

# The Annunciator

## Prayer as an Important Aspect of our Spiritual Life

By Monk Moses  
Edited and Modified by Rev. Fr. Paul A. Kaplanis



I find it most interesting in daily conversations that one particular word comes up often and the word is, **prayer**. People ask for prayers all the time. They also wonder if God is listening. Does He care about our prayers? How do I know if He hears my prayers? Can He possibly listen to millions and millions of prayers? Does He answer all of them? How do I know if I am praying the correct way? Is there a particular prayer formula I must follow? This article on prayer by Monk Moses of the Holy Mountain, Mt. Athos, answers many of the questions regarding prayer and provides a roadmap of the benefits and required persistence needed in order to bear the fruits of prayer.

The life of prayer, which we shall discuss, is one part of a much broader topic, which encompasses the spiritual life in general, a life in Christ, the way to sanctification and deification. Combined with personal inner purification and a regular sacramental life, a life of prayer will help significantly in the regeneration of the

faithful during this difficult period in which we live.

The content of this discussion is based on the Holy Fathers and contemporary elders of Mt. Athos. There are many stations or steps in the journey of prayerful spiritual ascent. We shall briefly address some of the more significant ones related to our topic.

**Study is one of the very first steps - The mind learns that with which it is preoccupied.** If one is preoccupied during the entire day with the lives of others, he derives no benefit for himself. If we focus on the sins of others through curiosity and gossip, we stimulate and arouse our own passions. Preoccupation with vain things and malicious conversations are to be avoided; they can totally harm the spirit of prayer. Study will help in our effort to pray by arousing our forgotten powers, by strengthening and invigorating us.



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In this vein Father Isaias instructs us: "**When you arise in the morning, before you begin your work, study the words of God. When you have the words of God as your constant companion, you will not be preoccupied with worldly matters, you will not be troubled, you will not sin.**"

St. Ephraim the Syrian, adds: "**The words of God refresh the heat of the soul. Suckle the words of God like an infant so that you may grow.**" For one who desires to live the life of prayer daily nourishment from Sacred Scripture is indispensable. We should begin our prayers by reading the daily scripture readings. We can add to this reading the Psalms, the life of the saint of the day and a selected ascetic text from the Fathers. Doing this provides relief from the confusion and distress of the day, and helps us prepare to surrender to God. And let it be emphasized that God is not to be dealt with in a few minutes out of the entire twenty-four hour period. God is for the entire day.

**Liturgical Services** – In the technological age we live in today, our Orthodox Liturgical Services are only a few clicks away. The content for many of these services are taken from an array of books usually found at the chanters stand, however, since the average parishioner is not going to have these books in their collection, with great ease we can find them online. Here are a few tips on finding *daily services and prayers*: 1) *Our very own website: atlgoc.org; simply click on "watch live" scroll down and click on Service Books and you will find just about every Service for the year;* 2) *Digital Chant Stand, dcs.goarch.org. has full services for almost every day of the year;* 3) *the Orthodox Daily Readings App, provides scripture readings, lives of saints and daily prayers.*

The Church has designated particular prayers for important events in our lives such as birth, sickness, engagement, marriage and death, as

well as for various other occasions, such as the opening of a home, the beginning of a business, or the start of a professional career. The Church has also designated prayers for prescribed hours of the day. (Please ask your clergy for direction and assistance).

**St. John Chrysostom**, commenting on prayer before and after meals, notes that among the reason for these prayers are the following: "**that we also remember the nourishment of the soul; that we avoid intoxication and over-indulgence; that we develop the discernment of moderation; and that we express our gratitude to God for his gifts.**"

At prescribed times the Church gathers in common prayer and worship. The prayers of many faithful who have gathered are more readily received and heard by God. He is particularly attentive to such petitions. To help us receive the full benefit of ecclesiastical gatherings let us pay close attention to these words of St. Symeon the New Theologian: "**Stand in church as if you are in heaven together with the angels, and consider yourself unworthy to be praying together with your brothers. And be vigilant not to be looking back and forth to observe the brothers and sisters, how they are standing or chanting, but observe only yourself, your chanting and your sins.**" St. Paul noted that he who is happy should sing. Psalmody - spiritual song - is not only for church services, but for any circumstances that permit. We can chant aloud or silently, individually or as a group, before and after prayer, and even during intermissions.

It is well established that books are beneficial, but they do not always lead to prayer. And it is to be noted that a greater teacher than books is prayer itself. Innumerable ascetics have learned to pray without any books at all. *Books and church gatherings cannot always be with us, but we can always learn by the inner work of prayer, which*

*can be with us at all times.* The soul of each one who truly prays becomes a temple of God and a sacred place of sacrifice. **All prayers are good:** audible prayers, book prayers, public prayers, silent prayers of the heart, when practiced carefully and attentively. As there is no healthy plant without roots, there can be no life of prayer without the sacraments, especially Holy Eucharist. For, as Abba Apollos says, **"He who withdraws from communing the Sacred Mysteries, causes God himself to withdraw from him."** Common prayers begin in church are completed in our homes. The sacrament of Holy Eucharist, in which they participated during Divine Liturgy is continued on the sacred altar of their hearts with ongoing prayer.

### **THE NATURE OF PRAYER**

What, after all, is the nature of prayer? *Is it worth the toil, concern and effort that goes into it?* St. John Chrysostom says: **"Prayer is a harbor in the storms of life, an anchor for those who are storm-tossed, the treasure of the poor, the security of the rich, the healing of the sick, the preservation of health. Prayer banishes evil things, and preserves the good."** And he continues saying: **"Prayer silences the passions of the soul, assuages the rebellion of anger, dismisses envy, dissipates evil desire, withers the love of worldly things, and brings great peace and serenity to the soul."** The most ascetic St. Gregory of Sinai, speaking on the benefits of prayer says: **"Prayer is a pleasant fire for beginners, 'a light made fragrant when activated' for the advanced. Prayer informs the heart; it is the hope of salvation, the sign of purification, a symbol of holiness, the knowledge of God, the engagement of the Holy Spirit, the joy of Jesus, the gladness of the soul, the mercy of God, the sign of reconciliation, the seal of Christ, the ray of the intelligible sun, the confirmation of Christianity, proof of angelic life."**

Serious obstacles to prayer are too much sleep,

too much food, too much talk, and luxurious living. These contribute to forgetfulness of God and a sluggish body, while making vigilance and exaltation of the spirit difficult.

How should I pray? When should I pray? How extensive should my prayer be? For the one who loves prayer intensely there are no bounds. He will simply pray at every opportunity. Today's prayer is a continuation of yesterdays. And today's prayer will be continued tomorrow. It is said that a holy person never used the dismissal prayer "Through the prayers of our holy Fathers ..." because his prayer life had no end.

We can learn to pray virtually anywhere we may be, whenever we think of it. But there should be special times, in addition to church services, when we conduct our individual prayers.

Once Abba Makarios of Egypt was asked how we should pray and he answered in this way: **"It is not necessary to babble foolishly at great lengths, but to extend your arms and to say: 'Lord, have mercy on me as You desire and know best.' And if there is a war about to break out, say: 'Lord, help me,' for he knows what is best for us and provides his mercy."**

That great teacher of prayer, St. John Chrysostom, whose entire life was a petition, has this to say: **"We must pray with ever vigilant attention. And this will be possible if we understand well with whom we are conversing, and that during such time we are his servants offering sacrifice to God. We must pray with contrition, with tears, with reverence, with serenity and great calmness. Our sins should not stop us from prayer. We should be ashamed of our sins, but they should not keep us from our prayers. Even though you are a sinner, approach God with prayer, that you may be reconciled with him; give him an opportunity to forgive your sins, which he will, in order to reveal his love for mankind."** And the holy Fa-

ther continues: "If you are afraid to approach God because of your sins, you are actually hindering him, to the extent, at least, that is dependent upon you, from expressing his goodness and the wealth of his providential care. Remove afar, therefore, every hesitation and doubt about prayer because of sin."

## HOW TO PRAY

By reading the homilies of St. John Chrysostom on prayer, we can learn how to pray. *Prayer* must be a systematic and regular practice in our life, with absolute attention. To pray as we should, with the reverence appropriate to conversation with God, we should be aware of the great benefit of prayer, independently of knowing whether there have been specific responses. God does not ask that we converse with him using *beautiful words, but that what we say emanates from a beautiful soul. God's door is always open and he awaits us.* He is always near. We need no particular eloquence. He hears us no matter how softly we speak. He understands us completely even if we say little. All hours are appropriate and all places good. It is sufficient that we want to pray; then learning becomes rapid and effortless.

### *Our manner of prayer is significant*

We must pray with discernment and contrition.

We must seek spiritual progress

We must forgive others and asking their forgiveness.

We must be truly humble.

We must be persistent in our prayers.

We should not talk too much, silent helps our minds to concentrate.

We must ask for the things that are profitable for our souls and the souls of others.

Our motives should be pure.

We should avoid focusing on material things.

We should not focus exclusively on the idea of receiving something.

Our objective should be making our soul better.

A simple and frugal diet of fasting gives clarity to the mind and vigilance to the soul. A person who has overeaten cannot pray, nor can one pray who is starved. *One should eat just enough not to be hungry, perhaps a little less.*

## OBSTACLES TO PRAYER

Obstacles to Prayer are:

Too much sleeping

Too much eating

Too much talking

Too much focus on material things

Hesitation

Anxiety and pain due to nonexistent illness

Ill disposition

Hunger

Thirst

Impatience

Remembrances

Weariness

An elder of Mt. Athos used to tell young monks: "**Do not strike up a conversation with your thoughts and imaginings!**" St. John of the Ladder says: "**Even if your mind is constantly distracted from your prayer, you must struggle unceasingly to recall it.**" We should be honest and not try to hide or justify our weakness.

More fundamentally, we can say that *the devil uses our negligence and our inattention to leave the heart unenlightened by the life of prayer, bringing a myriad of vain thoughts and imaginations to draw us away from the essence of prayer.* But we must keep in mind that which is exclaimed in the Divine Liturgy: "**The doors, the doors; in wisdom, let us be attentive!**" The doors of the mind and of the heart must be well guarded, so that the originator of evil will not control them and be able to enter freely.

Let us therefore guard against obstructions. Let us stand courageously, like the ascetic mentioned by St. Neilos the Ascetic, who had been bitten by a snake while praying. He did not move until he had completed his prayer. **"And he who loved God more than himself was not harmed at all."**

Living our lives in today's society, we find ourselves always in a strong sense of hurry and we seem to lack patience. We expect a great deal quickly and without much work. The impatience which possesses us makes us want to hurry in prayer; we want instant results. We want to reap fruit before even sowing. Without a drop of sweat, we expect miracles, visions and revelations.

### **THE ANSWER TO OUR PRAYER**

The delay in seeing our prayer requests fulfilled, in having our questions answered, is yet another point on which our life of prayer is tested.

God is not indifferent to our suffering and He hears all of our prayers.

God does not want us to be troubled and tormented.

He wants us to be in constant communion with him with our fervent prayers, which should increase if not immediately answered.

We should thank God whether he gives us what we ask for or not, since in either case he is acting for our own good.

We should not be discouraged and disillusioned when we do not receive what we ask for in prayer. *God may be testing our persistence.* Let us not tire easily.

We should thank God even if we do not receive what we asked for, since He knows our true needs better than we do.

When our prayers are not answered, St. John Chrysostom reassures that in essence we have succeeded. Any failure that brings a benefit to our life is in fact not a failure

but success.

You may ask, **"But Father, I am asking for spiritual things that are good for me, why is it that I do not receive them?"** You may ask, **"It is not possible that God, who takes care of the birds, the irrational animals and the plants of the earth, and whose compassion for human beings far surpasses any paternal bond of kinship ignores us without reason?"**

St. John Chrysostom asks rhetorical questions and provides answers which summarize the matter well: **"Are you in a state of calmness and serenity? Then, beseech the Lord to make more permanent this joy in your heart. Are you troubled by the onslaught of tribulations and temptations? Beseech the Lord to calm the storm in your life. Has your prayer been heard? Thank God. Have you not been heard? Persist in your prayer until you are heard."**

To thank God for pleasant things that come our way is natural. But to be able to thank God even for the unpleasant events that happen in our life is remarkable. When this really happens in our lives, we truly bring delight to God and shame to the devil. Sorrow changes to spiritual joy. No one is more holy than the person who can be grateful to God in his suffering.

St. John of the Ladder says that *effective prayer* is characterized by two main elements: sincere thanksgiving and contrite confession. He clearly tells us that our requests in prayer are sometimes not fulfilled for one of the following reasons. **We may be asking before the appropriate time, we may not be worthy, or we may be seeking out of a sense of vainglory.** Another possible reason is that if we do receive what we pray for, we may fall into the sin of pride. Also, having received what we ask, we may fall into the other sin of negligence.

### **UNCEASING PRAYER OF THE HEART**

St. Paul in his 1<sup>st</sup> letter to the Thessalonian Christians, says, in chapter 5, verse 17, “**pray without ceasing.**” This is the scriptural foundation for the Jesus Prayer. The Jesus Prayer is simply the repetition of the phrase: “Lord Jesus Christ, have mercy upon me a sinner.” There are some minor variations in the wording. *The power of this prayer is unlimited.* The very name of Jesus banishes the demons, as St. Anthony the Great tells us. This prayer and the name of Jesus is repeated by many saints. St. John Chrysostom says that the acquisition of the prayer of the heart is not a matter of one or two days, but involves much time and effort, until the enemy is banished and Christ comes to dwell in our heart. According to St. Neilos the Ascetic, the best defense against the enemies is the name of Jesus. And who are the enemies? **Burning desires, sinful delights, diabolical schemes and the like.** Instructions on how to say the Jesus Prayer properly are in the book called *Philokalia*.

Unceasing prayer comes from great love. Our love for God cannot be impeded by the work we do. The person of God, no matter what he or she is doing, can have a constant remembrance of God, a constant doxology, a constant thanksgiving. God loves us all, but He loves even more those who love Him. Our prayer reveals the measure of our love for him.

One of the elders on Mt. Athos related to us that he had received a letter from a simple woman in which, among other things, she wrote:

*“Father, I am a widow with two children and am working to raise them, etc. Please pray for me because I do not have enough time and I pray only eight hours”*

Yes, eight hours, and she did not consider it enough! Apparently, she was practicing the Jesus prayer. The person who is dedicated to God does not measure, does not calculate, does not give in order to receive. He or she is offered

completely to God and God gives himself completely in return.

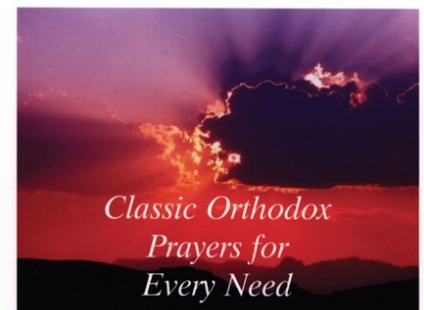
### CONCLUDING REMARKS ON PRAYER

Dear friends, let our prayer be regular, but not out of custom and duty; let it be with a program, but not for the sake of the program. In this way our prayer can be expected to have sweet warmth and inspirational variations and graces. In a mystical yet certain way, God will inform us if our prayer is true and pleasing to him through the joy and peace which will fill our soul. For many, temptations, difficulties, misfortunes, dangers, deaths, losses have been stimuli which led them to the art of prayer. These difficulties have helped them to be more fervent and stronger prayers which earlier had not been achieved, even with persistent effort, because they were not whole-hearted or lacked sincerity.

A soul who loves God cannot live without prayer. God draws the soul to himself through prayer. Only to the humble person will God give the taste of the sheer sweetness of prayer. Only the prayer of the humble person can be pure.

In the final analysis, my dear brothers and sisters, whoever you are, strong or weak, warm or cold, young or old, educated or uneducated, wealthy or poor, clergymen or laymen know that not even a single word of our prayers is in vain. They are all heard, all of them, since God also loves prayers for others, particularly for those who have so much need.

## My Daily ORTHODOX Prayer Book



compiled and edited by  
Anthony M. Coniaris

# Saint Romanos the Melodist

By Rev. Fr. Christos P. Mars

To many people, in many cultures, music is an important part of their way of life. Looking at our own culture, there is very little chance that we will not encounter music in our day-to-day lives. With technology, music can be taken anywhere. Long gone are the days of Walkmans and portable CD players. Today we have streaming services, and apps, all running on our phones to play music. Music is at our fingertips; all we have to do is press a button.

Music and singing play an important role within the life of the Church as well. In the Divine Liturgy the first verse that is chanted before we sing the “Σῶσον ἡμᾶς... Save us, O Son of God...” comes from Psalm 104 and says, “Praise the Lord, O my soul! I will praise the Lord as long as I live; I will sing praises to my God while I have being.” This verse is the essence of how music and singing are used to benefit us. We praise God through singing, and we should be praising Him as long as we live.

Within the Church there are many saints and people who have contributed to singing and praising God

through song and hymns. One of the most famous is Saint Romanos the Melodist, whose feast we celebrate on October 1<sup>st</sup>.

Saint Romanos was born in Emesa in the latter part of the fifth century. He was baptized as a young boy and developed a great love for the House of God. When he came of age, he served as an acolyte, lighting the lamps and preparing the censer. After moving to Beirut, he was ordained to the diaconate and assigned to the Church of the Resurrection. He had a rather mediocre voice, but his pure and simple heart was filled with love for God, and to assist at the church services gave him the greatest joy.

During the reign of Emperor Anastasios I, the young deacon moved to Constantinople. He led an ascetic life of prayer and fasting, but in his humility he thought of himself as being rather worldly. He had a special love for the Theotokos, and would go at night to pray in the Blachernae Church. Patriarch Euthemios loved Romanos for his many virtues, and paid him the same wage as the singers and readers who were more educated and more talented. The others resented this and made fun of Romanos for his evident lack of musical and theological training. Romanos himself was painfully aware of these defects; he longed for a



melodious voice worthy of leading the faithful in praising God.

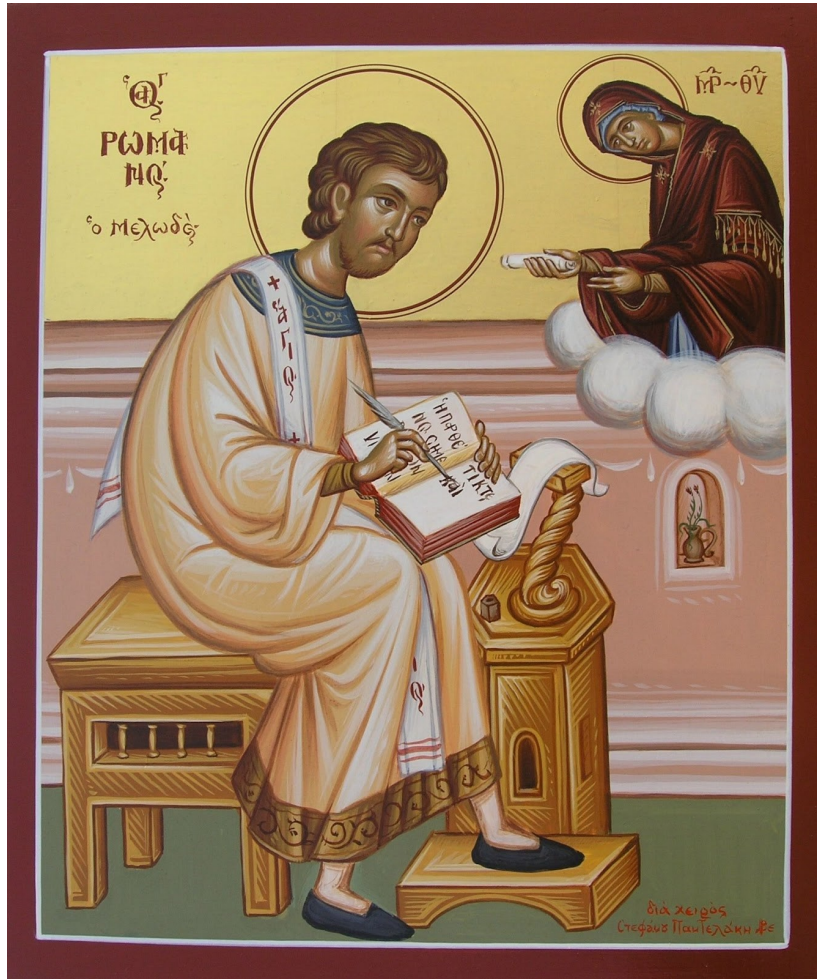
On the day before Christmas, Saint Romanos was assigned to lead the singing that evening at the all-night vigil. He was responsible not only for the singing, but for the text of the hymns. After everyone had left, he remained in the Church and tearfully asked the Theotokos to help him. Exhausted, he fell asleep with his sorrow. In answer to his prayer, the Theotokos appeared to him in a dream. She handed him a scroll and gently said to him, "Here, eat this." Romanos did so and awoke overcome with joy and the lingering presence of the heavenly visitor.

When it came time that night for him to sing, Saint Romanos received the patriarch's blessing and stepped onto the ambo (pulpit) and began to sing: "Ἡ Παρθένος σήμερον..." or, "Today the Virgin gives birth to Him Who is above all beings..." The emperor, the patriarch, the clergy-the entire congregation-listened in wonder at the profound theology and the clear, eloquent voice of Saint Romanos. Later, Saint Romanos told the patriarch about his vision, and the singers who had made fun of him asked the saint's forgiveness.

It should be noted that the Kontakion of the Nativity-as we know it today-is only the

prologue of a much longer poem which consists of over 30 stanzas, or Οἴκοι (Oikoi).

With the Nativity Kontakion, which has been dated to the year 518, Saint Romanos began a period of prolific creativity. Saint Romanos is said to have composed more than 8,000 similar hymns, or Kontakia, celebrating the feasts of the ecclesiastical year, the lives of the saints and other sacred subjects.



He is considered the patron saint of Church musicians and on the Sunday closest to his feastday of October 1<sup>st</sup>, our Holy Archdiocese has designated that Sunday as National Church Music Sunday. A day for us to experience "Singing praises to God as long as we live."

The story of Saint Romanos is inspiring and gives us an understanding of how important

hymns are to our Church. However, not all hymns are created by humanity, some are given to us from God.

I would like to share one more, powerful story with you. We are all familiar with Mt. Athos, a spiritual republic that is an independent state which pledges allegiance only to the Almighty God. This state has existed with monks, hermits and holy men living there since the third century.



The Virgin Mary is considered the “Patron Saint” of this republic. In the monastery of Karyes, there is an icon of the Virgin Mary called “Αξιον Ἐστίν” (Axion Estin), meaning “It is truly right to bless you...”

During the celebration of the Divine Liturgy on most Sundays, we hear the beautiful and inspiring hymn named for this Icon. This hymn was originally written in the year 720 AD by Saint Cosmas the Hymnographer, Bishop of



Maiuma (October 12), another great hymnographer of our Church. The hymn, however, began with the words, “Τὴν Τιμιωτέραν...” or, “Greater in Honor...” It was well over 100 years later that this hymn was added to the Divine Liturgy, but with an added beginning that was the result of the following miraculous event.

A group of monks were conducting an all-night vigil before the icon of the Theotokos. They suddenly noticed a monk standing to the right of the icon whom they did not recognize. He was

unknown to the monks, and no one could explain his abrupt presence. This unidentified monk began to chant the hymn that was written by Saint Cosmas, but with a different beginning: “Αξιον ἔστίν ὡς ἀληθῶς...,” or, “It is truly right to bless you, Theotokos, ever blessed, most pure, and mother of our God.” The monk then explained to the others that he was the Archangel Gabriel and that these words should be added to the hymn. The Archangel then vanished from their sight, leaving the monks amazed at the power of God. Since the day that this happened—June 11, 980 AD—the additional words to the hymn of Saint Cosmas have been sung by all Orthodox Christians around the world.

Now the verse from Psalm 104, “Praise the Lord, O my soul! I will praise the Lord as long as I live; I will sing praises to my God while I have being,” begins to have a whole new meaning. Praising God with our song is not new. God created us with a voice, some of us have better voices than others, but we should all use our voices to praise God.

We should all sing the responses to the Divine Liturgy while either our chanters or choir leads us. Most of our books say that the response to the priest should be from “the people,” while some incorrectly say “choir” only. It is the responsibility of the people, as well as the choir or chanter, to sing praises to God. The words “Θεία Λειτουργία,” or, “Divine Liturgy” mean “the divine work of the people.” Therefore, we should sing, praises to God and be blessed to hear each other sing, praises to God.



# An American Saint

By Mr. Theodore Mantzikos



St. Herman of Alaska (August 9)

Last month, I shared the story of St. Vladimir of Kiev and his lasting effect on Orthodox Christians one thousand years after his life. His work to establish Christianity in the Balkans paved the way for the establishment of Orthodox Christianity in North America. This new mission to North America was led by St. Herman of Alaska, a child of the Slavic church formed under St. Vladimir. St. Herman is best known for his outstanding mission work in Alaska to both native Alaskans and immigrant Russians.

His mission in North America began with the discovery of Alaska by Russian explorers and traders in 1741 seeking otter pelts and other furs to fuel their growing demand in Russia. The initial chaotic trade was soon organized into the Russian-American Company which established schools and other facilities for the native Alas-

kans, many of whom converted to Orthodox Christianity. The Russian-American Company's inadvertent evangelism was so successful that it requested a priest from Catherine the Great to service the new converts. Catherine sent a missionary team of ten monks who arrived in Kodiak, Alaska in September 1794, among whom was Fr. Herman.

Fr. Herman and his fellow missionaries were alarmed by the poor familial, social, and spiritual conditions of their new flock. Russian settlers suffered from alcoholism and often engaged in extramarital affairs with native women. The Russian-American Company's work conditions exacerbated this familial issue as Alaskan men were forced into months-long hunting expeditions while Russian residents abused their families at home. Fr. Herman and his fellow missionaries were sensitive to the Alaskans' torments and quickly gained their respect as their defenders. Fr. Herman was especially attentive to the Alaskan youth as head of the Russian mission school where he taught his students to read, write, sing, and farm.

As much as he enjoyed working with his people, Fr. Herman still longed for the hermit's life for which he became a monk. He retired from his mission after fifteen years and made a hermitage on Spruce Island, Alaska for its remote location. He called his new hermitage "New Valaam,"





St. Herman's icon is brought to Spruce Island by boat and processed to the Chapel of Ss. Sergius & Herman before the start of liturgy annually on August 9th.

hoping to reestablish the same solitude that he once had at Valaam in Russia. Fr. Herman's solitude was short-lived; native Alaskans and Russians alike crossed a mile-long strait between Kodiak and Spruce Island to visit him, often staying for church feasts. Living accommodations were made to suit these short-term visitors, but more permanent homes and a school were built to service new residents seeking to live near Fr. Herman. He faithfully served his visitors and new neighbors as their father until his death on November 15, 1836.



Pilgrims walk in procession to Ss. Sergius and Herman's chapel built over St. Herman's tomb.

1970. His sainthood is often cited as a sign of the Orthodox Church's increasing maturity in North America. Its development into a church capable of bearing saints with a flock honoring their memory is testimony of St. Herman's legacy in North America. His mission was succeeded by St. Innocent of Alaska who also focused on

St. Herman of Alaska was canonized by the Orthodox Church on August 9,

translating liturgy into local languages, evangelizing remote Alaskan tribes, and establishing educational institutions for local populations. Alaska hosts the highest concentration of Orthodox Christians in the West with dozens of churches throughout the state to this day. St. Herman's effort ultimately led to a greater Orthodox presence on the west coast of North America. Orthodox Christianity expanded so far into Alaska, Canada, and the Pacific Northwest after St. Herman's death that St. Innocent was made the first bishop in North America to manage Orthodox Christian populations in Alaska and down the west Coast of modern Washington, Oregon and California.

St. Herman is a father of our time and unique to our place. He is a fusion of old country with newfound America being both ethnically Russian, carrying a traditional Russian spirituality with him, yet distinctly unique to North America. St. Herman is, in a sense, the stereotypical American immigrant meshing his native Christianity in a characteristically non-Christian, un-Christian culture. He, like Orthodox Christians today, live where Orthodox Christian values and spirituality are either misunderstood or rejected altogether from mainstream culture and ethics. It is for this reason that Orthodox Christians can look to him as a man of his people, "ethnically Orthodox" or not, as a father and friend.



Liturgy at the Chapel of Ss. Sergius and Herman on Spruce Island, Alaska

# Reflections on Youth and Young Adult Ministry

By Ms. Sarah Stewart

The following article is inspired by a talk I offered to our Young Adult League on August 7, 2022. I invite you to join me in this discussion and reflect on your own understanding of ministry, for the best kind of ministry happens when we gather in community – as we bear witness to one another’s stories.

*“As iron sharpens iron, so a man sharpens the countenance of his friend.”*

*Proverbs 27.17*



What is ministry? What comes to mind when you think of youth ministry?

Ministry can be defined as the substance or activity of our faith. This expression of our faith requires that we enter into fellowship with one another. We must gather together. It is only in

our gathering together that we can truly encounter Christ. As He teaches us in Matthew 18, “Where two or three are gathered together in My name, I am there in the midst of them.”

This is why the substance of most youth events is food. Sharing a meal meets our human longing for connection and community. Because we are made in the Image of a relational and personal God, whether we realize it or not, every single one of us yearns for community. Christ, by virtue of our being baptized members of His Body, offers us a place of belonging at His table. He offers us His entire self in our reception of the Holy Eucharist. It is our choice to accept the invitation, the invitation of Christ, to become members of His Body.

Once we accept the invitation of Christ and take a seat at the table, what makes this process of coming together, this effort of stepping into the room worthwhile? What’s the purpose of participating in any of these programs? Why are we here?

We come together to know Christ. How do we create the space to intentionally know Christ in young adult ministry? How do we manifest our inner disposition outwardly – to make tangible the knowledge of Himself that He has given us through prayer, the Scriptures, through our willing participation in the sacramental life of the Church?

Creating the space for community is the first step, as we mentioned previously...but knowing Christ in communion with one another, takes

shape and is formed through discipleship. Community presupposes discipleship and discipleship gives purpose to community.

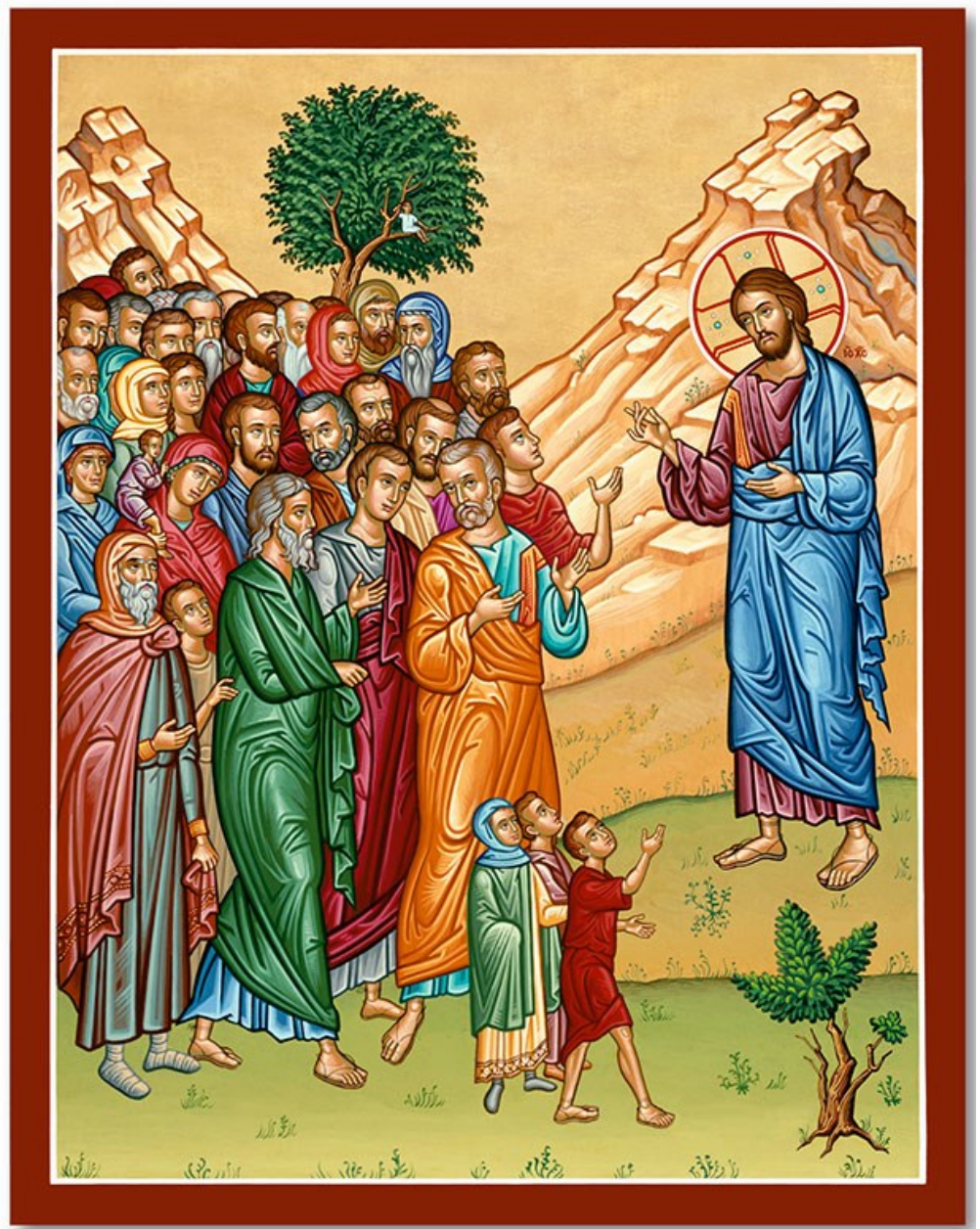
Everett Fritz, in his book, *The Art of Forming Young Disciples*, suggests that relational ministry – i.e. discipleship – is what Jesus did. He wanted to evangelize all of mankind, so He became one of us. God became man and used our language and our values to communicate with us. Take the example of Christ’s disciples, He instructed them in the knowledge of the Scriptures with the example of His life, in how He loved them.

How do we get here? How do we cultivate a spirit of discipleship in ministry?

We begin with relationships because our God is inherently relational. As Saint Paul instructs the faithful in Romans 12.15, “*Rejoice with those who rejoice, and weep with those who weep.*” We weep with and for one another, bearing each other’s burdens beginning with knowledge of each other’s joys, troubles, and other life circumstances. We enter into one another’s stories. This intentional effort to experience each other’s lives is the heart of ministry.

Youth and young adult ministry requires members’ intentional effort to know one another. In doing so through social events and interpersonal interactions, young adults co-suffer with one another in life’s joys and struggles. Relationships formed

through this co-suffering are a means of encounter with Christ. It is this encounter that allows youth and young adult ministry efforts to realize Saint Paul’s exhortation in Galatians 6.2, “*Bear one another’s burdens, and so fulfill the law of Christ.*”





SEPTEMBER 23-25

ANNUNCIATION GREEK ORTHODOX CATHEDRAL

2500 CLAIMONT ROAD, NE

ATLANTA, GA 30329

FESTIVAL HOURS:

FRIDAY: 5PM - 11PM

SATURDAY: 11AM - 11PM

SUNDAY: 11AM - 7PM

**Atlanta Greek Festival Volunteer Link**

**We can't do it without you!!**

**Please click [HERE](#)**

**to sign up to volunteer, please use sign in code ATLGOC**

PLEASE JOIN US ON SUNDAY,  
OCTOBER 23, 2022

—for the annual festal celebration of the—

# DIVINE LITURGY OF ST. IAKOVOS

(James) Brother of the Lord



Orthros 7:45 AM

Divine Liturgy 9 AM

Do not be deceived, my beloved brethren. Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. Of His own will He brought us forth by the word of truth, that we might be a kind of first fruits of His creatures.

Epistle of James 1:16-18, NKJV

# HOPE & JOY

Join us October 9th!



## FUN AT THE GYM

### CONTIINUES

See you all on October 9th, after Sunday school, around 12pm, at the Cathedral gym for our third HOPE & JOY event of the semester!

We will have an hour of food, games, crafting and learning! This month's lesson will feature Saint Ruth, the Righteous - a warrior princess and ancestor of Christ.



## 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

Four of Annunciation's GOYAnS participated in the inaugural Atlanta Inter-Orthodox Parish Association Pan-Orthodox Cross Dive in Macon, GA this past Sunday September 11th. We thank our divers Elianna Vallianatos, Alex Simitse, and Spyros Moschopoulos for taking part in the first of many annual cross dives in Macon and extend a special congratulations to Nikolaos Constantinides for retrieving this year's cross! Our four divers were joined by GOYAnS Anastasia Zaharis, Gabriella Mayes, Katy Constantinides, Christina Dalis, Sophia Vallianatos, and Isabella Pappas. His Eminence Metropolitan Alexios expressed his excitement and thanks for so many GOYAnS from his cathedral participating and attending the cross dive. Our cathedral brought the largest group of GOYAnS amongst all the visiting churches.

## **Congratulations to all of the Cross Divers!**



# Young Adult League

## ORTHODOXY ON TAP THE PARISH AS STEWARD

THURSDAY OCTOBER 13

**7 - 9 PM**

SPEAKER  
**FR. BARNABAS POWELL**

**KAFENION @ ANNUNCIATION CATHEDRAL**

RSVP on [GROUPME](#)



# Young Adult League

**OCT  
22**



# PAN-ORTHODOX YOUNG ADULT HIKE

🕒 9:30am

📅 Oct 22, 2022

## Red Top Mountain

50 Lodge Road SE  
Acworth, GA 30102

# Young Adult League

## *Save the Date*

HTGOC YOUNG ADULT RETREAT AT THE  
DIAKONIA CENTER

*November 11-13, 2022*

\$25 per person  
2 nights lodging  
and 4 meals included  
More details to come



ASSEMBLY OF CANONICAL  
ORTHODOX BISHOPS  
OF THE UNITED STATES OF AMERICA



**2022 College Student Sunday Encyclical**  
**October 2, 2022**

Beloved Clergy and Faithful,

We greet you with joy as we announce the date for **College Student Sunday**, benefiting **Orthodox Christian Fellowship (OCF)**. To support the incredible efforts of our students, College Student Sunday will be the first Sunday of October, running in conjunction with OCF's Orthodox Awareness Month. This year the date falls on **October 2**.

We are asking that a special collection be taken on College Student Sunday in support of the good work of OCF, and we encourage the entire faithful family – clergy, parents, grandparents, godparents, aunts, uncles, and friends of our treasured college students – to be generous in your offering of support to this ministry on their behalf. If October 2 is not a good date for your parish, please make the collection on another Sunday in October. Donations may be sent to **OCF National Office, 50 Goddard Avenue, Brookline, MA 02445** or offered online a [www.ocf.net/college-student-sunday/](http://www.ocf.net/college-student-sunday/).

The vision of the Orthodox Christian Fellowship is to be the loving presence of Christ and the Orthodox Church on college campuses; to be an integral part of students' spiritual formation by challenging them to explore the Faith; and to inspire students to commit to living an Orthodox Christian way of life daily. This is accomplished via a growing network of on-campus OCF chapters led by talented students, clergy, and lay advisors as well as through programs such as Regional Retreats, College Conference, Real Break, and the Summer Leadership Institute.

We are grateful for both your prayers and support. May our Lord God and Savior Jesus Christ who calls all of us to contribute to the ministry of His Church guide and strengthen our cherished and beloved college students.

Working in His Vineyard with much love,

+Metropolitan Gregory of Nyssa

Liaison to OCF for the Assembly of Canonical Orthodox Bishops of the United States of America

[bishopgregorvofnyssa@gmail.com](mailto:bishopgregorvofnyssa@gmail.com)

Dn. Marek Simon

OCF Executive Director

[marek@ocf.net](mailto:marek@ocf.net)



# *College Student* **SUNDAY**

OCTOBER 2, 2022

Orthodox Christian Fellowship exists to offer college students rich community in Christ, inspiring a life-long love of God and neighbor. This is accomplished via a growing network of on-campus OCF chapters led by talented students, clergy, and lay advisors as well as through programs such as Regional Retreats, College Conference, Real Break, and the Summer Leadership Institute.

**Donate now and help keep college students close to Christ and His Church.**

Join other Orthodox faithful across the country by offering a donation to OCF this College Student Sunday.

Scan the QR code or visit [ocf.net](http://ocf.net) to give.



**@OCFministry**       **ocf.net**

# 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.

Our SPOM continued to serve our Cathedral and our local community during the summer months.

❖ With the lifting of Covid restrictions, our **Visitation Ministry** was actually able to begin visiting some of our Shut-ins/Homebound. And it has been a wonderful experience, not only for the members of our committee, but for those who have been visited as well. They have all been so appreciative of our visits. Parishioners should call the **Cathedral office at 404-633-5870** to add a loved one to the Cathedral's Shut-ins/Homebound list.

❖ We are *very appreciative and humbled* with the acceptance and support our **"Share Your Daily Bread" – Fifth Sunday collection** has been received by our Cathedral family. Donations of gift cards for grocery, gas, etc., and on-line donations go directly to assist all who come to our Cathedral in need of immediate assistance brought on by unexpected circumstances. With the increase for basic living expenses, the need has grown! The collections from the months of January, May and July truly helped many people requesting assistance from our Cathedral. The next "Daily Bread" collection will be Sunday, October 30, 2022.



❖ Our recent **Pantry Drive for Intown Collaborative Ministries (ICM)** was a success. **Thank you to all** who brought your donations to the Carlos Hall and Administration building during the last two weeks of August! **We collected 419lbs** of the requested food items, **which equals 502 meals!** ICM quickly followed up with a note of appreciation for our continued support! We look forward to a possible group activity with IMC in the future!



❖ Our SPOM is currently developing a vessel linking our Cathedral members to volunteer opportunities.

❖ We look forward to our first in-person meeting of the Ecclesiastical year scheduled on **Tuesday, September 13 at 6pm in the HCC Board Room. All are welcome!**

We invite you to join and participate in the philanthropic and outreach events sponsored by our Annunciation Cathedral's Saint Photini Outreach Ministry. We welcome new ideas and fellowship! Contact [vickieklemis@gmail.com](mailto:vickieklemis@gmail.com) to be added to our contact list for future meetings and activities.

***"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."***

# Golden Group

## We're Back!!

School buses are back in our neighborhoods transporting children to and fro. The air has a slight chill in the mornings. Sights, sounds, and aromas of the Atlanta Greek Festival preparations are upon us! All of these are signs for seniors at least sixty years young to make plans to attend our upcoming gatherings.

Our first luncheon of the fall season is Thursday, October 13, in the Kartos Ballroom at 10:30 am. Please join us for a delicious lunch and BINGO. Great prizes are in store for many lucky winners.

Please look for emails and in your regular mail for the schedule of events for the 2022-2023 year. If you would like to mark your calendar now for the dates of our Thursday luncheons they are as follows:

October 13  
November 10  
December 8  
January 12

February 9  
February 27 (Clean Monday Lenten Pot Luck)  
March 9  
May 11 (Dinner)

Plans are in the works for entertaining and informative luncheon programs and speakers as well as field trips around Atlanta and surrounding cities. If you have any suggestions for an activity, or a speaker or if you would like to sponsor a luncheon in memory of or in honor of a loved one, please contact Jean Economy (404-876-3536) or Cindy Stanton (770-925-1220).

*Golden Group*



**We look forward to seeing you on October 13<sup>th</sup>.  
Call a friend, bring a friend, be a friend!**



# Philoptochos News

When the calendar shows that September has arrived, Philoptochos members become geared up for a busy year ahead. This year is no exception! The Fall schedule is full of activities and fundraisers, all of which allow us to continue our philanthropic outreach!

We are especially pleased to announce the return of Athena's Marketplace in November! Because of Covid-19, Philoptochos was unable to schedule this very popular event for the past two years.

The 2022 Marketplace will be somewhat scaled down from previous years, but will continue to feature delicious takeout Greek meals and homemade pastries. There will also be vendors! Stay tuned for further details!

Listed below is the Philoptochos schedule of events through February, 2023. There are many opportunities for all kinds of volunteering. Philoptochos members are the heart of our chapter and we welcome all Cathedral women to participate at any level. There is fun, laughter, friendship and purpose in all Philoptochos gatherings! Meeting and volunteer notices are emailed to all our parishioners.

## Schedule of Events - All meetings & events take place in the Kartos Ballroom

October 25<sup>th</sup> General Membership Meeting – 7:00 p.m. – Group preparation of turkey sandwiches for “The Sandwich Project”

October – Annual “Dining Out Drawing” tickets will be mailed out to all parishioners. Prizes will be ten \$100 gift cards to fantastic Atlanta restaurants!

November 10<sup>th</sup> – Toys for Tots Dinner 6:30 p.m.

November 18<sup>th</sup> and 19<sup>th</sup> – Athena's Marketplace

December 11<sup>th</sup> – Christmas Charity Coffee

January 8, 2023 – Annual Vasilopita Luncheon

January 24, 2023 – General Membership Meeting

February 5, 2023 – Membership Brunch



# ANNUNCIATION DAY SCHOOL

*Centered in Christ, Children and Community*

Greetings Cathedral Parish Family,

Annunciation Day School (ADS) is proudly celebrating their 20<sup>th</sup> anniversary this school year with over 160 students from Preschool - 8th grade! ADS has a diverse learning community representing 20 different ethnicities among the student body!

Their Spartan community has had a bustling start to the school year including welcoming their new Head of School, Adam Greenwood, curriculum nights, Blessing of the Waters for the entire student body & staff, attending and participating in Diving Liturgies, Ice Cream Social, Boys Soccer and Girls Volleyball games in the MAAC League, and their first Spirit Night at Moe's Southwestern Grill! ADS is also thrilled to be a sponsor at this year's Atlanta Greek Festival and will have a school booth offering tours to prospective parents.

ADS is hosting their annual school Gala on Friday, October 28<sup>th</sup> right here on campus in the Kartos Ballroom. This year, we are honoring Eula and Andrew Carlos with the St. Kosmas of Aetolia Award and sisters Voula & Vassio Giannakopoulos with the ADS Volunteer Award. The night will include a live





# ANNUNCIATION DAY SCHOOL

*Centered in Christ, Children and Community*

uction, drawing, and after-party with a DJ. Live auction items include dinner for eight with actor Zach Galifianakis, and private owner's suites at Mercedes-Benz Stadium & Truist Park for eight guests with food & drink & parking passes! Mrs. Sharon Lawson, from Good Day Fox 5 Atlanta, will be our Master of Ceremonies and will be navigating the beautiful evening. You don't want to miss this fantastic evening benefiting the renovations of our Cathedral & school's athletic field. Tickets and sponsorships are available [HERE](#). All sponsors will be promoted on the school's website & social media pages, & included in the Gala program and on-screen presentation.

Looking into the next trimester of the school year, ADS has several events planned including their annual Turkey Trot, Book Fair, OPEN HOUSE, K-8<sup>th</sup> Grandparent's Day, and Thanksgiving & Christmas programs. If you are parents looking for a private parochial school, please consider ADS! We weave our Orthodox teachings into our curriculum, offering weekly religion classes and attending Divine Liturgy twice per month. The school has dual accreditations with COGNIA and GAC and 70% of their teachers hold master's degrees or higher. For a school tour, please contact Development Director, Sophia Tsiotsias, at [marketing@adsatlanta.org](mailto:marketing@adsatlanta.org). Cathedral members in good standing receive 5% tuition discount. You can also register for their Open House coming up on November 6<sup>th</sup> at 2:00pm on the homepage of the school's website.

We look forward to a wonderful school year celebrating 20 years with our Spartan community!



**2022 GALA**



# **FIELD of DREAMS**

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

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

**ADS VOLUNTEER HONOREES:  
VOULA GIANNAKOPOULOS & VASSIO GIANNAKOPOULOS**

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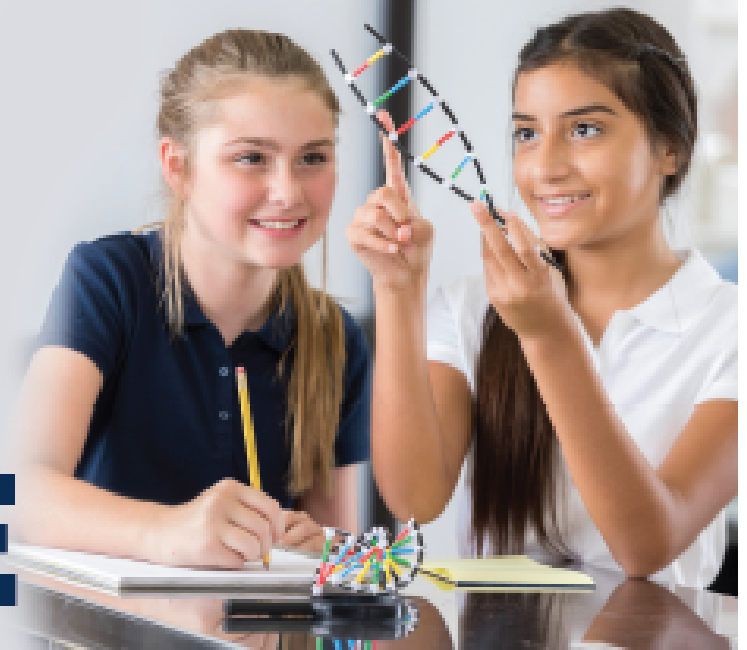
**OCTOBER 28<sup>TH</sup>**

*CHAMPAGNE RECEPTION: 7PM • DINNER: 8PM  
KARTOS BALLROOM | R.S.V.P. BY OCTOBER 20<sup>TH</sup>*

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**FOR TICKETS AND SPONSORSHIPS:  
[WWW.ADSATLANTA.ORG](http://WWW.ADSATLANTA.ORG)**

# K-8th & PreSchool OPEN HOUSE



**NOV. 6th • 2pm**



**ANNUNCIATION DAY SCHOOL**

*Centered in Christ, Children and Community*



Accredited by COGNIA & Member of GISA and AAAS



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

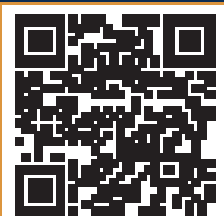


Competitive sports in the Metro Atlanta Athletic Conference (MAAC) League in Basketball, Soccer, Volleyball & Cross Country

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!



# AHEPA Scholarships

## **AHEPA Mother Lodge Chapter No. 1 Educational Foundation Awards \$73,000 In Scholarships**

The AHEPA Mother Lodge Chapter No. 1 Educational Foundation awarded \$73,000 to forty students from the greater Atlanta area. The presentation of the AHEPA 2022 Scholarships was made on Sunday, July 24 at the Greek Orthodox Cathedral of the Annunciation. The AHEPA MOTHER LODGE CHAPTER No. 1 EDUCATIONAL FUND was established in 1986 and serves the cultural and educational programs of AHEPA Chapter No. 1, DOP Chapter No. 53 and AHEPA Chapter No. 519. Over \$1,219,800 has been awarded to 858 recipients for scholastic achievement and financial need since 1986.

This year, scholarships were presented in memory of Howard Cramer, George Demas, John Patronis, Aristides George Poulos and Joanne Jones.



**AHEPA MOTHER LODGE CHAPTER NO. 1**  
**EDUCATIONAL FOUNDATION, INC.**  
*Scholarship Recipients 2022*

<b>Name</b>	<b>School</b>	<b>Endowment</b>	<b>Field of Study</b>
Nicholas Angelakos	Samford University	Charles A. Alexander Scholarship in Recognition of Scholar Athletes	Business/Sports Analytics
Sophia Boudouris	University of Georgia	Kraft Foods Scholarship in Memory of Howard Ross Cramer	Interior Design
Anastasia Nicole Buchan	University of Georgia	Charlie Vlass	Accounting/Business
Matthew Achilles Buchan	Georgia Institute of Technology	Johnny N. Economy	Computer Science
Georgiana L. Christofil	University of Georgia	Dr. George Simitzes	Civil Engineering
Yianni Anastasios Costarides	Kennesaw State University	John and Angeliki Durbetaki	Civil Engineering
Noah M. Covey	Harvard College	Dr. Vasilis Economopoulos	Applied Math/Computer Science
Theodore Alexander Gassert	Guilford College	William C. Marianes	Educational Studies/History
Michael Joseph Gavalas	Antiochian House of Studies at University of Alamand	The Greek Orthodox Cathedral of the Annunciation Scholarships in Memory of Presb. Eurydice and Rev. Panos Constantinides and in Memory of Presb. Christine and Very Rev. Homer Goumenis, and the Presbyters and Reverend Panos Constantinides	Master of Divinity
Devon Edward Godde	Washington & Jefferson College	Pete & Fotini Patterson	Business/German
Yianni Theodore Gormanos	University of South Carolina	AHEPA Prometheus Chapter #519	Marketing
Anca I. Guvir	Georgia Institute of Technology	Pandeli Durbetaki, PhD	Aerospace Engineering-Masters
Zachary C. Harrison	University of Chicago	Emmanuel G. Pappas	Economics
Nicole Demetra Katapodis	University of Georgia School of Law	Eugen & Martha Megerle	Law
Evangelos Harry Katsoudas	Georgia Institute of Technology	Janice Tsurutis	Industrial Design
Kristopher Stephen Knisely	Birmingham-Southern College	Louis D. & Deppie M. Zakas	Philosophy/Pre-Law
D'Jani Lewis	Georgia Southern University	AHEPA One Charities, Inc.	Computer Engineering
Morgan George Lilly	University of Georgia	George Makas	Political Science/International Affairs
Andrianna Michelle Mancil	Georgia Institute of Technology	George T. Gerakitis, Sr.	Biology Pre-Health/Sports, Society & Technology
Jordan Camille McCrary	Florida A & M University	James A. Fotos	Psychology
Andrew Leon Melissas	Cornell University	John C. Stamatades	Apparel Design
Penelope Anna Melissas	University of Georgia	DOP Menelaos Chapter No. 53 Scholarship in Memory of Mary Joanne Jones	Communication Sciences and Disorders
Marika Fotini Missalidis	Georgia Institute of Technology	Michael G. Vasilos	Finance
Nicolas Moore	University of Georgia	Sam A & Katherine Kantsios	Biochemical Engineering
Christina Antonia Nastopoulos	University of South Carolina	James L & Zographia (Phia) Peppas Kanellos	Elementary Education

**AHEPA MOTHER LODGE CHAPTER NO. 1**  
**EDUCATIONAL FOUNDATION, INC.**  
*Scholarship Recipients 2022*

Olympia Papageorgiou	Clinical Psychology - PsyD	AHEPA Mother Lodge Chapter No. 1	Mercer University
Gabriella Sophia Pappas	Kennesaw State University	Bess V. Marianes	Elementary Education
Joanna Vasiliki Paulson	University of Georgia	Athanasios Michael Platanis	Sport Management/Marketing
Matthew Dean Paulson	University of Georgia	Kipreos Family	Finance
Calinikos Price	Georgia Institute of Technology	Nassos Family Scholarship in Memory of Andrea E Nassos	Neuroscience
Nicholas Price	Berry College	George T. Sarris	Business/Computer Science
Sanjay Pranav Rajeev	University of Georgia	Christopher K. Nastopoulos	Biomedical Engineering
Nicholas Panagiotis Skiouris	Georgia Institute of Technology	AHEPA Centennial Tribute Scholarship in Memory of Aristides George Poulos	Computer Science
Jerod Angelo Spetseris	Georgia Institute of Technology	AHEPA Mother Lodge Chapter No. 1 Scholarship in Memory of John G. Patronis	Computer Science
Katherine Vasiliki Spetseris	University of South Carolina College of Pharmacy	Eugen & Martha Megerle	Pharmacy
Sukrutha Suthari	Georgia Institute of Technology	The Emmanuel G. Pappas	Business Administration w/concentration in Information Technology Management
Alexis Vallianatos	Georgia College & State University	AHEPA Founders Scholarship in Memory of George Demas	Exercise Science-Pre Professional
Zoe Kyranna Wiesner	Georgia Institute of Technology	George S. & Krystalia Metropolis	Literature, Media & Communication
Arthur Douce Xiong	Savannah College of Art & Design	Pete & Kiki Economy	Animation
Grace H. Zeineddine	University of Georgia	Pete J. Caras	Pharmacy

**Congratulations to all of the AHEPA Scholarship recipients. We wish them the very best in their educational studies.**



# Daughters of Penelope

The Daughters of Penelope are off to a strong start this year! We have had our first meeting and our first of several mailings! Our fall lineup is full of fun social events and fundraising activities!

Please join us Sunday, October 2<sup>nd</sup> at 4:30pm at the AHEPA House for our 4<sup>th</sup> annual Wine and Cheese Tasting and Wine Raffle. We will have up to 30 bottles of excellent wine in our raffle including our grand prize valued at \$150. If you did not receive raffle tickets in the mail please contact us at [dopmenelaos53@gmail.com](mailto:dopmenelaos53@gmail.com)! All proceeds support the AHEPA Family Scholarships and other charities.

We are also accepting donations (\$30) for our annual Turkey Drive to support the ministries of St. John the Wonderworker. Please reach out to Sherry Kliossis at 404-797-3849 if you would like to donate to this worthy cause.

Our Bake Sale and Pre-Order Pastry Sales are back again this year! Please consider purchasing our beautifully packaged sweet treats for your friends, family members, teachers, and neighbors! Orders are due by November 25<sup>th</sup>. Pastries will be available for pickup at our bake sale in Carlos Hall on Sunday, December 4<sup>th</sup>. The order form is also included in this issue of the Annunciator.

We will have a short monthly meeting before our wine raffle on October 2<sup>nd</sup> and our Founders Day Meeting on November 6<sup>th</sup> in the Kafenion.

Our annual Christmas Party is being planned with AHEPA and will take place in December! Date to be announced.

We would love to see some new and old faces for our upcoming meetings and events! All women 25 years and older are welcome to join!! We would love to have you!

Anthea T. Nichols  
President



# Daughters of Penelope Pastry Pre-Sale Order Form

Deadline: Friday, November 25<sup>th</sup> at 3:00 pm

Dear Friends,

Our pastries are made just for you. Each package is beautifully wrapped with a festive bow for you to present to your guest, host, teacher, friend or co-worker! You may freeze the pastries if you wish by wrapping the entire outside box in plastic wrap to save until Christmas.

Checks can be mailed to Sherry Kliossis 2105 Briarwillow Drive, NE Atlanta, GA 30345.

For credit card payments, call Mary Alice George at 678-521-4147.

PayPal payments to @Daughters53

Cash is welcome at the time of pick-up on Sunday December 4, 2022 in Carlos Hall following Divine Liturgy unless other arrangements are made.

Please send completed order form to [dopmenelaos53@gmail.com](mailto:dopmenelaos53@gmail.com) or text to Anthea Nichols at 770-351-8054.

Thank you and Merry Christmas!

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Person who will pick-up order: \_\_\_\_\_

# of Boxes/Bags	\$ Sub-Total	
_____ x \$26.00	_____	Baklava
_____ x \$8.00	_____	Koulourakia
_____ x \$14.00	_____	Melomakarona
_____ x \$14.00	_____	Kourabiedes
_____ x \$26.00	_____	Sampler/all of the above
# _____ Total Items	\$ _____	Total Amount

OCT  
2



**DAUGHTERS OF PENELOPE**  
**Scholarship Fundraiser**  
**October 2, 2022 at 4:30pm**

**WINE & CHEESE PARTY *with* WINE RAFFLE**

**AHEPA House**

**2025 Ludovie Ln Decatur, Ga 30033**

**Wine Raffle tickets 1 for \$10 or 3 for \$25**

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

Ticket stubs and/or checks to Sherry Kliosis in enclosed envelopes

Paypal @Daughters53

Call Mary Alice George at 678-521-4147 for Square payments

Email [dopmenelaos53@gmail.com](mailto:dopmenelaos53@gmail.com) or call Sherry Kliosis at 404-797-3849 with questions

# Special Honor

Helen A. Carlos was bestowed the Medal of St. Paul by His Eminence Archbishop Elpidophoros in the Holy Cross Chapel on September 13th. The Medal of St. Paul is the highest honor that can be bestowed on a lay person of the Greek Orthodox Archdiocese of America. Congratulations Helen!!

## AXIA!



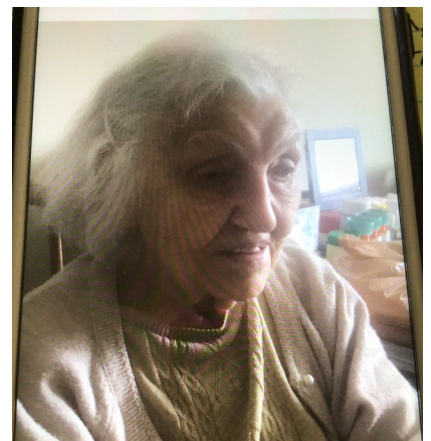
## Happy 100th Birthday Ida Janoulis Lingos

Daughter of Nicholas and Themis Petrides Janoulis; Granddaughter of Father Demetrios Petrides of blessed memory. Ida is the surviving sibling of eleven children; John, Helen, Jim, Julia, Jason, Evelyn, Cleo, Georgia, Catherine, and Mary.

When Ida married Paul in 1958 she resided in Charleston, SC. Ida and Paul raised his two daughters, Ann and Stella. Ida is blessed with grandchildren, great-grandchildren, great-great grandchildren, and great-great-great grandchildren!

When her beloved Paul passed away, Ida returned to Atlanta to be with her siblings. Ida resides at Campbell-Stone Assisted Living Community.

She loves receiving cards or messages:  
Ida Janoulis Lingos  
Campbell Stone  
2911 Pharr Court South, Apt 665  
Atlanta, GA 30305



# 7th Annual Atlanta Greek Film Festival

After a hiatus of 2 years due to Covid-19, we happily announce our 7th annual Atlanta Greek Film Expo, to be held October 28-29-30, 2022 at the Regal Tara Theater at Cheshire Bridge Square. We believe that as Atlanta has become an international hub, Greek Cinema should be part of the city's cultural landscape. The feature films, documentaries and shorts made by Greek directors and those of Greek descent, promote the cultures of Greece and Cyprus in our area. We pick the best movies with the Atlanta audience in mind. See you at the movies!

**7th ANNUAL**  
**atlanta greek**  
**FILM**  
**EXPO**

**SATURDAY**  
**OCT 29th**  
**Smyrna, My Beloved**  
7:30 pm

**SUNDAY**  
**OCT 30th**  
**Senior Citizen**  
2:30 pm

**FRIDAY**  
**OCT 28th**  
**Tailor**  
7:30 pm

**SUNDAY**  
**OCT 30th**  
**King Otto**  
5:00 pm

Regal Tara Cinemas 4 • 2345 Cheshire Bridge Rd, NE  
For Tix and Info : [freshtix.com](https://www.freshtix.com) • 678-701-6114

# Mysteries and Sacraments

Sponsored by the Catholic-Orthodox Initiative at the Aquinas Center

Join us for a community gathering and program led by Drew Denton. Dinner and conversation are included!

Thurs, Sept 29th, 7:00 - 9:00pm  
Immaculate Heart of Mary Catholic Church,  
Historic Church



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

REGISTER AT [HTTPS://BIT.LY/AQUINAS\\_09\\_29\\_2022](https://bit.ly/aquinas_09_29_2022)



EMORY

CANDLER  
SCHOOL OF  
THEOLOGY

Aquinas Center

# ALKINOOS IOANNIDIS

## SOLO

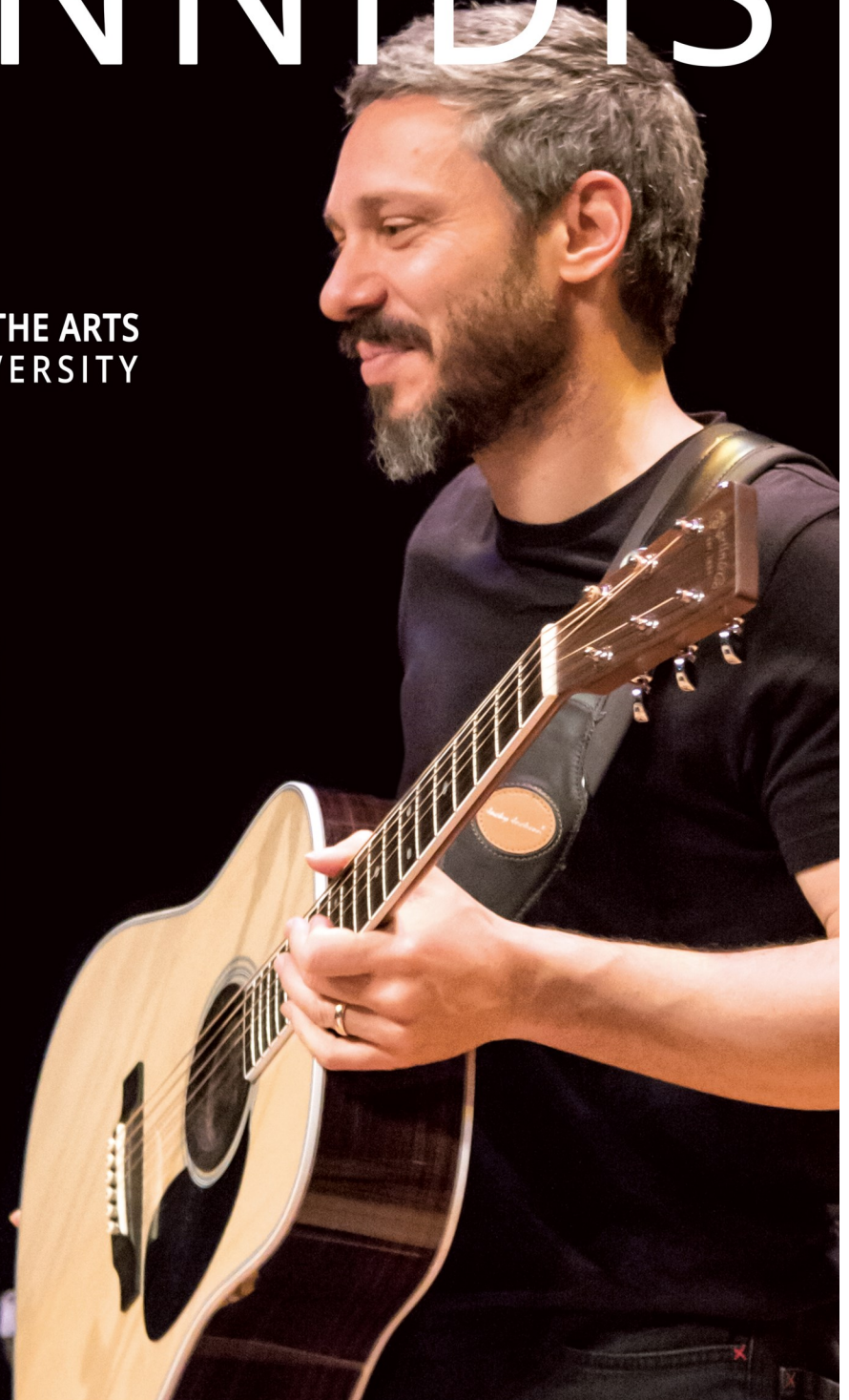
ATLANTA, GA

THE RIALTO CENTER FOR THE ARTS  
GEORGIA STATE UNIVERSITY

OCTOBER  
**21<sup>ST</sup>** 2022  
**7:00 PM**

**DOORS OPEN  
AT 6:00 PM**

the **EVENT** is  
**FREE & OPEN**  
to the **PUBLIC**



Organized and sponsored by:



# Parish Registry

## Births

Baby boy born to Maria & Eyinsan Odugba  
Baby boy born to Eleni Lygda & Ilias Magoulas  
Baby boy born to Angela & Paul Costa  
Baby boy born to Ashley & James Overstreet

## Baptisms

Parents: Katerina & Costa Katsadouros  
Baby: Evanthia Christina  
Godparents: Christina & Lee Hathaway

Parents: Courtney & Eli LoCicero  
Baby: Georgia  
Godparents: Roney Walters & Joshua Harrell

Parents: Sophia & Steve Tsiotsias  
Baby: Ioannis Panayotis  
Godparents: Maria & Evangelos Hadjisimos

## Weddings

Evangeline George & Nathan Muller  
Drew Carlos & Stephen Moore

## Fallen Asleep in the Lord

James Roglin  
George Papadopoulos  
Margaret Gilmer (sister of Jim Gilmer, in NJ)

## Stay in touch



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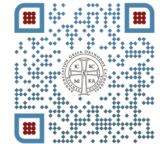
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Thank you for sharing them with us!