

The Voice of Saint Anthony

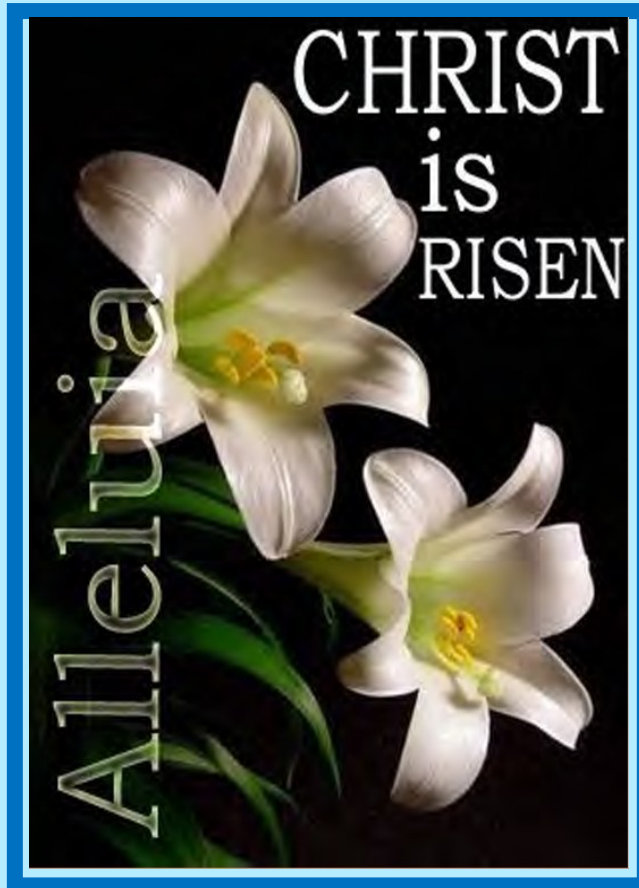
Saint Anthony Greek Orthodox Church

April 2026

www.saint-anthonys.org

(626) 449-6943 Office

**Great & Holy
Pascha
Easter Sunday
April 12th**



**DEADLINE
for the
MAY
Newsletter is
SATURDAY
25 APRIL
Please send to:
newsletter_church
@aol.com**

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Saturday of Lazarus	4 April
Palm Sunday	5 April
Holy Monday	6 April
Holy Tuesday	7 April
Holy Wednesday	8 April
Holy Thursday	9 April
Holy Friday	10 April
Holy Saturday	11 April
GREAT & HOLY PASCHA	12 April
Bright Week	13-18 April
Sunday of Thomas	19 April
Sunday of Myrrh Bear.Women	26 April

Message from Father Peter

Let us pray...

Passing from one divine Feast to another, from palms and branches, let us now make haste O faithful, to the solemn and saving celebration of Christ's Passion. Let us behold Him who would undergo voluntary suffering for our sake and let us sing to Him with thankfulness a fitting hymn: Fountain of tender mercy and haven of salvation, O Lord, glory to You!

Beloved Parishioners,

"Therefore, we also bearing palms and olive branches cry aloud to You in thanksgiving!"

With these inspiring words, we approach another glorious Holy Week. This is the special time of year that we all need to come together as a Christian Family, to embrace these beautiful services of Holy Week, as they lead us, through participation and worship, to His Glorious Resurrection.

In an effort to better prepare us for Holy Week, I will give a very brief explanation of what to expect for each holy day during this beautiful time known as **Holy Week**:

We begin with the **Saturday of Lazarus**. Jesus brought His friend Lazarus back to life. In a prophetic way, Jesus showed that He, too, would die and come back to life.

Palm Sunday. Jesus enters Jerusalem and the people accept Him as their King. They welcome Him into the city of Jerusalem with a large crowd laying down palm branches at his feet. The proclamation was "Hosanna in the highest, blessed is He who comes in the name of the Lord!"

Holy Monday. The theme for this day is a reminder of what happened to Jacob's son, Joseph, of the Old Testament. We are reminded that Joseph was a prototype of Jesus. We hear the beautiful hymn that Christ the Bridegroom comes in the middle of the night. We should always be vigilant and prepared for His return.

Holy Tuesday. We are given the theme of the Ten Virgins of the Parable Jesus told. Five were foolish and five were wise. The five wise prepared themselves while the five foolish did not. Our Church reminds us we must prepare ourselves properly. We are also reminded of the beautiful hymn written by Kassiane the Nun.

Holy Wednesday. We are reminded of the woman who anointed the feet of Christ. She was so grateful for all that Jesus had done for her, she felt the need to show her love. This is the early evening where **Holy Unction** is prepared and administered to the people for the healing of soul and body.

Holy Thursday. On Holy Thursday morning we attend a special Divine Liturgy where we sit with Christ at the Mystical Supper with His Apostles.

On Holy Thursday evening, we walk with Jesus as He is taken prisoner, tried, condemned, mocked, crucified and gives up His Spirit. This is explained in great detail through the **12 Gospel Readings**.

Holy Friday. On Holy Friday afternoon, we watch and pray while the priest and the acolytes take Jesus down from the Cross and place His body wrapped in a white linen shroud for 40 days. Also the Epitaphion is processed around the church and placed in the decorated Kouvoukion for the faithful to reverence at the conclusion of the service.

Holy Friday evening we sing funeral hymns to Jesus. We process with His tomb around the outside of the Church. With lit candles we sing the beautiful Lamentations to our Lord.

Holy Saturday morning is a most beautiful Vespereal Divine Liturgy. It is filled with prophecies and beautiful uplifting hymns. Finally, the Gospel reading proclaims that Christ's tomb was empty. The priest exclaims, "Arise God and be judge of the earth, for you shall inherit all nations." While chanting the priest throws rose pedals and bay leaves throughout the church. This is the first proclamation of the Resurrection of Christ.

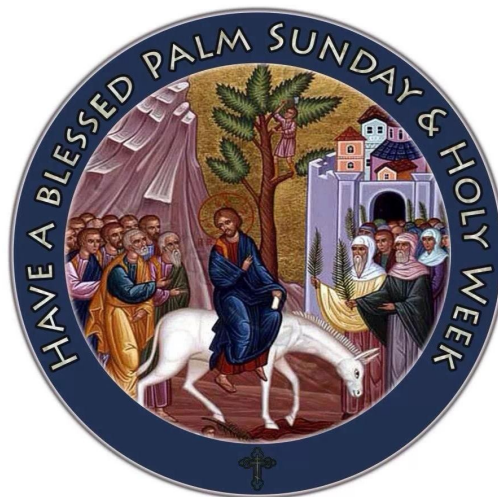
Holy Saturday night / Easter Sunday. The service begins at 11 PM and goes into the early hours of Sunday morning. Close to midnight the entire church is darkened. With one small flame (the eternal flame) remaining on the Holy Altar from a vigil lamp, the priest lights a Resurrectional candle from the eternal light and chants to an overflowing crowd to "*Come receive the light of Christ and glorify His Resurrection.*" The light is passed to the faithful and the congregation with only the light of their candles in the darkened church sing **Christos Anesti!** With their candles lit they make the sign of the cross. We hear the good news through this hymn that Jesus has risen from the dead! **Christ is risen! Truly he is risen!** He has trampled down death by death. Bestowing life to those in the tombs.

With much anticipation and love, our Lord is welcoming us all back into His Holy Church.

Come and see!
Come and pray!
Come and receive!
Come and taste!
Come and participate!
Come and experience all the beauty of Holy Week and the joy of Christ's Holy Resurrection!

Καλή Ανάσταση

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 +)

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannan (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	 Publican and the Pharisee 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 FEBRUARY 8th	 The Prodigal Son Returns! 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 FEBRUARY 15th FAREWELL TO MEAT TODAY	 The Last Judgement 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 FEBRUARY 22nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! 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 MARCH 1st	 SUNDAY of ORTHODOXY 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 MARCH 8th	 ST GREGORY PALAMAS 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 MARCH 15th	 VENERATION OF THE HOLY CROSS 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 MARCH 22nd	 ST JOHN of the LADDER 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 MARCH 29th	 ST MARY of EGYPT 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! APRIL 5th GREAT WEEK BEGINS	 ENTRY OF OUR LORD INTO JERUSALEM 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 APRIL 10th	 GREAT AND HOLY FRIDAY 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! APRIL 12th NO FASTING!	 HOLY PASCHAI (CHRIST IS RISEN!) 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!

Holy Week Services at Saint Anthony

SATURDAY OF LAZARUS - April 4

Orthros	9:00 a.m.
Divine Liturgy	10:00 a.m.
Breakfast and making palm crosses.	

PALM SUNDAY - April 5

Orthros	8:45 a.m.
Divine Liturgy (Luncheon to follow)	10:00 a.m.
Service of the Bridegroom	6:00 p.m.

HOLY MONDAY - April 6

Service of the Bridegroom	6:00 p.m.
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HOLY TUESDAY - April 7

Service of the Bridegroom (Hymn of Kassiani)	6:00 p.m.
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HOLY WEDNESDAY - April 8

Sacrament of Holy Unction.....	3:00 p.m.
Service of the Bridegroom.....	6:00 p.m.

HOLY THURSDAY - April 9

Vespereal Liturgy of St. Basil	9:00 a.m.
The Service of the Holy Passion (12 Gospels).....	6:00 p.m.

HOLY FRIDAY - April 10

The Descent from the Cross	3:00 p.m.
The Graveside Lamentations	6:00 p.m.

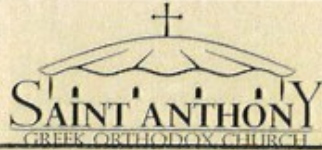
HOLY SATURDAY - April 11

Vespereal Liturgy of St. Basil	9:00 a.m.
Vigil for the Holy Resurrection	11:00 p.m.
"Come Receive the Light" - The Resurrection Service & Divine Liturgy	11:45 p.m.
Mageiritsa Dinner follows. All faithful are cordially invited to partake.	

PASCHA/EASTER SUNDAY - April 12

The Agape Vespers Service.....	12:00 Noon
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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

*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

1st Vice President

Liz Skandale

2nd Vice President

Carolina Kokoris

Sophia Syrengelas

Corresponding Secretary

Tanya Christodoulelis

Recording Secretary

Fontaine Malisos

Treasurer

Maria Kypreos

Assistant Treasurer

Mary Dewar

Philoptochos Advisor

Judith Din

Spiritual Advisor

Father Peter Stratos

Board of Directors**Beautification**

Connie Becker

Andrea Patzakis

Community Outreach

Mary Dewar

Fellowship

Mary Udria

Noula Serban

Operation Classroom

Helen Skandale

Lisa Xanthos

Publicity

Christine Pappas

Scholarship

Presbytera Aida Statros

Sunshine and Visitation

Maria Hronas

Union Station

Maria Kokoris

**ADDITIONAL MINISTRIES**

Acolytes	Pres Aida Stratos
Bible Study	Fr. Peter Stratos
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.



Youth & Young Adults

St. Anthony G.O.Y.A. Basketball

The 2026 G.O.Y.A. Basketball Season began Sunday, February 22 at Assumption in Long Beach. After lots of back and forth, St. Anthony was able to field all 4 teams this season.

Our **Junior Girls'** team have really come into their own. This team is a fun, fast paced group who show grit and determination in every game they play. Most of the team have been playing together for at least 3 years and we look forward to a championship run this year.

Last year we were unable to field a **Junior Boys'** team. We were so excited this year that St. Anthony was able to field a squad of 10! The age division of Juniors is 12-15, however, the average age of St. Anthony Junior Boys is 11 years, making them one of the youngest, and smallest teams in the League. This team might be small but they are fearless! No matter the score, they never quit. We look forward to watching them grow and become a very competitive team in the future.

St. Anthony **Senior Girls'** have also been exciting to watch. This team is made up of a real tough group of girls. They get some assistance from a few junior girls who are able to play up when the team is a bit short for a particular game. We look forward to seeing them in the play-offs!

St. Anthony **Senior Boys'** returned this year with some veterans and few new players. With some of our registered players away at college, it has been a weekly challenge to field teams. This team will also qualify for play-offs!

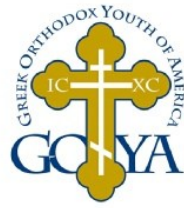
Following the March 29 games, G.O.Y.A. Basketball will go on a brief hiatus for Palm Sunday and Easter. The final game of the season will take place on, **Sunday, April 19**, at our home game facility of Duarte High School. Games will begin at 2:00 P.M. Please come out and support our youth during this high-spirited competitive event.

Current team record through 5 games:

Junior Girls	5 Wins 0 Loss	Junior Boys	0 Wins 5 Loss
Senior Girls	4 Wins 1 Loss	Senior Boys	3 Wins 2 Loss

Upcoming Play-off schedule:

Saturday, April 25	Quarter Finals	Duarte High School
Sunday, April 26	Semi Finals	Duarte High School
Sunday, May 3	Finals/Banquet/Awards	St. Sophia Cathedral



Junior Girls @ Saint John

Junior Boys @ Saint John



Junior Boys @ Saint Sophia



Senior Girls @ Saint Sophia



St Anthony us Saint Nicholas, Northridge





GOYA
VOLLEYBALL
TOURNAMENT

SATURDAY, MAY 9

8:30AM - 4:30PM
VICTORY PARK, PASADENA

MIDDLE AND HIGH SCHOOL DIVISIONS

FOOD TRUCK & AWARDS

\$40 PER PLAYER
HOSTED BY ST. ANTHONY



ST ANTHONY GOYA

CALLING ALL MIDDLE & HIGH SCHOOLERS!

Our volleyball tournament is just around the corner and we'd love you for you to join! You don't have to know how to play but you have to come wanting to have fun!!!

SATURDAY, MAY 9TH
VICTORY PARK, PASADENA

\$40 per player and it includes the tournament, Pasadena Volleyball tee shirt, lunch, dinner, and awards ceremony afterwards. Click on the QR code to register or email goya@saint-anthonys.org for more info.



Philoptochos

Good Works

EATON FIRE DISASTER RELIEF SUPPORT

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

Union Station Homeless Service (USHS)

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

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

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

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

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

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

Please write USHS on the memo line.

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

For further information, please contact:

Irene Albeck	mcmg2a@aol.com
Maria Kokoris	nmkokoris@gmail.com
Christina Kades	christinekades@gmail.com

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

Isaiah 58:7

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

Community Happenings

Philoptochos Easter Bake Sale

For all prepaid bake sale orders, please pick up your orders from the church hall: Saturday, April 4 after Liturgy until 1:00 PM and Sunday, April 5, after Liturgy until 1:00 PM.

The Philoptochos of Saint Anthony Greek Orthodox Church will host a one-day

Trunk Treasures Rummage Sale Fundraiser

Saturday, May 16, 2026

8 AM to 1 PM

Trinity Ballroom, St. Anthony Greek Orthodox Church

All funds raised from this sale will benefit the charitable works of Philoptochos.



Start your spring cleaning now! Philoptochos is requesting items from your old Trunks and boxes, any Treasures that you are ready to part with, such as:

Antiques – Artwork – Books – Tools – Small Furniture – Sporting Goods

China – Home Items – Kitchenware – Home Décor – Purses – Jewelry

Scarves – Shoes – Clothing *(clean & in excellent condition)*

Things that you can SELL!

All items must be in good to excellent working condition. **No** baby toys. **No** baby equipment.

Plan to bring your items and set up only on Friday, May 15, 2026. The schedule for drop-off and setup times will be posted in May bulletin and Voice newsletter.

Please help set up your items on Friday, and we will help you price them. Philoptochos will provide price tags and pricing stickers. After the sale closes on Saturday, all unsold items will immediately be packed up and donated to local thrift stores.

We need volunteers for this fun event! Volunteers are needed for item donations, cashiering, bagging, customer assistance, and truck pickups. For more information and to volunteer, please contact Christine Pappas christinepappas2@gmail.com or 818-415-5176

Upcoming Philoptochos Meetings

April Board Meeting – Tuesday, March 31 at 7:00 PM

2026 Benefit Planning Committee Meeting – Tuesday, April 14 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 where there is need throughout the year. This year's event will be held on Saturday, December 5, 2026 at 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.

Upcoming Scholarship Opportunities in 2026

**2026 Philoptochos Scholarship for Graduating
High School Seniors - 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 **“Attention Philoptochos Scholarship Committee”**

If you have any questions, please contact Presvytera Aida: 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.

Upcoming Metropolis & National Events

SAVE THE DATE for Kids 'N Cancer

Agape: Celebration of Love

A luncheon will be held **Sunday April 19, 2026 2:00 pm Newport Beach Country Club.**

This annual event helps to raise awareness for the ministry by providing support for children afflicted with cancer and their families.

This event is beautiful, fun-filled afternoon giving those attending the wonderful opportunity to participate in fundraising, to meet Camp Agape families, and to enjoy fellowship.

To donate or to register, click below:

<https://www.sfphiloptochos.org>

Save the Date

Agape

A Celebration of Love

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

To register for membership online, click this link:

<https://stanthonyphiloptochos.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://stanthonyphiloptochos.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 _____

Last Name	First Name	Spouse Name	M.I.
Street Address			
City	State	Zip	
Home Phone		Cell Phone	

Email

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

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://stanthonlyphiloptochos.square.site>

Scroll down to "Annual Membership Dues"

For more information or questions, please contact Carolina or Sophia to 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*

For Memorials, please notify the Church Office by the Wednesday prior to the date chosen at 626.449.6943 or by email at office@saint-anthonys.org

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

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

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

Host a Coffee Hour

Food Suggestions & Quantities

100 people – 70 adults & 30 children

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

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

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

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

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

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

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



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

The March VIP meeting began with a new format at 10:15 am featuring a session of chair aerobic exercises coached by Nicole Schulman who has been recruited by our Philoptochos Chapter to lead a program designed to improve the well-being and physical fitness of our membership. Nicole announced that she would be coaching these sessions twice a week on Tuesdays and Thursdays for the months of March, April (except Holy Week) and most of May. With many of our members participating in the session, President Irene Albeck suggested that we open up these classes to anyone in the community who would like to join us.

At the conclusion of the chair aerobics class, the VIP meeting was called to order by President Irene Albeck at 11:16 am who led the assembly in the Lenten Prayer of Saint Ephraim. Irene began her report by thanking Tashia and Aleko Vagenas for inviting the VIPs to their home on Kathara Deftera to begin the Lenten Season in a relaxed residential setting. Nicole Schulman was also thanked for her presentation on how kite flying in Greece came to be a tradition of beginning the Lenten Season.

Irene then reminded the members that she, Jim and Maria Hronas delivered a check on February 25th in the amount of **\$451.00 to the Foothill Unity Center** as the VIP donation to help needy families purchase meals for the Easter holiday. During our visit, we witnessed the many charitable donations that the Foothill Unity Center was handing out to a non-stop line-up of recipients, including food, blood pressure tests, health kits, and clothing. It was an eye-opening experience to see how much need there is in the community at large.

Congratulations were rendered to our **Christine Kades** for her lentil soup entry which was judged second place only to **Noula Serban's** avgolemono soup in the Philoptochos Souper Sunday competition to benefit the **Friends Indeed Bad Weather Shelter**.

Irene continued by thanking the Pasadena Civic Ballet, under the direction of Tania Grafos and Zoe Vidalakis for providing discounted tickets to a group of our members who attended the fabulous production of *Aladdin* at the San Gabriel Mission Playhouse.

Irene announced that it might be a thoughtful and meaningful gesture for the VIPs to remember on the fourth Saturday of the Souls (May 30th this year) all of our members who have fallen asleep in the Lord throughout the years.

Finally, Irene reminded us that all proceeds from the Philoptochos Pascha Bake Sale will benefit **Kids n' Cancer**.

Just prior to the service of lunch, we sang "Happy Birthday" to our March celebrants who were in attendance, **Stavrula Kiotas** and **Cecilia Barriga**.

MANY HAPPY RETURNS LADIES!!

We look forward to seeing many of our members (and parishioners) at our twice weekly chair aerobic exercise sessions, and at our **next meeting - Tuesday, April 14th!**

Jim Hronas

VIP Communications

Community News & more...



**St Anthony Easter Picnic
Lacy Park, San Marino
Sunday, April 12th 1:00pm**



Please Sign Up at Coffee Hour - \$5 Per Person

Bring Your Own Food & Drinks

Bring Footballs, Soccer Balls, Frisbees, Etc.

No Alcohol or Cooking in Park

Lacy Park: 1485 Virginia Drive, San Marino
Area Next to Kid's Playground

Tickets for the Easter Picnic will only be available at coffee hours after church. Tickets will not be sold at the park on the day of the picnic. We need to know how many people are coming ahead of time, so we know how many tables and chairs to rent.



I'm reaching out on behalf of the team behind *Man of God*, the film based on the life of our beloved **Saint Nektarios of Aegina**.

Our new film *Moses the Black*, inspired by the life of Saint Moses the Black, is available now on Apple TV / iTunes, Amazon, Google Play, and YouTube Movies.

Our Church currently stands at a crossroads in the urban mission. By weaving the life of the fourth century Desert Father into a contemporary story of violence and redemption in modern-day Chicago, the film reminds us that the same grace of the Holy Spirit that transformed a fourth-century bandit into a saint is the same grace available to the young men on the streets of our cities today.

Remarkably, the story of Saint Moses the Black has already begun reaching far beyond Orthodox circles, with artists such as 50 Cent, Wiz Khalifa, and Omar Epps sharing and speaking about this remarkable saint with millions of people worldwide.

When His Eminence Archbishop Elpidophoros first supported this project, he noted that bringing the lives of the Saints to the screen helps reach communities beyond the walls of our churches.

More recently, Fr. Samuel Davis of St. Nicholas Greek Orthodox Church and National Shrine in New York wrote that it is vital that every adult Orthodox Christian in this country be encouraged to purchase a digital copy.

When the Orthodox community shows strong support for projects like this, it opens the door for more films that bring the lives of the Saints and the witness of the Orthodox faith into the wider culture.

With gratitude,
 Kristi Gescheidler
 Associate Producer — *Moses the Black*

Lenten Message

Why Do We Keep Repeating the Same Liturgical Cycle ?

Many times, people in our church wonder, sometimes rather loudly, why we do “the same and the same,” when it comes to our liturgical services and calendar for the year. Saint Paul helps provide an answer in his Epistle to the Hebrews, when he writes: *“Therefore we must pay the closer attention to what we have heard, lest we drift away from it.”* (Hebrews 2:1)

Marketing specialists say that it takes at least seven “touches” to get people to remember things they see advertised. That’s why companies run the same commercials repeatedly, hoping the product they are advertising will stick in our heads, especially the next time we go shopping.

The Church is very wise in setting up the Lent and Holy Week journey in the way that it does, in the way that it repeats each year. That’s because throughout life, we experience this special time of year in a different way. Children think Holy Week is great because they get to stay up late, not because they know who Christ is, or because they have an appreciation for what they are seeing or hearing. They want to go just to stay up late. However, they do understand that Holy Week is something special.

As I have come to know who Christ is, Holy Week takes on a different meaning. I know why Christ came, I know what He did, and I’ve read it enough times in the Bible. Now, I listen to the hymns and Scripture passages of Holy Week and pick up new and different layers of meaning. On Holy Tuesday, for instance, we hear of a harlot who anointed Jesus’ feet with her tears contrasted to Judas, a trusted disciple who betrayed Jesus for 30 pieces of silver. This reminds us that it’s not how we start but how we finish that matters. It makes me examine where I am in relationship to God as I run my “race” through life. Am I more like the repentant woman, or the fallen disciple?

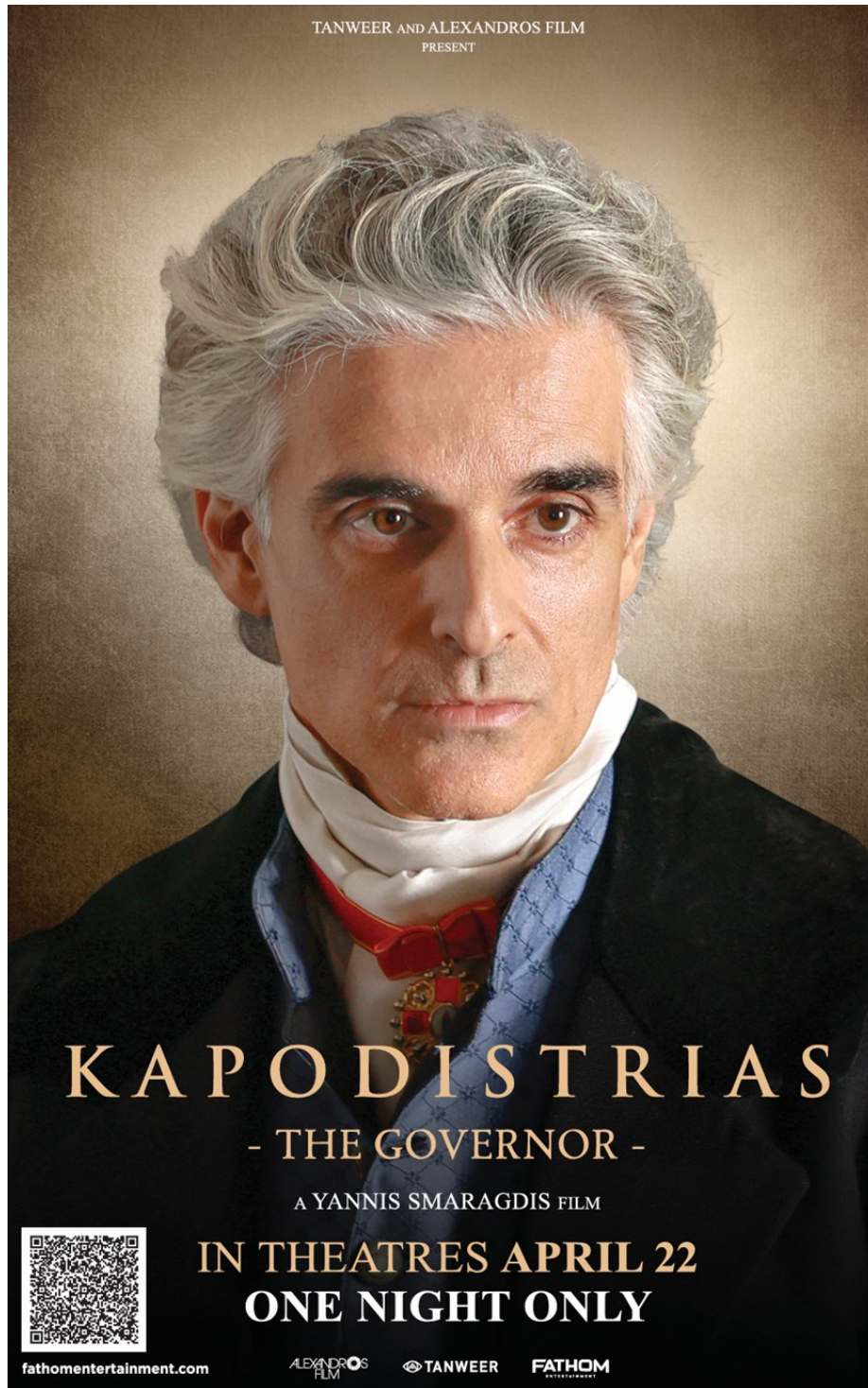
Let’s leave Holy Week for a minute and speak of the Divine Liturgy that we celebrate so often in our church. Why the repetition? There are three reasons.

First, the Divine Liturgy affords us a way to BE with Christ that is unique to the Liturgy—the opportunity to receive Holy Communion. This is as close to “perfection” as we can get, as Holy Communion affords us the opportunity to touch God, and for God to touch us. As they saying goes “You can’t improve on perfection.” So, we come again and again to experience perfection.

Second, the Divine Liturgy is the most complete prayer—it touches everything we can think of in prayer. For peace in the world, for our country, our city, our president, for those who are sick, for deliverance from any kind of affliction and need—these are things we may forget to pray about on a daily basis. If we come to the Divine Liturgy each Sunday, not a week will go by that we don’t remember and lift up all of these things in prayer.

Third, the Divine Liturgy brings to mind things that I need constant reminding about. For instance, when the priest prays for *“all that is good and beneficial to our souls and for peace in the world,”* it reminds me to make my decisions based on these two metrics—is it good for my soul? Does it promote peace in the world? Not a week in my life has gone by where I’ve made every decision on these two standards. I’m still looking for my first perfect week. The Divine Liturgy is a reminder of the things I’m supposed to do, the things that help me show love for God and for my neighbor.

Saint Paul reminds us that we must *“pay the closer attention to what we have heard, lest we drift away from it.”* It is a reminder that if we do not pay close attention to what we hear, either because we are not in attendance or we are not trying to comprehend what we are hearing, we are going to drift away from what God is calling us to be.



A historical drama about **Ioannis Kapodistrias, Greece's first Governor**, whose life of service, sacrifice, and devotion to freedom becomes a timeless symbol of moral strength and national duty.

Set in the late 19th century, the film tells the true story of Ioannis Kapodistrias, the greatest Greek statesman and the first Governor of Greece after its liberation from the Ottomans. Guided by integrity, compassion, and a deep sense of justice, Kapodistrias dedicates his life to defending the freedom and dignity of his people. In his struggle to rebuild the nation, he sacrifices personal happiness, including the love of his life, and confronts the corruption and hostility of powerful forces. Despite foreseeing his tragic end, he accepts his fate with serenity, giving his life for his homeland. Through his sacrifice, he attains the ultimate form of freedom—one that transcends politics and embodies the spirit of selfless service.

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

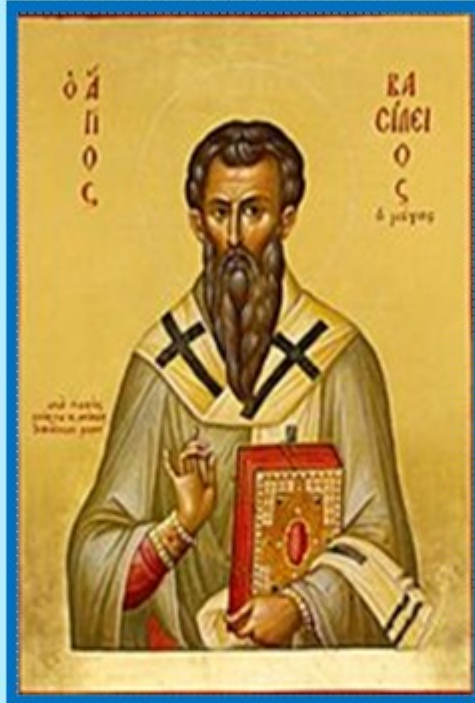
January 2026

www.saint-anthonys.org

(626) 449-6943 Office

sample

**Saint Basil
1 January**



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

Please send to:
newsletter_church@aol.com

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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

One of my favorite Psalms is **Psalm 50**. It is read at every Orthros service in the Orthodox Church. It will be heard each night of this upcoming Holy Week. A priest prays the Psalm quietly during the Cherubic Hymn as he is censuring. If you ever wondered why my mouth is moving when I'm censuring, it is because I'm praying the 50th Psalm. Verse six of this Psalm says *"Behold, You desire truth in the inward being. Therefore teach me wisdom in my secret heart."* At every service this Holy Week, I'm going to highlight a verse of Scripture, and this is the verse for today. Psalm 50:6—*"Behold, You desire truth in the inward being, therefore teach me wisdom in my secret heart."*

For those who don't know the origin of Psalm 50, it was written by David, after he had his friend murdered and committed adultery with his friend's wife. Nathan the prophet called him out on it, and David knew that no one could take away his guilt and shame except the Lord. There wasn't a family member, a friend, one of his subjects, workers or soldiers who could help him with the deep shame he carried in his heart - only God.

I'm convinced that each of us has one percent of our hearts we are unwilling to give to anyone else—not our spouse, not our best friend, not our therapist, not even to our spiritual father in confession. A secret hurt, a secret pain, a secret shame that is too ugly for us to admit. Jesus said in John 10:10, *"I came that they may have life and have it abundantly."* He wasn't talking about money, possessions, fame or security. He was talking about **peace**. The kind of peace that passes all understanding that we heard about in the Epistle lesson from St. Paul's Letter to the Philippians - the kind of peace that no amount of money can buy - the kind of peace that can only come from Him.

One of the things I've learned this Lent in sitting down with so many of you in confession, and even in casual conversation, is that many of us are not enjoying the abundant life that Christ intended for us to enjoy. Our sinful state has brought an abundance of shame. Relationships, friendships, marriages are not having the abundance of joy that Christ intended for them to have. Turn on the news and all you'll find is an abundance of anger. And in the rat race we are all in, with the state of our economy, we have an abundance of frustration.

So, if you are tired, angry, frustrated, ashamed and in need of some renewal and restoration, you are in the right place. And if you don't have any of these things, if you are filled with joy today, praise God, and you are also in the right place. Because this Holy Week journey is designed to take us through all of the human emotions—from the shame of the Fall and our sinful nature to the healing that comes through Holy Unction, to the fatigue of the standing, to the pain of the cross and to the joy of the Resurrection.

The prophet Isaiah, many centuries before Christ, wrote these words, *"Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Harken diligently to me, and eat what is good, and delight yourselves in fatness."* (Isaiah 55:2) In other words, why do you spend your money on that which isn't the bread that sustains life, and why do we labor for money which at the end will never truly satisfy us? Listen diligently to God, because He is good, and delight yourself in fatness, eat excessively from His table.

Palm Sunday is the beginning of Holy Week. It is a day when the churches are packed with people, some of whom come regularly and some who rarely come at all. This day begins the busiest week of the year from a liturgical standpoint. The altar table will be the place for the heavenly banquet of Holy Communion every day this week. And we are invited to come and eat excessively off of it, in a way that we cannot any other week of the year. The calendar is filled with services, familiar rituals, beloved hymns, meaningful Scripture readings. The church is decorated on this morning in festive colors. Our beautiful children carry their palms around the church, imitating the children who waved branches and cheered on Jesus as He rode into Jerusalem two thousand+ years ago. In past years, I've preached about the crowd, how so many people cheered for Jesus on Palm Sunday, and only five days later, demanded that He be crucified.

On Palm Sunday, rather than focusing on the crowd, I want to focus on the individuals in the crowd, you, me, everyone who is in the crowd, who each carries something heavy in their secret heart. And I want to invite you to bring that thing, whatever it is, to Christ this week. A few less nights out, a few less sports games, a few less aimless nights of TV watching, missing these things this week isn't going to hurt any of us. Spend the time here, relearning, reliving and recommitting. Give Christ the key to your secret heart and let Him put joy where there is shame, hope where there is sadness, confidence where there is doubt, peace where there is anxiety, and rest where there is exhaustion.

Our verse of the year in our parish is Joshua 24:15, *"As for me and my house, we will serve the Lord."* Many years ago, the "crowd" of the world may not have flocked to the churches, but at least it flocked to Christian values and virtues. It looked like the crowd on Palm Sunday two thousand years ago. There have always been uncommitted people in the crowd, or curiosity seekers, who could metaphorically wave the palms and shout for Jesus. The crowd in the world today is starting to resemble the crowd on Holy Friday, the blood-thirsty mob that demanded the death of Jesus. It's starting to feel like the mob is going to start to demand the death of Christianity. And this is going to be a time when we are going to have to decide, each person and his household, which god we will serve. Because in Joshua 24:15, before we get to the few words that we have highlighted this year, there are other words. *"And if you be unwilling to serve the Lord, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell; but as for me and my house, we will serve the Lord."*

It's getting to be time to decide which "god" we are going to serve—the god of the economy, the gods of political causes, or do we place ourselves as god, as we proclaim "my truth"? Or are we going to serve the Lord, Jesus Christ, and will we accept Him as **THE way, THE truth and THE life?** As for me and this household of our church, we will serve the Lord, as best as we can.

During this Lenten season, we had a Wednesday night series, where we again highlighted each week, one of our core values of our community—love, worship, community, learning, and service. This past Wednesday, we summarized all of this with the word "priorities." And we talked candidly about how making God the priority is hard. The first of the Ten Commandments says *"I am the Lord Your God, you will have no other gods before me."* Which leads to the question, what is the thing you put first in your life? Is it God, or it is something else? And what is it that keeps us from putting God first? Is it that we don't know Him? Or do we know Him but it is too hard to give Him the first place in our lives?

I read a great quote the other day about priorities. It said "There is a difference between interest and commitment. When you're interested in something, you do it when it's convenient. When you've committed to something, you accept no excuses, only results." We are all interested today for sure, or we wouldn't be here. But are we committed? Giving God the first of our time each morning with prayer, giving God the first of each week with worship, giving God the first fruits of our labor when it comes to our stewardship offering—these are really hard concepts. But carrying around the baggage in our secret heart is a heavy weight. Can making God the priority, can making a commitment to pray, worship, serve and give, no excuses, put wisdom in our secret heart? Yes, absolutely it will.

A lot of this doesn't make sense—not just the stories and the parables—but the actions that are supposed to follow them. How are we supposed to lead with humility in a world that leads with pride? How are we supposed to experience love in a world that is changing what the word love means?

In John 12:15, we read that Jesus sat on a donkey to fulfill a prophecy which said “*Fear not, daughter of Zion; behold your king is coming, sitting on a donkey’s colt!*” He’s not leading a rally or a protest, He’s not smiling smugly behind a microphone, He’s not chastising people. He’s humbly riding on a donkey, to show that **the path to love is humility**, that we are filled with God only when we empty ourselves of pride. We can convince the world that there isn’t a secret heart filled with pain, doubt, fear and anxiety, but we can’t fool ourselves.

While we are all busy, all of us have idle time to think. The question is, what do we think about? Saint Paul tells us, “*Brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.* (Philippians 4:8) If God is really a priority, if we are committed to following Him, then we are going to have to do some restructuring in the way we think. And that’s a good thing. Thinking about things that are honorable, just, pure, lovely and gracious, these things are the way that God brings wisdom and peace into our secret hearts. If you are committed to coming to the services Holy Week and beyond, but especially Holy Week, there is no doubt that by the end of this journey, you will have received some wisdom for your secret heart.

The refrain of a Taylo Swift song says the words of her heart:

Dreaming about the day when you wake up and find, that what you’re looking for has been here the whole time. If you could see that I’m the one who understands you.. been here all along. So why can’t you see? You belong with me!

This song is not a Christian song, but these words, taken out of context, can speak to the Church, to Christ and to you. Regarding the church, it’s like we would say “we, the church, have dreaming about the day when you, the parishioners, wake up and find that what you are looking for—freedom in Christ, because He’s the one that can fill the empty spaces of your secret heart—and has been here the whole time.”

And then when we turn it over to Christ, and He says, “If you could see that I’M the one who understands you. I’ve been here all along. YOU belong to ME.”

The wisdom we need in our secret hearts is not secret wisdom. It’s not even private wisdom. It is the universal message of Christ, revealed to humanity for the past two thousand years. It’s that we belong to Him, He’s the one who understands us. He’s the one who can save us. He’s the one that will never abandon us or give up on us. This is the truth that can change your life, if you let it penetrate your inner being.

Behold you desire truth in the inward being.

Therefore, teach me wisdom in my secret heart.

Behold, He is the truth that brings peace, comfort, purpose and hope to our inward being.

Therefore, open yourself this week, and let Him put wisdom in your secret heart.

Amen.

Saints & Feasts

Saturday of Lazarus

4 April

Lazarus and his sisters Martha and Mary, the friends of the Lord Jesus, had given Him hospitality and served Him many times (Luke 10:38-42 and John 12:2-3). They were from Bethany, a village of Judea. This village is situated in the eastern parts by the foothills of the Mount of Olives, about two Roman miles from Jerusalem. When Lazarus, whose name is a Hellenized form of "Eleazar," which means "God has helped," became ill some days before the saving Passion, his sisters had this report taken to our Saviour, Who was then in Galilee. Nonetheless, He tarried yet two more days until Lazarus died; then He said to His disciples, "Let us go into Judea that I might awake My friend who sleepeth." By this, of course, He meant the deep sleep of death.

On arriving at Bethany, He consoled the sisters of Lazarus, who was already four days dead. Jesus groaned in spirit and was troubled at the death of His beloved friend. He asked, "Where have ye laid his body?" and He wept over him. When He drew nigh to the tomb, He commanded that they remove the stone, and He lifted up His eyes, and giving thanks to God the Father, He cried out with a loud voice, "Lazarus, come forth." And he that had been dead four days came forth immediately, bound hand and foot with the grave clothes, and Jesus said to those standing there, "Loose him, and let him go." This is the supernatural wonder wrought by the Saviour that we celebrate on this day.

According to an ancient tradition, it is said that Lazarus was thirty years old when the Lord raised him; then he lived another thirty years on Cyprus and there reposed in the Lord. It is furthermore related that after he was raised from the dead, he never laughed till the end of his life, but that once only, when he saw someone stealing a clay vessel, he smiled and said, "Clay stealing clay." His grave is situated in the city of Kition, having the inscription: "*Lazarus the four days dead and friend of Christ.*"

In 890 his sacred relics were transferred to Constantinople by Emperor Leo the Wise, at which time the Emperor composed his stichera for Vespers, "Wishing to behold the tomb of Lazarus . . ."



Palm Sunday

5 April

On Sunday, five days before the Passover of the Law, the Lord came from Bethany to Jerusalem. Sending two of His disciples to bring Him a foal of an ass, He sat thereon and entered into the city. When the multitude there heard that Jesus was coming, they straight-away took up the branches of palm trees in their hands, and went forth to meet Him. Others spread their garments on the ground, and yet others cut branches from the trees and strewed them in the way that Jesus was to pass; and all of them together, especially the children, went before and after Him, crying out: "Hosanna: Blessed is He that cometh in the Name of the Lord, the King of Israel" (John 12:13). This is the radiant and glorious festival of our Lord's entry into Jerusalem that we celebrate today.

The branches of the palm trees symbolize Christ's victory over the devil and death. The word Hosanna means "Save, I pray," or "Save, now." The foal of an ass, and Jesus' sitting thereon, and the fact that this animal was untamed and considered unclean according to the Law, signified the former uncleanness and wildness of the nations, and their subjection thereafter to the holy Law of the Gospel.

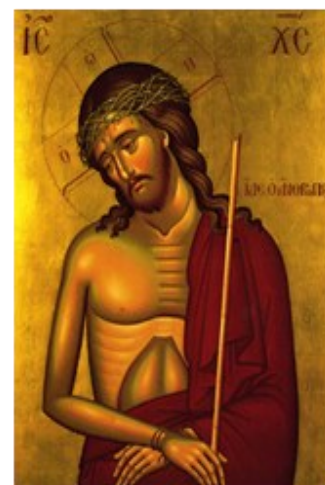


Holy Monday

6 April

The Holy Passion of our Savior begins today, presenting Joseph the all-comely as a prefiguring of Christ. He was the eleventh son of Jacob, and his first son by Rachel; because he was so beloved of his father, his own brethren came to envy him and cast him into a pit. Later they sold him to foreigners for thirty pieces of silver, who later sold him again in Egypt. Because of his virtue, his master gave him much authority in governing his house; because he was fair of countenance, his master's wife sought to draw him into sin with her; because of his chastity, he refused her, and through her slanders was cast into prison. Finally, he was led forth again with great glory and was honored as a king. He became lord over all Egypt and a provider of wheat for all the people. Through all this, he typifies in himself the betrayal, Passion, death, and glorification of our Lord

To the commemoration of Patriarch Joseph is added also the narration concerning the fig tree, which on this day was cursed and subsequently dried up because of its unfruitfulness. It portrayed the Jewish synagogue, which had not produced the fruit demanded of it - obedience to God and faith in Him. It was stripped of all spiritual grace by means of the curse.



Holy Tuesday

7 April

Today we bring to mind the parable of the ten virgins, which our Savior related as He was coming to His Passion. This parable teaches us that the accomplishment of the great work of virginity should not make us careless in other matters, especially in almsgiving, wherewith the lamp of virginity is made radiant.

Furthermore, it teaches us that we should not be remiss about the end of our life, but should be prepared for it at every moment, like the wise virgins, so that we may meet the Bridegroom, lest He come suddenly and the doors of the heavenly bride chamber be shut, and we also, like the foolish virgins, hear that dread sentence:

"Amen, I say unto you, I know you not" (Matthew 25:1-13).



Holy Wednesday

8 April

Two women - the more discerning interpreters of the Gospel - anointed the Lord with myrrh; the one, a long time before His Passion; the other, a few days before. One was a harlot and sinner; the other, chaste and virtuous. The Church commemorates this reverent act today. While mentioning herein the person of the harlot, it also mentions Judas' betrayal; for, according to the account in Matthew, both of these deeds took place two days before the Passover, on Wednesday. That woman, then, anointed Jesus' head and feet with very precious myrrh, and wiped them with the tresses of her hair. The disciples, especially the avaricious Judas, were scandalized, supposedly because of the waste of the myrrh, which could be sold for a great price and given to the poor. The Lord Jesus reproved them and told them not to trouble the woman. Indignant, Judas went to the high priests, who were gathered in the court of Caiaphas and were already taking counsel against Jesus. On agreeing with them to betray his Teacher for thirty pieces of silver, Judas sought from that time opportunity to betray Him (Matt. 26:14-16). Because the betrayal took place on Wednesday, we have received the tradition from Apostolic times to fast on Wednesday throughout the year.



Holy Thursday

9 April

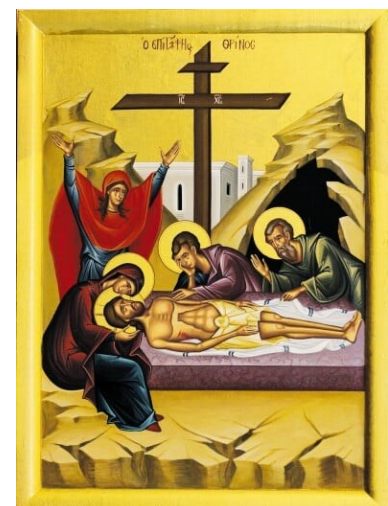
On the evening of this day, which was the eve of the feast of unleavened bread (that is, the Passover), our Redeemer supped with His twelve disciples in the city. He blessed the bread and the wine, and gave us the Mystery of the Divine Eucharist. He washed the feet of the disciples as an example of humility. He said openly that one of them was about to betray Him, and He pointed out the betrayer by revealing that it was he *"that dippeth his hand with Me in the dish."* And after Judas had straight-away gone forth, Jesus gave the disciples His final and sublime instructions, which are contained in the first Gospel Reading of the Holy Passion (John 13:31-18:1). After this the God-man went forth to the Mount of Olives, and there He began to be sorrowful and in anguish. He went off alone, and on His knees He prayed fervently. From His great anguish, His sweat became as it were great drops of blood falling to the ground. As soon as He had completed that anguished prayer, Judas came with a multitude of soldiers and a great crowd; on greeting the Teacher guilefully with a kiss, he betrayed Him. The Lord Jesus was then apprehended and taken prisoner to the high priests Annas and Caiaphas. The disciples were scattered, but Peter, who was more fervent than the others, followed Him even into the court of the high priest, but in the end denied three times that he was His disciple. Then our divine Teacher was brought before the lawless Sanhedrin and was interrogated concerning His disciples and His teaching. The high priest adjured Him before God that He tell them whether He was truly the Christ. And having spoken the truth, He was judged guilty of death, supposedly as one who had blasphemed. Then they spat in His face, beat Him, smote Him with the palms of their hands, and mocked Him in every way, throughout the whole night until the morning.



Holy Friday

10 April

When Friday dawned, Christ was sent bound from Caiaphas to Pontius Pilate, who was then Governor of Judea. Pilate interrogated Him in many ways, and once and again acknowledged that He was innocent, but to please the Jews, he later passed the sentence of death against Him. After scourging the Lord of all as though He were a runaway slave, he surrendered Him to be crucified.



Holy Friday, *continued...*

Thus the Lord Jesus was handed over to the soldiers, was stripped of His garments, was clothed in a purple robe, was crowned with a wreath of thorns, had a reed placed in His hand as though it were a sceptre, was bowed before in mockery, was spat upon, and was buffeted in the face and on the head. Then they again clothed Him in His own garments, and bearing the cross, He came to Golgotha, a place of condemnation, and there, about the third hour, He was crucified between two thieves. Although both blasphemed Him at the first, the thief at His right hand repented, and said: "*Remember me, O Lord, when Thou comest in Thy Kingdom,*" to which our Savior answered, "*Today shalt thou be with Me in Paradise.*" As He hung upon the Cross, He was blasphemed by those who were passing by, was mocked by the high priests, and by the soldiers was given vinegar to drink mixed with gall. About the ninth hour, He cried out with a loud voice, saying, "It is finished." And the Lamb of God "Which taketh away the sin of the world" (John 1:29) expired on the day when the moon was full, and at the hour when, according to the Law, was slain the Passover lamb, which was established as a type of Him in the time of Moses.

Even lifeless creation mourned the death of the Master, and it trembled and was altered out of fear. Yet, even though the Maker of creation was already dead, they pierced Him in His immaculate side, and forthwith came there out Blood and Water. Finally, at about the setting of the sun, Joseph of Arimathea came with Nicodemus (both of them had been secret disciples of Jesus), and they took down the all-holy Body of the Teacher from the Cross and anointed it with aromatic spices, and wrapped it in a clean linen cloth. When they had buried Him in a new tomb, they rolled a great stone over its entrance.

Such are the dread and saving sufferings of our Lord Jesus Christ commemorated today, and in remembrance of them, we have received the Apostolic commandment that a fast be observed every Friday.

Holy Saturday

11 April

On Saturday, the high priests and Pharisees gathered together before Pilate and asked him to have Jesus' tomb sealed until the third day; because, as those enemies of God said, "We suspect that His disciples will come and steal His buried body by night, and then proclaim to the people that His resurrection is true, as that deceiver Himself foretold while He was yet alive; and then the last deception shall be worse than the first." After they had said these things to Pilate and received his permission, they went and sealed the tomb, and assigned a watch for security, that is, guards from among the soldiers under the supervision of the high priests (Matt. 27:62-66). While commemorating the entombment of the holy Body of our Lord today, we also celebrate His dread descent with His soul, whereby He destroyed the gates and bars of Hades, and made His light to shine where only darkness had reigned (Job 38 : 17; 1 Peter 3:18-20); death was put to death, Hades was stripped of all its captives, our first parents and all the righteous who died from the beginning of time ran to Him Whom they had awaited, and the holy angelic orders glorified God for the restoration of our fallen race.



Great & Holy Pascha

12 April

Mary Magdalene, and the other women who were present at the burial of our Savior on Friday evening, returned from Golgotha to the city and prepared fragrant spices and myrrh, so that they might anoint the body of Jesus. On the morrow, because of the law which forbids work on the day of the Sabbath, they rested for the whole day. But at early dawn on the Sunday that followed, almost thirty-six hours since the death of the Life-giving Redeemer, they came to the sepulcher with the spices to anoint His body.

While they were considering the difficulty of rolling away the stone from the door of the sepulcher, there was a fearful earthquake; and an Angel, whose countenance shone like lightning and whose garment was white as snow, rolled away the stone and sat upon it. The guards who were there became as dead from fear and took to flight. The women, however, went into the sepulcher, but did not find the Lord's body. Instead, they saw two other Angels in the form of youths clothed in white, who told them that the Savior was risen, and they sent forth the women, who ran to proclaim to the disciples these gladsome tidings. Then Peter and John arrived, having learned from Mary Magdalene what had come to pass, and when they entered the tomb, they found only the winding sheets.

Therefore, they returned again to the city with joy, as heralds now of the supernatural Resurrection of Christ, Who in truth was seen alive by the disciples on this day on five occasions.

Our Lord, then, was crucified, died, and was buried on Friday, before the setting of the sun, which was the first of His "three days" in the grave; observing the mystical Sabbath, that "seventh day" in which it is said that the Lord "rested from all His works" (Gen. 2:2-3), He passed all of Saturday in the grave; and He arose "while it was yet dark, very early in the morning" on Sunday, the third day, which began after sunset on Saturday.

As we celebrate today this joyous Resurrection, we greet and embrace one another in Christ, thereby demonstrating our Saviour's victory over death and corruption, and the destruction of our ancient enmity with God, and His reconciliation toward us, and our inheritance of life everlasting. The feast itself is called Pascha, which is derived from the Hebrew word which means "**passover**"; because Christ, Who suffered and arose, has made us to pass over from the curse of Adam and slavery to the devil and death unto our primal freedom and blessedness. In addition, this day of this particular week, which is the first of all the rest, is dedicated to the honor of the Lord; in honor and remembrance of the Resurrection, the Apostles transferred to this day the rest from labor that was formerly assigned to the Sabbath of the ancient Law.

All foods are allowed during Bright/Renewal Week.



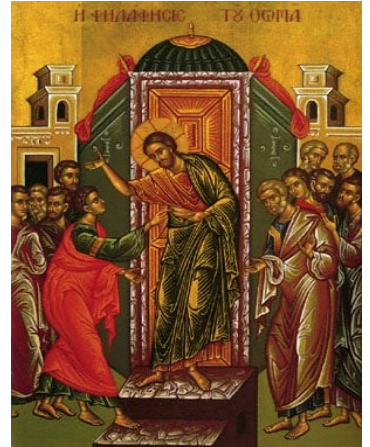
Saint Thomas

19 April

Though the doors were shut at the dwelling where the disciples were gathered for fear of the Jews on the evening of the Sunday after the Passover, our Saviour wondrously entered and stood in their midst, and greeted them with His customary words, "Peace be unto you." Then He showed unto them His hands and feet and side; furthermore, in their presence, He took some fish and a honeycomb and ate before them, and thus assured them of His bodily Resurrection. But Thomas, who was not then present with the others, did not believe their testimony concerning Christ's Resurrection, but said in a decisive manner, "Except I shall see in His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe." Wherefore after eight days, that is, on this day, when the disciples were again gathered together and Thomas was with them, the Lord Jesus came while the doors were shut, as He did formerly. Standing in their midst, He said, "*Peace be unto you*"; then He said to Thomas, "Bring hither thy finger, and behold my hands; and bring hither thy hand, and thrust it into My side: and be not unbelieving, but believing."

And Thomas, beholding and examining carefully the hands and side of the Master, cried out with faith, "*My Lord and my God.*" Thus he clearly proclaimed the two natures - human and divine - of the God-man (Luke 24:36-49; John 20:19-29).

This day is called Antipascha (meaning "in the stead of Pascha," not "in opposition to Pascha") because with this day, the first Sunday after Pascha, the Church consecrates every Sunday of the year to the commemoration of Pascha, that is, the Resurrection.



Sunday of the Myrrh Bearing Women

26 April













About the beginning of His thirty-second year, when the Lord Jesus was going throughout Galilee, preaching and working miracles, many women who had received of His beneficence left their own homeland and from then on followed after Him. They ministered unto Him out of their own possessions, even until His crucifixion and entombment; and afterwards, neither losing faith in Him after His death, nor fearing the wrath of the Jewish rulers, they came to the sepulcher, bearing the myrrh-oils they had prepared to anoint His body.

It is because of the myrrh-oils, that these God-loving women brought to the tomb of Jesus that they are called the Myrrh-bearers. Of those whose names are known are the following: first of all, the most holy Virgin Mary, who in Matthew 27:56 and Mark 15:40 is called "the mother of James and Joses" (these are the sons of Joseph by a previous marriage, and she was therefore their step-mother); Mary Magdalene (celebrated July 22); Mary, the wife of Clopas; Joanna, wife of Chouza, a steward of Herod Antipas; Salome, the mother of the sons of Zebedee, Mary and Martha, the sisters of Lazarus; and Susanna. As for the names of the rest of them, the evangelists have kept silent. Together with them we also celebrate the secret disciples of the Savior, Joseph and Nicodemus. Of these, Nicodemus was probably a Jerusalemite, a prominent leader among the Jews and of the order of the Pharisees, learned in the Law and instructed in the Holy Scriptures. He had believed in Christ when, at the beginning of our Savior's preaching of salvation, he came to Him by night. Furthermore, he brought some one hundred pounds of myrrh-oils and an aromatic mixture of aloes and spices out of reverence and love for the divine Teacher (John 19:39). Joseph, who was from the city of Arimathea, was a wealthy and noble man, and one of the counselors who were in Jerusalem. He went boldly unto Pilate and asked for the body of Jesus, and together with Nicodemus he gave Him burial. Since time did not permit the preparation of another tomb, he placed the Lord's body in his own tomb which was hewn out of rock, as the Evangelist says (Matthew 27:60)



Orthodox Calendar

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1  6pm Presanctified Liturgy 7pm Union Station	2  4:30 Greek School	3 	4  Saturday of Lazarus 9am Orthros 10am Divine Liturgy
5  PALM SUNDAY 8:45am Orthros 10am Divine Liturgy 6pm Service of Bridegroom Indoor & Live-stream	6  HOLY MONDAY 6pm Service of Bridegroom	7  HOLY TUESDAY 6pm Service of Bridegroom 7pm Parish Council Mtg	8  HOLY WEDNESDAY 3pm Sacrament of Holy Unction 6pm Service of Bridegroom	9  HOLY THURSDAY 9am Vespers Liturgy of St. Basil 6pm Holy Passion (12 Gospels)	10  HOLY FRIDAY 3pm Descent from the Cross 6pm Lamentations	11  HOLY SATURDAY 9am Vespers Liturgy of St. Basil 11pm Holy Resurrec. & Divine Liturgy
HOLY WEEK						
12 PASCHA 12pm Agape Vespers 1pm Easter Picnic Indoor & Live-stream	13	14 10:30 am VIP Meeting 7pm Philoptochos Planning Meeting	15	16	17	18
BRIGHT WEEK						
19 Sunday of Saint Thomas 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	20 4:30 Greek School	21	22 	23 Great Martyr George 4:30 Greek School	24  Elizabeth the Wonderworker	25 Mark Apostle & Evangelist
26 Sunday of Myrrh-bearing Women 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	27 4:30 Greek School	28	29 	30 4:30 Greek School		
		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs 	Fish, Wine & Oil Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed: Refrain from Meat 	Fast Free All foods allowed No Symbol



TIME SENSITIVE

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

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

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

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Be still and know that I am God.

Psalm 46:10

Take five minutes, and for the first minute, just sit, and listen to your heart beat.

Close off distraction, then, in time with your heart beating begin to pray repeatedly:

Lord, have mercy

Do this for a minute.

Then take another short phrase:

I love You Lord

Say that for a minute in time to your heart beating.

This stillness will bring calmness in us,
which will result in calm thoughts and calm actions.

It will place God at the center of what we are doing at a given moment.

Take time each day to **be still and know God.**

God is our refuge and strength, a very present help in trouble.

Psalm 46:1