



**Saint Nicholas**  
**Greek Orthodox Church**  
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**Divine Liturgy, 9:30 a.m.**

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 Argonauts .....Lela Filias  
 G.O.Y.A.....Nina Bologna  
 Y.A.L.....Fotini Michalakis  
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# THE ECHO

Beloved Parishioners,

Life in our modern world can be so difficult at times. We all know the stresses that we face daily (the constant clatter of coronavirus concerns certainly hasn't helped). Some of those challenges are challenges that we accept or even choose because we understand them as sacrifices that we need to make to attain to a greater good, or better long-term gains or outcomes, like working long hours in a job that we might not love (or even enjoy) because we anticipate some long-term personal advantage. But more often than not, our stresses are not of our own choosing. Family conflict, personal temptations, broken relationships, malaise, despondency...these types of stresses can be very disheartening.

Weighted heavily by these involuntary burdens we might feel as if we are innocent victims, suffering the various vicissitudes of this life. It is in times like these, perhaps more than at any other time in our lives, that we feel hurt, injured, wounded.

What can we do to overcome these often-overwhelming stressors? Where is there that we can find peace?

The simplest answer is in Christ. But let us examine the question again to see why that might not only be the simplest answer but the best one.

Stressors, whether intentionally chosen or involuntarily suffered affect our health, our breathing, our body chemistry. Such stressors can affect our memory, our cognitive function, our sleep. In short, unattended to, our body's reaction to stress can lead to the ending of friendships, the breakup of families, even to our early death. So, such a human dilemma needs a medicative response, a therapeutic one, not one which is meant to relieve our suffering through pious platitudes.

To solve such a dilemma, human experience and philosophical inquiry have led us to understand that self-knowledge is one key to finding peace. Know oneself, was the ancient Greek adage. We need to understand our own mortality, our own powerlessness against so many of the things that frighten or disturb us, and also our need for true resolution of problems and especially our need for interior peace. To be human is to be known. We need to be known, to be understood.

**Continuing on page 8.**



# PARISH COUNCIL UPDATE



- ⇒ Parish Council asks that for all parishioners who are working with our youth in any capacity to please ensure the Youth Protection training is complete. This is a mandatory program by the Archdiocese.
- ⇒ The Fall General Assembly is confirmed for Nov 7.
- ⇒ Repairs of the classrooms from the storm damage earlier this year are complete.
- ⇒ A short Parish-wide survey of approximately 10-12 questions will be issued this Fall to all parishioners to get feedback and a feel for our parishioner needs.

*Dear Parishioners,*

**Due to the rising cases of coronavirus and the delta variant, and in accordance with our Metropolis COVID -19 Policies, our St Nicholas Community will require mask wearing while indoors during church and at church related events.**

## CATECHISM

**Welcome back to all our St. Nicholas Students.** We are glad to have everyone back in person for the 2021-2022 school year.

Catechism started a little later than normal due to unforeseen issues. Due to the new COVID protocol, the following is going to be our new procedure until further notice:

**All students pre-4 to 12 must wear a mask while in the facility and in their classrooms.**

**Students will go to church and sit with their parents until after the Gospel at which time Father will dismiss them to proceed to their classes.**

**NEW THIS YEAR!!!** We are going to form a youth choir. Please watch your emails for more information. We will be starting with the 10th -12th grades.

The last year has been a struggle for everyone, and we were unable to recognize our students that received award pins. We congratulate them as follows:

**First year pins:** Teadora Bennett, Violetta Bennett, Zofia Gikas-Blough, Zachary Kyriakopoulos, Peter Pappas, Pamela Wishaw.

**Second year pins:** Jack Corombos, Tommy Drosis, Andrew Glavas, Nathaniel Glavas, Chrystiana Karditsas, Tina Perakis.

**Third year pins:** Melina Hakopian, Michella Lezos, Helena Lobes, Nefeli Partali, Anastasia Spyridakis, Andy Spyridakis, Antonio Spyridakis.

**Fourth year pin:** Brennan Charboneau, James Charboneau, Yanni Kaltsounis, Luca Opris, Nolan Paul, Nicholas Perakis, Matthew Speraw, Georgina Wishaw, Maria Xydas.

**Fifth year pin:** Matthew Hakopian, Errikos Perakis, Justine Perakis, Mikos Rosati.

**Sixth year pin:** Steven Choukourian, Catherine Corombos, Mary Gioutsis, Ethan Lobes. **Seventh year pin:** Sophia Choukourian, Sebastian Feles, Orestes Kaltsounis, Sophia Xydas.

**Eighth year pin:** Nicholas Dilis, **Ninth year pin:** Peter Kardasis, **Tenth year pin:** Katerina Kaltsounis, George Perakis, **Eleventh year pin:** Paul Przeslawski, **Thirteenth year pin:** Andrew Borchardt, Max Borchardt.

**Thank you** to the following teachers for their continued service to our children:

Katherine Alioto – 5 years, Nick Kaltsounis –25 years, Michael Alioto – 30 years.

# SACRAMENTS

## Weddings

*September 18, 2021*

Max Christian Boose &  
Alexandra Olkowski

Koumbaro is Matthew Olkowski

*September 25, 2021*

Evangelos Canisz & Elizabeth Ashley  
Koumbara is Anna Maria Canisz



## Baptisms

*August 1, 2021*

Aubrey Elizabeth German

Godparents are Mary Aretakis & Peter German

*August 5, 2021*

James Joseph Hendrickson

Godparents are Michael & Eleanor E. Teodorescu

*August 7, 2021*

Alda Kasa

Godparent is Erind Gjyshja

*August 15, 2021*

Iris Panayiota Collis

Godparents are Nicholas & Cheri Vlassopoulos

*August 15, 2021*

Juliette James Johnson

Godparent is Lucas James Nicholaou

*August 15, 2021*

Panayiota Nirmin Botros

Godparent is Pres. Katerina Patitsas

*August 15, 2021*

Panayiotis Awny Monir

Godparent is Georgios Paul Patitsas

*September 26, 2021*

Hazel Vivian Hufstetler

Godparents are Thomas G. & Kara D. (Moore) Constand

## Funerals

Harry Charles Cheolas +August 17, 2021



Hello again,

This month, I simply wanted to say hello. As some of you know, my family and I took a leave-of-absence this summer and spent two months serving in the Metropolis of Ganou and Hora, located in modern-day Hoşköy, Turkey. The Metropolis of Ganou and Hora—often thought of as an “historical metropolis” since most Orthodox Christians left in the population exchange of the 1920s—is experiencing a sort of rebirth under its current bishop, His Eminence Metropolitan Amphilochios.

Our job this summer was to receive guests at the Metropolis building, which doubled as our home, and I was also tasked with serving the liturgies, vespers, paraklesis and other services of our Church. Aside from this, we were to begin establishing relationships with the local people, many of whom have roots in Greece and most of whom feel themselves to be brothers and sisters of that land. Outside of the metropolis chapel, I spent much of the summer fumbling through my Turkish dictionary and textbooks as I tried to have conversations with the locals, and I was always met with sympathetic and friendly faces. It’s clear that this land, from which saints like St. Savas of Kalymnos and St. Timothy of Prokonisos come, is a land that yearns for and remembers the light of Christ.

Presvytera Kerri, the boys and I are so excited to be back with you at St. Nicholas and look forward to sharing our stories as well as hearing your own!

**Fr. Michael Manos**

**Metropolis Chapel of Ganou and Hora**



**Metropolitan Amphilochios at Ayazma, a Turkish restaurant built on the site of a historical Orthodox church**



# G.O.Y.A

The G.O.Y.A board met over the summer and is excited about the events they have currently planned!

This year, our President is Kalli Gaggos, and our other 4 officers are: **Nina Bologna, Eleni Stavropoulos, Maria Papp, and George Perakis.** Our meetings will be on the first Sunday of every month with the next being on November 7.



During September, GOYA kick-started the year with its first meeting where the officers gave introductions and plans for the year. GOYA is so happy to be back together! On September 26, the members hosted a car wash to spend time together and raise funds for the year. On October 3, GOYA had its annual sandwich-making event at the church with the food going to those in need. It is always a great opportunity for members to grow closer through acts of charity.

We are looking forward to a busy and exciting rest of October with our Blakes Cider Mill bonding trip on October 17 and Trunk-or-Treat on October 23. If you have any questions, or if you are unable to attend a meeting, reach out to Kalli Gaggos. **(248)-915-5321**



## D.O.P

“Keep an eye out for more information about our fall activities.”

## HELPING HANDS / LOVING HEARTS

Our meals program was launched on March 19, 2021. Every 2 weeks we have been delivering an average of 20 to 25 meals. Meals are delivered on Thursday, Friday and Saturday. Each meal is made from scratch by our group of volunteers who meet at the church and cook and assemble the meals. The program has been very well received. Contact Cindy **248-217-2987** or Fr Paul if you know someone who would enjoy the program or participate in preparing or delivering.



## Y.A.L

Y.A.L had a fun time at our second Orthodoxy on Tap at Whiskey Taco Foxtrot, and a great third Night With God. We would like to thank everyone who attended and helped make these events successful! We're all looking forward to some other social and volunteer events that will coming up in the next couple months. If you or someone you know would like to join Y.A.L, email **[YAL@stnicholastroy.org](mailto:YAL@stnicholastroy.org)**!

## YOUNG FAMILIES

The Young Families Group plans to reconvene at the end of the summer/early fall. If you are a family that is expecting, or already has little ones ages 0-5 and would like to be added to our notification list, please email Lisa Takis **[lisa.takis@gmail.com](mailto:lisa.takis@gmail.com)**.

We look forward to seeing everyone again soon and Supporting each other through those early years.



## SAVE THE DATE!

The Parish Council of St. Nicholas is pleased to host AN EVENING OF LAUGHS! Join us Saturday, December 11 for a strolling dinner, fellowship and entertainment by:

The Funny Greek (**Angelo Tsarouchas**).

Ticket details to follow.



# ARGONAUTS

The Saint Nicholas Argonauts hope you are healthy and safe. We had our luncheon on Thursday, September 9 and had close to 60 in attendance. Our last gathering was in March 2020 and it was nice to see our members again in person for fellowship and a shared meal. It was additionally special to have Fr. Michael Manos share with us a slide presentation of his recent trip to the Metropolis of Ganou and Hora, located in modern-day Hoşk y, Turkey and his visit with His Eminence Metropolitan Amphilochios. The presentation was very informative and enlightening and we thank Fr. Michael for his time with us considering he had just arrived back home to Michigan a few days prior to the luncheon.

We plan to resume our luncheons on the second Thursday of the month and adhering to the COVID-19 protocols and restriction directed by the parish guidelines. Please refer and watch our weekly church bulletin for updates.

We welcome you to join the Argonauts and get to know and enjoy the company of the fellow members. Please note that our seniors often need assistance. Please contact us if you are in need or know of someone who needs our help.

God bless us all and wishing you the best.

Sincerely, The Officers of Saint Nicholas Argonauts



St. Nicholas Greek Orthodox Church **Stewardship Report Out**  
End of August 2021



## EASY MEDITERRANEAN

### BAKED FETA

- ⇒ 8 ounce feta cheese block
- ⇒ ½ cup cherry tomatoes, halved
- ⇒ ½ cup pitted kalamata olives, halved
- ⇒ ½ cup pitted castelvetro olives, halved
- ⇒ ¼ cup extra virgin olive oil
- ⇒ 1 clove garlic, minced
- ⇒ 1 tablespoon fresh oregano, roughly minced (or 1 teaspoon dried)
- ⇒ 1 tablespoon fresh rosemary, roughly minced (or 1 teaspoon dried)
- ⇒ 1 tablespoon fresh basil, roughly minced (or 1 teaspoon dried)



### INSTRUCTIONS

Preheat oven to 350°F. Grease or butter a small baking dish (another option au gratin pan).

Place feta cheese block in the prepared dish. Surround with cherry tomatoes and olives. Drizzle with olive oil and sprinkle with fresh herbs.

Bake for 20 minutes. Broil for 1-2 minutes, until cheese is browned on top. Remove from heat.

Garnish with any leftover fresh herbs and serve immediately.

**Enjoy! Kali Orexi!**

GREEK KITCHEN

**ST NICHOLAS GREEK ORTHODOX CHURCH**



**CHOPS AND CIGARS**

Thursday, October 14th from 6:00 pm to 10:00 pm

St Nicholas Greek Orthodox Church  
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Tickets for the event are: \$100.00 per person  
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All proceeds go to  
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General Fund to assist with the expenses of  
operating our Church as a result of COVID-19

Register online please at:  
<https://www.stnicholastroy.org>

For questions, please contact:  
Guss Pappas at (248) 245-2747 or  
Email: [MensGroup@StNicholasTroy.org](mailto:MensGroup@StNicholasTroy.org)



**COVID-19 Update from  
St. Nicholas**

In accordance with our Metropolis  
COVID-19 Policies, our St Nicholas  
Community requires mask wearing while  
indoors during church and at church  
related events.

Our health committee will re-evaluate this  
policy in early October and provide  
guidance.



A celebration of  
70 years of memories at MDSC

6:30 pm on  
Saturday, May 21<sup>st</sup>, 2022

St. Nicholas Banquet Hall  
760 Wattles Rd., Troy, MI

For tickets and more information:  
<https://gomdsc.org/70th-anniversary/>



**St. Nicholas  
Book Club**



**Athanasius:**  
*The Life of Antony  
and the Letter to  
Marcellinus*  
is available  
in the  
bookstore

Various opportunities to join:

Mondays, 11:00a.m. with  
Father Paul at St. Nicholas  
OR

Tuesdays, 8:00p.m. with Perry and  
Marie Kardasis on Zoom

OR

Thursdays, 7:00p.m. with  
Dr. Spiros Xydias  
on Zoom

**All Are Welcome!**  
*Come share your thoughts  
and reflections on Orthodox  
literary works in good  
fellowship.*

**We look forward to your  
participation!**

All Groups Follow the Same Reading Schedule.

Join when and where you can.

Week of 10/4 - Forward/Preface

Week of 10/25 - Page 53-73

Week of 10/11 - Introduction

Week of 11/1 - Page 73-99

Week of 10/18 - Page 29-53

Week of 11/8 - Page 101-129

To join a group or For more information: [bookclub@stnicholastroy.org](mailto:bookclub@stnicholastroy.org)

Now, as we plumb this depth of our human pain, we come closer to understanding why indeed Christ is the only answer when it comes to the true health of our soul and even our physical body. Christ is the One who KNOWS US. He is not deceived by the masks that we wear. He is not distracted by our bluster or our self-promotion. His knowledge of us is not clouded by some false idealism. It is exactly that HUMAN TRUTH that makes His penetrating gaze so salvific. In His presence we can be nothing more and nothing less than who we truly are.

At first, this can be frightening for us, especially to those of us who have learned to cover ourselves in the theatre masks of politeness, social graces, and safe speech. (It may be odd to think of, but some of the saints of our church were even irritating to be around! Sanctity doesn't often align with safe speech and social graces.) But, over time and through experience we learn that the honest assessment of ourselves is the only one that matters. It is this real person, who sometimes hides within us, whom God loves—with all of our weaknesses and failings! This is perfect love!

This love is what the Church is capable of offering to those who suffer. It is why we call Christ, in our prayers, the true, even ONLY, physician of our souls and bodies. God's unconditional love is the love that heals long festering wounds. And it is because we offer the perfect love of Christ for ALL WHO SUFFER that the Church is often called a hospital. It is the place where true and healing medicine is offered to the HUMAN HEART.

Beloved Parishioners, please learn to trust this healing. It is for you. We are all in need of this perfect healing love. We can find it here in Christ and in His body the Church.

Wishing you every blessing from above, and with abundant respect, I remain,

Yours in Him,

+Fr. Paul Patitsas

## ASK FATHER

**Q: What are those black prayer ropes, and how do we use them?**

**A:** These ropes are called "**komboskoinia**," which means, quite literally, "a rope of knots." The name is in fact as simple as the concept. In the Orthodox Church, we understand our body is important, and so we use many tools (incense, chanting, iconography) to engage the senses in our prayer. The **komboskoini** is yet another physical tool used for spiritual means; specifically, the **komboskoini** is an aid in helping us fulfill St. Paul's exhortation to "pray unceasingly." Most usually made up of 33, 50, 100 or even 300 small knots, the **komboskoini** helps us stay anchored as we recite short and repetitive prayers, such as "Lord Jesus Christ Have Mercy On Me," or "Glory to You, our God, Glory to You." With every repetition of the prayer, the Christian moves to the next knot on the rope, gluing their fingers to the knot just as they try to glue their mind and hearts to the words they are saying. With time, the **komboskoini** comes to feel like a walking stick with which we stay in constant remembrance of God. It becomes a phone we pick up when we need God, a life raft when we feel like we're drowning, a weapon against the demons, and an instrument that we play when our heart wants to sing God's glory.

If you have any questions for Fr. Paul please e-mail the office at:  
[office@stnicholastroy.org](mailto:office@stnicholastroy.org)

*Questions must be submitted by the 10th of every month!*



# ARGONAUTS LUNCHEON



## CHOIR

### *Calling All Singers!*

Please join us as we sing our praises to Him!

The Saint Nicholas Choir is looking for new members of all ages and experience levels.

All are welcome to join us at rehearsals.

**Rehearsals are held on Friday evenings from 7:00 p.m. to 8:30 p.m. in the community room.**

*We hope to see you all there!*

## BOOKSTORE

To reserve a cross pendant or a copy of the book or for other book or icon inquiries please contact Maria Kokkinakis at 248-362-9575 or by Email at [bookstore@stnicholastro.org](mailto:bookstore@stnicholastro.org)



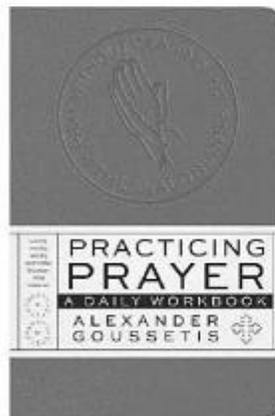
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### Practicing Prayer: A Daily Workbook by Alexander Goussetis

Developing a habit of prayer is crucial to the Christian life, but many people find the process confusing and intimidating. In this 28-day workbook, Fr. Alexander Goussetis breaks the process down into accessible steps. With each day's exercise, you will practice and journal about a new aspect of prayer, gradually incorporating each one into a sustainable daily prayer rule that is customized for you. Paper back: 112 pages, 5.5" X 8.8" **\$13.00**

**About the Author:** Rev. Dr. Alexander Goussetis serves as director of the Center for Family Care of the Greek Orthodox Archdiocese. He is a graduate of Drexel University, Holy Cross Greek Orthodox School of Theology (M.Div.), and Andover-Newton Theological School (D.Min. in Psychology and Pastoral Counseling).

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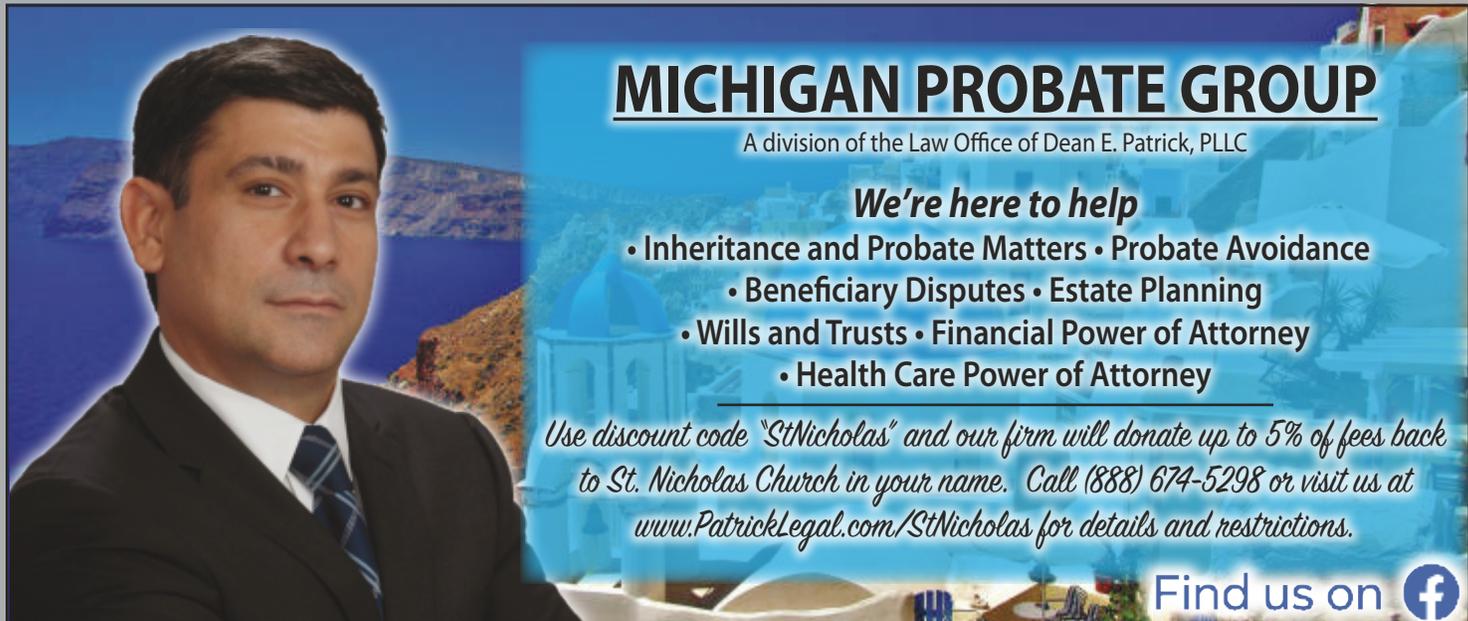
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