



GREEK ORTHODOX METROPOLIS OF ATLANTA

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΤΤΑΝΤΑΣ

St. Christopher Hellenic Orthodox Church

May 12, 2023



St. Christopher Hellenic Orthodox Church

313 Dividend Drive, Suite 210

Peachtree City, Georgia 30269

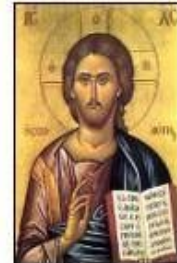
Phone: (770) 347-PRAY (7729)

Website: www.saintchristopheroc.org

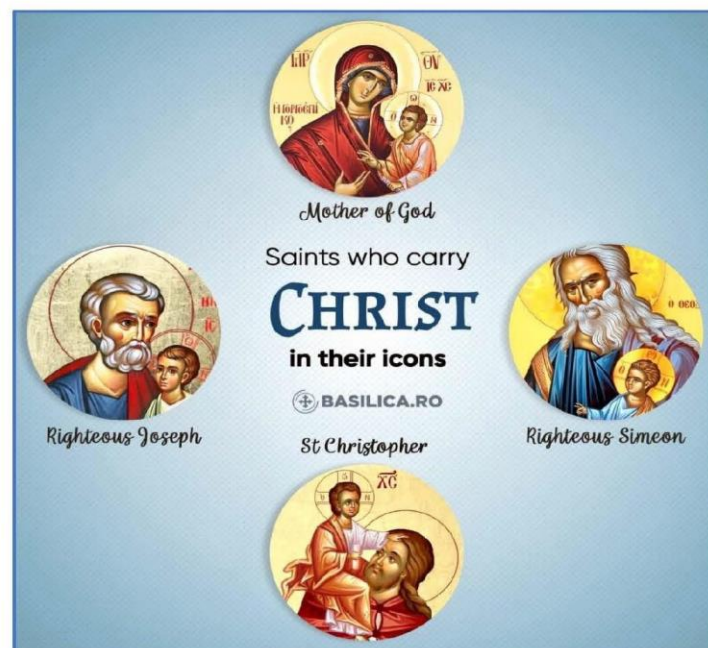
Very Rev. Fr. George J. Tsahakis, Pastor

Stephen Sarantis, President, Parish Council

Jackie Sarantis, Office Administrator

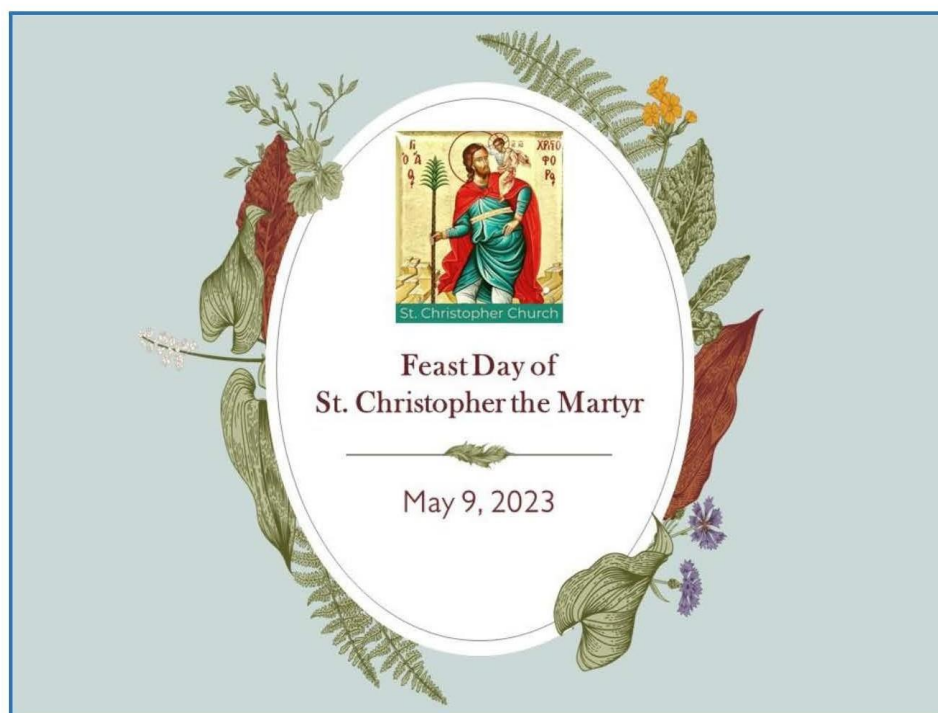


Message from Fr. George for Friday, May 12, 2023



On our Feast Day, Fr. George spoke of the picture above referencing our Patron Saint as one of four who held our Lord. Our Orthodox tradition shares that the child which St. Christopher ferried across the river revealed that he was Jesus Christ; his heaviness was due to the weight of the world which he bore. This story of the saint's carrying our Lord across the river depicts a message of hope that all Christians are called to bear and to "put on" Christ, by taking up the cross each of us has been given. St. Christopher bore his cross – Christ Himself – and ultimately suffered martyrdom for witnessing and upholding his faith, thus fulfilling our Lord's commandment: *"and whoever does not take up the cross and follow Me is not worthy of Me."* (Matthew 10:38)





Every May 9th, we celebrate the Patron Saint of our Parish. This short video is presented as a tribute to the countless efforts our parishioners have been offering to grow and sustain our beloved parish. It is a small way of witnessing our love for God and each other and the blessings for which we are thankful.

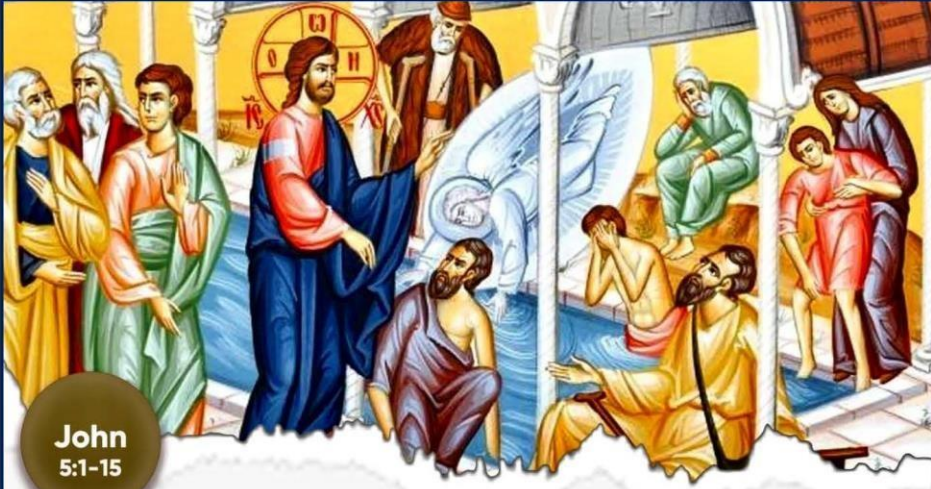
[Click to view short video featuring St. Christopher parishioners on our Name Day!](#)



The great mystery of our faith is that God Himself did not come to the world as a powerful and mighty ruler to constrain everyone to repentance, to save humanity by force. He came to the Apostles as a friend, as a teacher, and continues to be with us, in our lives, in very much the same manner. The personal encounter with Christ did not end in the apostolic age.

God continues to call us to dine with Him, to break bread with Him, to drink with Him. Every time we celebrate the Divine Liturgy, this is what we live and relive, this experience of the mystery of God: God who is a friend, God who is a teacher, God who offers us unconditional love and freedom, God who trampled down death with His Resurrection. We are called to actively


participate in the life of the Church, not to be mere spectators, watching from the sidelines. Let us not come to Church simply to observe, but to participate. When we start participating, we will start to see things occurring in our lives in a more spiritual light, realigning our priorities with the freedom and love God grants all of us. The stress and anxiety that we feel in our daily lives will slowly start to subside. *(From Archdiocese Department of Religious Education)*



John
5:1-15

*This man who repented through suffering
was chosen by Christ the Lord to show us
that a sick person can profit from physical
suffering to gain spiritual health.*

† PATRIARCH DANIEL

 **BASILICA.RO**

**REFLECTIONS ON THE
SUNDAY GOSPEL**

55 Maxims for Christian Living

Fr. Thomas John Hopko of blessed memory was an Eastern Orthodox Christian priest and theologian. He was the Dean of Saint Vladimir's Orthodox Theological Seminary from 1992 until 2002. *Below are 55 maxims that Fr. Tom shared are necessary for a sound Christian life.*

1. Be always with Christ.
2. Pray as you can, not as you want.
3. Have a keepable rule of prayer that you do by discipline.
4. Say the Lord's Prayer several times a day.
5. Have a short prayer that you constantly repeat when your mind is not occupied with other things.
6. Make some prostrations when you pray.
7. Eat good food in moderation.
8. Keep the Church's fasting rules.

9. Spend some time in silence every day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession and communion regularly.
13. Do not engage in intrusive thoughts and feelings. Cut them off at the start.
14. Reveal all your thoughts and feelings regularly to a trusted person.
15. Read the Scriptures regularly.
16. Read good books a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person.
19. Be polite with everyone.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.

23. Live a day, and a part of a day, at a time.
24. Be totally honest, first, with yourself.
25. Be faithful in little things.
26. Do your work, and then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful for all things.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and be attentive.
35. Think and talk about things no more than necessary.
36. When we speak, speak simply, clearly, firmly, and directly.

- 37. Flee imagination, analysis, figuring things out.
- 38. Flee carnal, sexual things at their first appearance.
- 39. Don't complain, mumble, murmur, or whine.
- 40. Don't compare yourself with anyone.
- 41. Don't seek or expect praise or pity from anyone.
- 42. We don't judge anyone for anything.
- 43. Don't try to convince anyone of anything.
- 44. Don't defend or justify yourself.
- 45. Be defined and bound by God alone.
- 46. Accept criticism gratefully but test it critically.
- 47. Give advice to others only when asked or obligated to do so.

48. Do nothing for anyone that they can and should do for themselves.
49. Have a daily schedule of activities, avoiding whim and caprice.
50. Be merciful with yourself and with others.
51. Have no expectations except to be fiercely tempted to your last breath.
52. Focus exclusively on God and light, not on sin and darkness.
53. Endure the trial of yourself and your own faults and sins peacefully, serenely, because you know that God's mercy is greater than your brokenness.
54. When we fall, get up immediately and start over.
55. Get help when you need it, without fear and without shame.



Let us
journey
together
and
persevere
in faith.





On behalf of the chairs Steve Theodorakis, George Psihountas and Kirk Panayis, please join us after the Divine Liturgy on Sunday May 14th for a special Mother's Day luncheon. No need to bring anything just your presence, there will be plenty of food. Let's all celebrate and pamper the Mothers and women on this special day!

Faithfully yours, Steve Sarantis
Parish Council President

Final Call to Support our HCHC Students

You are cordially invited to attend a
SPECIAL "PATH TO THE FUTURE" LUNCHEON
 spearheaded by Helen A. Carlos, HCHC Trustee
*To create a Fund to Benefit and Support Loan Debt of Students
 from the METROPOLIS OF ATLANTA attending
 Hellenic College Holy Cross Greek Orthodox School of Theology*



SUNDAY, MAY 14, 2023
KARTOS BALLROOM
IMMEDIATELY AFTER THE DIVINE LITURGY

HONORED GUEST
 George M. Cantonis, President HCHC

Lunch will be catered by Proof of the Pudding
 Adults - \$40 Children under 12 - \$15
 RSVP by Sunday, May 7, 2023



*The kick off of this inaugural event will be held at the Atlanta Annunciation Cathedral
 and will rotate annually throughout the Parishes of the Metropolis of Atlanta.*

SPONSORSHIPS AVAILABLE

(All levels include acknowledgement in promotional materials)

<u>Saint Helen</u> \$50,000 Two (2) tables of 10	<u>Saint Elisabeth</u> \$10,000 Reserved seats for 8	<u>Saint Monica</u> \$1,000 Reserved seats for 4
<u>Saint Anna</u> \$25,000 One (1) table of 10	<u>Saint Barbara</u> \$5,000 Reserved seats for 6	<u>Saint Photini</u> \$500 Reserved seats for 2

HONORING LOVED ONES

On this Mother's Day, remember or honor the special women in your life with a donation to the "PATH TO THE FUTURE" Fund.

<u>Saint Sophia</u> \$250.00	<u>Hope</u> \$100.00	<u>Faith</u> \$50	<u>Love</u> \$25
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OUR SUPPORT IS VITAL TO THE FUTURE OF THE ORTHODOX CHURCH IN AMERICA!

*TO SUPPORT OUR HCHC STUDENTS THROUGH A SPONSORSHIP,
 HONORING A LOVED ONE, OR TO PURCHASE TICKETS TO PLEASE [SCAN OR](#)
[CLICK HERE](#) FOR RESERVATIONS AND SPONSORSHIP DETAILS.*



*Come join, celebrate and honor your Mother or any beloved women this
 Mother's Day by supporting our HCHC.*

**Take this opportunity to support our Hellenic College Holy Cross students
 by offering donations to the Cathedral's fundraiser. Click here if you wish
 to support. Thank you!**



Dear Saint Christopher Parishioners,

On behalf of the chairs Steve Theodorakis, George Psihountas and Kirk Panayis. Please join us after the Divine Liturgy Sunday May 14th for a special Mother's Day luncheon.

The menu is exquisite and delicious:

MOTHER'S DAY

St. Christopher's

Menu

Sweet Chile Salmon
Roast Pork Loin Robert
Chicken Piccata

Sweet Potato Casserole
Broccoli & Cauliflower Au Gratin
Green Beans Italian Style
Rice
Salad

Eclairs
Brownie Bites
Cannolis
Chocolate Covered Strawberries

Beer
Wine
Sodas
Steve Butler's Sangria

No need to bring anything just your presence, there will be plenty of food.
Let's all celebrate and pamper the Mothers and women on this special day!

Faithfully yours,

Steve Sarantis

Parish Council President

The St. Photios Greek Orthodox National Shrine
Proudly Announces

The 3rd Annual Drawing Competition
Commemorating the Fall of Constantinople
Featuring

The Walls of Constantinople



This competition is open to all children ages 9-12 of the
Greek Orthodox Archdiocese of America.

One Grand Prize of \$250.00

All submissions must be received at the Saint Photios National Shrine
NO LATER THAN Friday, May 12, 2023 via email to:
Polexeni Maouris Hillier, Executive Director of St. Photios National
Shrine at info@stphotios.com.

The Winner will be announced on May 29, 2023.

All submissions will become property of the
Saint Photios National Shrine.

Commemorating The Fall of Constantinople
SAINT PHOTIOS GREEK ORTHODOX NATIONAL SHRINE
2023 DRAWING COMPETITION
The Theodosion Walls – The Walls of Constantinople

In conjunction with the annual commemoration of the Fall of Constantinople, the trustees of the Saint Photios Foundation invite children ages 9-12 of the Greek Orthodox Archdiocese of America to participate in *The Third Annual Drawing Contest*. This is an opportunity to learn about the Fall of Constantinople which marked the end of the 1000-year reign of the Byzantine Empire.

Artists are asked to research this architectural marvel begun during the reign of Theodosius II in the early 5th century. Anthemius, who was Theodosius' *Praetorian Prefect* (prime minister) at the time, is credited with supervising this three tiered perimeter. Constructed over the course of nine years, extending from the Gold Gate, the wall continued for 4 miles, stretching across the peninsula from the Sea of Marmara to the Golden Horn, expanding on the work begun in the 4th century by Emperor Constantine I.

The walls were an effective defense line for 800 years. It was the largest and strongest barricade built in either the ancient or medieval worlds. Even Attila the Hun failed in conquering the "Queen of Cities". The moat in the first tier, the 96 towers, the sentries at the ten gates are just a few of the many elements that created this highly effective line of defense.

In 1453, the Empire came to an end when the Ottomans breached Constantinople's ancient land wall after besieging the city for 55 days. Sultan Mehmet II carried out the 8-week campaign, surrounding Constantinople from land and sea while employing cannon to maintain a constant barrage of the city's formidable walls. The Empire collapsed as the City was taken on May 29, 1453.

Participants will submit drawings of the Theodosion Walls – The Walls of Constantinople, the city's most impressive surviving monuments from antiquity in today's modern-day Istanbul, Turkey.

The St. Photios Foundation, Inc. is grateful to William, Pamela, and Michael Toundas who continue to underwrite this creative learning opportunity for our children in the Greek Orthodox Archdiocese.

ELIGIBILITY:

This competition is open to all children ages 9-12 of the Greek Orthodox Archdiocese of America. *There are no fees for participation.*

PRIZE:

One grand prize of \$250.00.

DUE DATE:

All submissions must be received at the Saint Photios National Shrine NO LATER THAN Friday, May 12, 2023, via email to: Polixeni Maouris Hillier, Executive Director of St. Photios National Shrine at info@stphotios.com. The Winner will be announced on May 29, 2023. All submissions will become property of the Saint Photios National Shrine.

SUBMISSION REQUIREMENTS:

1. One 2-dimensional drawing of *The Walls of Constantinople*, on 8 ½" by 11" paper (landscape/horizontal view).
2. The following media (or combination of media) may be used: crayon, marker, colored pencil, watercolor paint.
3. Two high-definition photographs of drawings; one of the drawing itself (alone), and one including the artist holding the original drawing.
4. Contact information including artist's name, age, home address, parish affiliation, and parent or guardian's email address. **Must be submitted with the Parental Authorization to Share Photo of Artist in Shrine Special Exhibit Area (attached)**

[Click Here](#) for more Information



Pentecost Picnic

JUNE 3, 2023

VESPERS AT 3:00 PM

PICNIC TO FOLLOW

*S.S. Constantine and Helen
Romanian Orthodox Church*

664 Dickens Rd. NW, Lilburn, GA



*Blessed are You, O Christ our God, who made
fisherman all-wise, by sending down upon them
the Holy Spirit, and through them, drawing all
the world into Your net.*

FOR MORE
INFORMATION
AND TO RSVP



This is a Pan-Orthodox AIOPA event
Everyone is invited and encouraged to bring their families.



Philoptochos Meeting

May 21

Join us for a lovely meeting and elections for our new chapter board. Spring is in the air and summer is just around the corner! What a great day to join your sisters and brothers of Philoptochos. And it's not too late to join our membership!

**PLEASE NOTE THE DATE CHANGE:

Hands of Love

(A Philoptochos Ministry)

*Invites You and Your
Family to Join us for
Fellowship & Fun!*

MIDWEST GEORGIA FOOD BANK

JUNE 1st: 5:30 - 7:30 PM

Please RSVP to:

[Sign-Up Genius](#)

**You will be asked to sign
a waiver for MGFB**

**Wear closed toed shoes as
this is a warehouse!**

220 Parkade Ct.

Peachtree City





During the Month of May
"Hands of Love" is accepting monetary donations for the
Midwest Food Bank in Peachtree City

Midwest Food Bank (MFB) is a faith-based, non-denominational charity with ten distribution centers in the US and one each in Africa and Haiti. This year 'Hands of Love' is organizing a hands-on volunteer experience at the Georgia MFB Distribution Center in Peachtree City on Thursday June 1st from 5:30-7:30pm. Please contact Cynthia Cromartie to RSVP.

You may place donations in the red Hands of Love box in the church narthex or online <https://saintchristpherphiloptochos.square.site>
To mail: 313 Dividend Dr, Suite 210, Peachtree City, 30269

Faithfully, Anna Andreeva-Naydenova, "Hands of Love" Ministry Chair

May 5, 2023



CENTER
FAMILY CARE

What's New This Week

FAMILY MATTERS

podcast



CONSENSUS
PARENTING

with
Fr. Alex Goussetis



Fr. Alex Goussetis offers a brief reflection, including questions for discussion, on parenting styles and decision-making in our families. [Listen here!](#)



fully human

"And they were both naked, the man and his wife, and were not ashamed."

Genesis 2:25



When physiological challenges present themselves in atypical or socially awkward behaviors, the family members of persons with disabilities may feel as if they are exposed in an uncomfortable "spotlight." But we need never feel...[read more.](#)

"Moreover, it [marriage] is a journey of discovery, in which both the man and his wife discover their weaknesses, their frailty, and their inner brokenness. It is indeed a journey of two forgivers, who fall and get up again in exchanging forgiveness....[with] the foreknowledge that Christ took the initiative to show His love to them and died for them...."

Fr. Bassam Nassif



Becoming One



Thus, in Christ, marriage is a journey of two "forgiven forgivers!" What does that mean for your marriage, and by God's grace, how do you both...[read more.](#)



Family Connections

Sunday of the Paralytic

Make Your Bed

In modern terms, what Jesus said to the paralytic could sound like, "Get up! Make your bed and get moving." Many self-help professionals, military officers, and moms world over attest to the wisdom of making your bed every morning. This task ushers in a physical and mental sense of accomplishment which springboards into more productive activities. Try this theory out and make your bed every morning this week!





Transfiguration Orthodox Academy

A K-8 Hybrid School

Opportunity to enroll in a Christ-focused hybrid homeschool!

(Applications will to be accepted on a rolling basis until classes are filled.)

**Transfiguration Orthodox Academy is accepting
applications for the 2023-24 school year!**



Apply Today!

www.toamarietta.com/admissions



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GREEK ORTHODOX ARCHDIOCESE OF AMERICA
METROPOLIS OF ATLANTA

EXPLORE *Tarpon Springs*



**JOIN US THIS SUMMER
FOR CLERGY-LAITY**



Make it a Vacation!

Tarpon Springs is one of Florida's gems! Come and enjoy the sun. Innisbrook resort has world class golfing and the amazing Lockness pool for some great relaxation and fun for the family!



Enjoy the History and Culture

Take a stroll at the Historic Sponge Docks and eat some great food! Take a boat ride and visit the Seaside Museum. There is plenty to do.



Connect

We have planned an amazing conference with inspiring speakers, workshops and social events to connect us as O'NE! Registration is open.

BOOK NOW



Innisbrook Resort



1-855-778-4018

reference code "1114ZO"

Registration

<https://stnicholastarpon.org/cl2023>



SCHOLARSHIP OPPORTUNITY FOR GRADUATING HIGH SCHOOL SENIORS



APPLY NOW

FAITH SCHOLARSHIPS FOR ACADEMIC EXCELLENCE

DEADLINE: JUNE 30, 2023

This merit-based scholarship program is available to the best and brightest graduating high school seniors of Hellenic descent and/or Greek Orthodox faith who are enrolling in a 4-year accredited U.S. university this fall. Scholarships are awarded on a merit basis with applicants given the option to be considered for additional financial need-based allocations.

For full application details and to apply now, visit thefaihindowment.org/scholarships or scan:



THEFAITHENDOWMENT.ORG/SCHOLARSHIPS

Founded in 2004 by a group of visionary Greek American leaders and philanthropists, *FAITH: An Endowment for Orthodoxy and Hellenism* is an independent 501(c)(3) organization that supports the development of innovative educational, cultural, and scholarship programs that promote Hellenism, an understanding of the Greek Orthodox faith, and the relationship of the two to America's history and multicultural landscape for young people. *FAITH* has proudly awarded over 1,950 grants and scholarships to our community's brightest young leaders.

For questions, contact: info@thefaihindowment.org • (212) 803-9363 • facebook.com/faihindowment



BYZANTINE CHANT & ICONOGRAPHY

August 20 - 26, 2023

AT THE DIAKONIA RETREAT CENTER

in Salem, South Carolina

REGISTRATION OPENS MARCH 20

[Visit our Website](#)

The Liturgical Arts Academy teaches Byzantine Chant and Iconography in the tradition of the Orthodox Christian Church. TLAA is a 1-week intensive program led by experts in these disciplines. The Academy is ideal for church communities to send their chanters and painters for training and offers instruction for beginners, intermediate and advanced students.



Byzantine Chant Workshop

with John Michael Boyer, Gabriel
Cremeens & Samuel Herron



Iconography Workshop

with
Fr. Anthony Salzman

Contact Us

info@theliturgicalarts.org

Register early – we expect to fill up quickly.



*We welcome you to join us in person
to encounter Our Lord & Savior.*

"For where two or three are gathered in My name, I am there among them." (Matthew 18:20)
We welcome you to join us at St. Christopher Church for worship, fellowship, service, and witness of our Lord and Savior, Jesus Christ. As we encounter Him together, may our collective intercessions help to bring a spirit of healing and peace to our world. We encourage you to bring your family and friends and grow ever closer to God together with our parish family.

During your visit, please be aware according to CDC guidelines, indoor mask mandates are relaxed for those areas of the US where hospitals are not greatly impacted by COVID-19 cases. In response, His Eminence Metropolitan Alexios on March 2nd wrote to the Metropolis of Atlanta faithful offering His guidance. [Please read it by clicking here.](#)

As before, those who continue to wear masks have every right to do so, whether or not our parish falls into a low or medium risk area. Whether others continue to wear masks for the sake of their friends or family, or even out of caution for their own health, their decisions should be respected as demonstrations of Christ-like love.

Note: Under Georgia law, there is no liability for an injury or death of an individual entering these premises if such injury or death results from the inherent risks of contracting COVID-19. You are assuming this risk by entering these premises.

[CLICK TO VIEW LIVESTREAMING OF SCHEDULED SERVICES](#)



[CLICK HERE TO VIEW PREVIOUSLY RECORDED SERVICES](#)



[Click Image for Online Giving](#)

For questions, please email communications@saintchristopherhoc.org

or call the church office at (770) 347-7729.

[Click here](#) for Online Giving Instructions



[Click image to view our parish calendar](#)



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You are receiving this email because you are a Parishioner or Friend of St. Christopher

Our mailing address is:

St. Christopher Hellenic Orthodox Church
313 Dividend Dr.
Ste. 210
Peachtree City, GA 30269

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

