



# CATHEDRAL *Life*

ARCHDIOCESAN CATHEDRAL OF THE HOLY TRINITY

September 2014

Monthly Newsletter

Volume 1, Issue 1

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## A Life Worthy of God



By Fr. John Vlahos  
Cathedral Dean

It is with profound joy and excitement that I officially greet you on this, the cover of our newly established monthly newsletter titled *CathedralLife*. I am immensely humbled that His Eminence Archbishop Demetrios of America has appointed me as your parish priest and I eagerly await the opportunity to serve you and become a special part of your life as you will be of mine. The collective welcome and warm embrace I have felt from each of you already makes me feel that our Lord has brought us together and for that I feel truly blessed.

We have a very bright future as a church community in Manhattan and beyond. Our several hundred families are infusing our parish with warmth, faith and goodness. Collectively, our talents and our treasures provide for us a springboard, which will propel us in our mission of becoming an even brighter beacon and vibrant witness of our Orthodox faith and ideals.

His Eminence Archbishop Demetrios richly inspired us with his keynote

address at the 2014 Clergy-Laity Congress in Philadelphia. The theme for the four day conference was, "The Orthodox Christian Family: The Dwelling of Christ and a witness of His Gospel."

The major components of our life have their beginnings and their fulfillment at the Cathedral: marriage, baptism, chrismation, family preparation and partaking of Holy Communion, the forgiveness of our sins and the healing of our souls through the sacraments of Holy Unction and Holy Confession.

We are called to be the norm-setting community; a stabilizing force for the secular society. When Christian marriages and families lose their sense of belonging and purpose within the community of faith, the Church is weakened; and lessened is Her ability to witness to Christ and His Kingdom. This is a great loss to a world in need of redemption.

As a Church, as a parish, as family and friends, we must be the constant voices of the Gospel. In faithfulness to our loving Lord who had compassion upon the downtrodden and unwanted persons of our world, we must seek out our friends in need, we must offer the resources necessary to sustain and transform lives, and we must never cease to give honor and glory to God for the work that was and will be accomplished through us. Through our friendships and acts of service and love, we will not only build an amazing parish community, but we will also bring Jesus Christ to souls that are crying out for compassion, healing, fellowship, and salvation.

Our primary purpose and spiritual  
*See Fr. John on page 4*

# SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Beginning of the Ecclesiastical New Year</b> 8am Orthros 9am Divine Liturgy	2 8am - 2pm Cathedral Sanctuary open for prayer	3 8am - 2pm Cathedral Sanctuary open for prayer  6:00pm Paraklesis 7:00pm Faith & Fellowship	4 8am - 2pm Cathedral Sanctuary open for prayer  <b>1st day of School</b> 6:00pm Nursery/Pre-K Orientation	5 8am - 2pm Cathedral Sanctuary open for prayer	6
7 <b>Registration Sunday</b> 8:45 Orthros 10:00 Divine Liturgy	8 <b>Nativity of the Theotokos</b> 8:00am Orthros 9:00am Divine Liturgy <i>Artoclasia &amp; Agiasmo for the New School Year following Divine Liturgy</i>	9 <b>Synaxis of Sts. Joachim &amp; Anna</b> 8:00am Orthros 9:00am Divine Liturgy	10 8am - 2pm Cathedral Sanctuary open for prayer  6:00pm Paraklesis 7:00pm Faith & Fellowship	11 8am - 2pm Cathedral Sanctuary open for prayer  11:30am Philoptochos Board of Directors Meeting	12 8am - 2pm Cathedral Sanctuary open for prayer  7:30am - 5:30am Lifeline Health Screening  6:00pm JOY Meeting	13
14 <b>Exaltation of the Holy Cross</b> 8:45 Orthros 10:00 Divine Liturgy <i>Sunday School Begins</i>	15 8am - 2pm Cathedral Sanctuary open for prayer  <i>Greek Afternoon School Begins</i>	16 8am - 2pm Cathedral Sanctuary open for prayer  6:00 Meet the Teacher Curriculum Night K-8	17 <b>St. Sophia &amp; Her Three Children</b> 8am Orthros 9am Divine Liturgy 6:00pm Paraklesis 7:00pm Faith & Fellowship	18 8am - 2pm Cathedral Sanctuary open for prayer  6:00 Bible Study with Fr. Robert	19 8am - 2pm Cathedral Sanctuary open for prayer  7:30am School PTA Welcome Breakfast 7:00 GOYA Meeting	20
21 <b>Sunday after the Feast of the Holy Cross</b> 8:45 Orthros 10:00 Divine Liturgy	22 8am - 2pm Cathedral Sanctuary open for prayer	23 8am - 2pm Cathedral Sanctuary open for prayer  6:15pm Cathedral School Admissions Open House	24 8am - 2pm Cathedral Sanctuary open for prayer  6:00pm Paraklesis 7:00pm Faith & Fellowship	25 8am - 2pm Cathedral Sanctuary open for prayer  6:00 Bible Study with Fr. Robert	26 <b>St. John the Theologian</b> 8am Orthros 9am Divine Liturgy  6:00ppm JOY Meeting	27
28 <b>1st Sunday of Luke</b> 8:45am Orthros 10:00am Divine Liturgy	29 8am - 2pm Cathedral Sanctuary open for prayer	30 8am - 2pm Cathedral Sanctuary open for prayer				

## Encyclical of Archbishop Demetrios for the Ecclesiastical New Year and the Day for the Protection of our Natural Environment

September 1, 2014

Beloved Brothers and Sisters in Christ,

As we commemorate this Feast of the Indiction, the beginning of the new ecclesiastical year, we ask our great and merciful God to “bless the crown of this year which His goodness has allowed us to begin” (Hymn of Orthros). It is His goodness and grace that has brought us to the beginning of one more ecclesiastical year and to another blessed cycle of the feasts and observances of our Holy Orthodox Faith. In anticipation of the marvelous and wonderful things our Lord will accomplish in our lives, parishes, and families, we look forward to the blessings that will come through our worship, prayer, and service.

This time of year is also the beginning of the academic year when our children, youth, and young adults return to school. In addition, it is the time in association with the new Church year and the academic year that our religious, Greek education, and day school programs begin in parishes throughout our Holy Archdiocese. These ministries are vital in teaching and nurturing our spiritual and cultural heritage among our youth, but they are also essential to the well-being of the Orthodox Christian family.

With our continued emphasis on the theme of our recent Clergy-Laity Congress, “The Orthodox Christian Family: A Dwelling of Christ and a Witness of His Gospel,” we begin this ecclesiastical year reflecting on the priority of strengthening families through the educational ministries of our parishes. It is also a time to focus on the important role of Christian education in the home.

In our sacred work of teaching, we must affirm that education in the parish and in the home involve a collaborative and committed effort on the part of clergy, teachers and parents. In addition to offering knowledge about our faith and Hellenic culture or teaching basic academic disciplines, programs in the parish should emphasize the identity of the Orthodox Christian family and offer resources that guide families in staying connected to God and the Church. Through worship, prayer, reflection, and teaching in the home, families should reinforce the guidance received through the educational ministries of the parish, nurturing family members in the faith and becoming a *kat’oikon ekklesia* – the Church in the home (Romans 16:5, Colossians 4:15).



The Orthodox Christian family that is strengthened and guided by the educational ministry of the parish becomes a dwelling of Christ and a witness of the Gospel. The members of the family are connected to God and to the primary mission of the Church. Children and youth are nurtured in the faith. They connect the values, ideals, and treasures of their cultural heritage to life today as an Orthodox family. And the family receives the wisdom and spiritual guidance needed to seek the potential of each member, to mature in Christ, to serve others, and to bring honor and glory to God.

As we reflect on the beginning of the ecclesiastical year and our ministry to families, we also recognize that this day has been designated by the Ecumenical Patriarchate as the Day for the Protection of our Natural Environment. With grateful hearts and as faithful stewards, we must also renew our commitment to protect all that God has created. We do this when we identify abuse, waste, and destructive practices and affirm the priority of sustaining and respecting life. We are also witnesses of our Creator and His grace when we seek to conserve, to renew, and to transform the world around us so that it is productive and beneficial for all people and for generations to come.

As we begin this new ecclesiastical year, I ask each of you to consider your efforts and concern for the natural environment and to make every effort to protect the created order. Regarding the family, I also ask all of our parishes to plan, evaluate, and offer the resources to ensure that our educational programs are helping families become Orthodox Christian families. May we make every effort to equip and edify families in unity of faith and the knowledge of the Son of God (Ephesians 4:13) so that each family member has the spiritual foundation to mature in the fullness of Christ, and the family becomes a dwelling of Him and a witness of His Gospel. Also, as we ask for our Lord’s generous blessings through the cycle of this year, may we also pray that He will keep our families and the natural environment in peace, safe and secure from all harm.

With paternal love in Christ,

†DEMETRIOS  
Archbishop of America

## Fr. John: A Life Worthy of God

*Continued from pg. 1...*

calling is not to struggle in a world where “only the fittest survive.” Rather we are invited to share, to be vulnerable, to journey on a new way of life that Christ shows us on the Cross. In the Church, we feel at home and we speak our native language—the language of God our Father—which is reconciliation and love. We know that God exists because we are embraced warmly and accepted unconditionally and we in turn are to make our Cathedral the Inn where the Good Samaritan brings us people to embrace, love, support and accept (cf. Luke 10:25-37). The Church, the Inn, is the place where we too are being healed and sanctified.

The Church is the place where we deflate our puffed up egos and correct our sinful habits.

The Church is the place where we empty ourselves and allow God to fill us.

The Church is where we hear the Word of God and these Words of Life may jolt us if we are living selfishly and in opposition to Christ’s teachings.

The Church is the place where we grow closer to God and to our brothers and sisters.

The Church is the place where God continually pours out His mercy and forgiveness.

The Church is the place where we are cleansed and filled to overflowing with joy and peace so that we can go back to our jobs, our schools, our supermarkets and our homes as new people who are willing and able to be sources of love and comfort and hope to all that we come into contact with.

St. Augustine said, “Without God, we cannot. Without us, God will not.”

*He has no hands but our hands  
To do His work today,  
He has no feet but our feet  
To lead man on his way  
He has no voice but our voice  
To tell men how He died,  
He has no help but our help  
To lead men to His side.  
-- Annie Johnson Flint*

My family and I look forward to our new lives with you all. May God bless our spiritual journey together!

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## From our Parish Council President, Mr. Dean Poll

Dear Fellow Parishioners,

Welcome back from your summer vacations. Every season has special and unique occurrences, and with each new season there are new beginnings. Summer is a season that everyone looks forward to, as families go on vacation, spend quality time together, and take some well-deserved time off. A new season and a new beginning occurred this summer at our beloved Holy Trinity Cathedral! As you know, on June 22nd, His Eminence, Archbishop Demetrios, installed Father John Vlahos as Dean of the Archdiocesan Cathedral of the Holy Trinity.

I am very excited for our community and our entire Cathedral family that Father John is here! In fact, Father John has been part of the Cathedral family for years because fourteen years ago, in July 2002, he was appointed Deacon to His Eminence, Archbishop Demetrios of America, in which capacity he served until January 2006. We welcome Father John and his family back to the Cathedral. Father John and Presvytera Tina have two daughters, Steliani and Andreana.

You will find Father John’s background, personality, humility, and approach will be perfect for the Cathedral. Most of all you will want to hear his sermons as they are engaging and spiritually uplifting. Father comes to us from the Church of the Holy Resurrection in Brookville, NY, where he served faithfully as Proistamenos for 6 years. He was very successful in serving the Brookville community and introducing new ministries to that parish. Father John intends to refine our prior ministries and add new ministries to our Holy Trinity Cathedral. These ministries will energize and engage our community and bring us closer together as a family.

I still remember my parents bringing me to the Cathedral as a young boy and the impact it had on me then and still to this day. That same great feeling is what I want all the children of the Cathedral to feel. It is a privilege to serve as President of the Cathedral Council and to be working closely with Father John, the Cathedral Council, Cathedral Philoptochos, Cathedral School, and our parishioners. Together, our community, families, and future generations will enjoy a spiritual home in Christ’s name.

Sincerely yours,

Dean J. Poll  
2014 Cathedral Council President



## Statement by His All-Holiness Ecumenical Patriarch Bartholomew On the Present Violence in Iraq

Aug 13, 2014

The recent wave of violence against innocent families and children in Iraq has rendered the world shocked and horrified. We will not remain indifferent or silent before such irrational persecution, cultural intolerance and appalling loss of life, especially when it is caused by religious hatred and racial hostility.

The targeting of tens of thousands of Christians (including Arameans, Chaldeans, and Assyrians) and other religious minorities (including Turkmens, Yazidis, and Kurds) can never be justified in the name of any religious creed or conviction.

What we are witnessing before our eyes in Iraq is the uprooting not simply of a religious minority – in this case the Yazidis, whose very existence is being threatened – but of an entire civilization. The victimization and extermination of women and children, as well as of the elderly and disabled, for any reason whatsoever – much more so in the supposed name of religious conviction – is a repudiation of our own future. Such calamity and cruelty of adherents to one religion can never be defended by cowardly and falsely invoking another religion. Such brutal acts are categorically unacceptable and unjustifiable before both God and humankind.

Violence never is pacified by violence, and hatred is only overcome by tolerance. Knowing that true and lasting peace only comes to pass through genuine encounter and



dialogue, we call upon religious leaders and political authorities in this wounded region to promote conversation to resolve dispute, and to support peaceful means to overcome conflict.

We implore the same of all leaders in other parts of the world, especially in Gaza and Israel, in order that those conflicts, too, may not further escalate at the expense of more human life. It is precisely for this reason that, at the invitation of Pope Francis, we gathered in Rome for an interfaith summit of peace with Presidents Peres and Abbas last June.

The situation in Iraq is especially critical. The humanitarian predicament is more urgent than ever. Our response must be immediate and tangible. Therefore, we appeal to every responsible organization and every person of good will – beyond any support through perpetual and persistent prayer – to assist with material and humanitarian resources so that these innocent victims may no longer endure hunger, suffering, and death.

It is our wholehearted hope and fervent prayer that the God of love – worshipped by Jews, Christians and Muslims alike – may prevail over the false idols of fanaticism and prejudice. May the compassionate Lord grant peace to all.

*At the Ecumenical Patriarchate, the 13th of August, 2014*

## Cathedral Hosts the 2014 New York City CROP Hunger Walk

By John Paterakis

On Sunday, May 4th, churches from across New York City came to the Cathedral to join together in the annual CROP Hunger Walk. Although the Archdiocesan Cathedral has participated in the Walk for many years, this is the first time that we had the opportunity to host the Walk.

Teams from ten other churches came to the Cathedral, including a team from the Church of the Annunciation and one from the OCA Cathedral (Protection of the Theotokos.) In addition, our neighbor church on York Avenue and 74th Street, the Episcopal Church of the Epiphany, joined for the first time. This year, Walkers had a choice between a short (1½ mile) walk and a longer (3½ mile) route. The teams enjoyed delicious snacks graciously



donated by William Poll Caterers, who also provided water for the trek to Fifth Avenue Presbyterian Church.

With thirteen walkers, our Cathedral had one of the largest teams present. Our team had a wonderful time making new friends and raising awareness about hunger and poverty. The Cathedral raised over \$5,500, which was the second highest total in New York City (and close to our Cathedral record.) Overall, the Walk raised more than \$23,000, which supports four soup kitchens and food pantries in New York, as well as the global efforts of Church World Service.

A big THANK YOU to our Walkers, to the members of the Cathedral who sponsored Walkers, and to everyone who helped to welcome our guests. The 2015 Walk will be on Sunday, May 3rd ... save the date!

# 2014 STEWARDSHIP AS OF AUGUST 28, 2014

*Our 2014 Stewardship goal is \$500,000. As of August 28, we have received 246 pledges in the amount of \$141,205. 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.*

Fr. John & Presvytera Tina Vlahos	Mr. Nicholas Diacou	Ms. Stephanie Kiahtipes
Drs. A. Reese & Katerina Tsirilakis Abright	Mr. & Mrs. Stephen & Mary Diacrussi	Mr. Emmanuel Kladitis
Mr. & Mrs. Michael Ambrosino	Dr. Dennis Dickos	Mrs. Mary Kladopoulus
Dr. Panagiota Andreopoulou	Mrs. Eugenia C. Doscas	Mr. & Mrs. Theodore P. & Linda Klingos
Mr. George Andreou	Mr. & Mrs. William & Sheila Doscas	Mr. & Mrs. William & Joni Knight
Mr. & Mrs. Anthony & Barbara Andrikopoulos	Ms. Maria Drakatos	Mr. Demetri Kofinas
Professor Marina Angel	Mr. & Dr. Ann Mr. Christopher & Ann Ebe	Mr. George Konomos
Anonymous	Mr. Peter J. Economou & Ms. Lillian Moya	Miss Alice Kontokosta
Ms. Antonia Antonopoulos	Mrs. Bessie & Robert B Economou-Pease	Mrs. Pauline Kotsilimbas
Mr. & Mrs. Nicholas & Vily Apostolatos	Mr. & Mrs. Kenneth & Joy Eipel	Mr. P. Nicholas Kourides & Ms. Lusyd Doolittle
Mr. John Apostolides	Mr. & Mrs. Paul & Helen Emanuel	Mrs. Jeannie Kouros
Mr. Michael Apostolides	Mr. Nicholas Fengos & Dr. Katherine Kostakos Fengos	Mr. & Mrs. Nicholas & Maria Koutsomitris
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Mr. & Mrs. Anthony & Anna Bergamo	Mr. & Mrs. John & Aglaea Gavaris	Mr. & Mrs. George J. & Tana A. Lambrakos
Mr. Dave Bolon & Mrs. Athena Remolina	Mr. & Mrs. Steven & Tina Georgeou	Mr. & Mrs. T. W. & Amelia Lee
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Mr. Justin Bozonelis	Mr. & Mrs. John & Zephera Georges	Ms. Elly Letsiou
Ms. Cris Bratsis	Ms. Francea Georgiou	Mrs. Helen Liaskos
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Ms. Catherine Callas	Mr. & Mrs. Randall & Eleni Gianopolus	Mrs. Maria Lyras
Dr. Yvonne Callas	Mr. & Mrs. Frank J. & Nomiki Gombolay	Mr. & Mrs. William Maguire & Joanne A. Zervos
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Ms. Demitra Chairėti	Mr. Sotirios Hantzarides	Dr. & Mrs. George & Olga Maragos
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Dr. & Mrs. Lambros Comitas	Mr. & Mrs. George Kaneris & Christina Tsesmelis Kaneris	Mr. Michael Mitchell
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Mrs. Marie Contopoulos	Dr. & Mrs. Arthur & Catherine Karanas	Mr. Evangelo Mondo
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Ms. Niki Devaris Morgulis	Dr. Katherine Kaye	Dr. Aphrodite Desiree Navab

# 2014 STEWARDSHIP AS OF AUGUST 28, 2014

Mr. Chris Neamonitis	Mr. & Mrs. Thomas & Kathleen Sarakatsannis	Mrs. Vasiliki Triandafillou
Dr. & Mrs. Peter & Angelica Sigalos Nelson	Ms. Lucia Sarchisian	Mr. Nicholas Tsacoyannis
Mrs. Bess Nicholas	Mrs. Constantina Sarris	Mr. George S. Tsandikos
Ms. Anna Nolan	Ms. Nancy Savaides	Mr. Nick Tsoukaris
Mr. & Mrs. Demetrius & Beth Krettecos Nonas	Mr. Constantine Scopas	Mr. Costa Tzotzis
Dr. Jerome Norton & Dr. Eleni Marcantonis	Mrs. Marielle Segal	Fr. & Diakonissa Constantin & Alexandra Ursache
Mr. Daniel Salym Padovano	Ms. Rochelle Serlin	Mr. & Mrs. John & Karen Vagelatos
Mr. Peter Panagiotopoulos	Mr. & Mrs. Alex Sherer & Barbara Aurecchione-Sherer	Ms. Viola Valvis
Mrs. Argyro Pantazopoulos	Mr. & Mrs. Todd & Paula Sherman	Ms. Katherine Vandris
Ms. Kristina Pantelides	Mr. Dimitri Sigounas	Mrs. Theodora Vardis & Mr. Fredrick Salusbury
Mr. & Mrs. George & Stephanie Pantelidis	Mr. & Mrs. Omar & Amanda Sihweil	Dr. & Mrs. Constantine & Anastasia Vardopoulos
Fr. & Diakonissa Panteleimon & Georgia Papadopoulos	Mr. Jason Simos	Mr. John Vavilis
Mr. & Mrs. Nicholas & Pauline Papain	Mr. William Smythe & Ms. Katina Stergagos	Mr. Dorian A. Vergos & Mrs. Maria Pyrros-Vergos
Mr. Alex Pappas	Amb. & Mrs. Michael & Estelle Sotirhos	Mr. & Mrs. Theodore & Georgia Veru
Mr. John Paterakis	Ms. Georgia Sotiropoulos	Ms. Susan Vlamis
Mr. Paul Perakis	Mrs. Ourania Soumas	Mrs. Maria Vlock
Mr. Daniel & Katerina Pergola	Mr. & Mrs. William & Maria Spears	Mr. Nikolaos C. Vourkas
Dr. Marinos Petratos	Ms. Helen Speronis & Ms. Aristeia Halkedis	Ms. Katerina Williams
Ms. Rodothea Poli	Mr. & Mrs. Gregory & Elaine Nichas Stamoulis	Ms. Lydia Xynogala
Mr. & Mrs. Dean & Linda Poll	Mr. Erec Stebbins & Ms. Nina Papavasiliou	Mrs. Constantina Yanos
Dr. George Poll	Ms. Maria Stefanatos	Dr. & Mrs. George & Maria Yatrakis
Mr. Christos Polymeropoulos	Ms. Mary Stell	Mr. Vasilius Antonios Yialamas
Mr. Peter Poulos	Ms. Ilya Stephano & Sean Patrick Griffin	Mr. & Mrs. Andrew & Thalia Yiannakos
Mr. Gerard Pregoner & Ms. Tania Papayannopoulou	Ms. Katina Stergagos	Mr. & Mrs. Jack & Carol Zacharias
Mrs. Lila Prounis	Mr. & Mrs. Christopher & Mary C. Stratakis	Dr. Charles Zaroulis
Mr. & Mrs. John J. & Peggy Pyrovolakis	Dr. & Mrs. Charles & Effie Strouthides	Ms. Gail Zeheralis
Mr. & Mrs. William & Janice Randolph	Mr. Anthony Stylianou	Ms. Christine Zeiner
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Mr. Basil Regan	Dr. Apostolos Tambakis	Mr. & Mrs. Sotiri & Lea Zervoulis
Mr. Thomas M. Rieger & Ms. Anna Panayotou	Mr. & Mrs. Paul & Kali Theofanous	Mr. Loukas Zoumas & Ms. Mary O'Connell
Mr. & Mrs. George E. & Demetra Safiol	Mr. Kosmas Toskos & Mrs. Claudia Pohorilenko	
Mr. Mike Sakellis & Ms. Ifigenia Maris	Ms. Megan H. Tourlis	

## 2014 Cathedral Council

### Executive Committee:

V. Rev. Fr. John Vlahos - Dean of Cathedral  
 Dean Poll - President  
 Steven Cherpelis - 1st Vice President  
 Dorothy Poli - 2nd Vice President  
 Elias Lambiris - Treasurer  
 Chris Neamonitis - Secretary

### Council Members:

Justin Bozonelis	Dimitra Manis
Peter Chrisanthopoulos	Catherine Moutoussis
Jim Gianakis	Jim Pantelidis
Dr. Antoine Harovas	Nick Tsoukaris
Pauline Kotsilimbis	Andrew Yiannakis

## 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](mailto:info@thecathedralnyc.org)

Fr. John Vlahos, Cathedral Dean  
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 Athanasios Minetos - Pastoral Assistant/1st Chanter  
[athanasios@thecathedralnyc.org](mailto:athanasios@thecathedralnyc.org)  
 Alexandra Antoniadis - Office Manager  
[alexandra@thecathedralnyc.org](mailto:alexandra@thecathedralnyc.org)  
 Constantine Chrysson - Director of Music Ministries  
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 John Paterakis - 2nd Chanter/Office Assistant  
[pateraki@pipeline.com](mailto:pateraki@pipeline.com)  
 Tania Papayannopoulou - Wedding Coordinator  
[tania@thecathedralnyc.org](mailto:tania@thecathedralnyc.org)

## A Classic Education for the 21st Century Learner



By Theodore P. Kusulas  
Head of School  
The Cathedral School

A kaleidoscope is composed of individual pieces forming a pattern. You turn the kaleidoscope and the pattern changes, but the pieces remain the same. Each pattern is unique, but formed from the same components. We are all pieces of patterns. I'm humbled to be the new Head of School and a piece of the TCS pattern; a turn and it becomes the pattern of family, of church, of community.

Every organization has a culture. The culture is the embedded ways of doing things. To change the culture of an organization may take the ability to move the Titanic, a river boat, or a sail boat. As Socrates taught, the secret of change is to focus all our energy not into fighting the old, but building the new. Effective, lasting change occurs not with random actions, but rather with a commitment to a new way of doing things. "Examine everything carefully and hold onto that which is good" (1 Thessalonians 5:21).

It is my strong belief that The Cathedral School (TCS) is a good school, "A well kept secret on the upper east side." Together school, home, church and community can "re-culture" TCS into a "great" school: "A gem on the UES."

With a new school year, the kaleidoscope is about to turn again. New patterns are going to be created...with opportunities & challenges. However, my caution to all of us is, "If we always do what we have always done, we will get what we always got." Let us celebrate our new beginning by valuing the key strength of The Cathedral School, in that it offers our children an education rooted in Hellenic and Orthodox values, traditions & beliefs.

### The Cathedral School Greek Afternoon Program

We are excited to announce the beginning of a great new ministry of our Cathedral School starting this September! The Greek Afternoon Program at The Cathedral School provides children and adults alike the opportunity to learn about Greek language and culture. The program offers a variety of classes including language, history, dance, and art. Classes are held Monday – Friday afternoons as well as Saturdays and are available for several age groups and learning levels. For any questions about this fantastic opportunity, please contact our Greek Afternoon School coordinator Debbie Tsafos at [dtsafos@cathedralschoolny.org](mailto:dtsafos@cathedralschoolny.org).



### Cathedral School 2014

Visit our website: [www.cathedralschoolny.org](http://www.cathedralschoolny.org)

#### Cathedral School Board

V. Rev. Fr. John Vlahos, Cathedral Dean  
Theodore P. Kusulas - Head of School  
Dimitra Manis - Chairperson of School Board  
Elias Lambiris - Treasurer  
Barbara Aurecchione-Sherer - Secretary  
Robert Shaw - Trustee  
Peggy Sotirhos Nicholson - Trustee

#### Contact Information

Theodore P. Kusulas - Head of School  
[tkusulas@cathedralschoolny.org](mailto:tkusulas@cathedralschoolny.org)  
Athena Efter - Cathedral School Administrator  
[aeter@cathedralschoolny.org](mailto:aeter@cathedralschoolny.org)  
Debbie Tsafos - Greek Afternoon School Coordinator  
[dtsafos@cathedralschoolny.org](mailto:dtsafos@cathedralschoolny.org)  
General Information  
[info@cathedralschoolny.org](mailto:info@cathedralschoolny.org)  
Bill Mihos - Parents Association President  
[PA@cathedralschoolny.org](mailto:PA@cathedralschoolny.org)



## PHILOPTOCHOS



## Update from the Desk of the Cathedral Philoptochos President

By Catherine Moutoussis  
Cathedral Philoptochos President

The Philoptochos Annual Spring Luncheon, held on Friday, May 2, 2014, at the Loeb Central Park Boat House was a sold out event. Our guest speaker was Arianna Huffington, who is the chair, president and editor-in-chief of the Huffington Post Media Group, as well as a nationally syndicated columnist and author of 14 books. Ms. Huffington presented her newly published book, Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder. Proceeds from our Spring Luncheon benefited the Cathedral Philoptochos Scholarship Fund which was established in 2007. By donating \$10,000 to this Fund annually, our Philoptochos is able to help students attending the Cathedral School who are in need of financial aid with their tuition.



*Guest speaker Arianna Huffington addresses the Attendants of the 2014 Annual Spring Luncheon  
Photo taken by Mr. Demetri Panagos*



Our major fund-raiser, *The Chrysanthemum Ball*, will take place on Friday, November 7, 2014 at the Metropolitan Club in New York City. Our honoree this year is Aphrodite Skeadas. We hope you will participate in making this year's Ball as much of a success as last year!

For more information regarding upcoming events, for membership information, and to find out more about the important work we do, please visit our website: [ac-philoptochos.squarespace.com](http://ac-philoptochos.squarespace.com). We encourage everyone to read our membership brochure and newsletter, which we publish twice a year. In order for

Philoptochos to be successful in its mission in providing help to those in need, we need everyone's support. If you know of anyone in our community who needs help, please contact us by calling 212-288-3215 or via email at [philoptochos@thecathedralnyc.org](mailto:philoptochos@thecathedralnyc.org). May we all have a blessed and fruitful 2014-2015 ecclesiastical year!



*Dedicated members dying eggs for Pascha*



*The Cathedral Philoptochos on their trip to St. Michaels Home for the Elderly*

## Cathedral Youth Ministry Excited to Announce Growing Programs

By Thanasi Minetos  
Pastoral Assistant

We are pleased to announce our Fall 2014 - Spring 2015 youth ministry programs. At the Cathedral, we offer programs for all of our children from aged 40 days old to 18 years old. Each program has several enthusiastic volunteers from our community, and we are ready to start what looks to be a fun and exciting year.

Over the past two years, we have developed both a JOY group (ages 7-12) and GOYA (ages 13-18). Both of these groups started with a few, proud members, and has taken off into very successful ministries of our Cathedral. Starting this fall, we are excited to continue and improve these programs in order to fully integrate the future of our Orthodox faith into the Cathedral community.

In addition to these great programs, we are also introducing two new programs to incorporate more young people into our community. The first is entitled 'Little Angels,' a group geared towards children from about 2 months old until 3 years old. Little Angels will attempt to introduce the Orthodox Christian faith early, so that the love of Christ is kindled in their hearts from before they can remember.

The second new group that we will be introducing this new ecclesiastical year is HOPE. In HOPE gatherings, children from ages 4-7 can gather to learn

more about the Church, what we believe in, and Orthodox Christian holidays that we celebrate throughout the year, among many other topics. Of course, no HOPE meeting would be complete without singing, making crafts, playing games, having free time, and developing fruitful Orthodox Christian relationships that will last a lifetime.

While the development of these ministries is encouraging, we need your help. If you are interested in volunteering your time and talent to any of these wonderful ministries, please contact us.

The best way for our children to learn more about how to live a Christ centered life is through the examples of the adults. If you cannot donate your time or your talent, consider making a small donation to the Cathedral for the development of these ministries. Even something as simple as donating the cost of a few pizzas can go a long way in making a

Child's experience of the Church memorable. In order for both the Cathedral and our beloved Greek Orthodox Archdiocese of America to grow, we must cultivate a spirit of love, kindness, forgiveness, and service in our Children.

Last year was a fantastic success for the youth ministry of the Cathedral. Together, we can make this year an even greater success. To volunteer, to get more information, or if you have any questions, please feel free to contact me by calling 212-288-3215 ext. 141, or by e-mailing [athanasios@thecathedralnyc.org](mailto:athanasios@thecathedralnyc.org).



# Cathedral Sunday School

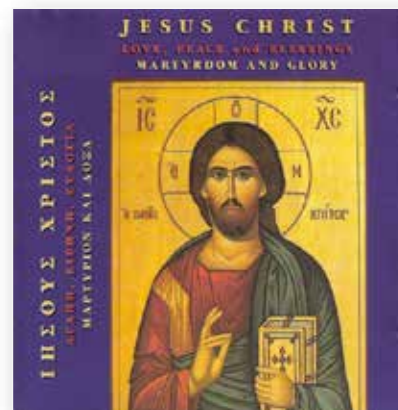
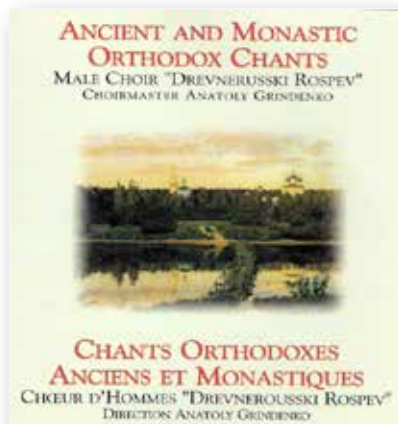
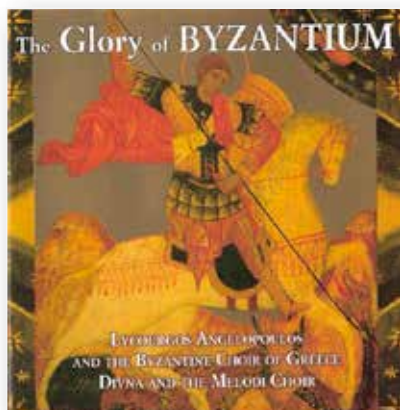


*“Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs.” - Mark 10:14*

Registration will be held in the Narthex of the Cathedral Sanctuary on Sunday, September 7th following Divine Liturgy.

For more information, please contact  
Effie Doscas Butler at [edoscas@zbi.com](mailto:edoscas@zbi.com)

## Visit The Cathedral Bookstore!



Books, Spiritual Items, CDs, DVDs, Icons, and Much More!

Every Sunday following Divine Liturgy in the Cathedral Center Lobby

To make an order request or for general information about our bookstore, please contact Charles Connant at [ceconnantjr@verizon.net](mailto:ceconnantjr@verizon.net)



# Cathedral HOPE Registration

*HOPE is a program that is geared towards children ages 4-7. Meetings will include activities such as games, crafts, and free time, all while learning about being a good Orthodox Christian.*

Parent or Guardian's Names: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email Address (required): \_\_\_\_\_

***\*Please write clearly***

Child's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Does your child have any medical conditions, food allergies, or special needs that we should be made aware of? If so, please explain: \_\_\_\_\_  
\_\_\_\_\_

*Medical Release:*

*In the event of sudden illness, injury or emergency, I authorize the HOPE of Holy Trinity Cathedral, the Board/advisors to administer first aid or secure medical care if necessary during a HOPE function. This includes medical care and treatment by a first aid station, physician or hospital.*

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

***Please Check one or more of the following areas that you can help:***

\_\_\_ Assistant at Meetings

\_\_\_ Phone Calls/e-mails

\_\_\_ Crafts

\_\_\_ Music

\_\_\_ Games

\_\_\_ Event Planning

*\*Registration forms may be submitted via email to Thanasi Minetos at [athanasios@thecathedralnyc.org](mailto:athanasios@thecathedralnyc.org)*



# Cathedral Joy Registration

*The Cathedral JOY program aims to connect children ages 7-12 in a spirit of love, joy and fellowship. Every JOY meeting includes games, food, crafts, and learning about Christ.*

Parent or Guardian's Names: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email Address (required): \_\_\_\_\_

***\*Please write clearly***

Child's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Does your child have any medical conditions or special needs that we should be made aware of?  
If so, please explain: \_\_\_\_\_

***Medical Release:***

*In the event of sudden illness, injury or emergency, I authorize the JOY of Holy Trinity Cathedral, the Board/advisors to administer first aid or secure medical care if necessary during a JOY function. This includes medical care and treatment by a first aid station, physician or hospital.*

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

***Please Check one or more of the following areas that you can help:***

\_\_\_ Assistant at Meetings

\_\_\_ Phone Calls/e-mails

\_\_\_ Crafts

\_\_\_ Music

\_\_\_ Games

\_\_\_ Event Planning

*\*Registration forms may be submitted via email to Thanasi Minetos at [athanasios@thecathedralnyc.org](mailto:athanasios@thecathedralnyc.org)*

# Altar Boy Registration



*Answer the call to serve Christ in the holiest of places.  
For grades 4 and above*

Name \_\_\_\_\_ D.O.B \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Parent's Name \_\_\_\_\_

Parent's Cell \_\_\_\_\_

Parent's e-mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Medical Conditions \_\_\_\_\_

Allergies \_\_\_\_\_ Medications \_\_\_\_\_

*\*Registration forms may be submitted via email to Thanasi Minetos at [athanasios@thecathedralnyc.org](mailto:athanasios@thecathedralnyc.org)*



# GOYA Registration

**Bringing Orthodox High-schoolers together in a spirit of fellowship, service, and love.**



Name \_\_\_\_\_ D.O.B \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

GOYAn's e-mail \_\_\_\_\_

Parent's Name \_\_\_\_\_

Parent's Cell \_\_\_\_\_

Parent's e-mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Medical Conditions \_\_\_\_\_

Allergies \_\_\_\_\_ Medications \_\_\_\_\_

*I/We, the undersigned parent(s) or legal guardians(s) of the above-named minor, know that I may not be available to authorize medical care of said minor child in the event of an emergency. I wish to appoint the GOYA advisors of Holy Trinity Archdiocesan Cathedral to act in my place in my absence and to give such authorization. This authorization is intended to give the right to GOYA advisors to give consent to authorize emergency medical care.*

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

*\*Registration forms may be submitted via email to Thanasi Minetos at [athanasios@thecathedralnyc.org](mailto:athanasios@thecathedralnyc.org)*

Archdiocesan Cathedral of the Holy Trinity  
337 E 74th Street  
New York, NY 10021

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## **Faith and Fellowship Night at the Cathedral** **Every Wednesday Evening**

*Paraklesis - 6:00pm in the Cathedral Sanctuary*

*'Faith and Fellowship' Gathering - 7:00pm in the Cathedral Hall*

Join us to discuss: Holy Scripture, the Fathers, and other aspects of the Orthodox Faith  
For more information, call 212-288-3215.

*Light refreshments will be served.*

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## **Bible Study with Fr. Robert** **Every Thursday evening at 6:00 starting Sept. 18** Please contact the Cathedral Office for more details

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## **Advertise your Business on our Newsletter!**

**This is a great way to highlight your profession, talents and abilities,  
all while helping to support our Holy Cathedral.**

**To advertise, call the Cathedral Office - 212-288-3215**

**Business Card Ads - \$75**  
**Half Page Ads - \$300**

**Quarter Page Ads - \$150**  
**Full Page Ads - \$600**