

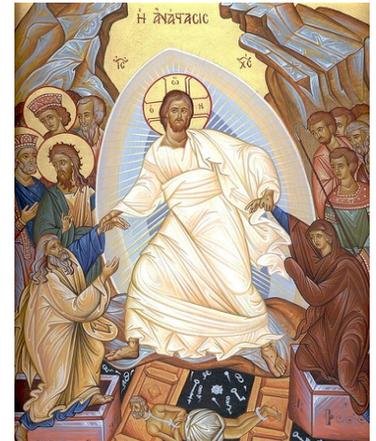


The Archangel's Wings

The Metropolis of Atlanta Sisterhood of Presvyteres Newsletter

Pascha 2011

*“Blessed be the God and Father
of our Lord Jesus Christ,
who according to His abundant mercy
has begotten us again
to a living hope through
the resurrection of Jesus Christ
from the dead.”
1 Peter 1:3*



My dear Presvyteres and sisters in Christ,

I greet you today in the name of our Lord and Savior Jesus Christ, with great joy in my heart, as we look forward to His Passion and Resurrection, giving thanks that our Almighty God has granted us the opportunity to celebrate once again the Feast of Feasts, the Holy Day of Holy Days!

It is through the glorious Resurrection of our Lord, God, and Savior Jesus Christ that we are offered the gift of a new and eternal Life! This is the truth of our faith: God's promise fulfilled for us by Christ's triumph of light over darkness, of good over evil, of truth over deception, of hope over despair. Let us therefore rejoice in our Risen Lord, with courage and hope, knowing that He is ever with us.

Let us uplift one another and forgive and be reconciled. Let us give each other, especially our own families and our parish families, the love and encouragement that everyone needs to face the difficulties and struggles of this life, as together we seek forgiveness and salvation. For we know that through prayer and forgiveness, the Holy Spirit can revive and renew us to find peace of mind and heart.

Let us all receive the hope and joy of the Resurrection in our hearts and rejoice in the Lord with thanksgiving for His great victory, and with one mind and one heart, with the angels and archangels and all the company of heaven, proclaim, **“Χριστός ἀνέστη! Ἀληθῶς ἀνέστη!”** *“Christ is Risen! Indeed He is Risen!”*

With love in the Risen Lord and wishing you a most joyous and blessed Easter, I remain,

+ALEXIOS

Metropolitan of Atlanta

The President's Quill

"THIS IS THE DAY THE LORD MADE, LET US REJOICE AND BE GLAD..."

The Myrrh-bearing women are role models for the Sisterhood of Presvyteres. Their example is clearer now than ever. They loved, followed, and served Jesus. Their faith, dedication and devotion earned them Sainthood.

Despite the challenges these women disciples offered a courageous *diakonia* to Jesus. At the Crucifixion they were there helping to remove our Lord's body from the Cross. They helped prepare and lay the body in the tomb. They saw the tomb sealed. They set out on Sunday, the first day of the week, to anoint the Lord. The only concern of Mary Magdalene, Mary the mother of James, and Salome was how to move the massive stone. By the time they reached the tomb, the challenge had resolved itself. "Why do you seek the living among the dead?" asked the angel at the tomb. Then Mary Magdalene saw and spoke to Jesus, who told her to return to the disciples and tell them the Good News. Their courage was rewarded, by becoming the first witnesses to the glory of the Resurrection.

There is no doubt that we as presvyteres follow the faith of these early women. Yet, during this solemn season we are troubled about the challenges of "earthly" cares versus our spiritual life. When we have this insatiable "tug-of-war" between our "earthly" and spiritual life, stop and place the conflict in Jesus' hands. Pray for faith and courage, and allow His hand to guide you. Thus, our role is a reflection of the *diakonia* displayed by the Myrrh-bearers. The presvytera serves Christ, His Church, and her family.

A Blessed Anastasis to you and your families!

Clergy Laity 2011 – New Orleans!

New Orleans is opening its great arms to welcome the Sisters of Atlanta! Packages have been developed and programs are set in place for the presvyteres to once again gather, be enriched and just plain have fun. We are all waiting to gather and enjoy each other's company. A warm thank-you to Presvytera Eleni Stratis, Presvytera Roxanne Louh, and Presvytera Marinda Tsahakis who are diligently working to make these few days we are together a most excellent experience.

- We look forward to welcoming you to New Orleans for our Metropolis Clergy-Laity, June 16-19.
- For presvyteres who are not registering as Clergy-Laity or Philoptochos Delegates, we have a two-event package (the Philoptochos Luncheon and the New Orleans Night) for \$100.
- Banquet tickets may be purchased separately. Please see your husband's Clergy-Laity Packet for further details.
- The Presvyteres Meeting and Program Plans
 - The Presvytera Today (Friday) Morning Lecture/Afternoon Workshops
 - Jelly Roll Quilts (Thursday & Saturday)
- Free time on your own to explore New Orleans Saturday.
- Those of you who have children: the children will be in the room with us, due to the cost and need for rooms. Entertainment will be supplied.

THE PRESVYTERA TODAY

Dearest sisters in Christ,

My name is Roxanne Louh and I am the presvytera at St. John the Divine Greek Orthodox Church in Jacksonville, FL. In just a few short months, we will be convening in New Orleans for the biennial Clergy-Laity Conference, and I have humbly accepted the opportunity to speak to you about a topic so important to presvyteres today. Who are we and how do we balance the many roles we are faced with, with humility, balance, fulfillment and happiness? I humbly invite you to journey with me through the experience of understanding who we individually are, the multiple aspects of our true selves and how we balance the many roles we play, while integrating who we are into each one of them. Please join me Friday, June 17, for a presentation and interactive workshop to follow. I want to thank each and every one of you for all that you do for our Church, and I look forward to spending time with you in New Orleans. Wishing you continued strength during this sacred Lenten Season, I remain

Your sister in Christ,
Pres. Roxanne Louh, Psy.D.



Clergy Family Retreat
June 26 -30, 2011



@ Diakonia Retreat Center

For all Priests, Presvyteres and PKs
of the Atlanta Metropolis

A GIFT OF...

...of time & recreation for your family

Golfing, fishing, hiking, swimming, boating & more

...support & fellowship

Gathering, mentoring, visiting, meditating, sharing, caring

...lodging, food and activities

Thanks to the generosity of Metropolitan Alexios & Diakonia Deca this blessed event is



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Atlanta Representatives Report

By: Magda Andronache

Metropolis News

GENERAL NEWS (METROPOLIS), OFFICERS, ETC.

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Western – Elaine Stratis & Tina Papanikolaou

North East – Jenny Newlin South Florida – TBA Central – Marinda Tsahakis

North Florida – Eleni Tsigas Coastal – TBA Tampa Bay – Georget Photos

Are you in the South Florida conference? We need a district representative to report on any gatherings or news. If you are at all interested in learning more about what this involves, please contact Georget Photos.

Are you a caregiver? A volunteer has been requested from each Metropolis to be a caregivers coordinator. Interested persons should contact the national caregivers coordinator, Alexandra Poulos, as well as NSP president Alice Noplos.

METROPOLIS CLERGY-LAITY The Metropolis Clergy-Laity will take place in New Orleans, LA, June 15-19. So far, planned events include a presentation by Presvytera (Dr.) Roxanne Louh, "The New Presbyteria: Allowing our talents to grow and be of assistance to our husband's ministry" and a community project making Jelly Roll quilts led by Presvytera Marinda Tsahakis.

GATHERINGS In the Western conference, the priests from Mobile, AL; Pensacola, FL; and Ft. Walton Beach, FL, were able to meet with their brother priest in Panama City, FL. They enjoyed the fellowship so much that they are planning a clergy couples' meeting for November 2. This will be in addition to the usual Agape Luncheon which takes place in December around the Christmas holidays, to be held at Annunciation in Mobile, AL.

In the Tampa Bay conference, three presvyteres were able to meet for vespers and dinner for the altar feast of St. Sophia in Winter Haven, FL. In addition to altar feast celebrations, upcoming events being planned include the annual Clergy Families Tampa Bay vasilopita following the new year as well as the annual gathering at the Epiphany meal to honor His Eminence the Archbishop.

WELCOME To Presvytera Mary Papas in Myrtle Beach, SC!

BIRTH ANNOUNCEMENTS We congratulate Fr. Barnabas and Presvytera Connie Powell, of Ss. Raphael, Nicholas, and Irene in Cumming, GA, on the birth of their second child, Katherine Ann Powell, born at 4:38 a.m. on Wednesday, March 2, 2011

PRAYER REQUESTS Matushka Lois Plumlee in Venice, FL, who has pneumonia. Please pray for a young presvytera who is receiving treatment for cancer.

DEATHS Presvytera Eleni (Helen) Theophilopoulos, the widow of the late Rev. Fr. Tryfon Theophilopoulos, fell asleep in the Lord on Tuesday, March 22, 2011.

Presvytera Katherine Maheras Prassas, the wife of the Rev. Fr. George Prassas, fell asleep in the Lord on Wednesday, March 23, 2011.

Anastasia (Ann) Haros, mother of Rev. Fr. Athanasios C. Haros of Transfiguration of our Savior Church, Florence, SC, fell asleep in the Lord on Saturday, April 2, 2011.

METROPOLIS SISTERHOOD NEWSLETTER Would you prefer to receive notice via email when the Metropolis Sisterhood newsletter is available online, instead of receiving this newsletter by mail? Please contact Magda Andronache.

<http://atlanta.goarch.org/index.php?pr=Sisterhood-Newsletter>

DIRECTORY The June 2010 version of the Atlanta presvyteres directory was passed out at Clergy-Laity, and was shared electronically and by mail with those presvyteres who had participated by submitting their information. The next version is expected to be ready by the Metropolis Clergy-Laity in June 2011.

HELLENIC COLLEGE: Lydia Bryant, Roger Bryant, Emily Couchell, John Dalber, Irene Drackley, Erin Hunt, James Merkel, Katherine Marcantoni, Nicholas Savas, and Anthony Velardocchia.

HOLY CROSS: Sarah Bryant, Charles Hambros, Francis Holliday, Styliani Hondros, Steven Klund, Athanasios Murphree, Eric Michael Marcantoni, Stephanos Ritsi, Jacob Saylor, Gregory Tsikerdanos, George Tsongranis, and Eric John Wallace

NSP NEWS (FROM REPRESENTATIVE, BOARD MEETINGS)

NSP BOARD MEETING, OCTOBER 22-24, 2010

Your National board met in Pittsburgh, PA, the weekend of October 22-24, 2010. We were beautifully hosted by Fr. John and Presvytera Becky Toulomes of Holy Trinity in Pittsburgh, PA.

Our first part of the meeting was held at the Three Hierarchs Eastern Orthodox School (<http://theoschool.org/>), including a school tour and a lovely dinner. The next part of our meeting was held at Holy Trinity in Pittsburgh, PA, where we were greeted by area presvyteres who also joined us for lunch. In the evening we were able to share even more time with area presvyteres at the Tin Angel, one of Pittsburgh's premier restaurants, located on Mt. Washington, with a spectacular view. On Sunday morning we went to Divine Liturgy, again at Holy Trinity, then briefly stopped for lunch together before separating to go home our separate ways. We very much enjoyed the time we spent together, both working on behalf of the NSP, and enjoying the fellowship and company of sister presvyteres, refreshing and making new friendships.

We reviewed the minutes from the July 8, 2010, board meeting at the Clergy-Laity in Atlanta, GA. The following are some tidbits from that meeting: *Mari Mars is looking for Big Sisters to reach out as part of the Sister-to-Sister program; *the NSP newsletter is going green (<http://nsp.goarch.org/news.html>); *the Benevolent Fund is available to clergy families in need (<http://nsp.goarch.org/BenevolentFund.html>); and *the biennial NSP retreat will be October 7-10, 2011, at the Wooded Glen Conference Center (<http://nsp.goarch.org/retreat.html>).

Among the various officers' reports were the following pieces of information to pass along. (Metropolis of Atlanta news is elsewhere in this newsletter.)

A volunteer was requested from each Metropolis as a caregivers coordinator. Interested persons should contact the national caregivers coordinator, Alexandra Poulos, as well as NSP president Alice Noplos.

The NSP Board expressed great appreciation and admiration for the efforts of Christine Salzman who so beautifully organized the National Clergy-Laity meetings this past summer. The results from the presvytera survey following Clergy-Laity were shared, with 22 responses.

Representatives from other Metropolises looked over our directory in the hopes of implementing directories in their Metropolises.

It was discussed that the official spelling for "presvytera" is with a /v/. This was included in the minutes of a previous NSP board meeting. The plural form is "presvyteres." The archives of the NSP board meeting minutes are housed at the Archbishop Iakovos Library on the campus of Holy Cross / Hellenic College in Brookline, MA.

FEATURE PRESVYTERA INTERVIEW: ELENI STRATIS

1. Since what date have you been a Presvytera? **May 8, 1988**
2. How did you meet your husband? (What's his name?) Why did you marry him? **I met Anthony in August 1986 in my home parish of Annunciation Cathedral – Atlanta at the baptism of Paraskeva Savas- son of Fr. George and Laina Savas. At the time, Fr. George was the assistant priest in Atlanta. They wanted us to meet each other. I married Anthony because I fell in love with him.**
3. Do you have children? If, so tell us about them. **We have two sons. Nicholas, 21, and Stavros, 18. Nicholas attends Florida State University where he is studying accounting, finance, and criminal justice. Stavros is a Senior in High School and is graduating in May. He plans to study mechanical engineering and has narrowed down his college choices but has not made his final decision. Both boys continue to be very active in church life and both have served two terms as GOYA President.**
4. Do you have a job (now or previously)? **I am an office clerk at both an elementary school and middle school. Occasionally I also substitute teach.**
5. How do you currently participate in the parish? **I participate in every way possible. Among those ways, I am currently serving as a GOYA advisor, member of P.T.A. and Philoptochos, and am one of the reorganizers of our Cathedral's Bookstore. I just completed teaching Sunday School after over 20 years, although I still offer my services as a substitute teacher.**
6. What is your favorite part of a divine service and why? **In the Divine Liturgy, my favorite part is when we kneel during the Consecration of the Gifts. At that time I feel particularly close to God and as though He is especially listening to my prayers.**
7. What is your favorite hymn? **Se Ymnoumen**
8. What is your favorite fasting or feasting food, and how is it made (recipe!)? **Favorite fasting food – Spanakorizo**
9. When is your birthday? **April 14**
10. When is your nameday and who is your patron saint? **May 21; St. Helen**
11. What is your current parish, and how long have you been assigned there? (Previous parish information is welcome, too.) **Current parish – Holy Trinity Cathedral, New Orleans, LA 16 years; previous parish – St. Paul, Savannah, GA 2 ½ years; first parish (assistant) – Holy Trinity, Clearwater, FL 4 ½ years.**
12. What are some of your hobbies? **Reading, crossword and word search puzzles.**
13. Where were you born and where did you grow up? **I was born in Augusta, GA, but I grew up in Atlanta, GA.**
14. What books do you like? What are you currently reading? **I like reading light fiction and also mysteries; favorite author – John Grisham.**
15. What music do you like? What are your favorite pieces or artists? **Traditional Greek and a variety of modern American – particularly jazz, R&B and soft rock.**
16. What, if any, experience do you have with seminary life? **none**
19. What seasonal traditions do you keep alive in your family? **Baking of Vasilopites and dyeing of red eggs for Pascha. I share them with many in our church family.**
20. Why do you love Orthodoxy? **I love Orthodoxy because of the beauty of the services and because it teaches the truth.**
22. What is your favorite prayer? **The Jesus Prayer**
23. What is your cultural heritage? **Greek**
24. What languages do you speak? **Greek and English**

St. Euphrosynus' Corner
Spanakorizo (spinach and rice)
Recipe By: Eleni Stralis

Ingredients 2 packages spinach, thawed and squeezed out
 1 medium onion, chopped
 ½ cup vegetable oil (or mixed vegetable & olive)
 ½ stick margarine
 3 ½ cups water
 1 level teaspoon pepper
 1 ½ teaspoons salt
 ½ lemon, squeezed
 1 cup rice

1. Mix the onions, oil mixture and margarine together in a pot and place them over a low heat. Let them simmer until the onions turn pink.
2. Add the spinach into the simmering mixture and cook it for about 5 minutes.
3. Then add the water, rice, salt and pepper and heat to boiling. Lower the heat, allowing the mixture to simmer, and cover pot with a lid.
4. Cook for about 25 minutes more, occasionally stirring and, if needed, adding water.
5. When it is done, remove the pot from the heat.
6. Add lemon juice to taste and stir.
7. Let the spanakorizo sit in the pot for a few minutes with a couple of paper towels placed between the rim of the pot and the lid (the towels help absorb excess moisture). Serve and enjoy! (It actually tastes better the next day.)

Your Metropolis Sisterhood Stewardship will help 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!

STEWARDSHIP

We need your support to keep programs and information available to all the sisters.
Please donate generously.

Name: _____ Address: _____

City, State, Zip: _____ Phone: _____

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NATIONAL SISTERHOOD TREASURER:
Presvytera Jeannie Monos
P.O. Box 30608
Columbia, MO 65205
jmonos@newrome.org

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.

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

*The Metropolis of Atlanta
Sisterhood of Presvytera
Newsletter*



*The Archangel's Wings
Volume 5, Issue 2
April 2011*

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c/o Presvytera Georget Photos
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