



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

The National Sisterhood of Presvyteres

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Spring 2013

*From His Eminence
Archbishop Demetrios of America*

Dear Presvyteres of Our Archdiocese,

During this great and holy period of Lent, I offer you my heartfelt best wishes for a faith filled and spiritually purifying journey to the saving Passion of Christ and His glorious Resurrection.

This time of preparation for the Feast of Feasts is a gift from the Lord and a revered opportunity to reflect on the munificence of God. It is this extraordinary and exemplary benevolence that is referred to by Saint Cyril of Jerusalem as the supreme paradox of Pascha. The Father of the Church writes, *O strange and inconceivable thing!...Christ was actually crucified, and actually buried, and truly rose again; and all these things He has freely bestowed upon us, that we, sharing His sufferings by imitation, might gain salvation in reality.* (Saint Cyril of Jerusalem Catechetical Lecture 20).

Your gratitude for this immeasurable gift of divine love and life in Christ finds expression in your supporting role as Presvyteres, and all that you do as faith filled Orthodox Christians. I thank you for this witness through which God's name may be glorified and I pray that the saving message of the Paschal Mystery be forever inscribed in your hearts and guide you to a renewed and inspired life of service to Christ, His Church, and ministries.

With my heartfelt appreciation for your dedicated service to the Church and my best wishes for a blessed Pascha with family and loved ones, I remain

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,

Xristos Anesti! Alithos Anesti!

With the resurrection of Our Lord and Savior Jesus Christ, comes a rebirth for us all. Every year Pascha brings us a spiritual awareness like no other. The emotions of Holy Week fill me like a child experiencing the Passion for the first time. The wonder and love that evolves from this sacred time in history is a true testament to the love that Jesus Christ has for us. As we settle back into the routine of our lives, with the hustle and bustle of children's activities, the sacramental schedule increasing in our parishes and the holy fast behind us, I ask that you save time in your daily activities to pray and to remember the emotions you felt that led up to His glorious resurrection.

With that being said, the NSP is also gearing up again, with our 8th biennial retreat in October. The retreat committee has been hard at work to ensure a retreat that will be long remembered. Please make it a point to join us as we discuss "...Seasons of a Presvytera". Presvytera Anthas will lead us in discussion on the various seasons that we experience as a Presvytera. There is something for everyone to learn, not to mention the awesome fellowship and fun that are planned as well. You will find a registration form in this newsletter. Please take time out today to complete and return it. This is the one time you should put yourself first. As I've said over and over, your family and parish will appreciate a refreshed and revived Presvytera when you return. Everyone wins!

Looking ahead, the NSP board is also busy planning for Clergy Laity next summer. Most people don't realize the planning that goes into Clergy Laity, and the NSP part of scheduling our meetings, workshops, family gathering, etc.

(continued on page 3)

Greek Orthodox Archdiocese of America National Sisterhood of Presvyteres

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(President's letter continued from page 1)

We are always looking for sisters to help in any way. If you would like to be part of this huge undertaking, and would like to share your time and talents, please contact me.

I pray that you have a relaxing summer and look forward to seeing many of you at Saint Methodios Faith and Heritage Center in Contoocook, NH in October. With much love and respect...

Your Sister in Christ,

~Alice



***Metropolis of Atlanta
by Vassi Haros***

The Presvyteres of the Atlanta Metropolis are looking forward to meeting once again during our Metropolis Clergy Laity. This summer we will be gathering in Boca Raton, FL. We are planning a small group discussion and a few field trips as we explore the beautiful beaches and shops. We are looking forward to spending fellowship and fun with our children while our husbands get their work done. Saturday morning, we are all invited to a Clergy Family Breakfast with His Eminence, Metropolitan Alexios. You can contact Atlanta Sisterhood President, Vassi Haros at vmharos@vscardbox.com or our hostess, Anastasia Leondis at leondis4@gmail.com. Your husbands have already received the registration packets. Look for us on facebook...Friend Vassi and she will add you to the facebook group.

***Metropolis of Denver
by Stella Flegas***



Christos Anesti! Christ is Risen!

Denver Metropolis Sisterhood of Presbyteres Activity

In the 2012/2013 year, the Denver Metropolis Sisterhood was pleased to offer a donation of \$500 towards the **Fr. Dimitri Demopulos Scholarship/Memorial Fund**. This fund was established at the request of Presvytera Meredith Demopulos to help Hellenic College/Holy Cross seminarians from the Denver Diocese. We were also pleased to offer His Eminence Metropolitan Isaiah a \$500 contribution towards the **Iconography Project in the Denver Metropolis Center Chapel**. This spring, the National Sisterhood of Presvyteres held their spring board meeting in the Denver Metropolis. **Father Chris and Presvytera Angie Constantinides** were our gracious hosts for this meeting. Many thanks to Father Chris, Presvytera Angie, and the Holy Trinity/Dallas community for their kind hospitality!

Welcome to the Denver Metropolis!

Father John and Presvytera Adina Afendoulis, and family: Assumption Greek Orthodox Church in San Angelo, Texas

Father Alexander and Presvytera Oksana Lukashonok: All Holy Spirit in Omaha, Nebraska

Father Jason and Presvytera Tiffany Dickey and family: Saint Constantine and Helen in Cheyenne, Wyoming

Let's stay in touch! Keep me apprised of any changes in your contact information. Also, if you have any comments or suggestions for the Denver Metropolis Sisterhood of Presvyteres, please contact me at athanasl@aol.com, or call me at 303-903-8469.

***Metropolis of New Jersey
by Malama (Molly) Burdusi***

Greetings in the Lord my fellow Sisters.

Christos Anesti! May God grant each and everyone of us health and happiness in this new year. The annual Cross Dive took place in Ocean City, Maryland on Saturday January 12th. Also, the Greek Folk Dance Festival took place on the weekend of January 18 – 20, 2013 in Annapolis, Maryland. Unfortunately we did have some clergy deaths in our Metropolis. Fr. Alexander Kile passed away on Thursday, June 7, 2012. Also, Fr. Prokopios Nikas, the father of Fr. George Nikas, fell asleep in the Lord on Sunday June 10, 2012. In addition to clergy deaths there was the death of the father of two of our Metropolis priests. Mr. Lazaros Pastrokos, father to Fr. Michael (St. Nicholas Baltimore, MD) and Fr. Nick (St. George Piscataway, NJ) Pastrokos, passed away on Monday, December 24, 2012. Also, our own sister Presvytera Pauline Pavlakos lost her dear father, John C. Hayes, on October 22, 2012. I would be remiss not to mention the passing away of our own dear sister, Anne Macris. May her beautiful memory be eternal. On April 7th, Presvytera Kerry Pappas visited the Baltimore area to meet with area clergy and presvyteres to discuss clergy couple concerns. It was a lovely evening hosted by Fr. Lou and Presvytera Alice Noplos.



***SISTER TO SISTER
by Vicki Toppses***

The Sister to Sister program was developed almost 14 years ago to welcome and inform those sisters whose husbands have been newly ordained. During this time as a new Presvytera or Diakonissa, things can sometimes seem overwhelming. So, the NSP board came up with the brilliant idea of the SISTER TO SISTER ministry. On behalf of the SISTER TO SISTER ministry and as one of the original creators, I am asking for your help in being a mentor to these “newbies”. If you are interested, please contact your Metropolis Rep. or me at presvictoria@gmail.com. We know that your time is precious, but so is your experience. Please pray over this ministry and help us welcome all the new sisters of our Archdiocese.

WANTED!

Mentors for newly created Presvyteras and Diakonissas
(AKA BIG SISTERS!)

Do you remember the feeling of apprehension over this mysterious title called “Presvytera”? Does the feeling of nervousness come over you when you remember the first Sunday Liturgy at you first parish assignment? Every year there are new Presvyteres and Diakonisses, and many of them feel the same way you might have felt in this new ministry at that stage in life. We are looking for Presvyteres and Diakonisses who want to be there for those wonderful ladies and help them take their first steps in their ministry as a Clergyman’s wife. You might be thinking...“I really don’t have the time” or “I really don’t know all the answers”. Well join the club! BIG SISTERS are asked to just be there for these newbies. A periodic phone call or email to check in with them is exactly what is needed. Just to let them know they are not alone and that there are us “Sisters” out there for them. That is the whole purpose of the SISTER TO SISTER ministry. If you are interested, please contact Presvytera Vicki Toppses at presvictoria@gmail.com or your Diocesan Representative. **THANK YOU!**

Confidential Assistance Program

24 hours a day

Call: 866-641-0791

Online: guidanceresource.com

Web site ID: **RQ7847E**

Caregivers
Pick Up Your Cross and Follow Me Ministry
by Toni Poteres

CHRIST IS RISEN!

Christ said to all his disciples to “Pick up your cross and follow me.” Did you ever consider that some crosses are harder to bear than others? Hearing this message, how do we make it easier for everyone to pick up their own cross even if they physically cannot? Are we helping our brothers and sisters who may not be able to carry their cross alone? What is being done to help those who need support?

Pick Up Your Cross and Follow Me is a ministry in the Chicago Metropolis for our youth with special needs and their families. The metropolis has been blessed to have developed a program for our youth with special needs and their families to be able to feel comfortable coming into the church and not feel ashamed or that they are being judged. The goal of this ministry is to keep that inclusion feeling welcomed and keep these families coming to church. In the past there has been a separation and this is not to be tolerated. His Grace Bishop Demetrios of Mokissos along with Toni Poteres (daughter of Father Theodore and Presvytera Tulla Poteres) and Chris Avramopoulos (Metropolis Youth Director), and a committee made up of Presvyteres, special education teachers, and volunteers, have dedicated their time to see that this ministry succeeds. The ministry provides special events for the participants as well as inclusion events to get them active in other programs that are already successful in the metropolis.

Every October there is an annual day camp for all families who may have someone with needs. It is here that religious education is done in a multi-sensory learning environment. All different abilities are welcomed and encouraged to participate. In June, an inclusion program is built into the metropolis’ summer camp Fanari. The youth with needs are able to come up for the end of the week, mingle with the campers, and participate the different activities. In May, Specials Olympics are held right alongside the Metropolis’ Junior Olympic program. All athletes wear their church’s shirts, march in with their church, and truly are a part of the day events, even earning their own medals presented by His Eminence Metropolitan Iakovos of Chicago.

As this ministry is only three years old, we are continuing to grow and add on different events throughout the year. We are also looking to support our youth with needs on a regular Sunday basis. The next project is to write social stories, stories that teach proper behavior for receiving our sacraments, including Holy Communion, as well how to attend Sunday School. We look forward to seeing our program grow. These will not only be shared within the Chicago Metropolis, but for any Orthodox church who is in need of them throughout the country.

If you have any questions about the ministry please do not hesitate to contact the coordinator of the program Ms. Toni Poteres at toni.poteres@gmail.com (please in subject line write “pick up your cross”). If you know of any families that could benefit from this ministry, please encourage them to participate. It is now up to you to help spread the word, and help this ministry assist these children with lifting up their own cross and becoming one step closer to Christ.

Truly He is Risen,
Toni Poteres



National Sisterhood of Presbyteres Retreat Seasons of a Presvytera



*"To every thing there is a season
and a time to every purpose
under heaven."*



National Sisterhood of Presbyteres 8th Biennial Retreat
St. Methodios Faith and Heritage Center, Contoocook, NH
October 11 - 14, 2013



Join us in New England
for an uplifting getaway.
Together we will have a
clambake, sing, pick apples,



make crafts and create lasting memories.

Anthe Demeter Athas

Anthe Demeter Athas, Mediator, Facilitator, and Conflict Management Consultant, founded Demeter Resolutions to help people find their path more satisfying solutions that also preserve relationships for the long term. Anthe has been a college educator for over 30 years, International since 1992. She holds a Conflict Management from Woodbury member of the Association for Conflict Resolution.



A native Bostonian, Anthe has been married and has two married children and three Simmons College and has Master's and The Hartford Seminary Foundation. for individuals and families, Anthe also coaches individuals in communications skills and conflict resolution.

Anthe has been a member of Co-counseling professional certificate in Mediation and College, Montpelier, Vermont. She is a Resolutions and the New England

married to Fr. Robert Athas for 40 years grandchildren. Anthe is a graduate of Degrees from University of Connecticut Besides facilitating "difficult conversations"

Her background teaching philosophy, and in co-counseling, give her unique skills for helping individuals discover clarity for their path, and for new paths for their life. Her "Living Your Whole Life" Workshop is one of the *Process of Discovery Workshops* she offers through Demeter Resolutions.



*"To every thing there is a season
and a time to every purpose under heaven."*

8th Biennial National Sisterhood of Presbyteres Retreat

... Seasons of a Presvytera

St. Methodios Faith and Heritage Center Contoocook, NH

October 11 - 14, 2013

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

TELEPHONE: _____

EMAIL ADDRESS: _____

PARISH NAME, CITY, STATE: _____

SINGLE ROOM \$345

DOUBLE ROOM \$195

ROOMMATE REQUEST: _____

FLIGHT ARRIVAL AND DEPARTURE
INFORMATION:

ARRIVING BY CAR

Occupancy rate includes: transportation from airport, double room, private bath, meals, snacks and outings. **Include notice of dietary restrictions and all efforts to accommodate will be made.**

Completed registration form, flight information and non-refundable payment is **due by Sept. 1, 2013.** Make check payable to **NSP** and mail to:

Cynthia Paleologos
89 William Street
Worcester, MA 01603
(508) 791-1089 cpaleo@yahoo.com

Please arrive into Boston Logan Airport or Manchester, NH Airport (closer to center) prior to 4pm.



St. Methodios Faith and Heritage Center
www.boston.goarch.org/faith_heritage_center.html



NATIONAL SISTERHOOD OF PRESVYTERES

Nicole Keares

Corresponding Secretary

17811 Monterey Pine Dr.

Strongsville, OH 44136

Address Service Requested

Christ is Risen!
Truly He is Risen!

8th Biennial NSP National Retreat
Registration included in this issue!!!

October 11-14, 2013

Make your plans today to attend!