

The Voice of Saint Anthony

May 2021

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Deadline for
June Newsletter is
Tuesday, 25 May

Please send to:
newsletter_church@aol.com



Reverend Father Peter Stratos, Pastor

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www.saint-anthonys.org

PRIEST'S MESSAGE (continued)

Christos Anesti!

Early Sunday morning at the conclusion of the Holy Resurrection service and the Divine Liturgy, I spoke about the difference between Holy Week last year (2020) and this year (2021). As we all know, we were just 5 people in Church last year serving, chanting and making the Livestream broadcast possible for all of you. This year was better in relation to last year, in that we were finally able to have up to 120 people (safely distanced) in attendance in the church. We were also able to seat a number of people outside and even more in our Trinity Ballroom (safely distanced) watching live stream on our large screen. In addition, we had viewers from all over the country and internationally viewing on our Livestream medium. This year was better than last year, because we were able to worship together in our beloved Saint Anthony Church. We were able to see one another as we prayed to and glorified our Risen Lord. I continually pray that next year will be even better.

As His Eminence Metropolitan Gerasimos has been sharing with the clergy, we must be flexible enough to adapt to the current phenomenal challenges the world presents so that we may proclaim Christ and keep our faithful connected to His church. We were instructed by the Holy Archdiocese and the Metropolis of San Francisco, from the beginning of the CoVID19 pandemic, to follow all the guidelines and safety protocols of the LA County Health Department. I am happy to report that we were in complete compliance here at Saint Anthony Church in Pasadena. I am also very pleased to report that everyone attending services cooperated completely with all attendance requirements. They registered, wore masks and distanced inside the church. Everyone seemed to be thrilled to be back in church, and to worship our Lord during this most holy and special week of the year for the Orthodox faithful.

Taking His Eminence's words to heart, we adapted for each service of each day. Our **chanters and readers**, in 2020 and 2021, devoted countless hours of time receiving their assignments and preparing for our services. They accepted the responsibility of distancing and complying with all regulations. They came to the services at least 30 minutes early to receive any changes or last minute instructions. Under extreme pressure they served God to the very best of their abilities, and I will always be indebted to them for their great service to God and to our community.

We as a community must also pay our deep respect to the people who open, setup and greet us as we arrive at church. For a year, Stephanie and Dan Lubian worked with registrations, ushering duties, and ensuring that we were complying with all CoVID-19 safety requirements. A special thank you to the Lubian's!

We also thank our devoted and loyal **Parish Council** for their commitment to the necessary planning and safety requirements during the pandemic year. Over the last month and throughout this Holy Week, they have been assisting and communicating with all our parishioners in attendance, taking on what ever was asked of them. A special thank you to our **2021 Parish Council**. These are the people 'we saw' who made Holy Week so special this year.



PRIEST'S MESSAGE (continued)

There were a number of people we did not see working, who made important and large contributions to our year of Livestream worship, our return to in-person worship and to Holy Week. We must thank **Mr. Nick Kleissas** who, from the beginning of the pandemic until today, has been arriving well before many of our services and not leaving until well after their completion. He has given his time and expertise with the sound equipment, superimposing the text for all Biblical readings and camera work to enhance the Livestream experience of every service for our community. We will always be indebted to Nick and to his wonderful family for this labor of love.

The **women of our community**, emulating the Myrrh Bearers, are always present, with their faith and their service. They attend services and bake the prosfora for Divine Liturgy. At Easter, they decorate the kouvouklion with flowers and dye Easter eggs. They offer Bake Sales at Christmas and Pascha for the entire community. This is just a few their dedicated services to God. A special thank you to our beautiful women and our entire **Philoptochos membership**.

I also wish to thank all of you, our dedicated parishioners, for being so patient, kind and fervent in your faith this past year and throughout Holy Week. Together we experienced many emotions throughout this Holy Week as we walked together with our Lord. Last year I would face an empty church and focus on looking at a camera and all of you at home. This year I saw all of you who attended services. I saw your expressions, I saw your emotion, I saw your sadness and I saw your joy. "Well done good and faithful servants."

I cannot mention every person by name, because there are so many of you who have been extraordinary in your dedicated service. However, I must thank two more very special, behind the scenes, people to our church community. We thank **Alma Vorgias** who manages our parish office so affectively and efficiently. She handles all aspects of our community communications: online registrations, emails, calls, mailers, and many, many other special assignments essential to the management of a large and active community, all under the added pressures of CoVID19.

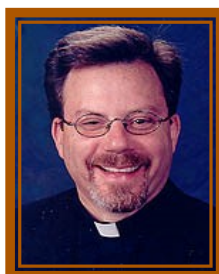
And finally to our heroic **Carlos Sosa!** Carlos single handedly, keeps our church, ballroom, and grounds immaculate. He also helped prepare the seating for each service as we reopened outside. He always arrives early, well before the services and stays after the services are over, until it is time to close the church. Thank you Carlos!

I am already excited about the rest of this year and next year! You are all always in my prayers. Thank you for making our Holy Week so very special! God's love and mercy are triumphant!

Christ is risen! Truly He is risen!

In Christ's love,

Fr. Peter



PRIEST'S MESSAGE (continued)



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.

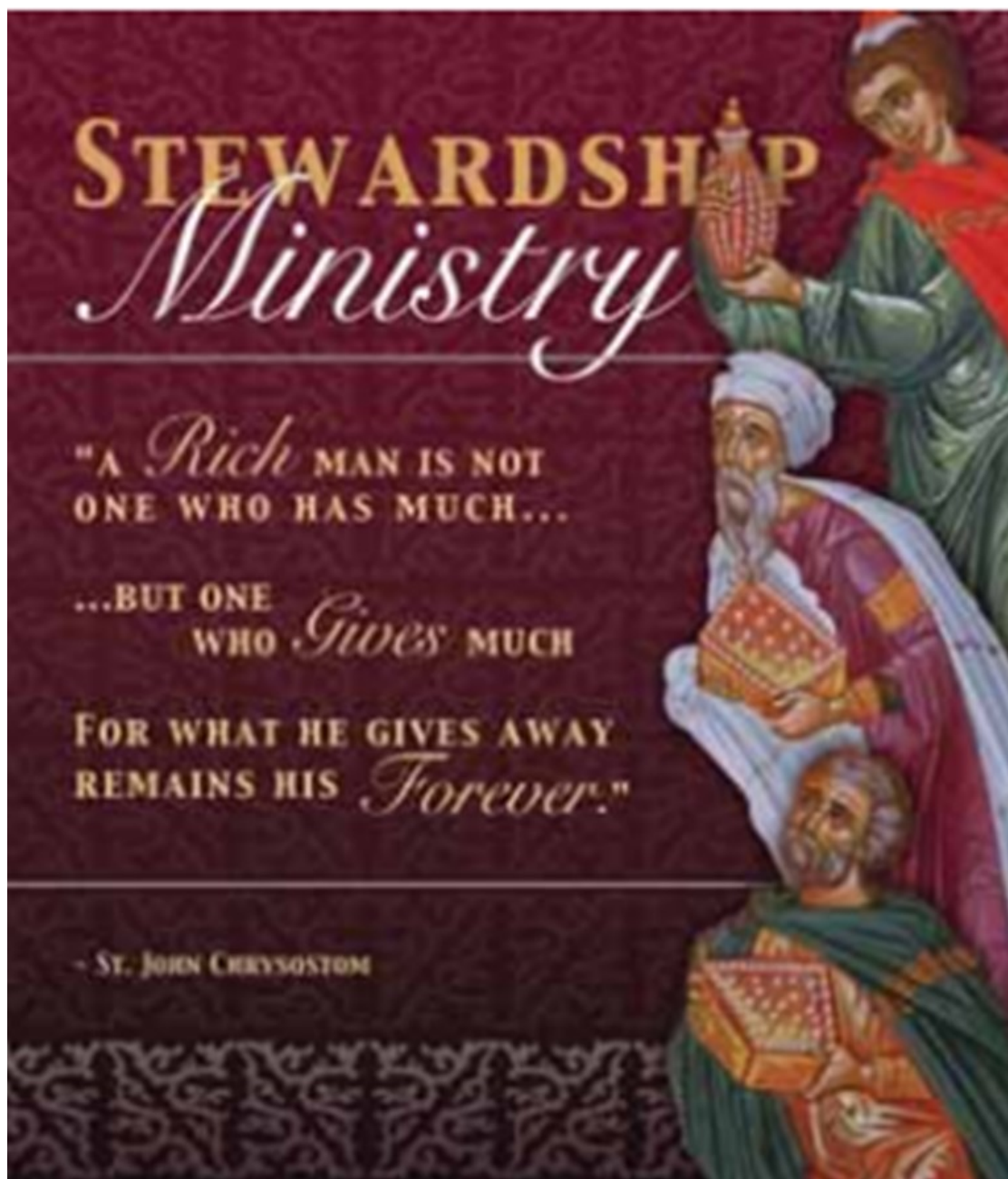
To comply with CDC regulations, we must have a record of all who are attending on a given Sunday. Therefore, each person needs to make a reservation, so we have your contact information, in case we need to contact you.

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

To make reservations online, please use the following link so we can include you on the check-in list: <https://rsvp.church/r/lhk9WOT3>



STEWARDSHIP



Full report coming next month...

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*

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

The Vaselacopulos Caffenion

The Vaselacopulos brothers from the village of Karneze in the Kalavryta region of northern Peloponnesus came to Pasadena shortly after World War I. Vasilios (William), his wife Mary, and Vasili's three brothers George, John and Thanassi (Thomas) all lived together on Alessandro Street in Pasadena and collectively represented a cross section of early Greek immigrant occupations. George was a shoe shiner, John a gardener, Thanasi was described as a laborer but developed an affinity for billiards, and Vasilios a barber, was the family entrepreneur.

Vasilios Vaselacopulos, listed in a 1920-1921 Greek business directory, was the proprietor of a Coffee House and Barber Shop on California Boulevard near Fair Oaks Avenue. This seemingly unappetizing combination of businesses provided a meeting place for Pasadena's Greek immigrant men. By 1929, Vaselacopulos' business had relocated to 528 South Fair Oaks Avenue, adjacent to a restaurant run by Chris Bellos. Vaselacopulos Caffenion and barber shop continued with the addition of a billiard hall in the 1920s and a cigar store in the 1930s run by Vasili's brother, Tom (Thanassi). Tom added liquor sales to the business around billiards in combination with a Greek style coffee house, all at one location. This proved to be an irresistible lure for the local Greek males who made it their informal clubhouse until 1961.

"Ta Paidia" and the Bachelor Pads

The Greek immigrants of the 1890s and early 1900s, unlike most European immigrants, did not intend to stay in America. Their goal was to make enough money to help their families pay off debts, provide dowries for their sisters and purchase land in Greece for themselves. They lived frugally so they could save as much as possible. Intending to return to Greece, few of the earliest immigrant men purchased homes and instead rented modest accommodations in the less desirable parts of town. They packed as many boarders as possible into a home to reduce expenses and shared cleaning and cooking duties.

In Pasadena, two notable male lairs were a pair of rental homes in a working class immigrant neighborhood at 717 and 725 South Raymond Avenue where numerous Greek bachelors lived in the 1920s and 30s. One of the houses was eventually purchased by lifelong bachelor brothers John and George Gianopulos. Six Greek bachelors, all gardeners, inhabited a rental house on 56 Waverly Drive in the 1930s in a predominantly ethnic Mexican neighborhood.

Church History (continued)

In 1930, eight of the ten Greek immigrants living in the town of Pomona, at the eastern edge of the San Gabriel Valley, were single men. With the exception of a chicken ranch owner, all of the bachelors were either food service workers or shoe shiners and lived as lodgers in one of several low rent hotels concentrated in downtown Pomona.

Less than 15% of the Greek immigrants living in the Pasadena area, according to 1920 and 1930 U.S. Census data were women. None were single, and almost all were married to other Greek immigrants. Not surprisingly, a large percentage of Pasadena's Greek immigrant men married non-Greeks. Since many of the immigrant laborers lived in what was a Mexican barrio along South Fair Oaks Avenue and nearby streets, a large number had ethnically Mexican wives. A group of lifelong bachelors developed from this demographic imbalance. In Arcadia an aging bachelor known to everyone as Barba Theodori (Uncle Theodore), lived alone in a shack on a rural plot of land. He had been a laborer for most of his life, but without a pension, and no relatives to help him, the local Greek families aided him. The hospitality of the Achillies family, the only other Greeks in town, as well as the Zavoures family of Pasadena, provided him with regular meals. Eventually they arranged for him to have better housing and when the time came, a proper Greek Orthodox funeral. The bachelors were affectionately called "ta paidia" meaning "the boys" by the Greek matriarchs of the area. They would visit Greek households for company and never resisted a home cooked meal. Not inconvenienced by the responsibility of family duties, "the boys" formed their own social caste, partially ostracizing their former members who married non-Greeks, but never quite fitting in with traditional Greek families themselves.

As the economic prosperity of World War II and the concurrent tumult in Greece solidified Greek immigrant ties to the U.S., the bachelor Greeks sought better housing. The days of the crowded rentals were over. With so many of Pasadena's Greek immigrants taking non-Greek brides, the unmarried men, ironically, played a more important role in presenting Hellenic culture in the area. Although the aging bachelors never missed the crude simplicity of their shared quarters, they had developed friendships and a social network which led to the formation of Pasadena's first Greek organization.

Next Month: Hellenic Society of Pasadena



Church History (continued)*Vaselacopulos family and friends 1954*

Members of the Vaselacopulos family ran various businesses at 528 S. Fair Oaks Avenue in Pasadena which served as meeting places for Pasadena's Greek male immigrant population. Tom (Thanasi) Vaselacopulos, Mrs. Gus Vaselacopulos, John Vaselacopulos, Eleni Rellos Karagias, Miss Vaselacopulos, Tasia Diamond, William (Vasili) Vaselacopulos, Gus Vaselacopulos, Irene Diamond.

Church History (continued)*The Last Bachelors*

Housemates, John Gianopulos (with hat, on left), his cousin James Gianopulos (second from right), and Bill Spiropoulos (on extreme right), being visited by a Greek friend, Ted Brown, and family. Photo taken April 29, 1962, at the Gianopulos home on Chester Avenue, Pasadena.

PARISH COUNCIL NEWS

Next Parish Council Meeting Tuesday, May 11

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



Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ
θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,
ζωὴν χαρισάμενος.

Christ is risen from the dead, by death
trampling down upon death, and to those
in the tombs He has granted life.

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

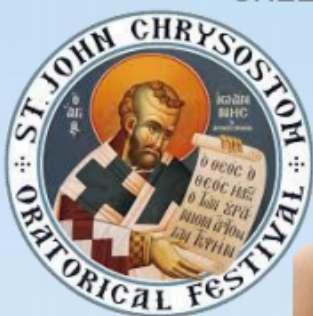
4th Sundays

9-10-11-12
with Pres. Aida

SIGN UP AT:

SAINT-ANTHONY.S.ORG/FELLOWSHIP

YOUTH & YOUNG ADULT NEWS



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

**Speak
THE TRUTH
In Love**

Eph 4:15

ST. JOHN CHRYSOSTOM
ORATORICAL FESTIVAL - 2021



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

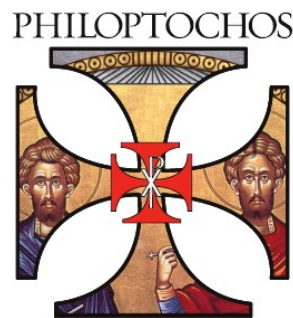
<https://sforatorical.net>
for more details

PHILOPTOCHOS NEWS

Christos Anesti!

Thank you for making our bake sale a success! Proceeds from our bake sale and other fundraising events enabled our chapter to donate **\$8,000** to the **Kids 'N' Cancer** virtual event which took place on April 11th, and raised to date \$217,000 for this beloved ministry of our Metropolis.

You can still support this event at <https://www.sfphiloptochos.org/>.



The election of our Board will take place on Wednesday, May 26th. We appreciate those members who have expressed an interest in serving. We have always been blessed with a wonderful group of leaders!

We want to express our love and gratitude to our outgoing two-term president **Maria Kypreos** who exemplifies the ideal Philoptochos woman. She has led us with grace, generosity, and perseverance, especially during these challenging times. She will always be a role model for all of us.

Thank you, Maria!

PHILOPTOCHOS NEWS (continued)

St. Anthony Philoptochos Easter Bake Sale - update

We would like to thank everyone who supported our bake sale.

It was an absolute success! From tsoureki to koulourakia, all our items were sold.

We want to especially thank those who went above and beyond to help us.

The proceeds from this project benefits the San Francisco Metropolis Philoptochos Kids 'n' Cancer Ministry. Kids 'n' Cancer includes Camp Agape, where children with life-threatening illnesses and their families enjoy several days at one of the Philoptochos sponsored camps in San Diego, Arizona, Portland or St. Nicholas Ranch.

Christos Anesti..

Helen Skandale and Lisa Xanthos

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 hash 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.

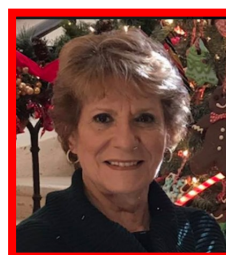
“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.” Hebrews 13:16

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



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



OFFICE STAFF

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



CUSTODIAL STAFF

Carlos Sosa



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 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

Jim Hronas
Liam McCann
Pres Aida Stratos

READERS

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 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

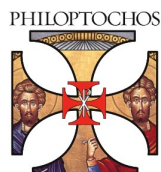
Presbytera Maria Mylonas

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 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

Aliki Haralambos

Vacation Bible School

Sophia Syrengelas
Mary Udria

VIPs

Helen Treantafelles

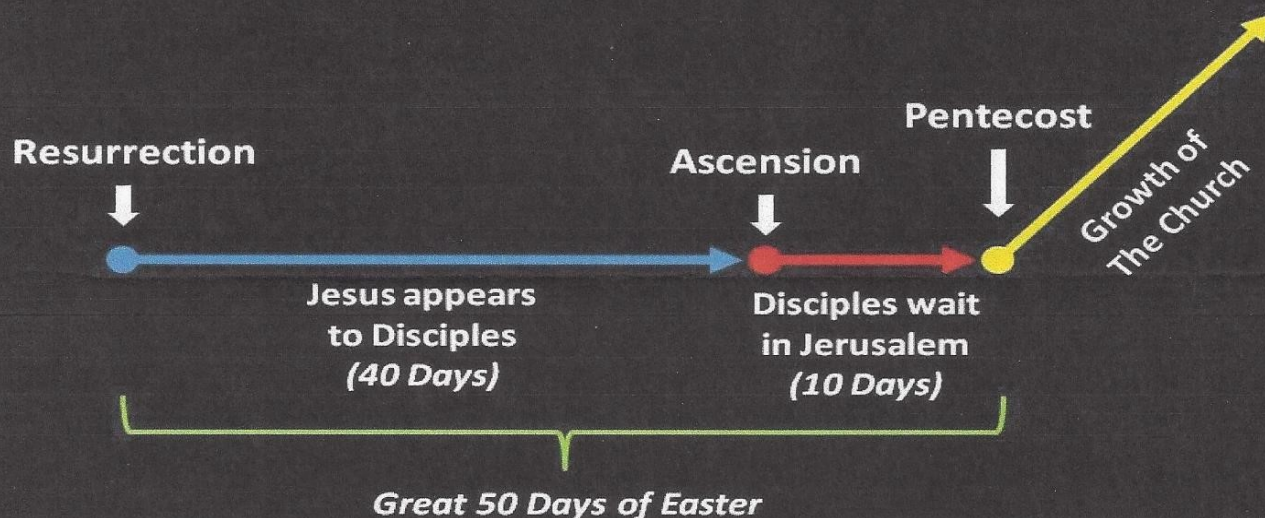
Young Adults

Mike Abi Farah



COMMUNITY NEWS

Events After Jesus' Death



The Ascension of Our Lord and Savior Jesus Christ

Forty Days after Pascha

"He was lifted up before their eyes in a cloud that took Him from their sight."
(Acts 1:9)

- + Christ is shown ascending in His glory in a mandorla, a round or almond-shaped design that signifies His divinity and glorified state.



- + He is being carried by one angel on either side.

- + With His right hand, Christ gives His blessing as He departs from His beloved people.

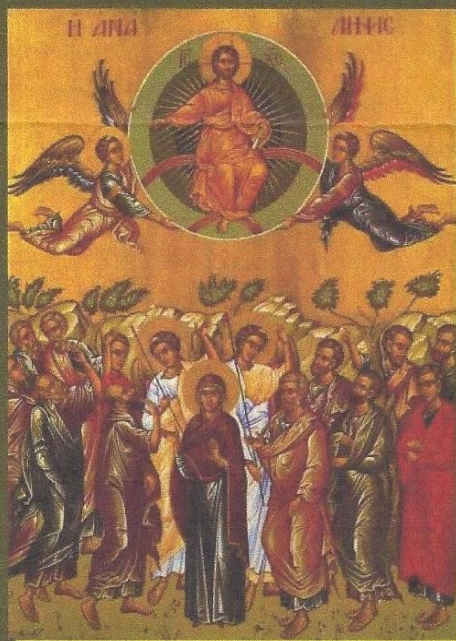


- + We, the Church, receive His blessing in countless ways every day.

- + The icon of the Ascension includes some who did not witness the Ascension.

- + St. Paul is shown to the left of the Theotokos, but we know that at that time, St. Paul did not yet believe in Jesus.

- + We, like St. Paul, are called to participate in Christ's Ascension and experience our own ascension, with our hearts and minds focused on Him.



- + In His left hand is a scroll, symbolizing that He fulfills the Old Testament.

- + A scroll is a symbol of teaching. The icon affirms that Christ is the source of all knowledge.



- + The Theotokos occupies a special place in this icon. She stands out at the center, surrounded by the whiteness of the garments of angels.
- + Her hands are in a gesture of prayer.



- + Her very calm pose is quite different from the appearance of the Disciples, who are moving about, talking to one another and looking and pointing towards heaven.

- + The entire group of people, the Theotokos and the disciples, represent the Church.



- + Just as their gaze is riveted upon their beloved Christ, so we are called in every Divine Liturgy to "lift up our hearts to the Lord."

COMMUNITY NEWS (continued)

The Ascension of Our Lord and Savior Jesus Christ

Forty Days after Pascha

"He was lifted up before their eyes in a cloud that took Him from their sight."

(Acts 1:9)

+ Christ is shown ascending in His glory in a mandorla, a round or almond-shaped design that signifies His divinity and glorified state.



+ He is being carried by one angel on either side.

+ With His right hand, Christ gives His blessing as He departs from His beloved people.

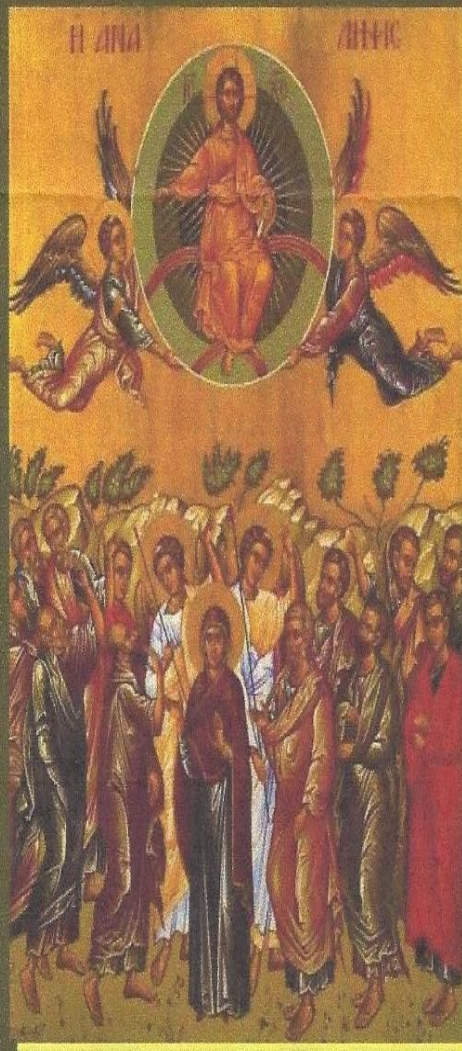


+ We, the Church, receive His blessing in countless ways every day.

+ The icon of the Ascension includes some who did not witness the Ascension.

+ St. Paul is shown to the left of the Theotokos, but we know that at that time, St. Paul did not yet believe in Jesus.

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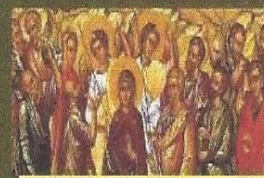
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+ Just as their gaze is riveted upon their beloved Christ, so we are called in every Divine Liturgy to "lift up our hearts to the Lord."

Clean Monday	→	Holy Week/Palm Sunday	40 days
Pascha	→	Ascension	40 days
		• Sing/say Christos Anesti	
		• Keep our "Fos" lit	
Ascension	→	Pentecost	10 days
Pascha	→	Pentecost	50 days
		• No kneeling during Liturgy	

COMMUNITY NEWS (continued)



ATTENTION ALL GRADUATES !!!

If you are graduating from grade school, middle school, high school or college this summer and wish to be included in **The Voice Monthly Newsletter - June Issue**, please submit the following information:

Your Name

Parents names

School from which you are graduating

Your graduation photo

or any photo if grad photo not available—head shot preferred

For grade school or middle school graduates:

List what school you will be attending in the fall

For high school graduates:

List college or university you will be attending

For college grads:

List your course of study and degree

Please send all requested information to:

newsletter_church@aol.com

DEADLINE: May 25th

COMMUNITY NEWS (continued)

Thought for the day from Deacon Euthym Kontaxis

*Yesterday I was crucified with Him; today I am glorified with Him. Yesterday I died with Him; today I am made alive with Him. Yesterday I was buried with Him; today I am raised up with Him. Let us offer to Him Who suffered and rose again for us...ourselves, the possession most precious to God and most proper. Let us become like Christ, since Christ became like us. Let us become Divine for His sake, since for us He became Man. He assumed the worse that He might give us the better. He became poor that, by His poverty, we might become rich. He accepted the form of a servant that we might win back our freedom. He came down that we might be lifted up. He was tempted that, through Him, we might conquer. He was dishonored that He might glorify us. He died that He might save us. He ascended that He might draw to Himself us, who were thrown down through the fall of sin. Let us give all, offer all, to Him Who gave Himself a Ransom and Reconciliation for us. We needed an Incarnate God, a God put to death, that we might live. We were put to death together with Him that we might be cleansed. We rose again with Him because we were put to death with Him. We were glorified with Him because we rose again with Him. A few drops of Blood recreate the whole of creation! — **St. Gregory the Theologian***

*No one should justify his irascibility by an ailment - it comes from pride. The wrath of man, according to the Apostle, 'Worketh not the righteousness of God.' (James 1:20)' — **Saint Ambrose of Optina***

We want our anger to be the result of past trauma, from illness, from some "ailment," but, according to St. Ambrose, it stems from the sin of pride.

Pride results in the "tangling up in knots" of our soul with anger at every slight, every perceived injustice, actually everything that doesn't go our way...why? Because we have made ourselves our own "god." Let us surgically remove this devastating sin which leads to many others: anger, envy, cruelty, dishonesty, lust and gluttony. Let us cut it out through honest confession and repentance and put Christ at the head of our existence. Let us get rid of worldly "mirrors" and look for our "image" in Christ Himself.

Christ is Risen!

The crux of the Resurrection of Christ is His love for us...The motive of love, which comes from God, is a desire for the salvation of the other person...This love can be tough to handle; it does not always feel good; there is sacrifice involved and pain in a sense... Discernment and judgment are two different things. Discernment is carefully choosing how to manifest our love for one another in the way that best helps them come closer to God. Judgment is condemnation and puts the one who judges on a "higher" ground than the one who is judged, leading to pride.

Let us love in a way that leads others to God.

*God judges us by our intentions,
but, because of His love for us,
He only demands from us such actions
as lie within our power.
Great is the man who does
all that lies within his power,
but greater still is the man who,
in all humility, tries to do more.*

~~~~~  
St John Climacus

**COMMUNITY NEWS** (continued)



## Studies in the Faith

offered via ZOOM  
Wednesday nights  
at 7pm starting  
January 20

Email  
[frpeter@saint-anthonys.org](mailto: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](mailto:frpeter@saint-anthonys.org)  
for information on how  
to join.





**COMMUNITY NEWS** (continued)

## Monthly Lesson from Father Stavros Akrotirianakis...

**Christ is Risen!**

*Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw Him they worshiped Him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to Me. **Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age.**"* Matthew 28: 16-20

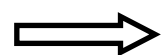
The Gospel of Matthew includes two verses, 19-20, known as the "**Great Commission.**" It is believed that this commission was given to the Disciples immediately prior to the Ascension, though the Ascension of Christ is not mentioned in Matthew's Gospel.

This Gospel passage is read at every baptism in the Orthodox Church. Every baptized Orthodox Christian is given the same commission as the original Disciples—to go, make disciples of all nations, baptize them, and teach them all that we have learned from Christ. There are four specific verbs in the Great Commission—to **go**, **make**, **baptize**, and **teach**. These four things are the responsibility of every Orthodox Christian, not just the clergy.

The idea of making disciples is something that is foreign to many Christians. We think about our personal responsibility to attend church, but we don't think about the responsibility given to us to bring others to Christ and to the church. We have to ask ourselves some critical questions—do we believe it is a commandment of Christ that the Church should grow? Do we believe that we have a personal responsibility to bring others to Christ? And are we ourselves good disciples, able to bring people to Christ based on how we are modeling our own Christianity? These are three tough questions.

There is no doubt that the answer to the first two questions is YES. Yes, it is a commandment of Christ that the church should grow. There is no other way to interpret the Great Commission. If each Church is supposed to be growing, we have to ask ourselves how can the Church grow? This happens with the zeal of the members of the church community. If they are filled with Christ, others will notice and "come." And if they are bold enough to share Christ with others, to GO and to SHARE who Christ is with others, then others will notice and "come." Churches do not grow when the members do not radiate the example of Christ, or when the people of the church do not feel compelled to talk about Christ with others.

The concept of discipleship is generally foreign to Orthodox Christianity. Other churches are good at it. And certainly without any sense of discipleship, we wouldn't even have a church today. There is an expectation that each member will lead others to Christ.





## COMMUNITY NEWS (continued)

As for the third question, are you a good disciple ? - this can only be answered by each individual person. If you are actively seeking to lead others to Christ, then you are a good disciple. If you are learning the faith, with the intention of eventually leading others to Christ, then you are a good disciple. If you do not know the faith and are not seeking to deepen the faith you have, you will not be in a position to ever bring others to Christ. It would be hard to consider someone like this to be a good disciple.

One of the comforting aspects of this short passage is in the first verse—as Jesus went up the mountain with His disciples, they worshipped Him but some doubted. They didn't doubt enough that they didn't worship or that they left. They had doubt but they also had a 'stick-to-it' determination, which inspired them to stay.

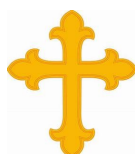
There is nothing wrong with doubt. In fact, doubting is very human. It is important to say that while working through doubts while getting to know who Christ is, it is important to keep showing up for worship. It is important to continue to pray and worship, even in times when doubts are heavy. Because once we work through our doubts, we are still with the church and ready to have our faith strengthened.

Going back to the Great Commission, this is one of the most important passages of scripture because the call to make disciples is given to EVERY Christian person. It is also given to every Christian church. Churches that fail to make disciples, that fail to bring people to Christ, FAIL.

*When the disciples had gone up onto the mountain for His Ascension from earth, the Lord stood by and they worshipped Him. And, having been instructed in the universal power which was given to them, they were sent to the ends of the earth to proclaim the Resurrection from the dead and His return to heaven. He, Christ, God and Savior of our souls, also promised them to be with them forever.*

*(Eothinon Doxastikon One, Trans. by Holy Cross Seminary Press, 1991)*

Think about the meaning of the word "discipleship" and ask yourself how you can be a better disciple, so that you in turn can make disciples for Christ.



COMMUNITY NEWS (continued)

Holy Friday at Saint Anthony's





**COMMUNITY NEWS** (continued)

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

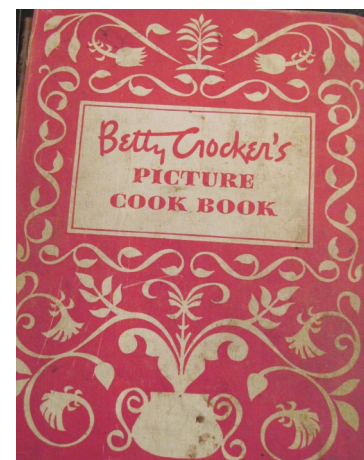
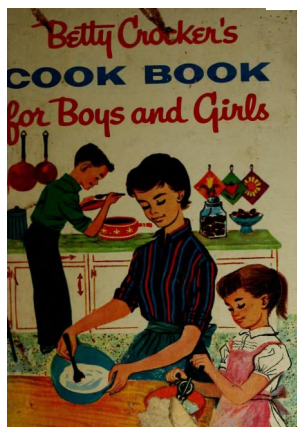
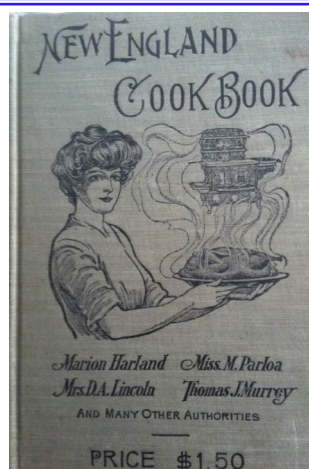
*As so many of us have had to stay at home these past several months, it would be fun to share our favorite recipes (Greek or non-Greek) with our church community.*

*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](mailto: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

### Holy Saturday

#### 1 May

On Saturday, the high priests and Pharisees gathered together before Pilate and asked him to have Jesus' tomb sealed until the third day; because, as those enemies of God said, "We suspect that His disciples will come and steal His buried body by night, and then proclaim to the people that His resurrection is true, as that deceiver Himself foretold while He was yet alive; and then the last deception shall be worse than the first." After they had said these things to Pilate and received his permission, they went and sealed the tomb, and assigned a watch for security, that is, guards from among the soldiers under the supervision of the high priests (Matt. 27:62-66).

While commemorating the entombment of the holy Body of our Lord today, we also celebrate His dread descent with His soul, whereby He destroyed the gates and bars of Hades, and made His light to shine where only darkness had reigned (Job 3 8 : 17; Esaias 49:9; 1 Peter 3:18-20). Death was put to death, Hades was stripped of all its captives, our first parents and all the righteous who died from the beginning of time ran to Him Whom they had awaited and the holy angelic orders glorified God for the restoration of our fallen race.



### Great and Holy Pascha

#### 2 May

Mary Magdalene, and the other women who were present at the burial of our Savior on Friday evening, returned from Golgotha to the city and prepared fragrant spices and myrrh, so that they might anoint the body of Jesus. On the morrow, because of the law which forbids work on the day of the Sabbath, they rested for the whole day. But at early dawn on the Sunday that followed, almost thirty-six hours since the death of the Life-giving Redeemer, they came to the sepulchre with the spices to anoint His body. While they were considering the difficulty of rolling away the stone from the door of the sepulchre, there was a fearful earthquake; and an Angel, whose countenance shone like lightning and whose garment was white as snow, rolled away the stone and sat upon it. The guards that were there became as dead from fear and took to flight. The women, however, went into the sepulchre, but did not find the Lord's body. Instead, they saw two other Angels in the form of youths clothed in white, who told them that the Saviour was risen, and they sent forth the women, who ran to proclaim to the disciples these gladsome tidings. Then Peter and John arrived, having learned from Mary Magdalene what had come to pass, and when they entered the tomb, they found only the winding sheets.



**FEASTS & SAINTS OF THE MONTH (continued)****Great and Holy Pascha - continued**

Therefore, they returned again to the city with joy, as heralds now of the supernatural Resurrection of Christ, Who in truth was seen alive by the disciples on this day on five occasions. Our Lord, then, was crucified, died, and was buried on Friday, before the setting of the sun, which was the first of His "three days" in the grave; observing the mystical Sabbath, that "seventh day" in which it is said that the Lord "rested from all His works" (Gen. 2:2-3), He passed all of Saturday in the grave; and He arose "while it was yet dark, very early in the morning" on Sunday, the third day, which, according to the Hebrew reckoning, began after sunset on Saturday.

As we celebrate today this joyous Resurrection, we greet and embrace one another in Christ, thereby demonstrating our Savior's victory over death and corruption, and the destruction of our ancient enmity with God, and His reconciliation toward us, and our inheritance of life everlasting. The feast itself is called Pascha, which is derived from the Hebrew word which means "Passover"; because Christ, Who suffered and arose, has made us to pass over from the curse of Adam and slavery to the devil and death unto our primal freedom and blessedness. In addition, this day of this particular week, which is the first of all the rest, is dedicated to the honor of the Lord; in honor and remembrance of the Resurrection, the Apostles transferred to this day the rest from labor that was formerly assigned to the Sabbath of the ancient Law.

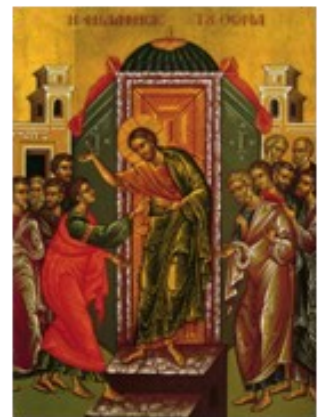
All foods allowed during Renewal/Bright Week.

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**Sunday of Thomas****9 May**

Though the doors were shut at the dwelling where the disciples were gathered for fear of the Jews on the evening of the Sunday after the Passover, our Savior wondrously entered and stood in their midst, and greeted them with His customary words, "*Peace be unto you.*" Then He showed unto them His hands and feet and side; furthermore, in their presence, He took some fish and a honeycomb and ate before them, and thus assured them of His bodily Resurrection. But Thomas, who was not then present with the others, did not believe their testimony concerning Christ's Resurrection, but said in a decisive manner:

*"Except I shall see in His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe."*



**FEASTS & SAINTS OF THE MONTH (continued)****Sunday of Thomas - continued**

Wherefore after eight days, that is, on this day, when the disciples were again gathered together and Thomas was with them, the Lord Jesus came while the doors were shut, as He did formerly. Standing in their midst, He said, *"Peace be unto you"*; then He said to Thomas, *"Bring hither thy finger, and behold my hands; and bring hither thy hand, and thrust it into My side: and be not unbelieving, but believing."*

And Thomas, beholding and examining carefully the hands and side of the Master, cried out with faith, *"My Lord and my God."* Thus he clearly proclaimed the two natures - human and divine - of the God-man (Luke 24:36-49; John 20:19-29).

This day is called Antipascha (meaning "in the stead of Pascha," not "in opposition to Pascha") because with this day, the first Sunday after Pascha, the Church consecrates every Sunday of the year to the commemoration of Pascha, that is, the Resurrection.

---

**Sunday of Myrrh Bearing Women****16 May**

About the beginning of His thirty-second year, when the Lord Jesus was going throughout Galilee, preaching and working miracles, many women who had received of His beneficence left their own homeland and from then on followed after Him. They ministered unto Him out of their own possessions, even until His crucifixion and entombment; and afterwards, neither losing faith in Him after His death, nor fearing the wrath of the Jewish rulers, they came to the sepulcher, bearing the myrrh-oils they had prepared to anoint His body. It is because of the myrrh-oils, that these God-loving women brought to the tomb of Jesus that they are called the Myrrh-bearers. Of those whose names are known are the following: first of all, the most holy Virgin Mary, who in Matthew 27:56 and Mark 15:40 is called "the mother of James and Joses" (these are the sons of Joseph by a previous marriage, and she was therefore their step-mother); Mary Magdalene (celebrated July 22); Mary, the wife of Clopas; Joanna, wife of Chouza, a steward of Herod Antipas; Salome, the mother of the sons of Zebedee, Mary and Martha, the sisters of Lazarus; and Susanna. As for the names of the rest of them, the evangelists have kept silent.



***FEASTS & SAINTS OF THE MONTH (continued)*****Sunday of Myrrh Bearing Women - continued**

Together with them we also celebrate the secret disciples of the Savior, Joseph and Nicodemus. Of these, Nicodemus was probably a Jerusalemite, a prominent leader among the Jews and of the order of the Pharisees, learned in the Law and instructed in the Holy Scriptures. He had believed in Christ when, at the beginning of our Savior's preaching of salvation, he came to Him by night. Furthermore, he brought some one hundred pounds of myrrh-oils and an aromatic mixture of aloes and spices out of reverence and love for the divine Teacher (John 19:39). Joseph, who was from the city of Arimathea, was a wealthy and noble man, and one of the counselors who were in Jerusalem. He went boldly unto Pilate and asked for the body of Jesus, and together with Nicodemus he gave Him burial. Since time did not permit the preparation of another tomb, he placed the Lord's body in his own tomb which was hewn out of rock, as the Evangelist says (Matthew 27:60).

**Saints Constantine & Helen****21 May**

This great and renowned sovereign of the Christians was the son of Constantius Chlorus (the ruler of the westernmost parts of the Roman empire), and of the blessed Helen. He was born in 272, in Naissus of Dardania, a city on the Hellespont. In 306, when his father died, he was proclaimed successor to his throne. In 312, on learning that Maxentius and Maximinus had joined forces against him, he marched into Italy, where, while at the head of his troops, he saw in the sky after midday, beneath the sun, a radiant pillar in the form of a cross with the words: "By this shalt thou conquer." The following night, our Lord Jesus Christ appeared to him in a dream and declared to him the power of the Cross and its significance. When he arose in the morning, he immediately ordered that a banner be made in the form of a cross, and he inscribed on it the Name of Jesus Christ. On the 28th October, he attacked and mightily conquered Maxentius, who drowned in the Tiber River while fleeing. The following day, Constantine entered Rome in triumph and was proclaimed Emperor of the West, while Licinius, his brother-in-law, ruled in the East. But out of malice, Licinius later persecuted the Christians. Constantine fought him once and again, and utterly destroyed him in 324, & in this manner he became monarch over the West and the East. Under him and because of him all the persecutions against the Church ceased. Christianity triumphed and idolatry was overthrown. In 325 he gathered the First Ecumenical Council in Nicaea, which he himself personally addressed. In 324, in Byzantium, he laid the foundations of the new capital of his realm, and solemnly inaugurated it on May 11, 330, naming it after himself, Constantinople. in 336.





## ***FEASTS & SAINTS OF THE MONTH (continued)***

### **Saints Constantine & Helen - continued**

Falling ill near Nicomedia, he requested to receive divine Baptism, according to Socrates and when he had been deemed worthy of the Holy Mysteries, he reposed in 337, on May 21, the day of Pentecost. He lived sixty-five years, of which he ruled for thirty-one years. His remains were transferred to Constantinople and were deposited in the Church of the Holy Apostles, which had been built by him.

As for his holy mother Helen, after her son had made the Faith of Christ triumphant throughout the Roman Empire, she undertook a journey to Jerusalem and found the Holy Cross on which our Lord was crucified. After this, Saint Helen, in her zeal to glorify Christ, erected churches in Jerusalem at the sites of the Crucifixion and Resurrection, in Bethlehem at the cave where our Savior was born, on the Mount of Olives whence He ascended into Heaven, and many others throughout the Holy Land and Cyprus. She was proclaimed Augusta, her image was stamped upon golden coins, and two cities were named Helenopolis after her in Bithynia and in Palestine. Having been thus glorified for her piety, she departed to the Lord at about eighty years of age, in the year 330 .

### **Sunday of the Paralytic**

#### **23 May**

Close to the Sheep's Gate in Jerusalem, there was a pool, which was called the Sheep's Pool. It had round about it five porches, that is, five sets of pillars supporting a domed roof. Under this roof there lay very many sick people with various maladies, awaiting the moving of the water. The first to step in after the troubling of the water was healed immediately of whatever malady he had.

It was there that the paralytic of today's Gospel was lying, tormented by his infirmity of thirty-eight years. When Christ beheld him, He asked him, "Wilt thou be made whole?" And he answered with a quiet and meek voice, "Sir, I have no man, when the water is troubled, to put me into the pool." The Lord said unto him, "Rise, take up thy bed, and walk." And straightaway the man was made whole and took up his bed. Walking in the presence of all, he departed rejoicing to his own house. According to the expounders of the Gospels, the Lord Jesus healed this paralytic during the days of the Passover, when He had gone to Jerusalem for the Feast, and dwelt there teaching and working miracles. According to Saint John the Evangelist, this miracle took place on the Sabbath



**FEASTS & SAINTS OF THE MONTH (continued)****Sunday of the Samaritan Woman****30 May**

One of the most ancient cities of the Promised Land was Shechem, also called Sikima, located at the foot of Mount Gerazim. There the Israelites had heard the blessings in the days of Moses and Jesus of Navi. Near to this town, Jacob, who had come from Mesopotamia in the nineteenth century before Christ, bought a piece of land where there was a well. This well, preserved even until the time of Christ, was known as Jacob's Well. Later, before he died in Egypt, he left that piece of land as a special inheritance to his son Joseph (Gen. 49:22). This town, before it was taken into possession by Samaria, was also the leading city of the kingdom of the ten tribes. In the time of the Romans it was called Neapolis, and at present Nablus. It was the first city in Canaan visited by the Patriarch Abraham. Here also, Jesus of Navi (Joshua) addressed the tribes of Israel for the last time. Almost three hundred years later, all Israel assembled there to make Roboam (Rehoboam) king.

When our Lord Jesus Christ, then, came at midday to this city, which is also called Sychar (John 4:5), He was wearied from the journey and the heat, and He sat down at this well. After a little while the Samaritan woman mentioned in today's Gospel passage came to draw water. As she conversed at some length with the Lord and heard from Him secret things concerning herself, she believed in Him; through her many other Samaritans also believed.

Concerning the Samaritans we know the following: In the year 721 before Christ, Salmanasar (Shalmaneser), King of the Assyrians, took the ten tribes of the kingdom of Israel into captivity, and relocated all these people to Babylon and the land of the Medes. From there he gathered various nations and sent them to Samaria. These nations had been idolaters from before. Although they were later instructed in the Jewish faith and believed in the one God, they worshipped the idols also. Furthermore, they accepted only the Pentateuch of Moses, and rejected the other books of Holy Scripture. Nonetheless, they thought themselves to be descendants of Abraham and Jacob. Therefore, the pious Jews named these Judaizing and idolatrous peoples Samaritans, since they lived in Samaria, the former leading city of the Israelites, as well as in the other towns thereabout. The Jews rejected them as heathen and foreigners, and had no communion with them at all, as the Samaritan woman observed, "the Jews have no dealings with the Samaritans" (John 4:9). Therefore, the name Samaritan is used derisively many times in the Gospel narrations. After the Ascension of the Lord, and the descent of the Holy Spirit at Pentecost, the woman of Samaria was baptized by the holy Apostles and became a great preacher and Martyr of Christ; she was called **Photini**, and her feast is kept on **February 26**.



# Orthodox Calendar

## May 2021

| SUN                                                                                                                         | MON                                         | TUE                                                                                                       | WED                                                                                                                                                                                                    | THU                                                                                                                 | FRI                                                                                                                                                                          | SAT                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                             |                                             |                                                                                                           |                                                                                                                                                                                                        |                                                                                                                     |                                                                                                                                                                              | <b>1</b><br><b>Holy Saturday</b><br>9am Vesper Liturgy<br>11pm Resurrection Vigil<br>11:45pm "Come Receive the Light"<br><b>Indoor &amp; Stream</b> |
| <b>2</b><br><b>Easter/Pascha Sunday</b><br>12pm Agape Vespers<br><b>Indoor &amp; Live-stream</b>                            | <b>3</b><br><b>Bright Week</b>              | <b>4</b><br><b>Bright Week</b><br>11am Bible Study via Zoom                                               | <b>5</b><br><b>Bright Week</b><br>7pm Union Station Philoptochos Outreach<br>7pm Studies in the Faith via Zoom                                                                                         | <b>6</b><br><b>Bright Week</b>                                                                                      | <b>7</b><br><b>Bright Week</b>                                                                                                                                               | <b>8</b>                                                                                                                                            |
| <b>9</b><br><b>Sunday of Saint Thomas</b><br>8:45am Orthros<br>10am Divine Liturgy<br><b>Indoor &amp; Live-stream</b>       | <b>10</b>                                   | <b>11</b><br>11am Bible Study via Zoom<br>7pm Parish Council Meeting                                      |  <b>12</b><br>7pm Studies in the Faith via Zoom<br>7:15pm Philoptochos Bd. Meeting via Zoom                         | <b>13</b>                                                                                                           |  <b>14</b>                                                                              | <b>15</b>                                                                                                                                           |
| <b>16</b><br><b>Sunday of the Myrrh Bearers</b><br>8:45am Orthros<br>10am Divine Liturgy<br><b>Indoor &amp; Live-stream</b> | <b>17</b>                                   | <b>18</b><br>11am Bible Study via Zoom                                                                    |  <b>19</b><br>7pm Studies in the Faith via Zoom                                                                     | <b>20</b>                                                                                                           |  <b>21</b><br><b>Saints Constantine and Helen</b><br>9am Orthros<br>10am Divine Liturgy | <b>22</b>                                                                                                                                           |
| <b>23</b><br><b>Sunday of Paralytic</b><br>8:45am Orthros<br>10am Divine Liturgy<br><b>Indoor &amp; Live-stream</b>         | <b>24</b>                                   | <b>25</b><br>11am Bible Study via Zoom                                                                    |  <b>26</b><br><b>Mid-Pentecost</b><br>7pm Studies in the Faith via Zoom<br>7pm Philoptochos Gen'l. Meeting via Zoom | <b>27</b>                                                                                                           |  <b>28</b>                                                                              | <b>29</b>                                                                                                                                           |
| <b>30</b><br><b>Sunday of Samaritan</b><br>8:45am Orthros<br>10am Divine Liturgy<br><b>Indoor &amp; Live-stream</b>         | <b>31</b><br>Office closed for Memorial Day | <b>Strict Fast</b><br> | <b>Fish Allowed</b><br>                                                                                             | <b>Wine and Oil Allowed</b><br> | <b>Dairy, Eggs, and Fish Allowed</b><br>                                                | <b>Fast Free</b>                                                                                                                                    |



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Christ is risen, and the demons are fallen! Christ is risen, and the angels  
rejoice! Christ is risen, and life reigns!  
Christ is risen, and not one dead remains in a tomb!

Christ is risen from the dead, trampling down death by death and upon  
those in the tomb He is bestowing life!