“The three most great luminaries of the Three-Sun Divinity have illumined all of the world with the rays of doctrines divine and true; they are the sweetly-flowing rivers of wisdom, who with godly knowledge have watered all creation in clear and mighty streams: The great and sacred Basil, and the Theologian, wise Gregory, together with the renowned John, the famed Chrysostom of golden speech. Let us all who love their divinely-wise words come together, honouring them with hymns; for ceaselessly they offer entreaty for us to the Trinity.”

- Apolytikion of the Three Hierarchs, Celebrated January 30th
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<th>Sunday</th>
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<td>18 Sts. Athanasios and Cyril of Alexandria</td>
<td>19 8am - 2pm Cathedral Sanctuary open for</td>
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<td>21 St. Maximos the Confessor 8am Orthros 9am</td>
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<td>19 15th Sunday of Luke</td>
<td>20 8am - 2pm Cathedral Sanctuary open for</td>
<td>21 Removal of the Relics of St. John</td>
<td>22 8am - 2pm Cathedral Sanctuary open for</td>
<td>23 Three Hierarchs 8:30 Orthros 10am Divine</td>
<td>30 8am - 2pm Cathedral Sanctuary open for</td>
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<td>Divine Liturgy</td>
<td>Chrysostom 8am Orthros 9am Divine Liturgy</td>
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<td>1 (FEBRUARY) Sunday of the Publicans and</td>
<td>25 8am - 2pm Cathedral Sanctuary open for</td>
<td>27 St. Stamatios, Nicholas &amp; John of</td>
<td>28 8am - 2pm Cathedral Sanctuary open for</td>
<td>29 Three Hierarchs 8:30 Orthros 10am Divine</td>
<td>30 Three Hierarchs 8:30 Orthros 10am Divine</td>
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<td>the Pharisees 8:45am Orthros 9:45am</td>
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<td>Divine Liturgy Triodion Begins Today</td>
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<td>11am Philoptochos Board of Directors Meeting</td>
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<td>8 Sunday of the Prodigal Son</td>
<td>30 8am - 2pm Cathedral Sanctuary open for</td>
<td>31 St. Haralambos 8am Orthros 9am Divine</td>
<td>32 8am - 2pm Cathedral Sanctuary open for</td>
<td>33 Philoptochos ‘Go Red’ Campaign</td>
<td>34 Philoptochos ‘Go Red’ Campaign</td>
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<td>34 Philoptochos ‘Go Red’ Campaign</td>
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<td>15 Judgement Sunday (Meatfare Sunday)</td>
<td>35 St. Theodore of Tyro 8am Orthros 9am</td>
<td>36 8am - 2pm Cathedral Sanctuary open for</td>
<td>37 8am - 2pm Cathedral Sanctuary open for</td>
<td>38 8am - 2pm Cathedral Sanctuary open for</td>
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Triodion Begins Today

15th Sunday of Luke
8:45am Orthros 10:00am Divine Liturgy
2014 Cathedral Board

Executive Committee:
Rev. Fr. John Vlahos - Dean of Cathedral
Dean Poll - President
Stephen Cherpelis - 1st Vice President
Dorothy Poli - 2nd Vice President
Peter Doukas - Treasurer
Elias Lambiris - Assistant Treasurer
Chris Neamontis - Secretary

Board Members:
Justin Bozonelis
Peter Chrisanthopoulos
Jim Gianakis
Dr. Antoine C Harovas
Pauline Kotsilimbas

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
Athanasios Minetos - Pastoral Assistant/1st Chanter
athanasios@thecathedralnyc.org
Alexandra Yiannakos Antoniadis - Office Manager
alexandra@thecathedralnyc.org
John Paterakis - 2nd Chanter/Office Assistant
pateraki@pipeline.com

If you would like to volunteer your time or talent in any capacity at the Cathedral, please call our office (212-288-3215) and speak to either Alexandra or Thanasi.

Cathedral School 2014

Visit our website: www.cathedralschoolny.org

Cathedral School Board
Rev. Fr. John Vlahos, Cathedral Dean
Theodore P. Kusulas - Head of School
Dimitra Manis - Chairman 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
Athena Efter - Cathedral School Administrator
eafter@cathedralschoolny.org
Debbie Tsafos - Greek Afternoon School Director
dtsafos@cathedralschoolny.org
Bill Mihas - Parents Association President
PA@cathedralschoolny.org
General Information - info@cathedralschoolny.org

Cathedral Ministry Leaders
Cathedral Board: Dean Poll, DPoll@pollgroup.net
The Cathedral School: Theodore P Kusulas, tkusulas@cathedralschoolny.org
Philoptochos: Catherine Moutoussi, catherine Menits@aol.com
Stewardship: Peter Chrisanthopoulos, chrisanthop@aol.com
Bookstore: Charles Connant, ceconnantjr@verizon.net
Sunday School: Effie Doscas, EDoscas@zbi.com
Welcoming Committee: Effie Demopoulos, ed.2185@hotmail.com
Greek Afternoon School: Debbie Tsafos, dtsafos@cathedralschoolny.org
Altar Boys: Nicholas Diacou, ndiacou@gmail.com
Young Adults: Justin Bozonelis, jbozonelis@gmail.com
GOYA (13-18 yrs old): Madeline Lambiris, elambiris@aol.com
JOY (7-12 yrs old): Diakonissa Georgia Papadopoulos, georgia9578@gmail.com
HOPE (4-6 yrs old): Deana Thomas, gonikotgo@gmail.com

About our Parish
337 E 74th st. New York, NY 10021 · 212-288-3215
info@thecathedralnyc.org
His Eminence, Archbishop Demetrios of America
Rev. Fr. John Vlahos, Dean of Cathedral
Rev. Dr. Robert Stephanopoulos, Dean Emeritus
Dean Poll, President of the Cathedral Board

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Dean Poll, President of the Cathedral Board
A New Year, A New Start, A New You!

We all make New Year’s Resolutions with the best of intentions. Among the most popular and common New Year’s resolutions are losing weight, quitting smoking, and exercising more. We may even make resolutions for our spiritual life such as, “This year I am going to try to go to church more,” or “I am going to try to be more spiritual,” or “I am going to try to volunteer more of my time to a charity.” But do we follow through with them?

A British survey found that 1 in 3 New Year’s resolutions are broken within the first week. The study discovered that 1 in 7 resolutions fail within hours, while slightly more than 1 in 7 (14%) make it to the end of January 1st. More often than not, we seem to fall short and revert back to our old way of living.

What keeps us from fulfilling these noble and good goals? Psychologists agree that, in order for us to accomplish our resolutions, we must focus on realistic goals with measurable results and break things down into small, manageable steps. For instance, instead of aiming to lose 10 pounds in a week or to quit smoking cold turkey without preparation, we can join a weight loss program or a smoking cessation group. In essence, we need realistic goals with measurable results through programs and groups.

This is hardly a new concept. In the Orthodox Church this is known as, “Orthodoxia with Orthopraxia.” This translates to, “Correct thinking with correct action.” An authentic life as an Orthodox Christian over the past 2000 years necessitates combining true and correct teachings with correct actions by the faithful. The Saints of the Church are those who have perfectly implemented both concepts. They gave their lives to Christ (correct thinking) and conquered sin, washing away every impurity of body and spirit (correct action). Sainthood, however, is not exclusively for a select few. Rather, we are all called to achieve this standard in the same way. Through our baptism, we have died to the attraction and craving of sin and have put on Christ, who brings love and holiness to our lives.

Losing weight, quitting smoking, exercising, becoming more spiritual, and doing more for others are ways in which we seek to improve ourselves. We have unlimited potential both individually and as a people. This improvement, however, requires additional support and resources. The reason we chronically fail to see out our resolutions is because we cannot do it alone.

As Orthodox Christians, we are not alone. We must live with faith and confidence that God is with us. When we allow Him into our hearts, He will heal our maladies and support us in our weaknesses. Life with Christ means that He bestows on us His grace. By doing this, He is essentially stretching out His arm toward us. In the same way, we need to reach our arm back out to Him. Faith is our way of reaching out to grab on to Christ so that He can pull us up to Him. St. Paul beautifully writes in Ephesians 2:8, “By grace you are saved through faith.” When God’s hand of grace is grasped by our hand of faith, the result is salvation, intimacy, oneness, wholeness, and union.

The image of the divine-human connection of hands is perfectly illustrated in the Gospel of Matthew (14: 28-31). The Evangelist writes, “As St. Peter saw the Lord Jesus walking on the water towards their boat, he said, ‘Lord, if it is You, command me to come to You on the water.’ So He said, ‘Come.’ And when Peter had come down out of the boat, he walked on the water to go to Jesus. But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, ‘Lord, save me!’ And immediately Jesus stretched out His hand and caught him, and said to him, ‘O you of little faith, why did you doubt?’” Throughout the New Testament, Christ continuously had his hand stretched out giving His Grace to those around Him. It was Christ’s outstretched hand that reached out and took the hand of Jairus’ daughter and raised her from the dead. (cf. Mark 5:21-43). It was Christ’s outstretched hand that gave sight to the man born blind. (cf. John 9:1-38). It was Christ’s outstretched hand that blessed the few loaves and fish and then fed thousands. (cf. Matthew 14:14-21). It was Christ’s outstretched hands that were nailed to the cross. (cf. Mark 15:24)

God is now offering His hands and outstretched arms to us. This New Year will be blessed for all of us if we are willing to take these small steps of faith, grasping onto our Savior who is constantly giving us His grace. In this way we can achieve our true resolution as Orthodox Christians: Salvation and Sainthood.
Encyclical of Archbishop Demetrios for the Feast of Saint Basil and the New Year

To the Most Reverend Hierarchs, the Reverend Priests and Deacons, the Monks and Nuns, the Presidents and Members of the Parish Councils of the Greek Orthodox Communities, the Distinguished Archons of the Ecumenical Patriarchate, the Day, Afternoon, and Church Schools, the Philoptochos Sisterhoods, the Youth, the Hellenic Organizations, and the entire Greek Orthodox Family in America

Beloved Brothers and Sisters in Christ,

On this blessed Feast of Saint Basil and the beginning of the New Year, our honored tradition is to offer prayers and support for the sacred ministry of our beloved Saint Basil Academy. For seventy years this institution of our Holy Archdiocese has offered the love of Christ, the comfort of His presence, and the healing power of faith to children, youth, and families in need. Serving Orthodox children from throughout the United States, Saint Basil Academy continues to provide a caring and spiritual environment where they are able to grow, learn, and achieve.

This vital mission of Saint Basil Academy, carried out by the directors, staff, trustees and benefactors, is in keeping with our Lord’s command to “let the children come to me.” This is accomplished through this ministry by bringing the love of Christ to those in need. Everything that is offered for the children and youth at Saint Basil’s is offered in the name and presence of Christ. In daily care, in counseling and teaching, in recreation, and in worship, the students encounter Christ and His abundant and comforting love.

Saint Basil Academy is also a place where the lives of the children and youth are guided in Christ. On the beautiful campus, in a nurturing environment of prayer and grace, they are led in the path of truth and love. They are shown the blessings of the life in Christ, how to follow His will and to find strength and assurance in His promises. They see the hope, joy, and power in a life of faith and a lifelong relationship with Him.

This sacred work was also the focus of the patron saint of the Academy, Saint Basil. For the sick, orphans, travelers, and many others in need, he offered an encounter with Christ by taking His love to them. For others he guided them in truth and love through teaching and preaching, as a faithful and caring pastor, to their Savior and Redeemer. This is also our calling today. In our support for Saint Basil Academy, we are led by our Ladies Philoptochos Society and our local Philoptochos chapters in collecting an offering and in the celebration of the cutting of the Vasilopeta. We are also led by Christ and by the example of Saint Basil to fulfill the command of our Lord and let the children come to me. In your ministry in the parish and in your daily life in Christ, you are called to offer Him and guide others to an encounter with the Lord that will lead to abundant and eternal life.

On this day may we offer our prayers and generous support for Saint Basil Academy. May we strengthen this vital work to children and youth in fulfilling the request of our Lord and in honoring the legacy of all who have established and supported this ministry in the past seventy years. May you also receive the abundant and rich blessings of our Lord at the beginning of this new year as we offer Him glory and honor unto the ages of ages!

With paternal love in Christ,

†DEMETRIOS

Archbishop of America
Christmas at the Cathedral, December 2014
Photos Courtesy of Dimitrios Panagos
HAPPY NEW YEAR TO ALL!

The Archdiocesan Cathedral Philoptochos Society Board started the Christmas season by helping to decorate the Cathedral and the Cathedral Center under the talented guidance of Presvytera Tina Vlahos.

A Clothing and Book Drive, organized by the Cathedral Philoptochos for the holiday season, was very successful. The items collected were distributed to BronxWorks, an organization helping individuals and families. Our community was blessed with the holiday spirit and the outcome was more than expected.

Gifts purchased by the Cathedral Community, after selecting a star ornament with the age and gender of a child from the Christmas Angel Tree, were distributed to the children of BronxWorks. We would like to thank everyone for bringing joy to the children this holiday season.

On Sunday, December 7, 2014, all were invited to begin their Christmas shopping at our Holiday Boutiques in the Cathedral Center. Twenty percent of the proceeds from the boutique sales were contributed to our Philoptochos.

On Wednesday, December 17, 2014, the Cathedral Philoptochos sponsored a holiday trip for the children of St. Basil’s Academy to attend the Christmas Spectacular at Radio City Music Hall. Each child received a monetary gift and a goody bag. Following the show, the group was invited to Gallagher’s Steak House for dinner.

On Monday, December 22, 2014, Board Members of the Cathedral Philoptochos Society visited the children of the Ronald McDonald House. Monetary gift cards were distributed to all children, while they decorated their own gingerbread houses following their Christmas dinner.

On Thursday, January 1, 2015, the New Year was celebrated with the cutting of the Vasilopita by His Eminence Archbishop Demetrios in the Cathedral Center, which was filled with parishioners eager to ring in the New Year. This event is sponsored annually by the Archdiocesan Cathedral Philoptochos Society. The coin of St. Basil was given to the person who found the Vasilopita’s coin in his or her piece. This age old tradition commenced in the fourth century when St. Basil the Great, father of philanthropy, wanted to distribute money to the poor in his Diocese.

Every Tuesday we continue to work with Jan Hus to provide a meal for approximately 100 homeless people. We also continue to assist individuals and families experiencing health and financial difficulties. This holiday season, monetary gifts were given to each of our welfare cases as we have done every year in the past.

We have fulfilled our National obligations:
- Vasilopita
- Social Services/Cancer Fund
- Stewardship
The Archdiocesan Cathedral Philoptochos continues to sponsor the coffee hour every Sunday.

On Sunday, February 15, 2015, we will be supporting the “Go Red for Women” campaign, an effort by the American Heart Association to increase awareness against women’s heart disease.

We would like to invite the Cathedral Community to attend the Annual Lenten Supper on Friday, February 27, 2015. The Lenten Supper is held in the Cathedral Center following the first Salutations to the Theotokos, and is a formal sit-down dinner. This has been an Archdiocesan Cathedral Philoptochos tradition for over 30 years.

Christmas visit to the Ronald McDonald House.

The cutting of the Vasilopita with His Eminence Archbishop Demetrios.

St. Basil’s Academy Christmas outing.

BronxWorks picking up collected gifts from the Cathedral community.

χΡΟΝΙΑ ΠΟΛΛΑ!

• For details of our upcoming events, please visit our website, www.ac-philoptochos.com.
2015 Stewardship as of January 13, 2015

As of January 13, 2015, we have received 74 pledges in the amount of $91,929.95. 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. & Mrs. Anthony & Barbara Andrikopoulos
Dr. & Mrs. George & Joanna Argerakis
Mrs. Froso Beys
Ms. Cris Bratsis
Mr. & Mrs. Peter & Vivi Chrisanthopoulos
Mr. & Mrs. Constantino & Aliko Christie
Mrs. Penelope Collins
Dr. & Mrs. Lambros Comitas
Mr. Costa Constantine
Ms. Christina Costas
Mr. & Mrs. John & Elena Coumantaros
Mr. & Mrs. Stephen & Mary Diacrussi
Mr. & Mrs. William & Sheila Doscas
Mr. & Mrs. G. Brayton Dresser & Ms. Diane Tsakalakis
Mrs. Patricia Forrest
Dr. & Mrs. Ajax & Bia George
Mr. & Mrs. Ben & Barbara Germana
Mrs. Nina Goutas
Dr. & Mrs. Antoine C. & Euterpe Harovas
Ms. Jill Hemphill
Mr. & Mrs. Christos & Evelyn Ikonomopoulos
Mr. & Mrs. Keith & Lisa Jewell
Mr. & Mrs. Peter & Stayroula Joannidis
Mr. & Mrs. Howard & Helen C. Johnson
Mr. George Kaneris & Mrs. Christina Tsesmelis Kaneris
Dr. Katherine Kaye
Mr. Emmanuel Kladitis
Dr. & Mrs. Alexander & Eleni Kofinas
Mr. George Konomos
Mrs. Pauline Kotsilimbas
Mr. Scott Kyreaakakis
Mr. & Mrs. Elias & Madelene Lambiris
Mr. & Mrs. John & Lika Lambiris
Mr. & Mrs. George J. & Tana A. Lambrakos
Ms. EllyLetsiou
Mr. L. John & Nicole Louras
Ms. Mary Makrogiannis
Mr. & Mrs. Michael & Andreana Mirabella
Mr. & Mrs. Athanasios & Nicole Minetos
Ms. Ann Morfogen
Ms. Georgia Mouzakis-Tavlarios
Mr. Daniel Salym Padovano
Mrs. Argyro Pantazopoulos
Mr. & Mrs. James & Stella Pantelidis
Ms. Rodothea Poli
Mrs. Constantina Sarris
Ms. Nancy Savaides
Mr. & Mrs. Robert Scott
Mr. & Mrs. Robert & Ekaterini Shaw
Dr. Ilias Siempos & Dr. Theodora Ntaidou
Ms. Carlene Soumas
Ms. Helen Speronis & Ms. Aristeia Halkedis
Mr. & Mrs. Gregory & Elaine Nichas Stamoulis
Ms. Maria Stefanatos
Mary Stell
Mr & Mrs. George & Alexandra Stephanopoulos
Mr. Philip Stewart
Ms. Sophia Stratis
Ms. Catherine Tarkas
Mr. & Mrs. Paul & Kali Theofanous
Mr. John Thomas & Ms. Deana Bilahtsis-Thomas
Dr. & Mrs. Peter & Eilana Tiboris
Mrs. Maria Trihas
Ms. Katherine Vandris
Dr. & Mrs. Constantine & Anastasia Vardopoulos
Mr. John Vavilis
Mr. Dorian A. Vergos & Mrs. Maria Pyrros-Vergos
Mr. & Mrs. Christos & Effie Vouloudakis
Dr. & Mrs. George & Maria Yatrakis
Mrs. Marie Yatrakis
Mr. & Mrs. Jack & Carol Zacharias
Mr. & Mrs. Kirk & Christine Zeiner
Mr. & Mrs. Sotiri & Lea Zervoulas
On January 6th, the Feast of Theophany, Fr. John begins his annual rotation of going out to bless all of the homes and/or businesses of the members of our Cathedral. This is an ancient tradition in our Orthodox Church related to the Service of the Great Blessing of the Waters conducted on Theophany. We bring the Holy Water from the Church and we use it to bless our lives in every way possible. Through the sprinkling of the Holy Water, God blesses us, our homes, our cars, our yards, and by extension all of creation. Not only do we receive a special blessing from God, but through that blessing, God enables us to see His creation in a redeemed way, as a means toward union and communion with Him.

What should you expect in terms of the House Blessing?

Fr. John will offer a short prayer service in front of your home icons, bless each of the members of the family with holy water and then proceed through the home sprinkling it with holy water, while chanting the Dismissal Hymn of Theophany.

* Blessings will begin January 6th, and will continue until they are completed—ideally by the end of February.

* We will make an effort to schedule several house blessings in one area or neighborhood on the same day. Please try to be as flexible as possible with your schedule. We will contact the parishioners in each area to arrange this ahead of time.

Please fill out the bottom portion and mail it back to the church office. Thank you and God Bless!
With escalating costs of providing quality instruction to a diverse student body, rapid changes in instructional technology, the challenges of an aging physical plant, it has become increasingly challenging to fund our school. The Achievement Fund for Excellence is an opportunity for parents, community members, alumni, businesses and foundations, to enhance and expand educational opportunities for all the students of The Cathedral School (TCS).

This annual campaign supports the educational and enrichment programs of our school beyond its operating budget. The School Board has approved the budget for 2014-2015. The school’s income, primarily tuition, is $2,424,400, with anticipated expenses of $2,368,829. If we are to maintain and enhance our shared vision of:

- Being one of the elite Independent Schools in Manhattan, with strong Hellenic and Orthodox Christian roots;
- Promote a culture of continuous improvement;
- making our good school great, and the ordinary extraordinary;
- Provide a Classic Education for the 21st Century Learner; and
- Recruit, retain, and retool highly qualified and accomplished teachers;

we, more importantly, the 152 children of TCS, need your financial assistance! Every donation matters, no matter how large or how small, and everyone’s participation is necessary, for our collective support to be acknowledged. Last year’s appeal raised $33,310 with 45% participation. This year, let’s pledge to increase our participation rate, so our collective contributions will grow and attract grants from foundations.

Great teachers, supported by our strong family community, is the synergy that ensures our children will graduate from TCS ready for high school and beyond. An innovation that we have undertaken this year, in our Upper School, is the creation of a Middle School Block schedule, in three strands-Humanities, Classics, and STR’REAM (science, technology, reading, writing, engineering, art, & math), which will enable our students to earn three secondary credits in Modern Greek, Living Environments and Algebra; as well as being critical-thinkers, problem-solvers and informed decision-makers. In the Lower School, we are focusing on Balanced Literacy & Early Interventions with fidelity to the Fountas & Pinnell, Continuum of Literacy Learning and enhancing student writing opportunities and skills development. We have provided differentiation in teaching & learning, languages other than English (LOTE), by creating a Greek as a Foreign Language (GFL) program. Our stellar Early Childhood program is in a self-study process leading toward National Association of the Education of Young Children (NAEYC) accreditation. Each of these initiatives tapped the operating budget, as well as the generosity of the Parents’ Association.

The Annual Fund campaign is extremely important to our school. In collaboration with the School Board, Administration & Faculty and Parents’ Association a targeted fund raising appeal, with 1/3 of your contributions supporting these curriculum & instruction initiatives. An additional 1/3, will be earmarked for infrastructure & facilities enhancements and the remaining 1/3 to growing The Cathedral School Endowment. Please consider making a tax-deductible donation to The Cathedral School Annual Achievement Fund for Excellence, during this Season of Giving.

On behalf of the School Board, the Administration & Faculty, Students and the entire School Community we thank you for your continued support. Happy New Year! Χρόνια Πολλά!

With appreciation,

Theodore P. Kusulas       Dimitra Manis
Head of School            School Board Chair
Visit The Cathedral Bookstore!

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Every Sunday following Divine Liturgy in the Cathedral Center Lobby

To make an order request or for general information about our bookstore, please contact Kathy Lypides at rina264@aol.com

Uniquity

_A New Ministry for Unmarried Orthodox Christians
at the Cathedral of the Holy Trinity_

About Uniquity

Uniquity is the Cathedral’s new ministry for the single, widowed and divorced members of its congregation. Uniquity aims to strengthen social and spiritual bonds among the unmarried members of our Cathedral family, offering social programs, service projects and other activities to build our community seven days a week. For information, contact uniquity@the cathedralnyc.org.

Our First Program

Uniquity invites the single, widowed and divorced members (and prospective members) of the Cathedral congregation to our first program, a **Potluck Dinner and Comedy Night** featuring Ellen Karis, the “Greek Goddess of Comedy”, on Friday, January 16, 2015 at 7:00 p.m., in the Cathedral Ballroom. The performance will be preceded by hors d’oeuvres and followed by a vegetarian potluck dinner. Come, bring a vegetarian dish (homemade or store-bought – your ticket is the dish you bring to share!), and laugh it up with the people you generally only see on Sunday mornings. For information or to RSVP, contact uniquity@the cathedralnyc.org.

Coming up on Uniquity’s Spring Calendar:

**February Game Night** – Bring your favorite board game (if you have one) and spend a weekday evening getting to know other single, widowed and divorced members of the Cathedral community. Date TBA.

**Lenten Service Project** – Uniquity is not just fun and games! As Christians, we’ll serve our greater community, too. Details on our Lenten Service Project coming soon.
Spotlight on Family Saints: 
Sts. Xenophon & Maria

Feast Day: January 26

Saint Xenophon, his wife Maria, and their sons Arcadius and John, were noted citizens of Constantinople and lived in the fifth century. Despite their riches and position, they distinguished themselves by their simplicity of soul and goodness of heart. Wishing to give their sons John and Arcadius a more complete education, they sent them off to the Phoenician city of Beirut.

By divine Providence the ship on which both brothers sailed was wrecked. The waves tossed the brothers ashore at different places. Grieved at being separated, the brothers dedicated themselves to God and became monks. For a long time the parents had no news of their children and presumed them to be dead.

Xenophon, however, already quite old, maintained a firm hope in the Lord and consoled his wife Maria, telling her not to be sad, but to believe that the Lord watched over their children. After several years the couple made a pilgrimage to the holy places, and at Jerusalem they met their sons, living in asceticism at different monasteries. The joyful parents gave thanks to the Lord for reuniting the family.

Sts Xenophon and Maria went to separate monasteries and dedicated themselves to God. The monks Arcadius and John, having taken leave of their parents, went out into the wilderness, where after long ascetic toil they were glorified by gifts of wonderworking and discernment. Sts Xenophon and Maria, laboring in silence and strict fasting, also received from God the gift of wonderworking.

The Fathers on Marriage

Pray together at home and go to Church; when you come back home, let each ask the other the meaning of the readings and the prayers. If you are overtaken by poverty, remember Peter and Paul, who were more honored than kings or rich men, though they spent their lives in hunger and thirst. Remind one another that nothing in life is to be feared, except offending God. If your marriage is like this, your perfection will rival the holiest of monks.

-St. John Chrysostom
Στη διαφορά των χαρακτήρων κρύβεται η αρμονία του Θεού

Μια μέρα ήρθε στο Καλύβι κάποιος και μου είπε ότι είναι πολύ στενοχωρημένος, γιατί δεν συμφωνεί με την γυναίκα του. Είδα όμως ότι δεν υπάρχει κάτι σοβαρό ανάμεσά τους. Έχει ένα εξόγκωμα αυτός, κάποιο άλλο η γυναίκα του, και δεν μπορούν να πλησιάσουν ο ένας τον άλλον. Χρειάζονται λίγο πλάνισμα. Πάρε δυο σανίδες απλάνιστες. Η μία έχει σ το σημείο έναν ρόζο, η άλλη σ΄ εκείνο το σημείο και, αν πας να τις ενώσεις, μένει ένα κενό ανάμεσά τους. Αμι όμως πλάνισης λίγο την μία από εδώ, λίγο την άλλη από εκεί, αλλά με την ιδια πλάνη, αμέσως φτάνουν. Μου λένε μερικοί άνδρες:

«Δεν συμφωνώ με την γυναίκα μου. Είμαστε αντίθετοι χαρακτήρες. Άλλος χαρακτήρας εκείνη, άλλος εγώ! Πώς κάνει τέτοια παράξενα πράγματα ο Θεός; Δε θα μπορούσε να οικονομήσει μικρές καταστάσεις έτσι, ώστε να ταιριάζουν τα ανδρόγυνα, για να μπορούν να ζουν πνευματικά;». «Δεν καταλαβαίνετε, τους λέω, ότι μέσα στην διαφορά των χαρακτήρων κρύβεται η αρμονία του Θεού; Οι διαφορετικοί χαρακτήρες δημιουργούν αρμονία. Αλλοίμονο, αν ήσασταν ίδιοι χαρακτήρες! Σκεφθήτε τι θα γίνοταν, αν λ.χ. και οι δύο θυμώνατε εύκολα. Θα γκρεμίζατε το σπίτι. Ή, αν και οι δύο ήσασταν ήπιοι χαρακτήρες, θα κοιμόσασταν όρθιοι! Αν ήσασταν τσιγγούνηδες, θα ταιριάζατε μεν, αλλά θα πηγαίνατε και οι δύο στην κόλαση. Αν πάλι ήσασταν απλοχέρηδες, θα μπορούσατε να κρατήσετε σπίτι; Θα το διαλάβατε. Ένα στραβόξυλο, αν πάρη ένα στραβόξυλο, ταιριάζουν μεταξύ τους –έτσι δεν είναι;- θα σκοτωθούν όμως σε μια μέρα! Για αυτό, τις λέω, ότι ισορροπία μιας οικογένειας, γιατί ο ένας συμπληρώνει τον άλλον. Στο αυτοκίνητο είναι απαραίτητο και το γκάζι, για να προχωρήσετε, αλλά και το φρένο, για να σταματήσετε. Αν το αυτοκίνητο είχε μόνο φρένο, δεν θα κουνιόταν, και αν είχε μόνο ταχύτητες, δεν θα μπορούσατε να σταματήσετε. Σε ένα ανδρόγυνο ξέρετε τι είπα; «Επειδή ταιριάζετε, γι αυτό δεν ταιριάζετε!». Είναι και οι δύο ευαίσθητοι. Αν συμβή κάτι στο σπίτι, και οι δύο τα χάνουν και αρχίζουν: «Ωχ, τι πάθαμε!» ο ένας, «ωχ, τι πάθαμε!» ο άλλος. Ο ένας δηλαδή βοηθάει τον άλλον να απελπισθή πιο πολύ. Δεν μπορεί να τον τονώσει λίγο. «Για στάσου, να του πη, δεν είναι και τόσο σοβαρό αυτό που μας συμβαίνει». Το έχω δει σε πολλά ανδρόγυνα. Και στην αγωγή των παιδιών, όταν οι σύζυγοι είναι διαφορετικοί χαρακτήρες, μπορούν περισσότερο να βοηθήσουν. Ο ένας κρατάει λίγο φρένο, ο άλλος λέει: «Άφησε τα παιδιά λίγο ελεύθερα». Αν τα στρυμώσουν και οι δύο, θα χάσουν τα παιδιά τους. Και αν τα αφήσουν και οι δύο ελεύθερα, πάλι θα τα χάσουν. Ενώ έτσι βρίσκουν και τα παιδιά μίας ισορροπία. Θέλω να πω ότι όλα χρειάζονται. Φυσικά δεν πρέπει να χρειάζονται, αλλά ο καθένας να βοηθά έναν τρόπο. Αν φας λ.χ. κάτι πολύ γλυκό, θέλεις να φας και κάτι που είναι λίγο αλμυρό. Τρως, ας υποθέσουμε, πολλά σταφύλια, θέλεις να κόψη τη γλύκα. Ή τα λάχανα, αν είναι πολύ πικρά, δεν τρώγονται. Το λίγο πικρό όμως βοηθά, όπως και το λίγο ξινό. Αλλά, αν ο ένας είναι ξινός λέει: «Να γίνετε όλοι ξινοί σαν εμένα», ο άλλος που είναι πικρός λέει: «Να γίνετε όλοι πικροί», και ο άλλος που είναι αλμυρός λέει: «Όλοι να γίνετε αλμυροί», τότε δεν γίνεται χεριό.

Από το βιβλίο «Οικογενειακή ζωή», Γέροντος Παϊσίου αγιορείτου, λόγοι Δ΄, ΙΕΡΟΝ ΗΣΥΧΑΣΤΗΡΙΟΝ «ΕΥΑΓΓΕΛΙΣΤΗΣ ΙΩΑΝΝΗΣ Ο ΘΕΟΛΟΓΟΣ», ΣΟΥΡΩΤΗ ΘΕΣΣΑΛΟΝΙΚΗΣ

Η Αγιοκατάταξη του Γέροντος Παϊσίου έγινε 13 Ιανουαρίου 2015