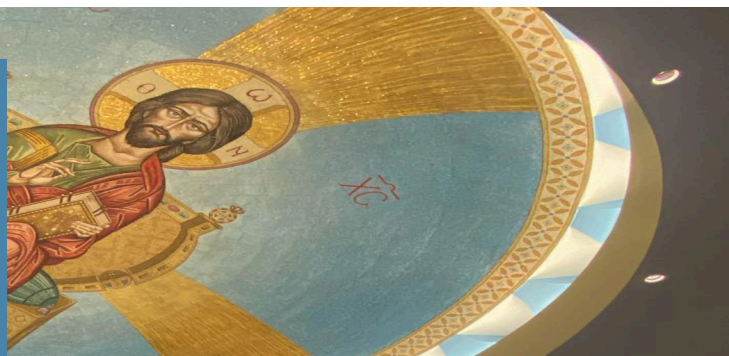


The Annunciator

A JOYFUL FAMILY LIFE THROUGH BALANCE

By Rev. Fr. Paul A. Kaplanis



A young priest went to the hospital to visit his wife who had just given birth to their first child. As he was stepping quickly and excitedly down the corridor of the hospital floor heading to the room to offer the prayers and blessings of the Church, when a nurse suddenly jumped out at him almost tackling him to the ground in order to prevent him from going into the room. "Stop!" she cried out, "You can't go in there! Only the father can." "But", he said, "I am the father." "I know that you are 'a father', (a celibate Catholic priest), she said, "but the mother is nursing and you can't go in there." Then he stated things more clearly, "I am the father of that child in the room!" Finally, she understood and let him go in to be with his wife and newborn son.

This is my own personal true story and I share it in order to convey a very important message, all families including the priest's family, need time together and must share precious moments in life.



Every parent must constantly evaluate and balance family life with the rest of their needs and responsibilities. If a priest, for example, is not able to be a good father and husband, then he cannot serve the Lord or his flock effectively. If he cannot bring his family in a close and healthy relationship with Christ, his priestly ministry will also suffer. Someone once wrote, **"If you don't have enough time for your family, you can be 100 percent certain that you are not following God's will for your life."** In today's world, there is no doubt that one of our biggest challenges is to balance our life.

Father Anthony Coniaris in his book entitled, "Living a Balanced Life in an Unbalanced World," speaks about the importance of setting a balance in our lives. He quotes Dr. R.C. Cabot of Harvard Medical School who stressed the deep need for people to live balanced lives. To illustrate a balanced life, Dr. Cabot used the symbol of the Greek Cross, all four arms of which are equal length. The arms of the



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cross he marked clockwise with the words, **Worship, Love, Work and Play.**

Immediately we notice that Dr. Cabot placed *worship* as the first ingredient towards living a balanced life. Before we make an attempt to incorporate worship into our lives, we must learn to be successful managers of our household. St. Paul in this 1st letter to Timothy provides an important outline of qualifications for those who aspire to the ranks of the clergy. He concludes his list of credentials with the following direct question. In chapter 3, verse 4 he states, **“for if a man does not know how to manage his own household, how can he care for God’s church?”** This charge by St. Paul can be applied to all husbands and wives, for if we cannot manage our own households, if we are not living as shining examples of Christ in the home, if we do not have meaningful conversations with each other and treat each other with respect, how can the rest of our life bear fruit as servants of God? In essence, how can we manage our own household?

The answer can be found in a family that is truly focused on living the Christian Life, the formula of which can be discovered in treasures of Orthodoxy. When families love God and their Church, participate regularly in corporate worship and in private prayer, the entire aura of the home becomes wholesome. St. John of Kronstadt consuls on the importance of prayer in the home, he explains, **“Prayers at home are an introduction, a preparation for prayers in Church. Thus he who is not accustomed to pray at home can seldom pray diligently in Church.”** Prayer sets our hearts in the

right place and our thoughts exude a healthier way of life. Everything we do takes on new meaning, when family members are all going in the same direction towards Christ and His Church. We know that in a family each member will undoubtedly experience challenging and difficult times. It is also inevitable that there will be family disagreements and conflict. After all, loving God and attending church services regularly does not guarantee a life without problems, however, it does guarantee that we will be fortified and strengthened through the amazing and wonderworking spiritual gifts offered by our Church.

I am sure in every family that each parent has many God-given talents that are unique and special, which can be offered to enhance the overall welfare of the family unit. Are these talents being shared? What if parents are extremely successful in their careers and are never with their children? Does that make for a healthy home, family or marriage? Regardless of all the pressures and stresses of life there must be moments when families pray together, read together, do homework together, play catch in the backyard and share household responsibilities. FAITH and our FAMILY must be our top priorities regardless how successful we are in the business world. Everything



must begin with loving God, for when we truly love Him, we ask and listen for His guidance and then we are able to put all the pieces of life together, which leads us to a physical and spiritual balance.

When I was growing up my parents were very active in our local parish. My father was president of the Parish Council, (known as the Board of Trustees in those days), my mother taught Sunday School and Greek School. My two brothers and I served as altar boys. Through the consistency and dedication of our parents, we became very familiar with the Divine Liturgy. However, being familiar comfortable with our worship is not enough. Worship in the Orthodox way is living the Liturgy each day. The hymns, prayers and words must become an integral part of our very being. For children to receive the most out of our worship experience, **the parents must love the Church.** They must be enthusiastic, joyful and spiritually alive when it comes to their worshipping

experience. Children are very perceptive. They know if their parents consider something important or not. They are very intelligent beings, and they know when attending church is an afterthought instead of a priority. Parents must prepare themselves in advance for worship. Everyone in the family must know that going to worship on Sunday mornings is a given. On

Sunday mornings, parents should avoid scurrying around in a panic trying to get everyone ready. We should not have to yell and scream, get totally beside ourselves and then race angrily off to the church arriving so late that it is nearly impossible to receive any spiritual nourishment.

Our attitude of how we leave the church after the Divine Liturgy equally leaves a lasting impression on our children. In my childhood years I recall my parents, my brothers and I always being the last ones to leave the church on Sunday. My parents had responsibilities, they enjoyed the fellowship and they did not want to hurry home. As children, we would moan and complain because we thought that we had better things to do, but in the end, we became a part of the Church and the Church became a part of us. Our parents had a very positive view of the Church and our Greek Orthodox Faith and they were very careful not to gossip or say negative things about the priest or parishioners. We were truly blessed to have a positive experience; our parish family truly was like a family and we felt at home. If the faces of parents glow with the light of faith and prayer to our Lord, this light will be reflected into the young hearts of our children. The memory of praying together with our children will be the brightest and happiest moments of their lives. As we read in Proverbs, **“Train a child in the way he should go, and when he is old he will not turn from it”** (22:6).

The second ingredient in leading a balanced life is *love*. On the 15th Sunday of St. Matthew in our Church’s designated Lectionary reading, Jesus offers what many regard as His most important teaching. In Matthew chapter 22, a lawyer presents a test to Jesus by asking him to rank the greatest commandment in the law. Jesus responds by saying, **“You shall love the Lord your God with all your heart, and with all your soul and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself”** (Matthew 22:37-39). Our

Lord concludes by clearly proclaiming that everything depends on these two statutes. We must be thankful that the lawyer asked his question of Jesus, for the result is a clear directive to us that in order for us to live, we must love God for when we love God our fellow man becomes loveable. This Christian attitude of love potentially shapes and influences our every action. Without love, we cannot be good parents, brothers, sisters, children, friends, colleagues, classmates, teammates, etc. Without love we cannot develop a virtuous life, we cannot rejoice in the accomplishments of those around us, we cannot develop meaningful relationships and we cannot be joyful Christian people. Without being able to verify it officially, it appears that love is the number one topic discussed since the beginning of time. Everything began with God’s love. He created us out of love. He later became man and died for us out of love. He put all things into balance. In return, He calls us not only to talk about, write about and sing about love, He draws us to imitate His love. He invites us to live love just as Christ lived it. Moreover, as sinful, imperfect human beings that need reinforcement and encouragement, we have the choir of Saints, our human heroes of the Faith. If we are lax, and we lose sight of love, unable to keep it as a part of the balance we need in life, we can receive reassurance through hearing our Lord’s words in the Gospel of John, **“Love one another as I have loved you”** (John 15:13).

The third component to leading a balanced life is *work*. Most of us have to do it to survive. We work most of our life and then when we retire, often we look for more work.

My parents truly valued worship and demonstrated their love for us, and they also believed strongly in the words of St. Paul in his 2nd letter to the Thessalonians 3:10, when he said, **“If any one will not work, let him not eat.”** In the Book of Genesis at the time of creation and before the Fall of Man, God gave us a job to do, commissioning us to have dominion over the earth. As a result, of the Fall and being driven out of Paradise, God issued another job and that was to till the earth. Working and being a productive, responsible citizen is scripturally grounded. My parents believed that they must instill in their children the importance of having a strong

work ethic, so my father gave my oldest brother, Nick, a present somewhere close to his 10th birthday, a daily newspaper route. In those days, newspapers were delivered house to house on foot. I am the youngest of three brothers, so when Nick was old enough to get a real job, my brother Steve inherited the paper route and a few years later I also received this blessing of delivering newspapers during the snowy days of winter, even when the postman could not weather the storm. We had about 100 customers and we were responsible for keeping records, collecting funds and paying the newspaper company. Through this experience, our father was preparing us for life. He was helping us to understand how to poise ourselves for the future.

Our work, however, even if we love what we do, cannot dominate our lives to the point of neglecting our family. Husbands and wives should be very careful to discuss careers and their plan for raising their children. If both spouses are working outside the home full-time, every effort must be made to be together as a family at least at the dinner table until the children are put to bed. For stay-at-home moms or dads, there must also be a balance between household responsibilities and opportunities to socialize, do volunteer work or simply enjoy some time away from the children to become replenished.

Regardless of the type of work we do to sustain our lives, we must always make time for family, and we must always be thinking how to balance all the demands on our time in the very busy world that we live in.

This leads us to the final arm of the Cross, *play*. Our bodies were made to move and common sense tells us that exercise keeps us healthy and more productive. Recreation and sports are definitely a part of our American culture and relaxation, although rare for some, should be our response to our Lord's command to rest on the Sabbath. God formally introduced a day of rest in order for us to focus on a day with our family. Although our day of rest has been diminished by shopping malls and other businesses being open on Sundays, we must try to honor the Lord's Day and institute family time. Different families will enjoy various and sundry activities. When we are

able to fulfill God's call for us to worship, love and work, then playing, as long as we do not over do it, completes us and makes us whole.

Growing up in a family of all boys, we were also avid sports enthusiasts. We played several sports and somehow my parents found the time to be supportive. My father worked a very difficult job as a machinist, standing 10-12 hours a day and yet he made it a priority to attend all his boys' games. He either cheered us on or took the time and responsibility to be the coach. My mother gladly stayed home and prepared dinner for us since she was afraid to come and watch us fearing that we might get injured during a game. My parents could have been doing other things. They could have been selfish, disinterested and detached, focusing only on their needs, and yet they made tremendous sacrifices for the family. They made sure that they raised children with a solid foundation in their faith and with the necessary values to succeed in life.

Managing our household by balancing the four ingredients mentioned above will not guarantee us a perfect family. It will, however, grant us a more joyful life in which we will be more thankful for the blessings that God bestows upon us. With all the pressures of life and with society constantly degrading family life, we must remain steadfast. If we are searching for a solution to life's many challenges, and if we want to rejoice in our family life, the answer can be found by seeing the four arms of the Holy Cross in front of us constantly remembering to balance worship, love, work and play.

A Brief Explanation of the Paraklesis Service

By: Rev. Fr. Christos P. Mars

In the northern hemisphere, August is considered to be the last month of summer. (In the southern hemisphere, it's the opposite of course, so it's the last of the winter months!) It is our last opportunity to enjoy the weather and fruits of the season. The month of August, in the Church, also marks the last month of the Ecclesiastical Year. It is a month dedicated to the Theotokos and most specifically to her Dormition.

Leading up to the feast of the Dormition (August 15) the Church celebrates the services of the Paraklesis in her honor. There are two forms of the Paraklesis Canon to the Theotokos: the Small Paraklesis which was composed by Theosteriktos the Monk in the 8th century (or some say Theophanes), and the Great Paraklesis which was composed by Theodore II Doukas Laskaris, Emperor of Nicaea, during the 13th century. During the majority of the ecclesiastical year, only the Small Paraklesis to the Theotokos is chanted. However, during the Dormition Fast (August 1–14), the Typikon (order of the Church) prescribes that the Small and Great Paraklesis be chanted on alternate evenings, according to the following regulations:

- If August 1st falls on a Monday through Friday, the cycle begins with the Small Paraklesis. If August 1st falls on a Saturday or Sunday, the cycle begins with the Great Paraklesis.
- On Saturday nights and on the eve of the Transfiguration (the night of August 5) and on the Eve of the Dormition (the night of August 14) the Paraklesis is omitted.

- On Sunday nights, the Great Paraklesis is always used unless it is the eve of Transfiguration in which case see above.

In the Russian Orthodox Church, the equivalent of a Paraklesis is the Moleben, which is similar in structure, except that the canon is omitted, retaining only the refrains and Irmoi of the third,



sixth and ninth odes. When the full service itself performed, it is called the "Supplicatory Canon" (Molebnyj Kanon).

In preparing this article, my mind immediately went to the question: "What is the meaning of the word 'Paraklesis?'" In Saint Paul's second letter to the Corinthians chapter one, this word appears 9 times in verses 3-7: παρακλησις, (Paraklesis) which can be translated as encouragement, comfort, or consolation. You may recall that Jesus refers to the Holy Spirit as the παράκλητος (Paraclete) in His discussion to the Disciples in John 14:16. In that context, the word is translated as intercessor or advocate in addition to comforter.

The word is a compound of παρά (near) and καλεω (to call) so it literally means "to call near." In its verb form, it can mean a variety of forms of calling near: not only comforting, but also exhorting, praying, inviting, entreating. So, it can come from either side of a relationship. I can *parakaleo* when I see someone hurt whom I want

to embrace, and I can *parakaleo* to God when I need Him to give me a hug. It seems to inevitably involve a claim of intimacy. It is not the form of communication one would use with acquaintances or business associates of equal social status.

It seems that the most touching Biblical image of *paraklesis* comes from the parable of the Prodigal Son where the father runs to embrace His son who *“was dead, and is alive again; he was lost, and is found”* (Lk. 15:24). Saint Paul describes God in precisely these terms as *“the Father of mercy and the God of all consolation”* (2 Cor 1:3). Saint Paul describes this *paraklesis* as a chain reaction, saying that God *“consoles us in our affliction so that we can console those who are in any affliction with the consolation with which God has consoled us”* (v. 4).

In this same context the reason these services are called “Paraklesis” (Supplication) is because the faithful gather to supplicate the Theotokos to intercede on their behalf to her Son and our God for our salvation and for the relief of anything that burdens and ails us. They are the prayers of suffering and hurting children addressed to their compassionate Mother, who is their only hope, protectress, and surety in time of need.

This is also one of the reasons why the holy icon of the Platytera ton Ouranon (More Spacious than the Heavens) is placed in a prominent spot above the Altar. The Theotokos, whose arms are outstretched, is there to give us comfort, hope and protection.

The theme of these Paraklesis Services centers on the petition. *“Most Holy Mother of God, save us.”* If

you have a problem or if something is burdening your soul, if you feel spiritually uneasy and if you are not at peace with yourself and with those around you, then, you should come to the Church during the first fifteen days of August and ask for the intercessions of the Mother of God.

Even if you are fortunate enough to be one of those very few who are at peace with themselves and with God, then come to these services and thank God and His Holy Mother for the blessings that they have bestowed upon you and your family.



Since these Paraklesis Services to the Theotokos are primarily petitions for the welfare of the living, let the whole Church pray for you during the first fifteen days of August and especially on the Great Feast of the Dormition of the Theotokos on August 15th. Don't let complacency, laziness and apathy cause you to miss this great blessing and

inspiration that the Church can bestow upon you. Let the peace and holiness that only the Theotokos can give you enter into your life. *“Let us lay aside all earthly cares,”* as we say in the Cherubic Hymn in the Divine Liturgy and let us truly, during these fifteen days, participate in the fasting and prayer life of the Church so that we can *“taste and see that the Lord is good”* (Psalm 34:8) and so that we may fully experience the spiritual blessings that the Church offers to us.

A Medieval Saint of Our Time

Mr. Theodore Mantzikos

The Church canonizes many saints who were politicians in their lifetimes. But are they as holy as we like to think? Modern history books and studies often report that these saint-rulers were anything but Christian, some even after their conversion to Christianity. Criticism of even our most beloved saints may lead us to question their sanctity. Why is this person a saint if he performed horrific acts? Did the saint convert out of true devotion to Christ or are there alternative motives? How can we praise a ruler as a Christ-loving saint when he may have converted for political, economic, or social advantage? Can we even call him a saint?



These questions are legitimate concerns and ones that should be engaged when encountering saints who were emperors or other leaders in their lifetimes. On July 15th, the Church celebrates the feast of St. Vladimir of Kiev, Equal-to-the-Apostles. His conversion to Christianity as a young prince is often considered a political move, but a closer look at his life and legacy demonstrate his utter devotion to Christ and true sainthood.

Vladimir of Kiev was born in 963 AD into an unstable, violent pagan royal family. Vladimir's father was killed in battle and the young saint-to-be was forced to flee as his three brothers fought over their fathers' former territory. From age seventeen to twenty-three, Vladimir led a series of successful military campaigns consolidating his father's former territory in modern-day Belarus, Russia, Ukraine under his sole rule. He established idols of pagan gods in gratitude for

his success and offered human sacrifices to them beginning in 978. St. Nestor the Chronicler (October 27) in his eleventh-century history of the Russian people, the *Russian Primary Chronicle*, writes about these sacrifices;

The people sacrificed to them, calling them gods, and brought their sons and their daughters to sacrifice them to these devils.

They desecrated the earth with their offerings, and the land of Rus' and this hill were defiled with blood.

Children and adults were sacrificed together without regard to their age or innocence, until Vladimir suffered a radical change of heart in 983.

Theodore and John (July 12) were devout Christians living in Kiev during Vladimir's reign. Theodore was once a member of the emperor's

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Chapel of Sts. Sergius and Herman of Valaam, built in 1895 over the original burial place of St. Herman. Pilgrims gather here for liturgy on August 9th as part of the annual pilgrimage to Spruce Island, Alaska.

Encountering Christ in the Life of Saint Sophrony of Essex

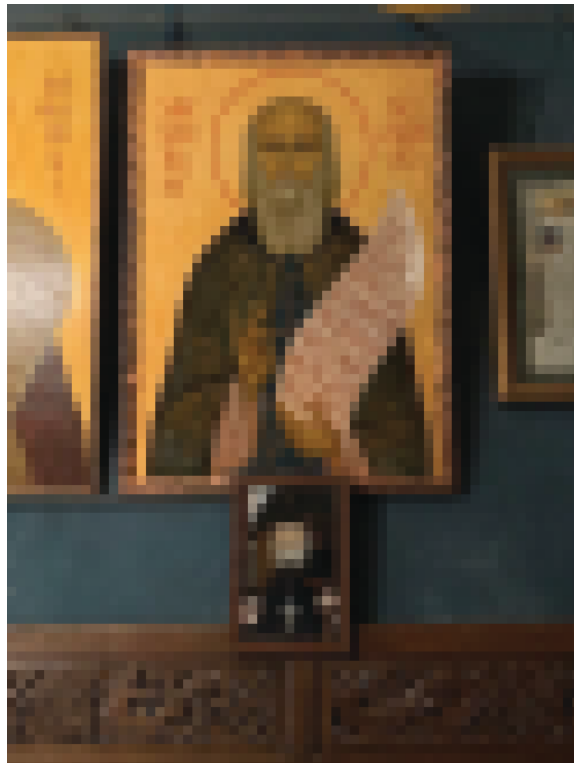
MS. Sarah Stewart

This world hides from view the beautiful face of God. God does not act by force; he holds sacred the freedom of those created in His Image and Likeness.”

My soul finds consolation in the life and spirituality of Saint Sophrony of Essex, whose third feast day was celebrated on July eleventh of this year. He was canonized by the Ecumenical Patriarchate on November 27, 2019. Through his life, Orthodox Christians all over the world have the example of a 20th century contemporary who bears witness to the ever-present reality of God’s love for the world.

Born in Moscow in 1896, Saint Sophrony studied painting at the National School of Fine Arts in Moscow. During his studies he yearned for a deeper understanding of God and the nature of human existence. Dissatisfied with the faith of his childhood, he explored Eastern mystical religions, including the practice of transcendental meditation. After eight years of searching for the meaning of human existence Fr. Sophrony encountered Christ in a revelation of Scripture—I AM that I AM. The Saint bore

witness to the absolute and personal God first revealed to Moses. In response to this encounter, he left Paris in 1926 and journeyed to Mount Athos. He arrived at the Holy Monastery of Saint Panteleimon with the intent to live out his repentance and become united to the God of the Scriptures. In 1947, after the death of his spiritual father, Saint Silouan, he returned to France. While in France he lived in a shared home for the elderly, and a small group of men and women sought his spiritual counsel. In response to the growth of this spiritual community in Paris, he searched for property to build a double monastery. In 1959, he founded the Holy Stavropegic Monastery of Saint John the Baptist, in Essex, England.

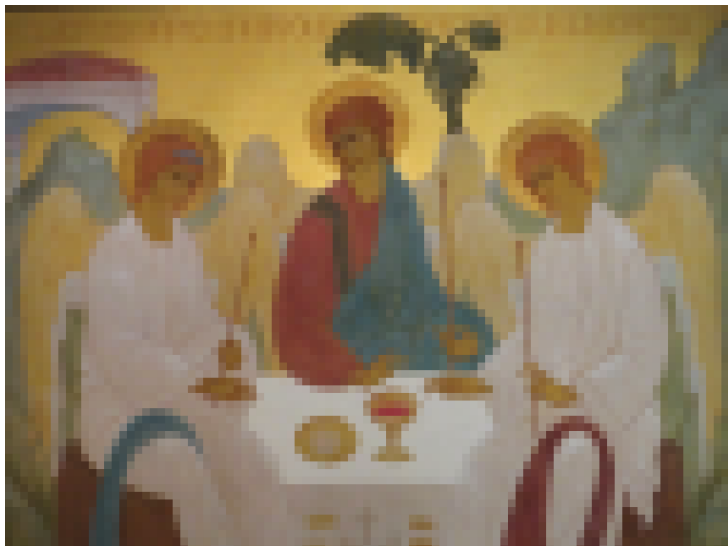


Fr. Sophrony built his monastery to be both functional and attractive as he believed God is tangible through physical beauty chiefly, through the icon—as it reveals the Image of God, who is Beauty. A beautified monastery was a means of encountering Christ for which reason he adorned it with his own iconography.

Among Fr. Sophrony’s most exceptional frescoes is his Trinity. This piece, based off St. Andrei Rublev’s work, in which he portrays the Persons of the Godhead in conversation about the nature of mankind. As they appear to question the risk of man’s free will, the second person of the Trinity answers that if mankind falls he will go and save them. It is this understanding of Christ as the Savior of mankind that informed Saint Sophrony’s art and it is through his art that he portrayed the nature of Christ which words could not express—such knowledge of God that he had acquired through

heartfelt prayer to Christ on behalf of the world. As written in *The Face of Light: St. Sophrony's Icons of Christ*, for Saint Sophrony, "Christ, is everything...the fullness of love and heavenly joy." Thus, he sought after Christ with complete, utter love and devotion, and shared this love with all people he encountered.

Overflowing with love for Christ, Saint Sophrony instructs us in the 21st century, "You do not have to be polite with God, rather pour your heart out before him." The Saint reminds us that we worship God in Trinity, who invites us into communion with Him; He does not need more than our best—even if our best simply means our laying down, looking upon His icon



in the silence of our hearts. In his book, *Becoming A Healing Presence*, Dr. Rossi speaks to this reality, of encountering Christ in the silence of our hearts. He states that "as Christians, we are [adventurers] on a journey through the inward space of the heart, simply waiting upon God in stillness and silence" (Rossi, p. 18-19). Through patient endurance, through seeking and stillness, we come to remember our first love, and know that no matter what, God is with us as He reveals Himself to us.

Saint Sophrony stands out as a living example of God's revelation of Himself in the world. Bearing witness to the pain and anxieties of the twentieth

century, He imitated Christ through his tears of repentance in prayer for the world and actualized the two greatest commandments of love. Through his ardent prayers, he epitomizes the incarnate love of God in action, and remains a steadfast intercessor to Christ for all who seek his counsel.

May we be strengthened by the prayers of Saint Sophrony, and ask that through him, and the prayers of our Most Holy Lady, the Theotokos, that God will have mercy upon us and save us, as He is Good and loves mankind.

Parish Council Communications

A Note from the Parish Council President

Parish Family,

I pray that you and your families are happy, safe and healthy!

I have had the privilege of being your Parish President for 7 months. Many of you have asked how I am doing or how is it going? I am doing well and I believe that everything is going as planned. This is only because of your continued prayers, kind, caring words, smiles, and support. It has been a very humbling experience for me as I navigate and try to clearly see the future and vision of this Parish.

What the future holds is something that I often think about because I want to leave a legacy for many generations to come. I want our children and children's children to know what we do today is for them to continue to grow and build upon.

The purchase of the Berkeley Lane home was a major milestone for our community. The possibilities of what this land can be used for are endless. The home is currently being rented for a fair market price and will continue to pay and cover its own expenses.

Over the 4th of July weekend, I was able to represent our parish at the Clergy Laity Conference in New York along with Father Paul and several other Cathedral members. The weekend started with the Consecration of St. Nicholas Greek Orthodox Church and National Shrine. It was truly a once in a lifetime experience! The thought that the only house of worship at Ground Zero is Orthodox should make us all proud of our faith.

The theme of the weekend was Legacy, Renewal and Unity. For this day and time, I felt it was very appropriate. Our legacy, the Archdiocese of America is 100 years young! We need to come together in the present moment, refresh and revitalize ourselves for the next 100 years. The way for us to do this is to come together in unity to achieve the goal of becoming One Body of Christ.

I attended many meetings and learned from other parishes as well as share some of our parish's best practices. One of the meetings was Lesson from Lock Down. It was clear to me that our Parish is ahead on the technology and live streaming. However, on the flip side, I also learned that the Divine Liturgy in person and live is a completely different experience. While sitting at home on Sunday morning may sound good, you cannot take part in Holy Communion, and you cannot experience the fellowship and love with your fellow brothers and sisters in Christ. As families, we need to be intentional in our actions and spend time with our children in church. We need to continue to educate them, explain our faith and through prayer we will remain connected to Christ and each other.

I attended the plenary session for 2022-2024. Discussions showed that for 2018-2021 the Archdiocese is in a very good financial position. Several resolutions were presented with very good discussion and the budget for 2022-2024 was presented and approved.

A special session: The Vision for the Second Centennial will be looking forward to the next 100 years. A committee will be formed to help with a strategic plan that will allow the Archdiocese to continue to grow and adapt to the needs of our parishes and its faithful.

I also had the honor of meeting John Tonelli, the son of Sirio, the artist who designed the iconography of our Cathedral 50 plus years ago. John has digitized his father's original drawings and sketches of our Cathedral and shared those with Father Paul and myself. As a lifelong member of this Cathedral, it brought tears to my eyes to see the vision of the artist on paper and how it was brought to life.

Looking ahead, I hope to see everyone at the Atlanta Greek Festival, September 23rd - 25th. The festival is back to live and in person. Our chairmen, Ted Kipreos and Michael Lambros, Jr, are working hard planning and preparing. We need everyone to volunteer to make it a success. Please sign up for shifts so that you can help.

As summer ends and we look forward to the fall season, I pray that everyone remains healthy and safe. I thank you again for your support.

Voula Giannakopoulos

Annunciation Philoptochos News

Philoptochos hopes that all our parishioners are enjoying the summer break. Despite the hot weather, it is a good time to read books or work on those long term projects that we all need to complete!

Summer is a slower time for our Philoptochos chapter, but there is always some activity.

Our chapter was pleased to donate \$500 to MUST Ministries, a volunteer organization that is dedicated to helping homeless and struggling individuals and families with food, clothing, housing and employment.

In addition, we have distributed nearly \$1,000 in gift cards to help individuals in need.

The National Philoptochos Convention took place in New York City from July 3-July 7th. This was a wonderful event and our chapter was represented by delegates Presvytera Evi Kaplanis and Valine Georgeson. The meetings were a wonderful and informative combination of inspiring guest speakers, business updates, spiritual uplifting, Social Services panels & seminars, philanthropy, preparing hundreds of food bags for distribution throughout New York City. Delegates attended the consecration of the magnificent St. Nicholas National Shrine at the World Trade Center, enjoyed an amazing fireworks display on the Fourth of July and were treated to a beautiful Byzantine Choir performance at the Metropolitan Museum of Art.

In addition, National Philoptochos hosted the Agape Awards Breakfast which honored the Covid-10 philanthropic outreach of nine individual Philoptochos chapters, one from, each Metropolis. Over 300 guests, including His Eminence Archbishop Elpidophoros, attended this very inspiring video presentation of Philoptochos philanthropy at its best.

We are looking forward to a busy fall season as our summer days wind down!



“Sharing Our Daily Bread”

Fifth Sunday of Giving – July 31, 2022

“And Jesus said to them, I am the bread of life. He who comes to Me shall never Hunger, and he who believes in Me shall never thirst.” John 6:35

“Sharing Our Daily Bread” serves a Christ-centered purpose, offering each Parish member *a way to participate and help those less fortunate* who come to our Cathedral in need of food, clothing and shelter.

Our Cathedral has designated the **“fifth” Sunday** from the months with five Sundays to offer assistance to those experiencing temporary hardship.

We call on all to **share your daily bread** through the purchase of gift cards to Walmart, Kroger, or QuikTrip (\$25 increments) or through online or check donations to the Cathedral.

- Drop donations in the box located on a table at the Pangari, as you enter the Narthex;
- Donate online via our Cathedral's website for “Sharing Our Daily Bread”;
- Mail checks payable to Annunciation GOC (earmark “Sharing Our Daily Bread”)

We greatly appreciate your generous and continued support to assist the increasing numbers of those in need. God Bless and Thank You!!

Pickleball



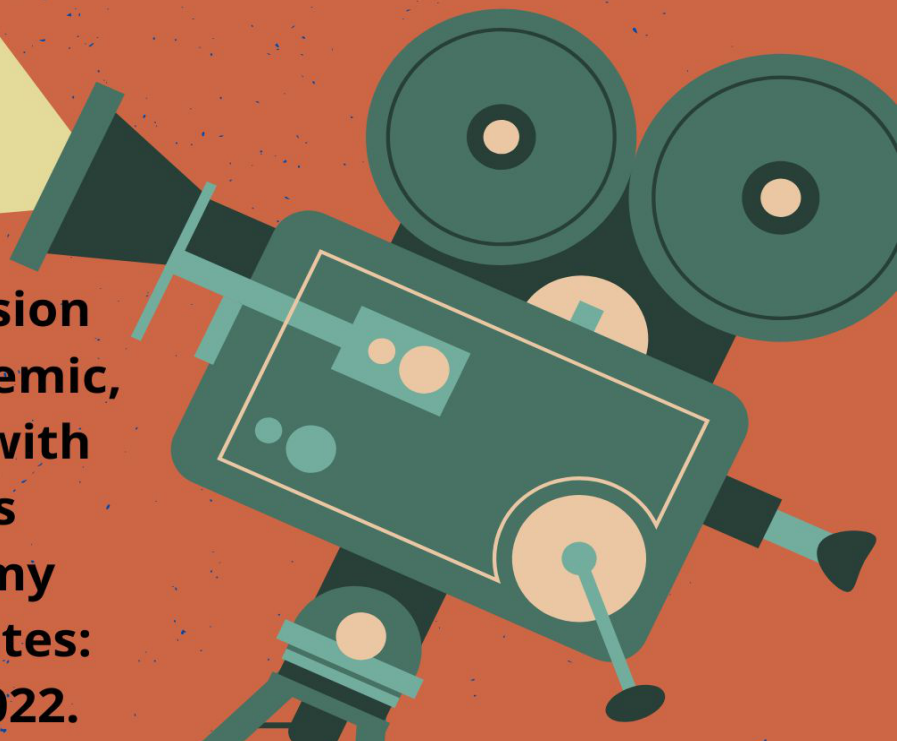
Are you interested in meeting people while learning a new sport?

Click [HERE](#) for more information on the new Cathedral Pickleball League which will begin in October!

Can't wait to see you on the court!

Atlanta Greek Film Expo 2022

After a long intermission due to the Covid pandemic, we are coming back with some great movies including "Smyrna my beloved". Keep the dates: October 28, 29, 30, 2022.



Daughters of Penelope

Menelaos Chapter 53

Newsletter

The Daughters of Penelope had a busy, productive Summer!

The beginning of June started with the end of year meeting and elections. Our new board for the 2022-23 year is as follows: Anthea T. Nichols, President, Maria Economy, Vice President, Barbara Hall, Recording Secretary, Sherry Kliossis, Corresponding Secretary, Mary Alice George, Treasurer. Congratulations and thank you for serving!

We are extremely excited about kicking off our new year in September! Please plan to join us for a fun filled and meaningful year!

We wrapped up June with the AHEPA 100th Anniversary Celebration Weekend on June 23th-26th. It was a HUGE success! Thank you to everyone that volunteered and participated in this Historic Celebration Weekend. We were very proud to have such a large group of the AHEPA Founders' Families in attendance at the Monument Dedication and the Centennial Celebration Dinner Dance. Many members of the Founding Families personally expressed their gratitude to us for hosting such a wonderful and meaningful event.

District meetings were held on Friday June 24th. We were thrilled with the number of Daughters in attendance from District 1, as well as our wonderful Grand Lodge Sisters that came from all parts of the United States and Canada! Our new District 1 Officers were elected and are as follows:

Anthea T. Nichols, District Governor, Irene Fotos, Lt. Governor, Penny Betros, District Secretary and Treasurer, Elaine Tissura, Chairman Board of Governors.

Tonie Ann Coumanis Torrans, President of the Mobile, Alabama DOP Chapter was chosen as our District 1 Penelope of the Year. A true honor and well deserved for all that she does to support the Penelope House and more.

We are looking forward to another fantastic, fun filled year! The Daughters of Penelope will do what we do best, which is have fun together and help those in need both inside and outside our community.

Please plan to join us for our Fall Kick-off Meeting on September 11th. We will also be having our annual Wine Raffle, Donation of 50 Turkeys to St. John the Wonderworker Orthodox Church's Loaves and Fishes Program, Christmas Pre-Order Bake Sale and much more!

All ladies over the age of 25 are welcome!

Anthea T. Nichols, President



ANNUNCIATION DAY SCHOOL

Centered in Christ, Children and Community

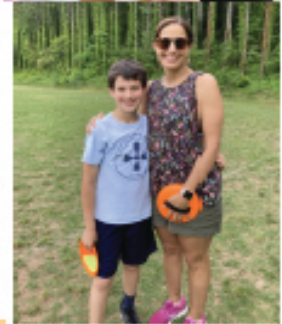
Annunciation Day School (ADS) is proud to be celebrating its 20th anniversary this August as they welcome back 160 students this fall. ADS continues to grow adding a school counselor, an additional middle school teacher dedicated to ELA, and welcoming the new Head of School, Adam Greenwood.

The school is thrilled to be hosting its annual Gala in the Kartos Ballroom benefiting the much needed update to the athletic field. The Gala is set for Friday, October 28th at 7:00pm. Parishioners are encouraged to attend as the field updates will not only impact ADS, but also the Cathedral's philanthropic & community groups such as AHEPA, Maids of Athena, Sons of Pericles, Philoptochos, and GOYA. This year's Gala auction items include a dinner for eight with actor Zach Galifianakis! In addition, Sharon Lawson, Emmy Award Winning Journalist and Fox 5 Anchor, will be this year's Master of Ceremonies! You may purchase your tickets and sponsorships at www.adsatlanta.org.

ADS is also excited to be a sponsor again for this year's Atlanta Greek Festival. Be sure to stop by the ADS booth for more information on academics, after school activities, and getting a tour of the classrooms. There are a few remaining spots in 1st - 5th grade for this fall and we would be delighted to fill these seats with our very own parishioners. For enrollment information, please call (404) 565-2850 or email marketing@adsatlanta.org.

We want to thank not only our ADS families for their support this last school year, but also our Cathedral parish. ADS raised close to \$60,000 with 100% parent participation in its Annual Fund, the most ever raised in their school history! The annual fund covers ancillary expenses not covered by tuition alone such as classroom technology, field trips, and the Spartan athletic program. ADS also raised over \$55,000 in state scholarship funds for students through the Apogee State Scholarship Organization. You can participate in the program, if you haven't already, by visiting www.apogee123.org and allocating your state tax dollars to ADS.

ADS is looking forward to another successful and productive school year with their Spartan family! For any questions or inquiries regarding the school, please direct them to their Communications & Development director, Sophia Tsiotsias at stsiotsias@adsatlanta.org.



The Birth of AHEPA, Atlanta, Georgia—July 26, 1922 Atlanta Centennial Weekend Celebration—June 23-26, 2022

The Atlanta Centennial Weekend Celebration honoring AHEPA's founders was an experience of meaningful and symbolic moments that would have made the AHEPA founders proud.

Steering committee members John Boosalis, Tom Kantsios, Dr. Victor G. Polizos, and Elaine Tissura organized and coordinated all events to take place on the campus of the Annunciation Greek Orthodox Cathedral. The Weekend began on Thursday evening when a wine and cheese reception was held with over 150 attendees, including descendants of AHEPA's eight founders. With a salute to the past, presentations were made by Stephen Georgeson and Dr. Victor G. Polizos, longtime members of the Mother Lodge Chapter.

Author of Atlanta Greeks – An Early History, Georgeson (*right*) discussed the arrival of the first Greek immigrants to Atlanta in the 1880's, exploring the difficulties early immigrants faced settling in the post-Civil War landscape and their many professional challenges. He explained details regarding the businesses at which they worked and later came to own, discussing the ways in which these Greeks became successful members of the local business community after overcoming economic complications and navigating decades of political turmoil, war, and local prejudices.



Polizos (*left*) then elaborated on the early history shared by Stephen Georgeson with a PowerPoint presentation addressing the early Greeks' fear of further prejudice and how this fear led them to organize themselves into local and national organizations, one of which was AHEPA. He described the factors that influenced AHEPA's founding which took place in the basement of the first Orthodox church in Atlanta, then located on Garnett Street and Central Avenue. He explained the research on the personal histories of the eight founding members and their families and recognized those family members in attendance.

The weekend continued with AHEPA and Daughters of Penelope District Meetings on Friday including a meeting of the District Educational Foundation at which \$40,000 in scholarships was awarded to eighteen students from District #1. The following honors were also awarded: District Ahepan of the Year to Keath Paxten, Marietta, GA; District Chapter of the Year to Daphne Chapter #296, Pensacola, FL; AHEPA Family of the Year to Elaine Tissura and Anthea (Tissura) Nichols, Atlanta, GA; and the Periclean Award to Dr. Victor G. Polizos, Atlanta, GA.



*Attendees of the Daughters of Penelope
District Convention*

That evening, attendees were treated to a healthy dose of Atlanta's hospitality of "Southern Nights" as they enjoyed a barbeque and the live musical stylings of a local bluegrass band. With a heat index of 99°, guests were relieved that this traditionally outdoor event was held in the comfort of the Thalia N. Carlos Hellenic Center's Kartos Ballroom. "Southern Nights" was chaired by Brothers Charlie Burland and Ted Kipreos (*right*), who also doubled as its chefs by preparing the delicious barbeque themselves. The drawing for the District Scholarship Raffle was held at the end of the evening.



The three-on-three basketball tournament was held on Saturday in the I. Pano Karatassos Youth Center located on the Cathedral's campus. Chaired by Ahepans William Simitzes and Greg Vourloumis, the local Atlanta teams won both the Junior and Senior divisions.

Saturday also allowed time for visitors to explore Atlanta. A group of Ahepans toured Centennial Olympic Park and visited the *TRIBUTE to Olympism* sculpture, a national AHEPA project which serves as a reminder of the global success of AHEPA in honoring the origins and revival of the Olympic movement as well as the 1996 Atlanta Centennial Olympic Games. The group also toured the National Center for Civil and Human Rights.

With a last nod to the past, guests gathered late on Saturday afternoon for the dedication of the Founding Monument. Its prominent location on a plaza in front of the Cathedral's Hellenic Center will serve as an educational site for future visitors. By honoring the founding members and the organization, this monument marks the celebration of the centennial and of all members of the global AHEPA Family.



The black granite monument is inscribed with information about AHEPA's founding and is surrounded by a semi-circular, three-foot wall. Atop the wall are eight individual plaques, each bearing the name of one of the founders. Between the wall and the monument are three flag poles. On the left flies the AHEPA flag, a gift from National AHEPA Headquarters in Washington, DC. An American flag flies in the middle, a gift from Greg Steele of AHEPA Chapter #408 and the office of Congressman Richard Hudson (NC-08). This flag was flown over the United States Capitol earlier in June of



2022. On the right flies the Greek flag, a gift from the Consulate of Greece in Atlanta and Consul Theodoros Dimopoulos who was in attendance.

Michael Lambros, Jr. (*right*) served as the dedication's Master of Ceremonies. Michael's grandfather, Judge Nick Lambros, served as chairman of AHEPA's 50th Anniversary Celebration and National Convention in 1972 in Atlanta, which made Michael's involvement particularly symbolic. Peter Zakas, in traditional Greek Evzone attire, and retired US Army Captain Paul Kokenes, both of Atlanta, presented and raised the Greek and American flags. The Annunciation Cathedral Men's Choir under the direction of Leon Melissas led all present in singing the Greek and American National Anthems as the flags were raised. Following the National anthems, in keeping with AHEPA protocol, the assembly recited the *Pledge of Allegiance* to the United States of America.



The Founding Monument itself was unveiled by the weekend's Honorary Chairperson Tim Tassopoulos, President and COO of Chick-fil-A, AHEPA Supreme President Jimmy Kokotas and Daughters of Penelope Grand Vice President Georgette Boulegeris. Representatives of the founders' families were introduced and asked to unveil the name plaque of their founding family member. A major highlight was when the daughter of founder George J. Campbell, Mrs. Virginia Harrington, along with her two children, unveiled her father's plaque.

The dedication concluded with an *Agiasmos* (blessing) service by Metropolitan Alexios of Atlanta, assisted by Bishop Sevastianos of Zela, and Rev. Fathers George Tsahakis, Paul Kaplanis, Panagiotis Papageorgiou, and Kenneth Anthony.



*The George J. Campbell Family
Seated in front; Virginia Harrington, George's
daughter*

A celebration dinner followed the monument dedication at which time visitors enjoyed *Celebrating AHEPA - A Month of Celebrating the Centennial*, an exhibition of hundreds of archival AHEPA photos. The exhibition was organized by life-time member Brother Nick V. Economy and will remain on display for the entire month of July.

The dinner was co-chaired by Anthea Nichols and Elaine Tissura and was attended by over 350 guests, including many current and former national officers of the AHEPA Family, Greek Consul Theodoros Dimopoulos, and the Honorary Consul of Cyprus to Atlanta, Polyxeni Potter. We were thrilled that over seventy-five of the attendees were descendants of the founding members including grandchildren,

great-nephews, and nieces, and as mentioned above, Virginia Harrington, daughter of founder George J. Campbell (Gloria Boudoucies, daughter of founder James N. Vlass, who lives in Milledgeville, GA, was unable to attend). Local Ahepan Greg Vourloumis, Past Supreme President of the Sons of Pericles, served as Master of Ceremonies. Grand Vice President of the Daughters of Penelope Georgette Boulegeris and AHEPA Supreme President Jimmy Kokotas provided greetings.



Honorary Chairperson Tim Tassopoulos (*left*) delivered an inspirational keynote address. Tassopoulos focused his remarks on three recommendations for AHEPA's next 100 years: first, to honor its history; second, to lead by serving; and finally, to develop the next generation of leaders. His remarks concluded the dinner part of the evening. The celebration continued with music, dancing, and an overwhelming celebratory atmosphere of fellowship.

On Sunday morning the Cathedral of the Annunciation held a Hierarchical Liturgy officiated by Metropolitan Alexios of Atlanta and Bishop Sevastianos of Zela and co-celebrated by Rev. Fr. Paul Kaplanis and Fr. Kenneth Anthony. In his sermon, Bishop Sevastianos reminded everyone that the Founders of AHEPA made a difference through their example and service to the organization. He urged all of us to strive to similarly impact the world around us stating, "our time is now." A Memorial Service was held for those deceased members of AHEPA, followed by an *Artoklasia* (Blessing of the Five Loaves) for its living members. A casual coffee hour followed the service allowing for final goodbyes as the weekend drew to a close.



The Centennial Committee will soon publish the Atlanta Centennial Weekend Celebration Album under the direction of John Boosalis and Audrey Marianes. It will include greetings from Hellenes and Philhellenes from around the world, stories from AHEPA family members, reproductions of historical AHEPA documents and photographs, as well as documentation and photos from the Centennial Weekend Celebration.

Written by Dr. Victor G. Polizos
Photos by Thomas McBride III,
Emmanuel Petkas, Vicki Klemis,
Costa Panos



AHEPA Centennial Weekend







George J. Campbell Family— Daughter Virginia Campbell Harrington and children Gayle and David
Nicholas D. Chotas family —Dean Chotas and Panos Kanes
James K. Campbell family —Vicky Campbell Patronis
Harry D. Angelopoulos family—Arthur Phrydas and Lee Chotas
Spiros J. Stamos representing the family— VP of AHEPA Mother Lodge #1 Van Botsaris
James N. Vlass Family— Grandchildren Nick Janoulis, Vivian Vlass Burns, & John Vlass
John D. Angelopoulos Family —Chryanne Chotas O'Neill and brother Harrell Chotas



Parish Registry

Births

Baby girl born to Harry & Lauren Antoniou
Baby boy born to Sam & Arielle Jacobs
Baby girl born to Corey & Pagona Alford
Baby boy born to Dena Dittrich & Anthony Mungo

Chrismations

Adult: Preston (John) Emery
Sponsor: Olivia Stevens

Adult: John Elliott Hardin III
Sponsor: Nektarios Koronis

Adult: Eric (Elias) Russo
Sponsor: Anastasia Jonas

Baptisms

Parents: Christopher & Lindsey Bogie
Baby: Nella Suzanne Bogie
Godparent: Emily (Amalia) Kantsios

Parents: Nektarios & Elaine Koronis
Baby: Alexandros Evangelos Koronis
Godparents: John Elliott Hardin III & Jennifer Hardin

Parents: Kaloyan & Ilianas Dobrev
Baby: Leia Victoria Dobrev
Godparent: Emily Malinov

Parents: William & Saba Wagner
Baby: Yohanna Lete Wagner
Godparent: Awet Tesfazion

Parents: Christopher & Clea Kanelos
Baby: Dimitra Nicoletta Kanelos
Godparent: Katerina Papadopoulou

Parents: Ryan & Madison Brandt
Baby: Harper Elizabeth Brandt
Godparent: Taylor (Anna) Esdale

Parents: Preston & Asnastasia Emery
Baby: Yianni Leland Emery
Godparent: Demetri & Elleni Papastefan

Weddings

Alexandra Anjelika Lilly & Peter Steven Milios
Lindsey Costakos & Marcus Cassimus

Asleep in the Lord
Pete John Andrecopoulos

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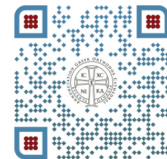
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Thank you for sharing them with us!

