

The Voice of Saint Anthony

September 2022



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Priest's Message	2
Ministries	5
Parish Council	10
Sunday School	11
Youth/Young Adults	12
Philoptochos	15
VIPs	18
Monthly Lesson	19
Community News	21
Saints of the Month	41
Orthodox Calendar	44



Ecclesiastical
New Year
1 September



Nativity of
Holy Theotokos
8 September



Elevation of the
Holy Cross
14 September

Deadline for October Newsletter is Sunday, 25 September
Please send to: newsletter_church@aol.com

Message from Father Peter

Prayer:

Christ our God, Your kingdom is an everlasting one and your lordship is over all. You have made all things with wisdom and have established proper times and seasons for our lives. We give thanks to You in all circumstances and for all things. Lord bless the beginning of the Church year with Your goodness. Grant that this liturgical year be for all of us a year of grace. Make us worthy with purity of heart always to praise you. Lord glory to you! Matin Hymn, September 1.

Do you know why the first day of September marks the beginning of the Church year? We are accustomed to think of January 1st as the beginning of the year. But the tradition of computing the start of a new year with the fall season was common to the lands of the Bible, and to all the lands around the Mediterranean. The summer harvest was at an end, the crops were stored, and people prepared for a new agricultural cycle. It was an appropriate time to begin a new year.

The prayers and hymns of the Orthodox Church not only recite the wonderful works of God in creation and history for our salvation but also frequently offer guidance about how to make each year a year of grace, a year of the Lord. For example, the very first hymn of the liturgical year, chanted at Vespers in the joyful first tone, reminds us that prayerful daily dependence on God is the basic attitude of the Christian life. This hymn is also interesting because it refers to another key passage in the Bible and addresses all the Orthodox faithful.

O faithful, having learned true prayer from the very words and divine teachings of Christ, let us cry out to the Creator each day: Our Father, who dwells in heaven, give us always daily bread, and forgive us our transgressions. Of course the prayer in the Bible this hymn is referring to is the Lord's Prayer.

As we pray the Lord's Prayer daily, allow me to also offer a meditation for us all to reflect on, as we begin the new Church ecclesiastical year. Prayerful daily dependence on God sanctifies every moment of the day, whether we are at work, at play, at rest or in difficulty; it fills it with the presence of God and makes it God's moment. Reflect on this passage and concentrate on making a difference in your life this year through prayerful daily dependence on God.

As a community, refreshed from a restful summer, we are ready to begin our new Church year. We have numerous programs and ministries available to receive God's grace and grow in our faith. See the flyer in this publication for more information about Ministry Day on Sunday September 11. Come to church, participate, sign up with our ministries. In fact come to Church often and take part in the life of the Church! Make this new Church year the very best it can be for us as individuals and as a spiritual family. Experience God's love and grace through this beautiful community, which He continues to greatly bless.

Happy New Year! Καλη Χρόνια!

In Christ,
Fr. Peter

Message from Father Peter

St. Anthony's 2022 Pledged Members (August 26, 2022)

Stratos, Fr. Peter/Pres. Aida	Christodoulou, Christine & Christakis	Haralambos, Aiki,	Koutsoukos, Lin & George
Akrotirianakis, Joseph N. & Sherese	Christopoulos, Judie & Gus	Haralambos, Anthony & Kathleen	Kundanis, Christine
Albeck, Irene	Christopoulos, Tom & Karen	Haralambos, Lambi & Sally	Kypreos, Maria & James
Albeck, Mark Gregory	Christopoulos, Tony and Lynnette	Haralambos, Tom & Page	Lagousis, Ted & Kendra
Alex, Alys	Christou, Nicholas	Horaite, George & Olympia	Lappas, Virginia
Andricos, Constantine	Cokias, Jason & Karen	Hronas, Maria & James W.	Leontas, Angela & Andrew Murrell
Andros, Gus & Lorena	Damilatis, Eleni	Hunter, Nicole	Loutsos, Anna & Georgia & John
Angelos, James & Sophia	Darlas, Paula	Ioannou, Christos & Eleni	Grajeda
Antsos, Dimitrios & Judith Din	Darlas, Tom	Johnsen, Eleni	Lubian, Daniel & Stephanie
Argueta, Cris & Teresa V.	Daskalos, Chris	Johnson, Noah & Elain	Lucas, John S. & Anthia
Arviso, Ange	Demetriades, Demetrios & Elizabeth	Kachulis, Louis	Lucas, Katherine
Athanasoulis, Chris & Tina	Demopulos, Elizabeth & Andrew	Kades, Christine	Macris, Catherine & George
Athans, Tesi & Craig Lareau	Demopulos, Michael & Patricia	Kades, Vicki & Louis	Magaziotis, Phophi & Panteli
Athans, Tina & Dean P.	Dewar, Mary & Andrew	Kalambakas, Vivian N.	Makris, Ted & Maria
Attalla, Philip "Ted" & Michelle Reagan	Dragonas, P. Henri III	Kalivas, Elene & George	Malina, Dorothea
Balas, Argiro Julie & Dino	Dupas, Theodore & Evangeline	Kalivas, Pota	Malisos, Fontaine
Balas, Christian	Edwards, Nancy C.	Kallas, Mark & Debra	Malisos, Samantha A
Baliotis, Tina	Efstathiou, Jimmy & Michelle	Kamar, April	Martin, Sam & Debbie
Balntas, Bill & Eleni	Efstathiou, Teddi & Dean	Kaparos, Stefanos	Maslen, Larissa & Mark Carpenter
Becker, Connie & Brian L.	Floutsis, Penny & Ted	Karaioannoglou, Phaeton & Jeanne	Mavredakis, Vivian
Becronis, Christina	Frangeskou, Yiorgos & Xenia	Karamaras, Andriana	McCann, Liam
Bichai, Anthony & Anna	Frank, Adam Jonathan	Karatzas, Mersina & John	McGregor, Richard & Kristen
Bicos, Marietta	Fuerst, Nicolette & Jay	Karvelas, Kosta & Marina	McNulty, Jennie & Chris
Bissias, Peter	Gallagher, Eleni & Matthew	Kasdagli, Dimitra & Mark Nastri	Mechalas, Bess
Bjorknert, Jan & Vicky	Gallanis, Pete & Danica	Katsafados, Theoni & Pete	Mitis, Nick & Maria Prantzikou
Blosiu, Julian O. & Catalina E.	Ganis, Maria C.	Katsas, Asimina & Alexandra	Mobayen, Chrissa & Syrus
Bonorris, Bill	Garbis, Spiros & Antigoni	Kefalas, Evelyn & John	Molinari, Yngrid
Bonorris, Donna & Pete	Manousopoulou	Kefalas, Modestos & Nina	Nassos, Jonathan & Jenni Pulos
Bozikis, Demetra	Gavalas, Cleola & George	Kefallinos, Vicki & Nick	Nichols, James & Joyce
Brown, Niki	Gelt, Brian & Pana	Kiotas, Stavroulas	Nunez, Alyssa & Angel
Bryant, Dan & Karen	Georgakopoulos, Eleni & George	Kirimis, Nitsa & John	Odell, Gordon and Cornelia
Buickians, Gagik & Jacqueline	Giakas, Vasilike	Kitridou, Rodanthi C.	Otis, Robert & Denise
Burkard Jr., Frank J. & Penelope	Gittings, Brian & Maria Katsas	Kokoris, George & Carolina	Panagiot, Harry & Anastasia
Buzas, John & Pamela	Grafos, Thean	Kokoris, Maria & Nicholas	Papavasiliou, Joanna & Joseph
Buzas, Nicholas & Danielle	Grafos, Tom & Tania	Kolokotronis, Carolyn & James A.	Castellon
Caire, John.	Grover, James & Maria	Koudanis, Helen	Papavasiliou, Sotirios
Chames, Anastasia.	Gupta, Deepak	Kouis, Peter	Pappas, Constantine & Hope
Christodoulelis, Tanya	Halias, Joanne & John	Koulakis, John and Gisele	Pappas, Dean C. & Jennifer
		Koulos, Joanna & Konstantinos	Pappas, Dr. James P.
		Koutras, Alexander E.	Pappas, Dr. Peter A.

Message from Father Peter

Pappas, Peter & Cathy
 Pappas, Steven & Christine
 Pappas, Tony & Stergiani
 Pastis, Leah
 Pastis, Patricia
 Patsavas, Bertha
 Patzakis, John & Andrea
 Paziouros, John
 Paziouros, Konstantina & Nick
 Paziouros, Patricia
 Pegadiotes, George S.
 Pegadiotes, Georgia & Sam
 Pegadiotes, Stan S.
 Perris, Christina.
 Plumtree, Martha & Wayne
 Pollalis, Dino J.
 Polychronis, Phaedra Myrto
 Poulos, Anastasia
 Poulos, Yiota
 Reese, Helen
 Rellos, John, Theodora & Vasilios
 Riley, Thomas & Evangelia
 Rivas, Alexis & Lexi (Kopan)
 Saigh, Mark & Mara R. Suchy
 Schwindt, George E. & Meridith
 Scordelis, Alexander & Melissa
 Serban, Athena & Mihai
 Sideris, Athanasios & Anastasia
 Sipsas, Pantelis & Nafsika
 Skandale, Elizabeth
 Skandale, Helen
 Smith, Herman & Helen
 Soewers, Stephanie & Randy
 Soris, Kiparisia (Sia)
 Stafylis, Chrysovalantis
 Stamos, Andy & Mary
 Stamos, Nikos A.
 Stavropoulos, Peter T & Theodora
 Stavropoulos, Ted & Georgia
 Stephens, Kenneth & Angelina Maria

Tarazi, Ellie
 Tarazi, Ted & Panagiota Angelos
 Tirado, Elizabeth
 Tolliday, Ben & Jessica
 Treantafelles, George P.
 Treantafelles, George T. & Helen
 Treantafelles, Stan & Vivian
 Triantafyllidi, Ioanna & Galino
 Barmparas
 Tripodes Zacharias N.
 Tripodes, Dena
 Tripodes, Georgia E.
 Tripodes, Marika
 Tripodes, Stella
 Tsianos, George & Andria
 Tsigkounis, Charalambos & Catherine
 Tsouvalas, Charles
 Tsouvalas, James
 Tsouvalas, John & Jenny
 Tsudis, Margaret and Robert
 Udria, Juan & Mary
 Vacalo, Eleni
 Vagenas, Alex & Tashia
 Vagenas, Christos
 Vagenas, Dino & Krystina
 Vagenas, George & Polly
 Vagenas, John & Georgia
 Vagenas, Pete & Mindy
 Vagenas, Sophia
 Vagenas, Spiros & Diana
 Vagenas, Vasilios & Nicolicha
 Varvitsiotis Varvas, Fotiny
 Vavoulis, Ted & Esther
 Vezzuto, Christopher & Celka
 Vezzuto, Robert & Stephanie
 Vidalakis, Nick and Nancy
 Vidalakis, Perry & Zoe
 Vlahos, Tasia & Effie
 Vorgias, Zacharias & Alma
 Voyagis, Eleftherios & Pauline

Webster, John & Jennifer
 Williams, Athena & Alex Tarter
 Wojcik, Radoslav M. & Pamela
 Xanthos, Lisa

Zarian, Vincent & Maria
 Zarifes, Peter & Tina
 Zoumas, Michael & Christina
 Zoumberakis, Haralambos and Nikole

Every effort has been made to ensure the accuracy of this
 stewardship list. Please forgive us if there are any errors or
 omissions. Contact Alma at 626-449-6943 for any
 questions or corrections.

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

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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

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

Psalter Group

TBD

Vacation Bible School Sophia Syrengelas

Mary Udria

VIPs

Helen Treantafelles



Ministries at Saint Anthony continued



WELCOME BACK!
Church and Youth Ministries

Registration

Sunday, September 11 (Lunch)

We are excited for the beginning of the Ecclesiastical New Year and being back together again with all our ministries.

Parish Council
Philoptochos Society-Panagia Chapter
VIPs – Senior Group
Studies in the Faith
Bible Study
Byzantine Chanters
Acolytes (Altar Boys)
Myrrh-Bearers
Sunday School Fellowship
St. John Chrysostom Oratorical Festival
HOPE
JOY
GOYA
YAL Young Adults
Greek Dance
Greek Language School
Moms, Pops n' Tots
Basketball
Volleyball Tournament
Pasadena Greekfest
St. Anthony Golf Tournament

Ministries at Saint Anthony continued

Welcome to Ministry Day

Saint Anthony held our first “Welcome back to church” Ministry Day Sunday, on August 28, 2022. It was a special kick-off to begin the new Ecclesiastical year with renewed energy. It was wonderful to see so many faces especially all the young people.

It was an opportunity for young and old to sign-up for: Acolytes, Bible Study, GOYA, GOYA Basketball, GOYA Volleyball, Greek Dance, Greek School, HOPE, JOY, Philoptochos, Prayer Ministry, Sunday School, VIPs and more,

Special thank you to Lisa Xanthos, Jim Xanthos, and Helen Skandale for preparing the wonderful breakfast that was enjoyed by all!

If you were unable to attend in August, there will be a second Ministry Day Sunday on **September 11**. On this date we will also have a Memorial Service honoring those who lost their lives on September 11, 2001. A light meal will be provided! It is our hope that if you missed the first Ministry Day sign-up, you will make every effort to attend this second one on September 11.

If you are unable to attend, you may sign-up through-out the fall months.

We pray you can renew your commitment to our parish and community and take an active roll in the life of St. Anthony with an enthusiastic spirit!

Anthia Drulias-Lucas, Ministry Day Organizer
ADLJSLO2@YAHOO.COM
(626)274-6133 - call/text



Ministries at Saint Anthony continued



Parish Council

Next Parish Council Meeting

Tuesday, September 13

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

Let us take a moment to say thank you to all essential workers: first responders, doctors, nurses, health care workers, and researchers who despite facing direct exposure to COVID 19 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..





We hope everyone had a wonderful and restful summer!

Please be sure to join us for Church and Ministry Registration on **Sunday, September 11th**, where you will have the opportunity to register your child/children for Sunday School Fellowship as well as other youth ministries at St. Anthony. This is not only a great opportunity to learn more about youth and church ministries, but also a chance for us to join together in fellowship as we start the Ecclesiastical Year as a parish and community.

The first day of class is on **Sunday, September 18th**. Our Sunday School teachers are excited to see your children and look forward to what we know will be a fun and meaningful year for your child as they grow in their faith.

I thank our dedicated and faithful teachers in advance for sharing their time and talents with our youth. They are the heart and soul of our program and I couldn't be more grateful for the time and commitment that they share with our Sunday School Fellowship program.

Little Lambs:	Teresa Arguets
PK & TK:	Irene Albeck & Larissa Maslen
Kindergarten & 1st:	Sophia Syrengelas
2nd & 3rd:	Theoni Katsafados, Assistants: Jenni Pulos Nassos & Vicki Kades
4th & 5th:	Maria Kypreos
6th, 7th, & 8th:	Polly Vagenas & Chris Syrengelas
High School:	Presvytera Aida Stratos
Photographer:	Vicki Kades

Students are placed in class according to their grade level in school. They must be 4 years old by December 31st, 2022 in order to enroll in Sunday School. Children under 4 are welcome to participate in Little Lambs.

Registration forms and suggested donation (\$20.00 per child) will be available and will be collected at the time of registration.

Thank you!

Sophia Syrengelas

sophiajammie@gmail.com

Youth & Young Adults



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!

Youth & Young Adults 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

Youth & Young Adults continued

FDF 2023



Dear FDF participants and friends,

We're excited to announce that the 46th Annual Greek Orthodox and Choral Festival (FDF) is returning to Phoenix, Arizona!

Please join us on February 16-19, 2023 at the Sheraton Phoenix Downtown Hotel.

Hotel rooms with FDF rates and information about how to book your reservations will be available soon. We will give advance notice of when hotel reservation will be open.

Watch for further information and updates about FDF 2023, including hotel information and more.

We're looking forward to seeing you all in Arizona for another memorable year!

Your FDF Board of Trustees



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	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**



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 liturgy. Please, look for sign-up information in the church hall or foyer.

For further information, please contact:

Tanya Christodoulelis (626) 579-2304

Maria Kypreos (626) 272-2720

Philoptochos continued

Blessing of the Animals

Save the Date

Saturday, October 29 at 11:00 AM on the church grounds

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.

Mailing List Update

Have you moved? Changed your address? Changed your name? We are updating our mailing list in preparation for the upcoming Christmas Benefit in December. We want to make sure that you will receive our Christmas Benefit invitation as well as other future program mailings. Please notify us promptly if you have any changes to your mailing address in the following format:

Your Full Name	New Address	City, State, Zip Code	Email
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Also, you may request to be removed from future Philoptochos mailings by emailing all change requests to **Nicolette.fuerst@gmail.com**

Upcoming Meetings

Benefit Committee Meeting
Wednesday, September 7 - 7:00 PM

Board Meeting
Wednesday, September 14 - 7:00 PM

General Meeting - WELCOME BACK DINNER
Wednesday, September 21 - 6:30 PM
The evite for this potluck dinner will be coming out soon.

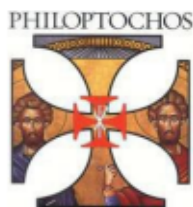
2022 Philoptochos Membership

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.



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonypiloptochos



**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 ☐

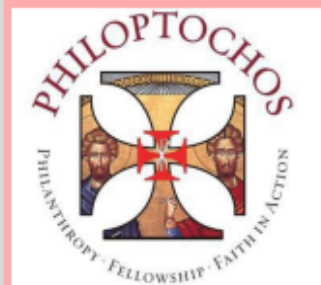
St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:

☐ \$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:

<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

Hello VIPs,

I trust you are all enjoying what's left of this VERY WARM SUMMER. I also hope you have managed to stay safe and "COVID-FREE" during these past two months.

Many thanks to Irene Albeck for coming up with a novel meeting theme that will allow us to reminisce about our bygone school days while supporting "Operation Classroom".

This community project is chaired by parishioners Nicolette Fuerst and Jennifer Webster and endeavors to collect and donate items such as art supplies, crayons, markers, colored pencils, etc., to students in need of school supplies, as they begin a new academic year in this time of inflated prices.

Also, let's have some fun remembering and sharing memories of our school days.

Let's gather in the Community Center at 10:00 a.m. for some socialization before beginning our meeting at 10:30 a.m.

Following the meeting lunch will be provided.

Looking forward to seeing you on Tuesday morning, September 13th. Don't forget to bring items for "Operation Classroom."



Helen Treantafelles
VIP President
htreantafelles@yahoo.com

Monthly Lesson from Father Stavros Akrotirianakis...

We Need to Encourage One Another

We who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbor for his good, to edify him. For Christ did not please Himself; but, as it is written, "The reproaches of those who reproached Thee fell on me." For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, as Christ has welcomed you, for the glory of God.

Romans 15: 1-7

The word "encouragement" finds its way into my lessons quite often. That is because it is something that is very needed in life and many times, very lacking in our lives. At summer camp recently, I asked the campers who the voices of discouragement were in their lives and I was appalled to hear that the leading voice of discouragement for some of them is their parents. I'm not throwing stones at parents. I am a parent. It made me a lot more cognizant of being a positive voice in my son's life and will make me measure my words, making sure that in the times I have to correct him or admonish him, I do it in a way that is constructive and encouraging.

In St. Paul's Epistle to the Romans, he tells us that we are to *"bear with the failings"* of people. (Romans 15:1) We are supposed to look out for the good of our neighbor. And one of the easiest ways to look out for our neighbor is to encourage him or her. It costs no money and hardly any time to be a voice of encouragement. And we don't have to wonder whether our neighbor needs encouragement because everyone needs encouragement.

There are times when we feel alone and discouraged, and St. Paul reminds us that encouragement can be found at any time in the Scriptures. He says that *"by steadfastness and by the encouragement of the Scriptures we might have hope."* (Romans 15:4)

Saint Paul ascribes a divine quality to encouragement when he refers to God as *"the God of steadfastness and encouragement"* (Romans 15:5) and that this Christian principle of encouragement is one thing that will allow us *"to live in such harmony with one another, in accord with Christ Jesus."* (Romans 15:5)

At our recent summer camp, there is a teambuilding element called "encouragement." It consists of a large maze filled with ropes and trees. A bandana has been tied to one of the ropes somewhere in the maze. One of the campers is blindfolded and placed in the maze (usually someone who has not been to camp before and therefore doesn't know what is going to happen). The camper is then told to find the bandana. When they go in the right direction, people clap to encourage the camper that they are doing the right thing. When they go in the wrong direction, there is silence. Eventually, the camper figures out that clapping is for encouragement and once they figure this out, they can find the bandana.

There are two elements at play here:

First, the camper must realize the need for encouragement and use the cues they are given in order to be successful in their task.

Second, the people clapping (who are spread out around the outside of the maze and are not allowed to talk or strategize) must figure out how to clap appropriately and consistently so that they clap *"with one voice"* (Romans 15:6). When the clapping campers offer encouragement in a consistent way, and when the blindfolded camper accepts the encouragement, the task is quickly solved. Failure to do either - be consistent, or humbly accept encouragement - will not allow the task to be completed.

Monthly Lesson from Father Stavros Akrotirianakis... continued

In the ideal Christian world – in the church and outside of it – encouragement becomes a way of life. Offering encouragement with one voice and in a way that glorifies the Lord will help people get to the bandana in the various mazes of life -- surviving high school, having a successful marriage, raising children, doing well at work, and growing in faith. When no one encourages us, or when we do not accept encouragement from others, we will not be able to make our way out of the maze nor find the success in life and in the faith that we seek.

Encouragement is a serious thing. It is something we all need. It is oftentimes the thing that keeps us going when life gets hard. And encouragement is something we can all give. It's just a matter of being consistent in giving it.

One other important aspect of encouragement – when we want to discourage bad behavior or correct something that someone is doing wrong, there is a way to correct or even admonish in a way that is encouraging. And that is to be gentle about it. To gently correct not only gets a behavior to change but preserves the dignity of the person you are trying to correct and many times preserves the relationship you have with them. Encouragement is not a modern concept. Saint Paul encouraged encouragement to the church in Rome. Through his Epistle, he continues to encourage us in our modern-day churches and lives to be encouragers, both for things of this world and for matters of faith.

Be a voice of encouragement today!

When Christ enters your heart, your life changes..

When you find Christ, you are satisfied.

You desire nothing else. You find peace.

You become a different person. You live everywhere, wherever Christ is.

You live in the stars, in infinity, in heaven with the angels, with the saints,
on earth with people, with plants, with animals, with everyone and everything.

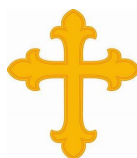
When there is love for Christ, loneliness disappears.

You are peace-filled, joyous, and full.

Enter me Lord and give me the opportunity to be an icon of you in this world.

You created me in Your image and likeness.

Help me to live in a way that reflects that.



What is New in the Community?

Upcoming Church Festivals - 2022



<u>September</u>	
Long Beach	9/3 - 5
Covina	9/17-18
SanJuanCapo	9/24 - 25



Orange County International Street Faire
City of Orange

“Greek Street”

sponsored and run by the parishioners of
Saint John the Baptist
Anaheim

What is New in the Community? continued

St. Anthony's Greek Dance 2022-2023

Location: Outside the Trinity Ballroom
Time: After church service



Dance practices will begin on
Sunday, September 11, 2022

What is New in the Community? continued

Saint Anthony Bowling League News

Fall Season 2022



Saint Anthony Bowling League began their Fall 2022 season on Wednesday, August 31, 7:00 P.M, at Bowlero Lanes in Pasadena. The fall season will continue for 12 weeks, ending on Wednesday, November 16, 2022.

We have 20 returning bowlers and 10 new participants. At this time, if anyone is interested in substituting or just being a spectator please contact:

Anthia Drulias-Lucas

ADLJSLO2@YAHOO.COM

(626)274-6133 - call/text



What is New in the Community? continued

Praying The Psalter Group *For Women*

**Every Tuesday 7-8pm,
Sept 20 - Nov 22 (10 weeks via Zoom)**

The Psalter, containing *the Psalms* of the Bible, is a wonderful spiritual tool the Church has provided to help us learn how to pray. The Church encourages each and every one of us to make *the Psalter* a part of our prayer lives.



Join us as we -

- ♦ Pray through *the Psalms*
- ♦ Pray for our Parish
- ♦ Pray for Christians around the world
- ♦ Discuss how to incorporate the Psalter into our daily prayer lives

For more
information, contact:
Jennifer Dobrinen
jenniferdobrinen@yahoo.com
559-326-4747

What is New in the Community? continued



Visit Greece without leaving Los Angeles!

**Enjoy end of summer fun at St. Anthony's Panigiri
hosted by the community of Saint Anthony Greek Orthodox Church in Pasadena.**

Saturday Oct 1, 2022 from 3pm to 11pm

There will be a live band and dancing

**Food and beverages will be available for purchase:
Greek pastries, Souvlakia, Mezedes, Loukoumades, Coffee, Dinner plate, and a full bar!**

**Admission
\$10 ages 13 +
\$5 ages 12 and under**

**Parking available in Locksley parking lot and on the street. There will be a check in table
so you may pay at the door.**

**Registration suggested
To register please visit: www.stanthonyspanigiri.com**

What is New in the Community? continued

Coming Soon!



Join our **Family Wellness Ministry** for the upcoming series
"Eight Dates - Essential conversations for a lifetime a love"



Thursday evenings via zoom

Oct. 13	Oct. 27	Nov. 3	Nov. 17	
Dec. 1	Dec. 15	Jan 5	Jan. 19	Feb. 2

Our program focuses on the topics from the award-winning authors and psychologists Drs. John and Julie Gottman, and bestselling authors Doug Abrams and Rachel Carlton Abrams, MD.

Over 400 couples have participated in our "Eight Dates" series both online and in various parishes throughout the country sharing resounding positive feedback about the transformation in their relationships.

REGISTRATION opens on Sept. 1st www.familywellnessministry.org

What is New in the Community? continued

IOCC Frontliner Disaster Response Team

This past week, Father Chris Retelas had the humbling experience to be deployed as part of the IOCC's Frontliner disaster response team to flood-affected Kentucky.

Here is a summary of his trip:

Over three weeks after these devastating floods, the damage is still extreme in some parts, and the victims are still trying to cope with their loss of family members, homes, and livelihoods.

Together with Fr. Stephen Mathewes, the pastor of Christ the Savior Greek Orthodox Church in Bluff City, TN, we were partnered with another disaster response organization on the ground, Inspiritus, to provide Emotional and Spiritual Care (ESC) to the survivors, assist in the clean up and debris removal of affected homes, as well as distribute supplies and material support to victims, shelters, and recovery sites in the various affected counties.

Please continue to pray for the survivors, victims, volunteers, the state of Kentucky, and all those affected by this disaster!



What is New in the Community? continued

Setting up a "Little Church" in our HOMES

St. John Chrysostom taught that our homes should be like little churches - refuges of prayer, hospitality and connection with God and others.

Here are some reference materials to help bring a holy atmosphere into our homes from Father Constantine Trumpower, St. Demetrios, Camarillo.

HOW TO SET UP A PRAYER CORNER

Many Orthodox Christians seek to develop a deeper, more personal life of prayer, as they should, since prayer is an integral part of the Orthodox Faith and our relationship and communion with God. One way to help strengthen your personal prayer life (and sustain it long-term) is to set a special place aside in your home for prayer. Having that holy place established in your home encourages you to go to it each day to pray and deepen your relationship with God. In this post, we show you how to set up a prayer corner in your home, step by step.

WHAT IS A PRAYER CORNER?

In Orthodox Christian homes, the prayer corner is the physical place reserved for personal and family prayer. In Orthodox countries, the faithful call it the front corner, the beautiful corner, the holy corner, the icon corner, God's place. Whatever its name, this prayer corner is the spiritual heart of the home. It should serve as a constant reminder to pray. It should be a sanctuary for you and your loved ones, a place where you can rest and renew yourselves as you live in this world. And perhaps most importantly, it should connect you with your spouse, children, and the even greater family of Saints who have gone before you, who all stand with you in worship of God.



What is New in the Community? continued

SELECTING A PRAYER SPACE

The first thing you should do when setting up an icon corner is selecting an ideal space in your house or apartment. Your prayer corner can be anywhere in your home, but ideally, it should be somewhere easily accessible, quiet, and oriented eastward. Depending on your situation, this might present a challenge. But just do the best you can!

First, find an accessible place, so that you feel encouraged to actually go to it and pray. Second, make sure the space is quiet. If someone in the family wants to go to the corner to pray alone, they should be able to do so without distractions. That means not having the prayer corner in a high-traffic area of the home, like the living room or dining area. Lastly, if possible, you should orient your prayer corner toward the East, just like our churches. In a way, our homes are little churches, and the prayer corner is our altar. So it makes sense that we would try to model our little churches after the larger church.

OPTIONS FOR SMALL LIVING SPACES

Not everyone has a spare room they can use for prayer, or even a closet, for that matter. If you find yourself in a small living space with limited options, here are some suggestions for where you can set up your prayer corner:

- Set up some hanging shelves in the corner of your bedroom or living area
- Use a privacy screen or collapsible room divider to create a separate space
- Lean icons against the wall and use your desk, dresser, or bedside table as the altar table
- Use a bookcase or wall nook

Whatever you can do within your circumstances will be acceptable to God. In even rarer cases, you might not have any room at all. In that case, you may need to locate a quiet space outside that you can go to pray. Perhaps you can visit a nearby Orthodox church. You could also consider taking your prayer materials with you outside to a secluded place, like a hiking path at the local park.

GETTING ICONS FOR YOUR PRAYER CORNER

Now that you have chosen a space, the next step to setting up your prayer corner is getting the necessary materials, from holy icons and prayer books to incense and vigil lamps. Each of these items serves a particular purpose in prayer, so take care when selecting them and adding them to your sacred space. First, let's focus on holy icons.

SELECTING ICONS

For Orthodox Christians, an icon is not just a picture. It is a sacred image, outside the realm of ordinary reality. It serves as a window from our world into the world above – God's revelation in depicted form and color. Icons are not simply family relics we pass on from generation to generation, but holy things that unite the family during communal prayer, which can only be achieved through mutual forgiveness and love. We should not confuse icons with ordinary daily life, because they are intended only for prayer and communion with God. Therefore, we should take great care when selecting icons for our prayer corner.

What is New in the Community? continued

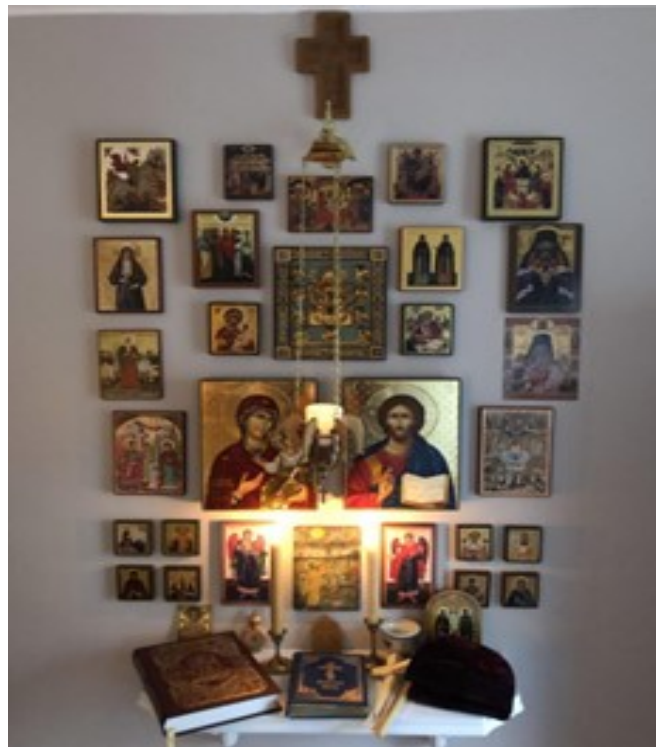
But what kinds of icons should you get? Are there certain ones you are required to have? And beyond that, what other ones should you consider?

(Note that you don't need to get every single icon in your space before you can start using the space for prayer. As long as you have an icon of Christ to begin, you can obtain the others one at a time as your budget and space allows.)

ESSENTIAL ICONS

The following are “must have’s” for every Orthodox prayer corner, because they bear witness to the Incarnation of God and the salvation of mankind:

- ♦ An icon of the Lord Jesus Christ, always to the right of the center
- ♦ A cross – handheld, mounted, or standing – in the center
- ♦ An icon of the Theotokos and Ever-Virgin Mary, always to the left of the center



The exact placement of the icons and the cross in the prayer corner varies among Orthodox Christians and their preferences. So long as the cross occupies the central position, and the icons of Christ and the Theotokos are to the right and left respectively – that is what is most important.

What is New in the Community? continued

ADDITIONAL ICONS

If you have room (and available funds) for more Orthodox icons in your prayer corner, you can add as many to your space as you like. We recommend only choosing icons that are special to you. Having more icons does not make you more holy! Quality rather than quantity is the goal. If you are looking to obtain more icons, here are some suggestions:

Icons of patron saints.

At baptism, each Orthodox Christian receives a saint's name and maintains a special relationship with that saint throughout his life. We call this saint a patron. Because we ask our patron saints to intercede for us regularly, it makes sense to have them in our icon corners. If you have a spouse or children, consider having icons of their patron saints as well. Not sure who yours is? Ask your Godmother....

Icons of the feast days.

Throughout the Church year, we celebrate many glorious feast days, which commemorate major events in the lives of our Lord Jesus Christ and his Holy Mother. These make a beautiful addition to any prayer space, as they keep the feast and its significance on your mind as you pray.

Icons of local saints.

Ask your priest about local saints or saints that are special within your diocese. For example, if you attend a Russian Orthodox church, an icon of Saint Nicholas might be perfect for your prayer space, because he is especially beloved in that tradition.

Ultimately, selecting icons is up to the individual. If you find yourself at a loss, speak with your priest! He would be more than happy to speak with you and help you decide which icons would best help you cultivate a strong prayer life.

PURCHASING ICONS

When you're looking to purchase an icon, the first place you should look is your local Orthodox parish. They may have a bookstore that sells some icons and other prayer corner materials. If your parish does not have a bookstore, there are many reputable online shops that sell Orthodox icons.

HAVING ICONS BLESSED

Once you receive your icons, ask your priest to bless them for you before you put them into your prayer corner. He will say special prayers over the icons and bless them with holy water. Some priests will also set the icons on the altar for the duration of the Divine Liturgy, allowing the icons to participate in the worship with the faithful and stand in the presence of the Body and Blood of Christ.

When transporting your icons to your home, remember to face the icons inward rather than stacking them on top of one another.

What is New in the Community? continued

ARRANGING YOUR ICONS

Now that your icons have been blessed and taken home, the next step is to arrange them. In personal prayer corners, we only have a couple guidelines you should follow when deciding how to set up your icons in your prayer space:

- ♦ Christ on the right, Mary on the left. As we mentioned earlier, make sure Christ's icon sits on the right side of the arrangement. Then, place the Virgin Mary's icon opposite His, on the left side. If you can, place a cross between them.
- ♦ Remember the principle of hierarchy. Take care not to place an icon of a local saint or patron saint in a more prominent place than the icon of Christ, the Theotokos, the Apostles, or the Holy Trinity. If you have questions about how to do this with limited space, speak with your priest.



- ♦ An Eastern Orthodox icon corner. Note the symmetry of the icon placement, and the presence of other holy objects (i.e. candles and vigil lamps, prayer ropes, blessed palm branches).

Keep everything symmetrical. This may sound silly, but is actually quite intuitive. When icons are hung without a sense of symmetry or well-thought-out arrangement, you focus more on the asymmetry. You desire to change the arrangement again and again, because something just doesn't look right. And this distracts you from prayer.

What is New in the Community? continued

OTHER ITEMS FOR YOUR PRAYER CORNER

Once you arrange your icons, you have just one more step to set up your own prayer corner. You need items for your “altar table”. Following the liturgical practices of the ancient Christian Church, we make use of the following in prayer:

A SOURCE OF LIGHT

In front of the icons, a source of light should perpetually burn. Or at the very least, it should burn whenever you are present in the space to pray. This light represents Christ, who is the Light of the world.

Some families use beeswax candles that burn in a small bowl filled with sand. Others use small votive candles or a vigil lamp. Traditionally, most Orthodox Christians burn an olive oil lamp before the icons in their prayer corner. These traditional oil lamps require a significant amount of attention, which directs our thoughts to God several times a day when we must trim the wick and refill the lamp with oil.

STANDING VIGIL LAMP IN AN ORTHODOX PRAYER CORNER

Sometimes, due to a lease or rental agreement, you may not be legally allowed to burn candles or oil lamps in your home. If this is the case, speak with your priest. Generally, in rare circumstances like these, it is okay to use an electric light or fake candle.



What is New in the Community? continued

USING AN OIL LAMP

You can find Orthodox oil lamps for icon corners in many places online, including Amazon. Some can stand on their own, while others can be mounted onto the wall. Choose whatever makes sense for your home and your family. Should you choose to use an oil lamp in your prayer corner, here are a few tips:

- Choose a large enough glass to allow the oil to last you at least 10-12 hours.
- Leave your olive oil out in the open and allow it to age. Aged / rancid oil burns best in the lamps.
- You can purchase premade wicks, but if you choose to make your own, use plain cotton string (not coated or waxed) 1 foot long of about 6 ply. For a brighter, cleaner flame, soak the string in vinegar and allow it to thoroughly dry before lighting.
- The flame should burn steadily, not flickering. The Fathers of Mount Athos call this low flame *apathes*, which means passionless.
- Before relighting your lamp, remove excess carbon from the wick with a cloth or towel. Then twist the string to shape the wick into a point.
- Clean your glass periodically (at least once or twice a month), and replace the oil every couple weeks.

INCENSE

During Vespers, we pray, “Let my prayer arise, in Thy sight as incense, and the lifting up of my hands be an evening sacrifice.” We use incense constantly during worship in the Orthodox Church. Therefore, we should also use it for private prayer with our family. You can purchase incense and a censer from most parish bookstores, from Ancient Faith, or from Amazon.

Some smoke detectors may not cooperate very well with incense. So do take care when burning incense for the first time in your home. If the smoke detector proves to be an issue, there are smokeless incense burners you can purchase online.

HOLY WATER AND OIL

Orthodox Christians receive holy water during the Feast of Theophany (the baptism of Christ) and holy oil during the Unction service on Holy Wednesday. We drink holy water and receive Christ’s blessing when we are sick, before a journey, or simply at the beginning of the day with morning prayers. Likewise, we do the same when anointing ourselves with holy oil.

PRAYER BOOKS AND LISTS

Additionally, you should have prayer books and prayer lists in your corner. These aid us in knowing what to say and who to pray for. Many prayer books include daily prayers (morning, midday, and evening), as well as prayers for certain circumstances, like sickness, expecting a child, preparing for Holy Communion, etc. There are also prayer books for specific prayers, such as the Akathist Hymn, and prayers written by various saints, which can add beautiful depth to your prayer life. You should also keep a Bible in your corner, so you can read Scripture together in your worship space.

What is New in the Community? continued

SEASONAL ITEMS

You can also include seasonal items in your icon corner, such as palm branches and pussy willows (Palm Sunday), flowers, paschal eggs, or a piece of the Vasilopita (feast of St. Basil). Some Orthodox couples also keep their marriage crowns and candles in their family prayer space. If you keep any perishable items in your icon corner, you should either eat them, distribute them to the birds, or burn them once you need to dispose of them.

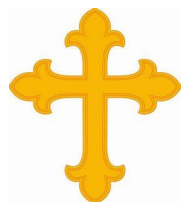
SIDE NOTE: DISPOSING OF OLD OR DAMAGED ICONS

If one or more of your icons have deteriorated with age or have become damaged to the point that they are no longer able to fulfill their purpose in prayer, you must take care to dispose of them in the proper manner. Under no circumstances should any icon or other holy object simply be thrown away. We should always treat holy items with veneration and reverence.

To properly dispose of an icon, take it to your church to have it burned in the church furnace. If your parish does not have a furnace, ask the priest if he, or another trusted member of the parish, could burn it for you. If you are able to burn it yourself, take care to bury the ashes in a place they will not be disturbed, like a cemetery or under a tree in the garden.

GET STARTED!

Congratulations! You now know how to set up your own prayer corner. First, you need to choose a space. Next, get an icon of Christ (at least), the Theotokos, and other beloved saints and feast days. Then, gather some candles, incense, prayer books, and a few other items to enrich your prayer space. What better time than now to revitalize the prayer life in your home?



What is New in the Community? continued

WHY ORTHODOX CHURCHES FACE EAST

During any worship service in the Orthodox Church, everyone (including the priest) faces East. While it may seem rude at first glance, to have the priest facing away from us, there is actually quite a lot of meaning behind this tradition. In this post, we explain why Orthodox Christians pray facing East whenever possible, and from where we get this tradition.

WHY WE *ALL* FACE EAST

In Orthodox worship, the people pray together with the priest. He is like the captain of the ship, looking out toward the ocean and leading his crew through the impending voyage. Similarly, the priest faces East, leading the rest of the people in prayer. He isn't ignoring them; he's serving a sacrifice of praise in their behalf and preparing the Eucharist.

As the celebrant, the priest stands in front of the altar, facing God. The only time he faces the people is either during the reading of the Gospel, the sermon, or when blessing the people. This is similar to the Jewish pattern of worship and preaching. Orthodox Christians, like the Jews, find it rude to speak to someone with your back to them. Likewise, we find it rude not to face God when speaking to Him and worshiping Him.

"East" is, liturgically speaking, in the direction of the altar, whether it faces true East or not. In a traditional church built from scratch, the altar always faces true East. However, in our modern world, many buildings are modified to use in worship, and sometimes it is not possible for the altar to face true East. So, even if an altar *literally* faces a different direction out of limitation or necessity, *liturgically* it still faces the East and looks toward God.

BUT WHY "*EAST*"?

Facing East is an ancient Tradition within Orthodoxy for several reasons:

First, and perhaps most importantly, we believe our Lord will return triumphantly from the East (Matthew 24:27 and Acts 1:11).

Second, we recognize Christ as the Sun of Righteousness (Malachi 4:2), the light who illumines all men. And because the sun rises in the East, so, too, will Christ.

Third, our ancient home, the paradise of Eden, is in the East (Genesis 2:8). We remember the perfect communion Adam and Eve experienced with God there, and we look eagerly toward it every time we worship God.

What is New in the Community? continued

In addition, we see numerous other references to the East in the Scriptures.

The following is a non-exhaustive list:

- ♦ Christ's Star shone in the East (Matthew 2:2)
- ♦ Ezekiel saw the "glory of the Lord" when facing East (Ezekiel 43:4)
- ♦ Jews also worshiped facing East (Ezekiel 46:12)
- ♦ The tribe of Judah, from which Christ came, set up camp in the East (Numbers 2:3)
- ♦ The mercy seat in the tabernacle of testimony faced East (Leviticus 16:14)
- ♦ In the temple of Solomon, the Gate of the Lord was placed eastward

FROM WHERE DOES THIS TRADITION COME ?

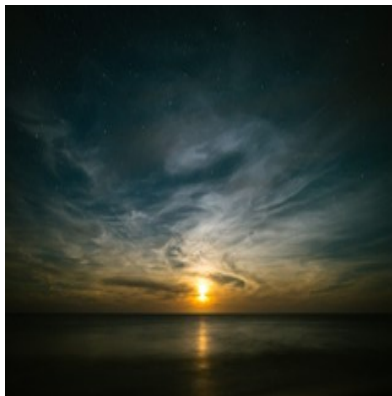
From the numerous Old Testament references toward the East, we can easily see where the tradition of facing East came from: Judaism. Scripture clearly delineates the nature of worship for the Israelites, and orientation toward the East was mentioned several times (see above).

This Eastern orientation distinguished the Israelites from all other pagan religions, who faced other directions. Many Fathers of the early Christian Church also reference facing East during prayer and worship. (*St. John of Damascus is perhaps the most well-known Father to have explained this part of our Holy Tradition.*)

Essentially, this shows that facing East has been a uniform part of Christian worship since the beginning of the Church – something it inherited from Jewish worship.

CONCLUSION

In summary, Orthodox churches face East in anticipation of the Second Coming of Christ, reminding ourselves of our true home in the paradise of Eden with God. Therefore, not only should our churches face East whenever possible, but also our personal prayer corners in our homes. Whenever possible, we should face God when we worship Him, eagerly awaiting His triumphant return.



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

Johanna Duterte Carter
Greek Orthodox Metropolis of San Francisco
Director of Youth & Young Adult Ministries
Email: 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*

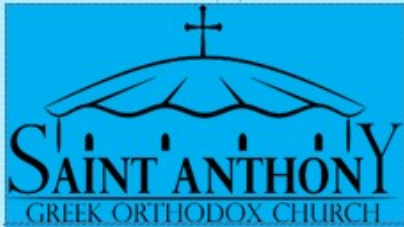
Your phone number

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


What is New in the Community? continued

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



Priest's Message	2
Ministries	3
Parish Council	5
Choir	6
Sunday School	7
Youth/Young Adult	10
Philothonos	17
VIPs	22
Church History	23
Monthly Lesson	
Community News	29
Saints of the Month	33
Orthodox Calendar	39

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

Beginning of the Ecclesiastical Year

September 01

Saint Constantine the Great introduced the Indiction decrees in 312A.D. after he beheld the sign of the Cross in heaven and was proclaimed Emperor in the West. Some, however (and this seems more likely), ascribe the institution of the Indiction to Augustus Caesar, three years before the birth of Christ.

There are three types of Indictions:

- a) That which was introduced in the West, and which is called Imperial, or Caesarean, or Constantinian, which begins on the 24th of September
- b) The so-called Papal Indiction, which begins on the 1st of January
- c) The Constantinopolitan, which was adopted by the Patriarchs of that city after the fall of the Eastern Empire in 1453. This Indiction is indicated in their own hand on the decrees they issue.

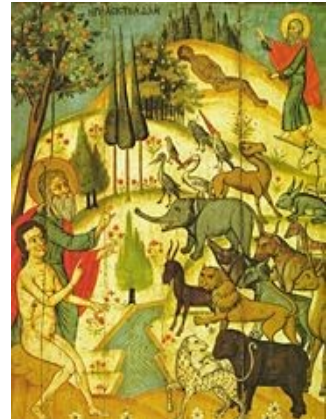
This Indiction begins on the **1st of September** and is observed with special ceremony in the Church. Since the completion of each year takes place, as it were, with the harvest and gathering of the crops into storehouses, and we begin the sowing of seed in the earth for the production of future crops, September is considered the beginning of the New Year.

The Church also keeps festival this day, beseeching God for fair weather, seasonable rains, and an abundance of the fruits of the earth. The Holy Scriptures (Lev. 23:24-5 and Num. 29:1-2) also testify that the people of Israel celebrated the feast of the Blowing of the Trumpets on this day, offering hymns of thanksgiving.

In addition to all the aforesaid, on this feast we also commemorate our Savior's entry into the synagogue in Nazareth, where He was given the book of the Prophet Esaias to read, and He opened it and found the place where it is written, *"The Spirit of the Lord is upon Me, for which cause He hath anointed Me..."* (Luke 4:16-30).

It should be noted that to the present day, the Church has always celebrated the beginning of the New Year on September 1. This was the custom in Constantinople until its fall in 1453 and in Russia until the reign of Peter I. September 1 is still festively celebrated as the New Year at the Patriarchate of Constantinople; among the Jews also the New Year, although reckoned according to a moveable calendar, usually falls in September.

The service of the Menaion for January 1 is for our Lord's Circumcision and for the memorial of Saint Basil the Great, without any mention of its being the beginning of a new year.



Feasts and Saints for this month continued

The Nativity of the Theotokos and Ever-Virgin Mary

September 08

According to the ancient tradition of the Church, the Theotokos was born of barren and aged parents, Joachim and Anna, about the year 16 or 17 before the birth of Christ. Joachim was descended from the royal line of David, of the tribe of Judah. Anna was of the priestly tribe of Levi, a daughter of the priest Matthan and Mary, his wife.



The Holy & Righteous Ancestors of God, Joachim and Anna

September 09

Today, the day following the Nativity of the most holy Theotokos, we celebrate the Synaxis of Saints Joachim and Anna, honoring them as her parents.

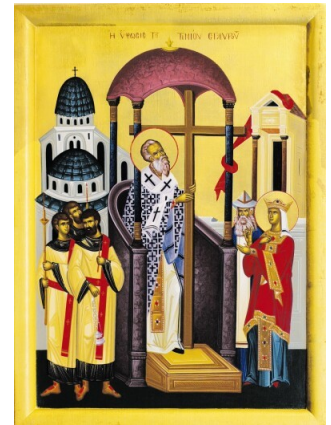


Exaltation of the Holy Cross / Saint Stavros

September 14

Saint Helen, the mother of Saint Constantine the Great, already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. After finding the Tomb of our Lord, and three crosses, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation.

At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high for all to venerate.



Sophia, Faith, Hope, Love

September 17

These Saints were from Italy and contested for the Faith about the year 126, during the reign of the Emperor Hadrian. Faith was twelve years old, Hope, ten, and Love, nine; each was tormented and then beheaded, from the eldest to the youngest. Their mother Sophia mourned at their grave for three days, where she also fell asleep in peace; because of her courageous endurance in the face of her daughters' sufferings, she is also counted a martyr. The name Sophia means "wisdom" in Greek; as for her daughters' names, Faith, Hope, and Love (Charity), they are Pistis, Elpis, and Agape in Greek.



Feasts and Saints for this month continued

Falling Asleep of Saint John the Theologian

September 26

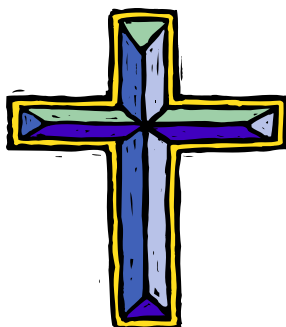
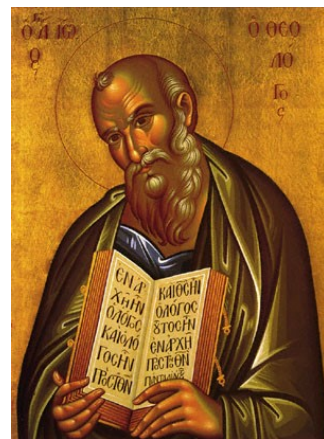
This Apostle was from Bethsaida of Galilee, and was the son of Zebedee and Salome, and the brother of James the elder. First a fisherman by trade, he became an Apostle and the beloved Disciple of Christ. Only he of all the Disciples followed Him even to the Cross, and was entrusted with the care of our Savior's Mother, as it were another son to her, and a brother of Christ the Teacher.

After this, he preached throughout Asia Minor, especially in Ephesus. When the second persecution against the Christians began in the year 96 during the reign of Domitian, he was taken in bonds to Rome, and there was cast into a vat filled to the brim with boiling oil. Coming forth unharmed, he was exiled to the island of Patmos, where he wrote the Book of Revelation. Returning again to Ephesus after the death of the tyrant, he wrote his Gospel (after the other Evangelists had already written theirs) and his three Catholic Epistles.

In all, he lived ninety-five years and fell asleep in the Lord during the reign of Trajan in the year 100. He was called Theologian because he loftily expounded in his Gospel the theology of the inexpressible and eternal birth of the Son and Word of God the Father. It is for this cause that an eagle—a symbol of the Holy Spirit.

Saint Irenaeus says: It is depicted in his icon, for this was one of the four symbolic living creatures that the Prophet Ezekiel saw .

(Ezekial 1:10).



Orthodox Calendar

September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <i>Ecclesiastical New Year</i>	2 ✝	3
4 12th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	5 Labor Day Church Office closed	6	7 ✝ 7pm Union Station Philoptochos Outreach	8 Nativity of the Holy Theotokos 9am Orthros 10am Divine Liturgy	9 🍇 Joachim & Anna	10
11 Sunday before The Holy Cross 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream —Ministry Day —Greek Dance Practice	12	13 7pm Parish Council Meeting	14 ✝ Elevation of the Holy Cross 9am Orthros 10am Divine Liturgy 7pm Philoptochos Board Meeting	15	16 ✝	17 <i>Sophia and her daughters, Faith Hope and Love</i>
18 Sunday after the Holy Cross 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	19	20	21 ✝ Philoptochos Dinner	22	23 🍇	24
25 1st Sunday of Luke 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	26 <i>Falling Asleep of John the Theologian and Evangelist</i>	27	28 ✝ 7pm Philoptochos General Meeting	29	30 ✝	
		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs ✝	<i>Fish, Wine & Oil Allowed</i> 🐟	<i>Wine and Oil Allowed</i> 🍇	<i>Dairy, Eggs, & Fish Allowed: Refrain from Meat</i> 🥚	<i>Fast Free</i>

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TIME SENSITIVE

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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.

8 ST PAISIOS OF MOUNT ATHOS TIPS FOR THE CONTEMPORARY MAN

- 1 Completely have trust in God
- 2 Simplify your life to avoid anxiety
- 3 In every test, say: Thank you, my God, because this was needed for my salvation
- 4 Acquire humility and prayer will come naturally
- 5 Seek for peace in prayer, not spiritual pleasure
- 6 Forget the good deeds you do, remember the good done to you
- 7 Keep your mind near God
- 8 Read the Fathers, even one or two lines a day

