

## Sunday School

**Sunday School for the 2025-2026 school year has begun.** We would like to see every child in the community participate in this important aspect of Christian Education. If your child has not yet attended, please make every effort to bring them. There are a total of five levels of classes available. They are: 3-5 years old; 1st-2nd grades; 3rd-5th grades; 6th-8th grades; and the High School class.

**Please note that classes begin every Sunday at 9:45 a.m.** It is important that each child be there on time to receive the full benefits of the program. At 10:25 a.m. the classes end, and the students then go to church to sit with their parents. If you cannot bring your child, please use car pools so that the children can be there every Sunday. Any questions? Please call the Church Office at (864) 585-5961.

**St. Nicholas Greek Orthodox Church**  
P.O. Box 1107  
697 Asheville Highway  
Spartanburg, SC 29304

# ST. NICHOLAS NEWS

## SEPTEMBER 2025



## EXALTATION OF THE HOLY CROSS SEPTEMBER 14TH

# September 2025

- Festival
- Services
- Fasting

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday                                    |
|---|---|---|--|--|---|---|
|   | 1<br><b>Beginning of the Ecclesiastical Year</b><br><br>Labor Day                                       | 2   | 3  | 4  | 5<br><div>September 5-8 1:00 p.m.—8:00 p.m. Clean pork, cut and marinade pork</div><br>Fast Day | 6   |
| 7<br><b>Sunday before Holy Cross</b><br>9:45   Orthros<br>9:45   Sunday School<br>10:15   Divine Liturgy<br>11:45   Dance Practice<br>12:00   Parish Council Meeting  | 8<br><b>The Nativity of Our Most Holy Lady the Theotokos</b><br>8:30   Orthros<br>9:00   Divine Liturgy | 9   | 10<br><br>Fast Day   | 11   | 12<br><div>Package Kourambedes<br/>Package Tiropites and Spanakopita</div><br>Fast Day          | 13<br><div>Rolling Dolmades 9:30 a.m.</div> |
| 14<br><b>Sunday The Elevation of the Venerable and Life-giving Cross</b><br>9:45   Orthros<br>9:45   Sunday School<br>10:15   Divine Liturgy<br>11:45   Dance Practice<br>12:00   Dolmades & Souvlakia<br><br>Strict Fast Day | 15<br><div>Cutting &amp; cupping Baklava</div>  | 16<br><div>Make Pastry samplers and make baklava samplers<br/><br/>TENT SETUP</div> | 17<br><div>Set up tables and skirt pastry booth.<br/>Tent lights<br/>Dining Stations<br/>Signage</div><br>Fast Day | 18<br><div>Festival Outside Setup</div><br>Festival Dance Practice 5:30 pm | 19<br><br>Fast Day  | 20<br><div>GREEK FESTIVAL</div>             |
| 21<br><b>Sunday after the Elevation of the Holy Cross</b><br>8:30   Orthros<br>9:00   Divine Liturgy<br>11:00-6 pm   Greek Festival<br><br>GREEK FESTIVAL   | 22  | 23  | 24<br><br>Fast Day   | 25   | 26<br><br>Fast Day  | 27  |
| 28<br><b>1st Sunday of Luke</b><br>9:45   Orthros<br>9:45   Sunday School<br>10:15   Divine Liturgy<br>12:30   Parish Council Meeting   | 29  | 30  |  |  |   |   |

# The Elevation of the Venerable and Life-Giving Cross

September 14 Reading

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation. At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem; as he stood on the ambo, and when the people beheld it, they cried out, "Lord have mercy." It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country (see Jan. 22, Saint Anastasius the Persian). Late, in the year 628, Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place.

Rest from labour. A Fast is observed today, whatever day of the week it may be.

## Apolytikion of Elevation of the Holy Cross in the First Tone

Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.

## Kontakion of Elevation of the Holy Cross in the Fourth Tone

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.



## St. Nicholas News

Monthly Bulletin of

St. Nicholas Greek Orthodox Church  
697 Asheville Highway  
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Spartanburg, SC 29303

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## September 2025

### SUNDAY

Orthros | 9:45 am  
Sunday School | 9:45 am  
Divine Liturgy | 10:15 am

### WEEKDAY

Orthros | 8:30 am  
Divine Liturgy | 9:00 am

## Schedule of Services

Holy Confession: Available by appointment.

## Weekday Services

Monday, September 8th | Nativity of the Theotokos

## Guidelines for Respectful Worship

Probably the most important duty that we each have as worshippers attending church services is to do all that is in our power to see that a proper decorum and atmosphere is maintained so that all of the congregation is able to pray sincerely, peacefully and meaningfully.

It is with this fact in mind that we have set forth the following guidelines:

Upon entering the Church, at all times, but especially during services an individual should remember that he or she is in the House of God. Reverence and good manners are required so as not to disturb those who are already engaged in prayer, but, even more importantly, as an expression of sincere faith and awareness of the presence of the Lord. No irrelevant conversations should take place, either in the Narthex or in any part of the Church.

According to actual church service procedures, each and every member of the congregation is required to be seated in the pews at the beginning of the service. It is only by leniency that anyone is allowed to enter the Church once the services have begun. Thus it behooves us not to take undue advantage of this leniency.

There are several parts of the service during which no one should be moving about. Wherever a person happens to be at these moments, he or she should stop and stand reverently, until the proper time to proceed. These parts of the service are:

1. The Procession of the Priest and Altar Boys with the Gospel;
2. The reading of the Gospel;
3. The Cherubic Hymn and the Great Procession of the Priest and Altar Boys with the Holy Gifts;
4. The recitation of the Nicene Creed (in which the entire congregation should participate);
5. The prayers of offering "Take, eat..." and the prayers of the consecration of the Holy Gifts;
6. The Sermon;
7. Any special services (memorial services, processions, prayers).

One basic rule to follow is that, whenever the Priest is facing the people or outside of the altar, either with the censer or giving the blessing, everyone should stand wherever they are.

Please remember that the Parish Council members and the ushering staff are required to keep order during services, and all should follow their instructions at all times.

DEPARTMENT OF OUTREACH & EVANGELISM

# GREEK FESTIVAL 2025

## Work Schedule

September 12th - 18th | 10:00 until finished

### September 12 | Friday

Package Kourambedes in package of 4  
Package Tiropites and Spanakopita

### September 13 | Sat | 9:30 am

Rolling Dolmades

### September 14 | Sunday

Making Dolmades & Souvlakia  
Put up fencing and mark parking lines

### September 14-16 | Sun, Mon, Tues

AM & PM Hours  
Trim, Cut, Marinate, and skewer souvlakia

### September 15 | Monday

(10:00-2:00 and 4:00 to 6:30)  
Cutting & Cupping Baklava

### September 16 | Tuesday

(10:00-2:00 and 4:00 to 6:30)  
Cutting Baklava & making pastry samplers  
and small baklava samplers.  
Tent Set-Up

### September 17 | Wednesday

Make large pastry samples  
Set up tables with tablecloths, skirt pastry  
booth and stock with pastries.  
Place plastic tablecloths on the tables and  
decorate the tables.  
Set up dining station and signage.  
Set up tent lights on Wednesday &  
Thursday.

Food Preparation for the festival. Many  
hands needed to prepare food.

### September 18 | Thursday

Cup Specialty Desserts (10:00 AM)  
Bring all outside equipment  
The following booths:  
1) Ice Cream,  
2) Loukoumades,  
3) Outside Grill  
are to be set up and stocked by each  
booth chairperson with items needed to  
begin festival by Friday.  
Vendors set up tents.  
Children's Dance Practice

Festival open to the public 19,20,21

*Thank you in advance for all the volunteers  
that can come help before, during, and after the festival.*

The Festival Committee



# Greek Festival

September 19-21, 2024

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

**VOLUNTEER:** When you arrive for your shift, please check-in at the Volunteer Tent. You'll receive a name tag and a ticket good for half-off one meal (not including pastries or alcoholic beverages).

The SignUp Genius is ready for you.

Reserve your spot today!

<https://www.signupgenius.com/go/greekfestival25>

## Festival Chairmen:

Claire Bourland and Litsa Sinclair

## COMMITTEES:

Festival co-chair, Inside Dining - Claire Bourland, [clairebourland610@gmail.com](mailto:clairebourland610@gmail.com)

Festival co-chair, The Grill - Litsa Sinclair, [littiepoo07@yahoo.com](mailto:littiepoo07@yahoo.com)

Admissions - Patty Miller, [patriciamiller44@gmail.com](mailto:patriciamiller44@gmail.com)

Beverages, Banking - Ron Dill, [ron.dill@gmail.com](mailto:ron.dill@gmail.com)

Bookkeeper - Maria Small, [miasmall62@gmail.com](mailto:miasmall62@gmail.com)

Dancers - Anna Gilman, [annagilman19@gmail.com](mailto:annagilman19@gmail.com)

Grants, Licenses, Security - Mike Lydak, [lydakismike@gmail.com](mailto:lydakismike@gmail.com)

Kafenion - Niko Gilman, [nikogilman@bellsouth.net](mailto:nikogilman@bellsouth.net)

Kitchen, Food/paper supplies - Jon Couchell, [joncouchell@charter.net](mailto:joncouchell@charter.net)

Loukoumades - Kristina Berry, [berr1676@bellsouth.net](mailto:berr1676@bellsouth.net)

Marketing, Volunteers, POS - Genie Becknell, [genie.becknell@gmail.com](mailto:genie.becknell@gmail.com)

Parking/Grounds Management - Lolo Rubio, [lolorubiot@gmail.com](mailto:lolorubiot@gmail.com)

Pastries, Rentals - Kiki Couchell, [kikicouchell@charter.net](mailto:kikicouchell@charter.net)

Sponsors - Nick Small, [nasmall82@gmail.com](mailto:nasmall82@gmail.com)

Taverna & Vendors- Martha Nayfa, [greeknayfa@gmail.com](mailto:greeknayfa@gmail.com)

Fr George Nayfa - Fearless Supporter, [fathergn@gmail.com](mailto:fathergn@gmail.com)

# Meaning Of The Elevation Or Exaltation of The Holy Cross

In the liturgical observances of Good Friday the Church views the Crucifixion within its original setting, as an event in the first Holy Week at Jerusalem. At the feast of the Exaltation, by contrast, the Cross is regarded rather in its effects upon the subsequent history of the Church. On Good Friday the note is predominantly—though never exclusively—on one of sorrow and mourning; on September 14 the Cross is commemorated in a spirit of triumph, as a ‘weapon of peace and unconquerable ensign of victory’ (kontakion of the feast.)

The services for the day allude in particular to four themes:

(a) There are constant references to the vision of the Cross seen by the Emperor Constantine in the year 312, shortly before his victory over Maxentius.

(b) The feast of the Exaltation recalls more especially the finding of the True Cross by Constantine’s mother, St. Helen. As the news of the discovery spread through the Holy City, vast crowds gathered to venerate the Cross of the Lord. The Patriarch of Jerusalem, St. Makarios, carried it up into the pulpit: and when the people saw it lifted on high, they all began to cry out, again and again, Kyrie eleison, ‘Lord, have mercy’—an event recalled in the service of the day, with the frequent repetition of Kyries at the ceremony of Exaltation.

(c) The feast on September 14 also commemorates the second great Exaltation of the Cross, at Constantinople in 629. The True Cross had fallen into the hands of the Persians in 614, when they captured the Holy City of Jerusalem. It was subsequently recovered by the Emperor Heraclius and brought to the capital, Constantinople, where it was triumphantly exalted in the Great Church of Agia Sophia.

(d) Finally, there are allusions to an event which is no more specifically commemorated on September 13: the Dedication of the Church of the Resurrection, built by Constantine on the site of the Holy Sepulchre and completed in 335.

In the title of the feast, the Exaltation is termed ‘universal’. This is an essential element in the meaning of the festival: the power of the Cross extends to every part of the universe, and the salvation which it brings embraces the entire creation. That is why, in the ceremony of Exaltation, the priest turns in blessing towards each point of the compass: ‘The four ends of the earth, O Christ our God, are sanctified today’ (troparion at the ceremony of Exaltation).

From: “The Festival Menion”

# Announcements

**Special Note For Sunday September 21st** | On Sunday, September 21st the Orthros will begin at 8:30 a.m. and the Divine Liturgy will begin at 9:00 a.m. due to the Festival.  
**REMEMBER THIS IS ONLY FOR THE 21st.**

**Festival** | Please remember that the festival is just around the corner on September 19, 20 and 21. **Help is still needed for all three days especially!** Set-up on September 16-18th.

**Stewardship** | As a reminder, if you have not filled out a pledge card for 2025, please do so. This will ensure that our records for 2025 are accurate and you are getting recognition for your contributions.

**Altar Boys** | One of the most meaningful ministries for a young man is to serve in the altar during worship services. These young men are needed ingredients in the whole worship process. We invite all young males, second grade and up, to give their names to Fr. George by September 28th to be included in the new Altar Boys list which will begin October 5th. Even if he has been in the altar previously, we ask that the name be submitted again. In this way, I am receiving an assurance that he is committing himself to this Diakonia.

**Wedding:** On Saturday, August 23, 2025 Ian-Paul Apostole Poulos and Martha George Nayfa were joined together in Holy Matrimony at St. Nicholas. The Koumbara is Anna Nayfa Gilman. Congratulations!

## Volunteers!

We couldn't do it without you!

Once upon eternity, above the clouds so high there were some chosen angels who had no wings to fly. Their hands were made for helping; their hearts were tender too. Their smiles were warm and happy, and glowed as halos do. So God sent down these angels because they were so dear to spread their gentle love on earth.  
We call them volunteers!

# Church Schedule

## September 2025

|    |   |
|----|---|
| 7  | Prosphoro   Dr. Lina Miraziz            |
|    | Pangari   Kiki Couchell, Britt Becknell |
|    | Coffee Hour   Peter Kaleores            |
|    |   |
| 8  | Prosphoro   Mrs. Vaya Gazos             |
|    |   |
| 14 | Prosphoro   Mrs Loula Copses            |
|    | Pangari   Logan Griffith, Kiki Couchell |
|    | Coffee Hour   TBA                       |
|    |   |
| 21 | Prosphoro   Mrs. Donna Mavroftas        |
|    | Pangari   David Jung                    |
|    | Coffee Hour   Greek Festival            |
|    |   |
| 28 | Prosphoro   Mrs Donna Mavroftas         |
|    | Pangari   Britt Becknell, Conrad Allen  |
|    | Coffee Hour   TBA                       |
|    |   |
|    |   |
|    |   |
|    |   |