

The Voice of Saint Anthony

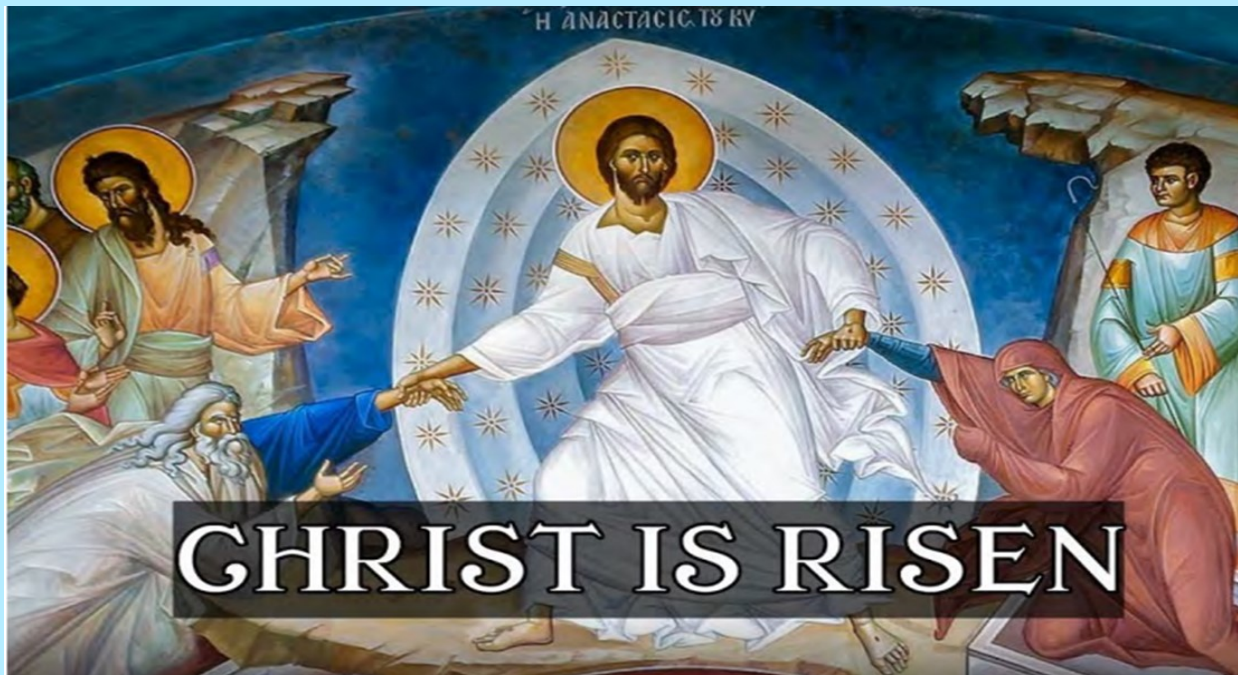
May 2025

Saint Anthony Greek Orthodox Church

Reverend Father Peter Stratos

778 S. Rosemead Boulevard, Pasadena, CA 91107

(626) 449-6943 Office (626) 449-6974 FAX



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Sunday of Myrrh Bearers	4 May
Sunday of the Paralytic	11 May
Mid-Pentecost	14 May
Sunday of Samaritan Woman	18 May
Saints Constantine & Helen	21 May
Sunday of the Blind Man	25 May
Holy Ascension	29 May

Deadline for JUNE Newsletter is Sunday, 25 May
Please send to: newsletter_church@aol.com

Message from Father Peter

Beloved Parishioners

Χριστός Ανέστη!

I found this Holy Week to be so very inspiring, moving and uplifting. From the Saturday of Lazarus through Agape Sunday, we experienced a beautiful and peaceful week filled with the gifts of the Holy Spirit.

“But the fruit of the Holy Spirit is love, joy peace, long-suffering, kindness, goodness, faithfulness, gentleness, self-control.” (Gal: 5:22).

The Holy Spirit moved us as we all experienced our Orthodox Faith through our Holy Week Services. Our worship included: prayers, hymns, scriptural readings, liturgical praxis, Holy Sacraments, and blessings, all provided through The Counselor of Truth (The Holy Spirit) who is sent by God the Father.

As we often say, Holy Week is reminiscent of a marathon with services every night, as well as some morning and afternoon services. Each service, whether Matins, Vespers, the Sacrament of Holy Unction, Vespers Liturgy, Evening Compline or Divine Liturgy is unique and requires different set-up and traditional visual and liturgical furnishings. Some of these include: bay leaves, palms and palm crosses, flowers, olive oil, wreaths, candles, the kouvouklion, prosfora and dyed eggs. All of these items were donated and prepared with love and devotion to our Lord. We experienced the generous giving of time and talents through beautiful chanting, reading, acolyte service, myrrh-bearing service, kouvouklion decorating, Easter egg dying, and ushering.

From the Saturday of Lazarus Breakfast, to the Palm Sunday Luncheon and culminating with Resurrection Sunday early morning Magiritsa, we broke bread together as a Christian family.

We wish to thank all those who worked so diligently to setup the Trinity Ballroom, all those who prepared the delicious food, and all those who joyfully served and cleaned. Every detail was completed beautifully this Holy Week by so many faithful and dedicated parishioners! What an inspiring, moving and uplifting week experienced by all!

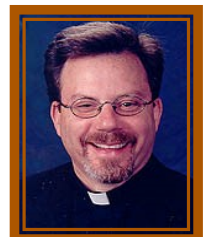
I wish to thank each and every person who participated in some way during this most special Holy Week 2025. Those who participated in every, most, some or even one service, thank you! To those who watched faithfully online thank you! God sees us all and knows what is in our hearts.

“So God, Who knows the heart, acknowledged them by giving them the Holy Spirit.” (Acts 15:8).

Well done good and faithful servants!
Continue to be vigilant, continue to be faithful, continue to pray!

Χριστός Ανέστη!

Fr. Peter





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

LAST NAME

FIRST NAME(S), PLEASE INCLUDE CHILDREN UNDER 18.

STREET ADDRESS

CITY

STATE

ZIP

PREFERRED PHONE

OTHER/SECOND PHONE

E-MAIL

SIGNATURE

DATE

[For office use only]

ST. ANTHONY GIVING LEVELS:**CONTRIBUTOR: \$499 & below**

\$9.60/week OR \$42/month & below

FRIEND: \$500 - \$999

\$19-\$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

_____ Acolytes	_____ Kouvouklion	_____ Stewardship Committee
_____ Bible Studies	_____ Little Lambs	_____ Studies in the Faith
_____ Bookstore	_____ Myrrh Bearers	_____ Sunday School
_____ GOYA Basketball	_____ OCF (Orthodox Christian	_____ Vacation Bible School
_____ GOYA/Jr. GOYA	_____ Fellowship)	_____ VIPs
_____ Greek Dance	_____ Office Volunteers	_____ Volleyball Tournament
_____ Greek Language School	_____ St. John Chrysostom	_____ Welcoming Committee
_____ JOY/HOPE	_____ Oratorical Festival	_____ Other

Parish Events

_____ Palm Sunday Luncheon	_____ Resurrection Magiritsa	_____ Summer Family Picnic
_____ Pasadena Golf Classic	_____ Dinner	_____ Other
_____ Pasadena Greek Fest	_____ Saint Anthony Feast Day	

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

1st Vice President

Jeanne Karaionnoglou

2nd Vice President

Helen Skandale and Lisa Xanthos

Corresponding Secretary

Mary Udria and Irene Albeck

Recording Secretary

Mary Dewar

Treasurer

Connie Becker

Assistant Treasurer

Maria Grover

Advisor

Maria Kypreos

Spiritual Advisor

Father Peter Stratos

Board of Directors**Beautification**

Maria Kokoris

Maria Hronas

Community Outreach

Fontaine Malisos

Liz Skandale

Fellowship

Tanya Christodoulelis

Maria Kypreos

Publicity

Christine Pappas

Scholarship

Presbytera Aida Statros and Irene Albeck

Social Media/Webmaster

Sophia Syrengelas

Sunshine and Visitation

Fontaine Malisos

Liz Skandale

Union Station

Irene Albeck

Operation Classroom

Nicolette Fuerst and Jennifer Webster

**ADDITIONAL MINISTRIES****Acolytes**

Pres Aida Stratos

Bible Study

Fr. Peter Stratos

BookstoreChristiana Kontaxis
Michael Kontaxis**Golf Tournament**

Jimmy Christos

GOYAAnthia Drulias Lucas
Maria Katsas Gittings
Polly Vagenas**GOYA Basketball**

Pana Gelt

GOYA VolleyballAnthia 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

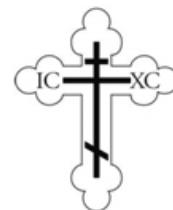
Maria Kypreos

Psalter Group

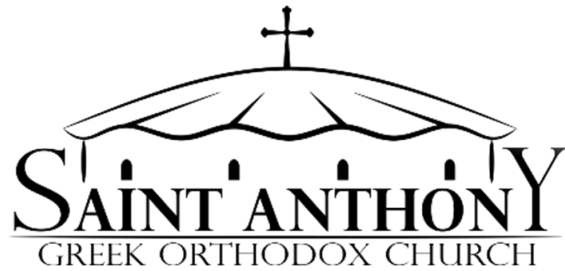
Fr. Peter Stratos

Vacation Bible SchoolSophia 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 please all the children to receive Holy Communion first.

- ♦ Please remain standing while following the directions of the ushers.
- ♦ 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 in a pew when Holy Communion begins, please quietly find a spot in the back rows. 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 or enter the center aisle ahead of the pews in front of you.
- ♦ When receiving Holy Communion, make the Sign of the Cross, state your name (baptismal name) and naturally receive as if being fed.
- ♦ Non-Orthodox Christians may not receive Holy Communion, but they may receive the Holy Bread at the end of the service.
- ♦ All Orthodox Christians must be spiritually prepared to receive the Sacrament of Holy Communion. Please see your priest if you have any questions.





"Let the
little children
come to me"

MATTHEW 19:14

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

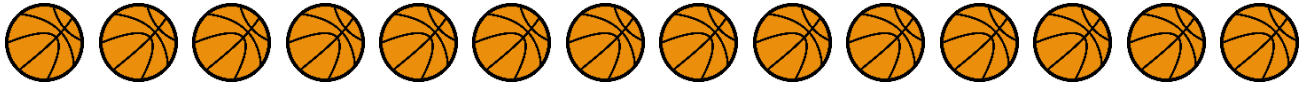
5:30PM DINNER, AWARDS, AND DANCING IN
TRINITY BALLROOM @ ST. ANTHONY'S GREEK
ORTHODOX CHURCH, PASADENA

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



St. Anthony GOYA Basketball

2025 Preliminary Results



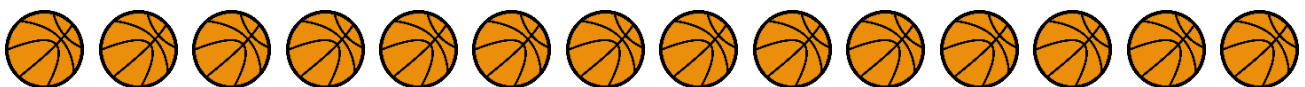
The Greek Orthodox Basketball League (GOBL) held their Quarter Final and Semi Final weekend at Cabrillo High School in Long Beach on Saturday and Sunday, April 26-27.

St. Anthony Jr. Girls ended the regular season in **3rd place** and were seeded against the 6th Place St. George on Saturday. Our Junior girls who lost to St. George in the regular season were victorious over St. George with a score of 27-19 and advanced to the Semi-Finals on Sunday. At Sunday's Semi-Final game St. Anthony was once again facing St. Nicholas and were defeated by a score of 33-11.

St. Anthony Senior Girls ended the regular season in **3rd Place** and were seeded to play #6 St. Sophia in Saturday's Quarter Finals. Our Senior girls were successful and defeated St. Sophia with a score of 32-14, advancing them to the Semi Final Game against the #2 seeded team, Assumption. ***We are very proud to report that the St. Anthony Senior girls defeated Assumption by a score of 33-21 and will advance to the Finals on Sunday, May 4!***

St. Anthony Senior Boys ended the regular season in a **3 way tie for 2nd place** and because each team beat the other a drawing occurred to determine seeding for the play-offs. Our Senior boys were then seeded #4 for the Quarter Finals and played the #5 seed St. Basil. The St. Anthony Senior boys defeated St. Basil by a score of 61-39. At Sunday's Semi-Final games St. Anthony Senior Boys had to play the #1 seed and last year's champions St. Sophia. Unfortunately, St. Sophia defeated St. Anthony Senior Boys by a score of 69-52.

Final results from St. Anthony Senior Girls championship game on May 4, will be published in the June Voice!





Philoptochos

Good Works

EATON FIRE DISASTER RELIEF SUPPORT

Philoptochos has been working to provide support and assistance to those who have been affected by the Eaton Fire.

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.

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

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

*"Break your bread for the hungry, and bring the homeless poor into your house;
If you see a naked man, cover him, and not to hide yourself from your own flesh."*

Isaiah 58:7

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, please contact Maria Kypreos at makypreos@gmail.com or (626)272-2720 for more information.

Sunshine Ministry's Special Visitations

This Easter season, the Philoptochos Board members made 25-30 special visits to our elderly, sick, or homebound parishioners throughout the San Gabriel Valley. They delivered Easter greetings and traditional tsourekia. These moments of connections were filled with smiles, warm conversation and the heartfelt reminder that they remain cherished members of our parish family.



Community Happenings

EASTER BAKE SALE

We thank everyone who ordered baked items and supported Philoptochos. All proceeds from the sale will benefit Kids n Cancer. Congratulations to Helen Skandale and Lisa Xanthos for another very successful Easter bake sale. Many thanks to all those who helped bake and package the delicious items.

Pascha Baking Thank You

We would like to thank everyone who helped us with the baking for the Pascha bake sale. Your help was invaluable, and we are grateful for the support. All proceeds from the Pascha Bake Sale benefit the San Francisco Metropolis Philoptochos ministry, ***Kids 'n' Cancer***.

The ***Kids 'n' Cancer*** ministry provides for a camping experience for children with life-threatening illnesses and their families

Our heartfelt thanks to Irene Albeck, Christine Kades, Cleo Kades, Evelyn Kefalas, Gena Pegadiotes, Staurula Kiotas, Yiota Poulos, and the other VIP's who joined us on our baking days. We could not have accomplished so much without this lovely group of ladies.

With love and appreciation, Helen Skandale and Lisa Xanthos

Community Happenings continued



Community Happenings continued

PASCHA CHILDREN'S BOOKSALE

For the second year, Philoptochos provided our community with the opportunity to purchase children's religious books for Pascha. Thank you to all those who purchased items and who very generously donated to the Pascha Children's Booksale. Proceeds from the sales go to support Kids n Cancer. We thank Maria Hronas for her creativity and dedication in bringing this ministry to our community. We look forward to seeing you again next year, to help you prepare for Pascha by bringing to you religious books, candles, Easter baskets and Pascha items for children.



Community Happenings continued

“Mother’s Day Floral Arrangement Demonstration”— Philoptochos April General Meeting

Our April meeting was very fun and educational. Florist Matt Anthos demonstrated how to prepare a variety of creative flower arrangements. He shared his professional knowledge and insider tricks with the group. The beautiful arrangements were auctioned off raising over \$600 for Kids n Cancer. Thank you to all our very generous donors for supporting Kids n Cancer!





Scholarship Opportunities in 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 of your intent to apply.

Philoptochos wishes to thank Dr. Michael Patzakis for supporting our young people in their academic and professional advancement.

Additional announcements will be posted in future Voice newsletters.

Upcoming Philoptochos Meetings

Board Meeting

Wednesday, May 14 at 7:00 PM.

General Meeting

Wednesday, May 28 at 6:30 PM.

This will be a potluck dinner.

More details to come.

May General Meeting & Board Elections

Wednesday, May 28

Past President's & Scholarship Presentation Dinner

Wednesday, June 18, 2025.

We are pleased to announce this year's Honoree – Christina Becronis

Join the 2025 Christmas Benefit Planning Committee

St. Anthony Philoptochos invites you to help us plan our largest fundraiser of the year. This very successful annual fundraiser provides funds that allow Philoptochos to help where there is need throughout the year. All are welcome to join the 2025 Benefit Planning Committee.

If you are interested in volunteering, please come to the next planning meeting (May's meeting will be announced in Sunday bulletin) or contact a Philoptochos Board member for more details.



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos

Instagram: stanthonypiloptochos



**ST. ANTHONY'S PHILOPTOCHOS
PRESENTS...**

TRUNK TREASURES

ALL PROCEEDS TO BENEFIT ST. ANTHONY PHILOPTOCHOS





**ST. ANTHONY'S
TRINITY
BALLROOM**



MAY 17TH



**8:00 AM -
1:00 PM**



16
Friday

**SET UP AND DECORATE YOUR OWN
TABLE-ITEMS SHOULD BE ALREADY
PRICED AND READY TO BE DISPLAYED**

10:00am until...



17
Saturday

TRUNK TREASURE DAY

Sale starts at 8:00am until 1:00pm

**WHAT
TO
BRING**

SPRING CLEANING FOR A CAUSE-RUMMAGE THROUGH
THOSE OLD TRUNKS AND BOXES FOR ANTIQUES, ART,
BOOKS, CHINA, DISHES, KITCHENWARE, HOUSEHOLD
DECOR, POTS, PANS, JEWELRY, PURSES, CLOTHING,
SHOES, TOOLS, SPORTS EQUIPMENT, ETC.-
ALL IN EXCELLENT CONDITION

**PLEASE NO BABY TOYS
CLEAN BABY CLOTHING IS ACCEPTED**



**FRIENDLY
REMINDER:**



**AT THE END OF THE EVENT ALL LEFT OVER
ITEMS SHOULD BE BOXED UP AND TAKEN
HOME OR DONATED ELSEWHERE**



CONTACT JEANNE K @ 626-437-6078 TO PREORDER A TABLE



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

PHILOPTOCHOS MEMBERSHIP FORM

☐ 2025 Philoptochos Membership ☐ 2025 Associate Membership (Men / Non-Voting) Date _____

Last Name	First Name	Spouse Name	M.I.
Street Address			
City	State	Zip	
Home Phone		Cell Phone	
Email			
Notices will be sent via email. If you prefer your notices mailed, please, let us know by checking here <input type="checkbox"/>			
St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:			
<input type="checkbox"/> \$50 <input type="checkbox"/> \$75 <input type="checkbox"/> \$100 <input type="checkbox"/> \$125 <input type="checkbox"/> Other			
Each \$50 stewardship supports National Philoptochos (\$15), San Francisco Metropolis (\$15) and St. Anthony Philoptochos obligations and projects (\$20). ___ Check ___ Credit Card ___ Cash			
I am interested in helping with the following:			
___ Feeding the Hungry	___ Hosting Fellowship	___ Marketing	
___ Delivering Meals to Parishioners	___ Baking & Cooking	___ Website Designer	
___ Homebound Visitations	___ Fundraising	___ Other Talents	
___ Telephone Tree	___ Social Media	___ Specify	



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://stanthonypiloptochos.square.site>

Scroll down to "Annual Membership Dues"

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

To register for membership online, click here:

<https://stanthonypiloptochos.square.site/product/become-a-philoptochos-member/58>



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

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
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

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	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
	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	

Christos Anesti to our beloved Saint Anthony community!!

The month of April was a busy one for the VIPs starting with our meeting for the month taking place on Tuesday, April 8th.

With thirty-seven of our members in attendance, the meeting was called to order by President Irene Albeck who then recited the Lenten Prayer of Saint Ephraim. Continuing with her report, Irene announced that our friend Andy Demopoulos is now resting comfortably at home after a stay in rehab to recuperate from a broken hip.

A reminder was given that after the Divine Liturgy on the Saturday of Lazarus, a pancake breakfast would be hosted by the parish council. Members were encouraged to remain after breakfast to make palm crosses for the next day's Palm Sunday Liturgy.

Irene then announced that election for new VIP officers would be held at our meeting on **May 12th**. The new president will preside over the June meeting with Irene and then have some time to plan a program for the 2025-2026 term. All members are asked to assess their ability to volunteer time and talent; and then seek an office for the administration of our VIP ministry.

Maria Kypreos asked if any members skilled in crocheting would be able to volunteer their time in the production of prayer shawls for the continuation of the Prayer Shawl Ministry.

The members then voted to donate \$500.00 from the VIP Treasury to the Kids 'N Cancer Ministry.

At the completion of Irene's remarks and other committee reports, discussion then moved on to our upcoming trip to the Ronald Reagan Presidential Library and Museum. Judie Christopoulos informed us of the price for general admission to the Library and surcharge for viewing of the Dead Sea Scrolls. After collection of the fees and discussion of transportation to the Library, recognition of our April birthday celebrants took place with a rendition of *Happy Birthday* to Virginia Lappas and Yngrid Molinari. MANY HAPPY RETURNS LADIES!!

A light Lenten luncheon was then served and enjoyed by all!!

On April 22nd, 16 of our members made the trip to the **Ronald Reagan Presidential Library and Museum** in Simi Valley, California. Perched on a mountaintop with sweeping views of the surrounding mountains, valleys and the Pacific Ocean, the Reagan Library is one of California's most beautiful and unique destinations. Our visit at this Lenten season was especially appropriate as 200 ancient artifacts and 8 original Dead Sea Scrolls were on display.

Our group enjoyed this remarkable display of archaeological remnants of ancient Israel, a viewing of the Presidential Oval Office replica, a delightful lunch at *The Gipper Cafe*, and a tour of the Air Force One jet that served 7 presidents prior to its retirement in September of 2001. Many thanks to Judie Christopoulos for her efforts in putting together this enjoyable field trip for our group!

Our membership is pleased to recognize retiring President Irene Albeck for her many years of involvement in numerous ministries of our Saint Anthony Community and for her upcoming honor as the Guardian Angel Award recipient by Villa Esperanza. Thank you Irene for everything that you have done.....and continue to do for your community!

It is with a heavy heart that we acknowledge the passing of our member Bess Mechalas who departed this life peacefully on Easter Sunday. We were blessed to have Bess with us at our April meeting with her caregiver Gracie Rojas; being her normal enthusiastic and conversant self. We extend condolences to her family and pray that her memory will be eternal.

We will look forward to "a full house" at our **next meeting on May 12th** for the election of a new slate of VIP officers.

Jim Hronas

VIP Communications

See Regan Library photos, next page..



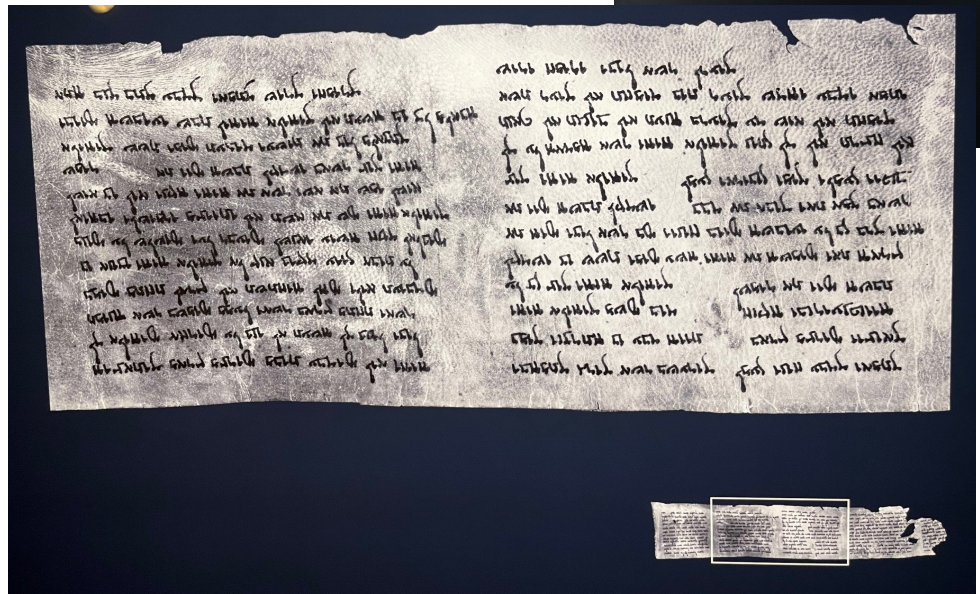
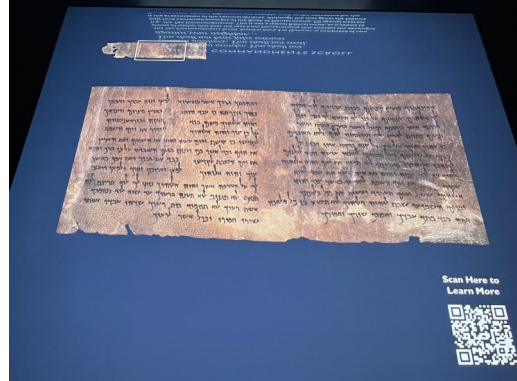


THE TEN COMMANDMENTS SCROLL

You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor...

The Ten Commandments Scroll, found in Cave 4 at Qumran, is composed of two sheets of leather that bear the text from Deuteronomy that includes the decalogue (i.e., the Ten Commandments). This is not a typical Biblical scroll, as it seems to only have contained excerpts of the Book of Deuteronomy. Of special interest is the presentation of the commandments. Although the text generally follows Deuteronomy, several differences are notable, such as the reasoning for the observance of the Sabbath. In Deuteronomy, the reason is the exodus of the tribes of Israel from Egypt, and their freedom from slavery. Here an additional reason, as told in the Book of Exodus related to the creation narrative, where God rested on the seventh day. Scholars suggest that the unique aspects of this scroll indicate that it was likely used for liturgical purposes.

SCROLL NUMBER: 4Q41; TYPE: Biblical; DEUTERONOMY: 51-61, 85-10; DATE: 1st century BCE; LANGUAGE: Hebrew
DISCOVERED: Cave 4, 1952; DIMENSIONS: 46.5 x 7.7 cm.



Community News & more...

Metropolis Clergy-Laity Assembly

Our FAITH

CAN MOVE
MOUNTAINS

“... for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.” *Matthew 17:20*

May 5th & 6th

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
 • 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
 • 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.*

Join us for Saint Anthony's
Annual Golf Tournament!
Friday May 2nd

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.

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!



23rd Annual

2025 PASADENA GOLF CLASSIC

St. Anthony
Charity Tournament

**FRIDAY
MAY 2**

12 pm Tee Off
Brookside Golf
Course Pasadena

Unique Golf Experience
Banquet & Awards
Silent Auction
Live Auction

"Tarvena on the Green"

Honoring
Louis & Vicki Kades

SCAN ME
Pasadena Golf Classic

QR code for registration and ticket purchase.

Saint Anthony Bowling League News



The St. Anthony Bowling ministry concluded the Winer/Spring Season on April 10. Everyone enjoyed 12 weeks of fellowship and fun. Our bowler ages range through 7 decades and we were so fortunate to add several new bowlers this season.

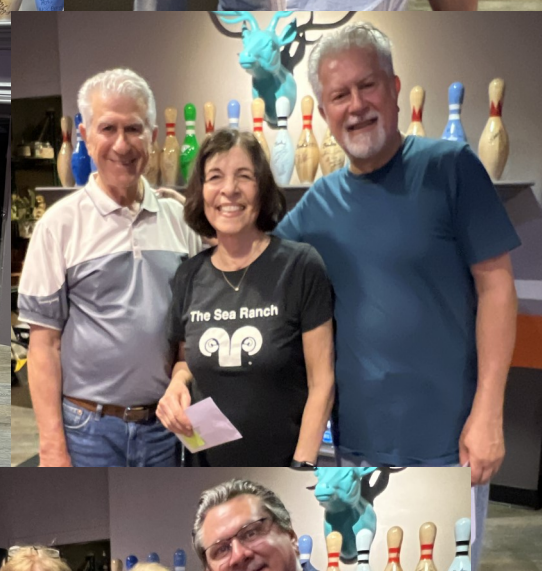
Bowling will begin again in September after Labor Day! We look forward to everyone returning and we welcome new bowlers.

Final Results

- 1st Place, Team 6: Chrissa Mobayen, Kristen and Rick McGregor
2nd Place, Team 2: Randy Sowers, Peter Bissias, Kosta Papavasiliou
3rd Place, Team 7: John Caire, Mary and Andrew Dewer
4th Place, Team 4: Jim Nichols, Virginia and Vincent Lappas
5th Place, Team 3: Sophia Angelos, Syrus and Parviz Mobayen
6th Place, Team 10: Cleo Kades, Elene Kalivas, Nik Paziouros
7th Place, Team 1: Katherine Boukidis, Georgia Tripodes, Adoni Dimopoulos
8th Place, Team 8: Ted Dupas, Maria Conley, Anthia Drulias-Lucas
9th Place, Team 5: Andrea Lappas, Jim Horaites, Lee Anton
10th Place, Team 9: Joyce Mavredakis, Elene and Chris Conley

Anyone interested in participating can contact Anthia Drulias-Lucas
(626) 274-6133 ADLSL02@YAHOO.COM





Upcoming Church Festivals - 2025

May

Anaheim 5/16 - 18

Northridge 5/24 - 26

June

Downey 6/7 - 8

Covina 6/14 - 15

Camarillo 6/20 - 22

Irvine 6/20 - 22



July

Redondo 7/18 - 20

September

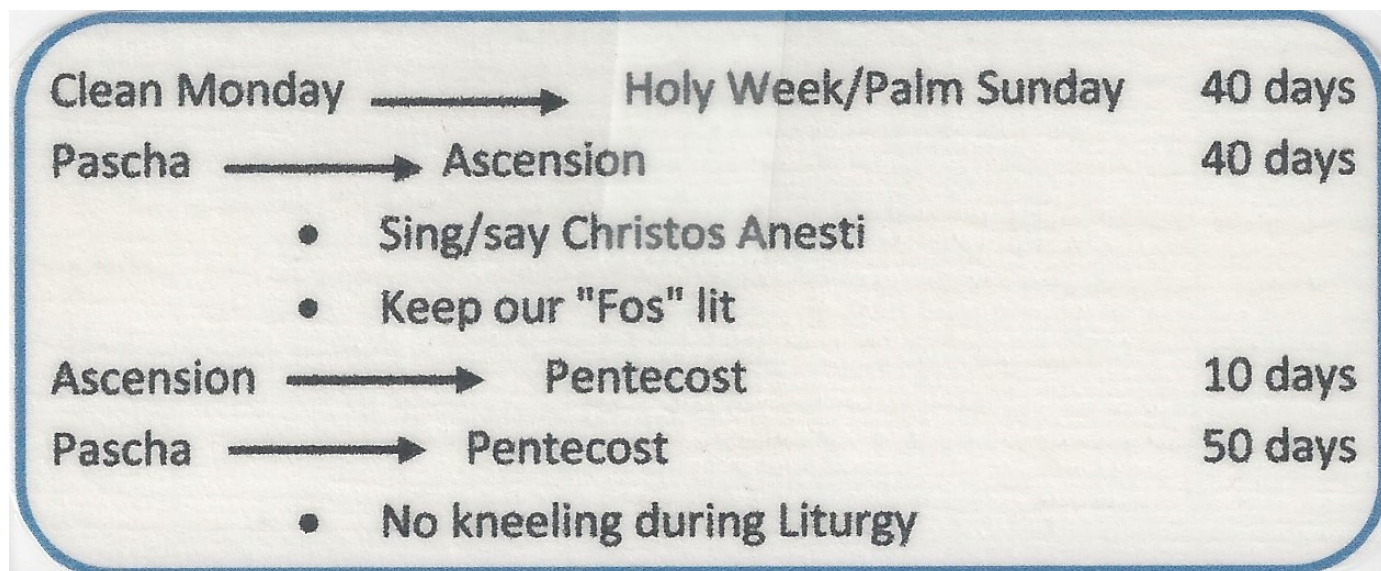
Long Beach 9/5 - 7

San Juan Capo 9/27 - 28

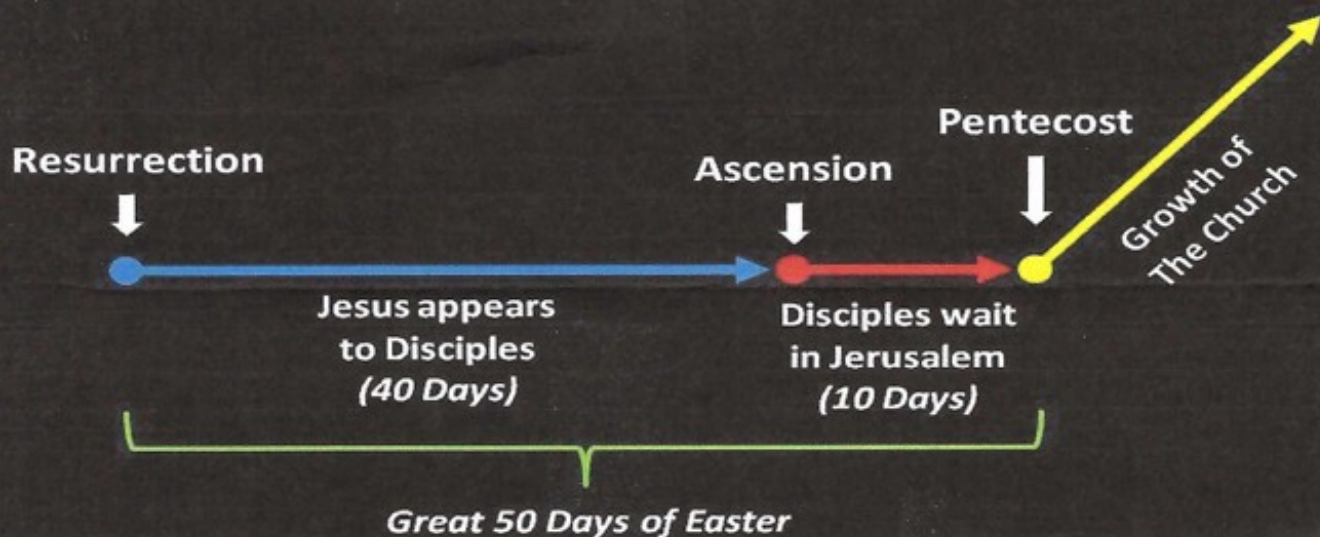
Pasadena 9/19 - 21

October

Los Angeles 10/4 - 5



Events After Jesus' Death



The Ascension of Our Lord and Savior Jesus Christ Forty Days after Pascha

**"He was lifted up before their eyes in a cloud that took Him from their sight."
(Acts 1:9)**

- + Christ is shown ascending in His glory in a mandorla, a round or almond-shaped design that signifies His divinity and glorified state.
- + He is being carried by one angel on either side.



- + With His right hand, Christ gives His blessing as He departs from His beloved people.
- + We, the Church, receive His blessing in countless ways every day.



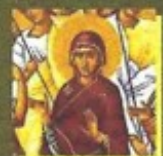
- + The icon of the Ascension includes some who did not witness the Ascension.
- + St. Paul is shown to the left of the Theotokos, but we know that at that time, St. Paul did not yet believe in Jesus.
- + We, like St. Paul, are called to participate in Christ's Ascension and experience our own ascension, with our hearts and minds focused on Him.



- + In His left hand is a scroll, symbolizing that He fulfills the Old Testament.
- + A scroll is a symbol of teaching. The icon affirms that Christ is the source of all knowledge.



- + The Theotokos occupies a special place in this icon. She stands out at the center, surrounded by the whiteness of the garments of angels.
- + Her hands are in a gesture of prayer.
- + Her very calm pose is quite different from the appearance of the Disciples, who are moving about, talking to one another and looking and pointing towards heaven.



- + The entire group of people, the Theotokos and the disciples, represent the Church.
- + Just as their gaze is riveted upon their beloved Christ, so we are called in every Divine Liturgy to "lift up our hearts to the Lord."



Easter Picnic Thank you

Christos Anesti!

Thank you to all who attended the 2025 Easter Picnic!

We admitted over 1200 parishioners from 7 SoCal Greek Orthodox Communities.

Your support is what keeps our 113 year old tradition alive...

SAVE THE DATE—Easter Picnic 2026—April 12th

Ted Pappas & Stephanie Caiopoulos Lubian



SAINT SOPHIA CAMP



2025 SEASON

WEEK 1: July 20–July 26
WEEK 2: July 26–August 2



A UNIQUE AND ENRICHING GREEK
ORTHODOX SUMMER CAMP
EXPERIENCE, BUILDING LIFELONG
FRIENDSHIPS THROUGH FAITH,
FELLOWSHIP, AND FUN!

COUNSELORS & STAFF (18+):
APPLICATIONS OPEN NOW!

CAMPERS (AGES 7-17):
REGISTRATION OPENS MAY 1



SIGN UP AT
WWW.SAINTSOPHIACAMP.ORG

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

Priest's Message	2
Stewardship	4
Ministries	6
Parish Council Report	8
Sunday School	9
Youth/Young Adults	10
Philoptochos	13
VIPs	19
Community News, etc.	21
Monthly Lesson	26
Saints of the Month	29
Orthodox Calendar	35



Saint Anthony the Great
17 January

Christ is Born !
Glorify Him !

Deadline for February Newsletter is Saturday, 25 January
Please send to: newsletter_church@aol.com

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

626.449.6943

Monthly Lesson from Father Stavros Akrotirianakis

For which is greater, one who sits at table, or one who serves? Is it not the one who sits at table? But I am among you as one who serves. Luke 22:27

For those of us who have teenagers, the subject of college and career probably come up often. Most of us tell our kids that not going to college is not an option. And if your child came up to you and said “my heart is set on being a truck driver”, you would probably tell them to choose something else to do with their lives. Yet, where would we be in the world without a truck driver. The doctor would have no medical supplies. There would be no food on the shelves of the stores. There would be no building materials delivered to construction workers, no clothes to buy, you get the idea. The truck driver is a pretty important job. As would be the mechanics who service the trucks. Where would we be in this world without truck drivers, mechanics, sanitation workers, and others who serve us? The truth is we’d be dead in short order. With no disposal of garbage, the bacteria would kill us. With nothing to eat, we’d die of starvation. With no one to repair delivery trucks or garbage trucks, we’d suffer the same.

An account of the Last Supper is told in each of the four Gospels (though each is slightly different). In all accounts, we read that Jesus “presided” over the last supper, He sat at the table and taught the disciples. He was the “celebrant” or “emcee”, the focal point of the gathering. He was the teacher, and the disciples sat around as students. He also instituted the Eucharist at the Last Supper. In John’s account, (John 13:3-17), Jesus got up from the table in the middle of the meal, and washed the feet of the disciples. He girded Himself with a towel, poured water in a basin, and went to each disciple and washed his feet and dried them with the towel. Peter objected, asking why Jesus would wash HIS feet? Jesus told Peter, “*What I am doing you do not know now, but afterward you will understand.*” (John 13:7) Jesus was setting an example for the disciples that the master is not greater than the servant, that even the master has to serve those below him.

In Luke’s account, there is a dispute among the disciples over which of them should be regarded as the greatest. Jesus responded, “*The kings of the Gentiles exercise lordship over them; and those in authority over them are called benefactors. But not so with you; rather let the greatest among you become as the youngest, and the leader as one who serves. For which is greater, one who sits at table, or one who serves? Is it not the one who sits at table? But I am among you as one who serves.*”

It is important that we serve those who are “under” us, so to speak. This means anyone in our care. For those who are in service industries, it means serving your customers as if serving the Lord—it means taking care in making that hamburger in the restaurant, or being careful in someone’s house if you are the plumber. For a parent, it means serving your child, not just providing for them, making sure they have food, but serving emotional needs. For spouses, it means serving one another, not just co-parenting or co-maintaining a house but looking out for each other emotionally and spiritually.

We have this hierarchy, it seems, as we rank jobs. We naturally rank some higher than others, and then for the lower ranking jobs, we tend to ignore or not respect them. How many people think of the plumber as some grungy guy who comes into the house and we just want him to do his work and be gone. When I was a child, I had a fascination with the garbage collectors and gardeners. No surprise that I like cutting grass. I live on a cul-de-sac, and with cars parked in the street, it is hard for the garbage truck to get close to each house to get the garbage cans and lift them on to his truck. Anytime I'm outside and the garbage truck comes, I'll walk around the cul-de-sac and move the trash cans so he can be in one place and it just goes faster for him. It's kind of in line with my childhood fascination with garbage collectors, but also a small way I can help someone in the service industry, and let them know that I don't consider them "less than" me or anyone else. The wave and honk of the horn always makes me feel that the three minute interruption to help him is worth it.

It is important for you to know that I'm not perfect, far from it. There are plenty of times when I think of serving myself, when I mutter to myself why is it taking so long in the restaurant drive-thru. But it is important to remember that we are called to serve everyone, those who are our bosses, and those who are "below us." In the Compline service, (and in other services, this is just the one that comes to mind first), there is a petition which says, *"For those who serve and who minister to us."* How wonderful it would be if we added this prayer to our daily prayers, and this does not mean just our priest, who ministers to us, but anyone who serves us. I don't know the names of the men who pick up the garbage in my neighborhood, but they serve me, because without them, I wouldn't have a sanitary place to call home. I don't know the names of ANY truck drivers, but I wouldn't be alive without them either.

The example of Jesus, washing the feet of the disciples, is an example that even the Master saw Himself as a servant. And while I wouldn't suggest washing the feet of your garbage collector or the next truck driver you meet, a smile, a wave, a gesture of appreciation would go a long way I'm sure. And remembering those in our prayers who serve us would help lead to this consciousness of appreciation for them.

One last thought... if we are all created in the image and likeness of God, then there really is no one "below us," because He didn't create any of us with greater or lesser image of God in us, just with different talents with which we express that image.

Personal Reflection Point:

Have you thought about those in the service industry as being greater than the ones they serve?

Saints & Feasts

Sunday of the Myrrh Bearing Women 4 May

About the beginning of His thirty-second year, when the Lord Jesus was going throughout Galilee, preaching and working miracles, many women who had received of His beneficence left their own homeland and from then on followed after Him. They ministered unto Him out of their own possessions, even until His crucifixion and entombment; and afterwards, neither losing faith in Him after His death, nor fearing the wrath of the Jewish rulers, they came to the sepulcher, bearing the myrrh-oils they had prepared to anoint His body.

It is because of the myrrh-oils, that these God-loving women brought to the tomb of Jesus that they are called the Myrrh-bearers. Of those whose names are known are the following: first of all, the most holy Virgin Mary, who in Matthew 27:56 and Mark 15:40 is called "the mother of James and Joses" (these are the sons of Joseph by a previous marriage, and she was therefore their step-mother); Mary Magdalene (celebrated July 22); Mary, the wife of Clopas; Joanna, wife of Chouza, a steward of Herod Antipas; Salome, the mother of the sons of Zebedee, Mary and Martha, the sisters of Lazarus; and Susanna. As for the names of the rest of them, the evangelists have kept silent. Together with them we also celebrate the secret disciples of the Savior, Joseph and Nicodemus. Of these, Nicodemus was probably a Jerusalemite, a prominent leader among the Jews and of the order of the Pharisees, learned in the Law and instructed in the Holy Scriptures. He had believed in Christ when, at the beginning of our Savior's preaching of salvation, he came to Him by night. Furthermore, he brought some one hundred pounds of myrrh-oils and an aromatic mixture of aloes and spices out of reverence and love for the divine Teacher (John 19:39). Joseph, who was from the city of Arimathea, was a wealthy and noble man, and one of the counselors who were in Jerusalem. He went boldly unto Pilate and asked for the body of Jesus, and together with Nicodemus he gave Him burial. Since time did not permit the preparation of another tomb, he placed the Lord's body in his own tomb which was hewn out of rock, as the Evangelist says (Matthew 27:60)



Sunday of the Paralytic 11 May

Close to the Sheep's Gate in Jerusalem, there was a pool, which was called the Sheep's Pool. It had round about it five porches, that is, five sets of pillars supporting a domed roof. Under this roof there lay very many sick people with various maladies, awaiting the moving of the water. The first to step in after the troubling of the water was healed immediately of whatever malady he had.

It was there that the paralytic of today's Gospel was lying, tormented by his infirmity of thirty-eight years. When Christ beheld him, He asked him, *"Wilt thou be made whole?"* And he answered with a quiet and meek voice, *"Sir, I have no man, when the water is troubled, to put me into the pool."*

The Lord said unto him, *"Rise, take up thy bed, and walk."* And straightaway the man was made whole and took up his bed. Walking in the presence of all, he departed rejoicing to his own house.

According to the expounders of the Gospels, the Lord Jesus healed this paralytic during the days of the Passover, when He had gone to Jerusalem for the Feast, and dwelt there teaching and working miracles.

According to Saint John the Evangelist, this miracle took place on the Sabbath.



Sunday of the Samaritan Woman

18 May

One of the most ancient cities of the Promised Land was Shechem, also called Sikima, located at the foot of Mount Gerazim. There the Israelites had heard the blessings in the days of Moses and Jesus of Navi. Near to this town, Jacob, who had come from Mesopotamia in the nineteenth century before Christ, bought a piece of land where there was a well. This well, preserved even until the time of Christ, was known as Jacob's Well. Later, before he died in Egypt, he left that piece of land as a special inheritance to his son Joseph (Genesis 49:22). This town, before it was taken into possession by Samaria, was also the leading city of the kingdom of the ten tribes. In the time of the Romans it was called Neapolis, and at present Nablus.

When our Lord Jesus Christ, then, came at midday to this city, which is also called Sychar (John 4:5), He was wearied from the journey and the heat, and He sat down at this well. After a little while the Samaritan woman mentioned in today's Gospel passage came to draw water. As she conversed at some length with the Lord and heard from Him secret things concerning herself, she believed in Him; through her many other Samaritans also believed.

Concerning the Samaritans we know the following: In the year 721 before Christ, Salmanasar (Shalmaneser), King of the Assyrians, took the ten tribes of the kingdom of Israel into captivity, and relocated all these people to Babylon and the land of the Medes. From there he gathered various nations and sent them to Samaria. These nations had been idolaters from before. Although they were later instructed in the Jewish faith and believed in the one God, they worshipped the idols also. Furthermore, they accepted only the Pentateuch of Moses, and rejected the other books of Holy Scripture. Nonetheless, they thought themselves to be descendants of Abraham and Jacob. Therefore, the pious Jews named these Judaizing and idolatrous peoples Samaritans, since they lived in Samaria, the former leading city of the Israelites, as well as in the other towns thereabout. The Jews rejected them as heathen and foreigners, and had no communion with them at all, as the Samaritan woman observed, *"the Jews have no dealings with the Samaritans"* (John 4:9). Therefore, the name Samaritan is used derisively many times in the Gospel narrations.

After the Ascension of the Lord, and the descent of the Holy Spirit at Pentecost, the woman of Samaria was baptized by the holy Apostles and became a great preacher and Martyr of Christ; she was called **Photini**, and her feast is celebrated on **February 26**.



Saints Constantine & Helen

21 May

This great and renowned sovereign of the Christians was the son of Constantius Chlorus (the ruler of the westernmost parts of the Roman empire), and of the blessed Helen. He was born in 272. In 306, when his father died, he was proclaimed successor to his throne. In 312, on learning that Maxentius and Maximinus had joined forces against him, he marched into Italy, where, while at the head of his troops, he saw in the sky after midday, beneath the sun, a radiant pillar in the form of a cross with the words: *"By this shalt thou conquer."* The following night, our Lord Jesus Christ appeared to him in a dream and declared to him the power of the Cross and its significance. When he arose in the morning, he immediately ordered that a banner be made in the form of a cross, and he inscribed on it the Name of Jesus Christ. On the 28th October, he attacked and conquered Maxentius. The following day, Constantine entered Rome in triumph and was proclaimed Emperor of the West, while Licinius, his brother in-law, ruled in the East. But out of malice, Licinius later persecuted the Christians. Constantine fought him and destroyed him in 324. He became monarch over the West and the East. Under him and because of him all the persecutions against the Church ceased. Christianity triumphed and idolatry was overthrown.

In 325 he gathered the First Ecumenical Council in Nicaea, which he himself personally addressed. In 324, in Byzantium, he laid the foundations of the new capital of his realm, and solemnly inaugurated it on May 11, 330, naming it after himself, Constantinople. in 336.

Falling ill near Nicomedia, he requested to receive divine Baptism, according to Socrates and when he had been deemed worthy of the Holy Mysteries, he reposed in 337, on May 21, the day of Pentecost. He lived sixty-five years, of which he ruled for thirty-one years. His remains were transferred to Constantinople and were deposited in the Church of the Holy Apostles, which had been built by him.

As for his holy mother Helen, after her son had made the Faith of Christ triumphant throughout the Roman Empire, she undertook a journey to Jerusalem and found the Holy Cross on which our Lord was crucified. After this, Saint Helen, in her zeal to glorify Christ, erected churches in Jerusalem at the sites of the Crucifixion and Resurrection, in Bethlehem at the cave where our Savior was born, on the Mount of Olives whence He ascended into Heaven, and many other sites throughout the Holy Land and Cyprus. Two cities were named Helenopolis after her in Bithynia and in Palestine. Having been thus glorified for her piety, she departed to the Lord at about eighty years of age, in the year 330 .



Sunday of the Blind Man

25 May

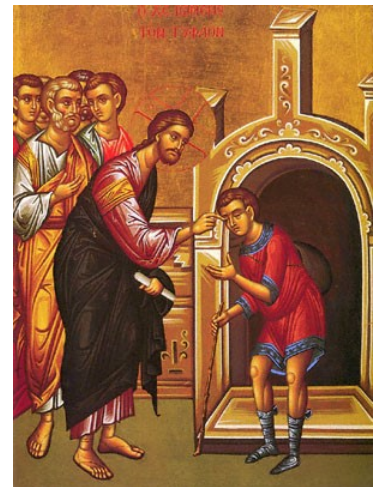
The Lord Jesus was coming from the Temple on the Sabbath, when, while walking in the way, He saw the blind man mentioned in today's Gospel. This man had been born thus from his mother's womb, that is, he had been born without eyes. When the disciples saw this, they asked their Teacher, *"Who did sin, this man, or his parents, that he was born blind?"*

They asked this because when the Lord had healed the paralytic at the Sheep's Pool, He had told him, *"Sin no more, lest a worse thing come unto thee"* (John 5:14); so they wondered, if sickness was caused by sin, what sin could have been the cause of his being born without eyes. But the Lord answered that this was for the glory of God. Then the God-man spat on the ground and made clay with the spittle. He anointed the eyes of the blind man and said to him, *"Go, wash in the Pool of Siloam."* Siloam (which means "sent") was a well-known spring in Jerusalem used by the people for its waters, which flowed to the eastern side of the city & collected in this large pool called Siloam.

Therefore, the Savior sent the blind man to this pool that he might wash his eyes, which had been anointed with the clay-not that the pool's water had such power, but that the faith and obedience of the one sent might be made manifest, and that the miracle might become more remarkable and known to all, and leave no room for doubt.

Thus, the blind man believed in Jesus' words, obeyed His command, went and washed himself, and returned, no longer blind, but having eyes and seeing.

This was the greatest miracle that our Lord had yet worked; as the man healed of his blindness himself testified, *"Since time began, never was it heard that any man opened the eyes of one that was born blind,"* although the Lord had already healed the blind eyes of many. Because he now had eyes, some even doubted that he was the same person (John 9:8-9).



Holy Ascension

29 May

The Lord Jesus passed forty days on earth after His Resurrection from the dead, appearing continually in various places to His disciples, with whom He also spoke, ate, and drank, thereby further demonstrating His Resurrection. On this Thursday, the fortieth day after Pascha, He appeared again in Jerusalem. After He had first spoken to the disciples about many things, He gave them His last commandment, that is, that they go forth and proclaim His Name to all nations, beginning from Jerusalem. But He also commanded them that for the present, they were not to depart from Jerusalem, but to wait there together until they receive power from on high, when the Holy Spirit would come upon them.

Saying these things, He led them to the Mount of Olives, and raising His hands, He blessed them; and saying again the words of the Father's blessing, He was parted from them and taken up. Immediately a cloud of light, a proof of His majesty, received Him. Sitting thereon as though on a royal chariot, He was taken up into Heaven, and after a short time was concealed from the sight of the disciples, who remained where they were with their eyes fixed on Him. At this point, two Angels in the form of men in white raiment appeared to them and said, *"Ye men of Galilee, why stand ye gazing up into Heaven? This same Jesus, Who is taken up from you into Heaven, shall so come in like manner as ye have seen Him go into Heaven"* (Acts 1:11). These words, in a complete and concise manner, declare what is taught in the Symbol of Faith concerning the Son and Word of God.


Therefore, having so fulfilled all His dispensation for us, our Lord Jesus Christ ascended in glory into Heaven, and sat at the right hand of God the Father. As for His sacred disciples, they returned from the Mount of Olives to Jerusalem, rejoicing because Christ had promised to send them the Holy Spirit.

It should be noted that the Mount of Olives is a Sabbath's day journey from Jerusalem, that is, the distance a Jew was permitted to walk on the day of the Sabbath. Ecumenius writes, *"A Sabbath day's journey is one mile in length, as Clement says in his fifth Stromatis; it is two thousand cubits, as the Interpretation of the Acts states."* They draw this conclusion from the fact that, while they were in the wilderness, the Israelites of old kept within this distance from the Holy Tabernacle, whither they walked on the Sabbath day to worship God.



Orthodox Calendar

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2  Golf Tournament	3
4 Sunday of the Myrrh Bearers 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream GOYA Basketball (last)	5	6	7  7pm Union Staton Philoptochos	8	9 	10 GOYA Volleyball
11 Sunday of the Paralytic 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	12	13 10:30am VIP Meeting 7pm Par. Council	14  Mid Pentecost 7pm Philoptochos Board Mtg.	15	16 	17
18 Sunday of the Samaritan Woman 8:45am Orthros 10am Divine Liturgy 12pm Council of Ministries Meeting Indoor & Live-stream	19	20	21  Saints Constantine and Helen 7pm Philoptochos General Mtg.	22	23 	24
25 Sunday of the Blind Man 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	26	27	28 	29 Holy Ascension	30 	31
		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs 	Fish, Wine & Oil Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed; Refrain from Meat 	Fast Free All foods allowed No Symbol

PHILOPTOCHOS TRUNK TREASURES

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May 2025

POSTAGE
STAMP

TIME SENSITIVE

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.

Χριστός
Ανέστη!

Christ is Risen!
TRULY HE IS RISEN!