

# The Voice of Saint Anthony

**MARCH 2020**

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

**Please send to:  
frchris@saint-anthonys.org OR  
newsletter\_church@aol.com**



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**PRIEST'S MESSAGE****LENTEN REFLECTION 2020  
(FROM METROPOLITAN GERASIMOS OF SAN FRANCISCO)**

Beloved Brothers and Sisters in the Lord,

We begin our Lenten journey in troubling times. Forces of polarization and division seem to lurk everywhere, but especially in our civic life. At times, these same forces attempt to enter the life of our parishes and Church at large. If you don't believe me, spend a little time online looking at topics about the Orthodox Church. There you will find individuals that hurl epithets and anger at almost anything and anyone; and it is usually done anonymously. Whether through a "Twitter war" or "trolling", they seek to sow chaos and doubt, and tear us away from one another, from the Church, and from God Himself.

Our world is filled with forces that would take us away from one another. Lent is a time for us to wage combat against these divisive forces. It can start by fasting from negative on-line behavior ourselves and striving to behave civilly to one another in all our conversations, and especially in social media. But to be effective, we must combat division with our commitment to unity as a Church and as an Orthodox people. Our Lenten journey begins with this hymn, ***"Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat."***

Our Lord Himself prayed for unity among His followers. Our Lord links unity and faith. When we are united, others will believe. Disunity and chaos are obstacles to faith. In the Gospel of John, our Lord prayed, ***"for those who believe in me through their word, that they may all be one; even as You, Father, are in me, and I in You, that they also may be in us, so that the world may believe that You have sent me. The glory which You have given me I have given to them, that they may be one even as we are one."*** (John 17:20-22).

Great Lent is meant to be an event of the community, strengthening our unity, so that we may proclaim the Good News more effectively, strengthening ourselves, and bringing others to Christ. The hymn calls us to begin Great Lent as one people. While we may be observing Lent on our own, in our homes, etc., we are in this together. We are called to observe the fast together. The Church invites us to the many divine services of this season to pray together. We will study our faith together in the many lectures, retreats, and seminars our parishes offer. We will engage in philanthropic work as a community by supporting many good causes with acts of charity.

Forty days may not seem like a long time, but when we try to observe Great Lent well, when we seek to engage in spiritual combat, we need one another for support and encouragement. Our greatest weapon against the forces of division and polarization is our commitment to strengthening our relationship with Christ and to one another. We can accomplish great things when we choose unity and cooperation over chaos, division, and polarization.

The great task of Lent is to prepare ourselves for Pascha. The hymn that I quoted above continues: ***"Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold His holy Passover."*** Together as one people when we support one another in the pursuit of the life in Christ, we can ready ourselves spiritually to experience the Resurrection.

With Love in Christ,

✠ G E R A S I M O S

Metropolitan of San Francisco

## STEWARDSHIP

### ST. ANTHONY STEWARDSHIP UPDATE

**82 PLEDGES TOTALING:** **\$171,794**

**COLLECTED AS OF 1/14/2020:** **\$96,349**

**AVERAGE PLEDGE GOAL:** **\$2,000**

**CURRENT AVERAGE PLEDGE:** **\$2,095**

Breakdown of Stewardship/Annual Giving to the Church			
Stewardship Levels	Total Annual Giving to the Church	Number of Pledges/families	% of Pledges Breakdown
<i>Contributor</i>	\$0 - \$499	16	20%
<i>Friend</i>	\$500 - \$999	14	17%
<i>Supporter</i>	\$1,000 - \$1,999	24	30%
Faithful	\$2,000 - \$3,999	12	15%
Disciple	\$4,000 - \$6,999	10	12%
Guardian	\$7,000 - \$9,999	1	1%
Angel	\$10,000 - \$14,999	3	4%
Archangel	\$15,000 and up	1	1%
<b>TOTAL ANNUAL PLEDGES</b>		<b>81</b>	<b>100%</b>

To fully cover our operating expenses, our goal is to have our average annual giving be \$2,000 per family or more

***RIGHT NOW, 67% OF OUR STEWARDS ARE UNDER THAT GOAL***



## **STEWARDSHIP (CONTINUED)**



*"As each has received a gift, use it to serve one another, as good stewards of God's grace." (1 Peter 4:10)*

### **FAQs**

#### **Frequently Asked Questions about Stewardship:**

**Q: IS THERE A DIFFERENCE BETWEEN "DUES" & "STEWARDSHIP"?**

A: Yes! Three or four generations ago, it was commonplace for families throughout our Archdiocese to pay their annual "dues" or required membership fee to be a member of their local parish. Over time it was clear that this was not the healthiest way of committing to a local church as giving remained stagnant and the authentic Christian commitment of sacrificial giving became an afterthought. (note: the annual "dues" of \$300-350 *back then* would equate to roughly \$2,500-\$3,000 *today*) Stewardship, however, offers us the chance to recognize our unique blessings from God, and to give back based on what we have received. Stewardship is management of another's property, and all our blessings and gifts we have been given ultimately belong to God. We are but his caretakers, his priests, his *stewards* on this earth.

**Q: HOW MUCH SHOULD I GIVE?**

A: The foundations of Christian stewardship is both from Scripture and the teachings of our Lord. You may have heard the term *tithing* (the word *tithe* literally means *tenth* in Hebrew), and this refers to the biblical giving goal of 10% of your household income to your local church (*Lev. 27:30; Num. 18:25-28; Deut. 14:22-24; 2 Chron. 31:5-6*). Yet, we also hear from our Lord Jesus Christ that true giving is when we offer sacrificially "all that we have" (*Luke 21:4*), "store up your treasures in heaven" (*Matt. 6:20*), "it is more blessed to give than to receive" (*Acts 20:35*), "for God loves a cheerful giver" (*2 Cor. 9:7*). With this in mind, you are invited to prayerfully reflect on your own household income, and make your sacrificial offering based on what you receive. Consider also what you offer to Christ's Church in comparison to your monthly utility/service payments. ("Am I giving my phone more than my Church?") Use the chart to the right as a guide.

Annual Income	2.5%	5%	10%	15%
\$20,000	\$500	\$1,000	\$2,000	\$3,000
\$50,000	\$1,250	\$2,500	\$5,000	\$7,500
\$75,000	\$1,875	\$3,750	\$7,500	\$11,250
\$100,000	\$2,500	\$5,000	\$10,000	\$15,000
\$250,000	\$6,250	\$12,500	\$25,000	\$37,500

**Q: WHAT DOES MY STEWARDSHIP PAY FOR?**

A: It costs approximately \$2,000/day to keep the church open. Most operating expenses are paid from stewardship. Some examples are mortgage, utilities, office staff and pastoral salaries, candles, permits, and facilities maintenance. Additional costs are directly related to church programs.

**Q: WHAT IS THE EASIEST WAY TO FULFILL MY PLEDGE?**

A: The easiest way is online! Pledging and paying online is fast and EASY and is the preferred method for many of our families. Simply go to our website [saint-anthonys.org](http://saint-anthonys.org) and click the DONATE button and this will take you to our online giving platform. Under "Regular" click the Make a Donation button, then click Create a Recurring Donation, enter your weekly/monthly/semi-annually amount and fill in the necessary information. You can always call the church office for assistance in setting up easy recurring giving payments. Paying your pledge can also be done by check, envelopes, or credit card payments, though these are not as convenient for you.

**Q: WHEN SHOULD I MAKE MY ANNUAL PLEDGE?**

A: We would ask you to turn in your pledge card by January 31<sup>st</sup>. Our church budget is based on our expected annual income and expenses. Forecasting stewardship in January helps meet our parish goals.



**STEWARDSHIP (CONTINUED)****Q: I DON'T LIKE TO PAY MY PLEDGE UNTIL DECEMBER. SHOULD I STILL PLEDGE IN JANUARY?**

A: Yes. January pledging allows for effective fiscal budgeting. Pledge your annual amount, then pay weekly, monthly, semi-annually or annually.

**Q: WHY DO I HAVE TO UPDATE MY INFORMATION EVERY YEAR?**

A: We ask for updated information to provide you the opportunity to review your pledge for the upcoming year. As cost of living increases every year, so do our own parish expenses, and our giving to the church needs to adjust accordingly. We anticipate automatic online giving to become the standard in order to simplify the process.

**Q: DOESN'T THE GREEK FESTIVAL BRING IN MOST OF THE FUNDING FOR THE CHURCH?**

A: No. While the annual Pasadena Greek Fest is an important source of funding and support, it actually accounts for less than 15% of the total revenue brought in each year. Stewardship raises four times as much and is our primary source of funding for operating expenses. Ultimately, the goal is to have zero reliance on outside sources of funding, which would then make the Festival an outreach and community building opportunity, thus greatly alleviating the stress and dependency of this event.

**Q: I ALREADY PAY FOR GREEK DANCE, GREEK LANGUAGE SCHOOL, BASKETBALL, ETC. WHY DO I HAVE TO PAY STEWARDSHIP TOO?**

A: These programs operate independently from the church operating budget. The church provides the facility in addition to expenses enabling their operation and receives no money from these organizations. *It is also important to know that families participating in our children's ministries must be currently pledged stewards.*

**Q: IF I DONATE TO A MEMORIAL FUND, BUILDING FUND, FESTIVAL, OR EVENT, DOES THAT COUNT AS PART OF MY STEWARDSHIP?**

A: No. Your stewardship is represented entirely by your stated pledge.

**Q: IF I MAKE A NON-MONETARY DONATION TO THE CHURCH, CAN THIS REPRESENT MY STEWARDSHIP?**

A: No. Your stewardship pledge cannot be substituted for non-monetary donations. However, your various donations to the festival and the church are always greatly appreciated and are tax-deductible.

**Q: WHEN SHOULD MY CHILDREN BECOME STEWARDS?**

A: As the principles of stewardship is that of sacrificial giving from what we have received, everyone is encouraged to become a "cheerful giver" as soon as one begins to generate his/her own income.

**Q: WHAT IF I OR MY FAMILY EXPERIENCE A FINANCIAL HARDSHIP OR SEVERE CHANGE IN INCOME?**

A: Parishioners who are experiencing financial hardships and are unable to fulfill their stewardship obligation, but still want to be considered in "good standing", can always contact the church office, and you may always speak with one of our priests.

*Fact: With our congregation at roughly 300 families, to fully cover our operating expenses our goal is to have average stewardship be \$2,000 per family or above. Right now, 83% of our stewards are under that goal.*

**STEWARDSHIP (CONTINUED)****2020 Stewardship Financial Commitment**

*"As each has received a gift, use it to serve one another,  
as good stewards of God's grace." (1 Peter 4:10)*

LAST NAME

FIRST NAME(S), PLEASE INCLUDE CHILDREN UNDER 18.

STREET ADDRESS

CITY

STATE

ZIP

PREFERRED PHONE

OTHER/SECOND PHONE

E-MAIL

[For office use only]

SIGNATURE

DATE

**ST. ANTHONY GIVING LEVELS:****CONTRIBUTOR: \$499 & below**

\$9.60/week OR \$42/month &amp; below

**FRIEND: \$500 - \$999**

\$9.60-\$19/week OR \$42-\$83/month

**SUPPORTER: \$1,000 - \$1,999**

\$19-\$38/week OR \$83-\$167/month

**\* FAITHFUL: \$2,000 - \$3,999**

\$38-\$77/week OR \$167-\$333/month

**\* DISCIPLE: \$4,000 - \$6,999**

\$77-\$135/week OR \$333-\$583/month

**\* GUARDIAN: \$7,000 - \$9,999**

\$135-\$192/week OR \$583-\$833/month

**\* ANGEL: \$10,000 - \$14,999**

\$192-\$288/week OR \$833-\$1,249/month

**\* ARCHANGEL: \$15,000 and up**

\$288/week OR \$1,250/month &amp; up

*Review your stewardship commitment prayerfully, consider what you offer to Christ's Church  
in comparison to your monthly utility/service payments.*

*Please return your completed commitment card to church by January 31, 2020*

*Your card must be on file for you to be considered in 'Good Standing'*

**In response to God's blessings, I/we pledge a 2020 offering of:**

**My Total Commitment for 2020: \$ \_\_\_\_\_**

**I will fulfill and pay my pledge: (CHECK ONE)**

☐ Weekly at \$ \_\_\_\_\_/week

☐ Monthly at \$ \_\_\_\_\_/month

☐ Annually

Contact the Church office to set up easy recurring electronic payments  
-OR- set up your own recurring giving at [saint-anthonys.churchgiving.com](http://saint-anthonys.churchgiving.com)

***\*To fully cover our operating expenses, our goal is to  
have our average stewardship be \$2,000 per family or above***

***PARISH COUNCIL NEWS***

***NO REPORT THIS MONTH***



**NEWS FROM THE LOFT****MR. HRONAS' OPUS**

Jim Hronas' love of and involvement with Greek demotic, popular, and liturgical music began nearly sixty years ago when as an altar boy, he took many of his cues for what to do during the Divine Liturgy from the hymns he heard coming from the choir loft and chanter stand at Saint Nicholas Greek Orthodox Church in Northridge, California.

In the mid sixties as a member of the clarinet section in junior high school orchestra and high school concert band, he decided it was time to form a group with some of his fellow JR. GOYANS for the purpose of playing Greek music at various parish functions.

While pursuing his bachelor's degree at UCLA, Jim obtained his first bouzouki and began teaching himself how to play the instrument in his spare time. Upon graduating from college and securing full time employment, he then joined the Hellenic Sounds orchestra shortly thereafter to satisfy his continuing desire to rehearse, perform, and record Greek music as a leisure time activity. Along with playing for hundreds of wedding and baptismal receptions, Greek festivals, concerts and events all over the western United States, he had the opportunity to play for some of the earliest gatherings of the FDF ministry when it was still in its infancy. Additionally, Jim played for several events organized and hosted by the *Save Cyprus Council* for the purpose of raising funds to benefit that imprisoned island. Coincidentally, the Hellenic Dancers, one of the premier folk dance ensembles in Southern California at the time, were also performing at these events.

In 1975, Jim moved to the San Gabriel Valley, became a member of the Saint Anthony parish and married his wife Maria Palamiotis, who at the time was a member of the Hellenic Dancers. Their courtship was literally the story of "the boy in a band who met and fell in love with the girl in a dance group!"

With his musical performance days on hold since 1986 to devote more time to his growing family, parish life and career as a sales representative for Johnson & Johnson, Jim's desire to again be part of a group of voices coming together in harmony prompted him to join the choir at Saint Anthony's in 1999. Retired and now the proud Pappou of six active grandchildren, Jim has been our director since 2007.

***NEWS FROM THE LOFT (CONTINUED)***



## CHURCH SCHOOL NEWS

# News You Can Use

Now that Great Lent is beginning, it's a good time to reevaluate our priorities and focus on repentance, prayer, fasting, and almsgiving. We hope to see our students at the various services throughout Great Lent and Holy Week!

Here are some upcoming dates to remember:

- March 8**      **Sunday of Orthodoxy**—BRING YOUR ICONS FOR THE PROCESSION!
- March 13**    **Youth Confessions** (3:30-6:30 PM)  
Call the church office to make an appointment for confession with Father Peter.
- March 22**    **Godparent Sunday**—Invite your God-parents today! No classes that day.
- April 11**     **Saturday of Lazaros**  
Set the tone for Holy Week by praying at this important Divine Liturgy as a family.  
Enjoy a pancake breakfast and make Palm Crosses!
- April 12**     **Palm Sunday**—Regular class.  
Students will return to church for their crosses at 12:00.



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

Michael Akrotirianakis	Wesley Courter	Evangelia Kleissas	Alexi Vagenas
Anastasia Ananiades	Talia Grafos	Matthew Kleissas	John Vagenas
Alexander Ananiades	Tessa Grafos	Athanasios Mitis	
Gabriella Carpenter	John Ioannou	Maximilian Pollalis	
Nikolas Constantinou	Kostadina Ioannou		



**CHURCH SCHOOL NEWS (CONTINUED)**

The featured class this month is Grades 9-12. They are studying the **History of the Orthodox Church**. They were asked to talk about how they feel about Church School and some interesting things they have learned so far this.

“I feel like Church School is a great opportunity to learn about Greek Orthodoxy in a way that makes sense, allows me to pause, and allows me to ask questions.” - **Niko Udria**

“I feel Church School is a great way to learn about what we don't understand about the Church, and why we do everything we do in Church.” - **Konstantinos Tsigkounis**

“I feel like it is an enriching experience to learn about our religion and how powerful it is. I also enjoy it because it overlaps with the History I am learning at school, so it provides more religious context to historical events.”

- **Niko Vidalakis**

“I feel that [Church School] is a very eye-opening experience that improves my relationship with God.”

- **John Chammas**

“I am learning about many of the events that took place in the early days of the Church, such as how the disciples and apostle traveled and what they were known for.” - **Niko Udria**

“[Church School provides] an easier way for younger people to understand Christianity.” - **Max Pollalis**

“I have learned about the timeline of the Church and where Christianity was spread to after the Resurrection of Christ.” - **Chris Pappas**

“I have learned about The Beatitudes and where all the Apostles taught and where they travelled. - **Taia Bissias**

“I have learned about the different Apostles and Saints. And, I learned about the differences between Orthodoxy and other forms of Christianity.” - **Andrianna Lareau**

**CHURCH SCHOOL NEWS (CONTINUED)**

My name is Presbyteria Aida Stratos.

This is my 7th year teaching Religious Education, having taught six years at other parishes. This is my first year teaching at St. Anthony, where I teach High School level, grades 9 thru 12. The opportunity to share our Orthodox faith and our Church's rich History with the young people of our community is a tremendous blessing. They are faithful, curious and very intelligent. They make each lesson a joyful experience. Our children are the future of our Orthodox Church, and I find their kindness, thoughtfulness, and faithfulness very inspiring. I pray their goodness will strengthen our Church and bless our world.

## ***YOUTH & YOUNG ADULT NEWS***



HOPE ages 4 ½ to 6

JOY ages 7 to 9 (10 year olds may be Junior Volunteers)

HOPE & JOY next meeting:

March 1, 12:15 PM to 1:00 PM, rooms 1A and 1B.

This youth group is: based on Faith, Friends and Fun.

Lenten lunch will be served.

This year's theme: Caring for and Protecting God's Creation.

The service project is collecting socks for souls of all ages. We will have follow up activities, and games.

Adult volunteers welcomed.

For further information contact: Irene Albeck at [mcmg2a@aol.com](mailto:mcmg2a@aol.com)

### Future Meeting dates:

April 5

May 3

May 17 -This will be an offsite outing.

Possible ideas: Rock and Jump in Glendora, Bowling, etc.



**YOUTH & YOUNG ADULT NEWS (CONTINUED)****G.O.Y.A. Basketball**

The Southern California Greek Orthodox Basketball League gets underway the weekend of February, 29 and March 1.

This year St. Anthony will field only 3 teams. Unfortunately, we did not have enough girls to field a Senior team. We look forward to have our Senior girls back next year.

We are very excited about our other teams:

Junior Girls, Junior Boys and Senior Boys

A big thank you to this year's coaches:

**Girls' Coaches:** Patricia Paziouros, John Paziouros and Chris Syrendelas

**Boys' Coaches:** Tony Christopoulos, Tom Grafos, Aaron Schulman and Greg Perris

We hope that the community comes out to support our basketball program. It has been a ministry of the church for over 45 years.

Mark your calendars !!

We look forward to seeing you cheer on our St. Anthony youth !



## ***YOUTH & YOUNG ADULT NEWS (CONTINUED)***

### **St. Anthony G.O.Y.A. Basketball Schedule 2020**

**Saturday, February 29:****@ Assumption**

5761 E. Colorado Street

Long Beach

11:00 Jr. Girls

12:00 Jr. Boys

1:00 Sr. Boys

**Sunday, March 1:****St. Katherine @ St. Anthony**

Sierra Madre Middle School

160 N. Canon Avenue, Sierra Madre

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Boys

**Sunday, March 8:****St. Basil @ St. Anthony**

Sierra Madre Middle School

160 N. Canon Avenue, Sierra Madre

3:00 Jr. Girls

4:00 Jr. Boys

5:00 Sr. Boys

**Saturday, March 14:****@ St. Nicholas**

9501 Balboa Blvd., Northridge

11:00 Jr. Girls

12:00 Jr. Boys

1:00 Sr. Boys

**Sunday, March 15:****@ St. Sophia**

1324 S. Normandie Ave. Los Angeles

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Boys

**Sunday, March 22:****St. George @ St. Anthony**

Sierra Madre Middle School

160 N. Canon Avenue, Sierra Madre

3:00 Jr. Boys

4:00 Sr. Boys

**Sunday, March 29:****@ St. John**

EvFree Fullerton

2801 N. Brea Blvd. Fullerton

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Boys

**Saturday, April 4 and Sunday, April 5:**

Quarter Finals

**Saturday, April 25:**

Semi Finals

**Sunday, April 26:**

Finals

Questions contact:

Patricia Paziouros 626-497-2164

John Paziouros 626-497-2167

Pana Gelt 626-278-2808

Anthia Drulias Lucas 626-274-6133

**SAVE THE DATE:****G.O.Y.A. VOLLEYBALL TOURNAMENT****SATURDAY, MAY 9, 2020**

***YOUTH & YOUNG ADULT NEWS (CONTINUED)***

**Metropolis Young Adult Lenten Retreat**

**Calling all Young Adults!**

**Join us for the Metropolis Young Adult Lenten Retreat**

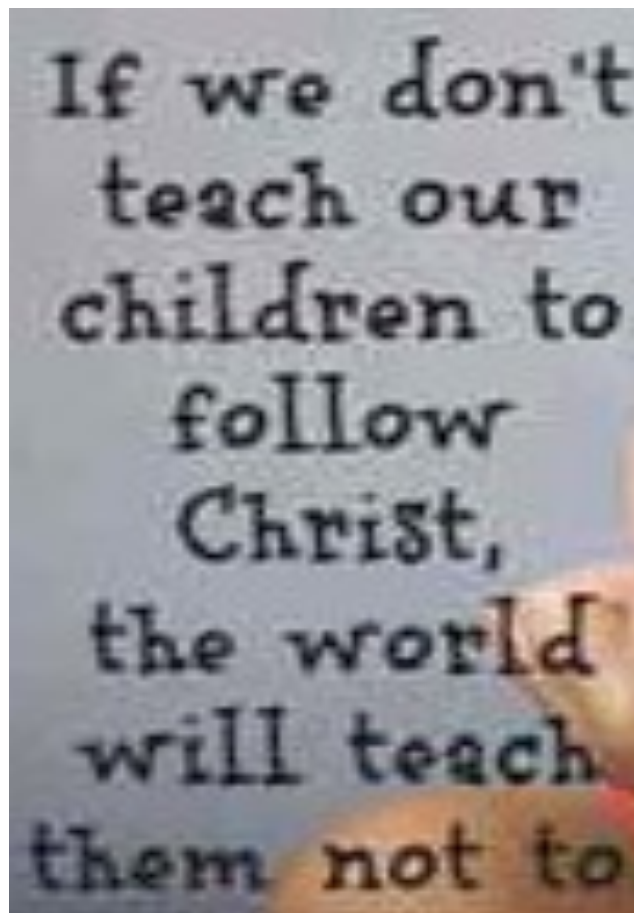
**St. Nicholas Ranch & Retreat Center**

**April 3 - 5, 2020**

**Open to all Orthodox young adults ages 18-30's from across the Archdiocese**

**Please share this with your friends and encourage them to register as well!**

**[gosfyouth.org/youngadult-lenten-retreat](https://gosfyouth.org/youngadult-lenten-retreat)**





## PHILOPTOCHOS NEWS

### Upcoming Philoptochos Events:

In April, Philoptochos will be having our annual **Easter Bake Sale** to benefit Kids N' Cancer.. Please look for the order forms for koulourakia, kourabeithes, eggs, and tsourekia.

For more information contact: Lisa Xanthos ([lisax@att.net](mailto:lisax@att.net)) or Irene Albeck ([mcmg2a@aol.com](mailto:mcmg2a@aol.com).) Enjoy our baked goods and help others at the same time!

**Kids N' Cancer** reception in Newport Beach. It will be held on Sunday, May 3rd. More information to follow.

We are still offering **scholarships** for high school seniors. If you are interested, please contact, Irene Albeck: [mcmg2a@aol.com](mailto:mcmg2a@aol.com)

Our next **General Assembly** meeting will be held on Tuesday, March 24th in the church hall. We will be making a healthy Lenten meal for lunch. A donation of \$10 would be appreciated. Recipes will be provided. Please join us!



*Agape Celebration  
of Love*

Sunday, May 3, 2020  
2:00 in the afternoon

Newport Beach Country Club  
1 Clubhouse Drive, Newport Beach, CA

**Kids 'n' Cancer  
Camp Agape**

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

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.

## ***PHILOPTOCHOS NEWS (CONTINUED)***

### **PHILOPTOCHOS SCHOLARSHIP AWARD APPLICATION – 2020**

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

### **ATTACH A RECENT PHOTO OF YOURSELF TO THIS APPLICATION**

Completed applications must be submitted to the church office by 4:00 PM, **April 1, 2020**

*Attention: Philoptochos Scholarship Committee*

***PHILOPTOCHOS NEWS (CONTINUED)*****PHILOPTOCHOS SCHOLARSHIP AWARD – 2020 RULES & REGULATIONS**

1. The parents of the applicant (or the applicant) must be members in good standing with Saint Anthony Greek Orthodox Church for at least one year preceding the date of the scholarship application.
2. A parent of the applicant must be a member of Saint Anthony Philoptochos, Panagia Chapter.
3. The applicant must be planning to continue his or her education for the upcoming 2020-2021 school year.
4. The applicant must have a minimum 3.0 GPA.
5. Applicants will be evaluated on the following criteria:
  - a. Academic achievement
  - b. Church and Church School participation
  - c. Community service
  - d. Citizenship
6. Application must be completed and submitted with all required documents by April 1, 2020.
7. The applicant's current academic transcript must be mailed from the academic institution to the church office (Attention: Philoptochos Scholarship Committee).
8. An autobiographical essay (approximately 300 words) describing influences that have had an effect on the applicant's life, must be submitted to include how the church experience has helped shape your belief system and future goals.
9. Two (2) letters of recommendation, must be submitted. One must be from a high school counselor, teacher or someone who has worked directly with the student.
10. Must be available for a personal interview at the request of the Scholarship Committee and the application form must include a recent photo of the applicant.
11. The Philoptochos Society of Saint Anthony Greek Orthodox Church is not obligated to grant any scholarships in a given year. The Scholarship Committee and Father Peter will carefully review all applications. The Committee's decision shall be final.
12. Scholarship recipients will be notified by mail. The scholarship award will be presented at a date to be determined.

**APPLICATIONS (INCLUDING REQUIRED DOCUMENTATION)****RECEIVED AFTER THE DEADLINE WILL BE DISQUALIFIED**

***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***

***“Lord when did we see you hungry and feed you? The King will answer and say to you, inasmuch as did it to one of the least of these My brethren, you did it to Me.” Matthew 25:40, 41.***

**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

***“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”  
Hebrews 13:16***

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

Make a New Year’s resolution to book a month to serve at least one time during 2020. The 2020 calendar is open so choose a month to sign up to serve the homeless. This is a small way all of us can contribute to help those less fortunate. We must be examples for our children and our church. It only takes an hour and a half to participate. No cooking involved. Servers are asked to bring dessert (i.e. cookies) to serve sixty people and sturdy paper plates (optional)..

**Contact:**

Sophia Angelos	<a href="mailto:sangelos2000@gmail.com">sangelos2000@gmail.com</a>	626-795-0848 (home)
Stephanie Soewers	<a href="mailto:szanglis@gmail.com">szanglis@gmail.com</a>	818-209-5026 (cell)
Irene Albeck	<a href="mailto:mcmg2a@aol.com">mcmg2a@aol.com</a>	626-792-8122





**VIP NEWS**

On January 30th, the VIPs traveled to the Los Angeles City Library on the Gold Line, where we had a private tour of the city landmark built in 1926.

Before returning home, we had lunch at the historic "Philippe's," famous for their French dip sandwiches.

Our February meeting was followed by a delicious luncheon.

*Coming up...*

March 10th - 10:00 a.m. - Meeting

March 26th - Private tour of Nixon Library

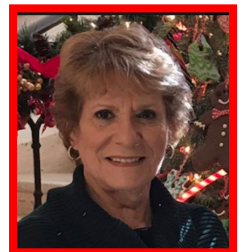
Please join us.



*Helen Treantafelles*

*VIP President*

[htreantafelles@yahoo.com](mailto:htreantafelles@yahoo.com)



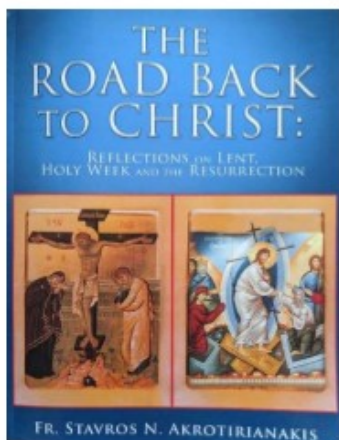
## BOOKSTORE

### News from the Bookstore

#### Featured Items for Lent

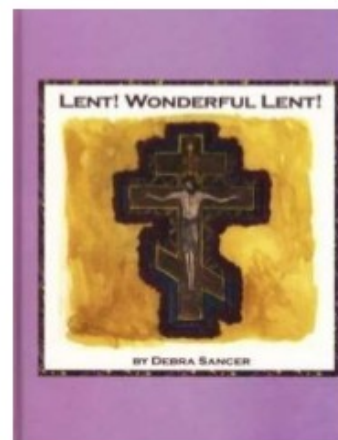
Did you know our St. Anthony's Bookstore has LOTS of great devotional books to aid in your spiritual growth?

#### For adults/teens



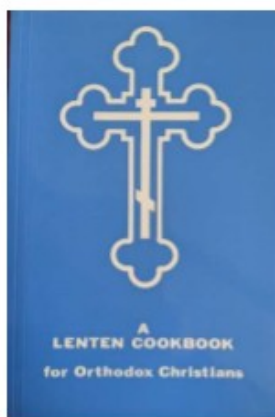
The Road Back to Christ: Reflections on Lent, Holy Week and the Resurrection is a series of short daily reflections on the scripture readings of Holy Week and the accounts of the Resurrection and post-Resurrection appearances of Christ.

#### For children



A wonderful book for children about the meaning of Great Lent as a time of repentance. Also explains the meaning of each Sunday in Orthodox Lent.  
For children ages 5-10.

#### And more: Lenten Cook Books, and Lenten Service Book



Jeremiah Courter is often available immediately after the Divine Liturgy in the bookstore to answer questions and even special-order items if necessary.



# MINISTRIES

## Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

Reverend Father Christopher Retelas

### 2020 PARISH COUNCIL MEMBERS

Joseph Akrotirianakis	President
John Vidalakis	Co-Vice President
Pete Gallanis	Co-Vice President
Tashia Vagenas	Secretary
Tony Christopoulos	Treasurer

Philip Ted Attalla

Jeremiah Courter

Tom Grafos

Christos Ioannou

Anthia Drulias Lucas

James Pappas

Sophia Syrengelas

Mary Udria

Perry Vidalakis

Vincent Zarian

### 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



### OFFICE STAFF

Alma Vorgias – Office Administrator

Athena Serban – Events Coordinator (Trinity Ballroom)



### CUSTODIAL STAFF

Carlos Sosa



### 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 2020

**President**

Maria Kypreos

**1<sup>st</sup> Vice President**

Maria Hronas, Elizabeth Skandale & Lisa Xanthos

**2<sup>nd</sup> 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

**Scholarship**

Irene Albeck & Judith Din

**Sunshine and Visitation**

Jeanne Karaianoglou

**Union Station**

Irene Albeck

**Welfare**

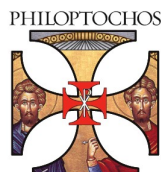
Presbytera Maria Mylonas

**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

Aliki Haralambos

Vacation Bible School

Sophia Syrengelas

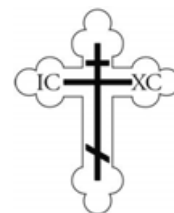
Mary Udria

VIPs

Helen Treantafelles

Young Adults

Mike Abi Farah





## COMMUNITY NEWS

### SERVICES OF GREAT & HOLY LENT 2020 • ST. ANTHONY GREEK ORTHODOX CHURCH

#### *GREAT & HOLY LENT BEGINS CLEAN MONDAY MARCH 2<sup>ND</sup>, 2020*

<b>SUNDAY, MARCH 1<sup>ST</sup></b>	<b><i>Forgiveness Vespers at St. Katherine Redondo Beach – 6:00pm</i></b> <i>(Celebrated with surrounding Southern California Clergy)</i>
<b>WEDNESDAY, MARCH 4<sup>TH</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b> <i>(Followed by Studies in the Faith*, 7:15-8:15pm)</i>
<b>FRIDAY, MARCH 6<sup>TH</sup></b>	<b><i>Salutations to the Theotokos – 7:00pm</i></b>
<b>SATURDAY, MARCH 7<sup>TH</sup></b>	<b><i>Saturday of Souls – Orthros 9:00am, Divine Liturgy 10:00am</i></b>
<b>WEDNESDAY, MARCH 11<sup>TH</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b> <i>(Followed by Studies in the Faith*, 7:15-8:15pm)</i>
<b>FRIDAY, MARCH 13<sup>TH</sup></b>	<b><i>Salutations to the Theotokos – 7:00pm</i></b>
<b>WEDNESDAY, MARCH 18<sup>TH</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b> <i>(Followed by Studies in the Faith*, 7:15-8:15pm)</i>
<b>FRIDAY, MARCH 20<sup>TH</sup></b>	<b><i>Salutations to the Theotokos – 7:00pm</i></b>
<b>TUESDAY, MARCH 24<sup>TH</sup></b>	<b><i>Great Vespers of the Annunciation – 6:00pm</i></b> <i>(Followed by Studies in the Faith*, 7:15-8:15pm, MOVED UP**)</i>
<b>WEDNESDAY, MARCH 25<sup>TH</sup></b>	<b><i>ANNUNCIATION – Orthros 9:00am, Divine Liturgy 10:00am</i></b> <i>(NOTE: There will be NO Pre-Sanctified Liturgy this evening)</i>
<b>FRIDAY, MARCH 27<sup>TH</sup></b>	<b><i>Salutations to the Theotokos – 7:00pm</i></b>
<b>WEDNESDAY, APRIL 1<sup>ST</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b> <i>(Followed by Studies in the Faith*, 7:15-8:15pm)</i>
<b>FRIDAY, APRIL 3<sup>RD</sup></b>	<b><i>Akathist Hymn – 7:00pm</i></b>
<b>WEDNESDAY, APRIL 8<sup>TH</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b> <i>(Followed by Studies in the Faith*, 7:15-8:15pm)</i>
<b>SATURDAY, APRIL 11<sup>TH</sup></b>	<b><i>Saturday of Lazarus – Orthros 9:00am, Divine Liturgy 10:00am</i></b> <i>(Followed by pancake brunch and folding palm crosses)</i>
<b>SUNDAY, APRIL 12<sup>TH</sup>-19<sup>TH</sup></b>	<b><i>Palm Sunday, Great and Holy Week, Pascha (separate schedule)</i></b>

*\*Studies in the Faith, March 4<sup>th</sup> – April 8<sup>th</sup>: These classes will give the participant an understanding of the faith, beliefs, worship and practices of the Greek Orthodox Church. This is a six-week series, held on Wednesday evenings (\*\*except for one on Tuesday, March 24<sup>th</sup>). These classes serve as an introduction to Orthodoxy to those interested, and a review and enrichment for the Orthodox Christian. All are welcomed and encouraged to attend. Participation is encouraged to ensure that the Studies become an exciting and meaningful experience for all.*

## **COMMUNITY NEWS (CONTINUED)**

### **STUDIES IN THE FAITH**

Spring Session, 2020

March 4<sup>th</sup> – April 8<sup>th</sup>

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 4th to April 8th. Participation in the discussions is encouraged to ensure that the Studies become an exciting and meaningful experience for all.

The schedule, books used and the subjects to be discussed 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

### **SUBJECTS TO BE DISCUSSED:**

#### Introductory Session – Wed. March 4<sup>th</sup>

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

#### Second Session – Wed. March 11<sup>th</sup>

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

#### Third Session – Wed. March 18<sup>th</sup>

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

#### Fourth Session – \*(Tues. March 24<sup>th</sup> 7:15 to 8:15)

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

#### Fifth Session – Wednesday April 1<sup>st</sup>

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

#### Sixth Session – Wednesday April 8<sup>th</sup>

1. Great Lent (handout)
2. Holy Week (handout)
3. Conclusion
4. Questions and Answers



## COMMUNITY NEWS (CONTINUED)

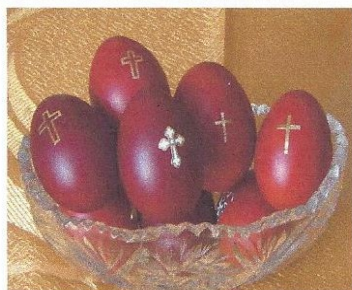


**Saint Sophia Greek Orthodox Cathedral  
Foundation Board of Trustees - Los Angeles**

### **98<sup>th</sup> Annual Greek Easter Picnic**

**Easter Sunday, April 19 - 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,  
Galatouboureko,  
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  
714.313.9027  
easterpicnic@aol.com**

**COMMUNITY NEWS (CONTINUED)****St. Anthony Bowling League**

The St. Anthony Bowling League is under way!!!  
Meet new people and see old friends! The more the merrier!

The League began January 14 and will run thru March 31.

Bowlers meet every **Tuesday 6:30pm**  
Bowlero Lanes on Foothill Boulevard in Pasadena.

Open to all levels!  
Anyone interested consider joining us again in September!

This seasons bowlers include:

Sophia Angelos, Peter Bissias, Tanya Christodoulelis, Kiki Chryssogelos, Bill Drulias, George Dupas, Ted Dupas, Nick Gekas, Pana Gelt, Jim Horaites, Patricia Johnston, Andrea Lappas, Parri Livanos, Anthia Lucas, John Lucas, Liam McCain, Steven Miller, Chrissa Mobayen, Syrus Mobayen, Jim Nichols, Joyce Nichols, Marianne Nichols, John Paziouros, Nick Paziouros, Patricia Paziouros, Mihai Serban and Jim Xanthos.

To sign up contact Pana Gelt [pgelt@socal.rr.com](mailto:pgelt@socal.rr.com) or 626-293-7588.





## **COMMUNITY NEWS (CONTINUED)**



### **FDF 2020 AWARD RECIPIENTS**

#### **CHORAL COMPETITION**

##### **DIVISION II**

**Sweepstakes:** Effonia, St. Nicholas, San Jose

**Director's Award:** Amanda Dina Fields, St. Nicholas, San Jose

**Special Achievement Award:** Agape, Resurrection, Castro Valley for their Mermingas

**First:** Angelouthia, St. Katherine, Redondo Beach

**Second:** St. Spyridon Youth Choir, St. Spyridon, San Diego

**Third:** Mia Foni, St. Sophia, Los Angeles

##### **DIVISION I**

**Sweepstakes:** Philotimo, St. Katherine, Redondo Beach

**Director's Award:** Kathryn Ramseyer Noel, St. Katherine, Redondo Beach

**Special Achievement Award:** Helios, Sts. Constantine and Helen, Cardiff by the Sea  
for the group memorizing the entire Doxastikon: Thearhio Nevmat

**First:** Aloha Youth Choir, Sts. Constantine and Helen, Honolulu

**Second:** Synergia, Assumption, Scottsdale

**Third:** Helios, Sts. Constantine and Helen, Cardiff by the Sea

#### **DANCE COMPETITION**

##### **DIVISION II**

**Sweepstakes:** Ta Angeloudakia, Assumption of the Blessed Virgin Mary, Long Beach

**Board of Trustees Special Achievement Award:** Nea Elpida, St. John the Baptist,  
Anaheim for their Almopia Suite

**Director Award:** Eleni Taousakis, Sts. Constantine and Helen, Cardiff by the Sea

**Instrumental Award:** Nikos Tavernakis, St. Nicholas, San Jose

## **COMMUNITY NEWS** (CONTINUED)



### **Primary**

**First:** Aetopoula, St. John the Baptist, Las Vegas

**Second:** Enosi, St. Nicholas, San Jose

**Third:** Filarakia, St. Anthony, Pasadena

**Fourth:** To Mellon, Annunciation Cathedral, San Francisco

**Founder's Special Achievement:** Yitonopoula, St. George, Downey, for their Sousta dance

**Choral:** Enosi, St. Nicholas, San Jose

**Costume:** Anagenisis, Ascension Cathedral, Oakland for their Gratini costumes

### **Advanced Primary**

**First:** Revmata, Annunciation Cathedral, San Francisco

**Second:** Nea Genia, Annunciation, Sacramento

**Third:** Mikra Asteria, Assumption of the Blessed Virgin Mary, Long Beach

**Fourth:** Ellinopoula, St. Nicholas, Northridge

**Founder's Special Achievement:** Kyklonakia, St. Sophia Cathedral, Los Angeles for their Osmandakas dance

**Choral:** Rhythmos, St. Katherine, Redondo Beach

**Costume:** Nea Genia, Annunciation, Sacramento for their Cretan costumes

### **Junior**

**First:** Meraki, St. Nicholas, San Jose

**Second:** Meraklides, St. Basil, San Juan Capistrano

**Third:** Titanes, Ascension Cathedral, Oakland

**Fourth:** Neolea, St. Anthony, Pasadena

**Founder's Special Achievement:** Chrysi Psihi, St. Nicholas, Northridge for their Kos Suite

**Choral:** Meraki, St. Nicholas, San Jose

**Costume:** Neolea, St. Anthony, Pasadena, for their Thessaly costumes

### **Advanced Junior**

**First:** Patrída tis Arhondias, St. Nicholas, San Jose

**Second:** Spartiates, St. Demetrios, Seattle

**Third:** Analypsis, Ascension Cathedral, Oakland

**Fourth:** Fotofori, Assumption/St. Katherine, Scottsdale/Chandler

**Founder's Special Achievement:** Nisiopeda, Sts. Constantine and Helen, Honolulu for their Pontian Suite

**Choral:** Fotofori, Assumption/St. Katherine, Scottsdale/Chandler

**Costume:** Analypsis, Ascension Cathedral, Oakland for their Vamvokofyto costumes

## **COMMUNITY NEWS (CONTINUED)**



### **DIVISION I**

**Sweepstakes:** Deos, Annunciation, Sacramento

**Board of Trustees Special Achievement Award:** Andamosi, St. Nicholas, San Jose  
for their Nestani Suite

**Director Award:** Anastasia Panagakos, St. Katherine, Elk Grove

**Instrumental Award:** Thanasi Halfhill, St. John the Baptist, Anaheim

### **Intermediate**

**First:** Nea Zoi, Church of the Holy Cross, Belmont

**Second:** Minoan Dancers 2, Nativity of Christ, Marin County

**Third:** Armonia, Sts. Constantine and Helen, Cardiff by the Sea

**Fourth:** Hara, Annunciation, Sacramento

**Founder's Special Achievement:** Yperifaneia, St. Katherine, Elk Grove for their  
Megara Suite

**Choral:** Armonia, Sts. Constantine and Helen, Cardiff by the Sea

**Costume:** Aegean Dancers, St. Spyridon, San Diego, for their Paros costumes

### **Advanced Intermediate**

**First:** Thavma, Church of the Holy Cross, Belmont

**Second:** Spithes, Annunciation Cathedral, San Francisco

**Third:** Souliotes, St. Demetrios, Seattle

**Fourth:** Junior Olympians, Assumption of the Blessed Virgin Mary, Long Beach

**Founder's Special Achievement:** Archangelos Neolea, Archangel Michael, Port  
Washington, for their Kos Suite

**Choral:** Souliotes, St. Demetrios, Seattle

**Costume:** Junior Olympians, Assumption of the Blessed Virgin Mary, Long Beach for  
their Soroni, Rhodes costumes

### **Senior**

**First:** Philotimia, Church of the Holy Cross, Belmont

**Second:** Nea Zoe, Ascension Cathedral, Oakland

**Third:** Pyrkagia, St. Anthony, Pasadena

**Fourth:** Thiela, Holy Trinity Cathedral, Phoenix

**Founder's Special Achievement:** Enotita, St. John the Baptist, Anaheim for their  
Tsestos dance

**Choral:** Nea Zoe, Ascension Cathedral, Oakland

**Costume:** Enotita, St. John the Baptist, Anaheim, for their Ano Oinoy costumes

**COMMUNITY NEWS (CONTINUED)****Advanced Senior**

**First:** Minoans Dancers I, Nativity of Christ, Marin County

**Second:** Akrites, St. Demetrios, Seattle

**Third:** Panegiri, St. Anthony, Pasadena

**Fourth:** Veryina, St. George, Downey

**Founder's Special Achievement:** Vrondi, St. Sophia Cathedral, Los Angeles, for their Sokiani dance

**Choral:** Akrites, St. Demetrios, Seattle

**Costume:** Andamosi, St. Nicholas, San Jose, for the for embroidered aprons of their Arachova costumes

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**Elios Award of Excellence**

Joan Metaxas Dauria

**Metropolitan Anthony Humanitarian Award**

Metropolis of San Francisco Philoptochos

**Metropolitan Anthony Leadership Award**

Danae Magoulas

**Managing Director Award**

Anthony John

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**FDF Scholarships Recipients****Archbishop Demetrios Scholarship**

Alexis Kamages, Nativity of Christ Greek Orthodox Church, Novato, CA

**Cynthia Anderson Scholarship**

Alexia Moustakas, St. Nicholas Greek Orthodox Church, San Jose, CA



**COMMUNITY NEWS (CONTINUED)**



**Chris Papadimitrakis Scholarship**

Alexia Saigh, St Anthony Greek Orthodox Church, Pasadena, CA



**Fr. Homer Demopoulos Scholarship**

Eva Borden, Greek Orthodox Church of the Annunciation, Modesto, CA

**Fr. Anthony Moschonas Scholarship**

Alex Starling, Nativity of Christ Greek Orthodox Church, Novato, CA

**Dean Phillips Scholarship**

Alexandra Conley, Assumption of the Blessed Virgin Mary, Long Beach, CA

**Jim Papangellin Scholarship**

Lefteri Eleftheriadis, Ascension Greek Orthodox Cathedral, Oakland, CA

**Sophia Bouras Scholarship**

Kristina Leones, St. Katherine Greek Orthodox Church, Elk Grove, CA

**Gerry and Jeannie Ranglas Scholarship**

Athena Huntalas, Saints Constantine & Helen Greek Orthodox Church,  
Cardiff by the Sea, CA

**Dr. Bobby & Mrs. Nikki Papoulias Scholarship**

Kristina Simitian, Assumption of the Blessed Virgin Mary, Long Beach, CA

**Isidoros and Maria Garifalakis and Family Scholarship**

Matthew Myrtakis, Greek Orthodox Church of the Annunciation, Modesto, CA

**COMMUNITY NEWS (CONTINUED)**



**2020  
Saint Anthony  
Folk Dance Festival Dancers**



## ***FEASTS & SAINTS OF THE MONTH***

### ***Forgiveness Sunday***

#### **1 March**

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



### ***Sunday of Orthodoxy***

#### **8 March**

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.





## ***FEASTS & SAINTS OF THE MONTH (CONTINUED)***

### ***Sunday of St. Gregory Palamas***

**15 March**

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

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



### ***Sunday of the Holy Cross***

**22 March**

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





***FEASTS & SAINTS OF THE MONTH (CONTINUED)*****Annunciation of the Theotokos****25 March**

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women." After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word." And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).

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



***FEASTS & SAINTS OF THE MONTH (CONTINUED)******Sunday of St John Calmicus******29 March***

The memory of this Saint is celebrated on March 30, where his biography may be found. 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 Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.



# Orthodox Calendar

## MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
 1 <b>Forgiveness Sunday</b> <b>Cheesfare</b> 8:45am Orthros 10am Divine Liturgy 11am Church School 2pm GOYA basketball 6:30 Financial Peace	 2 <b>Great Lent begins</b>	 3	 4 6pm Pre-Sanctified Liturgy 7pm Philoptochos Union Station 7:15 Studies in the Faith	 5 7pm Choir rehearsal	 6 4pm Friday Greek School 6:30 Fellowship Fri. 7pm Salutations to Theotokos	 7 9am Saturday of the Souls
 8 <b>Sunday of Orthodoxy</b> 8:45am Orthros 10am Divine Liturgy 11am Church School 3pm GOYA Basketball 6:30 Financial Peace	 9 4pm Monday Greek School	 10 10am VIPs 7pm Parish Council 7:15 Philoptochos Board Meeting	 11 6pm Pre-Sanctified Liturgy 7:15 Studies in the Faith	 12 7pm Choir rehearsal	 13 4pm Friday Greek School 7pm Salutations to Theotokos	 14 11am GOYA Basketball
 15 <b>Sunday of Saint Gregory Palamas</b> 8:45am Orthros 10am Divine Liturgy 11am Church School 2pm GOYA Basketball	 16 4pm Monday Greek School	 17	 18 6pm Pre-Sanctified Liturgy 7:15 Studies in the Faith	 19 7pm Choir rehearsal	 20 4pm Friday Greek School 7pm Salutations to Theotokos	 21
 22 <b>Sunday of Holy Cross</b> <b>Godparent Sunday</b> 8:45am Orthros 10am Divine Liturgy 4pm GOYA Basketball	 23 4pm Monday Greek School	 24 6pm Great Vespers of Annunciation 7pm Philoptochos General Meeting 7:15 Studies in the Faith	 25 <b>Annunciation</b> 9am Orthros 10am Divine Liturgy	 26 7pm Choir rehearsal	 27 4pm Friday Greek School 7pm Salutations to Theotokos	 28
 29 <b>Sunday of Saint John Climacus</b> 8:45am Orthros 10am Divine Liturgy 11am Church School 12 pm Greek Independence Day Luncheon 2pm GOYA Basketball	 30 4pm Monday Greek School	 31				
		Strict Fast 	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free

Saint Anthony  
Greek Orthodox Community  
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March 2020

POSTAGE  
STAMP





TIME SENSITIVE

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**To hate someone  
is like taking  
poison and  
expecting the other  
person to die...**