

The Voice of Saint Anthony

November 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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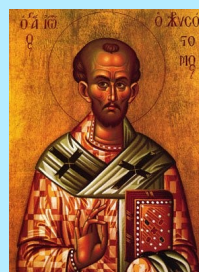
***Cosmas &
Damianos
1 November***



***Archangel
Michael &
other Bodily
Powers
8 November***



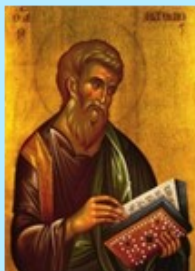
***St. Nektarios
9 November***



***St. John
Chrysostom
13 November***



***St. Phillip
the Apostle
14 November***



***St. Matthew
16 November***



***St. Gregory
17 November***



***St. Katherine
25 November***



***St. Andrew
30 November***

Deadline for December Newsletter is Sunday, 27 November
Please send to: newsletter_church@aol.com

Message from Father Peter

Beloved Parishioners,

In my sermon from Sunday October 23, (the 6th Sunday of Luke) I asked the following question: How do we as good Christians release the spiritual gifts that our Lord has placed in depth of our hearts?

In answering the question, I explained that the first thing we must do is to give ourselves an inner examination. In his 2nd Letter to the Corinthians St. Paul wrote: *"Examine yourselves as to whether you are in the faith."* He then concludes with saying this: *"Test yourselves."* In this context, the test of being in Christ is a humble virtuous life lived in communion with the Church. We must live our lives through the instruction of our faith.

The best way to examine oneself is through our personal prayer life. The significance of a daily prayer life is the time we invest in our walk of salvation, in and through our Lord Jesus Christ. In his beautiful book **"Beginning to Pray"** Archbishop Anthony Bloom writes about how we should work on the development of our inner self through personal prayer. If you do not have a copy of this book in your library, simply Google the title by the author's name – Anthony Bloom.

In his book, Bloom highlights ten steps to follow for a better prayer life:

Designate a Prayer space

Whether it is in the corner of your desk or a little stand in your room, it is important to have a place for your Bible, Prayer book and icons.

Acquire a time

Incorporate prayer in your routine and set time aside to center your thoughts on God.

Acquire a Library

Bible, Prayer books, and other religious books and written materials

Assemble a small altar

Icons, incense, votive light, Cross, Prayer rope—utilize the five senses

Pray

Speak from your heart, read prescribed prayers

Acquire a spiritual guide

Fasting and almsgiving

This adds a dimension to your prayer life

Build on what you already have

If you already have a routine, build on it

Sanctify all that you do

Dedicate everything you do to God

Remember the power of the living Cross

The sign of the Cross is a reminder of Christ in our lives

To better understand how to work on your personal prayer life please read pages 58–59 of the book.

As we approach the beautiful Season of Advent and begin the **Nativity Fast on November 15**, we should all give ourselves an inner examination. Work on the ten steps listed above. Pray daily so that you may grow closer to God. Live your lives through the instruction of our faith.

In Christ,

Father Peter



Ministries at Saint Anthony



2022 PARISH COUNCIL

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

Christian Balas
Tom Grafos
Christos Ioannou
Pete Katsafados
Liam McCann
Helen Mitropoulos
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Nikole Zoumberakis

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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, Larissa Maslen – Pre K/TK

Sophia Syrengelas – Kindergarten, 1st
Adrianna Lareau – Kindergarten, 1st

Theoni Katsafados – 2nd, 3rd
Vicki Kades, Jenni Nassos – 2nd, 3rd

Mary Udria, Athena Serban – 4th, 5th
Kyriaki Tsigounis, Maria Kypreos – 4th, 5th

Polly Vagenas, Chris Syrengelas – 6th, 7th, 8th

Presvytera Aida Stratos – High School

Vicki Kades – Photographer

Ministries at Saint Anthony continued

PHILOPTOCHOS SOCIETY

Executive Board

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1st Vice President

Jeanne Karaionnoglou

2nd Vice President

Helen Skandale and Lisa Xanthos

Corresponding Secretary

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Recording Secretary

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Maria Kypreos

Spiritual Advisor

Father Peter Stratos

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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

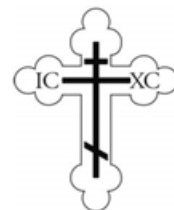
Operation Classroom

Nicolette Fuerst and Jennifer Webster



ADDITIONAL MINISTRIES

Acolytes	Fr. Peter Stratos
Bible Study	Fr. Peter Stratos
Bookstore	Noah Johnson
Golf Classic	TBD
GOYA	Fr. Peter Stratos
GOYA Basketball	Anthia Lucas Pana Gelt
GOYA Volleyball	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
Prayer Shawls	Maria Kypreos
Psalter Group	Fr. Peter Stratos
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..





So many exciting things are happening in our classrooms as our teachers guide their students through this year's theme, *Living Our Orthodox Faith*.

We are finishing our first unit, *Things We See, Hear, and Do in Church*, where our students are deepening their understanding of the Orthodox Church, and ultimately their faith, in lessons on topics such as the significance of our church building, sacred vessels, lighting candles, and crossing ourselves (to name a few). Our teachers leave class each week with hearts full after spending time with students who are enthusiastic and eager to learn about their faith. It is truly wonderful for us to be part of their spiritual education alongside their families.

As a reminder, class begins after Holy Communion and ends by 12:00 pm. We ask that parents of PK/TK students pick up their children after class. K/1 students can be picked up by parents or will be escorted to the hall by their teachers. All other grade levels will be released to find their parents on their own. Please remind your children to be mindful of church property and, most importantly, safety measures (e.g., do not go out to parking lot without an adult, no running in the hall during coffee hour, etc.).

If you have not completed a registration form, please do so as soon as possible. There are copies on the table in the foyer and can be returned to your child's teacher or Sophia Syrengelas. The purpose of the registration forms is so that we have a headcount of students and contact information for families allowing us to email information regarding our program.

Stay tuned for information regarding the holiday season and our Sunday School Giving Tree . This is an opportunity to donate supplies to our program!

Thank you for supporting our program!

Sophia Syrengelas
sophiajammie@gmail.com



Youth & Young Adults

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

St. Anthony G.O.Y.A. kicked off the fall season by manning their own booth at our very first Panayiri on October 1, 2022. With very short notice, G.O.Y.A. officers and others planned games and activities for the younger children attending the Panayiri. Along with games they sold snow cones and cotton candy.

We should be very proud of our middle and high schoolers for showing initiative. They all expressed that even though they worked very hard to set-up and clean-up, time passed very quickly because they were having fun.

On Sunday, October 16, GOYA Officers held their first officers meeting and began working on their calendar for the rest of the year.

Sunday, November 13: GOYA Officers will be sworn in by Father Peter in church, followed by Funday Sunday for all middle and high school students, upstairs in the High School classroom. Simultaneously, GOYA parents will meet with Anthia Drulias-Lucas for a parent meeting. This meeting will take place in the Middle School classroom.

Sunday, November 20: The GOYA Board will meet immediately following Church School.

In addition to these events GOYA is hoping to plan a **Friendsgiving Day**— time and date TBD.

Sunday, December 4: GOYA Funday Sunday immediately following Church School will be held in the High School classroom.

Additional upcoming events include Christmas Caroling and a Party.

We hope GOYA parents will do their best to encourage their middle and high schoolers to participate and give GOYA a chance.

GOYA Basketball will begin its 49th season on **Sunday, February 26**. The game schedule will be posted in upcoming bulletins.

Mark your calendars for the return of the **GOYA Volleyball Tournament** on **Saturday, May 13, 2023!**



Youth & Young Adults continued



Left to Right:

Yianni Kadas, Vice President, Niko Lareau, Athletic Director, Vicki Kadas, Advisor, and Polly Vagenas, Advisor.



Left to Right:

Katerina Gittings, President, Talia Grafos, Recording Secretary, Tessa Grafos, Middle School Ambassador and Dimitra Gittings, Co-Treasurer.



Left to Right:

Gia Baltas, Thanos Mitsos Middle School Ambassadors, and John Vagenas

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

On Wednesday, October 26, Philoptochos members and guests gathered for a wonderful evening of art, wine, charcuterie, and fellowship. Under the direction of Jeanne Karaioannoglou, the attendees created their own papier-mâché pumpkins to use as a centerpiece or fall décor.



Let's Get Crafty



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



"Let There Be Peace"

Please join us on Saturday, **December 3rd** at The Langham Huntington Hotel in Pasadena for our 53rd annual benefit luncheon. This year's luncheon will include the Christmas Boutique, Santa's Kitchen, and gift vendors along with holiday entertainment and raffle.

Doors open early at 10:00 a.m., and the luncheon will be served at 11:30 am. Proceeds will benefit Humanitarian Relief Projects for Ukraine supported by International Orthodox Christian Charities (IOCC).

For more information, contact Kristen Kaplanis McGregor stanthonysbenefit@gmail.com or visit <https://stanthonysbenefit.square.site> to learn how you can help support this event.

Just as a reminder – please send in your reservations early since paid tables of 10 will be reserved on a first received basis.

There are many ways to support this charitable event by becoming a **Star Donor**, ordering from **Santa's Kitchen** for 12/4 pickup, or participating in the **Grand Awards**. For additional details please visit <https://stanthonysbenefit.square.site>

Santa's Kitchen

Santa's Kitchen is now taking Prepaid Orders for Greek pastries and holiday treats. Please see order form on next page.

Philoptochos continued

Saint Anthony Philoptochos Santa's Kitchen Prepaid Order Form

ALL PREPAID ORDERS MUST BE RECEIVED BY MONDAY, NOVEMBER 14, 2022

PREPAID ORDERS ARE AVAILABLE FOR PICKUP ONLY ON
SUNDAY, DECEMBER 4 from 12:00 PM TO 2:00 PM

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

Prepaid orders will not be available for pickup on the day of the event.

To place prepaid orders:










- ☐ **MAIL** – Fill out the Order Form below (checks payable to St. Anthony Philoptochos) and mail to:
St. Anthony Philoptochos, 778 South Rosemead Blvd., Pasadena, CA 91107

or

- ☐ **ONLINE** - <https://stanthonybenefit.square.site> (select Santa's Kitchen Tab)

Name: _____ Cell/Home Phone: _____

Address: _____ City: _____ E-mail: _____

ITEM		COST	QUANTITY	\$ TOTAL
	Baklava (box of 12) Layers of phyllo dough brushed with butter and filled with chopped walnuts and almonds, cinnamon, sugar and soaked in honey syrup.	\$36	_____	\$ _____
	Finikia/Melomakarona (box of 12) Honey-dipped cookies topped with ground walnuts, sugar and cinnamon mixture.	\$30	_____	\$ _____
	Koulourakia (bag of 12) Butter-based cookies with sweet delicate flavor topped with egg glaze and sesame seeds.	\$10	_____	\$ _____
	Koulourakia, Chocolate Dipped (box of 6) Butter cookies dipped in dark chocolate.	\$8	_____	\$ _____
	Kourabiethes (box of 12) Shortbread butter cookies without nuts covered in powdered sugar.	\$30	_____	\$ _____
	Marshmallow Chocolate Reindeer (1) Marshmallow dipped in milk chocolate with pretzel antlers.	\$3	_____	\$ _____
	Santa's Candy Cane Sleigh (1) Candy canes and mini chocolate bars.	\$6	_____	\$ _____
	Variety of Greek Pastries (box of 12) 4 Baklava, 4 Melomakarona, 4 Kourabiethes.	\$32	_____	\$ _____
	Vasilopita (1 Loaf) Traditional sweet Greek New Year's bread. <i>Pickup on Sunday, December 18 (12:00 pm-2:00 pm)</i>	\$20	_____	\$ _____

ORDER TOTAL \$ _____

Philoptochos continued

Blessing of the Animals



Metropolis Events

2022 Light the Path

This year's fundraiser will be held on **Saturday, November 19, 2022**, at Saint Paul Greek Orthodox Church in Irvine. This important event will support the Bishop Anthony Philoptochos Student Aid Endowment Fund (BAPSAEF) which provides assistance to students and seminarians enrolled at Hellenic College and Holy Cross Greek Orthodox School of Theology, as well as their families.

For additional event details visit <https://sanfran.goarch.org/events/2022-light-the-path?date=2022-11-19>

Upcoming Meetings

- ♦ Benefit Committee Meeting: Monday, November 7 at 7:00 PM
- ♦ November Board Meeting: Wednesday, November 9 at 7:00 PM



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonypiloptochos

VIPs

PLEASE JOIN THE VIPs FOR OUR NEXT MEETING

Tuesday, November 8th

Social - 10:00 a.m.

Meeting - 10:30 a.m.

Lunch will be served following the meeting.

NEW MEMBERS ARE WELCOME!!!

A Regional Southern California chapter of O.R.A. (Organization of Respected Adults)

The first monthly meeting was held at Saint George, Downey. A few of our members and Father Peter attended. A lovely lunch was served.

Father Tom decided to hold ORA meetings monthly on the 3rd Thursday of the month hopefully to not interfere with the other VIP meetings. Excursions will be planned to include VIPs from all churches. Their next meeting is Thursday, November 17th.



Helen Treantafelles
VIP President
htreantafelles@yahoo.com

Monthly Lesson from Father Stavros Akrotirianakis...

Let the thief no longer steal, but rather let him labor, doing honest work with his hands, so that he may be able to give to those in need.

Ephesians 4:28

An important part of our faith is not only what we do for ourselves—prayer, scripture reading and worship—but what we do for others. Because Christ said continuously that the two greatest commandments are to **love God** and to **love our neighbor**. Charity is the way that we show love for our neighbor. Charity comes in many forms—we can offer time to someone, such as listening to someone with a sympathetic ear, and being present for someone who needs someone to listen. We can offer a talent to someone, such as helping someone with math homework they don't understand. And we can offer treasure to someone—giving food to the person who has no food, or offering money to someone, or to some cause that helps people who are lacking in something.

Charity is supposed to be an important part of every church community. The church doesn't exist merely for itself, to keep its doors open and to help its own people. The church is supposed to exist for the greater community, helping those around the church whether they are members or not.

The verse from Ephesians 4:28 emphasizes that working is an honest thing, but it is not only done for oneself, but so that one can give to those who are in need.

Many people see what they have acquired as an entitlement for their hard work. This is why many people are hesitant or even angry about parting with anything they have to give to someone else who has not. To make this problem worse, we have a government-regulated tax system that determines how much we should be forced to part with and where it should go. In some sense, the church sadly, also seems to do its fair share of arm twisting to motivate people to give and give and give.

The desire to give to something or someone is supposed to come from within us. It's not something that should be demanded from us or cajoled from us. It is supposed to be an innate joy to be able to give to others. And again, this isn't just giving money, it's giving time, attention, sympathy, and many other things.

The spirit in which we give is just as important as how much we give. We know the story in Luke 21:1-4 of the widow who put two coins into the treasury. People laughed at her contribution. And then Jesus pointed out that her contribution was worth more than everyone else because she had put in all that she had. I confess that when it comes to paying taxes, I pay what is required and not a penny more, and what I pay, I pay begrudgingly. This is true for probably many of us. But when it comes to other kinds of giving, I try to give with a generous spirit.

When I was a broke college student many years ago, I was working on a project that later became my first book. A man named John, who I knew from church, but not well, heard about what I was doing and gave me a substantial amount of money to complete the project and get it published.

Monthly Lesson from Father Stavros Akrotirianakis...

I asked him “why are you doing this for me? We don’t even know each other well.” He answered “Because I can, because I believe in what you are doing, and because it will give me joy to help you and watch you succeed.” I asked him “how can I repay you?” And he replied, “just pay it forward, do it for someone else.” I’ve never forgotten his kindness. Now that I’m older and am no longer that broke college student, I have tried to repay his kindness by being generous with others. When asked “Why are you doing this for me?” I repeat John’s answer, “because I can, because I believe in you and because it will give me joy to help you and watch you succeed.” When asked how a person can repay me, I respond with the same answer, “Just pay it forward, do it for someone else.”

I’ve learned that there is great joy in receiving kindness from others but there is even greater joy in giving kindness to others. In church work, I’ve tried to emphasize that we should give for joy, not from obligation. Because as St. Paul writes in II Corinthians 9:7, “*each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver.*”

In working to kick-start our faith in this new year, it is essential that we **pray**, that we **read scripture** and that we **worship**. It is also essential that we **practice charity and generosity**. Again, this need not involve large amounts of money. Not all of us have lots of money to give. But we can all be generous when it comes to encouragement, forgiveness, patience and lots of other things that money can’t buy which are just as important.

Lord, thank You for everything that I have, not only every possession but every talent, and every moment of time that You have so generously given to me.

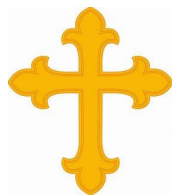
Help me to see that what I have are gifts, rather than entitlement.

Cultivate in me a generous spirit, that eagerly shares my blessings with others.

Give me eyes to see those who are in need and give me a heart that finds joy in helping others.

Amen.

Cultivate a generous spirit!



What is New in the Community?

SOUTHERN CALIFORNIA CRETANS' ASSOCIATION

CRETAN GLENDI

Κρητική
Βραδιά



Saturday, November 5, 2022

5:30 pm Cocktails (no-host bar) 7:00 pm Dinner
• Appetizers • Traditional Cretan Cuisine

Donation - Adults \$85, Youth & Students (24 & under) \$45, Children (5 & under) Free
(Tables of 10 may be reserved with full payment)

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

Featuring Music from Crete and the Mainland
Nikos Manioudakis (Lyra) and his band.

For Reservations Call: **Helen Skandale (818) 618-4963,**
Bobby Zoumberakis (562) 413-3968, Georgia Zoumberakis (562) 867-1413
or email: helen_skandale@yahoo.com

To purchase tickets online please visit:
www.facebook.com/socalcretans

A percentage of the proceeds will benefit the Southern California Cretans' Association Scholarship Fund

What is New in the Community? continued



Pasadena Rose Bowl AHEPA #373 2022 Christmas Party

Honoring Past President **John S. Buzas** on his 40 years of paid membership



Friday, December 9, 2022

North Woods Inn

at Huntington Drive & Rosemead Boulevard

7247 Rosemead Blvd, San Gabriel, CA 91775

7:00 p.m. no host cocktails, 7:30 p.m. dinner — free parking

- ◆ Choice of Filet Mignon Steak, New York Steak, Icelandic Filet of Cod, or Broiled Mahi Mahi
 - ◆ Two Salads, Cheese Bread, and Rice Pilaf
- ◆ Baked Potato with Butter and Chives or Mushroom Gravy, plus dessert!

\$60 each, limited to 50 persons

Paid Reservations Required

Virginia Lappas will lead us in an optional \$15—\$20 Gift Exchange after dinner. Neutral gift, wrapped, with no names. Anyone who brings a gift will receive a gift. The community is invited.

Please make checks payable to: Pasadena AHEPA

Send to: Dean Tripodes, Post Office Box 486, Sierra Madre, CA 91025-0486

Or pay by Zelle on your bank's app or website, enter ahepa373@gmail.com as the recipient.

What is New in the Community? continued



St. Anthony Bowling News

St. Anthony bowlers are winding down to the final 4 weeks of the fall bowling season. All bowlers enjoy the comradery and fellowship each Wednesday at 7 P.M. Our league includes Greeks and friends including both young and more senior bowlers. We are also happy to include bowlers from St. Paul Greek Orthodox Church and Assumption Greek Orthodox Church.

Bowlers were honored to celebrate Vivian Mauredakis' 96th birthday a few weeks ago. Vivian and Virginia are there every week to cheer on all our bowlers.

The fall bowling season will conclude on November 16. The winter/spring season will begin the second week of January, 2023

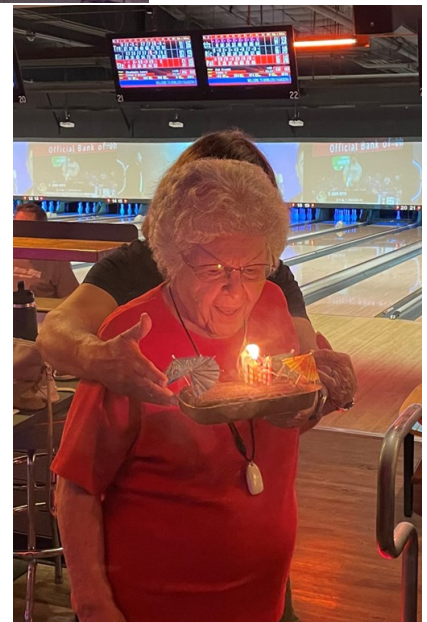


5	3	1	2	3	4	5	6	7	8	9	10	Tot. + hndcp								
Kat	3	6	8	-	X	X	X	X	9	3	6	9	-	187	285					
Geo	7	-	6	3	5	4	9	-	9	7	1	9	-	8	123	197				
Eva	9	-	6	2	-	8	-	7	-	8	9	-	9	-	113	208				
	9	17	35	43	50	69	78	87	105	113										
Player												Team 2		m.p.h. 13.83		423	690			
diff.												146	TOT. Pts. Fall	1075	TOT. Pts. Bow	801	TOT. Pts. Bow	0	TOT. Points	1876
WELCOME TO BOWLERO PASADENA !!																				

October 12
Katherine Boukidis
high game of 187



Bowlers celebrate Vivian Mauredakis' 96th birthday!



What is New in the Community? continued



What is New in the Community? continued

*Not even distance
can keep us in
the darkness.*



*“The light shines in the
darkness, and the darkness
has not overcome it.”*

John 1:5

SAVE THE DATE

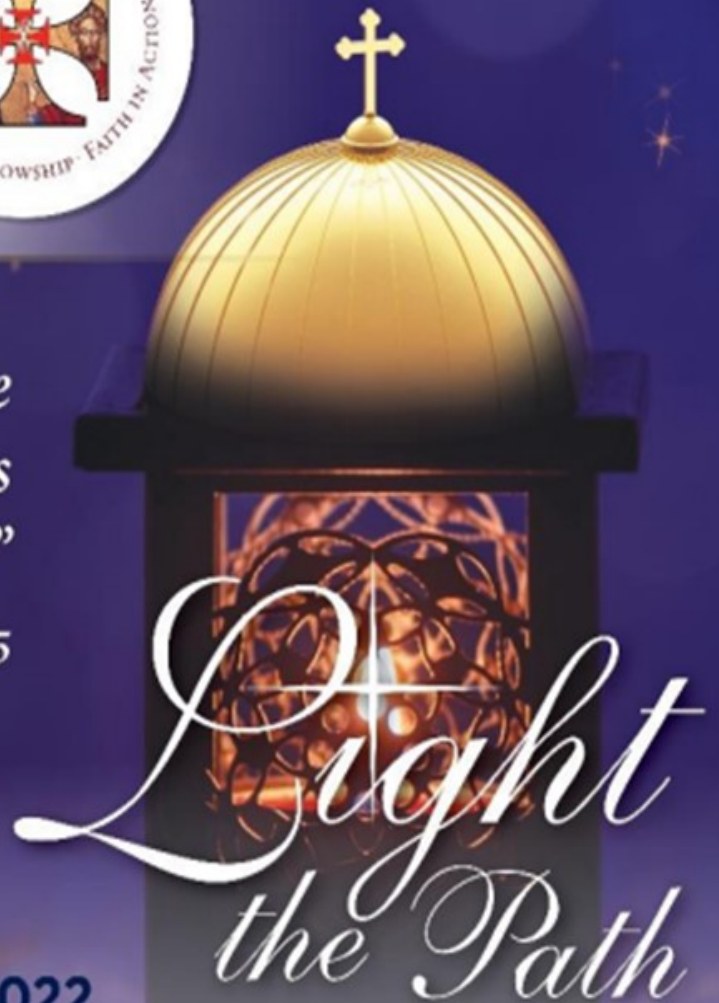
Saturday, November 19, 2022

11:00 am

St. Paul's Greek Orthodox Church

4949 Alton Parkway, Irvine, California

In support of the Bishop Anthony Philoptochos Student Aid
Endowment Fund. Join us! More details coming soon!



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

The Greek Orthodox Metropolis of San Francisco Family Wellness Ministry
and the Office of Youth and Young Adult Ministries
invite you to journey with us through



Eight Dates

Essential Conversations for a Lifetime of Love

by John and Julie Gottman, PhD.

held bi-monthly on Thursday evenings via Zoom

Each session is designed by our Family Wellness Ministry team to engage couples in essential conversations.

Topics include: Trust and Commitment, Addressing Conflict, Sex and Intimacy, Work and Money, Family, Fun and Adventure, Growth and Spirituality, Hopes and Dreams



2022 – 2023 *Eight Dates* will be held Thursdays at 6:30 pm (Pacific) via Zoom

Oct. 13 • Oct. 27 • Nov. 3 • Nov. 17

Dec. 1 • Dec. 15 • Jan. 5 • Jan. 19 • Feb. 2



"This series transformed our marriage and got us talking and connecting again." -- Jenn & Stavros

"Over the last two years, over 400 couples participated in our Eight Dates program and we've received countless positive comments of how this experience strengthened their relationships." - Presvytera Pat Tsagalakis



Family
Wellness
Ministry
Greek Orthodox Metropolis of San Francisco



YOUTH &
YOUNG ADULT
MINISTRIES

Register online:

www.familywellnessministry.org/eight-dates

What is New in the Community? continued



The Prayer Shawl Ministry is up and running again!

The need is immediate.

If you are a knitter or a crocheter, please contact:
Maria Kypreos (626) 272-2720 or makypreos@gmail.com

We will provide you with the yarn and instructions.

Thank you in advance for your participation.

St. Anthony Panayiri 2022

The St. Anthony community came together and enjoyed an afternoon and evening of food, family, dancing and fellowship! In a few short weeks, a handful of very dedicated people, under the leadership of Christian Balas, chairman of the event, made this first Panayiri an extremely memorable day!

The community enjoyed a traditional Greek chicken dinner with all the trimmings, pork souvlakia, loukaniko, lamb, pastries and loukoumades along with beverages for all to enjoy.

Special thank you to all booth chair people and volunteers who made the Panayiri so special!

See photos next pages...

What is New in the Community? continued

Saint Anthony Panayiri

10.1.2022



Saint Anthony Greek Dance Group entertains



Cooking Lamb

What is New in the Community? continued

Saint Anthony Panayiri



Andrea Lappas and Yiota Poulis making koulourakia



Anthia Lucas and Stavrouta Kiotas
finishing the koulourakia



Helen Reece egg-washing koulourakia!



Pastry prepping - Joanna Koulos and Georgia Vagenas

What is New in the Community? continued

Saint Anthony Panayiri



Ingrid and Helen getting Kouroubiethes training from Helen Koudanis



Irene Albeck and Ingrid Moreno



Gia Baltas, Katherine Nastri, and Katerina Gittings preparing the GOYA BOOTH..

What is New in the Community? continued

Saint Anthony Panayiri



Evangeline Bicos watches as a giant cotton candy is constructed



Satisfied customers



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*

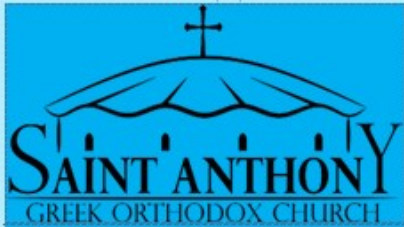
Your phone number

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



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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

Cosmas and Damianos

1 November

These Saints were from Asia Minor. After the death of their father, their Christ-loving mother Theodota reared them in piety and in all manner of virtue and had them instructed in every science, especially that of medicine. This became their vocation, and they went about healing every illness and malady, bestowing healing freely on both men and beasts alike. Because of this, they are called "Unmercenaries" and thus, having completed the course of their life, they reposed in peace.



Synaxis of Archangel Michael & other Bodiless Powers

8 November

All the Angels, according to the Apostle Paul, are ministering spirits, - sent forth to minister to them who shall be heirs of salvation - (Hebrews 1:14). God sent them as overseers of every nation and people and guides to that which is profitable (Deuteronomy 32:8); and while one Angel is appointed to oversee each nation as a whole, one is also appointed to protect each Christian individually. He commands them to guard those who hope on Him, that nothing should harm them, neither should any evil draw nigh to their dwelling (Psalms 90:10-12). In the Heavens they always behold the face of God, sending up to Him the thrice-holy hymn and interceding with Him on our behalf, seeing they rejoice over one sinner that repents (Matthew 18:10; Luke 15:7).

In a word, they have served God in so many ways for our benefit, that the pages of Holy Scripture are filled with the histories thereof. It is for these reasons that the Orthodox Church, wisely honoring these divine ministers, our protectors and guardians, celebrates today the present Synaxis that is, our coming together in assembly for their common feast to chant their praises, especially for the Archangels Michael and Gabriel, who are mentioned in the Scriptures by name.



The name Michael means "Who is like God?" and name Gabriel means "God is mighty." The number of Angels is not defined in the divine Scriptures, where Daniel says that thousands of thousands ministered before Him, and ten thousands of ten thousands attended upon Him (Daniel 7:10). But all of them are divided into nine orders which are called Thrones, Cherubim, Seraphim, Dominions, Powers, Authorities, Principalities, Archangels, and Angels.

Feasts and Saints for this month continued

Saint Nektarios

9 November

Saint Nektarios was born in Selyvria of Thrace on October 1, 1846. After putting himself through school in Constantinople he became a monk on Chios in 1876, receiving the monastic name of Lazarus. Because of his virtue, a year later he was ordained deacon, receiving the new name of Nektarios. Nektarios went to Athens to study in 1882. Completing his theological studies in 1885, he went to Alexandria, where he was ordained a priest in 1886 at the Cathedral of Saint Sabbas. In August of the same year, in the Church of Saint Nicholas in Cairo, he was ordained an Archimandrite. Archimandrite Nektarios showed much zeal both for preaching the word of God, and for the beauty of God's house. He greatly beautified the Church of Saint Nicholas in Cairo. Years later, when Nektarios was in Athens, Saint Nicholas appeared to him in a dream, embracing him and telling him he was going to exalt him very high.

In 1889, in the same Church of Saint Nicholas, Nektarios was consecrated Metropolitan of the Pentapolis in eastern Libya, which was under the jurisdiction of Alexandria. This office did not affect his modesty and childlike innocence, but it aroused the envy of lesser men, who slandered him. In 1890, Sophronius relieved Metropolitan Nektarios of his duties; in July of the same year, he commanded Nektarios to leave Egypt.

Without seeking to avenge or even to defend himself, the innocent Metropolitan left for Athens. Because his good name had been soiled, he was unable to find a position worthy of a bishop, and in February of 1891 accepted the position of provincial preacher in Euboea; then, in 1894, he was appointed Dean of the Rizarios Ecclesiastical School in Athens. Through his eloquent sermons, his generous alms deeds despite his own poverty, and the holiness, meekness and fatherly love that were manifest in him, he became a shining light and a spiritual guide to many.

At the request of certain pious women, in 1904 he began the building of his convent of the Holy Trinity on the island of Aegina while still Dean of the Rizarios School. Finding later that his presence there was needed, he took up his residence on Aegina in 1908, where he spent the last years of his life, devoting himself to the direction of his convent and to very intense prayer; he was sometimes seen lifted above the ground while rapt in prayer.

He became the protector of all Aegina, through his prayers, delivering the island from drought, healing the sick and casting out demons. Although he had already worked wonders in life, an innumerable multitude of miracles have been wrought after his repose in 1920 through his holy relics, which for many years remained incorrupt. There is hardly a malady that has not been cured through his prayers; but Saint Nektarios is especially renowned for his healings of cancer for sufferers in all parts of the world.



Feasts and Saints for this month continued

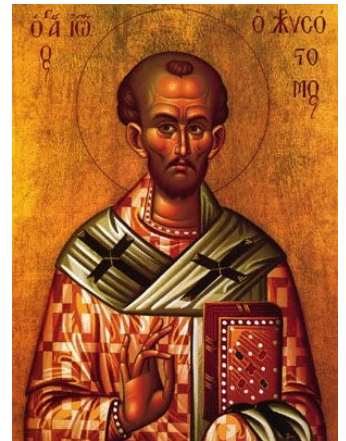
Saint John Chrysostom

13 November

This greatest and most beloved of all Christian orators was born in Antioch in the year 344; his pious parents were Secundus and Anthusa. After his mother was widowed at the age of twenty, she devoted herself to bringing up John and his elder sister in the nurture and admonition of the Lord. John received his literary training under Anthragathius the philosopher, and Libanius the sophist, who was the greatest Greek scholar and rhetorician of his day. Libanius was a pagan. With such a training, and with such gifts as he had by nature, John had before him a brilliant career as a rhetorician. But through the good example of his godly mother Anthusa and of the holy Bishop Meletius of Antioch, by whom he was ordained reader about the year 370, he chose instead to dedicate himself to God.

From the years 374 to 381 he lived the monastic life in the hermitages that were near Antioch. His extreme asceticism undermined his health, compelling him to return to Antioch, where Saint Meletius ordained him deacon about the year 381. Saint Meletius was called to Constantinople later that year to preside over the Second Ecumenical Council, during which he fell asleep in the Lord. In 386 Bishop Flavian ordained John presbyter of the Church of Antioch. Upon his elevation to the priesthood his career as a public preacher began, and his exceptional oratorical gifts were made manifest through his many sermons and commentaries. They are distinguished by their eloquence and the remarkable ease with which rich imagery and scriptural allusions are multiplied; by their depth of insight into the meaning of Scripture and the workings of God's providence; and not least of all, by their earnestness and moral force, which issue from the heart of a blameless and guileless man who lived first what he preached to others. Because of his fame, he was chosen to succeed Saint Nectarios as Patriarch of Constantinople. He was taken away by stealth, to avoid the opposition of the people, and consecrated Patriarch of Constantinople in 398, by Theophilus, Patriarch of Alexandria, who was to prove to be his mortal enemy.

At that time the Emperor of the East was Arcadius, who had had Saint Arsenius the Great as his tutor. Arcadius was a man of weak character, and much under the influence of his wife Eudoxia. The zealous and upright Chrysostom's unsparing censures of the lax morals in the imperial city stung the vain Eudoxia; through Theophilus' plottings and her collaboration, Saint John was banished to Pontus in 403. The people were in an uproar, and the following night an earthquake shook the city; this so frightened the Empress Eudoxia that she begged Arcadius to call Chrysostom back. While his return was triumphant, his reconciliation with the Empress did not last long. When she had a silver statue of herself erected in the forum before the Church of the Holy Wisdom (Saint Sophia) in 403, Saint John thundered against her, and she could not forgive him.



Feasts and Saints for this month continued

Saint John Chrysostom

Continued..

In June of 404 he was exiled to Cucusus, on the borders of Cilicia and Armenia. From here he exchanged letters with Pope Innocent of Rome, who sent bishops and priests to Constantinople requesting that a council be held. Saint John's enemies, dreading his return, prevailed upon the Emperor and had John taken to a more remote place of banishment called Pityus near the Caucasus. The journey was filled with bitter sufferings for the aged bishop, both because of the harshness of the elements and the cruelty of one of his 310 guards. He did not reach Pityus, but gave up his soul to the Lord near Comana in Pontus, at the chapel of the Martyr Basiliscus, who had appeared to him shortly before, foretelling the day of his death, which came to pass on September 14, 407. His last words were "Glory be to God for all things."

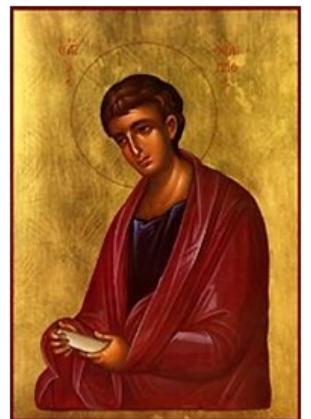
His holy relics were brought from Comana to Constantinople thirty-one years later by the Emperor Theodosius the Younger and Saint Pulcheria his sister, the children of Arcadius and Eudoxia, with fervent supplications that the sin of their parents against him be forgiven.

Saint John was surnamed Chrysostom ("Golden-mouth") because of his eloquence. He made exhaustive commentaries on the divine Scriptures and was the author of more works than any other Church Father, leaving us complete commentaries on the Book of Genesis, the Gospels of Saints Matthew and John, the Acts, and all the Epistles of Saint Paul. His extant works are 1,447 sermons and 240 epistles. Twenty-two teachers of the Church have written homilies of praise in his honor. Besides his feast day, he is celebrated as one of the Three Hierarchs on January 30, together with Saint Basil the Great and Saint Gregory the Theologian.

Saint Philip

14 November

Saint Philip one of the Twelve, was from Bethsaida of Galilee, and was a compatriot of Andrew and Peter. He was instructed in the teachings of the Law and devoted himself to the study of the prophetic books. Therefore, when the Lord Jesus called him to the dignity of apostleship, he immediately sought out and found Nathanael and said to him, "We have found Him of Whom Moses in the Law and the Prophets did write, Jesus of Nazareth, the son of Joseph" (John 1.45). Having preached Jesus the God-man throughout many parts of Asia Minor and having suffered many things for His Name's sake, he was finally crucified upside down in Hierapolis of Phrygia.



Feasts and Saints for this month continued

Advent Fast for the Feast of the Nativity

15 November - 24 December

In the Orthodox Church the Feast of Christmas is called “The Nativity”. As with Pascha, the Feast of the Nativity begins with a period of preparation known as **Advent or the Nativity Fast**. It is preceded by a fast corresponding to Lent and lasting for forty days. The fast begins on **November 15**, 40 days prior to the Birth of Christ.

The Nativity Fast is one of four main fast periods throughout the ecclesiastical year. Beginning on November 15 and concluding on December 24, the Nativity Fast gives individuals the opportunity to prepare for the Feast of the Nativity of Our Lord and Savior in the Flesh on December 25. By abstaining from certain food and drink, particularly from meat, fish, dairy products, olive oil, and wine, as well as focusing more deeply on prayer and almsgiving, we can find that the primary aim of fasting is to make us conscious of our dependence upon God.

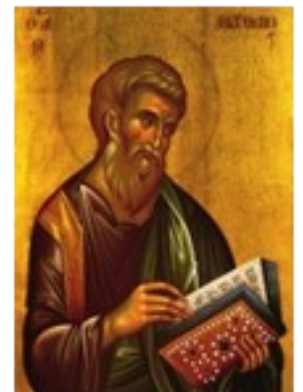
As we go thru the next 40 days, let us reflect on how we can make ourselves better Christians. Let us change our habits for the next 40 days and focus on the true meaning of Thanksgiving and Christmas. Beginning with Christmas Day, the Feast of the Nativity is celebrated for twelve days of fast-free (except on January 5), culminating in the Feast of Epiphany on January 6.



Saint Matthew

16 November

Saint Matthew who was also called Levi, was the son of Alphaeus and had Galilee as his homeland. A publican before being called by Christ, he became one of the Twelve Apostles, and an Evangelist. While still in Palestine, he wrote his Gospel first in Hebrew, being also the first of all to write the Gospel. When he is depicted in icons, there is portrayed next to him the likeness of a man, one of the symbolic living creatures mentioned by Ezekiel (1.10), which, as Saint Irenaeus writes, is a symbol of our Savior's Incarnation.



Feasts and Saints for this month continued

Gregory the Wonderworker 17 November

Saint Gregory was born in Neocaesarea of Pontus to parents who were not Christians. He studied in Athens, in Alexandria, in Beirut, and finally for five years in Caesarea of Palestine under Origen, by whom he was also instructed in the Faith of Christ. Then, in the year 240, he became bishop of his own city, wherein he found only seventeen Christians. By the time the Saint reposed about the year 265, there were only seventeen unbelievers left there. Virtually the whole duration of his episcopacy was a time of continual, marvellous wonders worked by him. Because of this, he received the surname "Wonderworker"; even the enemies of the truth called him a second Moses.



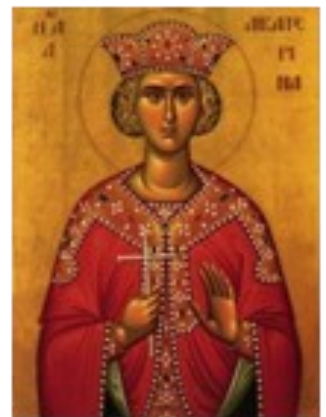
The Entrance of the Theotokos into the Temple 21 November

According to the tradition of the Church, the Theotokos was brought to the Temple at three years of age, where she was consecrated to God and spent her days until she was fourteen or fifteen years old; and then, as a mature maiden, by the common counsel of the priests (since her parents had reposed some three years before), she was betrothed to Joseph.



Saint Katherine 25 November

Saint Katherine who was from Alexandria, was the daughter of Constas. She was an exceedingly beautiful maiden, most chaste and illustrious in wealth, lineage, and learning. By her steadfast understanding, she utterly vanquished the passionate and unbridled soul of Maximinus, the tyrant of Alexandria; and by her eloquence, she stopped the mouths of the so-called philosophers who had been gathered to dispute with her. She was crowned with the crown of martyrdom in the year 305. Her holy relics were taken by Angels to the holy mountain of Sinai, where they were discovered many years later; the famous monastery of Saint Katherine was originally dedicated to the Holy Transfiguration of the Lord and the Burning Bush, but later was dedicated to Saint Katherine. According to the ancient usage, Saints Katherine and Mercurius were celebrated on the 24th of this month, whereas the holy Hieromartyrs Clement of Rome and Peter of Alexandria were celebrated on the 25th. The dates of the feasts of these Saints were interchanged at the request of the Church and Monastery of Mount Sinai, so that the festival of Saint Katherine, their patron, might be celebrated more festively together with the Apodosis of the Feast of the Entry of the Theotokos.



Feasts and Saints for this month continued

Saint Andrew

30 November

























Saint Andrew was from Bethsaida of Galilee; he was the son of Jonas and the brother of Peter, the chief of the Apostles. He had first been a disciple of John the Baptist; afterwards, on hearing the Baptist's witness concerning Jesus, when he pointed Him out with his finger and said, "Behold the Lamb of God, Which taketh away the sin of the world." (John 1:29,36), he straightway followed Christ, and became His first disciple; wherefore he is called the First-called of the Apostles. After the Ascension of the Saviour, he preached in various lands; and having suffered many things for His Name's sake, he died in Patras of Achaia, where he was crucified on a cross in the shape of an "X," the first letter of "Christ" in Greek; this cross is also the symbol of Saint Andrew.



**Remember to set your clocks and timers back 1 hour for
Daylight Savings Time, Sunday, 6 November**

Orthodox Calendar

November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		¹ <i>Cosmas and Damianos</i>	²  7pm Union Station Philoptochos Outreach	³	⁴ 	⁵
⁶ <i>7th Sunday of Luke</i> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	⁷	⁸ <i>Synaxis of Archangel Michael</i> 9am Orthos 10am Divine Lit. 10am VIP Meeting 7pVespers Covina	⁹  <i>Saint Nectarios</i> Liturgy in Covina 7pm Philoptochos Board Meeting	¹⁰	¹¹ 	¹²
¹³ <i>8th Sunday of Luke</i> <i>St John Chrysostom</i> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	¹⁴ <i>Saint Philip</i> <i>Saint Gregory Palamas</i>	¹⁵  <i>Nativity Fast Begins—40 days</i> 7pm Parish Council Meeting	¹⁶  <i>Saint Mathew</i>	¹⁷  <i>Saint Gregory the Wonderworker</i> Monthly O.R.A. meeting (VIPs) St. George Downey	¹⁸ 	¹⁹ 
²⁰  <i>9th Sunday of Luke</i> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream Parish General Assembly	²¹  <i>Entrance of the Theotokos</i> 9am Orthos 10am Divine Lit.	²² 	²³  7pm Philoptochos General Meeting	²⁴  <i>Thanksgiving Day</i>	²⁵  <i>Saint Katherine</i>	²⁶ 
²⁷  <i>13th Sunday of Luke</i> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	²⁸ 	²⁹ 	³⁰  <i>St. Andrew</i> 9am Orthos 10am Divine Lit.			
		<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>

Saint Anthony
Greek Orthodox Community
778 South Rosemead Blvd
Pasadena, California 91107



Phone
626.449.6943
Fax
626.449.6974
E-mail
alma@saint-anthonys.org

We're on the Web!

www.saint-anthonys.org

TIME SENSITIVE

POSTAGE
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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.



Have a blessed Thanksgiving