

The Voice of Saint Anthony

November 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

Cosmas & Damianos	1 November
Archangel Michael	8 November
Saint Nektarios	9 November
Saint John Chrysostom	13 November
Saint Philip	14 November
Saint Matthew	16 November
Saint Gregory	17 November
Saint Katherine	25 November
Saint Andrew	30 November

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**Entrance of the Holy Theotokos
into the Temple**

21 November

Deadline for December Newsletter is Saturday, 25 November
Please send to: newsletter_church@aol.com

Message from Father Peter

A famous person once said our national calendar should not contain just one day for Thanksgiving, but rather 364 days for giving thanks to God and the other day can be for our gripes and complaints!

An important question we must ask is how can we show God our profound gratitude and thanks for all of our many blessings? We can never repay God for all of the love He has showered upon us. So how can we show God our true thanks? The answer comes to us in the words of the greatest Christian commandment: *"You shall love the Lord your God with all of your heart, and with all your soul, and with all of your strength, and with all of your mind; and your neighbor as yourself."*

The truth is that we can never pay for all the blessings God has given us. But we can love; and we can share our blessings with others.

In our country, Thanksgiving Day began with Pilgrims and Native Americans. After a difficult and harsh winter during which half of them died, the Pilgrims welcomed the opportunity of a new year to clear land, plant seed and cultivate their crops. When fall arrived they were blessed with a good harvest. The Pilgrims did not become engrossed with the thought that they would be fine from this point on, just because they had experienced a year with plentiful crops. Rather they gratefully turned their hearts and minds to God. Together with their new friends, Native Americans whom they had invited, to the celebration, they held the first Feast of Thanksgiving. Archbishop Iakovos (of blessed memory) described Thanksgiving as "the birthday of America's soul."

Gratitude is the capacity to say "thank you." Gratitude expresses appreciation not only for blessings received but also for personal relationships built on giving and sharing. Gratitude means acceptance, affirmation and new growth in relationships among people and between people and God.

I leave you with a beautiful Orthodox Prayer, which I hope you all will pray with your families Thanksgiving Day this month, to show God our love, thanks and gratitude:

"Jesus Christ, our Lord and God, we give thanks to You for Your loving kindness and all the blessings You have richly bestowed upon us. We fall down in worship and adoration before You, the King of glory. We praise You, we glorify You, we bless You, and we give thanks to you for Your goodness and tender mercy. We come to You, our sweet Lord and loving Master. Shine in our hearts the light of Your grace. Enlighten our minds, that we may walk uprightly all of our lives by keeping Your commandments. Glorified and exalted is Your holy name, now and forever. Amen."

A blessed Thanksgiving to all,
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

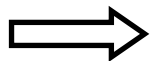
☐ Monthly at \$ _____/month

☐ 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**





"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?

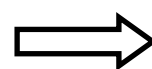
A: It costs approximately \$2,000/day to keep the church open. Most operating expenses are paid from stewardship. Some examples are mortgage, utilities, office staff and pastoral salaries, candles, permits, and facilities maintenance. Additional costs are directly related to church programs.

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.



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.



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



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

Sophia Syrengelas – Director

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

Presuytera Aida Stratos – High School

Vicki Kades – Photographer

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

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

Union Station

Irene Albeck

Operation Classroom

Nicolette Fuerst and Jennifer Webster



ADDITIONAL MINISTRIES

Acolytes

Pres Aida Stratos

Bible Study

Fr. Peter Stratos

Bookstore

Noah Johnson

Golf Tournament

Jimmy Christos

GOYA

Anthia Drulias Lucas
Maria Katsas Gittings
Polly Vagenas

GOYA Basketball

Pana Gelt

GOYA Volleyball

Anthia Lucas
Pana Gelt

Greek Dance Groups

Nikole Zoumberakis

Greek Festival

Christian Balas

Greek Language

Anastasia McClain

JOY/HOPE

Irene Albeck

Myrrh Bearers

Irene Albeck

Oratorical Festival

Pres Aida Stratos

Prayer Shawls

Maria Kypreos

Psalter Group

Fr. Peter Stratos

Vacation Bible School

Sophia Syrengelas
Mary Udria

VIPs

Irene Albeck





Our program got off to a great start this year and we anticipate a fun and enriching year ahead as your children grow in their Orthodox faith. It is our hope that they will develop a deeper love and understanding of their faith by participating in this ministry. This is made possible because of the wonderful volunteers planning, guiding, and teaching each week.

This year our teachers are:

Little Lambs:	Teresa Argueta
PK, TK, & Kindergarten:	Irene Albeck & Larissa Maslen
First & Second:	Sophia Syrengelas & Andrianna Lareau
Third, Fourth, & Fifth:	Mary Udria & Athena Serban
Middle School:	Polly Vagenas & Chris Syrengelas
High School:	Presvytera Aida Stratos

Jenni Nassos has been wonderful about filling in wherever help is needed, particularly in our youngest classroom.

These individuals are the heart and soul of our program and such a blessing to our kids!

Mrs. Albeck & Mrs. Larissa's PK, TK, & Kindergarten class has had great attendance. They are learning about our Orthodox faith through Bible stories and fun follow-up activities, crafts, and music. Each Sunday, before closing prayer they have fun moving to "God Has the Power".

Our students in First Grade through Middle School all do the same units of study, with the current theme being on the Holy Sacraments of the Orthodox Church. Thus far, they have learned about Baptism, Chrismation, and Holy Communion. They will be learning about Confession, Marriage, and Ordination in the weeks to come. These kids are so eager to learn and have been great with attendance and participation in class!

Presvytera's High School class is studying Orthodoxy and Holy Scripture/The Bible, with the goal of gaining some understanding of the New Testament books and developing a practice of reading Holy Scripture. They have begun with a brief introduction to the synoptic Gospels and will move on to the Gospel of John. They will also spend some time reading the Acts of the Apostles by St Luke. In January they will spend time studying questions from the St John Chrysostom Oratorical Festival, giving them an excellent opportunity to express our Orthodox faith. The majority of the students have expressed a desire to "write" (paint) icons again, so iconography will be incorporated into their continuing work with Holy Scripture during Great Lent. They will also continue their church music lessons, practicing with our Lead chanter Michael Kontaxis.

There are so many wonderful things happening in our classrooms! Stay tuned for information regarding our 2nd Annual Christmas Sing Along coming up next month!



PK, TK, & Kindergarten













Youth & Young Adults



Our theme this year is **mazi** (μαζί)!

T-shirts will be designed at our next meeting on November 12th and will include all paid GOYAn's names on them, so please bring your dues to be included! Cash is easiest or a check made out to St. Anthony's GOYA. Dues are \$25.

A special thank you to all of the GOYAn's who helped work the Kids Zone Festival booth! It was a lot of work, especially in the rain, trying to dry those jumpers! Katerina Gittings and Dean Pouloupoulos really worked hard to dry them on Saturday. We recognized Dean as our member of the month, for all of his hard work that day!

Thank you to Polly Vagenas who worked tirelessly and did an amazing job putting together the beautiful booth, including our Periptero! It was a big hit with the kids.

A huge thank you to all of the adult volunteers as well, Bryan Gittings, Alexandra Katsas and Alexia Pouloupoulos! Also, the Nassos family did a wonderful job with the face-painting! We could not have done it without you!

Also, a warm thank you Anthia Lucas for helping us put together the booth!

Our first GOYA Glow Party was a hit too!







On October 14th we went apple and pumpkin picking at Riley's Farm and had an awesome time!



On Tuesday November 21st we are planning our **Friendsgiving Pot Luck** before dance practice at 5pm. Look for the sign up going out soon!

IV On-the-Go is booked at St. Anthony for **Dec. 8th and 9th**! Lock in the night of Dec. 8th! It gives GOYAns a taste of Ionian Village without having to travel to Greece! The goal of every IV On-the-Go is to take the unlikely combination of creative energy, the exploration of Orthodox faith, and a love of Greece that is so uniquely Ionian Village and bring it to OUR youth to enjoy.

Come experience a fun, unique and interactive lock-in retreat run by members of the Ionian Village Staff.

Just like the camp in Greece, participants encounter our Orthodox faith in an unforgettable, up-close and personal way.

Register by November 10th!

Space is limited to 50 boys and 50 girls.
First come-first served.
Meals will be provided and this is a free event!

Sign up at <https://tinyurl.com/nrkfk3sb>
or use the QR code on the flyer next page..



PASADENA, CA

ST. ANTHONY

Friday, December 8 at 6:00 pm to
Saturday, December 9 at 4:00 pm
SIGN UP HERE:



SCAN ME

For questions, please contact:
goya@saint-anthonys.org



Leadership 100



St. Anthony Philoptochos and GOYA Community Outreach

St. Anthony Philoptochos and GOYA will be partnering together to support Pasadena City College Lancer Pantry for the Thanksgiving Holiday. PCC Lancer Pantry supports students and their families who have food insecurity. We will be collecting canned food and non-perishable food items. Suggested food items: stuffing, collard greens, canned yams, sweet potatoes, canned cranberries, vegetables, cranberry sauce, instant potatoes, gravy, broth, spam etc. We will be collecting the items at church on Sunday, October 29th and Sunday, November 5th. We will also have a collection box at the church office if you would like to drop off your donations during the week.

Any questions please contact:

Nicolette Fuerst - nicolette.fuerst@gmail.com

Maria Katsas - maria@caltech.edu

Check out our new Instagram account at: @stanthonysgoya

GOYA meetings are every **2nd Sunday of the month** from 12:15pm-1:15pm in the high school classroom. **Next meeting, November 12th!** Bring your dues!

Greek Orthodox Basketball League (GOBL) is celebrating its 50th year! See logo design contest flyer on the next page!

To sign up your child for GOYA, please scan this QR code:



[GOYA Sign up](#)

Any questions, please email us at: goya@saint-anthonys.org



GOBL **50th** Anniversary logo contest

The Greek Orthodox Basketball League is turning 50 in 2024! To commemorate this occasion, the GOBL is hosting a logo design contest. This is open to all current Goyans ages 12-19. No purchase necessary!

Designs should include:

- GOBL
- 50th Anniversary
- 1974-2024
- A cross (preferably Greek)
- A basketball

Please send submissions to adljsl02@yahoo.com. Acceptable formats are .jpg or .png - please don't submit any other formats. Must be in black & white. When submitting, please include the designers full name, birthday, & any ministries they are involved with. Deadline to submit designs is December 10th, 2023.

1 winner & 2 runner ups will be selected by the GOBL board. They will each receive a prize during the basketball finals (April 2024).



Philoptochos

Good Works

Operation Classroom Community Outreach

St. Anthony Philoptochos and GOYA will be collecting canned and non-perishable food items for the Pasadena City College Lancer Pantry. PCC Lancer Pantry supports students and their families who have food insecurity. Items will be collected after church on Sunday, October 29th and Sunday, November 5th. There will also be collection boxes outside the church office if you would like to drop off your donations during the week. Suggested food items: canned tuna, chicken, vegetables, yams, cranberry sauce, instant potatoes, gravy, spam, etc. Any questions please contact Nicolette Fuerst: nicolette.fuerst@gmail.com or Maria Katsas: maria@caltech.edu. Thank you in advance of your support.

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 help 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:

Irene Albeck	mcmg2a@aol.com
Vangie Dupas	vangiedupas@sbcglobal.net
Christina Kades	christinekades@gmail.com

**"You shall open wide your hand to your brother, to the needy and to the poor, in your land."
Deuteronomy 15:11**



Community Happenings

Christmas for the Kids In Conjunction with Friends In Deed

Once again, Philoptochos and the St. Anthony community will help Friends In Deed to provide Christmas presents for some of Pasadena's most vulnerable children. Look for the table with the Christmas tree after church on Sunday, select a child's name, receive the child's Christmas wish list, return the unwrapped items, and Philoptochos will deliver the gifts to Friends In Deed for distribution. Names will be available mid to late November.

Christmas Tree Sale to Benefit Friends In Deed

Get your tree and support Friends In Deed at the same time. We will be participating in the annual Christmas Tree Sale benefitting Friends In Deed, a non-profit organization committed to meeting the needs of Pasadena's most vulnerable residents. Orders need to be placed by November 13. Pickup is on December 2; delivery is available, at an additional charge to Pasadena, Altadena or Sierra Madre.

2023 Saint Mark's Episcopal Church Christmas Tree Sale **Order by 12 pm Monday November 13 for a December 2 pick up**

www.SaintMarksChristmasTrees.org

All proceeds support Friends in Deed
 Meeting the needs of Pasadena's most vulnerable residents



Douglas Fir

Size	Price
5' - 6'	\$70.00
6' - 7'	\$75.00
7' - 8'	\$90.00
8' - 9'	\$105.00



Noble Fir

Size	Price
5' - 6'	\$85.00
6' - 7'	\$105.00
7' - 8'	\$135.00
8' - 9'	\$165.00
9' - 10'	\$210.00



Nordmann Fir

Size	Price
5' - 6'	\$85.00
6' - 7'	\$105.00
7' - 8'	\$135.00
8' - 9'	\$165.00
9' - 10'	\$210.00

Sales:

Order online by 12 PM Monday, November 13

Pick Up:

Saturday December 2
 8 AM to 11 AM
 Saint Mark's Parking Lot
 1014 East Altadena Drive
 Altadena, CA 91001

For more information contact:

Tom Horner
tom@catalinaislandcamps.com
 626-379-8533

**Tell your
 family,
 friends and
 co-workers!**

Donate a Tree to a Local Family

Saint Mark's Episcopal Church and the Pasadena Police Activities League deliver 5' to 6' Douglas Fir trees to local families that cannot afford a tree this season.

\$70 per tree

Local Delivery Available to Altadena, Pasadena, Sierra Madre

Delivery will take place
 Saturday December 2 between 8:30am and 12pm

Donation \$25

Buy online at
www.SaintMarksChristmasTrees.org



LAST DAY TO ORDER 12 pm Monday November 13

Blessing of the Animals

The Blessing of the Animals took place for the second year. We appreciate the support from all who attended. Thank you for the donation of blankets, towels and cash which has ALL been donated to the Pasadena Humane Society. Thank you to Father Peter for making the blessings possible for all present. Many thanks to Samantha Malisos and Nicole Schulman who did a wonderful job carrying on the torch for this ministry started by our Philoptochos Sister Stephanie Zanglis Soewers who recently was embraced by God. We are grateful that Stephanie's family was able to join us and continue her work.



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

Host a Coffee Hour to 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.**

PLEASE NOTE that the money collected from Coffee Hour is used to purchase items for the church, such as the chanter stands and reliquary. Donations to the Coffee Hour Basket are greatly appreciated.

Annual Christmas Benefit 2023

Please join us on Saturday, **December 2nd** at The Langham Huntington Hotel in Pasadena for "**Christmas in Toyland**", our 54th annual benefit luncheon. This year's luncheon will include the Christmas Boutique, Santa's Kitchen, and gift vendors along with fashion show, holiday entertainment and raffle. Doors open early at 10:00 a.m., and the luncheon will be served at 11:30 am. Proceeds will benefit Forever Kids' Case for Character program. This program provides a suitcase and support for children entering the foster care system.

Just a reminder to get your reservations in early! Reservation priority is given to fully paid tables of 10 and ALL reservations will be reserved based on the return postmark date. Please provide your contact information including email address with your reservation. This will permit you to receive timely updates for this and future events.

For more information, contact Nicole Schulman stanthonybenefit@gmail.com or visit <https://stanthonybenefit.square.site> to see how you can help support this event.

There are many ways to support this charitable event by becoming a **Star Donor**, ordering from **Santa's Kitchen** for 12/3 pickup, or participating in the **Grand Awards**. Visit <https://stanthonybenefit.square.site> for the details.

Santa's Kitchen: Santa's Kitchen is now taking Prepaid Orders for Greek pastries and holiday treats. **Please see order form on the next page..**

Upcoming Meetings

Christmas Benefit 2023 Planning Committee – Final Meetings: Monday, November 6 and November 27 at 7:00 PM. Meeting to be held in the hall.

Board Meeting – Wednesday, November 15, at 7:00 PM.

General Meeting – Philoptochos Christmas Party Wednesday, December 13. If you have any questions, call Jeanne Karaioannoglou: 626-437-6078 (cell).

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/cm-f-3/>

2023 Light the Path – This year's fundraiser will be held on Sunday, **November 19, 2023**, at The Olympic Club in San Francisco, California. This important event will support the Philoptochos Bishop Anthony Philoptochos Student Aid Endowment Fund (BAPSAEF) which provides assistance to students and seminarians enrolled at Hellenic College and Holy Cross Greek Orthodox School of Theology, as well as their families. See more details and ways to donate at <https://www.sfphiloptochos.org/bapsaef/light-the-path>

Saint Anthony Philoptochos Santa's Kitchen Prepaid Order Form

ALL PREPAID ORDERS MUST BE RECEIVED BY MONDAY, NOVEMBER 13, 2023

**PREPAID ORDERS ARE AVAILABLE FOR PICKUP ONLY ON
SUNDAY, DECEMBER 3 from 12:00 PM TO 1:00 PM**

St. Anthony Greek Orthodox Church, Trinity Ballroom
778 South Rosemead Blvd., Pasadena

Prepaid orders will not be available for pickup on the day of the event.

To place prepaid orders:










- ☐ **MAIL** – Fill out the Order Form below (checks payable to St. Anthony Philoptochos) and mail to:
St. Anthony Philoptochos, 778 South Rosemead Blvd., Pasadena, CA 91107

or

- ☐ **ONLINE** - <https://stanthonybenefit.square.site> (select Santa's Kitchen Tab)

Name: _____ Cell/Home Phone: _____

Address: _____ City: _____ E-mail: _____

<u>ITEM</u>	<u>COST</u>	<u>QUANTITY</u>	<u>\$ TOTAL</u>
 Baklava (box of 12) Layers of phyllo dough brushed with butter and filled with chopped walnuts and almonds, cinnamon, sugar and soaked in honey syrup.	\$36	_____	\$ _____
 Finikia/Melomakarona (box of 12) Honey-dipped cookies topped with ground walnuts, sugar and cinnamon mixture.	\$30	_____	\$ _____
 Koulourakia (bag of 12) Butter-based cookies with sweet delicate flavor topped with egg glaze and sesame seeds.	\$10	_____	\$ _____
 Koulourakia, Chocolate Dipped (box of 6) Butter cookies dipped in dark chocolate.	\$8	_____	\$ _____
 Kourabiethes (box of 12) Shortbread butter cookies without nuts covered in powdered sugar.	\$30	_____	\$ _____
 Marshmallow Chocolate Reindeer (1) Marshmallow dipped in milk chocolate with pretzel antlers.	\$3	_____	\$ _____
 Santa's Candy Cane Sleigh (1) Candy canes and mini chocolate bars.	\$6	_____	\$ _____
 Variety of Greek Pastries (box of 12) 4 Baklava, 4 Melomakarona, 4 Kourabiethes.	\$32	_____	\$ _____
 Vasilopita (1 Loaf) Traditional sweet Greek New Year's bread. <i>Pickup on Sunday, December 17 (12:00 pm-1:00 pm)</i>	\$20	_____	\$ _____

ORDER TOTAL \$ _____



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

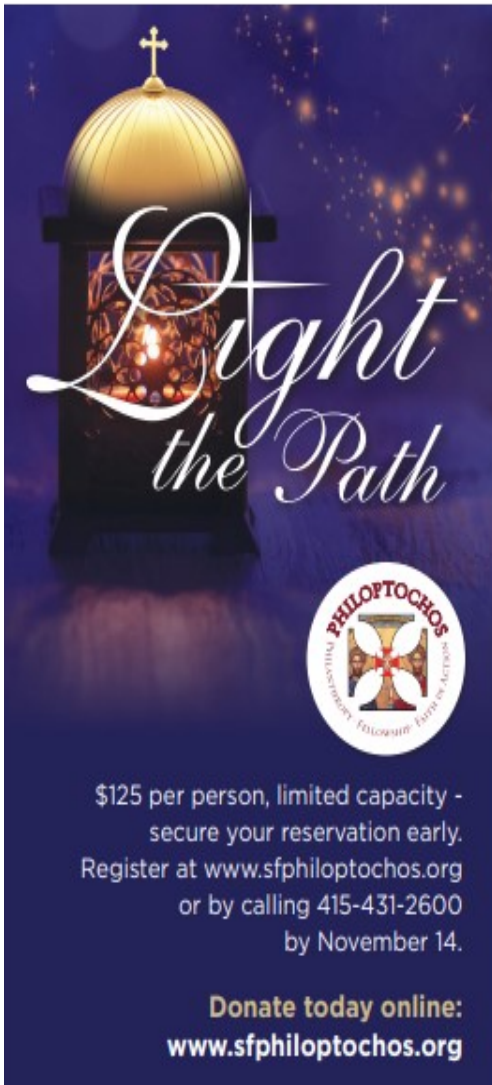
2. **Bring snacks for 75 adults and kids** – Suggestions include: assorted Bagels, Muffins, Cakes, Cookies, Mini Deli Sandwiches, Cheese & Crackers, Olives, Dolmades, Hummus, Tzatziki, Pita, Raw Vegetables, Fruit, Salads, Oatmeal or anything you prefer
3. **Bring food items plated on serving trays/bowls 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.



Light the Path

PHILOPTOCHOS
FELLOWSHIP - FATHERLY ACTION

\$125 per person, limited capacity -
secure your reservation early.
Register at www.sfphiloptochos.org
or by calling 415-431-2600
by November 14.

Donate today online:
www.sfphiloptochos.org

HIS EMINENCE METROPOLITAN GERASIMOS AND
THE METROPOLIS OF SAN FRANCISCO PHILOPTOCHOS
JOYFULLY INVITE YOU TO ATTEND

Light the Path

A CHRISTMAS LUNCHEON

Sunday, November 19, 2023
2:00 p.m.

The Olympic Club

599 Skyline Boulevard • San Francisco, California

Please join us for an inspiring afternoon to benefit the

**Bishop Anthony Philoptochos Student
Aid Endowment Fund
For Seminarians and Students at
Hellenic College/Holy Cross
Greek Orthodox School of Theology
Brookline, Massachusetts**

Thank You for Your Support

Philoptochos Superheroes

We thank ALL who answered the call to volunteer to cook for the St. Anthony's Greek Festival; and/or provided lunch for the volunteers. So many of you responded to the email that the work schedule was shortened and cooking and baking was completed in a fast and efficient manner. Thank you to our Super Heroes for answering the call for help!



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonypiloptochos

The October VIP meeting was held on Tuesday, October 10th in our Community Center with a "call to order" at 10:50 AM. After an opening prayer lead by Stavrula Kiotas, president Irene Albeck proceeded through the day's agenda starting with some thoughts on senior independence. Even though senior citizens appreciate when someone asks to render assistance on straightforward tasks, they also want to maintain their own sense of independence and self-respect. In other words, seniors should be allowed to ask for assistance when THEY feel they need it, thereby maintaining a sense of dignity and self-worth.

After committee reports were rendered, important discussions on highly anticipated outings and events were held. For our November meeting, members were encouraged to bring two books to share with the group.

Plans for an outing to two gardens located in the Pasadena area were discussed. On **Friday, October 27th**, the plan was to meet at **Arlington Garden**, located at 275 Arlington Drive in Pasadena at 2:30 PM. Arlington Garden is a three-acre botanical garden featuring delightful paths winding through mini-trails. It is a climate appropriate habitat garden offering learning, inspiration and enjoyment for all. Admission to the garden is free of charge and you may bring a snack or lunch to enjoy on the premises.

After exploring this garden, we will then cross the street to visit the **Storrier-Stearns Japanese Garden** located at 270 Arlington Drive. This 1.45-acre garden took four years to construct and features ponds with waterfalls, hills, bridges and paths. The garden was added to the National Register of Historic Places in 2005.

On October 19th, five of our members attended the meeting/luncheon of the Organization of Respected Adults held at St. George Greek Orthodox Church in Downey. Although a conflict of events with St. Sophia Cathedral prevented a larger attendance, the meeting proved to be a cordial gathering for those in attendance.

As part of our outreach to help those less fortunate individuals during the holidays, it was decided that we would collect \$10.00 per person for donation to the Unity Center in Monrovia to help purchase turkeys for the Thanksgiving holiday. As part of our own celebration of the Thanksgiving holiday, the VIPs plan to invite members of the community to our **Holiday luncheon** on **November 14th** held in the Community Center.

On Sunday **December 10th**, the VIPs plan to attend a musical at the **Haugh Performing Arts Center** in Glendora featuring the Citrus Singers. Tickets will be available for about \$40.00 per person and advance registration is required. We have plans to have our December breakfast meeting at LeRoy's in Monrovia.

With the completion of our business meeting, a delicious barbeque luncheon from Stone Fire Grill was enjoyed by our members courtesy of Parri Livanos in honor of her mother's 97th birthday. Many Happy returns to **Vivian Mavredakis!** And Happy Birthday wishes to our other VIPs celebrating in October including **Elizabeth Demopulos, Pat Pastis, and George Treantafelles.**

After lunch, a friendly game of BINGO was enjoyed by all with wonderful prizes for the winners!

HAPPY THANKSGIVING TO THE ENTIRE SAINT ANTHONY FAMILY!

Jim Hronas

VIP Communications



Xronia Polla Vivian Mavredakis!

Community News & more...

**Remember to set your clocks and timers back 1 hour for
Daylight Savings Time, Sunday, 5 November**

A Little Lesson in Orthodox Etiquette

Do you know that you are not supposed to cross your legs in church?

You can always tell when someone is a non-Orthodox visitor if she crosses her legs in church.

Women cross their legs at the ankle for modesty, and this is acceptable, but not crossing your legs at the knee. Why not? Crossing your legs at the knee in church is a casual posture and shows a relaxed attitude in the presence of God that is considered disrespectful.

Another stance to avoid during the divine services is to stand with your hands in your pockets. This too shows a lack of respect as well as a relaxed or casual attitude. It is a good idea to gently instruct boys to remove their hands from their pockets while standing in line for Holy Communion.

Are these little things unimportant “technicalities”? Will something “bad” happen to us if we cross our legs in church? No, in both cases. But little behaviors like this reflect our attitude toward God and we should be mindful of the fact that we are in the presence of God.

Therefore, with both large and small expressions of reverence we shape and express our Orthodox faith wisely.

SOUTHERN CALIFORNIA CRETANS' ASSOCIATION

CRETAN GLENDI



Saturday, November 4, 2023

5:30 pm Appetizers

7:00 pm Traditional Cretan Dinner

Donation - Adults \$90, Youth & Students (24 & under) \$45, Children (5 & under) Free
(Tables of 10 may only be reserved with full payment)

St. Anthony Greek Orthodox Church Trinity Ballroom
778 South Rosemead Blvd., Pasadena, CA

Featuring Music from Crete by: Kostas Kakoudakis (Lyra), Mihalis Petsakis (Laouto)
Manolis Verdinakis (Laouto), Stelios Somarakis (Guitar)

For Reservations Call/Text: Helen Skandale (818) 618-4963,
Bobby Zoumberakis (562) 413-3968, Georgia Zoumberakis (562) 869-1413
or email: helen_skandale@yahoo.com

To purchase tickets online please visit: www.facebook.com/socalcretans

A percentage of the proceeds will benefit the Southern California Cretans' Association Scholarship Fund



Pasadena Rose Bowl AHEPA #373 2023 Christmas Party

Honoring lifetime AHEPA member **Andrew Demopoulos** on his
exemplary service to the Pasadena Greek community.



Friday, December 15, 2023
North Woods Inn

7247 Rosemead Blvd, San Gabriel, CA 91775 (at Huntington Drive & Rosemead Boulevard)
7:00 p.m. no host cocktails, 7:30 p.m. dinner — free parking

Choice of Filet Mignon Steak, New York Steak, Icelandic Filet of Cod, or Broiled Mahi Mahi
Two Salads, Cheese Bread, and Rice Pilaf
Baked Potato with Butter, Chives and Cheese, plus dessert!

\$60 each, limited to 50 persons, paid reservations required

Virginia Lappas will lead us in an optional \$15—\$20 Gift Exchange after dinner. Neutral gift suitable for either men or women, wrapped, with no names. Anyone who brings a gift will receive a gift. The community is invited.

Please make checks payable to: Pasadena AHEPA
Send to: Dean Tripodes, Post Office Box 486, Sierra Madre, CA 91025-0486
Or pay by Zelle on your bank's app or website, enter ahepa373@gmail.com as the recipient.



The poster features a light blue background with a subtle pattern of white snowflakes. At the top left is the logo of the Archdiocese of San Francisco, which consists of a cross with the letters 'A', 'R', 'C', 'H' and 'D', 'I', 'O', 'C', 'E', 'S', 'E' around it, and the text 'ARCHDIOCESE OF SAN FRANCISCO' below. The main title 'FAMILY WINTER CAMP' is centered, with 'FAMILY' in a serif font, 'WINTER' in a large, stylized, rounded font, and 'CAMP' in a serif font. To the right of 'WINTER' is a small evergreen tree. Below the title, the activities are listed: 'Snow Play | Campfires | Family Prayer | Monastery Visits | Arts & Crafts | Hikes & more!'. The dates 'December 27-30, 2023' and the location 'ST. NICHOLAS RANCH & RETREAT CENTER, DUNLAP, CALIFORNIA' are centered below the activities. At the bottom, there is a dark blue silhouette of a mountain range with a small red barn and evergreen trees on the right. The bottom left corner features the same Archdiocese of San Francisco logo. The bottom center has the text 'Registration Coming Soon' and the website 'www.gosfyouth.org'. The bottom right corner has a white box with the text 'YOUTH & YOUNG ADULT MINISTRIES'.

FAMILY WINTER CAMP

Snow Play | Campfires | Family Prayer
Monastery Visits | Arts & Crafts | Hikes & more!

December 27-30, 2023
ST. NICHOLAS RANCH & RETREAT CENTER
DUNLAP, CALIFORNIA

Registration Coming Soon
www.gosfyouth.org

YOUTH & YOUNG ADULT MINISTRIES

Pasadena Greek Fest Recap

We would like to take this opportunity to thank the entire St. Anthony community for all their hard work, dedication and commitment to our festival's return after four long years.

There are so many to thank, but we will start with all those who donated food product, gave monetarily and donated countless hours preparing the most delicious food ever. Along with all the volunteers preparing we would like to thank all the friends and families who worked during the festival!

This year the weather was not in our favor, but we are moving forward and taking the positive outcomes and planning for 2024!

Save the dates:

September 20-22, 2024

Friday, Saturday and Sunday



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
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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

Monthly Lesson from Father Stavros Akrotirianakis

The word “exegesis” means to go through a piece of Scripture verse by verse and study not a specific chapter or even a specific passage of Scripture but to study a specific verse. While every verse of the Bible will not yield a treasury of material, meditating on many verses will. Take a few verses from the book of Galatians:

For I would have you know, brethren, that the Gospel which was preached by me is not man's Gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. (1:11-12)

Saint Paul is writing to the Galatians and in the introductory chapter of his Epistle to them, he is talking about how he came to know Christ. In Saint Paul's case, his conversion was very dramatic. He was very zealous in his Judaism, so much so that he persecuted the church of God and tried to destroy both the church and the Christian members of that church. His conversion happened in a “thunderbolt” moment. He saw a bright light on the road to Damascus and heard the voice of Jesus telling him to stop persecuting the church. Then he became blind. After three days, one of the followers of Jesus named Ananias came to visit Paul and laid his hands on him. Paul then regained his sight, and was baptized.

One lesson to be taken away from these verses is that people are brought to Christ in different ways. Some come in “lightning bolt” conversion moments. There are people who can tell you that there was one specific moment when they knew Christ and knew they wanted to follow Him. Others do learn in more subtle ways. They listen to preaching, they are taught, they do read and research. For most, conversion comes over time, in gradual stages. At different ages and stages of life, they come to know Christ on a deeper level.

Another lesson is about the origin of Scripture. The Scriptures, including the Gospels which chronicle the life of Jesus Christ, were written by man. However, we believe that they are inspired by the Holy Spirit. The experience of Christ was witness by some, His words were heard by many, and His teaching were both written down and passed down orally.

For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. (1: 13-14)

Zeal, when used appropriately, is a good thing. Zeal can be used for positive growth and achievement. However, zeal can be used for destruction, as evidence by the admission of St. Paul. Paul was so zealous for Judaism, or his perception of it, that he thought being a good Jew allowed for persecuting and killing non-Jews, in this case the early Christians. There are lots of lukewarm Christians. And there are lots of zealous church goers who do not act very Christian. The goal is to be appropriately zealous and to be zealous for Christ, for genuine Christianity.

But when He who had set me apart before I was born, and had called me through His grace, was please to reveal His Son to me, in order that I might preach Him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me, but I went away to Arabia and against I returned to Damascus.

God calls each of us in different ways and at different times. Some people have felt the call to the priesthood, as an example, in middle age, not from childhood. Many others have felt their life's calling well into adulthood. God set each of us apart before we were born, to do something special. He calls each of us to something unique and special. We just have to be open to the call. God called Paul, who would have been seen as an unlikely candidate based on his history. But Paul repented and allowed God to change his heart so that he went from the greatest of sinners to the greatest of saints. He can change our hearts as well.

Allow God to speak to your heart so that it changes and grows towards Him every day!

See next page for another lesson from Father Stavros....

If anyone does not provide for his relatives, and especially for his own family, he has disowned the faith and is worse than an unbeliever. I Timothy 5:8

This reflection, honestly, is hard for me to write. Because as I reflect on the concept of “serve” a family, I seriously wonder if there a difference between “serving” and “taking care of” and if there is, which one am I doing? To “take care of” or “provide for” I think is different than serving. A person can bring home a nice salary, which can provide for a nice home but still not really be serving them. I remember years ago talking with a tearful teen who said her father made so much money she could buy whatever she wanted but all she really wanted was for him to come to her basketball games. And sometimes I wonder if I am that parent.

I think to truly “serve” one has to divest himself or herself of any expectation of reward. Also, to serve means to give in the way that something is needed, not necessarily in the way that you want to give. For example, if my son has worked hard in school, has gotten all of his homework done, and in his leisure time asks me to play a video game with him, the idea of “serving” would mean I should do that, even if I’m tired, even if I want to kick my feet up on the couch and do nothing. I can certainly justify to myself (and even try to justify it to him) that I’ve worked hard all week, I’ve provided the means for us to get by and I deserve a break. And perhaps, once in a while, when my son sees me exhausted on the couch, he might ask me how he can serve me. But this consciousness of serving in our families is overlooked in many instances. Parents are focused on providing. Children are focused on being obedient. And somewhere service gets lost.

Imagine if everyone had Christ’s thought of “coming not to be served but to serve.” (Mark 10:45) Imagine in families if there were arguments between spouses or parents and children with people insisting they serve and not be served. So many of our arguments start the other way, insisting that we are serving too much and want to be served more. Imagine if everyone had a conscience of service to others, starting with their own families.

The word “pathology” literally means “the study of suffering.” (Pathos is the Greek word for suffering, that’s why during Holy Week, we call the Passion of Christ, “ta pathi tou Christou”—the sufferings of Chris. The word “logos” in Greek means “study of something.” – so Pathology means “the study of suffering”) When a human body has something that does not belong on or in it, like a big mole on your arm, a doctor does a biopsy and sends the sample to a Pathologist for a pathology report, to find the source and extent of the suffering.

Everyone has some “suffering” when it comes to their personality. For instance, someone with a parent who yells all the time might become an adult who yells all the time. They may also become an adult who is very quiet. Someone who has a parent that never gives approval might become a parent who never gives approval, or might become someone who is constantly in need of approval. Most of our “pathologies” can be traced to our parents and our upbringing. As a parent, I know it is hard to be a parent. While there are many books that have been written about parenting, there isn’t a book that speaks to each unique child and each unique home. That’s why parents struggle, and that’s why we all make mistakes. Studies are showing that most teenagers are lonely, not only because they don’t have adequate encouragement and support in school, but because they aren’t getting it at home. We probably don’t think enough about what pathologies we are contributing to our children.

Do you know how many siblings are either estranged, don’t get along well or don’t have much of a relationship? The percentage is staggering. Could a consciousness of service improve things? Well, it certainly couldn’t hurt.

If we all had a better consciousness when it comes to serving in our homes, and serving our families, not merely providing and directing, we might get some better outcomes. How courageous of an act would it be if spouses asked each other “how can I serve you better?” or if parents asked that of their children, or if children asked that of their parents? We all like being told we are doing a good job and no one wants to be told they need improvement. That’s why it would take a great deal of humility to actually ask these questions, and also a fair bit of trust that the question would be met with humility and not unreasonable demands, complaints or unearthing a history of disappointments. We can’t change the past but we can certainly change the future. Moving towards a consciousness of service can do a lot to change the future course of any relationship, especially in a family.

Think about and ask how you can better serve your family!

Saints & Feasts

Cosmas and Damianos

1 November

These Saints were from Asia Minor. After the death of their father, their Christ-loving mother Theodota reared them in piety and in all manner of virtue and had them instructed in every science, especially that of medicine. This became their vocation, and they went about healing every illness and malady, bestowing healing freely on both men and beasts alike. Because of this, they are called "Unmercenaries" and thus, having completed the course of their life, they reposed in peace.



Synaxis of Archangel Michael & other Bodiless Powers

8 November

All the Angels, according to the Apostle Paul, are ministering spirits, - sent forth to minister to them who shall be heirs of salvation - (Hebrews 1:14). God sent them as overseers of every nation and people and guides to that which is profitable (Deuteronomy 32:8); and while one Angel is appointed to oversee each nation as a whole, one is also appointed to protect each Christian individually. He commands them to guard those who hope on Him, that nothing should harm them, neither should any evil draw nigh to their dwelling (Psalms 90:10-12). In the Heavens they always behold the face of God, sending up to Him the thrice-holy hymn and interceding with Him on our behalf, seeing they rejoice over one sinner that repents (Matthew 18:10; Luke 15:7).

In a word, they have served God in so many ways for our benefit, that the pages of Holy Scripture are filled with the histories thereof. It is for these reasons that the Orthodox Church, wisely honoring these divine ministers, our protectors and guardians, celebrates today the present Synaxis that is, our coming together in assembly for their common feast to chant their praises, especially for the Archangels Michael and Gabriel, who are mentioned in the Scriptures by name.



The name Michael means "Who is like God?" and name Gabriel means "God is mighty." The number of Angels is not defined in the divine Scriptures, where Daniel says that thousands of thousands ministered before Him, and ten thousands of ten thousands attended upon Him (Daniel 7:10). But all of them are divided into nine orders which are called Thrones, Cherubim, Seraphim, Dominions, Powers, Authorities, Principalities, Archangels, and Angels.

Saint Nektarios**9 November**

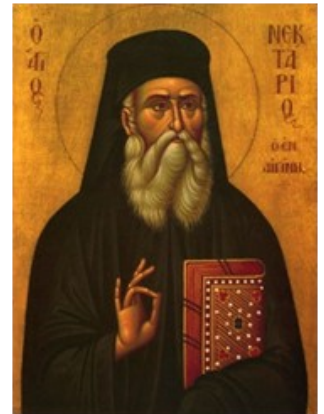
Saint Nektarios was born in Selyvria of Thrace on October 1, 1846. After putting himself through school in Constantinople he became a monk on Chios in 1876, receiving the monastic name of Lazarus. Because of his virtue, a year later he was ordained deacon, receiving the new name of Nektarios. Nektarios went to Athens to study in 1882. Completing his theological studies in 1885, he went to Alexandria, where he was ordained a priest in 1886 at the Cathedral of Saint Sabbas. In August of the same year, in the Church of Saint Nicholas in Cairo, he was ordained an Archimandrite. Archimandrite Nektarios showed much zeal both for preaching the word of God, and for the beauty of God's house. He greatly beautified the Church of Saint Nicholas in Cairo. Years later, when Nektarios was in Athens, Saint Nicholas appeared to him in a dream, embracing him and telling him he was going to exalt him very high.

In 1889, in the same Church of Saint Nicholas, Nektarios was consecrated Metropolitan of the Pentapolis in eastern Libya, which was under the jurisdiction of Alexandria. This office did not affect his modesty and childlike innocence, but it aroused the envy of lesser men, who slandered him. In 1890, Sophronius relieved Metropolitan Nektarios of his duties; in July of the same year, he commanded Nektarios to leave Egypt.

Without seeking to avenge or even to defend himself, the innocent Metropolitan left for Athens. Because his good name had been soiled, he was unable to find a position worthy of a bishop, and in February of 1891 accepted the position of provincial preacher in Euboia; then, in 1894, he was appointed Dean of the Rizarios Ecclesiastical School in Athens. Through his eloquent sermons, his generous alms deeds despite his own poverty, and the holiness, meekness and fatherly love that were manifest in him, he became a shining light and a spiritual guide to many.

At the request of certain pious women, in 1904 he began the building of his convent of the Holy Trinity on the island of Aegina while still Dean of the Rizarios School. Finding later that his presence there was needed, he took up his residence on Aegina in 1908, where he spent the last years of his life, devoting himself to the direction of his convent and to very intense prayer; he was sometimes seen lifted above the ground while rapt in prayer.

He became the protector of all Aegina, through his prayers, delivering the island from drought, healing the sick and casting out demons. Although he had already worked wonders in life, an innumerable multitude of miracles have been wrought after his repose in 1920 through his holy relics, which for many years remained incorrupt. There is hardly a malady that has not been cured through his prayers; but Saint Nektarios is especially renowned for his healings of cancer for sufferers in all parts of the world.

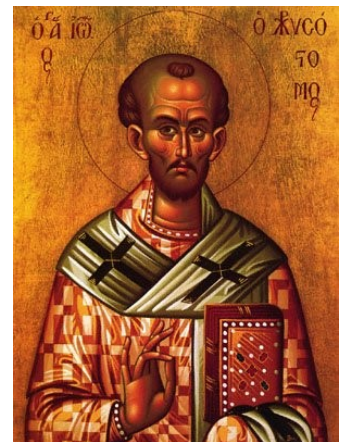


Saint John Chrysostom**13 November**

This greatest and most beloved of all Christian orators was born in Antioch in the year 344; his pious parents were Secundus and Anthusa. After his mother was widowed at the age of twenty, she devoted herself to bringing up John and his elder sister in the nurture and admonition of the Lord. John received his literary training under Anthragathius the philosopher, and Libanius the sophist, who was the greatest Greek scholar and rhetorician of his day. Libanius was a pagan. With such a training, and with such gifts as he had by nature, John had before him a brilliant career as a rhetorician. But through the good example of his godly mother Anthusa and of the holy Bishop Meletius of Antioch, by whom he was ordained reader about the year 370, he chose instead to dedicate himself to God.

From the years 374 to 381 he lived the monastic life in the hermitages that were near Antioch. His extreme asceticism undermined his health, compelling him to return to Antioch, where Saint Meletius ordained him deacon about the year 381. Saint Meletius was called to Constantinople later that year to preside over the Second Ecumenical Council, during which he fell asleep in the Lord. In 386 Bishop Flavian ordained John presbyter of the Church of Antioch. Upon his elevation to the priesthood his career as a public preacher began, and his exceptional oratorical gifts were made manifest through his many sermons and commentaries. They are distinguished by their eloquence and the remarkable ease with which rich imagery and scriptural allusions are multiplied; by their depth of insight into the meaning of Scripture and the workings of God's providence; and not least of all, by their earnestness and moral force, which issue from the heart of a blameless and guileless man who lived first what he preached to others. Because of his fame, he was chosen to succeed Saint Nectarios as Patriarch of Constantinople. He was taken away by stealth, to avoid the opposition of the people, and consecrated Patriarch of Constantinople in 398, by Theophilus, Patriarch of Alexandria, who was to prove to be his mortal enemy.

At that time the Emperor of the East was Arcadius, who had had Saint Arsenius the Great as his tutor. Arcadius was a man of weak character, and much under the influence of his wife Eudoxia. The zealous and upright Chrysostom's unsparing censures of the lax morals in the imperial city stung the vain Eudoxia; through Theophilus' plottings and her collaboration, Saint John was banished to Pontus in 403. The people were in an uproar, and the following night an earthquake shook the city; this so frightened the Empress Eudoxia that she begged Arcadius to call Chrysostom back. While his return was triumphant, his reconciliation with the Empress did not last long. When she had a silver statue of herself erected in the forum before the Church of the Holy Wisdom (Saint Sophia) in 403, Saint John thundered against her, and she could not forgive him.



Saint John Chrysostom

Continued..

In June of 404 he was exiled to Cucusus, on the borders of Cilicia and Armenia. From here he exchanged letters with Pope Innocent of Rome, who sent bishops and priests to Constantinople requesting that a council be held. Saint John's enemies, dreading his return, prevailed upon the Emperor and had John taken to a more remote place of banishment called Pityus near the Caucasus. The journey was filled with bitter sufferings for the aged bishop, both because of the harshness of the elements and the cruelty of one of his 310 guards. He did not reach Pityus, but gave up his soul to the Lord near Comana in Pontus, at the chapel of the Martyr Basiliscus, who had appeared to him shortly before, foretelling the day of his death, which came to pass on September 14, 407. His last words were "Glory be to God for all things."

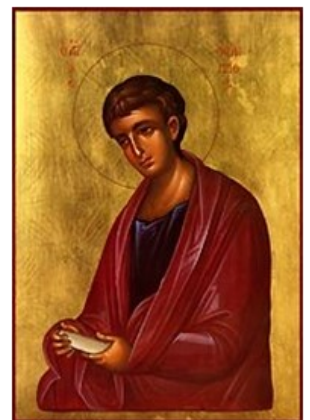
His holy relics were brought from Comana to Constantinople thirty-one years later by the Emperor Theodosius the Younger and Saint Pulcheria his sister, the children of Arcadius and Eudoxia, with fervent supplications that the sin of their parents against him be forgiven.

Saint John was surnamed Chrysostom ("Golden-mouth") because of his eloquence. He made exhaustive commentaries on the divine Scriptures and was the author of more works than any other Church Father, leaving us complete commentaries on the Book of Genesis, the Gospels of Saints Matthew and John, the Acts, and all the Epistles of Saint Paul. His extant works are 1,447 sermons and 240 epistles. Twenty-two teachers of the Church have written homilies of praise in his honor. Besides his feast day, he is celebrated as one of the Three Hierarchs on January 30, together with Saint Basil the Great and Saint Gregory the Theologian.

Saint Philip

14 November

Saint Philip one of the Twelve, was from Bethsaida of Galilee, and was a compatriot of Andrew and Peter. He was instructed in the teachings of the Law and devoted himself to the study of the prophetic books. Therefore, when the Lord Jesus called him to the dignity of apostleship, he immediately sought out and found Nathanael and said to him, "We have found Him of Whom Moses in the Law and the Prophets did write, Jesus of Nazareth, the son of Joseph" (John 1.45). Having preached Jesus the God-man throughout many parts of Asia Minor and having suffered many things for His Name's sake, he was finally crucified upside down in Hierapolis of Phrygia.



Advent Fast for the Feast of the Nativity

15 November - 24 December

In the Orthodox Church the Feast of Christmas is called “**The Nativity**”. As with Pascha, the Feast of the Nativity begins with a period of preparation known as **Advent or the Nativity Fast**. It is preceded by a fast corresponding to Lent and lasting for forty days. The fast begins on **November 15**, 40 days prior to the Birth of Christ.

The Nativity Fast is one of four main fast periods throughout the ecclesiastical year. Beginning on November 15 and concluding on December 24, the Nativity Fast gives individuals the opportunity to prepare for the Feast of the Nativity of Our Lord and Savior in the Flesh on December 25. By abstaining from certain food and drink, particularly from meat, fish, dairy products, olive oil, and wine, as well as focusing more deeply on prayer and almsgiving, we can find that the primary aim of fasting is to make us conscious of our dependence upon God.

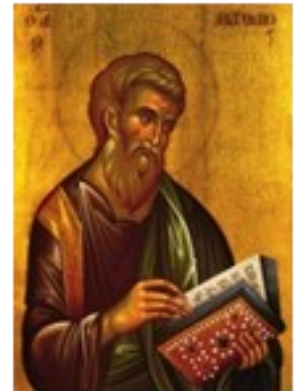
As we go thru the next 40 days, let us reflect on how we can make ourselves better Christians. Let us change our habits for the next 40 days and focus on the true meaning of Thanksgiving and Christmas. Beginning with Christmas Day, the Feast of the Nativity is celebrated for twelve days of fast-free (except on January 5), culminating in the Feast of Epiphany on January 6.



Saint Matthew

16 November

Saint Matthew who was also called Levi, was the son of Alphaeus and had Galilee as his homeland. A publican before being called by Christ, he became one of the Twelve Apostles, and an Evangelist. While still in Palestine, he wrote his Gospel first in Hebrew, being also the first of all to write the Gospel. When he is depicted in icons, there is portrayed next to him the likeness of a man, one of the symbolic living creatures mentioned by Ezekiel (1.10), which, as Saint Irenaeus writes, is a symbol of our Savior's Incarnation.



Gregory the Wonderworker

17 November

Saint Gregory was born in Neocaesarea of Pontus to parents who were not Christians. He studied in Athens, in Alexandria, in Beirut, and finally for five years in Caesarea of Palestine under Origen, by whom he was also instructed in the Faith of Christ. Then, in the year 240, he became bishop of his own city, wherein he found only seventeen Christians. By the time the Saint reposed about the year 265, there were only seventeen unbelievers left there. Virtually the whole duration of his episcopacy was a time of continual, marvellous wonders worked by him. Because of this, he received the surname "Wonderworker"; even the enemies of the truth called him a second Moses.



The Entrance of the Theotokos into the Temple

21 November

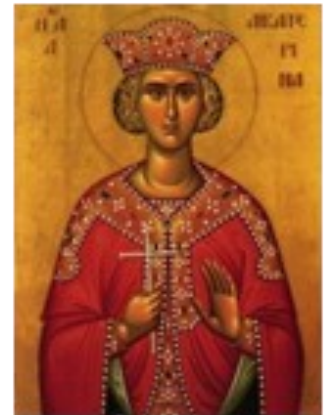
According to the tradition of the Church, the Theotokos was brought to the Temple at three years of age, where she was consecrated to God and spent her days until she was fourteen or fifteen years old; and then, as a mature maiden, by the common counsel of the priests (since her parents had reposed some three years before), she was betrothed to Joseph.



Saint Katherine

25 November

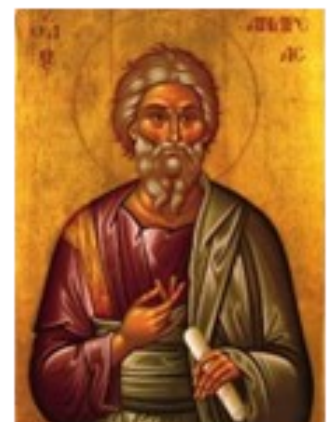
Saint Katherine who was from Alexandria, was the daughter of Constatas. She was an exceedingly beautiful maiden, most chaste and illustrious in wealth, lineage, and learning. By her steadfast understanding, she utterly vanquished the passionate and unbridled soul of Maximinus, the tyrant of Alexandria; and by her eloquence, she stopped the mouths of the so-called philosophers who had been gathered to dispute with her. She was crowned with the crown of martyrdom in the year 305. Her holy relics were taken by Angels to the holy mountain of Sinai, where they were discovered many years later; the famous monastery of Saint Katherine was originally dedicated to the Holy Transfiguration of the Lord and the Burning Bush, but later was dedicated to Saint Katherine. According to the ancient usage, Saints Katherine and Mercurius were celebrated on the 24th of this month, whereas the holy Hieromartyrs Clement of Rome and Peter of Alexandria were celebrated on the 25th. The dates of the feasts of these Saints were interchanged at the request of the Church and Monastery of Mount Sinai, so that the festival of Saint Katherine, their patron, might be celebrated more festively together with the Apodosis of the Feast of the Entry of the Theotokos.



Saint Andrew

























30 November

Saint Andrew was from Bethsaida of Galilee; he was the son of Jonas and the brother of Peter, the chief of the Apostles. He had first been a disciple of John the Baptist; afterwards, on hearing the Baptist's witness concerning Jesus, when he pointed Him out with his finger and said, *"Behold the Lamb of God, Which taketh away the sin of the world."* (Book of John 1:29,36), he straightway followed Christ, and became His first disciple; wherefore he is called the First-called of the Apostles. After the Ascension of the Saviour, he preached in various lands; and having suffered many things for His Name's sake, he died in Patras of Achaia, where he was crucified on a cross in the shape of an "X," the first letter of "Christ" in Greek; this cross is also the symbol of Saint Andrew.



Orthodox Calendar

November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			 1 Cosmas & Damianos 4:30 Greek School 7pm Philoptochos Union Station Outreach	2 4:30 Greek School	 3	4
5 5th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 12:15 Greek Dance Prac Indoor & Live-stream	6 4:30 Greek School 5:30 Dance Prac. 7pm Philoptochos Benefit Meeting	7 7pm Dance Prac.	 8 Synaxis of Archangels 4:30 Greek Sch. 7pm Philoptochos Board Meeting	9 St. Nektarios the Wonderworker 9am Orthros 10am Divine Lit. 4:30 Greek School	 10	11
12 8th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 12:15 Greek Dance Prac 12:15 GOYA Meeting Indoor & Live-stream	13 Saint John Chrysostom 4:30 Greek School 5:30 Dance Prac.	14 Saint Philip the Apostle 10:30am VIP Holiday Lunch 7pm Dance Prac. 7pm Parish Coun'l	 15 Nativity Fast begins 4:30 Greek Sch.	 16 St. Matthew Apostle & Evangelist 4:30 Greek School Nativity Fast	 17 Saint Gregory Wonderworker Nativity Fast	 18 Nativity Fast
 19 9th Sunday of Luke 8:45am Orthros 10am Divine Liturgy General Assembly 12:15 Greek Dance Prac Indoor & Live-stream Nativity Fast	 20 4:30 Greek School 5:30 Dance Prac. Nativity Fast	 21 Entrance of the Theotokos into the Temple 9am Orthros 10am Divine Lit. 7pm Dance Prac. Nativity Fast	 22 Nativity Fast	 23 Thanksgiving Day Church office closed Nativity Fast	 24 Nativity Fast	 25 Saint Katherine Great Martyr Nativity Fast
 26 13th Sunday of Luke 8:45am Orthros 10am Divine Liturgy 12:15 Greek Dance Prac Indoor & Live-stream Nativity Fast	 27 4:30 Greek School 5:30 Dance Prac. 7pm Philoptochos Benefit Meeting Nativity Fast	 28 7pm Dance Prac. Nativity Fast	 29 4:30 Greek School Philoptochos Benefit Prep Nativity Fast	 30 St Andrew 1st Called 9am Orthros 10am Divine Lit 4:30 Greek School Philoptochos Benefit Prep Nativity Fast		
		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



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TIME SENSITIVE

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

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

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

7 SAINT SILOUAN THE ATHONITE LESSONS FOR PURE PRAYER

- 1 Be humble
- 2 Practice self-control
- 3 Confess sincerely
- 4 Be obedient
- 5 Be thankful for everything
- 6 Don't despise your neighbour
- 7 Love your enemies

