



GREEK ORTHODOX METROPOLIS OF ATLANTA

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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 5, 2017

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 Holy Martyr Agatha of Sicily (+251); Righteous Father Theodosios of Skopelos; Polyeuktos, Patriarch Of Constantinople (+970); Antonios the New Martyr of Athens; and Theodosios, Archbishop of Chernigov. *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 BEFORE/AFTER THE SMALL ENTRANCE**

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

*On the occasion of the Feast of the Meeting of our Lord, 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 (Plagal of the 4<sup>th</sup> Tone) – (Hymnal-pp.126-7):**

*It is sung before and after the Small Entrance: From on high You descended, O merciful Lord. You accepted the cross and three days in the tomb to free us from the bondage of sin, O our life and resurrection. Glory to You, O Lord.*

#### **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*

**Gospel Reading During Orthros Service (John 21:15-25)**

*When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love Me more than these?" He said to Him, "Yes, Lord; You know that I love You." Jesus said to him, "Feed my lambs." A second time He said to him, "Simon son of John, do you love Me?" He said to Him, "Yes, Lord; You know that I love You." Jesus said to him, "Tend my sheep." He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to Him the third time, "Do you love Me?" And he said to Him, "Lord, You know everything; You know that I love You." Jesus said to him, "Feed my sheep. Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go." (He said this to indicate the kind of death by which he would glorify God.) After this He said to him, "Follow me." Peter turned and saw the disciple whom Jesus loved following them; he was the one who had reclined next to Jesus at the supper and had said, "Lord, who is it that is going to betray you?" When Peter saw him, he said to Jesus, "Lord, what about him?" Jesus said to him, "If it is My will that he remain until I come, what is that to You? Follow me!" So the rumor spread in the community that this disciple would not die. Yet Jesus did not say to him that he would not die, but, "If it is my will that he remain*



## 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.***



**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.

# 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.



Go Red For Women is nationally sponsored by



*until I come, what is that to You?" This is the disciple who is testifying to these things and has written them, and we know that his testimony is true. But there are also many other things that Jesus did; if every one of them were written down, I suppose that the world itself could not contain the books that would be written.*

**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)

## Parish Council News

*"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." Galatians 6:9*

**\*\*\*IT'S COMPLETE!!!!\*\*\***

**Everyone is Invited to Hear About It!!! What, You Ask, "is Complete"????  
The St. Christopher's Planning Study!!!**

Join us **Sunday, February 5<sup>th</sup>**, immediately following the Divine Liturgy. Jerry Minetos from the Office of Parish Development with the Greek Orthodox Archdiocese of America will be joining us to explain the findings of our Planning Study and what that means for our parish. This is an important and pivotal time in our parish, and we pray that every parishioner will be able to attend this meeting.

### 2017 Parish Council Members & Officers

Very Reverend Father George Tsahakis  
President - Tammy Soulakos  
V. President - Julie Skouteris  
Secretary - Dina Tagalos Kearns  
Treasurer - George Psihountas  
Asst. Treasurer - Steve Sarantis  
Stephen Butler  
Tom Farmakis  
Kirk Panayis  
Steve Theodorakis

### Please Join Us - February 12<sup>th</sup> Parish General Assembly

At this meeting, you will have an opportunity to:  
Hear our Stewardship Report, Approve the 2017 Budget, Hear reports from Ministry Leaders, and Help select a delegate to attend the 2017 Clergy-Laity Conference.

### Sunday Scheduling Protocol

Our parish seeks to honor Sunday, 'the day of the Lord' with worship, coffee fellowship, seeking to learn and grow closer to Him through religious education for all age groups, and engaging in service and fellowship opportunities as they arise (e.g. ministry meetings, group outings, special speakers, etc.).

Toward that end, please know that our routine Sunday schedule is as follows: Orthros at 7:45 am, Divine Liturgy at 9:00 am, coffee fellowship at 10:15 am or 10:30 am (adjusted for adding Trisagion and Memorial services and Prayer Shawl blessings), and religious education at 10:45 am. If a family wishes to honor a person or event with a luncheon, it can be scheduled beginning at 11:30 am, unless there is an already established meeting (e.g., Philoptochos, General Assembly, etc.) and it would need to be scheduled later or on another Sunday when 11:30 am is possible.

Of course, as special needs arise for services or meetings, Fr. George will adjust as needed, such as the two general assembly meetings already planned in February. These will stay at their posted time after the services. In closing, always remember that the web calendar is the most up-to-date schedule. If you are planning a meeting or an event/luncheon and it is not listed, you need to contact Fr. George Tsahakis to ensure no conflicts exist and it is posted.

Thank you all for your support of St. Christopher's!

Faithfully,  
Julie Skouteris  
Parish Council Vice President



**Hands of Love: February**

*"For the poor will never cease from the land; therefore, I command you to do this word which says, You shall surely open your hands to your brother, to your poor and needy in your land." (Deut. 15:11)*

Sunday, February 5th

Souper Bowl of Caring works to mobilize those looking to **fight hunger and poverty** in their own communities around the time of the Super Bowl football game.

On Super Bowl Sunday, February 5<sup>th</sup>, (and continuing throughout February), we will take up a collection, **asking for one dollar and/or one item of canned food from each family member**. 100% of our donation will go directly to **Fayette Samaritans**.

Started by a youth group in 1990, Souper Bowl of Caring now occurs all over the world and has collected more than \$100 million, which has been donated back into the communities where the food and funds were raised.

Kim Poolos, Hands of Love Coordinator

TACKLE  HUNGER

And on this 643<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!

 ["Follow" & "Like" our Facebook page.](#) Check for updates and photos.

## COMMUNITY SCHEDULE

**This Week is Fast Free in Commemoration of the Beginning of Triodion.**

### Sunday, February 5 (Sunday of the Publican & the Pharisee: Triodion Begins):

- 7:45 am Orthros Service
- 9:00 am Divine Liturgy/Souper Bowl of Caring
- 10:30 am General Parish Assembly (*see update inside*)
- 12:30 pm Parish Council Meeting (end no later than 5:00 p.m.)

### Thursday, February 9:

- 6:30 pm Choir Practice – *please join us!*

### Sunday, February 12 (Sunday of the Prodigal Son):

- 7:45 am Orthros Service
- 9:00 am 40 Day Service of Churching - Shannon & Baby Johns/Divine Liturgy/Philoptochos Reception Honoring Johns Family's New Baby!
- 10:45 am General Parish Assembly (regular first of year meeting)
- 12:30 pm Fr. George & Parish Council Officers Annual Meeting with Ministry Heads – Session 2 (*those meeting have been notified*)

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