## Annunciator Greek Orthodox Cathedral of the Annunciation

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#### ST. NEKTARIOS, THE WONDERWORKER AND BISHOP OF PENTAPOLIS ON REPENTANCE EXCERPTS FROM THE BOOK BY THE SAINT ENTITLED, "CONCERNING THE IMMORTALITY OF THE SOUL" Compiled by Father Paul A. Kaplanis

Something extraordinary is about to take place at with the name Anastasios Kephalas, he began a theatre near you! It is an unprecedented phe- working and studying in Constantinople at the nomenon for a movie, based on the life of an Or- age of 14. Six years later, he travelled to the isthodox Saint, which will be released nationally. land of Chios, and entered a monastery. From Who could imagine something so Orthodox like there, he went to serve under Patriarch

this appearing on the big screen? The movie will be in our local theatres on Monday, March 21 at 7 PM. It is a movie entitled, "Man of God" and it depicts the trials and tribulations of the Greek Orthodox Saint Nektarios of Aegina, as he bears the unjust hatred of people while preaching the Word of God. Oftentimes, when we think of saints, our recollection is of people who lived centuries ago. On the contrary, St. Nektarios, lived and died in the earlier part of the twentieth century. Born in Selyvria, Thrace, on October of 1846

Sophronios of Alexandria, Egypt. There is much more about his life that can be stated, but all this can be learned by attending the movie about his life as stated above.

St. Nektarios died on November 9, 1920. He is a true icon of Christian love and patience. As people of faith, we offer prayers as a means of help for all. He is considered to be the Patron Saint for people who have cancer, heart trouble, arthritis, epilepsy sicknesses. and other Nektarios encouraged others by being with them in difficult times. He prayed to God



problems. We can embrace him as our example. Among the many miracles and other accomplishments this amazing Saint of our Church also left us many of his writings. He wrote them to guide his flock to our Lord and Savior Jesus Christ. In this article we will learn his thoughts on the topic of Repentance.

cording to St. John of Damaskos, repentthrough ascesis and toil. Moreover, it is a voluntary return from transgressions tomeans exercise, practice or training. It can refer to the austere mode of life of monastics. In addition, it can also mean in a broader sense, the practice of piety, a devout life, or any spiritual exercise, training or discipline (i.e. prayer and fasting), carried out by all Christians. Toil, of course, is the hard work and struggle it takes to combat all the things that constantly tempt us to stray away from God.

The signs of repentance are remorse and change of mind, while characteristics of repentance include contrition of the heart, tears, the rejection of sin, and the love for virtue. Repentance must, of necessity, be sincere. True repentance is a change of mind for one's actions, an alteration of one's ethical life, a change toward the better, complete rejection of one's previous life and sin, a steadfast willingness to exercise virtue, complete unification of one's own will with the Divine Will. Therefore, repentance is an ethical rebirth of a person and the starting point of a new, virtuous life.

the Prophet Isaiah who calls upon the people to next, lest you are crushed as you wait. The time repent and return to God. He prophesies to them of death is unknown and it is unknown for a saying, "Wash you, be clean, remove your iniq- reason, so that you may always be vigilant." uities from your souls before mine eyes; cease St. Gregory the Theologian also says: "It is not

to give them peace and courage to face their from your iniquities; learn to do well; diligently seek judgment, deliver him that is suffering wrong, ... And come let us reason together, says the Lord: and though your sins be as purple, I will make them white as snow; and though they be as scarlet, I will make them white as wool" (Isa. 1:16-18).

He who truly repents has a broken and humbled St. Nektarios Concerning Repentance: Ac- heart. David, the prophet and kind, is a true example of repentance. Through his life and the ance is a return from the unnatural to the Psalms he authored, we learn of the transfornatural state and from the devil to God mation of his mind, heart, soul and body, both the inner and outer man bear witness to his true change of mind and his burning desire to apward opposite virtues. The word ascesis pease God. Similar examples are also the repentance of Manasseh, the kind of Judah; The Ninevites (Jonah 3:5-10); the publican (Lk. 18:13); and the prodigal son (Lk. 15:21). The repentance also of Zacchaeus simultaneously indicates both the manner in which the cure of sin takes place and the manner in which the offended Righteousness is compensated. Zacchaeus "Behold, Lord, the half of my goods I give to the poor; and if I have taken anything from any man by false accusation, I restore it fourfold" (Lk. 19:8). The myrrh of the repentant harlot, the tears of Peter and the repentant thief are most expressive examples of true repentance and concurrently, of God's love toward humanity.

We are Obligated to Hasten Toward Repent-

Our concern for our salvation must be without delay due to the impending danger to our soul's salvation. He who is unconcerned about the salvation of his soul is at risk of twofold danger: he may either be unexpectedly snatched by death or abandoned by the grace of God. This is why St. John Chrysostom says, "Do not delay return-A model for true repentance is given to us by ing to the Lord, nor wait from one day to the

yourself, because you know nothing for certain its power overcomes even the natural law. Conabout tomorrow. Many, having planned many sequently, when habit reigns over us, we submit things, did not make it to tomorrow." The grace to it and become its slave. Free will has lost its of God abandons the unrepentant person be- independence permanently and even attempt to cause this person has disregarded the wealth of regain the lost freedom is in vain. Therefore, it God's kindness, tolerance and forbearance. We is necessary to hasten to repentance before sin should not regard God's tolerance and forbearance as slowness, because He is not slow, but possible for us to be saved." forbears not wishing anyone of us to perish, but The divine St. John Chrysostom states, "It is not for all of us to come to repentance. Therefore, as terrible to fall; but having fallen, to remain lylong as grace invites us, we are obligated to ap- ing down and not rise up; to conceal the weakproach continually. What happens, when we do ness of one's disposition with thoughts of desnot put forth and honest and sincere effort to repent? Does God force us to accept His Grace? Is their hope for us to repent when we have a man, but to persist in sin, this is not human." chronic sinful habit?

According to St. Nektarios, "The habit resulting from the continual repetition of a sin becomes a natural state within man and renders itself so



necessary to wait for a specific time to correct powerful that man is no longer able to resist it: becomes a habit for us; because then, it is im-

> pair, while remaining inert and purposely neglecting one's obligations. To sin is, perhaps hu-

> **Concerning True Repentance and its Fruits** St. Nekarios makes a very encouraging statement that gives us all hope, he says, "No one ever perished having used the effective medicine of repentance." The wise Didymos says, "that true repentance makes the mind of a person who repents clean." St. Neilos states, "that good repentance is tremendously powerful for salvation, which we should continually cultivate in order for us to be saved and not perish; because when you return and sign according to the Prophet Isaiah, then you will be saved." Moreover, St. John Chrysostom declares: "Repentance is the cause of the Kingdom of Heaven, the entrance to Paradise, and the enjoyment of eternal delight. St. Clement of Alexandria more insight into the act of repentance. He says, "True repentance is to be found guilty no longer of the same things, but to uproot them altogether from the soul. To repent truly is to cease from sin and to look back no longer. And, it is not good to sin, but it is also good for the sinful person to repent; just as it is excellent to be healthy always, it is also good to recover after illness." St. Basil the Great adds, "Neither despair nor cease from praying, but approach even though you are sinful, so that you may glorify the Master and

kindness when your sins are forgiven."

the Lover of Mankind

ye that labor and are heaven laden, and I will rusalem" (Luke 24:47). give you rest" (Matthew 11:28). One of the most With this in mind, we will now all journey comforting petitions in the Holy Sacrament of through Great Lent keeping our eyes on Holy Confession prays, "That the Lord, God will Week remembering the sacrificial, deep love that grant to him/her remission of sins and time for our Lord has for us providing every opportunity repentance, let us pray to the Lord." God gives for our salvation. us the extra time we need for repentance. He waits patiently for us to recognize we arrived to the point of true repentance and are ready to ask God for forgiveness.

give Him the opportunity to show His loving-St. Nektarios concludes his writings on repentance by reinforcing that the main purpose of the Concerning the Invitation to Sinners by God preaching of the Apostles, as noted in the scriptures, centered on repentance to all the nations, We know from scripture that St. John the Baptist starting from Jerusalem: "Thus is it written and and Forerunner of Christ was the herald of re-thus is behooved Christ to suffer, and to rise pentance. The Savior Himself came preaching from the dead on the third day; and that repentrepentance and forgiveness of sins and we are ance and remission of sins should be preached reminded of this when he says, "Come unto Me, in His name among the nations, beginning at Je-

Καλή Σαρρασοστή! A Blessed Great Lent!





St. Nektarios Greek Orthodox Monastery on the Island of Aegina, Greece

#### A BRIEF EXPLANATION OF THE GREAT COMPLINE

By Rev. Father Christos P. Mars

The overnight hours have always offered the this liturgical hour to St. Benedict of Nursia opportunity for man and God to communicate (547), in the beginning of the 6th century. Howand have a relationship. This is because man ever, more ancient sources trace its origins to at this time has a certain capacity to remove St. Basil the Great (379) who established a himself from the earth, in order to develop his prayer at this time as there was no service pripath towards heaven. The Lord Himself often or to this point. The service was also menprayed at night: "He went out to the mountain tioned in a passage of Eusebius (340) and in to pray, and continued all night in prayer to another in St. Ambrose (397), as well as in God" (Lk. 6:12). The Church, realizing this John Cassian (435). These texts bear witness to need of man, established that besides one's the private custom of saying a prayer before personal prayers there ought to be common retiring to rest (sleep). If this was not the ca-

known as Compline [Gr: Apodeipnon]. It was named Apodeipnon because it was established to be performed "after supper" [apo deipno].

From the time of the early Church, the practice of seven fixed times have prayer been taught; in the book Apostolic Tradition, Hippolytus instructed Christians to pray seven times a day

at bedtime, at midnight" and "the third, sixth sleep, in which practice we find the most reand ninth hours of the day, being hours asso- mote origin of our Compline. ciated with Christ's Passion."

prayers for this time, and they came to be nonical hour of the Compline, it was certainly

a preliminary step towards it.

It might be possible to reconcile these different sentiments by stating that based on the established fact, Basil instituted and organized the hour of the Compline for the East, Benedict St. Nursia did for the West. There existed as early as the days of St. Cyprian (258) Clement of Alexandria

"on rising, at the lighting of the evening lamp, (218) the custom of reciting a prayer before

Nevertheless, the Compline was established The origin of the Compline has given rise to and over time more Psalms, hymns and prayconsiderable discussion among liturgists. In ers were added. It was around the fourteenth the past, general opinion ascribed the origin of century, where it seemed necessary to shorten



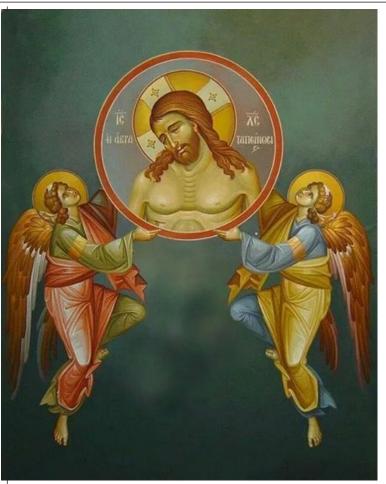
the Compline, which over the years became quite lengthy due to continuous additions. Eventually the service of the Small Compline was created, which is read throughout most of the year. The older and more extensive service prevailed to be read during the period of Great Lent and came to be known as the Great Compline. Since Great Lent is a solemn period, this service is a prayer for the forgiveness of the sins of the day and for an unscandalous passage through the night.

The Great Compline is read on Monday, Tuesday, Wednesday and Thursday nights during Great Lent. In addition, on Wednesday night the Divine Liturgy of the Presanctified Gifts is celebrated, and Friday night the Small Compline along with the Salutations to the Most Holy Theotokos is chanted. Saturday night the Small Compline is read. In monasteries, the Small Compline is read in the narthex of the church. The entire Great Compline is read in the nave.

Unlike the Small Compline, the Great Compline has portions of the service which are chanted by the Choir and during Lent the Prayer of St. Ephraim the Syrian (373) is said with prostrations. During the First Week of Great Lent, the Great Canon of St. Andrew of Crete (740) is divided into four portions and read on Monday through Thursday nights.

Compline, it is not uncommon for the priest to hear Confession during the service.

Great Compline is composed of three sections, each beginning with the call to prayer, "Come, let us worship...":



#### First Part

Psalms 4, 6, and 12; Glory..., etc.; Psalms 24, 30, 90; then the hymn "God is With Us" and troparia, the Creed, the hymn "Most Holy Lady Theotokos," the Trisagion and Troparia of the Day, "Lord, have mercy" (40 times), "More honorable than the Cherubim..." and the Prayer of St. Basil the Great.

#### **Second Part**

Psalms 50, 101, and the Prayer of Manasses; the Trisagion, and Troparia of Repentance, "Lord, Due to the penitential nature of the Great have mercy" (40 times), "More honorable than the Cherubim..." and the Prayer of St. Mardarios.

#### **Third Part**

Psalms 69, 142, and the Small Doxology; then the Canon followed by "Axion Estin," the Trisagion, the hymn "Lord of the Powers...," the Hours, "More honorable than the Cheru- self to the grace and mercy of God. bim...," the Prayer of St. Ephraim the Syrian, final blessing by the priest, all prostrate them- ered us from every arrow that flies by day... sory prayer. Then the litany and the venera- blamelessly...." tion of icons and relics.

Great Compline, the believer is able to make when we are being tested. Man is tested and an inventory of the events of the day that grieved day and night, until he cries out: "Lord passed. This self-evaluation will help stir of the Powers, be with us, for in times of diswithin him repentance for his spiritual fail- tress, we have no other help but You. O Lord ures. "Every single night I dampen my bed: I of the Powers, have mercy on us." drench my couch with tears." (Ps. 6:6).

During the Great Compline we chant two anof

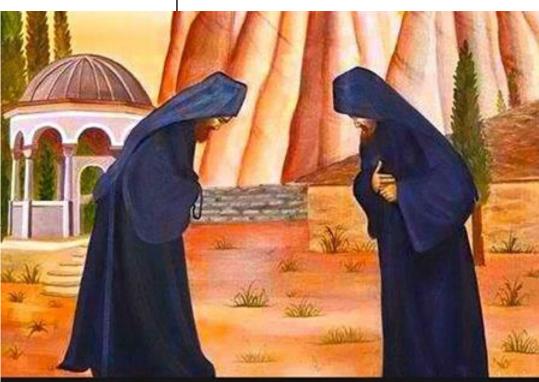
cient hymns our Church. The first is "God is with us, know it vou nations and be submissive. For God is with us." This comes from the hymn of Isaiah in the ninth chapter of his Old Testament book. The second poem chanted begins "The world of the Bodiless Cherubim. with hymns sings Your glory incessantly." It is a hymn of doxology addressed to God the Father, which is an expression of the soul's exaltation of man to God. Man, with this doxolog-

"Lord, have mercy" (40 times), the Prayer of ical hymn, has the feeling of abandoning him-

Trisagion, followed by the Prayer of Paul the We thus observe that God's ineffable love for Monk to the Theotokos, and the Prayer to Je- man extends even when he sleeps. This fact is sus Christ of Antiochos the Monk followed by emphasized in the following prayer by St. the mutual forgiveness. Instead of the normal Basil the Great: "Lord, Lord, Who has delivselves while the priest reads a special interces- Make us worthy to traverse the time of night

Only God can provide effective assistance for With the help of the Psalms and the prayers of His creation in every course of life, especially





"For if you forgive men their trespasses, your heavenly Father will also forgive you." (Matthew 6:14)

#### **PARISH REGISTRY**

January 28, 2021-February 28, 2022

#### **WEDDINGS**

Samuel Powell & Andromaji Babatsias Michael Kapin & Jordan Constance Carlos

#### **BAPTISMS**

Parents: Samuel Powell & Andromaji Babatsias

**Baby**: Maia Victoria Powell **Godparent**: Ioannis Babatsias

Parents: Samuel Powell & Andromaji Babatsias

**Baby**: Vanna Nicole Powell **Godparent**: Erasmia Babatsias

Parents: Cliff and Maria Israel Baby: Mary Margaret Louise Godparent: Anastasia Nassios

#### ASLEEP IN THE LORD

Mary A. Panos



Toannis Papaspyrou Cell: 404-921-4980

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E-mail:ioannismusiclessons@aol.com

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(You may also visit the Cathedral website, <u>www.atlgoc.org</u>, for more information about giving options.)



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please visit our YouTube channel:

(https://www.youtube.com/c/atlgoc)

and Subscribe, or select the button above.

## Golden Group News

B-4, I-17, N-42, G-60, 0-72 BINGO!! Our February Valentine Luncheon, hosted by the Daughters of Penelope, was well attended by many lucky seniors! We enjoyed a delicious catered lunch, our annual bingo marathon guided by expert callers, George Peppas and Manuel Petkas, and a wonderful fellowship opportunity with dear friends. We thank chairwoman, Theo Economy, and the numerous Daughters who donated prizes, candy, desserts, financial contributions, and their time to make the event a special one. We also appreciate the beautiful artwork the Annunciation Day School students created to adorn the tables along with Stephanie Kantsios' decorative centerpieces.

Please mark your calendars for Monday, March 7, the first day of Great Lent. Following the Clean Monday Holy Unction Service in the Cathedral at 9:30 am, the Golden Group will host a community Lenten Pot Luck Luncheon to begin approximately at 11:30 am. Everyone is asked to bring a Lenten dish (No meat or dairy, please) to serve at least four people. Fr. Christos, our guest speaker, will provide inspiration and reflection as we begin our Lenten journey this year.

On Thursday, March 24, our monthly Luncheon will be hosted by the Cathedral's Philoptochos. Please join us in the Kartos Ballroom to hear an informative presentation by the Consul of Greece.



## Philoptochos News

February was a special month on the calendar of all Philoptochos chapters That's because it was Philoptochos Membership Month!

Our chapter is held its annual membership drive and our goal is to have every woman in our parish become a supporting member!

Philoptochos is such a great philanthropic organization where Orthodox women come together to laugh, work, create friendships and offer hands-on outreach to those in need!

Even if you cannot attend monthly meetings on a regular basis or volunteer for our outreach activities, your financial membership donation plays a vital role in the ability of Philoptochos to serve others.

TO OFFER YOUR STEWARDSHIP DONATION – Thanks so much!

Mail & make checks payable to "Annunciation Cathedral Philoptochos 5017, INC Or go online to atlgoc.org & follow the "Philoptochos Membership" link.

(A minimum donation of \$50.00 is suggested)

#### WHAT ELSE HAS BEEN HAPPENING??

- On Sunday, February 6<sup>th</sup>, our chapter celebrated its nameday "Ypapanti" with a beautiful reception in Carlos Hall.
- At the same reception, in recognition of Breast Cancer Awareness Month, we celebrated our Cathedral "SASS" organization "St. Agatha's Support Squad".
- Philoptochos Scholarship applications are now available. Each year our Philoptochos donates three college Scholarships in the amount of \$2,000 each to three Cathedral students who are either high school seniors or current college students. These are the Anna Mae Livaditis, Olga G. Biehler Memorial & Philoptochos Scholarships.
- For application details, go to atlgoc.org & click on "Philoptochos Scholarships"
- Recent donations given by our Philoptochos chapter:
- \$1,000 to International Orthodox Christian Charities for relief aid to areas where natural disasters have taken place. (iocc.org).
- \$1,000 to "Helping Mamas" an outstanding local agency that provides essential baby items and feminine hygiene items to women that need them most. (helpingmamas.org)
- Upcoming General Meeting Tuesday, March 22, 2022, 7:00 p.m. in the Kartos Ballroom. We will have a speaker on human trafficking. More details to follow!
- Spring Philoptochos fundraisers are being planned, which will include the annual "Pascha Red Eggs" and koulouria sale. Online ordering will be available at the appropriate time.

Don't forget your Philoptochos membership stewardship!
Philoptochos extends warmest wishes to all our parishioners for a Blessed Lenten season as we approach this sacred time.



Left: Philoptochos members Joanna Snider, Valine Georgeson & Vickie Klemis a \$1,000 check to local non-profit agency "Helping Mamas"

Right: Seated Philoptochos President Dina Cook is ready to welcome & sign up all the women in our parish as Philoptochos members!



## Philoptochos News Continued

Dear Annunciation Cathedral Ladies,

The purpose of this letter is to reach all the ladies of our parish and inform them once more about our Philoptochos Society. Did you know that Philoptochos was established **90 years** ago by Archbishop Athenagoras as the philanthropic arm of the Greek Orthodox Church of America? In those 90 years, our mothers, grandmothers, and great-grandmothers have been instrumental in making the Greek Orthodox Ladies Philoptochos Society one of the largest women's philanthropic religious organizations in the United States. Philoptochos is a ministry of Christian love. It links us with the great philanthropic tradition of our church, a tradition that goes all the way back to the beginning of Christianity.

Our Ypapanti Chapter contributes to numerous charities that are supported by our Archdiocese, Metropolis, and Parish. We also have outreach into the wider community. In 2021, our Philoptochos Chapter made the following financial donations:

- · \$12,200 to St. Basil's Academy in Garrison, NY
- \$12,000 in assistance for rent and utilities for needy families
- \$6,000 for grocery and gasoline gift cards
- \$3,000 for 500 health kits for IOCC
- \$6,655 to Toys for Tots
- · \$1,000 to Nicholas House
- \$1,000 to IOCC for tornado relief
- \$2,000 to Go Against Traffic
- · \$3,000 to Loaves and Fishes
- \$1,000 to Hellenic College/Holy Cross
- \$1,000 to Georgia Center for Child Advocacy
- · \$6,000 in College Scholarship Awards \$2,000 each to three Cathedral students: The Philoptochos Scholarship, The Anna Mae Livaditis Scholarship, and the Olga Biehler Scholarship

Our Ypapanti Philoptochos Chapter is currently holding a membership drive and it is our goal for every woman in our parish, 18 years of age or older, to become a supporting member. Most importantly, we encourage you to go further and become a participating member. We know that your involvement will enhance our organization. When we combine our individual strengths and skills, great things can happen! We all have busy, active personal lives and it is sometimes difficult to squeeze in one more thing, but when you join Philoptochos you can set the schedule that works for you. Undoubtedly, you will gain a hundredfold from whatever you give. Involvement brings the fellowship and fun of shared endeavors and the certainty that we are doing something meaningful and worthwhile.

If you wish to join or have questions, please contact Presvytera Evi Kaplanis at 919-427-5949, or Margaret Stewart at 404-918-0615, or come to our meetings.

With God's Blessings,

## Saint Photini Outreach Ministry

The Saint Photini Outreach Ministry (SPOM) is our Annunciation Cathedral's vessel which supports efforts that involve reaching out to those in need or who are suffering in other ways.

#### **IOCC Souper Bowl Sunday of Caring**

On Sunday, February 13<sup>th</sup>, we were graced to have Lou Zagami, Development Director Officer from International Orthodox Christian Charities (IOCC) speak to our Parish Family. Lou shared how IOCC's humanitarian programs reach out world-wide serving those who have experienced difficult or tragic events, such as the recent fires in Greece, and the hurricanes and tornados in the southern United States. Lou let us know how a single donation of just \$100 can be spread to equal \$700 in needed supplies, etc.



We are extremely grateful to our Parish family for their online and check donations. On Sunday, Lou was presented and honored to receive two separate donations, one from our Cathedral by Father Paul Kaplanis and a second from our Ypapanti Ladies Philoptochos Society by Presvytera Evi Kaplanis and Margaret Stewart. We are pleased to announce the combined total for IOCC donations from these events was \$2400.

#### Saint Photini Souper Bowl of Caring - Soup Collection

The soups collected on Sundays February 6<sup>th</sup> and 13<sup>th</sup> for Souper Bowl of Caring were delivered on Tuesday, February 16th to the Toco Hills Alliance Community Pantry. Rev. Dr Lisa

Heilig, Executive Director was excited with the amount received and let us know that our donations would go towards feeding 250 people or a week's worth of food.

#### Saint Photini Outreach Ministry Visitation Committee - Shut-Ins/Homebound

Our Cathedral's SPOM Visitation Committee continues to brighten the spirits of our Shut-Ins Homebound through phone calls, wonderful hand-painted cards with inspirational messages sentquarterly, as well as cards sent throughout the year for Birthdays, Christmas, Valentines and Pascha. To add a loved one to this list, please call the Cathedral office at Cathedral office at 404-633-5870.

Due to the recent Covid variant, our in-person visits to our Shut-Ins/Homebound has been placed on a temporary hold. We look forward to being able to visit in the near future!

We invite you to join and participate in the philanthropic and outreach events sponsored by our Annunciation Cathedral's Saint Photini Outreach Ministry. We welcome new ideas and fellowship!! Please contact Vickie Klemis at <a href="wickieklemis@gmail.com">wickieklemis@gmail.com</a> to be added to this growing ministry for future meetings and activities.





"Just as Christ met Saint Photini where she was in her life, our Annunciation Cathedral Saint Photini Outreach Ministry strives to follow the example of our patron saint to reach out and meet people where they are."

#### SPECIAL GIFTS FOR GREAT LENT & HOLY WEEK

Items needed during Great Lent and Holy Week which can be donated in memory or for the health of a loved one: Please note: If an item is already selected the donation will be applied to items needed.

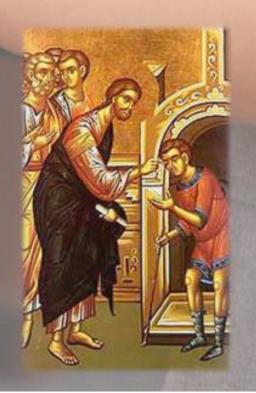
ITEMS	иотдиоа сетгеррид
Flowers for Icon of the Virgin Mary for Heretismi (Week 1)	\$150
Flowers for Icon of the Virgin Mary for Heretismi (Week 2)	\$150
Flowers for Icon of the Virgin Mary for Heretismi (Week 3)	\$150
Flowers for Icon of the Virgin Mary for Heretismi (Week 4)	\$150
Flowers for Icon of the Virgin Mary for Akathistos (Week 5)	\$150
Flowers for Icon of the Annunciation (March 25)	\$200- Donated
Artoclasia for Vespers for the Annunciation (March 24)	\$100
Artoclasia for the Feast of the Annunciation (March 25)	\$100
Flowers for Icon of the Annunciation for the Icon Screen	\$1,500
Daffodils for Sunday of Holy Cross	\$750 Donated
Prosphoron	\$10 each
Wine for Holy Communion, case of 6	\$180 per case
Olive Oil used in the Altar	\$250
Charcoal	\$75
Incense	\$100
Rose Water	\$50
Candles for Altar Boys	\$300
Safety Cups for Holy Friday and Easter Sunday	\$300
Floral Arch over Royal Gates	\$250 Donated
Flowers for Icon of Saturday of Lazarus	\$150
Palms (Fans & Strips for making Crosses)	\$750
Flowers for Icon of Palm Sunday	\$150
Flowers for Icon of Nymphios (3 days)	\$150 per day
Flowers for Icon of Mystical Supper	\$150
Supplies for Holy Unction (Olive Oil, Rose Oil, flour)	\$100
7 Candles for Holy Unction Bowl	\$25
3 Candles for the Cross of Christ (4 Services)	\$100 each
Candles for Holy Thursday Night (12)	\$150
Wreath that hangs from Cross (1)	\$200
Other Wreaths around base of Cross (2)	\$100 each
Flowers for Icon of the Crucifixion	\$150
Candles for Epitaphion (4)	\$50 each
Rose Petals	\$35
Tulle for covering of Epitaphios cloth	\$50
Flowers for Icon of Epitaphios	\$150
Bay Leaves	\$50
Flowers for Icon of Resurrection (2)	\$150 each
Decorated Easter candles for Clergy (4)	\$100 each
Eggs and Dye	\$300
Tulle Bags & Ribbon for Red Eggs	\$200- Donated
Lilies	\$35 each
500 Chocolate Easter Bunnies	\$300 Donated

## HOLY UNCTION

ON CLEAN MONDAY

PLEASE JOIN US ON MONDAY, MARCH 7,2022 AT 9:30 AM TO PARTICIPATE IN THE SACRAMENT OF HOLY UNCTION AS WE BEGIN OUR JOURNEY THROUGH GREAT LENT.

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





#### WEDNESDAYS DURING GREAT LENT

An Opportunity for Spiritual Enrichment

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

March 9<sup>th</sup> His Grace Bishop Andrei of Cleveland Speaking on the topic "Lenten Reflections"

March 16<sup>th</sup> Rev. Dr. Jonathan Resmini
Speaking on the topic "Practicing our Faith: Why we do what we do"

March 23<sup>rd</sup> Brittney Reese Thomas Speaking on the topic "Reevaluating my Ego"

March 30<sup>th</sup> Beth Moraitakis
Speaking on the topic "My God is Still the Same"

April 6<sup>th</sup> Michelle (Melear) Hoon Speaking on the topic "My Journey to Orthodoxy"

April 13<sup>th</sup> Michelle Torski
Speaking on the topic "Seeking Vocation in a Secular World"

### Sunday of Orthodoxy March 13th

HAMPHAGE ENCERS KARONTERONS

On Sunday, March 13th, during the Divine Liturgy, we as a Cathedral Parish Family will participate in the Sunday of Orthodoxy procession. Everyone will process around the front drive of the Cathedral during the Divine Liturgy to experience the proclamation, commemorating the restoration of the Holy Icons. The Orthros and Hierarchical Divine Liturgy will be presided by His Grace Bishop Andrei of Cleveland.

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



#### **SUNDAY OF ORTHODOXY**

MARCH 13, 2022 VESPERS AT 5:00 PM RECEPTION TO FOLLOW

## ICON OF CHRIST IN ME ANNUNCIATION CATHEDRAL 2500 CLAIRMONT ROAD, N.E., ATLANTA, GA

#### **GUEST SPEAKER**

#### HIS GRACE BISHOP ANDREI (HOARSTE) PHD

HIS GRACE SERVED AS PASTORAL ASSISTANT AT THE ANNUNCIATION CATHEDRAL IN ATLANTA, GEORGIA. HE ATTENDED THE PONTIFICAL ORIENTAL INSTITUTE IN ROME, ITALY, WHERE HE PURSED HIS DOCTORAL RESEARCH IN THE FIELD OF DOGMATICS/LITURGICS, WITH A THESIS NAMED, "SPIRIT AND SPIRITEDNESS IN ST. JOHN DAMASCENE'S OCTOECHOS ANTIPHONS." ON JUNE 6, 2019, HE SUCCESSFULLY DEFENDED HIS THESIS AND WAS A GRANTED THE DOCTORATE IN THEOLOGY DEGREE WITH "SUMMA CUM LAUDE." HE CURRENTLY SERVES AS THE AUXILIARY BISHOP OF CLEVELAND OF THE ROMANIAN ORTHODOX EPISCOPATE OF AMERICA UNDER ARCHBISHOP NATHANIEL.



# SACRAMENT OF HOLY CONFESSION

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

Every Friday Evening During Great Lent (3/11, 3/18, 3/25, 4/1, 4/8, 4/15)

Palm Sunday Evening (4/17) Holy Monday Evening (4/18) Holy Tuesday Evening (4/19)

or by appointment by contacting either Fr. Paul at frpaulk@atlgoc.org

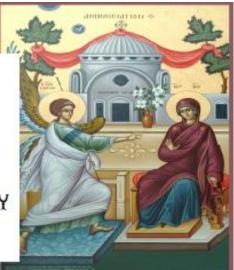
Fr. Christos at frchristos@atlgoc.org

For preparation for Holy Confession please refer to <a href="https://www.atlgoc.org/sacraments">www.atlgoc.org/sacraments</a> and then select Confession.



## THE FEAST OF THE ANNUNCIATION &

THE COMMEMORATION OF GREEK INDEPENDENCE DAY MARCH 24-27, 2022



#### A Weekend to Share our Greek Orthodox Faith

#### Special Guest Speaker - Professor Eve Tibbs



(Paraskevè) Tibbs is an Affiliate Associate Professor of Theology at Fuller Theological Seminary, where she teaches Historical Theology, Systematic Theology, and Eastern Orthodoxy Theology. Dr. Tibbs has recently completed a textbook entitled A Basic Guide to Eastern Orthodox Theology: Introducing Beliefs and Practices, which was published by Baker Academic in July, 2021 with a foreword by His All Holiness Ecumenical Patriarch Bartholomew.

Thursday, March 24, 2022 5:30 pm Great Vespers in the Cathedral Homily by The Very Reverend George J. Tsahakis

Friday, March 25, 2022
8:00 am Orthros in the Cathedral
9:00 am Divine Liturgy in the Cathedral
6:30 pm Great Vespers with 3rd Salutations
Homily by Professor Tibbs: "The Annunciation: A New Hope"

Saturday, March 26, 2022
Presentations by Professor Eve Tibbs & Steve Tibbs
10:00 am "Resuming our Life in the Church: Understanding the theology of why gathering for worship is essential for (Orthodox) Christians"

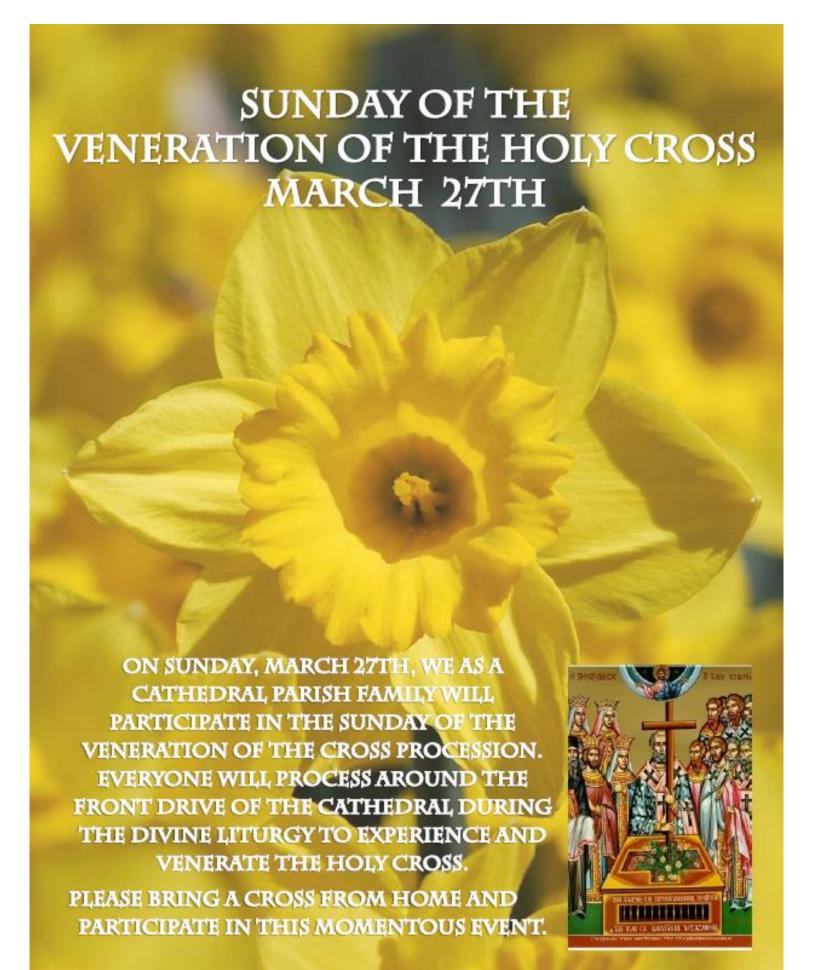
12:00 pm Light Lenten Lunch
1:00 pm "Icons: The Gospel We See"

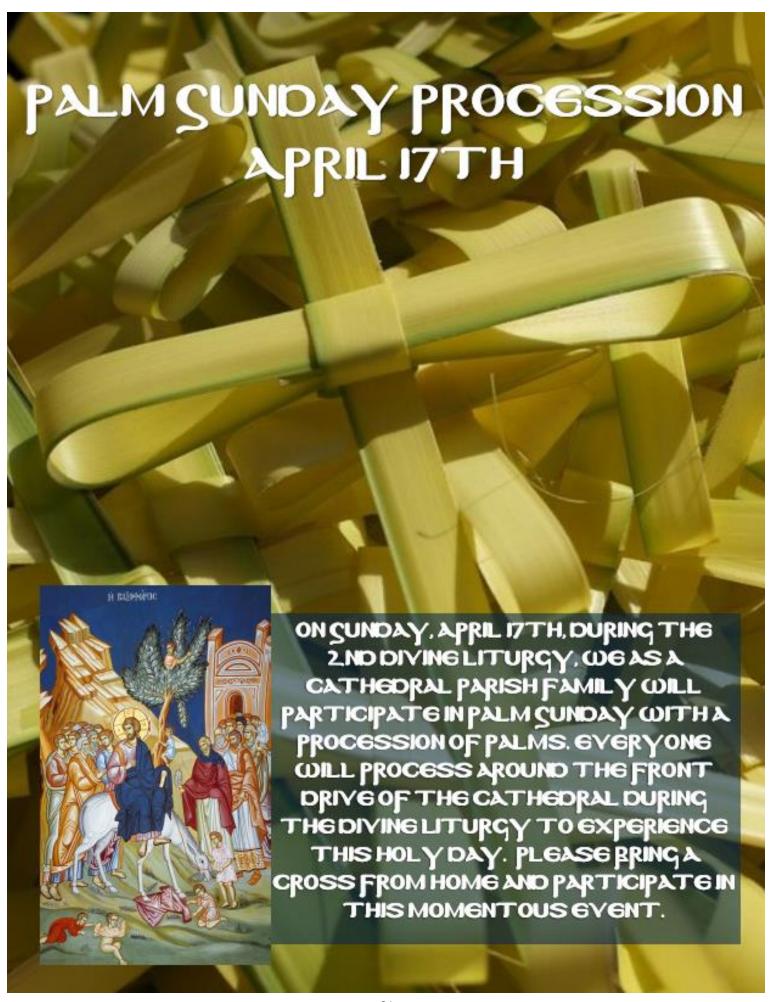
Sunday, March 27, 2022 8:00 am Orthros in the Cathedral 9:30 am Divine Liturgy in the Cathedral

Homily by Professor Tibbs: "Through the Cross, Joy has come to all the World"

A Celebration of our Cathedral's Feast Day and Greek Independence Day following
Divine Liturgy, featuring participants from our Greek Language Programs &

Dance Ministry in the Kartos Ballroom





## Annunciation Day School

ADS is currently accepting applications for the 2022-2023 school year in both Preschool & K-7th. Administration and staff have already completed their first round of screenings and will be adding additional time to evaluate applicants in March. As a reminder, church parishioners in good standing receive 5% off tuition. If you would like a virtual tour, please email <a href="marketing@adsatlanta.org">marketing@adsatlanta.org</a>. You can apply by visiting <a href="www.adsatlanta.org">www.adsatlanta.org</a> under the Admissions tab. Come be a part of our growing Spartan community Centered in Christ, Children & Community!

#### Looking ahead to a busy Spring planned for ADS!

- \*March 4: Preschool Grandparent's Day
- \*March 16 18: Cogat Testing for 2nd, 5th & 7th grades
- \*March 21 25: Iowa Standardized Testing for 1st 8th grades
- \*March 23: Preschool Mini-Olympics
- \*March 26: 5K Spartan Run (all parishioners are invited to join this fun community

event! Register by March 14th on the school's website listed above to secure your FREE Chick-fil-

A chicken biscuit and themed T-Shirt)

- \*April 4-8: Spring Break
- \*May 5: K-8th Mother & Son, Recreation & Fun Day!
- \*May 6: K-8th Father/Daughter Dance
- \*May 13: Middle School Sock Hop Dance
- \*May 26: End of Year Picnic, Pre-K Graduation & 8th Grade

Graduation





















## 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 <a href="www.apogee123.org">www.apogee123.org</a> 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 <a href="https://apogee123.org">https://apogee123.org</a> 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 Kocefas

- 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



March 2022

Dear Friends,

100 years ago, a group of brave and visionary Hellenes in Atlanta created what has become a global organization promoting Hellenism, education, philanthropy, civic responsibility, family and individual excellence. It is time to celebrate this humble beginning and century of service.

AHEPA Mother Lodge Chapter #1 invites you to an amazing, inspirational, and enjoyable "Centennial Celebration Weekend" June 23-26, 2022, in Atlanta, Georgia, where AHEPA began. Together with you, we will all celebrate the past, present, and future.

The **Centennial Celebration Weekend** begins the evening of June 23rd with inspiring and informative presentations by local author Stephen Georgeson and historian Dr. Victor Polizos. They will discuss the early years of Greek immigration and the heroic origins of AHEPA. Learn the stories of how its founding members fought against discrimination and prejudice, and for freedom and a better life for all.

Information will follow regarding golf and three-on-three basketball tournaments which will be held over the weekend. The morning of June 24th will feature gatherings of the various groups within the AHEPA Family followed by an AHEPA Family and friends luncheon. The day's activities will conclude with a casual evening of fellowship over some hearty Southern cuisine.

On Saturday, June 25<sup>th</sup> you will have a unique opportunity to leisurely visit AHEPA's **TRIBUTE to Hellenism and Olympism** Sculpture in Centennial Olympic Park, the largest aquarium in the United States, Civil Rights Museum, College Football Hall of Fame, World of Coca Cola, Martin Luther King memorial and other Atlanta landmarks.

A highlight of the weekend will occur Saturday afternoon with the dedication of the AHEPA Founding Monument, the first permanent tribute honoring the memory of our visionary founders that will serve to educate and encourage all future generations. Following the dedication, we will come together for a very festive *Centennial Celebration* dinner and dance.

Our **Centennial Celebration Weekend** will conclude Sunday morning with the Divine Liturgy at the Annunciation Cathedral where we will celebrate an *Artoklasia* (prayer for the living), a Memorial (prayer for the departed), and a farewell coffee hour.

To participate in this once-in-a-lifetime *Centennial Celebration Weekend*, visit our special website: <a href="https://www.ahepa100.org">https://www.ahepa100.org</a>.

Join us as we honor those who bravely came before us and celebrate our past, present, and future work to promote Hellenism, education, philanthropy, civic responsibility, family and individual excellence.

Sincerely,

The 2022 AHEPA Centennial Celebration Committee

## Philoptochos Scholarships

Our Philoptochos Ypapanti Chapter is offering three \$2000 scholarships for the 2022-23 academic year: Anna Mae Livaditis Memorial, Olga Biehler Memorial, and Philoptochos scholarships. These scholarships are dedicated to promote, encourage, and advance education and are limited to high school seniors and undergraduate college students who are members of the Cathedral. The scholarships are awarded based on financial need foremost as well as academic achievement and involvement in the church & community. Students who have not previously received the scholarship are encouraged to apply. Applications are available on the Cathedral Website by clicking HERE. The deadline to submit the application is Friday, May 13, 2022. Please contact Claire Gilmore if you have questions (gilmore11@comcast.net). All information is held in strict confidence.



#### Did you know?

- The AHEPA family refers to a total of four organizations. The additional three axillary organizations followed the establishment of AHEPA chapters in different cities but are not always required or present in every AHEPA chapter city. The Daughters of Penelope, the Sons of Pericles, and the Maids of Athena are a part of the AHEPA family.
- AHEPA is the oldest and largest association of American citizens of Greek heritage. Philhellenes are also part of the membership with more than five hundred chapters in the United States, Canada, the Bahamas, Europe, Greece, Cyprus, and Australia. Atlanta is referred to as the Mother Lodge Chapter #1.
- On June 23 -26, 2022 we will be celebrating the 100<sup>th</sup> anniversary of the founding of AHEPA at the Centennial Celebration Weekend in Atlanta. Please follow updated information on our website AHEPA100.org. All events are open to everyone. See you there.

We are asking anyone who may have archival information from the original founders or the early years of the organization to contact us at <a href="mailto:vpolizos3@hotmail.com">vpolizos3@hotmail.com</a> or 404-831-6508.



## WHERE IT ALL BEGAN

Join us for the 100th Anniversary of AHEPA

Celebrating our Past, Present, and Future



Save the Date! June 23-26, 2022

Schedule and reservation information on our website: WWW.AHEPA100.ORG



The Sons of Pericles are proud to announce the return of our annual Greeks in Atlanta Basketball Tournament. April 1st through 3rd. Sons chapters from all over the US will come to Atlanta to compete for a seat at the throne of champions. All are welcome to attend, watch, and support. Visit <a href="Sonsofpericles.org">Sonsofpericles.org</a> for more information!

## Apply for 2022-2023 School Year

Serving Preschool & K-8th grades

Cathedral Members in Good Standing receive 5% off tuition and an additional 5% off if tuition is paid in full by July 15th





Accredited by COGNIA & Member of GISA and AAAIS



State-of-the-Art Science Lab



Low student to Teacher Ratio -Maximum 16 students per class



Community Service Projects with Beta Club, National Junior Honor Society & Student Leadership Houses System



Students scored in the top 25% nationally on Iowa standardized testing (Spring 2021) and 70% of teachers hold master's degrees or higher.



Competitive sports in the Metro Atlanta Athletic Conference (MAAC) League in Basketball, Soccer, Volleyball & Cross Country

Contact Us today to arrange a tour: marketing@adsatlanta.org or call 404-565-2850

2500 Clairmont Road., N.E. Atlanta, GA. 30329
AnnunciationDaySchool.org

Scan this code for more information!





MARCH 26th 8:30am race start (7:45am check-in)

Register Today at www.ADSatlanta.org

Adults: \$25 • Children (10 and under): \$15 • Strollers FREE!

Each registered runner/walker will receive a FREE Chick-fil-A chicken biscuit and themed T-shirt.

Registration must be complete by: March 14th. Spread the word to family & friends as the run is open to the entire Atlanta community!

LOCATION: Annunciation Day School, 2500 Clairmont Road, Atlanta 30329 (Starting line: In front of Gymnasium)

#### THANK YOU TO OUR SPONSORS FOR THEIR GENEROSITY & SUPPORT:

#### **PLATINUM SPONSORS:**

THE LAMBROS FIRM, LLC

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#### **GOLD SPONSORS:**











**BRONZE SPONSORS:** 





## CROSSEROAD

#### WWW.CROSSROADINSTITUTE.ORG

"As I look back on my time at CrossRoad, I have realized how much this changed me both socially and spiritually. I have been able to make connections with people in a way I have never done before."

Pavlos Blankenstein, CrossRoad 2021—Session 1

"It is comforting to know I have a tight-knit Orthodox community standing beside me as I head off to college this fall. With the tools and advice CrossRoad has given me, I feel better equipped to discern my vocation and pursue the path God is calling me to."

Jenna Magas, CrossRoad 2021—Session 2

"I've always believed in the importance of taking the love that has been given to me and passing it on, but CrossRoad has truly helped me understand that there are so many more people in this world that I am called to love, and that is my vocation and it starts now."

Laura Rohmann, CrossRoad 2021—Session 3

## Daughters of Penelope

We have been enjoying working with our AHEPA Family on the 100th Anniversary Celebration which will take place June 23-26 of this year in Atlanta. On March 21st the construction on the monument honoring our AHEPA founders will begin. Donations welcomed. As Chairman of the Celebration Dinner Dance on Saturday evening, following the dedication of the monument, we are honored to have the Supreme President, Jimmy Kokotas, Grand President, Kathy Bizoukos, Grand Liaison Antoinette Marousis-Zachariades, Grand Vice President Georgette Boulegeris joining us for this historic 100th year Anniversary Celebration. This fun filled event will be open to everyone in the community. We look forward to celebrating with you all.

The Daughters of Penelope, Menelaos Chapter 53, have been working hard this winter. Our chapter members were very generous which allowed us to purchase and donate 50 turkeys to The St. John the Wonderworker Orthodox Church for families in need this Christmas Season. Thank you Chairman Sherry Kliosis and members!

Our annual December Bake Sale was a huge success! We raised close to \$3,000 dollars that will be used for The Ahepa Family Scholarships and other charities. The support of our members and fellow parishioners was just amazing and so appreciated!

Our joint Christmas Party with AHEPA was a great time! Thank you to everyone who brought side dishes and desserts, and thank you to Sister Stephanie Kontsios for decorating the tables so festively! AHEPAn, Rob Burns, did an amazing job of reading Twas the Night Before Christmas for our fun gift exchange!

In January we met via Zoom for a virtual meeting and Vasilopita Cutting, hosted by our Liaison, Antoinette Marousis-Zachariades. It was so much fun to see who would win the coin and have good luck for the year!

February 17th The Daughters of Penelope sponsored the 41th Annual Golden Group Luncheon in Carlos Hall. Longtime Chairman, Theo Economy, did an outstanding job of organizing this festive event! Thank you to everyone that volunteered and donated Bingo prizes and desserts! Thank you Sister Theo!

In March we will have a joint meeting with AHEPA on Thursday evening, March 17th at the AHEPA House. You can expect some Greek Shenanigans and a pot of gold.

In April, our Grand Vice President, Georgette Boulegeris will join us, and in May we will have our annual picnic and elections!

We are looking forward to seeing everyone in June for our annual District Convention here in Atlanta celebrating AHEPA's 100th anniversary! Thursday night we will have guest speakers discussing the history of the founding of AHEPA. District meetings will take place on Friday, June 24th followed by a Southern nights BBQ. Saturday evening will be the dedication of the monument honoring the founders of Ahepa, followed by the Celebration Dinner and Dance!

Sunday Liturgy to follow with Koliva and Artoclasia, honoring past and present members. We look forward to spending the weekend with you all!



Daughters sponsored the February Golden Group

#### Won't You Be My Neighbor Event

Sponsored by the Catholic-Orthodox Initiative at the Aquinas Center

Join us for a Trivia Night & Conversation with your Neighbors around the corner. Food, Refreshments and Fun included! Thurs, May 5th, 7:00 - 9:00pm Thalia N. Carlos Hellenic Community Center Ballroom, Greek Orthodox Cathedral of the Annunciation







The Catholic-Orthodox Initiative focuses on a greater understanding of the commonality of the Catholic and Orthodox traditions rooted in our shared history. This event strives to build community and deepen relationships with parishioners of the Greek Orthodox Cathedral of the Annunciation Church and Immaculate Heart of Mary Catholic Church.

REGISTER AT HTTPS://BIT.LY/AQUINAS\_NEIGHBOREVENT



**EMORY** 

CANDLER SCHOOL OF THEOLOGY

**Aquinas Center** 

## Save the Dates Cathedral Summer Camp June 6th—June 10th June 13th—June 17th June 20th—June 24th Click **HERE** to register



## Atlanta Greek **Festival**

September 23rd—25th

EDITOR: Rev. Fr. Paul A. Kaplanis, Dean (frpaulk@atlgoc.org)

MANAGING EDITOR: Rev. Fr. Christos P. Mars, Presbyter

(frchristos@atlgoc.org)

DESIGN: Connie Mondore (office@atlgoc.org) PARISH COUNCIL PRESIDENT: Voula Giannakopoulos (pcpresident@atlgoc.org)

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.