

# The Annunciator

*Greek Orthodox Cathedral of the Annunciation*

2500 Clairmont Road N.E.

Atlanta, GA 30329

Phone (404) 633-5870 Fax (404) 633-6018

www.atlgoc.org office@atlgoc.org

Rev. Fr. Paul A. Kaplanis, Dean (frpaulk@atlgoc.org)  
Rev. Fr. Christos P. Mars, Presbyter (frchristos@atlgoc.org)  
Mr. Joshua Boyd (joshua@atlgoc.org)

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## PRAYER IS THE BREATH AND LIFE OF OUR SOUL By Rev. Father Paul A. Kaplanis

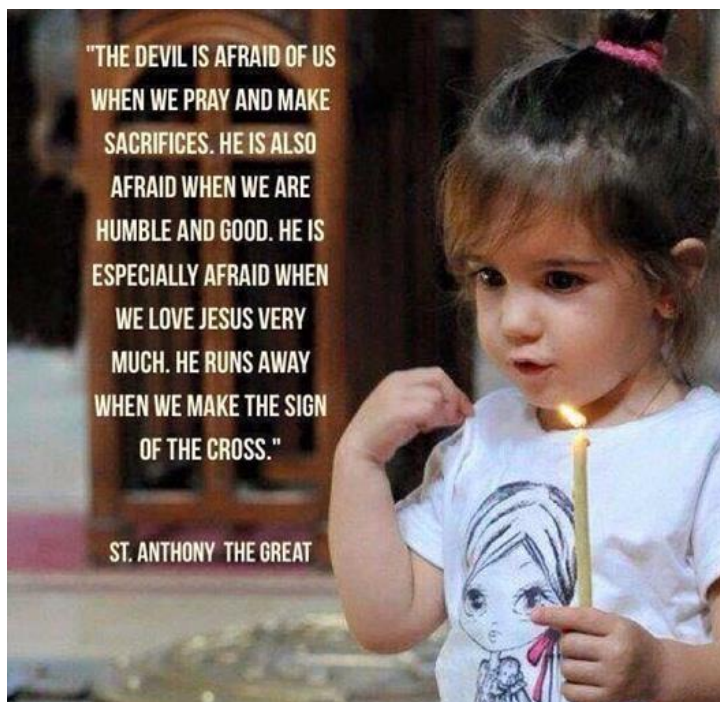
Just as the body needs air to breathe, the soul needs the constant remembrance of God through prayer. St. Theophan the Recluse says that we should, "Consider prayer to be the first and foremost duty in our life." St. Basil the Great said, "In everything they (the Apostles) did, they thought of God and lived in constant devotion to Him. This spiritual state was their unceasing prayer."

In all my years as a priest, I cannot recall a time

when someone rejected a prayer being said for them. There have been those times when a family member called for me to visit their loved one usually in the hospital because of a grave illness and even though the afflicted person had not made the request, they usually accepted a prayer being said, even if they didn't believe. Over the years, I have people stop me in stores and other places saying, "Hey Father, can you say a prayer for me?" Of course, I also obliged.

While speaking about the effects of prayer, St. John Chrysostom provides a comprehensive list of benefits:

- "Prayer is the enlightenment of the soul
- True knowledge of God
- A mediator between God and humanity
- A physician of the passions
- A remedy against illness
- Tranquility of the soul
- Prayer opens the gates of heaven
- Surpasses the angels
- Transcends the Thrones and Dominions



- Passes beyond the Cherubim
- And when it has ascended above all creation, it comes near to the unapproachable Holy Trinity.
- At this point, prayer worships the Divinity and is deemed worthy to converse with the heavenly King.”

As we see here in St. John Chrysostom’s comprehensive outline of the effects of prayer, we are told that prayer brings about every possible blessing from God.

St. John Climacus of the Ladder also writes about prayer, saying:

- Prayer brings about reconciliation with God
- It is the mother and daughter of tears
- The propitiation/appeasement for sins
- A wall against afflictions
- A work of angels
- Future gladness
- A source of virtues
- A means of obtaining grace
- Food of the soul
- Enlightenment of the mind

Remember the game show, “Who wants to be a millionaire?”

Well, prayer is our most important lifeline and God is the one who answers our requests. The most beautiful and loving gift from God is that He is always present to answer our call.

Since prayer is such powerful spiritual gift, the devil does everything possible for us not to do it. He knows that prayer is a powerful weapon that brings us closer to God. So, he whispers into our ears negative thoughts about praying, dis-

couraging us. He helps us find every excuse NOT to pray.

We are very familiar with these excuses, I don’t really know how to pray, I’m too busy, and I just don’t have time, I’m too tired, God doesn’t seem to answer my prayers, I rarely receive what I pray for, etc.

What do we receive when we pray? What are the possible results of our prayer?

St. Mark the Ascetic says we receive the following through prayer:

- We attain all good things
- Unshakeable faith
- Sincere love
- Lack of animosity
- Love of our brothers and sisters in Christ
- True patience
- Prayer safeguards our sobriety and purity
- Helps us to forget our injuries
- Drives out envy
- By praying to God...good prospers and sin is overthrown
- Prayer is the key for us to be united with God

What are the prerequisites for prayer?

1. ***FORGIVENESS*** is the very first one!
  - \* To surpass the wrongs done to us is to forgive.
  - \* So, before we begin to pray, our goal should be to forgive those who have acted unjustly towards us.
  - \* We also must try our best to forget the wrongs done to us.
  - \* Otherwise, St. Isaac the Syrian says, “praying without forgiving is like

planting seeds in the sea and expecting a harvest.”

2. The second prerequisite for prayer is: PER-SISTANCE

\* Our best example is the Canaanite woman. Her daughter was healed because she persisted. “Even the dogs deserve to eat the crumbs which fall from the master’s table.”

3. The third prerequisite for prayer is: HUMILITY

\* Here we have the example of the publican/tax collector. We take his example not measuring what others do or do not do but looking at our own shortcomings.

4. The fourth prerequisite for prayer is: PERSONAL STRUGGLE

\* We should give prayer our most concerted effort. Give it everything we have.

5. Our fifth and final prerequisite to prayer is: FAITH

\* When we ask something of God, we must ask with unshakeable faith, without hesitation and without harboring doubts.

In the Epistle of St. James, the brother of our Lord, and by the Lord Himself in the gospel of Matthew 21:22, we are reminded that, “Whatever you ask for in prayer with faith, you will receive.”

Another very important aspect of prayer is the participation of the Body.

St. Paul reminds us that our body is the temple of the Holy Spirit and urges us to give glory to God in both our body and soul.

The main ways that our bodies participate in prayer are:

- Fasting
- Vigils
- Crossing ourselves

- Standing
- Making prostrations

Fasting and prayer go together as the Lord Himself tells us and as we read in the Book of Acts. Prayer needs the participation of the body through physical toil for it to bear fruit.

Our model prayer is the Lord’s Prayer since the Lord taught the Apostles this prime example of prayer.

Evagrius the Solitary (Ponticus) a 4<sup>th</sup> Century Theologian and Monk offers guidance on what to pray for. He says, “Do not pray for the fulfillment of your wishes, for they may not accord with the will of God. But pray as you have been taught, saying: ‘Thy will be done in me (Lk 22: 42). Always entreat Him in this way—*that His will be done*. For He desires what is good and profitable for you, whereas you do not always ask for this.”

A very familiar prayer that can help us pray in a more continuous way is the Jesus Prayer: In its longest form it reads, “Lord Jesus Christ, Son of God, have mercy on me a sinner” or “Lord Jesus Christ, have mercy on me a sinner.” This short prayer that can help us pray on a regular basis throughout each day as St. Paul in his first letter to the Thessalonians 5:16-18, “Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.”

St. John Chrysostom encourages us to pray constantly saying, “Make sure that you do not limit your prayer merely to a particular part of the day. Turn to prayer at anytime.”

We have all heard the expression, “Be Careful What you Pray for”

Permit me to share the following story. A young man, a Christian, went to an older believer to ask for prayer. "Will you please pray that I may be more patient?" he asked. The aged saint agreed. They knelt together and the man began to pray, "Lord, send this young man tribulation in the morning; send this young man tribulation in the afternoon; send this young man...." At that point the young Christian blurted out, "No, no, I didn't ask you to pray for tribulation. I wanted you to pray for patience." "Ah," responded the wise Christian, "it's through tribulation that we learn patience." (Source Unknown)

Elder Sergei of Vanves of Northern France offers some counsel when we pray:

"Prayer should not depend upon our mood or good will. If we are in a bad state, it's because we are filled with sin. Thus, we need to repent. Every day, examine our conscience and repent. We must force ourselves to *pray regularly every day*. If we don't want to do that, then we need to repent of that. You must understand how necessary this is. Know that the devil lurks and waits to destroy our soul, and that we are always in danger. Prayer alone will give our soul the strength to resist. In order to acquire spiritual muscles, we have to go to the spiritual gym."



Whether we are able and blessed to exercise bodies on a regular basis, everyone should go to the "spiritual gym" daily to keep our spiritual muscles in great shape.

Consistent prayer, cultivated over time, changes, and enriches our lives. Creating a healthy ongoing dialogue with God is the path to having a true relationship with Him.

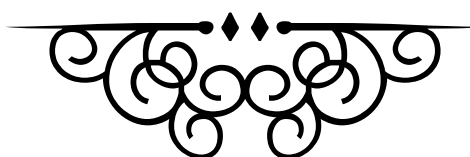
For many Orthodox Christians, prayer can be a frustrating, misunderstood experience. Prayer is something we should enjoy doing. It should not feel like an obligation. We should also feel something when we pray, and we should not limit ourselves only to Sunday worship and feel like that is enough prayer to carry us through the joys and sorrows of life.

Elder Sergei reminds us that God is not an optional part of our lives; if we want to live, we can no more stop praying than we can stop breathing.

So, if we can embrace that prayer is the *breath and life of our soul*, then we must introduce two initiatives daily to begin this journey:

- A willingness and a desire to know God and to know ourselves.
- A sense of adventure, trusting that God will guide our steps.

*Amen!*





# A BRIEF EXPLANATION OF THE LITURGY OF SAINT IAKOVOS (JAMES) BROTHER OF OUR LORD

By Rev. Father Christos P. Mars

It is hard to imagine that there were many liturgical forms that arose during the first centuries of Christianity, up until the adoption of the major Divine Liturgies.

A special field of study deals with the variety and development of these “structures”, mainly in the field called “liturgical theology.” The most well-known Liturgies among Greek Orthodox faithful are the following:

The Liturgy of Saint John Chrysostom, which is celebrated for almost the entire Ecclesiastical year.

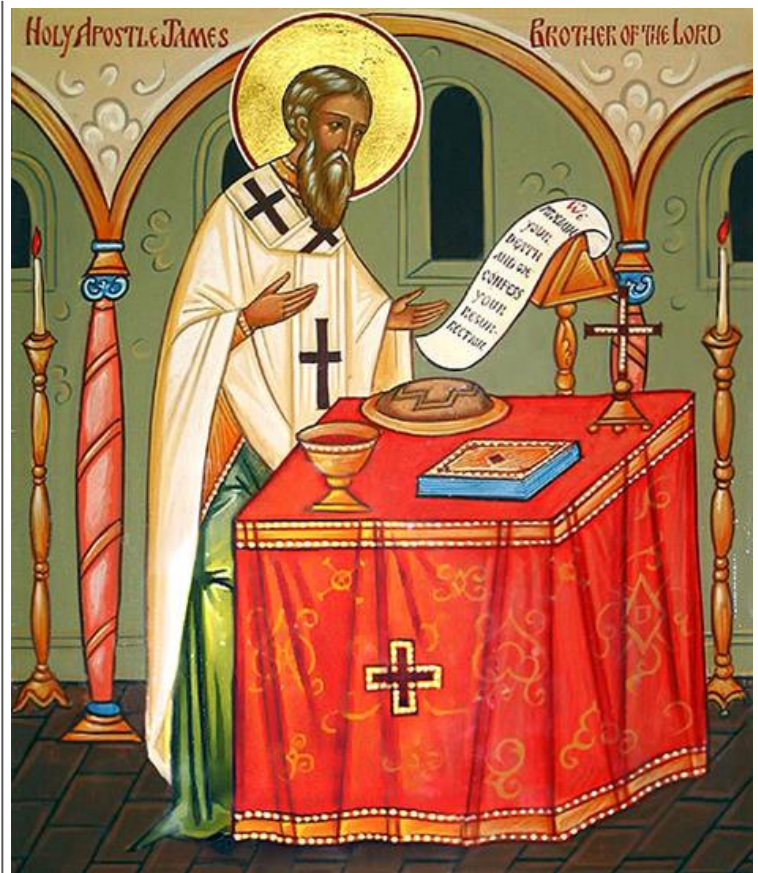
The Liturgy of Saint Basil the Great—from which the previous service was derived for the sake of brevity—is celebrated only 10 times per year.<sup>1</sup>

The Liturgy of the Pre-Sanctified Gifts—which is celebrated only during Great Lent.<sup>2</sup>

To the abovementioned three Liturgies, we must add the Liturgy of Saint Iakovos, the Brother of our Lord (often translated as “James” in the New Testament), which we celebrate on October 23<sup>rd</sup>, the saint’s feast day.

We will be celebrating this liturgy as a cathedral parish family and I wanted to comment more

1. Eve of Christmas and Theophany, Feast of Saint Basil, Each Sunday of Great Lent, Holy Thursday Morning and Great and Holy Saturday Morning.
2. Traditionally Pre-Sanctified Liturgy is only celebrated on Wednesday and Fridays of Great Lent as well as certain feast day.



thoroughly on this very early form of Liturgy for two main reasons: first, because it is attributed to the first Bishop of Jerusalem, who bears the most honorable title of “The Brother of our Lord!” Secondly, because it is certain that the ancient structure and language of this Service will console and support more deeply the Church-going faithful. The major features of this ‘prototype’ Liturgy are underlined.

It is important to remember that all traditional forms of the Divine Liturgy have, by definition, the same sacredness. Regardless of the name of the Saint or Apostle whose names they bear, they are the necessary ‘framework’ and ‘environment’ (we could even say ‘biosphere’) for sanctification, in which the Holy Eucharist

can be reverently conducted.

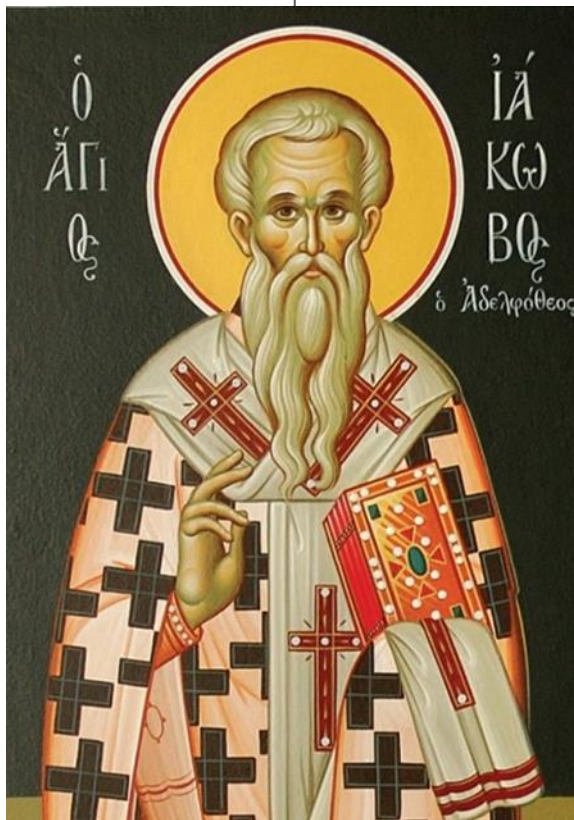
Given that the Holy Eucharist is the 'foundational' Sacrament of the Church, in the sense that it summarizes and seals conclusively all stages of the Divine Economy concerning the Incarnation of God the Logos (Word), it becomes clear that all things in the life of the Church have a eucharistic (literally, thanksgiving) root and complexion.

Consequently, it is not only that other Sacraments spring forth from—and are mystically nourished by—the Holy Eucharist, but also all 'institutions', whether within or outside formal worship, lean towards it and are sanctified by it, to the degree that they affirm it without obstruction, *i.e.* without overshadowing it.

With this last observation, we have already underlined the constant criterion according to which we shall evaluate the special significance and the obvious 'advantages' of the Divine Liturgy of Saint Iakovos. We shall therefore briefly look at each of the reasons for which it is distinct from the other established Liturgies of the East.

### The authority and personality of Saint Iakovos, the Brother of our Lord

As we know, Saint Iakovos the 'Brother of our Lord' was not one of the Twelve. However, his presence and the authority of his personality, 'surpassed' this formal factor, without preventing him—in precisely the same way as Saint Paul—from having a leading role in the entire



life of the early Church in Jerusalem.

As the one who 'presided' in the worshipping community, it was only natural that he combined both the austerity of the Law with the leniency of Grace in his purely pastoral care. If the two 'tendencies' of the general mission and journeys of the Apostles were represented by Peter on the one hand, and Paul on the other, the main role of Iakovos was centered around worship, which sanctifies life as a whole.

This was primarily due to the fact that Iakovos never left Jerusalem for missionary purposes. Therefore, what could be more natural than for the one who presided, as Bishop at the Eucharistic gathering, to formulate the 'model' of the initial Divine Liturgy!

Such a model had to express very distinctly the main characteristics of the 'eucharistic body' of the faithful. The first presupposition for such 'expression' and 'concelebration' was the active





participation of all the members, which enables communion to be direct and unhindered, not only among each other (horizontally), but also with the Lord who is in their midst and 'made present' in the person of the Celebrant (vertically).

The simplicity of the liturgical 'stage' and the archaic quality of the rubrics

As the Liturgy is celebrated, with the Clergy who many times are turned *towards* the congregation, it is a clear expression of the preparation of the faithful, as well as their 'expected' direct attention and participation in the Service.

In particular, it is noted that the face-to-face positioning of Clergy and Laity (which we know to be the only stance strictly portrayed by the sacred Icons according to Orthodox iconography) emphasizes in a very characteristic way the 'communion' which is sought through the Sacrament of the Holy Eucharist.

The simplicity and ancient quality of the language used

One could write an entire treatise on the theological importance and strength of the liturgical language used—in conjunction with the corresponding gestures—in the prototypical Liturgy of the Bishop of Jerusalem, Iakovos the Brother of our Lord. That however is not the purpose of this article, nor would space permit it.

It needs to be pointed out however that, based

purely upon the prayers of the Celebrant and the relevant readings, one gains a sense of astonishing immediacy, not only from the precision of the vocabulary, but also from the wonderful theological maturity that is expressed.

Highly characteristic examples include the prayer of the Entrance of the Clergy when the presiding Celebrant prays for the "*sanctification of souls, bodies and spirits*", as well as to "*direct our thoughts towards piety.*"<sup>3</sup> There is also the image of unity of the entire body of the faithful,

even during the commemoration of the Head of the local Church, who is not 'segregated' legalistically (in order to supposedly declare his privilege and right!). On the contrary, and as a celebratory confession of the prayerful 'liturgical communion' of all faithful, whether present or absent, the Deacon says: "*For salvation, peace, mercy, understanding and divine help upon our holy Archbishop Alexios, and all the righteous Archbishops and Bishops who throughout the Orthodox world rightly*

*teaching the word of Your truth and all ecclesiastical orders.*"<sup>4</sup> So together with the canonical commemoration of the Bishop who is first in seniority, it is not only the Celebrants in general who are commemorated, but rather all ranks of faithful!



3. From the "Prayer of the Veil" found in the Liturgy of Saint Iakovos, Brother of our Lord.

4. From the petitions following the consecration of the Holy Gifts in the Liturgy of Saint Iakovos, brother of our Lord.

In the same spirit of declaring the unbroken unity of all, there is also the greeting of peace and reconciliation. It is not restricted to the Celebrants, as is the case today. This is completely correct, as the Schisms had not yet arisen. Thus, the Deacon could invite all the faithful in attendance with the words: *“Receive one another. Let us kiss one another with a holy kiss”*<sup>5</sup> (and the greeting of course occurs according to the suggestion of the *Apostolic Rulings* and the *Canons* of the Council of Laodicea)<sup>6</sup>. The commemorations exclaimed by the Deacon in other parts of the Liturgy are even more extensive and moving.

In trying to conclude this article, an astounding detail concerns the mystery of the relationship of the ‘one’ with the ‘many’ within the One and indivisible Body of God incarnate:

At the commencement of the Liturgy, while the chanters chant the words *“Behold now, what is so good or so pleasant as for brothers to dwell together in unity”* (LXX Ps. 132), the people respond after every verse of the mentioned Psalm with *“Remember me, Lord”*, whereas it would have been more in keeping with the Psalm to have said *“Remember us, Lord!”*

Therefore, the God-given mystery of communion of the one God in the Holy Trinity, is chanted with compunction in this detail—a triumph

of two natures of Christ (*i.e.* divine and human natures in Christ), as defined doctrinally by the 4<sup>th</sup> Ecumenical Council<sup>7</sup> through the use of four adverbs to—describe the joining of the two natures:

unconfusedly—ἀσυγχύτως

unchangeably—ἀτρέπτως

indivisibly—ἀδιαίρετως

inseparably—ἀχωρίστως

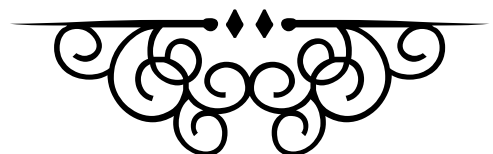
It would be commendable if the Church decided, at some stage, to have liturgical ‘renewal’, in a spirit of honest purification, so as to return, in terms of duration and Christian simplicity, to the briefly presented incomparable ‘advantages’ of the truly Apostolic Divine Liturgy of Saint Iakovos, the Brother of our Lord.



5. During the Anaphora of the Liturgy of Saint Iakovos, Brother of our Lord.

6. The Council of Laodicea was a regional synod of approximately thirty clerics from Asia Minor which assembled about 363–364 AD in Laodicea, Phrygia Pacatiana.

7. Fourth Ecumenical Council, also known as the Council of Chalcedon, was held in Chalcedon (modern Kadiköy, Turkey) in 451. Convened by the emperor Marcian, it was attended by about 520 bishops or their representatives and was the largest and best-documented of the early councils.





# ALL IS WELL

By Joshua A. Boyd

One of the most joyful sights in the world is a small child with a balloon. Balloons are simply magical to children. Such beautiful colors floating in the air, joined to the earth by a single ribbon. And with such magic comes devastation the first time that balloon suddenly, unexpectedly floats away, first just out of reach and then—mere moments later—irretrievably gone. That sudden, tragic loss can prompt an absolute flood of emotions, often involving uncontrollable sobbing. I can still remember that feeling from when I was a child, the experience is somehow burned into my memory. And as a parent now I've seen it happen to my own children on more than one occasion. The first time it happens, especially if they're very young, the only thing we can do (if immediately replacing the balloon isn't an option) is to hug them and reassure them that everything will be ok. In fact, a lot of my life as a father involves those words: "everything will be alright."

We can tell ourselves this too in times of worry or stress. Times that only seem to multiply as we grow older. And we're no longer limited to our immediate concerns—we begin to care not just for the balloon we've lost but for the potential balloons (or money, or opportunities) we might lose in the future. The stress of the seemingly endless decisions we are faced with in our daily life can start to seem unbearable. As even bigger problems arise and more



and more stress is encountered it can be tempting to think the answer is "I just need to make the right decision, or choose the right path, or just get through this and everything will be ok after that." If we look to our faith though, we will see this reaction doesn't quite go far enough. It is not enough to calm ourselves by looking forward to some anticipated improvement in the future. We must learn to be OK in the moment, in every moment. But how, exactly, do we do that?

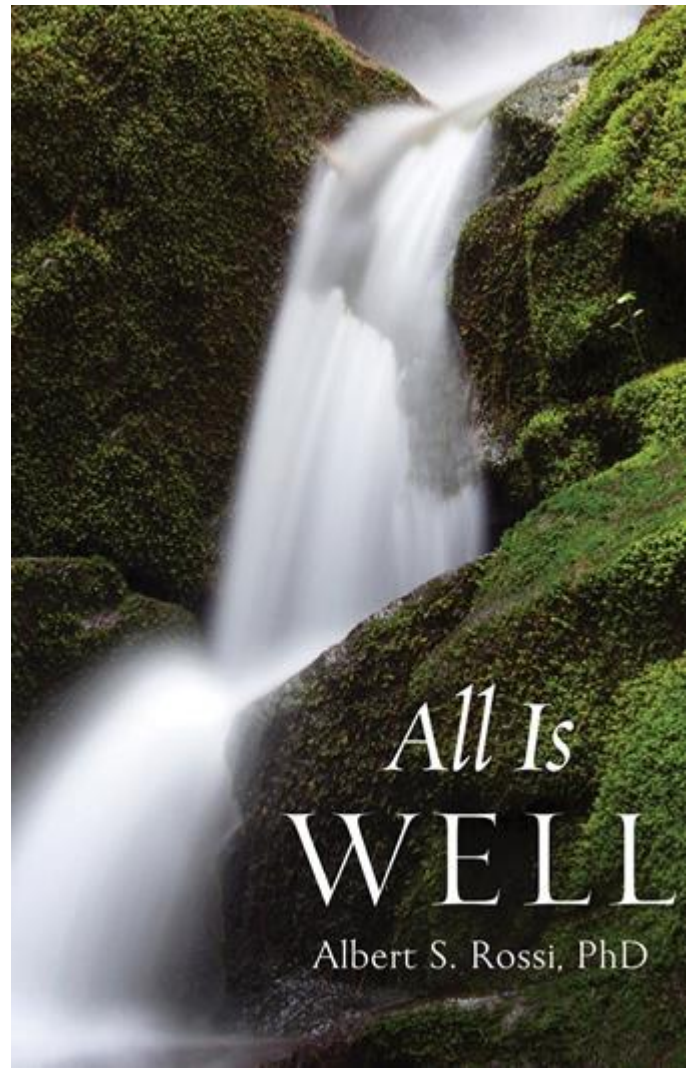
A few weeks ago, I was asked by someone if I had any advice for someone suffering from anxiety. I don't have much experience with it, but my immediate response was to think of the Jesus Prayer. This is a tool in our spiritual toolbox that most Orthodox Christians are already familiar with, but I suspect most of us don't use enough. I certainly don't. It is a short, repetitive prayer, said with intention and sometimes accompanied by controlled breathing: "Lord, Jesus Christ, Son of God, have mercy on me." I think learned about this prayer within weeks of first discovering Orthodoxy, but it would take me years before I actually put the theory into any real practice. What prompted me to finally start was a talk I heard from a well-known Orthodox professor and clinical psychologist, Dr. Albert Rossi. Dr. Rossi had come to speak to a high school summer program at the seminary that I helped with and one of the things he spoke about was the profound impact

the Jesus Prayer had on his own life. I've had the blessing to hear Dr. Rossi speak on several occasions after that and remember him as an overwhelmingly calm presence. My friend's question on anxiety got me thinking, "perhaps I should see if Dr. Rossi has written something that addresses anxiety..."

Indeed, he has: a quick search online led me to his most recent book published just last year, *All is Well*. It's a short work of just over 100 pages which I quickly devoured. Refreshingly unpretentious, it's written in an immensely conversational style not unlike listening to Dr. Rossi speak. It is a lightly organized—at times meandering—collection of anecdotes and thoughts from this sweet and learned man. It feels very much like going on a series of walks with, or perhaps cozying up to a fire next to, a gentle, wise, and kind friend.

The book addresses the topic of anxiety and the wider cares of the world through an exploration of anecdotes and related thoughts that attempt to—and I think succeed at—bringing the reader into a deeper understanding of what it means to put our faith in God in every moment of our lives, in the face of every adversity, and trust that all is well. Not that it *will be* well, that it *is*. This is not easily done, as Dr. Rossi would readily tell you. It is also not a denial of the evil in this world, as he importantly explains in his opening pages: "We need to look at reality squarely and call good 'good' and evil 'evil.' We need to see, not deny, the darkness and evil in our outer and inner worlds." But we also need to see the larger picture, he says. "Without denying the ugliness, we are to keep our mind on the beauty, as best we can."

"As best we can." On every page of this book Dr. Rossi speaks softly, acknowledging that achieving the peace of *all is well* will likely be a lifetime of work. Over and over, he recognizes the difficulty of the task at hand, admitting his own shortcomings and encouraging us with



the love that comes from a lifetime of experience and mistakes. "It's not always easy," he will often begin, "but we can learn."

And we must. All of us are guilty in some sense or another of anxiety, whether we see it as something we struggle with or not. Whether we turn on the TV or log in to Facebook or Twitter we see that, clearly, all around us, all is *not* well. And it's not only everything *out there*. Our own lives can seem like inescapable chaos, if only at times. And most of us encounter stressful situations on a daily, almost hourly basis. We are human creatures, here on earth due in part to our natural instinct of fear and avoidance of stressful situations. We see potential threats and our inclination is fight or flight. We are on the lookout for threats. We are constantly, subconsciously, concerned with survival. This is how we got

here. But this is also the result of our fallen nature.

In the Gospel of St. Matthew Christ says, "Therefore I tell you, do not be anxious about

your life, what you shall eat or what you shall drink, nor about your body... which of you by being anxious can add one cubit to his span of life?" (Mt. 6:25, 27 RSV)

This doesn't mean we sit back and wait for God to send us manna from heaven at every meal. But it does mean that we try, as best we can, to lay aside our earthly cares. To live in the moment. To be aware. Dr. Rossi talks about his own experience of this:

"Of course, every moment varies and is unique. For me, the details of my present moment often include some dose of anxiety, mild or moderate. I don't seem to have much mental

space for a purely serene, anxiety-free present moment. OK. That's me. All I can do with the complexity of the present moment is surrender it with a nod, which is my personal code for the word 'Jesus,' which is code for 'the Jesus Prayer.' Most of the time I don't even nod. I simply

become aware of the details—the sights, sounds, and tactile sensations—of the present moment, my current breath. And that's enough... Prayer is fine when appropriate. Silence is fine when

appropriate. Awareness of the details of the moment can be, in itself, prayer if preceded by a faith in Christ's presence within me."

That's where we must begin, and what this explores so well: a faith and constant awareness of Christ's presence within us. Most of us are still working towards that and Dr. Rossi's latest publication is a wonderfully amusing and uplifting encouragement along the way. Even if you don't consider anxiety a regular struggle in your life, I encourage you to pick up this small book. It is full of a timeless wisdom translated through the self-aware humor

and experience of a learned Orthodox Christian. My guess is that in his meandering stories you will find more than one gem you can use in your daily life.



*All is Well* is published by Ancient Faith Publishing and can be purchased at <https://store.ancientfaith.com>.



# PARISH REGISTRY

August 27, 2021 – October 15, 2021

## BIRTHS

**Baby Girl** born to Amanda & Constantine Galifianakis  
**Baby Girl** born to Lindsey & Chris Bogie  
**Baby Boy** born to Kierstin & Nick Kipreos  
**Baby Girl** born to Katerina & Kostas Katsadourous  
**Baby Girl** born to Claire & Pete Kostopoulos  
**Baby Boy** born to Katie & Speros Kokenes

## WEDDINGS

Pauline Glenn & Eric Brown  
Madison Montgomery & Evan Chininis  
Rachael Nicholas & Peter Zakas  
Katherine Adams & Marius Balla

## BAPTISMS

**Parents:** Alyssa & Elias Chininis  
**Baby:** Charlotte  
**Godparent:** George Evagoras

**Parents:** Taylor & James Esdale  
**Baby:** David  
**Godparent:** Madison Elisavet Brandt

**Parents:** Alexia (Skouteris) & Santiago Gallo  
**Baby:** Alexios  
**Godparents:** Elizabeth Ryan & Anastasios Pantazopoulos

**Parents:** Gabriela & Stephen Lucas  
**Baby:** Lazar  
**Godparent:** Petar Simich

**Parents:** Katina (Tsagaris) & Anastasios Karahalios  
**Baby:** Maria Anastasia  
**Godparents:** George & Julie Zaharatos

**Parents:** Amanda & Constantine Galifianakis  
**Baby:** Zoe  
**Godparent:** Alexandra Mooney

## ASLEEP IN THE LORD

Aristides George Poulos  
Mary Joanne Jones  
Steve Eustratios Alexander, Jr.  
Benjamin Paul Jawanda

## WAYS TO STAY IN TOUCH WITH US



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## Annunciation Greek Orthodox Cathedral

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# *Youth Activities*

## **GREEK DANCE REGISTRATION**

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

## **ACOLYTES & HANDMAIDENS REGISTRATION**

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

Click [HERE](#) for Acolyte Registration.

Click [HERE](#) for Handmaiden Registration.

## **COLLEGE OUTREACH**

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

# Philoptochos News

The new Philoptochos year got off to a great start on Tuesday, September 28th when the annual Wine and Cheese meeting took place in the Kartos Ballroom.

There was a great turnout and everyone was very glad to see each other! It was especially gratifying to have a number of young members present. Their energy, ideas, and talent will be a great asset to our Philoptochos chapter!

## Upcoming General Meeting focusing on Philoptochos Outreach!

Tuesday, October 26, 2021  
7:00 p.m Kartos Ballroom and HCC Atrium

New Philoptochos President Dina Cook has put together a busy fall schedule. Of particular importance is the next general meeting.

We will be preparing 500 health kit bags to ship to IOCC (International Orthodox Christian Charities). This is an annual project that our members undertake. Because there are so many areas in the world that are facing difficult times, these small bags are more important than ever and this will be the largest single number we have prepared in one evening. Many hands will be needed! Please make every effort to be present at this meeting. It will be a fun gathering with a serious purpose!

## Annual Toys for Tots Dinner - Save the Date!!

Thursday, November 11, 2021  
6:30 p.m. Kartos Ballroom

While the 2020 TFT dinner had to be postponed, Philoptochos was still able to spearhead an extraordinary collection of new toys donated by our generous parishioners! This year we will be returning to having our Toys for Tots dinner in person, but will also reach out to the Cathedral family for toy donations. Stay tuned for additional details!

## National Philoptochos Children's Medical Fund Luncheon Raffle!

Every two years, National Philoptochos hosts a Children's Medical Fund Luncheon. The proceeds from these luncheons provide grants for innovative research programs to pediatric hospitals throughout the United States and to organizations with special programs for children with critical and life threatening illnesses.

The 2021 Children's Medical Fund Luncheon will be held on November 6<sup>th</sup> in Indianapolis, Indiana. As part of its fundraising, there is a raffle of fabulous prizes, all donated by Philoptochos members.

Prizes include jewelry from Konstantino, David Yurman & Lagos, Louis Vuitton handbag & scarf, numerous \$500.00 gift cards from Saks Fifth Avenue, Neiman Marcus, and American Express. Plus much more!

Ticket prices are \$10.00 for one ticket, \$25.00 for three tickets. Checks payable to Holy Trinity Cathedral. To purchase tickets, please email:

Dina Cook - [dinacook58@gmail.com](mailto:dinacook58@gmail.com)

Valine Georgeson - [vcgbooks@bellsouth.net](mailto:vcgbooks@bellsouth.net)

Looking forward to seeing everyone at the October 26<sup>th</sup> meeting!





# ***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.

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

Our Cathedral's SPOM Visitation Committee continues to bring smiles and good wishes to our Shut-Ins/Homebound through phone calls, wonderful hand-painted cards with inspirational messages sent quarterly, as well as cards sent throughout the year for Birthdays, Christmas, Valentines and Pascha!

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

The SPOM Visitation Committee is our Cathedral's vessel to contact and visit our Parish Homebound/Shut-Ins. Parishioners should call the [\*\*Cathedral office at 404-633-5870\*\*](tel:404-633-5870) to add a loved one to this list.

## **Upcoming Saint Photini Events**

Our SPOM ramps up with the following activities this quarter. Please look for full details in future Cathedral Bulletins and E-Blasts! *We look forward to your participating and being a part of these events!!*

## **Food Drive to support In-Town Collaborative Ministries [October 16/17 & October 23/24]**

The mission of Intown Collaborative Ministries is to prevent and reverse homelessness and hunger in Intown Atlanta. <https://intowncm.org/>

## **Speaker from International Orthodox Christian Charities (December 5)**

Louis Zagami, Development Director Officer, IOCC. <https://iocc.org/>  
IOCC Mission in the spirit of Christ's love, offers emergency relief and development programs to those in need worldwide, without discrimination, and strengthens the capacity of the Orthodox Church to so respond.

We invite you to join and participate in the philanthropic and outreach events sponsored by our Annunciation Cathedral's Saint Photini Outreach Ministry (our Mission is listed below). We welcome new ideas and fellowship!! Please contact Vickie Klemis at [\*\*vickieklemis@gmail.com\*\*](mailto:vickieklemis@gmail.com) to be added to our contact list 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.”***

**In Christ's Service,**

**Vickie Klemis, Stephen Georgeson & Costa Panos**

**Mobile Food Pantry Drive for Intown Collaborative Ministries**  
**"Neighbors Helping Neighbors"**

*Sponsored by Annunciation Greek Orthodox Cathedral  
 Saint Photini Outreach Ministry*

**Imagine** not knowing where your next meal will be coming from ...

Will it be a hot breakfast ... perhaps a quick lunch ... a nice relaxing dinner? Or will you have anything to eat the entire day? Will you have a warm bed to rest your weary body? Or will you be wrapped in newspapers on the cold, hard ground?

Many people in our surrounding Atlanta area find themselves in this situation and the numbers are growing!



**IT'S IN OUR HANDS TO REACH OUT AND HELP END HUNGER & HOMELESSNESS!**



Two Consecutive Weekends in October

Saturday, October 16, & Sunday, October 17, 2021

Saturday, October 23, & Sunday, October 24, 2021



SATURDAYS (10:30AM-12:30PM)	SUNDAYS
<ul style="list-style-type: none"> <li>October 16 &amp; October 23</li> </ul>	<ul style="list-style-type: none"> <li>October 17 &amp; October 24</li> </ul>
<ul style="list-style-type: none"> <li>Drive-up and Drop-off your Donations at the HCC Atrium Entrance.</li> <li>A SPOM member will greet you and collect your donations from your car.</li> </ul>	<ul style="list-style-type: none"> <li>Bring your Donations to Carlos Hall. Leave at designated table.</li> </ul>
<p><u>Tuesday-Friday: October 12-15 and Monday-Friday: October 18-22</u></p> <ul style="list-style-type: none"> <li>Donations during both weeks may be dropped off at the top of the stairs as you enter the Administration Building.</li> <li>Donations ordered through Amazon, CostCo, etc., may be delivered to the Administration Office.                      Please deliver to: Annunciation Cathedral – St. Photini                      2500 Clairmont Rd. NE                      Atlanta, GA 30329</li> </ul>	

- ❖ All food donations will be delivered to "Intown Collaborative Ministries" (<https://intowncm.org>) on Ponce de Leon Avenue, whose ministry operates homeless outreach and works to prevent homelessness and hunger in intown Atlanta.
- ❖ ICM Teams personally go under the bridges, in the parks, homeless encampments – wherever the homeless and hungry congregate to bring food and clothing. They have had success in assisting to place some of the chronically homeless into their own apartments. To these, the ICM Teams deliver groceries from the Pantry.

Below is the list of *needed items* provided by Intown Collaborative Ministries. (Note: Both Pop-Top & Non-Pop-Top Soup accepted)

<b>URGENT NEED</b>	Shelf Stable Milk (Horizon, Blue Diamond, Kirkland (CostCo), Parmalat)
<b>URGENT NEED</b>	Granola Bars
Protein	Canned Soup, Tuna Packets, Canned Chicken, Canned Tuna
Cereal	Instant Oatmeal or Grits Packets
Other	Fruit Cups, Snacks
Other	Plastic Grocery Bags

*Our Annunciation Greek Orthodox Cathedral Saint Photini Outreach Ministry extends our sincerest appreciation for your donations to help our Homeless and Hungry population in our local area.*

# Golden Group News

Over fifty Golden Group participants attended our first luncheon in eighteen months on September 16 in Carlos Hall. We celebrated all of our missed birthdays and enjoyed a tasty meal generously provided by Golden Group. The movie, *Thea apo to Chicago*, was enjoyed by all and generated much laughter!



Please mark your calendar for our next luncheon on Thursday, October 21, at 10:30 am in Carlos Hall. Many of you have experienced the culinary expertise of Demetrios Hadjisimos, but are you aware of his comedic talent? Join us as Demetrios entertains us with his humorous tales and explanations of Greek phrases and expressions. The Arcadian Society will treat us to a delicious lunch.



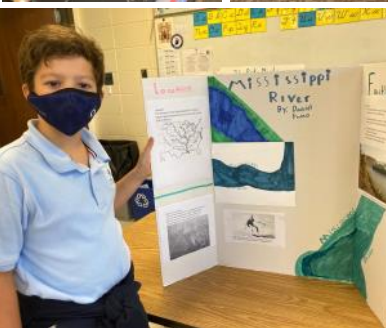
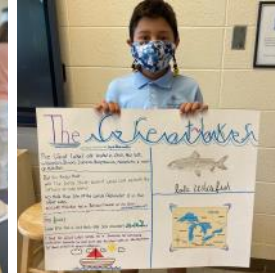
# Annunciation Day School

Annunciation Day School (ADS) has had a busy and fun start to the school year with their annual Ice Cream Social, MAAC league Soccer games, Science experiments, Social Studies projects, Virtual Silent Auction, volunteering & sponsoring this year's Atlanta Greek Festival and attending bi-monthly Divine Liturgy. ADS is also gearing up for their first Open House of the school year on November 7th at 2:00pm. We encourage our church family with school-aged children to attend and apply for the 2022-2023 school year. Families will be able to meet with our Head of School, teachers, hear about curriculum, and speak with other fellow ADS parents and students.

The school's annual Book Fair is also around the corner. The fair will run from November 8-12th in the upstairs hallway leading to the Cathedral. Hours of operation are 8:00 - 10:00am and 1:00 - 3:00pm. Parishioners are invited to come and purchase different genres of books as they make great birthday and Christmas gifts! In athletics, our Spartan boys brought home the Division Championship trophy in Soccer! They compete in the MAAC League against other private schools including the Howard School, Cliff Valley, Swift, Faith, Arbor Montessori, and McGinnis Woods. We could not be more proud of our boys and thank our coach and Cathedral parishioner, Lee Baker for mentoring and teaching our players for the past three years.

We look forward to seeing everyone at the school's annual Gala on Friday, April 29th in the Kartos Ballroom. The much-anticipated event will hold a live auction of several amazing items including, but not limited to, dinner with actor and comedian Zach Galifianakis, Chef Pano's curated Food & Wine Tasting at Kyma, Atlanta United Soccer game in the Owner's Suite, and Braves Game Suite tickets! Ticket sales and sponsorships will be available this January and all proceeds will benefit the church's and school's *Field of Dreams* initiative. With your athletic field sponsorships, your family's or company's name will be permanently placed on the new scoreboard, plaza area, retaining wall or bleachers. For naming rights and field sponsorship opportunities, please email Sophia Tsiotsias at [stsiotsias@adsatlanta.org](mailto:stsiotsias@adsatlanta.org).

We look forward to a great second trimester filled with fun & enriching curriculum, community events, sports, in-house field trips, and growing our ADS Spartan family with our Cathedral parishioners!





## A ROAD TRIP TO GREECE -DRIVE THRU-

### **The 2021 Festival Road Trip to Greece was another big success!**

A big thank you to Ted Kipreos, Chairman, Michael Lambros, Co-Chair, our Cathedral Clergy, the Steering Committee, Committee Chairmen, and the countless volunteers who gave their time and talents to make sure our patrons received delicious food and pastries along with "philoxenia."

A message with more details from the Chairman  
will be forthcoming.

Plans for any upcoming sale of food and pastries  
will also be communicated.

ΕΥΧΑΡΙΣΤΩ!

## *Hellenic Womens Cultural Association*

**Hellenic Womens Cultural Association Gathering**

**Sunday, October 24<sup>th</sup> at 3:00 p.m. in the Kafenion**

***All members and other ladies of the parish are invited to  
attend our first in-person gathering of the year!***



# *Daughters of Penelope*

The Daughters of Penelope have been working tirelessly even during the restrictive previous year. We put our creativity skills to use, as we met virtually every month! We were thrilled to be able to end the year with our first in person meeting! We had a wonderful time seeing everyone and enjoying a picnic outside of the Ahepa House.

In June, we met again for the District 1 Convention in Atlanta. We had a fantastic turnout at our meeting on Saturday, and we were so fortunate to have our Liaison, Marianne Treppiedi, from Spokane, WA in attendance! We also had the pleasure of having our Grand President, Celia Kachmarski, from Canada in attendance via Zoom! DG, Elaine Tissura, organized a dinner at Pricci's for a group of 20 Daughters and Ahepans. What a fantastic way to end a full day of meetings! The 2021-22 year is off to an amazing start! Our first meeting was held outdoors at the Pavilion at the church. The board provided a light lunch, which was followed by our first meeting. We also initiated 2 new members into our group!

On October 3<sup>rd</sup>, we just had our very successful 3<sup>rd</sup> annual Fall Wine Raffle! We met in the late afternoon, along with the Ahepans, for a wine and cheese party, followed by a wine raffle of 35 bottles of wine, including the grand prize bottle worth \$150.00! The proceeds from this fun event will go to The DOP/Ahepa Family Scholarship and Foundation and other charities.

We have several exciting upcoming events and will be meeting again on November 7<sup>th</sup> at 12:00 in the Kafenion for our Founders Day Celebration.

Our annual Turkey Drive will be taking place again this year, so please consider donating \$25.00 to this wonderful cause. The turkeys will be donated to St. John the Wonderworker church ministries to help feed the families in need during Christmas.

December 5<sup>th</sup> we will be celebrating our name day with Artoklasia, donated by The George Family. Please come sit with us in church! We will also be having our annual bake sale in Carlos Hall the same day. We are taking Pre-Order Sales now!! Don't forget those teachers, co-workers, neighbors and friends!

We will wrap up 2021 with a festive Christmas meeting and "Night Before Christmas" gift exchange!

SAVE THE DATE! The District Convention and 100<sup>th</sup> Anniversary of Ahepa will take place in Atlanta, June 23-26. The entire community is invited to this wonderful event!

Please contact President, Anthea Nichols at [dopmenelaos53@gmail.com](mailto:dopmenelaos53@gmail.com) if you would like to join or have any questions.

Ladies ages 25 and above are welcome to join us and we look forward to a wonderful year!





## ONE IN FIVE

U.S. adults experience  
mental illness each year



ASSEMBLY OF CANONICAL  
ORTHODOX BISHOPS  
OF THE UNITED STATES OF AMERICA

## Share Your Experience

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



### Orthodox Mental Health Needs Assessment

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

Scan  
Here >>

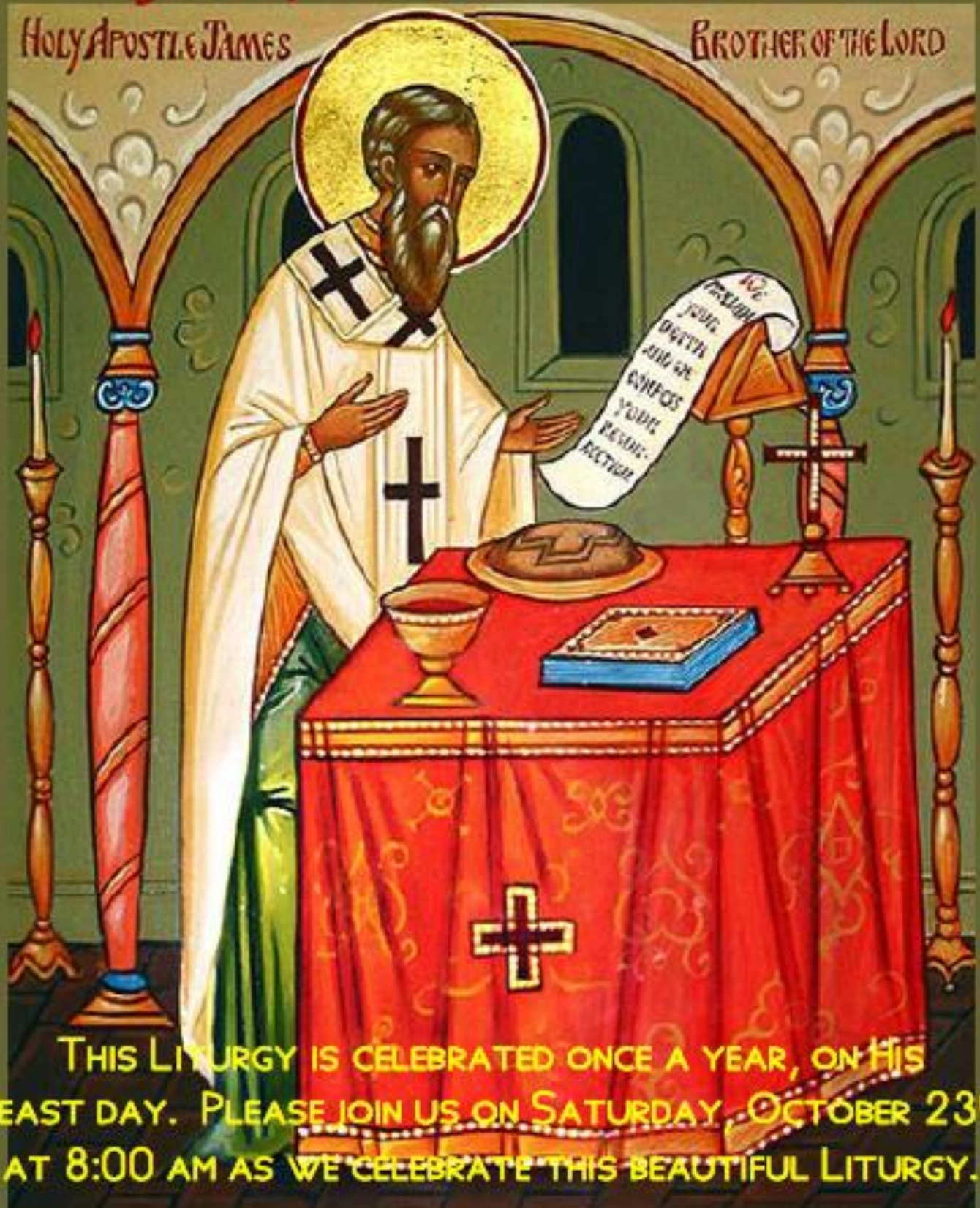




# THE DIVINE LITURGY OF ST. IAKOVOS (JAMES) BROTHER OF OUR LORD

HOLY APOSTLE JAMES

BROTHER OF THE LORD



THIS LITURGY IS CELEBRATED ONCE A YEAR, ON HIS  
FEAST DAY. PLEASE JOIN US ON SATURDAY, OCTOBER 23<sup>RD</sup>  
AT 8:00 AM AS WE CELEBRATE THIS BEAUTIFUL LITURGY.

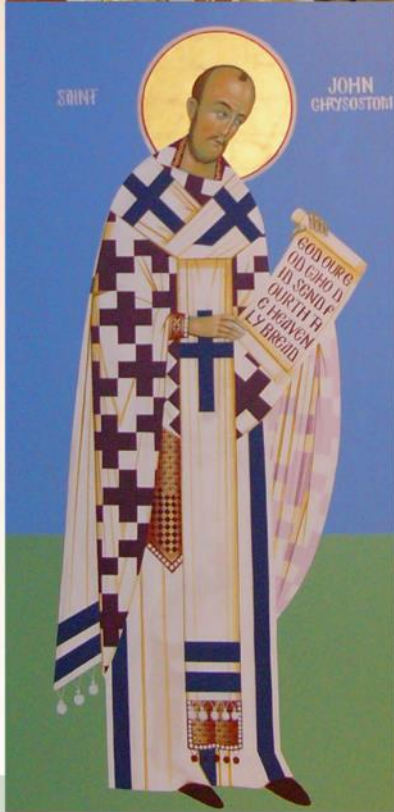


# THE DIVINE LITURGY IN HONOR OF THE ARCHANGELS



PLEASE JOIN US ON MONDAY, NOVEMBER 8<sup>TH</sup> AT 8:00 AM AS  
WE CELEBRATE THE FEAST DAY OF THE ARCHANGELS IN THE  
METROPOLIS CHAPEL FOR IT'S FEAST DAY.





*Join the Atlanta Orthodox Clergy Brotherhood  
in celebrating the Feast of  
St. John Chrysostom  
with an Evening Divine Liturgy*

NOVEMBER 12, 2021

ORTHROS AT 6:00 PM  
HIERARCHICAL  
DIVINE LITURGY AT 7:00 PM

*With His Eminence  
Metropolitan Alexios  
of Atlanta presiding*



**ANNUNCIATION CATHEDRAL**

2500 CLAIRMONT ROAD N.E., ATLANTA, GA





## THE GREEK ORTHODOX CATHEDRAL OF THE ANNUNCIATION

2500 Clairmont Road N.E., Atlanta, GA 30329 • Tel.: (404) 633-5870 • Fax: (404) 633-6018

Web: [www.atlgoc.org](http://www.atlgoc.org) • E-mail: [foffice@atlgoc.org](mailto:foffice@atlgoc.org)

Rev. Fr. Paul A. Kaplanis  
Dean

Rev. Fr. Christos P. Mars  
Presbyter

October 4, 2021

Dear Parishioners:

This year we will be electing 9 members of our Cathedral to serve on the Parish Council. All 9 Candidates will fulfill a 2-year term. We will also be electing 2 members of our Cathedral to serve on our Endowment Foundation Board of Directors for a 3-year term. Elections will be held on Sunday, December 12, 2021, after the Divine Liturgy until 2:00 PM in the Music Suite, adjacent to the Bride's Room.

1. **Qualifications to be a Candidate for the Parish Council** - Candidates of the Parish Council must be a parishioner in good standing of the Parish for at least one (1) year immediately preceding the date of the election and must live his or her life in accordance with the faith and canons of the Church. The Priest(s) shall determine whether the parishioners are in canonical and financial good standing as specified in Part Three, Article 18, Sections 1-3 of the Regulations. All candidates *must* attend a seminar conducted by the Priest(s) prior to the election of members of the Parish Council. At the conclusion of the seminar, all candidates will acknowledge their attendance by signing the Parish Council Candidate Pledge as promulgated by the Metropolitan and agreeing to abide by it if elected. If extenuating circumstances do not permit a Parish candidate to attend this seminar the Priest(s) will arrange another time for this explanation and signing of the Parish Council Candidate Pledge. Each Parishioner or Parishioner-elect is obligated, without exception, to execute the Disclosure Statement as published in the Regulations. *Nominations may also take place from the floor of the Parish Assembly on November 21. Nominations close at the conclusion of the Assembly.*

This year's *Parish Council Candidate Seminar* will take place in the Boardroom located on the 1<sup>st</sup> floor of the Hellenic Center on Monday, November 22, 6-8 PM.

*(This seminar is mandatory for all Parish Council Candidates)*

2. **Terms of Office.** Parish Council members shall be elected at annual elections as provided herein and shall each serve no more than three (3) consecutive two (2) year terms or until their successors are elected and qualified. After a one (1) year absence from the Parish Council, a former member is eligible to be a candidate for the Parish Council again.

*The completed form must be accompanied by a photograph (Passport type format, single Head Shot of candidate only), along with a brief resume bio and mailed to the Cathedral office as a declaration of candidacy as outlined in our Parish Bylaws, by 5:00 PM Friday, November 19, 2021.*

In Christ's Service,



Rev. Fr. Paul A. Kaplanis  
Dean



Rev. Fr. Christos P. Mars  
Presbyter

## **2021 Elections**

Greek Orthodox Cathedral of the Annunciation, Atlanta, GA

### **NOMINATION FOR PARISH COUNCIL, 2-Year Term**

We, the undersigned, nominate:

\_\_\_\_\_ as a candidate for election to the Parish Council of the Greek Orthodox Cathedral of the Annunciation.

\_\_\_\_\_  
(Signature of member in good standing)

\_\_\_\_\_  
(Signature of member in good standing)

I accept the nomination for election to the Cathedral Parish Council and if elected will serve a TWO-YEAR TERM, January 2022 – December 2023.

\_\_\_\_\_  
(Signature of Nominee)

### **NOMINATION FOR CATHEDRAL ENDOWMENT FOUNDATION BOARD OF DIRECTORS, 3-Year Term**

We, the undersigned, nominate:

\_\_\_\_\_ as a candidate for election to the Cathedral Endowment Foundation Board of Directors.

\_\_\_\_\_  
(Signature of member in good standing)

\_\_\_\_\_  
(Signature of member in good standing)

I accept the nomination for election to the Cathedral Endowment Foundation Board of Directors and if elected will serve a THREE-YEAR TERM, January 2022 – December 2024.

\_\_\_\_\_  
(Signature of Nominee)

*This Nomination Form must be returned to and received by the Cathedral Office by 5:00 p.m. on Friday, November 19, 2021.*

*Parish Council Candidate Seminar will take place in the Boardroom located on the 1st floor of the Hellenic Center on Monday, November 22, 6-8 PM.*



# *Free Support of Annunciation Day School*

## **PUBLIX Fundraising**

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

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

## **APOGEE State Scholarship Fund**

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

To redirect your state tax dollars today, simply visit [www.apogee123.org](http://www.apogee123.org) and choose Annunciation Day School as your recipient school.

Go to the forms page of the Apogee website

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

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

Be sure to choose Annunciation Day School as your recipient school

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

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

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

# 2021 GALA FIELD of DREAMS



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

---

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

ADS VOLUNTEER HONOREES:  
VOULA GIANNAKOPOULOS & VASSIO GIANNAKOPOULOS

---

**Rescheduled for April 29th  
Tickets will be available in January**

FOR TICKETS AND SPONSORSHIPS:  
**WWW.ADSATLANTA.ORG**



# K-8th & PreSchool Open House

November 7,  
2:00 - 4:00pm.



**ANNUNCIATION  
DAY SCHOOL**

*Centered in Christ, Children and Community*



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



Diverse Learning Community



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

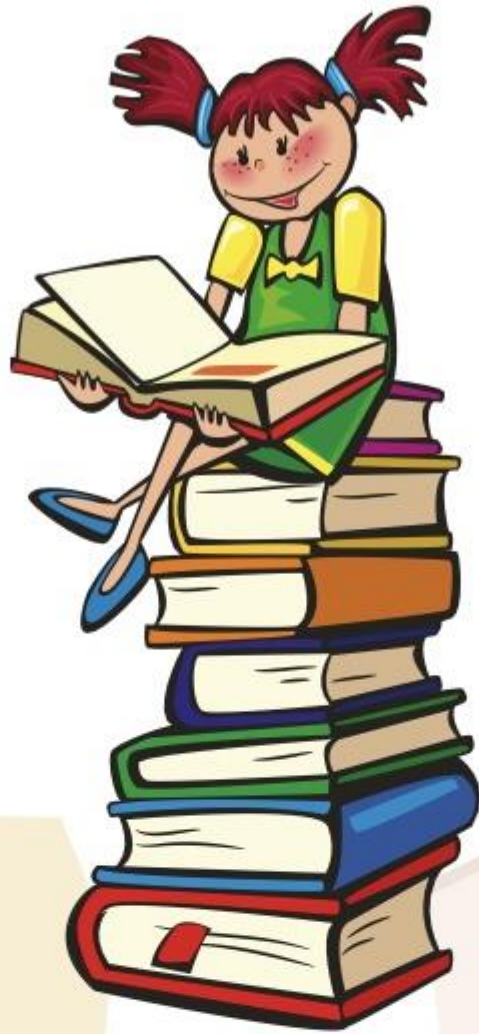
RSVP to Sophia Tsiotsias at  
[marketing@adsatlanta.org](mailto:marketing@adsatlanta.org) or call 404-565-2850.

2500 Clairmont Road., N.E. Atlanta, GA. 30329  
[AnnunciationDaySchool.org](http://AnnunciationDaySchool.org)

Or Scan this  
QR code to  
RSVP directly!







# ADS BOOK FAIR

**NOVEMBER 8 - 12, 2021**

**8:00-10:00 AM**

**&**

**1:00 - 3:00 PM**

**2ND FLOOR HALLWAY**



American Red Cross



## Greek Orthodox Cathedral **BLOOD DRIVE**

Monday, November 22, 2021  
10am – 3pm  
Gym

Sign up for an appointment to donate at [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code **GOCATL** in the top right corner of the page under "Find a Blood Drive" or click on the QR Code below. Save time and use RapidPass. Visit [www.redcrossblood.org/rapidpass](http://www.redcrossblood.org/rapidpass) for more info.

**Tips for a successful donation: (1) Eat a good breakfast or lunch before donating blood, (2) Drink extra water before donating blood, (3) Eat foods rich in iron (red meat, fish, poultry, prunes, raisins, green leafy veggies, beans, etc).**



**Free \$5 Amazon e-gift card for All Presenting Donors!**

**\*\*Please remember to bring your photo ID!\*\***

Give Something that Means Something®

1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

© 2021 The American National Red Cross (147401-01 CW)





Greek Orthodox Metropolis of Atlanta

# Hellenic Dance Festival



## Are you interested in sponsoring HDF?

This year, HDF will be held from January 14<sup>th</sup>-17<sup>th</sup> at the Caribe Royale Resort in Orlando, Florida. We are looking for sponsors to help enhance the HDF experience! We offer a wide variety of sponsorship opportunities that can appeal to any business and generate exposure to over 2,500 people! Sponsorship levels include:

### Silver (\$250):

- Stage announcements throughout weekend
- Opportunity to hand out flyers/freebies at the sponsorship table
- Small company logo displayed on screen between performances
- Small company logo on other ads (posted schedules, handouts, social media, etc.)

### Gold (\$500):

- Everything included in the Silver Level
- Logo on step and repeat banner
- Medium company logo displayed on screen between performances
- Medium company logo on other ads (posted schedules, handouts, social media, etc.)

### Platinum (\$1000):

- Everything included in the Gold Level
- Plaque/on stage recognition at awards ceremony
- 1 free registration package
- Solo social media shout-out
- Large company logo displayed on screen between performances
- Large company logo on other ads (app, posted schedules, handouts, social media, etc.)

### Title (\$5000):

- Everything included in the Platinum Level
- Recognition as the Title Sponsor throughout the entire weekend
- 3 free registration packages

All sponsorship contributions are tax deductible. If you are interested or for more information, please contact the Events Chairs at [events@hellenicdancefestival.com](mailto:events@hellenicdancefestival.com).

We appreciate in advance your generous contribution and look forward to making this year's HDF the best one yet!





## SAVE THE DATE

June 23-26, 2022

The Atlanta AHEPA Family invites you to celebrate the 100<sup>th</sup> Anniversary of the founding of the Order of Ahepa, July 26, 1922 in Atlanta, GA. The entire Atlanta community is invited to celebrate this special event. Events being planned to include: District Lodge meetings, educational programs by local guest speakers, social events (AHEPA Family Luncheon, Southern Style Dinner, Grand Banquet), athletic events and tours of various Atlanta sights.

All events will be held at our Hellenic Center.



# Can't wait to see you soon!!!



## Guidelines for Scheduling Meetings

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

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

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

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: Irene Fotos (pcpresident@atlgoc.org)

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