

PRESIDENTIAL NEWSLETTER

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Dear Brothers and Sisters in Christ,

Always, but especially during Great and Holy Lent, the faithful turn their hearts to Jerusalem and Our Lord's journey from earthly suffering to the empty tomb. I have had the life-changing experience of visiting Jerusalem twelve times and never cease to marvel at the power of the empty tomb in the Church of the Holy Sepulchre. I also marvel at those extraordinary individuals, known as the Guardians of the Holy Sepulchre, who dedicate themselves to the protection of the tomb. From generation to generation, the Guardians have fulfilled this sacred duty to preserve it for us out of love and respect for what the tomb of Our Lord represents to millions of Christians throughout the world.

Here at HCHC, we have just celebrated the Feast of the Veneration of the Holy Cross and have created the opportunity for our supporters to show their love and respect on a new level by becoming the Guardians of Hellenic College Holy Cross. In all the parishes I have visited around the country during my tenure as President, I have been heartened to see firsthand how fervently the clergy and the laity work and pray for the future of our Faith. Why? Because they know that our students are to become servant-leaders, the future Guardians of the Faith in this country and around the globe in our Church and society for the glory of God.

We are hoping that 500 people this year will give \$1,000 each to become Guardians of Hellenic College Holy Cross to secure her future. I look forward to sharing details of this special relationship in the very near future, but can tell you now that there will be an annual full-day retreat on our campus just for them.

Please consider becoming a Guardian, and please pray for us as we pray for you in this holiest of seasons.

In His Service,

Fr. Christopher

Rev. Fr. Christopher T. Metropulos, DMin
 President

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HOLY CROSS CLASS COMMISSIONS ICON



In an extraordinary gesture of love for our sacred school and its worship life, the Holy Cross Class of 2022 recently donated a very special icon to our Chapel. They could have used the limited funds available to them for a class trip or other purpose that would benefit only them, but chose instead to benefit the entire school through their gift. A magnificent icon of the Theotokos 'Kardiotissa' now graces the Chapel, depicting the Mother of God holding her blessed Son close to her heart.

As class president Minas Tsambounieris explains, "We had originally decided to purchase icons of our patron saints to put on the doors of our dorm rooms. But then, knowing we had student funds available

from the Student Government Association, we thought to ourselves, why don't we give back to our beloved school?" As they explored different sources for icons, one member of the class, Pavlos Sotirelis, revealed that he knows the sisters at Holy Protection Monastery, near his hometown in Pennsylvania, who produce beautifully hand-painted icons of exceptional quality. Pavlos worked closely with the sisters on the project and Minas credits him for "his marvelous design and dedication to the project."

The entire HCHC community is very grateful to the Holy Cross Class of 2022 for adding so meaningfully to the holy atmosphere of the Chapel with their most generous gift of a truly unique icon.

HCHC HOLDS CLEAN MONDAY RETREAT



On Monday, March 11, the Hellenic College Holy Cross community observed the start of Great and Holy Lent with a day-long retreat. Students, faculty, and staff gathered in Holy Cross Chapel for Orthros, after which His Eminence Archbishop Demetrios, Geron of America,

delivered the keynote address. His Eminence chose as his focus John 15:7-17 and elucidated its message to the keenly attentive audience, who were given copies of the selected passage in Greek and English. His Eminence pointed out the "very specific and dominant verb" that appears multiple times and is usually rendered in English as "abide" or "reside" but carries additional layers of meaning in Greek. More notable still is that Christ tells his disciples—and by extension all of the faithful—not to abide "with" Him, but "in" Him and His love. "Christ is where we reside," His Eminence said, reminding everyone that the commandment to "love one another," with which the passage ends, must guide our lives always.

After the morning service, students gathered in breakout discussion groups and later had time for individual reflection and meetings with their spiritual fathers before Vespers. Great Compline with the Canon of St. Andrew marked the end of the edifying and uplifting Clean Monday retreat.

HCHC STUDENTS LEAD MISSION TRIP TO KENYA

Dean and Xenia Franck, both in the Master of Divinity program at Holy Cross, were part of a team of HCHC students who spent their spring break in western Kenya. Dean had already been to Kenya a number of times and the couple spent two months there together last summer, an experience that gave them an idea.

"After visiting St. Tabitha's Orphanage and School," Xenia explains, "we decided to organize a team to go do some teaching and build a chicken coop." The orphanage is in the diocese of the late Bishop Athanasius, whose recent untimely passing galvanized the Francks and others to help fulfill His Grace's vision of self-sustaining missions. The coop is a permanent brick structure big enough to house 500 chickens, thereby providing food for the orphans and staff and generating income.

The team slept in tents, took bucket showers, and used pit toilets, but the lack of creature comforts was more than offset by the abundant comforts of daily worship and "the unity of our group and our positive



relations with the local people. We are all like family now," says Xenia. Reflecting on his many visits to Kenya, Dean says, "No matter how many times you go, a visceral experience like this changes the way you see life and ultimately changes you as a person."

HOLY CROSS SEMINARIANS INVITED TO IRELAND

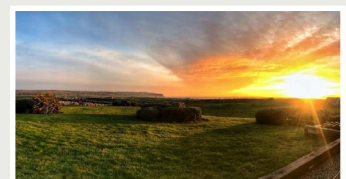
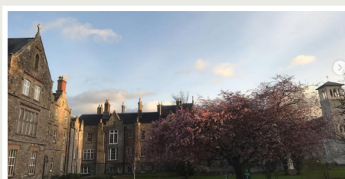


For most Bostonians, Irish or not, St. Patrick's Day is an annual celebration highlighted by parades and beer-fueled revelry. For three Holy Cross seminarians, however, St. Patrick's Day 2019 marked the beginning of a trip to Ireland for more serious reasons: to engage with the Orthodox community of Dublin, visit holy sites around the country, and introduce Orthodox thought and worship at University College Cork, part of the National University of Ireland.

The invitation to Cork came via a friend Adam Murphy made while earning a master's degree at Boston College before coming to Holy Cross. As his name suggests, Adam is part Irish and was especially glad to be going for his grandmother's sake. "She's never been to Ireland, but she was with me in spirit. And she became Orthodox last year—at the age of 98—so she was doubly happy that I got to go."

Joining Adam on the journey were Alex Karcher and Christian Toumbelekis. The trio landed in Dublin on the morning of St. Patrick's Day, which was also the Sunday of Orthodoxy, in time to attend the Divine Liturgy at the city's Greek Orthodox church. That evening they attended Pan-Orthodox Vespers at the Romanian Orthodox church. From Dublin they traveled south to Cork, where they led a discussion at University College on Orthodoxy and then chanted an abbreviated Great Compline service in the campus chapel.

Exploring Ireland by car was an adventure in itself, made easier by the fact that Chris is used to driving on the left in his native Australia. The travelers found Ireland even more beautiful than they had expected, and marveled at how much the history of Celtic Christianity is evident throughout the country. Chris says, "Every few kilometers there was either an ancient church, or ruins of a monastery, or a magnificent cathedral, or remnants of a saint's holy well." But, as Alex relates, "There was a sadness there too. The ancient and abandoned abbeys and monasteries, the ruins of once-mighty castles... all point to a time now passed. The glory of Celtic Christianity seems to have been forgotten." Still, our students felt the presence of God everywhere they went, even at the famous Cliffs of Moher, where, Chris says, "we couldn't help contemplating the magnificence of God's creation."



HCHC HOSTS SECOND ANNUAL FRESH CHECK DAY



The Office of Spiritual Formation and Counseling Services, in collaboration with the Office of Student Life, sponsored HCHC's second annual Fresh Check Day on March 8. These fun-filled events, held on many college campuses around the country, serve a serious purpose: to promote students' mental well-being and make them aware of the resources available to them at school, in the community, and nationally. "We spend most of our time on intellectual and spiritual activities here at HCHC," says Dr. Bob Murray of the OSFCS, "so this is an opportunity to learn about mental health issues in our society."

Each booth in the brightly decorated Reading Room focused on a particular aspect of mental health through thought-provoking interactive exercises, most of them created by HCHC students and staff. For example, the prevention of suicide—an urgent concern on campuses everywhere—was addressed in part by asking attendees

how they would talk to friends contemplating taking their own lives. The booth dedicated to alcohol safety brought home the dangers of impairment not only with printed material but also with 'beer goggles' that mimic the effects of excessive drinking.

The day offered a variety of opportunities to learn coping skills for stress and some entertaining hands-on outlets too. One booth invited people to "Paint Your Art Out" and have fun with Play-Doh. Three trained therapy dogs were hugged by just about every person in the room. Giveaways included bright t-shirts, abundant treats, and a variety of prizes.

Fresh Check Day is the signature program of the Jordan Porco Foundation, named for a young man who took his own life as a college freshman.

HELLENIC COLLEGE EXPANDS ACADEMIC SERVICES

In an ongoing effort to support students at all levels of ability, Hellenic College has just announced the expansion of the Beacon Program. Hellenic students who show academic promise despite lower GPA scores receive a host of academic support services from the program, including regular individual tutoring and active mentoring by faculty and advisors. The program originally provided support only to first-year students, but now is available to all undergraduates.

In the first year of participation in the program, students take three specialized courses in the first semester: Academic Writing I, Critical Thinking and Argumentation, and Eisodos/Foundations of Learning. They also take World History I and Fundamentals of Mathematics. In the second semester, they take two courses designed just for them—Academic Writing II and Introduction to Ethics—as well

as Introduction to Orthodoxy, World History II, and Mathematical Inquiry. In the second year, the students take courses to fulfill their major and elective requirements, all the while followed closely by Beacon faculty and advisors.

Dr. Tone Svetelj is Coordinator of the Beacon Program and Lecturer of Philosophy and Religious Studies at Hellenic College. He says, "We want our students to have all the resources necessary to succeed academically and socially. This program provides the extra support some students need and empowers them to do their best, not only here but well after they graduate."

For more information about the Beacon Program, contact Dr. Svetelj at tsvetelj@hchc.edu or the Admissions Office at 617-850-1285.

CROSSROAD DIRECTOR ATTENDS ECUMENICAL PATRIARCHATE FORUM ON MODERN SLAVERY

Kyra Limberakis, Director of the Office of Vocation and Ministry's CrossRoad program, recently attended a remarkable and timely forum on modern slavery in Istanbul, Turkey. Titled "Awareness, Action and Impact," the forum, held January 5-8, was convened by the Task Force on Modern Slavery that was established by His All-Holiness Ecumenical Patriarch Bartholomew. The Task Force includes His Eminence Metropolitan Nikitas of the Dardanelles, Dr. Elizabeth Prodromou, Presvytera Maria Drossos, and the V. Rev. Nephon Tsimalis.

The aim of the forum, third in a series that began in 2017, was to transform awareness of this pressing issue into a response of love in action—action that can both heal the victims of human trafficking and other forms of enslavement while also preventing further occurrences. Activists and academics, and lay and religious leaders came from around the globe to address the devastating plague of modern slavery and human trafficking that affects more than 40 million people worldwide, most of them women and children.

His All-Holiness set the tone for the forum in his address, saying that "philanthropy is love for all humanity, not just those we know. Love for the nameless, the unknown, and those trapped in slavery." He stressed that silence and indifference are no longer acceptable, and that the heart of any Christian ministry is the call to serve those in need.

Other speakers offered their wisdom, insight, and expertise on the particular ways they work to end modern human slavery. The presenters conveyed the urgency and importance of fighting for the protection, justice, dignity, and health of enslaved persons. There was a strong call to action for the Church to raise awareness of this issue and, above all, to provide compassion, love, and care for those affected.



On the last day of the forum, invited ministries from around the world participated in an Inter-Orthodox Consultation that sought to connect ministries of the Church. They learned from each other about work currently being done to address this issue and explored ways to work together to end various forms of human enslavement.

The Task Force is also seeking to engage youth of the Church in this conversation to raise their awareness and encourage them to take action. As a youth organization of the Church, Kyra says, "CrossRoad has been addressing this issue. Each year we invite Dr. Prodromou, a member of the Task Force and a professor at The Fletcher School of Law and Diplomacy at Tufts University, to speak on human trafficking, refugees, and religious freedom. More broadly, our program encourages students to consider how the call to 'clothe the naked, feed the hungry, and care for the sick' should become a real call to action here and now, not just words they hear on Sunday." Reflecting on the experience of attending the forum, Kyra says, "It was an incredible opportunity to consider how CrossRoad and young people of the Church can help fight against human trafficking and the many other, interconnected forms of slavery in our time. I feel blessed and uplifted by to have been able to participate in such an important gathering."

HCHC HOSTS APPLICANT OVERNIGHT



Hellenic College applicants and their parents arrived on campus the afternoon of Thursday, March 14, to a warm welcome. Rev. Fr. Gregory Floor, Director of Admissions and a Holy Cross alumnus, first introduced Rev. Fr. Christopher Metropulos, President of HCHC and a graduate of both schools. Fr. Christopher told the visitors that at HCHC, as distinct from most campuses, "there is no holding back on faith. This is a place where people are always striving to better themselves in Christ." The visitors then heard from another alumnus, Rev. Fr. Antonios Papathanasiou, who has returned to his alma mater as Dean of Students. The welcome concluded with remarks by Dr. Bob Murray and Betty Paganis of the Office of Spiritual Formation and Counseling Services, followed by Eileen Maguire, Academic Services Coordinator. All three emphasized the fact that students at HCHC are supported in all aspects of their lives here, not only academically.

After Vespers in Holy Cross Chapel, the applicants joined current students for dinner in the Condakes Cafeteria while their parents dined at an elegant inn nearby with Fr. Gregory, Dr. Kathleen Ryan of the Hellenic College faculty, and Dr. Bruce Beck, who teaches in both schools and is interim Dean of Hellenic. After dinner, the applicants participated in a workshop conducted by the Office of Vocation & Ministry, a trivia competition, an ice cream social, and Great Compline in the Chapel.

Friday morning, after Orthros in the Chapel and breakfast, applicants to Hellenic met with Dr. Beck, then sat in on a sociology class. Holy Cross applicants met with School of Theology faculty before attending a class on Scripture in the Orthodox Church. Meanwhile, parents met with Fr. Gregory and learned about next steps for admissions and obtaining financial aid. After lunch, all of the visitors had the opportunity to tour the campus. Individual meetings with the Director Financial Aid, Michael Kirchmeier, were also available for applicants and parents, all of whom we hope to see again in September!

HCHC STUDENTS PRESENT PAPERS AT PATRISTICS CONFERENCE

Three Holy Cross students presented papers at the 15th Annual Archbishop Iakovos Patristic Studies Graduate Student Conference, held on our campus February 28 - March 2. Sponsored by the Stephen and Catherine Pappas Patristic Institute of Holy Cross Greek Orthodox School of Theology, the conference brought together 39 doctoral and master's degree candidates from across North America and Greece to hear and discuss their peers' research in the fields of patristic studies, historical theology, and the history of Christianity in late antiquity.

Dr. Bruce Beck is Director of the Institute and of Hellenic College's Religious Studies program, as well as Assistant Professor of New Testament at Holy Cross. According to Dr. Beck, who also serves as interim Dean of Hellenic, "The conference always draws participants from diverse institutions—22 this year—and we welcome both Orthodox and non-Orthodox scholars."

Even the three Holy Cross students represent diverse backgrounds and scholarly interests. Lukas Buhler, who received his Master of Divinity degree last May and is now is the Master of Theology program, is a native of Switzerland. His topic was "Maximos the Confessor and the Two Trees: the Intelligible and the Sensible." Makoto Nagasawa, a Japanese-American Master of Theological Studies student, presented a paper on "Irenaeus, Theodicy, and the Problem of Evil: His Lost Work 'That God Is Not the Author of Evil' and Evangelism Today." Andrew Roushdy, a second-year seminarian from New Jersey, presented "The Case for the Integrality of the Holy Theotokos in Patristic Soteriology." Andrew says, "It was a very humbling experience to present my work in front of such an esteemed audience, and I'm very grateful to Dr. Beck and the Pappas Patristic Institute for the opportunity to do so."

V. REV. DR. MAXIMOS CONSTAS SPEAKS AT KOREA SYMPOSIUM



V. Rev. Dr. Maximos Constas, Senior Research Scholar at Holy Cross, was a featured speaker at a recent International Symposium on the Environment in Seoul, Korea. The symposium, which was attended by more than 400 people, was part of a celebration to mark the fiftieth anniversary of St. Nicholas Cathedral. His All-Holiness Ecumenical Patriarch Bartholomew delivered the keynote address at

the symposium and was followed by Fr. Maximos, whose topic was "A Tale of Two Trees: Nature and Human Transformation." The paper explored St. Maximus the Confessor's interpretation of the two trees in paradise, the Tree of Knowledge and the Tree of Life, which the Confessor understood to be a symbol of creation.

Fr. Maximos also accompanied His All Holiness to the Korean Demilitarized Zone between South Korea and North Korea. The Patriarch conducted a memorial service for the more than 35,000 people killed during the Korean War and offered a prayer for the reunification of the two Koreas.

The Orthodox Church in Korea was founded in 1900. For the first fifty years of its existence, it came under different jurisdictions, due to the upheavals of Japanese occupation, communist intervention, and the Korean War. In 1955, the church came under the Ecumenical Patriarchate of Constantinople, following a unanimous vote by the General Assembly of the Korean Orthodox community. Under the leadership of Metropolitan Ambrosios, who visited our school not long ago, the church in Korea is a vibrant, pan-Orthodox community, composed primarily of Koreans, but also including Greeks, Serbs, Romanians, Russians, Ukrainians, Americans, and others.

ATHINA-ELENI G. MAVROUDHIS AWARDED DOCTORATE



Athina-Eleni G. Mavroudis, Director of the Psychology and Human Development program at Hellenic College, recently received her PhD from the School of Psychology at Walden University. Her dissertation topic was *Life Stress, Coping, Perceived Health, and Health Outcomes*

among Eastern Orthodox Clergy. The extensively researched work examines how clergy cope with daily stressors and then assesses actual health outcomes with respect to chronic diseases such as cancer, diabetes, depression, and anxiety. As part of her research, Dr. Mavroudis designed an online survey to which 129 Eastern Orthodox clergy from across the United States responded, providing invaluable

data. "My overall goal," she says, "is to provide insights on future intervention needed to enhance the clergy's service to the Church and society. Health professionals can use the results of my study to improve health outcomes in our clergy, which will benefit them and also their families and parishioners."

Dr. Mavroudis has been teaching at Hellenic College since 2008, using her clinical experience in courses such as Abnormal Psychology, Personality Dynamics, Adolescence, and General Psychology. She is committed to helping students stay engaged in the classroom, integrate their Orthodox Faith with their learning, and ultimately transform their professions, whatever they may be, into sacred vocations.

When Dr. Mavroudis is not teaching, she enjoys traveling, singing opera, playing the violin, painting, and spending quality time with family and friends.

HCHC SEMINARIANS ATTEND LENTEN RETREAT



All HCHC seminarians, in both the College and the School of Theology, gathered for an overnight Lenten retreat March 29-30 at the St. Methodios Faith and Learning Center in Contoocook, New Hampshire. The students had the blessing of hearing guest speakers who included His Grace Bishop Ilia of Philomelion, HCHC President Rev. Fr. Christopher Metropulos, Dean of Students Rev. Fr. Antonios Papathanasiou, Dr. Bruce Beck, and Dr. Timothy Patitsas. "It was an uplifting and illuminating experience for everyone," said Fr. Christopher, "and a special joy for me to spend that extended time in worship and fellowship with our seminarians."

The group returned to campus at the conclusion of the retreat on Saturday and reconvened the following morning, the Sunday of the Veneration of the Holy Cross, for the Divine Liturgy in Holy Cross Chapel.

L100 RENEWS LONG-TERM COMMITMENT TO HCHC



Leadership 100 recently celebrated the thirty-fifth anniversary of its establishment at its annual conference, held this year in Boca Raton, Florida. For

most of its existence, this remarkable philanthropic organization has shown tremendous generosity to our beloved school, primarily by providing financial aid to seminarians, the future priests of our Church.

During the meeting of the General Assembly, which was attended by some 500 members and their guests and live-streamed to a worldwide audience for the first time, the Executive Committee reported its approval of new grants, including \$1,000,000 a year

for ten years to Hellenic College Holy Cross. This is the third time L100 has made such a long-term commitment to benefit our seminarians and the school as a whole.

In his address to the General Assembly, Rev. Fr. Christopher Metropulos, HCHC's President, spoke on behalf of the entire HCHC community in saying, "We are profoundly grateful to you for your great generosity to our unique institution over so many years. Every one of you exemplifies what it means to be a servant-leader in the name of the first and greatest servant-leader: Our Lord and Savior Jesus Christ...Leadership 100 has always been there for us, as our graduates have been and will always be there for you. I hope and pray that our long and fruitful relationship will continue and grow. Together, and with God's help, we can ensure a bright future for our school and for Orthodoxy in America."

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