Beloved in the Lord,

How quickly those days of summer pass us by! Almost as soon as we return from vacation, we come face to face with the reality that the carefree days of summer are ending, and soon we will be back to the regular day-to-day affairs of everyday life.

But what is this regular day-to-day activity that occupies our time?

For the children it may be going back to the academic year—and almost as soon as school begins they count off the days before their next vacation!

For some of our young adults, their regular life may simply be an attempt to distinguish between their time at college or university before they finally have to figure out “what they want to do when they grow up.” And so these young people are in a perpetual state of preparing to prepare to begin their lives.

And the adults, having returned to their tasks of everyday life, look at the repetitive cycle of hours, minutes, days, and wonder what it’s all for?

And that really is the question! What are we doing? Where are we going?

For this reason, I would like to offer a simple suggestion about something to do as we return to our post-vacation lifestyle: go to Church regularly.

In the Vespers, Orthros, Liturgy, and Sacraments we hear the story of our God who came to heal, bless, and save us by His own sacrifice and through His love.

And in our life of prayer, worship, and liturgy, the incarnated Lord meets us on our journey to the Kingdom of God. He walks with us in our struggles; He hears us when we cry out in pain or joy; He blesses us as we give thanks to God for everything we have.

And this reality gives a divine focus and purpose to our lives: to bless and praise God as we emulate His own selflessness for the glory of His Church.

As we praise and glorify Him who gave us being, what are we called to do? We are called to do His will on the earth—helping and caring for all of creation.

And in doing this, we understand where we are going: we are going home—and we are on the road to His Kingdom! See you in our Father’s house!

Metropolitan Nicholas

Metropolitan Nicholas delivering his Homily at the Ecumenical Vespers Service for the Feast of St. Anna (July 25, 2012).
## BISHOP’S SCHEDULE HIGHLIGHTS

For calendar updates, please visit our website at: [www.detroit.goarch.org/news/calendar](http://www.detroit.goarch.org/news/calendar)

### AUGUST

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## MEFGOX NEWS

By Irene Georgantas

President

By the time you receive this we will have celebrated our 65th annual convention in Rocky River, Ohio, at St. Demetrios Church. The four days there are spent in workshops (Church Music Institutes) to promote the education and excellence of our church musicians. This year, as in the past several years there were three “tracks”: one for vocal technique, one for Byzantine chant, and one to learn more about our faith and Orthodox liturgical repertoire. We are fortunate that wherever we go in the Federation, we have talented presenters and this year is no exception. Gabriella Martinez of Rocky River will conduct the CMI on Vocal Techniques; the Very Rev Archimandrite Nicholas Hughes of Columbus’ Annunciation on chant; and Father Dean Dimon of Cleveland’s Annunciation and Pana Mastros of Steubenville, Ohio on the repertoire and “Spiritual Explanation of the Megalynaria”. The National Forum of Church Musicians sponsors these institutes with a grant from Leadership 100.

(Continued on page 5)
“Letting Your Light So Shine” in a New Ecclesiastical Year

“You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in Heaven.” Matthew 5:14-16

It is a new year… a new scholastic year and a new ecclesiastical year. Going back to school means that we have an opportunity to show our faith through the way we live, the way we treat others, and the way we make decisions. So how do we “let our light shine” as it says in the Gospel of Matthew? How do we show Christ in all that we do?

Letting your light shine means not hiding your Orthodox Christian identity from others. Imagine always hiding your name from people. People might not ever get to know who you are. If we don’t show who we are, we might be mistaken for someone else.

At times, we do not behave in a way that shows we are Christian. But when we put ourselves above the peer pressure, bullying, and general mean attitudes, we become like that city on a hill. Everyone will notice that you are different… you are original… you are a Christian! Here are some simple ways to be a witness to your faith:

**PRAY UNCEASINGLY**

Jesus Christ always found time to pray and give thanks. Prayer is a very simple, but important way you can let your light shine. Whether it is before you eat, or before an exam, it will give people a chance to see you living your faith. God is a part of every aspect of your life. Don’t know what to pray for or how to pray…? CHALLENGE: Make sure to pick up a prayer book at your parish bookstore and try to pray in the mornings and before bedtime.

**SHOW KINDNESS**

Jesus Christ showed mercy and kindness, even to those who were outcast by society. As Christians, we should always be kind to each person. Whether they are new students or old friends, everyone has been created in the image of God. We don’t have to be “BFFs” (Best Friends Forever) with every person at school. But we are called to love and respect all people. CHALLENGE: Find the Greatest Commandment in LUKE, write it down, and post it somewhere so you will see it every day!

**SET AN EXAMPLE**

Jesus Christ talked the talk AND walked the walk. People know Christians by their words AND actions. If you see someone being bullied, stand up for them. If your friend is struggling to make the right decision, be a role model. If you have talents, make sure to use them! Your example can help people see that it IS possible to live a Christian life. CHALLENGE: Pick one way a day to use witness your faith through example, through word OR deed.

The St Photios Foundation Announces the 2012 Seventh Annual Essay Contest

The contest is open to all **high school students**. It is FREE to participate. Participants must write an 1,000 word essay responding to this year’s essay theme. First prize is an **iPad 2**. The Deadline is **November 9, 2012**.

Please visit [http://www.stphotios.com/Essay%20Contest.html](http://www.stphotios.com/Essay%20Contest.html) for more details

CORRECTION: In our last issue, **Christian Eveleigh** (one of the Senior Division speakers at the 2012 St. John Chrysostom Oratorical Festival), was incorrectly listed as a member of Annunciation Church in Buffalo, NY. **Christian Eveleigh is a member of Annunciation Church in Rochester, NY**. We apologize for the oversight!
Eighty years of caring, eighty years of sharing, eighty years of philanthropy”. The thirty delegates from the Metropolis of Detroit gathered with delegates from across the country to attend the National Philoptochos Society Biennial Convention in Phoenix and celebrate our 80th Anniversary. Throughout the week, beginning with the keynote address of Archbishop Demetrios and, as we deliberated over budget, commitments, resolutions, grant applications, etc., we were continually reminded of the theme of the 41st Clergy-Laity Congress, “Chosen and appointed by God to go and bear fruit”.

Our delegates enjoyed an early morning breakfast on Monday with Metropolitan Nicholas where we were able to discuss topics of interest and get to meet and know each other. Following breakfast we were enlightened by the keynote address of the Archbishop and, following a short break for lunch, Hierarchal sessions with the Metropolitans. Later that evening the congress journeyed to Pinnacle Peak Patio for steak, chicken and cowboy beans.

We enjoyed a presentation on leadership by our National Philoptochos spiritual advisor, His Grace Bishop Savastianos of Zela, a panel discussion on domestic violence led by Paulette Geanacopulos, from our Philoptochos social work department, a dynamic presentation by Presvytera Pat Tsagalakis from Holy Apostles Church, Shoreline, Washington entitled, “Are You a Martha or a Mary”, on how we can serve Christ in this rushed world that we live in and how we should take the time to enjoy the natural things in life. We were joined, via Skype, by Lucas Metropulos who informed us of his project, started while still in high school, to teach disadvantaged youth in the state of Florida how to fish. Lucas has gained national recognition for this project which has expanded into other communities. Nick Katsoris, an attorney from New York and author of five Loukoumi books, addressed the delegates and spoke of his inspiration, goals, and encouragement from his late aunt to follow his dreams. Other speakers spoke on how Philoptochos impacted their lives with both emotional and monetary support.

His Eminence Metropolitan Nicholas addressed the delegates expressing his thanks and pride for all we do. He also gave President Aphrodite Skeadas his stewardship to become an auxiliary member of Philoptochos. We welcome men into our society and hope you will follow his example.

At the very beautiful Musical Instrument Museum on Tuesday evening, AGAPE Awards (All Generations Accomplishing Philanthropic Endeavors) were presented to one member from each Metropolis. This prestigious award, established in 2008, is presented to those Philoptochos members who have been tireless workers for their Chapter and have inspired their Chapter members through their actions and beyond the parish community.

Z. Dolores Revelos, from Saints Constantine and Helen Church in Middletown, Ohio, was the recipient from our Metropolis. Dolores joined Philoptochos sixty two years ago and has held many offices, chaired many activities and inspired and mentored younger mentors. In addition, she served as Diocese (Metropolis) President and as a Metropolis Board Member. She continues as an Honorary Board Member to this day. We are all very proud of Dolores and con-
Women Disciples

By Fr. Nicholas Pathenos

On Wednesday, August 15th all Orthodox Christians everywhere will be commemorating and venerating Mary, the Theotokos, the Holy Mother of our Lord and Savior Jesus Christ. We consider her to be first amongst all of the saints precisely because she exercised her free will, and fully and freely coincided her will with the will of God. In so doing, she radically affected and altered all generations throughout time.

However, we mustn’t lose sight of the biblical reality concerning the integral role that many other women played in the life and ministry of our Lord. While Martha and Mary hosted Jesus at home, there were other women who are reported to have traveled with Him, at least some of the time.

After this Jesus traveled about from one town and village to another, proclaiming the good news of the Kingdom of God. The twelve were with Him, and also some women who had been cured of evil spirits and diseases, Mary (called Magdalene) from whom seven demons had come out; Joanna the wife of Cuza, the manager of Herod’s household; Susanna; and many others. These women were helping to support them out of their own means. (Luke 8:1-3)

The names of some of these other women disciples have been lost to history.

The reality that women disciples were prominent in Jesus’ band of followers certainly would have been contrary to expectations. Women had far fewer rights than men in the traditional patriarchal culture of the Middle East, and were assumed to be inferior to men. There is no evidence that other teachers of that time and culture had women disciples. But Jesus sought to embody within His community of followers the reality of the age to come, in which all kinds of distinctions of privilege and superiority over subservience and inferiority would cease to exist.

We, the faithful of the Holy Metropolis of Detroit, are a community of varied people with varied gifts and graces. It is our sacred mission to discover and embrace our personal graces, and to freely share those gifts with our fellow parishioners, as well as with the community at large. May we be ever mindful of the holy example of the Mother of our Lord and her free will cooperation with the will of God in her holy life.

*Rev. Fr. Nicholas Pathenos is the Proistamenos of St. George Greek Orthodox Church in Bloomfield Hills, MI.

MEFGOX News continued...

(Continued from page 2)

At the convention several memorial scholarships are awarded; candidates from the Detroit Metropolis have applied and may very well be the recipients. There will be some changes in the coming year. At our last meeting on May 5th, it was decided that beginning with our September issue of the “Byzantine Echo”, our communication will be totally electronic. With 80% of our 98 choirs accessible to us through the internet, it was determined that it was time for us to begin with this form of communication. The remainder of the 15-20 choirs will be contacted by mail. Of course communication to each choir member will continue regarding all of our meetings and updates in the form of the electronic “Mini-Echo” on a more frequent and timely basis. There are 700+ members on that list. If you are not currently receiving these and wish to, contact your local State Representative.

I have completed my fourth year as President of the Federation. Elections are held at the convention annually and at this point I cannot tell you who your new officers will be. But they will carry on the torch to maintain MEFGOX. I thank all the officers of the 2011-2012 Executive Board who have supported and assisted me this past year. And I wish the new Board every blessing and success in the New Year. I am hopefully anticipating that next year’s convention will be hosted in the Detroit Metropolis.
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<td>Cox, Fr. Irenaeus and Presbytera Alexandra</td>
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<td>Bazakis, Andrew and Ann</td>
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<td>Bristley, Mark and Anastasia</td>
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<td>Caldwell, Larry and Peggy</td>
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<td>Metropoulos, Katherine</td>
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<td>Rouman, George and Frances</td>
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<td>Southgate, MI</td>
<td>Anonymous</td>
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<td>Cranford, Joanne</td>
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<td>Kircos, Angelo and Sophia</td>
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<td>Kircos, John and Violet</td>
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<td>Kircos, Lou and Paula</td>
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<td>Kontos, John and Marika</td>
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<td>Tassis, James</td>
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<td>Springfield, OH - Assumption</td>
<td>Holy, Fr. John and</td>
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Presbytera Kandice
Lagos, Thomas and Matina

St. Clair Shores, MI
Assumption
Carson, Charles and Maria
Dallas, John and Elizabeth
Genematas, Toula
Gust, Georgiana
Hatzichronoglou, Lena
Niforos, Theodore and Anna
Pangalos, Despo
Phillips, Peter and Toula
–
In Honor of Daispena Raptis
Sterling Heights, MI
-
St. John
St. John Choir
George, Bessie
Karamanos, Peter and Mary
Kotsis, Harry and Katherine
Lionas, Jim and Helene

Troy, MI – St. Nicholas
Athens, John and Aristea
Bollas, Jobel
Corombos, Mark and Molly
Deliganis, Leonidas
Deliganis, William
Demery, Beck
Feles, Paul
Korstanje, Ingmar and Marlo
Lavrakas, John
Simon, Basil and Evey
Smith, William
Zographos, Athan and Mary
Zotos, Gregory

Westland, MI
Sts. Constantine and Helen
Petrutiu, Fr. Teodor and
Presbytera Roxana
Balaskas, Dorthe
Dougekos, P. Becky
Kasotakis, Paul and Nanette
Simakas, Pete

Other Friends
Bartz, Fr. William and
Presbytera Emily
Demetris, Olga (Dolly)
In Memory of
Iakovos (Jack) Demetris
Koumarelos, Bill
Rudulescu, Alexandru
Toton, Silvana
Walsh, Andrew and Catherine

We were overwhelmed
with an outpouring of love
and commitment for the
Philoptochos Center of Phi-
lanthropy. In just an hour,
$205,000 was pledged. In
addition, a “hat” was passed
by one of the delegates and
another $7500 was raised.

These were just some of
the highlights of the conven-
tion. The delegates were
energized beyond belief, and
are looking forward to im-
plementing new and
“borrowed” ideas. We can’t
wait until September!

(Continued from page 4)

We also congratulate the
chapters in the Metropolis
who were awarded certifi-
cates for 100% National
Ministry Commitments:
Holy Trinity, Carmel, IN;
Panagia Pantovasilissa,
Lexington, KY; St. Nicholas,
Ann Arbor, MI; St. George,
Bloomfield Hills, MI; An-
nunciation Cathedral, De-
troit, MI; Sts. Constantine
and Helen, Westland, MI;
St. Nicholas, Troy, MI; Holy
Cross, Farmington Hills, MI;
Assumption, Flint, MI; Holy
Trinity, Grand Rapids, MI;
St. George, Southgate, MI;
Annunciation, Muskegon,
MI; St. Demetrios, Saginaw,
MI; Nativity of the Virgin
Mary, Plymouth Township,
MI; St. John, Sterling
Heights, MI; Holy Trinity &
St. Nicholas, Cincinnati,
OH; Annunciation, Dayton,
OH; Holy Spirit, Rochester,
NY; Sts. Constantine and
Helen, Middletown, OH;
Holy Trinity Cathedral, To-
ledo, OH; Annunciation,
Buffalo, NY; Annunciation,
Rochester, NY; St. Sophia,
Syracuse, NY; Annuncia-
tion, Chattanooga, TN;
Holy Trinity, Nashville, TN;
Annunciation, Memphis,
TN.

At the convention in At-
tlanta, Annunciation of Mem-
phis was chosen to represent
our Metropolis in the Chap-
ter Challenge. Stephanie
Storgion Poplos M.D. presi-
dent of the chapter, reported
on their project to assist de-
mentia and Alzheimer’s pa-
ents at the Page Robbins
Adult Day Care Center.
Annunciation Philoptochos
from Dayton, OH was se-
lected for the next chapter
challenge and will report on
their chosen project in two
years.

Friends of the Metropolis (as of July 31, 2012)
The Shepherd’s Staff

Friends of the Metropolis

What Does Friends of the Metropolis Support?

**General**: Fully fund the expenses of the Metropolis offices, programs and travels.

**Education**: Enhance scholarships and adult education programs, as well as support the Metropolis students at Hellenic College/Holy Cross.

**Support**: Develop and provide educational and instructional seminars and services to clergy and parishes.

**Youth**: Maintain and support the youth office and activities of a full-time Youth and Young Adult Ministries Director.

**Outreach/Missions**: Create opportunities to introduce our faith to society, participate in inter-Christian and inter-faith activities as well as provide quick responses to national disasters.

**Hellenism**: Develop programs for Hellenic Cultural Outreach, including language, history and arts.

**Leadership**: Organize Metropolis Clergy-Laity Conferences, Oratorical Festivals, Christmas Pageants and Adult Education Programs.

**Special Programs**: Website development, hospitality to visiting dignitaries and guests, Charity and Philanthropy.

Dear Friends of the Metropolis:

God has called us to do mighty deeds for the glory of His name and for the love of His people.

You are called upon to join in this reality of “faith working through love” as we continue to manifest the love of God for His Church and His people.

When you support the Friends of the Metropolis campaign, you are part of a greater outreach that proclaims with one universal voice that God is truly our hope and our rock of salvation.

Because of your devotion and help to the Friends program, ministries and programs are implemented on a Metropolis-wide basis which strengthen and enhance our faith and our joint ministry of service.

If you have not yet become part of the Metropolis-wide effort, I would like to invite you to join forces with the faithful throughout our Metropolis in support of the ministries which are part of the Office of the Metropolitan.

Thanking you for your kind and generous response, I remain, with paternal blessing and prayers,

+Nicholas
Metropolitan of Detroit

Dear Friends of the Metropolis:

I am pleased to support the work of Metropolitan Nicholas and the Metropolis through the Annual Metropolis Stewardship “Friends” Program

☐ $25  ☐ $50  ☐ $100  ☐ $250  ☐ $500  ☐ $1000  ☐ Other

Name_________________________________________ Parish Affiliation:______________________
Address___________________________________________________________________
City______________________________________________________________________
Phone _______________________________ Email_________________________________

☐ Check Enclosed (payable to the Metropolis of Detroit)

☐ Please Charge My Credit Card  ☐ Visa  ☐ MasterCard

Account # ___________________ Exp.__________ Signature_______________ Date__________

Send this card in an envelope to:
The Metropolis of Detroit
2560 Crooks Road, Troy, MI 48084