Beloved in the Lord,

How many questions have you asked yourself in a day? It seems that questions are a never ending facet of life.

Buy a new phone — and immediately we have questions. How does this work? What does this button do? And truly while we all want the latest phone, many of us have no idea what all the technology is and how it works. Every update on our technology seems to bring its own problems.

Or consider a trip to the grocery store: what is the difference between organic and natural? How many of us really know what the words “gluten free” mean without having to ‘google’ it on our iPhone?

And if we can’t answer these rather mundane questions, what do we do when we are plagued by those religious questions in the back of our minds for which we have no answer?

It seems that our society is pushing itself to the point where we believe that whatever makes sense to us is ‘ok’ and ‘just fine’ for me. What is right and correct is increasingly becoming what is right and correct for me.

But in truth, we all know that there are real answers to questions — and then there is junk. Some things just don’t make sense if we don’t go to the source for the information.

I know that many of you have real questions about God and the Church. And I also know that many of you have not gone to the right source for answers to your questions: Does God exist? Who is Jesus? What does the Bible really say? Why are we Orthodox?

This month I would like to suggest that whenever we have questions in our hearts that deal with the “real” issues of life, God, and Church that we go to the Source.

Call your priest, fall on your knees before God in prayer, and hear His words: Come to Me, all you who labor and are heavy laden, and I will give you rest. (Mt 11:28)

The Church is here for all of us! See you in God’s house.

[Nicholas Metropolitan of Detroit]

Metropolitan’s Message

REFLECTION

“Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?”

— 2 Corinthians 13: 5

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On October 5th, parishes across our Archdiocese celebrate National Church Music Sunday. This is a day set aside to honor the church musicians of our parishes — clergy, choir directors, choir singers, chanters, church organists, youth choir directors and their young singers, and those who handle church music instruction in our Church and Greek Schools. To set aside a Sunday to recognize and celebrate church musicians was instituted in 1988 by then-Archbishop Iakovos of blessed memory, carried on by Archbishop Spyridon, and now by Archbishop Demetrios. Church Music Sunday is always the first Sunday after the Feast Day of St. Romanos (October 1st), the patron saint of church musicians.

The role of a church musician is not just to “sing pretty” on Sunday, however! Our choir members and chanters perform an essential function in our services — they are singing prayers! Their “work” is to enhance worship, to lead the people in prayerful song, and to help make the experience of attending the Divine Liturgy as heavenly as possible, just as the Cherubic Hymn reminds us: *Let us lay aside worldly cares so that we may receive the King of all.* The church musicians represent the “choirs of angels” who surround the throne of God, singing His praises and raising their voices in prayer! Youth music leaders play another important role for they, like Church School teachers, also teach children our faith, though their “teaching tools” are the hymns of our Church! So you see, it is quite a responsibility to serve as a church musician.

Being a choir member or a chanter or a youth music leader is no easy commitment, not a once or twice a year volunteer undertaking. Their volunteering takes place every Sunday and more. There is preparation for the coming service or lesson, identifying the hymns of the day and their substitutions, learning the meaning of the hymns and why one is sung at a particular time. It involves practicing special hymns for the feast day or a service and coming to rehearsals during the week and/or earlier on Sunday. The role of the choir director is even more extensive, planning rehearsals, locating and trying out new music, organizing and administering, recruiting new singers, and educating old and new. Then there is the actual singing – paying attention to the service and
Prevent Bullying
A Call to Education AND Action!

Here are just a few of the startling statistics about bullying from www.dosomething.org:

- Over 3.2 million students are victims of bullying each year.
- 1 in 4 teachers see nothing wrong with bullying and will only intervene 4 percent of the time.
- Approximately 160,000 teens skip school every day because of bullying.
- Harassment and bullying have been linked to 75 percent of school-shooting incidents.

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 “bully-cide.” 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?

EDUCATE YOUR YOUTH GROUPS

Teen bullying prevention starts with education. It is important to discuss issues like this with youth groups to encourage young people to stand against bullying. Also, it is very likely that some of them are either currently being bullied or have experienced bullying. Before embarking on a discussion, make sure you are prepared with potential tips for helping youth deal with this epidemic. (Check out the websites listed for help!) 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.”)

BULLYING PREVENTION WEBSITES:

WWW.DOSOMETHING.ORG
WWW.PACER.ORG/BULLYING
WWW.STOPBULLYINGNOW.COM
WWW.CYBERBULLYING.US

For more information, contact the Metropolis Youth Office at youth@detroit.goarch.org or (248) 823-2411.

UPCOMING REGIONAL YOUTH EVENTS

OCTOBER 11, 2014
GOYA DODGEBALL TOURNAMENT
Hosted by Holy Cross/Farmington Hills, MI
@ Assumption Gym, St. Clair Shores, MI
Contact: Andrea Gordon (248.978.3587)

OCTOBER 13, 2014
COLUMBUS DAY FAMILY PICNIC
Hosted by Holy Spirit Church/Rochester, NY
@ Mendon Ponds Park
Contact: Fr. Patrick Cowles (585.244.1976)

NOVEMBER 7, 2014
MDSC CAMP REUNION DANCE
St. Nicholas Church/Troy, MI
Contact: gomdsc@gmail.com

NOVEMBER 14-16, 2014
“HOLIDAY HOOPS” GOYA BASKETBALL TOURNAMENT
St. John the Baptist Church
Sterling Heights, MI
Contact: parish@stjohnsPIC.net
The summer months passed quickly and before we knew it, it was the beginning of the new Ecclesiastical year. As we celebrated the feast day of the Holy Cross on September 14, chapters throughout the Metropolis passed trays in church and sponsored coffee/fellowship hours to benefit The Hellenic College/Holy Cross School of Theology, one of our National Philoptochos Commitments.

This month we were deeply saddened to learn of the passing of long-time Metropolis Philoptochos Board member and current corresponding secretary, Helen Torney. Helen was from Carmel, IN and a dedicated Philoptochos member. This very gracious lady will be deeply missed by all who knew her. Her funeral was held in Carmel on September 24. May her memory be eternal.

On September 26, 2014, the Board met at the Metropolis office in Troy for our first meeting of the Ecclesiastical year. One major topic of discussion was the initiative to rebuild the St. Nicholas Church destroyed on 9/11 as the St. Nicholas National Shrine at Ground Zero. Materials will be sent to all chapter presidents throughout the country in the near future, including ideas for fundraising. The groundbreaking activities will be held in New York on October 18.

At the meeting we addressed the idea of beginning a Metropolis Philoptochos Facebook page so we can communicate with each other and share ideas more frequently. We’ll keep everyone posted on this. An example of this is the Buffalo chapter’s public page that you can view if you put HOCA Buffalo Philoptochos in your search bar.

This very active chapter has continued with activities throughout the summer. They held an English Tea raising nearly $1300, held a coffee hour following the Liturgy after the Feast of the Dormition, held their annual August 15th raffle and held a school supplies drive, collecting enough supplies to create 50 nylon drawstring backpacks for children. On September 26 their Hellenic Angels team participated in the Leukemia & Lymphoma Society’s Light the Night Walk. Their Taste of Greece Luncheon & Basket Raffle took place on Oct. 4 with 100 baskets being raffled.

Another active chapter is St. Nicholas in Troy, MI. In October they will begin their Sunshine Collection and will continue through mid-November. Monies from this collection are used throughout the year to provide for those in need in the Troy community and to bring a little cheer to parish members who are unable to get out to attend the Divine Liturgy. In November they will hold a Holiday Boutique and Luncheon to benefit the Children’s Health Project of Detroit, a partnership between Henry Ford Health System and the Children’s Health Fund aimed at boosting local efforts to address health care needs in the city and improve access to high-quality care. This event will take place on November 15 in the St. Nicholas Event Center. Tickets will be available for $35.00 with food catered by Opus One Restaurant.

These are only two of the active chapters in our Metropolis. Space does not allow us to highlight everyone, but if you want others to know what you’re up to, you have to let me know.

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Philoptochos Donations

**BUFFALO (PAST TWO MONTHS):**
- $900 IN NATIONAL COMMITMENTS
- $500 FRIENDS OF THE METROPOLIS
- $850 TO OTHER CHARITIES

**METROPOLIS BOARD:**
- $5290 SUMMER CAMPS
- $3529.68 BENEVOLENCE
- $600 VETERANS BASKETS
- $1000 CENTER OF PHILANTHROPY IN HONOR OF PRESIDENT APHRODITE SKEADAS
- $500 BEACH HOUSE FAMILY CENTER
The Miracle of St. Demetrios

By Father Timothy Cook

On October 26th in the city of Thessaloniki, they will open the coffin of St. Demetrios where he lies in the church that bears his name. The whole city will be filled with the aroma of the myrrh which flows from his relics. It is said that when the relics of St. Demetrios began to stream myrrh again in 1987 that they did so as a reminder of St. Demetrios’ presence and protection of the city of Thessaloniki. Now, every year when they open his coffin and the fragrance fills the city, it serves as a testimony to the power and grace of God and the faith of St. Demetrios. This is a mighty miracle, and yet it is only a result of the mightier miracle of salvation which Christ performs with all of us, and to which the miracles of St. Demetrios attest.

“And the Word took on flesh and dwelt among us.” We hear this often in the hymns and prayers of the Church, but I wonder if we think about what this means. We are accustomed to thinking of the Resurrection and the Crucifixion as the earth-shattering salvific works of Christ, but what of the Incarnation? Christ came and took on our fallen flesh, uniting His divinity with mortal nature, with matter and thereby sanctifying it. St. Athanasius said that “God became man so that we might become divine.” Because Christ united Himself with Creation, we and all of Creation now have the opportunity to unite ourselves with Him. This is what we celebrate in the Saints, and this is the true miracle. The miracle of St. Demetrios is that a man is united with God at all levels of his being and as a result of this union, God works miracles through him. Even after his death, the results of this union are manifest. This is what we strive for, and why we venerate and emulate St. Demetrios and all the saints. May we all draw closer to God through the prayers of St. Demetrios and of all the Saints, Amen.

MEFGOX News (continued from page 2)

where the priest is, matching pitches, singing more than 90% of the time, trying to pray at the same time --- all so different from services of other faiths! And all so beautiful!

So on Church Music Sunday and especially throughout the month of October, please consider the contributions church musicians make to your parish. Give them a moment of your time to thank them for their service or tell them how a hymn made you feel. Even better, think about becoming a church musician yourself or encouraging your young people to do so. It’s a wonderful way to serve your church, to learn more about your faith, and to create fellowship with others who love the music of Orthodoxy.
His Eminence Metropolitan Nicholas

**Ann Arbor, MI – St. Nicholas**
St. Nicholas Philoptochos
Paul, Presbytera Eva
Baldwin, James
Daniels, Tony and Clevie
Fry, Jack D.
Garris, Steven and Stamatia
Karam, Abe A.
Kinningham, Robert and Vicki
Radwanski, Kurt and Sophia Grias
Yates, Billy and Margaret

**Bloomfield Hills, MI – St. George**
Abell, Deacon Christopher and Diakonissa Alice
Challis, Sylvia
Sislock, Stella
Sisson, Rocky and Connie

**Buffalo, NY – Annunciation**
Annunciation Parish
Annunciation Youth Council
Christakis, Fr. Christos and Presbytera Lisa
Kallis, Fr. Perikles and Presbytera Cassandra
Bechakas, Nick and Gina
Gianiodis, Nick and Vickie
Kuvshinoff, Boris and Barbara
Skaros, Nikolaos and JoAnn
Surlas, Virginia

**Carmel, IN – Holy Trinity**
Holy Trinity Parish
Holy Trinity Philoptochos
Holy Trinity Choir
Bartz, Fr. William and Presbytera Emily
Mamalis, Presbytera Janet
Andros, Cheryl
Apostoles, Stacey E.
Bagios, Jim and Marika
Bakas, James and Tamilyn
Baker, Dan J.
Batalis, Melanie
Bekas, Kathy Michalarias
Boutselis, Alex and Andrea
Catavolos, George and Tona
Christoff, Bill and Karen
Christy, Nancy
Churchill, William and Patricia
Conrad, William and Kathleen
Dervenis, Nick
Dickos, Theone
Dimos, Jim and Kathy
Dine, Robert and Diana
Doney, Tom and Irene
Drukas, Doreen
Dunbar, Pete and Lea
Eleftheri, Lawrence and Beth
Freudenberg, Jim and Cindy
George, Charles S.
Gounaris, George and Sarina
Greis, Chris
Hinshaw, Kathleen
Hostetler, Duane and Eleny
Hughes, Anthony and Tula
Jannetides, Nick
Johnson, Ronald and Sunday
Kalyvas, Betty
Kapsalis, Andrew
Kokinos, Pete and Argie
Kollias, Gail
Kopsas–Kingley, Brandie
Kourmoulos, Mario and Karen
Lisch, Michael and Jean
Martine, Gary and Niki
Metzger, William and Anita
Michelson, Gary
Moe, Jeffrey and Panayiota
Mudis, Wendy
Oberlies, Toulia
Pappaoanou, George and Marjorie
Pappas, James
Pappas, Leon and Andrea
Pappas, Victoria
Pasyanos, John and Liberty
Pavlakos, Elias and Maria
Payne, Martha
Pease, Greg and Mary
Pease, John and Maria
Perry, Kevin and Victoria
Reckas, Menelaos
Rowlas, J.L.
Sarris, Irene
Seat, Tony and Sheri
Simopoulos, Greg and Zoi
Sofianopoulos, Nick and Vickie
Theocharis, Nick and Anne
Tom, Matt
Tridico, Andy and Kristina
Vitsas, Constantine
Vitsas, James, Jonathan, and Vanessa
Vitsas, Sondra
Woodruff, Jim and Cindy
Young, Michael and Helen
Young, Steven and Irene
Zeheralis, Gail

**Chattanooga, TN – Annunciation**
Annunciation Parish
Balas, Fr. Stavros and Presbytera Thea
Balas, Aspasia
Bougdanos, Maria
Dimopoulos, Dennis and Barbara
Dimopoulos, George and Brigitte
Fotiadis, Nicky
Fox, Ann
Gulas, Venetia
Hopper, Richard and Chrisi
– In Memory of Tom Zaferes
Jones, Helen K.
Kosmidis, Alex
Kouris, George
Mena, Michael
Moore, Trey and Fannie
Mousourakis, John and Donna
Pagnani, Anthony and Irene
Ramsey, Karen
Tigros, Elias and Sharon
Trohanis, Bill
Vassilev, Mikhail

**Cincinnati, OH – Holy Trinity–St. Nicholas**
Apostolides, Vasso
Assaley, Lewis and Patricia
Beltos, Sam – Price Hill Chili
Carupoulos, Constantine
Galanis, George
Langiers, Lauren
Perdikakis, Gus and JoAnn
Raptis, James and Maria
Stringas, Emanuel
Zaferes, Patricia J.

**Dayton, OH – Annunciation**
Gust, Eileen
Jannides, Michael
Moraletes, John

**Detroit, MI – Annunciation Cathedral**
Annunciation Cathedral Philoptochos
Annunciation Cathedral Pioneers
Bennett, Constance
Bertolis, Sevasti
Gaggos, Jim and Mary
Glikis, Mary
Inempolis, Evelyn
Politis, Dean
Tapazoglou, Nicolaos and Christine

**Elmira, NY – St. Athanasios**
St. Athanasios Parish

**Farmington Hills, MI – Holy Cross**
Holy Cross Parish
Hountalas, Fr. Dean and Presbytera Olga
Andris, Theodore and Elaine
Anonymous
Bourdouis, Constantino and Joanne
Brock, Angel
Hountalas, Chris
Liadis, Kathleen
Pesaros, Panayiotis and Sonia
Rafail, Chris and Angelynn

**Fort Wayne, IN – Holy Trinity**
Collis, Eva
Maggos, Eleftherios and Paraskevi
Nakos, Nikos
Spirou, Arthur and Mary

**Grand Blanc, MI – Assumption**
Assumption Parish
Assumption Philoptochos
Daughters of Penelope – Iris Chapter #242
Brown, Andy
Chinonis, Dennis E. and Debra
Chinonis, Nancy and Jeff Lauster
Chinonis, Sandra
Costa, John and Laura
Greenberg, Camelia
Hountalas, Dimitri
Hountalas, Ioannis
Jonascul Family
Kalatzis, Athena
Kallis, Agape
Kaloydis, John and Karen
Komodoros, Tessie
Lowe, Ted and Ann
Mandelaris, John and Pauline
Martorelli, Sophia

**Grand Rapids, MI – Holy Trinity**
Holy Trinity Parish
Bodgan, Fr. James and Presbytera Joan
Cassis, Deacon George and Diakonissa Vicki
Afendoulis, Angelynn
Afendoulis, Chris and Phyllis
Afendoulis, Katherine
Anton, Gust
Cassis, James and Christine
Christopoulos, Peter and Maria
Crosser, Ronald and Susan
Karatzinides, Spiro and Paulette
Missler, Stephen and Maria
Monoyios, Terry and Akrivi
Nicholas, James and Georgia
Richardson, Patrick
Sellas, Chrisra
Triant, Linda
Vander Schel, Connie
Vankuiken, Raymond and Marilyn
Zarafonitis, Stratton

**Indianapolis, IN – Holy Apostles**
Holy Apostles Parish

**Ithaca, NY – St. Catherine**
Parthenakis, Fr. Thomas and Presbytera Cathy
Bantuvanis, Ann
Bezgianian, John

**Jamesstown, NY – St. Nicholas**
St. Nicholas Parish
Cheronis, James and Christine
Getska, Thomas

**Kalamazoo, MI – Annunciation**
Cavas, Anastasia
Ingalls, Bob and Andriana
Stamos, Peter

**Lansing, MI – Holy Trinity**
Holy Trinity Philoptochos
Anonymous
Evanoff–Joseph, Yvonne
Frangos, Philip and Tula
Heos, Pamela
Hillary, Charles
Munk, Jerry and Jan
Pascalenos, Olga
Rahib, Margaret
Skorich, Dan
Tolas, George
Tolas, Petro
Vlahakis, Louis and Mary

**Lexington, KY – Panagia Pantovasilia**
Radulescu, Vlad and Aurelia

**Little Rock, AR – Annunciation**
Annunciation Parish
Verdakis, Fr. Nicholas and Presbytera Maria
Delfos, Fr. Pierre and Presbytera Harriet
McCoy, Terry and Crystal
Mcdowell, James
Misic, Dragi
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

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 ___________________________ State _______ Zip Code __________
[ ] 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