

# The Voice of Saint Anthony

## March 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

Forgiveness Sunday/Cheese-fare	2 March
Kathara Deftera/Clean Monday	3 March
Sunday of Orthodoxy	9 March
Sunday of St. Gregory Palamas	16 March
Sunday of the Holy Cross	23 March
Annunciation of Holy Theotokos	25 March
Sunday of St. John Climacus	30 March



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### Annunciation of the Holy Theotokos

25 March

**Deadline for April Newsletter is Tuesday, 25 March**

**Please send to: [newsletter\\_church@aol.com](mailto:newsletter_church@aol.com)**

## Message from Father Peter

Dear Brothers and Sisters in Christ,

The Great Fast or Lent is a period of preparation leading up to Holy Week and Easter (Pascha). The Lenten Triodion governs the divine services of Great Lent as well as those of the Weeks of Preparation preceding Great Lent. Lent is an old English word meaning “spring.” The Great Fast has come to be called Lent by association because it occurs during spring. It is also called “great” to distinguish it from the other fasts of the liturgical year.

Observance of Great Lent is characterized by abstention from many foods, intensified private and public prayer, personal improvement, and almsgiving. All of these disciplines are important, but I challenge each of us to focus on one in particular. I am encouraging us all to focus on our **personal prayer life** during this upcoming Lenten season and Holy Week.

As Orthodox Christians we are expected, and in fact instructed, to pay closer attention to our private prayers to God. Yes, we should practice and follow all of the disciplines during Great Lent, including fasting. However, we must heed the warning of our Fathers of our Church: fasting without prayer is considered “the fast of the demons” since the demons do not eat according to their incorporeal nature, and they also do not pray.

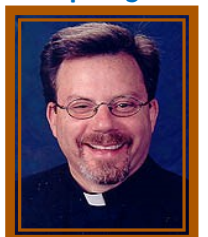
When the faithful approach for Holy Confession, quite often the first thing that they utter during their confession is... “I have not been praying.” We all struggle with finding the time and the will to pray more, or even at all. That is why, this beautiful and peaceful time of the liturgical calendar is so important. God is inviting us back, waiting at the door as he waited for the Prodigal Son. We read in the Gospel of Matthew 7:7 “*Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.*”

When asked about prayer and how much we should be praying, I often explain what works for me. Rather than pray the entire Vesper Service in the evening, I focus on a shorter rule of prayer. In my personal experience, I find that my mind wanders when praying a full and long service. Everyone is different, but during my evening prayers I feel more fulfilled when I focus on the “quality” of my prayer life rather than the “quantity.” With this in mind, I want each of us, man, woman, and child, single person and families to commit once again to praying the short prayer attributed to St Ephraim the Syrian. Of all Lenten hymns and prayers, this short prayer can be termed the “Lenten Prayer.” It would be wonderful, if you could pray the “Lenten Prayer” twice a day: at the beginning of your day when you rise and at the conclusion of your day when you retire.

As we recite the prayer, we make a prostration after each petition of the prayer. These prostrations constitute one of the distinctive characteristics of the entire Lenten worship. As we all experience the difficult effort of spiritual recovery (returning to God), we understand that our Church does not consider our soul separate from our body. Our whole person has fallen away from God and must be restored. Our goal is to restore both body and soul, returning our entire person to God. For this reason the whole person, body and soul, repents. The body participates in the prayer of the soul just as the soul prays through and with the body. Prostrations are a sign of repentance, of humility, of adoration and obedience to God. Thus, this beautiful prayer is described as our “Lenten Prayer.” Make this short but fulfilling prayer an important part of your Lenten experience. Pray twice a day. Follow all of the Lenten disciplines. Make this Great Lent a most special time as we all commit to daily private prayers to God in our homes. Have a fruitful and blessed Lenten season!

Καλη Σαρακοστή!

In Christ, Fr. Peter





***LENTEN PRAYER SERVICE***

In the name of the Father, Son and Holy Spirit.

Heavenly King, Comforter, the Spirit of truth. Everywhere present and filling all things, Treasury of blessings and Giver of life, come and dwell in us; cleanse us of every stain, and save our souls, Gracious One.

***PSALM 129***

Out of the depths I cried out to You: Lord, O Lord, hear my voice. Let your ears be attentive to the sound of my plea.

If You retain sins, Lord, O Lord, who can stand? With you there is forgiveness.

For your name's sake O Lord, I have waited for You; my soul has waited for your promise, my soul has hoped in the Lord.

My soul has trusted in the Lord, from the morning watch till night. Let Israel hope in the Lord.

For with the Lord is steadfast love and in him is full redemption.

And he will redeem Israel from all his iniquities. Amen.

***HYMN OF SAINT ANTHONY***

O Father Anthony, you imitated the zealous Elijah. You followed the straight paths of the Baptist and became a desert dweller. By prayer you confirmed the universe. Wherefore, intercede with Christ our God to save our souls.

***PRAYER OF RENEWAL***

Let the pure light of Your love shine in my heart, O Lord. I bring to You my prayer. Help me to renew my Life in You.

As I contemplate Your Sacrifice on the Cross, let me strive to be worthy. As I look to Your glorious Resurrection, let it be a resurrection of myself. Let the purity in my soul re-awaken my own spiritual joy. Let me remember all You ask Your children to do and be. Help me in that realization as I prepare myself to receive You.

Forgive me my sins. Where there is hate in my heart, help me to put love. Where I have lived for myself, help me to experience the joy of feeling and giving to others.

When I have offended You, or any of my brothers and sisters, either through intent or neglect, let me remember that forgiveness is from You, and repentance my key to Your salvation.

Let Your Cross be the symbol of Your presence in my life. Let Your Resurrection be my hope and joy. Help me O Lord, to overcome, and to sustain myself in the time You have given me. Help me in prayer, in fasting, and in renewal. Help me O Lord, for I am Yours.

Through the prayers of our Holy Fathers, Lord Jesus Christ, have mercy on us and save us.

## LENTEN PRAYER OF SAINT EPHRAIM

O Lord and Master of my life! Take from me the spirit of sloth, faintheartedness, lust of power, and idle talk.

*(prostration and +)*

But give rather the spirit of purity, humility, patience and love to Your servant.

*(prostration and +)*

Yes, O Lord and King! Grant me to see my own errors and not to judge my brothers and sisters.

For You are blessed to ages of ages. Amen.

*(prostration and +)*

### *Προσευχή του Αγίου Εφραίμ του Σύρου*

*Κύριε καί Δέσποτα τῆς ζωῆς μου,  
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας,  
καί ἀργολογίας μή μοι δῶς.*

*(μετανοία καί +)*

*Πνεῦμα δέ σωφροσύνης, ταπεινοφροσύνης,  
ὑπομονῆς καί ἀγάπης χάρισαί μοι τῷ σῶ  
δούλῳ.*

*(μετανοία καί +)*

*Ναί, Κύριε Βασιλεῦ,  
δώρησαί μοι τοῦ ὀράν τά ἐμά πταίσματα,  
καί μή κατακρίνειν τόν ἀδελφόν μου,  
ὅτι εὐλογητός εἶ εἰς τούς αἰῶνας τῶν  
αἰώνων. Ἀμήν».*

*(μετανοία καί +)*

## Prayers for Great Lent

### **Trisagion Prayers**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3) Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen. All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy. Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen. Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to ages of ages. Amen.

### **Lenten Prayer of St. Ephrem the Syrian**

O Lord and Master of my life!

Take from me the spirit of sloth,  
faint-heartedness, lust of power, and idle talk.

But give rather the spirit of chastity,  
humility, patience, and love to Thy servant.

Yea, Lord and King! Grant me to see my own errors  
and not to judge my brother,  
for Thou art blessed unto ages of ages. Amen.

The Prayer of Saint Ephraim the Syrian is also called the “Lenten Prayer”? The Prayer of Saint Ephraim the Syrian is called the “Lenten Prayer” because it is a verbal icon and summation of the spirit of Great Lent – repentance, conversion, love of neighbor, and preparation for Pascha (Easter). The prayer is a petition to God asking to be purified of the sins of sloth (laziness), despair (hopelessness), lust of power (selfish ambition), and idle talk (inappropriate speech). In their place, we ask for the virtues of chastity (right-mindedness), humility, patience, and love. The prayer ends by asking God to help us to see our own sins instead of judging others. Though the prayer can be offered at all times of the year privately, it is recited liturgically during Lenten weekday services – namely in the services commonly celebrated in our parishes (such as Vespers and Great Compline). After each petition of the prayer, we make a full prostration – which is the making of the Sign of the Cross, falling to our knees, and bowing our heads to the floor (all in one continuous motion). Prostrations enable us to pray with our body as well as our heart and mind, all of which make up the image of Christ in man.

### **A Prayer of Repentance**

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended you, and I sincerely repent; with tears I humbly pray to You, O Lord: of Your mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Your Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit.  
Amen.

### **The Jesus Prayer (prayer of the heart)**

Lord, Jesus Christ, have mercy on me.

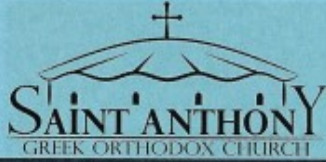
(This prayer is repeated several times like a meditation).



## Divine Services for March and April

Saturday, March 1 <sup>st</sup>	<i>Saturday of the Souls</i> Orthros (9:00am), Divine Liturgy (10:00am)
Saturday, March 8 <sup>th</sup>	<i>The Commemoration of the Miracle of Koliva Wrought by St. Theodore the Tyro.</i> Orthros (9:00am), Divine Liturgy (10:00am) <b>BRING KOLIVA</b>
Wednesday, March 5 <sup>th</sup>	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, March 7 <sup>th</sup>	<i>Salutations to the Theotokos – 6:00pm</i>
Wednesday, March 12 <sup>th</sup>	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, March 14 <sup>th</sup>	<i>Salutations to the Theotokos – 6:00pm</i>
Wednesday, March 19 <sup>th</sup>	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, March 21 <sup>th</sup>	<i>Salutations to the Theotokos – 6:00pm</i>
Tuesday, March 25 <sup>th</sup>	<i>Annunciation of the Theotokos</i> Orthros 9:00am, Divine Liturgy 10:00am
Wednesday, March 26 <sup>th</sup>	<i>Pre-Sanctified Liturgy – 6:00pm</i>
Friday, March 28 <sup>th</sup>	<i>Salutations to the Theotokos – 6:00pm</i>
Friday, April 4 <sup>th</sup>	<i>The Akathist Hymn – 6:00pm</i>
Wednesday, April 9	<i>Pre-Sanctified Liturgy – 6:00pm</i>

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.





## St John Chrysostom Oratorical Festival – Sunday March 16, 2025

Our annual parish St John Chrysostom Oratorical Festival for all 7th thru 12th grade Sunday School Students will be held on Sunday, March 16 at noon in Church.

On February 23rd all the students in attendance received the list of the 2025 topics, writing tips, the link for research, helpful information, and a registration form. They all began writing their speeches in Sunday School. Please review the topics with your children. Encourage them as they write and practice. Their speech should be 3-5 minutes. Those who are interested in competing officially with a chance to advance to the next level, must use the link to register online: [goarch.org/oratorical](http://goarch.org/oratorical)

### 2025 Oratorical Festival Calendar

- 2/23 Topics , Registration Forms and Writing Tips Handed Out  
Discussion and writing process begins this week
- 2/26 Follow-up Email to Parents  
Oratorical materials sent to those students absent last week.
- 3/2 Continue Writing Speeches/Completed Speeches  
Review - practice speeches at home during the week
- 3/9 Practice Session
- 3/16 Parish Oratorical Festival – St. Anthony, Pasadena
- 3/30 District Oratorical – Assumption of the Theotokos, Long Beach
- 5/10 Metropolis Oratorical Festival – St Nicholas Ranch & Retreat Center, Dunlap, CA
- 5/30 – 6/1 National Oratorical Festival  
St Nicholas Greek Orthodox Cathedral, Pittsburgh, Pennsylvania

We look forward to hearing all our young people share their thoughts and their faith. They are our future.

### HCHC Oratorical Festival Scholarships

Participants of the St. John Chrysostom Oratorical Festival are eligible to receive a scholarship to Hellenic College when enrolling in a BA program. Scholarships will be awarded to those who win 1st, 2nd, or 3rd place at the parish, district, metropolis, or national levels. <https://enrollment.hchc.edu/chrysostom-scholarship>

# Youth & Young Adults

## Saint Anthony GOYA Basketball

The St. Anthony GOYA basketball season kicked off their first week of hoops on Sunday, February 23, at St. Nicholas Greek Orthodox Church in Northridge. All teams put forth their best effort, but only the Senior boys were victorious. Our girls teams were very impressive and we expect much success from them. Most importantly our players displayed good sportsmanship!

### St. Anthony G.O.Y.A. Basketball Schedule 2025

#### Sunday, February 23:

@ St. Nicholas

9501 Balboa Blvd., Northridge

2:00 Jr. Girls

3:00 Sr. Girls

4:00 Sr. Boys

#### Sunday, March 2:

St. John @ St. Anthony

Duarte High School

1565 Central Avenue, Duarte

2:00 Jr. Girls

3:00 Sr. Girls

#### Sunday, March 9:

@ St. Basil

San Juan Capistrano Community Gym

25925 Camino del Avion

San Juan Capistrano

3:00 Jr. Girls

4:00 Sr. Boys

#### Sunday, March 16:

St. Sophia @ St. Anthony

Duarte High School

1565 Central Avenue, Duarte

2:00 Jr. Girls

3:00 Sr. Girls

4:00 Sr. Boys

#### Sunday, March 23:

St. Katherine @ St. Anthony

Duarte High School

1565 Central Avenue, Duarte

2:00 Sr. Girls

3:00 Sr. Boys

#### Sunday, March 30:

@ St. George

St. Pius X - St. Matthias Academy

7851 Gardendale St., Downey

2:00 Jr. Girls

3:00 Sr. Boys

#### Sunday, April 6:

Assumption @ St. Anthony

Duarte High School

1565 Central Avenue, Duarte

2:00 Jr. Girls

3:00 Sr. Girls

4:00 Sr. Boys

#### Saturday, April 26:

Quarter Finals - Cabrillo High

2001 Santa Fe Ave., Long Beach

#### Sunday, April 27:

Semi-Finals - Cabrillo High

2001 Santa Fe Ave., Long Beach

#### Sunday, May 4:

Finals/Banquet/Awards - St. Sophia

Questions contact:

Pana Gelt 626-278-2808

Anthia Drulias Lucas 626-274-6133

Congratulations to our **GOBL** basketball teams from this past Sunday!  
All of the teams did very well!

Junior girls only lost by a few points.  
Senior girls only lost by 2 points.  
Our senior boys beat St. Nicholas by 2 points!

It was very exciting and we are looking forward to the rest of the season.  
Best of luck to our St. Anthony's teams!

Hoping to plan a spring event in March or April.  
More information to follow....







# 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



*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 March and April at our church hall for fellowship as we work on the shawls:

**Tuesday, March 11** and **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](mailto: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.

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](mailto:jnda810@gmail.com)



## Community Happenings

### ***SOUPER SUNDAY FUNDRAISER***

The Bad Weather Shelter will again be the beneficiary from our **6h Annual Souper Sunday** fund raiser. The tasty soup cook-off was hosted by Philoptochos and held on Sunday, February 23, after the Liturgy. Philoptochos would like to thank everyone who participated. We raised \$2500 for the Extreme Weather Shelter!

Congratulations to the Chefs: Irene Albeck, The Bowers Family, Joanna Buickians, Judith Din, Maria Kypreos, Stacie Mitchell, Yvette Samaan, Sia Soris and Perry Vidalakis. Over 8 flavors of soup were served. The Golden Ladle went to this year's winner Maria Kypreos, whose Navy Bean Soup received the most votes. Congratulations to all the Chefs!



**SIP, SPARKLE, AND BELONG MEMBERSHIP DRIVE EVENT**

Our recent membership drive, “Sip, Sparkle and Belong”, was a wonderful afternoon of fellowship and philanthropy. The February event provided an opportunity for parishioners to learn more about Philoptochos, our ministry dedicated to service, compassion, and faith.

We are excited to share that 26 members signed up including six new members, while the remaining renewed their commitment to our mission. We are especially encouraged to see younger women getting involved. Their enthusiasm and energy are inspiring.

As we continue our outreach, we hope to welcome even more members. If you or someone you know is interested in joining Philoptochos, please let us know.

Together, we can make a difference.



**Upcoming Community Happenings**

**SAVE THE DATE**

Saturday, May 17, 2025 from 8 AM to 1 PM f

**Philoptochos Spring Yard Sale at St. Anthony Greek Orthodox Church.**

Start your spring cleaning now! We will need small furniture, tools, books, home items, sporting goods, specialty clothing, and jewelry. Things that you can SELL!

All items must be in good condition.

More details to follow.

## 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 [jnda810@gmail.com](mailto:jnda810@gmail.com) of your intent to apply.

*Philoptochos wishes to support our young people in their academic advancement.  
Additional announcements will be posted in future Voice newsletters.*

## Upcoming Philoptochos Meetings

- Board Meeting** – Tuesday, March 11 at 7:00 PM.  
**General Assembly Meeting** – Tuesday, March 25 at 7:00 PM. Further details to follow.  
**Board Elections Meeting** – Wednesday, May 28 during May General Meeting



FOLLOW US ON SOCIAL MEDIA

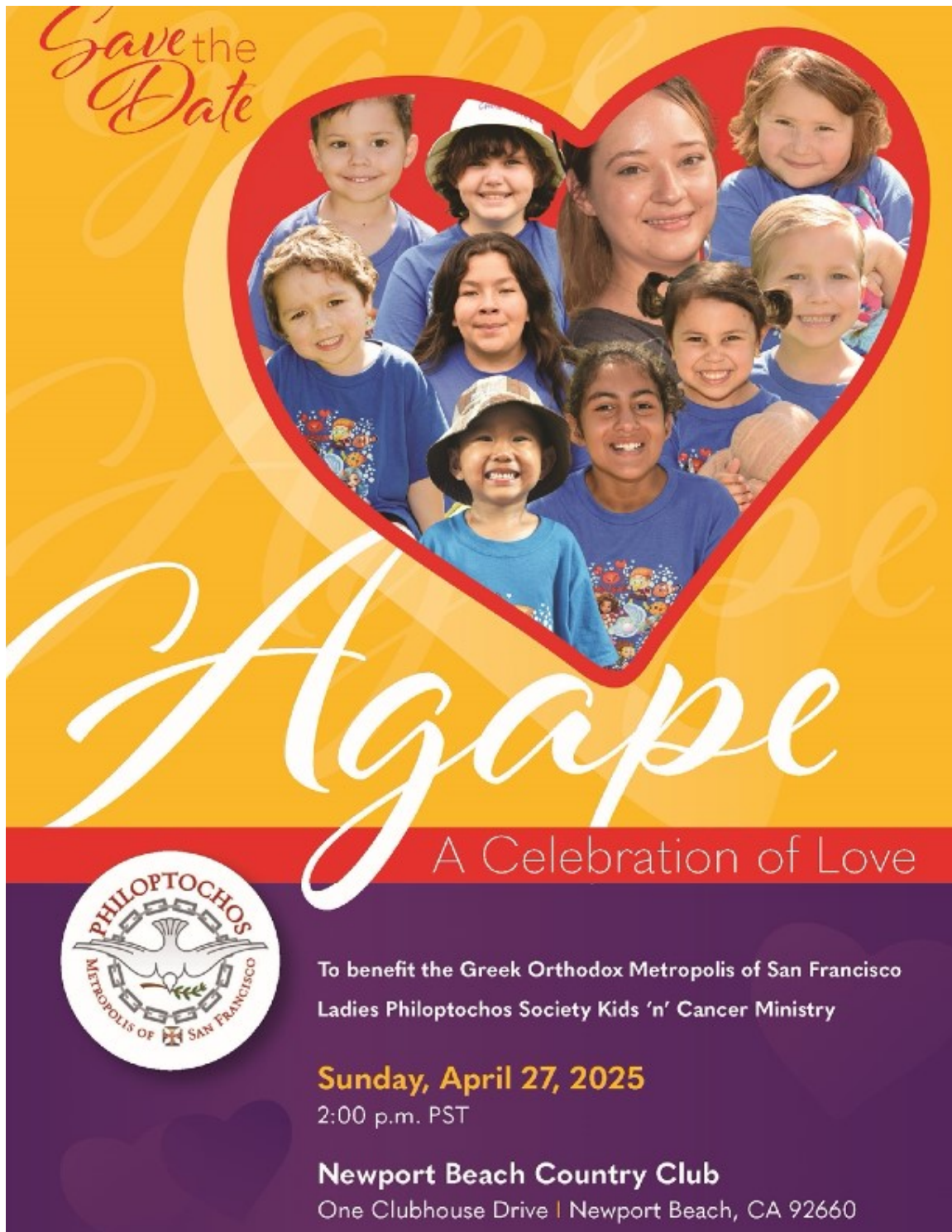
Facebook: St. Anthony Philoptochos  
Instagram: stanthonlyphiloptochos



Upcoming Metropolis Events

**SAVE THE DATE for Kids 'N Cancer – Agape: A Celebration of Love**

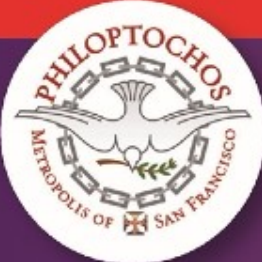
A luncheon will be held on **Sunday April 27, 2025** at 2:00 PM at the Newport Beach Country Club. This annual event helps raise awareness for the ministry of providing support for children afflicted with cancer and their families. This event is a beautiful, fun-filled afternoon giving those attending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



*Save the Date*

# Agape

A Celebration of Love



To benefit the Greek Orthodox Metropolis of San Francisco  
Ladies Philoptochos Society Kids 'n' Cancer Ministry

**Sunday, April 27, 2025**  
2:00 p.m. PST

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

## 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://stanthonypiloptochos.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 "*HEARTFELT*" enthusiasm, the VIPs met on Tuesday, February 11th for their pre-Valentine's Day gathering. After the meeting was called to order at 11:00 am, the opening prayer was led by Stavroula Kiotas. President Irene Albeck then made the following announcements:

1. Any members or their acquaintances in need of cleaning supplies as a result of the recent devastating fires, were urged to contact our Philoptochos for assistance.
2. A final solicitation was made for participants interested in attending the Sierra Madre Playhouse on March 8th for the viewing of "*MASTERCLASS*", a production inspired by the legendary masterclasses given by the opera icon Maria Callas at the Juilliard School. At this writing, fourteen of our members have committed to attend.
3. Irene challenged and encouraged members to use U-Tube as a means of stimulating their minds with many interesting and informative subjects and topics.
4. It was once again announced that the VIPs graciously donated over \$2,000.00 to the Philoptochos fund raising drive to benefit victims of the Eaton Fire.
5. New members Maria Chenos, Mary Gallanis, and Bessie Roberts were welcomed to the meeting. As a point of information, VIP annual membership dues are \$15.00.
6. The VIPs have consented to bake paximadia for coffee hours after Sunday liturgies. Baking sessions will be held on Tuesdays, February 25th, March 18th, and May 6th at 10:00 am in the church hall kitchen.
7. We wish a speedy convalescence to Presbyteria Eleni Anastas recovering from a recent fall, to Claire Marotta who is recovering from knee surgery, and to Vivian Mavredakis who is having hip surgery.

A hearty HAPPY BIRTHDAY was sung to our February celebrants: Sapfo Ananiades, Carolyn Kolokotronis, Helen Treantafelles, and Alma Vorgias. Through the magic of modern Facetime technology, we were able to transmit the birthday melody to Carolyn, who graciously hosted today's luncheon and to Helen. Both were unable to attend the meeting. MANY HAPPY RETURNS LADIES!!

After lunch a lively game of BINGO took place.....and a good time was had by all. We shall look forward to our next meeting on Tuesday, March 11th.

Jim Hronas

VIP Communications





Community News & more...

His Eminence  
**Metropolitan Gerasimos of San Francisco**  
invites you to

*The Sunday of Orthodoxy*

**PAN-ORTHODOX VESPERS**



**SUNDAY, MARCH 9, 2025 AT 6:30 PM**  
St. Paul's Greek Orthodox Church  
4949 Alton Parkway, Irvine

*Celebrating Our Faith & Honoring*

His Eminence  
**Archbishop Benjamin of  
San Francisco and the West**

All of the faithful are invited to join the surrounding Southern California Orthodox Hierarchs and Clergy for Vespers and the Procession of Icons, sung by a Pan-Orthodox Choir.  
A Lenten reception will follow services.





## St. Anthony Bowling League

The St. Anthony bowlers hosted coffee hour on Sunday, February 9. Participation from our members was overwhelming. Special thank you to Peter Bissias for coordinating and securing the date. In addition, we would also like to thank everyone who brought goodies for our fellow parishioners to enjoy. Gratitude goes out to Georgia Tripodes, Katherine Boukidis and Antonio Dimopoulos for their extra help setting up and cleaning up!

We invite everyone to join us on **Thursday nights at 7:00 P.M.** at Bowlero Lanes in Pasadena for an evening of fun and fellowship.

The Winter/Spring Season will conclude on **Thursday, April 10.**

**ST. ANTHONY BOWLING LEAGUE 2025**



Bring your friends and join us in August for a 12 week season  
All skill levels welcome  
We have a lot of fun!



Sign up for email info!



OCF PRESENTS

2025

# Southwest Spring Regional Retreat



"CHRIST THE KING OF ALL"  
*In Liturgy & Life*

**RETREAT SPEAKER:  
FR. JOHN MAHFOUZ**

College students from around the Southwest are invited to join in a weekend of fellowship, education, worship, and service. Come explore how we find Jesus Christ as King in the Divine Liturgy and how it sets the tone for our life to heal all the sorrows and passions.

St. Nicholas Ranch  
Dunlap, California

Register at  
[ocf.net/events](http://ocf.net/events)  
Registration closes 3/12/2025

**March 28 - 30, 2025**





# Lenten Retreat



**APR  
4-6  
2025**

## **Pali Retreat Center**

Runnings Springs, California

*Organized carpools will be available  
from SoCal parishes.*

Early Registration: \$270

Late Registration (after March 1): \$290

## *Activities*

Zip lining, Archery,  
Camp Festivities,  
& Fun!

Register  
Here



For more information,  
visit [socalgoya.com](http://socalgoya.com)

**See next page for more info...**



**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](https://www.paypal.com/donate?hosted_button_id=E68RF5HFC6UP4)

Any questions??

Anna Teodosiadis, [ateodosiadis@sanfran.goarch.org](mailto:ateodosiadis@sanfran.goarch.org)

Fr. Tom Felactu

Fr. Chris Retelas

Fr. Matthew Jouthas

Stacia Counelis ([socalgoya@gmail.com](mailto:socalgoya@gmail.com))

## **Save the Date**

# **Southern California Greek Orthodox Easter Picnic 2025**

**Sponsored by Saint Sophia Foundation**

**Sunday, April 20<sup>th</sup>  
1 pm - 7 pm  
Brookside Park, Pasadena**

*Fabulous Food, Desserts and Drinks will be available for purchase..*

*Chicken Souvlakia, Lamb Souvlakia, Gyros, Feta Fries, and more....*

*Baklava, Galatoboureko, Karidopita, Kourambiedes,  
Melomakarona, Koulourakia and Tsourekia*

*Beer, Wine, Soft Drinks, Coffee, Water*

*Free Parking and Picnic Tables  
Greek Music and Dancing  
Activities for Kids*

*If you have questions or wish to volunteer to work in a booth....  
Please contact Stephanie Caiopoulos Lubian  
easterpicnic@aol.com*

## **23rd Annual St Anthony's Golf Tournament**

We will have our much anticipated event this year on **Friday May 2<sup>nd</sup>**.

Please join us for a festive day of golf dinner and fellowship.

There are many ways for you to support this year's charitable event. If you aren't a golfer join us for our all day Taverna on the Green mezethes and souvla.

At night sign up for dinner complete with silent auction and one of a kind live auction items. If you absolutely can't make it, please make a tax-deductible donation directly to the church office.



## Prayers for Great Lent

### **Trisagion Prayers**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3) Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen. All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy. Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen. Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to ages of ages. Amen.

### **Lenten Prayer of St. Ephrem the Syrian**

O Lord and Master of my life!

Take from me the spirit of sloth,  
faint-heartedness, lust of power, and idle talk.

But give rather the spirit of chastity,  
humility, patience, and love to Thy servant.

Yea, Lord and King! Grant me to see my own errors  
and not to judge my brother,  
for Thou art blessed unto ages of ages. Amen.

The Prayer of Saint Ephraim the Syrian is also called the “Lenten Prayer”? The Prayer of Saint Ephraim the Syrian is called the “Lenten Prayer” because it is a verbal icon and summation of the spirit of Great Lent – repentance, conversion, love of neighbor, and preparation for Pascha (Easter). The prayer is a petition to God asking to be purified of the sins of sloth (laziness), despair (hopelessness), lust of power (selfish ambition), and idle talk (inappropriate speech). In their place, we ask for the virtues of chastity (right-mindedness), humility, patience, and love. The prayer ends by asking God to help us to see our own sins instead of judging others. Though the prayer can be offered at all times of the year privately, it is recited liturgically during Lenten weekday services – namely in the services commonly celebrated in our parishes (such as Vespers and Great Compline). After each petition of the prayer, we make a full prostration – which is the making of the Sign of the Cross, falling to our knees, and bowing our heads to the floor (all in one continuous motion). Prostrations enable us to pray with our body as well as our heart and mind, all of which make up the image of Christ in man.

### **A Prayer of Repentance**

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended you, and I sincerely repent; with tears I humbly pray to You, O Lord: of Your mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Your Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit.  
Amen.

### **The Jesus Prayer (prayer of the heart)**

Lord, Jesus Christ, have mercy on me.

(This prayer is repeated several times like a meditation).



## 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!

## 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 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

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**

**Christ is Born !  
 Glorify Him !**

Priest's Message	2
Stewardship	4
Ministries	6
Parish Council Report	8
Sunday School	9
Youth/Young Adults	10
Philotochos	13
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Community News, etc.	21
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Saints of the Month	29
Orthodox Calendar	35

*Deadline for February Newsletter is Saturday, 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



### ***A Lesson from Father Stavros..***

*And Peter answered Him, "Lord, if it is you, bid me to come to You on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out His hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they got into the boat, the wind ceased. Matthew 14:28-32*

It's easy for us, as we read the Bible, in the safety of our homes and offices, to criticize people like Thomas the Apostle, who doubted the Resurrection of Christ or to criticize Peter, for taking his eyes off Jesus and getting scared while walking on water. I've never walked on water, but I've been scared plenty of times when I've been doing a normal activity like swimming at the beach and a big wave comes along. Jesus challenged Peter to step off of a boat into a raging stormy sea of waves and to not be afraid. I'm not sure how many of us would have taken that challenge. I'm not sure I would have.

Even though Jesus admonishes Peter a little bit to not having more faith, it is easy to forget that it actually took a bit of faith for Peter to get out of the boat. We forget that all the disciples were in the boat. All must have been scared by the raging waves in the stormy sea. And yet it was Peter who actually had the courage to get out of the boat and start walking to Jesus. The lesson here, of course, is that as long as he kept his eyes on the Lord, he was able to do the seemingly impossible task of walking on water. But when he took his eyes off the Lord, the problems started.

Life is filled with challenges. The sea is often stormy. The waves are often scary. We know that Jesus can bring calm into the storm. Even if the storm still rages on, there is peace from God that comes in the midst of the storm. Faith is also filled with challenges. These challenges to faith, whether it is lack of understanding or own guilt and shame, are met in the same way that Peter walked on water. When we keep our eyes on the Lord in our challenges, whatever challenges they may be, we will find a clear path to the Lord. So before we get too critical of Peter, we've got to give him credit for actually getting out of the boat and at least beginning the journey to Christ.

Peter sinking in the water is also part of the faith journey, and a challenge in itself. Many people think that once we commit our lives to Christ that it is smooth sailing, no more storms. To the contrary, the storms continue, and in some cases, they even get worse. The last thing the devil wants is committed Christians and he will often throw himself in front of us with temptations and doubts, trying to knock us off our journey and make us take our eyes off of Christ, hoping we will sink. We all fall to temptation in ways large and small. Sometimes we even fall when trying to do something good and wholesome. We lose focus and the devil is there, preying on us. We take our eyes off of Christ and we start to sink. Peter, again to his credit, shouted to Jesus, "Lord, save me." He didn't succumb to failure. He actually didn't stop believing. His momentary failure was met with a statement of faith, that Jesus was still Lord, and still had the power to save him, and not only the power, but the desire to save Peter. When we fall, redemption is as close as a call to Christ, "save me," followed by the courage to reach out and take His hand, combined with trust that He will, and hopeful eyes that refocus on Him.

There is no challenge to faith to which there isn't an answer from Christ. We just need to keep our eyes on Him, and when we lose sight, to refocus. **This is why it is so important to belong to a church community.** Because when we lose focus, there is someone in the community—a priest, a friend, someone in a ministry, or just someone in the pews—who can be a voice of encouragement. At a recent Orthodoxy 101 class, I was telling the participants that one of the most important ministries in a church community is that of encouragement, and recognizing when someone has stopped coming. And to call that person, who most likely is having some challenge to faith, and encourage them to come back. This is one of the most important, and also the most overlooked ministry in the church. Please know that I am praying for you as you face your challenges to faith. Please pray for me, as I still have challenges in my faith.

Many people think that Jesus asking Peter *“Why did you doubt?”* was a voice of admonition and disappointment. The answer to that question is *“Because I am human and got distracted.”* The follow up question could have been, *“then why did you leave the boat in the first place, and why when you were sinking did you cry out ‘Lord?’”* The answer to that is *“Because I have faith.”* Being a Christian doesn't mean we don't have challenges. It means that when we have challenges, we still move forward with faith.

*Lord, thank You for the compassion that You showed to St. Peter – Your voice of encouragement that beckoned him to come to You in the storm, and Your voice of reassurance when You raised him up from the stormy sea as it engulfed him.*

*Please be a voice of encouragement to me in the storms of my life.*

*Be a voice of reassurance when I succumb to challenges to faith and take my eyes off of You that there is always a way back.*

*Help me to be a voice of encouragement and reassurance for others.*

*Be the source of comfort in the times when I feel challenged in my faith, and be the source of joy and confidence that helps me overcome the challenges.*

*To Him be the glory, the dominion and the power, to the ages of ages.*

*Amen.*

## Saints & Feasts

### Triodion – Forgiveness Sunday – Cheesefare Sunday

#### 2 March

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight, here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments.

For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind.

The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiation and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands.

Taking occasion from the Gospel of Matthew 6:14-21 to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.



### Clean Monday / Kathara Deftera

#### 3 March

Today we begin the 40-day Lenten Fast with a strict fast from meat, fish, oil, wine, dairy, and eggs.

#### LENTEN PRAYER OF SAINT EPHRAIM

**O Lord and Master of my life!  
Take from me the spirit of sloth,  
faintheartedness, lust of power,  
and idle talk.**

*(prostration and +)*

**But give rather the spirit of  
purity, humility, patience and  
love to Your servant.**

*(prostration and +)*

**Yes, O Lord and King! Grant me  
to see my own errors and not to  
judge my brothers and sisters.  
For You are blessed to ages of  
ages. Amen.**

*(prostration and +)*



## Sunday of Orthodoxy

### 9 March

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated February 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.



## Sunday of St. Gregory Palamas

### 16 March

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica.



He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, Orthodoxy of faith is the foundation of all that we accomplish during the Fast, celebrating the Triumph of Orthodoxy the Sunday prior and the great defender of teachings of Holy Fathers on this day.

## Sunday of the Holy Cross

23 March

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.



## Annunciation of the Theotokos

25 March

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months.

On coming to Joseph's house, the Archangel declared: *"Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women."* After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: *"Behold the handmaid of the Lord; be it unto me according to thy Word."*

And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived and became flesh in her immaculate body (Luke 1:26-38).

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, jump in her womb.

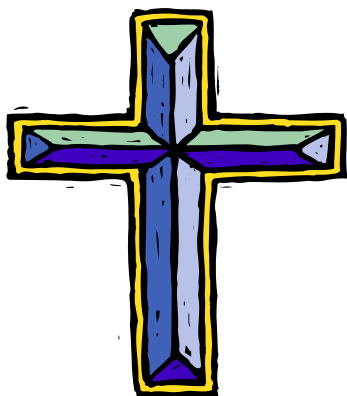
Saint John the Baptist, prophesied of the dawning of the spiritual Son. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: *"My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior,"* Luke 1:39-55



## Sunday of St. John Climacus

30 March

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.



*Lord, You have said that You are the way and the truth and the life.*

*You know the truth about me.*

*Deep down I know the truth about me.*

*I know that there is a gap between who I want to be and who I really am.*

*Help me to have the wisdom, the humility, the patience and the discipline to close that gap, so that I can be not only the person I want to be, but to especially be the person You want me to be.*

*Teach me wisdom in my secret heart.*

*Help me to stop doing the things I know are wrong, and the things I don't want to do, and help me focus on doing what is right and noble and true according to how You define these things.*

*Amen.*



# Orthodox Calendar

## March 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1  <b>Saturday of the Souls</b> 9am Orthros 10am Divine Liturgy
2  <b>Forgiveness Sunday</b> <b>Cheesefare Sunday</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	3  Clean Monday Kathara Deftera	4 	5  6pm Pre-Sanctified Lit 7pm Union Staton Philoptochos	6 	7  6pm Salutations to the Holy Theotokos	8  <b>Commemoration of the Miriacle of Koliua</b> 9am Orthros 10am Divine Liturgy
9  <b>Sunday of Orthodoxy</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	10 	11  10:30am VIP Meeting 7pm Philoptochos Board Mtg. 7pm Par. Council	12  6pm Pre-Sanctified Lit	13 	14  6pm Salutations to the Holy Theotokos	15 
16  <b>Sunday of Saint Gregory Palamas</b> 8:45am Orthros 10am Divine Liturgy Oratorical Festival Indoor & Live-stream	17 	18 	19  6pm Pre-Sanctified Lit	20 	21  6pm Salutations to the Holy Theotokos	22 
23  <b>Sunday of Holy Cross</b> 8:45am Orthros 10am Divine Liturgy God-Parent Sunday Greek School March 25 Celebration Indoor & Live-stream	24 	25  <b>Annunciation</b> 9am Orthros 10am Divine Lit. 7pm Philoptochos General Mtg.	26  6pm Pre-Sanctified Lit	27 	28  6pm Salutations to the Holy Theotokos	29 
30  <b>Sunday of Saint John Cimacus</b> 8:45am Orthros 10am Divine Liturgy	31 	<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  
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*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**