

# Membership Tea



The Church of the Holy Cross Philoptochos invites  
you to an English Tea and Health Seminar

March 9, 2019

Home of  
Mrs Laura Jadelrab  
1285 Hillcrest Blvd.  
Millbrae, Ca  
650-678-0336  
11AM - 3PM

Come meet  
Dr Tanya  
Spirtos



SLEEP: how much  
is enough???

## What is the Philoptochos?

Philoptochos is a ministry which is dedicated to philanthropy, fellowship, and faith in action. For over 85 years, the members of Philoptochos in the Metropolis of San Francisco have been true stewards through signature programs including Kids 'n' Cancer, the Bishop Anthony Philoptochos Student Aid Endowment Fund, Social Services and Emergency Relief, and Women's Health and Wellness. The Metropolis of San Francisco Philoptochos has 59 parish chapters and over 4,000 members who are motivated by the words of the Lord, "I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me...inasmuch as you did it to one of the least of these My brethren, you did it to Me." (Matthew 25:36, 40)

Philoptochos. Invite, Embrace, Involve. Simply one woman asking another woman to care. Membership in our chapter enrolls you in our Metropolis and Archdiocese. Come join our local Belmont chapter and learn how you can help the world!