SYNDIAKONIA

THE MONTHLY BULLETIN

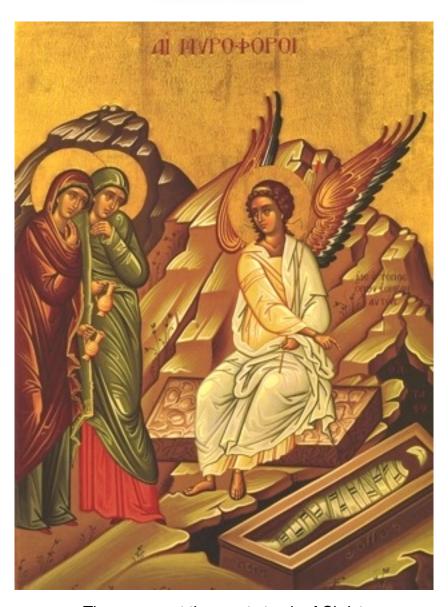
OF THE

HOLY TRANSFIGURATION GREEK ORTHODOX CHURCH

ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ ΜΕΤΑΜΟΡΦΩΣΕΩΣ ΤΟΥ ΣΩΤΗΡΟΣ

Marietta, GA

MAY 2014



The women at the empty tomb of Christ

HOLY TRANSFIGURATION

GREEK ORTHODOX CHURCH
3431 Trickum Road
Marietta, GA 30066

Tel. 770 924-8080 Fax 770 924-3030

Website: www.holytrans.org

CHURCH OFFICE

Open Monday-Friday, 9:30 am - 5:30 pm Secretary: Anne Willcocks E-mail: holytrans@comcast.net

SUNDAY SERVICES

Orthros...... 8:30 am Divine Liturgy..... 10:00 am

PARISH CLERGY

Rev. Father Panayiotis Papageorgiou, Ph.D.,
Presiding Protopresbyter
Rev. Father George Pallas, Protopresbyter
Paul Lundberg, Pastoral Assistant

PARISH COUNCIL-EXECUTIVE COMMITTEE

President	Steve Steffas
First Vice-President	Alex Miltiades
Treasurer	Christopher Hansard
Assistant Treasurer	Georgia O'Brien
Secretary	Athan Tsarouhas

COUNCIL MEMBERS

Cathy Costarides, Larry Gess, Dennis Koutouzis, Marc Nichols, Casey Pater, Steve Tingas, Tim Voulopos

Directions to our Parish:

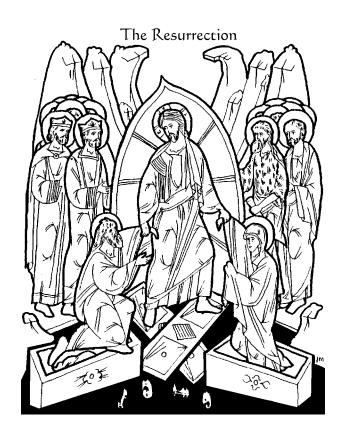
FROM I-75 Exit at 267-A. At 1st light, turn right (Sandy Plains Road). Continue for 3-4 miles until you see a CVS Pharmacy on your left. At that light turn left onto Trickum Rd. Proceed Approx 1/2 mile. Church will be on your left. Can't miss it!

http://www.holytransfiguration.info/directions/

Christ is Risen!

Truly He is Risen!

XPICTOC ANECTH

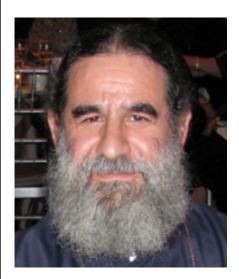


May the Light of the Risen Christ shine in your life always!

The Christian Orthodox Community of Holy Transfiguration, Marietta, GA

Fr. Panayiotis' Message





We have just gone through Holy Week. We experienced Christ's passion, suffering and crucifixion, and we are now rejoicing in His Resurrection. We will continue to greet each other with "Christ is Risen!" for 40 days reminding ourselves of this amazing event. But the question is, how is this event relevant to us or the world we live in today?

In the first century and subsequently, the defeat of death by Christ was welcome news to the people of the time. Death was everywhere. People suffered from wars, famines, plagues and all kinds of social and political abuse. Human beings needed the hope that there is something better than what they were experiencing in their lives, otherwise this life made no sense.

The ancients tried to find ways to counter the effects of death through poems and heroic tales, through monuments, graves and even

mummification, but they had no clear indication as to what happens after death. The Greeks understood that the souls enter Hades, a place of darkness and everlasting suffering. The Egyptians equipped the tombs of their loved ones with material things, so that they might continue to have the comforts they experienced in this life. The Jews thought that the souls entered Sheol, a place of dormancy and sleep and many of them understood that there they were awaiting the final resurrection. It was this revelation of the possibility of the resurrection that gave hope to the Jewish people throughout the many centuries of oppression and suffering. And, finally, it was in Jesus Christ that this promise of God was made reality. The Jewish people received the fulness of the revelation of God through the life, actions and teachings of Jesus, but the affirmation of the identity of Jesus as the Messiah and the Son of God came through His Resurrection. It is through this that the promised Kingdom of God was opened widely to all humanity. It is through the Resurrection that humanity is healed and made immortal, honored and glorified, united to divinity in the person of Jesus Christ. It is now through a relationship with the risen Christ that people can experience the power of God and a blessed life that never ends.

Even at a time like ours (two thousand years later) when science and technology are providing us with great conveniences and comforts, we are still faced with the same human issues; pain and suffering come to us in various forms, physical, emotional, mental and spiritual, and death strikes us, even when we don't expect it, as an inevitable end. Even in a wealthy and technologically advanced society like ours, people still live in great distress and more and more people every year take their own lives trying to find release from their suffering (as recent statistics have shown). Wars are still raging around the world, evil strikes even in places where we do not expect it (like the Boston Marathon) and people are still looking for hope for the future and to make sense of life and death.

The "Christ Event", the power of the Resurrection, the redemption offered by Christ continues to provide hope and comfort in the face of the tribulations of humanity and our ultimate physical death. We are reassured by this intervention of God that life does not end with the death of our bodies. Our spirit, our conscience, our soul lives on in the hands of God who has power over death and offers us eternal life "in a place where there is no pain, sorrow and suffering", but life everlasting!

Christ is Risen, brothers and sisters, offering hope to the whole world!

Truly He is Risen, offering Life Eternal to all who seek Him!

The Commission of Christ to us is to spread this message of hope. This is the Mission of the Church and of our Parish!

J.Fr. Panayistis

What is the Greek Orthodox Church?

A quick historical and theological presentation

The Greek Orthodox Church traces its roots back to the Apostles, especially St. Paul.

She still uses the original Greek language, in which all the books of the New Testament were first written.

She considers herself as the original Church, the result of the natural development from Judaism to Christianity. Her early members were the Jews of the 1st century (New Testament people) who accepted Jesus as the Christ - who all spoke Greek at the time - who converted the Gentiles (non-Jews) from paganism and established the first Christian communities around the Mediterranean basin.

She holds on to many of the basic early Christian traditions, including the worship services, spirituality and theology, which are rooted in the Early Christian Church.

She considers herself to be the Mother Church, from whom all the other Christian groups subsequently evolved.

She proclaims God as Trinity (three persons - Father, Son and Holy Spirit).

She believes that the Son (the Logos (Word)) of God became man in the person of Jesus Christ, He died on the Cross and rose from the dead to perfect humanity in Himself and restore it from the sinful condition to the immortal, perfected state, which God intended for us from the beginning. This final perfected state of humanity is the state of eternal salvation attained through Faith in Jesus Christ.

Local Church information:

Holy Transfiguration Greek Orthodox Church 3431 Trickum Road NE Marietta, GA 30066

Tel. 770-924-8080

e-mail: holytrans@comcast.net Website: www.holytrans.org

Facebook: Holy Transfiguration Greek

Orthodox Church

Sunday Services: 10:00 am







3431 Trickum Road Marietta, GA 30066

Tel. 770-924-8080, Fax 770-924-3030

Rev. Fr. Panayiotis Papageorgiou, Ph.D., Protopresbyter

SCHEDULE OF SERVICES

May 2014

May 1, Thursday, Blessing of the Water 11:00 am.

May 3, Saturday, Great Vespers 5:00 pm

May 4, Sunday, Sunday of Myrrh-bearing Women

Orthros 8:30 am and Divine Liturgy 10:00 am.

May 10, Saturday, NO Vespers today

May 11, Sunday, Sunday of the Paralytic

Orthros 8:30 am and Divine Liturgy 10:00 am.

May 16-18, Friday-Sunday, Greek Festival - Lectures and Tours of the Church

May 18, Sunday, Sunday of the Samaritan Woman

Orthros 8:15 am and Divine Liturgy 9:30 am.

Note: Festival Sunday - The Divine Liturgy will begin at 9:30 am

May 20, Tuesday, Great Vespers for the Feast of Sts. Constantine & Helen 6:00 pm

May 21. Wednesday, Feast of Sts. Constantine and Helen.

Orthros 9:00 am & Divine Liturgy 10:00 am.

May 24, Saturday, Great Vespers 5:00 pm

May 25, Sunday, Sunday of the Blind Man

Orthros 8:30 am and Divine Liturgy 10:00 am. and all the American heroes of the wars (Memorial Day Weekend).

May 28, Wednesday, Great Vespers for the Ascension of the Lord 6:00 pm

May 29, Thursday. The Ascension of the Lord.

Orthros 9:00 am & Divine Liturgy 10:00 am.

Remembrance of the Fall of Constantinople - May 29, 1453 AD.

Memorial Service for those who fell during the Fall of Constantinople (May 29, 1453)

May 31, Saturday, NO Vespers today

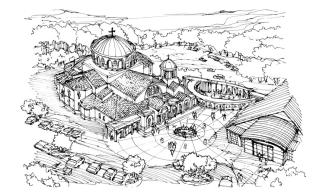
June 1, Sunday, Sunday of the 318 Holy Fathers of First Ecumenical Council.

Orthros 8:30 am and Divine Liturgy 10:00 am.



DAILY BIBLE READINGS - MAY

5/1/2014	Epistle: Acts of the Apostles 4:23-31	Gospel: <u>John 5:24-30</u>
5/2/2014	Epistle: St. Paul's Letter to the Hebrews 13:7-16	Gospel: Matthew 5:14-19
5/3/2014	Epistle: Acts of the Apostles 5:21-32	Gospel: <u>John 6:14-27</u>
5/4/2014	Matins: <u>Luke 24:1-12</u> Epistle: <u>Acts of the Apostles 6:1-</u>	-7 Gospel: <u>Mark 15:43-47; 16:1-8</u>
5/5/2014	Epistle: Acts of the Apostles 6:8-15; 7:1-5, 47-60	Gospel: <u>John 4:46-54</u>
5/6/2014	Epistle: Acts of the Apostles 8:5-17	Gospel: <u>John 6:27-33</u>
5/7/2014	Epistle: Acts of the Apostles 26:1, 12-20	Gospel: <u>John 6:35-39</u>
5/8/2014	Matins: John 21:15-25 Epistle: St. John's First University Gospel: John 19:25-28, 21:24-25	al Letter 1:1-7
5/9/2014	Epistle: Acts of the Apostles 8:40; 9:1-19	Gospel: <u>John 6:48-54</u>
5/10/2014	Epistle: <u>St. Paul's First Letter to the Corinthians 4:9-16</u>	Gospel: <u>Luke 6:12-19</u>
5/11/2014	Matins: <u>Luke 24:13-35</u> Epistle: <u>Acts of the Apostles</u>	<u>6 9:32-42</u> Gospel: <u>John 5:1-15</u>
5/12/2014	Epistle: Acts of the Apostles 10:1-16	Gospel: <u>John 6:56-69</u>
5/13/2014	Epistle: Acts of the Apostles 10:21-33	Gospel: John 7:1-13
5/14/2014	Epistle: Acts of the Apostles 14:6-18	Gospel: <u>John 7:14-30</u>
5/15/2014	Epistle: Acts of the Apostles 10:34-43	Gospel: <u>John 8:12-20</u>
5/16/2014	Epistle: Acts of the Apostles 10:44-48; 11:1-10	Gospel: <u>John 8:21-30</u>
5/17/2014	Epistle: Acts of the Apostles 12:1-11	Gospel: <u>John 8:31-42</u>
5/18/2014	Matins: John 20:1-10 Epistle: Acts of the Apostles	S 11:19-30 Gospel: John 4:5-42
5/19/2014	Epistle: Acts of the Apostles 12:12-17	Gospel: <u>John 8:42-51</u>
5/20/2014	Epistle: Acts of the Apostles 12:25; 13:1-12	Gospel: <u>John 8:51-59</u>
5/21/2014	Matins: John 10:9-16 Epistle: Acts of the Apostles	s 26:1, 12-20 Gospel: <u>John 10:1-9</u>
5/22/2014	Epistle: Acts of the Apostles 14:20-28; 15:1-4	Gospel: <u>John 9:39-10:9</u>
5/23/2014	Epistle: Acts of the Apostles 15:5-12	Gospel: <u>John 10:17-28</u>
5/24/2014	Epistle: Acts of the Apostles 15:35-41	Gospel: <u>John 10:27-38</u>
5/25/2014	Matins: John 20:11-18 Gospel: John 9:1-38 Epistle: St. Paul's Second Le	etter to the Corinthians 4:6-15
5/26/2014	Epistle: Acts of the Apostles 17:1-9	Gospel: <u>John 11:47-54</u>
5/27/2014	Epistle: Acts of the Apostles 17:19-28	Gospel: <u>John 12:19-36</u>
5/28/2014	Epistle: Acts of the Apostles 18:22-28	Gospel: <u>John 12:36-47</u>
5/29/2014	Matins: Mark 16:9-20 Epistle: Acts of the Apostles	Gospel: <u>Luke 24:36-53</u>
5/30/2014	Epistle: Acts of the Apostles 19:1-8	Gospel: <u>John 14:1-11</u>
5/31/2014	Epistle: Acts of the Apostles 20:7-12	Gospel: <u>John 14:10-21</u>



Love One Another

MEMBERSHIP/STEWARDSHIP PLEDGES FOR 2014

THANK YOU TO THE FAITHFUL STEWARDS WHO HAVE SUBMITTED PLEDGE CARDS FOR 2014!

Mr. & Mrs. Peter Adamson

Mr. Michael Adare

Mr. & Mrs. Charles Agne

Mr. & Mrs. Jeff Alberts

Mr. & Mrs. George Andros

Mr. Panayiotis Antoniades

Mr. Hayden Arp

Mr. & Mrs. John Asimakos

Mr. & Mrs. Amir Azarvan

Mr. & Mrs. Ben Azimzadeh

Ms. Dorian Bafas

Ms. Eleni Bafas

Mr. & Mrs. Tom Bafas

Mr. & Mrs. Nick Bakatsas

Mr. & Mrs. Brian Baleno

Mr. Trey Bane & Sherry Smith

Mr. & Mrs. Richard Barke

Mrs. Roseann Bates

Mr. & Mrs. Rick Bell

Mr. & Mrs. Richard Bethune

Mr. Mark Bigelow

Mr. & Mrs. George Bilson

Mr. & Mrs. Ken Bilson

Mr. & Mrs. Paul Bilson

Mr. & Mrs. Pete Bilson Mr. & Mrs. Tony Blasetti

Mr. & Mrs. Terry Bliss

Mr. & Mrs. Bob Botni

Mr. & Mrs. Aaron Bourgeois

Mr. & Mrs. Stephen Bournias

Mr. & Mrs. John Brewer

Mr. & Mrs. Mark Bridgers

Deacon & Mrs. Anthony **Bridges**

Mr. & Mrs. Lee Brooks

Mr. & Mrs. Theodore Brotsis

Dr. & Mrs. Dan Brown

Mr. & Mrs. Kerry Buchan

Mr. & Mrs. Tom Bundros

Mr. & Mrs. Jim Burke

Ms. Melina Burke

Mr. & Mrs. Constantine Bylos

Mr. & Mrs. John Cacavias

Mr. & Mrs. George Caras

Mr. & Mrs. Jimmy Carlos

Mr. & Mrs. Allen Castro

Mr. & Mrs. Harry Catrakilis

Mrs. Mary Anne Chanos

Mrs. Daniela Chereches

Mr. & Mrs. Dennis Christopher

Mr. & Mrs. Grigorios Chryssopoulos

Mr. & Mrs. Jim Clement

Ms. Marianna Constantinou

Ms. Cherie Cookorinis

Mr. & Mrs. Peter Copses

Mr. Arthur Costakis

Mrs. Cathy Costarides

Mr. George Coundouriotis

Ms. Margaret Csonka

Mr. Shawn & Dr. Despina Dalton

Mr. & Mrs. Chris Danos

Mr. & Mrs. Christopher Davis

Mr. & Mrs. Harry Demakis

Mr. & Mrs. Christos Dionis

Ms. Eleni Dodys

Mr. & Mrs. Teron Douglas

Mr. & Mrs. John Doulgerakis

Mrs. Marty Driscoll

Mr. & Mrs. Cedric Dunkerly

Ms. Chelsie Durie

Mr. & Mrs. Jimmy Duvlaris

Mrs. Marjorie Economopoulos

Mr. & Mrs. Joel Edwards

Mrs. Marilyn Eleftheriou

Mr. & Mrs. Paul Farina

Mr. & Mrs. Ken Farrey

Mr. & Mrs. Matt Foster

Mr. & Mrs. Jimmy Frangis

Mr. & Mrs. Edward Frank

Mr. & Mrs. Stratton Frank

Mr. & Mrs. Joe Gavalas

Mr. Michael Gavalas

Mr. & Mrs. Michael Gavrielides

Mr. & Mrs. Evan Gekas

Mr. & Mrs. Theodore

Georgacopoulos

Mr. & Mrs. Leslie George

Dr. & Mrs. Larry Gess

Mr. & Mrs. Georga Gianaris

Mr. & Mrs. Philip Giannaris

Mr. John Gianopoulos

Miss Martha Gingles

Mr. & Mrs. Ted Gormanos

Mr. & Mrs. James Hammond

Mr. & Mrs. Steven Hanes

Mr. & Mrs. Christopher Hansard

Mr. & Mrs. George Hantzios

Mr. Patrick Hartnett

Mr. & Mrs. Michael Hayes

Mr. & Mrs. Thomas Henderson

Dr. & Mrs. Floyd Hendrix

Mr. & Mrs. Joe Hennenfent Mr. & Mrs. Chris Hondras

Mrs. Diana Honey

Ms. Sheila Howington

Mrs. & Mrs. Richard Imbeault

Mr. & Mrs. Robert Isaac

Mr. & Mrs. Mike Jacobs

Mr. & Mrs. Andy Johansen

Mr. & Mrs. Kurk Johnson

Mr. & Mrs. Jim Kanelos

Mr. & Mrs. Ioannis Kapsalis

Ms. Michele Karetas

Dr. & Mrs. Steve Kargas

Mr. & Mrs. David Kay

Mr. & Mrs. Tasso Kefalas

Ms. Gina Kim

Mr. & Mrs. Harry Kipreos

Mrs. Irene Kipreos

Mr. & Mrs. Manolis Kipreos

Mr. & Mrs. Mike Kipreos

Mr. Steve Kipreos

Mr. & Mrs. Phil Kiritsy

Mr. & Mrs. Nick Klementzos

Mr. & Mrs. Alan Knuchel

Mr. & Mrs. Athanasios Kollias

Ms. Connie Kollias

Mr. & Mrs. Zack Kollias

Ms. Natalie Konstadinidis

Mrs. Athena Kontrafouris

Mr. Jim Kontrafouris

Mrs. Mary Koss

Dr. & Mrs. Michael Kostas Mr. & Mrs. Dennis Kostulakos

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Mr. & Mrs. Dennis Koutouzis

Mr. & Mrs. Ed Krause

Mr. & Mrs. Nicholas Lake

Dr. Anna Lambros

Mr. & Mrs. Stelios Lampadarios

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Mr. & Mrs. Alan Levine

Mr. & Mrs. David Linebaugh

Mr. & Mrs. Jim Linos

Mr. Drew Logothetis

Mr. & Mrs. Elton Longshore

Mr. & Mrs. George Lopos

Mr. & Mrs. David Lukens

Mr. & Mrs. Paul Lundberg

Mr. & Mrs. Demetrius

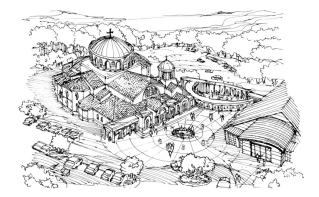
Lymberopoulos Dr. Allen & Eftichia Macris

Dr. & Mrs. Bobby Macris

Mr. & Mrs. Craig Mallie Mr. Angelo Mallis

Mr. & Mrs. Wade Mancil

Mr. & Mrs. Panagiotis Maniatis



Love One Another

MEMBERSHIP/STEWARDSHIP PLEDGES FOR 2014

THANK YOU TO THE FAITHFUL STEWARDS WHO HAVE SUBMITTED PLEDGE CARDS FOR 2014!

Ms. Theodora Maravegias Mr. & Mrs. Dean Marianos Mr. & Mrs. Paul Markley

Mrs. Xanthippe Marsico

Mr. George Matthews

Mr. & Mrs. Filipos Mavromatidis Mr. & Mrs. Harry Mavromatides

Mr. & Mrs. Rich Mayk

Mr. & Mrs. Francis McAteer

Ms. Judie McCall

Mr. & Mrs. John McCarty Mrs. Sophia McClurd

Mr. & Mrs. Glenn McCollum

Ms. Autilia McGovern

Mr. & Mrs. Michael McLean

Mr. & Mrs. John McOuearv

Mr. Andv Melissas

Ms. Karen Melissas Mr. Panaviotis Michael

Mr. & Mrs. Alex Miltiades

Mr. & Mrs. Charles Miltiades

Mr. & Mrs. Demetri Miltiades

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Mr. & Mrs. Evans Nichols

Mr. Evans Nichols

Mr. & Mrs. Marc Nichols

Mrs. Toula Nielsen

Ms. Aspasia Nikolatos

Mr. & Mrs. Michael Nikolich

Mr. & Mrs. Michael O'Brien Mr. & Mrs. Gus Orologas

Ms. Niki Palamiotis

Fr. George & Presbytera Pallas

Mr. & Mrs. Dean Pallas

Mr. Tasi Pallas

Mr. & Mrs. Konstantine Papadimitriou

Mr. & Mrs. Aristotle Papadopoulos Mr. & Mrs. Pete Papadopoulos

Mr. & Mrs. Costas

Papaevangelo

Fr. Panaviotis & Presbytera

Papageorgiou

Mr. & Mrs. Jon Papastrat

Mr. & Mrs. Nick Papleacos

Mr. Dean Pappas

Mrs. Elizabeth Pappas

Ms. Maria Paradisis

Mr. & Mrs. Casey Pater

Mr. Alex Paulson

Mr. & Mrs. Dean Paulson

Mr. & Mrs. Michael Paulson

Mr. & Mrs. Keath Paxten

Mr. & Mrs. George Pentzakis

Mr. & Mrs. John Peppas

Ms. Soteria Perry

Mr. & Mrs. James Pierce

Mr. & Mrs. Brandon Pittman

Mrs. Amelia Pohlman

Mr. & Mrs. Tony Porter

Mrs. Polly Potter

Fr. George Prassas

Mr. & Mrs. Francesco Quinterno

Mr. & Mrs. Eric Richards Dr. & Mrs. Lambros Rigas

Mr. & Mrs. Randy Rogers

Mr. & Mrs. Tim Rury

Mr. & Mrs. Samer Saba

Mr. & Mrs. Angelo Sambunaris

Mr. & Mrs. Ted Sampanes

Mr. & Mrs. Jav Sarmir

Mr. & Mrs. George Sarris

Mr. & Mrs. Emmanuel Sarris

Mr. & Mrs. George Schipor

Mrs. Andigone Seraphim

Mr. Michael Serkedakis

Mr. & Mrs. Vasileios Sfyris

Mr. & Mrs. John Shanahan

Mr. & Mrs. David Shelby

Mr. & Mrs. Taka Shoji

Mr. & Mrs. Antonio Sideris

Mr. & Mrs. Jeremy Simpson

Mr. & Mrs. Gus Siokis

Mr. & Mrs. Anastasios Skarpelis

Mr. & Mrs. Michael Skordeles

Mr. & Mrs. Eric Smith

Mr. & Mrs. Manning Smith

Mrs. Mary Smith

Mr. & Mrs. Alton Sotir Simms

Mr. & Mrs. Ron Sprouse

Ms. Barbara Stampul

Mr. & Mrs. Ben Starks

Ms. Elaina Stefero

Mr. & Mrs. Steve Steffas

Mrs. Mary Stiakakis

Mr. & Mrs. Michael Strakes

Mrs. Connie Stratigos

Mr. & Mrs. Brett A. Strauch

Mr. & Mrs. Stovan Sugarliev

Mr. & Mrs. Edvard Swetlowski

Mr. & Mrs. Zacharias Taoushiani

Mr. & Mrs. Tim Tassopoulos

Mr. & Mrs. Ovidiu Teodorescu

Mr. & Mrs. Steven Thompson

Mr. & Mrs. Steve Thorne

Mr. & Mrs. Jim Tidwell

Mr. & Mrs. Peter Tiller

Ms. Maria Tingas

Mr. Steve Tingas

Mr. & Mrs. Christos Tsapoitis

Mr. Athan Tsarouhas

Mr. Diamandis Tsirnikas

Mr. & Mrs. Dimitrios Tsoukalas

Mr. & Mrs. Jim Tucker

Miss Christina Tzortzinakis

Mr. & Mrs. George Tzortzinakis Mr. & Mrs. Chris Vachtsevanos

Drs. George & Athena

Vachtsevanos

Mr. & Mrs. Stavros Vacratsas

Ms. Becky Valagohar

Mr. & Mrs. Plutarch Vamvakias

Mr. & Mrs. Dimitri Vastakis

Ms. Maria Vatzakas

Mr. & Mrs. Nicholas Vatzakas

Mr. & Mrs. Vaios Vlachos

Mr. Danny Vlahiotis

Dr. Phillip Vodas

Mr. Tim Voulopos

Mr. & Mrs. Jamie Wagner

Mr. & Mrs. Marc Westmoreland

Mr. Benjamin Whitener

Mr. & Mrs. Malcolm Worden

Mr. & Mrs. Ray Wysmierski

Mr. & Mrs. Richard Xanthakis Mr. & Mrs. Anastasios Yiannovits

Mr. & Mrs. Greg Young

Mr. Basile Zafiroulis

Mr. & Mrs. Matthew Zakreski

Mr. & Mrs. Marco Zavala

Mrs. Angela Ziros

Total: 308

HOLY TRANSFIGURATION GREEK ORTHODOX CHURCH LOVE ONE ANOTHER



"...be serious and watchful in your prayers. And above all things have fervent love for one another, for 'love will cover a multitude of sins.' Be hospitable to one another without grumbling. As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

Peter 4:7-10

Please fill out your Pledge Card today and bring your offering to the Lord.

If you have not yet done so, please send in your 2014 Membership/Stewardship Pledge

"Honor the LORD with your substance and with the first fruits of all your produce." (Proverbs 3:9)

STEWARDSHIP CORNER

Status of General Fund Stewardship as of April 15, 2014

There is very good news to share at this time. It appears that most of Holy Transfiguration's parishioners understand that, like their own household, almost all of the parish's bills have to be paid monthly. Most importantly, three hundred two parishioners (couples and individuals) have returned their 2014 Membership/ Stewardship Forms. While it would be very helpful to receive another forty Forms, it is very good to have already heard from these members-in-good-standing.

Second, we received \$147,379 from the parishioners as of April 15. This is 7.4 percent more than what was budgeted to be received by this time. Thus over seventy-five percent of the members are responding to the day-to-day fiscal needs of the parish. In fact – based on donating one-twelfth of what each couple/individual indicated they would be donating to the General Fund in 2014 -- less than ten percent of those who are donating are behind what would be expected from them by April 15. This percentage of who are 'behind' is the smallest it has been in a long time. Praise God as more people are able to make a sincere effort to support God's work in our parish.

The only bad news is about 17 percent of the members-in-good-stand have not yet made a donation to the General Fund for this year. Hopefully, some of these members made a donation during Holy Week and all will have made a special effort to donate something to the General Fund for the parish's operation during the month of May.

Along with giving a 'thank you' to all who are donating sacrificially, we pray that all who are being abundantly blessed by God will show their thanksgiving to Him by supporting the parish's General Fund throughout the remainder this year.

DEVELOPING A DEEPER UNDERSTANDING OF STEWARDSHIP

As I sat though the twelve Gospels on Holy Thursday night as well as the Gospels of Pascha for over the fiftieth time, I was in awe and wonderment. I don't know if I now finally have learned enough through Bible and religious classes to fully understand, or if I was particularly attentive this year – probably both. The most wondrous thing happened for humankind nearly two thousand years ago – we mystically participate in these events during Holy Week as if we were actually there when they originally happened.

Jesus Christ voluntarily went through a terrible degradation and suffering and finally died for us. He then arose from the grave, thereby enabling each of us to spend eternity with Him, rather than just die forever. All we have to do is believe in Him and show Him that we love Him by giving our love to others – not just those who love us but those who need our help and those who are our fellow Christians as we serve each other while seeking our collective salvation.

It is, actually, so simple! We need only serve within the Church, particularly our parish, as we help each other striving to achieve our salvation, while trying to develop a personal relationship with God. We also need to dedicate a portion of our time, talents and treasure to assist the work of God and also help the needy people in the world near and far.

Yet, we too often postpone doing these things: We are busy with our career, we are busy with our family life, we are busy with the work at home, we are busy with our friends, we are busy with travel, and we are also busy with our personal time. We are busy being busy. Time goes on, and suddenly we are too ill, too old, or we are dead, and there is no longer any time left to do what Christ has asked us to do and what He expects of us. What will we say to Christ on the judgment day?

Please believe me there is joy as well as peacefulness in serving those in need and other parishioners. Please consider doing this, or doing this more often over the next several months. Try it and see that you will receive a special positive result from these efforts. If you find this not to be the case after making this effort, please meet with Fr. Panayiotis or Fr. George to see why this is so, or what needs to be changed in order to achieve a more positive outcome.

It is my experience that nothing can be more rewarding than becoming fully a member of the parish family, but it has to start by taking the step to integrate ourselves into the parish life through our expression of love for others.

Dr. Larry Gess

Would You Offer Christ a cup of coffee?

The following conversation was recorded last year between a pastor and a parishioner - a very nice and kind person - who was always helping in the activities of the church, but who refused to see the need to give 10% of his income to the Church, as the Bible requires. (Editors Note: Most Protestant Churches ask their parishioners to tithe, i.e., to offer to the work of God 10% of their income (before taxes), and many of them do it.)

The pastor, after arguing for a while using scriptural texts showing the requirement for tithing as set by God Himself, he realized that he was not making much progress, so he changed his approach:

Pastor: How much would you pay for a cup of coffee at a restaurant these days?

Parishioner: About a dollar.

Pastor: If your neighbor came to your house,

wouldn't you offer him a cup of coffee?

Parishioner: Of course I would!

Pastor: Even if it cost you a dollar a day, would you still offer him coffee every day?

Parishioner: Of course I would. What's a dollar today? You need more than a dollar of gasoline to drive to the nearest mall and back. Don't we all drive back and forth just to go out and get a cup of coffee? In the end, a cup of coffee costs us way more than a dollar.

Pastor: If I asked you to offer a dollar a day to the Church how would you feel about it?

The parishioner remained silent for a moment. He knew that a dollar a day was much much less than 10% of his income. He also knew that a dollar would hardly buy him a cup of coffee in certain restaurants. He paused to think about it. The pastor continued:

Pastor: If Christ asked you to buy Him a cup of coffee every day, wouldn't you do it?

The parishioner's eyes opened widely. He knew the meaning of the words of his pastor.

Parishioner: Of course I would! Not only one cup, but two and three I would buy for my Lord. He has given me salvation from my sins. He has opened for me the Kingdom of Heaven. Can a cup of coffee be compared with what God has done for me? Can I repay the Lord for His love and mercy with a cup of coffee?

The pastor had made his point. From that day on, every morning the parishioner put aside a dollar, sometimes two and sometimes three, and on Sunday when he came to Church he presented his offering for the work of the Lord. He felt good about it. He was offering Christ a cup of coffee (no caffein included!!!) and he knew the Lord liked that. It seemed to him much easier to offer a dollar a day than to dish out hundreds of dollars at once. And it also felt very good to be supporting the work of his Church, helping in the salvation of others.

Don't wait until the last minute. Get yourself prepared!

A minister waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him in front of the service station. Finally, the attendant motioned him toward a vacant pump. "Reverend," said the young man, "sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip." The minister chuckled, "I know what you mean. It's the same in my business."

<u>ANNOUNCEMENTS</u>

Philanthropic Ministry Update

This goal of this new ministry is to provide for the local community in need. Thank you to everyone who helped serve the children by donating food and working in the Church Cupboard and Jacob's Garden.

CHURCH CUPBOARD

The *Reverse Offering* was a great success. The parish responded well; we received about 100 bags of groceries, and involved social workers from 8 different schools (Cobb County elementary, middle, and high schools) to give away the food. With the food, we provided written recipes with icons and prayers. Our Parish served at least 50 children with the donations.

JACOB'S GARDEN

"In days to come Jacob shall take root, Israel shall blossom and put forth shoots, and fill the whole world with fruit." Isaiah 26.

The land next door, after many helping hands, has been transformed into a field ready for planting. When the vegetables are harvested this summer, they will supplement the groceries from our *Reverse Offerings*.

The Philanthropic Ministry members will need extra hands to maintain the Garden this summer. Please contact Randy Rogers at rrogers@RogersStrimban.com if you can help with watering, weeding and/or harvesting vegetables, or if you would like to make a donation to help the ministry.



Coffee Hour Hosting

Thank you to all of our wonderful coffee hour hosts so far this year. If you have not yet signed up to host a coffee hour, there are plenty of summer Sundays available. Take advantage of this less busy time of year to help serve our parish. Celebrate a nameday, birthday, or remember a loved one.

Sign ups are now done through the <u>signupgenius.com</u> website. If you have received an invitation to join our group, just go to the website, create a login and password, and you will be able to access the site. If you would like to receive an invitation to join our group, just send an email to Stephanie Lukens at <u>dsclukens@bellsouth.net</u>.

If you would like to sign up in person or by phone, contact Maria Alberts.

Thank you, Stephanie Lukens



Worship

Article Review: "Byzantine Music: The Fabric of Greek Orthodox Liturgy"

For various reasons, not much is generally known about the traditional music of the Orthodox Church, most often called "Byzantine" music. In an article published in the Spring 2013 edition of *Praxis*, the periodical publication of the Department of Religious Education, John Michael Boyer offers a good introduction to this rich musical tradition. One of the first points he makes is that the melodies of Byzantine hymns are most determined by the *text* of the hymns. Structure, syntax, rhetoric, content, and the text's liturgical function have the primary influence on how the hymn will sound. This is an important principle: the *meaning* of the hymn is the most important thing about it. If a Byzantine hymn ever sounds a little strange to us or we hear an abrupt change in the middle of it, we should take another look at the words that are being sung. Often there will be a textual reason as to why it sounds a bit different.

Boyer goes on to list the three most common wishes of parishes when it comes to improving liturgical music: 1) congregational singing, 2) a well-trained choir, and 3) a really good solo chanter. Often, we hear one of these three options presented as *the* solution or the most important, but Boyer makes the great point that all three are important to develop. Each of these approaches to music are correct, sanctified, and liturgically appropriate in the Orthodox Church, depending on the liturgical moment. At the height of liturgical life at Hagia Sophia in modern-day Istanbul, there were three distinct groups of people responsible for church music: 1) choir directors and soloists, 2) a choir of twelve, well-trained, educated singers responsible for singing the more difficult, sophisticated musical arrangements of the liturgy (such as the cherubic and communion hymns), and 3) the "choir of readers", which numbered up to 120 people per side(!) and was responsible for leading the congregation in singing the simpler responses and refrains (such as "Lord, have mercy" and "Grant this, O Lord").

There really is something for everyone in the Orthodox Church! If God has gifted you with a voice, you can sing in one of the choirs. If you don't have that gift or the time to develop it, you can come to listen and—we hope—be lifted up by the swelling waves of sound that are our sacrifice of praise.



Sing to the Lord a New Song!

Psalm 95

The parish choirs are in the process of standardizing the English translations and melodies of the hymns of the Divine Liturgy. Recordings and written music are uploaded regularly to the parish website so that you can learn them at home and at your convenience. Just click on "Our Faith" in the menu bar on the home page of the parish website, and use the left side menu to find the subpages with the hymns.

For Young Families

Weekly Play Date! Tuesday mornings at 10am in the PLC Nursery

This is a great opportunity for both children and parents in the parish to get to know each other.

On the first Tuesday of each month will be a special outing! On May 6th, the group will meet at the Georgia Aquarium (at 10am)

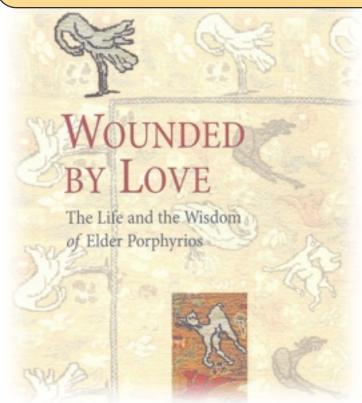
For more information about the Weekly Play Date, please contact Brooke Levenson or the parish office.

Our monthly parents' conversation in May will be on Saturday, May 24th, from 10am-12pm in the Parish Life Center.

A lunch and babysitting will be provided.

Since this date falls between Mothers' and Fathers' Day, our conversation will revolve around the themes of motherhood and fatherhood.

For more information, contact Paul Lundberg at the parish office.



Overprotectiveness, that is, excessive care or excessive anxiety and worry on the part of parents harms children...Parents who are always standing over their children and pressurizing them, that is, overprotecting them, have failed in their task. You need to leave the child alone to take an interest in its own progress. Then you will succeed. When you are always standing over them, the children react. They become lethargic and weak-willed and generally are unsuccessful in life. There is a kind of overprotectiveness that leaves the children immature.

HELLENIC DANCE NEWS

Thank you to all who supported our Good Friday Luminary Fundraiser. We also want to thank Despina Chryssopoulos and Ina Petkova for putting in the time and effort to organize and coordinate this event! Next year we hope to have more dancers helping out! You're never too little to lend a hand, as seen here, Eleni Vastakis, a Pitsirikia dancer helping fill the bags with sand.





Festival is upon us! Important information for all dancers and parents:

May Practice Schedule (Please note the * means different practice time than normal)

Sunday, May 4	Pitsirikia (Pre-K) - Phoenix (middle school) Eleftheria (high school)	12:15-12:45 pm 1:30 - 3:00 pm 1:30 - 4:00 pm	Downstairs Classroom Amphitheater (PLC for rain) Amphitheater (PLC for rain)
Tues., May 6	Pitsirikia (Pre-K) Palamakia (K & I) Asteria (2nd & 3rd) Petaloudes (4th & 5th)	4:00 - 4:30 pm 4:30 - 5:00 pm 4:30 - 5:15 pm 7:15 - 8:00 pm	Amphitheater Amphitheater PLC/Amphitheater Amphitheater/PLC
Sunday, May 11	(make-up fitting day; if you v Pitsirikia (Pre-K) Phoenix (middle school) Eleftheria (high school)	vere not fitted for a costume, y 12:15-12:45 pm 1:30 - 3:00 pm 1:30 - 2:30 pm*	ou can be on this day.) Amphitheater Amphitheater (PLC for rain) Amphitheater (PLC for rain)
Mon., May 12	Eleftheria (high school)	7:00 -9:00 pm	Amphitheater
Tues., May 13	Pitsirikia (Pre-K) Palamakia (K & I) Asteria (2nd & 3rd) Petaloudes (4th & 5th) Phoenix (middle school) Eleftheria (high school) Metamorphosi	4:00 - 4:30 pm 4:30 - 5:00 pm 5:00 - 5:30* pm 5:30 - 6:30* pm 6:30 - 8:30* pm 7:00 - 9:30* pm 8:30 -10:30 pm	Amphitheater Amphitheater Amphitheater Amphitheater Amphitheater Amphitheater BAPA Dance Studio Amphitheater
Wed., May 14	Phoenix (middle school) Eleftheria (high school)	6:30 - 8:30 pm 7:00 - 10:00 pm	Amphitheater Amphitheater/BAPA Dance Studio
Thurs., May 15	Petaloudes (4th & 5th) Phoenix (middle school) Eleftheria (high school)	5:30 - 6:30 pm 6:30 - 8:30 pm 7:00 -10:00 pm	Amphitheater Amphitheater Amphitheater
FRIDAY, MAY 16	SHOW TIME!		

Middle & High School Youth

GOYA exists to cultivate Orthodox Christian faith, life, and fellowship in and among parish youth by engaging them in fun and meaningful experiences.





Above: Lucas and Alex serving during the Palm Sunday procession and a crazy group selfie from the Holy Thursday Vigil. Below: Fr. Panayiotis speaks with the youth at the beginning of the Holy Thursday Vigil.



Middle & High School Youth

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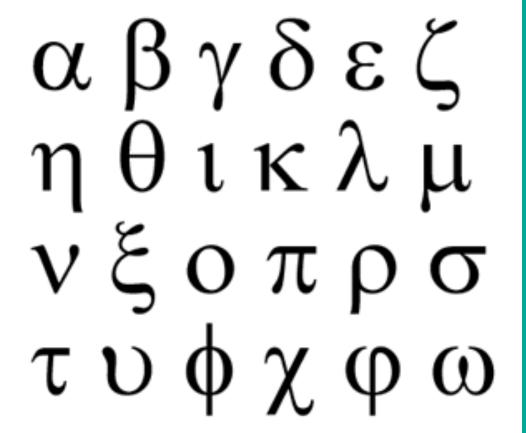
IMPORTANT FESTIVAL INFORMATION FOR ALL DANCERS AND PARENTS

Please take note of this information that pertains to ALL ages of dancers and follow these important instructions:

- * Please bring all your "dance boxes" and weekend supplies on **Tuesday**, **May 13** dance practice. Do not leave any valuables in the dance boxes. We will be locking the space downstairs, but just as a precaution, don't leave anything of value behind. Please try your best not to bring all your items on Friday or Saturday because the shuttles will be packed and it will be difficult on you and our festival guests.
- * Please make sure your dancer/s have their Marietta Greek Dancers t-shirts for the weekend
- * Please make sure your dancer/s understand that the dressing rooms are for dancers and festival volunteers ONLY; no friends allowed in the dressing areas
- * Please park at LASSITER HIGH SCHOOL ONE FULL HOUR BEFORE your child's performance time
- * Please check into the dressing room **30 minutes** prior to show time
- * Please NO FOOD, DRINKS, GUM or other liquids in the dressing rooms! Dancers can eat and drink in designated "dancer lounge" area.
- * Parents, please read and re-read all dance emails in the next couple of weeks, we will be sending home more detailed information specifically for your children's groups!



Our Neighborhood Gatherings Program has been launched. As some of you may already know, we have a new initiative to create anchors for our Church community in our own neighborhoods. Our goal is to draw our community closer together and to create a network for welcoming new members. We have had some great events so far. Lois and Tom Bafas had a lovely gathering in their home in Alpharetta in December. There were about 30 people there. The food was fabulous. The conversation was lively. A great time was had by all. Maria and Jeff Alberts had a gathering also on New Year's Day at their home in East Cobb. There were about 20 attendees. We watched football and ate yummy snacks. It was a great opportunity to get to know each other better. There are lots of other areas that will be having Neighborhood Gatherings in the near future. Watch for invitations. We have some neighborhoods still without a host. If you are interested in acting as a host, please contact Dawn Levine at dawnrlevine274@gmail.com.



THANK YOU! FROM HELLENIC STUDIES

Another great year completed...



We would like to thank the parents, students and staff of our Hellenic Studies Program for another fantastic year. We have seen our school grow tremendously in the last few years, and

we hope with your support, we will continue to grow. A special thank you to our Director Eleni Clement for her tireless work in making the program a great success – and to Tasia Kipreos for keeping us organized and communicating important information to parents. Stay tuned this summer for more details regarding the 2014-2015 school year. Enrollment will begin in August.

YOUTH AND ADULT CLASSES

BIBLICAL GREEK: BEGINNER AND ADVANCED

READING, WRITING, GRAMMAR AND CONVERSATION

NO PRIOR EXPERIENCE NECESSARY

CLASSES BEGIN AUGUST 26, 2014

HOLY TRANSFIGURATION

Hellenic Studies Program

Eleni Clement, Director

eleni@mindspring.com 404-783-5103





"COBB COUNTY'S Most Delicious Festival

MAY 16th FRIDAY 3PM-11PM

MAY 17th SATURDAY 10AM-11PM

MAY 18th SUNDAY 11AM-7PM



- ENJOY Live Greek Music & Professional Dance Troupes
- GUIDED TOURS of our Byzantine Sanctuary & Chapel
- The South's ONLY Authentic Outdoor Greek Amphitheater
- LEARN about Greek Culture & Traditions
- SHOP for Imported Greek Gifts & Jewelry
- SPECIAL Kids Art & Play Area

EE ADMISSION FRIDAY ONLY FROM 3PM TO 5PM



On The Church Grounds

HOLY TRANSFIGURATION GREEK ORTHODOX CHURCH

3431 Trickum Road • Marietta, GA 30066 (Between Sandy Plains & Shallowford Rd.)

Admission \$4.00 (Children 12 and Under Free)

VISIT www.MariettaGreekFestival.org

Festival Hotline: 770-924-8080

FREE Parking & Shuttle Bus Service is available at:

- Simpson Middle School, Trickum Rd. (After 5pm Friday & all day Saturday & Sunday).
- Church of Latter Day Saints, Trickum Rd. (Friday & Saturday all day except Sunday)
- Lassiter High School, Shallowford Rd. (after 4pm Friday & All Day Saturday & Sunday)



Festival Volunteer Parking Instructions:

Please park at the following locations during the Festival and reserve the Simpson parking lot for our guests. Many of our guests walk from Simpson, therefore allowing us to run less buses. The buses will pick you up from the following lots and take you to the Festival.

Friday: 12:00 Noon to 4:00 PM - Park at Church of Latter Day Saints

4:00 PM to Closing - Park at Lassiter High School

Saturday: 8:00 AM to Closing - Park at Lassiter High School

Sunday: 8:00 AM to Closing - Park at Lassiter High School

Thank you,

The Festival Board



AHEPA CHAPTER 519

Upcoming Events--BLOCK YOUR CALENDAR!

CHRISTOS ANESTI!!!

Sunday May 11- Mothers Day Breakfast PLC A fabulous breakfast will be served after the Divine Liturgy. Adults \$7.00, Children under 10 \$5.00. Proceeds to support 519 Scholarship Endowment Fund.

Tuesday May 13- Fun meeting Cherokee Cattle Company, 6:30 pm

Sunday, June 1- Chapter 1 & 519 Scholarship Awards Presentation - PLC 2:30 pm. Students from our parish and throughout the Atlanta area will be presented their scholarships. Come and support our future and current college students. This is the first time the scholarship presentations will be held in Marietta. Appetizers and refreshments will be served.

District 1 Convention- June 12-15 in Biloxi, MS. The convention will be held at the Four Points Sheraton . A full weekend is planned for your enjoyment. Please contact Harry Kipreos @770-316-8583 for details.

Questions about AHEPA? Interested in being a member of this great organization? Please contact any Board Member.

Your Board: Harry Kipreos, Jim Tidwell, Zack Kollias, and Dr. Phil Vodas Vice-Presidents: Alan Levine, Michael Gavalas, Theodore Georgacopoulos, and Ron Sprouse

2014 Marietta Prometheus Chapter 519

Nick Bakatsas	Alex Miltiades	Dr. Phil Vodas	Chris Danos	George Sarris
George Caras	John Moustoukas	David Linebaugh	Ted Gormanos	Steve Steffas
Dennis Christopher	Randy Rogers	Patrick Garland	Steve Kipreos	Athan Tsarouhas
Cedric Dunkerly	Ron Sprouse	Andy Johansen	Zack Kollias	Theodore Georgecopoulos
Harry Kipreos	Jim Tidwell	David Lukens	Dr. Allen Macris	Steve Tingas
Phil Kiritsy	Keath Paxten	Kurk Johnson	Angelo Mallis	Plutarch Vamvakias
Dr. Michael Kostas	Ted Sampanes	Alan Levine	Bobby Macris	Jay Sarmir
Kevin Lilly	Leonidas Parker	Jim Burke	Michael Gavalas	George Haralambidis
George Lopos	Ray Wysmierski	Jim Kontrafouris	Jim Niarchos	S



PHILOPTOCHOS NEWS

Christos Anesti! We have so many people to thank for helping with various preparations and tasks during Holy Week. We are very blessed to have so many wonderful volunteers. We could not do this without your help. We thank Christine Sprouse and Regina Kourafas for designing the beautiful Kouvouklion, and all the ladies who came to help decorate. We also thank Theodore Georgacopoulos and Peter Tiller for preparing the delicious Avgolemeno and Magaritsa for the Resurrection meal. Thanks to GOYA for dying the eggs red during their "Lock-in" as well as the many ladies that dyed the eggs red at home and sent them in to share with our parish family. Last but not least, thank you to all those that baked Koulourakia.

Thank you to the following parishioners who have joined Philoptochos:

Carol Adamson	Niki Gess	Xanthippe Marsico	Fr. Panayiotis Papageorgiou
Maria Alberts	Irene Hammond	Despina Mavromatidis	Rosemary Peppas
Liz Azimzadeh	Christopher Hansard	Sandy McAteer	Nancy Porter
Dorian Bafas	Leslie Hansard	Dena McCollum	Paula Rogers
Lois Bafas	Sis Hondras	Ioanna Michaels	Randy Rogers
Nancy Barke	Sheila Howington	Mary Miltiades	Linda Sampanes
Roseann Bates	Tina Isaac	Niko Miltiades	Kathy Shoji
Sophia Bethune	Annette Jacobs	Penny Miltiades	Donna Smith
Evelyn Bilson	Irene Kipreos	Anthe Modenos	Mary Smith
Kathie Bilson	Steve Kipreos	Kim Moustoukas	Christine Sprouse
Irma Bliss	Themis Kipreos	Costa Neocleous	Ron Sprouse
Dorothy Botni	Gerre Klementzos	Maro Neocleous	Irene Steffas
Athena Burke	Mary Ellen Knuchel	Kally Niarchos	Mary Stiakakis
Melina Burke	Connie Kollias	Anthea Nichols	Connie Stratigos
Kathy Bylos	Lori Kollias	Dee Nichols	Theresa Taoushiani
Helen Carlos	Pat Koutouzis	Lee Nichols	Zach Taoushiani
Eleni Clement	Eleni Krause	Toula Nielsen	Vicki Thorne
Cathy Costarides	Anna Lerios	Georgia O'Brien	Steve Tingas
Christine Demakis	Mary Longshore	Julie Orologas	Mary Beth Tsoukalas
Marty Driscoll	Linda Lopos	Fr. George Pallas	Tina Vamvakias
Peggy Dunkerly	Stephanie Lukens	Pres. Toula Pallas	Anne Willcocks
Michelle Frangis	Demetrius Lymberopoulos	Mary Papadimitriou	Mary Wysmierski
Donnis Gavalas	Dorothy Macris	Cathy Papadopoulos	Basile Zafiroulis
Harriette Gavrielides	Xenia Mantgiaris	Pres. Catherine Papageorgiou	Angela (Kiki) Ziros

Soup Kitchen: On March 27, we served 83 meals to the homeless at Must Ministries. The wonderful ladies and gentlemen who helped prepare, serve or supply food were **Dena McCollum**, **Kally Niarchos**, **Donna Smith**, **Mary Miltiades**, **Kathy Shoji**, **Theodore Georgacopoulos**, **Dorothy Botni**, **Xanthippe Marsico**, **Maria Alberts**, **Melina Burke**, **Basile Zafiroulis**, **Dorothy Macris**, **Michael Gavalas** and **Athena Burke**.

Please contact Athena Burke at ibgreek@bellsouth.net or 770-973-3111 if you would like to help prepare or serve food or would like to make a monetary donation. **Soup kitchen** will be Thursday, **May 22.**

Important Dates:

May 22: Soup Kitchen

May 22: Book Club-Lucky China Restaurant (Shallowford Road); title is *The Light Between Oceans* by M.L. Stedman.

June 1: End of the Year Luncheon (more information to come)

SAVE THE DATE! November 1 is our Fall Fundraiser.



NEWS YOU

CAN USE!

Your board meets the first Tuesday of each month. You are welcome to attend any of our board meetings. We discuss mainly how to keep our seniors interested with different events that are fun and also educational. Our last general meeting was about health and fitness in which a fitness trainer showed us different techniques to improve your body movements daily. Twenty members attended and enjoyed a Lenten lunch prepared by our board.

Our plans are still to travel to Charleston in the spring of 2015. As we have stated before, this is a much more expensive trip than the one to the Biltmore Estate in 2013. Therefore, we are planning several fundraisers to help defray the cost. I am sure you have seen our selling popcorn after church at the PLC. The popcorn is from the Popcorn Factory and is delicious. We appreciate your support in buying a bag or 2!

As you know our Festival is May 16, 17, 18. Please volunteer. Everyone's help is needed; even bringing in your friends would be great! Greeks are proud of their heritage and love showing off their Greek dancing, pastries and delicious food.

Our next fund raiser is our garage sale to be held on Saturday, May 31 at the PLC. We will receive all "gently cared for" donations with the exception of clothing from our entire congregation on May 30 between 12 and 7. A flyer will be sent out so everyone will understand what is acceptable. Thank you for participating. REMEMBER one man's junk is another man's treasure.

We are planning a trip to Gibbs Garden so please look for our flyer.

There will be entertainment at our picnic June 28th so mark your calendars. More information will follow.

ALWAYS KEEP IN YOUR HEARTS A DAY WITHOUT LAUGHTER IS A DAY WASTED

Any questions? Call Connie Stratigos, 770-992-9707

Study: Rules improve parent-child relationship

February 21, 2001

By Pete Hartogs, CNN Medical Producer

WASHINGTON (CNN) -- Teens whose parents have established rules in the house have better relationships with their parents and a substantially lower risk of smoking, drinking, and using illegal drugs than the typical teen, a new study shows.

The study was released Wednesday by The National Center on Addiction and Substance Abuse. The findings were part of its sixth annual national teen substance abuse survey.

The study evaluated a "hands-on" approach versus a "hands-off" approach, and found that only one in four teens lives with "hands-on" parents, but those teens are at one-quarter the risk for drug abuse than those living in "hands-off" households.

Teens living in "hands-on" households have parents who consistently take 10 or more of the following 12 actions:

- Monitor what their teens watch on TV
- Monitor what their teens do on the Internet
- Put restrictions on the CDs they buy
- Know where their teens are after school and on weekends
- Are told the truth by their teens about where they really are going
- Are "very aware" of their teens academic performance
- Impose a curfew
- Make clear they would be "extremely upset" if their teen used pot
- Eat dinner with their teens six or seven nights a week
- Turn off the TV during dinner
- Assign their teen regular chores, and
- Have an adult present when the teens return home from school

The survey found that despite conventional wisdom that many teens don't want their parents to establish rules and expectations, 47 percent of teens living in "hands-on" households reported having an excellent relationship with their fathers and 57 percent reported and excellent relationship with their mothers.

Only 13 percent of teens with "hands-off" parents reported an excellent relationship with their fathers and 24 percent reported an excellent relationship with their mothers.

"Moms and dads should be parents to their children, not pals," said CASA's president, former U.S. Secretary of Health, Education and Welfare Joseph A. Califano Jr. "Mothers and fathers who are parents rather than pals can greatly reduce the risk of their children smoking, drinking and using drugs."

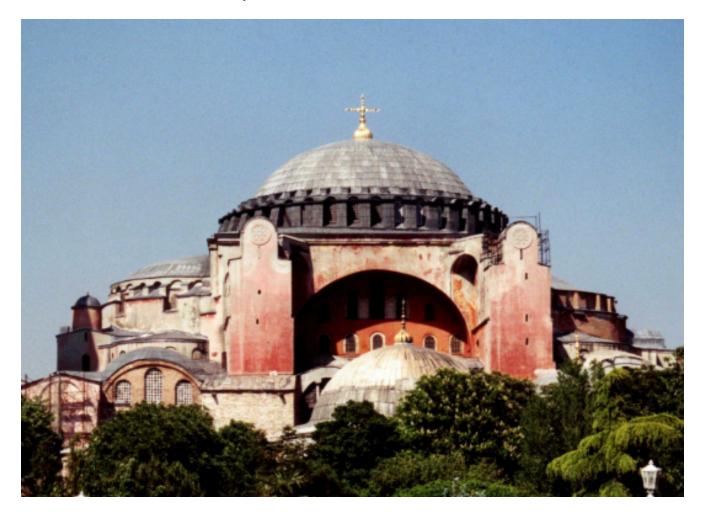
For the sixth straight year, teens said drugs were their greatest concern. Teens said it is easier to buy marijuana than cigarettes. According to the survey, fewer teens said they expected to "never try" an illegal drug.

Asked what their biggest concern was, CASA reported, 31 percent of teens said, "drugs can ruin you life and cause harm." Seventeen percent said "I feel pressure to use drugs."

This year's survey was also the first to ask teens about their proximity to Ecstasy. Of surveyed teens, 28 percent said they know a friend or classmate who has used the drug. Ten percent said they had been to a rave and said Ecstasy was available 70 percent of the time.

The survey looked at 1,000 American teens, 526 girls and 474 boys between the age of 12 and 17.

Church of Ayia Sophia in Constantinople



May 29, 1453: The Fall of Constantinople

signaled the end of the longest civilization in the history of humankind. On that fateful Tuesday of May, Constantinople fell to the hands of the Ottoman Turks, led by Mehmet the Conqueror. The Great City, which for 1,100 years represented the Christian Greco-Roman Civilization initiated by Constantine the Great, was overrun by the Asian warriors.

The Great Church of Ayia Sophia (built by Emperor Justinian), which for 900 years stood as the symbol of the triumph of Christianity in the world, was turned into a moslem mosque.

The Greco-Roman Christians, who preserved Orthodox Christianity for over 1,000 years, came under the rule of the moslem conquerors. For the next 500 years they would suffer the ultimate humiliation, but would continue preserving the Faith undefiled.

The Christians lived under moslem yoke always looking to the miracle of the Resurrection of the Lord with the hope of liberation and freedom.

May 2014

7:00 PM Philoptochos Loop Installation
 9:00 AM Festival Cooking (Pastitsio) 10:00 AM Young Children's Play Date 4:15 PM Asteria Dance 4:30 PM Palamakia Dance 5:30 PM Hellenic Studies 6:30 PM Petaloudes Dance
 10:00 AM Young Children's Play Date 4:00 PM Pitsirikia Dance Practice 4:30 PM Palamakia Dance Practice 5:30 PM Asteria Dance 5:30 PM Hellenic Studies 6:30 PM Biblical Greek 7:00 PM Education Youth 7:15 PM Petaloudes Dance
10.00 AM E
■ 10:00 AM Festival Packing of Pastries ■ 4:00 PM Pitsirikia Dance Practice ■ 4:30 PM Asteria Dance Practice ■ 4:30 PM Palamakia Dance ■ 6:30 PM Phoenix Dance ■ 7:00 PM Eleftheria Dance ■ 7:15 PM Petaloudes Dance ■ 7:15 PM Metamorphosi
■ 10:00 AM Young Children's Play Date ■ 6:00 PM Great Vespers for the Feast of Sts. Constan- tine & Helen
■ 10:00 AM Young Childrer Play Date

HOLY TRANSFIGURATION GREEK ORTHODOX CHURCH

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Rev. Fr. Panayiotis Papageorgiou, Ph.D., Protopresbyter

Rev. Fr. George Pallas, Protopresbyter Paul Lundberg, Pastoral Assistant Anne Willcocks, Parish Secretary



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DATE	PC DUTY	ACOLYTES	GREETERS	PROSFORO
May 4, 2014	C. Pater/A. Tsarouhas	Team II	P. Dunkerly/E. Markley	L. Lopos/K. Melissas/K. Niarchos
May 11, 2014	C. Costarides/G. O'Brien	Team I	D. Bafas/K. Johnson	M. Miltiades/P. Miltiades/R. Peppas
May 18, 2014 Festival	S. Steffas/T. Voulopos	Team II	FESTIVAL	F. Tucker
May 25, 2014	D. Koutouzis/M. Nicholas	Team I	H. Arp/P. Koutouzis	I. Steffas/S. Tidwell

Team 1: Nicholas Azimzadeh (captain), Chris Alberts, Matthew Azimzadeh, Gabriel Beneda, Chris Bilson, Evan Bilson, Alex Brewer, Chris Bridgers, Chris Danos, Nick Danos, Zayne Isaac, Paul Jacobs, Spiros Kefalas, Andrew Levine, George Moraitakis, Evan Papadopoulos, Dean Papastrat, Lucas Porter, Alex Skarpelis, Evan Strakes, Nick Zakreski

<u>Team 2</u>: Luke Tassopoulos (captain), Theo Bliss, Matthew Buchan, Anthony Bundros, Brody Brooks, Christos Costarides, Yianni Costarides, Leo Frangis, Manuel Frangis, Niko Gekas, Alex Gekas, Morgan Lilly, Gabriel Mavromatidis, Jeremy Mavromatidis, Jacob Mavromatidis, Angelo Nichols, Eli Nichols, Matthew Paulson, Matthew Shanahan, Mitchell Starks, Nicholas Tassopoulos, Braden Thorne, Alex Thorne, Luke Turner, Matthew Turner, Yianni Turner