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"Through love be servants of one another ..." — Galatians 5:13

The National Sisterhood of Presvyteres

Christmas 2010

From His Eminence

Archbishop Demetrios of America

"Christ is born, glorify Him. Christ from heaven, go out to meet Him. Christ on earth, be exalted."

—St. Gregory Nazianzus, Feast of the Nativity Homily

Beloved Presvyteres of our Greek Orthodox Archdiocese,

I offer you the exhortation of Saint Gregory Nazianzus during this blessed period in the liturgical life of the Church that draws us into the saving closeness and presence of God.

It is my hope that you will participate through prayer and reflection, worship, fasting, and philanthropy in this spiritual journey, living intensely the mystery of the Incarnation; not as an event that took place more than 2,000 years ago in Bethlehem when the power of God took on the frailty of a human infant, but as a living, ongoing, transforming, and redeeming reality that elevates our dignity as humans and opens our hearts to His merciful and divine presence.

As blessed presvyteres of our Archdiocese you strive to offer all your being for God's glory and service. I offer to each of you my heartfelt gratitude and pray that you may fill your hearts with faith, your minds with hope, and your souls with love for God and for one another. May this sacred season of the Nativity and the New Year be enriching for you and your families and bountiful in the blessings of our ever present God.

With paternal love in Christ,

+DEMETRIOS

Archbishop of America

From our President

Alice Noplos

"I can do all things through Him who strengthens me."

—Philippians 4:13

Dear Sisters in Christ,

As we celebrate the miraculous Christmas Advent period, I can't help but to reflect on the blessings that have been bestowed upon me by our Lord and Savior Jesus Christ. The past five months have been a whirlwind of activity as I represent one of the finest organizations, the National Sisterhood of Presvyteres. Since elected, I have had the opportunity to meet with and speak with so many presvyteres and clergy across the country. I look forward to meeting many more as my term continues.

I am excited that this is our first "emailed" newsletter and that our goal of "going green" is becoming a reality. The amount of paper, not to mention the cost of mailing a newsletter, that we are saving with this first edition of the emailed newsletter is astronomical! I ask that you please keep us updated if your email address changes.

I have been appointed as a voting member on the Archdiocesan Council by His Eminence Archbishop Demetrios and just recently attended the first meeting of the council on October 14-15 in New York. I also sit on the "Marriage and Family Committee" which is a committee of the Archdiocesan Council. I attended the Marriage and Family committee meeting and was pleased to learn that some very interesting programs are in the process of being implemented. There are two current goals to this

(continued on page 3)

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National Sisterhood of Presvyteres
2010-2012 National Board

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Please contact your Metropolis representative when...

- ...you would like to request prayers via the NSP listserv.
- ...you have new or updated contact information.
- ...you would like to be more involved in the Sisterhood.
- ...you have an announcement to share, such as a birth, a sacrament, or a death.

Check out the Guidance Resources website. This resource is made available to us by our Archdiocese, but is only used by approximately 2% of clergy and clergy families. Did you know CAP not only provides referrals for counseling, but can also provide referrals to lawyers, certified financial planners, childcare, and eldercare providers? Sign up for free emails; have great articles and helpful tips sent right to your email inbox. Log on and pick which types of newsletters you want to receive.



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Health check-ups: Physical ... and Spiritual

Just as taking care of your physical health can prevent future physical problems, maintaining a healthy spiritual life will allow you to make your life better.

Take your vitamins and get enough sleep.	Go to church regularly.
Nourish yourself at the family table.	Receive communion.
Go to the dentist and get your teeth cleaned.	Schedule an appointment for confession.
Talk to your doctor about your health.	Find and see a spiritual parent.
Get your flu shot once a year.	Visit a monastery with or without your family.
Exercise two or three times a week.	Pray regularly.
Keep the freezer door closed on the ice cream.	Avoid gossip.
Brush your teeth, and don't forget to floss!	Be loving to your family.

How else do you live a spiritually healthy life? Share with your sister presbyteres! A phone call to or from a sister can really be the "chicken soup" someone needs.

(Letter from the President, continued from page 1)
committee. The first is to be more proactive and empower committee members to spread the many resources throughout parishes within their respective metropolises. These resources can be found on the Archdiocese website. I urge you to visit the website daily (www.goarch.org) and utilize these resources.

The second goal is to locate members in parishes who are professional marriage and family therapists to conduct workshops on family and marriage. Please let me know if you have someone in your parish that fits this description. An earlier goal of this committee has almost come to completion with Fr. Charles Joannides's work on a premarital education program. A metropolis regional family retreat is also in the planning stages, and, if successful, will be implemented in all the metropolises.

The NSP Board had the pleasure of meeting in Pittsburgh, PA, in October. Presvytera Becky and Fr. John Touloumes hosted the presbyteres with outstanding hospitality. The meetings were very successful, as the board plans to move the Sisterhood forward. As always, any suggestions, ideas or comments regarding the Sisterhood are always appreciated.

In November, I represented the Sisterhood at an Arch-on Dinner, the Archdiocesan Presbyters Council (APC) meeting, and the Archdiocese Benefits Committee meeting, all in New York. I would like to thank Presvytera Cynthia and Fr. Nick Anctil for hosting the APC in New York with a delightful dinner in their home.

At this time, I would like to ask that you keep the Sisterhood and all Sisters in your prayers. As we anticipate the glorious birth of Jesus Christ, I pray that you and your families are blessed with an abundance of happiness and good health!

Your Sister in Christ,
Alice



My dear Sisters in Christ,

I wish to thank each and every one of you for the beautiful diamond heart which was presented to me during Clergy-Laity. I wear it proudly and think of each of you.

Words will never be able to express what I feel in my heart. My four years as president of the National Sisterhood of Presbyteres were without a doubt some of the most rewarding years of my life. I feel that the NSP has come so far and will continue to do so under the guidance of Alice Noplos and the NSP Board members.

As the work of our Sisterhood continues I humbly ask that you continue to keep me in your prayers.

With love in Christ,
Cynthia

Metropolis of Boston

Greetings from the Metropolis of Boston Sisterhood! During the summer, multiple church festivals brought us together within the Metropolis. We were also able to celebrate together with His Eminence the blessing of the waters, during the camp reunion at the beautiful St. Methodios Faith and Heritage Retreat Center in Contoocook, NH. This was an opportunity for many of our presvyteres to have fellowship together with each other and clergy and lay families, and many assisted in the preparation of the day. Sadly, there was also the loss of Fr. Charles Mihos, which brought us together to attend his funeral, presided over by His Eminence Metropolitan Methodios and 18 brother clergy on Wednesday, September 15, 2010. May his memory be eternal.

On a brighter note, we are happy for Presvytera Gloria and Fr. Demetri Costarakis as they welcome Anthony Thomas who was born on August 4, joining big brother Peter. Presvytera Cynthia and Fr. Dean Paleologos also welcomed a new grandson, Panagiotis (Peter) Logan Paleologos who was born on August 28, 2010. This is also another great-grandchild for our sweet Presvytera Theodora Paleologos. Congratulations to all! We wish to welcome Presvytera Poppy and Fr. Robert Archon and give well wishes to Presvytera Mary and Fr. Angelo Pappas, who will be very missed!



We welcomed our seminarian families at Holy Cross and hosted a welcome breakfast for them during their family marriage retreat in September.



It was exciting to meet our new families, and, with mixed emotions (excited and sad), we started to prepare to say goodbye to some of our seminarian wives as they prepare for their husbands' final school year and the blessings that lie ahead.



We had our Fall Get-together / Retreat on November 6, hosted by Ss. Constantine and Helen in Andover, MA, with Presvytera Katerina Sitaras Makiej and a discussion led by Fr. Chris Makiej, "Seven Miles to Jesus."



Following opening with a prayer and singing the apolytikion of Ss. Mary and Martha, we had a wonderful meeting, fellowship, potluck, and a fun time with a game called, "what every 'good' presvytera should have in her purse," complete with prizes. Big winners were Presvyteres Cynthia Paleologos, Faye Stylianopoulos, Katerina Sitaras Makiej, and Diakonissa Kristi Fadel.

ina Makiej, and Diakonissa Kristi Fadel.



We are excited that we have more opportunities to be together ahead at our Clergy Family Retreat in December and a Mommy Night Out in February, before our Lenten Retreat. At our upcoming retreat we hope to include a memorial for our our clergy and presvyteres who have passed away. We have two exciting projects ahead. The first is collecting biographies, aimed at preserving the legacy and richness of experiences of our presvyteres and to acknowledge and express gratitude to our senior presvyteres. The second is a fun collection of recipes and our very own cookbook, led by Presvytera Eleni Christakas.

—Eleni Klostri

Who are the Sisters of the Metropolis of Boston?

Sisters by status:

Married presvyteres	61
Retired presvyteres	15
Widowed presvyteres	21
Married diakonisses	6
<u>Other sisters</u>	<u>3</u>
Total	106

Direct Archdiocesan District

The sisterhood in New York has not had any special meeting so far; however, we can report that just last week New Rochelle hosted the Archdiocesan Presbyters Council meeting at Holy Trinity, and the clergy brothers came to the Ancytils' home for a lovely dinner and fellowship. Thanks to Presvytera Xanthi Karloutsos and Fr. Alex, the Clergy Family Christmas Dinner

will be held at the Terrace on the Park in Flushing on Wednesday, December 29. We will be graciously hosted by Demetrios Kaloidis. It was a pleasure to be in attendance at the nameday event for His Eminence Demetrios at the Holy Trinity Cathedral. He was so gracious in thanking the presvyteres from the District for the floral arrangement and the National Sisterhood for their nameday gift. The District presvyteres will soon be planning their Lenten Retreat/Gathering. We wish you all a most wonderful and blessed Christmas. —*Cynthia Ancil*

<i>Who are the Sisters of the Direct Archdiocesan District?</i>	
Sisters by status:	
Married presvyteres	58
Retired presvyteres	15
Widowed presvyteres	16
Married diakonisses	9
<u>Other sisters</u>	<u>6</u>
Total	104

Metropolis of San Francisco

San Francisco Metropolis Sisterhood of Presvyteres Retreat will be January 21-23, 2011, at St. Nicholas Ranch in Dunlap, CA. The Retreat Master will be Fr. Meletios Webber, Abbot of the Monastery of St. John of Shanghai and San Francisco in Manton, CA. All interested presvyteres anywhere are invited to attend; for more information, please contact Presvytera Valerie Kouldukis at (425) 483-8295 or valtkouldukis@yahoo.com.

The Metropolis of San Francisco welcomes Fr. Jordan and Presvytera Marika Brown from the Metropolis of Denver at their new assignment at Holy Trinity in Portland, OR. Fr. Michael and Presvytera Elizabeth Tervo have been reassigned from Oakland, CA, to St. Sophia in Bellingham, WA.

The new babies of the Metropolis in-

clude Nicholas Majmudar, son of Fr. Seraphimand Presvytera Sophie of St. Nicholas in Tacoma, WA, and Yianni Prevas, son of Fr. Michael and Presvytera Matia of the Church of the Resurrection in Castro Valley, CA. May they have many years!

—*Valerie Kouldukis*

<i>Who are the sisters of the Metropolis of San Francisco?</i>	
Sisters by status:	
Married presvyteres	68
Retired presvyteres	19
Widowed presvyteres	16
Married diakonisses	14
<u>Other sisters</u>	<u>3</u>
Total	120

Widowed Presvyteres

As the representative for the Widowed Presvyteres, I am interested in hearing from my sister presvyteres. Please contact Presvytera Anne Macris by mail: 43 Toddy Ave., Staten Island, NY 10314; telephone: (718) 761-5919; or e-mail: AnneMGrk@aol.com. I would love to hear from you. If there are any questions or needs I can assist you with, please contact me.

I am planning to send a Thanksgiving greeting to the widows, and also a Christmas greeting. —*Anne Macris*

Retired Presvyteres

With all the activity and excitement at Clergy-Laity this past July, things have settled into a dull roar. Not much activity on the West Coast except, no jobs, no money, a new governor, and we start anew. Same old, same old, but we must look forward; Advent just started and we think positively. Wishing you all a very Happy Thanksgiving. May the anxiously awaited birth of our Lord and Savior Jesus Christ bless each one of us and our families.

—*Eleutheria Dogias*

Who are the sisters of the NSP?

As of November 13, 2010, we have 861 sisters on our list!

Sisters by Metropolitan area:

Metropolis of Atlanta	136
Metropolis of San Francisco	120
Metropolis of Boston	106
Direct Archdiocesan District	104
Metropolis of Chicago	101
Metropolis of Pittsburgh	79
Metropolis of New Jersey	78
Metropolis of Denver	70
Metropolis of Detroit	67

Sisters by status:

Married presvyteres	514
Retired sisters	145
Widowed sisters	125
Married diakonisses	51
Other sisters	26

Prez to Prez

"Prez to Prez" was created to encourage and support presvyteres of the Holy Orthodox Church in faith, in love, and in relationships with their husbands and families. Feel free to write with your comments or ideas.

Please check the webpage for archives and more information:

<http://nsp.goarch.org/prez2prez.html>

This ministry is supported by the efforts of Stacey Dorrance, Donna Pappas, Candace Scheffe, Pat Tsagalakis, and Eleni Tsigas.

The Listening Connection

Seasonal Reminder!

Don't forget that your Sisters are here for you during this holiday season!



Anthe Athas.....	802-865-4416
Anne Pappalas.....	610-779-7356
Katherine Prassas.....	678-402-6307

Please check the webpage for times of availability and more information:

<http://nsp.goarch.org/tlc.html>

—*Shyla Hadzellis*

7th Biennial NSP Retreat

The upcoming biennial retreat for the National Sisterhood of Presvyteres will take place the weekend of October 7-10, 2011. The Metropolis of Detroit will host the retreat, with an organizing committee of Anastasia Cassis, Jennifer Legakis, Sinziana Streza, and Harriet Wilson. They have arranged for accommodations at the Wooded Glen Conference and Retreat Center in Henryville, IN, near Louisville, KY. Wooded Glen Retreat and Conference Center is located on 567 scenic acres and offers a peaceful place to plan, regroup, or relax.

The speaker will be Presvytera Kerry Pappas. She holds three college degrees and is a licensed marriage and family therapist with a small private practice in New York. At St. Vladimir's Seminary, she coordinated the wives' program and was the in-house therapist for married couples from 2007 to 2010. From 1998, she has acted as a facilitator and trainer for the PREPARE/ENRICH program which is used for premarital counseling, marriage preparation, marriage counseling, and marriage enrichment. Presvytera Kerry has a passion for pre-marital preparation and working with seminarian couples. In all the parishes in which she has served, since 1985, she has led groups including Bible studies, women's groups, and book clubs.

Your Sisters in Christ ask that you check your calendar, your budget, your childcare plans, and especially your heart, and prepare to participate in this wonderful opportunity to share an interlude of refreshing time together.

<http://nsp.goarch.org/retreat.html>
<http://www.woodedglen.com>



APC/NSP Benevolent Fund



A little history: the APC and NSP combined the monies in their separate benevolent funds in 1996, creating the APC/NSP Benevolent Fund. The purpose of this benevolent fund is to offer assistance to clergy families during a family crisis, medical emergency, and/or extreme financial need.

The Benevolent Fund is supported by the National Philoptochos (\$35,000 this year alone), local Philoptochos chapters, Memorial Donations from the NSP upon the death of a priest or presvytera, donations following our annual Gifts of Love Appeal in February, and other miscellaneous Gifts of Love. Thank you to everyone.

We also have two funds dedicated to widowed presvyteres: the Gregory Paleologos Fund and the Presvytera Stella Constantelos Memorial Fund. Widowed presvyteres can also request assistance from the APC/NSP Benevolent Fund and the RCA Benevolent Fund.

The Administrators of the Benevolent Fund (the presidents and vice presidents of the APC and NSP) are empowered to disburse up to the maximum of \$5,000.00 per case. As of November 8, 2010, we have provided assistance through 34 disbursements totaling \$31,166.58.

If you, or a clergy family you know, needs assistance, please contact Presvytera Alice Noplos (410-817-9651 or anoplos@comast.net) or me (703-239-2627 or SISinICXC@msn.com). All requests and disbursements are kept in strictest confidence.

Have a wonderful Thanksgiving and remember to thank God for all our blessings, great and small.

—submitted by Pauline Pavlakos,
Coordinator

Presvytera Stella Constantelos Memorial Fund

This fund was established in July 2010 by Fr. Demetrios, Christine, John, Eleni, and Maria Constantelos in memory of their beloved wife and mother, Presvytera Stella Constantelos, to assist widowed presvyteres who are in financial need. The initial grant and any additional monies collected for this fund are to be used to provide emergency aid up to \$1,000 per gift to widowed presvyteres in financial need.

Gregory Paleologos Memorial Fund

This fund was established in July 2004 in memory of Gregory Paleologos. Gregory was the son of Fr. Nicholas of blessed memory and Presvytera Theodora, and brother of Fr. Dean and Philip Paleologos and Neia Rhodes. He worked diligently for the Church and all people as he was a dedicated social worker. Gregory requested that memorial gifts in his name be used to help widowed presvyteres who are in financial need. He saw this as a way to provide some emergency assistance to these widows who have given so much of their lives to the Church and the community. The monies donated to this fund are to be used to provide emergency aid up to \$1,000 per gift to widowed presvyteres in financial need. By capping the gifts at \$1,000, the fund will be able to aid more widowed presvyteres for a longer period of time.

Donations to either of these funds can be sent to:

Presvytera Pauline Pavlakos
6315 Wilmington Drive
Burke, VA 22015

Please make checks payable to APC/NSP Benevolent Fund, and put the designated memorial fund in the memo section. We thank these families for remembering our widowed presvyteres through their loved ones. May their memories be eternal!

NSP Current Stewards

Received as of 11/15/10

PAID THROUGH 2010

Evelyn Adams
Eleni Alexopoulos
Margarite Alfonso
Georgia Alikakos
Maritsa Andrews
Magda Andronache
Merilynn Andruchow
Nikie Artemas
Anthe Athas
Sophia Athas
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Lisa Avramis
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Ode One

Christ is born; therefore, glorify! Christ is come from heaven; encounter Him! Christ is on earth; arise to Him! Sing to the Lord all you who dwell on the earth and in merry spirits, O you peoples, praise His birth, for He is glorified.

Ode Three

To the Son begotten without flux of the Father before the ages, and who was lately made incarnate of the Virgin without seed to Christ God now let us cry aloud, "You have exalted the horn of our strength, only You are holy, O Lord."

The Katavasias of Christmas

translated by

Fr. Seraphim Dedes

<http://www.ematins.org>

Ode Four

Jesse's root produced a branch, O Christ, and You, its flower, blossomed forth from the Virgin who by Habbakuk prophetically once was called, 'over-shadowed dense mountain.' From her who knew not man You came incarnate, the immaterial God. Glory to Your power, O Lord.

Ode Five

God of peace and Father of mercies, Your Son You have sent unto us as Your messenger, the Angel of Great Counsel who is granting us Your peace. Therefore, having been guided to the light of godly knowledge, waking from the night to dawn we sing Your glory, O Lover of man.

Ode Six

Such as it received Jonah as an embryo, the sea beast disgorged him from its bowels intact. With the Virgin, though, when the Logos had dwelt in her taking on flesh, He came forth from her preserving her yet incorrupt. For from her no fluxion suffered He, and He kept her unaltered in childbirth.

Ode Seven

The children nurtured piously together, with contempt regarding the impious king's decree, intrepidly faced the threat of holocaust, and while standing in the midst of flames they chanted thus, saying: O God of the fathers, You are blessed.

Ode Eight

Babylon's bedewing furnace bore the image of an extraordinary wonder. For it did not burn the youths it accepted, nor did the fire of Divinity consume the Virgin's womb wherein it went. So let us melodiously chant in praise: Let all creation bless and extol the Lord, and let it exalt Him supremely to the ages.

Ode Nine

O my soul, magnify her who is greater in honor and in glory than the armies of heaven. I see here a strange and paradoxical mystery. For, behold, the grotto is heaven; cherubic throne is the Virgin; the manger a grand space in which Christ our God the uncontainable reclined as a babe; Whom in extolling do we magnify.

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