

# The Voice of Saint Anthony

## Saint Anthony Greek Orthodox Church

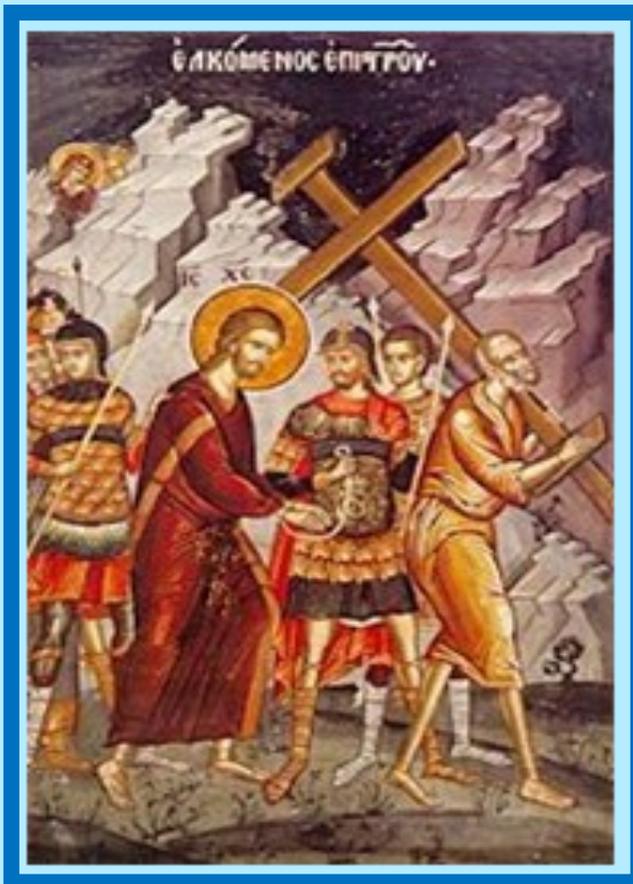
March 2026

[www.saint-anthonys.org](http://www.saint-anthonys.org)

(626) 449-6943 Office

### Sunday of the Holy Cross

15 March



**DEADLINE for  
APRIL  
Newsletter is  
WEDNESDAY  
25 MARCH**

**Please send to:  
newsletter\_church  
@aol.com**

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Sunday of Orthodoxy	1 March
Sunday of St. Gregory Palamas	8 March
Sunday of the Holy Cross	15 March
Sunday of St. John Climacus	22 March
Annunciation of Holy Theotokos	25 March
Sunday of Mary of Egypt	29 March

## Message from Father Peter

Dear Brothers and Sisters in Christ,

The **Great Fast or Lent** is a period of preparation leading up to Holy Week and Easter (Pascha). The **Lenten Triodion** governs the divine services of Great Lent as well as those of the **Weeks of Preparation** preceding Great Lent. Lent is an old English word meaning “spring.” The Great Fast has come to be called Lent by association because it occurs during spring. It is also called “great” to distinguish it from the other fasts of the liturgical year.

Observance of Great Lent is characterized by abstinence from many foods, intensified private and public prayer, personal improvement, and almsgiving. All of these disciplines are important, however I am challenging each of us to focus on one in particular. I am encouraging us all to focus on our personal prayer life during this upcoming Lenten season and Holy Week.

As Orthodox Christians we are expected, and in fact instructed, to pay closer attention to our private prayers to God. Yes, we should practice and follow all of the disciplines during Great Lent, including fasting. However, we must heed the warning of our Fathers of our Church: fasting without prayer is considered “the fast of the demons” since the demons do not eat according to their incorporeal nature, and also they do not pray.

When the faithful approach for Holy Confession, quite often the first thing that they utter during their confession is... “I have not been praying.” We all struggle with finding the time and the will to pray more, or even at all. That is why, this beautiful and peaceful time of the liturgical calendar is so important. God is inviting us back, waiting at the door as he waited for the Prodigal Son. We read in the Gospel of Matthew 7:7 *“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”*

When asked about prayer and how much we should be praying, I often explain what works for me. Rather than pray the entire Vesper Service in the evening, I focus on a shorter rule of prayer. In my personal experience, I find that my mind wanders when praying a full and long service. Everyone is different, but during my evening prayers I feel more fulfilled when I focus on the “quality” of my prayer life rather than the “quantity.” With this in mind, I want each of us, man, woman, and child, single person and families to commit once again to praying the short prayer attributed to St Ephraim the Syrian. Of all Lenten hymns and prayers, this short prayer can be termed the “Lenten Prayer.” It would be wonderful, if you could pray the “Lenten Prayer” twice a day: at the beginning of your day when you rise and at the conclusion of your day when you retire.

As we recite the prayer, after each petition of the prayer we make a prostration. These prostrations constitute one of the distinctive characteristics of the entire Lenten worship. As we all experience the difficult effort of spiritual recovery (returning to God), we understand that our Church does not consider our soul separate from our body. Our whole person has fallen away from God and must be restored. Our goal is to restore both body and soul, returning our entire person to God. For this reason the whole person, body and soul, repents. The body participates in the prayer of the soul just as the soul prays through and with the body. Prostrations are a sign of repentance, of humility, of adoration and obedience to God. Thus, this beautiful prayer is described as our “Lenten Prayer.” Make this short but fulfilling prayer an important part of your Lenten experience. Pray twice a day. Follow all of the Lenten disciplines. Make this Great Lent a most special time as we all commit to daily private prayers to God in our homes. Have a fruitful and blessed Lenten season!

Καλη Σαρακοστή!

In Christ,  
Fr. Peter



## LENTEN PRAYER OF SAINT EPHRAIM

O Lord and Master of my life! Take from me the spirit of sloth, faintheartedness, lust of power, and idle talk.

*(prostration and +)*

But give rather the spirit of purity, humility, patience and love to Your servant.

*(prostration and +)*

Yes, O Lord and King! Grant me to see my own errors and not to judge my brothers and sisters.

For You are blessed to ages of ages. Amen.

### *Προσευχή του Αγίου Εφραίμ του Σύρου*

*Κύριε καί Δέσποτα τῆς ζωῆς μου,  
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας,  
καί ἀργολογίας μή μοι δῶς.*

*(μετανοία καί +)*

*Πνεῦμα δέ σωφροσύνης, ταπεινοφροσύνης,  
ὑπομονῆς καί ἀγάπης χάρισάι μοι τῷ σῷ  
δούλῳ.*

*(μετανοία καί +)*

*Ναί, Κύριε Βασιλεῦ,  
δώρησαί μοι τοῦ ὀράν τά ἐμά πταίσματα,  
καί μή κατακρίνειν τόν ἀδελφόν μου,  
ὅτι εὐλογητός εἶ εἰς τούς αἰῶνας τῶν  
αἰώνων. Ἀμήν».*

*(μετανοία καί +)*

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Great Lent Divine Services this month...

<b>Wednesday, March 4<sup>th</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b>
<b>Friday, March 6<sup>th</sup></b>	<b><i>Salutations to the Theotokos – 6:00pm</i></b>
<b>Wednesday, March 11<sup>th</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b>
<b>Friday, March 13<sup>th</sup></b>	<b><i>Salutations to the Theotokos – 6:00pm</i></b>
<b>Saturday, March 14<sup>th</sup></b>	<b><i>Orthros 8:00am, Divine Liturgy 9:00am</i></b>
<b>Wednesday, March 18<sup>th</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b>
<b>Friday, March 20<sup>th</sup></b>	<b><i>Salutations to the Theotokos – 6:00pm</i></b>
<b>Wednesday, March 25<sup>th</sup></b>	<b><i>Annunciation of the Theotokos Orthros 9:00am, Divine Liturgy 10:00am No Pre-Sanctified Liturgy</i></b>
<b>Friday, March 27<sup>th</sup></b>	<b><i>The Akathist Hymn – 6:00pm</i></b>
<b>Wednesday, April 1<sup>st</sup></b>	<b><i>Pre-Sanctified Liturgy – 6:00pm</i></b>

# OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannan (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 1st</b>	 <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	TRIODION WEEKS Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 8th</b>	 <b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 15th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>FEBRUARY 22nd</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 1st</b>	 <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	GREAT LENT BEGINS WITH FORGIVENESS VESPERS Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 8th</b>	 <b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 15th</b>	 <b>VENERATION OF THE HOLY CROSS</b> HALF WAY TO PASCHAI Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 22nd</b>	 <b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>MARCH 29th</b>	 <b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 5th</b> GREAT WEEK BEGINS	 <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	GREAT AND HOLY WEEK Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 10th</b>	 <b>GREAT AND HOLY FRIDAY</b> JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 12th</b> NO FASTING!	 <b>HOLY PASCHAI (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	BRIGHT WEEK Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

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## STUDIES IN THE FAITH

*We have begun our Winter Session - January 19th – March 30th*

*Text - The Orthodox Faith, “Doctrine and Scripture,” Volume 1, by Fr. Thomas Hopko.*

*11 sessions - 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 joining please email Fr. Peter: [frpeter@saint-anthonys.org](mailto:frpeter@saint-anthonys.org)*

*Order text online - Google SVS Press, Find a Book tab, search 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 19th  
Chapter One: “Sources of Christian Doctrine”

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

Third Session – Monday February 2nd  
Chapter Two: “The Symbol of Faith”

Fourth Session – Monday February 9th  
Chapter Two: “The Symbol of Faith” (cont.)

Fifth Session – Monday February 16th  
Chapter Three: “The Holy Trinity”

Sixth Session – Monday February 23rd  
Chapter Three: “The Holy Trinity” (cont.)

Seventh Session – Monday March 2nd  
Chapter Four: “The Bible”

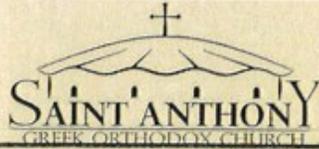
Eighth Session – Monday March 9th  
Chapter Five: “Old Testament”

Ninth Session – Monday March 16th  
Chapter Six: “New Testament”

Tenth Session: -- Monday March 23rd  
Chapter Seven: “Salvation History”

Eleventh Session: -- Monday March 30th  
Chapter Eight: “Great Week and Pascha”

Stewardship



2026 Stewardship Financial Commitment

2026

"As each has received a gift, use it to serve one another, as good stewards of God's grace." (1 Peter 4:10)

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 December 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 2026 offering of:

My Total Commitment for 2026: \$\_\_\_\_\_

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

Weekly at \$\_\_\_\_\_/week

Monthly at \$\_\_\_\_\_/month     Annually

Contact the Church office to set up easy recurring electronic payments -OR- set up your own recurring giving at [saint-anthonys.churchgiving.com](http://saint-anthonys.churchgiving.com)

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



# Commitment of Time and Talents



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

## Council of Ministries

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

## Parish Events

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Palm Sunday Luncheon  | <input type="checkbox"/> Resurrection Magiritsa Dinner | <input type="checkbox"/> Summer Family Picnic |
| <input type="checkbox"/> Pasadena Golf Classic | <input type="checkbox"/> Saint Anthony Feast Day       | <input type="checkbox"/> Other                |
| <input type="checkbox"/> Pasadena Greek Fest   |  |   |

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

# Ministries



## 2026 PARISH COUNCIL

Pete Gallanis	President
Joe Akrotirianakis	1st Vice President
Perry Vidalakis	2nd Vice President
Kosta Papavasiliou	Secretary
Tashia Vagenas	Treasurer
Christos Vagenas	Assist. Treasurer

- Christian Balas
- Tom Grafos
- Louis Kades
- Pete Katsafados
- Jonathan Nassos
- James Pappas
- Constandinos 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

Pre-K & TK:  
Sophia Syrengelas & Andrianna Lareau

Kindergarten & First:  
Elena Tsianos

Second & Third:  
Eleni Wojick & Jenni Pulos Nassos

Fourth & Fifth:  
Athena Serban and Mary Udria

Middle School:  
Polly Vagenas & Chris Syrengelas

High School:  
Presvytera Aida Stratos

**PHILOPTOCHOS SOCIETY****Executive Board****President**

Nicolette Fuerst

**1<sup>st</sup> Vice President**

Liz Skandale

**2<sup>nd</sup> 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
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

### ENTERING CHURCH

Please make every effort to arrive for services a little early.  
If you arrive late, it is important to observe the following moments in the Divine Liturgy when you should not enter the Nave but wait quietly in the Narthex:

- During the Small Entrance
- During the Epistle Reading
- During the Gospel Reading
- During the Homily
- When the Priest is censuring just before the Great Entrance
- During the Great Entrance
- From the Creed until after the Consecration of the Gifts
- During the Lord's Prayer

A Parish Council member will gladly assist you with any question about the appropriate times to enter the Nave.

### HOLY COMMUNION PROCEDURE

For the benefit of our Sunday School students, their teachers and the **TIMELY** start of their Sunday School Classes please allow 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.



We ended the month of February by preparing our students for **Kathara Deftera/Clean Monday** and **Great Lent**. All of our lessons leading up to Pascha will focus on Lent with hope that we can help guide our students through this special and holy time in our church.

Aligning with our year theme, *Like Stars of Heaven: Created by God, Called to Shine*, we will emphasize the importance of each Sunday during Lent and how they can shine in God's light all the more as they prepare for Easter. We are excited to guide your children along their Lenten journey through the special lessons and activities that we have planned.

Please **SAVE THE DATE** for **Godparent Sunday: Sunday, March 15th!** His Eminence will be visiting our church that Sunday as well, so it will be a wonderful opportunity for our children to receive Holy Communion with their Godparents if they are able to attend. All families, whether Godparents are able to attend or not, are encouraged to attend Liturgy and receive Communion as a family that Sunday. An invitation to share with Godparents is forth-coming.

If you do not receive emails from Sunday School, please reach out so that you can be added to the contact list: [sundayschool@saint-anthonys.org](mailto:sundayschool@saint-anthonys.org)

Thank you,  
Sophia Syrengelas



**Shine in His Light  
Through Great Lent**

**Lenten Prayer of St. Ephraim**

O Lord and Master of my Life! Take from me the spirit of sloth, faintheartedness, lust of power, and idle talk. (prostration and cross)

But give rather the spirit of purity, humility, patience, and love to Your servant. (prostration and cross)

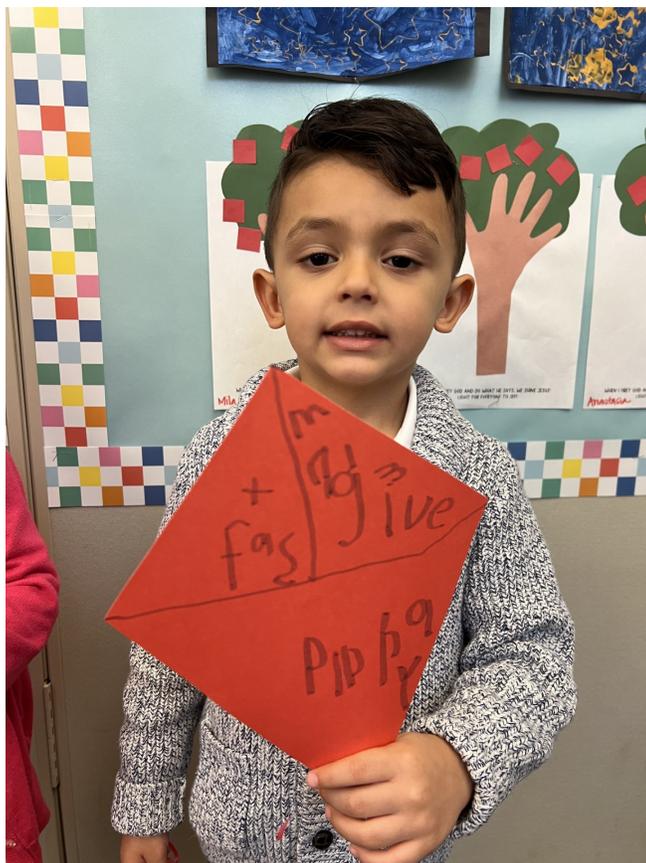
Yes, O Lord and King! Grant me to see my own errors and not to judge my brothers and sisters. For you are blessed to the ages of ages. Amen. (prostration and cross)

*The Prayer of Saint Ephraim the Syrian is called the "Lenten Prayer" because it is a verbal icon and summation of the spirit of Great Lent in preparation for Pascha (GOARCH).*

***Our journey through Lent...***

February 22<sup>nd</sup>: Clean Monday; Great Lent & fasting begin!  
 March 1<sup>st</sup>: Sunday of Orthodoxy; bring your icon to church!  
 March 8<sup>th</sup>: Sunday of Saint Gregory Palamas  
 March 15<sup>th</sup>: Sunday of the Holy Cross & Godparent Sunday  
 March 22<sup>nd</sup>: Sunday of Saint John Climacus  
 March 29<sup>th</sup>: Sunday of Saint Mary of Egypt  
 April 4<sup>th</sup>: Saturday of Lazarus  
 April 5<sup>th</sup>: Palm Sunday  
 April 6<sup>th</sup>: Holy Week begins!  
 April 12<sup>th</sup>: Great and Holy Pascha!

Blessed Lent to all. Kali Sarakosti!



# Sunday of Orthodoxy

## 1st of March



Today, we celebrated the Sunday of Orthodoxy, which is celebrated on the First Sunday of Great Lent. It is a day we remember the historical event of the returning of the icons to the churches in 843 after a 150 year absence. The Church spent most of those years arguing about whether icons constituted a violation of the second commandment that we are not to worship graven images. In 787, the Seventh Ecumenical Council decreed that icons were in fact not a heresy but a help. And then it took nearly 60 more years until the matter was finally laid to rest.

This is the holy day that all the Orthodox Christians commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.

Annually, in Orthodox Churches, there is a beautiful procession of icons on this Sunday.

## Youth & Young Adults

Saint John Chrysostom Oratorical Festival-2026

Parish Level

Sunday, March 22, 2026

12:30pm

at

Saint Anthony

Greek Orthodox Church

Jr. and Sr High School Speech Divisions

Essay and Poetry Divisions

Topic Questions, Tips, Guidelines and details at:

[www.goarch.org/oratorical](http://www.goarch.org/oratorical)

PLEASE ENCOURAGE YOUR CHILDREN TO PARTICIPATE! YOU WILL BE AMAZED, IMPRESSED AND INSPIRED BY THEIR THOUGHTS AND BY THEIR POISE WHEN THEY PRESENT THEIR SPEECHES!

\*A great experience for all participants.

\*Scholarship Opportunities.

\*Participation letter submitted to their school for inclusion in their academic files.



# JUNIOR DIVISION (GRADES 7-9)

**Select one of the five following topics:**

## **TOPIC 1**

Select a hymn that is chanted in the Divine Liturgy and explain its meaning and theological significance.

## **TOPIC 2**

Choose a Saint who was a child or young person. How did their faith influence their life, and what can we learn from them?

## **TOPIC 3**

Who is the Ecumenical Patriarch, and why is he significant in the Orthodox Church today?

## **TOPIC 4**

Choose an Old Testament story (such as David and Goliath, Daniel in the lion's den, or Joseph and his brothers) and explain how it teaches us important lessons that apply to young people today.

## **TOPIC 5**

Select a major Orthodox feast day and explain why we celebrate it and how participating in this celebration deepens our understanding of Christ and our faith.



## SENIOR DIVISION (GRADES 10-12)

**Select one of the five following topics:**

### **TOPIC 1**

Pick a common icon type that is found in Orthodox churches (for example Christ Pantocrator, Virgin Hodegetria, the Resurrection icon) and explain its meaning and theological significance.

### **TOPIC 2**

Why is the feast of Pentecost important and what does the story of Pentecost teach us about the Holy Spirit?

### **TOPIC 3**

Saint John frequently contrasts light and darkness in his Gospel and letters. Choose one of his teachings about light (such as "God is light" or Christ as "the light of the world") and discuss how this imagery helps us understand our Christian calling and witness.

### **TOPIC 4**

Throughout history, Orthodox Christians have faced persecution for their faith, from ancient martyrs to modern confessors. How does the witness of martyrs, both ancient and contemporary, strengthen and guide the Church today?

### **TOPIC 5**

Orthodox funeral services speak of death as "falling asleep" and emphasize the hope of resurrection. How does Orthodox teaching about death and eternal life influence how we live and how we care for the dying and grieving?



## St. Anthony vs Assumption. Jr. Girls, Jr. Boys and Sr. Boys



## 2026 GOYA Basketball Information

GOYA Basketball season is officially underway!

We invite our community to come out and show your spirit  
as we cheer on our players.

A special thank you to Chris Syrengelas, Tony Christopoulos, Jenny Poulopoulos, and Tom Grafos for their dedication in coaching again this year!

Go St. Anthony!!!

### Registration & Fees

- TeamSnap Registration:** Please register on TeamSnap as soon as possible: [TeamSnap Registration](#).
- League Fees:** League fees of **\$125 per player** will be collected this **Sunday, February 1st**.(if you are unable to come to church this Sunday we will schedule a second date)
- Uniforms:** Uniform distribution will also take place this Sunday outside the hall after church.

### Practice Schedule

Mayfield Senior School (500 Bellefontaine St., Pasadena)

Fridays from 6:30-8:30 PM.

- Note:** There will be no practice on 2/13, 3/6, and 4/10..

### Coaching Contacts

If you are unable to attend a practice or game, please notify your respective coaches:

#### Jr. & Sr. Girls and Jr. Boys:

- Chris Syrengelas: 714-348-8935
- Jenny Poulopoulos: 626-676-1831

#### Sr. Boys:

- Tony Christopoulos: 626-664-0734
- Tom Grafos: 818-825-5469

**Note: JUNIOR BOYS** - Please attend practice! We should know by Sunday if we have enough to make a team.

### **Questions:**

Pana Gelt – 626-278-2808 (text)

## St. Anthony G.O.Y.A. Basketball Schedule 2026

Sunday, February 22:**@ Assumption**

5761 E. Colorado St. Long Beach

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Girls

5:00 Sr. Boys

Sunday, March 1:**St. Basil @ St. Anthony**

Duarte High School

1565 Central Avenue, Duarte

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Girls

5:00 Sr. Boys

Sunday, March 8:**@ St. John**

Western High School

501 Western Ave. Anaheim

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Girls

5:00 Sr. Boys

Sunday, March 15:**St. Nick @ St. Anthony**

Duarte High School

1565 Central Avenue, Duarte

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Girls

5:00 Sr. Boys

Sunday, March 22:**@ St. Sophia**

1324 Normandie Ave. Los Angeles

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Girls

5:00 Sr. Boys

March 28 Women's Alumni Games @ St. SophiaSunday, March 29:**@ St. Katherine**

722 Knob Hill Ave. Redondo Beach

no jr. girls or jr. boys games

2:00 Sr. Girls

3:00 Sr. Boys

April 18 Men's Alumni Games @ St. SophiaSunday, April 19:**St. George @ St. Anthony**

Duarte High School

1565 Central Avenue, Duarte

2:00 Jr. Girls

3:00 Jr. Boys

4:00 Sr. Girls

5:00 Sr. Boys

Saturday, April 25:

Quarter Finals - TBA

Sunday, April 26:

Semi-Finals - TBA

Sunday, May 3:

Finals/Banquet/Awards - St. Sophia

May 9 Volleyball Tournament

# Philoptochos

## Good Works

### EATON FIRE DISASTER RELIEF SUPPORT

Philoptochos has been working to provide support and assistance to those who have been affected by the Eaton Fire. Recovery Relief Buckets are available to anyone who has been displaced or is recovering from the after-effects of the fire. Buckets contain essential cleaning supplies to help you clean and neutralize the lingering ashes and residue of the fire. Contact a Board member if you or someone you know needs a Disaster Relief Bucket. Philoptochos is here to help those affected by the Eaton Fire. If you need assistance or aid, please let us know. The Army of Agape is here for you. Questions: Judith Din (626) 676-1240 or [jnda810@gmail.com](mailto:jnda810@gmail.com)

### *Union Station Homeless Service (USHS)*

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

Please, email [volunteer@unionstationhs.org](mailto:volunteer@unionstationhs.org) to schedule delivery.

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

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

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

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

Please write USHS on the memo line.

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

For further information, please contact:

Irene Albeck	<a href="mailto:mcmg2a@aol.com">mcmg2a@aol.com</a>
Maria Kokoris	<a href="mailto:nmkokoris@gmail.com">nmkokoris@gmail.com</a>
Christina Kades	<a href="mailto:christinekades@gmail.com">christinekades@gmail.com</a>

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

Isaiah 58:7

Philoptochos is here to help those in need.

Should you find yourself facing hardship, contact a Philoptochos member or  
Nicolette Fuerst, Philoptochos President - [nicolette.fuerst@gmail.com](mailto:nicolette.fuerst@gmail.com)

## Community Happenings

### ***SOUPER SUNDAY FUNDRAISER –***

The Bad Weather Shelter, spearheaded by Friends In Deed and supported by the area community, was once more the beneficiary of our 7<sup>th</sup> Annual Souper Sunday fundraiser. The delicious fundraiser was hosted by Philoptochos and held on Sunday, February 22, after Divine Liturgy. Philoptochos would like to thank everyone who participated and contributed to raising essential funds to help provide a place of safety from the dangers of winter weather to the most vulnerable homeless. Thank you to the generosity of our community!

### **Congratulations to the Chefs:**

Irene Albeck – Award Winning Zucchini Sausage Soup

Connie Becker – Sausage & Gnocchi Toscana Soup

Joanna Buickians – Tomato Soup

Judith Din – Lobster Bisque

Nicolette Fuerst – Chili

Arturo Gonzalez – Mexican Vegetable Soup

Christine Kades – Lentil Soup

Andrea Patzakis – Pumpkin Soup

Athena Serban – Avgolemeno Soup

The **2026 Golden Ladle** went to **Athena Serban** and her Avgolemeno Soup that received the most votes. Congratulations to all the Chefs!



**WOMEN'S WELLNESS & HEALTHY AGING – February General Meeting**

On February 18, Philoptochos members and friends enjoyed a warm and informative presentation on Women's Wellness & Healthy Aging by Dr. Sonia Singla, a family medicine physician and experienced clinical researcher. Discussion centered on ways to integrate Western and Eastern practices and various perspectives to support overall well-being. Attendees had the opportunity to learn about new developments in the field and ask questions. Dr. Singla is very knowledgeable and shared a wealth of new treatments, while also sharing changes to care.



## Philoptochos Easter Bake Sale

**\*\*\*Proceeds benefit Kids 'n' Cancer, a San Francisco Metropolis Philoptochos Ministry, providing children with cancer and other life-threatening illnesses and their families with a stay at Camp AGAPE.\*\*\***

**Pre-Paid Orders Must be Received by Wednesday, March 25, 2026**

**ORDERS AVAILABLE FOR PICKUP ONLY:**

St. Anthony Greek Orthodox Church, 778 South Rosemead Blvd., Pasadena

**SATURDAY, APRIL 4 and SUNDAY, APRIL 5 (after Liturgy until 1:00 PM-both days)**

Place prepaid order by:

- **MAIL** - Fill out Order Form below (check payable to St. Anthony Philoptochos and mail to: St. Anthony Philoptochos, Kids 'n' Cancer Bake Sale, 778 S. Rosemead Blvd., Pasadena, CA 91107 or
- **ONLINE** - <https://stanthonlyphiloptochos.square.site> or **QR CODE**



Name: \_\_\_\_\_

Cell/Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ E-mail: \_\_\_\_\_

ITEMS	COST	QUANTITY	\$ TOTAL
 <b>Tsoureki</b> (1 loaf) Traditional sweet Greek Easter Bread.	<b>\$22</b>	_____	\$ _____
 <b>Koulourakia</b> (bag of 12) Butter-based cookies with sweet delicate flavor topped with egg glaze and toasted sesame seeds.	<b>\$12</b>	_____	\$ _____
 <b>Koulourakia, Chocolate Dipped</b> (box of 6) Butter-based with sweet delicate flavor dipped in dark chocolate <b>(Limited Quantity)</b> .	<b>\$10</b>	_____	\$ _____
 <b>Pastel Kourabiethes</b> (box of 12) Shortbread butter cookies without nuts covered in colored powdered sugar.	<b>\$20</b>	_____	\$ _____
 <b>Kourabiethes</b> (box of 12) Shortbread butter cookies without nuts covered in powdered sugar.	<b>\$20</b>	_____	\$ _____
 <b>Easter Oreos, Chocolate Dipped</b> (2 per pkg) Oreo cookies dipped in colorful chocolate and covered with candy sprinkles.	<b>\$5</b>	_____	\$ _____
 <b>Dyed Red Eggs</b> (1 dozen)	<b>\$15</b>	_____	\$ _____

**ORDER TOTAL**                      \$ \_\_\_\_\_

## Upcoming Philoptochos Meetings

**March Board Meeting** – Tuesday, March 10 at 7:00 PM

**March General Meeting** – Wednesday, March 18 at 7:00 PM. More details to follow.

**2026 Benefit Planning Committee Meeting** – Monday, March 9 at 7:00 PM in church hall

### ***Join the 2026 Christmas Benefit Planning Committee***

St. Anthony Philoptochos invites you to help us plan our largest fundraiser of the year. All are welcome to join the 2026 Benefit Planning Committee. This very successful annual fundraiser provides funds that allow Philoptochos to help the needy throughout the year.

This year's event will be held on Saturday, December 5, 2026  
The Langham Huntington Hotel

If you are interested in volunteering this dynamic group, please come to the next planning meeting or contact any one of the Philoptochos Board members for more details. Many different committee positions are available.

Help make a difference!

## Upcoming Scholarship Opportunities in 2026

### ***2026 Philoptochos Scholarship for Graduating High School Seniors are now available***

Applications and Rules & Regulations Sheets for the Philoptochos Scholarship for Graduating High School Seniors, can be found on the Community Center entrance table.

***Deadline for submission of applications and recommendation letters is APRIL 3, 2026.***

All letters of recommendation can be mailed to the Church office or emailed to Father Peter [frpeter@saint-anthonys.org](mailto:frpeter@saint-anthonys.org) "***Attention Philoptochos Scholarship Committee***"

If you have any questions, please contact Presvytera Aida: [presaida7@gmail.com](mailto:presaida7@gmail.com).

### ***Patzakis Scholarships for Nursing and Medical Studies.***

Applications will be available in March and due in May. Any student pursuing a degree in the healthcare profession, nursing, medicine, or dentistry and is a member in our St. Anthony church community may apply.

Philoptochos wishes to support our young people in their academic advancement.

More announcements and information will be posted in future Voice newsletters.

Upcoming Metropolis & National Events

**SAVE THE DATE for Kids 'N Cancer  
Agape: A Celebration of Love**

A luncheon will be held on **Sunday April 19, 2026** at 2:00 PM at the Newport Beach Country Club. This annual event helps raise awareness for the ministry of providing support for children afflicted with cancer and their families. This event is a beautiful, fun-filled afternoon giving those attending the opportunity to participate in fundraising, to meet Camp Agape families, and to enjoy fellowship. Stay tuned, as important details will be available soon!

*Save the Date*

**Agape**  
A Celebration of Love

**PHILOTOCHOS**  
METROPOLIS OF SAN FRANCISCO

To benefit the Greek Orthodox Metropolis of San Francisco  
Ladies Philoptochos Society Kids 'n' Cancer Ministry

**Sunday, April 19, 2026**  
2:00 p.m.

**Newport Beach Country Club**  
One Clubhouse Drive | Newport Beach, CA 92660

**National Philoptochos Convention June 29-July 2, 2026 in Cleveland, Ohio.**  
Event details: <https://www.philoptochos.org/2026-national-convention/>



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos  
Instagram: stanthonypiloptochos

## JOIN PHILOPTOCHOS

All are welcome to become members or associate members of our group who help those in need. Renew or Join now by Mail or Online!  
Please stop by our table after Divine Liturgy on Sunday, to learn more about joining. We will be holding a membership drive soon - more information to come!

For questions, contact Carolina and Sophia: [panagiaphiloptochosmembership@gmail.com](mailto:panagiaphiloptochosmembership@gmail.com)

To register for membership online, click this link:

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

### WHY JOIN PHILOPTOCHOS

We are part of a national network of more than 25,000 women in Philoptochos Chapters throughout the country who continually seek to extend our kindness to those who need it most.

Our most recent efforts assisted our local community ravished by wild fires. We asked for donations to help these fire victims and our parish responded above and beyond our expectations.

We invite you to join us in this and other efforts to respond to the needs of our brothers and sisters with love, compassion and dedication.

"Members are the foundation, heart and soul of our organization and the talents and gifts our members contribute are the sparks that light the flame of love and service for the underprivileged and the needy by their participation and actions."  
(Former Philoptochos National President Aphrodite Skeadas).

**Each member's \$50 stewardship supports our:**

- National Philoptochos obligations and commitments (\$15)
- San Francisco Metropolis Philoptochos obligations and commitments (\$15)
- St. Anthony Philoptochos obligations and community projects (\$20)

***To renew or join please complete the form below and send a check, payable to St. Anthony Philoptochos Society and mail to:***

St. Anthony Philoptochos Society  
778 South Rosemead Blvd.  
Pasadena, CA 91107

**or pay online:** <https://stanthonypiloptochos.square.site>

**or visit the Membership table on Sundays after Divine Liturgy**

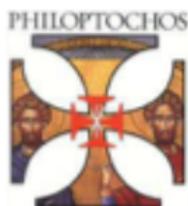
***General Membership:***

Women of Orthodox Faith, 18 years of age or older, married or single, widowed, divorced, or separated are welcome to join. Please consider the gift of membership for the young women 18 and over in your life.

***Associate Membership (non-voting):***

Men of the Orthodox faith and non-Orthodox wives of Orthodox husbands are eligible to join as associate members.

Thank you for your partnership and for helping our community!



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

**PHILOPTOCHOS MEMBERSHIP FORM**

2026 Philoptochos Membership       2026 Associate Membership (Men / Non-Voting)      Date \_\_\_\_\_

<b>Last Name</b>	<b>First Name</b>	<b>Spouse Name</b>	<b>M.I.</b>
<b>Street Address</b>			
<b>City</b>	<b>State</b>	<b>Zip</b>	
<b>Home Phone</b>		<b>Cell Phone</b>	

**Email**

*Notices will be sent via email. If you prefer your notices mailed, please, let us know by checking here*

**St. Anthony's Philoptochos Stewardship (membership dues). Select amount below:**

\$50       \$75       \$100       \$125       Other

Each \$50 stewardship supports National Philoptochos (\$15), San Francisco Metropolis (\$15) and St. Anthony Philoptochos obligations and projects (\$20).    \_\_\_ Check    \_\_\_ Credit Card    \_\_\_ Cash

I am interested in helping with the following:

<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"/> <i>Specify</i>



**2026 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 Carolina or Sophia to [panagiaphiloptochosmembership@gmail.com](mailto:panagiaphiloptochosmembership@gmail.com)



## COFFEE HOUR FELLOWSHIP



### *Host a Coffee Hour*

#### **Celebrate a Name Day, Birthday, Anniversary, Loved One, or as a Family Activity!**

Every Sunday following the Divine Liturgy, coffee hour in the Parish Hall provides an opportunity to visit with fellow parishioners and to greet new Parish members. By offering to host Coffee Hour, you are assisting in providing a delicious snack while we spend time with our church family. Your fellow parishioners will be grateful for the snack and fellowship.

#### **Hosting is easy:**

1. **Sign-up on the poster located in the Parish Hall or Church Office.** *If you would like your name or event included in the weekly bulletin, notify the Church Office by the Wednesday prior to the date chosen at 626.449.6943 or by email at [office@saint-anthonys.org](mailto:office@saint-anthonys.org)*

*For Memorials, please notify the Church Office by the Wednesday prior to the date chosen at 626.449.6943 or by email at [office@saint-anthonys.org](mailto:office@saint-anthonys.org)*

2. **Bring snack for 70 adults & 30 kids** – See reverse side for suggestions and quantities
3. **Bring snack items plated on serving trays/bowls ready to serve by 10:00AM on your chosen day.** (Serving tables and coffee/water station are set up by 10:00AM)
4. **Clean up snack tables and remove all personal items** – Our dedicated Parish caretaker, Carlos, will assist on the day of the event, as needed, but he is not responsible for the set up or clean up of the snack tables. Please remove any leftover food

Coffee, sugar, creamer, paper plates, plastic utensils, paper cups and napkins used for coffee hour are underwritten by Parish Council & Philoptochos. Please consider donating these items to help offset the cost.

***All donations made during Coffee Hour go toward the Church Altar Fund to provide the liturgical needs for our St. Anthony Parish***

## Host a Coffee Hour

### Food Suggestions & Quantities

100 people – 70 adults & 30 children

Costco, Smart & Final or Super King are recommended for most items. Specialty items can be found at any Greek or Armenian market

Please have all items brought to the Parish Hall ready-to-serve on platters/bowls by 10AM. preferably disposable. If not disposable, please remember to take them home

Tables, Tablecloths, Coffee, Cream, Sugar, Paper Plates, Napkins, Cups and Water will be set up by 10AM

Paper goods are underwritten by both Parish Council & Philoptochos. Please consider donating these items to help offset the cost

Our dedicated Parish caretaker, Carlos, is responsible only for the setup of water and coffee. He should not be expected to set-up the snack or cleanup any remaining food or serving pieces.

Any questions, please contact Tanya Mallis-Christodoulelis @ 626-379-2304

QTY	ITEM	COMMENTS
	Mini Bagels or Bagels	100 Mini whole or 6 bags of 12 Regular Sliced, cut in half
1 Jumbo Jar	Peanut Butter	Served in 4 paper/plastic bowls
1-48oz Jar	Jelly	Served in 2 paper/plastic bowls
1 Jumbo Jar	Nutella	Served in 2 paper/plastic bowls
	<b>OR</b>	
100	Mini Deli Sandwiches	Assorted Meats, Tuna, Veggie
	<b>OR</b>	
5lbs	Greek Cheese	Feta or Kefalotyri, sliced
4lbs	Greek Olives	1-4lb Tub or equivalent
	Hummus	Homemade (1 lg can chickpeas) or 3-34oz tubs Costco Hummus
4	Pita Bread Bags of 12	Pita - cut into quarters / Baguettes - sliced
	<b>OR</b>	
2-3	Assorted Salads	Potato Salad, Greek Salad, Tabouli
2	Assorted Vegetable Trays	
	<b>AND (Choose 2)</b>	
100	Cookies	Biscotti, Oreos, Assorted
4	Bundt Cakes or similar	Cut into thin slices
50-100	Muffins / Pastries / Donuts	50 Large, cut in half or 100 Small
6 containers	Seedless Grapes	Cleaned and cut into small bunches
3 – 5lb bags	Tangerines	
2	Assorted Fruit or Veggie Trays	



**FOLLOW US ON SOCIAL MEDIA**  
 Facebook: St. Anthony Philoptochos  
 Instagram: stanthonypiloptochos

## 2026 Philoptochos Scholarship for Graduating HighSchool Seniors

Announcing the Applications and Rules & Regulations Sheets for the Philoptochos Scholarship for Graduating High School Seniors. All forms will be available at the Community Center entry table next to the Church Office beginning Sunday, January 11, 2026.

Please note that the deadline for submission of applications and recommendation letters is April 3, 2026.

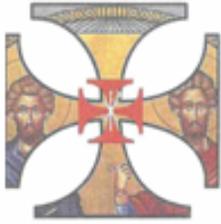
All letters of recommendation can be mailed to the Church office or emailed to

[frpeter@saint-anthonys.org](mailto:frpeter@saint-anthonys.org) and addressed: "Attention Philoptochos Scholarship Committee"

If you have any questions, please contact Presvytera Aida at [presaida7@gmail.com](mailto:presaida7@gmail.com)

***PLEASE SEE NEXT 2 PAGES...***

- ◆ ***Philoptochos Scholarship Rules and Regulations***
- ◆ ***Philoptochos Scholarship and Award Application***



## PHILOPTOCHOS SOCIETY OF SAINT ANTHONY GREEK ORTHODOX CHURCH

778 South Rosemead Boulevard • Pasadena, California • 91107 • 626.449.6943

### PHILOPTOCHOS SCHOLARSHIP AWARD - 2026 RULES & REGULATIONS

1. The parents of the applicant (or the applicant him or herself) must be members in good standing of Saint Anthony Greek Orthodox Church for at least one year preceding the date of the scholarship application.
2. A parent of the applicant must be a member of Philoptochos Society of Saint Anthony Greek Orthodox Church, Panagia Chapter.
3. Applicant must be planning to continue their education for the upcoming 2026-2027 school year. Education goal may be a four-year institute, technical or career training program.
4. The applicant must have a minimum 3.0 GPA.
5. Applicants will be evaluated on the following criteria:
  - a. Academic achievement/and or merit
  - b. Church and participation in Saint Anthony youth activities
  - c. Community service and/or leadership qualities.
  - d. Citizenship
6. Applicants must:
  - a. Complete and submit all required application documents by **Friday, April 3, 2026**. Documents may be submitted by conventional mail or through email.
  - b. Arrange for his or her current academic transcript to be mailed from the academic institution to the church office (Attention: Philoptochos Scholarship Committee);
  - c. Submit an autobiographical essay, approximately 300 words double spaced, 12-point font size, stating influences on the applicant's life and addresses future goals;
  - d. Submit two (2) letters of recommendation, one of which must be from a high school counselor or teacher;
  - e. Report for a personal interview if requested by the Scholarship Committee.
  - f. Attach a recent photo of themselves to the application form.
7. The Philoptochos Society of Saint Anthony Greek Orthodox Church is not obligated to grant any scholarships in a given year. The Scholarship Committee and Father Peter will carefully review all applications. The Committee's decision shall be final.
8. Scholarship recipients will be notified by mail. Scholarships will be presented personally at the annual June Philoptochos General Meeting.

All information in this application will be held in strict confidence.



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

778 South Rosemead Boulevard • Pasadena, California • 91107 • 626.449.6943

**PHILOPTOCHOS SCHOLARSHIP AWARD APPLICATION - 2026**

**APPLICANT INFORMATION**

Name

Date of birth

| Phone

Current Address

Email

High School Attended

School Address

Dates Attended

| GPA

Please list extracurricular activities you have participated in while In school:

Please list activities you have participated in while attending Saint Anthony:

**FAMILY INFORMATION**

Parents' Names

Names of Siblings

**SIGNATURE**

*I VERIFY THAT THE INFORMATION PROVIDED ABOVE IS TRUE AND CORRECT.*

Applicant's Signature

| Date

**APPLICANT, PLEASE ATTACH A RECENT PHOTO OF YOURSELF TO THIS APPLICATION.**

UPCOMING CAREGIVER SUPPORT GROUP  
THURSDAYS: FEBRUARY 19 – MARCH 26, 2026

## PHILOPTOCHOS FAMILY CAREGIVER SUPPORT GROUP FOR ORTHODOX CHRISTIANS NATIONWIDE

- Are you caring for a spouse, a parent, an in-law, or other loved one of any age who has Alzheimer's or a chronic or life-threatening illness or disability?
  - Are you a male trying to navigate the challenges of caregiving?
  - Are you in the sandwich generation, raising a child while also caring for a parent?
- Are you exhausted, stressed, feeling angry and then feeling guilty about getting angry?
- Do you wish there were others with whom to share your thoughts, concerns, and questions, and who understands our faith, culture, and community?
  - Are you so overwhelmed you're not even sure what questions to ask?



If you answered yes to any of the above, join the

## PHILOPTOCHOS CAREGIVER SUPPORT GROUP

Led by professionals, we will “meet” over Zoom on **six consecutive Thursday evenings** from **7 pm – 8 pm EST**. In a **confidential, non-judgmental, and safe environment**, we will discuss best practices to help you manage the physical, emotional, and cognitive issues faced by your loved one and to help you find and access resources to help ease your caregiving journey.

We will discuss the importance of self-care, managing your own roller-coaster emotions, the impact of family dynamics on caregiving, long-distance and holiday caregiving, financial concerns, and preparing for the future.

One session, **led by a member of the clergy**, will address how faith, culture, and spirituality can help build your understanding, strength, and resilience.

*Six consecutive Thursday evenings* | **FEBRUARY 19 to MARCH 26**  
2026 February 19, 26; March 5, 12, 19, 26  
**7pm – 8pm EST**

*Pre-registration is Required.*

Pre-register here: <https://forms.gle/kP8Li3ir1vqipqGp8>

*Space is limited - Don't delay!*



Sponsored by:

Greek Orthodox Ladies Philoptochos Society, Inc. • Department of Social Services  
126 East 37<sup>th</sup> Street • NY, NY 10016 • (212) 977-7770 • [www.philoptochos.org](http://www.philoptochos.org)  
[supportgroup@philoptochos.org](mailto:supportgroup@philoptochos.org)

The February VIP meeting was called to order by president Irene Albeck at 11:00 am on the 10th of the month followed by an opening prayer led by Stavroula Kiotas. As there had been a suggestion for the members in attendance to introduce and give a brief history of themselves, the first part of the meeting was dedicated to this activity. Following further announcements regarding some of our members recuperating from hospital stays, Irene reminded us that we begin the Lenten season on February 23rd, with Clean Monday or Kathara Deftera. **Tashia and Aleko Vagenas** graciously offered to host a gathering of our members on that day at their home in Pasadena. More on this outing will come shortly.

Irene shared that the Pasadena Civic Ballet would be presenting *Aladdin* at the San Gabriel Mission Playhouse with discounted tickets available to our members for the March 1st showing.

Following some final remarks regarding Philoptochos Souper Sunday held on February 22nd to benefit the Friends Indeed Bad Weather Shelter, and Daylight Savings Time and Oratorical Student presentations on March 8th, the meeting was turned over to **Nicole Schulman**. To comply with an initiative underwritten by Philoptochos to contribute to the physical health of our seniors, Nicole will be leading our members in chair aerobic exercises at least once a month with possibly more frequent sessions to be determined in the near future. By the obvious high level of participation, this initiative will become a welcome addition to the VIP activities!

Following our session of physical activity, a delicious luncheon provided by our February birthday celebrants was enjoyed by all. After singing **HAPPY BIRTHDAY**, we thanked **Carolyn Kolokotronis, Helen Treantafelles, and Alma Vorgias** for their culinary contributions. **MANY HAPPY RETURNS LADIES!**

At this year's FDF held on President's Day weekend in Phoenix, Arizona, we enjoyed watching our children and grandchildren participate in this amazing ministry of our Metropolis. We were also proud to see one of our members, **Michael J. Patzakis**, honored with the prestigious *Metropolitan Anthony Humanitarian Award*. Dr. Patzakis embodies a rare union of scientific excellence, moral conviction, leadership, vision, and generosity. He exemplifies a lifetime of outstanding humanitarian work and charity that have improved the quality of life for individuals throughout the world. Guided by his deep faith in God, the medical tragedies and poverty of his childhood called him to serve as a healer and champion to society's most vulnerable. His lifetime as a physician, educator, and researcher yielded a body of work that has changed the practice of medicine.

**AXIOS Dr. Patzakis!!** We are very proud of you!

As mentioned above, on February 23rd, the VIPs convened a gathering at the home of Aleko and Tashia Vagenas for the purpose of beginning the Lenten season in a relaxed residential setting with a feeling of camaraderie. After a light luncheon of various Lenten dishes, Nicole Schulman led us in a prayerful opening and gave a lovely presentation on how kite flying on Clean Monday (Kathara Deftera) in Greece came to be more than a playful pastime. She explained how this activity carries deep historical and spiritual significance, symbolizing purification and the uplifting of the human spirit after Carnival celebrations preceding the forty days of Lent.

It was truly joyful to see the VIP attendees launch their own sling shot kites provided by Nicole in remembrance of the flying of real kites beginning the Lenten season as many of them did in their childhoods in Greece. Thank you Nicole for your informative and entertaining presentation.

On Wednesday, February 25th, Irene Albeck and Jim Hronas delivered a monetary donation to the Foothill Unity Center for purchasing Easter meals for needy families. These funds were generated by the koulourakia bake sale that took place after church in January. Once again many thanks are extended to those who helped in the baking and selling of the koulourakia for this worthy cause.

The VIPs wish our entire Saint Anthony Family *Kali Tesarakosti*.  
We look forward to our **next meeting on March 10th**.

Jim Hronas  
VIP Communications

VIPs





**Community News & more...****Easter Picnic Update... Please Read...****Southern California Greek  
Orthodox Easter Picnic 2026****Sponsored by Saint Sophia Cathedral Foundation****Sunday April 12th 1pm - 7pm**

There has been a change in our venue **for this year only**.. The Rose Bowl would not allow us to secure Brookside Park this year. Therefore, **for this year only**, we are trying to secure another park. Currently the location is TBD..

Please watch for updates in the weekly bulletins and e-blasts.

**Fabulous Food, Desserts and Drinks will be available for purchase..**

**Chicken Souvlakia, Lamb Souvlakia, Gyros, Feta Fries, and more....**

**Baklava, Galatouboureko, Karidopita, Kourambiedes,  
Melomakarona, Koulourakia and Tsourekia**

**Beer, Wine, Soft Drinks, Coffee, Water**

**Questions ? Volunteer ?**

**Stephanie Caiopoulos Lubian  
easterpicnic@aol.com**



*An Invitation to Orthodox Women*  
*A Day to Discuss*

*Great Lent*

*The opportunity for spiritual renewal  
through prayer, almsgiving & fasting*

Join us Saturday March 7<sup>th</sup>, 2026  
10 a.m.

St. Anthony Greek Orthodox Church  
778 South Rosemead Blvd, Pasadena

A morning refreshment as well as lunch will be provided.  
We will have a few cooking demonstrations,  
and everyone will go home with Lenten recipes.

R.S.V.P.: Lisa Xanthos (626.222.4374) [lisax@att.net](mailto:lisax@att.net) by March 4th  
Cost \$25.00

## Saint Anthony Bowling League



St. Anthony Bowling League began its Winter/Spring Season with 10 teams in mid-January. Along with our regular bowlers we have some new and returning participants. We were able to enter 10 teams for this season.

Returning bowlers: Max Ibrahimzade, Chrissa, Syrus and Parviz Mobayen, Sophia Angelos, Pete Bissias, Randy Soewers, Mary and Andrew Dewar, John Caire, Andrea Lappas, Vincent and Virginia Lappas, Elleni, Maria and Chris Conley, Kosta Papavasiliou, Cleo Kades, Elene Kalivas, Nick Paziouros, Joyce and Jim Nichols, Ted Dupas, Jim Horaites, Anthia Lucas, Rick Nassif and Lee Anton,

New bowlers: Darlene Incando, Kristen and Rick McGregor.

We are in the final weeks of the season and will conclude on Thursday, April 3. We will then be on hiatus until September. Just a reminder that anyone 18 years of age or older, all skill levels are welcome. We also love visitors to stop by on Thursday evenings from 7 P.M. to socialize with the group.



## Church Etiquette

When are we NOT to enter the Nave of the Church?

As we are entering God's Home, we must always keep in mind that during the following times, we should NOT enter the Nave of the Church nor come to the front of the Church to light a votive candle:

During the Small Entrance (when the procession with the Gospel takes place)

During the Epistle Reading

During the Gospel Reading

When the priest is censuring and is facing the Congregation

During the Great Entrance (when the procession of the Holy Gifts takes place)

When the priest is blessing the Congregation

During the recitation of the Nicene Creed ("I believe...")

During the Consecration of the Holy Gifts

During the recitation of the Lord's Prayer ("Our Father...")

During the Priest's sermon

Also, during these times, we should avoid leaving the Nave unless it is for family needs, medical or some other necessary reason. If you are unsure when to enter or leave the church, ask a Parish Council member in the Narthex.

While in the Church, remember to...

Wear appropriate attire to enter God's House

Silence your mobile devices

Refrain from chewing gum, mints, or candy

Remove lipstick when receiving Holy Communion & when venerating & kissing the icons

Follow the direction of the Priest for standing & sitting

Maintain quiet in the Sanctuary

Enter God's House with reverence and respect



# The Voice of Saint Anthony

## Saint Anthony Greek Orthodox Church

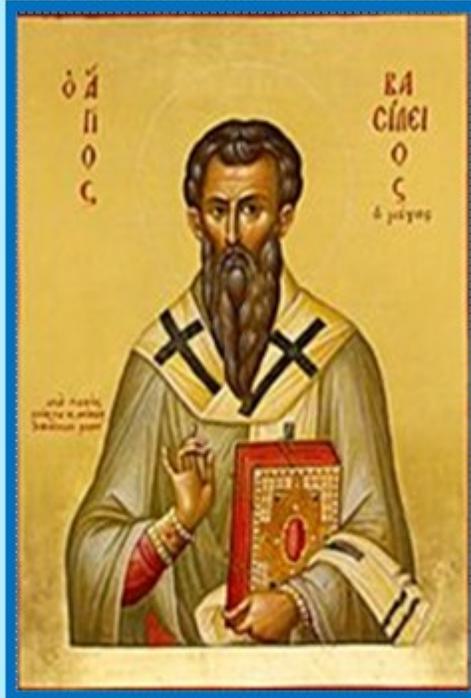
January 2026

[www.saint-anthonys.org](http://www.saint-anthonys.org)

(626) 449-6943 Office

*sample*

**Saint Basil  
1 January**



**DEADLINE for  
FEBRUARY  
Newsletter is  
SUNDAY  
25 JANUARY**

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

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Ministries	7
Parish Council Report	9
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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

*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

*The Lord has heard my plea; the Lord accepts my prayer.* Psalm 6:9

There are many people who struggle to pray, including me. And two of the reasons people struggle and oftentimes abandon prayer is either they don't know how to pray, or they are frustrated that God does not answer their prayers. In today's Psalm verse, we examine both.

***The Lord accepts my prayer.***

Let's begin with **why** we pray, and then on **how** we pray.

## WHY

We pray so that we can stand in the presence of God and speak with Him. In order to have a relationship of any kind with anyone, it requires communication, and for relationships that are close, intimate (deeper than the surface, vulnerable, etc.) these relationships require that we *speak* to one another. I go on Amazon often to order things, but there is no relationship there, as Amazon is not a person. I look at websites like ESPN and some other favorites, but there are no relationships there. We've even taken "relationships" out of many restaurants, where we can order food from kiosks and never speak to anyone. **A relationship with God requires that we speak, and prayer is how we speak to God.** In prayer, and especially in Scripture, this is where God speaks to us. Although His voice is not heard through our ears, it is heard in our hearts, our minds and our souls. We pray so that we can stand in the presence of God and speak with Him.

## HOW

There are several ways to pray. One can pray a simple, repetitive prayer, like the Jesus Prayer: *Lord, Jesus Christ, Son of God, have mercy on me, a sinner.* If one prays this prayer fervently, and repeatedly, it will become part of them. The book *The Way of a Pilgrim* describes this process. If we truly prayed the Lord's Prayer, this prayer would be sufficient, most especially the phrase *Thy will be done.* There are hundreds of prayers for any occasion —morning prayers, evening prayers, prayers before and after eating, prayers for travel, prayers before and after doing a task—and these are printed in prayer books. If you can think of a need, there has probably been a prayer written about it. Prayer books are good because we can just pray, without thinking of the words needed for prayer. It is the same with the Psalms we are reflecting on this Lent. There are words of prayer throughout the Psalms. As we are reflecting on the Psalms, hopefully you can mark a few that you can go back to in prayer. Of course, there is prayer right from your mind and heart, bringing your thoughts to God with your own words. There is nothing wrong with that. Our thoughts are with us at any given moment, they don't require looking through a book, we can pray with the thoughts we have.

One of the challenges of prayer is to not let repeated prayer become rote and without feeling. The Church has an ambitious schedule of services for Great Lent, and it is very easy in these services to just fly through the words of prayer. Reading six Psalms at the beginning of Great Compline, or sixteen at the beginning of Pre-Sanctified Liturgy provides the temptation to just fly through them to cover the ground stated in the book. That is not a good way to pray. For those who are involved in leading worship, it is a challenge to enunciate each word so that the worshippers can clearly hear them.

## Monthly Lesson from Father Stavros Akrotirianakis

One thing is certain. God does not grade prayer. He doesn't stand in heaven with an evaluation form, telling us "you got a B+, try harder next time." *The Lord accepts my prayer* is a true statement for every prayer offered to God.

### *The Lord has heard my plea.*

This is probably the hardest part of this verse to accept. Because oftentimes, when prayers are not answered, promptly, or at all, or in the way we had hoped, we get discouraged and think that God is not listening. It is especially discouraging when the prayer doesn't involve any competition with someone else. For example, if many people are trying to get the same job, and we pray to get it, it is as if we are wishing for other people not to get it. If everyone interviewing is praying to get the job, only one of those prayers is going to be answered. In this case, it is perhaps easier to accept not having this prayer accepted, maybe God just wants someone else. The harder prayer to have unanswered is the prayer where no one is affected but us. Let ME feel better, as an example. No one else is affected by God healing me, there is no competition, God can heal many people. Same thing with relationships we pray for God to mend. No one else is affected outside of that relationship. Why God doesn't answer these kinds of prayers is challenging.

**This is where faith comes in.** We must get to a place where we believe God knows what He is doing. Maybe the prayer isn't answered for a reason we will know later. Maybe it will be answered in a different way that is beneficial to us. Having said that, why so many people can pray for a child to be healed and then that child dies, makes for a challenge to the notion that God hears all our pleas. Again, faith dictates that we continue, even when we don't understand. My Spiritual Father has told me many times, especially when I feel discouraged, that God has a plan for my salvation, and yours as well. There is a path to sainthood and salvation laid out for everyone. Jesus' path to our salvation involved dying on the Cross. Our paths involve challenge and sacrifice as well, some people more than others. God hears our pleas, He knows our storms, He is with us in our storms. **Faith is when we stick with God**, even in the violent and lengthy storms, and trust that He is sticking with us.

The encouragement for today is to keep going to God in prayer, and to make each prayer sincere. It need not be lengthy, it should not be cumbersome, but it should be sincere. An intimate moment of connection with God benefits us and pleases God. Again, God does not grade our prayers, He accepts them. And God hears our pleas, even when they aren't answered in our time and in our way. Faith is when we continue to pray, understanding that prayer is not about results but being in the presence of God, which we should do as often as we can.

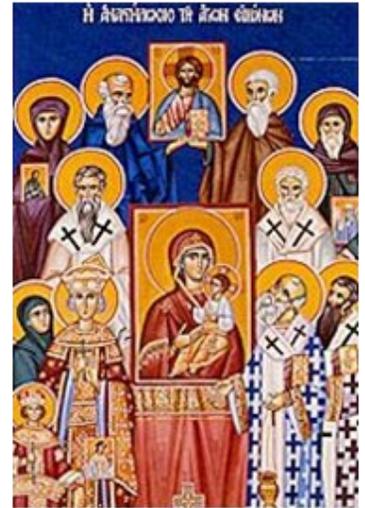
*O Lord, rebuke me not in Thy anger, nor chasten me in Thy wrath. Be gracious to me, O Lord, for I am languishing; O Lord, heal me, for my bones are troubles. My soul also is sorely troubled. But Thou, O Lord, how long? Turn, O Lord, save my life; deliver me for the sake of Thy steadfast love. For in death there is no remembrance of Thee; in Sheol who can give Thee praise? I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief, it grows weak because of all my foes. Depart from me, all you workers of evil; for the Lord has heard the sound of my weeping. **The Lord has heard my application; the Lord accepts my prayer.** All my enemies shall be ashamed and sorely troubled; they shall turn back and be put to shame in a moment.*      Psalm 6

## Saints & Feasts

### Sunday of Orthodoxy

#### 1 March

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated February 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.



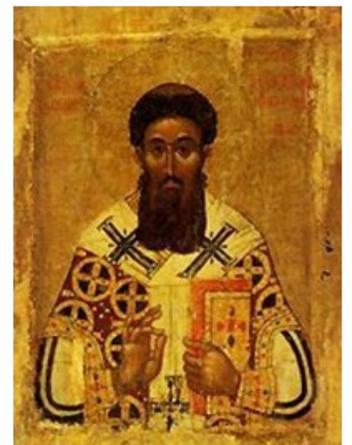
### Sunday of St. Gregory Palamas

#### 8 March

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica.

He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

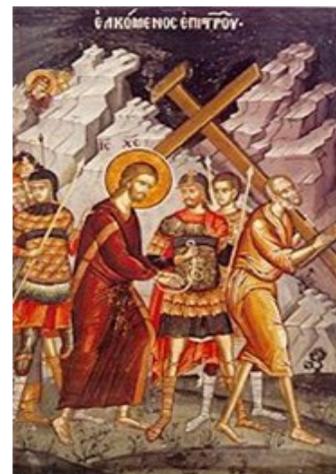
His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, Orthodoxy of faith is the foundation of all that we accomplish during the Fast, celebrating the Triumph of Orthodoxy the Sunday prior and the great defender of teachings of Holy Fathers on this day.



## Sunday of the Holy Cross

15 March

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.



## Annunciation of the Theotokos

25 March

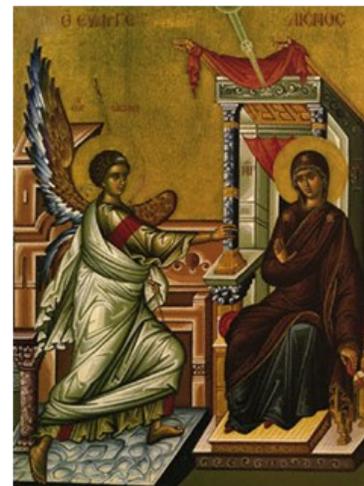
Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months.

On coming to Joseph's house, the Archangel declared: *"Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women."* After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: *"Behold the handmaid of the Lord: be it unto me according to thy Word."*

And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived and became flesh in her immaculate body (Luke 1:26-38).

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, jump in her womb.

Saint John the Baptist, prophesied of the dawning of the spiritual Son. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: *"My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior,"* Luke 1:39-55



## Sunday of St. John Climacus

22 March

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, **The Ladder of Divine Ascent**, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.



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## Sunday of St. Mary of Egypt

29 March

The memory of this Saint is celebrated on April 1, where her life is recorded. This was a woman in all of human history who stood on air at the moment of her prayer.

Since this is during the holy Forty Days, it has been appointed for this day also, so that if we think it hard to practice a little abstinence for forty days, we might be roused by the heroism of her who fasted in the wilderness forty seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in every deed.

Her whole life is a living expression of the word said by St. Paul, *“All the more the blood of Christ, Who through the Eternal Spirit offered Himself without blemish to God, will purify your con-science from dead works to serve the living God.”* (Hebrews 9:14).

St. Paul’s words are Divinely inspired and verified by the Most Holy Mother of God Herself. She guided St. Mary of Egypt to repentance and Eternal Life. As much as we know about St. Mary of Egypt, we can understand that in reality, the truth is that Christ is the True God and that all of the false gods of the world then and now are idols who do not save humanity, but can truly harm us.

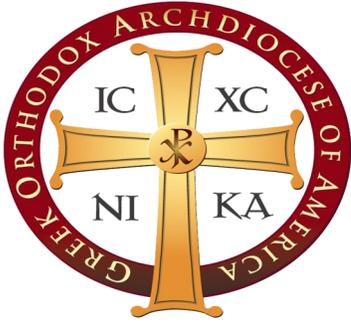


# Orthodox Calendar

## MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 </p> <p><b>Sunday of Orthodoxy</b> 8:45am Orthros 10am Divine Liturgy 12:15 Dance Practice Indoor &amp; Live-stream</p>	<p>2 </p> <p>4:30 Greek School</p>	<p>3 </p>	<p>4 </p> <p>6pm Presanctified Liturgy 7pm Union Station</p>	<p>5 </p> <p>4:30 Greek School</p>	<p>6 </p> <p>6pm Salutations</p>	<p>7 </p>
<p>8 </p> <p><b>Sunday of St. Gregory Palamas</b> 8:45am Orthros 10am Divine Liturgy Indoor &amp; Live-stream</p>	<p>9 </p> <p>4:30 Greek School</p>	<p>10 </p> <p>10:30 am VIP Meeting</p>	<p>11 </p> <p>6pm Presanctified Liturgy 7pm Philoptochos Board Meeting</p>	<p>12 </p> <p>4:30 Greek School</p>	<p>13 </p> <p>6pm Salutations</p>	<p>14 </p>
<p>15 </p> <p><b>Sunday of the Holy Cross</b> 8:45am Orthros 10am Divine Liturgy Godparents Sunday Indoor &amp; Live-stream</p>	<p>16 </p> <p>4:30 Greek School</p>	<p>17 </p> <p>7pm Parish Council Mtg</p>	<p>18 </p> <p>5:30pm Philoptochos General Meeting 6pm Presanctified Liturgy</p>	<p>19 </p> <p>4:30 Greek School</p>	<p>20 </p> <p>6pm Salutations</p>	<p>21 </p>
<p>22 </p> <p><b>Sunday of Saint John Climacus</b> 8:45am Orthros 10am Divine Liturgy Indoor &amp; Live-stream</p>	<p>23 </p> <p>4:30 Greek School</p>	<p>24 </p>	<p>25 </p> <p><b>Annunciation</b> 9am Orthros 10am Divine Liturgy</p>	<p>26 </p> <p>4:30 Greek School</p>	<p>27 </p> <p>6pm Akathist Hymn</p>	<p>28 </p>
<p>29 </p> <p><b>Sunday of Saint Mary of Egypt</b> 8:45am Orthros 10am Divine Liturgy Indoor &amp; Live-stream</p>	<p>30 </p> <p>4:30 Greek School</p>	<p>31 </p>				
		<p><b>Strict Fast</b> Refrain from Meat, Fish, Wine, Oil, Dairy &amp; Eggs</p> <p></p>	<p>Fish, Wine &amp; Oil Allowed</p> <p></p>	<p>Wine and Oil Allowed</p> <p></p>	<p>Dairy, Eggs, &amp; Fish Allowed: Refrain from Meat</p> <p></p>	<p>Fast Free All foods allowed</p> <p>No Symbol</p>

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.*

When you pray, you must pay close attention to the words of the prayer you are reading. That is where your attention must be at all times. The mind is capable of coming up with all sorts of images. We can conjure up anything in our thoughts. In such a state we may think we are having a vision and may be totally convinced that what we are seeing is true. We must not do that.

Our minds are very distracted.

The Holy Fathers say that there are only four things we may think about during prayer. We are not exactly to think of them but to bear them in mind. These are death, the judgment, heaven, and hell. Everyone should remember his own death and bear in mind the end of his life, or at least be aware that this life is very, very short. Life goes by very quickly and old age comes suddenly! And so, we must know that being aware of the briefness of life is our awareness of death. This is what we should think about. We will have to give an answer for the kind of life we have led. We will give an answer as to how we used the energy that was given us. This energy is Divine energy and Divine strength.... We will have to answer for how we have helped in this life. Have we helped by disseminating peace and harmony in the universe, or have we contributed to the existing chaos? For this reason we must always strive to perfect our thoughts.