



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY



MAY 7-8, 2018

CLERGY LAITY ASSEMBLY

AND

PHILOPTOCHOS CONVENTION

THE VENETIAN, GARFIELD, NEW JERSEY



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

Dear Delegate,

The following information is included in your 2018 GOMNJ Clergy Laity Assembly Delegate Binder, which we hope will assist you during the Assembly. We thank you in advance for your active and prayerful participation as you represent the Orthodox Faithful of your respective Community.

2018 DELEGATE PACKET

1. Welcome Message- English by His Eminence, Metropolitan Evangelos
2. Welcome Message- Greek by His Eminence, Metropolitan Evangelos
3. GOMNJ Clergy Laity Agenda
4. 2016 - 2018 GOMNJ Metropolitan Council
5. 2018 GOMNJ Clergy Laity Representatives Roster
6. 2017 GOMNJ Clergy Laity Minutes
7. **Metropolis Opioid Response Effort [M.O.R.E.]**
8. G.O.A. Finances
9. Finance Chairman's Letter and Parish Assessment Info. Packet
10. Parish 2017 Total Commitment Honor Roll
11. Youth and Protection/ The Future and Safety
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13. 2018 GOMNJ Calendar of Events
14. EFGOCM- Symptoms of Vocal Abuse
15. Clergy Workshop Assignments
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GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

May 7, 2018

The Very Reverend and Reverend Clergy, Honorable Archons of the Ecumenical Patriarchate, Esteemed Members of the Metropolitan Council, Esteemed Members of the Parish Councils, Philoptochos Sisterhood, Faculty and Students of the Catechetical and Greek Afternoon Schools, Directors and Participants of all Youth Organizations, and all devout Orthodox Christians of the Greek Orthodox Communities of our Holy Metropolis of New Jersey

My Beloved in the Lord,

Χριστός Ανέστη! Αληθώς Ανέστη! Christ is Risen! Truly He is Risen!

It is with exceeding joy and pride that I greet and welcome all of you as we have gathered together for the 2018 Clergy Laity Assembly and Philoptochos Convention of the Greek Orthodox Metropolis of New Jersey. Together, and under the guidance of the Holy Spirit, we shall discuss many vital issues concerning Parish life, the spiritual edification of our Orthodox Faithful and the continued progress of our Holy Metropolis of New Jersey, the brilliant beacon and Eparchy of the Great Church of Christ.

As we engage in learning from one another and sharing our collective experiences on a variety of matters, it is my sincerest hope and prayer that we will be led to further contemplate within our hearts this year's theme, *"Living in the Church, in Christ and according to Christ who promised to be with us 'all the days of our life, to the end of the age'"* (Matthew 28:20). Through our combined efforts as a communion of faithful Orthodox Christians, I pray that we will embolden and support one other as we prepare to confront important issues within the Church and within contemporary society that seek to challenge the truth of Christ's Gospel. With the Risen Lord as the nucleus of our faith and His Divine Gifts as the continual revelation of salvation to us, we can stand firmly in the faith as a unified Orthodox Christian community as we seek to engage this tumultuous world in the effort of bringing all to the unity of the faith.

I express my gratitude to each of you for taking time out of your busy work schedules to proudly represent your Parishes and Philoptochos chapters in order that we may ensure a safe and bright future for our Holy Orthodox Church, especially for our beloved children. It is my prayer that all of you will take full advantage of the wonderful and informative presentations that are offered for your spiritual nourishment and cultivation. Furthermore, I am confident that we shall all leave this year's Clergy Laity Assembly infused with a renewed sense of commitment and dedication to accomplishing the sacred and divine work of the Church, which we have all been entrusted with as good and faithful Stewards of Almighty God.

Praying that our Risen Lord will bless all of us and the work of the Assembly with His infinite love as we come together for His glory, I remain,

With Paternal Love and Blessings,

† EVANGELOS
Metropolitan of New Jersey



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΗΣ

τῆ 7ῆ Μαΐου 2018

Πρός τόν εὐλαβέστατον Ἱερόν Κλῆρον, Τούς Ἐντιμοτάτους Ἀρχοντας τοῦ Οἰκουμενικοῦ Πατριαρχείου, Τούς Προέδρους καί τά Μέλη τῶν Ἐκκλησιαστικῶν Συμβουλίων, Τάς Προέδρους καί τά Μέλη τῶν Φιλοπτώχων Ἀδελφοτήτων, Τούς διδάσκοντας καί διδασκομένους τῶν Κατηχητικῶν καί Ἑλληνικῶν Σχολείων, Τάς Ὄργανώσεις τῆς Νεολαίας καί ἅπαν τό Χριστεπώνυμον πλήρωμα τῶν εὐσεβῶν Ὁρθοδόξων Χριστιανῶν τῆς Ἱερᾶς Μητροπόλεως Νέας Ἱερσῆς.

Αγαπητοί ἐν Χριστῷ ἀδελφοί μου, Χριστός Ανέστη! Ἀληθῶς Ανέστη!

Μέ αἰσθήματα χαρᾶς καί ἀγαλλιάσεως σᾶς καλωσορίζω εἰς τήν ἐτήσια Κληρικολαϊκή Σύναξη 2018, καθῶς καί εἰς τήν Συνέλευση τῆς Φιλοπτώχου Ἀδελφότητος τῆς Ἱερᾶς Μητροπόλεως Νέας Ἱερσῆς. Ὅλοι μαζί, Κλῆρος καί λαός τοῦ Θεοῦ, μέ τόν φωτισμόν καί τήν καθοδήγησιν τοῦ Παναγίου Πνεύματος, θά συσκεφθοῦμε καί θά ἀνταλλάξουμε ἀπόψεις ἐπί βασικῶν θεμάτων πού ἀφοροῦν τās Ἑνορίας/Ἐκκλησιαστικές Κοινότητες, τήν πνευματική διαπαιδαγώγησι καί θεολογική ἐκπαίδευσιν τῶν ὀρθοδόξων μελῶν μας καθῶς καί τήν συνέχισιν καί αὐξησιν τῆς πνευματικῆς προόδου τῆς Ἱερᾶς ἡμῶν Μητροπόλεως, πού ἀποτελεῖ ἀναπόσπαστο μέρος ἀλλά καί καύχημα τοῦ Οἰκουμενικοῦ ἡμῶν Πατριαρχείου.

Καθῶς θά λάβουμε κατ'αὐτές τις δύο ἡμέρες, σπουδαῖα μηνύματα ἐκ τῆς μεταξύ μας συναναστροφῆς καί θά ἀνταλλάξουμε ἐμπειρίες πού ἀφοροῦν σειρᾶ ἐκκλησιαστικῶν καί ἐνοριακῶν θεμάτων, εὐχομαι εὐλικρινῶς ὅπως ὅλοι μας ἐμπνευσθοῦμε ἀπό τό πνευματικόν θέμα τῆς φετινῆς μας Συνάξεως: «**ζῶντας εἰς τήν Ἐκκλησίαν, ἐν Χριστῷ, καί συμφώνως τῇ ὑποσχέσει Αὐτοῦ: ἰδοῦ ἐγώ μεθ' ὑμῶν εἰμί πάσας τās ἡμέρας ἕως τῆς συντελείας τοῦ αἰῶνος.**»(Ματθ. 28:20). Μέσα ἀπό κοινές προσπάθειες, εὐχομαι νά ἐνισχύσουμε ὁ ἕνας τόν ἄλλον καί νά ἀντιμετωπίσουμε σοβαρά θέματα πού ἀπασχολοῦν τήν Ἐκκλησία μας. Ἐχοντας ὡς κέντρο τῆς πίστεώς μας τόν Ἀναστημένο Κύριο θά μπορέσουμε νά σταθοῦμε καλῶς καί σταθερῶς στήν Ὁρθόδοξον πίστιν, μέ τήν ἐλπίδα νά φέρουμε κοντά μας καί νά ἐνώσουμε τόν ταραγμένο τοῦτο κόσμον μέ τήν ἀληθινήν πίστιν τοῦ Ἰησοῦ Χριστοῦ.

Ἐκφράζω εἰς ὅλους τήν εὐγνωμοσύνην μου διά τήν προσέλευσίν σας κατά τήν φετινήν Κληρικολαϊκήν Σύναξιν, ἐκπροσωπώντας τίς Ἐκκλησιαστικές Κοινότητες καί τίς Φιλόπτωχες Ἀδελφότητες ὅπου ὑπηρετεῖτε. Ἐτσι, ὅλοι μαζί ἐνωμένοι, διασφαλίζουμε ἕνα λαμπρό μέλλον διά τήν Ἁγίαν ἡμῶν Ἐκκλησίαν, καί ἰδιαίτερος διά τά ἀγαπητά μας παιδιά.

Εὐχομαι ὅπως οἱ ἐργασίες τῆς Συνελεύσεώς μας νά εἶναι ἀποδοτικές καί νά ἀναχωρήσουμε ἀνανεωμένοι πνευματικά καί ψυχικά, μέ ζωντανόν τό αἶσθημα τῆς προσφορᾶς καί διακονίας πρὸς τήν Ἐκκλησίαν καί τόν συνάνθρωπον, ἐργαζόμενοι ὅλοι ὡς πιστοί οἰκονόμοι τῶν θείων δωρεῶν πού ὁ Κύριος μᾶς ἔχει ἐμπιστευθεῖ.

Εὐχόμενος ὅπως ὁ Ἀναστάς Κύριος εὐλογεῖ τās ἐργασίας τῆς Συνελεύσεώς μας ἀλλά καί τήν ζωὴ ὄλων μας μέ τό ἄπειρον Αὐτοῦ ἔλεος, διατελῶ,

Μετά πατρικῆς ἀγάπης καί ἀναστασίμων εὐχῶν,

Ο ΜΗΤΡΟΠΟΛΙΤΗΣ

† Ο Νέας Ἱερσῆς ΕΥΑΓΓΕΛΟΣ



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

2018 CLERGY LAITY ASSEMBLY
Garfield, New Jersey
May 7-8, 2018

*"Living in the Church, in Christ and according to Christ, who promised to be with us
"all the days of our life, to the end of the age." Matthew 28:20*

AGENDA
[SUBJECT TO CHANGE]

SUNDAY, MAY 6, 2018

3:00pm- Hotel Check-in (Saddle Brook Marriott Hotel)

MONDAY, MAY 7, 2018

7:30-9:00am Registration at "THE VENETIAN" Lobby
8:00am Orthros at "The St. John Chrysostom" Chapel (Venetian)
8:30am Breakfast
9:45am

**OFFICIAL OPENING OF THE 2018 CLERGY LAITY ASSEMBLY
AND PHILOPTOCHOS CONVENTION**

Welcome: Mr. James C. Fountas, Archon of EP and Vice President of Metropolitan Council
Greetings: Rev. Protopresbyter Elias Noplos, President of Clergy Syndesmos
Mrs. Anastasia Michals, GOMNJ Philoptochos President

10:15am **ARCHPASTORAL EXHORTATION** **H.E. METROPOLITAN EVANGELOS OF NJ**

10:30am **"FROM PASCHA TO PENTECOST WITH THE GOSPEL OF ST. JOHN"**

Rev. George Parsenios, Ph.D
Proistamenos of St. Demetrios in Perth Amboy, NJ
Associate Professor of New Testament
Princeton Theological Seminary, Princeton University

11:00am **M.O.R.E. (Metropolis Opioid Response Effort)** Archon James Polos
Rev. Kosmas Karavellas
S.A. Dionysios Michalopoulos, DEA

11:45am **GOA FINANCES**
St. Nicholas G.O. Church at the WTC Archon Michael Psaros, GOA AC Treasurer
Rev. Soterios Baroody, GOA CFO

12:30pm	-GOMNJ Stewardship/Total Commitment	Archon Peter Arbes
12:45pm	Youth Protection Policy	Mr. Stylianos Christoforou, Director of GOA Youth and Young Adult Ministries
1:15pm	Lunch	
2:30-4:00pm	WORKSHOPS:	
	-Religious Education (Chapel)	Rev. Anargyros Stavropoulos
	-Greek Education	Mrs. Sophia Stamatiou
	-Finance/Stewardship/Total Commitment	Archon Peter Arbes
	-Youth Ministries	Rev. Kosmas Karavellas Rev. Anastasios Bourantas/Rev. John Manuel Rev. Andrew Eugenis/Rev. Angelo Artemas Mr. Stylianos Christoforou
	-Choir Federation (EFGOCM)	Mr. Paul Mavromihalis
6:30pm	2018 GOMNJ CLERGY LAITY ASSEMBLY AND PHILOPTOCHOS CONVENTION GRAND BANQUET	

TUESDAY, MAY 8, 2018

7:00am	Orthros and Divine Liturgy at "The St. John Chrysostom" Chapel (Venetian)	
8:45am	Breakfast	
10:00am-10:20am	ASSEMBLY RESUMES	
	<ul style="list-style-type: none"> • Selection of Election Committee • Nomination for: <ul style="list-style-type: none"> ○ 8 Lay Delegates to serve on the Metropolitan Council ○ 2 Lay Delegates to represent the GOMNJ to the Archdiocesan Council 	
	To serve a two-year term beginning at the end of the 2018 Clergy Laity Congress in Boston, MA	
10:20am	-Approval of Minutes of 2017 GOMNJ Clergy Laity Assembly -GOMNJ Parish Administration Archon Constantine Economides, Esq. -Workshop Summaries -Discussion (Open Forum)	
12:30-1:30pm	Lunch	
1:45pm	ASSEMBLY RESUMES	
	-Elections -GOMNJ Total Commitment Report: Archon Peter Arbes -GOMNJ Finance Report Archon James C. Fountas -Resolutions Archon Constantine Economides, Esq. -Old Business -New Business -General Discussion	
Closing Remarks, Prayer and Adjournment		



2016 - 2018 METROPOLITAN COUNCIL

His Eminence,
Metropolitan EVANGELOS of New Jersey, President
MEMBERS

Mr. James Fountas, Vice Chairman

Rev. Dimitrios Antokas

V. Rev. Nektarios Cottros

Rev. Peter Delvizis

Rev. Milton Gianulis

V. Rev. Constantine Moralis

Rev. Nicholas Rafael

Rev. Anargyros Stavropoulos

Rev. Peter Thornberg

Mr. Leon Andris

Mr. Nicholas Carras

Mr. Andreas Comodromos

Mr. Jamie Karalis

Mr. Michael Karloutsos

Dr. Notis Kotsolios

Mr. Peter Paizis

Hon. James Polos

Mr. Anthony Palmieri

Mr. George Papas

Mrs. Maria Stefanis

Dr. Spiro Spireas

Mr. Peter Tarhanidis

Mr. Savas Tsivicos

Mr. Demosthenes Vasiliou

Honorary Members

Mr. Peter Arbes

Mr. Demetrios Halakos

Mr. George Horiates

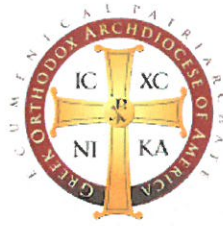
Mr. John Sakellaris

Mr. Constantine Economides, Esq., Legal Counsel

Mr. Peter Kakoyiannis, Esq., Legal Counsel

PARISHES	PROISTAMENOS 1	P.C. PRESIDENT	REP 3
NEW JERSEY PARISHES			
Asbury Park- St. George [Ocean]	Fr. Andrew Eugenis	John Vrettos	Emanuel Tsarnas
Atlantic City- St. Nicholas	Fr. Kakhaber Kurtanidze	C. Peter Catrakes	Charles Economidis
Cherry Hill- St. Thomas	Fr. Christoforos Oikonomidis	Anastasius Efstratiades, Esq.	Efstathios Karadonis
Clifton- St. George	Fr. Angelo Artemas	Nicholas Marcopulos	Sophia Constandinou
Egg Harbor- Holy Trinity	Fr. George Liacopulos	Brian Sacco	Athena Sacco
Fairview- Ascension	Fr. Christos Pappas	Dimitri M. Kontolios	Christos Kanakis
Flemington- St. Anna	Fr. Anastasios Kousoulas	John Kaldes	Dr. John Douvris
Holmdel- Kimisis tis Theotokou	Fr. Panagiotis Lekkas	Paul Callamaras, Jr.	Angelo Del Pizzo
Jersey City- Evangelismos	Fr. Paul Panos	Dionysios Koukounaras	
Paramus- St. Athanasios	Fr. Anargyros Stavropoulos	Peter C. Paizis	Jason Fink
Perth Amboy- St. Demetrios	Fr. George Parsenios	Hon. Marina Corodemus	Helen Horan
Piscataway- St. George	Fr. Nektarios Cottros	George Athanasopoulos	George Petrantonakis
Randolph- St. Andrew	Fr. John Theodosion	Keith Marin	Holly Marin
Roseland- SS. Nicholas, Constantine & Helen	Fr. George Khitiri	Peter Vardakis	Mary Kakos
Tenafly- St. John Theologian	Fr. Panagiotis Zougras	Stavros Sousou	Aris Chicles
Toms River- St. Barbara	Fr. Paul Pappas	Anastasios Tsaptsinos	Spyro Martin
Trenton- St. George	Fr. James Pavlow	Dino Demetriou	Asteris Fanikos
Union- St. Demetrios	Fr. George Kouzelis	Betty Spiropoulos	Minas Economides
Vineland- St. Anthony	Fr. Constantine Photos	Angela Papadopoulos Gilmour	Presb. Georget Photos
Westfield- Holy Trinity	Fr. Peter Delvizis	A.J. Karanikolas	George Colonias
Wyckoff- St. Nicholas	Fr. Bill Gikas	Nicholas Pirsos	Claire Melissas
DELAWARE			
Willmington- Holy Trinity	Fr. Christos Christofidis	George Rassias	Georgia Halakos

MARYLAND						
Annapolis- SS. Constantine & Helen	Fr. Kosmas Karavellas				Peter Vezeris	
Baltimore- Annunciation	Fr. Constantine Moralis				Dr. Savas Tsakiris	
Baltimore- St. Demetrios	Fr. Louis Noplos				Peter Georgelakos	Mary Ann Rigopoulos
Baltimore- St. Nicholas	Fr. Michael Pastrikos				Demos Anastasiades	Agisi Makropimitris
Bel Air- St. Mary Magdalene & Markella	Fr. Eleftherios Plevrakis				Fotini Kaminaris	Vasilis Argivopoulos
Bethesda- St. George	Fr. Dimitrios Antokas				Stephen Vlahos	Gus Kaminaris
Frederick- SS. Peter & Paul	Fr. George Mastakas				Dimitri Rotov	Simeon Pardalis
Lanham- St. Theodore	Fr. Manuel Burdusi					Theodora Chahalis
Ocean City- St. George					Petros Gjiguria	Pantelis Zairis
PENNSYLVANIA						
Broomall- St. Luke	Fr. Christ Kontos				Dan Knezevich	Ginny Markos
Elkins Park- Annunciation	Fr. John Johns				Catherine Avgiris	Russell Penning
Jeffersonville- St. Sophia, SS. Faith, Hope & Agapi	Fr. Peter Thornberg				John Pogas	Alex Nikas
Media- St. George	Fr. Anastasios Bourantas				Ernest Kollias	Demetrios Psihalinos
Philadelphia- Evangelismos	Fr. Alexandros Kantarakias					
Philadelphia- St. George	Fr. Ambros Bitziadis-Bowers				Penelopi Sarkioglu	
Upper Darby- St. Demetrios	Fr. Gregory Gilbert				Philip Nicolaides	John Stergiou
VIRGINIA						
Charlottesville- Transfiguration	Fr. Panagiotis Hanely					TBD
Falls Church- St. Katherine	Fr. Costa Pavlakos				Geroge Moshos	Maria Wills
Loudon County, Holy Apostles	Fr. George Alexson				Gregory Joiner	Nicholas Spyros
Newport News- SS. Constantine & Helen	Fr. George Chioros				Frank Peri	Stavroula Gailey
Norfolk- Annunciation	Fr. George Bessinas				Steven Webb	Ted Maroulis
Richmond- SS. Constantine & Helen	Fr. Nicholas Bacalis				John Ashikis	Maria Keritsis
Roanoke- Holy Trinity	Fr. Nicholas Galanopoulos				Georgia Galanopoulos	Dino Poulos
Virginia Beach- St. Nicholas	Fr. John Manuel				Peter Galanides	John Moxen
Williamsburg- St. Demetrios	Fr. Milton Giannulis				John Emmanouil	
Winchester- Dormition of the Virgin Mary	Fr. Micheal Kontogiorgis				Jamie Karalis	George M. Sempelis



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

His Eminence
Metropolitan Evangelos of New Jersey

Presents

Metropolis Opioid Response Effort

The **MORE** Program

We can do **MORE** to prevent the spread of addiction

We can do **MORE** to protect our children from Opioids

We can do **MORE** to help those who are addicted

We can do **MORE** to stimulate constructive discussion

We can all do **MORE** to engage our Parish on the issue

We can do **MORE** to become informed and knowledgeable

Through the efforts of individual parishioners, our dedicated clergy and the Metropolis of New Jersey we can all do **MORE** to ensure that no family suffers from the loss of a loved one to drugs.

For **MORE** Information visit: WWW.nj.goarch.org



ORDER OF SAINT ANDREW THE APOSTLE
ARCHONS OF THE ECUMENICAL PATRIARCHATE IN AMERICA

The National Herald reports on 'Mike Psaros in the Process of Transforming the Greek Orthodox Church in America'

In the February 10-16, 2018 weekly edition of *The National Herald*, a Greek-American publication, Theodore Kalmoukos, Religion Editor, interviewed Archon Michael Psaros who addressed the recent progress made within the Greek Orthodox Archdiocese of America. The interview in its entirety is published below.

Mike Psaros in the Process of Transforming the Greek Orthodox Church in America

By Theodore Kalmoukos

Michael Psaros, a prominent businessman with expertise in how to rehabilitate troubled organizations is in the process of transforming the Greek Orthodox Church in America, whose dire financial situation brought it to the brink of bankruptcy.

With his keen acumen, he spotted the numerous flaws in the Archdiocese's managerial infrastructure, including a virtual absence of internal controls.

As Archdiocesan Council Treasurer and a man of deep faith and great love for the Church and the Greek-American community, he alerted Archbishop Demetrios, whom he respects a great deal, informing him that unless specific measures are taken, the Archdiocese's well-being will remain in visible danger.

In an exclusive interview with *The National Herald*, Psaros is open, honest and transparent in explaining the progress that has been made during the past six months and a transformation that appears visible. A son of the All Saints parish of Weirton, WV, Psaros could very well go down in history as the one who transformed the Orthodox Church in America.

The complete interview follows:

TNH: What is the financial condition of the Archdiocese today?

PSAROS: By the Grace of God, the Greek Orthodox Archdiocese of America (the "Archdiocese") announced, pursuant to a press release dated January 26, 2018, that it completed an ambitious restructuring process that greatly advanced the financial stability of the Archdiocese.

The Archdiocese is now projected to achieve a balanced budget and generate additional funds that will be applied to retire its financial obligations.

The financial stability of the Archdiocese was achieved without any additional burden placed on its parishes. This is critical. Parish contribution levels in 2018 were maintained at the 2017 levels, resulting in a \$1.6 million of savings to our parishes.

The Archdiocese is fundamentally transformed from an administrative and financial perspective. This transformation was achieved in a period of only six months. A significant number of decisive actions were implemented by the Archdiocese that are very impactful individually, but transformative, collectively.

My firm is one of the world's most successful turnaround investment firms. This is my profession for almost three decades -- this is what I do. However, even I am surprised with the speed and effectiveness of the changes. Everyone knows that change is difficult, and that it is difficult for people and organizations to change. Even though the Holy Archdiocese is a canonical, hierarchical, traditional, ecclesiastical institution, it successfully managed through a period of extreme change as well as any organization I have observed.

The Executive Committee, the Officers and Committee Chairs of the Archdiocese are now focused on the future and only the future. While it is exceedingly disappointing and unfortunate that the Archdiocese experienced a period of financial extremis in its recent past, it can never be allowed to happen again in the future.

Everything is new:

The Archdiocese is now led by new senior lay leadership at the most senior level, led by Archon George Tsandikos, Vice Chairman, Ms. Cathy Walsh, Secretary, and me, serving as Treasurer.

The Archdiocese is now under new management and has a critical new organizational structure. His Grace, Bishop Andonios, Chancellor, assumed key administrative responsibilities after the resignation of the former Director of Administration in September 2017. Father Soterios Baroody was appointed as Chief Financial Officer ("CFO") of the Archdiocese in April 2017. Prior to his appointment, the Archdiocese did not have the position of CFO, and, in addition, prior the creation of the CFO, the former Executive Director of Administration had control of

Administration and Finance. There has now been a clear separation of these functions.

Please note that the Archdiocese former Executive Director of Administration resigned, and the former Director of Finance was terminated. In addition, the former Chairman of the Finance Committee was relieved of his position.

Archon Lazaros Kircos was appointed as the new Chairman of the Archdiocese Finance Committee in October 2017. Under Archon Kircos' leadership, the Finance Committee has taken its expanded role, not only responsibility for the success of the Archdiocese Total Commitment Program, but also its proper role in leading and monitoring those of areas involving budgets, expenditures, finance, treasury, and long term strategic planning. Chairman Archon Kircos has already made numerous critical contributions, especially in the development of the 2018 Budget.

Ms. Elaine Allen was appointed as the new Chairperson of the Archdiocesan Council's Standing Independent Audit Committee, accompanied by a new group of very qualified and credentialed (emphasis on qualified and credentialed) financial and legal professionals who serve as members of the Committee. Ms. Allen, Chairperson of the Audit Committee, has already made an enormous impact on the operations of the Archdiocese. From a personal perspective, she is one of the most impressive professionals I have ever observed at work after almost 30 years on Wall Street. We are so blessed to have her working on behalf of the Archdiocese. The responsibilities of the Audit Committee include assessing the reliability and accuracy of financial reporting; selecting external auditors; meeting with those auditors to review audit plans and results; reviewing internal controls and developing any necessary remediation plans; and monitoring compliance with applicable laws and regulations pertaining to financial controls.

Please note, so I do not have to repeat myself after every reference to specific actions below, that the Officers and Committee Chairs, only act under the direction of, and with the blessings of, His Eminence, Archbishop Demetrios, Geron of America.

The Leadership Team is committed that the Archdiocese will become a world-class, not-for profit institution from an accountability, transparency perspective.

From a very personal perspective, this Leadership Team is working tirelessly, continuously, methodically, analytically and professionally to address the Archdiocese's administrative and financial challenges. We are all volunteers, with our own careers, families and numerous other obligations, but we have devoted everything to the Church over the past year.

How did the Archdiocese achieve financial stability?

The Archdiocese achieved stability primarily by (Step 1) establishing new leadership as already discussed, accompanied by critical organizational changes, (Step 2)

establishing new internal controls, policies and procedures governing spending, and (Step 3) significantly reducing its operating cash cost structure by reducing expenses resulting in a new cost structure.

Step 2: Implement internal controls, policies and procedures governing spending

Establishing internal controls, policies and procedures governing expenditures was critical to achieving financial stability. In Spring 2017, the Archdiocese started the process of improving internal controls by management directive. For example, it began to implement policies and procedures governing travel and expense accounts, general and administrative expenditures, staff cell phones, and credit card usage. Further, new vendor management protocols and controls were implemented. While these actions were very effective, they were not enough.

The Officers are determined to create a world-class ecclesiastical not-for-profit institution from a governance and controls perspective. In furtherance of this objective, the Archdiocese retained Grant Thornton to conduct a thorough, independent review and analysis of the operations of the Archdiocese finance function, and to provide an in-depth, third party view of areas where the finance function and the Archdiocese can become more efficient, effective and transparent.

The Archdiocese Council, including its Executive, Audit, Legal and Finance Committees, received the Executive Summary of the Grant Thornton Operations Review in January 2018. The Operations Review makes recommendations on best practices that can be implemented and will act as a critical guide for the Archdiocese regarding internal controls, practices and procedures.

Step 3: Material Reduction in Operating Cash Costs

The Archdiocese reduced approximately \$8 million or approximately 25% of annual operating cash expenditures, thereby eliminating its former structural operating deficit. Approximately \$6.5 million, of the \$8.0 million in expenditure reductions were implemented in August-September 2017, with the balance in January 2018. As a result, the Archdiocese now has a budget where receipts exceed disbursements, and extra funds can be used to repay prior financial obligations. The cost reductions, which are permanent and structural, were achieved primarily by reducing Archdiocesan staff levels, reducing general administrative costs, and implementing new vendor management protocols and controls.

Speaking personally, please allow me to make two observations.

First, I ask you, humbly and respectfully, to consider the magnitude of the cost and spending reductions that occurred, and reflect on how quickly and decisively the Archdiocese acted. Substantially all of the \$8 million in cost cuts involved people and payroll. Reducing such a significant number of loyal, dedicated, committed and faithful employees was very difficult. This action effected many families, and these

reductions were only made after very thoughtful considerations. In addition, a large number of non-employee professionals on payroll, from outside vendors and contractors, were also eliminated.

Second, I ask you again, how many families, companies, or organizations could cut 25% of their total operating expenditures at all, or in such a short period of time?

When did you start, and how long did it take you?

We are now one year into our work; the actual transformation of the Archdiocese has taken place over the past six months. The condition precedent was the creation of the CFO position first in April 2017. Once in his position as CFO, Father Soterios Baroody worked very hard between April and July 2017 to first understand, and then present, the true and accurate financial status of the Archdiocese to His Eminence, His Grace and the Officers in late Summer 2017. We reacted immediately.

What is the budget for 2018?

The Executive Committee approved a budget that reflects the true financial position of the Archdiocese. As Treasurer, I will work with the Finance Committee of the Archdiocese to monitor variances in the new budget relative to actual performance. This budget process is a first and critical step in establishing a solid foundation for the Archdiocese finances.

The 2018 Budget will be posted on the Archdiocese website in the near future.

What else needs to be done?

There are three critical tasks before us (1) documenting, implementing, communicating and enforcing the recommendations of the Grant Thornton Operations report. This will make the changes structural and permanent, (2) satisfy certain financial obligations and liabilities, and (3) establish a plan to restart the construction of St. Nicholas National Shrine.

The Archdiocese has disclosed that it is regrettably encumbered by certain legacy obligations resulting from its former financial problems. The Archdiocese has retained professionals to determine the quantum and nature of these liabilities. Further, very regrettably, the Archdiocese also disclosed that certain custodial and restricted accounts were used to fund operations. The Archdiocese is prioritizing the expeditious return of funds to the custodial and restricted accounts. This may be accomplished either by (1) funds generated through operations (funds have already been returned in this way), or (2) perhaps, by borrowing from a third-party bank or financial institution to immediately refund these obligations. This potential third party loan would be repaid over time. Having not made the decision at this time, obviously the quantum of the potential loan has not been determined. You should note, that while the Archdiocese has collateral (land and buildings) available for a loan, that fact

alone is not sufficient. The only reason the Archdiocese is in a position to consider the option of obtaining a loan is because it achieved financial stability and is generating funds available for debt service.

The Archdiocese currently has no third party debt but has had debt in the past which it repaid.

Do you think a full disclosure can be given at the Clergy Laity Congress in Boston in July?

Since October 2017, the Archdiocese has released a constant stream of press releases. It has informed the Faithful of key events happening in very real time. The Officers have given speeches, held talks, and addressed Metropolis Clergy Laity meetings. Consistent with this practice, the Archdiocese will continue to provide full disclosure in Boston and beyond.

In what condition did you find the finances of the Archdiocese when you assumed office?

I spoke very directly with His Eminence, Archbishop Demetrios. Please understand for someone raised like me, with respect/sevasmo, this was very difficult. To his eternal credit, he asked for the truth and asked me to be blunt. My response was clear and direct: he had been let down in the worst way possible. The Archdiocese was not well run by the lay people in whom he put his trust. In my professional opinion, everything was broken and needed to be fixed. And if anyone disagrees with my characterization, please explain to me how the Archdiocese ended up with structural operating deficits (now solved), significant lack of internal controls governing expenditures and other matters (now solved), an Audit Committee constituted by individuals not qualified to serve on an Audit Committee (now solved), various conflicts of interest from an organizational perspective (now solved), and funds that must be replaced in custodial and restricted accounts (a problem to be solved). The list is much longer. I could continue, but I will stop. To his eternal credit, his Eminence, Archbishop Demetrios, asked us to proceed expeditiously with our work. He issued this instruction with confidence and conviction.

What kind of an Archdiocese will the new Archbishop find?

He will find today an Archdiocese that has achieved financial stability, and as discussed above, having already made great progress towards having proper and professional governance and controls. Sometime in the immediate future, he will find an Archdiocese that has not only achieved financial stability, but which has either partially, or entirely, dealt with its financial obligations.

Have the Parishes been supportive?

The strong stewardship by its Parishes is extraordinary. In January 2018, the Finance Committee reports that for 2017, the Archdiocese Total Commitment receipts from its parishes across the country met 100% of the budgeted Total commitment for the sixth consecutive year.

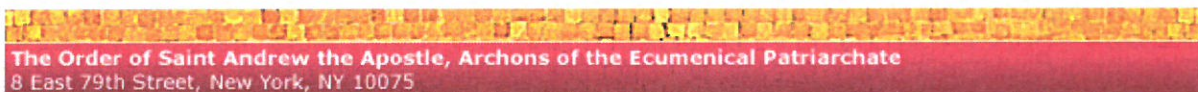
I do not deal in headlines, I deal in reality. I am a financial person. I look at the numbers. Math is objective. Math tells the truth. The truth is the financial support of the Parishes has been, is and continues to be extremely strong. Further, many Parishes from all over the country are taking advantage of the financial incentives involved with pre-paying their respective assessments.

The Archdiocese is deeply indebted to the parishes and is grateful to God for them.

When do you think a full and comprehensive report will be sent out with numbers including St. Nicholas?

The Archdiocese is committed to the rebuilding of Saint Nicholas National Shrine and the fundraising efforts to support this important project.

PricewaterhouseCoopers LLP (PwC) and Baker Hostetler LLP have been retained to conduct an independent investigation of the rebuilding of Saint Nicholas. These firms are reporting to an independent committee. This is a very difficult task that must be, and will be, done right. At this time, we do not know the expected completion date of PwC's work.



The Order of St. Andrew the Apostle is comprised of Archons of the Ecumenical Patriarchate who have been honored for their outstanding service to The Orthodox Church by having a Patriarchal title, or "offikion," bestowed upon them by His All Holiness, Ecumenical Patriarch Bartholomew. Those upon whom this title of the Mother Church has been conferred are known as "Archons of the Great Church of Christ," and the titles are personally conferred by the Exarch of the Ecumenical Patriarchate in America, His Eminence Archbishop Demetrios.

The Order of St. Andrew's fundamental goal and mission is to promote the religious freedom, wellbeing and advancement of the Ecumenical Patriarchate, which is headquartered in Istanbul, Turkey.



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

PARISH HONOR ROLL 2018

	Parish	City, State
New Jersey	Ascension Church	Fairview, NJ
	St. Andrew Church	Randolph, NJ
	St. Anna Church	Flemington, NJ
	St. Anthony Church	Vineland, NJ
	St. Athanasios Church	Paramus, NJ
	St. Barbara Church	Toms River, NJ
	St. Demetrios Church	Jersey City, NJ
	St. Demetrios Church	North Wildwood, NJ
	St. Demetrios Church	Perth Amboy, NJ
	St. Demetrios Church	Union, NJ
	Evangelismos Tis Theotokou Church	Jersey City, NJ
	St. Fanourios Church	Elizabeth, NJ
	St. George Church	Asbury Park, NJ
	St. George Church	Clifton, NJ
	St. George Church	Piscataway, NJ
	St. George Church	Trenton, NJ
	Holy Trinity Church	Westfield, NJ
	St. John the Theologian Cathedral	Tenafly, NJ
	St. Nicholas Church	Wyckoff, NJ
	St. Thomas Church	Cherry Hill, NJ
Delaware	Holy Trinity Church	Wilmington, DE

Maryland

Annunciation Cathedral	Baltimore, MD
SS. Constantine & Helen Church	Annapolis, MD
St. Demetrios Church	Baltimore, MD
St. George Church	Bethesda, MD
St. George Church	Ocean City, MD
St. Nicholas Church	Baltimore, MD
SS. Peter & Paul Church	Frederick, MD
St. Theodore Church	Lanham, MD

Pennsylvania

Annunciation Church	Elkins Park, PA
St. George Cathedral	Philadelphia, PA
St. George Church	Media, PA
St. Demetrios Church	Upper Darby, PA
St. Luke Church	Broomall, PA
St. Sophia, SS. Faith, Hope & Agape Church	Jeffersonville, PA

Virginia

Annunciation Cathedral	Norfolk, VA
SS. Constantine & Helen Cathedral	Richmond, VA
SS. Constantine & Helen Church	Newport News, VA
Dormition of the Virgin Mary Church	Winchester, VA
St. Elpis Church	Hopewell, VA
St. George Church	Lynchburg, VA
Holy Trinity Church	Roanoke, VA
St. Katherine Church	Falls Church, VA
Greek Orthodox Parish of Loudon County	Dulles, VA
Nativity of the Theotokos Church	Fredericksburg, VA
St. Nicholas Church	Virginia Beach, VA
St. Peter Church	Danville, VA
Transfiguration Church	Charlottesville, VA

The Future of Youth Safety



Greek Orthodox Archdiocese of America
Youth & Young Adult Ministries

Memo to the Participants of the Metropolis of New Jersey Clergy Laity Congress

May 7, 2018

Your Eminence Metropolitan Evangelos; Reverend Clergy; Brothers and Sisters in Christ:

Christ is Risen!

Youth ministry is about **introducing young people to Christ** and inviting them to **live out their relationship with the Lord in His Church**.

To facilitate this, we need to ensure that all youth ministry programs and events are **safe and healthy**.

To that end, we have prepared new **Policies for the Safety of Youth and Children**. Building on the success of our Youth Protection Manual, the new Policies will take basic youth safety policies and procedures and apply them to all youth ministry programs and events across the Archdiocese.

I look forward to discussing these new Policies with you all.

Respectfully In Christ,

Steven Christoforou
Director, Y²AM

Old
Youth
Protection Manual

New
Policies for the Safety of
Youth and Children



teach • screen • protect



<p>Applies only to Metropolis and Archdiocesan camps/retreats</p>	<p>Applies to all Youth Ministry Programs and Events across the Archdiocese (including JOY, GOYA, Sunday School, basketball, Greek dance, etc.)</p>
<p>Includes rules specific to camps and retreats</p>	<p>Includes basic universal rules for all Youth Ministry Programs and Events, plus best practices that can be tailored to specific programs</p>
<p>Applies only to camp/retreat staff</p>	<p>Creates new category of ministry workers, called Youth Workers: the only people who can participate in Youth Ministry programs and Events</p>
<p>Makes summer camps the center of youth ministry</p>	<p>Makes parishes the center of youth ministry</p>
<p>To become camp/retreat staff, a person must: (1) complete training every year, and (2) pass a background screen every three</p>	<p>To become a Youth Worker, a person must: (1) register at a parish, (2) complete training every year, and (3) pass a background screen every two years</p>

Important Dates

May

3

May 3-4, 2018

Archdiocesan Council

We pray and anticipate that, by this point, the Synod will have approved the Policies and that we can also receive the approval of the Council

July

1

July 1-5, 2018

Clergy Laity Congress

We anticipate leading workshops and discussing the Policies with the faithful of the Archdiocese

September

1

September 1, 2018

Materials Available to Parishes

We hope that updated training materials will be available to parishes to begin the transition to full compliance with the Policies

September

1

September 1, 2020

Launch of Policies

After a one-year transition, no Youth Ministry Program or Event will be permitted to function unless it is fully compliant with the Policies

Administration/Certification

Parish Level

A designated Parish Administrator will oversee the roster of Youth Workers in the parish and, twice a year, send a letter to the District/Metropolis. This Certification Letter will include the roster and certify that:

1. the only people participating in Youth Ministry Programs and Events are the people listed as Youth Workers; and
2. all the Youth Workers have been successfully registered, trained, and screened as required by the Policies.



District/Metropolis Level

The District/Metropolis Director will, twice a year, certify to the Archdiocese that:

1. the District/Metropolis has received Certification Letters from parishes; and
2. a random spot check of parishes has revealed no issues with the certification letters.



Archdiocese Level

The National Director will, twice a year, certify to the Legal Committee that:

1. the Archdiocese has received Certification Letters from the District/Metropolises; and
2. a random spot check of parishes has revealed no issues with the Certification Letters.

Worksheet

Vision

Our vision for ministry is:

Christ - _____ & Kingdom - _____

To facilitate this, we need to build ministry that is:

_____ & _____

The Problem

The Youth Protection Manual only applies to:

_____ & _____

The Policies

The Policies set for the _____ for all

Youth Ministry Programs and Events.

But all youth work is encouraged to build upon this baseline with

supplemental _____ & _____.

Worksheet (cont.)

Two Key Changes

They create a new category of ministry workers called

They set forth clear rules and procedure for reporting

_____ & other inappropriate/suspicious behavior.

Youth Workers

These are the _____ who will be permitted to participate in Youth Ministry Programs and Events.

Becoming a Youth Worker

To become a Youth Worker a person must:

1. _____ with their home parish
2. complete the required _____
3. successfully pass the required background _____

Worksheet (cont.)

Mandated Reporting

Youth Workers must report both

_____ & suspected _____

to state authorities.

Other Reporting

Youth Workers must report both

_____ or _____

up the ladder to their Supervisor.

Accountability

Parishes will send letters to the District/Metropolis including:

1. _____ of Youth Workers
2. _____ that the people on the roster:
 - a. the _____ ones participating
 - b. have _____, _____, & _____

Worksheet (cont.)

Accountability (cont.)

The District/Metropolis will send letters to the Archdiocese including:

1. _____ of parishes
2. _____ that the District/Metropolis has:
 - a. received certification letters from the _____
 - b. conducted a random spot _____

Accountability (cont.)

The Archdiocese will send letters to the Legal Committee including:

1. _____ of District/Metropolises
2. _____ that the Archdiocese has:
 - a. received certification letters from the _____
 - b. conducted a random spot _____

GOMNJ REGISTRY STATISTICS

	<u>2015</u>	<u>2016</u>	<u>2017</u>
Number of Baptisms.....	685	792	728
Number of Chrismations.....	83	79	113
Total Number of Weddings...	271	282	315
Both Greek Orthodox..	116	103	110
Inter-Christian.....	155	179	205
Total Number of Divorces.....	26	36	49
Both Greek Orthodox..	12	19	24
Inter-Christian.....	13	17	25
Total Number of Funerals.....	569	657	670



2018 GOMNJ EVENTS AND CELEBRATIONS

<u>DATE</u>	<u>EVENT</u>
January 6, 2018	Vasilopita Cutting for GOMNJ Clergy and Families, Metropolitan Council, GOMNJ Philoptochos, Parish Council Presidents and Parish Philoptochos Presidents GOMNJ Headquarters in Westfield, NJ
January 12-14, 2018	Metropolis of New Jersey Hellenic Folk Dance Festival SS. Constantine and Helen Greek Orthodox Church Annapolis, MD
January 27, 2018	Northern New Jersey Three Hierarchs/Greek Letters Celebration St. John the Theologian Greek Orthodox Cathedral Tenafly, NJ
January 28, 2018	Delaware Valley Three Hierarchs/Greek Letters Celebration St. Thomas Greek Orthodox Church Cherry Hill, NJ
February 5 – 7, 2018	Metropolis of New Jersey Clergy Retreat Cape May, NJ
February 19, 2018	Clean Monday / Commencement of Holy and Great Lent
February 25, 2018	SUNDAY OF ORTHODOXY

March 25, 2018	Nameday Celebration of His Eminence, Metropolitan Evangelos of NJ Evangelismos Greek Orthodox Church Elkins Park, PA
March 25, 2018	Greek Independence Day Parade Philadelphia, PA
April 1, 2018	PALM SUNDAY
April 8, 2018	PASCHA
April 28, 2018	GOYA Indoor Soccer Tournament Goodsports Arena in Wall, NJ
May 7 - 8, 2018	Metropolis Clergy Laity Assembly and Philoptochos Convention The Venetian in Garfield, NJ
May 10, 2018	His Eminence, Metropolitan Evangelos' 15th Anniversary of his Ordination to the Holy Episcopate
May 11, 2018	His Eminence, Metropolitan Evangelos' 15th Anniversary of his Enthronement as Metropolitan of the Greek Orthodox Metropolis of New Jersey
May 19, 2018	GOMNJ St. John Chrysostom Oratorical Festival Holy Trinity Greek Orthodox Church in Westfield, NJ
May 26 - 27, 2018	Metropolis GOYA Outdoor Olympics Monmouth University in West Long Branch, NJ
May 27, 2018	PENTECOST
June 11, 2018	Nameday Celebration – H.A.H., Ecumenical Patriarch Bartholomew
July 8 – 14, 2018	Camp Good Shepherd - Virginia Hartfield, VA
July 16 - 20, 2018	Camp Good Shepherd - Chesapeake (formerly CYC) Jarrettsville, MD

September 2018	Agiasmos Service Marking the Start of the New Ecclesiastical Year GOMNJ Headquarters in Westfield, NJ
September 16, 2018	GOMNJ Annual Holy Cross Celebration Asbury Park, NJ
October 2018	Clergy Synaxis
October 11 – 14, 2018	EFGOCM Annual Choir Conference Sts. Constantine and Helen Greek Orthodox Cathedral Richmond, VA
November 11, 2018	Metropolitan Evangelos of New Jersey Ambassador Awards Banquet The Merion in Cinnamons, NJ
November 12-13, 2018	Feastday Celebration of St. John Chrysostom, Patron Saint of the Greek Orthodox Metropolis of New Jersey GOMNJ Headquarters in Westfield, NJ
November 15, 2018	Regional Holy Unction Services Marking the Start of the Christmas Lent
December 9, 2018	Annual Christmas Tree Lighting and Open House GOMNJ Headquarters in Westfield, NJ

MUSIC

A PUBLICATION OF THE NATIONAL FORUM OF GREEK ORTHODOX CHURCH MUSICIANS

Issue Number Five

March 1994

VOCAL ABUSE IN ORTHODOX CLERGY, PSALTAI, AND CHURCH MUSICIANS

Compliments of NJ District #3
EFGOCM

Questions contact:
kathanasoulas@hotmail.com

by
Nicolas E. Maragos, M.D.

with
George Demos, M.D.
William Harmand, M.D.

(This publication was developed by three members of the National Forum of Greek Orthodox Church Musicians who are also otorhinolaryngologists. Nicolas Maragos of Rochester, MN, was lead author of the article, with assistance and review from George Demos of Denver, CO, and William Harmand of Syracuse, NY.)

Have you ever experienced a time when your voice was just about to “give out on you,” or you had a hard time hitting the “high notes?” Did you ever sound “raspy” or “hoarse?” These symptoms signal voice trouble from abuse, misuse, or overuse, symptoms that may appear slowly or suddenly after strenuous chanting, reading, and singing in Church. Whatever the cause, vocal abuse will eventually take its toll on the voice, leaving it with less agility, range, and pure sound.

The physical demands even during the “routine” Sunday liturgy can be very stressful for the unprepared voice. Worship services are long and require the full range of vocal control. Preparing for Holy Communion or fasting dries the throat, increasing vocal stress. Only the best-trained voices will survive without minor disturbances, so proper vocal preparation is also of great value.

The purpose of this publication is to outline the proper techniques vocal health, hygiene, and voice production which will create the *least* amount of stress on the singing voice, and allow the “joyful song” to be a truly joyful experience.

Symptoms of Vocal Abuse

Awareness of the symptoms of vocal abuse and preventive attention to the care of the voice will prevent most serious troubles. The symptoms of vocal abuse, given in order of increasing severity, include:

1. Dryness of the throat
2. Fullness or “lump” in the throat

3. "Excess mucus" in the nose and throat
4. Vocal fatigue after a period of voice use
5. Throat irritation or soreness
6. Loss of vocal range (especially the higher notes)
7. Raspiness
8. Hoarseness

Causes of Vocal Abuse

1. Throat dehydration

There is nothing more important to the good vocal health than keeping the vocal folds moist with mucus. Mucus in the throat is normal. The nose and sinuses produce approximately one to one-and-a-half quarts of mucus every day, washing down the throat to coat and clean this entire area. When we "feel the mucus", however, it has become too thick and dried out, and unable to protect the throat from bacteria, viruses, and dust. The vocal folds also use mucus to slip easily past one another during sound production. Without sufficient mucus the folds work harder to produce sound, creating tissue tension and heat build-up. Normal watery mucus will efficiently evaporate this heat away, preventing tissue damage.

2. Voice Strain

Talking too loudly or too long, or using the voice when physically fatigued causes vocal tension and overexertion. However, the most important abuse is vocal use or overuse in the presence of a viral upper respiratory infection (a "cold"). Viruses cause irritation, swelling, and inflammation (redness) of the vocal fold lining *mucosa*, thickening of the mucus, and dehydration. Singing "through" the throat irritation is very harmful, adding insult to injury. The excuse of "I had to sing because I couldn't get out of it" is pretty feeble when considering the severe long-term consequences of singing during a "laryngitis."

3. Throat Clearing

Throat clearing with a guttural sound produced is a habit to be condemned because it brings the two vocal folds forcefully together, causing much irritation. Drinking water whenever you feel the need to clear the throat will keep the mucus thin and prevent injury to the lining tissue from this habit.

4. Smoking

The far-reaching hazards of tobacco smoke are well known. Cancer-producing chemicals in the smoke and tar inflame the vocal fold surface, and the hot, dry smoke cause irritation with eventual changes of thickening, swelling, or polyp formation. With time, the *mucosa* becomes so irritated that it will begin to grow wildly and produce a cancer. Despite knowledge of these serious consequences, it remains astonishing that a full 20-30% of our population continues to smoke cigarettes, endangering both their own health and that of those around them.

5. Drinking

Alcohol is a chemical irritant of both the breathing and swallowing tracts. Alcohol also has a diuretic effect and, like caffeinated coffee, tea, or soft drinks, is harmful to the voice by robbing the throat of its much-needed water content. Alcohol should be greatly curtailed and/or discontinued, especially in the presence of other disease that may add more stress to the vocal tract (e.g., a respiratory infection).

Treatment of Vocal Abuse

The vast majority of vocal abuses may be reversed completely with medical therapy to modify the singer's habits. Surgical treatment is reserved for irreversible changes of the vocal folds (e.g. polyps).

Medical Therapy

A. Vocal Health and Hygiene

Good vocal hygiene requires hydration to enhance normal mucus production and lessen vocal stress. Eight to ten large glasses of non-caffeinated, non-alcoholic fluid each day are essential, and the list of beverages may be used as a guide to finding those fluids that are beneficial to mucus production:

1. Water
2. Fruit juices
3. Non-caffeinated soft drinks, such as:
 - a. Seven-Up or Ginger Ale
 - b. Caffeine-free Pepsi or Coke products, or RC-100
4. Decaffeinated coffee or tea, and herbal teas

B. Adjunctive Care of the Voice

Voice use *including singing or speaking* should be sharply curtailed in the presence of throat irritation. Whispering delays vocal fold recovery because of the tremendous tension needed to produce a whisper. Instead, an easy, effortless voice production will lead to a quicker recovery. Total voice rest may cause problems with timely recovery in some cases. Your local otolaryngologist or speech therapist should be consulted in those situations where voice problems last more than two weeks. Finally, adequate nasal breathing will ensure a normal moist, warm, and clean environment for the throat and larynx.

A professional vocal coach will find the most efficient form of voice production for you. An effort should be made, even for shorter times of three to six month intervals, to study voice and singing techniques regularly from a professional music teacher, or voice or speech therapist. Help will be gained through:

- a) training the singer in the proper techniques of singing and relaxation;
- b) educating the ears in what it sounds like to sing properly;
- c) helping the touch sensations of the head and neck "feel" a properly generated sound.

C. Special Care for the Church Musician

A number of special helps are available to get past troubled times and prevent permanent vocal injury. The following list of remedies is first steps in the progress toward *substantial* change of habit for prevention of future voice problems.

1. If you must sing, lower the singing pitch slightly (e.g. two whole steps).
2. Sing in a soft, easy tone without forcing the voice.
3. Use a microphone, or turn up the one already being used.
4. Signify mood changes or intensities by singing softer, not louder. A softer sound often portrays more intensity and piety at the same time.
5. Shorten the total time of voice use.
6. Don't raise your vocal pitch when either getting excited or trying to excite the singers or congregation. Let the text do the work.
7. Let others (deacons, chanters, altar boys, readers) do the readings.

Surgical Therapy

When abuse of the voice becomes permanent, it is impossible to improve the voice without intervening surgically to remove a mass or excess tissue that has formed. The most common, benign, permanent lesion of the vocal fold is a *polyp*, forming after months of vocal abuse. Removal violates the vocal fold *mucosa*, which must then heal, forming scar tissue in the process. Even in the best of surgical hands there is no guarantee that the patient will not have permanent voice trouble after the operation, for there is no control over the healing part of the recovery process. Therefore, preventing polyp formation is a key to long-term vocal health.

Conclusion

The best way to treat voice disorders is to prevent them before they occur. The care of the voice is of paramount importance to the singer who cares enough about the voice to want to keep it in excellent form. By recognizing the earliest signs and symptoms of vocal abuse, and attending to voice preservation techniques, the Orthodox church musician will be better able to enjoy a long and healthy period of use of their most important organ of communication and prayer.

MUSICA is published by the National Forum of Greek Orthodox Church Musicians, under the editorship of George Raptis. The content of this edition was authored by Dr. Nicolas E. Maragos, a practicing otorhinolaryngologist at the Mayo Clinic, Rochester, MN. He is director of the Holy Anargyroi Church Choir in Rochester, a composer of several settings of the Divine Liturgy and the Holy Cross Hymnal, and past-President of the Chicago Diocese Choir Federation. This work was reviewed and edited by: Dr. George Demos, past-Chairman of the National Forum, a past-President of the Denver Diocese Choir Federation, and a practicing otorhinolaryngologist in Denver, CO; and Dr. William Harmand, a practicing otorhinolaryngologist and member of the National Forum from Syracuse, NY. Dr. Demos is a member of the Assumption Cathedral Choir in Denver, and Dr. Harmand directs the Choir of St. Sophia Greek Orthodox Church in Syracuse.

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CLERGY WORKSHOP ASSIGNMENTS

RELIGIOUS EDUCATION	GREEK EDUCATION	FINANCE	YOUTH
Fr. Stavropoulos	Fr. Burdusi	Fr. Bitziadis	Fr. Karavellas
Fr. Papanikolaou	Fr. Bessinas	Fr. Chioros	Fr. Khitiri
Fr. Katsoulis	Fr. Kantarakias	Fr. Liacopoulos	Fr. Bourantas
Fr. Gianulis	Fr. Christofidis	Fr. Alexson	Fr. Zougras
Fr. Cottros	Fr. M. Pastrikos	Fr. Gikas	Fr. Thornberg
Fr. Pavlow	Fr. Lekkas	Fr. Pavlakis	Fr. Manuel
Fr. P. Pappas	Fr. C. Pappas	Fr. Kontos	Fr. Theodosion
Fr. Hanley	Fr. Panos	Fr. Antokas	Fr. Kousoulas
Fr. Kurtanidze	Fr. Kouzelis	Fr. Delviziis	Fr. Moralis
Fr. Galanopoulos	Fr. John Johns	Fr. Eugenis	Fr. Noplos
Fr. Photos			Fr. Rafael
			Fr. Artemas



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

WORKSHOPS

2:30-4:00pm

Religious Education

Conservatory Room (Chapel)

Rev. Anargyros Stavropoulos

Greek Education

Veranda I

Mrs. Sophia Stamatiou

Finance/Stewardship/Total Commitment

Grand Ball Room

Archon Peter Arbes

Youth Ministries

Club Room

Rev. Kosmas Karavellas

Rev. Anastasios Bourantas/Rev. John Manuel

Rev. Andrew Eugenis/Rev. Angelo Artemas

Mr. Stylianos Christoforou

Choir Federation (EFGOCM)

Ivory Bridal Suite R2

Mr. Paul Mavromihalis

4:00-5:00

Clergy Syndesmos Meeting

Conservatory Room (Chapel)



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

GOMNJ CLERGY LAITY ASSEMBLY MAY 7-8, 2018 THE VENETIAN, GARFIELD, NJ

EVENT

CLERGY LAITY ASSEMBLY
 PHILOPTOCHOS CONVENTION
 CHAPEL
 BREAKFAST, LUNCH
 RELIGIOUS EDUCATION
 GREEK EDUCATION
 YOUTH MINISTRY
 FINANCE/STEWARDSHIP/TOTAL COMMIT.
 CLERGY SYNDESMOS
 EFGCOM
 HOSPITALITY
 GRAND BANQUET

LOCATION

GRAND BALL ROOM 1ST Floor
 RITZ ROOM Lower Level
 CONSERVATORY 1ST Floor
 CLUB ROOM/GRAND BALL ROOM 1ST Floor
 CONSERVATORY 1ST Floor
 VERANDA I 1ST Floor
 CLUB ROOM 1ST Floor
 GRAND BALL ROOM 1ST Floor
 CONSERVATORY 1ST Floor
 IVORY BRIDAL SUITE 2ND Floor
 GRAND BALL ROOM 1ST Floor
 PALAZZO BALLROOM 1ST Floor



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

2018 CLERGY LAITY ASSEMBLY
MAY 7-8 2018
GARFIELD, NEW JERSEY

EVALUATION FORM

PLEASE TURN IN AT THE CONCLUSION OF THE CONFERENCE
OR EMAIL AT
METROPOLIS@NJ.GOARCH.ORG

1. Overall Rating of Assembly (1 to 5, with 5 being the highest) _____
2. Which segment(s) of the Assembly do you consider as having been most beneficial?
3. Which of the Presentations did you appreciate the most?
4. Would you like to see something else added to the Clergy Laity Assembly?

COMMENTS - RECOMMENDATIONS:

Parish _____

Name _____ Signature _____



GREEK ORTHODOX
METROPOLIS of NEW JERSEY

SAVE THE DATE

Please join

His Eminence, Metropolitan Evangelos

for the Annual

GOMNJ Clergy Laity

and

Philoptochos Convention

May 13th- 14th, 2019

Formal information to follow



REGISTER NOW!! CAMP GOOD SHEPHERD 2018!!



Where lifelong friends are made!



CGS SESSIONS:

VIRGINIA

JULY 8TH - JULY 14TH

CHESAPEAKE, MARYLAND

JULY 16TH - 20TH

For more information, please contact:
The Greek Orthodox Metropolis of New Jersey at 908.301.0500
or visit our website: www.nj.goarch.org



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has joined



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