

The Annunciator

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FROM INSTANT SOUP TO INSTAGRAM: TECHNOLOGY AND ITS EFFECT ON THEOLOGY AND THE HUMAN PERSON

By Rev. Father Paul A. Kaplanis

In the early years of my priestly ministry, in 1984, my first assignment was as the assistant priest at St. Nicholas Greek Orthodox Church in St. Louis, Missouri. It was a large parish of over 800 supporting members located across from the sight of the 1904 World's Fair and adjacent to a city block of hospitals. One of my first assignments was to visit approximately fifty shut-ins in the greater St. Louis area. Father George Nicozisin, the Proistamenos and my mentor, handed me a stack of index cards with the names, addresses, important notes and some basic directions to assist in finding each parishioner. Of course, there were no cell phones, no portable computers, the World Wide Web had not been invented, nor were there

GPS devices in those days. Essentially, one had to rely on the technology of the time, which was a map, directions provided by the various parishioners and the occasional stop at a telephone booth pay phone.



To keep things in further perspective, when I was growing up, we had in our home a flat screen, but it was not a television. It was a screen to view 8mm movies without sound. It was a great technology for the time, and my father recorded home movies on his Bell and Howell Camera, you know the ones with those huge lights that someone else had to hold while filming. I recall how excited my father was

when he upgraded to the new "Super" 8mm camera that came out the mid-1970s.

If you had a television back then, the screen was very small, the console was very large and it had what seemed like at least 100 tubes inside. It weighed a ton and it was only in black and white. Oh, and by the way, you had to get up

physically to change the channel (no clickers)! The good news is that there was only about 10 channels.

Presently, advances in technology have revolutionized our lives. Information is always at our fingertips;

the way we communicate and the speed in which news is received is instant.

Advances in technology are understood as a means to the lofty intention of making our lives better, easier and happier. Within seconds, we are able to communicate with anyone anywhere in the world through a text, expecting an immediate response. The technological advances that we enjoy today are truly astonishing; however, every modicum of technological progress is accompanied by adverse consequences.

In this article, entitled, "From Instant Soup to Instagram: Technology and its Effect on Theology and the Human Person". We will examine some of the adverse effects media has on humanity. We will also explore how these devices are actually converting many who are being drawn into a modern world of a new technological religion.



French Philosopher and patologist, Dr. Jean-Claude Larchet, has written a book entitled, "***The New Media Epidemic: The Undermining of our Society, Family, and Our Own Soul.***" Larchet spends several chapters meticulously diagnosing the new media's insidious effects on humanity. He claims that all the new forms of communication negatively influence us physically, psychologically, intellectually and spiritually.

In his chapter entitled, "***The Impoverishment of Spiritual Life***", he begins by quoting Eric Schmidt, the former CEO of Google, who stated, "***Only when we have their attention can we hope to win their hearts and minds.***"

Larchet responds that the new media has led to the impoverishment of spiritual life explaining that, "***More and more, they have taken the place of traditional religions and spiritual practices, and at the same time they are changing and partly destroying the inner and outer conditions that favor the prac-***

tice and development of a spiritual life."

Just as a television in every home was once seen as a sign of the progress of civilization, so the general use of computers, the Internet and the possession of a smart phone by everyone on the planet are now seen as great advances. These new tech devices are presented as the solution to a blossoming and happy life.

Larchet cites other writers who warn of the link between the religiosity of cyber-culture and the Gnosticism of the early Christian era. ***Gnosticism*** is a collection of ancient religious ideas and systems, which originated in the first century AD among early Christian and Jewish sects.

Gnostics emphasized personal spiritual knowledge over the teachings of the early Church. They considered the principal element of salvation to be direct knowledge of the supreme divinity. Gnosticism says that humans are divine souls trapped in the evil material world and that an imperfect spirit created this world. This is why St. John the Apostle and Evangelist confronts these false teachings in the Holy Gospel, which he authored. He opens his Gospel by reaffirming that Jesus is the Christ and Logos, the Son of God and Word incarnate, always existing as God before and during the time of creation. He is not some subordinate being sent to earth to bring salvation through "gnosis" or knowledge.

It appears that every generation is challenged with balancing the new inventions and advances of the day with the struggle to not be consumed by them.

Let us explore some examples. If we were to compare medical knowledge in the 21st century to medical knowledge in the 17th century, we most likely would be on our knees thanking God for the latest medical discoveries. If we were in need of some type of surgery, would we prefer to have surgery now or in the 17th century? My guess is that we all

would rather receive the latest anesthetic of our modern time rather than being induced into a drunken state, followed by biting down on a piece of wood and being held down by four or five people before being cut open.

The conveniences and innovations we have today are incredible! Some of us can recall how it used to cost a fortune to make a long distance call or call a relative in another country. Of course, that would presume that they had a phone. If you have Greek roots, you may remember that if you had relatives living in a Greek village, there may have been one phone in the entire village in the one Kafenion (Café). You would call from the U.S. and whoever owned the business answered the phone and told you when your relative would be able to be waiting by the phone for you to call back. Today, if you and your relative living in a distant land have an App like Viber and an Internet connection, you can call any-time free of charge.

With all of this comes the following warning. The new media is presented as an ideal world, peaceful and unified, where everyone becomes better informed and more aware. Therefore, we become more intelligent and create positive relationships with each other. Boundaries and compartments disappear and make the world a village full of “friends”, and humanity becomes one big family.

This sounds a lot like Facebook. It is risky, however, to reduce one’s neighbor to a Facebook “friend” or a Twitter “follower”. These forms of media potentially replace the love of one’s neighbor, which always implies concrete action along with effort and sacrifice, with “likes” produced by the simple click of a mouse. In this way, Christianity is replaced by what one person calls, “*Clickstianity*”.

To assist us in visualizing this, there is a cartoon that shows a man who has just died, arriving into Heaven. When God asks him: “**What did you do with your life?**” he replies with surprise, “**What! Didn’t you read my tweets?**” There is even a new television show called, “God Friendened me”, indicating that God is lonely and in need of “friends”.

Larchet explains that relying on all this technology

for communication gives us the false notion that we have gained limitless memory and a supremely powerful artificial intelligence. It also implies that we have acquired the divine qualities of omnipotence over ourselves, creating our own environment of incorruptibility and immortality. Essentially, we could be lulled into believing that we do not need God in our life, because we have technology, which provides knowledge, and everything else we need, which in turn can solve all our problems.

Did you know that the average American spends 5.4 hours per day on their smartphone? All these hours that we either stare into our devices using various Apps and Social Media, take time away that we could be spending either communicating with each other face-to-face, or communicating with God through prayer. All the devices that we have at our fingertips, have the power of attraction that consumes our time and distracts us from traditional activities and from the world around us. It is so easy today to avoid speaking directly with someone. A few strokes on our device keyboard and we are finished. Serious matters in relationships are discussed in texts. Relationships are ended without ever speaking to the person. This isolation leads to other issues. Oftentimes, people have eliminated the boundary between public and private life and have encouraged the exposure of intimacy to the most immodest degree. People now are recounting their personal struggles and their state of mind on blogs and discussion forums. This often serves to place one’s ego at the center of all things and leads into the culture of narcissism. All this gives us a false sense of power at a distance.

Let us say we have the desire to receive the Sacrament of Confession. The practice in the Orthodox Church would be for the penitent to contact his/her spiritual father and set a time for Confession. The individual would prepare by examining himself or herself carefully in order to be ready to recall their sins. Like all sacraments, confession implies a real, face-to-face relationship with the priest. At the completion of the Confession, the priest may offer spiritual counsel to the person. He then places his stole upon their head as they kneel and he reads the

prayer of forgiveness. While speaking to a spiritual father on the phone or online may have valuable counseling benefits, it cannot replace Confession and is not a valid sacrament.

Time lost, superficial relationships, virtual reality, the provoking of passions: addiction, gaming, anger, loneliness/isolation, vanity, pride, loss of peace, and so many other things we all struggle with, are a result of a world with all these forms of new media. However, it would be hypocritical and unfair for me to tell everyone to throw their tech devices into the trash. Personally, I use so many of these things to do my work as a priest. I also use most of these things in my personal life, although I have drawn the line on some things.

Therefore, here are some things to consider by the author, Larchet, to assist us with prevention or treatment so that we are not consumed by technology and its many forms of media.

If we have become overly dependent on some of the new forms of media, and the problem is not too severe, then we should take measures to control ourselves. This requires personal discipline. If we have children, then the adults have the responsibility to set limits and to be consistent. We should try to avoid using tech devices as babysitters.

Another method to help us is “Unplugging”.

This is what the campers do at St. Stephens at the Diakonia Center in the summer. All cell phones are collected at the beginning of camp and returned at the end. The exception of use would be for an emergency. Of course, after the first few days of camp, they are having such a great time that no one wants to call home anyway.

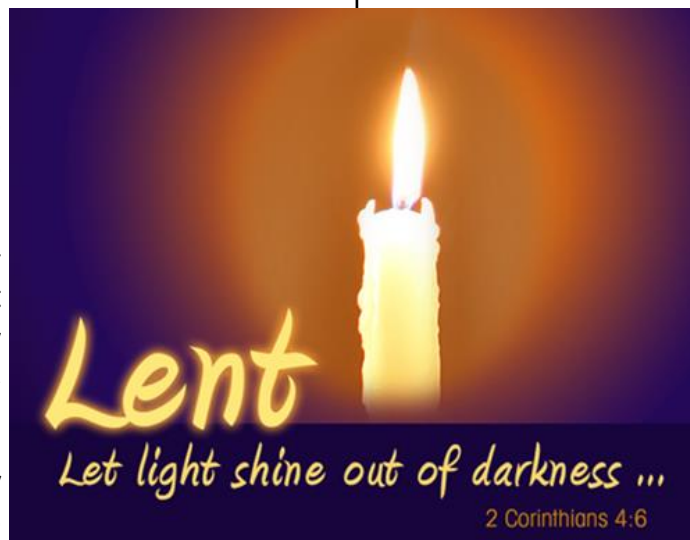
Although social media may seem indispensable, it really is not. It is perfectly possible to live without

Instagram, Facebook, Twitter, etc., etc. It is not uncommon for people to cancel their accounts and feel better for it. Other media, like the Internet or the smartphone, have become indispensable for certain administrative or commercial operations. However, in the private domain, it is possible to strictly limit their use through filters and by programming times when they are disconnected.

Above all, it is necessary to put into perspective in one’s mind the place and importance of all the new media. One should realize that there is more to life than information and communication.

We should also strive to rediscover the old ways if need be. The pleasure and depth of the reading of books can be rediscovered, along with other printed materials. I, for one, really still like the feel of a book in my hands as I read.

By implementing a few “tech” rules, the virtue of dead time, of silence, of meditation, of contemplation and of prayer will be ours again.



Oh, and by the way, since we are in the period of fasting, it is a great time to abstain not only from certain foods, but the Fathers of the Church encourage us, to add to the fasting of the mouth, by fasting also with our senses, touch, sight, hearing and touching. We should try our best to fast from all the things that may entice us away from the spiritual life that we all need.

So, instead of Instagram, try some Lenten Instant Soup (or homemade), during Great Lent.

May Our Lord and Savior Jesus Christ, provide us with strength and hope to grow in our life and faith during this Great Lenten Season!



A BRIEF EXPLANATION OF THE LITURGY OF ST. BASIL THE GREAT

By Rev. Father Christos P. Mars

Throughout the year, the Divine Liturgy of St. John Chrysostom is the customary Liturgy of the Orthodox Church. However, there are a total of ten different occasions during the Liturgical year in which the Liturgy of St. Basil is celebrated instead of that of St. John Chrysostom. They are:

The Feast of St. Basil (January 1)

Theophany (January 6)

The Five Sundays of Great Lent

Holy Thursday

Holy Saturday

Christmas (December 25)

To better understand the Divine Liturgy of St. Basil, it's useful to reflect on his Liturgy, its history, and its spiritual/theological meaning. To come to understand the liturgical prayer of the Church, the greater someone's participation in it the greater the spiritual reward from it.

St. Basil authored a Liturgy, based on the Liturgy that was used during both his and St. John Chrysostom's time, the foundation for these Liturgies come from the Liturgy of St. James (Iakovos), Brother of the Lord. St. Basil's motivation was to shorten the Liturgy. According to St. Proclus, Archbishop of Constantinople (434-446), it is said that Basil, observing the difficulty people had standing through the four hour liturgy of St. James, shortened it in his own liturgy to two and a

half hours. St. John Chrysostom, not without some annoyance, was forced to shave off an additional hour when composing his own liturgy, now the standard liturgy of the Orthodox Church, owing to the short attention span of his flock. St. Basil's Liturgy is older than either the Liturgy of St. John Chrysostom or the Presanctified Liturgy, but not as old as the Liturgy of St. James and is mentioned under the name of St. Basil in ancient times as if it were then the normative Liturgy. In all likelihood, St. Basil added newly-written prayers for his own Diocese—Caesarea in Cappadocia.

As it spread in use over time, St. Basil added prayerful elements that reflected the current theological conflicts and struggles of his day, for example the conflicts surrounding the Orthodox teaching on the nature and person of Christ ("true God and true Man"). The crown of St. Basil's Liturgy is the prayer of the

Anaphora (Αναφορά). This is the long narrative prayer that begins just prior to the "Holy, Holy, Holy", through the consecration of the bread and wine, to the Lord's Prayer.

Without doubt, these prayers, written by St. Basil, are powerful, inspirational, and of great depth. For this reason, the late theologian, Fr. Thomas Hopko, urged that every Priest "*Ought always to say these prayers out loud so that all might hear and be deeply touched by the wealth of grace they convey.*" The prayers of the Anaphora that St. Basil wrote reflect the

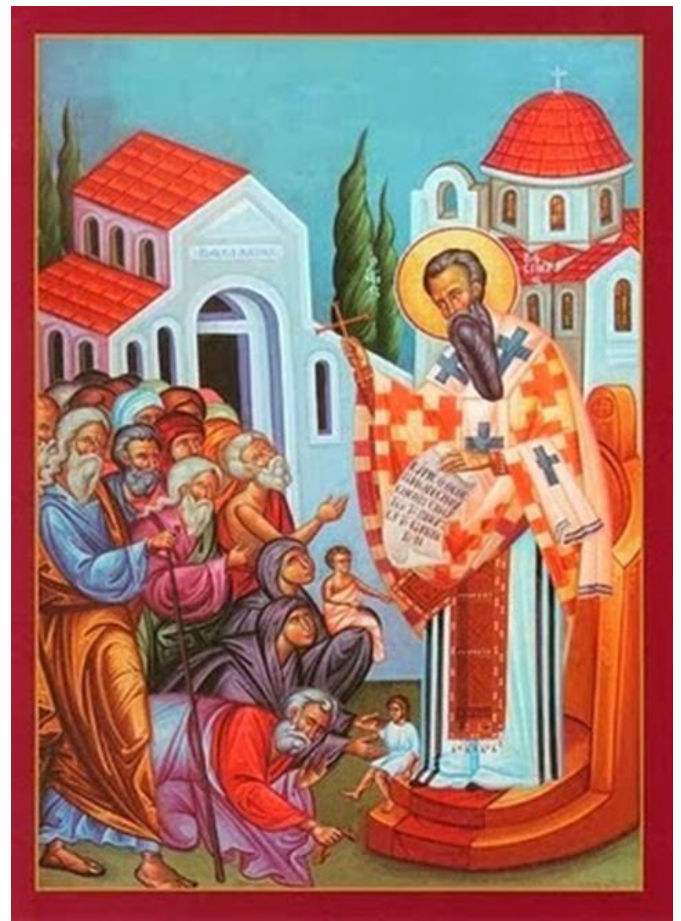


Μέγας Βασίλειος, δὴν ἡρώδης Βλασίου Τεσσακίων, Ἁ. Μονὴ Παναγίας τῆς Ἐπισκοπῆς Ἱερουσολύμων

saints intense preoccupation with the Church's Trinitarian faith—that we worship the One God as the Father, and the Son, and the Holy Spirit; the Son and the Holy Spirit being of one essence with the Father as to their divine nature, and thus co-enthroned and co-glorified with the Father from all eternity. There are three principal spiritual/theological elements of St. Basil's Liturgy. It is personal, it is providential, and it is pastoral.

The Personal Nature of the Liturgy

St. Basil's Liturgy is intensely personal. It speaks directly to the human situation, not in abstractions, but in concrete terms, from the creation of the cosmos to the fashioning of the human person, our origin from the earth, our rootedness to it. *"Taking dust from the earth, You fashioned man, honored him with Your image, and placed him in a Paradise of delight. You promised him immortality and the enjoyment of eternal good things in the keeping of Your commandments."* (Anaphora)



The Liturgy depicts human persons as vulnerable to sin but never beyond hope of redemption. It extols the fact that Christ lived in this world, and human nature would not ultimately be known for its mistakes, but for the image of God within our persons that ultimately defined who we are as believing people.

"He became a citizen of this world, He gave commandments for salvation, turned us away from the illusion of idols, brought us to the knowledge of You, the true God and Father. He acquired us for Himself as a chosen people, a royal priesthood, a holy nation." (Anaphora) This counterpoint between sin and grace, hope and despair, redemption and darkness, reflects the dynamics of the human heart and can be argued to be the foundation of St. Basil's own spirituality.

The Providential Nature of the Service

St. Basil's Liturgy is providential. The entire Liturgy, including most especially the Anaphora, com-



municates a major truth: God is always at work among His people. He is involved, active, never remote—forever near. It is the providence of Grace. *“Benevolent one, in the end, You did not turn away from Your creation whom You made, nor did You forget the work of Your hands, but because of Your tender compassion, You visited him in many ways. You sent forth Prophets. You performed miracles through Your Saints who have pleased You in every generation. You spoke to us through the mouths of Your servants, the Prophets, declaring to us the salvation that is to come. You gave the Law as an aid. You appointed Angels as guardians. When the fullness of time came, You spoke to us through Your Son Himself, through Whom You also made the ages.”* (Anaphora)

God is always engaged with the world and the person in it. If one thing doesn't work, He tries another. If He encounters deafness and resistance, He enters by another way. If he discerns indifference, He will get our attention in ways that won't always be comfortable. St. Basil's Liturgy underscores, in prayerful phrases, that God is relentless in staying involved in our lives.

A Pastoral Offering

St. Basil's Liturgy is Pastoral. Perhaps the outstanding feature of the Liturgy is its pastoral orientation. This reflects the life and experience of St. Basil himself.

In the Anaphora he mentions and prays for: the dead, the poor, those who live in deserts, mountains, caves, recesses of the earth, those who live in chastity, piety, asceticism, and holy citizen citizenship. He prays for every leader and authority, the married, the young and old, those who are weak in spirit, separated from others, those who have committed errors of faith, sailors, travelers, widows and orphans, captives, and the sick. Mindful of his own weakness, St. Basil adds, *“Remember, Lord, the Presbyterate, the Diaconate in Christ, and every priestly order. Do not put to shame any of us who surround Your holy Altar of*

sacrifice.” (Anaphora)

This was the life of St. Basil—reaching out to Christ's poor brothers and sisters. He turned the Gospel into a weapon to combat apathy and spiritual sluggishness. He described the Church in therapeutic terms (“spiritual hospital”) rather than in legal terms. As did the Apostle and Evangelist St. Luke, St. Basil consistently and persistently sided with the poor, reminding us, for example, *“the extra clothes in your closet are what you steal from the poor.”* (Homily on the saying of the Gospel According to Luke, “I will pull down my barns and build bigger ones,” and on greed)

That deep sensitivity found its way into his Liturgy. The theologian was ever the pastor, the pious ideals were preludes to action, the thinker's heart was ever the heart of the Shepherd. What a rich treasure is the Liturgy of St. Basil. During the times of the year when his Liturgy is served, and when it is not, read the Anaphora prayers. Let the words inspire you, and even change you. Remember and take to heart St. Basil's famous phrase: *“Though exercised upon the earth, the Liturgy ranks among the things of Heaven.”* (From the Book on the Priesthood: The conclusion of John's Apologia).



A STAIRWAY TO HEAVEN

By Elias Lampropoulos

The title of this article is undoubtedly catchy: “Stairway to Heaven” is a song, first released in November 1971, by the rock band, Led Zeppelin. There are several interesting facts about this song, such as its length (over 8 minutes), and the guitar introduction, which makes it one of the most famous guitar pieces ever played. First and foremost, the fact is that “Stairway to Heaven” remains the most famous rock song of all time.

If we attempt to put this song in context with the theme of this article, we would definitely cite the line:

*“There’s a feeling I get when I look to the west
and my spirit is crying for leaving”*

Indeed, this is a great verse for our theme, our “Stairway to Heaven”, but perhaps with a small modification: If we could just change the word “west” to “east,” and, having made such a change, travel with our spirit back to the 7th century, to the east, to the Sinai Desert, and learn from the wise words of St. John of the Ladder.

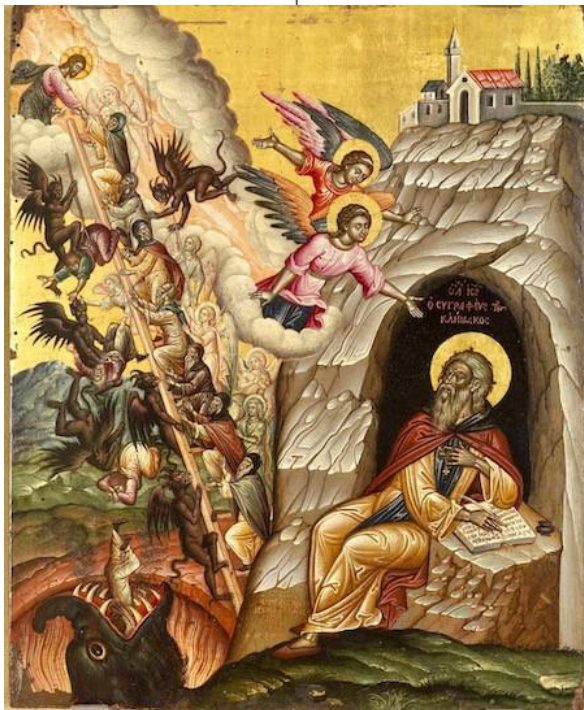
Interestingly enough, there is an old Greek proverb saying: “not every day is St John’s day” (δεν είναι κάθε μέρα τ’ Αη Γιαννιού), which doesn’t really have an equivalent in English, but perhaps the closest aphorism is “you can’t always get what you want.” Every day might not be St. John’s day, however, the Orthodox Church honors more than three hundred persons with the name John as saints. St. John of the Ladder or St. John the Sinaite, is one of them, commemorated twice a year, on March 30th and on the Fourth Sunday of Great Lent.

He lived during the Sixth century AD. The place of his birth remains unknown to us. Yet, the colorful images of the sea which he uses in his writings lead to the assumption that his origin was from either an island or a coastal place. While still very young, he fled from the world and traveled to the Sinai desert, where he placed himself under the spiritual guidance of Elder Martyrios. After the passing of his spiritual father, St. John lived as a recluse in a remote monastic dwelling (cell) close to the great Monastery of St. Catherine at the foot of Mt. Sinai. He rarely visited other monks, but when he did, he always gave them advice and spiritual instruction.

Gradually, St. John acquired a formidable reputation for his spirituality among the Sinaitic monastics. Because of St. John’s great reputation, the contemporary Abbot of the Sinaite Monastery, John of Raitho (another John!), asked him to compose a book of spiritual instruction that would help the monks to ascend from earth to heaven.

It seems likely that St. John had already drafted something, even before the Abbot’s request, as he used to spend a great deal of time writing, throughout the forty years of his monastic life, which we learn from the account of his life as recorded in the Synaxarion. So, shortly after the request was made, St. John sent to the Abbot his book with the title “The Ladder” (Κλίμαξ).

Some years later, being advanced in age, St. John was asked to be the Abbot of St. Catherine’s Monastery. He held this office only briefly and then returned to the solitude that he so loved throughout his life. He died on March 30th in 600 AD, at the age of 75, giving us one



of the two days on which he is commemorated.

His work, "The Ladder," established St. John as one of the prolific teachers of the monastics. The Church gave him the title "instructor of the desert". This title has been given by the Church only to great ascetic saints and pillars of monasticism such as St. Anthony the Great, St. Sabbas the Blessed, St. Euthymios the Great, St. Pachomios the Great, and St. Theodosios the Cenobiarch.

The objective of "The Ladder" was to describe the dynamic course of the monastic life. This is why St. John named it "ladder", like the ladder in Jacob's Vision (Genesis 28:11-12). The book is divided into thirty chapters, or, more accurately speaking, into thirty steps, as the age of Christ when He started His public ministry.

Again, the central idea of the book is the ascending route that each monk has to take. For monastics, a day without spiritual exercise is a lost day. The spiritual ascension begins from the lower steps to the higher. In order to keep this ascension safe and unwavering, obedience is presupposed. For this reason, St. John regards obedience as the supreme virtue.

While St. John stresses that everything that a monk does should be the fruit of obedience, he emphasizes the necessity of other virtues, as well: "a single jewel does not suffice to decorate the royal crown", as he says in his book (Step 29). In this way, every time he refers to a passion, he presents the virtue with which the monk can confront and manage to control his weakness. The presupposition and purpose of the monastic life is love. Love is what eventually fashions us according to God's likeness. St. John of the Ladder, being the true mystic theologian that he was, speaks of the erotic character of spiritual struggle. According to all mystical theologians of the Orthodox Church, Eros is the leading power that takes us out of our individuality and unites us with God. This idea of Eros, being the transcending impulse that moves the human existence towards the union with the Divine, derives from Plato. The beginning and the end of this erotic relationship between the human soul and God is prayer. Like every erotic relationship there is little

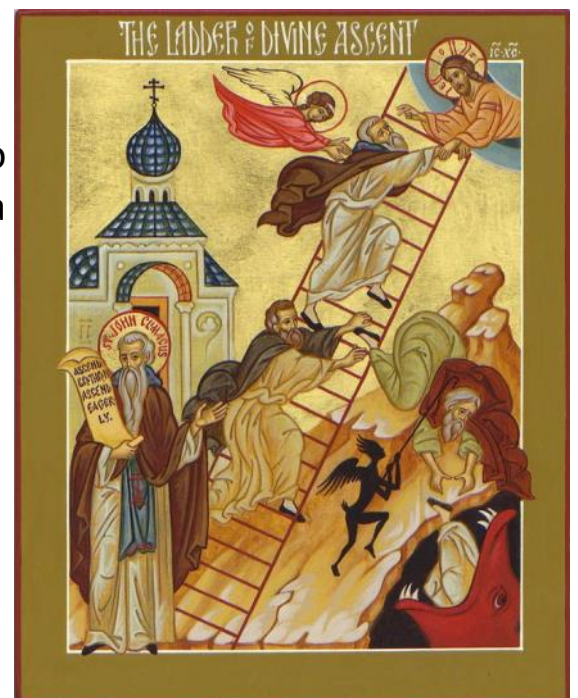
to be spoken of and much to be experienced: "When the remembrance of Jesus will be united with your breath, then you will feel the beauty of silence", as he characteristically writes (Step 27).

Since the Seventh Century, the Ladder has been one of the most popular readings for monks and also for many Orthodox Christians. The way we Orthodox understand our spirituality is the same, both for monastics as well as the rest of us who live in the world. Consequently, the Ladder contains precious instruction for all who desire to become spiritually elevated. Our Church, in Her infinite wisdom, has placed the commemoration of St. John of the Ladder on the Fourth week of Great Lent, to remind us of the exercise we are called to practice during Lent.

"The Ladder" constitutes a classic monastic writing and is a masterpiece of Christian literature. Historians, theologians and other scholars study "The Ladder" meticulously for its great value. Nonetheless, for us Orthodox Christians, "The Ladder" is much more than a classic, historical, or theological work of a high, academic level. It is the living voice of a great saint of the Church, and it contains the paternal advice of a man who shone to the world through his ascetic struggle, the calling of an elder. St. John cries out to us, in the same way St. Paul did, like a father, and shows the way in which we can ascend to Christ.

Best wishes to all for a blessed Great Lent!

Καλό Στάδιο!



PARISH REGISTRY

As of March 9, 2020

BIRTHS

Baby Boy Born to Alyssa & Stephen Hallick
Baby Boy Born to Pagona & Corey Alford
Baby Girl born to Nicole & Will Reid
Baby Boy born to Anastasia & Blaine Terry
Baby Boy born to Ashley & Andrew Harakas
Baby Girl born to Amanda & Constantine Galifianakis
Baby Boy born to Anne & John Symbas

BAPTISMS

Parents: Elizabeth & Shannon Jones
Child: Lily (Catherine)
Godparents: Connie & Scott Mondore

Parents: Sara & Tony Chikas
Baby: Alexandra Elizabeth
Godparents: Sophia Adams & George Adams

Parents: Mary & Francisco Mucio Juarez
Baby: Noe Elijah
Godparent: Anna Bougas

Parents: Aikaterine & Don Pottinger
Baby: Alexia Maria
Godparents: Clarissa & Matthew Murray

Parents: Alexia & Santiago Gallo
Baby: Luciano Georgios
Godparents: Emily Trettel & Athanasios Skouteris

Parents: Barbara & Roger Wycoff
Baby: Thomas Spyridon
Godparent: Fotini Manolis Smith

Adult: Alexa Madison (Alexandra)
Godparents: Georgia & Philip McClure

Adult: Julie Bailey (Iphigenia)
Godparents: Christina & Victor Polizos

WEDDINGS

Carena Constantaras & Kevin Bilthouse
Ansley Buben & Christopher Showalter
Sara Branson & Constantinos Spyris
Rachel Cowgill & Andrew Ramos

CHRISMATIONS

Alden Scott (Angelos) Hielt
Sponsor: Janet Algers

ASLEEP IN OUR LORD

Patricia Kliros Alexander
George C. Moore
Harilaos V. Costarides
Nicholas George Athanas
Bessie (Vasiliki) Andros

WAYS TO STAY IN TOUCH WITH US



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“Follow” us on Twitter

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Visit our website www.atlgoc.org

GOOFS BREAKFAST

Every other Thursday at 9:00 a.m. in the Kafenion. Open to everyone!!!
Come join us for a full breakfast and great fellowship! Full breakfast includes fruit, waffles and much more!
Donation \$5 per person.
Hope to see you there!
Will resume after Easter

Annunciation Greek Orthodox Cathedral

Accepting Online Donations!

Click [HERE](#) for instructions on Guest Donations or click on one of the links below to Donate now.



(Above is an example of what to look for on our Cathedral website, www.atlgoc.org)

The Cathedral now has text messaging options!

Please sign up when filling out your Stewardship Card

HOPE and JOY

Our HOPE & JOY youth enjoy monthly fellowship, games, lunch, craft and liturgical lesson every month. This year they have learned about Saint Helen and the importance of Basil in our faith. They painted pots and planted Basil to grow at home and participated in relay games in the gym. All youth, age 4 years old through 5th grade, are invited to join us each month, on Sundays following Sunday School.

Please mark your calendars for these upcoming dates:

March 29th St. Mary Magdalene (Special Eggs for the King)
May 3rd St. Irene of Chrysovalantou (It's not apples to apples)



*Please join us our next
HOPE and JOY event!*

GO YA

Greek Orthodox Youth of America - Tentative Events & Dates

March 27 th -29 th	GOYA Late Night Lenten Activity
March 29 th	Luminary sales begin
April 11 th	Setup for Palm Sunday (Following Divine Liturgy)
April 18 th	Church Clean-up/Preparation for Easter
April 25 th	GOYA Board Meeting (Location & Time TBA) Meeting and paintball (Location & Time TBA)
May (Dates TBA)	GOYA Fundraiser to benefit Summer Day Camp Scholarships
May 9 th	GOYA Board Meeting (Location & Time TBA) Corsage Making and Meeting with Elections (11:00 a.m.)
June 7 th	End of the Year Pool Party, "Most-Likely To" Awards, Recognition of the Old and New GOYA Boards (Location TBA)



Congratulations to our
GOYA Girls for 2nd Place
& Jr Boys for 3rd Place in
the Queen City Classic Tournament held in Charlotte, NC

GO YA Service Project



GOYAns helped
serve at the Soup
Kitchen held in
November

Thank you
GOYAns
for giving your
time and
talents to our
community!



Young Adults Young Professionals

Young Adults/Young Professionals (YAYP) aims to provide opportunities for area young adults and young professionals to stay connected to the Church, while offering avenues to form and grow meaningful relationships.

Each month the YAYP holds a monthly event—Orthodoxy On Tap—usually held the Second Thursday of each month. We also share a close relationship with the young adult groups at other area Orthodox Churches. In addition to our fellowship building activities and discussion opportunities, YAYP hopes to begin a strong outreach ministry serving the needs of both the Annunciation Cathedral community and the greater Atlanta community.

Orthodoxy on Tap is a monthly gathering at either the Cathedral or at a local restaurant. Members are invited to share in fellowship over food and drink, while listening to a guest speaker offering discussion on contemporary topics related to Orthodoxy. Some previous topics have included: Maintaining relationship; How to live our faith practically; a discussion of why we do the things we do as Orthodox Christians. Our speakers usually include area clergy, medical doctors, seminary graduates, and others who are living out their Orthodoxy faith in their respective life and careers.

Orthodoxy on Tap Schedule

Mar. 19 @ The Kafenion

Apr. 23 @ The Grove

May 14 @ The Kafenion



WEDNESDAYS DURING GREAT LENT

*An Opportunity for
Spiritual Enrichment*

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

March 4th Rev. Fr. Peter Orfanakos

Priest at St. Barbara Greek Orthodox Church, Orange, CT

Speaking on "Taking the First Step: Beginning the Journey Home"

March 11th James Gilmore

Speaking on "Organ Donation and Transplant, Rainbows in the Darkness: Hope and Gratitude"

March 18th A.J. Williams

Speaking on his experience in the Orthodox Church

March 25th Celebration of Greek Independence Day

Presentation by the Annunciation Afternoon Greek School

April 1st Rev. Fr. Matthew Dutko

Priest at St. Elizabeth Orthodox Church, Woodstock, GA

Speaking on "Repentance & Confession in the Carpatho-Russian Tradition"

April 8st Rev. Fr. Christopher Rowel

Speaking on OCMC Orthodox Christian Mission Center

Sunday School News

Our Annual Nativity Pageant was held on December 15th. Over 80 students participated in this beautiful program.



We added our 3 year olds to our program as the manger animals. We were also blessed to have a real baby in the Pageant!



Sunday School News

Music During Sunday School Class

We are excited that Music has been added to our curriculum for Kindergarten thru 12th Grades! Our children are learning the hymns of our Church.

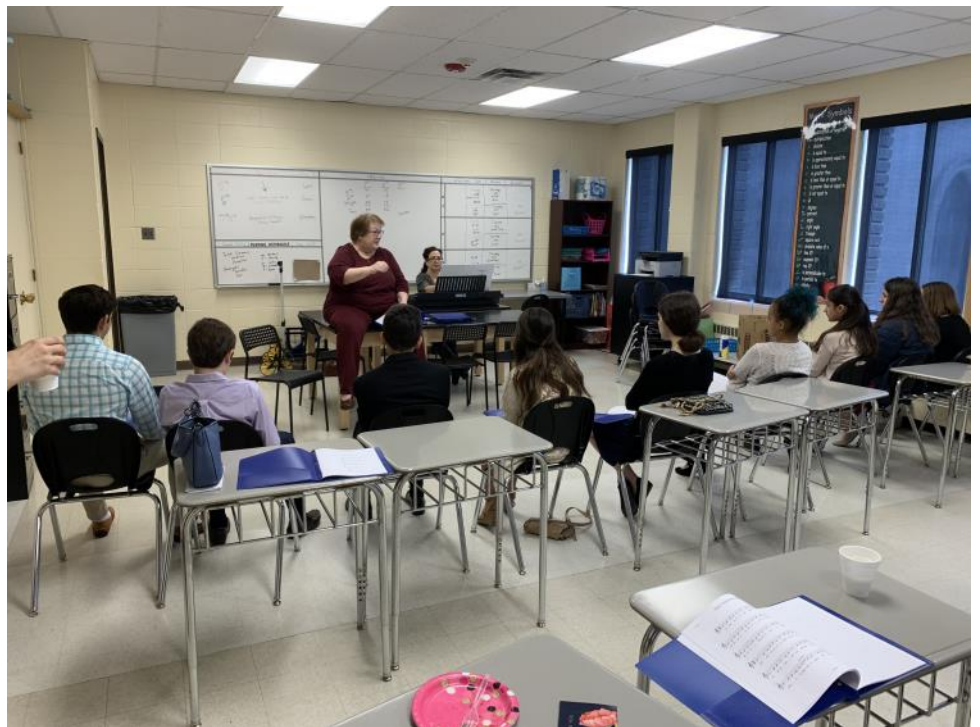
Thank you to Barbara Hall, Christina Polizos, Gena Volas Redd & Stephanie Kantsios for stepping into the classrooms each week to provide instruction.

Sunday School Teacher Appreciation

On Sunday, February 23rd, our teachers were showered with pie, fruit, coffee and a hand delivered Weekly Bulletin. This Sunday was designated as “Sunday School Teacher Appreciation Sunday”, but we love and appreciate our teachers every day!

Our teachers, who are all volunteers, spend countless hours preparing lessons for our students. They extend their love for our faith to each and every child.

We are blessed to have such a wonderful staff!



A special “Thank You” to Anne Carros, Dimitra Moraitakis, Julie Zaharatos & Ritsa Zaharis for delivering all of the goodies to our teachers.

Sunday School News

Class Presentations

Each Sunday School class was able to present a “glimpse” of what they are learning in Sunday School each week.

February 9th: Our youngest students in PreKA, PreKB, PreKC, Kindergarten and 1st Grades made the sign of the cross, sang songs, recited the Lord’s Prayer in English, recited the Lord’s Prayer in Greek and recited the Trisagion Hymn in Greek.

February 16th: Students in 2nd, 3rd and 4th Grades read letters to God, talked about how they share, and read facts about St. Constantine.

February 23rd: Students in 5th, 6th, 7th & 8th Grades performed a skit about how God calls us, shared essays about what “Lord Have Mercy” means to them, and played Worship Jeopardy.

March 1st: Students in 9th, 10th, 11th & 12th Grades played Saints Trivia with the parish and shared what they like about Sunday School.

Class presentations were presented each week, building up to our Parish Level Oratorical Festival and Sights & Sounds.

St. John Chrysostom Oratorical Festival

Our Parish Level Oratorical Festival was held on Sunday, March 1st.

Congratulations to Paraskevi Baker! She will represent our Cathedral, in the Junior Division, at the Conference Level on March 28th. It will be held at Holy Transfiguration in Marietta, GA.

Sights & Sounds Displays

Students made displays to represent each of their Sunday School classes. The artwork is on display in Carlos Hall for the month of March.



Sunday of Orthodoxy



Greek School News

My Friends and Fellow Parishioners,

My long and rewarding journey as a Greek school teacher of our Cathedral's afternoon Greek language school is almost over since I will retire from teaching at the end of this school year, 2019-2020.

I always believed teaching was my ministry and, when you do something that you really love, time passes without seeing the end of it. I can proudly say my teaching career leaves me with a sense of great satisfaction and accomplishment.

I consider myself very fortunate to work with and under the leadership of many respectful priests including Fr. Homer, Fr. Eaccarino, Fr. Kouremetis, Fr. Alexson, Fr. Paul Kaplanis, and Fr. Christos Mars.

Truly it has been an honor and privilege to have taught so many of your children the Greek language and culture with devotion, love, and patience. The support of the parents, their warmth and grateful comments, encouraged me to fulfill their expectations.

As I leave, I reflect on the treasured memories of my students working in class, up on the stage presenting beautiful programs for ethnic and religious holidays, and playing outside during recess.

Truly I can say, "you never really leave a place you love. Part of it you take with you and part of you, you leave behind." Indeed, this has happened to me.

Many thanks to all of you that I leave with such a great satisfaction of accomplishment.

I pray for the continuation and constant progress of our Greek afternoon language school as it is very important for the future of our Greek church, Greek language, and our Greek culture.

*With love and respect,
Christina Economy*

Congratulations to all of our Cathedral members who are and were Scouts.



Thank you to everyone for attending the Tsiknopempti Dinner. We had a wonderful event.



Philoptochos

Annunciation Cathedral Philoptochos * Philanthropy Highlights in 2019 *****

In 2019, Philoptochos had an amazing year of Outreach and Philanthropy! Listed below are some of the highlights of this beautiful “Diamond Anniversary” year!! (only a partial list!)

- *Celebrated our 75th Anniversary as a chapter with a fabulous, unforgettable Diamond Anniversary Luncheon
- *Proceeds from this luncheon enabled Philoptochos to donate \$5,000 to 15 different Atlanta philanthropic organizations for a total of \$75,000!!!
- *Annual Philoptochos Vasilopita luncheon & auction netted \$17,700 for St. Basil Academy
- * Our Social Services Ministry distributed over \$22,000 to pay for rent, food, shelter & medicine for those in need in our parish & the greater Atlanta community
- * Hosted a symposium on Human Trafficking for our parish which featured a panel of experts
- *Donated two \$2,000 Scholarships to two Cathedral college students
- *Donated 60 winter coats, 250 food bags, books, clinic clothing, and 600 snack packs to Dresden Elementary School
- *Packaged & donated 250 Emergency Health Kits to IOCC for distribution throughout the world.
- *Donated over 500 canned food items to the Food Pantry at Buckhead Christian Ministries
- * Collected over 200 toys for Christmas distribution through “Toys for Tots”
- *Sponsored “Athena’s Marketplace” showcasing homemade Greek food and fabulous vendors
- * Donated 200 pairs of heavy cotton socks to the Salvation Army Men’s Shelter
- *Donated a new ice machine for Carlos Hall
- *Supported National Philoptochos Commitments by sending \$8900.00 for National outreach
- * Supported Metropolis of Atlanta Commitments by sending \$4560.00 for Metropolis outreach
- * Donated \$1500 to clean up tornado damage at the Diakonia Retreat Center
- *Sponsored two \$200 scholarships for parish children to attend the Cathedral Summer Camp
- *Co-sponsored the Annual FOCUS Valentine Dance
- *Donated \$500 to Paracletos Monastery in South Carolina

Golden Group News

Our annual Christmas luncheon, sponsored by the Parish Council, took place in December in Carlos Hall. All in attendance were entertained by the exuberant voices of the Annunciation Day School students as they sang Christmas songs in multiple languages. Mrs. Claus (Vickie Henson) dropped by and spread Christmas cheer to all. Another highlight of the day was the “roasting” of Fr. Paul by Fr. Christos and Ginnie Roglin in celebration of Fr. Paul's birthday. Our event concluded with enthusiastic participation in our annual “Twas the night before Christmas” gift exchange.

Also that month several Golden Group attendees took a tour of the Governor's mansion which was beautifully decorated for the Christmas season. Marty Kemp, First Lady of Georgia, greeted our members and took a picture with them. After the tour the group enjoyed a delicious lunch at the Atlanta Fish Market.

Golden Group had their annual cutting of the Vasilopita during our January luncheon which was graciously hosted by the Evrytarian Society. Pete English spoke on the urgent topic of cybersecurity. He was a wealth of information and answered important and relevant questions our seniors posed. The luncheon concluded with a spirited game of cards led by Vickie Henson to celebrate Proto Chronia.

February wouldn't be complete without our annual Valentine's Day Luncheon and Bingo. The Daughters of Penelope again hosted a memorable luncheon with beautiful decorations, delicious food, and a plethora of prizes for an entertaining day of food, fun, and fellowship. Once again we thank our bingo callers, Emanuel Petkas, Mike Tsurutis, and George Peppas, for doing such a fantastic job!

Later that month Panos Constantinides, back by popular demand, enthusiastically led our group on his second bus tour of Civil War sites in Atlanta. His wealth of knowledge on the history of the Civil war in Atlanta is impressive, and the thirty seven Golden Group members in attendance learned a great deal. Afterwards they went to the Atlanta History Center and viewed the restored cyclorama painting, *The Battle of Atlanta*. They ended their travels that day with a visit to the Varsity.

On Clean Monday, (Kathara Theftera) Golden Group hosted the Pot Luck Luncheon in Carlos Hall after the Holy Unction Service in the Cathedral. Fr. Christos' informative slide show and presentation on the services celebrated during Great Lent will help make these services more meaningful to us as we attend them during our spiritual journey this Lenten season.

Please save the date for these upcoming events:
Thursday, March 12, 10:30 am: Lenten Luncheon hosted by Philoptochos Society in Carlos Hall. Fr. Paul will speak on the topic of Angels.
Thursday, April 9, 10:30 am: Lenten Luncheon sponsored by Golden Group in Carlos Hall. Our speaker will be His Grace Bishop Sevastianos.
Thursday, May 14, 6:00 pm: Dinner Sponsored by Danaos and Laconian Societies in the Hellenic Community Center.



Daughters of Penelope

MENELAOS CHAPTER 53 ATLANTA, GEORGIA

Our Daughters of Penelope, Menelaos Chapter 53 in Atlanta, Georgia has enjoyed our many activities have welcomed new members and reinstated members. Past Grand President Karen Stamatiades performed the initiation ceremony for Julie Jones, Vickie Karolis, Helen Panos and Elaine Stephens. We also welcomed our newly reinstated member Ethel Vasilakis. We distributed many membership pins and certificates to our worthy members. We celebrated the Daughters of Penelope's 90th Anniversary and our Menelaos Chapter's 83rd Anniversary.

Our Fall Luncheon and Wine Raffle was a big success. One of our devoted members donated a bottle of wine valued at \$150.00, plus we had many other excellent wines for the raffle. Thank you Sherry Kliosis, Mary Alice George and Anthea Nichols for a job well done and thank you to everyone who donated the wonderful wine that was auctioned. Our entertainment was a special visit from a Greek Tour Guide, and Kolokotronis made a special appearance. Vickie Henson and George Gavalas made it a special fun day at the luncheon! District 1 DOP Lt. Governor Anthea Nichols brought us up to date about the DOP District Governors Conference in Washington, DC. She enjoyed the fellowship and the knowledge she acquired attending this Leadership Conference. We had a wonderful time and wonderful food at the Atlanta Fish Market!

On December 8th, following the Divine Liturgy, we honored our Patron Saint Barbara with an Artoklasia Service and decorated the icon of St. Barbara. Our membership sat together in Church for this beautiful service.

Our Christmas bake sale was a big success, thank you all for your support and for all of the wonderful desserts. Thank you Penny Halkos and Kiki Papadimitriou for your expertise with another fund raiser. Our Chapter members donated money for 30 turkeys that were donated to the Loaves and Fishes food Ministry of St. John the Wonderworker Orthodox Church in Atlanta. Thank you Sherry Kliosis, for purchasing and delivering the turkeys to our church. Our members were generous to this worthwhile project and we were able to also support another special project for children in need. We also volunteered to help with a mailing of a state wide fund raiser for our Atlanta Metropolis Diakonia Retreat Center to reduce the mortgage.

I also must mention how supportive our Atlanta AHEPA Chapter No.1 and the AHEPA District 1 District Governor Harry Kipreos and the Marietta AHEPA Chapter 319, who have all been very helpful!

We enjoyed a visit from our Grand President Vasilia Kachmarski and our Liaison Grand Secretary Georgette Boulegeris. They have been very supportive and given us great advice!

Elaine P. Tissura, President



Calling all crochet or knitting experts or novices!
Join us for a new fellowship group:

The Velonaki Group (LITTLE NEEDLE)

When: Monthly every 3rd Thursday, 5:30-7:30

Where: Cathedral Kafenion

Why: To create handmade hats, scarves & blankets to give to local charities as stewards of our church!

What: Bring your needles (knit or crochet), yarn, scissors, and ready hands

But.... if you can't crochet or knit, should you come? Of course - you can learn, you can donate yarn and you can keep us company! Contact Vicki Kipreos at 678-314-3002 or Vicki.kipreos63@gmail.com if interested.

Please join us for our next gathering on March 19th

St. Agatha's Support Squad



Are you facing breast cancer or have you reached the triumphant survivor side? SASS is a new support group started by four Cathedral parishioners/breast cancer survivors who believe in the tremendous benefit of sharing our breast cancer journey with others who have walked in our shoes.

Upcoming gathering: Tuesday, April, 7th in the Kafenion

For more information, please email SASS.Breast.Cancer.Ministry@gmail.com or contact Alexandra Manos 678-575-7922 or Claire Gilmore 770-309-6318.

College Outreach

Don't lose touch with the Cathedral while you are away at college! The Annunciation Cathedral Philoptochos College Outreach committee wants to stay in touch with all of our students - undergraduate or graduate, attending college far from home or staying in the metro area. Please fill out the college outreach form located on the Young Adult Campus Ministries page of the Cathedral website atlgoc.org.

Questions? Contact: Patty Vastakis at vastakis@bellsouth.net

Annunciation Day School

Annunciation Day School (ADS) has had quite a busy start to the New Year with Open Houses, first-ever International Dinner, Community Service projects, State Spelling Bee and Math competitions, In-House Field Trips, Mother/Son Bowling event and a Father/Daughter Dance.

Our two Open Houses in January yielded over fifty new families coming to visit our school and we are elated to see the influx of applications for the 2020-2021 school year. Our Preschool is almost completely full for next year as well as some of our K-5th grades and Middle School. We ended January with an International Dinner which was a first-time event at ADS. Over 22 countries were represented at this fun and festive celebration with food, drink, students dressing in their native costume, Greek & Ethiopian dancing and more. What an incredible evening!

Our middle school students proudly represented ADS and competed in the State Spelling Bee and Regional *MATHCOUNTS* competition in February. One of our seventh grade students qualified at the regional competition and will go on to the state finals at Emory University in March!

In February, we also have *Community Helpers Month* in Preschool where our very own parents visit and teach our students about their respective profession. What a treat to have dentists, chefs, veterinarians and more gracing our Preschool classrooms. In addition, the Georgia State Bio Bus visited with our K-8th graders teaching them how the human heart works and even they brought a cow heart to show as an example.

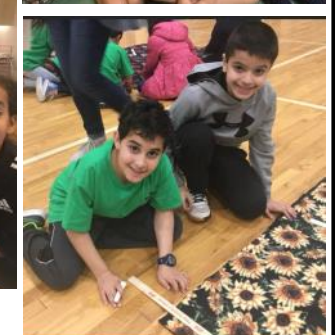
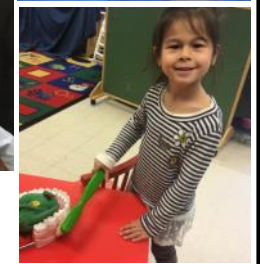
As a school centered in Christ, Children, and Community, we love giving back to the Community. As part of our Valentine's Day activities, K-8th hand-made cozy blankets for cancer patients at Emory's Hope Lodge. Over 16 blankets were made in less than two hours! Way to go Spartans!

Lastly, we had two more inaugural events in February that got our parents and kiddos moving and shaking! The Mother/Son Bowling event struck up tons of fun and competition and our Father/Daughter dance was a sweet evening filled with delicious treats, dancing, games and photo booth cuteness!

We are looking forward to spring as we start our Girls Middle Soccer Season in the MAAC League, second annual Student Art Auction, Preschool Grandparent's Day, and first-ever student talent show! We invite the entire church parish to come cheer on our Spartan Girls in Soccer (please see our schedule at annunciationdayschool.org), bid on beautiful mosaic art pieces at the student art auction on March 31st, any time from 3:00-7:00 pm in the Kartos Ballroom, and watch our talented students perform on May 8th at 6:00 pm in Carlos Hall.

We welcome donations to our Annual Fund which help support many of the above initiatives. Please visit our school website under the Giving Tab to make your kind donation today. As an alternative, we also participate in the Apogee State Scholarship fund where your state taxes can be diverted to ADS for scholarships. Please visit apogee123.org for more information or contact the ADS Communications & Development Director, Sophia Tsiotsias, at (404) 565-2850.

We wish everyone a blessed Easter as we enter the Lenten season!



Annunciation Day School Job Opportunities

Annunciation Day School, is seeking candidates for Substitute Teachers for both Preschool and K-8 Grades. Ideal candidates will have an early childhood experience, enjoy working with a team of teachers, and look forward to engaging with young learners! Teaching certificate/degree not mandatory. If interested, please email your resume to Mrs. Joanna Gordon at jgordon@adsatlanta.org.

Free Support of ADS

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. The money goes directly to ADS to fund scholarships for students in need. 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.

Follow these easy steps to participate:

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

We hope you will choose to redirect your state taxes to Annunciation Day School!

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

SACRAMENT OF HOLY CONFESSION

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

Every Friday Evening During Great Lent
(3/6, 3/13, 3/20, 3/27, 4/3, 4/10)

5th Sunday of Great Lent Following
Divine Liturgy (4/5)

Palm Sunday Evening (4/13)

Holy Monday Evening (4/14)

Holy Tuesday Evening (4/15)

or by appointment by contacting a member
of the Clergy at 404-633-5870

For preparation for Holy Confession
please refer to www.atlgoc.org/sacraments
and then select Confession.



**"For every good and perfect gift is from above,
coming down from You, the Father of lights"**

(Liturgy of St. John Chrysostom and from the Epistle of St. James 1:17)

**The 2020 Annunciation Cathedral Stewardship Ministry Team is
presenting the "Rejoice by Giving Now" Call-a-thon Drive**

Starting on March 22, 2020

**If you have not submitted a 2020 Stewardship Pledge in support of
your Cathedral, you will receive a call asking you to do so.**

Help us not call you, by completing your pledge as follows:

- 1) Visit our website: www.atlgoc.org and submit your card**
- 2) Mail a card to the Cathedral Office:**
- 3) 2500 Clairmont Rd. NE Atlanta, GA 30329**
- 4) Come by the Cathedral or Office and complete one in person.**
- 5) Give your pledge over the phone or if you
need assistance please call: 404-633-5870**

**We encourage giving monthly recurring gifts,
which you can set up also on our website.**

**Experience the joy of giving until it feels great
so they we will rejoice in working toward our
goal of becoming a self-supporting Cathedral
Parish Family.**





St. Agatha's Support Squad

SASS is a support network and ministry for Orthodox Christian women in the Atlanta area affected by breast cancer. Our mission is to provide an opportunity for sharing information and experiences, as well as encouragement and support. Saint Agatha is the patron and protector of women with breast diseases and breast cancer, and her feast day is celebrated on February 5.

Meetings are held at 7pm on the first Tuesday of each month in the Kafeneion. They are open to our parishioners affected by breast cancer and those of other Orthodox churches.

Upcoming Schedule

Please join us for our next event on April 7th

The ladies of SASS, family members, and friends walked in the Atlanta "Making Strides Against Breast Cancer" walk, which was held Saturday, October 26, 2019. Our SASS team walked to honor Maria Demos's memory, and in doing so, we raised \$6619, which went to the American Cancer Society to fund breast cancer research and help those undergoing treatment. We wish to thank all of those in the community who contributed as well as the ladies of Philoptochos for their generous donation.



SASS Contacts & Communications

Call, email, or text anytime!

Name	Email	Phone/Text
General email box	SASS.Breast.Cancer.Ministry@gmail.com	
Alexandra Manos	alemanos@aol.com	678-575-7922
Dina Cook	dinacook58@gmail.com	404-259-1125
Claire Gilmore	Gilmore11@comcast.net	770-309-6318

Sandwich making & Preparing Bags of Love





Palm Sunday
ANNUAL LUNCHEON

SUNDAY, APRIL 12, 2020

**Immediately following the 2nd Divine Liturgy
in the Kartos Ballroom**

Menu will include:

**A choice of Fresh Fried Fish or Plaki, along with
Pasta, Vegetable Medley, Skordalia, Garden Salad
& Dessert**

**Donation: Adults \$16.00
Children (12 & Under) \$8.00**

**Tickets available online at
www.atlgoc.org/tickets/palm-sunday-luncheon-2020
or may be purchased at the door**

**Annunciation Greek Orthodox Cathedral
Atlanta, Georgia**

Pascha Picnic

Immediately following the AGAPE SERVICE at 11 AM

April 19, 2020

Annunciation Greek Orthodox Cathedral
Atlanta, Georgia

Lunch is Served from
12:30 - 1:30 PM
GREAT FOOD!
GREAT CELEBRATION!
Music and Dancing!

Come to the Agape Service at 11 am,
and then enjoy the food and fellowship
as we celebrate our Lord's
Resurrection. Each child attending the
Service will receive a special Easter
Treat and during the Picnic we will
have an Easter Egg Hunt.

Donation: \$18 Adults choice of Lamb or Chicken;
Children's meal, 10 and under \$8
Appetizers and Dessert included

Tickets will be available following Divine Liturgy, beginning March 22
Or on line at:

www.atlgoc.org/tickets/family-easter-picnic-2020

Deadline to purchase tickets is Monday, April 12th



Greek Orthodox Cathedral of the Annunciation Summer Day Camp 2020

This Year's Theme: **"Genealogy of Christ"**

The mission of the camp is to give each participant the opportunity to grow in the Orthodox faith and enjoy relationships with others through guided joy-filled experiences.

Mark Your Calendars for our annual Family Night on Thursday, June 18th in the Hellenic Center ballroom. All family and friends are invited to join our counselors and campers.

General Information

Enrollment is limited, so please register early. Registration is open until spaces are filled.

Registration Deadline: March 31st, 2020.

Applications received after the deadline will be charged a \$25 late fee per camper, per week.

AGE GROUPS

Campers are assigned to groups according to their ages as follows:

Pre-K Camp	3 & 4 year olds (limit 15- must be potty-trained)	Group 2	9 & 10 year olds
Kinder Camp	5 & 6 year olds (limit 20)	Group 3	11 & 12 year olds
Group 1	7 & 8 year olds	Adventure Camp	13 & 14 year olds

SESSION DATES: Summer Day Camp consists of 3 one week sessions.

Campers may attend one, two or all three sessions.

Session I Monday, June 1st - Friday, June 5th **Session II** Monday, June 8th - Friday, June 12th
Session III Monday, June 15th - Friday, June 19th

Each week includes Orthodox Life, Athletics, Arts & Crafts, Aquatics and a Field Trip or onsite activity.

REGISTRATION FEE: 3-12 year olds - \$250.00 per week 13-14 year olds - \$275.00 per week
Non-pledged members and non-Cathedral members will be charged \$25.00 more per camper, per week.

PLEASE REGISTER ONLINE: www.atlgoc.org/registrations

***A Family Discount will be applied at Check-Out. (1st camper at full price)**

Registration fee includes field trips, t-shirt, & camp picture.

TIME: Camp begins promptly at 9:30 a.m. and ends at 3:00 p.m.

DRESS CODE: Tennis shoes, t-shirts and shorts are required dress. All clothing and towels must have your child's name on them.

WHAT TO BRING: Each camper must bring a sack lunch, swimsuit and towel every day. All items must be labeled with the camper's name. Drinks for lunch and snack time, as well as a healthy snack in the afternoon, will be provided by the camp each day. *PreK and Kindercampers need a large towel for rest time and a change of clothes (both will be left at camp).

Aquatics are provided off site at Emory Pool for ages 7-14. PreK & Kindercamp remain onsite and use kiddie pools.



Our goal is to teach basketball fundamentals and to use basketball as a tool to develop leadership skills and winning attitudes in a Christian environment. Emphasis is placed on sportsmanship and team play. Daily instruction centers on ways to improve individual skills such as, ball handling, triple threat, post moves, rebounding court spacing, etc.

Coach Peter Zaharis along with other staff members will teach boys and girls ages 6-14 years old. Camp will take place June 22nd- June 26th at the I. Pano Karatassos Family Youth Center located in lower parking lot across from the Hellenic Center. Camp will run from 9:00 am - 3:00 pm

COST:

Cathedral Members: \$170.00 and Non-Members: \$201.00

Cost is per participant and is due in full. Please register online at www.atlgoc.org

T-shirt, Camp Photo and Certificate of Completion are included with the registration fee.

EQUIPMENT & OTHER ITEMS NEEDED:

Athletic clothing and basketball shoes are required. Campers are expected to arrive ready and equipped to play each day. Please bring a bag lunch and water bottle (snacks provided).

**Please register online:
www.atlgoc.org/registrations**



2020

STUDENT

ART AUCTION

CELEBRATING OUR CREATIVITY!



TUESDAY, MARCH 31

3:00 - 7:00PM

KARTOS BALLROOM

Congratulations to Elaine Tissura



Archbishop Elpidophoros conferred the Medal of St. Paul upon Atlanta's own Elaine Tissura during the St. Photios Shrine Weekend in St. Augustine in recognition of her decades-long service to the church. This is the highest honor the Archdiocese bestows upon a lay person. Pictured above, members of her family who were on hand to help celebrate.



1977 Sunday School Class Reunion

The Cathedral Sunday School Class of 1977 had a Reunion Dinner at Athens Pizza on Tuesday, January 7, 2020. It was wonderful to see how so many of us have embraced the Orthodox Faith and the Church and have brought our families into the faith. Several of us have even served on the Parish Council and/or participated in the current Sunday School. Many others are or have been involved with various other ministries at the Church as well.

We were all Blessed to have been raised in the faith. Very encouraging.



Summer 2020

Week One: June 28 - July 4

Week Two: July 5 - July 11

Week Three: July 12 - July 18

Week Four: July 19 - July 25

Week Five: July 26 - August 1

Mark Your Calendar

Registration Opens

Thursday, March 26 at 12:00 p.m. est

Registration Link - Coming Soon!

Registration Cost \$425.00 (\$200.00 Deposit)

Sibling discount is \$30.00 with the coupon **SIBLING**.

Final Payment will be due by June 1.

St Stephen's Summer Camp is offered to teens **entering 6th through 12th grades** when school begins in the fall. Campers are only allowed to attend camp for one week. **St. Stephen's Summer Camp is not a parish event**, and campers are welcome to attend camp **any week** that best fits their family's schedule. **All Campers MUST arrive on Sunday and stay until Saturday. No exceptions.** Camper Arrival will be from **2:00 p.m. – 5:00 p.m. on Sundays.**

Please visit

<https://atlmetroplis.org/camper-registration>
for more information

ALKINOOS IOANNIDIS

SOLO

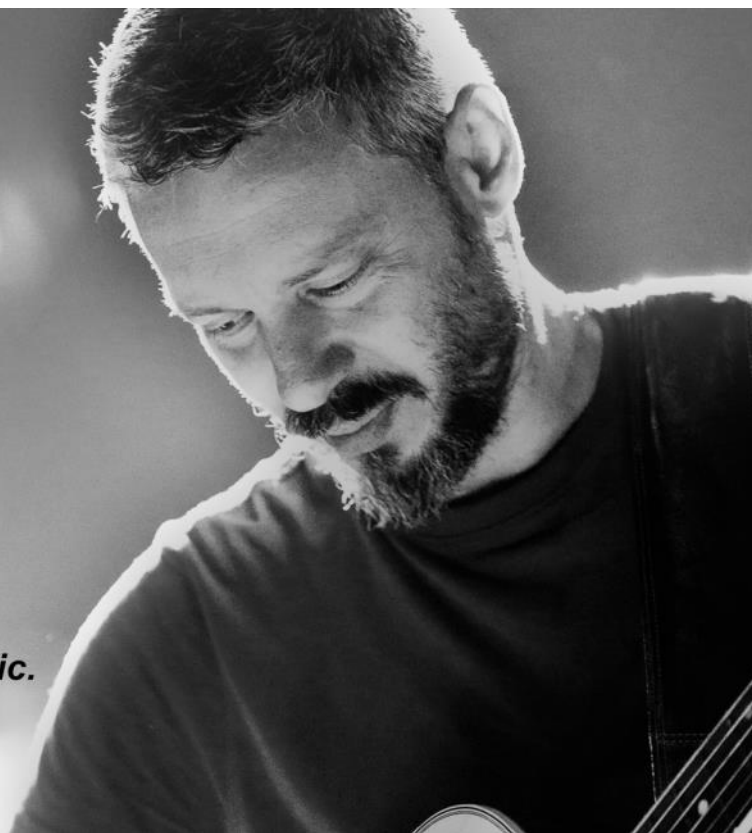
April 4, 2020 | 7:00 PM

The Rialto Center for the Arts
Georgia State University

Doors Open: 6:00 PM

This event is free and open to the public.

Organized and sponsored by:



About Alkinoos Ioannides

Beloved singer, songwriter, composer who blends Cypriot and Greek with Byzantine, classical, and rock music elements. Unique vocal delivery and eclectic intellectual approach to music attract international audiences of thousands, though he is equally at home with small local venues in Greece or Cyprus.

Alkinoos' prolific output of World music, which expands boundaries beyond Greek cultural history and heritage, is only matched by his tireless tour schedule:

Metropolitan Museum ■ Madison Square Garden ■ Lincoln Center ■ Skirball Center for the Performing Arts, NYC ■ Queen Elizabeth Hall, London ■ Union Chapel, London ■ Berliner Philharmonie ■ Epidavros, Greece ■ Glazunov Hall, St Petersburg ■ UNESCO performance in Paris

Alkinoos' latest album, "Small Suitcase," is dedicated to immigrants and to people of the diaspora: *"to those who are forced to leave their homeland and those who are being abandoned by it."*

FOR SALE

Burial Plots for Sale for \$12k at Floral Hills
Includes:

- (2) Plots side by side
- (2) Vaults
- (2) Open and Close labor cost
- (2) Bronze Markers
- (1) Granite Head stone
- (1) Flower vase.

Call Johnny Panos at 404-660-7883

PICTURES



If you have taken pictures during Church Services or at Church events, please share the images with our office, so that we may use them on our website, or include them in our publications.

You may email them to office@atlgoc.org or FrChristos@atlgoc.org. If you have too many, or would like assistance, please contact our office at 404-633-5870.
THANK YOU!

Can't wait to see you soon!!!



Guidelines for Scheduling Meetings

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

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

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

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All news can be e-mailed to office@atlgoc.org or put on a disk and brought to the Cathedral office during office hours (Mon-Fri 9:00 a.m.-5:00 p.m.)

All Cathedral mail goes to the post office on the same day. If you do not receive your Annunciator in a timely manner, please call your post office and notify them.