



# From Father Anthony

## Take up Your Cross and Follow Me, Even when it Hurts

One of my favorite icons of Christ is the one where Christ is in the arms of the Virgin Mary looking up at two angels, one with a cross and the other with a spear and a cup. His sandal is falling off of his foot and He has a worried expression on His face. The story goes that He was out playing and was visited by these 2 angels, one with the cross and the other with the spear, and He was frightened by the vision. He immediately jumped up and ran into the house and jumped in His mother's arms for comfort and consolation, haste being indicated by the sandal falling from His foot. This icon illustrates that even as a young boy Christ had the specter of the cross before Him. We know that He understood this reality from the many times He passed on the opportunity to reveal Himself saying "My time has not yet come." He also revealed His knowledge of the way He would die when He told His disciples that

**"The Christ will suffer and rise from the dead on the third day, <sup>47</sup>and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem." (Luke 24:45-47)**

The heaviness of this psychological burdened only manifested itself in the garden of Gethsemane when we hear Christ pray to the Father **"if it is possible, may this cup be taken from me. Yet not as I will, but as you will." (Mat. 26:39)**

An important lesson to us as followers of Christ is that we too should take up the burdens, "light afflictions" St. Paul calls them, and follow Christ even if it hurts. Christ did not let the knowledge of His forth coming crucifixion paralyze Him out of fear. Instead it compelled Him and propelled Him to accomplish His mission of teaching, healing, preaching, and working miracles. He sustained this spiritual activity by frequently going away to a quiet place to pray-to be with His Father in intimate communion.

For us this is an important lesson. When Christ calls us to "take up our cross and follow Him", He is encouraging us to not be defeated by life's set backs and hardships. **"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16.32)** Do not let life's afflictions become an excuse for protectionism and hoarding, or worse yet doing nothing, or even worse sinning as if we have a right to sin because we have suffered unjustly and are somehow trying to balance the cosmic Karma by self medicating thru pleasure. Christ warned us that as His followers we would experience persecution-on top of all of life's other challenges that even non-believers face. **"All men will hate you because of me, but he who stands firm to the end will be saved."** (Mat 10:22.)

Christ's words give us the prescription for a full and meaningful life even in the face of great difficulties and physical and emotional challenges: **"If anyone would come after me, he must deny himself and take up his cross** (burden, hardship, temptation, financial setback, addiction, affliction, broken relationship, disillusionment, illness, disappointment, mental illness, fear,) no matter what **and follow me.** <sup>25</sup>**For whoever wants to save his life will lose it, but whoever loses his life for me will find it.** <sup>26</sup>**What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul? (Mat 16.24-26)** He tells us this not to punish us or to make life more difficult but to make life all that it can possibly be. <sup>28</sup>**Come to me, all you who are weary and burdened, and I will give you rest.** <sup>29</sup>**Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Mat. 11.28-29)** It is in following Christ that we will succeed-for He comforts, strengthens, supports, guides, renews, up lifts, gives endurance, and blesses.

Take up you cross and follow Him, no matter what!

~Fr. Anthony

# SUNDAY READINGS

	Matins	Epistle	Gospel
10/4/09	Luke 24:36-53	St. Paul's Second Letter to the Corinthians 6:16-18; 7:1	Luke 6:31-36
10/11/09	John 20:1-10	St. Paul's Letter to Titus 3:8-15	Luke 8:5-15
10/18/09	John 20:11-18	St. Paul's Letter to the Colossians 4:5-11, 14-18	Luke 10:16-21
10/25/09	John 20:19-31	St. Paul's Letter to the Galatians 1:11-19	Luke 8:26-39

## KIDS CORNER

But Whom Do You Say That I AM?

ETACOVDAEWH  
 RURETSAMFOG  
 AVRSUSEJLNO  
 WRETMWAYICL  
 VINYDAAKDDO  
 RATSGNINROM  
 DAYSTARCPTSALDNATSRI FORERUNNER  
 EVGFNOPHHOTUJGROLESNUOCHCNARBO  
 NMPEIAGONOFUORHADUJFONOILIFEIT  
 EEMVMIMOSRSFKHORN OFSALVATIONSA  
 RSAAHOFFETKEENDOGYTHGIMLAMENHI  
 ASSQNGDDOILANINOSNETTOGEBYLNOD  
 ZITJOUNNNNDECAEPFOECNIRPHYPLPE  
 AAEDYOEAGACORSTNENIVDIVADFONOSM  
 NHRZWHSLQARSPOCJTLAMBOFGODBVF  
 RHORA TOUCIR  
 PHPOCSNDEGE  
 ELRLDRSGRHD  
 NDOFAEOERTE  
 TRPOINLVUHE  
 EEHDDRAESBM  
 RVEREOTRESE  
 EOTOLCILRHR  
 VSNLIKOA VET  
 ISGRVVSAPS  
 GADAEARBTHI  
 WPSDRVSI TER  
 AGSGEVONORH  
 LOWORDHGSDC  
 NOITADNUOFY

- |                 |                   |                   |              |
|-----------------|-------------------|-------------------|--------------|
| Advocate        | Door              | Lawgiver          | Redeemer     |
| Almighty        | Emmanuel          | Life              | Resurrection |
| Alpha and Omega | Everlasting       | Light             | Rock         |
| Amen            | Faithful and True | Lion of Judah     | Savior       |
| Apostle         | First and Last    | Lord              | Servant      |
| Beloved Son     | Forerunner        | Lord of Lords     | Shepherd     |
| Bishop          | Foundation        | Master            | Son of David |
| Branch          | Governor          | Master            | Son of God   |
| Bread           | Head              | Mediator          | Son of Man   |
| Captain         | High Priest       | Messiah           | Vine         |
| Carpenter       | Holy and Just One | Mighty God        | Way          |
| Chosen          | Horn of Salvation | Morning Star      | Wonderful    |
| Christ          | I AM              | Nazarene          | Word         |
| Consolation     | Jesus             | Only Begotten Son |              |
| Cornerstone     | Judge             | Passover          |              |
| Counselor       | King              | Priest            |              |
| Day Star        | King of Kings     | Prince of Peace   |              |
| Deliverer       | Lamb of God       | Prophet           |              |

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### FOOD FROM THE FATHERS AND MOTHERS

Christ the Lord came, as the strongest expression of God's unchanging love for mankind, to rekindle the extinct fire of love in the hearts of God's children, and to make natural once more that which had, at one time, been completely normal to man, as to the angels, and had in time become unnatural. Were a mother not to love her child, could that child love its mother? Were God not to love man, could man love God? But God, from the beginning - and from before the beginning - loves man, and it is therefore natural for man to love God.

(St.) Bishop Nikolai Velimirovich, Homilies, Vol. 2.

# Parish Happenings

**Teaching Liturgy** Oct. 4<sup>th</sup>, followed by Covered Dish Luncheon "Church Etiquette: How to Behave in Church, the Unwritten Rules"

**Joy/Hope Outing** to Washington Farms Oct. 24<sup>th</sup> followed by lunch at Fox's Pizza. Contact Elaine Lambros to sign up.

**OCF Work Daze Retreat** is Oct. 23-25<sup>th</sup>. All College students are invited to join us for a retreat and for some beautification at the Diakonia Center. No charge.

**Divine Liturgy** for St. Demetrios, Archbishop's Nameday, Monday Oct. 26 7:00 a.m.

**Council of Ministry Heads** retreat Saturday, Oct. 10<sup>th</sup> 9-1 p.m. at the home of Nina Herrington. Planning session for 2010.

**Parakleisis** for our on-line prayer ministry Wednesday Oct. 28<sup>th</sup>.

**MoD meeting** on Oct. 4<sup>th</sup> following the Divine Liturgy.

**Sock Hop** on Fri. Oct. 30<sup>th</sup> 7:30-10:30 p.m. Get out your Poodle Skirts and T-Shirts and "Come on Down". See Kurt Knisely for more inspiration.

**GOYA Advent Retreat** will be November 20-22. The theme is "Come and See, John 1:41" The Metropolis of Atlanta will start ONLINE REGISTRATION for all GOYA events, beginning October 1! We will go as a group with chaperones so please contact Presbytera Christine to confirm your registration and if you are interested in chaperoning. This event fills up fast so we need to register by October 4!

**GOYA Winter Youth Rally** will be Dec 27 - 30 at the Marriott Century Center in Atlanta. We must determine our team roster and join up with another church if necessary. Please contact Presby. Christine and let her know if so she can finalize plans. Registration closes

on November 5th. GOYANS will need to raise funds for team fees and expenses in addition to individual registration. Anyone interested in donating towards the \$300 team registration fee can contact Fr. Anthony. An October meeting will be set to review all this information.

## OUR MISSION

*St. Philothea Greek Orthodox Church is dedicated to the continuation of our Lord and Savior Jesus Christ's ministry of salvation through the proclamation and teaching of the Gospel; through Baptism in the name of the Father, Son and Holy Spirit; and through loving service to God and to all humankind.*

## FESTIVAL AND GOLF NEWS

THANK YOU TO ALL WHO HELPED WITH THE FESTIVAL AND THE GOLF TOURNAMENT, ESPECIALLY THE CHAIRS, BARB KNISELY AND NINA HERRINGTON.

**Visit St. Philothea Website** for parish calendar and all the latest information: <http://www.stphilothea.ga.goarch.org/>  
\*Marswood Hall Calendar <http://calendar.goarch.org/cgi-bin/calweb/calweb.exe?level=marswoodhall>

\*Announcements for the bulletin can be emailed to [Greekgirl1087@aol.com](mailto:Greekgirl1087@aol.com)

## OCTOBER COFFEE HOUR HOSTS

If the date listed below does not work for you please call Georgia Parthemos (706-548-3876) or Lynn Manzione (706- 369 0546) to make any necessary changes.

DATE	COFFEE HOUR HOST
4-Oct	Covered Dish Lubimov
11-Oct	Mahoney
18-Oct	Manzione
25-Oct	Nguyentan

## **St. Philothea Directory:**

Father Anthony Salzman, Presbyter

Phone: 770-725-5033

Father Anthony E-mail:

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Presbytera E-mail:

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

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

President: Stacey Cramer

Vice-President; Paul Lavelle,

Treasurer: Andrew Shih

Secretary: Ann Volk

Panos Dekazos, Dimitri Lambros, Kurt Knisely,

Constantine Wright, Steve Demos

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

Directors: Tara Mahoney and Elaine Lambros

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

President: Ann Volk

Secretary: Rose Lieffring

Treasurer: Presbytera, Christine Salzman

Advisor: Karen Kimberis

### ***Council of Ministries Chair:***

Dimitri Lambros

### ***Building Maintenance Chair:***

Bill Mahoney

### ***Hospitality Chairs:***

Georgia Parthemos and Lynn Manzione

### ***Bulletin:***

Writer: Kacina Lamson

Editor: Father Anthony

Publisher, Rose Lieffring

St. Philothea Greek Orthodox Church, Greek Orthodox Archdiocese of America Calendar

Oct 2009 (Eastern Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Greek Festival 1st Sunday of Luke 9am - Orthros 10am - Divine Liturgy 11am - Coffee Hour	28 Chariton the Confessor 2pm - Bread for Life	29 Kyriakos the Hermit of 2pm - Bread for Life	30 Gregory the Illuminator, 2pm - Bread for Life 6pm - Services 7pm - Catechumen class 7pm - Choir 7pm - Parish Council	1 Ananias, Apostle of the 2pm - Bread for Life 6pm - Spaghetti Dinner	2 Cyprian the Holy Martyr, 2pm - Bread for Life	3 Dionysios the Areopagite 12pm - Reyes Reception
4 12 MoD meeting 2nd Sunday of Luke Teaching Liturgy 9am - Orthros 10am - Divine Liturgy 11am - Coffee Hour 11am - Covered Dish	5 Charitina the Martyr 2pm - Bread for Life	6 Thomas the Apostle of 2pm - Bread for Life	7 Sergius & Bacchus the 2pm - Bread for Life 6pm - Services 7pm - Catechumen class 7pm - Choir	8 Pelagia the Righteous 2pm - Bread for Life 6pm - Spaghetti Dinner	9 James the Apostle, son of 2pm - Bread for Life 5pm - Hood Rehearsal @	10 Eulampios & Eulampia 12pm - Hood / Mary
11 Sunday of the 7th 9am - Orthros 10am - Divine Liturgy 11am - Coffee Hour	12 Symeon the New 2pm - Bread for Life	13 Carpos, Papylos, 2pm - Bread for Life 7pm - OCF Dinner	14 Nazarios, Gervasios, 2pm - Bread for Life 6pm - Services 7pm - Catechumen class 7pm - Choir	15 Loukianos the Martyr of 2pm - Bread for Life 6pm - Spaghetti Dinner	16 Longinos the Centurion 2pm - Bread for Life 5pm - Meyer / Pfeiffer	17 Hosea the Prophet 12pm - Meyer / Pfeiffer
18 Luke the Evangelist 9am - Orthros 10am - Divine Liturgy 11am - Coffee Hour	19 Joel the Prophet 2pm - Bread for Life	20 Artemios the Great 12pm - OCF lunch on 2pm - Bread for Life	21 Hilarion the Great 2pm - Bread for Life 6pm - Services 7pm - Catechumen class 7pm - Choir 7pm - Parish Council	22 Averkios, Equal-to-the- 2pm - Bread for Life 6pm - Spaghetti Dinner	23 James the Apostle, Work Daze Retreat 2pm - Bread for Life 5pm - Tuttle Rehearsal @	24 Arethas the Great Martyr Joy Hope Fall Festival Work Daze Retreat 12pm - Tuttle / Tiffany
25 6th Sunday of Luke Work Daze Retreat 9am - Orthros 10am - Divine Liturgy 11am - Coffee Hour	26 Demetrios the 7am - Divine Liturgy St. 2pm - Bread for Life	27 Nestor the Martyr of 2pm - Bread for Life 7pm - OCF Dinner	28 Holy Protection of the 2pm - Bread for Life 6pm - Services 7pm - Catechumen class 7pm - Choir	29 Anastasia the Martyr of 2pm - Bread for Life 5pm - Dorestant 6pm - Spaghetti Dinner	30 Cleopas, Apostle of the 2pm - Bread for Life 7:30pm - Soc Hop	31 Amplias, Apellos,



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