



# The Light

Newsletter of the Greek Orthodox Metropolis of New Jersey Sisterhood of Presvyteres

Volume 7, Issue 3

[www.nsp.goarch.org/nj](http://www.nsp.goarch.org/nj)

September 2009

Dear Sisters in Christ,

Happy Ecclesiastical New Year!

Can you believe we are starting a new ecclesiastical year? Where does the time go?

Don't forget that the 2009 Biennial National Retreat will be held in our Metropolis, October 9-12—only six short weeks from now—in Marriottsville, Maryland. His Eminence Metropolitan Evangelos will visit on Saturday, October 10. More information regarding the retreat is on page 3 of this newsletter and the registration form is on page 4. Please note that the deadline to register is Friday, September 25. So far, we have 22 women registered, but we committed to 40. Please take a few moments and mail in your registration form *now!* Metropolitan Evangelos will send a letter, within the next few days—if it has not already been mailed, to each parish encouraging them to pay for their presvytera's registration. We need the participation of presvyteres from our Metropolis to ensure success. We are nearing "panic mode" as far as registration goes. We still need help to ensure a successful retreat, so please volunteer. This is a wonderful opportunity for our Metropolis Sisterhood to shine!

Forty (40) presvyteres have contributed thus far to our fundraising effort for the Saint Katherine medallion in the Saint John Chrysostom Chapel of the Metropolis of New Jersey Headquarters. We are nearing our goal of \$1,000. Please write a check and mail it today so that we can send our final payment to His Eminence. The list of presvyteres who have contributed thus far are on page 4 of this newsletter, as is the payment form.

Sorry to always be asking for money, but please consider making a stewardship donation to the Metropolis of New Jersey Sisterhood of Presvyteres (MNJSP). Any amount would be most appreciated. Monies collected help with the cost of this newsletter, our Metropolis retreat, and more. Again, the form is on page 4.

I will attend, on your behalf, the National Sisterhood of Presvyteres meeting on Thursday and Friday, October 8-9. If you have anything that you would like me to bring up at the meeting, please e-mail or call me by Tuesday, October 6. Following that meeting, I hope to see many of you at the retreat.

If you haven't already done so, please mark the date of our MNJSP 2010 retreat—March 13—at the Metropolis Headquarters. Dr. Maria Khoury will be our speaker and Presvytera Victoria Delviziis will be our hostess. I know we are all so very busy, but we need to give ourselves a break and some nourishment—so, join us at the 2010 meeting/retreat. You'll be glad you did.

Hoping that this new ecclesiastical year will be one full of spiritual growth, love, health, and happiness, I am,

Your sister in Christ,

*Paulina H. Pavlatou*

SISinICXC@msn.com

703-239-2627



# GREEK ORTHODOX METROPOLIS OF NEW JERSEY

## ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

September 2009

Presvytera Pauline Pavlakos, President and  
Esteemed Presvyteres of the Sisterhood of Presvyteres of the  
Greek Orthodox Metropolis of New Jersey

My Beloved Co-workers in the Lord,

It is with overflowing joy and eager anticipation that I greet all of you as we commence yet another New Ecclesiastical Year in the life of our Holy Orthodox Church, our Sisterhood of Presvyteres and our Holy Metropolis of New Jersey.

As we sojourn on the exciting road that this new beginning brings us, let us ensure that we renew our commitment to Christ's Church and as Presvyteres, to our Clergy families; to set aside pride, selfishness, doubt, and every weakness of the heart or mind that tempts us to turn away from our commitment and dedication to assisting our Clergy, who do all in their power to lead our Faithful toward the path of righteousness and the Kingdom of God.

I paternally exhort all of you to become even more active and vibrant Stewards of the Sisterhood, and more so, to remain the faithful pillars of your beloved husbands, the Priests of our Metropolis and the Church. In doing so, you imitate the life of the Apostles who remained close to Christ and assisted Him in His ministry. Furthermore, through your devotion and love for your Church and husbands' ministry, you put into action St. Paul's words, "*Love bears all things, believes all things, hopes all things, endures all things. Love never fails.*" (1 Cor. 13:7-8)

May our Gracious and Loving Lord grant all of you strength in the days ahead to meet the many and varied challenges of this life together, as Priests and Presvyteres, and may He strengthen and preserve this Holy Metropolis unto the end of the age, to His eternal glorification.

Praying that our compassionate Lord will continue to bless you and your beloved families, and wishing upon all of you God's abundant and sustaining Grace, I remain

With Paternal Love and Blessings,

†E V A N G E L O S  
Metropolitan of New Jersey

6<sup>th</sup> Biennial NSP Retreat  
*Nurturing the Nurturer:  
Self Care for the Presvytera*

Date: October 9-12, 2009

Location: Metropolis of New Jersey

Bon Secours Spiritual Center

1525 Marriottsville Road

Marriottsville, Maryland 21104

www.bonsecoursretreats.org

DEAR SISTERS IN CHRIST,

It's September already and the clock is ticking for the NSP National Retreat. There are many jobs that need to be done. I ask that you please consider helping in any of the many areas listed below. (I know that some people don't like to be chairmen, so be a worker bee!) We're also looking for some ideas in making this retreat a most relaxing and pleasant time for all. Please call me at 410-817-9651 or e-mail me at anoplos@comcast.net to share your ideas.

- ⇒ Drivers to and from the airport on Friday and Monday
- ⇒ Putting together "Goodie Bags" for each registrant
- ⇒ Registration (Friday, 2:00pm)
- ⇒ Ice Breaker for Friday evening
- ⇒ Special Event #1 (Saturday evening)
- ⇒ Special Event #2 (Sunday evening)
- ⇒ Coordinating Chapel set-up
- ⇒ Sunday outing after Liturgy
- ⇒ Leading a Power Walk every morning
- ⇒ Baking (we can always use some "munchies")
- ⇒ Fundraising to help keep registration costs down

In Christ,  
Presvytera Alice Noplos  
NSP 6<sup>th</sup> Biennial Retreat, Chairperson

**Thank You to Previous  
Sponsors of the Mailing  
of This Newsletter:**

St. George, Bethesda, MD (Fr. Dimitrios and Maria Antokas)  
St. Katherine, Falls Church, VA (Fr. Costa and Pauline Pavlakos)  
St. Sophia, SS. Faith, Hope and Agape, Jeffersonville, PA (Fr. Peter and Katherine Thornberg)  
Fr. John and Athena Theodosion

If you or your parish would like to pay the postage for an issue of our newsletter, please contact Pauline Pavlakos at 703-239-2627 or SISinICXC@msn.com.

OUR COLUMN, *Getting to Know You... Getting to Know All About You*, continues our tradition of featuring a presvytera in our newsletters. We would like to feature YOU in a future issue. Please send the following information to Pauline Pavlakos, 6315 Wilmington Drive, Burke, VA 22015 or SISinICXC@msn.com: your name, parish/city, husband's name/date of ordination, wedding anniversary, birthday, occupation, children, hobbies, favorite book, favorite music, pet peeve, and/or other things of interest. Then, keep your eyes open, you never know when you might see yourself in print.

GETTING TO KNOW YOU...

GETTING TO KNOW  
ALL ABOUT YOU!

PAULINE PAVLAKOS was married to (Fr.) Konstantinos Andrew Pavlakos on June 6, 1981. Fr. Costa was ordained to the diaconate in May 1983 and priesthood on June 3, 1984.

Pauline and Fr. Costa have three children, Christina (24), Andrew (21), and Christopher (19) and twin 2-year-old grandchildren, the loves of her life, Sebastian Constantine and Viola Catherine. Andrew is a senior at Hellenic College, will continue on to Holy Cross, and plans to marry and be ordained to the priesthood. Christopher is a sophomore at the local community college and plans to finish his business degree at George Mason University.

Pauline is the desktop production and electronic editor of *Teaching Sociology*, a quarterly journal of the American Sociological Association. She does lots of volunteering. She is very active in her parish of Saint Katherine in Falls Church, Virginia, as editor of their monthly newsletter, GOYA advisor, Philoptochos member, and more. She is president of her homeowners' association (4 years) and is still active at the local high school even though her children have all graduated.

She is also active in the NSP as the MNJ rep, webmaster for 13 years, treasurer for 4 years, rep for the Metropolises of Detroit and Denver, chairman of the first two biennial retreats, and more.

Pauline doesn't have much free time, but enjoys hobbies such as cross-stitch, boating, cruising, bowling, and reading. Her latest novel was *Pillars of the Earth* by Ken Follet. She looks forward to Janet Evanovich's next book for light reading that makes her laugh out loud.

## 6TH BIENNIAL NSP RETREAT REGISTRATION FORM

Name \_\_\_\_\_ E-mail \_\_\_\_\_  
 Address \_\_\_\_\_ City, State Zip \_\_\_\_\_  
 Cell Phone Number \_\_\_\_\_ Church \_\_\_\_\_

Please mail registration form, along with \$400 check payable to  
 National Sisterhood of Presvyteres, no later than September 25, 2009 to:

Presvytera Alice Noplos  
 11 Longbottom Court  
 Kingsville, D 21087

### STEWARDSHIP

PLEASE CONSIDER a stewardship contribution to our Metropolis Sisterhood of Presvyteres. Your stewardship helps to defray the costs of this newsletter, our Metropolis retreat, etc. Please make your check payable to "Sisterhood of Presvyteres" and mail it using the form below.

The following presvyteres have made a stewardship donation to the Metropolis of New Jersey Sisterhood of Presvyteres:

*2009: Vivian Bacalis, Colette Bourantas, Eleni Chakalos, Stella Constantelos, Mindy Gikas, Athena Gousios, Voula Liacopoulos, Alice Noplos, Pauline Pavlakos, Christina Stavropoulos, and Athena Theodosion*

*2010: Vivian Bacalis and Pauline Pavlakos*

Thank you for your generosity and support.

### GOMNJSP APPROACHES GOAL OF \$1,000 FOR THE PURCHASE OF THE SAINT KATHERINE MEDALLION FOR THE METROPOLIS CHAPEL

THE METROPOLIS OF NEW JERSEY SISTERHOOD OF PRESVYTERES VOTED, at their annual meeting in March 2009, to donate the Saint Katherine medallion to the Saint John Chrysostom Chapel at the Headquarters of the Metropolis of New Jersey. The following presvyteres have made a donation as of August 26, 2009. If you would like to participate in this historical venture, please mail your minimum \$20 check, using the form below. (If \$20 or more doesn't fit into your budget, smaller amounts are most welcome and appreciated.) We are nearing our goal of \$1,000. If more than that amount is raised, the surplus funds will go into our treasury. Please mail the form below at your earliest convenience.

<i>Vivian Bacalis</i>	<i>Anna Gallos</i>	<i>Voula Liacopoulos</i>	<i>Maria Pratsinakis</i>
<i>Anastasia Bandy</i>	<i>Joan Ganiaris</i>	<i>Mary Monios</i>	<i>Olga Rafael</i>
<i>Emily Bartz</i>	<i>Mary Giannaris</i>	<i>Evangeline Moulketis</i>	<i>Eleni Rogakos</i>
<i>Colette Bourantas</i>	<i>Mindy Gikas</i>	<i>Carolyn Nastos</i>	<i>Hrisafie Sophocles</i>
<i>Eleni Chakalos</i>	<i>Athena Gousios</i>	<i>Alice Noplos</i>	<i>Souritzidis, Gigi</i>
<i>Dora Chelpon</i>	<i>Anastasia Katsoulis</i>	<i>Margaret Orfanakos</i>	<i>Christina Stavropoulos</i>
<i>Joanna Christofidis</i>	<i>Areti Khitiri</i>	<i>Donna M. Pappas</i>	<i>Katherine Thornberg</i>
<i>Stella Constantelos</i>	<i>Michele Kontos</i>	<i>Maria Pappas</i>	<i>Sevasti Tsamutalis</i>
<i>Moscha Despotides</i>	<i>Eleni Lekkas</i>	<i>Dimitra Pastrikos</i>	<i>Marika Tsigounis</i>
<i>Angela Eugenis</i>	<i>Mary Leondis</i>	<i>Pauline Pavlakos</i>	<i>Chrysi Vlahos</i>

### STEWARDSHIP and SAINT KATHERINE MEDALLION PAYMENT FORM

(Make check payable to "Sisterhood of Presvyteres" and mail to: Pauline Pavlakos / 6315 Wilmington Drive / Burke, VA 22015)

Name \_\_\_\_\_  
 E-mail address \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_

Donation:  Stewardship Amount \_\_\_\_\_  Saint Katherine Medallion Amount \_\_\_\_\_