Russian icon, second quarter of the 15th century, from the book “Icons: The Fascination and the Reality.” The resurrected Lord stands over the abyss the darkness, with the light breaking through from above behind him. The light is still visible on one of the broken doors to the underworld. Christ pulls Adam, who entreats him, from below and is the last person to be rescued, with a firm grip into the light of grace. This anastasis is a traditional depiction, but the internal animation of the scene and the light illuminating the scene in essence indicate knowledge of Western stylistic elements.

Back Cover
Detail from a 12th century, wooden-panel frieze depicting the icons of the Annunciation, Pentecost and the Dormition of the Mother of God, St. Catherine’s Monastery, Sinai, Egypt.
The Descent of the Holy Spirit on Pentecost:
The Life-Giving Breath of God

Rev. Fr. John Vlahos, Cathedral Dean

The Orthodox Church celebrates the solemn feast of Holy Pentecost. This feast marks the commemoration of the gift of the Holy Spirit poured out on the small band of Jesus’ followers who stayed together following His death and resurrection. The Book of Acts reports that about 120 faithful followers, including the apostles and the Mother of Jesus and other women disciples, were assembled together when God’s Spirit descended upon them, sealing these persons as God’s holy people and empowering them for mission (Acts 1:15; 2:1-4).

Jesus had promised this momentous gift when He had told the disciples that they were to remain in Jerusalem to “be baptized” with the Holy Spirit and thus receive power to be “my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth” (Acts 1:4, 8). This event occurred on the Jewish feast of Pentecost, whose title derives from the fact of its celebration fifty days after Passover (Acts 2:1). The Jewish festival of Pentecost, still celebrated today by the adherents of the Jewish faith, commemorates God’s gracious visitation upon His people during the Sinai wilderness period and especially the gift of God’s Law through Moses. Sometime in the fourth century, the Church established its own festival of Pentecost commemorating the gift of the Holy Spirit bestowed upon the Church fifty days after Jesus’ resurrection on the basis of Acts. 2:1-4.

But what is the Holy Spirit? There are 18 different names given to the Holy Spirit in the Old Testament and 39 names ascribed to Him in the New Testament. The New Testament has about 250 references to the Holy Spirit, the most significant of which is wind or breath. Jesus Himself described the work of the Holy Spirit in terms of wind (John 3:8). He likened the Spirit’s presence to the presence of the wind blowing where it wills.

There is an amazing account in the Old Testament of Ezekiel, who was in the valley of dry bones (Ezek. 37:1-10). The dead bones come alive when God breathes on them. “Prophesy unto the wind, prophesy, son of man, and say to the wind, ‘Thus said the Lord God: Come from the four winds, O breath, and breathe upon these dead, that they may live… and breath came upon them, and they lived and stood upon their feet, an exceeding great army” (Ezek. 37:9,10).

The breathless body is the lifeless body. Breath equals life. No breath, no life. The breath that God breathed into His disciples on the day of Pentecost is the Holy Spirit. The Greek word for a spirit is pneuma, which also means breath. On Pentecost, the Holy Breath of God is bestowed upon them and they receive the life and power of A man who prays is one who can once more breathe freely, who has freedom to move where he wishes with no fears to haunt him.
the new creation accomplished by the Resurrection of the Lord Jesus.

In St. John’s Gospel, we read that on the day of the Resurrection, the Lord appeared to His disciples behind closed doors. The Lord appeared to them and “breathed on them saying, Receive the Holy Spirit” (John 20:22). This same Greek word breathe is used in the OT translation of the Septuagint in Genesis 2:7, “…then the Lord God formed man out of the dust from the ground and breathed into his nostrils the breath of life; and the man became a living being.”

We, my beloved, can breathe in the Holy Spirit of God at any moment, through prayer. And by doing so, the very breath – the very life of God – is in us.

Once again it must be noted that the feast of Pentecost is not simply the celebration of an event, which took place centuries ago. It is the celebration of what must happen and does happen to us in the Church today. We all have died and risen with the Messiah-King, and we all have received His Most Holy Spirit. We are the “temples of the Holy Spirit.” God’s Spirit dwells in us (Rom 8; I Cor 2-3, 12; 2 Cor 3; Gal 5; Eph 2-3).

We, by our own membership in the Church, have received “the seal of the gift of the Holy Spirit” in the sacrament of chrismation. Pentecost has happened to us. May each and every day be a Pentecost for you!

HENRY NOUWEN writes:

The gift is the life breath of God Himself, the Spirit who is poured out onto each of us through our Lord Jesus Christ. This life breath frees us from fear and gives us new room to prayerfully go about our lives in constant readiness to receive the breath of God and to let his breath be renewed and expanded. The man who never prays, on the contrary, is like the person with asthma; because his is short of breath, the whole world shrivels up before him. He creeps in a corner gasping for air, and is virtually in agony. But the man who prays opens himself to God and can freely breathe again. He stands upright, stretches out his hands and comes out of the corner, free to boldly stride through the world because he can move about without fear. A man who prays is one who can once more breathe freely, who has freedom to move where he wishes with no fears to haunt him.

Our last HOPE/JOY meeting before the summer was a picnic at John Jay Park. Fellowship is an important part of building a strong community and we try to provide opportunities for our children to engage in these community-building activities. Luckily the weather was amazing and most of the children spent hours in the sprinklers and enjoying the company of their peers. I would also like to take this opportunity to extend my gratitude to all the volunteer parents throughout the year who assisted in making HOPE/JOY such an amazing ministry to our children.

Our HOPE/JOY ministry will resume in September (date TBA). If you have children that would like to join this ministry, and you would like to receive email updates, please email Diakonissa Georgia Papadopoulos at georgia9578@gmail.com.
Celebrating Greek Independence

Greek-Americans from the Tri-state area gathered Sunday, March 26th to participate in the Greek Independence Day Parade.

Our Archdiocesan Cathedral once again led thousands of faithful up Fifth Avenue in celebration of our Greek heritage, independence and significant contributions to society.
Services for
Great and Holy Friday

Once again we direct our attention to the trial, crucifixion, death and burial of Christ. We are placed within the awesome mystery of the extreme humility of our suffering God.
CATHEDRAL LIFE

Notes from the Choir Loft...
2017 Choir Season Year in Review

The Greek Orthodox Archdiocesan Cathedral of the Holy Trinity is known internationally for its magnificent choir and music program. The choir has sung religious services with Patriarchs, Archbishops and ecumenical leaders, as well as United States presidents, and dignitaries from around the world. It performs all special services with His Eminence Archbishop Demetrios, Geron of America, and participates in the weekly Divine Liturgy with the Dean of the Cathedral, Rev. Fr. John Vlahos.

The Holy Trinity Music Fund/Endowment has been created to enable our national Cathedral to maintain a music program equal to the splendor and grandeur of the Cathedral itself, and to present the highest possible musical ministry for the enhancement of worship to the glory of God.

For more information or to make a donation to the Holy Trinity Cathedral Music Fund, please contact Evey Simon, Director of Music at choir@thecathedralnyc.org.

SAVETHEDATE:
DECEMBER 15TH
The Cathedral Choir will present its 41st annual Christmas Concert: “Ceremony of Carols” Friday, December 15th, 2017, 7:30 PM

Cathedral Choir Featured During Holy Week Services
The Cathedral Choir was well received for its featured hymns during Holy Week, with many parishioners and clergy commenting on the high quality music making from the 32 voiced choir! On Holy Tuesday, The Cathedral Choir reprised the beautiful Hymn Of Kassiani, arranged by Nikolaos Mantzaros/Nicholas Roubanis. At the service of the Lamentations on Holy Friday, the choir presented a powerful setting of the lamentations adapted from the music of Anna Gallos. The Paschal Divine Liturgy featured the choir’s renowned rendition of Gretchaninoff’s ethereal cherubic hymn, a setting for 8 different voice parts.

Choir Member Spotlight:
COSTA TSOURAKIS
Between January 18th – February 26th 2017, Cathedral Choir Associate Director and professional baritone Costa Tsourakis performed the role of Don Magnifico in Rossini’s famous opera, “La Cenerentola” at the Theater Rudolstadt in Eastern Germany. His performance was praised locally in the German Newspaper “Ostthüringer Zeitung” for his resounding voice and impeccable comedic timing. Costa will also be making appearances as a Principal Artist with Sarasota Opera during the 2017 – 2018 season.
**A Cathedral Choir Wedding!**

Cathedral Choir professional Soprano Alyson Spina and Associate Music Director/Baritone Costa Tsourakis were married on June 24th, 2017 in Sudbury, Ontario, Canada. The wedding took place at St. Nicholas Greek Orthodox Church, presided over by former Cathedral Chanter and Pastoral Assistant, Reverend Athanasios Minetos.

Καλά στέφανα!
Congratulations!

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**INTERESTED IN JOINING?**

Join the choir after Summer Break in September. We are always interested in welcoming New Members!

For questions or more information, email choir@thecathedrality.org or call 212-288-3215.

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Visit The Cathedral Choir on Facebook and YouTube:
Search “Archdiocesan Cathedral Choir”

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**ARCHDIOCESAN CATHEDRAL CHOIR 2017**

**Director of Music,** Evey Simon

**Associate Director of Music,** Costas Tsourakis  
**Organist/Pianist,** Liza Wu

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* Denotes Regular Member

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**Cathedral Connect** is a ministry for young adults that was formed in the Fall of 2014 at the Holy Trinity Cathedral in NYC. The group’s mission is to promote community development through various community outreach, philanthropic, spiritual, cultural and social events as well as at coffee hour after church on Sundays! Since the group’s launch, “Connectors” have grown from a room of ten to a lively organization.

Cathedral Connect invites those that are interested to join our monthly planning meetings, which take place on the first Monday of every month at 7:30 pm in the Cathedral Boardroom.

To find out more information and to stay up-to-date with various Cathedral Connect activities, follow us on Facebook (CathedralConnect) and email connect@thecathedrality.org to join our mailing list and receive updates on our meetings and events.
The children enjoyed another year of participation with all the special events leading up to Easter. During the month of March and April we concentrated on Lent and Easter. We studied significant meanings of our many traditions and religious studies. The children began with a procession during palm Sunday’s service and continued until Easter. The children had a special retreat – The Saturday of Lazarus. On Good Friday, the children attended the Apokathelosis service and participated by placing flowers upon the Epitaphio and joining in the procession. There where over 100 children that attended the Apokathelosis service and received a special treat at the end of the service. On Good Friday evening services, there were 15 Myrrh-bearer’s girls. The girls helped spread flowers on the Epitaphio and received a special blessing from Archbishop Demetrios. The Myrrh-bearer girls were invited by his Eminence Archbishop Demetrios to accompany the procession around the church. The girls looked beautiful in their white outfits and white flowers.

We thank all the children with their help and participation. We thank the parents for bringing the children to church and to Sunday School. I also would like to thank our wonderful volunteer Sunday School teachers that teach the children every Sunday. We encourage all parents to bring their children to Sunday School to help our community grow. We look forward to seeing you!
Chicken Soup for Our Suffering Soul

by CHRISTINE ZEINER

Let’s face it. Life is challenging. Sometimes even more challenging than we care to admit. At those times, if you feel like you need two pounds of pasta, chocolate, or a few drinks to ease whatever is causing some type of pain or suffering in your life, know that there is an over-abundance of something much more effective right here at the Cathedral! Like the famous “Chicken Soup” books, the Cathedral has the perfect recipe for whatever is ailing you. And it is right here within your reach each and every day! If you’ve had the opportunity to attend one of our Lenten lectures this past Lent, you know what I am talking about. And I don’t mean the lentil soup. I mean the spiritual chicken soup that our outstanding speakers provided that fed, inspired, and lifted Him in our every thought, conversation, and activity, along with the normal challenges that we face, to keep us centered, to keep us grateful, and to keep us focused on what is most important in our lives. At the end of the lecture, Father Panteleimon said, “The complete JOY that you are feeling right now can only come from CHRIST.” At that moment, I realized that we were totally immersed in Him! We were basking in delight with Him! He was the focal point of our whole discussion, and He had our undivided attention. And I must admit that before the lecture began, I was feeling anything but joyful – not even close – rather I was feeling weighed down by the heavy burden of my own personal problems, as we all experience at one time or another… To my utter surprise, however, I felt completely filled – in fact I was overflowing – with an abundance of PURE JOY at that moment. Father Panteleimon knew exactly what he was doing during that hour and a half! He was strategically leading us, like a flock of starving sheep, slowly and gently, feeding us, spoonful by spiritual spoonful, of precisely what our souls were longing for, thirsting for, and hungering for, as they do each and every moment of our earthly existence! To be filled with the Ultimate Chicken Soup for our suffering souls is to be filled with our One and Only True Best Friend - CHRIST!

But I don’t want to end by leaving you salivating with great anticipation only for next year’s Lenten lectures! Please know that we have many other great chicken soup recipes here at the Cathedral!

Try our Wednesday morning Bible study “soup” at 9 am, or our Wednesday evening Spirituality Class “soup” at 7pm, or one of the many other Christ-centered ministries the Cathedral has to offer! Whatever your taste, know that we have the perfect “chicken soup for your suffering soul!” I enthusiastically and whole-heartedly invite you to try some!
The Annual Spring Luncheon took place on May 17, 2017, at The Loeb Central Park Boat House. As every year, this event was sold out. It was a perfect spring day! Our guests had fun shopping at the boutiques, enjoyed the delicious food, and were moved by the speech of our guest speaker, Michael Psilakis, an accomplished chef, restaurateur, cookbook author, and TV personality. Everyone received a copy of Mr. Psilakis’ book, “Live to Eat”, and had the opportunity to have it signed. The Annual Spring Luncheon benefits the Cathedral Philoptochos Scholarship Fund, which was established in 2007. The Fund helps students who attend the Cathedral School and are in need of financial assistance with their tuition. This year we were able to contribute $24,000. Thank you to our underwriters, sponsors, and guests who made this possible.

Over one hundred Philoptochos members attended the 3rd Annual DAD Lenten Retreat, held at the Chiotes Family Cathedral Center on Saturday, March 11, 2017. The Archdiocesan Cathedral Philoptochos was happy to host this event.

The Membership Committee of the Archdiocesan Cathedral Philoptochos Society held a Wine Tasting General Meeting on Tuesday, March 21, 2017.

This meeting was well attended and the guests enjoyed entertainment by the “Greek Goddess of Comedy” Ellen Karis.

Members of the Archdiocesan Cathedral Philoptochos marched in the Greek Independence Day Parade on Sunday, March 26, 2017, together with Rev. Fr. John Vlachos, members of the Cathedral Board, the Cathedral School, and the Cathedral community.

The Archdiocesan Cathedral Philoptochos Society sponsored the Easter eggs, which were distributed by His Eminence Archbishop Demetrios on Easter Sunday.

On April 25, 2017, our Philoptochos held a General Meeting at the Onassis Cultural Center. Following the meeting, our guests enjoyed a reception hosted by the Onassis Foundation USA, and a private and extensive tour of the exhibit “A World of Emotions: Ancient Greece, 700BC – 200AD”. Each guest received a book on this exhibit donated by the Onassis Foundation USA. Despite the heavy rain, approximately 70 people attended. It was a huge success.

On May 6, 2017, the DAD Biennial Conference took place at Saint Basil Academy in Garrison, NY.
Five Board Members represented our Philoptochos. The conference was highlighted with committee activity reports, various speakers, delegate nominations, and elections to the DAD Philoptochos Board for 2017-2019.

On Mother's Day, Sunday, May 14, 2017, the Archdiocesan Cathedral Philoptochos had an asklassia in honor of all their members.

Elections for the Archdiocesan Cathedral Philoptochos Board of Directors for the 2017-2019 term were held at the General Meeting on Tuesday, May 23, 2017, from 6-8pm at the Chiotes Family Cathedral Center.

As part of the “Feeding the Homeless” program initiated by the National Philoptochos, members of our Philoptochos will gather on Tuesday, May 30, 2017, at the Cathedral office to assemble meals and clothing to be distributed that evening to the homeless at the Penn Station area of New York City.

The Archdiocesan Cathedral Philoptochos will be making a contribution of $75,000 to sponsor the Family Lounge of St. Michael’s Home in Uniondale, NY. When the new St. Michael’s Home will be completed it will offer: Independent Living – Senior Residential Housing, Personalized Assisted Living, Alzheimer’s and Dementia Care, and Skilled Nursing Care. For more information on St. Michael’s Home, please visit www.stmichaelshome.org

In conjunction with the Jan Hus Presbyterian Church, Philoptochos provides a meal to about 100 homeless and low-income individuals every Tuesday as part of our Feed the Homeless program.

Philoptochos continues to support welfare cases as needed.

Our Philoptochos continues to host the Coffee Hour every Sunday throughout the year.

We are current in fulfilling our National Obligations:
- Vasilopita: Proceeds benefit Saint Basil Academy
- Social Services: Cancer and Other Major Illnesses Fund
- Autism Assistance Fund
- Saint Photios Shrine
- Orthodox Christian Missions
- Hellenic College Holy Cross Lenten Event
- Sisterhood of Saint Basil Academy
- International Orthodox Christian Charities (IOCC)
- 75th Anniversary Founders Fund
- Orthodox Christian Fellowship (OCF)

We have fulfilled our Direct Archdiocesan District obligations:
- Chapter Dues
- Hellenic Cultural Center
- Holy Cross Scholarship Fund
- St. Michael’s Home

Save the Date: Chrysanthemum Ball, Friday, November 10, 2017, at the Mandarin Oriental honoring Michael Psaros.

We hope you received the Cathedral Philoptochos Brochure and Stewardship Form for 2017 in the mail. You can also become a member of our Philoptochos by visiting the Membership page of our website, and downloading the Stewardship Form.

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-philochochos.com, for the latest news!
It is Our Responsibility, and Opportunity, to Make a Positive Impact

JIM GIANAKIS, Cathedral Board President

In Ancient Greece, every male at the age of eighteen, standing before his family and the altar, pledged to commit himself to leave the society “larger and better” than he had received it.

We have been blessed to inherit the richness and beauty of our Greek Orthodox faith, along with the historical significance and important standing of our Archdiocesan Cathedral, which serves as the episcopal seat of His Eminence Archbishop Demetrios, Geron of America, and the true National Cathedral.

Everyone who steps into our Cathedral marvels at its brilliance, highlighted by the incredible physical space and iconography, the joyous sounds of our choir and chanters, and the heartfelt sharing of young and old in the worship, fellowship and philanthropy of our faith. Our Cathedral is undeniably a special place.

Half way through 2017, I am privileged to witness our progress in that mission. The church has been full – every Sunday. Stewardship continues to climb with renewed and new support of our Cathedral and its various ministries, led by the Board of Trustees’ dedication of its invaluable time, incredible talents, and financial commitment. There has been a meaningful impact on our community through outreach and philanthropy to those in need. And we have enjoyed each other’s company in tremendous artistic, musical, cultural, political and social events that celebrate our Greek Orthodox culture and influence.

• In January, we hosted hundreds of professionals in business, law, medicine and various other professions to celebrate the new year and to strengthen the impact Greeks have in industry and society.
• In February, we began to engage engineers, architects and contractors to assist us in not only preserving the beauty of our Cathedral complex, but to truly transform it into a sound, safe, and vibrant multi-purpose space that can attract and serve generations to come.
• In March, we gathered hundreds of Cathedral faithful to join thousands more in the recognition of our Greek Independence.
• In April, we saw thousands, including dignitaries and visitors from around the world, attend beautiful services through Holy Week and Easter as we reflected on and rejoiced in the passionate foundation of our faith.
• By May, we were celebrating our Ladies Philoptochos Society, which embodies our spirit of philanthropy through its continued good works for our surrounding community, and our Cathedral School, which helps shape the intellect and character of our next generation.
• And in June, we gathered hundreds, with equally as many young adults bringing an unparalleled energy and excitement, to share a magiccal evening honoring Dr. Anthony Limberakis and the Archons of the Ecumenical Patriarchate at our 82nd Annual Cathedral Gala.

In September, we will continue this momentum by hosting a Taverna Night in our Cathedral’s Chiotes Family Hall to celebrate our community and to unveil exciting plans, which include significant capital improvements, a capital campaign, and a full calendar of upcoming events. We look forward to everyone joining in this special evening and to sharing in this collective effort to make a difference!

EVERYBODY CAN BE GREAT…
BECAUSE ANYBODY CAN SERVE…
YOU ONLY NEED A HEART FULL OF GRACE. A SOUL GENERATED BY LOVE.”
– DR. MARTIN LUTHER KING, JR.

Jim Gianakis,
Cathedral Board President

In Ancient Greece, every male at the age of eighteen, standing before his family and the altar, pledged to commit himself to leave the society “larger and better” than he had received it.
The Cathedral Board, with 100% participation, has collectively made a 2017 Stewardship pledge of $36,055, representing an average commitment of over $2,000. Please join us in sponsoring One Day or more for the benefit of our Cathedral and community.

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We thank all of our Cathedral Stewards (reflected here as of June 9, 2017) and encourage you to please submit a 2017 Stewardship Pledge Card along with any payment to allow us to update our records and to better communicate with you.

If any names have been mistakenly omitted from this list, please notify the church office and we will make corrections in our next newsletter.
The Cathedral School

Limited Openings for 2017-2018
(Nursery, PreK, Kindergarten and First Grade)

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With the End of the School Year
There is Much to be Thankful For

Cathedral students continue to excel at their academic endeavors, shine in their performances, and challenge themselves in ways that stretch their knowledge and imagination. Here are a few examples of the many reasons we have to be proud of our students:

Our 8th graders recently took the Ancient Greek Exam given by the American Classical League and every single one passed the test with honors. An amazing accomplishment for all of them and their teachers.

As part of our science curriculum, all of our middle school students are preparing months’ worth of research on one scientific subject matter. Our 6th graders completed a standard “scientific inquiry” project which involved choosing their own research question, doing research, formulating a hypothesis, conducting an experiment, recording quantitative data, creating a graph, and drawing various conclusions. Their work and findings are nothing less than exceptional and will be presented at our annual Science Fair in May.

49 of our students took the National Mythology Exam and more than half received awards of distinction.

As an example of the manner in which our school honors its Hellenic roots and celebrates Greek culture, several of our students have dedicated their afternoons to rehearsing the ancient tragedy, Antigone. Based on their rehearsals, their performance will undoubtedly be suburb and we look forward to watching this culturally significant and classic production in June.

We could not be more proud of our 8th graders this year who were accepted into the high schools of their choice, many of them are the most competitive public and private schools throughout New York City. Students were accepted to Eleanor Roosevelt High School, Loyola, Xavier, Baruch High School, Browning, Fordham Preparatory School and many others.

Success like this can only be achieved with a dedicated community. There have been many in the Greek community who have supported the Cathedral School. The Jaharis Family Foundation, the Philoptochos Society, alumnus Mr. Pericles Navab, the Niarchos Foundation to name a few. Similarly, our parents and alumni never cease to amaze us in their unwavering generosity. We are grateful for all those who have sustained the dreams of our children, celebrated in their successes and marveled at their accomplishments. They have made a significant contribution to the lives of our students, and for that, we are truly grateful.
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