# 2018 NATIONAL PHILOPTOCHOS BIENNIAL CONVENTION DOCUMENTS

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Welcome to Boston! It is our distinct honor and pleasure to welcome you to the 2018 National Philoptochos Biennial Convention in the Holy Metropolis of Boston. What better place for us to gather to celebrate the 4th of July but in the Cradle of Liberty and the state where the Pilgrims landed in 1620 in search of religious freedom?

The convention theme, “All things are possible to the one who believes in Christ” (Mark 9:23), presents a challenge for us as Philoptochos stewards. The work of Philoptochos is grounded in strong faith and our love of Christ. We must harness the strength and power that our faith in the Lord gives us to continue to expand the work we do to serve the most fragile members of our society.

This year’s convention program focuses on Philoptochos service – service to our members, service to our parish communities, and service to humanity. Four years ago, our president challenged us to do more doing, and over the past two years, we have developed educational initiatives to address the most critical issues our society faces today. We are excited to share these programs with you.

Our sincere thanks go to our sisters on the National Board, who have worked diligently by our sides to design a convention program that will be informative, interesting, interactive, and fun. Planning a convention is an immense undertaking, and we would not have been able to succeed without their contributions. In addition, our heartfelt gratitude is extended to the ladies of the Metropolis of Boston Philoptochos, who gracefully and happily embraced the challenge to welcome us all to Boston.

To our president, Maria Logus, we offer our unceasing appreciation and support for the inspirational guidance she has provided to our organization. Under her leadership, Philoptochos has returned to its roots, to hands-on service.

To His Grace Bishop Sevastianos of Zela, our spiritual advisor, go our heartfelt thanks for his encouragement, assistance, prayers -- and humor -- when the task seemed insurmountable. He always lifted our spirits and made us laugh when we needed it most.

We offer our deepest gratitude to His Eminence Archbishop Demetrios, Geron of America, for his unfailing support of Philoptochos and the work that we do, and our thanks to His Eminence Metropolitan Methodios for his hospitality in welcoming us to Boston.

Most of all, we thank you, the faithful stewards of Philoptochos who have taken time away from your families over a holiday to learn more about our beloved organization and new ways to serve.

In Christ’s Service,

Barbara Pasalis                              Elaine Zetes
Convention Co-Chair                          Convention Co-Chair
Hymn of the Holy and Wonderworking Unmercenaries

Ayii anargiri ke thavmatouryi
Episkepsaste tas asthenias imon
Dorean Elavate, Dorean Thote Imin

~

O Holy Unmercenaries and Wonderworkers,
Visit our infirmities;
Freely ye received, freely give to us.
O Lord Jesus Christ, we bow our heads before You, and with humble hearts we give thanks to You for the abundant blessings, which You have poured forth upon us. We praise You for gathering us together as members of the Ladies Philoptochos Society in the service to Your Holy Church. We bless You for the selfless sacrifice of countless generations of women who have faithfully fulfilled the philanthropic mission entrusted to them. Through Your ineffable wisdom and Your Divine power, You have enabled us to minister to those who are in need of Your love, Your comfort, and Your care. Make us instruments of Your peace and of Your hope, O Lord. Where there is pain and suffering, may we bring Your healing and comfort. Where there is loneliness and isolation, may we bring the fellowship of Your Holy Church. Where there is despair and discouragement, may we inspire hope and faith in You. Where there is hatred and strife, may we be peacemakers producing the fruits of love and reconciliation.

We also ask You, O Lord, to guide our deliberations, our decisions, our fellowship, and all our labors, so that in all we do, or say, we may bring glory to Your Holy Name, of the Father and of the Son, and of the Holy Spirit. Amen.
July 1-5, 2018

Maria Logus, Esq.
President
Mrs. Barbara Pasalis, 2018 National Philoptochos Chairwomen
Mrs. Elaine Zetes
Greek Orthodox Ladies Philoptochos Society
126 East 37th Street
New York, New York 10016

Dear Miss Logus, Mrs. Pasalis, Mrs. Zetes, Members of the Board of Directors,
and Ladies of Philoptochos,

I greet you in the love and peace of our Lord as you gather for the 2018 National
Philoptochos Biennial Convention.

Faith drives your Philoptochos service. The depth of your belief in God and His
promises determines the lengths you take to carry out Christ’s work. Your hearts receive
Christ’s love and as a result, His love flows through you to others.

You embrace eagerly every opportunity to deliver Christ’s love and tender mercy and I
commend you for the very creative and meaningful ways with which you approach your
responsibilities to this philanthropic ministry of the Church.

Truly, you make manifest the Congress theme, all things are possible to those who
believe in Christ (cf Mark 9:23) as it is your faith filled ethos that optimizes and maximizes
every opportunity to help those in need.

May your deliberations at this 2018 National Philoptochos Convention bear much fruit
as you determine the specific ministry’s goals for the next two years. I offer you my best
wishes for another substantive conference dedicated to philanthropy and my prayers to God
for each and every one of you, your families and loved ones, and all the good people you serve
through your philanthropic activity.

With paternal love in Christ,

[Signature]

† DEMETRIOS
Archbishop of America
Maria Logus, President and Delegates of the 2018 National Philoptochos Biennial Convention

Dear Ladies,

On behalf of the Host Committee and all the Parishes and Philoptochos Societies in the Metropolis of Boston, I extend a warm welcome to the delegates of the 44th Biennial Clergy-Laity Congress and National Philoptochos Convention as you gather in Boston for this historic conclave.

The Congress and Philoptochos Committees have worked tirelessly to prepare an edifying program which will include a day at Hellenic College Holy Cross and two open forums which will encourage the participation of all delegates.

We gather as brothers and sisters in the household of God to address the challenging times which we face as an Archdiocese. At the end of the week, we prayerfully hope to return to our communities with a renewed faith and determination to pass on to our children and grandchildren our priceless Faith Heritage.

I look forward to seeing you at in July.

With Archpastoral love,

Metropolitan of Boston
July 1, 2018

Miss Maria Logus, President
National Philoptochos Society
and Delegates to the Philoptochos National Convention,

Madam President and beloved Philoptochos Ladies,

It has been a true privilege and a great honor to serve you as your spiritual adviser during the last few years. I thank his Eminence Archbishop Demetrios, Geron of America, for affording me this great opportunity and for trusting me with this responsibility.

As we gather together as a national church family to celebrate our achievements, deliberate our challenges and develop a vision for the future, my heart overflows with joy for your labor of love for those in need. You offer your services not in front of the cameras, but quietly and humbly. The blessings we receive most often are not visible, but inward with the satisfaction of knowing that we make a difference; we open our hearts to see things that we did not see before; we do not hide the talent that Lord gave us but rather we are using it to continue His work on earth.

I thank you for the opportunity to serve with you in this most precious ministry of our Church. The time spent with you in philanthropy opened new horizons and new possibilities that were transforming for me.

The work to be done is endless as Christ says: The harvest is plentiful and the laborers are few, (Matthew 9:37), but we keep pressing on for everything is possible to the one who believes in Christ (Mark 9:23). Whatever we do, we do it together by the power and the glory of God.

I challenge each and every one of you to seize the opportunity of this National Convention to be renewed by the knowledge that you will gain and the discussions that you will engage in during the meeting deliberations. I pray that you will return to your communities re-energized and that with this spirit you will continue your important work as faithful servants of the Lord.

May you keep each other in your prayers as I pray for you daily knowing that together we are the Body of Christ.

In the love and service of our Lord,

+ Bishop Sebastianos

8 East 79th Street, New York, NY 10075-0106 · Telephone: (212) 570-3500 · Fax: (212) 570-3569
Web: www.goarch.org · E-mail: archdiocese@goarch.org
Dear Delegates to the 2018 National Philoptochos Biennial Convention:

It is my great pleasure to welcome you to the 2018 National Philoptochos Biennial Convention, convening in conjunction with the 44th Clergy-Laity Congress, in Boston, Massachusetts, in the Holy Metropolis of Boston, on Sunday, July 1, 2018. Spirited, lively, and dedicated stewards of Philoptochos have gathered together as an expression of our shared commitment to helping the needy and making a kinder, more loving world for all of God’s children.

His Eminence Archbishop Demetrios, Geron of America, has chosen a convention theme, “All things are possible to the One who Believes in Christ, (Mark 9:23,”), that is both encouraging and challenging. Encouraging because it reminds us of the omnipotent power of faith, and challenging in its affirmation that any and all accomplishments are dependent on belief. We can aspire, we can dream, and we can accomplish great things -- but only if we believe.

On behalf of thousands of Philoptochos stewards represented at this gathering, we extend our deep appreciation and gratitude to His Eminence Metropolitan Methodios of Boston, a long-time advocate for the works of the Philoptochos Society and an ecumenical leader who shares our commitment to the hungry and homeless. His Eminence Metropolitan Methodios and the women of the Metropolis of Boston have warmly welcomed us to the “Athens of America,” and we thank them for the warm hospitality so generously offered to each of us during our stay here.

Our convention chairs, the creative and dedicated team of Barbara Pasalis and Elaine Zetes, have been planning for months for your arrival and have developed a program that will update you on the activities of Philoptochos across the expanse of the United States of America and beyond, as well as educating all of us on new programs and other matters of concern to our stewards. For the first time, we’ll also take time to pay attention to strengthening our physical well-being and ourselves.

Thank you for joining us in Boston. Thank you for the time you offer to the causes and the people we champion. And of course, thank you for the love and faith that fuels all we do in the name of the Lord.

With love in Christ,

Maria Logus

Maria Logus
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<thead>
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<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Saturday, June 30</td>
<td>12:00–8:00 PM</td>
<td>Philoptochos Registration</td>
<td>Registration Desk B – 4th floor</td>
</tr>
<tr>
<td>Sunday, July 1</td>
<td>7:30–10:00 AM</td>
<td>Buses Depart for Divine Liturgy</td>
<td>Front of the hotel on Huntington Avenue; take elevators to 2nd floor and escalators down to street level</td>
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<tr>
<td></td>
<td>7:45 AM–1:00 PM</td>
<td>Orthros and Divine Liturgy</td>
<td>Annunciation Cathedral</td>
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<tr>
<td></td>
<td>12:00–1:30 PM</td>
<td>Coffee Fellowship</td>
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<td></td>
<td>12:00 PM–8:00 PM</td>
<td>Buses Depart for return to hotel</td>
<td></td>
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<tr>
<td></td>
<td>2:30 PM</td>
<td>Philoptochos Delegate Orientation</td>
<td>Ballroom Salons A, B, C, D, E – 4th floor</td>
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<tr>
<td></td>
<td>3:30 PM</td>
<td>Exhibit Hall Official Opening</td>
<td>Exhibit Hall – 3rd floor</td>
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<tr>
<td></td>
<td>4:00 PM–8:00 PM</td>
<td>2018 National Philoptochos Biennial Convention Opening Ceremonies and General Assembly</td>
<td>Ballroom Salons A, B, C, D, E – 4th floor</td>
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<tr>
<td></td>
<td>7:00 PM</td>
<td>Guest Speaker: Opioid Addiction</td>
<td>Ballroom Salons A, B, C, D, E – 4th floor</td>
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<td>Bylaws/Resolutions</td>
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<td>Budget Preview</td>
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### 2018 National Philoptochos Biennial Convention Program

**Saturday, June 30, 2018**

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<tbody>
<tr>
<td>12:00 – 8:00 PM</td>
<td>Philoptochos Registration</td>
<td>Registration Desk B – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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**Sunday, July 1, 2018**

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<th>Time</th>
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<tr>
<td>7:30 – 10:00 AM</td>
<td>Buses Depart for Divine Liturgy</td>
<td>Front of the hotel on Huntington Avenue; take elevators to 2&lt;sup&gt;nd&lt;/sup&gt; floor and escalators down to the street level</td>
</tr>
<tr>
<td>7:45 AM – 1:00 PM</td>
<td>Orthros and Divine Liturgy Coffee Fellowship</td>
<td>Annunciation Cathedral</td>
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<tr>
<td>12:00 – 1:30 PM</td>
<td>Buses Depart for return to hotel</td>
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<tr>
<td>12:00 PM – 8:00 PM</td>
<td>Philoptochos Registration</td>
<td>Registration Desk B – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<tr>
<td>2:30 PM</td>
<td>Philoptochos Delegate Orientation</td>
<td>Ballroom Salons A,B,C,D,E – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<tr>
<td>3:30 PM</td>
<td>Exhibit Hall Official Opening</td>
<td>Exhibit Hall – 3&lt;sup&gt;rd&lt;/sup&gt; floor</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>2018 National Philoptochos Biennial Convention Opening Ceremonies and General Assembly</td>
<td>Ballroom Salons A,B,C,D,E – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<td></td>
<td>Break for Dinner</td>
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<tr>
<td>7:00 PM</td>
<td>Guest Speaker: Opioid Addiction</td>
<td>Ballroom Salons A,B,C,D,E – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<td>Bylaws/Resolutions</td>
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<td>Budget Preview</td>
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<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00 AM-3:00 PM</td>
<td>Philoptochos Registration</td>
<td>Registration Desk B – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
</tr>
<tr>
<td>7:45 – 9:00 AM</td>
<td>Congress Opening Breakfast</td>
<td>Ballroom Salons E,F,G,H,I,J,K – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
</tr>
<tr>
<td>9:30 AM – 12:00 PM</td>
<td>Clergy Laity Congress Opening Ceremonies and Keynote Address:</td>
<td>Ballroom Salons E,F,G,H,I,J,K – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<td></td>
<td>His Eminence Archbishop Demetrios, Geron of America</td>
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<tr>
<td>2:00 – 5:00 PM</td>
<td>Clergy Laity Congress Open Forum, Discussion of Financial Status of</td>
<td>Ballroom Salons F,G,H,I,J,K – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<td></td>
<td>Archdiocese</td>
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<tr>
<td>5:00 PM</td>
<td>Philoptochos General Assembly</td>
<td>Ballroom Salons A,B,C,D,E – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<td></td>
<td>Working Dinner</td>
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### Tuesday, July 3, 2018

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>7:45 AM</td>
<td>Buses depart</td>
<td>Front of the hotel on Huntington Avenue; take elevators to 2&lt;sup&gt;nd&lt;/sup&gt; floor and escalators down to the street level</td>
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<tr>
<td></td>
<td>Hellenic College/</td>
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<td></td>
<td>Holy Cross School of Theology Program and Lunch</td>
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</tr>
<tr>
<td>12:00 – 1:00 PM</td>
<td>Buses depart for return to hotel</td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Philoptochos General Assembly</td>
<td>Ballroom Salons A,B,C,D,E – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<tr>
<td>2:50 – 5:50 PM</td>
<td>Philoptochos Interactive Discussion Groups:</td>
<td></td>
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<tr>
<td></td>
<td>Social Services</td>
<td>Simmons – 3&lt;sup&gt;rd&lt;/sup&gt; floor</td>
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<tr>
<td></td>
<td>Open Forum with the Officers</td>
<td>Suffolk – 3&lt;sup&gt;rd&lt;/sup&gt; floor</td>
</tr>
<tr>
<td></td>
<td>Engaging Members &amp; Developing Leadership</td>
<td>Wellesley – 3&lt;sup&gt;rd&lt;/sup&gt; floor</td>
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<tr>
<td>7:15 PM</td>
<td>Cocktail Reception</td>
<td>Ballroom Foyer – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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<tr>
<td>8:00 – 10:30 PM</td>
<td>Cultural Night</td>
<td>Ballroom Salons F,G,H,I,J,K – 4&lt;sup&gt;th&lt;/sup&gt; floor</td>
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Wednesday, July 4, 2018

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>AGAPE Awards Breakfast and Presentations</td>
<td>Ballroom Salons F, G – 4th floor</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Philoptochos General Assembly</td>
<td>Ballroom Salons A,B,C,D,E – 4th floor</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Doxology Prayer Service Lunch Break</td>
<td>Ballroom Salons F,G,H,I,J,K – 4th floor</td>
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<tr>
<td>1:30 PM</td>
<td>Philoptochos Interactive Discussion Groups:</td>
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<tr>
<td></td>
<td>Group 1</td>
<td>Regis – 3rd floor</td>
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<td></td>
<td>Group 2</td>
<td>Simmons – 3rd floor</td>
</tr>
<tr>
<td></td>
<td>Group 3</td>
<td>Wellesley – 3rd floor</td>
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<td></td>
<td>Group 4</td>
<td>Suffolk – 3rd floor</td>
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<tr>
<td></td>
<td>Group 5</td>
<td>Vineyard – 4th floor</td>
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<td></td>
<td>Group 6</td>
<td>Yarmouth – 4th floor</td>
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<td></td>
<td>Group 7</td>
<td>Ballroom Salons H,I,J,K – 4th floor</td>
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<td>Group 8</td>
<td>Maine – 5th floor</td>
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<tr>
<td>5:30 PM</td>
<td>A Celebration of America!</td>
<td>Ballroom Salons A,B,C,D,E – 4th floor</td>
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Thursday, July 5, 2018

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:00 - 9:00 AM</td>
<td>Rise Against Hunger Philoptochos Hands On Workshop</td>
<td>3rd floor Atrium Lounge</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Philoptochos General Assembly and Closing Ceremonies</td>
<td>Ballroom Salons A,B,C,D,E – 4th floor</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Grand Banquet Reception</td>
<td>Ballroom Foyer – 4th floor</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>Grand Banquet</td>
<td>Ballroom All Salons – 4th floor</td>
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2018 NATIONAL PHILOPTOCHOS BIENNIAL CONVENTION
AGENDA

Sunday, July 1, 2018

7:45 AM  Orthros and Divine Liturgy  Annunciation Cathedral
2:30 PM  Philoptochos Delegate Orientation  Jeannie Ranglas
          First Vice President
          National Philoptochos Board
4:00 PM  2018 National Philoptochos Biennial Convention Opening Ceremonies

Call to Order  Maria Logus, Esq.
              National Philoptochos President
National Anthems, Greece and USA  National Forum of Church Musicians
Invocation  His Eminence Archbishop Demetrios,
            Geron of America
Welcome  His Eminence Metropolitan Methodios of Boston
Greetings  Elaine Zetes
           2018 Convention Co-Chair
           Metropolis of Boston Philoptochos President
National Philoptochos President’s Report  Maria Logus, Esq.
Address  His Eminence Archbishop Demetrios,
         Geron of America
Greetings  Barbara Pasalis
          2018 Convention Co-Chair
          Secretary, National Philoptochos Board
Philoptochos General Assembly

Report of the Credentials Committee  
Cindy Demeris, Chair  
National Philoptochos Board

Adoption of 2018 Convention Standing Rules  
Elaine Zetes

Adoption of 2018 Convention Program  
Barbara Pasalis

Appointment of the Minutes Committee, Timekeepers and Tellers  
Maria Logus, Esq.

Report of the 2016 Convention Minutes Committee  
Georgia Vlitas, 2016 Convention Secretary  
Assistant Treasurer  
National Philoptochos Board

Delegate Update  
Elaine Zetes

Closing Prayer  
His Grace Bishop Sebastianos of Zela  
National Philoptochos Spiritual Advisor  
Chief Secretary, Office of the Holy Eparchial Synod

Recess for Dinner

7:00 PM  
Guest Speaker: The Opioid Crisis  
Denise Garlick  
House Chair, Joint Committee on Mental Health, Substance Use and Recovery. Massachusetts State Representative

Bylaws/Resolutions Committee  
Irene Steffas, Esq.  
Resolutions Committee Chair  
Parliamentarian,  
National Philoptochos Board

Budget Preview  
Martha Stefanidakis, Treasurer  
Georgia Vlitas, Assistant Treasurer  
National Philoptochos Board
Monday, July 2, 2018

8:00 AM  Congress Opening Breakfast

9:30 AM  Official Opening of the 44th Clergy Laity Congress

Keynote Address  His Eminence Archbishop Demetrios, Geron of America

12:00 PM  Recess for Lunch

2:00 PM  Clergy Laity Congress Open Forum
Presentation and Discussion Concerning Financial Status of the Greek Orthodox Archdiocese of America

5:00 PM  Philoptochos General Assembly

Call to Order  Barbara Pasalis, Presiding Officer

Opening Prayer & Reflections  His Grace Bishop Sevastianos of Zela

Report of the Credentials Committee  Cindy Demeris, Chair

Report of Minutes of Sunday, July 1, 2018  Stella Piches, 2018 Convention Secretary National Philoptochos Board

Public Relations Presentation/Educational Initiatives Program  Barbara Pasalis, Valine Georgeson Public Relations/Communications Co-Chairs National Philoptochos Board

Introduction of Development & Information Officer  Maria Logus, Esq.

Response  Amy Kalogeropoulos National Philoptochos Office

Educational Initiatives:
Stop Bullying In Your Community  Barbara Pasalis

Be Safe, Be Smart  Thea Martin

Using Technology Safely  National Philoptochos Board
2018 Chapter Challenge Presentations
Metropolis of Boston
St. George Philoptochos, Springfield, MA
Direct Archdiocesan District
St. Paraskevi Philoptochos, Greenlawn, NY

Working Dinner
Treasurer’s Report
2019-20 Budget Adoption
Martha Stefanidakis, Georgia Vlitas

2018 Grant Recipient:
University of Miami Miller School of Medicine
THRIVE Clinic for Human Trafficking Survivors
JoNell Efantis-Potter, PhD
Program Director, THRIVE Clinic

Providing Vulnerable Children with World Class Medical Care
Ifigenia Mougianis, PhD
Postdoctoral Fellow in Primary Care
Harvard Medical School,
Cambridge Health Alliance

2018 Chapter Challenge Presentations
Metropolis of Denver
St. George Philoptochos, Albuquerque, NM

Metropolis of Atlanta
St. Nicholas Cathedral Philoptochos
Tarpon Springs, FL

Delegate Update
Barbara Pasalis

Closing Prayer
His Grace Bishop Sebastianos of Zela
Tuesday, July 3, 2018

7:45 AM  Buses depart for Hellenic College/Holy Cross School of Theology Program and Lunch

12:00 PM – 1:00 PM  Buses depart for return to Boston Marriott Copley Place

2:00 PM  Philoptochos General Assembly

Call to Order  Elaine Zetes, Presiding Officer

Opening Prayer  His Grace Bishop Sevastianos of Zela

Report of the Credentials Committee  Cindy Demeris, Chair


Keynote Speaker: A Presentation on Servant Leadership  Tim Tassopoulos, President and COO, Chick-fil-A Atlanta, Georgia

2:50 PM  Interactive Discussion Sessions

Social Services –  Evan Scurtis, 2nd Vice President
Meeting Room: Simmons
White Group 2:50 pm  Efthalia Katos, Stella Pantelides, Co-Chairs
Blue Group 3:50 pm  Lekita Essa
Purple Group 4:50 pm  National Philoptochos Board

Open Forum with the Officers –  Executive Officers, National Philoptochos Board
Meeting Room: Suffolk
Blue Group 2:50 pm
Purple Group 3:50 pm
White Group 4:50 pm

Engaging Members & Developing Leadership  Tim Tassopoulos
Meeting Room: Wellesley
Purple Group 2:50 pm  Jennifer Constantin, Direct Archdiocesan District President
White Group 3:50 pm  Marian Catechis
Blue Group 4:50 pm  National Philoptochos Board
Wednesday, July 4, 2018

8:00 AM  AGAPE Awards Presentations and Breakfast

10:30 AM  Philoptochos General Assembly

Call to Order  Barbara Pasalis, Presiding Officer
Opening Prayer  His Grace Bishop Sevastianos of Zela
Report of the Credentials Committee  Cindy Demeris, Chair
Report of Minutes of Tuesday, July 3, 2018  Marty Driscoll, Valine Georgeson
Resolutions Committee Report  Irene Steffas, Esq., Chair
2018 Chapter Challenge Presentation  Metropolis of Detroit
St. Nicholas Philoptochos, Ann Arbor, MI
Check Presentations to National Philoptochos Ministries  Maria Logus, Esq
2018 Chapter Challenge Presentation  Metropolis of Pittsburgh
St. Paul Philoptochos, North Royalton, Ohio

12:00 PM  Doxology Prayer Service
Recess for Lunch

1:30 PM  Interactive Discussion Sessions

International Orthodox Christian Charities  Constantine Triantafilou, Executive Director
Stacey Mason, Director of Operations
International Orthodox Christian Charities
Elaine Cladis, Marian Catechis
National Philoptochos Board

Orthodox Christian Fellowship  James P. Gianakis, Chairman of the Board
Orthodox Christian Fellowship
Pam Argyris
Metropolis of Chicago President
Theone Dickos
Metropolis of Detroit President
Saint Basil Academy
V. Rev. Fr. Constantine Moralis
Saint Basil Academy
Philippa Condakes,
Joanne Stavrakas, 3rd Vice President,
National Philoptochos Board

Preparing A Budget
Martha Stefanidakis, Georgia Vlitas

Fundraising Activities
Valine Georgeson
Barbara Vittas
Metropolis of Denver President

Ways to Increase Membership
Alexis Limberakis, Chair
Marilynn Jemas, Irene Politis,
Jeannie Ranglas
National Philoptochos Board
Amy Kalogeropoulos
National Philoptochos Office

Grant Applications 101
Arlene Siavelis Kehl, Carol Stamas,
Marilyn Tzakis
National Philoptochos Board

Working Cooperatively with Your
Priest and Parish Community
Rev. Fr. Louis J. Christopulos,
St. Catherine Church, Greenwood Village, Co
Rev. Fr. Ted Barbas, Chancellor of the
Holy Metropolis of Boston
Rev. Fr. Chrysanthos Kerkeres,
St. George Church, Chicago, Ill.
Despina Denne,
Anne Michals,
Metropolis of New Jersey President
Crystal Thomas,
Metropolis of Pittsburgh President
National Philoptochos Board

Meeting Rooms:
Group 1, Regis-3rd floor
Group 2, Simmons-3rd floor
Group 3, Wellesley-3rd floor
Group 4, Suffolk—3rd floor
Group 5, Vineyard-4th floor
Group 6, Yarmouth-4th floor
Group 7, Ballroom H, I, J, K-4th floor
Group 8, Maine-5th floor

5:30 PM  Return to Assembly Hall for: A Celebration of America

Delegate Update  Barbara Pasalis

6:30 PM  Closing Prayer  His Grace Bishop Sevastianos of Zela
Thursday, July 5, 2018

7:00—9:00 AM Rise Against Hunger, Philoptochos Hands-On Workshop

9:00 AM Philoptochos General Assembly

Call to Order
Elaine Zetes, Presiding Officer

Opening Prayer
His Grace Bishop Sebastians of Zela

Spiritual Reflections
Rev. Fr. Nicholas Louh
Saint John the Divine
Jacksonville, Florida

Report of Credentials Committee
Cindy Demeris, Chair

Guest Speaker: Women’s Heart Health
Amy Sarma, MD
Corrigan Women’s Heart Health Program
Massachusetts General Hospital

Report of Minutes of Wednesday, July 4, 2018
Philippa Condakes

2018 Chapter Challenge Presentation
Metropolis of San Francisco
Saint John the Baptist Philoptochos
Las Vegas, Nevada

Educational Initiatives:
Tour of Women’s Health Initiative on Web
Carol Stamas, Chair
National Philoptochos Board

Alzheimer’s Disease
Katherine Siavelis, Peggy Vranas
National Philoptochos Board

Inclusion Ministries
Marilynn Jemas, Katherine Siavelis
National Philoptochos Board

2018 Chapter Challenge Presentation
Metropolis of New Jersey
St. John the Theologian Cathedral
Philoptochos, Tenafly, New Jersey

Philoptochos Center of Philanthropy
Anita Kartalopoulos, Chair
National Philoptochos Board

Tradition of Love Tree Presentation
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Chair</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>2018 Chapter Challenge Presentation</td>
<td>Metropolis of Chicago</td>
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<tr>
<td></td>
<td></td>
<td>Assumption Philoptochos</td>
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<tr>
<td></td>
<td></td>
<td>Town and Country, Missouri</td>
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<tr>
<td></td>
<td>Recess for Lunch</td>
<td></td>
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<tr>
<td>1:30 PM</td>
<td>Chapter Awards</td>
<td>Theone Dickos, Chair</td>
<td></td>
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<tr>
<td></td>
<td>Feed the Hungry Program</td>
<td>Georgia Vlitas, Chair</td>
<td></td>
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<tr>
<td></td>
<td>Millionth Meal Chapter Announcement</td>
<td></td>
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<tr>
<td></td>
<td>2019 Children’s Medical Fund Luncheon</td>
<td>Metropolis of Chicago Philoptochos</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2020 Chapter Challenge Appointments</td>
<td>Maria Logus, Esq.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unfinished Business</td>
<td>Elaine Zetes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>New Business</td>
<td>Elaine Zetes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Open Forum, Questions &amp; Answers</td>
<td>Maria Logus, Esq.</td>
<td></td>
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<tr>
<td></td>
<td>Closing Ceremony</td>
<td>Maria Logus, Esq.</td>
<td></td>
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<tr>
<td></td>
<td>Delegate Update</td>
<td>Elaine Zetes</td>
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<td></td>
<td>Closing Prayer</td>
<td>His Grace Bishop Sevastianos of Zela</td>
<td></td>
</tr>
</tbody>
</table>
2018 Convention Delegate Orientation

1. Responsibilities of a Delegate:

   a) To attend all business meetings.
   b) To attend all Philoptochos Programs.
   c) To exercise your voting rights.
   d) To prepare a complete report for your Chapter or Metropolis Board.

2. Things To Do Before the Meetings:

   a) Review all materials provided to you.
   b) Review the contents of this binder.
   c) Become familiar with Philoptochos Bylaws.
   d) Review basic parliamentary procedures.

3. Things To Do During the Meetings:

   a) Be prompt – arrive early for meetings.
   b) Maintain careful possession of your Delegate Badge. Nevertheless, we urge you not to wear your Delegate Badge outside the hotel unless you are on a convention excursion.
   c) Keep convention materials together and bring them to the meetings.
   d) Read all materials circulated.
   e) Become familiar with meeting and workshop locations, ladies rooms, public telephones.
   f) Get to know your fellow delegates.
   g) Make notes; prepare questions; think about what you hear.
   h) Make a new friend.

4. Things To Do After the Convention

Prepare your report as soon as possible. Your recollections will be fresh and comments, observations and thoughts will flow more smoothly and easily. You might prepare notes for a rough draft. The following are some topics you may wish to include:

- Convention theme.
- Synopsis of outstanding speeches, discussion groups, etc.
- Results of a significant resolution, amendment, etc.
- Items that will affect Chapter plans or goals.
- Description of your participation.
- Social activities.
2018 CONVENTION GENERAL STANDING RULES

1. **Registration**
   All members must register before they can be admitted to any business meeting.

2. **Rules Relating to the Credentials Committee**
   The Credentials Committee shall report the number of delegates and alternates registered as present directly following the Opening Ceremonies of the first Business Meeting. The Credentials Committee shall make a supplementary report after the opening exercises of each business session.

3. **Credentials**
   All delegates must wear their identification badges to all meetings, meals and Convention activities.

4. **Delegate Responsibility**
   a. All voting members must register before assuming their status as delegates.
   b. A voting member who registers with the Credentials Committee after the Credentials Committee has submitted its first report assumes her status as a delegate as soon as she has registered.
   c. A delegate must remain for the entire period of the convention and must be present at all business meetings. In the event that it becomes impossible for the delegate to remain, she must report to the Credentials Committee and request that the alternate be accredited to take her place.
   d. A delegate shall be in her seat five minutes before the commencement of each session.
   e. A delegate who must temporarily leave the meeting may not relinquish her badge to an alternate to vote in her stead.
   f. A delegate shall be seated with her respective Metropolis.

5. **Resolutions**
   a. The Resolutions Committee shall meet and review all proposed resolutions referred to it. It shall be empowered to review and make its own recommendations on each respective resolution. It shall submit to the Convention all resolutions referred to the Committee, except resolutions that the Committee by a three-fourths vote may decide not to report.
   b. The Convention by a two-thirds vote may overrule a Committee decision not to report.
c. Each delegate who proposes a Main Motion or Resolution shall be given an opportunity to explain it to the Resolutions Committee.

6. **Debate**
   a. A delegate wishing to speak shall approach the microphone, address the Chair/Presiding Officer and give her name, metropolis, chapter and Convention status.
   b. Debate shall be limited to two minutes for each speaker. No member shall speak more than once on the same question until all that wish to do so have spoken. A Timekeeper, appointed by the Chair/Presiding Officer, shall have a stopwatch in her possession and shall advise the Chair/Presiding Officer of time allocations.

7. **Voting**
   Each delegate shall be free to vote according to her best judgment on any questions presented at the Convention.

8. **Minutes**
   The minutes of this Convention shall be prepared and approved the following day by the General Assembly. The three Convention delegates appointed by the National President shall approve the minutes of the final day.

9. **Smoking**
   There shall be no smoking during regular business meetings and Discussion groups.

10. **Parliamentary Authority**
    The rules contained in the current edition of Robert’s Rules of Order Newly Revised shall govern the Convention in all cases to which they are applicable and not inconsistent with the Bylaws and Procedural Manual or the 2014 General Convention Standing Rules.
PROCEDURE FOR ADDRESSING A MAIN MOTION

1. Obtaining and Assigning the Floor
   a) The member rises when no other delegate has the floor and addresses the Chair/Presiding Officer by proper title.
   b) In a large assembly, the member gives her name, Metropolis, Chapter and convention status.
   c) The member remains standing and awaits recognition by the Chair/Presiding Officer.
   d) The Chair/Presiding Officer recognizes the member by announcing her name or title or, in a small assembly, by nodding to her.

2. How a Main Motion is Brought Before the Assembly
   a. The member makes the motion, “I move that…” or “I move to…” and resumes her seat.
   b. Another member, without standing, seconds the motion: “I second the motion,” or “I second it,” or “Second”.
   c. The Chair/Presiding Officer states the question on the motion: “It is moved and seconded that (or to)...Is there any discussion? Are you ready for the question? (Are there any questions?)

3. Consideration of the Motion
   a. Members may debate the motion
      1. Before speaking in a debate, a member obtains the floor as described above.
      2. The maker of the motion has first right to the floor, if she claims it promptly.
      3. All remarks must be confined to the merits of the motion
      4. Debate must be confined to the merits of the motion.
      5. Debate can be closed only by order of the assembly (2/3 vote) or if no other member seeks the floor for further debates.
   b. The Chair/Presiding Officer puts the question (puts the motion to vote)
      1. The Chair/Presiding Officer inquires; “Are you ready for the question?” If no one rises to claim the floor, the Chair/Presiding Officer proceeds to put the question.
      2. The Chair/Presiding Officer states: “The question is on the adoption of the motion that (or “to”)...All in favor say “Aye”. (Pause for response.) Any opposed say “No,” (Pause for response).
c. The Chair/Presiding Officer announces the result of the vote

1. If the motion has been adopted, the Chair/Presiding Officer indicates as follows: “The Ayes have it and the motion is adopted and…” (Indicating the effect of the vote and order of its execution.)

2. If the motion has been defeated, the Chair/Presiding Officer indicates as follows: “The Nos have it and the motion is defeated.”

3. The Chair/Presiding Officer explains the effect of the action just taken: “And you have just decided to…”

4. The Chair/Presiding Officer proceeds to the next item of business.
As most cases are multi-issue, the following represents the precipitating factor that brought the client to us.

<table>
<thead>
<tr>
<th>Presenting Problem</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing / Homelessness</td>
<td>97</td>
</tr>
<tr>
<td>• Utility Shut-Off, RE Taxes, Other fees etc.</td>
<td>40</td>
</tr>
<tr>
<td>• Eviction Prevention (Rent mortgage arrears)</td>
<td>31</td>
</tr>
<tr>
<td>• Homeless: Street/Shelter/Subway, Transportation hub/</td>
<td></td>
</tr>
<tr>
<td>Doubled-Tripled Up with others</td>
<td>26</td>
</tr>
<tr>
<td>Cancer/ Other Major Medical</td>
<td>60</td>
</tr>
<tr>
<td>• Cancer</td>
<td>39</td>
</tr>
<tr>
<td>• Other: Cardiac / Heart Transplant, MS, Kidney failure,</td>
<td></td>
</tr>
<tr>
<td>TBI, Parkinson’s disease, Prosthesis, Other</td>
<td>21</td>
</tr>
<tr>
<td>Indigent / Unemployed / Underemployed</td>
<td>56</td>
</tr>
<tr>
<td>Funeral</td>
<td>51</td>
</tr>
<tr>
<td>Mental Illness</td>
<td>47</td>
</tr>
<tr>
<td>Intimate Partner Abuse / Elder &amp; Child Abuse</td>
<td>23</td>
</tr>
<tr>
<td>Aging Services/ Homecare</td>
<td>14</td>
</tr>
<tr>
<td>Addiction/ Substance Abuse</td>
<td>18</td>
</tr>
<tr>
<td>Autism Spectrum Disorders</td>
<td>06</td>
</tr>
<tr>
<td>Immigration</td>
<td>03</td>
</tr>
<tr>
<td>Adoption Information</td>
<td>03</td>
</tr>
<tr>
<td>Other</td>
<td>07</td>
</tr>
</tbody>
</table>

As most cases are multi-issue, the following represents the precipitating factor that brought the client to us.

<table>
<thead>
<tr>
<th>Location by Metropolis</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Archdiocesan District</td>
<td>167</td>
</tr>
<tr>
<td>Boston</td>
<td>14</td>
</tr>
<tr>
<td>Denver</td>
<td>11</td>
</tr>
<tr>
<td>Atlanta</td>
<td>39</td>
</tr>
<tr>
<td>Detroit</td>
<td>05</td>
</tr>
<tr>
<td>Pittsburgh</td>
<td>14</td>
</tr>
<tr>
<td>San Francisco</td>
<td>33</td>
</tr>
<tr>
<td>New Jersey</td>
<td>64</td>
</tr>
<tr>
<td>Chicago</td>
<td>12</td>
</tr>
<tr>
<td>Greece / Cyprus</td>
<td>19</td>
</tr>
<tr>
<td>Other (Syria, UK, Uganda)</td>
<td>03</td>
</tr>
<tr>
<td>N/A</td>
<td>04</td>
</tr>
</tbody>
</table>

As most cases are multi-issue, the following represents the precipitating factor that brought the client to us.

<table>
<thead>
<tr>
<th>Age of Clients</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td>0-10</td>
<td>18</td>
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<tr>
<td>11-20</td>
<td>16</td>
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<tr>
<td>21-30</td>
<td>24</td>
</tr>
<tr>
<td>31-40</td>
<td>52</td>
</tr>
<tr>
<td>41-50</td>
<td>63</td>
</tr>
<tr>
<td>51-60</td>
<td>61</td>
</tr>
<tr>
<td>61-70</td>
<td>63</td>
</tr>
<tr>
<td>71-80</td>
<td>41</td>
</tr>
<tr>
<td>81-90</td>
<td>28</td>
</tr>
<tr>
<td>N/A</td>
<td>19</td>
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</tbody>
</table>

As most cases are multi-issue, the following represents the precipitating factor that brought the client to us.

FInancial Grants Analysis: 2016 – 2018

<table>
<thead>
<tr>
<th>Financial Grants Analysis</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Total Amount Awarded</td>
<td>$410,819.79</td>
</tr>
<tr>
<td>Total # Grants Awarded</td>
<td>151</td>
</tr>
<tr>
<td>Unduplicated Count of Clients Awarded Grants</td>
<td>111</td>
</tr>
<tr>
<td>Monetary Range of Grants</td>
<td>$4.00 - $7,500.00</td>
</tr>
</tbody>
</table>

DISTRIBUTION OF GRANTS BY METROPOLIS:

<table>
<thead>
<tr>
<th>Metropolis</th>
<th>Amount</th>
<th>Grants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Archdiocesan Dist.</td>
<td>$157,234.40</td>
<td>63 grants: Cancer/ Major Medical, Social Services, 75 Anniversary</td>
</tr>
<tr>
<td>Boston</td>
<td>28,154.66</td>
<td>5 grants: Cancer/ Major Medical, Social Services</td>
</tr>
<tr>
<td>Denver</td>
<td>17,080.00</td>
<td>5 grants: Cancer/ Social Services</td>
</tr>
<tr>
<td>Atlanta</td>
<td>69,584.55</td>
<td>31 grants: Cancer/ Major Medical, Autism, Social Services</td>
</tr>
<tr>
<td>Detroit</td>
<td>14,239.31</td>
<td>2 grants: Cancer/ Major Medical, Social Services</td>
</tr>
<tr>
<td>Pittsburgh</td>
<td>24,045.00</td>
<td>9 grants: Autism, Social Services, 75 Anniversary</td>
</tr>
<tr>
<td>San Francisco</td>
<td>19,140.35</td>
<td>8 grants: Cancer/ Major Medical, Social Services</td>
</tr>
<tr>
<td>New Jersey</td>
<td>44,222.82</td>
<td>20 grants: Cancer/ Major Medical, Social Services, 75 Anniversary</td>
</tr>
<tr>
<td>Chicago</td>
<td>37,118.70</td>
<td>8 grants: Cancer/ Major Medical, Social Services</td>
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</tbody>
</table>
Social Services Committee

Co-Chairs: Efthalia Katos and Stella Pantelidis
Liaison: Evangeline Mekras Scurtis
Members: Eleni Constantinides, Lekita Essa, Stella Fiorentino*, Alexis Limberakis, Nellie Logothetides, Aspasia Melis, Helen Psaras, Maria Skiadas, Joanne Stavrakas, Maria Tamvakologos, Kalli Tsitsipas, Margaret Yates, Billie Zumo

*Deceased

Director of Social Work Services: Paulette Geanacopoulos, LMSW

Metropolis Philoptochos Collaborators

<table>
<thead>
<tr>
<th>Metropolis</th>
<th>President</th>
<th>Metropolis Social Services Liaisons</th>
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<tbody>
<tr>
<td>Direct Archdiocesan District</td>
<td>Jennifer Constantin</td>
<td>Georgeann Papadakos, Esq.</td>
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<tr>
<td>Boston</td>
<td>Elaine Zetes</td>
<td>Georgia Lagadinos</td>
</tr>
<tr>
<td>Denver</td>
<td>Irene Politis</td>
<td>Presvytera Evi Kaplanis, Tina Chagaris</td>
</tr>
<tr>
<td>Atlanta</td>
<td>Theone Dickos</td>
<td>Margaret Yates</td>
</tr>
<tr>
<td>Pittsburgh</td>
<td>Crystal Thomas</td>
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</tr>
<tr>
<td>San Francisco</td>
<td>Jeannie Ranglas</td>
<td>Lisa Xanthos</td>
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<tr>
<td>New Jersey</td>
<td>Anastasia Michals</td>
<td>Eleni Constantinides</td>
</tr>
<tr>
<td>Chicago</td>
<td>Pam Argyris</td>
<td>Helen Theodosakis</td>
</tr>
</tbody>
</table>

National Philoptochos Social Services Highlights:

- **Our Services**: Clients are asked to complete and sign our Application for Assistance and Consent for Release of Information forms, and to submit a recent photo, and documentation of their situation to help us determine the most effective way to assist them. We provide information, referral and advocacy services, short-term interventions, supportive counseling and, per Philoptochos Guidelines, financial assistance. With the client’s permission, we collaborate with the appropriate Metropolis Philoptochos to supplement what each of us can do. To educate our community about the human service challenges faced by Orthodox Christians, we develop resources, informational fact sheets (bilingual), and hold live presentations and webinars as requested.

- More than half of our clients live in poverty or near poverty, many of whom are women in single-parent headed households. A large number of our clients who live in poverty are employed, but do not earn enough to support themselves or their families. Medical debt, even among those with health insurance, continues to be a major cause of poverty. Those with long-term financial needs are screened for eligibility for public benefits and are helped to apply for such entitlements. For clients needing debt management, credit counseling or budget management, we refer them to the nonprofit National Foundation for Credit Counseling (NFCC) whose member agencies, nationwide, provide free and affordable services.

- We address about one domestic violence case per month. We provide direct services including supportive counseling, housing relocation and financial assistance, as well as referrals for other social services; however, we cannot assist with or make referrals for their legal service needs. We conduct DV programs, live and via webinars, and develop literature and fact sheets to educate members of our community and our clergy about how we can assist intimate partner abuse victims, survivors and thrivers in helpful, not hurtful ways.

- Requests for contributions toward funeral and burial arrangements come to us from all over the United States with referrals from local chapters, family members, hospital social workers, medical examiners, funeral homes and more.

- A significant number of our clients suffer from serious and chronic mental illnesses, often times untreated.
An increasing number of persons seeking our help are homeless individuals living on the street, in subways or other public transportation hubs, or are in government or nonprofit shelters. A large number of women (with or without children) are homeless because of past domestic abuse relationships. Some of our clients are doubled- and tripled-up with family members of friends. Because they are ‘indoors’, they no longer are considered “homeless”, thus they do not qualify for many services and benefit programs. Many of the homeless people we see are employed either full-time or part-time; however, their incomes are insufficient to enable them to rent a place to live.

We receive requests for referrals to subsidized housing from low- and moderate-income persons, many of whom are senior citizens. Because housing options are few and waiting lists are long, we are hard-pressed to assist. A significant number comprises undocumented older men who have been in the US for 25+ years. Being without ‘papers’, they do not qualify for benefits, and it is unrealistic for them to return to Greece as they have nothing and no one to return to.

Most of our clients thought they had done everything right to prepare for the future, but because of a quirk of fate, a life-threatening illness, a disaster, or another situation that either catapults or slides them into difficulties, they face financial and emotional challenges requiring our intervention and assistance.

While some of our clients may be perceived as having ‘caused’ their predicament because of poor judgment, we recognize that the path to good judgment frequently is paved by a series of poor ones.

Please refer to www.philoptochos.org/socialservices for a full description of our social services and to download a copy of our Application for Assistance and our “Guide to Finding Local Programs and Services” – a tool to help chapters throughout the country refer parishioners for help.

REPORT OF THE SOCIAL SERVICES TELEPHONE CANCER SUPPORT GROUP

Submitted by Paulette Geanacopoulos, LMSW and Theodora Ziongas, M.A.

For six consecutive Thursday evenings beginning January 11, 2018 the National Philoptochos Social Services Department conducted a Cancer Support Group for Orthodox Christians undergoing cancer treatment. As the group “met” over the telephone via conference call, it was accessible to members of the Greek Orthodox community nationwide. The group was facilitated by Theodora Ziongas, M.A. whose strong background in cancer patient services through positions she has held at Memorial Sloan Kettering Cancer Center, American Cancer Society and CancerCare, created the ideal environment for participants to speak freely and willingly. Paulette Geanacopoulos, LMSW, National Philoptochos’ Director of Social Services, served as co-facilitator.

RATIONALE FOR PROGRAM:
Evidence-based research, anecdotal information and practical experiences have shown that support groups improve a patient’s quality of life and survival outcomes, and enable participants to connect with others facing similar experiences. Support groups help participants feel better, more hopeful, and not so alone. They provide patients with the opportunity to speak about and work through their feelings in a safe and non-judgmental setting, and they enable members to share information about how to communicate with those around them about their illness. Group members discuss treatments and side-effects, unintended consequences of medications and therapies, and share ways each person has handled them. Finally, they provide local referrals for requested services – financial, housing, food/ meals, transportation, counseling, caregiver resources and more. A unique aspect of the program is that it highlighted the cultural, religious and spiritual issues and challenges distinctive to Greek Orthodox Christians that can impede their willingness and/or ability to access mainstream services.

OUTREACH / REGISTRATION:
Through notices sent to Hierarchs, Metropolis Philoptochos Presidents and Parish Priests, internal and external news outlets, Philoptochos invited Orthodox Christians, 21+ who currently are undergoing cancer treatment to register via a discrete email address used only for this program—a feature employed to maintain confidentiality, the core foundation for all of our social services. Each caller was screened to ensure his/her appropriateness and understanding that all discussions and revelations would remain confidential. Eight women registered for the support group, of whom seven remained engaged throughout its course. They hailed from various parts of North America and ranged in age from early 50’s to mid-70’s. Only one member reported that she had participated in a cancer support group previously. All said they joined ours because Philoptochos was its sponsor.
TOPICS OF DISCUSSION:
Each session focused on a different topic that collectively addressed the physical, emotional, practical and spiritual challenges cancer patients face to enable them to discuss and share how they reframed their lives. The women discussed roller-coaster feelings of anger, denial and bargaining, ways they developed coping skills to deal with their “new normal” and the loss of control of their lives - frequently for the first time, and, the importance of becoming their own advocates. Group members discussed techniques they have incorporated into their lives to manage their illness and treatments such as strength training and exercise, although even among those who exercised most of their lives, they had to rethink what they could do safely and clear even light workouts with their doctors. They discussed learning how to focus on themselves.

Nutrition - the importance of and challenges to maintaining good nutrition during and after treatment were explored. Participants shared strategies to mitigate treatment side effects such as loss of appetite, fatigue, mouth sores, and concomitant physical and stress-related changes. Because treatments can compromise a patient’s immune system, food safety and food prep were discussed, as was being aware of ingredients in products used in the home or directly on the skin – soap, makeup, deodorant, moisturizer, cleaning supplies and more, some of which is contraindicated depending on a patient’s medication, hormone or immunotherapy treatments. To supplement discussions held in session, we researched and distributed resource materials on nutrition and cancer developed by the Cleveland Clinic, National Cancer Institute and Memorial Sloan Kettering Cancer Center.

In keeping with Philoptochos sponsorship of this support group, the women discussed how culture and traditional gender/ family roles impacted their approach to their illness and families. Up until the time they became ill, most said they were the primary caregivers in their families, but as the effects of their illness and treatments took hold, they increasingly were unable to continue in such capacities, and struggled with how to ask for help from their intimate partners, adult children or parents. In some cases, they had to encourage their partners to actively listen to what they were going through.

As agreed to by the group members and as stated by one of the group members, “to help me understand how my spiritual beliefs and religious teachings impact how I approach my illness”, we invited a member of the clergy to participate in the last session to lead a discussion that examined spiritual healing from an Orthodox Christian perspective: Rev. Dr. Harry Pappas, Proistamenos, Church of the Archangels in Stamford, CT. Fr. Harry affirmed that “it is through God’s grace, our teachings and traditions that we recognize that God has not abandoned us, that we learn to deal with illness and adversity and that we appreciate the presence of Jesus in our lives.”

As a follow-up to his participation in session and at the request of the group members, Fr. Harry prepared a handout that we distributed to group members entitled, “Spiritual Resources for Healing” in which he recommended readings associated with healing including “My Orthodox Prayer Book” by Fr. Theodore Stylianopoulos, “The Theology of Illness” by Jean-Claude Larchet, Psalms that teach us how to pray through all circumstances of life and Psalms for thanksgiving that come from healing, Scriptures, and Saints.

Along with reading sections from the Bible, he recommended that those afflicted by illness listen to recorded passages through the YouVersion Bible App (www.youversion.com/the-bible-app/) which offers a free Bible experience in 50 different languages for smartphones, tablets, and online at Bible.com. Fr. Harry invited group members to contact him individually, should they so choose, after the support group ended.

PROGRAM EVALUATION:
Utilizing “Survey Monkey” we designed an instrument through which group members anonymously evaluated the content of the support group sessions and their experiences. Because of the positive feedback we received, we would consider holding another – and perhaps longer than 6 session cycle - in the future. If requested and based on a further assessment of need, we also would consider expanding this program to conduct additional support groups that reach cancer survivors, caregivers and those whose primary language is Greek.

For more information, contact Paulette Geanacopoulos, LMSW, Director, National Philoptochos Department of Social Work at 212.977.7782 or PauletteG@philoptochos.org.
Children’s Medical Fund Luncheon

Chair: Anastasia Michals
Co-Chairs: Alexis Limberakis, Eleni Constantinides, Evellyn Tsiadis
Members: Metropolis of New Jersey Philoptochos Board

The Children’s Medical Fund Luncheon is the principal fundraising event of the National Philoptochos Society, and since its inception in 1989, the biennial luncheon has raised over $3.7 million for children’s hospitals and research programs, as well as special programs that serve the needs of ill and fragile children, along with assistance to individuals and their families throughout the United States and in other parts of the world.

On November 11, 2017, over 750 guests gathered at The Venetian in Garfield, New Jersey to support the Fund. Under the inspirational leadership of Metropolis of New Jersey Philoptochos President Anastasia Michals, Luncheon Chair, and her co-chairs, Eleni Constantinides, Alexis Limberakis and Evellyn Tsiadis, the event was a resounding success. During the luncheon, grants totaling $253,700 were awarded to 15 programs located in New Jersey, Maryland, Delaware, Virginia and the Philadelphia metropolitan area, all part of the Metropolis of New Jersey. The balance of the funds raised in association with this event will be disbursed to cover the medical expenses of needy children throughout the United States during the interim period until the next luncheon as well as to fund children’s medical programs and projects at our National Philoptochos Convention. (Go to www.philoptochos.org/outreach/cmfsection for a detailed listing of grant recipients.)

The luncheon program featured the inspiring remarks of His Eminence Archbishop Demetrios, Geron of America, and a warm welcome from His Eminence Metropolitan Evangelos of New Jersey. Maria Vinci Savetierre, Esq., Executive Director of Deirdre’s House, the Center for Morris County’s Child Victims of Abuse and Neglect, one of the grant recipients, provided an impactful, realistic picture of the issue of child abuse and emphasized that the children need not only medical and physical, but also emotional and spiritual care. Anita Baglaneas Devlin, an advocate for addiction recovery, delivered a moving keynote address on the national epidemic of opioid addiction.

Laura Evans Manatos, award-winning journalist, served as Master of Ceremonies for the event, and students from Westminster Choir College from Princeton, New Jersey entertained the guests with a musical interlude including the liturgical hymn, Ti Ipermacho (Mighty Defender), sung in the original Greek. Frances Levas, Luncheon Chair of the 2015 Children’s Medical Fund Luncheon, was the 2017 Honoree.

National President Maria Logus thanked the Metropolis of New Jersey for hosting the luncheon. In addition, the National Philoptochos and the Metropolis of New Jersey Philoptochos are deeply grateful to Metropolitan Evangelos of New Jersey for his support and to Mr. Demetrios Kourgelis, owner of The Venetian, for his extraordinary generosity.

As a result of the outstanding efforts of the Metropolis of New Jersey Philoptochos, the support of the National Board, and the generosity of the many sponsors who supported the event, the 2017 National Philoptochos Children's Medical Fund Luncheon netted record breaking proceeds exceeding $423,000. Axioi!

As a society we have no greater responsibility than the protection, health and welfare of our children. The Children’s Medical Fund Luncheon enables Philoptochos to provide continuing support to benefit these most vulnerable and fragile members of our society. With warm hearts, the record number of attendees left the 2017 Children’s Medical Fund Luncheon newly inspired by the work we do and the difference we make through this most important Philoptochos ministry.
Feed the Hungry

Chair: Georgia Vlitas
Members: Marian Catechis, Vickie Demos, Lekita Essa,
Christina Hiotis, Katherine Kotsis, Alexis Limberakis,
Eleni Stamboulidis, Thana Ward, Athina Beaury

Much has happened since the National Feed the Hungry program began in October 2014. Goals have been met and surpassed. Philoptochos won a national award! Chapters across the country began and/or expanded their programs to feed those in need, and Communities have worked together and become teams because of this outreach program.

In June 2017, the Feeding Children Everywhere organization honored National Philoptochos with its inaugural Hunger Hero Award in the Outstanding Faith-Based Organization category. As National Philoptochos Feed the Hungry Chair, I was honored to attend the awards presentation, which took place in Orlando, Florida, with Second Vice President, Evangeline Scurtis. It was humbling to be at this event, where all those being honored had done so much for those less fortunate.

After surpassing our goal of providing 250,000 meals for Convention 2016 and providing more than 700,000 meals, our national president decided that a new challenge needed to be set. Well, she went big and challenged the chapters across the country to provide one million meals from the period following the 2016 Convention to the next Convention – July 2018. President Logus knew that many Philoptochos chapters across the country already had programs to feed those in need in their area, and that others were embracing this much needed outreach, so she felt that this new goal was attainable!

If you read the last edition of the Philanthropy Witness, you saw that by May 2018, we had provided over 900,000 meals. Who could have anticipated that response? Obviously, National Philoptochos President Maria Logus did! She had faith in Philoptochos women! Now two questions remain- was the goal met, and if it was, which chapter provided the millionth meal? The chapter as well as the grand total will be revealed at the National Philoptochos Biennial Convention in Boston this July along with photos and experiences from our chapters participating in this initiative!

Another exciting event taking place in Boston will be a meal-packaging event for Rise Against Hunger in partnership with the delegates of the Clergy Laity Congress. On Thursday morning, July 6, the Boston Marriott Copley Place will be the venue where Philoptochos delegates together with Clergy Laity delegates will package over 10,000 healthy meals! In 2 hours filled with work, music and camaraderie, the delegates will measure, bag, seal and box 4 ingredients (rice, soy, dehydrated vegetables and a micronutrient mix that includes 23 essential vitamins and minerals) for a total of more than 10,000 meals to feed hungry people. What a way to give back for all that God has blessed us with!

We would love for you to join us in Boston and participate in packaging these healthy meals. Be sure to sign up ahead of time online at the site below, or at the Philoptochos Registration booth. Come, work, socialize with fellow delegates, have fun and make a difference!!

If you would like to donate towards the cost of the meals (25¢ per meal) or sign up to volunteer to package the meals at the Convention in Boston, please go to: http://events.stophungernow.org/GOLPS. Please join us in any way you can

Please join us in any way you can
Educational Initiatives
Barbara Pasalis, Chair

During the 2014-2016 term, National President Maria Logus challenged members to *do more doing*. To expand the good works of Philoptochos and its service to our communities, during the present term President Logus asked the National Board to develop educational initiatives to address current, critical issues facing our society. These initiatives would serve our Philoptochos stewards, our parish communities, and the community at large. Under the umbrella of the Public Relations Committee, the Educational Initiatives Committee was formed, not as a stand-alone committee, but as an overarching group that reached out to other National Board committees and members to develop programs. These programs are available on the Philoptochos website at http://philoptochos.org/outreach/projects/#EducationalInitiatives.

The Philanthropic Initiatives Committee developed the information for the first initiative: **Be Safe, Be Smart – Investigating Technology Safety in the Computer Age.** Katherine Siavelis, Evanthia Valassiades and Peggy Vranas researched the information for this topic. It was initially intended to serve senior citizens in our parish communities, but more information is being added dealing with Facebook and the safe use of cell phones that is relevant for teens, as well.

Next, the committee addressed the need for parishes to serve families with special children. Children with special needs hold a special place in our hearts, yet having them in church presents challenges. The **Inclusion Ministries Program** was developed by Presvytera Toni Mihalopoulos. *Pick Up Your Cross and Follow Me* is a ministry of programs and resources to serve children with special needs and their families.

The **Stop Bullying in Your Community** program was developed as a complete curriculum designed to be used in parishes to teach our young people how to respond when they are personally bullied or when they witness bullying; it is also designed to teach adults and youth leaders the danger signs of bullying and what they can do to create a community-wide bullying prevention strategy. Joanne Stavrakas, Chair, and committee members Despina Denne, Cathy Hareas, Marilyn Jemas, Arlene Siavelis Kehl, Barbara Pasalis, Katherine Siavelis and Cynthia Xenick developed a complete curriculum for use in our parishes consisting of a collection of videos, PowerPoint presentations, activities and resources.

The **Alzheimer’s Disease** initiative was also developed by members from the Philanthropic Initiatives committee. Katherine Siavelis, Peggy Vranas, Maria Antonakas, Evellyn Tsiadis, Evanthia Valassiades and Eleni Zaferes worked on this initiative. The committee is just completing its work which will include symptoms and treatments, ways that family members can help their loved ones and references.

The **Women’s Health Committee** is another stand-alone committee under the leadership of Carol Stamas. Members of the committee are Martha Driscoll, Lekita Essa, Valine Georgeson and Arlene Siavelis Kehl. The committee plans to address a variety of health issues that women face, hoping to continue their work into the 2018-2020 term. They have begun their work with heart disease---the #1 killer of women. Information collected includes important facts, symptoms, profile of the patient, contributing factors, lifestyle, other conditions that contribute to heart disease, medication and treatment, journey after diagnosis, role of advocacy, prevention and education. The committee is also working to obtain personal testimonials of women who are living with heart disease.

In addition, the Women’s Health Committee has formulated a plan to incorporate healthy activities into the long convention days in order the help members avoid mental and physical stress and fatigue. Members will lead interested delegates on early morning walks and stretching exercises during the meetings.

National Philoptochos’ goal in developing these initiatives on these topics is to aid members and communities in living better, healthier, more stress-free lives. If the information provided can save even one life, their goal will be achieved.
2018 National Philoptochos Biennial Convention

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Spiritual Advisor
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