

SUNDAY OF HOLY PENTECOST



Icon of Pentecost

HOLY TRANSFIGURATION GREEK ORTHODOX CHURCH

3431 Trickum Road NE — Marietta, GA 30066 — Tel. 770-924-8080



Our purpose is to lead people to the Kingdom of God.

*Our mission is to provide a place of worship
where people actively gather to practice their authentic
Orthodox Christian faith to impact the world.*



Fr. Panayiotis Papageorgiou, Ph.D., Protopresbyter

Fr. John Brown, Protopresbyter

Fr. Michael Tishel, Presbyter

Fr. Christopher Zaferes, Presbyter

SUNDAY—THE LORD'S DAY—MAY 31, 2026

Pentecost Sunday

Musical Mode: Festal

Festal Eothinon Gospel: John 20: 19-23

Readings of the Day: Acts 2: 1-11 & John 7: 37-52; 8: 12

Today's Saints: Hermias the Martyr at Comana; Eustathios, Patriarch of Constantinople;
Eusebius and Haralambos the Monk-martyrs

APOLYTIKION OF THE PARISH

Μετεμορφώθης ἐν τῷ ὄρει Χριστὲ ὁ Θεός, δεῖξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδυναντο. Λάμπσον καὶ ἡμῖν τοῖς ἀμαρτωλοῖς, τὸ φῶς σου τὸ αἰδῖον, πρεσβείαις τῆς Θεοτόκου, φωτοδότα δόξα σοι.

Metemorfóthis en to óri, Hristé o Theós, dixas tis Mathités sou, tin dóxan sou kathós idinanto; lampson ke imin tis amartolis, to fos sou to aidion, presvies tis Theotókou, Fotodóta dóxa si.

You were transfigured upon the mountain, O Christ our God, showing to Your disciples, Your glory as much as they could bear. Do also in us, sinners though we may be, shine Your everlasting light, by the intercessions of the Theotokos, O Giver of Light, glory to You.

TODAY'S HYMNS

Entrance Hymn. Second Mode.

Be exalted, O Lord, in Your power; we will sing and praise Your mighty deeds.
Save us, O good Comforter. We sing to You, Alleluia.

Please sing along with us after the Small Entrance, as you are able.

Apolytikion of the Feast. Plagal of the Fourth Mode.

Blessed are You, O Christ our God. You sent down the Holy Spirit into the fishermen, and You gave them knowledge and wisdom in everything; and through them, as in a net You caught the whole world. O Lord who loves humanity, glory to You!

Apolytikion of the Parish. Grave Mode.

[See inside front cover]

Kontakion of Feast. Plagal of the Fourth Mode.

When the Most High God came down and confused the tongues, * He divided the nations. * When He distributed the tongues of fire, * He called all to unity. * And with one voice we glorify the all-holy Spirit.

WHERE TO FIND INFORMATION ABOUT ORTHODOXY

Trisagion Films: On YouTube, Facebook and website, www.trisagionfilms.com

Follow our Podcasts: *"An Imperfect Podcast"* - You can now listen to the entire series on iTunes, Spotify, GooglePlay, PlayerFM, and Sticher. You can find the entire series on iTunes here as well: <http://tinyurl.com/y5ved9lk>

For audio of spiritual discussions: **Ancient Faith Radio:** www.ancientfaith.com
Visit our **Church Bookstore** for books, icons and other spiritual items for your home.
Visit our **Library** at <https://holytransfiguration.info/ministries/education/library/>

To learn more about the Orthodox Faith, speak to Father Panayiotis and he will guide you. Email him at frpanayiotis@holytransfiguration.info to schedule an appointment.

Readings of the Sunday of Pentecost

Αναγνώσματα Κυριακῆς τῆς Πεντηκοστῆς

Πράξεις τῶν Ἀποστόλων 2:1-11

Ἐν τῷ συμπληροῦσθαι τὴν ἡμέραν τῆς Πεντηκοστῆς, ἦσαν ἅπαντες ὁμοθυμαδὸν ἐπὶ τὸ αὐτό. Καὶ ἐγένετο ἄφνω ἐκ τοῦ οὐρανοῦ ἦχος ὡσπερ φερομένης πνοῆς βιαίας, καὶ ἐπλήρωσεν ὅλον τὸν οἶκον οὗ ἦσαν καθήμενοι. Καὶ ὤφθησαν αὐτοῖς διαμεριζόμεναι γλῶσσαι ὡσεὶ πυρός, ἐκάθισεν τε ἐφ' ἓνα ἕκαστον αὐτῶν. Καὶ ἐπλήσθησαν ἅπαντες πνεύματος ἁγίου, καὶ ἤρξαντο λαλεῖν ἐτέραις γλώσσαις, καθὼς τὸ πνεῦμα ἐδίδου αὐτοῖς ἀποφθέγγεσθαι. Ἦσαν δὲ ἐν Ἱερουσαλὴμ κατοικοῦντες Ἰουδαῖοι, ἄνδρες εὐλαβεῖς, ἀπὸ παντὸς ἔθνους τῶν ὑπὸ τὸν οὐρανόν. Γενομένης δὲ τῆς φωνῆς ταύτης, συνήλθεν τὸ πλῆθος καὶ συνεχύθη, ὅτι ἤκουον εἷς ἕκαστος τῆ ἰδίᾳ διαλέκτῳ λαλούντων αὐτῶν. Ἐξίσταντο δὲ πάντες καὶ ἐθαύμαζον, λέγοντες πρὸς ἀλλήλους, Οὐκ ἰδοὺ πάντες οὗτοί εἰσιν οἱ λαλοῦντες Γαλιλαῖοι; Καὶ πῶς ἡμεῖς ἀκούομεν ἕκαστος τῆ ἰδίᾳ διαλέκτῳ ἡμῶν ἐν ᾗ ἐγεννήθημεν; Πάρθοι καὶ Μῆδοι καὶ Ἑλαμίται, καὶ οἱ κατοικοῦντες τὴν Μεσοποταμίαν, Ἰουδαίαν τε καὶ Καππαδοκίαν, Πόντον καὶ τὴν Ἀσίαν, Φρυγίαν τε καὶ Παμφυλίαν, Αἴγυπτον καὶ τὰ μέρη τῆς Λιβύης τῆς κατὰ Κυρήνην, καὶ οἱ ἐπιδημοῦντες Ῥωμαῖοι, Ἰουδαῖοι τε καὶ προσήλυτοι, Κρήτες καὶ Ἄραβες, ἀκούομεν λαλούντων αὐτῶν ταῖς ἡμετέραις γλώσσαις τὰ μεγαλεῖα τοῦ θεοῦ.

Ἐκ τοῦ Κατὰ Ἰωάννην 7:37-52, 8:12 Εὐαγγελίου

Ἐν δὲ τῇ ἐσχάτῃ ἡμέρᾳ τῆ μεγάλης τῆς ἑορτῆς εἰστίθει ὁ Ἰησοῦς καὶ ἔκραξε λέγων· ἐάν τις διψᾷ, ἐρχέσθω πρὸς με καὶ πινέτω. ὁ πιστεύων εἰς ἐμέ, καθὼς εἶπεν ἡ γραφή, ποταμοὶ ἐκ τῆς κοιλίας αὐτοῦ ρέουσιν ὕδατος ζῶντος. τοῦτο δὲ εἶπε περὶ τοῦ Πνεύματος οὗ ἐμελλον λαμβάνειν οἱ πιστεύοντες εἰς αὐτόν· οὐπω γὰρ ἦν Πνεῦμα Ἅγιον, ὅτι Ἰησοῦς οὐδέπω ἐδοξάσθη. Πολλοὶ οὖν ἐκ τοῦ ὄχλου ἀκούσαντες τὸν λόγον ἔλεγον· οὗτός ἐστιν ἀληθῶς ὁ προφήτης· ἄλλοι ἔλεγον· οὗτός ἐστιν ὁ Χριστός· ἄλλοι ἔλεγον· μὴ γὰρ ἐκ τῆς Γαλιλαίας ὁ Χριστὸς ἔρχεται; οὐχὶ ἡ γραφή εἶπεν ὅτι ἐκ τοῦ σπέρματος Δαυὶδ καὶ ἀπὸ Βηθλεὲμ τῆς κώμης, ὅπου ἦν Δαυὶδ, ὁ Χριστὸς ἔρχεται; σχίσμα οὖν ἐν τῷ ὄχλῳ ἐγένετο δι' αὐτόν. τινὲς δὲ ἠθέλον ἐξ αὐτῶν πιάσαι αὐτόν, ἀλλ' οὐδεὶς ἐπέβαλεν ἐπ' αὐτόν τὰς χεῖρας. Ἦλθον οὖν οἱ ὑπηρέται πρὸς τοὺς ἀρχιερεῖς καὶ Φαρισαίους, καὶ εἶπον αὐτοῖς ἐκεῖνοι· διατί οὐκ ἠγάγετε αὐτόν; ἀπεκρίθησαν οἱ ὑπηρέται· οὐδέποτε οὕτως ἐλάλησεν ἄνθρωπος, ὡς οὗτος ὁ ἄνθρωπος. ἀπεκρίθησαν οὖν αὐτοῖς οἱ Φαρισαῖοι· μὴ καὶ ὑμεῖς πεπλάνησθε; μὴ τις ἐκ τῶν ἀρχόντων ἐπίστευσεν εἰς αὐτόν ἢ ἐκ τῶν Φαρισαίων; ἀλλ' ὁ ὄχλος οὗτος ὁ μὴ γινώσκων τὸν νόμον ἐπικατάρατοί εἰσι! λέγει Νικόδημος πρὸς αὐτούς, ὁ ἐλθὼν νυκτὸς πρὸς αὐτόν, εἷς ὢν ἐξ αὐτῶν· μὴ ὁ νόμος ἡμῶν κρίνει τὸν ἄνθρωπον, ἐὰν μὴ ἀκούσῃ παρ' αὐτοῦ πρότερον καὶ γνῶ τί ποιεῖ; ἀπεκρίθησαν καὶ εἶπον αὐτῷ· μὴ καὶ σὺ ἐκ τῆς Γαλιλαίας εἶ; ἐρεύνησον καὶ ἴδε ὅτι προφήτης ἐκ τῆς Γαλιλαίας οὐκ ἐγήγερται. Πάλιν οὖν αὐτοῖς ὁ Ἰησοῦς ἐλάλησε λέγων· ἐγὼ εἰμι τὸ φῶς τοῦ κόσμου· ὁ ἀκολουθῶν ἐμοὶ οὐ μὴ περιπατήσει ἐν τῇ σκοτίᾳ, ἀλλ' ἔξει τὸ φῶς τῆς ζωῆς.

Epistle Reading: Acts of the Apostles (2.1-11)

When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondered, saying, "Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Par'thians and Medes and E'lamites and residents of Mesopota'mia, Judea and Cappado'cia, Pontus and Asia, Phryg'ia and Pamphyl'ia, Egypt and the parts of Libya belonging to Cyre'ne, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."

Gospel according to John (7.37-52, 8.12)

On the last day of the feast, the great day, Jesus stood up and proclaimed, "If any one thirst, let him come to me and drink. He who believes in me, as the scripture has said, 'Out of his heart shall flow rivers of living water.'" Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified. When they heard these words, some of the people said, "This is really the prophet." Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee? Has not the scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" So there was a division among the people over him. Some of them wanted to arrest him, but no one laid hands on him. The officers then went back to the chief priests and Pharisees, who said to them, "Why did you not bring him?" The officers answered, "No man ever spoke like this man!" The Pharisees answered them, "Are you led astray, you also? Have any of the authorities or of the Pharisees believed in him? But this crowd, who do not know the law, are accursed." Nicodem'us, who had gone to him before, and who was one of them, said to them, "Does our law judge a man without first giving him a hearing and learning what he does?" They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee." Again Jesus spoke to them, saying, "I am the light of the world; he who follows me will not walk in darkness, but will have the light of life."

Parish Council On Duty: Demetra Lilly/Eleni Reese
Greeters On Duty: Maria Alberts/Eleni Reese
Ushers On Duty: Sophia Linebaugh/Zach Kollias/Spiro Priovolos/Jamie Hughes
Prosforo Bakers: Eleni Reese/Valentina Rezende/Claudia Smith

Sun. May 31 **Feast of Pentecost**
8:30 am Orthros
9:45 am Divine Liturgy & The Great Vespers of the Holy Spirit
(Kneeling Vespers)
12:30 pm Fellowship Coffee Hour-PLC Banquet Hall
2:00 pm YA Bible Study
4:00 pm Rental: Jansma-PLC Gym

Mon. June 1 11:00 am Agiasmos (The Blessing of the Waters)-Chapel

Tue. June 2 10:45 am Kafenion-PLC Upper Atrium
7:00 pm Mixed Choir Practice

Wed. June 3 10:00 am Chair Exercise Class-PLC Classroom #127
7:00 pm Intro to Orthodoxy-PLC Classroom #130

Fri. June 5 10:00 am Rental Set-up: Howell Reception-PLC Banquet Hall

Sat. June 6 3:30 pm Wedding of Tyler Howell and Charlotte by Fr. Barnabas
4:30 pm Rental: Wedding Reception (Howell)-PLC Banquet Hall
5:00 pm Great Vespers

Sun. June 7 **Sunday of All Saints**
8:45 am Orthros
10:00 am Divine Liturgy
A Memorial Service is given for Ellen Macris Young (40 days), Dennis Macris
(42 years), Irene Macris (13 years) given by the Young, Johnson & Macris
families. May their memory be eternal!
A 6 month Memorial Service for Konstantinos Dames is given by his wife
Paula Dames (nee Tzortzis) and family. May his memory be eternal!
A 6 month Memorial Service for Evangelia Zaharogiannis is given by Michael &
Chrisoula Zaharogiannis and family. May her memory be eternal!
A 20 year Memorial Service for Janice (Efthemia) Kostulakos is given by
Dennis (son) & Virginia Kostulakos. May her memory be eternal!
Philoptochos Presvytera Sunday
12:30 pm Fellowship Coffee Hour-PLC Banquet Hall
12:45 pm Kostulakos family Fellowship Coffee Hour (in memory of
Janice Kostulakos)

Tues. June 9 10:45 am Kafenion-PLC Upper Atrium
7:00 pm Mixed Choir Practice

See full calendar for the rest of the schedule: www.holytransfiguration.info/calendar

SPECIAL ANNOUNCEMENTS

Adult Catechism and Bible Study:

— **Intro to Orthodoxy** starts on **Wed. June 3** and continues every Wednesday through Aug. 26 (except Aug. 5). Fr. John will lead the meeting in Classroom #130 from 7:00-8:30 pm.

— **Bible Study** (Colossians) starts on **Wed. Aug. 19** and continues every Wednesday through Sept. 16 (except for Aug. 26). Fr. John will lead the meeting in the PLC Library from 11:00 am-12:30 pm.

TOA Come Teach with Us: Transfiguration Orthodox Academy is hiring & also accepting new students. Scan above QR code to access flyer on Ministry News page.

AHEPA Celebration of Education: Save the Date **Sat. Jun. 6** for AHEPA's 3rd Annual Fundraiser. Please scan above QR code to access flyer.

A Special Hierarchical Visit: From His Eminence Metropolitan Myron of New Zealand & Oceania. Join us **Sat. Jun. 13** at 5:00 pm for Great Vespers and 6:00 pm for a light meal & presentation by the Metropolitan. He will discuss the missionary work unfolding currently in Tonga, Fiji, and Samoa. Come learn about the beautiful and life-changing work being carried out in Oceania — and hear firsthand how Orthodox missions are touching lives. All are welcome!

Vacation Church School Camp: Mon.-Fri., Jun. 22-26, 8:45 am-12:45 pm. Theme: Behold the Light! Cost is \$75 per child. Scan above QR code to access flyer on Ministry News page.

TOA Offering Middle School Courses:

Transfiguration Orthodox Academy is excited to offer new Middle School Courses in Math, Science, Composition, and History. Scan above QR code to access flyer on Ministry News page.

Save the Date: The evening of **Sat. Aug. 22**, honoring Father Panayiotis' Retirement, immediately following Vespers. More details to come!

Save the Date: Weekend retreat with Pres. Constantina Palmer, author of "The Scent of Holiness" & other books. **Fri. Aug. 28 & Sat. Aug. 29.** Scan QR code to access flyer on Ministry News page.

RECURRING MINISTRY EVENTS

Catechism (Youth PreK-12th grade): Classes meet on Sundays in the classrooms of the PLC following Communion. ALL CHILDREN MUST BE REGISTERED! Register online, <https://holytransfiguration.info/ministries/education/catechism/>

Chair Exercise Program: Our next meeting will be **Wed. Jun. 3, at 10:00 am** in PLC Classroom #127. Please text Ann Zakreski at 770.329.7421 if you plan to come.

GOYA: For rising 6th-graders thru High schoolers. Weekly meetings for fun and fellowship on Wednesdays. Email goya@holytransfiguration.info to join our email list. **Next meeting Jun. 10.**

Greek School: Greek language and culture classes for youth and adults, funded through tuition. The 2026-2027 school year will begin in August. Registration will open later this year and run through Aug. 14. Scan above QR code to access flyer on Ministry News page.

Hellenic Dance: Greek dance troupes for Pre-K through adults. On summer break. Email Paulina Vastakis at hellenicdance@holytransfiguration.info with questions.

Life and Faith Transitions Group: Join us as We Discover *Christ in the Psalms*. Upcoming Session via Zoom: **Sat. Jun. 13.** For info & Zoom invite reach out to BJ at 404-771-9335 or spanosbj@gmail.com.

Mixed Choir: Next practice **Tues. Jun 2** from 7:00-9:00 p.m. in the Church.

Men's Choir: Next practice **Thu. Jun. 18** from 7:00-8:30 p.m. in the Church. Singing the Divine Liturgy on **Sun. May 31.**

Parea: Our next meeting is on **Thu. Jun. 18.** Join us as all are welcome.

Philoptochos 2026 Membership Drive: renew or join for the first time, <https://holytransfiguration.info/philoptochos>

Philoptochos Book Club: Calling ALL Book Lovers! Come join the Philoptochos Book Club! We meet on the first Tuesday of each month at 11 am in the PLC Library followed by optional lunch out. ALL book lover readers are welcomed to come.
NEXT MEETING - Tue. Sept. 1, at 11:00 am.
Book - *My Friends* by Frederick Bachman.

Spiritual Book Club: We are reading *Everyday Saints* (available in church bookstore). Join us on **Mon. June 15 at 7pm** in the PLC Library Email mgavalas@holytransfiguration.info to register. Scan above QR code to access flyer.

Young Adults in their 20's and 30's meet twice a month for continuing education & fellowship. Want to learn more? Join the HTGOC Young Adults GroupMe chat for notifications on events. Contact Fr. Michael (frchris@holytransfiguration.info) or Ministry Lead (youngadults@holytransfiguration.info).
Next meeting: Sun. June 14 (Second Sunday).

LINKS AND ANNOUNCEMENTS

2026 Annual Membership Campaign: see the Stewardship section to learn more.

Clergy or Pastoral Assistant Home Visit: Are you or someone you know unable to attend church due to illness or some other reason? Would you or someone you know like a visit from a member of our clergy team or lay volunteer? If so, please scan or click the QR code to fill out a form and we will do our very best to arrange times to visit! Scan QR code (on left page) to access further details on Ministry News page.

Driver Ministry: The Driver Ministry is here to support our parish family by offering transportation to those who need assistance getting to: Medical or personal appts., Grocery stores & errands, Church services & parish events, & other essential local needs. This ministry is open to any parishioner who may benefit from a little extra help. We are also warmly welcoming volunteer drivers who feel called to serve. Even one ride a month can make a meaningful difference in someone's life. If you or someone you know needs a ride or want to volunteer please contact Eleni Reese, elenireese@gmail.com, or 630-854-2174.

Fellowship/Coffee Hour Sponsorship is a great way to honor someone's birthday, nameday, memory, or a significant event with your church

family. For ministries, it is a great opportunity to bring awareness to your group and gain members. Reserve your date by scanning or clicking the QR code. Scan QR code (on left page) to access further details on Ministry News page.

Parish Life Committee Seeks Team Members! Parish Life, the behind-the-scenes group that brings the community together, is looking for volunteers to help with Sunday coffee hour and other events. Please contact:
Eleni: EReese@holytransfiguration.info
Cherie: CCookorinis@holytransfiguration.info
Lela: LBridgers@holytransfiguration.info

Philoptochos Assistance: If you or someone who's part of your community is in need, Philoptochos is here to help. Please contact Jamie Hughes at 770-710-7733 or jahughes421@gmail.com for details.

Phishing Scam Awareness: The church (priests, staff, Parish Council, ministry leads) will NEVER email or text you asking for you to buy gift cards or send money for any reason. If you receive such a message, IT IS A SCAM. Please disregard the request and report it to the church office (office@holytransfiguration.info or 770-924-8080). Always verify requests for financial assistance through direct communication with the church office. Protect yourself, your personal information, fellow parishioners, & the church by being cautious of these fraudulent attempts.

Youth Ministries Registration: Registration for our 2025-2026 youth ministries (Catechism, Hellenic Dance, HOPE & JOY, GOYA) is mandatory for youth to participate in these ministries. Register online via the Catechism webpage, Youth section, <https://holytransfiguration.info/ministries/education/catechism/>

BEYOND HOLY T.

Scan QR code on previous page to access flyers on Ministry News page.

- St. Stephen's Summer Camp registration
- 2026 Clergy-Laity Congress
- College Outreach by Metropolis of Atlanta Philoptochos
- Faith Endowment Scholarships: due June 26
- The Liturgical Arts Academy: Aug. 23-29



2026 STEWARDSHIP CAMPAIGN

How to submit your 2026 Membership/Stewardship Card:

1. PAPER: Grab a paper Stewardship form from a Parish Council member in the Narthex on Sunday. You may mail back the completed paper form to the Church or drop the completed form in the offering tray.

2. ONLINE: You may complete the Online Membership/Stewardship Form on the website's Stewardship page (<https://holytransfiguration.info/join/>).

3. SCAN: use this QR code. Simply point your camera at the QR code and click the yellow link that appears in the image frame.



SO YOU KNOW

GENERAL FUND (GF) INCOME AND EXPENSES 01/01/26-04/30/26

Stewardship Contributions:	\$310,511
Other GF Income:	\$111,379
Total GF Income	\$421,890
Total GF Expenses:	—\$418,817
Net General Fund Loss:	—\$3,073

2026 STEWARDSHIP REPORT AS OF 05/28/26

# of Pledged Households:	422
2026 Budget:	\$1,030,102
Total Pledge Amount:	\$909,982
Stewardship Shortfall:	—\$120,120

KEEP UP TO DATE ON MINISTRY NEWS

1. To keep up with events digitally, please register with our email database if you haven't already at <https://tinyurl.com/yudcpubr>. If you're on our list, make sure you've added office@holytransfiguration.info to your safe senders list and contact list.
2. Ministry News is emailed every Wednesday complete with flyers and details about special events, recurring ministries, and events beyond Holy Transfiguration. Scan the QR code on the right to access the most recent email.
3. The Church Website has an up-to-date calendar and ministry pages and can be found at <https://holytransfiguration.info>.
4. Weekend Email with livestream links and a weekend schedule reminder goes out every Friday.
5. Check out the Ministry Bulletin Boards on the upper and lower level of the Parish Life Center for details about upcoming events.



RECEIVING HOLY COMMUNION

Orthodox Christians who have prepared spiritually are invited to come forward "with the fear of God, with faith, and with love" to receive Holy Communion. Non-Orthodox Christians may receive the blessed bread (*antidoron*) offered at the conclusion of the service, but not Holy Communion. They may come up to receive a blessing during Holy Communion if they wish. Preparation for Holy Communion includes confession of sins (even of sinful thoughts) and repentance, making peace with those around us, forgiving those who hurt us, asking for forgiveness from those we have hurt, and prayer. There is a special set of prayers called "Preparation for Holy Communion" to help prepare. If you have further questions regarding the proper preparation for Holy Communion, please speak with Fr. Panayiotis.

There is Life in the Church because in the Church is the Spirit

My brothers and sisters, if you want the Holy Spirit to dwell in you, listen carefully. Our spirit, by means of which each individual lives, is called the soul. And look what the soul does in the body. It gives life to all the limbs. It sees with the eyes, hears with the ears, smells with the nose, speaks with the tongue, works with the hands, walks with the feet. It is present at one and the same time in all the limbs to make them live. It gives life to all the limbs and to each limb its function. It is not the eye that hears, not the ear that sees, not the eye or the ear that speaks. Yet they are nonetheless alive. The ear is alive, the tongue is alive. Their functions are different, the life is the same.

The Church of God is like that. By means of some believers she performs miracles, by means

of others she teaches the truth; by means of some she keeps virginity, by means of others she respects marital fidelity. The tasks are different, the life is the same. What the soul is to the body of a human being, the Holy Spirit is to the Body of Christ, the Church. The Holy Spirit does for the whole Church what the soul does for the body of the individual. Look then and see what you ought to fear and what you ought to avoid. If the body suffers an amputation (for example of a finger or a hand or a foot) does the soul go with the limb that has been cut off? While it was in the body, that limb was alive; when it is cut off it loses its life. It is like that with Christians. They are alive only while they are in the Body. If they are cut off from the Body, the Holy Spirit is no longer with them.

St. Augustine of Hippo