



*Rev. Father Peter Stratos, Pastor*

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Church office hours: Monday-Friday: 9:00am to 4:00pm (Closed Saturday & Sunday)

*For pastoral emergencies only please call 626-855-3640*

## **MARCH 20, 2022 - SUNDAY OF GREGORY OF PALAMAS**

*Fathers Monastery of St. Savas*

*Cuthbert the Wonderworker*

**ORTHROS ~ 8:45 A.M.**

**[\(ORTHROS SERVICE TEXT CLICK HERE\)](#)**

**DIVINE LITURGY ~ 10:00 A.M.**

**[\(LITURGY SERVICE TEXT CLICK HERE\)](#)**

**SUNDAY SERVICES ARE OFFERED INDOORS**

**WE WILL CONTINUE TO BROADCAST ALL SERVICES VIA LIVE-STREAM**

**(CLICK THE LINKS BELOW):**

[SAINT-ANTHONY.S.ORG/LIVESTREAM](http://SAINT-ANTHONY.S.ORG/LIVESTREAM)

[FACEBOOK.COM/STANTHONYSPASADENA](https://FACEBOOK.COM/STANTHONYSPASADENA)

[YOUTUBE.COM/CHANNEL/UCXSG4uJFWmElsOEIjx96pCA](https://YOUTUBE.COM/CHANNEL/UCXSG4uJFWmElsOEIjx96pCA)

**RESURRECTIONAL APOLYTIKION. MODE PL 2.** (*BEFORE ENTRANCE*)

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

**RESURRECTIONAL APOLYTIKION. MODE PL 2.** (*AFTER ENTRANCE*)

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

**FOR THE HIERARCH. MODE 4.** (*BEFORE ENTRANCE*)

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἢ καλλονῇ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

***APOLYTIKION OF ST. ANTHONY THE GREAT. MODE 4***

Emulating the ways of Elijah the zealot, and following the straight paths of the Baptist, O Father Anthony, you made the wilderness a city, and did support the world by your prayers. Wherefore intercede with Christ our God, that our souls be saved.

Τὸν ζηλωτὴν Ἡλίαν τοῖς τρόποις μιμούμενος, τῷ Βαπτιστῇ εὐθείαις ταῖς τρίβοις ἐπόμενος, Πάτερ Ἀντώνιε, τῆς ἐρήμου γέγονας οἰκιστής, καὶ τὴν οἰκουμένην ἐστήριξας εὐχαῖς σου· διὸ πρέσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

***KONTAKION. MODE PL. 4.***

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

## ***EPISTLE READING***

**SUNDAY OF GREGORY OF PALAMAS:**

**St. Paul's First Letter to the Hebrews 1:10-14; 2:1-3**

**Prokeimenon. Mode Plagal 2.**

**Psalm 27.9,1**

**O Lord, save your people and bless your inheritance.**

**Verse: To you, O Lord, I have cried, O my God.**

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

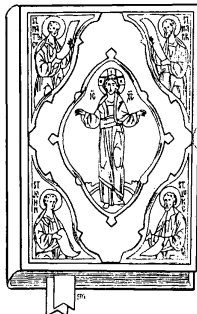
IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

## ***GOSPEL READING***

### **SUNDAY OF GREGORY OF PALAMAS: The Gospel According to Mark 2:1-12**

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"



## *METROPOLIS ANNOUNCEMENTS*

**Stay Connected to the Metropolis** Text SFNEWS to 22828 and subscribe to the E-News from the Metropolis of San Francisco. Stay connected to the latest ministry information from the Metropolis. Sign up today!

**Faith Forward** Join the Metropolis of San Francisco as a Faith Forward steward and support the ongoing development of our ministries and programs that positively impact our parishes and faithful. Because of our Faith Forward stewards we have accomplished so much. Faith Forward can help us achieve even more. Donate today! Text **FAITH** to **877-403-1691**. Thank you!

## *PARISH ANNOUNCEMENTS*

### **Divine Services for the month of March**

*([saint-anthonys.org/calendar](http://saint-anthonys.org/calendar)):*

**Wednesday, March 23<sup>rd</sup>** *Pre-Sanctified Liturgy – 6:00pm*

**Friday, March 25<sup>th</sup>** *Annunciation of the Theotokos*  
**Orthros 9:00am, Divine Liturgy 10:00am**

**Wednesday, March 30<sup>th</sup>** *Pre-Sanctified Liturgy – 6:00pm*

**Sunday School:** Sunday School students will participate in the Sunday of Orthodoxy icon procession this upcoming Sunday. Please have your child bring an icon of their choice to hold during the procession. The icons should be a weight and size that they are able to hold independently and appropriately during the procession. Students are to meet their teachers in the ballroom with their icons immediately following Holy Communion. They will be taken up to their classrooms for a lesson following the procession and will be released at 12:00 pm.

## *PARISH ANNOUNCEMENTS*

### **Coffee Hour is coordinated by St. Anthony Philoptochos:**

Please assist with bringing weekly goodies. A sign-up poster has been placed in the foyer of the hall. Suggestions are cookies, fruit, bagels and peanut butter and olives. Please remember that items need to be Lenten. Drop off goodies in the church hall by 10am on Sundays. Items should be ready to serve.

Please sign up on the poster or contact the church office to reserve a day. For questions, please contact Tanya Christodoulelis at 626-379-2304. Thank you for your support.

### **St. Anthony G.O.Y.A. Basketball Schedule 2022**

#### **Sunday, March 20: @ St. Sophia**

1324 S. Normandie Ave. Los Angeles

2:00 Jr. Boys, 3:00 Sr. Girls, 4:00 Sr. Boys

#### **Sunday, March 27: St. George @ St. Anthony**

San Marino High School - 2701 Huntington Drive, San Marino

2:00 Jr. Girls, 3:00 Jr. Boys

#### **Sunday, April 3: @ St. John**

Fullerton Evangelical Free Church

2801 N. Brea Blvd. Fullerton

2:00 Jr. Girls, 3:00 Jr. Boys, 4:00 Sr. Girls, 5:00 Sr. Boys

#### **Saturday, April 9 and Sunday, April 10:**

Quarter Finals

#### **Saturday, April 30:**

Semi Finals

#### **Sunday, May 1:**

Finals

Questions contact: Patricia Paziouros 626-497-2164; John Paziouros 626-497-2167, Pana Gelt 626-278-2808; Anthia Drulias Lucas 626-274-6133

## *PARISH ANNOUNCEMENTS*

### **Faithful Saint Anthony Parishioners,**

As things continue to improve, we find ourselves as a Church community beginning to schedule many of our former events that had paused during COVID. One such event is our annual Pasadena Greek Festival.

We are at the beginning stages of planning, and would like to gauge our parishioners interest in scheduling a Festival for this Fall, or to begin again in the Fall of 2023.

The first step in this process is to form a committee to discuss the feasibility of hosting a Festival this year. Please contact me at [frpeter@saint-anthonys.org](mailto:frpeter@saint-anthonys.org).

Time is of the essence.

God bless you,

Fr. Peter

### **Dear Brothers and Sisters in Christ,**

I greet you all in the name of the Lord! I am very excited to introduce the 2022 “Studies in the Faith Series” we will offer on Monday evenings from February 21 — April 11. This Catechism Class will incorporate a new and innovative book written by Dr. Eve Tibbs. The book is entitled, “A Basic Guide to Eastern Orthodox Theology: Introducing Beliefs and Practices.”

Many of you already know Eve, and that she has faithfully served as the Chair of our Metropolis Christian Education Ministry for many years now. She is and has been, a visionary for our Metropolis of San Francisco, offering new programs to our parishes and to the faithful for our continuing Orthodox Christian Education.

The informative classes and discussions of our Studies in the Faith will serve as an excellent introduction to the Orthodox Faith for those interested in the Orthodox Church. For those who are interested in converting to the Orthodox Christian Faith, your opportunity has arrived! For those already baptized into the Orthodox Faith, this series of classes will provide an inspiring enrichment and review of our abundantly rich faith. This book (or this book and class participation) can serve as our Lenten project to enrich our own faith and our personal journey to Holy Pascha. Reading, studying, discussing and learning



## PARISH ANNOUNCEMENTS

more about our Faith and our Holy Orthodox Church will bring greater meaning and spiritual joy to our Lenten and Paschal experience.

We will meet via zoom for all eight classes. If you are interested, please send an email requesting the zoom logon information. The email address to contact is: [frpeter@saint-anthonys.org](mailto:frpeter@saint-anthonys.org) Please refer to the Class Syllabus for all pertinent information. To purchase this year's text please Google the above title and author. Dr. Tibbs book is available for purchase from several merchants. I look forward to hearing from you. Let us make this Lenten Season most uplifting and inspiring for us individually, for our families and for our Parish family.

In Christ,

Fr. Peter

### **STUDIES IN THE FAITH - Spring Session, 2022** **February 21st – April 11<sup>th</sup>**

Our text for this Spring's class will be: ***A Basic Guide to Eastern Orthodox Theology: Introducing Beliefs and Practices***, by Dr. Eve Tibbs. Classes will be organized into 8 sessions, on Monday evenings, 6:30 – 7:30, over an eight week period.

These informative classes will serve as an excellent introduction to the Orthodox Faith and will also provide an inspiring enrichment and review for practicing Orthodox Christians.

I encourage you to read each week's assigned chapter and participate in class discussions so that the sessions will become an exciting and meaningful experience.

Note: **Please Google the title and author to purchase your copy.** Contact Father Peter for the zoom logon information at [frpeter@saint-anthonys.org](mailto:frpeter@saint-anthonys.org)

## CHAPTERS TO BE DISCUSSED

**Session 5 – Monday March 21st**  
**Chapter Five: “Christology”**

Session 7 – Monday April 4th  
Chapter Seven: “The Holy Trinity”

Session 6 – Monday March 28th  
Chapter Six: “Who are we? What  
are we to do?”

Session 8 – Monday April 11th  
Chapter Eight: “Orthodox Worship”

### **2022 Stewardship Financial Commitment.**

**Thank you to everyone who has returned the completed commitment card.** If you have not done it, please return your completed commitment card to church as soon as possible. To fully cover our operating expenses, our goal is to have our average stewardship be \$2,000 per family or above. Contact the Church office to set up easy recurring electronic payments -OR- set up your own recurring giving at [saint-anthonys.churchgiving.com](http://saint-anthonys.churchgiving.com)



### **WELCOME!**



**We hope you enjoy your time with us today and  
that your worship experience is inspirational and uplifting.**

Please note that *only baptized and/or Chrismated Orthodox Christians may partake of the Sacrament of Holy Communion.* At the end of the Divine Liturgy, you are welcome to come and receive the *Antidoron* (blessed bread) from the priest.

Contact our office at 626-449-6943 or [office@saint-anthonys.org](mailto:office@saint-anthonys.org) to receive more information about our parish or the Orthodox Christian faith.

## *PHILOPTOCHOS ANNOUNCEMENTS*

### **St. Anthony Philoptochos Easter Bake Sale**

Delectable Greek pastries and our special signature treats are now available to order. All proceeds to benefit Kids 'n' Cancer-Camp Agape. A Philoptochos ministry dedicated to providing support for children afflicted with cancer. Please see the enclosed order form for details.

### **2022 Philoptochos Membership**

We invite all women, 18 years and over, to join Philoptochos. Your participation in this ministry can make a difference in so many lives. To renew or join by mail- send check (payable to St. Anthony Philoptochos Society) to St. Anthony Philoptochos Society, 778 South Rosemead Boulevard, Pasadena, CA 91107 or online at <https://stanthonypiloptochos.square.site> Each \$50 stewardship supports the National Philoptochos, the San Francisco Metropolis and St. Anthony Philoptochos obligations and projects. Thank you for your continued support.

## *OTHER ANNOUNCEMENTS*

### **110th Annual Greek Easter Picnic,- Brookside Park, Pasadena**

**2022 CANCELLED** The Easter Picnic has been cancelled again this year, due to the continued concerns regarding Corona Virus.

We put the health and safety of our guests, volunteers, and workers first and do not want to increase the risk of anyone spreading this virus.

We pray that by the grace of God, we will be able to resume our picnic next year on April 16, 2023.

May everyone have a blessed Lent and a glorious Resurrection!!!

Ted Pappas and Stephanie Caiopoulos Lubian

Easter Picnic Committee'

# Sunday of Gregory of Palamas

## March 20, 2022

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

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