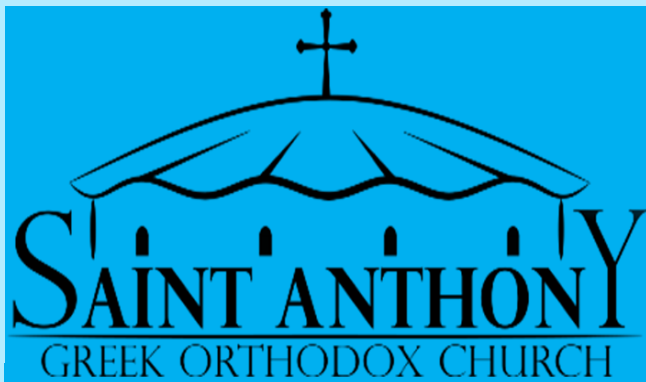


The Voice of Saint Anthony

October 2022

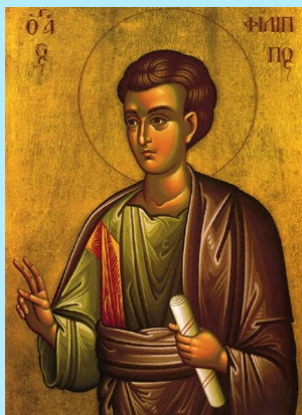


Reverend Father Peter Stratos
778 S. Rosemead Boulevard
Pasadena, CA 91107
(626) 449-6943 Office
(626) 449-6974 FAX
www.saint-anthonys.org

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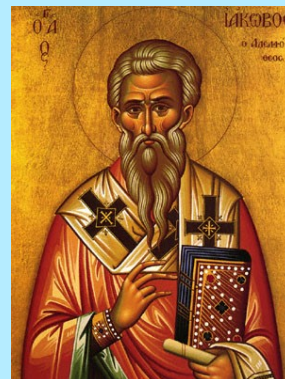
St. Thomas
6 October



St. Phillip
11 October



St. Luke
18 October



St. James
23 October



St. Demetrios
26 October

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

Message from Father Peter

Please make every effort to arrive for services a little early.
If you happen to arrive late, please observe the following moments in the Divine Liturgy when you should **not** enter the Nave but wait quietly in the Narthex:

You may enter **after** these moments:

- The Priest is censing
- The Small Entrance
- The Great Entrance
- Epistle Reading
- Gospel Reading
- The Homily/Sermon
- Consecration of the Gifts
- The Lord's Prayer



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

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

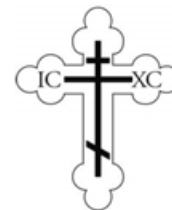
TBD

Vacation Bible School Sophia Syrengelas

Mary Udria

VIPs

Helen Treantafelles



Parish Council

Next Parish Council Meeting

Tuesday, October 11

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 got off to a wonderful start this Sunday School year! The first two class sessions were full of happy students who are eager to be in class and learn about their faith.

Our theme for this year is *Living Our Orthodox Faith*. Our goal is taking our instruction back to the basics and helping our students gain a stronger understanding of Orthodoxy.

In the first unit, *What We See, Hear, and Do in Church*, we hope to illustrate to our students the rich and beautiful traditions that they experience in our church that make being Greek Orthodox so special.

Some important dates to remember:

- 10/9 Picture Day
- 10/29 Blessing of the Animals
- 10/30 Back to School Classroom Visits (more info to come!)

Please consider the following:

Be sure to fill out a registration form for your child/children, as it is important that we have contact information for each family.

Children should not be upstairs unattended. We need to know that our Sunday School students are safe and accounted for once classes have been dismissed. This applies to students of all ages.

Our program wouldn't be possible without these following individuals who share their time and talents with our kids each week.

Little Lambs:	Teresa Argueta
PK/TK:	Irene Albeck, Larissa Maslen
K/1:	Sophia Syrengelas, Andrianna Lareau
2/3:	Theoni Katsafados, Jenni Pulos Nassos, Vicki Kades
4/5:	Mary Udria, Athena Serban, Kyriaki Tsigounis, Maria Kypreos
6/7/8:	Polly Vagenas, Chris Syrengelas
High School:	Pres. Aida Stratos
S.S. Photographer:	Vicki Kades

For further information, contact Sophia Syrengelas (sophiajammie@gmail.com)

Youth & Young Adults

St. Anthony G.O.Y.A. News

After a very long hiatus, the St. Anthony G.O.Y.A. held their first meeting of the 2022-23 church calendar year on Sunday, September 25. They met immediately following church school. Twenty-three middle and high schoolers enjoyed a light lunch and conversation before the meeting began.

The meeting began with each G.O.Y.A. introducing themselves, and sharing what school they attended, their favorite sport or activity and expectations for the year. All attendees broke into groups to brainstorm on activities and projects for the year. All participants felt comfortable sharing their ideas and opinions.

Elections were held for new officers as follows:

President

Katerina Gittings

Vice President

Yianni Kadas

Corresponding Secretary

Katerina Nastri

Recording Secretary

Talia Grafos

Co-Treasurers

Mita Gittings and John Ioannou

Middle School Ambassadors

Gia Baltas

Tessa Grafos

Thanos Mitsos

Maria Syrengeles

Special thank you to advisors Vicki Kadas and Mary Udria
for their continued support of the GOYA program!

G.O.Y.A. meetings will be held once a month after Church School.
Look for a calendar of events for the upcoming year and don't be left out.

Youth & Young Adults continued



GOYA MEETING ATTENDEES



GOYA Officers 2022-2023

Standing L to R:
Maria Syrengeles
Yianni Kadas
Katerina Gittings
Talia Grafos
Katerina Nasri
Gia Baltas
Mita Gittings

Kneeling L to R:
John Ioannou
Thanos Mitsos
Tessa Grafos

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 on the memo line.

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**



“Walk for Hope” Campaign

Sunday, November 6, 2022 please join Philoptochos to get one step closer to a world without breast and gynecological cancers. By donating to the “Walk for Hope” Campaign, you will help City of Hope lead the fight against these cancers through research, treatment, and education.

If you would like to help, please make a tax-deductible donation to one of City of Hope’s fundraisers by contacting our Panagia chapter member, Patricia Paziouros and her team:

<https://ourhope.cityofhope.org/fundraiser/4056231>

For more information on how to donate or register for the walk visit:

<https://ourhope.cityofhope.org/event/walk-for-hope-2022/e396541>

Philoptochos continued

Community Happenings

Welcome Back Potluck Dinner

On Wednesday, September 21, Philoptochos held its annual kickoff dinner in the Trinity Ballroom. Over 40 members attended this fellowship event and shared their favorite dishes.

Philoptochos President, Judith Din, gave an update on the chapter's happenings and upcoming events. Also at the gathering, a beautiful icon of St. Sophia and her daughters was displayed. Judith, on behalf of the Panagia Chapter, received the icon at the National Philoptochos Conference, recognizing the chapter's dedication to outreach over the past 2 years during the COVID-19 pandemic.



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

For further information, please contact Tanya Christodoulelis (626) 579-2304 or Maria Kypreos (626) 272-2720.

Annual Christmas Benefit 2022 - Save the Date

We are delighted that, this year, our Christmas Benefit will return to The Langham Huntington Hotel, Pasadena, on Saturday, December 3, 2022. Invitations will be mailed in late October.

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. Notify us promptly if you have made any changes to your mailing address using the following format:

Your Full Name

New Address

City, State, Zip Code

Email

Also, you may request to be removed from future Philoptochos mailings - just let us know.

e-Mail all change requests to Nicolette.fuerst@gmail.com

Upcoming Meetings

- ♦ Benefit Committee Meeting: Monday, October 3 at 7:00 PM
- ♦ October Board Meeting: Wednesday, October 12 at 7:00 PM
- ♦ October General Meeting - Details forthcoming...

This fun, creative meeting will be a Pumpkin Art Class with Wine and Goodies.



FOLLOW US ON SOCIAL MEDIA
Facebook: St. Anthony Philoptochos
Instagram: stanthonypiloptochos

Philoptochos continued



BLESSING of the ANIMALS

SATURDAY, OCTOBER 29 □ 11:00AM

*on the grounds of
Saint Anthony Church*

All pets are welcome

Treats for pets *and* humans will be provided



Philoptochos welcomes donations of
gently-used towels and bedding to be delivered
to the Pasadena Humane Society.

For more information: szanglis@gmail.com or samanthamalisos@gmail.com

VIPs



A Regional Southern California chapter of O.R.A. (Organization of Respected Adults) is being created. This is a senior group that is very active in Northern California which brings together the seniors from all the local churches.

They invite you to share this information and to join them on Tuesday, October 11 for a luncheon, hosted by St. George in Downey.

Clergy, Seniors, and any senior supporters (drivers) are invited to join in hopes of making this a monthly event. This is a great opportunity for our seniors to get together in love and fellowship, and to have a good time together with our communities.

Monthly Lesson from Father Stavros Akrotirianakis...

In the Gospel of John, Jesus encounters a man at the pool of Bethesda, who had been ill for thirty-eight years. At this pool, the Gospel tells us, an angel of the Lord would come periodically and stir the water and whoever stepped in first after the troubling of the water, was healed of whatever disease he or she had. When Jesus asked the man if he wanted to be healed, the man said *"Sir, I have no one man to put me into the pool when the water is troubled, and while I am going, another steps down before me."* (John 5:7)

Let's pause for a moment and put ourselves in the shoes of this man. Thirty-eight years is a long time to be ill. Many of us reading this message are not thirty-eight years old! So, imagine thirty-eight years of suffering from an illness. Back in the time of Christ, they didn't have large hospitals and trauma centers. They didn't have rehabilitation centers or skilled nursing homes. Many people thought those who were sick were forsaken by God, and that their disease was of their own making. So those who were sick were forgotten, left to sit around the fringes of the city, relegated to begging for food and struggling just to survive. Imagine sitting in one place for thirty-eight years and living like this.

Then, to make it worse, there is a remedy for sickness only a few feet away. An angel comes to trouble the water in the pool several times a year. We are not told if these times are set times or random times but we are told that at certain seasons (so those are predictable) an angel would do this. Whoever got into the pool first was healed from whatever disease afflicted him or her. So, imagine this very sick man can be healed only a few feet away, but lacks someone to put him into the pool. He doesn't have one friend, one family member, anyone. So, when Jesus comes to him and asks if he wants to be healed, his first response is a cry of loneliness and despair, *"I have no one."*

In our world today, there are lots of people who make this cry, *"I have no one."* Your first thought perhaps is of the panhandlers on the street corners who sit by themselves and beg for money or food. And yes, there are probably a fair number of them who are alone, like the man by the pool. We don't know their names and perhaps we should. There are agencies in every city that can provide resources for those who want and need them—and we can all do a better job of supporting these agencies.

But let's leave this thought aside for the moment and think about someone you know well who is "paralyzed" by a life circumstance — a struggling marriage, a difficult child, lack of success at a job, depression, grief, etc. This circumstance has brought the idea of a joyful life to a halt. Do you know someone like that? Many people in these circumstances feel isolated — they either feel ashamed to talk about their circumstance, or feel like no one will understand it, or they feel guilty for feeling bad or think that others will not validate their feelings. To put it simply, there are many people all around us who feel just like this paralyzed man in the Gospel lesson who says: *"I have no one. I have no one who understands me. I have no one who really cares for ME. Perhaps they like what I do but they don't care for ME. I have no one who will accept me as I am, faults and all."*

In this Gospel lesson, Jesus healed the man immediately. It didn't matter that it was the Sabbath. He didn't want the man to be paralyzed any longer. The man, when asked by Jesus if he wanted to be healed, didn't say to Jesus "go away, I've been neglected for so long, there is no chance of me being healed." Rather, he looked at Jesus as perhaps the man who would put him in the pool, the man who he needed to help him, the man who could be his "someone." He looked at Jesus first and foremost with hope, not with cynicism. And Jesus rewarded the man's trust with healing.

There are lots of people who need a "someone" to help them "get into the pool and not be paralyzed anymore." This can happen with simple conversation, with some empathy, compassion, genuine concern, and a little help. "I have no one" is a statement we need to eradicate from our society. "I have no one" contributes to the mass violence we read about in the paper nearly every day. Yes, there are people in our society who need professional medical or psychological help. Someone who is physically paralyzed or mentally ill needs a good doctor in addition to a good friend. A good friend may not be able to be a healer, but can be a conduit between someone who needs healing and someone who can provide it. In the instance where the paralyzed person needs a sympathetic ear, we are all in the position to provide that.

Let's think carefully about this phrase, *"I have no one."* Think of people in your life to whom this may apply. Think of specific ways that you can be a "someone" to that person who has "no one."

Let's work to eliminate this phrase *"I have no one"* from our society, starting with our little corner of it!

What is New in the Community?



Greek Language School Classes for all ages 2022-2023

Open Registration for In-person & Virtual Classes is ending October 3rd. Youth & adults, all levels.

Registration forms can be found by clicking this link:

www.saint-anthonys.org

If you have any questions, please

contact anastasia.sarantopoulos@gmail.com



What is New in the Community? continued

GREEK DANCE CLASSES FOR ADULTS 2022

Come join the fun learning
various dances from
different regions of Greece

Mondays
October 3rd, 10th, 17th & 24th
Start time at 7:00 p.m.

4 classes
\$100.00-recommended donation
(tax deductible)

To Sign up, please contact
Pauline Voyagis text
at 1-714-321-5427



Here's what to expect!

1



Pontian Night

October 3, 2022

Kotsari
Tik

2



Cretan Night

October 10, 2022

Pentozali
Kritiko Sirto
Sousta

3



Dance Medley Night

October 11, 2022

Ikariotiko
Hasapiko
Zembekiko

4



Review Night

October 24, 2022

Let's Put It All
Together!

What is New in the Community? continued



Saint Anthony Bowling League News

Fall Season 2022

The St. Anthony Bowling League began their Summer/Fall Season on August 31st, at Bowlero Lanes in Pasadena. The league has grown from 7 teams last Spring to 10 teams with a total of 30 bowlers. We have a dedicated group of substitutes who have filled in when regular bowlers have other obligations.

As we near the half way point of our season we extend an invitation to anyone to join us Wednesday's at 7 PM to spectate and socialize!

Please consider joining in January when we begin the Winter/Spring Season!

Anyone interested in joining or for information please contact:

Anthia Drulias-Lucas
ADLJSLO2@YAHOO.COM - email
(626)274-6133 - call or 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

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



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

SO YOU ARE A GODPARENT!



any Christians are asked to be sponsors at the Baptism of a newly-born child. This is looked upon as an HONOR, as indeed it is; but it is also a solemn RESPONSIBILITY which lasts a lifetime.

Our Lord called Baptism a second birth. Just as an infant is born physically of a father and mother, so a child is born again spiritually, having spiritual parents called sponsors. And just as natural parents have serious obligations for the care and upbringing of their child, so Godparents have important duties to their Godchildren. In particular, it is to see to it that the child receives a Christian upbringing in the bosom of the Church.

This means, then, that Godparents are not to forget their Godchildren after the Baptism and Chrismation. Sponsors can remember them on their "spiritual birthdays" and can give them gifts or tokens having religious significance, such as an icon, prayerbook, Bible or Cross.

Surely there must be prayer for the Godchild. And if parents themselves neglect the spiritual nurture of their children, then it behooves the Godparents to bring every effort to bear to see to it that the child receives a good Christian education. It is obvious from all this that Godparents themselves must be baptized and good members of their parishes. They must know the Faith and live it. It is the duty of parents, therefore, to choose Godparents with considerable care.

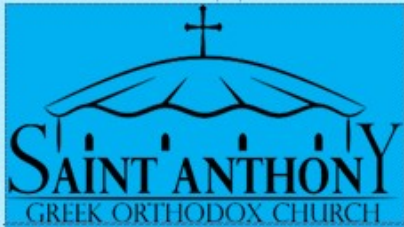
The lovely icon of the Birthgiver of God and Child Jesus serves to remind us of the need for Christian nurture of children. Parents and sponsors must coordinate their efforts in this vital holy task.




What is New in the Community? continued

The Voice of Saint Anthony

January 2022



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



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Saint Anthony the Great
January 17

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

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

626.449.6943

Feasts and Saints for this month

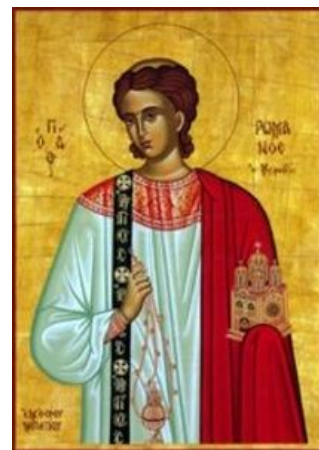
Saint Romanos the Melodist

October 01

Romanos was a Syrian Christian who lived in the beginning of the 6th century. A convert to Orthodoxy from Judaism, he was ordained a deacon and served in the Church of Beirut. His talent was great. Unlike others, he wrote his hymns in simple language and produced a pleasant meter in the verse by the way he accented words. The hymns he composed appealed to the hearts of the people and are still sung today.

Romanos has been called "Sweet Singer" (Ghlykophonos), "Melodist" (Melodhos), and "Righteous Chanter" (Psaltis Dhikeosinis). He wrote hundreds of hymns celebrating the mystery of the Incarnation, the Crucifixion, the Resurrection and the living of a Christian life. One of the most famous compositions is the hymn celebrating the Nativity of our Lord, *"Today the Virgin gives birth to the One who is above all living things..."* St. Romanos is said to have composed the Akathist Hymn, a kontakion that we still chant during the Friday evening Heretismoi services of Great Lent.

Romanos died on October 1st in 510 AD. He was a productive genius and artist, writing and accenting thousands of kontakia. He has been called the patron saint of all who sing for the Church. Others say he is the leader in the world of religious hymnology. Surely he has made a profound contribution to divine worship and deserves to be recognized by all who sing and by all who listen to the hymnology of our services.



Saint Thomas the Apostle

October 06

The Holy and Glorious Apostle Thomas was born in the Galilean city of Pansada. He was a fisherman. Hearing the good tidings of Jesus Christ, he left all and followed after Him. The Apostle Thomas is included in the number of the Twelve Apostles of the Savior.

According to Holy Scripture, the holy Apostle Thomas did not believe the reports of the other disciples about the Resurrection of Jesus Christ: *"Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe."*

John 20:25

On the eighth day after the Resurrection, the Lord appeared to the Apostle Thomas and showed him His wounds. *"My Lord and my God,"* the Apostle cried out (John 20:28). *"Thomas, being once weaker in faith than the other apostles,"* says St John Chrysostom, "toiled through the grace of God more bravely, more zealously and tirelessly than them all, so that he went preaching over nearly all the earth, not fearing to proclaim the Word of God to savage nations."



Feasts and Saints for this month continued

Saint Thomas the Apostle – continued..

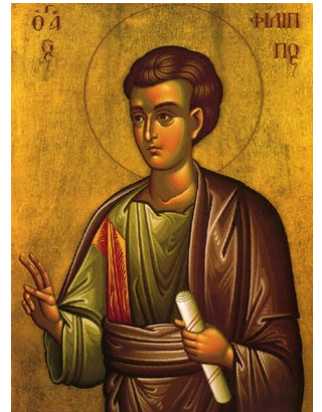
Some icons depicting this event are inscribed "The Doubting Thomas." This is incorrect. In Greek, the inscription reads, "The Touching of Thomas." In Slavonic, it says, "The Belief of Thomas." When St Thomas touched the Life-giving side of the Lord, he no longer had any doubts.

According to Church Tradition, the holy Apostle Thomas founded Christian churches in Palestine, Mesopotamia, Parthia, Ethiopia and India. Preaching the Gospel earned him a martyr's death. For having converted the wife and son of the prefect of the Indian city of Meliapur, the holy apostle was locked up in prison, suffered torture, and finally, pierced with five spears, he departed to the Lord. Part of the relics of the holy Apostle Thomas are in India, Hungary and on Mt. Athos.

Saint Philip the Apostle of the 70

October 11

Saint Philip, who had four daughters that prophesied, was from Caesarea of Palestine. He preached throughout Samaria; it was he also who met the eunuch of Candace, the Queen of the Ethiopians, as the eunuch was reading the Prophet Esaias, and he instructed and baptized him (Acts 8:26-39). He reposed in Tralles of Asia Minor while preaching the Gospel.



Saint Luke the Evangelist

October 18

Luke was a native of Syrian Antioch, a companion of the holy Apostle Paul (Phil.1:24, 2 Tim. 4:10-11), and a physician enlightened in the Greek medical arts. Hearing about Christ, Luke arrived in Palestine and fervently accepted the preaching of salvation from the Lord Himself. As one of the Seventy Apostles, St Luke was sent by the Lord with the others to preach the Kingdom of Heaven during the Savior's earthly life (Luke 10:1-3). After the Resurrection, the Lord Jesus Christ appeared to Saints Luke and Cleopas on the road to Emmaus.

Luke accompanied St Paul on his second missionary journey, and from that time they were inseparable. When Paul's co-workers had forsaken him, only Luke remained to assist him in his ministry (2 Tim. 4:10-11). After the martyric death of the First-Ranked Apostles Peter and Paul, St Luke left Rome to preach in Achaia, Libya, Egypt and the Thebaid. He ended his life by suffering martyrdom in the city of Thebes.

Tradition credits St Luke with painting the first icons of the Mother of God. "Let the grace of Him Who was born of Me and My mercy be with these Icons," said the All-Pure Virgin after seeing the icons. St Luke also painted icons of the First-Ranked Apostles Peter and Paul. St Luke's Gospel was written in the years 62-63 at Rome, under the guidance of the Apostle Paul. In the preliminary verses (Luke 1:1-3), St Luke precisely sets forth the purpose of his work. He proposes to record, in chronological order, everything known by Christians about Jesus Christ and His teachings. By doing this, he provided a firmer historical basis for Christian teaching (Luke 1:4).



Feasts and Saints for this month continued

Saint Luke the Evangelist - continued

He carefully investigated the facts, and made generous use of the oral tradition of the Church and of what the All-Pure Virgin Mary Herself had told him.

In St Luke's Gospel, the message of the salvation made possible by the Lord Jesus Christ, and the preaching of the Gospel, are of primary importance. St Luke also wrote the Acts of the Holy Apostles in Rome around 62-63 A.D. The Book of Acts, which is a continuation of the four Gospels, speaks about the works and the fruits of the holy Apostles after the Ascension of the Savior. At the center of the narrative is the Council of the Holy Apostles at Jerusalem in the year 51, a Church event of great significance, which resulted in the separation of Christianity from Judaism and its independent dissemination into the world (Acts 15:6-29). The theological focus of the Book of Acts is the coming of the Holy Spirit, Who will guide the Church "into all truth" (John 16:13) until the Second Coming of Christ.

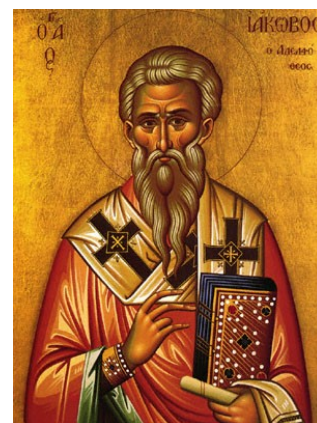
The holy relics of St Luke were taken from Constantinople and brought to Padua, Italy at some point in history. The Roman Catholic bishop of Padua, noting that Orthodox pilgrims came to Padua to venerate the relics, while many Catholics did not even know that the relics were there, appointed a committee to investigate the relics in Padua, and the skull of St Luke in the Catholic Cathedral of Prague. The skeleton was determined to be that of an elderly man of strong build. A rib from the relics of Saint Luke resides in St Luke's original tomb in the Orthodox cathedral at Thebes.

Saint James the Apostle

October 23

According to some, this Saint was a son of Joseph the Betrothed, born of the wife to whom Joseph was married, before he was betrothed to the Ever-Virgin. Hence he was the brother of the Lord, Who was also thought to be the son of Joseph (Matthew 13:55). But some say that he was a nephew of Joseph and the son of his brother Cleopas, who was also called Alphaeus and his wife, Mary, who was the first cousin of the Theotokos. But even according to this genealogy, he was still called, according to the idiom of the Scriptures, the Lord's brother, because of their kinship.

This Iakovos is called the Less (Mark 15:40) by the Evangelists to distinguish him from Iakovos, the son of Zebedee, who was called the Great. He became the first Bishop of Jerusalem, elevated to this Episcopal rank by the Apostles, according to Eusebius, and was called Obliah, that is, the Just, because of his great holiness and righteousness. Having ascended the crest of the Temple on the day of the Passover at the prompting of all, he bore testimony from there concerning his belief in Jesus and he proclaimed with a great voice that Jesus sits at the right hand of the great power of God and shall come again upon the clouds of heaven. On hearing this testimony, many of those present cried, "Hosanna to the Son of David." But the Scribes and Pharisees cried, "So, even the just one hath been led astray," and at the command of Ananias the high priest, the Apostle was cast down headlong and stoned. While he prayed for his slayers, his head was crushed by the wooden club by a certain scribe. The first of the Catholic (General) Epistles written to the Jews in the Diaspora who believed in Christ was written by this Iakovos.



Feasts and Saints for this month continued

Saint Demetrios the Myrrh-Streamer

October 26

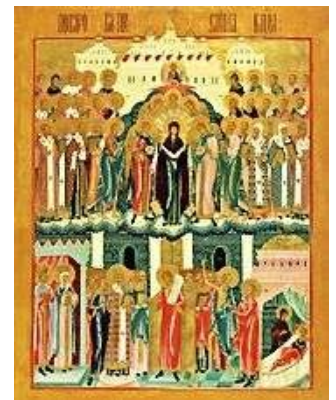
Saint Demetrius was a Thessalonian, a most pious son of pious and noble parents, and a teacher of the Faith of Christ. When Maximian first came to Thessalonica in 290, he raised the Saint to the rank of Duke of Thessaly. But when it was discovered that the Saint was a Christian, he was arrested and kept bound in a bath-house. While the games were under way in the city, Maximian was a spectator there. A certain friend of his, a barbarian who was a notable wrestler, Lyaeus by name, waxing haughty because of the height and strength of his body, boasted in the stadium and challenged the citizens to a contest with him. All that fought with him were defeated. Seeing this, a certain youth named Nestor, acquaintance of Demetrius, came to the Saint in the bath-house and asked his blessing to fight Lyaeus single-handed. Receiving this blessing and sealing himself with the sign of the precious Cross, he presented himself in the stadium, and said, "O God of Demetrius, help me!" and straightway he engaged Lyaeus in combat and smote him with a mortal blow to the heart, leaving the former boaster lifeless upon the earth. Maximian was sorely grieved over this, and when he learned who was the cause of this defeat, he commanded that Demetrius be pierced with lances while he was yet in the bath-house, As for Nestor, Maximian commanded that he be slain with his own sword.



The Holy Protection of the Theotokos

October 28

The Feast of the Protection commemorates the appearance of the most holy Theotokos in the Church of Blachernae in Constantinople in the tenth century, as recorded in the life of Saint Andrew the Fool for Christ's sake. While the multitudes of the faithful were gathered in church, Epiphanius, the friend of Saint Andrew, through the Saint's prayers, beheld the Virgin Mary above the faithful and spreading out her veil over them, signifying her unceasing protection of all Christians. Because of this we keep a yearly feast of gratitude, imploring our Lady never to cease sheltering us in her mighty prayers.



Orthodox Calendar

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 <i>St. Romanos</i> <i>Panigiri</i>
2 <i>2nd Sunday of Luke</i> 8:45am Orthros 10am Divine Liturgy <i>Indoor & Live-stream</i>	3 <i>Greek Dance</i>	4	5  7pm Union Station Philoptochos Outreach	6 <i>Saint Thomas the Apostle</i>	7 	8
9 <i>3rd Sunday of Luke</i> 8:45am Orthros 10am Divine Liturgy <i>Indoor & Live-stream</i>	10 <i>Greek Dance</i>	11 <i>St. Phillip</i> 7pm Parish Council Meeting	12  7pm Philoptochos Board Meeting	13	14 	15
16 <i>Sunday of the 7th Ecumenical Council</i> 8:45am Orthros 10am Divine Liturgy <i>Indoor & Live-stream</i>	17 <i>Greek Dance</i>	18 <i>St. Luke the Evangelist</i>	19 	20	21 	22
23 <i>6th Sunday of Luke James the Apostle</i> 8:45am Orthros 10am Divine Liturgy <i>Indoor & Live-stream</i>	24 <i>Greek Dance</i>	25	26  <i>St. Demetrios</i> 7pm Philoptochos General Meeting	27	28  <i>The Holy Protection of the Theotokos</i> <i>OXI Day</i>	29 <i>Blessing of Animals</i>
30 <i>5th Sunday of Luke</i> 8:45am Orthros 10am Divine Liturgy <i>Indoor & Live-stream</i> <i>Greek Dance Fundraiser</i>	31	<i>Strict Fast</i> 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

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.

The Lord's Commandments

1. I am the LORD your God, Who brought you out of Egypt, out of the house of bondage. You shall have no other gods before Me.
2. You shall not make for yourselves a graven image or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them or serve them.
3. You shall not take the name of the LORD your God in vain; for the LORD will not hold him guiltless who takes His name in vain.
4. Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work; but the seventh day is a Sabbath to the LORD your God; in it you shall not do any work.
5. Honor your father and your mother, that your days may be long in the land which the LORD your God gives you.
6. You shall not kill.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's house; your neighbor's wife, or his servants, or his animals, or anything that is your neighbor's.