

The Voice of Saint Anthony

Saint Anthony Greek Orthodox Church Monthly Newsletter

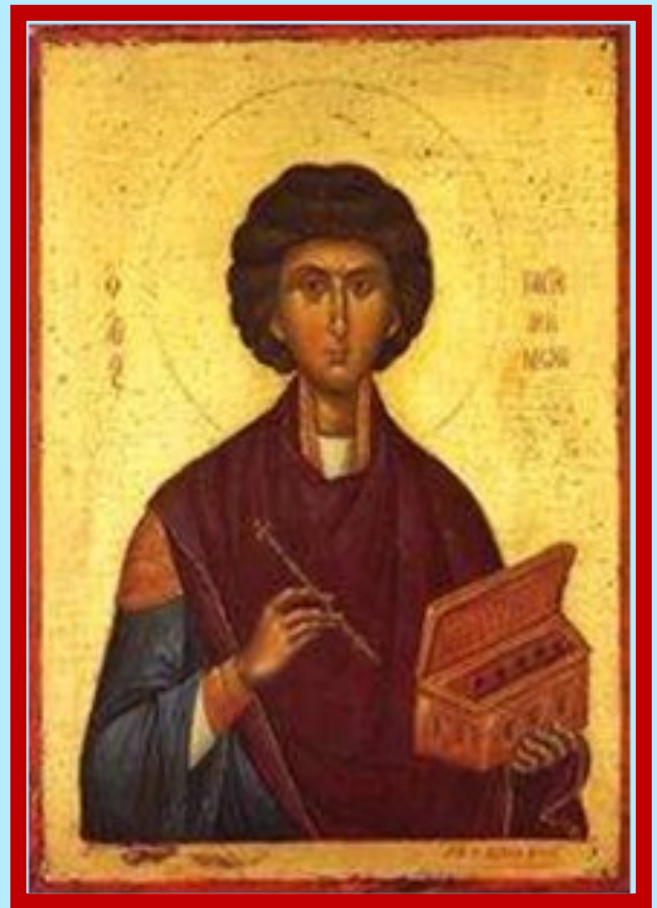
www.saint-anthonys.org

July 2026

(626) 449-6943 Office

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**Panteleimon
Great Martyr
27 July**

Saints Cosmas & Damian	01 July
Saint Kyriaki - Great Martyr	07 July
Euphemia the Great Martyr	11 July
Olga—Equal to the Apostles	11 July
Marina of Antioch	17 July
Saint Prophet Elias	20 July
Mary Magdalene	22 July
Christina the Great Martyr	24 July
Dormition of Anna	25 July
Paraskeue of Rome	26 July
Panteleimon - Great Martyr	27 July

***DEADLINE for the
AUGUST Newsletter is
SATURDAY, 25 JULY***

***Please send input to:
newsletter_church@aol.com***

Message from Father Peter

Beloved Parishioners:

What is the most precious gift you have ever received? For Christians, two gifts rank as the highest, the gift of **Christ** and the gift of the **Spirit**. Most frequently we talk about the gift of Christ. A verse we probably quote the most is John 3:16: *"For God so loved the world that He gave His only Son."* But the gift of the Spirit also has tremendous significance for the life of the Church as well as our personal lives.

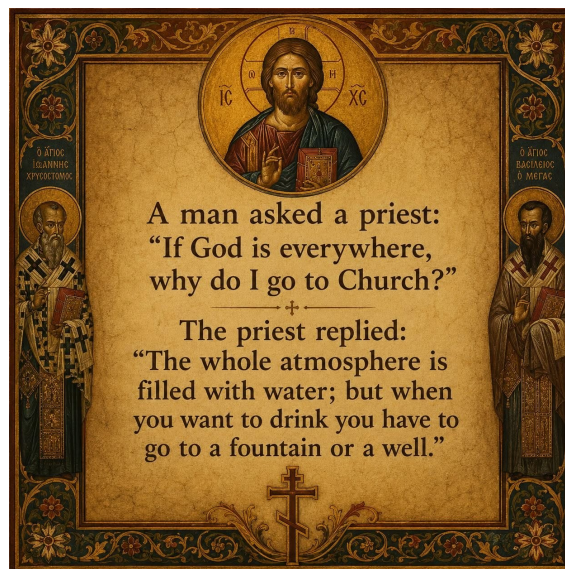
Christ taught that if earthly fathers like to give gifts to their children, "how much more, then, will the Father in heaven give the Holy Spirit to those who ask Him" (Luke 11:13). When Christ was speaking of His departure from the world to His disciples, He promised them the gift of the Spirit as the Paraclete (Advocate, Comforter, Helper, and Guide, (John 14:16,26; 15:26; 16:7). The Father gives the Spirit. Christ also in His divine nature gives the Spirit. *"And I myself will send upon you what my Father has promised. But you must wait in the city until the power from above comes down upon you"* (Luke 24:49). The apostles could carry on Christ's mission only by being empowered by the **Holy Spirit**.

The Church Fathers and Saints have much to say about the person and work of the Spirit. St. Basil taught that the whole life of the Church was energized and guided by the Spirit. St. Symeon the New Theologian spoke of the necessity of a new birth, a "second baptism" of the Holy Spirit as the real basis of adult Christian life, particularly for those Christians who have covered over baptismal grace by many sins. St. Seraphim of Sarov used to say that acquiring the Holy Spirit is the main goal of Christian life and that by acquiring the Spirit thousands of others are converted.

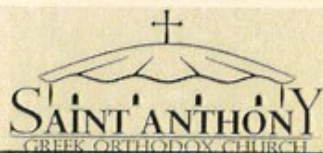
Let me conclude with a beautiful prayer (hymn) which describes the gifts of Christ and the Holy Spirit after His glorious Resurrection:

"In the latter times, late in the evening of the Sabbath, You came and stood amidst Your friends O Christ, and by wondrous deeds, the entrance doors being closed, You confirmed the miracle of Your Resurrection from the dead. And you filled the disciples with joy. You gave them the Holy Spirit and dispensed to them the power of forgiveness of sins. And You did not leave Thomas to be overcome by turbulent waters of unbelief. Therefore, O Merciful Lord grant us also true knowledge and forgiveness of our transgressions. Amen.

In Christ,
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

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



Commitment of Time and Talents



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

Council of Ministries

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

Parish Events

_____ Palm Sunday Luncheon	_____ Resurrection Magiritsa	_____ Summer Family Picnic
_____ Pasadena Golf Classic	_____ Dinner	_____ Other
_____ Pasadena Greek Fest	_____ Saint Anthony Feast Day	

Name _____ Email _____ Phone _____

Name _____ Email _____ Phone _____

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

Maria Prantzikou – Office Administrator
Alma Vorgias – Part time Office Admin.



CUSTODIAL STAFF

Carlos Sosa



CHANTER

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**ADDITIONAL MINISTRIES****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

Acolytes

Pres Aida Stratos

Bible Study

Fr. Peter Stratos

Bookstore

TBD

Bowling

Anthia Drulias Lucas

Choir

TBD

Golf Tournament

Jimmy Christos

GOYAAnthia Drulias Lucas
Polly Vagenas**GOYA Basketball**

Pana Gelt

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

Nikole Zoumberakis

Greek Festival

Christian Balas

Greek Language

Anastasia McClain

JOY/HOPE

Irene Albeck

Myrrh Bearers

Irene Albeck

Oratorical Festival

Pres Aida Stratos

Prayer Shawls

Maria Kypreos

Psalter Group

Fr. Peter Stratos

Vacation Bible SchoolSophia Syrengelas
Mary Udria**VIPs**Bessie Kouvara
Thean Grafos

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.
- ♦ PLEASE NOTE that only baptized/Chrismated Orthodox Christians may receive the Sacrament of Holy Communion. At the end of the Divine Liturgy, you are welcome to receive the Holy Bread.
- ♦ All Orthodox Christians must be spiritually prepared to receive the Sacrament of Holy Communion. Please see your priest if you have any questions.



"Let the
little children
come to me"

MATTHEW 19:14

Youth & Young Adults

**PLEASE RETURN ALL
ST. ANTHONY GOYA BASKETBALL UNIFORMS**



Anthia Lucas is requesting that all St. Anthony GOYA Basketball uniforms be returned to the St. Anthony church office as soon as possible! Uniforms need to be inventoried and stored in the basement for next year.

Thank you!

Always pray to have
eyes that see the
best in people,
A heart that forgives
the worst,
A mind that forgets
the bad,
And a soul that never
loses faith in God.

It's not what you hear but what you do that counts.
It's not the result that matters as much as the intention.
Hear, do, have good intentions, and God will be honored.
In turn, He will honor you.

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 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.”

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**

FRIENDS IN DEED

Philoptochos members Mary Dewar and Connie Becker continue to purchase and drop off requested food items like cereals for its food pantry.

QUIET ROOM RENOVATION

Philoptochos has begun an improvement project to update the quiet room (aka bride's room) in church.

Community Happenings

May General Meeting – *Flower Arranging with Poppy*

On May 27, 2026 in the Trinity Ballroom, Philoptochos and parish members gathered for a hands-on evening of creativity and community. Poppy Askew, Philoptochos member and owner/designer of Poppy Lavender Florals in Los Angeles, guided guests in creating a beautiful floral centerpiece using selected seasonal blooms and arrangement techniques.



Community Happenings *continued*

June General Meeting – Year-End Dinner & Scholarship Presentations

Our Year-End Dinner was held on Wednesday, June 18th at the lovely Foothill Restaurant, thanks to the generous support of Jim Christos. For over 50 years guests have celebrated the scholarship recipients and the philanthropic work of the Philoptochos of Saint Anthony.

Presvytera Aida Stratos presented the scholarship awards to high school graduating seniors in recognition of their achievements in school, community, and the church.

2026 Philoptochos High School Scholarship recipients:

Alexander Vagenas	Arcadia High School
Colton Cerin	California School of the Arts
Emelia Lagousis	Mayfield Senior High
Katerina Nastri	La Canada High School
Madison McNulty	San Marino High School
Nancy McNulty	San Marino High School
Niko Lareau	Maranatha High School
Sophia McNulty	San Marino High School



Community Happenings *continued*

The 2026 Patzakis Scholarship recipients recognized at this dinner were as follows:

Susan Giokaris Patzakis Nursing Scholarships

Sophia McNulty

The newest recipient of this scholarship. She will be attending Texas Christian University in the fall to pursue a degree in Nursing.

Katia Stavropoulos

A third-year scholarship recipient and will graduate at the end of fall semester from Azusa Pacific University with a Bachelor of Science in Nursing and a Bachelor in Honors Humanities with a Minor in Psychology.

In Memory of John and Afrati Patzakis Medical Studies' Scholarship

Maria Wojcik

A continuing recipient. Maria graduated from San Diego State University with a Bachelor degree in Sports Medicine. She will begin her postgraduate studies at the University of Georgia, working on a Master's degree in Sports Medicine.

This financial and academic support is most generously facilitated through the vision, commitment and generosity of **Dr. Michael Patzakis** who has provided our youth with this much appreciated support.



Dr. Patzakis with Sophia and Katia at the Scholarship Dinner

As part of our **Operation Classroom** ministry, St. Anthony Philoptochos will be collecting school supplies for **Foothill Unity Center**. We will have a container in the hall where you can leave your donations. We would also welcome monetary donations which will be used to purchase supplies.

The last day to bring donations is **Sunday, July 12th**.
Thank you in advance for your generosity.



ANNUAL BACK-TO-SCHOOL SUPPLY DRIVE

Our annual Back-to-School event helps **2,000 students** from TK to college start the school year with confidence. Support local students by donating the following essential school supplies:

- Backpacks
- Pencil Boxes
- Blunt-Tip Scissors
- Glue Sticks
- Rulers
- Spiral Notebooks (Wide-Ruled)
- Spiral Notebooks (College-Ruled)
- Composition Notebooks
- Binder Dividers (5-Tab)
- Filler Paper (College-Ruled)
- Crayons
- Washable Markers
- Colored Pencils
- Pens (Red, Blue & Black)
- Pencils
- Mechanical Pencils
- Erasers
- Highlighters
- Binders (1.5" or 2")

DROP OFF: 790 W. Chestnut Ave. Monrovia, CA 91016

SCAN TO DONATE TODAY
Or visit: foothillunity.org/bts



Foothill Unity Center, Inc.
HELPING PEOPLE. CHANGING LIVES.

Upcoming Philoptochos Meetings

We wish you a fun and restful summer!

Next Board Meeting - Wednesday, **September 9, 2026** (tentative)
General Meeting/Welcome Back - Wednesday, **September 23, 2026** (tentative)



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos
Instagram: stanthonypiloptochos

Join Philoptochos!

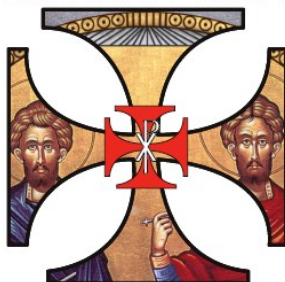
All are welcome to become members or associate members of our group to help those in need.
Renew or Join now by Mail or Online!

For questions, contact Carolina and Sophia at panagiaphiloptochosmembership@gmail.com

To register for membership online, click on this link:

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

PHILOPTOCHOS



WHY JOIN PHILOPTOCHOS

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

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

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

"Members are the foundation, heart and soul of our organization and the talents and gifts our members contribute are the sparks that light the flame of love and service for the underprivileged and the needy by their participation and actions."

(Former Philoptochos National President Aphrodite Skeadas).

Each member's \$50 stewardship supports our:

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

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

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

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

or visit the Membership table on Sundays after Divine Liturgy

General Membership:

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

Associate Membership (non-voting):

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

Thank you for your partnership and for helping our community!



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

PHILOPTOCHOS MEMBERSHIP FORM

☐ 2026 Philoptochos Membership ☐ 2026 Associate Membership (Men / Non-Voting) Date _____

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:			
___ Feeding the Hungry	___ Hosting Fellowship	___ Marketing	
___ Delivering Meals to Parishioners	___ Baking & Cooking	___ Website Designer	
___ Homebound Visitations	___ Fundraising	___ Other Talents	
___ Telephone Tree	___ Social Media	___ 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



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	

VIPs

On June 9th the VIP meeting was called to order at 11:00 am by president Irene Albeck with the opening prayer led by Stavroula Kiotas. As a very important activity of this month's meeting was to elect a new slate of officers, Irene began her report by giving a brief discussion on the qualities of good leadership.

Irene presented a synopsis of the report she gave at the general assembly on June 7th which summarized the activities VIPs have enjoyed and participated in throughout the last 2 years including guest speakers with craft projects like flower arranging, outings to homes for holiday celebrations at Christmas and Lent, excursions to Citrus College and the San Gabriel Civic Playhouse for theatrical productions, and chair aerobic exercise sessions for the promotion of physical wellbeing. Additionally, the VIPs have given their time and talent in producing baked goods like koulourakia which were sold to raise money for worthy causes like the Foothill Unity Center and our Metropolis Kids 'N Cancer Ministry.

On May 30th, the VIPs participated in the final Saturday of the Souls for this year by remembering the names in prayer of our members who have departed this life throughout the years.

At the conclusion of Irene's report and the Treasurer's report, we offered condolences to Sam Pegadiotes for his brother George who had recently departed this life.

New members at this meeting were introduced to our membership: Voula Eliopoulos, Helen Ellis, and Voula Stavropoulos.

Activity Coordinator Judie Christopoulos discussed visiting the Wrigley Mansion on Orange Grove Boulevard, which is the headquarters of the Pasadena Tournament of Roses. A possible date to visit the mansion would be June 25th. A number of our members have expressed an interest in participating in this excursion.

Another excursion being explored is a visit to the Yaamava Resort and Casino.

Thean Grafos shared that Tania Grafos and Zoe Vidalakis, directors of the Pasadena Civic Ballet, were offering discounted tickets for our members to attend a showing of "NIGHT AT THE MUSEUM" on Saturday, June 13th. More information about this outing will be provided via e-mail.

Birthday greeting were rendered to our June celebrants in attendance : **Helen Damilatis**, whose daughter Maria attended the meeting to honor her mother, **Bessie Kouvara**, **Rose Linardos**, and **Aleko Vagenas**. **Maria Prantzikou** also celebrates her birthday in June but was unable to join us for the celebration.. She is now our new church secretary, keeping very busy at her desk, managing the church office.

MANY HAPPY RETURNS TO OUR HONORED GUESTS!!

At this time, nominations were accepted for the office of VIP President. Bessie Kouvara and Thean Grafos were nominated and accepted their nominations if they would be allowed to serve as co-presidents. With there being no further individual nominations, the ladies were elected unanimously. All other officers were willing to remain in their current positions, with Irene Albeck now willing to assume the duties of recording secretary.

Following the elections, a delicious luncheon was enjoyed by all!

On June 25th, seven of our members actually did make it to the Wrigley Mansion, home of the Pasadena Tournament of Roses. With an informative presentation preceding the tour of the mansion, we received a great deal of information in 2-1/2 hours by our knowledgeable docent regarding how the Pasadena Rose Parade, and the Rose Bowl Football Game were conceived. This architectural gem in Pasadena is something that we should all take the opportunity to visit!

The VIPs wish all of our fellow parishioners a wonderful July 4th holiday and safe travels to all who are vacationing in July.

Jim Hronas, VIP Communications

The VIPs wish all of our fellow parishioners a wonderful July 4th holiday and safe travels to all who are vacationing during the month of July.

Jim Hronas

VIP Communications



Community News & more...

Upcoming Church Festivals - 2026



July

Redondo 7/10 - 12

September

Long Beach 9/5 - 7

Covina 9/12 - 13

Pasadena 9/18 - 20

SanJuanCapo 9/26 - 27

October

Los Angeles 10/2 - 4



ST. ANTHONY BOWLING LEAGUE



The fall season of bowling will begin on Thursday September 3rd.

Interested bowlers need to be 18 years of age or older.

All skill levels of bowling are welcome!

The league will be 12 weeks long and will end on Thursday, November 19th.

If you are interested in participating, please contact:

Anthia Drulias-Lucas
(626) 274-6133
ADLJSL02@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



We're thrilled to invite you to the Pasadena Greek Fest,
taking place September 18–20, 2026!

Join us for authentic Greek cuisine, lively traditional dancing, handcrafted cocktails, and fun for the entire family. We look forward to sharing a weekend of great food, culture, and celebration with you, and we can't wait to see you there!

PASADENA GREEK FEST SEP 18-20 2026

We can't believe summer is here and
the 2026 Pasadena Greek Fest is right
around the corner!



We can't wait to see you on September 18 – 20, 2026
at the Pasadena Greek Fest! Please continue to
check out our **website** for more information!

Scan For Details



FEST HOURS

Friday 5PM - 10PM
Saturday Noon - 10PM
Sunday Noon - 10PM

ADMISSION

Weekend Pass \$10
One Day Pass \$5

PARKING

Shuttle available from Santa Anita Race
Track Parking Lot Gate 3.
Limited Handicap Accessible parking
available at Saint Anthony &
New Hope Korean Church
(after 2pm on Sunday)

2025 FEST FLASHBACKS

Church Tours, Greek Dancing,
Live Music & Community



Delicious homemade Greek food including
lamb chops, pork & chicken souvlaki,
pastitsio, gyros, Greek pastries,
Greek cocktails & so much more!



WEBSITE:

pasadenagreekfest.com

FACEBOOK:

facebook.com/pasadenagreekfest

INSTAGRAM:

[@pasadenagreekfest](https://instagram.com/pasadenagreekfest)

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

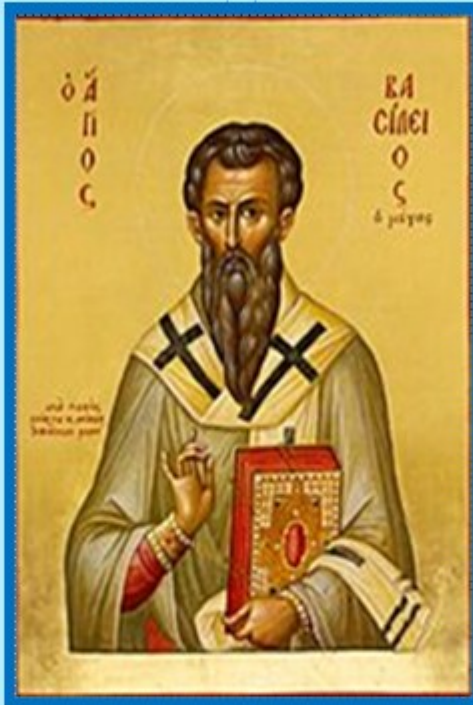
January 2026

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](mailto:newsletter_church@aol.com)

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Circumcision of Christ & Saint Basil	1 January
Holy Theophany/ Epiphany	6 January
Saint John the Baptist	7 January
St. Anthony the Great	17 January
Gregory the Theologian	25 January
Three Hierarchs	30 January

*If you would like the monthly newsletter mailed to your home
each month, please contact the Church office.*

626.449.6943

Monthly Lesson from Father Stavros Akrotirianakis

As Jesus walked by the Sea of Galilee, He saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And He said to them, "Follow Me, and I will make you fishers of men." Immediately they left their nets and followed Him. And going on from there He saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and He called them. Immediately they left the boat and their father, and followed Him. And He went about all Galilee, teaching in their synagogues and preaching the gospel of the kingdom and healing every disease and every infirmity among the people. Matthew 4: 18-23

Can you imagine what it must have been like to be on the boat with Peter and Andrew when Jesus called them to be Disciples, when He called them to leave their work, their families and their lives and follow Him? If you had been there, would you have gone eagerly or would you have gone below the deck and hope He didn't notice you?

The fact is that we are all on the boat with Peter and Andrew. Christ has called each of us to follow Him. And if we are called to follow, it means that we are asked to let Him lead us. Do we go willingly? Joyfully? Do we run away?

Christ has called each of us to be Disciples. "Disciple" literally means "student." So we are called to be His students, which means we are called to learn what it means to be a Christian. We are called to continually deepen our understanding of Christianity and to continually cultivate a relationship with Christ. Christ has called each of us to sacrifice. He has called each of us to put Him ahead of our families, careers and hobbies.

He has called each of us to serve one another in some way. Many serve through vocation—some serve as teachers, others as doctors, lawyers, and architects. Some serve through volunteer efforts—they coach youth sports, or lead scouting programs.

There are many people who have answered all of the calls described above. They follow, they let Him lead, they study, they sacrifice and they serve. However, there is one more critical characteristic of a disciple, and that is to share Christ with others. This is a place where we all fall short. Christ didn't just ask Peter and Andrew, James and John to follow. He told them that He would make them "fishers of men," meaning that they would "catch" people into the net of Christianity. Have you ever thought that being a "fisher of men" is an important part of our Christian call, to share Christ with others? Most of us think this is strictly the responsibility of the priest and the fact is, sharing Christ is not only something we all can and should do, it is something that we can and MUST do.

So, as you heard the Gospel lesson above, don't just think of it as a very short passage that talks about Christ calling His first disciples. Rather, hear it as a call to all people to follow Christ, to serve one another, and to actively work to spread the Gospel, to bring others to Christ, to become a fisher of men. For the call to be a Disciple is not only a call to follow. It is a call to lead.

Follow Christ and lead others to follow Him !



Saints & Feasts

Cosmas & Damian, Unmercenaries

1 July

These Saints, who are different from those who are celebrated on the 1st of November, were from Rome. They were physicians, freely bestowing healing upon beasts and men, asking nothing from the healed other than that they confess and believe in Christ. They ended their life in martyrdom in the year 284, under the Emperors Carinus and Numerian.



Kyriaki the Great Martyr

7 July

Saint Kyriaki was the daughter of Christian parents, Dorotheus and Eusebia. She was given her name because she was born on Sunday, the day of the Lord (in Greek, Kyriaki). She contested in Nicomedia during the reign of Diocletian, in the year 300. After many bitter torments she was condemned to suffer beheading, but being granted time to pray first, she made her prayer and gave up her holy soul in peace.



Euphemia the Great Martyr

11 July

In 451, during the reign of the Sovereigns Marcian and Pulcheria, the Fourth Ecumenical Council was convened in Chalcedon against Eutyches and those of like mind with him. After much debate, the Fathers who were the defenders of Orthodoxy, being 630 in number, agreed among themselves and with those who were of contrary mind, to write their respective definitions of faith in separate books, and to ask God to confirm the truth in this matter. When they had prepared these texts, they placed the two tomes in the case that held Saint Euphemia's relics, sealed it, and departed. After three days of night-long supplications, they opened the reliquary in the presence of the Emperor, and found the tome of the heretics under the feet of the Martyr, & that of Orthodox in her right hand.



Saint Olga, Equal to the Apostles**11 July**

Saint Olga, renowned for her wisdom and sobriety, in her youth became the wife of Igor, Great Prince of Kiev, who ruled during the tenth century. After her husband's death, she herself ruled capably, and was finally accepted the Faith of Christ. She traveled to Constantinople to receive Holy Baptism. The Emperor, seeing her outward beauty and inward greatness, asked her to marry him. She said she could not do this before she was baptized; she asked him to be her Godfather at the font, which he agreed to do. After she was baptized the Emperor repeated his proposal of marriage. She answered that now he was her father, through holy Baptism, it was unheard of for a man to marry his daughter. Gracefully accepting to be outwitted by her, he sent her back to her land with priests and sacred texts and holy icons. Her son Svyatoslav remained a pagan, but she planted the seed of faith in her grandson Vladimir. She reposed in peace in 969.

**Marina Holy & Great Martyr****17 July**

This Martyr lived during the reign of Claudius II (268-270). She was from Pisidia of Cilicia and was the only daughter of a certain priest of the idols. On being orphaned by her mother, she was handed over to a certain woman who instructed her in the Faith of Christ. When she was fifteen years old, she was apprehended by the ruler of Olmbrius, and when asked her name, homeland, and faith, she answered: "My name is Marina; I am the offspring of the Pisidia; I call upon the Name of my Lord Jesus Christ." Because of this she endured bonds, imprisonment, and many whippings, and was finally beheaded in the year 270. Saint Marina is especially invoked for deliverance from demonic possession.



Glorious Prophet Elias (Elijah)

20 July

Elias of great fame was from Thisbe, a town beyond the Jordan. He was of priestly lineage, a man of a solitary and ascetical character, clothed in a mantle of sheep skin, and girded about his loins with a leather belt. His name means "Yah is my God." His zeal for the glory of God was compared to fire, and his speech for teaching and rebuke was likened unto a burning lamp. From this too he received the name Zealot.

Therefore, set aflame with such zeal, he sternly reproved the impiety and lawlessness of Ahab and his wife Jezebel. He shut up heaven by means of prayer, and it did not rain for three years and six months. Ravens brought him food for his need when, at God's command, he was hiding by the torrent of Horrath. He multiplied the little flour and oil of the poor widow of Sarephtha of Sidon, who had given him hospitality in her home, and when her son died, he raised him up. He brought down fire from Heaven upon Mount Carmel, and it burned up the sacrifice offered to God before all the people of Israel, that they might know the truth. At the torrent of Kisson, he slew 450 false prophets and priests who worshipped idols and led the people astray. He received food wondrously at the hand of an Angel, and being strengthened by this food he walked for forty days and forty nights.

He beheld God on Mount Horeb, as far as this is possible for human nature. He foretold the destruction of the house of Ahab, and the death of his son Ohozas; and as for the two captains of fifty that were sent by the king, he burned them for their punishment, bringing fire down from Heaven.

He divided the flow of the Jordan, and he and his disciple Elisseus passed through as it were on dry land; and finally, while speaking with him, Elias was suddenly snatched away by a fiery chariot in the year 895 B.C., and he ascended as though into heaven, whither God most certainly translated him alive, as He did Enoch.

But from thence also, after seven years, by means of an epistle he reproached Joram, the son of Josaphat, as it is written:

"And there came a message in writing to him from Elias the Prophet, saying, Thus saith the Lord God of David thy father, Because thou hast not walked in the way," and so forth (II Chron. 21:12).

According to the opinion of the majority of the interpreters, this came to pass either through his disciple Elisseus, or through another Prophet when Elias appeared to them, even as he appeared on Mount Tabor to the disciples of Christ.



Mary Magdalene, the Holy Myrrh Bearer, Equal to the Apostles

22 July

Saint Mary was from Magdala in Galilee on the Sea of Tiberias, and for this was named Magdalene. When the Lord Jesus cast out seven demons from her, she became His faithful disciple, following Him and ministering unto Him even to the time of His crucifixion and burial. Then, returning to Jerusalem together with the rest of the Myrrh-bearers, she prepared the fragrant spices for anointing the body of the Lord. And on the Lord's day they came very early to the tomb, even before the Angels appeared declaring the Resurrection of the Lord. When Mary Magdalene saw the stone taken away from the tomb, she ran and proclaimed it to Peter and John. And returning immediately to the tomb and weeping outside, she was deemed worthy to be the first of the Myrrh-bearers to behold the Lord arisen from the dead, and when she fell at His feet, she heard Him say, "Touch Me not." After the Lord's Ascension, nothing certain is known concerning her. Some accounts say that she went to Rome and later returned to Jerusalem, and from there proceeded to Ephesus, where she ended her life, preaching Christ. "Madeleine" is a form of Magdalene.



Saint Christina

24 July

Saint Christina was from Tyre in Syria, the daughter of a pagan named Urban. Enlightened in her heart to believe in Christ, she broke her father's idols, made of gold and silver, and distributed the pieces to the poor. When her father learned this, he punished her ruthlessly, then cast her into prison. The rulers subjected her to imprisonments, hunger, torments, the cutting off of her breasts and tongue, and finally impalement, in the year 200, during the reign of the Emperor Septimius Severus.



Dormition of Saint Anna, mother of Theotokos

25 July

According to tradition, Anna, the ancestor of God, lived for sixty-nine years, and her spouse Joachim, for eighty; according to one account, Saint Joachim died two years before Saint Anna. The Theotokos had been orphaned of both her parents already when she was eleven years of age, when she was living in the Temple. Saint Anna is invoked for conceiving children, and for help in difficult childbirth.



Saint Paraskeve

26 July

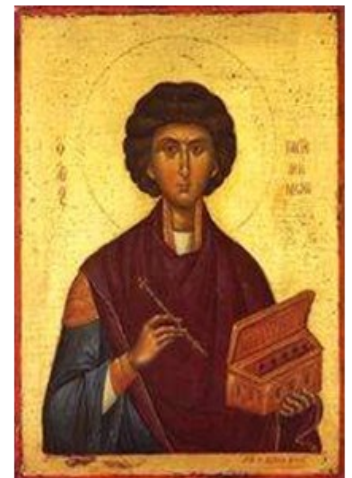
Saint Paraskeve, who was from a certain village near Rome, was born to pious parents, Agatho and Politia. Since she was born on a Friday (in Greek, Paraskeve), she was given this name, which means "preparation" or "preparedness" (compare Matt. 27:62, Mark 15:42, Luke 23:54, and John 19:31, where 'Friday' is called "the day of the preparation"). From childhood she was instructed in the sacred letters and devoted herself to the study of the divine Scriptures, while leading a monastic life and guiding many to the Faith of Christ. During the reign of the Emperor Antoninus Pius, she was apprehended because she was a Christian and was urged to worship the idols, but she answered with the words of Jeremias: "Let the gods that have not made heaven and the earth perish from off the earth" (Jer. 10:11). Because of this she endured exceedingly painful torments, and was beheaded year 140. The faithful pray to her for the healing of eye ailments.



Panteleimon, Great Martyr and Healer

27 July

This Saint, who had Nicomedia as his homeland, was the son of Eustorgius and Eubula. His father was an idolater, but his mother was a Christian from her ancestors. It was through her that he was instructed in piety, and still later, he was catechized and baptized in the Faith of Christ by Saint Hermolaus baptized by him. Being proficient in the physician's vocation, he practiced in a philanthropic manner, healing every illness more by the grace of Christ than by medicines. Thus, although his parents had named him Pantoleon ("in all things a lion"), because of the compassion he showed for the souls and bodies of all, he was worthily renamed Panteleimon, meaning "all-merciful." On one occasion, when he restored the sight of a certain blind man by calling on the Divine Name, he enlightened also the eyes of this man's soul to the knowledge of the truth. This also became the cause for the martyrdom of him who had been blind, since when he was asked by whom and in what manner his eyes had been opened. As did the blind man of the Gospel, this man confessed with boldness to both who the physician was and the manner of his healing. For this he was put to death immediately. Panteleimon was arrested also, and having endured many wounds, he was finally beheaded in the year 305, during the reign of Maximian.



Saint Panteleimon is one of the Holy Un-mercenaries, and is held in special honor among them.

Orthodox Calendar

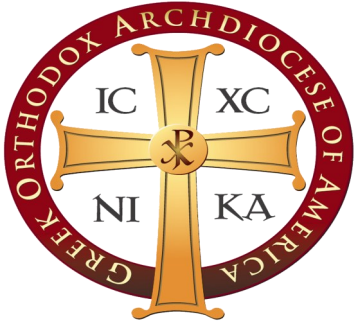
JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1  COSMAS & DAMIAN 6:30 Book Clun 7pm Union Station Philoptochos	2	3  	4 INDEPENDENCE DAY
5 5TH SUNDAY OF MATTHEW 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	6	7 SAINT KYRIAKI	8 	9	10 	11 SAINT EUPHEMIA SAINT OLGA
12 6TH SUNDAY OF MATTHEW 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	13 7pm PGF Meeting	14 10:30 am VIP Meeting 7pm Parish Council	15 	16	17  SAINT MARINA	18 
19 SUNDAY OF THE HOLY FATHERS 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	20 SAINT PROPHET ELIAS	21	22 	23	24  SAINT CHRISTINA	25 DORMITION OF ANNA
26 8th SUNDAY OF MATTHEW PARASKEVE OF ROME 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	27 SAINT PANTELEIMON	28	29 	30	31 	
		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs 	Fish, Wine & Oil Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed; Refrain from Meat 	Fast Free All foods allowed No Symbol

Saint Anthony
Greek Orthodox Community
778 South Rosemead Blvd
Pasadena, California 91107

July 2026

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TIME SENSITIVE

Dated Material.. Please rush delivery

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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626.449.6943

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alma@saint-anthonys.org

We're on the Web!

www.saint-anthonys.org

"The soul that loves God has its rest in God and in God alone. In all the paths that men walk in the world, they do not attain peace until they draw nigh to hope in God."

SAINT ISAAC THE SYRIAN

DEPARTMENT OF RELIGIOUS EDUCATION (DRE)
GREEK ORTHODOX ARCHDIOCESE OF AMERICA

