later, and their son grew up in the wilderness as he prepared for his unique ministry of calling Israel to repentance in preparation for the ministry of the Savior.

The examples of Zechariah and Elizabeth, as well as of the fishermen, remind us of the importance of **persistent faith and obedience**. All had seemed lost both to an elderly couple without children and to professional fishermen who knew that even their best labors had failed. It made perfect sense for Zechariah and Elizabeth to despair of ever having children. It was entirely understandable why Peter, James, and John had gotten out of their boats and begun to wash their nets. Likewise, it is not at all surprising when we despair of ever finding healing from habitual sins that have held us captive for years, perhaps as long as we can remember. *It may seem only reasonable to think that our broken relationships will never be healed or that we will never have the strength to respond to the persistent challenges of our lives in ways that bless others and bring peace to our own souls. It may seem entirely rational to give up and accept our spiritual barrenness as simply the way life is.*

To do so, however, would be to abandon our Lord, Who against all experience and knowledge of how the world works, rose from the dead after three days. It would be to step outside the blessed story of how God has brought salvation through an unlikely cast of characters that includes elderly, infertile couples and rough fishermen. They did not have perfect faith, for Zechariah doubted the message of the Archangel and the disciples misunderstood the Savior until He opened their eyes after His resurrection. But despite their clouded spiritual vision, they

stumbled along with the obedience of which they were capable. After decades of frustration, the elderly couple offered themselves to receive the blessing of a child. After a long night of empty nets, Peter and his partners let them down one more time into water which they could not imagine contained any fish. Against all odds and contrary to everything they had learned to expect in the world as they knew it, these people had the surprises of their lives when they opened themselves to receive the Lord's blessings through persistent obedience.

The conception of John the Baptist and the miraculous catch of fish were not instances of people trying to use God to make them happy on their own terms. Zechariah and Elizabeth died when their son was quite young, and John the Baptist was killed for fulfilling his prophetic ministry. Christ used the great catch of fish to call Peter, James, and John to abandon their nets and follow Him as "fishers of men" in drawing others to the salvation of the Kingdom. Their great blessings were also callings that required profound self-denial.

We must learn from their holy examples that the same is true of our lives. God does not bless us in order to make us happy on our own terms, but in ways that require obedience for the healing of our souls. We should all count and give thanks for our blessings every day, even as we prayerfully discern how to use them to fulfill the Lord's purposes for the salvation of the world. That will require the persistent faith and obedience of those who know that our lives are about something far more profound than satisfying our self-centered desires. It will require a refusal to give up when all appears to be lost and we can see no sign that anything will come from casting out our nets just one more time. It will require the humility to see that the story of our lives is not all about us, but about what our Lord is doing through those who lack the ability to save themselves. There is no other way to open our souls to the blessing of the One Who alone can turn our barrenness into abundance and fill our empty nets to the point of breaking as He draws us into the new life of the Kingdom.

Ministry Opportunity:

We have a Holy Cross Parishioner who is coming to the completion of their incarceration. The parishioner has the possibility to finish their sentence and transition to a home setting with a stable family. If you are willing to open your home to this parishioner, please see Fr. Michael for the details.

To God be the glory!

Written by Mary Alexoudis (during 1969-1985)

1969

A lonesome hill on a busy road
Has a story I'm sure it wants to be told
It waits for a church called the Holy Cross
Let us build it for Him who suffered for us
A House of God, it is His will
To glorify Him, on a beautiful hill

1970

A beautiful church on a wandering road
A house of God, more precious than gold
We've built this house called the Holy Cross
To glorify Him who suffered for us
Let us finish this church we've been blessed to begin
Long after we're gone, it will glorify him

1976

As our church was built our dream came true
The Holy Cross Church to glorify You -
And now as we drive up a winding road
Our eyes behold a dome of gold!
Thank you Lord for allowing this dream
May this dome forever in your sunlight gleam
Let us constantly work in your holy light
As our souls prepare for our heavenly flight
Help us to live within Your will
As we glorify You, in this church on the hill

1979

Dear Lord, this church is Yours! You're in total charge
And now, in our dome, an icon so large
Whoever seeks you, will truly find
Your Holy Spirit will guide his mind
A commandment from You is to love one another
So that we will not look for faults in our brother
Help us to be for You a light
Constantly lead us to do what is right
We want to live for you dear Lord
Teach us to be of one accord
Give us your peace and tranquility
Help us with our spiritual eyes to see
Because of you there is no death
We will worship you with our every breath
We will glorify You as we chant each hymn
In this church on the hill we've been blessed to be in
A house of God is Heaven on earth
There is nothing here with so much worth
An investment for our eternity
For here, and in Heaven, we will glorify Thee

1985

Another blessing the Platytera an Icon of one
Who said to the angel to bear God's son -
We love you, for you were the first to choose the Lord
Though you knew your heart would be pierced with a sword
For our sins you were chosen to bear God's son
For only through Him could salvation come
Intercede Platytera, blessed mother to all
As you watch over Heaven please help us all
So that we too can hear and answer God's Call



Your are invited to celebrate our
50th year
of our beautiful
Holy Cross Church building

Saturday, October 26 , 2019

4:30pm

Hors d'oeuvres, Refreshments, and Silent Auction

6pm

Begin seating for Dinner and Program
with Video Presentation

6:30pm ~ Dinner

Option one ~ Surf and Turf, vegetable and potato

Option two ~ Sea Bass, vegetable and potato

Wine at table

Live entertainment from 6 to 10 pm

Adults \$75 per person

Children (12 and under) \$35

Note: For all meals, please advise dietary restrictions.

**Tickets will be available at coffee hour
or using the link below:**

<https://holycrossgreekorthodoxchurch.ticketspice.com/50thbanquet>

Holy Cross Philoptochos October News Letter

Twenty-one members attended the September 3 meeting. It was voted at the meeting to donate \$5000 towards the repair of the walk-in freezer. Philoptochos donated \$8700 in camp scholarships. Philoptochos provided snacks at VCS. Philoptochos assisted in the burial (\$1295) of Maria Lyras who passed away unexpectedly. The Philoptochos board voted to donate \$2500 as a sponsor for the Children's Medical Fund Luncheon in Chicago in November. The executive board voted to donate \$1000 for crises relief in the Bahamas as a result of Hurricane Dorian. Autumn Food Fair cooking is almost completed. *Thank you to ALL who have chaired, Kathy Frommeyer, Jane Kokanos, Marica Mitsos, Demetra Kontoulis, Toni Manganas, Takis Kontoulis, Domenica Merante and ALL who helped on the cooking days!* *Our main fundraiser -the Autumn Food Fair- is upon us!* Please see schedule on p. 13 to donate your time at a venue and bring family and friends to enjoy our wonderful entrees. Please call Dianne Babb C 412 979-1955 or Dena Yamalis, 412 343-8355 to donate pastries, cookies and cakes to our lovely pastry table and to volunteer your time to sell. Philoptochos relies on your pastries as revenue.

Thank you to ALL who donated desserts at the Feast Day Luncheon and helped at the Luncheon. What an exciting three days of Feast Day activities. Thank you to the ladies, Eva Elderkin, Demetra Kontoulis, Pam Lagios and Christine Peters who distributed Feast Day pins at Vespers and Liturgy. Thank you to Angela Panos for making the beautiful Feast Day pins. Thank you to all who helped at the Joyfest Luncheon.

The Autumn Food Fair will be promoted on Mon, Sept 30 and Wed, Oct 2 on PTL on KDKA (Channel 2) from 9-10am both days. Koulourakia making will be shown. Please mark your calendars for the Philoptochos Autumn Food Fair and Yiayia Joan's Treasures and Market on October 2,3,4. Set-up will occur Sept 29-30 and Oct 1. Please donate ONLY jewelry and books. Outside Vendors will be selling their goods and Ria Kartsonas and Toni Manganas have been investigating the possibilities. We are now accepting donations.

Kathy Pyros is our FOCUS representative. She takes clothing and other needed items to FOCUS. Please set items outside the office door and mark FOCUS on the bags.

New tablecloths have been purchased for events in our community center. Thank you to Dena Yamalis & Rene Koett for efforts in thoroughly examining old tablecloths.

Thank you to Angela Panos and Georgina Callas for counting the silverware, dinnerware and glassware of our community center.

Thank you to the new Dinnerware Committee, Eva Elderkin, Georgina Callas, Jane Kokanos and Pam Volakis for bringing samples of dinnerware to the meeting. Dishes are expensive and a decision will be made at a future meeting. Cost of new silverware is being investigated.

The Blanket Ministry will be meeting on October 16 in the Philoptochos Room. Please join this fun group!

Dress for Success needs a chairperson. Please let me know if you are interested in this worthwhile effort.

The evening Membership Social will be November 5 at 7pm. General meeting will commence at 6:30pm that night. Please join us for a relaxing evening of fellowship!

The Philoptochos Christmas Party, Tues, Dec 3 at 6:30pm, at the beautiful setting of Le Mont is chaired by Mary Zotis. Entrée selections are Rack of Lamb \$42, Filet Mignon \$44, Salmon \$35, Chicken \$32. Deadline for reservations is Tues, Nov 26.

Future Philoptochos and Orthodox Events:

Sun, Sept 29, Set-up after Divine Liturgy, Rice Pudding made & cupped
Monday, Sept 30, Moussaka and Pastitsio prep. 9am
Tues, Oct 1, 11am, Set-up, dolmathes panned, feta cut, gyro sauce cupped
Monday, September 30, PTL on KDKA at 9-10am will promote the Autumn Food Fair with video of koulourakia making. Please watch or set your DVR's.
Wednesday-Friday, October, 2,3,4 Autumn Food Fair and YiaYia Joan's Treasures and Market, 11:30am-8:00pm, Cleanup, October 4, 8pm
Wednesday, October 2, PTL on KDKA at 9-10am will promote the Autumn Food Fair again. Please set your DVR's.
Saturday, October 5, 10am, Autumn Food Fair Clean-up continues.
Monday, October 7, Golf Outing, South Hills Country Club
Tuesday, October 8, General Philoptochos Meeting, 7pm.
Sunday, October 13, Monastery Benefit, St. Nicholas Cathedral, 4:30pm.
Wednesday, October 16, Blanket Ministry, 6:30pm, Philoptochos Room
Thursday, October 17, Community Night, 6:00pm
Saturday, October 26, 50th Anniversary Church on the Hill Dinner, 4:30pm-6:00pm, Appetizers, 6:30pm Dinner, Silent Auction and Dancing
Tues, Nov 5, General Mtg, 6:30pm, Membership Social, 7PM, carpeted area
Sun, Nov 10, Veteran's Recognition, Cynthia Henry & Dina Petrakis, Chairpersons
Friday-Sunday, November 15-17, Metropolis of Pgh Folk Dance Festival,
Nov. 16 Serving Breakfast, Dena Yamalis, Chairperson
Thursday, November 21, Community Night, 6pm
Sundays in November, FOCUS Thanksgiving Food Drive
Sundays in December, FOCUS Christmas Food Drive
Tues, Dec 3, Christmas Party at Le Mont, Mary Zotis, Chairperson, 6:30pm
Monday, December 9, 10am, Christmas bread making and selling. \$10/loaf
Additional sales on December 15 & 22
Tuesday, December 10, Community Night, 6pm
Much is planned. Please share your time and talents with us.
Reminders will be sent via-email and hope to see you at ALL of our events!
PLEASE consider joining Philoptochos!
Elaine Sofis, Philoptochos President

Holy Cross Philoptochos 2019-2021 Executive Board

Elaine Sofis - President
Demetra(Mimi) Kontoulis - 1st Vice-President
Rita Manganas - 2nd Vice President
Cynthia Kostelnik - Recording Secretary
Dena Yamalis - Corresponding Secretary
Cathy Terasavage - Treasurer
Irene Zotis - Assistant Treasurer
Pam Lagios - Advisor

and Board Members

JoAnna Asvestas
Connie Carahalís
Katina Galie
Ria Kartsonas
Rene Koett
Toni Manganas
Angela Panos
Dina Petrakis
Denise Sokos
Pam Volakis
Mary Zotis

Thank you to former Philoptochos Board members,
Dianne Babb, Yvonne Cywinski, Eva Elderkin, Andrea Milinkovic,
Vasso Paliouras and Nancy Sofis for your dedicated service to Philoptochos.



From KDKA David Highfield's Facebook Page: Thanks to the wonderful ladies at [Holy Cross Greek Orthodox Church - Pittsburgh, PA](#) for showing me how to make koulourakia for their upcoming [Holy Cross Pittsburgh Greek Food Festival!](#) See me in action, as they [#PutMeToWork](#) coming up soon [Pittsburgh Today Live!](#) Thank goodness I had some very patient teachers there! 🙏
[#greek](#) [#food](#) [#mtlebanon](#)

The Autumn Food Fair will be promoted on Monday, Sept 30 and Wednesday, Oct 2 on PTL on KDKA (Channel 2) from 9-10am both days. Koulourakia making will be shown.

FOCUS thanks you for your generosity during the back to school drive. The next drive will be a food drive in November watch for details in the November crossroads.
Thank you again, Kathy Pyros

**Philoptochos Autumn Food Fair and Yiayia Joan's Treasures and Market,
October 2, 3, 4 11:30AM-8:00PM ALL DAY!**

Chairpersons and Important Information

Set-up: September 29, after Divine Liturgy;

Monday, September 30, 10am and Tuesday, October 1, 11am.

Clean-up, Friday, October 4, 8pm; Saturday, October 5, 10am

Much help is needed at the Autumn Food Fair food lines. Lunch time duties are 11:15AM – 4PM and dinner food line duties are 4-8PM. Choose a time that is convenient for you! It does not have to be a complete shift! There will be two food lines from 11:30am -1:30pm and 4-8pm. One food line from 1:30-4pm.

Please contact a chairperson to donate your time. *Anytime from 11:30AM-8PM is appreciated!* If you cannot commit to a full shift, please let the chairperson know what times are convenient. *For example, 11:30-1:30PM, 2-4PM, 4:30-7PM or 6-8PM.*

Wednesday, October 2 - Lunch – Rene Koett, 412.831.3142

Wednesday, October 2 - Dinner – Elaine Sofis 412.344.7046

Nikki Hardwick 412.294.6816

Thursday, October 3 – Lunch – Sophea Chapas, 412.221.8258

Thursday, October 3 - Dinner- Nikki Hardwick, Cell 412.294.6816

Friday, October 4 – Lunch – Terpsie Katsafanas, 412.831.2248

Friday, October 4 - Dinner - Elaine Sofis, 412.344.7046

Adrienne Dickos H 412.833.4980/C 412.400.4290 & Marica Mitsos C 724.986-8549 are co-chairing the **prep room:** making salads, panning dolmathes, tzatziki sauce.

Your time is needed and appreciated on October 2,3,4 anytime from 9:30am-7pm

Denise Sokos is chairperson for **cashiers**, C 412.889.3399 or dsokos@mac.com

Dianne Babb & Dena Yamalis are co-chairing the **pastry table.** Our pastry table is beautiful because of your bountiful baking donations! Your cookie and pastry contributions are much appreciated and needed! Please call Dianne Babb at C 412.979.1955 or Dena Yamalis at 412.343.8355 to tell them what you will bake!

Yiayia Joan's Treasures and Market will ONLY be accepting jewelry and books this year beginning Sunday, September 15. Please contact JoAnna Asvestas at 412.519.0403, with questions.

We are also looking for **kitchen help** and **food line runners!** Please contact Elaine Sofis 412.344.7046/esofis@comcast.net to volunteer your time and expertise!

This is the Philoptochos main fund raiser for the year! This year Philoptochos donated to Camp Nazareth summer camp scholarships, Walk for Missions, the Agape Fund, etc. Philoptochos donated to FOCUS, KDKA Turkey Fund, Nativity of the Theotokos Monastery, Camp Catanese, SHIM, and many others. Please help Philoptochos in its mission to assist those in need!

Elaine Sofis, Autumn Food Fair Chair



GOYA Kickoff

JOY Fest 2019









Holy Cross Community Night

Thursday, October 17 at 6pm

Spend time with your church family

Enjoy a free dinner

Crafts... Games... and more!

For all ages

Nursery available

HOPE: Grades K-2

JOY: Grade 3-6

GOYA: Grades 7-12

Young Adults

Adults

Seniors



†James E. Trigg



On Monday, September 23, 2019, **James E. Trigg**, of Mt. Lebanon, passed away at the age of 104. Beloved husband of Angelica Trigg, and Coula Trigg.

Loving father of Dean Trigg and Elaine Gillen and the late Thomas Gillen. Cherished grandfather of D.J. and Sharron Trigg, Stephanie and Barry N. Wandel, and Joseph Gillen. Great-grandfather of Barry S. Wandel, Isabella Wandel, W.J. Trigg and Emmitt Trigg. He was born in 1915 in Piraeus Greece. With his parents, Paul and Terpsi Trigonides, he immigrated to the United States in 1916. Jim went to Carnegie Institute of Technology, graduating in 1937 with a degree in electrical engineering. During World War II, James served his country with honor and distinction as a Lt. Naval Officer teaching radar while he was stationed in Washington, D.C. He later worked for thirty-five years as an electrical engineer for Westinghouse Electric.

Jim loved to make people laugh, but his sense of humor was only one of the characteristics that distinguished him. Jim's passion was photography. He served as president of the Academy of Science and Art, as well as president of the Photographic Section of the Academy of Science and Art of Pittsburgh, the oldest amateur photography club in the country. He also acted as president of the Friends of the Mt. Lebanon Library. James served his Faith as one of the founders of Holy Cross Greek Orthodox Church and was a past president of the Parish Council. Jim remained active in the Association of University People, a social club for educated seniors, and taught photography classes at local senior centers.




Golden Club at Narcissi Winery






HOLY CROSS

SUN	MON	Tue
<p>29 September 8:15am Orthros 9:30am Divine Liturgy</p> <p>Moussaka Prep after Coffee Hour + FOOD FAIR SET-UP</p>	<p>30 9am Moussaka & Pastitsio 10am FOOD FAIR SET-UP</p> <p>4-7 Farmer's Market 6:30pm Paraclesis/ Bible Study</p>	<p>1 October <i>Holy Protection</i> 8:30 Orthros 9:30 Divine Liturgy 11am FOOD FAIR SET-UP 7pm GOYA Meeting</p>
<p>6 8:15am Orthros 9:30am Divine Liturgy <i>†John Zacharias 1year, Memorial Coffee Hour sponsored by family</i> ☕</p> <p>GOYA Elections</p>	<p>7 <i>†Michael Megaludis Memorial Golf Outing and Dinner</i></p> 	<p>8 10am First Steps of Christ</p> <p><i>7pm Philoptochos Meeting</i></p>
<p>13 8:15am Orthros 9:30am Divine Liturgy 1pm Walk for Missions</p> <p><i>3:30pm Monastery Benefit Dinner at St. Nicholas, Oakland</i></p>	<p>14 6:30pm Paraclesis/ Bible Study</p>	<p>15 930am Golden Club</p>
<p>20 8:15am Orthros 9:30am Divine Liturgy</p>	<p>21 6:30pm Paraclesis/ Bible Study</p>	<p>22 7pm Parish Council <i>7pm Sts. Mary & Martha</i></p>
<p>27 8:15am Orthros 9:30am Divine Liturgy <i>†Jim Dickos 3 years, Memorial Coffee Hour sponsored by Dickos/Countouris families</i> ☕</p>	<p>28 6:30pm Paraclesis NO Bible Study</p>	<p>29</p>
22	National Clergy Retreat in	

OCTOBER 2019

WED	THU	FRI	SAT
 <p style="text-align: center;">AUTUMN FOOD FAIR & Market Yiagia's Joan's Treasures & Market 11:30 am – 8 pm daily</p>			
<p>2 9 St. James, Son of Alphaeus 8:30 Orthros 9:30 Divine Liturgy 4:30 Greek School</p>	<p>3 10 7pm Chant Class</p>	<p>4 11</p>	<p>5 Food Fair Cleanup Wedding ~ NO Vespers</p>
<p>16 4:30 Greek School</p>	<p>17 6pm Community Night</p>	<p>18 Apostle and Evangelist Luke 8:30 Orthros 9:30 Divine Liturgy</p>	<p>19 5pm Vespers</p>
<p style="text-align: center;">Archdiocesan Council</p>			
<p>23 St. James, the brother of God 8:30 Orthros 9:30 Divine Liturgy 4:30 Greek School</p>	<p>24 7pm Young Professionals @ Federal Galleg 7pm Chant Class</p>	<p>25</p>	<p>26 St. Demetrios 8:30 Orthros 9:30 Divine Liturgy 3pm Vespers 50th Anniversary Banquet</p>
<p>30 4:30 Greek School</p>	<p>31 7pm Chant Class</p>		
<p>San Antonio, TX</p>			

FROM GUATEMALA WITH LOVE : MAYAN ORTHODOXY COMES TO THE U.S.A.

August 13, 2019 by *Father John Chakos*

Led by their charismatic leader in Guatemala- the late Father Andres Giron (2014), the Mayan people found a champion to vigorously address their spiritual and material needs. The social movement began with his advocacy for land reform and their repatriation to lands forcibly taken from them. No longer having a spiritual home because of many dislocations brought about by a brutal civil war and the absence of pastoral care, these same people also asked Father Andres to assume responsibility for their spiritual lives. Village after village sought him out for sacraments — baptisms, weddings, confessions, the Holy Eucharist, health care and healing. Having been expelled from his mother church for his political activities, he was additionally threatened with death and nearly assassinated four times, even while accompanied by body guards. Fr. Andres, nonetheless, bravely traveled to remote places where the faithful yearned to hear the Gospel preached from a man who dearly loved them, even unto death. This true apostle of Christ, accompanied by a small cadre of dedicated priests that he had inspired and trained, led his long-suffering flock into the embrace of the Orthodox Christian Church in 2010. It was Archbishop Athenagoras of Mexico who wisely opened the door of Orthodoxy to the tens of thousands of Mayans who now call the Orthodox Church their true mother.

Since this time, the church has grown and can now be found in more than 150 villages throughout Guatemala and Chiapas, Mexico. The seeds of this movement have now been planted in the United States in places like Oakland, California and the state of Washington, where pockets of Guatemalans are seeking to establish their own distinctively Mayan Orthodox churches. On July 13 and 14, I joined Father Evangelos



*The Liturgy is solemnly celebrated,
bringing much joy to all.*

Pata, the Vicar for Guatemala, in Oakland to celebrate the Divine Liturgy for 300 people, as well as the rites of Baptism and Chrismation for 16 candidates. Fr. Tom Zafferres, priest of the nearby Ascension Church, with the blessing of his hierarch, Archbishop Gerasimos, desirous of meeting the pious members of the community, participated as well. Most of the Guatemalan faithful hailed from the region of Todos Los Santos in the state of Huehuetenango. Arrayed in their typical indigenous vesture, they honored the revered traditional dress of their Mayan ancestors.

A bright future is envisioned for these fledgling communities of Guatemalans. Following the example of their beloved founder, Father Andres, they hope one day to reach out to the greater Latino community in the United States. Evangelistic efforts like this one are happening throughout Guatemala every day. Our team of five OCMC missionaries serving in the field, led by the five indigenous clergy, are spreading the Good News with support from so many people of good will throughout the world. To date, we have established the Father Andres Giron Medical Clinic, fully operational since 2015, the St. Andres Seminary, housing and training 12 students, a sewing center for Orthodox vestments, a catechetical training center for the many catechists of the church, a medical scholarship fund to train doctors and nurses, a center to publish liturgical texts and the “Calendario Ortodoxo” of daily saints and Scripture readings. Besides this, there is an active program of church construction and renovation taking place,

allowing us to bear witness to the unique character of the Orthodox church in icons, architecture and ritual. All of this is made possible with the help and encouragement of Archbishop Athenagoras, as well as visiting OCMC teams of medical professionals, construction workers, translators, teachers, and many generous foundations and donors. Working together, we can make the great mission legacy of Fr. Andres and his priests and people, a great witness that redounds to the glory of God.



New members of the church are presented to the congregation.

Walk for Missions 2019

*“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...”*

~Matthew 28:19

Orthodox Clergy
Brotherhood
of Greater Pittsburgh
sponsored

WALK FOR MISSIONS

will benefit current
mission work in
Guatemala and
throughout the world.
It will assist efforts for
those working with people
who desire to enter the
Orthodox Church.

Thank you for your help
in this very vital
and historic ministry of
Orthodoxy.



**The legacy of Fr. Andres
lives on in America.**

Sunday, October 13, 2019

Registration at Noon
Walk Begins at 1pm

South Park-Children's Playground Shelter
Located at the intersection of
Corrigan Drive and Brownsville Road
South Park Twp, PA 15129

**The Young Adults of All Saints Canonsburg,
Young Professionals of Holy Cross Mt. Lebanon
& Young Adults of Holy Trinity Pittsburgh**

Invites all Young Adults 21-35 years of age to an evening of food/drink & fellowship.

Please join us at



200 Children's Way, Pittsburgh, PA 15212

Thursday October 24, 2019 at 7:00 PM

The purpose of this event is to foster greater cooperation and relationships between the Young Adults of the Greater Pittsburgh Area.

All food and beverage purchases will be paid on your own

Please RSVP to Deacon George Athanasiou at 412-292-4208 or gfa@allsaintscbg.org by October 20th

Welcome baby **Dante Michael**, son of Maria & Michael Dudek,
born on our Feast Day ~ 9/14/19, 7.23 lbs & 19.5 inches!



First time grandparents
Angela & Panteleimon Athanas

Sts. Mary & Martha Women's Fellowship 2019-2020

And then what happened?

A look at the life of the church after the pages of the Bible.



October 22

Hostess: Vasso Paliouras, 114 Hoodridge Dr, Mt Lebanon 15228
RSVP to 412-606-4314

November 19

Hostess: Adrienne Dickos, 1840 Kent Rd, Upper St Clair 15241
RSVP to 412-400-4290

January 28

Hostess: Tika Dickos, 810 Kingsberry Circle, Mt Lebanon 15234
RSVP to 412-341-6009

February 25

Hostess: Irene Zotis, 76 Woodland Dr, Mt Lebanon 15228
RSVP to 412-721-0146

March 17

Hostess: Domenica Merante, 43 Ridgewood Dr, McDonald 15057
RSVP to 412-302-9093

April 28

Hostess: Carol Halkias, 1401 Meadowlark Dr, Scott Twp 15243
RSVP to 412-276-5002

May 26

Hostess: Pres Joanna Ferencz, address TBA
RSVP to 724-953-1091

Thanksgiving is November 28/Pascha is April 19

The Spanakopita Crew



GOLDEN CLUB MEMBERS:

Please join us on Tuesday, October 15, as we travel by van to Oakland for a tour of the Heinz Memorial Chapel on the University of Pittsburgh campus. The Chapel is a non-sectarian chapel given by the H. J. Heinz family. There is no admission fee. Following the tour, we will dine at the Porch at Schenley Restaurant.

We depart from the church at 9:30.

Please RSVP by October 7 to Rene (412.559.1721 or rjkoett@yahoo.com) or Cynthia (412.833.9423 or cakostelnik@yahoo.com).

PHILOTOCHOS 88 YEARS STRONG!

All Holy Cross ladies are invited to the annual **Philoptochos Membership Social Tuesday, November 5, 2019 at 7 pm in our Holy Cross Community Center.** Men are also welcomed to join! Preceding the membership social we will hold a Philoptochos meeting at 6:15 pm.

Please renew or join this philanthropic arm of our Holy Cross Orthodox Church which was established in 1931 by the late Ecumenical Patriarch Athenagoras and his Eminence Archbishop Iakovos of New York who saw the need for philoxenia (to welcome) our parents and grandparents immigrating to America. Today Philoptochos is the largest Christian Woman's organization in the United States. As a Philoptochos member you are a part of the Philoptochos local, diocesan, national and international level supporting those in need.

Of late on the international level, through our national Philoptochos, we reach those devastated by nature's disasters such as hurricanes, floods, fires, tornadoes, and mudslides.

We are comprised of women, of all ages, and from all walks of life. We have active mothers and daughters working together and even some three generation families.

You are all needed to continue God's ministry on Earth. Philoptochos welcomes your support, energy, ideas, God-given talents, etc. Come see the various Philoptochos ministries our ladies support with love and comradeship. Come and enjoy a light buffet socializing with your Holy Cross Philoptochos sisters.

Look for the displayed "RED PHILOPTOCHOS TABLECLOTH". You may see your yiaya's or mother's name embroidered on it. As a Philoptochos member see our Cynthia Henry to also have your name embroidered!

In sisterly love,
Connie Carahalis
Philoptochos Membership Chairman

John Kokales is in need of a kidney transplant.

The UPMC transplant Team requested that he seek a living kidney donor.

His kidney condition is Stage 5 which is in kidney failure.

If you or anyone you know is interested in becoming a kidney donor or would just like to find out more about the process,

below is the contact information for John and for UPMC Living Donor.

Thank you for your thoughts, and considerations!

John Kokales

724.980.0631

johnkokales@comcast.net

FOR GENERAL DONOR INFORMATION & REGISTRATION
INFORMATION GO TO:

UPMC.com/LivingDonorKidney

To register, scroll down to & click:

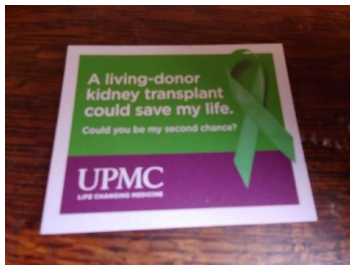
REGISTER TO BECOME A LIVING DONOR

UPMC Living Donor numbers

412.647.5800 phone

412.692.4154 fax

My boys & myself



Nicholas Coffee celebrated its 100-year anniversary in September

Family owned business now in its fourth generation

FROM *Pittsburgh Post-Gazette* 9/16/2019

7:30 AM



Step inside Nicholas Coffee & Tea Co. in Market Square, and you'd be one of a couple hundred customers who visit the landmark shop in a day.

Walk past the old-fashioned display of jumbo roasted peanuts, as well as the library of tea tins that line the shelves. Greet the baristas who are quick to pour a cup of coffee, make a cappuccino, or grind a pound of a proprietary blend, one of 20-something choices available to drink at home.

Many mornings, George "Jordan" Nicholas, the fourth-generation family member who's now the head of the company, will walk down from the upstairs office to greet customers. Some are regulars he's known since he was a kid helping out in the shop. From the second-floor window overlooking the retail floor, he can see people in line — just past the giant roaster his grandfather designed back in the '50s.

Nicholas Coffee is more than just a coffee shop: It's the company that helped fuel Pittsburgh's passion for coffee well before Prestige opened in Monroeville in the 1960s or La Prima debuted in the Strip in 1988.

The Downtown Market Square headquarters is also the foundation for the family's mini real estate empire, which includes 35 small buildings — some of which Nick Nicholas owns with his best friend, Jim Patrinos. Mr. Patrinos also has a hand with him in businesses like Primanti Bros. before they sold their majority stake in 2012, Nick said. Since then, the Nicholas family has dialed in on its original Pittsburgh brand, reinvigorating wholesale coffee and tea accounts and accommodating consumers' tastes, from flavored coffees to single-origin, fair-trade beans.

This week is one of the biggest ever for Nicholas Coffee, which marks its 100th anniversary on Thursday. To celebrate the occasion, the shop will feature a limited-run bold Centennial blend, as well as a bulk coffee and loose-leaf tea buy-one-get-one-half-off sale. All week, it will charge \$1 per cup of coffee, then on Thursday that cup is free. Also on Thursday, a bag of that Centennial blend rolls back to 47 cents, the price of a pound back in 1919.

Jordan has been waiting for this moment since he took over the Greek family's business a decade ago. His taking the helm is the third changing of the guard since the shop first opened in 1919: from Nicholas Constantine Nicholas to his only son, Constantine "Gus" Nicholas, and from Gus Nicholas to Nick Nicholas, Jordan's father.

"My grandfather stepped aside for my dad after World War II," Nick said. "Then my dad stepped aside in 1976," when Nick returned from college at Franklin & Marshall in Lancaster. "And then I stepped aside for Jordan," he said. Nick's older son, Constantine, who goes by Corey, worked at Nicholas for about six years until he went down to Delray Beach, Fla., to run another family business, a restaurant called Johnnie Brown's.

Jordan, who says he started tasting cream with coffee when he was five, has coffee in his blood. And, "he was determined to get us to 100 years," his father said. Also in this centennial year, he and his wife welcomed the next generation, their son, Theodore.

Origins

Nicholas Coffee started in a spot that's now Four PPG Place — and moved to its current location in 1957 when the block that housed the original burned to the ground. The new shop took over what had been Mercer's Music Bar.

If you're in the shop facing the baristas, to the right photos depict the family's history, from a portrait of Nicholas Constantine Nicholas to the Pittsburgh flood of 1936. Later photos show the Market Street location as it looked in the late '50s, as well as a depiction of the interior after Nick Nicholas renovated the place back in 1981.

Behind the baristas, among the blends, beans labeled “My wife’s blend” stand out: What had been Gus’ wife’s favorite is now one of the shop’s oldest blends and has served as the base for flavored coffees. That blend is transferred to a rotating barrel, where beans are lightly coated in a flavor such as chocolate essence.

There aren’t many more recent photos, such as those that would have shown the before and after of the fire of 2017. In the timeline of the company, it was a major event when the afterburner on the roaster was accidentally left on and caught a beam in the roof on fire, causing a four-alarm blaze that shuttered the landmark location for three months. Yet there’s a silver lining to this difficult stretch: Not only did the fire reinforce the neighborliness of fellow roasters, but also it reinforced the loyalty of its Pittsburgh clientele.

“It seemed like every roaster reached out to us and offered to help us,” Jordan said. He cited Iron Star Roasting Company based in West Mifflin (the parent company of Coffee Tree Roasters) as especially helpful during that time. And with the rise of artisan coffee roasters, the family was worried they’d lose customers.

“We’re grateful customers have supported us and came back,” said Jordan.

The coffee

First, let’s acknowledge that the shop is also one of the more prolific loose-tea sellers in the area, which warrants its own deep-dive piece. And, yes, there are the hard-to-find candies and those roasted jumbo peanuts for sale. But when it comes to coffee, the Nicholas family has been a force, having cut out the middleman, buying off the commodity exchange. Six times a year, a truck shows up with 44,000 pounds of coffee, filled with stamped burlap sacks of green coffee beans: from Papua New Guinea, Honduras, India’s Malabar region, Jamaica’s Blue Mountain, and Hawaii’s Kona District.

The beans translate into a multitude of blends as well as single-origin roasts, with Brian Widmer, in charge of roasting for Nicholas for more than 20 years. Many years before Mr. Widmer, Gus was the roaster, who’d take off his suit jacket only when he was roasting, according to his obituary in the Post-Gazette in 2009.

As far as what the family drinks, Jordan will mix it up, from a Yirgacheffe to a blend like Sumatra plus Olde Vienna that “kicks it up a bit.” Nick likes the mocha java-French roast blend. And Jordan’s grandfather was known for drinking mocha java “like it was water,” said Jordan.

“Twenty cups a day,” said Nick of his father. The two of them on average drink four to five cups a day. “It doesn’t bother me to drink coffee at night,” said Nick.

Although the company’s wholesale business has ebbed and flowed, with the ’80s a peak, before Nick sold the wholesale business in 1990. Today, Nicholas Coffee is back in wholesale, representing two-thirds of the company’s sales, with distributors like the Verona-based Arbuckle’s Coffee and the Sewickley-based Aromatic Coffee Express stocking more than 100 restaurants and markets in a 30-mile radius.

As far as retail, Jordan estimates there are 50 to 100 regulars who come through a day, although customers are more traditional coffee drinkers than specialty-drink types looking for a pumpkin spice latte. Sales, Jordan said, have been going up, with more people drinking more coffee throughout the day.

“We’ve had the 7 to 10 a.m. wave,” he said, “and then there’s the noon to 1:30 wave, but there’s a new one from 3 to 5 p.m.,” he says. The family also attributes good service from longtime employees and the shop redesign after the fire to increased sales. Retail coffee sales average about 250 pounds of coffee a day and about 500 cups sold. In the days leading up to the centennial, Jordan offered his thanks to residents.

“We wouldn’t be 100 years old if it wasn’t for the city of Pittsburgh,” said Jordan. “Pittsburgh is a loyal city: If you’re good to Pittsburgh, Pittsburghers are good to you.”

Melissa McCart: mmccart@post-gazette.

<https://pittsburgh.cbslocal.com/2019/09/17/nicholas-coffee-100-years-in-business/>

HOLY CROSS ORTHODOX BOOKSTORE FEATURED BOOKS OF THE MONTH

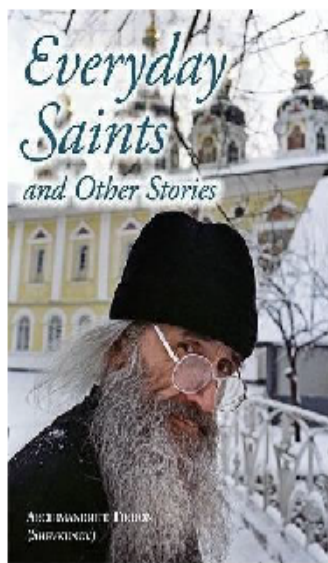


EVERYTHING TELLS US ABOUT GOD

The world is like a giant puzzle God made that teaches us about Himself. Every piece—earth, sea, and sky, plants, animals, and people—reveals something about who He is and why we're here. *Everything Tells Us about God* will help children recognize the beautiful and sometimes mysterious pieces of this puzzle for themselves. Inspired by a story told by Father Thomas Hopko. For children ages 2 to 10 years.

EVERYDAY SAINTS AND OTHER STORIES

In Communist Russia in 1984, five youths from non-religious backgrounds joined a monastery. This is the story of what they experienced and some of the "everyday saints" they met. The author says, "In this book I want to tell you about this beautiful new world of mine, where we live by laws completely different from those in 'normal' worldly life—a world of light and love, full of wondrous discoveries, hope, happiness, trials and triumphs, where even our defeats acquire profound significance: a world in which, above all, we can always sense powerful manifestations of divine strength and comfort."



Our Holy Cross Orthodox Bookstore is located in the carpeted area of the Community Center. Please be sure to stop by any Sunday following Divine Liturgy. We offer a great selection of Orthodox Greeting Cards and Books for all ages. For additional information, please contact Mary Portellos at 724-941-8699 or maryportellos@comcast.net



GREEK ORTHODOX METROPOLIS OF PITTSBURGH

OFFICE OF THE METROPOLITAN

September 5, 2019

Holy Prophet Zacharias, Father of the Venerable Forerunner

Reverend Clergy and Devout Faithful of the Holy and God-Protected Metropolis of Pittsburgh,

During September we find ourselves and our parishes preparing the ministries for the coming year, especially those involving the children in our communities. As you well know, in 2015 our Metropolis implemented its own Youth Protection Policy (which we continue to follow), and in 2018 the Holy Eparchial Synod, the Archdiocesan Council, and the Archdiocesan Clergy-Laity Congress approved a new set of procedures and requirements intended to improve safety for the children in all our Church programs across the Archdiocese.

These very important "Policies for the Safety of Children and Youth" are, and must be, of urgent concern for all of us who work with children in every aspect of this Metropolis, including every parish and youth ministry. The new requirements insist that every single lay person who works with youth in any way, and all clergy, move rapidly into getting certified as 'Youth Workers,' in order to protect our children.

I have appointed Miss Rhea Ballas, Metropolis Y²AM Director to be our Metropolis Youth Safety Administrator and I ask that you work diligently to meet her requests for compliance with this important program. Many religious and charitable institutions, including some of our own parishes, have been doing similar training and background checks for years.

The implementation process begins this month and the first step is critical. In the next week, each parish must designate its Parish Youth Safety Administrator (PYSA), if you have not yet done so. Please designate your PYSA and communicate his/her name and contact information through this link: [PYSA Registration](#). The PYSA's responsibilities include compiling a list of all individuals in the parish that work with youth in any way. Here is a link to the requirements of the position: [Parish YS Administrator Guide](#). The PYSA will be trained in the process of registering all youth workers for your parish.

All youth workers will be trained by on-line courses each year and must pass as a criminal background check every two years. The training is straightforward, informative and easy to follow and together with the online background check, should take about 2 ½ hours to complete. Under this new mandate of our Church, unless a youth worker completes this process by the end of this year, he/she will not be permitted to work with parish youth. Anyone (both paid and volunteer) who does anything that involves contact with children will have to be registered, trained, and screened by the end of the year, with no exceptions.

At any time, you can also find the latest Archdiocese Youth Safety resources at www.goarch.org/safety. Look for more Youth Safety information coming shortly from Rhea once we have received your PYSA appointment. All information will be sent to the PYSA, Parish Priest(s) and Parish Council President.

Thank you in advance for your work and may the Spirit of the Lord be with you and strengthen you as you begin your various ministries as well as begin the long-awaited implementation of new Archdiocese policies for our children and youth.

With Archpastoral blessings and love in the Lord,

+ Metropolitan Savas

+ SAVAS

Metropolitan of Pittsburgh

A close-up photograph of a cognac glass being filled with a golden liquid. The glass is partially filled, and the liquid is captured in mid-pour, creating a dynamic splash. The background is a soft, out-of-focus light color.

Cognac Tasting

TO BENEFIT IOCC

Thursday, Oct. 17 | 7:00 pm | Tickets \$50

LEAF & BEAN

3525 Washington Rd. | McMurray, PA 15317



IOCC.ORG/PITTSBURGH

Tickets include a Leaf & Bean gift, three cognac samples, and light hors d'oeuvres.

Questions? Please contact Kevin Reck at 724.344.5610, kevinsreck@gmail.com

Paying by check? Send to Nick Terezis
306 Marberry Drive | Pittsburgh, PA 15215

St. George Orthodox Cathedral Retreat

The Pursuit of God's Peace in a Fallen World

Fr. Joshua Makoul, M.S., LPC, M.Div.

Saturday. October 19. 2019~ 9:00AM-4:30PM



St. George Antiochian Orthodox Cathedral~3400 Dawson St.~Pittsburgh, PA 15213
Parking & Childcare Provided~Please call 412-681-2988 to RSVP. There is No Charge~Food
is provided

The retreat's topics will be: The healing power of insight, how a painful past can affect the present and disrupt theosis (understanding fundamental losses & how the past colors the present), understanding & resolving grief, spiritual formation and character, understanding what healing looks like, & keeping the empty tomb in our hearts.



Metropolis of Pittsburgh

Folk Dance Festival - 2019

November 15-17 | Holy Cross, Pittsburgh

y2am.pittsburgh.goarch.org/fdf



Mark your calendars!

**Holy Cross will be hosting a
Metropolis GOYA Basketball Tournament
on February 21-23, 2020**



EMMANUEL FINE ART
PHOTOGRAPHY GALLERY

invites you to

Discover Greece

REVEALING NEW WORK BY

Emmanuel Panagiotakis

November 2, 2019
5:00-9:00pm

100 7th Street, Suite 100
Pittsburgh, PA 15222
412-315-7442
www.epfa.me



Pittsburgh Helps IOCC Rebuild in TX & FL

Want to help your neighbors get back on their feet? In the wake of a disaster, families often need help rebuilding and repairing their homes. Volunteer for a week to help individuals and families move toward long-term recovery.

REQUIREMENTS & COST

- You don't need to be skilled — just energetic!
- You must be 18 years old or older, but 16- and 17-year-olds may volunteer if accompanied by a parent or guardian.
- Be able to deploy for a week.
- Provide your own transportation to/from the Homebuild Team location.
- \$100 covers all your costs on the ground (room/board & local transportation)

DATES & LOCALES

- Homebuilds run Monday-Saturday, work days being Tuesday-Friday
- Locations are Houston, TX and various cities across Florida

Gather a team of at least 5 individuals, then contact Krista Hamann to book your group's selected dates.

Go to ioccc.org/homebuild for current build openings

For more information, contact Krista Hamann: 612-389-7278
volunteercoordinator@ioccc.org

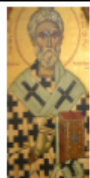




A GOOD WORD—Λόγον Αγαθόν

MONTHLY NEWSLETTER OF THE
GREEK ORTHODOX METROPOLIS OF PITTSBURGH

ISSUE 25 — OCTOBER 2019



EASTERN REGION BROTHERS IN LAW AND SPIRIT ORDAINED, PRIESTS HONORED

On August 21, His Eminence traveled to Reading to ordain then-Deacon Konstantinos Koutroubas to the Holy Priesthood. Fr. Konstantinos had served for multiple years as the pastoral assistant and (recently) second deacon at the large community of the Eastern region, and early in his tenure he married Evangelia Palis, daughter of Fr. Nicholas and Pres. Irene Palis of St. Nicholas Cathedral.

Three and one-half weeks later, His Eminence returned to the Eastern region, first to “install” Fr. Konstantinos as the new *proistamenos* for Holy Cross GOC in Stroudsburg, PA, and then to ordain then-Deacon Theodosios Palis (son of Fr. Nicholas & Pres.

Irene, and younger brother to Pres. Evangelia Koutroubas) to the Holy Priesthood. Fr. Theodosios and Pres. Elizabeth have been associated with the Annunciation GOC of Lancaster, PA, where he will continue to serve as the second full-time clergyman.



He “installed” Fr. Konstantinos in Stroudsburg because the former pastor, Fr. Theodore Petrides, had recently started a tenure as the *proistamenos* of Sts. Constantine & Helen in Reading, PA. Fr. Theodore came to Reading following the retirement of Fr. Thomas (Pres. Anne) Pappalas following his 35 year tenure as pastor of Sts. Constantine and Helen. A beautiful retirement dinner was held in Reading on Saturday, September 7, and during the Liturgy on Sunday His Eminence “installed” Fr. Theodore as the new *proistamenos* of the community—and he elevated Fr. Theodore to the dignity of *Protopresbyter*, in recognition of his many years of service to the Archdiocese, Metropolis, and the community of Holy Cross in

Stroudsburg, (where he was the *proistamenos* for more than half of the parish’s history). Fr. Theodore has served as a regional Vice President of the Metropolis Clergy Syndesmos and in multiple positions, including President, of the Hellenic College—Holy Cross Alumni Association, as well as a tireless volunteer for our Metropolis Summer Camp program and Youth ministries.

Following the ordination to the Priesthood of Fr. Theodosios, His Eminence elected to honor the *proistamenos* of the Annunciation Church of Lancaster—Fr. Hector Firoglanis—by elevating him to the dignity of *Economos*. Fr. Hector and Pres. Katerina have served as foreign missionaries, and he has been a clergyman in Lancaster for over a dozen years following his return from Albania. He has volunteered as a member of the Summer Camp committee and as a regional Vice President for the Metropolis Clergy Syndesmos.



SUPPORT HIS EMINENCE AND THE METROPOLIS MINISTRIES

It costs approximately \$1,000 per day to operate our Metropolis—including Metropolitan Savas’s pastoral visitations, preparations for Summer Camp and GOYA retreats, our vital registry (tracking marriages, baptisms, chrismations, and deaths), and more. Please consider sponsoring a day in the life of the Metropolis.

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Make plans now to attend!

Young Adult Fall Retreat Weekend – October 25-27, Camp Nazareth

Metropolis Folk Dance Festival – November 15-17, Holy Cross, Pittsburgh featuring the Hellas Dancers from Clearwater, FL

Metropolis GOYA Fall Retreat – November 22-24, Camp Nazareth

OCF College Conference – December 27-30, Antiochian Village, Bolivar, PA

For more information: <https://y2am.pittsburgh.goarch.org/>



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"I believe, help my unbelief!" -Mark 24:9

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