Assembly of Bishops' Statement on the Sanctity of Life

Messages from His Eminence Metropolitan Alexios
and Fr. George Tsahakis

My Brothers and Sisters in Christ,

In recent days, there have been questions concerning our Metropolis’ reaction to the passage of the New York State Senate (Bill S.240) which allows for abortions to be committed even until the third trimester of gestation.

I echo the sentiments of all my fellow Orthodox Christian Hierarchs when they state, "The Assembly of Canonical Orthodox Bishops of the United States of America categorically denounces these adverse developments that allow for abortion, under certain unjustifiable circumstances..."

In a society that continues to change ever more rapidly, it is important to remember that "Jesus Christ is the same yesterday and today and forever" (Hebrews 13:8). The Church remains a beacon of love and light in its understanding that all human life begins at conception, and that this life is an inviolable gift from God, the Creator of all things.

I encourage each of our parishes to share the full statement of our Assembly, which can be [read to the right].

I remain, Paternally yours with love in our Lord,

+ALEXIOS
Metropolitan of Atlanta

---

The Assembly of Canonical Orthodox Bishops of the United States of America affirms the sanctity of life based on the firm conviction that life begins at the moment of conception. The Assembly remains steadfast in its conviction that any interference in the development of life is a serious issue, and therefore it regularly participates in a variety of relevant events and also releases pertinent statements on the topic.

While recognizing that there are rare but serious medical instances where mother and child may require extraordinary actions, the Assembly of Bishops is deeply concerned that the taking of innocent life through abortion has become an acceptable cultural norm. This phenomenon – increasingly prevalent throughout contemporary societies – was exacerbated by a recent law of the New York State Senate (Bill S.240). The Assembly of Canonical Orthodox Bishops of the United States of America categorically denounces these adverse developments that allow for abortion, under certain unjustifiable circumstances, even within the third trimester of existence.

The Assembly of Bishops further reminds the faithful that Christ is a beacon of hope in this challenging world. Accordingly, the Church is always prepared and willing to support women who are considering abortion to find alternative avenues to alleviate any burden, physical and spiritual. The Church is ever a mother – loving, understanding, nurturing, praying, and protecting all human life.

by Fr. George Tsahakis
February 1, 2019
HOW SHOULD WE PRAY
By Dr. Paul Tsahakis

Our Lord gave us the “Lord’s Prayer” (Mat. 6:9-13) to show us for what we should pray. However, the question remains as to how we should pray. The Gospel reading for the Sunday of the Canaanite Woman Mat. 15:21-28) gives us the perfect answer. This Gentile woman sought out our Lord for help as her daughter was severely ill from demon possession. She first addressed our Lord by His Messianic name, “the Son of David,” thus confessing that Jesus was the Christ, the foundation and summation of all Christian theology. She then implored our Lord to have mercy...as her daughter had an illness that threatened her life. When Christ’s disciples asked our Lord to send her away without addressing her need, she remained unfazed, and continued to cry out to Jesus. All of her initial pleas were met by silence from Jesus...an experience we frequently encounter in our prayers. Yet, she persisted to beseech our Lord. When our Lord finally responded to her that He had come only “for the lost sheep of Israel,” she remained undeterred and moved closer to Him...knelt down...and said “Lord help me.” Here we understand and see her deep faith that was anchored in her hope that Jesus Christ would indeed have mercy on her. While testing her faith, our Lord then confronted her by saying “it is not right to take the children’s bread and throw it to the dogs.” Rather than become angry or dejected, she chose to humble herself further and responded in agreement...yet implored Him for just a few “crumbs.” In other words, just a little bit of His Grace would suffice. Thus, we see the perfect template with which to pray; confess Jesus as Lord, approach Him with faith and hope, and continue to humble ourselves as we undeservedly ask for His mercy. In doing so, our Lord will respond to us just as He did to her, “great is your faith, may it be done for you as you wish.

FOCUS ON OUR COMMUNITY
Celebrations, Milestones, Comfort & Support

IN OUR PRAYERS
John & Helene Antone   Pat Baker   Sandy Brewer   David & Toly Bunich   Kathryn Colangelo
Cleo Demopoulos   Shannon Elliot   Ted Gillis   Jennifer Hamrick family   Hank Hanegraaff   Maria Heracklis
Cynthia Hicklin   Elias K. Georgia Kalivas   Melony & Eric Kawamura   Maria Kletos   Dean Kondilis
Arthur Lage   Mary & Elton Longshore   Steve Mantekas   Catherine Manthos   Jack McCullough
Anna Maria Medvid   Melton family   Michael Constantine Mentavlos    Tish Merrill    Donald J. Morra
Pitsa and George Nicolopoulos    Sofia Nicolopoulos   Christina Nixon   Pamela Parson
Margaret Phillips Mark Phillips   Liliana Pinilla   M. S. Rogers   Maxim Selyavo   Cora Shvarts
Glen Smythers   Teziah Stalling   Angela Stefanou   Brian Sutherland    Phillip Walker    Ron Wheatley
Katrina Wilson

FOR THOSE IN SERVICE TO OUR COUNTRY
Helene Carras   Buddy Craft   Jordan James Dunn   Krassimire Ivanov   Nicholas Kachulis
Michael Constantine Mentavlos   Zack Millsaps    Matthew Millsaps    Amanda Moril
Danielle Zervakos Nicholas Nikolopoulos   Anton Savin

CONGRATULATIONS AND BEST WISHES
To Louisa and Jimmy Kletos on the birth and 40 day blessing of Lucas James’ brother, Ethan Benjamin
To Gail and Larry Bishop on the baptism of their daughter, Liana Catherine
To Fotini and Ernesto Hernandez on the baptism of their children, Sophia and Kosta
To Megan Damcevski and Clay Miller on their marriage
To Christina Hanegraff on her Chrismation

WITH SYMPATHY ON THE PASSING
OF OUR BELIEVED BROTHERS AND SISTERS IN CHRIST
To the Chopelas family on the passing of Annemarie’s husband, Christopher
To the Blow family on the passing of Frances’ husband, George

IN APPRECIATION

Thanks to Diane Gilbert and Copycat for printing the Church Bulletin and Newsletter.

Please contact the church office or email to kclewell@stnektarios.org with information we may share with the community or to add someone to the prayer list.

Some Enchanted Evenings...

To My St. Nektarios Family...

Please allow me to share my thoughts and feelings about our weekday Lenten services.

Let me first say that although I was brought up as Greek Orthodox, until coming to St. Nektarios I had not always attended church during Lent. When my family did attend church, the services were in Greek...I didn’t understand anything. Perhaps it’s the acoustics, or the setting sunlight, which catches the smoke from the incense, drawing your eyes to the dome, or the deeply moving melodies of the hymns...but listening to our choir sing and chant and read is so spiritual. I can’t help but feel that the Holy Spirit is present. It is a special feeling, quite enchanting and very poignant. Our weekday services are not very well attended and each evening as I head home after one I think, “Folks can experience the magic, peace, and fulfillment of being one with our Lord on these evenings.”

If you are able to attend, I hope you will do so...experience for yourself, the quiet, peaceful and spiritual gift our Lord is offering us.

Wishing everyone a blessed Lent,
Carol Jelush
Great Lent is like . . . this incredible banquet feast for our souls to learn, indulge, and devour. We have a tremendous spread of services, traditions, rituals, prayers, hymns, and guidelines for preparing for Christ's resurrection. How can we make Lent great for our kids and our families? Well, it is as simple, and as challenging, as learning to indulge ourselves in the Lenten buffet that God offers to nourish our souls.

Lent is a time that we are invited to change our lifestyle in preparation for Easter. Like anything else in life, the more we understand what is happening, the more we indulge in the banquet, the more we will experience God's healing presence in our lives . . . I will highlight three of the dishes that families can partake in, as a way of connecting to the banquet ourselves and teaching our children to partake. Notice the first connection though. The most effective way to teach our children the joy of the liturgical life of the Church is to embrace it in our own lives.

MAKE A COMMITMENT ON HOW YOU WILL FAST DURING LENT.

As Orthodox we fast from food to be able to fast from sin. And it is our sin that keeps us from experiencing God fully. This connection between how we eat and how we sin is what the Fathers of the Church are clear on. This connection is also something that is lost in contemporary society . . . Essentially the more we indulge ourselves in whatever we want, the more we become enslaved to our desires . . . Fasting is not magic, but . . . through fasting we see God transforming our worldly desires towards His Kingdom. Opening up . . . to fasting opens up our hearts to be filled with the Grace of God and be truly free.

Fasting rules for families are a personal thing. Each family will do it differently. In consultation with your Priest, or Spiritual Father, consider following the fasting guidelines of the Church. Consider what you did last year, and take a step further this year . . . Fasting is not just about food, but also about healing our souls. It is a challenge for us today, but like any sacrifices we make in faith, God's blessings that come from it are uncountable.

MAKE A COMMITMENT TO FAMILY PRAYER AT HOME DURING LENT.

Kids are more likely to feel at home at church if their home feels more like a church . . . Lent is a great time to build your family icon corner, or come together before your icon corner in prayer. Lent is a time to consider coming together as a family before the icons instead of before the television . . . Consider specifically incorporating the Lenten Prayer of Saint Ephraim as a family. [Daily] . . . when everyone is together, gather at the family icon corner and say the prayer all together.

O Lord and Master of my life, give me not the spirit of sloth, faintheartedness, lust for power, or idle talk. (prostration)

But grant me, your servant, the spirit of moderation, humility, patience, and love. (prostration)

Yes, O Lord and King, grant me to see my own faults and not to judge my brothers and sisters. For you are blessed to the ages of ages.

Amen (prostration)

After each verse, do a full prostration, or bow, in front of the icon of Christ. This is the same prostration the Priest does at the beginning of services. Nothing shifts a family prayer time like doing prostrations together. Christ is present as we gather, and through the icons. Bowing down to Him makes it real and requires a step in faith. Paradoxically, it strengthens our faith, which is what we need as we try to turn our lives towards Him.

So the Lenten buffet is laid out before us to nourish our souls and prepare us to receive Christ at Easter. We can partake of fasting, church services, and prayer in the home. I have not mentioned many of the other 'dishes' available like confession, forgiveness, almsgiving, reading the scriptures, pilgrimages, reading the lives of the Saints, or memorizing scripture or prayers. The banquet is set for us to partake as much as we desire.

MAKE A COMMITMENT TO A CHURCH SCHEDULE DURING LENT.

During Lent, the Church offers more opportunities for us to come together in prayer. When we make any efforts to re-orient our lives towards God, we will be challenged. The Church knows this and provides opportunities for us to strengthen ourselves for this effort through prayer. The church services are for us to be encouraged and strengthened . . . Decide as a family what your church service schedule will be . . . Planning in advance that you will go to [Monday Compline], Wednesday night Pre-Sanctified service, or Friday night Salutations service, . . . is a commitment towards heavenly rewards of peace and healing. Planning ahead what services you will commit to is a way of setting our family's Lenten journey within the life of the parish; right where it belongs.

The goal or purpose of Lent is not to fast or pray. The goal of Lent is to experience God directly. Helping our kids 'get more out of Church' means helping them experience God directly. Lent is a time for families to reorient ourselves towards God, but it takes a commitment to open our families to the life in Christ and open our homes to God's saving Grace. The feast is there for us to partake . . . [and] God promises those who partake, that "Blessed are those who hunger and thirst after righteousness, for they shall be filled."

Philip Mamakalis, PhD
Excerpts from GOARCH.COM http://www.goarch.org/ourfaith/making-lent-great/

Unsure of what to do for Lent? Access the link below for a step by step guide for your family: https://mailchi.mp/goarch/triodion_bible_study
First, Stewardship pledges are the way our church funds our annual budget, which supports our operations and all our ministries. Our 2019 budget has been carefully and cost-effectively planned to meet the needs of our parish, and we need everyone’s active participation—time, talent and treasure!

**Question:** I have made my annual Stewardship Pledge. How do I make sure my contributions are credited to my pledge throughout the year?

Good question! First, the church budget year runs January through December every year, as does your Stewardship Pledge year. You may pay your pledge weekly, monthly or however you choose. If you pay by check, even by online banking bill-pay check, please put a note in the memo section that this payment is for “stewardship.” All other electronic options, such as the Kiosk in the Spiritual Life Center, or the Give Plus+ Mobile app, allow you also to designate your donation for stewardship. Cash donations should be placed in an envelope, marked for stewardship with the donor’s name.

**Question:** What if I give to the Capital Campaign or to an event like the Agape Picnic? Does this count toward my Stewardship?

No, only those donations that you indicate as “stewardship” are credited as stewardship. Capital Campaign contributions have their own accounting category, as do events like the Agape Picnic.

**Question:** I made a Stewardship Pledge, but I would like my money to go somewhere specific, like to Youth Programming or to the Bookstore. How does this work?

Actually, it doesn’t work! Stewardship supports our General Operating Budget. If you want to make a specific contribution, your donation goes to an earmarked, Dedicated Fund; for example, if you make a donation earmarked for the Bookstore, then the money is restricted to be used only for the Bookstore. Therefore, donations to earmarked funds are not credited toward Stewardship pledges, although they are part of your total offering to the Church.

**Question:** Can donations of goods be credited toward my Stewardship Pledge?

Another good question! Donations of goods are usually credited as miscellaneous offerings, not as Stewardship, because income is necessary to meet the church’s annual budgetary needs. These donations are credited to your offering profile in categories other than stewardship. However, donations of goods and services are welcomed to help our parish’s service to God through worship, service, witness, and fellowship. Services are generally not allowed to be credited as donations, per IRS regulations.

As always, if you have any questions, please contact Father Steve or the church office.

---

**Where are you in Monthly Giving?**

As you consider this question, please take a moment to reflect on the chart of Monthly Giving by percent. Stewardship pledges are critical to meeting our carefully planned 2019 budget.

If you would like to increase your pledge, it is not too late to notify the office with your new amount.

Put your faith into action in 2019!

<table>
<thead>
<tr>
<th>ANNUAL INCOME</th>
<th>MONTHLY GIVING BY PERCENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20,000</td>
<td>2% $33  4% $67  6% $100  8% $133  10% $167  11% $183  12% $200</td>
</tr>
<tr>
<td>$25,000</td>
<td>2% $42  4% $83  6% $125  8% $167  10% $208  11% $229  12% $250</td>
</tr>
<tr>
<td>$30,000</td>
<td>2% $50  4% $100  6% $150  8% $200  10% $250  11% $275  12% $300</td>
</tr>
<tr>
<td>$40,000</td>
<td>2% $67  4% $133  6% $200  8% $267  10% $333  11% $367  12% $400</td>
</tr>
<tr>
<td>$45,000</td>
<td>2% $75  4% $150  6% $225  8% $300  10% $375  11% $413  12% $450</td>
</tr>
<tr>
<td>$50,000</td>
<td>2% $83  4% $167  6% $250  8% $333  10% $417  11% $458  12% $500</td>
</tr>
<tr>
<td>$75,000</td>
<td>2% $125  4% $250  6% $375  8% $500  10% $625  11% $688  12% $750</td>
</tr>
<tr>
<td>$100,000</td>
<td>2% $167  4% $333  6% $500  8% $667  10% $833  11% $917  12% $1,000</td>
</tr>
<tr>
<td>$150,000</td>
<td>2% $250  4% $500  6% $750  8% $1,000  10% $1,250  11% $1,375  12% $1,500</td>
</tr>
<tr>
<td>$200,000</td>
<td>2% $333  4% $667  6% $1,000  8% $1,333  10% $1,667  11% $1,833  12% $2,000</td>
</tr>
<tr>
<td>$250,000</td>
<td>2% $417  4% $833  6% $1,250  8% $1,667  10% $2,083  11% $2,292  12% $2,500</td>
</tr>
<tr>
<td>$300,000</td>
<td>2% $500  4% $1,000  6% $1,500  8% $2,000  10% $2,500  11% $2,750  12% $3,000</td>
</tr>
<tr>
<td>$400,000</td>
<td>2% $667  4% $1,333  6% $2,000  8% $2,667  10% $3,333  11% $3,667  12% $4,000</td>
</tr>
<tr>
<td>$500,000</td>
<td>2% $833  4% $1,667  6% $2,500  8% $3,333  10% $4,167  11% $4,583  12% $5,000</td>
</tr>
</tbody>
</table>
On Sunday, November 11, 2018, (the official date of the holiday), we paid tribute to our military veterans by recognition on the solea, a special prayer, a memorial service for departed veterans and a coffee hour in their honor. Somehow, it just doesn’t seem to be enough. Veterans have sacrificed so much for so many. We are always happy to honor our veteran’s for their service to our country. They have all given of themselves whether in time away from family or their own plans or in giving of their own lives to keep our country safe. Special thanks go to Peter Keretsis, leader of the Military Ministry, and his sons, Thomas and Michael, Kim Clewell and Ron Drobonick for the hard work they put into preparing for this special event each year.

Thank you to all of our veterans, some of which are pictured above. May God bless all of you for your service.
We were blessed to have Bishop Sevastianos with us on January 26th. He joined the HUMS ministry for a special blessing of the new Health Clinic on Saturday morning. On Saturday evening he led a beautiful vespers service followed by a reception where he spoke to us in a casual forum.

Bishop Sevastianos was born in Ano-Zodia, Cyprus. He is a graduate of the Theological School of the University of Athens, Greece (1978). He received a scholarship through the World Council of Churches to study in the United States at Columbia Theological Seminary, Decatur Georgia (1982) where he received a Th.M. in Pastoral Psychology. He has worked and received advanced certification in Clinical Pastoral Education at Caraway Methodist Medical Center, Birmingham, Alabama (1980-1982), and furthered his studies in Pastoral Psychology at Vanderbilt University, Nashville Tennessee and Middle Tennessee State University (1982-1984).

He was ordained Deacon in 1974 and Priest in 1978. He received the offikion of Archimandrite by the late Archbishop of Thyateira, Athenagoras. He has served several parishes both as a deacon and a priest in Cyprus, Greece and the U.S in the Metropolis of Atlanta.

He was appointed Chief Secretary of the Holy Eparchial Synod by His Eminence Archbishop Demetrios of America on June 1, 2006, a position that he still holds. Bishop Sevastianos, has been actively involved in the Administration of the Church in general, and in particular in our Holy Archdiocese, serving as a Council member on the Metropolis and Archdiocesan levels; in the Administration Committee of the Archdiocesan Council where he assisted in developing resources for the training of Parish Councils and in the Legal Committee of the Archdiocese.

His Grace is currently serving as President of the Clergy Syndesmos of the Metropolis of Atlanta for several years and the Archdiocesan Presbyters Council.

His Grace is currently serving as the Secretary of the Holy Eparchial Synod. In early December 2018, His Grace returned to the Metropolis of Atlanta and is assisting His Eminence Metropolitan Alexios in ministering and serving the faithful within the Metropolis of Atlanta.

(excerpts from https://atmetropolis.org/bishop-sevastianos-of-zela)
Inspired by the lives of the Holy Unmercenary Saints, the Holy Unmercenarys Medical Society (HUMS) recently started a new Medical/Dental Clinic in the inner city of Charlotte, North Carolina. On Saturday January 26, 2019, eight Orthodox healthcare providers of the Metropolis of Atlanta joined His Grace, Bishop Sebastians of Zelon, as he led them in a Blessing of the Waters to inaugurate the opening of this Clinic. Over one hundred homeless women, children, Orthodox faithful, as well non-Orthodox staff witnessed and shared in this beautiful uplifting service. This clinic is located within Shelter Health Services and is part of the Salvation Army’s Center of Hope, which is one of the largest shelters on the East Coast. The Shelter and Clinic provide housing and medical care for over 400 homeless women and children. This HUMS Specialty Clinic offers a wide range of healthcare services including General and Internal Medicine, Pediatrics, Gastroenterology, Orthopaedics and Arthritis care, pharmacologic assistance, as well as Physical Therapy. The HUMS also offers a free weekly Orthopedic Clinic.

Soon, the HUMS will begin a Vocational Rehabilitation jobs program for appropriate Clinic patients. Many patients find it difficult to gain employment for various reasons. Through this program, these homeless women will be offered training as well as a job. As transportation is always problematic in this patient population, transportation will be provided. It is hoped that this program will allow at least upwards of 100 patients per year to permanently leave homelessness.

The HUMS has established a quarterly newsletter as well as a yearly retreat at the DRC. Its first retreat leader was Fr., Dr. Stavros Kofinas of the Pastoral Network of the Ecumenical Patriarchate, who led the attendees in a deeply reflective study of “loneliness” and “hope” in the care of the patient in May, 2017. Shortly thereafter, the HUMS was accepted into the Pastoral Network of the Ecumenical Patriarchate. The second retreat was led by Dr. Gayle Woloschak in May, 2018, and the theme was “The Mystery of Faith, Technology, and the Healing Arts. Both events were well attended and all thoroughly enjoyed the three day weekend of fellowship, daily worship, poignant discussions, as well as the awe inspiring beauty of the DRC. The third annual retreat will be held during May 15-17, 2019 with Dn., Dr. Stephen Muse as retreat leader, who will lead the membership with the timely theme of “Healing the Healer.” These retreats are open to any Orthodox Christian provider who would like to attend. Of note, His Eminence, Metropolitan Alexios always attends the yearly retreats and leads the membership in prayer, spiritual reflections, as well as participating in the retreat discussions. .”

Deacon Paul Tsahakis

Web link: www.gohums.org
Metropolis of Atlanta website: https://atlmetropolis.org/news/health-clinic
Facebook: www.facebook.com/gohums
Congratulations are in order for Fr. John’s assignment to serve as the Presiding Priest at St. Paul Greek Orthodox Church in Savannah, Georgia.

Hundreds of well-wishers gathered for our Special Farewell Reception for Fr. John Wallace, Presbytera Mary and Laura on Sunday, January 20, 2019. In the hall, following the Divine Liturgy, parishioners and friends with mixed emotions eagerly awaited their turn to greet Fr. John and family.

Fr. John has been with us since July 2012 as Assistant Priest. As Fr. Steve shared, “He has been a great asset to our community, a great help me and has become a good friend to many of us. He is a fine priest and deserves a parish of his own. He will be missed by me and by many.”

We thank him for his service and commitment to our community. Our prayers go with him and his family for many blessings as they start on this new ministry that God has set before them.

On the next two pages we honor Father John for his service with a compilation of photos that have been taken of him over the years. You will see him with his family, at his ordination, serving at different services, working on a project and even receiving a special cake for his birthday. Many blessings to you Father John and to your family! Axios!
Our community's first St. Nektarios Taking Steps 5K walk/run event took place on December 8, 2018. The event was one of the several events planned for our parish’s 20th anniversary in 2018 celebrating the founding of our parish.

The 5K event was a great success. The team was composed of compassionate, dedicated and truly faithful athletes from the community of St. Nektarios that organized and put the event together. The organizational team members were:

Mike Burgan, Chris Mortis, Maria Mortis, Dan Wixon, Vickie Wixon, George Douglas, Radu Stoica, Elizabeth Kleto, Joe Tristano, Stamie Despo, Timira Cockinos, Wael Elias, Jane Dell, Tamer Alyateem, George Manousos and Kholoud Alyateem

Event Charity: The team chose the new Orthopedic Clinic at Shelter Health Services that was started by our own Dr. Dn. Paul Tsahakis. The charity was also chosen to honor the memory of our beloved Ana Sistare who was going to be part of this initiative in helping and getting it started.

Event Medals: The handmade Olive Wood from the Holy Land, the city of Bethlehem in celebration of the birth of our Lord Jesus Christ, were the medals given to all participants and also special ones for the top winners of their age group.

Event Day: The day was a great success. We had 255 people registered for the event with 175 who actually participated in the run/walk with bibs. We had over 50 volunteers on the day of the race that made our first event a historic day in our community. The event was supported by many donors, sponsors, volunteers and supporters of all levels. We thank each and every person and organization in making this day come true.

Team Goal: The goal was two-fold, to raise $20,000 for the Shelter Health Services Orthopedic Clinic, and raise awareness and knowledge of Orthodoxy beyond the premises of St. Nektarios in our neighboring areas. Sherry Potter manned our Orthodoxy information table and Gerry Clonaris presented a sanctuary tour that day. The goal of raising $20,000 was to coincide with the 20th anniversary of the community. We learned how much effort was required to raise this amount. Since this was our first 5K event and no team members had prior experience in organizing such an event, experts and race organizers told us that if we break, then the event is truly successful.

With the faith, trust, hard work, determination of the team and the unbelievable support by our donors, sponsors and participants that registered for the event, the team was able to raise a total of $30,394.00 before expenses. In addition to the monetary donations, the shelter received in-kind Medical Supply donations from an EKG machine to multiple medical and shelter needs. We are happy to report that St. Nektarios Taking Steps 5K Walk/Run event raised and donated the following to Shelter Health Services:

$20,500.00 - cash
$ 8,000.00 - In kind medical donations

Glory Be to God for His love and generosity through the golden hearts of all who made the 2019 St. Nektarios Taking Steps 5K Walk/Run event goal possible and a bigger success with your support and participation. Mark your calendar for Saturday November 23, 2019 at 8:00 a.m. for our 2nd annual 5K walk/run.

Below are some comments from participants sharing their excitement of the day:

Betsy Shultz, Citco Company:
I coordinate the Employee Wellness Program for Citco, a Hedge Fund company located in Uptown Charlotte. One of the focuses of the program is to encourage our employees to be active, while getting involved in our community. I am interested in the 1st Annual St. Nektarios Taking Steps 5K in South Charlotte. What a great cause the race is supporting! I wanted to reach out to see if we could set up a promo code for our employees to use for signups, as the...
company would pay for individual entry fees. We would potentially have 10-25 participants. I learned about your race through Charlotte Running Company, however, I did not see details on the race entry fee. Additional details on the event would be most helpful.

Peter Keretsis:
Glory be to God! Great job today. You see, nothing to worry about. We had a lot of fun! Great cause! As long as we do the work, God will provide! It was AWESOME!! I loved it! So did a lot of other people.

Christie Asimos:
I wanted to say thank you for the successful event yesterday. All your teams efforts and planning were evident! Thank the good Lord even the rain was kept at bay!

Mike Burgan:

Congratulations, Kholoud!! Thanks for your leadership. Awesome event! Glory to God!!

Kabee Kokenes:
SO PROUD OF YOU!! What a great event!! Thank You!! You all did a phenomenal job!! So much fun! I can honestly tell you I didn’t hear ANY negative!!

Gerry Clonaris:
Cousin Kholoud, If any one made anybody proud it was you and what you did today for our parish. The event was spectacular. You hit a grand slam. And established an event that will go on for many many years. You were the one that needs to be congratulated. We had 6 people stop in for the tour.

Sawsan Alyateem
You did a great job, everything was great.

George & Maria Demakis
Thanks for a great event Koloud! Really fun and well organized

Dawn Roth:
Super happy for (and proud of) Kholoud Ghanem Alyateem who was the race director for the St Nektarios Taking Steps 5k. Super race and for a great cause-Shelter Health Services in Charlotte. Fun race and congrats on a job well done!

Elaine Miller:
Fabulous day, fabulous event, fabulous folks. Congrats to all who planned and participated!! If you missed this inaugural event, start training for next year!

Lea Tsahakis
Awesome job to the organizers ... so much fun & for such much good!

Renee Collins
Great job Kholoud Ghanem Alyateem, Elizabeth Kleto, Daniel Wixon, and everyone else involved. It was so well organized and a ton of fun!

Stamie Despo
Well done!

Dr. Paul Tsahakis
Thank you. Again, great job!!! Kholoud...the Shelter has allowed us as a community to start to better learn how to care for the “least” on a daily basis...thus fulfilling His imperative...Glory to God!

Our Photographers pictured from left to right: Costa Vrettos, John Cosmas, Kim Sheree’ Braswell, Alaeddin Alyateem and Irina Hubbard, (not pictured) Thank you for a photo finish!

Presentation of the check

Outside of the Health Services Clinic
The Christmas Season can bring much joy, generosity, good-will and high-spiritedness. What happens once Christmas passes? Just type “Post-Christmas Depression” into Google, and you will find out! What can we, as Christians, do to overcome the “low” that can follow once the Christmas Season has passed?

Here are 10 suggestions!!

**Stay focused on His Great Gift.** The holiday season can be expressed by goodness and generosity, but also with commercialism, emotionalism and many distractions. Christ came to save us from our often stress-filled, empty, roller coaster life and to fill it with purpose and meaning. By worshiping and thanking Him and loving and serving those around us, we ultimately live more steady, peaceful and fruitful lives.

**Go to Church. Regularly.** Church is never a ‘one and done’ experience. If we are to overcome our tendency for self-absorption and a myriad of vices, no matter how small, we must continually go to the “Fountain of Life” for refreshment, renewal and re-charging. God never meant for us to go through life on our own, but desires to fill us with His presence, love and grace on a moment-to-moment basis.

**Pray. Regularly.** If we are not intentional with our time, it will flee from us like sand. We must ‘seize the moment’ on a daily basis and set aside prayer time each day. “The Kingdom of Heaven is taken by force” (Matthew 11:12). We will not be taken to heaven or hell kicking or screaming, but will gain one or the other through our own daily decisions.

**Read Scriptures. Daily.** The Bible is called Holy for a reason. In it we find the words of hope and promise of everlasting life. Reading the Scriptures daily and applying them to our lives will give us perspective and help level out the highs and lows of life.

**Read the Lives of the Saints.** Reading the life of another can be very powerful and encouraging. The Saints show us imperfect lives continually turning toward God. The death they endured for the sake of Christ admonishes us to be more courageous, steadfast, faithful and bold in our own lives.

**Take Care of Your Body.** It is the temple of the Holy Spirit and you are a steward of it. It is one of your greatest gifts from God and you will be accountable as to how you treated it. Eat real food and get real exercise daily.

**Go Outside. Daily.** We were never meant to sit at desks and in front of screens year-round. God is most easily found in His glorious creation (Romans 1:19-20). Make it a habit to walk, run, hike, even sit outdoors on a regular basis. It is an immediate mood booster!

**Touch the Earth. Often.** It is still winter, but start planning that garden and studying which trees and bushes you will plant this spring. The closer we are to God’s earth, the closer we are to God.

**Guard Your Thoughts.** At any given moment, we are bombarded by a myriad of thoughts. They are not all from God! Once we realize this, we can guard our mind and heart from those thoughts that negatively impact our vital connection to God and those around us. Practice mercy and love to ourselves and our neighbors.

**Receive the Sacraments. Your Whole Life-long.** God intended us to live sacramentally, that is, in a fashion in which we are always receiving His grace. Baptism, Marriage, Confession, Communion, Holy Unction, Home Blessings... these are all God’s way of saying, “I give you my blessing in all you do...that you may live for me and I may live through you.”

May 2019 be characterized by ardent prayer, seeking first His Kingdom, and being a light for a world in need of God’s love and mercy. Amen!

Presvytera Stacey Dorrance of Eikona Music Ministry

*The Eikona Sisters ~ www.eikona.com.*

“...Sing psalms, hymns & spiritual songs with thankfulness in your hearts to God.” (Col.3:16)

*Please Like our Facebook Page!* www.facebook.com/eikonamusinc

Eikona is a three-sister ensemble from a musical family, spreading the message of our Faith through song.

Presvytera Stacey Dorrance, and her sisters, Presvytera Marika Brown, and Chrysanthy Therianos — known as Eikona — hope to inspire more people to express their Faith through the magnificent hymns of our church.
The Young at Heart gathered on Thursday, December 13th for their Joy to the World Christmas Dinner Celebration with cocktails at 5:30 and dinner at 6:00 pm. We always look forward to our Christmas party. Our tables were beautifully decorated by the board and everyone enjoyed a meal of different stations...seafood, beef and pasta, along with delicious desserts.

Joanna Dendrolivanos entertained us by singing Christmas songs, and Tommy Pappas, our DJ, played music for dancing. We enjoyed a wonderful time of fellowship while remembering our Lord’s birth.

Christina and Kyriakos Gionis

January 2019

The host team for January 10, 2019, with Pete Douglas and his team cooking, prepared a nice meal of chicken breast stuffed with spinach and feta, manestra, green beans, and field green salad. We had a delicious cake for those celebrating birthdays December and January. Cathy Kefalas brought a tray of melomakarona and kourambiethes, which was a nice surprise, and enjoyed by all. Other desserts and a fruit tray rounded out the menu.

We also had a very interesting program on Alzheimer's and dementia, by representatives of the Alzheimer Association, Western Carolina Chapter. Coury O’Donoghue, Dir. of Program Services, Redia Baxter, Health Systems Director, and Elizabeth Novak, Education Specialist were the presenters for the Alzheimer Assn.as well as Lynne Napoli, Community Relations Manager, and Vanessa Watson, Nursing Director, with the organization Right at Home, a company dealing with dementia patients in their home. They had four volunteers participate in simulating dementia conditions. They were asked to do several tasks involving this disease. It was very enlightening. Christina & Kyriakos Gionis
Youth Ministries

Many thanks to Athletic Director, Theo Karavokires, and the coaches, players, parents and fans for a wonderful season of Spartan Basketball!

Congratulations to Coach Phyllis Gianakopoulos and her 9th & 10th Grade Girls’ Team for finishing first in the league at the end of regular season play.

Practices, games, and meet-ups like the joint team outing between our 8th Grade Boys’ Team and Holy Trinity’s team kept weekends in December, January, and February busy with fun and fellowship!

Our Cub Scout Pack and Boy Scout Troop have been hard at work this season. From Scouting for Food to Scout Sunday to the Pinewood Derby, the boys and their leaders have been involved in many worthwhile projects.
JOY/HOPE First Fridays

Our PK through 5th Grade JOY/HOPE youth had fun at February’s First Friday. The theme was God’s Love for Us — and our JOY/HOPE crew read stories and painted Bible verse hearts to take home. Many thanks to the families who came out for this special event. It’s a blessing to have all of our youngest together each month learning, crafting, playing, and enjoying fellowship with one another!
The Holy Martyred Bishops of Cherson: Basileus, Ephraim, Eugene, Capito, Aetherius, Agathodorus, and Elpidius

March 7

These holy Bishops were sent to Cherson on the Black Sea by Hermon, Bishop of Jerusalem, in the days of Diocletian, about the year 300, to preach the Gospel. Ephraim and Basileus were sent first. Basileus raised to life the dead son of a local ruler, because of which many were baptized. Those who remained in their unbelief, however, dragged him through the streets until he died. Ephraim, refusing to offer sacrifice to idols, was beheaded. After them, Eugene, Agathodorus, Capito, and Elpidius were sent by the Bishop of Jerusalem as heralds of the Faith, but they also were slain by the ungodly. Last of all, the Bishop of Jerusalem sent Aetherius; he was drowned during the reign of Saint Constantine the Great.

Apolytikion

Since Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heathen, O Christ our God, and strengthen the faith of Orthodox Christians, since Thou alone art good and the Friend of man.

http://www.goarch.org

“Copyright © Holy Transfiguration Monastery, Brookline, MA, used by permission. All rights reserved.”

Our Mission:

St. Nektarios Greek Orthodox Church is dedicated to the continuation of our Lord and Savior Jesus Christ’s ministry of salvation through the proclamation and teaching of the Gospel; through Baptism in the name of the Father, Son, and Holy Spirit; and through loving service to God and to mankind.

Our Vision:

The community will provide a loving, caring and welcoming environment where all belong and grow in the faith through worship, service, witness, and fellowship.

Directory

Church Office: 704-708-4669
Church Fax: 704-846-6094
Email: office@stnектarios.org
Website: www.stnектarios.org
5108 Kuykendall Rd. Charlotte, NC 28270

Father Steve Dalber, Protopresbyter
Home: 704-708-4638
Cell Phone: 704-451-6524
Email: frdalber@stnектarios.org
Dn. Father Stephanos Potter
Dn. Father Paul Tsahakis

2018 Parish Council

President: Charlie Hubbard
Vice President: Christina Bonderer
Treasurer: Teresa Jacob
Assist. Treasurer: Despina Gallis
Secretary: Jacob Saylor
Assist. Secretary: John Paul Tsahakis
Members: George Bacogeorge, Peter Keretsis, Nadia Khoury, Teddy Poulos and Aka Vashakidze

Parish Administrator
Evelyn Klund

Director of Youth Ministries
Helen Giles

Music Ministry Coordinator
Jeff Clewell

Administration Staff
Niki Kleto, Kim Braswell, Carol Jelush, Silva Awaimrin, Sofia Nicoloopoulos

Property Manager
Tim Shelton

Philoptochos Board

President: Thalia Fergione
Vice President: Charlotte Nicoloopoulos
Recording Secretary: Helen Clonaris
Corresponding Secretary: Joanne Kiser
Treasurer: Madalina Lowen
Asst. Treasurer: Evelyn Klund
Members: Helen Bakos, Dee Drobonick, Maria Kleto, Niki Kleto, Ana Levantis, Ritsa Neary, Rita Pappas, Bessie Vrettos, Maria Wheatley (Advisor)

Sundays at Saint Nektarios

Worship
Matins 8:15 a.m. and Divine Liturgy: 9:15 a.m.

Youth Catechism:
Following Divine Liturgy
Fellowship Coffee:
Following the Divine Liturgy

Prosfora
Please contact the church office or Christie Asimos at 704-756-1512 if you would like to provide or sponsor Prosfora.

Coffee Hour
Please contact the church office if you would like to host or co-host a Coffee Hour on Sunday. Your Stewardship pays for the coffee hour refreshments provided by the Hospitality Ministry Team.

Flowers
You may donate flowers in honor of a family member’s feast day, in memory of a loved one or friend, on the occasion of a holiday, or simply as a gift to the community of St. Nektarios. To donate flower arrangements to be placed at the Iconostasis, St. Nektarios Shrine or in the Narthex for Sunday Services, please contact the church office to reserve a Sunday.

Sacramental Wine & Pure Olive Oil
You may make a financial gift to help defray the cost of the sacramental wine that is used for Holy Communion. Please note on the memo line of your check or on the envelope “Communion Wine”. You may also donate a bottle or can of pure olive oil which is then blessed at the Shrine of St. Nektarios and is offered in the anointing kits. Please feel free to bring this with you to any of our services and give to an usher on duty. For additional information contact the church office.

Contact Information

Church Office: 704-708-4669
Church Fax: 704-846-6094
Email: office@stnектarios.org
Website: www.stnектarios.org
5108 Kuykendall Rd. Charlotte, NC 28270

Father Steve Dalber, Protopresbyter
Home: 704-708-4638
Cell Phone: 704-451-6524
Email: frdalber@stnектarios.org
Dn. Father Stephanos Potter
Dn. Father Paul Tsahakis

2018 Parish Council

President: Charlie Hubbard
Vice President: Christina Bonderer
Treasurer: Teresa Jacob
Assist. Treasurer: Despina Gallis
Secretary: Jacob Saylor
Assist. Secretary: John Paul Tsahakis
Members: George Bacogeorge, Peter Keretsis, Nadia Khoury, Teddy Poulos and Aka Vashakidze

Parish Administrator
Evelyn Klund

Director of Youth Ministries
Helen Giles

Music Ministry Coordinator
Jeff Clewell

Administration Staff
Niki Kleto, Kim Braswell, Carol Jelush, Silva Awaimrin, Sofia Nicoloopoulos

Property Manager
Tim Shelton

Philoptochos Board

President: Thalia Fergione
Vice President: Charlotte Nicoloopoulos
Recording Secretary: Helen Clonaris
Corresponding Secretary: Joanne Kiser
Treasurer: Madalina Lowen
Asst. Treasurer: Evelyn Klund
Members: Helen Bakos, Dee Drobonick, Maria Kleto, Niki Kleto, Ana Levantis, Ritsa Neary, Rita Pappas, Bessie Vrettos, Maria Wheatley (Advisor)

Sundays at Saint Nektarios

Worship
Matins 8:15 a.m. and Divine Liturgy: 9:15 a.m.

Youth Catechism:
Following Divine Liturgy
Fellowship Coffee:
Following the Divine Liturgy

Prosfora
Please contact the church office or Christie Asimos at 704-756-1512 if you would like to provide or sponsor Prosfora.

Coffee Hour
Please contact the church office if you would like to host or co-host a Coffee Hour on Sunday. Your Stewardship pays for the coffee hour refreshments provided by the Hospitality Ministry Team.

Flowers
You may donate flowers in honor of a family member’s feast day, in memory of a loved one or friend, on the occasion of a holiday, or simply as a gift to the community of St. Nektarios. To donate flower arrangements to be placed at the Iconostasis, St. Nektarios Shrine or in the Narthex for Sunday Services, please contact the church office to reserve a Sunday.

Sacramental Wine & Pure Olive Oil
You may make a financial gift to help defray the cost of the sacramental wine that is used for Holy Communion. Please note on the memo line of your check or on the envelope “Communion Wine”. You may also donate a bottle or can of pure olive oil which is then blessed at the Shrine of St. Nektarios and is offered in the anointing kits. Please feel free to bring this with you to any of our services and give to an usher on duty. For additional information contact the church office.

Contact Information

Church Office: 704-708-4669
Church Fax: 704-846-6094
Email: office@stnектarios.org
Website: www.stnектarios.org
5108 Kuykendall Rd. Charlotte, NC 28270

Father Steve Dalber, Protopresbyter
Home: 704-708-4638
Cell Phone: 704-451-6524
Email: frdalber@stnектarios.org
Dn. Father Stephanos Potter
Dn. Father Paul Tsahakis

2018 Parish Council

President: Charlie Hubbard
Vice President: Christina Bonderer
Treasurer: Teresa Jacob
Assist. Treasurer: Despina Gallis
Secretary: Jacob Saylor
Assist. Secretary: John Paul Tsahakis
Members: George Bacogeorge, Peter Keretsis, Nadia Khoury, Teddy Poulos and Aka Vashakidze

Parish Administrator
Evelyn Klund

Director of Youth Ministries
Helen Giles

Music Ministry Coordinator
Jeff Clewell

Administration Staff
Niki Kleto, Kim Braswell, Carol Jelush, Silva Awaimrin, Sofia Nicoloopoulos

Property Manager
Tim Shelton

Philoptochos Board

President: Thalia Fergione
Vice President: Charlotte Nicoloopoulos
Recording Secretary: Helen Clonaris
Corresponding Secretary: Joanne Kiser
Treasurer: Madalina Lowen
Asst. Treasurer: Evelyn Klund
Members: Helen Bakos, Dee Drobonick, Maria Kleto, Niki Kleto, Ana Levantis, Ritsa Neary, Rita Pappas, Bessie Vrettos, Maria Wheatley (Advisor)