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’ 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 Easter, 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!

† NICHOLAS Metropolitan of Detroit

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

METROPOLITAN’S CALENDAR

APRIL

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<td>6p</td>
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<td>Metro Detroit Area Parishes Annunciation Cathedral Detroit, MI</td>
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<td>HOLY SATURDAY Protia Anastasi Liturgy</td>
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MAY

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<td>St. George Church Bloomfield Hills, MI</td>
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<td>Pittsburgh, PA</td>
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<td>Pastoral Visitation</td>
<td>Sts. Constantine &amp; Helen Church Middletown, OH</td>
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<td>Ecumenical Patriarchate Synod Meeting</td>
<td>Ecumenical Patriarchate Istanbul, Turkey</td>
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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.

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
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
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
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,
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.

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.

“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 “consumer” 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
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, Panagiota and Patricia
Baldwin, James and Mary Suzanne
Daniels, Tony and Cleve
Yates, Billy and Marguerita

**Bloomfield Hills, MI – St. George**
Ginrich, Fr. Joseph
Abell, Fr. Christopher and Presbytera 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 Presbytera Emily
Russell, Fr. John Jarrod
Mamalis, Presbytera 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
 Etherton, 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 Presbytera Virginia
Retzios, Thomas

**Detroit, MI – Annunciation Cathedral**
Bennett, Constance
Politis, Dean

**Farmington Hills, MI – Holy Cross**
Holy Cross GOYA
Hountalas, Fr. Dean and Presbytera Olga

**Grand Blanc, MI – Assumption**
Assumption Parish
Greenberg, Robert and Camelia
Hountalas, John and Tasia
Kalatzis, Athena
Photiou, Lucas and Lori
Schultze, Joanne
Yecitis, Catherine

**Grand Rapids, MI – Holy Trinity**
Cassis, Deacon E. George and Diaconissa Vicki
Monoyios, Terry and Akrivi
Nicholas, James and Georgia
Sinas, Thomas and Michelle

**Ithaca, NY – St. Catherine**
Bantuwanis, Ann
Bezirganian, John

**Jamestown, NY – St. Nicholas**
Cheronis, James and Christine

**Kalamazoo, MI – Annunciation**
Annunciation Parish
Theoharis, Fr. Theoharis
Ingals, Robert and Andriana
Stamos, Steve and Tasia

**Lansing, MI – Holy Trinity**
Holy Trinity Parish
Sietsma, Fr. Mark and Presbytera Katherine

**Lexington, KY – Panaqia Pantovasillisa**
Arimes, Vickie

**Little Rock, AR – Annunciation**
Delfos, Fr. Pierre and Presbytera 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**
Ecelewski, Christine Danigelis
Ladas, Paul and Patricia

**Nashville, TN – Holy Trinity**
Hohnholt, Fr. Gregory and Presbytera 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 Presbytera 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 Presbytera Elizabeth
Colovos, Bill and Julie
Dionyssopoulos, 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 Presbytera 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
Hazan, 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
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**Metropolis of Detroit**  
**The Shepherd’s Staff**

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#### The Shepherd’s Staff

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- **Metropolis of Detroit**  
- **Editor:** Dcn. Alex Radulescu  
- **Contact:**
  - **Phone:** (248) 823-2414  
  - **Fax:** (248) 823-2401  
  - **Email:** editor@detroit.goarch.org  
  - **Web Site:** www.detroit.goarch.org

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