

The Voice of Saint Anthony

August 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

Dornition Fast	1-14 Aug
Holy Transfiguration	6 August
Dormition of Theotokos	15 August
Saint Phanourios	27 August
Beheading John the Baptist	29 August

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**Holy Transfiguration
of our Lord**

6 August

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

Message from Father Peter

Dear Brothers and Sisters in Christ,

We have reached that beautiful time of year when we offer devotions in honor of the Blessed Virgin Mary, **August 1st–August 15th**.

Our Holy Orthodox Church has set four major Feast Days for the Mother of God. On August 15th we commemorate one of these holy days, The Dormition (falling asleep) of the Blessed Virgin Mary.

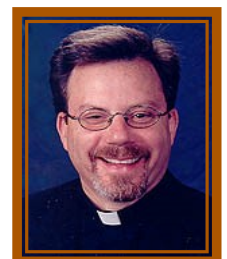
This great Feast Day of the Dormition is preceded by 15 days of devotions and prayers to the Blessed Mother of God. During this period we observe a strict period of fasting. We pray and attend Paraklesis (Supplication) Services to the Theotokos and we attend the Divine Liturgy on Tuesday August 15th. By following these disciplines of the Church, we will properly prepare ourselves for the sacrament of Holy Communion on that blessed day.

According to Holy Tradition, when the time came for the Mother of God to depart from this earth and join her Son in Heaven, she sent for all of the Apostles of Christ to be at her bedside. All the Apostles were present at the time of her burial, except for St. Thomas who returned too late for the funeral. He asked to visit her body, which had been buried for three days. When the tomb was opened, they were amazed to find that the body of Mary was gone. An Angel of the Lord appeared to the Apostles and announced that she had been taken into Heaven. This is the belief of all Orthodox Christians in accordance with Holy Tradition. This is why this period of time is so important to us!

The first 15 days of August are sacred for Orthodox Christians around the world, a special time that brings feelings of intensified reverence. Special prayers and services are held regularly during these 15 days. Please consult our calendar for dates and times to attend or watch via live stream. This is a special time half way between Pascha and Advent (Christmas), when we can all refocus our minds and souls on our faith. This is a golden opportunity for us to be in church to pray, fast, and participate in our blessed services. Join us so that we can proclaim together, Most Holy Theotokos Save Us!

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

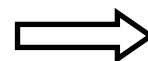
☐ Monthly at \$ _____/month

☐ 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?

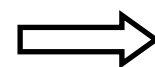
A: It costs approximately \$2,000/day to keep the church open. Most operating expenses are paid from stewardship. Some examples are mortgage, utilities, office staff and pastoral salaries, candles, permits, and facilities maintenance. Additional costs are directly related to church programs.

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

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

Parish Events

_____ Palm Sunday Luncheon	_____ Resurrection Magiritsa	_____ Summer Family Picnic
_____ Pasadena Golf Classic	_____ Dinner	_____ Other
_____ Pasadena Greek Fest	_____ 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

Parish Council is on
Summer Hiatus



"GROWING TOGETHER IN CHRIST"

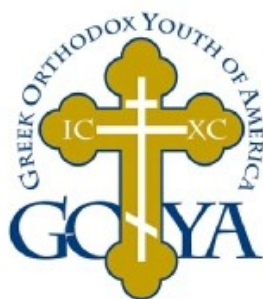


"I am the vine, you are the
branches. He who abides in Me,
and I in him, bears much fruit;
for without Me you can do nothing."
John 15:5.

CHURCH SCHOOL
RESUMES ON
SUNDAY
SEPTEMBER 17

PLEASE REGISTER FOR CHURCH SCHOOL CLASSES
ON SEPTEMBER 10TH

Youth & Young Adults



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

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 or contact Tanya Christodoulelis at 626-379-2304. Thank you for your support.

Please contact the Church office if you need to schedule a Memorial 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 at the 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

"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

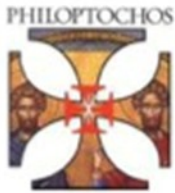
San Francisco Metropolis Philoptochos Programs & Charities

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). <input type="checkbox"/> Check <input type="checkbox"/> Credit Card <input type="checkbox"/> Cash			
I am interested in helping with the following:			
<input type="checkbox"/> Feeding the Hungry	<input type="checkbox"/> Hosting Fellowship	<input type="checkbox"/> Marketing	
<input type="checkbox"/> Delivering Meals to Parishioners	<input type="checkbox"/> Baking & Cooking	<input type="checkbox"/> Website Designer	
<input type="checkbox"/> Homebound Visitations	<input type="checkbox"/> Fundraising	<input type="checkbox"/> Other Talents	
<input type="checkbox"/> Telephone Tree	<input type="checkbox"/> Social Media	<input type="checkbox"/> Specify	



2023 PHILOPTOCHOS MEMBERSHIP DRIVE

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

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

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

Mail your check along with this form to:

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

**or pay online at <https://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.

VIP News

Since the second Tuesday of July was registering temperatures in the 90s, the VIPs opted to hold their monthly meeting with an INDOOR picnic lunch in the comfort of the Community Center instead of at Lacy Park.

The meeting was called to order at 11:00 am with the opening prayer led by Thean Grafos. Philoptochos president Judith Din was in attendance to announce that our dear member Dr. Rodanthi Kitridou departed this life on July 6th. The funeral was scheduled for Wednesday, July 26th at 10:00 am. Maria Hronas volunteered to coordinate baked good contributions for the coffee reception to be held at the request of the family at the conclusion of the funeral.

President Irene Albeck reminded members that if anyone would like to contribute school supplies like back packs, pencils, tablets and the like to the Philoptochos charity "Operation Classroom," they should bring items to the church office no later than August 30th.

Members were also reminded that the 2023 GreekFest will be held on Saturday , September 30th and Sunday, October 1st on the church grounds.

A brief discussion was held regarding the Family Wellness Ministry of the Greek Orthodox Metropolis of San Francisco. A Royal Adventure Senior Resort Camp for adults 50+ year olds will be held at Saint Nicholas Ranch and Retreat Center in Dunlap from Monday September 25th to Friday September 29th. For more information on this senior resort camp, please call Saint George Greek Orthodox Church in Fresno (559-233-0397).

In October, the VIPs will be signing up to sponsor coffee hour after Sunday liturgy.

Due to many members being on vacation, WE WILL NOT BE HOLDING AN AUGUST MEETING.

We wish to acknowledge both **July and August birthday** celebrants at this time!

July

Georgia Aspiotes

Christina Becronis

Domna Del Rio

Dr. Nick Kokoris

Elizabeth Moreno

Herman Smith

August

Irene Albeck

Mary Tassop

Nancy Vidalakis

Dorothea Malina



The VIPs wish the entire Saint Anthony Family a safe and enjoyable summertime!

STAY BUSY AND WELL-HYDRATED!

Jim Hronas

VIP Communications



Monthly Lesson from Father Stavros Akrotirianakis...

Fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.

Isaiah 41:10

We've all had our moments when we want to throw up our hands and say, "enough is enough," or walk away and quit something. Sometimes our frustration comes from our workings with others. Sometimes it comes from feeling isolated and alone. But we all feel frustrated at times—in our marriages, with our children, in our jobs, with our friends, with life in general, and sometimes even with God.

In Isaiah 41:40, God tells us:

Fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with My victorious right hand.

The first part of this verse reminds us of Psalm 23:4, where we read:

Even though I walk through the valley of the shadow of death, I fear no evil; for Thou art with me, Thy rod and Thy staff they comfort me.

Jeremiah 1:19 reads:

They will fight against you; but they shall not prevail against you, for I am with you, says the Lord, to deliver you.

If God is with us, who can be against us!

Be not dismayed, for I am your God

The greatest joy in life is confidence that we have in God as His children. If He is with us, and we are with Him, then nothing can stand against us. If He is our Father, and we are His children, we know that He loves us and protects us, as a father loves and protects his children, except that God's love for us is unconditional and unending.

The final sentence of this verse tells us three things that God does for us – *strengthen, help and uphold*. He strengthens us as we face our challenges. He sharpens our minds, calms our anxieties, and gives us wisdom. These things are acquired through prayer. This is why we should pray daily and throughout the day. God helps us when we can't help ourselves. This happens through the gift of God's grace, a blessing from God which completes what is lacking in us. Grace closes gaps that we cannot close. Grace helps complete the things we cannot finish. Grace is received primarily through the sacraments of the Church – Holy Communion and Confession are sacraments we should be receiving with regularity. Grace also comes to us through our own personal prayers.

Monthly Lesson from Father Stavros Akrotirianakis...

Finally, when all seems lost, God upholds us. I am reminded of the story in Exodus 17:11-12, when the Israelites were fighting Amalek.

Whenever Moses held up his hand, Israel prevailed; and whenever he lowered his hand, Amalek prevailed.

But Moses' hands grew weary; so they took a stone and put it under him, and he sat upon it, and Aaron and Hur held up his hands, one on one side and one on the other side; so his hands were steady until the going down of the sun.

I can't tell you how many times I have felt myself at a loss of something to say, or the right thing to do. And I have prayed to God to hold not my hands, but mind and my mouth, so that I can say the right thing. This doesn't mean I have procrastinated and am throwing up a prayer of desperation to God. In the normal course of life, even with the best of intentions, I sometimes find myself at a loss for what to do. Honestly, I find that when I go with "my own devices" and try to figure it out myself, I do not do as well, or as quickly or go with as much confidence as when I stop, pray and offer whatever the challenge is to God, asking Him to bless me in whatever endeavor I am doing. I have felt like Moses, like I can't go another step, like I can't make another decision, like I can't hold another thought. But I have also felt the grace of God propping up my mind, my soul, my spirit, and yes, even my body.

So, when you are annoyed, or just struggling to get through the day, remember today's verse. He's got you! He is with you. Don't get too dismayed. He will strengthen you, help you and when all hope seems lost, He will uphold you.

O God, Thou art my God, I seek Thee, my soul thirsts for Thee;

my flesh faints for Thee, as in a dry and weary land where no water is.

So I have looked upon Thee in the sanctuary, beholding Thy power and glory.

Because Thy steadfast love is better than life, my lips will praise Thee.

So I will bless Thee as long as I live; I will lift up my hands and call on Thy name.

My soul is feasted as with marrow and fat, and my mouth praises Thee with joyful lips, when I think of Thee upon my bed and meditate on Thee in the watches of the night;

for Thou hast been my help, and in the shadow of Thy wings I sing for joy.

My soul clings to Thee; Thy right hand holds me up.

Amen.

(Psalm 63:1-8)

Go with God today!

What is New in the Community?

Upcoming Church Festivals - 2023



September

Long Beach	9/2-4
Covina	9/23-24
Pasadena	9/30-10/1
SanJuanCapo	TBD



November

Los Angeles	11/4-5
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PRAYER BEFORE READING HOLY SCRIPTURES

Shine within our hearts, loving Master, the pure light of Your divine knowledge and open the eyes of our minds that we may comprehend the message of Your Gospel.

Instill in us, also, reverence for Your blessed commandments, so that having conquered sinful desires, we may pursue a spiritual life, thinking and doing all these things that are pleasing to You.

For You are the Light of our souls and bodies and to You we give glory together with Your Father Who is without beginning and Your all-holy, good, and life-giving Spirit, now and forever and to the ages of ages.

Amen.

STAND UP FOR JESUS

In the Orthodox Church tradition, the faithful stand through nearly the entire service. We show respect and attentiveness when we stand or kneel. Therefore, as a community of faithful, we collectively stand or kneel at the following moments of worship:

The Small Entrance with the Gospel

Gospel reading

The Great Entrance with the Holy Gifts

Proclamation of the Creed

Consecration of the Holy Gifts – *the transformation to the Precious Body and Blood of Christ*

by the descent of the Holy Spirit, at which time we also kneel (except for 50 days after Pascha)

Lord's Prayer

Communion Prayers

Offering of Holy Communion to the faithful

Dismissal Prayers

What is New in the Community? continued



SAVE THE DATE: Pasadena Greek Fest Returns. Please join us for food, drink, dance, games and fun! St. Anthony needs the whole community to support this event. Your help is needed financially, as well as by volunteering. This is a community event and the best way to get to your fellow St. Anthony family! Please contact **Anthia Lucas (626-274-6133)** for information. or **Julie Kiotas (juliekiotas@gmail.com)** for donations.

What is New in the Community? continued

“He Who Has Ears, Let Him Hear”

There are certain passages in the Gospels that contain a serious warning for us. Several times Christ says, “He who has ears, let him hear” — in other words, be careful how you listen. In another place He reminds us that we shall answer for what we have heard, how we have listened, how we have reacted and what we have made of it in our lives.

At every Liturgy we listen to the Gospel, to the words of Christ Himself, or of His disciples, and we are faced with the question — how do we listen and what do we hear? Perhaps we listen attentively, our hearts may even be stirred and for a moment we may be inspired; but then, having admired the beauty and wisdom of Christ’s sayings, we may leave the church and not put them into practice.

Are we capable of listening to Christ’s words? Are we capable of hearing them, receiving them in our hearts, making an effort of will and incorporating them into our lives? Or are we not?

Therefore Christ warns us to take care how we listen and how we care, because a time will come when the words we have heard will judge us — not because we have heard the word of truth, God’s word, but because having responded to it as truth and beauty and inspiration and having admired it we put it aside in order to attend to it sometime later, at leisure. And that is exactly how such words become the empty, inert words of which our lives are so full. And we shall answer for them.

Let us then listen to the words of the Gospel, even to the words of a sermon, in such a way that they should penetrate not only our minds and hearts but our whole lives, so that what we have heard may become living, that through us someone may see the light of Christ’s light, may feel the warmth of Christ’s love, and everything be renewed around us.

- Metropolitan Anthony Bloom (1914-2003)

What is New in the Community? continued

Bowling League News

Fall Season 2023



The St. Anthony Bowling League will begin their Fall 2023 season on Wednesday, August 30, 7:00 P.M, at Bowlero Lanes in Pasadena.

The fall season will continue for 12 weeks, ending on Wednesday, November 15, 2023.

Mark your calendars and contact me directly if you are interested in joining!

Sincerely,

Anthia Drulias-Lucas

ADLJSL02@YAHOO.COM

626-274-6133 call/text



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
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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

Dormition Fast

1 August–14 August

The commemoration of the **Dormition of the Theotokos** and the preparation for the Feast begin on August 1 with a period of fasting. A strict fast is followed on most of the days (no meat, dairy, oil, or wine), with the exceptions of fish on the Feast of the Transfiguration (August 6) and the day of the Dormition. Oil and Wine are allowed on Saturdays and Sundays.

On the weekdays before the Feast, Paraklesis services are held in most parishes. These consist of the Great Paraklesis and the Small Paraklesis, both services of supplication and prayer for the intercessions of the Theotokos.

Transfiguration of our Lord and Savior Jesus Christ

6 August

Our Lord had spoken to His disciples many times not only concerning His Passion, Cross, and Death, but also concerning the coming persecutions and afflictions that they themselves would endure. Since all these evils were near at hand, but the enjoyment of good things which they hoped to receive in their stead was yet to come, our Savior desired to give them full assurance, evidently and openly, concerning that glory which is prepared for those who endure to the end. Therefore, fulfilling that which He had promised shortly before, that:

"there be some standing here which shall not taste of death, till they see the Son of man coming in His Kingdom" (Matthew 16:28),

He took His three foremost disciples and ascended Mount Tabor, where He was transfigured before them. His face shone like the sun, and His clothes became white as the light. Suddenly, together with this dread and marvelous effulgence of light, there appeared those pinnacles of the Prophets, Moses and Elias, who spoke with the Lord Jesus concerning His saving Passion which was about to take place. Standing before Him as reverent servants, they showed that He is the Lord of both the living and the dead, for Moses came forth from Hades, having died many centuries before, and Elias, as it were from heaven, whither he had been taken up while yet alive. After a little while a radiant cloud overshadowed them and out of the cloud they heard that same voice which had been heard at the Jordan at the Baptism of Christ, testifying to the Divinity of Jesus saying:

"This is My beloved Son, in Whom I am well-pleased; Listen to Him" (Matthew 17: 5).



Feasts and Saints for this month continued

Transfiguration of our Lord and Savior Jesus Christ - continued

Such are the marvels, truly worthy of God, celebrated in this present feast, which is an image and prefiguring of the future state of the righteous, whose splendor the Lord spoke of, saying: "Then shall the righteous shine forth as the sun" (Matt. 13:43). According to tradition, the Lord's Transfiguration came to pass forty days before His Crucifixion; this is why the Transfiguration is celebrated forty days before the Exaltation of the Cross.

The Dormition of our Most Holy Lady the Theotokos and Ever Virgin Mary

15 August

Concerning the Dormition of the Theotokos, this is what the Church has received from ancient times from the tradition of the Fathers. When the time drew nigh that our Savior was well-pleased to take His Mother to Himself, He declared unto her through an Angel that three days hence, He would translate her from this temporal life to eternity and bliss. On hearing this, she went up with haste to the Mount of Olives, where she prayed continuously. Giving thanks to God, she returned to her house and prepared whatever was necessary for her burial. While these things were taking place, clouds caught up the Apostles from the ends of the earth, where each one happened to be preaching, and brought them at once to the house of the Mother of God, who informed them of the cause of their sudden gathering. As a mother, she consoled them in their affliction and then raised her hands to Heaven and prayed for the peace of the world. She blessed the Apostles, and, reclining upon her bed with seemliness, gave up her all-holy spirit into the hands of her Son and God.

With reverence and many lights, and chanting burial hymns, the Apostles took up that God-receiving body and brought it to the sepulcher, while the Angels from Heaven chanted with them, and sent forth her who is higher than the Cherubim. But one Jew, moved by malice, audaciously stretched forth his hand upon the bed and immediately received from divine judgment the wages of his audacity. Those daring hands were severed by an invisible blow. But when he repented and asked forgiveness, his hands were restored. When they had reached the place called Gethsemane, they buried there with honor the all-immaculate body of the Theotokos, which was the source of Life. But on the third day after the burial, when they were eating together, and raised up the artos (bread) in Jesus' Name, as was their custom, the Theotokos appeared in the air, saying "Rejoice" to them. From this they learned concerning the bodily translation of the Theotokos into the Heavens.



Feasts and Saints for this month continued

Saint Phanourios

27 August

Little is known of the holy Martyr Phanourios, except that which is depicted concerning his martyrdom on his holy icon, which was discovered in the year 1500 among the ruins of an ancient church on Rhodes, when the Moslems ruled there. Thus he is called "the Newly Revealed." The faithful pray to Saint Phanourios especially to help them recover things that have been lost, and because he has answered their prayers so often, the custom has arisen of baking a Phaneropita ("Phanourios-Cake") as a thank you-offering.



Beheading of John the Baptist

29 August

The divine Baptist, the Prophet born of a Prophet, the seal of all the Prophets and beginning of the Apostles, the mediator between the Old and New Covenants, the voice of one crying in the wilderness, the God-sent Messenger of the incarnate Messiah, the forerunner of Christ's coming into the world who by many miracles was both conceived and born; who was filled with the Holy Spirit while yet in his mother's womb; who came forth like another Elias the Zealot, whose life in the wilderness and divine zeal for God's Law he imitated: this divine Prophet, after he had preached the baptism of repentance according to God's command; had taught men of low rank and high how they must order their lives; had admonished those whom he baptized and had filled them with the fear of God, teaching them that no one is able to escape the wrath to come if he does not do works worthy of repentance; had, through such preaching, prepared their hearts to receive the evangelical teachings of the Savior; finally, after he had pointed out to the people the very Savior, and said,

"Behold the Lamb of God, Which taketh away the sin of the world"
(Luke 3:2-18; John 1: 29-36)



After all this, John sealed with his own blood the truth of his words and was made a sacred victim for the divine Law at the hands of a transgressor. This was Herod Antipas, the Tetrarch of Galilee, the son of Herod the Great. This man had a lawful wife, the daughter of Arethas (or Aretas), the King of Arabia (that is, Arabia Petraea, which had the famous Nabatean stone city of Petra as its capital. This is mentioned by Saint Paul in 2 Corinthians 11:32).

Feasts and Saints for this month continued

Beheading of John the Baptist – continued

Without any cause, and against every commandment of the Law, he put her away and took to himself Herodias, the wife of his brother Philip, to whom Herodias had borne a daughter, Salome. He would not desist from this unlawful union even when John, the preacher of repentance, the bold and austere accuser of the lawless, censured him and told him:

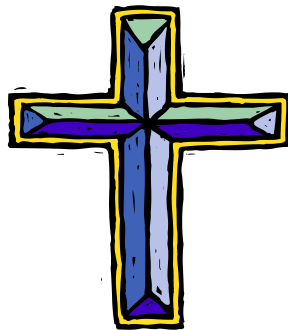
"It is not lawful for thee to have thy brother's wife" (Mark 6: 18).

Thus Herod, besides his other unholy acts, added yet this, that he apprehended John and shut him in prison; and perhaps he would have killed him immediately, had he not feared the people, who had extreme reverence for John. Certainly, in the beginning, he himself had great reverence for this just and holy man. But finally, being pierced with the sting of a mad lust for the woman Herodias, he laid his defiled hands on the teacher of purity on the very day he was celebrating his birthday.

When Salome, Herodias' daughter, had danced in order to please him and those who were supping with him, he promised her -- with an oath more foolish than any foolishness -- that he would give her anything she asked, even unto the half of his kingdom. And she, consulting with her mother, immediately asked for the head of John the Baptist on a plate. Hence this transgressor of the Law, preferring his lawless oath above the precepts of the Law, fulfilled this godless promise and filled his loathsome banquet with the blood of the Prophet. So it was that the all-venerable head, revered by the Angels, was given as a prize for an abominable dance, and became the plaything of the dissolute daughter of a debauched mother.

























As for the body of the divine Baptist, it was taken up by his disciples and placed in a tomb.

(Mark 6: 21 - 29)



Orthodox Calendar

August 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		 1 6pm Council of Ministries	 2 6pm Small Paraklesis 7pm Philoptochos Union Station Outreach	 3	 4 6pm Small Paraklesis	 5 6pm Great Vespers
Dormition Fast						
 6 Transfiguration of our Lord 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	 7 6pm Small Paraklesis	 8 10:30am VIPs Mtg	 9 6pm Small Paraklesis	 10	 11 6pm Small Paraklesis	 12
Dormition Fast						
 13 10th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	 14 7pm Great Vespers Assumption Chur. Long Beach	15 Dormition of the Virgin Mary 9am Orthros 10am Divine Liturgy	 16	 17	18	19
Dormition Fast						
20 11th Sunday of Mathew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	21	22	 23 7pm Philoptochos General Meeting	24	 25	26
27 12th Sunday of Mathew Phannourios the Great 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	28	 29 Beheading of St. John the Baptist 9am Orthros 10am Divine Liturgy	 30	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
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www.saint-anthonys.org

August 2023


POSTAGE
STAMP

TIME SENSITIVE

To generations of our descendants yet unknown to you, who some day in the dim and distant future will read this account of the dramatic history of the Hellenic community, we who have written this account not only on paper, but in the blood, sweat and tears of our daily lives make this statement:

We have built this community with its hopes and its fears, and its land and its buildings because we believe, as did our forefathers, in the soul's immortality, and its eventual union with God.

We believe that whether or not we have amassed a great deal of personal wealth or fame, it matters little, since we could not take that with us. What does matter is how we have discharged our obligation to pass on to you the faith and ideals that have sustained us through our lives... and we venture the hope that as you read these lines, you may breathe a prayer that what we have done here may have found favor in the eyes of God.



WRONG IS
WRONG EVEN
IF EVERYONE
IS DOING IT.
RIGHT IS RIGHT
EVEN IF NO ONE
IS DOING IT.