

# The Voice of Saint Anthony

## February 2024

### Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

778 S. Rosemead Boulevard, Pasadena, CA 91107

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

|                             |             |
|-----------------------------|-------------|
| Presentation of our Lord    | 2 February  |
| Theodore the General        | 8 February  |
| Sun, of Publican & Pharisee | 25 February |
| Triodion Begins             | 25 February |

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### Presentation of our Lord Into the Temple 2 February

Deadline for March Newsletter is Sunday, 25 February  
Please send to: [newsletter\\_church@aol.com](mailto:newsletter_church@aol.com)

## Message from Father Peter

Dear Brothers and Sisters in Christ,

**Χρόνια Πολλά!** On the evening of January 16 and the morning of January 17 we celebrated the Feast Day of our Church named for **St. Anthony the Great**. Our feast days are always special but this year we received even greater blessings.

His Eminence Metropolitan Gerasimos of San Francisco, His Grace Bishop Ioannis of Phocaea, and Archdeacon Justin Bosl traveled to our Parish to celebrate Great Vespers in the evening and a Hierarchical Divine Liturgy the next morning. Also, we welcomed a large contingency of Southern California clergy who came to pray with us on both days. What a tremendous blessing for our community to host our hierarchs, priests and deacons. The Holy Spirit was everywhere present and filling all things.

Another special blessing took place at the conclusion of the Hierarchical Liturgy. His Eminence bestowed the (Offikion) office of Protopresbyter on me. It was a special blessing that I received with humility. Of course I was happy to receive this spiritual honor from His Eminence, however I was more pleased for our St. Anthony Community. It is important that we all share in the blessings that God provides us. We pray for everyone and everything, in all and for all.

In 2013, I received the Offikion of Ekonomos from His Eminence and now in January 2024 the Offikion of Protopresbyter. People have asked what this means? Sacramentally, all Priests are equal. The titles such as: Archimandrite, Protopresbyter, Ekonomos, etc. denote honorary titles, administrative authority and responsibility. Priests with these titles have precedence over other priests of lower ranks when they perform services together.

The official Offikion Certificate received that day, gives a good description of the newly installed protopresbyter: Accordingly, the Reverend Protopresbyter Peter Stratos is entitled to wear the Epigonation and a Pectoral Cross and take his place among the senior clergy according to both his Offikion and his date of Ordination to the Sacramental Priesthood.

What is an Epigonation? It is literally, something upon the knee. It is a rectangular piece of stiff cloth suspended from the belt and reaching to the knee. This vestment is one of distinction, and is worn by the bishop and priests of title, with an office. It signifies the sword of the Spirit, which is the word of God.

What is a Pectoral Cross? This Cross is an adornment made of special metal and can be decorated with precious stones. It is worn over vestments and hangs by a gold or silver chain upon the breast. This is a reminder that those who wear the cross are carrying Christ in their heart. It also represents the symbol of our Faith.

As we look back on January, the first month of 2024 we are filled with joy and happiness. We as a community have received abundant blessings. These include our blessed services of Theophany and the Blessing of the Waters. Additionally we are blessed by our Spiritual Father His Eminence Metropolitan Gerasimos conferring his spiritual blessings upon us, God is with us. There are many more opportunities for us to look forward and grow spiritually in the coming months. This indeed will be a tremendous year for our beloved community. I encourage all to worship and take part. Thank you to all for your well wishes. I keep you all in my prayers and ask that you remember me in yours. May God bless us all.

In Christ,  
Fr. Peter



## Saint Anthony Feast day Great Vespers











## St Anthony Divine Liturgy & Fr Peter Protopresbyter Offikion















Theophany



## Vasilopita Sunday



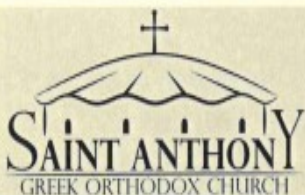


**CHURCH**  
**should be the reason**  
**you miss everything**  
**else. Not everything**  
**else the reason you**  
**miss CHURCH.**

**Note:** Please make every effort to arrive for services a little early. If you happen to arrive late, please observe the following moments in the Divine Liturgy when you **should not enter** the Nave but wait quietly in the Narthex. You may enter after these moments have completed:

- ♦ The Priest censing
- ♦ The Small Entrance
- ♦ The Great Entrance
  - ♦ Epistle Reading
  - ♦ Gospel Reading
  - ♦ The Homily
- ♦ Consecration of the Gifts
  - ♦ The Lord's Prayer

## Stewardship



## 2024 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)*

2024

LAST NAME

FIRST NAME(S), PLEASE INCLUDE CHILDREN UNDER 18.

STREET ADDRESS

CITY

STATE

ZIP

PREFERRED PHONE

OTHER/SECOND PHONE

E-MAIL

SIGNATURE

DATE

[For office use only]

**ST. ANTHONY GIVING LEVELS:****CONTRIBUTOR: \$499 & below**

\$9.60/week OR \$42/month &amp; below

**FRIEND: \$500 - \$999**

\$19-\$38/week OR \$83-\$167/month

**SUPPORTER: \$1,000 - \$1,999**

\$19-\$38/week OR \$83-\$167/month

**\* FAITHFUL: \$2,000 - \$3,999**

\$38-\$77/week OR \$167-\$333/month

**\* DISCIPLE: \$4,000 - \$6,999**

\$77-\$135/week OR \$333-\$583/month

**\* GUARDIAN: \$7,000 - \$9,999**

\$135-\$192/week OR \$583-\$833/month

**\* ANGEL: \$10,000 - \$14,999**

\$192-\$288/week OR \$833-\$1,249/month

**\* ARCHANGEL: \$15,000 and up**

\$288/week OR \$1,250/month &amp; up

*Review your stewardship commitment prayerfully, consider what you offer to Christ's Church  
in comparison to your monthly utility/ service payments.*

Please return your completed commitment card to church by January 31, 2024

*Your card must be on file for you to be considered in 'Good Standing'*

**In response to God's blessings, I/we pledge a 2024 offering of:**

**My Total Commitment for 2024: \$\_\_\_\_\_**

**I will fulfill and pay my pledge: (CHECK ONE)**

☐ Weekly at \$\_\_\_\_\_/week

☐ Monthly at \$\_\_\_\_\_/month ☐ Annually

Contact the Church office to set up easy recurring electronic payments  
-OR- set up your own recurring giving at [saint-anthonys.churchgiving.com](http://saint-anthonys.churchgiving.com)

**\*To fully cover our operating expenses, our goal is to  
have our average stewardship be \$2,000 per family or above**



# 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 \_\_\_\_\_

**Seek Christ TODAY!**

Open your heart to Him TODAY!  
And use your words carefully today,  
because there is power in words  
and just one word  
can make or break someone.

Ministries



2024 PARISH COUNCIL

|                    |                     |
|--------------------|---------------------|
| Perry Vidalakis    | President           |
| Pete Gallanis      | 1st Vice President  |
| Joe Akrotirianakis | 2nd Vice President  |
| Tashia Vagenas     | Secretary           |
| Christian Balas    | Treasurer           |
| Tony Christopoulos | Assistant Treasurer |

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

Little Lambs:  
Teresa Argueta

PK, TK, & Kindergarten:  
Irene Albeck, Larissa Maslen, Jenni Nassos

Kindergarten, First & Second:  
Sophia Syrengelas & Andrianna Lareau

Third, Fourth, & Fifth:  
Mary Udria & Athena Serban

Middle School:  
Polly Vagenas & Chris Syrengelas

High School:  
Presuytera Aida Stratos

**PHILOPTOCHOS SOCIETY****Executive Board****President**

Judith Din

**1<sup>st</sup> Vice President**

Jeanne Karaionnoglou

**2<sup>nd</sup> Vice President**

Helen Skandale and Lisa Xanthos

**Corresponding Secretary**

Mary Udria and Irene Albeck

**Recording Secretary**

Mary Dewar

**Treasurer**

Connie Becker

**Assistant Treasurer**

Maria Grover

**Advisor**

Maria Kypreos

**Spiritual Advisor**

Father Peter Stratos

**Board of Directors****Beautification**

Maria Kokoris

Maria Hronas

**Community Outreach**

Fontaine Malisos

Liz Skandale

**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**

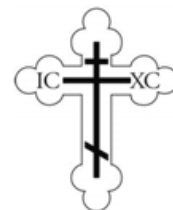
Maria Kypreos

**Psalter Group**

Fr. Peter Stratos

**Vacation Bible School**Sophia Syrengelas  
Mary Udria**VIPs**

Irene Albeck





Happy New Year!

Our Sunday School students celebrated the cutting of Vasilopita with our beloved St. Anthony community on the first day back from Christmas break. Father Peter had an audience of little ones sitting right up front watching as he blessed and cut the Vasilopita. It was heartwarming to see our parish hall filled to the brim with grandparents, parents, godparents, family members, and friends all coming together with joy to participate in this beautiful tradition. What a wonderful way to start the new year! A heartfelt thank you on behalf of Sunday School to Mrs. Kefalas and Mrs. Poulos for baking the delicious bread and to Philoptochos for setting up the hall.

Some of our younger classes also got to have a Vasilopita celebration in their classrooms. They learned about Saint Basil as well as the tradition of the Vasilopita and the process in which we cut it. These hands-on experiences really help the kids understand the importance and meaning of the customs and traditions of our church. It is our hope that the love and appreciation for Orthodox customs and traditions stay with them as they grow.

Our Middle School students kicked off the new year with a project that helped them focus on how God can guide them towards their goals for 2024. The project involved using stickers to decorate a printout of a water bottle, similar to the sticker-covered water bottles that they carry every day. Each sticker represented their goals. As always, they were reminded that with God they can do all things. Polly does such an amazing job creating projects and activities that are meaningful and relevant to this age group. Between Polly's creative ideas and Chris' way of talking with the kids, it's always a fun time in Middle School!

This month, Kindergarten through Middle School embarked on a special project studying saints! In addition to learning about the saints, each class is responsible for researching specific saints and creating presentation posters. At the end of the unit, we will come together and the students will have the opportunity to share their newfound knowledge with their peers, about the saints they researched. In addition to learning about saints, this experience will create a connection and foster a sense of community for our students. Thank you to our teachers for enthusiastically taking on this project and for making Sunday School fun and meaningful for our students!

We thank our parents and grandparents for bringing your children to Sunday School. Whether they are able to attend once a month or every Sunday, we appreciate their participation and it truly brings us joy to have them in our classrooms. Please feel free to visit our classrooms and say hello at the end of class. We would love to share the wonderful experiences we are creating together.

As we approach the second half of our Sunday School year, I am grateful to the dedicated team of volunteers who show up for our kids each Sunday. With their time, talents, and a whole lot of heart, they are greatly contributing towards building a strong foundation of faith and community for our youth. Thank you, Presvytera Aida, Polly, Chris, Athena, Mary, Andrianna, Irene, Larissa, Jenni, and Teresa! We are blessed to have you.

Sophia Syrengelas

[sundayschool@saint-anthonys.org](mailto:sundayschool@saint-anthonys.org)





Our St. Anthony family is certainly growing, and it shows in the numbers we have in the PK/TK class, taught by Mrs. Irene, Mrs. Larissa, and Mrs. Jenni. We have about 18 children under the age of five! It is a blessing to see these little ones learning about their faith in a fun, loving, and enthusiastic environment, thanks to their teachers. They have been reading stories of the Bible all year long and have continued with lessons on Jesus' baptism, David choosing five stones to defeat Goliath, and how God is forgiving even though Jonah didn't do what God told him to do. There are so many valuable lessons in these stories and the kids have so much fun experiencing them through lessons, crafts, songs, and movement.



## Youth & Young Adults



### GOYA NEWS

St. Anthony's GOYAnS had their holiday gathering on December 29<sup>th</sup> and had a great time! Thank you so much to Sophia and Chris Syrengelas for being our gracious hosts!



- If you have not signed up for GOYA, sign up using the QR Code below and if you have not paid your \$25 dues, you will be expected to do so to participate in basketball.
- Next GOYA meeting is **Feb. 11th**, 12pm at church in the high school classroom. Lunch provided.
- Sweatshirts are being ordered and should be here before FDF!
- Check out our Instagram account: @stanthonysgoya
- Any questions, please email us: [goya@saint-anthonys.org](mailto:goya@saint-anthonys.org)



To sign up for GOYA, please hit this QR code:



GOYA Sign up



## GOYA Basketball 2024

**Greek Orthodox Basketball League (GOBL)**  
is celebrating its 50<sup>th</sup> year!

GOYA Basketball season is beginning  
Sunday, February 25th!

Sign up now!

We are using TeamSnap to register.

Please click this link:

<https://registration.teamsnap.com/form/3953>

Junior Girls/Junior Boys ages 12-15

Senior Girls ages 16-21 Senior Boys ages 16-19

Player fee is \$100 payable to St. Anthony Greek Orthodox Church.  
Uniforms will be distributed after church February 4th and 11th.

Questions?

Pana Gelt [pgelt3@gmail.com](mailto:pgelt3@gmail.com)

Anthia Drulias-Lucas [adljsl02@yahoo.com](mailto:adljsl02@yahoo.com)

\*\*\*All players' families must be members of St. Anthony to participate.\*\*\*

*See Basketball Schedule—Next Page* →



## ST. ANTHONY GOYA 2024 Basketball Schedule

| <u>DATE - Sundays</u> | <u>TEAMS</u>                  | <u>LOCATION</u>              |
|-----------------------|-------------------------------|------------------------------|
| February 25           | St. Anthony vs. St. Sophia    | St. Sophia, Los Angeles      |
| March 3               | St. Anthony vs. St. Katherine | Home *                       |
| March 10              | St. Anthony vs. Assumption    | Home *                       |
| March 17              | St. Anthony vs. St. George    | Home *                       |
| March 24              | St. Anthony vs. St. John      | Brookhurst Jr. High, Anaheim |
| March 31              | St. Anthony vs. St. Basil     | Home *                       |
| April 7               | St. Anthony vs. St. Nicholas  | St. Nicholas, Northridge     |

### Play-Off Schedule

#### Quarter Finals:

Saturday, April 13, Cabrillo High School, Long Beach

Sunday, April 14, Cabrillo High School, Long Beach

#### Finals:

Sunday, April 21, St. Sophia Cathedral, Los Angeles

#### \* PLEASE NOTE:

St. Anthony home games will be played at:  
Duarte High School  
1565 Central Avenue, Duarte, 91010

Go St. Anthony GOYA !!!

First game of the day is scheduled for 2:00 P.M.  
Please refer to the weekly bulletins for any changes.



# 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, 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    | <a href="mailto:mcmg2a@aol.com">mcmg2a@aol.com</a>                       |
| Vangie Dupas    | <a href="mailto:vangiedupas@sbcglobal.net">vangiedupas@sbcglobal.net</a> |
| Christina Kades | <a href="mailto:christinekades@gmail.com">christinekades@gmail.com</a>   |

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

Deuteronomy 15:11



### *Friends In Deed*

In January, Philoptochos helped the Friends In Deed food pantry by delivering cereal, pasta and peanut butter.

## Community Happenings

### *Swirl & Sip*

Winter Wine Tasting was held on Wednesday night, January 24. Over 30 guests attended this tasting journey guided by Liam McCann of Regal Wines. (Liam is also a parish council member and chanter at St. Anthony Church). Everyone enjoyed the selection of fine wine tastings with accompanying light bites and savored the evening with good fellowship.



### Church Community Service Project – Sunday February 25, 2024

We invite the entire community to join Philoptochos on **Sunday, February 25** after Liturgy for a “Pack Party”.

During coffee hour, the community is invited to participate in a fun and meaningful hands-on packing experience that directly serves foster children. **Forever Kids**, through its “**The Case for Character**” program, assists foster kids by providing them a brand-new suitcase to replace their trash bags when moving from home to home. Forever Kids will provide suitcases and character-building materials for us to pack on Sunday. Some of the proceeds from our successful 2023 Christmas Benefit will help fund this worthy service project.

Please join us in Trinity Ballroom and make a difference that goes beyond!

Lunch will be provided.

### Vasilopita

Many thanks to our hard-working ladies – Yiota Poulos, Evelyn Kefalas and Christine Kades who prepared the delicious Vasilopitas for the January 7th celebration.



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

Host a Coffee Hour to celebrate a birthday, anniversary, name-day, graduation, Loved One, or for any reason. A sign-up on the poster in the foyer of the Parish Community Center 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: The Money collected in the Coffee Hour Basket is used to purchase items for the church, such as the chanter stands and reliquary. Please remember to contribute to the basket at Coffee Hour.*



## COFFEE HOUR FELLOWSHIP



### **Host a Coffee Hour and celebrate a Birthday, Anniversary, Name Day, Graduation, Loved One, as a Family Activity or for any reason!**

Every Sunday following the Divine Liturgy, coffee hour in the Parish Hall provides an opportunity to visit with fellow parishioners and to greet new Parish members. By offering to host a Coffee Hour Fellowship, you are assisting in providing a delicious snack while we spend time with our church family.

Hosting is as easy as 1-2-3:

1. **Sign-up on the poster located in the Parish Hall or Church Office.** To be included in the bulletin, notify the Church Office by the Wednesday prior to the date chosen at 626.449.6943 or by email [office@saint-anthonys.org](mailto:office@saint-anthonys.org)

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

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

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

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

For questions, please call or email Tanya Christodoulelis at 626.379.2304 or [tanyachristos@yahoo.com](mailto:tanyachristos@yahoo.com).

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

*It's back!*

*Saint Anthony Philoptochos'  
5<sup>th</sup> soup cook-off*

# SOUPER SUNDAY

*To benefit Friends in Deed's  
Bad Weather Supplies Program*

**SUNDAY, FEBRUARY 4, 2024**  
*following Divine Liturgy*

**For more information:**

**[https://tinyurl.com/SouperSunday 2024](https://tinyurl.com/SouperSunday2024)  
[SouperSundayPasadena@gmail.com](mailto:SouperSundayPasadena@gmail.com)**

**Bring your favorite homemade soup to share!**

A few simple cook guidelines:

Prepare 1-2 gallons of homemade soup in a crockpot (with extra in large jars) ready to serve at 11:30 AM.

Bring your own extension cords and ladles.

Send us the soup's name and complete list of ingredients (*due to any allergy concerns*) to the [jnda@charter.net](mailto:jnda@charter.net) by Friday, Feb 2.

If you want to share your recipe, submit it to [jnda@charter.net](mailto:jnda@charter.net) by Friday, Feb 2.

For more information: <https://tinyurl.com/soupersunday2024>

## In Our Metropolis

*Congratulations & many blessings  
to our beautiful and accomplished debutantes from Saint Anthony Church  
Katerina Asimina Gittings  
Talia Theana Grafos*

## Upcoming Meetings

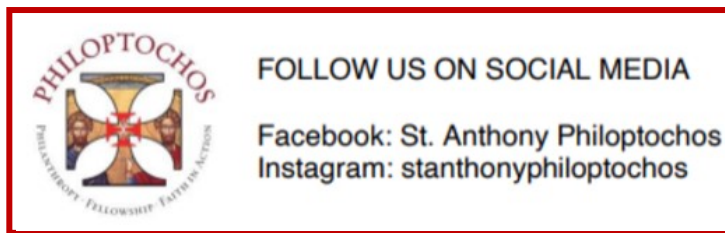
### **Benefit 2023 Wrap-up Dinner Meeting**

Monday, February 5, 2024, 7:00 PM

RSVP to Judith Din by February 2, 2024

### **February Board Meeting**

Tuesday, February 13, 7:00 PM



## 2024 Philoptochos Membership

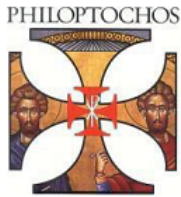
We encourage all women, 18 and over to join Philoptochos, a ministry that promotes charitable, benevolent, and philanthropic outreach. Men and non-Orthodox women may also join as associate members. Your participation in this ministry can make a difference in so many lives.

To renew or join by mail – send a check, payable to St. Anthony Philoptochos Society, to:

St. Anthony Philoptochos Society  
778 South Rosemead Blvd  
Pasadena, CA 91107

or pay online: <https://stanthonypiloptochos.square.site>

Each \$50 stewardship supports the National Philoptochos, the San Francisco Metropolis and St. Anthony Philoptochos obligations and projects.



**PHILOPTOCHOS SOCIETY OF  
SAINT ANTHONY GREEK ORTHODOX CHURCH  
PANAGIA CHAPTER**

**PHILOPTOCHOS MEMBERSHIP FORM**

☐ 2024 Philoptochos Membership      ☐ 2024 Associate Membership      Date \_\_\_\_\_  
(Men / Non-Voting)

Last Name      First Name      Spouse Name      M.I.

Street Address

City      State      Zip

Home Phone      Cell Phone

Email

Notices will be sent via email. If you prefer your notices mailed, please, let us know by checking here ☐

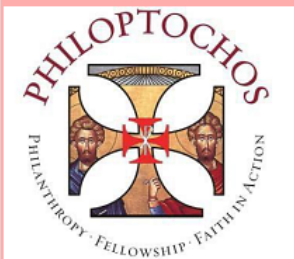
St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:

☐ \$50      ☐ \$75      ☐ \$100      ☐ \$125      ☐ Other

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

I am interested in helping with the following:

|   |   |   |
|---|---|---|
| <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          |



**2024 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://stanthonypiloptochos.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

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

***Chapter Charities***

CAST, Coalition to Abolish Slavery and Trafficking  
 City of Hope  
 Forever Kids  
 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]

*As we begin our membership drive for the year 2024,  
we thought you might enjoy learning more about the ministry of Philoptochos*

## **Chapter 1... The Founding of Philoptochos**

### **Service to Humanity**

The Greek Orthodox Ladies Philoptochos Society, Inc. is the separately incorporated philanthropic arm of the Greek Orthodox Archdiocese of America. It is the only women's organization recognized in the Uniform Parish Regulations, and a non-governmental organization registered with the United Nations. Our purpose is reflected in our **Mission Statement**.

The endeavors of the Society are a genuine expression of *philanthropia*, reflecting an enormous manifestation of love. This *agape* is evident not only in the millions of dollars of charity disbursed annually to our ministries, commitments, and special projects but also in the multitude of meaningful programs and activities, which have been undertaken over nearly ninety years.

St. James exhorts all Christians in his Epistle, James 1:22 to be, "*Doers of the Word.*" Members of Philoptochos are indeed *doers*, and their accomplishments can be found in the annals of more than 400 Philoptochos chapters across the United States.



The very beginnings of Philoptochos can be traced to the late 1880s when hundreds of immigrants were arriving daily from Greece, Asia Minor and Constantinople. At that time, women's clubs formed in the churches in major cities across the US to tackle the formidable task of welcoming immigrants and assisting them in acclimating to their new environment. These clubs continued in various forms until the first part of the 20<sup>th</sup> century.

Philoptochos was officially founded and organized in its current form in 1931 by then Archbishop, and later, Ecumenical Patriarch Athenagoras I. From its inception, Archbishop Athenagoras charged Philoptochos not only with assisting the needy in their communities, but also with planning family events of music, educational lectures, and performances.

The Vasilopites, which were baked to celebrate the name day of St. Basil, were auctioned off to raise funds to care for the orphans of the community. Education was another priority of the Archbishop, and he asked the chapters to support Holy Cross Theological School, which was founded in 1937. All of these programs which the Archbishop promoted in the 1930s, continue to inspire programs of Philoptochos to this day.

Established in the midst of an historic depression, Philoptochos responded vigorously to the needs of its community. Over the decades, Philoptochos chapters continue to respond wherever the need arises, in their local communities, the community at large and the throughout the world.

With the new year well underway, a significant and enthusiastic group of VIPs gathered in the Community Center on January 9th for our first meeting of 2024. This was no doubt due to many factors, including the installation of a new slate of officers for 2024. With a few exceptions, the officers of 2023 accepted the responsibility of carrying on with their duties for another year. We thank these individuals for their commitment to our ministry:

|                                 |                            |
|---------------------------------|----------------------------|
| Irene Albeck                    | President                  |
| Staurula Kiotas                 | Vice President             |
| TBD                             | Secretary                  |
| Helen Treantafelles             | Treasurer                  |
| Jim Hronas                      | Communications             |
| Judie Christopoulos/Mary Tassop | Activities/Excursions      |
| TBD                             | Transportation Coordinator |
| Staurula Kiotas/Gena Pegadiotes | Hospitality                |
| Yngrid Molinari                 | Attendance                 |
| Helen Koudanis                  | Telephone Communication    |
| Mary Tassop                     | Sunshine                   |

The offices of recording **secretary** and **transportation coordinator** are yet unfilled. Any current VIP or potential new member is encouraged to give of their time and talent to take on these tasks for our organization.

Being the first meeting of the new year, the cutting of a gigantic Vasilopita, expertly baked by Yiota Poulos, also had much to do with the great meeting attendance. We hope Evelyn Kefalas, who was blessed with the coin in her piece, enjoys a year of good health and happiness.

**CONGRATULATIONS EVELYN!!**

With these important activities taken care of, a light lunch was served, and happy birthday wishes were conveyed to our January celebrants pictured below:



Leah Pastis, Niki Brown, Helen Smith, Christine Kades

**MANY HAPPY RETURNS LADIES!!**

We look forward to seeing many current and new members at our February meeting to be held on **Tuesday, February 13th.**

Jim Hronas  
VIP Communications

Community News & more...

CELEBRATING THE 111th ANNIVERSARY  
OF THE FIRST FORMAL GREEK ORTHODOX EASTER PICNIC IN LOS ANGELES

# SAINT SOPHIA CATHEDRAL Easter Picnic

Sunday, 5 May 2024

CELEBRATE THE RESURRECTION

1:00 – 7:00PM

at Brookside Park  
Pasadena



Free Parking and Picnic Tables

Credit cards accepted at  
the admission gate,  
and food booths

Admission:

Adults (13 & older) \$15

Children 12 & under FREE

**MORE INFO CONTACT :**

**STEPHANIE CAIOPOULOS LUBIAN**  
**EASTERPICNIC@AOL.COM**

Please Note...

Entrance gate to picnic  
will not open until 1pm.

For health and safety,  
NO PETS allowed in the park..

FABULOUS FOODS AND DESSERTS WILL BE AVAILABLE FOR PURCHASE.

SOUVLAKI, GYROS, FETA FRIES, GREEK SALAD AND MORE.  
BAKLAVA, GALATOBoureko, KARIDOPITA, KOURAMBIEDES, MELOMAKARONA,  
KOULOURAKIA AND TSOUREKIA

BEER, WINE, SOFT DRINKS, COFFEE, WATER

All Southern California Communities invited and encouraged to attend

**Save the Dates**

**2024**

**PASADENA GOLF CLASSIC**  
**BROOKSIDE GOLF COURSE**

**June 7th**

## Festival Flashback



**PASADENA**  
**GREEKFEST**

**2024**  
**Save the Date**  
**9/20-9/22**

Email Vicki @ [vkades@gmail.com](mailto:vkades@gmail.com) to be part of the committee and make 2024 better than ever!!

# The Voice of Saint Anthony

## January 2024

### Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos  
778 S. Rosemead Boulevard, Pasadena, CA 91107  
(626) 449-6943 Office (626) 449-6974 FAX

|  |            |
|--|------------|
| Circumcision of Christ/<br>Saint Basil | 1 January  |
| Holy Theophany/<br>Epiphany            | 6 January  |
| Saint John the Baptist                 | 7 January  |
| St. Anthony the Great                  | 17 January |
| Gregory the Theologian                 | 25 January |
| Three Hierarchs                        | 30 January |

Priest's Message  
Stewardship  
Ministries  
Parish Council  
Sunday School  
Youth/Young Adults  
Philoptochos  
VIPs  
Community News, etc.  
Monthly Lesson  
Saints of the Month  
Orthodox Calendar



**Saint Anthony the Great**  
**17 January**

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

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

**626.449.6943**

## Monthly Lesson from Father Stavros Akrotirianakis

## Christianity Is Supposed to Change Us

*When Christ who is our life appears, then you also will appear with Him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you once walked, when you lived in them.*

*But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.*

Colossians 3:4-11

Is there anything that distinguishes the life of a Christian from the life of a non-Christian? Is there anything that distinguishes your life as a Christian from those who aren't? This is not about being distinguished in the sense of a Christian is better than a non-Christian. This is more about behavior. Can anyone tell the difference between the behavior of a person who is Christian from one who is not Christian? If a Christian is still filled with anger, wrath, malice, slander and foul talk, what really makes them different from non-Christians who are doing the same thing?

Saint Paul, in the Epistle to the Colossians, points us to the new life in Christ. There are earthly desires which are attractive to every person, in this fallen world. And these earthly desires are not congruent with a life in Christ. If heaven is going to be an eternal life with Christ, then while on earth, we need to be living a life in Christ.

In fact, our entrance into the heavenly kingdom will be based on our earthly life in Christ. To make this more understandable, a person will get into college based largely on his or her high school grades. If a person is a good student in high school, a college will have an incentive to admit them to the college reasoning that their good studies will continue. If a person is not a good student in high school, a college will not want to admit them, reasoning that they are unprepared for college based on their poor studies in high school. In like fashion, our life on earth is a preparation for eternal life. So, if we are living an ungodly life, we will be unprepared to be with God in heaven.

In this Epistle lesson, St. Paul talks about the kind of life we are supposed to be living in preparation for the Kingdom of God. He tells us that we need to put to death the things that are of an earthly nature—*sexual immorality, impurity, lust, evil desires and greed*. (Colossians 3:5) He says that these things are idolatry. What does idolatry mean? It means that these things become our idols, our gods. They get our attention and our desire. And if these things become our idols, then where is our room for God? Only one person or entity can take the first place in our lives. Is it God? Or something ungodly?

The point of the Christian life then isn't to live an error-free life. No one can do that. The goal of the Christian life is continual repentance, a continuous recognition of the ways we miss the mark and a continued work at correcting our path and centering it on Christ.

A large icon of Christ is on the right side of every icon screen in every Orthodox Church. Let's say that our goal is to stand with that icon, with nothing else distracting us. When a person stands in the back of the church, there is a lot going on visually. There are icons, cars passing by that can be seen through the windows, lots of distractions from Christ. If a person takes ten steps forward in the church, ten steps towards the icon of Christ in the front, there are still lots of distractions, but the person is ten steps closer.

Take one step at a time, walk closer towards Christ, and there will still be distractions and other things to take our attention off of Him, but those things will lesson. If we take no steps, there will be no progress, nothing will change. One step at a time eventually leads us to be standing directly in front of the icon of Christ, where there are no distractions, where, as St. Paul writes, *"Christ is all and in all."* (Colossians 3:11) And this is how we want to end our lives—with Christ as our all. This is ideally how we want to live our lives, but in some ways, that is impossible in this fallen world. The work then becomes taking steps closer to Christ, and when we have a setback, when we've fallen back a few steps, to still continue to walk towards Christ even if we have to retrace steps we'd already taken.

This Epistle lesson gives us a list of concrete things to avoid—sexual immorality, impurity, lust, evil desires, greed, anger, rage, malice, slander, foul language and lying. Instead we are to "put on the new self, which is being renewed in knowledge in the image of its Creator." (Colossians 3:10) This starts with a daily decision to follow after Christ, regardless of how one might have failed yesterday.

So if you are reading this message at the beginning of the day, make an effort to be Christ-centered today. If you are reading the message at the end of the day and it's been a bad day, wake up focused tomorrow, because any day offers us the possibility of taking steps towards Christ, and that's what this life is ultimately all about.

Walk towards Christ today!

## SPIRITUAL THOUGHTS

by Deacon Euthym Kontaxis

*"Nothing else drives patience out of the soul as does prideful thinking."*  
St. Ignatius

When we are short with others, impatient, judgmental, and lack compassion and mercy for others we need to look inside. The tendency is to blame others for our impatience and their shortcomings. Rather, it is our pride that does not let us have compassion for others. One of the early signs of pride is impatience with others. This is a good warning sign for us to remember. When we lose patience easily, it may be time to look at ourselves, confess and examine the root of pride in our soul. Christ our God showed the ultimate patience with us. Can't we be a bit patient with others? Remember the parable of the man who was forgiven the 10,000 talents by the Master, but could not forgive another for the little he owed him? Let us not forget the patience and mercy God has for us.

*"I realized that we all worry about ourselves too much and that only he who leaves everything to the will of God can feel truly joyous, light, and peaceful."*  
Elder Thaddeus

The self becomes our "god" and then we have stress and heaviness. When we remove the self, and rely only on God's will, we feel joy and peace, beyond comprehension. So, if we find ourselves troubled, stressed, upset, let us inquire, am I focusing on myself too much? Have I forgotten to seek God's will and, instead, seek to exercise only my own? By even asking ourselves such a question, we begin to allow God to enter and clean the "inside of the cup". Self-will is the Pharisaical effort to clean the "outside of the cup". God's will is to clean the "inside of the cup." This is the inner peace we seek and desire and, if we abide in Christ, we will be with Him in eternity.

## Saints & Feasts

### The Presentation of the Lord

#### 2 February

When the most pure Mother and Ever-Virgin Mary's forty days of purification had been fulfilled, she took her first-born Son to Jerusalem on this, the fortieth day after His birth, that she might **present Him in the temple** according to the Law of Moses, which teaches that every first-born male child be dedicated to God, and also that she might offer the sacrifice of a pair of turtle-doves or two young pigeons, as required by the Law.

(Luke 2:22-24; Exod. 13:2; Lev. 12:6-8)

On this same day, a just and devout man, the greatly aged Symeon, was also present in the temple, being guided by the Holy Spirit. For a long time, this man had been awaiting the salvation of God and he had been informed by divine revelation that he would not die until he beheld the Lord's Christ. Thus, when he beheld Him at that time and took Him up into his aged arms, he gave glory to God, singing: "Now lettest Thou Thy servant depart in peace, O Master. . ." And he confessed that he would close his eyes joyfully, since he had seen the Light of Revelation for the nations and the Glory of Israel.

(Luke 2:25-32)

From ancient times, the Holy Church has retained this tradition of the churching of the mother and new-born child on the fortieth day and of the reading of prayers of purification.



## Saint Theodore Commander and Great Martyr

### 8 February

The Holy Martyr Theodore was from Euchaita of Galatia and dwelt in Heraclea of Pontus. He was a renowned commander in the military. Emperor Licinius was told that he was a Christian and abominated the idols. Licinius therefore sent certain men to him from Nicomedia, to honor him and ask him to appear before him. Through them, however, Saint Theodore sent back a message that it was necessary for various reasons, that Licinius come to Heraclea. Licinius, seeing in this a hope of turning Saint Theodore away from Christ did as was asked of him.

When the Emperor came to Heraclea, Saint Theodore met him with honor and the Emperor in turn gave Theodore his hand, believing that through him he would be able to draw the Christians to the worship of his idols. Seated upon his throne in the midst of the people, he publicly bade Theodore offer sacrifice to the gods. But Theodore asked that the emperor entrust him with the most venerable of his gods, those of gold and silver, that he might take them home and himself attend upon them that evening, promising that the following day he would honor them in public. The Emperor, filled with joy at these tidings, gave command that Theodore's request be fulfilled.

When the Saint had taken the idols home, he broke them in pieces and distributed the gold and silver to the poor by night. The next day a centurion named Maxentius told Licinius that he had seen a pauper pass by carrying the head of Artemis. Saint Theodore, far from repenting of this, confessed Christ boldly. Licinius, in an uncontrollable fury, had the Saint put to many torments, then crucified. While upon the cross, the holy Martyr was further tormented -- his privy parts were cut off, he was shot with arrows, his eyes were put out and he was left on the cross to die. The next day Licinius sent men to take his corpse and cast it into the sea; but they found the Saint alive and perfectly whole. Through this, many believed in Christ. Seeing his own men turning to Christ and the city in an uproar, Licinius had Theodore beheaded, about the year 320. The Saint's holy relics were returned to his ancestral home on June 8, which is also a feast day of the Great Martyr Theodore.



**Triodion Begins—****Sunday of the Publican & the Pharisee****25 February**

The Pharisees were an ancient and outstanding sect among the Jews known for their diligent observance of the outward matters of the Law. Although, according to the word of our Lord, they "did all their works to be seen of men" (Matt. 23:5), and were hypocrites. Because of the apparent holiness of their lives they were thought by all to be righteous and separate from others, which is what the name Pharisee means. On the other hand, Publicans, collectors of the royal taxes, committed many injustices and extortions for filthy lucre's sake and all held them to be sinners and unjust. It was therefore according to common opinion that the Lord Jesus in His parable signified a virtuous person by a Pharisee and a sinner by a Publican, to teach His disciples the harm of pride and the profit of humble-mindedness.

Since the chief weapon for virtue is humility and the greatest hindrance to it is pride, the divine Fathers have set these three weeks before the Forty-day Fast as a preparation for the spiritual struggles of virtue. This present week they have called Harbinger, since it declares that the Fast is approaching; and they set humility as the foundation for all our spiritual labors by appointing that the parable of the Publican and the Pharisee be read on this day, even before the Fast begins, to teach, through the vaunting of the Pharisee, that the foul smoke of self-esteem and the stench of boasting drives away the grace of the Spirit, strips man of all his virtue and casts him into the pits of Hades; and, through the repentance and contrite prayer of the Publican, that humility confers upon the sinner's forgiveness of all his wicked deeds and raises him up to the greatest heights. No fasting the week that follows this Sunday.



# Orthodox Calendar

## February 2024

| SUN  | MON  | TUE   | WED  | THU  | FRI  | SAT                     |
|--|--|---|--|--|--|-------------------------|
|  |  |   |  | 1<br>4:30 Greek School   | 2<br><br><b>Entrance of the Lord</b><br>9am Orthros<br>10am Divine Lit<br>5pm Dance Prac. | 3                       |
| 4<br><b>15th Sunday Matthew</b><br>8:45am Orthros<br>10am Divine Liturgy<br>SOUPER SUNDAY<br>12:15 Greek Dance Prac<br>Indoor & Live-stream                        | 5<br>4:30 Greek School<br>5:30 Dance Prac.                       | 6<br>7pm Dance Prac.  | 7<br><br>7pm Philoptochos Union Station | 8<br><b>Theodore the Gen'l</b><br>4:30 Greek School  | 9<br><br>5pm Dance Prac.  | 10<br>Greek Dance Prac. |
| 11<br><b>16th Sunday Matthew</b><br>8:45am Orthros<br>10am Divine Liturgy<br>12:15 Greek Dance Prac<br>12:15 GOYA Meeting<br>Indoor & Live-stream                  | 12<br>Greek Dance Prac.<br>4:30 Greek School<br>5:30 Dance Prac. | 13<br>Greek Dance Prac.<br>10:30 VIPs<br>7pm Philop Board<br>7pm Parish Concl<br>7pm Dance Prac.  | 14<br><br>Greek Dance Prac.            | 15   | 16<br><br>FDF  | 17<br>FDF               |
| 18<br><b>Sunday of Canaanite</b><br>8:45am Orthros<br>10am Divine Liturgy<br>FDF<br>Indoor & Live-stream   | 19<br>FDF  | 20  | 21<br><br>Greek Dance Prac.           | 22<br>4:30 Greek School  | 23<br><br>Greek Dance Pizza Party   | 24                      |
| 25<br><b>Sunday of the Publican and the Pharisee</b><br><b>Triodion Begins</b><br>8:45am Orthros<br>10am Divine Liturgy<br>GOYA Basketball<br>Indoor & Live-stream | 26<br>4:30 Greek School  | 27  | 28<br>7pm Philopotochos General Mtg  | 29<br>4:30 Greek School  |  |                         |
|  |  | <b>Strict Fast</b><br>Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs<br> | Fish, Wine & Oil Allowed<br>          | Wine and Oil Allowed<br> | Dairy, Eggs, & Fish Allowed; Refrain from Meat<br>                                      | Fast Free               |

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



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alma@saint-anthonys.org

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

February 2024

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.*

Repentance is the  
compass that leads  
us to the right  
destination, and the  
key that opens the  
door to the Kingdom  
of God.