



METROPOLIS OF
SAN FRANCISCO

The To Light – ΦΩΣ



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St. Anthony's Greek Orthodox Church Bulletin
Περιοδικόν Της Ενορίας Του Αγίου Αντωνίου

Volume 8, #5

A MESSAGE FROM YOUR PRIEST

My dear beloved parishioners,

“The kingdom of God is within you” (Luke 17:21).

In today's Sunday bulletin, there is a story that I hope you will read and reflect upon. An eighty year old man conducted an in depth study of his life by calculating the amount of time he spent doing certain things.

The man determined that he spent twenty six years of his life sleeping, twenty one years working and some ten years watching television and relaxing. His breakdown of life's activities was very extensive and detailed, but nowhere did he mention that he meditated or spent time in Church or that he thought about charity or any good thing in relation to his fellow man.

It is very disheartening. The examples of this type of person abound in our society. We all know that much of our age is marked by activism: hard work, hard play, always moving, always doing things. Many of us have lists of things to do and some have several lists. Activism brings pressure to the mind, heart, and soul. “A person may find herself or himself trapped by all the commitments and feel imprisoned by an overwhelming schedule, endless obligations, and a myriad of activities. Flurry, hurry, and worry! A certain amount of anxiety is normal but excessive anxiety may lead to

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Rev. Protopresbyter Efstathios V. Mylonas, Ph.D.

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emotional paralysis or chronic psychosomatic symptoms such as headaches, ulcers, and muscle spasms.”

In the first book of kings, we see a page from the household book of king Solomon’s kitchen: a very detailed description of the needs of the kitchen and supplies to feed the king, his wives, the palace staff, and of how to dress etc.

And yet, Jesus says that Solomon the king with his array of material things was nothing when compared to a simple bird flying high in the sky, to the splendor of a flower out in the field, or even to a blade of grass.

Jesus does not set Solomon as our example, but rather, that bird, that flower, that blade of grass. Like those things, we should not worry about what we eat, or drink, or how we dress, as Solomon must have done. We should be different.

Jesus does not say that we should not eat, drink, or dress, but that our splendor should not come from these things. “Unbelievers are always running after these things, but you, you should be seeking the kingdom of God that is within.”

Eve and Adam were clothed with God’s grace and there was nothing evil in their minds. They were innocent like children. But once they thought about defying God’s will and rebelling against him, they were clothed with moral nakedness. Their innocence was lost and the kingdom of God became a distant reality.

My dear brothers and sisters, seek the kingdom of God as it exists in that flower, or blade of grass, shining forth from within. Anything you are running after, anything you chase, runs ahead of you, outside of you, and it will never make you shine. “our splendor comes from what is within us: God and the kingdom from within. Be like a flower, a lily in the field, shining from within, from within God in you.”

As we begin another new ecclesiastical year of the lord on the first of September, and as we return to Church from our summer vacations and other activities that kept us away, we hope and pray that we will join our efforts in everything we do having the holy spirit as our guide and inspiration. Amen.

(this sermon was delivered in our Church by Fr. Stathis on the third Sunday of Matthew, July 10, 2005)

Published by **The National Herald**, April 21, 2005

Archbishop Christodoulos' Eulogy for Archbishop Iakovos

His Beatitude Archbishop Christodoulos of Athens and All Greece delivered a moving eulogy in Greek during the funeral for the late Archbishop Iakovos at the Archdiocesan Cathedral of the Holy Trinity in Manhattan last Friday, April 15. The translated text of that eulogy is published below:

A great and unique leader of Orthodoxy and Hellenism; an unshaken and tenacious fighter of the good for the entire world; a zealous standard bearer of the concept of peace; an inspired visionary for the unity of the Churches; a genuine Greek patriot and conscientious trustee of Greek Orthodox traditions on this great American continent; a nostalgic fighter of freedom; a heroic protector of human rights; a true philosopher of the truth and human concerns; the deceased who lies here in front of us, Archbishop Iakovos, formerly of North & South America is not alive anymore.



His Beatitude Archbishop Christodoulos of Athens delivering a eulogy for the late Archbishop Iakovos, formerly of North & South America, during Iakovos' funeral at the Archdiocesan Cathedral of the Holy Trinity in New York last week. Father Robert Stephanopoulos, Dean of the Cathedral, is standing next to Christodoulos on the left, while Evzones and members of the New York City Police Department stand at attention.

"We are not going to mourn the one who has departed," St. Gregory the Theologian teaches us, "because it is better where he has gone." But we are going to honor him

because this is an "obligation above any just obligation." We are going to cry because his tremendous ministerial accomplishments oblige us to stand in front of him, crying for him and marveling at him. We are crying, on the one hand, because we are going to miss his physical presence; we are marveling, on the other hand, at the magnitude of his work as spiritual father and shepherd, and as a fearless Hellenic warrior for the just causes of the Greek American community and the mother country of Greece, for the rights of every human person.

From the time he was a young theologian, putting on the venerable priestly cloth, until the twilight of his old age – when, like an olive tree full of fruit, he was deemed worthy to see his spiritual grandchildren as newly-planted olive branches around his table – this consciousness of duty was the force directing the entire life, thought and activity of Archbishop Iakovos. Those of you who are present here today, as well as the entire Omogeneia, knew him as your Archbishop, with his firm, unwavering hand and eagle-like countenance, his indomitable courage and his endless desire to fight on all levels as a genuine Greek Orthodox hierarch and leader.

He tried with all his might to project the Omogeneia and support the values of Christianity. Today, the Omogeneia enjoys distinction in this great and hospitable country.

Archbishop Iakovos had a consciousness that very few have among the Greek Orthodox hierarchy, beyond the realm of pastoral stewardship and guidance. He had the responsibility of preserving Hellenism in our souls. He disregarded the voices of those who claim that a hierarch should not concern himself with the advancement of Hellenism. He listened to those who were asking him to limit himself strictly to his ecclesiastical duties, and not to place too much emphasis on the schools, language, ethnic consciousness, roots and the history of our nation. He listened, but he did not obey.

Archbishop Iakovos believed that the Greek consciousness should be kept alive, despite the passing of the immigrant generations, because he believed that people secure their essential survival not by the abandonment of their ethnic, spiritual and cultural origins, but through constant contact with the roots of their fatherland; and not to be prevented from adapting to new societies, in which they have chosen not only to live, but also to achieve great success. He believed that the Church is the greatest element of ethnic self-consciousness and unity, the connecting link and the unifying force for all of us. He fought to secure this unity. He worked day and night for our nation and mobilized the forces of the Church to protect the nation, regardless of which party was in power. Archbishop Iakovos found himself fighting alone many times. This is often the destiny of all decent and genuine soldiers.

Although all of us were expecting his biological end the past few weeks, today no one wants to accept the fact that Archbishop Iakovos is not with us any more. You all had him as your father and shepherd for many years, but we also, from Greece, who also held him as an exemplar of integrity and dynamism, can not compromise with this sad reality. He has departed from our midst, but those of us who believe in the Resurrection maintain that he lives in the country of the blessed spirits, "awaiting the resurrection of the dead." He sees us, and urges us from Heaven, to continue our own struggle; to complete the cycle of his visions; to broaden the chambers of our hearts; to synchronize our pulse with the rhythms of our history; to excel, and to show ourselves to be much better than we are presently.

The Church of Greece, which I represent, bows in front of this casket in which the body of Archbishop Iakovos is resting. The Church of Greece bows in front of a man who proved to be victorious over circumstances, and we, more than anybody else, honored his identity as spiritual father and ethnic gladiator.

Unforgotten Archbishop Iakovos. History has already recorded your important life. You successfully led the greatest and the most valuable Greek Orthodox element of the Greek Diaspora. You honored, as a citizen and religious leader, this great American Democracy. You honored Greece. Hellenism is not mourning, because you existed. Orthodoxy is not mourning, because you served its unified vision with unshaken faith. You have been a brave, keenly perceptive and dignified supporter of ethnic ideals.

Shortly before your departure you said, "I thank you all. I forgive all."
Know that the love of Greek people everywhere on Earth and the gratitude of our nation accompany you.

I personally felt your candid and unconditional support, for which I thank you publicly. The Church of Greece, all the hierarchs, clergy and laity, bow before your holy body. Let the Cross and daphne and glorious myrtle, respect and love, honor and recognition, accompany you on your way to join the angels.

Everlasting be his memory.

The above was translated by Theodore Kalmoukos

MESSAGE FROM PARISH COUNCIL PRESIDENT

We have been saddened by the death of Dan Bozikis, a past president, a past Sunday school director, and at the time of his death a parish council member. Dan was always the first board member at church on Sundays, always there greeting everyone with a smile. He never missed a board meeting and was there supporting us at every level. Our condolences to his family. Also I want to extend our condolences to board member John Buzas on the loss of his nephew, Constantine Pastis; and to board member John Patzakis on the loss of his grandmother, Theresa Giokaris .

Our festival is just around the corner. Please help by volunteering to make a donation for the food items, supplies, and to sponsor a booth. Also help by donating your time and talents before and during the festival. Sam Dallas and Pete Vagenas are co-chairmen this year and are working very hard to make this festival one of our best. Please support your church by supporting the festival. Please fill out the forms that are enclosed in the bulletin. Also, the raffle tickets will be sent out shortly, please buy them all or sell them all.

Our church is in constant need of maintenance. In the past few months our maintenance chairman, Jimmy Christodoulelis, has overseen the repairs in the storage room. The heavy rains this year weakened the roof and water soaked into a portion of the walls. Walls had to be torn out then replaced as well as some of the cabinets and shelves. It was a big job, but needed to be done before the festival. Also the accordion doors in the Hellenic Center were repaired. The outside area behind the stage was completely cleaned out from items that had accumulated over the years. Four broken steps leading to the Sunday school rooms were replaced. Also, over the last six months many improvements were needed on the rental houses. Thank you to Andy Demopulos for always checking around the church property and the two houses and letting us know the areas that need our attention.

Again, Vacation Bible School (its fifth year) which took place the first week of August, was a huge success. Thank you to Irene Albeck and Esther Vavoulis, our coordinators, and to all the teachers and volunteers that helped make it so successful. A special thank you to Michele Prappas, our music coordinator who in just five days taught our children to sing such fun and inspirational songs. Friday evening was the ice cream social and performance, where all of us were entertained by our children. They all did an excellent job. Thank you again to all the volunteers for such a magnificent week.

Thank you,

Sophia Angelos
Parish Council President

Sacraments and Holy Services

Wedding

Christos Ioannou and Elleni Koulos on Saturday, July 9, 2005. Sponsors: Michael and Maria Georgakopoulos.

Congratulations and best wishes to the newlyweds. May the Lord our God grant them happiness and His abundant blessings.

Funerals

John T. Poulos of Temple City, California on July 19, 2005.

Dan P. Bozikis of Hacienda Heights, California on July 29, 2005.

May God grant rest and peace among His angels and saints to the souls of these most dedicated members of our Church. We will certainly miss them. We express our condolences to their families. May their memory be eternal.

We also express our condolences to the families of Constantine Pastis and Theresa Kanatas Giokaris who died recently. May the Lord our God grant rest and peace to their souls among His saints and the angels. May their memory be eternal.

Thank you

Dear Parishioners and Friends,

I would like to express to each and everyone my deep appreciation for your calls, your warm messages, your assistance and your heartfelt prayers to Almighty God for my speedy recovery from my recent surgery. With God's help and your prayers, I am back to my diakonia and I am deeply grateful to Him and to all of you. I thank you with all my heart and pray that God will bless you and your loved ones. I would also like to thank Fr. John S. Bakas who came to the hospital to pray with me before I entered the operating room and to Fr. Patrick Irish, Fr. Peter Stratos and Fr. Theofanis J. Degaitas for helping me during the period of my recuperation.

Fr. Stathis

A letter from one of our graduates

Father Efstathios,

Thank you so much for including me in the celebration for graduates at Church. I wish I was closer to be a part of the many wonderful things going on at St. Anthony's. The Church and our community has been such valuable and meaningful part of our lives as Greg and I have grown up. Thank you for all your support through our many years at St. Anthony's. The book is quite fascinating and really has helped clarify some of my thoughts on many of the issues we face in our world today.

I hope this finds you well,

Much love,

Paula Dallas

50th Anniversary Album

Dear Parishioners,

The magnificent 50th Anniversary Album which beautifully chronicles Saint Anthony's history with text and pictures is now available for you, your families and your friends. It is a must for every home.

Copies are for sale in the Church office for \$75.00 each. Proceeds will go to the building fund.

Your continuing support is greatly appreciated.

Athena Dallas

An Important Scholarship Fund

The Endowed Scholarship Fund that was established on the 41st anniversary of Fr. Stathis' ordination through donations from parishioners and friends awards scholarships to seminarians who plan to be ordained and serve our Greek Orthodox Church in America. Should you wish to contribute to the scholarship fund, please contact the church office at (626) 449-6943.

Executive Director for St. Nicholas Ranch

The Metropolis of San Francisco is currently seeking applicants for the position of Executive Director of St. Nicholas Ranch and Retreat Center. As we know, the Ranch is among the most important ministries of our Metropolis. Therefore, the person who will take over the position of the Executive Director should be a highly qualified individual who will enable the Ranch to achieve its true potential of becoming the premiere Orthodox retreat center in America. The qualified candidate should be an Orthodox Christian knowledgeable about his or her faith, a “self-starter” who can be creative in program development, and someone with management abilities who can motivate others. He or she must also be willing to relocate to St. Nicholas Ranch. If any one has an interest to apply for this position, please call Fr. Paul Schroeder at (415) 753-3075 or Fr. Stathis at (626) 449-6943.

Vacation Bible School

During the first week of August, our Cultural Center was transformed into a Camp Creation featuring forty eight children, ages 3 – 12 years old. This was the sixth year that Saint Anthony’s has held Vacation Bible School. The success of Vacation Bible School depends on hours of preparation and on many volunteers. We thank the organizers, Irene Albeck and Esther Vavoulis, the teachers and assistant teachers, the parents, yiayias, friends, and relatives who donated time cutting paper keys, organizing crafts, delivering and donating water, snacks, ice cream, social goodies, and the many small and large tasks needed daily. Special thanks to Michele Prappas for directing the musical program. It was a most rewarding and worthwhile effort.

A Women’s Health and Wellness Symposium

His Eminence Metropolitan Gerasimos of San Francisco and The Philoptochos Metropolis Board, Loyola Marymount University and The Basil P. Caloyeras Center for Modern Greek Studies cordially invite you to attend, “A Women’s Health and Wellness Symposium,” a symposium for women of all ages on Saturday, October 8, 2005. Keynote speaker: His Eminence Metropolitan Gerasimos of San Francisco. \$40.00 donation. For more information, please contact: Agatha Felactu, 6977 Alta Vista Drive, Rancho Palos Verdes, CA 90275, (310) 544-1998.

St. Sophia Cathedral Greek Festival

Our neighboring community of St. Sophia Greek Orthodox Cathedral will be hold its annual Greek Festival in the Heart of the Byzantine Latino Quarter. The Festival will

take place on September 9, 10, 11, 2005, at 1324 South Normandie Avenue, Los Angeles, CA (corner of Pico Boulevard and Normandie Avenue). For information call: (323) 737-2424, www.lagreekfest.com, click on admission coupon!

The Iconography and the Mosaic Art of our Church

The interior of our Church as well as the front exterior of our Church are beautifully iconographed and covered with images in mosaics and frescos. However, there still remain a few areas in our church that were originally earmarked for icons and mosaics depicting scenes from the life of our Lord Jesus Christ and the Virgin Mary. The first area is located at the rear of the Nave and is directly in front of the choir balcony. The second area is the small dome in the Vestibule (Narthex).

With respect to the first area, we have already received donations from Nick and Irene Mitsos \$7,500.00, anonymous \$500.00, Maryam Attalla \$500.00, in memory of her beloved husband, Dr. Philip Attalla, Ted Attalla \$1,000.00, in memory of his beloved father, Dr. Philip Attalla, Elisabeth Spourdalakis \$500.00. We are deeply grateful to our generous donors. We are hoping to receive additional donations which will pay for the two panels and will complete the iconography in this area of our Church. These panels will be icons depicting the Birth and the Dormition of the Virgin Mary. We still need \$8,500.00 to complete the Iconography of the front of the choir balcony.

With respect to the small dome in the ceiling of the Vestibule, the mosaic icon will cost approximately \$20,000. We have already collected half of this amount from an anonymous donor. We still need an additional \$10,000. This mosaic icon will be a beautiful cross with angels around it.

If you wish to donate one of the two remaining choir panels or to contribute toward the mosaic in the Narthex, please contact Fr. Stathis at (626) 449-6943.

Donation from the Estate of Louis and Jenny Tripodes

The Estate of Louis and Jenny Tripodes has donated \$25,000.00 to St. Anthony's Church. The family has chosen to use this donation for iconography on the wall below the choir loft. The icon will depict Jesus Christ blessing the children with three female saints on one side and three male saints on the other side.

Our Community is grateful to the following people:

New Altar Candlesticks

Gus and Judy Christopoulos have generously donated \$10,787 for six beautiful sterling silver candlesticks which will replace the old ones on the Holy Altar. The candlesticks are created by the well known artisan and artist, Christos A. Gianniotis of Athens, Greece. We are deeply grateful to Gus and Judy and their family for their continued love and support of our church.

An Expression of Appreciation and Gratitude

We express our deep appreciation to Nick and Irene Mitsos for their continuing love and generous support of our church. Earlier this year, they donated \$6,000 and four large screen television sets in support of our Pente. They have now donated \$7,500 to be used to complete the iconography in our Church. We are deeply grateful to them.

The Estate of Louis and Jenny Tripodes

We are deeply grateful to Louis and Jenny Tripodes of blessed memory who did not forget their Church in their will. They generously supported our Church throughout their lives and upon their deaths, they bequeathed \$25,000 to our Church. May their memory be eternal.

Saint Anthony's Greek Festival, September 16, 17, 18, 2005

Our annual Greek Festival will again take place at the grounds of our Church. It is imperative that each and every parishioner and supporter of Saint Anthony's Church should offer his or her services, donation, time, talent for the success of the Festival. Chairman of the Festival is Dr. Sam Dallas and co-chairman Peter Vagenas. For information or to volunteer your services please call the Church Office at (626) 449-6943.

Junior Choir

Our Junior Choir will resume its practices after the Festival. Children nine years old and older may participate. The director is Giesele Samaan and the organist is Adora Samaan. We urge all parents who have children of this age to let them join the Junior Choir. More information will follow.

Adult Choir

Those who are interested to help to organize an adult choir, please contact Fr. Stathis at (626) 449-6943. Nick Perdaris will be the director of the choir.

Sunday School

Sunday School registration will take place on Sunday, September 4, 2005. Classes will start on Sunday, September 11, 2005.

Thirty-First Anniversary of the Invasion of Cyprus. From Metropolitan Gerasimos:

On July 20, 2005, we marked the thirty-first anniversary of the Turkish invasion of Cyprus. On July 20, 1974, Turkish forces invaded the island, killing hundreds of Cypriots and displacing 2000,000 people from their ancestral homes. To this day, over 1500 Cypriots and four American citizens are still missing. This brutal violation of human rights and international justice represents a wound that remains unhealed to this day. As Greek Orthodox Christians, seeking to support and uphold the dignity of every person created in the image of God, we deplore the continuing occupation of Cyprus, and call upon international authorities to redouble their efforts to find a just and equitable solution. May God grant peace to the world, and a speedy end to the suffering of the people of Cyprus.

Ecumenical Patriarch Bartholomew I to visit United States in January 2006

His Eminence Archbishop Demetrios of America has announced that His All Holiness Ecumenical Patriarch Bartholomew I will visit the Greek Orthodox Archdiocese of America and specifically the Metropolis of Atlanta, headed by Metropolitan Alexios of Atlanta, on January 4 – 8, 2006. Ecumenical Patriarch Bartholomew, who is the spiritual leader of over 250 million Orthodox Christians worldwide, will preside over the centennial Epiphany celebration in Tarpon Springs, FL, and will also commemorate the centennial of the St. Nicholas Cathedral in Tarpon Springs during a Patriarchal Divine Liturgy. This is the first time an Ecumenical Patriarch visits Tarpon Springs area for the festivities associated with the celebration of Epiphany. Following his stay in Tarpon Springs, His All Holiness will visit the Holy Trinity Cathedral in New Orleans, LA, the first Greek Orthodox Community in America established during the Civil War in 1864.

Metropolitan Gerasimos Underwent Surgery in His Left Knee

To Metropolitan Garasimos our warmest wishes for a speedy recovery. Fr. Stathis communicated with His Eminence and prayed for the success of his surgery.

Greek School

Greek School registration will take place with Aghiasmo on Friday, September 30, 2005, at 4:00 p.m.

Recipes Needed

St. Anthony's Greek Folk Dance Groups are collecting recipes to publish a special community COOKBOOK. For information, contact Tanya Christodoulelis at (626) 792-7294 or drop your recipes in the box outside the Church Office.

National Young Adult Pilgrimage

An important pilgrimage to Rome and Constantinople will take place on November 4 – 11, 2005. This pilgrimage is sponsored by the Greek Orthodox Archdiocese of America. For information visit:

<http://www.goarch.org/en/archdiocese/department/youth/pilgrimage05/index.asp>

2005 Young Adult Retreat

The retreat will be held at Hellenic College/Holy Cross Greek Orthodox School of Theology from September 23 – 25, 2005. Registration and information: www.yal.org

2005 National Youth Worker Conference

The conference is sponsored by Inter-Orthodox Christian Youth Ministries. This conference is for clergy, youth workers, volunteers, teachers, coaches, parents, and anyone interested in working with youth. For more information, visit:

www.orthodoxyouth.net or youthoffice@goarch.org

The Center for Family Care at St. Basil Academy

Telephone (845) 424-8175 – Fax (845) 424-4172. Email: familycare@goarch.org Web site: <http://familyaschurch.org> visit the new website at <http://familyaschurch.org>. You can request copies of the Table Prayer Guide and other information.

Win an Antelope Valley Home

Here is your chance to win a brand new home in west Lancaster, currently valued \$500,000.00. The home is brand new, never before lived in or used for any other purposes. It is over 3,220 sq. ft. and has 5 bedrooms, 3 baths and a 3-car garage. The Grand Prize winner may alternately select a cash prize of \$250,000.00. First prize: a new BMW 325i sedan automobile. Second prize: A Greek Islands Cruise for Two, airfare to port city included. Third prize: A 42" Plasma Television. Tickets \$100.00 each. The home to be raffled donated by J. P. Eliopoulos, Builders/Developers for the benefit of Sts. Constantine and Helen Greek Orthodox Church, Lancaster, CA. The Church sponsors the raffle. To purchase tickets: by phone (credit cards purchases), call 1 (800) 494-4907 (M-F). Online (check or credit card purchases), visit www.avhouselottery.com and download the entry form. You can also call Fr. Stathis at (626) 449-6943. Drawing to be held January 6, 2006.

Returning To College?

Remaining strong in the Orthodox faith can be challenging. Visit the website of the Orthodox Christian Fellowship to find out more about opportunities for worship and service at your school: <http://www.ocf.net>

A very important survey

Saint Anthony's Building Committee sent you a thorough survey for you to complete and return to our Church as soon as possible. Please take a few minutes from your busy schedules and complete it. Your input will immensely help the Building Committee to evaluate the current needs of our parish. If you have any questions about the survey or the use of this information please call John Buzas (626)437-9679, Julie Kiotas-Balas (626)585-7498, or Randy Soewers (626)614-6101.

Come Receive the Light

In order to restore this most valuable National Orthodox Christian Radio Program in Southern California, two very important events are scheduled to take place. On Thursday evening, October 6, 2005, a dinner will take place in Pasadena and on Friday evening, October 7, 2005, a second dinner will be held in Irvine. Chairmen for the event in Pasadena are Judie Christopoulos and Lisa Xanthos. More information will follow soon.

International Honor

Michael J. Patzakis, professor and the Vincent and Julia Meyer Chair of the Department of Orthopedic Surgery at the Keck School of Medicine, received an honorary doctorate degree from the University of Athens, Greece, on April 5, 2005. Dr. Patzakis is a world authority on orthopedic infections, and his protocols on the treatment of open fractures, osteomyelitis and limb salvage are used throughout the world. Dr. Patzakis, a deeply religious man and his family are always great supporters of Saint Anthony's Church. We congratulate Dr. Patzakis and express to him our warmest wishes. (Information was taken from HSC Weekly, Keck School of Medicine, USC).

Panhellenic Scholarship Foundation

This Fall the Foundation will award ten Scholarship Grants of \$10,000.00 each. Will a deserving young person from our parish be one of the recipients? The Scholarship Grants granted based on a single criterion: academic excellence. Visit their new website: www.panhellenicscholarship.org or call: (312) 357-6432, fax: (312)357-0527 or call Fr. Stathis at (626) 449—6943.

Moms 'n' Tots

Moms 'n' Tots program will soon start. Michele Prapas and Tanya Christodoulelis will be in charge of the program.

2005 Philoptochos Benefit Luncheon and Fashion Show

Our Philoptochos will hold its Benefit Luncheon and Fashion Show on Saturday, December 10, 2005 at the Ritz Canton, Pasadena. Committee meeting dates: August 22, September 19, October 10, October 24, November 7, December 5, at 7:30 p.m. at the Church hall. All dates are Monday. Everyone is welcome to participate and attend meetings.

Youth Leaders Meeting

Youth leaders meeting with Father Stathis on Sunday, September 25, 2005 following Divine Liturgy.

Festival of Hearts

The event will be at the Balboa Bay Club and Resort, Saturday, December 10, 2005. Musical entertainment by The Trio Bel Canto. Adriane and Roland Jenster and The Bob Gail Orchestra to raise funds for St. Paul's Kids

'n' Cancer program. Metropolitan Gerasimos will also be present. For information see Website: www.stpaulsirvine.org/hearts/ or email: The Festival of Hearts Committee: hearts@stpaulsirvine.org

St. James Armenian Church 64th Annual Picnic

The event will take place on September 11, 2005 from 12:30 p.m. - 7:00 p.m. at the Church grounds, 4950 W. Slauson Ave., Los Angeles, CA 90056. For information call: (310)474-0551 or the Church Office (323)295-4588.

World-renowned theologians to converge in Boston in the Fall

Holy Cross Greek Orthodox School of Theology, in cooperation with World Council of Churches and the Boston Theological Institute, will host an international conference on violence and Christian Spirituality from October 27 to 29, 2005 on the College campus in Brookline, Massachusetts. For information call: Greg Filias (207)363-4067 or (617)731-3500, www.hchc.edu.

St. Demetrios Greek Orthodox Church's Annual Golf Tournament

Friday, September 9, 2005 @ Buena Ventura Golf Course (Olivas Park Drive, Ventura) call St. Demetrios' Church office for more information at 805-482-1273. The proceeds from this event benefit the Building Fund. The parish is in the process of buying a piece of property in Camarillo CA to build a new church and cultural center. If you are not a golfer, please consider one of the following three Options: 1.) Try to golf, 2.) Come to the Awards Ceremony Dinner (only \$25.00) or 3.) Sponsor a hole.

THROUGH A DONATION OF \$100,000, ST. GEORGE PARISH IN LYNN ISSUES A CHALLENGE TO ALL PARISHES THROUGHOUT AMERICA TO SUPPORT THE FUTURE OF OUR CHURCH - OUR OWN HELLENIC COLLEGE/HOLY CROSS GREEK ORTHODOX SCHOOL OF THEOLOGY.

In what has become a rallying cry of support for the continued growth and success of our very own Hellenic College/Holy Cross Greek Orthodox School of Theology St. George Parish in Lynn, Massachusetts will once again assemble its faithful this coming Fall to match this past year's record gift of \$100,000 to the school. The generous donation was made by the Lynn Church under the leadership of Father George Tsoukalas this past October.

Fr. Tsoukalas issued the challenge in the spring of 2004 and the Parish Council went into action. Joining them was the tireless effort of Tom Demakes, past Parish Council President.

Significant contributors of \$25,000 each included the Gerondelis Foundation, Community Credit Union of Lynn and Olde Neighborhood Foods. The Parish Council and parishioners also contributed \$25,000 to make the total \$100,000.

Fr. Tsoukalas issued a challenge to his Parish Council to set an example for all parishes throughout not just the Metropolis of Boston, but throughout the country asking, “what have we left as a parish but footprints in the sand?” Tom Demakes, a parishioner of St. George and a member of the Board of Trustees of Hellenic College/Holy Cross set the goal high by urging his fellow Council Members to “do something grand!”

Fr. James Katinas, Director of Institutional Advancement for the College stated, “We are extremely grateful for the leadership and generosity of Fr. Tsoukalas, Mr. Demakes and the entire St. George parish. Their supreme philanthropy will truly make a difference in the lives of our students and will help secure the permanence and progress of our Faith and culture.”

For more information on how your parish can help the future of Hellenic College/Holy Cross, contact Fr. James Katinas, Director of Institutional Advancement at (617) 850-1317.

Important announcement

All information for our bulletin should be in the office no later than the 15th of the month. Articles or other information should be emailed to alma@saint-anthonys.org and should not exceed one page.

Philoptochos News

Since our last article, Philoptochos has been busy as usual. I attended the enthronement of His Eminence, Metropolitan Gerasimos the first week-end in April. The enthronement on Saturday as well as the liturgy on Sunday were beautiful services and I was privileged to represent our Panagia chapter.

Presvytera Maria Mylonas and her committee did a wonderful job with the Easter bake sale. We had a wonderful response from the community and we thank you for supporting us.

In May, Philoptochos participated in the Kids n' Cancer fundraiser as one of the host chapters. I want to thank Fontaine Malisos, Katherine Lucas, Athena Dallas, Judie Christopoulos, Presvytera Mylonas and Alexandra Vlahiotis for agreeing to be hostesses for this annual event which took place at the Valaskantjis home in San Clemente. We were blessed with the presence of His Eminence, Metropolitan Gerasimos. Jeannie Ranglas did a wonderful job as our chairwoman! The generous contributions we receive at the Kids n' Cancer event allow Philoptochos to operate camps for children with cancer as well as their families at no cost to them. The 4th Kids n' Cancer camp, Camp Agape San Diego will open in August 2006. We hope that next year more members of our parish will be able to attend this fundraiser.

On Father's Day, Philoptochos sponsored brunch for everyone. Thanks to Fontaine Malisos who chaired the event and provided us with a delicious meal. I would also like to thank Ecco's Restaurant for doing much of the prep work which made things much easier. Thanks to the ladies that helped us prepare as well as serve.

We want to thank Sophia Angelos for offering her home for the election meeting that took place in May. What an encouraging response we had when we announced elections. Several new board members have joined us for the new term. They are Maria Kypreos, Popi Roubos, Jenny Tsouvalas, Alik Haralambos and Judie Christopoulos. We thank them for making this commitment to Philoptochos. Unfortunately we lost Alexis Fine as a board member. She has been an invaluable member for many years and we want to thank her. We will miss her.

El Portal was the location of our Past President's dinner in June. Maria Kokoris did a wonderful job planning the dinner. I personally want to thank my board for the lovely gift. I value their continued support and commitment to our mission as Philoptochos women. We have been able to make a difference in so many areas because they are

always ready to do what needs to be done. I am honored that they have entrusted me with another two years as Philoptochos president.

Don't forget to "Save the Dates" for the Women's Health & Wellness Symposium as Loyola Marymount University on Saturday, October 8, 2005. This year's theme is "Taking Care of Ourselves & Others." We have an exceptional panel of speakers including His Eminence, Metropolitan Gerasimos that promises to appeal to women of ALL ages. Please reserve early as seats are limited. We encourage you to bring the younger women of your families, daughters, goddaughters, nieces, granddaughters and the like.

The next day, Sunday, October 9th, Philoptochos is forming its team for the Walk for Hope at City of Hope. Please join us that morning to walk the 5K – not a long distance – and/or sponsor us so that we can reach our goal of \$2,000. Philoptochos will be recognized as a local sponsor of the walk. Please contact Maria Kokoris or Fontaine Malisos for further information. We are proud to say that Philoptochos has donated over \$20,000 to City of Hope over the past several years. Help us to support research to find a cure breast cancer.

Philoptochos was privileged to help the family of Dan Bozikis with the reception following his trisaigion. Dan was a kind and generous man who, on countless occasions, was there to help the Philoptochos ladies in the kitchen, whether it was for a dinner or during coffee hour. We will miss him.

It is that time of year when we prepare for the Christmas Benefit Luncheon at the Ritz-Carlton in Pasadena. This year's benefit will be held Saturday, December 10th. We have already begun to meet and have some enthusiastic new committee members. Please join us or offer to help in some way. The committee can always use help. We are so fortunate to have an event that gives us revenues which allows our Philoptochos chapter to do so many good works. We look forward to having you help us with this project.

Have you seen the sign-up chart for the Coffee/Fellowship hour? Please offer to host a Sunday. When there is no one signed up for a Sunday, the Philoptochos women generously offer to act as hostesses. Remember, there is no need for an elaborate meal – coffee hour provides an opportunity for us to share a cup of coffee and a cookie with our fellow parishioners. Also remember that your contributions to the coffee hour basket help Philoptochos with its philanthropic mission.

Look for forthcoming information about our first meeting of the year, our potluck dinner.

Lisa Xanthos

**The following have contributed to the Saint Anthony's Memorial Fund
From July to August 17, 2005**

In memory of Dan Bozikis

Mr. Basil Katem,
Mrs. Yiota Poulos
St. Anthony's, VIP's
Mrs. Maryam Attalla
Mr. & Mrs. Dino Lappas
George & Katherine Dupas
Mr. & Mrs. George Skandale
Tom & Carolyn Pappas
Mrs. Katherine Lucas
Mrs. Ann Rouman
Mary Jane Economy
Mr. & Mrs. George Mavredakis
Mr. & Mrs. Harry Panagiot
Mr. & Mrs. George Stavros
Edward J. & Rita Duch
Margaret C. Sjostrand
Soterios & Mary Bicos
Russel W. & Phyllis Gieseke
Mr. Robert Cudworth
Mr. & Mrs. Chris Broussinos
Violet & Ben Byrer,
Elisabeth Spourdalakis
Mr. & Mrs. Dean Efstathiou
Aliko Haralambos
Parri Livanos

Mr. & Mrs. Gust Pastis
Mr. & Mrs. John Buzas
Bess Mechalas
Mr. & Mrs. Nicholas Palamiotis
Fontaine Malisos
Pana L. and Brian Gelt
John Mercado
Loyd T. Betzler
Kristen Glekner
Mr. & Mrs. Gus Anton
Steve & Mary Nichols
Jim & Pauline Hagelis
Richard & Irene Li Puma
Mr. & Mrs. James Drulias
Georgia Sahpazis
Mr. & Mrs. Tasos Karagias & Family
Mr. & Mrs. Sam Dallas
Dr. & Mrs. Michael J. Patzakis
Mr. & Mrs. Ted Cocores
Angene Christy
Mrs. Mary Tripodes
Mr. & Mrs. Arry Pastis
Dr. Peter A. Pappas
Mr. & Mrs. Zacharias Vorgias

In memory of Theresa Giokaris

Mrs. Maryam Attalla
Mr. & Mrs. Tasos Karagias & Family
Mr. John Rellos & Family
Mr. & Mrs. Ted Cocores
Mrs. Mary Tripodes

In memory of Theodore Rouman

Mrs. Bess Mechalas

In memory of Chrissey Vayos.

Mr. & Mrs. John Tarazi
Mr. & Mrs. Nicholas A. Palamiotis

**In memory of Angela & Vasilis
Treantafelles.**

Adrienne Treantafelles

In memory of John Poulos

Mr. & Mrs. Chris Broussinos
Mr. & Mrs. Tasos Karagias
Mrs. Olga Argyros
Mr. & Mrs. Chris Bonorris
Mr. John Dalis
Mrs. Anastasia Diamond
Dean & Teddi Efstathiou
Mr. Basil Katem
Dr. & Mrs. Michael Patzakis
Mrs. Ann Rouman
Georgia Zahpazis
Mr. & Mrs. Kim Trigonis
Mr. & Mrs. Bill Vagenas
Mr. & Mrs. Andrew Demopulos
Mr. & Mrs. Alex Vagenas
Soterios & Mary Bicos
Mrs. Bess Mechalas

Mrs. Sotiria Bacoyianis
James & Esther Drulias
Mrs. Aliko Haralambos
St. Anthony's VIP's
Mrs. Maryam Attalla
Mr. & Mrs. Dino Lappas
Mrs. Katherine Lucas
Mr. & Mrs. George Mavredakis
Mr. & Mrs. Nicholas Palamiotis
Fontaine Achilles Malisos
Mr. & Mrs. Gus Anton
Mr. & Mrs. Ted Cocores
Mrs. Mary Tripodes
Mr. & Mrs. Arry Pastis
Dr. Peter A. Pappas
Mr. & Mrs. Zacharias Vorgias

SAINT ANTHONY'S 2005 PLEDGED MEMBERS (August, 2005)

Mr. & Mrs. Peter A. Adamopoulos	Dr. & Mrs. Christakis	Mr. & Mrs. Andreas Giannoulis
Mr. & Mrs. Peter A. Adamopoulos	Christodoulou	Mr. & Mrs. Tony Giannoulis
Mrs. Sophia Adamson	Mr. & Mrs. Gus Christopoulos	Mr. & Mrs. George N. Gianopulos
Mr. Joseph N. Akrotirianakis	Mr. & Mrs. Thomas Christopoulos	†Mrs. Theresa Giokaris
Mrs. Irene Albeck	Mrs. Angene Christy	Mr. & Mrs. James Grover
Mr. Gregory Albeck	Mr. Peter D. Clentzos	Mr. & Mrs. James Hagelis
Mr. & Mrs. Larry Alex	Mr. & Mrs. Ted Cocores	Mr. & Mrs. John Halias
Mr. & Mrs. Constantine Ananiades	Mr. & Mrs. Jason Cokias	Mr. Louie Halias
Mr. Spyro Ananiades	Mr. & Mrs. George Courlas	Mr. & Mrs. James Halkias
Mrs. Angela Angelopoulos	Richard Covey & Diane Pappas	Mrs. Aliko Haralambos
Dr. & Mrs. James Angelos	Mr. & Mrs. Pete Cristofi	Mr. & Mrs. Anthony Haralambos
Mr. Nicholas Angelos	Mr. & Mrs. Soterios Dallas	Mr. & Mrs. Thomas Haralambos
Mr. & Mrs. Gus Anton	Mr. & Mrs. Dimitrios Damilatis	Mrs. Christina C. Harper
Ms. Christiann Arapostathis	Ms. Paula Darlas	Mr. & Mrs. Tom Harper
Mrs. Mary Arapostathis	Mr. & Mrs. Tom Darlas	Mr. & Mrs. Nick Harris
Mr. & Mrs. Chris Athanasoulis	Ms. Mary Ann Darras	Mrs. Helen Hasabalas
Mr. & Mrs. Dean P. Athans	Mr. & Mrs. Chris Daughters	Mr. & Mrs. David Hickey
Mrs. Maryam Attalla	Mr. & Mrs. Fotios Deligiannis	Mr. & Mrs. Gus Housos
Mr. Philip Ted Attalla	Drs. Demetrios&Elizabeth	Mr. & Mrs. James W. Hronas
Mrs. Sotiria Bacoyianis	Demetriades	Mr. Christos Ioannou
Mr. & Mrs. Dino Balas	Mr. James E. Demetriou	Mr. & Mrs. Robert Johnsen
Mr. & Mrs. Brian L. Becker	Mr. & Mrs. Andrew Demopulos	Mr. & Mrs. Louis Kades
Mrs. Christina Becronis	Mr. Nicholas Demopulos	Mr. & Mrs. George Kalivas
Ms. Harriet Betinis	Ms. Ana Demos	Mr. & Mrs. George N. Kalivas
Mr. & Mrs. Dino Bicos	Nick Demos & Maria Karras	Mr. & Mrs. Mark Kallas
Sophia Bicos & Steve Corvelo	Mr. & Mrs. Andrew Dewar	Mr. Larry Kallis
Mr. & Mrs. Soterios Bicos	Mrs. Anastasia Diamond	Mr. & Mrs. Bassily Kamar
Mr. & Mrs. Steve Bicos	Mr. & Mrs. Marvin Dieguez	Ms. Tina Kamp
Mr. & Mrs. Peter Bissias	Mr. & Mrs. Michael Diehl	Mr. & Mrs. Michael E. Kaparos
Mr. & Mrs. Frank Blaszcak	Mr. & Mrs. Panagiotis	Mr. & Mrs. Steve Kaparos
Mrs. Makarita Bogosyan	Dimitrakopoulos	Mr. & Mrs. Peter J. Kaplanis
Mr. & Mrs. Chris Bonorris	Mr. & Mrs. Bill Drulias	Mr. & Mrs. Tasos Karagias
Mr. & Mrs. Terree Bowers	Mr. & Mrs. James Drulias	Mr. & Mrs. Phaedon
†Mr. Dan Peter Bozikis	Mr. & Mrs. Nicholas Dogris	Karaioannoglou
Ms. Demetra Bozikis	Mr. & Mrs. George Dupas	Mrs. Demetra Karalexis
Mr. & Mrs. Drew Brahos	Mr. & Mrs. Theodore Dupas	Mr. & Mrs. John Karamaras
Mr. & Mrs. Chris Broussinos	Mr. & Mrs. Adam Economu	Mr. Chris Karatzas
Mr. & Mrs. Rhad Brown	Mr. & Mrs. Dean Efstathiou	Dr. Steve Kargas
Mr. & Mrs. Frank J. Burkard Jr.	Mr. & Mrs. Eric C. Feliberti	Mr. & Mrs. Kosta Karvelas
Mr. & Mrs. John Buzas	Mr. & Mrs. Edward Fine	Mr. & Mrs. Mike Karvelas
Mr. & Mrs. John Caire	Mr. & Mrs. Norman L. Fryer II	Ms. Dimitra Kasdagli
Mr. Jim Chames	Mr. & Mrs. Jay M. Fuerst	Mr. Basil Katem
Mr. & Mrs. Charles Christodoulelis	Mr. & Mrs. John Galanis	Mr. & Mrs. Andreas Katsas
Mrs. Helen Christodoulelis	Mr. & Mrs. Philip Gatsoulis	Mr. Peter Katsenis
Mr. & Mrs. Jimmy	Dr. & Mrs. George Gavalas	Mr. & Mrs. John Kefalas
Christodoulelis	Mr. & Mrs. Brian Gelt	Mr. & Mrs. Mike Kefalas

Mr. & Mrs. Modestos Kefalas	Mr. Paul C. Nurches	Ms. Elisabeth Spourdalakis
Mr. & Mrs. Demetrios Kefallinos	Mr. & Mrs. Nicholas Palamiotis	Mrs. Demetra Stavropoulos
Mr. & Mrs. Nick Kefallinos	Mr. & Mrs. Harry Panagiot	Mr. & Mrs. Peter T. Stavropoulos
Mr. & Mrs. Alex Kiotas	Mr. & Mrs. Anastasios Pappas	Mr. & Mrs. George N. Stavros
Mr. George D. Kirimis	Mr. & Mrs. Constantine J. Pappas	Mr. & Mrs. Tony Tangalos
Mr. & Mrs. John Kirimis	Mr. & Mrs. Dean Pappas	Mr. & Mrs. John Tarazi
Dr. Rodanthi C. Kitridou	Mr. & Mrs. John D. Pappas	Ms. Aliki Theofilopos
Dr. & Mrs. Nicholas Kokoris	†Mr. & Mrs. John P. Pappas	Mrs. Irene Tourkomanoli & Dr.
Mrs. Nora Kontolefas	Dr. Peter A. Pappas	Sam Musallam
Mr. & Mrs. George Koudanis	Mr. & Mrs. Steven N. Pappas	Mr. & Mrs. Andrew Treantafelles
Mr. & Mrs. Konstantinos Koulos	Mr. & Mrs. Arry Pastis	Mr. & Mrs. George T. Treantafelles
Mr. Peter John Koutsakis	Mr. & Mrs. Gust S. Pastis	Mr. & Mrs. Stan Treantafelles
Mr. Alexander E. Koutras	Ms. Patricia Pastis	Mrs. Zoi Treantafelles
Mr. & Mrs. Peter Kouvelis	Mr. & Mrs. John Patzakis	Mr. Dean S. Tripodes
Mrs. Christine Kundanis	Mr. & Mrs. Eleftherios Pavlis	Mrs. Koula J. Tripodes
Mr. Joseph Kundrat	Mr. & Mrs. Nick Paziouros	Mrs. Mary Tripodes
Dr. & Mrs. Ronald Kvitne	Mr. & Mrs. George Pegadiotes	Dr. & Mrs. Nikitas Tripodes
Mr. & Mrs. James Kypreos	Mr. & Mrs. Sam S. Pegadiotes	Mr. Steven G. Tripodes
Mr. & Mrs. Paul Lakon	Mr. Stan S. Pegadiotes	Mr. & Mrs. Sam Tsagalakis
Mr. & Mrs. Peter P. Lakon	Mr. & Mrs. Stelios G. Pegadiotes	Mr. & Mrs. Peter Tsianos
Mr. & Mrs. Dino Lappas	Mr. & Mrs. Gregory D. Perris	Mr. & Mrs. John Tsouvalas
Ms. Parri Livanos	Anastasios Petropoulos & Eleni	Mr. & Mrs. Alex Vagenas
Mrs. Anna & Ms. Georgia Loutsos	Tsagouri	Mr. & Mrs. John Vagenas
Mr. & Mrs. John Lucas	Mr. & Mrs. Philippos Philippou	Nicholaos K. Vagenas & Joella
Mrs. Katherine Lucas	Mr. & Mrs. Theodore Polychronis	Weller
Helen Lykos & Tina Lykos	†Mr. & Mrs. John Poulos	Mr. & Mrs. Peter K. Vagenas
Mr. & Mrs. George Macris	Mr. John Rellos	Mr. & Mrs. Peter Vagenas
Mr. & Mrs. Mike Malahatis	Mr. & Mrs. Thomas Riley	Mrs. Sophia Vagenas
Mrs. Dorothea Malina	Drs. Rick & Angeliki Rosenberg	Mr. & Mrs. Spiros Vagenas
Ms. Fontaine Malisos	Mrs. Ann Rouman	Mr. & Mrs. Vasilios Vagenas
Mr. Chris Markos	Ms. Penelope Roumbos	Ms. Valerie Vallas
Mr. & Mrs. Sam Martin	Mr. & Mrs. Arthur Rutledge	Mrs. Fotini Varvas
Mr. & Mrs. Stan Mathioulakis	Ms. Georgia Sahpazis	Mr. & Mrs. Ted Vavoulis
Mr. & Mrs. George Mavredakis	Mr. & Mrs. Mark Saigh	Mr. & Mrs. Nick Vayos
Mr. & Mrs. Peter Mavridis	Mr. & Mrs. Dimitris Sakellariou	Mr. & Mrs. Perry Vidalakis
Mr. & Mrs. Terrell McClain	Mr. & Mrs. Nader Samaan	Mrs. Tasia Vlahos
Mr. & Mrs. Rick McGregor	Mrs. Jeanette San Filippo	Mr. & Mrs. Zacharias Vorgias
Mr. & Mrs. Chris McNulty	Mrs. Mary Scolinos	Mr. & Mrs. John Webster
Mrs. Bess Mechalas	Maria Christina Sellis	Mr. & Dr. Peter Williams
Mr. & Mrs. Dimitris Menemenlis	Mr. & Mrs. Daniel Settelmayer	Mr. & Mrs. Radoslav Wojcik
Mrs. Vera Messerotes	Drs. James Shankwiler &	Mrs. Stamatia Weldon
Mr. & Mrs. Jeffrey Miller	Alexandria Darras	Ms. Lisa Xanthos
Mr. & Mrs. Nick Mitropoulos	Mr. & Mrs. Athanasios Sideris	Mr. Pantele J. Xanthos
Mr. & Mrs. Michael Mitsos	Mrs. Kitsa C. Sideris	Mr. & Mrs. Michael Yagjian
Mr. & Mrs. Paul Mitsos	Ms. Elizabeth Skandale	Mrs. Frieda Youlios
Mr. & Mrs. James Nichols	Mr. & Mrs. George Skandale	Ms. Niki M. Zacharias
Mr. & Mrs. John Nichols	Ms. Helen Skandale	Mr. & Mrs. Peter J. Zarifes
Mr. Nicholas Nicolaidis	Mr. & Mrs. Randy Soewers	

THE STEWARDSHIP OF ST. IRENE CHRYSOVALANTOU JULY 28

“Welcome Irene, Servant of God. Proceed to the Imperial City in joy because the convent of Chrysovalantou needs you in the community.”



This welcoming of the saintly hermit Toannikos was rendered to a beautiful young lady from Cappadocia named Irene. It was the ninth century, the most beautiful and virtuous young women were being summoned to Constantinople so that Empress Theodora’s son, Michael, could choose a wife. Irene was from an aristocratic family of Cappadocia and she gladly accepted the invitation. The envoys of the Empress were impressed with Irene’s presence and were confident that she would be chosen to be the future emperor’s wife.

While traveling to Constantinople, Irene asked to visit Ioannikos, a holy recluse who lived on Mt. Olympos in Asia Minor. The saintly hermit possessed the gift of spiritual insight and foresaw not only the arrival of this young girl but also her future role in the life of the convent of

Chrysovalantou.

When Irene arrived in the Imperial City she was greeted by her relatives. In the meantime, however, it had been arranged for young Emperor Michael to marry another girl. Far from being disappointed, Irene gave thanks to God who had led the Emperor to make this decision. Remembering the hermit’s prophecy Irene visited the holy convent of Chrysovalantou. She was so impressed with the environment of the monastery that she freed her slaves, gave all her wealth to the poor, and entered the convent.

While in the monastery, this young aristocratic girl served the community with humility and obedience. Not once did she reminisce about her past and she cheerfully accepted the most despised tasks of the day-to-day chores in the convent.

In accordance with the discipline of the monastery, she read the lives of the saints and was impressed with the life of the great Arsenios who taught a discipline of nightlong prayers. She requested permission to emulate this teaching regarding prayer. Her devotion to communicate with God through prayer enabled her to stand for 24 hours without movement. Through abstinence and prayer, she was now totally free of worldly

temptations. So great was her devotion to God that she was blessed with the Holy Spirit in the manner of St. Paul, living no more according to the flesh, but so dwelling in Christ and Christ in her that she appeared transfigured to those who sought her spiritual counsel. In time, the Abbess of the monastery would die breathing her last wishes to the nuns who had gathered in her cell. She said, **“Do not lament my departure for in my successor you have a leader who is wiser than I. Be obedient to her, this daughter of light, lamb of Christ and vessel of the Holy Spirit. Do not accept anyone but Irene.”** Then closing with the words: **“Glory to you, O Lord, in your mercy”** she committed her soul to the care of the angels. Irene would become the spiritual mother of the convent and she increased **her** prayer life and received wisdom from above to lead her community. The Holy **Convent** of Chrysovalantou grew and enriched the lives of many pilgrims who would seek the humble guidance of Irene. There are many miraculous stories that pertain to the life of St. Irene. People from all walks of life experienced a renewal of faith when they spoke with her and followed her advice.

We, too, can be strengthened in our faith if we consider the lives of the saints. The life of St. Irene Chrysovalantou offers Christian Orthodox stewards the opportunity to understand that our involvement in the Church is an expression of faith. We are expected to be humble, obedient, and faithful as individuals and as members of an assembly of the faithful who glorify the Father, the Son, and the Holy Spirit through ministries offered by the Church. Prayerfully and faithfully let us move forward into the 21st century encouraged by the holy example of the saints.

Saint Anthony’s Stewardship Committee