

The Voice of Saint Anthony

MARCH 2019

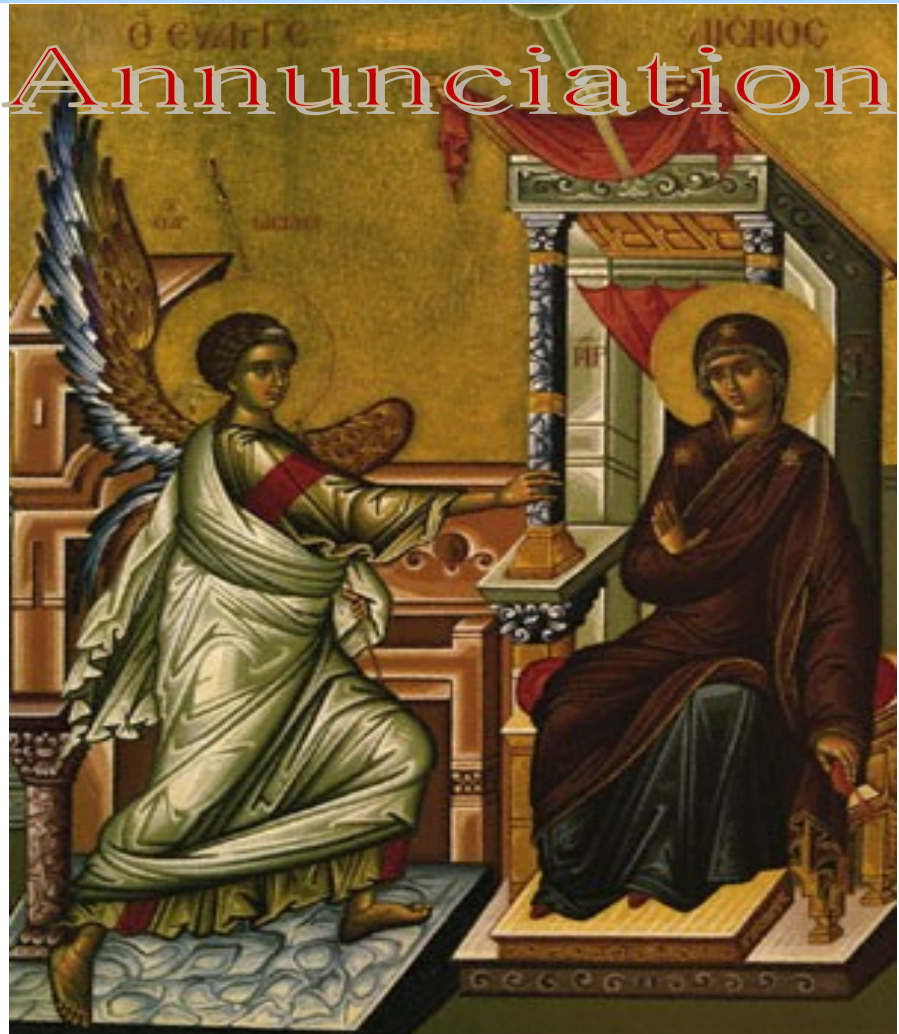
INSIDE THIS ISSUE

Priest's Message	2
Parish Council News	n/a
Stewardship	3
Choir News	4
Church School	6
Youth/Young Adult News	7
Philoptohos News	10
VIPs	15
Ministries	16
Community News	18
Saints of the Month	23
Orthodox Calendar	25

**Deadline for
April Newsletter is
Monday, 25 March**

Please send to:

**frchris@saint-anthonys.org
newsletter_church@aol.com**



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

There is an introductory exercise used in spiritual and business seminars, in which the participants are asked to form a list of their ten most important relationships. All participants react differently as they begin to formulate their lists. Some worry that they will not be able to produce a complete list of ten. Others insist that it will be difficult for them to limit the list to just ten. And so they begin their lists: parents, children, friends, brother, sister, teacher, and colleague. Hopefully, God has also made the list, although most of the time He is not even in the top four.

In the Gospel reading for the Sunday of Cheese fare, Jesus calls our attention to this list with the following words, *"Whoever confesses Me before men, him I will also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven. He who loves father or mother more than Me is not worthy of Me. And he who loves son or daughter more than Me is not worthy of me. And he who does not take his cross and follow after Me is not worthy of Me."* In many ways Christ forces us, through these words, to pause and reflect on our own list of ten.

There are those who will say that it is difficult to put God ahead of a spouse, or our parents, or even our children. Why does God need to be first anyway? Why is He making us question our priorities?

Christ reminds us that if we love Him first, if we place God first in order of priority - that our experience in this world will be intensified. Christ reminds us that our love for God will be exceeded by God's love for us. And, it is through the power of God's overwhelming love and forgiveness that we are given the ability to be His children and follow, His example.

Let us remember that: *"God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but that the world through Him, might be saved."*

God gives us many examples. He sent Christ to live among us; to teach us how we are to follow His commandments; to teach us how to love one other and God. We are shown, that Christ gave His life for the Church according to God's will. Thus, we too are called to offer our lives to God first. And when we offer our lives to God first, then all our relationships and all of our experiences in this world, take on a deeper meaning and a much greater importance.

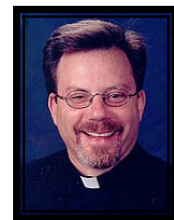
Placing God as a priority is exactly what the saints of our Church did. That is why we honor them. That is why we look to them, and especially the Theotokos, as examples of human beings, who placed God first. When we put God first, all of our relationships are filled, with heavenly blessings, and they become more powerful, more intense, more genuine, more rewarding and more fulfilling. This is because they are no longer energized by mere human emotions and human frailties. Rather, they are energized with heavenly strength, and are charged by divine intervention and infused with God's power.

We are called to look at our list and re-prioritize. We are called to try to comprehend what it means to put God first. We are called to endeavor to live daily as if God is in fact the first priority in our lives. When we do this, we will be able to do exactly what the saints were able to do. As St Paul reminds us, through faith the saints, conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword and won strength out of weakness. Indeed, miraculous accomplishments, through the power of God.

As we prepare ourselves for Great Lent, let us refocus ourselves, and reprioritize our lives. Let us accept the challenge to try to place God first. Let us give ourselves the opportunity to further enhance the life that we live in this world. This is my prayer that we will each take the time to stop, to reflect and to re-prioritize - so that our soul may grow.

In Christ,

Fr Peter



STEWARDSHIP

2019 STEWARDSHIP SUMMARY

OUR STEWARDSHIP GOAL: \$425,000

168 PLEDGES TOTALING: \$207,574

COLLECTED AS OF 2/26/19: \$142,002

AVERAGE PLEDGE GOAL: \$1,500

CURRENT AVERAGE PLEDGE: \$1,236

Breakdown Pledges		
Amount Pledge	# of Pledges	% of Pledges Breakdown
\$ 20 - \$299	34	20%
\$300 - \$499	23	14%
\$500 - \$799	32	19%
\$800 - \$999	7	4%
\$1,000 - \$1,499	38	23%
\$1,500 - \$1,999	8	5%
\$2,000 - \$3,999	14	8%
\$4,000 - \$5,999	7	4%
\$6,000 - \$7,999	2	1%
\$8,000 - \$9,999	0	0
\$10,000 - \$14,999	3	2%
\$15,000 - \$99,999	0	0%
TOTAL PLEDGES	168	100%

\$425,000 (goal)

**\$207,574 Pledged
(49% of goal)**

**\$142,002
Amount Collected
(33% of goal)**

OUR CURRENT STEWARDSHIP GOAL IS \$1,500 PER STEWARD/FAMILY.

RIGHT NOW, 80% OF OUR STEWARDS ARE UNDER THAT GOAL

NEWS FROM THE LOFT

Our choir is very excited and proud to recognize and congratulate our member, **Dr. George Babbes**, on his recent selection for a 2019-2020 **Fulbright Foreign Scholarship Award**. As a Greek-American, with both parents from Greece and close relatives living in Athens, George has long been interested in developing professional relationships in Greece and improving his understanding of the Greek language and culture.

Last spring, George met with leaders of the Athens University of Economics and Business to introduce himself and to discuss potential collaborations. After approval from two highly selective U.S. peer review panels, as well as the U.S. State Department, George's proposal was approved and his activities are scheduled to begin in February through June of 2020. His project will include research, teaching, and service.

His research will focus on the use and impact of figurative language in business domains such as advertising, new product decisions and ethical dilemmas. George has been invited to guest lecture in Paris and at a private university in Athens. His teaching will focus on masters-level strategy courses and doctoral-level research methods courses. The service portion of his project will focus on program assessment and continuous improvement initiatives, with special attention to curriculum, assurance of learning, student services and strategic partnerships.

The Fulbright Program, which aims to increase mutual understanding between the people of the United States and the people of other countries, is the flagship international educational exchange program sponsored by the U.S. government. As a grantee, George will join the ranks of distinguished participants in the program.

Fulbright alumni have become heads of state, judges, ambassadors, cabinet ministers, CEOs and university presidents as well as leading journalists, artists, scientists, and teachers. They include 59 Nobel Laureates, 84 Pulitzer Prize winners, 72 MacArthur Fellows, 16 Presidential Medal of Freedom recipients and thousands of leaders across the private, public and non-profit sectors.

George is a professor of business administration at Azusa Pacific University, and has been a dedicated member of our Saint Anthony Choir since November of 2016. His daughters Sophia Nicolette and Kathryn Alexandra are enthusiastic participants in our Youth Choir and Sunday School Program.

CONGRATULATIONS GEORGE!!

AXIOS KAI IS ANOTERA!



NEWS FROM THE LOFT (PHOTOS)



CHURCH SCHOOL NEWS

Do you wish the children in your life knew more about their Orthodox faith?

Do you value their spiritual development?

Would you like them to build close relationships with other Orthodox Christians?

If so, then St. Anthony Church School is the place for them! The Church School staff enthusiastically encourages parents, grandparents, godparents, family, and friends to give the children they love the opportunity to be a part of the learning, growth, and Christian fellowship that is offered each Sunday by bringing them to the Divine Liturgy and Church School.

We can't wait to welcome your children into our classrooms!

CONGRATULATIONS to the following students who had Perfect Attendance in February:

Wesley Courter

Talia Grafos

Evangelia Kleissas

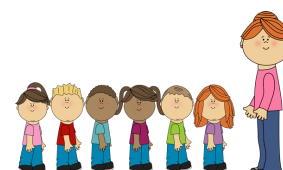
Athanasios Mitis

Ekaterini Nastri

Theodora Trigonis

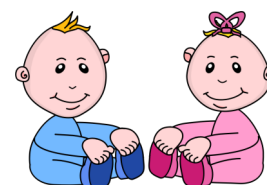
Dylan Udria

Niko Udria



MOMS, POPS 'N TOTS

Ages 4 and under!



Moms, Pops 'n Tots is starting again!

When: Sundays after Communion

Where: Pre-school Room 1A

All families with children 4 years of age or younger are welcome to join us in this wonderful program of singing, dancing, and learning the faith.

YOUTH & YOUNG ADULT NEWS

GOYA Basketball 2019



It's time to register for the 2019 GOYA Basketball season!
Join the fun!

Games begin **Saturday, March 2nd**

See schedule next page

Practices began on February 7th and are held on **Thursdays—6:30pm-8:30pm**

Chandler School

851 Seco Street Pasadena

Girls ages 12 – 21

Boys ages 12 – 19

Questions ?

Pana Gelt pgelt@socal.rr.com 626-278-2808

Patricia Paziouros ppaziouros@yahoo.com 626-497-2164

John Paziouros john.paziouros@gmail.com 626-497-2167

TENTATIVE FDF SCHEDULE

Regular meetings will commence following the Folk Dance Festival. Meetings will take place the **first Sunday of the month** and will begin 10 minutes after Church School ends.

Meeting location — Rooms 1A and 1B.

March 4

July 1

April 1

August 5

May 6

September 2

June 3



Volunteer to help, serve and/or prepare a simple lunch, provide a snack or donate to help defray costs (not required). Contact: **Irene Albeck**, mcmg2a@aol.com

St. Anthony Parish Oratorical Festival - Saturday, March 16, 2019

St. Anthony Parish Oratorical Festival will be taking place on **Saturday, March 16, 2019**. We welcome all ages of our church youth to participate in this joyful learning experience as a way to enhance their understanding and appreciation of their identity as Orthodox Christians. Furthermore, we hope this opportunity to learn, write, and speak about their Orthodox Faith cultivates spiritual growth and self-confidence.

For further information, please contact **Nicole Schulman** at 626-497-5368 or nicoleschul@gmail.com



YOUTH & YOUNG ADULT NEWS (CONTINUED)

St. Anthony G.O.Y.A. Basketball Schedule 2019

Saturday, March 2:

@ St. Nicholas
9501 Balboa Blvd.
Northridge
11:00 Jr. Girls
12:00 Jr. Boys
1:00 Sr. Girls
2:00 Sr. Boys

Sunday, March 10:

St. Sophia @ St. Anthony
Sierra Madre Middle School
160 N. Canon Avenue, Sierra Madre
2:00 Jr. Girls
3:00 Jr. Boys
4:00 Sr. Girls
5:00 Sr. Boys

Sunday, March 31:

@ St. Katherine
722 Knob Hill Avenue
Redondo Beach
2:00 Jr. Girls
3:00 Jr. Boys
4:00 Sr. Girls
5:00 Sr. Boys

Sunday, March 3:

@ St. Basil
San Juan Capistrano
Community Center Gym
25925 Camino Del Avion
San Juan Capistrano
3:00 Jr. Girls
4:00 Jr. Boys
5:00 Sr. Girls
6:00 Sr. Boys

Sunday, March 17:

@ St. George
DePaul Center
420 South Date St, Montebello
2:00 Jr. Girls
3:00 Jr. Boys
4:00 Sr. Girls
5:00 Sr. Boys

Saturday, April 6:

Quarter Finals

Sunday, April 7:

Quarter Finals (if needed)

Saturday, April 13:

Semi Finals

Saturday, March 9:

@ Assumption
5761 E. Colorado Street
Long Beach
11:00 Jr. Girls
12:00 Jr. Boys
1:00 Sr. Girls
2:00 Sr. Boys

Sunday, March 24:

St. John @ St. Anthony
Sierra Madre Middle School
160 N. Canon Avenue, Sierra Madre
3:00 Jr. Girls
4:00 Jr. Boys
No senior girls' game
5:00 Sr. Boys

Sunday, April 14:

Finals

**Questions ? Please contact:**

Patricia Paziouros	626-497-2164	Pana Gelt	626-278-2808
John Paziouros	626-497-2167	Anthia Drulias Lucas	626-274-6133

YOUTH & YOUNG ADULT NEWS (CONTINUED)

St. Anthony Bowling League — Season 2:

After about 20 years and persistence and organization by Pana Gelt, the St. Anthony Bowling League was reorganized last fall for a 10-week season ending before the holidays. The excitement carried over and Bowling Season 2 began the end of January.

Bowling nights are **every Tuesday at 7:00 P.M.** at Bowling Square in Arcadia with 21 dedicated bowlers. Participants range from young adults to young seniors!

Bowlers abilities range from beginning to experienced. Each week the bowler with the high game gets to take home the Kathy Lucas high game trophy. The reality is Kathy was just looking for a way to get rid of this trophy.

Each team consists of three bowlers who compete against a different team each week.

Team names, members and standings (*as of Week 4*) are as follows:

<u>SPARE ME</u> <i>6th place</i>	<u>PIN ACTION</u> <i>4th place</i>	<u>LET'S ROLL</u> <i>3rd place</i>	<u>JAZZ HANDS</u> <i>7th place</i>
Jim Nichols	Liam McCann	Ted Dupas	John Lucas
Nick Paziouros	Joyce Nichols	Parise Livanos	Steven Miller
Pana Gelt	Kiki Chrysosgelos	Chrissa Mobayen	Andrea Lappas
<u>THE TITANS</u> <i>2nd place</i>	<u>THE HOLY BOWLERS</u> <i>5th place</i>	<u>TEAM 7</u> <i>1st place</i>	
John Paziouros	Teddi Efstathiou	Marianne Nichols	
Tricia Johnston	Anthia Lucas	Patricia Paziouros	
Jim Horaite	Syrus Mobayen	George Dupas	

The standings vary weekly as not many games divide each team.

The bowlers are very fortunate to have a weekly audience who come to enjoy the camaraderie and cheer for the bowlers while they are playing.

Here are a couple of bowling facts that we are sure you have been wondering about:

"A Turkey" - 3 strikes in a row

"4 Bagger" - the 4th strike

We invite everyone to come out on Tuesday nights to Bowling Square in Arcadia and enjoy an evening of fun and fellowship.



PHILOPTOCHOS NEWS

Community Outreach-Union Station Homeless Services- Adult Center

412 South Raymond Avenue-Pasadena, CA 91105

626-240-4550 626-255-1434

“Let each of you look not only to his own interests, but also to the interests of others.” Philippians 2:4

Philoptochos oversees this outreach and seeks the participation of community members. Our commitment is the **first Wednesday of each month, once a month, 6:45 PM to approximately 8:45 PM.** There is no food preparation. You can bring dessert (ie: cookies, brownies etc.) for sixty clients.

Duties include plating food and minimal clean up. There is a commercial dishwasher or you may bring heavy duty paper plates.

Please consider signing up to serve at Union Station Adult Center. Three to four people generally will be sufficient to serve and clean up.

Dates available: **April 3, May 1, June 5, July 3, August 7, September 4, October 2, November 6, and December 4.**

All dates are on a **Wednesday from 6:45 PM to 8:45 PM.**

For information please contact: **Irene Albeck - mcmg2a@aol.com (H) 626-792-8122 (C) 626-252-5062**

Sophia Angelos - sangelos2000@gmail.com (H) 626-795-0848 (C) 626-826-0848

Stephanie Soewers - szanglis@aol.com (C) 818-209-5025

Check List for Adult Center Servers

Food will be in the ovens in OFF position. If it needs to be warmed up, turn on ovens to 300 degrees.

Juice and milk will be in the refrigerator.

- Check with night staff for the number to be served.
- Ask what time to begin serving clients dinner.
- Wash hands, long hair tied back or wear a hairnet
- Count as many plates that will be needed (55-60). Use gloves when in direct contact with food.
- Fill approximately 6 pitchers with punch and 2 with milk
- Union Station Homeless Services clients will set up their tables and bus them also.
- Organize an assembly line just before serving time. Begin preparing dinner plates and line up on serving counter.
- **Do not start** by being too generous with portions; attempt to keep evenly portioned. If food is left over they may have second servings.
- **Set aside 5-7 plates for late comers.**
- When food has been served, start preparing dessert, when possible give dessert with meal
- **Leftovers: Consolidate, cover, label type of food, date and put into refrigerator.**
- Clean up counters, dishes are usually scraped by clients if not rinse prior to placing in dishwasher. Leave kitchen orderly and clean.
- Do not bring anything back. Leave food and dispose aluminum containers.

PHILOPTOCHOS NEWS (CONTINUED)

PHILOPTOCHOS SCHOLARSHIP AWARD APPLICATION – 2019

APPLICANT, PLEASE ATTACH A RECENT PHOTO OF YOURSELF TO THIS APPLICATION.

Completed applications must be submitted to the church office
by **April 1, 2019** - Attention: Philoptochos Scholarship Committee

APPLICANT INFORMATION	
Name	
Date of birth	Phone
Current Address	
Email	
High School Attended	
School Address	
Dates Attended	GPA
Please list extracurricular activities you have participated in while In school:	
Please list activities you have participated in while attending Saint Anthony:	
FAMILY INFORMATION	
Parents' Names	
Names of Siblings	
SIGNATURE	
<i>I VERIFY THAT THE INFORMATION PROVIDED ABOVE IS TRUE AND CORRECT.</i>	
Applicant's Signature	Date

PHILOPTOCHOS NEWS (CONTINUED)**PHILOPTOCHOS SCHOLARSHIP AWARD –RULES & REGULATIONS**

- The parents of the applicant (or the applicant him or herself) must be members in good standing of Saint Anthony Greek Orthodox Church for at least one year preceding the date of the scholarship application.
- A parent of the applicant must be a member of Saint Anthony Philoptochos, Panagia Chapter.
- The applicant must be planning to continue his or her education for the upcoming school year.
- The applicant must have a minimum 3.0 GPA.
- Applicants will be evaluated on the following criteria:
 - Academic achievement
 - Church and Church School participation
 - Community service
 - Citizenship

Applicants must:

- Complete and submit all required application documents by **April 1, 2019**
- Arrange for his or her current academic transcript to be mailed from the academic institution to the church office (Attention: Philoptochos Scholarship Committee)
- Submit an autobiographical essay (approximately 300 words) that describes influences on the applicant's life and addresses the applicant's future goals
- Submit two (2) letters of recommendation, **one** of which must be from a high school counselor, teacher or someone who has worked directly with the student
- Report for a personal interview at the request of the Scholarship Committee and attach a recent photo of yourself to the application form

The Philoptochos Society of Saint Anthony Greek Orthodox Church is not obligated to grant any scholarships in a given year. The Scholarship Committee and Father Peter Stratos or Father Christopher Retelas will review all applications. The Committee's decision shall be final.

Scholarship recipients will be notified by mail. The scholarship award will be presented at a date to be determined.

For questions please contact:

Philoptochos President	Maria Kypreos — makypreos@gmail.com
Scholarship Chair	Irene Albeck — mcmg2a@aol.com
Scholarship Co-Chair	Fontaine Malisos — fontainachilles@gmail.com



**Kids n' Cancer - Camp Agape
Philoptochos Easter Bake Sale
All proceeds to benefit Camp Agape**

Camp Agape is Philoptochos ministry, providing for children afflicted with cancer and other life threatening diseases. The camp offers a life-changing experience for children and their families. It is an ideal environment for therapy and healing.

DEADLINE TO PLACE ORDERS - WEDNESDAY, APRIL 17

Order in time for PASCHA-APRIL 28

Please pay when ordering or drop off form and payment during office hours.

Order Form

Name: _____

Phone: _____

eMail: _____ (if appropriate)

Date of order: _____

Make checks payable to: Saint Anthony Philoptochos, Memo: Kids n' Cancer.

Information contact: Kathy Lucas (H) 626-447-8336 - email: klsjl@me.com •

Yiota Poulos (H) 626-448-5034 • Lisa Xanthos (H) 626-445-6645 - email: lisax@att.net

Tsoureki:	\$12 each	Qty. _____	Amount \$ _____	check or cash
Kourabiethes	\$12 per dozen	Qty. _____	Amount \$ _____	check or cash
Koulourakia (chocolate dipped)	\$ 8 per dozen	Qty. _____	Amount \$ _____	check or cash
Koulourakia (traditional)	\$ 6 per dozen	Qty. _____	Amount \$ _____	check or cash
Dyed Red Eggs	\$ 5 per dozen	Qty. _____	Amount \$ _____	check or cash

Please note:

Orders received after deadline will be charged \$2.00 above the original price.

PHILOPTOCHOS NEWS (CONTINUED)**Myrrh Bearers**

"The Myrrh-Bearing women, coming early at dawn to sprinkle the tomb with myrrh."

(Matthew 28, Mark 16, Luke 24, John 20)

Ages 8-11 (you may participate again if you have participated the past year).

Practices will be after church. Dates will be announced as needed.

During the third and last Lamentation, Myrrh Bearers sing how every generation offers praises and adoration at Christ's tomb. The words remind us again of the Theotokos sadness. We look ahead to what the myrrh-bearing women will find on the third day. The Myrrh Bearers are representatives of these devoted women.

A Myrrh Bearer requires discipline, concentration, and sings over and over in Greek and English, as Father Peter and Father Chris sprinkle sweet smelling rose water around Christ's tomb and then over all the people present. This reminds us of the oils the women used to anoint Christ's body. The priests lead a procession outside and the people follow the kouvouklion around the church.

Community Outreach: Peanut butter and jelly. Collect 40 jars of peanut butter and 40 jars jelly, for Ecumenical Council of Churches, Friends in Deed.

Attention Mentors: Looking for young people 12 years and older to mentor Myrrh Bearers. Duties will involve helping with the lamentation, sitting with them and if we do not have enough young girls, joining them.

For further information contact:

Mrs. Albeck at mcmg2a@aol.com or call 626-792-8122

Hellenic Orthodox Primary Explorers

4 ½ to 7 years old



Faith
Philanthropy
Friends
Fun

Junior Orthodox Youth

8 to 10 years old



When: First Sunday of the month

Time: After Church School (snack/lunch available)

Where: Rooms 1A and 1B

VIP NEWS

Last month our ministry took a tour of the **BAPS Shri Swaminarayan Mandir Hindu Temple** in Chino Hills.

This complex is the first earthquake-proof Mandir in the world.

The Mandir or Hindu temple is a symbolic house, seat and body of god. It is a structure designed to bring human beings and gods together, using symbolism to express the ideas and beliefs of Hinduism.

The BAPS Shri Swaminarayan Mandir is a traditional Hindu mandir that was completed in 2012. Situated on a 20-acre site with a 91-foot lotus-shaped pond, the complex has a cultural center, gymnasium and classrooms. Approximately 900 volunteers, including many second-generation Indian-Americans, volunteered approximately 1.3 million man hours to construct the Mandir. This mandir uses a solar power system to generate electricity and reduce adverse effects on the environment. The solar panel power system is expected to reduce 1,556 tons of CO2 emissions, which is the equivalent of planting 62,244 trees, over a 25-year period.

After our tour, our group enjoyed a nice lunch at a local restaurant.



MINISTRIES

Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

Reverend Father Christopher Retelas

2019 PARISH COUNCIL MEMBERS

Officers

Pete Gallanis	President
John Vidalakis	1 st Vice President
Joseph Akrotirianakis	2 nd Vice President
Tashia Vagenas	Secretary
Tony Christopoulos	Treasurer

Members

Philip Ted Attalla	James Pappas
John Buzas	Sophia Syrengelas
Roberto Crespo	Mary Udria
Tom Grafos	Perry Vidalakis
Christos Ioannou	Vincent Zarian

OFFICE STAFF

Alma Vorgias – Office Administrator
Athena Serban – Events Coordinator (Trinity Ballroom)



CUSTODIAL STAFF

Carlos Sosa



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

READERS

Dr Nicholas Kokoris
Constantine Trigonis

YOUTH CHOIR

Katerina Lynch



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

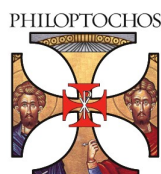
Presbytera Maria Mylonas

Advisor

Connie Becker

Spiritual Advisor

Father Peter Stratos



ADDITIONAL 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 Alik Haralambos

Vacation Bible School Sophia Syrengelas
Mary Udria

VIPs Helen Treantafelles

Young Adults Mike Abi Farah



COMMUNITY NEWS

STUDIES IN THE FAITH

Spring Session, 2019

March 13th – April 17th

These classes will give the participant an understanding of the Faith, Beliefs, Worship and Practices of the Greek Orthodox Church. This class is a six-week series, held on **Wednesday evenings from 7:15 to 8:15.**

The Studies classes are an introduction to Orthodoxy for the person interested in the Church, and a review and enrichment for the Orthodox Christian. This current session will be held from **March 13th to April 17th.**

Participation in the discussions is encouraged to ensure that the Studies become an exciting and meaningful experience for all.

Books used are as follows:

1. Introducing the Orthodox Church *by Fr Anthony Coniaris*
2. The Orthodox Study Bible
3. The Orthodox Church *by Metropolitan Kallistos Ware*
4. The Divine Liturgy
5. Holy Week Service Book
6. Orthodoxy 101: A Bird's Eye View *by Fr. Evagoras Constantinides*

Schedule and Topics are as follows:

Introductory Session – Wednesday March 13th

- Objectives and Focus of the Study
- History of the Church – pages 4-18
- The Creed – pages 19-24

Second Session – Wednesday March 20th

- Holy Tradition and The Bible – pages 197-224
- The Early Church Fathers - pages 74-92
- The Ecumenical Councils (handout)

Third Session – Wednesday March 27th

- The Person of Jesus Christ – pages 25-30
- The Holy Trinity – pages 31-43
- The Sacraments – pages 163-196
- The Divine Liturgy – pages 44-61

Fourth Session – April 3rd

- Salvation – pages 62-73
- Life after Death – pages 139-162
- Prayers for the Dead – pages 241-247

Fifth Session – Wednesday April 10th

- The Saints, and The Theotokos – pages 119-138
- Prayer – Worship – pages 248-274
- The Church Year – pages 93-110
- Icons – pages 225-240

Sixth Session – Wednesday April 17th

- Great Lent (handout)
- Holy Week (handout)
- Conclusion
- Questions and Answers



COMMUNITY NEWS (CONTINUED)

SOUTHERN CALIFORNIA LECTURE SERIES

Hosted by St. Anthony Greek Orthodox Church, Pasadena, CA

March 23, 2019

PARTICIPATORY LITURGY \$15

Saturday 10 a.m.-4 p.m.

Fr. Peter Stratos and Fr. Chris Retelas

What does church history teach us about participation during the Divine Liturgy? Learn the liturgy and then take part in what we hope will be an amazing service.

April 13, 2019

THE HABIT OF HAPPINESS

Saturday 10 a.m.-4 p.m.

George Papageorge

The United States is currently immersed in an epidemic of depression. How can we experience happiness when things often seem bleak?

Typical Daily Schedule for these lectures:

9-10 a.m.	Registration and continental breakfast
10-12:30	Morning session
12:30-1:30	Luncheon
1:30-4:00	Afternoon session

Bookstore Announcement:

Please stop by to see Father Stavros' book on Great Lent.

'The Road Back to Christ: Reflections on Lent, Holy Week and the Resurrection' is a series of short daily reflections on the scripture readings of Holy Week and the accounts of the Resurrection and post-Resurrection appearances of Christ.



Lenten Retreat in Whittier:

The Society of St. Benedict at **St. Michael Antiochian Orthodox Church** will host the Very Reverend John Finley on **Saturday, March 16**, for a day-long Lenten Retreat. Fr. John will present 3 meditations on the theme **"The Inner Heaven of Man"** which will focus our attention on the healing of mind, heart, and will. The retreat begins with First Hour prayers at 9am and concludes by 3pm with Ninth Hour prayers. Fast friendly meals provided; child care is not offered. **3333 Workman Mill Road, Whittier CA.**

RSVP by email to Fr John Fenton (frjohnfenton@gmail.com) or call the parish office 562-692-6121.

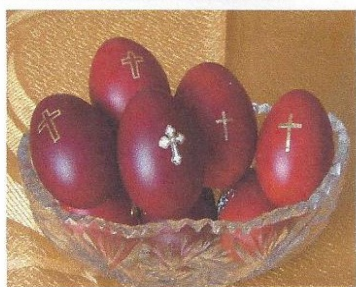
COMMUNITY NEWS (CONTINUED)

**Saint Sophia Greek Orthodox Cathedral
Foundation Board of Trustees - Los Angeles**

97th Annual Greek Easter Picnic

Easter Sunday, April 28 - 1pm to 7pm

Brookside Park (next to the Rose Bowl) Pasadena, CA



**Fabulous Food and
Desserts will be
available for purchase..**

**Souvlakia, Lamb
Chops, Gyros,
Vegetarian dinners**

**Baklava,
Galatoboureko,
Kataifi and various
Greek cookies**

**Beer, Wine, Soft
Drinks, Coffee, Water**

**Free Parking
Picnic Tables**

**Live Greek Music and
Dancing**

**Activities & Easter
Bunny for the Kids**

Admission:

Adults \$12

**Children 16 & under
FREE !!**

**Credit cards accepted
at the admission
gate, dinner booth
and gyro booth**

**Please note: Park
entrance gate will not
open until 1pm..**

**For health and safety,
NO PETS allowed in
the park..**

**Questions ? Please
contact Stephanie
Caiopoulos Lubian
909.861.1012
easterpicnic@aol.com**

COMMUNITY NEWS (CONTINUED)

19th
ANNUAL



PASADENA
GOLF CLASSIC

**SAVE
THE DATE**



MAY 10th, 2019
And You Might Get A Hole-In-One Too



COMMUNITY NEWS (CONTINUED)**ST. ANTHONY YOUTH! GO TO CAMP!**

One of the most tremendous ministries our young people can take part in every year is the various Summer Camp programs that are offered throughout the country. It is incredible to see the transformation they go through after the week of camp is up, and it stays with them throughout the year and throughout their lives! They grow and are challenged in their faith, make lifelong memories and friendships, and have an amazing and fun time doing it all! We are especially blessed here to have the opportunity to go to both our Metropolis Summer Camp at St. Nicholas Ranch in Dunlap, CA, and our St. Sophia Camp at Camp Seely in Crestline, CA. This is one of the best things you can give your children, as an opportunity to learn and grow in their Faith!

METROPOLIS OF SAN FRANCISCO SUMMER CAMP**AT SAINT NICHOLAS RANCH**

(3rd grade through recent HS graduates)

Register at: **gosfyouth.org/summer camp** *(Register TODAY!)*

Register for: **Week 2: JULY 14th – 20th**

SAINT SOPHIA CAMP

(ages 7 – 17)

Register at: **saintsophiacamp.org** *(opens May 1st)*

Register for: **Week 1: July 21st – 27th or Week 2: July 27th – August 3rd**

Please know that they sell out every year, so be sure to register your children, grandchildren, godchildren, nieces, nephews, etc., as soon as possible!

SUMMER IS BACK! LET'S GO TO CAMP!



FEASTS & SAINTS OF THE MONTH

Judgment Sunday (Meatfare Sunday)

3 March

The Prodigal Son and the Publican & the Pharisee have presented to us God's extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation, and death suddenly snatches them. The most divine Fathers have appointed this day's feast commemorating Christ's impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

It is the aim of the holy Fathers, through bringing to mind that fearful day, to rouse us from the slumber of carelessness unto the work of virtue, and to move us to love and compassion for our brethren. Besides this, even as on the coming Sunday of Cheese-fare we commemorate Adam's exile from the Paradise of delight -- which exile is the beginning of life as we know it now -- it is clear that today is reckoned the last of all feasts, because on the last day of judgment, truly, everything of this world will come to an end. All foods, except meat and meat products, are allowed during the week that follows this Sunday.

Forgiveness Sunday (Cheesefare Sunday)

10 March

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are gluttony and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, transmitting these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of selfishness and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from the Gospel of Matthew 6:14-21, to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

Sunday of Orthodoxy

17 March

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora together with the Patriarch Methodius, established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them.

This is the holy deed that all we Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.

FEASTS & SAINTS OF THE MONTH (CONTINUED)

Sunday of Saint Gregory Palamas**24 March**

This divine Father, who was from Asia Minor, was, from childhood, reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam. Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith. Having lived for a total of sixty three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers on this day.

Annunciation of the Virgin Mary**25 March**

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin. According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women." After some consideration and turmoil of soul, and fear because of this greeting, the Virgin, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word." And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).


































Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, Saint John the Baptist, jump in her womb. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord, and with a great voice blessed her and the Fruit that she held within herself. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior," Luke 1:39-55.

Sunday of the Holy Cross**31 March**

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

Orthodox Calendar

MARCH 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					 1 4pm Greek School	2 Saturday of the Souls 8:30am Orthros 9:30am Divine Liturgy 11am GOYA Basketball @ Northridge
3 Judgment Sunday Meat fare Sunday 8:45am Orthros 10am Divine Liturgy 11am Church School 12:15 HOPE/JOY event 1pm Financial Peace 3pm GOYA Bball @ SJC	 4 Metropolis Clergy - Laity 4pm Greek School	 5 Metropolis Clergy - Laity 7:30 AHEPA Meeting	 6 Metropolis Clergy - Laity 7pm Union Station Philoptochos	 7 7pm Choir Rehearsal	 8 Greek Dance pizza party and costume return 4pm Greek School	 9 Saturday of the Souls 9am Orthros 10am Divine Liturgy 11am GOYA Basketball @ Long Beach Youth—Be the Bee Retreat
 10 Forgiveness Sunday Cheese fare Sunday 8:45am Orthros 10am Divine Liturgy 11am Church School 1pm Financial Peace 3pm GOYA Bball-home 6pm Forgiveness Vpers	 11 Great Lent begins Clean Monday 4pm Greek School	 12 10am VIPs 7pm Parish Council Meeting	 13 6pm Pre-Sanctified Liturgy 7:15pm Studies in the Faith	 14 7pm Choir Rehearsal 7:15pm Philoptochos Board Meeting	 15 7pm Salutations to the Theotokos Oratorical Practice 3:30pm Youth Confessions 4pm Greek School	 16 Saturday of the Souls 9am Orthros 10am Divine Liturgy 12pm Oratorical Festival for parish
 17 Sunday of Orthodoxy 8:45am Orthros 10am Divine Liturgy 11am Church School Icon Procession 2pm GOYA Basketball @ Downey	 18 4pm Greek School	 19	 20 6pm Pre-Sanctified Liturgy 7:15pm Studies in the Faith	 21 7pm Choir Rehearsal	 22 7pm Salutations to the Theotokos 4pm Greek School	 23 10am Lecture Series #3 —Participatory Liturgy
 24 Sunday of St. Gregory 8:45am Orthros 10am Divine Liturgy 11am Church School 11:30 Greek Independence Day celebration 2pm GOYA BB @home	 25 Annunciation 9am Orthros 10am Divine Liturgy Greek Independence Day 4pm Greek School	 26	 27 6pm Pre-Sanctified Liturgy 7:15pm Studies in the Faith	 28 7pm Choir Rehearsal 7pm Philoptochos General Meeting	 29 7pm Salutations to the Theotokos 4pm Greek School	 30
 31 Sunday of Holy Cross 8:45am Orthros 10am Divine Liturgy 12pm Godparent Lunch 2pm GOYA @Redondo		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

March 2019

POSTAGE
STAMP

TIME SENSITIVE

Place address label here

Faith
is not hoping
God can...
it is knowing
He Will

