

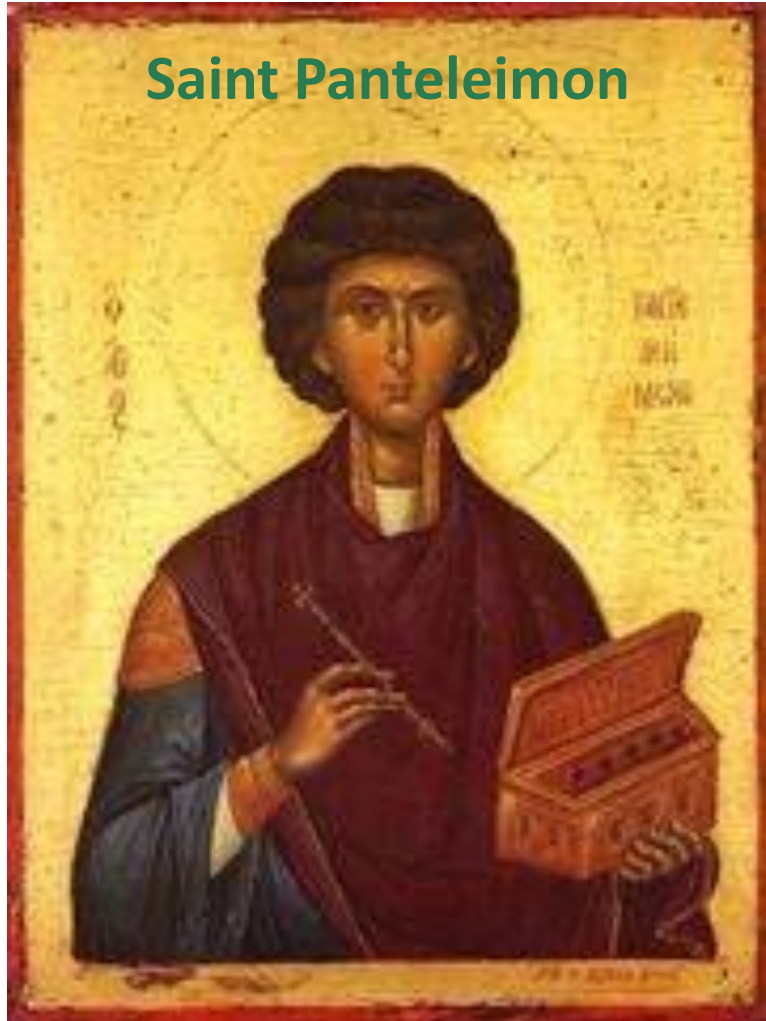
The Voice of Saint Anthony

JULY 2020

INSIDE THIS ISSUE

Priest's Message	2
Stewardship	4
Parish Council News	5
Choir News	6
Church School	7
Youth/Young Adult News	9
Philoptohos News	10
VIPs	15
Ministries	16
Community News	18
Saints of the Month	31
Orthodox Calendar	35

Saint Panteleimon



***Deadline for
August Newsletter is
Saturday, 25 July***

***Please send to:
frchris@saint-anthonys.org OR
newsletter_church@aol.com***



Reverend Father Peter Stratos, Pastor

Reverend Father Christopher Retelas, Associate Pastor

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PRIEST'S MESSAGE**Orthodoxy is Paradox!**

"More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us." (Romans 5:3-5)

These words from St. Paul, which we read on the **3rd Sunday of Matthew**, are somewhat difficult to swallow. Indeed, we don't need to look far to see suffering in this world. This issue of suffering is the ever persistent and uninvited guest that always finds its way into our lives, into our homes, and into our families. While we pray that God will alleviate our suffering, we also know that we live in a fallen world, and suffering is part of this broken reality. Yet, here St. Paul says that we *rejoice in our sufferings*. How is that possible?

Our beautiful Orthodox theology is persistent in the truth of *paradox*, and indeed rejoicing in suffering can seem very paradoxical. Yet, in the life of our Lord and Savior Jesus Christ, He shows us many paradoxical truths:

To really **fill** our hearts, we must first **empty** ourselves.

To **live**, we must **die** first.

To be **free**, we must be **obedient**.

To be **truly rich**, we must be **poor**.

To be a **leader**, we must first be a **slave**.

To be **exalted**, we must be **humble**.

To be **saved and liberated**, we must be **servants**.

Indeed, Orthodoxy is paradox, and this makes it even more clear how St. Paul can say that we rejoice in our sufferings. This is greatly evident through the many examples of the Saints we celebrate in the month of July, such as: Kyriaki the Martyr (July 7), Euphemia the Great Martyr (July 11), the Holy Great Martyr Marina (July 17), the Prophet Elijah (July 20), Mary Magdalene, the Holy Myrrh-bearer and Equal to the Apostles (July 22), and Panteleimon the Great Martyr & Healer (July 27). These Saints, and countless others, suffered at the hands of this broken world, yet were ever rejoicing in the Glory of God, and continue to rejoice amidst all the Holy Ones in the Heavenly Kingdom.

May we be blessed with their intercessions and prayers!

With love in Christ,
Fr. Chris



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

274 PLEDGES TOTALING: ***\$442,232***

COLLECTED AS OF 6/30/2020: ***\$356,170***

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

CURRENT AVERAGE PLEDGE: ***\$1,614***

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>	<i>\$0 - \$499</i>	<i>72</i>	<i>26%</i>
<i>Friend</i>	<i>\$500 - \$999</i>	<i>58</i>	<i>21%</i>
<i>Supporter</i>	<i>\$1,000 - \$1,999</i>	<i>68</i>	<i>25%</i>
Faithful	\$2,000 - \$3,999	48	18%
Disciple	\$4,000 - \$6,999	20	7%
Guardian	\$7,000 - \$9,999	3	1%
Angel	\$10,000 - \$14,999	3	1%
Archangel	\$15,000 and up	2	1%
TOTAL ANNUAL PLEDGES		274	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, 72% OF OUR STEWARDS ARE UNDER THAT GOAL

PARISH COUNCIL NEWS

No report this month

**If you wish to attend Liturgy in church during the month of
July, please call Stephanie Lubian for a reservation.**

714.313.9027

**In order to comply with State and Metropolis regulations, all
attendees must have a reservation.**

NEWS FROM THE LOFT

Staying Out of the Loft and Staying Safe..

The end of June typically marks the end of the choir's season prior to going on summer hiatus for the months of July and August. Because of the corona-virus pandemic, our season was unavoidably cut short; and for that, we are truly sorry and filled with sadness.

With the loosening of restrictions, it is indeed wonderful that our parishioners are now able to attend communal worship services again, provided that all of the steps necessary to insure everyone's safety are followed.

Unfortunately, because vocalizing and standing in close proximity to one another makes singing in the choir an extremely high risk activity, it is not likely that the choir will be participating in divine services anytime soon.

Our choir members want to again express our sincere thanks and deep appreciation to Patrick and Katerina Lynch for all they have done from the chanter stand to maintain the liturgical dialogues set by Fathers Peter and Christopher. We pray that our Lord and Savior Jesus Christ will continue to keep them and their son Isaiah safe and healthy.

As the Fourth of July holiday approaches and we all have plans to venture out of our homes to pursue vacation activities, we hope that everyone in our beloved Saint Anthony community will stay healthy and make good common sense decisions for their own safety and well-being.

CHURCH SCHOOL NEWS

*Jesus called the **children** to him and said, "Let the little **children** come to me, and do not hinder them, for the kingdom of God belongs to such as these. Luke 18:15-17*

Pre K and TK Class-Room 1A

On March 8, 2020 we said, "See you next Sunday". We looked around to make sure everything was put away. As we locked the door Ms. Nikolitsa, Ms. Aliko and I said "See you next Sunday," never realizing this Sunday would be our last class meeting.

On March 12 the Corona virus, a virus that is passed from person to person, was exposed to the world and a "Stay at Home" order was imposed around the globe. Schools, stores, and restaurants closed and everyone was ordered to remain in their homes. We were allowed to grocery shop or order online. We heard many times to wash hands, keep hands away from face, keep six feet apart and wear a mask. This all happened so abruptly we were unable to acknowledge your hard work, and super attendance record.

We remember all of you with great fondness.

Alex A.	Loved to share his reading skills and kindness
Venetia	A good listener and ready to help
Alex A.	A sly smile and wondered what he was up to
Matthew	Ready to participate in all activities, his shirt was always tucked, but somehow it didn't stay that way.
Niko	Followed directions and listened carefully to the lessons.
Mihai	Kept everyone on their toes and loved reading the word cards.
Alyssa	Showed great interest in the stories and activities
Lazaros	Always in full speed, recited the Trisagion prayer without prompts
Michael	Full of energy, loved writing his name and an excellent helper.
Simi	Happy and eager to help others to complete their work

Collectively, this group bonded, cared for each other, were happy and loved learning about their church.

Abounding in **love** and faithfulness,

Ms. Nikolitsa, Ms. Aliko and Mrs. Albeck

CHURCH SCHOOL NEWS (CONTINUED)



YOUTH & YOUNG ADULT NEWS

GOYANS ON ZOOM

To finish our weekly Friday GOYA meetings, we had the special opportunity to have His Eminence Metropolitan Gerasimos on our Zoom call at the end of June! His Eminence was so happy to talk with the GOYAns. He answered some of their questions, and offered his blessings and prayers for their future.



PHILOPTOCHOS NEWS

As we continue to shelter in place, Philoptochos continues to reach out to the community remotely and philanthropically. June is the month we honor our high school senior scholarship recipients and their families at our end of the year dinner.

This year our recipients are:

Nicholas Antsos

Kleanthi Mowrey

Alexia Saigh

Kostantinos Tsigkounis

Melina Zoumas

We regret that we were unable to honor them with a dinner. They are an amazing group of young adults, and we wish them all the best!

Irene Albeck has been in contact with Union Station in regards to hopefully resuming food preparation in July. Donations of heavy duty plates, napkins, paper towels or store bought cookies are welcomed. Please contact **Irene 626.792.8122** to make arrangements for items to be picked up.

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

On a national level, our Panagia Board was pleased to nominate our devoted sister **Athena Dallas for the Agape Award** to be announced at the virtual Clergy/Laity Conference being held later this summer. The Agape Award was established in 2008 to honor and recognize nine outstanding women from across the Archdiocese who embody the true spirit of philanthopia. Athena has been a member of our chapter for over 40 years and has inspired, contributed to, and positively impacted the lives of multiple generations of our church and local community. She continues to be a role model for all of us!

The Board will continue to hold Zoom meetings during the summer. Philoptochos is here to help in any way we can during these challenging times. If you or someone you know needs assistance of any kind, please contact our president, **Maria Kypreos, at 626-272-2720**. Philoptochos continues to receive donations to assist the Mitis family. If you would like to donate, please address your check to St. Anthony Philoptochos. Our prayers are with Thanos and his family.

PHILOPTOCHOS NEWS (CONTINUED)



*Philoptochos of Saint Anthony, Panagia Chapter
recognizes the following high school 2020 graduates scholarship recipients*

Nicholas Antsos

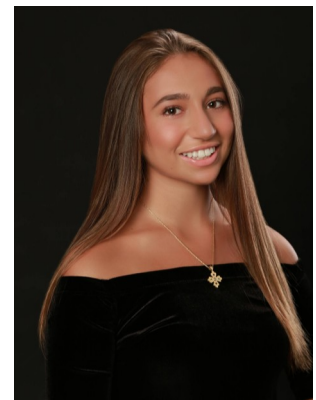
Kleanthi Mowrey

Alexia Saigh

Konstandinos Tsigkouis

Melina Zoumas

Nicholas Antsos not pictured



PHILOPTOCHOS NEWS (CONTINUED)

*2021 Philoptochos of Saint Anthony Scholarship Award,
Panagia Chapter will celebrate 20 years.*

Please take time to answer the following questions. Saint Anthony Philoptochos takes great pride offering high school graduates an opportunity to apply for a scholarship.

Name: _____

CAREER UPDATE

1. What have you been doing since high school graduation?
2. What college/s have you attended?
3. What was your major/s?
4. What degree/s did you receive?
5. List honors or recognitions you have received.
6. How long have you been in your current position?
7. What are your memberships and associations?
8. What did you want to be in high school, and are you now doing it?

FAMILY UPDATE

1. Where do you currently live?
2. What is your marital status? If married, what is your wife's maiden name?
3. Do you have children? Please list first name and ages.
4. Do you attend a Greek Orthodox church?
5. What is the name of the church and where is it located?
6. Are you a steward of the church you attend?
7. Are you involved in activities of the church?

Optional:

1. What were your experiences when you attended Saint Anthony Church?
2. List if applicable, an incident most memorable you would like to share.
3. Are there any changes or improvements you would like to suggest?
4. Would you be willing to mentor a current student interested in your field of expertise?

Please email /text response to: Irene Albeck at mcmg2a@aol.com

PHILOPTOCHOS NEWS (CONTINUED)



Philoptochos Society of Saint Anthony Greek Orthodox Church, Pasadena, California Panagia Chapter Scholarship Recipients



2001 Michael Demopulos	2011 Nicholas Mobayen	2016 Christos Vagenas
2002 Demetre Kokoris	Leftheri Christodoulelis	2017 Sara Ann Arviso
Ana Marie Efstathiou	2012 George Dupas	Alexander Soewers
Georgia Keffalinos	Harrison Nichols	2018 Amalia Christodoulelis
Daniel Fine	Zoe Demos	Sophia Pappas
Tina Fine	2013 Hristos Gianannoulis	Demetrios Trigonis
2003	Jack Grover	George Gallagher
2004 George Tsianos	Christina Karatzas	Julianna Tetreault
John Rigas	Rebecca Bowers	John Paul Caire
2005	2014 Peter Stratos	Ariana Saigh
2006	Nikolitsa Vagenas	Alexandra Patzakis
2007 John Paziouros	Niko Balas	2019 Isabella Pollalis
Kalliope Kefalas	Dennis Grover	Theodora Trigonis
2008 Patricia Paziouros	Katerina Dupas	Eleni Wojcik
Eleni Christodoulelis	Alex Christodoulelis	2020 Nicholas Antsos
2009 Thomas Drulias	2015 William Fuerst (Billy)	Kleanthi Mowrey
Charles Tsouvalas	Billy Scolinos	Alexia Saigh
Peter Kalivas	Kyriaki Tsigkounis	Kostandinos Tsigkounis
2010 Keith Becker	Christina Vagenas	Melina Zoumas
Nicolette Drulias	Andreas Rausch	
Nicholas Grover	2016 Maria Caire	
	Christina Dupas	
	Alexander Gallagher	
	Nico Pappas	

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 are continuing to honor our commitment of providing a complete meal each month for Union Station Adult Center. Currently some of the clients are sheltered in housing off site. We will prepare meals family style, deliver to 412 South Raymond Avenue, Pasadena. Union Station staff will plate at this location and distribute to those who are off site. Donation of heavy duty dinner plates and paper towels would help greatly.

Union Station Homeless Services housed more people than ever before during the past year, but our work is far from done. The homeless count reflects an 11% increase in homelessness in the San Gabriel Valley (including Pasadena), with 5,609 people this year experiencing homelessness versus 5,031 last year. *(excerpt from June 2020 Union Station newsletter).*

“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

Once again the VIPs participated in a ZOOM HAPPY HOUR on June 9th. In spite of extraordinary limitations on our normal daily routines caused by the COVID-19 pandemic, it seems that for the most part, we are all coping with good humor and grace.

*Our next VIP ZOOM HAPPY HOUR will be held at **2:00 p.m. on the FIRST Tuesday in the month of July**. We are looking forward to hearing the recent adventures of our VIPs. We continue to keep in touch via email and by "snail" mail with our members who do not have email.*

We hope that you are all staying safe and healthy. Remember to be KIND to one another!

God Bless. 

Helen Treantafelles
VIP President



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	Ilina 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

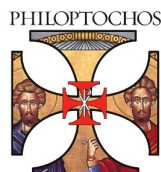
Presbytera Maria Mylonas

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**Saint Anthony's Re-opens for Liturgy**

On Sunday June 21st, after 3 months of Live-streaming, Liturgy was held in person in Trinity Ballroom. In compliance with the State and Local regulations and our own Metropolis regulations, parishioners were once again able to attend Divine Liturgy in person. Beginning in July, Liturgy will move from the parish hall, into our beloved church building.



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 Chrysogelos, 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)

V. Rev. Archimandrite John E. Constantine
Appointed as Chancellor for the Greek Orthodox Metropolis of San Francisco



The Greek Orthodox Metropolis of San Francisco is pleased to announce the appointment of the V. Rev. Archimandrite John E. Constantine as Chancellor as of June 1, 2020. Father John has been serving as priest in the Archdiocese for nearly 29 years, and in the Metropolis of San Francisco since 1998.

“Father John brings strong leadership abilities, a history of distinguished service as a clergyman, and strong administrative experience which will undoubtedly contribute to his success as Chancellor. He is a man of deep faith and commitment to his ministry, and he will bring new energy and direction to this important position,” stated His Eminence Metropolitan Gerasimos of San Francisco. “With a Metropolis as large and geographically diverse as ours, I am confident that Father John will be of tremendous support to our clergy and parishes, as well as to the continued growth and development of our ministries that serve our faithful.”

Father John was born in Richmond, Virginia to Ernest (of blessed memory) and Artemis Constantine. He and his family, including his sister, Frances Krushlenisky, and his brother Paul Constantine, were active stewards at Saints Constantine and Helen Greek Orthodox Cathedral in Richmond. Following his graduation from Thomas Jefferson High School, he enrolled at the University of Richmond, earning a Bachelor of Science degree in Biology (1979) and a Master of Science degree in Biology (1981). After working as the Operations Manager for an environmental consulting firm, he entered Holy Cross School of Theology in Brookline, Massachusetts in the fall of 1983 and received his Master of Divinity, with distinction, in 1987.

His first assignment after graduation from the Seminary was at Holy Trinity Greek Orthodox Cathedral in New Orleans where he served as the Lay Assistant for Youth Programs. While in New Orleans, he was accepted into the US Navy Chaplain Candidate Program and commissioned an Ensign in the US Naval Reserve on December 12, 1988. In 1989, he began his duties as an administrative assistant to His Excellency Metropolitan Silas of New Jersey at the Archdiocesan Headquarters in New York City. In June 1990 he began a series of Navy training assignments on board the USS LEXINGTON (AVT-16) in Pensacola, Florida; Marine Corps Base in Camp Pendleton, California; and the Naval Amphibious Base in Coronado, California.

COMMUNITY NEWS (CONTINUED)

In October 1991, he received the blessing of His Eminence Archbishop Iakovos to be ordained a celibate priest. On December 14, 1991 he was ordained to the Holy Diaconate at his home parish of Saints Constantine and Helen in Richmond, Virginia, and on December 15, 1991 he was ordained to the Holy Priesthood at Saint Elpis in Hopewell, Virginia by His Excellency Metropolitan Silas. Although ordained for service to the US Navy, Father John was obedient to the needs of the Church and was assigned to Saint George Greek Orthodox Church in Piscataway, New Jersey in February 1992. While serving at Saint George, Father John was appointed a regional Youth Commissioner for the Diocese of New Jersey. He also sat on the Spiritual Court for the New Jersey state region. He was conferred the offikion of Oikonomos on November 14, 1992. On July 23, 1995, His Excellency Metropolitan Silas elevated Father John to the ecclesiastical rank of Archimandrite prior to entering active service in the US Navy.

In August 1995, Lieutenant John E. Constantine, Chaplain Corps, United States Navy, reported for duty at the Naval Air Station, North Island in San Diego. He established a proactive flight line ministry to 14 helicopter squadrons, the Marine Corps Security Force Company, and various other units at North Island. He celebrated the Divine Liturgy at Greek Orthodox Chapel of the Holy Cross on board US Marine Corps Recruit Depot, San Diego.

While in San Diego, Father John assisted the parish of Saint Spyridon Greek Orthodox Church whenever available. In October 1998 following his active duty tour, he was assigned to Saint John the Baptist Greek Orthodox Church in Anaheim, California as Associate Priest by His Eminence Metropolitan Anthony of San Francisco.

Father John was appointed Proistamenos of Saint George Greek Orthodox Church in Downey, California effective June 1, 2001. He arrived as the footings of the new Church building were literally being poured and has shepherded the congregation through the interior beautification of the Church to its sacred consecration in April 2010. Under his leadership for the past 19 years, the parish has been visible and active among the Greek Orthodox parishes in southern California. In 2002, His Eminence Metropolitan Anthony appointed Father John as Vicar (Archieratikos Epitropos) of southern California, thereby becoming his representative in this region and responsible for the area Spiritual Court. He was confirmed to continue in that role by His Eminence Metropolitan Gerasimos upon his enthronement in 2005.

In response to decisions of the President of the United States, Lieutenant Commander John Constantine, CHC, United States Navy, was recalled to active duty from January 2003 through October 2003. On January 1, 2010, LCDR John E. Constantine, CHC, USN retired after 21 years of Naval Reserve service. His medals and decorations include: Navy and Marine Corps Commendation Medal, Navy and Marine Corps Achievement Medal (with gold star), Meritorious Unit Commendation, National Defense Service Medal (with bronze star), Armed Services Reserve Medal (with Bronze 'M'), Global War on Terror (GWOT) Service Medal.

His Eminence Metropolitan Gerasimos appointed Father John as Chairman of the Metropolis Folk Dance Festival in 2007 and Co-Chairman in FDF 2008, offering his clarity and leadership as these were periods of transition for this important and vital ministry of the Metropolis.

From November 9 to December 8, 2010, Father John was invited to the Patriarchate of Constantinople as the first participant in a long-awaited program in which the Archimandrites of the Archdiocese were to spend a month at the Patriarchate as guests of His All-Holiness in order to become well acquainted with the institutions, and persons within the Patriarchate. This honor was even more special as Father John was asked to celebrate the Divine Liturgy at the Patriarchal Cathedral of Saint George and the Holy Trinity Chapel of the Halki Theological School.

COMMUNITY NEWS (CONTINUED)

He was elected a member of the Metropolis Council for the Metropolis of San Francisco in 2012, and still actively serves on the Council. He is also chairman of the Bylaws Committee, providing guidance to parishes in the Metropolis to ensure conformity with the Uniform Parish Regulations of the Archdiocese.

In August 2016, while visiting the Ecumenical Patriarchate with His Eminence Metropolitan Gerasimos, Father John was, by Patriarchal Letter, elevated to dignity of Archimandrite of the Ecumenical Throne.

On June 1, 2020, His Eminence Metropolitan Gerasimos appointed Father John as Chancellor of the Metropolis of San Francisco.

"I am deeply humbled and honored to be entrusted with the Office of Chancellor and I am grateful to His Eminence Metropolitan Gerasimos for his confidence in me and for this new opportunity to serve the Metropolis. While I shall miss the regular interaction with my parish, I know that this new role will also bring great fulfillment in my ministry," stated Archimandrite John Constantine. "I look forward to engaging with the administrative operations and various ministries of the Metropolis so that we can continue to provide support and innovative ministries to our communities and to our faithful and to become examples of faith in all that we do."

Father John holds US Navy Keel "C" Certification for sailing 27 foot sailboats and is a certified scuba diver having qualified as a PADI (Professional Association of Diving Instructors) Dive-master. He has accumulated over 300 dives in such locales as San Diego Coast, Catalina Island, Hawaii, Sea of Cortez in Baja California, Cozumel Mexico, French Polynesia, Tahiti, Honduras, Belize, Costa Rica, Florida Coast, Florida Keys, North Carolina and the Bahamas. He is also a great fan of the Los Angeles Kings hockey team.

Axios !

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)**In Memoriam**

Our Philoptochos Panagia Chapter has lost two dear sisters.

Terese Chiames Caire fell asleep with the Lord on April 28th after a courageous battle with CoViD-19. While she left us much too soon, her family and friends will eternally cherish her spirit of love, joy and faith.

Terese grew up in Fresno and was an active member of St. George Greek Orthodox Church. At St. George she taught Sunday school, was a national officer for the Maids of Athena, and was one of the first participants at FDF.

After marrying her husband John, also from Fresno, they moved to Southern California in 1992, and had two loving children, Maria and John Paul. Terese and her family became active members of St. Anthony. She served on several Philoptochos committees and on the Board for the past several years. Terese served her greater community as a beloved elementary school teacher in La Canada for 27 years.

COMMUNITY NEWS (CONTINUED)

Our dear sister **Katherine Skandale** passed away peacefully at home on June 13th with her two loving daughters Liz and Helen at her side. Katherine will be remembered for her beautiful smile and all the people she touched with her thoughtful and kind gestures.

Katherine grew up in Stockton and was active in the Greek communities in Stockton and Tracy until she moved with her husband George to Southern California in 1959. The first lived in Inglewood and then moved to La Canada in 1966.

Katherine was a member of St. Anthony Philoptochos for over 50 years. She was president for three terms and was the Christmas Benefit luncheon chairwoman twice. She served on the Board and numerous committees for half a century! Besides Philoptochos, Katherine was also a Sunday school teacher and started the VIP group. She was a 50-year member of Daughters of Penelope and an active member of the Southern California Cretan Association.

May their memories be eternal.

COMMUNITY NEWS (CONTINUED)

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

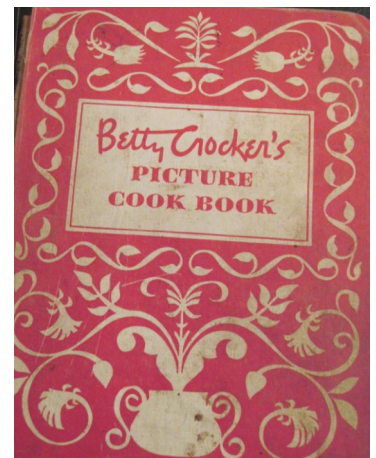
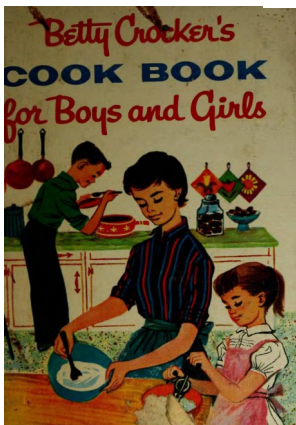
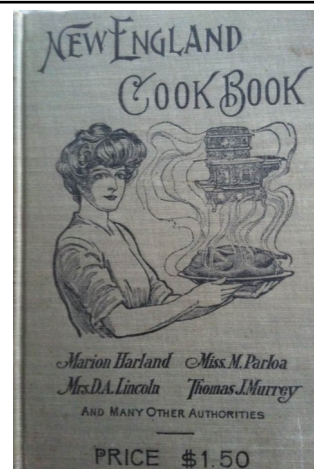
As so many of us have had to stay at home these past several months, it would be fun to share our favorite recipes (Greek or non-Greek) with our church community.

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)

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 !!



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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)

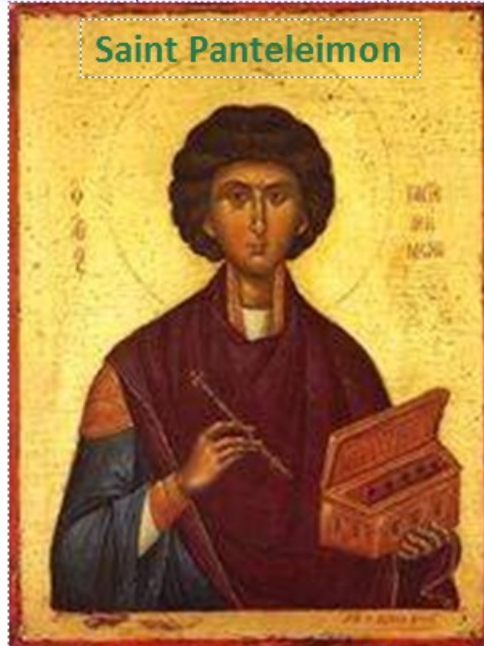
The Voice of Saint Anthony

JULY 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
Philoptotos News	18
VIPs	19
Ministries	20
Community News	22
Saints of the Month	41
Orthodox Calendar	47

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



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If you would like the monthly newsletter mailed to your home each month, please contact the Church office.

626.449.6943

FEASTS & SAINTS OF THE MONTH

Cosmas & Damian, Unmercenaries

1 July

These Saints, who are different from those who are celebrated on the 1st of November, were from Rome. They were physicians, freely bestowing healing upon beasts and men, asking nothing from the healed other than that they confess and believe in Christ. They ended their life in martyrdom in the year 284, under the Emperors Carinus and Numerian .



Kyriaki the Great Martyr

7 July

Saint Kyriake was the daughter of Christian parents, Dorotheus and Eusebia. She was given her name because she was born on Sunday, the day of the Lord (in Greek, Kyriake). She contested in Nicomedia during the reign of Diocletian, in the year 300. After many bitter torments she was condemned to suffer beheading, but being granted time to pray first, she made her prayer and gave up her holy soul in peace.



Euphemia the Great Martyr

11 July

In 451, during the reign of the Sovereigns Marcian and Pulcheria, the Fourth Ecumenical Council was convoked in Chalcedon against Eutyches and those of like mind with him. After much debate, the Fathers who were the defenders of Orthodoxy, being 630 in number, agreed among themselves and with those who were of contrary mind, to write their respective definitions of faith in separate books, and to ask God to confirm the truth in this matter. When they had prepared these texts, they placed the two tomes in the case that held Saint Euphemia's relics, sealed it, and departed. After three days of night-long supplications, they opened the reliquary in the presence of the Emperor, and found the tome of the heretics under the feet of the Martyr, and that of the Orthodox in her right hand.



FEASTS & SAINTS OF THE MONTH (CONTINUED)

Marina Holy & Great Martyr

17 July

This Martyr lived during the reign of Claudius II (268-270). She was from Pisidia of Cilicia and was the only daughter of a certain priest of the idols. On being orphaned by her mother, she was handed over to a certain woman who instructed her in the Faith of Christ. When she was fifteen years old, she was apprehended by the ruler of Olmbrus, and when asked her name, homeland, and faith, she answered: "My name is Marina; I am the offspring of the Pisidia; I call upon the Name of my Lord Jesus Christ." Because of this she endured bonds, imprisonment, and many whippings, and was finally beheaded in the year 270. Saint Marina is especially invoked for deliverance from demonic possession.



Glorious Prophet Elias (Elijah)

20 July

Elias of great fame was from Thisbe or Thesbe, a town of Galaad (Gilead), beyond the Jordan. He was of priestly lineage, a man of a solitary and ascetical character, clothed in a mantle of sheep skin, and girded about his loins with a leathern belt. His name is interpreted as "Yah is my God." His zeal for the glory of God was compared to fire, and his speech for teaching and rebuke was likened unto a burning lamp. From this too he received the name Zealot. Therefore, set aflame with such zeal, he sternly reprov'd the impiety and lawlessness of Ahab and his wife Jezebel. He shut up heaven by means of prayer, and it did not rain for three years and six months. Ravens brought him food for his need when, at God's command, he was hiding by the torrent of Horath. He multiplied the little flour and oil of the poor widow of Sarephtha of Sidon, who had given him hospitality in her home, and when her son died, he raised him up. He brought down fire from Heaven upon Mount Carmel, and it burned up the sacrifice offered to God before all the people of Israel, that they might know the truth. At the torrent of Kisson, he slew 450 false prophets and priests who worshipped idols and led the people astray. He received food wondrously at the hand of an Angel, and being strengthened by this food he walked for forty days and forty nights. He beheld God on Mount Horeb, as far as this is possible for human nature. He foretold the destruction of the house of Ahab, and the death of his son Ohozias; and as for the two captains of fifty that were sent by the king, he burned them for their punishment, bringing fire down from Heaven. He divided the flow of the Jordan, and he and his disciple Elisseus passed through as it were on dry land; and finally, while speaking with him, Elias was suddenly snatched away by a fiery chariot in the year 895 B.C., and he ascended as though into heaven, whither God most certainly translated him alive, as He did Enoch (Gen. 5:24; IV Kings 2: 11). But from thence also, after seven years, by means of an epistle he reproached Joram, the son of Josaphat, as it is written: "And there came a message in writing to him from Elias the Prophet, saying, Thus saith the Lord God of David thy father, Because thou hast not walked in the way," and so forth (II Chron. 21:12). According to the opinion of the majority of the interpreters, this came to pass either through his disciple Elisseus, or through another Prophet when Elias appeared to them, even as he appeared on Mount Tabor to the disciples of Christ (see Aug. 6).

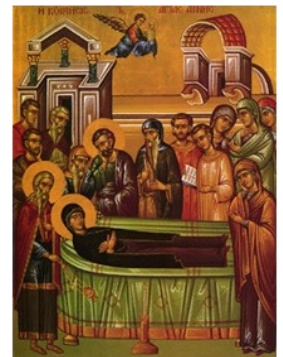


FEASTS & SAINTS OF THE MONTH (CONTINUED)**Mary Magdalene, the Holy Myrrh Bearer and Equal to the Apostles****22 July**

Saint Mary was from Magdala in Galilee on the Sea of Tiberias, and for this was named Magdalene. When the Lord Jesus cast out seven demons from her, from which she had been suffering, she became His faithful and inseparable disciple, following Him and ministering unto Him even to the time of His crucifixion and burial. Then, returning to Jerusalem together with the rest of the Myrrh-bearers, she prepared the fragrant spices for anointing the body of the Lord. And on the Lord's day they came very early to the tomb, even before the Angels appeared declaring the Resurrection of the Lord. When Mary Magdalene saw the stone taken away from the tomb, she ran and proclaimed it to Peter and John. And returning immediately to the tomb and weeping outside, she was deemed worthy to be the first of the Myrrh-bearers to behold the Lord arisen from the dead, and when she fell at His feet, she heard Him say, "Touch Me not." After the Lord's Ascension, nothing certain is known concerning her. Some accounts say that she went to Rome and later returned to Jerusalem, and from there proceeded to Ephesus, where she ended her life, preaching Christ. Although it is sometimes said that Saint Mary Magdalene was the "sinful woman" of the Gospel, this is nowhere stated in the tradition of the Church, in the sacred hymnology, or in the Holy Gospels themselves, which say only that our Lord cast seven demons out of her, not that she was a fallen woman. "Madeleine" is a form of Magdalene.

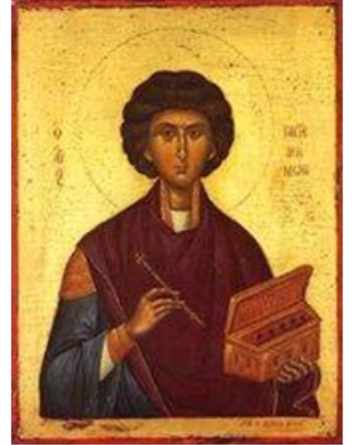
**Dormition of Saint Anna, mother of Theotokos****25 July**

According to tradition, Anna, the ancestor of God, lived for sixty-nine years, and her spouse Joachim, for eighty; according to one account, Saint Joachim died two years before Saint Anna. The Theotokos had been orphaned of both her parents already when she was eleven years of age, when she was living in the Temple (see Sept. 8 and Nov. 21). Saint Anna is invoked for conceiving children, and for help in difficult childbirth.

















FEASTS & SAINTS OF THE MONTH (CONTINUED)**Panteleimon, Great Martyr and Healer****27 July**

This Saint, who had Nicomedia as his homeland, was the son of Eustorgius and Eubula. His father was an idolater, but his mother was a Christian from her ancestors. It was through her that he was instructed in piety, and still later, he was catechized in the Faith of Christ by Saint Hermolaus (see July 26) and baptized by him. Being proficient in the physician's vocation, he practiced it in a philanthropic manner, healing every illness more by the grace of Christ than by medicines. Thus, although his parents had named him Pantoleon ("in all things a lion"), because of the compassion he showed for the souls and bodies of all, he was worthily renamed Panteleimon, meaning "all-merciful." On one occasion, when he restored the sight of a certain blind man by calling on the Divine Name, he enlightened also the eyes of this man's soul to the knowledge of the truth. This also became the cause for the martyrdom of him who had been blind, since when he was asked by whom and in what manner his eyes had been opened, in imitation of that blind man of the Gospel he confessed with boldness both who the physician was and the manner of his healing. For this he was put to death immediately. Panteleimon was arrested also, and having endured many wounds, he was finally beheaded in the year 305, during the reign of Maximian. Saint Panteleimon is one of the Holy Unmercenaries, and is held in special honor among them, even as Saint George is among the Martyrs



Orthodox Calendar

JULY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			 1 Cosmas & Damian 7pm Union Station 7pm Studies in the Faith via Zoom	2	 3	4
5 4th Sunday Matthew 8:45am Orthros 10am Divine Liturgy Live-stream and by reservation	6	7 Kyriaki Martyr 11am Bible Study via Zoom 7:30 AHEPA mtg St Anthony Parish center	 8 7pm Studies in the Faith via Zoom 7:15pm Philoptochos Board Mtg via Zoom	9	 10	11 Euphemia Martyr
12 5th Sunday Matthew 8:45am Orthros 10am Divine Liturgy Live-stream and by reservation	13	14 10am VIPs Zoom 11am Bible Study via Zoom 7pm Parish Council Zoom mtg	 15 7pm Studies in the Faith via Zoom	16	 17 Marina Great and Holy Martyr	18
19 Sunday Holy Fathers 4th Ecum. Council 8:45am Orthros 10am Divine Liturgy Live-stream and by reservation	20 Glorious Prophet Elias (Elijah) 9am Orthros 10am Divine Liturgy Live-stream & by reservation	21 11am Bible Study via Zoom	 22 Mary Magdalene 7pm Philoptochos General mtg Zoom 7pm Studies in the Faith via Zoom	23	 24	25 Dormition of Saint Anna mother of the Theotokos
26 7th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Live-stream and by reservation	27 Panteleimon the Great Martyr and Healer 9am Orthros 10am Divine Liturgy Live-stream & by reservation	28 11am Bible Study via Zoom	 29	30	 31	
		Strict Fast 	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free

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OUR DEEDS."**

— ST. IGNATIUS OF ANTIOCH —

