

# The Voice of Saint Anthony

July 2021

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## Saint Prophet Elias



Deadline for  
August Newsletter is  
Monday, 26 July

Please send to:  
[newsletter\\_church@aol.com](mailto: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](http://www.saint-anthonys.org)

## PRIEST'S MESSAGE



### GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ

June 17, 2021

✠Isaurus the Holy Martyr

Dear Clergy and Faithful of the Metropolis of San Francisco,

*"For where two or three are gathered together in My name, I am there in the midst of them."*

Matthew 18:20

By now you are aware of the updated guidance from the Centers for Disease Control and Prevention (CDC) for those **fully vaccinated** against COVID-19, which many states and localities are adopting. The CDC has stated that **people in the United States who have been fully vaccinated** can resume pre-pandemic activities, indoors and outdoors, without wearing a mask and with no social distancing, **except where required by local or state guidelines or business restrictions.**

In following the guidelines of the CDC, we will no longer be requiring reservations for services. Our parishes should continue safety measures (hand washing, social distancing, masks) as they deem appropriate and in accordance with local and state guidelines. Parishes may continue to offer live-streaming services.

As Christians, we have an ethical obligation to protect all people. **Those not fully vaccinated** are recommended to continue to wear masks in order to protect themselves and others from potential exposure. As faith, trust, and love are guiding principles for us as Orthodox Christians, we will not ask nor require proof of vaccination.

We must demonstrate respect and love as a Christian family to all our brothers and sisters in Christ, some of whom may wish to continue to wear masks during worship. There are still groups of people unable to be vaccinated (children under 12) as well as others who may have a condition or take medications that weaken the immune system and, even though vaccinated, may not be fully protected. Even after vaccination, some may need or merely wish to continue taking all precautions.

We have navigated through the uncharted waters of the pandemic for 16 months, and I am profoundly grateful to our clergy and faithful in our entire Metropolis for their patience and cooperation with regard to the adherence of federal, state and local guidelines to ensure the health and safety of our congregations.

Praying that our Lord God may continue to grant us His Divine love and protection, as we continue to worship Him with one mind, one heart, and one voice, I remain,

With Love in Christ,

*Metropolitan Gerasimos of San Francisco*  
✠Metropolitan Gerasimos of San Francisco

## 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 and submitted to newsletter by Anthia Lucas*

#### The Icarians

In 1945, the Tripodes brothers, Paris, Gust and Jack and their brother-in-law Mike Katsaros, all originally from the Aegean island of Icaria, left their homes in Cleveland, Ohio and embarked on a systematic exploration of various California cities, and Phoenix, Arizona, with the intent of moving their families to a warmer climate. During their voyage of discovery, it was decided they would move to the suburbs east of Los Angeles. They informed their surprised spouses of their decisions and soon, they were all living in Monterey Park. Tom and Assimina Glaros, from Ohio and Gust and Kalliope Horaite from Chicago, moved in 1947. Tom and Gust, like many Icarians in the east were painters, and soon started a house painting business. Within a few years many more Icarian transplants from eastern cities were moving to Southern California, most of whom were settling in Alhambra, San Gabriel, South Pasadena and San Marino.

Unlike the earlier Greek residents of the Pasadena area, the Icarian immigrants came from established Greek communities in Ohio, Michigan, Illinois, Pennsylvania and New York and were active in the church and Greek community organizations, especially the Ahepa.

Most of the Icarian settlers had been members of one of the chapters of the Pan-Icarian Brotherhood which began in 1903 in Pittsburg and is the oldest Hellenic organization in the Americas. In January 1950, a new chapter of the Pan-Icarian Brotherhood was started at the home of Stelios and Anastasia Horaite in Alhambra. In the early years of the club, special events were held at the Lion's Club Hall in Monterey Park. For the club's first 30 years, dinner meetings were held on an almost monthly basis at the homes of members. As the membership expanded, meetings were more likely to be held at a restaurant or St. Anthony's Hellenic Cultural Center. The club still holds an annual "Icarian Independence Day" Picnic around July 17, in South Pasadena.

From an initial membership of twelve immigrant men, the club currently has over 200 multi-generational members of both sexes spread over much of Southern California. Despite the insularity of the Pan-Icarian Brotherhood in its early years, its members were extremely active in the general Greek community. Early Greek organizations in the Pasadena area such as the Ahepa and Philoptochos were founded with many Icaria members. They formed an early nucleus of support for the establishment of a Greek Orthodox church in the San Gabriel Valley. Members of the local Icarian community provided over a quarter of the funds pledged by individuals for the purchase of the original church property and since then, have been well represented in all phases of its growth and maintenance. Despite the continuous dispersion of the Icarian community, St. Anthony's is still regarded as the spiritual home of the club and continues to be a site of its activities.

## *CHURCH HISTORY (continued)*

### AHEPA

Hundreds of mutual aid societies were formed by immigrants from a particular village, island or area of Greece across North America by the early 1900s. These were usually the first Hellenic organizations to form in United States cities. As the local immigrant communities became better established, members organized churches, but uniting the Greek diaspora into a national organization was a daunting challenge. Various early attempts at forming a Pan-Hellenic organization ultimately failed.

Anti-immigrant sentiments were common throughout the United States and Greeks were sporadic targets of racist organizations. In 1922, the American Hellenic Educational Progressive Association was formed in Atlanta, Georgia, partly to rebuff anti-immigrant sentiments by purporting to "Americanize the Greeks". Despite its efforts, and public displays of American patriotism, the AHEPA was at its core a purely Hellenic organization devoted to preserving and expanding Greek culture in the United States and Canada.

In time auxiliary organizations included Daughters of Penelope for women, Sons of Pericles for young men and Maids of Athena for young women. By 1950 over 360 AHEPA chapters had been established in all 48 contiguous states and many Canadian provinces.

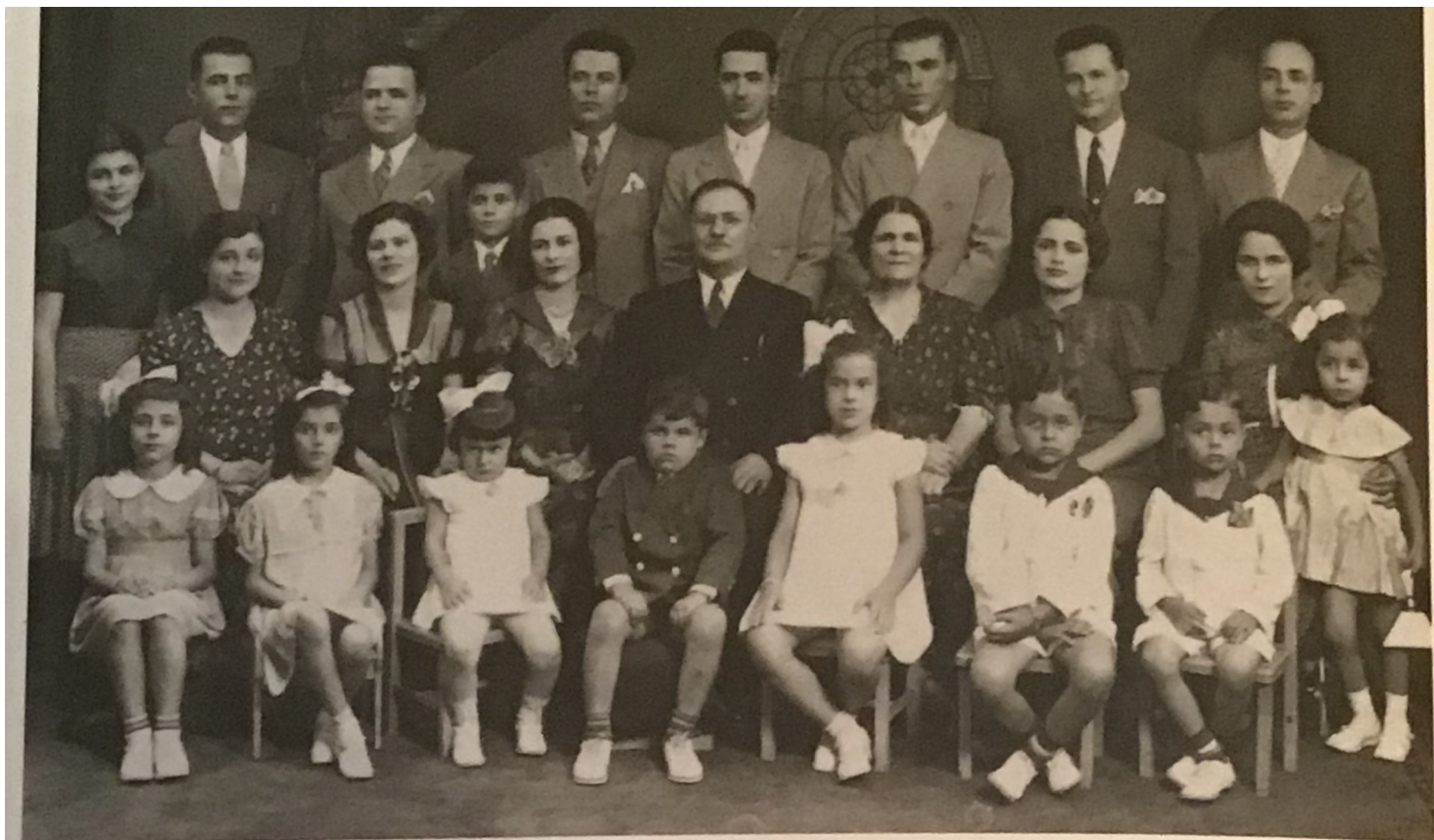
By 1950, Los Angeles County had AHEPA chapters in Los Angeles, San Pedro, Long Beach and Hollywood. Many of the post-World War II Icarian transplants to the San Gabriel Valley had been active AHEPA members in Chicago and Cleveland, providing a natural foundation for a new AHEPA chapter. Enough charter members were recruited from local Greek community and the ranks of the Hellenic Society, so that on April 23 1950, the Rose Bowl Chapter #373 of the Order of AHEPA was instituted. By December of that year the women's auxiliary, Daughters of Penelope, Adrasteia Chapter #233 was founded. In the 1950s, youth auxiliaries of the Sons of Pericles, Chapter #234 and Maids of Athena, Alethia Chapter #135 would be formed. The Pasadena chapters of the Sons and Maids were the first groups formed for the San Gabriel Valley's Greek youth.

Early meetings and special events were held at the Odd Fellows Hall in South Pasadena or the American Legion Halls in Pasadena and South Pasadena. The Daughters held weekly sewing meetings at members' homes to make clothes for the Red Cross, knit afghans for disabled veterans, and prepare food packages for Greek soldiers serving in Korea. The chapter also adopted a 12-year-old Greek orphan and sent supplies to various orphanages in Greece.

The newly formed Pasadena AHEPA and Daughters of Penelope chapters became a main focus of Greek social life in the Pasadena area. In 1951, the Pasadena Ahepans hosted a large regional AHEPA conference with a banquet, fashion show and Greek Glendi, for the general Greek community. In July of 1951, a well-attended ball featuring a twenty-piece orchestra helped raise money for gift packages for Greek American soldiers serving in Korea.

The presence of well organized, active AHEPA and Daughters chapters in Pasadena invigorated Pasadena's growing Greek community. Both organizations would be very involved in the formation and support of the St. Anthony's community and would maintain unusually strong ties to the church. The Pasadena AHEPA continues to function as a support organization for Saint Anthony Church by sponsoring annual fundraisers.

## CHURCH HISTORY (continued)



*The family of Petros and Vassiliki Tripodes in Cleveland, Ohio in 1937*

Prompted by favorable scouting reports of the Golden State from several of the brothers (back row in photo) the entire family began moving to the San Gabriel Valley between 1945 and 1951. An exodus of other Icarian families from the Midwest soon followed, and a chapter of the Pan-Icarian Brotherhood was established in 1950.

*CHURCH HISTORY (continued)**1948 Icarian women in Monterey Park*

*Left to right:* Leona Katsaros, Sophia Lakios, Calliope Tripodes, Vassiliki Tripodes, Joy Tripodes, Mary Tripodes, Assimina Glaros. After the surprise decisions of their husbands to move to Southern California, shortly after WWII, the Icarian women of the San Gabriel Valley would gather together to commiserate about their old homes in the Midwest.

*CHURCH HISTORY (continued)*



*March 12, 1952 Installation of officers of Adrasteia Chapter #233,  
Daughters of Penelope, Pasadena*

*First row, seated. Left to right: Vivian Tripodes Mavredakis, Helen Lafkas, Stella Nichols Welles, Mercedes Sideres, Cornelia Yankos. Second row, left to right: Sophie Tripodes, Helen Pulos, Grace Sideres, Leona Katsaros, Athena Becronis, Mary Tripodes, Ann Cocores. Back Row, left to right: Alicia Koutsouflakis, Assimina Glaros, Bertha Kokoris, Helen Allas, Joy Tripodes.*

*CHURCH HISTORY (continued)*

*March 12, 1952 Installation of officers of Rosebowl Chapter #373, Order of Ahepa, Pasadena*  
*First Row, left to right: Peter Darlas, Peter Becronis, Jack Tripodes, Leon Argyros (president), James Mitchell, Jack Becronis, James Yankos, Tom Poulos. Second Row, left to right: Gust Tripodes, Mike Katsaros, Sam Lekas, Paul Allas, Gus Pothos, George Antonopoulos. The founding of the Pasadena chapter of the AHEPA in 1950, brought together for the first time the disparate Greeks of the San Gabriel Valley, including members of the Hellenic Society and other long time Pasadena Greeks, as well as members of the Pan-Icarian Brotherhood and other post World War II transplants.*

## PARISH COUNCIL NEWS

### Next Parish Council Meeting

Tuesday, July 13

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

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

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

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



## NEWS FROM THE LOFT



The month of July typically marks the beginning of the Choir's Summer Hiatus, and we will continue that tradition this year as well.

As our state begins opening from the restrictions placed upon us by the pandemic, our choir family wishes the entire Saint Anthony parish a happy and safe Fourth of July Holiday.

Additionally, as many of us are planning summer getaways, please remember to use common sense from a public health perspective so that we may see our choir back in the loft and enjoy a Fall season that is truly back to normal for our ENTIRE nation.



CHURCH SCHOOL NEWS



## YOUTH & YOUNG ADULT NEWS

### A Collage of Memories Documenting Monthly Fellowship Activities During the Pandemic

Mrs. Dallas and I are retired teachers; never in our teaching experiences did we think we would be teaching virtually. It was a shock but at the same time, it was a tremendous experience. We learned my new techniques on how to teach, first lesson keep it moving, don't pause or we have lost their attention. We also learned a new language, technology terms: login, waiting room, share screen, password, pin, with audio, no audio, with video, no video, and so many more it made our heads swim. Thank you Niko Udria for your patience navigating us through this mysterious journey as our technical advisor.

We would like to pay tribute to parents who logged in each month. We realize it was a commitment to dedicate one more hour to virtual learning. Additionally, as their virtual teachers and inexperienced teaching distantly worked diligently to prepare meaningful lessons and activities to maintain their attention.

In retrospect, this has been the best of time even though it was the worst of time. We had a great time sharing with your children, enjoyed their humor, and their love of learning Bible stories and about their Orthodox faith.

Mrs. Albeck, Mrs. Dallas, and Niko Udria

(Mrs. Dallas joined us from Reno, Nevada which is her new place of residence).



## YOUTH & YOUNG ADULT NEWS (continued)

### Virtual Holy Friday Retreat

Thank you Eleni Wojcik and Maria Wojcik for creating a wonderful Virtual Holy Friday Retreat.

Your slide presentation and interaction with the children were as if it were in person and not on Zoom.

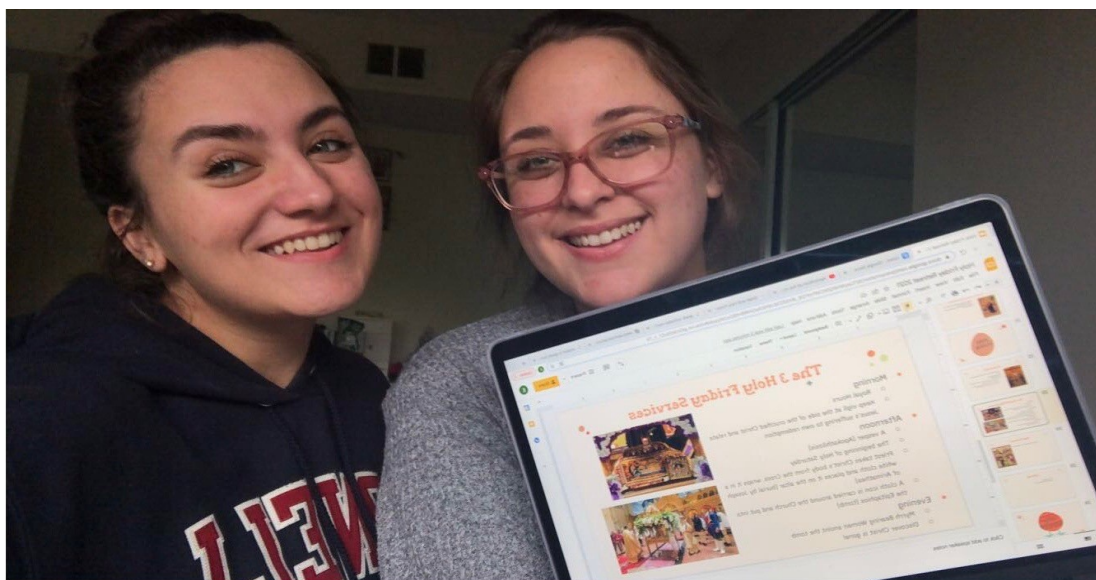
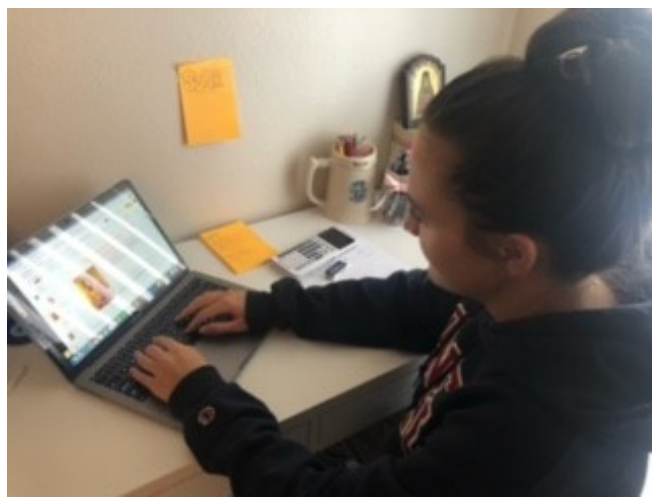
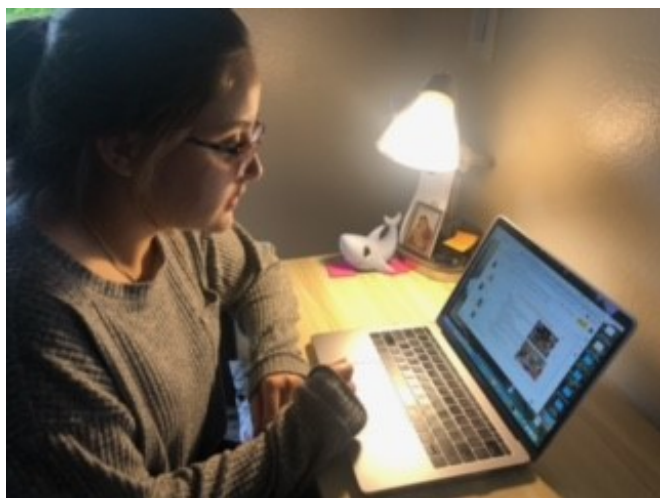
The activities and crafts were creative and reinforced Holy Week.

It is difficult to play games when not in person but both of you were able to involve the children virtually.

Eleni and Maria, I knew you were both doing your schoolwork through Zoom but found the time to develop a program to meet the needs of the children.

I enjoyed being your assistant while you both were doing all the work and having fun with your presentation.

If anyone would like a copy of the slides please email me, Irene Albeck, at [mcmg2a@aol.com](mailto:mcmg2a@aol.com). Activities and crafts are not available.



## YOUTH & YOUNG ADULT NEWS (continued)

### Vacation Bible School (VBS)

26 June 2021

Vacation Bible School was the first in-person youth ministry event at St. Anthony since the shut down and it was absolutely wonderful to see the children gathered together celebrating their Orthodox faith. 30 children attended, ranging from Pre-K to 6th grade. They were so eager and happy to be back at church with their St. Anthony family. The kids participated in games, crafts, Bible stories, and made prosforon while learning about God's ultimate love, power, trust, and plan.

Our VBS leaders, Mary Udria and Sophia Syrengelas, would like to thank the following volunteers who shared their time and talents and helped make the day possible:

Carolina Kokoris, Dylan Udria, Eleni Wojik, Joanna Koulos, Kathy Lucas, Madeline Gallanis, Maria Kokoris, Maria Kypreos, Maria Syrengelas, Maria Wojik, Niko Udria, Stephanie Lubian and Tessa Grafos.

As always, Carlos was there to make sure the hall was ready and spent the entire day lending a hand wherever he was needed.

It was a glorious and fun-filled day. We look forward to many more youth ministry events at St. Anthony!



YOUTH & YOUNG ADULT NEWS (continued)



*YOUTH & YOUNG ADULT NEWS (continued)*



YOUTH & YOUNG ADULT NEWS (continued)



## PHILOPTOCHOS NEWS

### 52nd Annual Christmas Benefit

We are excited to announce our 52nd annual Christmas Benefit, "Let's Celebrate".

This year's benefit luncheon will be held on **Saturday, December 4, 2021**, at the brand new Le Meridien Hotel in Arcadia. Additional information will be coming to you this fall.

Get involved by volunteering to help plan and organize this in-person event. We invite anyone interested to attend the next meeting on **Monday, July 12, at 7:15 pm** in the Trinity Hall. (Date and location are subject to change this month.) If you have any questions or would like to help, please contact Judith Din or Maria Kypreos or e-mail [stanthonybenefit@gmail.com](mailto:stanthonybenefit@gmail.com) requesting additional information on how you may get involved in our biggest fundraiser.

### Join Philoptochos Now

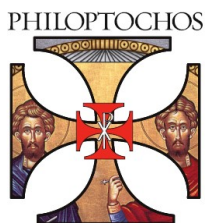
We invite you to renew your membership or become a new member! Our Panagia Chapter has been contributing to our community on a local, national and international basis for more than 65 years. Our support of numerous charities would not be possible without the support of our members. To register online, go to [www.stanthonyphiloptochos.square.site](http://www.stanthonyphiloptochos.square.site). Scroll down to "Annual Membership Dues". To register by mail, send your contact information (name, address, home and mobile phone numbers, and email) along with \$50 check, payable to Saint Anthony Philoptochos, to the church office, Attention: Philoptochos. For more information, please contact one of our membership chairpersons, Lisa Xanthos or Helen Skandale

### Philoptochos Past President's Dinner

Our Past President's dinner was held on Wednesday, June 23, at Twoheys in South Pasadena. Over 40 members and friends came together for fellowship and a delicious dinner under the stars. We were able to honor our 2020 recipients, Sophia Angelos and Leah Pastis and this year's recipient, Athena Dallas. Leah served as president in 1982-1984 and Sophia served in 1984-1986. We also recognized our dedicated past presidents of which 7 were in attendance including Maria Kypreos, Connie Becker, Fontaine Achilles Malisos, Maria Kokoris, and Lisa Xanthos.

Irene Albeck presented our chapter's high school scholarship to Maximilian Pollalis, who graduated from Walnut High School and will be attending Baylor University in Waco, Texas.

Congratulations, Max!



## PHILOPTOCHOS NEWS (continued)

### Past Presidents Dinner



### Past Presidents



**2019-2021 president, Maria, presents icons to honorees, Leah and Sophia**

*PHILOPTOCHOS NEWS (continued)*



*PHILOPTOCHOS NEWS (continued)*



Irene presents Maximillan the 2021 High School Scholarship



**PHILOPTOCHOS NEWS (continued)**

Thank you Philoptochos of Saint Anthony for supporting the Sixtieth Anniversary of Villa Esperanza Services !

**Villa Esperanza Services** is a nonprofit organization dedicated to the care and education of children, adults and seniors with intellectual and developmental disabilities. It is one of the few organizations offering programs that support individuals with disabilities at every stage of life. The need for services is growing. Our family has been associated with Villa for fifty years.

During the pandemic they have provided a wide range of activities for the adult day program through daily Zoom meetings from which Gregory has benefited.

A few components of the program include: functional academics, tie dye socks and tote bag, rice Krispies treats, cake in a cup, ice cream, exercises, and Zoumba classes.

Thank you for supporting Villa Esperanza, we are eternally grateful,  
The Albeck and Udria families



Greg wishing everyone Xristos Anesti holding red Easter eggs in the paper mache bowl he made during his art and craft class.



Gregory Albeck presenting the check from Philoptochos to Gioia Pastre, Vice President, Development and Public Relations.

## ***PHILOPTOCHOS NEWS (continued)***

### **Welcome 2021 Philoptochos Board**

#### **EXECUTIVE BOARD**

**PRESIDENT - Judith Din**

**FIRST VICE PRESIDENT - Jeanne Karaionnoglou**

Executes meetings in absence of the President. Responsible for our general meeting programs and locations.

**SECOND VICE PRESIDENT - Helen Skandale and Lisa Xanthos**

Membership chairperson; manages Program and Membership Directory.

**RECORDING SECRETARY - Mary Dewar**

Records minutes of board and general meetings.

**CORRESPONDING SECRETARY - Mary Udria and Irene Albeck**

Notifies members of all meetings and forwards information to membership for all Metropolis and National events.

**TREASURER - Connie Becker**

Reports financial status of our chapter, including, account balances, obligations for Metropolis and National, and income or expenses.

**ASSISTANT TREASURER - Maria Grover**

Helps the Treasurer with money collection, for example, coffee hour. Assists with letters of receipts. Report when the Treasurer is not present.

**ADVISOR - Maria Kypreos**

Immediate past president.

**SPIRITUAL ADVISOR - Father Peter Stratos**

Parish Priest

#### **BOARD OF DIRECTORS**

**BEAUTIFICATION — Maria Kokoris and Maria Hronas**

Manages any need that may occur requiring our assistance for our St. Anthony Church community

**COMMUNITY OUTREACH - Fontaine Malisos, Liz Skandale, Stephanie Soewers**

Purchases and delivers food for Friends In Deed . Assists any member of our community in need.

**FELLOWSHIP - Tanya Christodoulelis and Maria Kypreos**

Manages coffee hour.

**PUBLICITY - Christine Pappas**

Disseminates information about our Philoptochos to the church Monthly Newsletter and Sunday bulletin.

**SCHOLARSHIP - Presybtera Aida and Irene Albeck**

Reviews and awards high school seniors with our scholarships.

**SOCIAL MEDIA/WEBMASTER - Sophia Syrengelas**

Manages Instagram, Facebook and web pages.

**SUNSHINE AND VISITATION - Fontaine Malisos, Liz Skandale, Stephanie Soewers**

Coordinates with Community Outreach, including sending cards, flowers or making phone calls when needed.

**UNION STATION - Irene Albeck and Stephanie Soewers**

Manages the program of feeding the homeless on the 1<sup>st</sup> Wednesday of each month.

**OPERATION CLASSROOM - Nicolette Fuerst and Jennifer Webster**

Offers support to teachers and students in underserved or underfunded schools and provides otherwise unavailable resources.

## *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	<a href="mailto:sangelos2000@gmail.com">sangelos2000@gmail.com</a>	626-795-0848 (home)
Stephanie Soewers	<a href="mailto:szanglis@gmail.com">szanglis@gmail.com</a>	818-209-5026 (cell)
Irene Albeck	<a href="mailto:mcmg2a@aol.com">mcmg2a@aol.com</a>	626-792-8122



## VIP NEWS

We wish the entire Saint Anthony Family a happy and safe Fourth of July Holiday. Our VIPs look forward to getting together again soon as the state of California and the nation begins to open up and resume a degree of normalcy. As many of us are making plans to travel during the summer months, please monitor your e-mail for an announcement regarding the date of our next meeting.

We wish to acknowledge and send best wishes to our members who will be celebrating their birthdays this month:

Georgia Aspiotes July 9

Herman Smith July 9

Dottie Malina July 10

Elizabeth Moreno July 24

Christina Becronis July 31

The VIPs met at Twohey's Restaurant on June 2 to socialize in person and bid farewell to our good friends Athena and Sam Dallas.



VIP NEWS (continued)



**VIP NEWS (continued)**

On a sad note, we send our heartfelt condolences to the family of our dear friend and member **Helen Boltinghouse** who passed away in June. We pray for the repose of her soul among the saints and may her memory be eternal.

## 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	Stavrula Kiotas
Dean Athans	Rodanthi Kitridou
Tina Athans	Kathy Lucas
George Babbes	Claire Marotta
Christina Becronis	Liam McCann
Tom Bouras	Bess Mechalas
Judie Christopoulos	Elizabeth Moreno
Leah Cokias	Ilina Orozco
Jennifer Dobrinen	Alexandra Patzakakis
Maria Ganis	Gena Pegadiotes
Georgia Grajeda	Katerina Petrossian
Aliki Haralambos	Nicole Schulman
Maria Hronas	+Litsa Stavropoulos
Elias Kalivas	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 2021

#### Executive Board

##### **President**

Judith Din

##### **1<sup>st</sup> Vice President**

Jeanne Karaionnoglou

##### **2<sup>nd</sup> Vice President**

Helen Skandale and Lisa Xanthos

##### **Corresponding Secretary**

Mary Udria and Irene Albeck

##### **Recording Secretary**

Mary Dewar

##### **Treasurer**

Connie Becker

##### **Assistant Treasurer**

Maria Grover

##### **Advisor**

Maria Kypreos

##### **Spiritual Advisor**

Father Peter Stratos

#### Board of Directors

##### **Beautification**

Maria Kokoris

##### **Community Outreach**

Fontaine Malisos, Liz Skandale, Stephanie Soewers

##### **Fellowship**

Tanya Christodoulelis and Maria Kypreos

##### **Publicity**

Christine Pappas

##### **Scholarship**

Presbytera Aida Statros and Irene Albeck

##### **Social Media/Webmaster**

Sophia Syrengelas

##### **Sunshine and Visitation**

Fontaine Malisos, Liz Skandale, Stephanie Soewers

##### **Union Station**

Irene Albeck and Stephanie Soewers

##### **Operation Classroom**

Nicolette Fuerst and Jennifer Webster



### 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

### We're Gonna Bring St. Nick's To Your Home

Our Metropolis Summer Camp is back, and even though it is virtual, it promises to be another exciting, engaging and fun experience. All youth ages 8 – 18 (including recent high school graduates) can [register now](#) for this two week program which will be held on Mondays, Wednesdays and Fridays from July 19 – 30, 2021.

Activities will include daily cabin talks, prayer services, arts and crafts, cooking classes, evening activities and more! Participants will receive a camper box in the mail with supplies, camp gear and a few surprises.

There are also a few opportunities to be part of the Summer Camp Staff team for 2021.

Be sure to check out our new Online Shop for all your favorite camp attire.

Visit [www.gosfyouth.org](http://www.gosfyouth.org) for registration information, staff applications, and the online camp shop.

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### St. Anthony Bowling League

We are happy to announce that St. Anthony's Bowling League will resume in September!

Adults interested can email Pana Gelt: [pgelt3@gmail.com](mailto:pgelt3@gmail.com)

Looking forward to seeing many of you again at the bowling alley!



## COMMUNITY NEWS (continued)



## Service Leadership Conferences for Youth

Serv-X-Treme is IOCC's annual youth leadership program.

Participants gather at weeklong conferences to cultivate a deeper understanding of Orthodox philanthropy and *diakonia* (service) through leadership-building activities, workshops, and hands-on service.

**July 17-23**

Minneapolis, MN



**July 24-30**

Minneapolis, MN

Join as a participant or advisor at [iocc.org/servx](https://iocc.org/servx)

*COMMUNITY NEWS (continued)*



# Ready. Set. EXCLAIM!

**Labor Day Weekend YAL Conference 2021  
in Phoenix, AZ**

[www.sanfran.goarch.org/YAL](http://www.sanfran.goarch.org/YAL)

## COMMUNITY NEWS (continued)

# CONNECTING COLLEGE STUDENTS TO THE ORTHODOX CHURCH

Do you have a son, daughter, or grandchild graduating from High School who will be leaving home for the first time to attend college, or are they already in college living away from home?

Thousands of our Orthodox youth graduate from High School every year and go away to schools across our country. Our college students are blessed with unprecedented educational opportunities, but, at the same time, they face many difficult challenges in the environment of the college campus. Would you like to keep your loved ones connected to the Church while they study?

If so, please complete the form below and mail it to the Metropolis Office in San Francisco. The Metropolis of San Francisco Youth Director, Johanna Duterte, will make sure that an Orthodox Priest and community near your student's college connects with your loved one.

Student's Name \_\_\_\_\_ Student's Date of Birth \_\_\_\_\_  
 Student's Home Parish, City, State \_\_\_\_\_  
 Student's Email Address \_\_\_\_\_ Student's Cell \_\_\_\_\_  
 Name of College \_\_\_\_\_ City, State \_\_\_\_\_  
 Expected Graduation Date \_\_\_\_\_ Major \_\_\_\_\_  
 Student's Address while at school \_\_\_\_\_  
 Will your student have a car while at school? \_\_\_\_\_ Student's Patron Saint \_\_\_\_\_  
 Do you know which parish your student will attend while at school? If so, which one? \_\_\_\_\_  
 Your Name \_\_\_\_\_ Your relationship to Student \_\_\_\_\_  
 Your Home Parish, City, State \_\_\_\_\_  
 Your Email Address \_\_\_\_\_ Your Phone Number \_\_\_\_\_  
 Your Mailing Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Questions? Contact Johanna Duterte, our Metropolis Director of Youth & Young Adult Ministries.  
 Email: [JDuterte@sanfran.goarch.org](mailto:JDuterte@sanfran.goarch.org) Phone: (415) 753-3075 Fax: (415) 753-1165 Website: [www.gosfyouth.org](http://www.gosfyouth.org)



YOUTH &  
YOUNG ADULT  
MINISTRIES

**PLEASE MAIL THIS FORM BACK TO:**  
 Greek Orthodox Metropolis of San Francisco  
 Office of Youth & Young Adult Ministries  
 245 Valencia Street, San Francisco, CA 94103



**COMMUNITY NEWS** (continued)**Monthly Lesson from Father Stavros Akrotirianakis...****The Parable of the Talents**

*He also who had received the one talent came forward, saying, 'Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you did not winnow; so, I was afraid, and I went and hid your talent in the ground Here you have what is yours.' But his master answered him, 'You wicked and slothful servant! You knew that I reap where I have not sowed, and gather where I have not winnowed? Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. So, take the talent from him, and give it to him who has the ten talents. For to everyone who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away. Matthew 25: 24-29*

Years ago, at summer camp, we did a session on this parable. Each cabin group that participated had approximately 18 campers. For an icebreaker, we gave each cabin a fifty-piece puzzle to do. We gave each camper a random number of pieces—some got five, some got three, some got two, and one camper got one piece. No one really knew who had received how many pieces. We quietly asked the camper with the one piece to sit quietly by and to put his piece in last.

The campers then got to work on the puzzle. Those who had more pieces thought they had more power and more say in how the puzzle was going to come out. However, they quickly realized that no one had more than ten percent of the puzzle to contribute. It then became more of a collaborative effort, which was good to see. The camper who had the one piece sat off to the side, mostly unnoticed by his cabin mates. Perhaps they assumed he's already put in his pieces. Perhaps they just lost track of him in their enthusiasm for getting the project done. And perhaps they just forgot about him because he was quiet, and they were not.

Eventually, the campers had forty-nine of the fifty pieces of the puzzle. Before they could become excited for what they had accomplished—ninety eight percent of the puzzle was done—they quickly became concerned about the missing piece. They wondered if it was lost. They worried they would not finish the puzzle. They were frustrated because this one piece was the most beautiful piece in the puzzle—they could even tell that before the piece was put in.

We asked the person who had the missing piece to put it in. It was the most beautiful piece of the puzzle. It made the puzzle complete. Without it, there would have been a gaping hole in the middle of the puzzle. Everyone cheered on the camper as he put in that final piece, and the cabin rejoiced together, every camper equally, it seemed, that the task had been accomplished. We then discussed the experience.

The camper who had the one puzzle piece said that he felt alone and isolated during most of the icebreaker. He was not included in the conversation or the planning. In the end, he held the piece that made the whole thing come together. No, he did not have five pieces, no he was not loud, no he was not included. But without him, the puzzle could not be complete.

In God's plan of salvation, everyone has at least one piece of the puzzle to put in. It may be large or small, it may be a corner or an edge or a middle piece. It may be colorful, and it may be plain. However, no one did not receive at least one piece of the puzzle to contribute.



**COMMUNITY NEWS** (continued)

We cannot fixate on what we do not have. We cannot let jealousy and envy about what we do not have impact how we use what we do have. Of the three servants in the Parable of the Talents, there was no one who received nothing. Everyone received something. And in our icebreaker of the puzzle pieces, there was no one who received nothing. Everyone needs to contribute what they have for the good of the puzzle. Everyone who contributes and everything that is contributed is important, because without all the pieces, even the seemingly plain ones, the puzzle would be incomplete. And everyone needs to contribute because everyone has something to contribute. We need to celebrate and encourage everyone because we need everyone to do their share so that the puzzle is complete.

In the Gospel Parable, the man who had received the one talent did nothing with it. He claimed to have been afraid of the master. Maybe he lacked confidence, maybe he did not think the master had much faith in him because he only entrusted him one talent. Maybe he was angry that he had only received one talent. **The lesson of that man is that fear is not an excuse, nor is anger, jealousy, or laziness. There is no excuse to not use the talents God has entrusted us with.**

This parable is especially meaningful in my own life. For many years of my childhood, I felt a call to the priesthood. At first, it was a very pleasant thought. I dreamed of wearing vestments and doing services. I was an altar boy, I went to many services, I got to wear altar boy vestments. The priesthood, for a young child, was like the dream job. As I got older and considered the ramifications of becoming a priest, it started to seem like a nightmare. There was a lot more to being a priest than just going to church on Sundays. Taking a bit part serving in the altar was a far cry from leading a congregation. And the worst part of the whole thing would be the separation from family, first going to the Seminary in Boston, and then being sent wherever the church needed a priest to serve. I began making up a list of reasons to not be a priest, to not answer a call that I knew I had. I realized which piece of the puzzle I was holding, and spent a long time wishing I were holding something else.

I had never read the Bible all the way through until I was in college. When I stumbled on the Parable of the Talents, it frightened me. I read it repeatedly. I started reading it daily. I realized that I had a call, a talent entrusted to me, to be a Greek Orthodox priest. What would happen if I did not follow it? Certainly, the master would be angry and disappointed. If the ticket to salvation is in part how we have used our talent, not answering the call could cost me my salvation. And for what? Being afraid of the cold winters in Boston, being afraid of where I might get sent to serve. This parable was the passage of Scripture that helped me answer my call, to use my talent to serve as a priest.

What is your talent? What is the piece of the puzzle that you hold? Are you eager to put it into the puzzle of society? Hesitant? Afraid? Angry that it is not another piece? Do you think your piece is not important?

God gave everyone at least one talent. Each person holds at least one piece to the puzzle. Fear is not an excuse not to put it in. We should have an incentive to honor and encourage all people, because each person has at least one piece to contribute to the puzzle. It might seem like an inconsequential piece, like the guy who delivers the food to the market. But remove that guy who gets us our food and we would all die. Some quiet and shy person sitting in the corner of the lunchroom with no one to talk to might be the one who will eventually cure cancer. But if they are too lonely, they might withdraw and not do much, thinking they have nothing to offer. Therefore, it is vitally important to encourage and include everyone, because we do not know which pieces each of us is holding.



**COMMUNITY NEWS** (continued)

One more comment on puzzles. The puzzle of our society and puzzle of our salvation are so big that we cannot possibly see all of it. I gave the example one time of a puzzle covering the grounds of our church. Some of the puzzle would be in the church sanctuary, some in the hall, some on the back field. If one is in the church, he or she cannot see the backfield. Just like in our world, we do not see all facets of everyone's life. I am not familiar with water treatment plants, as an example, but they are very important in my life. Without clean water, I would die in a few days. The guy who works at the water treatment plant does not see the cancer surgeon, who does not see the priest, who does not see the scientist, who does not see the teacher, and so on. Each of us needs to place his piece(s) in the puzzle of humanity to make the big picture, which God sees, complete. So instead of wondering why we received one piece and not another, why we have one piece and not five, and why we can only see the puzzle in the church but not on the backfield, let us do our best with the piece(s) we have received, trusting that God will reward us for what we have done and what we see.

*Lord, thank You for the talents You have entrusted me. (List them)*

*Help me to be a good steward of my talents, using them to Your glory and using them to help my fellow man.*

*Help me not to be afraid to use what I have been given.*

*Help me to be content with what I have rather than wishing for talents I do not have.*

*Even though I cannot see the whole picture of Your plan for salvation, give me the strength to do my part to contribute to the good of all people.*

*May I honor You this day and always with what You have given me.*

*Amen..*

Use your talent, whatever it is, to the best of your ability. When we all do this, the puzzle of salvation will be complete!



## 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****Cosmas & Damian, Unmercenaries****1 July**

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

**Kyriaki the Great Martyr****7 July**

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

**Euphemia the Great Martyr****11 July**

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



***FEASTS & SAINTS OF THE MONTH (continued)*****Marina Holy & Great Martyr****17 July**

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

**Glorious Prophet Elias (Elijah)****20 July**

Elias of great fame was from Thisbe, a town beyond the Jordan. He was of priestly lineage, a man of a solitary and ascetical character, clothed in a mantle of sheep skin, and girded about his loins with a leather belt. His name means "Yah is my God." His zeal for the glory of God was compared to fire, and his speech for teaching and rebuke was likened unto a burning lamp. From this too he received the name Zealot.

Therefore, set aflame with such zeal, he sternly reproved the impiety and lawlessness of Ahab and his wife Jezebel. He shut up heaven by means of prayer, and it did not rain for three years and six months. Ravens brought him food for his need when, at God's command, he was hiding by the torrent of Horra. He multiplied the little flour and oil of the poor widow of Sarephtha of Sidon, who had given him hospitality in her home, and when her son died, he raised him up. He brought down fire from Heaven upon Mount Carmel, and it burned up the sacrifice offered to God before all the people of Israel, that they might know the truth. At the torrent of Kisson, he slew 450 false prophets and priests who worshipped idols and led the people astray. He received food wondrously at the hand of an Angel, and being strengthened by this food he walked for forty days and forty nights.



**FEASTS & SAINTS OF THE MONTH (continued)****Glorious Prophet Elias (Elijah)***continued*

He beheld God on Mount Horeb, as far as this is possible for human nature. He foretold the destruction of the house of Ahab, and the death of his son Ohozias; and as for the two captains of fifty that were sent by the king, he burned them for their punishment, bringing fire down from Heaven.

He divided the flow of the Jordan, and he and his disciple Elisseus passed through as it were on dry land; and finally, while speaking with him, Elias was suddenly snatched away by a fiery chariot in the year 895 B.C., and he ascended as though into heaven, whither God most certainly translated him alive, as He did Enoch.

But from thence also, after seven years, by means of an epistle he reproached Joram, the son of Josaphat, as it is written: *"And there came a message in writing to him from Elias the Prophet, saying, Thus saith the Lord God of David thy father, Because thou hast not walked in the way,"* and so forth (II Chron. 21:12). According to the opinion of the majority of the interpreters, this came to pass either through his disciple Elisseus, or through another Prophet when Elias appeared to them, even as he appeared on Mount Tabor to the disciples of Christ.

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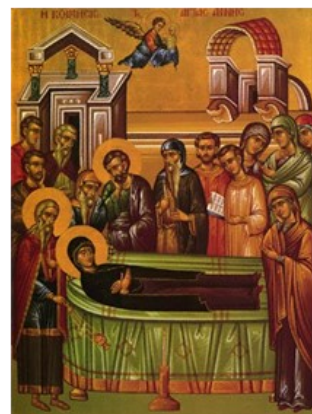
**Mary Magdalene, the Holy Myrrh Bearer, Equal to the Apostles****22 July**

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

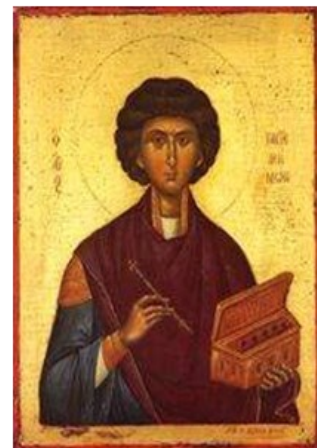


***FEASTS & SAINTS OF THE MONTH (continued)*****Dormition of Saint Anna, mother of Theotokos****25 July**

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

**Panteleimon, Great Martyr and Healer****27 July**

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



Saint Panteleimon is one of the Holy Unmercenaries, and is held in special honor among them.

# Orthodox Calendar

## July 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1	 2	3
4 <b>2nd Sunday Matthew</b> 8:45am Orthros 10am Divine Liturgy  <b>Indoor &amp; Live-stream</b>	5	6	 7 7pm Union Station Philoptochos Outreach	8	 9	10
11 <b>3rd Sunday Matthew</b> 8:45am Orthros 10am Divine Liturgy  <b>Indoor &amp; Live-stream</b>	12	13 7pm Parish Council Meeting	 14 7:15pm Philoptochos Board Meeting	15	 16	17
18 <b>Sunday of the Holy Fathers</b> 8:45am Orthros 10am Divine Liturgy  <b>Indoor &amp; Live-stream</b>	19	20 <b>Elias the Prophet</b> 9am Orthros 10am Divine Liturgy	 21	22	 23	24
25 <b>5th Sunday Matthew</b> 8:45am Orthros 10am Divine Liturgy  <b>Indoor &amp; Live-stream</b>	26	27	 28 7pm Philoptochos General Meeting	29	 30	 31
		<b>Strict Fast</b> Refrain from meat, fish, wine, oil, dairy & eggs  	<b>Fish, Oil &amp; Wine Allowed</b>  	<b>Wine and Oil Allowed</b>  	<b>Dairy, Eggs, &amp; Fish Allowed; Refrain from Meat</b>  	<b>Fast Free</b>

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July 2021

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*Without love there is no salvation, no true relationship with God, no real relationships with others  
There is no joy, no hope, no compassion.  
Love is the foundation for all true relationships.  
God is love.  
If we do not have love, we do not know God.  
We cannot combat sin without love.  
We cannot really pray without love.  
We honestly cannot bear ourselves without love.  
Let us seek love rather than perfection.  
Perfection and holiness follow love.  
If we wish to attain paradise, then we must clothe ourselves in love.  
Love first, ask questions later.*