

The Voice of Saint Anthony

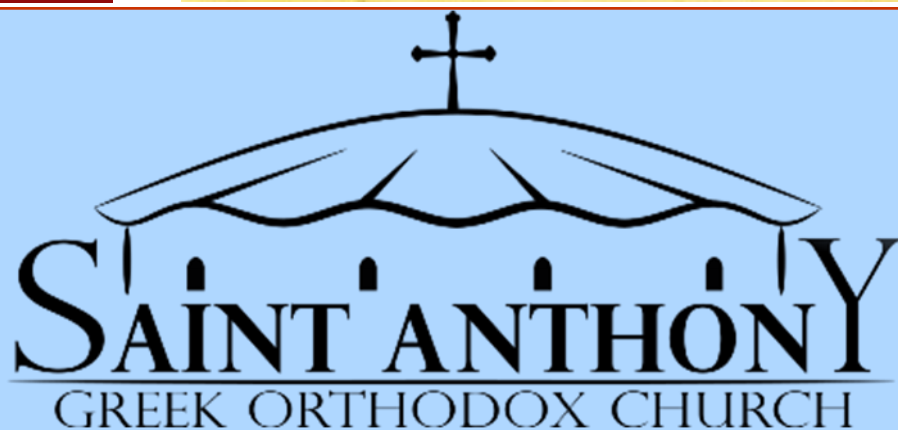
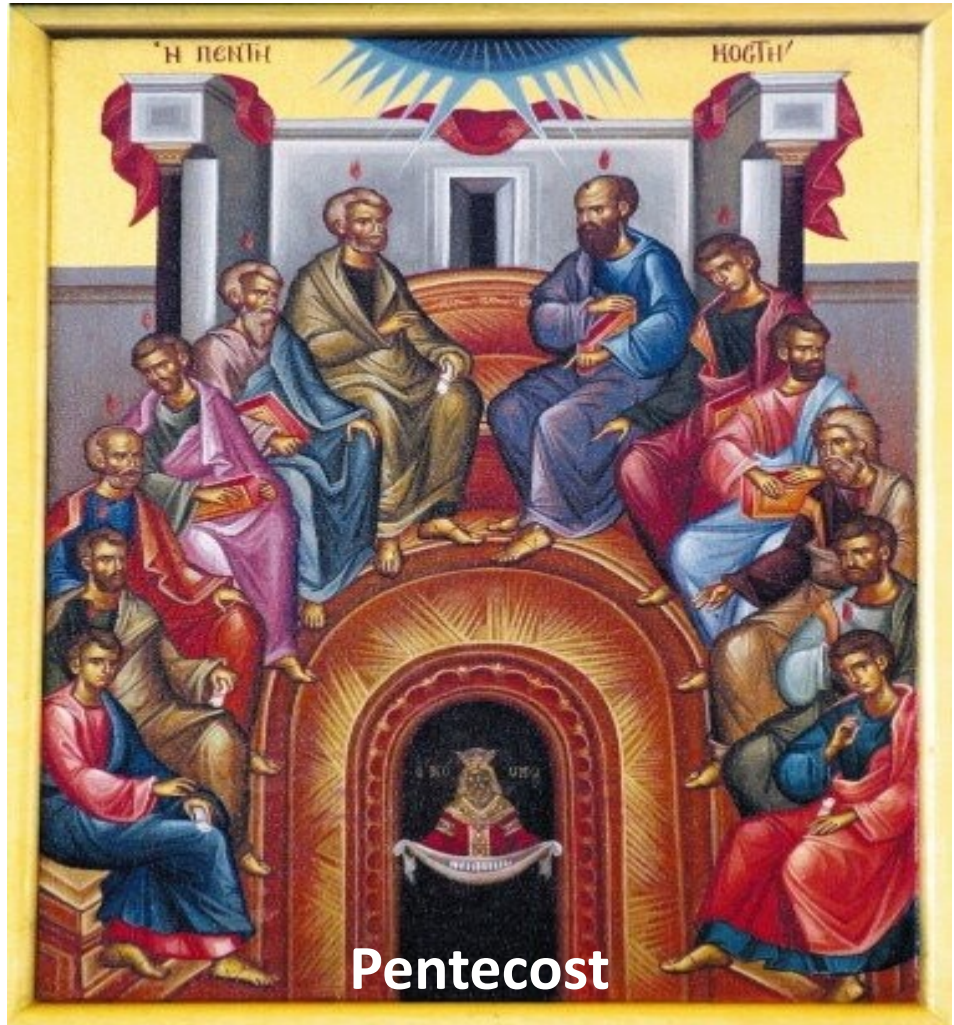
JUNE 2020

INSIDE THIS ISSUE

Priest's Message	2
Stewardship	7
Parish Council News	11
Choir News	14
Church School	15
Youth/Young Adult News	16
Philotohos News	18
VIPs	19
Ministries	20
Community News	22
Saints of the Month	41
Orthodox Calendar	47

**Deadline for
July Newsletter is
Thursday, 25 June**

**Please send to:
frchris@saint-anthonys.org OR
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**GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO**
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ

May 23, 2020

✠Michael the Confessor, Bishop of Synnada

My beloved Brothers and Sisters in the Lord,

Χριστὸς Ἀνέστη! Christ is Risen!

Though we have been isolated from one another over the past months, we have always remained connected to Our Lord and Savior Jesus Christ. We have experienced Christ in new ways and created opportunities to worship from our homes. Through various technological tools, we have been able to support one another from afar, yet still experience the closeness of our church family.

After many prayers and much patience, and in accordance with the recent Communique from the Holy Eparchial Synod of the Archdiocese, each Metropolitan has been given the responsibility to prepare for a return to our beloved churches, while abiding by state and federal guidelines. I cannot begin to express to you how saddening these past few months have been for the clergy within our Metropolis. Our hearts and souls ache due to the physical separation from the loving people of God with whom we pray at our Divine services. I have also heard the pain in your voices and I have read your messages, knowing that you share these feelings as you have been separated not only from one another, but especially from the Holy Eucharist.

We rejoice that a glimmer of hope is beginning to appear, so it is incumbent on us to prepare for a transition back to parish life. As municipalities are beginning to lift restrictions, our parishes will soon be able to worship together once more. Depending on state regulations, attendance at the Divine Liturgy will be restricted. Some localities, unfortunately, will continue to prohibit gatherings of more than a handful for church services due to ongoing health concerns, so those parishes must continue worshipping from afar. My prayer is that as soon as a parish is able to resume services, it will have been thoroughly prepared, with a plan ready in place, and thus will be able to quickly and effectively return to worship, in compliance with local guidelines.

Our Metropolis has prepared a detailed [Readiness Guide](#) that each parish must follow. This is being done both for the protection of the parish and also for the faithful. While the Church surroundings will be familiar, our behavior during worship and our interaction with others will be different.

How is the Metropolis Preparing for Our Return?

- The Metropolis Clergy and Parish Council leadership have met several times to discuss the necessary steps to safely reopen our churches.
- Each parish is following stringent protocols for preparation. This includes direct contact with local authorities, adherence to directives from the CDC, and full compliance with the Metropolis [Readiness Guide](#) for the Reopening of our parishes.

PRIEST'S MESSAGE (CONTINUED)

- Once the required preparations are complete, each parish must submit a signed document affirming their compliance which will be submitted to their respective Vicar for final approval to open the parish for services.
- Parishes will continue to accommodate those who are unable to attend church through the continuation of live-streamed services.

How Should I Prepare?

- Be patient! We want you to return, but we want it to be accomplished in a safe and organized manner.
- Those who have pre-existing health conditions and those who are over 65 are requested not to attend services.
- If you are exhibiting any signs of illness, even symptoms not related to COVID-19, we ask that, for your own safety and those around you, please do not attend services.
- If you do not have a mask, please obtain one. This will be necessary for you to wear when inside the church. If you arrive without one, the parish will provide one.
- Please bring hand sanitizer with you. There will also be hand sanitizer available in the Narthex to use upon your arrival to church.

What Should I Expect When I Come to Church?

- Attendance will be limited, based on the seating capacity of the church, per the guidelines of local authorities.
- Each parish will determine an appropriate sign-up procedure to strictly adhere to attendance guidelines.
- Only the main doors of the church will be open. Side doors and back entrances will be closed so that attendance and safety practices are carefully followed.
- Masks are to be worn by parishioners during church services. Parental supervision is required for children over the age of 3 who are wearing masks. Children under the age of 2 are exempt from wearing masks.
- Your attendance will be recorded, including your current phone number, so that should contact tracing be necessary, the parish will have a clear record of who was present for each service.
- You may venerate icons by bowing, but kissing or touching are prohibited.
- Parish bulletins will only be distributed electronically.

What Should I Expect When I am in Church?

- Please understand that due to occupancy limitations and social distancing, seating will be clearly marked and carefully monitored.
- An usher will direct you to a seat in the church. Most likely, this will not be the pew where you usually sit. Please do not move to a different seat.
- There will be specific directions and floor markings for safely entering and exiting the church to maintain social distancing.
- Up to two adult altar servers may assist the priest. No altar servers under the age of 18 are permitted.
- Choirs may not resume at the present time. A single chanter may lead the hymns and responses, and a second chanter is also permitted provided they stand on opposite sides of the Solea. All chanters must be over the age of 18.
- Families who live together will be seated together. Relatives who do not reside in your immediate household will be seated separately.

PRIEST'S MESSAGE (CONTINUED)

- Liturgical books are not permitted in the pews. Online resources are available for you to follow the services.
- Please follow the markings for proper spacing to approach for Holy Communion.
- Antidoron will be distributed at the end of the Liturgy by the priest, following strict protocols.
- Please refrain from kissing the hand of the priest.
- When the service has concluded, please promptly follow the directional signage to exit the church safely.
- Parishioners are kindly requested not to linger on the church property. No social gatherings or coffee fellowship are permitted.
- After each service, the church will be thoroughly cleaned and sanitized.
- Parish priests, in consultation with their lay leadership, will endeavor to offer additional Divine Services to accommodate parishioners.

This information and more are included in [Readiness Guide](#) that the Metropolis has prepared for the benefit of our parishes and faithful. Every parish is presently working through the Guide to re-engage our congregations while being vigilant for the safety and protection of all. This must be of paramount importance. We will only restore parish life when the parish is prepared and ready. We will also be especially mindful of these regulations for the protection of those members of our congregations who are most vulnerable.

This will not happen overnight. I ask for your ongoing patience and understanding. As restrictions continue to be lessened, parish life will expand appropriately. The transition back to a fully opened parish will take time, and there may be challenges along the way, but we must persevere with faith, knowing that *“with God, all things are possible”* (Matthew 19:26b).

Amidst the joyful preparation for returning to parish life, we must not forget the souls of all those who have lost their lives to this terrible pandemic, as well as all of those who continue to suffer from its ravages. The medical workers, first responders and researchers should also be at the forefront of our prayers as they risk their lives to save others and to find a cure for this disease.

Praying that the Resurrected Christ may be your constant guide and fervent protector, I remain,

With Love in the Risen Lord,



✠Metropolitan Gerasimos of San Francisco

PRIEST'S MESSAGE (CONTINUED)

IF YOU ARE IN NEED OF ASSISTANCE OF ANY KIND

due to limitations caused by the CoViD pandemic or the state and local "Safer at Home" ordinances, your community is here to help.

If you need assistance with groceries (picking up or paying for them), getting a prescription from the pharmacy, or even taking out trash cans, please let us know how your community can help during a time of need.

We are available to assist or coordinate assistance if we cannot provide it ourselves (masks and social distancing will be practiced).

Please CALL or TEXT:

Sherese Akrotirianakis 310.308.1431

Sophia Syrengelas 626.641.0335

Mary Udria 626.390.1680

Everything will be held in confidence.



PRIEST'S MESSAGE (CONTINUED)**Quick Reference**

The Parish “Reopening Plan” is guided by key actions and activities which, when coordinated as a single plan, will create a safe environment encouraging the re-engagement of our parishioners.

For quick reference, following are the key elements associated with our parish plan:

- ❖ Pray.
- ❖ Comply with requirements and guidelines of all local, state and federal agencies, the Greek Orthodox Archdiocese of America and the Greek Orthodox Metropolis of San Francisco.
- ❖ Appoint a “Parish Reopening Leader,” a “Parish Health Officer,” and “Plan Segment Leaders” to guide the plan.
- ❖ Ensure for the well-being and safety of our Clergy and Liturgical personnel.
- ❖ Establish social distancing in all areas along with an effective Church seating and movement plan.
- ❖ “Paperless” Worship.
- ❖ Establish “Staging/Welcome” areas containing masks and hand sanitizer, which must be used by all prior to entering the Church.
- ❖ Expand the number of Divine Liturgies and create an effective reservation – based system to comply with established attendance guidelines.
- ❖ Commit that the Church will be disinfected before and following services and that all restrooms will be disinfected on a regular and frequent basis.
- ❖ Provide “What to Expect” communication to the faithful of the Parish by e-mail, letter, website or other means in advance of the scheduled re-opening.
- ❖ Post signs to remind all of requirements and information.
- ❖ Train Clergy, Church Leaders, Staff and Volunteers on identifying those who may be ill with the virus, what to do and how to create a safe and clean environment.
- ❖ Continue to Live – Stream services.
- ❖ No live gatherings in excess of approved limits.
- ❖ Utilize resource materials and “best practices” of the Metropolis of San Francisco.
- ❖ Recognize the role of our Vicars throughout this journey, as they provide local coordination amongst the parishes of their Vicariate and lend support and guidance to fellow Clergy and parish leaders.

STEWARDSHIP

ST. ANTHONY STEWARDSHIP UPDATE

257 PLEDGES TOTALING: **\$410,512**

COLLECTED AS OF 5/12/2020: **\$296,319**

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

CURRENT AVERAGE PLEDGE: ***\$1,597***

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	67	26%
<i>Friend</i>	\$500 - \$999	53	21%
<i>Supporter</i>	\$1,000 - \$1,999	67	26%
Faithful	\$2,000 - \$3,999	44	17%
Disciple	\$4,000 - \$6,999	20	8%
Guardian	\$7,000 - \$9,999	1	0%
Angel	\$10,000 - \$14,999	3	1%
Archangel	\$15,000 and up	2	1%
TOTAL ANNUAL PLEDGES		257	100%

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

RIGHT NOW, 73% OF OUR STEWARDS ARE UNDER THAT GOAL

STEWARDSHIP (CONTINUED)

St. Anthony Stewardship List

(as of May 12, 2020)

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

- | | |
|---|---|
| 1. Akrotirianakis, Joseph N. & Sherese | 43. Christodoulelis, Helen |
| 2. Albeck, Irene | 44. Christodoulelis, Jimmy & Tanya. |
| 3. Albeck, Mark Gregory | 45. Christodoulides, Loucas & Andri |
| 4. Alexopoulos, Niko | 46. Christodoulou, Christine & Christakis |
| 5. Andrianopoulos, Christyann & Alex | 47. Christopoulos, Judie & Gus |
| 6. Andricos, Constantine | 48. Christopoulos, Tom & Karen |
| 7. Andros, Gus & Lorena | 49. Christopoulos, Tony and Lynnette |
| 8. Angelos, James & Sophia | 50. Christy, Angene |
| 9. Angiuli, Joseph & Elizabeth | 51. Coccia, Tina & Ginseppe |
| 10. Anonymous | 52. Cokias, Jason & Karen |
| 11. Apostolos, Margo K. | 53. Compoginis, John & Staci |
| 12. Argueta, Cris & Teresa V. | 54. Courter, Jeremiah & Rebecca |
| 13. Arviso, Angie | 55. Dallas, Saterios & Athena |
| 14. Aspiotes, Georgia | 56. Damilatis, Dimitrios & Eleni |
| 15. Athans, Tesi & Craig Lareau | 57. Darlas, Paula |
| 16. Athans, Tina & Dean P. | 58. Demopulos, Elizabeth & Andrew |
| 17. Attalla, Philip "Ted" & Michelle Reagan | 59. Demopulos, Nicholas |
| 18. Avramis, Alethea | 60. Dewar, Mary & Andrew |
| 19. Babbes, George S. | 61. Drulias, Nicolette |
| 20. Balas, Argiro Julie & Dino | 62. Drulias, Rosann & Bill |
| 21. Baliotis, Demetre & Tina | 63. Drulias, Thomas |
| 22. Balntas, Bill & Eleni | 64. Dupas, George |
| 23. Becker, Connie & Brian L. | 65. Dupas, Katherine |
| 24. Becronis, Christina | 66. Dupas, Theodore & Evangeline |
| 25. Begakis, Nickolas | 67. Edwards, Nancy C. |
| 26. Bicos, Marietta | 68. Efstathiou, Teddi & Dean |
| 27. Bissias, Peter N. | 69. Eleftheriou, Nick and Julie |
| 28. Blaszcak, Frank | 70. Floutsis, Penny & Ted |
| 29. Bloziu, Julian O. & Catalina E. | 71. Fryer II, Norman & Kay |
| 30. Boltinghouse, Helen | 72. Fuerst, Nicolette & Jay |
| 31. Bonorris, Donna & Pete | 73. Gallagher, Eleni & Matthew |
| 32. Bowers, Connie & Terree | 74. Gallanis, Pete & Danica |
| 33. Bozikis, Demetra | 75. Ganis, Maria C. |
| 34. Broussinos, Angeliki & Chris | 76. Garbis, Spiros & Antigoni |
| 35. Brown, Niki | Manousopoulou |
| 36. Bryant, Dan & Karen | 77. Gavalas, Cleola & George |
| 37. Buickians, Gagik & Jacqueline | 78. Gelt, Brian & Pana |
| 38. Burkard Jr., Frank J. & Penelope | 79. Genkos, Mary |
| 39. Buzas, John & Pamela | 80. Georgakopoulos, Eleni & George |
| 40. Buzas, Nicholas & Danielle | 81. Gerontides, John & Angelike |
| 41. Caire, Terese † & John | 82. Giannoulis, Chris & Mary |
| 42. Chames, Anastasia. | 83. Goettling, Mimika & Eckhard C. |

STEWARDSHIP (CONTINUED)

- | | | | |
|------|----------------------------------|------|---|
| 84. | Grafos, Thean | 131. | Lakon, Paul & Christa |
| 85. | Grafos, Tom & Tania | 132. | Lakon, Valerie |
| 86. | Grover, James & Maria | 133. | Lambros, Helen L. |
| 87. | Haralambos, Aliko, | 134. | Lappas, Virginia |
| 88. | Haralambos, Anthony & Kathleen | 135. | Leontas, Angela & Andrew Murrell |
| 89. | Haralambos, Tom & Page | 136. | Loutsos, Anna & Georgia & John
Grajeda |
| 90. | Harris, Matthan | 137. | Lubian, Daniel & Stephanie |
| 91. | Horaites, George & Olympia | 138. | Lucas, John S. & Anthia |
| 92. | Hronas, Maria & James W. | 139. | Lucas, Katherine |
| 93. | Ioannides, Pericles | 140. | Lynch, Patrick Thomas & Katerina |
| 94. | Ioannou, Christos & Elleni | 141. | Macris, Catherine & George |
| 95. | Kades, Vicki & Louis | 142. | Magaziotis, Phophi & Panteli |
| 96. | Kageorgis, Irena | 143. | Makris, Ted & Maria |
| 97. | Kalambakas, Vivian | 144. | Malina, Dorothea |
| 98. | Kalivas, Anastasia | 145. | Malisos, Fontaine |
| 99. | Kalivas, Elene & George | 146. | Malisos, Samantha A |
| 100. | Kalivas, Pota | 147. | Marotta, Claire |
| 101. | Kallas, Mark & Debra | 148. | Martin, Sam & Debbie |
| 102. | Kamar, April | 149. | Maslen, Larissa & Mark Carpenter |
| 103. | Kanganis, Charles & Monica | 150. | Masouris, Vlase & Nicoleta |
| 104. | Kaparos, Lily & Stefanos | 151. | Mathioulakis, Claudia & Stan |
| 105. | Kaplanis, Joan & Peter | 152. | Mathioulakis, Claudia & Stan |
| 106. | Karabatos, Angeliki | 153. | Mavredakis, Vivian |
| 107. | Karaioannoglou, Phaedon & Jeanne | 154. | McCann, Liam |
| 108. | Karamaras, Andriana | 155. | McNulty, Jennie & Chris |
| 109. | Karras, Maria | 156. | Mechalas, Bess |
| 110. | Karvelas, Kosta & Marina | 157. | Meysenburg, John H. & Mary Ann |
| 111. | Kasdagli, Demetra & Mark Nastri | 158. | Mitis, Nick & Maria Prantzikou |
| 112. | Katsas, Alexandra K. | 159. | Mitsos, Nicholas & Irene |
| 113. | Katsas, Asimina | 160. | Mobayen, Chrissa & Syrus |
| 114. | Kefalas, Evelyn & John | 161. | Molinari, Ynggrid |
| 115. | Kefalas, Mike J. | 162. | Moreno, Eva Elizabeth |
| 116. | Kefalas, Modestos & Nina | 163. | Moros, Konstandinos & Kalliopi Kefalas |
| 117. | Kefallinos, Vicki & Nick | 164. | Moutzouridis, Vasiliki & Peter |
| 118. | Kiotas, Stavroula | 165. | Mowrey, Anthony & Tina Boykin |
| 119. | Kirimis, Nitsa & John | 166. | Mylonas, Presvytera Maria |
| 120. | Kitridou, Rodanthi C. | 167. | Nichols, James & Joyce |
| 121. | Kokoris, Maria & Nicholas | 168. | Nicolaidis, Nicolas |
| 122. | Kolettis, Iliana | 169. | Nunez, Alyssa & Angel |
| 123. | Kolokotronis, Carolyn & James A. | 170. | Panagiot, Harry & Anastasia |
| 124. | Koudanis, George & Helen | 171. | Papadopoulos, Elisabeth & Michael
Honeck |
| 125. | Koulakis, John and Gisele | 172. | Pappas, Constantine & Hope |
| 126. | Koulos, Joanna & Konstantinos | 173. | Pappas, Dean C. & Jennifer |
| 127. | Koutsoukos, Lin & George | 174. | Pappas, Dr. James P. & Maria |
| 128. | Kundanis, Christine | 175. | Pappas, Dr. Peter A. |
| 129. | Kypreos, George & Shana | | |
| 130. | Kypreos, Maria & James | | |

STEWARDSHIP (CONTINUED)

- | | | | |
|------|---|------|--|
| 176. | Pappas, Steven & Christine | 222. | Tripodes, Dena |
| 177. | Pappas, Tony & Stergiani | 223. | Tripodes, Georgia E. |
| 178. | Paras, Gus | 224. | Tripodes, Marika |
| 179. | Pastis, Leah | 225. | Tripodes, Stella |
| 180. | Pastis, Patricia | 226. | Tripodes, Steven G. † |
| 181. | Patsavas, Bertha | 227. | Tsaggouri, Eleni & Anastassios Petropoulos |
| 182. | Patzakis, John & Andrea | 228. | Tsigkounis, Charalambos & Catherine |
| 183. | Paziouros, Konstantina & Nick | 229. | Tsouvalas, James & Charles |
| 184. | Pegadiotes, George S. | 230. | Tsouvalas, John & Jenny |
| 185. | Pegadiotes, Stan S. | 231. | Udria, Juan & Mary |
| 186. | Perris, Georgia | 232. | Vagenas, Alex & Tashia |
| 187. | Petrossian, Stacy & Rafic R. | 233. | Vagenas, Dino & Krystina |
| 188. | Petrov, Michelle & John | 234. | Vagenas, John & Georgia |
| 189. | Plumtree, Martha & Wayne | 235. | Vagenas, Niko - - - - By Sophia |
| 190. | Pollalis, Dino J. | 236. | Vagenas, Peter & Janet |
| 191. | Poulos, Anastasia | 237. | Vagenas, Peter & Mindy |
| 192. | Poulos, Yiota | 238. | Vagenas, Sophia |
| 193. | Reese, Helen | 239. | Vagenas, Spiros and Family |
| 194. | Rellos, John, Theodora & Vasilios | 240. | Vagenas, Vasilios & Nicolicha |
| 195. | Retelas, Fr. Christopher & Pres. Kalli | 241. | Vallas, Seth & Yuri |
| 196. | Sahpazis, Georgia | 242. | Vallas, Valerie |
| 197. | Saigh, Mark & Mara R. Suchy | 243. | Varvitsiotis Varvas, Fotiny |
| 198. | Samaan, Evette | 244. | Vavoulis, Ted & Esther |
| 199. | Scordelis, Alexander & Melissa | 245. | Vidalakis, John & Diane |
| 200. | Shankwiler James & Alexandria Darras | 246. | Vidalakis, Nick and Nancy |
| 201. | Sipsas, Pantelis & Nafsika | 247. | Vlahos, Tasia & Effie |
| 202. | Skandale, Elizabeth | 248. | Voyagis, Eleftherios & Pauline |
| 203. | Skandale, Helen | 249. | Webster, John & Jennifer |
| 204. | Skandale, Katherine | 250. | Williams, Peter & Cleo |
| 205. | Smith, Herman & Helen | 251. | Wojcik, Radoslav M. & Pamela |
| 206. | Soewers, Stephanie & Randy | 252. | Woodward, Scott & Katerina Ananiades |
| 207. | Stamos, Andy & Mary | 253. | Xanthos, Lisa |
| 208. | Stavropoulos, Peter T & Theodora | 254. | Zarian, Vincent & Maria |
| 209. | Stephens, Kenneth & Angelina Maria | 255. | Zarifes, Peter & Tina |
| 210. | Stratos, Fr. Peter/Pres. Aida | 256. | Zoumas, Michael & Christina |
| 211. | Syrengeles, Christos & Sophia | 257. | Zoumberakis, Haralambos and Nikole |
| 212. | Tarazi, Ellie | | |
| 213. | Tarazi, Ted & Panagiota | | |
| 214. | Tirado, Elizabeth | | |
| 215. | Tobia, Gary | | |
| 216. | Treantafelles, George P. | | |
| 217. | Treantafelles, George T. & Helen | | |
| 218. | Treantafelles, Stan & Vivian | | |
| 219. | Triantafyllidi, Ioanna & Galino Barmparas | | |
| 220. | Trigonis, Constantine & Fotene | | |
| 221. | Tripodes Zacharias N. | | |

Every effort has been made to ensure the accuracy of this stewardship list. Please forgive us if there are any errors or omissions. Contact the church office at 626-449-6943 for any questions or corrections.

PARISH COUNCIL NEWS

PRESIDENT'S REPORT

Due to state and local "Safer at Home" orders in response to the CoViD pandemic, our church has now been closed to the faithful for ten weeks, including Holy Week.

As reported to the Special General Assembly held May 3, 2020, your Parish Council adopted a CoViD Response Plan during its regularly-scheduled monthly meeting in April, which was for the first time held by videoconference.

As reported in the minutes of the Parish Council, the CoViD Response Plan includes the following points:

In General

Priests and Executive Board have spent dozens of person-hours in virtual meetings over the past 2.5 weeks [prior to the April 14, 2020 Parish Council meeting].

Letters from Priests and Parish Council President and Vice Presidents regarding status were sent to the community

Need to address expenses and revenue in order to maintain long-term financial solvency of the church

Expense side (goal to limit expenses during CoViD crisis)

Priests and Executive Board have separately and collectively discussed what expenses that can be trimmed

Majority of expense is payroll-related

Decision that we cannot furlough or lay-off Carlos or Alma at this time

Other expenses (e.g., landscaping, security) have been trimmed where possible

All improvement projects have been suspended

Father Peter has contacted Metropolis concerning limitation or suspension of payment of assessment

Revenue side (goal to increase stewardship and other donations to allow church to continue to meet goals)

Applied for CARES Act PPP loan of \$50K - Thank you John Vidalakis [Update: CBB did not process our loan in time and the funds have been exhausted, but we did receive a loan in the second round of loan funding.]

Pete Gallanis, John Vidalakis, and Joe Akrotirianakis will collaborate on a letter to historical Golf Tournament donors and Festival donors asking them to make those donations to the church as a form of additional stewardship

Fr. Peter and Fr. Chris will divide the list of church members and reach out to them weekly (switching halves of the list each week) to check in on people, prioritizing in the first instance those who are understood to live alone

In addition to informing about opportunities to participate in services by live-stream, this is an opportunity to inform membership of available opportunities to make stewardship payments and other donations through the website

PARISH COUNCIL NEWS (CONTINUED)

Father Chris will prepare a letter reminding the community about Amazon Smile and instructing on how to select St. Anthony as a recipient in the program

Execution of CoViD Response Plan

The financial aspects of the community's CoViD Response Plan were a collaborative effort produced through dozens of hours of work by your Parish Council, the Parish Council executive board (Pete Gallanis, John Vidalakis, Tony Christopoulos, Tashia Vagenas, and myself), and our parish priests. In its execution, we have trimmed expenses where we could. Unfortunately, the expenses we could trim (e.g., gardening, security/surveillance) do not reduce expenses by much.

1. We have not furloughed, laid off, or otherwise reduced the compensation of any of our four employees.
2. We have not, as yet, failed to pay our Archdiocese assessment.
3. Our utilities are expected to be materially lower because we are not holding events.
4. Our insurance is also lower based on some very good work done by Vice President Pete Gallanis. That is unrelated to the COVID crisis, but it did save us approximately \$25,000 in annual expense.
5. We have not explored re-financing the debt on Locksley property, although there would be a transaction cost associated with that and overall it would not save much, if anything.

Our execution with respect to increasing revenue is discussed in the following section.

Addressing Our 2020 Expected Budget Shortfall

The community's revenue principally comes from five sources:

- (1) Stewardship
- (2) Golf tournament
- (3) Festival
- (4) Candle and tray collections
- (5) Special donations

As reported to the Special General Assembly, we expected a budget shortfall of \$20,000 at the beginning of 2020. A budget shortfall has been the case for the past couple of years.

With the exception of one year between two of my three terms, I have been on the Parish Council since January 2013. Throughout that period, we have for several years discussed how we can shift away from being dependent on a successful golf tournament and festival every year. Maybe that will be the silver lining in all of this. But whether the church can continue based on stewardship and donations alone without a golf tournament and festival will remain to be seen.

PARISH COUNCIL NEWS (CONTINUED)

So, how have we made the ends meet in prior years? The community has what has been a strategic reserve of several hundred thousand dollars. That reserve is our only safety net, and it exists because of a few extraordinary gifts that came in the form of bequests. Budget deficits over the past couple of years have eaten into that reserve.

After lengthy consultation with our Treasurer, Tony Christopoulos, we are projecting a budget shortfall of \$250,000 - \$300,000, possibly \$320,000, due to the closure of the church and the CoViD pandemic more generally. This shortfall will result from the following:

- (1) the modest shortfall anticipated prior to CoViD
- (2) no golf tournament revenue
- (3) no festival revenue
- (4) an anticipated shortfall in fulfillment of pledges
- (5) the absence of candle and tray collections and other donations.

Unaddressed, that shortfall will deplete the community's reserve entirely .

Through efforts that are extraordinary even for him, our CoViD Crisis Management Committee Chairman John Vidalakis spearheaded a successful effort to obtain a CARES Act Paycheck Protection Program loan of approximately \$49,000 during the second wave of CARES Act loan funding. This loan, once forgiven, will make up 15-20% of the anticipated shortfall.

We have also had special donations of about \$100,000 from members to help us avoid a deficit that would eliminate our cash reserves entirely. This includes one single extraordinary donation of \$30,000 to be used for CoViD relief.

While all of these things are a good start, they leave a substantial revenue shortfall anticipated to be \$150,000 to \$170,000. We will update you on our progress against this deficit in future editions of The Voice.

Sincerely,

Joseph N. Akrotirianakis

Parish Council President

NEWS FROM THE LOFT



Staying Out of the Loft

Staying Home

Staying Safe

CHURCH SCHOOL NEWS



YOUTH & YOUNG ADULT NEWS

2020 G.O.Y.A. BASKETBALL SEASON

Every year for the past 48 years, the GOYAN's of Saint Anthony, Assumption, Saint Basil, Saint George, Saint John, Saint Katherine, Saint Nicholas and Saint Sophia participate in the Greek Orthodox Basketball League.

Games for the 2020 season began this year, on Saturday, February 29, 2020. The league had completed 3 weeks of games by March 8, 2020, having played 2 games the first weekend.

The standings after 3 weeks of games were as follows:

St. Anthony Junior Girls 3 wins 0 losses

St. Anthony Junior Boys 1 win 2 losses (*very close games*)

Saint Anthony Senior Girls did not play this season

St. Anthony Senior Boys 3 wins 0 losses

The fourth game of the season would have been played on Saturday, March 14, but by Tuesday, March 12, we began to see professional sports athletes as well and many other people becoming ill with the CoViD-19 virus.

After receiving calls from 5 parishes whose priests were going to suspend practices for their teams and shut down their gyms, it was apparent that the Greek Orthodox Basketball League (GOBL) would need to suspend basketball play until further notice. It was our hope that after a month, the virus would get under control so we could put together an abbreviated season and be able to conclude with some kind of finals for the 2020 season.

We know many of our GOYA basketball players were very excited about this season. As we enter this first week of June, it has become apparent that the 2020 GOBL season will conclude with an asterisk next to the year.

When and if the 2021 basketball season begins, will be up to the CDC, the state of California, the Counties and our own Metropolis of San Francisco.

I would like to express thanks to our many coaches and our League Representatives, Pana Gelt, and Patricia & John Paziouros, for their many hours and dedication to our St. Anthony GOYA.

With love and prayers, we will stay positive for GOYA activities to resume in 2021!

Sincerely,

Anthia Drulias-Lucas

GOBL Commissioner



YOUTH & YOUNG ADULT NEWS (CONTINUED)

Physically Distant
Connected in Christ



GOYA
ZOOM



EVERY
FRIDAY

EMAIL FR. CHRIS FOR HOW TO JOIN!

PHILOPTOCHOS NEWS

***“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

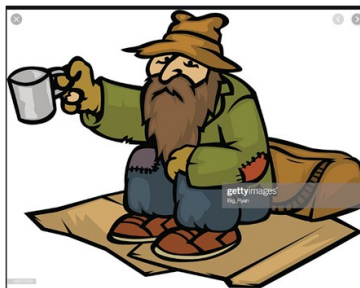
***“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”
Hebrews 13:16***

Please Note..

Due to the Covid19 quarantine, we will dispense with community volunteers serving at the facility. We will continue to honor our commitment of providing a complete meal each month. Food will be prepared by an outside source and delivered to Union Station Homeless Services on 412 South Raymond Avenue, Adult Services. Donation of heavy duty plates, napkins, paper towels, or store bought cookies would be welcomed. Please call Irene Albeck to make arrangements to pick up the items.

Contact:

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



VIP NEWS

Approximately 25 VIPs participated in a "Happy Hour Zoom Meeting" on May 12th. This gave us a chance to commiserate while sharing our "Stay at Home" adventures. This would not have been possible without the guidance of Father Christopher and Jim Hronas.

*It was so successful that we are planning to get together virtually each month until we can again meet personally. We are looking forward to our next VIP Zoom "Happy Hour" meeting on **Tuesday, June 9th, at 2:00 p.m.** We will continue to keep in touch via email.*

We trust that you are all staying safe and healthy.

God Bless!



Helen Treantafelles
VIP President
htreantafelles@yahoo.com

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

Tom Grafos

Christos Ioannou

Anthia Drulias Lucas

James Pappas

Sophia Syrengelas

Mary Udria

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

1st Vice President

Maria Hronas, 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

Scholarship

Irene Albeck & Judith Din

Sunshine and Visitation

Jeanne Karaianoglou

Union Station

Irene Albeck

Welfare

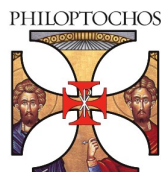
Presbytera Maria Mylonas

Advisor

Connie Becker

Spiritual Advisor

Father Peter Stratos



ADDITIONAL MINISTRIES

Acolytes

Fr. Christopher Retelas

Bible Study

Fr. Peter Stratos

Bookstore

Noah Johnson

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

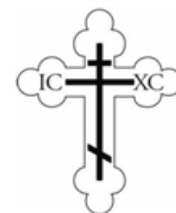
Mary Udria

VIPs

Helen Treantafelles

Young Adults

Mike Abi Farah



COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !



Maria Caire

University of California Los Angeles (UCLA)

Degree: BA English Literature

Parents: John & +Terese Caire



Anastasia Christodoulelis

University of Mississippi

Degree: BA Marketing with Entrepreneur Minor

Parents: Jim & Tanya Christodoulelis



Thomas Christopoulos

Cal Poly San Luis Obispo

Degree: BS Business Administration - Finance and Accounting

Parents: Tom & Karen Christopoulos

COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !

Andreanna Crespo

Antigua International Middle School, Antigua Guatemala

Will be attending Antigua International High School

Parents: Roberto & Althea Crespo



Isabella Crespo

Antigua International Middle School, Antigua Guatemala

Will be attending Antigua International High School

Parents: Roberto & Althea Crespo



Christina Dupas

University of Southern California (USC)

Degree: BS Health Promotion and Disease Prevention

Parents: Ted & Vangie Dupas

COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !



Fotoula Exarchoulakos

Stockdale High School

Will be attending Bakersfield College

Parents: Ted & Kathy Exarchoulakos

Ioannis Exarchoulakos

University of California Santa Barbara (UCSB)

Degree: BA Philosophy - Ethics & Public Policy

Minor in Accounting

Parents: Ted & Kathy Exarchoulakos

Nikolaos Exarchoulakos

Bakersfield College—Economics/Biology

Will attend University of California Irvine (UCI)

Parents: Ted & Kathy Exarchoulakos

COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !



Jack Fuerst

Huntington Middle School

Will be attending San Marino High School

Parents: Jay & Nicolette Fuerst

Panagiotis Giannoulis

University of California Los Angeles (UCLA)

Degree: BA Political Science - Political Theory

Parents: Andreas & Eftehia Giannoulis



Katerina Asimina Gittings

Saint Phillip the Apostle School

Will be attending Maranatha High School

Parents: Richard Gittings & Maria Katsas

COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !

Emmie Hewlett

Chandler School

Will be attending Maranatha High School

Parents: Dean & Jennifer Pappas



Katerina Kamar

University of Southern California (USC)

Degree: BS Real Estate Development

Parents: Bassily Kamar & April Kamar

Vasili Kazaltzes

Terrace View Elementary School, Grand Terrace

Will attend Terrace Hills Middle School, Grand Terrace

Parents: Nick & Gina Kazaltzes



COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !



Gabriella Xanthe Ledis

Westridge School for Girls, Pasadena

Will be attending Lehigh University, Bethlehem, PA

Parents: Rene & Stella Ledis



Sophia Yasmine Mobayen

University of Alabama

Degree: BS Hospitality Management

Magna Cum Laude

Parents: Syrus & Chrissa Mobayen



Kleanthi Mowrey

Alverno Heights Academy

Will be attending University of Oregon

Parent: Anthony Mowrey

COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !

Nicolas Pappas

University of California Berkley (UCB)

**Degree: BS Environmental Economics & Policy
with Public Health minor**

Parents: Steve & Christine Pappas



Alexia Gregoria Noura Saigh

Mayfield Senior School

Will be attending University of California LA (UCLA)

Parents: Mark Saigh & Mara Suchy

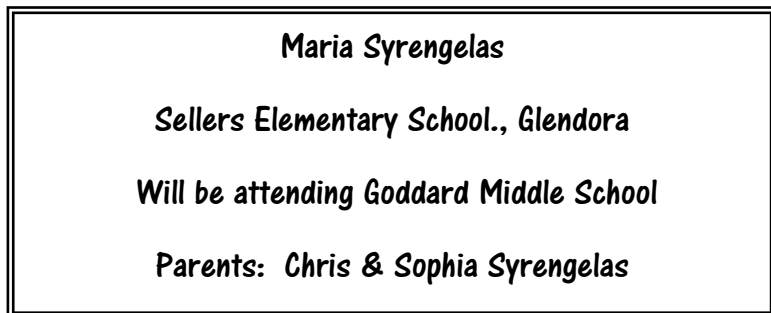


Maria Syrengelas

Sellers Elementary School., Glendora

Will be attending Goddard Middle School

Parents: Chris & Sophia Syrengelas



COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !



Kostantinos Tsigkounis

Rancho Cucamonga High School

Will be attending Chaffey College

Parents: Charalampos & Catherine Tsigkounis



Alexandra Vavoulis

California State University Fullerton

Degree: MS Counseling—Marriage & Family Therapy

Parents: Ted & Esther Vavoulis



Jenna Webster

Flintridge Sacred Heart High School

Will be attending Texas Christian University (TCU)

Parents: John & Jennifer Webster

COMMUNITY NEWS

CONGRATULATIONS 2020 GRADUATES !



Elektra Artemis Williams

Columbia University, New York City

Degree: BA Economics, Political Science & Philosophy

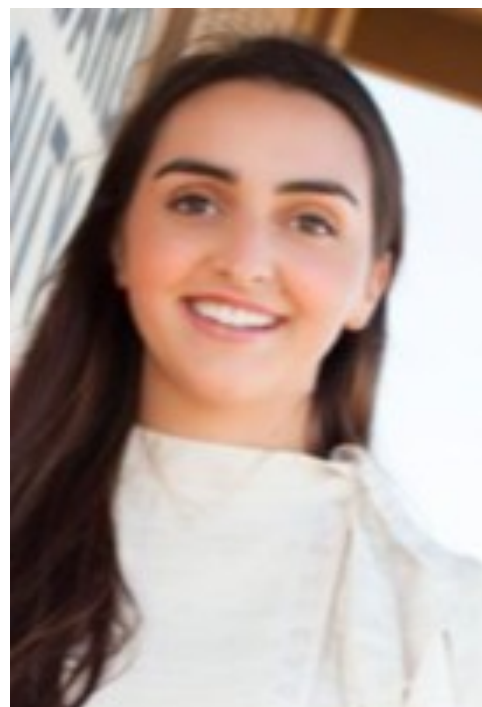
Parents: Peter Williams & Dr. Cleo Tsolakoglou

Zoe Zarifes

Flintridge Sacred Heart Academy

Will be attending Trinity College, Hartford, Connecticut

Parents: Peter & Tina Zarifes



Melina Ellie Zoumas

La Salle College Preparatory

Will be attending University of Arizona (UofA)

Parents: Michael & Christina Zoumas

COMMUNITY NEWS (CONTINUED)

How to Worship at Home

a guide for live-streaming services



CREATE A HOLY SPACE AT HOME

plan ahead to live-stream worship in or near your prayer corner, or create a space with icons, a Bible, candles, and incense



FOLLOW ALONG

service books and bulletins can be downloaded from our website or call the church office to have one sent to you



CHRIST IS IN OUR MIDST

share the kiss of peace with your family or reach out via text message, Facebook post or call someone

PREPARE TO ATTEND

be on time to worship
light a candle (or two)
light your home censer and offer incense
and pray before the service begins



PRAY FOR ONE ANOTHER

be attentive
read along and listen to the Scripture readings
fervently pray the petitions
sing along with the clergy and chanters
pray for the sick, the suffering,
the lonely and afflicted
pray for everyone in need of God's help



WITH THE FEAR OF GOD, FAITH, AND LOVE, DRAW NEAR

take time to thank God for His abundant mercy and love and pray that the time we can all be together again to receive His Body and Blood at Church comes soon



COMMUNITY NEWS (CONTINUED)



**Studies in the Faith
w/ Fr. Peter**

offered via ZOOM
Wednesday nights
starting 4/29 at 7pm

Email
frpeter@saint-anthonys.org
for information on how
to join.

**Weekly Bible Study
w/ Fr. Chris**

offered via ZOOM
Tuesday mornings
starting 4/28 at 11am

Email
frchris@saint-anthonys.org
for information on how
to join.



COMMUNITY NEWS (CONTINUED)

Saint Sophia Camp 2020

Calling all Campers !!

Apply online starting May 1st

Virtual Camp

Week 1: July 19-July 25

Week 2: July 25-August 1



Southern California's Favorite Camp !!
and first choice for fun !!

facebook.com/SaintSophiaCampinstagram.com/CampSaintSophiatwitter.com/SaintSophiaCampSaintSophiaCamp.org

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

The St. Anthony Bowling League activities have been placed **ON HOLD** pending the **pandemic restrictions**.

We hope that when we can again resume our games, the community will come out to support our league.

Meet new people and see old friends! The more the merrier!

Bowlers will 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 Chryssoyelos, 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.



COMMUNITY NEWS (CONTINUED)

Community Outreach—Foothill Unity Center

As we entered our second month of stay at home orders, several of us decided we needed to take on a small outreach project for our fellow citizens less fortunate than ourselves.

On April 30, May 1 and 2, parishioners of our beloved St. Anthony dropped off household cleaning products, personal hygiene items and food for **Foothill Unity Center** in Monrovia.

Additionally, we received monetary donations for Foothill totaling approximately \$1000.

We want to take this opportunity to thank all those who took the time to give:

Anonymous
Irene Albeck
John Buzas
Athena and Sam Dallas
Judith Din
Aliko Haralambos
Maria Kokoris
Anthia Lucas
Katherine Lucas
Claire Marotta
Yngrid Molinari
Leah Pastis
Helen Skandale
Katherine Skandale
Sophia Syrengelis
Dean Treantafellas
Mary Udria
Esther and Ted Vavoulis
Jennifer Webster
Lisa Xanthos

Thank you for sharing with others!

Sincerely,

Anthia Drulias-Lucas
Mary Udria
Lisa Xanthos

COMMUNITY NEWS (CONTINUED)

Community Outreach—Foothill Unity Center



COMMUNITY NEWS (CONTINUED)

Share your Recipes to be included in the Saint Anthony 2020 Cookbook !!

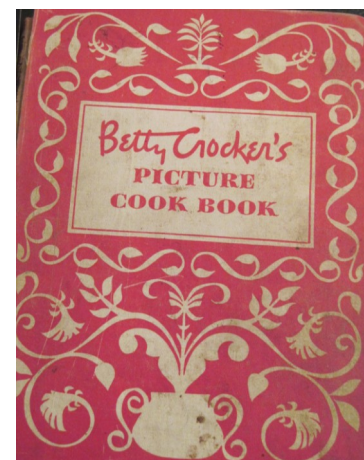
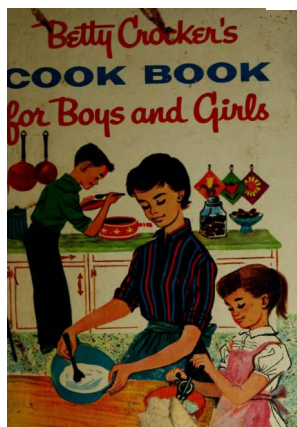
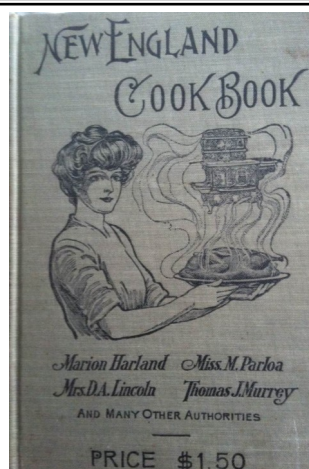
As so many of us have had to stay at home these past several months, it would be fun to share our favorite recipes (Greek or non-Greek) with our church community.

Please email your recipes to: Newsletter_church@aol.com

We will include one in each monthly newsletter, and when we have enough for a cookbook, we will publish them all together.

The cookbook will be available for purchase at a later date.

Please join in the fun to share recipes.



COMMUNITY NEWS (CONTINUED)

Covid-19: Coping With Isolation & Anxiety City of Hope

A pandemic has frayed the fabric of American life as entire cities stay home to flatten the curve of the novel corona-virus spread. Ironically, some who have faced cancer already have experience with measures recently adopted across the U.S. - avoiding public places & engaging in social distancing, out of worry about infection - as well as dealing with the accompanying feelings of isolation. Even so, this is a moment of heightened anxiety among many patients, survivors, and caregivers.

With these people in mind, Dr. Folbrecht, Ph.D., Head of the Division of Psychology in City of Hope's Supportive Care Medicine Department, shares a few ideas on how to cope emotionally & psychologically with the outbreak of CoViD19.

Stay connected to people. Keeping people at a physical distance doesn't have to mean distancing yourself from people. Your outlet might be regular phone calls, texts or video chats with those who are important to you. Among children and young adults, online gaming is also a popular way to stay connected with others - this is the good type of screen time.

Get up and move. Exercise is an important stress reliever. In places where it's allowed, you might get outside, even take a walk - as long as you practice social distancing. If not, look for ways to stay active indoors or in the yard. Don't binge on food.

Practice self-care. It's difficult for many of us - especially parents & caregivers - to find the opportunity to care for ourselves. In the moment, this might be as simple as stopping, centering yourself & taking a deep breath. But it's also a good idea to set aside a little time for yourself. What to do with that time? Mindfulness prayer & meditation can help to bring down your overall stress. Reading a book, coloring, cooking or art projects can help. Importantly, self-care will look different for different people. "We have to recognize that everybody has individual needs & their own way of coping". It helps to find something in your day that in a small way acknowledges the things that are important to you in your life.

Seize opportunities for humor & fun. Living in the shadow of a pandemic can draw our thoughts to a lot of doom & gloom. So seek out a little bit of levity, whether it's an email of laughter with friends or family. Doing so can help counteract anxiety. Coping is about creating moments for laughter & fun.

Maintain - or establish - structure. The exceptional circumstances surrounding the CoViD-19 outbreak tend to throw the rhythms of our daily life off beat. One good way to respond is by maintaining some sort of a structure. This could be a set wake-up time or dinner time, a steady at home work schedule, or certain chunks of the day dedicated to teaching for parents pressed into service as educators. Structure helps us pass long days without the desolation of boredom, makes us feel more productive & imparts some sense of normalcy. "Keeping normalcy is important for all of us. Consistency provides a huge comfort for children, pets, and adults.

Demonstrate gratitude. Expressing & receiving gratitude makes us all feel happier & a little less stressed. Gratitude helps us connect during difficult circumstances in a way that acknowledges our humanity & worth. We all need to know & feel that what we do is valuable & important. So find some way to share gratitude with another, maybe through a card, email, a meal dropped off on the porch, or other creative ways. You will make not just that person's day, but yours as well.

If you need it, seek help from a professional. With this unfamiliar & ubiquitous source of stress, it's normal to feel anxious or depressed. So how do you tell if you or a loved one should seek help managing mental health? We will all feel irritable or might have troubles with sleep during this stressful time. But when worry & disappointment reach the point that all motivation is gone, we can't get out of bed, we don't exercise or try to relax, or we withdrawal from friends or family members, that is the time to reach out for help. Call your priest or your physician if you have these symptoms and feel hopeless. The help is out there and it is OK to reach out. It actually demonstrates strength. It's much easier to find help than you might think. Your priest is always there for you.

Don't develop bad habits. Some ways to feel better in the moment can have undesirable consequences over the longer term. So resist the urge to overeat or to abuse alcohol or other substances. Keep an eye on what you are consuming.

Don't binge on the news. These days, nearly every headline or news segment concerns the Corona-virus pandemic in one way or another. Many of us feel the compulsion to remain plugged-in, but such wall-to-wall coverage can fuel anxiety. Consider tuning out from time-to-time. Sometimes you have to limit your media exposure, as this is not going to be resolved quickly.

You're not alone! If you are facing an economic or financial hardship as a result of the COVID-19 Pandemic and need emergency help meeting your rent or mortgage payment, utilities, food, childcare, medical, or other daily living costs, or the stress of the crisis has overwhelmed you, please contact your local Philoptochos Chapter. They can assist you and will be kept strictly confidential.

COMMUNITY NEWS (CONTINUED)

CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



Disinfect surfaces around your home and work.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth with your elbow.

... maintain a 6-foot distance and wear a mask !!

Until there is a vaccine, this is not over.... Be cautious.. Use common sense!

6 ways you CAN'T catch Coronavirus!



PRAYING

Intercessory Prayer is the greatest thing you can do for others



CALLING SOMEONE

Speaking with someone will help brighten their day as well as yours



WAVING AT A NEIGHBOR

Friendliness eases peoples anxieties



DOING SOMETHING KIND

Grocery shopping, dropping off food, picking up medicine for a friend... all show you care



WRITING A NOTE

Your greeting card will let someone know you care and might bring some joy to their life



SMILING

It shows there is much to be thankful for and might make you feel better too

COMMUNITY NEWS (CONTINUED)**Something to Ponder...**

When you find Christ, you are satisfied; you desire nothing else; you find peace. You become a different person. You live everywhere, wherever Christ is. You live in the stars, in infinity, in heaven with the angels, with the saints, on earth with people, with plants, with animals, with everyone and everything. When there is love for Christ, loneliness disappears. You are peaceable, joyous, full. Neither melancholy, nor illness, nor pressure, nor anxiety, nor depression, nor hell.

Christ is in all your thoughts, in all your actions. You have grace and you can endure everything for Christ. You can even suffer unjustly. You can endure injustices for Christ, and indeed with joy. Just as He suffered, so you too can suffer unjustly. Did you choose Christ in order to avoid suffering? What does Saint Paul say? *I rejoice in my sufferings*. This is our religion: for our soul to awake and love Christ and become holy, to give herself over to divine eros. And so He, too, will love her.

When Christ enters your heart, your life changes. Christ is everything. Whoever experiences Christ within himself, experiences ineffable things -- holy and sacred things. He lives in exultation. These things are true. People have experienced them -- hermits on the Holy Mountain. Continually and with longing they whisper the prayer: *'Lord Jesus Christ have mercy on me a sinner. '*

When Christ enters your heart, your passions disappear. You are unable to swear, or hate, or seek revenge or anything. How could there be hatreds, dislikes, censures, egotisms, anxieties, depressions? What holds sway is Christ -- and longing for the unsetting light. This longing makes you feel that death is a bridge that you will cross in an instant in order to continue the life of Christ. Here on earth you have an impediment and so you need faith. This impediment is the body. After death, however, faith is abolished and you see Christ as you see the sun. In eternity, of course, you will experience everything more intensely.

When you don't live with Christ, however, you live immersed in melancholy, affliction, anxiety and vexation. You don't live aright. Then many irregularities appear in your body, the endocrine glands, the liver, the bile, the pancreas, the stomach. They tell you: 'In order to be healthy, have a full breakfast of milk, egg, butter and toast.' But if you live properly, if you love Christ, you are fine with an orange and an apple. The great medicine is for you to devote yourself to the worship of Christ. Everything is healed. Everything functions normally. The love of God transforms everything: it sanctifies, amends and changes the nature of everything.

Our soul will be greatly comforted when we yearn for the Lord. We will not then concern ourselves with everyday and lowly things, but with spiritual and higher things. We will live in the spiritual world. When you live in the spiritual world, you live in the world in which your soul delights and for which it longs. This does not mean that you are indifferent towards others. You wish for everyone to find salvation, light and sanctification and for everyone to enter into the Church.



FEASTS & SAINTS OF THE MONTH

Pentecost

7 July

After the Savior's Ascension into the Heavens, the eleven Apostles and the rest of His disciples, the God-loving women who followed after Him from the beginning, His Mother, the most holy Virgin Mary, and His brethren-all together about 120 souls returned from the Mount of Olives to Jerusalem. Entering into the house where they gathered, they went into the upper room, and there they persevered in prayer and supplication, awaiting the coming of the Holy Spirit, as their Divine Teacher had promised them. In the meanwhile, they chose Matthias, who was elected to take the place of Judas among the Apostles.

Thus, on this day, the seventh Sunday of Pascha, the tenth day after the Ascension and the fiftieth day after Pascha, at the third hour of the day from the rising of the sun, there suddenly came a sound from Heaven, as when a mighty wind blows, and it filled the whole house where the Apostles and the rest with them were gathered. Immediately after the sound, there appeared tongues of fire that divided and rested upon the head of each one. Filled with the Spirit, all those present began speaking not in their native tongue, but in other tongues and dialects, as the Holy Spirit instructed them.

The multitudes that had come together from various places for the feast, most of whom were Jews by race and religion, were called Parthians, Medes, Elamites, and so forth, according to the places where they dwelt. Though they spoke many different tongues, they were present in Jerusalem by divine dispensation. When they heard that sound that came down from Heaven to the place where the disciples of Christ were gathered, all ran together to learn what had taken place. But they were confounded when they came and heard the Apostles speaking in their own tongues. Marvelling at this, they said one to another, "Behold, are not all these which speak Galileans? And how hear we every man in our own tongue, wherein we were born?" But others, because of their foolishness and excess of evil, mocked the wonder and said that the Apostles were drunken.

Then Peter stood up with the eleven, and raising his voice, spoke to all the people, proving that that which had taken place was not drunkenness, but the fulfillment of God's promise that had been spoken by the Prophet Joel: "And it shall come to pass in the last days, that I shall pour out of My Spirit upon all flesh, and your sons and daughters shall prophesy" (Joel 2:28), and he preached Jesus of Nazareth unto them, proving in many ways that He is Christ the Lord, Whom the Jews crucified but God raised from the dead. On hearing Peter's teaching, many were smitten with compunction and received the word. Thus, they were baptized, and on that day about three thousand souls were added to the Faith of Christ.

Such, therefore, are the reasons for today's feast: the coming of the All-holy Spirit into the world, the completion of the Lord Jesus Christ's promise, and the fulfillment of the hope of the sacred disciples, which we celebrate today. On this last, and great, and saving day of Pentecost, the Apostles of the Saviour, who were unlearned fishermen, made wise now of a sudden by the Holy Spirit, clearly and with divine authority spoke the heavenly doctrines. They became heralds of the truth and teachers of the whole world. They were ordained and began their apostleship, of which the salvation of those 3000 souls in one day was the comely and marvelous first fruit.



FEASTS & SAINTS OF THE MONTH (CONTINUED)

Pentecost—continued

Some erroneously hold that Pentecost is the "birthday of the Church." But this is not true, for the teaching of the holy Fathers is that the Church existed before all other things. Saint Gregory the Theologian speaks of "the Church of Christ ... both before Christ and after Christ". Saint Epiphanius of Cyprus writes, "The Catholic Church, which exists from the ages, is revealed most clearly in the incarnate advent of Christ" . Saint John Damascene observes, "The Holy Catholic Church of God, therefore, is the assembly of the holy Fathers, Patriarchs, Prophets, Apostles, Evangelists, and Martyrs who have been from the very beginning, to whom were added all the nations who believed with one accord" . According to Saint Gregory the Theologian, "The Prophets established the Church, the Apostles conjoined it, and the Evangelists set it in order" . The Church existed from the creation of the Angels, for the Angels came into existence before the creation of the world, and they have always been members of the Church. Saint Clement, Bishop of Rome, says in his second epistle to the Corinthians, the Church "was created before the sun and moon"; and a little further on, "The Church existeth not now for the first time, but hath been from the beginning" (II Cor. 14).

That which came to pass at Pentecost, then, was the ordination of the Apostles, the commencement of the apostolic preaching to the nations, and the inauguration of the priesthood of the new Israel. Saint Cyril of Alexandria says that "Our Lord Jesus Christ herein ordained the instructors and teachers of the world and the stewards of His divine Mysteries ... showing together with the dignity of Apostleship, the incomparable glory of the authority given them ... Revealing them to be splendid with the great dignity of the Apostleship and showing them forth as both stewards and priests of the divine altars . . . they became fit to initiate others through the enlightening guidance of the Holy Spirit" . Saint Gregory Palamas says, "Now, therefore ... the Holy Spirit descended ... showing the Disciples to be supernal luminaries ... and the distributed grace of the Divine Spirit came through the ordination of the Apostles upon their successors" . And Saint Sophronius, Bishop of Jerusalem, writes, "After the visitation of the Comforter, the Apostles became high priests" . Therefore, together with the baptism of the Holy Spirit which came upon them who were present in the upper chamber, which the Lord had foretold as recorded in the Acts, "ye shall be baptized with the Holy Spirit not many days hence" (Acts 1:5), the Apostles were also appointed and raised to the high priestly rank, according to Saint John Chrysostom . On this day commenced the celebration of the Holy Eucharist by which we become "partakers of the Divine Nature" (II Peter 1:4). For before Pentecost, it is said of the Apostles and disciples only that they abode in "prayer and supplication" (Acts 1:14); it is only after the coming of the Holy Spirit that they persevered in the "breaking of bread, "that is, the communion of the Holy Mysteries-"and in prayer" (Acts 2:42).

The feast of holy Pentecost, therefore, determined the beginning of the priesthood of grace, not the beginning of the Church. Henceforth, the Apostles proclaimed the good tidings "in country and town," preaching and baptizing and appointing shepherds, imparting the priesthood to them whom they judged were worthy to minister, as Saint Clement writes in his first Epistle to the Corinthians (I Cor. 42).

All foods allowed during the week following Pentecost.

FEASTS & SAINTS OF THE MONTH (CONTINUED)

Day of the Holy Spirit

8 June

As it is the custom of the Church, on the day after every great Feast, to honor those through whom it came to pass our Lady on the day after the Lord's Nativity, Joachim and Anna after our Lady's Nativity, the holy Baptist the day after Theophany, and so forth, on this day we honor our God the All-holy Spirit, the Comforter promised by our Savior to His disciples (John 14:16), Who descended upon them at holy Pentecost and guided them "into all truth" and through them, us.

Rest from labour.



All Saints

14 June

Honoring the friends of God with much reverence, this commemoration began as the Sunday (Synaxis) of All Martyrs; to them were added all the ranks of Saints who bore witness (the meaning of "Martyr" in Greek) to Christ in manifold ways, even if occasion did not require the shedding of their blood.

Therefore, guided by the teaching of the Divine Scriptures and Apostolic Tradition, we the pious honor all the Saints, the friends of God, for they are keepers of God's commandments, shining examples of virtue, and benefactors of mankind. Of course, we honor the known Saints especially on their own day of the year, as is evident in the Menologion. But since many Saints are unknown, and their number has increased with time, and will continue to increase until the end of time, the Church has appointed that once a year a common commemoration be made of all the Saints. This is the feast that we celebrate today. It is the harvest of the coming of the Holy Spirit into the world; it is the "much fruit" brought forth by that "Grain of wheat that fell into the earth and died" (John 12:24); it is the glorification of the Saints as "the foundation of the Church, the perfection of the Gospel, they who fulfilled in deed the sayings of the Savior".

In this celebration, then, we reverently honor and call blessed all the Righteous, the Prophets, Apostles, Martyrs, Confessors, Shepherds, Teachers, and Holy Monastics, both men and women alike, known and unknown, who have been added to the choirs of the Saints and shall be added, from the time of Adam until the end of the world, who have been perfected in piety and have glorified God by their holy lives. All these, as well as the orders of the Angels, and especially our most holy Lady and Queen, the Ever-virgin Theotokos Mary, do we honor today, setting their life before us as an example of virtue, and entreating them to intercede in our behalf with God, Whose grace and boundless mercy be with us all. Amen



FEASTS & SAINTS OF THE MONTH (CONTINUED)

Nativity of Saint John the Baptist

24 June

He that was greater than all who are born of women, the Prophet who received God's testimony that he surpassed all the Prophets, was born of the aged and barren Elizabeth (Luke 1: 7) and filled all his kinsmen, and those that lived round about, with gladness and wonder. But even more wondrous was that which followed on the eighth day when he was circumcised, that is, the day on which a male child receives his name. Those present called him Zacharias, the name of his father. But the mother said, "Not so, but he shall be called John." Since the child's father was unable to speak, he was asked, by means of a sign, to indicate the child's name. He then asked for a tablet and wrote, "His name is John." And immediately Zacharias' mouth was opened, his tongue was loosed from its silence of nine months, and filled with the Holy Spirit, he blessed the God of Israel, Who had fulfilled the promises made to their fathers, and had visited them that were sitting in darkness and the shadow of death, and had sent to them the light of salvation. Zacharias prophesied concerning the child also, saying that he would be a Prophet of the Most High and Forerunner of Jesus Christ. And the child John, who was filled with grace, grew and waxed strong in the Spirit; and he was in the wilderness until the day of his showing to Israel (Luke 1:57-80).

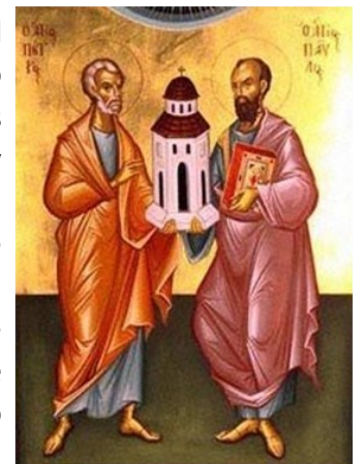


His name is a variation of the Hebrew "Johanan," which means "Yah is gracious."

Peter & Paul, Holy Apostles

29 June

The divinely-blessed **Peter** was from Bethsaida of Galilee. He was the son of Jonas and the brother of Andrew the First-called. He was a fisherman by trade, unlearned and poor, and was called Simon; later he was renamed Peter by the Lord Jesus Christ Himself, Who looked at him and said, "Thou art Simon the son of Jonas; thou shalt be called Cephas (which is by interpretation, Peter)" (John 1:42). On being raised by the Lord to the dignity of an Apostle and becoming inseparable from Him as His zealous disciple, he followed Him from the beginning of His preaching of salvation up until the very Passion, when, in the court of Caiaphas the high priest, he denied Him thrice because of his fear of the Jews and of the danger at hand. But again, after many bitter tears, he received complete forgiveness of his transgression. After the Resurrection of Christ and the descent of the Holy Spirit, he preached in Judea, Antioch, and certain parts of Asia, and finally came to Rome, where he was crucified upside down by Nero, and thus he ascended to the eternal habitations about the year 66 or 68, leaving two Catholic (General) Epistles to the Church of Christ.



FEASTS & SAINTS OF THE MONTH (CONTINUED)**Peter & Paul—continued**

Paul, the chosen vessel of Christ, the glory of the Church, the Apostle of the Nations and teacher of the whole world, was a Jew by race, of the tribe of Benjamin, having Tarsus as his homeland. He was a Roman citizen, fluent in the Greek language, an expert in knowledge of the Law, a Pharisee, born of a Pharisee, and a disciple of Gamaliel, a Pharisee and notable teacher of the Law in Jerusalem. For this cause, from the beginning, Paul was a most fervent zealot for the traditions of the Jews and a great persecutor of the Church of Christ; at that time, his name was Saul (Acts 22:3-4). In his great passion of rage and fury against the disciples of the Lord, he went to Damascus bearing letters of introduction from the high priest. His intention was to bring the disciples of Christ back to Jerusalem in bonds. As he was approaching Damascus, about midday there suddenly shone upon him a light from Heaven. Falling on the earth, he heard a voice saying to him, "Saul, Saul, why persecutest thou Me?" And he asked, "Who art Thou, Lord?" And the Lord said, "I am Jesus Whom thou persecutest; it is hard for thee to kick against the pricks."

And that heavenly voice and brilliance made him tremble, and he was blinded for a time. He was led by the hand into the city, and on account of a divine revelation to the Apostle Ananias (see Oct. 1), he was baptized by him, and both his bodily and spiritual eyes were opened to the knowledge of the Sun of Righteousness. And straightway- O wondrous transformation! - beyond all expectation, he spoke with boldness in the synagogues, proclaiming that "Christ is the Son of God" (Acts 9:1-21). As for his zeal in preaching the Gospel after these things had come to pass, as for his un-abating labors and afflictions of diverse kinds, the wounds, the prisons, the bonds, the beatings, the stoning, the shipwrecks, the journeys, the perils on land, on sea, in cities, in wildernesses, the continual vigils, the daily fasting, the hunger, the thirst, the nakedness, and all those other things that he endured for the Name of Christ, and which he underwent before nations and kings and the Israelites, and above all, his care for all the churches, his fiery longing for the salvation of all, whereby he became all things to all men, that he might save them all if possible, and because of which, with his heart aflame, he continuously traveled throughout all parts, visiting them all, and like a bird of heaven flying from Asia and Europe, the West and East, neither staying nor abiding in any one place - all these things are related incident by incident in the Book of the Acts, and as he himself tells them in his Epistles.

His Epistles, being fourteen in number, are explained in 250 homilies by the divine Chrysostom and make manifest the loftiness of his thoughts, the abundance of the revelations made to him, the wisdom given to him from God, wherewith he brings together in a wondrous manner the Old with the New Testaments, and expounds the mysteries thereof which had been concealed under types; he confirms the doctrines of the Faith, expounds the ethical teaching of the Gospel, and demonstrates with exactness the duties incumbent upon every rank, age, and order of man. In all these things his teaching proved to be a spiritual trumpet, and his speech was seen to be more radiant than the sun, and by these means he clearly sounded forth the word of truth and illumined the ends of the world.

FEASTS & SAINTS OF THE MONTH (CONTINUED)**Peter & Paul—continued**

Having completed the work of his ministry, he likewise ended his life in martyrdom when he was beheaded in Rome during the reign of Nero, at the same time, some say, when Peter was crucified.





Synaxis of 12 Apostles**30 June**

The names of the Twelve Apostles are these: Simon, who was called Peter, and his brother Andrew, the First-called; James the son of Zebedee, and his brother John, who was also the Evangelist and Theologian; Philip, and Bartholomew (see also June 11); Thomas, and Matthew the publican, who was also called Levi and was an Evangelist; James the son of Alphaeus, and Jude (also called Lebbaeus, and surnamed Thaddaeus), the brother of James, the Brother of God; Simon the Cananite ("the Zealot"), and Matthias, who was elected to fill the place of Judas the traitor (see Aug. 9).



Orthodox Calendar

JUNE 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 11am Bible Study via Zoom	 3 7pm Union Station 7pm Studies in the Faith via Zoom	4	 5 5:45pm GOYA via Zoom	6 Saturday of the Souls
7 Holy Pentecost 8:45am Orthros 10am Divine Liturgy Live-stream	8 Day of the Holy Spirit	9 10am VIPs via Zoom 11am Bible Study via Zoom 7pm Parish Council Via Zoom	10 7:15pm Philoptochos Board via Zoom	11	12 5:45pm GOYA via Zoom	13
14 All Saints 8:45am Orthros 10am Divine Liturgy Live-stream	 15 Apostles Fast	 16 Apostles Fast 11am Bible Study via Zoom	 17 Apostles Fast 7pm Studies in the Faith via Zoom	 18 Apostles Fast	 19 Apostles Fast 5:45pm GOYA via Zoom	 20 Apostles Fast
 21 2nd Sunday of Matthew Apostles Fast 8:45am Orthros 10am Divine Liturgy Live-stream	 22 Apostles Fast	 23 Apostles Fast 11am Bible Study via Zoom	 24 Nativity of John the Baptist 9am Orthros 10am Divine Liturgy Live-stream 7:15pm Philop.Gen via Zoom	 25 Apostles Fast	 26 Apostles Fast 5:45pm GOYA via Zoom	 27 Apostles Fast
 28 3rd Sunday of Matthew Apostles Fast 8:45am Orthros 10am Divine Liturgy Live-stream	29 Apostles Peter & Paul 9am Orthros 10am Divine Liturgy Live-stream	30 Synaxis of the 12 Apostles 11am Bible Study via Zoom				
		Strict Fast 	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free

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

June 2020

POSTAGE
STAMP



TIME SENSITIVE

Place address label here

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

We're on the Web!

www.saint-anthonys.org

Have no anxiety.
Sometimes, what is worse than being sick
is being afraid of getting sick.

Leave it to God. Whatever God gives you is best for you.
God never gives you a Cross without first weighing and
measuring it very carefully to make sure that the Cross will
result in your spiritual growth.

Lord, thank You for all the positive things that fill my life and
my mind. When I feel empty, let Your Spirit fill my empty
spaces. Send people into my path who will encourage me and
help keep my empty spaces filled. When I feel empty, help me
to resist unhealthy temptations. Help me also to fill others.
Bring people into my path today who feel empty and beat down
so that I can encourage and fill them. Give me the thoughts and
the words to help fill others.

Amen