

The Voice of Saint Anthony

March 2021

INSIDE THIS ISSUE

Priest's Message	2
Stewardship	8
Church History	14
Parish Council	18
Choir	19
Church School	20
Youth/Young Adult	22
Philoptochos	26
VIPs	30
Ministries	31
Community News	33
Saints of the Month	39
Orthodox Calendar	42

Deadline for
April Newsletter is
Thursday, 25 March

Please send to:
newsletter_church@aol.com



The Annunciation - 25 March



Reverend Father Peter Stratos, Pastor

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PRIEST'S MESSAGE

Dear Faithful,

The **Great Fast or Lent** is a period of preparation leading up to Holy Week and Pascha. The **Lenten Triodion** governs the divine services of Great Lent as well as those of the Weeks of Preparation preceding Great Lent. Lent is an old English word meaning "spring." The Great Fast has come to be called Lent by association because it occurs during spring. It is also called "great" to distinguish it from the other fasts of the liturgical year.

Observance of Great Lent is characterized by abstention from many foods, intensified private and public prayer, personal improvement, and almsgiving. All of these disciplines are important, however I am challenging each of us to focus on one in particular. I am encouraging us all to focus on our personal prayer life during this upcoming Lenten season and Holy Week.

As Orthodox Christians we are expected, and in fact instructed, to pay closer attention to our private prayers to God. Yes, we should practice and follow all of the disciplines during Great Lent, including fasting. However, we must heed the warning of our Fathers of our Church: fasting without prayer is considered "the fast of the demons" since the demons do not eat according to their incorporeal nature, and also they do not pray.

When the faithful approach for Holy Confession, quite often the first thing they utter during their confession is... "I have not been praying." We all struggle with finding the time and the will to pray more, or even at all. That is why, this beautiful and peaceful time of the liturgical calendar is so important. God is inviting us back, waiting at the door as he waited for the Prodigal Son. We read in the Gospel of Matthew 7:7 *"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."*

When asked about prayer and how much we should be praying, I often explain what works for me. Rather than pray the entire Vesper Service in the evening, I focus on a shorter rule of prayer. In my personal experience, I find that my mind wonders when praying a full and long service. Everyone is different, but during my evening prayers I feel more fulfilled when I focus on the "quality" of my prayer life rather than the "quantity." With this in mind, I want each of us - man, woman, child, single person and families to commit to praying the short prayer attributed to St Ephraim the Syrian. Of all Lenten hymns and prayers, this short prayer can be termed the **"Lenten Prayer."** It would be wonderful, if you could pray the "Lenten Prayer" twice a day: at the beginning of your day when you rise and at the conclusion of your day when you retire.

As we recite the prayer, we make a prostration after each petition of the prayer. These prostrations constitute one of the distinctive characteristics of the entire Lenten worship. As we all experience the difficult effort of spiritual recovery (returning to God), we understand that our Church does not consider our soul separate from our body. Our whole person has fallen away from God and must be restored. Our goal is to restore both body and soul, returning our entire person to God. For this reason the whole person, body and soul, repents. The body participates in the prayer of the soul just as the soul prays through and with the body. Prostrations are a sign of repentance, of humility, of adoration and obedience to God. Thus, this beautiful prayer is described as our "Lenten Prayer." Make this short but fulfilling prayer an important part of your Lenten experience. Pray twice a day. Follow all of the Lenten disciplines. Make this Great Lent a most special time as we all commit to daily private prayers to God in our homes. Have a fruitful and blessed Lenten season!

In Christ, Fr Peter

PRIEST'S MESSAGE (continued)

LENTEN PRAYER OF SAINT EPHRAIM

O Lord and Master of my life!
Take from me the spirit of sloth,
faintheartedness, lust of power,
and idle talk.
(prostration and +)

But give rather the spirit of
purity, humility, patience and love
to Your servant.
(prostration and +)

Yes, O Lord and King! Grant me
to see my own errors and not to
judge my brothers and sisters.
For You are blessed to ages of
ages. Amen.
(prostration and +)

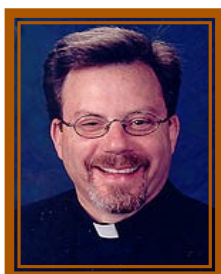


Προσευχή του Αγίου Εφραίμ του Σύρου

Κύριε καὶ Δέσποτα τῆς ζωῆς
μου,
πνεῦμα ἀργίας, περιεργίας,
φιλαρχίας,
καὶ ἀργολογίας μὴ μοι δῶς.
(μετανοία καὶ +)

Πνεῦμα δέ σωφροσύνης,
ταπεινοφροσύνης,
ὑπομονῆς καὶ ἀγάπης χάρισαί
μοι τῷ σῶ δούλῳ.
(μετανοία καὶ +)

Ναί, Κύριε Βασιλεῦ,
δώρησαί μοι τοῦ ὁράν τὰ ἐμά
πταίσματα,
καὶ μὴ κατακρίνειν τόν
ἀδελφόν μου,
ὅτι εὐλογητός εἰ εἰς τοὺς αἰῶνας
τῶν αἰώνων. Ἀμήν».
(μετανοία καὶ +)



PRIEST'S MESSAGE (continued)**SAINT ANTHONY
GREEK ORTHODOX CHURCH**

Rev. Peter Stratos, Pastor

Dear Faithful,

We are approaching the beautiful season of Great Lent. Lent begins for Orthodox Christians this year on Monday March 15th 2021. The two Saturdays before Great Lent begins and the first Saturday of Great Lent, are special days within the Church tradition. These special Saturdays are set, aside for prayers of those who have fallen asleep. In fact all Saturdays are the traditional day of prayer for our loved ones who have passed, because Christ lay dead in the Tomb on Saturday.

These special days are devoted to prayer for departed relatives and other faithful who would not be commemorated specifically as saints of the Church. The Divine Services on these days have special hymns added to them to commemorate the departed. There is a special Memorial Service at the conclusion of the Divine Liturgy, for which Koliva is prepared and placed on a special table in the Church Nave. These Saturdays are March 6, 13 & 20, this year with Orthros beginning at 9 am. and Divine Liturgy at 10 am. (Memorial Service at the conclusion)

Because we are still dealing with a pandemic this year's Divine Services must be treated differently to ensure all participants are safe. We are asking that we all follow these procedures:

1. Online Registration will be available on the Monday before the Saturday Services. (If preferred, you may call the church office to register)
2. Bring a small bowl of Koliva. Place your prepared Koliva on the special table in the Church Nave. The Koliva will be blessed at the end of the Divine Liturgy. We will not share Koliva after the service. Please, take the blessed Koliva home for your family to enjoy.
3. In this mailing you will find a form to fill out the names you would like to be commemorated. You may mail these names to the church office, or bring them to the service. There will be a special basket on the table to place your names. These names will be commemorated at all three services. Please print clearly!

If you should have questions please feel free to call or email the church office. I hope and pray that we all have a blessed Lenten Season.

In Christ,

Rev. Fr. Peter Stratos

“For eternal Memory and blessed repose...”

Please print clearly

[illegible]

To be remember on the 1st, 2nd, & 3rd Saturdays of Souls

PRIEST'S MESSAGE (continued)

IF YOU ARE IN NEED OF ASSISTANCE OF ANY KIND

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

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

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

Please CALL or TEXT:

Sherese Akrotirianakis 310.308.1431

Sophia Syrengelas 626.641.0335

Mary Udria 626.390.1680

Everything will be held in confidence.



PRIEST'S MESSAGE (continued)

In-person liturgy is back !!

Please come !!

We are now able to attend Divine Liturgy in our church.

Orthros 8:30am Memorials 9:45am Liturgy 10am

Masks must be worn, and social distancing will be practiced.

If we need to contact the attendees regarding a possible exposure, 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.

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 put you on the list.

Please come back to church!!

STEWARDSHIP

ST. ANTHONY STEWARDSHIP UPDATE

143 PLEDGES TOTALING: \$203,258

COLLECTED AS OF 02/25/2021: \$119,087

AVERAGE PLEDGE GOAL: \$2,000

CURRENT AVERAGE PLEDGE: \$1,421

Breakdown of Stewardship Pledges			
Stewardship Levels	Amount Pledge	# of Pledges	% of Pledges Breakdown
<i>Contributor</i>	< \$499	42	29%
<i>Friend</i>	\$500 - \$999	34	24%
<i>Supporter</i>	\$1,000 - \$1,999	28	20%
Faithful	\$2,000 - \$3,999	29	20%
Disciple	\$4,000 - \$6,999	06	04%
Guardian	\$7,000 - \$9,999	1	01%
Angel	\$10,000 - \$14,999	3	02%
Archangel	\$15,000 - >	0	0%
TOTAL ANNUAL PLEDGES		143	100%

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

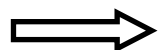
RIGHT NOW, 73% OF OUR STEWARDS ARE UNDER THAT GOAL

STEWARDSHIP (continued)

Stewardship List as of 25 February 2021

Stratos, Fr. Peter/Pres. Aida
 Akrotirianakis, Joseph N. & Sherese
 Albeck, Irene
 Albeck, Mark Gregory
 Andros, Gus & Lorena
 Apostolos, Margo K.
 Argueta, Cris & Teresa V.
 Arviso, Ange
 Aspiotes, Georgia
 Athans, Tesi & Craig Lareau
 Athans, Tina & Dean P.
 Attalla, Philip "Ted" & Michelle Reagan
 Balas, Argiro Julie & Dino
 Balntas, Bill & Eleni
 Becronis, Christina
 Begakis, Nicholas & Bronwen
 Bichai, Anthony & Anna
 Bissias, Peter
 Bjorknert, Jan & Vicky
 Blaszcak, Frank
 Bloziu, Julian O. & Catalina E.
 Bozikis, Demetra
 Brown, Niki
 Bryant, Dan & Karen
 Burkard Jr., Frank J. & Penelope
 Buzas, John & Pamela
 Buzas, Nicholas & Danielle
 Christodoulelis, Jimmy & Tanya.
 Christopoulos, Tony and Lynnette
 Christou, Nicholas
 Christou, Nicholas
 Christy, Angene†
 Coccia, Tina & Ginseppe
 Cokias, Jason & Karen
 Damilatis, Dimitrios & Eleni
 Demopulos, Elizabeth & Andrew
 Dupas, Katherine
 Dupas, Theodore & Evangeline
 Edwards, Nancy C.
 Floutsis, Penny & Ted
 Fuerst, Nicolette & Jay

Gallanis, Pete & Danica
 Ganis, Maria C.
 Garbis, Spiros & Antigoni Manousopoulou
 Gavalas, Cleola & George
 Genkos, Mary
 Goettling, Mimika & Eckhard C.
 Grafos, Thean
 Grafos, Tom & Tania
 Grover, James & Maria
 Haralambos, Aliko,
 Haralambos, Anthony & Kathleen
 Horaite, George & Olympia
 Horaite, James
 Hronas, Maria & James W.
 Hunter, Nicole
 Ioannou, Christos & Elleni
 Johal, Demetra G.
 Johnsen, Eleni
 Kamar, April
 Kaparos, Lily & Stefanos
 Karamaras, Andriana
 Karras, Maria
 Katsas, Alexandra K.
 Kefalas, Evelyn & John
 Kefalas, Mike J.
 Kitchens, Christopher
 Kokoris, Maria & Nicholas
 Kolokotronis, Carolyn & James A.
 Koudanis, Helen
 Koulakis, John and Gisele
 Koutras, Alexander E.
 Koutras, Alexander E.
 Koutsoukos, Lin & George
 Kypreos, Maria & James
 Lagousis, Ted & Kendra
 Lambros, Helen L.
 Lappas, Virginia
 Lubian, Daniel & Stephanie



STEWARDSHIP (continued)**Stewardship List (continued)**

Macris, Catherine & George	Saigh, Mark & Mara R. Suchy
Magaziotis, Phophi & Panteli	Scolinos, Michael & Stephanie
Makris, Ted & Maria	Scordelis, Alexander & Melissa
Malisos, Fontaine	Shankwiler James & Alexandria Darras
Malisos, Samantha A	Sideris, Athanasios & Anastasia
Martin, Sam & Debbie	Sipsas, Pantelis & Nafsika
Maslen, Larissa & Mark Carpenter	Skandale, Elizabeth
McGregor, Richard & Kristen	Soewers, Stephanie & Randy
McNulty, Jennie & Chris	Stafylis, Chrysovalantis
Mobayen, Chrissa & Syrus	Stamos, Andy & Mary
Molinari, Yngrid	Stamos, Nikos A.
Mowrey, Anthony & Tina Boykin	Stavropoulos, Ted & Georgia
Nunez, Alyssa & Angel	Stephens, Kenneth & Angelina Maria
Ochoa, Alexa	Tarazi, Ellie
Pappas, Constantine & Hope	Tirado, Elizabeth
Pappas, Dean C. & Jennifer	Tirado, Elizabeth
Pappas, Steven & Christine	Treantafelles, George T. & Helen
Paras, Gus	Treantafelles, Stan & Vivian
Pastis, Patricia	Triantafyllidi, Ioanna & Galino Barmparas
Patsavas, Bertha	Tripodes, Koula J.
Patzakis, John & Andrea	Tripodes, Stella
Paziouros, John	Tsigkounis, Charalambos & Catherine
Paziouros, Konstantina & Nick	Tsouvalas, Charles
Paziouros, Patricia	Udria, Juan & Mary
Pegadiotes, Georgia & Sam	Vagenas, George & Polly
Pegadiotes, Stan S.	Vagenas, Alex & Tashia
Petrossian, Stacy & Rafic R.	Vagenas, John & Georgia
Plumtree, Martha & Wayne	Vagenas, Peter & Mindy
Pollalis, Dino J.	Vagenas, Sophia
Poulos, Anastasia	Vezzuto, Christopher
	Vidalakis, Nick and Nancy
	Voyagis, Eleftherios & Pauline
	Wood, Grant & Cindy
	Zarifes, Peter & Tina

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

Food and Beverage

No occupation is more closely linked to Greek Immigrants than the restaurateur. From the diners of the East Coast to the hamburger stands of Southern California, Greeks were disproportionately represented in independently owned food service businesses throughout North America. Around 1912 -1913, George Malamis became Pasadena's first Greek restaurateur when he took over the American Restaurant at 720 South Fair Oaks Avenue. He was listed as the owner of the business until 1915. Nothing is known about the fate of Malamis or his business. The next Greek owned restaurants in Pasadena appeared in 1924 and were owned by George Kokoris at 133 North Fair Oaks Avenue and Theodore Mantas at 540 South Fair Oaks Avenue. The number of Greek owned restaurants slowly increased.

In the 1930's, Peter Alexakis, Peter Becronis, Chris and Spiros Buzas, Dimitrios Gymnaitis, John Koliopoulos, William Makis, James G. Nichols, (Mecca Café) Steve and Cleopatra Pappas, James Paras, John Poulos Theo Ramos, Michael Saines, and Manolis Tavoularis all owned restaurants on Colorado or Fair Oaks Avenue. Vasilios Linard (Linardos) and Anthony Manos had been partners in the Colorado Inn in 1929, but dissolved their partnership and were running separate restaurants by 1938, on Lincoln Avenue and North Lake Avenue.

The end of Prohibition provided a number of Pasadena Greeks with a brand new business opportunity - liquor sales. Restaurants added bars and liquor stores were opened. Tom Haralambos Koumboulesis started Acme Distributing Company, on Raymond Avenue in Pasadena, immediately after Prohibition's repeal in 1933 and was a large scale liquor distributor in Los Angeles, servicing many Greek owned businesses. Haralambos Beverage Company now operates out of Whittier under the direction of Tom's son and grandsons*. Peter Becronis and the Lafkas family owned several liquor stores in Pasadena in the late 1930s. Sam Heliotes closed his soda fountain and opened a liquor store in 1938. A liquor store added to the many Vaselacopulos businesses on South Fair Oaks Avenue. In 1947, Xenophon Lakios brought his family from Florida and opened Charlie's Liquors on Valley Boulevard in El Monte. Ted Cocores and Peter Kousakis started Ted's Liquors in Monterey Park in 1948. It is still run by the Cocores family today.*

It should be noted that Greeks ran restaurants, but not "Greek" restaurants. The occasional Greek inspired dish might have popped up as a special, for example, "Greek salads" were on some menus, but the food served was overwhelmingly hearty American fare.

When Greeks went ethnic, it was more often with another nationality's cuisine. The Buzas brothers Spiros and Chris, ran the Oneonta Italian Inn at Fremont and Huntington Drive in South Pasadena from 1937 to 1942. In 1938 Gus Vrahnos opened Pierre's, The House of Crepes Suzette in San Marino.

Church History (continued)

The 1930s and 40s ushered in the spread of Greek restauranteurs to other parts of the San Gabriel Valley, including George Spanos in El Monte, Gus Zaffiras in San Gabriel, Anton Demos in Monterey Park, and William Poulos' The Corinthian Restaurant on Las Tunas Drive in San Gabriel. Peter Dolkas, Nicholas C. Zeraftis and Alex D. Avouris all owned restaurants on Main Street in Alhambra. Monterey Park had its second Greek owned business in 1946 when Paris (Paraskos) Tripodes took over Parson's Drive-In on Garvey Avenue. Prior to the completion of Interstate 10, Garvey Avenue was the main east-west route linking Los Angeles to the rest of the nation. Capitalizing on Garvey's heavy traffic flow, Paris opened another Monterey Park eatery in 1951 with partner Sam Kruse (Stamtatios Karousos) and a few months later Paris' youngest brother, Louis joined the business. Paris Restaurant served standard American food with a few ethnic specialties, but was often presumed to be a French restaurant. The restaurant was also confused with Paras Restaurant in Pasadena owned by James Paras and George Sarris.

Two other Tripodes brothers, Gust and Jack, along with brother-in-law Mike Katsaros began Gus's BBQ in South Pasadena in 1947. Greeks were such a novelty in South Pasadena that customers would come in just to see what they looked like. After Jack and Mary Tripodes purchased their South Pasadena home in 1950 they were told the sale would have been blocked if they had not won a (presumably secret) vote of approval by a panel of city fathers. Greeks fared better in South Pasadena than other ethnic groups who were effectively excluded for many years by the town's realtors. The Tripodes family is still in South Pasadena and Gus's, still in family hands*, is the oldest family run business in town.

Steve Bicos came to Pasadena from the Kalavrytan village of Tournada (via Chicago) with his uncle James Bicos. They opened Top's Café in 1952, on Colorado Boulevard, in what is now the Playhouse District of Pasadena. Steve later introduced the San Gabriel Valley to his Greek hamburger stand, with the opening of Top's on Main Street in Alhambra in 1963. The Greek owned hamburger stand with an American and Mexican fast food menu, outdoor seating, and generous portions is a Los Angeles creation popularized in the 1950s by a few pioneering Greek immigrants. Today dozens of such Greek owned establishments pepper the San Gabriel Valley and hundreds have spread throughout Southern California.

****Information for this article is from the 2003 St. Anthony 50th anniversary album ..***

***Many of the family businesses featured in this article are no longer owned or operated
by the families referenced in this article.***

Church History (continued)**1946**

The Fair Restaurant at 808 Fair Oaks Avenue was purchased by Gust Tripodes, Mike Katsaros (both in the photo) and Jack Tripodes, and became Gus's BBQ, a South Pasadena landmark. One of the first consumer television sets in the United States was set up in the restaurant and was a big draw for business.

Church History (continued)



Ted's Liquors in Monterey Park opened for business in 1948 and is still run by its founder Ted Cocores.

PARISH COUNCIL NEWS

No Parish Council Report this month...

For those of you who are attending live-stream services,
and miss receiving Holy Communion because you are unable
to attend an outdoor 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



Staying Out of the Loft and Staying Safe...

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)

Once upon a time we were preschool/transitional kindergarten students.

March 8, 2020 was an exciting day for our class. We were going to have a procession in the church with our very special icons. This is the holy deed that all the Orthodox commemorate, and we call this radiant and venerable day the Sunday of Orthodoxy, - the triumph of true doctrine over heresy.

At the end of class we said our prayers, did our sign of the cross and said, "See you next Sunday". Sadly 'next Sunday' would not happen, because around the world a stay at home mandate was imposed. A highly contagious virus called corona virus or COVID9 was on the rampage, and we needed to be safe and stay home.

These pictures are a reminder of days we were together. How blessed we will be when we once again are gathered together in our beloved Saint Anthony church, with Father Peter, the choir, our friends, our teachers and our activities.



YOUTH & YOUNG ADULT NEWS



St. Anthony Junior & Senior GOYA

Virtual Bible Bowl Tournament



Saturday, March 20th 7:30 p.m.

Tournament, team study information, rules and regulations are **on next page**

Participating in this tournament will be a lasting experience!

For further information contact Vicki Kades



YOUTH & YOUNG ADULT NEWS (continued)**Virtual Bible and History Tournament****Rules and Regulations****March 20, 2021**

1. The following passages used for the tournament:

- Gospel of Saint Matthew, Chapter 7
- Gospel of Saint John, Chapter 17
- Saint Peter's 2nd Epistle, Chapter 1
- Saint Sava the Sanctified
- Macarius the Great of Egypt
- Mark, Archbishop of Ephesus
- The Sacraments, from Fr. Thomas Hopko, *The Orthodox Faith: An Elementary Handbook on the Orthodox Church Worship*
- "Marriage" from the Sacramental Life of the Orthodox Church by Father Alciviadis C. Calivas, *A Companion to the Greek Orthodox Church*

2. The official Bible for the tournament for the New Testament texts will be the New King James Version as found in the Orthodox Study Bible published in 2008.

3. There is no limit to the number of teams.

4. Each team is to have a captain. There is a maximum of 4 players per team; a team may have fewer than 4 players. It is suggested that one member of Junior GOYA be included on a team.

5. Bibles, study notes or other such items will not be allowed during the tournament play. This will be an honor system since we are unable to monitor players.

6. The questions will be asked by a panel of judges. The judges will conduct the tournament according to the prescribed rules. The judges will also keep track of time. The judges will decide if the questions are answered correctly and will keep track of the score of each team. The judges will be the final authority in the event of a disagreement or tie.

7. Answers must be answered in clear, concise and precise terms. Either oral or written answers may be required.

8. Awards

YOUTH & YOUNG ADULT NEWS (continued)

Bible Bowl Tournament

Thank you Vicki Kades for supporting and inspiring Goyans to participate in our first Bible Bowl Tournament.

The winning team, of four players, will be awarded gift cards to Amazon. Normally we would be serving a Lenten lunch to all participants, but this year, due to pandemic restrictions, we will be sending each registered participant a gift card to purchase a Lenten lunch at a Greek owned fast food/restaurant.

If anyone would like to donate towards purchasing gift cards for lunch or for Amazon winners please send donation to Saint Anthony Greek Orthodox Church and on the memo line please write: Bible Tournament. It will cost approximately \$10 for each lunch and \$10 for each Amazon gift card.

Currently, we have 18 interested participants in the Bible Bowl Tournament.

The tournament will cover:

2nd Epistle of Saint Peter, Chapter 1

Gospel of Saint Matthew, Chapter 7

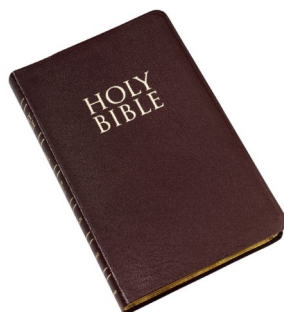
The Venerable Macarius the Great of Egypt

Saint Mark of Ephesus

Sacraments of Baptism

Due to the constraints of time, inability to meet in person, and conducting through Zoom, this will be a modified version of the tournament.

Study guides will be sent to each registered participant.



YOUTH & YOUNG ADULT NEWS (continued)

GREEK ORTHODOX BASKETBALL LEAGUE GOBL UPDATE 2021

On Wednesday, February 24, the Greek Orthodox Basketball League committee, (GOBL) met via Zoom to discuss next steps for GOYA Basketball in 2021. All eight communities in the league were represented at the Zoom meeting.

Those parishes include: St. Anthony, Assumption, St. Basil, St. George, St. John, St. Katherine, St. Nicholas and Saint Sophia.

It was unanimously decided that the 2021 season be postponed until our state and county agencies, and the Metropolis of San Francisco remove the pandemic restrictions and give us a clear ok to proceed with our season. Until that time, the GOBL may look into a modified league or tournament later in 2021.

The GOBL league committee wants to convey to all GOYANs how much we miss you and it is our hope to see you as soon as it is safe.

God bless you all,
Anthia Drulias-Lucas
GOBL Commissioner



PHILOPTOCHOS NEWS**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
PresidentKonstantina Paziouros & Judith Din
2nd Vice Presidents

PHILOPTOCHOS NEWS

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

We miss our members and our social gatherings.
We look forward to when we will be able to visit in person.
Stay safe and healthy..
You are in our prayers.



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	Mark Nastri
Christos Ioannou	James Pappas
Liam McCann	Patricia Paziouros



OFFICE STAFF

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



CUSTODIAL STAFF

Carlos Sosa



CHOIR

Choir Director	Jim Hronas
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 Mechalias
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

+Demetrios Baliotis
Mike Abi-Farah

READERS

Nicholas Kokoris
Constantine Trigonis



YOUTH CHOIR

TBD

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 PresidentMaria 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

Assistant Treasurer

Katherine Skandale

Beautification

Presbytera Aida Stratos & Esther Vavoulis

Community OutreachMary Dewar, Stephanie Soewers
and Presbytera Aida Stratos**Fellowship**

Athena Dallas

Publicity / Webmaster

+Terese Caire

Scholarship

Irene Albeck & Judith Din

Sunshine and Visitation

Jeanne Karaianoglou

Union Station

Irene Albeck

Welfare

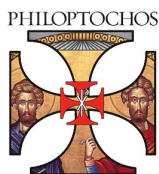
Presbytera Maria Mylonas

Advisor

Connie Becker

Spiritual Advisor

Father Peter Stratos



ADDITIONAL MINISTRIES

Acolytes

Fr. 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 Demopulos
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

Aliko 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



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)



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)

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

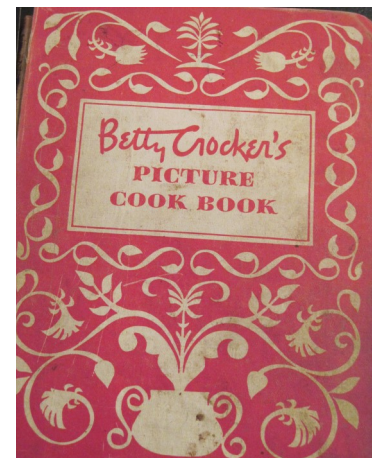
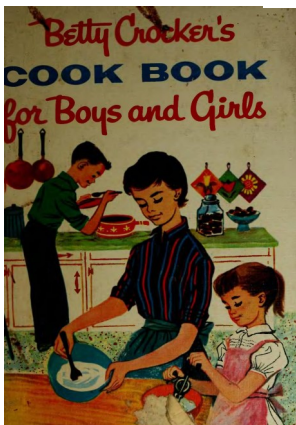
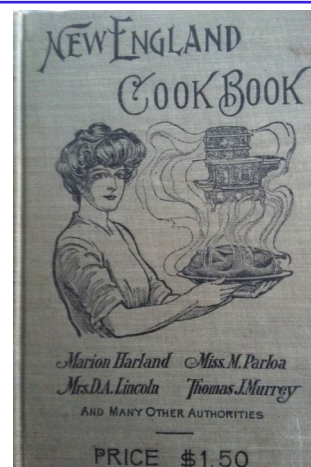
As so many of us have had to stay at home these past several months, it would be fun to share our favorite recipes (Greek or non-Greek) with our church community.

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

INSIDE THIS ISSUE

Priest's Message	2
Stewardship	5
Church History	8
Parish Council News	11
Choir News	12
Church School	13
Youth/Young Adult News	17
Philoptochos News	19
VIPs	24
Ministries	25
Community News	27
Saints of the Month	33
Orthodox Calendar	39

Deadline for
February Newsletter is
Monday, 25 January
Please send to:
newsletter_church@aol.com



Reverend Father Peter Stratos, Pastor

778 S. Rosemead Boulevard, Pasadena, CA 91107

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

www.saint-anthonys.org

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

626.449.6943

COMMUNITY NEWS (continued)**Monthly Lesson from Father Stavros Akrotirianakis...**

The Orthodox Church year contains feast-days that have fixed dates: the Nativity is December 25, Theophany is January 6, etc. All of these feasts are celebrated on the same date each year. There are also feasts that are movable. Every year they fall on a different date, moving according to when Pascha (Easter) is celebrated. In 2021, Pascha is on May 2. Palm Sunday is April 25. Great Lent begins on March 15. And on February 21, ten Sundays before Pascha, we begin what is called the **Triodion**, a four-Sunday period which we could call "Pre-Lent." In total, there are 19 Sundays per year that revolve around Pascha:

- ~Four Sundays of Triodion
- ~Five Sundays in Great Lent
- ~Palm Sunday
- ~PASCHA
- ~Five Sundays of the Paschal season
- ~Sunday of the Holy Fathers
- ~Pentecost
- ~All Saints

In 2021, this cycle begins February 21 and will end with All Saints on June 27.

In modern Christianity, Lent has become about deprivation. Pre-Lent is when you dread what you will deprive yourself of. Lent is when you suffer deprivation. Easter is when you celebrate the end of deprivation. And the rest of the year, you regress to what you were before Lent, happy that the experience is over.

This is not how the Lenten journey is set up in the Orthodox Church, at least ideally. The period of the Triodion is supposed to be a period of planning the changes we hope to make during Great Lent. Great Lent is the time when we enact these changes. Pascha is the time we celebrate the changes we've made. And the rest of the year is a time to maintain our spiritual changes. The cycle then should repeat each year, so that as the years pass, we see marked spiritual growth.



COMMUNITY NEWS (continued)

The Epistle lesson from Saint Paul's letter to Timothy brings several thoughts to my mind. Saint Paul mentions how *"you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness."* (2 Timothy 3:10)

As we begin our journey to the Resurrection, look at each of these things and give yourself a rating on the scale of 1-10 (1 being poor, 10 being excellent). How are you doing on teaching? (Both learning about the faith and teaching others) Is your conduct in line with Christian moral principles? What is your top aim in life—is it salvation or something else? How strong is your faith? How would you rate yourself on patience? Love? Are you steadfast (faithful) in your Christian walk? These are some great questions (albeit challenging ones) to consider as we begin our journey to renewal for Great Lent.

A second point that Paul makes is that *"all who desire to live a godly life in Christ Jesus will be persecuted."* (2 Timothy 3:12) Have you felt "persecuted" over your faith in the past year? If the answer is no, ask yourself why? Do others know about your faith? Does everyone approve? Have you ever told someone you couldn't do something because it wasn't Christian? What was their response?

In 2 Timothy 3:14, he reminds us to *"continue in what you have learned and have firmly believed."* Great Lent is not a time to throw out everything we know, but to build upon what we have learned. Finally, in 2 Timothy 3:15, he reminds us that *"from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus."* Yes, many of us have been acquainted with Christ since childhood. Great Lent, beginning with the Triodion, is a call to deepen our understanding and grow our relationship with Christ.

Let us flee the Pharisee's exalted parlance; let us learn the Publican's humble demeanor, and with sighs unto the Savior cry out and say, To us be gracious, O only forgiving Lord.

*(Kontakion of the Sunday of the Publican and the Pharisee,
4th Tone, Trans. by Fr. Seraphim Dedes)*

Spend a few minutes evaluating yourself according to the questions above.

+Fr. Stavros



FEASTS & SAINTS OF THE MONTH

Judgment Sunday - Meatfare Sunday

7 March

The foregoing two parables -- especially that of the Prodigal Son -- have presented to us God's extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation and death suddenly snatch them away, the most divine Fathers have appointed this day's feast commemorating Christ's impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

It is the aim of the holy Fathers, through bringing to mind that fearful day, to rouse us from the slumber of carelessness unto the work of virtue and to move us to love and compassion for our brethren. Besides this, even as on the coming Sunday of Cheese-fare we commemorate Adam's exile from the Paradise of delight -- which exile is the beginning of life as we know it now -- it is clear that today's is reckoned the last of all feasts, because on the last day of judgment, truly, everything of this world will come to an end.

All foods, except meat and meat products, are allowed during the week that follows this Sunday.



Forgiveness Sunday

14 March

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



FEASTS & SAINTS OF THE MONTH (continued)

Sunday of Orthodoxy

21 March

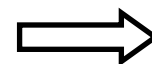
For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11),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



Sunday of St. Gregory Palamas

15 March

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



FEASTS & SAINTS OF THE MONTH (continued)

He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

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

Annunciation of the Theotokos

25 March































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



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

Orthodox Calendar

March 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	 3	4	 5	6
		11am Bible Study via Zoom	7pm Union Station Philoptochos Outreach 7pm Studies in the Faith via Zoom			9am First Saturday of the Souls
Judgement Sunday Meatfare 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	 8	 9	 10	 11	 12	 13
		11am Bible Study via Zoom 7pm Parish Council Meeting	11am Bible Study via Zoom 7:15pm Philoptochos Board Meeting via Zoom			9am Second Saturday of the Souls
 14	 15	 16	 17	 18	 19	 20
Forgiveness Sunday Cheese-fare 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	Clean Monday Lent Begins	11am Bible Study via Zoom	9am Pre-Sanctified Liturgy 7pm Studies in the Faith via Zoom		6pm Salutations to Theotokos	9am Third Saturday of the Souls
 21	 22	 23	 24	 25	 26	 27
Sunday of Orthodoxy 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream		11am Bible Study via Zoom	10am Pre- Sanctified Liturgy 7pm Studies in the Faith via Zoom 7pm Philoptochos Gen'l Meeting via Zoom	Annunciation 9am Orthros 10am Divine Liturgy Greek Independence Day	6pm Salutations to Theotokos	
 28	 29	 30	 31			
Sunday of St. Gregory Palamas 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream		11am Bible Study via Zoom	10am Pre- Sanctified Liturgy 7pm Studies in the Faith via Zoom			
		Strict Fast 	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free

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even if some days you
have to look a little
harder.