



***St. Theodore the Tyro, Great Martyr***

*(Feast Day is February 17)*

**February 14, 2021**



## GREEK ORTHODOX METROPOLIS OF ATLANTA

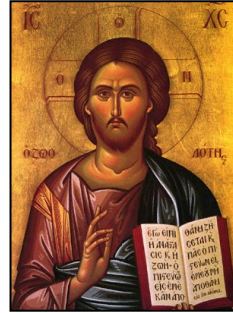
Ecumenical Patriarchate of Constantinople: [www.patriarchate.org](http://www.patriarchate.org)

Greek Orthodox Archdiocese of America Website: [www.goarch.org](http://www.goarch.org)

Greek Orthodox Metropolis of Atlanta Website: [www.atlanta.goarch.org](http://www.atlanta.goarch.org)

St. Christopher Hellenic Orthodox Church Website: [www.saintchristopherhoc.org](http://www.saintchristopherhoc.org)

### **St. Christopher Hellenic Orthodox Church**



313 Dividend Drive, Suite 210  
Peachtree City, Georgia 30269

**Very Rev. Fr. George J. Tsahakis, *Chancellor***

### **Liturgical Guide for Sunday, February 14, 2021**

ON THIS DAY, THE 17<sup>TH</sup> SUNDAY OF ST. MATTHEW, WE COMMEMORATE Holy Father Auxentius of the Mountain; Cyril, Equal-to-the-Apostles & Teacher of the Slavs; Nicholas the New Martyr of Corinth; and Abraham, Bishop of Carrhes in Mesopotamia. *Through their holy intercessions, O God, have mercy on us and save us. Amen.*

### **Thank You for Your Understanding**

We welcome our parishioners who pre-registered and are attending services in person today and we also welcome those who are viewing our online video streaming at home. Let us comply with the guidelines we have provided everyone. We appreciate your kind understanding that our church is beginning phase one of the re-opening of our doors. Fr. George is deeply appreciative to you and all who are assisting during worship services.

*Please consider that only baptized and chrismated Orthodox Christians in canonical good standing may approach for Holy Communion. All are invited to partake of the Antidoron ("instead of the gifts") distributed at the conclusion of today's Divine Liturgy.*

## **SPECIAL HYMNS SUNG BEFORE/AFTER SMALL ENTRANCE**

### **1./2. Resurrectional Hymn (Third Tone) – (Hymnal-pp.106-109):**

It is sung *before* and *after* the Small Entrance: Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of His arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world His great mercy.

### **3. Hymn for St. Auxentios the Presbyter – (not in Hymnal):**

*It is sung after the Small Entrance:* As a citizen of the desert and an angel incarnate and a wonderworker you shone forth, O Auxentios, our God-bearing father. Since you received the spiritual gifts by fasting and vigilance and prayer, you can cure those who are ailing and heal the souls of those who run to you with faith. Glory to Him who gave His might to you; glory to Him who placed a crown on you; glory to Him who operates through you, providing cures to all.

### **4. Hymn Commemorating St. Christopher – (see music distributed):**

*It is sung after the Small Entrance:* Made comely with garments woven from your venerable blood, you stand before the Lord, the King of Heaven and earth, O famed Martyr Christopher. With the choirs of Angels and the Martyrs you chant, singing the thrice-holy hymn and most awesome praises. Thus, by your intercessions with God, save us, your servants.

### **5. Kontakion – (Hymnal-pp.224-227):**

*It is sung after the Small Entrance:* O unfailing protection of Christians, and our faithful advocate before the Creator: though we are sinners, do not ignore our entreaty; but in your goodness, grant your timely help to us who appeal to you in faith. Quickly make intercession; on our behalf make speedy supplication, O Theotokos, for you always protect those who honor you.

## **SCRIPTURAL PASSAGES FROM TODAY'S ORTHROS & DIVINE LITURGY**

The Scriptures were not given us for this only, that we might have them in books, but that we might engrave them on our hearts. – St. John Chrysostom
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### **Gospel Reading During Orthros Service (Mark 16:9-20)**

*Now after He rose early on the first day of the week, He appeared first to Mary Magdalene, from whom He had cast out seven demons. She went out and told*

*those who had been with Him, while they were mourning and weeping. But when they heard that He was alive and had been seen by her, they would not believe it. After this He appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them. Later He appeared to the eleven themselves as they were sitting at the table; and He upbraided them for their lack of faith and stubbornness, because they had not believed those who saw Him after He had risen. And He said to them, "Go into all the world and proclaim the good news to the whole creation. The one who believes and is baptized will be saved; but the one who does not believe will be condemned. And these signs will accompany those who believe: by using My name they will cast out demons; they will speak in new tongues; they will pick up snakes in their hands, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." So then the Lord Jesus, after He had spoken to them, was taken up into heaven and sat down at the right hand of God. And they went out and proclaimed the good news everywhere, while the Lord worked with them and confirmed the message by the signs that accompanied it. Amen.*

### **Epistle Reading During Divine Liturgy (2 Cor. 6:16-7:1)**

*<sup>16</sup>What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will live in them and walk among them, and I will be their God, and they shall be My people. <sup>17</sup>Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, <sup>18</sup>and I will be your father, and you shall be My sons and daughters, says the Lord Almighty." <sup>7</sup>Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and of spirit, making holiness perfect in the fear of God.*

### **Gospel Reading During Divine Liturgy (Matthew 15:21-28)**

*<sup>21</sup>Jesus left that place and went away to the district of Tyre and Sidon. <sup>22</sup>Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." <sup>23</sup>But He did not answer her at all. And His disciples came and urged Him, saying, "Send her away, for she keeps shouting after us." <sup>24</sup>He answered, "I was sent*



only to the lost sheep of the house of Israel.” <sup>25</sup>But she came and knelt before Him, saying, “Lord, help me.” <sup>26</sup>He answered, “It is not fair to take the children’s food and throw it to the dogs.” <sup>27</sup>She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’ table.” <sup>28</sup>Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed instantly.

**MEMORY VERSE (TRY TO COMMIT TO MEMORY):**

“O give thanks to the LORD, for He is good; for His steadfast love endures for ever.” (1 Chronicles 16.34)

# Warming Up for Great Lent

Fr. George Tsahakis



St. Christopher Hellenic  
Orthodox Church

Adult Religious Education  
Sunday, February 14, 2021



## PASTORAL REFLECTION

### FROM FR. GEORGE:

*How many of us have been personally affected by heart disease?*

*Are you a caregiver for a heart disease or stroke survivor? Do you or*

*someone in your family have high blood pressure or diabetes? Do you have a family member, loved one or friend who has been affected by heart disease or stroke? Heart disease is affecting us at an alarming rate, especially our mothers, sisters and daughters. If every woman here today takes steps to learn about her risk factors, stays physically active, eats a heart-healthy diet and goes for her annual Well-Woman visit, we will begin to see a positive impact in the disparities of heart disease and stroke. To support the Go Red For Women movement, Fr. George asks us today to stand strong against heart disease... we can change this. Towards this aim, please read what follows below.*

## Know Your Numbers



**Five numbers**, that all women should know to take control of their heart health are:

1. Total Cholesterol
2. HDL (good) Cholesterol
3. Blood Pressure
4. Blood Sugar
5. Body Mass Index (BMI)

Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life – their hearts depend on it.

Here's how:

1. Understand Risk Factors
    - There are some you can control like blood pressure, smoking, cholesterol, lack of regular physical activity, and some you can't control like age, gender, and family history.
    - That's why it is important to **Know Your Numbers**, learn your **Family History** and discuss all risk factors with your healthcare provider.
  2. "Know Your Numbers"
    - Five numbers can change your life - Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI).
  3. Take Action and Manage Your Numbers
    - Schedule a separate visit with your healthcare provider to learn these numbers and commit them to memory.
    - Work to improve your numbers, if necessary.
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# Know the Warning Signs for Heart Disease and Stroke



**Cardiovascular diseases and stroke kill more women than men.** But 80% of cardiac events in women may be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking. Don't ignore heart problems. It's a matter of life and death! For example, you should know the warning signs so you can get help right away, either for yourself or someone close to you. Acting quickly can save lives!

**Some heart attacks are sudden and intense,** and no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Uncomfortable pressure, squeezing, fullness or pain in the center of your chest.** It lasts more than a few minutes, or goes away and comes back.
- **Pain or discomfort in one or both arms, the back, neck, jaw or stomach.**
- **Shortness of breath with or without chest discomfort.**
- **Other signs such as breaking out in a cold sweat, nausea or lightheadedness.**
- **As with men, women's most common heart attack symptom is chest pain or discomfort.** But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

**If you have any of these signs, don't wait! Call 9-1-1. Get to a hospital right away.**

**If you or someone you're with has chest discomfort,** especially with one or more of the other signs, don't wait longer than a few minutes (no more than five) before calling for help.

## Spot a Stroke F.A.S.T

- **F** – Face Drooping
- **A** – Arm Weakness
- **S** – Speech Difficulty
- **T** – Time to Call 9-1-1

## CALL 9-1-1 ... GET TO A HOSPITAL RIGHT AWAY

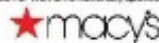
**Calling 9-1-1 is almost always the fastest way to get lifesaving treatment.** Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. You'll also get treated faster in the hospital if you come by ambulance. If you can't access EMS, have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.



**American  
Heart  
Association.**  
life is wry®



Go Red for Women is nationally sponsored by



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## PASTORAL REFLECTION FROM FR. GEORGE:

When I was in junior and senior high school, my friends would say, “We don’t do Lent.” I suspect that it was an anti-Catholic thing and happily, I no longer hear it. Notwithstanding, I still recall their old argument, “whatever they do, we don’t!” – a curiously convoluted, twisted and unhealthy way to decide on one’s religious practices.

Whatever the reason for “not doing Lent,” I think it is a great loss for any Christian not to renew ourselves spiritually and reconcile ourselves with God and one another. Every spring, baseball players prepare for the season with spring training; every spring, ordinary people prepare for summer by doing “spring cleaning.” So why should not Christians prepare and stay fit for the Lord’s Second and Glorious Coming while at the same time remembering the most important events in His ministry, and what He did for each of us to ensure we would be with Him always.

If it helps you, think of Great Lent as a kind of Christian spring training and spring cleaning. To our Christian brothers and sisters who began their Lenten journey this week on Wednesday, February 17<sup>th</sup>, let us pray for their strength and spiritual growth. We will join them on Monday, March 15<sup>th</sup>. Although our Pascha/Easter comes after theirs this year – Sunday, May 2<sup>nd</sup> (as opposed to Western Easter on April 4<sup>th</sup>), let us seek to restore, renew, and reconcile with God and one another and grow in spirit and love with our Lord, God, and Savior Jesus Christ, during Great Lent . . . and always!



["Follow" & "Like" our Facebook page.](#) *Be sure to check our status for updates and photos.*

On this the 843<sup>rd</sup> Sunday of our St. Christopher’s parish community, we continue to thank each of you for your presence and support. Although it may seem like we are just a handful of men, women, and children, if we commit ourselves to serving our Lord and Savior, Jesus Christ, we will experience the



miracle of growth as the Holy Spirit brings others into His service to help us build His new church in the Peachtree City, Georgia area for the glory of God!

## **COMMUNITY SCHEDULE** *(CHECK WEB CALENDAR FOR MORE...)*

### **Sunday, February 14 (17<sup>th</sup> Sunday of St. Matthew):**

- 7:45 a.m. Orthros Service
- 9:00 a.m. Divine Liturgy/Adult Religious Education
- 10:30 a.m. Philoptochos Board Meeting

**Youth Religious Education Class Reminder:** This afternoon, we encourage our parents to share the digital religious education lessons their teachers emailed. Next Sunday, students and parents in each class will join their teachers in a Virtual Religious Education Lesson as we did last Sunday. Thanks for helping us teach our Orthodox faith to our youth.



**Experience authentic Greek cuisine in a Carry-Out only event. Golf carts, cars, and walk-ups welcome!**

Frederick Brown Jr. Amphitheater  
201 McIntosh Trail,  
Peachtree City, GA 30269

Find us on Facebook and Instagram!  
  @peachtreecitygreekfest

**JOIN US SATURDAY, MARCH 6, 11 AM TO 6:30 PM**

***Your continued support and mutual encouragement are essential and appreciated!***

The following reflection, “**Synaxarion of Saint Theodore the Tiro and Great Martyr**” is reprinted from [www.johnsanidopoulos.com](http://www.johnsanidopoulos.com). His Feast Day is remembered today. **+Fr. George Tsahakis**

The Holy Martyr Theodore lived during the reigns of Emperors Maximian (286-305) and Maximinus (308-313), and resided in the metropolis of Amasea, which is an eminent city of Cappadocia off the coast of the Black Sea and was from the village of Houmialos. At the time therefore when the Saint was numbered among the soldiers called the Tiron (Tiro means armed soldier, or rather was a newly enlisted recruit), when he was under the



regimental command of Vriga, then he confessed that Christ was the true God, and that the idols of the Greeks were lifeless statues, the work of men's hands. Wherefore he was brought before his commander, and he gave Theodore some time and a deadline to think things over. Then the Saint did a great virtuous action, for he took an idol of Rhea, the mother of the gods, which played the Greeks for fools, and he threw it into the fire and burned it.

Thus he was arrested and confessed that it was he who burned the idol. First he was hung up and scraped, then he was put in a flaming furnace, in which he was perfected, and received the crown of martyrdom. His Synaxis is held in his martyric Temple which is in Phorakion, on the Saturday of the first week of the Fast. This is when the miracle with the kollyva took place through him, by which he liberated the Orthodox Christian people from the polluted foods of the pagans.

### **Apolytikion in the Second Tone**

Great are the achievements of faith! In the fountain of flame, as by the water of rest, the holy Martyr Theodore rejoiced; for having been made a whole-burnt offering in the fire, he was offered as sweet bread unto the Trinity. By his prayers, O Christ God, save our souls.

### **Kontakion in the Plagal of the Fourth Tone**

Having received the Faith of Christ in thy heart as a breastplate, thou didst trample upon the enemy hosts, O much-suffering champion; and thou hast been crowned eternally with a heavenly crown, since thou art invincible.