

# The Voice of Saint Anthony

## July 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

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



Priest's Message	2
Stewardship	3
Ministries	5
Parish Council Report	7
Sunday School	8
Youth/Young Adults	9
Philothonos	10
VIPs	18
Community News, etc.	20
Monthly Lesson	26
Saints of the Month	28
Orthodox Calendar	33

**Saint Paraskeve**  
of Rome  
26 July

**DEADLINE for AUGUST Newsletter is FRIDAY, 25 JULY**

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

## Message from Father Peter

Beloved Parishioners:

What is the most precious gift you have ever received? For Christians, two gifts rank as the most important gifts we can receive - the **gift of Christ** and the **gift of the Spirit**. Most frequently we talk about the gift of Christ. A verse we probably quote the most is John 3:16: *"For God so loved the world that He gave His only Son."* But the gift of the Spirit also has tremendous significance for the life of the Church as well as our personal lives.

Christ taught that if earthly fathers like to give gifts to their children, *"how much more, then, will the Father in heaven give the Holy Spirit to those who ask Him"* (Luke 11:13). When Christ was speaking to His disciples, of His departure from the world, He promised them the gift of the Spirit as the Paraclete (Advocate, Comforter, Helper, and Guide, (John 14:16,26; 15:26; 16:7). The Father gives the Spirit. Christ also in His divine nature gives the Spirit. *"And I myself will send upon you what my Father has promised. But you must wait in the city until the power from above comes down upon you"* (Luke 24:49). The apostles could carry on Christ's mission only by being empowered by the Holy Spirit.

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

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

*In the latter times, late in the evening of the Sabbath, You came and stood amidst Your friends O Christ, and by wondrous deeds, the entrance doors being closed,*

*You confirmed the miracle of Your Resurrection from the dead.*

*And you filled the disciples with joy.*

*You gave them the Holy Spirit and dispensed to them the power of forgiveness of sins.*

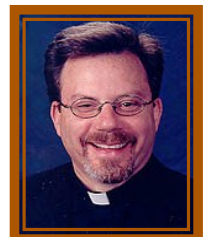
*And You did not leave Thomas to be overcome by turbulent waters of unbelief.*

*Therefore, O Merciful Lord grant us also true knowledge and forgiveness of our transgressions.*

*Amen.*

In Christ,

Fr. Peter





## Stewardship



## 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 &amp; 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 &amp; 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](http://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

#### **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

### **Bowling**

Anthia Drulias Lucas

### **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 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.





Summer  
Blessings



Youth & Young Adults



**\*\*\*ATTENTION ST. ANTHONY  
BASKETBALL PLAYERS\*\*\***

PLEASE TURN IN YOUR UNIFORMS AS  
SOON AS POSSIBLE

MAKE SURE THEY ARE IN A BAG WITH  
THE PLAYERS NAME INSIDE

PLEASE HELP ANTHIA  
COLLECT ALL THE UNIFORMS  
BEFORE THE NEXT SEASON!

# 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](mailto: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](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)

***"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

## PHILOPTOCHOS JUNE GENERAL MEETING

### Past Presidents' Dinner & Scholarship Presentations

Our Past Presidents' Dinner and Scholarship Presentations was held on Wednesday, June 19 at Mijares Restaurant. Over 50 guests gathered to celebrate the scholarship recipients and recognize the philanthropic work of the Philoptochos of Saint Anthony.

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

The 2025 Philoptochos High School Scholarship recipients are:

- \* Martinos Christodoulides
- \* Yanni Kades

In 2024, Dr. Michael J. Patzakis generously established 3 scholarships for medical studies:

*Susan Giokaris Patzakis Nursing Scholarship*, established in loving memory of his wife.

*The John and Afrati Patzakis Medical Studies Scholarship*

*The Nikitas, Cleopatra and Flora Patzakis Medical Studies Scholarship.*

*The Susan Giokaris Patzakis Nursing Studies Scholarship* was awarded to **Katia Staupoulos**.

*The Medical Studies Scholarships* were awarded to **Christiana Kontaxis** and to **Maria Wojcik**.

**Congratulations to all the scholarship recipients!**



Dr. Michael Patzakis with Patzakis Scholarship recipients, Katia Staupoulos, Maria Wojcik and Christiana Kontaxis



Presbytera Aida Stratos,  
Philoptochos High School Scholarship Chair,  
with **Martinos Christodoulides**.

Not pictured:  
**Yanni Kades** who was not present due to travel.



**Christina Becronis** was honored for  
all her hard work in the  
Panagia Chapter.



Philoptochos honored **Jeanne Karaioannoglou**  
for her many years of service on the Board  
and for all her contributions to the Christmas  
Benefit.



Philoptochos honored its wonderful Past  
Presidents, **Sophia Angelos, Leah Pastis,**  
**Connie Becker, Maria Kokoris, Maria**  
**Kypreos and Lisa Xanthos.**

Philoptochos thanked **Jeanne Karaioannoglou** and **Vangie Dupas** for their service as they are rotating off the Board.

The Board thanked **Judith Din** for her outstanding leadership, unwavering dedication and for the remarkable impact she made serving as President.



## PHILOPTOCHOS ELECTION

Philoptochos held its elections in May and welcomed its newest board members, **Karolina Kokoris**, **Andrea Patzakis** and **Athena Serban**. Many thanks to **Sophia Angelos** for overseeing the election.

*Philoptochos is pleased to announce its 2025 Officers and Board:*

President, Nicollette Fuerst

Corresponding Sec., Tanya Christodoulelis

1<sup>st</sup> Vice-President, Liz Skandale

Treasurer, Maria Kypreos

2<sup>nd</sup> VP, Sophia Syrengelas & Karolina Kokoris

Assistant Treasurer, Mary Dewar

Recording Secretary, Fontaine Malisos

Advisor, Judith Din

Board Members: Connie Becker, Maria Hronas, Maria Kokoris, Christine Pappas, Andrea Patzakis, Athena Serban, Helen Skandale, Presbytera Aida Stratos, Mary Udria and Lisa Xanthos.



## UPCOMING PHILOPTOCHOS BENEFIT COMMITTEE MEETING

**2025 Christmas Benefit Planning Meeting – August 19, 2025 at 7:00 PM in Trinity Hall.** Please consider being a part of the 56th Anniversary Christmas Benefit committee. This fun group of talented volunteers annually plan our largest fundraiser of the year. The proceeds from the Benefit fund the programs and extensive charity work Philoptochos accomplishes throughout the year.

## BACK – TO– SCHOOL BACK PACK & SCHOOL SUPPLY DRIVE

Philoptochos will, once again, be assisting young students in the Pasadena area by collecting back-packs and school supplies.

## Operation Classroom

Philoptochos invites the Saint Anthony community to join us in providing school supplies for area children who will soon be going back to school.

We are working with **Foothill Unity Center** to gather items listed below. If you prefer, you can make a donation to **Saint Anthony Philoptochos** and we can do the shopping for you.

There will be a large box at church in which to place your donations.

We thank you for your support as do the many children we will be helping ♥



## SUPPLY DRIVE WISHLIST

- Brand New Back Packs (no blue or red)
- Colored Pencils | Markers | Crayons (24-pack)
- Composition Books (College and wide ruled)
- Filler Paper (College & wide ruled, 150 sheets)
- Folders (2 Pocket or 3-prong) & Binders
- Glue Bottle (Water soluble) or Glue Sticks
- Calculators – Basic or Scientific
- Pencils (Mechanical, 0.5 mm, sets of 3)
- Pencils (Standard, bundles)
- Scissors (5" Blunt & Pointed)
- Spiral Notebook (College or wide)
- Erasers (pencil top & regular)
- Highlighters
- Post-It Notes
- Rulers (12")
- Sharpeners
- Pencil Boxes & Pouches
- Pens (Black or blue ink sets)



**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). <input type="checkbox"/> Check <input type="checkbox"/> Credit Card <input type="checkbox"/> 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"/> 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](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***



## *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
	<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	Homemade (1 lg can chickpeas) or 3-34oz tubs Costco Hummus
4	Pita Bread Bags of 12	Pita - cut into quarters / Baguettes - sliced
	<b>OR</b>	
2-3	Assorted Salads	Potato Salad, Greek Salad, Tabouli
2	Assorted Vegetable Trays	
	<b>AND (Choose 2)</b>	
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	

On June 10th, the VIPs held their first meeting under the direction of a new slate of officers, which interestingly enough resembled the previous slate of officers. Before the meeting began, Staurula Kiotas and daughter Julie Ballas brought an impressive assortment of succulent cuttings to demonstrate how to arrange these plants into attractive potted arrangements. This activity produced many lovely arrangements (see photos next page.)

Following this activity, the business meeting was officially called to order by president Irene Albeck at 11:42 am, with the Lord's Prayer being lead by Gena Pegadiotes. An enthusiastic rendition of HAPPY BIRTHDAY was then offered to our June celebrants **Helen Damilatis, Bessie Kouvara, and Rose Linardos**. **MANY HAPPY RETURNS LADIES!**

Irene then began her report by stating that with September being GreekFest month which would include all of the attendant preparations, there would be no meeting. However, after the festival, a lunch at the Old Spaghetti Factory to celebrate a successful GreekFest would be a great idea.

The months of July and August will include some possible excursions to be announced at a later date. Meanwhile, Thean Grafos gave a rundown of various activities and events being offered by the Pasadena Museum of History entitled **100 YEARS - 100 IMAGES**. Members are encouraged to visit [PasadenaHistory.org](http://PasadenaHistory.org) or call 626-577-1660 for more information on when these activities are scheduled.

Maria Hronas then reminded the members that the Pasadena Civic Ballet has extended a gratis invitation to all VIPs to attend its performance of **Pure Imagination** at the San Gabriel Civic Auditorium. Attendees will be invited to step into a world of "Pure Imagination" with a magical immersive performance like no other. This event will be the final performance of Thean Grafos's granddaughter Talia before she is off to college at UC Irvine.

It was then announced that Julie Ballas will once again extend an invitation to the VIPs for a Christmas get-together at her lovely home in Glendora on December 16th. Many thanks go to Julie and Dino Ballas for their hospitality.

Nicole Schulman, daughter of Maria and Jim Hronas was then introduced for a final activity before lunch was served. Nicole, who in the past has led some chair aerobic exercise sessions for our members, has graciously consented to assist the executive committee in brainstorming some extra curricular activities to make our monthly meetings more interesting and enjoyable. Today's activity was a Q and A which involved quizzing our president and resident parable expert Irene Albeck on different biblical parables. Irene, who has amassed an impressive knowledge due to her decades-long involvement with our Sunday School program, was never at a loss for the correct answer and our members had an opportunity to test themselves as well. Many thanks Nicole for volunteering to assist the VIPs in this way!!

With a delicious luncheon being enjoyed by all, our hope now is for good health and happiness as we enter the summer season. We will look forward to seeing many of you at our **next meeting on July 8th**.

Jim Hronas

VIP Communications





Community News & more...

# 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](http://WWW.SAINTSOPHIACAMP.ORG)**



## Upcoming Church Festivals - 2025

### July

Redondo 7/18 - 20

### September

Long Beach 9/5 - 7

SanJuanCapo 9/27 - 28

Pasadena 9/19 - 21

### October

Los Angeles 10/4 - 5



### **SAVE THE DATE**

**September 19-21, 2025!**

**Pasadena Greek Festival 2025 Planning has begun !!**

The Pasadena GreekFest committee is busy launching preparations for the anticipated 2025 Festival. Fueled by boundless enthusiasm, creativity, and a deep commitment to their community, we are determined to create an unforgettable experience for all attendees.

Under the guidance of Christo Vagenas, the committee, predominantly comprised of young adults, welcomes individuals interested in contributing to this year's festivities.

Join us in shaping our largest fundraiser event!

For more details, please contact us:

[info@pasadenagreekfestival.org](mailto:info@pasadenagreekfestival.org)

On June 1st, John “Matthew” Kleissas was awarded the St. George Medal of Honor by Father Peter Stratos at St. Anthony Greek Orthodox Church.

This award is for Matthew’s outstanding participation and service in the Eastern Orthodox Committee on Scouting.

The EOCS is the Official Youth Agency of the Eastern Orthodox Church representing Scouting in the United States.

Congratulations Matthew!

Axios!



# ***ST. ANTHONY BOWLING LEAGUE***



The St. Anthony Bowling League is looking for bowlers 18 years of age and older interested in bowling weekly for two (12) week seasons.

**Location:** Bowlero Lanes, 3545 East Foothill Blvd., Pasadena, 91107

**When:** Fall Season: Thursday, September 4 through Thursday, November 20

**Time:** 7:00 P.M.

**On Sunday, August 24,** the bowling league will host coffee hour immediately following Divine Liturgy. We will also have sign-ups for any new bowlers.

Please feel free to contact:

Anthia Drulias-Lucas

(626) 274-6133

ADLJSL02@yahoo.com



## 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](mailto:newsletter_church@aol.com)*

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

**626.449.6943**

## Monthly Lesson from Father Stavros Akrotirianakis

*Lord, how manifold are Thy works!*

*In wisdom hast Thou made them all; the earth is full of Thy creatures.*

Psalm 104:24

The distractions and disappointments of life can sometimes leave us wondering if there is a **God**? Most of us are surrounded by man-made things all day long. In my office right now, I am surrounded with computers designed by people, furniture built by people, books written by people, and in a building constructed by people. Out my window I see other buildings as well as cars. I see only a sliver of sky. Surrounded by man-made things, it would be easy to see man as the center of the universe.

One great place to connect with God is in nature. Get away from all the man-made stuff for a little while and experience a natural environment. Put your feet in the ocean. Who made the water? How did it get cold? How did waves start? Look at the stars. There are more than we can count. Who put them there? Who created clouds? Who made rain? Who created planets? Who decided that the earth should rotate, or that the sun would shine in the day and the moon at night?

Once we start to look at these and a myriad of other questions that come from experiencing nature, we will quickly realize that no human being could have created all of these things. A human being can build a house, but he can't make a star. A human being can write a book, but he can't make a tall mountain. A human being can create a fan, but can't make wind gust over an entire city. Once we place God at the center of creation, as its Creator, then we can find our proper place in creation, which is that we are not the center. **He is**. And if He is the center, then it should be **Him** that we serve. We should revolve around Him. Many times we design our lives so that God fits into them, rather than us fitting around Him.

One of the best ways to have an experience of God is to get away from all the man-made, man-focused stuff and get around God's stuff. Spend some time in nature. Look at the intricacies of the plants and flowers, of trees and bushes. Look at mountains, gaze at the stars. Our cities often don't afford us a good look at the stars. So make it a point at least once a year to go someplace far from a city and enjoy nature, in as pure of a form as you can. And while in the city, in our busy life, take time to appreciate nature. This can be as simple as smelling the fragrance of flowers. Or holding some soil in your hand. Or appreciating the coolness of water.



Psalm 104, the Psalm from which today's verse comes, is sometimes called "The Psalm of Creation." It is read at Vespers each night, as one day ends and a new one begins. It reminds us that our beginning came from God our Creator. When I have to a chance to be in nature, I often find myself saying today's verse over and over again:

*How great are Your works o Lord!*

*In wisdom You have made them all!*

Make it a point to get out into nature as often as possible. For in nature we not only see beauty, but we see God. In nature we get away from our mentality that "we are the center of the universe" and again rediscover Who God is the Creator of the Universe.

*May the glory of the Lord endure forever;*

*May the Lord rejoice in His works, who looks on the earth and it trembles, who touches the mountains and they smoke!*

*I will sing to the Lord as long as I live;*

*I will sing praise to my God while I have being.*

*May my meditation be pleasing to Him, for I rejoice in the Lord.*

*Let sinners be consumed from the earth, and let the wicked be no more!*

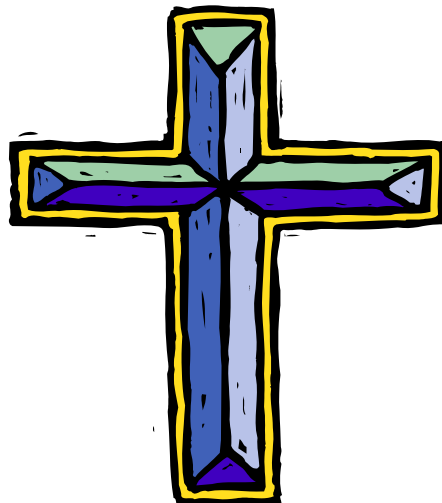
*Bless the Lord, O my soul!*

*Praise the Lord!*

*Amen.*

(Psalm 104: 31-35)

Spend time in nature as often as you can!





## Saints & Feasts

### Cosmas & Damian, Unmercenaries

1 July

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



### Kyriaki the Great Martyr

7 July

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



### Euphemia the Great Martyr

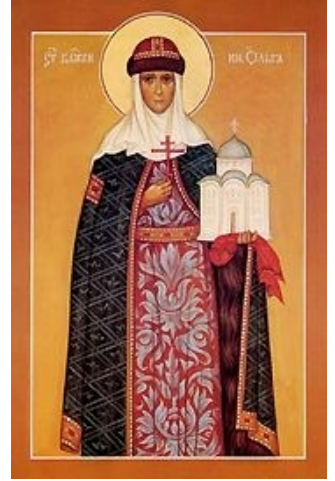
11 July

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



**Saint Olga, Equal to the Apostles****11 July**

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

**Marina Holy & Great Martyr****17 July**

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



## Glorious Prophet Elias (Elijah)

20 July

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

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

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

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

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

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

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





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

22 July

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



## Saint Christina

24 July

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



## Dormition of Saint Anna, mother of Theotokos

25 July

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

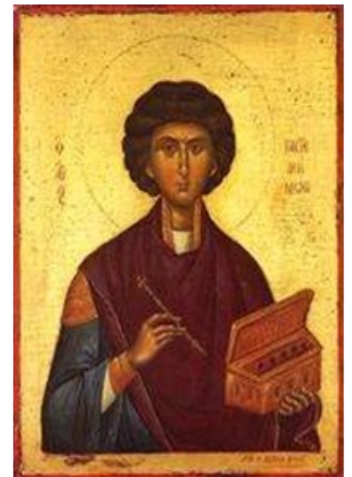


**Saint Paraskeve****26 July**

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

**Panteleimon, Great Martyr and Healer****27 July**

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



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

# Orthodox Calendar

## July 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Saints Cosmas and Damian	2  7pm Union Staton Philopotochos	3	4 	5
6 4th Sunday of Matthew 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	7 Saint Kyriaki	8 10:30am VIP Meeting 7pm Par. Council	9 	10	11 Saint Euphemia Saint Olga	12 
13 Fathers of the 4th Ecumenical Council 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	14 7pm Philopotochos benefit meeting	15	16 	17 Saint Marina	18 	19
20 6th Sunday of Matthew Saint Prophet Elias 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	21	22 Mary Magdelene	23  7pm Philoptochos General Mtg.	24 Saint Christina	25  Dormition of Saint Anna	26 Saint Paraskeue
27 7th Sunday of Matthew Saint Pantelleimon 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	28	29	30 	31		
		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs 	Fish, Wine & Oil Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed; Refrain from Meat 	Fast Free All foods allowed  No Symbol



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



Phone  
626.449.6943  
Fax  
626.449.6974

E-mail  
alma@saint-anthonys.org

We're on the Web!  
[www.saint-anthonys.org](http://www.saint-anthonys.org)

July 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.*

Secretly give from what you have  
to those in need, so that you receive  
from God, Who sees in secret, a  
hundred times more, as well as life  
eternal in the age to come.

SAINT GREGORY PALAMAS

DEPARTMENT OF RELIGIOUS EDUCATION (DRE)

