

The Voice of Saint Anthony

AUGUST 2020

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**Deadline for
September Newsletter is
Tuesday, 25 August
Please send to:
newsletter_church@aol.com**



Reverend Father Peter Stratos, Pastor

Reverend Father Christopher Retelas, Associate Pastor

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www.saint-anthonys.org

PRIEST'S MESSAGE



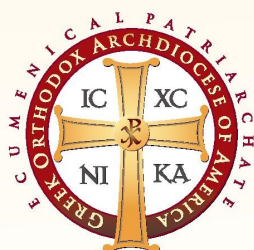
HAGIA SOPHIA

HOLY WISDOM, ARISE!

***Now is the time for us to act with unity of voice
and a clear vision for the future of Hagia Sophia.***

About Hagia Sophia

Throughout history, the use of Hagia Sophia would change. From 537 to 1204 AD it was a Greek Orthodox Cathedral. It became a Roman Catholic Cathedral from 1204 - 1261 AD, and then from 1261 - 1453 AD it once again was a Greek Orthodox Cathedral. In 1453 AD, the Ottoman Turks conquered Constantinople and converted the Cathedral to a mosque. The icons were covered with plaster and the building was modified for Islamic prayer. It was through the leadership of the founding father of the Republic of Turkey, Mustafa Kemal Atatürk, that Hagia Sophia was converted into a museum, thus allowing the doors to be opened for all to enter and appreciate this jewel which has continued for the past 85 years as a museum, a jewel which UNESCO designated as a World Heritage Site in 1984. During these 85 years, Hagia Sophia benefited from many restoration and research efforts, not least of which was the restoration of the iconography. Hagia Sophia has been intensely studied by architects, iconographers, engineers and archeologists, revealing its many treasures.



**METROPOLIS OF
SAN FRANCISCO**

www.sanfran.goarch.org

Beloved in the Lord,

"O Lord, how manifold are Your works! In wisdom You have made them all." Psalm 104:24

The recent actions of the Republic of Turkey to convert the historic Hagia Sophia into a mosque has drawn worldwide attention. While this political effort may be happening over 6,000 miles from the Metropolis of San Francisco and you may feel removed from its impact, it is incumbent upon each of us to become educated about this situation and appropriately protest this action and encourage the reversal of this decision.

We know that Hagia Sophia was the pre-eminent church in all Christendom from its opening in the sixth century. Besides its significance for Christians, it was and still is an architectural marvel, and a place that has opened her doors for millions of people throughout the world over the centuries to witness her majesty and beauty. The decision to convert Hagia Sophia to a mosque places that openness in jeopardy.

Let us beseech the Lord, through His Might and Wisdom, to bring about a peaceful resolution and may Hagia Sophia be reinstated as a museum that is filled with love, unity and acceptance.

With Love in Christ,

Metropolitan Gerasimos of San Francisco

✠ METROPOLITAN GERASIMOS OF SAN FRANCISCO

THE CHALLENGE

We now stand at a crossroad as our beloved Hagia Sophia becomes a mosque through a ruling by Turkey's highest administrative court and actions by President Recep Tayyip Erdogan that annulled the 1934 presidential decree that made it a museum. Our physical distance cannot become an excuse for our silence. This is not about restoring Hagia Sophia to a church; this is about preserving an important piece of history and keeping it accessible to people of all backgrounds, of all faiths, and for all to behold this bastion of Byzantium. Please understand that the outcome of this tragic situation could have a devastating impact on other holy sites throughout the world.

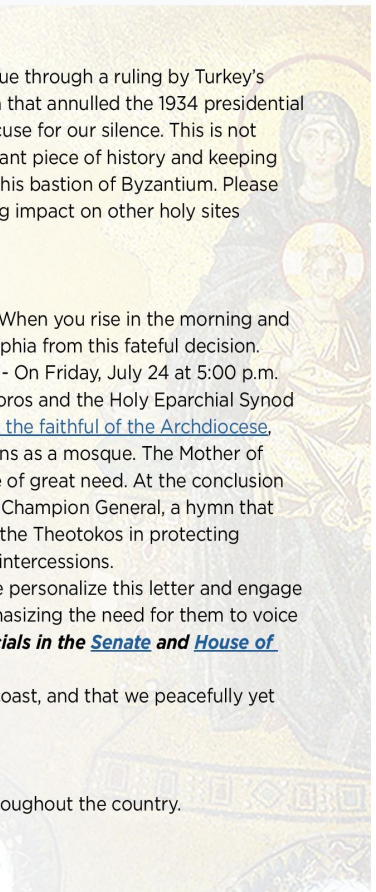
HOW YOU CAN HELP

- **Pray!** We know the power of prayer is stronger than any physical attack. When you rise in the morning and before you go to bed in the evening, pray for the deliverance of Hagia Sophia from this fateful decision.
- **Pray the Akathist to the Theotokos** - Pray the Akathist to the Theotokos - On Friday, July 24 at 5:00 p.m. PDT, all parishes have been asked by His Eminence Archbishop Elpidophoros and the Holy Eparchial Synod to pray the service of the Akathist to the Theotokos. In their [Encyclical to the faithful of the Archdiocese](#), this is being called a "day of mourning" as our beloved Hagia Sophia opens as a mosque. The Mother of God is our fortress and we implore her swift aid and help during this time of great need. At the conclusion of the service, please all join in singing the Kontakion "Τῇ ὑπερμάχῳ/To You Champion General, a hymn that was composed and first chanted as thanksgiving for the intercessions of the Theotokos in protecting Constantinople. There is no more relevant time than now to beseech her intercessions.
- **Write to your elected officials.** [A sample letter can be found here.](#) Please personalize this letter and engage and inform your local authorities about the gravity of this situation, emphasizing the need for them to voice their opinions to the highest level of government. **Find your elected officials in the [Senate](#) and [House of Representatives](#).**
- **Sign our online petition.** Let us show the strength we have on the west coast, and that we peacefully yet forcefully protest this action by the Republic of Turkey.

LEARN MORE

There are statements of support from religious and political leaders from throughout the country.

Read more!



PRIEST'S MESSAGE (CONTINUED)**SAMPLE LETTER / TEMPLATE**

Date _____

Dear Senator/Representative _____,

As a Greek Orthodox Christian and your constituent, I am writing to ask that you raise your voice to protest the recent actions of the Republic of Turkey to convert the historic Hagia Sophia into a mosque. This decree by President Recep Tayyip Erdogan annulled a 1934 presidential decree that made it a museum, and thus accessible to people of all cultures and faiths from around the world.

I urge you to speak out in protest on this issue, bringing it to the attention of your fellow elected officials both within the State of California and to our elected officials in Washington, DC. This decision by President Erdogan is not one from which we are isolated because it is happening across the globe. Rather, it is a decision that deeply affects the relationship between the United States and Turkey, and undermines and deliberately ignores the importance of this historic site.

Besides its significance for Christians, Hagia Sophia was and still is an architectural marvel, and a place that has opened her doors for millions of people throughout the world over the centuries who have witnessed her majesty and beauty. By converting the revered Hagia Sophia to a mosque, this is also a blatant disregard for UNESCO which designated this as a World Heritage Site in 1984. Hagia Sophia belongs to everyone, and should not become a pawn as part of political maneuvering for the Republic of Turkey.

The United States is capable of intervening in this matter of global significance, and as a member of the Greek Orthodox Church in America, I raise my voice in firm protest to this decision of the Turkish government and I hope that I can count on your support and your voice to bring an end to this travesty.

Sincerely,

Name
Address
City/ST/ZIP
eMail
Phone

PRIEST'S MESSAGE (CONTINUED)

My Beloved Brothers and Sisters in the Lord,

“Watch, stand fast in the faith, be brave, be strong.” I Corinthians 16:13

Week after week as we monitored the progress of our parishes re-opening for worship, even on a limited basis, my heart was filled with joy that these small steps were leading us on a gradual path towards the restoration of parish life. With 67 churches in our Metropolis, it has been a challenge to monitor the ups and downs of each municipality as the tracking of the COVID-19 pandemic would influence which parishes could open their doors for Divine Services.

Two weeks ago, nearly 80% of our parishes were open to some extent. As the virus would surge in certain areas, there were new mandates that forced the closure of many parishes, relegating several of them to revert back to online services only, or requiring outdoor services with limited seating. I know this has brought great disappointment to many of our clergy and faithful. I also recognize there are still communities in certain parts of our Metropolis that are anxiously awaiting the doors of their parishes to open after four months of virtual worship.

Please know that I would like nothing more than our churches to be full, but at the present time, this is not possible. But that does not mean our faith should be diminished. Our faith is not just confined to the wall of our parishes. Rather, it is something that fills your heart and soul, and permeates every aspect of your life. Your faith in God and your belief in Him should guide your every step each and every day. I am grateful for your patience and understanding, and I continue to pray daily for the safekeeping of you and your loved ones.

During these challenging times, I have also had the opportunity to communicate with my fellow Pan-Orthodox hierarchs on numerous occasions. Because of our shared love and concern for the flocks entrusted to our care, we communicated directly with San Francisco Mayor London Breed and County Health Officer Dr. Tomás Aragón. The ongoing restrictions in the bay area motivated us to raise our collective voices, so we sent a letter requesting consideration for the need to prioritize the reopening of churches for in-person worship. This also led to a lengthy video conference with Mayor Breed along with Archbishop Salvatore Cordileone from the Roman Catholic Archdiocese of San Francisco. The Mayor was sympathetic to our plea, but within a short time following our meeting, California Governor Gavin Newsom closed many of our counties for indoor worship services due to the rise in COVID-19 cases.

The COVID-19 Support Team that was formed by the Metropolis over three months ago continues to meet weekly for the development of resources and to serve as a guide for the ongoing challenges of re-opening our parishes. We also continue to share important information with our clergy and parish leadership to assist with financial management, stewardship and fundraising, not to mention our ongoing expanded ministries which have smoothly transitioned to online programs.

As these continue to be tenuous times with the uncertainty of the trajectory of the pandemic, please continue to beseech the Lord's blessings upon all those who are caring for the ill, those on the front lines, and all those who are diligently researching to find a cure for this virus. We owe these dedicated workers our sincere thanks for all they are doing for our protection.

I pray that someday soon I may share with you that our all parishes are open. While that would be a joyous occasion, we already have heard the most joyful news of all, that Jesus Christ humbled himself to come down to earth, to preach the Gospel of love, to be handed over to death on the Cross, and to rise on the Third Day so that we might have eternal life in Him.

Stay healthy. Stay strong. Stay faithful. God is with you always!

With Love in Christ,
+ GERASIMOS
Metropolitan 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.



STEWARDSHIP

ST. ANTHONY STEWARDSHIP UPDATE

278 PLEDGES TOTALING: **\$451,203**
COLLECTED AS OF 7/28/2020: **\$371,374**

AVERAGE PLEDGE GOAL: **\$2,000**
CURRENT AVERAGE PLEDGE: **\$1,623**

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	72	26%
<i>Friend</i>	\$500 - \$999	60	22%
<i>Supporter</i>	\$1,000 - \$1,999	69	25%
Faithful	\$2,000 - \$3,999	48	17%
Disciple	\$4,000 - \$6,999	21	8%
Guardian	\$7,000 - \$9,999	3	1%
Angel	\$10,000 - \$14,999	3	1%
Archangel	\$15,000 and up	2	1%
TOTAL ANNUAL PLEDGES		278	100%

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

RIGHT NOW, 72% OF OUR STEWARDS ARE UNDER THAT GOAL

CHURCH HISTORY

Church History is a new section that will be a recurring monthly contribution included in the Voice of St. Anthony. With many new members in our parish since the 50th Anniversary of St. Anthony Greek Orthodox Community in 2004, it is our hope that this series will be of interest to many of you. Thank you to Anthia Lucas for the input.

History of the Early Greek Community of Pasadena and the San Gabriel Valley

Written by: +Dr. Nikitas J. Tripodes

The efforts to organize a Greek Orthodox community in Pasadena the early 1950s brought together the disparate elements of the San Gabriel Valley's Hellenic diaspora to a central location with a unified purpose. Greeks had been living in the Pasadena area for many decades prior to the establishment of a local Greek Orthodox Church. There were Greek owned businesses in Pasadena at the turn of the twentieth century and several dozen Greek immigrant households by the 1920s. The Pasadena Greeks had even incorporated their own mutual aid society in the 1930s.

Almost a century before the Greek Orthodox community of Pasadena and the San Gabriel Valley was formed, perhaps the first and undoubtedly most colorful Greek to visit the area was making his way to Southern California.

George Caralambos, "**Greek George**," came to Southern California in the late 1850s and was probably the first Greek in the San Gabriel Valley. He emigrated from Smyrna (now Izmir in Turkey) and arrived in Texas in 1857 as part of a United States War Department program to introduce camels to America's West. Greek George and a contingent of other Greeks, Syrians, and Turks all skilled in the handling of camels were paid \$15.00 a month to drive camels used to haul supplies for the desert portion of short lived Butterfield mail route from San Francisco to St. Louis. The outbreak of the Civil War in 1861 ended the army's camel experiment, but it did bring Greek George (and the camels) to Southern California. While herding the camels to Los Angeles he survived an arrow fired by a Mojave Indian that lodged in his thick beard. While running a raucous saloon in San Bernardino County's Holcomb Valley, he shot cheats and others who annoyed him. In 1865 he ventured to New Mexico where he reportedly shot and killed the son of the state's governor. After confessing to the killing, he faked his own suicide and returned to Los Angeles where he went by the name of George Allen.

George Allen continued his colorful life in Southern California. Despite a lengthy and successful court battle he was still unable to evict a trespasser from the La Brea Way Station which he operated in what is now West Hollywood. He then resorted to frontier justice and bit off the offender's ears to resolve the dilemma. Greek George died in 1913, in his home in what is now Montebello and was buried in Mt. Olive Cemetery now part of Founders Memorial Park in Whittier.

Greek George was part of a trickle of very early Greek immigration to America. He was undoubtedly the most colorful of all early Greek settlers, but he was a solitary Hellene in the vast expanse of America's West and never part of any organized Greek social or religious community. Greek George exemplifies the dogged determination of the early immigrants to scrape out a living even in the most inhospitable conditions.

(Next month—First Greeks come to the San Gabriel Valley)

PARISH COUNCIL NEWS

No report this month

For those of you who are attending live-stream services,
and miss receiving Holy Communion..

Here is a tip...

When the priest approaches with the Chalice, take a sip of Holy
Water.. If you don't have any on hand, call the church office..



NEWS FROM THE LOFT (CONTINUED)



CHURCH SCHOOL NEWS

Children Are . . .



Amazing, cherish them.

Believable, trust them.

Childlike, let them.

Divine, respect them.

Energetic, nourish them.

Fallible, embrace them.

Gifts, unwrap them.

Here Now, be with them.

Innocent, delight in them.

Joyful, appreciate them.

Kindhearted, join them.

Loveable, love them.

Magical, fly with them.

Noble, esteem them.

Open-minded, hear them.

Precious, treasure them.

Questioners, encourage them.

Resourceful, support them.

Spontaneous, enjoy them.

Talented, believe in them.

Unique, affirm them.

Vulnerable, protect them.

Whole, recognize them.

Xtra Special, celebrate them.

Yearning, notice them.

Zany, laugh with them.

YOUTH & YOUNG ADULT NEWS



Sign up for virtual Camp Yiayia It's free via ZOOM !

HOPE and JOY invites everyone to join in on the fun.
Sunday, August 9 following Divine Liturgy

There will be fun and exciting events.

To sign up, please contact **Irene** by e-mail or text.

Login instructions will be sent prior to August 9.

To help make this exciting, on Wednesday, August 5. you will be sent several projects to be downloaded, in preparation for camp.

If you have trouble downloading, contact me and I will try to fix the problem.

Irene: mcmg2a@aol.com (e-mail)

626-252-5062 (text)

PHILOPTOCHOS NEWS



UNION STATION HOMELESS SERVICES

Irene Albeck and **Noula Serban** have resumed preparing meals for **Union Station** the first Wednesday of the month. The meals have to be delivered in individual servings during CoViD; hence, the monthly cost has increased. Donations of heavy duty plates, napkins, paper towels or store bought cookies would be very much appreciated.

Please contact **Irene Albeck** - **626.792.8122** to make arrangements for items to be picked up if you care to donate.

Philoptochos also continues to support our local food bank, **Friends In Deed**, with a monthly donation.

NATIONAL CLERGY-LAITY CONVENTION

The National Clergy-Laity Convention will be held virtually this year, on **August 21 - 22**. This is a wonderful opportunity to learn more about the far-reaching philanthropy of Philoptochos on a state, national and international level, and be inspired by fellow chapters.

If you are interested in attending, please contact **Maria Kypreos** - **626-914-6269**.

<https://www.philoptochos.org/2020-national-philoptochos-biennial-convention/>

SAINT ANTHONY PHILOPTOCHOS HIGH SCHOOL SCHOLARSHIP RECIPIENTS 2020

It is with great pleasure we announce the recipients of the Saint Anthony Philoptochos High School Scholarship, 2020. We wish each of our young people congratulations and continued success.

Nicholas Antsos	Notre Dame High School, Rensselaer Polytechnic Institute
Kleanthi Mowrey	Alverno Heights Academy, University of Oregon
Alexia Saigh	Mayfield Senior School, UCLA
Kostantinos Tsigkounis	Rancho Cucamonga High School, Chaffey College
Melina Zoumas	La Salle High School, University of Arizona

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

We have dispensed with people volunteering to serve at the facility, however we continue our monthly commitment to prepare a hardy, nutritious dinner meal. We have generous donors to cover the meals. USHS has requested packaged dessert (cookies), single serve beverages (10 oz.) and single serve bottles of milk. You may continue to volunteer by donating toward purchasing individual packaged items. The following is an estimated cost: rolls-\$16.50, cookies, \$27.50, beverage, \$48.60, and milk, \$10.80.

Please make checks out to: *Philoptochos of Saint Anthony*

In memo box write: USHS

Thank you for being a part of the solution to homelessness.

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

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

Our VIPs got together on two separate occasions during the month of July to touch base by way of ZOOM Conference and to see how everyone is doing with the new normal that is life in the world of COVID-19.

During our first ZOOM HAPPY HOUR held on Tuesday, July 7th, we were thrilled to offer birthday greetings to all of our members who celebrated during the month of July:

Georgia Aspiotes and Herman Smith - July 9th

Dottie Malina - July 10th

Elizabeth Moreno - July 24th, and

Christina Becronis - July 31st.

MANY HAPPY RETURNS TO THESE MEMBERS!

We were happy to have parish council member Anthia Lucas sit in on this conference to explain how smoothly the check-in procedure for Sunday Divine Liturgy was going with the church open for communal worship.

Unfortunately, that same evening we were saddened to learn that due to the alarming increase in California's incidence of infection, our Parish Council made the decision to once again close the church to the public for at least the next three weeks. For this reason, the membership decided to hold another ZOOM Conference on July 28th to check in on everyone's well-being.

Happily at the July 28th ZOOM Conference, fourteen of our members logged in to share details of trips taken, TV shows watched, dental appointments attended, and online Bible Studies enjoyed. Everyone seems to be enjoying good health and maintaining an equally good sense of humor.

We have decided to scale back our ZOOM HAPPY HOURS to the regular **second Tuesday of the month at 2:00 PM** routine, in an effort to boost participation.

On a final note, we want to express our appreciation to Patrick and Katerina Lynch for their service to our parish during these unprecedented times, and to offer our best wishes to them for success in the next phase of their lives in Denver, Colorado.



VIP NEWS (CONTINUED)



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

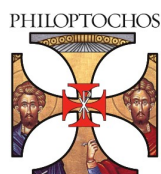
Presbytera Maria Mylonas

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

PRAYERS OF PROTECTION FROM THE CORONAVIRUS TO BE PRAYED BY THE FAITHFUL AT HOME

A Prayer To Be Offered in the Morning

Lord our God, You who are rich in mercy, and with careful wisdom direct our lives, listen to our prayer, receive our repentance for our sins, bring an end to this new infectious disease, this new epidemic, just as you averted the punishment of your people in the time of David the King. You who are the Physician of our souls and bodies, grant restored health to those who have been seized by this illness, raising them from their bed of suffering, so that they might glorify You, O merciful Savior, and preserve in health those who have not been infected. By your grace, Lord, bless, strengthen, and preserve, all those who out of love and sacrifice care for the sick, either in their homes or in the hospitals. Remove all sickness and suffering from your people, and teach us to value life and health as gifts from You. Give us Your peace, O God, and fill our hearts with unflinching faith in Your protection, hope in Your help, and love for You and our neighbor. For Yours it is to have mercy on us and save us, O our God, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and forever, to the ages of ages. Amen.

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 Chrysosogelos, 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 or 626-293-7588.



COMMUNITY NEWS (CONTINUED)

Dear Parishioners...

In the beginning of June, we were overjoyed that we were preparing to open our Church. We marked out where our parishioners and families could sit, marked the safe places in social distancing, obtained hand sanitizer and masks for our faithful, created a reservation system to insure we would not have more people in Church than the health department allowed and had a dedicated team in place in each church to assist our parishioners in navigating the new way to worship.

As we saw the numbers of Corona-virus cases rise not only throughout Los Angeles and California but all over the United States, there was the fear that we would revert to closure. And this is exactly what happened. On July 13th, businesses including Houses of Worship, were ordered to close in those counties that failed to meet the metrics of reopening. Los Angeles was one of the 30+ counties that was placed on the Watch list.

Accordingly, **our churches will again be closed to in-person services.** We will rely on the live-streaming once again to bring the message of love and hope that is found in our Lord Jesus Christ. How long will this closure last? We do not know.

What we do know is that we must continue our individual actions to reduce the spread of the virus:

- Wash or sanitize your hands
- Wear a mask
- Social distance wherever you go

These three actions will cut down the risk of infection significantly.

Each parish is constantly monitoring the numbers and health department directives. As soon as we are given the "green light" we will again see you in Church.

Very Reverend John Constantine
Chancellor, San Francisco Metropolis



COMMUNITY NEWS (CONTINUED)

Dear beloved St. Anthony family,

This has certainly been the year for unexpected changes, disruptions, and even loss for our beautiful church community. We missed you all terribly through Great Lent and especially Holy Week. The live-stream is no substitute for the true gathering of the faithful, but it has been our hope that our voices at the chanter stand have offered you a semblance of the beautiful life and services of the Church that are rightfully yours to partake.

As a family, we especially want to thank you for your graciousness, patience, love, and support for us as chanters and singers. To chant the divine services of the Church is always a privilege and an honor, but it has especially been an honor to do so for our beloved community. We will cherish these last three years of offering our voices on behalf of the faithful to worship God and honor His holy ones.

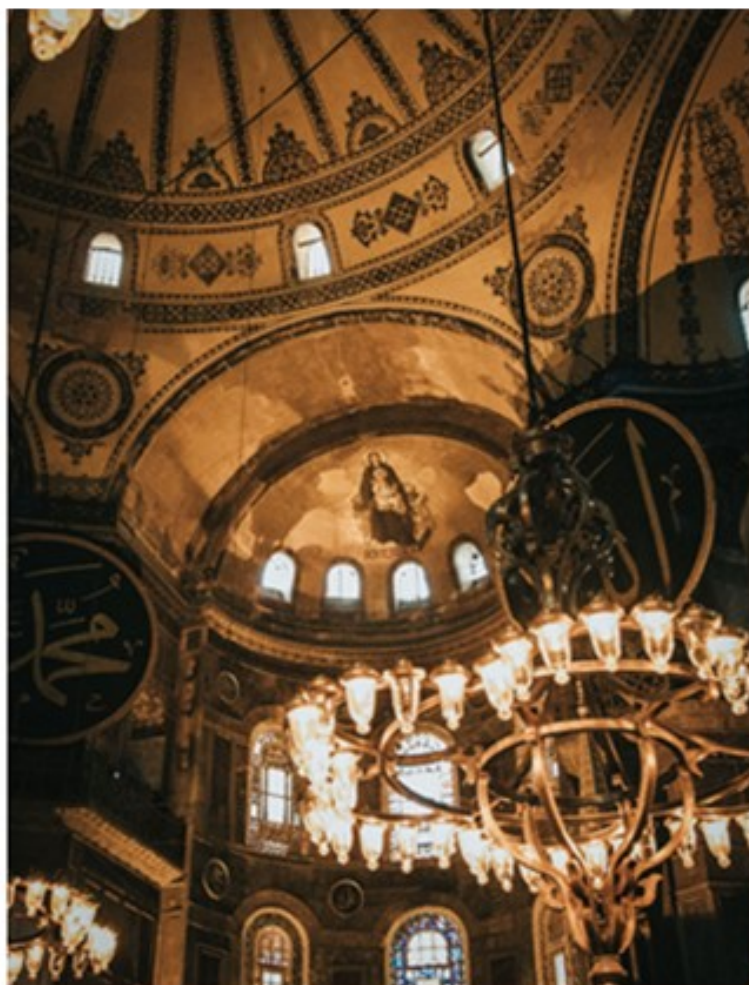
Therefore, it is with hearts full of gratitude and sadness that we announce August 2nd will be our last Sunday at Saint Anthony's. This news is as sudden and unexpected for us as it is for you. Patrick was recently offered a job opportunity in Denver near Katerina's entire family, and with much prayer and consideration, we believe this is the right move for our family. Of the many factors that make the decision to leave Pasadena difficult, is leaving our beloved church community and is without a doubt the hardest of them. We have been so blessed to call St. Anthony our home, to baptize our first child Isaiah here, to kindle lasting friendships, and to joyously sing at the chanter stand and, in the choir loft, every Sunday. We will miss all of you dearly!

God willing, when normalcy returns and the faithful can gather, we will come to visit and to say a proper farewell to all of you. Until then, may the Lord bless and protect you and your loved ones, and may Saint Anthony the Great continue to intercede on behalf of this most special and holy community!

All our love,

Patrick, Katerina and Isaiah Lynch

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)

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

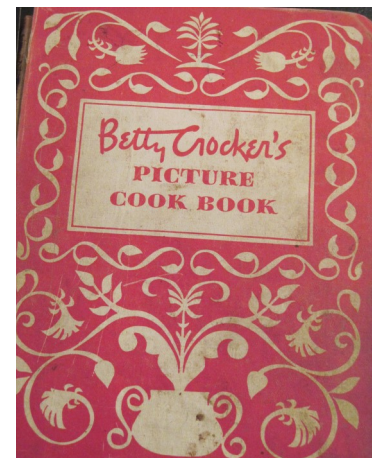
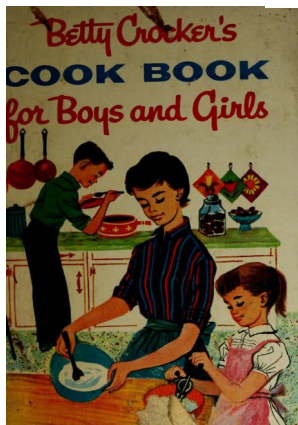
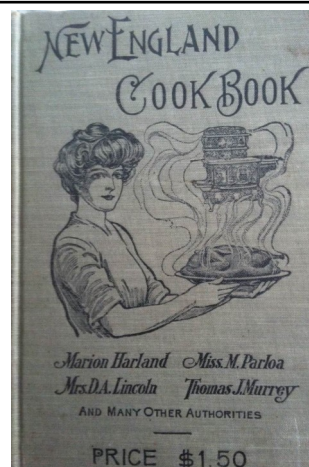
As so many of us have had to stay at home these past several months, it would be fun to share our favorite recipes (Greek or non-Greek) with our church community.

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)**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 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 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 do not live with Christ, however, you live immersed in melancholy, affliction, anxiety, and vexation. You do not live aright. Then many irregularities appear in your body, the endocrine glands, the liver, the bile, the pancreas, the stomach. They tell you: '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.

COMMUNITY NEWS (CONTINUED)

55 MAXIMS OF THE CHRISTIAN LIFE – FROM FR. THOMAS HOPKO

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Be always with Christ and trust God in everything. 2. Pray as you can, not as you think you must. 3. Have a keepable rule of prayer done by discipline. 4. Say the Lord's Prayer several times each day. 5. Repeat a short prayer when your mind is not occupied. 6. Make some prostrations when you pray. 7. Eat good foods in moderation and fast on fasting days. 8. Practice silence, inner and outer. 9. Sit in silence 20 to 30 minutes each day. 10. Do acts of mercy in secret. 11. Go to liturgical services regularly. 12. Go to confession and holy communion regularly. 13. Do not engage intrusive thoughts and feelings. 14. Reveal all your thoughts and feelings to a trusted person regularly. 15. Read the scriptures regularly. 16. Read good books, a little at a time. 17. Cultivate communion with the saints. 18. Be an ordinary person, one of the human race. 19. Be polite with everyone, first of all family members. 20. Maintain cleanliness and order in your home. 21. Have a healthy, wholesome hobby. 22. Exercise regularly. 23. Live a day, even a part of a day, at a time. 24. Be totally honest, first of all with yourself. 25. Be faithful in little things. 26. Do your work, then forget it. 27. Do the most difficult and painful things first. 28. Face reality. 29. Be grateful. | <ol style="list-style-type: none"> 30. Be cheerful. 31. Be simple, hidden, quiet and small. 32. Never bring attention to yourself. 33. Listen when people talk to you. 34. Be awake and attentive, fully present where you are. 35. Think and talk about things no more than necessary. 36. Speak simply, clearly, firmly, directly. 37. Flee imagination, fantasy, analysis, figuring things out. 38. Flee carnal, sexual things at their first appearance. 39. Don't complain, grumble, murmur or whine. 40. Don't seek or expect pity or praise. 41. Don't compare yourself with anyone. 42. Don't judge anyone for anything. 43. Don't try to convince anyone of anything. 44. Don't defend or justify yourself. 45. Be defined and bound by God, not people. 46. Accept criticism gracefully and test it carefully. 47. Give advice only when asked or when it is your duty. 48. Do nothing for people that they can and should do for themselves. 49. Have a daily schedule of activities, avoiding whim and caprice. 50. Be merciful with yourself and others. 51. Have no expectations except to be fiercely tempted to your last breath. 52. Focus exclusively on God and light, and never on darkness, temptation and sin. 53. Endure the trial of yourself and your faults serenely, under God's mercy. 54. When you fall, get up immediately and start over. 55. Get help when you need it, without fear or shame. |
|--|--|

COMMUNITY NEWS (CONTINUED)

Five roads of repentance
each is different, but all point toward heaven

The acknowledgment of sins

If you acknowledge your sins to God, He will forgive you; and this act of acknowledgment will help you stop sinning. Let your conscience be your accuser, so that you will not have to face a far different accuser at the Lord's tribunal.

The forgetting of the wrongs of others.

This requires you to control your temper and to forgive the sins that others have committed against you. If you forgive others, the Lord will forgive you.

Prayer

Not perfunctory routine prayer, but fervent, passionate prayer in which you lay yourself wholly before God.

Generosity

By acts of thoughtful love you make amends for the sins you have committed.

Humility

Whereby you regard yourself as having no virtue, but only sins to offer to God; He will then take the burden of sin from your back.

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)

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 in our St. Paul's parish family

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)**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)

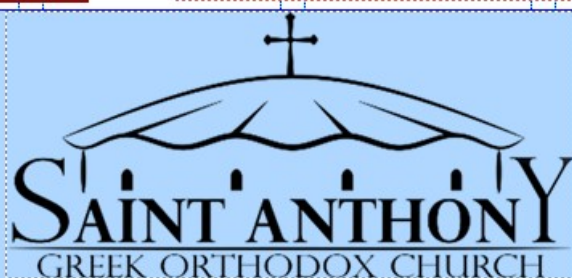
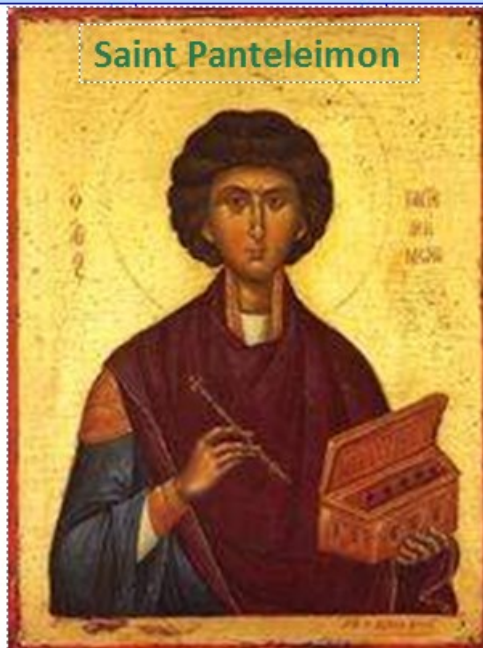
The Voice of Saint Anthony

JULY 2020

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Deadline for
August Newsletter is
Saturday, 25 July
Please send to:
frchris@saint-anthonys.org OR
newsletter_church@aol.com



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626.449.6943

FEASTS & SAINTS OF THE MONTH

Dormition Fast

1 August—14 August

The commemoration of the Dormition of the Theotokos and the preparation for the Feast begin on August 1 with a period of fasting. A strict fast is followed on most of the days (no meat, dairy, oil, or wine), with the exceptions of fish on the Feast of the Transfiguration (August 6) and the day of the Dormition. Oil and Wine are allowed on Saturdays and Sundays.

On the weekdays before the Feast, Paraklesis services are held in most parishes. These consist of the Great Paraklesis and the Small Paraklesis, both services of supplication and prayer for the intercessions of the Theotokos.

Transfiguration of our Lord and Savior Jesus Christ

6 August

Our Lord had spoken to His disciples many times not only concerning His Passion, Cross, and Death, but also concerning the coming persecutions and afflictions that they themselves would endure. Since all these evils were near at hand, but the enjoyment of good things which they hoped to receive in their stead was yet to come, our Savior desired to give them full assurance, evidently and openly, concerning that glory which is prepared for those who endure to the end. Therefore, fulfilling that which He had promised shortly before, that *"there be some standing here which shall not taste of death, till they see the Son of man coming in His Kingdom"* (Matthew 16:28), He took His three foremost disciples and ascended Mount Tabor, where He was transfigured before them. His face shone like the sun, and His clothes became white as the light. Suddenly, together with this dread and marvelous effulgence of light, there appeared those pinnacles of the Prophets, Moses and Elias, who spoke with the Lord Jesus concerning His saving Passion which was about to take place. Standing before Him as reverent servants, they showed that He is the Lord of both the living and the dead, for Moses came forth from Hades, having died many centuries before, and Elias, as it were from heaven, whither he had been taken up while yet alive. After a little while a radiant cloud overshadowed them and out of the cloud they heard that same voice which had been heard at the Jordan at the Baptism of Christ, testifying to the Divinity of Jesus and saying: *"This is My beloved Son, in Whom I am well-pleased; hear ye Him"* (Matthew 17: 5).



Such are the marvels, truly worthy of God, celebrated in this present feast, which is an image and prefiguring of the future state of the righteous, whose splendor the Lord spoke of, saying: *"Then shall the righteous shine forth as the sun"* (Matt. 13:43). According to tradition, the Lord's Transfiguration came to pass forty days before His Crucifixion; this is why the Transfiguration is celebrated forty days before the Exaltation of the Cross.

FEASTS & SAINTS OF THE MONTH (CONTINUED)

The Dormition of our Most Holy Lady the Theotokos and Ever Virgin Mary

15 August

Concerning the Dormition of the Theotokos, this is what the Church has received from ancient times from the tradition of the Fathers. When the time drew nigh that our Savior was well-pleased to take His Mother to Himself, He declared unto her through an Angel that three days hence, He would translate her from this temporal life to eternity and bliss. On hearing this, she went up with haste to the Mount of Olives, where she prayed continuously. Giving thanks to God, she returned to her house and prepared whatever was necessary for her burial. While these things were taking place, clouds caught up the Apostles from the ends of the earth, where each one happened to be preaching, and brought them at once to the house of the Mother of God, who informed them of the cause of their sudden gathering. As a mother, she consoled them in their affliction as was meet, and then raised her hands to Heaven and prayed for the peace of the world. She blessed the Apostles, and, reclining upon her bed with seemliness, gave up her all-holy spirit into the hands of her Son and God.

With reverence and many lights, and chanting burial hymns, the Apostles took up that God-receiving body and brought it to the sepulcher, while the Angels from Heaven chanted with them, and sent forth her who is higher than the Cherubim. But one Jew, moved by malice, audaciously stretched forth his hand upon the bed and immediately received from divine judgment the wages of his audacity. Those daring hands were severed by an invisible blow. But when he repented and asked forgiveness, his hands were restored. When they had reached the place called Gethsemane, they buried there with honor the all-immaculate body of the Theotokos, which was the source of Life. But on the third day after the burial, when they were eating together, and raised up the artos (bread) in Jesus' Name, as was their custom, the Theotokos appeared in the air, saying "Rejoice" to them. From this they learned concerning the bodily translation of the Theotokos into the Heavens.



Saint Phanourios

27 August

Little is known of the holy Martyr Phanourios, except that which is depicted concerning his martyrdom on his holy icon, which was discovered in the year 1500 among the ruins of an ancient church on Rhodes, when the Moslems ruled there. Thus he is called "the Newly Revealed." The faithful pray to Saint Phanourios especially to help them recover things that have been lost, and because he has answered their prayers so often, the custom has arisen of baking a Phaneropita ("Phanourios-Cake") as a thanks-offering.



FEASTS & SAINTS OF THE MONTH (CONTINUED)

Beheading of John the Baptist

29 August

The divine Baptist, the Prophet born of a Prophet, the seal of all the Prophets and beginning of the Apostles, the mediator between the Old and New Covenants, the voice of one crying in the wilderness, the God-sent Messenger of the incarnate Messiah, the forerunner of Christ's coming into the world (Esaia 40: 3; Mal. 3: 1); who by many miracles was both conceived and born; who was filled with the Holy Spirit while yet in his mother's womb; who came forth like another Elias the Zealot, whose life in the wilderness and divine zeal for God's Law he imitated: this divine Prophet, after he had preached the baptism of repentance according to God's command; had taught men of low rank and high how they must order their lives; had admonished those whom he baptized and had filled them with the fear of God, teaching them that no one is able to escape the wrath to come if he does not do works worthy of repentance; had, through such preaching, prepared their hearts to receive the evangelical teachings of the Savior; and finally, after he had pointed out to the people the very Savior, and said, "*Behold the Lamb of God, Which taketh away the sin of the world*" (Luke 3:2-18; John 1: 29-36), after all this, John sealed with his own blood the truth of his words and was made a sacred victim for the divine Law at the hands of a transgressor.



This was Herod Antipas, the Tetrarch of Galilee, the son of Herod the Great. This man had a lawful wife, the daughter of Arethas (or Aretas), the King of Arabia (that is, Arabia Petraea, which had the famous Nabatean stone city of Petra as its capital. This is the Aretas mentioned by Saint Paul in II Cor. 11:32). Without any cause, and against every commandment of the Law, he put her away and took to himself Herodias, the wife of his brother Philip, to whom Herodias had borne a daughter, Salome. He would not desist from this unlawful union even when John, the preacher of repentance, the bold and austere accuser of the lawless, censured him and told him, "*It is not lawful for thee to have thy brother's wife*" (Mark 6: 18). Thus Herod, besides his other unholy acts, added yet this, that he apprehended John and shut him in prison; and perhaps he would have killed him straightway, had he not feared the people, who had extreme reverence for John. Certainly, in the beginning, he himself had great reverence for this just and holy man. But finally, being pierced with the sting of a mad lust for the woman Herodias, he laid his defiled hands on the teacher of purity on the very day he was celebrating his birthday. When Salome, Herodias' daughter, had danced in order to please him and those who were supping with him, he promised her -- with an oath more foolish than any foolishness -- that he would give her anything she asked, even unto the half of his kingdom. And she, consulting with her mother, straightway asked for the head of John the Baptist in a charger. Hence this transgressor of the Law, preferring his lawless oath above the precepts of the Law, fulfilled this godless promise and filled his loathsome banquet with the blood of the Prophet. So it was that the all-venerable head, revered by the Angels, was given as a prize for an abominable dance, and became the plaything of the dissolute daughter of a debauched mother. As for the body of the divine Baptist, it was taken up by his disciples and placed in a tomb (Mark 6: 21 - 29).

Orthodox Calendar

AUGUST 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						 1
 2 8th Sunday Matthew 8:45am Orthros 10am Divine Liturgy Live-stream only	 3 6pm Small Paraklesis Live-stream only	 4 7:30 AHEPA mtg St Anthony Parish center	 5 6pm Great Vespers Live-stream only 7pm Union Station	 6 Transfiguration of our Lord 9am Orthros 10am Divine Liturgy Live-stream only 7pm Choir Rehearsal	 7 6pm Small Paraklesis	 8
 9 9th Sunday Matthew 8:45am Orthros 10am Divine Liturgy Live-stream only	 10 6pm Small Paraklesis	 11 10am VIPs Zoom 7pm Parish Council Zoom mtg	 12 6pm Small Paraklesis 7:15pm Philoptochos Board Mtg via Zoom	 13 7pm Choir Rehearsal	 14 7pm Great Vespers Livestreamed from Assumption, Long Beach	15 Dormition of the Holy Theotokos 9am Orthros 10am Divine Liturgy Live-stream only
16 10th Sunday Matthew 8:45am Orthros 10am Divine Liturgy Live-stream only	17	18	 19	20 7pm Choir Rehearsal	 21	22
23 11th Sunday Matthew 8:45am Orthros 10am Divine Liturgy Live-stream only	24	25	 26 7pm Philoptochos General Mtg via Zoom	27 Saint Phanourios 9am Orthros 10am Divine Liturgy Live-stream only 7pm Choir Rehearsal	 28	 29 Beheading of Saint John the Baptist 9am Orthros 10am Divine Liturgy Live-stream only
30 12th Sunday Matthew 8:45am Orthros 10am Divine Liturgy Live-stream only	31	Strict Fast 	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free

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August 2020


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8 ST PAISIOS OF MOUNT ATHOS TIPS FOR THE CONTEMPORARY MAN

- 1 Completely have trust in God
- 2 Simplify your life to avoid anxiety
- 3 In every test, say: Thank you, my God,
because this was needed for my salvation
- 4 Acquire humility and prayer will
come naturally
- 5 Seek for peace in prayer,
not spiritual pleasure
- 6 Forget the good deeds you do,
remember the good done to you
- 7 Keep your mind near God
- 8 Read the Fathers, even one
or two lines a day

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