

The Voice of Saint Anthony

April 2021

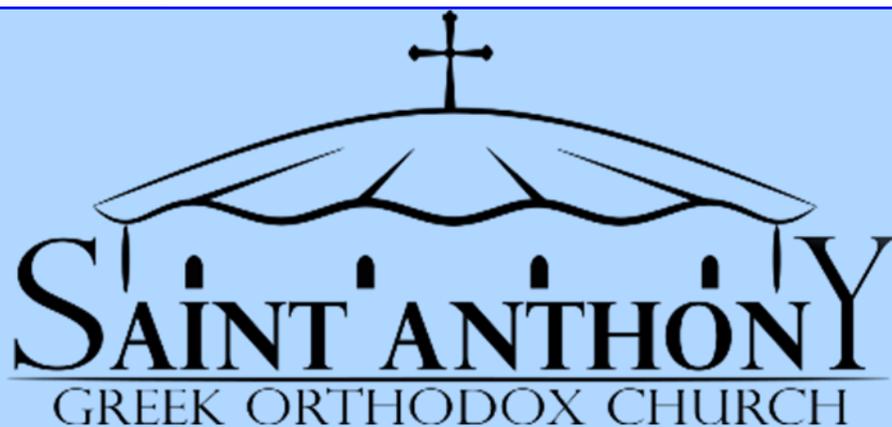
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Deadline for
May Newsletter is
Sunday, 25 April

Please send to:
newsletter_church@aol.com




SAINT ANTHONY
GREEK ORTHODOX CHURCH

Reverend Father Peter Stratos, Pastor

778 S. Rosemead Boulevard, Pasadena, CA 91107

(626) 449-6943 Office (626) 449-6974 FAX

www.saint-anthonys.org

PRIEST'S MESSAGE

Dear Lord,

We have promised to serve You to the end. Help us Lord, to understand the true meaning and spirit of "sacrifice" as we present our bodies, our minds, and our hearts for Your service. May Your Holy Cross always be our strength and inspiration.

Amen.

Dear Faithful,

Sunday April 4th we commemorate the **Adoration of the Holy Cross**. This special day marks the midpoint of Great Lent. It offers us a unique opportunity to pause and reflect. When our Lord carried His Cross to Golgotha, He paused at the midpoint of His excruciating climb, in order to regain His strength and refresh His spirit so that He could continue. We too, now, pause and think about how our Lenten journey is progressing. Are we disciplined with our prayer, fasting, study of scripture and almsgiving? If we have slipped, are we starting over with a renewed strength and trying to incorporate these disciplines again? As St John Chrysostom addresses us all in his Paschal message, even those who have arrived at the 11th hour are welcome. All are welcome, all are called by Christ, as we proceed towards Holy Week and the celebration of the Resurrection of our Lord God and Savior Jesus Christ.

Last year our Holy Week experience was only available to us via Livestream. It was a cross that we had never had to bear before. Due to the pandemic, and because we were in the early stages of the first wave of COVID-19, we were unable to gather for in-person services. We give thanks to God that this year we can attend church. Adhering to the proper health and safety protocols still in place, we must limit the number of those in attendance. Currently with requisite social distancing we can permit about 70 people inside the church. We are cognizant of the fact that if we exceed that number and lose our ability to distance people properly, then we may be putting people at risk. Each person's safety is our concern. We also do not want to turn anyone away from worshiping on the grounds of the church. With this in mind, we are considering seating parishioners outdoors with large television monitors and extra speakers, to accommodate the overflow, if we have reached capacity indoors. This will allow us to increase the number of parishioners who may attend and worship on the church grounds during Holy Week if they wish to.

On page 4 you will find the **Holy Week Schedule**. I would like to point out some changes with start times for services. For all evening services (Holy Sunday night through Holy Friday night) we will begin the services at 6 pm. This consistent start time will make it easier for us all to remember and to plan accordingly. This year's Holy Unction service will be Holy Wednesday at 3 pm. I will continue to anoint the faithful at the completion of the service until the beginning of the Bridegroom Service which will begin at 6 pm. If you prefer limited exposure, 4:30 to 5:30 (after the Holy Unction Service and before the Wednesday Evening Bridegroom Service) would be a good time to come.

PRIEST'S MESSAGE (continued)

We will do all we can to make sure everyone who wants the Sacrament of Holy Unction will receive the blessed oil this year. On Holy Thursday we will begin the Vespereal Liturgy of St Basil the Great at 9 am. Finally, our Easter Sunday Agape service will take place on Sunday at 12 pm (noon).

In addition to our in person services, we will also offer all our Holy Week services via Livestream. This is yet another way to stay connected with your Saint Anthony Pasadena family and to participate in the Holy Week prayers. It won't be perfect, but we will strive to make each person safe and uplifted through their worship of our Lord during Holy Week, either in church, outside the church on our grounds, or via Livestream.

Our struggles and challenges have been many this past year. But, Christ is always with us. Now at the midpoint of our Lenten journey, let us each reflect on Christ's words:

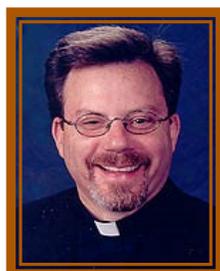
If anyone wants to come with Me, he must forget himself, carry his cross, and follow Me.
Mark 8:34

It is time for us all to take up our cross and follow Him.

Kali Anastasi.

With Paternal love,

Fr. Peter



PRIEST'S MESSAGE (continued)

LENTEN SERVICES:

Friday, April 2	Salutations to the Theotokos	6:00pm
Wednesday, April 7	Pre-Sanctified Liturgy	10:00am
Friday, April 9	Salutations to the Theotokos	6:00pm
Wednesday, April 14	Pre-Sanctified Liturgy	10:00am
Friday, April 16	Akathist Hymn	6:00pm
Wednesday, April 21	Pre-Sanctified Liturgy	10:00am

HOLY WEEK & EASTER/PASCHA SERVICES:

SATURDAY OF LAZARUS – April 24

Orthro	9:00 a.m.
Divine Liturgy	10:00 a.m.

PALM SUNDAY – April 25

Orthros	8:45 a.m.
Divine Liturgy	10:00 a.m.
Service of the Bridegroom.....	6:00 p.m.

HOLY MONDAY – April 26

Service of the Bridegroom.....	6:00 p.m.
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HOLY TUESDAY – April 27

Service of the Bridegroom (Hymn of Kassiani).....	6:00 p.m.
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HOLY WEDNESDAY – April 28

Sacrament of Holy Unction	3:00 p.m.
Service of the Bridegroom.....	6:00 p.m.

HOLY THURSDAY – April 29

Vespereal Liturgy of St. Basil	9:00 a.m.
Service of the Holy Passion (12 Gospels).....	6:00 p.m.

HOLY FRIDAY – April 30

Descent from the Cross.....	3:00 p.m.
Graveside Lamentations.....	6:00 p.m.

HOLY SATURDAY – May 1

Vespereal Liturgy of St. Basil	9:00 a.m.
Vigil for the Holy Resurrection.....	11:00 p.m.
<i>Come Receive the Light</i> - Resurrection Service & Divine Liturgy	11:45 p.m.

PASCHA/EASTER SUNDAY – May 2

Agape Vespers Service	12:00 Noon
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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 church parish 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 church parish 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 the strictest of confidence.



PRIEST'S MESSAGE (continued)

In-person liturgy is back !!

Please attend..

There are two ways to worship at Saint Anthony's:
In-person and Livestream

Orthros 8:45am Memorials 9:45am Liturgy 10am

Masks must be worn, and social distancing will be practiced for in-person participation.

To comply with CDC regulations, we must have a record of all who are attending on a given Sunday. Therefore, each person needs to make a reservation, so we have your contact information, in case we need to contact you.

If you decide to come at the last minute, please do so and we will take your information at time of check-in.

If you can make reservations online, please do so. If not, please call the church office (626.449.6943) or Stephanie Lubian (714.313.9027) so we can include you on the list.



STEWARDSHIP

ST. ANTHONY STEWARDSHIP UPDATE *as of March 30, 2021*

184 PLEDGES TOTALING: \$273,552

COLLECTED AS OF 03/29/2021: \$165,883

AVERAGE PLEDGE GOAL: \$2,000

CURRENT AVERAGE PLEDGE: \$1,487

Breakdown of Stewardship Pledges			
Stewardship Levels	Amount Pledge	# of Pledges	% of Pledges Breakdown
<i>Contributor</i>	< \$499	47	26%
<i>Friend</i>	\$500 - \$999	45	24%
<i>Supporter</i>	\$1,000 - \$1,999	43	23%
Faithful	\$2,000 - \$3,999	36	20%
Disciple	\$4,000 - \$6,999	07	04%
Guardian	\$7,000 - \$9,999	01	01%
Angel	\$10,000 - \$14,999	04	02%
Archangel	\$15,000 - >	01	1%
TOTAL ANNUAL PLEDGES		184	101%

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

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

STEWARDSHIP (continued)

Stewardship List as of March 29, 2021

Stratos, Fr. Peter/Pres. Aida	Floutsis, Penny & Ted
Akrotirianakis, Joseph N. & Sherese	Fuerst, Nicolette & Jay
Albeck, Irene	Gallagher, Eleni & Matthew
Albeck, Mark Gregory	Gallanis, Pete & Danica
Andros, Gus & Lorena	Ganis, Maria C.
Angelos, James & Sophia	Garbis, Spiros & Antigoni Manousopoulou
Angiuli, Joseph & Elizabeth	Gavalas, Cleola & George
Apostolos, Margo K.	Genkos, Mary
Argueta, Cris & Teresa V.	Goettling, Mimika & Eckhard C.
Arviso, Ange	Grafos, Thean
Aspiotes, Georgia	Grafos, Tom & Tania
Athans, Tesi & Craig Lareau	Grover, James & Maria
Athans, Tina & Dean P.	Halias, Joanne & John
Attalla, Philip "Ted" & Michelle Reagan	Haralambos, Aliko,
Balas, Argiro Julie & Dino	Haralambos, Anthony & Kathleen
Baliotis, Tina	Haralambos, Tom & Page
Balntas, Bill & Eleni	Horaites, George & Olympia
Becker, Connie & Brian L.	Horaites, James
Becronis, Christina	Hronas, Maria & James W.
Begakis, Nicholas & Bronwen	Hunter, Nicole
Bichai, Anthony & Anna	Ioannou, Christos & Eleni
Bissias, Peter	Johal, Demetra G.
Bjorknert, Jan & Vicky	Johnsen, Eleni
Blaszczak, Frank	Kades, Vicki & Louis
Blosiu, Julian O. & Catalina E.	Kalambakas, Vivian N.
Bonorris, Donna & Pete	Kalivas, Pota
Bozikis, Demetra	Kallas, Mark & Debra
Brown, Niki	Kamar, April
Bryant, Dan & Karen	Kaparos, Lily & Stefanos
Burkard Jr., Frank J. & Penelope	Karaioannoglou, Phaedon & Jeanne
Buzas, John & Pamela	Karamaras, Andriana
Buzas, Nicholas & Danielle	Karras, Maria
Chames, Anastasia.	Katsas, Alexandra K.
Christodoulelis, Jimmy & Tanya.	Kefalas, Evelyn & John
Christopoulos, Tony and Lynnette	Kefalas, Mike J.
Christou, Nicholas	Kefalas, Modestos & Nina
Coccia, Tina & Ginseppe	Kefallinos, Vicki & Nick
Cokias, Jason & Karen	Kitchens, Christopher
Dallas, Saterios & Athena	Kitridou, Rodanthe C.
Damilatis, Dimitrios & Eleni	Kokoris, Maria & Nicholas
Demopoulos, Elizabeth & Andrew	Kolettis, Iliana
Dupas, Katherine	Kolokotronis, Carolyn & James A.
Dupas, Theodore & Evangeline	Koudanis, Helen
Edwards, Nancy C.	Koulakis, John and Gisele
Efstathiou, Teddi & Dean	

STEWARDSHIP (continued)

Koutras, Alexander E.	Saigh, Mark & Mara R. Suchy
Koutsoukos, Lin & George	Scolinos, Michael & Stephanie
Kypreos, Maria & James	Scordelis, Alexander & Melissa
Lagousis, Ted & Kendra	Shankwiler James & Alexandria Darras
Lambros, Helen L.	Sideris, Athanasios & Anastasia
Lappas, Virginia	Sipsas, Pantelis & Nafsika
Loutsos, Anna & Georgia & John Grajeda	Skandale, Elizabeth
Lubian, Daniel & Stephanie	Skandale, Helen
Lucas, John S. & Anthia	Smith, Herman & Helen
Macris, Catherine & George	Soewers, Stephanie & Randy
Magaziotis, Phophi & Panteli	Stafylis, Chrysovalantis
Makris, Ted & Maria	Stamos, Andy & Mary
Malina, Dorothea	Stamos, Nikos A.
Malisos, Fontaine	Stavropoulos, Peter T & Theodora
Malisos, Samantha A	Stavropoulos, Ted & Georgia
Martin, Sam & Debbie	Stephens, Kenneth & Angelina Maria
Maslen, Larissa & Mark Carpenter	Tarazi, Ellie
Maysenburg, John & Mary	Tirado, Elizabeth
McGregor, Richard & Kristen	Treantafelles, George T. & Helen
McNulty, Jennie & Chris	Treantafelles, Stan & Vivian
Mobayen, Chrissa & Syrus	Triantafyllidi, Ioanna & Galino Barmparas
Molinari, Yngrid	Tripodes Zacharias N.
Moreno, Eva Elizabeth	Tripodes, Dena
Mowrey, Anthony & Tina Boykin	Tripodes, Georgia E.
Nicolaidis, Nicolas	Tripodes, Koula J.
Nunez, Alyssa & Angel	Tripodes, Marika
Ochoa, Alexa	Tripodes, Stella
Pappas, Constantine & Hope	Tsigkounis, Charalambos & Catherine
Pappas, Dean C. & Jennifer	Tsouvalas, Charles
Pappas, Steven & Christine	Tsouvalas, John & Jenny
Pappas, Tony & Stergiani	Udria, Juan & Mary
Paras, Gus	Vagenas, Alex & Tashia
Pastis, Leah	Vagenas, Dino & Krystina
Pastis, Patricia	Vagenas, George & Polly
Patsavas, Bertha	Vagenas, John & Georgia
Patzakis, John & Andrea	Vagenas, Peter & Mindy
Paziouros, John	Vagenas, Sophia
Paziouros, Konstantina & Nick	Vagenas, Vasilios & Nicolicha
Paziouros, Patricia	Vezzuto, Christopher
Pegadiotes, George S.	Vezzuto, Robert & Stephanie
Pegadiotes, Georgia & Sam	Vidalakis, Nick and Nancy
Pegadiotes, Stan S.	Vlahos, Tasia & Effie
Petrossian, Stacy & Rafic R.	Voyagis, Eleftherios & Pauline
Plumtree, Martha & Wayne	Wood, Grant & Cindy
Pollalis, Dino J.	Woodward, Scott & Katerina Ananiades
Polychronis, Thalia	Zarian, Vincent & Maria
Poulos, Anastasia	Zarifes, Peter & Tina
Rellos, John, Theodora & Vasilios	

STEWARDSHIP (continued)



2021 Stewardship Financial Commitment

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

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

STREET ADDRESS _____ CITY _____ STATE _____ ZIP _____

PREFERRED PHONE _____ OTHER/SECOND PHONE _____ E-MAIL _____

[For office use only]

SIGNATURE _____ DATE _____

ANNUAL GIVING LEVELS:

- *ARCHANGEL: \$15,000 and up**
\$288/week OR \$1,250/month & up
- *ANGEL: \$10,000 - \$14,999**
\$192-\$288/week OR \$833-\$1,249/month
- *GUARDIAN: \$7,000 - \$9,999**
\$135-\$192/week OR \$583-\$833/month
- *DISCIPLE: \$4,000 - \$6,999**
\$77-\$135/week OR \$333-\$583/month
- *FAITHFUL: \$2,000 - \$3,999**
\$38-\$77/week OR \$167-\$333/month
- SUPPORTER: \$1,000 - \$1,999**
\$19-\$38/week OR \$83-\$167/month
- FRIEND: \$500 - \$999**
\$9.60-\$19/week OR \$42-\$83/month
- CONTRIBUTOR: \$499 & below**
\$9.60/week OR \$42/month & below

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

Please return your completed commitment card to church by Jan. 1, 2021
Your card must be on file for you to be considered in 'Good Standing'

In response to God's blessings, I/we pledge a 2021 offering of:

My Stewardship Commitment for 2021: \$ _____

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

- Weekly at \$ _____/week
- Monthly at \$ _____/month
- Annually

Contact the Church office to set up easy recurring electronic payments
-OR- set up your own recurring giving at saint-anthonys.churchgiving.com

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

STEWARDSHIP (continued)



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

FAQs

**Frequently Asked Questions
about Stewardship:**

Q: IS THERE A DIFFERENCE BETWEEN “DUES” & “STEWARDSHIP”?

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

Q: HOW MUCH SHOULD I GIVE?

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

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

Q: WHAT DOES MY STEWARDSHIP PAY FOR?

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

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

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

Q: WHEN SHOULD I MAKE MY ANNUAL PLEDGE?

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

STEWARDSHIP (continued)

Q: I DON'T LIKE TO PAY MY PLEDGE UNTIL DECEMBER. SHOULD I STILL PLEDGE IN JANUARY?

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

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

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

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

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

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

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

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

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

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

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

Q: WHEN SHOULD MY CHILDREN BECOME STEWARDS?

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

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

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

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

Church History

Early Greek Community of Pasadena & the San Gabriel Valley

Taken from the 50th Anniversary of St. Anthony, 2003.

Written by +Dr. Nikitas J. Tripodes

San Gabriel Valley Businesses

Prior to World War II a few San Gabriel Valley Greeks did live and work outside Pasadena or Altadena. Zafirios Achilles, like many of Southern California's earliest Greek immigrants, came to Los Angeles from the island of Marmara to escape Turkish rule. Achilles ran a grocery store in East Los Angeles from 1918 to 1925, after which he moved to Arcadia and opened a poultry ranch on his property near Huntington Drive and Holly Avenue. His son, Achilles Z. Achilles, recalled that his family was the only Greek family in Arcadia and he was often singled out as the "immigrant's son" by the townsfolk. Zafirios celebrated the family's uniqueness by flying the Greek and American flags together on U.S. holidays.

Standing out among the numerous Greek-American success stories was that of Panayiotis Nikolaos Synadinos, a 1901 immigrant to the United States, who became Peter Nicholas Snyder. Synadinos was a very successful real estate developer and builder in Los Angeles County in the 1920s. He is credited with developing tracts of homes in Monterey Park and his numerous projects in East Los Angeles and vicinity earned him the nickname "Father of the East Side." Snyder is best remembered as the builder of the magnificent Golden Gate Theater in East Los Angeles. This 1927 movie palace is currently the focus of several historic preservation efforts. Synadinos' real estate prowess enabled him to live comfortably at his San Marino estate with his family and three residents, (a maid, cook and chauffeur). In 1930, Snyder was only one of two Greek immigrants in San Marino. The other was an enigmatic real estate broker named George A. Zetas. Snyder remained a San Marino resident until his untimely death in 1940 at age 57.

In 1938, San Marino's first and only Greek restaurant was opened by Gus Vrahnos. The wealthy xenophobic city of San Marino in the 1930's was notoriously restrictive regarding business ordinances, so this may have seemed an unlikely location for a Greek immigrant to establish a restaurant, but Vrahnos and his restaurant both took on a Gallic flair. Gus (Kostantinos) Vrahnos, a brilliant businessman, transformed himself into the continental "Pierre's De Vrahnos" and his restaurant was "Pierre's, The House of Crepes Suzette" at 2295 Huntington Drive. Pierre's Restaurant hosted numerous Greek community functions and developed a fiercely loyal clientele. Pierre was a showman and advertised that his crepes suzettes were prepared by the "original Pierre." Whether the customers of Pierre's knew or cared about the true identity of their "French" host, it didn't hinder the restaurant's success. When Pierre's failing health threatened to close the restaurant, his customers and friends rallied to his aid by organizing a fund raising banquet to keep the business afloat. Pierre's finally closed in the late 1950s after Vrahnos' death, but "Pierre" is still remembered as the Greek who brought 'haute cuisine' to Huntington Drive.

Church History (continued)

Grocers of the San Gabriel Valley

Large numbers of small, family run, neighborhood stores supplied American towns and cities with produce, dry goods and meats throughout the first half of the twentieth century. Greek grocers were common in Los Angeles and in several San Gabriel Valley cities but none of the 200, mostly "mom and pop" grocery stores in Pasadena, in the 1920s and 30s, were Greek owned. The business often grew out of immigrant peddlers selling fruits and vegetables from push carts or horse drawn wagons.

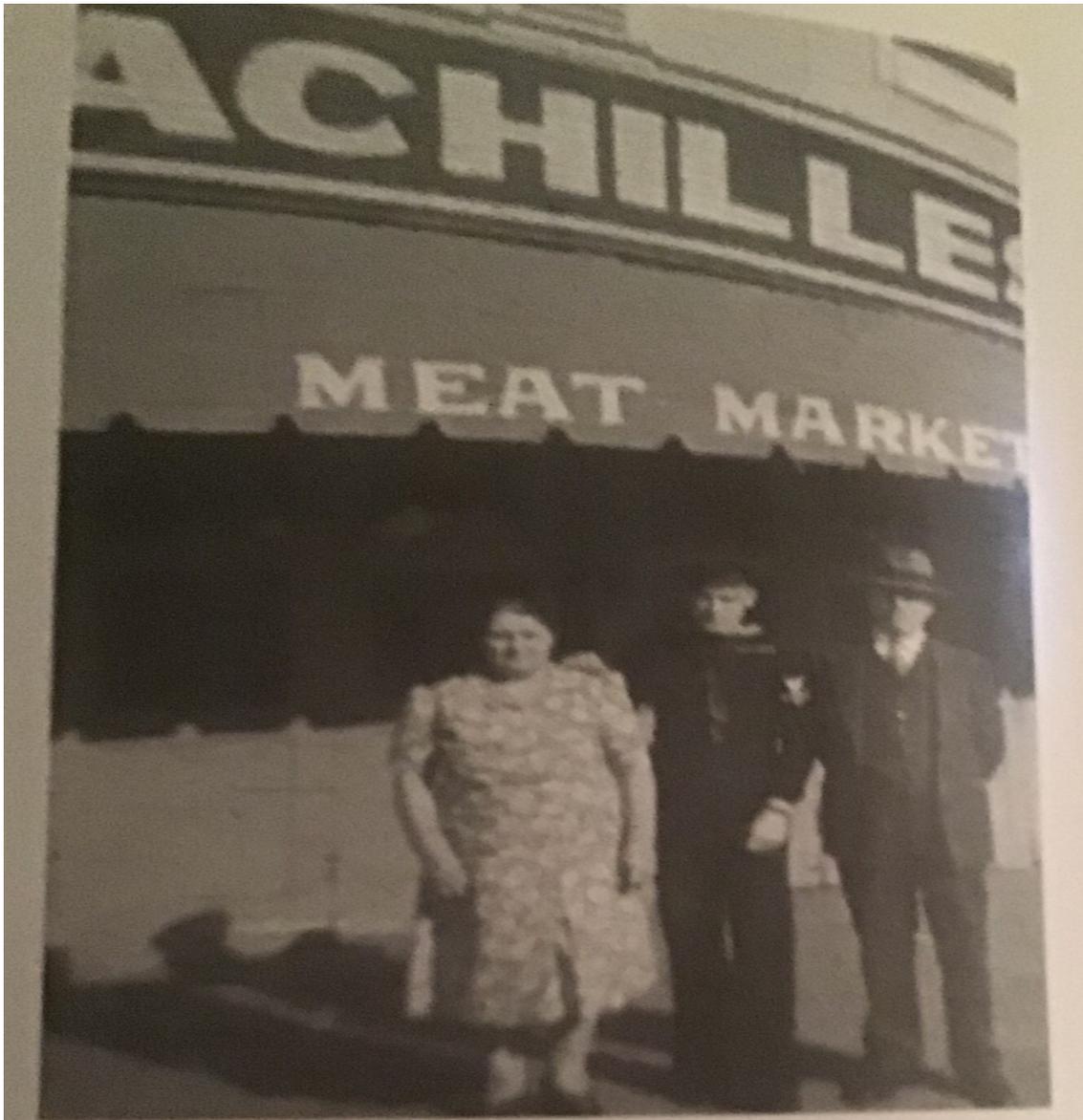
Ted (Theodoros) Treantafelles left his village of Achladocambos in the Argos region of the Peloponnesos as a young teenager in the early 1900s and found his way to Chicago. Like thousands of other immigrants, he worked as a shoeshine boy, waiter, and then as a laborer on the railroads and slowly worked his way West. Ted settled in Kalispell, Montana, in the northwest corner of the state, probably taken there as a laborer for the Great Northern Railway. He opened a successful hat blocking, business, tending to the Stetson hats worn by the local cowboys. One evening he was tipped off that he would be lynched by an anti-immigrant mob and was forced to flee town along with two other immigrant businessmen. After running a grocery in Modesto he made his way to Los Angeles and by 1936 had opened Prospect Market on Garvey Avenue, in unincorporated Los Angeles County, now part of the city of Rosemead. Ted and his wife Nota (Panagiota) and sons George, Stan, Nick and Dean lived in their home behind the market for years. Ted and his family developed several other pieces of property on Garvey Avenue in Monterey Park. As is often the case in America, one immigrant group supplants another. Prospect Market and the Treantafelles homestead are now the sites of several Asian businesses.

Among the two dozen men from the village of Achladocambos traveling to America in 1903 on the German ship Seriphos, were the four Drulias brothers (Andreas, Constantine, Dimitrios and John). The brothers first went to Chicago and later found work on the western railroad lines. While in Utah, John, the youngest brother died of pneumonia. The oldest, and only married brother Andreas, returned to Greece but Constantine (Gust) and Dimitrios (Jim) came to Los Angeles and learned the grocery trade from a cousin. In the 1920's and 30's Gust S. Drulias ran several grocery stores in San Gabriel on Valley Boulevard and later on Garvey Avenue, now part of the city of Rosemead. Throughout his life in Southern California, Gust was a leader of the original Greek Orthodox Church on San Julian Street. After World War II his son James settled in Montebello and became an active and tireless worker for the budding St. Anthony community.

Greek immigrants established grocery stores throughout the San Gabriel Valley in the 1930s including Gust W. Drulias, a cousin of Jim S. and Gust S. Drulias, in what is now Rosemead. Anton Demos was located in Monterey Park, Peter and Mary Dolkas in Alhambra, Thomas Caravelos in San Gabriel and in the 1940s George Fotou also in Alhambra.

A few San Gabriel Valley Greek immigrants ventured into small scale, commercial farming ventures. In the 1930s there were at least four Greek family run farms throughout the Valley, including John A. Zavaellas' fruit orchards in Rowland Heights, George Pouloupoulos' farm in Covina, John Zeptopoulos' chicken ranch in Pomona, and the Achilles family poultry farm in Arcadia.

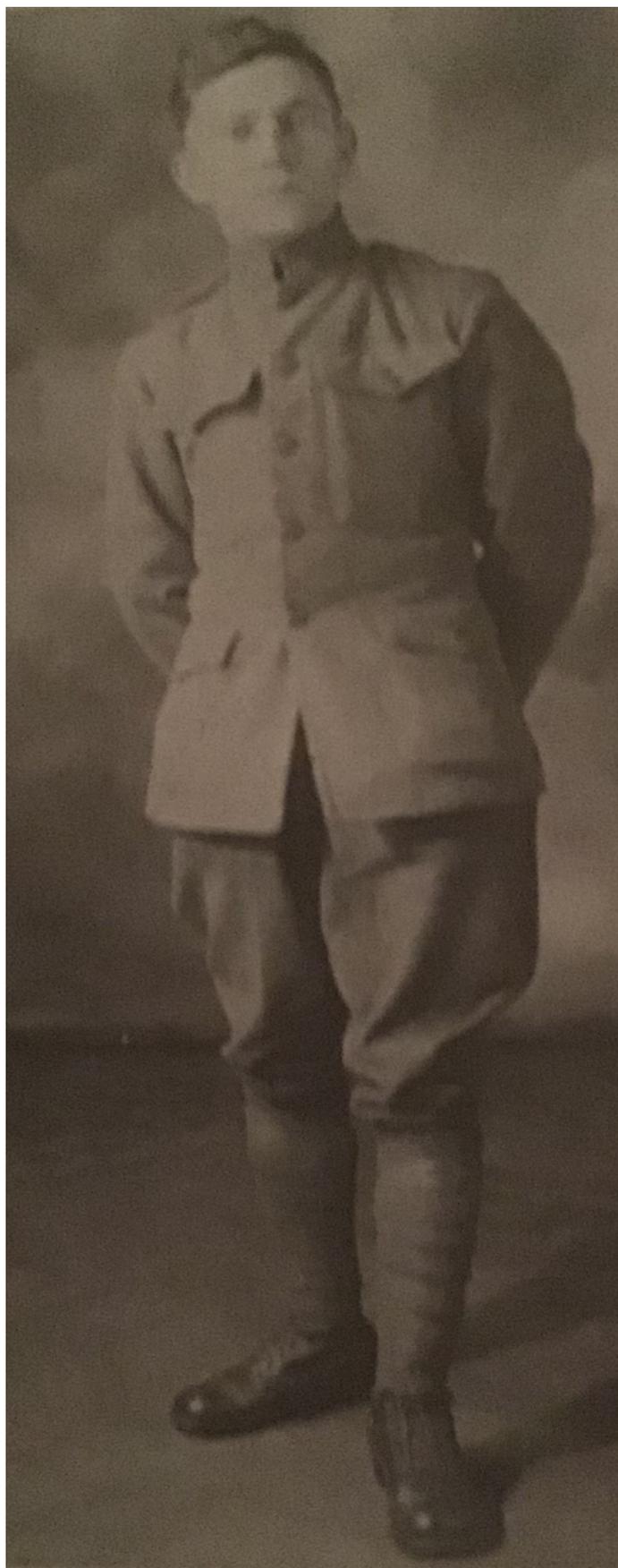
Church History (continued)



Los Angeles 1943

Standing in front of the Achilles Market on First Street in Los Angeles are *left to right*: Fotini, Achilles, and Zafirios Achilles. The Achilles family were the first Greeks to settle in Arcadia where they ran a poultry farm. Zafirios leased his Achilles Market to a Japanese family. During WWII his tenants, like other Japanese-Americans, were sent to internment camps. Zafirios kept the business going during the war years and returned it to its former tenants after the war.

Church History (continued)



U.S. Soldier,
George Dolkas, 1918

He lived in Alhambra and Pasadena, and worked as a gardener in Pasadena.

Later he had his own vegetable truck.

Church History (continued)



The Drulias Brothers, Gus and Jim, with cousin Harry seated.

Side Note: Harry's sister, Anastasia Drulias, married Christos Dussin of Portland, founder of the Old Spaghetti Factory Restaurants.

Church History (continued)



Theodore Treantafelles (pictured right)
Early 1930s at the Prospect Market on Garvey Avenue

PARISH COUNCIL NEWS

Next Parish Council Meeting

Tuesday, April 13

We pray you are staying healthy by wearing your mask, social distancing, washing your hands often, and praying.

Let us take a moment to say thank you to all essential workers: first responders, doctors, nurses, health care workers, and researchers who despite facing direct exposure to COVID 19, continue to do their job of helping others. Let's also thank those who are volunteering to help get the vaccine to as many people as possible. Please continue to pray for them.

For those of you who are attending live-stream services, and miss receiving Holy Communion because you are unable to attend an indoor liturgy in person..

Drink some Holy Water
when the priest approaches with the Chalice...
If you don't have any on hand, call the church office..



NEWS FROM THE LOFT



The Hymn to the Theotokos (Meghalynarion/Magnificat)

sung in the Saint Basil Liturgy during Lent

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you.

CHURCH SCHOOL NEWS

ST. ANTHONY YOUTH FELLOWSHIP

MEETING VIRTUALLY EVERY MONTH!

**Grade groups will meet via Zoom one
Sunday a month starting at 11:30am**

1st Sundays PK-K-1
with Mrs. Albeck

2nd Sundays 2-3-4-5
with Mrs. Scolinos

3rd Sundays 6-7-8
with Ms. Russo

4th Sundays 9-10-11-12
with Pres. Aida

SIGN UP AT:

SAINT-ANTHONY.S.ORG/FELLOWSHIP

CHURCH SCHOOL NEWS (continued)



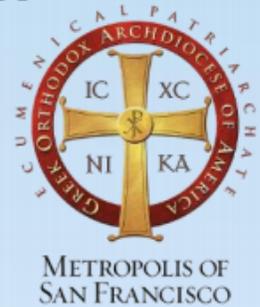
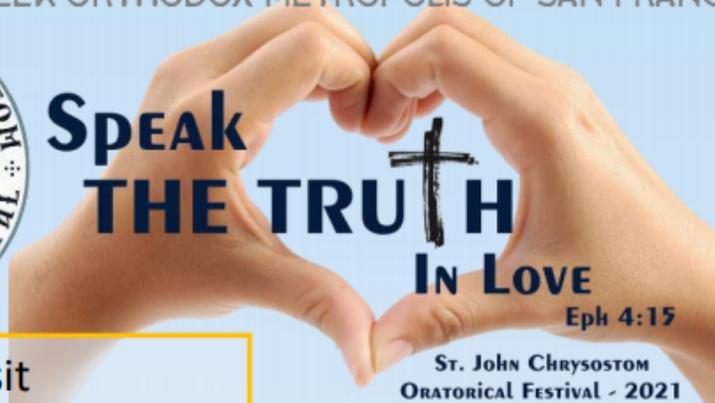
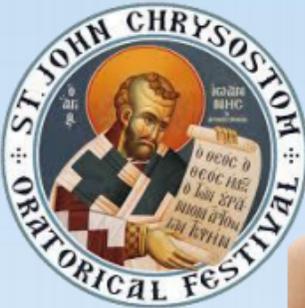
**Sunday of Orthodoxy
2020**



**Kathari Deftera
Καθαρή Δευτέρα
2021**

YOUTH & YOUNG ADULT NEWS

GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO



Visit <https://Sforatorical.net>

It's On!

We are excited to announce that the **St. John Chrysostom Oratorical Festival** will be held this year! We know that many of our young people are looking forward to speaking about our Orthodox Faith, and we are so thankful and blessed not to have to deny them of that opportunity. Please visit the website (<https://sforatorical.net>) for details.

Overview & Timeline

Parish Festivals—February and March:

Parishes may choose to hold live and socially-distanced festivals, live Zoom festivals, or video submission festivals. Parishes have until March 31, 2021 to complete their parish festival.

District Festivals—April:

Each District may choose to hold live and socially-distanced festivals, live Zoom festivals, or video submission festivals. Districts have until April 30 to complete their district festival.

Metropolis Festival — May:

The Metropolis level Oratorical Festival will take place in two ways. First, District finalists will be asked to submit a video of their speech before May 7 for judging. Then, on Saturday, May 15, 2021 at 10:00 am Pacific time, the speakers will be introduced at a live Zoom meeting, at which time metropolis finalists will also be announced.

National Festival—June 12, 2021, via Zoom

Speakers

- 1) Let your parish Chairperson know that you are planning to participate.
- 2) Register at the archdiocese [on this form](#).
- 3) Select a topic at sforatorical.net and prepare your speech. Be bold! Speak the truth in love (Eph 4:15)!

Parish Chairpersons

- 1) Determine how your festival will proceed this year and set a date. Communicate with parish speakers.
- 2) Register at the archdiocese [on this form](#).
- 3) Communicate with the [District Chairperson](#) about how your District Festival will take place. After the Parish festival, send your finalist names and contact information to your District Chairperson.

The Greek Orthodox Metropolis of San Francisco Oratorical Team

Aristi Contos: aristiofoz@yahoo.com

Johanna Duterte-Carter: jduterte@sanfran.goarch.org

Dr. Eve Tibbs: religioused@sanfran.goarch.org

Visit <https://sforatorical.net> for more details

YOUTH & YOUNG ADULT NEWS (continued)**First Annual Saint Anthony
Bible Bowl Tournament**

This has been an interesting year; students have been doing their lessons virtually. It is important we support their efforts taking time to strengthen their faith during this difficult period of their young lives.

"They have fought the good fight, they have finished the race, they have kept the faith." 2 Timothy 4:7 (paraphrased)

Some may wonder why they need to be rewarded. Because they have fought a race and kept the faith.

In previous years, under the guidance of Dean Langis, churches would host the Bible Bowl Tournament, providing fellowship, knowledge of the Bible and a Lenten lunch. We want to continue this tradition.

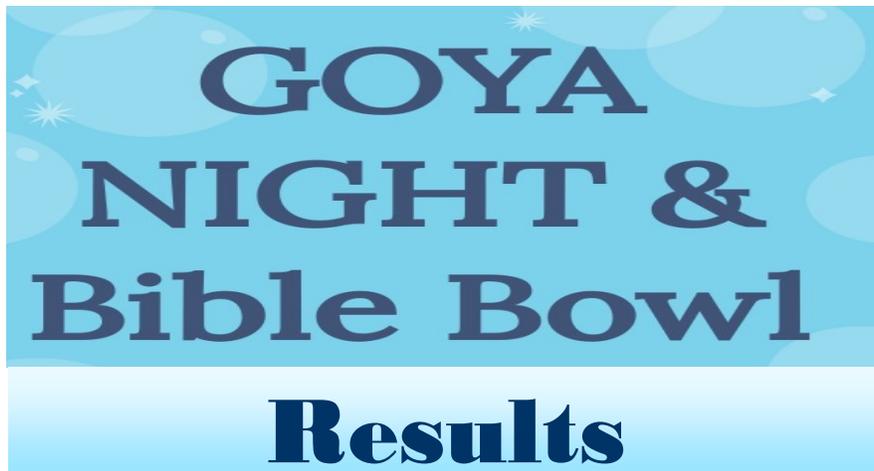
Support a participant..

1st place - \$10 Amazon gift card for each member

Additionally, all participants will receive a \$10 gift card to a Greek owned restaurant/fast food (approximately 18 participants).

*Give thanks to the Lord, for he is good; his love endures forever.
Psalm 107:1*



A graphic with a light blue background featuring a pattern of white stars and circles. The text "GOYA NIGHT & Bible Bowl" is written in a large, bold, dark blue serif font. Below this, the word "Results" is written in a smaller, bold, dark blue serif font. The entire graphic is set against a white background.

**GOYA
NIGHT &
Bible Bowl
Results**

Winning team:

Job got the job

Niko Udria, Niko Voyagis, Niko La Rue, Dean Pouloupoulos

Participants:

Endless Hallelujah

Taia Bissias, Lukas Habrock, Yianni Kades, John Ioannou.

The Rock:

Adrianna La Rue, Max Pollalis, Maria Syengelas, Dylan Udria, and Ezekial Schulman.

This has been the most fun on a Saturday night since the pandemic began.

Thank yous

Vicki Kades for your support

Mary Udria for your assistance

Olga Baroudos for programing and moderating Kahoot (from the east coast) for this activity.

Judges, Athena Dallas, Judie Christopoulos, and Irene Albeck.

With God all things are possible.

PHILOPTOCHOS NEWS



Philoptochos Easter Bake Sale

Philoptochos will be having its Easter Bake Sale this year in a slightly different format than years past.

*Pre-orders will be taken as we did for our Christmas Bake Sale. Saturday April 24 & Palm Sunday April 25 are scheduled for pick-up. An order form will be sent out to our community in the coming weeks and is included in *The Voice* edition for April.*

*Proceeds from the bake sale will be included in our donation to the San Francisco Metropolis Philoptochos *Kids n' Cancer* ministry.*

Please find the order form on the next page. →

Elections

Elections for the Philoptochos Board will be held at the general meeting in May. If you are interested in serving on the Board or on the election committee, please contact Maria Kypreos at makypreos@gmail.com / 626-272-2720 or Stephanie Soewers at szanglis@gmail.com / 818-209-5026.

Save the Date!

Kids 'N' Cancer will be held on Sunday , April 11th at 2:00. The theme of this year's virtual event is "United with Peace and Love." As in past years, proceeds from the Philoptochos Easter Bake Sale will benefit this wonderful ministry of our Metropolis that is dedicated to helping children and their families afflicted with cancer.

PHILOPTOCHOS NEWS (continued)

Philoptochos Easter Bake Sale

Proceeds to benefit Kids' n' Cancer-Camp Agape

Pre-Paid Orders Must Be Received by Saturday, April 10, 2021

ORDERS AVAILABLE FOR PICKUP ONLY:

St. Anthony Greek Orthodox Church, 778 South Rosemead Blvd., Pasadena

SATURDAY, APRIL 24 and SUNDAY, APRIL 25 (after liturgy until 1:00 PM-both days)

Place prepaid order by:

- **MAIL** – Fill out Order Form below (check payable to St. Anthony Philoptochos and mail to: Lisa Xanthos, Kids n' Cancer Bake Sale, 150 East Magna Vista Avenue, Arcadia, CA 91006 or
- **ONLINE** – <https://stanthonyphiloptochos.square.site>

Name: _____ Cell/Home Phone: _____

Address: _____ City: _____ E-mail: _____

<u>ITEMS</u>	<u>COST</u>	<u>QUANTITY</u>	<u>\$ TOTAL</u>
 Tsoureki (1 loaf) Traditional sweet Greek Easter Bread	\$15	_____	\$ _____
 Koulourakia (bag of 12) Butter-based cookies with sweet delicate flavor topped with egg glaze and toasted sesame seeds.	\$8	_____	\$ _____
 Koulourakia, Chocolate Dipped (box of 12) Butter-based with sweet delicate flavor dipped in dark chocolate.	\$12	_____	\$ _____
 Kourabiethes (box of 12) Shortbread butter cookies without nuts covered in powdered sugar.	\$18	_____	\$ _____
 Chick Oreos, Chocolate Dipped (1 chick per pkg) 3 chocolate dipped Oreo cookies shaped into one colorful chick.	\$3	_____	\$ _____
 Easter Oreos, Chocolate Dipped (2 per pkg) Oreo cookies dipped in colorful chocolate and covered with candy sprinkles.	\$2	_____	\$ _____
 Peeps Chocolate Covered Pretzel Rods (1 per pkg) Chocolate covered pretzel rod with fluffy marshmallow candy Peeps.	\$3	_____	\$ _____
 Peanut Butter Chocolate Eggs (1 per pkg) Soft peanut butter candy dipped in chocolate and covered with candy sprinkles.	\$3	_____	\$ _____
 Dyed Red Eggs (1 dozen)	\$8	_____	\$ _____
 Easter Baskets (Basket filled with Chocolate covered Oreos, Peeps Pretzel Rod, Peanut Butter Chocolate Egg, Orthodox Easter book for children and other goodies).	\$15	_____	\$ _____

ORDER TOTAL \$ _____

PHILOPTOCHOS NEWS (continued)



**PHILOPTOCHOS SOCIETY OF
SAINT ANTHONY GREEK ORTHODOX CHURCH**

778 South Rosemead Boulevard • Pasadena, California 91107

February 16, 2021

Dear Philoptochos Member,

In this extraordinary year, we are extremely grateful to you for your steadfast support and membership in the St. Anthony Philoptochos. Your continued participation has made it possible for Philoptochos to adjust to our changing times and meet the needs of our community. Each member’s \$50 stewardship supports our National Philoptochos obligations (\$15), our San Francisco Metropolis Philoptochos obligations (\$15), and our St. Anthony Philoptochos obligations and community projects (\$20).

In spite of today’s challenges, St. Anthony Philoptochos, a ministry of our church, has continued working non-stop to help people in the Pasadena area, through direct projects and by supporting other local charities. Most recently, your support has provided assistance to **CA Firefighter Foundation, Family Promise, Friends In Deed (food bank), Kids ‘n’ Cancer, One Tree Planted (1,000+ trees planted), Pasadena Bad Weather Shelter, Trinity Home for Boys & Unity Center, Union Rescue Station (serve meals year-round to homeless), and provided school equipment and supplies for at risk children.** We have also supported other programs and individual families facing hardship.

Please, take a moment and renew your 2021 Philoptochos membership today. Thank you for your partnership and for helping our community!

Maria Kypreos
President

Konstantina Paziouros & Judith Din
2nd Vice Presidents



PHILOPTOCHOS NEWS (continued)

Please advise of any changes to your information.

Member's Name: _____

Spouse's Name: _____

Address: _____

Home Telephone: _____ Mobile: _____

Email: _____

We've gone green. Notices will be sent via e-mail. If you prefer your notices postal mailed, please let us know by checking here

MAKE CHECK PAYABLE TO ST. ANTHONY PHILOPTOCHOS

Mail to 778 South Rosemead Blvd., Pasadena, CA. 91107

Questions: Judith Din (626)676-1240

Konstantina Paziouros (626)359-5038



Attention High School Seniors !!

If you are planning to continue your education at a college or university, you are invited and encouraged to apply for the 2021 Saint Anthony Philoptochos scholarship award.

Philoptochos scholarships are available to graduating seniors from Saint Anthony Parish whose parent is a current member of Philoptochos, Panagia Chapter.

Academic, spiritual, and community service will be taken into consideration.

Scholarship awards can value as much as \$500.

Applications will be available at the church office during office hours. You may download or request an application be sent to you.

Completed applications must be received by **4:00 PM Friday, April 9, 2021.**

Seniors are encouraged to begin applying early due to current pandemic protocols.

For further information contact: Fontaine Malisos - fontaineachilles@gmail.com
Irene Albeck - mcmg2a@aol.com

PHILOPTOCHOS NEWS (continued)

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

PLEASE NOTE

Non-food donations can be delivered to our **Administrative Office**
825 E. Orange Grove Blvd. Pasadena, CA 91104
Monday-Friday between 9:00am-4:30pm.

All food donations (perishable and non-perishable) can be delivered to the **Adult Center**
412 S. Raymond Ave. Pasadena, CA 91105.
The Adult Center is open for donations from 8:00am-2:30pm.

IN-KIND DONATION NEEDS

Adult Diapers
Baby diapers and baby formula
Clorox or Lysol Wipes
Disinfectant Spray
Laundry basket and laundry soap
Laundry pods and quarters
New pillows and blankets
New and gently used books
Puzzles, activity books for adults and children
Personal and feminine products

KITCHEN NEEDS

BBQ sauce
Corn cooking oil
Flour tortillas to make burritos
Frozen burritos
Frozen has brown patties
Individual coffee packets
Individual creamer packets
Individual sugar packets
Microwaveable dinners
Sliced American cheese
Teriyaki glaze

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

The VIPs continue to get together VIA ZOOM on the second Tuesday of the month at 2:00 p.m. We love seeing one another and sharing stories. It is our hope that very soon we can meet in person SAFELY!!!

At our last meeting, in continuing our community outreach, we voted to donate \$500 to Foothill Unity Center. Betty McWilliams, the Director, indicated that their needs have greatly increased during the Pandemic and was very appreciative to receive our donation.

Please stay safe and healthy.



Helen Treantafelles
VIP President
htreantafelles@yahoo.com

MINISTRIES

Saint Anthony Greek Orthodox Church
 Reverend Father Peter Stratos

2021 PARISH COUNCIL

Joseph Akrotirianakis	President
Pete Gallanis	Vice President
Tashia Vagenas	Secretary
Tony Christopoulos	Treasurer

Tom Grafos
 Christos Ioannou
 Liam McCann
 James Pappas
 Patricia Paziouros
 Vincent Zarian



CHOIR

Jim Hronas, Choir Director

Sherese Akrotirianakis	Elias Kalivas
Dean Athans	Stavrula Kiotas
Tina Athans	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 Grajeda	Nicole Schulman
Aliki Haralambos	+Litsa Stavropoulos
Maria Hronas	Pres. Aida Stratos

CHANTERS

Jim Hronas
 Liam McCann
 Pres Aida Stratos

READERS

TBD



OFFICE STAFF

Alma Vorgias – Office Administrator
 Athena Serban – Events Coordinator
 (Trinity Ballroom)



CUSTODIAL STAFF

Carlos Sosa



CHURCH SCHOOL STAFF

Irene Albeck - Preschool, Kindergarten & 1st
 Stephanie Scolinos - 2nd, 3rd, 4th & 5th
 Rebecca Russo - 6th, 7th & 8th
 Pres. Aida Stratos - 9th, 10th, 11th & 12th



MINISTRIES (continued)

PHILOPTOCHOS SOCIETY

Panagia Chapter Board 2020

President

Maria Kypreos

1st Vice President

Maria Hronas, Elizabeth Skandale
and 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

Beautification

Presbytera Aida Stratos & Esther Vavoulis

Community Outreach

Mary Dewar, Stephanie Soewers
and Presbytera Aida Stratos

Fellowship

Athena Dallas

Publicity / Webmaster

TBD

Scholarship

Irene Albeck & Judith Din

Sunshine and Visitation

Jeanne Karaianoglou

Union Station

Irene Albeck

Welfare

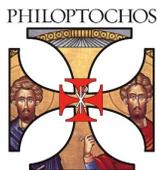
Presbytera Maria Mylonas

Advisor

Connie Becker

Spiritual Advisor

Father Peter Stratos



ADDITIONAL MINISTRIES

Acolytes

Fr. Peter Stratos

Bible Study

Fr. Peter Stratos

Bookstore

Noah Johnson

GOYA

Fr. Peter Stratos

GOYA Basketball

Anthia Lucas
Pana Gelt

Greek Dance Groups

Phophi Magaziotis

Greek Festival

Nick Demopoulos
Julie Balas

Greek Language

Anastasia McClain

JOY/HOPE

Irene Albeck

Moms & Tots

TBD

Myrrh Bearers

Irene Albeck

Oratorical Festival

Nicole Schulman

Golf Classic

Jimmy Christodoulelis
Roberto Crespo

Prayer Shawls

Aliki Haralambos

Vacation Bible School

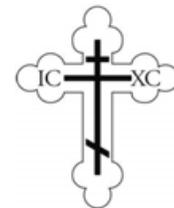
Sophia Syrengelas
Mary Udria

VIPs

Helen Treantafelles

Young Adults

Mike Abi Farah



COMMUNITY NEWS

OUR JOURNEY TO PASCHA! 2021

SUNDAYS

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Fast - Free Week
FEBRUARY 21st



TRIDION WEEKS
Publican and the Pharisee
Epistle: 2 Timothy 3:10-15
Gospel: Luke 18:10-14

Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.

Normal Fast Week
FEBRUARY 28th



The Prodigal Son Returns!
Epistle: 1 Corinthians 6:12-20
Gospel: Luke 15:11-32

Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.

Meatfare
MARCH 7th
FAREWELL TO MEAT TODAY



The Last Judgement
Epistle: 1 Corinthians 8:8-9:2
Gospel: Matthew 25:31-46

Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.

Cheesefare
MARCH 14th
FAREWELL TO CHEESE TODAY



Adam and Eve are cast from Paradise!
FORGIVENESS SUNDAY
Epistle: Romans 13:11-14:4
Gospel: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

1st Sunday of Lent
MARCH 21st



GREAT LENT BEGINS WITH FORGIVENESS VESPERS
SUNDAY of ORTHODOXY
Epistle: Hebrews 11:24-26, 32-12:2
Gospel: John 1:43-51

Bring an icon to church for a procession.

2nd Sunday of Lent
MARCH 28th



ST GREGORY PALAMAS
Epistle: Hebrews 1:10-2:3
Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.

3rd Sunday of Lent
APRIL 4th



VENERATION OF THE HOLY CROSS
HALF WAY TO PASCHA!
Epistle: Hebrews 4:14-5:6
Gospel: Mark 8:34-9:1

Wear your cross to church and kiss the cross each morning with a bow!

4th Sunday of Lent
APRIL 11th



ST JOHN of the LADDER
Epistle: Hebrews 6:13-20
Gospel: Mark 9:17-31

Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!

5th Sunday of Lent
APRIL 18th



ST MARY of EGYPT
Epistle: Hebrews 9:11-14
Gospel: Mark 10:32-45

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

FLOWERY (PALM) SUNDAY!
APRIL 25th
GREAT WEEK BEGINS



GREAT AND HOLY WEEK
ENTRY OF OUR LORD INTO JERUSALEM
Epistle: Philippians 4:4-9
Gospel: John 12:1-18

Place your palm branches and pussywillows behind an icon at home and in your car!

GREAT AND HOLY FRIDAY
APRIL 30th



GREAT AND HOLY FRIDAY
JESUS DIES ON THE CROSS
CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet & Phones to honor Christ's Death.

FEAST OF FEASTS!
MAY 2nd
NO FASTING!



BRIGHT WEEK
HOLY PASCHA! (CHRIST IS RISEN!)
Epistle: Acts 1:1-8 Gospel: John 1:1-17

Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

COMMUNITY NEWS (continued)



**METROPOLIS
YOUNG ADULT
ONLINE FORUM**

Join us monthly for an online
Young Adult conversational ministry.

THURSDAY

April 1, 2021

6:30pm PST

SPECIAL GUEST

Fr. Jacob Saylor

Assistant Priest

Assumption Greek Orthodox Church

Scottsdale, AZ

All Young Adults, ages 18-30's
are welcome to join!

More Information:

www.gosfyouth.org

ZOOM Link: <https://gosfyouth.org/online-young-adult-forum>

COMMUNITY NEWS (continued)

DO YOU FAST ?

Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the bodily members:

Let the hands fast, by being free of avarice.

Let the feet fast, by ceasing to run after sin.

Let the eyes fast, by disciplining them not to glare at that which is sinful.

Let the ear fast, by not listening to evil talk and gossip.

Let the mouth fast from foul words and unjust criticism.

For what good is it if we abstain from birds and fishes, but bite and devour our brothers and sisters?

FAST from self-concern

FEAST on compassion for others

FAST from criticism

FEAST on praise

FAST from discouragement

FEAST on hope

FAST from self-pity

FEAST on joy

FAST from suspicion

FEAST on truth

FAST from ill-temper

FEAST on peace

FAST from thoughts that weaken

FEAST on promises that inspire

FAST from resentment

FEAST on contentment

FAST from idle gossip

FEAST on purposeful silence

FAST from jealousy

FEAST on love

FAST from problems that overwhelm

FEAST on prayer that sustains

FAST from pride

FEAST on humility

FAST from selfishness

FEAST on service

COMMUNITY NEWS (continued)

*Self-examination of our soul is essential
before receiving Christ at the Chalice..*

55 Maxims from Fr Thomas Hopko

- Be always with Christ and trust God in everything.
- Pray as you can, not as you think you must.
- Have a keepable rule of prayer done by discipline.
- Say the Lord's Prayer several times each day.
- Repeat a short prayer when your mind is not occupied.
- Make some prostrations when you pray.
- Eat good foods in moderation and fast on fasting days.
- Practice silence, inner and outer.
- Sit in silence 20 to 30 minutes each day.
- Do acts of mercy in secret.
- Go to liturgical services regularly.
- Go to confession and holy communion regularly.
- Do not engage intrusive thoughts and feelings.
- Reveal all your thoughts and feelings to a trusted person regularly.
- Read the scriptures regularly.
- Read good books, a little at a time.
- Cultivate communion with the saints.
- Be an ordinary person, one of the human race.
- Be polite with everyone, first of all family members.
- Maintain cleanliness and order in your home.
- Have a healthy, wholesome hobby.
- Exercise regularly.
- Live a day, even a part of a day, at a time.
- Be totally honest, first of all with yourself.
- Be faithful in little things.
- Do your work, then forget it.
- Do the most difficult and painful things first.
- Face reality.
- Be grateful.
- Be cheerful.



COMMUNITY NEWS (continued)*55 Maxims from Fr Thomas Hopko (continued)*

Be simple, hidden, quiet and small.

Never bring attention to yourself.

Listen when people talk to you.

Be awake and attentive, fully present where you are.

Think and talk about things no more than necessary.

Speak simply, clearly, firmly, directly.

Flee imagination, fantasy, analysis, figuring things out.

Flee carnal, sexual things at their first appearance.

Don't complain, grumble, murmur or whine.

Don't seek or expect pity or praise.

Don't compare yourself with anyone.

Don't judge anyone for anything.

Don't try to convince anyone of anything.

Don't defend or justify yourself.

Be defined and bound by God, not people.

Accept criticism gracefully and test it carefully.

Give advice only when asked or when it is your duty.

Do nothing for people that they can and should do for themselves.

Have a daily schedule of activities, avoiding whim and caprice.

Be merciful with yourself and others.

Have no expectations except to be fiercely tempted to your last breath.

Focus exclusively on God & light.. never on darkness, temptation and sin.

Endure the trial of yourself and your faults serenely, under God's mercy.

When you fall, get up immediately and start over.

Get help when you need it, without fear or shame.



COMMUNITY NEWS (continued)

Thought for the day from Deacon Euthym Kontaxis

"Which is better? To be meek, humble, peaceful and to be filled with love, or to be irritable, depressed, and to quarrel with everyone? Unquestionably the higher state is love."....

-St. Porphyrios

So very simple, so very obvious, so why do we struggle with this simple choice? One word ...pride. Pride makes us irritable with others (no one is good enough), pride is what leads to depression (always feeling inferior or wanting something more in life), pride is what leads to arguments (I am right, you are wrong). St Porphyrios reminds us that the higher state is love, love conquers pride. We cannot be irritable filled with love, when we accept God's love we cannot feel inferior, we remain upbeat and hopeful, free from despair. We do not think of ourselves superior if we have the love of Christ, all people have the divine spark, and our love for them kindles it.

Let us ask every few hours of our day...which is better? Then chose love....

"If [the disease of sin] is natural, then it cannot be cured. Thus, it would remain always, no matter how hard you worked to rid yourself of it. If you accept this thought, you will lose heart, and say to yourself: this is how it is. For this is that woeful despair, which, once it has been introduced into people, they have given themselves over to lasciviousness, to work all uncleanness (Ephesians 4: 19).

"I shall repeat again: Maintain the conviction that our disorderliness is not natural to us, and do not listen to those who say, 'It is no use talking about it, because that is just how we are made, and you cannot do anything about it.' That is not how we are made, and if we undertake to cure ourselves, then we will be able to do something about it."

+ St. Theophan the Recluse

When we find ourselves struggling with a sin, whatever it may be...gluttony, lust, addiction, greed, sloth, pride, doubt, anxiety, anger...well you name it ...consider it a disorderliness of the soul. It is not "natural" or how we are created. This excuse is an escape from the hard work it takes to overcome sin. We need to welcome the challenge, not to be "perfect" but rather to be truthful about ourselves, to present ourselves to God honestly, to be able to relate, in love, to others in this world who are also broken in some way or have a "disease" of the soul. All of us are diseased in one way or another, let us seek the cure and not surrender to the suggestion that, "it is just the way I am", that the devil would have us accept and believe. We have hope that we can be perfected in faith, through repentance and spiritual efforts which invites God's grace to heal us.

The measure of a man's spiritual growth is his humility. The more advanced he is spiritually, the more humble he is. And vice versa: the more humble, the higher spiritually. Neither prayer rules, nor prostrations, nor fasts, nor reading God's Word—only humility brings a man closer to God. Without humility, even the greatest spiritual feats are not only useless but can altogether destroy a person....*Abbot Nikon Vorobiev*

In keeping with our thoughts on the incarnation of Christ, His humble entry into the world, born of a Virgin (beyond physical laws), born in time (which He created), born in a cave (signifying His death on the cross and burial), and the immediate persecution He faced from Herod...we are given the basis for true spiritual growth...humility and perseverance under difficult circumstances. Pride destroys even the greatest spiritual accomplishments. Pride is the sin of the devil and he uses every opportunity to have it rest in each of us. Remember Christ's temptation in the wilderness by the devil after 40 days of fasting and prayer? All of the temptations were rooted in pride. Humility is natural if we have God in the forefront of our lives and not ourselves. Let us make the upcoming year one of humble acknowledgement of God's omnipotence and omnipresence and our utter dependence on Him.

COMMUNITY NEWS (continued)

ORTHO TALKS FOR LENT

ALL HIGH SCHOOL STUDENTS

Join us on Thursday evenings at 6:30 p.m. PST during Lent for weekly presentations and discussions.



Cultivating a Purposeful Life
Why am I here?
What is the purpose of life?

Cultivating an Enquiring Life



Rev. Father Peter Dogias
March 18

Cultivating a Determined Life



Rev. Father Chris Retelas
March 25

Cultivating a Committed Life



Rev. Father Nicholas Mueller
April 1

Cultivating a Confident Life



Rev. Father Panagiotis Sotiras
April 8

Cultivating a Servant Life



Rev. Father Christos Kanakis
April 15

Cultivating an Authentic Life



Rev. Father Jacob Saylor
April 22



For more information, please contact program facilitator Rev. Father Gary Kyriacou Metropolis Pastor of Youth and Young Adult Ministries (frgary@sanfran.goarch.org)



YOUTH & YOUNG ADULT MINISTRIES

Click here to register or visit www.gosfyouth.org so you can receive the Zoom link to participate.

COMMUNITY NEWS (continued)**"Wounded by Love: The Life and the Wisdom of Saint Porphyrios" (1906-1991)****ON PRAYER*****For Christ to enter within us the heart must be pure***

Divine grace teaches us our own obligation. To attract this grace, we need love and craving. The grace of God requires divine eros (*divine love*). Love is sufficient to bring us into a suitable frame of mind for prayer. Christ will come on His own and He will stoop over our soul if he finds certain little things which gratify Him: good intention, humility, and love. Without these things we cannot pray the words, "Lord Jesus Christ, have mercy on me."

Let us assume, for example, that we have a radio. When we turn the aerial to 'position one' in the direction of the greatest number of transmitters, we hear the program loud and clear. At 'position two' there are not so many transmitters, and so the signal is somewhat less clear. At 'position three' the program is virtually inaudible. The same is true for our communication with God. When our soul is turned facing 'position one,' communication is excellent. And that is due, of course, to two basic prerequisites: love and humility. With those prerequisites, the soul communicates with God, hears His voice and accepts His word. It receives strength and divine grace and is transfigured. It turns towards God in a natural way and feels compunction. When there is less love and humility — our 'position two' — we have a correspondingly inferior communication with God. When our soul assumes 'position three,' communication breaks down almost completely, because we are filled with passions, hatreds and enmities and our soul cannot ascend.

For Christ to enter within us when we invoke Him with the words 'Lord Jesus Christ,' our heart must be pure and free from all impediments. It must be devoid of hatred, egotism, and malice. We must love Him, and He must love us. If, however, our heart does harbor some thought of censure or ill will, there is still something we can do about it. The secret is to ask forgiveness or to make confession. But that, of course, as we said, requires humility. If you put the words of God into practice and are not troubled by pricks of conscience, you are calm and do good works, then you enter naturally into prayer without realizing it. Then you simply wait patiently until grace comes.

On every occasion when something happens to you, place the blame on yourself. Pray with humility and do not seek to justify yourself. If, for example, you find yourself the object of enmity, pray with love so that you pour love over the enmity. If you hear a slander against you, then pray and be careful, because *the noise of murmurings shall not be hidden*. The slightest murmuring against your neighbor affects your soul and you are unable to pray. When the Holy Spirit finds the soul in this state it does not dare to approach.

COMMUNITY NEWS (continued)**God's Voice Within Us...**

St. Paul reminds us, from his Epistle to the Romans, that one thing common to all people in every place and always, is that within them, there is a divine conscience. *“Those who are not under the Law of Moses, those who do not know of Christ, have an internal law from God, the natural law written into their hearts...”*

St. John of Kronstadt explains: *“The conscience in people is none other than the voice of Almighty God moving in their hearts - the Lord knows all things...Follow your heart throughout your whole life. Examine it; listen to it and see what keeps it from union with the Lord. Let this be your highest and constant concern...”*

The “inner law” which is written in people’s hearts is that which guides us in understanding “right” from “wrong” — that which benefits self and others” from that which harms self and others. This natural law will grow in us through the grace of the Holy Spirit, whereby the soul voluntarily places itself under the authority of God. The soul then stops having its own will and, instead, seeks the Will of God. From the experience of the Saints, there is nothing else that can bring more joy to such a soul.

Accordingly, the ultimate goal of the **Sacrament of Holy Confession** is to strengthen the powers of one’s soul in resembling the holiness of God in order to overcome every form of evil and misfortune. What is clearly seen in the media today is growing disregard on the part of society for traditional Christian values. Therefore, we can only wonder how the souls of our youth might be adversely affected. The lines between “right” and “wrong” are becoming increasingly blurred and the human conscience is growing cold. People are making choices no longer based on the solid foundations of God’s Law, but instead primarily based on unchecked emotions.

Hence, feelings dictate principles, and the principles of God’s Commandments are being constantly compromised. Therefore, the general awareness of sin nearly vanishes, meaning that forgiveness is not being sought and repentance is not contemplated. In the end, people are found justifying sins, holding prejudices and grudges from the past, as well as losing hope for the future.

The Gospel reminds us that, upon being called by Jesus, the Apostles *“left their nets and followed Him.”* This does not mean that they abandoned their responsibilities to their loved ones — and certainly they went on to work gathering fish from the sea. (We note the fact that they were still fishing when Jesus, having resurrected from the dead, greeted them on the beach.) But, significantly, they left their past behind, following our Lord’s words: *“Repent, for the Kingdom of heaven is at hand.”* (St. Matthew 4:20).

It has been said by many, “You can’t carry your cross when you are still holding on to your nets.” Repentance requires that we leave the past behind us, neither resting on laurels of past good deeds, nor sulking in hopelessness over past sins. If we have sinned, we need to correct our lives today so that we can continue to draw closer to our Savior tomorrow. If we have been virtuous, we need to practice virtue today so that we can continue to grow in Christ’s grace tomorrow. All of this, of course, depends on our willingness to listen to God’s voice speaking to us through our conscience.

COMMUNITY NEWS (continued)

Thank You for your service!



Liam McCann
Chanter



Pres Aida Stratos
Chanter



Jim Hronas
Chanter, Choir Director



Nick Klessas
Livestream, Video

COMMUNITY NEWS (continued)



Studies in the Faith

offered via ZOOM
Wednesday nights
at 7pm starting
January 20

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

Tuesday Bible Study

offered via ZOOM
Tuesday mornings
at 11am starting
January 19

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



COMMUNITY NEWS (continued)**Monthly Lesson from Father Stavros Akrotirianakis...****Let Us Cleanse Our Temples**

What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

2 Corinthians 6: 16-18; 7:1

In the Orthodox Tradition, we have a concept of sacred space. We use our church buildings almost exclusively for worship. There are times when we offer a catechism class in the church sanctuary. There might even be some parishes that don't have a dedicated church sanctuary, that utilize their worship space for multiple purposes, including fellowship. However, even in these multi-use situations, there is a concept of the sacredness of the space. There won't be a paint-ball tournament in the sacred space, or a basketball game, or a violent movie. Because these uses are antithetical to the sacred space used for worship.

Saint Paul tells us that we are supposed to see our bodies as temples, as sacred spaces that are set aside to glorify God. Ideally, that is what we are supposed to do with our bodies. Our bodies, of course, are multiple use bodies. We have one body with which to pray, but also to work. Our bodies get dirty when we mow our lawns, or go hiking. Our bodies should be used for exercise and physical exertion. They should also be used for fun. We should laugh, we should enjoy ourselves. However, the chief function of our bodies is to glorify God. Therefore, even when we are having fun, we should still see our bodies as temples of the living God. That's where getting drunk to the point where one is throwing up does not honor the body as a temple. Neither is overeating to the point of feeling uncomfortable and being unhealthy. Neither is desecrating our bodies with what we wear or covering them with crude messages.

We have to watch what we say with our mouths. We have one mouth at our disposal. We have to be careful that this same mouth that utters words of prayer does not utter words of slander, gossip, or cursing. We have one set of hands. These are to be used to help others, not hurt others. We have one mind, that we are to use to develop talents to help one another, not to hatch diabolical plots to cheat or hurt one another.

If we went into the church building and someone suggested, "hey, let's put graffiti on the walls," others would say "no, this is sacred space, which it to be respected and not defaced." We need to have this attitude with our own bodies and everything associated with them—they are sacred spaces, which are to be respected and not defaced.

The altar in the parish where I serve is immaculately clean. There isn't a speck of dust or one thing that is out of place. My office is a different story. My body is a different story. My life is a different story. The challenge for me, personally, is to make everything else immaculate like the Holy Altar. I have always had a sense of urgency to keep the altar clean. I am working to find the same sense of urgency with everything else.

COMMUNITY NEWS (continued)

Many people don't have a concept of sacred space, whether it is a building or their own body. They are reckless. They don't think about honoring the body as a temple of God, or about dedicating their lives to glorifying God. We read in II Corinthians 6:17: "Therefore come out from them and be separate from them." In other words, don't go along with the crowd. Be different. God expects us to be different.

In II Corinthians 7:1, Saint Paul exhorts us to "cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God."

Obviously, no human being is perfect. No life is immaculate. Try as we might, no one's body or life resembles the holiness of God or the cleanliness of the temple. Holy Unction is meant to be a cleansing agent. It helps wash us of filth and gives us a spiritual restart. We leave from the sacrament renewed and it is then up to us to keep ourselves clean and focused.

One final thought on the word "Holy." "Holy" means "set apart for God." In the Divine Liturgy, when the priest says "The Holy Gifts for the Holy People of God," he is saying "the things that are set apart from all other things, the bread and wine now become the Body and Blood of Christ, are for the people who are setting themselves apart from other things and are focusing on setting themselves apart with and for God."

For us, holiness is not just a destination. It is the journey. We won't achieve holiness in this life, because to be holy is to be one with God. This is our goal. In the journey, we are supposed to seek oneness with God. Will we have this at all times? In our sinful nature, no, we won't. However, we can pursue holiness at all times. Because the pursuit is a choice, a choice we can make at any time and in any circumstance.

Holy Unction, both through the anointing with oil and the spiritual renewal of the prayers, calls us to a sense of holiness and asks God to strengthen each of us so that our minds and hearts desire that choice to be holy and set apart for God in all times and in all circumstances.

Strive for holiness. Keep the temple of your body and your mind immaculate like a church sanctuary. Set your life apart for God, focus on glorifying Him in all you do.

COMMUNITY NEWS (continued)

Monthly Lesson from Father Stavros Akrotirianakis...

*Let us hold fast the confession of our hope without wavering,
for He who is promised is faithful.*

Hebrews 10:23

One of the classes I was required to take my freshmen year of college was entitled "What are Human Beings?" This class was mostly philosophical, designed to get us to learn about ourselves, ostensibly. One thing I remember vividly from this class was that we were forced to question every aspect of our lives. It started off with gender – was I sure I was actually a man? The professor didn't seem satisfied with a simple yes, or the answer that my gender was confirmed through my biology and appearance of my body. Eventually I became annoyed with having to defend something I had and have known to be true my whole life. I am a man.

The class "progressed" toward other things I needed to defend, and one of them was my Christian faith. When it came to discussing religion, I was asked if I had a faith with which I identified. When I answered that I was a Christian, I was then asked if I had ever considered another faith, or tried another faith? And when I answered, no, I hadn't, and that I didn't feel the need to, I was told that I was a close-minded person. According to my professor only close-minded people are unwilling to try new things.

I quickly realized that as much as colleges said they wanted us to have an "open mind," what they really wanted us to have was an "empty mind" - a mind that had no conviction but was open to being completely changed on questions as basic as our gender and our faith. I believe many colleges still operate like this.

There is a difference between an **open mind** and an **empty mind**. An open mind can have conviction but lack direction. An empty mind lacks both. What does that mean? I went to college positive that I was a man and a Christian. I knew I had some skills in writing and in public speaking. I liked the idea of being a teacher and a counselor. I had an open mind about career choices. While the priesthood was always tugging at my heart, I took classes in psychology, secondary education, history and political science, and considered careers in education, city management and counseling before deciding to pursue the priesthood. To me, I went to college with an open mind as far as careers were concerned. I entered college certain that I was not going to be a scientist, but open minded to various careers in the humanities. I did not, however, go to college with an empty mind. When I entered college I was very sure of my Christian faith. I was very sure of my values and boundaries. And while some of these got tested and pushed and occasionally even crossed, I exited college with the same values and faith with which I had entered, but with a more defined career path than when I had entered.

It's not just during college that our values are challenged, or when we are called upon to be open minded, or in reality empty minded. Christians are being challenged as never before to defend our Christianity. Western society is quickly becoming anti-Christian. Perhaps because as Christians we cling to values and beliefs that are quickly becoming unpopular. Just clinging to a belief is becoming unpopular.

COMMUNITY NEWS (continued)

We live in a disposable society. If a person is still clinging to a rotary phone they used 30 years ago, the world has passed them by. People would probably laugh at them. You can't be in a profession now without using the Internet or e-mail. If a doctor is still trying to practice medicine the way he did 20 years ago, he's probably out of a job. It seems that we have to adapt to many things in our world or we get left behind.

So there is a great pressure to adapt our faith to fit some societal contemporary norm of what faith is. Our faith is regarded like the rotary phone, something we no longer need or have a use for.

Faith is something that grounds us. Faith is not something that changes. As we read in Hebrews 13:8, *"Jesus Christ is the same yesterday and today and forever."* As Christians, we are called to believe specific things and act in specific ways. To cling to those things and to act in those ways shows conviction and faith. It doesn't show close-mindedness which is seen as weakness.

In holding fast to boundaries, we need to cling to what we know is true as far as our faith goes, and to practice what we know is right according to our faith. The challenge is to know the faith and practice it with consistency and conviction. Otherwise, when we are challenged as to what we believe, when we don't know what we believe, it will be very easy for our faith to be changed, even lost. We need to continually grow in our faith, so that when a storm of criticism and questionings are leveled against us, our faith is strong enough to withstand them. And when we have a strong faith, we need to have the courage of conviction to stand with a mind that is confident, not open for influence away from our faith.

There have been a few occasions in my life (and most of them happened in college) when influences around me caused me to question my faith. Thankfully, my faith is strong enough that it has survived each barrage against it. We have to know as people of faith that there will be times when our faith will come under attack, and we have to have the strength of faith and the courage to hold onto it in the face of opposition.

There is a difference between **morality** and **righteousness**. Righteousness is what is right and correct in the eyes of God. Morality is what is right is acceptable in the eyes of society. Morality changes. There are plenty of things that were immoral one hundred years ago or even twenty years ago that are perfectly acceptable today. And those who do not accept them are often criticized. Righteousness, what is right in the eyes of God, does not change. Faith should be tied to what is righteous, not what is moral. Because righteousness doesn't change, and faith shouldn't either.

Lord, help me to be Your faithful servant. Help me to understand what is righteous in Your eyes. Help me to cling to righteousness, even when I am tempted or encouraged not to. Help me hold fast to my faith. Surround me with people who will encourage me to be faithful to You. Amen.

Hold fast to your faith and what is righteous in the eyes of God!

+Fr. Stavros

COMMUNITY NEWS (continued)

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

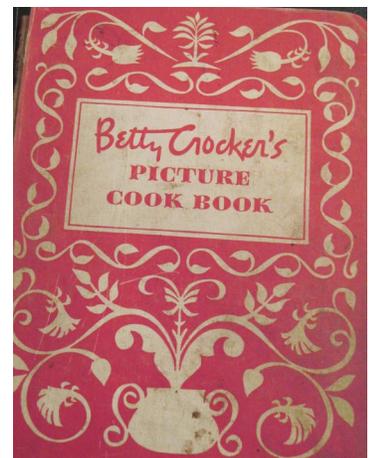
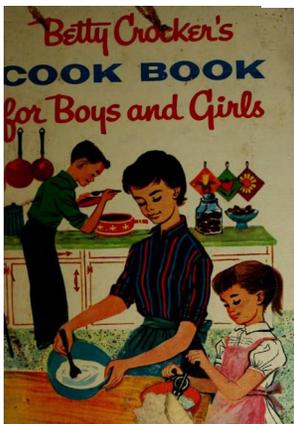
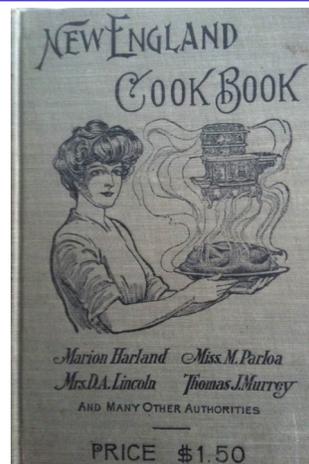
As so many of us have had to stay at home these past several months, it would be fun to share our favorite recipes (Greek or non-Greek) with our church community.

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)

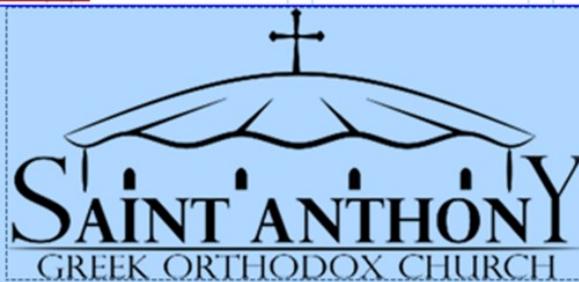
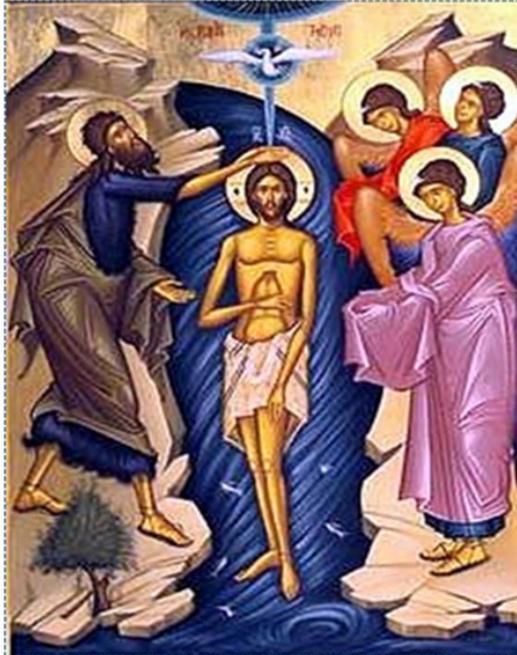
The Voice of Saint Anthony

JANUARY 2021

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Deadline for
February Newsletter is
Monday, 25 January
Please send to:
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

Sunday of the Holy Cross

4 April

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



Sunday of St John Calmicus

11 April

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.



Sunday of Saint Mary of Egypt

18 April

The memory of this Saint is celebrated on April 1, where her life is recorded. This was a woman in all of human history who stood on air at the moment of her prayer.

Since this is during the holy Forty Days, it has been appointed for this day also, so that if we think it hard to practice a little abstinence for forty days, we might be roused by the heroism of her who fasted in the wilderness forty seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in every deed. Her whole life is a living expression of the word said by St. Paul, *"All the more the blood of Christ, Who through the Eternal Spirit offered Himself without blemish to God, will purify your con-science from dead works to serve the living God."* (Hebrews 9:14).

That St. Paul's words are Divinely inspired is verified by the Most Holy Mother of God Herself. She guided St. Mary of Egypt to repentance and Eternal Life. As much as we know about St. Mary of Egypt, we can understand that it is, in reality, the stark truth that Christ is the True God and that all of the false gods of the world then and now are idols who do not save humanity, but can truly harm us.



FEASTS & SAINTS OF THE MONTH (continued)

Lazarus Saturday **24 April**

Lazarus and his sisters Martha and Mary, the friends of the Lord Jesus, had given Him hospitality and served Him many times (Luke 10:38-42; John 12:2-3). They were from Bethany, a village of Judea. This village is situated in the eastern parts by the foothills of the Mount of Olives, about two Roman miles from Jerusalem. When Lazarus, whose name is a Hellenized form of "Eleazar," which means "God has helped," became ill some days before the saving Passion, his sisters had this report taken to our Saviour, Who was then in Galilee. Nonetheless, He tarried yet two more days until Lazarus died; then He said to His disciples, "Let us go into Judea that I might awake My friend who sleepeth." By this, of course, He meant the deep sleep of death.

On arriving at Bethany, He consoled the sisters of Lazarus, who was already four days dead. Jesus groaned in spirit and was troubled at the death of His beloved friend. He asked, "Where have ye laid his body?" and He wept over him. When He drew nigh to the tomb, He commanded that they remove the stone, and He lifted up His eyes, and giving thanks to God the Father, He cried out with a loud voice, "Lazarus, come forth." And he that had been dead four days came forth immediately, bound hand and foot with the grave clothes, and Jesus said to those standing there, "Loose him, and let him go." This is the supernatural wonder wrought by the Saviour that we celebrate on this day.

According to an ancient tradition, it is said that Lazarus was thirty years old when the Lord raised him; then he lived another thirty years on Cyprus and there reposed in the Lord. It is furthermore related that after he was raised from the dead, he never laughed till the end of his life, but that once only, when he saw someone stealing a clay vessel, he smiled and said, "Clay stealing clay." His grave is situated in the city of Kition, having the inscription: "Lazarus the four days dead and friend of Christ."

In 890 his sacred relics were transferred to Constantinople by Emperor Leo the Wise, at which time the Emperor composed his stichera for Vespers, "Wishing to behold the tomb of Lazarus . . ."



FEASTS & SAINTS OF THE MONTH (continued)

Palm Sunday

25 April

On Sunday, five days before the Passover of the Law, the Lord came from Bethany to Jerusalem. Sending two of His disciples to bring Him a foal of an ass, He sat thereon and entered into the city. When the multitude there heard that Jesus was coming, they straight-away took up the branches of palm trees in their hands, and went forth to meet Him. Others spread their garments on the ground, and yet others cut branches from the trees and strewed them in the way that Jesus was to pass; and all of them together, especially the children, went before and after Him, crying out: "Hosanna: Blessed is He that cometh in the Name of the Lord, the King of Israel" (John 12:13). This is the radiant and glorious festival of our Lord's entry into Jerusalem that we celebrate today.

The branches of the palm trees symbolize Christ's victory over the devil and death. The word Hosanna means "Save, I pray," or "Save, now." The foal of an ass, and Jesus' sitting thereon, and the fact that this animal was untamed and considered unclean according to the Law, signified the former uncleanness and wildness of the nations, and their subjection thereafter to the holy Law of the Gospel.

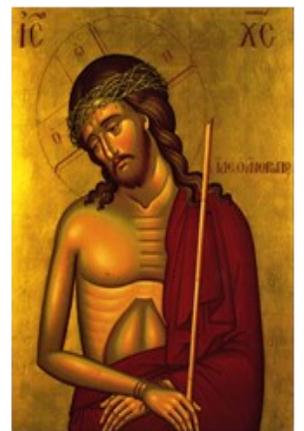


Holy Monday

26 April

The Holy Passion of our Savior begins today, presenting Joseph the all-comely as a prefiguring of Christ. He was the eleventh son of Jacob, and his first son by Rachel; because he was so beloved of his father, his own brethren came to envy him and cast him into a pit. Later they sold him to foreigners for thirty pieces of silver, who later sold him again in Egypt. Because of his virtue, his master gave him much authority in governing his house; because he was fair of countenance, his master's wife sought to draw him into sin with her; because of his chastity, he refused her, and through her slanders was cast into prison. Finally, he was led forth again with great glory and was honored as a king. He became lord over all Egypt and a provider of wheat for all the people. Through all this, he typifies in himself the betrayal, Passion, death, and glorification of our Lord Jesus Christ (Genesis 37, 39 & 41).

To the commemoration of Patriarch Joseph is added also the narration concerning the fig tree, which on this day was cursed and subsequently dried up because of its unfruitfulness. It portrayed the Jewish synagogue, which had not produced the fruit demanded of it - obedience to God and faith in Him. It was stripped of all spiritual grace by means of the curse (Matthew 21:18-20).



FEASTS & SAINTS OF THE MONTH (continued)

Holy Tuesday

27 April

Today we bring to mind the parable of the ten virgins, which our Savior related as He was coming to His Passion. This parable teaches us that the accomplishment of the great work of virginity should not make us careless in other matters, especially in almsgiving, wherewith the lamp of virginity is made radiant.

Furthermore, it teaches us that we should not be remiss about the end of our life, but should be prepared for it at every moment, like the wise virgins, so that we may meet the Bridegroom, lest He come suddenly and the doors of the heavenly bride chamber be shut, and we also, like the foolish virgins, hear that dread sentence: "Amen, I say unto you, I know you not" (Matthew 25:1-13).



Holy Wednesday

28 April

Two women - the more discerning interpreters of the Gospel - anointed the Lord with myrrh; the one, a long time before His Passion; the other, a few days before. One was a harlot and sinner; the other, chaste and virtuous. The Church commemorates this reverent act today. While mentioning herein the person of the harlot, it also mentions Judas' betrayal; for, according to the account in Matthew, both of these deeds took place two days before the Passover, on Wednesday.

That woman, then, anointed Jesus' head and feet with very precious myrrh, and wiped them with the tresses of her hair. The disciples, especially the avaricious Judas, were scandalized, supposedly because of the waste of the myrrh, which could be sold for a great price and given to the poor. The Lord Jesus reproved them and told them not to trouble the woman.

Indignant, Judas went to the high priests, who were gathered in the court of Caiaphas and were already taking counsel against Jesus. On agreeing with them to betray his Teacher for thirty pieces of silver, Judas sought from that time opportunity to betray Him (Matt. 26:14-16). Because the betrayal took place on Wednesday, we have received the tradition from Apostolic times to fast on Wednesday throughout the year.



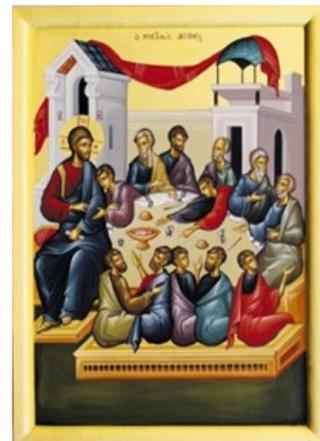
FEASTS & SAINTS OF THE MONTH (continued)**Holy Thursday
29 April**

On the evening of this day, which was the eve of the feast of unleavened bread (that is, the Passover), our Redeemer supped with His twelve disciples in the city. He blessed the bread and the wine, and gave us the Mystery of the Divine Eucharist. He washed the feet of the disciples as an example of humility. He said openly that one of them was about to betray Him, and He pointed out the betrayer by revealing that it was he "*that dippeth his hand with Me in the dish.*" And after Judas had straight-away gone forth, Jesus gave the disciples His final and sublime instructions, which are contained in the first Gospel Reading of the Holy Passion (John 13:31-18:1 known as the Gospel of the Testament).

After this the God-man went forth to the Mount of Olives, and there He began to be sorrowful and in anguish. He went off alone, and on His knees He prayed fervently. From His great anguish, His sweat became as it were great drops of blood falling to the ground. As soon as He had completed that anguished prayer, Judas came with a multitude of soldiers and a great crowd; on greeting the Teacher guilefully with a kiss, he betrayed Him.

The Lord Jesus was then apprehended and taken prisoner to the high priests Annas and Caiaphas. The disciples were scattered, but Peter, who was more fervent than the others, followed Him even into the court of the high priest, but in the end denied three times that he was His disciple.

Then our divine Teacher was brought before the lawless Sanhedrin and was interrogated concerning His disciples and His teaching. The high priest adjured Him before God that He tell them whether He was truly the Christ. And having spoken the truth, He was judged guilty of death, supposedly as one who had blasphemed. Then they spat in His face, beat Him, smote Him with the palms of their hands, and mocked Him in every way, throughout the whole night until the morning.



FEASTS & SAINTS OF THE MONTH (continued)

Holy Friday

30 April

When Friday dawned, Christ was sent bound from Caiaphas to Pontius Pilate, who was then Governor of Judea. Pilate interrogated Him in many ways, and once and again acknowledged that He was innocent, but to please the Jews, he later passed the sentence of death against Him. After scourging the Lord of all as though He were a runaway slave, he surrendered Him to be crucified.

Thus the Lord Jesus was handed over to the soldiers, was stripped of His garments, was clothed in a purple robe, was crowned with a wreath of thorns, had a reed placed in His hand as though it were a scepter, was bowed before in mockery, was spat upon, and was buffeted in the face and on the head. Then they again clothed Him in His own garments, and bearing the cross, He came to Golgotha, a place of condemnation.

There, about the third hour, He was crucified between two thieves. Although both blasphemed Him at the first, the thief at His right hand repented, and said: *"Remember me, O Lord, when Thou comest in Thy Kingdom,"* to which our Savior answered, *"Today shalt thou be with Me in Paradise."* As He hung upon the Cross, He was blasphemed by those who were passing by, was mocked by the high priests and by the soldiers was given vinegar to drink mixed with gall.

About the ninth hour, He cried out with a loud voice, saying, *"It is finished."* And the Lamb of God *"Which taketh away the sin of the world"* (John 1:29) expired on the day when the moon was full, and at the hour when, according to the Law, was slain the Passover lamb, to which He was referred in the time of Moses—the Lamb of God.

Even lifeless creation mourned the death of the Master, and it trembled and was altered out of fear. Yet, even though the Maker of creation was already dead, they pierced Him in His immaculate side, and forthwith there came out Blood and Water. Finally, at about the setting of the sun, Joseph of Arimathea came with Nicodemus (both secret disciples of Jesus), and they took down the all-holy Body of the Teacher from the Cross and anointed it with aromatic spices, and wrapped it in a clean linen cloth. When they had buried Him in a new tomb, they rolled a great stone over its entrance.

Such are the dread and saving sufferings of our Lord Jesus Christ commemorated today, and in remembrance of them, we have received the Apostolic commandment that a fast be observed every Friday.

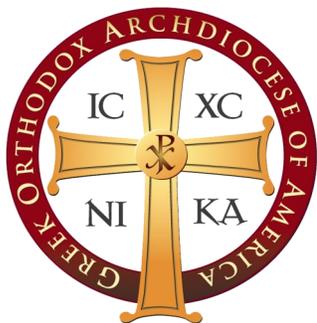


Orthodox Calendar

April 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				✝ 1	✝ 2 6pm Salutations to Theotokos	 3
 4 Sunday of the Holy Cross 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	✝ 5	✝ 6 11am Bible Study via Zoom	✝ 7 10am Pre-Sanctified Liturgy 7pm Union Station Philoptochos Outreach 7pm Studies in the Faith via Zoom	✝ 8	✝ 9 6pm Salutations to Theotokos	 10
 11 Sunday of Saint John Climacus 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	✝ 12	✝ 13 11am Bible Study via Zoom 7pm Parish Council Meeting	✝ 14 10am Pre-Sanctified Liturgy 7pm Studies in the Faith via Zoom 7:15pm Philoptochos Bd. Meeting via Zoom	✝ 15	✝ 16 6pm Akathist Hymn	 17
 18 Sunday of Mary of Egypt 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	✝ 19	✝ 20 11am Bible Study via Zoom	✝ 21 10am Pre-Sanctified Liturgy 7pm Studies in the Faith via Zoom	✝ 22	✝ 23	 24 Saturday of Lazarus 9am Orthros 10am Divine Liturgy
 25 Palm Sunday 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream 6pm Service of the Bridegroom	✝ 26 Holy Monday 6pm Service of the Bridegroom	✝ 27 Holy Tuesday 6pm Service of the Bridegroom Hymn of Kassiani	✝ 28 Holy Wednesday 3pm Sacrament of Holy Unction 6pm Service of the Bridegroom	✝ 29 Holy Thursday 9am Vespers of Saint Basil 6pm Service of the Holy Passion 12 Gospels	✝ 30 Holy Friday 3pm Descent from the Cross 6pm Lamentations	
		Strict Fast ✝	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free

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How to cure anxiety



The answer to our anxiety is not drugs, alcohol, tranquilizers or psychiatric treatment. It will not be cured by Yoga or some new age or eastern meditation practice. The problem is that we have lost God as the center of our lives. Once we make our love of God the primary focus of our lives and allow His grace to work through us, then no matter what circumstance we encounter in life we will be comforted and embraced in His love. All anxiety disappears. **This is the aim of the Orthodox way of life—To put God first and seek the Holy Spirit.** The anxieties of modern life are only symptoms of our separation from God.

- St Paisios of Mt Athos