



The Light of Christ



(see back cover)

Sunday, February 4, 2024

Liturgical Guide



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



GREEK ORTHODOX METROPOLIS OF ATLANTA

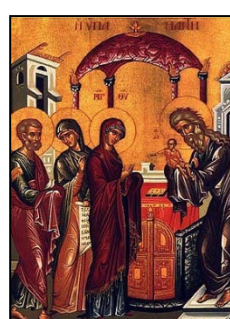
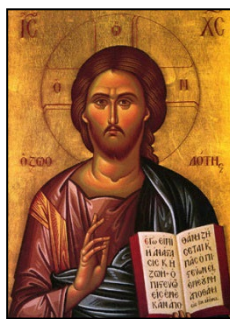
Ecumenical Patriarchate of Constantinople: www.patriarchate.org

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 4, 2024

ON THIS DAY, THE SUNDAY FOLLOWING THE MEETING OF OUR LORD IN THE TEMPLE, & THE FIFTEENTH SUNDAY OF SAINT MATTHEW, WE COMMEMORATE Isidore of Pelusium; Nicholas the Confessor; Hieromartyr Abramius; John the Righteous, Bishop of Irinopolis; Theodosios the Righteous; and Joseph the New Martyr of Aleppo. *Through their holy intercessions, O God, have mercy on us and save us. Amen.*

Welcome, Visitors and Newcomers, to our Parish!

We invite you to enter your name, mail/email addresses in our Guest Register (near the entrance) if you are interested in joining and assisting with our mission's development. We want to keep you informed of our schedule and location of services. ***You and your family are welcome; we look forward to knowing you. We invite you and your family to join and assist us often!***

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 (Second Tone) – (Hymnal-pp.102-105):

It is sung before and after the Small Entrance: When You descended into death, Life immortal, You vanquished the power of hell by your resplendent divinity, and when You raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, glory to You.

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 (Mark 16:1-8)

When the Sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint Him. And very early on the first day of the week, when the sun had risen, they went to the tomb. They had been saying to one another, "Who will roll away the stone for us from the entrance to the tomb?" When they looked up, they saw that the stone, which was very large, had already been rolled back. As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed. But he said to them, "Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; He is not here. Look, there is the place they laid Him. But go, tell His disciples and Peter that He is going ahead of you to Galilee; there you will see Him, just as He told you." So they went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid.

Epistle Reading for Today (2 Cor. 1:21-2:4)

²¹But it is God who establishes us with you in Christ and has anointed us, ²²by putting His seal on us and giving us His Spirit in our hearts as a first installment. ²³But I call on God as witness against me: it was to spare you that I did not come again to Corinth. ²⁴I do not mean to imply that we lord it over your faith; rather, we are workers with you for your joy, because you stand firm in the faith. ²So I made up my mind not to make you another painful visit. ²For if I cause you pain, who is there to make me glad but the one whom I have pained? ³And I wrote as I did, so that when I came, I might not suffer pain from those who should have made me rejoice; for I am confident about all of you, that my joy would be the joy of all of you. ⁴For I wrote you out of much distress and anguish of heart and with many tears, not to cause you pain, but to let you know the abundant love that I have for you.

Gospel Reading for Today (Matthew 22:35-46)

and one of them, a lawyer, asked Him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets." Now while the Pharisees were gathered together, Jesus asked them this question: "What do you think of the Messiah? Whose son is he?" They said to him, "The son of David." He said to them, "How is it then that David by the Spirit calls him Lord, saying, 'The Lord said to my Lord, "Sit at my right hand, until I put your enemies under your feet"'? If David thus calls him Lord, how can he be his son?" No one was able to give Him an answer, nor from that day did anyone dare to ask Him any more questions.



MEMORY VERSE (TRY TO COMMIT TO MEMORY):

"It is You Who light my lamp; the Lord, my God, lights up my darkness." (Psalm 18:28)

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

You're invited to our parish get-together on Sunday, February 25th after services. Instead of our usual "Let's Eat!" at the Broadway Diner, we're staying "at home" - at church - for us to have a family reunion with our parents, youth, uncles, aunts, grandparents, cousins, and Godparents! Parishioners are encouraged to make their favorite family or ethnic recipes for our "soup and sandwich lunch" or offer your favorite beverages and desserts. Thanks to Presbytera Marinda for chairing this family get-together. Join us!



Sunday, February 25

A family that **prays** stays together.
together.

**JOIN US FOR OUR
PARISH FAMILY GET-TOGETHER
ON SUNDAY, FEBRUARY 25 AFTER CHURCH.
MAKE AND SHARE YOUR FAVORITE
FAMILY/ETHNIC RECIPE FOR OUR
"SOUP AND SANDWICH LUNCH", OR YOU
CAN OFFER YOUR FAVORITE
BEVERAGE OR DESSERT TO SHARE.
THANKS TO PRESBYTERA
MARINDA FOR CHAIRING.**

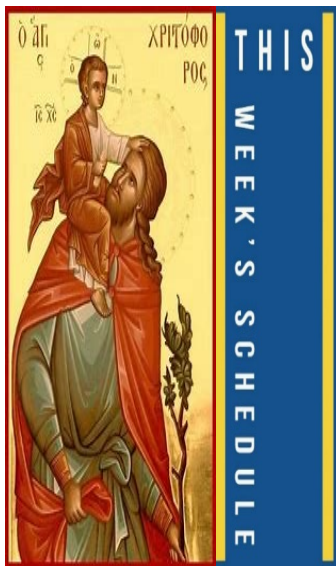


For our "Family Get-Together on Sunday, February 25th, we are off to a great start with those signing up to bring food in advance. Our starting point was soup and sandwiches and families want to bring more, so that is

FANTASTIC! As of last night, we have beef & vegetable soup with cheese tortellini, Brunswick stew with corn muffins, ham and cheese sammies, lamb roast with orzo, tuna sandwiches, homemade bread, and some great desserts that include angel food cake with strawberries and cool whip, Texas sheet cake, brownies, and more. So, make and bring your favorite family food – whether soup, sandwiches, appetizers, sides, salad, or beverages. **See next page to share what food and how many are joining you...**

We are getting a great response so use the QR link below to share what food you are making and how many family members you're planning to bring. We want to be prepared!





February 4, 15th Sunday of St. Matthew

7:45 Orthros

9:00 Divine Liturgy, Blessing of Five Loaves, &

February Commemorations

10:45 Religious Education Classes

February 11, 16th Sunday of St. Matthew

7:45 Orthros

9:00 Divine Liturgy

10:45 Religious Education Classes

11:45 Parish Council Meeting

February 14, (Archangel Michael Chapel, Atlanta)

8:00 Orthros

9:00 Divine Liturgy

*On Valentine's Day, Fr. George will offer church services in the Metropolis Chapel. His Eminence invites all the faithful from throughout the Atlanta metro area to join us if their schedules permit.

On this "Parish Thanksgiving Sunday," we thank **Helen and George Psihountas** 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.



Souperbowl of Caring Tailgate!
Sunday, February 11
Bring your favorite tailgate!



Canned foods, canned meats, oils, spices, baby products, feminine hygiene products, etc. will be collected to benefit Fayette Samaritans.

OR donate [online](#)



-10

-20

-30

-40



Sunday, February 11, 2024 "Souper Bowl of Caring"

On Super Bowl Sunday, February 11th, we ask each one of us to spare ONE (or two) dollars and/or ONE 16 oz item of non-perishable food to benefit "Fayette Samaritans". Monetary donations in the "Hands of Love" red box in the church or online at

<https://StChristopherPhiloptochos.square.site>

It all started in 1990 with Brad Smith's simple prayer: "Lord, even as we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat".

Stay tuned for the Souper bowl
Tailgate party on February 11th after
the liturgy!

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



Yesterday I visited the volunteers at "Fayette Samaritans" in Fayetteville. It is a local charity with a mission of helping Fayette county residents in distress with food, clothing and financial assistance.

These are some preferred items for the month of February, although all donations are appreciated.

1. Canned beef stew
2. Canned fruit
3. Canned tuna
4. Boxed mashed potatoes
5. Pasta sauce
6. Jiffy cornbread mix
7. Boxed mac and cheese
8. Canned beans-black, pinto, navy, black-eyed peas, etc.
9. Jelly

And non-food items such as:

Feminine products

Bar soap

Toothbrushes and toothpaste

On behalf of "Hands of Love", I would like to thank each and every one of you for your continuous and generous support of all our charity partners. Special thanks to the bakers, bidders and contributors to this year's Vassilopita Dinner and Auction to benefit St Basil's academy home for children.

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

We thank Becky Butler & Lydia McGee for offering the freshly made Prosfora for today's church services. We also appreciate the entire Prosfora Team chaired by Presbytera Marinda Tsahakis as they continue to offer fresh Prosfora in the weeks ahead.

2/11/24	Julie Torres/Dedee Panayis
2/18/24	Susan Kleto/Effie Sakkas
2/25/24	Julie Skouteris/Helen Psihountas
3/3/24	Presbytera Marinda Tsahakis/Becky Butler/Lydia
3/10/24	Julie Torres/Dedee Panayis
3/16/24	Susan Kleto/Effie Sakkas
3/17/24	Julie Skouteris/Helen Psihountas
3/20/24	Presbytera Marinda Tsahakis/Becky Butler/Lydia
3/22/24	n/a
3/23/24	Julie Torres/Dedee Panayis
3/24/24	Susan Kleto/Effie Sakkas
3/25/24	Julie Skouteris/Helen Psihountas
3/27/24	Presbytera Marinda Tsahakis/Becky Butler/Lydia
3/29/24	n/a
3/31/24	Julie Torres/Dedee Panayis
4/3/24	Susan Kleto/Effie Sakkas
4/5/24	n/a
4/7/24	Julie Skouteris/Helen Psihountas
4/10/24	Presbytera Marinda Tsahakis/Becky Butler/Lydia



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

On this the 990th 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! ***Your continued support and mutual encouragement are essential and appreciated!***

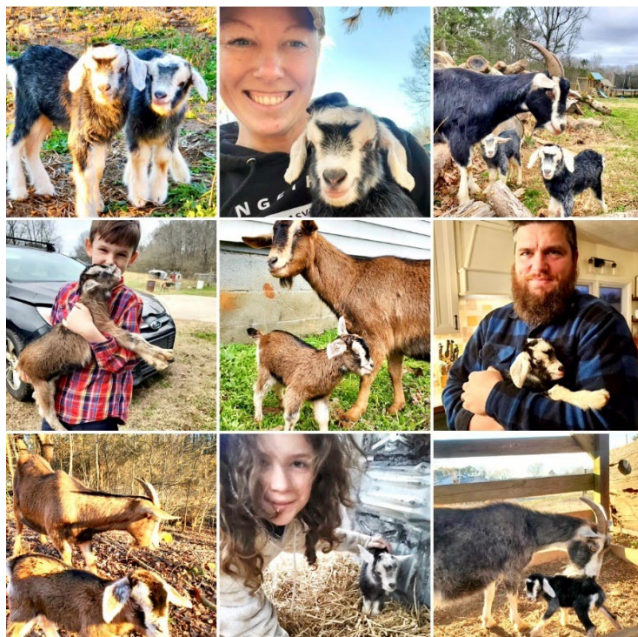


**Support Our Efforts to
Build Our Church Complex**

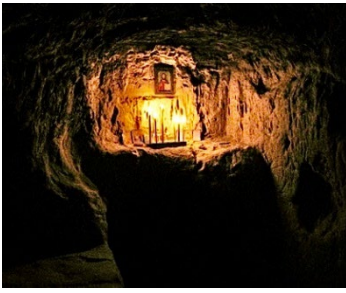
**[Click QR code
to view](#)**



Our Parishioners Inspire Us with Their Endeavors that Reflect God's Gift of Making Us His Stewards...



*One of our stewards, Holly Longino, is not pictured. Her keen working knowledge and support helped save one of the newborn goats pictured above. We thank her also!



“How far that little candle throws his beams! So shines a good deed in a naughty world.” These

words were used as a metaphor by Portia in William Shakespeare’s *The Merchant of Venice* to compare how a small, good act can brighten even a dull and evil world as a single candle can

brighten a whole room.

On Friday, the Feast of the Presentation of the Presentation of Our Lord in the Temple, Fr. George blessed beeswax candles



and distributed them to the faithful. In the darkness, he shared St. Symeon of Thessaloniki’s six symbolic representations of lit candles: 1) As a beeswax candle is pure, so also should our hearts be pure. 2) As the candle is smooth and flexible, so also should our souls be until we make them straight and firm in following the Gospel teachings of Christ. 3) As the beeswax candle is derived from the pollen of a flower and has a sweet scent, so also should our souls have the sweet aroma of Divine Grace. 4) As the candle burns, it mixes with and feeds the flame, so also we can struggle to achieve *theosis*. 5) As the burning candle illuminates the darkness, so must the light of Christ within us shine before men that God’s name be glorified. 6) As the candle gives its own light to illuminate a person in the darkness, so also must the light of the virtues, the light of love and peace, characterize a Christian. The wax that melts symbolizes the flame of our love for others (compare to love of God and neighbor in today’s Gospel and Memory Verse). [adapted from www.johnsanidopoulos.com]