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Making Time Investments that Last Eternally

In England, there is a rather peculiar way that they ask each other for the time: “How goes the enemy?” For many of us, it seems that we are continually fighting the clock. We stay up late to get things done; the alarm ruthlessly waking us as we try to steal a few more minutes of shuteye; we are running to get to work on time; eating quicker than we should because we have work to do and deadlines to meet. As the gray starts to show and the wrinkles begin to manifest themselves, there is the formidable desire to ‘turn back the clock.’ It is quite a fierce cycle.

What strikes me from the Bible is that our Lord Jesus never seemed to be in a hurry. The dichotomy is that Jesus was the busiest person on the planet, yet he was never in a rush. To solidify the point, we are told by St John that, “there are also many other things that Jesus did, which if they were written one by one, I suppose that even the world itself could not contain the books that would be written” (John 21:25). Although He had a Divine mission to accomplish in only three years, He nevertheless, took time to pray, to be with people, to hear their problems and to feel their pain. Time was Jesus’ friend.

Making Time our Friend rather than our Enemy

The process of making time our friend, begins and ultimately ends with us totally immersing our lives in God. In Psalm 90:1-4, 12 we read: “O Lord, in all generations you have been our home. You have always been God—long before the making of the mountains, even before You created the earth and the world. At Your command we die and turn back to dust, but a thousand years means nothing to You! They are merely a day gone by or a few hours in the night. Teach us to use wisely all the time we have.”

Walk into a Barnes and Noble (if there are any left!) and you will find shelves upon shelves filled with Time Management strategies. Consultants are hired by all the major firms to teach busy executives how to better manage their time.

In his book, Seven Habits of Highly Effective People, Stephen Covey writes: “Time management is a misleading concept. You can’t really manage time. You can’t delay it, speed it up, save it or lose it. No matter what you do, time keeps moving forward at the same rate. The challenge is not to manage time, but to manage ourselves.”

In listening to the radio or streaming something online, we all want the signal to be clear and strong, without static or delay. Likewise if we are to see the Lord in the present moment in all that we do, then a key point in managing ourselves is the issue of appetite.

Making Time to Satisfy our Hunger and Thirst for God

Appetite is exceedingly important since some of the symptoms of spiritual illness are a close parallel to the symptoms of physical illness. When a doctor examines us, he almost always asks, “How is your appetite? Are you eating ok?” Every mother has had the experience of seeing a child push away the plate containing his favorite meal and saying, “I am not hungry.” The mother immediately replies, “Why? What’s the matter? Are you not feeling well?”

And so we need to look at the question of spiritual appetite. Are our spiritual appetites good and healthy? Many may honestly respond, “No…I am not hungry for God. I am hungry for other things, but not for God.”

In Scripture, our Lord Jesus says to us, “Blessed are they that hunger and thirst after righteousness, for they shall be filled” (Matt 5:6).

In managing ourselves, I feel that we can satisfy our hunger and thirst for God when we feel that our time is a series of moments of opportunity, moments of disclosure filled with meaning. The life of faith is nothing more than this - to see God in each moment, in each task, and in each person.
We must pursue God without letup, and if we are persistent and untiring, nothing can hide Him from us, not even we ourselves. He is everywhere around and in us, in the present moment, closer to us than a whisper in our ear. There is not only peace, but great delight when we hunger and thirst for God.

I am reminded of an episode of the cartoon, Tom and Jerry, where they were so hungry that they were dreaming of food and when they looked at each other, they saw a tasty meal. Well, when we hunger and thirst for God, we start finding Him in every moment, in every activity, and in all of His creatures.

Our darkness then becomes light and the sadness and bitterness of our life becomes sweet, and we develop a confidence and joy about life that we couldn’t imagine before. We even start to have compassion for our enemies!

Truly, there is nothing but sweetness and fulfillment for those of us who submit to the presence of God in each moment and each task of each moment. Seeing God in each moment also brings with it a huge satisfaction and contentment with the way things are in our life. It becomes easier for us to resist the itch to change—change places, change jobs, change relationships. The present is filled with infinite possibilities; we do not need to run away.

Of course love remains the measure of all things, and the more we love the more we will receive from God in the present moment. Thus, the limited time we have on this planet is a gift and the present moment is the doorway into God’s inestimable riches.
The children of the Sunday School have been very busy the last few months! We focused on lent and Pasxa, studying the significant meanings of our many traditions and religious studies. There was a spectacular “SATURDAY OF LAZARUS RETREAT”, where the children were able to participate in activities that also taught them the meaning behind each day of Holy Week. The following day, the children participated in a procession during Palm Sunday's service. On Good Friday, our youth attended the afternoon Apokathelosis service and placed flowers upon the Epitaphio. On Good Friday evening services, the myrrh-bearer's girls, all dressed in white processed around the Epitaphio spreading flowers. The Myrrh-bearer girls were invited by his Eminence Archbishop Demetrios to accompany the procession around the church.

With spring in full swing and summer right around the corner, we are so grateful to all involved. We thank all the children with their help and participation.
The St. John Chrysostom Oratorical Festival is a ministry of the Archdiocese and provides Greek Orthodox teens the opportunity to write and talk about their faith. There are 3 Divisions - Elementary (grades 4-6 and at the Parish level only), Junior (grades 7-9) and Senior (grades 10-12).

We held our Parish Festival on Sunday, March 4. This year there were 3 speakers in the Junior Division: Elizabeth Connant, Chrysanthos Kefalidis and Emily Knapp. They each presented a 3-4 minute speech about various topics provided by the Department of Religious Education. Elizabeth spoke about the importance of friendship and how her friends have made an impact in her life. Chrysanthos also wrote about friendship, speaking of the relationship we have with family and also about some people in the Bible, such as Naomi and Ruth. Emily spoke about how inventive we are in bringing people to Jesus for healing. There were also 5 children in the Elementary Division this year: Corinne Connant, Stavros G. Douvas, Sotiris Kefalidis, Alexandra Papadopoulos and Eva Raffaele. We continue to be encouraged by the growing number of younger students speaking this year. Chrysanthos Kefalidis and Emily Knapp advanced to the Direct Archdiocesan District Festival.

Christina Connant, the Festival Chairperson, was once again impressed with the confidence the youth had to speak publicly and with the content of so many of the speeches. The judges were Sarahjeane Campbell, Lou Chugranis and Anthony Tsourounakis. Christina sincerely appreciates the judges for volunteering their time and expertise while listening and evaluating the speeches. She thanks Christina Villani for being the timekeeper. And a special thank you to The Cathedral Fellowship Bookstore for generously donating the gifts for the participants and the judges. We are grateful for Father John’s support and guidance to make this a success.

We look forward to next year’s Festival and hope to hear from even more of our children in this growing ministry.
Hello Everyone,

I hope everyone had a wonderful Easter,

I’m sure you are all happy to see our big grey temporary friend on the 74th Street side of The Cathedral . . . gone! Although it was not the prettiest of sites, the temporary boiler served us well by keeping the church and school warm over the Winter, maybe a little too warm some days! It was by far the best alternative as we replaced our two old cast iron boilers. Here you will see our new high efficiency steel, single chamber oil fired boiler. We chose steel because of its far superior projected useful life, and a single unit because of its superior reliability and technology over furnaces of decades past. The redundancy of two units is no longer needed. We are grateful for the generous sponsorships and donations to offset the expense of the temporary unit, and most of all, those towards our new boiler that will serve The Cathedral community for decades to come. Next up will be the roof and façade of the sanctuary and school . . . Keep an eye out, and watch the changes, if you would like to help in a sponsorship role, please contact Father John.

Thank you all for your support and insight.

Gregory Panagos
Director of Operations
Save the Date!

Cathedral Choir to perform with Maria Farantouri at Carnegie Hall on Saturday May 12th, 2018!

Maria Farantouri has been associated with legendary Greek composer Mikis Theodorakis and his music for more than 40 years. Accompanied by the Cathedral Choir, she sings some of his best-loved songs, as well as selections by other Greek composers and musical arrangements of 20th-century poetry.

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Maria Farantouri
A Tribute to Mikis Theodorakis
The Cathedral School of the Holy Trinity is excited to announce 8th grade high school acceptances for Catholic and independent high schools. The Cathedral School believes that the high school search and application process is an integral part of our Upper School Program. Furthermore, students in the 7th and 8th grades are introduced to Latin and Ancient Greek, enhancing their vocabulary and understanding of origins of language. Through small class sizes and individual attention, our students are given every opportunity to learn and succeed. Cathedral prides itself on providing rigorous academics and an advanced curriculum. By 8th grade this program sees our students accepted to and matriculating at top rated high schools in New York City. Beyond receiving acceptances, many of our 8th grade students were awarded merit scholarships based exclusively on academic excellence.

For more information about The Cathedral School, our program, or our admissions process, please email: admissions@cathedralschoolny.org or call us at 212-249-2840.

The following is the list of acceptances for our 2018 graduating class:

Independent/Catholic:
Public: The Bronx High School of Science, Brooklyn Latin School, The High School for Math, Science and Engineering at City College, Eleanor Roosevelt High School, Millennium High School, Beacon High School, NYC Lab School for Collaborative Studies, Humanities Preparatory Academy, Young Women’s Leadership School, Academy for Scholarship and Entrepreneurship

The following is the list of acceptances for the last three years:

Public and Specialized High Schools: The Bronx High School of Science, Brooklyn Latin School, The High School for Math, Science and Engineering at City College, High School of American Studies at Lehman College, Eleanor Roosevelt High School, Millennium High School, Beacon High School, NYC Lab School for Collaborative Studies, Humanities Preparatory Academy, Young Women’s Leadership School, Academy for Scholarship and Entrepreneurship


(*indicates acceptance with Academic Merit Scholarship)
The new **Board of Directors** of the Archdiocesan Cathedral Philoptochos Society for the 2017-2019 term was elected on Tuesday, May 23, 2017.

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**Honorary member:** Nadia Allega Novak

There have been so many events and exciting times with our Philoptochos from Fall until this Spring! It was so nice to see our Philoptochos and Cathedral community friends at the **Dinner and a Movie** gathering on Sunday, October 1, 2017, on the occasion of the Eleventh Annual New York City Greek Film Festival. We enjoyed a wonderful dinner at Molyvos restaurant followed by the viewing of the movie “Rosa of Smyrna” directed by George Kordellas at the Directors Guild of America Theater. The movie received great feedback and was well liked. George Kordellas was present and happy to answer questions. This year we had 67 guests and an additional 13 for the movie.
Our **General Meeting** was held on Thursday, October 19, 2017, at the Chiotes Family Center at 5:00pm. Following our meeting, the distinguished educator Stella Kokolis discussed the importance of upholding the Greek language and culture in the diaspora. The program also featured Olga Bornozi, a long time Philoptochos supporter reading works by Kazantzakis. Pianist Gregoris Post accompanied singer Anna Tsoukala in songs by Theodorakis and Hatzidakis.

The Cathedral Philoptochos continues to work together with the Jan Hus Presbyterian church to provide meals for about 100 homeless and low-income individuals every Tuesday as part of the Feed the Homeless program.

The Cathedral Philoptochos supports welfare cases as needed and continues to do so throughout the summer months as well.

Every Sunday, the **Coffee Hour** following the Divine Liturgy is sponsored by the Archdiocesan Cathedral Philoptochos Society.

We are current in fulfilling our **National obligations**:

- Hellenic College Holy Cross Scholarship Fund
- Retired Clergy and Widowed Presvyteres
- National Philoptochos
- Emergency Fund Ecumenical Patriarchate

The Chrysanthemum Ball was a great success. This annual event, our major fundraiser, took place on Friday, November 10, 2017, at the Mandarin Oriental, New York. This year’s honoree was Mr. Michael Psaros, a successful entrepreneur and philanthropist. Mr. Psaros is the Treasurer of the Holy Greek Orthodox Archdiocese of North America, an Archon of the Ecumenical Patriarchate, founding member of FAITH, serves on the board of Leadership 100 and a member of AHEPA. Mr. Psaros and his wife Robin are benefactors of the St. Nicholas Shrine in New York City and the Washington OXI DAY Foundation. Our community is grateful for his support and generosity.

In the spirit of **Thanksgiving**, the Archdiocesan Cathedral Philoptochos delivered groceries and a turkey to four needy families in our community.

Christmastime was very busy for our Philoptochos. We kicked off the season by hosting our **Christmas Angel Tree** event along with the **General Meeting** on December 5, 2017. The gifts gathered for the Angel Tree were donated to Toys For Tots, a program that delivers a message of hope to the less fortunate. Our guest speaker for the General Meeting was Rev. Beverly Dempsey, pastor of the Jan Hus Presbyterian Church. Her topic was the importance of our mission to feed the hungry and thanked us for working together with them to make this possible.

Members of our community reminded everyone how our program Feed the Homeless started many years ago by a small group of Philoptochos members and has grown ever since. At this same event boutiques displayed various gifts for Christmas shopping. A percentage of their proceeds went to our Philoptochos.

Another worthy cause we participated in was a Coat Drive to help keep fellow New Yorkers warm this winter. The coats were donated to New York Cares.
On December 20, 2017, our Cathedral Philoptochos invited the children of St. Basil’s Academy to see The Nutcracker, at the New York City Ballet at Lincoln Center. Twenty nine children attended. It was a very exciting experience and for some this was their first time seeing this wonderful ballet. After the performance the children were guests of Marguerite Cyprus Loucas at Cool Mess for dinner. The children made their own ice cream sundaes for dessert and they were even given bags to fill with candies of their choice. It was a memorable event for all!

On New Year’s Day after the Divine Liturgy of St. Basil the Great we celebrated the New Year with the annual cutting of the Vasilopita sponsored by the Cathedral Philoptochos at the Chiotes Family Cathedral Hall. On February 13, 2018, the Cathedral Philoptochos invited all of its members to a General Meeting for a wine and cheese reception. Everyone enjoyed the guest speaker Nicole Contos Liakeas who spoke about “Living and Loving”. It was a fun and well attended event.

His Eminence Archbishop Demetrios, Geron of America officiated the service of the First Salutations to the Theotokos on February 23, 2018, at the Archdiocesan Cathedral of the Holy Trinity. Following the Salutations the Cathedral Philoptochos hosted the Annual Lenten Supper at the Chiotes Family Cathedral Center. The Lenten Supper, a tradition started by Archbishop Iakovos almost 30 years ago, is always well attended by the Cathedral Community.

We are current in fulfilling our National obligations:

• National Sisterhood of Presyteres
• UNICEF
• General Medical Fund
• Vasilopita
• Social Services Cancer & Other Major Illnesses Fund
• Autism Assistance Fund
• Saint Photios Shrine

If you have not had renewed your membership or wish to become a new member, please visit: http://www.acphiloptochos.com/chapter-membership

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

SAVE THE DATE

• Spring Luncheon May 15, 2018, at the Loeb Central Park Boathouse. This year’s honoree is Katherine Fleming, Provost NYU.

• The 2018 National Philoptochos Biennial Convention will be held in Boston, July 1 to 5, 2018.

February has been designated as the American Heart Month to remind women to make healthy choices. Studies have shown that about 80% of cardiovascular diseases may be preventable. Our Archdiocesan Cathedral Philoptochos chose February 11, 2018, as its Go Red For Women Sunday distributing red roses to all parishioners after the Divine Liturgy to raise awareness and prevent heart disease.
Chrysanthemum Ball 2018
GREEK INDEPENDENCE DAY PARADE

APRIL 22, 2018
GREEK INDEPENDENCE DAY PARADE
GREEK INDEPENDENCE DAY PARADE

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Dear Friends,

We hope that you and your family are well and settled into the new year.

As we journey through 2018, we should sharpen our collective focus on maintaining our Archdiocesan Cathedral, its parish life, and the impact of its ministries at the highest level. The Cathedral is a landmark in every respect, an architectural and spiritual jewel, and more than simply another worthy organization asking for your attention and contributions.

For many of us the church is a natural extension of our own homes and families. It is the place where we establish friendships, shape who we are, and where we continue to pursue spiritual, cultural, educational, and social growth. We turn to the church for love, support, comfort, and guidance as we raise our children and grandchildren.

With all this in mind, we should reflect on a few questions. Are we still giving the same $1 for a candle and putting the same $1 in the collection tray each week, just as we did back in 1985? Have we ever acted on our interest in becoming more involved in the parish life and its organizations? How comforting is it to know that the Cathedral is and will always be there for our family’s needs?

Our Cathedral family has incredibly caring and talented people. Our parish has tremendous potential to be a hub of Orthodoxy, education, and culture. Our Cathedral School continues to nourish the minds and character of our next generation. And our facilities are slated for an exciting and transformative renovation.

The reality is that it costs $2000 each day throughout the year to run the Cathedral. Yet while covering expenses is obviously a priority, our aim is much higher. Having the resources to develop and to expand existing programs and to create new ones will guarantee that the Cathedral community remains there for us, in its full strength and impact for decades to come.

We encourage you to partner in this mission by making your 2018 Stewardship pledge (www.thecathedralnyc.org/ministries/stewardship) and volunteering your talents.

With sincere appreciation,

Rev. Fr. John Vlahos  
Dean

Dr. George Liakeas  
Stewardship Chairman

James P. Gianakis  
Cathedral Board President
The Archdiocesan Cathedral would like to thank Sam Karalis for continuing in his Uncle Sarantos' footsteps and donating all of the flowers and his services, as he creating our Epataphios for this year.

On behalf of our community, we extend our thanks and appreciation to Sam and the entire Karalis Family for their loyalty and generosity to our beautiful Cathedral and community.

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