

PRESENTATION OF CHRIST GREEK ORTHODOX CHURCH



CURRENT

FEBRUARY 2019





Dear Parish Family,

“Come and see the Christ who is Lord and Master of all things, who today by Symeon to the Temple now is borne.”

This text, from the Matins service for our Parish Feast Day, invites us to our church home to come and see Christ. We find Him in the presence of one another, knowing that when two or three are gathered He is there. And we receive His Body and Blood each time we approach the Chalice.

But what then? The invitation to come and see Christ is an invitation to receive Him, to begin or strengthen our relationship with Him. The Lord invites us to come as we are, but to choose to be changed for the better through Him.

Changes in life happen slowly. The Church realizes this, and guides us in our relationship with Jesus. Shortly after we are invited to come and see the Lord of all, we enter the period of Triodion. This pre-Lenten period helps us to ease into the Great Lent, a time when we focus on repentance, literally changing our way of thinking towards God.

Let us come together to encounter the Christ, receive Him, and commit to moving towards a deeper relationship with Him, so that through us everyone will be drawn to the temple to experience the love of the Master of all things.

See you at Church!

FRDK

Fr. Dean

Parishioner Spotlight: Alaina Graziano

Upon a picturesque island, Cephalonia, sits a church devoted to the worship of Saint Gerasimos, the patron saint of mental illnesses. His miracles, which became widely known across the country, led to the removal of his relics that were found totally incorrupt. Today, his relics are saved in double glass reliquary placed above his tomb. After looking around the church and venerating his relics, I was ready to make my descent down a three-meter long ladder that led into a small cave where Saint Gerasimos spent his monastic life. As I stepped down the tottering ladder, I saw people of all shapes and sizes crawling out of a narrow, floor-level opening that appears to be only big enough for a child. This small tunnel leads to the second part of the cave, and legend has it that only the faithful will pass through with no effort. As I got down on my hands and knees, I began to pray and while doing so, I passed through the small opening into the other room.

This experience happened during my three week trip at Ionian Village, an Orthodox summer camp in Greece. Venerating the body of St. Gerasimos and having the honor to step foot in the cave where he lived was such a privilege. I witnessed first-hand that size and shape, color, and age do not matter. It's not about your physicality, but about the strength and the fervor of your faith, a concept embedded in me from years of attending Camp Nazareth as well.

This is why I continue to give back to a community that has given me so much love and support. Each summer, I look forward to volunteering at Camp Nazareth for our Metropolis's summer camp and Ypapanti's vacation bible school. Ionian Village, Camp Nazareth, and most recently, College Conference, a retreat for Orthodox college students, have all truly impacted my life. These programs have instilled in me the value of our faith and have guided me in making difficult decisions. I want to make sure all of the children growing up Orthodox continue to take advantage of these programs, because without them I would have never met the people who bring out the best in me and guide me towards Christ.

One of my favorite camp songs states, "they will know we are Christians by our love." The way we act towards one another truly depicts what kind of person you are. I am forever thankful I took advantage of these programs starting in 6th grade-my only wish was to have begun sooner.

Alaina Graziano

**Thank you to everyone for all
your hard work on the Panegyri!**



**Parish Council
Oath of Office**

**Thank you to everyone who
participated in the food drive!**



Thank you!

Thank you to Lucy for everything that she has done for us! We look forward to seeing her more now that she is retired as she will continue her involvement in the church as a parishioner!





Hello Everyone,

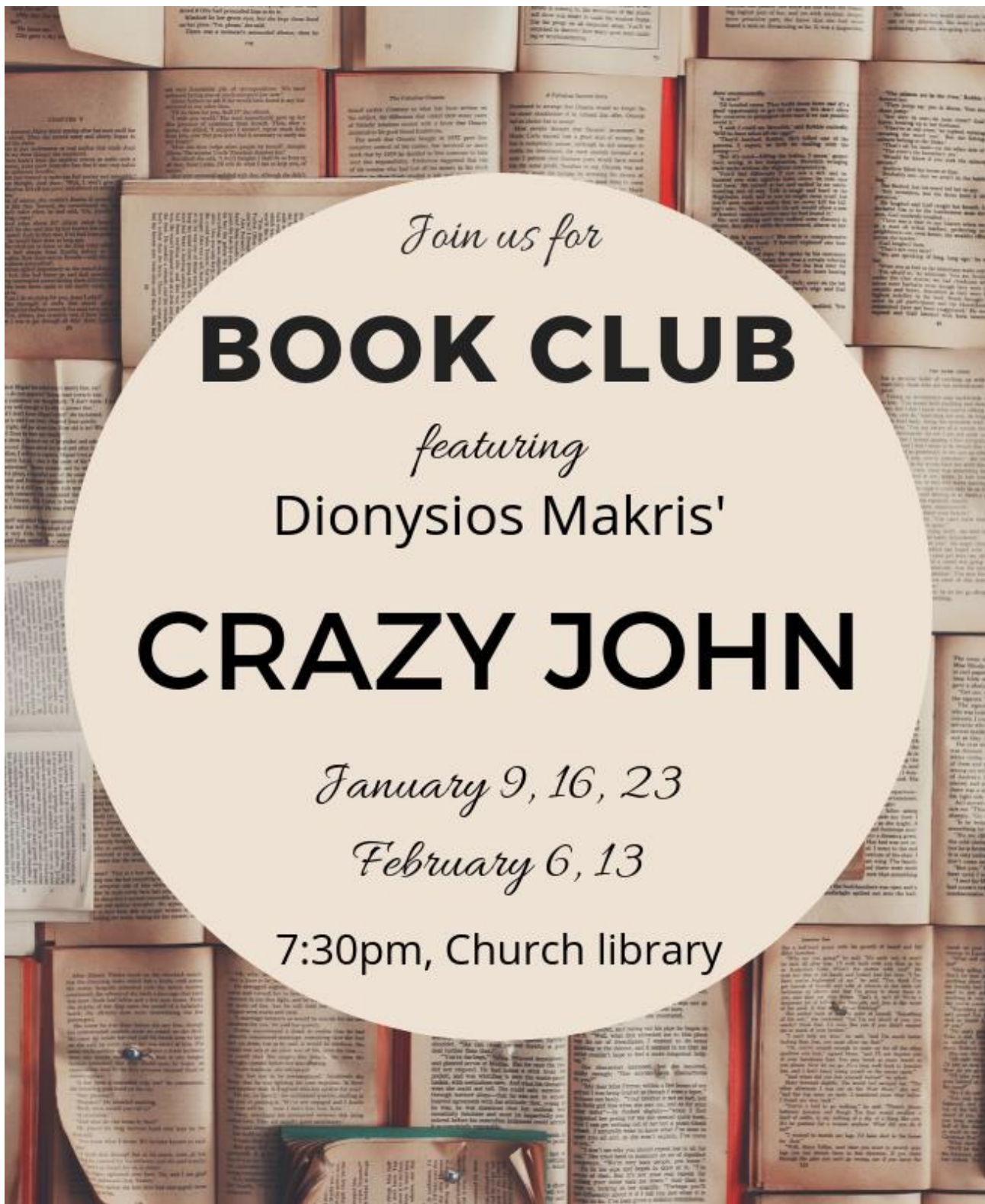
I am the Parish's new Administrative Assistant; replacing the irreplaceable Lucy Koutsavlis as of February 5th. I want to thank Lucy for her tutelage over the last month. I wouldn't have a chance of success without her generous support.

I come to you with a background in the corporate world; working as a paralegal and compliance administrator for the last 20+ years. Yes, that means I like rules! In 2017, my long-time employer sold their company and my position was unfortunately eliminated. At that point, I took a year-long break to choose my next path. I didn't know what I wanted exactly but I knew I wanted to find satisfying and fulfilling purpose. That's when I found the Presentation of Christ job posting. I feel so lucky to work with Father Dean and to support him, and all of you, in carrying out the Church's ministries. I'm here to provide support so don't hesitate to ask me for assistance. I may not be able to always say "yes" – remember that I mentioned I liked rules? – but I will always try.

In addition to working at the church, I am a Real Estate Agent. I truly enjoy working with my clients to help them find their perfect home. When not working, I spend my time with my husband and two energetic pups – IF – I haven't locked myself in my craft studio!

Sincerely,

Nancy Philpot



Join us for

BOOK CLUB

featuring

Dionysios Makris'

CRAZY JOHN

January 9, 16, 23

February 6, 13

7:30pm, Church library



Lenten Family Retreat

"Repentance in the Modern World"



Join Us!

Retreat Schedule includes:

- Service Project
Benefiting the homeless
community of McKeesport
- Presentations by Fr. Alex
- Lunch and Fellowship

Guest Speaker Father Alex Goussetis
Director of the Greek Orthodox Archdiocese Center for Family Care



March 30, 2019, 10 a.m. to 2 p.m.

Presentation of Christ
Olympia Community Center
1575 Electric Ave. East Pittsburgh, 15112

FEBRUARY 27, 7PM

MOVIE NIGHT

snacks and drinks | in the church library

featuring

TBA

JOIN US AND BRING A FRIEND!



Tastes of International Soups

sponsored by

St. Catherine Philoptochos



Please come and join us for international soup tasting

All Are Invited

Sunday, February 10, 2019, Olympia Hall from 11:00 – 4:00 pm



\$6.00 admission includes samples of 3 soups and bread. Quarts of your favorites will also be available for \$6.00 each. Pastries also for sale \$1.00 each. Coffee \$1.00.



Share Your Favorite Lenten Recipe!

We are creating a community Lenten cookbook to share with everyone at our March 30, 2019 Lenten Retreat.

If you have a wonderful recipe that you prepare during Lent AND you are willing to share ...

We would love to have it!

To submit your recipe, please complete this form and return it to the Church office by **March 15th**.

| | | |
|------------------------------------|-----------|--------------------|
| Name Your Recipe | | |
| Prep Time | Cook Time | Number of Servings |
| Ingredients | | |
| Preparation & Cooking Instructions | | |
| Helpful Hints | | |



MENTAL HEALTH FIRST AID

On average, there are

123

SUICIDES A DAY.

American Foundation for Suicide Prevention

From 1999 to 2016,

630,000

people died from
DRUG OVERDOSE.

Centers for Disease Control and Prevention

Nearly **1** in **5** U.S.
adults lives with a
MENTAL ILLNESS.

*National Institute of Mental Health via the
National Survey on Drug Use and Health
[NSDUH] and the Substance Abuse and Mental
Health Services Administration*

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

The course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

FREE COURSE AVAILABLE AT:

PRESENTATION OF CHRIST GREEK ORTHODOX CHURCH
1575 ELECTRIC AVENUE • EAST PITTSBURGH, PENNSYLVANIA

FEBRUARY 23 AND MARCH 2, 2019 • 1:00 PM–5:00 PM

BOTH SESSIONS ARE REQUIRED FOR CERTIFICATION



MENTAL
HEALTH
FIRST AID®

More than one million trained!

| | Br | | | | | |
|---|--|--|---|---|--|--|
| September 2 | September 9 | September 16 | September 23 | September 30 | October 7 | October 14 |
| Gail Mantzouridis | Sylvia Graziano A.Prestogeorge | Roula Giannikis S. Giannikis | Toula Bargas Tina Rushe | Katina Harem Diane Kampetis Natalie Litz | Mary Doreza | Josie Markantone M. Markantone D. Markantone |
| October 21 | October 28 | November 4 | November 11 | November 18 | November 25 | December 2 |
| General Assembly Appreciation Luncheon | Marge Tsudis Kay Zanic Shirley Zafris | Nancy Russon Lucy Koutsavlis Tootie Pranis | St. Catherine Luncheon | *Fasting S. Neuschwander M. Papazis | *Fasting Philoptochos | *Fasting Toni Morgan Gloria Batis |
| December 9 | December 16 | December 23 | December 30 | 2019 | January 6 | January 13 |
| *Fasting Mary Doreza Tessie Stupakis | *Fasting Tootie Pranis Lucy Koutsavlis | *Fasting Children's Christmas Lunch | Lori Voltz Paula Borsch | NEW YEAR | Anna Dudek Claudia Farmer | B. Leventopolous D. Leventopolous |
| January 20 | January 27 | February 3 | February 10 | February 17 | February 24 | |
| K. Kwiatkowski Carol Snyder | Ypapanti Name Day Celebration | Ria Stoupas Kathy Athans Filia Arvanitis | Philoptochos International Soup Sale- | Sophie Koutsavlis Lucy Koutsavlis Samantha K. | Mary Doreza YASOU | |
| March 3 | March 10 | March 17 | March 24 | March 31 | April 7 | April 14 |
| Rebecca Fritzius Kim Fritzius Julie Surma | *Cheese Fare Sun Angela Stupakis K. Armstrong Theodora Stupakis | *Fasting Gabrielle Kokanos | *Fasting Marguerite Ellis Alexis Breen | *Fasting A. Kyros Roula Kyros Stella Stratigos | *Fasting Philoptochos | *Fasting Kathy Panagos Pota Seitenakis |
| April 21 | April 28 | May 5 | May 12 | May 19 | May 26 | June 2 |
| Palm Sunday Luncheon | EASTER SUNDAY | Gail Mantzouridis Sandy Rosvanis | Mothers Day Philoptochos | J. Augoustidis Anna Augoustidis Anna Mamakos | A. Margaros C. Karystinos D. Grysiak | Philoptochos |
| June 9 | June 16 | June 23 | June 30 | July 7 | July 14 | July 21 |
| Stamatia Milburn Athena Caldwell | Fathers Day Philoptochos | M. Ferrari Frosso Kolokouris | Alissa Krizan Elizabeth White Jennie Ziakan | Flora Hamborsky C. Kypriotakis E. Papageorgiou | Mary Ann Sfanos Josie Caruso | Diane Davliakos Roy Parlour Christina Burns |
| July 28 | August 4 | August 11 | August 18 | August 25 | | |
| Georgina Callas Maria Krishnaswamy | Malamo Countouris Hensley Paula Borsch | Philoptochos | FOOD FESTIVAL | Joan Kenney Anastasia Andrews | Please include coffee creamer and juice. | |

Fellowship Coffee Hour Committees 2018/19

Updated 11/07/2018

Please remember to bring creamer and juice. Thank you.



Homeless Care Checklist

Presentation of Christ 2019 Lenten Parish Family Retreat



One cotton hand towel



One cotton washcloth



One tube Lip Balm



One fingernail or toenail clipper



One bath sized bar of soap in the wrapper



One toothbrush in the package



Ten standard size Band-Aids



One Gallon Zip Lock Bags for packaging

Please bring donated items to the Church Community Center by March 24.

Supplies are needed for *100 care packages*
to be donated to
"McKeesport Downtown Housing Homeless
Shelter."

Also accepting donations of:
Twin bed fitted sheets, new and used adult size
coats.



HOUSE AND BUSINESS BLESSINGS 2019

Every year, on the Feast of Theophany, Orthodox Christians around the world have a blessing of the waters to celebrate the Baptism of Christ and the revealing of the Holy Trinity to mankind.

We then receive the blessing of this Holy Water to renew ourselves in Christ and to remind ourselves that through Christ all things are again made clean. We also extend this blessing to our homes and businesses to wipe away temptations and attacks that might lead us away from Christ.

If you wish to have Fr. Dean bless your home and/or business, please complete the form below and return it to the Church.

Name: _____

Phone: _____

Street Address: _____

City, State, Zip: _____

Please Suggest three (3) dates that might work for a house blessing.

1.) _____

2.) _____

3.) _____

Thank you for taking the time to complete this form. You may place it in the Sunday collection basket, mail it to the Church, or email it to Fr. Dean at FatherDeanKokanos@gmail.com

Presentation of Christ Feast Day Services



Great Vespers on Feb 1 at 7PM

and

Feast Day Feb 2, 8:15 AM Matins, 9:30 AM Divine
Liturgy. Lunch to follow.



Calendar for February 2019 – Subject to Updates

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|---|
| January 27 8:30 am Matins 9:30 am Divine Liturgy 11:15 am Panegyri | January 28 | January 29 7:00 pm Prep sandwiches for the homeless | January 30 No Parakleisis 7:00 pm Orthodox Movie Night | January 31 7:00 pm Odyssey Practice | February 1 7:00 pm Great Vespers | 2 Feast of the Presentation of Our Lord 8:15 pm Matins 9:30 Divine Liturgy Spaghetti Luncheon to follow |
| 3 8:30 am Matins 9:30 am Divine Liturgy 2 pm Odyssey Practice | 4 | 5 11:00 am YASOU 7:00 pm Orthodoxy on Tap @ Primanti's | 6 8:30 am Matins 9:30 am Divine Liturgy 6:30 pm Parakleisis 7:30 pm Adult Education Spaghetti Luncheon | 7 | 8 | 9 |
| 10 8:30 am Matins 9:30 am Divine Liturgy 11 am Soup Sale 12 pm Philoptochos | 11 | 12 7:00 pm Parish Council Meeting | 13 2:00 pm Homeless Dinner Prep 6:30 pm Parakleisis 7:30 pm Adult Education | 14 Valentine's Day | 15 | 16 |
| 17 8:30 am Matins 9:30 am Divine Liturgy | 18 12:00 pm YASOU @ The Wooden Nickel | 19 7:00 PM Choir Practice | 20 6:30 pm Parakleisis 7:30 pm Adult Education | 21 | 22 | 23 1:00 – 5:00 Mental Health First Aid Training |
| 24 8:30 am Matins 9:30 am Divine Liturgy 11:00 am YASOU Memorial | 25 | 26 7:00 pm Sandwiches for the Homeless | 27 No Parakleisis 7:00 pm Orthodox Movie Night | 28 | | |

Presentation of Christ Greek Orthodox Church

1672 Electric Avenue, PO Box J, East Pittsburgh, PA 15112 - 412-824-9188

www.PresentationofChristPgh.org ----- Follow us on Facebook @PresentationofChrist

Under the jurisdiction of the Ecumenical Patriarch Bartholomew I, His Eminence Demetrios Archbishop of the Greek Orthodox Archdiocese of America and His Eminence Metropolitan Savas. The mission of the Presentation of Christ is to proclaim with joy the Gospel of Jesus Christ, to teach and spread the Orthodox Christian Faith and to be a community devoted to and energized by the love of God and our neighbor.

| | |
|---|---|
| Rev. Fr. Constantine Kokanos Cell Phone: 412-760-7203 Email: FatherDeanKokanos@gmail.com | Sunday Services Matins 8:30 AM Divine Liturgy 9:30 AM |
| Stefanos Giannikas, Chanter Filia Arvanitis, Chanter Thomas Rosvanis, Chanter | Paraklesis Service Wednesday at 6:30 PM Orthodox Adult Ed Wednesday at 7:30 PM |
| Nancy Philpot, Admin Assistant PresentationOfChristOffice@gmail.com Office Phone: 412-824-9188, Fax: 412-824-9740 | Tara Reis Events Coordinator Phone: 412-824-5540 |

2019 Parish Council Members

| | | | | |
|-------------------|----------------|--------------|---------------------|--------------|
| Steve Markantone | President | 724-325-1729 | Peter J Anthony | 412-596-5348 |
| Stan Prestogeorge | Vice President | 412-824-5033 | Deborah Grysiak | 412-371-2465 |
| Tom Rosvanis | Vice President | 412-373-5057 | Ernie Kampetis | 412-892-9096 |
| Paula Borsch | Treasurer | 412-721-1840 | Sophie Koutsavlis | 412-461-8246 |
| Anastasia Andrews | Treasurer | 412-398-3194 | Petros Mantzouridis | 412-780-0201 |
| Sam Koutsavlis | Secretary | 412-461-3450 | Jamie Orfanopoulos | 412-244-2264 |
| Richard Voltz | | 412-798-8177 | Tootie Pranis | 412-373-1270 |

Organizations & Committees

| | |
|-------------------------|---|
| Y.A.S.O.U. | Tootie Pranis, Co-President, Mike Orson, Co-President |
| Philoptochos | Sylvia Graziano, President |
| Choir | Tom Rosvanis, Director & President |
| Organists | Marguerite Ellis, Roula Kyros |
| Young Professionals | Steve and Chris Burns |
| Y.A.L. | Nick Stupakis, Dean Leventopoulos |
| Grecian Odyssey Dancers | Mary Doreza, Director, Elias Bardis, President |
| Junior Olympian Dancers | Michelle Kotsagrellos, Director, Jamie Orfanopoulos, Director Elias Bardis, Asst. Director, Maria Bardis, Asst. Director |
| GAPA | Elias Bardis, President |
| Book & Icon Store | Deborah Grysiak |