Beloved Family in Christ,

Having finished our Clergy-Laity Assembly and Philoptochos Conference a few weeks ago in Cincinnati, I am pleased to have this opportunity to address you with a few after-thoughts.

At the outset, I would express my appreciation to all those who attended this important gathering of our Metropolis. The turnout was certainly among our highest for this event -- and the number of people who attended the Grand Banquet honoring our Metropolis Lay People was a blessing. Our kudos go out to the Cincinnati community which oversaw this important Metropolis-wide meeting.

Likewise, I was grateful for the presence and comments of Archbishop Demetrios, who particularly noted with paternal appreciation that the participants remained at the banquet during the testimonial honors to our lay people. You demonstrated a respect for yourselves and each other that was noticed by all.

Many of our faithful have also commented on the Bible Study led by our Archbishop -- he is truly a remarkable scholar and we are proud of his paternal wisdom and leadership.

I am also appreciative of the increased attendance and participation that has occurred in our Learning Sessions. The five clergy who led these sessions had an opportunity to be known in a unique way by our parishes and our Church family. They all presented information and engaged in dialogue about our faith which uplifted the Metropolis. Thank you to the clergy presenters and the attendees.

Thank you and congratulations to all for a Clergy-Laity and Philoptochos Conference that was well-done.

God bless you all,

+METROPOLITAN NICHOLAS
Metropolitan’s Schedule

October

6  Holy Trinity Parish Visitation
   Holy Trinity Church—Grand Rapids, MI

8—9  Meeting with Metropolitan Isaiah of Denver
     Denver, CO

13  Hierarchical Divine Liturgy
    Wedding of Eva Kokinos & Sarantos Konstantakos

14  COLUMBUS DAY—OFFICE CLOSED

15—18  Holy Eparchial Synod & Archdiocesan Council Meeting
        Archdiocesan Center—New York, NY

20  Divine Liturgy
    Annunciation Cathedral—Detroit, MI

26  Wedding of Aubrey Catanach & Stelianos Elenis
    Assumption Cathedral—Denver, CO

27  Hierarchical Divine Liturgy Guest Homilist

November

6—8  American Bible Society Meeting
     Bible House—New York, NY

8  St. Nektarios Great Vespers
    Assumption Church—St. Clair Shores, MI

9—10  Honoring the Veterans
      Annunciation Church—Dayton, OH

11—14  Archdiocesan Strategic Planning Meeting
        New York, NY

16  Greater Detroit Philoptochos Christmas Luncheon
    St. Nicholas Church—Troy, MI

17  Parish Visitation
    TBA

24  St. Catherine Parish Visitation
    St. Catherine Church—Ithaca, NY

28  THANKSGIVING—OFFICE CLOSED

For calendar updates, please visit our website at:
www.detroit.goarch.org/news/calendar

Metropolis Clergy-Laity Conference 2013 Highlights

Making Scripture Alive — Bible Study with His Eminence Archbishop Demetrios

His Eminence Metropolitan Nicholas — Holy Unction Service
October is designated as Bullying Prevention Awareness Month. Bullying is an ever-present issue in the lives of teenagers. This bullying happens for many different reasons: race, sexuality, gender, appearance, disabilities, and much more. U.S. News and World Report states that “more than 62% of American students are bullied because of the way they look and or the way they speak.”

For some young people, they endure the bullying and move on. For others, the bullying results in emotional distress and social withdrawal. But the most startling trend is for young people to commit suicide as a result of bullying. It’s what’s being more widely-accepted as “bullycide.” And some say it is contributing to the rising statistic that suicide is the 3rd leading cause of death among 16-25 year olds.

We’ve heard the horrible, heart-breaking stories and we know the statistics. So, the question is... what can we DO to prevent bullying? Are we teaching youth to know and do the right thing?

Before embarking on a discussion, make sure you are prepared with potential tips for helping youth deal with this epidemic.

Visit www.dosomething.org to get started! In addition, make sure to have Scripture references that are relevant to the discussion. Here are some questions and suggestions that youth workers can use to begin a discussion about bullying:

1) What is bullying? How do you see bullying happen among your peers and friends?
2) Do you know bullies at school or in your other activities? If so, what do they do?
3) Have you ever been a victim of bullying? (Ask for volunteers to speak about their experiences)
4) Why do you think people bully other people?
5) What should you do if you or someone you know is being bullied?
6) Do you think you might have been a bully? How can we bullies, maybe without knowing it? (Judging others, gossip, not being inclusive, etc.)
7) What are some of the effects of bullying? (Depression, self-esteem issues, separation, anger and violent retaliation, sometimes self-violence or suicide, etc.)
8) In what ways can Christ and the Church help an individual who might be a victim of bullying? (Discuss the importance of community and how the youth group is a no-tolerance zone for bullying, discuss how the Church is full of trusted individuals that will listen to your concerns, discuss God’s unconditional love, discuss Christ’s own humiliation at the hands of those who He has come to save, etc.)
9) What does the Church say about how we should treat others? Should we EVER be bullies? (Read and discuss any of the following and how it pertains to bullying: The Greatest Commandment, the Parable of the Last Judgment, Luke 6:31-36 “Do unto others...” etc.).

**OCF News**

**REAL BREAK 2014 REGISTRATION NOW OPEN!!**

OCF’s “Real Break” aims to prepare college students to be socially informed Orthodox Christian citizens of this world, while directing their focus on the world to come, the kingdom of heaven. Built on a foundation of fellowship, education, worship, and service, Real Break provides students the opportunity to understand the true meaning of seeing Christ in the other – traveling to all parts of the world deepening their faith, serving those in need, and cultivating relationships with like-minded peers.

Registration is now open and spots are going VERY quickly. In fact, there are trips that are already full!!!

Visit [http://www.ocf.net/wikis/programs/real-break-program.aspx](http://www.ocf.net/wikis/programs/real-break-program.aspx) for more about trips, dates, registration, tips on how to fundraise, and much more! **SIGN UP TODAY!!!**

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**UPCOMING EVENTS**

**October 19, 2013—GOYA Dodgeball Tournament**  
Assumption Church—St. Clair Shores, MI

**November 8, 2013—MDSC Camp Reunion Dance**  
St. Nicholas Church—Troy, MI

**November 15-17, 2013—GOYA Holiday Hoops Basketball Tournament**  
St. John the Baptist Church—Sterling Heights, MI
Philoptochos News

By Margaret Yates—President

The beginning of the Ecclesiastical year is always busy, and this year was no exception. Several chapters collected school supplies over the summer for distribution at the start of the school year for disadvantaged and homeless youth. Mid-September was dedicated to raising funds for Holy Cross, and the month ended with the Clergy/Laity Assembly and Philoptochos Conference.

Our forty-nine registered delegates enjoyed two full days of camaraderie, education and sharing ideas. We heard nothing but praise for the hospitality and organization offered by the conference committee and members of the Holy Trinity/St. Nicholas community. We were pleased that many delegates were first timers who brought a lot of energy to the conference. Some of the highlights are shared below.

“I am the Way, the Truth and the Life” was the theme of the conference and the keynote address delivered by Metropolitan Nicholas. Following, delegates broke into three common sessions to further explore the topic.

National Board member Pam Argyris, from the Metropolis of Chicago, conducted an educational workshop on National Commitments, explaining the importance of each and responding to questions from the membership.

His Eminence Archbishop Demetrios and Metropolitan Nicholas joined us for our Philoptochos Breakfast where they offered “words of wisdom” and helped to pass out certificates to chapters who met all Metropolis Commitments (29), had the greatest increase in membership, best fundraising and best outreach projects. Following the breakfast all delegates convened for a Bible study, “Making Scripture Come Alive”, offered by His Eminence Archbishop Demetrios.

A session on Human Trafficking was offered by Erin Meyer, Human Trafficking Coordinator from the Salvation Army in Cincinnati.

Following Dr. Jim Gore’s presentation on The St. Samson Project to the assembly, he and Fr. Gregory Hohnholt attended the Philoptochos meeting where he answered questions about this unique program.

Two Resolutions were passed. The first, offered by the Metropolis Philoptochos Board, was to make Partners in Philanthropy a Metropolis Commitment with a discretionary amount. The second, offered by St. John in Sterling Heights, was to designate September as Ovarian Cancer Awareness Month. This resolution, with the approval of Metropolitan Nicholas, will be submitted to National at the conference in Philadelphia next summer.

Our rotating charity drawing of $500 each went to the Flaum Eye Center in Rochester NY, and to Blessings in a Backpack, submitted by Sts. Constantine and Helen in Westland MI.

A president’s meeting was held where packets of information were distributed, reviewed, and members given the opportunity to ask questions and interact with one another. This, too, was a very productive meeting.

A scheduling conflict prevented our Friends of the Metropolis coordinators from attending our meeting, so Eleni Zaferes and Margaret Yates reviewed the importance of the program and encouraged chapters to include this as a line item in their budgets.

Space does not allow a full report in the Shepherd’s Staff, so in the next issue I will introduce you to the Metropolis Board who will serve from 2013-2015.

Philoptochos Donations

- SEVERAL HUNDRED DOLLARS’ WORTH OF SCHOOL SUPPLIES
- $500 TO THE SAMSON PROJECT
- $500 TO THE FLAUM EYE CLINIC
- $500 TO BLESSINGS IN A BACKPACK
- $100 TO THE SALVATION ARMY
- NINE ST. TIMOTHY CAMP SCHOLARSHIPS FROM BUFFALO
- $4,366.55 FROM DAYTON TO COMMUNITY CARE MINISTRIES

MEFGOX News

By Theodore Niforos—President

On Sunday, October 6, 2013, National Church Music Sunday, we celebrated our church musicians who contribute so much to our worship. From the National Forum of Greek Orthodox Church Musicians, we received the beautiful poster honoring St. Cosmas, the Melodist. Among other hymns, he composed the canons of Lazarus Saturday, Palm Sunday and the first canon of the Nativity.

St. Cosmas’ works speak to a special Church service. We know many of you serve in Philoptochos, on parish councils, on festivals, in GOYA and other areas. Yet, we are experiencing a decline in many choir memberships, among chanters and organists. A high percentage of our choirs and chanters are seniors with long years of climbing stairs or standing on the solea. We have a good number of young people of middle and high school ages in our choirs, but few return once they have left for college or careers. Many of our young people have musical experience, either through singing in high school programs or having learned instruments.
When we were kids playing and we knew the game, the rules, and the way to play, sometimes we didn’t do it the right way, so we needed and called for a “do-over”. Our friends usually allowed it because friendship was more important than the game. In Faith, our Lord established a sacrament for us to have do-overs. Our Orthodox Faith has a sacrament that has just the same thing for our lives and soul: our do-over is the Sacrament of Confession. It is the Sacrament that is not seasonal but available to us when we need it.

In Tertullian’s beautiful treatise On Repentance, this Church Father explains this idea to the believers. Tertullian’s logic is simple: sin offends God. Our flesh and spirit, which are intimately tied to our being, are intertwined in life, in death, and in the resurrection. Sin of our actions, our thoughts, or our will is what we do in God’s sight. When sin is repetitious it becomes a bad habit. This condition brings sadness and misery to the soul and heart. Sin, in separating us from God, becomes hell. God’s judgment is chastisement, punishment, and condemnation.

But the misery of sin can be treated. Just as in medicine, healing by unpleasant means has to be done to benefit the cure. Aside from the shame, what can be keeping you from being right with God? Care about your salvation? Remember in our prayers that quote from Ezekiel (18: 23, 32, 33:11), “God has no pleasure in the death of a sinner but that the sinner turn from his way and live...”

We have been given the Truth in Christ Jesus. Our Lord gives us the Way through Repentance and Confession. That change of heart, our repentance, is made manifest through the discipline of Confession. God grants us a means of restoration through this holy sacrament. As we stand before God in this discipline with the spiritual father, heartily sorrowful, we are enjoined in a demeanor of receiving mercy.

And the results are truly liberating! This discipline of exomologesis, as Tertullian explains, humbles the penitent and yet raises him up: while the penitent unveils the squalor of his acts in confession, he is nevertheless rendered clean by the grace and mercy of God. While he accuses himself of sin, God grants healing and pardon; while he stands condemned, God absolves him. Truly as we are stringent with ourselves, God will grant to us greater forgiveness. Confession heals and gives peace. The Christian is moved from soulful sadness to heartfelt gladness. We move from offending God to honoring Him.

So here’s your chance for a do-over. Don’t limit this sacrament to a seasonal thing, take the do-over throughout your life and do it right!

Ezekiel 33: 11

“I have no pleasure in the death of a sinner but that the sinner turn from his way and live...”

We urge our parishioners to consider another avenue of service, as a church musician. Being a choir member or a youth music director is another form of stewardship. If you don’t have singing experience, this is not an obstacle. Many of our current musicians learned “on the job.” Even for aspiring chanters, the National Forum and other church organizations can provide training materials.

With the beauty of our Byzantine heritage, the spiritual rewards of leading a congregation in the musical aspects of our worship are many.
Friends of the Metropolis  
Donors list as of September 30, 2013

+ His Eminence  
Metropolitan Nicholas

Ann Arbor, MI – St. Nicholas  
St. Nicholas Parish  
St. Nicholas Philoptochos  
St. Nicholas GOYA  
Presbytera Eva Paul  
Baldwin, James  
Daniels, Tony and Clevie  
Fry, Jack D.  
Mitropoulos-Rundus, David and Demetra  
Pliakas, Vasilis and Kyraki  
Radwanski, Kurt and Sophia Grias  
Yates, Bill and Margaret

Bloomfield Hills, MI – St. George  
Nicholas, Gust and Kay  
Sislokh, Stella  
Tate, Jay and Angelina  
Yaksich, Moshoula

Buffalo, NY – Annunciation  
Christakis, Fr. Christos and Presbytera Lisa  
Kallis, Fr. Perikles and  
Presbytera Cassandra  
Blakeslee, Ronald and Maria  
Cervi, Brian and Vassilia  
Couvutsakis, Paul and Linda  
Giulekas, Goldie  
Spanos, Francis  
Tassy, E. Dean  
Veana, Angelo A.

Carmel, IN - Holy Trinity  
Holy Trinity Parish  
Holy Trinity Choir  
Holy Trinity Philoptochos  
Bartz, Fr. William and Presbytera Emily  
Mamalis, Presbytera Janet  
Carlson, David  
Christy, Nancy - In Memory of Chris Christy  
Churchill, William and Patricia  
Drukas, Doreen  
Filis, Anthony and Marian  
Mudis, Wendy  
Oberlies, Toula  
Pappas, Nicholas and Tracy  
Pappas, Victoria  
Smyrnis, Nick  
Turner, Glenn  
Young, Michael and Helen

Cincinnati, OH – Holy Trinity-St. Nicholas  
Andreadiis, Sophie  
Apostolides, Vasso  
Assaley, Lewis and Patricia  
Caneris, Anthony and Antoinette  
Carey, Efstratia  
Carumpalos, Constantine G.  
Galanis, George  
Raptis, James J.  
Zaferes, Patricia P.

Chattanooga, TN – Annunciation  
Annunciation Parish  
Bougdanos, Maria  
Fotiadias, Nicky  
Gulas, Venetia  
Hopper, Richard and Chrisi  
Kouris, George  
Lee, Ronald and Constance  
Mousourakis, John and Donna  
Ramsey, Karen  
Tigiros, Elias and Sharon  
Zotos, Alexander and Jennifer

Dayton, OH – Annunciation  
Annunciation Philoptochos  
Castleman, Maria  
Keilholz, Mark and Cynthia  
Luke, David and Paula  
Stamas, Elizabeth

Detroit, MI – Annunciation Cathedral  
Annunciation Philoptochos  
Annunciation Pioneers  
Gaggos, Harry and Irene  
Gaggos, James and Mary  
Gikis, Maria  
Lianos, Ethel  
Lianos, Will and Kim  
Panson, Anthony S.  
Tapazoglou, Nicolaos and Christine

Farmington Hills, MI – Holy Cross  
Hountallas, Fr. Dean and Presbytera Olga  
Blough, Michael and Catherine  
Boudouris, Constantino and Joanne  
Casoglos, Thomas and Mary  
Fekaris, Steve and Bettie  
Kreis, Ted and Elizabeth  
Stassinopoulos, Peter and Esther

Fort Wayne, IN - Holy Trinity  
Gaggos, George and Eleftheria  
Koulanos, Dionisios and Maria  
Maggos, Eleftherios and Paraskevi  
Rongos, Christopher and Katherine  
Spirou, Arthur and Mary

Grand Blanc, MI - Assumption  
Assumption Parish  
Chinonis, John and Linda  
Hountallas, John  
Kallis, Agape  
Yeotis, Catherine G.  
Yeotis, Thomas and Magdalene

Grand Rapids, MI - Holy Trinity  
Holy Trinity Philoptochos  
Bogdan, Fr. James and Presbytera Joan  
Cassis, Deacon George and Diaconissa Vicki  
Afendoulos, Clark and Katherine  
Ahnen, Pearl  
Christopoulos, Peter and Maria  
Everse, Douglas and Georgia

Indianapolis, IN – Holy Apostles  
Holy Apostles Parish  
Karakos, Gus A.

Ithaca, NY - St. Catherine  
Parthenakis, Fr. Athanasios and  
Presbytera Cathy  
In Memory of Harriet Giannelis  
Bantuvanis, Ann A.  
Bezirganian, John  
Lambrou, Nick

Jamestown, NY – St. Nicholas  
Cheronis, James G.

Kalamazoo, MI – Annunciation  
Theoharis, Fr. Theoharis  
Cavas, Anastasia

Lansing, MI – Holy Trinity  
Holy Trinity Philoptochos  
Sietsema, Fr. Mark and Presbytera Kathy  
Brown, B. Alex and Mary  
Evanoff-Joseph, Yvonne  
Gavrilides, Nick and Dana  
Hilliary, Charles and Nadean  
Munk, Jerry and Jan  
Pascalenos, Olga  
Pogoncheff, Carl  
Rahib, Margaret  
Skorich, Dan and Cathy Harris  
Vlahakis, Louis and Mary

Lexington, KY – Panagia Pantovasiliissa  
Dakas, Dora  
Sawaya, Peter and Kallie

Little Rock, AR – Annunciation  
Annunciation GOYA  
Verdalis, Fr. Nicholas and Presbytera Maria  
Delfos, Fr. Pierre and Presbytera Harriet  
Folino, Peter  
Huckabay, Christopher  
Tyer, Gordon and Martha

Louisville, KY – Assumption  
Legakis, Fr. Larry and Presbytera Jennifer  
Wingenbach, Fr. Gregory  
Caneris, Thomas and Joanna  
Digenis, Emily  
Geromes, Marcus and Nancy  
Vassiliades, Constance

Marquette, MI – Assumption  
Butler, Michele

Memphis, TN – Annunciation  
Berends, Fr. James and Presbytera Anne  
Ahepa – Order of – Memphis, TN  
Anonymous  
Austin, Larry  
Caldwell, Richard  
Farrell, Richard and Linda  
Graves, William and Renee  
Grayes, Theodore  
Kay, John and Nancy  
Koplin, Ron and Pauline

Gray, Mark and Alexis  
Lakos, Marina  
Kelber, Robert and Mary  
Nicholas, James and Georgia

THE SHEPHERD'S STAFF

Donors list as of September 30, 2013
In Memory of Presbytera Angela Sarelis

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Moore, Michael and Maria
Morrison, Robert and Kathryn
Papoutsis, Theodore and Stephanie Storgion

Middletown, OH –
Sts. Constantine and Helen
Sts. Constantine and Helen Philoptochos

Muskegon, MI – Annunciation
Yankopoulos, Presbytera Ann
Anton, Ted and Francine
Encelewski, Christine
Ladas, Paul and Patricia
Micheil, Richard and Teresa

Nashville, TN - Holy Trinity
Holy Trinity Philoptochos
Hohnhoff, Fr. Gregory and Presbytera Sofia
Billo, John and Kassiani
Brown, Michael and Laurie Kerhoulas
Harman, Todd and Dawn
Hayes, Martin and Litsa
Jabour, Kareem
Lamberson, Lambert and Helen
Rogers, Helen and Lawrence Kamm
Vaughn, James and Debby

Nashville, TN -
St. John Chrysostom Mission
Turner, Fr. Parthenios and Presbytera Marion
Courington, Christopher and Shelley
Dzuver, Matthew
Marchetti, John and Linda
Pittman, Michael

New Buffalo, MI –
Annunciation-St. Paraskevi
Martin, Fr. Paul and Presbytera Nikki
Litznerski, Robert and Mariann

Plymouth, MI – Nativity of the Virgin Mary
Govostes, Fr. Sean and Presbytera Pamela
Sarelis, Fr. Charles
In Memory of Presbytera Angela Demetriou, Cleo
Randall, Michael and Anne

Rochester, NY – Annunciation
Destounis, Stamatis and Manuel Matos
Monna Calliope
Sanchez, J. Michael and Dorothea
Vasho, George and Maria

Rochester, NY – Holy Spirit
Gesell, Melody
Palis, James and Elizabeth

Saginaw, MI - St. Demetrios
St. Demetrios Parish
St. Demetrios Philoptochos
Cox, Fr. Ireneaeus and Presbytera Alexandra
Bazakis, Andrew and Ann
Caldwell, Larry and Peggy
Kookoostedes, Gust and Mary
Metropoulos, Pete and Maria
Zubuleika, George

Southgate, MI - St. George
St. George Parish
Cook, Fr. Anthony and Presbytera Elizabeth
Bass, John and Panagiota
Cranford, Joanne A.

Traverse City, MI – Archangel Gabriel
Archangel Gabriel Philoptochos
Psaras, John and Donna

Troy, MI - St. Nicholas
Athans, Aristeia
Becharas, Stefanos and Irene
Bollas, Jobel
Chalker, Jess and Patricia
Demery, Beck
Feles, Andrea
Feles, Gust and Anne
Feles, Paul
George, Christian
George, John and Marlo
George, Jordan
Karniotis, Stephen P.
Kiousis, Olga
Korstanje, Ingmar and Marlo
Lafer, Mary
Malis, Alexis
Martin, Helen Kalevas
Mortis, George and Hionia
Papathanasiopoulos, D.
Patches, John and Angeliki
Pervolarakis, Calliope
Psias, George and Bess
Strumbos, Peter W.
Yanoulaki, Peter
Yxdas, Spiros and Alyssa
Zotos, Gregory

Vestal, NY – Annunciation
Bahlazizis, Fr. Michael and
Presbytera Kimberly
Gianakouros, Harry and Katerina
Ivan, Lynda

Watertown, NY – St. Vasilios
St. Vasilios Parish

Westland, MI – Sts. Constantine and Helen
Petrutiu, Fr. Teodor and Presbytera Roxana
Angelopoulos, Ioannis and Aspasia
Caligias, Efstratios
Dougekos, P. Becky
Frang, Louis and Family
Katsarelas, Sophie
Livanos, Demetrios and Connie
Skotanis, Bill

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Bartz, Presbytera Zafera
Challis, Sylvia
Darin, Matthew and Zoe
Demetrias, Olga (Dolly)
Filarecki, Robert
Finazzo, Catherine
Garofalo, Anna
Sisterhood of Presbyteres
In Memory of Presbytera Angela Sarelis
Constantine Georgountzos
In Memory of Presbytera Angela Sarelis
Katsoulos, J.
Livieratos, Spyros and Chrisanthi
Order of Ahepa, #374 – Northville, Michigan
Pappas, Elizabeth
Perlegis, Tina
Rudulescu, Alexandru & Silvana
Friends of the Metropolis

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