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“Through love be servants of one another...” Gal. 5:13

# THE NATIONAL sisterhood of PRESVYTERES

SPRING 2005

## from our president flora chioros, national board

**This is one of my favorite times of year. I have to say that watching the earth awaken from its winter slumber has always amazed me. It shows the true magnificence of God and His creation. Of course many of you would say that as a Landscape Architect it is an obvious**

fascination, but I will tell you that the real reason I am inspired by this yearly event is that our Lenten Journey is contained within the time frame of spring. As I watch the earth come alive I am reminded that I too should strive to come alive in my relationship with our Lord and Savior Jesus Christ and His teachings within the loving embrace of our Church.

It is in the spirit of our Lenten Journey that I am taking the opportunity to ask for your forgiveness as well as your continued prayers and support. I also would like to thank you for all of your kind words and notes. It seems that just as I am struggling with some concern for NSP, a note or email arrives as if to say hang in there. They have always uplifted my heart and encouraged me to move forward and for that I am always grateful.

As I have traveled and met many of you I am inspired by the many talents and gifts of our sisters in Christ. I have the unique opportunity of letting people know what a treasure the Orthodox Church has in its Presvyteres. We are all unique in our approach and abilities however one thing continues to bind us together and that is our love of God and His Church.

This opportunity to meet you where you live has been one of the largest blessings for me thus far. I have truly been from one end of the Archdiocese to the other. Attending the Metropolis of San Francisco Presvytera retreat in January, I was inspired by the beautiful words and emotions of Father Spencer Kezios. In March, I attended the Archdiocesan District joint Philoptochos/Presvytera Retreat with one of our own sisters, Presvytera Kyriaki Fitzgerald, presenting the life of St. Mary of Egypt whose

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## FROM HIS EMINENCE Archbishop Demetrios



Dear Beloved Presvyteres, During this period of Great Lent, the season of the Church that offers us the sacred opportunity to prepare ourselves

for the glorious feast of the Resurrection of Jesus Christ, I offer my greetings and prayers for a season filled with reflection, prayer and fasting, communal worship and concern for people in need.

We are called to follow in the footsteps of Jesus Christ, true God and true man, Who in perfect obedience to the will of the Father, emptied himself (Phil 2:6) to us in selfless and total love, unto death on a cross.

As we pursue this holy and virtuous path, may we be mindful of Saint John

continued on bottom of page 2

life encourages us to transform our own lives. I look forward to attending other Metropolitan events as I am invited to and look forward to meeting more of you at these events.

I am taking this opportunity to encourage you to make time and come to the National Sisterhood Retreat to be held October 7-10, 2005 in Woodstock, Illinois (just outside of Chicago). I am asking you to please make it a priority to attend this event. I promise you that no matter the difficulties you face in scheduling as well as making the financial sacrifice to come it will

**I am taking this opportunity to encourage you to make time and come to the National Sisterhood Retreat to be held October 7-10, 2005 in Woodstock, Illinois...I am asking you to please make it a priority to attend this event.**

be well worth the effort. The National Board along with the Host Committee is working to ensure that your time in Woodstock is nourishing for your body, mind, and soul. We will be blessed to have as our featured speaker our spiritual father His Eminence Archbishop

Demetrios who will offer the keynote and a Bible study as well as Father Constantine Sitaras who will present workshops on the family and celebrate the Divine Liturgy with us on Sunday. I know that all who have come in the past have felt that taking the time away from their families and responsibilities has been well worth the effort.

I would like to extend our best wishes to the newly elected and enthroned Metropolitan Gerasimos of San Francisco and say 'Αξιως' from the National Sisterhood of Presvyteres. Metropolitan Gerasimos is known by many of us for his deep and abiding love of the Church and we wish him all the best as he begins his ministry to the faithful of the San Francisco Metropolis.

Your National Board will be meeting April 15-17 in Dallas, Texas and I encourage you to contribute to your Metropolis Sisterhood treasuries so that your Representative is able to attend these important meetings. It is there that we discuss all of our programs as well as plan for the future so that we can be supportive of each other.

I wish all of you a most blessed Lenten season and pray that you and your families have a joyous Pascha.

With my love,  
Flora

# On the Lord's Passion

by Saint Theodore the Studite

Brethren and Fathers, while the sufferings of our Lord Jesus Christ when they are recalled are always able to pierce the soul, they do so especially in these present days, on which each of them reached its end. What then are they? The murderous council against Him, the Jewish arrest, His being led away to death, His arraignment before Pilate's tribunal, the interrogation, the scourging, the blows, the spittings, the insults, the mockeries, the ascent of the Cross, the nailing of His hands and feet, the tasting of gall, the piercing of His side and all the other things which blazed forth with them, which the world cannot contain, nor can anyone worthily proclaim, not human tongue, nor even all the tongues of angels together. For let us consider, brethren, this great and ineffable mystery. The Lord who reveals the counsels of hearts and knows every human desire is the one who is taken before a council of death; the Lord who bears all things by the word of His power is the one who is handed over to sinners; the Lord who binds the water in the clouds and sows in the earth in due season and uniformly is the one who is led away prisoner; the Lord who measures the heavens with the span of His hand and the earth in a handful and weighed all the mountains in the balance is the one who is struck by the hand of a servant; the Lord who adorned the boundaries of the earth with flowers is the one who is dishonorably crowned with thorns; the Lord who planted the tree of life in Paradise is the one who is hanged upon an accursed tree. O great and more than natural sights! The sun saw them and faded, the moon saw them and was darkened, the earth perceived them and was shaken, the rocks perceived them and were rent, all creation was turned back at the outrages done to the Master. The lifeless elements which have no senses, as if endowed with life and sensation from fear of the Lord and from the spectacle of what is seen, were amazed and altered; and do we, who have been honoured with reason, for whose sake Christ died, remain untouched and unweeping in these days? How could we be less rational than things which have no reason, more unfeeling than the stones? In no way, my brothers, in no way. Let us rather be amazed in a manner worthy of God, by being changed with a fair change; let us draw down tears, sacrifice the passions, changing insults for insults and exchanging wounds for wounds, the one through obedience, the other through unflinching confession. Do we not see the burning incitements of divine love? Who ever dwelt in prison for a friend? Who accepted slaughter for their beloved? But our good God not only did the one and both of them, but accepted ten thousand sufferings for the sake of us, the condemned.

Translated by Fr. Ephrem Lash

## archbishop demetrios continued

Chrysostom's exhortation. *Our spirit should be quick to reach out toward God, not only when it is engaged on meditation; at other times also... our spirit should long for God and call Him to mind, so that these works may be seasoned with the salt of God's love, and so make a palatable offering to the Lord of the universe.*

Let us commit ourselves to drawing nearer to God so that our faith in Him may continue to grow, and our hearts may be filled with His abiding love and peace. May this love and peace be with you and your families during this Lenten season as we approach the salvific Passion and the glorious Resurrection of our Lord and Savior Jesus Christ.

With Paternal Love, Demetrios, Archbishop of America

4th Biennial

# National Sisterhood of Presvyteres Retreat



October 7-10, 2005  
Resurrection Center  
Woodstock, IL

Featured Speaker:

His Eminence  
Archbishop Demetrios of America



Theme:

*"Building Clergy Families on Faith and Love"*

Fr. Costa Sitaras will be facilitating workshops along with His Eminence Archbishop Demetrios.

Fr. Costa is the 2005 chairman of the *Year of the Family* and currently serving St. Basil's Academy in Garrison, New York.



Start checking airfare from your location to Chicago, O'hare International Airport, arriving no later than 3pm on Friday, October 7 and departing no earlier than 1pm on Monday, October 10.



Registration forms will be mailed out in May.

***Mark your calendars today!***

# METROPOLIS AND COMMITTEE REPORTS

keeping up to date  
with each other

The Archdiocesan District had a Lenten Retreat on Saturday, March 26, 2005 at Holy Trinity Greek Orthodox Church, New Rochelle, New York. Dr. Kyriaki Karidoyanes Fitzgerald, who is also a presvytera, was our speaker. Presvytera Kyriaki is an Orthodox theologian, psychologist and educator

who has authored several books. Our retreat was designed to allow time for reflection, questions and discussion. We enjoyed spending the day together, listening to a wonderful speaker and exchanging ideas and experiences.

Archdiocesan District  
Paula Strouzas

## Metropolis of Atlanta

Greetings from the Metropolis of Atlanta sisterhood. We hope this newsletter finds you all in good health and uplifted spirits. Here in the south, spring is definitely in the air. The grass is turning green, the flowers and the trees are blooming and the birds are chirping. We hope and pray that all our sisters in Christ are enjoying a fruitful and blessed Lent.

We are preparing for our Clergy-laity conference, which will take place in Mobile, Alabama from June 2 through June 5, 2005. We all look forward to our sisterhood gatherings, seeing each other again, and the wonderful fellowship that accompanies that. We will begin on Thursday evening, with a clergy family dinner hosted by His Eminence, Metropolitan Alexios. On Friday morning, after the opening, we will depart by bus to Gulf Shores, Alabama, and visit the St. Athanasios Chapel. Following our visit to the chapel, we will

proceed to the beach house of our gracious hosts, Ethel and Nick Catranis, where we will have our retreat workshop, along with lunch, and a walk on the beautiful sands of Gulf Shores. There will be a P.K. camp (daycare) available at the hotel for presvyteres with younger children. Also, on Friday evening a family event at the Mobile explorium is planned. We are all excited, and hope to see many of our friends in Alabama for fellowship, sharing, and fun.

Plans are also progressing for the Atlanta Metropolis Sisterhood cookbook. All proceeds will go to support our Metropolis Diakonia Center. Keep watch for further information in the mail.

As I close, I know this is a very busy time of year for all clergy families. We are supporting our husbands and their busy schedules as well as cooking to keep our refrigerators full of lentil soup and hummus. But, please remember to enjoy the sights, sounds, and smells of Spring! God Bless you all, and Kalo Pascha.

Diane Scordalakis

## Metropolis of Boston

Greetings in the Lord!

Our Annual Lenten Retreat was held on April 2, 2005 at the Metropolis of Boston Center. Our mission this year was to encourage spiritual

growth and we were honored and blessed to have Mother Agapia Stephanopoulos as our guest speaker. We were also excited to share this retreat with the Orthodox women of Boston and co-sponsor the event with the Boston Philoptochos Society and the Seminarian Wives of Holy Cross.

Mother Agapia is the Director of the Orthodox School in Bethany near Jerusalem. She shepherds 300+ Students in her School. Her topic was "Peace Be with You" (John 20:21)- Peace in our Hearts, Our Homes, Our World."

May God bless and keep you all in His care during this Lenten Season. May we all joyously anticipate the Great and Glorious Resurrection of our Lord and Savior Jesus Christ.

Vicki Toppses

## Metropolis of Chicago

We held our annual Vasilopita on December 30 at The Assumption Parish in Olympia Fields with Fr. Sam and Presvytera Pam Dimtriou as our hosts. Thank you for a great evening and all your hard work.

April 16 will be the Metropolis Family Synaxis, to be held at St. Spyridon, Palos Heights. We thank Fr. Tilemahos and Presvytera Georgia who will be hosting this event and

Presbyteres Irene Rallis and Valerie Pyle who will lead workshops with their husbands.

Our upcoming major event is our National Retreat to be held in Woodstock, IL on October 7 - 10, 2005. We are looking forward to welcoming YOU to our Metropolis for a weekend of spiritual growth and renewal. We are working hard for all of YOU, so MARK your calendars NOW! We are in need of our Metropolis stewardship to help offset our costs, so please mail yours in to:

Pam Dimitriou  
18712 Summergate Court  
Mokena, IL 60448  
If you have any questions, concerns or want to help, please feel free to contact me @ 708.974.2902 or e-mail me at [prespeppy@juno.com](mailto:prespeppy@juno.com).

Anastasia Jonas

## Metropolis of Denver

At long last, greetings from the Metropolis of Denver! I am excited to serve as your sisterhood representative and I hope to meet more of the presvyteres of this vast Metropolis. Having grown up in Salt Lake City and now serving the past eight years in Dallas, Texas, I understand the distances that separate many of us and hope to help the sisterhood reach across the miles.

# From a Homily on The Lord's Passion

by Saint Ephrem the Syrian

*Open your heart,  
learn in detail  
His sufferings  
and say to yourself:  
God who is without sin  
today was given up,  
today was mocked,  
today was abused,  
today was struck,  
today was scourged,  
today wore  
a crown of thorns,  
today was crucified,  
He, the heavenly Lamb.*

*Your heart will tremble,  
your soul will shudder.*

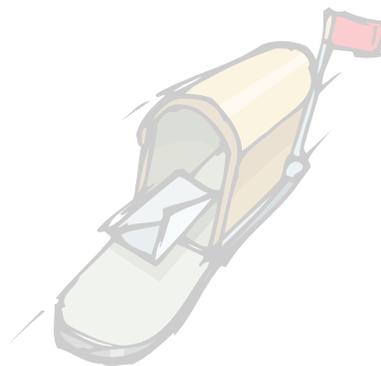
*Shed tears every day  
by this meditation  
on the Master's sufferings.*

*Tears become sweet,  
the soul is enlightened  
that always meditates  
on Christ's sufferings.*

*Always meditating thus,  
shedding tears every day,  
giving thanks to the Master  
for the sufferings  
that He suffered for you,  
so that in the day  
of His Coming  
your tears may become  
your boast and exaltation  
before the judgement seat.*

Translated by Fr. Ephrem Lash

## have you moved?



## let us know!

If you are receiving this newsletter at your Parish address, or if it has been forwarded to your home from a previous address, we would like to update our records with your current address. Please notify Jeannie Monos, Secretary, at [jmonos@newrome.org](mailto:jmonos@newrome.org), or notify her via mail at the address listed on back page of this newsletter.

## the listening connection



VOLUNTEER	DAYS	TIME(S)	PHONE
Anthe Athas	Tu/Thurs.	9:30pm-11:30pm EST	802.864.0624
Anne Pappalas	Wed.	10:00pm-12:00am EST	610.779.7356
Katherine Prassas	Mon./Fri	9:00pm-11:00pm EST	908.272.8633

If you need to speak with a fellow Presvytera, the TLC is here for you. The Listening Connection is there to listen in times of troubling circumstances and stress, and respects your strict confidentiality.

Remember: The TLC is not an advice line, but a listening line. If you need someone to talk to, please utilize this valuable resource at the times listed above.

# metropolis and committee reports continued

While things have moved a bit slower than expected, plans are under way for a Metropolis retreat to be held in June here in Texas. I hope to have the details finalized and in the mail in April. We are excited here in Dallas to be hosting the NSP Board meeting in April. Presv. Alexandra Poulos and myself look forward to meeting and planning with our National Board.

Wishing you a fruitful Lenten season.

With love in Christ,  
Andrea Savas

## Metropolis of Detroit

The Presvyteres of the Metropolis of Detroit would like to use this forum to let our sister and former NSP representative, Ann Yankopoulos of Muskegon, Michigan know that she is in our prayers. As many of you know her beloved husband, Fr. Steve passed away a few months ago. May God Rest His Soul and give you the strength and courage needed during this difficult time.

Our annual Lenten Retreat was held on the topic "LENT and the Eucharist." Our presenter was Fr. Dean Hountalas, Chancellor assisted by Fr. Stratton Dorozenski of Troy, MI.

We would like to wish everyone a blessed Lenten journey.

Goldie Doukas

## Metropolis of New Jersey

2005 started out with a grand banquet in honor of His Eminence Evangelos, Metropolitan of New Jersey. To formally welcome His Eminence, various banquets were held

throughout the New Jersey Metropolis. I attended one on February 13th, where I was given the honor of speaking on behalf of the Sisters of New Jersey.

The New Jersey Metropolis Sisterhood's Lenten Retreat was held on Saturday, April 2, 2005. Our guest speakers were Father Duane Johnson and his wife Sandra. Father Duane and Sandra lead our retreat called "Suffering and Salvation: Orthodox Faith in Practice". This retreat was based on a personal experience of Father Duane and Sandra. Before the retreat, our Metropolis Sisterhood held a business meeting.

I would also like to announce the birth of a new PK! Sophia Thornberg (daughter of Deacon Peter and Katherine Thornberg) came into the world on March 4th! Congratulations!!

Alice Noplos

## Metropolis of San Francisco

As 2004 came to a close, our Metropolis mourned the death of our Metropolitan Anthony, of blessed memory. His Eminence fell asleep in the Lord on Christmas Day. On March 2, the day which would have been his 70th birthday, his earthly remains were interred on the grounds of the Monastery of the Theotokos, the Life-Giving Spring, at St. Nicholas Ranch and Retreat Center in Dunlap, CA. Many priests and presvyteres, along with the faithful of our Metropolis, attended the Liturgy and Trisagion service which preceded the burial. We, Presvyteres, always will remember His

Eminence's encouragement and insistence on the formation of our San Francisco Sisterhood of Presvyteres and that it was at the 1982 Clergy-Laity in San Francisco where the National Sisterhood of Presvyteres was established. We pray that our Lord grant eternal rest to the soul of Metropolitan Anthony. May his memory be eternal.

His Grace Bishop Gerassimos of Krateia was enthroned as Metropolitan of San Francisco on April 2, 2005 at the Ascension Cathedral in Oakland, CA. We welcome our new Metropolitan to the West Coast and pray that God grant him strength, guidance, and many years as our spiritual father. AXIOS!

The annual Presvyteres Retreat was held at St. Nicholas Ranch and Retreat Center in January with Fr. Spencer Keziros serving as retreat master. Fr. K, as he is affectionately known, graciously answered any and all questions which were presented. A most enjoyable and uplifting weekend was enjoyed by all who attended. It was a pleasure to welcome our NSP President, Flora Chioros, who joined us for the retreat. It is scheduled annually on the third weekend of January. Sister Presvyteres from other Metropolises are always welcome to attend and enjoy the wonderful fellowship which we share.

Elaine K. Stephanides

## Historian

Please send your pictures from any retreats to me. There have been a few get-togethers over these months, so let's put them in the archives of our Sisterhood.

In Christ,  
Carolyn Nastos

## Sister to Sister

I am happy to chair the Sister to Sister Committee and to welcome new diakonissas and presvyteres into our sisterhood! Presvytera Lisa Goussetis of Lancaster, PA is working with me and will be contacting Big Sisters to connect with their new Little Sister. We need more Big sisters in the Boston and Denver Metropolises. Please contact me if you are interested at cnkeares@comcast.net . In December, I sent out 7 welcome boxes to our newest sisters – diakonissas and presvyteres! I have just received the latest names from the Archdiocese and will be sending out several more boxes this Spring. Wishing you all a blessed Lenten Season!

Nicole Keares

## Website

The website continues to be a well-utilized tool. The top three pages this past month were Home, E-mail, and Prayer. We have 265 addresses on the e-mail page. Please take a moment and send your e-mail address to me so that it can be posted.

Look at the "What's New" page for information on retreats and the phone number for our Confidential Assistance Program (CAP). Share news about a family member by sending the information to me and it will be posted on the "Clergy Family Corner" page.

Surf the NSP website and discover what it can offer you!

Pauline H. Pavlakos

# CURRENT STEWARDS

as of March 31, 2005

## **Paid Through 2005**

Maritsa Andrews  
Nikie Artemas  
Lisa Avramis  
Vivian C. Bacalis  
Filitsa H. Bender  
Colette Bourantas  
Gloria Bratiotis  
Flora Chioros  
Georgia J. Christo  
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Maria Dalber  
Donna Falcinella-Pappas  
Athena Goumenis  
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Georgia Magoulias  
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Katherine Sietsema  
Val (Georgia E.) Sitaras  
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Poppy G. Stamos  
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Joanna D. Alexson  
Maria T. Antokas  
Sophia Athas  
Georgia Botsis  
Argyroula Combisis  
Angie Constaninides  
Eugenia Constantinou  
Mary Demotses  
Claire Foustoukos  
Helene T. Hall

Maria Hondros  
Anastasia Jonas  
Helen M. Kehagias  
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Diana Moskovites  
Joan Orfanakos  
Margaret Orfanakos  
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Stephanie Panagos  
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Claire (Fotini) Rafael  
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Sophia M. Schutte  
Mary Scoulas  
Elaine K. Stephanides  
Effy Stephanopoulos  
Paula Strouzas  
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Pearl Veronis  
Sultana Volaitis  
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Vasilias Apostolakos  
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Penelope S. Dassouras  
Angela Eugenis  
Evthoxia Panos

## **Paid Through 2008**

Goldie Doukas  
Pauline H. Pavlakos  
Alexandra Poulos

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## NATIONAL SISTERHOOD OF PRESVYTERES STEWARDSHIP FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Amount \_\_\_\_\_ paid through year \_\_\_\_\_

Make all checks payable to *National Sisterhood of Presbyteres* and send to:  
Presv. Stephanie Panagos, 1105 Brookedale Ct., Columbia, MO, 65203

# NATIONAL BOARD

## PRESIDENT

FLORA CHIOROS  
120 James Landing Road  
Newport News, VA 23606  
(757) 597-7786  
floradc@aol.com

## VICE PRESIDENT/BENEVOLENT FUND

CYNTHIA PALEOLOGOS  
89 William Street  
Worcester, MA 01609  
(508) 791-1089  
cpaleo@yahoo.com

## TREASURER

STEPHANIE PANAGOS  
1105 Brookedale Court  
Columbia, MO 65203  
(573) 256-8983  
stephaniepanagos@hotmail.com

## SECRETARY/NEWSLETTER

JEANNIE MONOS  
5124 Parnell Way  
Martinez, GA 30907  
(706) 854-0749  
jmonos@newrome.org

## PAST PRESIDENT/ADVISOR

ANGIE CONSTANTINIDES  
12246 Saint James Road  
Potomac, MD 20854  
(301) 738-2002  
angiemariec@aol.com

## METROPOLIS REPRESENTATIVES

### ARCHDIOCESAN DISTRICT

PAULA STROUZAS  
10 Briarcliff Lane  
Glen Cove, NY 11542  
(516) 671-6649  
pbstrouzas@aol.com

### ATLANTA

DIANE SCORDALAKIS  
1117 Carla Drive  
Cantonment, FL 32533  
(850) 473-0220  
Scordafam84@aol.com

### BOSTON

VICKI TOPPSES  
33 Rejane Avenue  
Lewiston, ME 04240  
(207) 784-5632  
presvicki@hotmail.com

### CHICAGO

ANASTASIA JONAS  
10939 Circle Drive  
Palos Hills, IL 60465  
(708) 974-2902  
prespeppy@juno.com

### DENVER

ANDREA SAVAS  
6434 La Manga Drive  
Dallas, TX 75248  
(972) 931-4194  
savasfamily@comcast.net

### DETROIT

GOLDIE DOUKAS  
58 Rankin Road  
Snyder, NY 14226  
(716) 839-3725  
goldiedou@adelphia.net

### NEW JERSEY

ALICE NOPLOS  
11 Longbottom Court  
Kingsville, MD 21087  
(410) 817-9651  
anoplos@aol.com

### PITTSBURGH

DIANTHE LIVANOS  
162 Brehm Road  
Washington, PA 15301  
(724) 745-2702  
7up@trophybearers.com

### SAN FRANCISCO

ELAINE STEPHANIDES  
25081 Grissom Road  
Laguna Hills, CA 92653  
(949) 770-5078  
eksteph@cox.net

## STANDING COMMITTEES AND REPRESENTATIVES

### RETIRED PRESBYTERES

IONE FILANDRINOS  
12532 Parkwood Drive  
Burnsville, MN 55337  
(952) 882-8016  
dfilandrin@aol.com

### WIDOWED PRESBYTERES

ANNE MACRIS  
43 Toddy Ave  
Staten Island, NY 10314  
(718) 761-5919  
annemgrk@aol.com

### HISTORIAN

CAROLYN NASTOS  
6015 Chagall Drive  
Roanoke, VA 24018  
(540) 772-2730  
cccc4@cox.net

### THE LISTENING CONNECTION

KATHRYN PATITSAS  
29001 Millard Drive  
Bay Village, OH 44140  
(440) 250-0075  
TLCNSP@aol.com

### WEB SITE

PAULINE PAVLAKOS  
6315 Wilmington Drive  
Burke, VA 22015  
(703) 239-2627  
SISinICXC@msn.com

### SISTER TO SISTER

NICOLE KEARES  
5810 Westbury Drive  
Enola, PA 17025  
(717) 728-2839  
cnkeares@comcast.net

### CAREGIVERS

ALEXANDRA POULOS  
2628 Pine Springs Drive  
Plano, TX 75093  
(972) 596-1883  
presvytera@earthlink.com



Jeannie Monos  
National Sisterhood of Presbyteres  
5124 Parnell Way  
Martinez, GA 30907

ADDRESS CORRECTION REQUESTED