

# The Voice of Saint Anthony

May 2023

## Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

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

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

Sunday of the Paralytic	7 May
Mid-Pentecost	10 May
Sunday of Samaritan Woman	14 May
Sunday of the Blind Man	21 May
Saints Constantine & Helen	21 May
Holy Ascension	25 May
Sunday of the Fathers of First Ecumenical Council	28 May

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## Holy Ascension 25 May

Clean Monday	→	Holy Week/Palm Sunday	40 days
Pascha	→	Ascension	40 days
		• Sing/say Christos Anesti	
		• Keep our "Fos" lit	
Ascension	→	Pentecost	10 days
Pascha	→	Pentecost	50 days
		• No kneeling during Liturgy	

Deadline for June Newsletter is Thursday, 25 May  
Please send to: [newsletter\\_church@aol.com](mailto:newsletter_church@aol.com)

## Message from Father Peter

Dear Faithful,

Χριστός Ανέστη! Christ is risen!

*“You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lamp stand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”*

Matthew 5: 14-16

This beautiful passage was the theme for our Metropolis Clergy-Laity, which just convened on April 24-25 at Saint Nicholas Ranch and Retreat Center. It was a retreat that made a lasting and positive effect on all who attended and participated. We were all overjoyed to meet in person for the first time since late February 2020 due to the pandemic. Everyone who attended the assembly felt the love and warmth that we had missed from not meeting in person for so very long.

Our presenters and speakers were eloquent and very engaging. Even though our days were full, we enjoyed each and every minute. I look forward to sharing some of the information I heard and received in the coming weeks and months. We too as a community, are eager to spend more time together and grow closer to our Lord.

The experience of the 3 days I spent at the Ranch and Monastery gave me a renewed enthusiasm and much excitement. My thoughts were to return to our parish and quickly share this experience with our community. I prayed, meditated, and immersed myself, in every service, lecture, meeting and activity. My time there was to absorb everything that was offered, so that I could return and share with our community. In this communication, let me briefly explain the Bible verses that were used by all our speakers and presenters. (Matthew 5:15-16 above)

We read that Jesus proclaims to his disciples and followers that they were *“the light of the world.”* Their responsibility then, as is ours today, is to shine the light God has given us into the world. Through this understanding we will see the significance of what it means to be a light in this darkened world.

*“You are the light of the world.”* What the Lord is expressing in this meaningful passage to His followers is, His words, His message, His light, His truth, must go out and be given to the world. Everyone is welcome and invited. He continued teaching that God’s people are to give light to *“everyone in the house.”* He said that their light is to *“shine before men.”* The Church—in other words each one of us—is to give light and be Christ’s light in the world. This world needs us! It is incumbent upon us, to show people around us this light, the light of Christ.

It is time for all of us to be like the followers of Christ, who surrounded Him. We do not hide our light but rather illuminate the light where all can see. After all, we are all followers of our Lord and Savior Jesus Christ! There is no time for excuses. We must put God’s light on a lamp stand and shine it before men and women. We do this so that people can see our good works. We do all of these actions to show glory, honor, and worship to our Heavenly Father.

Everyone of... *“You are the light of the world.”* Shine brightly!

Χριστός Ανέστη,

Fr. Peter



## Message from Father Peter—continued

### Holy Week 2023





## Message from Father Peter—continued



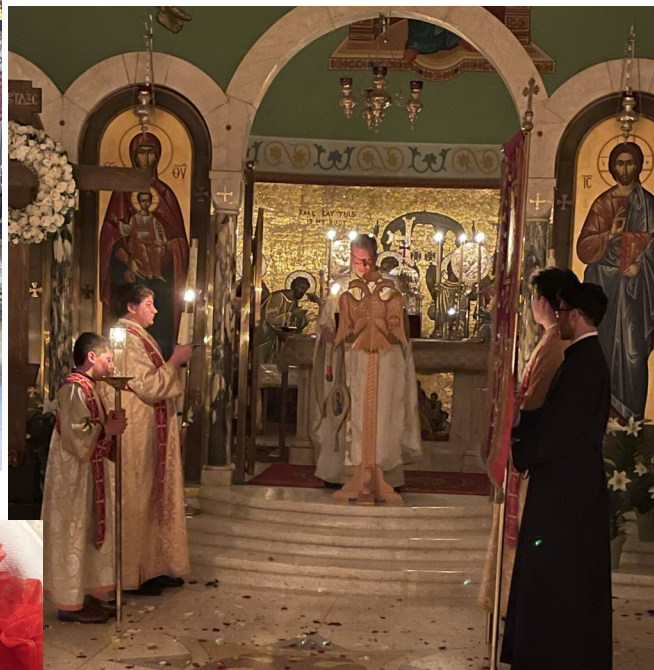


## Message from Father Peter—continued





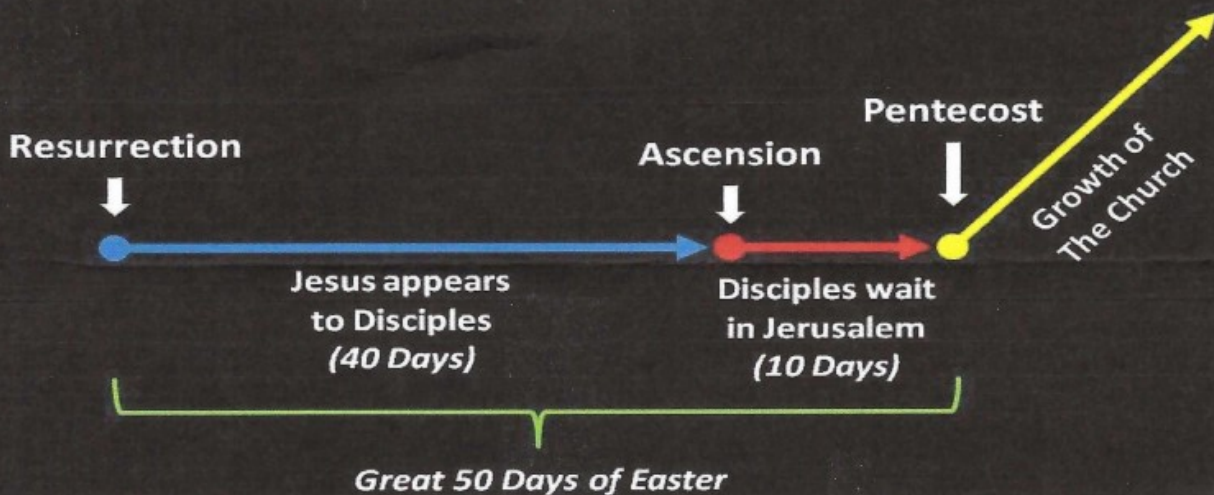
## Message from Father Peter—continued





## Message from Father Peter—continued

### Events After Jesus' Death



### The Ascension of Our Lord and Savior Jesus Christ Forty Days after Pascha

"He was lifted up before their eyes in a cloud that took Him from their sight."  
(Acts 1:9)

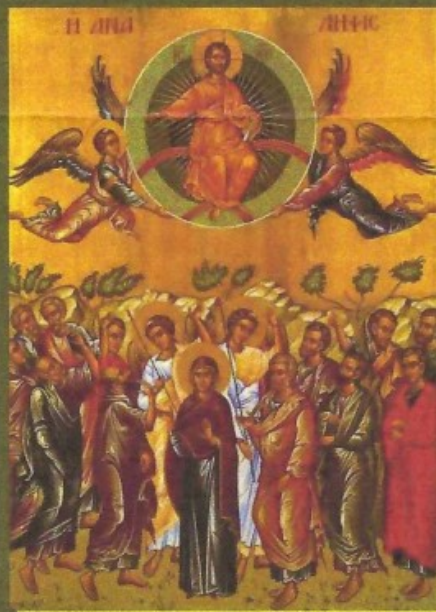
- + Christ is shown ascending in His glory in a mandorla, a round or almond-shaped design that signifies His divinity and glorified state.
- + He is being carried by one angel on either side.



- + With His right hand, Christ gives His blessing as He departs from His beloved people.
- + We, the Church, receive His blessing in countless ways every day.



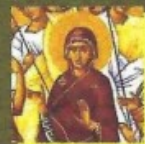
- + The icon of the Ascension includes some who did not witness the Ascension.
- + St. Paul is shown to the left of the Theotokos, but we know that at that time, St. Paul did not yet believe in Jesus.
- + We, like St. Paul, are called to participate in Christ's Ascension and experience our own ascension, with our hearts and minds focused on Him.



- + In His left hand is a scroll, symbolizing that He fulfills the Old Testament.
- + A scroll is a symbol of teaching. The icon affirms that Christ is the source of all knowledge.



- + The Theotokos occupies a special place in this icon. She stands out at the center, surrounded by the whiteness of the garments of angels.
- + Her hands are in a gesture of prayer.
- + Her very calm pose is quite different from the appearance of the Disciples, who are moving about, talking to one another and looking and pointing towards heaven.



- + The entire group of people, the Theotokos and the disciples, represent the Church.
- + Just as their gaze is riveted upon their beloved Christ, so we are called in every Divine Liturgy to "lift up our hearts to the Lord."



# 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

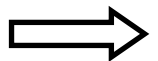
☐ Annually

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?**

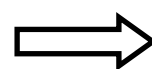
A: It costs approximately \$2,000/day to keep the church open. Most operating expenses are paid from stewardship. Some examples are mortgage, utilities, office staff and pastoral salaries, candles, permits, and facilities maintenance. Additional costs are directly related to church programs.

#### **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

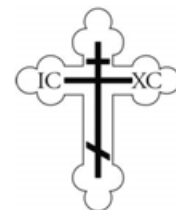
Vacation Bible School

Sophia Syrengelas

Mary Udria

VIPs

Irene Albeck



## Parish Council Happenings

Members of the Community:

### Χριστός ἀνέστη!

Your Parish Council hopes that Holy Week and Pascha have left everyone exhilarated if not a little exhausted. Thanks, again, to the Kefalas family for hosting the *μαγειρίτσα* dinner following the Resurrection service and liturgy. It was a wonderful event, as was the Palm Sunday luncheon sponsored by the Parish Council.

### Upcoming Golf Tournament

The 21st Annual Pasadena Golf Classic will be held **Friday, May 5**. Our golf tournament is one of two major fundraisers held during the year – the other being our festival. If you are not playing in the tournament, please consider whether you can assist in volunteering your time. There are many ways you can participate or contribute. All proceeds will benefit the community's building fund to support the senior apartment project.

### Upcoming General Assemblies

As Father Peter announced in church, our Spring General Assembly has been rescheduled for **May 21**, and it will focus on our community ministries. In addition to our spring and year-end general assemblies this year, we plan to hold a special general assembly to report on the status of the community's real estate properties and to discuss potential future building projects.

### Upcoming Fellowship Opportunities

We will have a lunch for the May 21 General Assembly and are planning a community lunch mid-June to welcome summer. Details will follow.

Sincerely,

Joe Akrotirianakis  
Parish Council President





## Christos Anesti!

It's hard to believe that our Sunday School year is coming to an end!  
Please take note of the following dates regarding the end of year:

### May 14th: Mother's Day

We will not be holding classes on May 14th so that children can attend service with their moms and so that our teachers can enjoy the morning with their families. On behalf of our Sunday School teachers and students, we wish all the mothers at St. Anthony a Happy Mother's Day. Your love, support, and guidance is a gift to all.

### May 21st: Last Day of Class

Students will attend class and then reenter the church to receive their end-of-year recognition certificates. More information to come via email.

### June 17th: Vacation Bible School

Save the date for a full day of VBS fun!! More information to come.

Thank you for supporting our program this year and for bringing your children to Sunday School. We hope that everyone has a restful and fun summer!

Sophia Syrengelas



MATTHEW 19:14

## Sunday School - continued

### St John Chrysostom Oratorical Festival, St. Anthony Parish, March 19, 2023

We are pleased to Congratulate and thank our excellent speakers this year:

Junior Division - **Niko Lareau**

Senior Division - **Yianni Kades  
Kyri Vidalakis**

They all spoke beautifully and inspiringly from the heart.

Jr. Division topic:

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

Sr. Division topic:

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

All three speakers advanced to the District Level at St. Nicholas in Northridge, April, 23, 2023. We are very proud of all of them.

Congratulations to **Yianni Kades**, who advanced from the District to the Metropolis Level, which will be held on May 13, 2023 at St. Nicholas Ranch in Dunlap, CA.

Well done and Kali Epitixia!

Special thanks to our esteemed judges: Dr. Eleni Mitropoulos, Mr. George Kypreos, Mr. Liam McCann and our timekeeper Alexander Soewers.

Thank you for your time and dedication to this wonderful ministry of our Orthodox Church.



## Youth & Young Adults



### St. Anthony G.O.Y.A. Basketball 2023 Season Recap

The Greek Orthodox Basketball League's (GOBL) 49<sup>th</sup> Season came to a close on Sunday, April 30, 2023. The 8-parish league held its Quarter Finals on Saturday and Sunday April 22 and 23. St. Anthony teams fared pretty well with 3 teams advancing to the Semi-Finals and Final games.

**St. Anthony Senior boys** made it to the Quarter finals but unfortunately was unsuccessful and lost to St. Sophia in the Quarter final game.

**St. Anthony Junior Boys (#2 seed)** defeated Assumption (#3 seed) on Saturday, April 29, to advance to the Finals on April 30. St. Anthony Junior Boys' went up against last year's tournament winners St. Sophia (#1 seed) in the Championship Game. It was a very hard fought contest and both teams gave their all until the very end! Our St. Anthony Boys' came out victorious with a **final score of 32 - 27** and became the **Tournament Champions !!**

**St. Anthony Junior Girls** ended the regular season undefeated with a 7-0 record and advanced to the Semi-finals with a Bye in the Quarter finals. The Junior girls defeated St. Katherine in their Semi-final contest on April 29, which moved them up to play against last years' tournament winners St. Nicholas. Unfortunately, our junior girls were unsuccessful in their bid for the championship and for the second year in a row became the **2<sup>nd</sup> Place** tournament team as they were defeated in a final score of 26 - 5 Saint Nicholas.

**The St. Anthony Senior Girls (#3 seed)** advanced to the Finals after defeating St. John in the Semi-Final game. Our Senior Girls advanced to play against the (#1 seed) St. Nicholas. St. Anthony gave it their best but their shots didn't seem to fall and they were unable to keep pace with St. Nicholas. The final score was, 30—4 Saint Nicholas. Our Senior girls completed the season with a **2<sup>nd</sup> Place** finish in the tournament.

We can be so proud of all our teams!

They represented our parish with competitiveness and sportsmanship!



## Youth & Young Adults continued

### Junior Girls' Team: 16 Players

Evangeline, Mariela and Valentina Bicos, Madeline Galanis, Dimitra Gittings, Tessa Grafos, Nicoletta Kazaltzes, Kostadina Ioannou, Faye and Gianna Koulos, Madison, Nancy and Sophia McNulty, Alexis and Maria Syrengelas, Ava Vagenas!

**All-Stars: Evangeline and Valentine Bicos**

**Dedicated coaches:** Thank you !

**Head coach:** Chris Syrengelas

**Assistant coaches:** Jenny Koulos and Chris Ioannou

### Junior Boys' Team:

Alex Darlas, Brody Jones, John Ioannou, Yianni Kades, Niko Lareau, Alex Mavridis, Kostantinos Pouloupoulos, Dylan Udira and Kyri Vidalakis!

**All-Stars: Brody Jones and Kyri Vidalakis**

**All-Star Finals tournament:** Brody Jones

**Dedicated coaches:** Thank you !

**Head Coach:** Tony Christopoulos

**Assistants:** Tom Grafos and Brian Gelt

### Senior Girls' Team:

Leah Cokias, Fotoula Exarchoulakos, Rhea Gerontides, Katerina Gittings\*, Talia Grafos and Georgia Psihalopoulos.

**All-Stars: Fotoula Exarchoulakos and Katerina Gittings**

**Dedicated coaches:** Thank you !

**Head Coach:** Chris Syrengelas

**Assistants:** Chris Ioannou and Louis Kades

### Senior Boys' Team:

Athan Darlas, Eleas Exarchoulakos, Jack Fuerst, Luke McNulty, Niko Vidalakis, and Justin Webster

**All-Stars: Jack Fuerst and Luke McNulty**

**Dedicated coaches:** Thank you !

**Head Coach:** Tony Christopoulos

**Assistants:** Tom Grafos, Brian Gelt and Greg Perris

\*Each community choses 1 player who best exemplifies: Liturgia (Worship), Koinonia (Fellowship), Diakonia (Service) and Martyria (Witness)! Special Congratulations to Senior Girl, Katerina Gittings who was awarded the "4 Circles of Orthodoxy" Award for St. Anthony.

Thank you to Pana Gelt, St. Anthony GOBL Representative for her tireless efforts in organizing the St. Anthony basketball program.

*All players who have not turned in uniforms to the church office need to do so ASAP!*

## Youth & Young Adults continued



Junior Girls  
2nd Place Tournament Winners



Senior Girls  
2nd Place Tournament Winners



## Youth & Young Adults continued



Junior Boys  
Tournament Champions





## Youth & Young Adults continued



## 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 are also in need of donations to help offset our costs of large aluminum pans with lids.

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

### Operation Classroom

**Pasadena City College Lancer Pantry** - Thank you for your generous donations of personal hygiene items for the PCC Lancer Pantry. Philoptochos collected these items throughout March and April.



*Rodney of the PCC Pantry was very appreciative when the co-chairs, Jennifer Webster and Nicolette Fuerst, delivered the hygiene items collected from our community*

### May is Foster Awareness Month!

Pasadena Unified School District has more than 300 foster youth in its school system. Last year St. Anthony Philoptochos along with members of our community helped celebrate Foster Care Awareness Month by purchasing 100 \$5 gift cards and supporting 9 foster youth seniors with their graduation packages.

This year we ask you again for your generous support to assist five (5) graduating seniors in the Pasadena Unified School District. The Foster Youth Seniors will be graduating in June and need financial support to attend their Grad Night, Prom, and to purchase their senior portrait and yearbook.

Graduation Package includes:

Senior Portrait package (\$15)  
 Yearbook (\$100)  
 Grad Night celebration at Disneyland (\$179)  
 Prom (\$100)

Saint Anthony Philoptochos Operation Classroom will be collecting donations to help these Seniors until May 21st.

#### Check

Please make checks payable to St. Anthony Philoptochos with "Foster Youth" in memo line.  
 Mail checks to: St. Anthony Philoptochos  
 Attn: Operation Classroom  
 778 South Rosemead Blvd., Pasadena, CA 91107

#### Venmo

Nicolette Fuerst @Nicolette-Fuerst  
 Jennifer Webster @Jennifer-Webster-20  
 Please add PUSD Foster Youth in Venmo note.

For questions regarding this foster youth project or any Operation Classroom project—email [nicolette.fuerst@gmail.com](mailto:nicolette.fuerst@gmail.com) or [jenniferwebster@me.com](mailto:jenniferwebster@me.com)

Thank you for your support to Pasadena's Foster Youth.



## Philoptochos continued

### *Sunshine Ministry's Special Visitations*

Philoptochos Board members made 25 special visits to our elderly, sick, or homebound parishioners throughout the San Gabriel Valley. Liz Skandale, Helen Skandale, and Judith Din delivered Easter greetings and goodies of tsoureki, chocolates, and cookies.



### *White Helmets*

St. Anthony Philoptochos sent support to aid the earthquake victims in Syria and Turkey through The White Helmets ([whitehelmets.org](http://whitehelmets.org)). The White Helmets are humanitarian rescue volunteers from all walks of life who risk their lives to help anyone in need where public services no longer function like in areas of war and natural disasters.

### *Holy Cross School of Theology*

**Thank you** to our community members for their generosity and support of Holy Cross School of Theology. The collection was held during church on Sunday of the Holy Cross, the third Sunday of Great Lent.

### Community Happenings

#### *Philoptochos Easter Bake Sale !*

A big THANK YOU  
to Lisa Xanthos, Helen Skandale,  
and to all our bakers

who helped with the Easter bake sale.

These volunteers baked and wrapped delicious sweets  
for pre-ordered pickup and sold additional items  
on Palm Sunday to the parish community.

## Philoptochos continued

### Philoptochos Easter Bake Sale !



### Pascha Book Sale for Children

St. Anthony Philoptochos set up a book sale specifically for our children. Children's religious books and Easter gifts were sold after the liturgy on several Sundays during Lent and on Saturday of Lazarus. This Philoptochos project was spearheaded by **Maria Hronas** who provided the leadership that brought this ministry to the children of St. Anthony Church.





## Philoptochos continued

### *Easter Eggs – March General Meeting*

In March, Philoptochos members and guests had fun decorating beautiful red and gold paper-mache eggs for Pascha under the creative direction of Jeanne Karaioannoglou.



## Philoptochos continued



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos

Instagram: stanthonypiloptochos

### ***Game Night - April General Meeting***

In April, Philoptochos members and guests had a blast at the April general meeting. They enjoyed a fun evening of playing the fast-moving, social dice game, Bunco, that requires no skills. To support the Operation Classroom Collection, attendees donated hygiene items for the students at Pasadena City College. Everyone at Game Night enjoyed sharing their favorite beverages and appetizers, playing games, and having fun.

### **Upcoming Meetings**

***Christmas Benefit Planning Meeting - Monday, May 1 at 7:00 PM*** in the church hall.

We invite you to help us plan our largest fundraiser of the year. This year's event will be held on **Saturday, December 2, 2023**. All are welcome to join the 2023 Benefit planning committee.

***Board Meeting - Wednesday, May 10 at 7:00 PM*** in church hall

***May General Meeting - Philoptochos Chapter Board Elections - Wednesday, May 24.***

Should you have questions regarding elections, please contact Judith Din: 626) 676-1240  
[jnda@charter.net](mailto:jnda@charter.net)

### **Upcoming Metropolis Events**

#### **Kids 'N Cancer - Agape: A Celebration of Love**

A luncheon will be held on **Sunday, May 7, 2023 at 2:00 PM** at the Newport Beach Country Club. This annual event helps raise awareness for the ministry of providing support for children afflicted with cancer and their families. This event is a beautiful, fun-filled afternoon giving those attending the opportunity to participate in fundraising, to meet Camp Agape families, and to enjoy fellowship.

Tickets will go on sale this spring and seating is limited. You don't want to miss this event! Event details forthcoming at: [www.sfphiloptochos.org](http://www.sfphiloptochos.org)

### **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. Please see letter below:

- Membership Letter
- Charities
- Membership Form



## Philoptochos continued



### PHILOPTOCHOS SOCIETY OF SAINT ANTHONY GREEK ORTHODOX CHURCH

778 South Rosemead Boulevard • Pasadena, California 91107

April 22, 2023

Χριστός Ανέστη

*"Lord, When Did We See You Hungry and Feed You, Or Thirsty and Give You Drink? When Did We See You a Stranger and Take You In, Or Naked and Clothe You? When Did We See You Sick or In Prison and Come to You?... Inasmuch As You Did It to One of The Least Of These My Brethren, You Did It to Me." Matthew 25 37:40*

Dear St. Anthony Greek Orthodox Ladies,

Did you know that Philoptochos was established **90 years** ago by Archbishop Athenagoras as the philanthropic arm of the Greek Orthodox Church of America? In those 90 years, our mothers, grandmothers, and great-grandmothers have been instrumental in making the Greek Orthodox Ladies Philoptochos Society one of the largest women's philanthropic religious organizations in the United States.

Our Chapter is currently holding a membership drive. We invite you to renew and encourage every woman in our parish, 18 years of age or older, to become a member of Philoptochos and fulfill our philanthropic mission to help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, those with disabilities and victims of disasters. Men are also welcome to join as an Associate member. When we combine our strengths and skills, great things can happen!

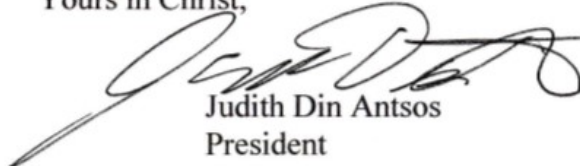
As we embark on a new year, we want to share with you our charitable efforts. Please see the reverse side to see the many charities we support locally, Nationally and through our San Francisco Metropolis. Our 2022 Christmas Benefit Luncheon chose IOCC as our featured charity with funds specifically earmarked for the Ukraine Relief Fund.

In 2021, National Philoptochos disbursed close to \$1,800,000 to those in need. Last year, our Panagia Chapter donated more than \$28,000 to our local charities.

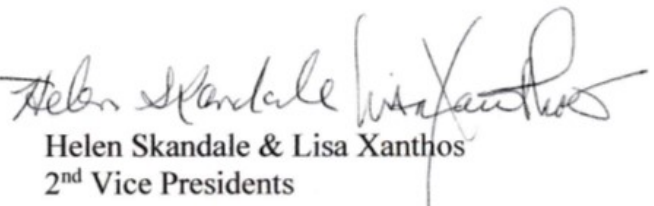
Please, renew or join by mail: enclose your registration form and check payable to St. Anthony Philoptochos, St. Anthony Philoptochos, 778 S. Rosemead Blvd., Pasadena, CA 91107. To process online: (go to <https://stanthonyphiloptochos.square.site> and scroll down to Annual Membership Dues).

For those of you who have been members, we thank you for your many years of support and devotion and, to all prospective new members, we hope you will join us in our mission of philanthropic endeavors.

Yours in Christ,



Judith Din Antsos  
President



Helen Skandale & Lisa Xanthos  
2<sup>nd</sup> Vice Presidents

## Philoptochos continued

*The following charities are supported by St. Anthony Philoptochos:*

### ***Chapter Charities***

CAST, Coalition to Abolish Slavery and Trafficking  
 City of Hope  
 Friends in Deed  
 Foothill Unity Center  
 Hellenic College/Holy Cross School of Theology Seminarians  
 Kids 'n' Cancer/Camp Agape  
 Operation Classroom  
 Pasadena City College Lancer Pantry  
 Pasadena Unified School District/Foster Care Children  
 Project Mexico Orphanage  
 Social Services/Emergency assistance to individuals within our community  
 Scholarships for College Bound Students  
 Ukraine Relief Fund of the International Orthodox Christian Charities  
 Union Station Homeless Services

### ***San Francisco Metropolis Philoptochos Programs & Charities***

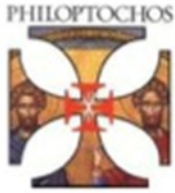
Bishop Anthony Student Aid Endowment Fund [BAPSAEF]  
 Emergency Relief Fund/Social Welfare  
 Kids n' Cancer/Camp Agape  
 Saint Nicholas Ranch  
 Support a Seminarian  
 Women's Health & Wellness

### ***National Philoptochos Programs & Charities***

Academy of Saint Basil  
 Autism Assistance Fund  
 Cancer Fund  
 Children Medical Fund  
 Ecumenical Patriarchate  
 Emergency Fund  
 General Medical Fund  
 Hellenic College/Holy Cross School of Theology  
 International Orthodox Christian Charities [IOCC]  
 National Sisterhood of Presbyteres Benevolent Fund  
 Operation Classroom  
 Orthodox Christian Fellowship  
 Orthodox Christian Mission Center & Support a Mission Priest  
 Retired Clergy & Widowed Presbyteres Benevolent Fund  
 Saint Photios Shrine  
 Saint Nicholas Shrine  
 Seventy-Fifth Anniversary Founders Fund  
 Social Services  
 United Nations International Children's Emergency Fund [UNICEF]



## 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).    ___ Check    ___ Credit Card    ___ Cash			
I am interested in helping with the following:			
___ Feeding the Hungry	___ Hosting Fellowship	___ Marketing	
___ Delivering Meals to Parishioners	___ Baking & Cooking	___ Website Designer	
___ Homebound Visitations	___ Fundraising	___ Other Talents	
___ Telephone Tree	___ Social Media	___ 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://stanthonyphiloptochos.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

Christos Anesti to the entire Saint Anthony Family!

The VIPs held our April meeting on Holy Tuesday, which happened to be the second Tuesday of the month, our usual meeting day.

HAPPY BIRTHDAY wishes were offered to our members who celebrated their birthdays in the April: Marietta Bicos, Virginia Lappas, Kelly Maures (who is recovering in rehabilitation from a recent stroke), and Yngrid Molinari.

As a follow-up to last month's pledge to begin outings again, we are planning to take sign-ups this month for a trip to the Sierra Madre Playhouse in August. We plan to attend a performance of "*Mr. Yunioshi*," a one-man comedy featuring Young Asian American actor J. Elijah Cho, who plays the role of Mickey Rooney as he wrestles with his conscience when the studio asks him, a white man, to play the Asian character in "Breakfast at Tiffany's."

In recognition of our meeting day being on Holy Tuesday, Jim Hronas gave a presentation on Saint Kassiani the Hymnographer and how she came to write her beautiful and inspiring "Hymn of the Fallen Woman," which is always chanted on Holy Tuesday evening.

We were once again fortunate to welcome Nicole Schulman, who led us in a short session of chair aerobic exercises to raise our heart rates and open our appetites.

After our exercises, a delicious luncheon was served and enjoyed by all in attendance.

We wish to express our thanks to:

Joanna Koulos who provided table cloths for the luncheon,  
Tashia and Aleko Vagenas for providing a Lenten soup,  
Marietta Bicos and Virginia Lappas who provided delicious tuna sandwiches,  
and Yngrid Molinari who brought some delicious fruit.

On Thursday April 20<sup>th</sup>, four of our members, Irene Albeck, Christine Kades, Yngrid Molinari, and Yiota Poulos, went to Saint George Greek Orthodox Church in Downey for a meeting of ORA - The Organization of Respected Adults. Though the meeting did not have an extensive agenda, a pleasant socialization occurred between our ladies and others in attendance. A discussion of the possible rotation of meetings/luncheons throughout parishes in Southern California was held and we expect to hear more on this in the near future.

Meanwhile, our next VIP meeting is scheduled for **Tuesday, May 9<sup>th</sup>**.

Jim Hronas, VIP Communications



## Monthly Lesson from Father Stavros Akrotirianakis...

### *A Lesson from Father Stavros..*

What does it mean to be an active member of your church? Perhaps the better question would be “what does it mean to be an *engaged* member of your church?” What difference does one word make, you might wonder? I can answer the question by saying that a person can actively go to the gym, every day, and never actually exercise there. Just like a person can go to their church every Sunday and still not be engaged. Who does that? The people who come to worship right around the time of the Lord’s Prayer and then sit for two hours in the hall socializing. They actively come but are completely disengaged from the life of the church.

In the book of Acts, Chapter 6: 1-3, we read:

*Now in these days when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution.*

*And the twelve summoned the body of the disciples and said, “It is not right that we should give up preaching the word of God to serve tables.*

*Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty.*

We learn in these verses that the early church was concerned with two specific things: preaching the word of God and serving food to the poor. In other words, worship and philanthropy. If a person wants to be engaged in the life of the church, worship and philanthropy are two great places to start. I’ve written many times on the prayer team about the tendency to be consumers and not producers when it comes to our involvement in the church. A good church person will engage in both—they will learn and worship (consume) and they will teach and serve (produce).

Let’s put worship, philanthropy, consuming and producing together, and we’ll have the answer of how to be an engaged member of the church.

We first start with **worship**. Everything begins and ends at the Holy Altar. The MOST important thing done at the church is the Eucharist. If you are going to go to church once a week, it should be for the Divine Liturgy. There are people in every church who “go to church” every week, except what they really do is go to dance practice or Greek school once a week. They go to the church property, but they don’t really go to church. The most important way to engage in the life of the church is worship.

The next most important way to **engage** in the life of the church is through learning. We can’t go teach and encourage others if we haven’t first learned ourselves. That’s why it is critical that we bring our children to Sunday school. And why adults should consider taking an adult class, like Orthodoxy 101, or attending a Bible Study. To make sure we are good producers, we need to understand what is being produced.

The next most important way to be involved in the church is as a **steward**. A steward is a caretaker. It is not an owner, or a stockholder. There are several important components to being a steward, not just the financial one that we usually think of first. The first way that one is a steward is with time. Time in worship, and time in learning as described above. The most precious thing we have is time, because that is the thing of which we cannot get more. Where we put our time, our talent and our treasure follow.



## Monthly Lesson from Father Stavros Akrotirianakis...

The next component of being a steward is **talent**. The purpose of the church is to produce disciples. A restaurant makes food. A shoe factory makes shoes. A church makes disciples. There are many roles that are needed to make sure this existential job gets done. People are needed to assist in worship, whether they are in the choir, an altar boy, an usher, a greeter, someone who cleans the church, etc. People are needed to teach Sunday school, youth group, etc. People are needed to administer the church – to make sure things are repaired, take care of buildings, grounds, insurance, personnel, correspondence, etc. There are literally hundreds of talents needed to have a successful church, one that spreads the Gospel and feeds the hungry.

And speaking of feeding the hungry, this is where the stewardship of our treasure comes in. It is not enough for the church just to keep its doors open. That's a pretty shallow existence, to say that our role is merely to self-perpetuate and self-sustain. The church exists for recruiting others and for philanthropy. And both of these require **financial commitment**. When the church has more than enough to sustain itself, then it can give to charitable causes. How blessed we are in the parish where I serve that we've committed a certain percentage of our budget to stewardship. Whether we have a good year or a bad one, charitable giving remains a top priority. To be engaged in a church means that we give joyfully and sacrificially. Nothing worthwhile happens without sacrifice in this life, and stewardship is no different. We can actively pledge just by filling out a form with a token amount on it. Engaged stewards give sacrificially and also with joy.

In discussing where we are and where we want to be in our faith, we can't go anywhere in the faith without the church—because the church is the place we receive the sacraments, where we worship with others, where we learn and is supposed to be the home base from where we serve. If you aren't where you want to be, evaluate your engagement in worship, learning, service and stewardship. Chances are getting engaged in one of these aspects of church life will move the needle from where you are to where you want to be in your Christian journey.

*Lord, thank You for the gift of the Church, through which we receive You, learn about You, and serve You.*

*Bless my priest and bless all the ministries of our parish.*

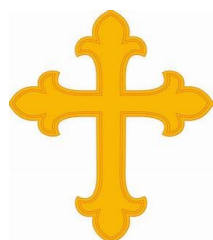
*Bless me as I take my place in the church, that I may come to worship with joy, that I may learn with purpose, that I may serve intentionally.*

*Help me to be a good steward of my life as well as of Your church.*

*Help me to not only be active but to be engaged in it as well.*

*Amen.*

The word of God is living and active. In order to grow in our faith, we must be living and active in it as well.



## What is New in the Community?



### ATTENTION ALL GRADUATES !!!

If you are graduating from grade school, middle school, high school or college this summer and wish to be included in **The Voice Newsletter - June Issue**, please submit the following information:

Your Name

Parents names

School from which you are graduating

Your graduation photo or any photo if grad photo not available  
head shot preferred

For **grade school or middle school graduates**:

List what school you will be attending in the fall

For **high school graduates**:

List college or university you will be attending

For **college grads**:

List your course of study and degree

Please send all requested information to:

[newsletter\\_church@aol.com](mailto:newsletter_church@aol.com)

**DEADLINE: May 25th**



## What is New in the Community? continued

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



The 2023 Winter/Spring St. Anthony Bowling League drew  
to a close on Wednesday, April 5.

We would like to thank all **36 bowlers** as well as our spectators  
for an enthusiastic and fun filled season.

## What is New in the Community? continued

### The final standings are as follows:

<b>1<sup>st</sup> Place</b>	Peter Bissias, Andrea Lappas, Syrus Mobayen
<b>2<sup>nd</sup> Place</b>	Cleo Kades, Nick Paziouros, Elene Kalivas
<b>3<sup>rd</sup> Place</b>	Parviz Mobayen, Chrissa Mobayen, Jim Nichols
<b>4<sup>th</sup> Place Tie</b>	George Dupas, Katherine Boukidis, Frank Boyd
<b>4<sup>th</sup> Place Tie</b>	Mihai Serban, Rich Nassif, Trish Johnston
<b>5<sup>th</sup> Place</b>	Lee Anton, Kathy Summers, Ted Dupas
<b>6<sup>th</sup> Place</b>	Vlasi Masouris, Nicoleta Masouris, Evan Boukidis
<b>7<sup>th</sup> Place</b>	Jim Horaites, Sophia Angelos, Vincent Lappas
<b>8<sup>th</sup> Place</b>	James Covell, Anastasia Matty, Nick Kouracos
<b>9<sup>th</sup> Place</b>	Alexios Touloupis, Kosta Papavasiliou, John Kades
<b>10<sup>th</sup> Place</b>	Bill Summers, Joyce Nichols, Maria Conley
<b>11<sup>th</sup> Place</b>	Pana Gelt, Anthia Lucas, Chris Conley

### Season High Games are as follows:

#### Women

Chrissa Mobayen	Scratch Game High:	<b>231</b>
Andrea Lappas	Scratch Series High:	<b>459</b>
Kathy Summer	Handicap Game High:	<b>263</b>
Anthia Lucas	Handicap Series High:	<b>663</b>

#### Men

Mihai Serban	Scratch Game High:	<b>197</b>
George Dupas	Scratch Series High:	<b>478</b>
Bill Summers	Handicap Game High:	<b>258</b>
Vlasi Masouris	Handicap Series High:	<b>701</b>

We look forward to returning in late summer for a new season of bowling and fellowship. Special thank you to our photographer, Nicole Shulman.



## What is New in the Community? continued





## What is New in the Community? continued





# What is New in the Community? continued



## What is New in the Community? continued

### Upcoming Church Festivals – 2023

#### May

Anaheim 5/12-14  
Northridge 5/27-29

#### June

Downey 6/3-4  
San Diego 6/10-11  
Irvine 6/16-18  
Camarillo 6/23-25



#### July

Redondo 7/14-16

#### September

Long Beach 9/2-4  
Covina 9/23-24  
Pasadena 9/29-10/1  
SanJuanCapo TBD

#### October

Los Angeles TBD



A Message from ...  
Ted Pappas & Stephanie Caiopoulos Lubian  
Saint Sophia Easter Picnic Chairs

**Christos Anesti!**

Thank you to all who attended the  
2023 Easter Picnic !

Each year we try to improve. This year was more of a challenge because we had been dark for the last 3 Easters and so much had changed since our last picnic in 2019.

It would be very helpful if you would please send us your comments (complementary and constructive) and observations so we can make the 2024 Easter Picnic even better.

Please send your comments to: [easterpicnic@aol.com](mailto:easterpicnic@aol.com)

Thank you for your support.

SAVE THE DATE – Easter Picnic 2024 – May 5th



## What is New in the Community? continued

### Metropolis Clergy-Laity Assembly 2023 St. Nicholas Ranch and Life Giving Spring Monastery, April 24-25, 2023

**Xristos Anesti! Alithos Anesti!**

The Clergy Laity Assembly was a beautiful and inspiring two-day gathering of faithful Greek Orthodox Christians, from all the states of our SF Metropolis, in the healing setting of the California countryside. It was the first face-to-face gathering of this body since 2020, and the joy of being together was felt every moment; in conversations under the trees, in every meeting, at meals, and at all the church services at the Monastery.

The proclamations:

*Xristos Anesti - Alithos Anesti! Christ is Risen! - Truly He Is Risen!*

and all the people singing Xristos Anesti with all their hearts were very moving.

We, in the San Francisco Metropolis, are blessed to have visionary leaders and servants of Christ working tirelessly for the spiritual health, vibrancy and well-being of all the faithful. Many Ministries, begun in the SF Metropolis, are now serving and benefiting Orthodox Christians across the Archdiocese.

These are some of the Ministries the of Metropolis of San Francisco and the Greek Orthodox Archdiocese which provide for the enrichment and growth of the faithful:

- Christian Education including the St. John Chrysostom Oratorical Festival
- Philoptochos: 90 years of Philanthropy; making a difference in the US and around the world
- Family Wellness Ministry
- Hellenic College/Holy Cross: Undergraduate & Graduate Degrees, Crossroads, Semester of Faith (tuition free)
- Orthodox Parish Leadership Network; supporting parish health growth & revitalization
- FDF: Faith Dance Fellowship
- YAL Conference
- St. Nicholas Ranch & Retreats Center: this week hosted the Metropolis Council Meeting, The Clergy Laity Assembly and the Clergy Conference
- Life Giving Spring Monastery, CA
- St. Anthony Monastery, AZ
- Youth & Young Adult Ministries
- Greek Orthodox Metropolis of SF Church Music Federation
- Stewardship
- Clergy Continuing Education
- YES: Youth Equipped to Serve (see flier)
- Missions and Evangelism (see flier)
- OCMC: Orthodox Christian Mission Center
- Project Mexico
- Archons - Defenders of the Faith

## What is New in the Community? continued

### *Clergy-Laity continued...*

We are all members of the Body of Christ, with our own unique gifts and purpose. Each of us, no matter our age, is needed to serve Christ and one another. These ministries provide each of us a place and opportunity to serve and grow. When we serve one another, as Christ taught us when He washed the feet of His disciples, we see life as whole and holy. We feel and understand that we are all connected.

As Rachel Naomi Remen, MD writes, "Everyone who has ever served through the history of time serves the same thing. We are servers of the wholeness and mystery of life. When you serve you see life as whole."

Christ, His Church, and our Metropolis Ministries call every one of us to service, participation and belonging. On the following pages, please review the fliers for upcoming opportunities:





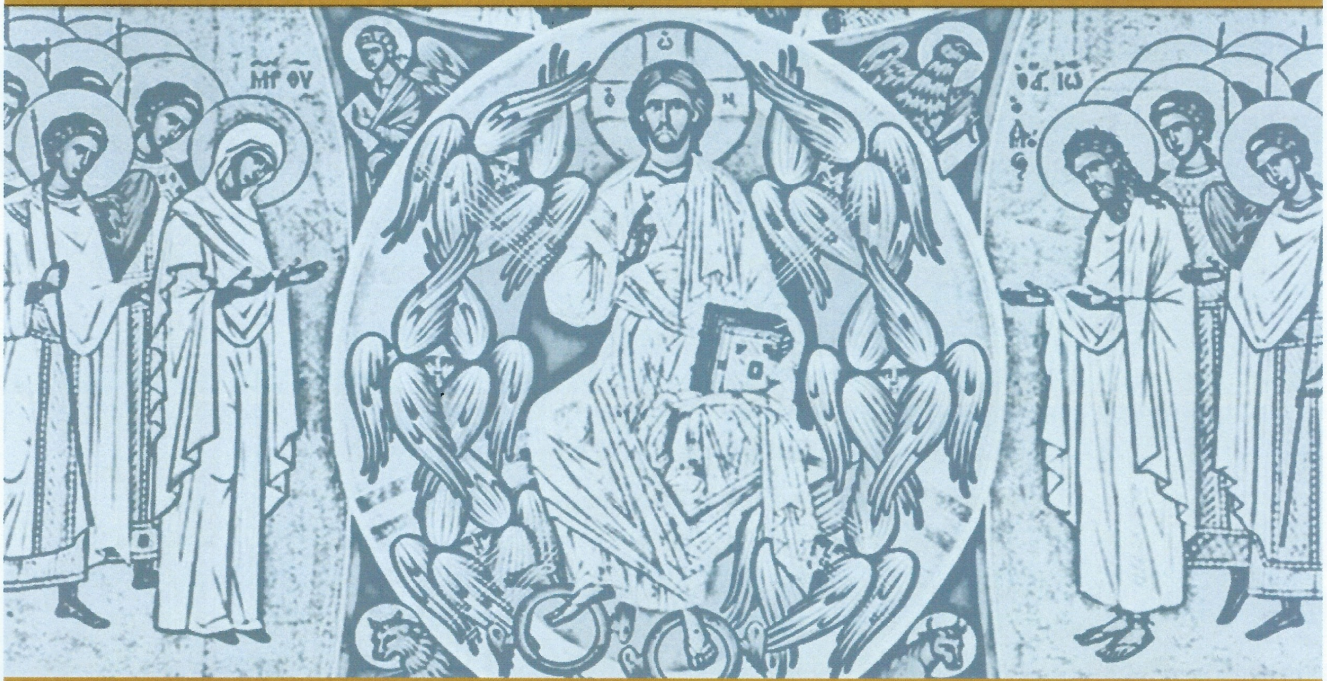
## What is New in the Community? continued

### ADULT THEOLOGY COURSE

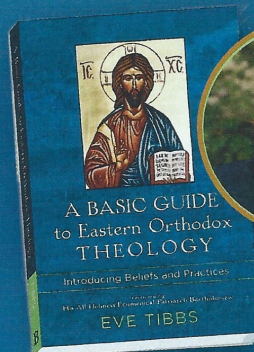
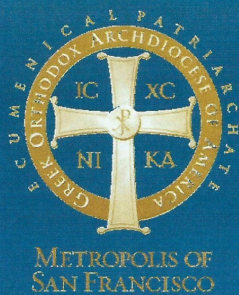
*very short*  
A <sup>^</sup>BASIC COURSE  
in *Orthodox Theology*

5 WEEKS beginning WEDNESDAY, MAY 3, 2023

ZOOM ONLY: 5:00 - 7:00 PM (Pacific time)



REGISTRATION IS REQUIRED: [HTTPS://ORTHODOXYOU.COM/REGISTER](https://orthodoxyou.com/register)



This short course will be taught by **PARASKEVE (EVE) TIBBS** (PhD Theology) the Ministry Lead for Christian Education in the Greek Orthodox Metropolis of San Francisco, and author of *A Basic Guide to Eastern Orthodox Theology: Introducing Beliefs and Practices*.



## What is New in the Community? continued

A **“Very Short Basic Course in Orthodox Theology”** will take place via Zoom on the five Wednesdays of May (May 3, 10, 17, 24, 31) from 5:00-7:00 pm Pacific time.

This fast moving introductory theology course is suitable for older teens and adults, with or without any previous theological background in the Orthodox Church.

Participation is free of charge, but registration is required to access the class through Zoom:

<https://OrthodoxYou.com/register>

May 3: The Orthodox Christian Worldview

May 10: Early Challenges and the Rule of Faith

May 17: Created for a Purpose

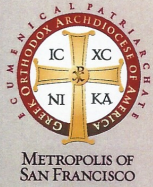
May 24: The Holy Trinity

May 31: Orthodox Worship





# What is New in the Community? continued



## Missions & Evangelism Conference 2023

*Let your light shine for you shall be My witnesses*

*"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." Acts 1:8*

*Presented by the Greek Orthodox Metropolis of San Francisco Missions and Evangelism Ministry*

**Tuesday, June 6 - Thursday, June 8, 2023**

**Saint Nicholas Ranch and Retreat Center - Dunlap, CA**

- Conference begins at Noon on Tuesday
- Enjoy two days of engaging presentations, workshops, resource sharing and more!
- Daily worship
- Each participant receives an advance copy of the book "Spread the Word: Reclaiming the Apostolic Tradition of Evangelism" by Rev. Father Michael Keiser.
- Conference concludes at noon on Thursday. Sack lunches to be provided upon departure.

### Guest Speaker

Rev. Father Luke Veronis will be the conference guest speaker. He has been involved with the Orthodox church's missionary movement since 1987 and brings a valuable perspective on missions and evangelism as an effort to grow our faith.

**Register today at  
[www.groworthodoxy.org](http://www.groworthodoxy.org).**

**Registration Deadline: Friday, May 26, 2023.**



- \$200 for accommodations, meals, and your personal copy of the "Spread the Word" book.
- \$150 for meals and a copy of the "Spread the Word" book, but no accommodations at Saint Nicholas Ranch.



Join with others who are passionate about spreading the Orthodox faith, share resources and ideas, and collaborate on ways that we, as individuals and parishes, can Spread the Word and inspire and engage our parishioners to look beyond the walls of our communities, and to reach out and bring in people who are searching to know the love, peace and grace from Jesus Christ.

*For more information on this conference or the Metropolis of San Francisco Missions and Evangelism Ministry, please contact Kenny Scott at [kscott@groworthodoxy.org](mailto:kscott@groworthodoxy.org).*

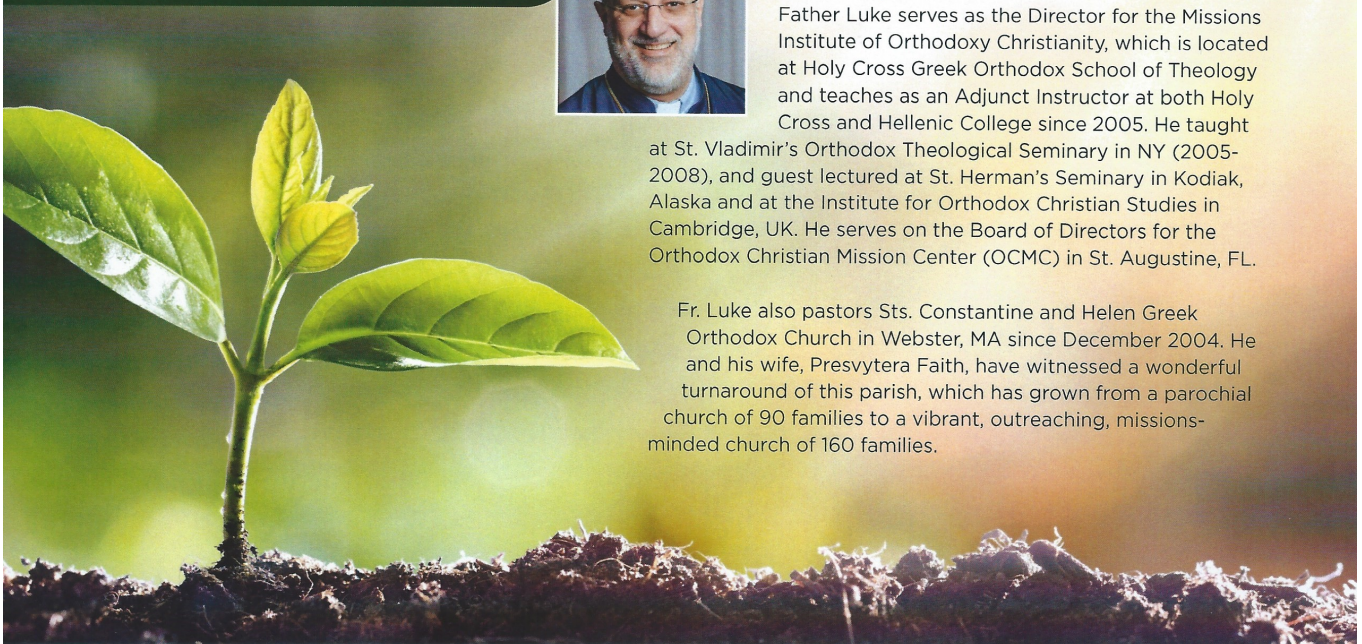
### Guest Speaker

**Fr. Luke Veronis**

**Director for the Missions Institute of Orthodoxy Christianity**

Father Luke serves as the Director for the Missions Institute of Orthodoxy Christianity, which is located at Holy Cross Greek Orthodox School of Theology and teaches as an Adjunct Instructor at both Holy Cross and Hellenic College since 2005. He taught at St. Vladimir's Orthodox Theological Seminary in NY (2005-2008), and guest lectured at St. Herman's Seminary in Kodiak, Alaska and at the Institute for Orthodox Christian Studies in Cambridge, UK. He serves on the Board of Directors for the Orthodox Christian Mission Center (OCMC) in St. Augustine, FL.

Fr. Luke also pastors Sts. Constantine and Helen Greek Orthodox Church in Webster, MA since December 2004. He and his wife, Presvytera Faith, have witnessed a wonderful turnaround of this parish, which has grown from a parochial church of 90 families to a vibrant, outreaching, missions-minded church of 160 families.





## What is New in the Community? continued



**YOUTH EQUIPPED TO SERVE.** YES creates formative opportunities that equip participants to serve each person as the image of Christ. The 3 core opportunities we offer are YES Trips, Series, and Internships.

**YES Day Trips:** YES Trips are experiences of service designed by YES and facilitated by YES leaders for local students and young adults. Participants are taken through a four-step service-learning process known as **E4: EXPOSE, ENGAGE, EQUIP, ENTRUST.**



We first **EXPOSE** them to the reality of poverty in the world through interactive curriculum. Students are presented with questions: What is the church's true mission, and what does it mean for us as members of the body of Christ? What are the stereotypes within us that prevent us from putting others' needs before our own? Is poverty a complex or simple problem, and what is our place in the solution?

We then **ENGAGE** the students with the people of their city through interactive service opportunities. Each opportunity is chosen and designed based on the unique needs of the city and the participants. By creating formative experiences that bring the participants together with people in need, walls are broken down and bridges are built. Meaningful

connections are made with local organizations and the people they serve.

Our Leadership Trainings **EQUIP** students with tools to guide others in service. Selected Trip and Series participants are invited to go through our Leadership Training, which equips them to facilitate our Trips, lead small groups in our Series, and bring the YES mission to their own communities.

Lastly, they are **ENTRUSTED** with various leadership roles on trips, and most importantly, with continuing the mission of YES in their communities, to inspire, lead, and educate others.



**YES Series:** The YES Series provides an intentional community for youth and young adults across the country to engage with relevant, meaningful topics. The online gatherings provide a space for people to come as they are and work towards their true identities in Christ. Led by Steve Christoforou and Katrina Bitar, participants receive practical guidance on living life in Christ and reflect in small groups led by YES Leaders.

**YES Internship:** Over 3 months, interns work to bring the YES mission to their communities through an individualized project designed to meet a local need. Interns are empowered to identify their values, strengthen their voice, and explore their vocation. They conclude their experience with

self-reflection and looking ahead to being servants of Christ in all aspects of their lives.

The YES Program aims to present to young people, the one true Way of life- living for the sake of the other. Our prayer for the students that come through our program is that they embrace life in Christ themselves and are empowered to live it!

*For more information on these programs and to give to YES, scan this code:*





## What is New in the Community? continued



Sophia, Spring  
2022 Intern

Eva, Summer  
2022 Intern

Marina, Fall  
2022 Intern

# YES INTERNSHIP EXPERIENCE



The YES Internship Experience offers interns the opportunity to identify their values, strengthen their voice, and explore their vocation. Interns will bring the YES mission to their communities through an individualized project designed to meet a local need.

"The internship helped me identify my own strengths as a person and leader. I explored not only what I could do for my community, but how I best could serve them."

- Cecelia, Fall Intern 2022

- Stipend: \$500
- Weekly Commitment: 3-5 hours
- Ages: Ages 18-23 attending or not attending college, and/or all ages and years of College

### Application Deadlines:

Summer 2023 - April 1st, 2023

Fall 2023 - August 1, 2023

For more details and  
to apply:



Follow for updates  
@walkwithyes



# What is New in the Community? continued



**SAINT SOPHIA  
CAMP 2023**

**REGISTER NOW**

Week 1: July 23rd- July 29th

Week 2: July 29th-August 5th

Both weeks will be at **Camp Seely** in Crestline, CA

Registration opens on April 1st at 9:00 am PST  
Sign up at [www.saintsophiacamp.org](http://www.saintsophiacamp.org)

**Cost:** \$600 per week (pay by check)  
\$615 per week (pay online)

For more information please contact:  
[saintsophiacamp@gmail.com](mailto:saintsophiacamp@gmail.com)

**Now Hiring  
COUNSELORS**

APPLY AT  
[WWW.SAINTSOPHIACAMP.ORG](http://WWW.SAINTSOPHIACAMP.ORG)



## What is New in the Community? continued


# The Voice of Saint Anthony

## January 2023

### Saint AnthonyY 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
Philoptochos	19
VIPs	23
Monthly Lesson	24
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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

### Sunday of the Paralytic

7 May

Close to the Sheep's Gate in Jerusalem, there was a pool, which was called the Sheep's Pool. It had round about it five porches, that is, five sets of pillars supporting a domed roof. Under this roof there lay very many sick people with various maladies, awaiting the moving of the water. The first to step in after the troubling of the water was healed immediately of whatever malady he had.

It was there that the paralytic of today's Gospel was lying, tormented by his infirmity of thirty-eight years. When Christ beheld him, He asked him, *"Wilt thou be made whole?"*

And he answered with a quiet and meek voice, *"Sir, I have no man, when the water is troubled, to put me into the pool."*

The Lord said unto him, *"Rise, take up thy bed, and walk."* And straightaway the man was made whole and took up his bed. Walking in the presence of all, he departed rejoicing to his own house.

According to the expounders of the Gospels, the Lord Jesus healed this paralytic during the days of the Passover, when He had gone to Jerusalem for the Feast, and dwelt there teaching and working miracles.

According to Saint John the Evangelist, this miracle took place on the Sabbath.





## Feasts and Saints for this month continued

### Sunday of the Samaritan Woman

14 May

One of the most ancient cities of the Promised Land was Shechem, also called Sikima, located at the foot of Mount Gerazim. There the Israelites had heard the blessings in the days of Moses and Jesus of Navi. Near to this town, Jacob, who had come from Mesopotamia in the nineteenth century before Christ, bought a piece of land where there was a well. This well, preserved even until the time of Christ, was known as Jacob's Well. Later, before he died in Egypt, he left that piece of land as a special inheritance to his son Joseph (Genesis 49:22). This town, before it was taken into possession by Samaria, was also the leading city of the kingdom of the ten tribes. In the time of the Romans it was called Neapolis, and at present Nablus.

When our Lord Jesus Christ, then, came at midday to this city, which is also called Sychar (John 4:5), He was wearied from the journey and the heat, and He sat down at this well. After a little while the Samaritan woman mentioned in today's Gospel passage came to draw water. As she conversed at some length with the Lord and heard from Him secret things concerning herself, she believed in Him; through her many other Samaritans also believed.

Concerning the Samaritans we know the following: In the year 721 before Christ, Salmanasar (Shalmaneser), King of the Assyrians, took the ten tribes of the kingdom of Israel into captivity, and relocated all these people to Babylon and the land of the Medes. From there he gathered various nations and sent them to Samaria. These nations had been idolaters from before. Although they were later instructed in the Jewish faith and believed in the one God, they worshipped the idols also. Furthermore, they accepted only the Pentateuch of Moses, and rejected the other books of Holy Scripture. Nonetheless, they thought themselves to be descendants of Abraham and Jacob. Therefore, the pious Jews named these Judaizing and idolatrous peoples Samaritans, since they lived in Samaria, the former leading city of the Israelites, as well as in the other towns thereabout. The Jews rejected them as heathen and foreigners, and had no communion with them at all, as the Samaritan woman observed, *"the Jews have no dealings with the Samaritans"* (John 4:9). Therefore, the name Samaritan is used derisively many times in the Gospel narrations.

After the Ascension of the Lord, and the descent of the Holy Spirit at Pentecost, the woman of Samaria was baptized by the holy Apostles and became a great preacher and Martyr of Christ; she was called **Photini**, and her feast is celebrated on **February 26**.



## Feasts and Saints for this month continued

### Sunday of the Blind Man

21 May

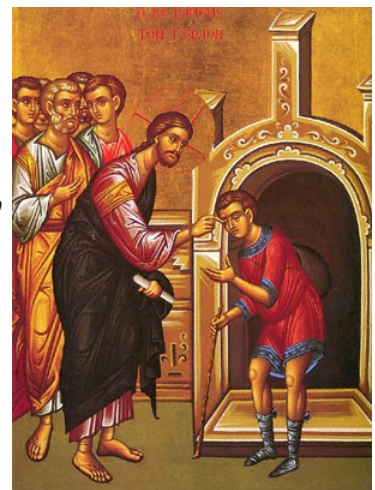
The Lord Jesus was coming from the Temple on the Sabbath, when, while walking in the way, He saw the blind man mentioned in today's Gospel. This man had been born thus from his mother's womb, that is, he had been born without eyes. When the disciples saw this, they asked their Teacher, *"Who did sin, this man, or his parents, that he was born blind?"*

They asked this because when the Lord had healed the paralytic at the Sheep's Pool, He had told him, *"Sin no more, lest a worse thing come unto thee"* (John 5:14); so they wondered, if sickness was caused by sin, what sin could have been the cause of his being born without eyes. But the Lord answered that this was for the glory of God. Then the God-man spat on the ground and made clay with the spittle. He anointed the eyes of the blind man and said to him, *"Go, wash in the Pool of Siloam."* Siloam (which means "sent") was a well-known spring in Jerusalem used by the people for its waters, which flowed to the eastern side of the city & collected in this large pool called Siloam.

Therefore, the Savior sent the blind man to this pool that he might wash his eyes, which had been anointed with the clay-not that the pool's water had such power, but that the faith and obedience of the one sent might be made manifest, and that the miracle might become more remarkable and known to all, and leave no room for doubt.

Thus, the blind man believed in Jesus' words, obeyed His command, went and washed himself, and returned, no longer blind, but having eyes and seeing.

This was the greatest miracle that our Lord had yet worked; as the man healed of his blindness himself testified, *"Since time began, never was it heard that any man opened the eyes of one that was born blind,"* although the Lord had already healed the blind eyes of many. Because he now had eyes, some even doubted that he was the same person (John 9:8-9).





## Feasts and Saints for this month continued

### Saints Constantine & Helen

#### 21 May

This great and renowned sovereign of the Christians was the son of Constantius Chlorus (the ruler of the westernmost parts of the Roman empire), and of the blessed Helen. He was born in 272. In 306, when his father died, he was proclaimed successor to his throne. In 312, on learning that Maxentius and Maximinus had joined forces against him, he marched into Italy, where, while at the head of his troops, he saw in the sky after midday, beneath the sun, a radiant pillar in the form of a cross with the words: *"By this shalt thou conquer."* The following night, our Lord Jesus Christ appeared to him in a dream and declared to him the power of the Cross and its significance. When he arose in the morning, he immediately ordered that a banner be made in the form of a cross, and he inscribed on it the Name of Jesus Christ. On the 28th October, he attacked and conquered Maxentius. The following day, Constantine entered Rome in triumph and was proclaimed Emperor of the West, while Licinius, his brother-in-law, ruled in the East. But out of malice, Licinius later persecuted the Christians. Constantine fought him and destroyed him in 324. He became monarch over the West and the East. Under him and because of him all the persecutions against the Church ceased. Christianity triumphed and idolatry was overthrown.

In 325 he gathered the First Ecumenical Council in Nicaea, which he himself personally addressed. In 324, in Byzantium, he laid the foundations of the new capital of his realm, and solemnly inaugurated it on May 11, 330, naming it after himself, Constantinople. In 336.

Falling ill near Nicomedia, he requested to receive divine Baptism, according to Socrates and when he had been deemed worthy of the Holy Mysteries, he reposed in 337, on May 21, the day of Pentecost. He lived sixty-five years, of which he ruled for thirty-one years. His remains were transferred to Constantinople and were deposited in the Church of the Holy Apostles, which had been built by him.

As for his holy mother Helen, after her son had made the Faith of Christ triumphant throughout the Roman Empire, she undertook a journey to Jerusalem and found the Holy Cross on which our Lord was crucified. After this, Saint Helen, in her zeal to glorify Christ, erected churches in Jerusalem at the sites of the Crucifixion and Resurrection, in Bethlehem at the cave where our Savior was born, on the Mount of Olives whence He ascended into Heaven, and many other sites throughout the Holy Land and Cyprus. Two cities were named Helenopolis after her in Bithynia and in Palestine. Having been thus glorified for her piety, she departed to the Lord at about eighty years of age, in the year 330 .



## Feasts and Saints for this month continued

### Holy Ascension

25 May

The Lord Jesus passed forty days on earth after His Resurrection from the dead, appearing continually in various places to His disciples, with whom He also spoke, ate, and drank, thereby further demonstrating His Resurrection. On this Thursday, the fortieth day after Pascha, He appeared again in Jerusalem. After He had first spoken to the disciples about many things, He gave them His last commandment, that is, that they go forth and proclaim His Name to all nations, beginning from Jerusalem. But He also commanded them that for the present, they were not to depart from Jerusalem, but to wait there together until they receive power from on high, when the Holy Spirit would come upon them.

Saying these things, He led them to the Mount of Olives, and raising His hands, He blessed them; and saying again the words of the Father's blessing, He was parted from them and taken up. Immediately a cloud of light, a proof of His majesty, received Him. Sitting thereon as though on a royal chariot, He was taken up into Heaven, and after a short time was concealed from the sight of the disciples, who remained where they were with their eyes fixed on Him. At this point, two Angels in the form of men in white raiment appeared to them and said, *"Ye men of Galilee, why stand ye gazing up into Heaven? This same Jesus, Who is taken up from you into Heaven, shall so come in like manner as ye have seen Him go into Heaven"* (Acts 1:11). These words, in a complete and concise manner, declare what is taught in the Symbol of Faith concerning the Son and Word of God.

Therefore, having so fulfilled all His dispensation for us, our Lord Jesus Christ ascended in glory into Heaven, and sat at the right hand of God the Father. As for His sacred disciples, they returned from the Mount of Olives to Jerusalem, rejoicing because Christ had promised to send them the Holy Spirit.










It should be noted that the Mount of Olives is a Sabbath's day journey from Jerusalem, that is, the distance a Jew was permitted to walk on the day of the Sabbath. Ecumenius writes, *"A Sabbath day's journey is one mile in length, as Clement says in his fifth Stromatis; it is two thousand cubits, as the Interpretation of the Acts states."* They draw this conclusion from the fact that, while they were in the wilderness, the Israelites of old kept within this distance from the Holy Tabernacle, whither they walked on the Sabbath day to worship God.





# Orthodox Calendar

## May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 4:30 Greek School 7pm Greek Dance	2	3  7pm Philoptochos Union Station Outreach	4 4pm Greek School	5  Golf Tournament	6
7 <b>Sunday of the Paralytic</b> 8:45am Orthros 10am Divine Liturgy  Indoor & Live-stream	8 7pm Greek Dance	9 10:30am VIPs Mtg 7pm Parish Council	10  <b>Mid Pentecost</b> 7pm Philoptochos Board Meeting	11	12 	13
14 <b>Sunday of the Samaritan Woman</b> 8:45am Orthros 10am Divine Liturgy  Indoor & Live-stream	15 7pm Greek Dance	16	17 	18	19 	20
21 <b>Sunday of Blind Man Sts Constantine &amp; Helen</b> 8:45am Orthros 10am Divine Liturgy  Parish Gen'l Assembly  Indoor & Live-stream	22	23	24  7pm Philoptochos General Meeting	25 <b>Holy Ascension</b>	26 	27
28 <b>Fathers of the First Ecumenical Council</b> 8:45am Orthros 10am Divine Liturgy  Indoor & Live-stream	29	30	31 			
		<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

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



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626.449.6974

E-mail  
alma@saint-anthonys.org

We're on the Web!  
[www.saint-anthonys.org](http://www.saint-anthonys.org)

TIME SENSITIVE

POSTAGE  
STAMP

*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.*

