

# The Voice of Saint Anthony

## Saint Anthony Greek Orthodox Church

May 2026

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

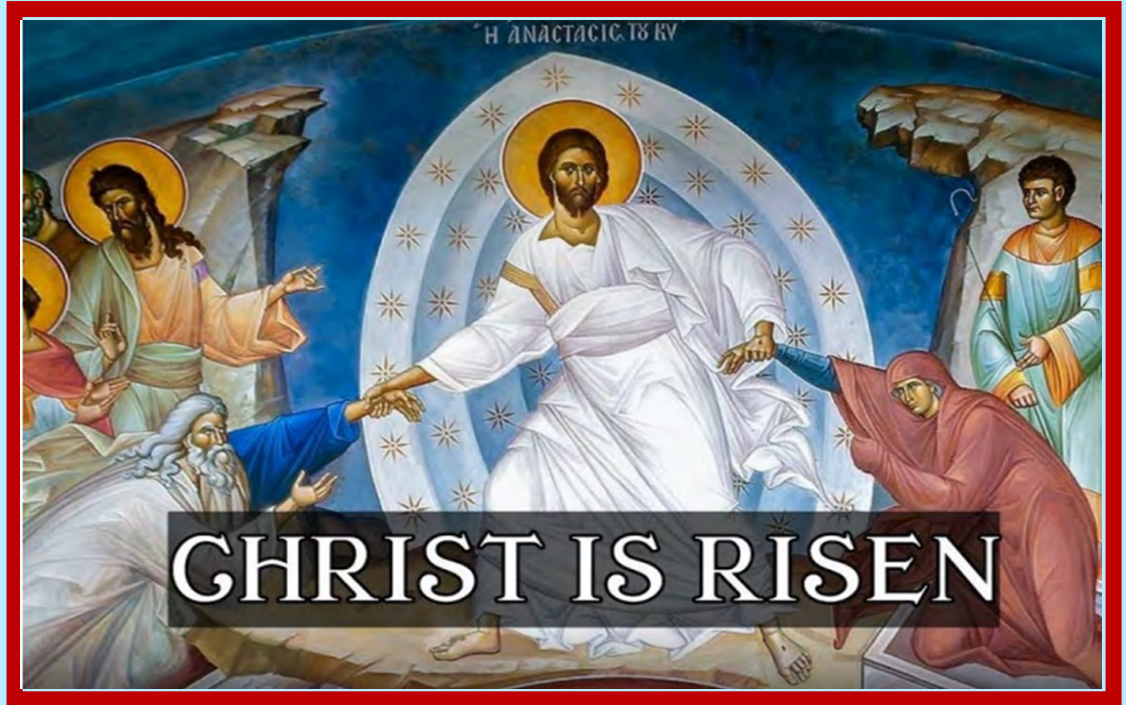
(626) 449-6943 Office

**Holy Ascension**  
Thursday, 21 May

**Holy Pentecost**  
Sunday, 31 May

**DEADLINE**  
for the  
**JUNE**  
Newsletter is  
**MONDAY**  
**25 MAY**

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



Priest's Message	2
Stewardship	3
Ministries	5
Parish Council	7
Sunday School	8
Young Adults	9
Philoptochos	14
VIPs	23
Community News, etc.	24
Monthly Lesson	32
Saints of the Month	34
Orthodox Calendar	39

Sunday of the Paralytic	3 May
Mid-Pentecost	6 May
Sunday of Samaritan Woman	10 May
Sunday of the Blind Man	17 May
Holy Ascension	21 May
Saints Constantine & Helen	21 May
Holy Pentecost	31 May

## Message from Father Peter

Beloved Parishioners

**Χριστός Ανέστη!**

I found this Holy Week to be so very inspiring, moving and uplifting. From the Saturday of Lazarus through Agape Sunday, we experienced a beautiful and peaceful week filled with the gifts of the Holy Spirit. *“But the fruit of the Holy Spirit is love, joy peace, long-suffering, kindness, goodness, faithfulness, gentleness, self-control.”* (Gal: 5:22). The Holy Spirit moved us as we all experienced our Orthodox Faith through our Holy Week Services. Our worship included: prayers, hymns, scriptural readings, liturgical praxis, Holy Sacraments, and blessings all provided through The Counselor of Truth (The Holy Spirit) who is sent by God the Father.

As we often say, Holy Week is reminiscent of a marathon with services every night, as well as some morning and afternoon services. Each service, whether Matins, Vespers, the Sacrament of Holy Unction, Vespertal Liturgy, Evening Compline or Divine Liturgy is unique and requires different set-up and traditional visual and liturgical furnishings. Some of these include: bay leaves, palms and palm crosses, flowers, olive oil, wreaths, candles, the kouvouklion, prosfora and dyed eggs. All of these items were donated and prepared with love and devotion to our Lord.

We experienced the generous giving of time and talents through beautiful chanting, reading, acolyte service, myrrh-bearing service, kouvouklion decorating, Easter egg dying, and ushering. From the Saturday of Lazarus Breakfast, to the Palm Sunday Luncheon and culminating with Resurrection Sunday early morning Magiritsa, we broke bread together as a Christian family. We wish to thank all those who worked so diligently to setup the Trinity Ballroom, all those who prepared the delicious food, and all those who joyfully served and cleaned. Every detail was completed beautifully this Holy Week by so many faithful and dedicated parishioners! What an inspiring, moving and uplifting week experienced by all!

I wish to thank each and every person who participated in some way during this most special Holy Week 2026. Those who participated in every, most, some or even one service, thank you! To those who watched faithfully online thank you! God sees us all and knows what is in our hearts.

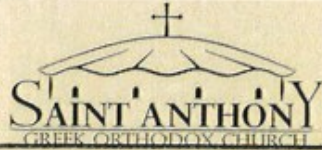
*“So God, Who knows the heart, acknowledged them by giving them the Holy Spirit.”* (Acts 15:8). Well done good and faithful servants! Continue to be vigilant, continue to be faithful, continue to pray!

**Χριστός Ανέστη!**

Fr. Peter



# Stewardship



## 2026 Stewardship Financial Commitment

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

**2026**

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 firSaint

- ◆ 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.



### Christos Anesti!

We are grateful to have spent a wonderful and meaningful Great Lent with our Sunday School students and hope that everyone had a blessed and beautiful Pascha. Lent was all the more special having had the opportunity to have your children in our classrooms each week as we discussed the meaning and significance of each Sunday of Lent.

A special thank you to our 4th/5th grade teachers, Mary and Athena, who led a whole-group lesson on the **Sunday of the Myrrh Bearing Women**. With the help of Polly (middle school), Eleni (2nd/3rd), and Elena (K/1st), they brought this beautiful feast day of our church to life by guiding the students through the story of the **Myrrh Bearing Women** and then making their own wooden myrrh crosses to take home. What a fun and special morning it was!

As we wrap up the final month of class, please be aware of the following dates:

Sunday, May 3rd: Class

Sunday, May 10th: Mother's Day! TBD if we will have a whole-group class that day.

Sunday, May 17th: Last Day of Class

Please feel free to reach out with any questions.

Thank you, Sophia Syrengelas



## Youth & Young Adults



### ATTENTION ALL GRADUATES !!!

If you are graduating from grade school, middle school, high school or college this summer and wish to be included in **The Voice Newsletter - June Issue**, please submit the following information:

- ◇ Your Name
- ◇ Parents names
- ◇ School from which you are graduating
- ◇ Your graduation photo or any photo if grad photo not available—head shot preferred

For **grade school** or **middle school** graduates:

- ◇ List what school you will be attending in the fall

For **high school** graduates:

- ◇ List college or university you will be attending

For **college** grads:

- ◇ List your course of study and degree

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

**DEADLINE: May 25th**



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



The **GOYA, Greek Orthodox Basketball League** ended the regular 7-week season after Pascha, Sunday, April 19.

**St. Anthony Junior Girls** concluded the regular season undefeated with a 6-0 record, placing them as the #1 seed going into the play-offs on April 25 & 26. This gave our Junior Girls a bye for the Quarter Finals and advanced them to the Semi-Finals, April 26. They matched up with the #4 seed St. George, Downey. St. Anthony Junior Girls had their work cut out for them, however the girls pulled away in the 4<sup>th</sup> Quarter enough to advance to the Finals with a score of 20-16. St. Anthony Junior Girls will play St. Sophia Junior Girls on Sunday, May 3, at 2:00 P.M. at St. Sophia Cathedral.

The Junior Girls team: **Gia Balntas, Eleni Katsafados, Faye and Gianna Koulos, Nicoletta Kazaltzes, Isabella Roberto, Alexis Syrengelas, Florendia Svitak**

Coaches: **Chris Syrengelas, Jenny Pouloupoulos-Koulos**

**St. Anthony Junior Boys** were a very young team - participating in organized basketball for the first time. Their season record of 0-7, does not really do justice to the amount of heart these boys had in every game they played. No matter how much they were losing by... how much taller and older the other team was... the St. Anthony Junior Boys kept hanging in and never gave up!

Because St. John in Anaheim dropped out of the play-offs, St. Anthony Junior Boys slipped into the #6 seed, giving them an opportunity to participate in the Quarter Finals on Saturday, April 25. The Junior Boys played the #3 seed, St. Basil. Unfortunately, they were unsuccessful, but again they played their hearts out! We look forward to the watching them grow and improve.

St. Anthony Junior Boys: **Alex and Leo Gizas, Soteri Katsafados, Kosta Koulos, Andrew Pouloupoulos, Stelio Roberto, Nico Svitak, Vasili Syrengelas, John and Alexi Vagenas**

Coaches: **Chris Syrengelas, Jenny Pouloupoulos-Koulos**

**St. Anthony Senior Girls** ended their season in 2<sup>nd</sup> Place after the 7-week season with a 6-1 record making them the #2 seed going into play-off weekend. They advanced to the Semi Final game on Sunday, April 26, and played St. Katherine. However, with injuries other circumstances, St. Anthony was not successful and St. Katherine was victorious and will advance to the Finals on May 3.

St. Anthony Senior Girls: **Evangeline and Valentine Bicos, Talia Grafos, Kostadina Ioannou, Madison & Sophia McNulty, Maria Syrengelas**

Coaches: **Chris Syrengelas, Jenny Pouloupoulos-Koulos**



St. Anthony Senior Boys, had an up and down year with a limited number of players available during the regular season. They completed their season with a 4-3 record and wound up the #4 seed for the Quarter Finals. Again, without certain players for the Quarter finals, St. Basil defeated St. Anthony.

St, Anthony Senior Boys: Alex Darlas, Jacob Antoon, Brody Jones, John Ioannou, Alex Mavridis, Kyri Vidalakis, Alexander and Christian Zarian

Coaches: Tony Christopoulos, Tom Grafos

***\*\*Special thank you to Pana Gelt for her time and effort in organizing our St. Anthony Basketball Program and her long-time representation in the Greek Orthodox Basketball League.***

Final results of the St. Anthony Junior Girls game vs, St. Sophia on May 3 will be posted in the June Newsletter (The Voice). Everyone is welcome to attend the finals at St. Sophia Cathedral, 2pm.



[This Photo](#) by Un-





**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 9<sup>TH</sup>**  
**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](mailto:goya@saint-anthonys.org) for more info.



## Philoptochos

### Good Works

#### ***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.”*

**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)

### ***SUNSHINE MINISTRY’S SPECIAL VISITATIONS***

This Easter season, the Philoptochos Board members made 28 special visits to our elderly, sick, or homebound parishioners throughout the San Gabriel Valley. They delivered Easter greetings and traditional tsourekia. These moments of connections were filled with smiles, warm conversation and the heartfelt reminder that they remain cherished members of our parish family.



## Community Happenings

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](mailto:christinepappas2@gmail.com) or 818-415-5176

Community Happenings *continued*

***Pascha Baking Thank You***

We would like to thank everyone who helped us with the baking for the Pascha bake sale. Your help was invaluable, and we are grateful for the support. Your efforts benefited the **San Francisco Metropolis Philoptochos ministry, Kids 'n' Cancer.**

Our heartfelt thanks especially to Irene Albeck, Judie Christopoulos Christine Kades, Evelyn Kefalas, Yngrid Molinari, Gena Pegadiotes, Staurula Kiotas, Yiota Poulos, and others who came to help. We could not have accomplished so much without this lovely group of ladies.

With love and appreciation,  
Helen Skandale and Lisa Xanthos



## Upcoming Philoptochos Meetings

**May Board Meeting** – Tuesday, May 12 at 7:00 PM

**2026 Benefit Planning Committee Meeting** – Monday, May 18 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.

Help make a difference!

## Upcoming Scholarship Opportunities in 2026



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

**Applications are due in May.**

Any student pursuing a degree in nursing, medicine, healthcare profession, or dentistry and is a member of our St. Anthony church community may apply.

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

**Additional announcements forthcoming in future Voice newsletters.**



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos  
Instagram: stanthonlyphiloptochos

## Upcoming Metropolis & National Events

### Kids 'N Cancer – Agape: A Celebration of Love

A luncheon was held on Sunday, April 19, 2026 at the Newport Beach Country Club. This annual event helped raise awareness for the ministry of providing support for children afflicted with cancer and their families. It was a beautiful, fun-filled afternoon giving those attending the opportunity to participate in fundraising, to meet Camp Agape families, and to enjoy fellowship.



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

## 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 or Sophia:

[panagiaphiloptochosmembership@gmail.com](mailto: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      Date \_\_\_\_\_  
(Men / Non-Voting)

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"/> Specify



**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

## VIPs

On Tuesday, April 14th, many VIP members assembled in the Community Center at 10:00 am to participate in the twice weekly Chair Aerobic Exercise session under the direction of **Nicole Schulman**. As mentioned in a previous newsletter and in weekly Sunday Bulletins, these exercise sessions will now be held on Tuesdays and Thursdays at 10:00 am, including VIP meeting days and all parishioners are welcome to attend these sessions as guests of the VIPs.

Following the physical activity, the VIP meeting was called to order by President Irene Albeck with the chanting of Christos Anesti lead by Staurula Kiotas and Gena Pegadiotes.

Irene began her report by reminding everyone of the upcoming **Saint Anthony Golf Classic** to be held on **Friday, May 1, honoring our own Father Peter Stratos**.

In memory of our dear member **Helen Smith** who departed this life in April, a \$100.00 donation was made to the church.

As was done previously, a \$500.00 donation was made to **Kids 'N Cancer** on behalf of the VIPs.

Irene reported that on April 22nd, for one night only, a screening of the film "**KAPODISTRIAS – THE GOVERNOR**" would show at selected theaters. The film is 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.

Starting on May 10th through June 15th, a production of "**ANTIGONE**" will show at the Glendale Antaeus Theater.

At our May meeting, **Julie Balas** will give a presentation on flower arranging.

Members are encouraged to consider running for a position on the VIP Board as elections will be held for a new slate of officers at our **June 9th meeting**.

The following activities were presented for consideration as future outing ideas:

1. August - Attending Vesper services at Assumption Greek Orthodox Church in Long Beach via a rented bus.
2. September 29 - Relaxing post-festival at the Old Spaghetti Factory for a leisurely lunchtime with no formal meeting, like we did last year.

With Artificial Intelligence becoming an ever-present reality in the modern-day world, Irene presented a clear and friendly overview of the major advantages of "AI." Many thanks to Irene for taking the time to research this subject which we will all be increasingly exposed to in our lives today.

Just prior to our luncheon, **Birthday Greetings** were rendered to our April celebrants in attendance: **Yngrid Molinari, Virginia Lappas and MaryAnn Mallis**

**MANY HAPPY RETURNS LADIES!!**

We look forward to seeing many members on **May 12th for our next meeting!**

Jim Hronas

VIP Communications

# Community News & more...


## *Saint Anthony parishioners enjoy the Southern California Parishes Greek Orthodox Easter Picnic in Los Angeles*



Thank you to all who attended the Easter Picnic in Los Angeles. We deeply appreciate your support.

Thank you to **Vincent Zarian** who initially connected us with Verdugo Park. Sadly the parking there could not accommodate the normal amount of cars we expected, so we down-scaled and held it in L.A.


Overall, it was a great Easter celebration for everyone who attended. We look forward to seeing you again next year when we return to the park on **Orthodox Easter Sunday, May 2, 2027**



**Taverna on the Green**  
Join us for the most unique golf experience

**24TH ANNUAL PASADENA GOLF CLASSIC**

*Honoring Father Peter Stratos*



**FRIDAY, MAY 1, 2026**  
11:00 AM TEE OFF  
REGISTRATION OPENS 8:30 AM  
BROOKSIDE GOLF COURSE • PASADENA

**RSVP BY APRIL 15TH**  
for the discounted rate of \$225

1. Name \_\_\_\_\_  
Email \_\_\_\_\_ Tel \_\_\_\_\_

2. Name \_\_\_\_\_  
Email \_\_\_\_\_ Tel \_\_\_\_\_

3. Name \_\_\_\_\_  
Email \_\_\_\_\_ Tel \_\_\_\_\_

4. Name \_\_\_\_\_  
Email \_\_\_\_\_ Tel \_\_\_\_\_

Register at [www.pasadenagolfclassic.com](http://www.pasadenagolfclassic.com)  
by April 15th  
for the discounted rate of \$225  
SCAN HERE




**ENTRY FORM**

Saint Anthony Greek Orthodox Church • 24th Annual Golf Classic  
Friday, May 1 2026 • Brookside Golf Course - Course 1 and Course 2

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Address: \_\_\_\_\_ Email: \_\_\_\_\_

I WISH TO BE A: \_\_\_\_\_ DIAMOND SPONSOR \$10,000  
\_\_\_\_\_ PLATINUM SPONSOR \$7,500  
\_\_\_\_\_ GOLD SPONSOR \$5,000  
\_\_\_\_\_ SILVER SPONSOR \$2,500  
\_\_\_\_\_ HOLE SPONSOR \$1,000  
\_\_\_\_\_ TEE SPONSOR \$250

\_\_\_\_ Golfer(s) @ \$250 per golfer (Includes Banquet)  
\_\_\_\_ Foursome request on reverse side  
\_\_\_\_ Banquet Only - \$125 per person  
\_\_\_\_ # of Adults Attending Banquet

You may pay by credit card by calling the church office at 626.449.6943 Please register at: [www.pasadenagolfclassic.com](http://www.pasadenagolfclassic.com)  
Enclosed is my check total for \$ \_\_\_\_\_ made payable to SAINT ANTHONY'S BUILDING FUND  
I am unable to play this year, but enclosed is my tax-deductible donation towards the Building Fund for \$ \_\_\_\_\_  
TAX ID# 95-3764229



**SUPPORT THE MONASTERY OF THE  
LIFE GIVING SPRING IN DUNLAP**  
*GERONTISSA MARKELLA & HER SISTERHOOD*  
*INVITE YOU FOR*  
**A BENEFIT DINNER**  
**SATURDAY MAY 16, 2026**

**HOSTED BY: ST. NECTARIOS GREEK ORTHODOX CHURCH AND SHRINE**

Suggested Donation:  
Adults: \$75  
Children 10 and Over: \$60  
Children Under 10: Free

RSVP by April 25th  
Contact Anastasia Kalivas at  
Tel. (818) 371-0526

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Schedule of Events  
Vespers: 5:00PM  
Social Hour & Hors d'oeuvres: 6:00PM  
Dinner and Auction: 7:00PM

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20340 E. COVINA BOULEVARD  
COVINA, CA 91274  
PLEASE BRING CASH OR CHECK

## St. Anthony Bowling League Winter Spring Recap

St. Anthony bowlers concluded the Winter/Spring Season on Thursday, April 2. Thirty bowlers comprising of 10 teams enjoyed 12 weeks of fun and friendship.

### Final Standings

<b>1<sup>st</sup> Place</b>	<b>Team 5</b>	<b>32 Wins</b>	<b>Andrea Lappas, Eleni Conley, Kosta Papavasiliou</b>
<b>2<sup>nd</sup> Place</b>	<b>Team 1</b>	<b>30 Wins</b>	<b>Darlene Incando, Max Ibrahimzade, Vincent Lappas</b>
<b>3<sup>rd</sup> Place</b>	<b>Team 2</b>	<b>28 Wins</b>	<b>Chrissa, Syrus and Parviz Mobayen</b>
<b>4<sup>th</sup> Place Tie</b>	<b>Team 3</b>	<b>26 Wins</b>	<b>Sophia Angelos, Peter Bissias, Randy Soewers</b>
	<b>Team 10</b>	<b>26 Wins</b>	<b>Maria Anton-Conley, Lee Anton, Rick Nassif</b>
<b>5<sup>th</sup> Place</b>	<b>Team 4</b>	<b>20 Wins</b>	<b>Mary and Andrew Dewar, John Caire</b>
<b>6<sup>th</sup> Place Tie</b>	<b>Team 6</b>	<b>17 Wins</b>	<b>Cleo Kades, Elene Kaliwas, Nick Paziouros</b>
	<b>Team 8</b>	<b>17 Wins</b>	<b>Kristin and Rick McGregor, Virginia Lappas</b>
<b>7<sup>th</sup> Place</b>	<b>Team 7</b>	<b>14.5 Wins</b>	<b>Joyce Mauredakis-Nichols, Ted Dupas, Chris Conley</b>
<b>8<sup>th</sup> Place</b>	<b>Team 9</b>	<b>9.5 Wins</b>	<b>Jim Horaites, Anthia Drulias-Lucas, Jim Nichols</b>

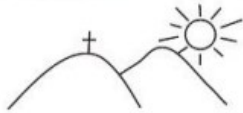
We are always looking to add new bowlers and welcome returning bowlers. Our Fall Season will begin Thursday, September 3, 7pm at Lucky Strike Bowl in Pasadena.

Contact Anthia Drulias-Lucas if you are interested! [ADLJSLO2@yahoo.com](mailto:ADLJSLO2@yahoo.com)



# SAINT SOPHIA CAMP REGISTRATION OPENS MAY 1

**SaintSophiaCamp.org**



WEEK 1: JULY 19 - JULY 25  
WEEK 2: JULY 25 - AUGUST 1

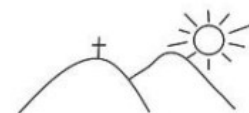
# SAINT SOPHIA CAMP COUNSELOR & STAFF APPLICATION OPEN NOW!

**SaintSophiaCamp.org**

COME BE A PART  
OF THE FAITH,  
FUN AND  
FELLOWSHIP!



WEEK 1:  
JULY 19 - JULY 25  
WEEK 2:  
JULY 25 - AUGUST 1



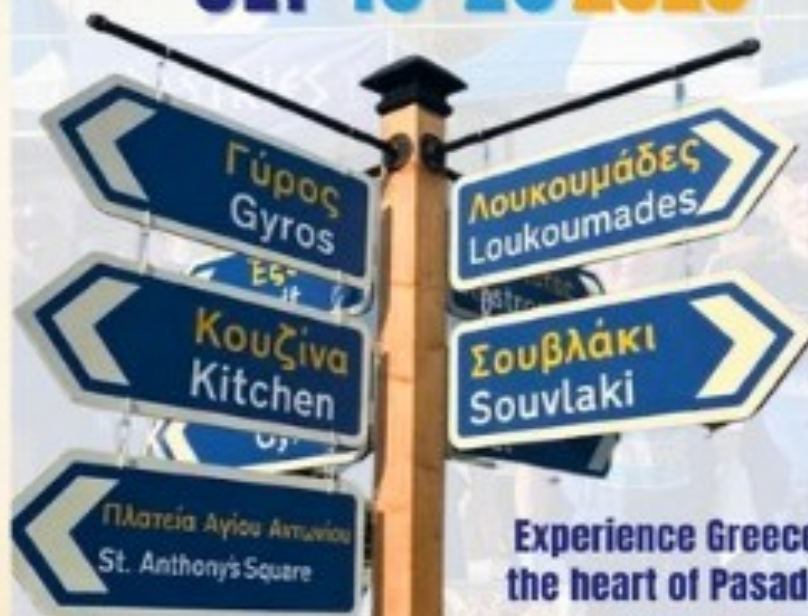
# Save the Date!

MARK YOUR CALENDARS FOR A WEEKEND OF SEPTEMBER 18, 19, & 20



THE PASADENA GREEK FEST COMMITTEE IS OFFICIALLY HARD AT WORK, POURING THEIR HEARTS AND ENERGY INTO PREPARING FOR ANOTHER UNFORGETTABLE WEEKEND! AS THE LARGEST FUNDRAISER FOR THE ST. ANTHONY GREEK ORTHODOX CHURCH, THIS FESTIVAL IS MORE THAN JUST A PARTY—IT IS OUR FAVORITE WAY TO SHARE THE VIBRANT TRADITIONS, FLAVORS, AND SPIRIT OF GREEK CULTURE WITH OUR INCREDIBLE COMMUNITY!

## PASADENA GREEK FEST SEP 18-20 2026



Experience Greece in the heart of Pasadena

Fri 9/18 5-10 pm  
Sat 9/19 12-10 pm  
Sun 9/20 12-10 pm

Food - Dancing - Live Music - Shopping

St. Anthony Greek Orthodox Church  
778 S Rosemead Blvd, Pasadena, CA 91107  
FREE Parking at Santa Anita Race Track Parking Gate 6



BE GREEK

## 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

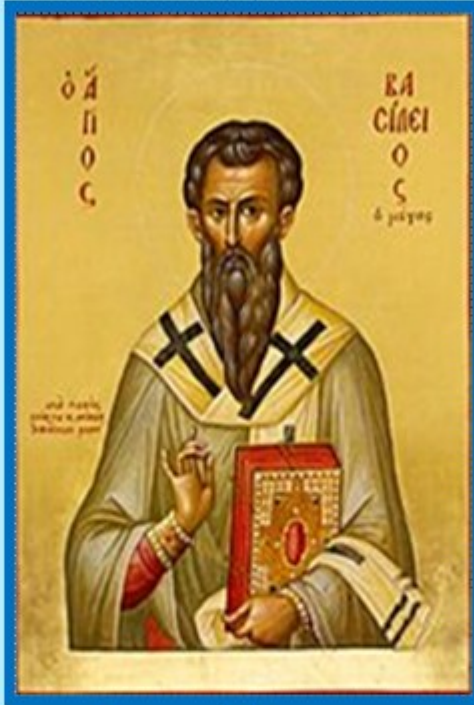
January 2026

[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)

Priest's Message	2
Stewardship	5
Ministries	7
Parish Council Report	9
Sunday School	10
Youth/Young Adults	11
Philoptochos	14
VIPs	25
Community News, etc.	27
Monthly Lesson	32
Saints of the Month	34
Orthodox Calendar	40

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

### Reconditioning Ourselves

*And behold, the Lord passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire; but the Lord was not in the fire; and after the fire a still small voice. I Kings 19: 11-12*

In a room full of people, the loudest voice is the one that is heard. In a group full of singers, the one closest to the microphone is the one that is heard the most. The world is trying to recondition us, by drowning out God's voice. The world has redefined the Sabbath—it is no longer holy. Sundays used to be preserved for worship and family. Now Sunday is a sports day, the number of people who worship each week nationwide is down, and the family unit is being ripped apart. The world has redefined marriage. Yes, there is the whole same-sex marriage argument, but it's even more than that. People live together without being married, which undermines love and commitment, and ultimately intimacy. It's the ultimate expression of "I'm not sure you are really enough." It is now a convenient acceptance rather than complete acceptance. We've redefined the sanctity of life, by making it easy to terminate a life that is not wanted. In fact, we demand and celebrate our ability to do this. Life, when it begins, how it ends, and what we do with it, is not seen as holy, *but as disposable*. This is why so many people are so reckless. We're trying to redefine gender, as if God makes mistakes, or as if God didn't deliberately create two distinct genders. We are redefining intelligence. You can now type in a request and some artificial intelligence will write your term paper or Sunday sermon in the way it wants to.

We are created after God's image and likeness, with God-giving intelligence that is real and not artificial. We are abrogating our intelligence in a way that doesn't show humility but rather shows laziness, so as to let something else do the work. This will ultimately lead to even more anxiety thinking you are not good enough. And after we redefine intelligence, after we've redefined the Sabbath, marriage, life and gender, there will be nothing left to do but to redefine God as an entity that revolves around us, rather than the center around Whom we revolve. And what has this gotten us? We've never felt more isolation, loneliness, anxiety and shame. Because we've taken Him from the center and put ourselves in His place. And we've forgotten that real contentment and real intimacy comes from having Him at the center.

I've often used the analogy of the boiling frogs, who were either too ignorant or too lazy to jump out of the pot of water they were in until it was too late and they boiled to death. We're at this point in our society. We're about to boil. So we need to turn the heat down and jump out, before we're all cooked. And we need to jump not to another political cause or protest about our perceived rights. We need to jump to Jesus, the light that shines in the darkness, that no darkness can overtake. This is the only way to turn down the boiling water and make it tranquil once again.

I did an exercise with our staff at summer camp called "**Letters to Jesus.**" Each person wrote a short letter to Jesus. We put them in a pile, no names on them, then we each took a letter - not our own - and we read them aloud as a prayer. This exercise was heart-breaking because of the sorrowful things written. But more than that, it was refreshing, because it was so honest and so raw. This too, was an intimate moment, because it was safe and honest, and it put Him at the center. Having just celebrated the Resurrection, perhaps you can take out a piece of paper and write your own letter to Jesus. Tell Him how you really feel about Him, and about life. And ask Him, in your letter, to move you towards a state of contentment, so that you will feel like He is enough, you will feel like you are enough, and so that you can feel like it is enough. And this will be a valuable first step towards getting to the place where you are "always blessed."

The loudest voice wins.. The voices of the endless news cycle, the voices of discontentment, the voices that make us feel we have to keep up, and the internal voice that makes us feel anxious and isolated - none of these voices can match the voice of the Lord if we let Him be the loudest voice. Here's the thing though, Elijah heard God's voice we are told, in I Kings 19, not in the strong wind, or in an earthquake, or in a raging fire. He heard God in a small voice. I saw God at summer camp, not in the busyness of the schedule, not in the disappointments and challenges, not even in the frivolity and fun. I saw God in the faces of others when there was no agenda, when there was intimacy, when there was complete acceptance. And I saw God when I stopped looking down at my schedule and my agenda and when I looked up and saw Him in His majesty.

*Hear my prayer, O Lord; give ear to my supplications!*

*In Thy faithfulness answer me in Thy righteousness!*

*Enter not into judgment with Thy servant; for no man living is righteous before Thee.*

*For the enemy has pursued me; he has crushed my life to the ground;  
he has made me sit in darkness like those long dead.*

*Therefore my spirit faints within me; my heart within me is appalled.*

*I remember the days of old, I meditate on all that Thou hast done;  
I muse on what Thy hands have wrought.*

*I stretch out my hands to Thee; my soul thirsts for Thee like a parched land.*

*Make haste to answer me, O Lord! My spirit fails!*

*Hide not Thy face from me, lest I be like those who go down to the Pit.*

*Let me hear in the morning of thy steadfast love, for in Thee I put my trust.*

*Teach me the way I should go, for to Thee I lift up my soul.*

*Deliver me, O Lord, from my enemies! I have fled to Thee for refuge!*

*Teach me to do Thy will, for Thou art my God!*

*Let Thy good spirit lead me on a level path!*

*For Thy name's sake, O Lord, preserve my life!*

*In Thy righteousness bring me out of trouble!*

*And in Thy steadfast love cut off my enemies,  
and destroy all my adversaries, for I am Thy servant.*

### Psalm 143

We can only control our own lives.

Think about the things in your life  
that need some reconditioning  
so that you are more  
**Christ-centered.**

## Saints & Feasts

### Sunday of the Paralytic - 3 May

Close to the Sheep's Gate in Jerusalem, there was a pool, which was called the Sheep's Pool. It had round about it five porches, that is, five sets of pillars supporting a domed roof. Under this roof there lay very many sick people with various maladies, awaiting the moving of the water. The first to step in after the troubling of the water was healed immediately of whatever malady he had.

It was there that the paralytic of today's Gospel was lying, tormented by his infirmity of thirty-eight years. When Christ beheld him, He asked him, *"Wilt thou be made whole?"* And he answered with a quiet and meek voice, *"Sir, I have no man, when the water is troubled, to put me into the pool."*

The Lord said unto him, *"Rise, take up thy bed, and walk."* And straightaway the man was made whole and took up his bed. Walking in the presence of all, he departed rejoicing to his own house.

According to the expounders of the Gospels, the Lord Jesus healed this paralytic during the days of the Passover, when He had gone to Jerusalem for the Feast, and dwelt there teaching and working miracles.

According to Saint John the Evangelist, this miracle took place on the Sabbath.



### Sunday of the Samaritan Woman - 10 May

One of the most ancient cities of the Promised Land was Shechem, also called Sikima, located at the foot of Mount Gerazim. There the Israelites had heard the blessings in the days of Moses and Jesus of Navi. Near to this town, Jacob, who had come from Mesopotamia in the nineteenth century before Christ, bought a piece of land where there was a well. This well, preserved even until the time of Christ, was known as Jacob's Well. Later, before he died in Egypt, he left that piece of land as a special inheritance to his son Joseph (Genesis 49:22). This town, before it was taken into possession by Samaria, was also the leading city of the kingdom of the ten tribes. In the time of the Romans it was called Neapolis, and at present Nablus.

When our Lord Jesus Christ, then, came at midday to this city, which is also called Sychar (John 4:5), He was wearied from the journey and the heat, and He sat down at this well. After a little while the Samaritan woman mentioned in today's Gospel passage came to draw water. As she conversed at some length with the Lord and heard from Him secret things concerning herself, she believed in Him; through her many other Samaritans also believed.

Concerning the Samaritans we know the following: In the year 721 before Christ, Salmanasar (Shalmaneser), King of the Assyrians, took the ten tribes of the kingdom of Israel into captivity, and relocated all these people to Babylon and the land of the Medes. From there he gathered various nations and sent them to Samaria.



## Sunday of the Samaritan Woman - *continued*

These nations had been idolaters from before. Although they were later instructed in the Jewish faith and believed in the one God, they worshipped the idols also. Furthermore, they accepted only the Pentateuch of Moses, and rejected the other books of Holy Scripture. Nonetheless, they thought themselves to be descendants of Abraham and Jacob. Therefore, the pious Jews named these Judaizing and idolatrous peoples Samaritans, since they lived in Samaria, the former leading city of the Israelites, as well as in the other towns thereabout. The Jews rejected them as heathen and foreigners, and had no communion with them at all, as the Samaritan woman observed, *"the Jews have no dealings with the Samaritans"* (John 4:9). Therefore, the name Samaritan is used derisively many times in the Gospel narrations.

After the Ascension of the Lord, and the descent of the Holy Spirit at Pentecost, the woman of Samaria was baptized by the holy Apostles and became a great preacher and Martyr of Christ; she was called **Photini**, and her feast is celebrated on **February 26**.

## Sunday of the Blind Man - 17 May

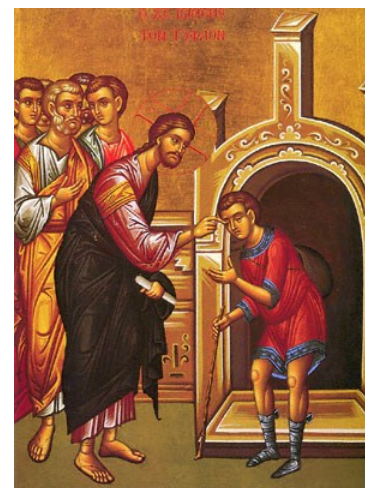
The Lord Jesus was coming from the Temple on the Sabbath, when, while walking in the way, He saw the blind man mentioned in today's Gospel. This man had been born thus from his mother's womb, that is, he had been born without eyes. When the disciples saw this, they asked their Teacher, *"Who did sin, this man, or his parents, that he was born blind?"*

They asked this because when the Lord had healed the paralytic at the Sheep's Pool, He had told him, *"Sin no more, lest a worse thing come unto thee"* (John 5:14); so they wondered, if sickness was caused by sin, what sin could have been the cause of his being born without eyes. But the Lord answered that this was for the glory of God. Then the God-man spat on the ground and made clay with the spittle. He anointed the eyes of the blind man and said to him, *"Go, wash in the Pool of Siloam."* Siloam (which means "sent") was a well-known spring in Jerusalem used by the people for its waters, which flowed to the eastern side of the city & collected in this large pool called Siloam.

Therefore, the Savior sent the blind man to this pool that he might wash his eyes, which had been anointed with the clay-not that the pool's water had such power, but that the faith and obedience of the one sent might be made manifest, and that the miracle might become more remarkable and known to all, and leave no room for doubt.

Thus, the blind man believed in Jesus' words, obeyed His command, went and washed himself, and returned, no longer blind, but having eyes and seeing.

This was the greatest miracle that our Lord had yet worked; as the man healed of his blindness himself testified, *"Since time began, never was it heard that any man opened the eyes of one that was born blind,"* although the Lord had already healed the blind eyes of many. Because he now had eyes, some even doubted that he was the same person (John 9:8-9).



## Holy Ascension - 21 May

The Lord Jesus passed forty days on earth after His Resurrection from the dead, appearing continually in various places to His disciples, with whom He also spoke, ate, and drank, thereby further demonstrating His Resurrection. On this Thursday, the fortieth day after Pascha, He appeared again in Jerusalem. After He had first spoken to the disciples about many things, He gave them His last commandment, that is, that they go forth and proclaim His Name to all nations, beginning from Jerusalem. But He also commanded them that for the present, they were not to depart from Jerusalem, but to wait there together until they receive power from on high, when the Holy Spirit would come upon them.

Saying these things, He led them to the Mount of Olives, and raising His hands, He blessed them; and saying again the words of the Father's blessing, He was parted from them and taken up. Immediately a cloud of light, a proof of His majesty, received Him. Sitting thereon as though on a royal chariot, He was taken up into Heaven, and after a short time was concealed from the sight of the disciples, who remained where they were with their eyes fixed on Him. At this point, two Angels in the form of men in white raiment appeared to them and said, *"Ye men of Galilee, why stand ye gazing up into Heaven? This same Jesus, Who is taken up from you into Heaven, shall so come in like manner as ye have seen Him go into Heaven"* (Acts 1:11). These words, in a complete and concise manner, declare what is taught in the Symbol of Faith concerning the Son and Word of God.

Therefore, having so fulfilled all His dispensation for us, our Lord Jesus Christ ascended in glory into Heaven, and sat at the right hand of God the Father. As for His sacred disciples, they returned from the Mount of Olives to Jerusalem, rejoicing because Christ had promised to send them the Holy Spirit.

It should be noted that the Mount of Olives is a Sabbath's day journey from Jerusalem, that is, the distance a Jew was permitted to walk on the day of the Sabbath. Ecumenius writes, *"A Sabbath day's journey is one mile in length, as Clement says in his fifth Stromatis; it is two thousand cubits, as the Interpretation of the Acts states."* They draw this conclusion from the fact that, while they were in the wilderness, the Israelites of old kept within this distance from the Holy Tabernacle, whither they walked on the Sabbath day to worship God.



## Saints Constantine & Helen - 21 May

This great and renowned sovereign of the Christians was the son of Constantius Chlorus (the ruler of the westernmost parts of the Roman empire), and of the blessed Helen. He was born in 272. In 306, when his father died, he was proclaimed successor to his throne. In 312, on learning that Maxentius and Maximinus had joined forces against him, he marched into Italy, where, while at the head of his troops, he saw in the sky after midday, beneath the sun, a radiant pillar in the form of a cross with the words: *"By this shalt thou conquer."* The following night, our Lord Jesus Christ appeared to him in a dream and declared to him the power of the Cross and its significance. When he arose in the morning, he immediately ordered that a banner be made in the form of a cross, and he inscribed on it the Name of Jesus Christ. On the 28th October, he attacked and conquered Maxentius. The following day, Constantine entered Rome in triumph and was proclaimed Emperor of the West, while Licinius, his brother in-law, ruled in the East. But out of malice, Licinius later persecuted the Christians. Constantine fought him and destroyed him in 324, He became monarch over the West and the East. Under him and because of him all the persecutions against the Church ceased. Christianity triumphed and idolatry was overthrown.

In 325 he gathered the First Ecumenical Council in Nicaea, which he himself personally addressed. In 324, in Byzantium, he laid the foundations of the new capital of his realm, and solemnly inaugurated it on May 11, 330, naming it after himself, Constantinople. in 336.

Falling ill near Nicomedia, he requested to receive divine Baptism, according to Socrates and when he had been deemed worthy of the Holy Mysteries, he reposed in 337, on May 21, the day of Pentecost. He lived sixty-five years, of which he ruled for thirty-one years. His remains were transferred to Constantinople and were deposited in the Church of the Holy Apostles, which had been built by him.

As for his holy mother Helen, after her son had made the Faith of Christ triumphant throughout the Roman Empire, she undertook a journey to Jerusalem and found the Holy Cross on which our Lord was crucified. After this, Saint Helen, in her zeal to glorify Christ, erected churches in Jerusalem at the sites of the Crucifixion and Resurrection, in Bethlehem at the cave where our Savior was born, on the Mount of Olives whence He ascended into Heaven, and many other sites throughout the Holy Land and Cyprus. Two cities were named Helenopolis after her in Bithynia and in Palestine. Having been thus glorified for her piety, she departed to the Lord at about eighty years of age, in the year 330 .



## Pentecost – 31 May

After the Savior's Ascension into the Heavens, the eleven Apostles and the rest of His disciples, the God-loving women who followed after Him from the beginning, His Mother, the most holy Virgin Mary, and His brethren. All together about 120 souls returned from the Mount of Olives to Jerusalem.

Entering into the house where they gathered, they went into the upper room, and there they persevered in prayer and supplication, awaiting the coming of the Holy Spirit, as their Divine Teacher had promised them. In the meanwhile, they chose Matthias, who was elected to take the place of Judas among the Apostles.

Thus, on this day, the seventh Sunday of Pascha, the tenth day after the Ascension and the fiftieth day after Pascha, at the third hour of the day from the rising of the sun, there suddenly came a sound from Heaven, as when a mighty wind blows, and it filled the whole house where the Apostles and the rest with them were gathered. Immediately after the sound, there appeared tongues of fire that divided and rested upon the head of each one.

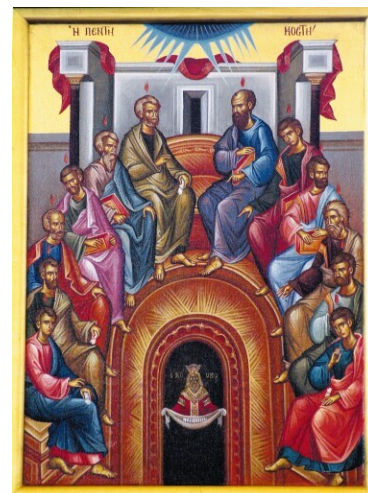
Filled with the Spirit, all those present began speaking not in their native tongue, but in other tongues and dialects, as the Holy Spirit instructed them.

The multitudes that had come together from various places for the feast, most of whom were Jews by race and religion, were called Parthians, Medes, Elamites, and so forth, according to the places where they dwelt. Though they spoke many different tongues, they were present in Jerusalem by divine dispensation.

When they heard that sound that came down from Heaven to the place where the disciples of Christ were gathered, all ran together to learn what had taken place. But they were confounded when they came and heard the Apostles speaking in their own tongues.

Marveling at this, they said one to another, *"Behold, are not all these which speak Galileans? And how hear we every man in our own tongue, wherein we were born?"* But others, because of their foolishness and excess of evil, mocked the wonder and said that the Apostles were drunken.

Then Peter stood up with the eleven, and raising his voice, spoke to all the people, proving that that which had taken place was not drunkenness, but the fulfillment of God's promise that had been spoken by the Prophet Joel: *"And it shall come to pass in the last days, that I shall pour out of My Spirit upon all flesh, and your sons and daughters shall prophesy"* (Joel 2:28), and he preached Jesus of Nazareth unto them, proving in many ways that He is Christ the Lord, Whom the Jews crucified but God raised from the dead.



# Orthodox Calendar

## MAY 2026

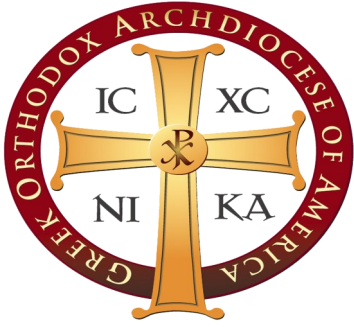
SUN	MON	TUE	WED	THU	FRI	SAT
					1  Golf Tournament	2
3 <b>SUNDAY OF THE PARALYTIC</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	4 4:30 Greek School	5	6  7pm Union Station Philoptochos <b>MID-PENTECOST</b>	7 4:30 Greek School	8  GOYA Volleyball Tournament	9
10 <b>SUNDAY OF THE SAMARITAN WOMAN</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	11 4:30 Greek School	12 10:30 am VIP Meeting 7pm Philoptochos Board Meeting	13 	14 4:30 Greek School	15  Philoptochos Trunk Treasures	16
17 <b>SUNDAY OF THE BLIND MAN</b> 8:45am Orthros 10am Divine Liturgy Last day of Sunday Sch. Indoor & Live-stream	18 4:30 Greek School 7pm Philoptochos Benefit Planning Committee Mtg.	19 7pm Parish Council Mtg	20 	21 <b>HOLY ASCENSION</b> <b>SAINTS CONSTANTINE AND HELEN</b> 4:30 Greek School	22 	23
24 <b>FATHERS OF THE FIRST COUNCIL</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	25 Memorial Day 	26	27 	28 4:30 Greek School	29 	30 <b>SATURDAY OF THE SOULS</b> 9am Orthros 10am Divine Lit.
31 <b>HOLY PENTECOST</b> 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs 	Fish, Wine & Oil Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed; Refrain from Meat 	Fast Free All foods allowed  No Symbol

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Greek Orthodox Community  
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May 2026

POSTAGE  
STAMP

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.*

**CHURCH  
should be the reason  
you miss everything  
else. Not everything  
else the reason you  
miss CHURCH.**