

# The Annunciator

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## **THE JESUS PRAYER**

**FR. STEVEN PETER TSICHLIS**

**MODIFIED BY REV. FATHER PAUL A. KAPLANIS**

As we approach the season of Great Lent leading up to the celebration of our Lord's Resurrection, it is the perfect time to re-energize our prayer life. Most likely, we have all tried to pray and have found ourselves with periods of diligence when everything seems to be clicking and going well. Then there are the other times, when we experience a prayer drought and possibly indifference, as we perceive that our prayers are not being heard. Fortunately, our Orthodox Church has a wealth of experience and the spiritual tools to assist us. Fr. Steven, who is the priest of St. Paul Greek Orthodox Church in Irvine, California, provides this excellent article on the Jesus Prayer. May it inspire all of us to come closer to our Lord and Savior Jesus Christ.

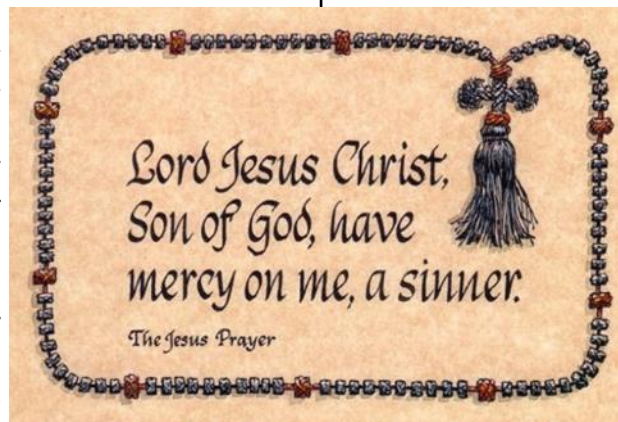
Prayer is the basis of our Christian life, the source of our experience of Jesus as the Risen Lord. Yet how few Christians know how to pray with any depth! For most of us, prayer means little more than standing in the pews for an hour or so on Sunday morning or perhaps reciting, in a mechanical fashion, prayers once learned by rote during childhood.

Our prayer life - and thus our life as Christians - remains, for the most part, at this superficial level.

### **The Challenge of St. Paul**

But this approach to the life of prayer has nothing to do with the Christianity of St. Paul, who urges the Christians of first century Thessalonica to "**pray without ceasing**" (1 Thess. 5:17). In his letter to Rome, the Apostle instructs the Christian community there to "**be constant in prayer**" (Rom. 12:12). He not only demands unceasing prayer of the Christians in his care, but also practices it himself. "**We constantly thank God for you**" (1 Thess. 2:13) he writes in his letter to the Thessalonian community; and he comforts Timothy, his "**true child in the faith**" (1 Tim. 1:2) with the words: "**Always I remember you in my prayers**" (2 Tim. 1:3). In fact, whenever St. Paul speaks

of prayer in his letters, two Greek words repeatedly appear: **PAN-TOTE**, which means **always**; and **ADIALEPTOS**, meaning **without interruption or unceasingly**. Prayer is then not merely a part of life, which we can conveniently lay aside if something we deem more important comes up; **prayer is all of life**. Prayer is as essential to our life as breathing.



This raises some important questions. How can we be expected to pray all the time? We are, after all, very busy people. Our work, our spouse, our children, our school - all place heavy demands upon our time. How can we fit

more time for prayer into our already overcrowded lives? These questions and the many others like them, which could be asked, set up a false dichotomy in our lives as Christians. To pray does not mean to think about God in contrast to thinking about other things or to spend time with God in contrast to spending time with our family and friends. **Rather, to pray means to think and live our entire life in the Presence of God.** As Paul Evdokimov has remarked: "Our whole life, every act and gesture, even a smile must become a hymn or adoration, an offering, a prayer. We must become prayer--prayer incarnate." This is what St. Paul means when he writes to the Corinthians "whatever you do, do it for the glory of God" (1 Cor. 10:31).

### The Jesus Prayer

In order to enter more deeply into the life of prayer and to come to grips with St. Paul's challenge to pray unceasingly, the Orthodox Tradition offers the Jesus Prayer, which is sometimes called the prayer of the heart. The Jesus Prayer is offered as a means of concentration, as a focal point for our inner life. However, there are both longer and shorter versions, the most frequently used form of the Jesus Prayer is: "Lord Jesus Christ, Son of God, have mercy on me, a sinner." This prayer, in its simplicity and clarity, is rooted in the Scriptures and the new life granted by the Holy Spirit. It is first and foremost a prayer of the Spirit because of the fact that the prayer addresses Jesus as Lord, Christ and Son of God; and as St. Paul tells us, "no one can say 'Jesus is Lord' except by the Holy Spirit" (1 Cor. 12:3).

### The Scriptural Roots of the Jesus Prayer

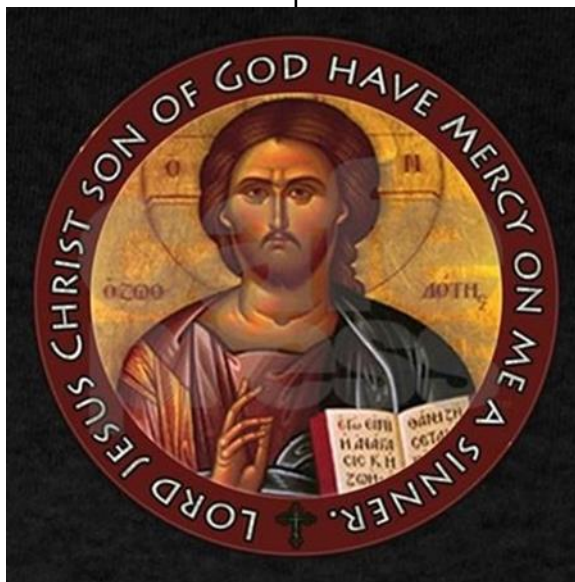
The Scriptures give the Jesus Prayer both its concrete form and its theological content. It is rooted in the Scriptures in four ways:

1) In its brevity and simplicity, it is the fulfillment of Jesus' command that "in praying" we are "not to heap up empty phrases as the heathen do; for they think that they will be heard for their many words. Do not be like them . . ." (Matt. 6:7-8).

2) The Jesus Prayer is rooted in the Name of the Lord. In the Scriptures, the power and glory of God are present in his Name. In the Old Testament, to deliberately and attentively invoke God's Name was to place oneself in his Presence. Jesus, whose name in Hebrew means **God saves**, is the living Word addressed to humanity. Jesus is the final Name of God. Jesus is "the Name which is above all other names" and it is written that "all beings should bend the knee at the Name of Jesus" (Phil. 2:9-10). In this Name devils are cast out (Luke 10:17), prayers are answered (John 14:13-14) and the lame are healed (Acts 3:6-7). The Name of Jesus is unbridled spiritual power.

3) The words of the Jesus Prayer are themselves based on Scriptural texts: the cry of the blind man sitting at the side of the road near Jericho, "Jesus, Son of David, have mercy on me" (Luke 18:38); the ten lepers who "called to him, Jesus, Master, take pity on us" (Luke 17:13); and the cry for mercy of the publican, "God, be merciful to me, a sinner" (Luke 18:14).

4) It is a prayer in which the first step of the spiritual journey is taken: the recognition of our own sinfulness, our essential estrangement from God and the people around us. The Jesus Prayer is a prayer in which we admit our desperate need of a Savior. For "if we say we have no sin in us, we are deceiving ourselves and refusing to admit the truth" (1 John 1:8).



### The Three Levels of Prayer

Because prayer is a living reality, a deeply personal encounter with the living God, it is not to be confined to any given classification or rigid analysis. However, in order to offer some broad, general guidelines for those interested in using the Jesus Prayer to develop their inner life, Theophan the Recluse, a 19th century Russian spiritual writer, distinguishes **three levels in the saying of the Prayer:**

1) It begins as oral prayer or prayer of the lips, a simple recitation, which Theophan defines as prayers "verbal expression and shape." Although very important, this level of prayer is still external to us and thus only the first step, for "the essence or soul of prayer is within a

man's mind and heart."

2) As we enter more deeply into prayer, we reach a level at which we begin to pray without distraction. Theophan remarks that at this point, **"the mind is focused upon the words"** of the Prayer, **"speaking them as if they were our own."**

3) The third and final level is prayer of the heart. At this stage, prayer is no longer something we do but who we are. Such prayer, which is a gift of the Spirit, is to return to the Father as did the prodigal son (Luke 15:32). The prayer of the heart is the prayer of adoption, when **"God has sent the Spirit of His Son into our hearts, the Spirit that cries 'Abba, Father!'"** (Gal. 4:6).

### The Fruits of the Jesus Prayer

This return to the Father through Christ in the Holy Spirit is the goal of all Christian spirituality. It is to be open to the presence of the Kingdom in our midst. The anonymous author of *The Way of the Pilgrim* reports that the Jesus Prayer has two very concrete effects upon his vision of the world. First, **it transfigures his relationship with the material creation around him; the world becomes transparent, a sign, a means of communicating God's presence.**

He writes:

**"When I prayed in my heart, everything around me seemed delightful and marvelous. The trees, the grass, the birds, the air, the light seemed to be telling me that they existed for man's sake, that they witnessed to the love of God for man, that all things prayed to God and sang his praise."**

Second, **the Prayer transfigures his relationship to his fellow human beings**. His relationships are given from within their proper context: the forgiveness and compassion of the crucified and risen Lord.

**"Again I started off on my wanderings. Now I did not walk along as before, filled with care. The invocation of the Name of Jesus gladdened my way. Everybody was kind to me. If anyone harms me I have only to think, 'How sweet is the Prayer of Jesus!' and the injury and the anger alike pass away and I forget it all."**

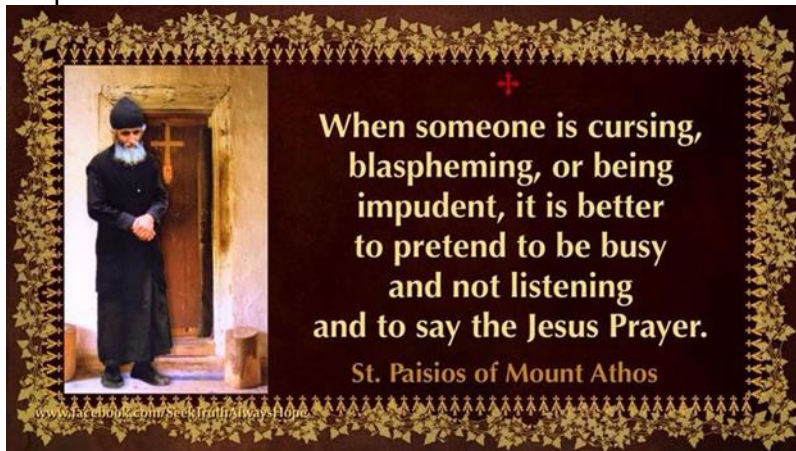
### Endless Growth

**"Growth in prayer has no end,"** Theophan informs us. **"If this growth ceases, it means that life ceases."** The

way of the heart is endless because the God whom we seek is infinite in the depths of his glory. The Jesus Prayer is a signpost along the spiritual journey, a journey that all of us must take.

### Appendix

The purpose of this article is merely to introduce the practice of the Jesus Prayer. The Jesus Prayer cannot be separated from the sacramental life of the Church and asceticism.



The following books are recommended for further study:

The Art of Prayer edited with an introduction by Kallistos Ware (Faber and Faber: London) 1966

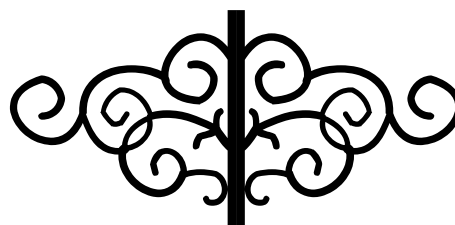
The Power of the Name by Kallistos Ware (SLG Press: Oxford) 1974

The Way of a Pilgrim translated by R. M. French (Seabury Press: New York) 1965

Christ is in our Midst by Father John of New Valaamo (St. Vladimirs' Seminary Press: New York) 1980

The Jesus Prayer by Per-Olof Sjogren (Fortress Press: Philadelphia) 1975

Prayer of the Heart by George A. Maloney (Ave Maria Press: Notre Dame) 1980



# Light up the Darkness

Rev. Father Christos P. Mars

There are so many great hymns in our Church that speak to us about light. How light overcomes darkness. These hymns are not just prevalent during Great Lent and Holy Week services; we use them on a daily basis. Christ Himself tells us in the Gospel of John "I am the Light of the world. He who follows Me shall not walk in darkness, but have the light of life." (Jn. 8:12)

Christ spoke these words in the context of the great lamps being lit at the conclusion of the Feast of Tabernacles. Thus, He declares Himself to be the fulfillment and the divine object of all celebrations of light. In the Scriptures, God the Father Himself is light (Jn. 1:4-9; 1 Jn. 1:5), an attribute He bestows on his followers (Mt. 5:14; Php. 2:15). Our Lord confirms His claim by performing the great sign of opening the eyes of a man born blind. (Jn. 9:1-7)



With this, the Church took this concept of light, especially the lighting of the lamps, and made it a central focus in the service of Vespers. This hymn, whose name is familiar with Orthodox Christians, is called Phos Hilaron (Φῶς ἱλαρόν). It is an ancient Christian hymn originally written in Koine Greek. The hymn is known in English as 'Hail Gladdening Light,' or 'Gladsome Light'. It is the earliest known Christian hymn, recorded outside of the Bible, that is still being used today.

The hymn "We have seen the true Light..." from the Divine Liturgy, as well as the hymn "Come receive the Light..." from the Easter Mid-night service.

The origins of this hymn are first recorded by an unknown author in the *Constitutiones Apostolicae* which was written in the late third or early fourth century A.D. It is found in a collection of songs to be sung in the morning, in the evening, before meals, and at candle lighting. 'Gladsome Light' is to be sung at the lighting of candles in the evening and so is sometimes known as the 'Candle-light Hymn'. Despite some of the words in the other three songs in

the collection being from Scripture, or in one case dated to around 150 A.D., 'Gladsome Light' is the first to be considered an actual hymn in the modern sense. It is certainly the first complete example. It is far more rhythmic than the others and is divided into twelve verses varying between five, six, eight, nine, ten and eleven syllables a verse. Basil the Great (ca. 330 - January 1, 379) spoke of the singing of 'Gladsome Light' as a cherished tradition of the Church, the hymn being already considered old in his day (though some attribute the composition of the song to Saint Basil himself).

At that time in Jerusalem a candle was kept perpetually burning in the empty tomb of Christ, its glow a symbol of the living light of Jesus. As Christians gathered to worship, the hymn was sung and, in a tradition known as the lighting of the lamps, the candle was brought forth from the tomb, its bright, solitary flame calling the Church to celebrate their risen Lord.

Athenogenes, a saint who died around 305 A.D. whose feast day is on July 16th, is believed by some

to have composed this hymn on the way to being martyred. He is often depicted as an elderly bishop with the executioner's arm paralyzed until the saint had completed his song. The Roman Martyrology states: "In Pontus, the birthday of Saint Athenogenes, is celebrated. He was an aged theologian, who, when about to consummate his martyrdom by fire, sang a hymn of joy, which he left in writing to his disciples."

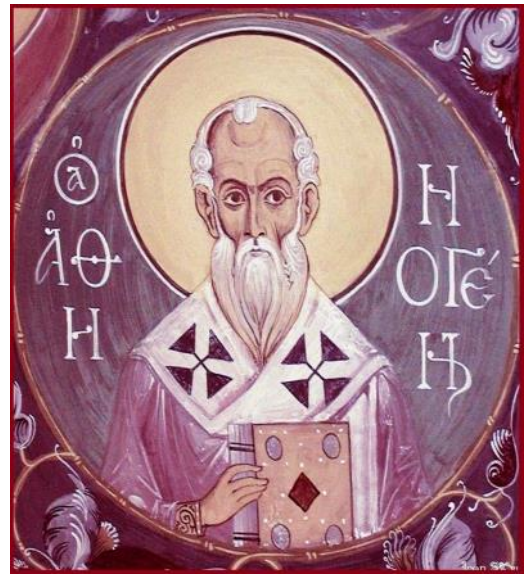
Although Athenogenes would rather have been known for his pious work while alive, he is best remembered for his courageous tribute to the Lord in his final moments. The entire hymn bears quotation, even though it lacks the solemnity of the chant. Its words are: "Gladsome Light of Holy Glory of the holy blessed heavenly immortal Father. O Jesus Christ, arriving at the hour of sunset and having seen the evening light, we praise the Father, Son and Holy Spirit God. It is worthy for You to be praised at all times with happy voices, O Son of God, the Giver of life, and therefore the world glorifies You."

Of Athenogenes, Saint Basil had this to say; "The people use these ancient words, and no one accuses them of blasphemy for singing 'We praise Father, Son and Holy Spirit God.' If you are familiar with the

hymn of Athenogenes, which he left as a gift to his disciples as he went to his martyrdom by fire, then you know what the martyrs think concerning the Spirit" (Basil, On the Holy Spirit, Chapter 29).

Saint Sophronius of Jerusalem (634-638 A.D.), who was known for his poetry, is believed to have revised the hymn to what we read today.

Thanks to these great saints of our Orthodox Church, we have a hymn that we can sing every day that reminds us of the Light of Christ, and what we believe about Him!



## THE PRAYER OF SAINT EPHRAIM THE SYRIAN

O LORD AND MASTER OF MY LIFE, DO NOT PERMIT THE SPIRIT OF LAZINESS AND MEDDLING, THE LUST FOR POWER AND IDLE TALK TO COME INTO ME.

INSTEAD, GRANT ME, YOUR SERVANT, THE SPIRIT OF PRUDENCE, HUMILITY, PATIENCE AND LOVE.

YES, LORD AND KING, GIVE ME THE POWER TO SEE MY OWN FAULTS AND NOT TO JUDGE MY BROTHER. FOR YOU ARE BLESSED UNTO THE AGES OF AGES.

AMEN.

# PARISH REGISTRY

As of February 25, 2019

## BIRTHS

**Baby Boy Born to** Pete & Claire Kostopoulos

**Baby Girl Born to** Anastasios & Jennie

Pantazopoulos

**Baby Girl Born to** Joseph & Eleni Minock

## BAPTISM

**Parents:** Steve & Doria Less

**Baby:** Adrian

**Godparent:** Monica Gjerde

## WEDDINGS

Greg Cox & Krisa Patronis

Benjamin Stuart & Marie Keeter

## ASLEEP IN OUR LORD

Elizabeth Alexander (in Florida)

Liliana Mirella Hagiopol

Sam Yalanzon

Robert Keenan (in Illinois) *Father of Rob Keenan*

## WAYS TO STAY IN TOUCH WITH US



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“Follow” us on Twitter

[www.twitter.com/atlgoc](http://www.twitter.com/atlgoc)

Visit our website [www.atlgoc.org](http://www.atlgoc.org)

## GOOFS BREAKFAST

Every other Thursday at 9:00 a.m. in the Kafenion. Open to everyone!!

Come join us for a full breakfast and great fellowship! Full breakfast includes fruit, waffles and much more!

Donation \$5 per person. Contact the Cathedral office at 404-633-5870 for the date of the next gathering. Hope to see you there!

## EAGLE SCOUT OPORTUNITIES

If you're an Eagle Scout candidate, please contact Annunciation Day School's Head of School, Janet Brown at (404) 565-2850.



We will have several projects that can help you fulfill your Eagle Scout merit badges.

## Annunciation Greek Orthodox Cathedral

### Accepting Online Donations!

Click [HERE](#) for instructions on Guest Donations or click on one of the links below to Donate now.



(Above is an example of what to look for on our Cathedral website, [www.atlgoc.org](http://www.atlgoc.org))

The Cathedral now has text messaging options!

Please sign up when filling out your Stewardship Card

## PLACE AN AD IN THE ANNUNCIATOR!

**For Availability and Pricing,  
Please contact the  
Cathedral office today  
at 404-633-5870**

# *Greek School*

Sunday, March 24<sup>th</sup> -- Annunciation Name Day of the Cathedral & Greek Independence Day Luncheon and Program in the Kartos Ballroom

For more information please contact Michelle Olympiadis  
via email at ([michelle.constantinides@gmail.com](mailto:michelle.constantinides@gmail.com))

## *HOPE & JOY*

### UPCOMING GATHERINGS

**Sunday, March 17<sup>th</sup>** - St. Paul the Apostle (World's Champion in Walking)

**April 14<sup>th</sup>** - St. Mark the Evangelist (The Lion of the Church)

**May 19<sup>th</sup>** - St. John the Evangelist (Flying like an Eagle)

Immediately Following the Divine Liturgy in the Gym

## *GO YA*

### UPCOMING GATHERINGS

**March 8<sup>th</sup>-10<sup>th</sup>** - Queen City Classic in Charlotte, NC

**March 10<sup>th</sup>** - Parish Level Oratorical Festival

**March 16<sup>th</sup>** - Lock-in (Details forthcoming)

## *YA YP*

Orthodoxy on Tap

Join us for the series:

**Living Our Faith -- Theology for Everyone**

We meet once a month from 7:00 pm until 9:00 pm. Our next gathering will be on March 7th in the Kafenion. See you there!

# GOYA

The end of the first semester has been a busy and exciting one for GOYA. On November 4th, we had our monthly meeting, with a record number of 49 GOYANs in attendance! We then had a “Battle of the Sexes” game night where GOYANs competed (boys vs. girls) in various competitions and relays to determine the “superior sex.” Later that month, GOYANs helped make sandwiches and serve food at the soup kitchen.



On December 1st, we had our annual White-Elephant Christmas party and meeting. We had 36 GOYANs in attendance. Thank you to Spero and Johanna Karas for opening up their home and hosting this wonderful event! On December 8th, GOYANs helped at the Sunday



School sponsored “Breakfast with St. Nick.” We enjoyed decorating cookies, making ornaments, and coloring with all of the young children.



To round out the year, we had 50 GOYANs participate in the Metropolis of Atlanta “Winter Youth Rally,” December 27th-30th. We had 16 Bible Bowl participants, 2 girls basketball teams, 1 junior boys basketball team, 2 senior boys basketball teams, and 3 GOYANs who played on a volleyball team with GOYANs from neighboring cities. Congratulations to the Senior Boys A Team for defeating Marietta in the championship game to bring home the first place trophy! And congratulations to the Senior Girls A Team on getting second-place after a tough championship game against Marietta. A special “thank you” to our lead advisors (Eleny Katsoudas, Mary Tena Melissas, Ritsa Zaharis), parent chaperones (Demetrios Constantinides, Leon Melissas, Zorba Mookas, and Peter Zaharis), and coaches (Demetrios Constantinides, Pamela Gjerde, Peter Lamas, Elias Lampropoulos, William Kantsios, Frank Kostopoulos, Zorba Mookas, and Margaret Vastakis) for all of your hard work and preparations that made this retreat so successful!



Sincerely,  
Christina Nastopoulos  
GOYA President





# Cathedral Dance Ministry

Congratulations to our Annunciation Cathedral Dancers for their outstanding performances at the 2019 Hellenic Dance Festival held in Atlanta over Martin Luther King weekend. Atlanta had five groups representing our Cathedral with over 60 dancers from the ages of 7 years old to Adults. It was a weekend filled with faith, fellowship, culture and lots of dancing both competitive and leisure.



Our dancers in 1<sup>st</sup> -5<sup>th</sup> grade performed in the Exhibition Category. Arkoudakia (1<sup>st</sup>, 2<sup>nd</sup> grades) led by Instructors Clea Kanelos and Andrew Ladikos performed dances from Steria Ellada Pyrotechnimata (3<sup>rd</sup>-5<sup>th</sup> grades) led by Instructors Bess McClure and John Caras performed Pontian dances.



Our Asteria Dancers (6<sup>th</sup>-9<sup>th</sup> grades) led by Instructors Kiki Papadimitriou, Despina Vastakis and Christopher Kanelos received The Silver Award for their dance performances from Edessa and the Island of Limnos.



Our Yi Anemos and Fotia (10<sup>th</sup>-12<sup>th</sup> grades) dancers led by Instructors Errica Patellis, Yianna Pappas and Peter Zakas received The Silver Award for their performances from the regions of Serres, Thrake, & Anatoliki Romalia. The team was also awarded The Best Costume award in the Senior Division for their Male Thraki Costume.



Our Paleoparea Dancers (Adults) led by Dimitri Papadimitriou received The Silver Award for their dances from the regions of Serres and Edessa.

We are very proud of each of our dancers for their hard work, commitment, dedication, and most of all of their love of preserving our heritage through dance.

Μραβο Παιδια!! Και του Χρονου!!



# Philoptochos Society News

Our philanthropy and busy schedule continues!

In December, Philoptochos once again sponsored the very popular Community Christmas card. Thanks to all parishioners who joined the list to send Christmas greetings to our Cathedral family. Appreciation is extended to Susan Marinos and Pat Marinos for chairing this fundraiser

Also in December, Philoptochos held its Christmas Charity Coffee at the lovely home of Dimitra Moraitakis. An afternoon of delicious food and *parea* was enjoyed by over 70 members. Through this event, Philoptochos raised \$1500 that was given to "Street Grace" an Atlanta faith-based organization working to prevent the sexual trafficking of children in our city.

Thanks to Effie Moraitakis for chairing this event.

In December, Philoptochos distributed checks of \$500.00 to ten different Atlanta non-profit organizations to support their efforts. Among the recipients of these gifts were the Good Samaritan Health Center, the Georgia Center for Child Advocacy, Loaves and Fishes Food Ministry, the Furniture Bank of Metro Atlanta, Nicholas House, that provides shelter for homeless families, Our House Shelter, who provides reliable childcare for those experiencing homelessness and Jessie's House (shelter for abused children)

In addition, end-of-the-year donations were given to support the Diakonia Center (mattress purchases) and the Cathedral Dance Ministry

Donated and delivered \$500.00 in diapers to Action Ministries Center on Ponce de Leon Avenue

Donated and delivered \$500.00 in men's thick winter socks to the Salvation Army Center on Marietta Street

On January 13, 2019, Philoptochos sponsored the annual Vasilopita Luncheon to raise funds to support St. Basil Academy in Garrison, New York. A delicious luncheon was served and a spirited auction for the Vasilopita pitas and pastries followed. Our Cathedral bakers outdid themselves with beautiful creations. The auction was led by the talented Michael Lambros and Leon Melissas, who both did a great job!

After the auction excitement had abated, over \$17,000 was netted for St. Basil Academy! It was a great day! Many thanks to Ginnie Roglin for chairing this event.

On Sunday, February 10th, Philoptochos members donated the food that was served at the FOCUS (Families of Children Under Stress) Valentine party in the Kartos Ballroom. These special children and their families enjoyed a beautiful afternoon of dancing and fun activities. Many of the children are in wheelchairs, but were spinning and laughing on the dance floor, It was a joyful sight!

On Sunday, February 17th, Philoptochos hosted its Membership Brunch in the Kartos Ballroom after church services. Over 85 beautiful ladies attended and were treated to a delightful brunch and champagne mimosas! After the brunch, the members assembled 200 food bags. This was great fun and everyone enjoyed the work. These bags were delivered to Dresden Elementary School for distribution. Many thanks to Dina Cook for chairing the brunch.

Also on this same date, the College Outreach Ministry (underwritten by Philoptochos and generous donors) prepared a delicious lunch, served in the Kafeneion, for the many Orthodox college students from all over the country who attend college in Atlanta, It is so important to get this age group together! Many thanks to Patty Vastakis and Anna Kostopoulos for leading this ministry.

February is Philoptochos Membership Month. Have you been inspired by all that your Philoptochos has been doing and will continue to do? All women in our parish were mailed a Philoptochos membership packet. We would love to have you join this great Orthodox women's philanthropic organization! Your presence and ideas are so welcomed! Your generous membership donation will insure that we can continue to reach out to those in need both within our parish and in the greater Atlanta community. We thank you for your incredible support!

Even if you cannot actively participate in Philoptochos, please do not let that be a factor in your decision to send a membership donation!

Please send your check (payable to Philoptochos), along with your name, address, phone number and email address to:



**Cathedral Philoptochos  
Annunciation Cathedral  
2500 Clairmont Rd NE  
Atlanta, Georgia 30329**



# Golden Group News

One chilly December evening, Golden Group friends, both old and new, gathered to share an evening at the Atlanta Botanical Gardens to tour the stunning exhibit "Garden Lights, Holiday Nights." Twinkling, colorful lights, welcoming the Christmas season, seemed to effortlessly bring warmth to the cold winter air. After the tour, Vickie Henson and Cathy Norcross graciously opened their beautiful home to the Golden Group for warm refreshments. A fun-filled evening was shared by all.



Later that month, our Annual Christmas luncheon, sponsored by the Parish Council, took place in the Kartos Ballroom. All were entertained by the angelic voices of the Annunciation Day School students as they sang Christmas songs in both Greek and English. Many Golden Group friends enthusiastically participated in our annual gift exchange. Also, many in attendance contributed toys to support the Christmas Toy Project of St. John the Wonderworker Orthodox Church.

Our annual Vasilopita Luncheon was held in January. Everyone enjoyed the delicious meal that was lovingly prepared by members of the Evrytarian Society. Dan Goerke, Chairman of the Board of Directors of the Georgia chapter of the Alzheimer's Association, gave an informative presentation on the early signs and symptoms of Alzheimer's. After his presentation, many members took the opportunity to ask Mr. Goerke questions about this most common form of dementia.

Our February outing was a visit to the Ponce City Market where several Golden Group attendees enjoyed exploring together the various markets and restaurants in what many remember so fondly as the "old Sears Building."

February wouldn't be complete without our annual Valentine's Day Luncheon and Bingo. The Daughters of Penelope again hosted a memorable luncheon with beautiful decorations, delicious food, and a plethora of prizes for an entertaining day of food, fun and fellowship.

**Please mark your calendars and join us for our March events.**

Dr. Victor Polizos will speak about Constantinople and Hagia Sophia at our luncheon on Thursday, March 7 at 10:30 am in Carlos Hall.

Our March outing is a tour and tasting at the Old Fourth Ward Distillery on Saturday, March 9. Please contact Mary Anne Chanos (404-556-8619) to reserve your seat. We will leave the Cathedral parking lot at 1:00 pm. \$20 covers the cost of the tour, tasting, and transportation. Dinner after the tour will be on our own.

Golden Group will host the Clean Monday (Kathara Theftera) Pot Luck Luncheon on Monday, March 11, in Carlos Hall after the Holy Unction Service in the Cathedral. The service begins at 9:30 am. Please bring a Lenten dish to share, and remember that this is a strict fast day. No meat, eggs, dairy, or olive oil, please.

# *Daughters of Penelope*

On January 20th, the Daughters of Penelope meeting was held at AHEPA ONE in conjunction with the Ahepan's meeting. Our new officers were sworn in by Past Grand President, Karen Stamatiades. Having all officers and board of Governors in place, we are moving forward with great enthusiasm.

The District Governor of AHEPA, Harry Kipreos, came to our meeting and gave us an update on the AHEPA/Daughters District Convention that will take place on June 14th-16th in Marietta. He mentioned the possibility of the AHEPA Family attending a Braves game on Friday. The opening ceremony and meetings will take place on Saturday and the banquet is to be held at the Marietta Fish Market on Saturday evening. It sounds like a great Convention for all of us to attend and enjoy fellowship.

After closing our meeting, we joined the Ahepans for dinner and welcomed in the New Year, singing Kalanda with our lead singer Nick Economos and cutting the Vasilopitas.

On February 10th, sisters Elaine Tissura and Sherry Kliosis were pleased to meet with DOP Past Grand President Connie Palallis and DOP Zone Governor Stella Sirks at the St. Photios Feast Day weekend event in St. Augustine, Florida. Past Supreme President of AHEPA Carl Hollister and many Ahepans from Jacksonville and other Florida cities were present at this annual event.

One of our favorite projects that we sponsor is the Golden Group Valentine's Day Luncheon. On February 14th, our Chairman, Theo Economy and her committee provided a sweet treat for each attendee to take home as well as offered many Bingo prizes for the Bingo winners! She made arrangements for the delicious lunch that was served. Stephanie Kantsios decorated the tables and provided beautiful background music, and many members brought desserts to share or made monetary donations to offset our expenses. A big thank you to everyone for their support and especially to Theo Economy who has chaired this popular event for many years.

Elaine P. Tissura, President

## **AHEPA SCHOLARSHIPS**

Application for the 2019-20 scholarships are now available. Please visit:

**[www.ahepaatscholarship.org](http://www.ahepaatscholarship.org)**

Students residing in the Metro Atlanta area meet residency requirements for ALL scholarships offered by the AHEPA Mother Lodge Chapter No. 1 Educational Fund scholarships. Scholarships will range from \$1000 to \$3000. Since its inception, the AHEPA Scholarship Fund has awarded \$938,000 in Scholarships to hundreds of Cathedral members and local students.

**The application deadline is March 15, 2019**

Calling all crochet or knitting experts or novices!  
Join us for a new fellowship group:

# *The Velonaki Group*

(LITTLE NEEDLE)

**When:** Thursday, March 21st and Monthly every 3<sup>rd</sup> Thursday, 5:30-7:30

**Where:** Cathedral Kafenion

**Why:** To create handmade hats, scarves and blankets to give to local charities as stewards of our church!

**What:** Bring your needles (knit or crochet), yarn, scissors, and ready hands

But.... if you can't crochet or knit, should you come? Of course - you can learn, you can donate yarn and you can keep us company!

Contact Vicki Kipreos at 678-314-3002 or [Vicki.kipreos63@gmail.com](mailto:Vicki.kipreos63@gmail.com) if interested.



We donated 42 scarves, 9 blankets, 10 sets of gloves, and 7 hats to The Place in Forsyth County. They were very grateful for the donations!

## ST. AGATHA'S SUPPORT SQUAD (SASS)



Are you facing breast cancer or have you reached the triumphant survivor side? SASS is a new support group started by four Cathedral parishioners/breast cancer survivors who believe in the tremendous benefit of sharing our breast cancer journey with others who have walked in our shoes.

For more information, please contact Maria Demos at [mdemos@me.com](mailto:mdemos@me.com) or 404-625-9004

# Lenten Community Saturday of Service

## Saturday, March 16, 2019

Announcing our 7<sup>th</sup> annual Lenten Community Saturday of Service - service projects for our entire Church community to come together to work in our Atlanta community, spreading the Greek Orthodox Christian word through our actions! Join us and enrich your Lenten journey this year!

There are 4 service projects to choose from - all ages can participate - families are encouraged! In general, we will meet in Carlos Hall on Saturday March 16<sup>th</sup>, to sign in, have refreshments, receive information and directions to your service project, get a T-shirt, and then carpool to your destination.

Each service project has its own requirements as to the time to arrive at Carlos Hall, departure from Carlos Hall and ending time of project. There are also age restrictions on some of the projects, so please read carefully!

### **Project Open Hand Meal Delivery (10-12 people) (10am – 1pm) All ages (under 16 must be with an adult)**

This organization prepares and delivers meals in the Atlanta area EVERY DAY! We will be providing 4 teams of 2-3 people who will go to their food prep facility and be given a delivery route. Each team will have to have its own driver. Each delivery route will take 2-3 hours, so there will be multiple meals for each team to deliver.

*Meet at Church at 9:00am. Leave Church at 9:30am*

### **Bags of Love (unlimited) (10am– till done)**

Bags of Love are our very own mobile ministry for the needy and homeless. We will be collecting donations until March 16<sup>th</sup>. Volunteers any age can help assemble bags for distribution in Carlos Hall. *Meet at church at 9:00am*

### **Good Samaritan Urban Farm (6-8 people) (9am – 12pm)**

Assist in gardening chores, weeding and mulching, at the health center garden. This is a community-based garden that aids the community and patients at the clinic. Children under 13 need a parent or guardian. Time: 9:00am – 12:00pm *Meet at Church at 8:00am. Leave Church at 8:30am*

### **Medshare (10 people) (1-4pm) Must be 14 and older or 10-13 with adult supervision**

We will be supplying 10 people to sort the medical supplies and package them for shipment. *Meet at Church at 12:00pm. Leave Church at 12:30pm*

To sign up go to [www.signupgenius.com](http://www.signupgenius.com), click on the search (magnifying glass), enter the email address: [starks.ryan@gmail.com](mailto:starks.ryan@gmail.com) and click on the project in which you would like to participate. If you'd like to sign up over the phone or if you would like more information or have any questions, please call Linda Grivas at 404-431-1922 or email: [ten4ever@gmail.com](mailto:ten4ever@gmail.com) Thank you for your participation.



# **BAGS OF LOVE IS BACK!**



THE NEXT BAG ASSEMBLY & DISTRIBUTION DATE IS:

**SATURDAY, March 16, 2019 (SATURDAY OF SERVICE)**

## *WHAT IS BAGS OF LOVE?*

“Bags of love” is our mobile ministry to the needy and homeless. Each bag will be filled with non-perishable food and supplies desperately needed by the homeless and less fortunate. Parishioners are invited to donate needed items and help to assemble the bags of love. Once completed, bags can be picked up in Carlos Hall. Keeping a bag of love in your car will allow you to immediately provide nourishment to a needy person, that you encounter, by simply giving them the bag.

## *WHAT CAN I DONATE TO BAGS OF LOVE?*

*Each Sunday until Saturday of Service we will be accepting donations for these items:*

Sports drinks (powerade, gatorade, etc.) 20 oz bottles or smaller

Hearty meat soups that are fully cooked and in “easy open” containers

Meal replacement bars (power bar, cliff bar, granola etc.)

Snack packs – individually wrapped (pretzels, crackers, etc.)

Travel size toiletry items (shampoo, soap) and toilet paper

Dried fruit, nuts, trail mix, apple sauce, or fruit cups– individually wrapped

Socks (mens’ large size)

## *WHERE CAN I DROP OFF DONATION ITEMS?*

Please bring items to the “Bags of Love” shelf in Carlos Hall on any Sunday or deliver to the cathedral office during the week.

**Thank you for supporting this important ministry!**

# HOLY UNCTION ON CLEAN MONDAY

PLEASE JOIN US ON  
MONDAY, MARCH 11, 2019 AT  
9:30 AM TO PARTICIPATE IN THE  
SACRAMENT OF HOLY UNCTION  
AS WE BEGIN OUR JOURNEY  
THROUGH GREAT LENT.

FOLLOWED BY A LENTEN POT  
LUCK LUNCHEON IN CARLOS HALL,  
HOSTED BY OUR GOLDEN GROUP.





# SACRAMENT OF HOLY CONFESSION

Holy Confession will be heard on the following days leading up to Pascha (Easter):

Every Friday Evening During Great Lent  
(3/15, 3/22, 3/29, 4/5, 4/12, 4/19)

5th Sunday of Great Lent Following  
Divine Liturgy (4/14)

Palm Sunday Evening (4/21)

Holy Monday Evening (4/22)

Holy Tuesday Evening (4/23)

or by appointment by contacting a member  
of the Clergy at 404-633-5870

For preparation for Holy Confession  
please refer to [www.atlgoc.org/sacraments](http://www.atlgoc.org/sacraments)  
and then select Confession.

# Sunday of Orthodoxy March 17th



***On Sunday March 17th we, as a Cathedral Parish Family, will participate in the Sunday of Orthodoxy procession. Everyone will process around the front drive of the Cathedral during the Liturgy to experience the proclamation, commemorating the restoration of the Holy Icons.***

***Please bring an Icon from home and participate in this momentous event.***

# Sunday of Orthodoxy

March 17, 2019 6:00pm Vespers

*Great Vespers will be presided by  
His Grace Bishop Sevastianos of Zela*

Reception to Follow

**Annunciation Cathedral**  
Atlanta, Georgia

Guest Speaker: **Fr. Seraphim Aldea**  
“**Humanity and Creation:  
Icons of the Kingdom of God**”

**Fr. Seraphim** was tonsured as a monk in 2005 at Rasca monastery in Bucovine, North Moldavia. He received a Ph.D. in Modern Theology from the University of Durham (UK) for a thesis on Archimandrite Sophrony Skharov’s Ecclesiology. He is currently a Post-doctoral Research Fellow in the School of Theology at Oxford University. He is working towards founding the first Orthodox Monastery in the Hebrides, Scotland in over a thousand years! [Mullmonastery.com](http://Mullmonastery.com)



## Registration for Ellinomathia exams is open

Registration for Ellinomathia (Ελληνομάθεια) exams is now open until March 24<sup>th</sup>.

The exams will take place here at the Annunciation Cathedral facilities on the following dates:

Tuesday, May 21<sup>st</sup> : Levels A1(8-12), A1, A2 and B1.

Wednesday May 22<sup>nd</sup>: Levels B2, Γ1

Thursday, May 23<sup>rd</sup>: Level Γ2

The participation fee is \$115.00 for all levels. The check should be made payable to: *Annunciation Cathedral* and in the Memo *Ellinomathia*. Along with the check, you have to submit a photocopy of the participant's proof of ID (passport or birth certificate).

The applications may be submitted:

1. Requesting an application that can be sent it to you by mail. The final date for the submission of the applications is the 24th of March 2019.

You can give the checks to Mrs Kalliopi Tsikourika or to Mr Elias Lampropoulos or may mail them to: 2500 Clairmont Road, Atlanta, Georgia 30329.

2. Electronically by following the link below:

<http://www.greek-language.gr/certification/application/index.html>

Payment should be submitted by check (payable to *Annunciation Cathedral* and in the Memo *Ellinomathia*).

For more information, please contact Mrs Kalliopi Tsikourika [tsikourika@aol.com](mailto:tsikourika@aol.com), or Mr. Elias Lampropoulos [elias@atlgoc.org](mailto:elias@atlgoc.org) (404 633-7358)

## PLEASE SAVE THE DATE FOR SATURDAY, MARCH 30, 2019

The Annual Archon Religious Freedom Banquet will be held at the Atlanta Fish Market at 6:30pm. Guest speaker:

**Fr. Paul Costopoulos, Dean**

*Holy Trinity + Holy Cross Greek Orthodox Cathedral*

*Birmingham, Alabama*

He will speak about an important topic:

## **The Critical Issue of the Autocephaly of the Church of Ukraine**

*This event is open to everyone*

Call the Atlanta Metropolis to purchase your tickets

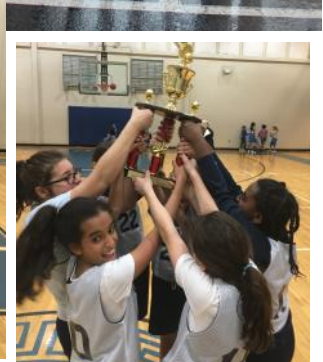
Ethel Gjerde 404-634-9345 ext. 2

# Annunciation Day School

ADS has had a busy Fall & Winter with so many fun events and sports. Jingle Jog, ADS Gala, SAYSL League Cross-Country, Volleyball, & Basketball and Grand-parent's Day, just to name a few! Come see why parents are choosing us over other private parochial schools. Call (404) 565-2850 for an in-session class tour today!

## 2019-2020 ENROLLMENT

It's time to start thinking about Fall Enrollment for your children! ADS is currently accepting applications for K-8th and Preschool. Decision letters for acceptance will be mailed out by March 29th. For more information and for on-line applications, visit [www.annunciationdayschool.org](http://www.annunciationdayschool.org)



# Arcadian Society of Atlanta

## “TEGEA” CHAPTER #34

The Arcadian Society’s first meeting of the year was held on January 26, 2019. Our new officers and board members were elected for 2019 with all members appreciative of their commitment to our organization. We enjoyed fellowship with the Laconians during our joint meeting. We had a delicious dinner prepared by Spyros Kontoes, George Skoufis, Tony Yialamas and Mike Kontoes. Anna and Gus Plagianis assisted with the set up. We welcomed in the New Year with the Kalanda lead by Pete Giannakopoulos and members of both organizations enjoyed the cutting of the Vasilopita.

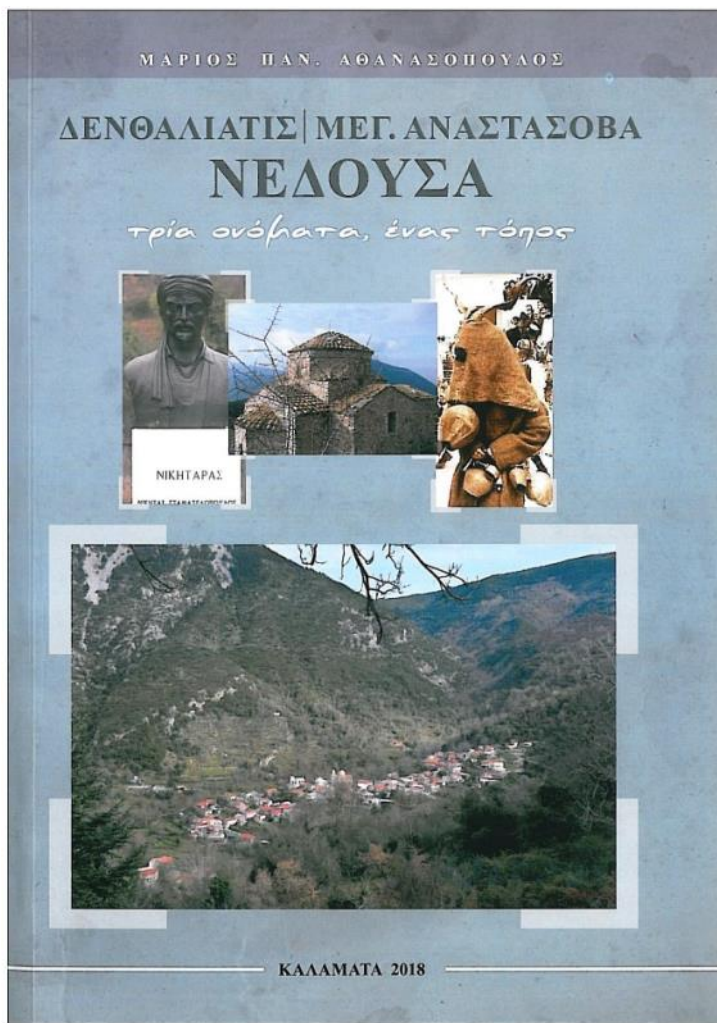
Another highlight of the meeting was the historical display of our 1999 Charter and the map of Arcadia with the markings pointing to the villages of our members. A great picture of General Theodoros Kolokotronis, the pre-eminent leader of the Greek War of Independence against the Ottoman Empire was also displayed. Kolokotronis ‘s greatest success was the defeat of the Ottoman army under Mahmud Dramali Pasha. Thank you to George Skoufis for bringing these historic items to our meeting to recognize our 20th anniversary.



We had a successful bake sale and appreciate the help of Dimitra Pavlopoulos and all the ladies who baked and brought all of their delicious pastries to sell. With the generosity of our members and with the bake sale revenue we were able to raise funds that were sent to Tripoli, Greece for the “Koinoniko Pantopoleio” which is similar to our food bank in the U.S. We have been supporting this project for several years and are proud to help our fellow Arcadian families in Greece. Thank you to Anna Plagianis for her help with this project.

I was fortunate to travel this past summer to Tripoli to my Father’s Village, Mantherea, with my family and I must say how hospitable and kind everyone was. Most important is that my grandchildren loved it and want to return!

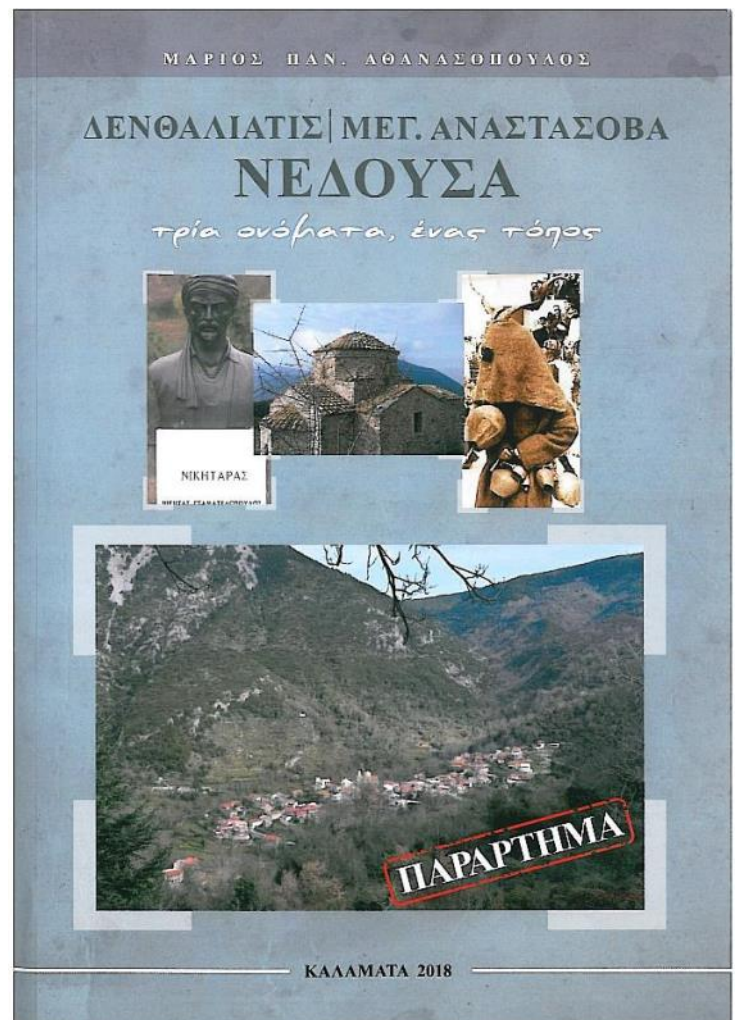
Elaine Petrakos Tissura  
President



A new and revised history of Nedousa Greece has recently been written and published by Dr. Marios Athanasopoulos after 10 years of intensive research, and is available now for purchase.

The book is published in two volumes. Volume 1 includes historical, archaeological, folkloric and linguistic information about Nedousa. Volume 2 includes genealogical charts, and other family history information, of all the families of Nedousa from about 1800 until the present day.

This book is a wonderful resource for anyone whose family roots are in the village.



For information on how to order these two volumes, contact:

Dr. Marios Athanasopoulos,  
60 Socratous Street,  
24100 Kalamata, Hellas  
Tel. 6946902219

email: [mathani@otenet.gr](mailto:mathani@otenet.gr)

OR

Panagiotis Pericles Soublis,  
P.O. Box 62008,  
Halandri 15210, Hellas  
Tel. +30 210 6833540

email: [tsoublis@gmail.com](mailto:tsoublis@gmail.com)

# WEDNESDAYS DURING GREAT LENT

## *An Opportunity for Spiritual Enrichment*

Each Wednesday during Great Lent, we will feature a guest speaker immediately following The Ninth Hour and Presanctified Liturgy which begins at 5:00 p.m. in the Cathedral. Following the service, there will be a Lenten meal in Carlos Hall. Please join us for this opportunity.

March 13—His Eminence Metropolitan Alexios

March 20—Tina Tzanakis

March 27—Fr. Matthew Carter,  
Annunciation Greek Orthodox Church, Pensacola, FL

April 3—Dr. Constantine Kokenes

April 10—Yiannis Chasanidis

April 17—Callie Corley

We recognize Victor and Theo Economy for their continued support of the Make-A-Wish Foundation through their annual Christmas Lights Display. They are a *shining* example of philanthropy by bringing joy to all who drive-by their home as well as supporting this worthwhile charitable cause. Victor and Theo have also hosted our Golden Group, GOYA, and college students during the holiday season.



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All news can be e-mailed to [office@atlgoc.org](mailto:office@atlgoc.org) or put on a disk and brought to the Cathedral office during office hours  
(Mon-Fri 9:00 a.m.-5:00 p.m.)

All Cathedral mail goes to the post office on the same day.  
If you do not receive your Annunciator in a timely manner,  
please call your post office and notify them.