

# The Voice of Saint Anthony

## July 2022



Reverend Father Peter Stratos  
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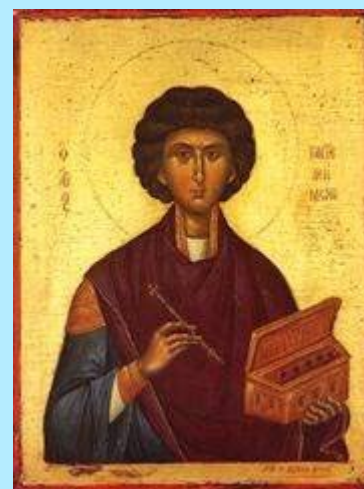
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**Cosmas & Damian**  
Unmercenary Physicians  
July 1



**Mary Magdalene**  
Myrrh-bearer & Equal to the Apostles  
July 22



**Panteleimon**  
Great Martyr  
July 27

Deadline for August Newsletter is Monday, 25 July  
Please send to: [newsletter\\_church@aol.com](mailto:newsletter_church@aol.com)

## Message from Father Peter

Beloved Parishioners,

We have often heard it said that a Christian is a person in whom Christ lives. The Apostles and Saints lived in such closeness to Christ that they experienced a spiritual identity with Him. St. Paul writes: *"It is no longer I who live, but it is Christ who lives in me. This life that I live now, I live by faith in the Son of God who loved me and gave His life for me"* (Gal. 2:20).

Is it possible for men and women today to live in such closeness to Christ – to “walk” with Him in their everyday lives? I would argue yes and that it is not only possible, but it is essential. This begs the following question: how can a believer try and “walk” with Jesus from day to day so that His presence may be real?

***One way is through prayer.*** Prayer puts us immediately in the presence of the living God. Begin each day with a regular time of quality prayer. The Saints encourage us to open our hearts to the Lord and to pray with feeling, assured that we stand before His holy presence. Seek to establish a warm feeling toward Christ. Ask for His guidance and help regarding specific daily tasks and concerns. Commit yourself to let His will be done in all things. Then look for His guidance. Take a few moments before each task to lift up your heart to Him. Try to maintain that special warm feeling toward Christ during the day. Your life will begin to take on the spirit of prayer, the quality of a sacrament by virtue of His gracious presence.

***A second way is through obedience.*** Jesus taught clear teachings and lived them by example. He expects His followers to listen to His words and obey them as wise people who build their houses on a solid foundation, not as foolish people who listen but do not obey and thus build on sand (Matthew 7:24-26). Obedience makes God's presence real for us. *"By this we may be sure that we know Him, if we keep His commandments"* (1 John 2:5-6). Obedience is not a matter of formal obligation in order to earn a reward or avoid punishment. Rather it is a matter of personal love for Him, allowing Him through obedience to enter into our everyday lives and to lead us to a loving communion with Him and the Father. *"Whoever loves me will obey my teaching. My Father will love him, and my Father and I will come to him and live with him"* (John 14:23).

***A third way is through the Divine Liturgy.*** When we celebrate the Divine Liturgy we celebrate the life of Christ. We walk with Him in His birth, death, and resurrection. We follow Him during His ministry. We join Jesus at the Last Supper. We witness His solemn actions of breaking the bread and offering the cup. We hear His solemn words of invitation: “Take, eat; this is my body” and “Drink of it all of you; this is my blood of the New Covenant.” As often as we partake of Holy Communion, the risen Christ comes to live in us. *"Whoever eats my flesh and drinks my blood lives in me, and I live in him"* (John 6:56). The Divine Liturgy is the highest experience of Christ's presence.

Finally, my dear people live your life by incorporating these three ways to grow closer to God. By living a life of prayer, obedience to God and experiencing the Divine Liturgy we too like the Saints of the Church, will experience a spiritual identity with our God. Let us all strive to grow closer to Him.

In Christ,

Fr. Peter

# 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



## CHANTERS

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

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

Jeanne Karaionnoglou

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

Helen Skandale and Lisa Xanthos

#### **Corresponding Secretary**

Mary Udria and Irene Albeck

#### **Recording Secretary**

Mary Dewar

#### **Treasurer**

Connie Becker

#### **Assistant Treasurer**

Maria Grover

#### **Advisor**

Maria Kypreos

#### **Spiritual Advisor**

Father Peter Stratos



### Board of Directors

#### **Beautification**

Maria Kokoris

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

Golf Classic

Golf Committee

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

Vacation Bible School Sophia Syrengelas

Mary Udria

VIPs

Helen Treantafelles



## Parish Council

### Next Parish Council Meeting

Tuesday, July 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.

**As a reminder, the Corona Virus has not "gone away" and is still very much with us.**  
**If you are not feeling well, please stay home and away from others.**  
**If you think that you may have been exposed or infected please consider wearing your mask when you go out or go to public indoor gatherings.**

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..







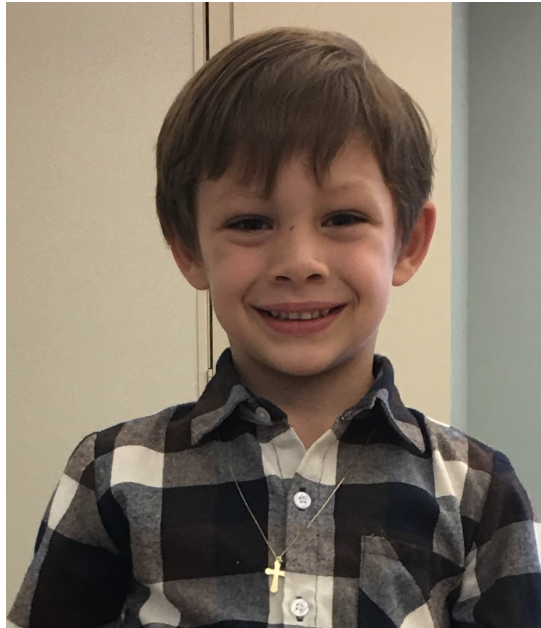
## Youth & Young Adults



&amp;



Congratulations to **Tommy Elhaj** and his family for successfully completing the Bible Challenge and 'All I Know About My Orthodox Faith'. There were twenty-five Bible questions and twenty-five questions relating to our Orthodox faith.



During the year we had guest speakers, lunch, activities and best of all kite flying.

I look forward to 2022-2023 with a few changes – HOPE (Hellenic Orthodox Pioneer Explorers) and JOY (Junior Orthodox Youth). The two groups will be meeting separately. They will no longer be one group. JOY needs to be more autonomous to lay the groundwork for when they become full fledged GOYANS. Separating them from HOPE will meet the maturity level of JOY (9-11) and allow HOPE (4 1/2-8) to continue to be a part of the youth group at their level of development.

If you wish to volunteer to lead either group please contact Irene Albeck. Due to the many activities following Sunday School there will be approximately four meetings during the year. The schedule will be set in place by October 2022.

## 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 (USHS)*

Philoptochos is continuing the monthly commitment to USHS by preparing a hardy, nutritious dinner made possible through the generosity of our 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.

The estimated costs are: rolls - \$16.50, cookies - \$27.50, beverage - \$48.60, and milk - \$10.80.

We invite you to consider helping us feed the needy by making a contribution towards this work. Thank you to all our donors for their support.

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

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



## Community Happenings

### *June General Meeting*

Out End of the Year and Scholarship Recipient Dinner was held on Wednesday, June 15th. Over 40 guests attended this lovely evening outdoors under the canopy at Foothill Restaurant in Pasadena. This year we celebrated the end of another amazing year of giving and love.

We also honored the 2022 scholarship recipients - Taia Bissias and Niko Udria and recognized the 2020 recipients - Nicholas Antsos, Alexia Saigh, Kostandino Tsigkounis, and Melina Zoumas - as we were forced to cancel our celebration due to the pandemic.

We congratulate these students for their hard work and wish them much success in college and beyond.

## Philoptochos continued



What a wonderful evening at Foothill Restaurant celebrating another successful year for Philoptochos of Saint Anthony. Typically, the June meeting is an overview of what Philoptochos accomplished during the year supporting many worthwhile charities large and small. It is also a time when high school graduate scholarship applicants are presented with awards for their accomplishments. The scholarship program began in 2001 with Michael Demopoulos being the first recipient. Since then sixty-four scholarships have been awarded. Maximillian Pollalis, 2021 recipient, attended to show his appreciation to Philoptochos. He is attending Baylor University in the fall.



Taia Bissias - Loyal University Chicago

Niko Udria - University of California Riverside



The pandemic prevented the acknowledgement of 2020 scholarship recipients. Philoptochos wanted to acknowledge their efforts during a very difficult time in their lives. The students were unable to have in person graduation ceremonies, however each school devised a creative way to give their four years some meaning. Philoptochos extends our appreciation for their ability to persevere and complete their studies via Zoom.

The 2020 candidates:

Nicholas Antsos	Rensselaer Polytechnic Institute
Alexia Saigh	University of California, Los Angeles
Konstandinos Tsigkounis	University of Fullerton
Malina Zoumas	Chapman University
Kleanthi Mowrey	Information unavailable

**Scholarship applications 2023 will be available upon request.**

*See photos – next page*



Philoptochos continued





## Philoptochos continued

### *Coffee Hour*

The Weekly Parish Coffee Hour has returned. Philoptochos is looking for individuals, groups or families to host Sunday coffee hours after 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.

### Annual Christmas Benefit 2022

#### *Save the Date*

We are BACK at THE LANGHAM HUNTINGTON HOTEL in Pasadena. We are delighted that our Christmas Benefit will return to The Langham on **Saturday, December 3, 2022.**

#### *Benefit Committee*

We invite you to be part of this fun group of talented women who annually plan our largest fundraiser of the year. All are welcome to join the 2022 Benefit planning committee. If you are interested in helping, please contact us by emailing or calling a Philoptochos Executive Board Member: panagiachapter@gmail.com, or Judith Din at (626) 676-1240.

### Upcoming Meetings

We wish you a fun and restful summer. General meetings will resume in September.

### Metropolis & National Events

National Philoptochos Convention **July 3-7, 2022** at the Marriott Marquis Hotel, New York.

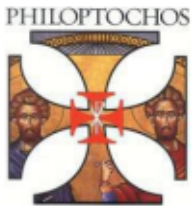


FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos  
Instagram: stanthonypiloptochos

### 2022 Philoptochos Membership

Philoptochos would also like to thank you for your 2022 membership donation. We are grateful to you for your steadfast support and excited by your enthusiasm for our ministry. After 2 unpredictable years, our membership has increased significantly. Your donation enables Philoptochos to serve the needy in our community and to support the charitable works of the Metropolis and the National Philoptochos throughout the year. Your time and talents are appreciated, and your fellowship is a big part of what we are all about. We can accomplish so much together.



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

**PHILOPTOCHOS MEMBERSHIP FORM**

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

<b>Last Name</b>	<b>First Name</b>	<b>Spouse Name</b>	<b>M.I.</b>
<b>Street Address</b>			
<b>City</b>	<b>State</b>	<b>Zip</b>	
<b>Home Phone</b>		<b>Cell Phone</b>	
<b>Email</b>			

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

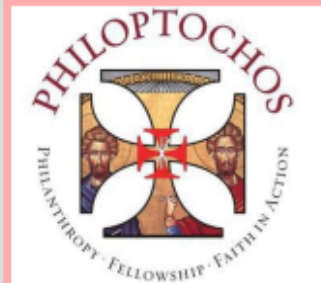
**St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:**

☐ \$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:

<input type="checkbox"/> Feeding the Hungry	<input type="checkbox"/> Hosting Fellowship	<input type="checkbox"/> Marketing
<input type="checkbox"/> Delivering meals to Parishioners in times of need	<input type="checkbox"/> Baking & Cooking	<input type="checkbox"/> Graphic Arts
<input type="checkbox"/> Homebound visitations	<input type="checkbox"/> Fundraising	<input type="checkbox"/> Other Talents
		<input type="checkbox"/> 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

THE VIPs met again for a meeting last month. During our meeting, it was decided to take the summer off. We were then treated to lunch and cake by Helen Damilatis in honor of her birthday.

Please join us at our next meeting on September 13th at 10:30 a.m. in the Church Hall.

Wishing you all a pleasant summer.

*Helen Treantafelles*  
VIP President  
htreantafelles@yahoo.com



## Monthly Lesson from Father Stavros Akrotirianakis...

### How do I get motivated after I mess up?

We are all going to mess up and we are all going to sin. That is the consequence of living in a broken and sinful world. There are some critical things to keep in mind when it comes to sin.

Sin makes us feel shame. Because when we sin, we feel both estranged from God and frustrated with ourselves.

1. God doesn't want us to live in shame. God loves us, and He wants us to feel joy, not shame.
2. This is why God has shown us forgiveness through repentance. When we repent, when we change course and come back to God, then we are forgiven by God.
3. God knows we will fall time and time again. This is why He forgives us time and time again.
4. Just because we will inevitably sin does not mean that we should not try to live a righteous and upright life to avoid sin. It means that when we sin, we need to repent, and get right back at the Christian life.
5. There is no one that is beyond forgiveness. There is no one that is beyond God's mercies. These things are on the table for everyone.

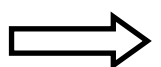
There is a beautiful prayer that is offered silently by the priest during the Orthros service (or during the Doxology if Liturgy follows Orthros). Here is the prayer with some commentary:

*Holy Lord, You dwell on high but watch all things below.  
With Your all-encompassing gaze You oversee all creation.*

God knows everything we do. There is nothing that we can hide from Him. There is no sin we can commit that He isn't going to see. So, in terms of being motivated after we mess up, we can be motivated to get back on the right path with the knowledge that God sees what we are doing. He sees when we do wrong. He also sees when we repent and do right.

*To You we bow both in spirit and body and we pray to You, O Holy of Holies.  
Extend Your mighty hand from Your holy dwelling place on high and bless us all.*

Despite the fact that we are sinful, we are still allowed to go to God and ask for His blessing. Imagine that, we can be bold enough to ask God for His blessing, even when we have messed up. Again, this is not permission to sin cart blanche and just expect God to bless us. It is reassurance that when we repent of our sin, when we turn back to God, He will still bless us.



## Monthly Lesson from Father Stavros Akrotirianakis... continued

*And if we have sinned, willfully or unintentionally, as a good, loving God, forgive us, granting us both Your earthly and heavenly gifts.*

This phrase is very comforting. First, it asks for God to forgive all of our sins, the ones we did unintentionally (yes, sometimes we sin and do not even know it) and the ones we did intentionally (yes, the ones that are premeditated and planned). We ask Him to forgive those also. Because He is a good and loving God, we can feel confident that He will forgive us. And finally, the most comforting thought of all is, when we've messed up, God still forgives us, and still wants us to enjoy both His earthly and heavenly blessings. How amazing is that?! That even after we have sinned, somehow earthly and heavenly blessings are still on the table for us.

*For Yours it is to show mercy and to save us, O Christ our God, and to You we send up glory, Father, Son and Holy Spirit, now and forever, and to the ages of ages. Amen.*

God, by His very nature is merciful and desires that all should be saved .

To answer today's question, how do we get motivated when we've messed up, the answer is simple – start over today and live right. And this repentance will lead to God's forgiveness. When we want to turn back to God, there isn't punishment or probation. We can turn back any time and He will be glad to receive us in repentance, as the father of the Prodigal Son embraced and kissed him without judgment.

*Holy Lord, You dwell on high but watch all things below. With Your all-encompassing gaze You oversee all creation. To You we bow both in spirit and body and we pray to You, O Holy of Holies. Extend Your mighty hand from Your holy dwelling place on high and bless us all. And if we have sinned, willfully or unintentionally, as a good, loving God forgive us, granting us both Your earthly and heavenly gifts. For Yours it is to show mercy and to save us, O Christ our God, and to You we send up glory, Father, Son and Holy Spirit, now and forever, and to the ages of ages. Amen.*

The opportunity to come back to a forgiving God and the knowledge that God will want us should be our motivation after we mess up !



## What is New in the Community?

### St. Anthony Bowling League

The St. Anthony Bowlers will begin the fall season on **Wednesday, August 31, 7:00pm.** at Bowlero Lanes in Pasadena and will play through Wednesday, November 16.

Bowlers should be at least 21 years of age. We are looking for new bowlers to join us.  
Skill level: Beginner to advanced!

Please contact Anthia Drulias-Lucas if you are interested in joining.

Sincerely,

Anthia  
(626) 274-6133



## What is New in the Community? continued



Connecting our Metropolis of San Francisco Graduates to a local Orthodox Church when they leave for College or University.

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

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

If so, please complete the form below. As the Metropolis of San Francisco Youth Director, I would like to make sure that an Orthodox Priest and community near your student's college connects with your loved one.

In addition, many college campuses across the country have an Orthodox Christian Fellowship (OCF) ministry. For more information please visit their website: <http://www.ocf.net/>

Our Metropolis Office of Youth & Young Adult Ministries also offers many opportunities throughout the year for Orthodox young adults & college students to gather, enjoy fellowship, and continue to learn about the faith! There are three Young Adult Retreats, a Young Adult Camping Trip, many Young Adult Pilgrimages, and a Young Adult Christmas Reception!

For more information, please visit our website for the Metropolis Office of Youth & Young Adult Ministries: <http://gosfyouth.org/youngadults/>



With Love in Christ,

Fr. Gary Kyriacou  
Greek Orthodox Metropolis of San Francisco  
Pastor of Youth & Young Adult Ministries  
Email: [FrGary@sanfran.goarch.org](mailto:FrGary@sanfran.goarch.org)

Johanna Duterte Carter  
Greek Orthodox Metropolis of San Francisco  
Director of Youth & Young Adult Ministries  
Email: [JDuterte@sanfran.goarch.org](mailto:JDuterte@sanfran.goarch.org)



## What is New in the Community? continued

### STUDENT'S CONTACT INFORMATION

Student's Name\*

Student's date of birth (Example: June 12, 2003)

Gender

Female

Male

Student's Patron Saint (Saint they were named after at their baptism)

Student's home parish, city, and state.

Student's College (Include the city and state)\*

Expected graduation date (Example: May 2025)

Major (area of study)

Student's email\*

Student's cell phone

Student's address while at school (Street Name, City, State, Zip)

Do you know which parish your student will attend while at school? If so, please list the parish name, city, and state.

Will the student have a car while at school?

Yes

Maybe

No

Other

### YOUR CONTACT INFORMATION

Your Name\*

Your relation to the student\*

Your home parish, city, and state

Your email\*

Your phone number

Your home address (Street Name, City, State, Zip)

## What is New in the Community? continued



### **Miraculous Relics of St. John Maximovitch**

Venerate the incorrupt relics of Saint John of Shanghai and San Francisco, who was a prominent 20th-century Orthodox ascetic and hierarch.



### **Regional Excursions**

Visit cool places in the Bay Area--amazing staff and advisors select safe & inspiring areas to explore.



### **Mini Courses with Amazing Faculty**

Take courses on Orthodox Tradition and Scripture with the best Orthodox professors from across the country.



### **Conversation with Metropolitan Gerasimos**

An exclusive opportunity to discuss contemporary issues with a hierarch of the Church.



### **So Much More!**

Sessions led by young adults and community leaders, and connections with other participants who can become your *parea* for life!

**High School Juniors and Seniors - Apply Today!!**

(617) 850-1309 | [www.crossroadinstitute.org](http://www.crossroadinstitute.org) | [program@crossroadinstitute.org](mailto:program@crossroadinstitute.org)

## What is New in the Community? continued

### Upcoming Church Festivals - 2022



#### July

Redondo 7/15 - 17

#### September

Long Beach 9/3 - 5

Covina 9/17-18

SanJuanCapo 9/24 - 25

#### October

Los Angeles 10/1 - 3



# Thank You

## Myroforas

The Myrrh Bearer (Myroforas) are age eight and up. It is an important experience in the lives of these young ladies to act on behalf of the original Myrrh Bearing women.

*"The seven women, in reflecting on all the important people of the Holy Week story - the myrrh-bearing women - figure very prominently for their love, loyalty, and courage, three attributes we should all be cultivating in our relationship with Christ."* Father Stavros Akotiranakis

Participating Myroforas are asked to perform some type of outreach. Traditionally they collect and donate peanut butter and jelly for a local food bank. This year we began a new Outreach. With the help of Mrs. Asimina Katsas, Lisa Xanthos, Helen Skandale, Mark Carpenter, Christine Kades, and Nicole Schulman, the Myroforas made and sold koulourakia. The proceeds went to the Ukrainian effort.

Thank you, Nicole, choral director, Eleni Wojcik and Maria Wojcik, for your dedication and love for the Myroforas. We are grateful for all the devoted and faithful parents.



\$303 was sent to IOCC for Ukraine relief

## What is New in the Community? continued

# SAINT SOPHIA CAMP 2022

REGISTRATION NOW OPEN!

Week 1: July 25th-July 29th at  
**Camp Cedar Lake** in Big Bear Lake, CA

Week 2: August 2nd-August 7th at at  
**Camp Saint Nicholas** in Frazier Park, CA

**Sign up at [www.saintsophiacamp.org](http://www.saintsophiacamp.org)**

Registration closes on June 15th at 11:59 pm. Any sign-ups  
after will be placed on a waitlist.

**For more information please contact:**

[saintsophiacamp@gmail.com](mailto:saintsophiacamp@gmail.com)



## What is New in the Community? continued



# PARTICIPATE IN THE THIRD CENTENNIAL PILGRIMAGE

Led by His Eminence Archbishop Elpidophoros of America  
in celebration of 100 years of the  
Greek Orthodox Archdiocese of America

## AUGUST 8-19, 2022

Celebrate the Feast of the Dormition at  
the Historic Monastery of Panagia  
Soumela with His All-Holiness  
Ecumenical Patriarch Bartholomew.

ONE OF FOUR  
UNIQUE  
PILGRIMAGES IN AN  
ORIGINAL 4-PART  
CENTENNIAL SERIES

AUGUST 8 - AUGUST 19



SAMISU



TRABZON



CONSTANTINOPLE

Visit Tripoli with its castle, Kerasunda and the former Church of Agios Nikolaos (Museum of Giresun), Kotyora (Ordu) and the former Church of Ipapanti and St. George, Cape Jason and the Church-Museum of St. Nicholas. ②

Attend Divine Liturgy for the feast of the Dormition of the Theotokos at the Panagia Soumela Monastery with His All-Holiness Ecumenical Patriarch Bartholomew. Visit the sites of great importance to the Pontian heritage. ②

Experience the Queen of Cities by visiting sites sacred to the Orthodox faith: The Sacred Center of the Ecumenical Patriarchate, Hagia Sophia, the Theological School of Halki, Panagia Vlacherna, and Baloukli Monastery. ②



**Double Occupancy**  
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**Single Occupancy**  
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**Flights departing from and returning to New York.  
Participants can also join directly from Greece!**

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## What is New in the Community? continued



## *YAL is Back and Ready to COMMIT in San Diego*

Are you ready to COMMIT to your faith, your vocation, and your life? The Young Adult League (YAL) Conference over Labor Day Weekend 2022 in San Diego, California is where you want to be! This will be the fourth YAL Conference since 2019 hosted by the Greek Orthodox Metropolis of San Francisco, and promises to be bigger and better than ever!

## What is New in the Community? continued



Conference attendees will enjoy a full weekend of events, workshops, worship, and relaxation from September 1 – 5, 2022 at the Wyndham Bayside Resort, in sunny San Diego, CA. Highlights of the weekend include engaging workshops, worship, dances, a Gala, and a special maritime event “Top Gun YAL” aboard the USS Midway aircraft carrier in the San Diego harbor. Diakonia is also an important part of the YAL ministry and will include a program to benefit the

Wounded Warrior Project, an organization that helps veterans and service members who incurred a physical or mental injury or illness while serving in the military.

### Online Registration is now *OPEN*

Registration includes all meals, events, workshops, transportation during the weekend, and much more!

Space is limited so don't wait to book your travel and ***secure your hotel.*** The 2019 and 2021 Conferences were sell-outs with participants from over 43 states across the Archdiocese, so be sure to COMMIT by ***registering today!***



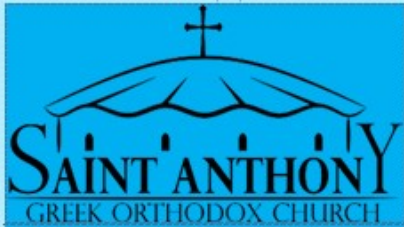
For more information, please email [YALConferenceReg@gmail.com](mailto:YALConferenceReg@gmail.com)




## 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](http://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](mailto: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

### Cosmas & Damian, Unmercenaries

1 July

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



### Kyriaki the Great Martyr

7 July

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



### Euphemia the Great Martyr

11 July

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



### Saint Olga, Equal to the Apostles

11 July

Saint Olga, renowned for her wisdom and sobriety, in her youth became the wife of Igor, Great Prince of Kiev, who ruled during the tenth century. After her husband's death, she herself ruled capably, and was finally accepted the Faith of Christ. She traveled to Constantinople to receive Holy Baptism. The Emperor, seeing her outward beauty and inward greatness, asked her to marry him. She said she could not do this before she was baptized; she asked him to be her Godfather at the font, which he agreed to do. After she was baptized the Emperor repeated his proposal of marriage. She answered that now he was her father, through holy Baptism, it was unheard of for a man to marry his daughter. Gracefully accepting to be outwitted by her, he sent her back to her land with priests and sacred texts and holy icons. Her son Svyatoslav remained a pagan, but she planted the seed of faith in her grandson Vladimir. She reposed in peace in 969.



## Feasts and Saints for this month continued

### Marina Holy & Great Martyr

17 July

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



### Glorious Prophet Elias (Elijah)

20 July

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

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



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

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



## Feasts and Saints for this month continued

### Glorious Prophet Elias (Elijah) – *continued*

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

### Mary Magdalene, the Holy Myrrh Bearer, Equal to the Apostles

#### 22 July

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



### Saint Christina

#### 24 July

Saint Christina was from Tyre in Syria, the daughter of a pagan named Urban. Enlightened in her heart to believe in Christ, she broke her father's idols, made of gold and silver, and distributed the pieces to the poor. When her father learned this, he punished her ruthlessly, then cast her into prison. The rulers subjected her to imprisonments, hunger, torments, the cutting off of her breasts and tongue, and finally impalement, in the year 200, during the reign of the Emperor Septimius Severus.



### Dormition of Saint Anna, mother of Theotokos

#### 25 July

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



## Feasts and Saints for this month continued

### Saint Paraskeve

26 July

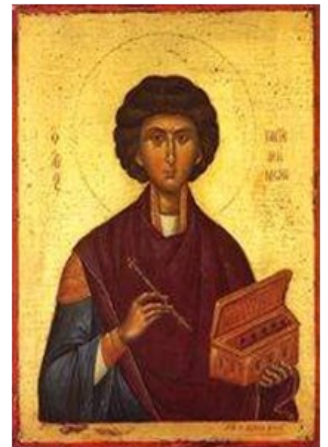
Saint Paraskeve, who was from a certain village near Rome, was born to pious parents, Agatho and Politia. Since she was born on a Friday (in Greek, Paraskeve), she was given this name, which means "preparation" or "preparedness" (compare Matt. 27:62, Mark 15:42, Luke 23:54, and John 19:31, where 'Friday' is called "the day of the preparation"). From childhood she was instructed in the sacred letters and devoted herself to the study of the divine Scriptures, while leading a monastic life and guiding many to the Faith of Christ. During the reign of the Emperor Antoninus Pius, she was apprehended because she was a Christian and was urged to worship the idols, but she answered with the words of Jeremias: "Let the gods that have not made heaven and the earth perish from off the earth" (Jer. 10:11). Because of this she endured exceedingly painful torments, and was beheaded year 140. The faithful pray to her for the healing of eye ailments.



### Panteleimon, Great Martyr and Healer

27 July

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



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

# Orthodox Calendar

## July 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					 1 Cosmas & Damian Un-mercenaries	2
3 3rd Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	4	5	 6 7pm Union Station Philoptochos Outreach	7 Kyriaki Great Martyr	 8	9
10 4th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	11 Euphemia Great Martyr  Olga Equal to the Apostles	12 7pm Parish Council Meeting	 13 7pm Philoptochos Board Meeting	14	 15	16
17 Sunday of the Holy Fathers 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	18	19	 20 Elias the Prophet	21	 22 Mary Magdalene Myrrh-bearer & Equal to the Apostles	23
24 6th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	25 Dormition of Anna	26	 27 Panteleimon Great Martyr	28	 29	30
31 7th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream		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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July 2022

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TIME SENSITIVE

*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 could not 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.*

We are  
sinners before  
You, O Lord.

Have mercy on  
us and on the  
whole world.