



Rev. Father Peter Stratos, Pastor

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Website: saint-anthonys.org • E-mail: office@saint-anthonys.org

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

For pastoral emergencies only please call 626-855-3640

MARCH 12, 2023

SUNDAY OF ST. GREGORY PALAMAS

Theophanes the Confessor

Symeon the New Theologian

ORTHROS ~ 8:45 A.M.

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

MEMORIAL SERVICE ~ 9:45 A.M.

Anna Sarantopoulos – 40 days

Alexios Pappas – 4 years

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-ANTHONYSPASADENA.ORG/LIVESTREAM

FACEBOOK.COM/STANTHONYSPASADENA

YOUTUBE.COM/CHANNEL/UCXSG4uJFWmElsOEIjx96pCA

RESURRECTIONAL APOLYTIKION. MODE PL 2. (*BEFORE ENTRANCE*)

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμᾳ σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

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FOR THE HIERARCH. MODE PL. 4. (*BEFORE ENTRANCE*)

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of the theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

MEMORIAL HYMN. MODE PLAGAL 4.

Remember, O Lord, as You are good, Your servants, and forgive every sin they have committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

Μνήσθητι Κύριε, ὡς ἀγαθὸς τῶν δούλων σου, καὶ ὅσα ἐν βίῳ ἡμαρτον συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ σὺ ὁ δυνάμενος, καὶ τοῖς μεταστᾶσι δοῦναι τὴν ἀνάπαυσιν.

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 Ἡλίαν τοῖς τρόποις μιμούμενος, τῷ Βαπτιστῇ εὐθείαις ταῖς τρίβοις ἐπόμενος, Πάτερ Ἀντώνιε, τῆς ἐρήμου γέγονας οἰκιστής, καὶ τὴν οἰκουμένην ἐστήριξας εὐχαῖς σου· διὸ πρέσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

KONTAKION. MODE PL. 4.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

EPISTLE READING

SUNDAY OF ST. GREGORY PALAMAS

St. Paul's First Letter to the Hebrews 1:10-14; 2:1-3

Prokeimenon. Mode Plagal 2.

Psalm 27.9,1

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

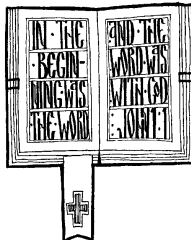
Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

GOSPEL READING

SUNDAY OF ST. GREGORY PALAMAS

The Gospel According to Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"



PARISH ANNOUNCEMENTS

Weekday Divine Services for the Month of March

(saint-anthonys.org/calendar)

- Wednesday, March 15th *Pre-Sanctified Liturgy – 6:00pm*
- Friday, March 17th *Salutations to the Theotokos – 6:00pm*
- Wednesday, March 22nd *Pre-Sanctified Liturgy – 6:00pm*
- Friday, March 24th *Great Vespers of Annunciation – 6:00pm*
- Saturday, March 25th *Annunciation of the Theotokos*
Orthros 9:00am, Divine Liturgy 10:00am
- Wednesday, March 29th *Pre-Sanctified Liturgy – 6:00pm*
- Friday, March 31st *The Akathist Hymn – 6:00pm*



Today Social hour is hosted by Cathy & Peter Pappas and family in memory of their son Alexios Pappas.

*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.***

G.O.Y.A. basketball game this Sunday, March 12: St. Sophia @ St. Anthony
Blair High School - 1201 S. Marengo Ave., Pasadena
2:00 Jr. Girls, 3:00 Jr. Boys, 4:00 Sr. Girls, 5:00 Sr. Boys.

Questions contact:

Pana Gelt 626-278-2808 - Anthia Drulias Lucas 626-274-6133

Today Sunday, March 12 after coffee hour. The St. Anthony Parish invites you to a showing of the award-winning documentary "The New Greek Americans:" 1960-2018 The screening is open to everyone at no charge. It will be presented by the Greek Heritage Society of Southern California. The documentary details how the Greek culture and traditions are practiced and moved forward with the current generation. It is narrated by Olympia Dukakis. DVDs will be available for the documentary trilogy - The Pioneers 1900-1942, The Promise of Tomorrow 1940-1960 and The New Greek Americans 1960-2018.

The 2023 Parish St. John Chrysostom Oratorical Festival is Sunday, March 19th Please join us after liturgy **next Sunday** in our church, the program will begin at 12:30 pm. Everyone is invited to watch the presentations.

21st Annual St Anthony's Golf Tournament We will have our much anticipated event this year on **Friday May 5th**. Please join us for a festive day of golf dinner and fellowship. All proceeds will benefit our building fund for the senior center. There are many ways for you to support this year's charitable event. If you aren't a golfer join us for our all day Taverna on the Green mezethes and Jimmy Kypreos famous souvla. At night sign up for dinner complete with silent auction and one of a kind live auction items. If you absolutely can't make it please make a tax deductible donation directly to the church office. Our community volunteers are the key reason for our success. Please call Jimmy Christodoulelis @ 626-379-2302 where you can participate. We will also have tables setup during coffee hour in the next few weeks to sign up.

"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 (Via Zoom)

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

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

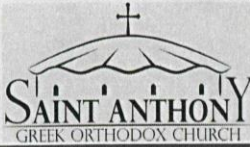
Chapter Eight: "Great Week and Pascha"

2023 Church Stewardship Financial Commitment.

Thank you to everyone who has returned the completed commitment card. If you have not done it, please return your completed commitment card to church as soon as possible. ***If you are new to the community and want to become a member in our Church, please feel free to either take a Steward Financial Commitment 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.***

***Weekly stewardship envelopes are available.
Please contact the church office if you would like to have them
for the 2023 stewardship contributions.***





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 <https://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***

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.

2023 Philoptochos Membership

Our 2023 Membership Drive has begun and we invite you to join us in our important work. We encourage all women, 18 years and older to join Philoptochos. Men and non-Orthodox women may also join as associate members. Your participation in this ministry can make a difference in so many lives. To renew or join by mail- send check (payable to St. Anthony Philoptochos Society) to St. Anthony Philoptochos Society, 778 South Rosemead Boulevard, Pasadena, CA 91107 or online at <https://stanthonyphiloptochos.square.site> Each \$50 stewardship supports the National Philoptochos, the San Francisco Metropolis and St. Anthony Philoptochos obligations and projects. Thank you for your continued support and for helping make a difference in our community.

St. Anthony Philoptochos Easter Bake Sale

Our Easter Bake sale is underway. Delectable Greek pastries and our special signature treats are now available to order. All proceeds to benefit Kids ‘n’ Cancer-Camp Agape. A Philoptochos ministry dedicated to providing support for children afflicted with cancer. Please see the enclosed order form for details.

PHILOPTOCHOS



**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 ☐

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

☐ \$50

☐ \$75

☐ \$100

☐ \$125

☐ Other

Each \$50 stewardship supports National Philoptochos (\$15), San Francisco Metropolis (\$15) and St. Anthony Philoptochos obligations and projects (\$20). ☐ Check ☐ Credit Card ☐ Cash

I am interested in helping with the following:

☐ Feeding the Hungry

☐ Deliver Meals to Parishioners

☐ Homebound Visitations

☐ Hosting Fellowship

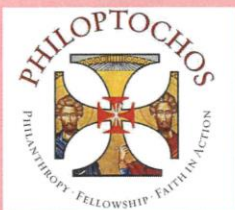
☐ Baking & Cooking

☐ Fundraising

☐ Marketing

☐ Website Developer

☐ Other Talents

☐ 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)

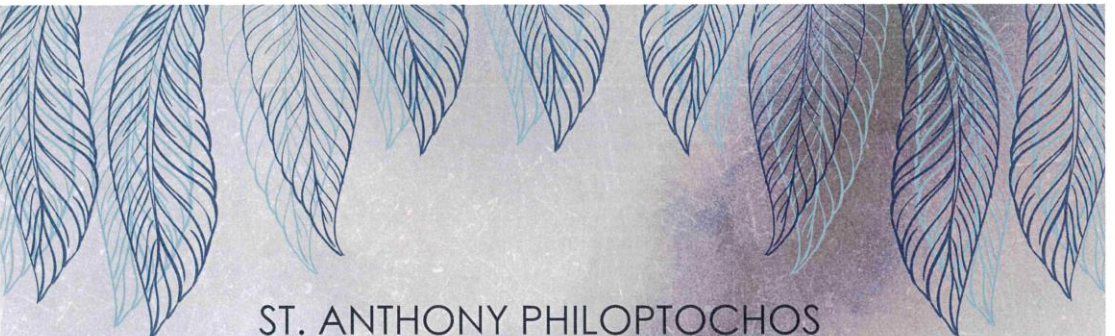
Mail your check along with this form to:

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

or pay online at <https://stanthonlyphiloptochos.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



ST. ANTHONY PHILOPTOCHOS **OPERATION CLASSROOM**

Help us support PCC Lancer Pantry


**We will be collecting hygiene items
throughout March and April**

List of items students at PCC are commonly in need of:

Shampoo & Conditioner
Bar or Liquid Soap
Face Cleansers
Hand & Body Lotion
Razors
Shaving Cream
Deodorant
Feminine Products
Toothbrushes & toothpaste

**Please drop off items at
St. Anthony Church 778 S. Rosemead Blvd. Pasadena**

Questions or more information contact
Operation Classroom Co-Charis: Nicolette Fuerst or Jennifer Webster
Nicolette.fuerst@gmail.com or jenniferkwebster@me.com





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.

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

Sunday of St. Gregory Palamas

March 12, 2023

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

Theophanes the Confessor

March 12, 2023

Saint Theophanes, who was born in 760, was the son of illustrious parents. Assenting to their demand, he married and became a member of the Emperor's ceremonial bodyguard. Later, with the consent of his wife, he forsook the world. Indeed, both of them embraced the monastic life, struggling in the monastic houses they themselves had established. He died on March 12, 815, on the island of Samothrace, whereto, because of his confession of the Orthodox Faith, he had been exiled by Leo the Armenian, the Iconoclast Emperor.

Symeon the New Theologian

March 12, 2023

Saint Symeon became a monk of the Studite Monastery as a young man, under the guidance of the elder Symeon the Pious. Afterwards he struggled at the Monastery of Saint Mamas in Constantinople, of which he became abbot. After enduring many trials and afflictions in his life of piety, he reposed in 1022. Marvelling at the heights of prayer and holiness to which he attained, and the loftiness of the teachings of his life and writings, the church calls him "the New Theologian." Only to two others, John the Evangelist and Gregory, Patriarch of Constantinople, has the church given the name "Theologian." Saint Symeon reposed on March 12, but since this always falls in the Great Fast, his feast is kept today.