

The Voice of Saint Anthony

July 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

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

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MARY MAGADELENE

HOLY MYRRH BEARER

EQUAL TO THE APOSTLES

22 JULY

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

Message from Father Peter

Beloved Parishioners:

What is the most precious gift you have ever received? For Christians, two gifts rank highest:

- * the gift of Christ
- * the gift of the Holy Spirit

Most frequently we talk about the gift of Christ. A verse we probably quote the most is John 3:16: “*For God so loved the world that He gave His only Son.*” But the gift of the Holy Spirit also has tremendous significance for the life of the Church as well as our personal lives.

Christ taught that if earthly fathers like to give gifts to their children, “*how much more, then, will the Father in heaven give the Holy Spirit to those who ask Him*” (Luke 11:13). When Christ was speaking to His disciples about His departure from the world, He promised them the gift of the Holy Spirit as the Paraclete (Advocate, Comforter, Helper, and Guide. (John 14:16,26; 15:26; 16:7).

The Father gives the Holy Spirit. Christ also in His divine nature gives the Holy Spirit. “*And I myself will send upon you what my Father has promised. But you must wait in the city until the power from above comes down upon you*” (Luke 24:49). The apostles could carry on Christ’s mission only by being empowered by the Holy Spirit.

The Church Fathers and Saints have much to say about the person and work of the Holy Spirit. St. Basil taught that the whole life of the Church was energized and guided by the Holy Spirit. St. Symeon the New Theologian spoke of the necessity of a new birth, a “second baptism” of the Holy Spirit as the real basis of adult Christian life, particularly for those Christians who have covered over baptismal grace by many sins. St. Seraphim of Sarov used to say that acquiring the Holy Spirit is the main goal of Christian life and that by acquiring the Holy Spirit, thousands of others are converted.

Let me conclude with a beautiful prayer (hymn) which describes the gifts of Christ and the Holy Spirit after His glorious Resurrection:

*In the latter times, late in the evening of the Sabbath, You came and stood amidst Your friends O Christ, and by wondrous deeds, the entrance doors being closed, You confirmed the miracle of Your Resurrection from the dead. And you filled the disciples with joy. You gave them the Holy Spirit and dispensed to them the power of forgiveness of sins. And You did not leave Thomas to be overcome by turbulent waters of unbelief. Therefore, O Merciful Lord grant us also true knowledge and forgiveness of our transgressions.
Amen.*

In Christ,

Fr. Peter



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 & below

FRIEND: \$500 - \$999

\$9.60-\$19/week OR \$42-\$83/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 & 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

*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

- | | | |
|--|--|--|
| <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 Fellowship) | <input type="checkbox"/> Vacation Bible School |
| <input type="checkbox"/> GOYA/Jr. GOYA | <input type="checkbox"/> Office Volunteers | <input type="checkbox"/> VIPs |
| <input type="checkbox"/> Greek Dance | <input type="checkbox"/> St. John Chrysostom | <input type="checkbox"/> Volleyball Tournament |
| <input type="checkbox"/> Greek Language School | <input type="checkbox"/> Oratorical Festival | <input type="checkbox"/> Welcoming Committee |
| <input type="checkbox"/> JOY/HOPE | | <input type="checkbox"/> Other |

Parish Events

- | | | |
|--|--|---|
| <input type="checkbox"/> Palm Sunday Luncheon | <input type="checkbox"/> Resurrection Magiritsa Dinner | <input type="checkbox"/> Summer Family Picnic |
| <input type="checkbox"/> Pasadena Golf Classic | <input type="checkbox"/> Saint Anthony Feast Day | <input type="checkbox"/> Other |
| <input type="checkbox"/> Pasadena Greek Fest | | |

Name _____ Email _____ Phone _____

Name _____ Email _____ Phone _____

***Christ is Risen!
Truly He is Risen!***

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

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



Parish Council Report



Youth & Young Adults



Philoptochos

Good Works

Union Station Homeless Service (USHS)

USHS is in need of sack lunch donations. The lunches can be dropped off at the Adult Center (412 S. Raymond Ave., Pasadena) from 8:00 a.m. – 2:30 p.m.

Please, email volunteer@unionstationhs.org to schedule delivery.

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 also need 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





**2024-2025 Back-to-School
Backpack & School Supply Drive**

Join Philoptochos and Friends In Deed (FID) to provide backpacks and school supplies to the young students in the Food Pantry community.

Friends In Deed families face financial challenges. Economic instability causes more difficulty when beginning a new school year. Last year, Friends In Deed, with the help of our community, provided almost 400 backpacks and school supply bags to students in need. FID needs our help and support to make this important "Back-To-School" event successful. Please, help make sure that these young students can start the year on an equal footing with their classmates. We hope you will join us in this effort.

There are TWO ways to donate:

Philoptochos will be collecting backpacks, school supplies and monetary donation on the following Sundays: **July 14, 21**. Bring your donations after liturgy on these days. Donated items can be placed in the collection box located in the foyer of Trinity Hall.

To make a cash donation or for additional questions, please contact Nicolette Fuerst by phone or email: 626-808-8902 or Nicolette.fuerst@gmail.com

Friends In Deed has set up an Amazon account: "**FID School Supply Drive Wish List**" if you prefer to order online and have purchases sent directly to Friends In Deed. **Click here**, or copy/paste this link into your browser: **www.amazon.com/hz/wishlist/ls/3DGFRX5F9MXJW**

If you would like to support this event, here are some things to consider:

1. **Please AVOID all red and all blue backpacks. This is very important to our schools.**
2. Backpacks should be sturdy enough to handle the rigors of a student's day and the tremendous weight of books students carry, especially high school students.
3. The school supplies needed are recommended by the Pasadena/Altadena area schools and the list is included below.

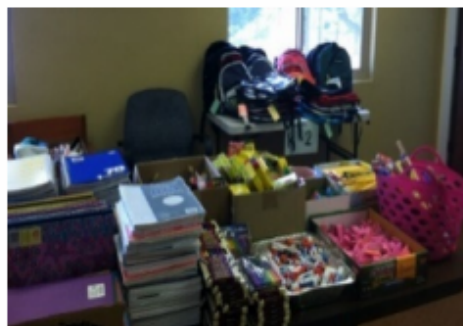
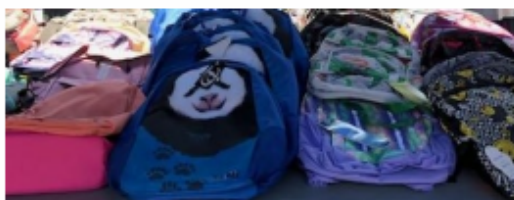
Amazon orders must be delivered to Friends In Deed by Friday, July 26, 2024 at the latest, in order to be included in the distribution.

Thank you for helping Friends In Deed ensure that the students in the community have a great beginning to the upcoming school year.

FRIENDS IN DEED[↑]

Back to School Supply List 2024-2025

- College ruled notebook paper
- Wide ruled notebook paper
- College ruled Spiral notebooks
- Wide ruled Spiral notebooks
- College ruled Composition Notebooks
- Wide ruled Composition Notebooks
- Pens - blue and black
- Pencils, including #2 yellow 6-sided for younger grades; mechanical pencils
- Erasers
- Zipper pouch for pens and pencils (3 holed to go in binders)
- Colored Markers (***NO Sharpies or Permanent Markers***)
- Highlighters, all colors
- Colored Pencils
- Sharpeners (must hold shavings)
- Colors Crayons (prefer Crayola Brand)
- 2 Pocket Folders (prefer poly folders)
- Calculators
- Dry Erase Markers
- Student scissors (such as Fiskar)
- Rulers (metric & customary)
- 3" x 5" index cards
- Glue Sticks (***many schools prefer the sticks to bottles of glue***)
- 3 Ring Binders - 1"- 3"
- Tab Dividers for Binders
- Staplers and staples
- Copy paper – 1 pkg per family
- Tissue/Kleenex – small packages that can easily fit into backpacks
- Hand sanitizer bottles
- Disinfecting wipes packets



Mailing Address:
P.O. Box 41125
Pasadena, CA 91114-8125

Site Address:
444 E. Washington Blvd.
Pasadena, CA 91104

626.797.2402
info@friendsindeedpas.org
www.friendsindeedpas.org

Community Happenings

June General Meeting – Year-End Dinner & Scholarship Presentations

Our Year-End Dinner was held on Wednesday, June 19th at the lovely Foothill Restaurant, thanks to the generous support of Jim Christos. Over 50 guests gathered to celebrate the scholarship recipients and recognize the philanthropic work of the Philoptochos of Saint Anthony.

Philoptochos presented scholarship awards to high school graduating seniors in recognition of their achievements in school, the community and church.

The 2024 Philoptochos High School Scholarship recipients are:

- * Katerina Gittings
- * Daniel Metry

Additionally, Dr. Michael J. Patzakis generously created the Susan Giokaris Patzakis Nursing Scholarship, established in loving memory of his wife.

In memory of his parents and siblings, Dr. Patzakis also established two additional medical studies' scholarships:

- ♦ *In Memory of John and Afrati Patzakis Medical Studies' Scholarship*
- ♦ *In Memory of Nikitas, Cleopatra and Flora Patzakis Medical Studies' Scholarship.*

The 2024 Patzakis Scholarship recipients are:

- * Katia Staouropoulos attending Azusa Pacific University - receiving the *Susan Giokaris Patzakis Nursing Scholarship*
- * Christiana Kontaxis attending Western University of Health Sciences – receiving the *John and Afrati Patzakis Medical Studies' Scholarship*

Congratulations to all the scholarship recipients!





**Dr. Michael Patzakis with 2024 Patzakis Scholarship recipients,
Christiana Kontaxis and Katia Staupoulos**



**Presbytera Aida Stratos, Philoptochos High School Scholarship chair,
with the 2024 scholarship recipients,
Daniel Metry and Katerina Gittings**



COFFEE HOUR FELLOWSHIP



Host a Coffee Hour

Celebrate a Name Day, Birthday, Anniversary, Loved One or as a Family Activity!

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.** *If you would like your name or event included in the weekly bulletin, notify the Church Office by the Wednesday prior to the date chosen at 626.449.6943 or by email at office@saint-anthonys.org*

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

2. **Bring snacks for 75 adults and kids** – Suggestions include: Pastries, Bagels, Muffins, Cakes, Cookies, Mini Deli Sandwiches, Cheese & Crackers, Olives, Dolmades, Hummus, Tzatziki, Pita, Raw Vegetables, Fruit, Salads or anything you would enjoy!
3. **Bring food items plated on serving trays/bowls and ready to serve by 10:00am 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.

Upcoming Philoptochos Meetings

2024 Christmas Benefit Planning Meeting – Monday, August 19 at 7:00 PM in Trinity Hall.

Please consider being a part of the 55th Anniversary Christmas Benefit committee. This fun group of talented volunteers annually plan our largest fundraiser of the year. The proceeds from the Benefit fund the charity work Philoptochos does throughout the year. This year's event will be held on **Saturday, December 7, 2024** at The Langham Huntington Hotel in Pasadena.

Board Meeting – Wednesday, September 11, 2024 at 7:00 PM

General Meeting – “Welcome Back” – Wednesday, October 23, 2024. Due to the Church Festival being held in September we will postpone our Annual Welcome Back Kickoff meeting until **September 11, 2024**. Exciting details to come.

Upcoming Metropolis & National Events

National Philoptochos Convention

June 30–July 4, 2024 at the Sheraton San Diego Hotel and Marina.

Event details at: <https://philoptochosconvention.ufairs.com/>

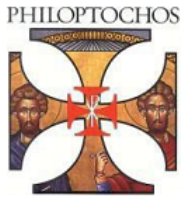


FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonypiloptochos

We wish you a fun and restful summer!

2024 Philoptochos Membership



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

PHILOPTOCHOS MEMBERSHIP FORM

2024 Philoptochos Membership 2024 Associate Membership (Men / Non-Voting) Date _____

Last Name	First Name	Spouse Name	M.I.
Street Address			
City	State	Zip	
Home Phone		Cell Phone	

Email

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

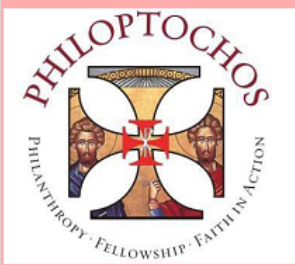
St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:

\$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"/> <i>Specify</i>



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 June VIP meeting was held on Tuesday, June 11th with 24 members in attendance. It was called to order by President Irene Albeck at 10:50 am. An opening prayer was offered by Staurula Kiotas and Gena Pegadiotes. These ladies added to the hall decor by placing beautiful flower arrangements at each meeting table.

After the conduct of the day's business, we were pleased to have Yianni Kades, grandson of our own Christine Kades, offer his beautiful speech written for the St. John Chrysostom Oratorical Festival. Yianni was a winner at our parish level. He progressed to the regional level at Saint Spyridon in San Diego; and finally to the Metropolis level at Holy Cross in Belmont, California.

Yianni is a 17 year old high school senior who will be attending the Ionian Village this summer in Greece. Congratulations Yianni!! We are proud that you represented Saint Anthony so eloquently and we wish you Kalo Taxidi this summer.

We were happy to wish Helen Damilatis MANY HAPPY RETURNS as she was our only member in attendance with a June birthday. Thanks Helen for providing us with lunch and birthday cake!

With our GreekFest 2024 not too far off in the future, many of our members stayed after the meeting to assist in the preparation of our traditionally delicious pastitsio. As this dish is a perennial festival favorite, many trays need to be prepared now as a number of our cooks will be away on summertime trips. MANY THANKS to everyone who contributed to this effort.

On Saturday, June 22nd, the VIPs made koliva and submitted the names of their dearly departed family members to be remembered at the final Saturday of the Souls. May their memories be eternal.

We look forward to seeing many of you at our next meeting on July 9th.

Jim Hronas

VIP Communications



Community News & more...



The Executive Festival Committee is working hard and would love for **YOU** to be part of the committee and make 2024 GreekFest better than ever!! Each position will be strongly supported by the committee and can be personalized to fit your schedule and level of commitment.

The following Volunteer Positions are available.

- Volunteer Coordinator
- Agora/Greek Deli
- Program Director
- Raffle/Information Booth
- Post Festival Cleanup
- Marketing Assistant
- Public Relations
- Marketing (Signage, media, Community Outreach Coordinator, Social Media)
- Post Fest Sales

Contact anyone on the Executive Committee for more information or to volunteer!

2024
Save the Date
9/20-9/22

2024 Greek Festival Executive Committee

- Christian Balas - Chairman
- Finance Director - Christos Vagenas
- Operations Director - Louis Kades
- Communications Director Vicki Kades
- Technology Director - Yianni Kades
- Facilities Director - Pete Galanis
- Marketing Director - Samantha Malisos

Save the Dates



Upcoming Church Festivals - 2024

July

Redondo 7/12-14

September

Long Beach 9/6-8

Pasadena 9/20-9/22

San Juan Capo 9/21-22

October

Covina 10/5-6

Los Angeles 10/5-6

Festival Flashback



Email Vicki @ vkades@gmail.com to be part of the committee and make 2024 better than ever!!



SAVE THE DATE!

LA's premier Greek Food Fest is back for two days with your favorite food, craft beer, famous Taverna "Sports" Bar, kids zone, church tours and more!

Admission is FREE before 3PM! \$5 daily
Follow us @lagreekfest

To sponsor the event or donate, email us
lagreekfest@gmail.com





2024 SUMMER CAMP DATES:

SESSION 1: JULY 7 - 13

SESSION 2: JULY 14 - 20

SESSION 3: JULY 21 - 27

WWW.GOSFYOUTH.ORG

METROPOLIS OF SAN FRANCISCO
SUMMERCAMP
AT SAINT NICHOLAS RANCH

WE'RE HIRING

JOIN OUR 2024 SUMMER CAMP STAFF!

CABIN COUNSELORS - PROGRAM STAFF - LEADERSHIP TEAM
LIFEGUARDS - MEDICAL STAFF - PHOTOGRAPHERS - VIDEOGRAPHERS

WWW.GOSFYOUTH.ORG



METROPOLIS SUMMER CAMP 2024

All Youth ages 8-18 from across our Metropolis are invited to attend our Metropolis Summer Camp this July at St. Nicholas Ranch & Retreat Center in Dunlap, CA. This is a wonderful opportunity to meet new friends, reunite with old friends, and learn more about our faith. Online camper registration is open, and spots are quickly filling up. The Metropolis is also looking for dynamic and faithful young adults, ages 19 or older, to serve as part of the camp staff. They are also in need of medical and lifeguard staff, so please encourage anyone to apply who you know would be an outstanding addition to the Metropolis Staff.

2024 SUMMER CAMP DATES

Session 1: July 7 - 13
Session 2: July 14 - 20
Session 3: July 21 - 27

CAMPER AGES

The youngest campers are 8 years old (or entering 3rd grade in Fall 2024) and the oldest are 18 years old (or will be graduating High School in Spring 2024).

SESSION 1 - SOUTHERN CALIFORNIA BUS

If you are from Southern California and will be attending Session 1, there will be a bus that will be stopping at 3 parishes along the way to St. Nicholas Ranch.

More information: <<https://gosfyouth.org/summer-camp#/socalbussession1>>

SUMMER CAMP STAFF

We cannot put on summer camp without our incredible staff! We are looking for young adults who are 19 years of age or older. Applications are open until March 10. Please encourage young adults to apply by using this link: <<https://gosfyouth.org/summer-camp#/staff-applications>>

MEDICAL STAFF

We are always in need of medical staff while at camp. If you are a licensed medical professional or know someone who is, please encourage them to contact me directly at this email or apply on our website: <<https://gosfyouth.org/summer-camp#/medical-staff-application>>. We especially love having MD's, NP's, and RN's!

AMAZON WISH LIST

Help us keep down the cost of camp by making a donation from our Amazon Wish List using this link: <<https://www.amazon.com/registries/gl/guest-view/3KIOBRA2F95R8>>.

With Love in Christ,

Johanna Duterte Carter
Director of Youth and Young Adult Ministries
Metropolis Camp Director
Metropolis Youth Safety Administrator (MYSA)

Cell: (408) 712-7658<<tel:%28408%29%20712-7658>>
Email: JDuterte@sanfran.goarch.org<<mailto:JDuterte@sanfran.goarch.org>>
Website: www.gosfyouth.org<<http://www.gosfyouth.org>>
Youth Safety Link: youthsafetyplatform.goarch.org

Greek Orthodox Archdiocese of America



National

YAL CONFERENCE

San Diego, California | July 3-7, 2024

U N I F Y

4TH OF JULY WEEKEND

THE WESTIN SAN DIEGO

GASLAMP QUARTER

**EXPERIENCE AND PARTICIPATE IN THE 47TH BIENNIAL CLERGY-LAITY CONGRESS,
Q&A WITH HIS EMINENCE ARCHBISHOP ELPIDOPHOROS OF AMERICA, DIAKONIA PROJECT WITH THE
NATIONAL PHILOPTOCHOS SOCIETY, BIG BAY BOOM FIREWORKS SHOW, DINNER BOAT CRUISE, YAL
GLENDI, INSPIRING SPEAKERS AND CONVOS, YAL BEACHSIDE AFTERNOON AND MUCH MORE!**

www.clergylaity.org/yalconference
[@yalnationalconference](https://twitter.com/yalnationalconference)

***Spots are filling up quickly!
Register Today!***



NATIONAL YAL

With the blessing of His Eminence Archbishop Elpidophoros of America, the Greek Orthodox Archdiocese Department of Youth and Young Adult Ministries (Y2AM) is pleased to announce that the **2024 National YAL Conference will be held July 3-7, 2024** at The Westin Gaslamp Quarter in San Diego, California, graciously hosted by His Eminence Metropolitan Gerasimos and the Metropolis of San Francisco.

This year's National YAL Conference will coincide with the Biennial Clergy-Laity Congress and National Philoptochos Society Biennial Convention. Embracing the Clergy Laity Congress theme, *"In Christ, We Are One"* (Romans 12:4-5), the National YAL Conference has adopted the theme "UNIFY" - aiming to unite young adults from across the Greek Orthodox Archdiocese of America for a five-day experience centered on faith, fellowship, witness and service. It seeks to strengthen young adults' connections with the Church and each other as unified members of the Body of Christ.

His Eminence Archbishop Elpidophoros, a dedicated supporter of young adult ministry initiatives within the Archdiocese, shared the following encouraging sentiments ahead of this year's Conference: "We eagerly anticipate reuniting with our Young Adults this summer at the National YAL Conference."

This pivotal ministry stands as an exemplar within our Archdiocese—a testament that thrived, faced a decline, and then experienced a revival. It was rejuvenated over the past several years by the impassioned efforts of young individuals nationwide seeking something more. We rejoice in the resurgence of the National Conference, and witness our young adult ministries across the Archdiocese emerge as a robust and integral component of national youth and young adult ministry."

The event schedule will feature many incredible opportunities to forge lasting and meaningful connections with fellow Orthodox Christian young adults. Schedule highlights include captivating speakers and workshops, participation in select segments of the Clergy Laity Congress, witnessing the renowned San Diego Big Bay Boom July 4th Fireworks Show, immersive exploration of the picturesque city of San Diego, a dinner boat cruise, a "Diakonia" service project, and will conclude on Sunday, July 7th with a Hierarchical Divine Liturgy celebrated by His Eminence Archbishop Elpidophoros.

We encourage the young adults within our community to attend this impactful event. The Conference includes five days of meals, workshops, transportation, evening events and more!

Conference registration and hotel reservations are currently open. Please visit clergy-laity.org/yalconference to register or contact the Archdiocese Y2AM Department at y2am@goarch.org for more information. Join young adults from across the country for an incredible weekend!

To send a donation for the National YAL Conference, please visit:
<https://www.clergy-laity.org/sponsorships>.

Your gift impacts the current and future members of our church!

*Spots are filling up fast!
Register Today!*



*clergy-laity.org/yalconference
@yalnationalconference*

**EXPERIENCE
AN UNFORGETTABLE 5 DAY EVENT
at
2024 NATIONAL YAL CONFERENCE**

*5 days of faith, fellowship, witness and service for Orthodox
young adults ages 18-35 from across the country!*

**EXPERIENCE AND PARTICIPATE IN THE
47TH BIENNIAL CLERGY-LAITY CONGRESS**

**Q&A WITH HIS EMINENCE
ARCHBISHOP ELPIDOPHOROS
OF AMERICA**

**DIAKONIA PROJECT WITH
THE NATIONAL PHILOPTOCHOS SOCIETY**

BIG BAY BOOM FIREWORKS SHOW

DINNER BOAT CRUISE

YAL GLENDI

INSPIRING SPEAKERS AND CONVOS

YAL BEACHSIDE AFTERNOON

Church Etiquette

When are we NOT to enter the Nave of the Church?

As we are entering God's Home, we must always keep in mind that during the following times, we should NOT enter the Nave of the Church nor come to the front of the Church to light a votive candle:

During the Small Entrance (when the procession with the Gospel takes place)

During the Epistle Reading

During the Gospel Reading

When the priest is censuring and is facing the Congregation

During the Great Entrance (when the procession of the Holy Gifts takes place)

When the priest is blessing the Congregation

During the recitation of the Nicene Creed ("I believe...")

During the Consecration of the Holy Gifts

During the recitation of the Lord's Prayer ("Our Father...")

During the Priest's sermon

Also, during these times, we should avoid leaving the Nave unless it is for family needs, medical or some other necessary reason. If you are unsure when to enter or leave the church, ask a Parish Council member in the Narthex.

While in the Church, remember to...

Wear appropriate attire to enter God's House

Silence your mobile devices

Refrain from chewing gum, mints, or candy

Remove lipstick when receiving Holy Communion & when venerating & kissing the icons

Follow the direction of the Priest for standing & sitting

Maintain quiet in the Sanctuary

Enter God's House with reverence and respect



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/ Saint Basil	1 January
Holy Theophany/ Epiphany	6 January
Saint John the Baptist	7 January
St. Anthony the Great	17 January
Gregory the Theologian	25 January
Three Hierarchs	30 January



Saint Anthony the Great
17 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

Deadline for February Newsletter is Thursday, 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

Deck yourself with majesty and dignity; clothe yourself with glory and splendor.

Job 40:10

Today's Scripture verse from Job 40:10 could be read in a narcissistic way - that we should dress ourselves richly and parade around looking for glory and splendor. This is not how I read it. Instead, this verse calls on us to share in the same qualities that God has, not because we are God, but because we were created to be like God.

In Genesis 1:26-27, we read:

"Then God said, 'Let us make man in Our image, after Our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth.' So God created man in His own image, in the image of God He created him; male and female He created them."

And in Psalm 104:1, we read:

"Bless the Lord, O my soul! O Lord my God, Thou art very great! Thou art clothed with honor and majesty."

If God has created us in His image and likeness, and if that image is clothed with honor and majesty, then we should clothe ourselves, spiritually (not materially) in the same way.

Think of the things people do that are contrary to majesty and dignity, glory and splendor:

~Throwing up after having too much to drink

~Looking at pornography

~Using profanity

~Eating to the point of feeling sick

~Becoming so angry we can't think straight

~Having such a bad day we become "toxic"

~Being distracted by the phone to the point we aren't getting anything done

And the many more things...

Job 40:10 is one of those verses one might consider putting up in their bedroom or bathroom, to consult each day before beginning the day's activities. Imagine if we were to consciously work at modeling the majesty of God. If we saw Him both in ourselves and in those around us. If, together with majesty, we clothed ourselves honorably, and in His honor.

Imagine if we made it a goal to never take another person's dignity. Imagine if we worked hard to never make anyone else feel "less than." Clothing ourselves with glory and splendor doesn't necessarily have to do with what we are wearing on the outside but what we are wearing on the inside. If we are filled with guilt or shame or anger on the inside, it will be hard to feel like we are clothed with glory and splendor on the outside. As Jesus says in Matthew 23:26: "*First cleanse the inside of the cup and of the plate, that the outside also may be clean.*" We need to cleanse our souls, what is inside of us, so that what we present on the outside is also clean.

Choosing to thrive in my circumstances reminds us to choose dignity. And the best way to remember that, is to remember Who made us - God.

I remember a cute poem from our son's much younger days...

God made the sun, God made the sea, God made the fishies and God made me!

Imagine standing in front of the mirror each morning and saying to yourself, "God made me." "God made me, so I should go out and make sure I reflect that statement." God made us for dignified purposes—to help, to serve, to heal. Not to hurt or to call attention to ourselves or to steal. As we check each morning to make sure we are ready to take on the day—that our hair is combed, our teeth are brushed and our clothes are clean—we need to also look inwardly to make sure the person that is stepping out into the world today reflects the majesty and dignity of God.

One need not be rich or famous or even successful to have dignity. There are plenty of rich, famous and very successful people who don't. Dignity is about having faith in God, having control over our thoughts and actions, seeing God in others, and reflecting God in ourselves. We can choose dignity in any circumstance. We can be dignified even in failure. Some people call death the ultimate indignity. However, it's interesting that in the Divine Liturgy, we pray for a dignified death—painless, blameless and peaceful and a good defense before the awesome judgment seat of Christ. There can be dignity, even when life on earth is ending. And certainly in every instance before that. We might not have a great day today, or a successful day, or a joyful day, but we can have a dignified day every day. We can reflect God's glory and splendor in any circumstance.

Lord, thank You for creating me in Your image and likeness.

*Help me to always remember that You made me and You made me special in many ways,
especially that one.*

*Help me to carry myself with dignity, and to clothe myself at all times with Your glory
and splendor.*

Saints & Feasts

Cosmas & Damian, Unmercenarys

1 July

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



Kyriaki the Great Martyr

7 July

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



Euphemia the Great Martyr

11 July

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



Saint Olga, Equal to the Apostles

11 July

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



Marina Holy & Great Martyr

17 July

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



Glorious Prophet Elias (Elijah)

20 July

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

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

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

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

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

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

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



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

22 July

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



Saint Christina

24 July

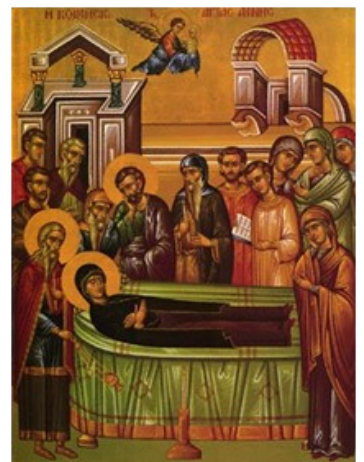
Saint Christina was from Tyre in Syria, the daughter of a pagan named Urban. Enlightened in her heart to believe in Christ, she broke her father's idols, made of gold and silver, and distributed the pieces to the poor. When her father learned this, he punished her ruthlessly, then cast her into prison.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



Dormition of Saint Anna, mother of Theotokos

25 July

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



Saint Paraskeve

26 July

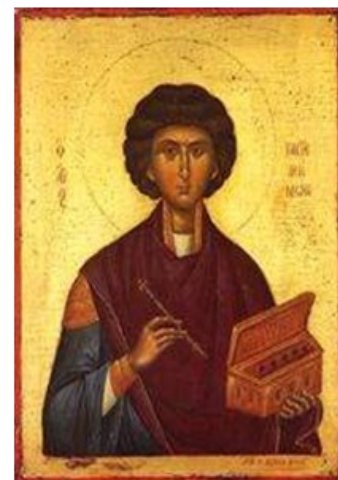
Saint Paraskeve, who was from a certain village near Rome, was born to pious parents, Agatho and Politia. Since she was born on a Friday (in Greek, Paraskeve), she was given this name, which means "preparation" or "preparedness" (compare Matt. 27:62, Mark 15:42, Luke 23:54, and John 19:31, where 'Friday'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



Panteleimon, Great Martyr and Healer

27 July

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



Saint Panteleimon is one of the Holy Un-mercenaries, and is held in special honor among them.

Orthodox Calendar

July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>Cosmas & Damian</i>	2	3 ✝ 7pm Philopotochos Union Station	4 <i>Andrew of Crete</i> Independence Day Church office closed	5 ✝	6
7 <i>Kyriaki the Great Martyr</i> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	8	9 10:30 VIPs 7pm Parish Concl	10 ✝ 7pm Philopotochos Board Mtg	11 <i>Euphemia the Great Martyr</i>	12 ✝	13
14 <i>Sunday of the Holy Fathers</i> 8:45am Orthros 10am Divine Liturgy 12:15 Hope/Joy Meeting 12:15 GOYA Meeting Indoor & Live-stream	15	16	17 🍇 <i>Marina of Antioch</i>	18	19 ✝	20 <i>Saint Elias the Prophet</i> 9am Orthros 10am Divine Lit.
21 <i>4th Sunday of Saint Matthew</i> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	22 <i>Mary Magdalene Myrrh-bearer</i>	23	24 ✝ <i>Christina the Great Martyr</i> 7pm Philopotochos General Mtg	25 <i>Dormition of Anna</i>	26 🍇 <i>Paraskevi of Rome</i>	27 <i>Panteleimon the Great Martyr</i>
28 <i>5th Sunday of Saint Matthew</i> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	29	30	31 ✝			
		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs ✝	Fish, Wine & Oil Allowed 🐟	Wine and Oil Allowed 🍇	Dairy, Eggs, & Fish Allowed; Refrain from Meat 🧀	Fast Free

July 2024

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

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

We're on the Web!

www.saint-anthonys.org

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

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

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



Have a blessed and safe Independence Day!