

SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CATHEDRAL OF VIRGINIA



30 Malvern Avenue, Richmond, Virginia 23221

Phone: 355-3687 Fax: 342-1947

E-mail: office@vagocathedral.org

www.vagocathedral.org

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). 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 September through May. Preschool ages 5 & 6; School Age Children ages 7 years and older. Classes are held Mondays 4:45 p.m. – 6:00 p.m. Adults – Basic grammar and conversational Greek. Contacts: Penny Moss 804-360-4656 (pennymo411@gmail.com) or Angie Blankenship 804-353-8745 (angieb227@gmail.com)

Greek Dance Groups

Greek Folk Dancers express our culture in the form of dancing. Dancers must register in September. Practice is every Monday beginning in September through the Festival (Except Holidays).

Youth - 6:15 p.m. – 7:15 p.m. There are four groups based on age.

Adults - 7:15 p.m.-8:30 p.m.

Contact Director Peggy Christofakis, 741-7194 (christofakis@comcast.net)

Philoptochos Society (Friends of the poor) - A national philanthropic organization for women who share in church and community projects. Monthly meetings are held with programs of varied interest. Dianna Gettas, 897-0396 (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 Philoptochos 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 (johnkyrus@gmail.com)

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

Cathedral Community Outreach Committee – working to offer varied outreach opportunities for the community to share in serving. Meetings are held monthly. Contact Jim Katsaros 804-241-1632 or (Jamkat9@msn.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), Marianna Maratos 967-0775 (Marianna967@verizon.net)

HOPE and JOY Kindergarten-5th 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 5-12 years – A week long Summer experience of concentrated activity and fun where participants grow in Christ with friends.

6th - 8th 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 8th-12th 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 8th-12th 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.

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) and Domniki Karion, Daughters of Penelope President, 264-7145 (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)

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).

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)

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. 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.

CATHEDRAL STAFF

The Very Reverend Protopresbyter Nicholas G. Bacalis, Cathedral Dean
Ms. Sondra Awad, Choirmaster
Mrs. Maria Reed, Parish Council President
Mrs. Jo Ann Bonelli, Financial Secretary
Mrs. Bernadette Cornelius, Cathedral Secretary
Mr. Avo Garabetian, Sexton

OFFICE HOURS: The Cathedral Office is open from 9:00 a.m. - 4:00 p.m. Monday through Friday. For appointments with the Priest, please call the office at 355-3687.