



*Rev. Protopresbyter Peter Stratos  
Presiding Priest*

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Church office hours: Monday-Friday: 9:00am to 3:00pm (Closed Saturday & Sunday)

For pastoral emergencies only please call 626-855-3640

## **JANUARY 18, 2026 12<sup>TH</sup> SUNDAY OF LUKE**

Athanasiros the Great and Cyril, Patriarchs of Alexandria  
Zenia the Martyr

**ORTHROS ~ 8:45 A.M.  
(ORTHROS SERVICE TEXT [CLICK HERE](#))**

**DIVINE LITURGY ~ 10:00 A.M.  
(LITURGY SERVICE TEXT [CLICK HERE](#))**



Follow on your device here  
Live streams available at [Saint-Anthonys.org](http://Saint-Anthonys.org)

**WE WILL CONTINUE TO BROADCAST ALL SERVICES VIA LIVE-STREAM  
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## HYMNS OF THE DAY

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### ***RESURRECTIONAL APOLYTIKION. GRAVE MODE. (BEFORE ENTRANCE)***

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἡνέῳξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

### ***RESURRECTIONAL APOLYTIKION. GRAVE MODE. (AFTER ENTRANCE)***

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἡνέῳξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

### ***FOR THE SAINTS. MODE 3.***

Striving brilliantly for Orthodoxy, and subduing all unorthodoxy, \* you were honored with awards for your victories. \* Enriching all with inspired theology, \* your sacred writings profoundly adorn the Church. \* O Athanasius and Cyril, you are now with Christ our God, \* entreating Him to give to all the great mercy.

Ἐργοις λάμψαντες ὄρθοδοξίας, πᾶσαν σβέσαντες κακοδοξίαν, νικηταὶ τροπαιοφόροι γεγόνατε· τῇ εὐσεβείᾳ τὰ πάντα πλούτισαντες, τὴν Ἐκκλησίαν μεγάλως κοσμήσαντες, ἀξίως εῦρατε Χριστὸν τὸν Θεὸν εὐχαῖς ὑμῶν, δωρούμενον πᾶσι τὸ μέγα ἔλεος.

## ***APOLYTIKION OF ST. ANTHONY THE GREAT. MODE 4.***

Emulating the ways of Elias the Zealot, and following the straight paths of the Baptist, O Father Anthony, you made the wilderness a city, and by your prayers Supported the entire world. Therefore, intercede with Christ our God, that our souls be saved.

Τὸν ζηλωτὴν Ἡλίαν τοῖς τρόποις μιμούμενος, τῷ Βαπτιστῇ εὐθείαις ταῖς τρίβοις ἐπόμενος, Πάτερ Ἀντώνιε, τῆς ἐρήμου γέγονας οἰκιστής, καὶ τὴν οἰκουμένην ἐστήριξας εὐχαῖς σου· διὸ πρέσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

## ***KONTAKION. MODE 1.***

You sanctified the womb of the Virgin by Your birth, and by Your presentation You blessed the hands of Symeon, when You came, and You saved us, O Christ our God. Now we pray You give peace to Your world at war, and let love for Your people prevail in all, O only benevolent Lord.

Ο μήτραν παρθενικὴν ἀγιάσας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεὼν εὐλογήσας ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστὲ ὁ Θεός. Άλλ’ εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὓς ἡγάπησας, ὁ μόνος φιλάνθρωπος.

**EPISTLE READING****Prokeimenon. Mode 4****Daniel 3.26,27****Blessed are You, O Lord God of our fathers.****Verse: For You are righteous in all You did for us.****The reading is from St. Paul's Letter to the Hebrews 13:7-16**

Brethren, remember your leaders, those who spoke to you the word of God; consider the outcome of their lives, and imitate their faith. Jesus Christ is the same yesterday and today and for ever. Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents. We have an altar from which those who serve the tent have no right to eat. For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. So Jesus also suffered outside the gate in order to sanctify the people through his own blood. Therefore let us go forth to him outside the camp and bear the abuse he endured. For here we have no lasting city, but we seek the city which is to come. Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

**GOSPEL READING****The Gospel According to Luke 17:12-19**

At that time, as Jesus entered a village, he was met by ten lepers, who stood at a distance and lifted up their voices and said: "Jesus, Master, have mercy on us." When he saw them he said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus's feet, giving him thanks. Now he was a Samaritan. Then said Jesus: "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And he said to him: "Rise and go your way; your faith has made you well."

## **HOLY COMMUNION PROCEDURE**

*Please note that only baptized and/or Chrismated Orthodox Christians may partake of the Sacrament of Holy Communion.*

*At the end of the Divine Liturgy, you are welcome to come and receive the Antidoron (blessed bread) from the priest.*

\*For the benefit of our Sunday School students, their teachers and the **TIMELY** start of their Sunday School Classes, the children will be receiving Holy Communion first.

\*The ushers will release the children by pew from Front to Back.

\*Only parents of the smallest, youngest Sunday School children, who need assistance, should receive Holy Communion with their children.

\*If you are not seated when Holy Communion begins, please take a seat in the back rows, quietly. Your children will be released in turn.

\*Please do not attempt to send your children down the side aisles to the front alone or down the center aisle.

\*After all children have received, the ushers will release the adults, again from the front pews.

\*Please cooperate with our ushers. Please do not ask to be allowed through ahead of others.

\*Please remember this new procedure is for the benefit of our children and their Sunday School experience.

# **STUDIES IN THE FAITH**

**Winter Session, 2026**  
**January 19<sup>th</sup> – March 30<sup>th</sup>**

Our text for the 2026 Studies in the Faith class will be, *The Orthodox Faith, “Doctrine and Scripture,” Volume 1*, by Fr. Thomas Hopko. Our class for this year, will be taught over 11 class sessions, meeting on Monday evenings 6:30 – 7:30 pm.

These informative classes will serve as an excellent introduction to the Orthodox Faith for those interested in 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 year's class please email Fr. Peter. At this address: [frpeter@saint-anthonys.org](mailto:frpeter@saint-anthonys.org)

\* Google SVS Press, go to the Find a Book tab at the top right of page, and type in: Volume 1 Doctrine and Scripture. The cost of the book is \$23. (Please order your copy as soon as possible).

## **CHAPTERS TO BE DISCUSSED**

**Introductory Session – Monday January 19<sup>th</sup>**  
**Chapter One: “Sources of Christian Doctrine”**

**Second Session – Monday January 26<sup>th</sup>**  
**Chapter One: “Sources of Christian Doctrine” (cont.)**

Third Session – Monday February 02<sup>nd</sup>

Chapter Two: “The Symbol of Faith”

Fourth Session – Monday February 09<sup>th</sup>

Chapter Two: “The Symbol of Faith” (cont.)

Fifth Session – Monday February 16<sup>th</sup>

Chapter Three: “The Holy Trinity”

Sixth Session – Monday February 23<sup>rd</sup>

Chapter Three: “The Holy Trinity” (cont.)

Seventh Session – Monday March 02<sup>nd</sup>

Chapter Four: “The Bible”

Eighth Session – Monday March 09<sup>th</sup>

Chapter Five: “Old Testament”

Ninth Session – Monday March 16<sup>th</sup>

Chapter Six: “New Testament”

Tenth Session: -- Monday March 23<sup>rd</sup>

Chapter Seven: “Salvation History”

Eleventh Session: -- Monday March 30<sup>th</sup>

Chapter Eight: “Great Week and Pascha”

## **Divine Services for the Months of January and February 2026**

*(saint-anthonys.org/calendar):*

Friday, Jan. 30	SYNAXIS OF THE THREE HIERarchs: BASIL THE GREAT, GREGORY THE THEOLOGIAN, AND JOHN CHRYSOSTOM.	
	Orthros	9:00 a.m.
	Divine Liturgy	10:00 a.m.
Monday, Feb. 2	THE PRESENTATION OF OUR LORD	
	Orthros	9:00 a.m.
	Divine Liturgy	10:00 a.m.

### ***PARISH ANNOUNCEMENTS***



**Coffee hour fellowship will be hosted by Philoptochos**

**The church office will be closed on Monday January 19 in observance of  
Martin Luther King Jr. Day**

### **UPCOMING MEMORIAL:**

Sunday Feb. 1,      40 Day Memorial for Eleni Christodoulelis



# GOYA BASKETBALL CALLING ALL PLAYERS!

*Boys ages 12-19,  
Girls ages 12-21.  
All levels welcome.*

**DEADLINE:  
JANUARY 31st!**

*Practices start:  
Friday, Jan 23  
Season begins:  
Sunday, Feb 22*

*Call or Email Now!*  
***pgelt3@gmail.com***      ***Pana Gelt***  
***Cell 626-278-2808***

**Stewardship 2026: Pledge cards for 2026 are available in the Narthex.**  
**ALL last year, and new stewards, please complete a Steward**  
**Financial Commitment card (offering/pledge Card) and return it to the**  
**Church office as soon as possible.**

***Stewardship is a yearly commitment from January to December.***

Please email the Church office at [alma@saint-anthony.org](mailto:alma@saint-anthony.org) if you have any questions.

**Please visit [saint-anthonys.churchgiving.com](https://saint-anthonys.churchgiving.com) or scan the QR code below to make your one time or recurring offering/pledge.**

## **How do I set up WeShare?**

**5 easy steps in less than 5 mins**

1. Scan QR Code  
(use camera on your device)



2. Click sign in (top right)
- 3.Under Don't have an account click - Create One
4. Follow prompts
5. Name, email, set up password, account info

## ***PHILOPTOCHOS ANNOUNCEMENTS***

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St. Anthony Philoptochos invites you to a presentation by Union Station Homeless Services with an update on homelessness in Pasadena and the progress made over the past year. Wednesday, January 21 at 6:30 PM • Trinity Ballroom

We hope you can join us and feel free to invite a friend.  
For more information please contact Liz Skandale at 626-695-3423.

## ***METROPOLIS ANNOUNCEMENTS***

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### **Metropolis Summer Camp Staff – Apply Now!**

Applications are now open for the 2026 Metropolis Summer Camp at St. Nicholas Ranch and Retreat Center. This is an incredible opportunity for faithful and motivated young adults (age 19 and over) to make a meaningful impact on the lives of campers while gaining valuable leadership and teamwork experience. We're hiring for a variety of roles, including: Leadership Team Members, Cabin Counselors, Program Staff, Photographers, Lifeguards, and Medical Staff. Apply online at [www.gosfyouth.org](http://www.gosfyouth.org).

## ***GREEK DANCE ANNOUNCEMENTS***

### **SAINT ANTHONY GREEK DANCE PROGRAM FDF PREVIEW LUNCHEON**



**SUNDAY, JANUARY 25**

RIGHT AFTER CHURCH  
IN THE TRINITY BALLROOM

**PERFORMANCES BY:**



**BOUBOUKAKIA**



**ASTERAKIA**



**FILARAKIA**



TICKETS AVAILABLE AT THE DOOR

**SUGGESTED  
DONATION**

**\$15 ADULT  
\$10 CHILDREN (UNDER 10)**

## WELCOME!



We hope you enjoy your time with us today and that your worship experience is inspirational and uplifting.

Please note that ***only baptized and/or Chrismated Orthodox Christians may partake of the Sacrament of Holy Communion.*** At the end of the Divine Liturgy, you are welcome to come and receive the *Antidoron* (blessed bread) from the priest.

Contact our office at 626-449-6943 or [office@saint-anthonys.org](mailto:office@saint-anthonys.org) to receive more information about our parish or the Orthodox Christian faith.



## NOTICE

**No food or drinks allowed in the Church  
at any time.**

# Athanasius the Great and Cyril, Patriarchs of Alexandria

## January 18

In the half-century after the First Ecumenical Council held in Nicea in 325, if there was one man whom the Arians feared and hated more intensely than any other, as being able to lay bare the whole error of their teaching, and to marshal, even from exile or hiding, the beleaguered forces of the Orthodox, it was Saint Athanasios the Great. This blazing lamp of Orthodoxy, which imperial power and heretics' plots could not quench when he shone upon the lampstand, nor find when he was hid by the people and monks of Egypt, was born in Alexandria about the year 296. He received an excellent training in Greek letters and especially in the sacred Scriptures, of which he shows an exceptional knowledge in his writings. Even as a young man he had a remarkable depth of theological understanding; he was only about twenty years old when he wrote his treatise "On the Incarnation." Saint Alexander, the Archbishop of Alexandria, brought him up in piety, ordained him his deacon, and after deposing Arius for his blasphemy against the Divinity of the Son of God, took Athanasios to the First Council in Nicea in 325. Saint Athanasios was to spend the remainder of his life laboring in defense of this Holy Council. In 326, before his death, Alexander appointed Athanasios his successor.

In 325, Arius had been condemned by the Council of Nicea; yet through his hypocritical confession of Orthodox belief, Saint Constantine the Great was persuaded by Arius's supporters that he should be received back into the communion of the Church. But Athanasios, knowing well the perverseness of his mind, and the disease of heresy lurking in his heart, refused communion with Arius. The heresiarch's followers then began framing false charges against Athanasios. Finally Saint Constantine the Great, misled by grave charges of the Saint's misconduct (which were completely false), had him exiled to Tiberius (Treves) in Gaul in 336. When Saint Constantine was succeeded by his three sons Constantine II, Constans, and Constantius, in 337, Saint Athanasios returned to Alexandria in triumph. But his enemies found an ally in Constantius, Emperor of the East, and he spent a second exile in Rome. It was ended when Constans prevailed with threats upon his brother Constantius to restore Athanasios (see also Nov. 6). For ten years Saint Athanasios strengthened Orthodoxy throughout Egypt, visiting the whole country and encouraging all: clergy, monastics, and lay folk, being loved by all as a father. After Constans's death in 350, Constantius became sole Emperor, and Athanasios was again in danger. On the evening of February 8, 356, General Syrianus with more than five thousand soldiers surrounded the church in which Athanasios was serving, and broke open the doors. Athanasios's clergy begged him to leave, but the good shepherd commanded that all the flock should withdraw first; and only when he was assured of their safety, he also, protected by divine grace, passed through the midst of the soldiers and disappeared into the deserts of Egypt, where for some six years he eluded the soldiers and spies sent after him.

When Julian the Apostate succeeded Constantius in 361, Athanasios returned again, but only for a few months. Because Athanasios had converted many pagans, and the priests of the idols in Egypt wrote to Julian that if Athanasios remained, idolatry would perish in Egypt, the heathen Emperor ordered not Athanasios's exile, but his death. Athanasios took a ship up the Nile. When he learned that his imperial pursuers were following him, he had his men turn back, and as his boat passed that of his pursuers, they asked him if he had seen Athanasios. "He is not far," he answered. After returning to Alexandria for a while, he fled again to the Thebaid until Julian's death in 363. Saint Athanasios suffered his fifth and last exile under Valens in 365, which only lasted four months because Valens, fearing a sedition among the Egyptians for their beloved Archbishop, revoked his edict in February, 366.

The great Athanasios passed the remaining seven years of his life in peace. Of his fifty-seven years as Patriarch, he had spent some seventeen in exiles. Shining from the height of his throne like a radiant evening star, and enlightening the Orthodox with the brilliance of his words for yet a little while, this much-suffering champion inclined toward the sunset of his life, and in the year 373 took his rest from his lengthy sufferings, but not before another luminary of the truth -- Basil the Great -- had risen in the East, being consecrated Archbishop of Caesarea in 370. Besides all of his other achievements, Saint Athanasios wrote the life of Saint Anthony the Great, with whom he spent time in his youth; ordained Saint Frumentius first Bishop of Ethiopia; and in his Paschal Encyclical for the year 367 set forth the books of the Old and New Testaments accepted by the Church as canonical. Saint Gregory the Theologian, in his "Oration On the Great Athanasios", said that he was "Angelic in appearance, more angelic in mind; ... rebuking with the tenderness of a father, praising with the dignity of a ruler ... Everything was harmonious, as an air upon a single lyre, and in the same key; his life, his teaching, his struggles, his dangers, his return, and his conduct after his return ... he treated so mildly and gently those who had injured him, that even they themselves, if I may say so, did not find his restoration distasteful."

Saint Cyril was also from Alexandria, born about the year 376. He was the nephew of Theophilus, Patriarch of Alexandria, who also instructed the Saint in his youth. Having first spent much time with the monks in Nitria, he later became the successor to his uncle's throne in 412. In 429, when Cyril heard tidings of the teachings of the new Patriarch of Constantinople, Nestorius, he began attempting through private letters to bring Nestorius to renounce his heretical teaching about the Incarnation. When the heresiarch did not repent, Saint Cyril, together with Pope Celestine of Rome, led the Orthodox opposition to his error. Saint Cyril presided over the Third Ecumenical Council of the 200 Holy Fathers in the year 431, who gathered in Ephesus under Saint Theodosius the Younger. At this Council, by his most wise words, he put to shame and convicted the impious doctrine of Nestorius, who, although he was in town, refused to appear before Cyril. Saint Cyril, besides overthrowing the error of Nestorius, has left to the Church full commentaries on the Gospels of Luke and John. Having shepherded the Church of Christ for thirty-two years, he reposed in 444.

**Reminder:**

**NO PARKING IN THE EMERGENCY WHITE ZONE  
IN FRONT OF CHURCH**

**A Handicap Placard or Handicap License Plate is  
required to park in the blue handicap parking  
spaces.**



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service on your phone or iPad**

