

The Voice of Saint Anthony

NOVEMBER 2018

INSIDE THIS ISSUE

Priest's Message	2
Parish Council News	3
Stewardship	4
Choir News	-
Church School	5
Young Adult News	6
Philoptohos News	8
Ministries	9
Community News	11
Saints of the Month	16
Orthodox Calendar	20

**Deadline for
December Newsletter
Sunday, 25 November**

Please send to:
frchris@saint-anthonys.org
newsletter_church@aol.com



**Fast of
the Nativity**

**November 15
thru
December 24**



Reverend Father Peter Stratos, Pastor

Reverend Father Christopher Retelas, Associate Pastor

778 S. Rosemead Boulevard, Pasadena, CA 91107

(626) 449-6943 Office (626) 449-6974 FAX

www.saint-anthonys.org

PRIEST'S MESSAGE

A famous person once said that our national calendar should not contain just one day for Thanksgiving, but rather 364 days for giving thanks to God and the other day can be for our gripes and complaints!

An important question we must ask is how can we show God our profound gratitude and thanks for all of our many blessings. We can never repay God for all of the love He has showered upon us. But, returning to the question, how can we show God our true thanks? The answer comes to us in the words of the greatest Christian commandment: "You shall love the Lord your God with all of your heart, and with all your soul, and with all of your strength, and with all of your mind; and your neighbor as yourself."

The truth is that we can never pay for all the blessings God has given us. But we can love; and we can share our blessings with others.

In our country, Thanksgiving Day began with Pilgrims and Native Americans. After a difficult and harsh winter during which half of them died, the Pilgrims welcomed the opportunity of a new year to clear land, plant seed and cultivate their crops. When fall arrived they were blessed with a good harvest. The Pilgrims did not become engrossed with the thought that they would be fine from this point on, because they had experienced a year with plentiful crops. Rather they gratefully turned their hearts and minds to God. Together with their new friends, Native Americans whom they had invited, to the celebration, they held the first Feast of Thanksgiving. Archbishop Iakovos (of blessed memory) described Thanksgiving as "the birthday of America's soul."

Gratitude is the capacity to say "thank you." Gratitude expresses appreciation not only for blessings received but also for personal relationships built on giving and sharing. Gratitude means acceptance, affirmation and new growth in relationships among people and between people and God.

There is a beautiful Orthodox Prayer, which I hope and pray all our families will pray together on Thanksgiving Day 2018 to show God our love, thanks and gratitude:

"Jesus Christ, our Lord and God, we give thanks to You for Your loving kindness and all the blessings You have richly bestowed upon us. We fall down in worship and adoration before You, the King of glory. We praise You, we glorify You, we bless You, and we give thanks to you for Your goodness and tender mercy. We come to You, our sweet Lord and loving Master. Shine in our hearts the light of Your grace. Enlighten our minds, that we may walk uprightly all of our lives by keeping Your commandments. Glorified and exalted is Your holy name, now and forever. Amen.

A blessed Thanksgiving to all,

Fr. Peter



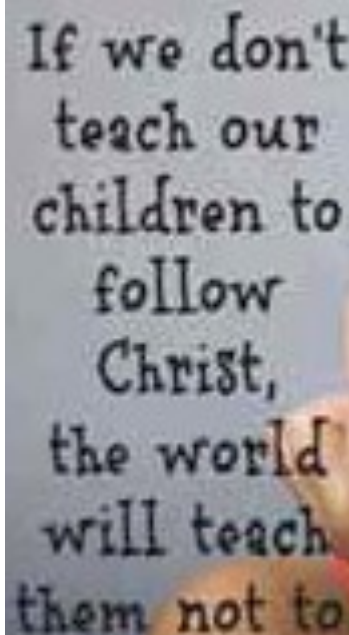
PARISH COUNCIL NEWS

Dear Members:

A gigantic thank you to all of our Pasadena GreekFest sponsors and volunteers! This year's festival was a tremendous success. All of the proceeds will help support St. Anthony's ministries and a portion of the proceeds will be donated to a philanthropic cause.

We look forward this month to hosting the Action and Educational Forum Against Human Trafficking and Modern Slavery. Please make an effort to attend this important event.

In Christ,
John Vidalakis



If we don't
teach our
children to
follow
Christ,
the world
will teach
them not to

STEWARDSHIP

2018 STEWARDSHIP SUMMARY

OUR STEWARDSHIP GOAL: **\$425,000**

298 PLEDGES TOTALING: **\$368,300**

COLLECTED AS OF 10/26/18: **\$313,592**

AVERAGE PLEDGE GOAL: **\$1,500**

CURRENT AVERAGE PLEDGE: **\$1,236**

Breakdown Pledges		
Amount Pledge	# of Pledges	% of Pledges Breakdown
\$ 20 - \$299	47	16%
\$300 - \$499	41	14%
\$500 - \$799	70	23%
\$800 - \$999	13	4%
\$1,000 - \$1,499	55	18%
\$1,500 - \$1,999	22	7%
\$2,000 - \$3,999	33	11%
\$4,000 - \$5,999	10	3%
\$6,000 - \$7,999	2	1%
\$8,000 - \$9,999	0	0
\$10,000 - \$14,999	4	1%
\$15,000 - \$99,999	1	0.3%
TOTAL PLEDGES	298	100%

\$425,000
(Stewardship goal)

\$368,300 Pledged
(82% of goal)

\$313,592
Amount Collected
(62% of goal)



CHURCH SCHOOL NEWS

If you were to peek into any Church School classroom, you'd be amazed at all of the learning going on! In a 45 minute-or-so lesson each Sunday, our children are learning so much about their Orthodox Faith. Any child who has been in class for the past month has learned the following:

The PK/TK class has been learning to pray the Trisagion Prayers, make the sign of the cross and venerate icons. They have been learning to sing *Kyrie Eleison*, *Agios O Theos*, and *I Am an Orthodox Christian*. In addition, this class has been studying parables and the Great Feasts of The Nativity of the Theotokos, The Entrance of the Theotokos into the Temple, and The Annunciation.

The K/1 class has had an overview of what Saints and Angels are in our Church, and has focused on the Theotokos and her parents, Saints Joachim and Anna.

The 2/3 class has been learning about Holy Icons— everything from iconoclasm to the symbolism in their details.

The 4/5 class has learned about God's Creation and has begun lessons on the fall of man and God's redemptive promise.

The 6-8 class has studied, in detail, the Great Feasts of the Nativity of the Theotokos and The Entrance of the Theotokos into the Temple, including how to read the icons of those Feasts and to become familiar with their Apolytikia.

The 9-12 class has been learning how the Divine Liturgy was celebrated in the first centuries and how the Liturgy is the fulfillment of the Old Testament sacrifices.

Give the children in your life the opportunity to experience what Church School offers - to build their Orthodox identity and to understand their Faith. We all look forward to sharing our love for our Faith with our students each week!

CONGRATULATIONS to the following Church School students who had Perfect Attendance in October: Gabriella Carpenter, Nikolas Kokoris, Michael Akrotirianakis, Nicholas Akrotirianakis, Wesley Courter, Kosta Koulos, Andrew Pouloupoulos, Gia Balntas, Tessa Grafos, Kostadina Ioannou, Evangelia Kleissas, Faye Koulos, Gianna Koulos, Thanos Mitis, Sophia Petropoulos, Alexis Syrengelas, John Ioannou, Vasili Kazaltzes, Katerina Nastri, Konstantinos Pouloupoulos, Maria Syrengelas, Orion Georgiou, Talia Grafos, Zoe Petropoulos, Chloe Georgiou, Michael Georgiou, Mary Tio, and Theodora Trigonis



YOUNG ADULT NEWS

Mark your calendars for **GOYA Basketball** beginning March 2019.

If you have further questions, contact **Anthia Lucas** (626)274-6133

2018 YAL League Info

Schedule

<i>Date</i>	<i>Time</i>	<i>Venue</i>	<i>Home</i>	<i>Away</i>	<i>Week</i>
September 23, 2018	2:30 PM	St. Sophia, Los Angeles	St. Anthony (Pasadena)	St. Nicholas (Northridge)	1
September 23, 2018	4:00 PM	St. Sophia, Los Angeles	Assumption (Long Beach)	St. George (Downey)	1
September 23, 2018	5:30 PM	St. Sophia, Los Angeles	St. Katherine (Redondo)	St. Sophia (Los Angeles)	1
September 30, 2018	2:00 PM	Assumption, Long Beach	St. Katherine (Redondo)	Assumption (Long Beach)	2
September 30, 2018	3:00 PM	Assumption, Long Beach	St. George (Downey)	St. Anthony (Pasadena)	2
September 30, 2018	4:00 PM	Assumption, Long Beach	St. Sophia (Los Angeles)	St. Nicholas (Northridge)	2
October 7, 2018	2:00 PM	St. Katherine, Redondo	St. George (Downey)	St. Katherine (Redondo)	3
October 7, 2018	3:00 PM	St. Katherine, Redondo	St. Nicholas (Northridge)	Assumption (Long Beach)	3
October 7, 2018	4:00 PM	St. Katherine, Redondo	St. Anthony (Pasadena)	St. Sophia (Los Angeles)	3
October 14, 2018	2:00 PM	St. Nicholas, Northridge	St. Katherine (Redondo)	St. Anthony (Pasadena)	4
October 14, 2018	3:00 PM	St. Nicholas, Northridge	Assumption (Long Beach)	St. Sophia (Los Angeles)	4
October 14, 2018	4:00 PM	St. Nicholas, Northridge	St. Nicholas (Northridge)	St. George (Downey)	4
October 21, 2018	2:30 PM	St. Sophia, Los Angeles	St. Sophia (Los Angeles)	St. George (Downey)	5
October 21, 2018	3:30 PM	St. Sophia, Los Angeles	St. Anthony (Pasadena)	Assumption (Long Beach)	5
October 21, 2018	4:30 PM	St. Sophia, Los Angeles	St. Nicholas (Northridge)	St. Katherine (Redondo)	5
October 28, 2018	2:30 PM	St. Sophia, Los Angeles	TBD	TBD	Quarter-Finals
October 28, 2018	3:30 PM	St. Sophia, Los Angeles	TBD	TBD	Quarter-Finals
November 4, 2018	2:30 PM	St. Sophia, Los Angeles	TBD	TBD	Semi-Finals
November 4, 2018	3:30 PM	St. Sophia, Los Angeles	TBD	TBD	Semi-Finals
November 11, 2018	2:30 PM	St. Sophia, Los Angeles	TBD	TBD	Finals
November 11, 2018	3:30 PM	St. Sophia, Los Angeles	TBD	TBD	All-Star Game

Location Addresses

St Sophia (Los Angeles): 1324 Normandie Ave, Los Angeles, CA 90006

Assumption (Long Beach): 5761 E Colorado St, Long Beach, CA 90814

St. Katherine (Redondo Beach): 4397, 722 Knob Hill Ave, Redondo Beach, CA 90277

St Nicholas (Northridge): 9501 Balboa Blvd, Northridge, CA 91325



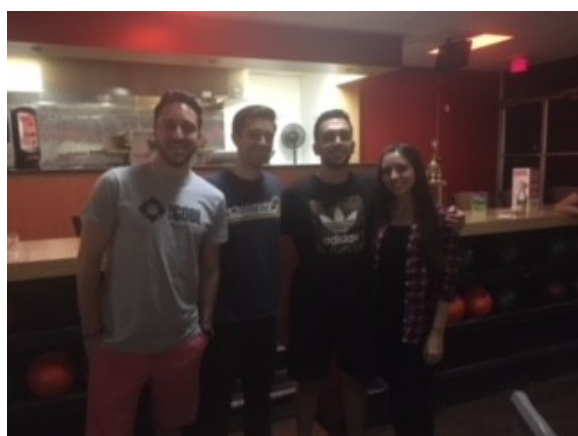
St. Anthony's Bowling League News:

On October 2nd, the newly formed St. Anthony 's Bowling League began its first week of bowling with 24 confirmed bowlers forming 8 teams.

Bowlers range in age starting in their mid 20's and going up from there! The league will continue until early December. We cannot add any addition bowlers for this season, but we will be taking names for next season.

Until then, please try and come out to Bowling Square in Arcadia on **Tuesday's at 7 P.M.** to cheer for your favorite teams!

If you have further questions, contact **Pana Gelt** (626) 278-2808 or **Anthia Lucas** (626)274-6133



PHILOPTOCHOS NEWS

Philoptochos Fall News

With the kind generosity of our parish and Philoptochos general funds, we contributed \$3,000 for the fire victims in Greece this past summer. In addition, Philoptochos donated \$1500 worth of backpacks and school supplies for the Foothill Unity Center's annual Back-to-School event benefiting school children in the Foothill communities in need of assistance. This past June, we honored eight graduating high school seniors with scholarships, and at our annual dinner meeting honored **Irene Albeck** with the AGAPE AWARD! We continue our mission of supporting Union Station and the food bank at Friends in Deed. We also collected \$1000 for Holy Cross School of Theology. If you have not done so, please renew your membership ASAP by leaving your dues in the Philoptochos office box.

Mark your calendars for our 49th Annual Benefit Luncheon on December 8!

SAVE THE DATE**SATURDAY, DECEMBER 8th, 2018****St. Anthony Philoptochos Christmas Benefit****St. Anthony Philoptochos Society's****49th Annual****2018 Christmas Benefit Luncheon****at the Langham Huntington Hotel, Pasadena, CA****SATURDAY, DECEMBER 8th, 2018****Be sure to mark your calendars today!**

MINISTRIES

Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

Reverend Father Christopher Retelas

PARISH COUNCIL MEMBERS

Rev. Fr. Peter Stratos	Pastor
John Vidalakis	President
Pete Gallanis	1 st Vice President
Mary Udria	2 nd Vice President
Tashia Vagenas	Secretary
Tony Christopoulos	Treasurer

Joseph Akrotirianakis

Philip 'Ted' Attalla

John Buzas

Roberto Crespo

Tom Grafos

Chris Ioannou

Jim Pappas

Sophia Syrengelas

Perry Vidalakis

Vince Zarian

CHOIR

Choir Director Jim Hronas

Sherese Akrotirianakis	Maria Hronas
Dean Athans	Elias Kalivas
Tina Athans	Stavrula Kiotas
George Babbes	Dr. Rodanthi Kitridou
Christina Becronis	Kathy Lucas
Tom Bouras	Liam McCann
Judie Christopoulos	Bess Mechalas
Leah Cokias	Elizabeth Moreno
Rebecca Courter	Iliana Orozco
Athena Dallas	Alexandra Patzakis
Maria Ganis	Gena Pegadiotes
Georgia Loutsos Grajeda	Katerina Petrossian
Aliki Haralambos	Litsa Stavropoulos
	Pres. Aida Stratos

CHANTERS

Patrick Lynch

Katerina Lynch

Demetrios Baliotis

Mike Abi-Farah

Please notify us of any misspellings or omissions.



OFFICE STAFF

Alma Vorgias – Office Administrator

Athena Serban – Events Coordinator (Trinity Ballroom)

CUSTODIAL STAFF

Carlos Sosa



CHURCH SCHOOL STAFF

Fotene Trigonis - Director

Anastasia Kalivas - Director

Irene Albeck - Preschool

Nikolitsa Vagenas - Preschool

Kathy Tsigkounis - Kindergarten & 1st

Kyriaki Tsigkounis - Kindergarten & 1st

Michael Nunez - 2nd & 3rd

Anna Nunez - 2nd & 3rd

Maria Prantzikou - 2nd & 3rd

John Vagenas - 4th & 5th

Maria Pappas - Middle School

Fotene Trigonis - Middle School

Anastasia Kalivas - High School



MINISTRIES (CONTINUED)

PHILOPTOCHOS SOCIETY

Panagia Chapter Board 2017-2019

President

Maria Kypreos

1st Vice President

Elizabeth Skandale & Lisa Xanthos

2nd Vice President

Judith Din & Konstantina Paziouros

Corresponding Secretary

Tanya Christodoulelis & Maria Grover

Recording Secretary

Fontaine Achilles Malisos & Mary Dewar

Treasurer

Maria Kokoris

Assistant Treasurer

Katherine Skandale

Beautification

Presbytera Aida Stratos & Esther Vavoulis

Community Outreach

Mary Dewar, Stephanie Soewers & Presbytera Aida Stratos

Fellowship

Athena Dallas

Publicity / Webmaster

Terese Caire & Nicolette Fuerst

Scholarship

Irene Albeck & Judith Din

Sunshine and Visitation

Jeanne Karaianoglou

Union Station

Irene Albeck

Welfare

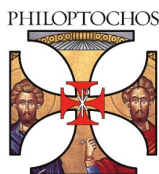
Presbytera Maria Mylonas

Advisor

Connie Becker

Spiritual Advisor

Father Peter Stratos



OTHER MINISTRIES

Acolytes Fr. Christopher Retelas

Bible Study Fr. Peter Stratos

Bookstore Jeremiah Courter

GOYA Fr. Christopher Retelas

GOYA Basketball Anthia Lucas
Pana Gelt

Greek Dance Groups Christine Pappas

Greek Festival John Vidalakis
Nick Demopulos
Julie Balas

Greek Language School Anastasia McClain

JOY/HOPE Irene Albeck

Moms & Tots Rebecca Courter

Myrrh Bearers Irene Albeck

Oratorical Festival Maria Grover

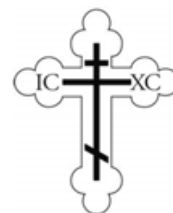
Pasadena Golf Classic Jimmy Christodoulelis
Roberto Crespo

Prayer Shawls Aliko Haralambos

Vacation Bible School Sophia Syrengelas
Mary Udria

VIPs Helen Treantafelles

Young Adults Mike Abi Farah



COMMUNITY NEWS



ORTHODOXY 101

DO YOU HAVE QUESTIONS ABOUT:

THE ORTHODOX CHURCH?

JESUS CHRIST?

THE HOLY TRINITY?

SALVATION?

HEAVEN AND HELL?

HIERARCHY?

THE SAINTS?

THE CHURCH FATHERS?

SPIRITUALITY AND PRAYER?

THE BIBLE?

THE SACRAMENTS?

This class will welcome those who desire to learn more about the Orthodox Faith, wishing to enhance and enrich their understanding of, and life within, the timeless Orthodox Church.

Monday nights

7:00-8:00pm

starting October 1st - December 17th

St. Anthony Greek Orthodox Church
Upstairs classrooms 2 E/F, with Fr. Chris Retelas



SOUTHERN CALIFORNIA CRETANS' ASSOCIATION

CRETAN GLENDI

Κρητική
Βραδιά



Saturday, November 3, 2018

5:30 pm Cocktails (no-host bar) 6:30 pm Dinner

Traditional Cretan Cuisine • Appetizers • Late Night Vrasto (lamb)

Donation - Adults \$70, Youth & Students \$40, Children 5 & under Free
(Tables of 10 may be reserved with payment)

St. Anthony Greek Orthodox Church Trinity Ballroom
778 South Rosemead Blvd., Pasadena, CA

Featuring Music from Crete and the Mainland
Nikos Sinolakis (Mandolin), Kostas Kordatzakis (Lyra), Giorgos Chalkiadakis (Laouto)

Welcome PAA Board Members!

For Reservations Call: **Helen Skandale (818) 790-5028**
George Zoumberakis (526) 659-2303 or email: helen_skandale@yahoo.com

To purchase tickets online please visit:
www.facebook.com/socalcretans

A percentage of the proceeds will benefit the Southern California Cretans' Association Scholarship Fund

"Maintain the rights of the poor and oppressed. Rescue the weak and needy;
deliver them from the hand of the wicked." Psalm 82: 3b-4

ACTION & EDUCATIONAL FORUM AGAINST HUMAN TRAFFICKING & MODERN SLAVERY

Hosted by: *United Orthodox Communities*

Sunday, November 4th, 2018

4:00 pm

St. Anthony Greek Orthodox Church
778 S. Rosemead Blvd, Pasadena

Our Guest Speakers

His Eminence Metropolitan Nikitas

Director of PAOI at UC Berkeley, Former Metropolitan of Hong Kong

Survivor Testimony

Survivor of Human Trafficking to share personal experience

Los Angeles County Sheriff

Leads the LA Regional Human Trafficking Task Force and law enforcement efforts

Lisa Coen

Deputy in charge, Human Trafficking Section
Protecting Your Children from Online Predators

Susan Patterson

Director of Through God's Grace Ministry Against Human Trafficking
Author of "How You Can Fight Human Trafficking"

Additional organization booths:

LA Regional Human Trafficking Task Force, San Gabriel Human Trafficking Task Force,
East LA Women's Center, Saving Innocence, Redeeming Love, Men's ministries and others.
with practical resources to **protect our children from online predation**
and to **combat human trafficking locally and around the world.**

Free parking.

Complimentary coffee & light refreshments

This is not a fundraiser

IOCC DINNER AND SPECIAL PRESENTATION



Sunday, November 11, 2018
5:00 p.m.



Come and learn about IOCC's work around the world, including a special presentation by John McKinney, author of *HIKING THE HOLY MOUNTAIN*.

St. Anthony Greek Orthodox Church
778 S Rosemead Blvd. | Pasadena, CA 91107



Hello friends and family,

I am asking those of you with Facebook accounts to like and/or share the link below that was created for our IOCC event on the 11th of November.

John McKinney, author of *Hiking the Holy Mountain*, will speak about his miraculous journey on Mt. Athos. Father Haralambos (Bob) Fox will also be with us that day.

IOCC has been responding to many recent disasters, not only the fires in Greece, but the hurricanes that have done terrible damage throughout the United States.

IOCC needs our support to be able to continue supporting these events and those surely to come in the future.

Thank you for your support,

Lisa Xanthos

<https://www.facebook.com/events/831775200547188/>

THE CHRISTMAS FAST—ADVENT

Why do we fast before Christmas?

Question

I was wondering: why do we fast before Christmas? Also, what foods do we normally fast from during the Christmas fast?

Answer

We fast before the Great Feast of Christmas in order to prepare ourselves for the celebration of our Lord's birth. As in the case of Great Lent before Easter, the Christmas Fast is

about preparation, during which we focus on the coming of the Savior by fasting, prayer, and acts of charity towards others. By fasting, we "shift our focus" from ourselves to others, spending less time worrying about what to eat, when to eat, how much to eat, and so on in order to use our time for increased prayer and caring for the poor. We learn through fasting that we can gain control over things that we sometimes allow to control us—and for many people, food is a controlling factor in their lives. A symptom of this is that we now live in a society in which an entire TV network is devoted to food! However, while fasting from food is important, we must also remember that fasting is about developing purity of heart. During the Christmas Fast we are also challenged to fast from sin, from gossip, from jealousy, from anger, and from all those other things which, while well within our control, we all too often allow to dominate us and our relationships.

During the pre-Christmas season when—in our materialistic culture dominated by consumerism—we are constantly told by advertising media that we should buy, buy, buy so that on Christmas day we can get, get, get, hundreds of millions of Orthodox Christians around the world are taught by this period of fasting that Christmas is a time for re-focusing on Christ, a time for self-discipline and compassionate service and outreach to those in need.

During the Christmas Fast, we are called upon to refrain from meat, dairy, fish, wine, and olive oil and challenged, within this framework, to fast to the best of our ability, and to do so consistently, for Christ does not see fasting as an option, but as a "must." In the Sermon on the Mount (Matthew 5:16), the Lord Jesus says, "WHEN you fast, do not be like the hypocrites," not "IF you fast" or "IF YOU CHOOSE to fast." Fasting is not an option in the Christian life.

Finally, it seems quite odd that in our society—a society in which people gladly and freely spend huge sums of money for diets, most of which recommend that one refrain from red meats and dairy products—fasting is not more widely embraced. How odd that a Jenny Craig consultant or diet guru or physician will tell us to refrain from eating meat or cheese or butter and we will gladly embrace—and pay large sums of money for—his or her advice, while when the Church offers the same advice at no cost we tend to balk, as if we were being asked to do the impossible.

**The Christmas Fast (Advent) begins on November 15th!
As you are preparing for Christmas,
please note the following guidelines for fasting:**

Days	The Tradition of the Church specifies the following	
Sunday Monday Tuesday Thursday Saturday	Abstinence of: Meat & Meat Products, Dairy Products	No Abstinence of: Fish, Shellfish, Vegetables & Vegetable Products, Olive Oil, Fruit, Wine
Wednesday Friday	Abstinence of: Meat & Meat Products, Dairy Products, Fish, Olive Oil, Wine	No Abstinence of: Shellfish, Vegetables & Vegetable Products, Fruit

NOTE: During the Christmas Fast, from Dec. 18 to Dec. 24 inclusive, the Fast becomes stricter with no meat, dairy products or fish. We may eat olive oil and wine this week except on Wednesday and Friday and December 24 (but if December 24 falls on a Saturday or Sunday, wine and oil are eaten).

Dairy Products: eggs, butter, milk, cheese, etc.

Shellfish: oysters, shrimp, scallops, etc.

Fish: sardines, tuna, trout, salmon, bass, etc.

Wine: fermented, brewed, distilled or any other form of alcoholic beverages.

Saints of the Month

Cosmas and Damianos

1 November

These Saints were from Asia Minor. After the death of their father, their Christ-loving mother Theodota reared them in piety and in all manner of virtue and had them instructed in every science, especially that of medicine. This became their vocation, and they went about healing every illness and malady, bestowing healing freely on both men and beasts alike. Because of this, they are called "Unmercenaries." And thus, having completed the course of their life, they reposed in peace.

Synaxis of Archangel Michael & other Bodiless Powers

8 November

All the Angels, according to the Apostle Paul, are ministering spirits, - sent forth to minister to them who shall be heirs of salvation - (Hebrews 1:14). God set them as overseers of every nation and people, and guides to that which is profitable (Deuteronomy 32:8); and while one Angel is appointed to oversee each nation as a whole, one is also appointed to protect each Christian individually. He commands them to guard those who hope on Him, that nothing should harm them, neither should any evil draw nigh to their dwelling (Psalms 90:10-12). In the Heavens they always behold the face of God, sending up to Him the thrice-holy hymn and interceding with Him in our behalf, seeing they rejoice over one sinner that repents (Matthew 18:10; Luke 15:7).

In a word, they have served God in so many ways for our benefit, that the pages of Holy Scripture are filled with the histories thereof. It is for these reasons that the Orthodox Church, wisely honoring these divine ministers, our protectors and guardians, celebrates today the present Synaxis that is, our coming together in assembly for their common feast to chant their praises, especially for the Archangels Michael and Gabriel, who are mentioned in the Scriptures by name.

The name Michael means "Who is like God?" and name Gabriel means "God is mighty." The number of Angels is not defined in the divine Scriptures, where Daniel says that thousands of thousands ministered before Him, and ten thousands of ten thousands attended upon Him (Daniel 7:10). But all of them are divided into nine orders which are called Thrones, Cherubim, Seraphim, Dominions, Powers, Authorities, Principalities, Archangels, and Angels.



Saints of the Month

continued

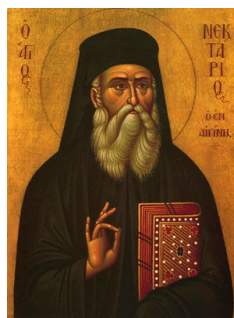
Saint Nektarios

9 November

Saint Nektarios was born in Selyvria of Thrace on October 1, 1846. After putting himself through school in Constantinople he became a monk on Chios in 1876, receiving the monastic name of Lazarus. Because of his virtue, a year later he was ordained deacon, receiving the new name of Nektarios. Nektarios went to Athens to study in 1882. Completing his theological studies in 1885, he went to Alexandria, where he was ordained a priest in 1886 at the Cathedral of Saint Sabbas. In August of the same year, in the Church of Saint Nicholas in Cairo, he was ordained an Archimandrite. Archimandrite Nektarios showed much zeal both for preaching the word of God, and for the beauty of God's house. He greatly beautified the Church of Saint Nicholas in Cairo. Years later, when Nektarios was in Athens, Saint Nicholas appeared to him in a dream, embracing him and telling him he was going to exalt him very high.

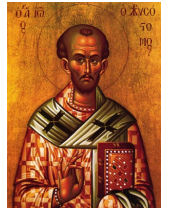
In 1889, in the same Church of Saint Nicholas, Nektarios was consecrated Metropolitan of the Pentapolis in eastern Libya, which was under the jurisdiction of Alexandria. This office did not affect his modesty and childlike innocence, but it aroused the envy of lesser men, who slandered him. In 1890, Sophronius relieved Metropolitan Nektarios of his duties; in July of the same year, he commanded Nektarios to leave Egypt.

Without seeking to avenge or even to defend himself, the innocent Metropolitan left for Athens. Because his good name had been soiled, he was unable to find a position worthy of a bishop, and in February of 1891 accepted the position of provincial preacher in Euboia; then, in 1894, he was appointed Dean of the Rizarios Ecclesiastical School in Athens. Through his eloquent sermons, his generous alms deeds despite his own poverty, and the holiness, meekness and fatherly love that were manifest in him, he became a shining light and a spiritual guide to many. At the request of certain pious women, in 1904 he began the building of his convent of the Holy Trinity on the island of Aegina while still Dean of the Rizarios School. Finding later that his presence there was needed, he took up his residence on Aegina in 1908, where he spent the last years of his life, devoting himself to the direction of his convent and to very intense prayer; he was sometimes seen lifted above the ground while rapt in prayer. He became the protector of all Aegina, through his prayers, delivering the island from drought, healing the sick and casting out demons. Although he had already worked wonders in life, an innumerable multitude of miracles have been wrought after his repose in 1920 through his holy relics, which for many years remained incorrupt. There is hardly a malady that has not been cured through his prayers; but Saint Nektarios is especially renowned for his healings of cancer for sufferers in all parts of the world.



Saints of the Month

continued



Saint John Chrysostom

13 November

This greatest and most beloved of all Christian orators was born in Antioch in the year 344; his pious parents were Secundus and Anthusa. After his mother was widowed at the age of twenty, she devoted herself to bringing up John and his elder sister in the nurture and admonition of the Lord. John received his literary training under Anthragathius the philosopher, and Libanius the sophist, who was the greatest Greek scholar and rhetorician of his day. Libanius was a pagan. With such a training, and with such gifts as he had by nature, John had before him a brilliant career as a rhetorician. But through the good example of his godly mother Anthusa and of the holy Bishop Meletius of Antioch, by whom he was ordained reader about the year 370, he chose instead to dedicate himself to God. From the years 374 to 381 he lived the monastic life in the hermitages that were near Antioch. His extreme asceticism undermined his health, compelling him to return to Antioch, where Saint Meletius ordained him deacon about the year 381. Saint Meletius was called to Constantinople later that year to preside over the Second Ecumenical Council, during which he fell asleep in the Lord. In 386 Bishop Flavian ordained John presbyter of the Church of Antioch. Upon his elevation to the priesthood his career as a public preacher began, and his exceptional oratorical gifts were made manifest through his many sermons and commentaries. They are distinguished by their eloquence and the remarkable ease with which rich imagery and scriptural allusions are multiplied; by their depth of insight into the meaning of Scripture and the workings of God's providence; and, not least of all, by their earnestness and moral force, which issue from the heart of a blameless and guileless man who lived first what he preached to others. Because of his fame, he was chosen to succeed Saint Nectarius as Patriarch of Constantinople. He was taken away by stealth, to avoid the opposition of the people, and consecrated Patriarch of Constantinople in 398, by Theophilus, Patriarch of Alexandria, who was to prove to be his mortal enemy.

At that time the Emperor of the East was Arcadius, who had had Saint Arsenius the Great as his tutor (see May 8); Arcadius was a man of weak character, and much under the influence of his wife Eudoxia. The zealous and upright Chrysostom's unsparing censures of the lax morals in the imperial city stung the vain Eudoxia; through Theophilus' plottings and her collaboration, Saint John was banished to Pontus in 403. The people were in an uproar, and the following night an earthquake shook the city; this so frightened the Empress Eudoxia that she begged Arcadius to call Chrysostom back. While his return was triumphant, his reconciliation with the Empress did not last long. When she had a silver statue of herself erected in the forum before the Church of the Holy Wisdom (Saint Sophia) in 403, Saint John thundered against her, and she could not forgive him. In June of 404 he was exiled to Cucusus, on the borders of Cilicia and Armenia. From here he exchanged letters with Pope Innocent of Rome, who sent bishops and priests to Constantinople requesting that a council be held. Saint John's enemies, dreading his return, prevailed upon the Emperor and had John taken to a more remote place of banishment called Pityus near the Caucasus. The journey was filled with bitter sufferings for the aged bishop, both because of the harshness of the elements and the cruelty of one of his 310 guards. He did not reach Pityus, but gave up his soul to the Lord near Comana in Pontus, at the chapel of the Martyr Basiliscus, who had appeared to him shortly before, foretelling the day of his death, which came to pass on September 14, 407. His last words were "Glory be to God for all things." His holy relics were brought from Comana to Constantinople thirty-one years later by the Emperor Theodosius the Younger and Saint Pulcheria his sister, the children of Arcadius and Eudoxia, with fervent supplications that the sin of their parents against him be forgiven.

Saint John was surnamed Chrysostom ("Golden-mouth") because of his eloquence. He made exhaustive commentaries on the divine Scriptures and was the author of more works than any other Church Father, leaving us complete commentaries on the Book of Genesis, the Gospels of Saints Matthew and John, the Acts, and all the Epistles of Saint Paul. His extant works are 1,447 sermons and 240 epistles. Twenty-two teachers of the Church have written homilies of praise in his honor. Besides his feast day, he is celebrated as one of the Three Hierarchs on January 30, together with Saint Basil the Great and Saint Gregory the Theologian.

Saints of the Month

continued

Saint Philip

14 November

Saint Philip one of the Twelve, was from Bethsaida of Galilee, and was a compatriot of Andrew and Peter. He was instructed in the teachings of the Law and devoted himself to the study of the prophetic books. Therefore, when the Lord Jesus called him to the dignity of apostleship, he immediately sought out and found Nathanael and said to him, "We have found Him of Whom Moses in the Law and the Prophets did write, Jesus of Nazareth, the son of Joseph" (John 1.45). Having preached Jesus the God-man throughout many parts of Asia Minor and having suffered many things for His Name's sake, he was finally crucified upside down in Hierapolis of Phrygia.

Advent Fast for the Feast of the Nativity

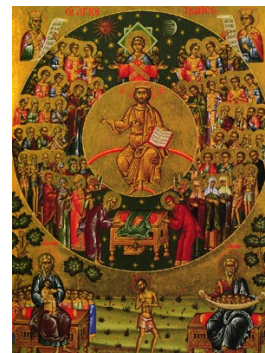
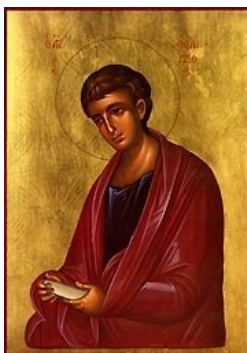
15 November - 24 December

In the Orthodox Church the Feast of Christmas is called "The Nativity" As with Pascha, the Feast of the Nativity begins with a period of preparation known as Advent or the Nativity Fast . It is proceeded by a fast corresponding to Lent and lasting for forty days. The fast begins on November 15, 40 days prior to the Birth of Christ.

The Nativity Fast is one of four main fast periods throughout the ecclesiastical year. Beginning on November 15 and concluding on December 24, the Nativity Fast gives individuals the opportunity to prepare for the Feast of the Nativity of Our Lord and Savior in the Flesh on December 25. By abstaining from certain food and drink, particularly from meat, fish, dairy products, olive oil, and wine, as well as focusing more deeply on prayer and almsgiving, we can find that the primary aim of fasting is to make us conscious of our dependence upon God.

As we go thru the next 40 days, let us reflect on how we can make ourselves better Christians. Let us change our habits for the next 40 days and focus on the true meaning of Thanksgiving and Christmas.

Beginning with Christmas Day, the Feast of the Nativity is celebrated for twelve days culminating in the Feast of Epiphany on January 6.



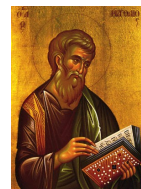
Saints of the Month

continued

Saint Matthew

16 November

Saint Matthew who was also called Levi, was the son of Alphaeus and had Galilee as his homeland. A publican before being called by Christ, he became one of the Twelve Apostles, and an Evangelist. While still in Palestine, he wrote his Gospel first in Hebrew, being also the first of all to write the Gospel. When he is depicted in icons, there is portrayed next to him the likeness of a man, one of the symbolic living creatures mentioned by Ezekiel (1.10), which, as Saint Irenaeus writes, is a symbol of our Savior's Incarnation.



The Entrance of the Theotokos into the Temple

21 November

According to the tradition of the Church, the Theotokos was brought to the Temple at three years of age, where she was consecrated to God and spent her days until she was fourteen or fifteen years old; and then, as a mature maiden, by the common counsel of the priests (since her parents had reposed some three years before), she was betrothed to Joseph.



Saint Katherine

25 November

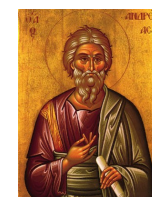
Saint Katherine who was from Alexandria, was the daughter of Constatas. She was an exceedingly beautiful maiden, most chaste and illustrious in wealth, lineage, and learning. By her steadfast understanding, she utterly vanquished the passionate and unbridled soul of Maximinus, the tyrant of Alexandria; and by her eloquence, she stopped the mouths of the so-called philosophers who had been gathered to dispute with her. She was crowned with the crown of martyrdom in the year 305. Her holy relics were taken by Angels to the holy mountain of Sinai, where they were discovered many years later; the famous monastery of Saint Katherine was originally dedicated to the Holy Transfiguration of the Lord and the Burning Bush, but later was dedicated to Saint Katherine. According to the ancient usage, Saints Katherine and Mercurius were celebrated on the 24th of this month, whereas the holy Hieromartyrs Clement of Rome and Peter of Alexandria were celebrated on the 25th. The dates of the feasts of these Saints were interchanged at the request of the Church and Monastery of Mount Sinai, so that the festival of Saint Katherine, their patron, might be celebrated more festively together with the Apodosis of the Feast of the Entry of the Theotokos.



Saint Andrew























30 November

Saint Andrew was from Bethsaida of Galilee; he was the son of Jonas and the brother of Peter, the chief of the Apostles. He had first been a disciple of John the Baptist; afterwards, on hearing the Baptist's witness concerning Jesus, when he pointed Him out with his finger and said, "Behold the Lamb of God, Which taketh away the sin of the world" (John 1.29,36), he straightway followed Christ, and became His first disciple; wherefore he is called the First-called of the Apostles. After the Ascension of the Saviour, he preached in various lands; and having suffered many things for His Name's sake, he died in Patras of Achaia, where he was crucified on a cross in the shape of an "X," the first letter of "Christ" in Greek; this cross is also the symbol of Saint Andrew.



Orthodox Calendar

NOVEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Cosmas & Damianos 9am Orthros 10am Divine Liturgy 7pm Choir Rehearsal	 2 4pm Greek School	
4 5th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 11am Church School 1pm Greek Dance 1pm Personal Finance 4pm Human Traffic Forum	5 4pm Greek School 7pm Orthodoxy 101	6 5pm Greek Dance 6:30pm Greek Dance 7pm Bowling League-Arcadia	 7 7pm Philoptochos—Union Station	8 Synaxis of the Archangels 7pm Vespers for Saint Nektarios at Covina 7pm Choir Rehearsal 7:30pm AHEPA	 9 Saint Nektarios the Wonderworker 9am Divine Liturgy Covina 4pm Greek School	10
11 8th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 11am Church School 1pm Greek Dance 1pm Personal Finance 5pm IOCC Event	12 4pm Greek School 7pm Orthodoxy 101	13 St John Chrysostom 9/10am Divine Liturgy 10am VIPs 5pm Greek Dance 6:30 Greek Dance 7pm Bowling League-Arcadia 7pm PC Meeting	 14 Saint Philip the Apostle 7pm General Assembly 7:15 Philoptochos Board Meeting	 15 Nativity Fast Begins 7pm Choir Rehearsal	 16 Matthew Apostle and Evangelist 4pm Greek School	 17
 18 9th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 11am Church School 1pm Greek Dance	 19 4pm Greek School 7pm Orthodoxy 101 7pm Fashion Show Meeting	 20 5pm Greek Dance 6:30 Greek Dance 7pm Bowling League-Arcadia	 21 Entrance of the Theotokos 9am Orthros 10am Divine Liturgy	 22 Thanksgiving Day (Church office closed)	 23 4pm Greek School (Church office closed)	 24
 25 13th Sunday of Luke St. Katherine the Great 8:45am Orthros 10am Divine Liturgy NO Church School 12pm Church School Staff Meeting 1pm Greek Dance	 26 4pm Greek School 7pm Orthodoxy 101	 27 5pm Greek Dance 6:30 Greek Dance 7pm Bowling League-Arcadia	 28 7pm Philoptochos General Meeting	 29 7pm Choir Rehearsal 7pm Fashion Show Meeting	 30 Andrew the First-Called Apostle 9am Orthros 10am Divine Liturgy 4pm Greek School	
		Strict Fast 	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free

Saint Anthony
Greek Orthodox Community
778 South Rosemead Blvd
Pasadena, California 91107



Phone
626.449.6943
Fax
626.449.6974
E-mail
alma@saint-anthonys.org

We're on the Web!
www.saint-anthonys.org

November 2018

POSTAGE
STAMP

TIME SENSITIVE

Place address label here

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.