



# The Archangel's Wings

## The Metropolis of Atlanta Sisterhood of Presbyteres Newsletter



GREEK ORTHODOX METROPOLIS OF ATLANTA

My beloved Presbyteres and sisters in Christ,

*"Pursue peace with everyone, and the holiness without which no one will see the Lord" (Hebrews 12:14).*

Greetings in the Name of our Lord and Savior Jesus Christ. As we look forward to the beginning of the new ecclesiastical year, God invites us to enter once again into the liturgical seasons of His Church. The worship of our Holy Orthodox Church, with its cycle of feasts and fasts, is a living theology manifesting the glorious reality that Christ is truly in our midst here and now.

It seems particularly appropriate at this time to give thanks to Almighty God for presbyteres like you who have been inspired to serve our Lord and His Holy Church not by doing a "job" but rather by dedicating your lives to serving Him with a whole heart. I am proud of you and I wanted to express my sincere appreciation for all your hard work and dedication to the mission and ministries of our Holy Orthodox Church.

Your lives are challenging on many different levels, but you must never lose heart. The Theotokos whose loving heart knows what it is like to be a woman and a mother understands your struggles and problems. By asking for her intercessions, you can receive strength and courage and the ability to love and care for your family, as well as support your husband in his ministry to the faithful. Of course, we know that in this life we will certainly experience failure, disappointment, misunderstandings, and even sorrow and heartbreak. But we also know, as St. Paul said, "...that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord" (Romans 8:38-39).

As we reflect on our lives and the coming year, I encourage each of you to make the effort to put your faith into practice by living it on a daily basis. In our ordinary life we make many decisions, both large and small, daily, that will alter and affect our futures. In the course of a year, how many opportunities have we missed to dedicate our lives to Christ? Let us be mindful of every opportunity to share the love of Christ with our families, our friends, our neighbors, and the larger community.

In this spirit, I ask you to join me in prayer, that we may look forward confidently to the future, praying that the Lord will grant us the time to receive Him in our own hearts so that we not only experience but manifest the awesome reality of His love and grace in our lives.

Wishing all of you a blessed, healthy, and peaceful New Year abundant in all the good gifts of our loving and merciful God, I remain,

Paternally yours with love in Christ,

**+ALEXIOS**

Metropolitan of Atlanta

Treat Wisdom as your sister, and insight as your closest friend. Proverbs 7:4

## Presbytera Feature Interview: Emily G. Harakas

1. Since what date have you been a presvytera? **January 1956; Fr. Stanley – Deacon: Jan. 29, 1956; Priest: Feb 1, 1956.**
2. How did you meet your husband? (What's his name?) Why did you marry him? **I met my husband, Fr. Stanley, as a student at the Boston, MA Cathedral (my home church) at an ordination on October 25, 1953.**
5. How do you currently participate in the parish? **Since we have no chanter or choir I lead the congregational singing during our services. I'm Vice President of our Philoptochos Society, curriculum advisor for the Sunday School, and do miscellaneous secretarial work, etc., for our Mission.**
6. What is your favorite part of a divine service and why? **Receiving Holy Communion during the Divine Liturgy. I love singing the hymns of our Liturgy and all other services. (I wish I had a better voice for it!!!)**
7. What is your favorite hymn? **As for favorite hymns, I think each service has its own special hymns and I love them all.**
9. When is your birthday? **I was born in Boston, MA, on February 5, 1931.**
11. What is your current parish, and how long have you been assigned there? (Previous parish information is welcome, too.) **Our Mission parish is called Christ the Savior, and we have our Feast Day on February 2<sup>nd</sup> – Presentation of Christ to the Temple. We have served this mission parish since January 2002. Before Fr. Stanley started teaching at our Seminary we served three parishes full time: Lancaster, PA; Peabody, MA; and Lexington, MA. Fr. Stanley taught at the Seminary for thirty years, including the Dept. of Religious Education, Receptionist at Holy Cross, and finally Faculty Secretary for many years.**
14. What books do you like? What are you currently reading? **Besides our Holy Bible, I read "The Imitation of Christ" by Thomas A. Kempis or from Father John of Kronstadt's book "My Life in Christ" which is so easy to just open the book and read a paragraph or two for help or inspiration. I don't have much time to read entire books, but I enjoy mysteries, Agatha Christie, Sherlock Holmes, etc.**
16. What, if any, experience do you have with seminary life? **My experience at the Seminary was a special time for me – the Chapel Services, the wonderful faculty members, and, of course, the many students, who truly were an inspiration! I have been privileged to have had the wonderful experience as a presbytera of three full-time parishes, but also I was truly blessed to be a part of our Holy Cross Seminary Family.**
22. What is your favorite prayer? **Our Church has so many meaningful and inspiring prayers, especially in our books and Services, but I seem to be saying, "Lord, have mercy," all the time so I guess that it is my "most said prayer."**

### PRAYER FOR THE BEGINNING OF EACH DAY

O Lord, grant me to greet the coming day in peace,  
 Help me in all things to rely upon Your Holy will.  
 In every hour or the day reveal Your will to me.  
 Bless my dealings with all who surround me.

Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all.

In all my deeds and words, guide my thoughts and feelings.

In unforeseen events, let me not forget that all are sent by You.

Teach me to act firmly and wisely, without embittering and embarrassing others.

Give me strength to bear the fatigue of the coming day with all that it will bring.

Direct my will, teach me to pray,

And You, Lord, pray in me.

Amen.

23. What is your cultural heritage? **Both my parents were born in Greece.**

24. What languages do you speak? **I speak Greek and English.**

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## Dear Prez...

This is a new column that we considered during discussions; where is not important. The Senior Presbytera, who wishes to remain nameless, will have an article based on questions that you submit. These questions will branch to a number of different avenues. Names of the person submitting the question will also be kept confidential. If you have something you wish to submit please send me the questions via email ([Theamnos@aol.com](mailto:Theamnos@aol.com)) or mail (Presbytera Georget Photos, St. Sophia Greek Orthodox Church, P.O. Box 7424, Winter Haven, FL 33883-7424).

# St. Euphrosynos' Corner

Stolen Chicken Recipe by: Georget Photos

The name of this particular recipe, though surprising, speaks of the first attempts of smoking meats. Whether the soldiers were hiding from the Turks, Nazis, or were even bandits needing a meal, the meats that were gathered were assembled and placed in an oilcloth and buried over burning embers, pinecones, grasses, and/or herbs. The oil cloth was covered with more wood and soil to hide the smoke of the cooking meat. This recipe can work in a crock pot or oven. If you are using an oven, make sure you place your chicken in aluminum foil prior to dressing it with all the frills listed below.

1 whole chicken  
1 or 2 of any or each carrots, celery, onions,  
mushrooms, green onions and potatoes  
Fresh mint, oregano, thyme, rosemary and/or parsley  
Olive oil  
Lemon juice  
½ lb of Feta  
Salt and pepper

1. Clean your chicken. Remove the fat. Rub with the remaining lemon half you have just juiced.
2. Lift the skin of the chicken, taking care not to pierce the skin layer. This is the skin at the breast area. You are trying to make a pocket that will expose the breast, legs, and thighs.
3. Strip the herbs leaves from the stalk. Place them in a pot with olive oil, lemon juice, salt and pepper and slowly heat. The heat will lock all the flavors together. Heat it slowly until the oil is warm. Set it aside.
4. Chop all the vegetables you have selected and mix them together in a bowl.
5. Crumble your feta and combine with the vegetables.
6. With a tablespoon, add the oil into the cavity of the chicken and rub.
7. Lift the skin and deposit a few tablespoons of oil under the skin.
8. Prepare a roaster with aluminum foil, baking parchment, clay roaster, or baking bag.
9. Add as much of the vegetables as possible into the cavity. Whatever remains is added around the chicken in the roasting pan and sealed.
10. Bake the chicken at 350°F for about 40 minutes or until thoroughly cooked.
11. Remove the vegetables from the cavity and serve as a side dish to the chicken.

**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: \_\_\_\_\_.

Please send your stewardship to: Presbytera Marinda Tsahakis, 219 Old Rosser Road, Stone Mountain GA 30087 (770) 381-1842  
[mtsahakis@comcast.net](mailto:mtsahakis@comcast.net)

**All donations to the Joshua A. Waynick Fund should be mailed to Presbytera Marinda with the appropriate notation.**

## NEWS!

**OUR WEBPAGE:** An electronic version of the newsletter will be placed on the website and people will receive an email with the link to visit the site. This would avoid using their mailbox size quotas, as well as encouraging them to visit the sisterhood website. Presbyteria Magda will be in charge of the webpage, along with the Webmaster, Fr. Peter Andronache.

**THE DIRECTORY:** There are still a number of you who have not responded to your directory questionnaires. As of right now, 53 people have not yet responded. There are still 46 presbyteres whom Presbyteria Magda has not called. (Augh!) We need to have these responses before we can proceed. During one of the Clergy-Laity gatherings a senior Presbyteria announced that this would be a wonderful advantage for presbyteres. Having a directory such as this allows us to connect.

**CLERGY-LAITY 2010:** Those interested in becoming an active part of Clergy-Laity 2010, please contact Presbyteria Christine Saltzman: [prchristine@imageandlikeness.com](mailto:prchristine@imageandlikeness.com). This will prove to be an exciting year, so let's show our sisters some Southern hospitality!

Tampa Bay Conference of the Greek Orthodox Metropolis of Atlanta Sisterhood of Presbyteres  
September 9, 2009 Holy Trinity, Clearwater, FL

In attendance:

Georget Photos, Metropolis President  
Vasso Rousakis, Tampa Bay Regional Coordinator  
Emily Harakas  
Lula Hondras  
Helen Kalamaras  
Catherine Protopapas  
Sultana Volaitis  
Magda Andronache, Metropolis Recording Secretary (and Teddy)

1. Vasilopita Cutting
2. Retreat
3. Baby Day
4. Directory
5. Next Tampa Bay meeting

1. The Tampa Bay presbyteres have a tentative plan to gather at the Greektown Grille, 1230 Cleveland Street, Clearwater, FL 33755, for a Vasilopita cutting, on January 16, 2010.

2. The Tampa Bay presbyteres plan to host a Lenten retreat at Holy Trinity in Clearwater, FL, on either February 27 or March 6, 2010. All presbyteres from the Metropolis of Atlanta are welcome to attend. The theme will be "Faith, Hope, and Love," with Presbyteres Emily Harakas, Catherine Protopapas, and Helen Kalamaras, respectively, to present the discussion topics.

3. It was proposed that, having enjoyed Teddy's company, presbyteres could bring their youngsters for a social event for all the presbyteres to enjoy not only each other but also the little ones.

4. Information and permission were obtained from all attendees to assist in the presbyteres directory project.

5. The next meeting of presbyteres for the Tampa Bay area will again coincide with the vicar's meeting, on Wednesday, November 11, 2009, in Tarpon Springs, FL, at the Cathedral Center of St. Nicholas Cathedral.

Submitted by Magda Andronache.

## My First (Metropolis) Clergy-Laity

by Teddy, with help from Mommy (Presvytera Magda Andronache)



The first event for the presvyteres was the ice cream social! The presvyteres of Holy Trinity in Clearwater (and others who came early) had fun setting up the tables and food.

We celebrated Harry Haros' sixth birthday, and then everyone sat down and ate and talked while I took a nap.



*Above, left:* Presvyteres Mari Mars, Georget Photos, Eleni Petrides, Emily Harakas, and Vassi Haros.

*Above, right:* Presvyteres Gabriela Damian, Lula Hondras, Sultana Volaitis, Vasso Rousakis, and Joanna Alexson.



*Right:* Harry and Presvytera Vassi Haros.

The next day all the presvyteres gathered for a meeting. Mommy learned that it is hard to be a recording secretary and take care of me at the same time.

*Far left:* Presvyteres Georget Photos, president, and Joanna Alexson, vice president.



*Above, right:* Presvyteres Maria Dalber, Emily Harakas, Eleni Petrides, Lula Hondros (standing), Emily Young, Vasso Rousakis (standing), Vassi Haros, and Eleni Tsigas.



In the afternoon, Presvytera Sultana Volaitis shared her talents by showing how to dye silk scarves.

*Far left, L to R:* Presvyteres Maria Dalber, Lula Hondras, and Vassi Haros.

*Left, L to R:* Presvyteres Emily Harakas, Eleni Tsigas, Georget Photos, Eleni Petrides, Sultana Volaitis, Maria Dalber, and Efrossini and Anna-Maria Vernikos.



Afterwards, I liked meeting someone my own size!

*Left:* Fr. Ioannis and Stefanos Vernikos, me (Teddy Andronache), and Fr. Dean Photos.

Daddy (Fr. Peter Andronache) and I can't wait to see everyone again next time!



*Above:* One of the projects was to help make a gift for His Eminence Alexios ...

*Right:* ... but there were plenty of other projects going on, too!



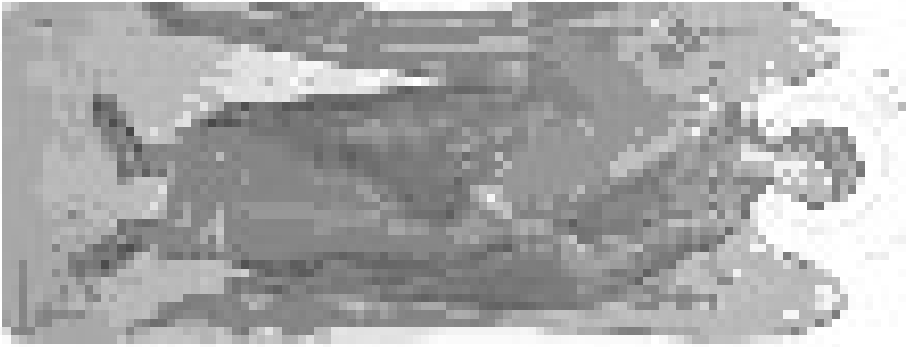
# **The Metropolis of**

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**Newsletter**



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