The children of Holy Trinity Greek Orthodox Cathedral in Carmel, Indiana celebrating the Sunday of Orthodoxy on March 17, 2019.
Metropolitan’s Message

Beloved Family in Christ,

A compass is an extremely useful tool for orienting oneself, but what if the compass itself becomes misaligned? A compass points to the north because its needle is drawn by the earth’s magnetic field. If a compass is exposed to a different magnetic field for a while, it can lose its ability to correctly point us in the right direction.

I tell you this not because of any interest in orienteering or wilderness sports, but because I want to recommend to you a different perspective for this Lenten season. We often think of Lent as a time of deprivation. We focus exclusively on the fact that we are to abstain from certain foods for a time, and we aren’t really sure exactly why we are to do so.

God made us in such a way that our hearts are drawn towards Him. We were created for communion with God, and it is towards that aim that our hearts - our internal compass needles - naturally point. However, we spend a lot of time around other “magnets.” We may be drawn away from our natural orientation by work, hobbies, relationships, food, exercise - almost anything! Not that any of these things are bad in and of themselves but they become so when they cause us to lose our proper direction, when they sit on the throne of our hearts in the place of God, when they become idols.

The good news is that compasses can be recalibrated by drawing a magnet along the length of the needle. Doing so realigns the compass and enables it to once again correctly point the way. This is exactly why we have Lent. It allows us to strip away the disorienting effects of the many magnets that can draw our hearts away from their proper direction. We do not avoid meat and dairy because meat and dairy are bad, or because we think that depriving ourselves of things that we desire is good solely for the sake of deprivation. We do so in order to strip away some of the things that distract us from our proper aim.

Beloved in the Lord, may this Lent be a time of joyful prayer and fasting for all of us. May it be a time of peace, forgiveness, and harmony. May it be a time of reorientation.

+METROPOLITAN NICHOLAS OF DETROIT

Metropolitan Nicholas and Detroit area clergy at the Clean Monday Great Compline service. Saints Contstantine and Helen Greek Orthodox Church, Monday, March 11, 2019
Lenten Services Schedule

NOTICE: Metropolitan Nicholas’ schedule is subject to change. Please visit our website for updates:  www.detroit.goarch.org/calendar.

March

1  Forgiveness Sunday - Cheesefare
2  Clean Monday
4  Presanctified Liturgy
6  Salutations to the Theotokos
7  Final Saturday of Souls
8  Sunday of Orthodoxy
11 Presanctified Liturgy
13 Salutations to the Theotokos
15 Sunday of Saint Gregory Palamas
18 Presanctified Liturgy
20 Salutations to the Theotokos
22 Sunday of the Holy Cross
25 Annunciation of the Theotokos
27 Salutations to the Theotokos
30 Sunday of Saint John Climacus

April

1  Presanctified Liturgy
3  Akathist Hymn
5  Sunday of Saint Mary of Egypt
8  Presanctified Liturgy
10 Presanctified Liturgy
11 Lazarus Saturday
12 Palm Sunday / First Bridegroom Service
13 Holy Monday - Second Bridegroom Service
14 Holy Tuesday - Third Bridegroom Service
15 Holy Wednesday - Holy Unction
16 Holy Thursday - Divine Liturgy / 12 Gospels Service
17 Holy Friday - Lamentations Service
18 Holy Saturday - Liturgy of Saint Basil / Paschal Liturgy
19 Great and Holy Pascha - Agape Vespers
20-25 Bright Week
26 Thomas Sunday
Youth News

BY EVA KONSTANTAKOS

2020 GOYA Lenten Regional Retreats

Every year, during Great Lent, we have regional GOYA Lenten Retreats to gather our youth during this sacred time of year. We are pleased to announce the three amazing retreats coming up. GOYAns throughout the Metropolis are invited to participate in one of these retreats. In addition to youth activities and discussions, we will also offer sessions for the adults (young adults/parents/chaperones). Visit their respective links for more information or to register online!

2020 ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

CENTRAL DISTRICT (IN, KY, OH)
Saturday, April 25, 2020
Assumption Church/Lexington, KY

MICHIGAN DISTRICT
(MI and Toledo, OH)
Saturday, April 25, 2020
Assumption Church/Grand Blanc, MI

NY DISTRICT (Upstate NY)
Sunday, April 26, 2020
Annunciation Church/Buffalo, NY

SOUTHERN DISTRICT (AR and TN)
Saturday, April 6, 2019
Holy Trinity Church/Nashville, TN

METROPOLIS FINALS
Saturday, May 16, 2020
Holy Trinity Church/Grand Rapids, MI

www.detroit.goarch.org/MetropolisSJCQF

2020 SUMMER CAMP SEASON

It’s time to start thinking about SUMMER CAMP! We have THREE summer camps in our Metropolis. Registration is either underway or will be happening soon for our camps. Financial aid is available, thanks to Leadership 100. Please inquire about financial assistance through your parish priest.

Visit the official camp websites for more information:
Philoptochos News

BY THEONE DICKOS

Philoptochos Ladies have received many blessings in their lives, but the ability to assist those who are less fortunate is the greatest blessing of all. May God continue to bless the hearts and hands of each Philoptochos member in our Metropolis.

2020 began with the cutting of the Vasilopita, the first of the nineteen National Commitments. All proceeds benefit St. Basil Academy. Luncheons, auctions, trays passed after Divine Liturgy and a variety of other activities were held. Many chapters reported proceeds exceeded amounts from previous years. St. Basil Academy brings the light of Christ to many young lives.

Many charities benefitted over the Christmas holiday and winter months. Our chapters have embraced the National Philoptochos initiative, The Feeding the Hungry Program. The Nativity of the Virgin Mary Chapter of Plymouth, Michigan sponsored a program at Saints Peter and Paul Church in Detroit, and cooked a meal for over 175 people. The Assumption Philoptochos of St. Clair Shores, Michigan did outstanding work at the Capuchin Kitchen. In the month of February, they served 180 meals as the chapter continues to fulfill our mission to feed the hungry campaign. During the cold winter months, the chapter of St George, Southgate, Michigan accepted donations of hats, scarves, gloves and socks for the needy in their local area. The chapter also made visitations to parishioners in hospitals, assisted living centers and nursing homes.

The Metropolis Philoptochos Board is planning a “No Show” fundraiser to provide support to our very important Metropolis charities. His Eminence Archbishop Elpidophoros announced that May 17, the Sunday of the Samaritan Woman, as Philoptochos Sunday. Through Social Media and the Detroit Metropolis website, the Metropolis Philoptochos Board invites you to celebrate women who have inspired us in our mission and in life. We will be honoring and memorializing these women who are near and dear to us. The names will be listed on the Philoptochos Face book page and on the Phioptochos page of the Metropolis website. Through chapter and individual donations, it is the hope of the board to fulfill the commitment in helping those in need.

The Metropolis Philoptochos Board along with the Stefanou Family will once again offer the Florence G. Stefanou Memorial Scholarship. Last year there were nine exceptional applicants. It is our hope that many more young people will take advantage of this opportunity. Scholarship applications are due on April 30, 2020, and can be found on the Philoptochos page of the Metropolis website. You may also contact your chapter president for applications.

The Biennial Clergy-Laity and Philoptochos Convention will be June 28-July 2, 2020 in Cleveland, Ohio at the Hilton Cleveland Downtown and Huntington Convention Center. We hope for and encourage 100% chapter participation.

CONTRIBUTIONS

Metropolis Donations
- Fisher House - $500
- Redford Union School District - $500
- Hellenic College Holy Cross - $250
- Donations for Benevolence - $3,000
- Mend on the Move - $500

Chapter Donations
St Basil Academy is the recipient of the following Vasilopita Celebrations
- St. Nicholas – Ann Arbor, MI - $2,500
- Holy Trinity-St. Nicholas – Cin.OH - $2,500
- Holy Trinity Cathedral- Carmel, IN - $3,100
- Holy Trinity- Nashville, TN - $1,250
- St. Nicholas- Troy, MI - $6,000

Lent 2020 • The Shepherd’s Staff 1 5
CHURCH MUSIC DURING LENT
By Dr. Vicki Pappas
Mid-Eastern Federation of Greek Orthodox Church Musicians (MEFGOXS)

As the Orthodox Church leads us through the Lenten and Holy Week period in preparation for Holy Pascha, clergy, chanters, and choirs are responsible for preparing the many special hymns and prayers designated for this ecclesiastical period. They face a myriad of tasks related to this musical challenge: selecting arrangements of the designated hymns, preparing copies and organizing notebooks, calling and conducting extra rehearsals, studying the order of services and the hymns’ meanings so they can be interpreted correctly, and making sure there is coordination among clergy, choirs, and chanters. All this occurs behind the scenes so that the services are seamless, beautiful, and enhance the worship of the parishioners.

Two basic changes occur for all the Sunday Divine Liturgies during Lent. First, we switch to the Liturgy of St. Basil on Sundays, a slower, more solemn presentation of the service. This calls for changes in the text of the prayers for the priest as well as musical changes for the chanters and choirs. Second, two major hymns are designated as substitutions to the typical liturgical order. The hymn, O Champion Leader/Ti ipermachos is sung as the Kontakion for the first five Sundays as well as during the five Friday Salutation services. This triumphal hymn commemorates the praise to the Theotokos given by the City of Constantinople for being saved from barbaric invasions. Another substitution for the Lenten Sundays is the Meghalinarion to the Theotokos - instead of It is Truly Right/Axion Estin, parishioners will hear the choirs and chanters singing In You Creation Rejoices/Epi Si Heri.

Several Lenten Feast Days also occur on Sundays, requiring their own designated hymns (Apolytikia and Kontakia) and often, processions. On the first Sunday of Lent (March 8th this year), we observe Sunday of Orthodoxy, celebrating the restoration of the icons and a reaffirmation of our faith. Clergy and church musicians often join the faithful of other Orthodox jurisdictions either at Liturgy or at Pan-Orthodox Vesper services in the evening. Halfway through Lent, on March 22nd this year, we celebrate the Feast of the Holy Cross, which includes not only a procession, but the special hymns, Lord, Save Your People/Soson Kyrie and By Your Cross/Ton Stavron Sou. Palm Sunday includes a plethora of hymn substitutions, and Holy Week calls for special hymns and prayers over 22 different services!

In addition to the Sunday Liturgies, church musicians will be participating in other services that occur during Lent. Every Wednesday, there is a Presanctified Liturgy and as mentioned earlier, there are the five Friday Salutations to the Theotokos. At these services, opportunities exist, and should be maximized, for youth and adult choirs to join the chanters and clergy in the singing of the hymns and responses and/or the final prayers. On the Saturday before Palm Sunday and Holy Week, young children and youth often join the participation for the Saturday of Lazarus Liturgy, where the special Communion hymn, appropriately, is “Out of the mouths of babes comes perfect praise.”

This is the time of year when the work of the Mid-Eastern Federation of Church Musicians (MEFGOXS) becomes especially relevant to church musicians and parishes. We offer assistance and musical and informational resources for choirs, chanters, and youth choirs during this period. Often, we offer workshops where content may be concerned with the theology of a Lenten service or hymn and/or when various musical versions of the special hymns are presented and practiced. One such workshop occurred for church musicians in the Detroit area on February 29th, where attention was given to effective a cappella singing.

We hope this brief explanation of changes to expect in our upcoming services for Great Lent is helpful to understanding the work of church musicians and most important, that your worship experience is enhanced. We wish you a blessed and meaningful journey through Great Lent!
Fasting During Great Lent

BY EVA KONSTANTAKOS

We have officially started our journey toward Pascha with Great and Holy Lent. During this important season, we focus on the spiritual disciplines of the Orthodox Christian faith – one being fasting. Especially during the longer fasting periods, like Great Lent, it is hard for Orthodox Christians to keep fasting in the right perspective – to focus on why we fast rather than what we “can’t” have.

What happens if we diligently follow the fast, but we say or do negative things? During Lent, we have an opportunity to refocus on our words AND our actions to help us truly transform our lives. Let us consider how we can heed the words of Saint Basil who reminds us that fasting is not abstaining from food only; it is first of all, abstaining from sin.

1) Fasting from Food
Athletes prepare for an event 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. Rather, they understand that this discipline will give them the proper fuel and strength to conquer the challenges that lie ahead of them as they reach for their goal.

We must not forget that we are athletes for Christ, training and striving for an imperishable crown (1 Corinthians 9:25). Fasting is a way that 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 our bodies AND our minds to receive Christ. If we practice by abstaining from certain foods, we can build our strength to abstain from difficult temptations in life.

2) Fasting from Words
Jesus reminds us, in Matthew 15:11, that “what goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.” The things we say can impact our spiritual health, as well as the spiritual health of others because we are “consuming” hate, jealousy, and malice into our hearts. During Great Lent, make a conscious effort to fast from gossip, criticizing others, arguing, etc. Instead of wasting time on negativity, use 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. Do we spend way too much time binging on our favorite television shows, podcasts, or scrolling through our social media? While not all actions are bad or sinful, we must consider whether or not those actions bring us closer to Christ. Are all of my actions fulfilling God’s Greatest Commandment – to love God and to love our neighbor as ourselves (Matthew 22:37-39)? During Great Lent, we can abstain from actions that do not bring us closer to God. When we free up our time from unhelpful actions or habits, we will have more time to help others, to pray, to read Scripture, to worship, and to spend time with our family and friends that love us.

May we embrace the spiritual discipline of fasting with a sense of humility and thanksgiving, using it to strengthen our hearts and minds in preparation for the glorious Resurrection of our Lord and Savior, Jesus Christ.

Eva Konstantakos is the Director of Youth and Young Adult Ministries for the Greek Orthodox Metropolis of Detroit, serving since September 2003. Eva received a Masters of Theological Studies from Holy Cross School of Theology in Brookline, MA.
Friends of the Metropolis 2019
List of Donors January 1 – December 31

+His Eminence
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Munk, Jerry and Jan

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Sawaya, Peter and Kallie

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Vratsinas, Gus

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Demmas, Constance  
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Pappas, Lisa
Thank You!
Dear Friends of the Metropolis,

You made a tremendous impact in our Metropolis of Detroit for the year 2019. Because of your love and support for the Friends of the Metropolis program, we have been able to fully fund the continued operation and ministries of our Metropolis. Please know that the Metropolis of Detroit has always had an open financial accounting of our income and expenses.

Every gift to our Metropolis has been spent in accordance with the needs, work, and ministry of our Office for the benefit of our Parishes, our Clergy, our Faithful, and all of our individual ministries.

If you are getting ready to give a donation for the 2020 Friends of the Metropolis program, please remember how your donations are used:

- YOU have helped us to pay all the normative operational expenses of the Metropolis Office including: building maintenance and repair; heat; lights; postage; technology; and supplies;
- YOU have made it possible to cover the travel expenses incurred during our pastoral visitations to the Metropolis parishes;
- YOU helped make certain that we are able to contribute to student loan payments for our clergy and church workers who graduated from the Hellenic College/Holy Cross and serve in our Metropolis parishes;
- YOU have assured that there is a summer youth camp available to all of our young people;
- YOU helped support the annual regional youth lenten retreats;
- YOU have been the helping hands who gave through our office to those in need of shelter, clothing, food, and medical supplies;
- YOU helped Metropolitan Nicholas assist people in emergency situations in need of financial support.

Thank you for your great stewardship!

God be praised!

Thank You!

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