



From Father Anthony

Be Anxious About Nothing.

Let's continue our discussion on Anxiety Prevention. Just to refresh our memory; "Be anxious about nothing" is a high calling, and to some degree almost impossible to maintain 100% of the time. But what can we expect. We can expect that it must be at least possible, or else it would not be given as a goal. We can also reasonably expect some practical helps on accomplishing this task from the scriptures themselves.

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. God is working in each of us and if we understand that then suffering is not a testament to the contrary but rather an affirmation that He is working in us and becomes our basis for Thanksgiving. Not even death gets in the way, as Paul

says, 'for to me, to live is Christ, and to die is gain.' The picture is bigger than we think. To the Martyrs of the Church, suffering was not a deterrent but rather a proof that they were on the right track. Some suffering we bring on ourselves by our sinful actions-or by not being vigilant as we said before but even that can be used by God for our good-to show us where we really are spiritually speaking and to help us with humility.

Now to understand a few principles to accomplish our goal:

There is not a silver bullet that will eliminate anxiety. but if there was one it would be the olive. Why the olive? The olive tree is an important symbol in scripture. The dove returned to Noah with an olive branch as a sign that the waters were receding. This gave Noah hope. It is also a symbol of peace and reconciliation. To resolve conflict we "offer an olive branch" showing reconciliation and forgiveness. It is also a symbol of God's mercy and healing; recall the "Good Samaritan" who used oil on the wounds of the injured man to soothe and heal him. It is where we get the prayer "Kyrie Eleison" from the word 'eleios' or olive. We are in effect saying "Lord anoint my soul with healing oil". And lastly olives make us vigilant. I once wrote in one of my paintings "Olives have pits to make us vigilant, otherwise we might lose ourselves in pure pleasure". Olives contain pits and if you bit into it without knowing that you could crack a tooth. Anyone that eats an olive knows that there is a pit inside and proceeds with caution till he finds it and isolates it. So in life; we are vigilant; and do not abandon ourselves to our passions; we are on the lookout for temptations that would rob us of peace. Writing on the importance of guarding the heart, St. Symeon the New Theologian said, "For someone who desires spiritual rebirth, the first step towards the light is to . . . guard the heart; for it is impossible otherwise to curtail the passions." By being vigilant over our thoughts we do not lose ourselves in passions. This is the mother of all virtues. If we try and accomplish spiritual warfare any other way we are ignoring 2000 years of experience and training and trying untested methods. But we will need other tools if we are to learn to be "anxious in nothing".

Feed your mind on good things. To show that what we are thinking about effects our actions, "In the middle of a wedding ceremony, a jewelry store manager exchanged rings with his soon-to-be spouse. As he slipped the ring onto his bride's finger, he said, 'With this ring-we guarantee a full refund if the customer is not completely satisfied.' His sales pitch was so deeply ingrained in his mind that the words came out automatically. What is ingrained in your mind? "Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things"(Phil. 4:8). (Kent Crockett, *I Once Was Blind But Now I Squint*, Chattanooga, TN: AMG Publishers, 2004, 135)

Know your weaknesses. On May 21, 2005, Andrew Golota fought Lamon Brewster for the WBO heavyweight boxing title. Golota, a strong fighter with a powerful punch, had 38 wins 5 loses, and 31 knockouts. In preparation for the fight, Brewster studied tapes of Golota's boxing, looking for an opening. He noticed that the way Golota held his hands left him open for a left hook. Within seconds after the first round began, Brewster found the opening and threw a left hook. Golota went down to the mat and got up. Brewster threw another left hook and Golota went down again. He stood up and the fight resumed. Brewster threw another left hook to the same opening, and Golota went down for the 3rd time, which counted as a knockout. Lamon Brewster won the fight in the first round because he was the smarter fighter. All he had to do was to pound on his opponent's weakness. In a similar way, Satan is looking to pound on our weakest areas. When we leave an opening by yielding to temptation, he'll take advantage and throw a left hook. But if we'll not yield to temptation, we'll close off the area and cut off his opportunity. The Apostle Paul said it this way: "Do not give the devil an opportunity" (Eph.4:27 NAS) -Kent Crockett's *Sermon Illustrations*. If we don't know our weaknesses and guard them vigilantly we are vulnerable to Satan's attack. For example: 1) If we want to please others more than we want to please God, then we may take on more than we can do, or compromise our principles in some way, just to gain approval and avoid rejection. 2) If we think of ourselves more highly than we ought we may find ourselves in unhealthy situations. In business confidence is good

and can attract customers, but arrogance puts people off. 3) If we have a tendency to be shy we may unintentionally cut ourselves off from others and become lonely. A shy person must consciously mingle with people to avoid becoming isolated. With practice and time people get to know him

Next month we will conclude our study on how to “be anxious in nothing”.

Fr. Anthony Salzman

Parish Happenings

Reminder about 2008 Budgets:

Chairpersons, Ministry Leaders and Event Managers are asked to submit their 2008 Budget Request on or before, Monday, March 10th. Budgets may be turned in to Fr. Anthony or Rick Volk. Should anyone have questions about the completion of the forms, please contact Rick @ (706) 247-4047 or revolk@bellsouth.net .

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.

Pre-Sanctified Liturgies begin Wed. March 12th at 6:00 p.m. and continue throughout Great Lent, they will be followed by a light meal of soup, salad, and bread. Anyone who would like to pair with someone else to sponsor a meal please see Georgia Parthemos or Lynn Manzione.

A taste of the Homeland: Each week following the Pre-Sanctified Liturgies we are inviting representatives from Orthodox Churches in other countries to present about the Church in their country, Romania, Russia, Bulgaria, Serbia, Greece and Albania to name a few.

General Assembly to vote on 2008 budget will take place March 23rd following the Divine Liturgy to approve the budget.

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.

Prayer Request:

Frieda Dekazos & family

Gospel & Epistle Readings- January 2008

3/2/2008 Gospel: Matthew 25:31-46 **Epistle:** St. Paul's First Letter to the Corinthians 8:8-13;9:1-2

3/9/2008 Gospel: Matthew 6:14-21 **Epistle:** St. Paul's Letter to the Hebrews 12:1-10

3/16/2008 Gospel: John 1:43-51 **Epistle:** St. Paul's Letter to the Hebrews 11:24-26,32-40

3/23/2008 Gospel: Mark 2:1-12 **Epistle:** St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

3/30/2008 Gospel: Mark 8:34-38; 9:1 **Epistle:** St. Paul's Letter to the Hebrews 4:14-16; 5:1-6

FOOD FROM THE FATHERS AND MOTHERS

What is the essence of Orthodoxy? It is the God-man Christ. Everything that is Orthodox has a divine-human character: knowledge, the senses, the will, the mind, morality, dogma, philosophy, and life. Divine humanity is the only category in which all the manifestations of Orthodoxy are received and fully operate. In all of creation, God occupies the first place, man the second. God leads while man is led; God acts and man cooperates. God does not act transcendently. He is not the abstract God of deism, but rather the God of the most immediate historic reality, the God of revelation, the God Who became man and lived within the categories of our human existence while appearing everywhere as absolute holiness, goodness, wisdom, justice, and truth.

Fr. (St.) Justin Popovich, Orthodox Faith and Life in Christ

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
2-Mar	Covered Dish Papadopoulos
9-Mar	E. Pappas
16-Mar	Great Lent Begins Pottier
23-Mar	Raev
30-Mar	Ragan
6-Apr	Covered Dish Salzman

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

KIDS

CORNER!



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Vice President: Stacey Cramer

Treasurer: Andrew Shih

Secretary: Ann Volk

Frieda Dekazos, Nina Herrington, Elton Manzione,

Constantine Wright, Steve Demos

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

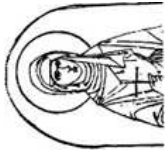
Hospitality Chair:

Georgia Parthemos

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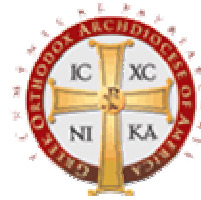
St. Philothea Greek Orthodox Church Greek Orthodox Metropolis of Atlanta

March 2008							
	Sun	Mon	Tue	Wed	Thur	Fri	Sat
9:00a Adult Education 9:00a <u>Orthros and Divine Liturgy</u> 11:30a Greek School	24	25	26	27	28	29	1
			11:00a <u>OCF lunch at Bull Dawg Cafe</u>	7:00p <u>Parish Council</u>	6:00p <u>Catechumen Class</u>	6:00p <u>Williams rehearsal</u> 7:30p <u>Hunter retirement party</u>	12:00p <u>alison Williams Wedding reception c</u>
9:00a Adult Education 9:00a <u>Orthros and Divine Liturgy</u> 11:30a Greek School 12:00p <u>General Assembly</u> <u>Budget Marswood Hall</u>	2	3	4	5	6	7	8
		12:00p <u>Dairy allowed all week</u>	7:00p <u>OCF Dinner and Discussion Church</u>	7:00p <u>Vespers (readers)</u>	6:00p <u>Catechumen Class</u>	6:00p <u>Vespers (readers)</u>	12:00p <u>Waggoner,Christy Wedding-reception</u>
9:00a Adult Education 9:00a <u>Orthros and Divine Liturgy</u> 11:30a Greek School 7:00p <u>Forgiveness Sunday Vespers</u>	9	10	11	12	13	14	15
		Clean Monday, strict fast begins 7:00p <u>Canon of St. Andrew part I</u>	11:00a <u>OCF lunch at Bull Dawg Cafe</u> 7:00p <u>Canon of St. Andrew part II</u>	6:00p <u>Presanctified Liturgy</u> <u>Lenten Meal</u> 7:00p <u>Vespers</u>	6:00p <u>Catechumen Class</u> 7:00p <u>Canon of St. Andrew part IV</u>	GOYA <u>Iconography retreat</u> 5:00p <u>Lewis/Nash rehearsal</u>	GOYA <u>Iconography retreat</u> 12:00p <u>Lewis/Nash Wedding - reception</u>
GOYA <u>Iconography retreat</u> 9:00a <u>Adult Education</u> 9:00a <u>Orthros and Divine Liturgy</u> 11:30a Greek School 12:00p <u>Oratorical Festival</u> 12:00p <u>Sun of Orthodoxy</u> Icon <u>Procession</u> 6:00p <u>Sunday of Orthodoxy</u> <u>Vespers, Transfiguration, Marietta</u>	16	17	18	19	20	21	22
			7:00p <u>OCF Dinner on Campus</u>	6:00p <u>Presanctified Liturgy</u> <u>Lenten Meal</u>	6:00p <u>Catechumen Class</u>	7:00p <u>Salutations to the Virgin Mary</u>	12:00p <u>Perez, Maria- christening party</u>
9:00a Adult Education 9:00a <u>Orthros and Divine Liturgy</u> 11:30a Greek School 12:00p <u>General Assembly</u> <u>Budget</u>	23	24	25	26	27	28	29
		5:00p <u>Annunciation and Greek Independence Day</u> <u>Orthros and Divine Liturgy</u>	11:00a <u>OCF lunch at Bull Dawg Cafe</u>	6:00p <u>Presanctified Liturgy</u> <u>Lenten Meal</u>	6:00p <u>Catechumen Class</u>	Work Daze IV 12:00p <u>Furrow wedding-reception-chapel-c</u>	Work Daze IV 12:00p <u>Hubbard, Phyllis- chapel-c-reception</u>
Work Daze IV 9:00a <u>Adult Education</u> 9:00a <u>Orthros and Divine Liturgy</u> 11:30a Greek School 12:00p <u>General Assembly</u> <u>Budget</u>	30	31	1	2	3	4	5
		Work Daze IV	7:00p <u>OCF Dinner and Discussion Church</u>	6:00p <u>Presanctified Liturgy</u> <u>Lenten Meal</u>	6:00p <u>Catechumen Class</u>	12:00p <u>rehearsal-nunley wedding</u> 7:00p <u>Salutations to the Virgin Mary</u>	2:00p <u>Nunley wedding-reception-c</u>



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