



Greek Orthodox Archdiocese of America
National Sisterhood of Presvyteres
SPRING 2015 Newsletter



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

OFFICE OF THE ARCHBISHOP

Beloved Presvyteres of our Greek Orthodox Archdiocese,

Χριστός Ανέστη! Christ is Risen!

In the radiant light of the Resurrection, I greet you with the ancient salutation and affirmation of faith that has echoed in a multitude of languages through the centuries in candlelight glistening churches around the globe. It is a message that transcends the confines of geographic boundaries, that liberates us from the limitations of human existence, and restores in us the living and loving and eternal presence of God.

The observance of *Pascha* is a joyful commemoration of the victory of Christ, but it is also our witness to the world of the power of the Resurrection to transform lives and to save souls. As Presvyteres of the Greek Orthodox Archdiocese who are immersed in the beauty of the Orthodox faith and live the liturgical life of the Church, may you raise high your voices and your candles so that the glory of the Resurrection may radiate from the Church, from each of the parishes, and from your hearts. With this witness of faith and truth, you offer to the world the fulfillment you find in Him and the hope of an eternity in His presence filled with absolute freedom, ineffable joy, and abundant life.

With my best wishes for a truly festive and blessed *Pascha* with your families, I remain,

With love and esteem in Christ,
The Crucified and Risen Lord,

Archbishop Demetrios of America
+ DEMETRIOS

Archbishop of America



MESSAGE FROM OUR PRESIDENT

Dearest Sisters in Christ, **CHRISTOS ANESTI!**

Every year we go on a spiritual journey through Great Lent, preparing for the glorious celebration of Pascha. How many of us are preparing for a secure financial future? Please read on for some important information.

As NSP president, I am on the Archdiocesan Benefits Committee (ABC). You should have received a newsletter prepared by the chairman of that committee, my husband, Fr. Costas Pavlakos, back in January. I would like to highlight some points in that newsletter and encourage you to visit

<http://nsp.goarch.org/assets/files/ABC/0115Newsletter.pdf>

(under the "Resources and Links" tab on our NSP website) to get more detailed information. I strongly encourage every wife to encourage her husband to join the Archdiocese Pension Plan if he hasn't already done so—the sooner, the better. Remember the old adage, "Pay yourself first?" *Please* do that. If you do not pay into the plan, you will not receive the benefits mentioned below.

1. Life Insurance (two times pensionable wages, maximum \$150,000).
2. Long-Term Disability Insurance (60% of pensionable wages, up to \$5,000 per month).
3. Accidental Death and Dismemberment Insurance (flat \$200,000).
4. Business Travel Accident Insurance (five times pensionable wages up to \$300,000).

Your husband's pension is based on his verified annual statement which he mails to the ABC office. The total number of participants as of September 30, 2014 was 993: 594 active, 352 receiving benefits, 47 are not active but have vested benefits (they have been members for at least 5 years). The average pension is \$16,400. Those with longer service and contributing the maximum 5% may earn more. It is in everyone's best financial interests to 1) participate in the Pension Plan, 2) participate in Social Security, 3) own a separate 403(b) plan, and 4) own additional assets, such as real estate, stocks, a savings account, etc. It is never too early to start saving and no amount is too little.

(continued on page 3)

9th Biennial National Sisterhood of Presvyteres Retreat



Thriving in Ministry as Presvyteres
October 9-12, 2015

Guest Speaker: Dr. Philip Mamalakis
Camp Allen – Navasota, Texas (Houston Area)
www.campallen.org



Occupancy rates per person: Double \$200 | Single \$300 (early bird rates)
Rates after June 26 early bird registration deadline: Double \$225 | Single \$325

FINAL REGISTRATION DEADLINE: AUGUST 1

Make checks payable to N.S.P. and mail to:

Presvytera Renee Lambakis – 9311 Silver Lake St, Houston, TX 77025

Transportation will be provided at no charge from Bush (IAH) and Hobby (HOU) Airports.

One bus will leave from each airport at 3pm.

Please make your travel arrangements accordingly.

REGISTRATION FORM

NAME:

ADDRESS:

PHONE:

EMAIL:

PARISH NAME, CITY, STATE:

SINGLE OR DOUBLE:

ROOMMATE REQUEST:

ARRIVE BY CAR OR AIR:

FLIGHT ARRIVAL INFORMATION:

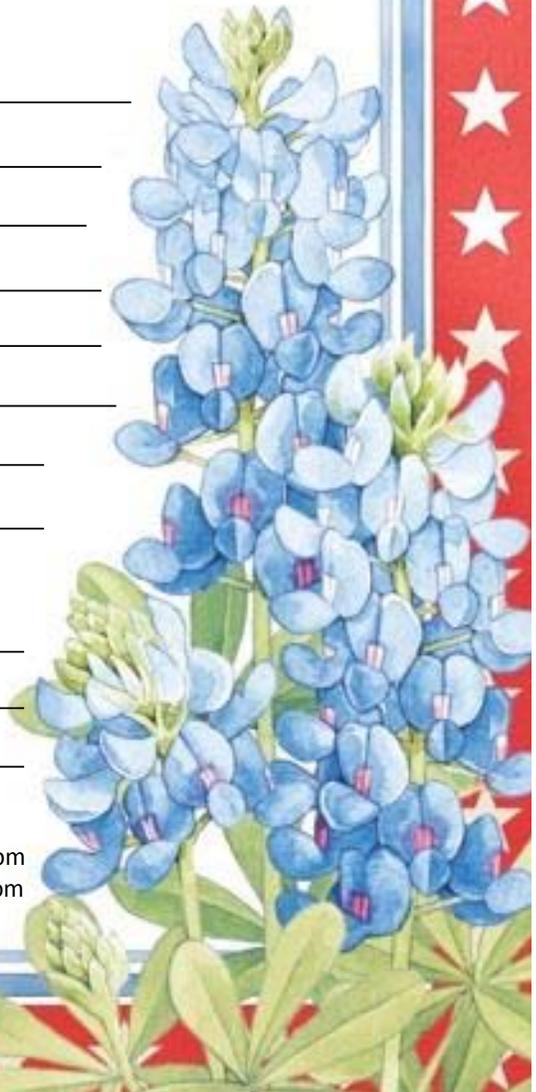
FLIGHT DEPARTURE INFORMATION:

AMOUNT ENCLOSED:

MEAL RESTRICTIONS:

CONTACT INFORMATION:

Presvytera Renee Lambakis – rlambakis@gmail.com
Presvytera Annabelle Xanthos – annabelledragas@gmail.com



President's letter (continued from page 1)

If you have any questions or concerns about our Archdiocese Benefits, have your husband contact his Metropolis representative. If you want to contact me, I will share what I know. I will attend the next ABC meeting in New York at the end of April and will share any new information with you.

Please remember that our 2015 9th Biennial NSP Retreat will be held October 9-12 at Camp Allen in Navasota, Texas. Renee Lambakis, our retreat chairman, and her committee are working on a wonderful weekend for us. Dr. Philip Mamalakis is our retreat master and the theme is *Thriving in Ministry as Presbyteres*. Dr. Mamalakis will incorporate the active, retired, and widowed presbyteres and diakonisses into the retreat. So, there will definitely be something for everyone! Thanks to Leadership 100 and their very generous grant for our retreat, we are able to keep the cost of the retreat way down. Early bird registration is \$200 per person for a double room and \$300 per person for a single. Please see the flyer/registration form elsewhere in this newsletter. I hope to see many of you at the retreat! I promise you'll have a great time!

Please do not hesitate to contact me at any time with any questions, concerns, and/or compliments, you may have.

Your sister in Christ, **Pauline Pavlakos**

For Your Information...

CHANGES TO OUR HEALTH PLAN - OHP

www.orthodoxhealthplans.com - Fr. Michael Kontogiorgis

- **HRA** (health reimbursement arrangement) **PPO** (preferred provider organization) plan becomes effective May 1, 2015, for participants. Please note that there will be a new \$100 deductible on prescription drug coverage and then the copay amounts will take effect, starting May 1. No other change in prescription coverage will happen. The dental coverage remains unchanged.
- The **HRA PPO** (effective May 1), does not require any change in your medical providers. If a doctor, specialist or hospital is part of the Aetna PPO network, then they are part of the network coverage for the OHP **HRA PPO**. No change in present providers is necessary. Please make sure you give your new **HRA PPO** ID card to any provider you see beginning May 1st.
- Another change is that when you visit any provider you will not pay anything at the time of service. There are no copays. The negotiated network rate will be determined by Aetna and deducted from the Health Fund. Once the Health Fund dollars are used up, then the deductible applies until it is used up. Aetna will tell your network provider how much they are to bill you in accordance with their negotiated rate agreements.
- Please keep in mind that annual physicals, wellness visits, etc., are covered at 100% and have no effect on the Health Fund. More detailed information will be coming about which services these would be. Also, keep in mind that any Health Fund dollars not spent by the end of the year will be rolled over and added to the Health Fund for next year. That new Health Fund (rolled over amount, if any, plus the \$750 for 2016) will be used to pay medical charges until it is exhausted before the deductible kicks in. The Family Health Fund for the remainder of this year (effective May 1) is \$1,500, and for 2016 it is also \$1,500, plus any rolled over amount not used in 2015. (MORE DETAILS COMING)

NSP BOARD MEMBERS AT MEETING IN CHICAGO MARCH 2015
(Photo submitted by Vasiliki Constantine)



The NSP Board has decided that for those Presbyteres for whom we have an email address, the newsletter will be sent electronically only. This decision was made to help cut the costs for postage.



Please help us stay in touch with you by keeping your email current as well as your home address with your Metropolis Representative.

The Apolytikion of Saints Martha and Mary

Since you believed in Christ with strong and ardent faith, and ever worshiped His divine and mighty deeds, you both adorned yourselves with all the splendor of sacred virtues. With your holy brother now, you are also granted to dwell with the ranks of Saints on high, O sisters of Lazarus; and with him, O wise Mary and Martha, pray for us all unto the Master.



It's interesting – life; Life as we think it's supposed to be; and, then, God's plan evolves and our lives are so much better for it! That's how I think about my life – where being a caregiver has been a great gift to me.

CAREGIVING.....

by Mary Christy

I'll never forget the moment the pediatrician said, "I believe your son has cerebral palsy." William, at that time, was fourteen months old. Father Paul had just accepted his new assignment as Proistamenos of the Annunciation Greek Orthodox Church in Memphis, TN. William and his twin sister, Gabriella, were born 2 ½ months premature. Although William was cognitively and socially fine, his gross motor skills were not at the level they should have been, and at the suggestion of a very good friend I requested an appointment with our pediatrician to evaluate William.



From that moment on, I remained strong in my faith, grateful to God for allowing my children to survive their very premature birth, when another Orthodox family had lost their premature twins at around the same time. I vowed that although William would need to receive early intervention therapies, which I credit his progress to this day, that I would not allow William to be treated differently; he would be expected to do as his sisters, with slight modifications, of course, and to achieve his maximum potential to God's glory.



So, when he wanted to play basketball, he became part of a local wheelchair basketball team, and continues to play until this day. In high school, he was awarded membership in the National Honors Society, and wore just as many honor chords as his twin sister at graduation. He has served in the altar, become a tonsured altar boy and reader, has been honored as a Godfather to two babies, and has an active social life. He is now 20 years old, majoring in English, on track to graduate in May 2017 from William Peace University, and then pursue graduate studies.

I would be remiss if I didn't say that he hasn't struggled at times, and as his caregiver and parent, my heart ached for him. William was bullied in middle school, so I home-schooled him for four years until we moved to Raleigh, NC, and he was able to attend the prestigious Needham B. Broughton High School. God has always seen fit that William has been surrounded by a select group of friends – friends that range from all ages – friends that see him for who he is, a strong, brave, intelligent young man, that I am so very proud to call my son!



NSP WEBSITE www.nsp.goarch.org

Our NSP website was created over 18 years ago.

We have one password protected page—our Email Addresses page—which has 503 email addresses listed.

Take a moment and check out the various tabs which have a wealth of information! Some things include:

- | | | |
|----------------------------------|---|--|
| ✓Our Patron Saint | ✓Food for Thought | ✓Clergy Family Corner |
| ✓NSP Board | ✓Guidelines and Procedures When a Priest Falls Asleep in the Lord | ✓Newsletter |
| ✓From Our President | ✓Memorial Page | ✓Resources (Metropolis Info, Rendering Unto Caesar, Online Store, Radio Stations, Blogs) |
| ✓APC/NSP Benevolent Fund | ✓Prez to Prez | |
| ✓Confidential Assistance Program | ✓Sister to Sister | |
| ✓Constitution | ✓Stewards | |
| ✓FAQs | | |

Reps, please remember to send information regarding your events. Everyone, please send information for the Clergy Family Corner page. Mostly, clergy family births and deaths are listed on this page, but other information (engagements, weddings, anniversaries, graduations, etc.) is always welcome.



**NSP NEWS
FROM
AROUND THE
METROPOLISES**

PITTSBURGH

by Vasiliki Constantine

We have been blessed with Metropolis wide get-togethers over recent months:

-October 31 - November 2, 2014, Metropolis Clergy Wives 2nd Annual Fall Retreat at Holy Protection Monastery in the Poconos (PA),

-December 27, 2014, Clergy-Family Christmas Party, hosted by His Eminence Metropolitan Savas in Pittsburgh, PA,

-March 3 - 5, 2015, Metropolis of Pittsburgh Clergy Family Lenten Retreat at Antiochian Village. This year's theme was "Prayer". Speakers were Fr. Joseph, abbot of St. Gregory Palamas Monastery (OH) and Gerontissa Theophano, abbess of Nativity of the Theotokos Monastery (PA).

Jesica Ellis in Mansfield, OH has created a private FaceBook page for clergy wives in the Metropolis.

Also, Zoe Denas in Campbell, OH, is heading a new project in staying connected with a Clergy Family e-Newsletter Publication to include the clergymen and PKs in addition to clergy wives.

Being planned after Pascha by Stephanie Petrides in Bethlehem, PA is a Clergy Family Retreat to Taylor, PA to venerate the Myrrh Streaming Icon of Panagia Kardiotissa.



**NSP BOARD SENDS
YOU GREETINGS!**

DETROIT *by Ginny Emroll*

Our Metropolis of Detroit presvyteres have had two recent gatherings. First, the central region held a luncheon in Cincinnati on the Feast of St. Nicholas. Second, we gathered in Dayton, Ohio for our Metropolis Clergy Family Vasilopita in January. Presvyteres and their families came from 4 different states for this activity: Michigan, Indiana, Ohio, and Kentucky. Thank you to all who travelled long distances. Also, I would like to thank Emily Bartz and Teri Mago for their help. Emily, as Treasurer, has helped with fundraising, and Teri updates our contact list, sends out birthday greetings to each presvytera, and set up a Detroit Metropolis FaceBook page. Feel free to "like" us on FaceBook!

May God continue to bless you.
Kalo Pascha!



ATLANTA *by Emily Young Carter*

Christ is Risen! Truly He is Risen!

The sisters of the Metropolis of Atlanta were able to gather informally at a few Metropolis events in the fall. Our next formal gathering will be at our Metropolis Clergy Laity which will be held June 24-26 in Columbia, SC. We are looking forward to having Kerry Pappas join us for our discussions!

We have been busy updating our mail and email contact lists and sent out a fall 2014 and spring 2015 newsletter.

We would like to welcome our newest clergy wives: Stacey Ehmer (Fr. Theodore was ordained at the Annunciation Cathedral in Atlanta – AXIOS!) and Eliana Lundberg (Fr. Paul was ordained at Holy Transfiguration in Marietta, GA – AXIOS!). Also, many years to Luke Timothy, born on 1/15/15 to Fr. Steven and Nicole Klund (Boca Raton, FL).

DIRECT ARCHDIOCESAN DISTRICT



FELLOWSHIP AT ST. NICHOLAS CHURCH
WEST BABYLON, NY
FEBRUARY 2015

Current NSP Stewards – As of March 31, 2015

2015

Evelyn Adams SF	Anthoula Katsoulis ATL	Aliki Pistikos-Anastasiou ARCH	Melanie DiStefano PITT
Elaine Alexandres SF	Rodothea Kavadas DET	Kyriakoula Pliakas DET	Goldie Doukas PITT
Eleni Alexopoulos BOS	Dianna Kazakis ARCH	Toula Poteres CHI	Ginny Emroll DET
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Vasilgia Apostolakos ARCH	Michele Kontos NJ	Catherine Poulos ARCH	Evi Kaplanis ATL
Janet Augusta BOS	Christine Kopsahilis ATL	Georgia Pourakis ARCH	Vicki Kontogiorgis ARCH
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Andrea Barakos SF	Louella Kostopoulos PITT	Jean Providakis BOS	Marilyn Magoulias ARCH
Daphne Barbas BOS	Eleni Koucos DEN	Olga Rafael NJ	Stella Mamangakis ATL
Stella Bekris SF	Valerie Kouldoukis SF	Evanthia Raptis SF	Marusia Melackrinos ARCH
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Theodora Chelpon NJ	Karen Lesko SF	Panayiota Shiepis PITT	Eleni Rogakos NJ
Maria Chelpon NJ	Despina Leventis DEN	Georgia Sitaras ARCH	Joan Simones BOS
Joanna Christofidis NJ	Voula Liacopoulos NJ	Mary Soteropoulos ARCH	Nikki Stephanopoulos ARCH
Barbara Cole SF	Suzanne Lichtenstein PITT	Sophia Spaliatsos DEN	Fotini Streett DEN
Argeroula Combisis ARCH	NormaJean Loulakis ARCH	Barbara Spero DEN	Mirela Tudora DEN
Kathryn Constantinides ATL	Nikki Lykos PITT	Poppy Stamatou ARCH	Vasiliki Tzougros CHI
Angie Constantinides DEN	Georgia Magoulias SF	Charlotte Staviski SF	Effrosini Vernikos ATL
Konstantina Dalianis CHI	Stefanie Malamis CHI	Ranae Strzelecki CHI	Faith Veronis BOS
Eleftheria Degaitis SF	Janet Mamalis DET	Faye Stylianopoulos BOS	Betty Vlahos SF
Eleni Demetri PITT	Anna Maneta BOS	Argie Talagan + DEN	Pauline Zorzos ARCH
Carol Demos ARCH	Kostoula Manousakis ATL	Catherine Tavlarides SF	
Maria Diacovasilis ARCH	Amphitrite Manuel ATL	Elizabeth Tervo SF	<u>PAID THROUGH 2017</u>
Coola Dimas DEN	Despina Massouras CHI	Athena Theodosion NJ	Maria Antokas NJ
Mary Christine Dombalis NJ	Penelope Metaxas BOS	Stephanie Thomas SF	Zafera Bartz PITT
Stacey Dorrance SF	Toni Mihalopoulos CHI	Vicki Toppses BOS	Christina Papulis CHI
Ina Dragas BOS	Jeannie Monos CHI	Toula Trifon CHI	Gigi Souritzidis NJ
Vivian Eaccarino ARCH	Felicia Mot DET	Marinda Tsahakis ATL	Elaine Stratis ATL
Elaine Economou BOS	Evangelina Moulketis NJ	Joanna Tsandikos BOS	
Kantiana Efstathiou SF	Jenny Newlin ATL	Spiridoula Tsigas ATL	<u>PAID THROUGH 2018</u>
Angela Eugenis NJ	Sylvia Nicozisin CHI	Kathleen Tsitsilianos DEN	Athena Gousios DET
Themmi Evangelatos BOS	Alice Noplos NJ	Mary Tsoulos CHI	
Diana Eynon CHI	Margaret Orfanakos NJ	Marion Turner DET	<u>OTHER</u>
Kristi Fadel BOS	Vangie Orfanakos ARCH	Alexandra Ursache ARCH	Metropolitan Savas PITT
Claire Foustoukos BOS	Cynthia Paleologos BOS	Maria Varvarelis ATL	Metropolitan Gerasimos SF
Lea Garinis ARCH	Irene Palis PITT	Pearl Veronis PITT	Dr. Tony Vrame
Maria Gavrilos PITT	Eleni Palumbis SF	Chrysi Vlahos NJ	
Stephanie Gill DEN	Stephanie Panagos BOS	Betsy Vlahos ATL	Thank all of you for your
Kathleen Guerry ATL	Amelia Pantelis ATL	Mary Wallace ATL	generosity! Every effort has
Helene Hall PITT	Katina Pantelis BOS	Harriet Wilson ATL	been made to present an
Emily Harakas ATL	Athanasia Papademetriou BOS	Celia Zaharas DEN	updated list. However, if your
Vassi Haros ATL	Chrisoula Pappademos SF	Claudia Zugrafu ARCH	name does not appear on this
Chris Heath BOS	Anne Pappalas PITT		list, or if you are in a
Sofia Hohnholt DET	Donna M. Pappas SF	<u>PAID THROUGH 2016</u>	Metropolis other than the one
Maria Hondros SF	Evangelina Pappas ATL	Joanna Alexson NJ	listed, please contact me as
Juliana Honeycutt DET	Mary Pappas ATL	Cynthia Anctil ARCH	soon as possible so that a
Alexandra Houck CHI	Kathy Pappas CHI	Patricia Artemas CHI	correction can be made.
Nancy Joanides ARCH	Donna Pappas SF	Nikie Artemas CHI	
Anastasia Jonas CHI	Vaso Paris SF	Emily Bartz DET	Respectfully submitted,
Catherine Kalariotes ATL	Eleni Paris ATL	Joan Bogdan DET	<i>Mary Christy</i>
Cassandra Kallis ARCH	Cathy Parthenakis DET	Georgia Botsis CHI	
Helen Karamanos DET	Maria Patitsas ATL	Colette Bourantas NJ	
Yianna Karathanos CHI	Eva Paul DET	Georgia Champion ATL	
Maria Karloutsos ARCH	Stephanie Petrides PITT	Eleni Christakos BOS	
Meghan Karloutsos ARCH	Cristen Petrides PITT	Mary C. Christy ATL	
Christina Kartsonis ATL	Patricia Petropoulakos ARCH	Charlotte Conjelko CHI	
	Sophia Philippas CHI	Harriet Delfos DET	



† Denotes
OF BLESSED MEMORY



Historians have the fascinating job of studying and interpreting the past. When people need more detailed, nuanced information about the past, they go to historians to get the full story. Robert Kennedy said in one of his speeches, “Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total; of all those acts will be written the history of this generation.”

We would like to contribute to the history of our National Sisterhood of Presbyteres by undertaking a few projects. One ongoing project will be collecting pictures--stories from any events in which you participate or think are important moments from your life. We will publish the pictures in our newsletter, present them at meetings at Clergy Laity, at our retreats, and online. Another project that we are starting is to seize the moment by videotaping interviews with our “experienced” presbyteres. We have so much to learn from all presbyteres. How many stories, bits of advice, happy moments, and struggles can be shared with all presbyteres by telling our stories? We will have these “stories,” available to all presbyteres on a vimeo account and, possibly, other social media. Information on this will be shared in our next newsletter and via email.

If you have a chance to seize a moment that you know will be memorable, grab it. Always think that next time may never be the same. Every single person is given choices in their lives on a day-to-day basis that will help determine the places that they are able to go in their lives. If you have a chance to seize a moment that you feel in your heart will make a memory, why not seize it?

We will need your support and collaboration on those memorable projects to make our own history. Any suggestions are most welcome!!! You can email me your suggestions, story, pictures, videos, or anything you would like to share to grosu@starkstate.edu or presvella@gmail.com.

<p>CAP <u>Confidential Assistance Program</u> <i>A Program of the Archdiocese Benefits Committee</i></p> <p>ComPsych® <i>The Guidance Resource Company®</i></p> <p>866-641-0791 <i>24 hours a day</i> <i>The single source for confidential support, expert information, and valuable resources, when you need it the most.</i></p>	<p>The Archdiocese Benefits Committee (ABC) provides this special benefit because it recognizes that personal concerns can create levels of stress and health issues that can seriously interfere with one's ability to fulfill his responsibilities to his family and calling.</p> <p><i>The ABC chose ComPsych because it is a leading independent provider of assistance programs and services in the country.</i></p> <p><i>We want to provide a full-service benefit that you and your family can easily access whenever you need it.</i></p> <p><i>Online: guidanceresources.com Website ID: RQ7847E</i></p>
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STEWARDSHIP – Did you know that your stewardship donations support the various programs, ministries, and needs of the NSP? These include, but are not limited to: Newsletter, Sister-to-Sister, and Memorial Donations. Your support is necessary and appreciated.

Please return the form below along with your donation.

NATIONAL SISTERHOOD OF PRESBYTERES STEWARDSHIP FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

METROPOLIS _____ CHECK NUMBER _____

AMOUNT \$ _____ paid through year _____

Send to:
Mary Christy
1916 Stannard Trail
Raleigh, NC 27612



Make checks payable to *National Sisterhood of Presbyteres*
nsp.goarch.org ~ Spring 2015 newsletter

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National Sisterhood of Presvyteres
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ADDRESS CORRECTION REQUESTED