

The Voice of Saint Anthony

September 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

Ecclesiastical New Year	1 September
Nativity of Holy Theotokos	8 September
Joachim & Anna	9 September
Elevation of Holy Cross	14 September
Sophia, Faith, Hope & Love	17 September
Falling Asleep of St. John	26 September

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Elevation of the Holy Cross

14 September

DEADLINE for OCTOBER Newsletter is THURSDAY, 25 SEPTEMBER

Please send to: newsletter_church@aol.com

SAINT ANTHONY GREEK ORTHODOX CHURCH

P A S A D E N A
GREEK FEST

SEPTEMBER 19-21, 2025

Friday 5 - 10 PM * Saturday 12 - 10 PM * Sunday 12 - 10 PM

778 S. ROSEMEAD BLVD, PASADENA, CA

TRADITIONAL FOOD - LIVE MUSIC - GREEK DANCING



DOWNTOWN
LOS ANGELES

**FREE PARKING
WITH SHUTTLE FROM**
SANTA ANITA PARK - GATE 6
275 W COLORADO BLVD.
ARCADIA, CA



PASADENAGREEKFEST.COM

For more information see pages 29 - 34

Message from Father Peter

Let us Pray: *Christ our God, Your kingdom is an everlasting one and your lordship is over all. You have made all things with wisdom and have established proper times and seasons for our lives. We give thanks to You in all circumstances and for all things. Lord bless the beginning of the Church year with Your goodness. Grant that this liturgical year be for all of us a year of grace. Make us worthy with purity of heart always to praise you. Lord glory to you!* Matin Hymn, September 1.

Do you know why the first day of September marks the beginning of the Church year? We are accustomed to think of January 1st as the beginning of the year. But the tradition of computing the start of a new year with the fall season was common to the lands of the Bible, and to all the lands around the Mediterranean. The summer harvest was at an end, the crops were stored, and people prepared for a new agricultural cycle. It was an appropriate time to begin a new year.

The prayers and hymns of the Orthodox Church not only recite the wonderful works of God in creation and history for our salvation but also frequently offer guidance about how to make each year a year of grace, a year of the Lord. For example, the very first hymn of the liturgical year, chanted at Vespers in the joyful first tone, reminds us that prayerful daily dependence on God is the basic attitude of the Christian life. This hymn is also interesting because it refers to another key passage in the Bible and addresses all the Orthodox faithful.

O faithful, having learned true prayer from the very words and divine teachings of Christ, let us cry out to the Creator each day: *Our Father, who dwells in heaven, give us always daily bread, and forgive us our transgressions.* Of course the prayer in the Bible this hymn is referring to is the **Lord's Prayer**.

As we pray the Lord's Prayer daily, allow me to also offer a meditation for us all to reflect on, as we begin the new Church ecclesiastical year: Prayerful daily dependence on God sanctifies every moment of the day, whether we are at work, at play, at rest or in difficulty; it fills it with the presence of God and makes it God's moment. Reflect on this passage and concentrate on making a difference in your life this year through prayerful daily dependence on God.

As a community, refreshed from a restful summer, we are ready to begin our new Church year. We have numerous programs and ministries available to receive God's grace and grow in our faith. Our annual Greek Festival is also upon us. Come to church, participate, sign up with our ministries, participate in our Festival, in fact come to Church often and take part in the full life of the Church! Make this new Church year the very best it can be for us as individuals and as a spiritual family. Experience God's love and grace through this beautiful community, which He continues to greatly bless.

Happy New Year! Καλη Χρόνια!

In Christ, Fr. Peter

STUDIES IN THE FAITH

Fall Session, 2025

October 06th – Nov. 24th

Our text for the 2025 Studies in the Faith class will be:

The Orthodox Faith, "Spirituality" Volume 4, by Fr. Thomas Hopko.

Our class for this fall, will be taught over 8 sessions: Monday evenings: 6:30 – 7:45pm.

These informative Zoom classes will serve as an excellent introduction to the Orthodox Faith for those interested in learning about the Orthodox Church. This series of classes will also provide an inspiring enrichment and review for practicing Orthodox Christians.

*Reading each week's assigned chapter and participating in class discussions is encouraged to ensure that the sessions become an exciting and meaningful experience for all participants. For those interested in this fall's class please email Fr. Peter: frpeter@saint-anthonys.org

I will respond with the Zoom link to logon.

To purchase this book:

- ♦ Google SVS Press
- ♦ Find a Book tab at the top right of page
- ♦ Volume 1 Doctrine and Scripture
- ♦ Cost \$23. (Please order your copy as soon as possible and begin reading).

CHAPTERS TO BE DISCUSSED

Introductory Session – Monday October 06th

Chapter One: "Orthodox Spirituality"

Session 2 – Monday October 13th

Chapter Two: "The Beatitudes"

Session 3 – Monday October 20th

Chapter Three: "The Virtues"

Session 4 – Monday October 27th

Chapter Four: "The Greatest Virtue is Love"

Session 5 – Monday November 03rd

Chapter Five: "Prayer, Fasting, and Almsgiving"

Session 6 – Monday November 10th

Chapter Six: "Sexuality, Marriage, and Family"

Session 7 – Monday November 17th

Chapter Seven: "Sickness, Suffering, and Death"

Session 8 – Monday November 24th

Chapter Eight: "The Kingdom of Heaven"



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

\$9.60-\$19/week OR \$42-\$83/month

SUPPORTER: \$1,000 - \$1,999

\$19-\$38/week OR \$83-\$167/month

*** FAITHFUL: \$2,000 - \$3,999**

\$38-\$77/week OR \$167-\$333/month

*** DISCIPLE: \$4,000 - \$6,999**

\$77-\$135/week OR \$333-\$583/month

*** GUARDIAN: \$7,000 - \$9,999**

\$135-\$192/week OR \$583-\$833/month

*** ANGEL: \$10,000 - \$14,999**

\$192-\$288/week OR \$833-\$1,249/month

*** ARCHANGEL: \$15,000 and up**

\$288/week OR \$1,250/month & up

*Review your stewardship commitment prayerfully, consider what you offer to Christ's Church
in comparison to your monthly utility/ service payments.*

Please return your completed commitment card to church by January 31, 2025

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

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

My Total Commitment for 2025: \$ _____

I will fulfill and pay my pledge: (CHECK ONE)

☐ Weekly at \$ _____/week

☐ Monthly at \$ _____/month ☐ Annually

Contact the Church office to set up easy recurring electronic payments
-OR- set up your own recurring giving at saint-anthonys.churchgiving.com

****To fully cover our operating expenses, our goal is to
have our average stewardship be \$2,000 per family or above***



Commitment of Time and Talents



Families should mark "H" for husband, "W" for wife, "C" for Children.

Council of Ministries

- | | | |
|-----------------------------|-------------------------------|-----------------------------|
| _____ 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

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.





Our Youth Ministry Kick-Off was a fun way for our St. Anthony youth to come together in faith and fellowship as we begin our Sunday School year. Students got to meet their wonderful teachers, eat lunch together, and enjoy a fun and delicious hand-dipped ice cream treat! Nothing beats seeing our church hall filled with our youth enjoying fellowship and bonding with one another!

For those who did not have the opportunity to sign up at the registration event, please be sure to register your children as soon as possible. We kindly ask that all students who will be attending Sunday School complete the registration form. Collecting class count numbers, student names for our rosters, grade and age levels, and contact information helps with planning as we prepare for the upcoming year. Please fill out a form for each child in your family.

A \$20.00 donation per student is suggested to help with supplies. Donations can be made through **WeShare**:

saint-anthonys.churchgiving.com/GiveNow

Select **Give Now** and enter your donation amount.

If you prefer to pay in person, we will also be collecting registration forms and donations over the next few weeks in the church hall.

*Students are placed in class according to their grade level in school. **They must be 4 years old by December 31st in order to enroll in Sunday School.** Children under 4 are welcome to participate in Little Lambs.*

PK & TK:	Sophia Syrengelas & Andrianna Lareau
Kindergarten & 1st:	Elena Tsianos
2nd & 3rd:	Eleni Wojcik & Jenni Pulos Nassos
4th & 5th:	Mary Udria & Athena Serban
6th, 7th, & 8th:	Polly Vagenas & Chris Syrengelas
High School:	Presuytera Aida Stratos

Thank you to our dedicated and faithful teachers in advance for sharing their time and talents with our youth!

We look forward to a wonderful year of faith, fellowship, and fun with the students and teachers of St. Anthony Sunday School Ministry !

Questions ? Please reach out to Sophia Syrengelas





Youth & Young Adults



GOYA NEWS

September 2025

GOYA meetings are every 2nd Sunday of the month from 12:15pm-1pm in the high school classroom. Next meeting is September 14th. Bring your \$25 dues! Cash or check made out to St. Anthony GOYA.



GOYA is a ministry to Middle School (Jr. Goya) and High School teenagers. Along with monthly hangouts, they plan activities throughout the year and volunteer in various events within our community. **Scan the QR code to sign up!**





2025-2026 GOYA SIGN UP

Thank you to our outgoing 24-25 GOYA Board!

Congratulations to our outgoing President, **Yianni Kades** who graduated from Maranatha High School and will be going off to Boston to attend Hellenic College and Holy Cross Greek Orthodox School of Theology!

President -Yianni Kades

Vice President – Niko Lareau

Corresponding Secretary – Katerina N. and Jordan G.

Recording Secretary – Maria S.

Treasurers – Dimitra G. and John I.

Junior Treasurer – Andreas

GOYA Representatives -Thanos, John V., Kostadina I., and Nicoletta K.

Check out our Instagram account at: @stanthonysgoya

Any questions, please email us at: goya@saint-anthonys.org





*****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 jinda810@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
Maria Kokoris	nmkokoris@gmail.com
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

Upcoming Community Events

Blessing of the Animals – Saturday morning, October 18, 2025

We welcome everyone and their companion animals to join us for a blessing given by Father Peter Stratos. Further details will be announced shortly.

SAVE THE DATE

2025 Philoptochos Christmas Benefit – Saturday, December 6, 2025

Location: Sheraton Los Angeles San Gabriel
303 E Valley Blvd, San Gabriel

Join us at this stylish NEW hotel—our new event venue for 2025

Upcoming Philoptochos Meetings

2025 Christmas Benefit Planning Meeting – September 2, 2025 –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 plans our largest fundraiser of the year. The proceeds from the Benefit fund the programs and extensive charity work Philoptochos accomplishes throughout the year.

Board Meeting – Tuesday, September 9, 2025 at 7:00 PM

SAVE THE DATE

Welcome Back meeting – Wednesday, October 15, 2025

Calling all Philoptochos Members for this special evening!

Class is back in session with our favorite subject – **HELPING OTHERS 101**

Please plan to join us for our first general meeting of the year in October.



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonypiloptochos



**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

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	

The August 12th meeting of the VIPs was called to order by President Irene Albeck at 11:00 am with an opening prayer led by Staurula Kiotas.

With her decades-long experience in the religious education of our children and grand children, Irene began her report with a passionate plea that we VIPs as grandparents should make a concerted effort to see that our grandchildren are brought to church to be exposed and to learn about our Orthodox faith. This effort is even more important now as weekend sports and other activities compete for the time of our youngsters.

Irene then mentioned that on August 21st, the Saint Sophia Philoptochos would be sponsoring a barbecue luncheon for any interested seniors.

Our August birthday celebrants in attendance at this meeting included Irene Albeck and Mary Tassop. Because of her absence at the July meeting, Maria Giannoulis was also showered with hearty HAPPY BIRTHDAY greetings from the membership! MANY HAPPY RETURNS LADIES!!

Afterwards, an enjoyable luncheon of items brought by the members was enjoyed by all, followed by a game of BINGO!!

With the GreekFest 2025 weekend rapidly approaching, all VIPs who are interested in helping with baked goods and food preparation should monitor e-mail blasts from the church office and notices in the weekly bulletins for scheduled food prep dates and details.

The VIPs are planning to host the coffee hour on **Sunday September 7th** as part of Youth Ministries Sunday. As part of this Sunday's activities, we are happy to announce that Mr. Kyriacos (Kyrie) Vidalakis, grandson of our own Nancy Vidalakis, will make himself available, prior to his departure for Stanford University, to discuss the book he has written entitled **"MURKY WATERS."** Kyrie will make his presentation in the parish hall at the Sunday coffee hour. This presentation is open to all parishioners and is an adjunct to our monthly VIP meetings held on the second Tuesday of the month. We'll reflect on the idea that discovering what you naturally do well can be a meaningful step toward finding your purpose. Through shared reading and open conversation, we can support one another in exploring our strengths and stories. Copies of Kyrie's book will be available at the presentation.

On **September 30th**, a group of our members will be going to **The Old Spaghetti Factory** in Duarte to enjoy a lunch where we can be served in a relaxed setting and discuss, among other things, how successful GreekFest 2025 was. Any members who have not yet signed up to attend this event are encouraged to e-mail Jim Hronas at jhronas@aol.com to add your name to the list of attendees, and to specify if you can drive some members or need a ride to the restaurant, located at 1431 Buena Vista Street in Duarte. **DUE TO FESTIVAL PREPARATIONS TAKING UP TIME THIS MONTH, THIS OUTING WILL BE IN LIEU OF ANY VIP MEETING FOR THE MONTH OF SEPTEMBER!!**

Finally, please look over the attached document entitled **"MY JOURNEY,"** which is a list of global happenings, mankind's accomplishments, and occurrences of significance that was lovingly compiled by our president Irene as part of her commemoration of the 90th anniversary of her birthday. Enjoy going down your own "Memory Lane" as you remember the many things listed here that you have all experienced in your own lives.

Thank you Irene for researching this incredible expose of where we all have been and have seen in our world!

SEE YOU ALL AT GREEKFEST 2025!!

Jim Hronas

VIP Communications



MY JOURNEY

Global & Political Milestones

- **1939–1945:** *World War II* reshaped global alliances and led to the formation of the United Nations.
- **1947–1991:** *The Cold War* defined international politics, with tensions between the U.S. and Soviet Union.
- **1969:** *Moon Landing* — Neil Armstrong became the first human to walk on the moon.
- **1989:** *Fall of the Berlin Wall* — symbolized the end of Cold War divisions.
- **2001:** *9/11 Attacks* — led to major shifts in global security and U.S. foreign policy.
- **2020:** *COVID-19 Pandemic* — a global health crisis that transformed daily life and healthcare systems.



Scientific & Technological Breakthroughs

- **1935:** *Radar invented* — revolutionized aviation and warfare.
- **1989:** *World Wide Web created* — the foundation of the internet era.
- **2007:** *iPhone launched* — ushered in the smartphone age.
- **2023:** *Quantum computing advances* — opening new frontiers in data and AI.



Social & Cultural Shifts

- **1950s–60s:** *Civil Rights Movement* — landmark progress in racial equality in the U.S..
- **1973:** *Roe v. Wade* — legalized abortion in the U.S., sparking decades of debate.
- **2015:** *Same-sex marriage legalized nationwide* in the U.S.
- **Ongoing:** *Global digitization* — from analog to digital life, transforming communication, education, and entertainment.



Cultural Icons & Moments

- **1935:** *Elvis Presley born* — later crowned the King of Rock and Roll.
- **1955:** *Disneyland opens* — redefining family entertainment.
- **1964:** *The Beatles invade America* — sparking a musical revolution.
- **1977:** *Star Wars premieres* — launching one of the most iconic franchises in film history.
- **1982:** *Michael Jackson's Thriller* — became the best-selling album of all time.



Medical & Environmental Progress

- **1940s–50s:** *Polio vaccine developed* — a major public health victory.
- **2003:** *Human Genome Project completed* — unlocking genetic insights.
- **2020s:** *Focus on renewable energy* — global efforts to combat climate change.

1930s: Born into a Changing World

- **1935:** Amelia Earhart completes her solo flight from Hawaii to California.
- The U.S. is deep in the *Great Depression*, and FDR's *New Deal* is reshaping American life.
- Elvis Presley is born—future King of Rock and Roll.

1940s: War and Recovery

- *World War II* dominates global affairs (1939–1945).
- The Holocaust and atomic bombings of Hiroshima and Nagasaki mark tragic turning points.
- The *United Nations* is founded in 1945 to promote peace.

1950s: Postwar Boom

- *Color TV, Disneyland, and the polio vaccine* debut.
- The *Civil Rights Movement* begins with landmark cases like *Brown v. Board of Education*.
- Rock and roll explode with Elvis shaking up pop culture.

1960s: Revolution and Exploration

- *Moon landing* in 1969: “One small step for man...”
- Martin Luther King Jr.’s “I Have a Dream” speech and the Civil Rights Act reshape America.
- The Beatles invade the U.S., and Woodstock defines a generation.

1970s: Turbulence and Transformation

- *Watergate scandal* leads to Nixon’s resignation.
- *Roe v. Wade* legalizes abortion in the U.S.
- Disco fever, *Star Wars*, and the rise of environmental awareness.

1980s: Cold War Thaws

- The *Berlin Wall falls* in 1989, ending Cold War divisions.
- Personal computers and video games like Pac-Man become household staples.
- Michael Jackson’s *Thriller* becomes the best-selling album ever.

1990s: Digital Dawn

- The *Internet* revolution begins—email, websites, and search engines emerge.
- Nelson Mandela is freed and later elected President of South Africa.
- Tragedies like the Oklahoma City bombing and Columbine shock the nation.

2000s: New Millennium, New Challenges

- *9/11 attacks* reshape global security.
- Social media platforms like Facebook and YouTube launch.
- The iPhone debuts in 2007, changing communication forever.

2010s: Social Shifts and Smart Tech

- *Same-sex marriage* legalized nationwide in 2015.
- Movements like *Black Lives Matter* and #MeToo gain momentum.
- AI, streaming services, and smart devices become everyday tools.

2020s: Resilience and Innovation

- *COVID-19 pandemic* disrupts life globally.
- Advances in *quantum computing* and *space exploration* redefine possibility.

Decade	Global Milestones	Cultural Highlights
1930s	Great Depression, rise of Nazi Germany	Amelia Earhart's solo flight 🌐
1940s	WWII, Holocaust, UN founded	Bing Crosby & Frank Sinatra dominate music 🎵
1950s	Cold War begins, polio vaccine	Elvis Presley, Disneyland opens 🎸
1960s	Civil Rights Act, Moon landing	The Beatles, Woodstock, MLK's "Dream" speech 🗣️
1970s	Watergate, Roe v. Wade	Star Wars premieres, disco era 🎶
1980s	Fall of Berlin Wall, AIDS crisis	Michael Jackson's <i>Thriller</i> , Pac-Man 🎮
1990s	Internet revolution, Mandela elected	Titanic movie, Harry Potter debuts 📺
2000s	9/11, social media boom	iPhone launches, Facebook & YouTube 📱
2010s	Same-sex marriage legalized, AI growth	Streaming era, #MeToo movement 🗣️
2020s	COVID-19 pandemic, climate action	Space tourism, quantum computing 🚀



The iPhone Revolution: A Communication Milestone (2007–Present)

Updated Timeline Highlight

Decade	Tech Milestone	Impact on Communication
2000s	iPhone launched (2007)	Mobile internet, app-based messaging, visual sharing
2010s	Rise of social media & smart apps	Real-time global connection, video calls, voice assistants
2020s	AI and 5G integration	Faster, smarter, more inclusive communication tools

Community News & more...

GREEK DANCE IS BACK!!

We are very excited to kick-off our new dance season and get ready for the Pasadena Greek Festival!

Practice continues... The Sunday schedule through Festival is as follows:

- ♦ Bouboukakia (K-1st Grade) - 12:15pm-1pm in the nursery
- ♦ Asterakia (2nd - 4th Grade) - 1pm-2pm in the Ballroom
- ♦ Filarakia (5th - 8th Grade) - 2pm-3:30pm in the Ballroom
- ♦ Pyrkagia (9th - 12th Grade) - 3:30pm-5:30pm in the Ballroom
- ♦ Panegiri (College+) - 5:30pm-8pm in the Ballroom
- ♦ Zouzounia: Our youngest dancers (pre-K/TK) will start in September



Registration information will follow via e-mail.

New dance families, please contact Nikole Zoumberakis with any questions (nikoula@gmail.com).

2025-2026 Greek Language School



Youth and Adult Programs – 30 Sessions

Youth Classes - First day, Thursday, October 2nd and Monday, October 6th

Discounted Youth registration rate: August 17th to September 12th

Families must be active members of St. Anthony to receive the member rate.

Non-members will be charged the non-member fee

Membership status will be verified by the Office Manager during registration.

Adult Classes - First day, week of October 6th.

Discounted Adult registration rate: August 17th to September 12th

All Registration forms with more information can be found on Church website: saint-anthonys.org

Make checks payable to: St. Anthony's Greek School and mail completed Registration form with payment to: St. Anthony Greek Orthodox Church / Greek School , 778 South Rosemead Blvd.

For questions or more information, please contact the church office (626) 449-6943

BYZANTINE CHANT CHOIR

Saint Anthony Greek Orthodox Church in Pasadena is forming a Byzantine Chant Choir beginning in September! Group practices will be held regularly over Zoom, and scheduled in person as needed.

The goal is to teach the basics of Byzantine Chant, and to incorporate people into the services as soon as possible.

There are two parts in Byzantine music – the base note, and the melody – and we are looking for people who are interested in helping with either or both!

No Greek language experience required, no musical experience required! Just an earnest heart, an appreciation for Byzantine music, and perhaps at least a musical ear!

All ages and genders are welcome, and youth and young adults are especially encouraged. Those who join can participate casually with the chant choir on Sundays during liturgy or to fully immerse, can come to Orthros regularly to work towards becoming a solo chanter.

The first goal of the choir will be to chant the first half of liturgy, and then an entire Divine Liturgy in Tone 1, Then hopefully growing to be able chant liturgies in other tones beyond that. Holy Week participation in 2026 is also a goal!

Please email Kontaxis@me.com with the subject “Chant Choir” for more information and to express your interest. A survey will be provided to coordinate practices.

Thank you!

2025 GREEK FESTIVAL FOOD and PASTRY PREP DATES

PASTRIES

Tuesday, September 2

Wednesday, September 3

Thursday, September 4

Friday, September 5

Monday, September 8

Tuesday, September 9

Wednesday, September 10

Thursday, September 11

Friday, September 12

Monday September 15



DOLMATHES

Sunday, September 14 (tentative after Liturgy)

Cooking will start at 9:00 am and lunch will be provided. Ending times vary depending on the items being prepared and the number of volunteers in attendance.

If you would like to provide lunch, please contact the church office.

Please join us, even if you only have a couple of hours.

We can't do it without you! We look forward to seeing you.

St. Anthony Bowling League



The St. Anthony Bowling League Ministry will begin the Fall Season on Thursday, September 4. It will be a 12-week season and conclude on Thursday, November 20.

BOWLING INFORMATION

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

Time: 7:00 P.M.

Weekly Fees: \$22.00 includes shoes

We already have 35 committed bowlers and all new bowlers will need to enter with 2 others to form a team

Upcoming Church Festivals - 2025



September

Long Beach 9/5 - 7

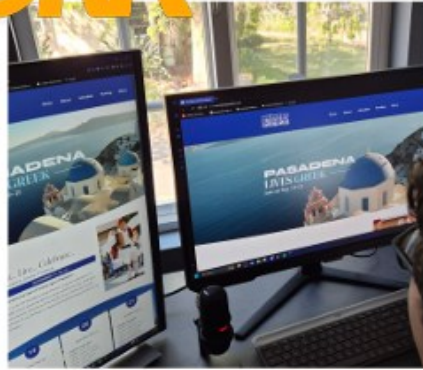
Pasadena 9/19 - 21

SanJuanCapo 9/27 - 28

October

Los Angeles 10/4 - 5

Your PGF Team AT WORK



CHAIRMAN, CHRISTOS VAGENAS
 PROGRAM, NIKOLITSA VAGENAS
 PROCUREMENT, ELENI VAGENAS
 MARKETING & COMMUNICATIONS, VICKI KADES
 AD BOOK, TERESA ROROS GIANNOULIS
 SPONSORSHIPS, CHRISTIAN BALAS
 COMMUNITY OUTREACH, KATHERINE BOUKIDIS
 MARKETING, MARY TIO
 MARKETING, THEODORA TRIGONIS
 RAFFLE, KATHERINE BOUKIDIS
 VENDORS, VICKI KADES

OPERATIONS, LOUIE KADES
 FACILITIES, PETE GALANIS
 LOGISTICS, YIANNI LEVANDIS
 LOGISTICS, HRISTO GIANNOULIS
 TECHNOLOGY, YIANNI KADES
 TECHNOLOGY, THANO MITSIS
 TRANSPORTATION, ALEX GALLAGHER
 VOLUNTEERS, ALEX TARTAR
 WINE BAR, MARK NASTRI
 SPORTS BAR, KOSTA PAPAVALIOU
 KIDS ZONE, DR. JONATHON NASSOS





Join us at the Pasadena GreekFest table every Sunday after Divine Liturgy to kick off the excitement for 2025!

Our Festival Committee is ready to answer all of your questions about this year's event. Pick up posters, postcards, and entrance tickets to share with friends and family.

Want to get involved? Sign up to volunteer, explore becoming a festival sponsor, or grab some exclusive 2025 GreekFest swag to show your pride. Don't miss out—come connect and help make this GreekFest the best one yet!

Food Prep Dates

Cooking begins at 9:00 am, with lunch provided. Join us—even for just a couple of hours. We can't do it without you! We look forward to seeing you.

Thank you

August 27 & 28
Mousaka

September 14
Dolmathes

Pastries Daily - September 2nd - 15th

Thank You for to these businesses and individuals for providing delicious Lunches for Festival Bakers & Cooks!

We would like to extend our heartfelt thanks to the generous businesses and individuals who donated lunch to feed the dedicated women cooking and baking for the Pasadena Greek Festival. Your kindness and generosity are deeply appreciated, and your contributions make a meaningful difference as we prepare for our community's largest fundraiser of the year.

Connalls Restaurant
Julie Balis
Foothill Restaurant
Lisa Xanthos
Twohey's Restaurant

Thank you

If you or your restaurant would like to contribute, please contact the Church Office.



Our amazing volunteers are cooking up delicious food (and lots of laughter!) as we get ready for the Pasadena Greek Festival. 🍴❤️
Come join the fun—many more cooking days ahead, and everyone is welcome!



Multiple Personal & Business Sponsorship Tiers Available!

As we prepare for the GreekFest, we are offering a variety of sponsorship opportunities for individuals, businesses, and organizations. We have designed sponsorship packages with a range of benefits to meet your marketing and community engagement goals.

The Pasadena GreekFest's success is driven by our sponsors and their generous donations. As your Chairman, I am most excited to work with our parishioners and sponsors towards promoting our Greek culture and our Orthodox faith. This year's Executive Committee is working hard to ensure a successful event, but we cannot do it without your support. Please let us know if you are interested in any of the sponsorship packages, and feel free to reach out if you have any questions.

We look forward to partnering with you!

Christos Vagenas
Info@PasadenaGreekFest.org
PGF 2025 Chairman



Recipe Collection

Pasadena Greek Festival Committee
is collecting Greek recipes for
St. Anthony's 2nd Edition
Community Greek Cookbook!

Beginning Sunday, August 3rd,
we will be collecting all Greek recipes.

**Submit 3 of your signature Greek
recipes!**

Please submit your family recipes
via an email or as a word doc to
info@pasadenagreekfest.org
or drop off a printed copy to a committee
member by
October 31st, 2025

A table will be located outside of
coffee hour every Sunday



Join Us as a Sponsor for Pasadena Greek Festival – Multiple Sponsorship Tiers Available!

We are excited to invite you to be a part of Pasadena Greek Festival, one of the most anticipated events of the year! As we prepare for the festival, we are offering a variety of sponsorship opportunities for individuals, businesses, and organizations. We have designed sponsorship packages with a range of benefits to meet your marketing and community engagement goals, while supporting the Pasadena Greek Festival.

Sponsorship Tiers:

- **Diamond Sponsor - \$10,000**

As our exclusive Diamond Sponsor, your brand will receive exclusive visibility throughout the event, including:

- o Exclusive logo placement on the Pasadena Greek Festival website (*business only*)
- o Showcase your name on a booth (*personal or business*)
- o Dual-page ad in the ad book (*personal or business*)
- o Promotion on Pasadena Greek Festival social media (*business only*)
- o 500 complimentary festival entry tickets to give to friends, family, customers, etc.

- **Gold Sponsor - \$5,000**

As our exclusive Gold Sponsor, your brand will receive top-tier visibility throughout the event, including:

- o Prominent logo placement on the Pasadena Greek Festival website (*business only*)
- o Showcase your name on a booth (*personal or business*)
- o Full-page ad in the ad book (*personal or business*)
- o Promotion on Pasadena Greek Festival social media (*business only*)
- o 200 complimentary festival entry tickets to give to friends, family, customers, etc.

- **Silver Sponsor - \$2,500**

- o Logo placement on Pasadena Greek Festival website (*business only*)
- o Full-page ad in the ad book (*personal or business*)
- o Promotion on Pasadena Greek Festival social media (*business only*)
- o 100 complimentary festival entry tickets to give to friends, family, customers, etc.

- **Bronze Sponsor - \$1,000**

- o Logo placement on Pasadena Greek Festival website (*business only*)
- o Half-page ad in the ad book (*personal or business*)
- o 50 complimentary festival entry tickets to give to friends, family, customers, etc.

- **Fest Patron - \$500**

- o Quarter-page ad in the ad book (*personal or business*)
- o 10 complimentary festival entry tickets to give to friends, family, customers, etc.

- **Fest Supporter - \$250**

- o 1"x5" text-only message in the event program (*personal or business*)
- o Name listed in the ad book

The Pasadena Greek Festival's success is driven by our sponsors and their generous donations. As your Chairman, I am most excited to work with our parishioners and sponsors towards promoting our Greek culture and our Orthodox faith. This year's Executive Committee is working hard to ensure a successful event, but we cannot do it without your support. Please let us know if you are interested in any of the sponsorship packages, and feel free to reach out if you have any questions. We look forward to partnering with you!



SPONSOR APPLICATION

September 19-21, 2025

The Pasadena Greek Festival is the major fundraising event that supports St. Anthony's and its programs. Saint Anthony operates as a 501(c) entity and your donations are tax deductible (Tax ID#95-3764229).

Thank you!

SPONSOR INFORMATION

DISPLAY NAME: _____

CONTACT NAME: _____

EMAIL: _____

PHONE NUMBER: _____

SPONSORSHIP TIERS

☐ Diamond Sponsor - \$10,000
 ☐ Gold Sponsor - \$5,000
 ☐ Silver Sponsor - \$2,500
 ☐ Bronze Sponsor - \$1,000
☐ Festival Patron - \$500
 ☐ Festival Supporter - \$250
 ☐ Other Amount

PAYMENT INFORMATION

Payment Options ☐ Check (payable to Saint Anthony Greek Orthodox Church)

☐ Square (refer to link)

INSTRUCTION FOR SUBMISSION

- This form, payment to Saint Anthony Greek Orthodox Church:
 MAIL: 778 South Rosemead Boulevard, Pasadena, CA, 91107
 EMAIL: Info@PasadenaGreekFest.org
- The sponsor agrees to protect the publisher against legal action based upon libelous statements or unauthorized use of photographs or other materials in connection with advertisements placed on contract.

☐ *I have read and understand the terms and conditions.*

Signature: _____

Date: _____

FOR FESTIVAL COMMITTEE ONLY:

Date Received: Click or tap here to enter text.

Balance Due: Click or tap here to enter text.

Notes: Click or tap here to enter text.

☐

Paid in Full

☐

Check #



SAINT ANTHONY GREEK ORTHODOX CHURCH
 778 South Rosemead Boulevard, Pasadena, California 91107

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



sample

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

Faith Can Move a Mountain

And when they came to the crowd, a man came up to Jesus and kneeling before Him said, "Lord, have mercy on my son, for he is an epileptic and he suffers terribly; for often he falls into the fire, and often into the water. And I brought him to your disciples, and they could not heal him." And Jesus answered, "O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to Me." And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" He said to them, "Because of your little faith. For truly, I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you." As they were gathering in Galilee, Jesus said to them, "The Son of man is to be delivered into the hands of men, & they will kill Him, & He will be raised on the third day."

Matthew 17:14-23 (Gospel from the Tenth Sunday of Matthew)

I remember growing up in my hometown of Whittier, California, on a clear day we could see the San Gabriel Mountains northeast of Los Angeles. In the summer they would be brown and in winter they would be covered in snow. I remember hearing today's Gospel passage when I was probably eight or nine, and I thought, maybe if I pray hard enough, I could pick up these mountains and move them, the same way that Luke Skywalker, a Jedi Knight in the Star Wars movies could move rocks by using his mind.

No matter how hard I tried, thought or prayed, the mountains never moved. Now that I'm older, when I read today's Gospel passage about faith moving mountains, I realize that this is a metaphor for life. The mustard seed is one of the smallest seeds there is, yet this seed produces one of the biggest trees. The lesson of this passage is that only a small amount of faith is needed to move a mountain. Notice the Gospel doesn't say we can move a whole mountain range. Faith can move mountains.

What kind of mountains are we talking about? Mountains in geography are found in "ranges." The Rocky Mountains split the United States into two pieces. East of the Rockies are the flat plains and west of them are the relatively flat states of Utah and Nevada. If you want to cross the United States, the journey is pretty easy until it comes time to pass through the mountains. Then the terrain gets steep and challenging. The idea of moving mountains means that with faith, we can clear aside or keep at bay the things that threaten our belief in God, our joy, our peace and our hope. Faith doesn't move mountain ranges, but it can certainly help in moving mountains, or getting over mountains.

Faith doesn't take care of all of life's circumstances. Faith doesn't necessarily make a poor person rich or make a sick person whole again. It doesn't necessarily save the old person from dying or get the young person into college. What faith does is it allows us to cope with the mountains we face by helping us to put life into perspective. The person of faith sees each challenge as a means to show God's glory on the path to salvation. The person of faith sees each day as a gift. The person of faith sees each setback as an opportunity to grow. The person of faith faces mountains, but never feels like he faces them alone. The person of faith feels the presence of God, walks with God in the valleys, and allows God to carry Him through the mountain passes. Faith helps us conquer mountains of stress and sadness, pain and anxiety.

One doesn't need to be a priest or a monk or a nun to be a person of faith. One doesn't need to memorize the Bible or sing in the choir or teach Sunday School. If a person has even the smallest amount of faith, as a grain of a mustard seed, they will have what they need to negotiate the mountains of this life, so that they can reach the fertile fields of Paradise.

Over my years of ministry, I've had the opportunity to meet many people who have had deep faith, even faith much deeper than my own. Not all of these people have had material success, in fact some were very poor. Not all of these people lived to see old age - in fact several have died young. But what their faith brought them was an ability to see God even in the challenges of the mountains of their lives. And to give glory to Him along the way to negotiating them. Faith indeed can move a mountain. And even faith as small as a grain of mustard seed is all you need to begin your journey to conquer your mountain.

Go at your mountain with faith today !

Saints & Feasts

Beginning of the Ecclesiastical Year

September 01

Saint Constantine the Great introduced the Indiction decrees in 312A.D. after he beheld the sign of the Cross in heaven and was proclaimed Emperor in the West. Some, however (and this seems more likely), ascribe the institution of the Indiction to Augustus Caesar, three years before the birth of Christ.

There are three types of Indictions:

- ♦ That which was introduced in the West, and which is called Imperial, or Caesarean, or Constantinian, which begins on the 24th of September
- ♦ The so-called Papal Indiction, which begins on the 1st of January
- ♦ The Constantinopolitan, which was adopted by the Patriarchs of that city after the fall of the Eastern Empire in 1453. This Indiction is indicated in their own hand on the decrees they issue.

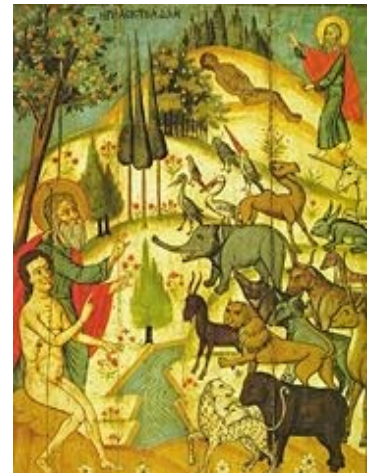
This Indiction begins on the **1st of September** and is observed with special ceremony in the Church. Since the completion of each year takes place, as it were, with the harvest and gathering of the crops into storehouses, and we begin the sowing of seed in the earth for the production of future crops, September is considered the beginning of the New Year.

The Church also keeps festival this day, beseeching God for fair weather, seasonable rains, and an abundance of the fruits of the earth. The Holy Scriptures (Lev. 23:24-5 and Num. 29:1-2) also testify that the people of Israel celebrated the feast of the Blowing of the Trumpets on this day, offering hymns of thanksgiving.

In addition to all the aforesaid, on this feast we also commemorate our Savior's entry into the synagogue in Nazareth, where He was given the book of the Prophet Esaias to read, and He opened it and found the place where it is written, *"The Spirit of the Lord is upon Me, for which cause He hath anointed Me..."* (Luke 4:16-30).

It should be noted that to the present day, the Church has always celebrated the beginning of the New Year on September 1. This was the custom in Constantinople until its fall in 1453 and in Russia until the reign of Peter I. September 1 is still festively celebrated as the New Year at the Patriarchate of Constantinople; among the Jews also the New Year, although reckoned according to a moveable calendar, usually falls in September.

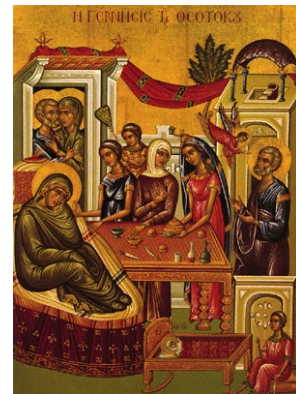
The service of the Menaion for January 1 is for our Lord's Circumcision and for the memorial of Saint Basil the Great, without any mention of its being the beginning of a new year.



The Nativity of the Theotokos and Ever-Virgin Mary

September 08

According to the ancient tradition of the Church, the Theotokos was born of barren and aged parents, Joachim and Anna, about the year 16 or 17 before the birth of Christ. Joachim was descended from the royal line of David, of the tribe of Judah. Anna was of the priestly tribe of Levi, a daughter of the priest Matthan and Mary, his wife.



The Holy & Righteous Ancestors of God, Joachim and Anna

September 09

On the day following the Nativity of the most holy Theotokos, we celebrate the Synaxis of Saints Joachim and Anna, honoring them as her parents.



Exaltation of the Holy Cross / Saint Stauros

September 14

Saint Helen, the mother of Saint Constantine the Great, already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. After finding the Tomb of our Lord, and three crosses, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation.

At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high for all to venerate.



Sophia, Faith, Hope, Love

September 17

These Saints were from Italy and contested for the Faith about the year 126, during the reign of the Emperor Hadrian. Faith was twelve years old, Hope, ten, and Love, nine; each was tormented and then beheaded, from the eldest to the youngest. Their mother Sophia mourned at their grave for three days, where she also fell asleep in peace; because of her courageous endurance in the face of her daughters' sufferings, she is also counted a martyr. The name Sophia means "wisdom" in Greek; as for her daughters' names, Faith, Hope, and Love (Charity), they are Pistis, Elpis, and Agape in Greek.



Falling Asleep of Saint John the Theologian

September 26

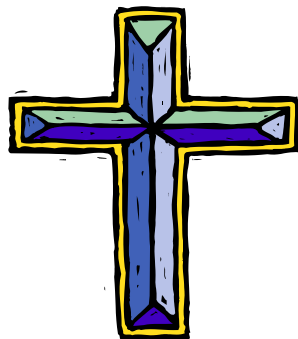
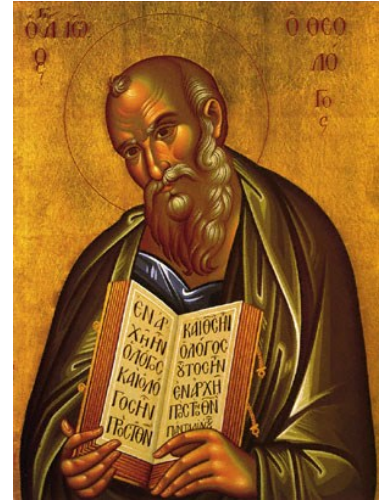
This Apostle was from Bethsaida of Galilee, and was the son of Zebedee and Salome, and the brother of James the elder. First a fisherman by trade, he became an Apostle and the beloved Disciple of Christ. Only he of all the Disciples followed Him even to the Cross, and was entrusted with the care of our Savior's Mother, as it were another son to her, and a brother of Christ the Teacher.

After this, he preached throughout Asia Minor, especially in Ephesus. When the second persecution against the Christians began in the year 96 during the reign of Domitian, he was taken in bonds to Rome, and there was cast into a vat filled to the brim with boiling oil. Coming forth unharmed, he was exiled to the island of Patmos, where he wrote the Book of Revelation. Returning again to Ephesus after the death of the tyrant, he wrote his Gospel (after the other Evangelists had already written theirs) and his three Catholic Epistles.

In all, he lived ninety-five years and fell asleep in the Lord during the reign of Trajan in the year 100. He was called Theologian because he loftily expounded in his Gospel the theology of the inexpressible and eternal birth of the Son and Word of God the Father. It is for this cause that an eagle is a symbol of the Holy Spirit.

Saint Irenaeus says: *It is depicted in his icon, for this was one of the four symbolic living creatures that the Prophet Ezekiel saw.*

Ezekial 1:10



Orthodox Calendar

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Ecclesiastical New Year 	2	3  7pm Union Staton Philopotochos	4 7pm Bowling League	5 	6
7 Sunday Before Holy Cross 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream 12:15 Dance Practice	8 9am Nativity of the Holy Theotokos	9 7pm Philopotochos Board	10 	11 7pm Bowling League	12 	13 9am Great Vespers for the Elevation of the Holy Cross
14 Sunday of the Holy Cross 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream 12:15 Dance Practice	15	16 7pm Parish Council Mtg.	17 	18 7pm Bowling League	19 	20 <div>Pasadena Greek Festival</div>
21 Sunday After Holy Cross 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream <div>Pasadena Festival</div>	22	23	24  7pm Philopotochos General	25 7pm Bowling League	26  9am Falling Asleep of Saint John the Evangelist and Theologian	27
28 1st Sunday of Luke 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	29 10am Dance Practice	30 6:30pm Dance Practice				
		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

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September 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.

faith
does not
make things easy
it makes them
POSSible
luke 1:37