

The Voice of Saint Anthony

Saint Anthony Greek Orthodox Church Monthly Newsletter

June 2026

www.saint-anthonys.org

(626) 449-6943 Office

Peter & Paul Holy Apostles

29 June

Priest's Message	2
Stewardship	3
Ministries	5
Parish Council	7
Sunday School	8
Young Adults	10
Philoptochos	20
VIPs	30
Community News, etc.	32
Monthly Lesson	38
Saints of the Month	42
Orthodox Calendar	45



***DEADLINE for the
JULY Newsletter is
THURSDAY, 25 JUNE***

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

Monday of the Holy Spirit	9 June
Nativity of John the Baptist Elizabeth, mother of John	24 June
Saints Peter & Paul	29 June
Synaxis of the Holy Apostles	30 June

Message from Father Peter

Dear Faithful,

On Sunday June 7th we will celebrate the **Feast of All Saints** in our Holy Orthodox Church. The Feast of All Saints marks the beginning of a new season in the ecclesiastical calendar of our Church. The season from Easter to Pentecost occurs in the springtime, while the Feast of All Saints ushers us into the beautiful season of summer.

Summertime is when students and teachers have completed another school year and people are thinking about their vacations. Many have already begun to enjoy outdoor activities, sports, cookouts, and trips to the beach. To be sure, responsibilities do not end. Some painting may have to be done and landscaping continues. There is always something to be done. Nevertheless, summertime is a time of sun, enjoyment, and a more relaxed pace.

In our culture the change of seasons creates a paradox for the new liturgical cycle. From Easter to Pentecost the local parish is usually vibrant with activities. But after Pentecost and the Feast of All Saints, with the beginning of summer, the pace usually slows down. Church Schools end. Meetings are less frequent. Bible classes and other study groups take a break. Even worship is drastically affected. As I often say in Church: "God does not take the summer off!"

Is this what the Lord truly desires for His people during the summer? How can we in our personal, family, and parish lives, harmonize the summer change of pace with the orthodox spiritual values of the Church? How can we truly enjoy a rightful measure of fun and relaxation and still be mindful of our prayer life and worship to God?

An understanding of the word "**saint**" would help us relate our Christian faith to our summer activities. It is not an exaggeration to say that, if we truly understand the full meaning of sainthood, we would have the key to the most enjoyable summer of them all: A Christian summer! It may be that, by God's providence, the timing of the Feast of All Saints is exactly what we need, after all! What greater spiritual challenge is there for us at the beginning of the summer than to think about the Saints and to emulate their lives of growing closer to God.

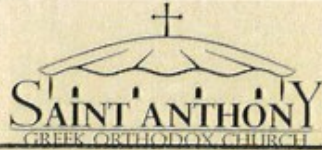
I challenge us all to keep God in our mind, in our heart, and in our soul during this beautiful time of year. If you are traveling, find an Orthodox Church to visit. If you are staying home continue to come to church on the Sundays of summer. Make God the priority in your life this summer! Have a blessed summer with our Lord!

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

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**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

Golf Tournament

Jimmy Christos

GOYAAnthia Drulias Lucas
Maria Katsas Gittings
Polly Vagenas**GOYA Basketball**

Pana Gelt

GOYA VolleyballAnthia 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**

Irene Albeck

Parish Council

ENTERING CHURCH

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

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

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

HOLY COMMUNION PROCEDURE

For the benefit of our Sunday School students, their teachers and the **TIMELY** start of their Sunday School Classes please allow all the children to receive Holy Communion first.

- ♦ Please remain standing while following the directions of the ushers.
- ♦ The ushers will release the children by pew from Front to Back.
- ♦ Only parents of the smallest, youngest Sunday School children, who need assistance, should receive Holy Communion with their children.
- ♦ If you are not in a pew when Holy Communion begins, please quietly find a spot in the back rows. Your children will be released in turn.
- ♦ Please do not attempt to send your children down the side aisles to the front alone or down the center aisle.
- ♦ After all children have received, the ushers will release the adults, again from the front pews.
- ♦ Please cooperate with our ushers. Please do not ask to be allowed to proceed ahead of others or enter the center aisle ahead of the pews in front of you.
- ♦ When receiving Holy Communion, make the Sign of the Cross, state your name (baptismal name) and naturally receive as if being fed.
- ♦ 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.



Graduation





Youth & Young Adults

St. Anthony Volleyball Tournament

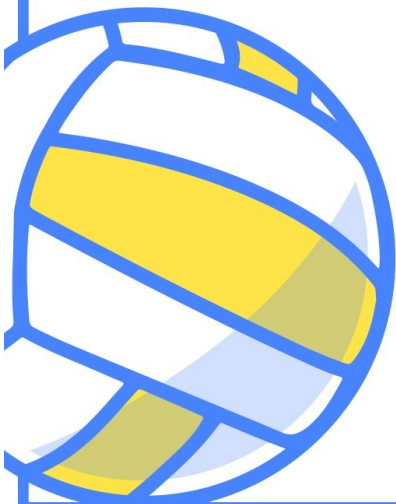
**What an amazing day at our annual
GOYA Volleyball Tournament!**

**We had a great time hosting churches
from across the area for a day filled
with fellowship, fun, and friendly
competition. A huge shoutout to our
27 GOYAns who participated and
represented our church so well!
Congratulations to our Middle School
teams for taking home both 1st Place
and 3rd Place!**

**Thank you to all of our volunteers,
parents, coaches, and supporters who
helped make the day such a success.
We couldn't do it without you!**

**We're already counting
down the days until next
year's tournament and
would love to have you
join in on the fun!**

**Save the date
May 8, 2027**



St. Anthony Volleyball Tournament



St. Anthony GOYA Basketball

Junior Girls Final:

The May issue of the Voice, reported that St. Anthony Junior Girls had an undefeated record of 7-0 from the regular season, Quarter and Semi-final games into the Championship game on May 4th. Our Junior Girls team was up-against St. Sophia who have been a formidable opponent this year. It was a hard fought, very close game from start to finish however St. Anthony Junior Girls were victorious with a score of 22-18. This was the first Championship for our Junior Girls who completed a perfect season with an 8-0 record.

Our community can be so proud of these girls who displayed exemplary sportsmanship throughout the season. Our season All-Stars for this team were **Alexis Syrengelas and Nicoletta Kazaltzes**. **Nicoletta was also named MVP of the championship game.**

In addition, the Greek Orthodox Basketball League (**GOBL**) awards 1 player from each community with the **4 Circles of Orthodoxy Award**. These 4 interlocking circles or areas of practice guide spiritual formation and church programming, including **Liturgia** (Worship), **Koinonia** (Fellowship), **Diakonia** (Service), and **Martyria** (Witness).

This year the player from St. Anthony who displayed these qualities was Junior Girl, **Gia Balntas!**

Congratulations Gia!

Additional All-Stars from our other St. Anthony teams are:

Junior Boys: **John Vagenas and Alex Gizas**

Senior Girls: **Evangeline Bicos and Madison McNulty**

Senior Boys: **Brody Jones and Alex Darlas**

St. Anthony GOYA Basketball players, and parents wish to thank coaches: Jenny Pouloupoulos-Koulos, Chris Syrengelas, Tony Christopoulos and Tom Grafos for their tireless effort in guiding our teams. They are all an integral piece of our basketball program. We encourage more parents to get involved.

St. Anthony GOYA and parish are also very indebted to **Pana Gelt** for her organizational skills and long standing as the St. Anthony Representative to GOBL. Pana attends meetings on behalf of our community and secures gymnasiums for practice as well as home games and the play-offs.

Finally, a huge thank you to **Maria and Jim Kypreos** for offering their home for the GOYA Basketball end-of-season party on May 17. Families and players enjoyed an evening of good food, and friendship.

St. Anthony GOYA Basketball



Awards Banquet

Jr Girls after championship game





Awards Banquet

Coaches:
Chris Syngelas and Jenny Pouloupoulos-Koulos



Award Winners - left to right:

Gia Balntas 4 Circles of Orthodoxy Award
Nicoletta Kazaltzes
Alexis Syngelas Jr Girl All-Stars
Brody Jones Sr. Boys All-Star
John Vagenas Jr. Boys All-Star
Coaches: Syngelas and Koulos



GOYA end of season Basketball Party



Senior Girls Team left to right:
Coach Chris Syrengelas, Maria Syrengelas, Valentina Bicos,
Madison McNulty, Evangeline Bicos, Sophia McNulty,
Kostadina Ioannou, Jenny Pouloupoulos-Koulos



Junior Boys Team left to right:
Coach Chris Syrengelas, Leo Gizas, Vasili Syrengelas,
Alexi Vagenas, Alex Gizas, Andreas Pouloupoulos,
Kosta Koulos, Coach Jenny Pouloupoulos-Koulos



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!

Congratulations 2026 8th Grade Graduate



Evangelia (Evy) Kleissas

Graduated from St. Frances Xavier Catholic School

Honor Roll &

President's Award for Educational Achievement

Attending Immaculate Heart High School

Parents - Nick & Athena Kleissas



Congratulations 2026 Graduates



HIGH SCHOOL GRADUATES

COLTON CERIN – California School of the Arts
EMELIA LAGOUSIS – Mayfield Senior School
NIKO LAREAU – Maranatha High School
MADISON MCNULTY – San Marino High School
NANCY MCNULTY – San Marino High School
SOPHIA MCNULTY – San Marino High School
KATERINA NASTRI – La Canada High School

COLLEGE/UNIVERSITY GRADUATES

ANDRIANNA LAREAU – PEPPERDINE UNIVERSITY
 Bachelor of Arts - Psychology
JAMES MICHAEL ZOUMAS – CHAPMAN UNIVERSITY
 Bachelor of Science – Biochemistry & Molecular Biology
MELINA ELLIE ZOUMAS – CHAPMAN UNIVERSITY
 Bachelor of Science – Molecular Biology
MARIA WOJCIK – SAN DIEGO STATE UNIVERSITY
 Bachelor of Science - Kinesiology



Evangeline Bicos

Graduated from Mayfield Senior School
 Attending SMU (Southern Methodist University)
 Sport Management
 Parents - Chris and Eleni Bicos

Valentina Bicos

Graduated from Mayfield Senior School
 Attending Northeastern University
 Business Administration and Psychology
 Parents - Chris and Eleni Bicos



Congratulations 2026 Graduates



Taia Marie Bissias

Graduated from Loyola University Chicago
Major - Global Studies / Minor - Psychology
Parent - Peter Bissias



Anna Eleni Bowers

Graduated from Maranatha High School
"Highest Honors"
Attending UCLA
Parents - Terree and Connie Bowers



Niko Udria

Graduated from UC Riverside
Bachelor of Science - Computer Science
Magna Cum Laude
Parents - Mary and Juan Udria



Alexander Vagenas

Graduated from Arcadia High School
Attending LMU & playing Div1 Soccer
Parents - Peter & Mindy Vagenas

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

Community Happenings

TRUNK TREASURES Rummage Sale Fundraiser

Early Saturday morning, May 16, Philoptochos hosted a one-day BIG rummage sale. Twenty minutes before the doors officially opened, at least 35 customers were lining up outside to get first dibs on our wide selection of items for sale. Our members had donated many items to sell such as: furniture, household wares, books, toys, jewelry, clothing, purses, shoes, and so much more. Customers were also able to purchase delicious food on site from Lucky Boy Burgers. It was a very fulfilling and successful event, raising over \$3200. All funds raised from this sale will benefit the Kids 'N' Cancer – CAMP AGAPE ministry.

A big thank you to **Jeanne Karaioannoglou** who had the vision and experience to spear-head this type of fundraiser.

We also are grateful for our many volunteers who donated their “treasured” items. And thank you to all the volunteers who gave their time organizing and pricing on Friday and working the rummage sale on Saturday. We also appreciate **Lucky Boy Burgers** sending out its mobile kitchen for our event. We could not have held this fundraiser without all of you.

THANK YOU!



The early Saturday morning crew ready to



Fearless leader, Jeannie, and our

Community Happenings *continued*

TRUNK TREASURES Rummage Sale Fundraiser Photos



Upcoming Philoptochos Meetings

June Board Meeting Wednesday, June 10 at 7:00 PM

2026 Benefit Planning Committee Meeting Thursday, June 18 at 7:00 PM by zoom

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

If you are interested in volunteering for this dynamic group, please attend the next planning meeting or contact any one of the Philoptochos Board members for more details. Many different committee positions are available and you can help make a difference!

Philoptochos End-of-Year Dinner & Scholarship Presentation

Wednesday, June 17, 2026 at 6:00 PM

Foothill Restaurant, 2835 E. Foothill Blvd., Pasadena

Please join us for a special evening as we celebrate the close of another meaningful year, reflect on the generosity and dedication of our Philoptochos community, and proudly recognize this year's scholarship recipients as they begin their next chapter.

Cost: \$55 per person.

Dinner choices are Salmon Salad, Hamburger or Angel Hair Pasta. Dinner includes appetizers, dessert, soft drinks, and coffee. A no-host bar will also be available.

Advanced paid reservations are preferred.

Make your reservation using the QR code below.

Write in guest names and dinner choices for all paid reservations ordered.

Deadline for reservations is June 11, 2026.



Upcoming Metropolis & National Events

Hellenic College Holy Cross Seminary (HCHC) Graduation Weekend in Boston

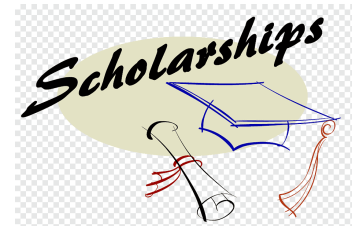
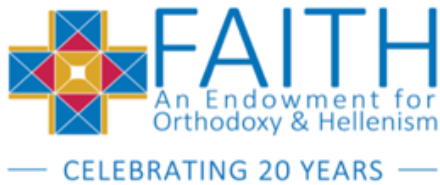
Maria Kypreos, member of St. Anthony Philoptochos and board member of the Metropolis of San Francisco Philoptochos, attended the 2026 HCHC graduation. It was a beautiful event! Our **Rev. Dn. Demetrius Dogias** received his Master of Divinity with distinction. Also our own Metropolis of San Francisco Philoptochos President, Jeannie Ranglas, received the Honorary Degree of Doctor of Humanities. We visited all our students from the Metropolis and the Ranglas family hosted a beautiful dinner for all. The Metropolis of San Francisco Philoptochos provides financial support to the students and the school.



NEXT UP ...

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

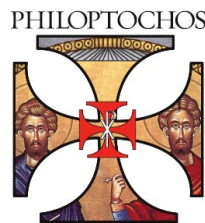
Upcoming Scholarship Opportunities in 2026



For more than twenty years, **FAITH: An Endowment for Orthodoxy and Hellenism** has been pleased to sponsor a series of merit-based FAITH Scholarship for Academic Excellence for young people of Hellenic descent and/or Greek Orthodox faith. This is a scholarship opportunity for the graduating high school seniors in our parish who are embarking to study an undergraduate degree program in the fall at a 4-year accredited U.S. college or university. All applications must be postmarked by June 26, 2026.

Click on link below for requirement details and the application.

<https://www.thefaithendowment.org/scholarships>



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://stanthonyphiloptochos.square.site/product/become-a-philoptochos-member/58>



FOLLOW US ON SOCIAL MEDIA

Facebook: St. Anthony Philoptochos

Instagram: stanthonyphiloptochos

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

The May 12th VIP Meeting began as usual with a well-attended chair aerobic exercise session coached by Nicole Schulman. Three more of these sessions were held on May 14th, 19th, and 21st before a summer break.

Upon completion of the exercises, the meeting was called to order by President Irene Albeck followed by chanting of Christos Anesti led by Stavroula Kiotas and Gena Pegadiotes.

Irene began her report by commenting on some of the recent events that have taken place in our Saint Anthony community including the financially successful Golf Classic held at Brookside Park which honored Father Peter and Presvytera Aida Stratos, and the April 22 outing by many VIP members and parishioners who viewed the screening of the Greek film "Kapodistrias The Governor."

Irene mentioned that a possible speaker to discuss assisted-living options might be engaged to address our membership sometime after the new administration takes over in July or October. She then made a point of thanking those members who participated in the baking of koulourakia early in May for the Sunday coffee hour.

Finally, Irene made mention of the fact that Villa Esperanza Services will hold an open house from 2:00 to 5:00 PM to celebrate their 65th anniversary on May 30th. This organization has been instrumental in providing families with special needs children the courage to face challenges and the faith to believe in brighter days ahead. Villa Esperanza has been a source of inspiration, reminding families to never lose hope and to always hold on to their dreams.

Also on Saturday, May 30th, the VIPs attended the final Saturday of the Souls for 2026 as Father Peter remembered and prayed for the souls of VIP members who have departed this life.

Our featured guest speaker of the day was Julie Kiotas Balas who gave a wonderful presentation on floral arranging and provided vases, assorted flowers, greenery, and enough floral snips for everyone in attendance. All participants in this activity produced impressive flower arrangements that they could take home with their own floral snips for future use. Many thanks to Julie for a most entertaining and informative activity.

Our member Claire Marotta read a letter from our member Cecilia Barriga. Cecilia has lived in Southern California for almost 34 years and has helped many members in the Greek community with care-giving and other assistance. She will return to her native country of Ecuador. Her letter expressed her heartfelt love of our VIP ministry and the many friends she has made during her stay here. God Speed Cecilia.....Vaya con Dios!

Happy Birthday wishes were expressed to **Claire Marotta** who is a May Birthday celebrant!. MANY HAPPY RETURNS CLAIRE.

We encourage all VIPs to attend our next meeting on **June 9th** as elections will be held for new officers.

Jim Hronas
VIP Communications



Community News & more...

Upcoming Church Festivals - 2026



June

Downey	6/6 - 7
San Diego	6/13 - 14
Camarillo	6/27 - 28
Irvine	6/27 - 28

July

Redondo	7/10 - 12
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September

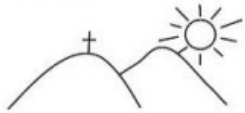
Long Beach	9/5 - 7
Covina	9/12 - 13
SanJuanCapo	9/27 - 27
Pasadena	9/18 - 20

October

Los Angeles	10/1 - 3
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SAINT SOPHIA CAMP REGISTRATION OPENS MAY 1

SaintSophiaCamp.org



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

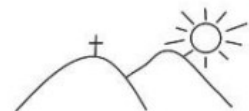
SAINT SOPHIA CAMP COUNSELOR & STAFF APPLICATION OPEN NOW!

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)

Holy Week and Pascha 2026







Thank You to Our Golfers, Sponsors & Volunteers!



Dear Golfers, Sponsors, & Friends,

Thank you for being part of another wonderful year at our annual golf tournament! We are so grateful to all of our golfers, volunteers, sponsors, & supporters who helped make the day such a success. We truly could not have done it without each & every one of you.

A special thank you to Foothill, Gus's BBQ, & Twohey's Restaurants for their generous sponsorships & delicious food out on the course. Your generosity helped make the day even more memorable.

We would also like to give a heartfelt thank you to Jimmy Kypreos & his crew for the amazing lamb & pig on the spit. It was such a special addition to the day and greatly appreciated by all. Thank you again for your continued support, friendship, & participation.

With gratitude,
The Pasadena Golf
Classic Committee



See You Next Year
June 4, 2027 @ Brookside Golf Course



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

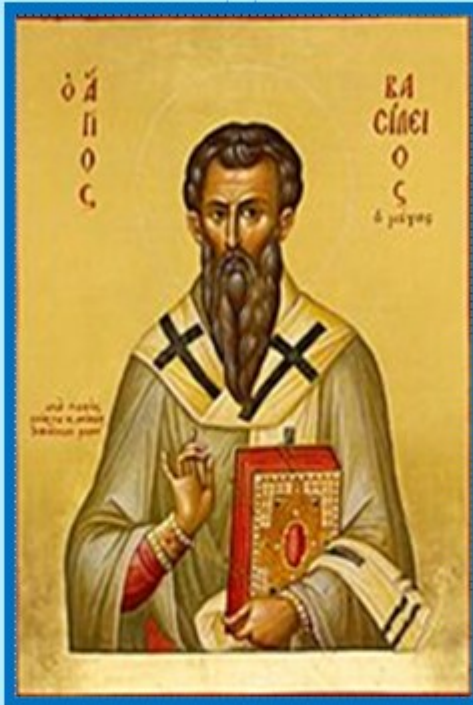
January 2026

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)

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

Lesson on Forgiveness

The biggest weight I carry in my soul is the weight of past failure. Whether I failed another person or failed myself, in either case I have failed God. As we get older, the résumé of our successes gets longer and so does the list of our failures. On the day of my ordination, I had not failed any parishioner. I had never had a parishioner up to that point. Now twenty-six years in, I have failed many parishioners. I have burned friendships, there are people who dislike me, people who avoid me, people I dislike and people who I avoid. I suppose there are a lot of people in the secular world who don't care what others think of them. Politicians on both sides come to mind. But this isn't about what others think of themselves. It's about what we think of ourselves.

The greatest weight we carry cannot be quantified on a scale. This is not weight we can remove with diet & exercise. The greatest weight we carry is the burden of sin and shame. And the most effective way to lose that weight is through a beautiful thing called **forgiveness**.

Frederick Buechner, a well-known author and Presbyterian minister, offered one of the best quotes on forgiveness that I have ever read:

When somebody you've wronged forgives you, you're spared the dull and self-diminishing throb of a guilty conscience. When you forgive somebody who has wronged you, you're spared the dismal corrosion of bitterness and wounded pride. For both parties, forgiveness means the freedom again to be at peace inside their own skins and to be glad in each other's presence.

The opposite of this quote holds true as well. When we have wronged someone and are unforgiven, there is a dull and self-diminishing throb of shame and sadness, and for some, a guilty conscience. When we are unable to forgive someone, it corrodes our own souls. Lack of forgiveness diminishes, and often extinguishes relationships.

Forgiveness doesn't necessarily mean we have to trust someone again, or confide in someone, or even be friends with them. However, in relationships that matter, in marriages, in families, in close friendships and in work environments, forgiveness is essential. I have served in my parish for twenty years. There have been hundreds of families who have belonged to this parish during my time here. If I wronged each family one time per year for twenty years, that would add up to an astronomical amount of sins, thousands upon thousands of them. One sin against each of one thousand parishioners times twenty years would be twenty thousand sins. The weight of that, without forgiveness, would be crushing. The shame of all that sin would be unbearable. There is no way I would make it in a parish for any amount of time without forgiveness.

Let's talk for a moment about the relationships that have been severed by sin. Some of those are unredeemable. To release someone from the burden of sin actually gives you freedom. Some of these relationships probably are redeemable but stubborn pride on both sides has put a wall there. A gesture of forgiveness by one party might salvage something good that was lost.

In relationships that matter, forgiveness is what allows them to continue. Take a marriage of 25 years. If each spouse sins once a week against the other—an unkind word, a moment of anger, just common things — 52 weeks a year times 25 years, that's 1,300 sins. And that's if there is only ONE sin a week. No relationship would hold up under the weight of that much sin. That's why it is essential to forgive as we go, to learn from mistakes, but to release one another from the weight of sin and failure.

Forgiveness and repentance work hand in hand. Forgiveness involves asking someone to overlook a mistake, and overlooking someone else's mistake. Repentance means working hard to make sure the mistake doesn't happen again, even though it often does. Thus, we are continually in need of this cycle of forgiveness and repentance, whether it is with another person or with God. This cycle is not just done one time.

I want to share three quotes from Scripture on **forgiveness**:

Psalm 130:3-4: *f Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is **forgiveness** with Thee.*

Every time we sin against someone, we are sinning against God. If I have committed one sin a week against my wife, one sin a week against my son, and one sin a year against every parishioner—perhaps that is a manageable number of sins against people, but the total number of sins against God would be enormous, even unquantifiable. If God marked our iniquities, no one could stand before Him. If we mark every iniquity against one another, we'd have no relationships.

Psalm 103:17-18: *But the steadfast love of the Lord is from everlasting to everlasting upon those who fear Him, and His righteousness to children's children, to those who keep His covenant and remember to do His commandments.*

This means that the mercy of God is without ending. His capacity to forgive is never exceeded by our sins that need forgiveness.

Matthew 18:21-22: *"Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy times seven."*

That's a lot of forgiveness, nearly five hundred times. Seven is seen as a number of completion in the Bible, and seventy times what is complete is basically an infinite number. If God has an infinite capacity to forgive, He is telling us that we should have an infinite capacity to forgive as well.

There is a difference between saying "I'm sorry" and "forgive me." It's like the difference between saying "I'm a little short on money" and "Can I have ten dollars?" If someone says "I'm a little short on money," the other person might just shrug their shoulders. But when a person asks "Can I have \$10," it forces the other one to participate with an answer - either "Yes" or "No". "I'm sorry" might result in a shoulder shrug or a "Don't worry about it" response. Asking for forgiveness - actually saying the words "Can you forgive me?" - requires the other person to answer "Yes, I forgive you," or "No, but here's the path to forgiveness." (And hopefully there is one) Notice I said forgiveness, not restoration. Of course in relationships that matter, forgiveness needs to mean restoration.

There is a gesture in the Divine Liturgy, which was part of the ancient church but in modern days is restricted only to the clergy when multiple priests are celebrating, and that is the **kiss of peace**. Part of this gesture is that each priest grabs the hand of the other and kisses it, which requires both to bow to the other at the same time. Metaphorically speaking, this is how forgiveness ideally happens, when two people bow to the other at the same time. Imagine in a marriage, or with a child, or with a close friend, if periodically you paused and bowed to the other and kissed their hand, asking for forgiveness. Imagine if you did it at the same time.

Finally, on a personal note, I need forgiveness. There are people who read this message who I consider friends; people I have wronged through these writings; people who I have wronged in our day-to-day interactions. There are people who perhaps read these messages who I have wronged and we are no longer interacting. There are people who no longer read these messages because I have wronged them. The weight of carrying these sins, the feeling of needing forgiveness, the feeling of shame associated with sin, is a heavy weight that I carry not only through my life, but I carry it especially to the altar. I'm not perfect. Far from it. If God were to mark my iniquities, forget it.

Saint Paul writes in I Corinthians 9:25-27: *Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. Well, I do not run aimlessly, I do not box as one beating the air; but I pommel my body and subdue it, lest after preaching to others I myself should be disqualified.*

Saint Paul sets a high bar here. Honestly, in the busy-ness and confusion of the world, I sometimes forget about the imperishable wreath. I do run seemingly without aim, and I lack self-control in many things. The added stress of all of this is going to the altar and preaching about things that I'm struggling to do - to ostensibly represent Christ even though I often fail to act in a Christ-like way. The weight of this shame becomes more crushing the older I get. It is harder and harder to go to the altar with its weight around me. Yes, I go to confession and own up before God for my sins. But even this doesn't seem to take the weight of shame I feel when I've wronged another human being, especially the ones who matter. So, for what it's worth, please forgive me, for anything I have done, anything I have failed to do, and anything I should have done. And if you are someone who I see on a regular basis, please allow me the opportunity to ask that in person.

We all have the need to be forgiven and we all have the capacity to forgive....

Lesson on Judging..

There is a list called **“The Ten Commandments in Preparation for Confession”** that we encourage people to review before they come to confession. The Ten Commandments are listed, and under each there are examples of different ways we have violated each commandment. Most people think, regarding the Ten Commandments, “I have never murdered anyone” so I can’t possibly be guilty of “Thou shalt not commit murder.” Under this commandment are listed things like gossiping, not taking care of one’s body, and judging others, which are three things that we all do, a lot. Probably the most frequent sin we commit is gossiping, it is very easy to do, we all get sucked into it. Most of us can do a better job with our diets and exercise. As my spiritual father says, the cause of death for many of us will be “death by donut,” in other words, we eat too much of the wrong things and our lives, many of them, will be shortened as a result. We are quick to judge those who have a mental breakdown and end their own lives in a sudden moment, but we often fail to realize that we are doing the same thing, just more slowly.

And this is where judging others comes in. Judging means to make some kind of valuation of someone else’s life or circumstance. Notice, we didn’t use the word “evaluation.” These are actually two different things. To evaluate someone does involve judgment, but there is a good purpose behind this kind of judgment. Generally, we evaluate others, and ourselves, with the goal of helping someone to get better at something. For example, a job evaluation is done once a year with many employees, not to make them feel bad but to help them improve. Evaluations often provide needed feedback and encouragement.

To assess someone’s value is to place subjective worth on them, and often in doing this, we find judgment. We intentionally look to place ourselves above someone else, to value ourselves greater than someone else, and in doing this, we de-value someone else. In other words, for our value to increase, the value of someone else must decrease. It’s not enough to think “I am good”, but instead we like to think “I am better.” If I want to think of myself as “I am the best priest,” or even as “I am a good priest,” then I have to classify others as lesser priests or bad priests in order to value myself above them. I have to judge others poorly in order to judge myself well. What I should be aiming for is saying, and more importantly being, a faithful priest. If my goal is to be a “faithful priest,” then I can do that without devaluing or competing with another priest. The goal then should become looking at our own faithfulness to God, and to whatever role we are called to play—spouse, parent, worker, friend—and not make everything a competition, where we are constantly judging others in order to keep ourselves at the head of the pack.

Jesus says very clearly, *“Judge not, that you not be judged.”* (Matthew 7:1) This is one of those examples where if we did only one thing right, that could be the ticket to our salvation. If we went through life, doing nothing else except withholding judgment on another person, then God will not judge us. People often set lofty, or complex spiritual goals for themselves, when it comes to prayer or Scripture reading or even charity. Imagine just setting one goal of not judging others. This would actually improve other areas like prayer, Scripture reading and charity. If we work hard not to judge, then part of that would involve praying for the people we are tempted to judge. It would include reading Scriptures for encouragement not to judge and for humility to realize our own faults before looking at the faults of others. And it would even improve our generosity, because rather than judging ourselves as worthy of everything we have, we find a greater sense of gratitude for what we have which spawns a greater desire to share with those who do not have.

“For with the judgment you pronounce you will be judged, and the measure you give will be the measure you get.” (Matthew 7:2) This reinforces the phrase from the Lord’s Prayer, *“And forgive us our debts, as we also have forgiven our debtors”* (Matthew 6:12) (or more commonly said “and forgive us our trespasses, as we forgive those who trespass against us”). In other words, as we pray to God to forgive us in the same way in which we forgive others, Jesus is saying that we will be judged in the same way we judge others. And hopefully this reality motivates us to forgive more easily and to judge less harshly (or not at all), trusting that if we forgive generously and do not judge, that God will be generous in His forgiveness of our many sins and withhold judgment from us. If all we do is judge and condemn, Jesus is saying we can expect judgment and condemnation from God.

Then, how do we refrain from judgment?

The answer is found in the next three verses, where Jesus tells us that before we see the speck in the eye of our brother, we must see the log in our own eye. Rather than focusing on the imperfections of others, be they big or small, it is much better for us to focus on removing our own blemishes. In Matthew 7:5, Jesus tells us *“first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.”* This isn’t an invitation to fix ourselves so that we can judge others. Quite the opposite. If there isn’t a log in our eyes, there will at least be specks in our eyes at all times. Because of our sinful nature, we will never see with perfect vision to judge others. Only God has that kind of vision. The perfect God renders perfect judgment. We cannot render perfect judgment or anything else. So, even if we don’t see ourselves as having logs in our eyes, we all have specks, and so how can we judge the specks in our brother’s eyes, if we have specks, or logs, in our own? Going back to verse 2, Jesus says *“The measure you give is the measure you get.”* Hopefully, we work toward withholding judgment, so that God will withhold His righteous judgment from us. Let’s stop putting value on everything, and evaluate one another only for good. Let’s work on our own sense of faithfulness, rather than judging ourselves better than others, or judging others worse than us. And in terms of our sins, let us realize that common things like judging and gossiping actually fall under the commandment to not murder. Let us realize that to murder someone doesn’t only mean to take the life of another, but to de-value the life of another, and this is what happens each time we judge someone.

One more comment on **judgment**...

We will all be judged unfairly at times. When this happens, let’s work hard to resist the urge to return judgment.

Let us remember that God is the ultimate judge, not us.

Points to ponder:

What are some of the logs in your own eye that need to be removed?

How can you evaluate others without de-valuing them?



Saints & Feasts

Monday of the Holy Spirit

1 June

As it is the custom of the Church, on the day after every great Feast, to honor those through whom it came to pass – our Lady on the day after the Lord's Nativity, Joachim and Anna after our Lady's Nativity, the holy Baptist the day after Theophany, and so forth. So on this day after Pentecost we honor our God the All-Holy Spirit, the Comforter promised by our Savior to His disciples (John 14:16), Who descended upon them at holy Pentecost and guided them "into all truth" and through them, us.

On this day we rest from labor.



Nativity of Saint John the Baptist

Elizabeth, mother of the Forerunner

24 June

He that was greater than all who are born of women, the Prophet who received God's testimony that he surpassed all the Prophets, was born of the aged and barren Elizabeth (Luke 1: 7) and filled all his kinsmen, and those that lived round about, with gladness and wonder. But even more wondrous was that which followed on the eighth day when he was circumcised, that is, the day on which a male child receives his name. Those present called him Zacharias, the name of his father. But the mother said, "Not so, but he shall be called John." Since the child's father was unable to speak, he was asked, by means of a sign, to indicate the child's name. He then asked for a tablet and wrote, "His name is John." And immediately Zacharias' mouth was opened, his tongue was loosed from its silence of nine months, and filled with the Holy Spirit, he blessed the God of Israel, Who had fulfilled the promises made to their fathers, and had visited them that were sitting in darkness and the shadow of death, and had sent to them the light of salvation. Zacharias prophesied concerning the child also, saying that he would be a Prophet of the Most High and Forerunner of Jesus Christ. And the child John, who was filled with grace, grew strong in the Spirit; and he was in the wilderness until the day of his showing to Israel (Luke 1:57-80).



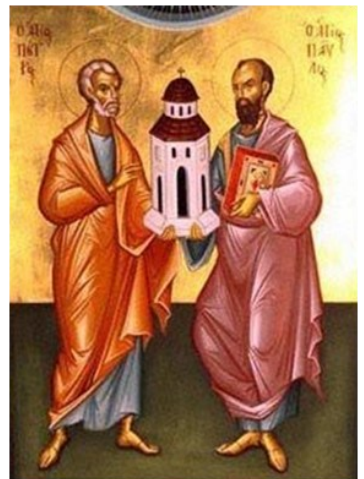
Peter & Paul, Holy Apostles

29 June

The divinely-blessed **Peter** was from Bethsaida of Galilee. He was the son of Jonas and the brother of Andrew the First-called. He was a fisherman by trade, unlearned and poor, and was called Simon; later he was renamed Peter by the Lord Jesus Christ Himself, Who looked at him and said, *"Thou art Simon the son of Jonas; thou shalt be called Cephas (which is Peter)"* (John 1:42). On being raised by the Lord to the dignity of an Apostle and becoming inseparable from Him as His zealous disciple, he followed Him from the beginning of His preaching of salvation up until the very Passion, when, in the court of Caiaphas the high priest, he denied Him thrice because of his fear of the Jews and of the danger at hand. But again, after many bitter tears, he received complete forgiveness of his transgression. After the Resurrection of Christ and the descent of the Holy Spirit, he preached in Judea, Antioch, and certain parts of Asia, and finally came to Rome, where he was crucified upside down by Nero, and thus he ascended to the eternal habitations about the year 66 or 68, leaving two Catholic (General) Epistles to the Church of Christ.

Paul, the chosen vessel of Christ, the glory of the Church, the Apostle of the Nations and teacher of the whole world, was a Jew by race, of the tribe of Benjamin, having Tarsus as his homeland. He was a Roman citizen, fluent in the Greek language, an expert in knowledge of the Law, a Pharisee, born of a Pharisee, and a disciple of Gamaliel, a Pharisee and notable teacher of the Law in Jerusalem. For this cause, from the beginning, Paul was a most fervent zealot for the traditions of the Jews and a great persecutor of the Church of Christ; at that time, his name was Saul (Acts 22:3-4). In his great passion of rage and fury against the disciples of the Lord, he went to Damascus bearing letters of introduction from the high priest. His intention was to bring the disciples of Christ back to Jerusalem in bonds. As he was approaching Damascus, about midday there suddenly shone upon him a light from Heaven. Falling on the earth, he heard a voice saying to him, "Saul, Saul, why persecutest thou Me?" And he asked, "Who art Thou, Lord?" And the Lord said, *"I am Jesus Whom thou persecutest; it is hard for thee to kick against the pricks."*

And that heavenly voice and brilliance made him tremble, and he was blinded for a time. He was led by the hand into the city, and on account of a divine revelation to the Apostle Ananias, he was baptized by him, and both his bodily and spiritual eyes were opened to the knowledge of the Sun of Righteousness.



Peter & Paul – continued

And thru transformation beyond all expectation, he spoke with boldness in the synagogues, proclaiming that *"Christ is the Son of God"* (Acts 9:1-21). As for his zeal in preaching the Gospel after these things had come to pass, as for his un-abating labors and afflictions of diverse kinds, the wounds, the prisons, the bonds, the beatings, the stoning, the shipwrecks, the journeys, the perils on land, on sea, in cities, in wildernesses, the continual vigils, the daily fasting, the hunger, the thirst, the nakedness, and all those other things that he endured for the Name of Christ, and which he underwent before nations and kings and the Israelites, and above all, his care for all the churches, his fiery longing for the salvation of all, whereby he became all things to all men, that he might save them all if possible, and because of which, with his heart aflame, he continuously traveled throughout all parts, visiting them all, and like a bird of heaven flying from Asia and Europe, the West and East, neither staying nor abiding in any one place – all these things are related incident by incident in the Book of the Acts, and as he himself tells them in his Epistles.

His Epistles, being fourteen in number, are explained in 250 homilies by the divine Chrysostom and make manifest the loftiness of his thoughts, the abundance of the revelations made to him, the wisdom given to him from God, wherewith he brings together in a wondrous manner the Old with the New Testaments, and expounds the mysteries thereof which had been concealed under types; he confirms the doctrines of the Faith, expounds the ethical teaching of the Gospel, and demonstrates with exactness the duties incumbent upon every rank, age, and order of man. In all these things his teaching proved to be a spiritual trumpet, and his speech was seen to be more radiant than the sun, and by these means he clearly sounded forth the word of truth and illumined the ends of the world.

Having completed the work of his ministry, he likewise ended his life in martyrdom when he was beheaded in Rome during the reign of Nero, at the same time, when Peter was crucified.

Synaxis of 12 Apostles

30 June

The names of the Twelve Apostles are these: Simon, who was called Peter, and his brother Andrew, the First-called; James the son of Zebedee, and his brother John, who was also the Evangelist and Theologian; Philip, and Bartholomew; Thomas, and Matthew the publican, who was also called Levi and was an Evangelist; James the son of Alphaeus, and Jude (also called Lebbaeus, and surnamed Thaddaeus), the brother of James, the Brother of God; Simon the Canaanite ("the Zealot"), and Matthias, who was elected to fill the place of Judas the traitor.

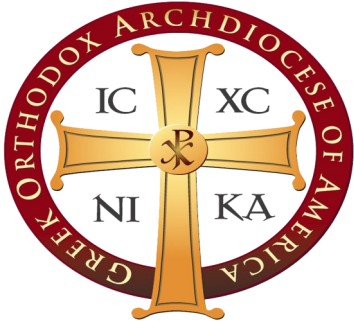


Orthodox Calendar

JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MONDAY OF THE HOLY SPIRIT 4:30 Greek School 5:30 Greek School Graduation	2	3 7pm Union Station Philoptochos	4	5	6
7 SUNDAY OF ALL SAINTS 8:45am Orthros 10am Divine Liturgy Parish General Assembly Indoor & Live-stream	8 	9  10:30 am VIP Meeting 7pm Parish Council	10 	11 	12 	13 
Fast of the Apostles						
14  2nd SUNDAY OF MATTHEW 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	15  7pm PGF Meeting	16 	17 	18 	19 	20 
Fast of the Apostles						
21  3rd SUNDAY OF MATTHEW 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	22 	23 	24  NATIVITY OF SAINT JOHN THE BAPTIST ELIZABETH, MOTHER OF THE FORERUNNER	25 	26 	27 
Fast of the Apostles						
28  4th SUNDAY OF MATTHEW 8:45am Orthros 10am Divine Liturgy Indoor & Live-stream	29 SAINTS PETER & PAUL 9am Orthros 10am Divine Liturgy	30 SYNAXIS OF THE HOLY APOSTLES				
		Strict Fast Refrain from Meat, Fish, Wine, Oil, Dairy & Eggs 	Fish, Wine & Oil Allowed 	Wine and Oil Allowed 	Dairy, Eggs, & Fish Allowed; Refrain from Meat 	Fast Free All foods allowed No Symbol

TIME SENSITIVE



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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.

**Grace is when God gives
us good things that
we don't deserve.
Mercy is when He spares us
from bad things we deserve.
Blessings are when He is
generous with both.
Truly, we can never run out
of reasons to thank Him.
God is Good All The Time!**