

The Archangel's Wings
The Metropolis of Atlanta Sisterhood of Presbyteres Newsletter
August 2010



GREEK ORTHODOX METROPOLIS OF ATLANTA

My dear sisters in Christ,

"Now to Him Who by the power at work within us is able to do far more abundantly than all that we can ask or think, to Him be glory in the Church and in Christ Jesus to all generations, for ever and ever. Amen." (Eph. 3:20-21).

Greetings in the Name of our Lord and Savior Jesus Christ. Summer is the season for vacations and relaxation; of course we don't forget our responsibilities and the role we play, both in our families and in the larger society. For example, a priest is always a priest, a teacher always a teacher, a doctor always a doctor, and so on, whether in the church, in the classroom, the hospital or elsewhere. This applies not only to professionals but also to parents and children.

In today's society, we are often so busy that we don't take the time to express our feelings or discuss our dreams with each other, much less with our children. Time off with our families is vital, not only for ourselves but for our loved ones and is an important part of maintaining a priestly ministry. A time apart encourages us to rest, renew, and clarify our vision for life and work. This kind of renewal does not happen when we are consumed by a schedule crammed with duties and demands, but rather has to be an intentional decision to take time off. Studies show that most clergy average a 55-hour work week, and as you know, priests are often their own worst enemies when it comes to managing their time. Taking advantage of vacation time and events such as our Clergy Family Camp enables us to renew our energy in order to better serve our families as well as the flock that God has entrusted to our care. We have time to be with together with our families, enjoy their company, pray and reflect on our ministry, as well as physically and mentally relax.

Indeed while your family is on vacation it could be a good time to have conversations and discussions about issues or concerns which have not been addressed during the busy school year. Also, during this time, parents and children could work together on projects, which could strengthen their relationship, assist in developing understanding, and open lines of communication. Opening a dialogue with our children takes time, dedication and patience, not only to explain our thoughts but also to truly listen to our children and allow them to express themselves. Communication is the beginning of understanding and if we truly hear what our children are saying, we will better understand them.

Finally, we must consider how important it is to nurture and cultivate our unique Hellenic Orthodox Christian values, heritage and culture in our children. If we teach our children when they are young, they will become deeply rooted in our faith and culture, and will feel a connection to our Holy Orthodox Church, not only because it is the faith of their parents, but also because it will become a part of them—a living, vital relationship with Christ and His Holy Church.

For this, I encourage you to help your husbands find the time to rest and take care of themselves and their families, so precious to God and to me, and take care of them and yourself. This is not only a request from your Bishop but also an obligation for you, because you also need it – for your husband, yourself, your family and your community, so that you can continue to serve from your heart with zeal and enthusiasm. My dear sisters in Christ, I encourage you to enjoy your summer leisure, but not forget to invest your time wisely, so that you are blessed with a happy and wholesome family life. With prayers for a safe and happy summer filled with God's blessings, I remain

Paternally yours,

+ALEXIOS
Metropolitan of Atlanta

The President's Quill

"WE ARE FAMILY"

"Friends come and friends go, but a true friend sticks by you like family." —Proverbs 18:24

The 2010 Clergy-Laity Congress, in our home Metropolis of Atlanta, brought with it a remarkable change for our Metropolis Sisters. We cared enough, as sisters, to come together as a family. We had two separate meetings; each meeting had a different attendance. Between the two meetings, roughly 25 Presbyteres attended. You were not quiet, you participated, and you had ideas and comments.

Distance separates us all. The sisters in Louisiana, Georgia, and the Carolinas will not see the sisters in Florida unless there is a Metropolis event. Some of you don't even see your neighboring Presbyteres. Yet this Clergy-Laity bridged a gap. It brought us all together. You cared to voice that which you wanted. Why is this so important? At the Metropolis Clergy Laity in Atlanta, some four years ago we only had three Presbyteres in attendance at a sisterhood meeting. Subsequently, in Washington D.C. we managed about ten Presbyteres. Clearwater, Florida, brought about 15 Presbyteres. Each year we have grown in attendance and activity. The friends that were made in Washington, Atlanta, or even Clearwater, though separated by great distances became closer. They became sisters.

Each of our friendships with each other is a gift from God. We laugh together. We stand up for each other. We help each other out in times of turmoil. We laugh at our mishaps and we comfort each other at our losses. Maybe we aren't all on the phone line, internet, or there when a card is being written; but in spirit we are there. We are all different, kaleidoscopes of personalities that sometimes collide, but the bond is there.

The 2010 Atlanta Clergy-Laity demonstrated that the Metropolis of Atlanta Sisters transcended the idea of being an organization. The sisters present at the meetings cared about each other and about meeting again. Our goal will be to gather again, maybe with even more in attendance, at the Metropolis Clergy-Laity 2011 in New Orleans.

SESSION IDEAS AND DONATIONS FOR 2011 CLERGY-LAITY IN NEW ORLEANS ALREADY MADE INCLUDE:

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| Book discussion | Distribution of titles through the newsletter we can read beforehand and discuss together. |
| Quilting Project | The finished product to be offered at a silent auction with donations; a charity to be decided at the Metropolis Clergy-Laity by those presbyteres present. Possible charities mentioned were ... the Waynick Scholarship Fund, the ACP/NSP Benevolent Fund, and payment of travel expenses for those presbyteres who found it a hardship to attend the Congress. Quilting project donated by Marinda Tsahakis. |
| Incense Making | Making incense from scratch. Learn the importance of prayer in the making of the incense
Donated by Georget Photos. |
| Presbytera Presentation and discussion by Dr. Roxanna Louh | Topic: The Presbytera Today
The modern, professional, or working presbytera in society today; How have we developed.
What is our new identity to our fellow sisters, women in our parish and today's youth. |
| Luncheon on Bourbon Street | |
| Service Project | |
| Jigsaw Puzzle | Fun activity |

Please email your ideas to Theamnos@aol.com so that we consider all the possibilities, especially the Presbyteres with the Service Project ideas from our second meeting group.

Feature Presvytera Interview: Jenny Newlin

1. Since what date have you been a presvytera? July 2008
2. How did you meet your husband? (What's his name?) Why did you marry him? Friends; Thomas; Because God sent him to me.
3. Do you have children? If, so tell us about them. Marina is 8. Loving; compassionate; playful;
4. Do you have a job (now or previously)? Wife; Mother; Duster: Launderer; Sweeper; Maker of meals; Wiper of tears
5. How do you currently participate in the parish? I pray (a lot)
6. What is your favorite part of a divine service and why? The hymn just before the Great Entrance: "Let us lay aside all cares of this life"
7. What is your favorite hymn? Rich men have turned poor and gone hungry, but they that seek the Lord shall not be denied any good things
8. What is your favorite fasting or feasting food, and how is it made (recipe!)? Cypriot Koupepia (Dolmathes) Fasting recipe uses mushrooms
9. When is your birthday? May 16, 1966
10. When is your nameday and who is your patron saint? January 3 St. Genevieve
11. What is your current parish, and how long have you been assigned there? (Previous parish information is welcome, too.) Dormition of the Theotokos; 1 year
12. What are some of your hobbies? Reading (but there is never enough time), redecorating
13. Where were you born and where did you grow up? London, England; London, New Orleans, Houston
14. What books do you like? What are you currently reading? *Simplicity Parenting*
15. What music do you like? What are your favorite pieces or artists? All types except RAP
16. What, if any, experience do you have with seminary life? It was tough, but probably the best 4 years
17. Why do you love Orthodoxy? It gives me an anchor in my belief. It gives me a life line to turn to for help (which I need everyday).
18. Are you a convert? If so, why, and what was your conversion experience? No
19. What is your favorite prayer? Jesus Prayer
20. What is your cultural heritage? Cypriot
21. What languages do you speak? English & Greek

St. Euphrosynos' Corner

Koupepia, a Cypriot version of stuffed vine leaves (*Dolmades*)

Recipe adapted from Allrecipes.com

- 1 ½ pounds chopped mushrooms (for fasting recipe)
- 2 medium onions, finely chopped
- 2/3 cup long grain white rice
- 2/3 cup pine nuts
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon chopped fresh mint
- 1 (8-ounce) jar grape leaves, drained and rinsed
- 1 ½ cups water

Mix the mushrooms, rice, pine nuts, salt, pepper, and mint into a bowl until evenly combined. Gently open up a grape leaf, and place rib-side down onto your work surface. Place a rounded tablespoon of the mushroom mixture into the center of the grape leaf. Fold the bottom of the leaf over the mixture, fold in the sides, and roll into a tight cylinder. Place the rolled grape leaf into a large skillet, seam-side down. Repeat with remaining grape leaves, packing them in a tight, single layer.

Pour the water into the skillet, and bring to a simmer. Reduce heat to medium-low, cover, and simmer until the rice is tender, 50 to 55 minutes. Check occasionally and add more water if needed. Pour off water before serving.

Glory to God in all things!

Births

- Alexios Gregory Carter (*right*), son of Fr. Matthew Carter and **Presvytera Emily Young** of St. Nicholas in Wilmington, North Carolina, was born Thursday, March 25, 2010, 10:10 a.m., weighing 8 pounds and measuring 20 inches long.



- John Stamatios Mars (*left*), son of Fr. Christos and **Presvytera Mari Mars** of Annunciation Cathedral, Atlanta, GA, was born Tuesday, June 15, 2010, 10:38p.m., weighing 9 pounds, 8 oz., and measuring 22 inches long.

Graduations and assignments

- Following his graduation from Holy Cross, Fr. Aristidis and **Presvytera Maria Arizi** have been assigned to St. Andrew in North Miami, FL.
- Following his graduation from Holy Cross, Fr. Barnabas and **Presvytera Connie Powell**, with daughter Alexandra have been assigned to the parish of Ss. Raphael, Nicholas, and Irene, in Cumming, GA.
- Fr. Iulian and **Presvytera Gabriela Damian** have been reassigned to Holy Trinity in Clearwater, FL.
- Following the retirement of the Very Reverend Archimandrite Fr. Frank Kirlangitis, Fr. Peter and **Presvytera Magda Andronache** were assigned to St. Barbara in Sarasota, FL.
- The Metropolis of Atlanta was sorry to bid farewell to Fr. Konstantine and **Presvytera Maria Eleftherakis** and their family from St. John the Baptist, Myrtle Beach, SC, and wish them well at their new parish home at Annunciation Church in Scranton, PA.

Sacraments

- On Sunday, May 9, 2010, Paul Tsahakis was ordained as a permanent deacon at St. Nektarios in Charlotte, NC. He and his wife **Diakonissa Lea Tsahakis** have three sons: John Paul, Nicholas, and James. *Axios!*
- On Sunday, May 30, 2010, George N. Politis was ordained as a permanent deacon at Holy Trinity Cathedral in Charlotte. He and his wife **Diakonissa Koula Politis** have two children, Maria and Nicholas. *Axios!*
- The fifth grandchild of Fr. Michael and **Presvytera Maria Varvarelis** was baptized on Sunday, July 4, 2010, at Holy Trinity Cathedral, Charlotte, NC. Her name is Evangelia and her parents are Demetrios and Joanna (Varvarelis) Kakouras.
- Fr. Steve and **Presvytera Maria Dalber** of St. Nektarios in Charlotte, NC, married their daughter, Athena, to Bill Kortesis on Sunday, May 30, 2010.

If you have any news or information you would like included, please send it to Presvyteres Georget Photos (Theamnos@aol.com) and/or Magda Andronache (magda.andronache@gmail.com).

**Metropolis of Atlanta Sisterhood of Presvyteres
Clergy-Laity Congress
Tuesday, July 6, 2010**

1. Opening Prayer, following a break in the NSP meeting
2. Attendance
 1. Georget Photos
 2. Marinda Tsahakis
 3. Maria Dalber
 4. Tina Papanikolaou
 5. Jenny Newlin
 6. Emily Young
 7. Maria Varvarelis
 8. Vassi Haros
 9. Magda Andronache
3. Reading of Minutes of Last Meeting in Clearwater
Marinda Tsahakis moved to dispense with the reading of the minutes; Tina Papanikolaou seconded the motion.
4. Treasurer's Report (Marinda Tsahakis)
 1. We have \$277.00 in the checking account, which costs \$12/month in bank fees. There had been six months of no fees, and the monthly minimum to avoid fees is \$1200.00.
 2. We have \$185.00 designated for the Waynick Memorial Scholarship to St. Stephen's Camp.
 3. We have \$150.00 in uncashed checks intended for the proposed fountain at the Diakonia Center. These are being held pending a discussion and approval of the fountain. (For a further discussion, see below.)
 4. Tina Papanikolaou moved to accept the treasurer's report; Maria Varvarelis seconded the motion.
5. Representative Reports
 1. North East – Jenny Newlin
 2. South Florida – TBA
 3. Tampa Bay – Georget Photos
 4. Coastal – Vassi Haros
 5. Western – Elaine Stratis (host of Metropolis Clergy-Laity 2011), Tina Papanikolaou
Tina Papanikolaou reported that the parishes of Mobile, AL; Ft. Walton Beach, FL; Pensacola, FL; and Panama City, FL, succeeded in their attempts to meet in conjunction with church altar feasts.
 6. Central – Marinda Tsahakis
 7. North Florida – Eleni Tsigas
 8. Conference (or vicarage) representative responsibilities were clarified as encouraging presvyteres to gather and meet. One idea is, when the priests are called by the vicar to meet, to assemble the presvyteres at the same time and a nearby place, to facilitate ease of meeting. This has worked well for the Tampa Bay conference.
6. Old Business
 1. Directory
These are being distributed at the National Clergy-Laity to presvyteres in the Metropolis of Atlanta. Additional copies will be provided to:
 1. His Eminence Alexios of Atlanta
 2. Fr. George Tsahakis, Metropolis of Atlanta chancellor
 3. Fr. Grigorios Tatsis, Metropolis of Atlanta Ierokyrix
 4. Pres. Cynthia Paleologos, NSP President 2008-2010
 5. Pres. Magda Andronache, NSP Corresponding Secretary-ElectProviding the directory in a protected format online is still being investigated, as it is not currently possible directly through the Metropolis of Atlanta website.
 2. Need an Alternate for National Representative Meetings

Magda Andronache (NSP Corresponding Secretary-Elect) will serve as the representative for the Metropolis of Atlanta, and Vassi Haros (NSP Recording Secretary-Elect) will serve as the alternate.

3. Website

Presvyteres present were invited to add their names and e-mail addresses to receive updates when a new newsletter is put on the website.

The URL is http://atlanta.goarch.org/index.php?pr=Sisterhood_of_Presvyteres_index

4. Thank-Yous

Letters from His Eminence Alexios of Atlanta and the Waynick family were received in appreciation of letters sent by Vassi Haros on behalf of the Metropolis Sisterhood. In the future, letters will be kept in an album and brought to Clergy-Laity meetings (Metropolis and National). Notice of letters sent and received will be provided in the Metropolis newsletter. Vassi Haros will compile the album.

7. New Business

1. Elections

1. Vice President – Jenny Newlin
2. Recording Secretary – Magda Andronache
3. Corresponding Secretary – Tina Papanikolaou

The duties of the corresponding secretary were clarified: to send out letters on behalf of the Metropolis Sisterhood. Vassi Haros will continue to the card ministry, which sends out cards for life events (births, deaths, and sacraments). Georget Photos will continue with the newsletter as her stewardship.

2. Newsletter

In the future, the newsletter will include prayer requests; announcements of births, deaths, and sacraments; and a welcome section. Georget Photos and Magda Andronache will be co-editors.

3. Clergy-Laity 2011

1. This will be held at the Marriott on Bourbon Street in New Orleans, LA, on June 15-19, 2011.
2. The format will remain the same as Clearwater 2009 as regards the program and events.
3. Babies will be welcome in the presvyteres meeting room. Older children will have a nearby room, to be staffed by GOYAnS and OCF youth.

4. Possible projects were proposed as activities:

1. A jigsaw puzzle, to promote a form of structured free time, as was enjoyed at the Clergy Family Retreat one month ago at the Diakonia Center.
2. A quilting project, with the finished product to be offered at a silent-auction-cum-donations, with a charity to be decided at the Metropolis Clergy-Laity by those presvyteres present. Possible charities mentioned were: the Waynick Scholarship Fund, the ACP/NSP Benevolent Fund, and payment of travel expenses for those presvyteres who found it a hardship to attend the Congress. Marinda Tsahakis will bring the quilting materials.
3. A book discussion was proposed, with a book to be named at least six months prior, to allow time to obtain and read the book. Books mentioned were *Acedia and Me* by Kathleen Norris; the Mitford series by Jan Karon; *Sarah's Key*; and *Royal Princess* (about the Romanian monastic princess).

4. Diakonia Center fountain

1. The idea for a fountain for the Diakonia Center was proposed at the Clergy Family Retreat in June.
2. The process for this to be approved is for it to be brought to the Sisterhood as a group, then sent to the chancellor, then His Eminence Alexios for approval.
3. The maintenance of such a fountain would include the need for insulating pipes and cleaning sediment from spouts.
4. The current plans for the Diakonia Center and the current pressure for our husbands to supply Guardian Angels for the Diakonia Center funding were mentioned to provide perspective.
5. Marinda Tsahakis moved to table the discussion; Jenny Newlin seconded the motion.

8. Closing prayer

Magda Andronache moved to adjourn the meeting; Marinda Tsahakis seconded the motion. The meeting was adjourned at 4:45 p.m. so that we could attend the Clergy and Presvyteres Workshops.

Respectfully submitted by Magda Andronache, Metropolis Recording Secretary.

Metropolis of Atlanta Sisterhood of Presvyteres
Clergy-Laity Congress
Wednesday, July 7, 2010

1. Attendance (incomplete)

1. Georget Photos
2. Marinda Tsahakis
3. Tina Papanikolaou
4. Sultana Volaitis
5. Jenny Newlin
6. Emily Young
7. Magda Andronache

2. Sultana Volaitis requests that presvyteres who decorated scarves at the 2009 Metropolis Clergy-Laity wear and/or bring them to the 2011 Metropolis Clergy-Laity.

The items of the first day were discussed and reviewed.

Please send any corrections to these minutes to Magda Andronache: magda.andronache@gmail.com or (941) 727-7363.

It is very important that if any of those ladies present at the second meeting have any ideas for Clergy-Laity 2011 please let Presvytera Georget Photos know through email Theamos@aol.com or call (863) 651-9398.

Stewardship

We need your support to keep programs and information available to all the sisters. **Your Metropolis Sisterhood Stewardship** helps fund retreats, seminars, speakers for your retreats, airfare for the representatives to National Sisterhood meetings, and postage for greeting cards, among other things. Your donation is important to our Sisterhood; please be generous!

Name: _____ Address: _____

City, State, Zip: _____ Phone: _____

Atlanta Sisterhood Treasurer

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National Sisterhood Treasurer

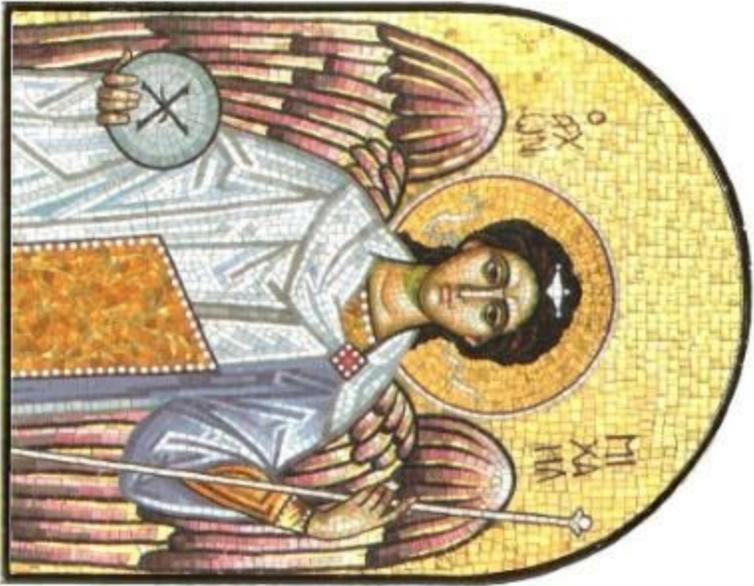
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JOSHUA A. WAYNICK FUND

The Waynick Fund is confidential and established to assist clergy families in need to send their children to the St. Stephen's Camp. All donations to the Joshua A. Waynick Fund should be mailed to Presvytera Marinda Tsahakis with the appropriate notation.

If there is a clergy family who would like to send their child to St. Stephen's Camp, at the Diakonia Center, and cannot afford the costs, please contact Fr. Stavros Akrotirianakis at (813) 876-8830.

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The Metropolis of Atlanta
Sisterhood of Presbytera
Newsletter

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c/o Presbytera Georget Photos
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