



THE SHEPHERD'S STAFF

VOLUME VIII | ISSUE 2 | APRIL-MAY 2016



**OUR
JOURNEY
TO THE HOLY
RESURRECTION**

Sunday, May 1, 2016

METROPOLITAN'S MESSAGE

BELOVED FAITHFUL IN THE LORD,

Christ is Risen! Truly He is Risen!



It is with great joy that I greet you in the Resurrected Lord. Although sometimes we have the impression that our Christian celebration of Pascha is just for Christians – please be assured that the Lord's resurrection from the dead provided a gateway to life for all of humanity. It is His voluntary death and crucifixion that has fulfilled the penalty of sin for humanity. But we, as people of free will, must also choose to live by the Lord's teachings in order to receive the full measure of blessing.

For this reason, I would like us all to begin to see ourselves anew in the light of Christ's resurrection from the dead. Stop and think how the reality of God's love for us has changed us. Consider the fact that as Christians we are made more alive because of Jesus's death and resurrection. Through the strength of His love for us, we are certain that there are no obstacles that can hold us back from Divine Love. And so it becomes necessary for us all to begin to stop looking at ourselves as the ultimate source of truth and power – and to focus on Christ!

If our Lord was able to forgive those who crucified Him, who are we to hold a grudge against another? If Jesus was able to welcome the stranger, to sit with the sinner, and feed the hungry – who are we to refuse to help those who are in need of God's love and compassion. At this Eastertide, I pray that we will all accept our calling to become more like Christ, in Whom we breathe and live and have our very being. Christ is Risen! Truly He is Risen!

† Metropolitan Nicholas
† NICHOLAS
Metropolitan of Detroit

Calendar Updates:
www.detroit.goarch.org/calendar

APRIL		
3	Pastoral Visitation	Holy Trinity Church Fort Wayne, IN
9	Funeral of Georgia Nicholas	Holy Trinity Church Grand Rapids, MI
9-10	Southern Area GOYA Lenten Retreat	Holy Trinity Church Nashville, TN
12-14	Holy Eparchial Synod Meeting	Archdiocesan Center New York, NY
16-22	Ecumenical Patriarchate Synod Meeting	Ecumenical Patriarchate Istanbul, Turkey
23	Lazarus Saturday Liturgy	St. George Church Southgate, MI
24	Palm Sunday Liturgy & Ordination to Diaconate of Scott O'Rourke	Holy Trinity Cathedral Toledo, OH
	6p Bridegroom Service	Assumption Church Grand Blanc, MI
25	HOLY MONDAY 6:30p Bridegroom Service	Holy Trinity Church Lansing, MI
26	HOLY TUESDAY 7:30p Bridegroom Service	Holy Cross Church Farmington Hills, MI
27	HOLY WEDNESDAY •4p Holy Unction Service •7p Holy Unction Service	Sts. Constantine & Helen Church Westland, MI Nativity of the Virgin Mary Church Plymouth, MI
28	HOLY THURSDAY •11a Vespers Liturgy •6:30p Gospels of the Passion Service	Metropolis Chapel Troy, MI Assumption Church St. Clair Shores, MI
29	HOLY FRIDAY •Epitaphion Visitations •7p Lamentations Service	Metro Detroit Area Parishes Annunciation Cathedral Detroit, MI
30	HOLY SATURDAY Proti Anastasi Liturgy	St. Nicholas Church Ann Arbor, MI

METROPOLITAN'S CALENDAR

MAY		
1	HOLY PASCHA Agape Service	St. John Church Sterling Heights, MI Sts. Constantine & Helen Church Westland, MI
2	Feast of St. George	St. George Church Bloomfield Hills, MI
8	Pastoral Visitation	Annunciation Church Muskegon, MI
11-13	Archdiocesan Council Meeting	Pittsburgh, PA
14	Metropolis Oratorical Festival Metropolis Finals	Assumption Church St. Clair Shores, MI
15	Pastoral Visitation	TBD
20	Feast of Sts. Constantine & Helen Great Vespers	Sts. Constantine & Helen Church Westland, MI
21	Feast of Sts. Constantine & Helen Hierarchical Div. Liturgy	Sts. Constantine & Helen Church Westland, MI
22	Pastoral Visitation	Sts. Constantine & Helen Church Middletown, OH
26 - JUNE 3	Ecumenical Patriarchate Synod Meeting	Ecumenical Patriarchate Istanbul, Turkey

MEFGOX NEWS

By Vicki Pappas (President)

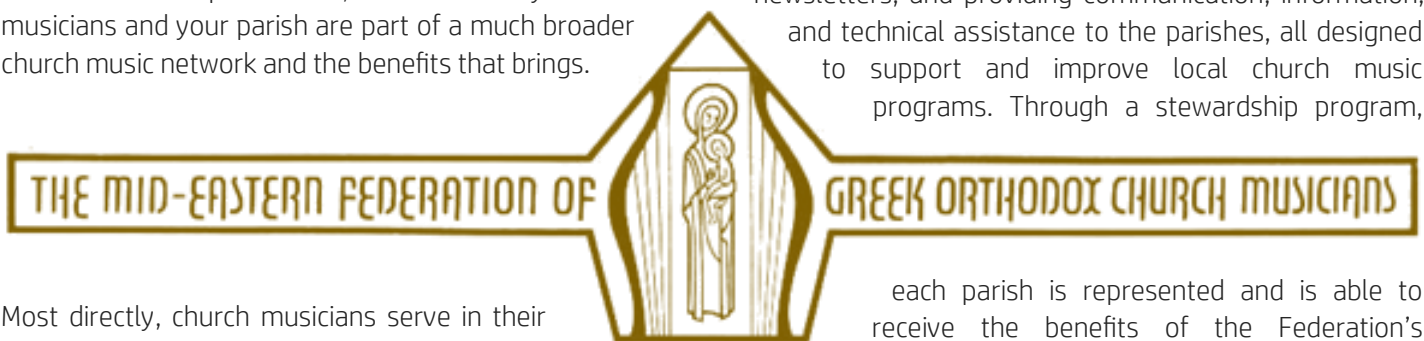


YOU MAY BE MOST FAMILIAR

with how your choir and chanters serve your parish every Sunday. That is the most basic aspect of a church music ministry – serving the parish, enhancing the worship of the congregation, and enriching the faithful through the hymnology of our church. Yet church musicians are also blessed by being part of a church music ministry network that extends all the way up to the Archdiocese. In this edition of the Shepard's Staff, I describe how your church musicians and your parish are part of a much broader church music network and the benefits that brings.

engaged participants in services and the meaning of the prayers. Sustaining and building these local ministries are important functions of a parish for they all serve educational purposes, enhance the worship experience, and create for the future.

The second level of the church music network occurs at the Metropolis level. Here, the Mid-Eastern Federation of Greek Orthodox Church Musicians (MEFGOX) provides resources and leadership to support the work of local parishes and their church musicians. For the past 69 years, as the oldest, continuous church music federation in the Archdiocese, Mefgox has served and supported its two Metropolises, Detroit and Pittsburgh, through sponsoring workshops and Church Music Institutes, awarding scholarships, publishing newsletters, and providing communication, information, and technical assistance to the parishes, all designed to support and improve local church music programs. Through a stewardship program,



Most directly, church musicians serve in their own parishes. Ideally, we see a parish filled with opportunities to hear, learn, and worship with the hymns of our faith – did you realize that more than 90% of our Divine Liturgy is either sung or cantillated by the clergy, choir, and/or chanter? The choir, like the angels surrounding the throne of God, sings praises and supplications to God, the

each parish is represented and is able to receive the benefits of the Federation's resources. This summer, Mefgox will hold its annual convention in Nashville and also will provide the core of the choir that will sing during the Divine Liturgy of the Clergy-Laity Congress, marking the first time the newly-approved English text will be used in the liturgical hymns.



Theotokos, and the saints during each Divine Liturgy and for special services during the church year and in the life of the faithful. Likewise, the chanters also present hymns, especially during Orthros and Vespers, and also for special feasts and occasions such as baptisms, weddings, and funerals. In addition, healthy churches recognize the importance of bringing children

A third level of networking occurs through the National Forum of Greek Orthodox Church Musicians, the official arm of the Archdiocese charged with development of the church music ministry. Each Metropolis Federation is integral to the governance structure of the Forum, and participates in its activities and decision-making.



And last, through the rich and meaningful heritage of the sacred music of our Church, our church musicians reach out to God, singing His praises, seeking His blessings, and learning His statutes.

and young people into this musical and spiritual stewardship as they include hymnology in their Church School classes, sponsor a junior choir, and/or encourage young people to sing in the choir or chant at the psalterion. Last, as more and more members of the congregation join in singing some of the hymns, parishioners become more

“Nothing elevates the soul, nothing gives it wings, as a liturgical hymn does” (St. John Chrysostom)

IN MEMORIAM:

FLORENCE GEOCA STEFANOU



Our dear friend and Philoptochos sister, Florence Stefanou, passed away on March 17, 2016 after an illness of several months.

Florence was elected to the office of Metropolis Philoptochos President in early October of 2015 after

having served the previous four years as First Vice-President. A truly devoted Philoptochos member and a devout and faithful Orthodox Christian, Florence served on the Metropolis Board for over twenty years, traveling to the offices in Troy, MI several times a year from Rochester, NY accompanied by her husband.

In addition to her service on the Metropolis Board she held several offices at the Annunciation Church in Rochester, including three terms as President of their local Philoptochos chapter. Florence was an active member of her church community where, among other activities, she served on the Parish Council Board and was a past president of that Board.

Florence was a loving and devoted wife to her husband of 57 years, Constantine (Gus), and a mother of five children:

Elaine, Christine, Stephanie, Anastasia and Dimitri. She cherished her eleven grandchildren, sharing their activities and accomplishments with us.

Florence was a licensed New York State Insurance Broker and Licensed New York State Realtor and owned an Insurance Agency and Real Estate Office with her husband. Professionally she had served as President of the Insurance Professionals of Rochester.

Florence loved serving her church, spending time with her family, reading and traveling. A truly wonderful person, she was level headed, insightful and also fun to be around. We were blessed to have known her and miss her terribly.

May her memory be eternal!

By Margaret Yates (Interim President)

FATHER NICHOLAS HARBATIS



Father Nicholas George Harbatis, age 89, passed away peacefully on March 7, 2016 with his family by his side. It was exactly 67 years to the day of his ordination as a Priest.

He was born and grew up in Fitchburg, Massachusetts. He studied Theology at Holy Cross School of Theology in Brookline, Mass, and after his graduation he stayed on and served as the school's choir director. He later received a BS in Education from Wayne State University. He met his wife to be, Mary Mamangakis at a Cretan Dance and the two were married on January 23, 1949. Shortly after, Nicholas was ordained as a Priest in the Greek Orthodox Church. The couple settled in Woburn, Mass, where Father Nick was first assigned to Annunciation Greek Orthodox Church. Father Nick moved to new assignments in many different places including: Detroit, Tampa, Miami, and Astoria, New York, and started the Greek Orthodox Metropolis Summer Camp in Rose City, Michigan. However, he spent most of his career at St. Nicholas Greek Orthodox Church in Detroit, where he served for more than 32 years, retiring in 1999. He stayed busy in his retirement with interim assignments in Chattanooga and Nashville, and substituting in other area parishes when called on by the Archbishop. He had been a resident of St. Johns, Florida since 2012. Father Nick was a dedicated Priest, a loving husband, father, and grandfather.

He was preceded in death by his wife of 65 years, Mary Harbatis. He is survived by a daughter, Donna Bacon and her husband Dr. William Bacon of St. Johns; a son, Chris Harbatis and his wife Rosann of Montverde, FL; grandchildren, Jesse Bacon, Dr. Louise Bacon, Jonathan Bacon, Nicholas Bacon & Kimberly Gunning, and great grandchildren, Ajani, Kaleb, Sotiri, & Amina.

May his memory be eternal!

*Adapted from:
www.stjohnsfamilyfuneralhome.com
(accessed 04/07/16)*





YOUTH NEWS

By Eva Konstantakos (Director)

TEACHING YOUTH ABOUT FASTING

It's not just about food...

"And when you fast, do not look dismal like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly I say to you, they have their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men, but your Father who is in secret; and your Father who sees in secret will reward you." (Matthew 6:16-18)

Fasting is an important spiritual discipline of the Orthodox Christian tradition. For young people, it can seem like a daunting and overwhelming task. Especially during the longer fasting periods, like Great Lent, it is hard for ANY Orthodox Christian to keep fasting in the right perspective. It is easy to focus on what we "can't" have instead of why we fast.

Also, it is easy to forget about fasting from things in addition to certain foods. What happens if we diligently follow the fast, but we say or do negative things? During these fasting periods, we have an opportunity to refocus on our words and actions to help us truly transform our lives.

Here are a few simple points to discuss with young people regarding the spiritual discipline of fasting. Use these points in conjunction with reflections and guidance from the parish priest.

1) Fasting from Food

Any athlete training for a big event prepares physically through exercise AND diet. There are certain foods that can help or hurt their preparation. Athletes do not look at this preparation as a punishment. Instead, they know that this preparation will give them the proper fuel and strength to accomplish the challenges that lie ahead for them.

Just like an athlete, Orthodox Christians physically prepare for the Eucharist and the Lord's Resurrection. The Orthodox Christian tradition has given us certain guidelines for fasting so that we know HOW to best prepare ourselves to receive Christ. If we practice by abstaining from certain foods, we can build our strength to abstain from the more difficult temptations in life.

2) Fasting from Words

It is said time and time again... Although what goes INTO your mouth is very important, we must also focus on what comes OUT of our mouths. Fasting from what we say can be accomplished in many ways: don't gossip, don't say mean things, don't criticize others, don't argue. The things we say can

impact our spiritual health and the spiritual health of others because we are "consuming" hate, jealousy, and malice into our hearts. Instead of wasting our time on the negative, use your

words of kindness, compassion, love, and understanding to make a positive, Christ-like impact!

3) Fasting from Actions

Finally, we can make a decision to abstain from certain things we do. Think about the amount of time we spend on the internet, talking on the phone, watching TV, texting, etc. We can even take this reflection a step further... What if we considered all of the time we waste on bad habits or negative actions? During Great Lent, we can fast from actions that do not bring us closer to God. Instead, we will have more time to help others, to pray, and to spend time with our family and friends that love us!

METROPOLIS OF DETROIT - SUMMER CAMPS

For more information about our exceptional camping ministries, please email youth@detroit.goarch.org or visit their individual websites:

MDSC – www.gomdsc.org

St. Nicholas Summer Camp – www.stnicholascamp.org

St. Timothy Summer Camp – www.sttimothycamp.org

YOUTH CALENDAR

APRIL		
9	St. John Chrysostom Oratorical Festival CENTRAL DISTRICT FINALS	Holy Trinity Church Carmel, IN
	St. John Chrysostom Oratorical Festival MICHIGAN DISTRICT FINALS	Assumption Church Grand Blanc, MI
9-10	Southern Area Youth LENTEN RETREAT	Holy Trinity Church Nashville, TN
16	St. John Chrysostom Oratorical Festival SOUTHERN DISTRICT FINALS	Holy Trinity Church Nashville, TN
17	St. John Chrysostom Oratorical Festival	Upstate New York District
MAY		
14	St. John Chrysostom Oratorical Festival METROPOLIS FINALS	Assumption Church St. Clair Shores, MI

THE PELICAN AND CHRIST

By Fr. John Sakellariou*



AS WE MAKE OUR JOURNEY into Holy Week, we are often grabbed emotionally by the strong hymnology of the Orthodox Church. This hymnology in its beauty and starkness serves as an engine to allow our minds and hearts to sync up and focus on the ultimate sacrifice that Christ made for us. With this in mind, I would like to briefly focus on a verse from the Second Stanza of the Burial Lamentations which is often overlooked or even left out of most Holy Friday services. The verse reads: **Like the pelican, you gave life, O Word, to your dead children, wounded in your side, you let life-blood flow, letting fall life-giving drops of blood on all.**

On first hearing this, I was confused as to what connection the verse was trying to make between this animal and Christ. We all know that Christ was pierced with a lance while on the Cross but what does this have to do with a pelican? To my amazement, the Church in the past has used this forgotten symbol of the pelican as a type of Christ because of the sacrifice it is willing to take. The diet of pelicans usually consists of fish, but poisonous amphibians are also consumed for a special reason. Interestingly enough, the blood of a pelican becomes an amazing antidote to poison and can cure its young when bitten by poisonous creatures like the snake. When a pelican realizes that its young chicks are in danger of dying from the bite of a poisonous snake, it proceeds to do something that reveals its great love. It stands over its weak chicks and begins to peck at its side until blood begins to drip upon the mouths of the little pelicans. As they receive the blood bearing the poison antidote, they are revived and saved, thanks to the voluntary wound of their parent who bore them in the first place and now gives them new birth. As we read this beautiful hymn or pray along with other hymns during the Holy Week services, let them paint pictures in our minds and hearts of the saving Passion of Christ which was made for all of us.



*Fr. John Sakellariou is the Assistant Priest at the Annunciation Church in Buffalo, New York.

FRIENDS OF THE METROPOLIS 2016

January 1 - March 31

His Eminence Metropolitan Nicholas

Ann Arbor, MI – St. Nicholas

St. Nicholas Philoptochos
Apostolou, Panagioti and Patricia
Baldwin, James and Mary Suzanne
Daniels, Tony and Cleve
Yates, Billy and Marguerita

Bloomfield Hills, MI – St. George

Gingrich, Fr. Joseph
Abell, Fr. Christopher and Presbyteria Alice
Pamel, Esther

Buffalo, NY – Annunciation

Kuvshinoff, Boris and Barbara
Jousma, Thomas and Ellene Phufas

Carmel, IN – Holy Trinity

Holy Trinity Parish
Holy Trinity Philoptochos
Holy Trinity Choir
Bartz, Fr. William and Presbyteria Emily
Russell, Fr. John Jarrod
Mamalis, Presbyteria Janet
Johnson, Ron and Sunday
Pappas, Nicholas and Tracy
Pappas, Victoria
Pavlakos, Elias and Maria
Woodruff, Jim and Cindy
Young, Michael and Helen

Chattanooga, TN – Annunciation

Annunciation Parish
Albu, Titus and Jisook Kim
Berkley, Joseph
Bougdanos, Maria
Bouloukos, Dino and Maria
Dimopoulos, Dennis and Barbara
Ethern, Wayne and Yolanda
Fotiadis, Nicky and Lilly
Fox, Ann F.
Mena, Michael
Mousourakis, John and Donna
Pagnani, Katie
Petros, John and Voula
Petros, Tommy
Ramsey, Karen
Tolbert, John

Cincinnati, OH – Holy Trinity–St. Nicholas

Holy Trinity–St. Nicholas Parish
Anagnostou, Helen
Assaley, Lewis and Patricia
Stringas, Emanuel

Dayton, OH – Annunciation

Emroll, Fr. Mark and Presbyteria Virginia
Retzios, Thomas

Detroit, MI – Annunciation Cathedral

Bennert, Constance
Politis, Dean

Farmington Hills, MI – Holy Cross

Holy Cross GOYA
Hountalas, Fr. Dean and Presbyteria Olga

Grand Blanc, MI – Assumption

Assumption Parish
Greenberg, Robert and Camelia
Hountalas, John and Tasia
Kalatzis, Athena
Photiou, Lucas and Lori
Schultze, Joanne
Yeotis, Catherine

Grand Rapids, MI – Holy Trinity

Cassis, Deacon E. George and Diaconissa Vicki
Monoyios, Terry and Akrivi
Nicholas, James and Georgia
Sinias, Thomas and Michelle

Ithaca, NY – St. Catherine

Bantuvanias, Ann
Bezirgianian, John

Jamestown, NY – St. Nicholas

Cheronis, James and Christine

Kalamazoo, MI – Annunciation

Annunciation Parish
Theoharis, Fr. Theoharis
Ingalls, Robert and Andriana
Stamos, Steve and Tasia

Lansing, MI – Holy Trinity

Holy Trinity Parish
Sietsema, Fr. Mark and Presbyteria Katherine

Lexington, KY – Panagia Pantovasillisa

Arimes, Vickie

Little Rock, AR – Annunciation

Delfos, Fr. Pierre and Presbyteria Harriet

Louisville, KY – Assumption

Blackford, Charles and Patricia
Makris, Mary

Marquette, MI – Assumption

Wainio, Paul and Katherine

Memphis, TN – Annunciation

Kay, John and Nancy
Morrison, Robert and Kathryn

Muskegon, MI – Annunciation

Encelewski, Christine Danigelis
Ladas, Paul and Patricia

Nashville, TN – Holy Trinity

Hohnholt, Fr. Gregory and Presbyteria Sofia
Miller, John M.

Nashville, TN – St. John Chrysostom

Courington, Christopher and Shelley
Derryberry, Paul
Dozier, Matthew

Marchetti, John and Linda
Tickle, Jeffrey and Jackie

Rochester, NY – Annunciation

Aslani-Breit, Maria
Stefanou, Gus

Saginaw, MI – St. Demetrios

Cook, Fr. Timothy and Presbyteria Katherine
Bazakis, Andrew and Ann
Economou, Lou and Soula
Metropoulos, Pete and Maria
Ostler, Dennis and Soula
Ulmer, George and Virginia

Southgate, MI – St. George

St. George Parish
St. George Philoptochos
Cook, Fr. Anthony and Presbyteria Elizabeth
Colovos, Bill and Julie
Dionysopoulos, Stavros and Eleni
Kircos, Angelo and Sophia
Kircos, Lazaros and Paula
Kontos, Chris and Frances
Kontos, John and Marika
Minton, Nicholas

Springfield, OH – Assumption

Assumption Parish

St. Clair Shores, MI – Assumption

Andoni, Paul and Roxanne

Sterling Heights, MI – St. John

St. John Choir
Kotsis, Harry and Katherine
Tangalos, Theodore and Mary

Syracuse, NY – St. Sophia

Smith, Fr. David and Presbyteria Donna

Toledo, OH – Holy Trinity Cathedral

Holy Trinity Philoptochos
Biernacki, Gerald and Pauline

Traverse City, MI – Archangel Gabriel

Underwood, Robert and Theresa Stamos

Troy, MI – St. Nicholas

Chalker, Jess and Patricia
Hazen, Brian and Tina
Mortis, George and Hionia

Vestal, NY – Annunciation

Gianakouros, Harry and Katie

Westland, MI – Sts. Constantine and Helen

Zotos, Gregory

Other Friends

Radulescu, Deacon Alexandru and
Diaconissa Silvana

Greek Orthodox Archdiocese of America
Metropolis of Detroit
The Shepherd's Staff



Address 2560 Crooks Road, Troy, MI 48084
 Phone (248) 823-2400
 Fax (248) 823-2401
 Email office@detroit.goarch.org
 Web www.detroit.goarch.org
 Editor Dcn. Alex Radulescu
 Phone (248) 823-2414
 Fax (248) 823-2401
 Email editor@detroit.goarch.org
 Subscribe www.detroit.goarch.org/subscribe



Support our Friends Program

Metropolis of Detroit
2560 Crooks Road
Troy, MI 48084

Donate:

- \$25 \$50 \$100 \$250 \$500 \$1,000 Other

Method of Payment:

- Check payable to METROPOLIS OF DETROIT
 Visa MasterCard AMEX Charge my Card:

Name: _____
 Address: _____

 E-mail: _____
 Parish Affiliation: _____

Credit Card # _____ Exp. _____ CW # _____
 Signature _____ Phone # _____

