

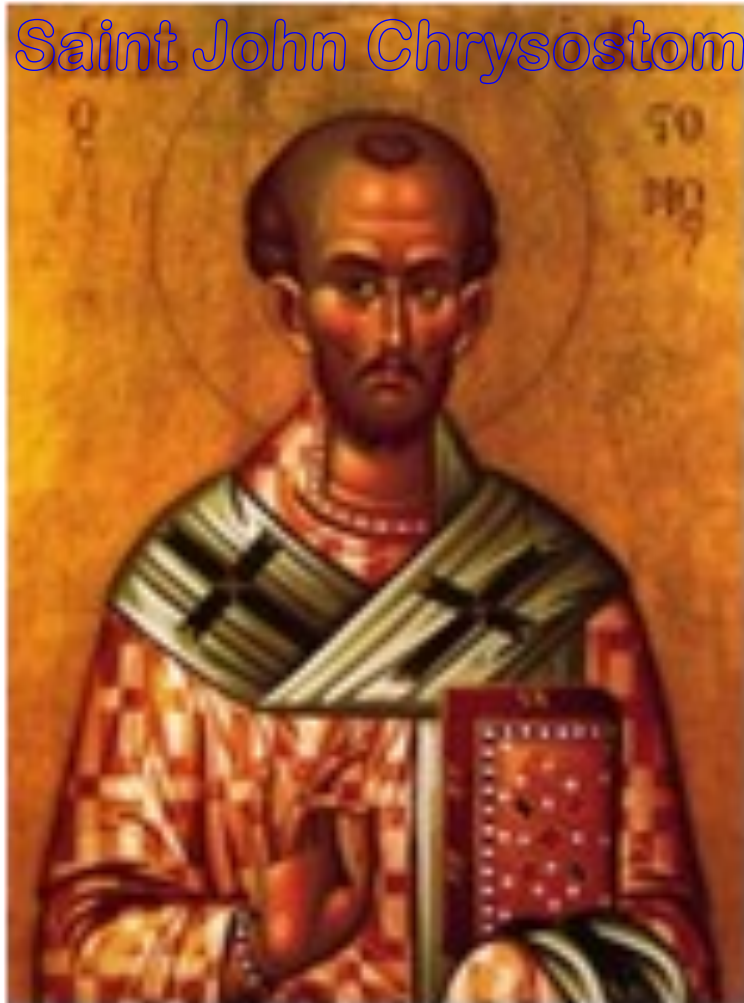
The Voice of Saint Anthony

NOVEMBER 2019

INSIDE THIS ISSUE

Priest's Message	2
Parish Council News	n/a
Stewardship	3
Choir News	4
Church School	5
Youth/Young Adult News	9
Philoptohos News	11
VIPs	14
Ministries	15
Community News	17
Saints of the Month	27
Orthodox Calendar	33

Saint John Chrysostom



**Deadline for
December Newsletter is
Monday, 25 November
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

Beloved Parishioners,

On Thursday November 28 of this year we will celebrate Thanksgiving Day. It is unfortunate that we have only one day set aside each year in our nation, to give praise, thanks and gratitude to God. Each and every day, we should offer our prayers to Him who has blessed us so abundantly.

Just this past week, I was shopping in one of the chain stores and noticed that Thanksgiving has all but been overlooked. Christmas, because of its great commercial power, is already being promoted in the stores. Noticeably absent are the paper pilgrims that used to decorate the stores not too many years ago. Now as soon as the big push to buy costumes and candy is over, the commercialization of Christmas begins. I saw numerous Christmas decorations throughout the store. The calendar month is still October! As a nation we have moved on from Thanksgiving except for the meal part of the day. There will be football, food and drink. This national holiday has become a day to over-eat and over-indulge. We have lost our focus on what Thanksgiving day is supposed to be. An important question to consider is how can we put the focus back on God?

To begin, as followers of God, we should focus our thoughts, not only on Thanksgiving Day, but rather daily, upon the goodness of God and offer our deep gratitude to Him. Gratitude is the capacity to say "thank you" to God. Gratitude expresses appreciation to God for our many blessings received. Therefore praise, thanks and gratitude to God should be incorporated in our thoughts and prayers on a daily basis.

I have often been asked throughout my years of service for a prayer for families to offer around their bountiful tables on Thanksgiving Day. I was recently asked again and thought about a beautiful Psalm written by King David. Psalm 102 (103) is a beautiful prayer that begins and ends with these wonderful words, "Bless the Lord, O my soul." Throughout the verses (15-18) we read of many reasons why the Lord should be blessed. In verses 20-21 we read that **Man** is to bless Him and **His angels** as well. **Man** is to bless Him for **His covenant** (v. 18) and the angels, for the privilege to be **His ministers**. (v. 21)

This prayer is all about praising God! David was in awe of the blessings he received from God and wrote this psalm to Him. If we are ever unsure of how to offer our praise, thanks and gratitude to our Lord, all we have to do is read this psalm. I would challenge you all to make it a part of your prayers daily. Begin with your family around your table on Thanksgiving Day this year! What a wonderful way to show God our praise, thanks and gratitude! Remember - read the Psalm daily.

A blessed Thanksgiving to all,

Fr. Peter

You may read Psalm 103 on page 22 of this newsletter...



STEWARDSHIP

ST. ANTHONY STEWARDSHIP UPDATE

OUR STEWARDSHIP GOAL: **\$425,000**
288 PLEDGES TOTALING: **\$371,254**
COLLECTED AS OF 9/25/19: **\$309,152**

AVERAGE PLEDGE GOAL: **\$1,500**
CURRENT AVERAGE PLEDGE: **\$1,289**

Breakdown of Stewardship/Annual Giving to the Church		
Total Annual Giving to the Church	Pledges/families	% of Pledges Breakdown
\$0 - \$1,499	212	74%
\$1,500 - \$1,999	24	8.3%
\$2,000 - \$2,999	26	9.0%
\$3,000 - \$4,999	12	4.2%
\$5,000 - \$7,999	8	2.8%
\$8,000 - \$9,999	1	0.3%
\$10,000 - \$14,999	4	1.4%
\$15,000 - \$99,999	1	0.3%
TOTAL ANNUAL PLEDGES	288	100%

\$425,000 (goal)

\$371,254
Amount Pledged
(87% of goal)

\$309,152
Amount Collected
(73% of goal)

*NOTE: Our current stewardship goal is \$1,500 per steward/family
 RIGHT NOW, 74% OF OUR STEWARDS ARE UNDER THAT GOAL*

NEWS FROM THE LOFT



Participating in divine worship services as choir members is a sacred responsibility, not to be taken lightly. Choir members, as other church musicians, offer their God-given talents to the faith for a variety of reasons. For most, it is a part of their stewardship (the giving of their “time and talents.”). For others, it is something that is enjoyed and for still others, it is a social outlet.

In Orthodox services, choir members represent the laity, responding to the liturgical dialogues set by the priest. This places a sacred responsibility on them during our worship services. They are called to be knowledgeable not only of the hymns and responses, but also about the correct order of the worship services. The choir is entrusted to be a participating part of the worship services and its members must respond to that trust accordingly.

Our group consists of dedicated parishioners, young and old, with varying degrees of musical experience, and numbering as many as twenty-five members.

We are all on an enjoyable “learning curve” and meet for rehearsal on **Thursday evenings—7:00pm to 8:30pm** in the choir loft of the church. We welcome your interest and participation in our group!

Come Sing With Us!!

Jim Hronas

Choir Director

Please contact Jim Hronas through the church office at (626) 449-6943 for more information.

CHURCH SCHOOL NEWS

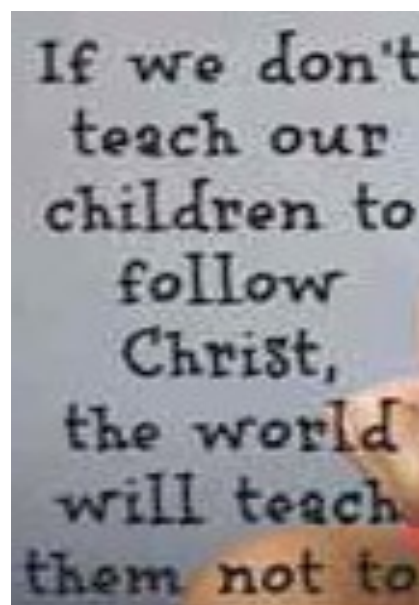
CHURCH SCHOOL—A PLACE YOUR CHILDREN WANT TO BE!

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

Michael Akrotirianakis	Nancy McNulty
Nicholas Akrotirianakis	Sophia McNulty
Gia Balntas	Athanasios Mitis
Venetia Balntas	Elias Mowrey
Gabriella Carpenter	Chris Pappas
Wesley Courter	Sophia Petropoulos
Damon Florea	Zoe Petropoulos
David Florea	Maximilian Pollalis
Chloe Georgiou	Konstantinos Pouloupoulos
Michael Georgiou	Alexis Syrengelas
Orion Georgiou	Maria Syrengelas
Talia Grafos	Lazaros Trigonis
Lukas Habrock	Kostantinos Tsigkounis
John Ioannou	Dylan Udria
Evangelia Kleissas	Alexi Vagenas
Faye Koulos	John Vagenas
Gianna Koulos	Demi Vidalakis
Vasili Magaziotis	Nicholas Voyagis
Madison McNulty	Christian Zarian

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

Michael Akrotirianakis
Nicholas Akrotirianakis
Alexander Ananiades
Anastasia Ananiades
Gia Balntas
Venetia Balntas
Wesley Courter
Tessa Grafos
Evangelia Kleissas
Emelia Lagousis
Athanasios Mitis
Maximilian Pollalis
Kostantinos Tsigkounis
Lazaros Trigonis
Dylan Udria



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

CHURCH SCHOOL NEWS (CONTINUED)

Church School students were asked to reflect on this year's Church School theme:

I Am the Way and the Truth and the Life

Here is what some of them had to say:

Jesus is the Way to God, in how He came to earth and died on the Cross to allow us to reach Heaven. Jesus revealed the Truth of God to us through His various miracles. And lastly, Jesus is the Life in the way He taught us to live better, more gracious lives to eventually reach everlasting life in Heaven.

-Niko Udria - Grade 10

In our religion, Jesus is the only one we can worship. Jesus is our Way to a fulfilled life and afterlife. Everything we do is through Jesus; our way, truth and our lives. We should all trust in Jesus to help us, but He will not answer all our prayers. All we have to do is have faith.

-Katerina Petrossian - Grade 10

I Am the Way and the Truth and the Life

Jesus is the only way to heaven and is the only true word to follow to reach eternal life with God.

-Gia Balntas - Grade 3

Jesus is the Way to Heaven. He is the One True God and He is the what gives us life. He is what everything comes from, and He is Who decided if we go to Heaven. He is the True Way to the Father and there is no other way. He is it.

-Justus Alfaro - Grade 9

I Am the Way and the Truth and the Life is a message from Jesus reassuring us that as long as we follow his commandments, go to church, and are good Christians, we will have life forever in heaven.

-Nicholas Akrotirianakis - Grade 2

I Am the Way and the Truth and the Life means that if you believe in Jesus you will go to heaven. But you also should make a good example for other Orthodox people and go to church and pray every day.

-Michael Akrotirianakis - Grade 2

CHURCH SCHOOL NEWS (CONTINUED)**Church Pre-School Journal**

This is our journal. Please follow us.

September 15 - an exciting first day

We met Ms. Nicolitsa and Mrs. Albeck. Ms Nikolitsa has grown up attending Saint Anthony and the different programs offered. She has graduated from Azusa Pacific College now she is back in school to get a master's degree and teaching credentials. She is very busy, she works as a classroom aide, teaches Bouboukakis dance group and sometimes helps at the family restaurant. We are so lucky she is in the preschool church school classroom. She has a nice smile, loves all of us and helps us follow rules.

In our first parable lesson we learned how we should build our homes, not on sand because it will become weak and wash away, but on a rock because it will be steady and true. Matthew 7:24-27

September 28 - Parable of the Net

No we did not talk about basketball. We learned the different ways fishermen caught fish with their nets then separated the good fish from the bad fish. We want to be the good fish and make good choices.

October 6 - Parable of the Unforgiving Servant

First the king said he would forgive his servant's debt then the servant went out and demanded someone who owed him money to pay him. The King found out and sent the servant to jail. We need to learn to be forgiving.

October 13 - Parable of the Workers in the Field

We learned the difference between fair and equal and how sometimes first can be last and last can be first.

October 20 - Parable of the Lost Coin

A woman had ten coins and one day she only had nine. She searched and searched until she found the lost coin. She was so happy she had a party and invited everyone to join her. Just like the lost coin when we become lost God is going to look and look until he finds us.

October 27 - Parable of the Ten Bridesmaids

Ten bridesmaids went to a wedding and the bridegroom was late, finally when he came everyone was excited but soon five of the bridesmaids' oil lamps went out, they asked the other five for their oil and they said go to the store and buy some but it was very late. The bridesmaids who came prepared with oil in their lamps went to the wedding. Just like the five bridesmaids with oil in their lamps we must always be prepared for whatever comes.

We will continue our journal next month.

Children's Sunday School



CHURCH SCHOOL NEWS (CONTINUED)



Alyssa, Alex A., Venetia, Lazaros & Mihai

Not pictured: Alex C., Matthew, Niko, Michael

PK/TK Church School Class



Moms, Pops, and Tots

YOUTH & YOUNG ADULT NEWS

GOYA Meeting and Elections - Sunday October 20th



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

PHILOPTOCHOS NEWS

Philoptochos is supporting the following causes/charities this month:

- The National Philoptochos Emergency Fund \$500
- Holy Cross Scholarship Fund \$1,000
- Hillside \$500
- Villa Esperanza \$500
- Children of the Night \$500
- Walking Strong — *St. Sophia Cathedral— fundraiser for Duchene's disease* \$250
- Light the Path \$500
- Friends in Deed *food donation*
- Union Station *food and labor*
- Greek Orthodox Musicians \$250
- St. Nicholas Ranch, anniversary \$1,000

Light the Path will be held on Saturday, November 23

This event will take place at Saint Paul's Greek Orthodox Church, Irvine

Your attendance will support the Bishop Anthony Philoptochos Student Aid Endowment Fund

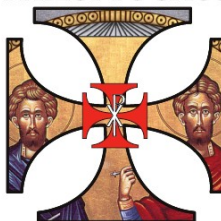
Souper Sunday - November 24!

Make your favorite soup and participate in the fundraising efforts for the **Bad Weather Shelter**. Samantha Malisos is spearheading this event with Mary Udria and Sophia Syrengelas. Sign up at the Philoptochos table after church on Sundays! *See flyer next page*

Saint Anthony Christmas Benefit Luncheon - December 7th!

Please support this event as it is our major fundraising event of the year. The profits from this event allow us to support many charities throughout the year. *See invitation next page*

PHILOPTOCHOS



PHILOPTOCHOS NEWS (CONTINUED)

It's back!

Saint Anthony Philoptochos' 4th annual soup cook-off*

SOUPER SUNDAY

*To benefit our neighbors
the Pasadena Bad Weather Shelter*

*SUNDAY, NOVEMBER 24, 2019
following Divine Liturgy*

*To sign-up to participate or if you have questions,
please email panagiachapter@gmail.com.*

The Philoptochos Society of
Saint Anthony Greek Orthodox Church
Proudly Presents Its 50th Annual Benefit Luncheon

golden
CHRISTMAS
Memories

SATURDAY, DECEMBER 7, 2019

The Langham Huntington Hotel
1401 SOUTH OAK KNOLL AVENUE
PASADENA, CALIFORNIA

10:30 a.m.
Boutique and Santa's Kitchen

11:45 a.m.
Luncheon, Entertainment,
Fashion Show and Grand Awards

FOR RESERVATIONS AND INFORMATION
Pana Pastis Gelt
stanthonybenefit@gmail.com

PHILOPTOCHOS NEWS (CONTINUED)

***“You shall open wide your hand to your brother, to the needy and to the poor, in your land.”
Deuteronomy 15:11***

Union Station Homeless Services

In 1973 a group of community volunteers opened Union Station as a simple hospitality center to serve poor and homeless men in downtown Pasadena. Since then, Union Station has grown..

Under the guidance of Philoptochos for over 25 years our community has participated once a month (rain or shine, holiday or no holiday) providing and serving hot meals for about 50-60 individuals fulfilling what is written in **Hebrews13:16**:

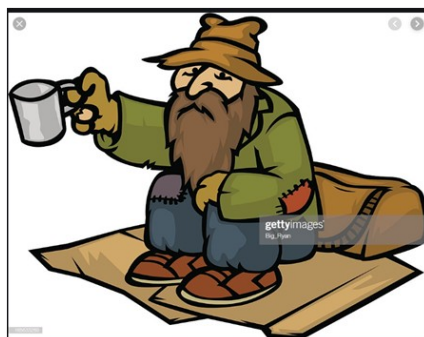
“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”

Food is prepared in our kitchen, and then delivered to the center. Other necessities will be purchased and taken to the facility.

Members of our church and our youth groups are encouraged to sign up for one or more month to serve. It only takes one and a half hour of your time.

Contact:

Stephanie Soewers	szanglis@aol.com	818-209-5026 (home)
Sophia Angelos	sangelos2000@gmail.com	626-795-0848 (home)
Irene Albeck	mcmg2a@aol.com	626-792-8122



VIP NEWS



On Thursday, October 17th, the VIPs took a trip to the Graber Olive House in Ontario. We had a wonderful tour led by a 4th generation Graber. After browsing and shopping in Graber's gift shop, we had lunch in the very quaint "Molly's Souper" restaurant in Upland. (pictured)

Coming up...

Sunday, November 3rd and Sunday, November 10th

Annual Outreach - Foothill Unity Center

Once again, we will begin collecting money after Church for Foothill Unity Center so that they may purchase turkeys for families in need.

Tuesday, November 12th - 10:00 a.m.

VIP meeting - Nominations for 2020 Board

Pizza lunch to follow

Thursday, November 14th - 9:00 a.m.(bus leaves)

Trip to Rogers Gardens, Corona del Mar

\$20.00 per person

Lunch at Farmhouse Restaurant

DEADLINE TO REGISTER - NOVEMBER 14th!!!

Monday, December 9th - 10:00 a.m.

Breakfast meeting

Monrovia Restaurant

\$15 per person

Elections for 2020 Board

**PLEASE JOIN US AT OUR NEXT MEETING !!
TUESDAY, NOVEMBER 12th!**

Helen Treantafelles

htreantafelles@yahoo.com



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
Jennifer Dobrinen	Gena Pegadiotes
Maria Ganis	Katerina Petrossian
Georgia Loutsos Grajeda	Nicole Schulman
Aliki Haralambos	Litsa Stavropoulos
Maria Hronas	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

Irene Albeck - Preschool
Nikolitsa Vagenas - Preschool
Kathy Tsigkounis - Kindergarten & 1st
Kyriaki Tsigkounis - Kindergarten & 1st
Fotene Trigonis - 2nd & 3rd
John Vagenas - 4th & 5th
Rebecca Russo/Stephanie Scolinos - Middle School/6th—8th
Pres. Aida Stratos - High School/9th—12th

Fotene Trigonis - Director



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

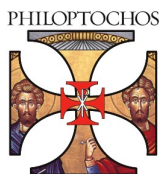
Presbytera Maria Mylonas

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

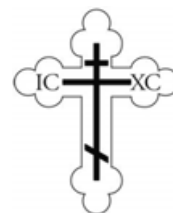
Sophia Syrengelas
Mary Udria

VIPs

Helen Treantafelles

Young Adults

Mike Abi Farah



Greek Dance For Fun!

****Adults Only****

5 Week Session

****No Class Oct. 31st**

VKades@gmail.com or 323-251-2252

Register at the first class

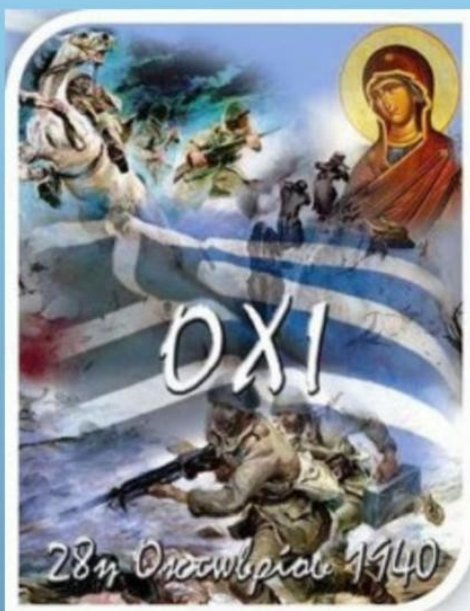
Suggested Donation \$100 or \$20 per class



FOR RESERVATIONS, PLEASE CONTACT HELEN SKANDALE AT (818) 618-4963.

COMMUNITY NEWS (CONTINUED)

Greek Language School Celebration and Fundraiser



Sunday, the 3rd of November 2019

Join us after the Divine Liturgy

for a delicious lunch
and wonderful program
presented by our talented students

Tickets will be available at the entrance

\$10 per adult, \$5 for kids under 12, free for kids under 5



ORTHODOXY 101

If you have ever wanted to learn more about:
What makes the Orthodox Church unique?
Who is Jesus Christ? What is the Holy Trinity?
What does salvation look like? Heaven and Hell?
What about Church Hierarchy? Who are the Saints?
Who are the Church Fathers? What did they teach?
What does Spirituality and Prayer look like?
How important is the Bible? The Sacraments?

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

Monday nights

7:00-8:00pm

starting Monday, October 7th



St. Anthony Greek Orthodox Church

Upstairs classrooms 2 E/F

with Fr. Chris Retelas

COMMUNITY NEWS (CONTINUED)

ORTHODOXY 101 OVERVIEW

Monday nights, 7:00-8:00pm, Rooms 2 E/F
October 7th - December 16th, 2019

Class 4: November 4th

God as Trinity, God in the Flesh (Incarnation) & The Holy Spirit

November 11th

No Class - Veteran's Day

Class 5: November 18th

Holy Scripture & Holy Tradition

Class 6: November 25th

Creation, the Fall, Sin, Salvation

Class 7: December 2nd

The Virgin Mary, Saints, & Icons

Class 8: December 9th

The Holy Mysteries (Sacraments)

Class 9: December 16th

Worship, services, architecture. Feasting & Fasting



COMMUNITY NEWS (CONTINUED)

LA CLIPPERS
PRESENT

GREEK

HERITAGE GAME



WEDNESDAY, NOVEMBER 6th @7:00PM

**Please join us for Greek Heritage Night
Wednesday, November 6th, 2019**

**LA Clippers -vs- Milwaukee Bucks
Featuring Giannis Antetokounmpo**

Our Neolea and Filarakia dance groups will be participating in this event!

We only have 15 more tickets left at \$53.00 each.

If you are interested please contact Kathy Tsigkounis 909-938-4665.

First come first serve.

OPA!

COMMUNITY NEWS (CONTINUED)



Please come for a special SATURDAY edition of our monthly Fellowship nights.

Our theme is "Friends-giving" for November.

We will start in the church at 6:30pm followed by dinner and dessert, then games and open fellowship for everyone.

ALL PARISHIONERS AND FRIENDS INVITED. NO COST TO YOU! Bring your own games or beverages if you would like.

COMMUNITY NEWS (CONTINUED)**PARISH GENERAL ASSEMBLY - SUNDAY NOVEMBER 10th**

After the conclusion of the Divine Liturgy we will begin our important Fall Parish General Assembly meeting:

- *nominate members to the Parish Council*
- *approve the annual parish budget*
- *festival results*
- *other important items*

Lunch will be provided.

Please make it a priority to attend.

**PSALM 103**

1 Bless the Lord, O my soul: and all that is within me, bless His holy name.

2 Bless the Lord, O my soul, and forget not all His benefits:

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

4 Who redeemeth thy life from destruction; who crowns thee w/loving kindness & tender mercies;

5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

6 The Lord executeth righteousness and judgment for all that are oppressed.

7 He made known His ways unto Moses, His acts unto the children of Israel.

8 The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

9 He will not always chide: neither will He keep His anger for ever.

10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

11 For as the heaven is high above the earth, so great is His mercy toward them that fear Him.

12 As far as the east is from the west, so far hath He removed our transgressions from us.

13 Like as a father pitieth his children, so the Lord pitieth them that fear Him.

14 For He knoweth our frame; He remembereth that we are dust.

15 As for man, his days are as grass: as a flower of the field, so he flourisheth.

16 For the wind passeth over it, and it is gone; and the place thereof shall know it no more.

17 But the mercy of the Lord is from everlasting to everlasting upon them who fear Him, and His righteousness unto children's children;

18 To such as keep His covenant, and to those who remember His commandments to do them.

19 The Lord hath prepared His throne in the heavens; and His kingdom ruleth over all.

20 Bless the Lord, ye His angels, that excel in strength, that do His commandments, hearkening unto the voice of His word.

21 Bless ye the Lord, all ye His hosts; ye ministers of His, that do His pleasure.

22 Bless the Lord, all His works in all places of His dominion: bless the Lord, O my soul.

COMMUNITY NEWS (CONTINUED)

Saving Room for Christ

by Fr. Alexander Goussetis

Director of the Center for Family Care, Goarch

Every year I look forward to holiday foods. At Thanksgiving, it's the stuffing and cranberry sauce. At Christmas, it's the ham. At Pascha, it's the lamb ... and well, anything related to meat or cheese. And as a Southerner, we seem to always have deviled eggs and sweet tea at every important family gathering too. And you better believe I make sure to save room for that food! But what would happen if we came to holiday meals already full? The holiday spread would become just ... another meal. Just more of the same.

During the Advent season, as we get close to Christmas, we are surrounded by Christmas music Christmas lights, Christmas coffee drinks ... we get so filled up with Christmas-time, that Christmas itself can feel anti-climactic. After weeks of worrying over gifts, planning our holiday schedule, and running here and there, the actual feast of Christmas comes and goes before we know it.

We forget to meet Jesus in that quiet cave in Bethlehem. We can get so filled up on Christmas that we forget to leave room for Christ.

Here are three things the Church offers to help us to come to the feast prepared and to meet Him this Christmas:

1. Fasting

We know to skip breakfast before going to Thanksgiving or Christmas dinner, because we want to make room for the good stuff. Similarly, the Church gives us the practice of fasting so that we can make room for Christ in our lives; or rather so that we can make Him the center of our lives. Instead of filling up on all that the world has to offer us, we are given periods throughout the year to put some limits on ourselves to train us to seek Christ. As we hunger and thirst for food before the Liturgy, we are reminded that Jesus alone can satisfy us. We come to church hungry and the first thing we taste is Christ.

It's easy to ignore practices like fasting as if they were just the tradition of man, until we remember that Jesus fasted (Matthew 4:1-2) and He said that His disciples were to fast also (Matthew 9:14-15). The Church has a calendar of feasts and fasts, many of which can be hard to remember, but here's a simple outline we can follow:

Before major feasts we prepare ourselves by fasting from certain foods and activities to prepare ourselves for the feast. We also fast throughout the year on Wednesdays and Fridays in remembrance of Jesus' betrayal and death on the cross.

But how can we fast this Advent period? The Nativity Fast lasts for the forty days leading up to Christmas. If you don't begin on November 15th, you can begin when you can. If you don't fast on Wednesdays and Fridays throughout the year, perhaps you could begin by fasting from meat on Wednesdays and Fridays during the Nativity Fast. If we are not accustomed to fasting, we should begin by making some step towards the tradition of the Church. As we live in an individualized culture, the temptation is to come up with something unique for ourselves instead of following the tried and true way of the Church. The best thing, though, is that you speak to your parish priest and ask his advice on what might work best for you and your family this year.

Continued—next page..

COMMUNITY NEWS (CONTINUED)**2. Confession, scripture, and prayer**

Fasting during the Nativity period helps us to save room for Christ in our lives. Another practice during this period is to go to the sacrament of confession. Jesus desires that all of us who are "heavy laden" with our life's concerns and worries will come to Him so that He can give us rest in Himself (Matthew 11:28). As we confess and we lay everything at the feet of Christ, we can walk away freer and lightened from those things we keep carrying along with us.

And as we are lightened through fasting and confession, we will have room to grow in our relationship with Christ. We can commit to saying some prayers in the morning and at night before going to sleep. We can set aside five to ten minutes each day to read scripture. When was the last time you read the one of the gospels? It can be especially helpful for us to focus on one gospel, like the Gospel of Matthew or Luke during this period. As we read the life and the words of Jesus, we can encounter Him anew each time. And when we come to liturgy on Christmas, we will be prepared to welcome Him.

3. Serving others

We worry a lot about presents during Christmas time. Did we get this person what they would want? We think we're thinking about people during Christmas, but usually we are just focused on the idea that we have to get everyone something. Is our focus on serving others or just getting them gifts? Are we focused on loving our neighbor? Are we remembering to love our enemy by praying for them?

Our Orthodox history is filled with saints who committed their lives to the service of the poor, the needy, the sick, and the fatherless. St. John Chrysostom served the poor in the streets of Antioch and preached the rest of his life about the importance of direct service. St. Basil devoted his life to service and his sermons continue to inspire us today to give back to those who are in need. Modern saints like St. Elizabeth the New Martyr and St. Maria Skobtsova show us that service is something we are all called to do today.

We can all find a way to give back to others who are in need today. Have you considered writing letters to those in prison through the Orthodox Christian Prison Ministry? How might you assist the work of IOCC or OCMC? How can you serve the Orthodox orphanages like those in Mexico or India? And on a local level, how can you work with local food pantries or social services to help a family in need have a Christmas dinner?

We might already feel like we're getting swept up in the preparations for Christmas. The point for us, whether we are starting now, or if we have been preparing all Advent long, is that we commit to growing closer to Christ today. If we are emptying ourselves of our pride and worldly concerns, our hearts will be open to Christ and to the many ways we can serve our neighbor.

What is your experience of fasting?

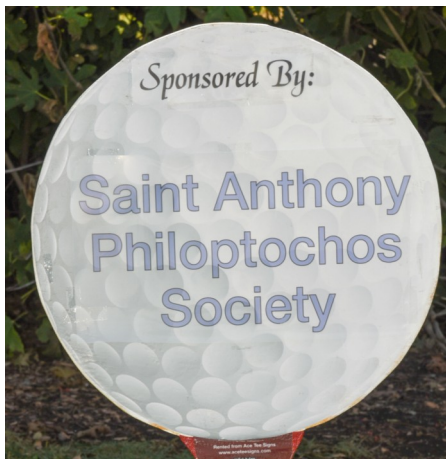
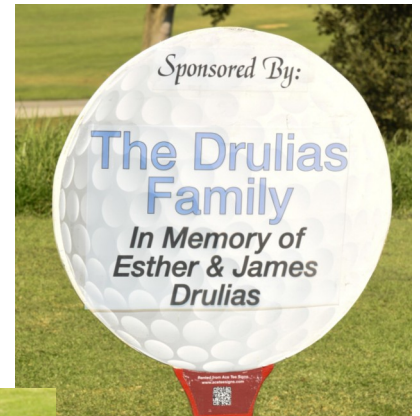
Have you been to confession recently?

How could you better serve those in need?



COMMUNITY NEWS (CONTINUED)

*Thank you to everyone who supported the
Camp Golf Tournament.
With your support, more children will be able
to attend summer camp.
"No child left behind..."*



FEASTS & SAINTS OF THE MONTH

Cosmas and Damianos

1 November

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

Synaxis of Archangel Michael & other Bodiless Powers

8 November

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

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

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



Saints Cosmas and Damianos



Synaxis of the Archangel Michael

FEASTS & SAINTS OF THE MONTH (CONTINUED)**Saint Nektarios****9 November**

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

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

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



FEASTS & SAINTS OF THE MONTH (CONTINUED)**Saint John Chrysostom****13 November**

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

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

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

His icon is depicted on the newsletter cover...

FEASTS & SAINTS OF THE MONTH (CONTINUED)**Saint Philip****14 November**

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

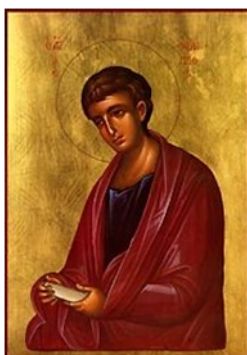
Advent Fast for the Feast of the Nativity**15 November - 24 December**

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

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

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

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

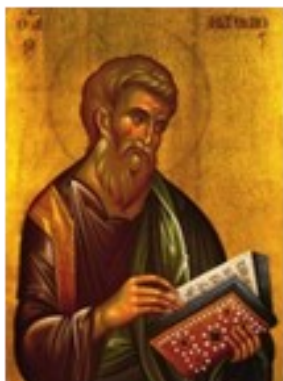
**Saint Philip****Advent Fast for the Feast of the Nativity**

FEASTS & SAINTS OF THE MONTH (CONTINUED)**Saint Matthew****16 November**

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

The Entrance of the Theotokos into the Temple**21 November**

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

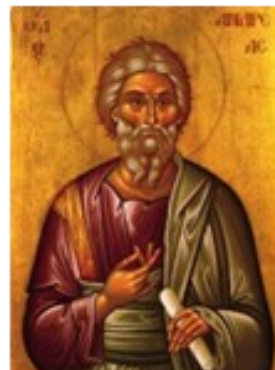
**Saint Matthew****The Entrance of The Theotokos into the Temple**

FEASTS & SAINTS OF THE MONTH (CONTINUED)**Saint Katherine****25 November**

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






















Saint Andrew**30 November**

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

**Saint Katherine****Saint Andrew**

Orthodox Calendar

NOVEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					 1 Saints Cosmas and Damianos 89am Orthros 10am Divine Liturgy 4pm Friday Greek School	2
3 5th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 11am Church School 12pm Greek Sch. OXI Day Luncheon 12:30 Dance Practice 3pm Financial Peace	4 4pm Monday Greek School 7pm Orthodoxy 101	5 7pm Bowling 7:30pm AHEPA Meeting	 6 5pm Greek Dance Practice 6pm Greek Dance Practice 7pm Philoptochos Union Station	7 6pm Greek Dance Practice 7pm Choir rehearsal	 8 Synaxis of Archangel Michael 89am Orthros 10am Divine Liturgy 4pm Friday Greek School 7pm St. Nectarios Vespers - Covina	9 Saint Nektarios 9am Hierarchical Liturgy - Covina
10 8th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 11am Church School 12pm General Assem. 12:30 Greek Dance 3pm Financial Peace	11 4pm Monday Greek School Office Closed for Veteran's Day	12 10am VIPs 7pm Bowling 7pm Parish Council	 13 Saint John Chrysostom 9am Orthros 10am Divine Liturgy 5pm Greek Dance 6pm Greek Dance 7:15 Philop.Board	14 Saint Phillip 6pm Greek Dance Class for Fun 7pm Choir rehearsal	 15 ADVENT NATIVITY FAST BEGINS 4pm Friday Greek School	 16 Saint Matthew
 17 9th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 11am Church School 12:30 Greek Dance 3pm Financial Peace	 18 4pm Monday Greek School 7pm Orthodoxy 101	 19 7pm Bowling	 20 5pm Greek Dance Practice 6pm Greek Dance Practice	 21 Entrance of Holy Theotokos 9am Orthros 10am Divine Liturgy 6pm Greek Dance Class for Fun 7pm Choir rehearsal	 22 4pm Friday Greek School	 23
 24 13th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 11am Church School 12pm Soup-er Sunday 12:30 Dance Practice Parish Council Election	 25 Saint Katherine 9am Orthros 10am Divine Liturgy 4pm Monday Greek School 7pm Orthodoxy 101	 26 7pm Bowling	 27 5pm Greek Dance Practice 6pm Greek Dance Practice 7pm Philoptochos General Meeting	 28 Office Closed on Thanksgiving Day	 29 Office Closed for Thanksgiving	 30 Saint Andrew 9am Orthros 10am Divine Liturgy
		Strict Fast 	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free

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