

The Annunciator

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OUR THOUGHTS DETERMINE OUR LIVES

THE LIFE AND TEACHINGS OF ELDER THADDEUS OF VITOVNICA

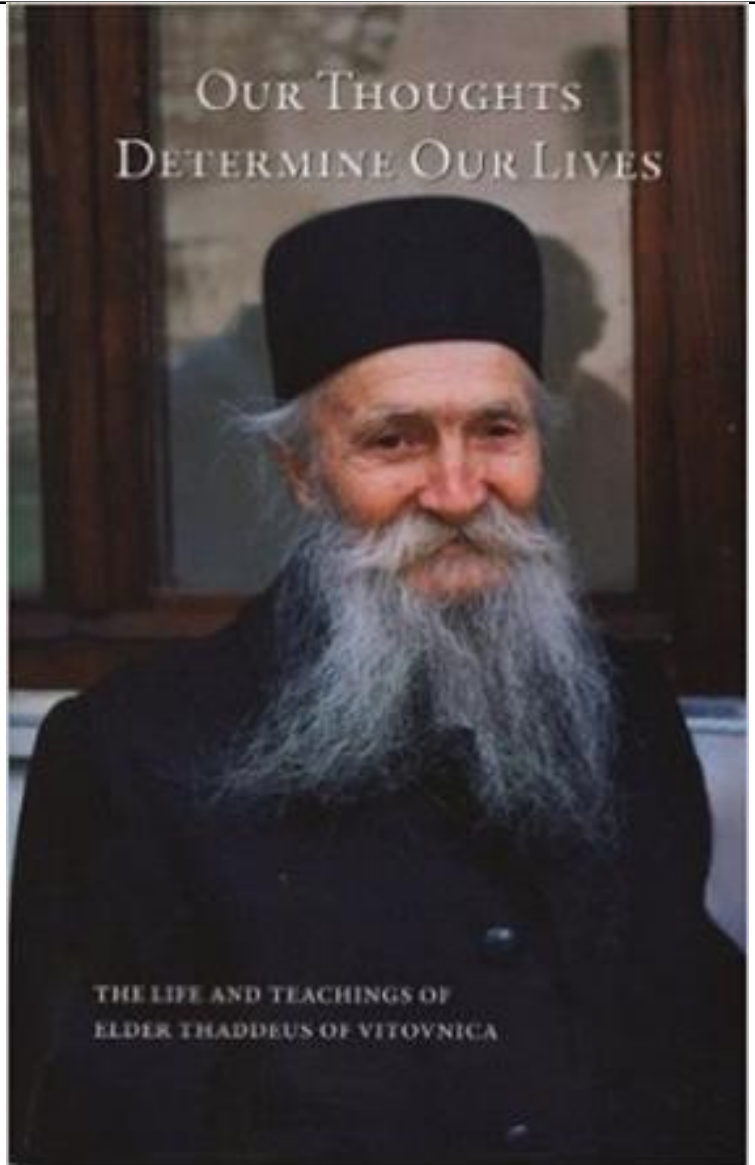
CHAPTER TWO: ON FAMILY LIFE

Compiled By Rev. Father Paul A. Kaplanis

“Our Thoughts Determine Our Lives”, is one of my favorite books. The very name of the book is intriguing since in Orthodox Spirituality, we realize that all of us have countless thoughts each day. How should we filter or deal with all these thoughts, both positive and negative, good or possibly even evil? Elder Thaddeus, this unassuming monk, provides solid, homespun guidance for the individual and the family. I pray that this article becomes the springboard for all who read it so that being inspired everyone would delve deeper into their Orthodox faith and life.

“Love little things, and strive for that which is modest and simple. The Lord watches over us, and He is pleased that you long for His peace. Until the soul is ready, He will only sometimes allow us to see that He is present everywhere and fills all things. At these moments, the soul feels such joy! ... But then the Lord conceals Himself from us again, in order that we might long for Him and seek Him with our hearts!” Elder Thaddeus of Vitovnica.

Elder Thaddeus of Vitovnica was one of the



most renowned spiritual guides of Serbia in the twentieth century. As a novice, he lived in obedience to Elder Ambrose of Miljkovo Monastery, a disciple of the Optina Elders. From him Fr. Thaddeus learned the Prayer of the Heart and the selfless love that came to characterize his whole ministry to the suffering Serbian people. Born in 1914, Elder Thaddeus lived through all the suffering endured by Serbia in the twentieth century. Over the course of two World Wars, during the Communist takeover, and through the NATO bombings of 1999, he co-suffered with his people. He taught, counseled, and prayed for all who came to him in pain and sorrow. His words of love and hope provided spiritual balm for people from all classes of society.

In 2002, Elder Thaddeus reposed, leaving behind a large collection of his teachings, preserved by his faithful spiritual children. His life, teachings, and spiritual conversations are presented here for the first time in English.

In the following article, the focus will be on Chapter Two of the book entitled above. The title of this particular chapter is: On Family Life In this chapter, Elder Thaddeus shares his parenting advice based on two scripture verses from St. Paul's letters. The first one is Ephesians 6:1-4, "Children, obey your parents in the Lord, for this is right. ²"Honor your father and mother" (this is the first commandment with a promise), ³"that it may be well with you and that you may live long on the earth." ⁴Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord."

The second one is Colossians 3:20-21, ²⁰"Children, obey your parents in everything, for this pleases the Lord. ²¹Fathers [Mothers] do not provoke your children, lest they become discouraged."

Elder Thaddeus provides over twenty paragraphs offering guidance and advice to families. This article will introduce you to some of the Elder's counsel. One might ask the question, "What would a monk know about family life?" The answer will be revealed in the wisdom that follows.

1. Obedience is constructive, and self-will is destructive. A child should learn to be obedient to his parents as to God. He will remember his parents' words during his entire life and will always respect his elders and not only elders but even those younger than he is. He will be kind and attentive to everyone. Unfortunately, there are very few families who bring up their children like that.
2. The spirits of evil interfere with children's minds...and try to disturb them. A child should be taught obedience, especially before the fifth year, because that is the period in which a child's character develops. In this manner, learned character traits remain for the rest of the child's life. When a parent says something, the answer should be, "Amen." But today, unfortunately, parents do not know this and teach their children quite the opposite.
3. If parents say, "Stay here," then the child must stay where they told him. But a child is a child; he cannot sit still in one place. What usually happens is that the parents spank the child for being disobedient. But that is not a good manner of teaching a child obedience. Maybe sometimes a spanking is called for, but then it should be out of love, and the child must feel love. Parents should never spank their children when provoked by anger. For if you are going to correct someone when you are angry, you will achieve nothing. You will only hurt both the person and yourself. If you want to bring someone onto the right path, to teach and advise him, then

you must humble yourself first and talk to the person with a lot of love. But when you want your own way at all costs, then you will achieve nothing. This is how resistance builds up in the child.

4. Tears are very beneficial for adults, but also for children. After a good cry, a child usually calms down.
5. I remembered how it was when I was a child. I was very sickly and underdeveloped, so they were always holding me in their arms and carrying me about. I could not eat any fried food until I was twelve. I fasted all the time and they did not know what to do with me! My grandmother scolded me when she was nervous, but I still could not eat. Then my mother would start offering me other things, and this really bothered me. Too much attention irritates children. Children should know that their parents love them, but the parents should not smother their children with love. A child must be taught to get ready for life, as well as for the Kingdom of Heaven. He must learn how to be a child of light.
6. Elder Thaddeus offers guidance to a father concerning his son, a student of medicine, who was struggling and had lost his desire to go to class or study. The young man was totally confused and exhausted from the pressure at school. Elder Thaddeus' recommendation was to take him each day on a run up a nearby mountain. Later on, the Elder spoke with the father who told him that the boy was feeling very well. The Elder said, "His body needed oxygen in order to feed the brain.
7. In this section, Elder Thaddeus speaks about the relationship between a Mother and Daughter-in-law. Speaking to the mother-in-law, who came to see him, He said, "Your daughter-in-law is young. She does not yet understand that she must love her mother-in-law as her own mother. But you are older, and you must think about all this." He goes on to say that every physical war first begins with thoughts. First, people cannot stand each other; then they begin destroying one another. The mother-in-law had a difficult time with what the Elder was trying to tell her. She was hurt and sad. Then he told her, "When your daughter-in-law behaves badly toward you, ask the Lord to send her an angel to guide her, and also ask Him not to forget you. Ask Him to take away this burden from you so that you may not have negative thoughts toward your daughter-in-law, not only toward her, but also toward anyone who has ever offended you. Pray to Him that He may give you strength to love everyone. And when your thoughts become quiet and peaceful, you will see how things change around you."
8. Our young people have also been contaminated, especially the children of intellectuals. They do not have the time to spend with their children and as a result, the children become very self-willed.
9. How do our parents know whether we are good children and love them? If they see that we respect and obey their words.
10. Parents scold their children for every little thing. It is as if they do not know how to talk to them kindly and quietly. When a parent needs to discipline a child, the child must feel that a behind the strictness there is love. It is a great mistake to punish children as soon as they do something wrong, for nothing is achieved that way. We must first calm down and then with a lot of love, tell the child that he has done something wrong and that he must receive some kind of punishment. If the same thing happens again, the child gets a more severe punishment and that is how he learns.
11. A grandmother was criticized by her son and

daughter-in-law for going to church. She asked the Elder what to do. He told her, "No one can expel the Lord from your heart, for He is always there. A person speaks more eloquently with his actions and with his life than with words."

12. God's Divine will works on us through our parents or through our teachers or employers. Our thoughts can be very penetrating, and they have great power. This is especially true of thoughts of parents. A parent must bear much and forgive all. We can help others only if we have good and kind thoughts. If we have thoughts about correcting the faults of others, that is like hitting them. No matter how close a person is to us, he will slip away from us because we have dealt him a blow with our thoughts. And we believe that thoughts are nothing!

13. It is of great significance if there is a person who truly prays in a family. Prayer attracts God's Grace and all the members of the family feel it, even those whose hearts have grown cold. Pray always.

14. Once a girl came to see the Elder and here is how he tells the story. Her father and mother were both doctors. She came to Vitovnica and asked me about many things. She loved her father very much, but not her mother. When I asked her why, she answered that her mother had always wanted a son. I begged her not to wage war against her mother, who had nurtured her in her womb, given her birth, and raised her. Now this girl is her mother's only comfort in life. Twice she had run away to a monastery, but her father had brought her back home. I told her not to sadden her parents and to have patience, for one can be a monastic even without a ryassa (the outer black garment with long sleeves worn by tonsured monastics). The Lord does not measure us by what we wear, but rather requires us to be good and kind.

15. A woman doctor wrote to the Elder some time ago saying, "My husband, who is also a medical doctor, and I have one son. Our son has already wrecked three cars—thank God he is still alive. He wants us to buy him another car now, but we do not have the means. When we come home from work, he tries to take money from us by force. What can I do to solve this problem?" The Elder told her "there was no one to blame, but themselves. They had one son and they granted his every whim from his earliest childhood. When he was younger, his demands were small, but now that he has grown—so have his demands. The only thing they can do now is dedicate a lot of love and a lot of care to their son, so that he might come to his senses and realize that his parents have only his interests in mind. There is no other way, but the way of love. You can see by example how we can improve our life and the lives of those close to us with our thoughts. It is my wish that you succeed in this."

16. There were two brothers whose mother was a good and kind woman, who always told them to respect their father, although he was not exactly a good father to them. That was the way to obtain God's blessing, she said. They are grown men now, and they will not permit anyone to say a bad word about their father. They had a difficult childhood, but they had God's blessing and they are full of life. They are very thankful to God. It was through our parents that God gave us the gift of life. They will have to give an answer for their own behavior; we will not answer for them. What we will have to give an answer for is whether we respected them or not. The situation in our families is very bad because even little children now oppose their parents and talk back to them. That is why things are going so badly for us—the young do not respect their parents anymore. And it is the

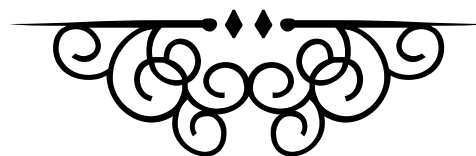
same situation everywhere in the world.

My prayer is that these excerpts from Elder Thaddeus will inspire everyone to read his entire book, which offers more insight into our daily thoughts. Other blessings throughout the book on array of topics include Humility, On Serving God and Neighbor, Monasticism, Repentance, Prayer, Love and more.

Please also enjoy the following quotes from throughout this work for your spiritual edification and enrichment.

- *“Our life depends on the kind of thoughts we nurture. If our thoughts are peaceful, calm, meek, and kind, then that is what our life is like. If our attention is turned to the circumstances in which we live, we are drawn into a whirlpool of thoughts and can have neither peace nor tranquility.”*
- *“Joy is thankfulness, and when we are joyful, that is the best expression of thanks we can offer the Lord, Who delivers us from sorrow and sin.”*
- *“One must love God first, and only then can one love one's closest of kin and neighbors. We must not be idols to one another, for such is not the will of God.”*
- *“One should preach not from one's rational mind but rather from the heart. Only that which is from the heart can touch another heart. One must never attack or oppose anyone. If he who preaches must tell people to keep away from a certain kind of evil, he must do so meekly and humbly, with fear of God.”*
- *“Love is sacrifice. Love sacrifices itself for its neighbor.”*
- *“Repentance is the renewal of life. This means we must free ourselves from all our negative traits and turn toward absolute good. No sin is unforgivable except the sin of unrepentance.”*

- *“Our starting point is always wrong. Instead of beginning with ourselves, we always want to change others first and ourselves last. If everyone would begin first with themselves, then there would be peace all around!”*
- *“Love is the most powerful means of defense there is. There are no weapons and no power that can measure themselves against love. Everything is defeated before [through] love.”*
- *“Humility is a Divine property and the perfection of the Christian life. It is attained through obedience. He who is not obedient cannot gain humility. There are very few in the world today who have obedience. Our humility is in proportion to our obedience.”*
- *“Where there is prayer, the fallen spirits have no power.”*
- *“Righteousness acts never in its own interest, but in the interest of fellow men.”*
- *“The Lord permits many disappointments, sorrows and misfortunes to befall us in this earthly life in order that we might stop placing our trust in the world, which harms us so much, and that we might realize that He alone is the Source of all comfort, peace and stillness.”*
- *“The Lord will not answer every prayer, for if we were to receive fulfillment of our prayers whenever we ask for something, we would be convinced that no one on this earth is wiser or more deserving that we are. We would believe that we do not need anyone's advice on anything. Sometimes the Lord reveals to us answers to certain questions and mysteries in our thoughts, but sometimes He does not, so that we might turn to other people for advice and so humble ourselves.”*



ECCLESIASTICAL NEW YEAR

By Rev. Father Christos P. Mars

As a year closes and a new one begins, there are many traditions that go along with the New Year. Some of these traditions are old and have withstood the test of time, while others are new and specific to families.

In the Byzantine Empire, and more specifically for the Church, the New Year did not begin on January 1st, as it does in our western culture, but at a much different time. The Byzantines' New Year began on September 1st, or the Day of Indiction.

You may ask, "Why is September 1st the start of the New Year?" It all begins with the taxation of citizens and the gathering of information. The Roman Emperors, for the maintenance of their armed forces, decreed that their subjects in every district should be taxed every year. This same decree was reissued every fifteen years, since the Roman soldiers were obliged to serve for fifteen years. At the end of each fifteen-year period, an assessment was made of what economic changes had taken place, and a new tax was decreed, which was to be paid over the span of the fifteen years. This imperial decree, which was issued before the season of winter, was named Indictio, that is, Definition or Order. This name was also adopted by the emperors in Constantinople also. At other times, the latter also used the term Epinemesis, that is, Distribution (Dianome). It is commonly held that Saint



Constantine the Great introduced the Indiction decrees in 312 A.D., after he beheld the sign of the Cross in heaven and vanquished Maxentius at the battle of Milvian Bridge on October 28, 312 A.D. and was proclaimed Emperor in the West. Some, however (and this seems more likely), ascribe the institution of the Indiction to Augustus Caesar, three years before the birth of Christ. Those who hold this view offer as proof the papal bull issued in 781 A.D. This is dated thus: Anno IV, Indictionis LIII -that is, the fourth year of the fifty-third Indiction. From this, we can deduce the aforementioned year (3 B.C.) by multiplying the fifty-two complete Indictions by the number of years in each (15), and adding the three years of the fifty-third Indiction.

There are three types of Indictions:

- 1) That which was introduced in the West, and which is either called Imperial, Caesarean or Constan-

tinian, and which begins on the 24th of September.

2) The so-called Papal Indiction, which begins on the 1st of January.

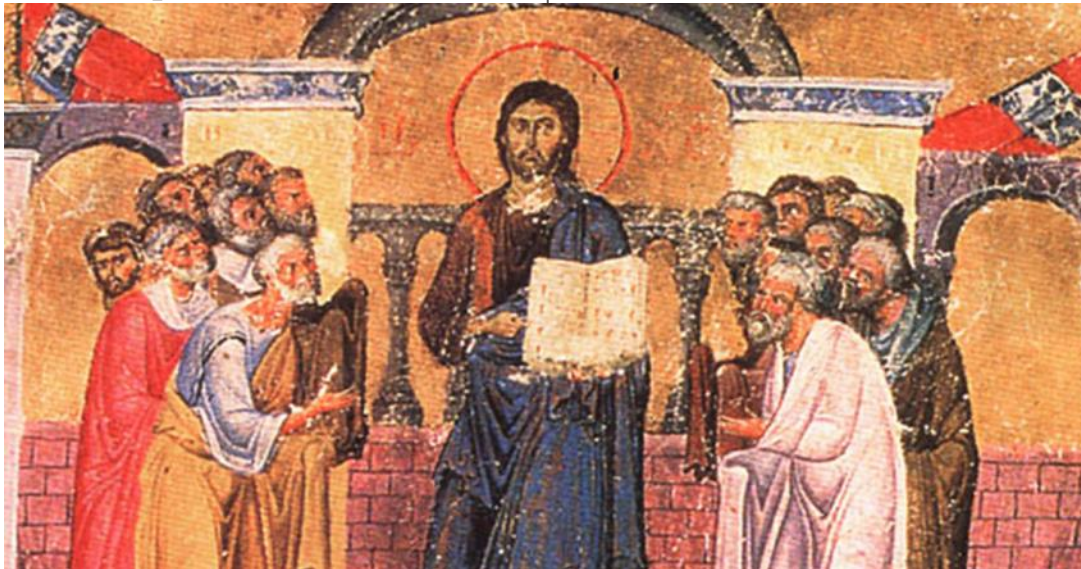
3) The Constantinopolitan, which was adopted by the Patriarchs of that city after the fall of the Eastern Empire in 1453.

This Indiction is indicated in their own hand on the decrees they issue, without the numeration of the fifteen years. This Indiction begins on the 1st of September and is ob-

served with special ceremony in the Church.

Since the completion of each year takes place, as it were, with the harvest and

gathering of the crops into storehouses. We begin anew with the sowing of seed in the earth for the production of future crops, henceforth September is considered the beginning of the New Year. The Church also keeps festival this day, asking God for fair weather, seasonable rains, and an abundance of the fruits of the earth. The Holy Scriptures (Lev. 23:24-5 and Num. 29:1-2) also testify that the people of Israel celebrated the feast of the Blowing of the Trumpets on this day, offering hymns of thanksgiving. In addition to all the aforesaid,

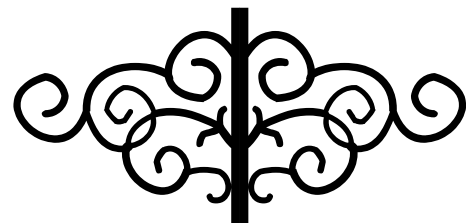


on this feast we also commemorate our Savior's entry into the synagogue in Nazareth, where He was given the book of the Prophet Isaiah to read. He opened it and found the place where it is written, "*The Spirit of the Lord is upon Me, for which cause He hath anointed Me...*" (Luke 4:16-30).

It should be noted that in the present day, the Church has always celebrated the beginning of the New Year on September 1. This was the custom in Constantinople until its fall in 1453 and in Russia until the reign of Peter I.

September 1 is still festively celebrated as the New Year at the Patriarchate of Constantinople. The Jews also celebrate the New Year,

although based according to a moveable calendar, usually falling in September. Our services for January 1st are NOT that of the new year but rather we celebrate our Lord's Circumcision and for the memorial of Saint Basil the Great, without any mention of its being the beginning of a new year.



A WEAPON OF PEACE, A TROPHY INVINCIBLE

By Joshua A. Boyd

Imagine for a moment a dear friend or loved one being hurt or even killed in a gruesome personal attack. Then imagine finding the weapon used, perhaps a knife or gun, and cherishing it. Each year, perhaps on the anniversary of that event, you bring it out for everyone to see and be reminded of what your friend went through. You might even hold it so dear that you begin wearing a small replica of it around your neck, close to your heart. I have heard descriptions of Christians and their relationship to the Cross described in



just this way. Usually, they are offered in good faith as a way to show how truly radical Christianity is. At best though, this is an incomplete understanding of the Cross and its role in our salvation.

The calendar of the Orthodox Church celebrates the Cross in markedly different ways on

two significant days of the year: Great and Holy Friday and September 14 which we call the Exaltation of the Holy and Life-Giving Cross. The first, Holy Friday, encounters the Crucifixion within its original context—as an historical event in the life and death of Jesus during the events of the first Holy Week in Jerusalem. The Exaltation on September 14, by contrast, remembers the Cross for its continuing role in the life of the Church. Hymns of the feast specifically reference multiple events: the visions of Emperor Constantine of the Cross before his battle against Maxentius in 312, the finding of the True Cross by Constantine’s mother, and the second Exaltation of

the Cross after it was looted by the Persians in 614 as well as its subsequent recovery and return to Constantinople in 629.

The question remains though, why is the murder weapon of our Lord held in such esteem? How and why did it become the symbol above all other symbols for Christianity? Why do we associate a weapon of death used against the God-man Jesus Christ with a symbol of victory?

The Church wastes no time addressing these questions in the introductory hymns of the feast of the Exaltation of the Cross. In the first hymn sung at Vespers we learn of how Christ “turned the tables” on the Devil, as it were. *“For when He slew thereon him who had murdered us [the Devil], He gave life again to us the dead... and He granted us to be citizens of heaven”* (First Sticheron for the Cross). All of the hymns for this feast are in fact a treasure trove of poetic exploration on the theme of the Cross. Let us look at just one in more depth:

“Come, all you nations, let us reverence the blessed tree, through which has come the eternal vindication. For he who deceived our forefather Adam by means of a tree is himself ensnared by the Cross... By the blood of God, the venom of the serpent is washed away, and the curse is lifted of the just sentence by the unjust sentence on the Righteous One who was condemned. For it was necessary to remedy tree by tree, and to put an end to the passions suffered by the condemned at the tree by the Passion of the Passionless One. And therefore, glory, O Christ the King, glory to the awesome plan for our salvation, by which You saved everyone...” (Doxastikon for the Cross).

We can see in this beautiful hymn the poetic juxtaposition of the two trees (the Tree of Knowledge and the Tree of the Cross), of the

washing away by the blood, and the lifting of our just sentence by an unjust condemnation.



The Cross here is not only a reminder of the death of our Lord but of what is accomplished by that death, “the awesome plan for our salvation.” It is brought forth here as a trophy in the truest sense of the word—a spoil of war, the confiscated weapon of our overthrown foe. This trophy is raised on high as a Universal Exalta-

tion for all to see. In fact, Mother Mary and Metropolitan Kallistos of Diokleia explain in an introduction to the Feast that the word universal is “an essential element” in the meaning of this feast. As they explain:

“The power of the Cross extends to every part of the universe, and the salvation which it brings embraces the entire creation. That is why, in the ceremony of Exaltation, the clergy take turns in blessing towards each point of the compass: ‘The four ends of the earth, O Christ our God, are sanctified today’ (troparion at the ceremony of Exaltation).”

All the earth is sanctified, set apart, and made holy but it is also put on notice: death has been slain, the passions have been overcome, the devil has no more power here. Just as the first trophies in ancient times were the weapons and standards of the defeated army raised up on a tree or stake on the battlefield, so too we now raise the Cross, the captured weapon of our failed enemy. This is also why we place the Cross above our Churches, why we wear them over our hearts, and especially why we erect them over our graves.

We raise the Cross not only as a sign of our victory, but as the Kontakion of the feast says, “a *weapon of peace*.” In his work *The Prologue of*

Ohrid, St. Nikolai Velimirovic writes:

“The most horrible of the devil’s devisings vanish into nothing when tracing the sign of the Cross. Thus, it is a sign of the Lord Jesus Christ’s love that the Cross—once a sign of criminality and shame—became, through His Crucifixion and Resurrection, the repository of all victorious power and might.”

This is what is meant by “*weapon of peace*.” It is not only a captured spoil of war; through Christ’s love it has been made our own weapon to use against the enemy. What more powerful weapon is there than one which we carry with us at all times, always ready to trace the sign of the Cross with our hands? This is why we teach our children from the earliest age to make the sign of the Cross not only when they are fearful or facing adversity as a weapon, but on almost every occasion. Repetition breeds habit. Incidentally this is also why we repeat prayers as often as we are able and even in the context of our services—in regular prayer and repetition we are forming habits so that when dire need arises God is there at the top of our mind. We want our hand to be making the sign of the Cross before we are even aware of it.

Not only is the Cross our trophy and weapon through Christ’s love, it is a symbol itself of His love and extreme condescension. By His love and condescension on the Cross He has raised



us up and exalted us! And so, in response we exalt Christ and lift up His Cross as an offering to Him, falling down before it and worshiping and venerating the divine treasure of the Cross. “*For it is through the Cross that all the gifts of grace have shined on us*” (Doxastikon of the Lity for the Exaltation).



PARISH REGISTRY

July 15, 2021– August 27, 2021

BIRTHS

Baby Girl born to Erica & Richard Dietz

Baby Boy born to Gabriella & Stephen Lucas

Baby Boy born to Shannon & Dino Harapas

WEDDINGS

Katherine F. Rodriguez & Demetrios Protopapadakis

Maria Caras & Jacob Roy Jeffcoat

Alexandra Nasoulis & Ian Morey

BAPTISMS

Parents: Andreas and Eleanor Hadji

Baby: George Andreas Hadji

Godparent: Philip Hadji

Parents: Alexios and Jaime Hadji

Baby: Philip Alexios Hadji

Godparent: Philip Hadji

Parents: Joseph and Elene Minock

Baby: Christianna Louise Minock

Godparents: Anastasios & Nafseca Tsoumanis

Parents: Justin and Athena Tuohey

Baby: Alexander Gerard

Godparent: Evan Hareras

Parents: Alexandre and Mary Eaccarino

Baby: Elizabeth Vivian Eaccarino

Godparents: Michael & Danielle Halkos

Parents: James and Jennifer Gayler

Baby : James Max Gayler IV

Godparent: Anna Gilmore

Parents: Kyle and Christina Davisson

Baby: Thomas Jobe Davisson

Godparent: Michael Jobe

Parents: Roy and Lauren Wood

Baby: Zachary Wood

Godparents: James Ceavers & Kelsey Haviland

Adult: Eric Andrew Brown

Sponsor: Domenic Carr

Adult: Brandon Joseph Saurine

Sponsors: Krystina Moustakis & Niko Moustakis

ASLEEP IN THE LORD

Jackie (Jason) Leach

Athena Evangellia Anemogiannis

George Callinicos

Iphigenia Mavrogianis (Mother of Maria Paxinos)

Xarilaos “Harry” Angelo Katsoudas

Judith “Judy” Ann Thomas (Mother of Vickie Kipreos)

Evangelos Kougioumtzis

John George Patronis

Spero (Spyridon) Peppas (Sam)

WAYS TO STAY IN TOUCH WITH US



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Annunciation Greek Orthodox Cathedral

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A ROAD TRIP TO GREECE DRIVE-THRU



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“Photography is a way of feeling, of touching, of loving. What you have caught on film is captured forever...It remembers little things, long after you have forgotten everything.”

- Aaron Siskind

There is so much going on with our Cathedral Parish Family!

Help us capture these moments by sharing your photos and videos with us!

We have created a fast and easy way to share and upload your photographs right from your mobile device. Visit <https://www.atlgoc.org/photo-gallery> to get started.

We look forward to using your photos or videos on our website or printed materials.

Thank you for sharing them with us!

Sunday School

Sunday School Registration
for the 2021-2022 school
year is going on **NOW!**

Please visit

www.atlgoc.org/registrations

to register your child(ren) so our
teachers can prepare their materials
and have everything ready for the
upcoming school year.

To see the 2021-2022 Sunday School
Calendar please click [HERE](#).

Youth Activities

GREEK DANCE REGISTRATION

Greek Dance has resumed for all age groups. If you are interested in participating, please click [HERE](#) to register ASAP so we can get an understanding of the number of participants and you can save money. If you have additional questions, please contact the Dance Ministry [HERE](#).

ACOLYTES & HANDMAIDENS REGISTRATION

Acolyte Registration is now open for all boys 10 years of age to 12th grade and Handmaiden Registration is open for all girls 4th grade to 12th grade. For more information please contact George Coumanis at 770-722-6660.

Click [HERE](#) for Acolyte Registration.

Click [HERE](#) for Handmaiden Registration.

COLLEGE OUTREACH

Don't lose touch with the Cathedral while you are away at college! The Annunciation Cathedral wants to stay in touch with all of our students - undergraduate or graduate, attending college far from home or staying in the metro area. Click [HERE](#) to complete the College Outreach registration form.

Philoptochos News

It is hard to believe that August is passing by so quickly! While the pace of Philoptochos has slowed down a bit during the summer months, our outreach has continued.

During the past three months, Philoptochos has continued its Social Services Outreach by offering Kroger gift cards and limited rental assistance to individuals and families who have found themselves in difficult situations.

In addition, Philoptochos donated two full scholarships to the three-week Cathedral Summer Camp to underwrite this great experience for two Cathedral children. They had an amazing time!

Philoptochos presented a gift of a single set of priest vestments to newly ordained priest Father Dionysios (formerly Elias) Lampropoulos who served as our parish pastoral assistant for many years. He is currently serving as the second priest in Knoxville, Tennessee.

Philoptochos also presented a gift of a single set of vestments to Father Andrew Wythe, who served as a Deacon in our parish for several months and who has been newly assigned to his own parish.

We wish both of these priests a blessed ministry as they serve our beloved Orthodox faithful.

You may not know this, but at the end of each Philoptochos two-year term, our Atlanta chapter donates a gift to our Cathedral!

With the conclusion of the 2019-2021 term, the membership voted to donate a new refrigerator to place in the Cathedral Kafeneion. Our membership is excited about this donation! It will arrive for installation the latter part of August!

Newly-elected Philoptochos president Dina Cook has scheduled her first Zoom BOARD meeting on Tuesday, September 7th @ 6:00 p.m.

The monthly GENERAL MEMBERSHIP meeting will take place on Wednesday September 28th at 7:00 p.m. As of this writing, it has not yet been determined if this will be an "in-person" meeting or a Zoom meeting.

All members will receive an advance notice about the general membership meeting, which will include how the meeting will be conducted.

Like so many in our nation today, our meeting scheduling is dependent on health circumstances and precautions.

If you have any questions about joining Philoptochos or participating in its philanthropic outreach, please contact Dina Cook, chapter president.

dinacook58@gmail.com

We are looking forward to a great year of sisterhood and service!

Come join us!

GOOFS



Greek Orthodox Old Fellows (GOOFS)

A hotdog cookout was held on Thursday, July 15, 2021 in the Kafenion and the Courtyard. A crowd of over 70 parishioners participated. Hot dogs, chili, potato salad, coleslaw, frosted orange and special Greek pastries were served.

The GOOFS meet every Tuesday in the Kafenion. Anyone interested in joining the GOOFS are asked to call Mike Balsamides at 404-725-2135.

The GOOFS enjoying a wonderful Greek meal together at the lovely Taste of Greece Restaurant.



Golden Group News

The Golden Group Committee is excited about the year's upcoming events. We've missed seeing everyone and look forward to reconnecting with old friends and greeting new faces. If you are age 60 and over and looking for fun and fellowship, please mark the following Thursdays and Clean Monday on your calendars:

September 16, 2021

October 21, 2021

November 18, 2021

December 16, 2021

January 20, 2022

February 17, 2022

*March 7, 2022 (Clean Monday Church Service/Lenten Pot Luck)

March 17, 2022

May 19, 2022 Picnic at 6:00 pm

Please join us at 10:30 am on these Thursdays for an entertaining program, a delicious lunch, and friendly conversation, location TBD.

More information will follow about our guest speakers and engaging activities. We are also planning a few day trips, so please look for a complete schedule in the mail in addition to announcements in the Weekly Bulletin and in the Annunciator.

September 16, 2021

A day to celebrate being together again!!

Please join us as we joyfully gather to greet friends we haven't seen in a while and to celebrate all of our birthdays from throughout the year. Our first Golden Group luncheon will take place on Thursday, September 16, in Carlos Hall at 10:30 am. A highlight of our get together will be watching the movie, *Η Θεία από το Σικάγο*. Golden Group will sponsor this first luncheon, and we are very appreciative of all the church organizations who have graciously offered to host a luncheon later in the year.

Save the date for our second luncheon on October 21, sponsored by the Arcadian Society.

AHEPA



AHEPA FAMILY DAY

The Ahepa Family gathered in Atlanta, GA on Sunday, July 25th to participate in a memorial service following the Divine Liturgy in recognition of their past Brothers and Sisters for their dedication and devotion to their chapters and the Atlanta community. Following the memorial service, the Ahepa

Family hosted refreshments in Carlos Hall. The Atlanta Ahepa Family is looking forward to celebrating the centennial anniversary in 2022 when the Order of Ahepa was founded in Atlanta, GA on July 26, 1922.

Ahepa Mother Lodge Chapter No. 1 Educational Foundation

Celebrates Thirty-Five Years

In 1986, Ahepa Mother Lodge Chapter No. 1 of Atlanta, GA established the Ahepa Mother Lodge Chapter No. 1 Educational Foundation, Inc., a separate independent non-profit 501 (c) (3) Public Charity to promote various educational programs on behalf of Ahepa in the Atlanta community. The Atlanta Ahepa chapter donated \$5,000 to the foundation in 1986. In 1993, the Board of Directors was expanded to include the Daughters of Penelope. In 2002, the Board of Directors was expanded to include members of Ahepa Prometheus Chapter No. 519, Marietta, GA.

The Ahepa Mother Lodge Chapter No. 1 Educational Foundation currently stands at \$2,132,000.

Since 1986, the Foundation has awarded \$1,146,800 to over 889 recipients for scholastic achievement and financial need.

This May, the Ahepa Mother Lodge Chapter No. 1 Educational Foundation awarded \$73,400 to 49 recipients.



Photo of Charter Board of Directors, 1986

Annunciation Day School

Annunciation Day School (ADS) welcomed back 162 students this new school year along with 35 faculty and staff members. ADS was thrilled to add **nineteen new students** from our Cathedral Parish family increasing Greek Orthodox enrollment to 30% with 42% Orthodox overall. Other denominations of Orthodox students enrolled include Russian, Armenian, Syrian, Egyptian, and Ethiopian. ADS has matured as a school and not only pays its annual operating expenses, but also remits an **annual usage fee to the Cathedral in the amount of \$137,500.**

Along with adding to their accreditations last year with Cognia, ADS has ranked in the top quartile in the nation in Iowa Standardized testing composite scores in March 2021. ADS is also proud to be one of only two accredited Greek Orthodox parochial schools in the nation, serving Preschool - 8th grade.

Our school is looking forward to the annual **Gala, Friday, October 15th, in the Kartos Ballroom.** This year's theme, **Field of Dreams**, encompasses a complete renovation of the current athletic field including installation of artificial turf and plaza area with outdoor restrooms and concession stand. The field renovations will not only benefit the school, but our Cathedral family as well, including members from G.O.Y.A, Hope & Joy, and Summer Camp. To view a 3D rendering of the new proposed athletic field and for Gala tickets and sponsorships, visit www.adsatlanta.org. Field naming opportunities are also available. For more information, contact Sophia Tsiotsias at (404) 565-2850 or marketing@adsatlanta.org.

Parishioners will not want to miss this year's Gala as ADS has secured some incredible auction items including but not limited to:

- **Justin Bieber Concert Tickets** for four & Access to Club Suite with food & drinks (courtesy of Pete Moraitakis)
- **Atlanta United Soccer Owner's Suite** for eight with food & drinks (courtesy of Ron & Vicki Canakaris)
- **Georgia vs. Georgia Tech Club Seats** for four with drinks (courtesy of Geoff & Celyn Fennel)
- **Georgia Aquarium** Sea Lion encounter and behind-the-scenes private tour for Four (courtesy of Mike Vlass & Nancy Bauer)
- **Kyma** curated dinner & wine package (courtesy of Chef Pano Karatassos)

To learn more about ADS, email marketing@adsatlanta.org or schedule a tour at www.adsatlanta.org. Parishioners in good standing receive 5% off tuition.

We look forward to another great and successful school year with our ADS Spartan family!



2021 GALA FIELD of DREAMS



*Proceeds to Benefit Athletic Field Renovations
for Use by the Cathedral & School*

ST. KOSMAS OF AETOLIA HONOREES:
IN MEMORY OF ANDREW & EULA CARLOS

ADS VOLUNTEER HONOREES:
VOULA GIANNAKOPOULOS & VASSIO GIANNAKOPOULOS

OCTOBER 15TH

*CHAMPAGNE RECEPTION: 7PM • DINNER: 8PM
KARTOS BALLROOM | R.S.V.P. BY OCTOBER 4, 2021*

FOR TICKETS AND SPONSORSHIPS:
WWW.ADSATLANTA.ORG

Free Support of Annunciation Day School

PUBLIX Fundraising

Do you shop at Publix? If so, please help ADS with their fundraising efforts and enter our school name in your on-line Publix account! Follow these easy steps:

- 1) Log-in to your account at Publix.com (or create a new one)
- 2) Go to My Account, scroll down to the bottom of the page
- 3) Click on My Publix Partner and search for Annunciation Day School
- 4) Your phone number on your account will now be linked to ADS. At checkout, simply enter your phone number on the keypad. That's it!

Thank you for supporting ADS!

APOGEE State Scholarship Fund

This program uses Georgia State Tax dollars to fund private school scholarships. You can decide where your state taxes are being allocated! Here's how it works: Individual filers can contribute up to \$1,000, joint filers up to \$2,500, and C Corps up to 75% of GA tax liability. Additionally, S Corps and/or partners in an LLC can contribute up to \$10,000 each year. You will receive a dollar-for-dollar GA tax credit for the amount of your contribution. If you pay your taxes throughout the year, you can still participate. The tax credit is based on your total GA tax liability (6% of your stated adjusted gross income) and not on what you may or may not still owe the State at the end of the year.

To redirect your state tax dollars today, simply visit www.apogee123.org and choose Annunciation Day School as your recipient school.

Go to the forms page of the Apogee website

Fill out the forms online or print forms and mail them to Apogee

Write a check to Apogee Scholarship Fund* (or pay via credit card on Apogee's website)

Be sure to choose Annunciation Day School as your recipient school

If you have any questions, please visit <https://apogee123.org> or contact Apogee's Executive Director, John Panessa at 404-419-7123. You may also contact Sophia Tsiotsias, at stsiotsias@adsatlanta.org Director of Communications and Development.

**Thank you to the following parishioners for participating in the
Apogee Scholarship Program to date:**

- Chris & Patti Arapoglou
- James & Helen Panos-Burk
- Manuel & Deidre Chaknis
- Stephen & Maria Chininis
- Drs. Greg & Christine Esper
- Nicholas Grivas
- George & Eleny Katsoudas
- Eric & Amanda Kocefias
- Jimmy & Toula Kostopoulos
- Mark & Dimitra Moraitakis
- James (Jimmy) Nakos
- Costa & Vickie Panos
- Solon & Marianne Patterson
- Justin & Christine Seymour
- Dr. Andrew & Vicky Soulimiotis
- James & Francene Tucker



ONE IN FIVE

U.S. adults experience
mental illness each year



ASSEMBLY OF CANONICAL
ORTHODOX BISHOPS
OF THE UNITED STATES OF AMERICA

Share Your Experience

The Mental Health Task Force of the Assembly of Bishops has created a Mental Health Needs Assessment survey and is asking ALL Orthodox Christians over age 18 to take the survey online. The Survey is completely anonymous and takes only 15 minutes to complete. Information from the survey will be used to create Orthodox mental health resources for the Orthodox faithful. The more people that take the survey, the more accurate our results will be to fully reflect the mental health experiences of our Orthodox communities and guide resource development. Please take the survey and encourage others in your community to take it as well.



Orthodox Mental Health Needs Assessment

To learn more about the Orthodox
Mental Health Needs Assessment survey
and to download the FAQs visit
www.assemblyofbishops.org/mental-health

Scan
Here >>



ST. PHILOTHEA GOLF CLASSIC BENEFITING
BREAD FOR LIFE

Monday, September 13, 2021
The Georgia Club

REGISTER NOW

Bread for Life

Hospitality Job Training to Employment Program

offers service industry hands-on training, professional instruction and community support to individuals who desire to improve their lives through the development of transferable skills leading to successful careers in the hospitality and other service industries

FOR SECOND-CHANCE OPPORTUNITIES

OCT
3



DAUGHTERS OF PENELOPE
Scholarship Fundraiser
October 3, 2021 at 4:30pm

WINE & CHEESE TASTING with WINE RAFFLE
AHEPA House Patio
2025 Ludovle Ln Decatur, Ga 30033
Wine Raffle tickets 1 for \$10 or 3 for \$25

Please join us for this fun fall event as we raffle off some amazing bottles to support
The DOP/AHEPA Family Scholarship Foundation and other Charities.

Ticket stubs and/or checks to Sherry Kliossis in enclosed envelopes
Paypal @ Daughters53

Call Mary Alice George at 678-521-4147 for Square payments
Email dopmenelaos53@gmail.com or call Sherry Kliossis at 404-797-3849 with questions

Can't wait to see you soon!!!



Guidelines for Scheduling Meetings

Administrating a large parish takes some careful planning and so we remind our many ministries and cultural organizations to keep in mind the following when scheduling meetings at the Cathedral.

- No meetings should ever be scheduled during Church Services
- All Ministry meetings should take place on Monday or Tuesday evenings between the hours of 5 – 9 PM
- All Meetings should be scheduled on the hour, limiting each meeting to one hour when possible
- All Meetings dates and times must be approved by the Cathedral Administrator and/or Clergy
- Meetings will be placed on the Cathedral Master Calendar by the Administrative Staff
- Meeting space will be assigned by the Administrative Staff and may be changed as the need arises
- Exceptions will be considered in extenuating circumstances

We thank you for your understanding as we try to accommodate all that is happening with our Annunciation Cathedral Parish Family!

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All news can be e-mailed to 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.