The Voice of Saint Anthony

Saint Anthony Greek Orthodox Church
Monthly Newsletter

www.saint-anthonys.org **October 2026** (626) 449-6943 Office

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Saint Romanos	**1 October**
Saint Thomas	**6 October**
Saint Phillip	**11 October**
Saint Luke	**18 October**
Saint James	**23 October**
Saint Demetrios	**26 October**
Holy Protection of Theotokos	**28 October**

Thomas the Apostle

6 October

DEADLINE for the NOVEMBER Newsletter SUNDAY, OCTOBER 25

Please send input to:
newsletter_church@aol.com

Message from Father Peter

Dear Brothers and Sisters in Christ,

We have reached the beautiful season of Fall and October is upon us. During the month of October we commemorate numerous Saints and Church Fathers. Let's take a look at some of the heroes of our Church.

First - do you know that St. Amos the Prophet was a shepherd, St. Luke was a doctor, St. Euphrosynos was a cook, St. Lydia was a businesswoman, St. John Chrysostom was a brilliant young lawyer and St. Helen was a queen? Look at any date on the liturgical calendar and you will find commemorated one or more Saints from every walk of life.

Do you know that not only men and women who lived in the times of the Bible may be found among the Saints of the Orthodox Church? A look at the October calendar shows that at least thirteen persons mentioned in the Bible, especially the New Testament, have their feast days in this month alone! Some of these, such as St. Philip the Deacon, St. Luke the Evangelist and St.James the brother of the Lord, are among the thirteen commemorated this month. Other inspiring examples are:

October 1– St. Ananias who was sent by the Lord to help St. Paul after his Damascus vision (Acts 9:10-18).

October 3– St. Dionysius who along with Damaris and a few others became the first Christians in Athens when they heard the preaching of St. Paul (Acts 17:34).

October 16– St. Longinos the Martyr who according to tradition is identified with the Roman centurion in charge of Jesus' crucifixion—the one who confessed in front of the Cross: "This man was truly the Son of God (Mark 15:39)!"

October 30– St. Cleopas who along with an unnamed disciple (identified by tradition as St. Luke) saw the risen Christ as they walked from Jerusalem to Emmaus (Luke 24:13-35).

Why does the Orthodox Church recognize Saints and Church Fathers as examples to be remembered and honored daily? The basic reason is that the people of God are a family of Saints in which the tradition of spiritual Fatherhood is powerful. Judaism revered the leaders whom God had appointed over its nation. Numerous references in the Old Testament to "our Fathers" and to "the promises which God made to the Fathers" show. St. Paul writes that the unbelieving Jews will not ultimately be rejected by God "because of the Fathers" (Romans 11:28). Not only the patriarchs Abraham, Issac and Jacob, but also many other leaders, including the great rabbis were called the "Fathers" and were respected and honored by Jews as men of God.

This tradition of "Fatherhood" continued into the New Testament. In fact, St. Paul called himself the "Father of the Corinthians (1 Corinthians 4:15). Thus spiritual Fatherhood continues in the Christian tradition. In the Orthodox Church great Church leaders of the past, saintly guides in the spiritual life, priests and monks are called "Fathers" — a sacred title which bears as much significance as it does responsibility.

So let us honor and revere our Saints this month and every month, each day and everyday. When praying invoke your patron saint. Commemorate the Saints being honored daily in your prayers. Pray to your Guardian Angel. Honor and remember our true heroes of the Church!



Most Holy Saints and Spiritual Fathers and Mothers intercede for us!
In Christ, Father Peter

STUDIES IN THE FAITH

Fall Session, 2026
October 05th – Nov. 23rd

Our text for the 2026 Studies in the Faith class will be, *The Orthodox Faith, "Worship" Volume 2,* by Fr.Thomas Hopko. Our class for this fall, will be taught over 8 class sessions, meeting on Monday evenings 6:30 – 7:45pm.

These informative classes will serve as an excellent introduction to the Orthodox Faith for those interested in learning about the Orthodox Church. This series of classes will also provide an inspiring enrichment and review for practicing Orthodox Christians.

*Reading each week's assigned chapter and participating in class discussions is encouraged to ensure that the sessions become an exciting and meaningful experience for all participants. For those interested in this year's class please email Fr. Peter at this address: frpeter@saint-anthonys.org

* Google SVS Press, go to Find a Book tab at the top right of page, and type in: Volume 2, *Worship*. The cost of the book is approximately $23. (Please order your copy as soon as possible and begin reading).

CHAPTERS TO BE DISCUSSED

Introductory Session – Monday October 05th

Chapter One: "*The Church Building*"

Second Session – Monday October 12th

Chapter Two: "*The Sacraments*"

Third Session – Monday October 19th

Chapter Three: "*The Sacraments*" continued

Fourth Session – Monday October 26th

Chapter Four: "*Daily Cycle of Prayers*"

Fifth Session – Monday November 02nd

Chapter Five: "*Daily Cycle of Prayers*" continued

Sixth Session – Monday November 09th

Chapter Six: "*The Church Year*"

Seventh Session – Monday November 16th

Chapter Seven: "*The Church Year*" continued

Eighth Session – Monday November 23rd

Chapter Eight: "*The Divine Liturgy*"

Stewardship

SAINT ANTHONY
GREEK ORTHODOX CHURCH

2026 Stewardship Financial Commitment

2026

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

LAST NAME | FIRST NAME(S), *PLEASE INCLUDE CHILDREN UNDER 18.*

STREET ADDRESS | CITY | STATE | ZIP

PREFERRED PHONE | OTHER/SECOND PHONE | E-MAIL

SIGNATURE | DATE

[For office use only]

ST. ANTHONY GIVING LEVELS:

CONTRIBUTOR: $499 & below
$9.60/week OR $42/month & below

FRIEND: $500 - $999
$9.60-$19/week OR $42-$83/month

SUPPORTER: $1,000 - $1,999
$19-$38/week OR $83-$167/month

*** FAITHFUL: $2,000 - $3,999**
$38-$77/week OR $167-$333/month

*** DISCIPLE: $4,000 - $6,999**
$77-$135/week OR $333-$583/month

*** GUARDIAN: $7,000 - $9,999**
$135-$192/week OR $583-$833/month

*** ANGEL: $10,000 - $14,999**
$192-$288/week OR $833-$1,249/month

*** ARCHANGEL: $15,000 and up**
$288/week OR $1,250/month & up

Review your stewardship commitment prayerfully, consider what you offer to Christ's Church in comparison to your monthly utility/service payments.

Please return your completed commitment card to church by December 31, 2025
Your card must be on file for you to be considered in 'Good Standing'

In response to God's blessings, I/we pledge a 2026 offering of:

My Total Commitment for 2026: $_____

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

☐ **Weekly at $_____/week**

☐ **Monthly at $_____/month** ☐ **Annually**

Contact the Church office to set up easy recurring electronic payments
-OR- set up your own recurring giving at **saint-anthonys.churchgiving.com**

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

Commitment of Time and Talents

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

Council of Ministries

_____Acolytes
_____Bible Studies
_____Bookstore
_____GOYA Basketball
_____GOYA/Jr. GOYA
_____Greek Dance
_____Greek Language School
_____JOY/HOPE
_____Kouvouklion
_____Little Lambs
_____Myrrh Bearers
_____OCF (Orthodox Christian Fellowship)
_____Office Volunteers
_____St. John Chrysostom Oratorical Festival
_____Stewardship Committee
_____Studies in the Faith
_____Sunday School
_____Vacation Bible School
_____VIPs
_____Volleyball Tournament
_____Welcoming Committee
_____ Other

Parish Events

_____Palm Sunday Luncheon
_____Pasadena Golf Classic
_____Pasadena Greek Fest
_____Resurrection Magiritsa Dinner
_____Saint Anthony Feast Day
_____Summer Family Picnic
_____Other

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

OFFICE STAFF

Maria Prantzikou – Office Administrator

Alma Vorgias - Part time Office Admin.



CUSTODIAL STAFF

Carlos Sosa





CHOIR

TBD

CHANTER

Liam McCann

READERS

Nicholas Kokoris



SUNDAY SCHOOL STAFF

Sophia Syrengelas - Director

Pre-K & TK:
Sophia Syrengelas & Andrianna Lareau

Kindergarten & First:
Elena Tsianos & Taia Bissias

Second & Third:
Eleni Wojick & Jenni Pulos Nassos

Fourth & Fifth:
Athena Serban and Mary Udria

Middle School:
Polly Vagenas & Chris Syrengelas

High School:
Presvytera Aida Stratos

PHILOPTOCHOS SOCIETY

Executive Board

President
Nicolette Fuerst
1st Vice President
Liz Skandale
2nd Vice President
Carolina Kokoris
Sophia Syrengelas
Corresponding Secretary
Tanya Christodoulelis
Recording Secretary
Fontaine Malisos
Treasurer
Maria Kypreos
Assistant Treasurer
Mary Dewar Philoptochos
Advisor
Judith Din
Spiritual Advisor
Father Peter Stratos

Board of Directors

Beautification
Connie Becker
Andrea Patzakis
Community Outreach
Mary Dewar
Fellowship
Mary Udria
Noula Serban
Operation Classroom
Helen Skandale
Lisa Xanthos
Publicity
Christine Pappas
Scholarship
Presbytera Aida Statros
Sunshine and Visitation
Maria Hronas
Union Station
Maria Kokoris

ADDITIONAL MINISTRIES

Acolytes	Pres Aida Stratos
Bible Study	Fr. Peter Stratos
Bookstore	TBD
Bowling	Anthia Drulias Lucas
Choir	TBD
Golf Tournament	Jimmy Christos
GOYA	Anthia Drulias Lucas Polly Vagenas
GOYA Basketball	Pana Gelt
GOYA Volleyball	Anthia 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
VacationBible School	Sophia Syrengelas Mary Udria
VIPs	Bessie Kouvara Thean Grafos

Parish Council

ENTERING CHURCH

Please make every effort to arriveforservices 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 censing 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
Winter schedule

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 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.

· 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 and 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.



We kicked off the 2026-27 Sunday School season with our first ever **Blessing of the Backpacks!** It was really special to see our church filled with children wearing their backpacks and receiving blessings from Father Peter and Father Demetri. As Sunday School teachers, our hope is that this blessing is a reminder to our students that God is always with them and that their church family and priests care deeply for them.

The Archdiocese released a wonderful new Sunday School curriculum that we will be using this year. Our creative, caring, and faithful teachers will continue to add their special touches to make lessons fun, relatable, and meaningful in hopes that your children will leave class each week feeling more connected to their faith and their church. The themes for each class is as follows:

TK, Kindergarten, and First Grade: **Learning about my relationship with God and the Church**

Second and Third Grades: **Understanding the example of Christ and the Saints**

Fourth and Fifth Grades: **Using prayer and scripture to connect with God**

Middle School: Learning to practice my faith through **Holy examples, ascetics, and spiritual exercise**

High School: Participating in a **sacramental life as a young adult**

I'd like to recognize our teachers who quietly work behind the scene with faith and dedication to be there for our children. We are blessed to have the most incredible team of teachers. They create safe, fun, and engaging classroom environments for their students to learn about Orthodoxy, grow in their faith, and connect as a community.

Please welcome the newest additions to our team- Presvytera Christina and Taia Bissias! Thank you for joining our teaching team and for bringing your faith, joy, and enthusiasm to our ministry.

TK, Kindergarten, and First Grade: Elena Tsianos and Taia Bissias

Second and Third Grades: Eleni Wojcik and Jenni Pulos Nassos

Fourth and Fifth Grades: Sophia Syrengelas and Andrianna Lareau

Middle School: Polly Vagenas and Chris Syrengelas

High School: Presvyetera Aida Stratos and Presvytera Christina Dogias

Please join us on **Sunday, October 4th,** 12 pm for a Sunday School and Youth Ministry parent meeting.

Youth & Young Adults

Backpack Sunday

Blessing of the Backpacks









Philoptochos

Good Works

Union Station Homeless Service (USHS)

USHSis in need ofsack 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;

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

Upcoming Community Happenings



Blessing of the Animals in Memory of Stephanie Zanglis Soewers – Saturday, October 17, 2026

Join us on Saturday morning at 10 AM with your pets! We welcome all God's creatures and their companions to join us for prayers and a blessing given by Father Peter Stratos to all attendees. Philoptochos welcomes donations of gently used towels for the Pasadena Humane Society. Human and pet treats will be provided. For further information, please contact Judith Din (626) 676-1240.



Upcoming Philoptochos Meetings

Board Meeting – Tuesday, October 6, 2026 in boardroom (NEW DATE)
General Meeting – "Welcome Back" – Wednesday, October 14, 2026 *(see flyer page 12)*

Upcoming Philoptochos Events

SAVE THE DATE – Saturday, December 5, 2026
2026 Philoptochos Christmas Benefit at The Langham Huntington Hotel in Pasadena.
More details to come!

Upcoming Metropolis Events

His Eminence Metropolitan Gerasimos
and the Metropolis of San Francisco Philoptochos
joyfully invite you to attend

Light the Path

Sunday, November 15, 2026
2:00 PM

The Centre
5000 Lakewood Avenue, Lakewood, California.

This festive holiday event will benefit
the Bishop Anthony Philoptochos Student Aid Endowment Fund for seminarians and students at Hellenic College/Holy Cross Greek Orthodox School of Theology in Brookline, Massachusetts.

$125 per person, limited capacity – secure your reservation early.
Register at www.sfphiloptochos.org or by calling 415-431-2600 by November 8.

Mark your calendar and plan to attend!
For more information and to donate, please visit the Metropolis of SF Philoptochos website .

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: **agiaphiloptochosmembership@gmail.com**

To register for membership online, click on this link:

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

WHY JOIN PHILOPTOCHOS

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

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

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

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

Each member's $50 stewardship supports our:

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

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

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

or pay online: https://stanthonyphiloptochos.square.site

or visit the Membership table on Sundays after Divine Liturgy

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

Associate Membership (non-voting):
Men of the Orthodox faith and non-Orthodox wives of Orthodox husbands are eligible to join as associate members.

Thank you for your partnership and for helping our community!

PHILOPTOCHOS SOCIETY OF SAINT ANTHONY GREEK ORTHODOX CHURCH
PANAGIA CHAPTER

PHILOPTOCHOS MEMBERSHIP FORM

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

Last Name	**First Name**	**Spouse Name**	**M.I.**

Street Address

City	**State**	**Zip**

Home Phone	**Cell Phone**

Email

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

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

☐ $50 ☐ $75 ☐ $100 ☐ $125 ☐ Other

Each $50 stewardship supports National Philoptochos ($15), San Francisco Metropolis ($15) and St. Anthony Philoptochos obligations and projects ($20). ____Check ____Credit Card ____Cash

I am interested in helping with the following:

_____ 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://stanthonyphiloptochos.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 3-340z 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

With a successful GreekFest 2026 in the rearview mirror, our VIPs took a well-deserved break from cooking, baking and serving to have a pleasant luncheon served to us at the Old Spaghetti Factory where we gathered to officially welcome our new Associate Priest Father Demetrius and Presvytera Christina Dogias to our Saint Anthony Community.

*Prior to lunch, our **new co-presidents, Thean Grafos and Bessie Kouvara** were introduced to the gathering of 42 participants and the abbreviated agenda was initiated with a prayer led by Fathers Peter and Demetrius. Our new co-presidents then presented Father and Presvytera Dogias with a monetary gift to welcome and help them set up their new home in the San Gabriel Valley, a gift card and bag from LeRoy's Restaurant courtesy of Carolina Kokoris, and a copy of "Hometown Pasadena," which is an insider's guide to Pasadena and the surrounding San Gabriel Valley. This book explores iconic landmarks like the Rose Bowl and the Huntington Library, along side hidden gardens, architecture walks, and local eateries. And though Father Peter and Presvytera Aida have many years with us here at Saint Anthony, and are well-experienced in what Pasadena has to offer, we gave them a copy of this wonderful book too!!*

Our September birthday celebrants included Maria Kypreos, Kathy Lucas, Fontaine Malisos, Bertha Patsavas, Nick Paziouros, Yiota Poulos, Zachary Vorgias, and Dr. Cleo Williams.

*The next meeting will be held as usual in the church Community Center on **October 13th** and will feature a BINGO Tournament. Once again we congratulate the new administration for the 2026-2027 term.*

Jim Hronas
VIP Communications











Community News & more...

"LITURGY & LIFE"

LOS ANGELES ANNUAL PAN-ORTHODOX MUSIC FESTIVAL



PERFORMED BY ORTHODOX CHRISTAN CHOIRS IN SOUTHERN CALIFORNIA:

ST. ANDREW (RIVERSIDE), ST. MARK (IRVINE), ST. SAVA (SAN GABRIEL), ST. NICHOLAS (LA), ST. LUKE (GARDEN GROVE), ST. STEVEN (ALHAMBRA), ST. INNOCENT (TARZANA), JOY OF ALL WHO SORROW (MARINA DEL REY)

SATURDAY, OCTOBER 3RD 2026

3PM CONCERT
5PM RECEPTION
6PM VESPERS

FREE ADMISSION
EVERYONE WELCOME!

SAINT STEVEN'S
SERBIAN ORTHODOX
CATHEDRAL
1621 W. GARVEY AVE.
ALHAMBRA, CA 91803

Southern California Cretans' Association

CRETAN GLENDI

SATURDAY, NOVEMBER 7, 2026

Appetizers 5:30 pm Traditional Cretan Dinner 7:00 pm

St. Anthony Greek Orthodox Church Trinity Ballroom
788 South Rosemead Boulevard
Pasadena, California 91107

SPECIAL GUEST



ADULTS - $90.00 (purchased by 10/7) $100.00 after
YOUTH/STUDENTS 21 AND UNDER - $45.00
(purchased by 10/7) $50.00 after
CHILDREN 5 AND UNDER - free

RESERVATIONS
David Kaparos (626) 232-2706
Bobby Zoumberakis (562) 413-3968
socalcretans@gmail.com

SCAN ME
RESERVE NOW

SAINT ANTHONY
GREEK ORTHODOX CHURCH



Help IOCC Rebuild in Altadena, CA

Want to help others get back on their feet after the 2025 California wildfires? In the wake of a disaster, families often need help rebuilding and repairing their homes. Volunteer for a day or week to help individuals and families move toward long-term recovery.

REQUIREMENTS & COST

- You don't need to be skilled—just energetic!
- You must be 18 years old or older
- Free for day volunteers
- For volunteers traveling in, the cost is $100 a week and covers all your basic expenses on the ground: room and board, local transportation, and site supervision.

DATES

- Weeks are available January – March of 2027. To select a week, or for more information, contact Krista Hamann at 667-331-9812 or volunteercoordinator@iocc.org.

"Our experience was incredible. While we were there to help an owner rebuild his home, we learned so much, [and] had great fellowship. We plan to do this again next year."
- **2023 Action Team Volunteer**

International Orthodox Christian Charities
IOCC

2026–2027 GREEK SCHOOL REGISTRATION

Registration is now open for the 2026–2027 Greek School year! We welcome both new and returning Adult and Youth students. Registration forms are available on the church website. Please follow the instructions provided on the registration forms and refer to the attached class schedule for course offerings.

2026-2027 - St. Anthony's Greek Language School
Youth and Adult classes (30 class sessions)



Youth Mondays (4:30pm-6:30pm)	Starting October 5th Beginners 1B3 Advanced
Youth Tuesdays (4:30pm-6:30pm)	Starting October 6th Beginners 1A
Youth Wednesdays (4:30pm-6:30pm)	Starting October 7th Pre-k, K 1,2,3
Youth Thursdays (4:30pm-6:30pm)	Starting October 1st Beginners 1B2 Intermediate
Adult Virtual and in Person	Starting week of October 5th Beginner I – TBD Beginner II - TBD Intermediate III - TBD Advanced - TBD

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 censing and is facing the Congregation
- During the Great Entrance (when the procession of the Holy Gifts takes place)
- When the priest is blessing the Congregation
- During the recitation of the Nicene Creed ("I believe…")
- During the Consecration of the Holy Gifts
- During the recitation of the Lord's Prayer ("Our Father…")
- During the Priest's sermon

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

While in the Church, remember to…

- Wear appropriate attire to enter God's House
- Silence your mobile devices
- Refrain from chewing gum, mints, or candy
- Remove lipstick when receiving Holy Communion & when venerating & kissing the icons
- Follow the direction of the Priest for standing & sitting
- Maintain quiet in the Sanctuary
- Enter God's House with reverence and respect

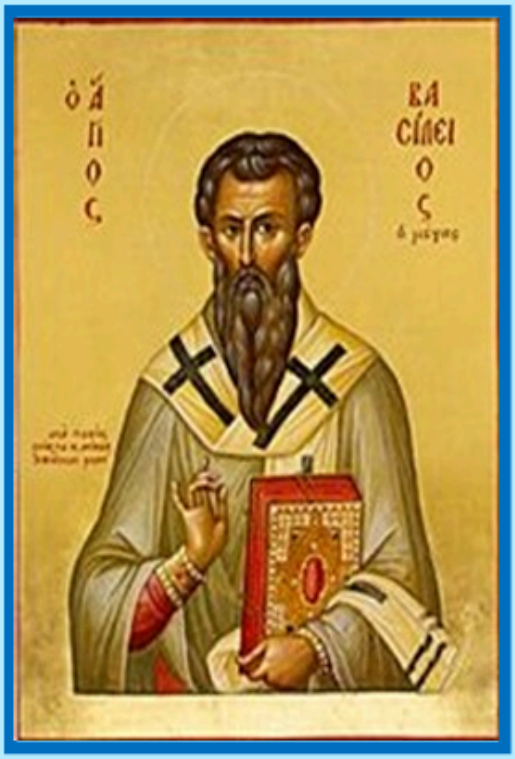


The Voice of Saint Anthony

Saint Anthony Greek Orthodox Church

January 2026 www.saint-anthonys.org (626) 449-6943 Office

sample



Saint Basil
1 January

DEADLINE for FEBRUARY Newsletter is SUNDAY 25 JANUARY

Please send to: newsletter_church @aol.com

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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

"For I will give you a mouth and wisdom, which none of your adversaries will be able to withstand or contradict." Luke 21:15

I saw a meme recently which said "Give yourself a point for everything you've done on this list." There were things like "use a corded phone," "rent a video from Blockbuster," and "look up something in the yellow pages." Of the twenty things on the list, I had done all twenty, and my son, who right now is 19, had done none of them. That shows two things—I am old, and the world has changed since I was young.

In the 1980s, one of my favorite TV shows was called "Nightrider," starring David Hasselhoff. He had this car, which he called "Kitt," that could do these amazing things. And Michael Knight (Hasselhoff's character) could talk to his watch and get Kitt to auto-drive. It was entertaining, even though we thought these abilities were somewhat ridiculous. Who would have thought that now we can talk to phones on our wrists and have self-driving cars.

Society has advanced in so many ways that are good. A phone that fits in your hand and is mobile is certainly a better tool for looking up phone numbers than a heavy phonebook you can't carry around. Where would we be without the internet, or texting or email. How nice is it not to have to wait around for a phone call.

But there is a downside to all of this. One can't take a day off from the phone and go someplace. It used to be that people would call and leave a message, assuming the person was out for the day and hoping for a return call in a day or two. Now people expect every call to be answered. There is so much information available on the phone that when we are bored, and even when we are not, we grab the phone and start scrolling. When I was a student doing my homework, I never got interrupted by a text message, never had the inkling to stop my work and check sports scores (those wouldn't be available until the six-o-clock news), or tempted to impulse buy on Amazon. Now it is hard to stay focused, we get impatient when people don't return calls, and we feel totally lost without a phone. "Life-360" tells us where our children are at all times - a far cry from when we were kids who played outside. Our parents would say "just be home by the time it's dark."

Technology has improved so much in the world, from medical advances to engineering possibilities. We live longer and more comfortably. But AI (artificial intelligence), while allowing us to access information quicker than we can think about it ourselves, is starting to put people out of jobs, stifle our creativity, and even create fake relationships. One can interact with AI, type in problems, and carry on a conversation like one would have with a therapist or a counselor, except it is with a computer and not a person.

We all use AI to one degree or another, to "Google something" is basically AI. AI can be a healthy tool to compliment our intelligence, but not to replace it. Putting a limit on AI is like trying to get toothpaste back into the tube. AI is here to stay, so the question is how do we manage it.

Jesus said in Luke 21:15, "For I will give you a mouth and wisdom, which none of your adversaries will be able to withstand or contradict." Jesus was saying this in reference to forthcoming persecutions which would cause anxiety to His followers. How would they be able to stand in the face of opposition, having limited knowledge of their new-found faith. Jesus told them not to worry about that. Later when the Holy Spirit had been sent down on them, they realized that the grace of the Holy Spirit could fill in the empty and blank spaces.

Not only is AI replacing our creativity, but it is also going to mess with our confidence, and potentially our relationship with the Lord. Who needs faith in anything, God or oneself, if AI is there to fill in the empty spaces?

I use AI. I use the internet to help search out Bible verses on Bible gateway, an app I have used since the beginning of the Prayer Team in 2015. I do not filter any of these messages through AI. The thoughts expressed here come from the Bible, and from careful planning and research. The mistakes are mine as well. AI does make some of my work easier. In fact, I don't know where I would be without a computer, Google or Bible gateway. This is the way the world works now. We would be short-sighted not to use some of the technology available to us. However, before there was AI, or cell phones, or Google, there were the words of Jesus Christ, the words that we are to put our faith in, and those words include leaning in on God when we have empty spaces. We are supposed to serve and love one another. We are also supposed to be served and loved by others. When we let the computer serve as our therapist, or in some cases, even as our friend, we are not following the commandments to love God (leaning in on Him to fill empty spaces), or to love our neighbor (letting our neighbor love us). As I said, AI is here to stay, and I use it. How we use it and the long-term effects of using it are not yet known. Other than quotes, I am proud to say I write every word of the Prayer Team. I use the internet to research what I write, but what is written are my words. And I don't plan on ever changing that.

The phones are tools, but they are also distractions. Most of us waste a lot of time on technology. If we added up all the time we spend needlessly looking at our technology, imagine how we could improve relationships, marriages, our own health, and our relationship with God. The phones are important tools and are also here to stay. Managing how we use them will be a challenge. Same with AI. It cannot replace loving relationships, it cannot feel empathy or compassion or anything else, and it cannot sacrifice for us, or love us. We can utilize AI but we can't love it in the way we love other people. If our time is limited, and if our hearts go to where our treasure leads, then we need to make sure we are leading with things that are real, and using things that are artificial in an ancillary way, not as the leading role in our lives.

Lord, thank You for the gift of technology and the creative minds that have created it.
Help all of us, starting with me, to use technology in ways that are appropriate.
Help us to maintain appropriate relationships, to use our own creativity, and not to neglect our talents and our relationships by using artificial intelligence to replace our God-given intelligence.
Amen.

Years ago, we did not have the conveniences and the challenges of technology the way we do today.
We must learn to use the conveniences appropriately and to meet the challenges that new technology has brought us.



Saints & Feasts

Saint Romanos the Melodist

October 01



Romanos was a Syrian Christian who lived in the beginning of the 6th century. A convert to Orthodoxy from Judaism, he was ordained a deacon and served in the Church of Beirut. His talent was great. Unlike others, he wrote his hymns in simple language and produced a pleasant meter in the verse by the way he accented words. The hymns he composed appealed to the hearts of the people and are still sung today.

Romanos has been called "Sweet Singer" (Ghlykophonos), "Melodist" (Melodhos), and "Righteous Chanter" (Psaltis Dhikeosinis). He wrote hundreds of hymns celebrating the mystery of the Incarnation, the Crucifixion, the Resurrection and the living of a Christian life. One of the most famous compositions is the hymn celebrating the Nativity of our Lord, *"Today the Virgin gives birth to the One who is above all living things...."* St. Romanos is said to have composed the Akathist Hymn, a kontakion that we still chant during the Friday evening Heretismoi services of Great Lent.

Romanos died on October 1st in 510 AD. He was a productive genius and artist, writing and accenting thousands of kontakia. He has been called the patron saint of all who sing for the Church. Others say he is the leader in the world of religious hymnology. Surely he has made a profound contribution to divine worship and deserves to be recognized by all who sing and by all who listen to the hymnology of our services.

Saint Thomas the Apostle

October 06



The Holy and Glorious Apostle Thomas was born in the Galilean city of Pansada. He was a fisherman. Hearing the good tidings of Jesus Christ, he left all and followed after Him. The Apostle Thomas is included in the number of the Twelve Apostles of the Savior.

According to Holy Scripture, the holy Apostle Thomas did not believe the reports of the other disciples about the Resurrection of Jesus Christ:

"Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe." John 20:25

On the eighth day after the Resurrection, the Lord appeared to the Apostle Thomas and showed him His wounds. *"My Lord and my God,"* the Apostle cried out (John 20:28). *"Thomas, being once weaker in faith than the other apostles,"* says St John Chrysostom, "toiled through the grace of God more bravely, more zealously and tirelessly than them all, so that he went preaching over nearly all the earth, not fearing to proclaim the Word of God to savage nations."

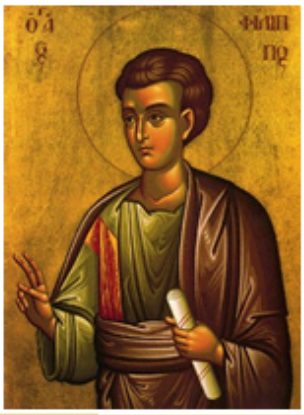
Saint Thomas the Apostle – continued..

Some icons depicting this event are inscribed "The Doubting Thomas." This is incorrect. In Greek, the inscription reads, "The Touching of Thomas." In Slavonic, it says, "The Belief of Thomas." When St Thomas touched the Life-giving side of the Lord, he no longer had any doubts.

According to Church Tradition, the holy Apostle Thomas founded Christian churches in Palestine, Mesopotamia, Parthia, Ethiopia and India. Preaching the Gospel earned him a martyr's death. For having converted the wife and son of the prefect of the Indian city of Meliapur, the holy apostle was locked up in prison, suffered torture, and finally, pierced with five spears, he departed to the Lord. Part of the relics of the holy Apostle Thomas are in India, Hungary and on Mount Athos.

Saint Philip the Apostle of the 70

October 11



Saint Philip, who had four daughters that prophesied, was from Caesarea of Palestine. He preached throughout Samaria; it was he also who met the eunuch of Candace, the Queen of the Ethiopians, as the eunuch was reading the Prophet Esaias, and he instructed and baptized him (Acts 8:26-39). He reposed in Tralles of Asia Minor while preaching the Gospel.

Saint Luke the Evangelist

October 18



Luke was a native of Syrian Antioch, a companion of the holy Apostle Paul (Phil.1:24, 2 Tim. 4:10-11), and a physician enlightened in the Greek medical arts. Hearing about Christ, Luke arrived in Palestine and fervently accepted the preaching of salvation from the Lord Himself. As one of the Seventy Apostles, St Luke was sent by the Lord with the others to preach the Kingdom of Heaven during the Savior's earthly life (Luke 10:1-3). After the Resurrection, the Lord Jesus Christ appeared to Saints Luke and Cleopas on the road to Emmaus.

Luke accompanied St Paul on his second missionary journey, and from that time they were inseparable. When Paul's co-workers had forsaken him, only Luke remained to assist him in his ministry (2 Tim. 4:10-11). After the martyric death of the First-Ranked Apostles Peter and Paul, St Luke left Rome to preach in Achaia, Libya, Egypt and the Thebaid. He ended his life by suffering martyrdom in the city of Thebes.

Tradition credits St Luke with painting the first icons of the Mother of God. "Let the grace of Him Who was born of Me and My mercy be with these Icons," said the All-Pure Virgin after seeing the icons. St Luke also painted icons of the First-Ranked Apostles Peter and Paul. St Luke's Gospel was written in the years 62-63 at Rome, under the guidance of the Apostle Paul. In the preliminary verses (Luke 1:1-3), St Luke precisely sets forth the purpose of his work. He proposes to record, in chronological order, everything known by Christians about Jesus Christ and His teachings. By doing this, he provided a firmer historical basis for Christian teaching (Luke 1:4).

Saint Luke the Evangelist - continued

He carefully investigated the facts, and made generous use of the oral tradition of the Church and of what the All-Pure Virgin Mary Herself had told him.

In St Luke's Gospel, the message of the salvation made possible by the Lord Jesus Christ, and the preaching of the Gospel, are of primary importance. St Luke also wrote the Acts of the Holy Apostles in Rome around 62-63 A.D. The Book of Acts, which is a continuation of the four Gospels, speaks about the works and the fruits of the holy Apostles after the Ascension of the Savior. At the center of the narrative is the Council of the Holy Apostles at Jerusalem in year 51, a Church event of great significance, which resulted in the separation of Christianity from Judaism and its independent dissemination into the world (Acts 15:6-29). The theological focus of the Book of Acts is the coming of the Holy Spirit, Who will guide the Church "into all truth" (John 16:13) until the Second Coming of Christ.

The holy relics of St Luke were taken from Constantinople and brought to Padua, Italy at some point in history. The Roman Catholic bishop of Padua, noting that Orthodox pilgrims came to Padua to venerate the relics, while many Catholics did not even know that the relics were there, appointed a committee to investigate the relics in Padua, and the skull of St Luke in the Catholic Cathedral of Prague. The skeleton was determined to be that of an elderly man of strong build. A rib from the relics of Saint Luke resides in St Luke's original tomb in the Orthodox cathedral at Thebes.

Saint James the Apostle

October 23

According to some, this Saint was a son of Joseph the Betrothed, born of the wife to whom Joseph was married, before he was betrothed to the Ever-Virgin. Hence he was the brother of the Lord, Who was also thought to be the son of Joseph (Matthew 13:55). But some say that he was a nephew of Joseph and the son of his brother Cleopas, who was also called Alphaeus and his wife, Mary, who was the first cousin of the Theotokos. But even according to this genealogy, he was still called, according to the idiom of the Scriptures, the Lord's brother, because of their kinship.



This Iakovos is called the Less (Mark 15:40) by the Evangelists to distinguish him from Iakovos, the son of Zebedee, who was called the Great. He became the first Bishop of Jerusalem, elevated to this Episcopal rank by the Apostles, according to Eusebius, and was called Obliah, that is, the Just, because of his great holiness and righteousness. Having ascended the crest of the Temple on the day of the Passover at the prompting of all, he bore testimony from there concerning his belief in Jesus and he proclaimed with a great voice that Jesus sits at the right hand of the great power of God and shall come again upon the clouds of heaven. On hearing this testimony, many of those present cried, "Hosanna to the Son of David." But the Scribes and Pharisees cried, "So, even the just one hath been led astray," and at the command of Ananias the high priest, the Apostle was cast down headlong and stoned. While he prayed for his slayers, his head was crushed by the wooden club by a certain scribe. The first of the Catholic (General) Epistles written to the Jews in the Diaspora who believed in Christ was written by this Iakovos.

Saint Demetrios the Myrrh-Streamer

October 26



Saint Demetrius was a Thessalonian, a most pious son of pious and noble parents, and a teacher of the Faith of Christ. When Maximian first came to Thessalonica in 290, he raised the Saint to the rank of Duke of Thessaly. But when it was discovered that the Saint was a Christian, he was arrested and kept bound in a bath-house. While the games were under way in the city, Maximian was a spectator there. A certain friend of his, a barbarian who was a notable wrestler, Lyaeus by name, waxing haughty because of the height and strength of his body, boasted in the stadium and challenged the citizens to a contest with him. All that fought with him were defeated. Seeing this, a certain youth named Nestor, acquaintance of Demetrius, came to the Saint in the bath -house and asked his blessing to fight Lyaeus single-handed. Receiving this blessing and sealing himself with the sign of the precious Cross, he presented himself in the stadium, and said, "O God of Demetrius, help me!" and straightway he engaged Lyaeus in combat and smote him with a mortal blow to the heart, leaving the former boaster lifeless upon the earth. Maximian was sorely grieved over this, and when he learned who was the cause of this defeat, he commanded that Demetrius be pierced with lances while he was yet in the bath-house, As for Nestor, Maximian commanded that he be slain with his own sword.

The Holy Protection of the Theotokos

October 28



The Feast of the Protection commemorates the appearance of the most holy Theotokos in the Church of Blachernae in Constantinople in the tenth century, as recorded in the life of Saint Andrew the Fool for Christ's sake. While the multitudes of the faithful were gathered in church, Epiphanius, the friend of Saint Andrew, through the Saint's prayers, beheld the Virgin Mary above the faithful and spreading out her veil over them, signifying her unceasing protection of all Christians.

Because of this we keep a yearly feast of gratitude, imploring our Lady never to cease sheltering us in her mighty prayers.



Orthodox Calendar

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 **ST. ROMANOS** 4:30 Greek School	2	3
4 **2nd SUNDAY OF LUKE** 8:45am Orthros 10am Divine Liturgy 11am Sunday School 12:15 Greek Dance Indoor & Live-stream	5 4:30 Greek School	6 **ST. THOMAS THE APOSTLE** 9am Orthos 10am Divine Lit	7 3pm Philoptochos Union Station 5PM Greek Dance 6:30 Book Club 7pm Philoptochos Board	8 4:30 Greek School	9	10
11 **SUNDAY OF THE 7TH ECUMENICAL COUNCIL** ST. PHILLIP APOSTLE 8:45am Orthros 10am Divine Liturgy 11am Sunday School 12:15 Greek Dance 12:30 GOYA Mtg Indoor & Live-stream	12 OFFICE CLOSED for Columbus Day 4:30 Greek School	13 10:30 VIP Mtg 7pm Parish Council Meeting	14 5pm Philoptochos General Mtg 5pm Greek Dance 6:30 Book Club	15 4:30 Greek School	16	17 10am Philoptochos Blessing of the Animals
18 **LUKE THE EVANGELIST** 8:45am Orthros 10am Divine Liturgy 11am Sunday School 12:15 Greek Dance Indoor & Live-stream	19 4:30 Greek School	20 **GERASIMOS OF CEPHALONIA** 9am Orthros 10am Divine Liturgy	21 5pm Greek Dance 6:30 Book Club	22 4:30 Greek School	23 **ST. JAMES (IAKOVOS)**	24 7pm Festival Appreciation Dinner
25 **6th SUNDAY OF LUKE** 8:45am Orthros 10am Divine Liturgy 11am Sunday School 12pm OXI Day Prog. 12:15 Greek Dance 6pm Vespers Indoor & Live-stream	26 **ST. DEMETRIOS** 9am Orthos 10am Divine Lit 4:30 Greek School	27	28 **HOLY PROTECTION OF THEOTOKOS** 5pm Greek Dance 6:30 Book Club	29 4:30 Greek School	30 Greek Dance Workshop	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 foodsallowed No Symbol

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

October 2026

POSTAGE STAMP

TIME SENSITIVE

Dated Material.. Please rush delivery

To generationsofourdescendantsyetunknowntoyou,whosomedayinthedimand distant futurewillreadthisaccountofthedramatichistoryoftheHelleniccommunity,we who havewrittenthisaccountnotonlyonpaper,butintheblood,sweatandtearsofour daily lives make this statement:

We havebuiltthiscommunitywithitshopesanditsfears,anditslandanditsbuildings because we believe, as did our forefathers, in the soul's immortality, and its eventual union with God.

We believethatwhetherornotwehaveamassedagreatdealofpersonalwealthorfame,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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I start this day with a simple prayer: Please heal the broken and the sick, restore happiness to those in despair, bring love to the lonely, food to the hungry, and peace to our world. Amen.

Lord, help me strip away the clutter that distracts me from You. Teach me to find joy in simple things and not be burdened by excess. Let my life reflect a quiet, uncomplicated devotion to what truly matters. Amen.