

The Voice of Saint Anthony

July 2023

Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

778 S. Rosemead Boulevard, Pasadena, CA 91107

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

Saints Cosmas & Damian	01 July
Saint Kyriaki – Great Martyr	07 July
Euphemia the Great Martyr	11 July
Olga—Equal to the Apostles	11 July
Marina of Antioch	17 July
Saint Prophet Elias	20 July
Mary Magdalene	22 July
Christina the Great Martyr	24 July
Dormition of Anna	25 July
Paraskevi of Rome	26 July
Panteleimon – Great Martyr	27 July

Priest's Message	2
Stewardship	3
Ministries	7
Parish Council	9
Sunday School	10
Youth/Young Adults	11
Philoptochos	14
VIPs	24
Monthly Lesson	26
Community News	28
Saints of the Month	34
Orthodox Calendar	39



**Sunday of the Holy Fathers
of the
4th Ecumenical Council
16 July**

Deadline for August Newsletter is Tuesday, 25 July
Please send to: newsletter_church@aol.com

Message from Father Peter

Beloved Parishioners,

We have often heard it said that a Christian is a person in whom Christ lives. The Apostles and Saints lived in such closeness to Christ that they experienced a spiritual identity with Him. St. Paul writes: *"It is no longer I who live, but it is Christ who lives in me. This life that I live now, I live by faith in the Son of God who loved me and gave His life for me"* Galatians 2:20.

Is it possible for men and women today to live in such closeness to Christ, to "walk" with Him in their everyday lives? I would argue yes, and that it is not only possible: it is essential. This begs the following question: how can a believer "walk" with Jesus from day to day so that His presence may be real?

One way is through prayer. Prayer puts us immediately in the presence of the living God. Begin each day with a regular time of quality prayer. The Saints encourage us to open our hearts to the Lord and to pray with feeling, assured that we stand before His holy presence. Seek to establish a warm feeling toward Christ. Ask for His guidance and help regarding specific daily tasks and concerns. Commit yourself to let His will be done in all things. Then look for His guidance. Take a few moments before each task to lift up your heart to Him. Try to maintain that special warm feeling toward Christ during the day. Your life will begin to take on the spirit of prayer, the quality of a sacrament by virtue of His gracious presence.

A second way is through obedience. Jesus taught clear teachings and lived them by example. He expects His followers to listen to His words and obey them *as wise people who build their houses on a solid foundation, not as foolish people who listen but do not obey and thus build on sand* (Matthew 7:24-26). Obedience makes God's presence real for us. *"By this we may be sure that we know Him, if we keep His commandments"* (1 John 2:5-6). Obedience is not a matter of formal obligation in order to earn a reward or avoid punishment. Rather it is a matter of personal love for Him, allowing Him through obedience to enter into our everyday lives and to lead us to a loving communion with Him and the Father. *"Whoever loves me will obey my teaching. My Father will love him, and my Father and I will come to him and live with him"* (John 14:23).

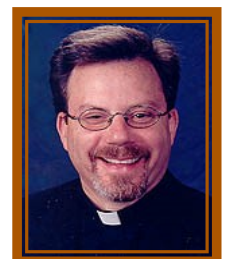
A third way is through the Divine Liturgy. When we celebrate the Divine Liturgy we celebrate the life of Christ, we "walk" with Him in His birth, death, and resurrection. We follow Him during His ministry. We join Jesus at the Last Supper. We witness His solemn actions of breaking the bread and offering the cup. We hear His solemn words of invitation: *"Take, eat; this is my body"* and *"Drink of it all of you; this is my blood of the New Covenant."* As often as we partake of Holy Communion, the risen Christ comes to live in us. *"Whoever eats my flesh and drinks my blood lives in me, and I live in him"* (John 6:56). The Divine Liturgy is the highest experience of Christ's presence.

Finally, my dear people live your life by incorporating these three ways to grow closer to God. By living a life of prayer, obedience to God and experiencing the Divine Liturgy we too, like the Saints of the Church, will experience a spiritual identity with our God.

Let us all strive to grow closer to Him.

In Christ,

Fr. Peter



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

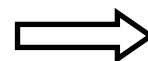
☐ Monthly at \$ _____/month

☐ Annually

Contact the Church office to set up easy recurring electronic payments

-OR- set up your own recurring giving at saint-anthonys.churchgiving.com

***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?

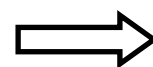
A: It costs approximately \$2,000/day to keep the church open. Most operating expenses are paid from stewardship. Some examples are mortgage, utilities, office staff and pastoral salaries, candles, permits, and facilities maintenance. Additional costs are directly related to church programs.

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 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 31st. 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

1st Vice President

Jeanne Karaionnoglou

2nd Vice President

Helen Skandale and Lisa Xanthos

Corresponding Secretary

Mary Udria and Irene Albeck

Recording Secretary

Mary Dewar

Treasurer

Connie Becker

Assistant Treasurer

Maria Grover

Advisor

Maria Kypreos

Spiritual Advisor

Father Peter Stratos

Board of Directors

Beautification

Maria Kokoris

Maria Hronas

Community Outreach

Fontaine Malisos, Liz Skandale

Stephanie Soewers

Fellowship

Tanya Christodoulelis

Maria Kypreos

Publicity

Christine Pappas

Scholarship

Presbytera Aida Statros and Irene Albeck

Social Media/Webmaster

Sophia Syrengelas

Sunshine and Visitation

Fontaine Malisos, Liz Skandale

Stephanie Soewers

Union Station

Irene Albeck and Stephanie Soewers

Operation Classroom

Nicolette Fuerst and Jennifer Webster



ADDITIONAL MINISTRIES

Acolytes	Fr. Peter Stratos
Bible Study	Fr. Peter Stratos
Bookstore	Noah Johnson
Golf Classic	Jimmy Christos Ted Attalla
GOYA	Fr. Peter Stratos
GOYA Basketball	Anthia Lucas Pana Gelt
GOYA Volleyball	Anthia Lucas Pana Gelt
Greek Dance Groups	Phophi Magaziotis
Greek Festival	Christian Balas
Greek Language	Anastasia McClain
JOY/HOPE	Irene Albeck
Myrrh Bearers	Irene Albeck
Oratorical Festival	TBD
Prayer Shawls	Maria Kypreos
Psalter Group	Fr. Peter Stratos
Vacation Bible School	Sophia Syrengelas Mary Udria
VIPs	Irene Albeck



Parish Council Happenings

Dear Members of the St. Anthony Community:

I will give you a brief report this month about recent Parish Council activity.

Golf Tournament

Our Golf Tournament estimated profit was about \$66,000. Thank you all for your support!

Festival

Our 2023 Greek Festival planning is well under way. Festival meetings began on June 15. We will have the Festival on the church grounds, as we did pre-COVID. The old turf carpet for the back lot is not in very good shape, however, and our committee is looking into a flooring solution. Please volunteer to help. You can contact Christian Balas for volunteer opportunities.

Church grounds

Parish Council is looking into the possibility of refurbishing the basketball half-court and setting up a small soccer field for the youth of the community.

Real Estate Committee

Following our recent Special General Assembly, members of the Real Estate Committee have approached the County of Los Angeles to ensure that the various public works departments do not have any corrections or objections to our master plan. Stay tuned.

Have a blessed summer.

Joe Akrotirianakis
President, Parish Council



Youth & Young Adults



The culmination of the 2023 G.O.Y.A. Basketball season ended on Sunday, June 11 with a family party at the McNulty home in San Marino. Even with the drizzly June gloom, the event was well attended with approximately 50 GOYAN'S, their parents, grandparents and siblings. Everyone enjoyed tacos and other Mexican specialties as well as desserts.

The evening ended with each basketball participant receiving a special certificate that was presented by their coaches. Special thanks to **Chris Syrengelas** and **Tom Grafos** for presenting awards and honoring every player individually.

The players thanked and presented gifts to their coaches and organizers for the time and talents given to the St. Anthony GOYA Basketball program.

We would also like to thank all the parents for making sure their children got to practices and games throughout the season. Special thanks to the **McNulty family** for hosting the wrap-up party a second year in a row.

The Greek Orthodox Basketball League (GOBL) will be embarking on their 50th Anniversary season in 2024. It is the hope of the league to plan some special activities to mark this milestone in our Orthodox youth program! Stay tuned...



Youth & Young Adults continued



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

Community Happenings

June General Meeting – Philoptochos Past Presidents Dinner

Our Past Presidents Dinner was held on Wednesday, June 21. Over 50 guests attended this wonderful evening at Mijares Restaurant in Pasadena. Together we celebrated another successful year for Philoptochos of Saint Anthony. We recognized two outstanding Philoptochos honorees, **Stephanie Soewers and Lisa Xanthos**, for their dedication to philanthropy above and beyond.



Honoree, **Lisa Xanthos**, with the beautiful icon that was presented by Philoptochos President, Judith Din.

Icon by Holy Monastery of the Theotokos the Lifegiving Spring in Dunlap, CA.



Connie Becker accepted the award on behalf of her sister and honoree, **Stephanie Soewers**, who was not able to attend event.



Every year at this event, Philoptochos also presents scholarship awards to well-deserving high school graduates for their work at school, community, and church.

We honored **Leah Cokias** as our 2023 Philoptochos scholarship recipient. She will be attending University of California Berkeley in the fall as a freshman.

Congratulations, Leah!

Philoptochos continued



Philoptochos continued



*We also thanked and bid farewell to 2021-2023 board members,
Irene Albeck and Jennifer Webster,
who will take a hiatus from the Philoptochos board.*



*Present and Past Presidents of Panagia Chapter of The Society of Philoptochos
Saint Anthony Greek Orthodox Church*

Philoptochos continued



2023-2025 Board Members in attendance

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

Host a Coffee Hour and Celebrate a Birthday, Anniversary, Nameday, Graduation, Loved One, or for any reason. A sign-up poster has been placed in the foyer of the Parish Community Center. Please sign up on the poster or contact Tanya Christodoulelis (626-379-2304). Thank you for your support. **Please contact the Church office if you need to schedule a Memorial and if you wish to host the Social Hour on that Sunday.**

Upcoming Meetings

Christmas Benefit 2023 Planning Committee – Monday, August 21 at 7 pm.

We invite you to be part of this fun group of talented women who annually plan our largest fundraiser of the year. All are welcome to join the 2023 Benefit planning committee. This year's event will be held at The Langham Huntington Hotel on Saturday, December 2, 2023.

Board Meeting – We wish you a fun and restful summer. General meetings will resume in September.

National Events

***Children's Medical Fund Luncheon* – Saturday, November 11, 2023**

Hilton Americas in Houston, Texas.

For more information and tickets, go to <https://www.philoptochos.org/cmf-3/>

Philoptochos continued

JOIN PHILOPTOCHOS and BECOME A SUPERHERO

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 to so many lives. Please see letter next page:

- Membership Letter
- Charities
- Membership Form



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonypiloptochos

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!

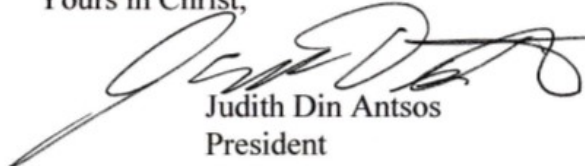
As we embark on a new year, we want to share with you our charitable efforts. Please see the reverse side to see the many charities we support locally, Nationally and through our San Francisco Metropolis. Our 2022 Christmas Benefit Luncheon chose IOCC as our featured charity with funds specifically earmarked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

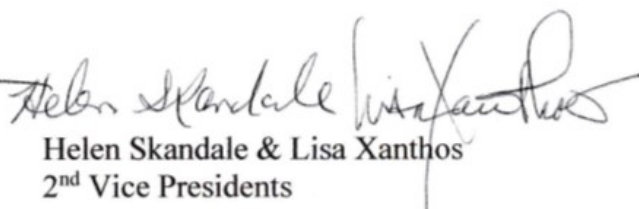
In 2021, National Philoptochos disbursed close to \$1,800,000 to those in need. Last year, our Panagia Chapter donated more than \$28,000 to our local charities.

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
2nd 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

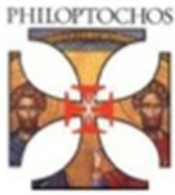
San Francisco Metropolis Philoptochos Programs & Charities

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"/>			
St. Anthony's Philoptochos Stewardship (membership dues). Select amount below: <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

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

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

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

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

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

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

VIPs

The VIPs held our June meeting on Tuesday, June 13th in the Community Center. After the call to order at 11:05 AM and recitation of opening prayers, a reading of the profoundly meaningful poem "*Ithaka*" was read in Greek by Gena Pegadiotes and in English by Irene Albeck.

Published in 1911, Constantine P. Cavafy's poem conveys the meaning of life. Ithaka is a metaphor for all destinations. It represents all the goals and ideals that humans strive for, all the expectations of a reward to be received in the future for actions performed in the present. Cavafy notes that as we all try to achieve our goals, it is important to not lose sight of the journey. *This journey* is what offers us wisdom and makes us rich in experiences, knowledge and maturity... truly a concept for us all to remember!

Irene then introduced **Lindsey Milich**, a special guest at the June meeting who is willing to conduct cooking and fitness classes for our membership at future meetings.

Subsequent agenda items included reports on an outing taken by eight of our members to the Sierra Madre Playhouse on June 11th, and a meeting held to discuss ideas for activities tentatively scheduled for the remainder of the year.

The next VIP Meeting will be held at Lacy Park in San Marino on **Tuesday, July 11th at 10:30 AM**. Each member is encouraged to bring his or her own lunch and beverage. **A special invitation is being extended to Saint Anthony's GOYAns who are available to join the VIP Membership at this outdoor meeting for some intergenerational fun time.** This will give our youth an opportunity to meet some fabulous and astute older adults while we take some joy in getting to know our parish youth more personally.

Any GOYAN who would like to join the VIPs at this Lacy Park meeting may bring their own lunch and beverage or order a box lunch for \$15.00 by contacting Judie Christopoulos (626-840-7508) or Irene Albeck (626-252-5062).

Our hospitality coordinators, Stavrula Kiotas and Gena Pegadiotes organized a light lunch with contributions by June birthday honorees Rose Linardos who prepared a delicious chicken salad, Helen Damilatis who supplied desserts, and various other members who brought some "goodies."

This photograph of the beautiful orchid and icon of Saint Irene was provided by Irene Albeck in appreciation for our membership having remembered her feast day on May 5th with these items. As is evident, the orchid is flourishing!

The VIPs extend best wishes to the entire Saint Anthony community for a meaningful, safe and sane Fourth of July holiday!

Jim Hronas

VIP Communications

VIPS continued



Monthly Lesson from Father Stavros Akrotirianakis...

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.

Matthew 6:34

There is no doubt that life can get overwhelming at times, especially when we look too far ahead. I don't believe in not planning for the future. That is short-sighted and irresponsible. If you want to retire one day, you need to be saving from now. However, an obsession with the future doesn't put us at our best today. It's the same with obsession with our past. I once heard an expression, "If you have one eye on the future and one eye on the past, you will miss today."

Today is what we have. Yesterday is gone and tomorrow is not guaranteed. We have today! If your yesterday was bad, make today better. If you made mistakes yesterday, try to fix them today. If you sinned yesterday, repent today. And if you have persistent guilt about things that have happened in the past, go see a priest for confession. Confession is great for helping to get rid of past guilt.

We each need to focus on today. We need to focus on the possibilities of today in our work, and to focus on the challenges of today in prayer. I remember when our son was a newborn, I wasn't thinking about college, or high school, or him taking care of me when I get old. I was thinking about him eating, pooping and sleeping. Those were the needs of his newborn life. Now his set of needs, and mine as well, have changed over the years. However, my approach to them remains the same..

"Let the day's own trouble be sufficient for the day."

There are three things I try to offer in prayer when I get up each morning. First, I thank God for at least five things. Secondly, I pray to God to intercede for others—my family, my parishioners, a few friends. And third, I supplicate God to safeguard my life and to give me the things I will need to get through the day.

When I think of the needs of the day, the needs are usually similar:
stamina (strength to get through the day),
wisdom (to make good decisions),
safety (because I'm in the car on a daily basis at least for my commute),
patience (because I struggle with that),
and joy (because I want to have some joy in every day).

These are the needs of a particular day. Some days there might be more specific needs, like if I am anxious about something. Or if there is a particular challenge I want God to bless. But on the average day, I pray for five things.

Monthly Lesson from Father Stavros Akrotirianakis...

I don't pray about retirement, or my son getting into college, on a daily basis. I figure if my daily prayers are answered—if I'm wise, safe, patient, and have joy—then things like retirement and college will come about in their own time.

Another lesson I've learned in life, I guess you could say "the hard way", is that the many things we worry about today won't matter even a day from now, let alone a week or a month or a year from now. So another helpful hint when you feel anxious about something, ask yourself will this matter next week or next month or next year. And if the answer is no, then don't give over to anxiety about it. If it WILL matter, that's another story. If it rains today and I can't mow the lawn, I may be annoyed about that, but it won't matter a week from now. If my favorite sports team loses, it doesn't really affect my life at all—it doesn't affect my job, my salary, my friendships—so I don't worry about sports outcomes. Yes, I am a fan. But I am not a fanatic.

As Jesus said, *"sufficient for today is its own worries."* So, focus on praying for what you need TODAY, and don't be anxious about the things that won't matter tomorrow. If we have one eye on yesterday and one on tomorrow, we will miss the opportunities of today.

Lord, thank You for the gift of another day.

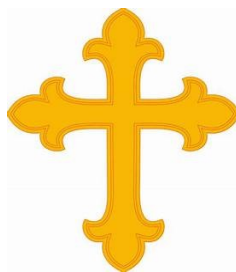
Thank You for (list five things for which you are thankful).

Lord, I offer prayers for (list at least five people you wish to pray for).

And Lord, I ask for Your help today with (list five things which you need help with today).

Amen.

Focus on the needs, the opportunities and the joys of today!



What is New in the Community?

Upcoming Church Festivals - 2023

July

Redondo 7/14-16

September

Long Beach 9/2-4

Covina 9/23-24

Pasadena 9/29-10/1

SanJuanCapo TBD

November

Los Angeles 11/4-5



Assumption Golf Classic
5761 E Colorado St Long
Beach, CA 90814

ASSUMPTION
GOLF CLASSIC

NICK MONIOS
MEMORIAL
TOURNAMENT



Contact us:

assumptiongolfclassic@gmail.com
(562) 494 - 8929

Monday, July 17, 2023

THE HUNTINGTON CLUB
HUNTINGTON BEACH, CA

Assumption of The Blessed Virgin Mary
Greek Orthodox Church Long Beach



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

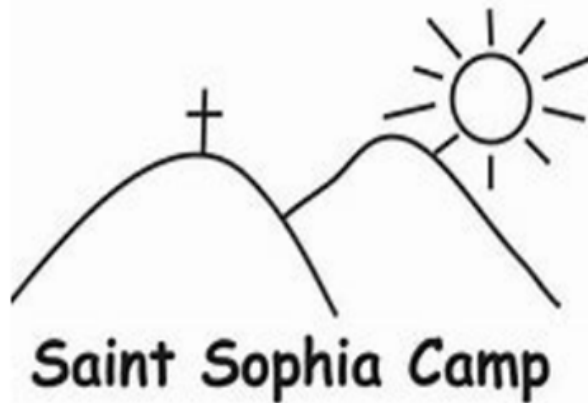
Cost: \$600 per week (pay by check)
\$615 per week (pay online)

For more information please contact:
saintsophiacamp@gmail.com

**Now Hiring
COUNSELORS**

APPLY AT
WWW.SAINTSOPHIACAMP.ORG

What is New in the Community? continued



REGISTRATION FOR ST. SOPHIA SUMMER CAMP IS NOW OPEN

Week #1: July 23rd -July 29th, 2023

Week #2: July 29th -August 5th, 2023

Payment Information

- Price if Paying By Check: \$600 per week, per camper.

Please mail checks to:

Saint Sophia Cathedral
c/o Saint Sophia Camp
1324 S. Normandie Avenue
Los Angeles, CA 90006

- Price if Paying Online: \$615 per week, per camper.

Please go to:
www.saintsophiacamp.org/shop

Building Lifelong Memories through Faith, Fellowship and Fun

Saint Sophia Camp continues on, operating at Camp Seely in beautiful Crestline, California for a two week season every summer. The ministry of Saint Sophia Camp continues to have a positive impact on countless lives, many past campers have children of their own who attend camp each summer continuing the legacy and traditions of Saint Sophia Camp.

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

The Voice of Saint Anthony

January 2023

Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

778 S. Rosemead Boulevard, Pasadena, CA 91107

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

www.saint-anthonys.org

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

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



Deadline for February Newsletter is Wednesday, 25 January
Please send to: newsletter_church@aol.com

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

626.449.6943

Feasts and Saints for this month

Cosmas & Damian, Unmercenaries

1 July

These Saints, who are different from those who are celebrated on the 1st of November, were from Rome. They were physicians, freely bestowing healing upon beasts and men, asking nothing from the healed other than that they confess and believe in Christ. They ended their life in martyrdom in the year 284, under the Emperors Carinus and Numerian.



Kyriaki the Great Martyr

7 July

Saint Kyriake was the daughter of Christian parents, Dorotheus and Eusebia. She was given her name because she was born on Sunday, the day of the Lord (in Greek, Kyriake). She contested in Nicomedia during the reign of Diocletian, in the year 300. After many bitter torments she was condemned to suffer beheading, but being granted time to pray first, she made her prayer and gave up her holy soul in peace.



Euphemia the Great Martyr

11 July

In 451, during the reign of the Sovereigns Marcian and Pulcheria, the Fourth Ecumenical Council was convoked in Chalcedon against Eutyches and those of like mind with him. After much debate, the Fathers who were the defenders of Orthodoxy, being 630 in number, agreed among themselves and with those who were of contrary mind, to write their respective definitions of faith in separate books, and to ask God to confirm the truth in this matter. When they had prepared these texts, they placed the two tomes in the case that held Saint Euphemia's relics, sealed it, and departed. After three days of night-long supplications, they opened the reliquary in the presence of the Emperor, and found the tome of the heretics under the feet of the Martyr, & that of Orthodox in her right hand.

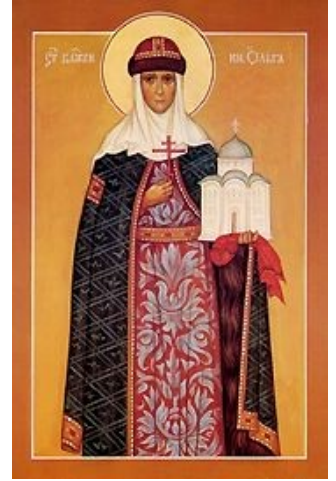


Feasts and Saints for this month continued

Saint Olga, Equal to the Apostles

11 July

Saint Olga, renowned for her wisdom and sobriety, in her youth became the wife of Igor, Great Prince of Kiev, who ruled during the tenth century. After her husband's death, she herself ruled capably, and was finally accepted the Faith of Christ. She traveled to Constantinople to receive Holy Baptism. The Emperor, seeing her outward beauty and inward greatness, asked her to marry him. She said she could not do this before she was baptized; she asked him to be her Godfather at the font, which he agreed to do. After she was baptized the Emperor repeated his proposal of marriage. She answered that now he was her father, through holy Baptism, it was unheard of for a man to marry his daughter. Gracefully accepting to be outwitted by her, he sent her back to her land with priests and sacred texts and holy icons. Her son Svyatoslav remained a pagan, but she planted the seed of faith in her grandson Vladimir. She reposed in peace in 969.



Marina Holy & Great Martyr

17 July

This Martyr lived during the reign of Claudius II (268-270). She was from Pisidia of Cilicia and was the only daughter of a certain priest of the idols. On being orphaned by her mother, she was handed over to a certain woman who instructed her in the Faith of Christ. When she was fifteen years old, she was apprehended by the ruler of Olmbrius, and when asked her name, homeland, and faith, she answered: "My name is Marina; I am the offspring of the Pisidia; I call upon the Name of my Lord Jesus Christ." Because of this she endured bonds, imprisonment, and many whippings, and was finally beheaded in the year 270. Saint Marina is especially invoked for deliverance from demonic possession.



Feasts and Saints for this month continued

Glorious Prophet Elias (Elijah)

20 July

Elias of great fame was from Thisbe, a town beyond the Jordan. He was of priestly lineage, a man of a solitary and ascetical character, clothed in a mantle of sheep skin, and girded about his loins with a leather belt. His name means "Yah is my God." His zeal for the glory of God was compared to fire, and his speech for teaching and rebuke was likened unto a burning lamp. From this too he received the name Zealot.

Therefore, set aflame with such zeal, he sternly reprov'd the impiety and lawlessness of Ahab and his wife Jezebel. He shut up heaven by means of prayer, and it did not rain for three years and six months. Ravens brought him food for his need when, at God's command, he was hiding by the torrent of Horath. He multiplied the little flour and oil of the poor widow of Sarephtha of Sidon, who had given him hospitality in her home, and when her son died, he raised him up. He brought down fire from Heaven upon Mount Carmel, and it burned up the sacrifice offered to God before all the people of Israel, that they might know the truth. At the torrent of Kisson, he slew 450 false prophets and priests who worshipped idols and led the people astray. He received food wondrously at the hand of an Angel, and being strengthened by this food he walked for forty days and forty nights.

He beheld God on Mount Horeb, as far as this is possible for human nature. He foretold the destruction of the house of Ahab, and the death of his son Ohozas; and as for the two captains of fifty that were sent by the king, he burned them for their punishment, bringing fire down from Heaven.

He divided the flow of the Jordan, and he and his disciple Elisseus passed through as it were on dry land; and finally, while speaking with him, Elias was suddenly snatched away by a fiery chariot in the year 895 B.C., and he ascended as though into heaven, whither God most certainly translated him alive, as He did Enoch.

But from thence also, after seven years, by means of an epistle he reproached Joram, the son of Josaphat, as it is written:

"And there came a message in writing to him from Elias the Prophet, saying, Thus saith the Lord God of David thy father, Because thou hast not walked in the way," and so forth (II Chron. 21:12).

According to the opinion of the majority of the interpreters, this came to pass either through his disciple Elisseus, or through another Prophet when Elias appeared to them, even as he appeared on Mount Tabor to the disciples of Christ.

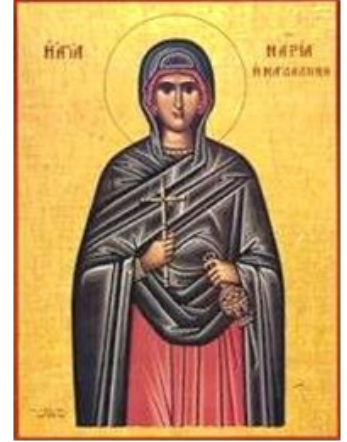


Feasts and Saints for this month continued

Mary Magdalene, the Holy Myrrh Bearer, Equal to the Apostles

22 July

Saint Mary was from Magdala in Galilee on the Sea of Tiberias, and for this was named Magdalene. When the Lord Jesus cast out seven demons from her, she became His faithful disciple, following Him and ministering unto Him even to the time of His crucifixion and burial. Then, returning to Jerusalem together with the rest of the Myrrh-bearers, she prepared the fragrant spices for anointing the body of the Lord. And on the Lord's day they came very early to the tomb, even before the Angels appeared declaring the Resurrection of the Lord. When Mary Magdalene saw the stone taken away from the tomb, she ran and proclaimed it to Peter and John. And returning immediately to the tomb and weeping outside, she was deemed worthy to be the first of the Myrrh-bearers to behold the Lord arisen from the dead, and when she fell at His feet, she heard Him say, "Touch Me not." After the Lord's Ascension, nothing certain is known concerning her. Some accounts say that she went to Rome and later returned to Jerusalem, and from there proceeded to Ephesus, where she ended her life, preaching Christ. "Madeleine" is a form of Magdalene.



Saint Christina

24 July

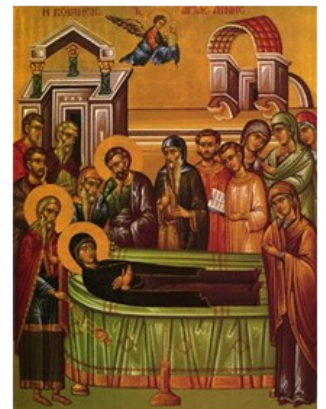
Saint Christina was from Tyre in Syria, the daughter of a pagan named Urban. Enlightened in her heart to believe in Christ, she broke her father's idols, made of gold and silver, and distributed the pieces to the poor. When her father learned this, he punished her ruthlessly, then cast her into prison. The rulers subjected her to imprisonments, hunger, torments, the cutting off of her breasts and tongue, and finally impalement, in the year 200, during the reign of the Emperor Septimius Severus.



Dormition of Saint Anna, mother of Theotokos

25 July

According to tradition, Anna, the ancestor of God, lived for sixty-nine years, and her spouse Joachim, for eighty; according to one account, Saint Joachim died two years before Saint Anna. The Theotokos had been orphaned of both her parents already when she was eleven years of age, when she was living in the Temple. Saint Anna is invoked for conceiving children, and for help in difficult childbirth.



Feasts and Saints for this month continued

Saint Paraskeve

26 July

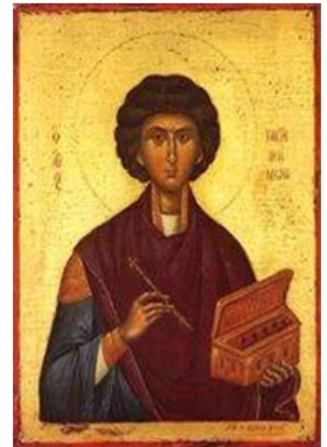
Saint Paraskeve, who was from a certain village near Rome, was born to pious parents, Agatho and Politia. Since she was born on a Friday (in Greek, Paraskeve), she was given this name, which means "preparation" or "preparedness" (compare Matt. 27:62, Mark 15:42, Luke 23:54, and John 19:31, where 'Friday' is called "the day of the preparation"). From childhood she was instructed in the sacred letters and devoted herself to the study of the divine Scriptures, while leading a monastic life and guiding many to the Faith of Christ. During the reign of the Emperor Antoninus Pius, she was apprehended because she was a Christian and was urged to worship the idols, but she answered with the words of Jeremias: "Let the gods that have not made heaven and the earth perish from off the earth" (Jer. 10:11). Because of this she endured exceedingly painful torments, and was beheaded year 140. The faithful pray to her for the healing of eye ailments.



Panteleimon, Great Martyr and Healer

27 July

This Saint, who had Nicomedia as his homeland, was the son of Eustorgius and Eubula. His father was an idolater, but his mother was a Christian from her ancestors. It was through her that he was instructed in piety, and still later, he was catechized and baptized in the Faith of Christ by Saint Hermolaus baptized by him. Being proficient in the physician's vocation, he practiced in a philanthropic manner, healing every illness more by the grace of Christ than by medicines. Thus, although his parents had named him Pantoleon ("in all things a lion"), because of the compassion he showed for the souls and bodies of all, he was worthily renamed Panteleimon, meaning "all-merciful." On one occasion, when he restored the sight of a certain blind man by calling on the Divine Name, he enlightened also the eyes of this man's soul to the knowledge of the truth. This also became the cause for the martyrdom of him who had been blind, since when he was asked by whom and in what manner his eyes had been opened,. As did the blind man of the Gospel, this man confessed with boldness to both who the physician was and the manner of his healing. For this he was put to death immediately. Panteleimon was arrested also, and having endured many wounds, he was finally beheaded in the year 305, during the reign of Maximian.



Orthodox Calendar

July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						Cosmas & Damian ¹
4th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	³	⁴	 ⁵ 7pm Philoptochos Union Station Outreach	⁶	 ⁷ Kyriaki the Great Martyr	⁸
⁹ 5th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	¹⁰	¹¹ Euphemia the Great Martyr Olga Equal to the Apostles 10:30am VIPs Mtg 7pm Parish Council	 ¹²	¹³	 ¹⁴	¹⁵
¹⁶ Sunday of The Holy Fathers 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	¹⁷ Marina of Antioch	¹⁸	 ¹⁹	²⁰ Saint Prophet Elias	 ²¹	²² Mary Magdalene
²³ 7th Sunday of Mathew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	²⁴ Christina the Great Martyr	²⁵ Dormition of Anna	 ²⁶ Paraskevi of Rome 7pm Philoptochos General Meeting	²⁷ Panteleimon the Great Martyr	 ²⁸	²⁹
³⁰ 8th Sunday of Mathew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	³¹	Strict Fast 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

July 2023

POSTAGE
STAMP



TIME SENSITIVE

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

We're on the Web!
www.saint-anthonys.org

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.

When Christ enters your heart, your life changes..

When you find Christ, you are satisfied. You desire nothing else. You find peace. You become a different person. You live everywhere, wherever Christ is. You live in the stars, in infinity, in heaven with the angels, with the saints, on earth with people, with plants, with animals, with everyone and everything. When there is love for Christ, loneliness disappears. You are peace-filled, joyous, and full.

Enter me Lord and give me the opportunity to be an icon of you in this world. You created me in Your image and likeness. Help me to live in a way that reflects that.