



*Rev. Protopresbyter Peter Stratos
Presiding Priest*

778 S. Rosemead Blvd, Pasadena, CA 91107 • Tel. 626-449-6943 • Fax: 626-449-6974

Website: saint-anthonys.org • E-mail: office@saint-anthonys.org

Church office hours: Monday-Friday: 9:00am to 4:00pm (Closed Saturday & Sunday)

St. Anthony's calendar link: saint-anthonys.org/calendar

For pastoral emergencies only please call 626-855-3640

MARCH 17, 2024 FORGIVENESS (CHEESEFARE) SUNDAY

*Alexios the Man of God
Patrick of Ireland*

ORTHROS ~ 8:45 A.M.

[\(ORTHROS SERVICE TEXT CLICK HERE\)](#)

MEMORIAL SERVICE ~ 9:45 A.M.

*Bobby Petrov – 3 months
Alexios Pappas – 6 years*

DIVINE LITURGY ~ 10:00 A.M.

[\(LITURGY SERVICE TEXT CLICK HERE\)](#)

**WE WILL CONTINUE TO BROADCAST ALL SERVICES VIA LIVE-STREAM
(CLICK THE LINKS BELOW):**

SAINT-ANTHONY.S.ORG/LIVESTREAM

FACEBOOK.COM/STANTHONYSPASADENA

YOUTUBE.COM/CHANNEL/UCXSG4uJFWmElsOEIjx96pCA

HYMNS OF THE DAY

RESURRECTIONAL APOLYTIKION. MODE PL 4. (BEFORE ENTRANCE)

You descended from on high, O compassionate One, and consented to a three day burial, to free us from the passions. O Lord, our life and resurrection, glory to You!

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

RESURRECTIONAL APOLYTIKION. GRAVE MODE. (AFTER ENTRANCE)

You descended from on high, O compassionate One, and consented to a three day burial, to free us from the passions. O Lord, our life and resurrection, glory to You!

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

MEMORIAL HYMN. MODE PLAGAL 4.

Remember, O Lord, as You are good, Your servant, and forgive every sin he has committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

Μνήσθητι, Κύριε, ὡς ἀγαθὸς τοῦ δούλου σου, καὶ ὅσα ἐν βίῳ ἡμαρτεν συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ σὺ ὁ δυνάμενος, καὶ τῷ μεταστάντι δοῦναι τὴν ἀνάπαυσιν.

APOLYTIKION OF ST. ANTHONY THE GREAT. MODE 4

Emulating the ways of Elijah the zealot, and following the straight paths of the Baptist, O Father Anthony, you made the wilderness a city, and did support the world by your prayers. Wherefore intercede with Christ our God, that our souls be saved.

Τὸν ζηλωτὴν Ἡλίαν τοῖς τρόποις μιμούμενος, τῷ Βαπτιστῇ εὐθείαις ταῖς τρίβοις ἐπόμενος, Πάτερ Ἀντώνιε, τῆς ἐρήμου γέγονας οἰκιστῆς, καί τὴν οἰκουμένην ἐστήριξας εὐχαῖς σου· διὸ πρέσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

KONTAKION. MODE PL 2.

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλ᾽ μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

SCRIPTURE READINGS OF THE DAY

EPISTLE READING

CHEESE-FARE SUNDAY

St. Paul's Letter to the Romans 13:11-14; 14:1-4

Prokeimenon. Mode pl. 4. Psalms 75.

Pray and return to the Lord Your God.

Verse: In Judah God is known; His name is great in Israel.

The reading is from Paul's Letter to the Romans.

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of

darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.



GOSPEL READING

The Gospel According to Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."



PARISH ANNOUNCEMENTS

Saturday, March 23rd	<i>The Commemoration of the Miracle of Koliva Wrought by St. Theodore the Tyro - Orthros (9:00am), Divine Liturgy (10:00am) BRING KOLIVA</i>
Wednesday, March 20th	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, March 22nd	<i>Salutations to the Theotokos – 6:00pm</i>
Monday, March 25th	<i>Annunciation of the Theotokos Orthros 9:00am, Divine Liturgy 10:00am</i>
Wednesday, March 27th	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, March 29th	<i>Salutations to the Theotokos – 6:00pm</i>
Wednesday, April 3rd	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, April 5th	<i>Salutations to the Theotokos – 6:00pm</i>
Wednesday, April 10th	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, April 12th	<i>Salutations to the Theotokos – 6:00pm</i>
Wednesday, April 17th	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, April 19th	<i>The Akathist Hymn – 6:00pm</i>
Wednesday, April 24th	<i>Pre-Sanctified Liturgy – 6:00pm</i>

Ushers: Louie Kades, Nikole Zoumberakis, Perry Vidalakis



Today Social hour is hosted by Philoptochos.

St John Chrysostom Oratorical Festival Today, 12 noon in the Church Sanctuary.

Please be in your seats by 11:55 if you wish to hear our speakers.

We look forward to hearing our young people share their thoughts about their Orthodox faith. God bless them all.

G.O.Y.A. basketball game this Sunday, March 17: St. George @ St. Anthony
Duarte High School - 1565 Central Avenue, Duarte
2:00 Jr. Girls, 3:00 Jr. Boys, No Sr. Games

Questions contact:

Pana Gelt 626-278-2808 - Anthia Drulias Lucas 626-274-6133

STUDIES IN THE FAITH

Spring Session, 2024

March 11th – April 22rd

Our text for the 2024 Studies in the Faith class will be, *The Orthodox Faith, "Worship" Volume 2*, by Fr. Thomas Hopko. Our class for this year, will be taught over 8 class sessions, meeting on Monday evenings 6:30 – 7:30 pm.

These informative classes will serve as an excellent introduction to the Orthodox Faith for those interested in the Orthodox Church. This series of classes will also provide an inspiring enrichment and review for practicing Orthodox Christians.

*Reading each week's assigned chapter and participating in class discussions is encouraged to ensure that the sessions become an exciting and meaningful experience for all participants. For those interested in this year's class please email Fr. Peter at: frpeter@saint-anthonys.org

* Google SVS Press, go to the Find a Book tab at the top right of page, and type in: Volume 2 "Worship." The cost of the book is \$20. Plus tax. (Please order your copy before the class begins).

CHAPTERS TO BE DISCUSSED

Second Session – Monday March 18th

Chapter Two: "The Sacraments"

Third Session – Monday March 25th

Chapter Two continued: "The Sacraments"

Fourth Session – Monday April 1st

Chapter Three: "The Daily Cycle of Prayers"

Fifth Session – Monday April 8th

Chapter Four: "The Church Year"

Sixth Session – Monday April 15th

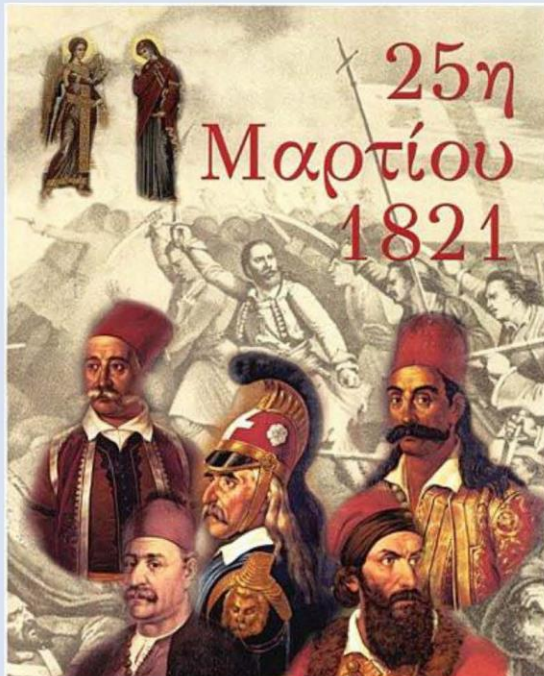
Chapter Four continued: "The Church Year"

Seventh Session – Monday April 22th

Chapter Five: "The Divine Liturgy"

St. Anthony's Greek Language School Celebration and Fundraising

Sunday, March 24th, 2024



Join us right after the Divine Liturgy in the Trinity Ballroom
for a Fish luncheon and a performance by our students

Tickets will be available at the ballroom entrance
\$25 per adult, \$15 for kids under 12, free for kids under 2



St. Anthony's Greek Language School Celebration and Fundraising

on Sunday March 24th following Divine Liturgy. Join us in the Trinity Ballroom for a Fish Luncheon and a performance by our students. Tickets will be available at the ballroom entrance \$25 per adult, \$15 for kids under 12, Free for kids under 2.

22nd Annual St Anthony's Golf Tournament

We will have our much anticipated event this year on **Friday June 7th**. Please join us for a festive day of golf dinner and fellowship.

There are many ways for you to support this year's charitable event. If you aren't a golfer join us for our all day Taverna on the Green mezethes and souvla. At night sign up for dinner complete with silent auction and one of a kind live auction items. If you absolutely can't make it, please make a tax-deductible donation directly to the church office.

St. Anthony's 2024 Pledged Stewards (Members) *(March 13, 2024)*

Stratos, Fr. Peter/Pres. Aida
Akrotirianakis, Joseph N. & Sherese
Albeck, Irene
Albeck, Mark Gregory
Anast, Alexandra
Andros, Gus & Lorena
Angelos, James & Sophia
Angiuli, Joseph (Joey) & Elizabeth
Antsos, Dimitrios & Judith Din
Argueta, Cris & Teresa V.
Athans, Tesi & Craig Lareau
Athans, Tina & Dean P.
Athenson, Alex & Cynthia Sigler

Attalla, Philip "Ted" & Michelle Reagan
Balas, Argiro Julie & Dino
Balas, Christian
Baliotis, Tina
Becronis, Christina
Bissias, Peter
Blosiu, Julian O. & Catalina E.
Bonorris, Donna & Pete
Boukidis, Katherine
Bowers, Connie & Terree
Bozikis, Demetra
Brown, Niki
Bryant, Dan & Karen

Buickians, Gagik & Jacqueline
Burkard Jr., Frank J. & Penelope
Buzas, John & Pamela
Buzas, Nicholas & Danielle
Chames, Anastasia.
Christodoulelis Family, Jimmy
Christodoulelis, Tanya
Christodoulides, Loucas & Andri
Christopoulos, Judie & Gus
Christopoulos, Tony and Lynnette
Christou, Nicholas
Coccia, Tina & Ginseppe
Cokias, Jason & Karen
Compoginis, John & Staci
Constantinou, Dimitris & Katerina
Damilatis, Eleni
Daskalos, Chris & Lauran
Demopulos, Elizabeth & Andrew
Dewar, Mary & Andrew
Dupas, Christina
Dupas, George
Dupas, Katherine
Dupas, Theodore & Evangeline
Edwards, Nancy C.
Floutsis, Penny & Ted
Frangeskou, Yiorgos & Xenia
Fuerst, Billy
Fuerst, Nicolette & Jay
Gallagher, Eleni & Matthew
Gallanis, Pete & Danica
Gavalas, Cleola & George
Gelt, Brian & Pana
Georgakopoulos, Eleni & George
Giakas, Vasiliki
Gittings, Brian & Maria Katsas
Grafos, Tom & Tania
Habrock, Timothy and Christina
Haralambos, Anthony & Kathleen
Hasircoglu, Christine
Horaites, George & Olympia

Hronas, Maria & James W.
Ioannou, Christos & Eleni
Johal, Demetra G.
Kades, Vicki & Louis
Kalambakas, Vivian N.
Kalivas, Pota
Kallas, Mark & Debra
Kallis, Larry
Kamar, April
Kaparos, Stefanos
Karaioannoglou, Phaedon & Jeanne
Karamaras, Andriana
Karvelas, Kosta & Marina
Kasdagli, Dimitra & Mark Nastri
Katsafados, Theoni & Pete
Katsas, Asimina & Alexandra
Kefalas, Evelyn
Kefalas, Kellie
Kefalas, Mike J.
Kefallinos, Vicki & Nick
Kiotas, Stavroula
Kokoris, Maria & Nicholas
Kolokotrones, Carolyn & James A.
Kontaxis, Michael & Christiana
Koudanis, Helen
Koulakis, John and Gisele
Koulos, Joanna & Konstantinos
Koutras, Alexander E.
Koutsoukos, Lin & George
Kundanis, Christine
Kypreos, Maria & James
Lappas, Virginia
Leontas, Angela & Andrew Murrell
Livanos, Parise & Peggy Jones
Loutsos, Anna & Georgia & John
Grajeda
Lubian, Daniel & Stephanie
Macris, Catherine & George
Magaziotis, Phophi & Panteli
Makris, Ted & Maria

Malina, Dorothea
Malisos, Fontaine
Malisos, Samantha A
Martin, Sam & Debbie
Maslen, Larissa & Mark Carpenter
Masouris, Vlase & Nicoleta
McCann, Liam
McClain, Anastasia
McGregor, Richard & Kristen
McNulty, Jennie & Chris
Mechalas, Bess
Metry, Sam and Gemalyn
Miralis, Demetrius
Mitis, Nick & Maria Prantzikou
Mitropoulos, Eleni & Bill Balntas
Mitropoulos, Nick & Venetia
Mitsinikos, Emmanuel & Natalia
Mobayen, Chrissa & Syrus
Molinari, Yngrid
Mora, A. J.
Moutzouridis, Vasiliki & Peter
Nassos, Jonathan & Jenni Pulos
Nichols, James & Joyce
Otis, Robert & Denise
Panagiot, Harry & Anastasia
Papavasiliou, Georgios & Stacy
Papavasiliou, Kostantinos
Pappas, Constantine & Hope
Pappas, Dean C. & Jennifer
Pappas, Dr. Alex P.
Pappas, Dr. James P.
Pappas, Dr. Peter A.
Pappas, Maria E.
Pappas, Steven & Christine
Pappas, Tony & Stergiani
Pastis, Leah
Pastis, Patricia
Patsavas, Bertha
Patzakis, Dr. Michael
Patzakis, John & Andrea

Paziouros, John
Paziouros, Konstantina & Nick
Pegadiotes, George S.
Plumtree, Martha & Wayne
Pollalis, Dino J.
Polwrek, Joseph
Polychronis, Phaedra Myrto
Poulos, Yiota
Reese, Helen
Saigh, Mara R. Suchy
Samaan, Evette
Scordelis, Alexander & Melissa
Serban, Athena & Mihai
Sherwood, Symone
Sipsas, Pantelis & Nafsika
Skandale, Elizabeth
Skandale, Helen
Smith, Herman & Helen
Soewers, Alexander
Stamos, Andy & Mary
Stamos, Nikos A.
Stavropoulos, Fonta (Xenofon)
Stavropoulos, Tina
Stephens, Kenneth & A. Maria
Plumtree
Tarazi, Ted & Panagiota Angelos
Tirado, Elizabeth
Treantafelles, George P.
Treantafelles, Helen
Treantafelles, Stan & Vivian
Tripodes Zacharias N.
Tripodes, Dena
Tripodes, Georgia E.
Tripodes, Marika
Tripodis, Ioannis & Helene
Tsaggouri, Eleni & Anastassios
Petropoulos
Tsouvalas, Charles
Tsouvalas, James
Tsouvalas, John & Jenny

Tsudis, Mara and RJ Thieneman
Tsudis, Peter and Carol
Udria, Juan & Mary
Vagenas, Alex & Tashia
Vagenas, Dino & Krystina
Vagenas, George & Polly
Vagenas, John & Georgia
Vagenas, Niko
Vagenas, Nikolitsa
Vagenas, Pete & Mindy
Vagenas, Sophia
Vagenas, Spiros & Diana

Vagenas, Vasilios
Varvitsiotis Varvas, Fotiny
Vezzuto, Christopher & Celka
Vezzuto, Robert
Vezzuto, Robert & Stephanie
Vidalakis, Nancy
Vorgias, Zacharias & Alma
Voyagis, Eleftherios & Pauline
Zarifes, Peter & Tina
Ziska, Antonia
Zoumberakis, Haralambos and Nikole

Every effort has been made to ensure the accuracy of this stewardship list. Please forgive us if there are any errors or omissions. If you have any questions or corrections, Contact Alma at 626-449-6943 or alma@saint-anthonys.org

MAKE SURE YOU ARE A REGULAR SUPPORTER OF OUR CHURCH!

If you want to become a member in our Church, please feel free to either take a Steward Financial Commitment card (pledge Card) from the announcement table in the narthex, contact the Church office or Please visit saint-anthonys.churchgiving.com to make your offering and schedule your regular stewardship giving.

***Weekly stewardship envelopes are available.
Please contact the church office if you would like to have them
for the 2024 stewardship contributions.***

METROPOLIS ANNOUNCEMENTS

METROPOLIS YOUNG ADULT LENTEN RETREAT 2024

Let's begin Great Lent together with Orthodox Young Adults from across the West Coast for a Lenten Retreat at St. Nicholas Ranch & Retreat Center in Dunlap, CA. Young Adults from all Orthodox traditions are welcome to attend. We will spend time having discussions and fellowship at St. Nicholas Ranch, as well as visit and help the Sisters at the Monastery of the Life-Giving Spring with a work project and other engaging activities throughout the weekend.

DATE: March 22 - 24, 2024

LOCATION: St. Nicholas Ranch & Retreat Center, Dunlap, CA

AGES: Young Adults ages 18-39

SPEAKER: Archon George Psefteas

THEME: "Discovering Our Spiritual Heritage - The Ecumenical Patriarchate"

"We know many things about our faith, but do we appreciate how unchanged it has been since the time of Christ? Do we know the contributions of Constantinople and its Patriarchs in the Apostolic succession from the time of St. Andrew, the First Called? We invite you to come join us to discuss these questions and ask and answer others. We also invite you to join us in discussing and seeing the beauty and holiness of Constantinople and exploring how each of you have the opportunity to experience it firsthand."

WEBSITE: <https://gosfyouth.org/young-adult-lenten-retreat>

Sunday of Orthodoxy

Pan-Orthodox Celebration

March 23, Saturday – Los Angeles, CA

Join our Hierarchs for this Celebration

His Eminence, **Metropolitan Gerasimos** of the Greek Orthodox Metropolis of San Francisco,
His Eminence, **Archbishop Benjamin** of the Diocese of the West, Orthodox Church of America
His Grace, **Bishop Maxim** of the Serbian Orthodox Diocese of Western America,
Bishop Ioannis of Phocaea of the Greek Orthodox Metropolis of San Francisco,
together with Deans, Clergy and members of their respective flocks



The Pan-Orthodox Vespers will take place at 5 pm
at the Holy Virgin Mary OCA Cathedral, Los Angeles, California
650 Micheltorena St, Los Angeles, California 90026-3623

- Homily: Fr Andrew Cuneo of St Katherine OCA parish in Carlsbad, California
 - Procession of Icons
- Following the Services, lenten dinner will be served in the main hall

PHILOPTOCHOS ANNOUNCEMENTS

Philoptochos March General Meeting - Pascha Art Class, Thursday March 28 at 6:30 PM in Church Hall. All are welcome to join in this fun night of art. We will be making unique mosaic wooden crosses.

Children 10 and over are welcome to join as well, so please feel free to bring them along.

The \$20 per person fee will cover all materials, instructions and refreshments.

Don't forget to RSVP by Monday March 25th to ensure we have enough supplies for everyone attending.

Questions or reservations, call Jeanne Karaioannoglou (626) 437-6078

2024 Philoptochos Membership

Our Philoptochos chapter is growing, and we hope that you will consider joining as a member in 2024.

We encourage all women, 18 years and older to join Philoptochos. Men and non-Orthodox women may also join as associate members. Your participation in this ministry can make a difference in so many lives. To renew or join by mail - send check (payable to St. Anthony Philoptochos Society) to St. Anthony Philoptochos Society, 778 South Rosemead Boulevard, Pasadena, CA 91107 or online at <https://stanthonypiloptochos.square.site> Each \$50 stewardship supports the National Philoptochos, the San Francisco Metropolis and St. Anthony Philoptochos obligations and projects. Thank you for your continued support and for helping make a difference in our community.

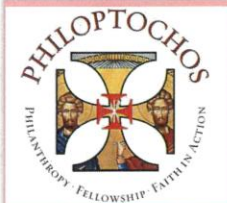


**PHILOPTOCHOS SOCIETY OF
SAINT ANTHONY GREEK ORTHODOX CHURCH
PANAGIA CHAPTER**

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 <input type="checkbox"/>			
St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:			
<input type="checkbox"/> \$50	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100	<input type="checkbox"/> \$125 <input type="checkbox"/> Other
Each \$50 stewardship supports National Philoptochos (\$15), San Francisco Metropolis (\$15) and St. Anthony Philoptochos obligations and projects (\$20). <input type="checkbox"/> Check <input type="checkbox"/> Credit Card <input type="checkbox"/> Cash			
I am interested in helping with the following:			
<input type="checkbox"/> Feeding the Hungry	<input type="checkbox"/> Hosting Fellowship	<input type="checkbox"/> Marketing	
<input type="checkbox"/> Delivering Meals to Parishioners	<input type="checkbox"/> Baking & Cooking	<input type="checkbox"/> Website Designer	
<input type="checkbox"/> Homebound Visitations	<input type="checkbox"/> Fundraising	<input type="checkbox"/> Other Talents	
<input type="checkbox"/> Telephone Tree	<input type="checkbox"/> Social Media	<input type="checkbox"/> Specify	



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

Forgiveness (Cheesefare) Sunday

March 17, 2024

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

**NO PARKING IN EMERGENCY
WHITE ZONE IN FRONT OF CHURCH**

**A Handicap Placard or Handicap License Plate
is required to park in the blue handicap parking spaces.**

Alexios the Man of God

March 17, 2024

Saint Alexis was born in old Rome of illustrious parents named Euphemianus and Aglais, and at their request was joined to a young woman in marriage. However, he did not remain with her even for one day, but fled to Edessa, where he lived for eighteen years. He returned to Rome in the guise of a beggar and sat at the gates of his father's house, unknown to all and mocked by his own servants. His identity was revealed only after his death by a paper that he had on his person, which he himself had written a little before his repose. The pious Emperor Honorius honoured him with a solemn burial. The title "Man of God" was given to him from heaven in a vision to the Bishop of Rome on the day of the Saint's repose.



WELCOME!



**We hope you enjoy your time with us today and
that your worship experience is inspirational and uplifting.**

Please note that *only baptized and/or Chrismated Orthodox Christians may partake of the Sacrament of Holy Communion*. At the end of the Divine Liturgy, you are welcome to come and receive the *Antidoron* (blessed bread) from the priest.

Contact our office at 626-449-6943 or office@saint-anthonys.org to receive more information about our parish or the Orthodox Christian faith.

**The deadline for submitting information for the Sunday Bulletin
is every Wednesday.**

Please send it to office@saint-anthonys.org