

# The Voice of Saint Anthony

## February 2025

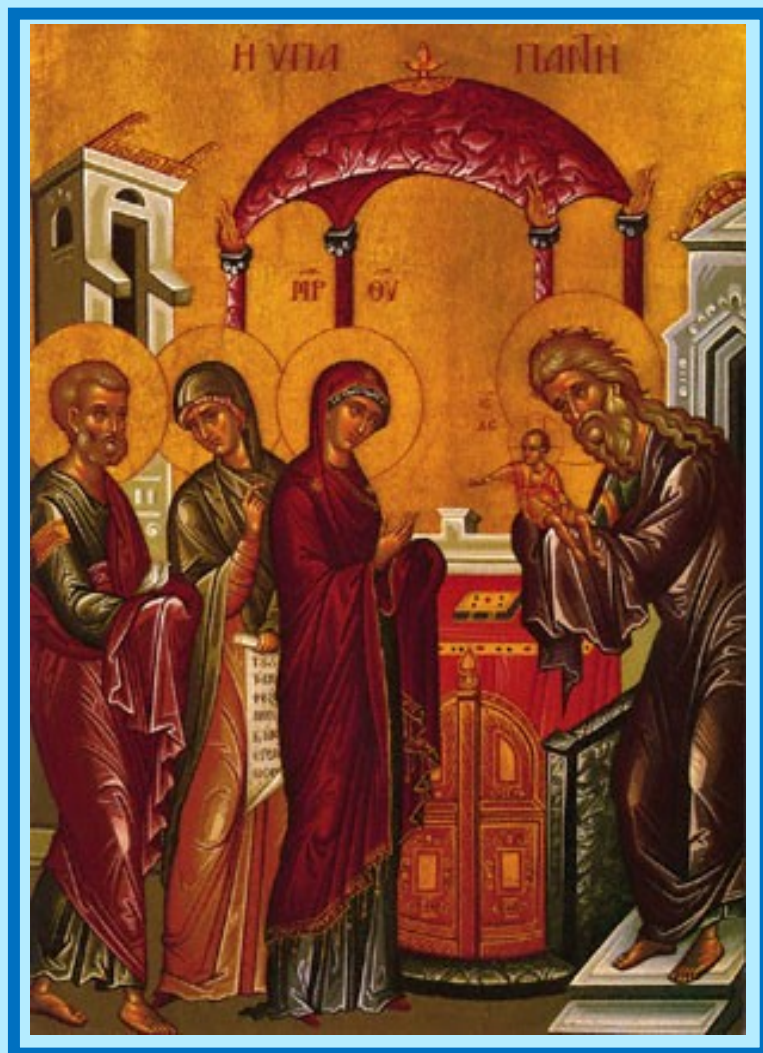
### Saint Anthony Greek Orthodox Church

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
Triodion Begins	9 February
Sun, of Publican & Pharisee	9 February
Sunday of the Prodigal Son	16 February
Judgment/Meatfare Sunday	23 February



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

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

## Message from Father Peter

### STUDIES IN THE FAITH

Spring Session

Feb 03<sup>rd</sup> - April 07<sup>th</sup>

Our text for the 2025 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 in 10 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 class please email Fr. Peter at: [frpeter@saint-anthonys.org](mailto:frpeter@saint-anthonys.org)

To purchase the book for this class, please follow the following path:

Using Google, search on: [SVSPress.com](http://SVSPress.com)

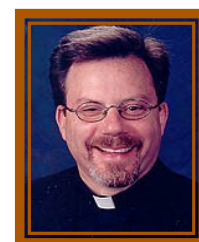
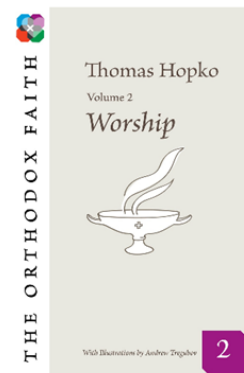
Click on 'Find a Book' in the upper right side of the page and enter 'Volume 2 Worship'

The cost of the book is \$20 plus tax & shipping.

Please order your copy before the class begins.

### CHAPTERS TO BE DISCUSSED

Session 1	Monday Feb 03	Chapter One: "The Church Building"
Session 2	Monday Feb 10	Chapter Two: "The Sacraments"
Session 3	Monday Feb 17	Chapter Two continued: "The Sacraments"
Session 4	Monday Feb 24	Chapter Three: "The Daily Cycle of Prayers"
Session 5	Monday March 03	Chapter Four: "The Church Year"
Session 6	Monday March 10	Chapter Four "The Church Year" (continued)
Session 7	Monday March 17	Chapter Five: "The Divine Liturgy"
Session 8	Monday March 24	Chapter Five "The Divine Liturgy" (continued)
Session 9	Monday March 31	Great Lent
Session 10	Monday April 07	Holy Week



Stewardship



2025 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)

2025

Form fields for LAST NAME, FIRST NAME(S), STREET ADDRESS, CITY, STATE, ZIP, PREFERRED PHONE, OTHER/SECOND PHONE, E-MAIL, SIGNATURE, DATE, and a dashed box for [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, 2025

Your card must be on file for you to be considered in ‘Good Standing’

In response to God’s blessings, I/we pledge a 2025 offering of:

My Total Commitment for 2025: \$\_\_\_\_\_

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



## 2025 PARISH COUNCIL

Perry Vidalakis	President
Pete Gallanis	1st Vice President
Joe Akrotirianakis	2nd Vice President
Kosta Papavasiliou	Secretary
Tashia Vagenas	Treasurer
Tony Christopoulos	Assist. Treasurer

Christian Balas  
 Tom Grafos  
 Louie Kades  
 Pete Katsafados  
 Jonathan Nassos  
 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:  
Krystina Vagenas

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

Kindergarten, First:  
Elena Tsianos, Theoni Vagenas

Second, Third:  
Sophia Syrengelas, Andrianna Lareau

Fourth, & Fifth:  
Mary Udria & Athena Serban

Middle School:  
Polly Vagenas & Chris Syrengelas

High School:  
Presvytera 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

Christiana Kontaxis  
Michael Kontaxis

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



### HOLY COMMUNION PROCEDURE

For the benefit of our Sunday School students, their teachers and the TIMELY start of their Sunday School Classes...

\*The children will be receiving Holy Communion first.

\*The ushers will release the children by pew from Front to Back.

\*Only parents of the smallest, youngest Sunday School children, who need assistance, should receive Holy Communion with their children.

\*If you are not seated when Holy Communion begins, please take a seat in the back rows, quietly. Your children will be released in turn.

\*Please do not attempt to send your children down the side aisles to the front alone or down the center aisle.

\*After all children have received, the ushers will release the adults, again from the front pews.

\*Please cooperate with our ushers. Please do not ask to be allowed to proceed ahead of others.

\*Please remember this new procedure is for the benefit of our children and their Sunday School experience.



The second half of our Sunday School year is upon us. Aligning with our theme - Walk in the Way of the Lord - we will continue to explore the Sunday Gospel with our students each week. We have found this to be an incredibly meaningful theme and have watched our students grow closer to our Lord Jesus Christ and really understand his teachings through our lessons each week. Students, from kindergarten through teenagers, engage in important conversations and draw on real-life examples of living their faith and walking the way of our Lord.

Please note some of important dates:

- February 1st: Triodion begins
- February 16th: no class/FDF
- March 9th: Sunday of Orthodoxy and Procession of the Icons
- March 23rd: Godparent Sunday
- April 12th: Saturday of Lazarus Retreat \*\*TBD

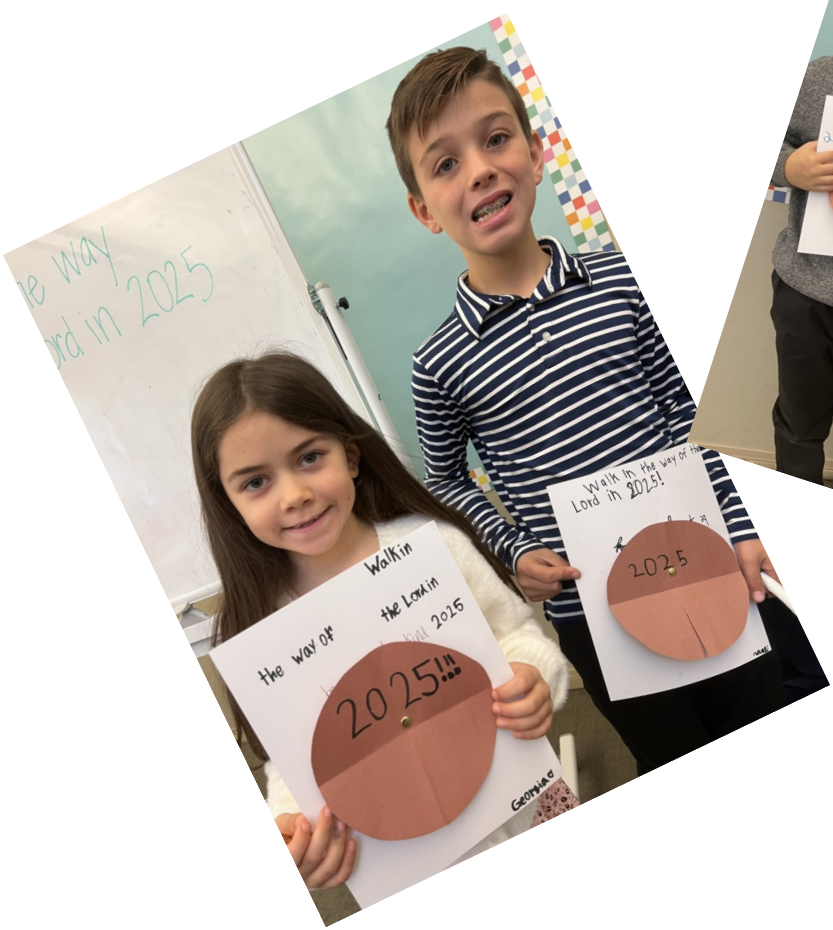
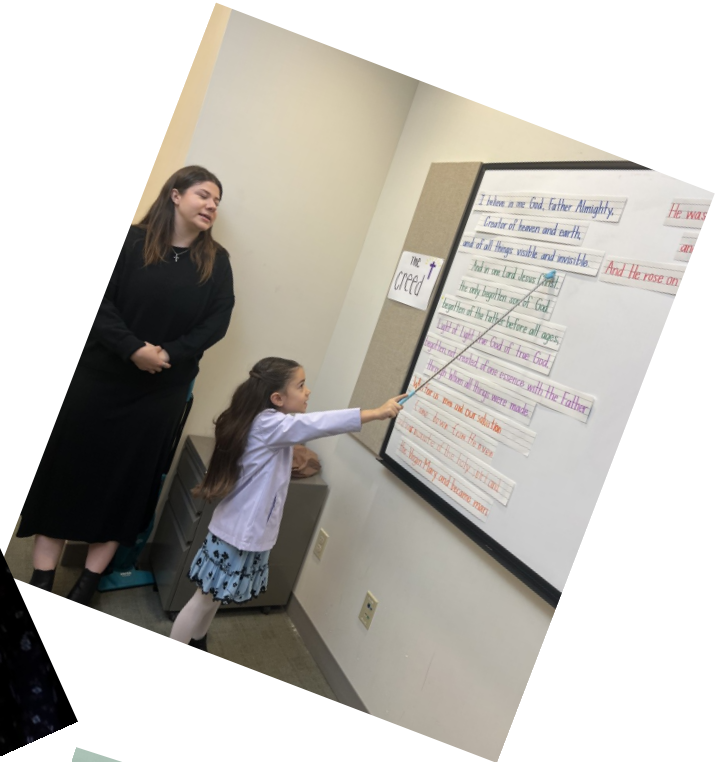
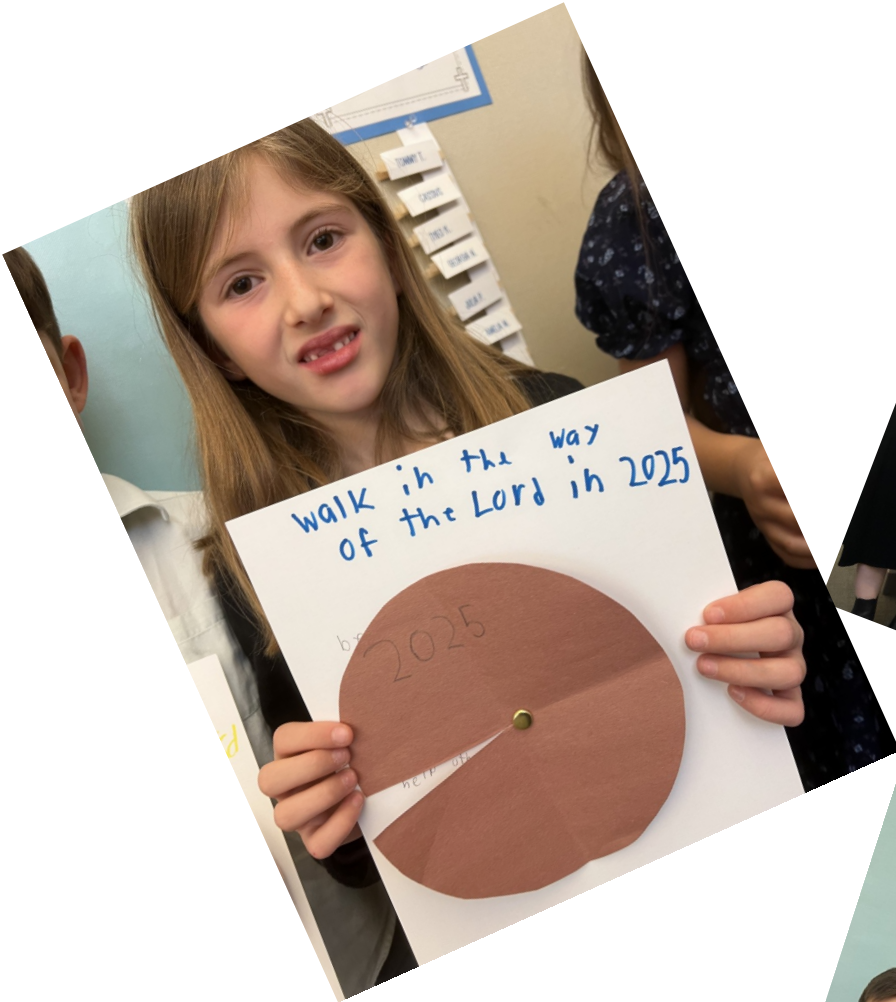
We are also planning on having a special kick-off to Great Lent during Sunday School in order to get our students excited about engaging in the traditions of this special time in our church. More information to come!

It is an absolute pleasure to see your children and grandchildren each Sunday and I, along with all of our teachers, are grateful to have them in our classes and for the opportunity to be a part of their journey in growing closer to their faith.

A gentle reminder to please to have children come to class on time as not to miss out on the important and fun things their teachers have planned. This also helps avoid disruptions to class. We love seeing our students and want to make the most of our limited time with them!

Thank you,  
Sophia





## Youth & Young Adults

### St. Anthony GOYA Basketball Information and Registration

St. Anthony GOYA Basketball practices began on January 24th at Mayfield Senior School, 500 Bellefontaine Street, Pasadena. Practices will be every Friday 6:30-8pm with the exception of 2/14, 3/7 and 4/18.

We invite all youth ages 12-19 to join this 51-year Ministry sponsored by, **The Greek Orthodox Basketball League (GOBL)**.

Participating parishes: St. Anthony; Assumption, Long Beach; St. Basil, San Juan Capistrano; St. George, Downey; St. John, Anaheim; St. Katherine, Redondo Beach; St. Nicholas, Northridge; Saint Sophia, Los Angeles.

We need all participants to register on TeamSnap using the following link:

<https://registration.teamsnap.com/form/18195>

Uniforms will be available after church and will be issued once players have been rostered on the TeamSnap App. Registration costs are \$100.00 per player for the entire season which includes all practices and games.

#### Game schedule:

February 23:	Away @ St. Nicholas Church, Northridge
March 2:	<b>Home</b> vs. St. John - Duarte High School
March 9:	Away @ St. Basil - San Juan Capistrano Community Center
March 16:	<b>Home</b> vs. St. Sophia - Duarte High School
March 23:	<b>Home</b> vs. St. Katherine: Duarte High School
March 30:	Away vs. St. George - Location TBD
April 6:	<b>Home</b> vs. Assumption - Duarte High School
April 26 and 27:	Quarter and Semi Finals - St. Sophia Cathedral
May 4:	Finals - St. Sophia Cathedral
May 10:	Volleyball Tournament— St. Anthony @ Victory Park & church

Please contact Pana Gelt, or Anthia Lucas if you have any questions or if you know of anyone who wants to play!

Pana  
626-278-2808

Anthia  
626-274-6133

# Philoptochos

## Good Works

### *Union Station Homeless Service (USHS)*

USHS is in need of sack lunch donations. The prepared 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](mailto:volunteer@unionstationhs.org) to schedule delivery.

Philoptochos prepares a nutritious dinner, funded through the generosity of our donors. USHS has requested packaged dessert (cookies), single serve beverages (10 oz.), and single serve bottles of milk. You may continue to volunteer by donating towards the purchase of individual packaged items.

The estimated costs are: Chicken - \$75, Rolls - \$15, Dessert - \$17, and Beverages - \$40.

We welcome your donations to help offset our costs of large aluminum pans with lids. We invite you to consider helping us feed the needy by making a contribution towards this ministry. *We are most grateful for your generous 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](mailto:mcmg2a@aol.com)

Vangie Dupas

[vangiedupas@sbcglobal.net](mailto:vangiedupas@sbcglobal.net)

Christina Kades

[christinekades@gmail.com](mailto: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



## Good Works, continued

### ***Eaton Fire Relief Response***

Our Philoptochos Board responded quickly to the devastation created by the Eaton Fire. We provided highly needed essential items to the distribution site, organized by the YMCA and located at Pasadena City College. The pallet of water, below, was delivered to PCC where it was distributed to the fire victims needing assistance.

The Philoptochos Board also partnered with the City of Pasadena and assisted individuals who evacuated to the Pasadena Civic Center. We delivered hygiene wipes, baby wipes, underclothing, socks, wash cloths, totes and duffle bags. The City of Pasadena personnel at the Civic Center were very appreciative for our delivery of the vitally needed items for use by the many area residents who relocated to the Pasadena Civic Center.



The St. Anthony Community joined the disaster relief efforts spearheaded by Philoptochos. The Community generously donated highly needed new and unused items which were collected in the Trinity Ballroom in January. Cash donations were also accepted and used to purchase needed supplies. All items were collected, sorted and quickly delivered to several local fire relief centers directly serving those affected by the Eaton Fire. Some of our partner organizations are: City of Pasadena, St. Philip the Apostle, Union Station Fire Relief Efforts, YMCA and St Elizabeth in Altadena where 60% of the community was affected and 40% of school children lost their homes,

Our St. Anthony ministries joined us in supporting our efforts by emailing their members the list of needed donation items. Philoptochos also received generous donations from individuals and the groups including Anchorites of St. Paul Greek Orthodox Church in Irvine; multiple large boxes of new items from St. John the Baptist Greek Orthodox Church in Anaheim; six cases of essential items and clothing personally delivered by donors from Las Vegas, Nevada; and Saints Constantine and Helen Greek Orthodox Church in Cardiff-by-the-Sea.

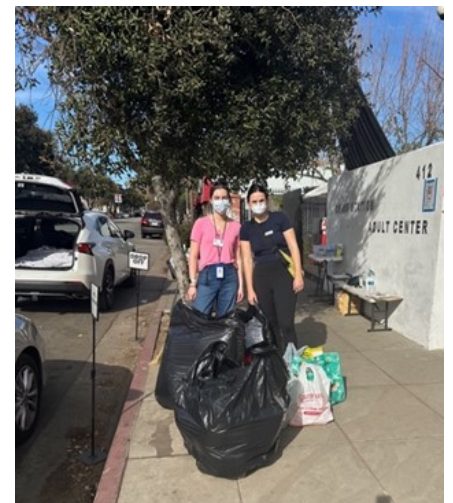
Please accept our deepest appreciation to all of the St. Anthony Community for your generosity and assistance with this essential work. Once more, our Panagia Chapter and community have acted admirably at a time of crisis. ***Thank you!!***



*Donations from St. John Church, Las Vegas*



*Donations from Sts. Constantine and Helen Church, Cardiff-by-the-Sea*



*Delivery Volunteers - Pete Katsafados (left) and Helen Skandale (center)*

**Archpastoral Visit of His Eminence Archbishop Elpidophoros of America  
to the Southern California Fires  
Saint Anthony Philoptochos/Eaton Canyon Fire**

In response to the devastating wildfires that impacted our communities of Altadena, Pasadena and Pacific Palisades, His Eminence Archbishop Elpidophoros of America visited first-hand the devastation left behind by these fires. On Monday morning, January 27, His Eminence led a delegation of visiting dignitaries to the fire affected community of Altadena and to St. Anthony Church where Philoptochos has been working on fire response projects. The ongoing assistance provided by Philoptochos has been made possible with the support of the St. Anthony's community, neighboring Greek Orthodox communities, and Greek Orthodox communities from across the country as well as non-affiliated individuals.

At St. Anthony Church, our Philoptochos President, Judith Din, clearly described to the delegation the immediate needs of the local relief and recovery organizations in the Pasadena area and what Philoptochos has been doing to support them. That morning, the dignitaries joined volunteers organized by Philoptochos to assemble Rescue Relief buckets filled with donated materials for those either moving into rentals or cleaning a home in the affected area.

The visiting dignitaries, who accompanied His Eminence Archbishop Elpidophoros of America, came to give comfort and gather information in order to formulate a plan to help the people of Southern California devastated by the Eaton Canyon and Palisades Fires.

After a day of witnessing the shocking devastation of entire neighborhoods, meeting with parishioners who lost their homes, and seeing our Philoptochos' immediate response efforts, area clergy and faithful gathered for a Dinner of Hope with His Eminence, hosted by St Sophia Cathedral.

Each member of the visiting delegation spoke, expressing their heartfelt commitment to stand shoulder to shoulder with the devastated communities of Southern California as we rebuild.

Archbishop Elpidophoros of America

Metropolitan Gerasimos of San Francisco

Bishop Ioannis of Phocaea

Debbie George, National Philoptochos President

Jeannie Ranglas, Metropolis Philoptochos President

Demetrios Logothetis, Chairman Leadership 100

Hon. Steven Counelis, Archon Regional Commander

Andreas Kyprianides , Honorary Consul-General of the Republic of Cyprus

Christina Valassopoulou, Consul General of Greece in Los Angeles













Saint Sophia Cathedral Archpastoral Dinner





**Philoptochos of St. Anthony**  
**EATON FIRE RESPONSE**

The ARMY OF AGAPE is at work

**RESCUE RELIEF BUCKETS**

We will gather supplies on Sunday After Church

We will come together to assemble Rescue Relief Buckets on Monday.

These Buckets containing cleaning supplies will be distributed at the Disaster Relief Sites for the Recovery Effort to those affected by the Eaton Fire.

St. Anthony's Church Hall  
778 South Rosemead Blvd., Pasadena

Ways you can help:

Come Help Assemble the Buckets

Purchase the needed items and drop off at Church on Sunday

Donate Cash and Philoptochos will Acquire the Items on Your Behalf

***Online Donations for Eaton Fire: [Stanthonyphilptochos.square.site](http://Stanthonyphilptochos.square.site)***

**The most needed NEW items are as follows:**

- |                              |                        |
|------------------------------|------------------------|
| Cleaning Supplies            | Sponges                |
| All Purpose Simple Green     | TSP Cleaner            |
| Super Orange Cleaner         | Swiffer Refills        |
| Barkeepers Friend            | Swiffer XL Dry Refills |
| Windex                       | Swiffer XL Set Wet/Dry |
| NEW Cleaning Gloves          | K95 Masks              |
| Heavy Duty Cleaning Gloves   | NEW XL Dust Pan        |
| NEW Cleaning Cloths          |                        |
| Heavy Duty Paper Towel Rolls |                        |
| NEW Scrubbing Brush          |                        |

Questions contact Judith Din (626)676-1240, [jnda810@gmail.com](mailto:jnda810@gmail.com)



## **Philoptochos of St. Anthony** **EATON FIRE RESPONSE**

The ARMY OF AGAPE is at work

We are continuing to collect highly needed **NEW** and **UNUSED** items for those displaced by the Eaton Canyon Fire who are receiving assistance in Pasadena.

**St Anthony's Church Hall**  
**778 South Rosemead Blvd.**  
**Pasadena**

Ways you can help:

Purchase the needed items and drop off at church

Donate Cash and Philoptochos will Acquire the Items on Your Behalf  
Online Donations for Eaton Fire: [Stanthonyphilptochos.square.site](http://Stanthonyphilptochos.square.site)

**The most needed NEW and UNUSED items are as follows:**

Hygenic Wipes	Baby bottles
Hygiene Supplies	Baby brushes
Power Chargers for Cell phones	All Diapers Especially 5,6,7
Baby wipes, Hand wipes	Hand warmers
Wash wipes	Lotion
Tissues - small packages	Hand wash
Chapsticks	Q-tips
NEW Towels & wash cloths	Nail clippers
NEW Pillows	Ear plugs
NEW Sheets	Eye masks (for sleeping)
Mini brushes	

Questions contact Judith Din (626)676-1240, [jnda810@gmail.com](mailto:jnda810@gmail.com)



## Upcoming Community Happenings

### ***SOUPER SUNDAY***

February 23, 2025, following Divine Liturgy.

**CALLING ALL CHEFS.** Sign up to enter your soup for Souper Sunday. To register, contact Judith Din [jnda810@gmail.com](mailto:jnda810@gmail.com). Entrants need to bring 1-2 gallons of soup in crock pot. The community is invited to attend and vote on their favorite soup while helping raise funds for the Extreme Weather Shelter.

### ***SAVE THE DATE***

Saturday, May 17, 2025

Philoptochos Spring Yard Sale

8 AM to 1 PM

St. Anthony Greek Orthodox Church

More details forthcoming.

## Upcoming Scholarship Opportunities in 2025

### ***Attention High School Seniors***

Philoptochos of Saint Anthony Scholarship Applications will be available in Spring 2025. Applications will be open for graduating seniors who are active members of our parish.

### ***Patzakis Scholarships for Nursing and Medical Studies.***

Applications will be available next year in March and due in May. Any student pursuing a degree in nursing, medicine, healthcare profession, or dentistry and is a member in our Saint Anthony church community may apply.

If you are considering applying, please notify Judith Din [jnda810@gmail.com](mailto:jnda810@gmail.com) as soon as possible.

Philoptochos wishes to support our young people in their academic advancement.

Additional announcements will be posted in future Voice monthly newsletters.

Please see next 2 pages for Philoptochos Scholarship Rules and Application Form.

Additional announcements will be posted in future monthly newsletters.

## Upcoming Philoptochos Meetings

**Board Meeting** – Tuesday, February 12 at 7:00 PM.

**General Meeting** – Wednesday, February 26 at 6:30 PM.

Additional details to follow.

## **It is time for the 2025 Philoptochos Membership Drive**

All are welcome to become a member or an associate member of our group



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos  
Instagram: stanthonlyphiloptochos



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

778 South Rosemead Boulevard • Pasadena, California • 91107 • 626.449.6943

**PHILOPTOCHOS SCHOLARSHIP AWARD - 2025 RULES & REGULATIONS**

1. The parents of the applicant (or the applicant him or herself) must be members in good standing of Saint Anthony Greek Orthodox Church for at least one year preceding the date of the scholarship application.
2. A parent of the applicant must be a member of Philoptochos Society of Saint Anthony Greek Orthodox Church, Panagia Chapter.
3. Applicant must be planning to continue their education for the upcoming 2025-2026 school year. Education goal may be a four-year institute, technical or career training program.
4. The applicant must have a minimum 3.0 GPA.
5. Applicants will be evaluated on the following criteria:
  - a. Academic achievement/and or merit
  - b. Church and participation in Saint Anthony youth activities
  - c. Community service and/or leadership qualities.
  - d. Citizenship
6. Applicants must:
  - a. Complete and submit all required application documents by **Friday, April 11, 2025**. Documents may be submitted by conventional mail or through email.
  - b. Arrange for his or her current academic transcript to be mailed from the academic institution to the church office (Attention: Philoptochos Scholarship Committee);
  - c. Submit an autobiographical essay, approximately 300 words double spaced, 12-point font size, stating influences on the applicant's life and addresses future goals;
  - d. Submit two (2) letters of recommendation, one of which must be from a high school counselor or teacher;
  - e. Report for a personal interview if requested by the Scholarship Committee.
  - f. Attach a recent photo of themselves to the application form.
7. The Philoptochos Society of Saint Anthony Greek Orthodox Church is not obligated to grant any scholarships in a given year. The Scholarship Committee and Father Peter will carefully review all applications. The Committee's decision shall be final.
8. Scholarship recipients will be notified by mail. Scholarships will be presented personally at the annual June Philoptochos General Meeting.

All information in this application will be held in strict confidence.





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

778 South Rosemead Boulevard • Pasadena, California • 91107 • 626.449.6943

**PHILOPTOCHOS SCHOLARSHIP AWARD APPLICATION – 2025**

APPLICANT INFORMATION	
Name	
Date of birth	Phone
Current Address	
Email	
High School Attended	
School Address	
Dates Attended	GPA
Please list extracurricular activities you have participated in while in school:	
Please list activities you have participated in while attending Saint Anthony:	
FAMILY INFORMATION	
Parents' Names	
Names of Siblings	
SIGNATURE	
<i>I VERIFY THAT THE INFORMATION PROVIDED ABOVE IS TRUE AND CORRECT.</i>	
Applicant's Signature	Date

**APPLICANT, PLEASE ATTACH A RECENT PHOTO OF YOURSELF TO THIS APPLICATION.**

Completed applications may be submitted to the church office or a scholarship committee member. (Attention: Philoptochos Scholarship Committee) by **Friday, April 11, 2025**

**COME JOIN US!**

**Sip, Sparkle and Belong**

*Join our dynamic and growing St. Anthony Philoptochos*



**Sunday, February 9 (after Liturgy)**

*Take time to meet other members, prospective members  
and learn more about Philoptochos' philanthropic work*

*\*Please come by our Philoptochos table for more information*

## WHY JOIN PHILOPTOCHOS

We are part of a national network of more than 25,000 women in Philoptochos Chapters throughout the country who continually seek to extend our kindness to those who need it most.

Our most recent efforts assisted our local community ravished by wild fires. We asked for donations to help these fire victims and our parish responded above and beyond our expectations.

We invite you to join us in this and other efforts to respond to the needs of our brothers and sisters with love, compassion and dedication.

"Members are the foundation, heart and soul of our organization and the talents and gifts our members contribute are the sparks that light the flame of love and service for the underprivileged and the needy by their participation and actions."

(Former Philoptochos National President Aphrodite Skeadas).

### **Each member's \$50 stewardship supports our:**

- National Philoptochos obligations and commitments (\$15)
- San Francisco Metropolis Philoptochos obligations and commitments (\$15)
- St. Anthony Philoptochos obligations and community projects (\$20)

***To renew or join please complete the form below and send a check, payable to St. Anthony Philoptochos Society and mail to:***

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

**or pay online:** <https://stanthonyphiloptochos.square.site>

**or visit the Membership table on Sundays after Divine Liturgy**

### ***General Membership:***

Women of Orthodox Faith, 18 years of age or older, married or single, widowed, divorced, or separated are welcome to join. Please consider the gift of membership for the young women 18 and over in your life.

### ***Associate Membership (non-voting):***

Men of the Orthodox faith and non-Orthodox wives of Orthodox husbands are eligible to join as associate members.

Thank you for your partnership and for helping our community!

*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  
 Give-Mentor-Love  
 Hellenic College/Holy Cross School of Theology Seminarians  
 Hoving Home for Women  
 Kids 'n' Cancer/Camp Agape  
 Light the Path  
 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  
 Villa Esperanza  
 World Central Kitchen  
*A partial list of our charities.*

***San Francisco Metropolis Philoptochos Programs & Charities***

Bishop Anthony Student Aid Endowment Fund [BAPSAEF]  
 Emergency Relief Fund/Social Welfare  
 Kids n' Cancer/Camp Agape  
 Saint Nicholas Ranch  
 Support a Seminarian  
 Women's Health & Wellness

***National Philoptochos Programs & Charities***

Academy of Saint Basil  
 Autism Assistance Fund  
 Cancer Fund  
 Children Medical Fund  
 Ecumenical Patriarchate  
 Emergency Fund  
 General Medical Fund  
 Hellenic College/Holy Cross School of Theology  
 International Orthodox Christian Charities [IOCC]  
 National Sisterhood of Presbyteres Benevolent Fund  
 Operation Classroom  
 Orthodox Christian Fellowship  
 Orthodox Christian Mission Center & Support a Mission Priest  
 Retired Clergy & Widowed Presbyteres Benevolent Fund  
 Saint Photios Shrine  
 Saint Nicholas Shrine  
 Seventy-Fifth Anniversary Founders Fund  
 Social Services United Nations International Children's Emergency Fund [UNICEF]



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

**PHILOPTOCHOS MEMBERSHIP FORM**

2025 Philoptochos Membership       2025 Associate Membership (Men / Non-Voting)      Date \_\_\_\_\_


<b>Last Name</b>	<b>First Name</b>	<b>Spouse Name</b>	<b>M.I.</b>
<b>Street Address</b>			
<b>City</b>	<b>State</b>	<b>Zip</b>	
<b>Home Phone</b>		<b>Cell Phone</b>	

**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>



**2025 PHILOPTOCHOS MEMBERSHIP DRIVE**

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

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

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

**Mail your check along with this form to:**

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

or pay online at <https://stanthonyphiloptochos.square.site>  
Scroll down to "Annual Membership Dues"

For more information or questions, please contact Lisa Xanthos (626) 222-4374 or Helen Skandale (818) 618-4963



## 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 Coffee Hour, you are assisting in providing a delicious snack while we spend time with our church family. Your fellow parishioners will be grateful for the snack and fellowship.

#### **Hosting is easy:**

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](mailto: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](mailto:office@saint-anthonys.org)*

2. **Bring snack for 70 adults & 30 kids** – See reverse side for suggestions and quantities
3. **Bring snack items plated on serving trays/bowls ready to serve by 10:00AM on your chosen day.** *(Serving tables and coffee/water station are set up by 10:00AM)*
4. **Clean up snack tables and remove all personal items** – *Our dedicated Parish caretaker, Carlos, will assist on the day of the event, as needed, but he is not responsible for the set up or clean up of the snack tables. Please remove any leftover food*

Coffee, sugar, creamer, paper plates, plastic utensils, paper cups and napkins used for coffee hour are underwritten by Parish Council & Philoptochos. Please consider donating these items to help offset the cost.

***All donations made during Coffee Hour go toward the Church Altar Fund to provide the liturgical needs for our St. Anthony Parish***

# Coffee Hour

## Food Suggestions & Quantities

Any combination of the items below to feed 100 people

Costco, Smart & Final or Super King are recommended for most items. Specialty items can be found at any Greek or Armenian market

Please have all items ready to serve on platters/bowls, preferably disposable. If not disposable, please remember to take them home

All items are to be brought by 10AM to the Parish Hall

Tables, Tablecloths, Coffee, Cream, Sugar and Water Station will be set up by Carlos

Any questions, please call Tanya @ 626-379-2304

QTY	ITEM	NOTES
50-100	Mini Bagels or Bagels	100 Mini or 50 Regular, cut in Half
2-4 Jars	Peanut Butter	2 Jumbo size or 4 Regular size
2-4 Jars	Jelly	2 Jumbo size or 4 Regular size
	<b>OR</b>	
100	Mini Deli Sandwiches	Assorted Meats, Tuna, Veggie
	<b>OR</b>	
5lbs	Greek Cheese	Feta or Kefalotyri, sliced
4lbs	Greek Olives	1-4lb Tub or equivalent
	Hummus or Tzatziki	Homemade or 3-34oz tubs Costco Hummus
5	Pita Bread Bags / Baguettes	Pita - cut into quarters / Baguettes - sliced
	<b>OR</b>	
	Assorted Salads	Potato Salad, Greek Salad, Tabouli
	Assorted Vegetable Trays	
	<b>AND (Choose 1 or 2)</b>	
100	Cookies	Biscotti, Oreos, Assorted
4-5	Cakes	Cut into thin slices
50-100	Muffins / Pastries / Donuts	50 Large, cut in half or 100 Small
	<b>AND (Choose 1 or 2)</b>	
	Seedless Grapes	Cleaned and cut into small bunches
	Tangerines	
	Assorted Fruit Trays	

With the New Year holiday and Saint Basil feast day in the rearview mirror, the VIPs met on January 14th for their first meeting of 2025. Unfortunately, the joy of getting together to celebrate a new year hopefully filled with health and good fortune was somewhat muted as a result of the devastating wildfires that began on January 7th and decimated the communities of Altadena, Pasadena and the Pacific Palisades.

With members of our own Saint Anthony family included in those who lost homes and businesses as a result of the Eaton Canyon fire, our Philoptochos chapter, supported by many of our VIPs, spearheaded a drive to collect clothing, hygienic needs, monetary donations, and a host of other necessities. On the day of our meeting, the VIP members generously donated just over \$2,000.00 in support of this effort to assist all of those who have been affected by this disaster.

At our final meeting of 2024, President Irene Albeck proposed that elections for officers of the VIPs be held in May so that the new officers would take over in June. This would allow time for the new administration to set goals, research activities and receive feedback from the group during June and July before the meetings begin again in October. This would allow for the August and September months of vacations and Greek Fest preparations. This proposal was again discussed and approved by the membership. All current officers are willing to remain in their positions until May 2025.

Dispensing with these important pieces of business, our tradition of recognizing birthday celebrants proceeded. Our only January birthdays were Niki Brown, Christine Kades, Leah Pastis and Helen Smith.

Only Niki and Christine were in attendance and a hearty HAPPY BIRTHDAY was sung to them!! MANY HAPPY RETURNS LADIES!

With this being the January meeting, it was only fitting and proper that we enjoyed Vasilopita, lovingly baked, cut and distributed by our own Yiota Poulos as a prelude to the luncheon with dishes provided by many members. As luck would have it, our president Irene Albeck found the coin in her piece and we all extend heartfelt best wishes to her for a year filled with GOOD LUCK AND HAPPINESS!

We look forward to our next meeting to be held on **Tuesday, February 11th.**

Jim Hronas

VIP Communications





**Community News & more...****Saint Anthony Bowling League****League News February 2025**

St. Anthony Bowling League began their Winter/Spring season on Thursday, January 23, at Bowlero Lanes in Pasadena. All bowlers were very excited to return to the lanes and catch-up with new and old friends.

This season we are happy to have 30 bowlers comprising 10 teams. Bowling will be 12 weeks and conclude on Thursday, April 10, 2025.

After a brief hiatus, the league welcomed back long time participants Sophia Angelos and Nick Paziouros. We are so happy to have them back! In addition to this we are pleased to have Randy Soewers and John Caire join our league this season.

**Welcome back to our returning bowlers:**

Katherine Boukidis, Georgia Tripodes, Adoni Dimopoulos, Peter Bissias, Kosta Papavasiliou, Chrissa, Syrus and Parviz Mobayen, Virginia, Andrea and Vincent Lappas, Joyce and Jim Nichols, Jim Horaites, Lee Anton, Kristen and Rick McGregor, Mary and Andrew Dewer, Ged Dupas, Cleo Kades, Elene Kalivas, Anthia Lucas and Maria, Chris and Elleni Conley, from St. Paul in Irvine!

Save the Date... Sunday, February 9, St. Anthony bowlers will host the coffee hour following church services.



**Rescheduled**

# St. Anthony Speaker Series

A new talk every other month

**“Great Wines of Greece”**

Learn (and Taste) the Grapes and Regions

Thursday, February 20th at 6:30pm

St. Anthony Church Hall

**Rescheduled**

## **Pan-Icarian Brotherhood - Chapter Oinoe 75th Anniversary Glendi**

Dear Parishioners,

I write to you after a very difficult two weeks with what Southern California has experienced. We each know someone who has been affected by the Palisades and Eaton fires and I hope that we can all find a way to support one another. Entire communities have been decimated and those who are fortunate to have their homes standing, still have a mountain to climb to make their houses safe and habitable again. Estimates start from \$100k for smoke remediation and although insurance may eventually cover these costs, there are upfront expenses families face now.

With this in mind, Chapter Oinoe will still celebrate 75 years on **Saturday, March 1, 2025** and will donate proceeds from this event to helping families affected by both fires. We welcome your support in person or by purchasing raffle tickets. Please see payment links below.

If you have any questions, please contact:

Alexandra Katsas 626-234-7110

Helene Tripodis [helenetripodis93@gmail.com](mailto:helenetripodis93@gmail.com)

Thank you in advance for your support. My hope is that not one more family has to live through what so many are now experiencing.

With warm regards,

Alexandra Katsas

Chapter Oinoe #14, president

### PAYMENT LINKS

- [Glendi raffle ticket - Pan-Icarian Brotherhood of America](#)
- [Glendi Table Reservation - Pan-Icarian Brotherhood of America](#)
- [Glendi ticket - Individual - Pan-Icarian Brotherhood of America](#)

## Byzantine Chant Lenten Journey



Our chanters will be hosting a free series of **Byzantine Chant classes**, starting the first week of the Triodion and continuing through Holy Week.

This is a wonderful opportunity for anyone—young and old, current and future Orthodox Christians—to explore the rich musical tradition of the Greek Orthodox Church.

- **When:** Wednesdays at 7pm (or immediately following the Pre-Sanctified Liturgies during Lent)
- **Where:** Inside the Church

Anyone can attend! If you simply want to learn and listen, feel free to observe. But if you might be interested in chanting during the Orthros or Liturgy services, we especially encourage you to join!

No prior experience of Byzantine Chant, the Greek language, or any form of musical performance is required! Open to all ages – children, teenagers, young-adults, adults, seniors. You will need to be an Orthodox Christian to participate in the services, but these classes are open to all – even those not yet baptized or chrismated.

Our short-term goal is to offer an introductory level knowledge of this rich musical tradition with our parish, and encourage the ability to participate in the services by Pascha. Our long-term hope is to possibly establish the first Byzantine Chant Choir in the Los Angeles area.

Whether you're musically inclined or simply curious about this sacred tradition, we welcome you on this Lenten journey.

### Questions or to Sign Up:

Simply attend the first session on **Wednesday, February 5th at 7pm!**

For more information or any questions, email the church office, or speak with either Michael Kontaxis or Liam McCann in the Church hall on any Sunday!

## Words from St. Seraphim of Sarov (1759-1833)

“Establish yourself in God and then you will be helpful to others.”

“Acquire the Spirit of Peace and a thousand souls around you will be saved.”

“Nothing so aids the acquiring of interior peace as silence.”

“Without humility there is nothing in a man but darkness.”

“Keep silent and refrain from judging others.”

“True faith cannot remain without works.”

“Our life is but a minute in comparison to eternity.”

“Where there is God, there is no evil. Everything coming from God is peaceful, healthy and leads a person to the judgment of his own imperfections and humility.”

You cannot be too gentle, too kind. Shun even to appear harsh in your treatment of each other. All condemnation is from the devil. Never condemn each other. We condemn others only because we shun knowing ourselves. Someone who is busy trying to understand himself has no time to gaze at the shortcomings of others. When we gaze at our own failings, we see such a swamp that nothing in another person can equal it. That is why we turn away, and make much of the faults of others. Instead of condemning others, strive to reach inner peace.

One must not harbor anger or hatred towards a person that is hostile towards us. On the contrary, you must love him and do as much good as possible towards him, following the teaching of our Lord Jesus Christ: Love your enemies; do good to those who hate you (Matthew 5:44).”

“It is necessary that the Holy Spirit enter our heart. Everything good that we do, that we do for Christ, is given to us by the Holy Spirit, but prayer most of all, which is always available to us.”

“Always ask yourself: Am I in the Spirit of God or not? And if you are in the Spirit, blessed be God!—there is nothing to grieve about.”

“Prayer, fasting, vigil and all other Christian activities, however good they may be in themselves, do not constitute the aim of our Christian life, although they serve as the indispensable means of reaching this end. The true aim of our Christian life consists in the acquisition of the Holy Spirit of God. As for fasts, and vigils, and prayer, and almsgiving, and every good deed done for Christ's sake, they are only means of acquiring the Holy Spirit of God.”

“The reading of the Word of God should be performed in solitude, in order that the whole mind of the reader might be plunged into the truths of the Holy Scripture.”

“The soul has to be nourished with the Word of God. Most of all, one has to study the New Testament and the Book of Psalms.”

“Those who have truly decided to serve the Lord God should practice the remembrance of God and uninterrupted prayer to Jesus Christ, mentally saying: Lord Jesus Christ, Son of God, have mercy on me, a sinner.”

“The fact that I am a monk and you are a layman is utterly beside the point. What God requires is true faith in Him and in His only-begotten Son. The Lord seeks a heart filled to overflowing with love for God and our neighbor. This is the throne on which He loves to sit and on which He appears in all His heavenly glory, for in the human heart the Kingdom of God can be contained.”

“True hope seeks the one Kingdom of God and is sure that everything necessary for this mortal life will surely be given. The heart cannot have peace until it acquires this hope.”

## 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](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

*Then Peter came up and said to Him, "Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy times seven." Matthew 18:21-22*

Being a Christian is challenging. If being a Christian is not a challenge for someone, we might wonder what kind of Christian that person is, because for the person who is really striving to be a Christian, that effort is going to become a struggle and a challenge. Following the teachings of Jesus fully, and not selectively, will challenge even the most devout and well-intentioned Christian. And one of the greatest challenges of Christianity has to do with the subject of forgiveness.

To forgive does not mean that we forget. In fact, remembering our mistakes hopefully keeps us from repeating them. What forgiveness means is that we stop talking about the wrong, we stop bringing it up and holding it over someone. We either move on in the relationship, or we move on from the relationship. However, whether the relationship continues or not, past transgressions aren't continually brought up and talked about. Forgiveness also means that we don't talk about sins someone has committed against us with other people. If we are talking about the transgressions of others, then we haven't truly forgiven them.

No relationship works for any amount of time without forgiveness. It is impossible to have any relationship that is perfect, simply because we are not perfect. Someone is going to say or do something wrong in every relationship. Ironically, the closer the relationship, the greater the opportunity to do something wrong. Why? Because when we see someone all the time, we have so many more chances to say or do something wrong.

When I think about my ministry, and the number of things I've done wrong, the number of sins out there is astronomical. If I say something insensitive in a sermon, that could be a sin against 300 people in one moment. If I've committed even one sin against every member of the Prayer Team, that's 5,000 sins. If I commit one sin against each of the 1,200 people in my congregation per year times the twenty years I've been here, that's 24,000 sins. Then we get to close friends, and then to family, and the sins pile up. If there is no forgiveness, and if those sins are continually spoken about, none of us would have any reason for any hope. Every sin we commit is also a sin against God. While our total sins may be a lot towards each other, they are incalculable against God. We read in Psalm 130:3, "*If Thou, O Lord, shouldst mark iniquities, Lord who could stand?*" That is true with the Lord and also true with one another. The Psalmist also writes "*For with the Lord there is steadfast love and with Him is plenteous redemption.*" (Psalm 130:7) We would be wise to offer the same generosity when it comes to forgiving others.

It's hard to know what is more difficult, to forgive someone who has done something really wrong, or to carry the weight of knowing one hasn't truly been forgiven. This is an incentive to forgive. We should be motivated to loosen the burden of sin from someone else, because we hope that others will loosen the burden of sin someone else might hold over us. The weight of not being forgiven can truly be crippling. This is actually the thing I struggle with the most in my life and in my priesthood. It's both the sorrow over sin I have done and the weight of carrying the sins that have not been forgiven. This is why I humbly ask for forgiveness, with a contrite heart, hoping for anything that might weigh down my relationship with you can be forgiven and lifted.

When restoration of a relationship is possible, which it usually is, with family, friends and co-workers, then forgiveness actually serves to bring people closer together. The words "forgive me" and "I forgive you" or "forgiven," become almost as strong as "I love you." One good analogy about forgiveness is two people holding a string between them. When someone sins, the string is cut. Forgiveness is when people tie the string together. However, if each person is holding onto the string with one hand, that leaves only one hand to tie the string together. Both people have to work at tying the string together. The resulting knot will lessen the distance between the two people. It will actually bring them closer together. And this is how forgiveness is supposed to work. It takes effort on the part of both people.

The biggest incentive to forgive comes from the prayer we offer most often, the Lord's Prayer. We pray to the Lord "forgive us our trespasses as we forgive those who trespass against us." In other words, we are asking the Lord to forgive us in the same way we forgive one another. Wow, do we actually really mean that?! I hope the Lord will do a better job at forgiving me than how I've done forgiving others. I sure hope He isn't going to bring up all my past sins when I stand before Him. And if this is my hope, then it stands to reason that I should do a better job at forgiving others.

*Lord, I pray so often for You to forgive us our trespasses in the same way we forgive those who trespass against us.*

*Help me to live out this prayer, to be generous with forgiveness and mercy towards one another, and for others to be generous with forgiveness and mercy towards me.*

*When it is possible to reconcile a relationship, lead me down that path.*

*And when it is not possible, help me not to hold animosity towards others, or to speak ill of them.*

*Help me to trust that You are the judge of all.*

*Most important, forgive me Lord for all the times I have sinned against You, for if You Lord were to keep track of all my sins, there is no way I could stand before You.*

*Jesus Christ, Son of God, have mercy on me a sinner.*

*Amen.*

Forgiveness is like a form of art. It is delicate, fragile and sensitive. When it is done right and done well, it is a thing of beauty. Asking for forgiveness, offering forgiveness, and not speaking about the things that have been forgiven are challenges for every Christian.



## 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

#### 9 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.



## Triodion - Sunday of the Prodigal Son

### 16 February

Through the parable of today's Gospel, our Savior has set forth three things for us: the condition of the sinner, the rule of repentance, and the greatness of God's compassion. The divine Fathers have put this reading the week after the parable of the Publican and Pharisee so that, seeing in the person of the Prodigal Son our own wretched condition -- inasmuch as we are sunken in sin, far from God and His Mysteries -- we might at last come to our senses and make haste to return to Him by repentance during these holy days of the Fast.

Furthermore, those who have wrought many great iniquities and have persisted in them for a long time, oftentimes fall into despair, thinking that there can no longer be any forgiveness for them; so being without hope, they fall every day into the same and even worse iniquities. Therefore, the divine Fathers, that they might root out the passion of despair from the hearts of such people, and rouse them to the deeds of virtue, have set the present parable at the forecourts of the Fast, to show them the surpassing goodness of God's compassion, and to teach them that there is no sin -- no matter how great it may be -- that can overcome at any time His love for man.

The foregoing two parables -- especially that of the Prodigal Son -- have presented to us God's extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation and death suddenly snatch them away, the most divine Fathers have appointed this day's feast commemorating Christ's impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

It is the aim of the holy Fathers, through bringing to mind that fearful day, to rouse us from the slumber of carelessness unto the work of virtue and to move us to love and compassion for our brethren. Besides this, even as on the coming Sunday of Cheese-fare we commemorate Adam's exile from the Paradise of delight -- which exile is the beginning of life as we know it now -- it is clear that today's is reckoned the last of all feasts, because on the last day of judgment, truly, everything of this world will come to an end.

All foods, except meat and meat products, are allowed during the week that follows this Sunday.



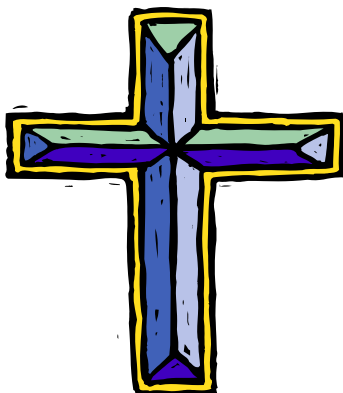
## Triodion - Judgment Sunday - Meatfare Sunday

### 23 February

The foregoing two parables -- especially that of the Prodigal Son -- have presented to us God's extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation and death suddenly snatch them away, the most divine Fathers have appointed this day's feast commemorating Christ's impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

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All foods, except meat and meat products, are allowed during the week that follows this Sunday.



# Orthodox Calendar

## February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
<b>2</b> <b>Presentation of our Lord</b> 8:45am Orthros 10am Divine Liturgy  1pm Dance Practice Indoor & Live-stream	<b>3</b> 5:30pm Dance Practice	<b>4</b> 5:30pm Dance Practice	<b>5</b>  7pm Union Staton Philoptochos	<b>6</b>	<b>7</b>  7pm Dance Practice	<b>8</b> 9am Dance Practice
<b>9</b> <b>Triodion Begins</b> <b>Sunday of the Publican</b> <b>and the Pharisee</b>  8:45am Orthros 10am Divine Liturgy  12:15pm GOYA Meeting 1pm Dance Practice  Indoor & Live-stream	<b>10</b> 5:30pm Dance Practice	<b>11</b> 10:30am VIP Meeting  5:30pm Dance Practice  7pm Par. Council	<b>12</b> 7pm Philoptochos Board Mtg.	<b>FD</b>		<b>13</b>
<b>16</b> <div style="background-color: #0070C0; color: white; text-align: center; padding: 2px;"> <b>FD</b> </div> <b>Sunday of Prodigal Son</b>  8:45am Orthros 10am Divine Liturgy  Indoor & Live-stream	<b>17</b>	<b>18</b>	<b>19</b> 	<b>20</b> 6:30pm Speaker Series - Great Wines of Greece	<b>21</b> 	<b>22</b>
<b>23</b> <b>Meatfare/Judgment</b> <b>Sunday</b>  8:45am Orthros 10am Divine Liturgy 11:30am Souper Sunday Indoor & Live-stream	<b>24</b> 	<b>25</b> 	<b>26</b>  7pm Philoptochos General Mtg.	<b>27</b> 	<b>28</b> 	
		<b>Strict Fast</b> 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 All foods allowed  No Symbol

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TIME SENSITIVE

POSTAGE  
STAMP

*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.*

What does the  
**LORD**  
require of you, but to  
**Act Justly**  
to **LOVE MERCY** and to  
**Walk Humbly**  
WITH **GOD**  
YOUR  
**MICAH 6:8**