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THE KOINOTHTOS

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JUL/AUG 2014

Our Vision: With the Grace of God, to provide a loving and caring Community where all belong to Christ, through worship, sacramental life, everyday spiritual discipline, sanctification, education, witness and fellowship.



## PILGRIMAGE TO ST. GEORGE IN TAYLOR, PENNSYLVANIA FOR THE PANAGIA KARDIOTISSA ICON

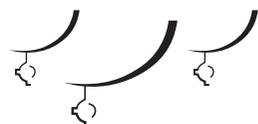
### Our Mission

Our Mission is to become faithful followers of Christ and thus active Greek Orthodox Christians by accepting and submitting to the Will of our Lord so that we may realize salvation and enter into the Kingdom of God.

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**A Message From The Editor**



Hello again everybody,

At the time of this writing, I hope everyone had a great summer.

Welcome back to our students that attend Sunday School, Greek School, and Preschool. We will have a great attendance this year.

We at The Voice staff want to wish the 12th grade seniors much success this year and, to the Graduation Class of 2014, many achievements in the Colleges and Universities they attend.

It saddens the staff at The Voice to learn of the passing of Helen Mantis. Helen Mantis was a Past President and member of the Estia Club back in the 1940s. The Estia Club was instrumental in the creation of The Voice. The Estia Club was responsible for having social

and fund-raising events to raise money for the Sanctuary on East Boulevard.

We want to welcome our new Church Secretary, Katerina Xyrafakis, who started in the month of August. Let's offer her our best wishes.

That's it for now, be safe.

Angelo Pete Politis



**Voice Editorial and Business Staff**

**Voice Committee Members:**

Angelo Pete Politis, Editor; Lucy Pappadakes, Co-Editor; Effie Dounis, Despina Kaltsounis, Stephanie Kaltsounis, George Andrews

**Contributing Writers**

Fr. Michael Varvarelis, Dean of the Cathedral  
Fr. Tommy Vlahos, Priest – Religious Reflection  
John Tsumas - P.C. Presidents Message

**Ministry Writers:**

Effie Fotopoulos – Sunday School  
Larry Peroulas – Greek School  
Maria Kleto – Preschool  
Irene Politis – Philoptochos  
Olga Yamalis – Choir News – Forever Young  
Tom Ganatsios – GOSA  
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Gloria Kontoulas – Education, Culture and Youth Diakonia, Around Charlotte Town  
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Andrew Karras – Spiritual  
Dr. Taki Hondros – Health  
Deacon George Politis – Professional Services  
Eleni Bingham – Daughters of Penelope  
N. Markos Kontos – AHEPA

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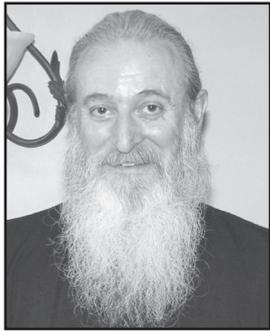


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## Remarks From Father Michael



by Father Michael Varvarelis  
Dean of the Cathedral

### The Myrrh-flowing Icon of the Virgin Mary

On Wednesday, July 23, 2014, thirteen people from our Cathedral went for a pilgrimage to the Church of St. George in Taylor, Pennsylvania, to venerate the Holy Icon of the Virgin Mary of Kardiotissa, which is myrrh-streaming. The Church had a lot of people in attendance and we approached with devotion, venerated the Holy Icon, saw the myrrh flowing and smelled the aroma. Then we stayed with the other people to venerate, and with some others we asked Fr. Mark, who is the Priest of the Church, to tell us what happened with the Icon and to share with us some of the miracles that he witnessed.

Three years ago on October 12th, 2011, Fr. Mark had invited another Icon of the Virgin Mary, which is also myrrh-streaming, that of Portaitissa of Iveron from Hawaii. When this Icon of Iveron came, the faithful of the Parish venerated it and Reader Nektarios, who has this Icon and is from Hawaii, offered as a gift to Fr. Mark's Church an Icon, in the size of 8x10 inches, which was a replica of the Icon of Iveron, as a remembrance of the visit. He anointed the gift Icon with myrrh. They left the Icon on the stand for veneration. The next day, Thursday, October 13th, as Fr. Mark entered the Church, he noticed a fragrance. He thought it was the aroma coming out of the Icon from the previous day. Venerating the Icon donated by Nektarios, Fr. Mark realized the fragrance was coming from the Icon. Looking at the Icon carefully, he saw "an expanding area of perspiration forming around the spot where the Icon had been anointed". He thought that it was just a residual affect from the initial anointing.

Later on the same day, while in the Church office, Fr. Mark remembered an Icon of the Virgin Mary of Kardiotissa, which had been left on top of a bookshelf and forgotten. It was made by the nuns at Holy Protection Monastery in White Haven, PA. He got

up, took the Icon into the Church and anointed the Kardiotissa Icon with the fragrant, oil-like substance from the replica of the Iveron Icon.

The next day, Friday, October 14th, Fr. Mark had Divine Liturgy. As he entered the Church, he smelled an intense fragrance coming from the two Icons. The faithful that day saw what was happening but did not know what to assume. Over the following days, the moisture on the Icons gradually increased and began to stream. They were left fully exposed for veneration. Fr. Mark wiped them both down with cotton and placed them in shadow boxes for protection. Within 24 hours, they were both streaming again. Since May 2012, there has been a significant decrease in the amount of myrrh streaming from the replica of the Iveron Icon. However, the Kardiotissa remains completely saturated, front and back, and continues to stream heavily.

It is amazing to see the multitudes of people coming to venerate the Icon for the last three years and to witness the large number of healing miracles performed. Also, the flowery fragrance is so intense at times that it has been evident throughout the grounds outside the Church.

Every Wednesday evening, the supplication Service to the Virgin Mary is held, people come to venerate the Icon and the Priest anoints them with the myrrh. Fr. Mark said that the Icon is not subject to media scrutiny. It is not to appear in newspapers, TV or internet. This is a holy gift. No photography or video is permitted. In this manner, Fr. Mark wishes to keep the great blessing of the Virgin Mary. I will mention some of the miracles that took place with the sacred Kardiotissa Icon, as told to us by Fr. Mark.

1. At the end of one of the Supplication Services, one parishioner who was seated towards the rear of the Church did not feel well and fell down on the floor. A couple of nurses who were there attended to him immediately but they found no pulse. He was not breathing and he seemed dead. They called for the ambulance to come. Fr. Mark, upset by what occurred, got the Icon of the Virgin Kardiotissa and brought it over to the man. He allowed some drops from the myrrh-streaming Icon to fall on him. By the time Fr. Mark placed the Icon back in its stand, the individual took a deep breath and stood up. The ambulance took him to the hospital where doctors found nothing wrong with him. The man was in excellent condition.

2. A Muslim from Iran who came for one of the Monday evening meetings said that Icons are a blasphemy to Allah. On Wednesday of the same week, he came and stood in front of the Icon and there he froze for several minutes. When he was able to move again he said, "Christ is the Son of God. Virgin Mary

save us". Then he went to the candle stand and, with a candle, wrote in the sand something in his own language, in Iranian. Fr. Mark took a photo of what the man wrote and found a translator. The Iranian had written exactly what he had said previously. When he came back to the Church the following Wednesday, Fr. Mark asked him what happened the previous week. The Muslim admitted that he froze and could not move when he went in front of the Icon. At that time he felt that something was happening in his heart, though he was not experiencing any pain. Then he made an appointment with his cardiologist and described to him that something happened to his heart. The Muslim historically had significant problems with his heart, which functioned poorly. He was not permitted to drink coffee or Coca-Cola or to eat chocolate. The cardiologist examined him and did all the appropriate tests. To his great surprise, the doctor told him that his heart was in excellent health, all disease had disappeared and he did not need to take his medicine anymore nor follow any diet. His heart was like a man in his twenties. He told Fr. Mark, "Do you know what I did when I left the doctor? I went to a convenience store and bought a chocolate bar". Then he asked Fr. Mark to teach him the Orthodox Christian Faith and baptize him. He brought to Church a Persian rug, which is now located in front of the holy altar, and sponsored the Iconography of the Pantocrator in the dome of the Church.

3. Fr. Mark mentioned to us about a man who had a cancerous brain tumor and needed surgery though, with the use of the myrrh, the tumor miraculously disappeared without living any trace of cancer.

After he relayed to us several more miracles, I told Fr. Mark that I would like all our parishioners of Holy Trinity Cathedral to venerate this myrrh-streaming Icon. He replied immediately, "I will bring the Icon to Charlotte". Fr. Mark is bringing this miracle-working and myrrh-flowing Icon to our Cathedral.

Much communication was necessary to make this Icon visit a reality. I called our Metropolitan Alexios, who gave us His blessing to bring the Holy Icon. I spoke with His Grace, Bishop Gregory Tatsis, who is Fr. Mark's Bishop. Bishop Gregory, with great joy, told me to bring the Icon to "his own village". The members of our own Parish Council, with great honor and pleasure, anticipate the arrival of the Virgin Mary's Icon. I told Fr. Mark that we have the blessings of the Bishops and now we must find what dates are good. When that was done, I wrote in August a letter to Bishop Gregory, extending to Him the invitation to be with us for the weekend. He called me and was happy that the Icon was coming to Holy Trinity but explained to me that he was

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### Η Μυροβλύζουσα Εικόνα της Παναγίας

Τήν Τετάρτη 23 Ιουλίου 2014, δεκατρία άτομα από την Εκκλησία μας πήγαμε για προσκύνημα στην Εκκλησία του Αγίου Γεωργίου στο Taylor, Πενσυλβανίας για να προσκυνήσουμε την Ιερά Εικόνα της Παναγίας Καρδιώτισσας που μυροβλύζει.

Είχε κόσμος η Εκκλησία πλησιάσαμε με τη σειρά μας με κατάνυξη, ασπασθήκαμε την Αγία Εικόνα που ευωδίαζε και έτρεχε μύρο. Στη συνέχεια περιμέναμε για να τελειώσει ο κόσμος και μείναμε με μερικούς προσκυνητές και ρωτήσαμε τον πάτερ Μάρκο που είναι ο Ιερέας στην Εκκλησία να μάς διηγηθεί τό τί συνέβη με την Εικόνα και για ορισμένα από τά θαύματα που έχουν γίνει.

Πρίν τρία χρόνια στίς 12 Οκτωβρίου τού 2011 είχαν προσκαλέσει στον Ναό τους και είχαν την ευλογία να έλθει η επίσης μυροβλύζουσα Εικόνα της Παναγίας Προταϊτισσας των Ιβήρων

από τή Χαβάη.

Τήν προσκύνησε ο κόσμος της Ενορίας και ο Αναγνώστης Νεκτάριος πού έχει αυτή την εικόνα από την Χαβάη προσέφερε δώρο μία εικόνα όμοια στό μέγεθος 8 x 10 ίντσες στόν πάτερ Μάρκο για την Εκκλησία του ως ενθύμηση της επίσκεψης. Τήν μύρωσε μέ τό μύρο πού έβγαζε η μυροβλύζουσα Εικόνα. Μετά άφησαν την Εικόνα στό Προσκυνητάρι για να την προσκυνούν οι πιστοί. Τήν επομένη ημέρα Πέμπτη 13 Οκτωβρίου καθώς ο πάτερ Μάρκος εισήλθε στην Εκκλησία αισθάνθηκε μία ευωδία. Νόμισε ότι θά ήταν από τό άρωμα πού έβγαίνει από την Εικόνα πού είχαν χθές στην Εκκλησία. Προσκυνώντας την Εικόνα πού δώρισε ο Νεκτάριος, ο πάτερ Μάρκος είδε ότι η ευωδία προερχόταν από την Εικόνα. Κοιτώντας την Εικόνα προσεκτικά είδε κάτι σάν ιδρώτας να σχηματίζεται γύρω εκεί πού η Εικόνα είχε χρισθή. Νόμισε ο πάτερ Μάρκος ότι ήταν υπόλειμμα από τό χθεσινό χρήσμα της Εικόνας.

Τό απόγευμα της ίδιας ημέρας και καθώς ήτο, ο πάτερ Μάρκος, στό Γραφείο της Εκκλησίας θυμήθηκε ότι είχε την Εικόνα της Παναγίας Καρδιώτισσας ανάμεσα στά ράφια της Βιβλιοθήκης. Σηκώθηκε πήρε την Εικόνα και την πήγε στην Εκκλησία και την έβαλε δίπλα στην άλλη Εικόνα πού δωρίστηκε στην Εκκλησία από τον Νεκτάριο και η οποία Εικόνα συνέχιζε να έχει μύρο. Πήρε μύρο και έβαλε στην Εικόνα της Παναγίας Καρδιώτισσας.

Τήν άλλη ημέρα, Παρασκευή 14 Οκτωβρίου πού είχε ο πάτερ Μάρκος λειτουργία η ευωδία ήταν έντονη και προερχόταν από τις δύο Εικόνες. Οι πιστοί εκείνη την ημέρα έβλεπαν τί γινόταν αλλά δέν ήξεραν τί να υποθέσουν. Στίς επόμενες ημέρα οι Εικόνες άρχισαν να τρέχουν μύρο και οι πιστοί ερχόντουσαν και τίς προσκυνούσαν.

Μετά ο πάτερ Μάρκος τίς έβαλε σε ξύλινες

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## The President's Message



by **John Tsumas**  
Parish Council  
President

Dear Holy Trinity Parishioners,

I hope everyone had a great summer, and that your children's school year started off well. I wanted to take the opportunity to let everyone know how the Bi-Annual Clergy Laity Congress went. Father Michael, Despina Kaltsounis, Nick Kallelis and myself represented our community at the event in Philadelphia during the second week of July. We had a great time and learned a ton about the various ministries that our national Church supports. His Eminence Archbishop Demetrios was joined by all of our Metropolitans for this congress. It was great to hear from them on the areas of success within our Greek Orthodox Church, as well as the areas where our church is challenged. The overall theme of the Congress was "Faith and Family."

One area that really hit home for me, as a father of two young boys, was the challenges that our youth constantly face and will continue to face as they grow older. We all know that our future is to

be determined by the young people in our community. Any future success we have will be a result of how we grow and mold our youth. Dr. Georgette Constantinou, the Director of Pediatric Psychiatry and Psychology at the Akron Children's Hospital in Ohio, spent a good bit of time discussing youth at the Congress. I would like to share some of the takeaways from her presentation. Below are some of the most compelling statistics.

5-9% of youth have extreme functional impairment

20% of youth have some sort of mental impairment

By 2020, the World Health Organization estimates that 50% of the worldwide youth population will have some sort of mental impairment

Some of the stressors our youth are under include:

Changes in family structure (Divorce, Dual Careers, etc.)

Competing demands of the over scheduled child and family

Immediate access too electronic media

Drug and Alcohol abuse

Sexuality and the media

Culture of violence

Stress

Some of the External Positive Factors for our youth include:

Positive social connections

Skills and Competence

High Standards

Giving to others

Optimism and Hope

The 7 C's (The essential building blocks)

Competence

Confidence

Connection

Character

Contribution

Coping

Control

Obviously some of these statistics should give all parents great concern about what is going on in our children's lives. Even when we feel like we are doing everything we can to nurture and protect our children, there are many things that happen outside of the family or Church structure that can have grave consequences for their development. It is important that we are aware of these external factors so that we can limit the damage they can do. Of even more importance is the example we set as parents and a community. Children will duplicate what they see and experience, so it is all of our responsibility to provide the Christian fuel that our children so desperately need to grow into young adults with a servant heart.

I would like to leave you with a quote from Father Lou Christopoulos who spoke at the Congress, "Speak more to God about your children, than to your children about God."

God Bless,

John Tsumas

President

Holy Trinity Greek Orthodox Cathedral

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unable to come. Our Metropolitan called me to express His joy for the Icon's visit but He had already scheduled a Church consecration on that same weekend. Our Metropolitan sent a very beautiful letter congratulating the Council and our Parish about this initiative and offering a special blessing for our Community.

We have created with the help of Effie Fotopoulos, our Sunday School Supervisor, the flyer stating the specific days and times of the Services for the weekend in our Cathedral. Please remind and invite your relatives, friends and acquaintances to come. Also you may want to invite non-Orthodox individuals such as Catholics, Protestants, and people of other faiths. Our Sunday School children will be involved. We wish to make sure our Sunday School students will create blessed memories for the rest of their lives from this event. Thus our Children's (Youth) Choir will be chanting during the Divine Liturgy on Saturday morning. On that Sunday, we will not have Sunday School so that the children may sit with their families. We want all the children to come to Church and witness this miracle.

At the end of the Liturgy on Sunday, we will all go outside and gather on either side of the Cathedral entrance. The Holy Icon will be escorted by the Priests and Myrofores from the Church to an awaiting vehicle that will be parked on East Boulevard. It will then return to its permanent home in Pennsylvania.

Let us prepare ourselves and welcome the Virgin Mary with respect, honor and humility. May the Virgin Mary send Her many blessings to us. Amen.

With love,

Fr. Michael

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προστατευτικές θήκες με τζάμι αφού πρώτα καθάρισε τις Εικόνες με βαμβάκι και πήρε όλο το μύρο από τις Εικόνες. Μέσα σε 24 ώρες έτρεχαν πάλι μύρο. Σιγά-σιγά μέχρι τον Μάιο του 2012, το μύρο λιγώστευσε από την δωρισμένη Εικόνα που αφησε ο Αναγνώστης Νεκτάριος. Ομως το μύρο συνέχισε στην Εικόνα της Παναγίας Καρδιώτισσας.

Πλήθη από ανθρώπους ερχόντουσαν και εξακολουθούν να έρχονται για να προσκυνήσουν στα τελευταία τρία χρόνια την Εικόνα και ιδιαίτερα το μύρο της έχει τελέσει ένα μεγάλο αριθμό θαυμάτων θεραπείας ανθρώπων. Επίσης το μύρο που τρέχει από την Εικόνα γίνεται αντιληπτό μέχρι και στον εξωτερικό χώρο της Εκκλησίας.

Κάθε Τετάρτη το απόγευμα τελείται Παράκληση στην Παναγία και οι άνθρωποι έρχονται ασπάζονται την Εικόνα της Παναγίας και ο Ιερέυς τους χρίει από το μύρο που βγάζει η Εικόνα. Ο πάτερ Μάρκος είπε ότι δεν διαφήμιζε και δεν επέτρεψε τις εφημερίδες, το ραδιόφωνο, την τηλεόραση, το διαδίκτυο να έχει την Μυροβλύζουσα Εικόνα της Παναγίας Καρδιώτισσας. Θέλει μ' αυτό τον τρόπο να προστευτεύσει και να κρατήσει την μεγάλη ευλογία της Παναγίας.

Θά αναφέρω μερικά από τα θαύματα που έγιναν με την Ιερή Εικόνα της Παναγίας Καρδιώτισσας που μάς είπε ο πάτερ Μάρκος.

Ενας ενορίτης στο τέλος της Παράκλησης καθώς ήτο στο κάθισμα προς το πίσω μέρος της Εκκλησίας δεν αισθάνθηκε καλά και έπεσε κάτω στο πάτωμα. Μιά-δυό νοσοκόμες που ήταν εκεί δεν έβρισκαν παλμό στην καρδιά του. Ο ίδιος δεν ανέπνεε φαινόταν νεκρός. Ειδοποίησαν το ασθενοφόρο. Ο πάτερ Μάρκος σαστισμένος πήρε την Εικόνα της Παναγίας Καρδιώτισσας και την έφερε πάνω από το σώμα του ανθρώπου και έτρεξε μύρο πάνω στον άνθρωπο. Μέχρι που να βάλει ο Πάτερ την Εικόνα στη θέση της ο άνθρωπος πήρε μιά βαθειά αναπνοή και σηκώθηκε. Τό ασθενοφόρο τον πήρε στο Νοσοκομείο όπου οι γιατροί δεν βρήκαν τίποτα. Η υγεία του ανθρώπου ήτο σε άριστη κατάσταση.

Ενας Μουσουλμάνος από την Περσία ενώ σε συνάντηση που έκανε τις Δευτέρες τό βράδυ ο πάτερ Μάρκος είπε ότι οι εικόνες αποτελούν βλασφημία στον Αλλάχ όταν την Τετάρτη της ίδιας εβδομάδος ήτο στην Παράκληση και ήλθε μετά να προσκυνήσει την εικόνα μαρμάρωσε για μερικά λεπτά καθώς στεκόταν μπροστά στην Εικόνα. Όταν συνήλθε είπε «Ο Χριστός είναι ο υιός του Θεού. Παρθένος Μαρία σώσον ημάς». Μετά πήγε στο μανουάλι και με ένα κεριά έγραψε στην άμμο όπου ανάβουν τά κεριά κάτι στην γλώσσα του, στα Περσικά. Ο πάτερ Μάρκος έβγαλε φωτογραφία και βρήκε μεταφραστή. Εγραφε ό,τι ακριβώς είχε πεί προηγουμένως. Όταν την επομένη Τετάρτη ξαναήλθε ο πάτερ Μάρκος τον ρώτησε τί του συνέβη την περασμένη Τετάρτη. Ο Μουσουλμάνος του είπε ότι πάγωσε και δεν μπορούσε να κινηθεί όταν πήγε μπροστά τήν

Εικόνα. Αισθάνθηκε ότι κάτι συνέβαινε στην καρδιά του σώματός του και στην πνευματική του καρδιά. Δεν αισθανόταν καθόλου πόνο. Μετά πήγε και είδε τον Καρδιολόγο του και του περιέγραψε ότι κάτι έγινε στην καρδιά του. Ο Μουσουλμάνος είχε τεράστια προβλήματα με την καρδιά του που λειτουργούσε ελάχιστα. Δεν επιτρεπόταν ούτε ένα καφέ να πιή, ούτε κόκα-κόλα, ούτε μιά σοκολάτα να φάει. Ο Καρδιολόγος τον εξέτασε και του έκανε όλα τά τέστς που θά περιέγραφε την κατάσταση του. Του είπε ότι η καρδιά του ήταν υγιέστατη και δεν είχε τίποτα το παθολογικό και δεν χρειαζόταν ούτε φάρμακα, ούτε να κάνει κάποια δίαιτα. Η καρδιά του ήταν σαν ενός εικοσάχρονου ανθρώπου. Είπε στον πάτερ Μάρκο. «Ξερεις τί έκανα όταν έφυγα από τον γιατρό;» «Πήγα και αγόρασα μιά σοκολάτα». Παρακάλεσε τον πάτερ Μάρκο να τον κατηχήσει και να τον βαπτίσει Χριστιανό. Του έφερε ένα περσικό χαλί που τώρα είναι τοποθετημένο μπροστά στην Αγία Τράπεζα και ανέλαβε τά έξοδα για την αγιογράφιση του Παντοκράτορος στον τρούλο του Ναού.

Ενας άνθρωπος είχε όγκο καρκίνου στον μυαλό και θά έκανε εγχείρηση και με την χρήση από τό μύρο ο όγκος έφυγε θαυματουργικά δίχως να αφήσει ίχνος καρκίνου χαρίζοντας την υγεία στον άνθρωπο ο οποίος δεν έκανε ποτέ εγχείρηση.

Όταν μάς είπε αρκετά θαύματα είπα τον πάτερ Μάρκο ότι θά ήθελα όλοι οι ενορίτες μας της Αγίας Τριάδος να προσκυνήσουν την Αγία Εικόνα και να μυρωθούν. Μου απάντησε αμέσως. «Θά φέρω την Εικόνα στο Charlotte.» Αυτή την αγία Εικόνα θά την φέρει ο πάτερ Μάρκος στην Εκκλησία μας.

Από τότε άρχισε μιά διαδικασία επικοινωνίας για να πραγματοποιηθεί η επίσκεψη της Παναγίας. Τηλεφώνησα στον Σεβασμιώτατο Μητροπολίτη μας Κον Αλέξιο που μάς έδωσε την ευλογία να φέρουμε την Εικόνα της Παναγίας. Μίλησα με τον Επίσκοπο του πάτερ Μάρκου που είναι ο Επίσκοπος Γρηγόριος Τάτσης που με πολύ χαρά μου είπε να έλθει η Εικόνα «στο χωριό μου». Τά μέλη του Συμβουλίου της Εκκλησίας μας με μεγάλη χαρά προσδοκούν την Παναγία να έλθει. Μίλησα με τον πάτερ Μάρκο ότι έχουμε τις ευλογίες των Επισκόπων και τώρα πρέπει να βρούμε ποιές ημερομηνίες είναι καλές. Όταν καταλήξαμε έγραψα τον Αύγουστο επιστολή στον Επίσκοπο Γρηγόριο για την ευλογία Του και τον προσκάλεσα να είναι μαζί μας. Με πήρε τηλέφωνο και χάρηκε που θά έλθει η Εικόνα αλλά μου εξήγησε ότι αυτές τις δύο ημέρες δεν μπορεί να έλθει. Εγραψα στον Μητροπολίτη μας και τον παρακάλεσα να μάς έλθει. Μου είπε από τηλέφωνα ότι έχει προγραμματίσει Εγκαίνια σε Ναό και δεν θά ήτο μπορετό να παρεβρεθεί και ταυτόχρονα έστειλε γράμμα συγχαίροντας το Συμβούλιο και την Ενορία μας γι' αυτή την πρωτοβουλία και ευλογία.

Έχουμε δημιουργήσει με την βοήθεια της Εφης Φωτοπούλου, Διευθύντρια του Κατηχητικού μας, το έντυπο που περιγράφει

τι ημέρες και τίς ώρες που η Αγία Εικόνα θά είναι στον Καθεδρικό μας Ναό. Παρακαλούμε να υπενθυμίσετε και να προσκαλέσετε συγγενείς σας, φίλους, γνωστούς Ορθοδόξους χριστιανούς να έλθουν. Επίσης άμα θέλετε να προσκαλέσετε γνωστούς σας Καθολικούς, Προτεστάντες, η άλλης θρησκείας μπορούν να έλθουν.

Προσπαθούμε και σχεδιάζουμε να έχουμε τό Κατηχητικό μας να πάρει πρωταρχικό ρόλο σ' αυτό το γεγονός. Θέλουμε τα παιδιά μας να έχουν όσο γίνεται αναμνήσεις από τον ερχομό της Ιεράς Εικόνας στον Καθεδρικό μας. Ετσι τά παιδιά μας θά ψάλλουν τό πρωί του Σαββάτου στην Εκκλησία μας, και θά έχουμε την Κυριακή Μυροφόρες για την Εικόνα της Παναγίας. Θέλουμε όλα τά παιδιά να έλθουν στην Εκκλησία και να δούν αυτό τό θαύμα. Δεν θά έχουμε μάθημα στο Κατηχητικό την Κυριακή που η Αγία Εικόνα θα έλθει. Θέλουμε οι γονείς με τά παιδιά τους μαζί να έλθουν κατευθείαν στην Εκκλησία και να καθίσουν σαν οικογένεια μαζί.

Στό τέλος της Λειτουργίας και τών Ακολουθιών θά σχηματίσουμε ένα διάδρομο στη μέση ενώ από την μιά πλευρά και την άλλη μπροστά στον Καθεδρικό να είναι τα παιδιά του Κατηχητικού με τους πιστούς μας για να περάσει η Εικόνα με τους Ιερείς και τίς Μυροφόρες καθώς θά Τήν συνοδεύσουμε στο αυτοκίνητό στο East Boulevard για να επιστρέψει στην Πενσυλβάνια.

Ας μάς αξιώσει η Παναγία να Τήν υποδεχούμε με σεβασμό, τιμή και ταπείνωση. Να ελεήσει η Παναγία και να μας χαρίσει την ευλογία της. Αμήν.

Με αγάπη και εκτίμηση,  
π. Μιχαήλ Βαρβαρέλης

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## ΠΕΝΘΗ ΚΟΙΝΟΤΙΚΑ

**Andrew Thomas Bakis**  
CHARLOTTE - Andrew Thomas Bakis, 84, of Charlotte, NC died Thursday, July 10, 2014. He was born February 26, 1930 in Nostimo Evrytania, Greece, son of the late Thomas and Efrosini Zaharopoulos Bakis. Mr. Bakis was a retired restaurateur and real estate investor. He was a member of Holy Trinity Greek Orthodox Cathedral. He was a former parish council member, a member of the Evrytania Association and a long time Mason. He loved fishing, traveling, hunting but most of all, he loved family time, especially with his grandkids. Mr. Bakis is survived by his wife, Andronicky of the home; son, Thomas Bakis and his wife Lena of Matthews, NC; daughter, Frances Troupes and her husband, Demetrios of Charlotte, NC; daughter, Maria Tingas of Kennesaw, GA; and daughter, Joanna Wagner and her husband, Jamie of Woodstock, GA; grandchildren, Andrew and Evan Bakis, Dean, Andrew and Jonathan Troupes, Arthur Tingas, Matthew and Heather Haggart, Csaba, Jazmin and Romeo Wagner; brother, Angelo Bakis and his wife, Ellie; and sisters, Savoula Phillips and Xanthi Paspaseros. In addition to his parents, Mr. Bakis was preceded in death by a brother, Xristo Bakis. There was a Trisagion service at 7:30 PM Friday evening, July 11, 2014, at Holy Trinity Greek Orthodox Cathedral. Funeral services were at 11:30 AM Saturday, July 12, 2014, at the Cathedral with the Reverend Michael Varvarelis officiating. Interment followed in Evergreen Cemetery. Memorials may be sent to Holy Trinity Greek Orthodox Cathedral Foundation, 600 East Blvd., Charlotte, NC 28203, or

Panagia Proussiotisa Fund at Elatos Park c/o Holy Trinity Greek Orthodox Cathedral, 600 East Blvd., Charlotte, NC 28203. Arrangements are in the care of Hankins & Whittington Funeral Service; please share condolences online at [www.hankinswhittington.com](http://www.hankinswhittington.com).

**George Mugurel Dimitriu**  
CHARLOTTE - Mother Anna Boca Dimitriu, sister Roxanna Dimitriu, and wife Daniela Dimitriu from Charlotte, would like to thank Holy Trinity Greek Orthodox Cathedral; Rev. Fr. Michael Varvarelis, Dean; Fr. Theodore Kyritsis; Steven Kutzman, owner Carolina Funeral (CFCC); which helped us with a beautiful memorial and prayers for George Mugurel Dimitriu, whose soul returned to the Heavenly home on August 9, 2014. His funeral service was held on August 12, 2014, at the Greek Cathedral, followed by burial at Evergreen Memorial in Charlotte, NC. His father, George G. Dimitriu, passed in 2001. Friends were invited to a 40-day memorial on Saturday, September 13, 1:30 pm, at Evergreen Cemetery followed by coffee-fellowship at 3308 Commonwealth Ave., 28205 in Charlotte. Share your thoughts and fond memories of George with our family at [fnhealthassist.org](http://fnhealthassist.org).

**Tom "Athanasios" Kleto**  
CHARLOTTE - Mr. Kleto, 93, of Charlotte, NC died at his residence on Wednesday, August 27, 2014. Tom was born February 26, 1921, in Bowling Green, KY, a son of the late Nicholas and Helen Kapoulas Kleto. Tom was a member of Holy Trinity Greek Orthodox Cathedral and St. Nektarios Greek Orthodox Church. One of the greatest generations, Tom served in the US Army 813th Tank Destroyer Battalion in North Africa, Sicily, Normandy and Germany during WWII, where he was awarded the Bronze Star. Prior to WWII Tom was sponsored by the YMCA and entered and won the Carolinas Golden Gloves welter weight division. Following WWII, Tom

was a restaurateur for many years and then was employed with S.C. Hondros & Associates, Inc. until his retirement. Tom enjoyed fishing and gardening, but he loved spending time with his family. Survivors include his wife, Nickie H. Kleto; sons, Sam Kleto and wife, Maria, John Kleto and wife, Maria all of Charlotte, NC and Pete Kleto and wife, Susan of Grantville, GA; grandsons, Thomas, Nicholas and Charles Kleto all of Charlotte, NC; granddaughters, Elizabeth Kleto of Charlotte, NC, Androniki Kleto of Asheville, NC and Marian Meyerhoff and husband, Matt of Tyrone, GA and great-grandson, R.J. Meyerhoff of Tyrone, GA. A Trisagion service was held 7:00 PM Thursday evening, August 28, 2014, at Holy Trinity Greek Orthodox Cathedral with the family receiving friends thirty minutes prior to the service. The funeral service was held 11:30 AM Friday, August 29, 2014, at the Cathedral with interment following in Sharon Memorial Park.

Memorials may be made to Holy Trinity Greek Orthodox Cathedral Philoptochos Society, 600 East Blvd., Charlotte, NC 28203, St. Nektarios Altar Fund, 5108 Kuykendall Rd., Charlotte, NC 28270 or Dowd YMCA for Underprivileged Youth, 400 E. Morehead St., Charlotte, NC 28202. May his memory be eternal. Arrangements are in the care of Hankins & Whittington Funeral Service, 1111 East Blvd., Charlotte, NC, 28203. Please share condolences online at [www.hankinsandwhittington.com](http://www.hankinsandwhittington.com).

**Spiros Dimitrios Tsiamis**  
CHARLOTTE - Mr. Tsiamis, 84, passed away peacefully on Saturday, July 5, 2014, surrounded by his family. Spiros was born December 27, 1929, in Fidakia, Evrytania, Greece. Spiros came to the United States in 1969, and often split time between residences in Charlotte, NC, and his birthplace in Greece. He was a loving husband, father and grandfather, who was full of life and spirit. Spiros is

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survived by his loving wife of 55 years, Maria; son, Jimmy and wife, Carolyn; daughter, Helen; grandchildren, Maria and Joanna Katsiaros, Bobby and his wife, Rachel, Antonios, Shannon Herrin and her husband, Tony; and great-grandson, AJ. The family would like to thank the staff and caregivers at Novant Healthcare Matthews. The funeral was held 11 AM, Monday, July 7, 2014, at Holy Trinity Greek Orthodox Cathedral with interment following at Evergreen Cemetery. The family received friends following interment at the Father "C" Hall. In lieu of flowers, memorials in Spiros' memory may be made to the Renovation Fund or the Ministry Fund, Holy Trinity Greek Orthodox Cathedral, 600 East Blvd., Charlotte, NC 28203. Arrangements are in the care of Hankins & Whittington Funeral Service, 1111 East Blvd., Charlotte, NC, 28203. Please share condolences online at [www.hankinsandwhittington.com](http://www.hankinsandwhittington.com).

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November 6, 2014

Rev. Fr. Michael Varvarelis  
Holy Trinity Greek Orthodox Cathedral, Charlotte, NC

My dear Father Michael,

*"Let all that you do be done with love." 1 Cor. 16:14*

I greet you with love and joy in the Name of our Lord and Savior Jesus Christ. As we look forward to the beginning of the Nativity Fast, I pray that you will receive all His blessings of grace, health and peace of mind and heart in this special time in our ecclesiastical year.

Thank you for your recent letter with the information about the visit of the Myrrh-Streaming Icon of the Panagia Kardotissa. It saddens me to let you know that I will be unable to join you for this important and spiritually uplifting event. Unfortunately I have a previous commitment at the same time, and it will prevent me from being there in Charlotte with you.

However I commend you and the Parish Council for your zeal and enthusiasm and your efforts to spiritually uplift and edify the Faithful. I know that you went out of our way to organize this important event, and I am grateful for all your efforts. When the Faithful venerate these icons, they receive blessings. So I pray that all the Faithful may have the opportunity not only just to attend an historical event but more importantly to receive the grace of the Virgin Mary, and the hope that we so desperately need in today's difficult times.

With prayers and best wishes for a beautiful and spiritually uplifting event, I remain,

With paternal blessings and with much love in our Lord,

*+Metropolitan Alexios*

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# SAINT STEPHEN'S SUMMER CAMP



Senior boys' and senior girls' cabin



Before the dance



Before the Olympics



Saying my senior speech



Making prosforo

**St. Stephen's Camp** By Margarita Margiotis

It is simply impossible to describe the full effect after attending St. Stephen's summer camp because one must experience it themselves.

I first heard about this camp six years ago from my brother, Yianni. He was boasting about how he had such an amazing time and came back as a new and refreshed person. Once I heard of all of his entertaining stories and memories, I knew I had to go and make some for myself.

I was quite nervous about going because I was this tiny little girl who didn't know anyone in her grade attending except for Zack Demopoulos and Paul Lowder. I decided to go anyway and assured myself that I would make plenty of new friends. My parents were ecstatic for me that I was attending, but then instantly realized that their little girl is growing up and was leaving them for a week. They wanted me to keep my cell phone to contact them throughout the week, but I turned it in once I got there. It was such a relief to not have any contact with the outside world. Actually once I got to camp I completely forgot what was happening around me and focused on building relationships.

I had such an amazing learning experience my first time at St. Stephen's. The next year, when the time came to sign up, I figured I would be alright about skipping camp. That did not go so well for me because once the deadline passed, I got this overwhelming feeling of guilt and sadness. I knew in my heart the right thing to do, in order to replace this feeling with happiness and joy, was to sign up for

camp. Luckily there was still a spot open for me the following week, therefore I was able to attend last minute.

From then on every year of St. Stephen's got better and better for me. Every year I was telling all of my friends in Charlotte my experience and encouraging them to come to camp with me. Finally one of my close friends listened to me three years ago and came; from then on she attended camp every year.

This was my sixth year of attending St. Stephen's camp and I was excited about finally being the senior and the role model of the girls. This was also my first year I had older women, that were moms, as my counselors. It was a tad bit different because they had their motherly instincts intact at all times, but I have to say, I learned so much from these two women that I can't even begin to share. Their lovingness and positiveness shine so much throughout the week that we had to feed off of it due to the lack of sleep we got. Although each person gets about five hours of sleep at night, which varies depending on if you stay up and talk to your friends, we are always anticipating the next day and are ready to jump into the next activity planned. Whether it is going canoeing in the lake and then getting tipped or climbing the wall in the ropes course and getting water dumped on you once the campers are done, everyone is bonding at all times.

Overall, this camp is a life-changing experience that I will never forget. It renewed me physically, mentally, and most importantly spiritually. It

*Continued on page 10*



**The Legacy of the Spartans and the Importance of the Battle of Thermopylae**

In 480 B.C., a small band of brave Greek warriors stood alone against tyranny, at a narrow pass between the cliffs and the sea. Led by Leonidas, king of Sparta, and a volunteer force of 300 picked Spartans, this tiny defense force fought for three days against overwhelming odds. Though they all perished, the Spartans left a lasting legacy. And the name of the place they held so bravely and consecrated with their blood has become synonymous with heroic "last stands": Thermopylae.

Fought at about the same time of year as our Greek Festival (the Spartan religious festival of the Karnea was celebrated in late August/early September; and the battle took place during this time) Thermopylae was a contest between the free city-states of Greece, and the great autocracy of the Persians, the largest empire the world had ever seen. It became a classic struggle of freemen verses the forces of tyranny. Though the Spartans and their fellow Greeks gave an amazing accounting of themselves before they fell on that final day, the battle ended in a Persian victory; however Pyrrhic.

So why does this battle lost stand out so throughout history? Why, for instance, do so few remember Salamis and Plataea; the decisive Greek victories that brought this war to a victorious conclusion? The answer is partly wrapped in the poignancy attached to all "last stands".

Men go into battle with the knowledge that death is always a possible outcome. The courage to face this knowledge is the hallmark of warriors in every age. It's why we admire Veterans so. But it takes a special kind of courage and dedication to face certain death in battle.

Like the defenders of our own Alamo, the Spartans chose to stand and die. Even after dismissing the other Greek soldiers from Thermopylae, there was time to withdraw before the Persians cut off their escape. But instead, they calmly ate breakfast ("Eat well, lads, for tonight we dine in Hades!"), combed their long hair, polished their armor and sharpened their weapons. By Spartan law, every man knew that retreat in the face of the enemy was unthinkable and unforgivable. King Leonidas, perhaps, was motivated by something more: the Delphic Oracle prophesized that either Sparta will be conquered or a Spartan king must die. So they—King and all--prepared to stand, fight and die.

The fact that no volunteer had been accepted for this mission who did not have living sons to follow in his place, demonstrates that the Spartans marched to the Hot Gates knowing full well that their return home was unlikely.

Die they did, and thus they live on forever in immortal fame. This legacy of Thermopylae is one of courage and honor. It showed what "Free Men" fighting for their home and family could do against a horde of "conscripted slaves" intent on conquest.

Upon hearing the news of this battle every Greek was filled with pride. The knowledge that this huge, Eastern menace could be bloodied also gave them hope. Until then no one had yet dared stand up to the might of the Persians. Submission and surrender were words unknown to the Spartans. Molon Labe, if you dare!

By making this heroic stand, the Spartans paved the way for Greek victory. Without Thermopylae, Greece would have succumbed to Persian domination,

*Continued on page 10*

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**Warriors of Greece (Cont.)***Continued from page 9*

and liberty would have been snuffed out in its infancy in the dynamic, freedom loving Greek City-States. The Golden Age of Greece that followed the Persian defeat would never have flourished and much of what we take for granted today would not exist. Democracy would never have developed and the Olympics would not exist. Think of all of the magnificent contributions that the Greeks handed down to us that might never have blossomed; theater, poetry, mathematics, science, medicine, art, philosophy, history, language, architecture, music and the list goes on. But perhaps the greatest legacy of Thermopylae is to be found in the military sphere.

The Spartans were the world's first professional soldiers. They left to us a tradition of discipline, training, organization, tactics and maneuver that were foundational for all that came after. Without the Spartans, there would have been no professional military tradition for Philip and his son Alexander to use to conquer the world. Incorporated into Roman, Byzantine, Renaissance and ultimately Anglo-Saxon warfare it was this classical military tradition descended from the Greeks and particularly the Spartans, that laid the foundation stone for the modern military dominance of the West over all the peoples of the globe. What is this military legacy, exactly?

A military based upon regimentation and discipline, and subordination of the individual to the machine-like drill of the unit. And what is uniquely the heritage of the Greeks, and particularly the Spartans, a military whose war fighting philosophy is this: to aggressively come to grips with the enemy in close-quarter battle; and to destroy him in decisive battle. Unlike Eastern military tradition that emphasizes maneuver, in the West warfare is broken down to the essentials necessary to bring the enemy to close-quarter battle. It

is this that has made the West both so dominant and so deadly on the field of war for centuries; and really for most of recorded history.

To this day we here in the freedom loving United States have a direct link to the fiercely independent city-states of ancient Greece not only in the civilian sector but more importantly in the military. Inheriting this Western style of fighting from the Warriors of Greece, it is no coincidence that U.S. Marines, America's most ferocious, elite combat troops are often called, "American Spartans" for their prowess in battle. It is also no surprise that their colors are Spartan red and gold.

As you experience another Greek Festival this year spending time with family and friends think about all that your senses are taking in. The aromas and tastes of delicious Greek cuisine, pastries and wine, the sound of joyful Greek music, the creative expression of traditional Greek dancing, people laughing and speaking freely and openly about whatever is on their mind, customers bartering with vendors peddling their goods in the Agora. Look at government buildings around the city adorned with Grecian columns; these are just some of the wonderful sights, sounds and smells of liberty. Remember everyone having fun and your heart and soul truly feeling the sensation of freedom here in Charlotte, NC halfway around the world from that remote, rocky mountain pass. Free from foreign intervention and tyrannical subjugation. Then take a quiet moment to think about the Warriors of Greece thousands of years of ago who for one crucial moment in history took a valiant stand against insurmountable odds to make this all possible. Be thankful to them and all Veterans who have sacrificed selflessly for us to enjoy this freedom.

This is the legacy of those deadly, efficient, scarlet-and-bronze clad Spartans who stood, fought and died at Thermopylae; obedient to their orders to

the very end.

\*\*\*\*\*

Chris Pangalos, a former US Marine Infantry Sergeant, Hand-to-Hand Combat Instructor and semi-professional soccer player is the founder and Commander of The Warriors of Greece who travels the country participating in Greek Festivals, parades, school lectures, public presentations, movie promotions discussing ancient Greek fighting techniques and tactics, hoplite warfare and life in Ancient Sparta. Check out the website at [www.TheWarriorsofGreece.com](http://www.TheWarriorsofGreece.com).

Chris also runs Rolling Thunder Productions, the Southeast's leading award-winning Disc Jockey entertainment company specializing in Greek-American events. He has been seen on MTV and featured in numerous publications including DJ Times and Mobile Beat International magazines.

[www.RollingThunderProductionsDJ.com](http://www.RollingThunderProductionsDJ.com)

**St. Stephen's (Cont.)***Continued from page 9*

strengthens your bond with your friends but also with God. You learn to trust one another, especially when it comes time for the ropes course. The friendships you make there become stronger each year you attend and you will see those friends at other conventions such as winter youth rally and HDF.

It will be different having to wait a year to go to camp, but it will be worth the wait in order to be a counselor and to continue my legacy at camp. I truly believe that St. Steven's is heaven on earth.

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**Philoptochos By Irene Politis**

Clergy-Laity was held on July 6-10, 2014, in Philadelphia, Pennsylvania. The theme was "The Orthodox Christian Family: A Dwelling of Christ and a Witness of His Gospel." Our two delegates were Toni Karnazes and Diane Ramsey. This year, our Chapter was selected for the "Chapter Challenge." Toni presented a video of our project, "TLC Blanket of Hope." These no-sew blankets that our members made by hand were given out to our shut-ins and the Ronald McDonald House. Our Chapter was recognized as fulfilling all of our National obligations.

On July 27th, our Philoptochos Chapter hosted a 90th Birthday Celebration



for Mrs. Angeline Andrews in our

social room. Many family members, including her daughters, Mary Alice Kays and Celeste Alexander, and her son George Andrews, as well as many friends attended to wish her a Happy Birthday. She has been a member since 1947 and served on the Board for many years. She also served on the Metropolis Board as Treasurer. Mrs. Andrews had the vision for our Chapter to raise money by publishing a cookbook. She was committee chairman and "A Taste of Greek Tradition" was born. We all thank Mrs. Andrews for establishing this project, enabling our Chapter to help many people in our community.

In August, the hard work of preparing for the Greek Festival began in earnest. Thank you to all who came and helped, especially to the many men that worked so hard with us and those that prepared the delicious meals.

The mission of Philoptochos is "To promote charitable, benevolent and philanthropic outreach, to preserve the sanctity of life and family and to perpetuate and promote our Orthodox faith and traditions." All ladies of the community are invited to come and join.

Congratulations to our new National Philoptochos President, Maria Logus!

**Daughters of Penelope By Eleni Livas Bingham**

The DAUGHTERS OF PENELOPE, Venus Chapter #102, will hold its first meeting of the 2014-2015 year on Tuesday, September 16, at the Park Place restaurant on Park Road. The meeting will begin at 6 pm. There will be a discussion regarding partnership with AHEPA Marathon Chapter to host the District workshop.

The second meeting will take place on Tuesday, October 21; place to be announced.

The November meeting will celebrate the Daughters' Founders Day on Sunday, November 16, at Holy Trinity Cathedral after both services.

Members will begin planning for the Daughters' Queen of Hearts High Tea and Fashion Show. This annual event

is scheduled for Saturday, February 21, 2015, at Carmel Country Club. Proceeds will go to benefit Carolina's Breast Cancer Fund at Carolinas HealthCare System's Levine Cancer Institute.

We encourage interested persons to make plans to attend and purchase tables of ten (10). Tickets are \$40 each and can be ordered from Dianne Leventis, 704-366-8284. daleventis@bellsouth.net. To date, thirteen tables (13) have been sold.

We encourage companies to purchase corporate champions to assist in the fight against breast cancer. Please contact Dianne Leventis for any of the following:

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**Preschool By Preschool Staff**



**Whooo's in the News at the Preschool?**

The preschool hallways are always quiet during the summer months without the sounds of the children's voices. July and August is a time for us to reflect on the previous year and to begin planning for the upcoming school year. We are already preparing for the Parent Orientation Meetings that will take place on August 27 and 28. After that, we will turn our focus to the Yiasou Greek Festival Playland Beverage Booth that is one of the preschool fundraising efforts. The week following the festival, the teachers will be busy preparing their classrooms for the start of school. Classes will begin on Monday, September 15, immediately following the Open House and Agiasmo of the preschool. The teachers are eagerly awaiting the children's arrival back at preschool. We are looking forward to an exciting year.

We are blessed to have a group of very dedicated, caring and talented teachers. Our staff for the 2014 – 2015 preschool year are:

Mrs. Angelina Korinis – 4 Year Old Class (M-F)

Mrs. Athina Politis and Mrs. Anna Koufaliotis – 3 Year Old Class (MWF)

Mrs. Athina Politis and Mrs. Anna Koufaliotis – 2 Year Old Class (TTh)

Mrs. Stacey Skarlatos and Mrs. Andrea Mahi Politis – Toddler Class (MW)

For those of you who are not familiar, with Holy Trinity Greek Orthodox Preschool, we are a religious-based half day program. Our hours are from 9:15 am to 1:15 pm. Our goal is to provide your children the best preschool experience, where we can nurture their emotional, physical, cognitive and spiritual growth in an age-appropriate setting. Being part of a Greek Orthodox preschool, your children will have the unique opportunity to learn Greek and be exposed to the Orthodox faith.

There are still a few openings in some of the classes. If you are interested in enrolling your child or have any questions, please contact the preschool at 704-333-4961 or [preschool@htgo.org](mailto:preschool@htgo.org). You may also call the Co-Directors, Cindy Balatsias at 704-502-3859 or Maria Kleto at 704-564-5842.

**CONGRATULATIONS**

Our Congratulations to Alexandra Tatsis who was chosen as one of the "Great 100 Nurses in North Carolina 2014". Alexandra is a nurse at Levine's Children's Hospital at CMC. Also our congratulations to her parents, Peter and Antonia Tatsis, and to her brother, Bishop Gregory Tatsis. We are very proud of her!

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In Ephesians chapter four, Saint Paul says we are to be a "measure of the stature of Christ; that we should no longer be children, but, speaking the truth in love, may grow up in all things into Him who is the head: Christ.

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**Choir News By Olga Yamalis**

A fun and memorable time was had by all attendees of the three HTC Choirs (Adult, St. Romanos Baritone and St. John Koukouzelis Youth) who attended the 38th Annual Conference of the Southeastern Federation of Greek Orthodox Choirs and Musicians (SFGOCM) hosted by Holy Trinity in Charleston, SC, on July 17-20. The Liturgy arranged by the late Dr. Michael Petrovich was conducted by Dr. Nick Maragos of Rochester, MN, and was chanted acapella. The Liturgy was chanted by approximately 75 adult voices and 18 youth voices from all over our Metropolis. Of those voices, 14 adults and 4 youth were from our very



own HTC! Highlights of the conference included an evening complete with dinner and tour of the U.S.S. Yorktown at Patriot's Point in the Charleston Harbor and an evening at Charleston's Harbour Club near Bay Street in the Battery area of historic Charleston.

Our very own HTC Choir Director Lucy Pappadakes was elected again as the Southeastern Federation President and Dr. Philip Thevaos was elected again as Vice President for the next year 2014-2015. Congratulations to Lucy and Philip!

Congratulations is also in order to our organist, Irina Monzolevskaya. She was one of three recipients in our Metropolis to receive the Patriarch Athenagoras I Award. This award gives national recognition to individuals whose contributions to the music ministry of the church are worthy of distinction. It recognizes their talents and service to the development and perpetuation of the church choirs and musicians in their Metropolis and local community. Congratulations Irina!

Our summer closes out with August practices in preparation for our Saturday choir performance at our 2014 Yiasou Festival directed by Dr. Philip Thevaos. Following the Festival, all choirs are looking forward to another strong and spiritual upcoming year of hymns and praises through music. If anyone in the community can devote some time and talent to a choir, please join us. We certainly welcome more voices in any of the adult choirs to join us in singing praises to the Lord.

*I will sing to the Lord as long as I live,  
I will sing praise to my God while I have my being. Psalm 104:33*

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## MAY REPENTANCE BE FOREVER

Fr. Tommy D. Vlahos

### Η Μετάνοια νάναι για πάντα !

Αν ο άνθρωπος , για καλά , καταλάβει και νοιώσει τὰ φρικτά αποτελέσματα τῆς αμαρτίας , αμέσως καταλαβαίνει ότι , όχι μόνο για μιά στιγμή , ούτε για μιά περίοδο τῆς ζωῆς του , αλλά ὅλη μας ἡ ζωή πρέπει νά εἶναι μιά συνεχῆς και χωρίς διακοπή μετάνοια . Μετάνοια ἡ οποία πρέπει νά βελτιώνεται και νά καλλιτερεύει μέρα μέ τὴν ἡμέρα . Και τούτο γιατί κανένας πιστός Χριστιανός δέν καταδέχεται νά βρίσκεται κάτω ἀπὸ τὸ βάρος τῆς αμαρτίας και τῆς ενοχῆς , και ἔτσι νά βρίσκεται σέ διάσταση μέ τὸ Θεό . Οχι λοιπόν ! Ούτε μιά στιγμή νά ζούμε μακριὰ ἀπὸ τὸ Θεό . Ούτε μιά στιγμή νά αισθανώμασθε παραβάτη τὸν εαυτὸν μας και ἔνοχο τῆ συνειδήσῆς μας . Ούτε μιά στιγμή νά αισθανώμασθε τὸ Θεό θυμωμένον μαζί μας . Ούτε μιά στιγμή γιατί δέν γνωρίζουμε τὸ πότε θά ἔλθει τὸ τέλος μας , για τὸ ὅτι εκείνη και μόνο εκείνη ἡ στιγμή θά μάς οδηγήσει μπροστά στο φοβερό κριτήριο τοῦ Θεοῦ . Αλλοίμονό μας τότε ! Πρέπει δηλ. ἡ κάθε μας στιγμή νά εἶναι στιγμή μετανόιας και επικοινωνίας μας μετὰ τοῦ Θεοῦ . Για τὸ λόγο αὐτὸ ἡ κάθε στιγμή τῆς ζωῆς μας πρέπει νά φέρνει τῆ σφραγίδα τῆς μετανόιας . Σάν ἄνθρωποι δέ ἂν πέσουμε σέ αμαρτίες τότε αμέσως νά σηκωθούμε και μέ βαθειά μετάνοια νά επιστρέψουμε στο Θεό Πατέρα μας λέγοντες τὸ : \* ἡμαρτον \* για νάχουμε

τῆ συνειδήσῆς μας ἡρεμῆ . Οχι μόνο αὐτὸ αλλά νάχουμε και τὸ Θεό μαζί μας και εμεῖς νάμασθε ἔτοιμοι για τῆ μέλλουσα ζωή μας και Κρίση τοῦ Θεοῦ . Για τὸ λόγο αὐτὸ πάντοτε ευχόμεσθε και μέ προσοχή ακούμε τὰ λόγια τῆς Θεῆας Λειτουργίας : \* Τὸν υπόλοιπον χρόνον τῆς ζωῆς ἡμῶν εν εἰρήνῃ και μετάνοια εκτελέσαι , παρά τοῦ Κυρίου αιτησώμεθα \* .

Επομένως ὅλη ἡ ζωή μας πρέπει νά εἶναι καιρός μετανόιας . Ἡ ζωή μας δηλ. ἡ παρούσα πού ζούμε πάνω στῆ γῆ νά εἶναι πρέπει ὁ κατάλληλος καιρός τῆς μετανόιας και ἡμέρα τῆς ασφαλοῦς σωτηρίας . Διότι τώρα , σ' αὐτῆ τῆ ζωῆ μάς δείχνει ὁ Θεός τὸ ἔλεός Του και μάς καλεῖ σέ μετάνοια , και μάς παρέχει και μάς χορηγεῖ τὸ Πανάγιο Πνεῦμα Του και τὴν Θεῆαν Του Χάριν , πού παρέχει τὴν ἄφεσιν και τῆ σωτηρία , διὰ τοῦ Μυστηρίου τῆς ιερᾶς εξομολογήσεως . Τώρα μάς καλεῖ ὁ Θεός και τώρα μάς δέχεται . Αν περάσει αὐτῆ ἡ ζωή μας και φύγει τότε δέν υπάρχει πλέον μετάνοια , ούτε ἔλεος , ούτε συγγνώμην, ούτε ἄφεσις, ούτε σωτηρία . Ο, τι θά γίνει στῆ παρούσα ζωή θά γίνει . Τώρα δηλ. θά γίνουμε δεκτοί και τώρα θά βρούμε τὸ ἔλεος τοῦ Θεοῦ . Επομένως ἡ ζωή μας αὐτῆ εἶναι καιρός και ἡμέρα σωτηρίας μας . Και επειδὴ ὅλοι μας δέν γνωρίζουμε τὴν ὥρα τοῦ θανάτου μας , ὅλη μας ἡ ζωή , χωρίς διακοπή , πρέπει νά εἶναι καιρός μετανόιας . Μετανόιας και επιστροφῆς συνεχῆς , ὁπότε εξασφαλίζεται , μετὰ βεβαιότητος , ἡ σωτηρίας μας . Ἀμήν .

Ιερέας π. Ταξιάρχης Βλάχος .

## ADMISSION AND CONFESSION

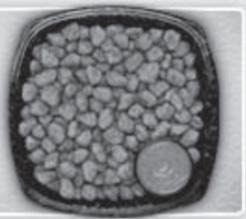
Fr. Tommy D. Vlahos

### Ομολογία και Εξομολόγηση .

Ἡ ὁμολογία και ἡ εξομολόγηση εἶναι τὸ σπουδαιότερο και τὸ αναγκαιότερο στάδιο τῆς πραγματικῆς μετανόιας . Οχι λοιπόν σιγή και σιωπῆ για ὅσα αμαρτωλά και ἔνοχα ἔχουμε κάνει στῆ ζωή μας . Αμαρτωλά , τὰ οποία ἔγιναν μέ τῆ συγκατάθεσῆς μας και τῆ θέλησῆς μας , ἢ ἔστω ἔγιναν ἀπὸ ἀπροσεξία μας . Δέν επιτρέπεται νά κρύβουμε τίς ελεεινές πράξεις τῆς αμαρτωλῆς ζωῆς μας , αλλά πρέπει νά τίς φανερώσουμε , νά τίς ὁμολογούμε μέ κάθε ειλκρίνεια και θάρρος , και μέ ταπείνωση νά λέμε τὸ \* ἡμαρτον Κύριε \* . Τὴν ὁμολογία βεβαίως τῶν παραβάσεών μας , δέν εἶναι δυνατόν νά τὴν κρύψουμε και νά μὴν ὁμολογήσουμε τὰ σφάλματά μας , ἂν πράγματι στο βάθος τῆς ψυχῆς μας υπάρχει ἡ ειλκρινῆς μετάνοια . Πρέπει νά εκδηλωθεῖ , πρέπει νά τῆ φανερώσουμε , γιατί ἂν δέν κάνουμε τούτο , μέ τῆ βία , υπάρχει φόβος νά εκραγεῖ ὁ τῆς μετανόιας λέβητας πού κοχλάζει μέσα μας . Αφού ἡ ψυχῆ μας συντρίβεται και συγκλονίζεται ἀπὸ τὰ ισχυρά συναισθήματα τῆς μετανόιας , ὁπότε τὸ στόμα μας και ἡ γλώσσα μας θά λαλήσουν μέ πόνον και θά φωνάξουν ὁπως ὁ τελώνης τὸ : \* Ὁ Θεός ἰλάσθητί μοι τὴν αμαρτωλώ \* . Μέ τίς αμαρτίες του , τίς ἀδίκες και τίς ἔνοχες πράξεις του , ὁ κάθε ἄνθρωπος , αμαρτάνει και στοὺς ἄλλους ἀνθρώπους .



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Δηλ. Τούς προσβάλλει , τούς αδικεί , τούς υβρίζει , τούς κακολογεί , τούς συκοφαντεί , μέ τά πολλά κακά πού τούς προξενεί . Επομένως , είναι πολύ φυσικόν καί πρέπει , αλλά καί αναγκαίον είναι , τώρα πού μετανοεί ο άνθρωπος , νά στραφεί καί πρός εκείνους πού έβλαψε καί αδίκησε καί νά ομολογήσει τήν ένοχήν του . Νά τούς δηλώσει ότι αναγνωρίζει ότι τούς έκανε τό άλφα ή βήτα κακό καί νά τούς ζητήσει συγγνώμη , καί μέ τήν καρδιά του νά επανορθώσει τά αδικήματα πού τούς έκανε , άν βεβαίως αυτά επανορθώνονται . Αλλά ο άνθρωπος κυρίως καί κατ'εξοχήν αμαρτάνει στό Θεό , διότι τού Θεού τόν άγιον νόμον καταπατεί μέ τίς παραβάσεις του . Ο πονεμένος καί συγκινητικός λόγος τού ασώτου : \* Πάτερ ήμαρτον είς τόν ουρανόν καί ενώπιόν σου \* , πρέπει νά βγει από τό στόμα τού μετανοούντος . Αυτά τά λόγια τής μετανοίας ο μετανοών αμαρτωλός δέν θά τά πεί στην εικόνα τού σπιτιού του ή τής Εκκλησίας , ούτε μόνο στην προσευχή του . Αλλά θά τό πεί μπροστά στον πνευματικό καί λειτουργό τού θείου Μυστηρίου τής Εξομολόγησεως . Αυτό είναι καί αυτό θά πεί εξομολόγηση . Είναι τής Εκκλησίας μας Θεοσύστατο καί Άγιο Μυστήριο πού το ώρισε ο ίδιος ο Σωτήρας μας μέ τά λόγια πού είπε πρός τούς μαθητές Του : \* Λέβετε Πνεύμα Άγιον , άν τινων αφήτε τάς αμαρτίας , αφήνται αυτοίς , άν τινων κρατήτε κεκράτηνται \* (Ιωάν. 20.22-23) καί οι Απόστολοι αμέσως μετά τήν Πεντηκοστήν το έθεσαν σέ εφαρμογή . Αυτό θά πεί εξομολόγηση , αφού μετανοείς , αδελφέ μου, θά τρέξεις είς τόν εξομολόγο καί πνευματικόν τής Εκκλησίας σου , γιά νά πείς χωρίς δισταγμόν καί ντροπή τά αμαρτήματά σου . Δέν θά αφήσεις τίποτα θά τά πείς όλα . Εκεί θά διαβαστείς καί θά συγχωρηθείς , καί λάβεις τήν άφεση καί τήν ειρήνευση τής ψυχής σου . Αμήν .

Ιερέας π. Ταξιάρχης Βλάχος .

## THE FAITHFUL CHRISTIANS

Fr. Tommy D. Vlahos

### ΟΙ ΠΙΣΤΟΙ ΧΡΙΣΤΙΑΝΟΙ

\*Ει ο κόσμος υμάς μισεί , γινώσκετε ότι εμέ πρώτον υμών μεμίσηκεν \* , (Ιωάν.15.18) . λέγει ο Κύριος . Τό μίσος δέ αυτό τού αμαρτωλού κόσμου κατά τών πιστών Χριστιανών είναι γιατί οι Χριστιανοί δέν συμφωνούν μέ τόν αμαρτωλό κόσμο . Μισούνται λοιπόν οι Χριστιανοί από τόν αμαρτωλό κόσμο , αλλά καί οι Χριστιανοί μισούν . Οι Χριστιανοί μισούν όχι τούς ανθρώπους τούς απίστευτους , τούς διεφθαρμένους καί γενικά τούς αμαρτωλούς , αλλά μισούν τήν αμαρτία , τήν αρρώστια πού λέγεται αμαρτία . Τούς ανθρώπους , σάν ανθρώπους , τούς αγαπούν οι άγιοι γιατί είναι εικόνες τού Θεού . Εικόνες πεσμένες , λασπωμένες καί αλλοιωμένες , από τήν αμαρτία , πού μιά μέρα μπορεί νά αναστηλωθούν , νά καθαριστούν καί νά δοξαστούν . Για αυτούς τούς ανθρώπους οι Άγιοι τής Εκκλησίας μας , προσεύχονται συνεχώς , γιατί τούς αγαπούν . Ο πιστός Χριστιανός στό μίσος τού κόσμου πάντα αντιτάσσει τήν αγάπη , στίς βρισιές τά καλά λόγια καί τήν προσευχή . Στην αγριότητα τού κόσμου τό χαμόγελο καί στη γροθιά τού κόσμου αντιτάσσει τήν ανοικτή αγκαλιά τής αγάπης καί τής συγγνώμης . Επομένως , οι πιστοί Χριστιανοί δέν μισούν τούς ανθρώπους ούτε τόν αμαρτωλό κόσμο , αλλά τήν αμαρτία καί τά έργα τής αμαρτίας . Ολοι μας πρέπει , αδελφοί μου, νά μισούμε καί νά αποφεύγουμε τήν κάθε δηλητηριασμένη τροφή , πού μάς προσφέρει ο αμαρτωλός κόσμος . Καί αυτή είναι η απιστία , η αίρεση καί η κάθε πλάνη . Αυτό δέ τό μίσος είναι άγιο μίσος καί επιβάλλεται . Τονίζουμε αυτό τό μίσος , αδελφοί μου, γιατί ο αμαρτωλός κόσμος έχει μεγάλη δύναμη σήμερα , καί τά όπλα του είναι τά

φόβητρα καί τά θέλγητρα . Ο κόσμος τής αμαρτίας φοβίζει τόν κάθε Χριστιανό λέγοντάς του : Χριστιανέ μου άν δέν ζήσεις τή ζωή σου όπως τή ζούνε οι πολλοί , τί θά κερδίσεις ; Πρέπει νά απολαύσεις τά πάντα , νά κάνεις ό, τι θέλεις κ.λ.π. Αν ζήσουμε τή Χριστιανική ζωή ο κόσμος θά μάς ειρωνεύεται . Οπως άν πηγαίνουμε τακτικά στην Εκκλησία , άν κοινωνούμε άν εξομολογούμασθε κ.λ.π. , τί άραγε θά πεί ο κόσμος ; Αν όμως δέν μπλεχτούμε καί εμείς στίς κομπίνες , καί νά κάνουμε χρήματα είς βάρος τών άλλων , τί άραγε θά πεί ο κόσμος ; Αν καί εμείς δέν ζήσουμε τήν αμαρτωλή ζωή τών άλλων γύρω μας , τί άραγε θά πεί ο κόσμος ; Αν δέν απατήσουμε καί εμείς τή γυναίκα μας , ή τόν άνδρα μας , όπως κάνουν καί οι άλλοι γύρω μας , τί άραγε θά πεί ο κόσμος ; Καί έτσι μέ τό φόβητρα αυτό , ο αμαρτωλός κόσμος , κλονίζει τούς πιστούς Χριστιανούς . Επίσης τά θέλγητρα τού αμαρτωλού κόσμου γαργαλίζουν καί ευχαριστούν τά αυτιά μας , τά χέρια μας , τά μάτια μας κ.λ.π. , μάς αιχμαλωτίζουν καί μάς μαγεύουν . Ολα αυτά μάς ελκύουν , μάς φουντώνουν τήν επιθυμία καί μάς διαγείρουν τά πάθη καί τότε τό άγριο θηρίο πού λέγεται σάρκα , σάν λυσσασμένο ορμά πρός τό κακό . Γιαυτό λοιπόν , αδελφοί μου , νά μισούμε τόν κόσμο τής αμαρτίας , άν θέλουμε τή σωτηρία μας Αμήν .

Ιερέας π. Ταξιάρχης Βλάχος .

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