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

# THE NATIONAL sisterhood of PRESVYTERES

SPRING 2006

## clergy laity news goldie doukas, metropolis of detroit

**Before you know it, we will once again have the opportunity to see one another at the Clergy/Laity Conference in Nashville. This Clergy/Laity will be like no other Clergy/Laity! I'm sure you have noticed this fact just from the Clergy/Laity materials that have**

already been sent out. I hope you've had a chance to check out the hotel for this year's C/L- Gaylord Opryland. <http://www.gaylordhotels.com/gaylordopryland/>. "Gaylord Opryland is recognized around the world for its extraordinary service, and luxurious accommodations. Under majestic, climate-controlled glass atriums, you'll be surrounded by nine acres of lush indoor gardens, winding rivers and pathways, and sparkling waterfalls where you can unwind, explore, shop, dine, and be entertained to your heart's content. Highlights include a 44-foot waterfall, laser-light and fountain shows, and tours aboard our Delta Flatboats - right inside the hotel." This place is phenomenal!! Imagine everything described above under one roof!!

The NSP program is currently being planned. One of the highlights of this year's planning for the clergy family is the Clergy Family Wellness Workshops. These workshops will be held on Tuesday and are being formulated with the assistance of Dr. D. Tabor of Vanderbilt University. Different topics will be offered that will cover MANY different aspects of our lives. A lot of thought and preparation is going into these workshops and I hope you will find them edifying! The well-being of our families is the center of this remarkable effort to reach out to each one of us!!

Another plan underway is the Clergy/Presvytera dinner with His Eminence on Wednesday evening. We are so pleased to be able to have this opportunity to share in this fellowship.

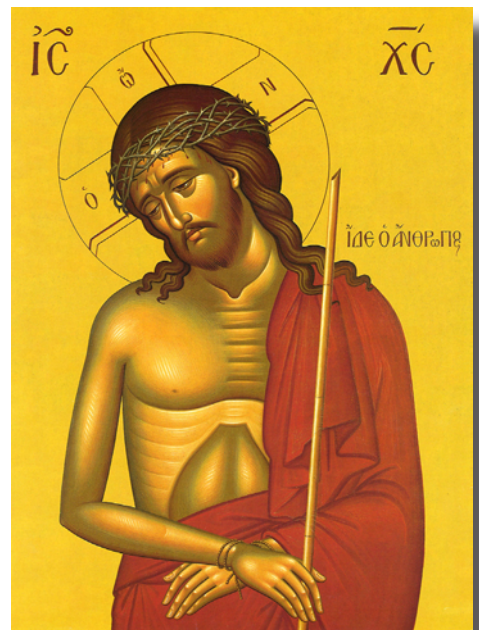
A special NSP Clergy Laity Newsletter will be mailed out to you in the coming months. In the meantime, please do not hesitate to send in your registration fee of \$350. Registration forms are available on the GOARCH website. Make sure to desig-

continued on page 2

## FROM THE NATIONAL BOARD

The National Board prays that you and your family continue to have a most blessed Lenten Journey, filled with holy expectation for our Lord's blessed Pascha.

Kali Tessarakosti



nate it for the NSP program. This \$350 will cover the following events: (subject to change)

**MONDAY JULY 17:**

- Opening/Keynote Breakfast
- NSP Welcome and Ice Breaker
- Philoptochos Banquet

**TUESDAY JULY 18:**

- Sisterhood Meeting
- Clergy Family Wellness Workshops
- Congress Cultural Event 'The Parthenon'

**WEDNESDAY JULY 19:**

- Sisterhood Meeting
- Clergy Family Dinner w/His Eminence, Archbishop Demetrios

**THURSDAY JULY 20:**

- Elections/Sisterhood Meeting
- Sisterhood Workshop
- Grand Banquet

**FRIDAY JULY 21:**

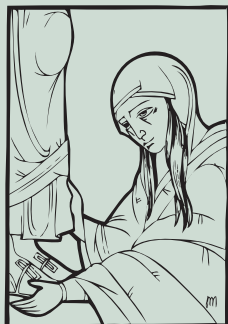
- National Board Meeting

See you in Nashville!  
Me Poli Agapi,  
Goldie Doukas, Chair



*Give me tears, O God, as you once did to the sinful woman, and count me worthy to water your feet which have freed me from the way of error, and to bring as sweet-scented myrrh a pure life, fashioned by repentance, that I too may hear your longed for voice: Your faith has saved you, go in peace.*

**From The Service of Great Compline**



# BIENNIAL NSP ELECTIONS

It is that time of year, when we once again start to think about the coming summer and our much anticipated trip to Nashville for Clergy-Laity 2006.

Although there will be much country music to enjoy, we as a National Board hope you will come prepared, and willing to get involved in all the NSP has to offer. As with each Clergy-Laity it will be time for us to elect our Executive Board, as well as Board members for those Metropolises who have not done so before coming to Clergy-Laity.

At the last Clergy-Laity in NYC, changes to the constitution were made regarding how elections will be handled and what the qualifications are for each office. I am taking this opportunity to explain these changes so that when we gather in Nashville we can be better educated as to these latest changes.

First let's talk about the nominating committee:

**Article 2, Section 4: states...**

The nominating committee shall consist of three members. The immediate Past President shall serve as chairman with two additional members. The Presbyteres attending the NSP conference shall elect the additional two members. In the event of a vacancy on the nominating committee, the executive board shall choose the replacement. Members of the Nominating Committee are not eligible to stand for election to the five executive offices.

The Nominating Committee shall accept nominations and present the names of all qualified nominees to the body of Presbyteres present at the NSP Conference held at the Archdiocesan Clergy-Laity Congress. Nominations for each office shall be taken from the floor at the first business meeting at the Clergy-Laity Congress.

Now we shall move on to the responsibilities and qualifications of the each of the NSP Executive Offices:

**Article 2, Section 5: states...**

**The President:**

The President shall be elected to a two-year term and may serve a maximum of two consecutive terms. The nominee for President shall have served at least one two-year term on the NSP National Board.

The President shall be responsible for convening at least one annual meeting of the NSP Board. The President, after each Archdiocesan Clergy-Laity Congress, shall submit the names of the members of the new NSP Board to the Archbishop and to the Hierarch of each Metropolis. The President shall be one of the four administrators of the APC (Archdiocesan Presbyters Council) and the NSP Benevolent Fund, and, along with the APC President, is responsible for generating the annual appeal letter.

The President shall be a member of each standing committee and is responsible for conferring with the committee chairmen of the various NSP projects. The President shall represent the NSP at Archdiocesan functions whenever possible. If she cannot attend, she shall ask the Vice-President or another representative to attend.

The President shall be an ex-officio member of the Archdiocese Benefits

# NSP Elections continued...

Committee and if appointed by the Archbishop, shall be a member of the Archdiocesan Council and National Philoptochos Board. The President shall oversee that the Constitution is adhered to in all matters concerning the NSP.

## **The Vice-President:**

The Vice-President shall be elected to a two-year term and may serve a maximum of two consecutive terms. The nominee for Vice-President shall have served at least one two-year term on the NSP National Board.

The Vice-President shall be one of the four administrators of the APC and NSP Benevolent Fund. If so deemed by the four administrators, she shall be responsible for handling the Benevolent Fund Emergency and Reserve Accounts. The Vice-President implements the annual Benevolent Fund appeal and acknowledges each contributor. The Vice-President must submit a report of income and expenditures of the APC and NSP Benevolent Fund at each NSP Board and Sisterhood general meeting.

The Vice-President may represent the President at any meeting or other function that the President cannot attend. In the event the President is unable to complete her term, the Vice-President shall serve out the remainder of the President's term.

## **Recording Secretary**

The Recording Secretary shall be elected to a two-year term and may serve a maximum of two consecutive terms.

The Recording Secretary shall be responsible for keeping the minutes of all NSP Board and NSP Conference Meetings. The Recording Secretary shall be responsible for keeping the NSP mailing list current.

## **Corresponding Secretary**

The Corresponding Secretary shall be elected to a two-year term and may serve a maximum of two consecutive terms.

The Corresponding Secretary shall be responsible for all NSP correspondence and the NSP Newsletter. The Corresponding Secretary shall be responsible for sending sympathy cards on behalf of the NSP to the family of a deceased family member.

## **The Treasurer**

The Treasurer shall be elected to a two-year term and may serve a maximum of two consecutive terms.

The Treasurer shall be responsible for maintaining the NSP financial account(s). The Treasurer shall be chairman of the NSP Stewardship and shall maintain a record of donations.

The Treasurer shall submit a report of income and expenditures at each NSP Board Meeting and NSP Conference. The Treasurer shall be responsible for sending a donation in memory of a recently deceased Priest or Presvytera to the APC/NSP Benevolent Fund.

## **NOW...what does all this mean?**

Well, the National Board would like for us all to keep in mind, on the first business meeting names will be taken from the general body for nominations to each executive office. Nominations will be closed after nominations have been taken, and on the designated day the nomination committee will provide a ballot of all eligible candidates to the body of the NSP to be voted upon.

Questions??? Concerns??  
Please feel free to contact me at  
AngiemarieC@aol.com or  
(301) 738-2002

Angie Constantinides



## **National Clergy Laity 2006 Clergy Family Childcare**

It is our hope that all sisters will be present at the NSP's business and social events at this summer's Clergy/Laity in Nashville. We know that for some of you with younger children, however, this could pose certain challenges. We want to hear from you!

Are you bringing your young children to clergy laity? What are their ages? Would you be interested in placing them in a child care program? Please email your input to [StephaniePanagos@hotmail.com](mailto:StephaniePanagos@hotmail.com) or call (573) 256-8983. This information will be forwarded to the planning committee to determine if there is a need for a child care program and assist in developing the program, if necessary.

We also want you to know that Gaylord Opryland's on-site childcare provider is La Petite Academy. They offer drop-in services for children 6 months-3 years and their hours are Monday-Saturday, 5:00 am.-11:00 pm and Sunday, 5:00 am-10:00 pm. They also offer a program for children ages 3-12 years. Reservations are required and it is based on availability and demand. Please visit their website at [www.lapetite.com](http://www.lapetite.com) or call them at (615) 885-1821 for additional information.



**NSP Clergy Family Childcare:  
Contact Stephanie Panagos by  
May 1, 2006**



# METROPOLIS AND COMMITTEE REPORTS

## keeping up to date with each other

Metropolis of Boston: I would like to thank all present and future Presvyteres who have attended our meetings and retreats from near and far. Special thanks to outgoing president, Presvytera Athanasia Papademetriou, to Vicki Toppses, Faye Stylianopoulos, Helen Coulouras, and many others who have

worked tirelessly for many years. They have done a fantastic job making arrangements, securing and housing speakers, soliciting donations, preparing and sending out our newsletters, welcoming the seminarians' wives and making them feel at home, and making telephone calls. I could go on and on.

And on behalf of all of us I would like to express thanks and best wishes to Presvytera Eva Kyriakos and Father Peter as they begin a new chapter of their lives in Florida. Pres. Eva served for many years as our Retreats and Spirituality Chair. We will miss you!

On January 28 our seminary wives hosted a "Future Presvyteres Retreat" at the Maliotis Center. Every detail had been attended to, and it was a day of spiritual beauty and sweetness, a day of being called and challenged, a day to remember, for all who attended.

Our Lenten Retreat was held for the first time together with our clergy on Tuesday, March 21, their regular meeting date, at the Metropolis Center. The speakers were Dr. Philip Mamalakis and Fr. Charles Joannides. This came about at the initiative of our Metropolitan Methodios who spoke with us at our November gathering about the hope that we could have a

combined retreat focusing on marriage and the family.

Respectfully submitted,  
Katina Pantelis

### Metropolis of Chicago

The Metropolis of Chicago gathered together as a family with our beloved Metropolitan on December 29, 2005 for annual Christmas/Vasilopita dinner. We had a nice evening renewing friendships and breaking bread together. Our children enjoyed themselves making sundaes and playing together after dinner.

Our sisters will have the opportunity to join in the Philoptochos Lenten Retreat that will soon be announced. May the journey of Great Lent be one that will strengthen you in our faith and love for our church as you continue to serve Him.

Kali Sarakosti,  
Anastasia Jonas

### Metropolis of New Jersey

The Metropolis of New Jersey Sisterhood is gearing up for an exciting year. Our Annual Retreat was held on March 18th. Father Duayne Johnson and his wife Sandy spoke to us on "Suffering and Salvation". The retreat took place in Baltimore, Maryland at St. Nicholas. We will now be looking forward to breaking bread together with His Emi-

nence Metropolitan Evangelos at the Clergy Family Easter Dinner on May 1st at St.

Demetrios in Baltimore. From there, we'll be sharing some summer fun at a Clergy Family Picnic on June 29th at Sts. Peter and Paul in Frederick, Maryland. Before you know it, we'll be seeing everyone in July at the Clergy Laity Conference in Nashville.

Alice Noplos

### Metropolis of Pittsburgh

On February 12, 2006 a few presvyteres and their husbands were able to be part of a small group presentation entitled, "Laugh Your Way to a Better Marriage." This is a national ministry that has helped countless couples recover their marriages with an astounding success rate. It was a wonderfully fun evening for all the couples, as the speaker is truly gifted in his communication of such a delicate and important subject. We have been encouraged to look further into this ministry and to bring it to a larger venue.

March 20-21, 2006 we had our Clergy Family Lenten Spring Retreat in Ligonier, PA at the Antiochian Village. Guest Speakers were Fr. Thomas and Pres. Kyriaki Fitzgerald.

Dianthe Livanos

### Metropolis of San Francisco

Our annual Presvyteres retreat took place in January at St. Nicholas Ranch and Retreat Center with our own Metropolitan Gerasimos as speaker. His Eminence spoke to us on "Reflecting Christ in Our Lives" and also addressed questions pertaining to clergy family issues. A feeling of mutual love, concern, and sharing was present throughout the weekend. This year's gathering, with 42 presvyteres in attendance, provided the opportunity to welcome His Eminence in our midst and to become better acquainted with one another. We thank His Eminence for his paternal love and genuine concern for his clergy families and for his encouragement and support.

As a result of our discussions during the retreat, a few Presvyteres have introduced a new e-mail ministry to the Presvyteres in our Metropolis. The program, "Prez to Prez", is offered to encourage us in faith, love, and in our relationship with our husbands and families. The weekly e-mail includes a Quote, a Question, and an Action for the week.

The quote will be from the church fathers or the Bible. The question gives us an opportunity to focus on the marriage relationship.

# Spiritual Building Block

by Fr. Constantine Sitaras



Prayer is certainly the cornerstone of a Christian's life experience. At the 4th Biennial National Sisterhood of Presbyteres Retreat, the second most discussed "building block" for a family was PRAYER. Now that we are in the midst of Great Lent, we are presented with an opportune time to refocus our attention to the spiritual life of our family and to reaffirm our commitment to our Lord and His Church. Recall the words of the Master:

*"Therefore I tell you, whatever you ask in prayer, believe that you receive it and you will. And whenever you stand praying, forgive, if you have anything against any one; so that your Father also who is in heaven may forgive you your trespasses."*

Mark 11: 24,25

## PRAYER

Pray at regular times during the day, include mealtimes, the start of a trip, blessing the children before leaving home for school.

As a "longer term" project, create a personal prayer book for each member of your family. Consider including information on each family member's patron saint. (Resource: Greek Orthodox Archdiocese website [www.goarch.org](http://www.goarch.org).)

*Those who have truly decided to serve the Lord God should practice the remembrance of God and uninterrupted prayer to Jesus Christ, mentally saying: Lord Jesus Christ, Son of God, have mercy on me, a sinner.*

St. Seraphim of Sarov

# New Phone Number

## Confidential Assistance Program

Most of us have to face changes, stress, or a life-altering problem now and then. Your Confidential Assistance Program is designed to provide several services for you and your family, such as short-term counseling, *LegalConnect*, *FinancialConnect*, and *FamilySource*, that can help you handle concerns constructively before they become a major issue.

The confidential Assistance Program is available 24 hours a day, 7 days a week, just by calling:

# 866-641-0791

## 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

The action is something personal to strengthen our spirit, our marriage, and our relationship with God and others. A heartfelt thank-you to Presvyteres Donna Pappas, Stacey Dorrance, Eleni Tsigas, Candace Schefe, and Pat Tsagalakis for combining their talents in providing this ministry. Anyone who currently is not receiving our Sisterhood e-mails and would like to be included, may send their e-mail address to Eleni Tsigas at [nikonia01@hotmail.com](mailto:nikonia01@hotmail.com).

The following officers and chairmen were elected to lead our Sisterhood during 2006-08.

#### **President**

Eleutheria Dogias

#### **Vice-President**

Irene Supica

#### **Secretary**

Marsha Robinson

#### **Treasurer**

Elizabeth Schroeder

#### **National Representative**

Barbara Retelas

#### **Alternate Representative**

Alexandra Pappas

#### **Regional Representatives**

##### *Bay Area*

Alexandra Pappas

##### *Central California*

Georgia Magoulias

##### *Southern California*

Aida Stratos

##### *Pacific Northwest*

Pat Tsagalakis

##### *Arizona/Nevada*

Merilynn Andruchow

##### *Sunshine*

Elaine Stephanides

Please remember to notify our secretary and national representative of any address or e-mail changes or corrections.

We look forward to seeing you in Nashville in July!

Elaine K. Stephanides

## Historian

As Historian, I appreciate the opportunity to serve on this Board. May God bless our Sisterhood!

Carolyn Nastos

## Sister to Sister

We continue to welcome new diakonissas and presvyteres into the NSP with a welcome box filled with information, resources, and a "survival kit". They also are contacted later by their big sister to exchange addresses, phone numbers, and/or e-mail addresses.

I am happy to say that I have two sister presvyteres to assist me in this committee. Presvytera Lisa Goussetis of Lancaster, PA will be matching up the big sisters with the new sisters, and Presvytera Katherine Tsikitas of York, PA will be our "computer specialist" by keeping a spreadsheet with all of the new information.

WE NEED YOU!!!! We hope you will consider reaching out and becoming a big sister to someone within your

metropolis. All that is needed is to be in touch with her occasionally through cards, e-mail, or phone (or all three!!) and lend a listening ear, moral support, or just to be a friend. If you are interested, please contact Lisa Goussetis at [aljns9@verizon.net](mailto:aljns9@verizon.net) Looking forward to seeing you all in Nashville!!

Nicole Keares

## Website

In the interest of protecting privacy, the email page of the website is now password protected. Please email me at [SISinICXC@msn.com](mailto:SISinICXC@msn.com) to obtain the password.

Please also be sure to check the NSP website ([nsp.goarch.org](http://nsp.goarch.org)) for updates on Clergy Laity.

Pauline Pavlakos

## Caregivers

Yesterday on the radio, I heard someone speaking about the tremendous burden of caregiving. The burden may be spiritual, physical, emotional, or financial and usually is all four. And yet, caregiving presents opportunities for growth in all areas.

First and foremost, our caregiving is to be shared. Our greatest supporter is the Lord Himself. Without Him we can do nothing. With Him we can emerge from the experience spiritually enriched.

With Him our physical, emotional, and financial needs will be met.

We need to focus our eyes upon Him and ask Him to help us. This is often easier said than done; however, it is crucial for our survival in all areas.

Secondly, caregivers need to overcome the tendency to think that they can handle everything alone. Self-reliance is a great asset but can be detrimental when carried to the extreme. Do not hesitate to ask for help. Be specific. There are people who are willing to help but really don't know what you need and what you are going through. Don't give up on them. It is a blessing for them to help fill your needs.

Finally, be willing to take care of yourself. This is not being selfish. One cannot help others if they neglect their spiritual, physical or emotional health. This is true for everything in life. You can't do any job successfully if you wear yourself down. Who will take care of your loved one if something happens to you?

May the Lord richly bless all those who accept the role of caregiver with all that is necessary to complete this blessed task.

Alexandra Poulos



*Do we forgive our neighbors their trespasses? God also forgives us in His mercy. Do we refuse to forgive? God, too, will refuse to forgive us. As we treat our neighbors, so also does God treat us. The forgiveness, then, of your sins or unforgiveness, and hence also your salvation or destruction, depend on you yourself, man. For without forgiveness of sins there is no salvation. You can see for yourself how terrible it is.*

**St. Tikhon of Zadonsk, Journey to Heaven**

# CURRENT STEWARDS

as of March 22, 2006

## Paid Through 2006

Elaine Alexandres  
Eleni Alexopoulos  
Joanna D. Alexson  
Aftonomi (Toni) Andrews  
Helen Andrews  
Nikie Artemas  
Sophia Athas  
Georgia Botsis  
Gloria Bratiotis  
Georgia Chamberas  
Argyroula Combisis  
Angie Constaninides  
Eugenia Constantinou  
Helen Coulouras  
Mary Demotses  
Zoe Denas  
Stacey Dorrance  
Kay Efstathiu  
Angela Eugenis  
Themmi Evangelatos  
Claire Foustoukos  
Alyce Gaines  
Michelle Halekakis  
Helene T. Hall  
Emily Harakas  
Mary Harbatis  
Maria Hondros  
Anastasia Jonas  
Nicole Keares  
Helen M. Kehagias  
Despina Leventis  
Haidee Marangos  
Georgia Metaxas  
Irene Missiras  
Flora Moraitis  
Diana Moskovites  
Carolyn Nastos

Despina Nicoloudakis  
Joan Orfanakos  
Margaret Orfanakos  
Cynthia K. Paleologos  
Theodora Paleologos  
Irene Palis  
Katina Pantelis  
Athanasia Papademetriou  
Georgia Papadopoulos  
Alexandra Pappas  
Evangeline Pappas  
Claire (Fotini) Rafael  
Evonne Raptis  
Eleftheria Recachinas  
Barbara Retalas  
Nikki Salmas  
Christine Salzman  
Sophia M. Schutte  
Mary Scoulas  
Joan Simones  
Georgia "Val" Sitaras  
Penny Stamas  
Elaine K. Stephanides  
Effy Stephanopoulos  
Paula Strouzas  
Irene Supica  
Stephanie Thomas  
Vasiliki Tzougros  
Garnette Vasilakis  
C. Betty Vlahos  
Sultana Volaitis  
Ann Yankopoulos  
Mona Zozos

Louella E. Kostopolos  
Amphitrite Manuel  
Penelope Metaxas  
Valerie Metrakos  
Jeannie Monos  
Correna A. Panagiotou  
Stephanie Panagos  
Evthoxia Panos  
Hrisafie M. Sophocles  
Charlotte Staviski  
Pearl Veronis

## Paid Through 2008

Maria T. Antokas  
Joan Bogdan  
Eleutheria Dogias  
Goldie Doukas  
Vasiliki Kyriacou  
Evelyn C. Mitsos  
Pauline H. Pavlakos  
Alexandra Poulos  
Matia Prevas  
Sophronia Tomaras  
Harriet Wilson

## Paid Through 2007

Vasilisa Apostolakis  
Anastasia Bandy  
Mary S. Cowles  
Penelope S. Dassouras

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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 Presvyteres* and send to:  
Presv. Stephanie Panagos, 1105 Brookedale Ct., Columbia, MO, 65203



## NATIONAL BOARD

### PRESIDENT

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eksteph@cox.net

## STANDING COMMITTEES AND REPRESENTATIVES

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(952) 882-8016  
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### WIDOWED PRESBYTERES

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Clearwater, FL 33759  
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SPRING 2006 ISSUE

Visit us online at: [nsp.goarch.org](http://nsp.goarch.org)

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ADDRESS CORRECTION REQUESTED