

(see back cover)

Sunday, February 5, 2022
Liturgical Guide



Feast of the Meeting of the Lord in the Temple
(celebrated February 2 - 9)



GREEK ORTHODOX METROPOLIS OF ATLANTA

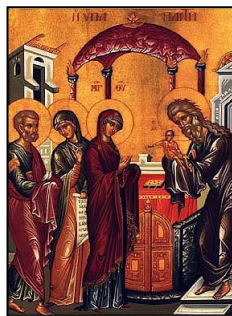
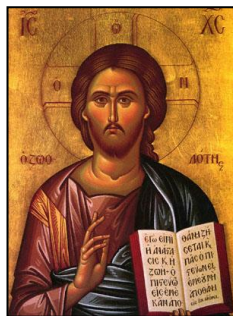
Ecumenical Patriarchate of Constantinople: www.patriarchate.org

Greek Orthodox Archdiocese of America Website: www.goarch.org

Greek Orthodox Metropolis of Atlanta Website: www.atlmetropolis.org

St. Christopher Hellenic Orthodox Church Website: www.saintchristopherhoc.org

St. Christopher Hellenic Orthodox Church



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

Liturgical Guide for Sunday, February 5, 2023

ON THIS DAY, THE SUNDAY FOLLOWING THE MEETING OF OUR LORD IN THE TEMPLE, & THE SIXTEENTH SUNDAY OF SAINT LUKE, THE PERIOD KNOWN AS TRIODION BEGINS, WITH THE REMEMBRANCE OF THE PARABLE OF THE PUBLICAN (TAX COLLECTOR) AND THE PHARISEE TAKEN FROM THE HOLY GOSPEL OF SAINT LUKE THE EVANGELIST. ON THIS DAY, WE ALSO COMMEMORATE Agatha the Martyr; Polyeuktos, Patriarch of Constantinople; Antonios the New Martyr of Athens; Theodosios, Archbishop of Chernigov; and Theodosios of Antioch. *Through their holy intercessions, O God, have mercy on us and save us. Amen.*

Thank You for Your Understanding

We welcome our parishioners who 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 in following them. Fr. George is deeply appreciative to you and all who are assisting during worship services.

Parishioners and visitors who are sick are asked to remain at home to recover and rest. We strongly encourage all parishioners who visit to resume wearing masks to slow the spread of the Delta variant in response to [His Eminence Metropolitan Alexios' request to our Clergy and Parish Councils](#) to do so.

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 DURING ORTHROS & BEFORE/AFTER SMALL ENTRANCE

1. Hymn for Second Antiphon – (Hymnal-p.28):

On the occasion of today's feast, we sing the following hymn instead of the regular Soson imas. "Save us, O Son of God": "Save us, O Son of God, Who was held in the arms of the righteous Symeon, as we sing to You, Alleluia."

2./4. Hymn for the Feast of the Presentation – (Hymnal-pp.212-215):

It is sung before and after the Small Entrance: Rejoice, O woman full of grace, O Virgin Theotokos, for there rose from you the Sun of Justice, Christ our God, who enlightens those in darkness. You too exult and be glad, just and aged Simeon, for you carried in your arms the Redeemer of our souls, who bestows on us the grace of resurrection.

3. Resurrectional Hymn (First Tone) – (Hymnal-pp.98-101):

It is sung *before* and *after* the Small Entrance: Although Your tomb was sealed with a stone, O Savior, and Your most pure body was guarded by the soldiers, You rose on the third day giving life to all the world. Therefore, O giver of life, the powers of heaven praise You: Glory to Your resurrection, O Christ. Glory to Your kingdom. Glory to Your saving wisdom, O only lover of mankind.

5. 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.

6. Kontakion of the Presentation of the Lord – (Hymnal-pp.250-253):

It is sung after the Small Entrance: For our salvation You took flesh and You sanctified the Virgin's womb; You blessed the aged Simeon as You lay resting in his arms; and having come to save us all, O Christ our God, to these troubled times, bring Your lasting peace. Give strong and undaunted faith to all Your people, O only lover of mankind.

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 (Matthew 28:16-20)

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw Him, they worshiped Him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to Me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age." Amen.

Epistle Reading for Today (2 Timothy 3:10-15)

Now you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions and suffering the things that happened to me in Antioch, Iconium, and Lystra. What persecutions I endured! Yet the Lord rescued me from all of them. Indeed, all who want to live a godly life in Christ Jesus will be persecuted. But wicked people and impostors will go from bad to worse, deceiving others and being deceived. But as for you, continue in what you have learned and

firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus.]

Regular Gospel Reading for Today (Luke 18:10-14)

"Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, was praying thus, 'God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax collector. I fast twice a week; I give a tenth of all my income.' But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted."]

MEMORY VERSE (TRY TO COMMIT TO MEMORY):

"God, be merciful to me, a sinner!'. " (Luke 18:13)

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.***

BE THE BEAT



American Heart Association.



WEAR RED AND BE ONE STEP AHEAD.

FEBRUARY IS AMERICAN HEART MONTH

For your mother. Your aunt. Your sister.
For thousands of women you will never meet.

We're asking you to wear red this February in solidarity with women around the world who aim to raise awareness about American Heart Month. Be the Beat by showing your support in three ways:

- ♥ **WEAR RED** to raise awareness.
- ♥ **GIVE** to save women's lives.
- ♥ **SHARE** #WearRedandGive on social media.

Sharell Weems
*heart attack and cardiac
arrest survivor*



Go Red for Women is
nationally sponsored by
 CVS Health.

BIG LOTS!
FOUNDATION

Big Lots is a National Wear Red
Day matching partner of the
American Heart Association's
Go Red for Women Movement.

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Know the warning signs of heart attack and stroke

You could save your life



Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:

-  • Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
-  • Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
-  • Shortness of breath. This may occur with or without chest discomfort.
-  • Other signs may include 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 more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden trouble seeing in one or both eyes
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:

-  • **Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?
-  • **Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  • **Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  • **Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.

GoRedForWomen.org

Today is “Parish Thanksgiving Sunday”

On this “Parish Thanksgiving Sunday,” we thank Presbytera Marinda and Fr. George for offering our five Artos (loaves of bread) for the Service of the Blessing of the Five Loaves for the health and welfare of our parish and their family members.















Likewise, today we thank God and celebrate Name Days, Birthdays, Wedding Anniversaries, and other special occasions that occurred recently or during the month of February. Congratulations to everyone celebrating their special events today and thanks to all who offered our parish their gifts for God to use and multiply.




Fr. George & Presbytera Marinda made a special gift to Tackle Hunger: Home of the Souper Bowl of Caring in honor of St. Christopher Church in Peachtree City, GA, in thanksgiving for the many blessings God has given us.

OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 5th		<i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 12th		The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 19th FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 26th FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 5th		<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 12th		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 19th		VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 26th		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 2nd		ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 9th GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 14th		GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 16th NO FASTING!		<i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

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

On this the 941st 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 5th (16th Sunday of St. Luke/T):

7:45 a.m. Orthros Service

9:00 a.m. Divine Liturgy, Blessing of Five Loaves, & February
Commemorations

11:00 a.m. Religious Education Classes (for all ages)


AHEPA SCHOLARSHIPS AVAILABLE for 2023 – 24 Academic Year

Students residing in the greater metro Atlanta area meet residency requirements for all scholarships offered by the AHEPA Mother Lodge Chapter No. 1 Educational Fund (AHEPA ATL Scholarship). Scholarships will range from \$1000 to \$3000. **The application deadline is March 15th, 2023.** For more information and to apply via the online application, go to www.ahepaatlscholarship.org.

Your continued support and mutual encouragement are essential and appreciated.

*New Adult Religious Education Book is available
for purchase in our Church Bookstore on 2/5/23*

Rock and Sand: An Orthodox Appraisal of the Protestant Reformers and Their Teachings



From the Introduction: This book has been written for three purposes. First, to provide the Orthodox reader with a competent overview of the history of Protestantism and its major traditions, from its beginnings in the 16th century to the present day. This overview relies heavily upon the Reformer's own words as well as the creeds of various Protestant faiths, in order to avoid misrepresentation and caricature. Second, to acquaint Orthodox and non-Orthodox readers with a narrative of the historical relations between the Orthodox East and the Protestant West. Finally, to provide a summary of Orthodox theological opinion on the tenets of Protestantism.