



From Father Anthony

Guilt: How to make it Work for You

A man calls his mother in Florida. "Mom, how are you?"

"Not too good," says the mother. "I've been very weak."

The son says, "Why are you so weak?"

She says, "Because I haven't eaten in 38 days."

The man says, "That's terrible. Why haven't you eaten in 38 days?"

The mother answers, "Because I didn't want my mouth to be filled with food if you should call."

We laugh, but guilt is at the heart of every Greek, Jewish, Irish, Polish, etc. . . . Mother's relationship with their children, and why; because it works, that's why! But why does it work. Because when we feel guilty we try and do something to assuage the guilt, to get rid of it. There are many treatments, working harder, bearing gifts, ignoring it and feeling worse, drowning it in work, pleasure, alcohol, hobbies, and fanatic religious behavior. But the question is how does God want us to deal with it in a healthy manner that restores dignity, integrity and beauty to our relationships. Well I have had several occasions as of late to deal with this reality so by experience and reflection I have some suggestions. There is good guilt and bad guilt. Good guilt is when our conscience rightly convicts us of wrong doing, either sins of omission things we neglect to do that we ought to do, or sins of commission, things that we do that we ought not to do. An example is when we neglect to help someone in need that comes across our path because we are too insensitive, preoccupied or just plain selfish. Sins of commission are the things we do everyday when we watch T.V that we shouldn't watch, we gossip about someone or spread rumors, when we judge someone unjustly; let your imagination fill in the blank. If our conscience is working properly we will feel bad. What we do with that feeling is what leads to life or death. Life, freedom and joy come when we confess our sin, i.e. come face to face with the reality and own up to it. We confess it to God and/or apologize to the offended party. God tells us:

1Jo 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

This is what happens in the sacrament of confession. When the prayers of absolution are read, then we are freed from the burden of our sins and we walk anew in the light of Christ. Bad guilt is when we continue to feel unforgiven and burdened by our transgressions. This can be a form of "over scrupulousness" or the sin of "perfectionism" that holds that you are too good to have sinned and this is the end of the world. In scripture we have two examples of dealing with guilt, one that leads to life and the other that leads to utter despair and darkness. In Judas Iscariot we have someone who had plotted for a long time to turn Christ over to the authorities, and when he finally did and realized that Christ was an innocent man, could not bear the guilt or believe that he could be forgiven so he judged and condemned himself by hanging himself. Peter on the other hand denied Christ after hours earlier proclaiming his dedication and swearing it with an oath. Peter was surprised when he realized what he had done, but rather than despair he 'wept bitterly' and repented of his sin and was restored. This is the example that we should follow in our own spiritual life. When we sin, and we all do, don't be shocked as if you were not capable of such an act, but rather immediately come to God and take responsibility and confess it. Let it go and accept God's forgiveness. To not accept it is a form of pride. This kind of guilt thinks more highly of itself than it ought. We must strive to maintain peace in our soul by actively living our faith through dynamic self examination and self correction, guided by the Holy Spirit. This is the meaning of synergy. May we embrace Christ's forgiveness through his death on the cross and resurrection from the dead granting us true life through true repentance. Kalo Pascha ~Fr. Anthony

SUNDAY READINGS

	Matins	Epistle	Gospel
4/5/2009	John 20:19-31	St. Paul's Letter to the Hebrews 9:11-14	Mark 10:32-45
4/12/2009	Matthew 21:1-11; 15-17	St. Paul's Letter to the Philippians 4:4-9	John 12:1-18
4/19/2009	_____	Acts of the Apostles 1:1-8	John 1:1-17
4/26/2009	Matthew 28:16-20	Acts of the Apostles 5:12-20	John 20:19-31

Discover Greece, Discover the Early Church

A private "Go Ahead Tour" designed exclusively by Dr. Nina Lamson and Father Anthony Salzman of St. Philothea Greek Orthodox Church, Watkinsville, Georgia.

May 6 – 17, 2010

See the many beautiful sites Greece has to offer as Father Anthony leads us through early century Orthodox churches and monasteries. In addition, we will experience the Greek culture with time in museums, shopping, and eating at local establishments.

Detail information of the sites we will be visiting, the cost, and the "terms and conditions" can be found at the St. Philothea Greek Orthodox Church website:
<http://www.stphilothea.ga.goarch.org/>

A \$450 deposit by May 3, 2009, will go towards reserving your spot and securing the current quoted price. The balance can be paid in installments up to 90-days prior to departure. (Important detailed information can be found on the St. Philothea website).

An informational meeting will be held at St. Philothea March 23rd @ 7:00pm

Those who are interested in getting more information but are not able to attend can contact Dr. Nina Lamson at nlamson@gsc.edu

Parish Happenings

Pre-Sanctified Liturgies will be every Wednesday at 6:00 p.m. during Lent (except March 25th), followed by a Lenten Meal and a presentation from a local charity.

Akathist Hymn will be every Friday during Lent at 7:00 p.m.

Holy Week Activities for Youth (& Everyone! Please Join Us!)

Saturday of Lazarus: April 11—After the 9 a.m. morning service, a Lenten breakfast will be served and parishioners, led by our Sunday School students, will fold palms into crosses for Palm Sunday services the next day. Confession will be offered and everyone is asked to pitch in to clean the church in preparation for Holy Week services.

A note about Great Friday/Holy Saturday for children—It is true that participating in all the events on Friday and Saturday make for a long 24 hours; but please consider allowing your child to participate this year in all or part of the church's preparations for Holy Pascha. This is a beautiful, exciting weekend, and the children will remember these preparations their entire lives.

Great Friday: April 17 (morning/early afternoon)—Immediately following the Imperial Hours service in the morning, Sunday School children will gather to help decorate the Kouvouklion, the funeral bier of Christ, with flowers. This usually takes several hours. Father has letters available for school children who are not on spring break to excuse them from school if they want to participate.

Great Friday Evening Lamentations: We need little girls to dress in white and participate in the service as the "myrrh-bearing women." They will carry baskets of rose petals and toss them onto the

Epitaphios as Lamentations are sung during the service.

Great Friday Evening Overnight Vigil: Come and stay all night in the church and read the Psalms. (Bedrolls and pillows are absolutely permitted!) Readers take half-hour shifts and read the Psalms in succession. There will be a sign-up sheet available on the Solea immediately following Lamentations for reading slots. The younger Sunday School children will fill up the pre-midnight slots, but we need older students, college students, and adults to fill the overnight slots. You do not need to stay overnight if you prefer not to (i.e. you can sign up for a 3 a.m. slot and come back to church to read at that time). Father will keep vigil on the altar with us. Children will need to bring comfortable clothes and sleeping bags to sleep on the floor of the church. It's a beautiful night in which we read the Psalter by candlelight and reflect. Lenten snacks are available all night in the social hall.

Easter Egg hunt will be held at the church on Holy Pascha during the luncheon!

Children's Bulletin: Each week you can print out an educational and fun booklet for your children to enrich their Orthodox faith and knowledge. This is a wonderful activity for parents to use at home with their children. The link can be found on our website under "Parish Life" or at <http://www.stphilothea.ga.goarch.org/ParishLife.htm>

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.

OUR VISION

The community will provide a loving, caring and welcoming environment where all belong and grow

in the faith through worship, service, witness and fellowship.

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>

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

FOOD FROM THE FATHERS AND MOTHERS

What health and sickness are to the body, virtue and wickedness are to the soul, and knowledge and ignorance to the intellect. The greater our devotion to the practice of the virtues, the more our intellect is illumined by knowledge. It is in this way that we are accounted worthy of mercy, that is, through the fifth commandment: 'Blessed are the merciful, for they will receive mercy' (Mt. 5:7). The merciful person is he who gives to others what he has himself received from God, whether it be money, or food, or strength, a helpful word, a prayer, or anything else that he has through which he can express his compassion for those in need. At the same time he considers himself a debtor, since he has received more than he is asked to give.

St. Peter of Damaskos, The Seven Commandments, Philokalia, Vol. 3.

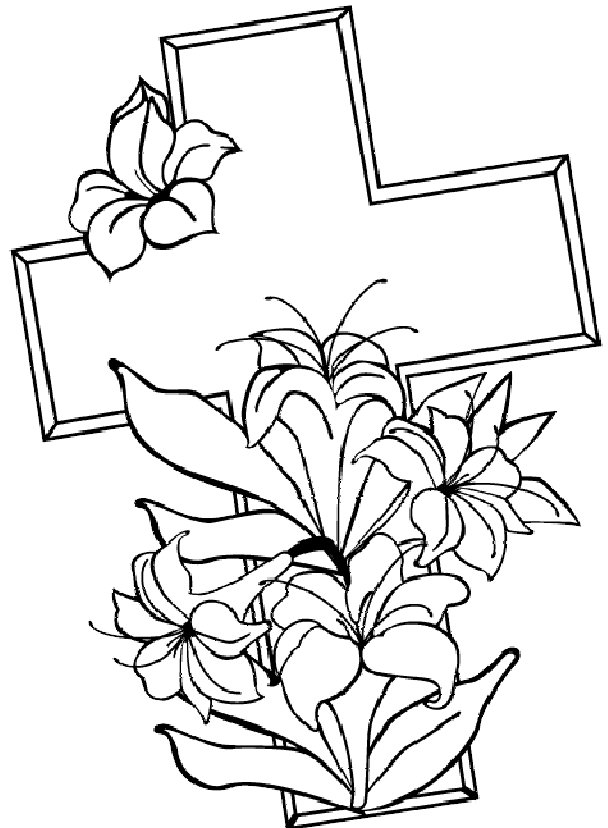
KIDS CORNER!

Learn this poem and share it with everyone on Pascha!

Christ the Lord is risen today!
Angels rolled the stone away
From the tomb wherein He lay!

Little children, come and sing,
"Glory, glory to the King,
Christ the Lord of everything!"

Color the Cross and Lilies:



Schedule of Lenten & Paschal Services April 2009

Date	Day	Time	Worship Service
11th	Sat	9:00 am	Saturday of Lazarus Divine Liturgy Followed by Sunday School Confession & Breakfast, palm folding and church cleaning for Holy Week.
12th	Sun	9:00 am	Orthros, Palm Sunday Liturgy begins at 10:00 am, Theme: Christ's Entry into Jerusalem
12th	Sun	7:00 pm	Start of Holy Week: 1st Bridegroom Service , Theme: Wise Joseph and the Fig Tree
13th	Mon	7:00 pm	Bridegroom Service ; Theme: Parable of the Ten Virgins
14th	Tue	7:00 pm	Bridegroom Service Theme: Deeds of Mary Magdalene contrasted with deeds of Judas
15th	Wed	6:00 pm	Sacrament of Holy Unction ***Note new time****
16th	Thu	6:30 am	Divine Liturgy of Saint Basil ***Note new time****
		9:00 am	Egg Dying at Church
	Thu	7:00 pm	Reading of the Twelve Gospels: Themes: The Last Supper, the Betrayal, the Crucifixion
17th	Fri	9:00 am	Great Hours , being vigilant at the Cross Decorate the Bier of Christ
	Fri	3:00 pm	Apokathelosis, The Taking Down of Christ from the Cross
		7:00 pm	Lamentations , Followed by an All-Night Vigil by the Tomb of Christ
18th	Sat	9:00 am	Vespereal Divine Liturgy
		11:00 pm	Holy Pascha Orthros & Divine Liturgy beginning at 11:00 pm
19th	Sun	12:30 pm	Agape Vespers and Paschal Feast at the Church

BLESSED PASCHA!

COFFEE HOUR HOSTS

Beginning on Sunday, April 5th we will be instituting some changes to our coffee hour program that will better meet the needs of our growing parish. We will be switching to a Standard Coffee & Cookie Plan which the host can purchase and pick up locally. We are currently in the process of arranging for a standing weekly order with a grocer or baker in the area. The benefits of this change are as follows:

More economical for the host / Less set up and clean up involved / More environmentally friendly - no Styrofoam plates and plastic forks / Less worry about what to serve and if there is enough / Switch from sodas to orange juice or lemonade for a healthier beverage

Please be patient and understanding as we make this change. Lynn Manzione, the Hospitality Chair will call you as your week approaches and help you with the arrangements.

Coffee Hour Host Duties: Pay for and pick up the refreshments; set up and clean up--includes making coffee, wiping, tables and vacuuming as necessary. You may be asked to provide Proforon, coffee or creamer when necessary. Lenten dates are marked in grey.

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.

THANK YOU FOR HELPING WITH THIS BLESSED MINISTRY

DATE	COFFEE HOUR HOST
5-Apr	Covered Dish Anderson
12-Apr	Andros
19-Apr	****Holy Pascha****
26-Apr	Anest
3-May	Covered Dish Angelova & Cain
10-May	Mother's Day Cramer

17-May	Dekazos
24-May	Demos
31-May	Grissom
7-Jun	Pentecost & Cov. Dish Herrington
14-Jun	Horescu
21-Jun	Father's Day Iakovou
28-Jun	James
5-Jul	4th of July Picnic
12-Jul	Seiss
19-Jul	Velie
26-Jul	Parthemos
2-Aug	Covered Dish Johns
9-Aug	Kefalas
16-Aug	Kimbaris
23-Aug	Knisely
30-Aug	Kovak
6-Sep	Covered Dish Lambros
13-Sep	Lamson
20-Sep	Lavelle
27-Sep	Lieffring
4-Oct	Covered Dish Lubimov
11-Oct	Mahoney
18-Oct	Manzione
25-Oct	Nguyentan
1-Nov	Greek FESTIVAL
8-Nov	O'Malley
15-Nov	Advent Fast Pagonis
22-Nov	Pappas
29-Nov	Pottier
6-Dec	Covered Dish Salzman
13-Dec	Sarandos
20-Dec	Shih
27-Dec	Shurdha
3-Jan	Covered Dish (?) Stiles
10-Jan	Stojanivoc
17-Jan	Svoronos
24-Jan	Tseggai
31-Jan	Vlahos
7-Feb	Covered Dish Wright

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29 OCF Work Daze VI Sunday of St. John 9am - Orthros 10am - Divine Liturgy 11am - Coffee Hour @ St.	30 John Climacus the 2pm - B4L	31 Hypatios the 2pm - B4L 7pm - OCF Dinner and	Mary of Egypt 2pm - B4L 6pm - Presanctified	1 Titus the Wonderworker 2pm - B4L 6pm - Spaghetti Dinner 7pm - Choir Practice	2 Install molding in Narthex @ Narthex	3 George the Righteous of OCF Outing	4
5 Sunday of St. Mary of 9am - Orthros 10am - Divine Liturgy 11am - Covered Dish	6 Eutychios, Patriarch of 2pm - B4L	7 Kalliopios the Martyr, 2pm - B4L	Agavos, Roupfos, 2pm - B4L 6pm - Presanctified	8 Eupychios the Martyr 11am - OCF Bull Dog 2pm - B4L 6pm - Spaghetti Dinner 7pm - Choir Practice	9 Terence & his 2pm - B4L 7pm - Akathist Hymn	10 HOLY WEEK - NO Lazarus Saturday 9am - Divine Liturgy 10am - Confession 10am - Palm Folding 10am - SS Breakfast 11am - Cleaning	11
12 HOLY WEEK - NO Palm Sunday 9am - Orthros 10am - Divine Liturgy 11am - Coffee Hour 7pm - Bridgroom	13 Holy Monday HOLY WEEK - NO 2pm - B4L 7pm - Bridgroom	14 Holy Tuesday HOLY WEEK - NO 2pm - B4L 7pm - Bridgroom	Holy Wednesday HOLY WEEK - NO 2pm - B4L 7pm - Holy Unction	15 Holy Thursday HOLY WEEK - NO 7am - D Lit 1pm - egg dye 2pm - B4L 7pm - 12 Gospels	16 Holy Friday HOLY WEEK - NO 9am - Royal Hours 2pm - B4L 3pm - Descent from the 7pm - Lamentations 9pm - Vigil	17 Holy Saturday HOLY WEEK - NO 9am - Divine Liturgy 11pm - Pascha Service	18
19 Great and Holy Pascha HOLY WEEK - NO 12pm - Agape Vespers	20 Renewal Monday 2pm - B4L	21 Renewal Tuesday 2pm - B4L	Renewal Wednesday 2pm - B4L 7pm - Parish Council	22 George the Great Martyr 11am - OCF Bull Dog 2pm - B4L 6pm - Spaghetti Dinner 7pm - Choir Practice	23 Renewal Friday: 2pm - B4L	24 Pascha Picnic DC Renewal Saturday 12pm - Gross Wedding	25
26 Thomas Sunday 9am - Orthros 10am - Divine Liturgy 11am - Coffee Hour	27 Symeon the Holy Martyr 2pm - B4L	28 7 OCF Fr Anthony's house The 9 Monk-martyrs of 2pm - B4L	Jason & Sosipater the 7am - 7 pm Choir 2pm - B4L	29 James the Apostle & 2pm - B4L 6pm - Spaghetti Dinner	30 Jeremiah the Prophet 2pm - B4L	1 Removal of the Relics of 12pm - Dunahgan	2



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

3761 Mars Hill Road
Watkinsville, Georgia 30677
For more information: 770/725-5035



Volume 16 — Issue 4
April 2009