

The Voice of Saint Anthony

March 2022



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Annunciation of the Theotokos
25 March

Deadline for April Newsletter is Friday, 25 March
Please send to: newsletter_church@aol.com

Message from Father Peter

Dear Brothers and Sisters in Christ,

Καλή Τεσσαρακοστή! Blessed Lenten Season! We have reached the liturgical season of "Great Lent," a time for self-examination. It is the beautiful season when we have the opportunity to take a "personal inventory" of our Christian living. We endeavor to take a sincere and honest look at our inner self and our relationship with God. We take the time to see where we can improve, grow and enrich our spiritual life.

Lent is also a time to turn away from self indulgence, to follow and hold the Great Fast to the best of our ability. The purpose of fasting during Great Lent is to instill in Orthodox Christians an increased awareness of Christ's presence and His importance in our lives. The Church Fathers taught the importance of fasting. However, they also taught that this discipline must be performed in conjunction with prayer. Consider this warning: fasting without prayer is considered "the fast of the demons" since the demons do not eat according to their incorporeal nature, and also they do not pray. St Nektarios of Aegina wrote the following about fasting and prayer: *"In the New Testament fasting is recommended as a means of preparing the mind and the heart for divine worship, for long prayer, for rising from the earthly, and for spiritualization."*

Fasting and focusing on our prayer life, both privately and with our church family, strengthens us and thus we are better able to give our attention to works of mercy and charity for those less fortunate. We can live the compassion of Christ by visiting and praying for the sick. We can give time for helpful deeds and generosity to the poor. We can approach all the people we encounter daily in our lives with a joyful countenance and a loving manner: our families, our colleagues, our friends, our fellow parishioners, and those people we don't really know. The more Christ is in our hearts, the easier this becomes. When we live in Christ, this way of living and being in the world comes naturally.

Finally, Great Lent is a time of joy! An opportunity for a "new beginning," a cleansing of body and soul in preparation and anticipation of the "Feast of Feasts" - Pascha! - the glorious Resurrection of Jesus Christ our Lord! We should approach Great Lent with joy in our hearts for the Resurrection of our Lord.

Last year for Great Lent I encouraged each of us, man, woman, child, single person, and families, to commit to praying the edifying prayer attributed to St. Ephraim the Syrian. Of all the Lenten hymns and prayers, this prayer can be termed the "Lenten Prayer." In fact, many Christians around the world pray this prayer every day during Great Lent. We should join them again this year!

The prayer begins by asking God to take away various sins, replacing them with corresponding virtues. This is a very important part of Lent, as Lent is not a season solely focused on purging oneself of bad habits and sins. Great Lent is a time which should also bring each of us closer to virtuous living, good habits, kindness and all things pleasing to God.

St. Ephraim also asks God to help him see his own sins - that he may turn away from sin. And, he asks God to help him refrain from judging his brothers and sisters. Lent is a time when we do not seek to change others, but only to change ourselves.

Last year we mailed a laminated copy of the "Lenten Prayer" to each household. It was a two sided prayer card with English on one side and Greek on the other. Hopefully you still have your prayer card. If not, the prayer will be included on the next page of this Newsletter.

Let us all pray the "Lenten Prayer" twice a day: at the beginning of our day when we rise in the morning, and at the conclusion of our day when we retire. As we recite the prayer, after each petition of the prayer make a prostration. Prostrations are a sign of repentance, of humility, of adoration and obedience to God. I pray that you have a fruitful and blessed Lenten Season.

In Christ,

Fr. Peter

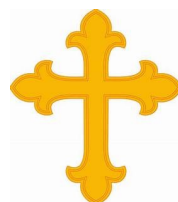
Message from Father Peter

LENTEN PRAYER OF SAINT EPHRAIM

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

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

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



Προσευχή του Αγίου Εφραίμ του Σύρου

**Κύριε καί Δέσποτα τῆς ζωῆς
μου,
πνεῦμα ἀργίας, περιεργίας,
φιλαρχίας,
καί ἀργολογίας μή μοι δῶς.
(μετανοία καί +)**

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

**Ναί, Κύριε Βασιλεῦ,
δώρησαί μοι τοῦ ὁράν τά ἐμά
πταίσματα,
καί μή κατακρίνεις τόν
ἀδελφόν μου,
ὅτι εὐλογητός εἶ εἰς τοὺς αἰῶνας
τῶν αἰώνων. Ἀμήν».
(μετανοία καί +)**



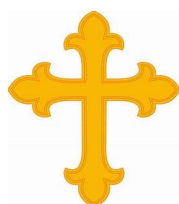
Message from Father Peter

Divine Services for March, 2022

(see church calendar page 39)

GREAT & HOLY LENT BEGINS MONDAY MARCH 7th













Wednesday, March 9th	Pre-Sanctified Liturgy	6:00pm
Friday, March 11th	Salutations to the Theotokos	6:00pm
Saturday, March 12th	Saturday of Souls	Orthros 9:00am Divine Liturgy 10am
Wednesday, March 16th	Pre-Sanctified Liturgy	6:00pm
Friday, March 18th	Salutations to the Theotokos	6:00pm
Wednesday, March 23rd	Pre-Sanctified Liturgy	6:00pm
Friday, March 25th	Annunciation of the Theotokos	Orthros 9:00am Divine Liturgy 10am
Wednesday, March 30th	Pre-Sanctified Liturgy	6:00pm



Message from Father Peter

OUR JOURNEY TO PASCHA! 2022

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 13th		TRIDION WEEKS Publican and the Pharisee Epistle: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 20th		The Prodigal Son Returns! Epistle: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 27th FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8: 8-9:2 Gospel: Matthew 25: 31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 6th FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13: 11-14:4 Gospel: Matthew 6: 14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 13th		GREAT LENT BEGINS WITH FORGIVENESS VESPERS SUNDAY OF ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 20th		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 27th		VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4: 14-5:6 Gospel: Mark 8: 34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 3rd		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 10th		ST MARY of EGYPT Epistle: Hebrews 9: 11-14 Gospel: Mark 10: 32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
PALM SUNDAY APRIL 17th GREAT WEEK BEGINS		GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 22nd		GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 24th NO FASTING!		BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: Jan 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Message from Father Peter

STUDIES IN THE FAITH

Spring Session, 2022
February 21st – April 11th

Our text for 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 eight weeks. For those interested in the Orthodox Church, 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.

Please Google the title and author to purchase your copy.

Please contact Father Peter for the zoom logon information.
frpeter@saint-anthonys.org

Weekly Class Lessons

MARCH

Session 3 – Monday March 7th
Chapter Three: "Communion and Revelation"

Session 4 – Monday March 14th
Chapter Four: "Ministry and Leadership"

Session 5 – Monday March 21st
Chapter Five: "Christology"

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

APRIL

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

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

Message from Father Peter



***We pray for the everlasting repose of
those who have fallen asleep in the Lord!***

**Saturday of the Souls
March 5 and March 12**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Please bring the names of your DECEASED loved ones to church personally, before the DIVINE LITURGY Service begins, so that we may pray for them. (Please print only the first names)

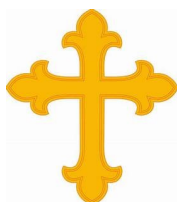
Message from Father Peter

How NOT to Fast during Lent



Great Lent

Prayer, Fasting and Almsgiving



Stewardship



2022 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. 14, 2022

Your card must be on file for you to be considered in 'Good Standing'

In response to God's blessings, I/we pledge a 2022 offering of:

My Stewardship Commitment for 2022: \$ _____

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 <https://saint-anthonys.churchgiving.com>

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

Stewardship continued



Commitment of Time and Talents St. Anthony Greek Orthodox Church



Families should mark "H" for husband, "W" for wife, "C" for Children.

Council of Ministries

<input type="checkbox"/> Acolytes	<input type="checkbox"/> Kouvouklion	<input type="checkbox"/> Stewardship Committee
<input type="checkbox"/> Bible Studies	<input type="checkbox"/> Little Lambs	<input type="checkbox"/> Studies in the Faith
<input type="checkbox"/> Bookstore	<input type="checkbox"/> Myrrh Bearers	<input type="checkbox"/> Sunday School
<input type="checkbox"/> GOYA Basketball	<input type="checkbox"/> OCF (Orthodox Christian Fellowship)	<input type="checkbox"/> Vacation Bible School
<input type="checkbox"/> GOYA/Jr. GOYA	<input type="checkbox"/> Office Volunteers	<input type="checkbox"/> VIPs
<input type="checkbox"/> Greek Dance	<input type="checkbox"/> St. John Chrysostom	<input type="checkbox"/> Volleyball Tournament
<input type="checkbox"/> Greek Language School	<input type="checkbox"/> Oratorical Festival	<input type="checkbox"/> Welcoming Committee
<input type="checkbox"/> JOY/HOPE		<input type="checkbox"/> Other

Parish Events

<input type="checkbox"/> Palm Sunday Luncheon	<input type="checkbox"/> Resurrection Magiritsa	<input type="checkbox"/> Summer Family Picnic
<input type="checkbox"/> Pasadena Golf Classic	<input type="checkbox"/> Dinner	<input type="checkbox"/> Other
<input type="checkbox"/> Pasadena Greek Fest	<input type="checkbox"/> Saint Anthony Feast Day	

Name _____ Email _____ Phone _____

Ministries at Saint Anthony

2022 PARISH COUNCIL

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

Christian Balas
Tom Grafos
Christos Ioannou
Pete Katsafados
Liam McCann
Helen Mitropoulos
James Pappas
Patricia Paziouros
Perry Vidalakis
Vincent Zarian
Nikole Zoumberakis



OFFICE STAFF

Alma Vorgias – Office Administrator



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	Iliana Orozco
Jennifer Dobrinen	Alexandra Patzakis
Maria Ganis	Gena Pegadiotes
Georgia Grajeda	Katerina Petrossian
Aliki Haralambos	Nicole Schulman
Maria Hronas	+Litsa Stavropoulos
Elias Kalivas	Pres. Aida Stratos

CHANTERS

Jim Hronas
Michael Kontaxis
Liam McCann

READERS

Nicholas Kokoris
Rebecca Russo



SUNDAY SCHOOL STAFF

Teresa Argueta—Little Lambs, Pre-PreK
Irene Albeck, Eleni & Maria Wojcik - Pre K/TK
Sophia Syrengelas - Kindergarten, 1st
Theoni Katsafados, Vicki Kades - 2nd, 3rd
Maria Kypreos - 4th, 5th
Polly Vagenas, Chris Syrengelas - 6th, 7th, 8th
Presvytera Aida Stratos - High School



Ministries at Saint Anthony continued

PHILOPTOCHOS SOCIETY

Executive Board

President

Judith Din

1st Vice President

Jeanne Karaionnoglou

2nd 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

Maria Hronas

Community Outreach

Fontaine Malisos, Liz Skandale

Stephanie Soewers

Fellowship

Tanya Christodoulelis

Maria Kypreos

Publicity

Christine Pappas

Scholarship

Presbytera Aida Statros and Irene Albeck

Social Media/Webmaster

Sophia Syrengelas

Sunshine and Visitation

Fontaine Malisos, Liz Skandale

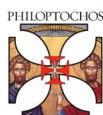
Stephanie Soewers

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	TBD
Greek Language	Anastasia McClain
JOY/HOPE	Irene Albeck
Myrrh Bearers	Irene Albeck
Oratorical Festival	TBD
Golf Classic	Golf Committee
Vacation Bible School	Sophia Syrengelas Mary Udria
VIPs	Helen Treantafelles



Parish Council

Next Parish Council Meeting

Tuesday, March 8th

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 and the Delta/Omicron Variants, 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..



Parish Council continued

2022 CLERGY-LAITY ASSEMBLY



BUILDING UP THE BODY OF CHRIST

EPHESIANS 4:12

Friday, March 18, 2022

12:30-4:00 p.m.

Saturday, March 19, 2022

10:00-3:00 p.m.



METROPOLIS OF
SAN FRANCISCO

Register Online Today: www.sanfran.goarch.org/cia2022

Who Can Attend?

As specified in the 2019 Uniform Regulations of the Greek Orthodox Archdiocese of America, each parish is expected to have four delegates in attendance at the Clergy-Laity Assembly, comprised of the following:

1. The Parish Priest.
2. The President of the Parish Council, and in his or her absence the Vice President, or in his or her absence any member of the Parish Council designated by it.
3. Two members of the Parish elected by the Parish Assembly.

There is no cost to attend this year's virtual Clergy-Laity Assembly, however **online registration is required** to obtain secure Zoom login credentials.

Registration Deadline: Friday, March 4, 2022. An information packet and the Zoom link will be emailed to all registrants no later than Monday, March 14.

If you have any questions, please contact: metropolis@sanfran.goarch.org or call the Metropolis Office: 415-753-3075.

News from the Loft



Staying Out of the Loft and Staying Safe..



"Let the
little children
come to me"

MATTHEW 19:14

Youth & Young Adults



GOYA BASKETBALL

GOYA basketball is starting!

Please come cheer on our teams at the upcoming games.

All Girls ages 12 - 21 and Boys ages 12 - 19 are welcome and eligible to play!

Please contact us to sign up!

Questions? Please contact:

Patricia Paziouros ppaziouros@yahoo.com

John Paziouros johnpaziouros@gmail.com

Pana Gelt pgelt3@gmail.com

Anthia Drulias Lucas adljsl02@yahoo.com

See schedule next page..



Youth & Young Adults continued

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

Sunday, March 6:

St. Katherine @ St. Anthony

San Marino High School
2701 Huntington Drive, San Marino
2:00 Jr. Boys
3:00 Sr. Girls
4:00 Sr. Boys

Sunday, March 13:

St. Basil @ St. Anthony

San Marino High School
2701 Huntington Drive, San Marino
3:00 Jr. Boys
4:00 Sr. Girls
5:00 Sr. Boys

Saturday, March 19:

St. Nicholas @ St. Nicholas

9501 Balboa Blvd., Northridge
11:00 Jr. Girls
12:00 Jr. Boys
1:00 Sr. Girls
2:00 Sr. Boys

Sunday, March 20:

St. Sophia @ St. Sophia

1324 S. Normandie Ave. Los Angeles
2:00 Jr. Boys
3:00 Sr. Girls
4:00 Sr. Boys

Sunday, March 27:

No Games

Sunday, April 3:

St. John @ 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 & Sunday, April 10:

Quarter Finals

Saturday, April 30:

Semi Finals

Sunday, May 1:

Finals

Questions ? Please contact:

Patricia Paziouros	626-497-2164
John Paziouros	626-497-2167
Pana Gelt	626-278-2808
Anthia Drulias Lucas	626-274-6133

Youth & Young Adults continued



Mission Statement

The mission of HOPE, & JOY is to strengthen your child's relationship with our Lord and Savior Jesus Christ, through service to the church and community.

HOPE & JOY provides an opportunity for children (HOPE) (4-6) and JOY (7- 10) to meet, socialize and interact with one another. This experience will help them learn the importance of being a steward of the church. These two youth ministries are designed to promote bonding between the child and the faith and promote the tenets of Greek Orthodox Christianity.

Parents are encouraged to attend and assist in both ministries. Meetings will be held ten minutes after the conclusion of Sunday School. Lunch/snacks to be determined.

Tentative list of meeting dates, activities and service projects thru May 2022:

- March 14 - make or purchase kites for flying Kites
- April 10 - HOPE & JOY parent Bible challenge
- May 8 - make koliva and honor those who have served in the military
'We Remember'

Dates and times are subject to change

Youth & Young Adults continued



METROPOLIS OF SAN FRANCISCO
SUMMERCAMP
AT SAINT NICHOLAS RANCH



It's been a long time since we've all seen you in-person, and we can't wait to gear up for Metropolis Summer Camp 2022 at St. Nicholas Ranch and Retreat Center!

At this time, we are uncertain of any facility or program restrictions for summer 2022, but we are excited to begin the planning process for an in-person camp. Please save the dates and check our website for more updates in the coming weeks.

2022 SUMMER CAMP DATES

Staff Orientation Week: July 3 - 9

Session I: July 10 - 16

Session II: July 17 - 23

Session III: July 24 - 30

ONLINE REGISTRATION

We plan to open online registration by March 1, 2022 on our [website: https://gosfyouth.org/summer-camp](https://gosfyouth.org/summer-camp)

STAFF APPLICATIONS ARE NOW OPEN

If you know a young adult who is 19 years or older and who would be interested in serving as part of our Metropolis Summer Camp Staff this July, please encourage them to apply on our website before March 1, 2022.

Philoptochos

Good Works

Union Station Homeless Service -

Our volunteers are not currently serving at the facility, however, we are continuing our monthly commitment to prepare for them a hardy, nutritious dinner meal, sponsored by our generous donors.

USHS has requested:

packaged dessert (cookies)
single serve beverages (10 oz.)
single serve bottles of milk

You may continue to volunteer by donating towards the purchase of individual packaged items:

rolls - \$16.50
cookies - \$27.50
beverage - \$48.60
milk - \$10.80

Please make checks out to: *Philoptochos of Saint Anthony.*

Please write *USHS* in memo box.

Thank you for being a part of the solution to homelessness.

For further information, please 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

*"You shall open wide your hand to your brother,
to the needy and to the poor in your land."
Deuteronomy 15:11*



Philoptochos continued

Community Happenings

The Weekly Parish Coffee Hour has returned and Philoptochos is looking for individuals or families to host Sunday coffee hours after the liturgy. Please, look for sign-up information in the church hall or foyer.

For further information, please contact:

Tanya Christodoulelis (626) 579-2304

Maria Kypreos (626) 272-2720.

PHILOPTOCHOS NIGHT OUT AT THE MOVIES

Join us at the movies to watch *MAN OF GOD*, the award winning film based on the life of Saint Nektarios of Aegina.

Monday, March 21st, at 7:00 PM, at the AMC Santa Anita 16 theater in Arcadia.

Tickets can be purchased at: <https://www.fathomevents.com/events/Man-of-God>.

Let's make it a night out for Philoptochos!

If you would like to attend, but need transportation or assistance in purchasing tickets, please contact Stephanie Soewers (818)209-5026.

Upcoming Meetings

- | | |
|---------------------------|---|
| March Board Meeting - | Tuesday, March 8 at 7:00 PM |
| Lenten Luncheon - | Saturday, March 19 (Further details will follow) |
| Night Out at the Movies - | Monday, March 21 at 7:00 PM
Santa Anita AMC 16 theatre in Arcadia. |

Join Philoptochos in watching the award-winning movie *Man of God*.

Philoptochos Easter Bake Sale

Philoptochos will be having its annual Easter Bake Sale to benefit Kids N' Cancer-Camp Agape (a Philoptochos ministry dedicated to providing support for children afflicted with cancer).

An order form will be sent out to the community in the coming weeks. Featured items include Koulourakia, Chocolate Dipped Koulourakia, Kourabiethes, Dyed Red Eggs and Tsourakia.

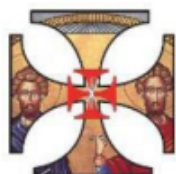


FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonyphiloptochos

Philoptochos continued

2022 Philoptochos Membership



PHILOPTOCHOS SOCIETY OF SAINT ANTHONY GREEK ORTHODOX CHURCH

778 South Rosemead Boulevard • Pasadena, California 91107

February 28, 2022

"Lord, When Did We See You Hungry and Feed You, Or Thirsty and Give You Drink? When Did We See You a Stranger and Take You In, Or Naked and Clothe You? When Did We See You Sick or In Prison and Come to You?... Inasmuch As You Did It to One of The Least of These My Brethren, You Did It to Me." Matthew 25: 37:40

Dear Philoptochos Member,

Through these very challenging times, we are most grateful to you for your steadfast support and membership to Philoptochos. Your continued participation has made it possible for Philoptochos to adjust to the increased demand for assistance and meet the changing needs in our community.

We invite you to renew your membership today. Moreover, we welcome all those over 18 who have not yet had the opportunity to join us to fulfill our philanthropic mission to help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, those with disabilities and the victims of disasters.

Each member's \$50 stewardship supports our National Philoptochos obligations of \$15, San Francisco Metropolis obligations of \$15 and St. Anthony Philoptochos obligations and community projects of \$20.

In spite of today's challenges due to increased need and a decrease in our fundraising due to Covid, St. Anthony Philoptochos continues to work non-stop to help people in the Pasadena area by providing direct support and partnering with local charities. Most recently your support provided assistance to *Aid Victims of Wild Fires*, *CAST (Coalition to Abolish Slavery and Trafficking)*, *Friends in Deed (food bank)*, *Kids 'n' Cancer*, *Union Station (prepare meals year-round for homeless)*, and *donate school equipment and supplies for at-risk children through Philoptochos's own Operation Classroom*. Additionally, Philoptochos provides discrete support to individuals and families facing crisis.

Renew or join by mail: enclose your registration form and check payable to St. Anthony Philoptochos, St. Anthony Philoptochos, Attention: Membership, 778 S. Rosemead Blvd., Pasadena, CA. 91107. To process online: (go to <https://stanthonypiloptochos.square.site> and scroll down to "Annual Membership Dues").

Thank you for your partnership and for helping our community! We look forward to seeing you in person soon.

Yours in Christ,

Judith Din
President

Helen Skandale & Lisa Xanthos
2nd Vice Presidents



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

PHILOPTOCHOS MEMBERSHIP FORM

☐ 2022 Philoptochos Membership ☐ 2022 Associate Membership (Men / Non-Voting) Date _____

Last Name First Name Spouse Name M.I.

Street Address

City State Zip

Home Phone Cell Phone

Email

Notices will be sent via email. If you prefer your notices mailed, please, let us know by checking here ☐

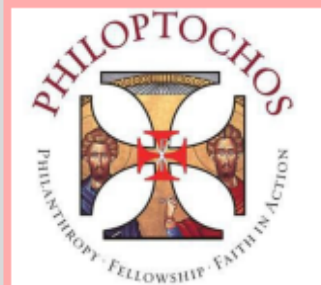
St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$125 ☐ Other

Each \$50 stewardship supports National Philoptochos (\$15), San Francisco Metropolis (\$15) and St. Anthony Philoptochos obligations and projects (\$20). ___ Check ___ Credit Card ___ Cash

I am interested in helping with the following:

___ Feeding the Hungry	___ Hosting Fellowship	___ Marketing
___ Delivering meals to Parishioners in times of need	___ Baking & Cooking	___ Graphic Arts
___ Homebound visitations	___ Fundraising	___ Other Talents
		___ Specify



2022 PHILOPTOCHOS MEMBERSHIP DRIVE

Your continued generosity allows Philoptochos to provide financial assistance and outreach to those in need. We invite you to renew your membership or become a new member as we endeavor to do our philanthropic work. Join us as we strive to fulfill the word of Christ.

".. whatever you did for one of these, the least of my brethren, you did for me" - Matthew 25:30

PLEASE RENEW OR JOIN BY MAIL (Check payable to: Saint Anthony Philoptochos Society)

Mail your check along with this form to:

**Saint Anthony Philoptochos Society, Attention: Membership
778 South Rosemead Boulevard, Pasadena, CA 91107**

or pay online at <https://stanthonypiloptochos.square.site>

Scroll down to "Annual Membership Dues"

For more information or questions, please contact Lisa Xanthos (626) 222-4374 or Helen Skandale (818) 618-4963

VIPs

CALLING ALL VIPs !

It is time to get back together

Looking forward to seeing you on
Tuesday, March 8 at 10:30 am
in the Fellowship Hall

Please join us for a meeting
followed by refreshments..



Helen Treantafelles
VIP President
htreantafelles@yahoo.com



Church History

History of Saint Anthony Church 1954-2004

*Written by: Andrew N. Demopoulos, 1959 Parish Council President
and Nicholas Demopoulos +
submitted to newsletter by Anthia Drulias Lucas*

Into the Millennium (1985-2004)

In June 1986 Father John Zanetos retired from the priesthood after more than forty years of dedicated ministry in the Greek Orthodox Church. Besides unifying Saint Anthony's at a difficult time in her history, Father John will also be remembered for his inspiring sermons, his Sunday lessons given to the Sunday School children and his love for the people of Saint Anthony Church.

On July 1, 1986 Father Efstathios V. Mylonas, having served in Modesto, California, replaced Father John Zanetos and began assuming full time pastoral duties at Saint Anthony Church. Father Efstathios V. Mylonas was educated at the Patriarchal Theological School of Halki, Constantinople, Turkey. Later while serving in Concord, New Hampshire and Brockton, Massachusetts, he pursued graduate studies, receiving his M.A. degree from Boston College, S.T.M. degree from Boston University School of Theology and his Ph.D. degree from Boston University Graduate School. For his many contributions to the Greek Orthodox Church in the Americas, His Eminence Metropolitan Anthony of San Francisco bestowed Father Mylonas, the Offikion of the Protopresbyter of the Metropolis of San Francisco. In 1995, His all Holiness Bartholomew Ecumenical Patriarch bestowed upon Father Mylonas the Offikion of Protopresbyter of the Ecumenical Patriarchate.

Honored for Service

The highest honor given by the Archdiocese of America to Greek Orthodox parishioners is the Medal of Saint Paul. The medal is given only to individuals who have given extraordinary amounts of time, brought forth and developed unique ideas, formulated important events, managed large complex endeavors, and exhibited outstanding dedication to their parish for a least twenty-five years. On June 10, 1989, Leon Argyros and Louis Tripodes were awarded the Medal of Saint Paul. In June of 1993, George Mavredakis, Andrew Demopoulos, George Gianopoulos, James Hagelis, Byron Mechalas, John Tarazi, and Pantele Xanthos received the Medal of Saint Paul as did George Skandale and James Drulias in 1997. This award is indeed a great tribute to them and to our community. They have been instrumental in pursuing a dream for Greek Orthodox in Pasadena. Their vision, dedication, and tenacity are inspirational, and for this, the community of Saint Anthony is forever indebted.

Church History continued

On January 17, 2004, Saint Anthony's community celebrated the 41st Anniversary of Father Mylonas' ordination to the priesthood in the Greek Orthodox Church. He had served nearly twenty years of dedicated ministry to Saint Anthony Church, making him the longest serving priest in our history. Saint Anthony's beloved Father Stathis had tirelessly offered exceptional Christian spirituality and devotion to our community. He was highly respected among clergymen of other religions, always representing his Orthodox faith in Ecumenical Services, Conferences and Dialogues. Our community was very blessed and fortunate to have him as our spiritual leader.



The Medal of Saint Paul, June 10, 1989

Father Efstathios V. Mylonas pictured with medal winners. *Left to right:* Louis Tripodes and Leon Argyros. *Back row:* Andrew Demopulos, Past Presidents Chairman, and Theodore Rouman, Parish Council President.



Father Efstathios V. Mylonas Honored by the Community of Saint Anthony Church

A gala dinner celebrating 41 years of Father Mylonas' Ordination at the Annandale Golf Club on January 17, 2004. *Left to right:* Very Rev. Father John E. Constantine, Saint George Greek Orthodox Church, Downey, Rev. Father Efstathios V. Mylonas, Ph. D., Saint Anthony Greek Orthodox Church, Pasadena, Father John Bakas, Dean of Saint Sophia Cathedral, Los Angeles, and Very Rev. Alexei R. Smith, Ecumenical Officer of the Roman Catholic Archdiocese of Los Angeles.

Monthly Lesson from Father Stavros Akrotirianakis...

We've all had the experience of prayer going unanswered. We've even offered prayers that we thought were worthy prayers for worthy causes and had them go unanswered. It begs the question: Does God test us by not answering our prayers?

Many people think of prayer as some kind of vending machine. We insert request, and Christ gives us an answer. Prayer is when we speak to God, and said even more simply, it is being with God. In prayer, we enter into intimate conversation with God, a conversation that is joyful, vulnerable, and humble. God always hears our prayers, but answers them in His way and in His time.

Let's give a contemporary example. My son asks me to buy him French fries for the fourth time in a week. I say no. He begs and implores me. I don't give in to his request out of control or meanness. In this case, I do it out of love. I love my son and want him to grow up to live a long and healthy life. Four servings of French fries in a week is not good for him. In this case, I have to say no.

But what about this Canaanite woman, who was asking for healing for her daughter, certainly a worthy request? Certainly, Christ knew He was going to heal the woman's daughter, but first, there was a teaching moment both for the woman and for the crowd that was there. First of all, the woman was a Canaanite woman, a Gentile. She was not a Jew, one of God's chosen people. Jews didn't go out of their way to help Gentiles.

When the woman's initial prayer was not heard, she kept crying out after Jesus. Even the disciples were annoyed and wanted Him to send her away.

Jesus told her:

"I was sent only to the lost sheep of the house of Israel." (Mathew 15:24)

Obviously, Jesus had come for everyone, but He wanted to see what she would do, and He wanted her to serve as a witness for the Jews who were nearby.

Jesus told her:

"It is not fair to take the children's bread and throw it to the dogs." (Matthew 15:26)

And she replied:

"Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." (Matthew 15:27)

In saying this, she was showing humility, comparing herself with a dog, and acknowledging Jesus as her master.

Jesus indeed healed the woman's daughter and at the same time gave us two lessons.

First, a lesson in **faith**. Faith is when we don't know the outcome but we continue to show up and believe. If every prayer was answered instantly, if prayer was like a vending machine, it wouldn't take any faith at all to pray. It takes faith to offer a prayer, knowing that Christ will answer all requests, but in His way.

Monthly Lesson from Father Stavros Akrotirianakis continued

The second lesson in the miraculous encounter was that Jesus was going to be the Savior of not just the Jews, but of the Gentiles as well. And that the **faith of the Gentiles** was going to be greater than the faith of the Jews. Remember that it was the Jews that were going to reject Jesus as the Messiah.

There is one troubling thing that lingers from this story for which there is no answer. In my ministry, I've had the experience of burying many children and young adults, children of faithful parents who prayed and all they prayed for was their children to be healed and to extend their life. They acknowledged Jesus as Lord. They were persistent like the Canaanite woman. I'm proud to say that just about all of them still go to church every Sunday and are very involved in the life of the Church and live a life of faith. So why did these prayers not get answered? And the simple answer is, I don't know. There are certain things that happen in life that make no sense. I still believe in God, even in the face of senseless tragedy. When I meet the Lord, I will certainly have some questions, or maybe I won't. Maybe at that moment it will all make sense. It's just that some things don't make sense in my very human mind.

If you are struggling to make sense of things, don't despair. I'm sure that the Canaanite woman struggled also to make sense of things. What she did that serves as an example for all of us, is that she didn't go away the first time her prayer wasn't heard, or the second or the third. She stayed with Christ, and eventually, her prayer was answered - in His way, in His time.

The ultimate thing we pray for is salvation. This is a prayer that God will answer in His way, in His time. The route for each person will be different in length and in challenges along the way. The important thing is that we continue to walk the path He has chosen for us in faith and not to be discouraged even when life doesn't go as we wish, even when we feel like dogs begging for crumbs. It was in her great humility that her prayer was answered. A life lived with humility, as in the Parable of the Publican and the Pharisee, will lead to great exultation.

So stay humble and stay focused, no matter how difficult the path gets.

Spend time in prayer with the Lord today!

Thought for the day by Deacon Euthym Kontaxis:

Many people will be found pleasing God, for whom it will be possible, in the mountains and in desert places, to save themselves by much prayer... For God, seeing their many tears and sincere faith, will have mercy on them, as a tender Father, and will keep them.... *Venerable Ephraim the Syrian*

*Often people want solutions to their struggles in the world by looking for quick answers, shortcuts, and instant satisfaction. The answer always is **prayer, deep prayer, regular prayer**... we hesitate, whether it is out of doubt, or impatience or distraction with the cares of this world. We are missing out on that which gives us life, comfort, and ultimately salvation. Let us commit to prayer, daily communication with God, first to glorify Him, next to give thanks, then to ask for what He already knows we need, and finally to declare.... "Thy will be done". If we align our will with His will, we will have complete peace and experience His grace fully.*

What is New in the Community?



ST. ANTHONY BOWLING LEAGUE WINTER/SPRING SEASON



Saint Anthony Bowling League is underway for the winter/spring season. Bowling began on Wednesday, January 26 at Bowlero Lanes in Pasadena.

We would like to encourage anyone who would like to be a substitute or just want to join in on the weekly fellowship of the evening to please join us at the bowling alley between 7 and 8:30!

Future bowlers who would like to participate can contact:

Anthia Drulias-Lucas
adljsl02@yahoo.com
(626) 274-6133



What is New in the Community? continued

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

St. George Greek Orthodox Church, Palm Desert

Parish Lenten Retreat

April 2 & 3

"The Divine Liturgy: The Experience of Human Flourishing"

Fr. Philip Zymaris

Assistant Professor of Liturgics at Holy Cross Greek Orthodox School of Theology

The Meaning Behind the Liturgical Movements" and Becoming Citizens of the Kingdom: The Prayers, Hymnology, Architecture and Iconography That Form Us".

Registration: \$20 includes a Lenten luncheon

Please RSVP to St. George Church by March 25

760-569-9901

What is New in the Community? continued

“How many Saturdays of Souls are there?”

Clearing up some misconceptions...

Mourning for, remembering, and praying for the deceased does not stop when an Orthodox funeral service ends, but those who pass are commemorated through a series of memorials (40 days, six months, annually, etc.).

Yet many Orthodox are not aware that each day of the week carries a specific commemoration, and every **Saturday is the day in which we are called to remember all those who have passed before us**. Additionally, there are specific Saturdays in which the Church calls ALL the faithful together in specific commemoration of the memory and eternal repose of all who have fallen asleep in the hope of the resurrection and for the forgiveness of all their sins.

These are known as the Saturdays of the Souls and are offered on TWO occasions:

Saturday before Judgment Sunday (*this year: Feb. 26, 2022*)

Saturday before Pentecost Sunday (*this year: June 11, 2022*)

in which the Divine services are structured in a specific way to pray for the deceased.

“But aren’t there FOUR Saturdays of Souls?”

This is a common misconception because it has become custom to offer the Memorial Prayers on the two Saturdays that follow the first Saturday of Souls, and have commonly referred to these Saturdays as the “2nd and 3rd Saturdays of Souls” when, in actuality:

The Saturday of Cheesefare (*this year: March 5, 2022*)

is a day the Church commemorates the **Memory of all the God-bearing Ascetics**.

The 1st Saturday of Great Lent (*this year: March 12, 2022*)

is the **Commemoration of the Miracle of Kolyva wrought by Saint Theodore**.

So, while **these other two Saturdays are not structured as proper “Saturdays of Souls,”** seeing that they are still days that our parishes come together for Liturgical worship, and that Saturday is the day of the week in which we are called to pray for the deceased, the Memorial Prayers can still be, and often are, offered on these two Saturdays as well.

***“With the Saints give rest, O Christ,
to the souls of Your servants
where there is no pain, nor sorrow,
nor suffering, but life everlasting.”***

Kontakion of the Saturday of Souls

Thank you Father Chris Retelas

What is New in the Community? continued

COME FLY *With US!*

**KATHARA
DEFTERA
ACTIVITIES AND
POTLUCK**

**EVERYONE
WELCOMED!**

MARCH 7, 2022 AT 4:30 PM
ST. GEORGE CHURCH, DOWNEY

**JOIN US FOR AN AFTERNOON
OF FUN AS WE START LENT AND
CELEBRATE OUR CULTURAL
TRADITIONS**

RSVP BY FEBRUARY 27TH
(562) 862-6461 or
office@stgeorge downey.org

**Kites and craft material will be
supplied to all
children who register before
deadline**

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What is New in the Community? continued

SUNDAY OF ORTHODOXY PAN-ORTHODOX VESPERS



✠ SUNDAY, MARCH 13, 2022 • 6:30PM ✠

*St. John the Baptist Greek Orthodox Church
405 N Dale Ave ~ Anaheim. CA 92801*

✠ CELEBRATED BY ✠

*His Eminence Metropolitan Gerasimos
Greek Orthodox Metropolis of San Francisco*

✠ CONCELEBRATED BY ✠

His Grace Bishop Ioannis of Phocaea ~ Chancellor, Metropolis of San Francisco

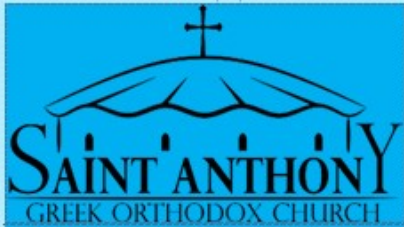
All faithful are invited to join surrounding Southern California Orthodox Clergy for Vespers & the Procession of Icons, sung by a Pan-Orthodox Choir, followed by a Lenten meal and reception.

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.


What is New in the Community? continued

The Voice of Saint Anthony

January 2022



Reverend Father Peter Stratos, Pastor
 778 S. Rosemead Boulevard
 Pasadena, CA 91107
 (626) 449-6943 Office
 (626) 449-6974 FAX
www.saint-anthonys.org



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Saint Anthony the Great
January 17

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

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

626.449.6943

Feasts and Saints for this month

Forgiveness Sunday

6 March

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight, here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments.

For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind.

The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiation and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands.

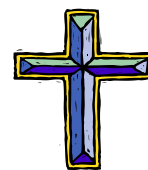
Taking occasion from the Gospel of Matthew 6:14-21 to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.



Clean Monday

7 March

Today we begin the 40-day Lenten Fast with a strict fast from meat, fish, oil, wine, dairy, and eggs.

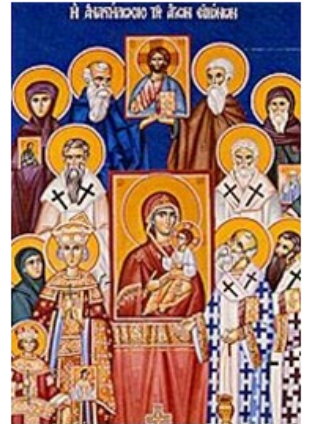


Feasts and Saints for this month continued

Sunday of Orthodoxy

13 March

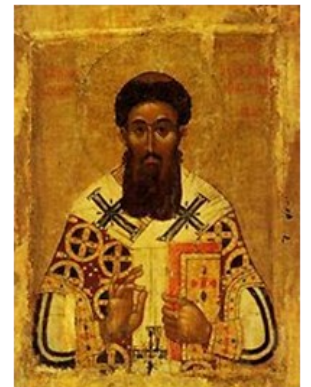
For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11),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



Sunday of St. Gregory Palamas

20 March

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



Feasts and Saints for this month continued

Sunday of St. Gregory Palamas—continued

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

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

Annunciation of the Theotokos

25 March

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months.

On coming to Joseph's house, the Archangel declared: *"Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women."* After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: *"Behold the handmaid of the Lord; be it unto me according to thy word."*

And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived and became flesh in her immaculate body (Luke 1:26-38).

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe,



Feasts and Saints for this month continued

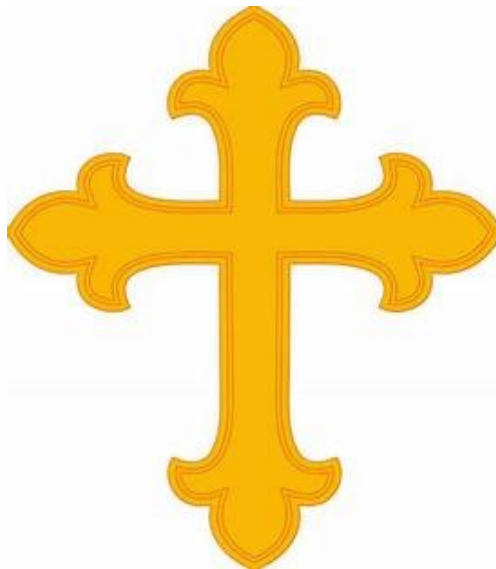
Annunciation of the Theotokos—continued

Saint John the Baptist, prophesied of the dawning of the spiritual Sun. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: *"My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour,"* Luke 1:39-55

Sunday of the Holy Cross




































27 March

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



Orthodox Calendar

March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		 1	 2 7pm Union Station Philoptochos Outreach	 3	 4	 5 Second Saturday of the Souls
 6 Forgiveness Sunday 8:45am Orthros 10am Divine Liturgy 11am Sunday School Indoor & Live-stream	 7 Clean Monday 6:30 pm Studies in the Faith	 8 7pm Parish Council Meeting	 9 6pm Pre-Sanctified Liturgy 7pm Philoptochos Board Meeting	 10	 11 6pm Salutations to the Theotokos	 12 Third Saturday of the Souls 9am Orthros 10am Divine Liturgy
 13 Sunday of Orthodoxy 8:45am Orthros 10am Divine Liturgy 11am Sunday School Indoor & Live-stream	 14 6:30 pm Studies in the Faith	 15	 16 6pm Pre-Sanctified Liturgy	 17	 18 6pm Salutations to the Theotokos	 19 Philoptochos General Meeting & Lunch
 20 Sunday of Saint Gregory Palamas 8:45am Orthros 10am Divine Liturgy 11am Sunday School Indoor & Live-stream	 21 6:30 pm Studies in the Faith	 22	 23 6pm Pre-Sanctified Liturgy 7pm Philoptochos General Meeting	 24 6pm Great Vespers for the Annunciation	 25 Annunciation of the Theotokos 9am Orthros 10am Divine Liturgy	 26
 27 Sunday of the Holy Cross 8:45am Orthros 10am Divine Liturgy 11am Sunday School Indoor & Live-stream	 28 6:30 pm Studies in the Faith	 29	 30 6pm Pre-Sanctified Liturgy	 31		
		Strict Fast Refrain from meat, fish, wine, oil, dairy & eggs 	Fish, Oil & Wine Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed; Refrain from Meat 	Fast Free

Saint Anthony
Greek Orthodox Community
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