

Cathedral News



Saints Constantine and Helen Greek Orthodox Cathedral

Volume 63, Issue 3, March 2021

Dean's Desk

Great Lent

We are once again preparing to enter Great Lent, the time for repentance, self-introspection, prayer, fasting, and preparation for the Passion and Resurrection of our Lord Jesus Christ. Many extra liturgical services are offered during lent, which help our Lenten journey to be more meaningful. Although we plan to live stream most of these services, it is more meaningful to be present in person. Our attendance numbers allow us to be socially distanced and masks are required to be present. Either way, join us for our Lenten worship cycle.

In conjunction with the above, Fr. Bacalis will offer a series of Lenten Bible studies on Tuesdays at 10:00 a.m. during Great Lent. These will be virtual via zoom, beginning on March 16th. Please contact the Cathedral office if you would like to participate.

Bishop Apostolos of Medeia Appointed to Oversee the Metropolis of New Jersey

We were blessed to have had the Very Rev. Archimandrite Dean Moralis serve as our Chancellor following the transfer of Metropolitan Evangelos. Fr. Dean accomplished a lot in the short time he served, including a visit to our parish. The responsibility of overseeing an entire Metropolis as well as being the Dean of the Annunciation Cathedral in Baltimore proved to be too much. He offered his resignation as Chancellor and now is back serving his parish.

Bishop Apostolos has been assigned by Archbishop Elpidophoros to assume responsibility of our Metropolis' "liturgical and pastoral needs". His Grace has served the St. Demetrios Cathedral in Astoria, Chancellor of the Metropolis of San Francisco, Spiritual Advisor to the National Philoptochos, and most recently Chief Secretary of the Holy Eparchial Synod. We look forward to his guidance in our Metropolis.

News Flash! His Grace has just scheduled to lead Forgiveness Vespers in our parish on March 14th.

Iconography Update

At the February Parish Assembly, John Bletsos made a presentation on potential iconography for our sanctuary. You may access this by clicking this [link](#).

An ad hoc Cathedral Enhancement Committee was established by the Parish Council in 2013. That committee decided to prioritize the restoration and cleaning of the icons on the iconostasion and also begin to research potential iconography for our sanctuary. The re-engagement of an Iconography Committee was made at the request of a parishioner to the September 20, 2020, meeting of the Parish Council. The Council members discussed this request at its next meetings and appointed a Steering Committee at the December 14, 2020, meeting. With two more updates at the Council meetings in 2021, Mr. Bletsos, a member of the Steering Committee, was asked to share where we are with this study at the February Parish Assembly.

There was discussion at the assembly, and it was clearly noted that the process of this study is in need of maintaining transparency and clarity. This will be done by the Parish Council and again shared with our membership. It needs to be noted that we are merely in the gathering of information at this stage to help form a possible vision of how our worship space might be enhanced. In the meantime, we need to be patient and respectful of all opinions regarding the process and potentiality of this study.



Daylight Savings time starts March 14th!
Don't forget to set your clocks 1 hour ahead.

In Home Care Needed

A church member is in need of a daytime caretaker for her mother-in-law. Please contact the church office if you are interested.

February Parish Council Highlights



Two thank you notes were read at the beginning of the meeting. Zack Matzianas reported that January stewardship was down from the previous year and expenses were in line with the budget. Ken Collins on behalf of the Audit Committee reported that the 2019 Financial Audit by our new C.P.A. found our finances in good order with nothing extraordinary to report. Ken complimented Caroline Moses for her outstanding work with our financials.

Andrea Junes Baker of our Reopening Task Force shared that members are following protocols, attendance has been affected by inclement weather, and that the liturgy books and pew flyers are appreciated by attendees. Maria Bartz said that plans have been made for in person Sunday School for high school students and that plans for our Oratorical Festival are being finalized. Scott Stolte stated that the Greek Festival Committee considers the June drive-through to be too early because of the pandemic, and that August or the fall would be a better time.

Under old business, Fr. Nick gave an update from the Iconography Committee. A discussion ensued as to where we are with this potential project, which is just in an infancy stage.

Episcopal vestments for Bishop John of Phocaea have arrived from Greece and been forwarded to our former Fr. John Constantine. Fr. Nick showed the new set that was presented to him. Zack Matzianas reviewed the budget for the second time and it is ready for presentation to the Parish Assembly.

For new business, it was decided to begin the meetings at 6:00 p.m. A sign-up sheet for ushers during the special Lenten services gave the members the opportunity to serve. It was suggested that we re-institute liaison reports from our ministries and organizations.

Next meeting will be held on March 15, 2021 at 6:00 p.m.

“the greatest of these is love”

February 2021 Stewardship Update

Cathedral Family Members:

We sincerely thank our dedicated stewards for your generosity in 2020. We had record giving in 2020 and what a challenging year it was. Of course, 2021 continues with the same struggles but with hopefully a light at the end of the proverbial tunnel. Your support has been outstanding and along with reduced expenditures, your donations propelled us to nearly achieving 100% of our Operating expenses covered through Stewardship alone.

Stewardship in January 2021 is slightly behind 2020 by 37%. Please remember that we were not in the COVID pandemic in January 2020, so a decline in year-to-year giving is not unexpected. It is important to note that the priority of compassionate stewardship is not aimed solely at collecting money to pay the bills. It is about how we, as a community, can do God’s work with love and compassion. It is less about the parish’s need to receive, and more about our need to give. It is our generosity with the gifts and blessings God has entrusted to us. Compassionate stewardship is an attitude and a way of life. These stories reflect the love and compassion that Jesus has for his people. His compassion inspires and challenges each one of us to live compassionately. I feel we have been successful in meeting these objectives.

Over the past couple of years, our Cathedral has been very proactive in making available many tools to allow you to provide your stewardship gifts even if you are unable to attend services in person. These programs are confidential and are intended to make giving as easy and secure as possible. We recently updated the Stewardship page on the Cathedral website, which highlights more ways to give to the Cathedral. Many of you have fully utilized these services. If you wish to utilize these services but are unsure, please do not hesitate to reach out to Caroline at the church office. Of course, your support is enhanced by your presence for worship (in person or virtually), your prayers, and your willingness to serve in our ministries. It has been heartwarming to see so many of you attend services in person.

Stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves and to grow in grace. It allows us to participate in the work of God. Giving is not a substitute for commitment – it is an expression of your commitment. I offer you my thanks for your dedication to our parish and your participation in Christ’s work of salvation. I pray that we are soon able to fill our Sanctuary in worship together.

Thank You for your support. Whether it be financial or in spirit, know that you are always in our thoughts and prayers. Please remain safe, stay healthy, and may God continue to bless you and your family.

With Christ’s blessings,

Mike Pantele – 2021 Stewardship Chairman

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 10:00 p.m. Holy Unction Service	4	5	6 First Saturday of Souls 9:30 a.m. Divine Liturgy
7 <i>Meatfare Sunday</i> 8:15 a.m. Orthros 9:30 a.m. Divine Liturgy Sunday School Zoom—Grades 3,4,5	8	9 9:30 a.m. Philoptochos Informal Coffee Fellowship	10	11 7:00 p.m. AHEPA Meeting (Virtual) 7:00 p.m. DOP Meeting (Virtual)	12	13 Second Saturday of Souls 9:30 a.m. Divine Liturgy
14 <i>Forgiveness Sunday</i> 8:15 a.m. Orthros 9:30 a.m. Divine Liturgy 10:00-10:45 a.m. In person Sunday School for High School students 6:00 p.m. Forgiveness Vespers Sunday School Zoom—Grades 6,7,8	15 Great Lent Begins 6:00 p.m. Parish Council Meeting DOP Red Tent Project Begins	16 10:00 a.m. Lenten Bible Study (Virtual)	17 5:30 p.m. Presanctified Liturgy 7:00 p.m. Philoptochos Board Meeting (Virtual) 7:30 p.m. DOP Book Club (Virtual)	18	19 7:00 p.m. Salutations to the Theotokos	20 Third Saturday of Souls 9:30 a.m. Divine Liturgy 2:00 p.m. Parish Oratorical Festival
21 <i>Sunday of Orthodoxy</i> 8:15 a.m. Orthros 9:30 a.m. Divine Liturgy 3:00 p.m. Philoptochos Regular Meeting (Virtual) 6:00 p.m. Vespers in Newport News	22	23 10:00 a.m. Lenten Bible Study (Virtual)	24 6:00 p.m. Vespers in Norfolk	25 Feast of the Annunciation 8:30 a.m. Orthros 9:30 a.m. Divine Liturgy Greek Independence Day 	26 7:00 p.m. Salutations to the Theotokos	27
28 <i>Sunday of Saint Gregory Palamas</i> 8:15 a.m. Orthros 9:30 a.m. Divine Liturgy 10:00—10:45 a.m. In person Sunday School for High School students	29	30 10:00 a.m. Lenten Bible Study (Virtual)	31 5:30 p.m. Presanctified Liturgy			

Philoptochos Corner

“We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have.” – Frederick Keonig

This quote spoke to me as I reflected on how much my life changed over the past year. I was upset with Covid-19 and all of the restrictions that had been put in place as a result of the pandemic. I was upset about not being able to sing in the choir on Sundays, during Holy Week, Christmas and about missing my choir family. I was upset about not being able to host Leisure Group once a month that so many of you enjoy. I was upset about not being able to cater to the Torch Club once a month. I was upset about not being able to have monthly Philoptochos in-person meetings and socializing with you all. I was upset about not being able to have our mini festival. I was upset about having to cancel a family vacation to Florida, about not eating out in a restaurant once in a while and I could go on and on. Realizing that being upset was getting me nowhere fast, I had to come to terms with my attitude and turn it around. On the bright side, I WAS able to sing on Sundays, during Holy Week and Christmas, only it was virtually, along with John Bletsos and Dean Tiggas. A few of our ladies started a little coffee gathering once a month just to be together instead of lunch and bingo. I was able to fly down to Alabama at Christmas to visit my son and his family. The truth is, I have my family, my friends, my health and my faith. How ridiculous and unproductive I had been by dwelling on what I couldn’t do anymore instead of being grateful and appreciative of all the blessings in my life. Does any of this speak to you? This has truly been a trying year for everyone. My hope and prayer is that the worst is behind us and we will start seeing things opening up again soon. In the meantime, I know that I must commit this quote to memory!

On a happy note, we are excited about the new cookbook that will be coming out in the future. The cookbook committee is working diligently to gather new recipes as well as including the favorites from our last cookbook. Don’t forget to submit any recipes you would like included to the church office.

We will be holding elections in May for our board and are taking names of those who would like to serve on our board. Think about it and we will be discussing details at our meeting.

Mark Your Calendars Upcoming Meetings: Tuesday, March 9 – Informal Coffee Fellowship 9:30 am, **Wednesday, March 17** – Board Meeting via Zoom 7 pm, **Sunday, March 21** – Regular meeting via Zoom 3 pm

As always, I appreciate and thank you for your continued support,

Barbara Bambacus
Philoptochos President

Prayer Requests

Prayer can be a source of healing and comfort that brings us closer to God. If you have a special concern for which you would like our priest and/or church members to offer prayer, we have a new resource for you to share your request. You may submit a prayer request form on our website, fill out a paper form from the desk outside the Cathedral office, or call the office with your request. Please let us know if you wish only the priest to offer a special prayer or if you want the request shared with church members for their prayers. Prayer is a powerful spiritual aide, let us all make better use of this gift from God.

 Saints Constantine & Helen Greek Orthodox Cathedral Prayer Request Form	
Name	
_____	_____
<i>First</i>	<i>Last</i>
Phone or Email	

Prayer Request and Requested Date	

<input type="checkbox"/>	This prayer request is only for our priest to offer the prayer
<input type="checkbox"/>	I would like church members to be informed for their prayers

Penelope's Pen – March 2021



It's March again, and exactly one year since our lives were locked down by the pandemic. Our chapter has struggled to remain active by having Zoom meetings. Not all our sisters are comfortable with Zoom technology, so until we have in-person meetings again, these sisters are kept in the know about our activities by mailed meeting minutes. Interestingly, having to overcome obstacles has led to our becoming closer to one another and knowing each other better. Those who participate in our Zoom meetings enjoyed discussing the book selected for our very first Book Club meeting. Our second meeting will take place on March 17, 2021, at 7:30 p.m. This time, we will be discussing The Carpet Weaver of Usak by Kathryn Gauci, whose writing we enjoyed so much in our first selection. We invite all women of the Cathedral to participate in our Book Club. Please see the pertinent information located elsewhere in the newsletter.

March also brings us to the beginning of Lent. During Lent we normally put out our red collection box for our Red Tent Project for Homeless Women. Cathedral members have generously contributed for several years to this effort. This year, however, is not a normal one. With increasing numbers of parishioners attending church on Sundays, we will have our usual collection box in the foyer into which donations of female sanitary supplies (pads, tampons, sanitary wipes) can be deposited. Alternatively, those who wish to donate cash can either do so [online](#) or send a check payable to D.O.P. to the church office in care of Caroline Moses. We will use any cash donations to purchase sanitary items from a store and deliver everything to the homeless shelter. Red Tent Project will run from March 15 until Palm Sunday, April 25. Many thanks for any help for our homeless sisters, especially this year.

Next month, we hope to have information relating to our traditional tsourekia/koulourakia sale. Plans for doing this safely are being discussed. Will we, or won't we? Tune in next month to find out. Sisters, our next regular meeting will be on March 11, 2021, at 7 p.m. In the meantime, everyone have a Happy St. Patrick's Day and blessed beginning of Great Lent.

Until next month,
Penelope's Scribe
Shelia Demetriadis



For all women of our Cathedral from the DOP Book Club

The Daughters of Penelope, Antikleia Chapter # 68, invites you to our second book discussion.

Where: via Zoom (Your Zoom access will be emailed to the membership and to those who indicate an interest in attending.)

When: March 17, 2021, the third Wednesday, at 7:30 pm [Please note the time change to 7:30 pm: a Presanctified Liturgy will precede at 5:30 pm]

What: We proudly present ***The Carpet Weaver of Ushak*** by Kathryn Gauci.

Who: Prolific reader, Sondra Sealine, will lead the discussion on March 17th at 7:30 pm

RSVP to katgeranios@yahoo.com if you are interested in participating in the second book talk as a *guest* of the Daughters of Penelope.

About the Author:

Kathryn Gauci studied textile design, specializing in carpet design and technology. After college, she worked as a carpet designer in Athens. She later ran her own textile design studio in Melbourne, Australia, work which allowed her to travel worldwide and explore other cultures. Her years in Greece planted the seeds for her trilogy of Asia Minor: ***The Carpet Weaver of Ushak***, ***Seraphina's Song***, and ***The Embroiderer***.

Her job in Athens was situated in an area populated by refugees from The Asia Minor Catastrophe, 1922-23. Many still spoke in Turkish and harbored an intense yearning for their former home in Turkey. Fifty years after the catastrophe, many of these refugees shared a separate sense of identity and still referred to themselves as Mikrasiates (Asia Minor people).

About the Book:

The Carpet Weaver of Ushak, set in the time frame of 1914 to 1922, is the story of a deep friendship between two women, one Greek Orthodox and the other a Muslim Turk. Both women are expert carpet weavers and live in the same village with a Greek side and a Turkish side. The town square and a fountain separate the two villages. The Greek and Turkish inhabitants managed to pull together in adversity, keeping an eye out for each other and sharing their life events, joys and sorrows. The women have a friendship that transcends an atmosphere of mistrust, fear and ultimate collapse, long after the wars have ended.

When war broke out in a faraway place that few had heard of, a sense of foreboding crept into the village. In the aftermath of the war, the tenuous peace is further destabilized when the Greek army lands in Smyrna. Three years later, the villagers are forced to take sides. Loyalties and friendships that existed for generations are now irrevocably torn apart.

The villagers' situation is beautifully described and centers around characters of genuine feeling and courage as they struggle through the terrible problems that war always brings. This book has great depth and is a pleasure to read, and although it is not always a happy tale, it is always gripping. It is a story of love, friendship, courage, loss, and war, superbly told, set during an epic and tragic event that few today know about.

Vestment Gifts

We thank our parish organizations and families for their generosity in providing Bishop Ioannis of Phocaea with a set of episcopal vestments. These have arrived and been forwarded to His Grace (the former Fr. John Constantine).

The Parish Council also decided to present Fr. Bacalis with a set of vestments in honor of his upcoming silver anniversary (25 years) serving our community. Father expresses his appreciation for this meaningful gift.

Sunday Liturgy Reminders

[Let us go into the House of the Lord!](#)

Our attendance numbers for Sunday Liturgies at the start of the new year has averaged between 90-100. We continue to put the safety of our clergy, staff and parishioners as our top priority. We are very excited about the increase in attendance. Pew Bulletins and Liturgy Books are now available. Just a few Sunday Liturgy Reminders:

Exiting

Two sets of doors will be used to exit the House of Worship. Those sitting on the foyer side will exit through the side aisle and go through the Spanos Foyer to exit. Those sitting on the Kingcrest Parkway side will exit through the side aisle and go to the doors leading outside toward the street. There will be no exiting through the narthex. Antidoron in plastic bags will be available at both exits. Social distancing must be maintained when exiting.

Departure

Although we enjoy socializing after services, current circumstances require that we should depart the premises after services. This includes the parking lot and exterior grounds. Social distancing should be observed as you return to your cars.

We thank our Covid careful virtual parishioners for their attendance on Sunday as well. The time is coming when we can all worship together again.

Thank you for your cooperation, understanding and support!

Holy Week Books

We pray that the pandemic situation will improve, but do not know at this time how it will affect Holy Week services. We will surely be prepared to make our services available virtually. If you plan to watch via live stream, you may want to order your own Holy Week book. We use the publication by Fr. George Papadeas, which is available through Patmos Press (his own site), Amazon, ebay, or Orthodoxmarketplace.



Three consecutive Sundays of mixed winter precipitation in RVA. Who would have thought?

Committee Opportunities

Our 2021 Parish Council will be reviewing and appointing members to various committees, which are listed on the back of the 2021 Stewardship Card. This can be found on the Cathedral website. We are especially in need of ushers and greeters, and members to serve on the Endowment Committee. Please call or email the Cathedral office to offer of your time and talent.

Community Awards Scholarship Applications



The applications are available on the Cathedral website or from the office. Students have two months to submit, please do not be late. Deadline is April 16, 2021.

Westhampton Cemetery

With recent inquiries into plot availability with Westhampton, we wanted to share updated information. We no longer have plots available for purchase through the Cathedral, but Westhampton has expanded and there are new spaces available in our area. Virtual meetings can be set up and there are special promotions and financing available. If you would like more information, contact Gina Carter at 804-909-3062 or gina.carter@dignitymemorial.com. Gina has worked with our families for many years and she along with other counselors can provide information about arrangements.



RICHMOND CHAPTER NUMBER 83

AHEPA Minute – March 2021

Thank you to our Cathedral Community for your support of our Barbecue Pack! We hope you enjoyed it on Super Bowl Sunday!

Thanks to Fr. Nicholas, Caroline Moses and Athina Plaka for your support and help!

Thank you to all our brothers who organized the event and helped to make it a success!

We held our virtual Zoom meeting on February 11. We continued having record participation with our brothers attending safely from home! Thank you all who “Zoomed In” and contributed to a “fun” meeting.

Our meeting highlights include:

- Review of our Barbecue Pack fundraiser with ideas and suggestions for next year.
- A reminder to all that our local Chapter, and National and District AHEPA scholarships, along with all of our Cathedral Scholarships, are now open to apply. This is in recognition and support to our high school graduates and college students for their good work.
- Thanks to all our brothers for sharing their fun stories and their lives’ experiences in our happy half hour.

Our next meeting is on Thursday, March 11 at 7pm.

Please visit our own AHEPA website: <http://www.district3ahepa.com/mydistrict/83> to see our history, photos, and presentations!

John Bletsos

President, Richmond Chapter #83

Men’s Annual Retreat in Virginia Beach Church

Fr. John Manuel of the St. Nicholas Church extends an invitation to men in Virginia to attend this annual retreat. The theme is “Repentance: How to Return to God in Lent“, with Deacon John Gresham as the speaker. You may call the church for more information or to register (757) 422 – 5600.

Community Registry

Deaths

Nick Sidiropoulos, husband of Olympia and father of Christos, fell asleep in the Lord on February 1, 2021.

Joanna Patterson, mother of Jackie Corwin and Elaine Bahen, fell asleep in the Lord on January 29, 2021.

Dennis Tsatoumas, husband of Jenny and father of Stavroula and Eleni, fell asleep in the Lord on January 28, 2021 in Montreal, Canada.

Ted Galanides, father of Paul Galanides and Theodore Galanides, fell asleep in the Lord on February 17, 2021 in Virginia Beach.

We express our sympathy to the families who have lost their loved ones.

Thank you

On behalf of our entire family, we would like to thank the members of the Saints Constantine and Helen community for your generous support of the **Katherine Norton Toy Drive!** We continue to be overwhelmed at the outpouring of love reflected in the donation of both toys and gift cards in memory of our Angel, Katherine. Please know that because of your contributions, you’ve brought joy to the heart of a young child facing such an extreme health challenge. May God Bless you all!

Stasia and Stuart Norton and family

Vaccine Registration

If anyone needs help signing up for the COVID vaccine, please contact Dr. Martha Sotos, msotos@peoplepc.com or (804) 314-7129.

SATURDAY OF SOULS

During Great Lent, we shall be remembering our departed loved ones on the Saturday of the Souls, beginning on March 6th. You may clearly write the names below and give the entire form to Father.

For the repose of the Souls of
the departed servants of God:



Υπέρ αναπαύσεως των Ψυχών των
κεκοιμηθέντων δούλων του Θεού:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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