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Cathedral Office Personnel

For general inquiries, information about stewardship, scheduling a sacrament, or for more information about the Cathedral, please e-mail info@thecathedralnyc.org

Fr. John Vlahos, Cathedral Dean
frjohn@thecathedralnyc.org

Christine Zeiner, Office Manager
christine@thecathedralnyc.org

Evey Simon, Director of Music
choir@thecathedralnyc.org

Costa Tsourakis, Associate Director of Music
costa@thecathedralnyc.org

John Paterakis, 2nd Chanter/Office Assistant

Cathedral School

Visit our website: www.cathedralschoolnyc.org

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Theodore P. Kusulas, Head of School
tkusulas@cathedralschoolnyc.org

Debbie Tsafos, Deputy Head of School
dtsafos@cathedralschoolnyc.org

Bill Mihas, Parents Association President
PA@cathedralschoolnyc.org

General Information:
info@cathedralschoolnyc.org

Cathedral Ministry Leaders

Cathedral Board:
Dean J Poll
DPoll@pollgroup.net

The Cathedral School:
Theodore P Kusulas
tkusulas@cathedralschoolnyc.org

Philoptochos:
Miranda Kofinas
mirkofinas@gmail.com

Stewardship:
Peter Chrisanthopoulos
chrisanthop@aol.com

Bookstore:
Charles Connant
ceconnantjr@verizon.net

Sunday School:
Effie Doscas
EDoscas@zbi.com

Greek Afternoon School:
Debbie Tsafos
dtsafos@cathedralschoolnyc.org

Primetimers:
Carol Contos
cceeececontos@yahoo.com
Pauline Kotsilimbas
pkkotsi@gmail.com

Altar Boys:
Nicholas Diacou
ndiacou@gmail.com

Parea Club:
Stella Pantelidis
cmppan@aol.com

Uniquity:
Leah Hanlon
uniquity@thecathedralnyc.org

Cathedral Connect:
Christina Costas & Ioanna Tsakos
connect@thecathedralnyc.org

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

Joy (7-12 yrs old):
Diakonissa Georgia Papadopoulos
gorgia9578@gmail.com

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

Little Angels (0-3 yrs old):
Pres. Maria Constantinos &
Diakonissa Elizabeth Constantine
litleangels@thecathedralnyc.org

Adult Greek Dance:
Alex Devaris
cathedraldancegroup@gmail.com

Children Greek Dance:
Deana Thomas
gonikotgo@gmail.com

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Making Time Investments that Last Eternally

REV. FR. JOHN VLAHOS, Cathedral Dean

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 our selves 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?”

Rev. Fr. John Vlahos, Cathedral Dean
Making Time Investments continued

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 our selves, 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 let-up, 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.

The Greek Dance Troupe, Συνεχιστες, is a ministry for adults and young professionals to learn traditional folk dances from all over Greece. While being a ministry of the church for over a decade, the troupe has continued to grow. We have participated in various performances and workshops. Last summer, Συνεχιστες performed for the Youth Assembly at the United Nations.

We began 2016 by attending a Greek dance workshop in Baltimore, Maryland. As we continue to grow we plan on integrating such various workshops and performances into our calendar. Our 2016 resolution is to participate in the Diocesan Folk Dance Festival (FDF) in Maryland or California.

We, Συνεχιστες, invite everyone to join us every Monday night at the Cathedral undercroft at 7:30 pm. Come dance and socialize!

For more information contact Alexandra Devaris at cathedraldancegroup@gmail.com.
Beloved Brothers and Sisters in Christ,
As we begin our solemn journey through this holy time of Great Lent, we are guided by the beautiful services and traditions of our Orthodox faith to dedicate ourselves to prayer and fasting, to gather more frequently in worship, to contemplate the direction of our lives in repentance, and to strengthen our faith in the hope of the light and life to come.

The spiritual impact of this sacred time of year is tremendous if we dedicate our full being—heart, body, soul and mind—to God. This transformation in our lives and the witness of life and faith we offer others through Great Lent is affirmed in the opening of the Apostle Paul’s letter to the Philippians. In giving thanks to God for the Christians in Philippi and their partnership in the Gospel, Paul writes, It is my prayer that your love may abound more and more, with all knowledge and discernment (Phil. 1:9). From their faith in and experience of the love of God and their love for one another, they were growing in spiritual wisdom.

When we come before God in repentance, we too experience His great love for us. His abundant and saving grace is revealed and acknowledged throughout this season of Lent as we are guided to the complete and ultimate act of love in the Passion of our Lord. As we receive His love and our lives are renewed in it, we are blessed with a deeper knowledge of truth and His will. Blessed by His grace and presence, we gain a higher level of discernment to see what is pure and holy.

This is affirmed by the Apostle Paul as he continues his letter: So that you may approve what is excellent, and may be pure and blameless for the day of Christ (Phil. 1:10). In these words we can see how Great Lent is a preparation to receive the Risen Lord; but we also see how this sacred time should influence our lives in our preparation for eternity. Through repentance and the forgiveness of God we are able to see the way to salvation. the light and Through grace and faith we become a new person in Christ, knowing and seeking the abundant blessings that He offers to us.

The Apostle Paul refers to these blessings as the fruits of righteousness which come through Jesus Christ (Phil. 1:11). During Great Lent and through our prayer, worship and fasting we experience these blessings, and we see the great spiritual fruit that comes. We see how this journey is and communion with God. We see the blessings through our witness and
Archbishop Demetrios continued

the journey of our entire life, culmi-
nating in the blessings of eternal life
ministry to others during this holy
season, as we prayerfully anticipate
joy of Pascha.

As we look to the days and
weeks ahead, I prayerfully ask that
you commit your time to the spir-
itual opportunities offered in Great
Lent. Be faithful in prayer and wor-
ship. Keep the fast. Offer your time
and resources to help those in need.
Above all, seek the grace of God that
your love may abound for Him and
each other, and from the abundant
blessings and spiritual fruit we re-
ceive, we will offer thanksgiving, glo-
ry, and praise to Him!

With paternal love in Christ,
† DEMETRIOS
Archbishop of America

UNIQUITY: STRIKES, SPARES AND INJERA

Uniquity, the Cathedral’s ministry for sin-
gle, widowed and divorced members of
our community, combined an afternoon
at the lanes with an early evening Eth-
opian feast on “Bowling Day”, Saturday,
February 20th.

Most attendees had not bowled in years – decades, even! – but Bowling Day was
about the parea, not the scores (which
ranged, incidentally, from 39 to 120).
Uniquity had rented two hours of lane
time at Frames, behind the Port Authority
Bus Terminal, and members spent a few
minutes practicing before programming
the system for automatic scoring. Those
with some bowling experience tried to as-
sist those with none (“oh, you mean those
three fingers?”), but no matter! Even the
gutter balls were fun.

The weather had cooperated for Uniquity
again, so when our time had run out,
we took a balmy stroll up Ninth Avenue
to Meske Ethiopian Restaurant, directly
across from Hell’s Kitchen Park, for an
early dinner.

For the uninitiated (and there were some
among us), Ethiopian is an Orthodox cui-
sine, with many vegan dishes suitable for
fasting. However, Lent is late this year,
so on Bowling Day, we were able to enjoy
its meat dishes as well. A typical Ethio-
opian meal consists of vegetable and meat
stews, both spicy and mild, served on a
pizza-sized round of moist, spongy
flatbread called injera. Traditionally, the
meal is communal, with diners tearing off
pieces of injera and using them to scoop
up the stew. Forks are optional.

On this occasion, we divided into “mild
vegetarian” and “spicy meat” tables,
sharing platters of yebeg wat and miser
alech. We also sampled imported Ethi-
opian beer and the sweet honey wine
called tej.

Uniquity’s next event is Movie Night, on
Saturday, March 12, at 7:00 p.m. in the
Cathedral Ballroom, featuring the 2011
film The Artist (winner of five Academy
Awards, including Best Picture, Best Di-
rector and Best Actor), along with wine,
Cheesefare pizza and popcorn.

For information on Uniquity or to see our
upcoming schedule, please visit our page
at http://thecathedral.goarch.org/min-
istries/uniquity, contact us at uniquity@
thecathedralnyc.org or stop by our table
at Coffee Hour most Sundays.
Since the group’s launch, “Connectors” have grown from a room of ten to a lively organization. Approximately 350 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.

Cathedral Connect invites all interested members of the Cathedral community to join Monthly Committee Meetings every first Monday evening of the month at 7:30 pm in the Cathedral Boardroom, remembering that “Community starts here.”

- On January 14th & February 11th, 2016, Cathedral Connect co-hosted ‘Κρυφό Σχολείο (Secret School) on the Rocks’ events with the Hellenic American Leadership Council (HALC), where members (beginners through advanced) met to learn how to speak Greek.

- On January 30th, 2016, Connectors met for an evening of coffee, a visit to the Museum of the Moving Image, and dinner.

- On February 26th, Connectors enjoyed an evening of good parea and Greek music at the “Greek taverna night” organized by the Cathedral.

Follow us on:
Facebook (CathedralConnect) and Instagram (@cathedralconnect) and link to our new Cathedral Connect calendar (https://goo.gl/i4JRkX) for all of the upcoming events!!

A FEW EVENTS...

March 19, 2016:
Volunteer day at the Ronald McDonald House

March 24, 2016:
Pre-Screening of the “My Big Fat Greek Wedding 2” fundraiser

April 4, 2016:
Cathedral Connect Monthly Meeting

April 17, 2016:
National Multiple Sclerosis Walk
The Cathedral School: 
A Classical Education for the Modern World

Education that inspires curiosity, a sense of wonder, and compassion, lies at the heart of Aristotle’s quote, “Educating the mind without educating the heart is no education at all.” This philosophy is central to The Cathedral School’s (TCS) mission and is reflected in its dedication to instill the pursuit of lifelong learning in each of its students. Small teacher to student ratios, a dedicated faculty, and a supportive learning environment allow TCS to acknowledge each child’s individual talents and contributions and help them to achieve their own personal best. With thoughtful guidance that nurtures inquisitive and imaginative minds, Cathedral students are:

**Explorers**

Students are researching ways in which science impacts everyday life. Cathedral complements science projects tracking the impact of hand sanitizers on paramecium with trips to the Natural History Museum to explore human origins and DNA sequencing. To this end, TCS leverages its unique Manhattan location to embrace a “classroom without walls” approach to learning.

**Compassionate Individuals**

Cathedral encourages its students to be active citizens within their community and the world. This year, students completed multiple hours of community service, collected dozens of winter clothes for a local shelter and will hold a benefit concert to support humanitarian causes abroad.

**Critical Thinkers**

Through collaborative work with our MS team under the leadership of Debbie Tsafos, Cathedral embraces an environment of interdisciplinary

learning. As an example, TCS will be offering a program of “symposia” for Middle School students this February. The program will enrich an already vigorous curriculum with additional opportunities for students to learn and grow in the spirit of the classical tradition with inquiry and dialogue. Symposia selections, exploring a range of topics from the Human Physiology to Greek Theater embrace TCS’s philosophy of educating students not just for school but for the world beyond.

The Cathedral School is actively committed not only to preparing students for entrance in the best public and private high schools in New York City through a rigorous and classical academic training, but to do so while instilling a lifelong love of learning and preparing them for the complex challenges of the 21st century.
The Early Feuding: Excerpts from Chapter III

In the next few issues of CathedralLife, we will be highlighting aspects of the history of the Cathedral as written in The Centennial History of the Archdiocesan Cathedral of the Holy Trinity by Peter T. Kourides.

Notwithstanding the enthusiasm of its communicants at its opening in January 1892, within a short time feuding commenced at full blast. It appears that Solon J. Vlastos, Pantelis Fakeris and the Athena Brotherhood wanted the exclusive operation of the new church. The Rev. Ferentinos insisted, and rightfully so, that the Board of Trustees include non members of the brotherhood.

The battle raged with such ferocity that the constant combat literally destroyed both churches. In Easter 1894 both churches were closed for they had neither priests nor services for the Holy Week. Finally, in June 1894 the Church of Greece sent Rev. Agathodoros Papageorgopoulos, a patient man [who] stayed on for four and a half years. The relationship between communicant and priest was absolutely inexplicable. There was no respect whatsoever for him and he was treated as if he were a laboring employee. With meagre compensation, constant feuding and total disrespect, the role of a Greek Orthodox priest in the United States was neither promising nor pleasant. In total disgust, the Rev. Papageorgopoulos joined his predecessors and resigned from the Holy Trinity in December 1898 [and] returned to Greece. The Holy Trinity remained without a priest until April 1899 when Rev. Panagiotis Fiambolis came from Chicago to conduct Holy Week services. At this point the Greek population of New York had reached 3,500.

The Rev. Fiambolis also quit in desperation in less than a year and a half. In the three years that followed seven priests came and went. The parish was in total disarray and in absolute disgrace to Greek Orthodoxy. The endless feuding was not about doctrinal disputes, [but] ceaseless arguments over policy decisions, administration, clashing personalities and ambitions. It was a carry over to the new world the historic and basic clerical disrespect and unproductive argumentativeness from the old world. Though these new immigrants sought a church, they wanted it to fulfill their ethnic needs rather than as a refuge for religious worship. Truly, the early Greek immigrant was not a very religiously oriented person. The church was its meeting place and its social center. In reality, it was another coffee house and it was administered as if it were no different.

The turbulence became violent and it was made even worse by the daily attacks from the Atlantis. Finally, Rallis Brothers, Liveratos Brothers, and Karakandes Brothers, the three principal merchant firms in New York, withdrew their financial support and the entire Board of Trustees resigned and closed the church. Dimitrios N. Botasis, the Consul General of Greece in New York, who served in that capacity from 1855 to 1917, was directed by the Greek government to take over the administration of the Holy Trinity. In about four months he reorganized the church and miraculously managed to enroll sufficient members for the election of a new Board of Trustees and thus reopen the Holy Trinity on May 1901.
The Archdiocesan Cathedral Philoptochos once again welcomed the New Year by sponsoring the traditional cutting of the Vasilopita with His Eminence Archbishop Demetrios in the Cathedral Center following the New Year’s Day Divine Liturgy.

On December 8, 2015, we treated the children of St. Basil Academy to the Christmas Spectacular at Radio City. Following the show, the children enjoyed lunch at Gallagher’s Steakhouse and each received a monetary gift. A great time was had by all.

Despite the snow and the cold weather, on Tuesday, January 26, 2016, members of our board distributed clothing collected from our annual Christmas Angel Tree to the homeless at the Penn Station area of New York City. The items were greatly appreciated by the recipients. This program, established in 2015 by the National Philoptochos, takes place the last Tuesday of every month.

To show support of the “Go Red for Women” campaign that raises awareness for preventing heart disease in women, members of the Cathedral Philoptochos offered roses to all the ladies after the Divine Liturgy on February 14, 2016.

At our General Meeting on February 29, 2016, nuns from All Saints Greek Orthodox Monastery in Calverton, Long Island, spoke about awareness and fight against human trafficking. A video regarding these efforts was presented. All present appreciated the work that is being done to eliminate this criminal behavior.

On Friday, March 18, 2016, the Cathedral Philoptochos invited the community to their Annual Lenten Supper Event, at the Cathedral Center, following the first Salutations to the Theotokos. His Eminence Archbishop Demetrios officiated the Chairetismoi and joined us for the Lenten Supper. It was a very nice event at the start of the Great Lent, a time of prayer and fasting.

We have fulfilled our national obligations:

- **Vasilopita:** Proceeds benefit St. Basil Academy
- **Social Services:** Cancer and Other Major Illnesses Fund

Thank you for your continued support and generosity. Without your help we would not be able to achieve our goals.
• Membership
• Autism Assistance Fund
• Saint Photios Shrine
• Orthodox Christian Mission Center: Support a Mission Priest
• Hellenic College Holy Cross

We have also fulfilled our DAD Obligations
• Hellenic Cultural Center

The Cathedral Philoptochos sponsors the coffee hour every Sunday after the Divine Liturgy.

The “Feed the Homeless Program”, which we sponsor together with Jan Hus Church, provides a meal every Tuesday for approximately 100 homeless and low income individuals.

We also continue to support our welfare cases, helping individuals and families in crisis.

We look forward to you becoming a supportive or active member of the Cathedral Philoptochos. If you have not received our 2016 brochure, please visit our website to download: ac-philoptochos.com/chapter-membership.

Please visit our website, ac-philoptochos.com, for the latest news!
Hellenic Medical Society of New York Annual Memorial Service

On Sunday, February 7th, 2016, the Archdiocesan Cathedral of the Holy Trinity hosted the Annual Memorial service for all the departed members of the Hellenic Medical Society of New York. His Eminence Archbishop Demetrios, Geron of America presided and Dr. George Liakeas, President, and many members of the Society were in attendance. Immediately following the service, all in attendance partook in a nice memorial luncheon in their honor in the Cathedral Hall.

The Hellenic Medical Society has its origins in the Greek-American Medical Fraternity, an organization founded during the First World War.
The Chrysanthemum Ball raises approximately 75% of our total contributions, which amounts to $100,000 annually.
2016 Stewardship as of March 15, 2016

As of March 15th, we have received 188 pledges in the amount of $131,685. Thank you to the following stewards who have sent in their pledges. If any names have been mistakenly omitted from this list, please notify the church office and we will make corrections in our next newsletter.

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Lenten Dinner & Lecture @ 7:15pm
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<td><strong>12:00 pm</strong> Greek Dance Troupe</td>
<td><strong>7:00 pm</strong> Ser of the Bridegroom</td>
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<tr>
<td><strong>9:00 am</strong> Greek Dance Troupe</td>
<td><strong>11:30 am</strong> Philoptochos Mtg</td>
<td><strong>6:00 pm</strong> Executive Board Mtg</td>
<td><strong>7:00 pm</strong> Ser of the Bridegroom</td>
<td><strong>7:00 pm</strong> Ser of the Bridegroom</td>
</tr>
<tr>
<td><strong>10:00 am</strong> Greek Dance Troupe</td>
<td><strong>6:00 pm</strong> Presanctified Liturgy</td>
<td><strong>6:00 pm</strong> Presanctified Liturgy</td>
<td><strong>6:00 pm</strong> Presanctified Liturgy</td>
<td><strong>9:00 am</strong> Presanctified Liturgy</td>
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<tr>
<td><strong>11:30 am</strong> Cathedral Connect</td>
<td><strong>7:30 pm</strong> Lenten Dinner &amp; Lecture</td>
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<td><strong>7:00 pm</strong> Ser of the 12 Gospels</td>
</tr>
<tr>
<td><strong>2:00 pm</strong></td>
<td><strong>7:00 pm</strong></td>
<td><strong>9:00 am</strong> Great Hours</td>
<td><strong>9:00 am</strong> Great Hours</td>
<td><strong>9:00 am</strong> Proto-Anastasis Vespers</td>
</tr>
<tr>
<td><strong>7:00 pm</strong></td>
<td><strong>7:00 pm</strong></td>
<td><strong>3:00 pm</strong> Vespers of the Deposition</td>
<td><strong>3:00 pm</strong> Vespers of the Deposition</td>
<td><strong>1045 am</strong> Paschal Vigi</td>
</tr>
<tr>
<td><strong>12:00 pm</strong></td>
<td></td>
<td><strong>7:00 pm</strong> Ser of the Lamentations</td>
<td><strong>7:00 pm</strong> Ser of the Lamentations</td>
<td><strong>1159 pm</strong> Distribution of Light Orthros May Inc</td>
</tr>
</tbody>
</table>

**For up-to-date information on our activities, please visit [http://www.thecathedral.goarch.org](http://www.thecathedral.goarch.org).**
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