

## **METROPOLIS OF DENVER**

### **Philoptochos Monthly News Tips**

April 2008

Dear Philoptochos Chapter Presidents and Vice Presidents:  
Please share the Philoptochos News Tips with your members at your next general Philoptochos meeting.

#### **METROPOLITAN MINUTE**

As we celebrate the renewal of humanity and God's creation through the Glorious Resurrection of the Lord Jesus Christ, we go forth in our everyday lives with more confidence and spiritual joy. We know that, in keeping the Lord in our hearts and in our minds, we will succeed in our good works, thereby expressing our gratitude to Him, furthering the glory of His holy name, together with the Father and the Holy Spirit.

#### **MESSAGE FROM OUR NATIONAL PRESIDENT**

##### **GEORGIA SKEADAS**

This Lenten season offers us the opportunity for renewal, reflection, introspection, special prayer and philanthropic actions. It is a journey whose actions result in a thoughtful evaluation of ourselves, and it becomes a time to renew our Christian identity as people of compassion. It is a time that we need to intensify our dedication to the mission of Philoptochos and our commitment to philanthropy. It is through our acts of charity, our dedication to philanthropy and an intensified commitment in this regard that we begin to approach the objective of loving God and one another. The act of appreciation more fully God's love also enables us to respond accordingly with acts of love and philanthropia towards all people.

We are God's workmanship, created in Christ Jesus to do good works. I feel that we are privileged to be the vehicles that express the special love for all humanity. God has blessed us with a glorious abundance of spiritual gifts. Manage these beautiful gifts and talents well, so that God's generosity can flow through you, as we use them to effectively serve Philoptochos and our mission, for the benefit of all humanity. Our goal, as Philoptochos members, is to make a positive difference in the world.

I encourage each of you to take the time and to make the effort to examine your inner self and to explore the virtues and the benefits of joy, hope, compassion, generosity, patience and love, which tend to be much stronger and much more in the forefront of our thoughts at this most special time of the year, this very Holy and scared journey of Great Lent into Pascha, the true Festival of Festivals, the Feast of complete joy, hope, reawakening and eternal life.

May the divine light of our resurrected Lord and Savior Jesus Christ always fill your hearts with His peace grace and joy. Kali Anastasi.

With Love in Christ, Georgia Skeadas

### **CONGRATULATIONS GEORGIA**

A great honor was bestowed upon the Greek Orthodox Ladies Philoptochos Society. The Society has been unanimously selected by the Board of Directors of the Federation of Hellenic Societies of Greater New York, Inc. to participate in this year's Greek Independence Day Parade. As National President, Georgia Skeadas has been asked to represent the entire organization and to participate as one of the Grand Marshals.

### **METROPOLIS**

Letters have been sent to all Chapter Presidents, in regards to outreach missions, bags for the homeless and prevention of child abuse. This is a Metropolis request. We will be able to strengthen our Metropolis if we have joint projects, with local control. All chapters are asked to report back to Barbara Latsonas, Metropolis President, with your choices.

### **METROPOLIS PASCHAL STEWARDSHIP APPEAL**

Letters were sent out last month asking each of you, your members and your individual chapters to make a stewardship gift of love to your Metropolis Philoptochos. Funds from the Paschal Appeal assist with various administrative expenses associated with maintaining a functioning Metropolis, which includes the expenses for printing, mailing and postage of all correspondence, including the Philogramma and the cost of printing and mailing the new Chapter President's Handbooks and Leadership Manual. Additional funds allow the Metropolis to respond to all emergency appeals from National Philoptochos, such as the fires in Greece. The funds enable the

Metropolis to operate more effectively and efficiently. We are so grateful for all stewardship gifts. Please mail your donations to:

Metropolis of Denver Philoptochos  
Attn: Elaine Cladis, Treasurer  
4550 East Alameda Avenue  
Denver, CO 80246

## **CHAPTER NEWS**

St. Catherine, Greenwood Village, Colorado, Barbara Latsonas, President

Their Clean Monday Retreat was a spiritual and uplifting day as Fr. Paul Patitsas, Saint George Parish in Albuquerque, the retreat master, led three very informative and inspiring presentations.

They were also blessed to have His Eminence Metropolitan Isaiah and many of our Clergy join us for the day. All the Orthodox jurisdictions in the Denver area were invited to attend. A Lenten Luncheon was served to 110 guests.

Fr. Paul touched on “Greek Words Every Orthodox Christian Should Know”

**CHRISTANOSYNE:** A word that encompasses all of the behaviors, disposition, orientation and culture expected of a Christian community. It is the matrix of our spiritual orientation.

**PHILOTIMO:** The willingness to do the right thing, just because it is right, without any expectation of reward.

**SEMNOTITA:** Translated as modesty, or as decorum. It is prayerfulness, joy, holiness and light heartedness; it is modesty of dress, modesty of actions; it is sweetness and obedience to God.

Fr. Paul reminded all that as they embark on our Great and Holy Lenten Journey that we focus and direct our energies to Prayer, Fasting, Almsgiving and Repentance. The destination of our journey is the light of Christ’s Resurrection.

The Metropolis of Denver St. John Chrysostom Oratorical Festival was held at St. Catherine April 4<sup>th</sup> - 6<sup>th</sup>. Twenty-nine participants traveled with their families from all over our Metropolis for the competition. What a wonderful group of young adults! Their speeches were incredible! Junior Division First

Place was awarded to Nicholas Lambert, Greek Orthodox Church of Greater Omaha, Omaha, Nebraska. Senior Division First Place was awarded to Pilar Pappas, Holy Trinity Cathedral, Salt Lake City, Utah. Our Metropolis Philoptochos purchased *Akathist Hymn Service* books and a CD of the Liturgy chanted for each of the participants. Barbara presented the books to each participant at the awards banquet. We wish Nicholas and Pilar good luck and safe travels to Boston in June for the National Competition!

Many thanks to our Philoptochos ladies for their warm hospitality, hard work and many hours preparing, baking and serving meals for the weekend events!!!

We must encourage all our junior and senior high school students to participate in their parish Oratorical Festivals.

St. Catherine hosted the Metropolis of Denver Youth Ministry presentation on iPods, Cell Phones and Mobil Pornography, March 22, given by Theo Nicolakis, Director of Information Technologies of our Greek Orthodox Archdiocese of America. This seminar was of great importance to all parents and youth. While technological advancements (e.g. iPods, Cell phones etc.) have tremendous use and benefit, misuse and the consequences of misuse pose a challenge for Orthodox Christians.

Facilitators:

- Fr. Vasilios Flegas – Responsibility of Orthodox Christians concerning internet choices.
- Ms. Kathy Huft – Technology safety of the internet.

One hundred and fifteen attended the Seminar including parents, youth workers, Sunday School teachers, middle and high school students. Many thanks to Theo Nicolakis, Fr. Vasilios and Kathy for their wealth of information about the use and misuse of the emerging technologies.

### **Holy Trinity-Casper, Wyoming, Mitzi Bruno, President**

In February their chapter set up a pantry in their church hall to collect canned goods, toiletries, laundry soap, diapers, children's clothes, blankets and others items for the Pine Ridge Indian Reservation in South Dakota. During March the pantry was set up to collect various items for single parents who stay at

Seton House in Casper. This is a 19 unit apartment building for families in need.

**Holy Trinity-Tulsa, Oklahoma, Athena Caplanis, President**

At this time their chapter is preparing for their annual “Festival of Tables” luncheon that will take place on Mother’s Day weekend. This is their major fundraiser of the year. Each table is decorated with a festive theme.

Each year they also prepare a complete dinner and feed approximately 100 to 150 homeless at the Day Care Center for the Homeless in Tulsa. This is a very rewarding experience for all. For Christmas they adopted a homeless woman from the center and everyone purchased gifts for her.

For Metropolitan Isaiah’s Project for Children, they will support the Emergency Infant Services Organization in Tulsa.

**St. Sophia’s Philoptochos, Assumption Greek Orthodox Church-Price, Utah, Lisa Critchlow, President**

In January they held their annual Vasiloptia brunch which was very successful. In February, they hosted their annual Card Party. Philoptochos served lunch for over 150 people and sold cookies and candy. There were door prizes and a raffle. They played many types of card games, board games etc. Everyone looks forward to this fun event every year.

Their chapter also made a donation to Deacon Daniel Payne for his medical expenses.

Their ladies are scheduled for weekly visits to local nursing homes and to the homebound. They are also in the process of implementing their donations for the homeless.

During this Lenten season their members take turns preparing Lenten dinners after the Pre-Sanctified Liturgies on Wednesday evenings. Fr. Athanasios suggested this many years ago and it has turned out to be highly successful. Their senior parishioners are dusting off their cookbooks and preparing old Greek recipes. Everyone is learning new Lenten dishes.

Life Line Pregnancy is invited to speak at their next meeting. Special invitations were sent out to parents of teenage girls, encouraging them to bring their daughters to hear the guest speaker.

\* \* \*

I was Co-Chair for our Metropolis Oratorical Festival last weekend and did not have time to complete Aprils Philoptochos New Tips before our big event. Sorry for getting this out so late.

Thank you to the presidents who contributed their chapter's updates. As always, I encourage each chapter to send me information about your special events, fund raisers, projects etc. Kali Anastasi!

In Christ,

Valerie Ranahosseini  
Metropolis Board Member  
303-770-1198  
[vranahosseini@yahoo.com](mailto:vranahosseini@yahoo.com)