

# The Annunciator

## Great Lent: A Great Opportunity!

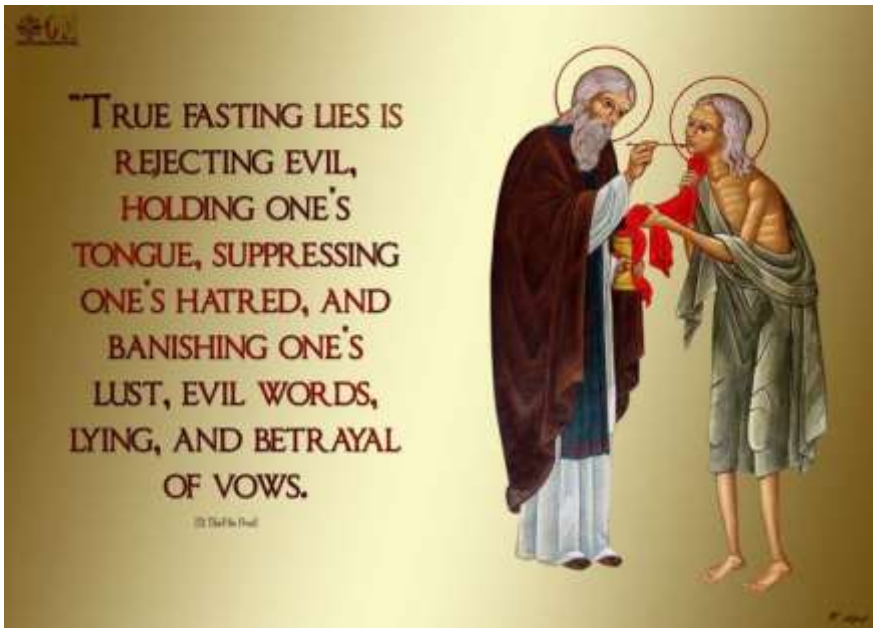
By Rev. Fr. Paul A. Kaplanis



We find ourselves in the most holy season of Great Lent. As we realize this, our first thoughts may be that it is almost time to dust off our Lenten recipes, and to check our pantry for any dried legumes and pasta. Thoughtful preparation is the key to a successful Great Fast.

Whether this is our first Great Lent as an Orthodox Christian or we have been a part of this spiritual journey our entire life, this spiritual experience can be like no other in life and offer a great opportunity to transform ourselves into Christ-like beings. Perhaps over the years we have read many articles

and books, heard many sermons and attended many spiritual lectures centered on the Lenten themes leading toward Holy Week and the celebration of our Lord's Resurrection on Pascha. We also may be thinking that here is just another article about the repetitive themes of prayer, fasting, almsgiving and repentance. This article will focus on only one of the above, **fasting**.



Let us please consider that just like every Divine Liturgy is a new encounter with our Lord and Savior Jesus Christ, so is each and every Great Lenten Journey and a great opportunity for spiritual transformation. In this article the hope is to reignite our inten-



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sity and allow ourselves to be immersed into what our Church has to offer. To take it a step further, we may have to open our minds and hearts to the fullness of the Lenten experience both corporately and privately through worship and prayer. We may also have to dispel some of our old ideas concerning what it really means to fast.

While most of us inquire about the rules of fasting, this article is more concerned about the scriptural foundation and the spiritual reasons for fasting.

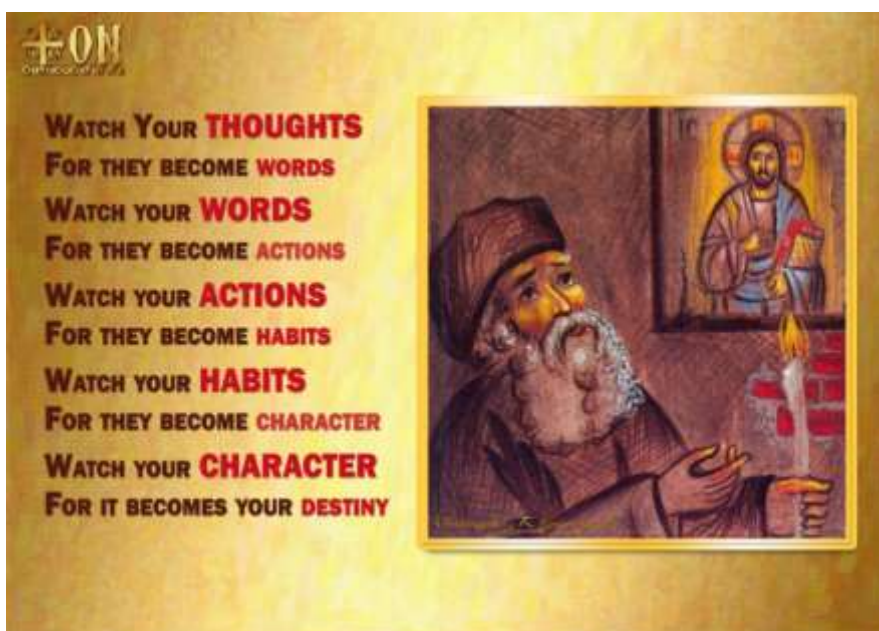
Let's begin with prime reason for fasting. The Church imitates Christ. Everything that Christ has done we faithful attempt to follow. When Jesus called Matthew and the other disciples, he simply said, "Follow me". This means that we are to follow His example and make it our own. When we follow Christ, we may not be in the position to necessarily sell all our possessions (as most of us are discouraged when we think of this prospect). Following Christ can mean a shifting of our attention from worldly work to spiritual work knowing that Christ is great enough to serve all of our needs.

I highly recommend a great resource for every-

one to boost the understanding, practice and meaning of prayer, almsgiving and fasting. I was able to easily read this one hundred page book on my recent trip to Constantinople. The title is: **"Toolkit for Spiritual Growth: A Practical Guide to Prayer, Fasting, and Almsgiving.** A synopsis of the book is as follows: "Are you a new Orthodox Christian, confused about what you need to do to grow in your Faith? Or perhaps you've been Orthodox for some time but could use a refresher course in basic spirituality. Fr. Evan Armatas explains the fundamentals of the three-legged stool of Orthodox practice—prayer, almsgiving, and fasting—in terms that everyone can understand and implement." This book will clarify the amazing benefits of these important spiritual tools that bring us closer to Christ.

One aspect of our daily lives that keeps us from following Christ is controlling our passions and the antidote inherited by the Apostles themselves in the early Church which has been passed down to us is fasting from certain foods. Fasting, according to testimony of St. Basil the Great is the oldest commandment given by God to man, when he says, **"O man, be pious and meditate with fear on the antiquity of the fast, for as old as is the world so old is also the commandment of fasting. Indeed this commandment was given in paradise when God said to Adam: 'Of every tree of the garden you may eat; but of the tree of knowledge of good and evil, you shall not eat of it. For in the day that you eat of it, you shall surely die'".**

In order to proceed in following God's command, we will have to admit they we cannot do anything without His help. We will also have to humble ourselves and embrace our vulnerability to the passions of life.



Finally, we must also admit to ourselves that there is evil in our world. *When we accept this premise then fasting makes more sense, since our Lord's first battle in order to do away with His adversary was forty days of absolute fasting in the wilderness.* Jesus demonstrates and formulates the basis for us to deal with the evil one, his allurements and vain delusions. **In the Gospel of Matthew we read that driving out evil requires both prayer and fasting** (Mt. 9:29). For when we immerse ourselves into prayerful fasting, Satan departs from the flesh.

It is important to note that Jesus did not need to be baptized. He did not need to fast or suffer, but He fulfilled everything for our sake so His life and deeds would become ours. In the book, "Communion of Love", written by Matthew the Poor, he provides a clear reason for fasting, when he says, **"Fasting was to elevate the flesh to the level of war with the spirits of evil, those powers that hold sway over our weaker part, the flesh."** Fasting therefore is not a spiritual form of dieting. Its *primary purpose is to help us gain control of our physical temptations and passions, the things that keep us away from committing our whole life to God.*

Matthew the Poor explains in more detail the three main acts in the life of Christ; baptism, being filled with the Holy Spirit and fasting. These three acts form fundamental and inseparable acts in Christ's life that culminated in His perfect victory over Satan in preparation for His total annihilation by the Cross.

For us these three acts remind us that our ultimate goal is that Christ may dwell in us as St. Paul says, **"It is no longer I who live, but Christ lives in me"** (Gal. 2:20). *Fasting therefore is seen as a divine action which we receive from Christ, which complement our baptism and chrismation; although these three acts may be separated in time, since many are baptized as infants, they merge*

*together in Christ. So fasting constitutes a continuation of our spiritual lives as we empty ourselves and make room for Him to dwell in us. We no longer live on our own, but rather we have Christ with us every step of the way.*

Christ is with us. He shares every work He loved to do. **"It is from Him"**, says, Matthew the Poor, **"that all our works are derived: our asceticism from His asceticism, our fasting from His fasting, our love from His love. Every work we perform in the name of Christ, for His sake and in imitation of Him—whether they be fasting, vigil, patience, endurance of suffering or persecution, service, sacrificial love or crucifixion—are but a voluntary translation of the desire to imitate and unite with Christ (Follow me)". They express communion in spirit, heart and intention."**

There are more benefits to fasting. Without exception the Fathers of the Church strenuously extol and commend the fast. St. John Chrysostom says this about fasting, **"The fast tempers the whole volatility of the body, bridling the insatiable appetites, purifying and enlightening the soul and raising it up high."** This helps us to understand that fasting strengthens and toughens the body and cleans the soul. As Elder Cleopa of Romania proclaims, **"It maintains the health of the body and gives wings of ascent to the soul."**

So why are we tempted to shy away and almost rationalize away the benefits of fasting. Is it perhaps because we are so blessed with material things that we cannot let go? Is it because our entire society is obsessed with food? Could it be that we feel have become too sophisticated to realize the benefits of depriving ourselves physically in order to help ourselves spiritually? Do we think that fasting has become outdated? Is too difficult?



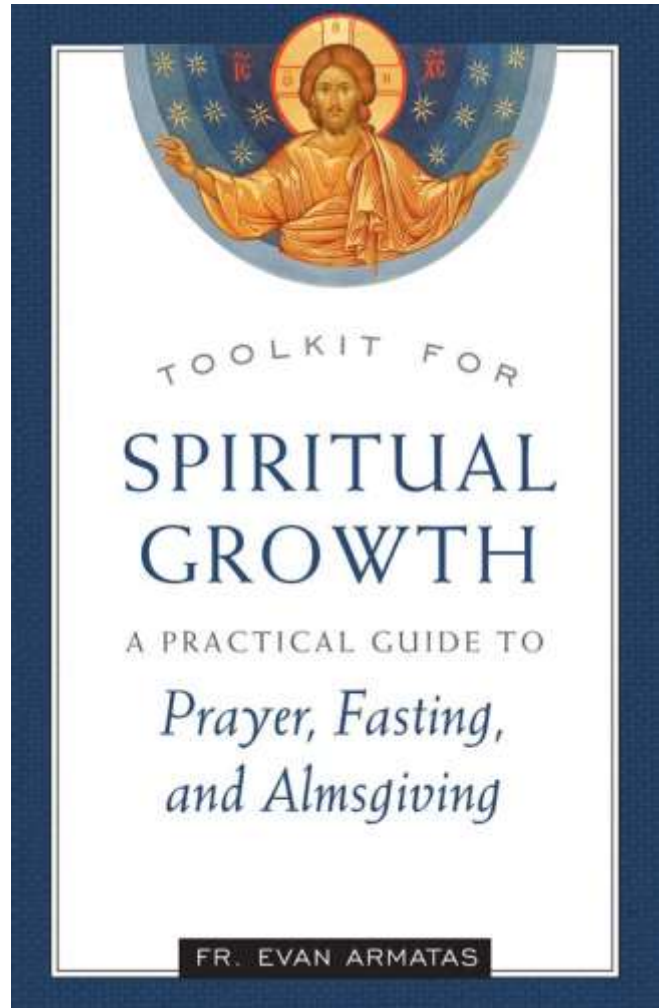
In answer to these questions that may be in our hearts, let us remember that we are Orthodox Christians, “Christ’s people” and all of us clergy and laity are called to follow Him.

As mentioned above, following Christ means sharing in what He lived and taught. It means inviting Him into our very being so that He can abide in us.

The Savior Himself fasted 40 days and 40 nights in the desert before He began to preach the Gospel and He Himself teaches us how to fast. He tells us that the devil cannot be driven out except by prayer and fasting. His holy apostles and disciples also fasted, and they themselves instituted formal fasts for us.

Furthermore, we see how Holy Scripture honors the fast in certain cases and events. We know that Moses fasted 40 days and forty nights before receiving the Ten Commandments. Daniel and Elijah also fasted. *The fast was also prescribed during both advantageous times and times of persecution of the Church. The fast must be accompanied by prayer, by the confession of sins and by humility.* The fast assists in returning us to God and heals us in times of grief and sorrow.

This is however, only one way to enjoy the deep benefits of fasting and that is by doing it with great joy and humility. It is not a contest. It is not a special diet. We are not giving up anything for God. We simply and intentionally follow Christ and pray for Him to allow His transforming Grace into our hearts. Great Lent and everything our Church offers is a Great Opportunity. Don’t miss out!



If you would like further Lenten reading, consider this book by Father Evan Armatas. It is available on Amazon in paperback, Kindle, and audiobook version.

Blessed Lent!

Καλή Σαρακοστή!

# The Holy Cross

By Rev. Fr. Christos P. Mars

On the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week.

Year after year we celebrate this feast, venerating the life-giving wood of the Holy Cross. But do we know the story how the Holy Cross came to be?

According to tradition, the Holy Cross, also referred to as the Holy Tree, was made from three different types of wood: cedar, pine and cypress. This is an allusion to Isaiah 60:13: *"The glory of Lebanon shall come unto you, with the cypress, the pine, and the cedar together, to glorify My holy place."* These trees did not grow separately, but rather all three grew as one. The tradition also states that it was Abraham who gave the seeds of the tree to his nephew Lot. Lot planted the seeds together and together they grew into a tree that was watered by Lot from the waters of the Jordan river.

According to scripture, Lot, was given a vineyard by his uncle. In Genesis 13, it is also mentioned that Lot planted a vineyard near the city of Sodom and Gomorrah. This is seen as a symbol of Lot's success and prosperity in his new home. The planting of the vineyard also reflects Lot's acceptance of the gift from Abraham and his integration into the land of Canaan.

Subsequently tradition also says that a monastery located in the Rehavia valley (Cross valley), is the site of the Tree that was used to build the Cross of the crucifixion. Making this site not only the place where the tree grew, but also Lot's Garden as described in the Old Testament.

In continuation, tradition also says that the tree that Lot grew, was cut down and used in constructing the Temple in Jerusalem *"to glorify My holy place"* (Isaiah 60:13). Later, during Herod's reconstruction of the Temple, the wood from this tree was removed from the Temple and discarded, eventually being used to construct the Cross on which Jesus was crucified.





According to Saint Nicodemos of the Holy Mountain, the Cross is sometimes called threefold (τριμερής) or having three parts, because of the traditional story of Lot. Saint John Damascene writes in a hymn that says: *“Like a cedar, O Christ, You shattered the raging of the enemy, when in Your Good pleasure, Lord, You were voluntarily crucified and in the flesh exalted with the cypress, pine and cedar”* (Fifth ode of the Mode 2 Resurrectional Canon).

Now knowing the history of the material that the Holy Cross was made out of; it is important to know how large the Holy Cross really was.

According to Saint John Chrysostom, who had

seen the Holy Cross—and his experience is referred to by Saint Nidodemos—the Cross of Christ, was 15 feet tall by 8 feet wide. Its thickness was one span (μία πιθαμή measured by hand) wide. This measurement is taken by extending the index finger up and extending the thumb out making them look like a backwards “L” for right-handed people; and a regular “L” for left-handed people.

The original form of the cross, during the time of the Romans was in the shape of a capital “T” as this was the easiest, cheapest and fastest way to build these devices of death. Christ’s Cross, had a charge placed above His, by Pilate. We see how scripture refers to this moment:



Matthew 27:37 *“And they put over His head the accusation written against Him.”*

Mark 15:26 *“And the inscription of His accusation was written above.”*

Luke 23:38 *“And an inscription also was written over him in letters of Greek, Hebrew, and Latin.”*

John 19:19 *“Now Pilate wrote a title, and put it on the cross.”*

Notice that all these prefaces differ. Mark tells us that an inscription was written; Matthew, that it was set up over His head; Luke, that it was written in three languages; and John, that Pilate was the writer. All these statements are correct, even though each writer says something different.

Because of the charge that was placed by Pilate on the Cross, the capital “T” would not work. To add this charge, Christ’s Cross had to be expanded to accommodate it. Therefore, His cross became a lower

case “t.” or what we have come to recognize as the symbol of the cross, thus giving us another name for the Holy Cross, fourfold (τετραμερής) or having four parts.

thereby simultaneously reminding us of Adam’s gluttony and describing his restoration through the Tree of the Cross. For if we taste of this Tree, we shall no longer die, but be made alive.



The Cross of Christ, which was a symbol of humiliation, is now a symbol of humility. The Cross of Christ, which was once a symbol of death, is now the symbol of life.

I leave you with the Exapostilarion hymn that is chanted in the Orthros (Matins) service for the feasts of the Holy Cross, which perfectly sums up what it means to us as Orthodox Christians:

Σταυρός, ὁ φύλαξ πάσης τῆς οἰκουμένης  
O Cross, you are the guardian of the whole world.

Σταυρός, ἡ ὠραιότης τῆς Ἐκκλησίας,  
O Cross, you are the height of the Church's beauty.

Saint Nicodmeos continues and says that the Cross also had a footstool, as described by Saints Irenaeus and Justinian, on which the feet of the Master Christ were placed, so that the crucifixion would take a much longer time. Thus, as it is written by the Prophet David *“Exalt the Lord our God, and worship at the footstool of His feet, for He is holy”* (Psalm 98: 5).

We now have a full description of the Holy Cross, its materials, its final shape and its size giving us a better understanding of it as we once again celebrate this feast.

The Cross is called the Tree of Life, and since the Tree of Life was planted in the middle of the Paradise of Eden, it was appropriate that the most Divine Fathers should plant the Tree of the Cross in the middle of the holy forty days,

Σταυρός, Βασιλέων τὸ κραταίωμα  
O Cross, you are what strengthened the Emperors.

Σταυρός, Πιστῶν τὸ στήριγμα  
O Cross, the believers' firm support.

Σταυρός, Ἀγγέλων ἡ δόξα,  
O Cross, the glory of Angels

καὶ τῶν δαιμόνων τὸ τραῦμα  
and the defeat of the demons.





# Adam's Lament

By Mr. Theodore Mantzikos

The anonymous extended Kontakion on Adam's Lament is one of the earliest *kontakia* used in the Orthodox Church probably dating before the fifth century, pre-dating those famous kontakia of St. Romanos the Melodist in the sixth-century. This hymn gives voice to Adam lamenting his exile from Paradise, which is the subject of the commemoration of the Sunday before Great Lent when this hymn is sung during the Matins or Orthros service. In the history of our liturgy, especially in the middle of the first millennium, the kontakion was a popular hymnic unit of up to twenty-four hymns sharing a common meter, theme, and refrain which reads as a call to God; *O Merciful [One], have mercy on the fallen.* While it looks back on Adam's casting out from Paradise, it is also hopeful in the salvation ultimately given to us in Christ which we celebrate at the conclusion of the Great Fast on Pascha.

Guide of wisdom, giver of prudence, Teacher of the foolish and defender of the poor,  
Establish, give understanding to my heart, Master;

Give me a word, Word of the Father;  
For see, my lips I shall not restrain from crying to you:

*Refrain: O Merciful [One], have mercy on the fallen.*

Then Adam sat and wept opposite  
The delight of Paradise beating his eyes with his hands

And he said:

*Refrain: O Merciful [One], have mercy on the fallen.*

As Adam saw the Angel pushing and shutting

The door of God's garden he groaned aloud  
And said: *Refrain: O Merciful [One], have mercy on the fallen.*

Share in the pain, O Paradise, of your beggared master

And with the sound of your leaves implore the creator



Not to shut you:  
*Refrain: O Merciful [One], have mercy on the fallen.*

Bend down your trees like living beings and fall before  
Him who holds the key, that thus you may remain open  
For one who cries:  
*Refrain: O Merciful [One], have mercy on the fallen.*

I breathe the fragrance of your beauty and I



melt as I recall  
How I delighted there from the sweet scent  
Of the flowers:  
*Refrain: O Merciful [One], have mercy on the fallen.*

Now I have learnt what I suffered, now I have  
understood what God  
Said to me in Paradise, 'In taking Eve  
You steal away from me':  
*Refrain: O Merciful [One], have mercy on the fallen.*

Paradise, all virtue, all holiness, all happiness,  
Planted because of Adam, shut because of Eve,  
How shall I lament for you?  
*Refrain: O Merciful [One], have mercy on the fallen.*

I am polluted, I am ruined, I am enslaved to my  
slaves;  
For reptiles and wild beasts, whom I subjected by  
fear,  
Now make me tremble;  
*Refrain: O Merciful [One], have mercy on the fallen.*

No longer do the flowers offer me pleasure,  
But thorns and thistles the earth raises for me,  
Not produce:  
*Refrain: O Merciful [One],  
have mercy on the fallen.*

The table without toil I  
overthrew by my own  
will;  
And now in the sweat of  
my brow I eat  
My bread:  
*Refrain: O Merciful [One],  
have mercy on the fallen.*

My throat, which holy  
waters had made sweet,  
Has become bitter from  
the multitude of my  
groans,  
As I cry out:

*Refrain: O Merciful [One], have mercy on the fallen.*  
How have I fallen? Where have I arrived? From  
a pedestal to the ground;  
From a divine admonition to a wretched exist-  
ence  
I have been reduced:  
*Refrain: O Merciful [One], have mercy on the fallen.*

Now Satan rejoices having stripped me of my  
glory;  
But this gives him no joy; for see, my God  
Clothes me:  
*Refrain: O Merciful [One], have mercy on the fallen.*

God himself pitied me, clothes my nakedness;  
By this he shows me that he too cares  
For me, the transgressor:  
*Refrain: O Merciful [One], have mercy on the fallen.*

The clothing signifies for me the state that is to  
come,  
For the one who has now clothed me in a little  
while wears me  
And saves me:  
*Refrain: O Merciful [One], have mercy on the fallen.*



'Swiftly Adam you have un-  
derstood the wish of my  
compassion;  
Therefore I do not deprive  
you of this your hope  
As you cry:  
*Refrain: O Merciful [One], have  
mercy on the fallen.*

I do not wish nor do I will  
the death of the one I fash-  
ioned;  
But having chastened him  
enough I will glorify eternal-  
ly  
The one who cries:  
*Refrain: O Merciful [One], have  
mercy on the fallen.*

Now therefore, Savior, save me also who seek  
for you with longing;  
I do not wish to take you in, but I wish to be tak-  
en in by you  
And to cry to you:  
*Refrain: O Merciful [One], have mercy on the fallen.*

*Translation by Fr. Ephrem Lash*

This hymn is a conversation between Adam and God spoken in the first person. It is noteworthy that Adam does not appear to speak from a place of distance from God though he sits in exile starting in the third stanza. Adam is still close to God, speaking to him personally and longing for unity with him, though his condition of glory and comfort in God has been ruptured.

God responds to Adam's lengthy lament saying that Adam will receive his former glory. God says that he does not wish the death of the one (Adam) who he created and, having chastened him, will glorify him eternally. God's promise of eternal glory for repentant Adam is sung at the threshold of Great Lent to announce the promise of glory for those of us who embrace the impending fast with a spirit of repentance as Adam does in celebrating Pascha joyfully several weeks later and in the eternal resurrection to come.

The speakers of Psalm 136 (137), which is read frequently throughout Great Lent, make a similar reflection on their past exalted state. The psalm reads as follows:

By the rivers of Babyon,  
There we sat and wept  
When we remembered Zion.  
Upon the willows in her midst,  
We hung up our musical instruments;  
For there our captors asked us for  
words from our songs

And those who carried us off said to us,  
"Sing us the songs of Zion."  
How shall we sing the Lord's song  
In a foreign land?  
If I forget you, O Jerusalem,  
May my right hand be forgotten;  
May my tongue be glued to my throat  
If I do not remember you,  
If I do not prefer Jerusalem,  
When they were saying, "Empty it out,  
Empty it out,  
Even to its foundation!"  
O wretched daughter of Babylon,  
Blessed is he who shall deal with you  
As you dealt with us;  
Blessed is he who shall get the upper hand  
And dash your infants against the rock.

The speakers of this psalm are distressed over their present in Babylon between 587 and 582 BC. This psalm is not a nostalgic look back to their past lives in Jerusalem but a real demonstration of their hope of salvation based in remembrance of Jerusalem. In other words, salvation from their captivity correlates and depends upon the exiled Jews' recollection and longing for residence in Jerusalem.

These hymns are placed around the Lenten season as they articulate the longing we Christians should have for our former glory and damaged humanity. Adam's desire for his former glory, for which he was created, is also ours as we endeavor through Great Lent seeking a higher, holier way of life. The exiled Jews' cry over Jerusalem is like Adam's lament in that they too desire that which they lost. It is also our own longing for our condition as we live in a place which we were not created for, that is sin and death, and desire residence where we belong, in a place of life, light, stability, joy, and comfort.



# Encountering the Mother of God during Great Lent

By Ms. Sarah Stewart

On Friday evenings during Great Lent we come to church to honor the Theotokos. We participate in the Salutations service to recognize the significance of her motherhood. That being Christ's Mother, we have her as a fervent intercessor for us and for the whole world. It is especially important for us to ponder her role as the Mother of God as we prepare for the feast of the Annunciation on March 25<sup>th</sup>.

We will look to a few hymns and prayers from the Salutations service for insight into her significance as both Christ's mother and our mother. She is the example of true motherhood as articulated by the prayers at the end of the Salutations service:

*Most blessed Virgin, Theotokos, present our prayer to your Son and God and ask that through you He save our souls. We ask that through her, through her prayers as a Mother, that we will be saved.*

*My every hope I commit to you O Mother of God, guard me under your shelter.*

These prayers demonstrate that because she is Christ's mother, she is also our mother and one to whom all people can find comfort, support, and protection. We know that she is a comfort to us in our own suffering as she too knows pain, seeing her son endure death and knowing such from his childhood. She too faced immense grief over her child and now she pains for the whole world, for all of us, her children. We look to her especially

frequently during Lent to help us complete the fast, strengthen our prayer lives, and make introspective looks at ourselves, that she might guide us on the path to salvation as we celebrate her son's death and resurrection.

As we prepare to encounter Christ in His Resurrection, we rest in the certainty that she will guide us and strengthen us, if only we ask – as we do in our prayers to her in the Salutations service. We will now take a closer look at an excerpt from the prayer to the Theotokos, which precedes the verses we just read:

*But rather as the Mother of the God who loves mankind, in your own loving care for mankind, take pity on me the sinner and prodigal and accept this supplication of mine offered to you from sordid lips. And employing your motherly candor, entreat your Son, our Master and Lord, that He open His benevolent heart to me, and that, overlooking my innumerable faults, He convert me to repentance and make me a proficient worker of His commandments. And in as*







*Mother of God. I will celebrate her feast with joy and gladness and sing to her merrily, lauding her miracles.*

Her obedience to God at the feast of the Annunciation, and her choice to bear Christ for the salvation of all points us back to the reality of her love for us. Her strength and protection for us is articulated in the next verse which reads as follows:

*Christ, the Sun of Righteousness has risen from you, Bride of God, and shining Dawn. Rejoice, for as the dwelling place of Him who is the Light of the world, you drove away the night of sin, and darkest demons now fade away.*

This hymn emphasizes our hope and trust in the Theotokos. She is Christ's mother and can move him to act on our behalf as such. Knowing this, we take courage and embrace this hope as we continue in our journey to Christ.

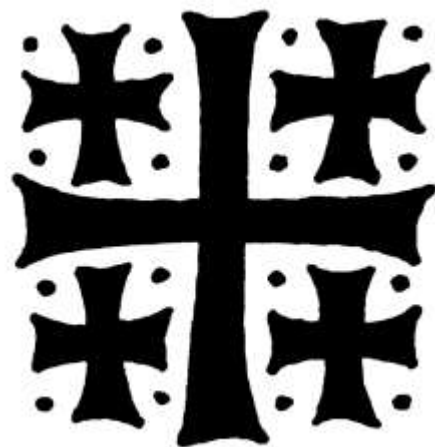
*much as you are merciful, sympathetic, and charitable, ever be with me in this life, as a fervent Protectress and helper, blocking the assaults of the adversaries and guiding me to salvation.*

Notice in these words her love for us and her honesty before Christ, moving Him to listen to our prayer. Christ's mother asks that we be repentant and deepen our love for her Son. Certainly, she does and will lead us to Him. She is for us a protector and a wall of refuge. All that is required of us is the courage to ask her for help. The following two hymns also taken from the service of the Salutations tell how we can honor her, asking for her assistance. The first hymn begins the Salutations service and offers a direct connection to the feast of the Annunciation. It lauds her miracles and her obedience to God in accepting to become Christ's mother. Our praise for her reads as follows:

*I open my mouth and pray the Spirit fill it, like David said, to pour out a good word to the Queen and*

As we prepare for Pascha, we can meditate on these prayers and the others offered in the Salutations service, asking the Theotokos' guidance in Great Lent so that we, like her, may celebrate the resurrection of her Son with unspeakable joy.

May we be strengthened to continue in our journey to Christ, through the prayers of the Theotokos and all the Saints. Amen.



# Annunciation Cathedral Endowment Foundation

On Sunday, February 5, Father Paul Kaplanis and Father Christos Mars offered the Oath of Office to the new Board of Directors. Following the Oath of Office, the Board of Directors met. Members present were: Victor J. Economy, George Vasilos, Stephen Georgeson, Nick Demos, Ron Canakaris, Solon Patterson, George Skoufis, Tom Kantsios, Dimitri Shreckengost, John Kalinoglou (member emeritus), also attending the meeting were Father Paul Kaplanis and Father Christos Mars. The newly elected officers for 2023 are: Chairman Ron Canakaris; Vice Chairman George Skoufis; Secretary Victor J. Economy; and Treasurer George Vasilos.

Father Paul presented a 2023 capital improvement final budget request. The Board of Directors approved funds for both a security system upgrade and replacing the boiler that serves the cathedral, Carlos Hall, and the educational building.





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

To make a donation please visit [www.atlgoc.org/holy-week-store](http://www.atlgoc.org/holy-week-store)



## Come and receive the Sacrament of Holy Confession during Great Lent and Holy Week



Open to me the gates of repentance, O Giver of Life, for early in the morning my spirit hastens to Your holy temple, bringing the temple of my body all defiled. But as one compassionate, cleanse me, I pray, by Your loving-kindness and mercy.

(Idiomela from the Triodion)

OUR CLERGY WILL BE AVAILABLE TO HEAR CONFESSION ON THE FOLLOWING DAYS LEADING UP TO PASCHA:

FRIDAY EVENINGS DURING GREAT LENT

MARCH 3, 10, 17, 31

APRIL 7

PALM SUNDAY EVENING

APRIL 9

HOLY MONDAY EVENING

APRIL 10

HOLY TUESDAY EVENING

APRIL 11

IF YOU WOULD LIKE TO SCHEDULE AN APPOINTMENT, PLEASE REACH OUT TO OUR CLERGY AT 404-633-5870

FOR MORE INFORMATION ON HOW TO PREPARE FOR THE SACRAMENT OF CONFESSION, PLEASE VISIT OUR WEBSITE AT [HTTPS://WWW.ATLGOC.ORG/SACRAMENTS](https://www.atlgoc.org/sacraments)





# March with our Youth

Kali Sarakosti! Good strength as we continue our Lenten journey as a Cathedral Parish Family!

## G.O.Y.A.

- PAST EVENTS:
  - Sunday, February 12th - GOYA Meeting & Superbowl Party
  - Sunday, February 26th - GOYA Meeting (Lenten Jeopardy) & Forgiveness Vespers
- March 12th, Parish Level Oratorical Festival in the Cathedral, following Sunday School
- Stone Mountain Hike - Date/Time to be determined
- March 31st - April 2nd - Metropolis of Atlanta GOYA Lenten Retreat; Registration is now open.
  - Please visit this link to register: [GOYA Lenten Retreat - Greek Orthodox Metropolis of Atlanta - Atlanta, GA \(atlmetropolis.org\)](https://www.atlmetropolis.org)

## H.O.P.E. & J.O.Y.

- Sunday, March 12th, HOPE & JOY Event, 12pm -1pm in the Cathedral GYM following Sunday School

## SUNDAY SCHOOL

March 5th - Sunday of Orthodoxy Procession; Classes for 30 minutes

March 12th - Regular Class Schedule (9th-12th grade Oratorical Festival presentations in Church)

March 19th - Regular Class Schedule

March 26th - Regular Class Schedule

\*\*\*Note that each Sunday school class offers flowers to the Theotokos during the Friday evening Salutations Services. Please see Sunday school [calendar](#) for specific class attendance dates.\*\*\*

## GREEK SCHOOL

Classes held every Monday & Wednesday from 4:30pm-6:30pm

March 1st - Lesson dedicated to the beginning of Holy Lent

March 22nd -Lessons to honor the Greek Revolution of 1821

March 26th - March 25th Presentations will take place in Carlos Hall following the Divine Liturgy

March 29th - Lessons will be dedicated to Orthodox traditions for Easter



## DANCE MINISTRY

### ZOUZOUNIA

Kindergarten - 1st Grade - Meet Sundays @ 12:00pm-12:30pm

### ARKOUDAKIA

2nd - 3rd Grade - Meet Sundays @ 12:00pm-12:45 pm

### PYROTECHNIMATA

4th - 5th Grade - Meet Sundays @ 12:00pm-12:45 pm

### ASTERIA

6th - 8th Grade - Meet Sundays @ 12:00pm - 1:00pm

### YI. ANEMOS & FOTIA

9th - 12th Grade - Meet Mondays @ 6:45pm - 7:45pm

### ARETI

Adults - Meet Mondays @ 8:00pm



# HOPE & JOY

Join us March 12th!



JOIN US FOR FUN AT  
THE GYM!

**On March 12th**, following Sunday School at the Cathedral gym we will have our third HOPE & JOY event of the Spring semester!

We will have an hour of food, games, crafting and learning! This month's lesson will feature a discussion on Job the Prophet & how we can prepare for Pascha during Great Lent.

We are looking forward to seeing you all!



## CONTACT US

Please let us know if you have any questions or concerns prior to the event!

Sarah - [sarah@atlhoc.org](mailto:sarah@atlhoc.org),  
404-633-5870

Barbara - (770) 807-5018

Julia - (770) 401-8433



# GOYA Event

Grave Mode

ord, have mer - - cy. Lord, have mer - cy. Lord, have mer - - - - cy. Lord, have mer - cy. Lord, have mer - - - - cy.

## METROPOLIS OF ATLANTA GOYA LENTEN RETREAT

3/31 - 4/2 @ THE DRC

with Fr. Theodore Ehmer  
REGISTER TODAY!



# YOUNG ADULT LEAGUE

## SPRING EVENTS

- MAR 11**      **SAT OF SERVICE**  
9 AM - REGISTRATION REQ.
- MAR 19**      **BRUNCH AFTER LITURGY**  
12 PM - FULL VEGAN
- MAR 29**      **ORTHODOXY ON TAP**  
6 PM - PRESANCTIFIED LITURGY & SPEAKER
- APR 8**      **SAT OF LAZARUS**  
9 AM - DIVINE LITURGY & CROSS FOLDING
- MAY 11**      **ORTHODOXY ON TAP**  
7PM - SPEAKER TBD
- 



# Philoptochos News

In late January 2023, the new Philoptochos year started off on a high note!

## 2023 VASILOPITA LUNCHEON

On Sunday, January 29<sup>th</sup> following the Divine Liturgy, the Kartos Ballroom was packed with parishioners attending the annual Vasilopita Luncheon for the first time in two years due to Covid restrictions.

Several hundred Parishioners enjoyed a delicious beef Kapama meal that included homemade Vasilopita bread made for the diners by Kiki Papadimitriou and Vivian Pappas. Special thanks to Ginnie Roglin, Ted Kipreos and the wonderful kitchen crew for their outstanding cooking!

Following a tradition of over 50 years, the Vasilopita included a spirited auction for the many fantastic breads, pastries and cookies that our talented Cathedral bakers prepared and donated for fundraising!

Led by excellent auctioneers Leon Melissas and Voula Giannakopoulos, nearly \$15,000 was raised in record time for the children of St. Basil Academy in Garrison New York.

Following the auction, guests were treated to the excellent Greek dancing of our talented young Cathedral dancers who had earned awards at the HDF dance festival. It was the conclusion of a GREAT DAY!

## PHILOPTOCHOS OUTREACH NEVER STOPS!

At the first general meeting of the year, our membership voted to make donations to outstanding Atlanta non-profit organizations whose outreach we have admired and supported for many years.

Each of the eight organizations listed below received a \$1,000 donation from our Philoptochos chapter:

Atlanta Community Food Bank – 2. Toco Hills Community Alliance

3. The Nicholas House – 4. Intown Collaborative Ministries

5. Loaves & Fishes Ministry@ St John the Wonderworker Orthodox Church

6. Covenant House - 7. Jesse's House 8. Our House

## PHILOPTOCHOS MEMBERSHIP MONTH!

In early February, Philoptochos sponsored a membership gathering in the HCC Atrium.

Chaired by Presbytera Evi Kaplanis, Philoptochos membership chairperson, there was a delicious array of food, desserts and pastries for the large crowd that attended!

Philoptochos welcomes all women of our parish to join us! Even if you cannot attend all meetings or events, your financial support will enable our chapter to continue its constant philanthropy. Philoptochos is a great Greek Orthodox Sisterhood and we have a terrific time being together as we work to help those in need.

Membership can be paid on-line!!

Please use the "Philoptochos Membership" link on the Cathedral website Home page. This is an easy way to join and support our dynamic chapter!

## PHILOPTOCHOS SCHOLARSHIPS

Each year our Philoptochos chapter awards three \$2,000 college scholarships to either graduating high school seniors or current college students. The recipients of these scholarships must be Annunciation Cathedral parishioners.

Philoptochos is pleased to announce that Anthea Economy will be the chairman of the 2023 Scholarship Committee. Information on the scholarship application process will be forthcoming shortly. Please watch for details!

## UPCOMING.....

On Thursday, March 9<sup>th</sup>, Philoptochos will sponsor the monthly Golden Group Lunch where a very nice Lenten meal will be served!

On Tuesday, March 14, there will be a General Membership meeting in the Kartos Ballroom @7:00 p.m.

Please make every effort to be present as we make plans for the upcoming year!

Philoptochos extends warm wishes for a Blessed Lenten season to our entire parish family

Follow us on Instagram!!! @atphiloptochos



Above: Our amazing Cathedral Greek dancers performing at the Philoptochos Vasilopita luncheon!

Below: Some of the beautiful breads, cakes & pastries made especially for the Vasilopita auction!  
All auction proceeds donated to St Basil Academy in Garrison NY





# Golden Group

57! That's how many different oils, spices, and other ingredients are included in the eighth century recipe for Holy Chrism, the seal of the gift of the Holy Spirit. Following the service of Holy Unction on Clean Monday, Fr. Christos presented an enlightening and entertaining talk on the processes and protocols followed in the preparation and consecration of Holy Chrism at the Ecumenical Patriarchate in Constantinople. Golden Group hosted this program and the Lenten Pot Luck Luncheon for our church community.



Our February Valentine Luncheon, hosted by the Daughters of Penelope, was attended by over ninety seniors! John Vorvolakos entertained us with one of his favorite humorous stories. We also 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 of Penelope who donated prizes, candy, desserts, financial contributions, and their time to make this event a special one.

Our March Luncheon took place in the Kartos Ballroom. The Philoptochos Society hosted the luncheon this month. Everyone enjoyed His Grace Bishop Sevastianos' remarks.



Golden Group will not meet in April, but please mark your calendars for our May 11<sup>th</sup> dinner and musical event in Kartos Ballroom. More details to follow, but it will be FUN!





# Greek Orthodox Cathedral Church

## Blood Drive

Monday March 20th, 2023  
10:00am to 3:00pm  
Ballroom

**Urgent Need for ALL DONORS! Give in March for a \$10 Visa Prepaid Card by email plus chance to win a \$3K prize**

**EAT** iron rich food  
**DRINK** plenty of water  
**SLEEP** well before & after  
Save 15 minutes and complete  
your **RAPID PASS**.

**Scan Here to Make an Appointment**



**Donate blood during #RedCrossMonth!**

Visit [redcrossblood.org](http://redcrossblood.org), call 1-800-RED CROSS or download the Blood Donor App to schedule an appointment.

© 2017 The American Red Cross | 109901





JOIN THE ANNUNCIATION CATHEDRAL PARISH FAMILY FOR

Wednesday Nite Life  
Lenten Speaker  
Series

LENTEN WORDS WITH THE  
CATHEDRAL CLERGY AND  
PASTORAL ASSISTANTS



REV. FR. CHRISTOS MARS  
MARCH 1



REV. FR. PAUL KAPLANIS  
MARCH 29



REV. FR. KEN ANTHONY  
APRIL 5



MR. THEO MANTZIKOS  
MARCH 15

*Join us Wednesday evenings during  
Great Lent after Presanctified  
Liturgy for a Lenten meal and talk  
from our clergy and pastoral staff.*



MS. SARAH STEWART  
MARCH 22

FOR MORE INFORMATION VISIT THE  
CATHEDRAL WEBSITE: [ATLGOC.ORG](http://ATLGOC.ORG)

# Calling all Prosphora Bakers



Of all the things we can do in life, one of the most essential things is to worship God through offering our prayers and thanksgiving.

Prosphora, which means offering, (Liturgical Bread), is a tangible way we can demonstrate our love for God our creator. We take the elements of the earth He created and form those ingredients into Prosphora and offer them back to Him in the Divine Liturgy. Our Lord consecrates those gifts and returns a portion of them back to us in the Holy Eucharist. The remainder we receive as Holy Antidoron (instead of the Holy Gifts). What a blessed way to participate in the Divine Liturgy!

At this time, we especially need your participation and assistance. Our beloved Cathedral will need approximately 200 Prosphora loaves throughout Great Lent, Holy Week and Pascha. Please consider offering as much as you are able during this Holy Season. You may drop off your Prosphora with the names of your family members, both living and departed, at the Cathedral Offices during the week. Or you may give them to a Parish Council member when you come to worship.

Thank you!



# KOLIVA WORKSHOP *RECAP*



In preparation for this year's first Saturday of the Souls, the Young Adult League hosted a Koliva Workshop to teach members of the community how to participate in the beautiful tradition of preparing a wheat offering in memory of our loved ones.



# SAINT PHOTINI OUTREACH MINISTRY

In February, our Saint Photini Outreach Ministry continues to serve our Parish and community through the following activities:

## **INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES (IOCC) SUNDAY, FEBRUARY 12, 2023**

Our Saint Photini Outreach Ministry sponsored two events to honor IOCC Sunday:

The first two Sundays of February, soups were collected for IOCC's Souper Bowl of Caring and on February 17 were delivered by SPOM members to Intown Collaborative Ministries. The cans collected by our Annunciation Cathedral family totaled 345 pounds!

On Sunday, February 12, we were blessed to have one of our parishioners, Shelly Sudia, speak to our parish about IOCC and the programs they offer following floods, hurricanes, tornadoes, and other natural disasters. Shelly serves as an Orthodox Frontline Chaplain as part of IOCC's Disaster Teams. She served in Panama City, Florida after Hurricane Michael hit, in Bowling, Kentucky after the tri-state tornadoes, and recently, after Hurricane Ian hit Fort Meyers, Florida. IOCC Frontliners, while focusing on emotional and spiritual care, also support IOCC's emergency action teams responding immediately after a disaster, or later during long-term recovery.



A table was set up in Carlos Hall for parishioners to meet Shelly and answer questions they may have about IOCC. Our Annunciation Cathedral collected \$1400 through online and check collections for IOCC.

## **VISITATION:**

In February our Shut-in/Homebound parishioners received Valentine cards from the students of the Annunciation Day School and phone calls from the Saint Photini Outreach Visitation Ministry. In March the St. Photini Outreach Visitation Ministry will be visiting our Shut-in/Homebound parishioners.

In April, cards for Pascha will be mailed out to our Shut-in/Homebound parishioners.

Parishioners should call the Cathedral office at 404-633-5870 to add a loved one to the Cathedral's Shut-ins/Homebound list.

## **UPCOMING SPOM EVENTS:**

This year, our Lenten Saturday of Service will take place on Saturday, March 11 as a day of off-site service for our parishioners to volunteer at various agencies/organizations around Atlanta.

Bags of Love will move to Saturday of Lazarus on April 8, 2023.

***“Just as Christ met St. 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.”***



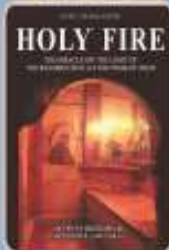
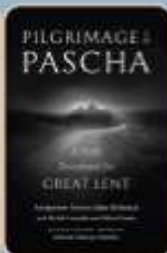
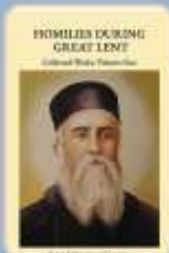
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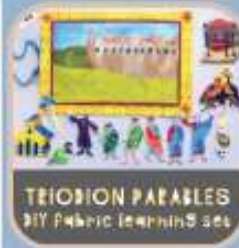
- Lent and Holy Week CD's
- Baptismal Crosses
- Prayer Ropes
- Travel Icons
- Icons
- Incense burners
- Incense
- Charcoal
- Bibles
- Children's Bibles
- Prospora Pan



**COME AND SEE WE  
HAVE SOMETHING  
FOR EVERYONE!  
STRENGTH, BEAUTY,  
&  
ENCOURAGEMENT  
FOR YOUR JOURNEY  
TO PASCHA AND  
BEYOND!**



**WE HAVE A FEW  
2023 CALENDARS  
LEFT FOR \$10**





Join the Annunciation  
Cathedral Parish Family for the  
**Service of the Akathist Hymn**



**FRIDAY, MARCH 31, 2023**

**6:30 pm**

Join us for the service of the Akathist Hymn on the fifth Friday of Great Lent! The Akathist hymn is a poem, which sings the praises of the Holy Theotokos. It is one of the most cherished services in the Orthodox Church.

**We look forward to seeing you all on March 31st!**



# AHEPA Mother Lodge Chapter No. 1 Educational Fund, Inc.

## SCHOLARSHIPS AVAILABLE for Academic Year 2023 – 24

Scholarships range from \$1000 to \$3000

APPLICATIONS AVAILABLE ONLINE January 12, 2023

at [www.ahepaatl scholarship.org](http://www.ahepaatl scholarship.org)

Application deadline—11:59 p.m., EST, March 15, 2023

### ACADEMIC and ENROLLMENT REQUIREMENTS

- Applicants must have a minimum GPA of 3.0 out of 4.0 (or 83 out of 100) and be planning to be enrolled full-time at an accredited college or university for the 2023 – 24 academic year to be eligible.

### AREA OF CONSIDERATION and RESIDENCY / OTHER REQUIREMENTS

- Several scholarships will be awarded based on scholastic achievement.
- Several scholarships will be awarded based on both scholastic achievement and financial need.
- One scholarship will be awarded in recognition of a scholar-athlete.  
*Applicants for the above 3 categories must reside in the Greater Metropolitan Atlanta Area.*
- One scholarship is designated for a student pursuing a graduate degree in Nursing.  
*Applicants must reside in the state of Georgia and plan to be enrolled in a graduate nursing program approved by the Georgia Board of Nursing.*
- Three scholarships are available for students attending Holy Cross Greek Orthodox School of Theology.  
*Applicants must reside in the geographical area within the Greek Orthodox Metropolis of Atlanta and plan to attend Holy Cross School of Theology.*
- The Johnny N. Economy Scholarship is available to all students.  
*Applicants must submit an additional essay on a topic of their choosing regarding Hellenism. This scholarship has no residency requirement.*

*Note that unless you are from the greater Metro Atlanta area, your residency status is considered "out of area" regardless of your current address, and with the exceptions noted above (Graduate Nursing & Holy Cross student applications) you are only eligible to apply for the Johnny N. Economy Scholarship.*

**FOR MORE INFORMATION CONTACT:** [applications@ahepaATLscholarship.org](mailto:applications@ahepaATLscholarship.org)

The mission of the Mother Lodge Chapter No. 1 Educational Fund, Inc. is to provide both scholastic achievement and financial need scholarships to students pursuing post high school education. In addition, the Fund strives to strengthen community and country by promoting education through the development and implementation of various comprehensive programs.

*The Foundation is a tax-exempt Charitable Foundation established in Atlanta, Georgia in 1986 to promote, encourage and advance education at the college, university, and graduate and professional school levels. It serves the Cultural and Educational Programs of AHEPA Chapter 1, DOP Chapter 53 & AHEPA Chapter 519. \**

\* AHEPA: American Hellenic Educational Progressive Association; DOP: Daughters Of Penelope

# Daughters of Penelope

## Menelaos Chapter 53

February was a fantastic month for the Daughters of Penelope!

Our wonderful sister, Theo Economy, chaired the Annual Golden Group Valentine's Luncheon and Bingo again this year! We had a huge turnout, and everyone was thrilled with the food, desserts and bingo prizes! Thank you to Theo Economy for her years of service and chairing this fun event as well as everyone who donated their time and talents that day! Thank you to the Golden Group Committee for their continued hard work!

Our March meeting was held on Sunday, March 5th after church in the Kafenion. We enjoyed a wonderful speaker who spoke to us about how to improve our health and wellness!

The AHEPA Scholarship Applications are due by Wednesday, March 15th! Remind all high school seniors, college students, and grandchildren to apply for this wonderful opportunity!

We are also planning on visiting Mobile, Alabama on March 17-19<sup>th</sup> for the Annual Chocolate Festival. The Daughters will have a chocolate martini booth that will raise money for The Penelope House in Mobile, a facility for battered women and families. The Penelope House is an incredible national project that we love to support. We would love to have you join us!

On Thursday, March 23rd, we will meet with AHEPA at the AHEPA House at 6:30pm. Dr. Victor Polizos will speak on Hellenism and Greek Independence Day. Dinner will be provided. We look forward to seeing everyone there!

Please send in your dues of \$55.00 by check to Sherry Kliosis, @daughters53 by PayPal, or call Mary Alice George to charge over the phone. If you have been inactive and would like to join us, please include an additional \$15 reinstatement fee.

Our next meeting will be on April 2nd after Sunday School in the Kafenion. We will be holding elections for our 2023-2024 Board! I strongly encourage you to get involved and please join our wonderful team as we continue to grow our beloved Chapter!

In May, we will meet with AHEPA for our end of the year picnic and celebration!

Our District Convention will be held in Knoxville, TN on June 2-4th. Please plan to attend this fun and important weekend!

AHEPA Family Supreme Convention will be held in Las Vegas this year! Save the date for July 23-28th! See you there!

Look forward to seeing everyone at these upcoming gatherings!  
Anthea Nichols, President  
Daughters of Penelope





# ANNUNCIATION DAY SCHOOL

*Centered in Christ, Children and Community*



Annunciation Day School is wrapping up another incredible trimester of accolades and community events. One of their seventh grade students and Cathedral parish member, Anna Christofi, advanced to the GISA Spelling Bee contest on February 28th. She is one of only 30 students in Georgia to reach this level.



The school's Spartan basketball teams took home two trophies this season! First place for the Lady Spartans and second place for the Spartan boys in the MAAC League, Division III! ADS also competed in the MATH COUNTS annual competition with nine students who advanced and represented the school.

The fun continued as the Spartans held an International Dinner on February 15th with 20 countries represented from their student body. The night was filled with delectable foods from all across the world and traditional dancing from our own Cathedral dance group, Colombia and Ethiopia! ADS also held their father/daughter & mother/son dance which included a dance-off & limbo competition! Lastly, the school's Spirit Night at Athens Pizza was one for the record books. ADS filled the restaurant until closing time with their families and friends, and Cathedral parishioners. The school raised \$500 as part of their Spirit Night partnership with Athens Pizza. Thank you parishioners for coming to support our amazing school!

## Events include:

- 1) **Preschool Grandparent's Day:** March 3rd at 10:00am in Carlos Hall
- 2) **5K Spartan Run:** March 18th! This year, the school will have chip timing and bib numbers for each registered runner. Register before March 8th at [www.adsatlanta.org](http://www.adsatlanta.org)
- 3) **Middle School Father/Daughter vs. Mother/Son Volleyball Tournament** on March 24th in the gym. Parishioners are welcome to watch the show down!
- 4) **Middle School Retreat** at Rock Eagle, 4-H Center: April 10-12th.
- 5) **Student Art Auction:** April 27th, 3:00 - 6:00pm. Parishioners are welcome to attend as the school will also have exclusive items in their silent auction including a custom painted portrait session valued at over \$2,500!

Preschool applications have now opened up and ADS is accepting 2 yrs. - 4 yrs. old students for the 2023-2024 school year. Apply soon as the school only accepts 12 students per classroom. We also have a few spots left in K-8, so don't delay before classes are full! [www.adsatlanta.org](http://www.adsatlanta.org)



We look forward to the last trimester of school and the soon-to-be ground breaking of the new Canakarlis Athletic Field this summer! Construction completion is slated for the end of October. Have a blessed Lent and Kali Sarakosti!









Enroll for the 2023-2024 school year at [www.adsatlanta.org](http://www.adsatlanta.org)




**ANNUNCIATION DAY SCHOOL**  
Centered in Christ, Children and Community

DUALLY ACCREDITED:



*Internationally*  
**DIVERSE COMMUNITY**

*Small*  
**CLASS SIZES**  
16-18 STUDENTS

STATE-OF-THE-ART  
*Science Lab*

**AFTER SHOOOL Clubs**  
Including: Ballet, Robotics, Word Play, Lego Club, Chess

*Our Mission:*  
Centered in Christ, Children and Community



162 STUDENTS 25 COUNTRIES



*Preschool & K-8*

**IOWA STANDARDIZED Test Scores**

**IN THE TOP 25% NATIONALLY (2021)**



*House System*  
mixing K-8 students in community, mentorship & competition



**LOWEST Tuition in ATLANTA**

\$4,000 for Preschool;  
\$9,150 for K-5;  
\$11,450 for 6th-8th

*Competitive*  
**SPORTS**



MAAC LEAGUE: BASKETBALL, SOCCER & VOLLEYBALL  
(Spartan Soccer teams reign champions for 3rd consecutive year)

**IN-HOUSE & EXTERNAL Field Trips**



STEM Bus; Fernbank & Tellus Science Museum

[AnnunciationDaySchool.org](http://AnnunciationDaySchool.org)

ANNUNCIATION DAY SCHOOL'S



# 5K 2023 SPARTAN RUN

**MARCH 18th** 8:30am race start (7:45am check-in)

*Register Today at [www.ADSatlanta.org](http://www.ADSatlanta.org)*

**Adults: \$30 • Children (10 and under): \$15 • Strollers FREE!**

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

Registration must be complete by: March 10th. 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**  
ATTORNEYS AT LAW

**GOLD SPONSORS:**



BRONZE SPONSOR: **Atlanta Urgent Care**



# ADS PRESCHOOL APPLICATIONS NOW OPEN!

## Program Features:

- ✓ Dually Accredited  
by COGNIA, SACS
- ✓ GELS Curriculum
- ✓ 12:1 student to teacher  
ratio
- ✓ Affordable Tuition  
(\$300-\$450/month)

**ENROLL TODAY**

 404-565-2850

 [www.adsatlanta.org](http://www.adsatlanta.org)





Register Today

Summer camp

June 5<sup>th</sup> - 9<sup>th</sup>

June 12<sup>th</sup> - 16<sup>th</sup>

[www.atlgoc.org/summer-camp](http://www.atlgoc.org/summer-camp)





## Lykion Ton Ellinidon Atlanta

Thank you to all who attended our **Vasilopita** event together with the Hellenic Womens Cultural Association on January 29! We are grateful for the participation of the Greek Consul Theodoros Dimopoulos. All enjoyed the traditional new year's kalanda performed by members of the Cathedral Men's Choir, Constantine Kokenes and Eleftherios Chasanidis! Attendees at both the Hellenic Dance Festival and Vasilopita admired our exhibit about the 1922 Smyrna Catastrophe.




Join us for a **Movie & Mingle**, the Atlanta premiere of Greece's submission to the 2022 Oscars for Best Foreign Language Film!

Filmed on the beautiful Island of Kefalonia, **Magnetic Fields** won five 2022 Hellenic Academy awards including Best Film and Best Screenplay!

Your ticket includes a wine reception at the theater after the film.  
[www.freshtix.com](http://www.freshtix.com)

**Lykion Book Club** will meet on Sunday, March 19 at 3 p.m. (at a private residence) to discuss Farewell to Thessaloniki: City at the Crossroads by Leon Sciaky. All are welcome! For more info, email Barbara Kiriazis at [ckhellas@aol.com](mailto:ckhellas@aol.com)

Visit us at [www.lykionatlanta.org](http://www.lykionatlanta.org) to learn more! We welcome your feedback to help us grow and improve!





Make giving easy with our HCHC Advocate monthly giving program!

**Advocate:**  
a person who supports or defends a cause

We are facing unprecedented challenges today. Our society is rapidly changing and increasingly secular. We need a strong Orthodox school of higher learning to prepare leaders capable of meeting the growing needs of our faithful.

By supporting Hellenic College Holy Cross, you are transforming lives, strengthening families, and advancing Orthodoxy.

Scan QR Code to sign up!



Or go to [www.hchc.edu/give/advocate/](http://www.hchc.edu/give/advocate/)

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you are signing up for these benefits that correspond with your chosen monthly giving range:

Questions?  
[advancement@hchc.edu](mailto:advancement@hchc.edu)

**MONTHLY GIVING AMOUNTS**

ANNUAL BENEFITS	\$10-19	\$20-49	\$50-99	\$100-249	\$250-499	\$500-999	\$1,000+
Advocate Honor Roll listing (electronic)	+	+	+	+	+	+	+
Advocate lapel pin		+	+	+	+	+	+
Invitation to HCHC events in your area			+	+	+	+	+
Christmas ornament				+	+	+	+
Invitation to on campus events					+	+	+
2 tickets to President's Luncheon						+	+
Advocate plaque							+



We educate and serve the people who educate and serve the people.





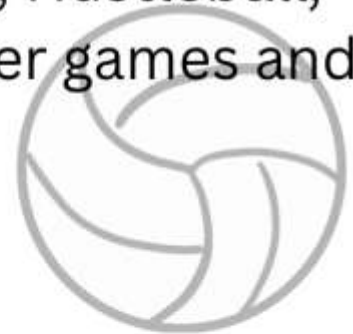
CLICK HERE



[www.sportsmaniacamps.com](http://www.sportsmaniacamps.com)

# SUMMER SPORTS CAMP

Basketball, Volleyball, Pickleball, Hustleball, Nitroball, Handball and many other games and activities



## Camp Dates

May 30 - June 2

June 19- June 23

Greek Orthodox Cathedral of the  
Annunciation

**2500 Clairmont Rd, Atlanta, GA 30329**

# AGES 6-14

Sports Mania Youth Camps, where kids can participate and thrive in recreational play! Campers not only participate in common sports but also modified games that are derived from common sports. Campers will be centered around a socially positive environment, learn the value of team work all while playing familiar and innovative games! To find out more and to discover if our clubs are a good fit for your child, please read on or get in touch with us.

# Parish Registry

## Births

Baby girl born to Michael & Jordan (Carlos) Kapin  
(New York)

## Baptism

Parents: Elizabeth & Danny Ryan  
Baby: Beatrice Rose (Triantafillia)  
Godparent: David Trettel

## Weddings

Carrington Eley & Vasilios Nasoulis  
Yeoryia Papadopoulous & Peter Pappas

## Fallen Asleep in the Lord

Ida Ariadne Lingos  
Michael Snider



## Stay in touch



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