

The Voice of Saint Anthony

October 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

| | |
|------------------------------|------------|
| Saint Romanos | 1 October |
| Saint Thomas | 6 October |
| Saint Phillip | 11 October |
| Saint Luke | 18 October |
| Saint James | 23 October |
| Saint Demetrios | 26 October |
| Holy Protection of Theotokos | 28 October |



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**Saint Luke
the Evangelist**
18 October

DEADLINE for NOVEMBER Newsletter is SATURDAY, 25 OCTOBER
Please send to: newsletter_church@aol.com

Message from Father Peter

Dear Brothers and Sisters in Christ,

We have reached the beautiful season of Fall and the month of October is upon us! During this month we commemorate numerous Saints and Church Fathers. Let's take a look at some of these heroes of our Church.

Did you know that **St. Amos the Prophet** was a shepherd, **St. Luke** was a doctor, **St. Euphrosynos** was a cook, **St. Lydia** was a businesswoman, **St. John Chrysostom** was a brilliant young lawyer and **St. Helen** was a queen? Look at any date on the liturgical calendar and you will find one or more Saints commemorated from every walk of life.

Did you know that not only men and women who lived in the times of the Bible may be found among the Saints of the Orthodox Church but also those who lived in modern day as well? A look at the October calendar shows that at least thirteen persons mentioned in the Bible, especially the New Testament, have their feast days in this month alone! Some of these, such as **St. Philip the Deacon**, **St. Luke the Evangelist** and **St. James the brother of the Lord**, are among the thirteen commemorated this month. Other inspiring examples are:

St. Ananias (October 1) who was sent by the Lord to help St. Paul after his Damascus vision (Acts 9:10-18).

St. Dionysius (October 3) who along with Damaris and a few others became the first Christians in Athens when they heard the preaching of St. Paul (Acts 17:34).

St. Longinos the Martyr (October 16) who according to tradition is identified with the Roman centurion in charge of Jesus' crucifixion. He was the one who confessed in front of the Cross: "This man was truly the Son of God (Mark 15:39)

St. Cleopas (October 30) who along with an unnamed disciple (identified by tradition as St. Luke) saw the risen Christ as they walked from Jerusalem to Emmaus (Luke 24:13-35).

Why does the Orthodox Church hold up Saints and Church Fathers on a daily basis as examples to be remembered and honored? The basic reason is that the people of God are a family of Saints in which the tradition of spiritual Fatherhood is powerful. Judaism revered the leaders whom God had appointed over its nation, as shown in numerous references in the Old Testament to "our Fathers" and to "the promises which God made to the Fathers". St. Paul writes that the unbelieving Jews will not ultimately be rejected by God "because of the Fathers" (Romans 11:28) because the patriarchs Abraham, Issac and Jacob, and also many other leaders, including the great rabbis were called the "Fathers" and were respected and honored by Jews as men of God.

This tradition of "Fatherhood" continued into the New Testament. In fact, St. Paul called himself the "Father of the Corinthians" (1 Corinthians 4:15). Thus spiritual Fatherhood continues in the Christian tradition. In the Orthodox Church, great Church leaders of the past, saintly guides in the spiritual life, priests and monks are called "Fathers" – a sacred title which bears as much significance as it does responsibility.

So let us honor and revere our Saints this month and every month, each day and everyday. When praying invoke your patron saint. Commemorate the Saints being honored daily in your prayers. Pray to your Guardian Angel. Honor and remember our true heroes of the Church!

Most Holy Saints and Spiritual Fathers and Mothers intercede for us!

In Christ, Father 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 4 *Spirituality*
- ♦ 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**

Nicolette Fuerst

1st Vice President

Liz Skandale

2nd Vice President

Carolina Kokoris

Sophia Syrengelas

Corresponding Secretary

Tanya Christodoulelis

Recording Secretary

Fontaine Malisos

Treasurer

Maria Kypreos

Assistant Treasurer

Mary Dewar

Philoptochos Advisor

Judith Din

Spiritual Advisor

Father Peter Stratos

Board of Directors**Beautification**

Connie Becker

Andrea Patzakis

Community Outreach

Mary Dewar

Fellowship

Mary Udria

Noula Serban

Operation Classroom

Helen Skandale

Lisa Xanthos

Publicity

Christine Pappas

Scholarship

Presbytera Aida Statros

Sunshine and Visitation

Maria Hronas

Union Station

Maria Kokoris

**ADDITIONAL MINISTRIES****Acolytes**

Pres Aida Stratos

Bible Study

Fr. Peter Stratos

BookstoreChristiana Kontaxis
Michael Kontaxis**Bowling**

Anthia Drulias Lucas

Golf Tournament

Jimmy Christos

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

Pana Gelt

GOYA VolleyballAnthia Lucas
Pana Gelt**Greek Dance Groups**

Nikole Zoumberakis

Greek Festival

Christian Balas

Greek Language

Anastasia McClain

JOY/HOPE

Irene Albeck

Myrrh Bearers

Irene Albeck

Oratorical Festival

Pres Aida Stratos

Prayer Shawls

Maria Kypreos

Psalter Group

Fr. Peter Stratos

Vacation Bible SchoolSophia Syrengelas
Mary Udria**VIPs**

Irene Albeck



Parish Council



HOLY COMMUNION PROCEDURE

For the benefit of our Sunday School students, their teachers and the **TIMELY** start of their Sunday School Classes please all the children to receive Holy Communion first.

- ♦ Please remain standing while following the directions of the ushers.
- ♦ The ushers will release the children by pew from Front to Back.
- ♦ Only parents of the smallest, youngest Sunday School children, who need assistance, should receive Holy Communion with their children.
- ♦ If you are not in a pew when Holy Communion begins, please quietly find a spot in the back rows. Your children will be released in turn.
- ♦ Please do not attempt to send your children down the side aisles to the front alone or down the center aisle.
- ♦ After all children have received, the ushers will release the adults, again from the front pews.
- ♦ Please cooperate with our ushers. Please do not ask to be allowed to proceed ahead of others or enter the center aisle ahead of the pews in front of you.
- ♦ When receiving Holy Communion, make the Sign of the Cross, state your name (baptismal name) and naturally receive as if being fed.
- ♦ Non-Orthodox Christians may not receive Holy Communion, but they may receive the Holy Bread at the end of the service.
- ♦ All Orthodox Christians must be spiritually prepared to receive the Sacrament of Holy Communion. Please see your priest if you have any questions.

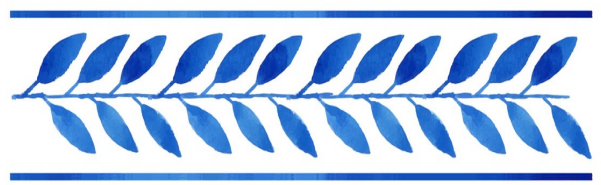
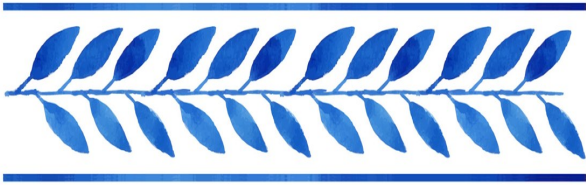




"Let the
little children
come to me"

MATTHEW 19:14

Youth & Young Adults



We had our first meeting in September where we had some fun getting to know the new GOYAns and also appointing our new 25-26 GOYA Board!

Congratulations!

President - Niko Lareau

Vice President - John Ioannou and Katerina Nastri

Corresponding Secretary - Katerina Nastri

Recording Secretary - Maria Syrengelas



Thank you to Stavros and Andrianna for continuing to be our wonderful Junior Advisors!

We will hold our **next meeting** at Handel's right after Church School on **Sunday, October 5th**, instead of our usual 2nd Sunday of the month. We will meet on the 2nd floor by the elevator to coordinate rides!

We are also planning a trip to **Knott's Scary Farm on October 11th**! Youth group tickets are \$55 each. Please Zelle Maria Katsas at (626) 255-2004 or Venmo Polly Vagenas at (714) 334-8441. Parents will be present to chaperone.

Save the date for our **Friendsgiving Lock In** on Tuesday, **November 25th**! GOYAns will have a potluck Thanksgiving dinner, and then stay overnight in the church hall, playing games, hide and go seek, etc!

Check out our Instagram account: @stanthonysgoya



2025-2026 GOYA SIGN UP

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

METROPOLIS YOUNG ADULT FALL RETREAT



“GLORY TO THEE FOR EVERY STEP
OF MY LIFE’S JOURNEY”

HIKE + RETREAT + FELLOWSHIP



METROPOLIS OF
SAN FRANCISCO

OCTOBER 16-19, 2025
ST. NICHOLAS RANCH & RETREAT CENTER
KINGS CANYON NATIONAL PARK
WWW.GOSFYOUTH.ORG

Philoptochos

Good Works

EATON FIRE DISASTER RELIEF SUPPORT

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

Recovery Relief Buckets are available to anyone who has been displaced or is recovering from the after-effects of the fire.

Buckets contain essential cleaning supplies to help you clean and neutralize the lingering ashes and residue of the fire.

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

Philoptochos is here to help those affected by the Eaton Fire.

If you need assistance or aid, please let us know.
The Army of Agape is here for you.

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

Union Station Homeless Service (USHS)

USHS is in need of sack lunch donations. The prepared lunches can be dropped off at the Adult Center (412 S. Raymond Ave., Pasadena) from 8:00 a.m. – 2:30 p.m.

Please, email volunteer@unionstationhs.org to schedule delivery.

Philoptochos prepares a nutritious dinner, funded through the generosity of our donors. USHS has requested packaged dessert (cookies), single serve beverages (10 oz.), and single serve bottles of milk. You may continue to volunteer by donating towards the purchase of individual packaged items.

The estimated costs are: Chicken – \$75, Rolls – \$15, Dessert – \$17, and Beverages – \$40.

We welcome your donations to help offset our costs of large aluminum pans with lids. We invite you to consider helping us feed the needy by making a contribution towards this ministry. ***We are most grateful for your generous support.***

Please make checks out to: ***Philoptochos of Saint Anthony.***

Please write USHS on the memo line.

Thank you for being a part of the solution to homelessness.

For further information, please contact:

| | |
|-----------------|--|
| Irene Albeck | mcmg2a@aol.com |
| 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

Community Happenings

WELCOME BACK MEETING

Wednesday, October 15, 2025 at 6:30 PM

Trinity Hall at St. Anthony Greek Orthodox Church



Calling all Philoptochos Members for this special evening!

Class is back in session with our favorite subject –

HELPING OTHERS 101

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

Parish community members are welcome to attend.

A light dinner will be served. \$25 per person.



Blessing of the Animals in Memory of Stephanie Zanglis Soewers

Saturday, October 18, 2025

Join us on Saturday morning at 10 AM with your pets! We welcome all God's creatures and their companions to join us for prayers and a blessing given by Father Peter Stratos to all attendees. Philoptochos welcomes donations of gently used towels for the Pasadena Humane Society. Human and pet treats will be provided.

For further information, please contact Judith Din (626) 676-1240.

Upcoming Philoptochos Events

SAVE THE DATE

2025 Philoptochos Christmas Benefit – Saturday, December 6, 2025

Location: Sheraton San Gabriel
303 East 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 – Monday, October 6, 2025 – 7:00 PM – 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 – Wednesday, October 8, 2025 – 7:00 PM

Upcoming Metropolis Events

LIGHT THE PATH – The Greek Orthodox Metropolis of San Francisco Philoptochos invites you to attend Light the Path, a Christmas Luncheon, on **Sunday, November 16, 2025** at 2:00 p.m. at The Olympic Club in San Francisco. Proceeds from this festive holiday event will benefit the Bishop Anthony Philoptochos Student Aid Endowment Fund.

More details coming soon. Mark your calendar and plan to attend! For more information and to donate, please [visit the Metropolis of SF Philoptochos website](#) .



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 | |

With a new ecclesiastical year under way and the 2025 GreekFest looming ahead on the weekend of September 19th, many of the VIPs devoted their time, culinary talents and energy to preparing delicious and traditional dishes for Yiayia's Kouzina, baking a wide variety of Greek pastries, marinating luscious lamb chops, and skewering pork souvlakia. All of these preparatory activities were attended to instead of the VIP meeting usually held on the second Tuesday of September.

In the afterglow of a successful GreekFest 2025, the VIPs had planned to make a trip to the *Old Spaghetti Factory* in Duarte where we enjoyed a leisurely luncheon to thank all of our members who worked diligently in accounting, the kitchen, dinner line, pastry booth, souvlaki and lamb chop areas during the entire festival weekend.

At our **October meeting** to be held on the **14th of the month**, and in many subsequent meetings, we hope to explore meaningful topics through reading and discussion. Through shared reading and open conversation, we will support one another in exploring our strengths and stories. We hope to make our meetings a welcoming space to connect, grow and be inspired. Please contact Irene Albeck for more information on how to join the VIPs.

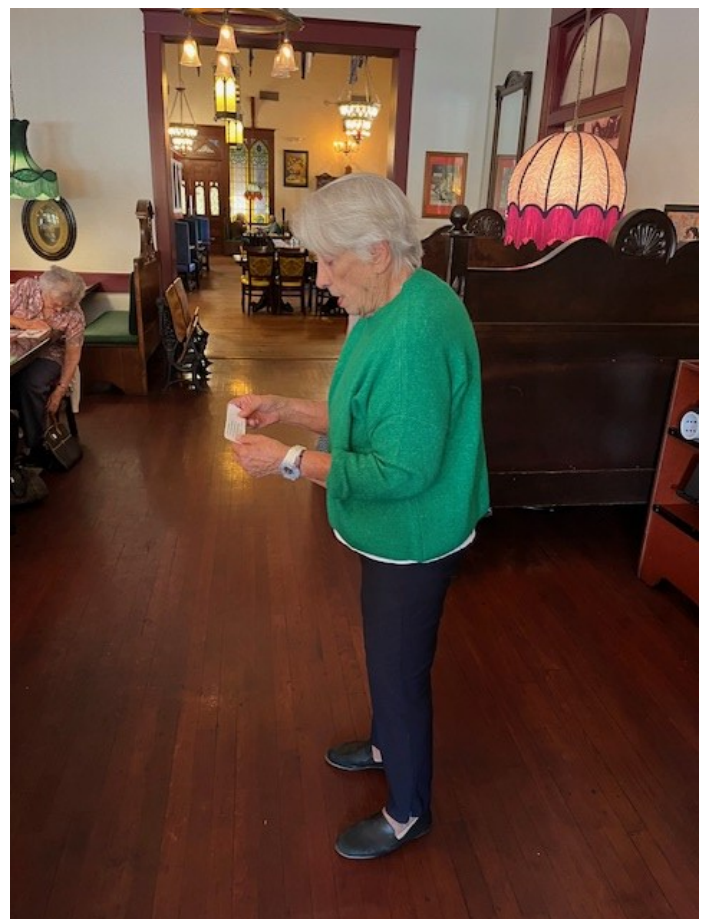
As a preview of coming attractions, please be advised that the traditional VIP Thanksgiving **Potluck Feast** will be held on **Tuesday, November 11th**, which is Veterans Day. To honor this holiday, we hope you will join us for a tribute to our veterans - **Legacy of Courage: A Veterans Day Celebration**. We will revisit a moving video presentation originally shared at a Philoptochos gathering some years ago.

If you or someone dear to you has served in the armed forces, we invite you to share their story. We ask that you please submit a photo and brief biography to jhronas@aol.com by Sunday, October 19th so that we can celebrate their legacy with gratitude and pride.

Jim Hronas

VIP Communication

Enjoy photos of our lunch at the Old Spaghetti Factory, next 2 pages...





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!

A promotional poster for LA Greek Fest. The background features a light blue and green color scheme with stylized palm trees. The text 'LA GREEK fest' is prominently displayed on the left, with 'LA' in large black letters, 'GREEK' in large green letters, and 'fest' in a smaller, orange, cursive font. Below this, the address 'SAINT SOPHIA CATHEDRAL, 1324 NORMANDIE AVE., LOS ANGELES, CA 90006' is written in small black text. To the right, the dates 'OCT. 3-5, 2025' are written in large green letters, followed by 'SAVE THE DATE!' in large orange letters. In the center, a paragraph of text invites people to join the festival and enjoy Greek food, craft beer, wines, a sports bar, kids zone, church tours, and more. At the bottom left, there is a 'FOLLOW US!' section with Instagram and Facebook icons and the handle 'lagreekfest'. Below this, the website 'lagreekfest.com' and email 'lagreekfest@gmail.com' are provided. On the bottom right, a white box contains the text 'TO SPONSOR OR TO DONATE, TO THIS EVENT, SEE WEBSITE'.

Pasadena Creek Fest Photos











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

Southern California
Cretans' Association



celebrates
75
years

Saturday, November 15, 2025

Appetizers 5:30 pm Traditional Cretan Dinner 7:00 pm

St. Anthony Greek Orthodox Church Trinity Ballroom

**788 South Rosemead Boulevard
Pasadena, California 91107**

Reservations

Bobby Zoumberakis (562) 413-3968 John Koulakis (818) 434-4030
socalcretans@gmail.com

Adults - \$90.00 (presale by October 15th) \$100.00 after
Youth/Students 21 and under - \$45.00 (presale by October 15th) \$50.00 after
Children 5 and under - free



Featuring live music from Crete by:

**Nikos Manioudakis
Miros Niotakis
Giorgos Pashalidis
Manolis Giatromanolakis**

SCAN ME



RESERVE NOW



Pasadena Rose Bowl AHEPA #373 2025 Christmas Party

Honoring **Irene Albeck** on her exemplary service to the Pasadena Greek community with her leadership in Christian education including Sunday School, and in the Philoptochos.



Friday, December 19, 2025
North Woods Inn

7247 Rosemead Blvd, San Gabriel, CA 91775 (at Huntington Drive & Rosemead Boulevard)
7:00 p.m. no host cocktails, 7:30 p.m. dinner — free parking

Choice of Filet Mignon Steak, New York Steak, Icelandic Filet of Cod, or Broiled Mahi Mahi
Two Salads, Cheese Bread, and Rice Pilaf
Baked Potato with Butter, Chives and Cheese, plus dessert!

\$70 each, limited to 50 persons, paid reservations required

Virginia Lappas will lead us in an optional \$15—\$20 Gift Exchange after dinner. Neutral gift suitable for either men or women, wrapped, with no names. Anyone who brings a gift will receive a gift. The community is invited.

Please make checks payable to: Pasadena AHEPA
Send to: Dean Tripodes, Post Office Box 486, Sierra Madre, CA 91025-0486
Or pay by Zelle on your bank's app or website, enter ahepa373@gmail.com as the recipient.

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

One word that is not used in Orthodox circles very much is the concept of “discipleship.” This is actually a very popular word in other Christian denominations. Whether they are all good or effective at it is another story, but the concept is there, and is spoken of. The word “discipleship” means to bring other “disciples” to Christ, to add them to the body of the Church. The word “disciple” means “student,” so “disciples” are those who are devoted to learning about something, in this case, the Christian faith.

The role of the disciple, however, does not end with just learning. It includes DO-ing the things that have been learned, such as using our talents to help others while giving glory to God. It includes not only knowing but FOLLOWING the commandments of God. It includes not only knowing but PRACTICING the tenets of the faith. It includes not only knowing how to pray and where to find things in Scripture but actually spending time PRAYING and STUDYING the Scriptures.

There is one more role of the disciple, which is often overlooked and understated, and this is recruiting more disciples and bringing them to Christ. It means adding to the body of the church. And this is ultimately what discipleship is about.

Popular Protestant pastor Rick Warren, in his book “The Purpose Driven Church” talks about **four levels in the process of discipleship**:

The first level – to know Christ, through being a member of the church.

Second level – grow in Christ, which involves spiritual maturation through prayer, study and worship.

The third level – serving Christ, which is done through ministry, outreach, service.

The fourth level – sharing Christ—taking Christ to others, and bringing others to Him.

There are lots of people who are at stage one – they belong to the church but don’t have a deep relationship with Christ. There are those who are growing in Christ but who don’t participate in any ministry. There are those who participate in ministries but never really talk about Christ with anyone. The ultimate step in being a disciple is to not be afraid to share Christ with others, to joyfully share Him with others.

The Gospel reading of Luke 5:1-11 tells us several important things about Christianity and being a disciple. Jesus did not go to the temple or the top rabbinical school to recruit His disciples. He went to the seashore and found fishermen. He didn’t even find accomplished fisherman. By their own admission they had toiled all night and had caught nothing. He knew their hearts though. He knew that every heart has some seed of faith in it, just not all have been cultivated. Simon Peter put the boat out from the shore and let down the nets and they were filled with fish.

Peter’s reaction wasn’t “wow, this is really cool, how did You do that?” His reaction was one of humility. He asked Jesus to depart from him, saying that he was a sinful man. Jesus’ reaction was to ask Peter to follow Him, that Peter was exactly the kind of man Jesus was looking for. And then Peter and his friends, James and John, left everything and followed.

The message for us is that we don’t have to have theology degrees or be Sunday school all stars in order to be disciples. We have to have a desire to know Christ, a humble heart and a sense of trust. For who is going to cede the lead to someone they don’t trust. Jesus called them to follow and they did. He eventually called them to lead others to Him, and they did as well. Jesus calls on us to follow. And part of following is also the call to lead others to Him. Like the disciples on the boat, we are called to do both. The challenge is for us to answer the call, the whole thing—to know, to grow, to serve, and to lead others to Him.

THIS is what it means to be a disciple.

THIS is what discipleship is all about.

THIS is what we are all called to do.

Know so you can grow.

Grow so you can serve.

Serve so you can lead.

Lead so that others will come to know Christ.

Then the cycle will repeat..

The church will grow, lives will be changed and souls will be saved.

Saints & Feasts

Saint Romanos the Melodist

October 01

Romanos was a Syrian Christian who lived in the beginning of the 6th century. A convert to Orthodoxy from Judaism, he was ordained a deacon and served in the Church of Beirut. His talent was great. Unlike others, he wrote his hymns in simple language and produced a pleasant meter in the verse by the way he accented words. The hymns he composed appealed to the hearts of the people and are still sung today.

Romanos has been called "Sweet Singer" (Ghlykophonos), "Melodist" (Melodhos), and "Righteous Chanter" (Psaltis Dhikeosinis). He wrote hundreds of hymns celebrating the mystery of the Incarnation, the Crucifixion, the Resurrection and the living of a Christian life. One of the most famous compositions is the hymn celebrating the Nativity of our Lord, *"Today the Virgin gives birth to the One who is above all living things...."* St. Romanos is said to have composed the Akathist Hymn, a kontakion that we still chant during the Friday evening Heretismois services of Great Lent.

Romanos died on October 1st in 510 AD. He was a productive genius and artist, writing and accenting thousands of kontakia. He has been called the patron saint of all who sing for the Church. Others say he is the leader in the world of religious hymnology. Surely he has made a profound contribution to divine worship and deserves to be recognized by all who sing and by all who listen to the hymnology of our services.



Saint Thomas the Apostle

October 06

The Holy and Glorious Apostle Thomas was born in the Galilean city of Pansada. He was a fisherman. Hearing the good tidings of Jesus Christ, he left all and followed after Him. The Apostle Thomas is included in the number of the Twelve Apostles of the Savior.

According to Holy Scripture, the holy Apostle Thomas did not believe the reports of the other disciples about the Resurrection of Jesus Christ:

"Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe."
John 20:25

On the eighth day after the Resurrection, the Lord appeared to the Apostle Thomas and showed him His wounds. *"My Lord and my God,"* the Apostle cried out (John 20:28). *"Thomas, being once weaker in faith than the other apostles,"* says St John Chrysostom, "toiled through the grace of God more bravely, more zealously and tirelessly than them all, so that he went preaching over nearly all the earth, not fearing to proclaim the Word of God to savage nations."



Saint Thomas the Apostle – continued..

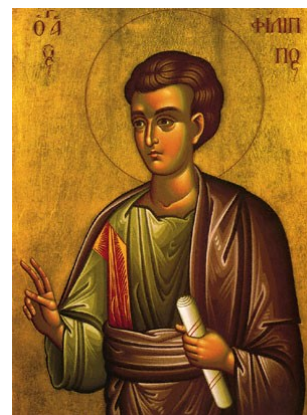
Some icons depicting this event are inscribed "The Doubting Thomas." This is incorrect. In Greek, the inscription reads, "The Touching of Thomas." In Slavonic, it says, "The Belief of Thomas." When St Thomas touched the Life-giving side of the Lord, he no longer had any doubts.

According to Church Tradition, the holy Apostle Thomas founded Christian churches in Palestine, Mesopotamia, Parthia, Ethiopia and India. Preaching the Gospel earned him a martyr's death. For having converted the wife and son of the prefect of the Indian city of Meliapur, the holy apostle was locked up in prison, suffered torture, and finally, pierced with five spears, he departed to the Lord. Part of the relics of the holy Apostle Thomas are in India, Hungary and on Mount Athos.

Saint Philip the Apostle of the 70

October 11

Saint Philip, who had four daughters that prophesied, was from Caesarea of Palestine. He preached throughout Samaria; it was he also who met the eunuch of Candace, the Queen of the Ethiopians, as the eunuch was reading the Prophet Esaias, and he instructed and baptized him (Acts 8:26-39). He reposed in Tralles of Asia Minor while preaching the Gospel.



Saint Luke the Evangelist

October 18

Luke was a native of Syrian Antioch, a companion of the holy Apostle Paul (Phil.1:24, 2 Tim. 4:10-11), and a physician enlightened in the Greek medical arts. Hearing about Christ, Luke arrived in Palestine and fervently accepted the preaching of salvation from the Lord Himself. As one of the Seventy Apostles, St Luke was sent by the Lord with the others to preach the Kingdom of Heaven during the Savior's earthly life (Luke 10:1-3). After the Resurrection, the Lord Jesus Christ appeared to Saints Luke and Cleopas on the road to Emmaus.

Luke accompanied St Paul on his second missionary journey, and from that time they were inseparable. When Paul's co-workers had forsaken him, only Luke remained to assist him in his ministry (2 Tim. 4:10-11). After the martyric death of the First-Ranked Apostles Peter and Paul, St Luke left Rome to preach in Achaia, Libya, Egypt and the Thebaid. He ended his life by suffering martyrdom in the city of Thebes.

Tradition credits St Luke with painting the first icons of the Mother of God. "Let the grace of Him Who was born of Me and My mercy be with these Icons," said the All-Pure Virgin after seeing the icons. St Luke also painted icons of the First-Ranked Apostles Peter and Paul. St Luke's Gospel was written in the years 62-63 at Rome, under the guidance of the Apostle Paul. In the preliminary verses (Luke 1:1-3), St Luke precisely sets forth the purpose of his work. He proposes to record, in chronological order, everything known by Christians about Jesus Christ and His teachings. By doing this, he provided a firmer historical basis for Christian teaching (Luke 1:4).



Saint Luke the Evangelist – continued

He carefully investigated the facts, and made generous use of the oral tradition of the Church and of what the All-Pure Virgin Mary Herself had told him.

In St Luke's Gospel, the message of the salvation made possible by the Lord Jesus Christ, and the preaching of the Gospel, are of primary importance. St Luke also wrote the Acts of the Holy Apostles in Rome around 62-63 A.D. The Book of Acts, which is a continuation of the four Gospels, speaks about the works and the fruits of the holy Apostles after the Ascension of the Savior. At the center of the narrative is the Council of the Holy Apostles at Jerusalem in year 51, a Church event of great significance, which resulted in the separation of Christianity from Judaism and its independent dissemination into the world (Acts 15:6-29). The theological focus of the Book of Acts is the coming of the Holy Spirit, Who will guide the Church "into all truth" (John 16:13) until the Second Coming of Christ.

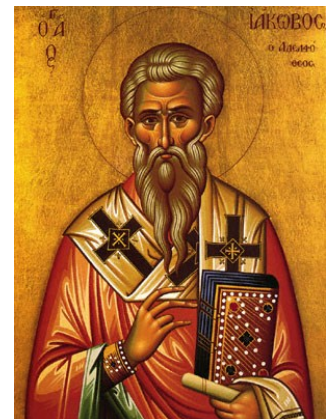
The holy relics of St Luke were taken from Constantinople and brought to Padua, Italy at some point in history. The Roman Catholic bishop of Padua, noting that Orthodox pilgrims came to Padua to venerate the relics, while many Catholics did not even know that the relics were there, appointed a committee to investigate the relics in Padua, and the skull of St Luke in the Catholic Cathedral of Prague. The skeleton was determined to be that of an elderly man of strong build. A rib from the relics of Saint Luke resides in St Luke's original tomb in the Orthodox cathedral at Thebes.

Saint James the Apostle

October 23

According to some, this Saint was a son of Joseph the Betrothed, born of the wife to whom Joseph was married, before he was betrothed to the Ever-Virgin. Hence he was the brother of the Lord, Who was also thought to be the son of Joseph (Matthew 13:55). But some say that he was a nephew of Joseph and the son of his brother Cleopas, who was also called Alphaeus and his wife, Mary, who was the first cousin of the Theotokos. But even according to this genealogy, he was still called, according to the idiom of the Scriptures, the Lord's brother, because of their kinship.

This Iakovos is called the Less (Mark 15:40) by the Evangelists to distinguish him from Iakovos, the son of Zebedee, who was called the Great. He became the first Bishop of Jerusalem, elevated to this Episcopal rank by the Apostles, according to Eusebius, and was called Obliah, that is, the Just, because of his great holiness and righteousness. Having ascended the crest of the Temple on the day of the Passover at the prompting of all, he bore testimony from there concerning his belief in Jesus and he proclaimed with a great voice that Jesus sits at the right hand of the great power of God and shall come again upon the clouds of heaven. On hearing this testimony, many of those present cried, "Hosanna to the Son of David." But the Scribes and Pharisees cried, "So, even the just one hath been led astray," and at the command of Ananias the high priest, the Apostle was cast down headlong and stoned. While he prayed for his slayers, his head was crushed by the wooden club by a certain scribe. The first of the Catholic (General) Epistles written to the Jews in the Diaspora who believed in Christ was written by this Iakovos.



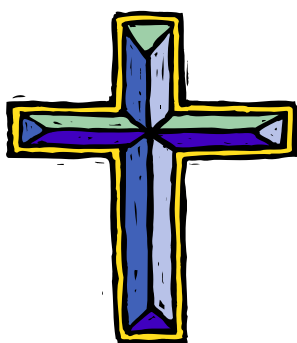
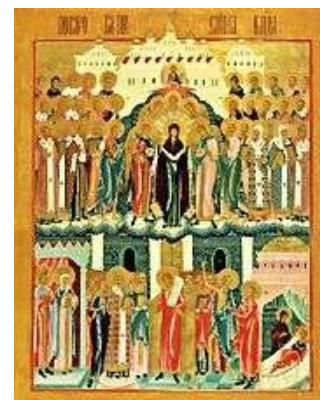
Saint Demetrios the Myrrh-Streamer**October 26**

Saint Demetrius was a Thessalonian, a most pious son of pious and noble parents, and a teacher of the Faith of Christ. When Maximian first came to Thessalonica in 290, he raised the Saint to the rank of Duke of Thessaly. But when it was discovered that the Saint was a Christian, he was arrested and kept bound in a bath-house. While the games were under way in the city, Maximian was a spectator there. A certain friend of his, a barbarian who was a notable wrestler, Lyaeus by name, waxing haughty because of the height and strength of his body, boasted in the stadium and challenged the citizens to a contest with him. All that fought with him were defeated. Seeing this, a certain youth named Nestor, acquaintance of Demetrius, came to the Saint in the bath-house and asked his blessing to fight Lyaeus single-handed. Receiving this blessing and sealing himself with the sign of the precious Cross, he presented himself in the stadium, and said, "O God of Demetrius, help me!" and straightway he engaged Lyaeus in combat and smote him with a mortal blow to the heart, leaving the former boaster lifeless upon the earth. Maximian was sorely grieved over this, and when he learned who was the cause of this defeat, he commanded that Demetrius be pierced with lances while he was yet in the bath-house, As for Nestor, Maximian commanded that he be slain with his own sword.

**The Holy Protection of the Theotokos****October 28**

The Feast of the Protection commemorates the appearance of the most holy Theotokos in the Church of Blachernae in Constantinople in the tenth century, as recorded in the life of Saint Andrew the Fool for Christ's sake. While the multitudes of the faithful were gathered in church, Epiphanius, the friend of Saint Andrew, through the Saint's prayers, beheld the Virgin Mary above the faithful and spreading out her veil over them, signifying her unceasing protection of all Christians.

Because of this we keep a yearly feast of gratitude, imploring our Lady never to cease sheltering us in her mighty prayers.



Orthodox Calendar

OCTOBER 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|--|---|--|
| | | | 1  Holy Protection of the Theotokos Romanos Melodist 7pm Union Staton Philopotochos | 2 7pm Bowling League | 3  | 4 |
| 5 2nd Sunday of Luke 8:45am Orthros 10am Divine Liturgy 12:15 Dance Practice Indoor & Live-stream | 6 Thomas the Apostle 10am Dance Practice | 7 6:30 pm Dance Practice | 8  7pm Philopotochos Board Meeting | 9 7pm Bowling League | 10  | 11 Phillip the Apostle |
| 12 7th Ecumenical Council 8:45am Orthros 10am Divine Liturgy 12:15 Dance Practice Indoor & Live-stream | 13 10am Dance Practice | 14 6:30 pm Dance Practice | 15  6:30 pm Philopotochos General | 16 7pm Bowling League | 17  | 18 Saint Luke the Evangelist Blessing of the Animals |
| 19 3rd Sunday of Luke 8:45am Orthros 10am Divine Liturgy 12:15 Dance Practice Indoor & Live-stream | 20 10 am Dance Practice | 21 6:30 pm Dance Practice 7pm Parish Council Mtg | 22  | 23 James (Iakovos) the Apostle 7pm Bowling League | 24  | 25 |
| 26 6th Sunday of Luke Demetrios the Myrrh Streamer 8:45am Orthros 10am Divine Liturgy OXI Day Celebration 12:15 Dance Practice Indoor & Live-stream | 27 10am Dance Practice | 28 Holy Protection of the Theotokos 6:30pm Dance Practice | 29  | 30 7pm Bowling League | 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
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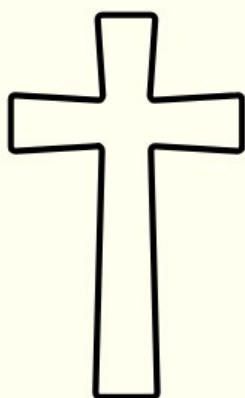
TIME SENSITIVE

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To generations of our descendants yet unknown to you, who some day in the dim and distant future will read this account of the dramatic history of the Hellenic community, we who have written this account not only on paper, but in the blood, sweat and tears of our daily lives make this statement:

We have built this community with its hopes and its fears, and its land and its buildings because we believe, as did our forefathers, in the soul's immortality, and its eventual union with God.

We believe that whether or not we have amassed a great deal of personal wealth or fame, it matters little, since we could not take that with us. What does matter is how we have discharged our obligation to pass on to you the faith and ideals that have sustained us through our lives... and we venture the hope that as you read these lines, you may breathe a prayer that what we have done here may have found favor in the eyes of God.



**Father, we ask you to guard
our hearts and minds, shield
us from destructive influences
and temptation, fill us with
that which is noble and right,
and guide our thoughts. Amen.**