First in prominence among the Apostles, and teachers to the Universe, intercede to the Master of all for peace in the world and for our souls great mercy. - Apolytikion of Sts. Peter and Paul
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Cristina Baltadakis - Administrative Assistant
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Visit our website: www.cathedralschoolny.org

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Bill Mihas - Parents Association President
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General Information - info@cathedralschoolny.org

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Welcoming Committee: Sophia Lamas

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Parea Club: Stella Pantelidis, cmmpan@aol.com

Uniquity: Leah Hanlon, uniquity@thecathedralnyc.org

Cathedral Connect: Katherine Relle, krelle28@gmail.com

GOYA (13-18 yrs old): Madeline Lambiris, elambiris@aol.com

JOY (7-12 yrs old): Diakonissa Georgia Papadopoulos, georgia9578@gmail.com

HOPE (4-6 yrs old): Deana Thomas, gonikotgo@gmail.com

### About our Parish

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His Eminence, Archbishop Demetrios of America

Rev. Fr. John Vlahos, Dean of Cathedral

Rev. Dr. Robert Stephanopoulos, Dean Emeritus
Recharging our Spiritual Batteries During the Summer

By Fr. John Vlahos
Cathedral Dean

“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water or watching the clouds float across the sky, is hardly a waste of time.” -- John Lubbock

Oh, how I loved summer as a boy! Three months of freedom, basking each and every day in the gorgeous weather and having not a care in the world. During those invigorating summer afternoons, I wanted to take in all of the beauty that surrounded me: the blue skies adorned with cotton-white clouds, the green grass, the pretty flowers and the birds and squirrels scurry about every which way. For me, summer was never a “waste” of time; was time well spent!

Now, as a 40 year old priest and father of two girls, I realize that my summer experience is not the same. It’s different now, not because summer has changed, but we have. Demands on time are constant and unyielding it seems, yet if we do not “stop and smell the roses,” we will miss out on the therapeutic properties that summer offers.

The great Leonardo Da Vinci wrote, “Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer, since to remain constantly at work will cause you to lose power of judgment...Go some distance away because then the work appears smaller, and more of it can be taken in at a glance, and lack of harmony or proportion is more readily seen.”

These are the words of Leonardo da Vinci, who did not have a lazy bone in his body. He excelled as a painter, sculptor, poet, architect, engineer, city planner, scientist, inventor, anatomist, military genius and philosopher.

So while we must take time this summer to slow down and vacation, I ask that we don’t take a vacation from our spiritual exercise and focus. I offer a few ideas on how we can make this summer the most spiritually rejuvenating for us:

* For the Orthodox Christian healthy living is rooted in a life of prayer. We pray for salvation and restoration when we gather for worship as the Church. We must also pray each day, knowing that by bringing our needs and concerns to God, expressing our trust in His will, and affirming our faith in His love and power, we will experience a wholesome and blessed life. Quite often even the simple Jesus Prayer, “Lord Jesus Christ, have mercy on me,” can restore peace and joy in our souls.

* Important, time-tested guidelines for wholesome living are the Ten Commandments, which include respecting parents and teachers, being honest, avoiding doing harm to others, and maintaining the faithfulness of marriage. All of these contribute to stable, healthy, and happy living.

* Other practices that make our faith alive and impact our wellbeing include reading the Bible, the lives of Saints, the writings of the Church Fathers, and contemporary Orthodox religious books, as well as attending Orthodox lectures and Bible study classes.

* Forgiving others is essential to maintaining a peaceful life, both within our souls and in our relationships with others; and a peaceful life contributes greatly to health and wellbeing. We need times of rest, especially on the Lord’s Day, for worship, family, and recreation.

Practicing philanthropy by reaching out to assist others in their need shows our concern for the wellbeing of others. This kind of living imitates the care and concern God has for the entire world and reveals His love through our acts of service and compassion. In following God’s will by helping those in need we are blessed with the physical and spiritual strength that is needed to help others.

A living, transforming faith that is strengthened in this manner will contribute to health and wellbeing, thus providing a balanced and wholesome life.
As we break for the summer, we reflect on a choir season that included a fulfilling year musically, the success of our 2014 Christmas Concert and the subsequent appointment of a new Director Of Music.

Following the departure of Gus Chrys-son, the choir was led on an interim basis by Costas Tsourakis, who guided the choir through the holiday season and led the Cathedral Choir and Orchestra in a performance of Handel’s Messiah and Greek/Traditional Christmas Carols, which was well attended and received high praise from his Eminence, Archbishop Demetrios Of America.

In the weeks following, a nationwide search for a new Director commenced, with applications from the United States and Europe featuring many highly qualified candidates. This process resulted in the appointment of Evey Simon, who began in March and led the choir through the Paschal season.

There are exciting plans ahead for the Cathedral Choir in the upcoming year, with plans to continue our annual Christmas concert tradition in addition to a fall concert and a Lenten concert honoring Dr. Dino Anagnost .

One of the ministries we will be adding is strengthening our volunteer singers, with rehearsals and vocal training. If you are interested in joining the choir, please see Evey Simon or Costa Tsourakis after church or feel free to email us at choir@thecathedralnyc.org for information. The Cathedral Choir is looking forward to a continuation of a high quality music ministry in the year ahead.
This summer, Uniquity, the Cathedral’s ministry for unmarried members of our community, is taking a road trip! On Saturday evening, July 11, we will travel to Coney Island’s MCU Park for a minor-league baseball game between the Brooklyn Cyclones (the Single-A farm club of the New York Mets) and the Aberdeen Iron Birds, followed by fireworks. For further information, check out the Cathedral’s Facebook page.

A few $15 tickets were still available at press time. To join us, contact Uniquity at uniquity@thecathedralnyc.org, or stop by our table at Coffee Hour.

Meanwhile, on Monday, June 15, Uniquity members got together to plan our fall season over wine and cheese. We may revisit the Metropolitan Museum for a lecture on Byzantine art, host a musical talent night featuring members of our Cathedral community, or go ice skating. Anyone who would like to join in and help organize a program should contact us at uniquity@thecathedralnyc.org.

Uniquity aims to build the Cathedral community by serving its single, widowed and divorced members, though it is open to all. For further information, stop by our table at Coffee Hour most Sundays, check us out on Facebook or contact us by e-mail (uniquity@thecathedralnyc.org).
The Cathedral Gala, 2015
Photos by Mr. Dimitrios Panagos
Today’s Gospel reading finds Jesus Christ listing certain criteria for His followers. He very plainly speaks about where the focus of our life is to be—on Him. As much as we love our families, friends, and the possessions we hold dear, our number one priority remains our resolute, uncontested love for God and His Church. Nothing must outrank God in our lives. Jesus helps us by telling of the rewards that await us if we are faithful to Him.

As Jesus Christ speaks of the requirements of discipleship, the Orthodox Church commemorates the Sunday of All Saints, which always falls the week after Pentecost Sunday. Today we celebrate the memories of the countless men, women, and children who led anonymous Christ-like lives and are now sharing in the blessings of paradise. It is a blessed reminder that ALL of us are called to be Saints and that we ALL have that potential by the grace received at our baptism to be counted among them. How can we possibly do this? We must look to the faithfulness and commitment to Christ of the saints of the Church of each generation and by emulating their examples.

For Consideration

- What is happening in this Gospel lesson?

- According to Jesus, who is most deserving of our love? What does Jesus mean when He says to take up our cross and follow Him? Must we leave our family, friends, and homeland in order to share in Christ’s Cross and inherit eternal life?

- What does this Gospel passage mean for our lives?
To Do Together

**Know Your Roots**

Take time as a family to understand the saint or feast day for which your home parish is named. Learning about the life of the saint or the feast day for which your church is named will add extra meaning when that special time is celebrated in your community. Ask your priests or others (parish council members, longtime parishioners, etc.) how the parish received its name.

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**Who Will Deny Me**

Discuss as a family what it means to deny Christ. How can we deny Him through our actions even if we profess to be Christians? Look at the example of Peter, who denied Christ three times but then went on to be one of our greatest saints. Make a list of changes that you want to make as a family to stay faithful to Him, and then check them off as your fulfill each item.

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**Praying with Our Saints**

As a family research the hymns associated with the patron saints of your family members. Incorporate these into your personal prayer time and take time to understand what they mean. When praying you can just read the hymn, but why not learn as a family to chant each hymn? Check with your church’s priest, psalti, or choir director for assistance.

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Closing Prayer

Your Church, O Christ our God, clothed itself in the blood of Your martyrs from throughout the world, as though it were a robe of linen and purple; through them, she cries out to You, “Send down upon Your people compassion, grant peace to Your commonwealth, and to our souls, great mercy.”

—Apolytikion for the Sunday of All Saints

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Final Thought

High atop a monastery on Mt. Athos there lived an abbot whose monastery suffered from constant gossiping and quarreling among the brother monks […]. To bring resolution to this increasingly divisive situation, he entrusted his spiritually ailing community to the care of one of the elders, bid farewell to the monks and ventured off on a journey to a thriving monastery, the health of which was attributed to the leadership of its wise and discerning abbot. Upon approaching the humble cell of the brotherhood’s luminary abbot, the troubled abbot prayed fervently that the meeting would render some sign of answer to bring back to his distraught community. Sitting for some time, the distraught abbot explained to the spiritual father, in great detail, the nature of the discord plaguing his flock. Listening patiently and intently the latter responded thus, “Your situation sounds grave, but with much sadness I am afraid that I must confess to you that I have no advice or guidance to give to you. However, there is one thing that I think you should know. At your monastery there lives a saint among the monks.” Astonished by this revelation, the abbot returned immediately to his flock and reported these words. In no time a strange thing happened. Not knowing who among them might be a saint, the brothers began to look at one another in a new and more loving manner. They began to be kind to one another in a way the abbot never thought possible and, although the saint in question was never revealed, a miracle did happen: harmony and love were restored to the life of that Christian community.

—Author Unknown

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Center for Family Care of the Greek Orthodox Archdiocese of America

79 Saint Basil Road, Garrison, NY 10524
845-424-8175 º familycare@goarch.org º www.family.goarch.org
Cathedral Connect is a new ministry for young adults at the Cathedral, formed in fall 2014. Since the group’s launch, “Connectors” have grown from a room of ten to a lively organization. Over 150 members subscribe to the group’s various digital media channels and a large portion of that number are active participants planning and attending frequent spiritual, philanthropic, and social events centered on the Orthodox faith. Committee meetings, which are open to all, are regularly attended by over two dozen excited contributors each month.

Cathedral Connect highlights since last year include formalizing the group’s name and structure, and establishing four major committees: Philanthropy, Lecture, Social, and Digital Communications. In December, the Philanthropy Committee planned a successful Christmas Coat Drive, where Connectors drummed up support from the community to donate over ten full boxes of coats to a local New York City charity. In March, the Philanthropy Committee led a “Midnight Run” food and clothing drive in partnership with the neighboring Annunciation Greek Orthodox Church’s Young Professionals Group, responding to a request from a number of Connectors to collaborate more often with local Greek Orthodox young adult groups. Almost 100 meals were prepared and even more articles of clothing were collected for distribution to various Manhattan shelters.

In March, the Lecture Committee organized a Lenten Lecture, featuring Fr. John, as part of an ongoing Lecture Series initiative. Since the inaugural lecture, a list of lecture topics has been created and future lectures are in the works. The Lecture Committee aims to run a Book Club, meeting periodically beginning this fall 2015 to discuss topics in contemporary literature pertinent to Orthodoxy. The first book has been chosen, Name of the Rose by Umberto Eco, for all those inter-
ested in participating. Details on meeting times are forthcoming.

In April, the Social Committee organized a well-attended Bowling Night. The success of the event triggered the idea for the committee to host quarterly social events ranging from dinners to post Coffee Hour brunches to day trips around NYC. The Social Committee in collaboration with the newest formed committee, Digital Communications, has done a remarkable job increasing awareness of Cathedral Connect among young adults in the community as well as mobilizing friends, family, and colleagues to attend and get excited about additional standout events at the Cathedral, such as the Chrysanthemum Ball, Summer Soiree, and Cathedral Golf Classic.

Cathedral Connect has great potential to grow as a fun organization, but also as an organization that provides value to the community by giving back to the church. One goal that Connectors are particularly passionate about is helping with restoration and upkeep needed around the Cathedral’s facilities. Connectors are currently working with members of the greater Cathedral community to understand how their talents and abilities can be leveraged to make a difference.

Connectors are enthusiastic about what’s up next. Cathedral Connect invites all interested members of the Cathedral community to join Monthly Committee Meetings every first Monday evening of the month at 7:30pm in the Cathedral Boardroom, remembering that “Community starts here.”
Our Annual Spring Luncheon held at the Loeb Central Park Boathouse on May 14, 2015, was a great success! We all enjoyed this year’s speaker Eleni N. Gage presenting her latest book The Ladies of Managua. Our guests not only did their shopping at the boutiques, which are always a big hit and bring 20% of their proceeds to the Philoptochos, but they were also delighted to look at old pictures and invitations from past events that were displayed by the Archive Committee. The Annual Spring Luncheon benefits the Cathedral Philoptochos Scholarship Fund, which was established in 2007. The Fund currently has helped twenty-three students who attend the Cathedral School and are in need of financial assistance with their tuition.

The Cathedral Philoptochos participates in the newly established program by National Philoptochos, Feeding the Hungry. On the last Tuesday of every month, food is prepared for 100 people by Philoptochos members at the House of Philanthropy. It is then distributed amongst the needy.

As part of the Feeding the Hungry program, on Wednesday, May 27, 2015, we gathered in the Cathedral Center to work with members of the National Philoptochos, the Direct Archdiocesan District, students from the Cathedral School, and the organization Feeding the Children Everywhere to package 12,000 meals for children in the United States.

In addition to the above, we still continue our very own “Feed the Homeless Program”, that has been going on for over 20 years, together with Jan Hus to provide meals for approximately 120 homeless and low-income individuals. This program runs from September to June. We are also able, with your support, to assist individuals and families going through health and financial difficulties making a difference in their quality of life.

The Archdiocesan Cathedral Philoptochos continues to sponsor the coffee hour weekly. We would like to thank Ms. Regina Katapodis of Artopolis for providing the delicious cakes and cookies for the past four years.

We have fulfilled our National Philoptochos and Direct Archdiocesan District obligations for the ecclesiastical year.

Three members of our board attended the Biennial Direct Archdiocesan District Conference, held in the Holy Trinity Church in New Rochelle on May 30, 2015.
Elections for the 2015-2017 term of the Archdiocesan Cathedral Philoptochos Board of Directors were held on May 28, 2015. His Eminence Archbishop Demetrios swore in the newly elected board members on June 7, 2015. They are:

**Executive Board:**
- President: Miranda Kofinas, M.D.
- First Vice President: Stella Pantelidis
- Second Vice President: Stephanie Pantelidis
- Treasurer: Bia George
- Assistant Treasurer: Ourania Soumas
- Recording Secretary: Carlene Soumas
- Corresponding Secretary: Antonia Makkos
- Advisor to the Board: Catherine Moutoussis

**Directors:**
- Vily Apostolatos, Carol Contos, Pauline Kotsilimbas, Madelene Lambiris, Nellie Logothetides, Eleni Karatzas, Maria Marinakis, Irene Melis, Linda Paul, Antonia Rigopoulos, Maro Stratakis, Maria Yatrakis, Rallou Zervoudakis

**Honorary Members:**
- Mary Johnson, Lily Fichopoulos, Nadia Allega Novak

On June 8, 2015, we presented a monetary gift to the Valedictorian at the Cathedral School Graduation Ceremony. This has been a Cathedral Philoptochos tradition for many years.

Currently we have 257 Cathedral Philoptochos members in good standing. If you have not had a chance to mail your membership/stewardship, please do so by sending to: Archdiocesan Cathedral Philoptochos, 337 East 74th Street, New York, NY 10021. Your support is needed to fulfill our mission. To find out more about membership, you can visit our website at: [ac-philoptochos.com/chapter-membership/](http://ac-philoptochos.com/chapter-membership/). Thank you!

Thank you for your continued support and generosity throughout the year. Without your help we would not be able to achieve our goals!

HAPPY SUMMER! ΚΑΛΟ ΚΑΛΟΚΑΙΡΙ!

- Please visit our website, [www.ac-philoptochos.com](http://www.ac-philoptochos.com), for the latest news!
The Philoptochos Spring Luncheon

Spring Luncheon photos and Valedictorian photo courtesy of Dimitrios Panagos
The historic 65th Commencement of the Cathedral School (TCS) was held on Monday evening June 8, with His Eminence Archbishop Demetrios exclaiming, “we did not have Pomp and Circumstance...we had joy and success” referring to both the achievements and prospects of the eight graduates and the future of TCS following Mr. Kusulas’ first year as Head of School. Pride overflowed in Holy Trinity Cathedral for a very talented and academically gifted Graduating Class. Panagiotis Persianis, the Valedictorian, received the Philoptochos Award of Academic Excellence and the Three Hierarchs Award for Excellence in Greek Language and Culture, from the Archdiocesan District Office of Education. In his very moving valedictory address, Panos enumerated the extraordinary assets of the school, the first being its community spirit. The Salutatorian, Eleftheria Papadopoulos, began her address with the number 14,000...estimating the number of hours, she and only one other graduate have spent at TCS since Nursery School. She then passionately highlighted the individual talents of her classmates, as budding artists, scientists, musicians, mathematicians, athletes, and dancers whom will shine given the elite high school’s they’ll be attending. Ellie earned the PA Salutatorian Award, as well as the Comptroller’s Award for Community Service. The inaugural TCS Spirit Award, established by Mr. K, Head of School was presented to Kristenn Saintilus, whose perseverance and determination, were inspirational in sparking her creativity and energy. His Eminence, Father John Vlahos, and Dimitra Manis proudly awarded each graduate with their earned diplomas.

Moving-Up Day was celebrated on Friday, June 12. A musical tribute to the Greek poet Nikos Gatos, by the Upper School Chorus began the festivities. Ms. Elli Tsakou and Ms. Athanasia Filiou worked tirelessly to have our talented singer perform to perfection. As an added treat, Vangelis Haziroglou, accompanied the children on the piano, with Kostas Psarros, on the bouzouki.

Each child, Nursery - 8th Grade, was individually recognized for their achievement and development, earning them a ‘Certificate of Awesomeness.’ Lastly, the graduates with the help of other classmates, performed an encore of one of the “Last Hurray” pieces, Everything is Awesome, dedicated to Mr. K for making someone feel special each and everyday! Everyone then enjoyed an Ice Cream Reception, compliments of the Parents Association.

Have a wonderful Summer! School re-opens on Wednesday, September 9, 2015.
The Cathedral Board, with 100% participation, has collectively made a 2015 Stewardship pledge of $41,790, averaging $2,611 per Board Member, which exceeds the Sponsor 1 Day level of $1,780. We invite all those who can to Sponsor 1 Day as well. Thank you for your consideration.
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