

# From Father Anthony

## Overcoming Anxiety Part III



This will conclude our discussion on how to overcome anxiety and put our trust in God.

### **So far we have mentioned**

- 1) Learning to be content with our circumstances and trusting God to help us face them.
- 2) He who began a good work will bring it to completion.
- 3) There is not a silver bullet that will eliminate anxiety but many tools which we need to employ..
- 4) Feed your mind on good thoughts.
- 5) Know your weaknesses.

To these let us add the following:

### **Learn to Control your thoughts**

A man walked by a table in a hotel and noticed three men and a dog playing cards. The dog appeared to be winning. “That must be a very smart dog,” the man commented. “He ain’t so smart,” said one of the players. “Every time he gets a good hand he wags his tail!” What is in our hearts shows up on our face, it is hard to hide. Fr. Anthony Coniaris writes, “If we do not control our thoughts, then they will control us. They will victimize us. We will be at their mercy. Self-mastery requires constant vigilance and prayer.” He elaborates. “It is much the same as watching television. We have to constantly ‘change channels’, screening out the bad and being very selective about what we allow in through the senses. This is why the Philokalia urges us to ‘cut off’ the incipient evil thought (logismoi) immediately with the *Jesus Prayer*. This is how it works. By diverting our thought to God, the *Jesus Prayer* defuses the power of the bad thought and expels it from the mind. This should be done immediately because once the bad thought had proceeded to the stage of assent and consent; it is very difficult to stop it. Hence the importance of continually ‘changing channels’, selecting another channel when we are presented with thoughts that are not edifying. ‘Put on the armor of God,’ says St. Paul. The ‘armor of God’ that enables us to do this is the power that resides in the name of Jesus: ‘Lord Jesus Christ, Son of God, have mercy on me the sinner.’”

### **Let go, the art of forgiveness.**

To hang onto past wrongs and mistakes, both your own and others is to carry a heavy burden throughout life. If we do not forgive others it is as if we take a poison pill and wait for something to happen to the other person. We are the ones who suffer. St. Paul urges us in Philippians 3:13 “one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.” This saying helps us let go and forgive past mistakes, and it also keeps us from ‘sitting on our laurels’, we have to keep moving toward Christ.

“*They are getting away with murder.*” What can help us forgive is to realize that Christ is the judge and He will repay every wrong doing, “But he who does wrong will be repaid for what he has done, and there is no partiality.” Col. 3:25. We are not the judge but that does not mean wrong doing will not go

unpunished. One day each of us will appear before the fearful judgment seat of Christ and give account for how we have spent our lives. Sometimes I feel like He won't have to say a thing. We will be in the presence of perfect goodness and holiness and then we will see ourselves as we are in the face of truth and all illusions will be stripped away. We will be 'self-condemned'. Sometimes thinking people will "get away with it" prevents us from letting go.

If we do not let go and forgive then we will be possessed by that which destroys; bitterness, hatred, revenge. The prayer of St. Ephraim of Syria can help us if we repeat it with sincerity, "Help me to see my own faults and not to judge my brothers and sisters". It is what we pray every time we say the Lord's Prayer: "Forgive us our trespasses as we forgive those who trespass against us." We are asking God to judge us the same way we judge others. He commands us "Be merciful as your Father in heaven is merciful." This will keep our heart free from anxiety about the sins of others.

### **Prayer and Confession for keeping the garden clean.**

Regular self examination and weeding of the garden of the mind to keep up your spiritual health is indispensable to avoid anxiety. When we are sick we go to the medical doctor. When we have mental illness we go to the psychologist. When we are spiritually sick we go to the priest for confession, for spiritual guidance and for healing and restoration with God. That is something the doctor or the psychologist can not do because they do not work on the level of "sacrament". God has ordained the sacrament of Confession as the way to wash away the guilt and stain of sin. If we do not take advantage of it, we carry a heavy load throughout our lives and show up at the judgment seat of Christ carrying a life worth of sins. But whatever we confess "He is faithful and just to forgive us our sins." Those who have experienced and understand the liberation and healing power of confession partake of it regularly. We will stumble and fall; we will make mistakes, this is only human. But to cover them up, deny them or drag them through life like a ball and chain is not wise, nor easy. Better to leave them at the feet of Christ and leave with His grace and love and the assurance, "neither do I condemn you, go and sin no more." But I will sin again you say. He tells us to forgive, "not 7 x 7 but 70 x 7 each day." Is he less merciful? If we repent, "He is faithful and just to forgive us." Let nothing stand between you and God's light. Leave no rock unturned for Satan to hide under. This will eliminate a great source of anxiety that can cause severe mental distress and mental illness, "unconfessed sin".

May God bless us with peace and joy during this season of repentance and grant us a pure heart to celebrate His glorious resurrection with great rejoicing.

Kalo Pascha,  
Fr. Anthony

### **Gospel & Epistle Readings**

4/6/2008	Gospel: Mark 9:17-31	Epistle: St. Paul's Letter to the Hebrews 6:13-20
4/13/2008	Gospel: Mark 10:32-45	Epistle: St. Paul's Letter to the Hebrews 9:11-14
4/20/2008	Gospel: John 12:1-18	Epistle: St. Paul's Letter to the Philippians 4:4-9
4/27/2008	Gospel: John 1:1-17	Epistle: Acts of the Apostles 1:1-8

# Parish Happenings

**\*\*\* Please see next page for important Pascha announcements**

**Philoptochos Garage Sale** is April 5<sup>th</sup> from 6:00 a.m. to 1:30 p.m. Clean-up will be from 12:30-1:30. Please drop off items Friday, April 4<sup>th</sup> between 5:00 p.m. and 8:00 p.m. at Ken and Nina Lamson's house--- 1051 Stone Shoals Lane, Watkinsville, (706)769-4664. Items should be pre-priced as much as possible and please do not bring clothing. If you would like to sign up to work at the sale please contact Presbyteria.

**Sunday School Breakfast** on the Saturday of Lazarus Liturgy at 8:30 am followed by Confession, breakfast, palm folding and church cleaning sponsored by the Sunday School. On this day we prepare spiritually and physically for the last of our journey to Great and Holy Pascha. All are encouraged to participate in this beautiful morning in the church.

**Adult Discussion Group** will meet Sundays at 9:00 am for 45 minutes. Topics of our faith include Church History, Doctrine, Tradition, Scripture, Patristics and more. There is so much to learn to help us deepen our relationship with Christ.

## **St. Philothea is high tech!**

See the on-line parish calendar for all the latest information. You can find it through the St. Philothea homepage:

<http://www.stphilothea.ga.goarch.org/>

\*Marswood Hall Calendar

<http://calendar.goarch.org/cgi-bin/calweb/calweb.exe?level=marswoodhall>

**Parish News:** Much parish information is shared through the parish listserv. All you need is an e-mail address!

**The Bookstore:** The Bookstore is open every Sunday after the Divine Liturgy and has a wonderful collection of resources to enrich our spiritual lives.

\*Announcements for the bulletin can be emailed to

[Greekgirl1087@aol.com](mailto:Greekgirl1087@aol.com)

Prayer Request: Frieda Dekazos & family

## COFFEE HOUR HOSTS

Please check the chart below for when you are scheduled to host coffee hour.

**Stewardship Description:** Provide simple refreshments, including drinks and snacks; set up and clean up--includes making coffee, checking supplies, wiping, tables and vacuuming as necessary. Please call Georgia Parthemos to confirm and for special requests. You may be asked to provide Prosforon, coffee or creamer when necessary. Lenten dates are marked in grey.

**Georgia Parthemos: 706-548-3876**

THANK YOU FOR HELPING WITH THIS BLESSED MINISTRY

DATE	HOST	DATE	HOST
6-Apr	Covered Dish - Salzman	4-May	Vlahos
13-Apr	Shih	11-May	Wright
20-Apr	Tesfai/Tseggai	18-May	Sunday School Awards
27-Apr	*****GREAT & HOLY PASCHA***** Volk	25-May	
		1-Jun	Covered Dish

## Schedule of Lenten & Paschal Services April 2008

Date	Day	Time	Worship Service
19th	Sat	8:30 am	<b>Saturday of Lazarus Divine Liturgy</b> Followed by Sunday School Confession & Breakfast, palm folding and church cleaning for Holy Week.
20th	Sun	9:00 am	Orthros, <b>Palm Sunday Liturgy</b> begins at 10:00 am, Theme: Christ's Entry into Jerusalem
20th	Sun	7:00 pm	<b>Bridegroom Service</b> , Theme: Wise Joseph and the Fig Tree
21st	Mon	7:00 pm	<b>Bridegroom Service</b> ; Theme: Parable of the Ten Virgins
22nd	Tue	7:00 pm	<b>Bridegroom Service</b> , Theme: Deeds of Mary Magdalene contrasted with deeds of Judas
23rd	Wed	6:00 pm	<b>Sacrament of Holy Unction</b> ***Note new time****
24th	Thu	6:30 am	<b>Divine Liturgy</b> of Saint Basil ***Note new time****
		9:00 am	<b>Egg Dying at Church</b>
		7:00 pm	<b>Reading of the Twelve Gospels</b> , Themes: The Last Supper, the Betrayal, the Crucifixion
25th	Fri	9:00 am	<b>Great Hours</b> , vigilance at the Cross
		9:30 am	<b>Decorate the Kouvouklion (Bier) of Christ</b>
		3:00 pm	<b>Apokatheiosis, The Taking Down of Christ from the Cross</b>
		7:00 pm	<b>Lamentations</b> , Followed by an All-Night Vigil by the Tomb of Christ
26th	Sat	9:00 am	<b>Vespereal Divine Liturgy</b>
		11:00 pm	<b>Holy Pascha Orthros &amp; Divine Liturgy</b> beginning at 11:00 pm
27th	Sun	2:00 pm	<b>Agape Vespers and Paschal Feast</b> at the Church

### *BLESSED PASCHA!*



#### *Holy Week Announcements:*

- **Donations for flowers** for the Kouvouklion, icons and the church can be given to Father Anthony
- **Egg Dying** will take place on Holy Thursday at 9:30 am at the church. We need 5 volunteers to help. Please contact Presbytera Christine
- **Good Friday Permission Letters** to be absent from school are available for our students. Please see Father Anthony.
- **Volunteers are needed** for the following responsibilities during Holy Week. Please see sign up sheet in the Narthex or contact Presbytera Christine
 

Lazarus Saturday Breakfast	Daily church cleaning
Making Prosforon (Offering Bread)	Overseeing the Lambathes (Pascha candles)
Cleaning/ironing linens & altar cloths	Good Friday Vigil, food set up and clean up
Decorating the Kouvouklion (Tomb)	Outdoor lighting and sound for processions
Easter Egg Hunt	
- **Agape Vespers Meal** will be on Great and Holy Pascha, April 27<sup>th</sup>. Agape Vespers will be at 2:00 pm followed by a festal meal in the hall. Please contact Ann Volk or Lynn Manzione to sign up to bring food.

## HOLY WEEK LANGUAGES:

ENGLISH	Christ is risen!	Truly He is risen!
GREEK	Χριστός Ἄνέστη! Khristós Anésti!	Ἀληθῶς Ἄνέστη! Alithós Anésti!
ROMANIAN	Hristos a înviat!	Adevărat a înviat!
SLOVANIC	Хрісто́сь воскресе! Christos voskrese!	Воистину воскресе! Voistinu voskrese!
RUSSIAN	Христос воскрес! Christos voskres!	Воистину воскрес! Voistinu voskres!
BULGARIAN	Христос възкресе! Hristos vozkrese!	Воистина възкресе! Voistina vozkrese!
SERBIAN	Христос васкрсе! Hristos vaskrse!	Ваистину васкрсе! Vaistinu vaskrse!
ALBANIAN	Krishti ungjall!	Vertet u Ngjall!
ERITREAN	krstos tensiu!	bHaqi tensiu
ARABIC	!ماق حيسملا! al-Masīḥ qām!	!ماق حيسملا! Haqqan qām!
FILIPINO	Si Cristo ay nabuhay!	Siya nga ay nabuhay!
SPANISH	¡Cristo ha resucitado!	¡En verdad ha resucitado!
FRENCH	Christ est ressuscité!	En vérité il est ressuscité!
GERMAN	Christus ist auferstanden!	Er ist wahrhaftig auferstanden!

For more see [http://en.wikipedia.org/wiki/Pascha\\_greeting](http://en.wikipedia.org/wiki/Pascha_greeting)

## St. Philothea Directory:

Father Anthony Salzman, Presbyter

Phone: 770-725-5033

Father Anthony E-mail:

[frantonios@imageandlikeness.com](mailto:frantonios@imageandlikeness.com)

Presbytera E-mail:

[prchristine@imageandlikeness.com](mailto:prchristine@imageandlikeness.com)

### ***Philotochos Board:***

President: Ann Volk

Vice President: Frieda Dekazos

Secretary: Rose Lieffring

Treasurer: Presbytera, Christine Salzman

Advisor: Karen Kimberis

### ***Marketing and Maintenance Chair:***

Rick Volk

### ***Hospitality Chair:***

Georgia Parthemos

### ***Bulletin:***

Writer: Kacina Lamson

Editor: Father Anthony

### ***Parish Council:***

President: Rick Volk

Vice President: Stacey Cramer

Treasurer: Andrew Shih

Secretary: Ann Volk

Frieda Dekazos, Nina Herrington, Elton Manzione,

Constantine Wright, Steve Demos

### ***Sunday school:***

Director: Presby.Christine Salzman

## **FOOD FROM THE FATHERS AND MOTHERS**

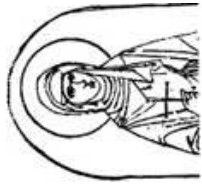
Take heed lest without reason thou mistrust the power of repentance. Wouldst thou know what power repentance has? Wouldst thou know the strong weapon of salvation, and learn what the force of confession is? Hezekiah by means of confession routed a hundred and fourscore and five thousand of his enemies. A great thing verily was this, but still small in comparison with what remains to be gold: the same king by repentance obtained the recall of a divine sentence which had already gone forth. For when he had fallen sick, Esaias said to him, 'Set thine house in order; for thou shalt die, and not live.' What expectation remained, what hope of recovery, when the Prophet said, 'for thou shalt die?' Yet Hezekiah did not desist from repentance; but remembering what is written, 'When thou shalt turn and lament, then shalt thou be saved,' he turned to the wall, and from his bed lifting he mind to heaven, he said, 'Remember me, O Lord, for it is sufficient for my healing that Thou remember me..'

~St. Cyril of Jerusalem, Catechetical Lectures

God so loved the world that he gave his one and only Son.

*John 3:16*





# St. Philothea Greek Orthodox Church Greek Orthodox Metropolis of Atlanta

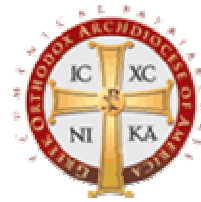
## April 2008

	Mon	Tue	Wed	Thur	Fri	Sat
	31	1	2	3	4	5
Work Daze IV 9:00a Adult Education 9:00a Orthros and Divine Liturgy 11:30a Greek School		7:00p OCF Dinner and Discussion, Church	6:00p Presanctified Liturgy, Lenten Meal	6:00p Catechumen Class	12:00p rehearsal-nunley wedding 7:00p Salutations to the Virgin Mary	2:00p Nunley wedding- reception-c
6	7	8	9	10	11	12
9:00a Adult Education 9:00a Orthros and Divine Liturgy 10:00a Teaching Liturgy		11:00a OCF Lunch at Bull Dawg Cafe	6:00p Presanctified Liturgy, Lenten Meal	6:00p Catechumen Class 7:00p Great Canon of St. Andrew of Crete	7:00p Salutations to the Virgin Mary	12:00p Rudd Bind- wedding-c-reception
13	14	15	16	17	18	19
11:30a Greek School 9:00a Adult Education 9:00a Orthros and Divine Liturgy 11:30a Greek School		7:00p OCF Dinner on Campus	6:00p Presanctified Liturgy, Lenten Meal 7:30p Parish Council	6:00p Catechumen Class		8:30a Saturday of Lazarus, Divine Liturgy 8:30. Sun Sch Breakfast & Cleaning 12:00p Sarah Million Chapel-C- Reception
20	21	22	23	24	25	26
9:00a Adult Education 9:00a Orthros and Divine Liturgy 11:30a Greek School 7:00p Holy Week		7:00p Holy Week	6:00p Holy Unction	6:30a Divine Liturgy of St. Basil 7:00p Holy Week	9:00a Royal Hours, Decorate Kouvouklion 3:00p Descent from the Cross 7:00p Holy Week	9:00a Divine Liturgy 11:00p - Apr 27, 8: 2:00a Pascha Service
27	28	29	30	1	2	3
11:00p - Apr 27, 8: 2:00a Pascha Service 2:00p Agape Service and Paschal Feast		7:00p OCF Dinner and Discussion, Church			6:00p Wilson-set-up	12:00p Wilson-reception



**St. Philothea Greek Orthodox  
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