

# The Voice of Saint Anthony

February 2023

## Saint Anthony's Greek Orthodox Church

Reverend Father Peter Stratos

778 S. Rosemead Boulevard, Pasadena, CA 91107

(626) 449-6943 Office (626) 449-6974 FAX

[www.saint-anthonys.org](http://www.saint-anthonys.org)

Presentation of our Lord	2 Feb
Sun, of Publican & Pharisee	5 Feb
Triodion Begins	5 Feb
Theodore the General	8 Feb
Sunday of Prodigal Son	12 Feb
Theodore the Tyro & Martyr	17 Feb
Judgement/Meatfare Sun.	19 Feb
Forgiveness/Cheesefare	26 Feb
Kathari Deftera/Clean Mon.	27 Feb

Priest's Message	2
Stewardship	5
Ministries	9
Parish Council	11
Sunday School	13
Youth/Young Adults	15
Philoptochos	22
VIPs	27
Monthly Lesson	29
Community News	31
Saints of the Month	45
Orthodox Calendar	51



Presentation of our Lord in the Temple

2 February

Deadline for March Newsletter is Saturday, 25 February  
Please send to: [newsletter\\_church@aol.com](mailto:newsletter_church@aol.com)

## Message from Father Peter

Dear Brothers and Sisters in Christ,

I greet you all in the name of the Lord! I am very excited to once again offer the 2023 “**Studies in the Faith Series**” on Monday evenings beginning February 13 through April 3.

The class for this year will incorporate a classic book (as part of a four part series) written by Father Thomas Hopko. The book is volume one of the series “**The Orthodox Faith**” and is entitled ***Doctrine and Scripture***.

The informative classes and discussions of our Studies in the Faith will serve as an excellent introduction for those interested in the Orthodox Church.

For those who are interested in converting to the Orthodox Christian Faith, your opportunity has arrived!

For those already baptized in the Orthodox Church, this series of classes will provide an inspiring enrichment and review of our abundantly rich faith.

This book and class participation can serve as our Lenten project to enrich our own faith and our personal journey to Holy Pascha. Reading, studying, discussing and learning more about our Faith and our Holy Orthodox Church will bring greater meaning and spiritual joy to our Lenten and Paschal experience.

We will meet via zoom for all eight classes. If you are interested, please send me an email (frpeter@saint-anthonys.org) requesting the zoom logon information

Please refer to the Class Syllabus on the next page for additional information.

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.

To order your text:

Google: **SVS Press and Bookstore**

Proceed to **Find a Tab** at the top right of page

Type: **Volume 1 Doctrine and Scripture**

The cost of the book is \$22.

Please order your copy as soon as possible and read Chapter One by February 13.

I look forward to hearing from you. Let us make this Lenten Season most uplifting and inspiring.

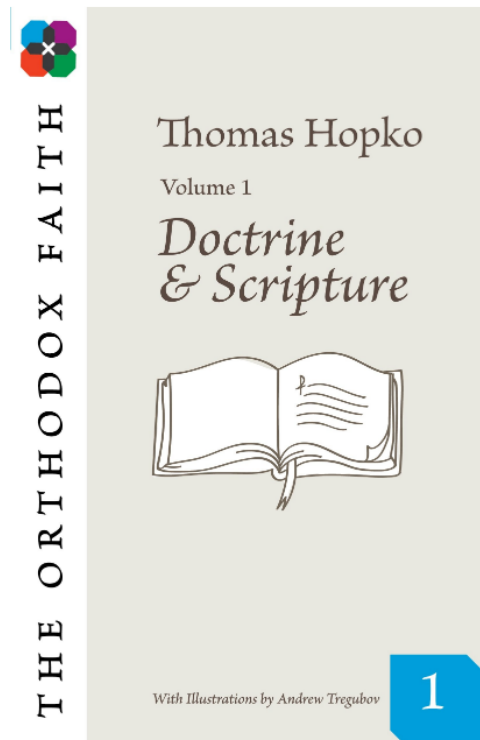
In Christ,

Fr. Peter

# Message from Father Peter

## Class Syllabus

Monday February 13th	Introductory Session Chapter One: "Sources of Christian Doctrine"
Monday February 20th	Chapter Two: "The Symbol of Faith"
Monday February 27th	Chapter Three: "The Holy Trinity"
Monday March 6th	Chapter Four: "The Bible"
Monday March 13th	Chapter Five: "Old Testament"
Monday March 20th	Chapter Six: "New Testament"
Monday March 27th	Chapter Seven: "Salvation History"
Monday April 3rd	Chapter Eight: "Great Week and Pascha"





# Message from Father Peter

## OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 5th</b>		<b>TRIDION WEEKS</b> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 12th</b>		<b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 19th</b> FAREWELL TO MEAT TODAY		<b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>FEBRUARY 26th</b> FAREWELL TO CHEESE TODAY		<b>Adam and Eve are cast from Paradise!</b> <b>FORGIVENESS SUNDAY</b> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 5th</b>		<b>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</b> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 12th</b>		<b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 19th</b>		<b>VENERATION OF THE HOLY CROSS</b> <b>HALF WAY TO PASCHAI</b> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 26th</b>		<b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 2nd</b>		<b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 9th</b> GREAT WEEK BEGINS		<b>GREAT AND HOLY WEEK</b> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 14th</b>		<b>GREAT AND HOLY FRIDAY</b> <b>JESUS DIES ON THE CROSS</b> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 16th</b> NO FASTING!		<b>BRIGHT WEEK</b> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



# Stewardship



## 2023 Stewardship Financial Commitment

*"As each has received a gift, use it to serve one another,  
as good stewards of God's grace." (1 Peter 4:10)*

LAST NAME

FIRST NAME(S), PLEASE INCLUDE CHILDREN UNDER 18.

STREET ADDRESS

CITY

STATE

ZIP

PREFERRED PHONE

OTHER/SECOND PHONE

E-MAIL

[For office use only]

SIGNATURE

DATE

### ANNUAL GIVING LEVELS:

**\*ARCHANGEL: \$15,000 and up**

\$288/week OR \$1,250/month & up

**\*ANGEL: \$10,000 - \$14,999**

\$192-\$288/week OR \$833-\$1,249/month

**\*GUARDIAN: \$7,000 - \$9,999**

\$135-\$192/week OR \$583-\$833/month

**\*DISCIPLE: \$4,000 - \$6,999**

\$77-\$135/week OR \$333-\$583/month

**\*FAITHFUL: \$2,000 - \$3,999**

\$38-\$77/week OR \$167-\$333/month

**SUPPORTER: \$1,000 - \$1,999**

\$19-\$38/week OR \$83-\$167/month

**FRIEND: \$500 - \$999**

\$9.60-\$19/week OR \$42-\$83/month

**CONTRIBUTOR: \$499 & below**

\$9.60/week OR \$42/month & below

Review your stewardship commitment prayerfully, consider what you offer to the Church in comparison to monthly utility/service payments.

Please return your completed commitment card to church by Jan. 31, 2023

Your card must be on file for you to be considered in 'Good Standing'

**In response to God's blessings, I/we pledge a 2023 offering of:**

**My Stewardship Commitment for 2023: \$ \_\_\_\_\_**

**I will fulfill and pay my pledge: (CHECK ONE)**

☐ Weekly at \$ \_\_\_\_\_/week

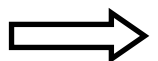
☐ Monthly at \$ \_\_\_\_\_/month

☐ Annually

Contact the Church office to set up easy recurring electronic payments

-OR- set up your own recurring giving at [saint-anthonys.churchgiving.com](http://saint-anthonys.churchgiving.com)

**\*To fully cover our operating expenses, our goal is to  
have our average stewardship be \$2,000 or above per family**



# Stewardship



*"As each has received a gift, use it to serve one another, as good stewards of God's grace." (1 Peter 4:10)*

## FAQs

### Frequently Asked Questions about Stewardship:

#### **Q: IS THERE A DIFFERENCE BETWEEN "DUES" & "STEWARDSHIP"?**

A: Yes! Three or four generations ago, it was commonplace for families throughout our Archdiocese to pay their annual "dues" or required membership fee to be a member of their local parish. Over time it was clear that this was not the healthiest way of committing to a local church as giving remained stagnant and the authentic Christian commitment of sacrificial giving became an afterthought. (note: the annual "dues" of \$300-350 *back then* would equate to roughly \$2,500-\$3,000 *today*) Stewardship, however, offers us the chance to recognize our unique blessings from God, and to give back based on what we have received. Stewardship is management of another's property, and all our blessings and gifts we have been given ultimately belong to God. We are but his caretakers, his priests, his *stewards* on this earth.

#### **Q: HOW MUCH SHOULD I GIVE?**

A: The foundations of Christian stewardship is both from Scripture and the teachings of our Lord. You may have heard the term *titling* (the word *tithe* literally means *tenth* in Hebrew), and this refers to the biblical giving goal of 10% of your household income to your local church (*Lev. 27:30; Num. 18:25-28; Deut. 14:22-24; 2 Chron. 31:5-6*). Yet, we also hear from our Lord Jesus Christ that true giving is when we offer sacrificially "all that we have" (*Luke 21:4*), "store up your treasures in heaven" (*Matt. 6:20*), "it is more blessed to give than to receive" (*Acts 20:35*), "for God loves a cheerful giver" (*2 Cor. 9:7*). With this in mind, you are invited to prayerfully reflect on your own household income, and make your sacrificial offering based on what you receive. Consider also what you offer to Christ's Church in comparison to your monthly utility/service payments. (*"Am I giving my phone more than my Church?"*) Use the chart to the right as a guide.

Annual Income	2.5%	5%	10%	15%
\$20,000	\$500	\$1,000	\$2,000	\$3,000
\$50,000	\$1,250	\$2,500	\$5,000	\$7,500
\$75,000	\$1,875	\$3,750	\$7,500	\$11,250
\$100,000	\$2,500	\$5,000	\$10,000	\$15,000
\$250,000	\$6,250	\$12,500	\$25,000	\$37,500

#### **Q: WHAT DOES MY STEWARDSHIP PAY FOR?**

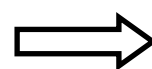
A: It costs approximately \$2,000/day to keep the church open. Most operating expenses are paid from stewardship. Some examples are mortgage, utilities, office staff and pastoral salaries, candles, permits, and facilities maintenance. Additional costs are directly related to church programs.

#### **Q: WHAT IS THE EASIEST WAY TO FULFILL MY PLEDGE?**

A: The easiest way is online! Pledging and paying online is fast and EASY and is the preferred method for many of our families. Simply go to our website [saint-anthonys.org](http://saint-anthonys.org) and click the DONATE button and this will take you to our online giving platform. Under "Regular" click the Make a Donation button, then click Create a Recurring Donation, enter your weekly/monthly/semi-annually amount and fill in the necessary information. You can always call the church office for assistance in setting up easy recurring giving payments. Paying your pledge can also be done by check, envelopes, or credit card payments, though these are not as convenient for you.

#### **Q: WHEN SHOULD I MAKE MY ANNUAL PLEDGE?**

A: We would ask you to turn in your pledge card by January 31<sup>st</sup>. Our church budget is based on our expected annual income and expenses. Forecasting stewardship in January helps meet our parish goals.



## Stewardship

**Q: I DON'T LIKE TO PAY MY PLEDGE UNTIL DECEMBER. SHOULD I STILL PLEDGE IN JANUARY?**

A: Yes. January pledging allows for effective fiscal budgeting. Pledge your annual amount, then pay weekly, monthly, semi-annually or annually.

**Q: WHY DO I HAVE TO UPDATE MY INFORMATION EVERY YEAR?**

A: We ask for updated information to provide you the opportunity to review your pledge for the upcoming year. As cost of living increases every year, so do our own parish expenses, and our giving to the church needs to adjust accordingly. We anticipate automatic online giving to become the standard in order to simplify the process.

**Q: DOESN'T THE GREEK FESTIVAL BRING IN MOST OF THE FUNDING FOR THE CHURCH?**

A: No. While the annual Pasadena Greek Fest is an important source of funding and support, it actually accounts for less than 15% of the total revenue brought in each year. Stewardship raises four times as much and is our primary source of funding for operating expenses. Ultimately, the goal is to have zero reliance on outside sources of funding, which would then make the Festival an outreach and community building opportunity, thus greatly alleviating the stress and dependency of this event.

**Q: I ALREADY PAY FOR GREEK DANCE, GREEK LANGUAGE SCHOOL, BASKETBALL, ETC. WHY DO I HAVE TO PAY STEWARDSHIP TOO?**

A: These programs operate independently from the church operating budget. The church provides the facility in addition to expenses enabling their operation and receives no money from these organizations. *It is also important to know that families participating in our children's ministries must be currently pledged stewards.*

**Q: IF I DONATE TO A MEMORIAL FUND, BUILDING FUND, FESTIVAL, OR EVENT, DOES THAT COUNT AS PART OF MY STEWARDSHIP?**

A: No. Your stewardship is represented entirely by your stated pledge.

**Q: IF I MAKE A NON-MONETARY DONATION TO THE CHURCH, CAN THIS REPRESENT MY STEWARDSHIP?**

A: No. Your stewardship pledge cannot be substituted for non-monetary donations. However, your various donations to the festival and the church are always greatly appreciated and are tax-deductible.

**Q: WHEN SHOULD MY CHILDREN BECOME STEWARDS?**

A: As the principles of stewardship is that of sacrificial giving from what we have received, everyone is encouraged to become a "cheerful giver" as soon as one begins to generate his/her own income.

**Q: WHAT IF I OR MY FAMILY EXPERIENCE A FINANCIAL HARDSHIP OR SEVERE CHANGE IN INCOME?**

A: Parishioners who are experiencing financial hardships and are unable to fulfill their stewardship obligation, but still want to be considered in "good standing", can always contact the church office, and you may always speak with one of our priests.

*Fact: With our congregation at roughly 300 families, to fully cover our operating expenses our goal is to have average stewardship be \$2,000 per family or above. Right now, 83% of our stewards are under that goal.*



## Stewardship



### Commitment of Time and Talents



Families should mark "H" for husband, "W" for wife, "C" for Children.

#### Council of Ministries

<input type="checkbox"/> Acolytes	<input type="checkbox"/> Kouvouklion	<input type="checkbox"/> Stewardship Committee
<input type="checkbox"/> Bible Studies	<input type="checkbox"/> Little Lambs	<input type="checkbox"/> Studies in the Faith
<input type="checkbox"/> Bookstore	<input type="checkbox"/> Myrrh Bearers	<input type="checkbox"/> Sunday School
<input type="checkbox"/> GOYA Basketball	<input type="checkbox"/> OCF (Orthodox Christian	<input type="checkbox"/> Vacation Bible School
<input type="checkbox"/> GOYA/Jr. GOYA	<input type="checkbox"/> Fellowship)	<input type="checkbox"/> VIPs
<input type="checkbox"/> Greek Dance	<input type="checkbox"/> Office Volunteers	<input type="checkbox"/> Volleyball Tournament
<input type="checkbox"/> Greek Language School	<input type="checkbox"/> St. John Chrysostom	<input type="checkbox"/> Welcoming Committee
<input type="checkbox"/> JOY/HOPE	<input type="checkbox"/> Oratorical Festival	<input type="checkbox"/> Other

#### Parish Events

<input type="checkbox"/> Palm Sunday Luncheon	<input type="checkbox"/> Resurrection Magiritsa	<input type="checkbox"/> Summer Family Picnic
<input type="checkbox"/> Pasadena Golf Classic	<input type="checkbox"/> Dinner	<input type="checkbox"/> Other
<input type="checkbox"/> Pasadena Greek Fest	<input type="checkbox"/> Saint Anthony Feast Day	

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

# Ministries at Saint Anthony



## 2023 PARISH COUNCIL

Joseph Akrotirianakis	President
Pete Gallanis	Co-Vice President
Perry Vidalakis	Co-Vice President
Tashia Vagenas	Secretary
Christian Balas	Treasurer

Tony Christopoulos  
Tom Grafos  
Louie Kades  
Pete Katsafados  
Liam McCann  
Eleni Mitropoulos  
Jim Pappas  
Dino Vagenas  
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, 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

#### **President**

Judith Din

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

Jeanne Karaionnoglou

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

Helen Skandale and Lisa Xanthos

#### **Corresponding Secretary**

Mary Udria and Irene Albeck

#### **Recording Secretary**

Mary Dewar

#### **Treasurer**

Connie Becker

#### **Assistant Treasurer**

Maria Grover

#### **Advisor**

Maria Kypreos

#### **Spiritual Advisor**

Father Peter Stratos

### Board of Directors

#### **Beautification**

Maria Kokoris

Maria Hronas

#### **Community Outreach**

Fontaine Malisos, Liz Skandale

Stephanie Soewers

#### **Fellowship**

Tanya Christodoulelis

Maria Kypreos

#### **Publicity**

Christine Pappas

#### **Scholarship**

Presbytera Aida Statros and Irene Albeck

#### **Social Media/Webmaster**

Sophia Syrengelas

#### **Sunshine and Visitation**

Fontaine Malisos, Liz Skandale

Stephanie Soewers

#### **Union Station**

Irene Albeck and Stephanie Soewers

#### **Operation Classroom**

Nicolette Fuerst and Jennifer Webster

## ADDITIONAL MINISTRIES

#### Acolytes

Fr. Peter Stratos

#### Bible Study

Fr. Peter Stratos

#### Bookstore

Noah Johnson

#### Golf Classic

Jimmy Christos

Ted Attalla

#### GOYA

Fr. Peter Stratos

#### GOYA Basketball

Anthia Lucas

Pana Gelt

#### GOYA Volleyball

Anthia Lucas

Pana Gelt

#### Greek Dance Groups

Phophi Magaziotis

#### Greek Festival

Christian Balas

#### 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

Irene Albeck





## Parish Council Happenings

Dear Members of the Saint Anthony Community:

Happy New Year! *Καλή Χρονιά!* A new year's resolution will be to make this report to the community monthly.

Election of 2023 Executive Officers. On January 10, your Parish Council met for its initial 2023 meeting. The first order of business was the election of the 2023 executive board.

The following members were elected to the 2023 executive board:

President	Joe Akrotirianakis
Co-Vice President	Perry Vidalakis
Co-Vice President	Pete Gallanis
Secretary	Tashia Vagenas
Treasurer	Christian Balas

*Congratulations and Axios!*

### Upcoming Events

With the COVID-19 pandemic largely on the wane, we are looking forward to a number of events upcoming this year:

**Golf Tournament** Our Golf Tournament will be held Friday, **May 5, 2023**. With all of our thanks, Jimmy Christos and Ted Attalla will co-chair the Golf Tournament Committee. Jimmy and Ted will be joined, from the Parish Council, by Vince Zarian and Liam McCann. Our Golf Tournament honoree(s) will be announced in the coming month.

**Festival** Building on the great job he did as chairperson of our 2022 *Panigiri*, Christian Balas will chair this year's Festival. Our Festival is anticipated to be held in the last weekend of September/first weekend of October (**September 29-October 1**). Stay tuned for more updates.

**Return to In-Person Parish Council Meetings** We will resume in-person Parish Council meetings in February. As has been our community's recent tradition, Parish Council meetings are generally held on the second Tuesday of the month at 7:00 p.m. (Our February meeting will be held **February 7**, as February 14 is Valentine's Day.) Our February 7<sup>th</sup> and March 14<sup>th</sup> meetings will be held in-person, as we approach Great Lent, Holy Week, and Easter, as well as the Golf Tournament. The remainder of this year's meetings will be "TBD" as to whether they will be in-person or remote.

**January 8 Disruption by "First Amendment Auditors"** On Sunday, January 8, those attending liturgy were disrupted by a person standing on the sidewalk of Rosemead Blvd. taking pictures and attempting to interact with attendees. These people, who style themselves as "First Amendment Auditors," are attempting to provoke angry reactions so that they can film them for YouTube. This person did not return on January 15, most likely because he was unable to provoke anger on January 8. We encourage you to continue to ignore any future "auditors" and not react to them. This is the second time a person has gone away after having been ignored by the community.

## Parish Council Happenings

**Real Estate Committee** Our recently formed Real Estate Committee reported that we are in the process of renting our new property at 3734 Locksley Drive. The back house is ready to rent. The middle and front houses need some touch-up work before they can be rented. That work is in progress.

**Parish Council Liaisons to Parish Ministries** The following Parish Council members have been appointed as liaisons for the 2023 parish ministries:

1. Philoptochos: Tashia Vagenas
2. Youth Ministry: (Hope, Joy, Jr. & Sr. GOYA): Nikole Zoumberakis & Eleni Mitropoulos
3. Greek School: Eleni Mitropoulos
4. VIPs: Tom Grafos
5. Stewardship: Pete Gallanis & Liam McCann
6. Ushering: Tom Grafos & Tashia Vagenas
7. Building and Maintenance: Pete Gallanis
8. Sunday School: Eleni Mitropoulos & Nikole Zoumberakis
9. Greek Dance: Louie Kades
10. Basketball: Tony Christopoulos & Louie Kades
11. Little Lambs: Eleni Mitropoulos & Nikole Zoumberakis
12. Golf Tournament: Vince Zarian & Liam McCann
13. Festival: Christian Balas
14. AHEPA: Jimmy Pappas
15. Young Adults (YAL): Liam McCann
16. Monthly Newsletter: Joe Akrotirianakis

### Get to know us!

Your ushers are all members of the Parish Council. If you do not know them by name, please introduce yourself, so we can know one another better. To help with this, Parish Council will be wearing name badges in the near future.

Sincerely,

Joe Akrotirianakis  
Parish Council President

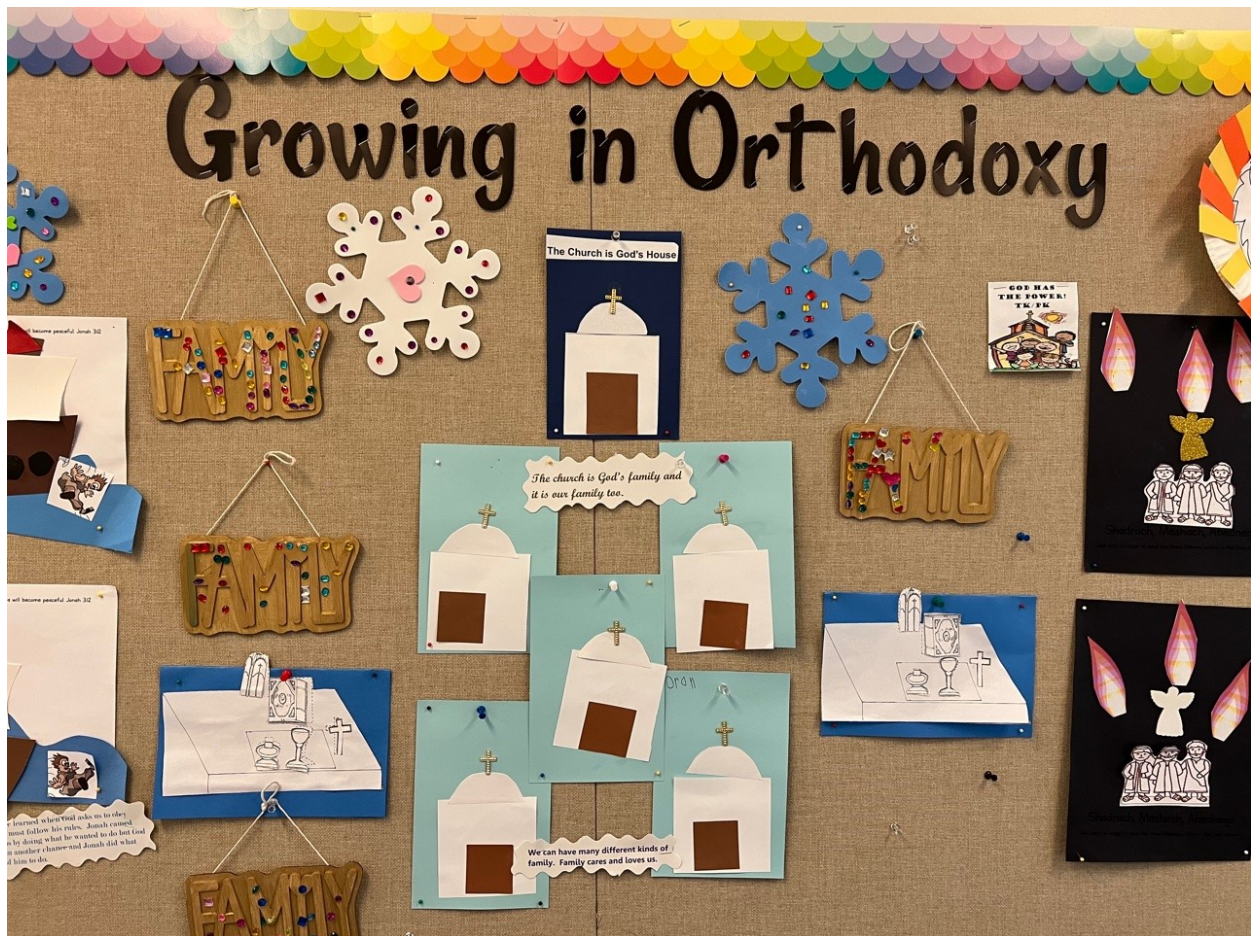
# SUNDAY SCHOOL

In January, our Sunday School students began working on an iconography project. They are learning about Byzantine iconography and the holy process that an iconographer goes through while writing an icon. To learn this they are taking on the role of being iconographers themselves. This hands-on activity is helping them understand that icons are not simply art in our churches and homes, but rather “windows to heaven” that show us important events that occurred in the life of Jesus and the Theotokos. They commemorate the lives of Saints, Disciples, Archangels, and Prophets.

Saint Theodore the Tyro said, *“Through icons, the Orthodox Christian receives a vision into the spiritual world.”* It is our hope that this special activity helps our students view icons in a prayerful and sacred way so that they can grow in their faith and spirituality as Orthodox Christians.

This project has taken great care and patience on behalf of the students, but also our teachers. Thank you to our teachers for facilitating a fun and meaningful experience for your students in which they will without a doubt always remember participating, as students of Saint Anthony Sunday School Fellowship.

We look forward to sharing our icons with our Saint Anthony community on March 5th, Sunday of Orthodoxy.

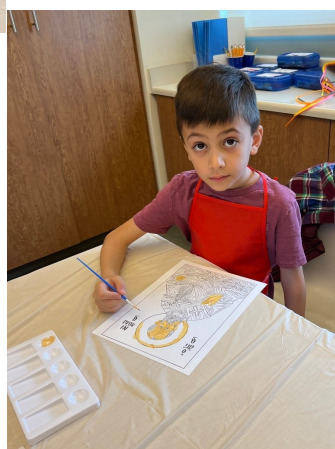


Mrs. Albeck and Mrs. Larissa's PK/TK projects





Mrs. Albeck and Mrs. Larissa's  
PK/TK projects



Mrs. Sophia and Mrs. Andrianna's  
Kindergarten and First Grade  
little iconographers

## Youth & Young Adults

# GOYA Basketball 2023



GOYA Basketball season is around the corner  
and games will begin Sunday, February 26th!

Sign ups are going on now!

We are using TeamSnap to register.

Please click this link <https://go.teamsnap.com/forms/352216> to register your players.

Game schedule is available on TeamSnap!

Junior Girls/Junior Boys ages 12-15

Senior Girls ages 16-21

Senior Boys ages 16-19

Player fee is \$100 payable to St. Anthony Greek Orthodox Church.

Uniforms will be distributed at the Kickoff Party Saturday February 4th (please see flyer next page) or Sunday after church February 5th.

Players must be registered and paid to receive a uniform.

We'd like to thank the Jones Livanos Family for their very kind and generous donation of new basketball uniforms! Our teams will be the best dressed in the league!

Questions ?

Please contact :

Pana Gelt [pgelt3@gmail.com](mailto:pgelt3@gmail.com)

Anthia Drulias-Lucas [adljsl02@yahoo.com](mailto:adljsl02@yahoo.com)



## Youth & Young Adults continued

# ST. ANTHONY'S GOYA BASKETBALL *Kickoff*



Saturday, February 4th

11a.m to 2p.m

@ Syrengelas' House

1640 Acorn Lane

Glendora, 91741

*Family. Friends.  
Love. and Basketball*

Please RSVP by Tues. Jan. 31st to

Maria Katsas

Via Text

(626) 255-2004



Drinks, Snacks, and Pizza  
will be provided!

Checks made payable to St. Anthony Greek  
Orthodox Church (\$100 per player)

Junior Team (Boys and Girls)

Ages 12-15

Senior Girls

Ages 16-21

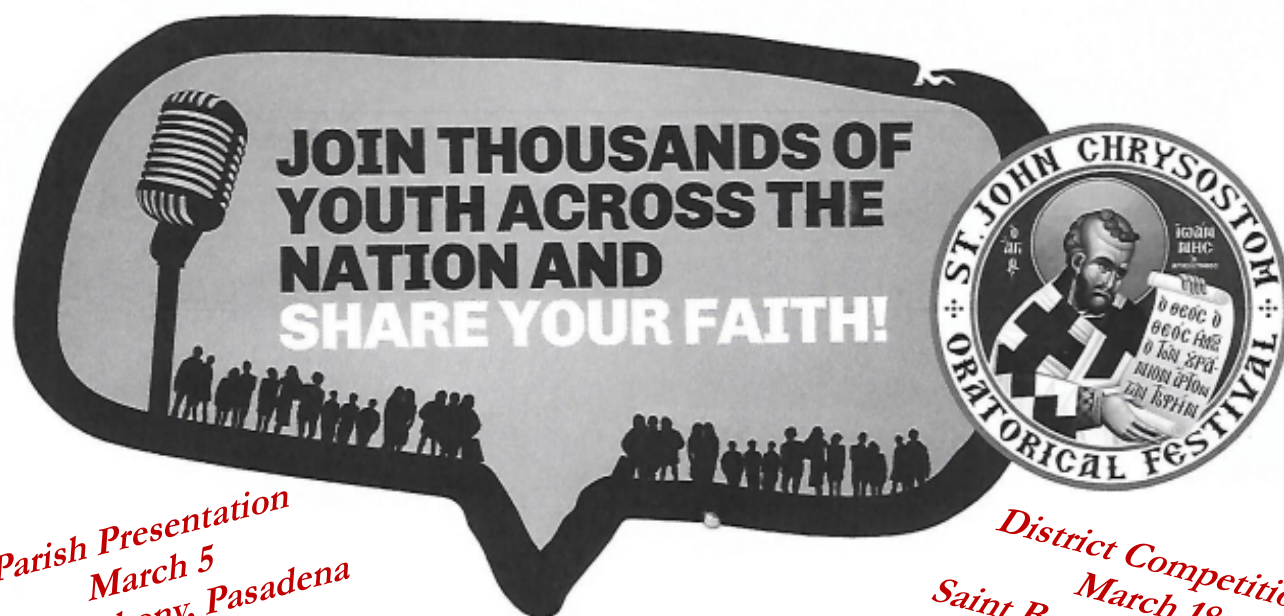
Senior Boys

Ages 16-19





## Youth & Young Adults continued



*Parish Presentation  
March 5  
Saint Anthony, Pasadena*

*District Competition  
March 18  
Saint Basil, San Juan Capo*

# 2023 ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

**Senior Division (Grades 10-12) • Junior Division (Grades 7-9)**

## AWARDS

National finalists are eligible to receive the following:

**St. John Chrysostom Oratorical Festival Scholarship: \$500 to \$2000**

**FAITH: An Endowment for Orthodoxy and Hellenism: to be announced**

Finalists at any level are eligible to receive the following:

**Chrysostom Scholarship to Hellenic College: \$2,500 up to \$30,000 per year**

Parish Festival Date & Time: \_\_\_\_\_

Parish Chairperson: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Find the topics, tips, manual & award information at:  
**[www.religioused.goarch.org](http://www.religioused.goarch.org)**

Department of Religious Education (DRE), Greek Orthodox Archdiocese of America



## Youth & Young Adults continued

### Participant Information

*Please reproduce this page for the participants.*

1. You must be of the Greek Orthodox Faith. To participate in the Junior Division you must be in grades 7-9. To participate in the Senior Division you must be in grades 10-12. **Your topic must be selected from the list of topics in the corresponding division.**
2. The speech must be original and delivered in English. Previously used material is not eligible. Quotations must be used effectively as supportive material, and sources must be identified.
3. No audio-visual material (slides, charts, etc.) may be used. The speech must be delivered from the lectern. The contents and/or delivery of the speech should not be dramatically presented.
4. A parent or teacher may serve as a "coach" in preparation and delivery, but the speech must reflect your own writing and speaking style.
5. A speaker can present his/her speech at only one parish oratorical festival.
6. Topics must be chosen from the official list compiled by the Department of Religious Education. The speech delivered at the parish level must be the same one given at the district, metropolis and national finals levels with only minor revisions (i.e., grammatical corrections, deleting a paragraph if speech is over time limit, correcting syntax).
7. Speech time limits for each division are:  
  
JUNIOR- minimum 3 minutes, maximum 4  
  
SENIOR - minimum 4 minutes, maximum 5

A 15-second grace period will be given to speakers whose talks run over or under time. Speeches that run over or under the 15-second grace period will lose 1 point for each additional five seconds.

8. A copy of the speech must be given to the chairperson before or during the orientation session. Your name, full address, phone number, email, and division (junior or senior) should appear in the upper right-hand corner, along with the name and location of your church. Place the title of your speech (taken from the official list of topics) right above the opening statement. Speakers who advance to the district, metropolis and national finals festivals must also present a copy to the chairperson at these events.
9. Speakers should dress in clothing that is professional and appropriate for Sunday church services.

## Youth & Young Adults continued

### JUNIOR DIVISION

(GRADES 7-9)



#### TOPIC 1

Orthodox tradition teaches that the saints remain spiritually active beyond their earthly life. Discuss how we ask the Saints to intercede and pray for us and why.

#### TOPIC 2

Orthodox Christians honor the Virgin Mary, the Most Holy Theotokos. What does the Orthodox Church believe about her and her role in our salvation?

#### TOPIC 3

The sacraments are the mysteries of the Church through which God gives us His grace by actions, words, and material objects (for example, oil, wine, and bread). Pick one sacrament and explain its meaning.

#### TOPIC 4

Jesus models and teaches humility throughout His life and ministry. Discuss the challenges of living according to Jesus' teachings in a society that does not necessarily emphasize humility.

#### TOPIC 5

Consider and discuss why and how icons are central to our faith and Orthodox practice.





## Youth & Young Adults continued

### SENIOR DIVISION (GRADES 10-12)



#### TOPIC 1

The Ecumenical Patriarchate in Constantinople is the highest seat and the Mother Church of Orthodox Christians. The Ecumenical Patriarch is the spiritual leader of 300 million Orthodox Christians worldwide. Discuss how the Patriarchate has been a symbol of unity, a source of missionary growth, an advocate of dialogue among Christians, and a defender of the historical Orthodox Faith.

#### TOPIC 2

During times of crisis, our faith is tested. How are Orthodox Christians taught to understand and manage pain and suffering?

#### TOPIC 3

The Christian message in C.S. Lewis's *The Lion, the Witch and the Wardrobe* has influenced many believers of Christ. How has another work of fiction inspired people to seek Jesus Christ?

#### TOPIC 4

We have lived through a pandemic and emerged with deep societal divides. How can our faith in Christ heal us and take us forward together?

#### TOPIC 5

The Resurrection of Jesus Christ both transforms the relationship between God and humanity and alters the course of history. How would you explain its significance to someone who has not heard about it or is unsure if God exists?



## 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: Chicken - \$75, Rolls - \$15, Dessert - \$17, and Beverages - \$40.

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**





## Philoptochos continued

### Community Happenings

#### *Exploring California Wines – January General Meeting*

On Wednesday evening, Philoptochos members and guests gathered for a California Wine Tasting in the hall. Our own parish council member and chanter, Liam McCann, of Regal Wines was our educational guide through a selection of wines. We enjoyed the tastings and light bites and savored the evening with good fellowship.



Liam McCann presents the Estate Collection of Kendall Jackson wines from Santa Maria Valley, Anderson Valley and Alexander Valley .



The charcuterie display mixed it up with a variety of artisanal, handcrafted cheeses from various California producers including Cowgirl Creamery.

The most perfect pairings for the wines !



## Philoptochos continued

### ***Attention High School Seniors***

Saint Anthony Philoptochos scholarship applications are now available. Contact Presuytera Aida Stratos (presaida7@gmail.com) for additional information or an application.

### ***Upcoming Meetings***

February Board Meeting  
Wednesday, **February 8** at 7:00 PM in church hall

February General Meeting – *Our Heart Health*  
Tuesday, **February 28** at 7:00 PM in church hall.  
The speaker will be Dr. Chris Christodoulou, cardiologist.  
This event is open to all in our community.

### ***Photo Gallery from the Philoptochos 53<sup>rd</sup> Annual Christmas Benefit***

The gallery is available online to view, download and order prints. For viewing go to:  
<https://ronmarianophotography.pixieset.com/st-anthony-philoptochos-luncheon>

### **2023 Philoptochos Membership**

We encourage everyone 18 and over to join Philoptochos for 2023. We are a ministry that promotes charitable, benevolent, and philanthropic outreach.

Please look for more details in the upcoming 2023 membership drive. We would love for you to be a part of this wonderful organization.



**FOLLOW US ON SOCIAL MEDIA**

Facebook: St. Anthony Philoptochos  
Instagram: stanthonypiloptochos

## Philoptochos continued



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

### PHILOPTOCHOS MEMBERSHIP FORM

☐ 2023 Philoptochos Membership
 ☐ 2023 Associate Membership (Men / Non-Voting)
 Date \_\_\_\_\_

Last Name	First Name	Spouse Name	M.I.
Street Address			
City	State	Zip	
Home Phone		Cell Phone	
Email			
Notices will be sent via email. If you prefer your notices mailed, please, let us know by checking here <input type="checkbox"/>			
<b>St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:</b> <input type="checkbox"/> \$50 <input type="checkbox"/> \$75 <input type="checkbox"/> \$100 <input type="checkbox"/> \$125 <input type="checkbox"/> Other			
Each \$50 stewardship supports National Philoptochos (\$15), San Francisco Metropolis (\$15) and St. Anthony Philoptochos obligations and projects (\$20). <input type="checkbox"/> Check <input type="checkbox"/> Credit Card <input type="checkbox"/> Cash			
I am interested in helping with the following:			
<input type="checkbox"/> Feeding the Hungry	<input type="checkbox"/> Hosting Fellowship	<input type="checkbox"/> Marketing	
<input type="checkbox"/> Delivering Meals to Parishioners	<input type="checkbox"/> Baking & Cooking	<input type="checkbox"/> Website Designer	
<input type="checkbox"/> Homebound Visitations	<input type="checkbox"/> Fundraising	<input type="checkbox"/> Other Talents	
<input type="checkbox"/> Telephone Tree	<input type="checkbox"/> Social Media	<input type="checkbox"/> Specify	



### 2023 PHILOPTOCHOS MEMBERSHIP DRIVE

Your continued generosity allows Philoptochos to provide financial assistance and outreach to those in need. We invite you to renew your membership or become a new member as we endeavor to do our philanthropic work. Join us as we strive to fulfill the word of Christ.

*".. whatever you did for one of these, the least of my brethren, you did for me" - Matthew 25:30*

**PLEASE RENEW OR JOIN BY MAIL (Check payable to: Saint Anthony Philoptochos Society)**

Mail your check along with this form to:

Saint Anthony Philoptochos Society, Attention: Membership  
778 South Rosemead Boulevard, Pasadena, CA 91107

or pay online at <https://stanthonypiloptochos.square.site>  
Scroll down to "Annual Membership Dues"

For more information or questions, please contact Lisa Xanthos (626) 222-4374 or Helen Skandale (818) 618-4963



## Philoptochos continued



### 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](mailto: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](mailto: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 [tanyachristos@yahoo.com](mailto:tanyachristos@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.**

## VIPs

THE VIPs WELOMED IN THE NEW YEAR WITH THE CUTTING OF THE VASILOPITA.

WE HAD A GREAT TURNOUT--EVEN THOUGH OUR MEETING WAS POSTPONED UNTIL THE FOLLOWING WEEK.

THE FOLLOWING MEMBERS WERE ELECTED TO SERVE ON THE BOARD FOR 2023:

President	Irene Albeck
Vice President	Stauroula Kiotas
Recording Secretary	Claire Marotta
Treasurer	Helen Treantafelles
Communications	Jim Hronas
Excursions	Judie Christopulos
Transportation	Herman Smith
Hospitality	Stauroula Kiotas Gena Pegadiotes
Attendance	Bertha Patsavas
Telephone Committee	Helen Koudanis
Sunshine	Kathy Lucas

CONGRATULATIONS AND GOOD LUCK TO THE NEW BOARD.

OUR NEXT MEETING WILL BE HELD ON TUESDAY, FEBRUARY 14, 2023, AT 10:30 A.M. IN THE TRINITY BALLROOM. LUNCH WILL BE SERVED FOLLOWING THE MEETING.

IT'S BEEN AN HONOR TO HAVE SERVED AS PRESIDENT OF THE VIPs FOR THE PAST SEVERAL YEARS.

THANK YOU TO ALL THE WONDERFUL VIPs WHO HAVE ASSISTED ME.

I HAVE BEEN TRULY BLESSED AND LOOK FORWARD TO WORKING WITH THE NEW PRESIDENT, IRENE ALBECK.



*Helen Treantafelles*  
Outgoing VIP President

See Photos next page



## VIPs continued





## Monthly Lesson from Father Stavros Akrotirianakis...

### Salvation = Faith + Works + Grace

*Yet who know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.*

Galatians 2:16-20

#### How, exactly are we “saved”?

Is it in one finite moment? Are we judged based on our whole life, or just how we are at the end? Is there a moment where we can say our salvation is guaranteed?

These are questions that many Christians ask, and even try to answer. The answers are found in various places in Scripture, so we don't have to guess, we can go right to the Scriptures.

In his letter to the Galatians, Saint Paul tells us that we “*know that a man is not justified by works of the law but through faith in Jesus Christ.*” (Galatians 2:16) And in the Epistle of St. James, he writes to us that “*faith by itself, if it has no works, is dead.*” (James 2:17) We know then that our salvation is based on both faith and works. Ultimately, salvation is an act of God's grace and mercy. For no amount of faith or works can make us worthy of salvation. No one can approach the Judgment Seat of Christ and proclaim themselves worthy to enter the Kingdom of God. Ultimately, our entrance into the Kingdom of God is an act of mercy on the part of the Lord, which will be affected by both our faith and our works.

There are some churches that espouse the notion of “once saved, always saved,” with the idea that one is “saved” in a finite moment in time. This notion does not account for works, nor does it account for spiritual struggle that defines each Christian life. If I was “saved” years ago, then what is the incentive to struggle today?

One way to look at the salvation equation is to take a cup, rocks and water. The cup represents faith. It is the structure of what we believe. The rocks represent our works. If we have faith with no works, our faith is as empty as the empty cup. For faith without works is dead. On the other hand, if we have works without faith, it is like pouring a bunch of rocks on a table. They have no order, no structure, and ultimately no purpose.

#### How do we get grace?

One spoonful of Communion at a time is the best way to get it. One prayer at a time. One confession at a time. And over time, these “spoonfuls” of grace begin to truly fill the cup. The ultimate expression of grace, however, is God granting us His Kingdom at the end of our lives. And His judgment of our lives will be based on the “cup” we present Him. Will we have a large cup of faith? Will we have an empty cup, meaning we did no works to support the faith we claim to have? Will we have an impressive amount of rocks but no cup in which to keep them, meaning we did lots of good things but not in His name?

## Monthly Lesson from Father Stavros Akrotirianakis...

The problem with works that are not in His name is, that – in whose name are they in? Ultimately good works not done for God end up being done for ourselves. Finally, how much grace did we seek through prayer and the sacraments

**There is a finite equation for salvation:**

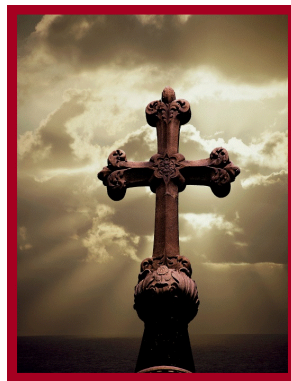
It is faith plus works plus grace. The challenge is that faith, works and grace are things that cannot be quantified. There isn't a certain amount of each one that guarantees salvation. So we work each day to deepen our experience of each so that we can make our "case" before His Judgment Seat and ultimately leave it to God's Providence to judge us worthy of Paradise.

Saint Paul tells us that we should "*live to God*" (Galatians 2:19), and that the best way to live our lives is to not live for ourselves but for Him. He says in Galatians 2:20 "*It is no longer I who live, but Christ who lives in me*" and consequently our lives are not lived for ourselves, but as St. Paul says:

*"the life I now live in the flesh I live by faith in the Son of God, who loves me and gave Himself for me. (Galatians 2:20)*

**Faith plus works plus grace equals salvation.**

A life lived in Christ and for Christ bolsters faith, works and grace.



## What is New in the Community?

### “Praying Through the Psalter”



I am so excited to start a Pan Orthodox “Praying through the Psalter” group during the Lenten Season. It has been on my heart for many years to gather Orthodox men and women together for a time of prayer and reading of the scriptures, especially during Lent.

Join us via Zoom, 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.

Our purpose each week is to gather together as prayerful Orthodox Christians to pray the Psalms (Psalter). My hope is you will experience an hour of spiritual rest and peace each week as you pray through the verses. When we pray God’s scripture we know we will not only learn more about God Himself but also His love for us and His promises to us. Since there are 20 Kathismas, or sections within the Psalter, and only 9 weeks that we are meeting, you will also have the opportunity during the week to pray through the Psalms at home.

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

We will meet for one hour on **Tuesdays at 7pm**, beginning **February 7** for 9 weeks, ending April 4. Open to all church members.

To sign up and receive the Zoom link and packet, please contact Jennifer Dobrinen:  
[jenniferdobrinen@yahoo.com](mailto:jenniferdobrinen@yahoo.com)  
559-326-4747.





## What is New in the Community? continued

### Saint Anthony Bowling League News Winter / Spring Season 2023



The St. Anthony bowling league began the Winter/Spring session on January 18, 2023, at Bowlero Lanes in Pasadena. We welcomed back many of our regular bowlers, said good-bye to some who had other obligations and said hello to seven new bowlers.

Our bowlers range in age from 20+ to people in their 80's! We are honored to have bowlers from the Greek communities of St. Sophia Cathedral Los Angeles, St. George Downey, Assumption Long Beach, and St. Paul Irvine.

We have reached our highest number of teams this season with 11 teams of 3. We are presently forming a 12<sup>th</sup> team and if anyone has any interest in bowling for 10 more weeks, the contact information is below.

Bowling is Wednesday evenings at 7:00 PM. Fees are \$20.00 per week for 3 games and free shoes. Part of this fee goes toward a cash prize fund at the end of the season.

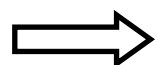
Spectators are also welcome!

Any further questions please contact Anthia Drulias-Lucas!

ADLJSLO2@YAHOO.COM

626.274.6133 call/text

See photos next page



## What is New in the Community? continued



Nick Paziouros, Elene Kolivas, Rick Nassif,  
Vlasi Masouris, Mihai Serban



Anthia Lucas, Chris Conley, Anastasia  
Matty, James Covell, Nick Kouracos



Maria Conley, Joyce Nichols, Bill Summers



Kat  
heri



Virginia Lappas, Vincent Lappas, Sophia Angelos,  
Jim Horaite, Andrea Lappas, Peter Bissias,  
Syrus Mobayen, Marlene Martin



Kathy Summers, Parvuz Mobayen, Jim Nichols,  
Alexandra Conley, Eleni Conley, Ted Dupas



## What is New in the Community? continued

### **Saint Sophia 2023 Easter Picnic is back !**



**Let the tradition continue!  
Let us celebrate the Resurrection  
together!**

**Celebrating the 110<sup>th</sup> Anniversary of the first formal  
Greek Orthodox Easter Picnic in Los Angeles**

**Sunday, April 16<sup>th</sup>**

**1 pm - 7 pm**

**Brookside Park, Pasadena**

**Fabulous Foods and Desserts will be available for purchase..**

**Chicken Souvlakia, Lamb Souvlakia, Gyros, Feta Fries  
and more....**

**Baklava, Galatoboureko, Karidopita, Kourambiedes,  
Melomakarona, Koulourakia and Tsourekia**

**Beer, Wine, Soft Drinks, Coffee, Water**

**Free Parking and  
picnic Tables**

**Admission:**

**Adults \$15**

**Children 12 & under FREE !!**

**Credit cards accepted at the admission gate, and food booths**

**Please Note...**

**Entrance gate to picnic will not open until 1pm.**

**For health and safety, NO PETS allowed in the park..**

**Greek Music  
and Dancing  
Activities for  
the Kids**



**Questions ??  
Please contact  
Stephanie Caiopoulos Lubian  
easterpicnic@aol.com**





## What is New in the Community? continued

### *Vasilopita Sunday*



### *Saint Anthony Feast-day*



## What is New in the Community? continued

The Pan-Arcadians together with other cultural Greek groups are having a live music and film presentation at the Bellflower City Auditorium.

This 2-day event will be held on March 5 and 6.

It will feature live music and cinema from the golden age of Greek cinema of the 1950s and 1960s.

The musicians and singers are from New York and Greece.

For more information about this non-profit event, please contact:  
John Kouros  
562-884-4600

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St. Anthony Greek Orthodox Church  
21st ANNUAL PASADENA GOLF CLASSIC

BROOKSIDE GOLF COURSE, PASADENA

**Friday, MAY 5, 2023**

[www.pasadenagolfclassic.com](http://www.pasadenagolfclassic.com)



**Save the Date**

## 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](mailto:makypreos@gmail.com)

We will provide you with the yarn and instructions.

Thank you in advance for your participation.

### "How to Pray Properly"

Here is a of a number of points for the Christian to keep in mind concerning prayer:

When you pray you meet the holy God in person. In order to succeed in your life of prayer, try sincerely to make your conscience clear in relation to God, your neighbor and earthly possessions.

Nevertheless, do not hesitate to approach God in prayer, however bad you may feel yourself to be; all our sins are but a drop compared to the ocean of God's love.

Begin your prayers humbly every day as if you were doing it for the first time; prayer does not accumulate interest, the Fathers say.

Tune your mind to the sense of the presence of God and say the prayer unhurriedly, paying attention to every word; otherwise your prayer will be flung to the winds. When you notice that your thoughts have gone astray, simply bring them back to the words of the prayer without being disconcerted.

Repeat the Jesus Prayer in its longer or shorter form, whichever way feels better at the time:

*Lord Jesus Christ, Son of God, have mercy on me, a sinner!*

*Lord Jesus Christ, our God, have mercy on us! or, Jesus, Son of God, have mercy on me*

When you are alone, sometimes recite the prayer aloud, and sometimes silently in your mind.

When you are praying do not form any mental image of God, heaven or anything else; imagination, according to the Fathers, is a coarse mental faculty which is not suited to prayer.



## What is New in the Community? continued

### "How to Pray Properly" continued

Pay no attention to impure or blasphemous thoughts or images that may appear while you are praying; they are not your own but come from the evil spirit and will disappear if you take no notice of them.

Do not try to find the place of your heart by any special methods; this is suitable only for those who live in the stillness of complete solitude; fix your attention on the words of the prayer, and your heart will come along in its own time.

We must force ourselves to pray throughout our lives; it is just this struggle to which Christ refers when He says that the kingdom of heaven has suffered violence, and men of violence take it by force. (Matthew 11:12)

The only feeling for which one should consciously strive in prayer is that of contrition and unworthiness; other feelings are gifts of God's grace which He grants to us according to the measure of our humility.

Beware of taking credit for the fruits of prayer, such as concentration, emotion, tears. Often God in His mercy permits us at first to taste the sweetness of prayer, but then leaves us on our own in order to test our faithfulness and to show us what we are, without the help of His grace.

You can also recite the Jesus Prayer in church during a service and then all that you hear and see is like oil for the flame of your inner prayer. During the Eucharist, however, it is better to concentrate on the words of common prayer. According to the Fathers, the most important communion with God is Holy Communion, and the Jesus Prayer comes next.

Every day read a chapter of the Bible and one from the writings of the Fathers concerning prayer. Such reading is important in a time when living models and guides are lacking.

Adopt a suitable rule of prayer and stick to it like a close friend; yet do not allow it to enslave you.

Lastly, the most important thing to remember: Keep your heart free from hatred, envy and condemning thoughts, so that God may hear your prayer. Forgive everyone so that God may forgive you, and be merciful to all, so that God may have mercy on you. It is with good reason



**LORD**  
**Hear Our Prayers**

## What is New in the Community? continued

### **The Sign of the Cross**

The Sign of the Cross is one of Christianity's most ancient customs. It is a sign of blessing and commitment to the Crucified Lord. A simple custom, it is a statement of Christian faith which incorporates the entire body. Like many ancient customs, it has been done in a variety of ways over the centuries.

Current Orthodox Christian practice, used by all since the 17th century, involves combining the thumb, pointer and middle finger while placing the ring finger and the pinky against the palm. The unity of the three fingers represents the unity of the undivided Trinity: Father, Son and Holy Spirit, three persons but one God. The two fingers pressed against the palm represent the two natures of Christ: human and divine. It indicates our belief in Jesus, who is both fully God and fully human.

Our motion, of course, recalls the cross: forehead, stomach, right shoulder and left shoulder, but also the God who is Trinity: Father, Son and Holy Spirit.

As one moves through the sign, one recites the following:

At the forehead, "In the name of the Father"

At the navel, "and of the Son"

And across the shoulders, "and of the Holy Spirit, Amen."

It is as if to say "I love you Lord with all of my mind (forehead), with all my soul (navel), with all my strength (right shoulder) and with all my heart (left shoulder)"

Done at various times as a sign of reverence, it is traditionally made:

- \* before kissing an icon or the Gospel book
- \* during the Liturgy
- \* whenever the Holy Trinity or the Virgin Mary is mentioned
- \* before and after the Gospel is read
- \* when lighting candles
- \* and during the Creed

In short, few actions are so simple and yet symbolize so much of our Christian life.



## What is New in the Community? continued

### **Saint Anthony Parish Center Capital Campaign Donor Plaque 2007-2012**

The Saint Anthony Community initiated a major Capital Campaign 15 years ago to raise the funds to build our beautiful Parish Center that was dedicated on June 2, 2012. Many generous faithful stepped forward to pledge in order to make this dream a reality. We promised that a commemorative plaque would one day be created to honor the generosity of these individuals. We are now finally endeavoring to fulfill this promise.

We intend to list everyone as we did in the Dedication Album. Please review this list on the next page. We will be sharing this page in monthly newsletters and several weekly bulletins up through Easter to be sure that if any corrections are needed, they can be addressed before the plaque is manufactured. We recognize that far too many of our loved ones have since passed away, but we will only be marking those in memoriam who left us before June 2012. The plaque will reflect that point in time of June 2, 2012.

If you feel any other changes are needed, please contact  
Steve Pappas [stevenpappas2@gmail.com](mailto:stevenpappas2@gmail.com)



# What is New in the Community? continued

## CAPITAL CAMPAIGN DONORS

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## What is New in the Community? continued

### ***Forgiveness Sunday - February 26***

*By Father Andrew Barakas, Assumption Church, Scottsdale, AZ*

#### LETTING GO!

There is a story of a man walking down a narrow path along a cliff. He suddenly slips and finds himself clinging to a branch as he plummeted down. He spent most of the day crying out for help but to no avail, no one was there. Then he heard the voice of God say, 'I am here to rescue you, do exactly as I tell you.' The man answered back, 'Whatever you say I will do.' And God said in a thundering voice, 'Let go!' The man clinging for his life did not respond but then said, 'Is anyone else up there?' Humorous yet profound is the message of this story; we often rather suffer hanging onto a branch for our lives than *let go*. As we enter Great and Holy Lent on Forgiveness Sunday we heard, "For if you forgive men their transgressions, your heavenly Father will also forgive you; but if you forgive not men their transgressions, neither will your Father forgive your transgressions [Mt. 6:14,15]." In the New Testament the Greek word being employed to forgive is *aphiemi* which means to *send away* or to *let go*, to *let things be*. To forgive can be the most difficult thing for us to do yet it is the most important for us on our Lenten journey.

Great Lent is a journey towards the healing of our life in Christ. Nothing can take place unless we begin with ourselves, with the things we are holding on to that are preventing us from loving. Until we are able to let go of things that have enslaved us, we will never be free. Such a task is not easy nor is it possible to have an awareness of all the things we are holding on to without the Holy Spirit and a desire to be free from the burdens we are carrying. The teaching may seem rather transactional that if I forgive others then God will forgive me and if I don't forgive others neither will God forgive me but it is much deeper than that. It is about loving people and seeing them as God sees them.



Just take a look at this passage from John's gospel when they were testing his teaching on mercy. "And the scribes and the Pharisees brought to Him a woman who had been caught in adultery. And after they made her stand in the midst, they say to Him, 'Teacher, this woman was caught committing adultery, in the very act. Now Moses, in the law, commanded us to stone such women. What do you say?' But this they were saying, putting Him to the test, in order that they may have an accusation against Him. But Jesus, having stooped down, was writing with *His* finger on the ground. And as they continued questioning Him, He lifted up Himself and

said to them, 'The *one who is* without sin among you, let him first cast the stone at her.' And again He stooped down and was writing on the ground. But after they heard and were convicted by *their own* conscience, they were going out one by one, beginning from the eldest. And Jesus was left alone, and the woman being in the midst. And after Jesus lifted up Himself, He said to her, 'Woman, where are those accusers of thine? Did no one condemn you?' And she said, 'No one, Sir.' And Jesus said, 'Neither do I condemn you; go, and henceforth no longer go on sinning [Jn. 8:3-11]'. Metropolitan Anthony Bloom once said, "Unless we look at a person and see the beauty there is in this person, we can contribute nothing to him. One does not help a person by discerning what is wrong, what is ugly, what is distorted. Christ looked at everyone he met, at the prostitute, at the thief, and saw the beauty hidden there...and what He did was to call out this beauty." What a radical departure from our rush to judgment which is really nothing less than a failure to love. When we fail to love we certainly will neglect to pray for them so that they may come to the knowledge of the Truth and be saved and healed by Christ Himself. Great Lent is meant to awaken our conscience and allow it to convict us of our own failings and weakness and not focus on the sins of others.

When we fail to forgive it creates a distressful state for the soul and refusing to — takes our peace away. St. Paul points out the darkness created when our refusal to forgive leads to hatred. "The one who says he is in the light, and hates his brother or sister, is in the darkness until now. The one loving his brother or sister abides in the light, and



## What is New in the Community? continued

there is not an occasion of stumbling in him. But the one hating his brother is in darkness, and walks in the darkness, and knows not where he goes, because the darkness blinded his eyes [1 Jn. 2:9-11].” Forgiveness for others begins with allowing ourselves to be forgiven by God; this is what it means to walk in the Light of His Love. Holding on to personal sins and replaying them in our memories is a form of despising oneself and darkens the soul. In turn, not at peace with ourselves we find fault in others and project our self-hatred upon them. It is indeed a vicious cycle that leads us further into isolation and darkness. Great Lent is an invitation to let go of the past and allow the loving kindness and mercy of God to heal our wounds and restore us **as children of Light**

Great Lent begins with also this passage from St. Paul about arming ourselves with love for our neighbor and taking up the *weapons* of light. “Cease owing even one person even one thing, except to be loving one another. For the one who loves the other has fulfilled the law ... it is summed up in this phrase, namely, ‘You shall love your neighbor as yourself.’ Love works no ill to a neighbor ... And also this, knowing the time, that it is an hour now to be awakened out of sleep; for now our salvation is nearer than when we believed. The night is advanced, and the day has drawn near. Let us therefore put away from ourselves the works of darkness, and let us put on the weapons of light. [Rom. 13:8-12].” The use of spiritual warfare language best describes the right mind-set for repentance which is necessary to reclaim love for all people and the means of victory. The *weapons of light* are many but Great Lent puts forth fasting, prayer, acts of mercy, worship and confession as the primary armaments for the battle before us.

Fasting is not about perfecting the art of vegan cuisine. Fasting is about experiencing *hunger* and asking ourselves what does my life really depend? It is to restore a proper balance in our lives. Instead of *living to eat* a prolonged period of fasting teaches us how to *eat to live*. Fasting is always connected with worship and receiving Christ in the Eucharist. Frequent communion through Great Lent is prescribed in order to strengthen us in our battle with sin. We fast and wait upon the Lord every Wednesday and Friday at the Presanctified liturgies precisely because without the strength of Christ in us we will think we can conquer sin in our lives by trying *harder* on our own. Setting time aside daily and persevering in prayer, seeking union with Christ sets us on the right path and allows the Holy Spirit to act in our lives and awaken the conscience. Prayer and fasting assist us in entering into the love of Christ which allows us to see people as God does, through the lens of love and mercy. The more we fast, pray and love others, the deeper our love grows and the deeper our experience of God becomes and the more clearly we see the truth about ourselves and our sins. Using these spiritual disciplines leads to confession which is a desire to come before the presence of Christ through the priest. The priest is not an interrogator of sins but a vehicle of God’s grace, mercy, forgiveness and love. As a sacrament it is not dependent upon the perceived holiness of your priest but upon the presence of the Holy Spirit within the Church who makes all things valid.

As we continue on our Lenten journey let us mediate on these words from St. Paul.

“Let love be without hypocrisy. Abhor the evil, and cleave to the good. Be kindly affectionate with brotherly love toward one another, in honor giving precedence to one another; in zeal, hesitate not; fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, persevering in prayer, contributing to the needs of the saints, pursuing hospitality. Keep on blessing those who persecute you; keep on blessing, and not cursing. Be rejoicing with those who rejoice, and be weeping with those who weep. Be of the same mind toward one another. Mind not high things, but bring yourselves down to associate with the humble. Cease becoming wise in your own conceits. Render to no one evil for evil. Provide for yourselves right things before all men. If possible, as to that which depends on you, be at peace with all men. Avenge not yourselves, beloved, but give place to wrath; for it has been written: ‘Vengeance is Mine; I will repay,’ said the Lord. Therefore, ‘If your enemy should hunger, be feeding him; if he should thirst, be giving him drink; for in doing this you shalt heap coals of fire on his head.’ Cease being conquered by the bad, but keep on conquering the bad with the good [Rom. 12:9-21].”

In the love of Christ,

+ Fr. Andrew





## What is New in the Community? continued

### The Voice of Saint Anthony

January 2023

#### Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

778 S. Rosemead Boulevard, Pasadena, CA 91107

(626) 449-6943 Office (626) 449-6974 FAX

[www.saint-anthonys.org](http://www.saint-anthonys.org)

St. Basil	
Circumcision of Christ	Jan 1
Holy Epiphany	Jan 6
Synaxis - John the Baptist	Jan 7
St. Anthony the Great	Jan 17
Athanasios & Cyril	Jan 18
Euthymios the Great	Jan 20
Gregory the Theologian	Jan 25
Synaxis of Three Hierarchs	Jan 30

Priest's Message	2
Stewardship	3
Ministries	7
Parish Council	9
Sunday School	10
Youth/Young Adults	13
Philop tochos	19
VIPs	23
Monthly Lesson	24
Community News	26
Saints of the Month	37
Orthodox Calendar	43



Deadline for February Newsletter is Wednesday, 25 January  
Please send to: [newsletter\\_church@aol.com](mailto:newsletter_church@aol.com)

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

626.449.6943

## Feasts and Saints for this month

### The Presentation of the Lord

#### 2 February

When the most pure Mother and Ever-Virgin Mary's forty days of purification had been fulfilled, she took her first-born Son to Jerusalem on this, the fortieth day after His birth, that she might **present Him in the temple** according to the Law of Moses, which teaches that every first-born male child be dedicated to God, and also that she might offer the sacrifice of a pair of turtle-doves or two young pigeons, as required by the Law.

(Luke 2:22-24; Exod. 13:2; Lev. 12:6-8)

On this same day, a just and devout man, the greatly aged Symeon, was also present in the temple, being guided by the Holy Spirit. For a long time, this man had been awaiting the salvation of God and he had been informed by divine revelation that he would not die until he beheld the Lord's Christ. Thus, when he beheld Him at that time and took Him up into his aged arms, he gave glory to God, singing: "Now lettest Thou Thy servant depart in peace, O Master. . ." And he confessed that he would close his eyes joyfully, since he had seen the Light of Revelation for the nations and the Glory of Israel.

(Luke 2:25-32)

From ancient times, the Holy Church has retained this tradition of the churching of the mother and new-born child on the fortieth day and of the reading of prayers of purification.



## Feasts and Saints for this month

### Triodion Begins— Sunday of the Publican & the Pharisee

#### 5 February

The Pharisees were an ancient and outstanding sect among the Jews known for their diligent observance of the outward matters of the Law. Although, according to the word of our Lord, they "did all their works to be seen of men" (Matt. 23:5), and were hypocrites. Because of the apparent holiness of their lives they were thought by all to be righteous and separate from others, which is what the name Pharisee means. On the other hand, Publicans, collectors of the royal taxes, committed many injustices and extortions for filthy lucre's sake and all held them to be sinners and unjust. It was therefore according to common opinion that the Lord Jesus in His parable signified a virtuous person by a Pharisee and a sinner by a Publican, to teach His disciples the harm of pride and the profit of humble-mindedness.

Since the chief weapon for virtue is humility and the greatest hindrance to it is pride, the divine Fathers have set these three weeks before the Forty-day Fast as a preparation for the spiritual struggles of virtue. This present week they have called Harbinger, since it declares that the Fast is approaching; and they set humility as the foundation for all our spiritual labors by appointing that the parable of the Publican and the Pharisee be read on this day, even before the Fast begins, to teach, through the vaunting of the Pharisee, that the foul smoke of self-esteem and the stench of boasting drives away the grace of the Spirit, strips man of all his virtue and casts him into the pits of Hades; and, through the repentance and contrite prayer of the Publican, that humility confers upon the sinner's forgiveness of all his wicked deeds and raises him up to the greatest heights. No fasting the week that follows this Sunday.





## Feasts and Saints for this month continued

### Saint Theodore Commander and Great Martyr

#### 8 February

The Holy Martyr Theodore was from Euchaita of Galatia and dwelt in Heraclea of Pontus. He was a renowned commander in the military. Emperor Licinius was told that he was a Christian and abominated the idols. Licinius therefore sent certain men to him from Nicomedia, to honor him and ask him to appear before him. Through them, however, Saint Theodore sent back a message that it was necessary for various reasons, that Licinius come to Heraclea. Licinius, seeing in this a hope of turning Saint Theodore away from Christ did as was asked of him.

When the Emperor came to Heraclea, Saint Theodore met him with honor and the Emperor in turn gave Theodore his hand, believing that through him he would be able to draw the Christians to the worship of his idols. Seated upon his throne in the midst of the people, he publicly bade Theodore offer sacrifice to the gods. But Theodore asked that the emperor entrust him with the most venerable of his gods, those of gold and silver, that he might take them home and himself attend upon them that evening, promising that the following day he would honor them in public. The Emperor, filled with joy at these tidings, gave command that Theodore's request be fulfilled.

When the Saint had taken the idols home, he broke them in pieces and distributed the gold and silver to the poor by night. The next day a centurion named Maxentius told Licinius that he had seen a pauper pass by carrying the head of Artemis. Saint Theodore, far from repenting of this, confessed Christ boldly. Licinius, in an uncontrollable fury, had the Saint put to many torments, then crucified. While upon the cross, the holy Martyr was further tormented -- his privy parts were cut off, he was shot with arrows, his eyes were put out and he was left on the cross to die. The next day Licinius sent men to take his corpse and cast it into the sea; but they found the Saint alive and perfectly whole. Through this, many believed in Christ. Seeing his own men turning to Christ and the city in an uproar, Licinius had Theodore beheaded, about the year 320. The Saint's holy relics were returned to his ancestral home on June 8, which is also a feast day of the Great Martyr Theodore.



## Feasts and Saints for this month continued

### Triodion – Sunday of the Prodigal Son

#### 12 February

Through the parable of today's Gospel, our Saviour has set forth three things for us: the condition of the sinner, the rule of repentance, and the greatness of God's compassion. The divine Fathers have put this reading the week after the parable of the Publican and Pharisee so that, seeing in the person of the Prodigal Son our own wretched condition -- inasmuch as we are sunken in sin, far from God and His Mysteries -- we might at last come to our senses and make haste to return to Him by repentance during these holy days of the Fast.

Furthermore, those who have wrought many great iniquities and have persisted in them for a long time, oftentimes fall into despair, thinking that there can no longer be any forgiveness for them; so being without hope, they fall every day into the same and even worse iniquities. Therefore, the divine Fathers, that they might root out the passion of despair from the hearts of such people, and rouse them to the deeds of virtue, have set the present parable at the forecourts of the Fast, to show them the surpassing goodness of God's compassion, and to teach them that there is no sin -- no matter how great it may be -- that can overcome at any time His love for man.



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### Theodore the Tyro & Martyr

#### 17 February

Saint Theodore who was from Amasia of Pontus, contested during the reign of Maximian (286-305). He was called Tyro, from the Latin *Tiro*, because he was a newly enlisted recruit. When it was reported that he was a Christian, he boldly confessed Christ. The ruler, hoping that he would repent, gave him time to consider the matter more completely and then give his answer. Theodore gave his answer by setting fire to the temple of Cybele, the "mother of the gods," and for this he suffered a martyr's death by fire.



## Feasts and Saints for this month continued

### Triodion – Judgment Sunday – Meatfare Sunday

19 February

The foregoing two parables -- especially that of the Prodigal Son -- have presented to us God's extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation and death suddenly snatch them away, the most divine Fathers have appointed this day's feast commemorating Christ's impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

It is the aim of the holy Fathers, through bringing to mind that fearful day, to rouse us from the slumber of carelessness unto the work of virtue and to move us to love and compassion for our brethren. Besides this, even as on the coming Sunday of Cheese-fare we commemorate Adam's exile from the Paradise of delight -- which exile is the beginning of life as we know it now -- it is clear that today's is reckoned the last of all feasts, because on the last day of judgment, truly, everything of this world will come to an end.

All foods, except meat and meat products, are allowed during the week that follows this Sunday.



### Triodion – Forgiveness Sunday – Cheesefare Sunday

26 February

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight, here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments.

For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind.





## Feasts and Saints for this month continued

### Triodion—Forgiveness Sunday—Cheesefare Sunday Continued...

The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiation and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands.

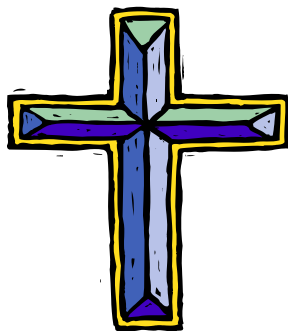
Taking occasion from the Gospel of Matthew 6:14-21 to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

---

### Clean Monday / Kathara Deftera


















#### 27 February

Today we begin the 40-day Lenten Fast with a strict fast from meat, fish, oil, wine, dairy, and eggs.



# Orthodox Calendar

## February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			 1 7pm Philoptochos Union Station Outreach	2 <b>Entrance of our Lord in the Temple</b> 9am Orthos 10am Divine Lit. 4pm Greek School	 3 5pm Greek Dance	4
5 <b>Triodion Begins Sunday of the Publican and the Pharisee</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream 12:15 Greek Dance Prac.	6 4:30 Greek School	7 4pm Greek Dance 7pm Parish Council Meeting	8 4pm Greek Dance 7pm Philoptochos Board Meeting <b>St Theodore the General</b>	9 4pm Greek Dance 4pm Greek School	10 4pm Greek Dance	11 Greek Dance
12 <b>Sunday of the Prodigal Son</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream 12:15 Greek Dance Prac.	13 4pm Greek Dance 4:30pm Greek School	14 10:30am VIPs Mtg. 4pm Greek Dance	15 	16 FDF--Phoenix , AZ 4pm Greek School	17  <b>Saint Theodore the Tyro</b> FDF--Phoenix , AZ	18 <b>Saturday of the Souls</b> 9am Orthos 10am Divine Lit. FDF--Phoenix , AZ
19 <b>Judgement/Meatfare Sunday</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream FDF--Phoenix , AZ	20  4:30pm Greek School	21 	22 	23  4pm Greek School	24 	25  <b>Saturday of the Souls</b> 9am Orthos 10am Divine Lit.
26  <b>Forgiveness/ Cheesefare Sunday</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream 2pm Basketball Games	27  <b>Kathara Deftera Clean Monday</b> 4:30pm Greek School	28  7pm Philoptochos General Meeting				
		<b>Strict Fast</b> Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs 	Fish, Wine & Oil Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed; Refrain from Meat 	Fast Free

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February 2023

POSTAGE  
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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 Church is your hope,  
the Church is your salvation,  
the Church is your refuge.**

*Saint John Chrysostom*