

SUNDAY, MARCH 10, 2019

CHEESE FARE OR DAIRY SUNDAY

ANASTASIA THE PATRICIAN, KORDATOS AND THE FIVE MARTYRS

EPISTLE READING: This morning's Apostolic reading is from St. Paul's first letter to the Romans, Chapter 13, Verse 11 - Chapter 14, Verse 4. It is found in our books on page 137.

Ὁ Ἀπόστολος, Πρὸς Ῥωμαίους Πρώτης Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα, κεφ. 13, ἐδάφ. 11, - κεφ. 14, ἐδάφ. 4: Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἢ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νῦξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελείαις, μὴ ἔριδι καὶ ζήλῳ. Ἀλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιήσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῆ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὅς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθιοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθιοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γὰρ ἐστὶν ὁ θεὸς στήσαι αὐτόν.

GOSPEL READING OF THE DAY: This morning's Gospel Reading is from the Holy Gospel according to St. Matthew, Chapter 6, Verses 14-21. It is found in our Books, on page 285.

Ἡ σημερινὴ εὐαγγελικὴ περικοπὴ, ἐκ τοῦ κατὰ Ματθαῖον Ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα, κεφ. 6, ἐδάφ. 14-21. Εὐρίσκεται εἰς τὰ βιβλία μας, σελ. 284

Today's Apolytikion (Dismissal Hymn) is that of Tone Eight (Plagal Four):

Descending from on high, O merciful Lord, for us did You endure three days in the tomb, that we may be released from the passions of this world, You who are our Resurrection and our Life, Lord, glory to You.

Ἐξ ὕψους κατήλθες, ὁ Εὐσπλαχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν, ἡ Ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε, δόξα σοι.

THE LORD'S PRAYER IN SPANISH: Padre nuestro, que estás en los cielos, santificado sea tu nombre, venga tu Reino, hágase tu voluntad en la tierra como en el cielo; danos hoy nuestro pan de cada día; perdona nuestras deudas así como nosotros perdonamos a nuestros deudores; no nos dejes caer en la tentación, y líbranos del Mal.

INTRODUCTION TO ORTHODOXY: This class is especially intended for those who are thinking about converting to Orthodoxy and for family members and friends who would like to support them on their journey. It is also open to people who are already Orthodox and who would like to deepen their understanding of their faith. We explore Christian theology and practice by reading selections from Scripture, the Church Fathers, the lives of the Saints, and other texts representative of the Orthodox worldview. These readings are the starting point for our discussions, which aim at clarifying doctrine and worship and helping us to discover (or rediscover) why we belong in the Church. If you are interested in attending the class, please contact **Alexandros Kozák** at orthodoxy-agkozak@sneakemail.com. Note: The Introduction to Orthodoxy class is now being offered two Sundays a month. It meets in the second-floor conference room, beginning at 9 a.m. This month, the class will meet this morning, Sunday, March 10 and also next Sunday, March 24, at 9 a.m.

COUNTING DOWN TO MARCH 25th: March 25th marks the day when "the word became flesh" (John 1:14). It is the Name Day of this Cathedral parish. It is also Greek Independence Day. We will hold a series of celebrations, beginning Friday, March 22, with the **Second Salutations**, at 7 p.m. We continue on Saturday, March 23, with a **Building Fund benefit concert**, at 4 p.m., followed by a champagne reception (see the announcement below). On Sunday, March 24, at the conclusion of the Divine Liturgy, the Cathedral's **Greek School will offer its Independence Day program**, which will include a play entitled *To Krifto Scholio* (the Secret School). The evening of **March 24, Great Vespers will be celebrated at 7 p.m.**, presided over by **Metropolitan Nikitas**. Following Vespers, a dinner will take place, the offering of **Angelo Koutoulas**. On **Monday, March 25, Metropolitan Nikitas will celebrate the Divine Liturgy**, which will begin at 10:15 a.m., and which will be preceded by Orthros, at 9 a.m. Following the Divine Liturgy, a **luncheon will take place, for which the donation is \$20. The proceeds will benefit the ministries of the Cathedral Philoptochos**. During the luncheon, His Eminence will address us on *how the Church responds to contemporary issues, including human trafficking and child slavery, including "creative" approaches in addressing these issues*. Do plan on attending the luncheon on March 25.

BASKETBALL GAMES TODAY: Boys Middle School St. Gregory 1 and Resurrection will play today at 2:30 pm; Boys Middle School St. Gregory 2 and Holy Cross will play today at 3:30 pm., and Boys Elementary School Annunciation and Holy Cross will play at 4:30 p.m.

SUNDAY STREETS: Valencia Street is closed to thru traffic today. However, you may access our parking and then turn left, and onto 14th Street, when leaving the Cathedral.

SERVICES THIS WEEK: As Great Lent begins tomorrow, March 11, the service of First Salutations will take place this Friday, March 15, beginning at 7 p.m. The service will be presided over by His Eminence, **Metropolitan Gerasimos**. Meanwhile the Divine Liturgy and *psychosavvaton* services will take place at the Cathedral as well as at the Cemetery chapel this Saturday, March 16, (Feast of St. Theodore Tyro), beginning at 10 a.m.

CHURCH BASKETBALL: Elementary and Middle School basketball practice will take place this week on Wednesday, March 13 and on Thursday, March 14, both at 7 p.m. Practice will take place in our Korinthias Gym. Meanwhile, **High School** basketball is practicing Thursdays at Jefferson High School Gymnasium, located at 6996 Mission Street, Daly City. For further information about the high school basketball program, please contact coaches Tom Nuris at (650) 520-6963/ tomnuris@gmail.com or Nick Kontonis at (415) 706-1545/ nickkontonis@gmail.com.

CONCERT TO BENEFIT THE BUILDING FUND: On Saturday, March 23, beginning at 4 p.m., a concert of sacred and also folk music will be held in our chapel. Directed by **Tikey Zes**, the concert will feature singers from throughout the Bay Area and will feature music by **Theodore Bogdanos, Steve Cardiasmenos, Frank Desby** and **Tikey Zes**. Champagne reception to follow. Additional information, please see **Nick Tarlson**, nick@tarlson.com. Tickets may also be obtained online: <https://annunciationfundraiser.bpt.me>.

SUPPORT YOUR CHURCH THROUGH STEWARDSHIP: We thank you for making your 2019 Stewardship support a priority. Your support makes possible the very existence of this parish, and its ability to offer Liturgical services, educational, & philanthropic programs. We have thanked all 2019 Stewards (as of February 15) in the *March Herald*.

100th ANNIVERSARY COMMEMORATIVE BOOK: For further information about your participation and that of your family, please contact Jim Loukas, jim@loukas.com.

PARKING: We have signed a 6-month trial agreement with Golden State Parking so that, as soon as it obtains the necessary permits, it can operate our parking component. All permits but one have been obtained. We anticipate the permit by the fire department will be obtained as soon as the fire sprinklers and the hydrant have become operational, hopefully this week. Meanwhile, we've signed a contract with Albert Electric, to finalize the electrical work, finish the lobbies and install the necessary doors. However, we will need to install the final gates in order to satisfy the "clear path of travel" requirements, which includes the final inspection of the elevator. We've decided to embark upon a renewed Capital Campaign. Our goal is to raise \$1 million in 2019. As we go forward, let's stay positive and focused. Consider what you have accomplished so far! As with Moses, we hear God speaking to us: **"Build me a Sanctuary, and I will appear among you."** (from the Septuagint: *Και ποιήσεις μοι ἁγίασμα, και ὀφθήσομαι ἐν ὑμῖν*). (Exodus 25:8). Building also takes vision, determination and faith. You are doing something extraordinary: you are building His sanctuary, a sacred space, right the heart of one of the world's premier cities. Here, the Orthodox Christian faith is poised to proclaim the Gospel message of salvation to a whole new generation of worshippers!



"The Church shall be a home for Orthodox Christians from every ethnic and national background. It shall be a house of prayer for all humankind, in which the Holy Name of our Triune God shall be extolled and all of creation sanctified."