



# From Father Anthony

## *The Key to a Tranquil Mind*

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. (Phillipians 4:7)*

Now that is a good idea. Nothing worse than being all tied up in knots with worry. It can paralyze you. So I guess this must be some sort of commandment, or goal or suggestion of some kind. But how to do it? That is the \$64,000 question. Theory is fine, but what we need here is some practical application. First it might help to understand what it is that makes us nervous. Are we worried about the future? Do certain people make us nervous? Are we worried about our job, our children, our boss our finances? Are we worried about our school work, what others think of us, or how we look? I suppose there are a million things that can and do make us anxious. But here St. Paul is telling the Phillipians, and by connection all Christians not to be anxious about anything. So how does he suggest that we accomplish this lofty goal? It is not something that is going to happen by itself. If we leave it up to “nature” we are going to get “nervous” or “anxious”. So what can we do to avoid this syndrome? I don’t believe that there is a silver bullet; that one thing that we do will take away anxiety forever, however a well rounded comprehensive approach that equips us in many ways is more likely to succeed. If we read the whole epistle to the Phillipians, we will find many of the situations that I have mentioned addressed head on. St. Paul in effect gives us perspective, guidance, and a place to focus our attention rather than be paralyzed by anxiety. These are in fact great solutions, it is our job to affirm them, appropriate them and apply them, the AAA of the Spiritual Life that Fr. Nick told us about in our recent retreat.

**We begin with a promise that** “*He who has begun a good work in you will complete it until the day of Jesus Christ*” Phil. 1:6. That tells us that having begun our Christian journey, which is a process, it will continue until Christ comes again. Therefore, everything that happens in our life can be seen as part of the journey and under God’s care, part of the good work that will be completed. This is significant because it can give us perspective in our Christian walk giving us hope and encouragement to persevere.

**Be Content** Too many times we are waiting for our circumstances to change thinking that will make us happy, rather than living in the moment as a God ordained and sacred time. In the 1800’s a prospector went to California in search of his fortune. He spent his entire life scouring the mountains for gold, only to die as a pauper. When they were digging the grave behind his house to bury him . . . do I really need to finish the story? Sometimes the gold we’re searching for is located in our own backyard. We don’t need to search the world over to find happiness. We simply need to follow wherever the Shepherd leads and then lie down and rest in God’s will. (Kent Crockett, *I Once Was Blind But Now I Squint*, Chattanooga, TN: AMG Publishers, 2004, 29) It is not circumstances that make us content, because they can change too easily; it is our disposition and attitude of thanksgiving that is the source of being content. St. Paul writes in Phillipians, “. . . for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.” Phil. 4:11-13. Christ and our relationship with Him is the source of our contentedness because He is the same yesterday, today and forever.

**Be Discerning** This is one of the gifts of the Holy Spirit; the ability to distinguish between good and evil, but even more subtle, to discern between better and worse. That is where discernment is really put to the test. The obvious doesn’t require much discernment, the subtle grey areas of life where we have to make wise choices in order to build up and edify, these require discernment. And so St. Paul admonishes us, “. . . that your love may abound still more and more in knowledge and all *discernment*, that you may approve the things that are excellent, that you may be sincere and without offence till the day of Christ, being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God.” Phil 1.9-11. Discernment then is a key element in maintaining a tranquil mind.

There are still more insights to come concerning maintaining a tranquil mind, look to next months bulletin where we will continue this exploration.

Stay tuned,

Fr. Anthony

# Parish Happenings

## **St. Philothea Nameday**

**Celebration** is Monday February 18<sup>th</sup>. Orthros will be at 5:00 and followed by the Divine Liturgy, Artoclasia, and a presentation by guest speaker Paul Cramer on the "Bread of Life" ministry. This program is an outreach ministry, modeled after St. Philothea's own ministry to the disadvantaged of her day, to equip people to live productive and meaningful lives by learning a trade and in the process learning life skills. Come and honor our patron saint with your presence and hear about this important ministry. Light reception to follow. Lynn Manzione is organizing the reception. Please see her to help.

**Souper Bowl of Caring** is Sunday, Feb. 3. Remember to bring non-perishable can goods and dollars for donations on this day. The Sunday School will deliver the food to the Athens Food Bank and send the money to IOCC for disaster relief assistance.

## **Youth Lenten Retreat**

is March 7-9 or March 14-16 at the Diakonia Center. The theme is: Welcome to the Mission Field. Cost of the retreat is \$75 per person and is for youth in 6 through 12 grades. See Presbyteria Christine for more information.

## **GOYA Volleyball Tournament**

5 of our GOYA kids will join the Holy Trinity in August Team to compete in Birmingham, Alabama the weekend of Feb 1-3. Go Team!

**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.

**Agape Circle-** Anyone interested in participating in this 5-week discussion group contact Dana Johns at 706-769-7471.

## **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=marswood\\_hall](http://calendar.goarch.org/cgi-bin/calweb/calweb.exe?level=marswood_hall)

**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.

## **Philoptochos Membership Tea and American Heart Association Red Dress Day Sunday Feb. 10<sup>th</sup>.**

Philoptochos will present a short program that day.

\*Announcements for the bulletin can be emailed to **Greekgirl1087@aol.com**

## Gospel & Epistle Readings- January 2008

<b>2/3/2008</b>	<b>Gospel:</b> Matthew 25:14-30	<b>Epistle:</b> St. Paul's Second Letter to the Corinthians 6:1-10
<b>2/10/2008</b>	<b>Gospel:</b> Matthew 15:21-28	<b>Epistle:</b> St. Paul's Second Letter to Timothy 2:1-10
<b>2/17/2008</b>	<b>Gospel:</b> Luke 18:9-14	<b>Epistle:</b> St. Paul's Second Letter to Timothy 3:10-15
<b>2/24/2008</b>	<b>Gospel:</b> Luke 15:11-32	<b>Epistle:</b> St. Paul's Second Letter to the Corinthians 4:6-15

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

Knowledge is good by nature, and so likewise is health, but their opposites have benefited even more than have they. In the wicked knowledge does not result in good, even though, as was said, it is good by nature. The same is true for health or wealth or joy. These are not used profitably by them. So it is, then, that their opposites are profitably, and therefore it happens that they are not evil in themselves even though they seem to be evil.

St. Maximus the Confessor, Four Centuries on Love

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### **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
<b>3-Feb</b>	Covered Dish <b>Manzione</b>
<b>10-Feb</b>	<b>Miletkov &amp; Seiss</b>
<b>17-Feb</b>	Nameday Weekend <b>O'Malley</b>
<b>24-Feb</b>	<b>Pagonis</b>
<b>2-Mar</b>	Covered Dish <b>Papadopoulos</b>
<b>9-Mar</b>	<b>E. Pappas</b>
<b>16-Mar</b>	Great Lent Begins <b>Pottier</b>
<b>23-Mar</b>	<b>Raev</b>

<b>30-Mar</b>	<b>Ragan</b>
<b>6-Apr</b>	Covered Dish <b>Salzman</b>
<b>13-Apr</b>	<b>Shih</b>
<b>20-Apr</b>	<b>Tesfai/Tseggai</b>
<b>27-Apr</b>	****GREAT & HOLY PASCHA***** <b>Volk</b>
<b>4-May</b>	<b>Vlahos</b>
<b>11-May</b>	<b>Wright</b>
<b>18-May</b>	Sunday School Awards
<b>25-May</b>	
<b>1-Jun</b>	Covered Dish

**KIDS**



\*\*\*DIRECTIONS: FILL IN THE BLANKS WITH THE CORRECT WORD TO SEE THE WHOLE STORY!

**ASK GIBEON UNDERSTANDING SOLOMON DAVID HEART DREAM  
PLEASED**

AND \_\_\_\_\_ LOVED THE LORD, WALKING IN THE STATUTES OF \_\_\_\_\_ HIS FATHER. (1 KINGS 3:3)

IN \_\_\_\_\_ THE LORD APPEARED TO SOLOMON IN A \_\_\_\_\_ BY NIGHT; AND GOD SAID, \_\_\_\_\_ WHAT I SHALL GIVE THEE. (1 KINGS 3:5)

AND \_\_\_\_\_ SAID, THOU HAST SHEWED UNTO THY SERVANT DAVID MY FATHER GREAT MERCY, ACCORDING AS HE WALKED BEFORE THEE IN TRUTH, AND IN RIGHTEOUSNESS, AND IN UPRIGHTNESS OF \_\_\_\_\_ WITH THEE; AND THOU HAST KEPT FOR HIM THIS GREAT KINDNESS, THAT THOU HAST GIVEN HIM A SON TO SIT ON HIS THRONE, AS IT IS THIS DAY. (1 KINGS 3:6)

GIVE THEREFORE THY SERVANT A \_\_\_\_\_ TO JUDGE THY PEOPLE, THAT I MAY DISCERN BETWEEN GOOD AND BAD; FOR WHO IS ABLE TO JUDGE THIS THY SO GREAT A PEOPLE? (1 KINGS 3:9)

AND THE SPEECH \_\_\_\_\_ THE LORD, THAT SOLOMON HAD ASKED THIS THING. (1 KINGS 3:10)

**HONOR LONG LIFE WISE RICHES RICHES FEAST UNDERSTANDING  
STATUTES DAVID JERUSALEM AWAKE**

AND GOD SAID UNTO HIM, BECAUSE THOU HAST ASKED THIS THING, AND HAST NOT ASKED FOR THYSELF \_\_\_\_\_; NEITHER HAST ASKED \_\_\_\_\_ FOR THYSELF, NOR HAST ASKED THE LIFE OF THINE ENEMIES; BUT HAS ASKED FOR THYSELF \_\_\_\_\_ TO DISCERN JUDGMENT; (1 KINGS 3:11)

BEHOLD, I HAVE DONE ACCORDING TO THY WORDS; LO, I HAVE GIVEN THEE A \_\_\_\_\_ AND AN UNDERSTANDING HEART; SO THAT THERE WAS NONE LIKE THEE BEFORE THEE, NEITHER AFTER THEE SHALL ANY ARISE LIKE UNTO THEE. (1 KINGS 3:12)

AND I HAVE ALSO GIVEN THEE THAT WHICH THOU HAST NOT ASKED, BOTH \_\_\_\_\_ AND \_\_\_\_\_: SO THAT THERE SHALL NOT BE ANY AMONG THE KINGS LIKE UNTO THEE ALL THY DAYS. (1 KINGS 3:13)

AND IF THOU WILT WALK IN MY WAYS, TO KEEP MY \_\_\_\_\_ AND MY COMMANDMENTS, AS THY FATHER \_\_\_\_\_ DID WALK, THEN I WILL LENGTHEN THY DAYS. (1 KINGS 3:14)

AND SOLOMON \_\_\_\_\_; AND BEHOLD, IT WAS DREAM. AND HE CAME TO \_\_\_\_\_ AND STOOD BEFORE THE ARK OF THE COVENANT OF THE LORD, AND OFFERED UP BURNT OFFERINGS, AND OFFERED PEACE OFFERINGS, AND MADE A \_\_\_\_\_ TO ALL HIS SERVANTS. (1 KINGS 3:15)

## **St. Philothea Directory:**

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

President: Rick Volk

Vice President: Stacey Cramer

Treasurer: Andrew Shih

Secretary: Ann Volk

Frieda Dekazos, Nina Herrington,  
Kurt Knisely, Elton Manzione Dr. Alexander Raev,

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

Director: Presbytera, Christine Salzman

### ***Philoptochos Board:***

President: Ann Volk

Vice President: Frieda Dekazos

Secretary: Rose Lieffring

Treasurer: Presbytera, Christine Salzman

Advisor: Karen Kimberis

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

Rick Volk

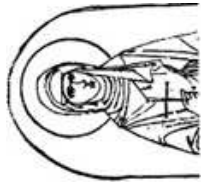
### ***Hospitality Chair:***

Georgia Parthemos

### ***Bulletin:***

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Editor: Father Anthony



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

## February 2008

	Mon	Tue	Wed	Thur	Fri	Sat
27	28	29	30	31	1	2
9:00a <a href="#">Adult Education</a> 9:00a <a href="#">Orthros and Divine Liturgy</a> 11:30a <a href="#">Greek School</a> 12:00p <a href="#">Philoptochos retreat</a>	11:00a <a href="#">OCF on Campus</a> 7:00p <a href="#">Vespers</a>	11:00a <a href="#">OCF on Campus</a> 7:00p <a href="#">Vespers</a>	6:00p <a href="#">Catechumen Class</a>	12:00p <a href="#">Vance rehearsal</a>	12:00p <a href="#">Vance rehearsal</a>	<a href="#">Presentation of our Lord in the Temple</a> 12:00p <a href="#">Vance wedding-C-reception</a>
3	4	5	6	7	8	9
9:00a <a href="#">Adult Education</a> 9:00a <a href="#">Orthros and Divine Liturgy</a> 11:30a <a href="#">Greek School</a>	6:30p <a href="#">Vespers</a> 7:00p <a href="#">OCF Dinner and Discussion, Church</a>	6:30p <a href="#">Vespers</a> 7:00p <a href="#">OCF Dinner and Discussion, Church</a>	6:00p <a href="#">Catechumen Class</a>	12:00p <a href="#">Rehearsal</a>	10:00p <a href="#">Altera-Carleton-Wedding-curtain-Reception</a> 10:00p - Feb 10, 8:4:00a <a href="#">Parish Council Training Diakonia Center</a>	10:00p <a href="#">Altera-Carleton-Wedding-curtain-Reception</a> 10:00p - Feb 10, 8:4:00a <a href="#">Parish Council Training Diakonia Center</a>
10	11	12	13	14	15	16
10:00p - Feb 10, 8:4:00a <a href="#">Parish Council Training Diakonia Center</a> 9:00a <a href="#">Adult Education</a> 9:00a <a href="#">Orthros and Divine Liturgy</a> 11:30a <a href="#">Greek School</a>	12:00p <a href="#">Athens Tech Set-Up</a>	11:00a <a href="#">OCF lunch at Bull Dawg Cafe</a> 12:00p <a href="#">Putting on the Ritz, Athens Tech</a>	7:00p <a href="#">Vespers</a>	6:00p <a href="#">Catechumen Class</a>	6:00p <a href="#">OCF Parents Night Out, Drop your kids at Church</a>	12:00p <a href="#">Maxwell reception</a>
17	18	19	20	21	22	23
9:00a <a href="#">Adult Education</a> 9:00a <a href="#">Orthros and Divine Liturgy</a> 11:30a <a href="#">Greek School</a>	<a href="#">Clergy Retreat Diakonia Center</a> 5:00p <a href="#">St. Philothea Nameday Liturgy</a>	<a href="#">Clergy Retreat Diakonia Center</a> 7:00p <a href="#">OCF Dinner and Discussion 7:00 On campus</a>	<a href="#">Clergy Retreat Diakonia Center</a> 7:00p <a href="#">Parish Council</a>	6:00p <a href="#">Catechumen Class</a>	5:00p <a href="#">Evening In Greece set up</a>	12:00p <a href="#">Evening in Greece</a>
24	25	26	27	28	29	1
9:00a <a href="#">Adult Education</a> 9:00a <a href="#">Orthros and Divine Liturgy</a> 11:30a <a href="#">Greek School</a>	11:00a <a href="#">OCF lunch at Bull Dawg Cafe</a>	11:00a <a href="#">OCF lunch at Bull Dawg Cafe</a>	7:00p <a href="#">Vespers</a>	6:00p <a href="#">Catechumen Class</a>	6:00p <a href="#">williams rehearsal</a> 7:30p <a href="#">Hunter retirement party</a>	12:00p <a href="#">alison Williams Wedding reception c</a>

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Volume 15 — Issue 2  
February 2008