



Rev. Father Peter Stratos, Pastor

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Church office hours: Monday-Friday: 9:00am to 4:00pm (Closed Saturday & Sunday)

For pastoral emergencies only please call 626-855-3640

JANUARY 29, 2023

SUNDAY OF THE CANAANITE

*Removal of the Relics of
Ignatius of the God-bearer
Laurence of the Kiev Caves*

ORTHROS ~ 8:45 A.M.

[\(ORTHROS SERVICE TEXT CLICK HERE\)](#)

DIVINE LITURGY ~ 10:00 A.M.

[\(LITURGY SERVICE TEXT CLICK HERE\)](#)

WE WILL CONTINUE TO BROADCAST ALL SERVICES VIA LIVE-STREAM
(CLICK THE LINKS BELOW):

SAINT-ANTHONY.S.ORG/LIVESTREAM

FACEBOOK.COM/STANTHONYSPASADENA

YOUTUBE.COM/CHANNEL/UCXSG4uJFWmElsOEIjx96pCA

RESURRECTIONAL APOLYTIKION MODE PL. 4 (BEFORE ENTRANCE)

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

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APOLYTIKION FOR THE SAINT. MODE 4.

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Ignatius. Intercede with Christ our God, beseeching Him to save our souls.

Καὶ τρόπων μέτοχος, καὶ θρόνων διάδοχος, τῶν Ἀποστόλων γενόμενος, τὴν πρᾶξιν εὗρες Θεόπνευστε, εἰς θεωρίας ἐπίβασιν· διὰ τοῦτο τὸν λόγον τῆς ἀληθείας ὀρθοτομῶν, καὶ τῇ πίστει ἐνήθλησας μέχρις αἵματος, Ἱερομάρτυς Ἰγνάτιε. πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

APOLYTIKION OF ST. ANTHONY THE GREAT. MODE 4

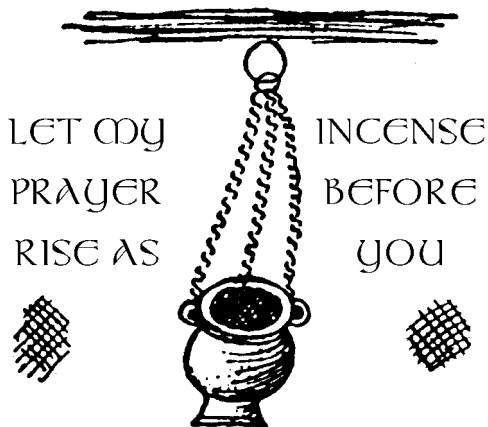
Emulating the ways of Elijah the zealot, and following the straight paths of the Baptist, O Father Anthony, you made the wilderness a city, and did support the world by your prayers. Wherefore intercede with Christ our God, that our souls be saved.

Τὸν ζηλωτὴν Ἠλίαν τοῖς τρόποις μιμούμενος, τῷ Βαπτιστῇ εὐθείαις ταῖς τρίβοις ἐπόμενος, Πάτερ Ἀντώνιε, τῆς ἐρήμου γέγονας οἰκιστῆς, καὶ τὴν οἰκουμένην ἐστήριξας εὐχαῖς σου· διὸ πρόσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

KONTAKION MODE 1.

You sanctified the virginal womb by Your birth, O Lord, and blessed the hands of Symeon fittingly, O Christ God; and even now You came and saved us. Now, give peace to our Nation in time of war, and empower our Leaders, so loved by You, the only one who loves humanity.

Ὁ μήτραν παρθενικὴν ἀγιάσας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεῶν εὐλογήσας ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστέ ὁ Θεός. Ἄλλ' εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὓς ἠγάπησας, ὁ μόνος φιλόανθρωπος.



EPISTLE READING

Sunday of the Canaanite

St. Paul's Second Letter to the Corinthians 6:16-18; 7:1

Prokeimenon. Mode Plagal 4.

Psalm 75.11,1

Make your vows to the Lord our God and perform them.

Verse: God is known in Judah; his name is great in Israel.

The reading is from St. Paul's Second Letter to the Corinthians 6:16-18; 7:1

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty."

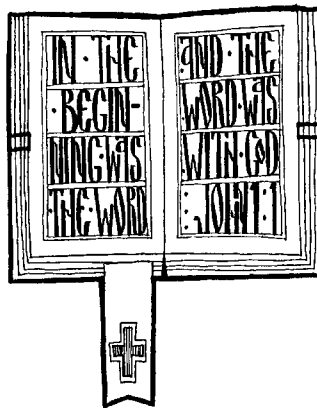
Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

GOSPEL READING

Sunday of the Canaanite

The Gospel According to Matthew 15:21-28

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.



METROPOLIS ANNOUNCEMENTS

Stay Connected to the Metropolis: Text SFNEWS 22828 and subscribe to the E-News from the Metropolis of San Francisco.

PARISH ANNOUNCEMENTS

Divine Services for the Month of January and February

(saint-anthonys.org/calendar)

Monday, Jan. 30 SYNAXIS OF THE THREE HIERARCHS: BASIL THE GREAT,
GREGORY THE THEOLOGIAN, AND JOHN CHRYSOSTOM.
Orthros.....9:00 a.m.
Divine Liturgy.....10:00 a.m.

Thursday, February 2nd *The Presentation of our Lord*
Orthros (9:00am), Divine Liturgy (10:00am)

Saturday, February 18th *First Saturday of the Souls*
Orthros (9:00am), Divine Liturgy (10:00am)

Saturday, February 25th *Second Saturday of the Souls*
Orthros (9:00am), Divine Liturgy (10:00am)



Today Social hour is hosted by Philoptochos.

Upcoming Memorials: February 26, John Kefalas – 6 months

St. Anthony's Coffee Hour is coordinated by St. Anthony Philoptochos:

A sign-up poster has been placed in the foyer of the hall. Please sign up on the poster or contact Tanya Christodoulelis at 626-379-2304. Thank you for your support. **Please contact the Church office if you need to schedule a memorial.**

“Praying Through the Psalter”

Pan-Orthodox Group via Zoom

Join us during the Lenten season as members of several Orthodox Parishes pray through the Psalms (Psalter) in preparation for Pascha.

The Psalms (Psalter) were written more than 5,000 years ago as songs of prayer and praise to the God of the Universe and are prayed daily by monks and nuns.

Join us as we practice Praying Through the Psalter, praying for our Parishes, and learning how to incorporate the Psalter into our daily lives.

Each Tuesday 7-8pm, February 7- April 4 (9 weeks). Open to all church members.

To sign up and receive the Zoom link and packet, contact Jennifer Dobrinen at jenniferdobrinen@yahoo.com or 559-326-4747.

STUDIES IN THE FAITH

Spring Session, 2023

February 13th – April 03rd

Our text for the 2023 Studies in the Faith class will be, *The Orthodox Faith, “Doctrine and Scripture,” Volume 1*, by Fr. Thomas Hopko. Our class for this year, will be taught over 8 class sessions, meeting on Monday evenings 6:30 – 7:30 pm.

These informative classes will serve as an excellent introduction to the Orthodox Faith for those interested in the Orthodox Church. This series of classes will also provide an inspiring enrichment and review for practicing Orthodox Christians.

*Reading each week's assigned chapter and participating in class discussions is encouraged to ensure that the sessions become an exciting and meaningful experience for all participants. For those interested in this year's class please email Fr. Peter. At this address: frpeter@saint-anthonys.org

* Google SVS Press, go to the Find a Book tab at the top right of page, and type in: Volume 1 Doctrine and Scripture. The cost of the book is \$22. (Please order your copy as soon as possible).

CHAPTERS TO BE DISCUSSED

Introductory Session – Monday February 13th

Chapter One: “Sources of Christian Doctrine”

Second Session – Monday February 20th

Chapter Two: “The Symbol of Faith”

Third Session – Monday February 27th

Chapter Three: “The Holy Trinity”

Fourth Session – Monday March 06th

Chapter Four: “The Bible”

Fifth Session – Monday March 13th

Chapter Five: “Old Testament”

Sixth Session – Monday March 20th

Chapter Six: “New Testament”

Seventh Session – Monday March 27th

Chapter Seven: “Salvation History”

Eighth Session – Monday April 03rd

Chapter Eight: “Great Week and Pascha”

PHILOPTOCHOS ANNOUNCEMENTS

Attention High School Seniors – Philoptochos of Saint Anthony scholarship applications are now available. Contact Presvytera Aida Stratos at presaida7@gmail.com for information or application.

Souper Sunday is on February 5 following Divine Liturgy in the hall. More details to come!

The Photo Gallery from the Philoptochos 53rd Annual Christmas Benefit is available online to view, download and order prints. For viewing go to <https://ronmarianophotography.pixieset.com/st-anthony-philoptochos-luncheon>

☩ COFFEE HOUR FELLOWSHIP ☩



Host a Coffee Hour and celebrate a Birthday, Anniversary, Name Day, Graduation, Loved One, as a Family Activity or for any reason!

Every Sunday following the Divine Liturgy, coffee hour in the Parish Hall provides an opportunity to visit with fellow parishioners and to greet new Parish members. By offering to host a Coffee Hour Fellowship, you are assisting in providing a delicious snack while we spend time with our church family.

Hosting is as easy as 1-2-3:

1. **Sign-up on the poster located in the Parish Hall or Church Office.** To be included in the bulletin, notify the Church Office by the Wednesday prior to the date chosen at 626.449.6943 or by email office@saint-anthonys.org

For Memorials, you must notify the Church Office by the Wednesday prior to the date chosen at 626.449.6943 or by email office@saint-anthonys.org

2. **Bring snacks for 75 adults and kids** – Suggestions include: assorted Bagels, Muffins, Cakes, Cookies, Mini Deli Sandwiches, Cheese & Crackers, Olives, Dolmades, Hummus, Tzatziki, Pita, Raw Vegetables, Fruit, Salads, Oatmeal or anything you prefer
3. **Bring food items plated on serving trays/bowls and ready to serve by 10:30am on your chosen day.** (Serving tables and coffee/water station are set up by 10:00am)

That's it! Your fellow parishioners will be grateful for the snack and fellowship.

Philoptochos provides the coffee, sugar, creamer, paper plates, plastic utensils and napkins or you may choose to donate these items to help offset the cost.

For questions, please call or email Tanya Christodoulelis at 626.379.2304 or tanvachristos@yahoo.com.

All cash donations made during Coffee Hour go toward the Church Altar Fund to provide the items needed throughout the year for the altar.

Removal of the Relics of Ignatios the God-bearer

January 29, 2023

Saint Ignatius was a disciple of Saint John the Theologian, and a successor of the Apostles, and he became the second Bishop of Antioch, after Evodus. He wrote many epistles to the faithful, strengthening them in their confession, and preserving for us the teachings of the holy Apostles. Brought to Rome under Trajan, he was surrendered to lions to be eaten, and so finished the course of martyrdom about the year 107. The remnants of his bones were carefully gathered by the faithful and brought to Antioch. He is called God-bearer, as one who bare God within himself and was aflame in heart with love for Him. Therefore, in his Epistle to the Romans (ch. 4), imploring their love not to attempt to deliver him from his longed-for martyrdom, he said, "I am the wheat of God, and am ground by the teeth of the wild beasts, that I may be found to be the pure bread of God."

Saint John Chrysostom has a homily in honour of the translation of the Saint's relics (PG 50:587).

Synaxis of The Three Hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom

January 30, 2023

This common feast of these three teachers was instituted a little before the year 1100, during the reign of the Emperor Alexis I Comnenus, because of a dispute and strife that arose among the notable and virtuous men of that time. Some of them preferred Basil, while others preferred Gregory, and yet others preferred John Chrysostom, quarreling among themselves over which of the three was the greatest. Furthermore, each party, in order to distinguish itself from the others, assumed the name of its preferred Saint; hence, they called themselves Basilians, Gregorians, or Johannites. Desiring to bring an end to the contention, the three Saints appeared together to the saintly John Mavropous, a monk who had been ordained Bishop of Euchaita, a city of Asia Minor, they revealed to him that the glory they have at the throne of God is equal, and told him to compose a common service for the three of them, which he did with great skill and beauty. Saint John of Euchaita (celebrated Oct. 5) is also the composer of the Canon to the Guardian Angel, the Protector of a Man's Life. In his old age, he retired from his episcopal see and again took up the monastic life in a monastery in Constantinople. He reposed during the reign of the aforementioned Emperor Alexis Comnenus (1081-1118).



WELCOME!



We hope you enjoy your time with us today and that your worship experience is inspirational and uplifting.

Please note that *only baptized and/or Chrismated Orthodox Christians may partake of the Sacrament of Holy Communion*. At the end of the Divine Liturgy, you are welcome to come and receive the *Antidoron* (blessed bread) from the priest.

Contact our office at 626-449-6943 or office@saint-anthonys.org to receive more information about our parish or the Orthodox Christian faith.

If you are new to the community and want to become a member in our Church, please feel free to either take a pledge card from the announcement table in the narthex, contact the Church office or Please visit saint-anthonys.churchgiving.com to make your offering and schedule your regular stewardship giving.



Deadline for submitting information for the Sunday Bulletin is every Wednesday. please send it to office@saint-anthonys.org