

SAINT ANTHONY GREEK ORTHODOX CHURCH

Rev. Father Peter Stratos, Pastor ~ Rev. Father Christopher Retelas, Associate Pastor
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www.saint-anthonys.org – office@saint-anthonys.org – www.pasadenagreekfest.org
Church office hours: Monday-Friday: 9:00am to 4:00pm (Closed Saturday & Sunday)
St. Anthony's calendar link: <http://saint-anthonys.org/calendar>
For pastoral emergencies please call 626-855-3640

March 24th, 2019 – Sunday of St. Gregory Palamas
Artemon the Righteous, Bishop of Seleucia

Orthros ~ 8:45 a.m.
Memorial ~ 9:45 a.m.
Michael Haronis, 40 days
Divine Liturgy ~ 10:00 a.m.

Greek Independence Day Celebration and Greek School Fundraiser. Please join us right after the Divine Liturgy in the Trinity Ballroom, for a delicious lunch and a wonderful program. Tickets are \$10 per adult.

Church School: Godparent Sunday is March 31st! There is no class on this day so that Godparents and Godchildren can pray together and receive Holy Communion together. Invite your Godparents today!

Tuesday morning Bible Studies are back every week, 10:30am-11:30am.

Save the Date: Vacation Bible School! VBS will be hosted at St. Anthony from June 17th to June 20th from 1-4 pm. Children will be taken on an epic African adventure as they explore God's goodness and celebrate a ferocious faith that powers them through this wild life! Children in grades P/K (age 4 ½) to 6th grade are encouraged to join in on the fun! For more information and/or volunteer opportunities, contact Mary Udria (mary.udria@gmail.com) or Sophia Syrengelas (sophiajammie@gmail.com).

GOYA Basketball: HOME GAMES TODAY: vs St. John at Sierra Madre Middle School. Jr. girls 3pm, Jr. boys 4pm, NO Sr. girls game, Sr. boys 5pm.

Divine Services for the month of March (saint-anthonys.org/calendar):

Monday, March 25 – ANNUNCIATION (*Orthros 9:00am, Liturgy 10:00am*)
Wednesday, March 27 – Pre-Sanctified Liturgy (6:00pm)
Friday, March 29 – Salutations to the Theotokos (7:00pm)
Wednesday, April 3 – Pre-Sanctified Liturgy (6:00pm)
Friday, April 5 – Salutations to the Theotokos (7:00pm)
Wednesday, April 10 – Pre-Sanctified Liturgy (6:00pm)
Friday, April 12 – Akathist Hymn (7:00pm)

St. Anthony's Philoptochos General Meeting: Our own Elleni Ioannou, PsyD, will be speaking on "Stress and Self Care" on Thursday, March 28th, at 7:00pm, in the Trinity Ballroom. This event is open to the entire community. Please RSVP by March 25 to Liz at 626-695-3423. Anyone who is interested is invited to bring their favorite Lenten dessert.

St. Anthony's VIPs collect non-perishable foods for Foothill Unity Center. Please bring your donation to the VIPs collection container in the Trinity Ballroom entrance.

HOPE and JOY schedule: We will not meet April 7. A mini Holy Friday retreat will take place, Friday, April 26, 11:45am to 3:00pm. Plans are in progress to make this a meaningful experience. If you are considering sending your child/children please email me at mcmg2a@aol.com. More information to follow.

Metropolis Young Adult Lenten Retreat at St. Nicholas Ranch, March 29-31. This retreat is open to all Orthodox young adults ages 18-30's from across the Archdiocese. Please share this with your friends and encourage them to register as well! We are excited to announce that our speaker will be Fr. Niko Bekris, speaking on the theme of "Prayer as a Path to Healing" gosfyouth.org/young-adult-lenten-retreat

Bookstore Announcement: Please stop by to see Fr. Stavros book on Great Lent: 'The Road Back to Christ: Reflections on Lent, Holy Week and the Resurrection'.

Order for Holy Communion (*only Baptized or Chrismated Orthodox Christians*): Please allow ushers to dismiss you row by row in an orderly fashion.

Visit saint-anthonys.churchgiving.com to make a donation to the Church or update your regular stewardship contributions.

(DURING SMALL ENTRANCE)

(1) Resurrectional Apolytikion. Mode 2.

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory to You.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἢ ἀθάνατος, τότε τὸν Ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

(AFTER SMALL ENTRANCE)

(2) Resurrectional Apolytikion. Mode 2.

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory to You.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἢ ἀθάνατος, τότε τὸν Ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

(3) Apolytikion for the Forefeast of the Annunciation. Mode 4.

Today is the prelude of the joy of the universe, and it incites us to sing the forefestal hymns. For behold, Gabriel is coming, and he will say to the Virgin: Rejoice, Maiden full of grace; the Lord is with you.

Σήμερον τῆς παγκοσμίου χαρᾶς τὰ προοίμια, τὴν προεόρτιον ᾄσαι προτρέπεται· ἰδοὺ γὰρ Γαβριὴλ παραγίνεται, καὶ πρὸς αὐτὴν ἐκβοήσεται· Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

(4) Apolytikion for St. Gregory Palamas. Mode Plagal 4.

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

(5) Memorial Hymn. Mode Plagal 4.

Remember your servant O good and loving Lord, and forgive every sin he may have committed in life, for no one is without sin. O mighty one, grant your departed servant who has fallen asleep everlasting rest.

Μνήσθητι, Κύριε, ὡς ἀγαθὸς τοῦ δούλου σου, καὶ ὅσα ἐν βίῳ ἤμαρτεν συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ σὺ ὁ δυνάμενος, καὶ τῷ μεταστάντι δοῦναι τὴν ἀνάπαυσιν.

(6) Apolytikion for St. Anthony the Great. Mode 4.

Emulating the ways of Elijah the zealot, and following the straight paths of the Baptist, O Father Anthony, you made the wilderness a city, and did support the world by your prayers. Wherefore intercede with Christ our God, that our souls be saved.

Τὸν ζηλωτὴν Ἠλίαν τοῖς τρόποις μιμούμενος, τῷ Βαπτιστῇ εὐθείαις ταῖς τρίβοις ἐπόμενος, Πάτερ Ἀντώνιε, τῆς ἐρήμου γέγονας οἰκιστῆς, καὶ τὴν οἰκουμένην ἐστήριξας εὐχαῖς σου· διὸ πρέσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

(7) Kontakion for the Forefeast of the Annunciation. Mode 4.

The Archangel spoke to you, O Theotokos, and the Holy Spirit came on you and thus you did conceive the Father's Son, who is one in throne and one in essence. Through you, thus, was Adam recalled.

Ἐπελεύσει Πνεύματος τοῦ Παναγίου, τοῦ Πατρὸς τὸν σύνθρονον, καὶ ὁμοούσιον φωνῆ, τοῦ Ἀρχαγγέλου συνέλαβες, Θεοκυῆτορ, Ἀδὰμ ἢ ἀνάκλησις.

Orthros Gospel Reading

Tenth Orthros Gospel

The Gospel According to John 21:1-14

At that time, being raised from the dead, Jesus revealed himself to the disciples by the Sea of Tiberias; and he revealed himself in this way. Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat; but that night they caught nothing. Just as day was breaking, Jesus stood on the beach; but the disciples did not know that it was Jesus. Jesus said to them, "Children, have you any fish?" They answered him, "No." He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. The disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

Epistle Reading

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading

Sunday of St. Gregory Palamas

The Gospel According to Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins'-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"