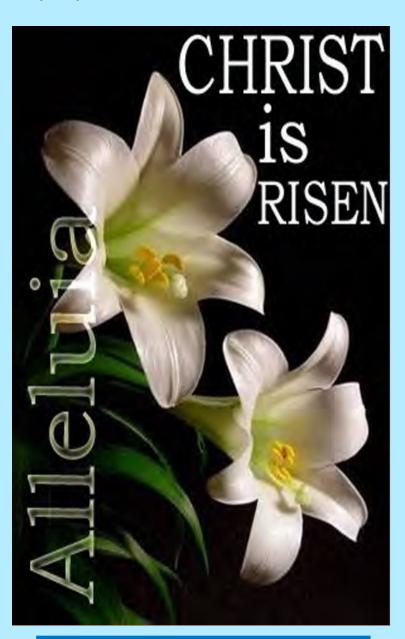
The Voice of Saint Anthony April 2025

Saint Anthony Greek Orthodox Church

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

Sunday of St. Mary of Egypt	6 April
Saturday of Lazarus	12 April
Palm Sunday	13 April
Holy Monday	14 April
Holy Tuesday	15 April
Holy Wednesday	16 April
Holy Thursday	17 April
Holy Friday	18 April
Holy Saturday	19 April
GREAT & HOLY PASCHA	20 April
Bright Week	20-26 April
Sunday of Thomas	27 April

Priest's Message	2
Stewardship	5
Ministries	7
Parish Council Report	9
Sunday School	10
Youth/Young Adults	12
Philoptochos	21
VIPs	33
Community News, etc.	34
Monthly Lesson	45
Saints of the Month	47
Orthodox Calendar	54



Great & Holy Pascha Easter Sunday April 20th

Deadline for MAY Newsletter is Tuesday, 25 April Please send to: newsletter_church@aol.com

Page 2 April 2025

Message from Father Peter

Let us pray...

Passing from one divine Feast to another, from palms and branches, let us now make haste O faithful, to the solemn and saving celebration of Christ's Passion. Let us behold Him who would undergo voluntary suffering for our sake and let us sing to Him with thankfulness a fitting hymn: Fountain of tender mercy and haven of salvation, O Lord, glory to You!

Beloved Parishioners.

"Therefore, we also bearing palms and olive branches cry aloud to You in thanksgiving!"

With these inspiring words, we approach another glorious Holy Week. This is the special time of year that we all need to come together as a Christian Family, to embrace these beautiful services of Holy Week, as they lead us, through participation and worship, to His Glorious Resurrection.

In an effort to better prepare us for Holy Week, I will give a very brief explanation of what to expect for each holy day during this beautiful time known as **Holy Week**:

We begin with the **Saturday of Lazarus**. Jesus brought His friend Lazarus back to life. In a prophetic way, Jesus showed that He, too, would die and come back to life.

Palm Sunday: Jesus enters Jerusalem and the people accept Him as their King. They welcome Him into the city of Jerusalem with a large crowd laying down palm branches at his feet. The proclamation was "Hosanna in the highest, blessed is He who comes in the name of the Lord!"

Holy Monday: The theme for this day is a reminder of what happened to Jacob's son, Joseph, of the Old Testament. We are reminded that Joseph was a prototype of Jesus. We hear the beautiful hymn that Christ the Bridegroom comes in the middle of the night. We should always be vigilant and prepared for His return.

Holy Tuesday: We are given the theme of the Ten Virgins of the Parable Jesus told. Five were foolish and five were wise. The five wise prepared themselves while the five foolish did not. Our Church reminds us we must prepare ourselves properly. We are also reminded of the beautiful hymn written by Kassiane the Nun.

Holy Wednesday: We are reminded of the woman who anointed the feet of Christ. She was so grateful for all that Jesus had done for her, she felt the need to show her love. This is the early evening where Holy Unction is prepared and administered to the people for the healing of soul and body.

Holy Thursday morning: We attend a special Divine Liturgy where we sit with Christ at the Mystical Supper with His Apostles.

On Holy Thursday evening: We walk with Jesus as He is taken prisoner, tried, condemned, mocked, crucified and gives up His Spirit. This is explained in great detail through the Twelve Gospel Readings.

Holy Friday afternoon. We watch and pray while the priest and the acolytes take Jesus down from the Cross and place His body wrapped in a white linen shroud for 40 days. Also the Epitaphion is processed around the church and placed in the decorated Kouvoukion for the faithful to reverence at the conclusion of the service.

Holy Friday evening: We sing funeral hymns to Jesus. We process with His tomb around the outside of the Church. With lit candles we sing the beautiful Lamentations to our Lord.

Holy Saturday morning: This is a most beautiful Vesperal Divine Liturgy. It is filled with prophecies and beautiful uplifting hymns. Finally, the Gospel reading proclaims that Christ's tomb was empty. The priest exclaims, "Arise God and be judge of the earth, for you shall inherit all nations." While chanting, the priest throws rose pedals and bay leaves throughout the church. This is the first proclamation of the Resurrection of Christ.

Holy Saturday night/Easter Sunday: The service begins at 11 PM and goes into the early hours of Sunday morning. Close to midnight the entire church is darkened. With one small flame (the eternal flame) remaining on the Holy Altar from a vigil lamp, the priest lights a resurrectional candle from the eternal light and chants to an overflowing crowd to "Come receive the light of Christ and glorify His Resurrection." The light is passed to the faithful and the congregation with only the light of their candles in the darkened church sing Christos Anesti! With their candles lit they make the sign of the cross. We hear the good news through this hymn that Jesus is risen from the dead! Christ is risen! Truly he is risen!" He has trampled down death by death, bestowing life to those in the tombs.

With much anticipation and love, our Lord is welcoming us all back into His Holy Church.

Come and see!

Come and pray!

Come and receive!

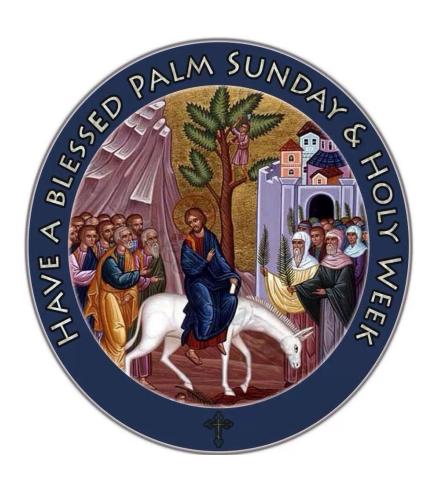
Come and taste!

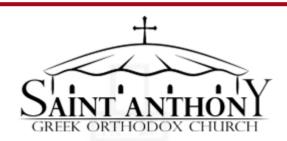
Come and participate!

Come and experience all the beauty of Holy Week and the joy of Christ's Holy Resurrection!

Καλή Ανάσταση

Fr. Peter





HOLY WEEK AND EASTER/PASCHA PROGRAM APRIL 12 – APRIL 20, 2025

SATURDAY OF LAZARUS - April 12	
Orthros	9:00 a.m.
Divine Liturgy	
PALM SUNDAY - April 13	
Orthros	8:45 a.m.
Divine Liturgy (Luncheon to follow)	10:00 a.m.
Service of the Bridegroom	6:00 p.m.
HOLY MONDAY - April 14	
Service of the Bridegroom	6:00 p.m.
HOLY TUESDAY - April 15	
Service of the Bridegroom (Hymn of Kassiani)	6:00 p.m.
HOLY WEDNESDAY - April 16	
Sacrament of Holy Unction(e	earlier) 3:00 p.m.
Service of the Bridegroom	
HOLY THURSDAY - April 17 Vesperal Liturgy of St. Basil	9:00 a m
The Service of the Holy Passion (12 Gospels)	
HOLY FRIDAY – April 18 The Descent from the Cross	2.00
The Graveside Lamentations	
	6:00 p.m.
HOLY SATURDAY - April 19	
Vesperal Liturgy of St. Basil	
Vigil for the Holy Resurrection	_
"Come Receive the Light" – The Resurrection Service & Divine Liturg Mageiritsa Dinner follows. All faithful are cordially invited to partake.	gy 11:45 p.m.
PASCHA/EASTER SUNDAY - April 20	
The Agape Vespers Service	12:00 Noon

Stewardship

SAINT ANTHO	"As each h	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
LAST NAME	FIRST NAME(S), PLEASE INCL	UDE CHILDREN UN	DER 18.		
STREET ADDRESS		CITY	STATE	ZIP	
PREFERRED PHONE	OTHER/SECOND PHO		E-M		
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, 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)

in tunin and pay my piedge. (CFIECK 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

Nama		Email	Dhono
Name_		Email	Phone
	_Pasadena Greek Fest	Saint Anthony Feast Day	
	Pasadena Golf Classic	Dinner	Other
	Palm Sunday Luncheon	Resurrection Magiritsa	Summer Family Picnic
		Parish Events	
	JOY/HOPE	Oratorical Festival	Other
	Greek Language School	St. John Chrysostom	Welcoming Committee
	Greek Dance	Office Volunteers	Volleyball Tournament
	GOYA/Jr. GOYA	Fellowship)	VIPs
	GOYA Basketball	OCF (Orthodox Christian	Vacation Bible School
	Bookstore	Myrrh Bearers	Sunday School
	Bible Studies	Little Lambs	Studies in the Faith
	Acolytes	Kouvouklion	Stewardship Committee

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:

Présuytera Aida Stratos

April 2025

PHILOPTOCHOS SOCIETY

Executive Board

President

Judith Din

1st Vice President

Jeanne Karaionnoglou

2nd Vice President

Helen Skandale and Lisa Xanthos

Corresponding SecretaryMary 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 Udřia

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.

Page 10 April 2025



Congratulations to all of our 2025 Saint John Chrysostom Oratorical Festival Participants

This year we had five Speakers and one Essayist in our Parish Level St. John Chrysostom Oratorical Festival.

Jr Division Speakers:

Jordan Nichols Vivian Stoykova **Jr Division Essayist:** Michael Patzakis

Sr Division Speakers:

Colton Cerin Thomas Bitzko Yianni Kades **Speaker Finalists:** Vivian Stoykova Yianni Kades

They all spoke and wrote thoughtfully and beautifully. We are proud of all of them. Our Speaker Finalists advanced to the District Level Oratorical Festival at Assumption of the Blessed Virgin Mary. Michael Patzakis' essay advances to the District Essay Category. We wish them all continued success.

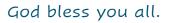
Special thanks to:

Our Judges: Christian Kontaxis, Dr James Pappas and Liam McCann

Our Timekeeper Alexander Soewers Our Sound Coordinator Nick Kleissas

Our Oratorical Committee: Tesi Lareau, Craig Lareau and Presvytera Aida

We also thank all the parents who supported and encouraged their children to participate in this beautiful Youth Ministry of the Greek Orthodox Archdiocese.





SUNDAY SCHOOL

Under the faithful guidance of their teachers, our Sunday School students are halfway through their journey through Great Lent. All classes came together on Forgiveness Sunday to talk about the meaning of Great Lent and what we can do to prepare spiritually and mentally for Pascha as a way to "kick off" this special time in our church. We prayed the St. Ephraim Prayer and discussed ways that prayer, repentance, fasting, and almsgiving can bring us closer to Christ and our faith during this time.

One of the most special traditions at our church is the Procession of Icons on Sunday of Orthodoxy. It's really moving and beautiful to see children of all ages carrying their icons with love and pride as they walk around the church. This experience helps them personally engage in one of the most significant events of our church and serves as a reminder just how important icons are to us as Orthodox Christians.

In the coming weeks we will be continuing our journey through Great Lent as we discuss and explore the significance and theme of each special Sunday in hopes that we are helping our students be more prepared for Pascha. On Sunday, April 6th we will be packing sack lunches for Union Station as an opportunity to practice good deeds and almsgiving. A donation of \$10.00 per family is requested and can be sent to Athena Serban through Venmo at @Athena-Serban. We are hoping for a successful turnout so that our children can experience the joy that comes with giving back to those in need. More information will be sent via email!























Page 12 April 2025

Youth & Young Adults

SAVE THE DATE!

GOYA VOLLEYBALL TOURNAMENT

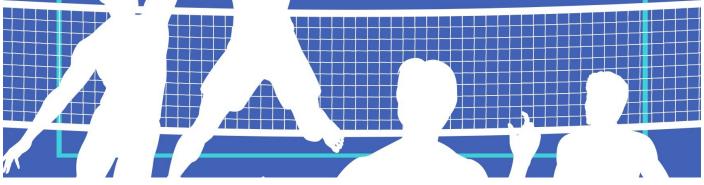
SATURDAY, MAY 10, 2025 VICTORY PARK, PASADENA

FROM 8:30AM TO 4:30PM MIDDLE AND HIGH SCHOOL DIVISION

5:30PM DINNER, AWARDS, AND DANCING IN TRINITY BALLROOM @ ST.ANTHONY'S GREEK ORTHODOX CHURCH, PASADENA

\$40 PER PLAYER
HOSTED BY ST. ANTHONY'S













St. Anthony GOYA Basketball 2025

The Greek Orthodox Basketball League kicked off their 51st season on Sunday, February 23. As we progressed through the month of March most of the regular season is drawing to a close.

All St. Anthony players have displayed excellent sportsmanship during their games. Sadly, St. Anthony was unable to field a Junior Boys team this season.

Final schedule:

Sunday, March 30 @St. George, Downey Pius High School, Downey

Sunday, April 6 @Assumption, Long Beach Duarte High School

Break: Sunday, April 13, Palm Sunday through Sunday, April 20, Easter

Quarter Finals:

Saturday, April 26 Cabrillo High School, Long Beach

Semi-Finals:

Sunday, April 27 Cabrillo High School, Long Beach

Finals:

Sunday, May 4 St. Sophia Cathedral

Game Scores:

Week 1: St. Anthony -vs- St. Nicholas, Northridge

Jr. Girls 17 - 30 St. Nicholas

Sr. Girls 20 - 23 St. Nicholas

Sr. Boys 63 - 61 St. Anthony

Week 2: St. Anthony -vs- St John, Anaheim

Jr. Girls 15 - 5 St. Anthony

Sr. Girls 26 - 22 St. Anthony

Page 14 April 2025

Week 3: St. Anthony -vs- St. Basil, San Juan Capo.

Jr. Girls 30 - 8 St. Anthony

Sr. Boys 50 - 40 St. Anthony

Week 4: St. Anthony -vs- St Sophia Cathedral

Jr. Girls 21 - 18 St. Anthony

Sr. Girls 41 - 1 St. Anthony

Sr. Boys 43 - 61 St. Sophia

Week 5: St. Anthony -vs- St Katherine, Redondo

Sr. Girls 31 - 16 St. Anthony

Sr. Boys 51 - 29 St. Anthony

All teams are having a great season so far! Rankings as of 5 weeks are:

St. Anthony Junior Girls: 3rd Place Record: 3-1

St. Anthony Senior Girls: 2nd Place Record: 3-1

St. Anthony Senior Boys: 2nd Place Record: 3-1

We invite everyone out for the final game as well as the play-offs!



St. Anthony -vs- St. John Junior and Senior Girls



Page 16 April 2025

St. Anthony vs. St. Basil Junior Girls





St. Anthony vs. St. Basil Senior Boys



St. Anthony vs. St. Sophia Junior Girls



Page 18 April 2025

St. Anthony vs. St. Sophia Senior Girls



St. Anthony vs. St. Sophia Senior Boys



Page 20 April 2025

St. Anthony vs. St. Katherine Senior Girls



St. Anthony vs. St. Katherine Senior Boys



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 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

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



Page 22 April 2025

Good Works, continued



The Prayer Shawl Ministry is a compassionate outreach initiative offered by parishes and Philoptochos Chapters around the country.

Dedicated volunteers knit and crochet shawls for people in need of support and prayers, donating these shawls to individuals and charitable organizations in their communities.

These shawls serve as symbols of comfort, solace, and healing for those experiencing illness, grief, and hardship.

All those interested in participating in the Prayer Shawl Ministry, join us in our church hall for fellowship as we work on the shawls:

Tuesday, April 8, at 10:30 AM.

Refreshments will be provided.

If you do not know how to knit or crochet, we will be happy to teach you. All are welcome! For more information contact Maria Kypreos: makypreos@gmail.com or (626)272-2720.

EATON FIRE DISASTER RELIEF SUPPORT

Philoptochos is here to help those affected by the Eaton Fire and we have been providing support and assistance to those who have been affected.

Recovery Relief Buckets are available to anyone who has been displaced or is recovering from the after-effects of the fire. Buckets contain essential cleaning supplies to help you clean and neutralize the lingering ashes and residue of the fire.

Contact a Board member if you or someone you know needs a Disaster Relief Bucket.

Philoptochos is here to help those affected by the Eaton Fire. If you need assistance or aid, please let us know. The Army of Agape is here for you.

If you need assistance or aid, please let us know.

The Army of Agape is here for you.

Questions: Judith Din (626) 676-1240 or jnda810@gmail.com

EASTER CHILDREN'S BOOK SALE

On *April 6, 12, 13* after Divine Liturgy, Philoptochos will offer children's Pascha and religious books for sale as well as fun Easter items for gifts and to help out the Easter Bunny. Proceeds from the sale go to support Kids 'N' Cancer.

Community Happenings

"HEARTS OF HOPE" Art Class - February General Meeting

In February, Philoptochos members and the parish community gathered to decorate hearts for those impacted by the devasting wildfires and even one for themselves.















Philoptochos Easter Bake Sale

Proceeds benefit Kids 'n' Cancer, a San Francisco Metropolis Philoptochos Ministry, providing children with cancer and other life-threatening illnesses and their families a stay at Camp AGAPE.

Pre-Paid Orders Must be Received by Wednesday, April 2, 2025

ORDERS AVAILABLE FOR PICKUP ONLY:

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

SATURDAY, APRIL 12 and SUNDAY, APRIL 13 (after Liturgy until 1:00 PM-both days Place prepaid order by:

- MAIL Fill out Order Form below (check payable to St. Anthony Philoptochos and mail to: St. Anthony Philoptochos, Kids 'n' Cancer Bake Sale, 778 S. Rosemead Blvd., Pasadena, CA 91107 or
- ONLINE https://stanthonyphiloptochos.square.site

Name:	Cell/Home Phone:		
Address:	City:E-n	naíl:	
ITEMS		COST	QUANTITY \$ TOTAL
	Tsoureki (1 loaf) Traditional sweet Greek Easter Bread.	\$22	\$
到	Koulourakia (bag of 12) Butter-based cookies with sweet delicate flavor topped with egg glaze and toasted sesame seeds.	\$12	\$
	Koulourakia, Chocolate Dipped (box of 6) Butter-based with sweet delicate flavor dipped in dark chocolate (Limited Quantity).	\$10	\$
	Pastel Kourabiethes (box of 12) Shortbread butter cookies without nuts covered in colored powdered sugar.	\$22	\$
25	Kourabiethes (box of 12) Shortbread butter cookies without nuts covered in powdered sugar.	\$22	\$
30	Easter Oreos, Chocolate Dipped (2 per pkg) Oreo cookies dipped in colorful chocolate and covered with candy sprinkles.	\$5	\$
	Dyed Red Eggs (1 dozen)	\$15	\$

ORDER TOTAL

\$____

Upcoming Community Happenings

Trunk Treasures Spring Sale Event

Saturday, May 17, 2025 8 AM to 1 PM St. Anthony Greek Orthodox Church



Start your spring cleaning now!

Philoptochos is requesting items from your old Trunks and boxes, any Treasures that you are ready to part with, such as:

Antiques - Artwork - Books - Tools - Small Furniture - Sporting Goods

China - Home Items - Kitchenware - Home Décor - Purses - Jewelry

Scarves - Shoes - Clothing (clean & in excellent condition)

Things you can SELL!

All items must be in good to excellent working condition. No baby toys. No baby equipment. Plan to bring your items and set up on Friday, May 16, 2025.

The schedule for drop-off and set-up times will be posted in May bulletin and Voice newsletter.

Each participant will be responsible for pricing and setting up their items as well as removing any of their unsold items from the church property immediately after the sale closes on

Saturday. Philoptochos will provide price tags and pricing stickers.

All proceeds from this yard sale will go to Philoptochos.

We need volunteers for this fun event!

Volunteers are needed for item donations, cashiering, bagging, customer assistance, and truck pickups.

For more information and to volunteer, please contact Christine Pappas christinepappas2@gmail.com or 818-415-5176 Page 26 April 2025

Upcoming Scholarship Opportunities in 2025

Attention High School Seniors - Philoptochos of Saint Anthony Scholarship Applications are available at the community center foyer next to the church office. Applications will be open for graduating seniors who are active members of our parish.

Deadline for submission of applications and recommendation letters are April 11, 2025.

Patzakis Scholarships for Nursing and Medical Studies. Nursing and Medical Studies Scholarship Applications will be available in March and will be due in May 2025. Any student pursuing a degree in nursing, medicine, healthcare, or dentistry and who is a member of our St. Anthony Church community may apply.

If you are considering applying, please notify Judith Din <u>inda810@gmail.com</u> of your intent to apply.

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

<u>Upcoming Philoptochos Meetings</u>

Board Meeting Tuesday, April 8 at 7:00 PM.

General Meeting Wednesday, April 23 at 6:30 PM. More details to come.

Board Elections Wednesday, May 28 during May General Meeting



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos Instagram: stanthonyphiloptochos

Upcoming Metropolis Events

Kids 'N Cancer - Agape: A Celebration of Love

The luncheon will be held on **Sunday April 27**, **2025** at 2:00 PM at the Newport Beach Country Club. The annual event helps raise awareness for this ministry which provides support for children afflicted with cancer and their families. This event is a beautiful, fun-filled afternoon giving those attending the opportunity to participate in fundraising, to meet Camp Agape families, and to enjoy fellowship.

To REGISTER for luncheon and to DONATE:

https://www.sfphiloptochos.org

Upcoming Metropolis Events



Visit www.sfphiloptochos.org to make a secure donation TODAY!

Camp Agape is dedicated to providing support for children afflicted with cancer and their families. This beloved ministry offers a compassionate and caring environment, exemplary of Christ's unconditional love, along with an opportunity to shape meaningful friendships and create precious memories.

To benefit our Kids 'n' Cancer Ministry

Sunday, April 27, 2025

2:00 p.m. PDT

Newport Beach Country Club
One Clubhouse Drive | Newport Beach, CA 92660

RSVP Date: April 20, 2025

While enjoying an afternoon of fabulous music, delectable food, and good friends, guests will have



the opportunity to purchase Mystery Hat Boxes filled with exciting gifts and participate in an Opportunity Drawing!

Register at www.sfphiloptochos.org or by calling 415-431-2600 by April 20, 2025

Opportunity Drawing

The Louis Vuitton Neverfull MM Tote Bag Cost: \$100 person



It is time for the 2025 Philoptochos Membership Drive

All are welcome to become members or associate members of our group.

We help those in need. Renew or Join now!

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 M	Iembership	2025 Associate (Men / Non-V		Date
Last Name		First Name	Spouse Name	M.I.
Street Address				
City		State		Zip
Home Phone		Cell Phone		
Email Notices will be sent via et	mail. If you pre	fer your notices mailed	l, please, let us know	by checking here
St. Anthony's Philoptocl	nos Stewardshij	p (membership dues).	Select amount below	v:
\$50	\$7:	5 \$100	\$125	Other
Each \$50 stewardship so St. Anthony Philoptoche				ropolis (\$15) and edit CardCash
I am interested in helping	with the follow	ing:		
Feeding the Hungry Delivering Meals to Homebound Visita Telephone Tree	Parishioners	Hosting Fel Baking & C Fundraising Social Med	Cooking	MarketingWebsite DesignerOther TalentsSpecify
OPTOC	2025 P	НІСОРТОСНО	S MEMBERSI	HIP DRIVE
Att State of	Your cont assistance membersl philanthro	tinued generosity allow e and outreach to those hip or become a new m opic work. Join us as w whatever you did for	in need. We invite you tember as we endeavous strive to fulfill the word one of these, the least	ovide financial ou to renew your or to do our word of Christ.
	OR JOIN BY !	-	Matthew 25:30 le to: Saint Anthor	ny Philoptochos Society)
		il your check along wi		
		y Philoptochos Society th Rosemead Boulevar		•
		ne at https://stanthon l down to "Annual Mo		re.site
For more information of	r questions, plea	se contact Lisa Xanthos	(626) 222-4374 or He	elen Skandale (818) 618-4963

To register for membership online, click here:



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:

 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 snack for 70 adults & 30 kids See reverse side for suggestions and quantities
- 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

Host a Coffee Hour

Food Suggestions & Quantities

100 people - 70 adults & 30 children

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 brought to the Parish Hall ready-to-serve on platters/bowls by 10AM. preferably disposable. If not disposable, please remember to take them home

Tables, Tablecloths, Coffee, Cream, Sugar, Paper Plates, Napkins, Cups and Water will be set up by 10AM

Paper goods are underwritten by both Parish Council & Philoptochos. Please consider donating these items to help offset the cost

Our dedicated Parish caretaker, Carlos, is responsible only for the setup of water and coffee. He should not be expected to set-up the snack or cleanup any remaining food or serving pieces.

Any questions, please contact Tanya Mallis-Christodoulelis @ 626-379-2304

QTY	ITEM	COMMENTS	
	Mini Bagels or Bagels	100 Mini whole or 6 bags of 12 Regular Sliced, cut in half	
1 Jumbo Jar	Peanut Butter	Served in 4 paper/plastic bowls	
1-48oz Jar	Jelly	Served in 2 paper/plastic bowls	
1 Jumbo Jar	lar Nutella Served in 2 paper/plastic bowls		
	OR		
100	Mini Deli Sandwiches	Assorted Meats, Tuna, Veggie	
	OR		
5lbs	Greek Cheese	Feta or Kefalotyri, sliced	
4lbs Greek Olives 1-4lb Tub or equivalent		1-4lb Tub or equivalent	
	Hummus	Homemade (1 lg can chickpeas) or 3-34oz tubs Costco Hummus	
4	Pita Bread Bags of 12	Pita - cut into quarters / Baguettes - sliced	
	OR		
2-3	Assorted Salads	Potato Salad, Greek Salad, Tabouli	
2	Assorted Vegetable Trays		
	AND (Choose 2)		
100	Cookies	Biscotti, Oreos, Assorted	
4	Bundt Cakes or similar	Cut into thin slices	
50-100	Muffins / Pastries / Donuts	50 Large, cut in half or 100 Small	
6 containers	Seedless Grapes	Cleaned and cut into small bunches	
3 – 5lb bags	Tangerines		
2	Assorted Fruit or Veggie Trays		

April 2025

VIPs

Page 33

The last VIP meeting was held on Tuesday, March 11th in the Community Center with 30 members in attendance. After some socialization at 10:30 am, the recitation of the Lenten Prayer of Saint Ephraim opened the meeting with President Irene Albeck then recounting some of the many happenings and events that we as a city and parochial community have experienced since the beginning of 2025.

Without a doubt, the Eaton and Palisades fires of January affected and disrupted our routines in so many different ways; whether we knew someone who lost a home or business, participated in fundraising and activities to benefit those who suffered loss, or how we just tried to imagine how lives would be put back together.

The month of February saw the beginning of Triodion and the annual extravaganza of FDF on the weekend of 2/13 through 2/16, giving parents and grandparents the opportunity to see their youngsters participate in this amazing cultural experience while rekindling friendships.

On February 22nd, many VIPs and parishioners attended the Villa Esperanza *Day at the Races* fundraiser at Santa Anita Park which sold out and was undoubtedly a financial success.

Souper Sunday followed the next day at the Community Center with the proceeds going to benefit **The Pasadena Bad Weather Shelter.**

Moving quickly along, many VIPs gathered in the Hall Kitchen on Tuesday, February 25th to bake paximadhia for after-church coffee hour. The next session was scheduled for March 18th.

In March, many VIPs had the opportunity to participate in two amazing outings — the first being a visit to the San Gabriel Civic Auditorium to enjoy a production of "*Peter Pan*", hosted by the Pasadena Civic Ballet under the guidance of our own Tanya Grafos and Zoe Vidalakis. Then on March 8th, 14 VIPs enjoyed lunch at *The Only Place in Town* restaurant followed by a visit to the newly refurbished Sierra Madre Playhouse to see *MASTERCLASS*, a production inspired by the legendary masterclasses given by the opera icon Maria Callas at the Juilliard School.

Upcoming events to be discussed in greater detail at a later date include a trip to the Reagan Library sometime in April, the Strawberry Festival in May, and a tour of CalTech sometime in the Fall.

With April now upon us, the 12th of the month will see us celebrating the Saturday of Lazarus with the traditional pancake breakfast and assembly of palm crosses in preparation for Palm Sunday on April 13th. Holy Week will follow and on April 20th, we will all rejoice in the Resurrection of our Lord and Savior Jesus Christ.

New members in attendance at our March meeting were Janet Vagenas and Georgia Papavasiliou.

With nine of our members celebrating birthdays in March, only two were in attendance at this meeting including Cecelia Barriga and Staurula Kiotas. MANY HAPPY RETURNS LADIES!!

We are happy to report that Andy Demopulos is resting comfortably at the Huntington Drive Health and Rehabilitation Center in Arcadia and we wish him a speedy recovery and return to home.

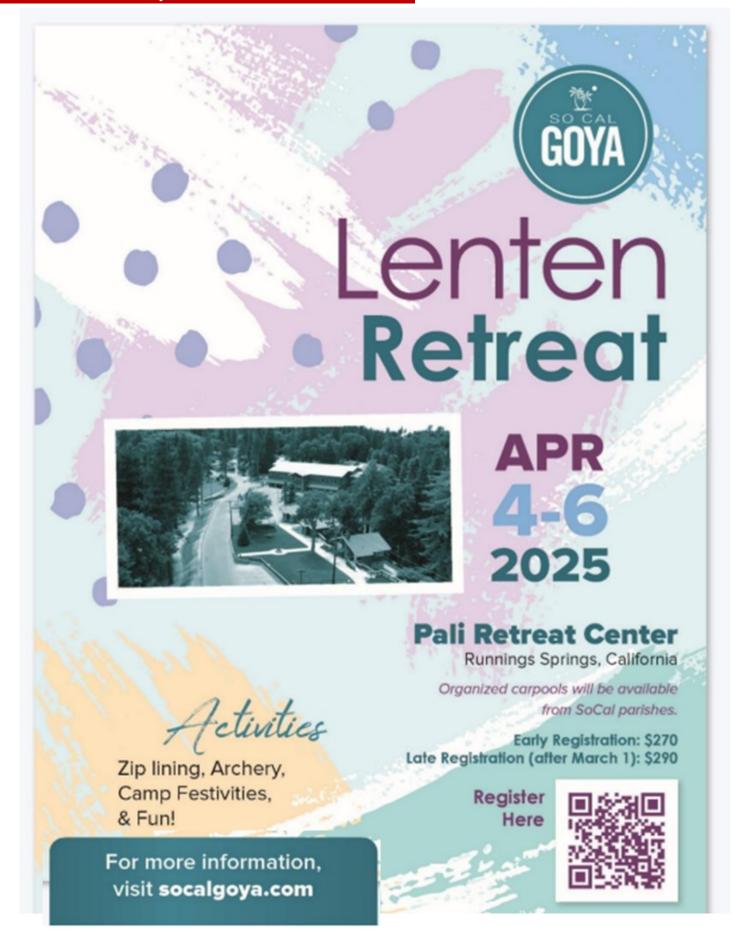
All members are reminded that they should begin to think about the election of a new slate of officers to be held in May. Kindly consider your ability to volunteer time and talent for the administration of our VIP Ministry. As was decided at the beginning of this year, election of officers will take place in May with the new officers assuming their positions in June. As VIP meetings are rarely held in August and September due to vacations and festival preparations, this would give the new administration time to set goals, research activities, and receive feedback from the membership prior to the start of meetings in October.

With our next meeting scheduled for **Tuesday, April 8th**, the VIPs take this opportunity to wish the entire Saint Anthony community

Kali Anastasi

Page 34 April 2025

Community News & more...



SOUTHERN CALIFORNIA GOYA LENTEN RETREAT! APRIL 4 - 6

Friday evening dinner (meeting at St. George in Downey) to Sunday morning

This is a wonderful opportunity for our youth to come together in faith, fellowship, nature, and a lot of fun to be had!

The retreat will be held at the beautiful Pali Retreat Center - San Bernardino Mountains near Running Springs and is open to all current 6th - 12th graders.

All Southern California GOYAns are invited to participate in a wonderful retreat and getaway filled with delicious meals, zip lining, archery, hiking, basketball, volleyball, discussions, worship, Divine Liturgy, and plenty of time to play games, hang out, and get to know one another.

Registration includes: 2 nights lodging, all meals and activities (Zip Line, Archery, etc.)

Note: GOYAns who are participating in GOBL basketball WILL be able to be back for the games on Sunday.

This is going to be an amazing experience you don't want to miss!

We will be coordinating carpools with parishes as it gets closer. There are 60 spots left! Please register as soon as possible!

Early Registration until March 1: \$270

Late Registration March 2-21: \$290

REGISTER: https://forms.gle/HabFJXCd8BCKcdMn9

PAY: https://www.paypal.com/donate?hosted_button_id=E68RF5HFC6UP4

Any questions??

Anna Teodosiadis, ateodosiadis@sanfran.goarch.org

Fr. Tom Felactu

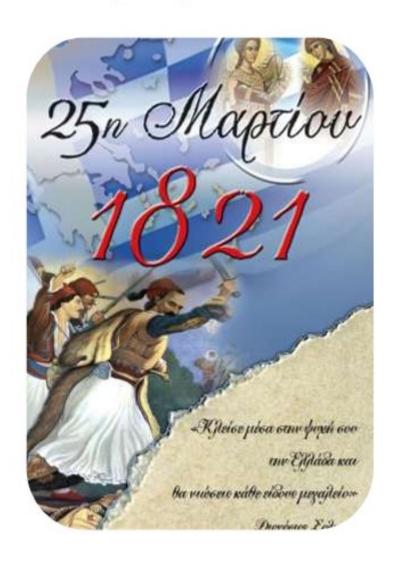
Fr. Chris Retelas

Fr. Matthew Jouthas

Stacia Counelis (socalgoya@gmail.com)

Page 36 April 2025

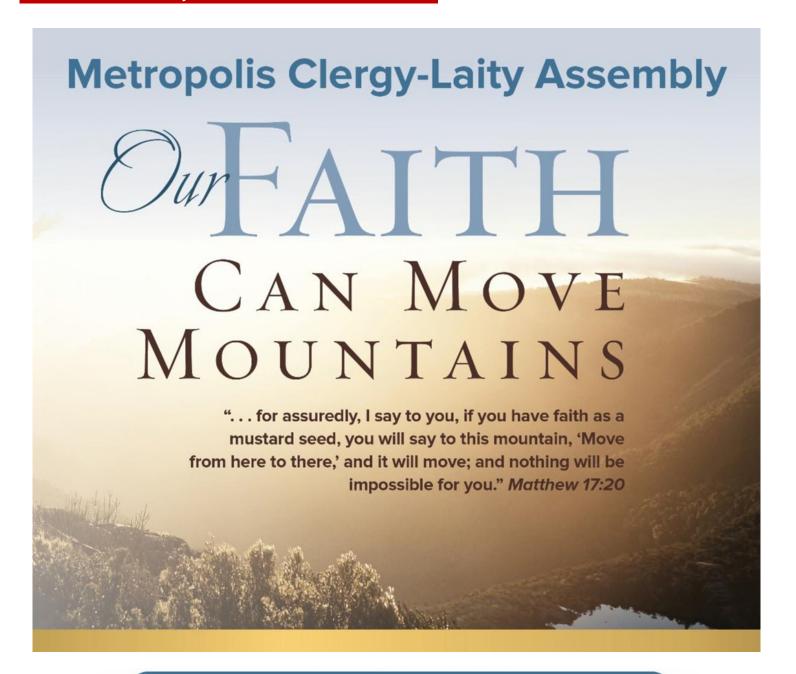
St. Anthony's Greek Language School Celebration and Fundraising Sunday, April 6, 2025



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

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

Community News & more...



Register Online Today!

Registration Deadline - Thursday, April 17, 2025.

An information packet will be available by download for all registered delegates by Monday, April 28, 2025.

Cancellations before April 16 are subject to a \$50 fee. No refunds after Monday, April 21, 2025.

Questions — Contact the Metropolis Office *metropolis@sanfran.goarch.org* or 415-753-3075.

Monday, May 5, 2025

10:30 a.m.-1pm Registration for Clergy-Laity Assembly and Ministry Pavilion

12:00 p.m. Lunch

1:00 p.m. Convening of Assembly

Opening Prayer Service

Designation of Presiding Officer and Secretary

Archpastoral Message – His Eminence Archbishop Elpidophoros of America

Keynote Address - His Eminence Metropolitan Gerasimos of San Francisco

His Eminence celebrates 20 Years of Ministry on the West Coast

Our Faith Can Move Mountains (Part 1) - Rev. Fr. Martin Ritsi

Great Vespers

Dinner

Ministry Pavilion and Outdoor Reception

Tuesday, May 6, 2025

8:00 a.m. Hierarchical Divine Liturgy

Twenty-One Year Memorial for +His Eminence Metropolitan Anthony

Brunch

Group Photo

Continuation of Assembly

- · Report from Metropolis Philoptochos
- \cdot Approval of Minutes from the 2024 Clergy-Laity Assembly
- · Report of Metropolis Council
- · Metropolis Financial Report for 2024
- · Review and Approval of Metropolis Budget
- · New Business
- · Saint Nicholas Ranch Strategic Plan Presentation

Our Faith Can Move Mountains (Part 2) - Rev. Fr. Martin Ritsi

Closing Remarks

- \cdot His Eminence Metropolitan Gerasimos of San Francisco
- · His Eminence Archbishop Elpidophoros of America

4:00 p.m. Adjournment

CLERGY RETREAT BEGINS FOLLOWING VESPERS AND DINNER.

*Schedule subject to change.



Guest Presenter

Rev. Father Martin Ritsi, a 1987 graduate of Holy Cross School of Theology, earned his Master of Divinity, and then obtained a Master of Theology in missiology from Fuller School of World Missions. He also completed coursework in philanthropy and fundraising at Indiana University. Following his ordination, he and his family served for four years in Kenya, where he taught at the Makarios III Orthodox Seminary, ministered across East Africa, served as parish priest of St. Anargyroi Cathedral, and oversaw Archdiocesan finances. He then spent six years in Albania, helping rebuild the Orthodox Church after decades of persecution. His work included catechizing and baptizing hundreds, founding the country's first Orthodox youth group, teaching at Ngjallja Seminary, and leading Diaconia Agape, the Church's relief and development office.

Since 1998, Fr. Martin has served as Executive Director of the Orthodox Christian Mission Center (OCMC), where he has expanded the organization's impact to over 50 countries. Under his leadership, OCMC has developed a career missionary program, built a missionary training and administrative center in St. Augustine, Florida, supported hundreds of mission clergy, and distributed millions of dollars for philanthropic and development projects.

With over 35 years of global missionary experience, Father Martin remains deeply committed to spreading the Gospel, strengthening Orthodox communities, and sharing Christ's love with the world. He and his wife, Presvytera Renee, reside in St. Augustine, Florida.



Who Should Attend?

As specified in the 2019 Uniform Regulations of the Greek Orthodox Archdiocese of America, each parish is expected to have four delegates in attendance at the Clergy-Laity Assembly, comprised of the following:

- 1. The Parish Priest
- 2. The President of the Parish Council, or in his or her absence the Vice President, or in his or her absence any member of the Parish Council designated by it.
- 3. Two members of the Parish elected by the Parish Assembly.

Additional Information Available Online

www.sanfran.goarch.org/CLA2025

Greek Orthodox Metropolis of San Francisco | 415-753-3075 metropolis@sanfran.goarch.org | www.sanfran.goarch.org

Page 40 April 2025

CELEBRATING THE IST IN LOS AN EAST



Greek Orthodox Communities IN LOS OX FORMANIVERSARY

EASTER PICNIC

APRIL 20, 2025 1-7 PM

0

BROOKSIDE PARK PASADENA

360 N. Arroyo Blvd. Pasadena, CA 91103

Adults (13 +Older) \$15 Children (12 & Under) FREE

CREDIT OR DEBIT CARD ONLY- NO CASH ACCEPTED

Fabulous Foods and Desserts will be available for purchase

Presented by Saint Sophia Foundation

- o Souvlaki, gyros, feta fries, Greek salad and more! Baklava, Galatoboureko,
- Karidopita, Kourambiedes, Melomarkarona, Koulourakia
- Tsourekia
- Beer, Wine, Soft Drinks, Coffee and Water
- Free Parking and Picnic Tables
- For Health and Safety reasons, NO PETS are allowed in the park

SPECIAL EASTER BUNNY VISIT





Join us for Saint Anthony's Annual Golf Tournament!

Support our 2nd biggest fundraiser with a day of golf, fine food, music, and festivities at Brookside Golf Course.

Participate by golfing, sponsoring, or attending our live and silent auctions.

Early Bird Special! Register by April 15, 2025, and use promo code "EarlyPay" for a discounted golfer rate of \$200!

For more information and to register for golf, to buy banquet tickets, or become a sponsor: scan the QR code or visit Onecau.se/stanthonygolf

Your support makes a difference—OPA!



Page 42 April 2025

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:

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!

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 censing 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

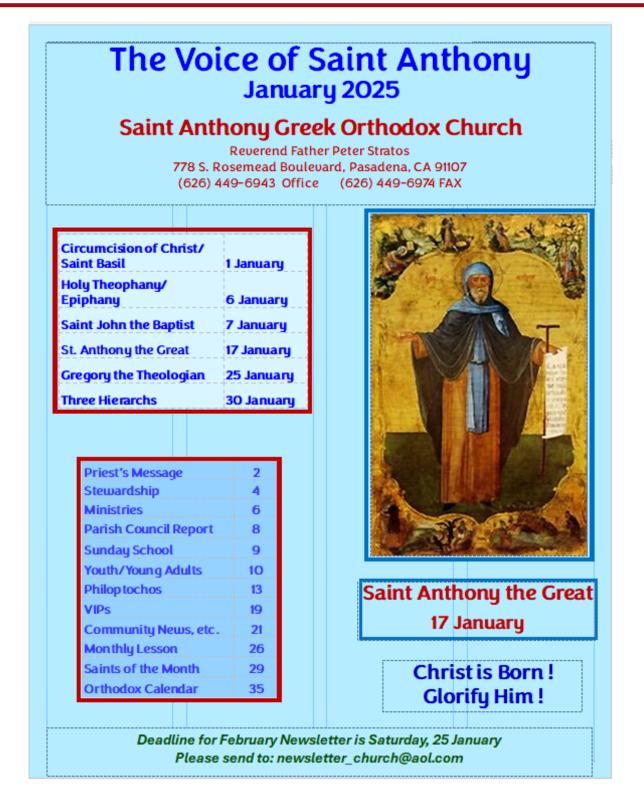
Follow the direction of the Priest for standing & sitting

Maintain quiet in the Sanctuary

Enter God's House with reverence and respect



Page 44 April 2025



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

Monthly Lesson from Father Stavros Akrotirianakis

And he answered, "You shall love the Lord your God with all you heart, and with all your soul, and with all your strength and with all your mind; and your neighbor as yourself." Luke 10:27

No matter how strong we are, or even how strong we think we are, we all have our moments of weakness. I can think of at least three that we all experience on a regular basis. We all experience fear and doubt. Even those confident people have moments of doubt. We wonder if we have prepared enough for a task we have been assigned or a test we are about to take. We wonder if we are really talented enough to be in the job we are in, or to do an aspect of a job that we've been asked to do. Everything has things that they are afraid of. It might be doing something you don't feel qualified to do but are required to do anyway. It might be doing something you've never done before and wondering if you have enough to do it successfully—think about being a parent, or raising a teenager, or your first day at a new job. We all have things we fear, for instance having a medical procedure done is one of my biggest fears.

The second thing we experience on a regular basis is **temptation**. We are presented daily with forks in the road, a decision to do something that honors God, or a decision to do something that gratifies ourselves and dishonors God, such as the decision to gossip, or curse, or look at inappropriate materials, or act on a sinful thought. Yes, there are plenty of moments where we can gratify ourselves and still honor God, we are not in a constant battle for this. However, we will find ourselves on this battleground multiple times a day no matter who we are.

The third thing we all struggle with on a daily basis is **fatigue**. At some point every day, even the strongest person will succumb to fatigue and need to sleep. We are not robots that can just go on and on. We are human beings who need to stop and rest. In the Garden of Gethsemane, Jesus went to pray. He asked His disciples to watch with Him. He didn't need them to do anything specifically. He didn't ask them to talk and help Him process anything. He didn't ask them to pray for Him. He merely asked them to watch with Him, so that He wouldn't feel alone. And this proved too much for them and they fell asleep. I choose to believe that in this moment, the disciples didn't conspire to abandon the Lord. They just fell prey to their own humanity, not out of maliciousness, or even laziness, but that they simply couldn't do it.

Jesus said, as He came back from His prayer and found His disciples sleeping, "Watch and pray that you may not enter into temptation; the spirit indeed is willing but the flesh is weak." (Mark 14:38) He didn't criticize them. In fact, He empathized with them. He knew that their spirits were willing, He knew they hadn't abandoned Him out of malice or spite or greed. He took a moment to encourage them to be watchful, that in their state of fatigue, they might succumb to temptation.

In our fallen state, we can all succumb to fear, temptation and fatigue at just about any time. Christ understands that. We need to understand that. This is why there is a need for vigilance (awareness), self-care (physical and mental rest) and most important, for spiritual renewal (to pray, to worship, to read Scripture, and to reflect on God, and to consciously keep our life under the umbrella of God).

One of my "go to" verses is Philippians 4:13:

I can do all things through Christ Who strengthens me.

Page 46 April 2025

This is a mantra I think about on a daily basis. In moments of doubt or fear, this verse helps me remember that God doesn't want me to fail or be afraid. It reminds me that I am not alone. I should not ever feel lonely. And I also should realize that even in my good moments, in my times of achievement, that it is not solely me who is working and achieving, but Christ walking beside me. It helps me remember to thank Him when things are going well, and to lean into Him when things are not going well. In a moment of temptation, Philippians 4:13 is a reminder to take God's fork in the road rather than my own. Falling to temptation happens when we forget about the strength of God and rely on our own strength, which at times is faulty.

How do we experience the strength of God? Sometimes, it is as simple as asking for it—God give me strength right now to walk another step. Sometimes we have to ask for strength but wait for it to be given in God's way, in His time. Sometimes the strength of God is brought to us through other people, through encouragement or intervention. And sometimes, we are the conduit of God's strength to someone else through our encouragement towards them or our intervention on their behalf. Sometimes God's strength comes in a way we don't expect it, even in instances when we don't ask for it.

There are times when God's strength feels absent, when it feels like we are flailing around in weakness. This is why the first and greatest commandment to love God is so challenging. Because it is not simply to love God, but to love Him with all our heart, with all our soul, with all our strength and with all our mind. Imagine leaning into God with every heartbeat (heart), with our essence (soul), with every action (strength) and with every thought (mind). If we really are able to do this, even for a moment, we will feel the strength that comes from God. Because of our human weakness, we will not be able to live like this at all times. However, this bar that God sets for us for how we are to love Him, paves the way for us to feel this kind of strength and power.

To Thee, O Lord, I call; my rock, be not deaf to me, lest, if Thou be silent to me, I become like those who go down to the Pit.

Hear the voice of my supplication, as I cry to Thee for help, as I lift up my hands towards Thy most holy sanctuary.

Take me not off with the wicked, with those who are workers of evil, who speak peace with their neighbors, while mischief is in their hearts.

Requite them according to their work, and according to the evil of their deeds; requite them according to the work of their hands; render them their due reward.

Because they do not regard the works of the Lord, or the work of His hands, He will break them down and build them up no more.

Blessed be the Lord! For He has heard the voice of my supplications.

The Lord is my strength and my shield; in Him my heart trusts; so I am helped, and my heart exults, and with my soul I give thanks to Him.

The Lord is the strength of His people, He is the saving refuge of His anointed.

O save Thy people, and bless Thy heritage; be Thou their shepherd, and carry them forever.

Psalm 28

I can do all things through Christ Who strengthens me

This is not only a good motto, but a way to connect with Christ in order to avoid moments of weakness.

It is a way to reconnect and refocus in those moments of doubt, temptation, failure and fatigue.

Saints & Feasts

Sunday of St. Mary of Egypt O6 April

The memory of this Saint is celebrated on April 1, where her life is recorded. This was a woman in all of human history who stood on air at the moment of her prayer.

Since this is during the holy Forty Days, it has been appointed for this day also, so that if we think it hard to practice a little abstinence for forty days, we might be roused by the heroism of her who fasted in the wilderness forty seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in every deed.

Her whole life is a living expression of the word said by St. Paul, "All the more the blood of Christ, Who through the Eternal Spirit offered Himself without blemish to God, will purify your con-science from dead works to serve the living God." (Hebrews 9:14).

St. Paul's words are Divinely inspired and verified by the Most Holy Mother of God Herself. She guided St. Mary of Egypt to repentance and Eternal Life. As much as we know about St. Mary of Egypt, we can understand that in reality, the truth is that Christ is the True God and that all of the false gods of the world then and now are idols who do not save humanity, but can truly harm us.



Saturday of Lazarus

12 April

Lazarus and his sisters Martha and Mary, the friends of the Lord Jesus, had given Him hospitality and served Him many times (Luke 10:38-42 and John 12:2-3). They were from Bethany, a village of Judea. This village is situated in the eastern parts by the foothills of the Mount of Olives, about two Roman miles from Jerusalem. When Lazarus, whose name is a Hellenized form of "Eleazar," which means "God has helped," became ill some days before the saving Passion, his sisters had this report taken to our Saviour, Who was then in Galilee. Nonetheless, He tarried yet two more days until Lazarus died; then He said to His disciples, "Let us go into Judea that I might awake My friend who sleepeth." By this, of course, He meant the deep sleep of death.



Page 48 April 2025

Saturday of Lazarus

continued...

On arriving at Bethany, He consoled the sisters of Lazarus, who was already four days dead. Jesus groaned in spirit and was troubled at the death of His beloved friend. He asked, "Where have ye laid his body?" and He wept over him. When He drew nigh to the tomb, He commanded that they remove the stone, and He lifted up His eyes, and giving thanks to God the Father, He cried out with a loud voice, "Lazarus, come forth." And he that had been dead four days came forth immediately, bound hand and foot with the grave clothes, and Jesus said to those standing there, "Loose him, and let him go." This is the supernatural wonder wrought by the Saviour that we celebrate on this day.

According to an ancient tradition, it is said that Lazarus was thirty years old when the Lord raised him; then he lived another thirty years on Cyprus and there reposed in the Lord. It is furthermore related that after he was raised from the dead, he never laughed till the end of his life, but that once only, when he saw someone stealing a clay vessel, he smiled and said, "Clay stealing clay." His grave is situated in the city of Kition, having the inscription: "Lazarus the four days dead and friend of Christ."

In 890 his sacred relics were transferred to Constantinople by Emperor Leo the Wise, at which time the Emperor composed his stichera for Vespers, "Wishing to behold the tomb of Lazarus . ."

Palm Sunday 13 April

On Sunday, five days before the Passover of the Law, the Lord came from Bethany to Jerusalem. Sending two of His disciples to bring Him a foal of an ass, He sat thereon and entered into the city. When the multitude there heard that Jesus was coming, they straight-away took up the branches of palm trees in their hands, and went forth to meet Him. Others spread their garments on the ground, and yet others cut branches from the trees and strewed them in the way that Jesus was to pass; and all of them together, especially the children, went before and after Him, crying out: "Hosanna: Blessed is He that cometh in the Name of the Lord, the King of Israel" (John 12:13). This is the radiant and glorious festival of our Lord's entry into Jerusalem that we celebrate today.

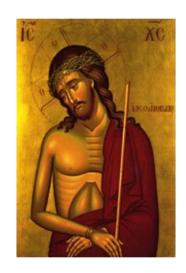
The branches of the palm trees symbolize Christ's victory over the devil and death. The word Hosanna means "Save, I pray," or "Save, now." The foal of an ass, and Jesus' sitting thereon, and the fact that this animal was untamed and considered unclean according to the Law, signified the former uncleanness and wildness of the nations, and their subjection thereafter to the holy Law of the Gospel.



Holy Monday 14 April

The Holy Passion of our Savior begins today, presenting Joseph the all-comely as a prefiguring of Christ. He was the eleventh son of Jacob, and his first son by Rachel; because he was so beloved of his father, his own brethren came to envy him and cast him into a pit. Later they sold him to foreigners for thirty pieces of silver, who later sold him again in Egypt. Because of his virtue, his master gave him much authority in governing his house; because he was fair of countenance, his master's wife sought to draw him into sin with her; because of his chastity, he refused her, and through her slanders was cast into prison. Finally, he was led forth again with great glory and was honored as a king. He became lord over all Egypt and a provider of wheat for all the people. Through all this, he typifies in himself the betrayal, Passion, death, and glorification of our Lord

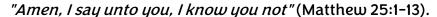
To the commemoration of Patriarch Joseph is added also the narration concerning the fig tree, which on this day was cursed and subsequently dried up because of its unfruitfulness. It portrayed the Jewish synagogue, which had not produced the fruit demanded of it - obedience to God and faith in Him. It was stripped of all spiritual grace by means of the curse.



Holy Tuesday 15 April

Today we bring to mind the parable of the ten virgins, which our Savior related as He was coming to His Passion. This parable teaches us that the accomplishment of the great work of virginity should not make us careless in other matters, especially in almsgiving, wherewith the lamp of virginity is made radiant.

Furthermore, it teaches us that we should not be remiss about the end of our life, but should be prepared for it at every moment, like the wise virgins, so that we may meet the Bridegroom, lest He come suddenly and the doors of the heavenly bride chamber be shut, and we also, like the foolish virgins, hear that dread sentence:





Page 50 April 2025

Holy Wednesday

16 April

Two women - the more discerning interpreters of the Gospel - anointed the Lord with myrrh; the one, a long time before His Passion; the other, a few days before. One was a harlot and sinner; the other, chaste and virtuous. The Church commemorates this reverent act today. While mentioning herein the person of the harlot, it also mentions Judas' betrayal; for, according to the account in Matthew, both of these deeds took place two daus before the Passover, on Wednesday. That woman, then, anointed Jesus' head and feet with very precious myrrh, and wiped them with the tresses of her hair. The disciples, especially the avaricious Judas, were scandalized, supposedly because of the waste of the myrrh, which could be sold for a great price and given to the poor. The Lord Jesus reproved them and told them not to trouble the woman. Indignant, Judas went to the high priests, who were gathered in the court of Caiaphas and were already taking counsel against Jesus. On agreeing with them to betray his Teacher for thirty pieces of silver, Judas sought from that time opportunity to betray Him (Matt. 26:14-16). Because the betrayal took place on Wednesday, we have received the tradition from Apostolic times to fast on Wednesday throughout the year.



Holy Thursday

17 April

On the evening of this day, which was the eve of the feast of unleavened bread (that is, the Passover), our Redeemer supped with His twelve disciples in the city. He blessed the bread and the wine, and gave us the Mystery of the Divine Eucharist. He washed the feet of the disciples as an example of humility. He said openly that one of them was about to betray Him, and He pointed out the betrayer by revealing that it was he "that dippeth his hand with Me in the dish." And after Judas had straight-away gone forth, Jesus gave the disciples His final and sublime instructions, which are contained in the first Gospel Reading of the Holy Passion (John 13:31-18:1). After this the God-man went forth to the Mount of Olives, and there He began to be sorrowful and in anguish. He went off alone, and on His knees He prayed fervently. From His great anguish, His sweat became as it were great drops of blood falling to the ground. As soon as He had completed that anguished prayer, Judas came with a multitude of soldiers and a great crowd; on greeting the Teacher quilefully with a kiss, he betrayed Him. The Lord Jesus was then apprehended and taken prisoner to the high priests Annas and Caiaphas. The disciples were scattered, but Peter, who was more fervent than the others, followed Him even into the court of the high priest, but in the end denied three times that he was His disciple. Then our divine Teacher was brought before the lawless Sanhedrin and was interrogated concerning His disciples and His teaching. The high priest adjured Him before God that He tell them whether He was truly the Christ. And having spoken the truth, He was judged quilty of death, supposedly as one who had blasphemed. Then they spat in His face, beat Him, smote Him with the palms of their hands, and mocked Him in every way, throughout the whole night until the morning.



Holy Friday 18 April

When Friday dawned, Christ was sent bound from Caiaphas to Pontius Pilate, who was then Governor of Judea. Pilate interrogated Him in many ways, and once and again acknowledged that He was innocent, but to please the Jews, he later passed the sentence of death against Him. After scourging the Lord of all as though He were a runaway slave, he surrendered Him to be crucified.

Thus the Lord Jesus was handed over to the soldiers, was stripped of His garments, was clothed in a purple robe, was crowned with a wreath of thorns, had a reed placed in His hand as though it were a sceptre, was bowed before in mockery, was spat upon, and was buffeted in the face and on the head. Then they again clothed Him in His own garments, and bearing the cross, He came to Golgotha, a place of condemnation, and there, about the third hour, He was crucified between two thieves. Although both blasphemed Him at the first, the thief at His right hand repented, and said: "Remember me, O Lord, when Thou comest in Thy Kingdom," to which our Savior answered, "Today shalt thou be with Me in Paradise." As He hung upon the Cross, He was blasphemed by those who were passing by, was mocked by the high priests, and by the soldiers was given vinegar to drink mixed with gall. About the ninth hour, He cried out with a loud voice, saying, "It is finished." And the Lamb of God "Which taketh away the sin of the world" (John 1:29) expired on the day when the moon was full, and at the hour when, according to the Law, was slain the Passover lamb, which was established as a type of Him in the time of Moses.

Even lifeless creation mourned the death of the Master, and it trembled and was altered out of fear. Yet, even though the Maker of creation was already dead, they pierced Him in His immaculate side, and forthwith came there out Blood and Water. Finally, at about the setting of the sun, Joseph of Arimathea came with Nicodemus (both of them had been secret disciples of Jesus), and they took down the all-holy Body of the Teacher from the Cross and anointed it with aromatic spices, and wrapped it in a clean linen cloth. When they had buried Him in a new tomb, they rolled a great stone over its entrance.

Such are the dread and saving sufferings of our Lord Jesus Christ commemorated today, and in remembrance of them, we have received the Apostolic commandment that a fast be observed every Friday.



Page 52 April 2025

Holy Saturday

19 April

On Saturday, the high priests and Pharisees gathered together before Pilate and asked him to have Jesus' tomb sealed until the third day; because, as those enemies of God said, "We suspect that His disciples will come and steal His buried body by night, and then proclaim to the people that His resurrection is true, as that deceiver Himself foretold while He was yet alive: and then the last deception shall be worse than the first." After they had said these things to Pilate and received his permission, they went and sealed the tomb, and assigned a watch for security, that is, quards from among the soldiers under the supervision of the high priests (Matt. 27:62-66). While commemorating the entombment of the holy Body of our Lord today, we also celebrate His dread descent with His soul, whereby He destroyed the gates and bars of Hades, and made His light to shine where only darkness had reigned (Job 3 8: 17; 1 Peter 3:18-20); death was put to death, Hades was stripped of all its captives, our first parents and all the righteous who died from the beginning of time ran to Him Whom they had awaited, and the holy angelic orders glorified God for the restoration of our fallen race.



Great & Holy Pascha 20 April

Mary Magdalene, and the other women who were present at the burial of our Savior on Friday evening, returned from Golgotha to the city and prepared fragrant spices and myrrh, so that they might anoint the body of Jesus. On the morrow, because of the law which forbids work on the day of the Sabbath, they rested for the whole day. But at early dawn on the Sunday that followed, almost thirty-six hours since the death of the Life-giving Redeemer, they came to the sepulchre with the spices to anoint His body.

While they were considering the difficulty of rolling away the stone from the door of the sepulchre, there was a fearful earthquake; and an Angel, whose countenance shone like lightning and whose garment was white as snow, rolled away the stone and sat upon it. The guards who were there became as dead from fear and took to flight. The women, however, went into the sepulchre, but did not find the Lord's body. Instead, they saw two other Angels in the form of youths clothed in white, who told them that the Savior was risen, and they sent forth the women, who ran to proclaim to the disciples these gladsome tidings. Then Peter and John arrived, having learned from Mary Magdalene what had come to pass, and when they entered the tomb, they found only the winding sheets.

Therefore, they returned again to the city with joy, as heralds now of the supernatural Resurrection of Christ, Who in truth was seen alive by the disciples on this day on five occasions.

Our Lord, then, was crucified, died, and was buried on Friday, before the setting of the sun, which was the first of His "three days" in the grave; observing the mystical Sabbath, that "seventh day" in which it is said that the Lord "rested from all His works" (Gen. 2:2-3), He passed all of Saturday in the grave; and He arose "while it was yet dark, very early in the morning" on Sunday, the third day, which began after sunset on Saturday.



Great & Holy Pascha continued...

As we celebrate today this joyous Resurrection, we greet and embrace one another in Christ, thereby demonstrating our Saviour's victory over death and corruption, and the destruction of our ancient enmity with God, and His reconciliation toward us, and our inheritance of life everlasting. The feast itself is called Pascha, which is derived from the Hebrew word which means "passover"; because Christ, Who suffered and arose, has made us to pass over from the curse of Adam and slavery to the devil and death unto our primal freedom and blessedness. In addition, this day of this particular week, which is the first of all the rest, is dedicated to the honour of the Lord; in honour and remembrance of the Resurrection, the Apostles transferred to this day the rest from labor that was formerly assigned to the Sabbath of the ancient Law.

All foods allowed during Bright/Renewal Week.

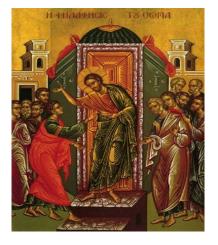
Saint Thomas

27 April

Though the doors were shut at the dwelling where the disciples were gathered for fear of the Jews on the evening of the Sunday after the Passover, our Saviour wondrously entered and stood in their midst, and greeted them with His customary words, "Peace be unto you." Then He showed unto them His hands and feet and side; furthermore, in their presence, He took some fish and a honeycomb and ate before them, and thus assured them of His bodily Resurrection. But Thomas, who was not then present with the others, did not believe their testimony concerning Christ's Resurrection, but said in a decisive manner, "Except I shall see in His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe." Wherefore after eight days, that is, on this day, when the disciples were again gathered together and Thomas was with them, the Lord Jesus came while the doors were shut, as He did formerly. Standing in their midst, He said, "Peace be unto you"; then He said to Thomas, "Bring hither thy finger, and behold my hands; and bring hither thy hand, and thrust it into My side: and be not unbelieving, but believing."

And Thomas, beholding and examining carefully the hands and side of the Master, cried out with faith, "My Lord and my God." Thus he clearly proclaimed the two natures - human and divine - of the God-man (Luke 24:36-49; John 20:19-29).

This day is called Antipascha (meaning "in the stead of Pascha," not "in opposition to Pascha") because with this day, the first Sunday after Pascha, the Church consecrates every Sunday of the year to the commemoration of Pascha, that is, the Resurrection.



Orthodox CalendarApril 2025

SUN	Mon	TUE	WED	THU	FRI	SAT
		1	6pm Pre-Sanctified Lit 7pm Union Staton Philopotochos	3	6pm Akathist Hymn	5
Sunday of St. Mary of Egypt 8:45am Orthros 10am Divine Liturgy Greek School Program Indoor & Live-stream	7	8 10:30am VIP Meeting 7pm Philoptochos Board Mtg. 7pm Par. Council	6pm Pre-Sanctified Lit	10	11	Saturday of Lazarus 9am Orthros 10am Divine Liturgy
13 Palm Sunday	14 Holy Monday	15 Holy Tuesday	16 Holy Wednesday	17 Holy Thursday	18 Holy Friday	19 Holy Saturday
8:45am Orthros 10am Divine Liturgy 6pm Bridegroom Srvice Indoor & Live-stream	6pm Bridegroom Service	6pm Bridegroom Sruice	3pm Holy Unction 6pm Bridegroom Service	9am St Basil Vespers 6pm Holy Passion Service	3pm Descent from the Cross 6pm Graveside Lamentations	9pm St. Basil Vespers 11pm Vigil of the Holy Resurrection 11:45pm Resurrection 8 Divine Liturgy
Holy Week						
GREAT & HOLY PASCHA 8:45am Orthros 10am Divine Liturgy 1pm Easter Picnic Indoor & Live-stream	21	22	7pm Philoptochos General Mtg.	24	25	26
Bright/Renewal Week						
Sunday of Thomas 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	28	29	James the Apostle			
		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 All foods allowed
		+	Ô		9	No Symbol

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

ONI KA AND NOTE OF THE PROPERTY OF THE PROPERT

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

We're on the Web! www.saint-anthonys.org

TIMESENSITIVE

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.

