

The Voice of Saint Anthony

APRIL 2019

INSIDE THIS ISSUE

Priest's Message	2
Parish Council News	n/a
Stewardship	3
Choir News	n/a
Church School	4
Youth/Young Adult News	5
Philothonos News	11
VIPs	15
Ministries	18
Community News	20
Saints of the Month	26
Orthodox Calendar	31

**Deadline for
May Newsletter is
Thursday, 25 April**

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

We all have our favorite movie, or maybe a number of movies, that we find ourselves watching multiple times throughout our life. Perhaps we have watched it so often that we can quote it from start to credits. When watching it, we know exactly what is coming, but somehow are still engaged and invested in the emotional ebbs and flows. (Honestly, I always get emotional at the conclusion of "It's a Wonderful Life" even though I've seen it probably a dozen times!)

This month, as we enter the **second half of Great Lent** and look closer to **Great and Holy Week**, many of us know what is to come. We know of the poetic and deeply theological imagery of **St. John Climacus's Ladder of Divine Ascent**. We may remember from years past, yet are still touched, by the radical repentant heart of **St. Mary of Egypt**. We are celebratory and excited as we joyfully sing 'Hosanna!' in our Lord's Entrance into His City Jerusalem on **Palm Sunday**. Yet, just hours after receiving Palm Crosses and having a nice fish luncheon, the church lights are dimmed, the colors are darkened again, and our mood naturally changes as we begin the services of **Holy Week** and anticipate what is to come. We are struck with hymns many of us know by heart: 'Behold! The Bridegroom comes in the middle of the night'...'I see your bridal chamber' and this brings about an almost impulsive reaction of being more prayerful and reflective.

It is in this participation and investment of the services of Holy Week that we are strengthened in our engagement and calling as Christians: to fall in love with the God-man, Jesus Christ. And with this, in hearing the passages we read from the Gospels at the evening services, though we may be familiar with what is to come, we find ourselves in despair, confusion, and maybe even anger when we hear about the betrayal of our Lord from one of his closest companions, the conspiring of the so-called "religious elite" to condemn a perfectly innocent man, and, ultimately, the mockery, the beating, and the death of our Lord on the Cross in Golgotha. We are reminded, to our very core, how deeply loved we are by God Himself. Though we know the victory of **His Resurrection**, we weep at **His Passion and Crucifixion**.

The journey to **Pascha** is arduous, emotional, and challenging. But in participating in this journey, we better come to know the truth that He is not going anywhere, because He is here, and we CAN follow Him now, in this life, on this earth, in His Church. And if you are late to the journey, then start NOW. "The Master is gracious: He accepts the last even as the first; He gives rest to those who came at the eleventh hour as well as to those who have labored from the first." Ultimately, we are strengthened to follow Him as we boldly and loudly proclaim and rejoice in the truth that has literally changed everything: **Christ is Risen!**

-Fr. Chris



STEWARDSHIP**2019 STEWARDSHIP SUMMARY****OUR STEWARDSHIP GOAL: \$425,000****186 PLEDGES TOTALING: \$245,520****COLLECTED AS OF 3/12/19: \$157,543****AVERAGE PLEDGE GOAL: \$1,500****CURRENT AVERAGE PLEDGE: \$1,320**

Breakdown Pledges		
Amount Pledge	# of Pledges	% of Pledges Breakdown
\$ 20 - \$299	39	21%
\$300 - \$499	22	12%
\$500 - \$799	39	21%
\$800 - \$999	7	4%
\$1,000 - \$1,499	41	22%
\$1,500 - \$1,999	11	6%
\$2,000 - \$3,999	15	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	186	100%

**OUR CURRENT STEWARDSHIP GOAL IS \$1,500 PER STEWARD/FAMILY.****RIGHT NOW, 80% OF OUR STEWARDS ARE UNDER THAT GOAL**

CHURCH SCHOOL NEWS

On the first Sunday of Great Lent, we processed around the church, carrying our icons proudly and respectfully in celebration of the Triumph of Orthodoxy! Here is a summary of what the students have been learning in class:

The **PK/TK** class has been learning little life lessons from the parables, such as: Mean words can hurt just like sand paper, but nice words are soft like cotton. If someone is a bully, keep looking for someone to help. Be a good friend. Be wise and build your house on loving Jesus. The fishermen separated the good fish from the bad fish, so be like the good fish and let your love for Jesus shine—don't hide it under a bowl. They have studied nine of the twelve major feast days and have three more to learn. Preschoolers can identify the importance of each feast, name each feast day and are beginning to match dates to each feast. They like to point out colors, actions, and symbols found in each icon.

The **K/1** class is learning about the importance of the name days, icons and stories of various Saints and Angels.

The **2/3** class has been learning about the rules of iconography and how to read an icon.

The **4/5** class is on a unique journey of the Old & New Testaments, studying it through the lens of the Holy Fathers. Students are beginning to perceive that a life in Christ is a lifelong relationship, effort and challenge, which leads to a deep joy that is experienced in Orthodoxy.

The **6-8** class has continued to study more of the Great Feasts, following the life of the Theotokos and Christ, up until Christ's Resurrection. The students are becoming experts on reading the icons of the Feasts by identifying figures, symbols and colors that tell the story of each Feast.

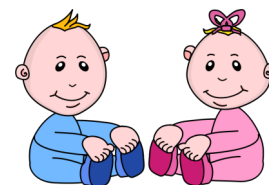
The **9-12** class has been learning about the role of Angels in our Divine Liturgy and how Forgiveness is an essential part of our preparation for receiving the Holy Eucharist.

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

CONGRATULATIONS to the following students who had Perfect Attendance in March: Gia Balntas, Taia Bissias, Gabriella Carpenter, Nikolas Constantinou, David Florea, Kostadina Ioannou, Evangelia Kleissas, Theodora Trigonis, Dylan 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

G.O.Y.A. Basketball 2019

Come support our G.O.Y.A. Basketball teams in playoffs!



2019 Schedule

Saturday, April 6:	Quarter Finals
Sunday, April 7:	Quarter Finals (if needed)
Saturday, April 13:	Semi Finals
Sunday, April 14:	Finals

Watch your e-mail for game times and venues!

G.O.Y.A. Volleyball 2019

We are once again hosting the G.O.Y.A. Volleyball Tournament!

Join the fun! Saturday, May 11, 2019 — 8:30am to 5:00pm

Games at Wilson Middle School 300 Madre Street, Pasadena

5:00pm Dinner & Awards at St. Anthony

Middle School, High School and College Divisions

\$35 per player for lunch, dinner and t-shirt

Non-player dinners \$10

Registration deadline: May 5th

Sign up with G.O.Y.A. President Theodora Trigonis:

theodoratrigonis@gmail.com / 818-813-3596

We need parents to help with set-up, coaching and refereeing.

If you can help please contact:

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



YOUTH & YOUNG ADULT NEWS (CONTINUED)



What is HOPE and JOY?

- It is a ministry of the church
- It is an opportunity to provide fellowship among our young faithful of the church
- It is an opportunity to share common interests with those of similar ages
- It integrates four elements: Worship, Fellowship, Service and Witness

Is there a membership fee?

- No
- Occasionally members will be asked to bring something for a community outreach
- We may ask for monetary donations to cover expenses as needed

What are the ages?

- HOPE (Hellenic Orthodox Primary Explorers): 4 ½ to 7 years old
- JOY (Junior Orthodox Youth): 8 years old to 10 years old

Meeting dates and times:

- First Sunday of the month
- Begins 10 minutes after Church School is dismissed
- Schedules are flexible and announced well in advance

Volunteer Opportunities?

- Adult supervision is always welcomed
- Youth volunteers are needed

Coordinator: Irene Albeck- mcmg2a@aol.com / 626-792-8122

Please leave completed form in Room 1A or eMail the following information to Irene:

First and Last name of child/children:

1. _____ 2. _____
 3. _____ 4. _____

Name of Parents: _____

eMail: _____

Two phone numbers including an emergency number:

1. _____ 2. _____ (ice)

I want to volunteer! _____ yes _____ maybe _____ ask me later

YOUTH & YOUNG ADULT NEWS (CONTINUED)

HOPE AND JOY BOWLING



YOUTH & YOUNG ADULT NEWS (CONTINUED)

Sadness and Gladness



Following in the Footsteps of Jesus

When: Holy Friday

Date: April 26

Time: 12:00 Noon to 3:00 PM

Ages: 4 ½ to 10 years old

Suggested donation \$5 per child

RSVP to mcmg2a@aol.com or 626-792-8122

to save a spot for your child/children



MYRRH BEARERS - HOLY FRIDAY, APRIL 26, 2019

Participating as a Myrrh Bearer for 2019 is a memory cherished many years to come. It is also an opportunity to be involved in the life of the church. Girls ages 8-11 are invited to join the group, if it is your first time, or you may participate again if you have participated in past years. Singing practice will be held after church school for a minimum of fifteen minutes. Dates will be announced and the final practice will be on Saturday of Lazarus.

The Myrrh Bearing women look ahead to what they would find on the third day. As a Myrrh Bearer you girls are a representative of these devoted women.

In the middle of the Lamentation, the priest sprinkles 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. This verse is sung over and over: *E-ra-nan ton ta-fo eh mi-ro-fo-ri mi-ra Li-an pro-ee, el-thous-see*. This means: With myrrh, thy tomb was sprinkled, by brave and faithful women, who came as day was dawning.

Myrrh Bearers need to arrive at church by 6:45 PM, Friday, April 26th and proceed upstairs to Room 2B. Prepare to get dressed. Wreaths will be worn, have hair down and bring hairpins or clips to keep in place.

- The church will supply: dresses, sweaters, gloves, baskets, and wreaths
- You will need to bring: white hose/tights, white shoes, hairpins if needed
- Candles will be distributed just before the acolytes light candles

To sign up or for questions, contact Irene: mcmg2a@aol.com or (626) 792-8122

Deadline to sign up is Friday, April 12.



YOUTH & YOUNG ADULT NEWS (CONTINUED)

Parish Oratorical Festival 16 March 2019



YOUTH & YOUNG ADULT NEWS (CONTINUED)

Sunday of Orthodoxy - 17 March 2019



St. Anthony Folk Dance Festival Dance Groups - 15-17 February 2019



PHILOPTOCHOS NEWS

PHILOPTOCHOS ELECTIONS

Elections will be held at the general meeting in May. If you are interested, a member in good standing and are willing to make a commitment, please contact the election committee:

Teddi Efstathiou - tefsta@aol.com

Vangie Dupas - vangiedupas@sbcglobal.net

CHRISTMAS BENEFIT LUNCHEON

We have started working on our 50th Christmas Benefit Luncheon. If you are interested in joining the committee please contact Maria Kypreos - makypreos@gmail.com. We welcome everyone and we need your support!

EASTER BAKE SALE

Please support our Easter Bake Sale! Your donations will support Kids N' Cancer.

All proceeds from this year's Easter Bake Sale will benefit *Kids 'n' Cancer/Camp Agape*. The Metropolis Philoptochos operates four camps throughout our Metropolis for children with cancer and their families.

Easter bake sale preparation will begin the first week of April. Please check email, weekly bulletins, and/or call Lisa Xanthos or Kathy Lucas to verify day and time of schedules. We welcome all help to prepare pastries, package, or organize orders. More helpers make a task easier. Your participation will help families take a break from their daily stress of caring for sick children.

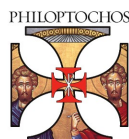
If anyone wishes to support this project by donating a monetary gift to offset expenses, to purchase ingredients or packaging items, it would be greatly appreciated.

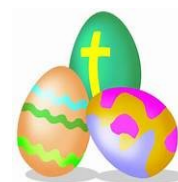
For further information please contact:

Lisa Xanthos 626-445-6645 / email: lisax@att.net

Kathy Lucas 626-447-8336

Please find Bake Sale order form on next page...





Philoptochos Easter Bake Sale

All proceeds to benefit

Kids n' Cancer - Camp Agape

Camp Agape is a 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

Payment must accompany order.

Please return form to office or give to Lisa, Yiota or Kathy.

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 \$ _____
Kourabiethes	\$12 per dozen	Qty. _____	Amount \$ _____
Koulourakia (chocolate dipped)	\$ 8 per dozen	Qty. _____	Amount \$ _____
Koulourakia (traditional)	\$ 6 per dozen	Qty. _____	Amount \$ _____
Dyed Red Eggs	\$ 5 per dozen	Qty. _____	Amount \$ _____

Total Amount Paid: _____ cash or check # _____

Limited unique Easter "goodies" by Lisa will be available.

Please note - orders received after April 17 will be charged \$2.00 above the original price.

Orders may be picked up on Saturday of Lazarus, April 20, following Divine Liturgy or Palm Sunday, April 21, following Divine Liturgy.

PHILOPTOCHOS NEWS (CONTINUED)

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) 818-209-5026

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)

*"Whoever receives one
little child like this in
My name receives Me."*
Matthew 18:5



Kids 'n' Cancer Camp Agape

The Greek Orthodox Metropolis of San Francisco Philoptochos Kids 'n' Cancer/Camp Agape Ministry is dedicated to providing support for children afflicted with cancer and their families. This beloved ministry offers a compassionate and caring environment, exemplary of Christ's unconditional love, along with an opportunity to shape meaningful friendships and create precious memories.



*H*is Eminence Metropolitan Gerasimos and the Greek Orthodox Metropolis of San Francisco Philoptochos Board cordially invite you to attend an

Agape Celebration of Love

to benefit the Kids 'n' Cancer Ministry

*S*unday May 5, 2019
Two o'clock

*N*ewport Beach Country Club
1 Clubhouse Drive
Newport Beach, California

\$75 per person

Kindly respond by April 20, 2019



Register online at sfphiloptochos.org
For more information, please contact the
Metropolis Philoptochos office at: 415-431-2600
or via email: office@sfphiloptochos.org.

VIP NEWS

THE VIPs HAD A BUSY MARCH!!!

March 12 meeting:

The St. Anthony VIPs held their March meeting at the **Foothill Unity Center in Monrovia**. After a continental breakfast and meeting, we were taken on a tour of their facilities.

Every year around Thanksgiving, we collect money at Church to donate to the Foothill Unity Center for their **Thanksgiving and Holiday Distributions**. Foothill Unity Center is a multi-service food pantry and one of the most respected and effective local nonprofits in Southern California. The Center annually distributes millions of pounds of food to thousands of unduplicated and very low-income families in the eleven cities of Pasadena, Altadena, South Pasadena, Monrovia, Arcadis, Duarte, Sierra Madre, Bradbury Baldwin Park, Irwindale, and Azusa. The Center also provides **Family Food Programs, Bag Lunch Program and Homebound Grocery Delivery**. We are very proud to be able to donate to such a worthy cause and see how and where are donations are being utilized.



For more information about the Foothill Unity Center, please read page 17 in this newsletter.



VIP NEWS (CONTINUED)**March 21 visit to the Reagan Library "Pompeii Exhibit":**

About 15 members visited the Reagan Library to see the "**Pompeii Exhibit**". Father Chris took some of our members in a rented van and others drove on their own. It was enjoyed by all who attended.



VIP NEWS (CONTINUED)

Saint Anthony 's VIPs collect non-perishable foods for the Foothill Unity Center.

The Foothill Unity Center was founded in 1980 and is the primary provider of food, case management/crisis help and access to health care resources across eleven San Gabriel Valley cities in Los Angeles County. As the federally designated Community Action Agency for the Foothill Area, they operate two locations in Monrovia and Pasadena, serving clients in Pasadena, Altadena, South Pasadena, Sierra Madre, Arcadia, Monrovia, Bradbury, Duarte, Azusa, Baldwin Park and Irwindale. 79% of their clients are at or below the National Poverty Level. The number of people served by the organization has more than tripled over the last five years, making community funding contributions and volunteer support more critical than ever.

Their programs include:

- Back to School
- Food Programs
- Support and Crisis Services
- Health Services
- Pediatric Mobile Dental Clinic
- Pet Food Bank
- Thanksgiving and Holiday Distributions

Please bring your donation to the VIPs collection container in the Trinity Ballroom lobby..

Whoever is kind to the poor lends to the Lord and He will reward them for what they have done.

— Proverbs 19:17

The generous will themselves be blessed, for they share their food with the poor.

— Proverbs 22:9

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	Elias Kalivas
Dean Athans	Stavrula Kiotas
Tina Athans	Dr. Rodanthi Kitridou
George Babbes	Kathy Lucas
Christina Becronis	Claire Marotta
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	Nicole Schulman
Maria Hronas	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

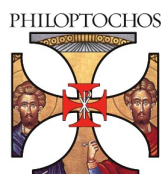
Presbytera Maria Mylonas

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 Presbytera Kalli Retelas

Myrrh Bearers Irene Albeck

Oratorical Festival Nicole Schulman

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

ST. ANTHONY GREEK ORTHODOX CHURCH

HOLY WEEK AND EASTER/PASCHA PROGRAM

APRIL 20 – 28, 2019

SATURDAY OF LAZARUS – April 20

Orthros 9:00 a.m.
 Divine Liturgy & Holy Communion 10:00 a.m.
 Breakfast and making palm crosses.

PALM SUNDAY – April 21

Orthros 8:45 a.m.
 Divine Liturgy (Luncheon to follow) 10:00 a.m.
 Service of the Bridegroom 7:00 p.m.

HOLY MONDAY – April 22

Service of the Bridegroom 7:00 p.m.

HOLY TUESDAY – April 23

Service of the Bridegroom (Hymn of Kassiane) 7:00 p.m.

HOLY WEDNESDAY – April 24

Sacrament of Holy Unction (earlier) 6:00 p.m.

HOLY THURSDAY – April 25

Vespers Liturgy of St. Basil 8:00 a.m.
 The Service of the Holy Passion (12 Gospels) (earlier) 6:00 p.m.

HOLY FRIDAY – April 26

The Royal Hours 9:00 a.m.
 The Descent from the Cross 3:00 p.m.
 The Lamentations 7:00 p.m.

HOLY SATURDAY – April 27

Vespers Liturgy of St. Basil 9:00 a.m.
 Vigil for the Holy Resurrection 11:00 p.m.
 “Come Receive the Light” – The Resurrection Service & Divine Liturgy 11:45 p.m.
 Mageiritsa Dinner follows. All faithful are cordially invited to partake.

PASCHA/EASTER SUNDAY – April 28

The Agape Vespers Service 11:00 a.m.

COMMUNITY NEWS (CONTINUED)

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

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

FDF MEETING SCHEDULE

Regular meetings have resumed.

Meetings take place the **first Sunday of the month** 10 minutes after Church School ends.

Meeting location: **Rooms 1A and 1B**

Meeting Dates:

April 1

June 3

August 5

May 6

July 1

September 2

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



COMMUNITY NEWS (CONTINUED)

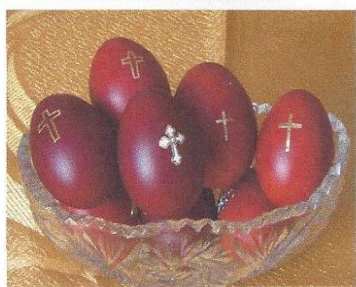


**Saint Sophia Greek Orthodox Cathedral
Foundation Board of Trustees - Los Angeles**

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

Sunday of Saint John Climacus

7 April

The memory of this Saint is celebrated on March 30, however he is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity. It teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of God-like love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

Sunday of Saint Mary of Egypt

14 April

The memory of this Saint is celebrated on April 1, where her life is recorded. Since the end of the holy Forty Days is drawing nigh, it has been appointed for this day also, so that if we think it hard to practice a little abstinence forty days, we might be roused by the heroism of her who fasted in the wilderness forty-seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in very deed.

Saturday of Lazarus

20 April

Lazarus and his sisters Martha and Mary, the friends of the Lord Jesus, had given Him hospitality and served Him many times (John 12:2-3). They were from Bethany, a village of Judea. This village is situated in the eastern parts by the foothills of the Mount of Olives, about two Roman miles from Jerusalem. When Lazarus - whose name is a Hellenized form of "Eleazar," which means "God has helped," became ill some days before the saving Passion, his sisters had this report taken to our Savior, Who was then in Galilee. Nonetheless, He tarried yet two more days until Lazarus died; then He said to His disciples, "Let us go into Judea that I might awake My friend who sleepeth." By this, of course, He meant the deep sleep of death. On arriving at Bethany, He consoled the sisters of Lazarus, who was already four days dead. Jesus groaned in spirit and was troubled at the death of His beloved friend. He asked, "Where have ye laid his body?" and He wept over him. When He drew nigh to the tomb, He commanded that they remove the stone, and He lifted up His eyes, and giving thanks to God the Father, He cried out with a loud voice, "Lazarus, come forth." And he that had been dead four days came forth immediately, bound hand and foot with the grave clothes, and Jesus said to those standing there, "Loose him, and let him go." This is the supernatural wonder wrought by the Savior that we celebrate on this day.

According to an ancient tradition, it is said that Lazarus was thirty years old when the Lord raised him; then he lived another thirty years on Cyprus and there reposed in the Lord. It is furthermore related that after he was raised from the dead, he never laughed till the end of his life, but that once only, when he saw someone stealing a clay vessel, he smiled and said, "Clay stealing clay." His grave is situated in the city of Kition, having the inscription: "Lazarus the four days dead and friend of Christ." In 890 his sacred relics were transferred to Constantinople by Emperor Leo the Wise, at which time undoubtedly the Emperor composed his stichera for Vespers, "Wishing to behold the tomb of Lazarus . . ."

FEASTS & SAINTS OF THE MONTH (CONTINUED)

Palm Sunday**21 April**

On Sunday, five days before the Passover of the Law, the Lord came from Bethany to Jerusalem. Sending two of His disciples to bring Him a foal of an ass, He sat thereon and entered into the city. When the multitude there heard that Jesus was coming, they straightway took up the branches of **palm trees** in their hands, and went forth to meet Him. Others spread their garments on the ground, and yet others cut branches from the trees and strewed them in the way that Jesus was to pass; and all of them together, especially the children, went before and after Him, crying out: "Hosanna: Blessed is He Who cometh in the Name of the Lord, the King of Israel" (John 12:13). This is the radiant and glorious festival of our Lord's entry into Jerusalem that we celebrate today.

The branches of the **palm trees** symbolize Christ's victory over the devil and death. The word Hosanna means "Save, I pray," or "Save, now." The foal of an ass, and Jesus' sitting thereon, and the fact that this animal was untamed and considered unclean according to the Law, signified the former uncleanness and wildness of the nations, and their subjection thereafter to the holy Law of the Gospel.

Holy Monday**22 April**

The holy Passion of our Savior begins today, presenting **Joseph** the all-comely as a prefiguring of Christ. He was the eleventh son of Jacob, and his first son by Rachel; because he was so beloved of his father, his own brethren came to envy him and cast him into a pit. Later they sold him to foreigners for thirty pieces of silver, who later sold him again in Egypt. Because of his virtue, his master gave him much authority in governing his house; because he was fair of countenance, his master's wife sought to draw him into sin with her; because of his chastity, he refused her, and through her slanders was cast into prison. Finally, he was led forth again with great glory and was honored as a king. He became lord over all Egypt and a provider of wheat for all the people. Through all this, he typifies in himself the betrayal, Passion, death, and glorification of our Lord Jesus Christ (Genesis 37, 39 & 41).

To the commemoration of Patriarch Joseph is added also the narration concerning the fig tree, which on this day was cursed and subsequently dried up because of its unfruitfulness. It portrayed the Jewish synagogue, which had not produced the fruit demanded of it, that is, obedience to God and faith in Him and which was stripped of all spiritual grace by means of the curse (Matt. 21:18-20).

Holy Tuesday**23 April**

Today we bring to mind the parable of the ten virgins, which our Savior related as He was coming to His Passion. This parable teaches us that the accomplishment of the great work of virginity should not make us careless in other matters, especially in almsgiving, wherewith the lamp of virginity is made radiant. Furthermore, it teaches us that we should not be remiss about the end of our life, but should be prepared for it at every moment, like the wise virgins, so that we may meet the Bridegroom, lest He come suddenly and the doors of the heavenly bride chamber be shut, and we also, like the foolish virgins, hear that dread sentence: "Amen, I say unto you, I know you not" (Matt. 25:1-13).

FEASTS & SAINTS OF THE MONTH (CONTINUED)

Holy Wednesday***24 April***

Two women - say the more discerning interpreters of the Gospel - anointed the Lord with myrrh; the one, a long time before His Passion; the other, a few days before. One was a harlot and sinner; the other, chaste and virtuous. The Church commemorates this reverent act today. While mentioning herein the person of the harlot, it also mentions Judas' betrayal; for, according to the account in Matthew, both of these deeds took place two days before the Passover, on Wednesday.

That woman, then, anointed Jesus' head and feet with very precious myrrh, and wiped them with the tresses of her hair. The disciples, especially the avaricious Judas, were scandalized, supposedly because of the waste of the myrrh, which could be sold for a great price and given to the poor. The Lord Jesus reproved them and told them not to trouble the woman. Indignant, Judas went to the high priests, who were gathered in the court of Caiaphas and were already taking counsel against Jesus. On agreeing with them to betray his Teacher for thirty pieces of silver, Judas sought from that time opportunity to betray Him (Matt. 26:14-16). Because the betrayal took place on Wednesday, we have received the tradition from Apostolic times to fast on Wednesday throughout the year.

Holy Thursday***25 April***

On the evening of this day, which was the eve of the feast of unleavened bread (that is, the Passover), our Redeemer supped with His twelve disciples in the city. He blessed the bread and the wine, and gave us the Mystery of the Divine Eucharist. He washed the feet of the disciples as an example of humility. He said openly that one of them was about to betray Him, and He pointed out the betrayer by revealing that it was he "that dippeth his hand with Me in the dish." And after Judas had straightway gone forth, Jesus gave the disciples His final and sublime instructions, which are contained in the first Gospel Reading of the Holy Passion (John 13:31-18:1 known as the Gospel of the Testament). After this the God-man went forth to the Mount of Olives, and there He began to be sorrowful and in anguish. He went off alone, and bending the knees He prayed fervently. From His great anguish, His sweat became as it were great drops of blood falling to the ground. As soon as He had completed that anguished prayer, Judas came with a multitude of soldiers and a great crowd; on greeting the Teacher guilefully with a kiss, he betrayed Him.

The Lord Jesus was then apprehended and taken prisoner to the high priests Annas and Caiaphas. The disciples were scattered, but Peter, who was more fervent than the others, followed Him even into the court of the high priest, but in the end denied thrice that he was His disciple.

Then our divine Teacher was brought before the lawless Sanhedrin and was interrogated concerning His disciples and His teaching. The high priest adjured Him before God that He tell them whether He was truly the Christ. And having spoken the truth, He was judged guilty of death, supposedly as one who had blasphemed. Then they spat in His face, beat Him, smote Him with the palms of their hands, and mocked Him in every way, throughout the whole night until the morning.

FEASTS & SAINTS OF THE MONTH (CONTINUED)**Holy Friday****26 April**

When Friday dawned, Christ was sent bound from Caiaphas to Pontius Pilate, who was then Governor of Judea. Pilate interrogated Him in many ways, and once and again acknowledged that He was innocent, but to please the Jews, he later passed the sentence of death against Him. After scourging the Lord of all as though He were a runaway slave, he surrendered Him to be crucified.

Thus the Lord Jesus was handed over to the soldiers, was stripped of His garments, was clothed in a purple robe, was crowned with a wreath of thorns, had a reed placed in His hand as though it were a scepter, was bowed before in mockery, was spat upon, and was buffeted in the face and on the head. Then they again clothed Him in His own garments, and bearing the cross, He came to Golgotha, a place of condemnation, and there, about the third hour, He was crucified between two thieves. Although both blasphemed Him at the first, the thief at His right hand repented, and said: "Remember me, O Lord, when Thou comest in Thy Kingdom," to which our Savior answered, "Today shalt thou be with Me in Paradise." As He hung upon the Cross, He was blasphemed by those who were passing by, was mocked by the high priests and by the soldiers was given vinegar to drink mixed with gall. About the ninth hour, He cried out with a loud voice, saying, "It is finished." And the Lamb of God "Which taketh away the sin of the world" (John 1:29) expired on the day when the moon was full, and at the hour when, according to the Law, was slain the Passover lamb, which was established as a type of Him in the time of Moses.

Even lifeless creation mourned the death of the Master, and it trembled and was altered out of fear. Yet, even though the Maker of creation was already dead, they pierced Him in His immaculate side, and forthwith came there out Blood and Water. Finally, at about the setting of the sun, Joseph of Arimathea came with Nicodemus (both of them had been secret disciples of Jesus), and they took down the all-holy Body of the Teacher from the Cross and anointed it with aromatic spices, and wrapped it in a clean linen cloth. When they had buried Him in a new tomb, they rolled a great stone over its entrance.

Such are the dread and saving sufferings of our Lord Jesus Christ commemorated today, and in remembrance of them, we have received the Apostolic commandment that a fast be observed every Friday.

Holy Saturday**27 April**

On Saturday, the high priests and Pharisees gathered together before Pilate and asked him to have Jesus' tomb sealed until the third day; because, as those enemies of God said, "We suspect that His disciples will come and steal His buried body by night, and then proclaim to the people that His resurrection is true, as that deceiver Himself foretold while He was yet alive; and then the last deception shall be worse than the first." After they had said these things to Pilate and received his permission, they went and sealed the tomb, and assigned a watch for security, that is, guards from among the soldiers under the supervision of the high priests (Matt. 27:62-66).

While commemorating the entombment of the holy Body of our Lord today, we also celebrate His dread descent with His soul, whereby He destroyed the gates and bars of Hades, and made His light to shine where only darkness had reigned (Job 3 8 : 17; Esaias 49:9; 1 Peter 3:18-20). Death was put to death, Hades was stripped of all its captives, our first parents and all the righteous who died from the beginning of time ran to Him Whom they had awaited and the holy angelic orders glorified God for the restoration of our fallen race.

FEASTS & SAINTS OF THE MONTH (CONTINUED)**Great and Holy Pascha****28 April**

Mary Magdalene, and the other women who were present at the burial of our Savior on Friday evening, returned from Golgotha to the city and prepared fragrant spices and myrrh, so that they might anoint the body of Jesus. On the morrow, because of the law which forbids work on the day of the Sabbath, they rested for the whole day. But at early dawn on the Sunday that followed, almost thirty-six hours since the death of the Life-giving Redeemer, they came to the sepulcher with the spices to anoint His body. While they were considering the difficulty of rolling away the stone from the door of the sepulcher, there was a fearful earthquake; and an Angel, whose countenance shone like lightning and whose garment was white as snow, rolled away the stone and sat upon it. The guards that were there became as dead from fear and took to flight. The women, however, went into the sepulcher, but did not find the Lord's body. Instead, they saw two other Angels in the form of youths clothed in white, who told them that the Savior was risen, and they sent forth the women, who ran to proclaim to the disciples these gladsome tidings. Then Peter and John arrived, having learned from Mary Magdalene what had come to pass and when they entered the tomb, they found only the winding sheets. Therefore, they returned again to the city with joy, as heralds now of the supernatural Resurrection of Christ, Who in truth was seen alive by the disciples on this day on five occasions.

Our Lord, then, was crucified, died, and was buried on Friday, before the setting of the sun, which was the first of His "three days" in the grave; observing the mystical Sabbath, that "seventh day" in which it is said that the Lord "rested from all His works" (Gen. 2:2-3), He passed all of Saturday in the grave; and He arose "while it was yet dark, very early in the morning" on Sunday, the third day, which, according to the Hebrew reckoning, began after sunset on Saturday.

As we celebrate today this joyous Resurrection, we greet and embrace one another in Christ, thereby demonstrating our Savior's victory over death and corruption, and the destruction of our ancient enmity with God, and His reconciliation toward us, and our inheritance of life everlasting.
































The feast itself is called **Pascha**, which is derived from the Hebrew word which means "**Passover**"; because Christ, Who suffered and arose, has made us to pass over from the curse of Adam and slavery to the devil and death unto our primal freedom and blessedness.

In addition, this day of this particular week, which is the first of all the rest, is dedicated to the honor of the Lord. In honor and remembrance of the Resurrection, the Apostles transferred to this day the rest from labor that was formerly assigned to the Sabbath of the ancient Law.



Orthodox Calendar

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	 1 4pm Greek School	 2 7:30 AHEPA Meeting	 3 6pm Pre-Sanctified Liturgy 7pm Union Station Philoptochos 7:15pm Studies in the Faith	 4 7pm Choir Rehearsal	 5 4pm Greek School 7 pm Salutations to the Theotokos	 6 GOYA Basketball quarter-finals
 7 Sunday of St. John Climacus 8:45am Orthros 10am Divine Liturgy 11am Church School 11:30 HOPE/JOY 2pm Icarians meeting GOYA Basketball qtr...	 8 4pm Greek School	 9 10am VIPs 7pm Parish Council Meeting	 10 6pm Pre-Sanctified Liturgy 7:15 Philoptochos Board Meeting 7:15pm Studies in the Faith	 11 7pm Choir Rehearsal	 12 4pm Greek School 7pm Akathist Hymn	 13 10am Lecture #4 "The Habit of Happiness" GOYA Basketball semi-finals
 14 Sunday of St. Mary of Egypt 8:45am Orthros 10am Divine Liturgy 11am Church School 12:30pm Acolyte Trng. GOYA Basketball Finals	 15 4pm Greek School	 16	 17 6pm Pre-Sanctified Liturgy 7:15pm Studies in the Faith	 18 7pm Choir Rehearsal	 19 4pm Greek School	 20 Saturday of Lazarus 9am Orthros 10am Divine Liturgy 11:30am Brunch and folding Palm Crosses
 21 Palm Sunday 8:45am Orthros 10am Divine Liturgy 11am Church School 11:45 Palm Sunday Luncheon 7pm Bridegroom Serv.	 22 Holy Monday 7pm Bridegroom Service	 23 Holy Tuesday 7pm Bridegroom Service	 24 Holy Wednesday 6pm Sacrament of Holy Unction	 25 Holy Thursday 8am Vespers Liturgy—Institution of the Eucharist 6pm Service of the Holy Passion—12 Gospels	 26 Holy Friday 9am Royal Hours 3pm Descent from the Cross 7pm Lamentations/Epitaphio Service	 27 Holy Saturday 9am Vespers of Saint Basil 11pm Resurrection Service and Divine Liturgy followed by Magueritsa in Hall
28 PASCHA 11am Agape Vespers NO Church School 1pm Greek Easter Picnic, Brookside Park, Pasadena	29 Bright Monday 4pm Greek School	30 Bright Tuesday				
		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

April 2019

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.