

# SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CATHEDRAL OF VIRGINIA



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Rev. Protopresbyter Nicholas G. Bacalis, Dean

## **SCHEDULE OF CHURCH SERVICES**

8:30-10:00 a.m. - Sunday Morning Orthros Service

10:00-11:30 a.m. - Sunday Divine Liturgy (Nursery Available)

11:00 a.m. - Sunday Church School, September through May

10:00 a.m. - Divine Liturgy, weekdays

## ***Summer Hours Are Memorial Day – Labor Day***

8:15-9:30 a.m. - Sunday Morning Orthros Service

9:30-11:00 a.m. - Sunday Divine Liturgy (Nursery Available)

9:30 a.m. - Divine Liturgy, weekdays

We bid welcome to our House of Worship. Please introduce yourself to our welcoming host, usher or priest. We cordially invite you to join us for coffee and fellowship immediately following church services. If you wish to pursue membership in the Cathedral, please fill out the card found in the narthex and place it in the collection tray or mail it to the Cathedral office.

## **Ministries of the Cathedral**

**Choir** - The Cathedral Choir welcomes members of all ages. An audition/interview may be scheduled by contacting the Choir Master, Sondra Awad, 282-5301 ([smawad@verizon.net](mailto:smawad@verizon.net)). Choir President is Elaine Mandalieris-Preddy ([Emanda2@msn.com](mailto:Emanda2@msn.com)). The choir rehearses Wednesday evenings, 7:00 p.m. - 8:30 p.m.

## **Greek Language and Cultural Classes**

Instruction in the Greek culture and language

**Preschool** - Basic instruction for children ages 5-6.

Classes are held Mondays 4:45 p.m. – 6:00 p.m. (September - May).

**School Age**- Children ages 7 years and older.

Classes held Mondays, 4:45 p.m. - 6:00 p.m., (September – May).

**Adults** – Basic grammar and conversational Greek.

Contacts: Penny Moss 804-360-4656 ([pennymo411@gmail.com](mailto:pennymo411@gmail.com)) or

Angie Blankenship 804-353-8745 ([angieb227@gmail.com](mailto:angieb227@gmail.com))

## **Greek Dance Groups**

Greek Folk Dancers express our culture in the form of dancing.

**Youth** - Practice is every Monday evening from the opening of school in September through the Festival. There are four groups based on the age of the dancers: Alpha, Doxa, Neo Kyma and Byzantio. 6:15 p.m. – 7:15 p.m. Mondays

**Adults** - Practice is every Monday beginning in September through the Festival at 7:15 p.m.-9:00 p.m. (Except Holidays). Dancers must register in September.

Contact Director Peggy Christofakis, 741-7194 ([christofakis@comcast.net](mailto:christofakis@comcast.net))

**Philo托chos Society (Friends of the poor)** - A national philanthropic organization for women who share in church and community projects and aid the under-privileged. Monthly meetings are held with programs of varied interest. Dianna Gettas, 897-0396 ([dbgettas@comcast.net](mailto:dbgettas@comcast.net))

**Leisure Group** - Senior men and women of our congregation meet at 11:30 a.m. on the second Tuesday of each month for worship service, lunch, and social activities. Sponsored by the Philo托chos Society.

**Shelter for the Homeless** - Our Cathedral participates in the CARITAS Program: providing shelter and meals for the homeless for one week in the winter. Contact John Kyros 510-910-3406 ([johnkyros@gmail.com](mailto:johnkyros@gmail.com))

**Community-Wide Involvement Project - The Greek Festival.** Annual cultural event held the first weekend after Memorial Day. Support this major undertaking by offering your time and talents, while becoming better acquainted with other church members by your participation.

Website: [www.greekfestival.com](http://www.greekfestival.com)

## **Youth & Adult Ministries**

These strive to provide a safe and comfortable environment for our young people to learn more about God and themselves. If you are interested in participating or helping with our ministries, contact the Cathedral Office

**Christian Education** - All children ages 3 - 18 enrolled. Growing in the knowledge and presence of our Lord through the Bible and Orthodoxy. Excellent opportunity for adult teachers to share our faith and Jesus Christ with inquisitive young minds. Directors: Claudia Marlow 794-6517, Chelsea Sopko 922-5512 ([chelsea.sopko@gmail.com](mailto:chelsea.sopko@gmail.com))

**HOPE and JOY** Kindergarten-5<sup>th</sup> Grade – Opportunities for children to gather are offered monthly. In a relaxed setting, they are able to develop friendships with other young Orthodox Christians while learning about their faith.

**Vacation Bible School** – Rising Ages 3-12 years – A week long Summer experience of concentrated activity and fun where participants grow in Christ with friends.

**6<sup>th</sup> - 8<sup>th</sup> Grade** – Seasonally we come together to learn more about our faith and continue to grow our relationships with other young Orthodox Christians. Our focus is on offering ways for our youth to learn about their faith, serve others and worship God.

**GOYA** 8<sup>th</sup>-12<sup>th</sup> Grade – Our high school students grow in their faith by focusing on worship, witness, fellowship and service. This is done by coming together for service projects, retreats, participating in the divine services and social gatherings.

**Youth Basketball** 8<sup>th</sup>-12<sup>th</sup> Grade – The young people of our community have the opportunity to play basketball together and travel to other churches for weekend tournaments that offer them time to grow closer to Orthodox Christian young people throughout our Metropolis. Contact Dean Kovanes 360-5692.

**Campus Ministry** – Fellowship and outreach opportunities offered for students attending Richmond area Colleges and Universities.

**REAL** – Representing Emerging Adult Leaders is the fellowship and service ministry for young adults seeking to find what is real in life. This ministry strives to help them find where they truly belong, with Christ. Contact

**Nursery** -For infants and toddlers provided during worship hours. Closed-circuit television of the service is offered. Contacts: Maria Capparuccini 691-8531 and Monique Neal 355-1585.

## **Affiliated Organizations and Activities on the Cathedral Premises**

**The AHEPA and The Daughters of Penelope** retain the values of Hellenic heritage and adapt those principles for use in today's society. Meetings are held monthly on the 2nd Thursday of the month. Mike Hall is the contact for AHEPA, 516-9190 ([Hmshall1@gmail.com](mailto:Hmshall1@gmail.com)) and Domniki Karion, Daughters of Penelope President, 264-7145 ([nkarion@gmail.com](mailto:nkarion@gmail.com)).

**Hellenic Society Paideia** promotes and preserves the Greek cultural, educational, and religious heritage of all phases of the history of Hellenism. John Bletsos is President of Paideia - 594-0345 ([jbletsos@comcast.net](mailto:jbletsos@comcast.net))

**Pan-Arcadian Society** an organization of Richmond residents whose ancestry can be traced to the Arcadian region of Greece. Contact: Michael Fotopoulos 502-4730 ([michaelfotopoulos@gmail.com](mailto:michaelfotopoulos@gmail.com)).

**Pan-Cretan Association**, an organization of Richmond residents whose ancestry can be traced to the island of Crete. Contact person: Manuel Loupassi 358-3191

**The Cathedral's Saints Cosmas and Damianos Home**, A home for senior citizens with limited incomes and assets is the home for thirty-five residents, located at 1030 German School Road. Information and admission, call 330-4962. Cathedral Chairperson: Basil Tsimpris, 285-9500 ([tsimpris@gmail.com](mailto:tsimpris@gmail.com))

**Cathedral Bookstore** - open most Sundays following Divine Liturgy during Coffee Hour. Contact person: Susan Prousalis 740-1188

**Cathedral Newsletter** – Available online at [www.vagocathedral.org](http://www.vagocathedral.org). Announcements of dates and times of meetings/activities are listed in the congregational "Cathedral News" mailed monthly to members. If you wish to be on the Cathedral mailing list, please contact Bernadette Cornelius at our Cathedral Office 355-3687 or email [office@vagocathedral.org](mailto:office@vagocathedral.org).

### **CATHEDRAL STAFF**

The Very Reverend Protopresbyter Nicholas G. Bacalis, Cathedral Dean  
Ms. Sondra Awad, Choirmaster  
Mrs. Maria Reed, Parish Council President  
Mr. Dean Tiggas, Youth Director and Lay Assistant to the Dean  
Ms. Caroline Moses, Financial Secretary  
Mrs. Bernadette Cornelius, Cathedral Secretary  
Mr. Avo Garabetian, Sexton

**OFFICE HOURS:** The Cathedral Office is open from 9:00 a.m. - 3:00 p.m. Monday through Friday. For appointments with the Priest, please call the office at 355-3687.