Blessed are You, O Christ our God, Who has shown forth the fishermen as supremely wise by sending down upon them the Holy Spirit, and through them did draw the world into Your net. O Befriender of man, glory be to You.
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<th>Sunday</th>
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<td><strong>Sunday of the Samaritan Woman</strong>&lt;br&gt;8:45am Orthros&lt;br&gt;10:00am Divine Liturgy</td>
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**Special Events**

- **Mother's Day**
- **LEAVE-TAKING OF PASCHA**
- **Food Pantry @ Jan Huss**
- **HOPE/Joy**
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www.thecathedralnyc.org, info@thecathedralnyc.org
His Eminence, Archbishop Demetrios of America
Rev. Fr. John Vlahos, Dean of Cathedral
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Cathedral School 2015

Visit our website: www.cathedralschoolny.org

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Dimitra Manis - Chairman of School Board
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Debbie Tsafos - Greek Afternoon School Director
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Bill Mihas - Parents Association President
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General Information - info@cathedralschoolny.org

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Welcoming Committee: Sophia Lamas
Greek Afternoon School: Debbie Tsafos, dtsafos@cathedralschoolny.org
Altar Boys: Nicholas Diacou, ndiacou@gmail.com
‘Parea Club’: Stella Pantelidis, cmnpan@aol.com
Uniquity: Leah Hanlon, uniquity@thecathedralnyc.org
Young Adults: Justin Bozonelis, jbozonelis@gmail.com
GOYA (13-18 yrs old): Madeline Lambiris, elambiris@aol.com
JOY (7-12 yrs old): Diaconissa Georgia Papadopoulos, georgia9578@gmail.com
HOPE (4-6 yrs old): Deana Thomas, gonikotgo@gmail.com
Christ’s Divine Light Illuminating our Lives

By Fr. John Vlahos
Cathedral Dean

We give thanks to our Resurrected Lord Jesus that we, as a Church family, have been able to experience another beautiful Holy Week. The moving and emotion-filled Church services reached their apex on the night that we beheld the Lord crucified out of love for us; and then on the night of the glorious Anastasis when the Church was ablaze with the light of Christ. We, too, have become light, and the joy and peace of God has hopefully permeated each and every one of us.

Now, after a celebrating the apex our liturgical year, many ask the question, “Now what? Where do I go from here? Can I sustain this spiritual feeling?”

It reminds me of what I have seen so often over the years. Our children go to Church summer camps like Camp St. Paul in Connecticut or Ionian Village in Greece, and have life-altering experiences. They really establish a relationship with God, they experience true prayer, they learn more about the bible and our Orthodox faith, they receive the healing sacrament of Holy Confession and come home filled with the Holy Spirit which graces them with indescribable love, joy, goodness and peace. Then they go home and what happens? Things begin to unravel because at home—prayer isn’t all that important; talking about spiritual matters is a rarity; and weekly Church attendance is not the norm. So there is a drop off in spiritual intensity, which produces an unsustainable spiritual feeling. The burning fire has faded out.

St. Porphyrios, who was canonized a Saint just last year, highlights the need for us to have an intensity to our spiritual life. He gives the following example:

“A monk was waking in the desert one day and there he met another monk. He greeted him saying: ‘Where have you come from?’ ‘From the village over there.’

‘And how are things there?’ ‘We are suffering from a dreadful drought and we’re at our wits’ end.’ ‘What have you done about it? Have you prayed?’ ‘Yes, we have.’ ‘And it didn’t rain?’ ‘Not a drop.’ ‘It seems then that you haven’t been praying intensely enough. Let’s pray to God here and now to ask for His help.’

And so they started to pray. And at once a little cloud appeared which grew bigger and bigger and darker and darker and drew lower and lower until…Bang! It started raining buckets! What happened was a result of intensity in prayer. St. Makarios would say, “with labor and with intensity.” St. Makarios prayed intensely with all of his soul and with all of his heart. He gave himself completely over to prayer.”

We must make a concerted effort to dedicate our time, our talent and our treasure to God so that the bright and soothing feelings we have from Holy Week or Church Camp may remain indelible within us. We look to grow from spiritual infancy to spiritual adulthood. We want to allow Christ to “be formed in us” (Galatians 4:19), shaping our character according to His Holy Presence and virtues.

We begin to grow spiritually when we think, speak and do those things that honor Christ and do not grieve the Holy Spirit. The goal is to present our whole selves as ‘a living sacrifice and spiritual worship’ to God, not conforming to the values of the world but by being transformed by the renewal of our minds in Christ (Romans 12:1-2). At the core of spiritual struggle is what St. Paul prays for in Ephesians 3:14-19: “that Christ may dwell in our hearts...being rooted and grounded in faith...to know the love of Christ...that we may be filled with all the fullness of God.”

Let’s live each day with intense prayer, deep faith, and overflowing joy, knowing that God loves us dearly, Christ is near us and the grace of the Holy Spirit surrounds us. Victory in spiritual warfare is ultimately God’s victory where God’s grace finds humble, receptive and obedient hearts.
Archbishop Demetrios Joins Religious Leaders in Ecumenical Service for the Centennial Commemoration of Armenian Genocide


The multi-faith service marked the 100th Anniversary of the beginning of the Armenian Genocide, in which an estimated 1.5 million Armenians perished at the hands of Ottoman Turks from 1915-1923 and delivered a message of awareness, gratitude and unity.

Esteemed guests and representatives of various faiths gathered for “The Holy Martyrs of the Armenian Genocide: A Prayer for Justice and Peace” to remember those lost in the Genocide and to demonstrate gratitude for the regeneration of life for which the survivors and their saviors worked so hard.

Present among the thousands attending the service were many dignitaries including the President of the Republic of Armenia Serzh Sargsyan, the Vice-President of the United States Joe Biden, His Holiness Karekin II, Supreme Patriarch and Catholicos of All Armenians, His Holiness Aram I, Catholicos of the Great House of Cilicia, His Holiness Ignatius Aphrem II, Patriarch of Antioch and All East of the Syriac Orthodox Church, members of Congress, and Christian faith leaders from around the country.

The Most Rev. Dr. Katharine Jefferts Schori, Presiding Bishop of the Episcopal Church, welcomed attendees to the service and the Rev. Dr. Olav Fykse Tveit, General Secretary of the World Council of Churches, delivered the homily. His Eminence Archbishop Demetrios of America delivered a prayer of the evening hour. Armenian President Serzh Sargsyan, in his speech noted a verse of the psalmist “Mercy and truth will meet, justice and peace will embrace.”

“Today, as we commemorate the holy martyrs of the Armenian Genocide perpetrated by Ottoman Turkey, we remember the hundreds of thousands of Greek and Syriac Christians who were also victimized by the same perpetrators. We remember the other crimes against humanity of the 20th Century: the Jewish Holocaust, the genocides in Cambodia and Rwanda and elsewhere,” said the Supreme Patriarch and Catholicos of All Armenians Karekin II. Aram I, the Catholicos of the Great House of Cilicia, in his message emphasized the three elements of the Centennial, to remember, to remind and to educate.

The Ecumenical Service was organized by The National Commemoration of the Armenian Genocide Centennial (NCAGC) uniting the efforts of the Diocese and Prelacy of the Armenian Apostolic Churches of America, East and West. It was co-sponsored by the United States Conference of Catholic Bishops and the National Council of Churches of Christ in the United States.
Palm Sunday, April 5, 2015

Photos Courtesy of Fotios Papagermanos
11TH ANNUAL INTERNATIONAL FESTIVAL OF THE AEGEAN

JULY 12 TO 25, 2015

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Prokofiev’s PETER AND THE WOLF
and much much more...

TICKETS AND COMPLETE SCHEDULE AVAILABLE ONLINE AT WWW.TICKETSERVICES.GR
Uniquity’s Night at the Museum

Uniquity, the Cathedral’s ministry for single, widowed and divorced members of our congregation, finished its spring season on Friday, April 24, with a Night at the Museum – the Metropolitan Museum of Art, to be precise. Approximately 25 attendees toured the museum’s highlights and its modern art galleries, then gathered for drinks and jazz in the glamorous Balcony Bar overlooking the Met’s Great Hall.

Over the summer, Uniquity will sponsor a Minor League Baseball Night, featuring the Brooklyn Cyclones vs. the Aberdeen Iron Birds, on Saturday evening, July 11, at MCU Park in Coney Island. Tickets go on sale at Coffee Hour, commencing May 10.

Additionally, Uniquity will be having a planning meeting on Monday, June 15 at 7:00pm in the Cathedral Ballroom to plan events for the Fall.

Uniquity aims to strengthen social and spiritual bonds among the unmarried members of our Cathedral family, offering social, spiritual and other activities to build our community seven days a week. For information about this ministry or any of its programs, please contact uniquity@thecathedralnyc.org.
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INAUGURAL EVENT!
During Holy Week, members of the Cathedral Philoptochos helped dye the Easter Eggs. During the evening services of Holy Thursday a special tray was passed to benefit our philanthropic programs.

The General Meeting on Tuesday, March 31, 2015, at Agia Skepi Monastery was a sold out event! Despite the snowy weather, the excursion was a lot of fun. We were happy to have among us Fr. John who gave us a brief history of Agia Skepi. The Monastery is located in a scenic site overlooking the Lehigh River in the Pocono Mountains in Pennsylvania. When we arrived we were greeted by the nuns, toured the church and chapel, and were treated to a delicious nistisimo lunch. We then visited the bakery where the tsoureki were being prepared for Easter, and did our shopping at the store filled with items made on site.

Following the Divine Liturgy on Palm Sunday, the Cathedral Philoptochos sold Easter tsoureki baked by the nuns of Agia Skepi. Proceeds from the sale were donated to the Monastery.
A large group of our members attended the **General Meeting** on Tuesday, April 14, 2015, where a **Panel of Physicians** discussed various topics on women’s health. The participating physicians were Dr. Lorrain Chrysomalis-Valasiadis, Dr. Minas Constantinides, Dr. Eleni Gouzoulis-Koutsos, and Dr. George Liakeas, President of the Hellenic Medical Society. It was a very informative event with discussions of general interest on issues that concern many of us. A reception followed the meeting.

Continuing its tradition, the Cathedral Philoptochos will offer an **Artoklassia** (Blessing of the Bread) on **Mother’s Day**, Sunday, May 10, 2015, to honor all its members.

The **Annual Spring Luncheon** will take place on Thursday, May 15, 2015 at the Loeb Central Park Boat House. This year’s guest speaker is **Eleni N. Gage** presenting her latest book The Ladies of Managua. We are happy to announce that this year tickets are also available on line. The Spring Luncheon benefits the Cathedral Philoptochos Scholarship Fund, which helps students who attend the Cathedral School and need help with their tuition.

We will be passing a **special tray** on Sunday, May 17, 2015, to benefit the earthquake victims of **Nepal**. The proceeds collected from all the Philoptochos chapters will go to Americares, an organization that is already on the ground in Nepal.

**Elections** for the 2015-2017 Archdiocesan Cathedral Philoptochos Board of Directors will be held at the Cathedral Center on Thursday, May 28, 2015, from 3:00 pm to 5:00 pm.

We would like to thank our Cathedral Philoptochos members who have generously supported the **Saint Nicholas Shrine Philoptochos Fundraising Initiative**. Construction of the Saint Nicholas National Shrine will begin in June 2015 and His Eminence Archbishop Demetrios hopes to officiate the 2017 Easter Liturgy in the new church. If you are interested in donating ($100) to this fundraising initiative, please make your check payable to the Archdiocesan Cathedral Philoptochos, earmarked Saint Nicholas National Shrine and mail to: 337 East 74 Street, New York, NY 10021. You can also visit our website, **www.ac-philoptochos.com**, for further information.

We continue to work with Jan Hus to provide meals **for approximately 120 homeless and low-income people** every Tuesday from September to the end of June. This program was established in our chapter over 20 years ago.

The Archdiocesan Cathedral Philoptochos continues to sponsor the **Coffee Hour** monthly.

We have fulfilled our **National Philoptochos obligations**:
- **75th Anniversary Founders Fund**
- **Orthodox Christian Fellowship**

We have also fulfilled our **Direct Archdiocesan District obligations**:
- **Holy Cross Scholarship**

Please mail in your **stewardship/membership** if you have not done so. Your support is needed to complete our mission. If you have not received our 2015 brochure, please visit our website: **https://www.ac-philoptochos.com/chapter-membership/**. Thank you!

**HAPPY SPRING!**

- Please visit our website, **www.ac-philoptochos.com**, for the latest news!
2015 Stewardship as of May 11, 2015

As of May 11, 2015, we have received 249 pledges in the amount of $249,600.65. Thank you to the following stewards who have sent in their pledges. If any names have been mistakenly omitted from this list, please notify the church office and we will make corrections in our next newsletter.

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The Cathedral Board, with 100% participation, has collectively made a 2015 Stewardship pledge of $41,790, averaging $2,611 per Board Member, which exceeds the Sponsor 1 Day level of $1,780. We invite all those who can to Sponsor 1 Day as well. Thank you for your consideration.
The Service of the Unnailing of Christ

from the Cross

April 11, 2015

Photos Courtesy of Fotios Papagermanos
History

Founded in 1949 by The Cathedral of the Holy Trinity, The Cathedral School was first established to serve Greek families in New York City who wanted to instill an appreciation of Greek language, culture and history in their children. Today the school serves an international student population that reflects the diverse, and culturally rich city in which it is located.

A Classical Education for a Modern World

The Cathedral school is a Nursery – 8th grade co-educational day school that offers a rigorous academic education in a small and nurturing learning environment. Rooted in the principles of Hellenism, the curriculum integrates the most up to date educational methods while adhering to the ancient Greek tradition of paideia, which views education as character formation, responsibility and the pursuit of excellence. Through Socratic seminars, effective written and oral communication, and collaboration, students develop critical thinking strategies that prepare them for high school, college and the complexities of an international world beyond school.

“As a supportive learning community, The Cathedral School has dedicated itself to the core values of compassion, commitment and responsibility. We are compassionate in our interactions with our students, acknowledging each child’s individual contributions, talents, skills and need for support. By measuring our words and actions, we preserve the dignity of each individual creating an atmosphere where it is safe to learn, safe to be different and safe to grow. We have committed ourselves to the hard and serious work of learning; with the confidence to take risks and the ability to learn from our mistakes in order to grow and develop.”

– Theodore P. Kusulas, Head of School

“Educating the mind without educating the heart is no education at all.”

- Aristotle
Archdiocesan Cathedral of the Holy Trinity
337 E 74th Street
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