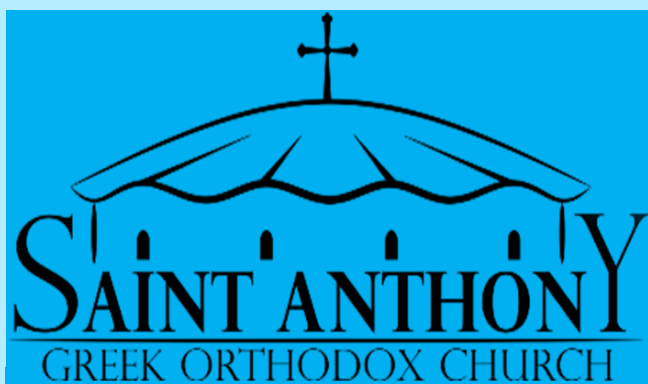


The Voice of Saint Anthony

April 2022



Reverend Father Peter Stratos, Pastor
778 S. Rosemead Boulevard
Pasadena, CA 91107
(626) 449-6943 Office
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Great and Holy Pascha
24 April

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Deadline for May Newsletter is Tuesday, 26 April
Please send to: newsletter_church@aol.com

Message from Father Peter

Before Your voluntary Passion, Christ our God, You have given to all men an assurance of the General Resurrection; for at Bethany You have raised by Your almighty power, Lazarus who was four-days dead, and as Giver of Light, O Savior, You have made the blind to see. With Your disciples You have entered the Holy City, seated upon a colt, as though upon the cherubim, and so You have fulfilled the preaching of the prophets. The children of the Hebrews with palms and branches came to meet You. Therefore, we also bearing palms and olive branches cry aloud to You in thanksgiving: Hosanna in the Highest; blessed is He that comes in the Name of the Lord! Saturday of Lazarus Matins Service

Dear Faithful,

"Therefore, we also bearing palms and olive branches cry aloud to You in thanksgiving!" With these inspiring words, we approach another glorious Holy Week. This is the year we all need to come together as a Christian Family, to embrace these beautiful services of Holy Week, as they lead us, through participation and worship, to His Glorious Resurrection.

In an effort to prepare our faithful for a better understanding of the significance of each day of Holy Week, please read the Synaxarion Reading of each Great and Holy Day beginning with Palm Sunday. The daily Synaxarion can be described as a collection of short descriptions of the lives of saints and martyrs, but also of accounts of important events that are commemorated that day. The Synaxarion Readings are as follows:

Palm Sunday: *"The Savior has come today to the city of Jerusalem, to fulfill the Scriptures; and all have taken palms into their hands and spread their garments before Him, knowing that He is our God, to whom the cherubim sing without ceasing; Hosanna in the highest. Blessed are You who shows great compassion: have mercy upon us."*

Great and Holy Monday: *"On Monday in Holy Week commemoration is made of the blessed and noble Joseph, and of the fig tree which was cursed and withered by the Lord. The wise Joseph showed himself a just ruler. Praise to Thee O giver of grain. The synagogue of the Hebrews is thought by Christ a fig tree destitute of spiritual fruit, and He withers it with His curse. Let us flee from a similar fate."*

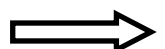
Great and Holy Tuesday: *"On this Holy and Great Tuesday we make remembrance of the Parable on the Ten Virgins written in the Holy Gospel. Wherefore, O Christ the Bridegroom number us with the wise virgins and have mercy upon us. Amen."*

Great and Holy Wednesday: *"On Wednesday in Holy Week it has been ordained by the Holy Fathers that commemoration should be made of the anointing of the Lord with myrrh by the woman who was a sinner, for this occurred shortly before the Passion of the Savior."*

Great and Holy Thursday: *"The Divine Father, having given good order to all things and in proper succession of readings from the Sacred Epistles and the Holy Gospels, gives us four events to commemorate on Holy and Great Thursday: the sacred act of the feet washing, the mystical supper (that is the tradition of our practice concerning the awesome mysteries) the most wonderful and extraordinary prayer, and the betrayal."*

Great and Holy Friday: *"On Great Friday is celebrated the Holy saving, and awful Passion of our Lord and God and Savior Jesus Christ. For us He willingly endured the spitting, the scourging, the buffeting, the scorn, the mocking, and the purple robe; the reed, the sponge, the vinegar, the nails, the spear, and above all, the Cross and Death. Also celebrated is the confession on the cross unto salvation of the penitent thief, who was crucified with Him."*

Great and Holy Saturday: *On the Great and Holy Saturday we celebrate the Burial of the Divine Body, and the descent of our Lord and Savior Jesus Christ to Hades, through which He restored our kind, from corruption and transplanted it to eternal life. Wherefore, by Thine ineffable condescension, O Christ our God, have mercy upon us. Amen.*



Message from Father Peter

Great Sunday of Pascha: On the Holy and Great Sunday of Pascha, we celebrate the life giving Resurrection of our Lord, God and Savior Jesus Christ.

With much anticipation and love, our Lord is welcoming us all back into His Holy Church.

Come and see!

Come and pray!

Come and receive!

Come and taste!

Come and participate!

Come and experience all the beauty of Holy Week and the joy of Christ's Holy Resurrection!

Καλή Ανάσταση

Fr. 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

HOLY WEEK AND EASTER/PASCHA PROGRAM APRIL 16 – APRIL 24, 2022

SATURDAY OF LAZARUS – April 16

Orthros 9:00 a.m.
Divine Liturgy 10:00 a.m.
Breakfast

PALM SUNDAY – April 17

Orthros 8:45 a.m.
Divine Liturgy 10:00 a.m.
Service of the Bridegroom 6:00 p.m.

HOLY MONDAY – April 18

Service of the Bridegroom 6:00 p.m.

HOLY TUESDAY – April 19

Service of the Bridegroom (Hymn of Kassiani) 6:00 p.m.

HOLY WEDNESDAY – April 20

Sacrament of Holy Unction (earlier) 3:00 p.m.
Service of the Bridegroom & Holy Unction 6:00 p.m.

HOLY THURSDAY – April 21

Vesperal Liturgy of St. Basil 9:00 a.m.
The Service of the Holy Passion (12 Gospels) 6:00 p.m.

HOLY FRIDAY – April 22

The Descent from the Cross 3:00 p.m.
The Graveside Lamentations 6:00 p.m.

HOLY SATURDAY – April 23

Vesperal Liturgy of St. Basil 9:00 a.m.
Vigil for the Holy Resurrection 11:00 p.m.
“Come Receive the Light” – The Resurrection Service & Divine Liturgy 11:45 p.m.
Mageiritsa Dinner follows. All faithful are cordially invited to partake.

PASCHA/EASTER SUNDAY – April 24

The Agape Vespers Service 12:00 Noon

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

On Tuesday, March 29, Saint Anthony Parish was honored to host an Ecumenical Gathering of Faith Leaders in Los Angeles to mark the first Archiepiscopal visit to Los Angeles of His Eminence Archbishop Elpidophoros, Primate of the Greek Orthodox Archdiocese of America.

His Eminence Metropolitan Gerasimos of San Francisco, His Grace Bishop Ioannis of Phocaea, His Grace Bishop Spyridon of Amastris, and Hierarchs and clergy of various other denominations were in attendance.

The Honorable Victor Gordo, Mayor of Pasadena presented His Eminence Archbishop Elpidophoros with a Proclamation honoring the Centennial Celebration of the Greek Orthodox Archdiocese of America 1922-2022.

The St. Anthony Philoptochos Panagia Chapter and the Parish Council presented His Eminence with gifts to support the Greek Orthodox Theological Seminary in Halki. His Eminence presented our previous Parish Council Presidents Pete Gallanis and Ted Attalla with an Icon of the Hospitality of Abraham, representing the Holy Trinity.

The Philoptochos of St Anthony provided a beautiful Lenten breakfast during the opening dialogue of the faith leaders. We thank the host committee, specifically Lisa Xanthos, Archdiocesan Philoptochos Board Member; Maria Kypreos, Metropolis Philoptochos Board Member; and Judith Din, Panagia Chapter President.



Message from Father Peter



Message from Father Peter



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

APRIL

Session 7 – Monday April 4th

Chapter Seven: "The Holy Trinity"

Session 8 – Monday April 11th

Chapter Eight: "Orthodox Worship"

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**



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

_____ Acolytes
_____ Bible Studies
_____ Bookstore
_____ GOYA Basketball
_____ GOYA/Jr. GOYA
_____ Greek Dance
_____ Greek Language School
_____ JOY/HOPE

_____ Kouvouklion
_____ Little Lambs
_____ Myrrh Bearers
_____ OCF (Orthodox Christian Fellowship)
_____ Office Volunteers
_____ St. John Chrysostom
_____ Oratorical Festival

_____ Stewardship Committee
_____ Studies in the Faith
_____ Sunday School
_____ Vacation Bible School
_____ VIPs
_____ Volleyball Tournament
_____ Welcoming Committee
_____ Other

Parish Events

_____ Palm Sunday Luncheon
_____ Pasadena Golf Classic
_____ Pasadena Greek Fest

_____ Resurrection Magiritsa
_____ Dinner
_____ Saint Anthony Feast Day

_____ Summer Family Picnic
_____ Other

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	Ilina 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

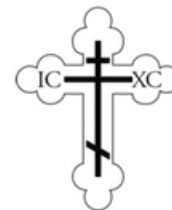
Vacation Bible School

Sophia Syrengelas

Mary Udria

VIPs

Helen Treantafelles



Parish Council

Next Parish Council Meeting

Tuesday, April 12

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..





As we began Great and Holy Lent, our Sunday School students, under the guidance of their faithful teachers, learned about the significance of each Sunday of Lent and how we can prepare our minds, bodies, and spirits for Easter. Our students continue to come to class with smiles on their faces and with their hearts and minds ready to learn about our faith.

Presvytera Aida's high school students are working diligently on a very special project during this Lenten period. They are painting Byzantine icons of a Saint or Feast Day that is especially meaningful to them. We look forward to seeing their finished products and thank Presvytera for taking on this meaningful and special project with her students!

The procession of the icons on Sunday of Orthodoxy was all the more beautiful, special, and heartfelt this year. While we are still recovering from the time we spent separated from our friends, families, and sadly, our church during the pandemic, seeing our church filled with children holding icons and chanting "Lord Have Mercy" alongside Father Peter felt like a significant recovery from the time we spent apart.

Our entire Sunday School Fellowship came together on Sunday, March 20th when we learned how to pray the Prayer of St. Ephrem under the guidance of Presvytera Aida. Presvytera did a beautiful job explaining the meaning of this prayer and why we pray it during Lent. She also taught the children how to make prostrations between each verse. Listening to them recite the prayer and watching them make their prostrations was yet another special and heartfelt moment.

Holy Friday Retreat Update

In lieu of the Good Friday Retreat, we invite our Sunday School Fellowship students to attend the Saturday of Lazarus services and participate in breakfast, palm cross making, and activities. Information and details will be sent out shortly. Mark your calendars for Saturday, April 16th! Please note, that there will be practice for Myrofores after the service as well.

This Month's Highlight

This month, we are highlighting Mrs. Sophia's kindergarten and first grade class! The theme for this year is Growing with God, and these kids are sure growing in their faith! Over the course of this year, we have learned about parables, our church building, the significance of lighting candles, receiving Holy Communion, prayer, forgiveness, love, and so much more. With each lesson, my students amaze me not only by their ability to understand the concepts, but even more so - how open their hearts to learning about their faith. Their responses fill my heart and make me smile- they are the cutest, happiest, sweetest group of kids!

"I like it when we do the prayer! I've learned about different Saints and I love coloring!" - Sia Vagenas

"I love learning about Jesus and seeing my friends and Mrs. Sophia. My favorite lesson was the one about the 10 commandments." - Theodora Tsianos

"My favorite thing about Sunday School is my teacher. I learned how to make a Valentine elephant." - Alyssa Schulman

"I love Sunday School because I get to learn all about Jesus and the traditions of the Greek Orthodox Church. One special thing I learned is that receiving Holy Communion symbolizes the blood and body of Christ." - Venetia Balntas

"I love coloring stuff about God and my mom being my teacher and teaching me stuff. I learned about the Bible. And my mom is my best Sunday School teacher!" - Vasili Syrengelas

Sunday School continued

About Mrs. Sophia Syrengelas

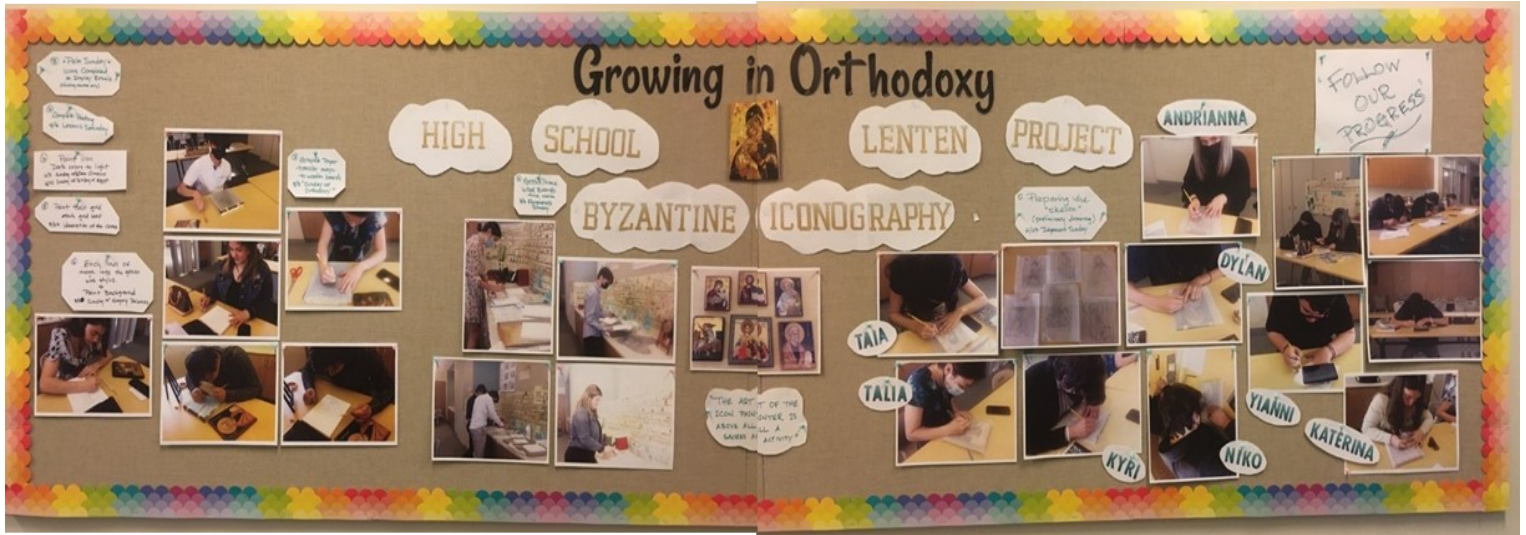
In 1997, I was approached by Mrs. Albeck to help teach the preschool class and this began not only my time as a Sunday School teacher, but also my career as an educator. The time I spent volunteering in the classroom setting at church that year helped me realize my passion for children and education. I will always be grateful to Mrs. Albeck for inspiring me and opening that door for me! Years later, and now with a family of my own, I still find great joy in volunteering for children's ministries here at St. Anthony. It makes me so happy to see my children blessed by the same experiences and friendships that I had the opportunity to grow up with at St. Anthony and to know that they consider our church an extension of their family. It has been exciting to have the opportunity to help reopen our Sunday School Fellowship program as director as well as to be back in the classroom teaching my favorite grades - kindergarten and first!

Our program wouldn't be possible without the support of parents and grandparents who bring their children and grandchildren to Sunday School each week. Thank you for sharing your children with us. We adore them!

Sophia Syrengelas



Sunday School continued



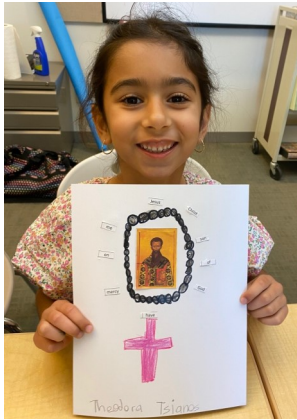
Sunday School continued



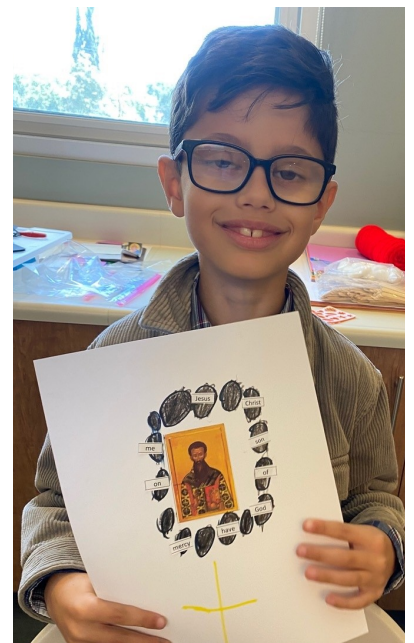
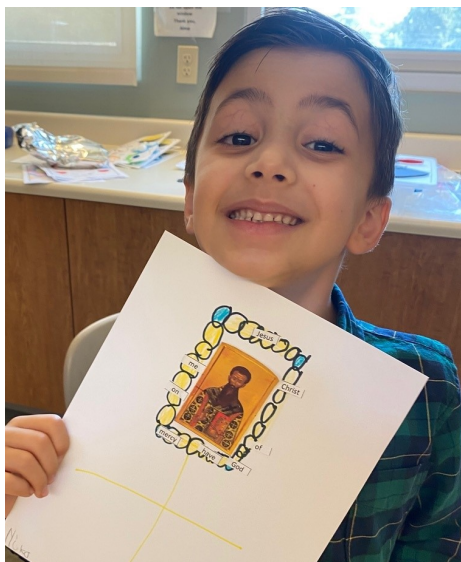
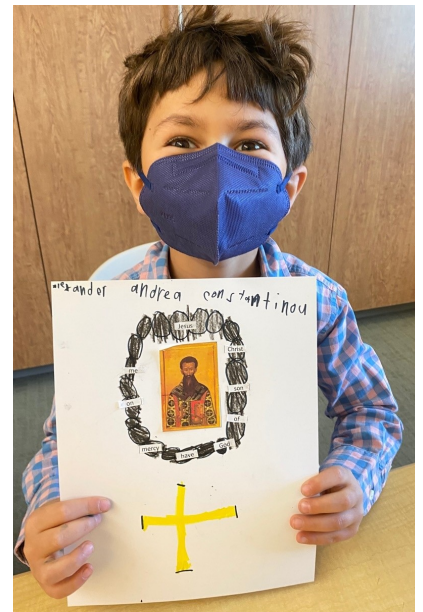
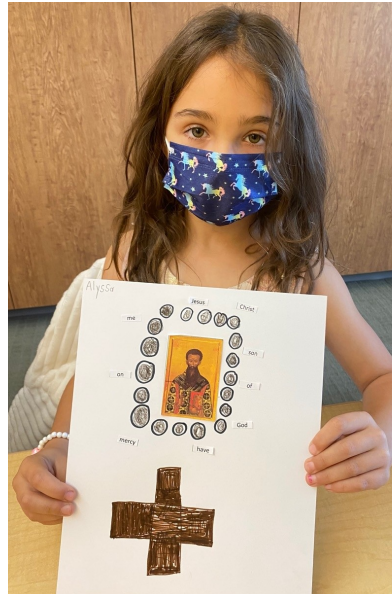
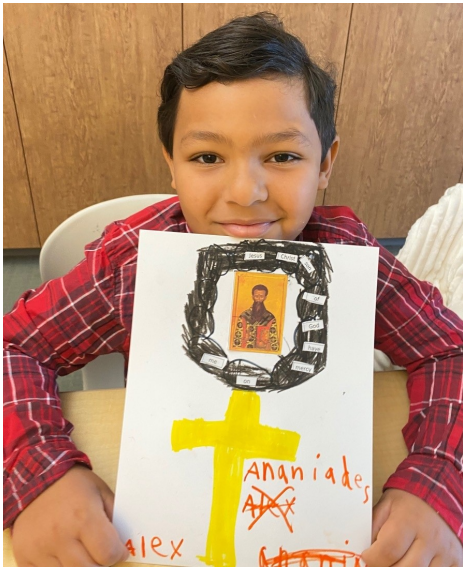
Sunday School continued



Sunday School continued



Sunday School continued



Sunday School continued



His Eminence Archbishop Elpidophoros and Fr. Peter
visiting one of the Sunday School classrooms..

Youth & Young Adults



GOYA Basketball 2022

The Greek Orthodox Basketball League (GOBL) representatives have been working diligently over the past 2 years to get ready for the 2022 season. The season began on February 27, with St. Anthony home games being played at San Marino High School. We have to thank Pana Gelt and Nicolette Fuerst for securing this facility so close to our church.

After the first game, players and families were invited to a special dinner at the home of Perry and Zoe Vidalakis. After the Second home game against St. Basil, both parishes were extended an invitation for dinner at Mama's Pizza in South Pasadena. Over 50 people attended from both communities and enjoyed an evening of food, fellowship and fun!

At the conclusion of the games with St. George this past Sunday an invitation to go to dinner at Mama's Pizza was again extended. This fellowship following the games has not only brought our youth groups together, but it was a very enjoyable evening for the adults too!

The regular season will conclude April 3, with St. Anthony playing St. John the Baptist of Anaheim. The post season basketball games will begin with the Quarter Finals on Saturday and Sunday April 9 and 10. All teams will make the quarter finals and will play in a single elimination game on one of these days. The league will then take a break during the final two weeks of lent, and resume play with the semi-finals and finals on April 30 and May 1. All play-off games will take place at Assumption or St. Sophia.

St. Anthony can be very proud of the sportsmanship displayed by all their players on and off the court! Thank you to Vicki Kades for organizing the fellowship events following our home games.

Good luck to all our teams in the play-offs!

Youth & Young Adults continued



GOYA BASKETBALL

The regular season concludes April 3

St. Anthony -vs- St. John the Baptist, Anaheim

The post season will begin with the Quarter Finals

Saturday and Sunday April 9 and 10

Semi-finals and finals on April 30 and May 1

All play-off games will take place at Assumption or St. Sophia

Youth & Young Adults continued



Youth & Young Adults continued

GOYA

ST. ANTHONY VS. ST. BASIL

BASKETBALL

MARCH 13, 2022

& FELLOWSHIP



JR. BOYS

SR. GIRLS



SR. BOYS



JOINT TEAM DINNER

GOYA Basketball is in full swing with 4 awesome teams, Jr. Boys, Jr. Girls, Sr. Boys and Sr. Girls teams participating.

Thank you to all the players, coaches, and families this year!

A special thank you to the Vidalakis family for hosting the basketball teams and their families for a post-game celebration and dinner at their home on March 6th! The kids and their families had a great time!

After our 1st successful Team dinner, GOYA took the team dinner to the next level on March 13th. This time we invited the other team from St. Basils to join us! It was awesome to see players and families reuniting with old friends or making new ones. It was another great evening of fellowship after the games.

Keep an eye open for upcoming GOYA events & basketball news!

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:

- 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



MATTHEW 19:14

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

Ukraine Humanitarian Relief Airlift

We had an incredible response to our efforts in gathering items for humanitarian relief for Ukrainian refugees. We collected an entire cargo-van-full, as well as money donated, which was used to buy sleeping bags, medical supplies, children's medicine, and baby formula. This project required a time sensitive response, and we are so grateful to all who contributed! Thank you to our Chapter President, Judith Din, for organizing and making this happen.



Volunteers collect donated items



*All ages came out to help.
Demos and his family donated much needed diapers and children's clothing.*



Cargo Van for Ukrainian Humanitarian Relief Airlift

Union Station Homeless Service

We are continuing our monthly commitment to prepare a hardy, nutritious dinner that is sponsored by our generous donors. USHS has requested packaged dessert (cookies), single serve beverages (10 oz.), and single serve bottles of milk. You may continue to volunteer by donating towards the purchase of individual packaged items.

Estimated costs: rolls - \$16.50, cookies - \$27.50, beverage - \$48.60, milk - \$10.80. Thank you to our donors for their continuing support to help us feed the needy.

Please make checks out to: *Philoptochos of Saint Anthony*. Please write *USHS* in memo box.

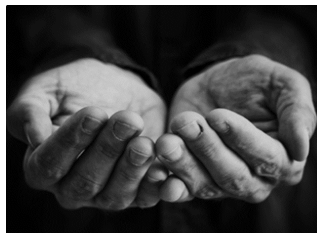
Thank you for being a part of the solution to homelessness.

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

Coffee Hour

The Weekly Parish Coffee Hour has returned. Philoptochos is looking for individuals, groups 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 or Maria Kypreos (626) 272-2720.

Lenten Luncheon & Cooking Demonstration

The demonstration and luncheon were held on Saturday March 19. Over 20 attendees watched a cooking demonstration to learn how to make vegan burgers, fresh pita bread, and Za'atar dip. Afterwards, guests enjoyed a delicious lenten meal consisting of the patties, pita pockets, sweet potato fries, a tomato, cucumber, lettuce salad, and a selection of dips: chickpea hummus, traditional and coconut yogurt tsatsikis, and Za'atar sesame oil. Thank you to our chef instructor, Lindsay, and to Lisa Xanthos and Helen Skandale for organizing this beautiful luncheon.



Philoptochos continued

Annual Christmas Benefit 2022

We invite you to help us plan our largest fundraiser of the year. This year's event will be held on Saturday, **December 3, 2022**. All are welcome to join the 2022 Benefit planning committee. If you are interested in participating, please contact us by sending an email to panagiachapter@gmail.com or speak with one of the Philoptochos Executive Board members. The last Benefit Committee meeting was held on Monday, March 28.

Upcoming Meetings

April Board Meeting - Tuesday, April 12 at 7:00 PM

Upcoming Metropolis & National Events

Kids 'N Cancer - Agape Celebration of Love

A luncheon will be held at the Newport Beach Country Club on Sunday, **May 1 at 2:00 PM**. This annual event helps to raise awareness for the ministry of providing support for children with cancer and their families. The event is a beautiful, fun-filled afternoon giving those attending the opportunity to participate in fundraising, to meet Camp Agape families, and to enjoy fellowship.

The cost is \$80 per person.

Register online: www.sfphiloptochos.org or call 415-431-2600

Registration deadline: April 11, 2022

Philoptochos Easter Bake Sale

Delectable Greek pastries and our special signature treats are now available to order. All proceeds will benefit Kids 'n' Cancer's - Camp Agape, a Philoptochos ministry dedicated to providing support to children afflicted with cancer and their families. Orders will be available for pickup only on **April 16 and April 17**, after liturgy until 1:00 PM both days.

To place an order online go to <https://stanthonyphiloptochos.square.site>

To place an order by mail, please complete the **order form on the next page**.



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonyphiloptochos

Philoptochos continued

Philoptochos Easter Bake Sale

Proceeds to benefit Kids' n' Cancer-Camp Agape

Pre-Paid Orders Must Be Received by Sunday, April 10, 2022

ORDERS AVAILABLE FOR PICKUP ONLY:

St. Anthony Greek Orthodox Church, 778 South Rosemead Blvd., Pasadena

SATURDAY, APRIL 16 and SUNDAY, APRIL 17 (after Liturgy until 1:00 PM-both days)

Place prepaid order by:

- **MAIL** – Fill out Order Form below (check payable to St. Anthony Philoptochos and mail to: St. Anthony Philoptochos, Kids 'n' Cancer Bake Sale, 778 S. Rosemead Blvd., Pasadena, CA 91107 or
- **ONLINE** – <https://stanthonyphiloptochos.square.site>

Name: _____ Cell/Home Phone: _____

Address: _____ City: _____ E-mail: _____

<u>ITEMS</u>	<u>COST</u>	<u>QUANTITY</u>	<u>\$ TOTAL</u>
 Tsoureki (1 loaf) Traditional sweet Greek Easter Bread.	\$20	_____	\$ _____
 Koulourakia (bag of 12) Butter-based cookies with sweet delicate flavor topped with egg glaze and toasted sesame seeds.	\$8	_____	\$ _____
 Koulourakia, Chocolate Dipped (box of 12) Butter-based with sweet delicate flavor dipped in dark chocolate (Limited Quantity).	\$14	_____	\$ _____
 Kourabiethes (box of 12) Shortbread butter cookies without nuts covered in powdered sugar.	\$18	_____	\$ _____
 Chick Oreos, Chocolate Dipped (1 chick per pkg) 3 chocolate dipped Oreo cookies shaped into one colorful chick.	\$5	_____	\$ _____
 Easter Oreos, Chocolate Dipped (2 per pkg) Oreo cookies dipped in colorful chocolate and covered with candy sprinkles.	\$3	_____	\$ _____
 Dyed Red Eggs (1 dozen)	\$8	_____	\$ _____

ORDER TOTAL \$ _____

Philoptochos continued

ST. ANTHONY PALM SUNDAY Fish LUNCHEON



April 17, 2022
TRINITY HALL

MENU

MIXED GREEN SALAD
ROASTED ATLANTIC SALMON
RICE PILAF
ROLLS
DESSERT

ADULTS \$20.00

CHILDREN \$10 AGES 5 TO 11

(MAC & CHEESE WITH FRUIT CUP)

**PROCEEDS WILL GO TO SUPPORT THE
IOCC UKRAINE CRISIS RESPONSE FUND**

Additional donations to IOCC will gladly be accepted

Advance purchase only – after Sunday Liturgy

Philoptochos continued

ST. ANTHONY LENTEN PROJECT

Our Faith In Action

IOCC IS IN NEED OF **HYGIENE KITS** TO HELP
THOSE DISPLACED BY THE WAR IN UKRAINE

EVERYONE IS ASKED TO CONTRIBUTE BY BRINGING
ANY OR ALL OF THE FOLLOWING ITEMS TO CHURCH
NO LATER THAN
SATURDAY OF LAZARUS

SUPPLIES NEEDED:

One NEW hand towel measuring approximately 15" x 28" to 16" x 32" (No fingertip, bath, dish, or micro-fiber towels.)

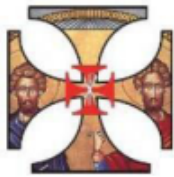
- **One NEW washcloth**
- **One wide-tooth comb** removed from the package (Found at discount dealers like sallybeauty.com.)
 - Must be sturdy with at least 6 inches of teeth
 - No pocket combs or picks
 - Rattail and combs without handles are acceptable
- **One fingernail or toenail clipper** (Either one is acceptable. Remove from packaging.)
- **One bath size bar of soap** in the original package
- **One toothbrush** in the original package
- Ten standard size **Band-Aids**

**CASH DONATIONS ARE ALSO WELCOME TO HELP OFFSET THE
COST OF SHIPPING THE KITS TO BALTIMORE AND/OR TO
PURCHASE EXTRA ITEMS NEEDED FOR KITS**



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 ☐

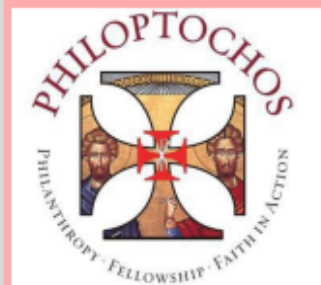
St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:

☐ \$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

Great News!!!

The VIPs were finally able to get together again on March 8th for a meeting and refreshments.

We elected officers and chairmen for 2022-2023, as follows:

<i>President</i>	<i>Helen Treantafelles</i>
<i>Vice President</i>	<i>Kathy Lucas</i>
<i>Recording Secretary</i>	<i>Irene Albeck</i>
<i>Treasurer</i>	<i>Gena Pegadiotes</i>
<i>Communications</i>	<i>Jim Hronas</i>
<i>Excursions</i>	<i>Judie Christopulos</i>
<i>Transportation</i>	<i>Herman Smith</i>
<i>Hospitality</i>	<i>Stavrula Kiotas</i>
	<i>Gena Pegadiotes</i>
<i>Attendance</i>	<i>Bertha Patsavas</i>
<i>Telephone Committee</i>	<i>Helen Koudanis</i>
<i>Sunshine</i>	<i>Kathy Lucas</i>

Congratulations to the incoming team!!! Looking forward to a great year.

*Please join us for our next meeting and refreshments
Tuesday, April 12th, at 10:30 a.m.*

Kali Anastasi 

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*

Parish Programs


As in the early 1960s, the early 1990s saw large growth. The generation of children born when our church was founded, was having its own children. In 1997, in order to accommodate the spiritual needs of these new mothers and their toddlers, a Moms N Tots program was created. Meeting once a week throughout the year, Moms N Tots teaches Bible stories to young children through art, music and prayer. Shortly thereafter, Vacation Bible School was started in order to bring together children between the ages of four and twelve to spend a week during summer to have fun in classes centered on Bible lessons.

A Senior Citizens Group was formed in 1996 to encourage fellowship and spiritual enrichment for seniors. To help with fundraising efforts at Saint Anthony's, an annual Golf Tournament was initiated in 2001, which has become popular as well as very successful. In 2002, after thirty years at other locations, the 42nd Annual Saint Anthony Greek Festival returned home to the church grounds with resounding success, thanks to the participation and hard work of dedicated parishioners. Along with the Pentahiliariko, the Golf Tournament, the Greek Festival, and the Ladies Philoptochos Society, the life of Saint Anthony Greek Orthodox Church in Pasadena is fast approaching 60 blessed years.

What started out as a handful of dedicated Orthodox Christians with the dream of starting their own church in the Pasadena area, has grown into a vibrant community blessed by God. Today, third generations of young Greek Orthodox children call Saint Anthony Church their spiritual home. Beginning with only the Panagia Chapter of the Ladies Philoptochos Society, Saint Anthony's has hosted numerous organizations over the years, including Parish Council and Past Presidents, Greek School, Sunday School, Alter Boys, Choir, AHEPA, Daughters of Penelope, Sons of Pericles, Maids of Athena, Mr. & Mrs. Club, GOYA, YAL, Greek Dance, JOY, HOPE and Senior Citizens. St. Anthony's also offers many exciting programs such as bowling, basketball, Bible Study, Moms N Tots and Vacation Bible School.

Successful yearly events include the Greek Festival, Pentahiliariko, Philoptochos Christmas Benefit, Softball, Volleyball and Tennis Tournaments, Talent Shows, Oratorical Festival, Bible Bowl and Golf Tournament.

Upon completion of the Hellenic Cultural Center in 1965, a marble cornerstone was embedded into the southwest corner of the church hall. Sealed inside the marble cornerstone is a time capsule. Among other pertinent information included in the time capsule was a note that was written by the men who helped found Saint Anthony Greek Orthodox Church. Although most of our church founders have fallen asleep in the Lord, they did not forget, amidst all their hard work, to leave us a written message explaining how much we meant to all of them.

Please read their letter on the next page... 

Church History continued

To generations of our descendants yet unknown to you, who some day in the dim and distant future will read this account of the dramatic history of the Hellenic community, we who have written this account not only on paper, but in the blood, sweat and tears of our daily lives make this statement:

We have built this community with its hopes and its fears, and its land and its buildings because we believe, as did our forefathers, in the soul's immortality, and its eventual union with God.

We believe that whether or not we have amassed a great deal of personal wealth or fame, it matters little, since we couldn't take that with us. What does matter is how we have discharged our obligation to pass on to you the faith and ideals that have sustained us through our lives... and we venture the hope that as you read these lines, you may breathe a prayer that what we have done here may have found favor in the eyes of God.



Time Capsule Sealed Inside Cornerstone June 6, 1965

Joy Tripodes places letter in time capsule for future generations. Left to right: James Hagelis (general contractor), Frank Rhodes, Nicholas Milatos, Father Anastasius Bandy, Father Spiro Pieratos, and Mary Staikos



Archbishop Demetrios Visits Saint Anthony Church

Bill Tragus, pastoral assistant, Archbishop Demetrios, Metropolitan Anthony, Father Mylonas, and Presbytera Maria pictured with Sunday School students.



St. Anthony's Dance Group "Pyrkagia"

1st Place Gold Medal winners in FDF competition in Ontario, California February 2004.

Monthly Lesson from Father Stavros Akrotirianakis...

In the morning, as He was returning to the city, He was hungry. And seeing a fig tree by the wayside He went to it, and found nothing on it but leaves only. And He said to it, "May no fruit ever come from you again!" And the fig tree withered at once.

Matthew 21:18-19

In the Gospel that is read on Palm Sunday night, Jesus curses a fig tree. He didn't curse the fig tree because it was dead. It was, in fact, very much alive. Those who know fig trees know that they have very large, very green leaves. They are majestic, if not imposing. And here was a tree that was these things, except that it had no fruit. Without fruit, it had no purpose. So Jesus cursed the fig tree, and it withered at once.

A two-fold message is to be taken from this. The first and most obvious is directed at the Jewish temple leadership. They had a beautiful temple, impeccable furnishings, and grandeur and they carried themselves as imposing figures. Yet, they bore no spiritual fruit from within. Their lives were about the outward trappings, rather than the inward continual turning towards God, which is what repentance is. Therefore, He cursed the fig tree, and in turn condemned the fruitlessness of these "followers" of God, who were, in fact, not following at all.

The second message is directed towards us. We also are followers of God. We also have beautiful temples, many of them adorned with breath-taking iconography. We hear majestic choirs, listen to inspiring sermons, and make grandiose plans to "make a difference" in the world. However, is that what we are really doing? As churches? As individual believers? Are we the grand, beautiful, and imposing tree that bears no fruit?

The Holy Week journey is not there just for us to check off boxes and go through rituals. Time and time again, this journey is meant to challenge us, to strike us all the way to our core. And what can be more penetrating than this question: Am I a fruitless fig tree that outwardly appears beautiful but produces no fruit—no fruit of love, no fruit of repentance?

We know that there are several ingredients that help a tree bear fruit—sunlight, water, fertilizer, and regular exposure to these things. These are the same ingredients that help our souls to bear fruit:

First, there is the **sunlight**, spending time with the **Son of God**. This is supposed to happen daily when we pray, when we simply pause to be with the Lord.

Water represents **God's grace**, and for us, this is found principally in the sacraments, like Holy Communion, Holy Unction, and confession.

Fertilizer is something that releases slowly on a plant and provides nutrients over a period of time. The fertilizer for Christians, I believe, is the **Scriptures**, and also acts of charity.

Monthly Lesson from Father Stavros Akrotirianakis continued

When we read the Scriptures, we may not have an immediate understanding of them. Just like when we do an act of kindness, it may not move us. If you spend enough time reading Scripture, diving deeply into it, unraveling its layers of depth and meaning, it changes you. It's like the student who spends a lot of time studying—they get smarter, and better, and understand more deeply what they are studying. No one spends a lot of time studying and has less knowledge. Similarly, when we are charitable towards one another, even small acts of kindness translate into us being more loving, more caring, more aware of others, and also more aware of God.

The fourth ingredient when it comes to growing a tree is **consistency**. Occasional sunlight, water, and fertilizer will not allow a tree to grow. Overwatering and too much fertilizer can damage a tree. I don't think that too much prayer or worship can damage us. However, if we are only working on our salvation occasionally, even if we get a giant infusion of it at Holy Week but are away the rest of the year, we are not going to bear fruit either. We need time with the Son, the water of grace, and the fertilizer of Scripture and charity, but we need them regularly and consistently.

I was speaking recently to my Spiritual Father, who said to me that a genuine relationship with Jesus Christ is supposed to change us. It is supposed to excite us to want to follow even more closely. It made me wonder if the reason why our churches struggle, is because the relationship isn't as genuine as we say it is. It made me wonder personally if the reason I struggle so much with many things, is because MY own relationship with Jesus Christ isn't as strong as it could or should be. Am I the beautiful tree that doesn't bear fruit? Are we beautiful trees that don't bear fruit? Are we beautiful churches that don't bear fruit? Or don't bear enough fruit?

Indeed, the journey of Holy Week has a happy ending, from the liturgical point of view. The hymns at points are harsh, and in the end, they are glorious. In life, we need to ask ourselves the harsh questions, and work through the spiritual struggles, so that we can indeed find spiritual glory. The end of the Bridegroom Service on Palm Sunday evening calls on us to remember what happened to the fruitless fig tree, and in so doing, bear fruits of repentance, deliberate actions that will turn our hearts towards Christ. It is a harsh message but helps us stay on the road to eternal glory.

We need to be concerned not only about the outward appearance of our "trees" but whether they bear fruit. And the fruit is found under the leaves that everyone sees. It is in our hearts. The fruit is repentance, a deliberate disposition, and intentional actions that turn our hearts more deeply to Christ.

What is New in the Community?



ST. ANTHONY BOWLING LEAGUE SPRING SEASON



Saint Anthony Bowling League Spring season will conclude on Wednesday, April 6.
The May Newsletter will include a summary of our winners.

The bowling league / weekly fellowship will resume in the Fall at Bowlero Lanes in Pasadena.

We encourage anyone, who would like to participate on a team or would like to be a substitute, to please join us at the bowling alley on Wednesdays from 7–8:30 pm when we resume in the Fall!

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. **SAVE THE DATE !**

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, CA

<https://go-stgeorge.org/>

Parish Lenten Retreat

Saturday, April 2 & Sunday, April 3

75109 Larrera Sreet, Palm Desert, CA
Saturday, April 2, 10:00 A.M—4:00 P.M
(Saint George Parish Hall, Palm Desert)

Sunday, April 3: Orthros at 8:30 AM & Divine Liturgy at 9:30 AM
(Saint George Greek Orthodox Church, Palm Desert, CA)

Speaker

Fr. Philip Zymaris THD
Assistant Professor of Liturgics
Holy Cross Greek Orthodox Theological

“The Divine Liturgy: The Experience of Human Flourishing”
“The Meaning Behind the Liturgical Movements”
“Becoming Citizens of the Kingdom: The Prayers, Hymnology, Architecture and
Iconography that Forms Us”

Registration: \$20 (Lenten Luncheon)
RSVP by Friday, March 25, 2022 (760) 568-9901

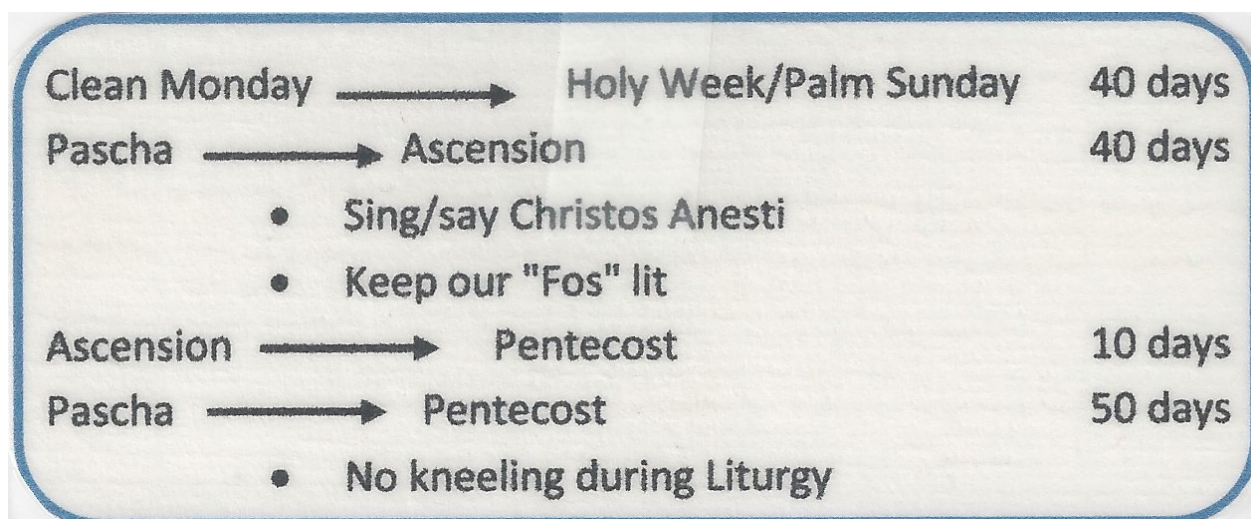
What is New in the Community? continued



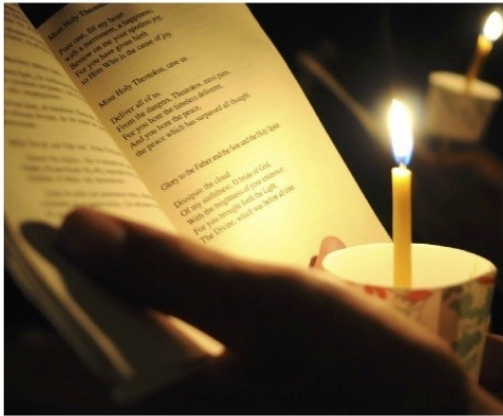
Night Out at the Movies

St. Anthony parishioners and Philoptochos members attended the movies Monday evening, March 21, to watch **MAN OF GOD**, the award winning film based on the life of Saint Nektarios of Aegina.

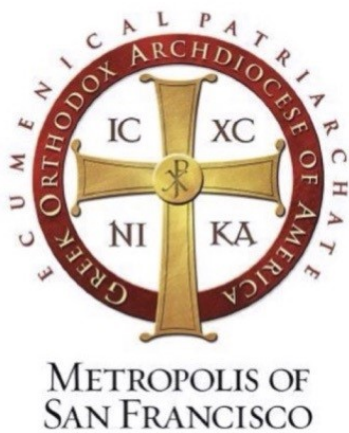
A second showing of the movie was shown on Monday, March 28 at the AMC Santa Monica 16, in Arcadia.



What is New in the Community? continued



METROPOLIS OF SAN FRANCISCO 2022 YOUNG ADULT LENTEN RETREAT



APRIL 1-3, 2022

SAINT NICHOLAS RANCH & RETREAT CENTER
DUNLAP, CALIFORNIA
WWW.GOSFYOUTH.ORG



SPEAKER: FR. SERAPHIM RAMOS
ST. JOHN THE BAPTIST, LAS VEGAS, NV

What is New in the Community? continued

HUNGER STRIKE

Saint Paul's Greek Church, Irvine

Saturday and Sunday, April 9th and 10th

Hunger Strike is a pan-Orthodox Lenten Youth retreat for students and friends 6th-12th grade.

This year it is connected to our Mission IS Possible ministry and will raise funds for students in Tanzania to attend secondary schools affiliated with the Orthodox Church: The Orthodox boarding schools are the St. Sosthenes School and the Aristotle School.

The tuition, books, room and board are \$600 a year. We'd like to send at least 20 of the neediest kids to school. We're asking Hunger Strike participants to raise funds for scholarships by asking family, friends, teachers, neighbors to support our fund-raising efforts.

A donation link can be found in the Hunger Strike webpage and can be shared via email. The cost for the Hunger Strike retreat is \$25 per child.

Here is the link to our parish webpage to register and/or to make a donation:
<https://stpaulsirvine.org/hungerstrike/>.

RETREAT LOCATION:

St. Paul's Greek Church, 4949 Alton Parkway, Irvine, CA 92604, 949-733-2366

SEE FLYER NEXT PAGE...

Bee Retreat

with Steve Christoforou and Christian Gonzales

Saint Paul's Greek Church, Irvine

Saturday, May 14th

Bee Retreat Schedule:

During the day, from 9:30am - 5pm, there will be a youth track for grades 6-12, and an adult track for parents and all other adults who may be interested.

In the evening, starting at 7pm there will be a young adult event in the All Saints Plaza for anyone 18 or older.

The BeeTreat will begin promptly at 9:30 am and conclude around 5 pm.

Check-in and fellowship: 9 - 9:30 am.

Advance registration is requested: BEETREAT REGISTRATION (breezechms.com)

For additional questions, please check out the website: <https://www.y2am.org/beetreats>


SEE FLYER NEXT PAGE...

What is New in the Community? continued

CHANGE LIVES. FEED YOUR FAITH.
LOVE YOUR NEIGHBOR.

HUNGER STRIKE 2022

PAN ORTHODOX LENTEN YOUTH RETREAT
APRIL 9 & 10, 2022
Registration open to all students & friends
6th - 12th grade



ONLINE REGISTRATION
WWW.STPAULSIRVINE.ORG/HUNGERSTRIKE/



FROM YOUTUBE TO YOU

BEE-TREAT!

SAINT PAUL'S GREEK ORTHODOX CHURCH

IRVINE, CA

MAY 14, 2022

BeeTreat (9:30AM - 5:30PM)
Youth Track: 6th-12th grade
Adult Track: clergy, parents, young adults, and youth workers
Young Adult Event (7PM) anyone 18 and older

TO REGISTER:
y2am.org/beetreats
It's free!

Address: 4949 Alton Parkway, Irvine, CA 92604

Led by:
STEVE CHRISTOFOROU - Host of "Be the Bee" and the BEETREAT TEAM

"Be the Bee" is a weekly YouTube series exploring how we can focus on what is good and beautiful in our lives. Visit youtube.com/y2am to learn more!



Upcoming Church Festivals - 2022

May

Anaheim 5/13 - 15

June

Downey 6/4 - 5

San Diego 6/18 - 19

Camarillo 6/24 - 26

Irvine 6/24 - 26



July

Redondo 7/15 - 17

September

Long Beach 9/3 - 5

San Juan Capistrano 9/24 - 25

October

Los Angeles 10/1 - 3

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

Sunday of St John Calmicus

3 April

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, **The Ladder of Divine Ascent**, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.



Sunday of Saint Mary of Egypt

10 April

The memory of this Saint is celebrated on April 1, where her life is recorded. This was a woman in all of human history who stood on air at the moment of her prayer.

Since this is during the holy Forty Days, it has been appointed for this day also, so that if we think it hard to practice a little abstinence for forty days, we might be roused by the heroism of her who fasted in the wilderness forty seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in every deed.

Her whole life is a living expression of the word said by St. Paul, *"All the more the blood of Christ, Who through the Eternal Spirit offered Himself without blemish to God, will purify your con-science from dead works to serve the living God."* (Hebrews 9:14).

That St. Paul's words are Divinely inspired is verified by the Most Holy Mother of God Herself. She guided St. Mary of Egypt to repentance and Eternal Life. As much as we know about St. Mary of Egypt, we can understand that it is, in reality, the stark truth that Christ is the True God and that all of the false gods of the world then and now are idols who do not save humanity, but can truly harm us.



Feasts and Saints for this month continued

Lazarus Saturday

16 April

Lazarus and his sisters Martha and Mary, the friends of the Lord Jesus, had given Him hospitality and served Him many times (Luke 10:38-42; John 12:2-3). They were from Bethany, a village of Judea. This village is situated in the eastern parts by the foothills of the Mount of Olives, about two Roman miles from Jerusalem. When Lazarus, whose name is a Hellenized form of "Eleazar," which means "God has helped," became ill some days before the saving Passion, his sisters had this report taken to our Saviour, Who was then in Galilee. Nonetheless, He tarried yet two more days until Lazarus died; then He said to His disciples, "Let us go into Judea that I might awake My friend who sleepeth." By this, of course, He meant the deep sleep of death.

On arriving at Bethany, He consoled the sisters of Lazarus, who was already four days dead. Jesus groaned in spirit and was troubled at the death of His beloved friend. He asked, "Where have ye laid his body?" and He wept over him. When He drew nigh to the tomb, He commanded that they remove the stone, and He lifted up His eyes, and giving thanks to God the Father, He cried out with a loud voice, "Lazarus, come forth." And he that had been dead four days came forth immediately, bound hand and foot with the grave clothes, and Jesus said to those standing there, "Loose him, and let him go." This is the supernatural wonder wrought by the Saviour that we celebrate on this day.

According to an ancient tradition, it is said that Lazarus was thirty years old when the Lord raised him; then he lived another thirty years on Cyprus and there reposed in the Lord. It is furthermore related that after he was raised from the dead, he never laughed till the end of his life, but that once only, when he saw someone stealing a clay vessel, he smiled and said, "Clay stealing clay." His grave is situated in the city of Kition, having the inscription: "Lazarus the four days dead and friend of Christ."

In 890 his sacred relics were transferred to Constantinople by Emperor Leo the Wise, at which time the Emperor composed his stichera for Vespers, "Wishing to behold the tomb of Lazarus . . ."



Feasts and Saints for this month continued

Palm Sunday

17 April

On Sunday, five days before the Passover of the Law, the Lord came from Bethany to Jerusalem. Sending two of His disciples to bring Him a foal of an ass, He sat thereon and entered into the city. When the multitude there heard that Jesus was coming, they straight-away took up the branches of palm trees in their hands, and went forth to meet Him. Others spread their garments on the ground, and yet others cut branches from the trees and strewed them in the way that Jesus was to pass; and all of them together, especially the children, went before and after Him, crying out: "Hosanna: Blessed is He that cometh in the Name of the Lord, the King of Israel" (John 12:13). This is the radiant and glorious festival of our Lord's entry into Jerusalem that we celebrate today.

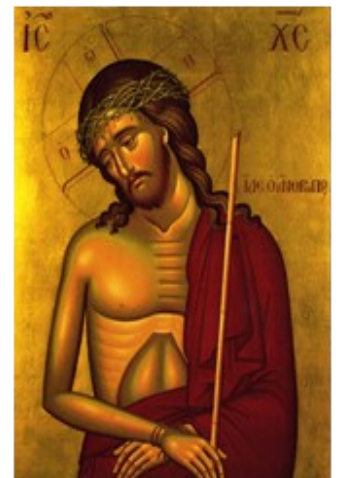


The branches of the palm trees symbolize Christ's victory over the devil and death. The word Hosanna means "Save, I pray," or "Save, now." The foal of an ass, and Jesus' sitting thereon, and the fact that this animal was untamed and considered unclean according to the Law, signified the former uncleanness and wildness of the nations, and their subjection thereafter to the holy Law of the Gospel.

Holy Monday

18 April

The Holy Passion of our Savior begins today, presenting Joseph the all-comely as a prefiguring of Christ. He was the eleventh son of Jacob, and his first son by Rachel; because he was so beloved of his father, his own brethren came to envy him and cast him into a pit. Later they sold him to foreigners for thirty pieces of silver, who later sold him again in Egypt. Because of his virtue, his master gave him much authority in governing his house; because he was fair of countenance, his master's wife sought to draw him into sin with her; because of his chastity, he refused her, and through her slanders was cast into prison. Finally, he was led forth again with great glory and was honored as a king. He became lord over all Egypt and a provider of wheat for all the people. Through all this, he typifies in himself the betrayal, Passion, death, and glorification of our Lord



To the commemoration of Patriarch Joseph is added also the narration concerning the fig tree, which on this day was cursed and subsequently dried up because of its unfruitfulness. It portrayed the Jewish synagogue, which had not produced the fruit demanded of it – obedience to God and faith in Him. It was stripped of all spiritual grace by means of the curse.

Feasts and Saints for this month continued

Holy Tuesday

19 April

Today we bring to mind the parable of the ten virgins, which our Savior related as He was coming to His Passion. This parable teaches us that the accomplishment of the great work of virginity should not make us careless in other matters, especially in almsgiving, wherewith the lamp of virginity is made radiant.

Furthermore, it teaches us that we should not be remiss about the end of our life, but should be prepared for it at every moment, like the wise virgins, so that we may meet the Bridegroom, lest He come suddenly and the doors of the heavenly bride chamber be shut, and we also, like the foolish virgins, hear that dread sentence: "Amen, I say unto you, I know you not" (Matthew 25:1-13).



Holy Wednesday

20 April

Two women - the more discerning interpreters of the Gospel - anointed the Lord with myrrh; the one, a long time before His Passion; the other, a few days before. One was a harlot and sinner; the other, chaste and virtuous. The Church commemorates this reverent act today. While mentioning herein the person of the harlot, it also mentions Judas' betrayal; for, according to the account in Matthew, both of these deeds took place two days before the Passover, on Wednesday.

That woman, then, anointed Jesus' head and feet with very precious myrrh, and wiped them with the tresses of her hair. The disciples, especially the avaricious Judas, were scandalized, supposedly because of the waste of the myrrh, which could be sold for a great price and given to the poor. The Lord Jesus reproved them and told them not to trouble the woman.

Indignant, Judas went to the high priests, who were gathered in the court of Caiaphas and were already taking counsel against Jesus. On agreeing with them to betray his Teacher for thirty pieces of silver, Judas sought from that time opportunity to betray Him (Matt. 26:14-16). Because the betrayal took place on Wednesday, we have received the tradition from Apostolic times to fast on Wednesday throughout the year.



Feasts and Saints for this month continued

Holy Thursday

21 April

On the evening of this day, which was the eve of the feast of unleavened bread (that is, the Passover), our Redeemer supped with His twelve disciples in the city. He blessed the bread and the wine, and gave us the Mystery of the Divine Eucharist. He washed the feet of the disciples as an example of humility. He said openly that one of them was about to betray Him, and He pointed out the betrayer by revealing that it was he "*that dippeth his hand with Me in the dish.*" And after Judas had straight-away gone forth, Jesus gave the disciples His final and sublime instructions, which are contained in the first Gospel Reading of the Holy Passion (John 13:31-18:1 known as the Gospel of the Testament).

After this the God-man went forth to the Mount of Olives, and there He began to be sorrowful and in anguish. He went off alone, and on His knees He prayed fervently. From His great anguish, His sweat became as it were great drops of blood falling to the ground. As soon as He had completed that anguished prayer, Judas came with a multitude of soldiers and a great crowd; on greeting the Teacher guilefully with a kiss, he betrayed Him.

The Lord Jesus was then apprehended and taken prisoner to the high priests Annas and Caiaphas. The disciples were scattered, but Peter, who was more fervent than the others, followed Him even into the court of the high priest, but in the end denied three times that he was His disciple.

Then our divine Teacher was brought before the lawless Sanhedrin and was interrogated concerning His disciples and His teaching. The high priest adjured Him before God that He tell them whether He was truly the Christ. And having spoken the truth, He was judged guilty of death, supposedly as one who had blasphemed. Then they spat in His face, beat Him, smote Him with the palms of their hands, and mocked Him in every way, throughout the whole night until the morning.



Feasts and Saints for this month continued

Holy Friday

22 April

When Friday dawned, Christ was sent bound from Caiaphas to Pontius Pilate, who was then Governor of Judea. Pilate interrogated Him in many ways, and once and again acknowledged that He was innocent, but to please the Jews, he later passed the sentence of death against Him. After scourging the Lord of all as though He were a runaway slave, he surrendered Him to be crucified.

Thus the Lord Jesus was handed over to the soldiers, was stripped of His garments, was clothed in a purple robe, was crowned with a wreath of thorns, had a reed placed in His hand as though it were a scepter, was bowed before in mockery, was spat upon, and was buffeted in the face and on the head. Then they again clothed Him in His own garments, and bearing the cross, He came to Golgotha, a place of condemnation.

There, about the third hour, He was crucified between two thieves. Although both blasphemed Him at the first, the thief at His right hand repented, and said: *"Remember me, O Lord, when Thou comest in Thy Kingdom,"* to which our Savior answered, *"Today shalt thou be with Me in Paradise."* As He hung upon the Cross, He was blasphemed by those who were passing by, was mocked by the high priests and by the soldiers was given vinegar to drink mixed with gall.

About the ninth hour, He cried out with a loud voice, saying, *"It is finished."* And the Lamb of God *"Which taketh away the sin of the world"* (John 1:29) expired on the day when the moon was full, and at the hour when, according to the Law, was slain the Passover lamb, to which He was referred in the time of Moses—the Lamb of God.

Even lifeless creation mourned the death of the Master, and it trembled and was altered out of fear. Yet, even though the Maker of creation was already dead, they pierced Him in His immaculate side, and forthwith there came out Blood and Water. Finally, at about the setting of the sun, Joseph of Arimathea came with Nicodemus (both secret disciples of Jesus), and they took down the all-holy Body of the Teacher from the Cross and anointed it with aromatic spices, and wrapped it in a clean linen cloth. When they had buried Him in a new tomb, they rolled a great stone over its entrance.

Such are the dread and saving sufferings of our Lord Jesus Christ commemorated today, and in remembrance of them, we have received the Apostolic commandment that a fast be observed every Friday.



Feasts and Saints for this month continued

Holy Saturday

23 April

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

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



Feasts and Saints for this month continued

Great and Holy Pascha

24 April

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

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




























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

All foods are allowed during Renewal/Bright Week – April 25–30.



Orthodox Calendar

April 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					 1 6pm Salutations to the Theotokos	 2
 3 Sunday of St. John Climacus 8:45am Orthros 10am Divine Liturgy 11am Sunday School Indoor & Live-stream	 4 6:30 pm Studies in the Faith	 5	 6 6pm Pre-Sanctified Liturgy 7pm Union Station Philoptochos Outreach	 7	 8 6pm Salutations to the Theotokos	 9
 10 Sunday of St. Mary of Egypt 8:45am Orthros 10am Divine Liturgy 11am Sunday School Indoor & Live-stream	 11 6:30 pm Studies in the Faith	 12 7pm Parish Council Meeting	 13 6pm Pre-Sanctified Liturgy	 14	 15	 16 Saturday of Lazarus 9am Orthros 10am Divine Liturgy
 17 Palm Sunday 8:45am Orthros 10am Divine Liturgy 6pm Service of the Bridegroom Indoor & Live-stream	 18 Holy Monday 6pm Service of the Bridegroom	 19 Holy Tuesday 6pm Service of the Bridegroom Hymn of Kassiani	 20 Holy Wednesday 3pm Sacrament of Holy Unction 6pm Service of the Bridegroom & Holy Unction	 21 Holy Thursday 9am Vespereal Liturgy of Saint Basil 6pm Service of the Holy Passion—The Twelve Gospels	 22 Holy Friday 3pm Descent from the Cross 6pm Graveside Lamentations	 23 Holy Saturday 9am Vespereal Liturgy of St Basil 11pm Vigil for the Holy Resurrection 11:45pm "Come and Receive the Light"
PASCHA 12pm Agape Vespers Service Indoor & Live-stream	Bright Monday St George (celebrated from 4/23) St. Mark Apostle & Evangelist	Bright Tuesday	Bright Wednesday	Bright Thursday	Bright Friday	Bright Saturday St. James Apostle (Iakovos)
		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs 	Fish, Wine & Oil Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed; Refrain from Meat 	Fast Free

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