



ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 · 415 864-8000 · FAX 415 431-5860 · WWW.ANNUNCIATION.ORG

MAY 2019



**THE ANNUNCIATION CATHEDRAL'S
LADIES PHILOPTOCHOS
INVITE YOU TO OUR 60TH ANNUAL
MOTHER'S DAY LUNCHEON & FASHION SHOW
SATURDAY, MAY 11, 2019
HONORING
KATHY DERMITZAKIS & JOANNE GLAFKIDES**

**CATHEDRAL OF THE ANNUNCIATION
245 VALENCIA STREET - SAN FRANCISCO, CALIFORNIA
12:00 COCKTAIL RECEPTION ~ 12:30 LUNCH
DONATION: ADULTS \$65.00 CHILDREN \$25.00**

PARKING IN ANNUNCIATION CATHEDRAL PARKING GARAGE \$5

PLEASE RETURN THIS PORTION IN THE ENCLOSED ENVELOPE BY MAY 1, 2019
MAKE CHECKS PAYABLE TO: LADIES PHILOPTOCHOS

NAME _____

ADDRESS _____

TELEPHONE NO. _____ EMAIL _____

PLEASE RESERVE ___ ADULT @ \$65 AND ___ CHILDREN UNDER 12 YEARS @ \$25
TOTAL AMOUNT ENCLOSED \$ _____

RATATOUILLE AVAILABLE UPON REQUEST WITH RESERVATION ONLY.
PLEASE COMMUNICATE ALL DIETARY RESTRICTIONS/ALLERGIES AHEAD OF TIME



PLEASE LIST ALL ATTENDEES' NAMES ON THE BACK OF THIS FORM.
TABLES OF 10 AVAILABLE. SEATING IS LIMITED.

TICKET AND SEAT ASSIGNMENTS WILL BE HELD FOR YOU AT THE DOOR.

I AM UNABLE TO ATTEND AND WOULD LIKE TO MAKE A DONATION TO
PHILOPTOCHOS CHARITIES OF \$ _____

FOR RESERVATIONS OR INFORMATION, PLEASE CALL SOPHIA MAKRAS (650)784-1775
OR CONTACT: SMAKRAS@AOL.COM IRENE KYRIACOU ~ SASSYGRK@AOL.COM



Mothers of the Year - Kathy Dermitzakis and Joanne Glafkides delivering the Philoptochos donation of supplies and uniforms to the local Sanchez elementary school. We thank you for your service and and helping those in need.

Joanne Glafkides, Katherine Dermitzakis Mothers of the Year 2019

As the Cathedral Ladies Philoptochos prepares to present its 2019 Mother's Day Luncheon and Fashion Show, it announces its Mothers of the Year 2019. They are Joanne Glafkides and Kathy Dermitzakis. These two women will be honored at this year's event, which will take place at the Cathedral, Saturday, May 11. We join in congratulating our Mothers of the Year 2019, as we pray for the well-being of their families and blessings on their continued service to the Lord and His Church. Axios! Worthy! (See their respective bios on the next page).

from page 1

Kathy Dermitzakis

Kathy Dermitzakis was born and raised in San Francisco. Her Parents; Nick and Christina come from the Island of Crete, Greece. They owned and operated the Dermitzakis Leather Co., on Market St. for over 50 years.

A lifelong member of Annunciation Cathedral, Kathy was active in the inaugural Jr. GOYA and in later years with the Philoptochos Society. She completed a degree in Nursing at San Francisco City College and worked as a surgical nurse at Seton Medical Center for 23 years until retirement in 2002.

Kathy proudly served in the government program, The American Peace Corp, serving 2 years in India. Her passions include mountain hiking and open water swimming.

In 1989 she met her husband Paul, and after a 23 year courtship they were married here at the Annunciation in 2012. Kathy's son Nick Pittler and daughter-in-law Nancy also reside in San Francisco with their 4 children, twins Elyse & Paige, Devin and Ava. Kathy's sister Jackie, also an active member of our Orthodox faith, attends Saint Anna Church in Roseville, Calif. Kathy continues to enjoy serving her church and the Philoptochos Society whenever the need arises.

Joanne Glafkides

Joanne Glafkides, daughter of Rose and Thomas Venizelos, was born January 20, 1943 raised and educated in San Francisco. She has two brothers Dennis and Thomas Venizelos. Rose, of Armenian decent was born and raised in Fresno and Thomas was born in Pyrgos, Greece.

She married Constantine Glafkides on November 28, 1964; they met at the Coronation Ball at Holy Trinity. Together, God blessed their lives with Christina Rose and James Thomas. The family continued to be involved and attended Annunciation Cathedral. Joanne worked in the Convention, Event and Meeting Planning industry co-managing conventions and educational seminars for those in the Pharmaceutical and Medical industries for the next 30 years until retirement a year ago.

The Annunciation Cathedral has always been very special to her and her family. She was very active following in her mother's footsteps helping with many of the Philoptochos activities beginning at age 12, with the Bazaar's continuing to the Food Festivals where she also volunteered. Joanne was involved in GOYA, taught Sunday school, was an Annunciation camp counselor and kitchen staff at Pine Crest and Yosemite. In past years she modeled for Philoptochos Fashion Shows. Joanne is a board member of Philoptochos, has been an officer and member of Patriarch Athenagoras Orthodox Institute (PAOI) in Berkeley. In

addition volunteered at Peninsula Hospital in Burlingame. Joanne and Con have enjoyed many trips both in the United States and Greece, Panama Canal, Alaska, Barbados to Spain, Northern Europe, South America, Caribbean, Italy, Suez Canal, Petra, Muscat, Dubai, Abu Dhabi and most treasured the Holy Land tour with Father Nicholas Krommydas. Many of these trips were with Greek friends called the "Cruise Group".

Her greatest joy next to Motherhood is being a Yiayia to Jack Christian 20, attends Santa Clara University, William Constantine 17, who will attend Stanford University in the fall, Alexander Joel 15, attends Santa Barbara High sons of Christina Glafkides Rottman. Kaia James 13, attends Cunha Middle School and Indie Rose 10, attends El Granada Elementary daughters of Reva and James Glafkides.

Joanne is very proud of Philoptochos's amazing devotion to our community and to those around us in need of assistance; and is honored to be recognized alongside Katherine. She realizes that **all Mothers are very special and also honored today!**

*While praying one day a woman asked. "Who are you, God?" He answered, *I Am*. But, Who Is, I Am? She asked. He replied. *I Am Love, I Am Peace, I Am Grace, I Am Joy, I Am Strength. I Am Safety, I Am Shelter, I Am Power, I Am The Creator, I Am The Comforter, I Am The Beginning and The End, I Am The Way, Truth and the Light. With tears in her eyes she looked toward Heaven and said. "Now I understand. But, who am I?*" God tenderly wiped the tears from her eyes and whispered. *You Are Mine*. Author unknown*



Members of the Capital Campaign Committee, strategizing as to the next steps, during their March 20 meeting. A follow up meeting took place on April 16. The committee addressed the collection of outstanding balances (some \$230,000 as of this writing), the Paver Project, the development of a needs list and finalization of plans for phase two (the interior of the new Cathedral).

Building Update



Cathedral Ready to Launch Paver Project (A Sneak Preview)

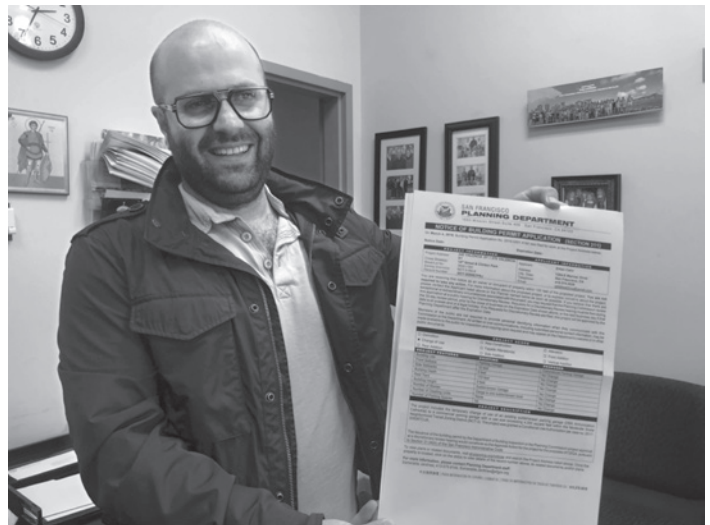
It began as an idea. To invite parishioners and friends of the Cathedral to laser inscribe their names and/or the names of loved ones in one of the pavers in the courtyard and all around the new Cathedral. The idea was mentioned at the Parish Council. Then, a company was identified that does this, a company called Customize my Concrete. In turn, the idea was discussed by the Capital Campaign Committee, where it was adopted. Briefly, each of the pavers, measuring 2 feet by 2 feet, is available for “adoption.” The particulars are being worked out. That is, how many lines, the donation amount, and the like. A brochure is being developed, as this issue of the Herald goes to print, with more specific information. Meanwhile, everyone who’s heard about the Paver Project is very excited.

*Remember, never to fear
the power of evil more
than your trust in the
power and love of God.*

—Hermas, one of the Seventy



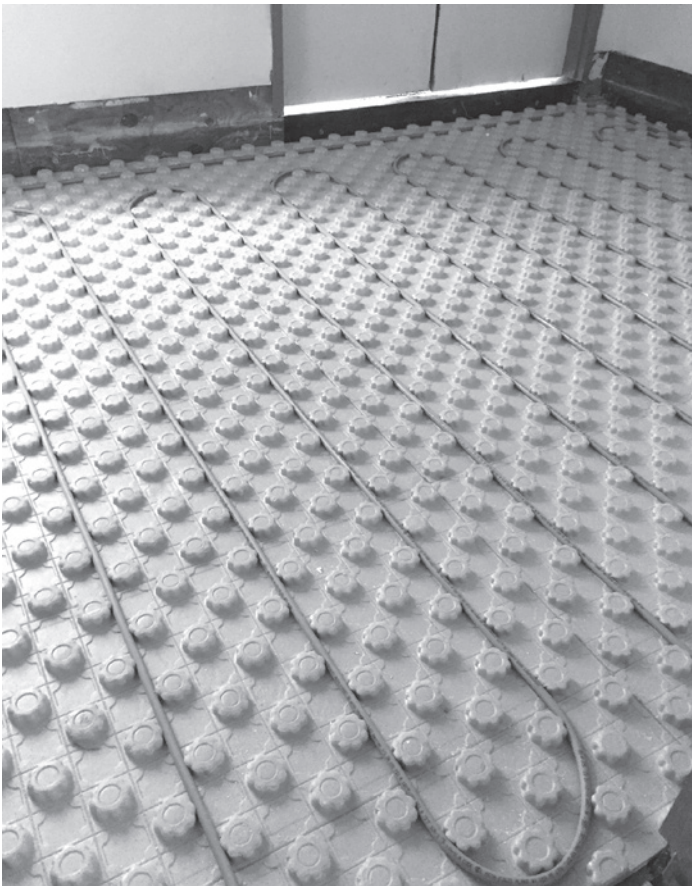
Shown above area is one of the areas where the granite panels are being removed and more carefully affixed to the wall along the façade of the Cathedral’s ancillary facilities. One of the panels actually fell off the wall (thank God no one was hurt!), after the City removed the bottom granite pieces to re-pour the sidewalk. The City has agreed to pay for the reinstallation of two of the granite panels.



Shown above is Erkan, of Golden State Parking, the company which will be managing the Cathedral’s parking component, displaying a 311 compliance document which the Building Department recently informed us we had to display prior to issuing its consent for our parking component to operate on a daily basis.



Shown here is the demolition of 235 Valencia Street, which abutted our gymnasium, to the north. The owners of the property, who are building a 40- unit residential complex, with ground floor retail, recently met with us to discuss protection of our exposed wall during construction, as well as underpinning our building, in at least two places, during construction, which is expected to last about 16 months.



Shown above are newly laid radiant heating coils in the lobby area, just off the elevator, in the new Cathedral. The current plan is to complete the lobbies, the stairway, and various doors, both in the adjacent area as well as the garage area, as we near completion of the City's clear path of travel requirements.

In spite of our sinfulness, in spite of the darkness surrounding our souls, the Grace of the Holy Spirit, conferred by baptism in the name of the Father and the Son and the Holy Spirit, still shines in our hearts with the inextinguishable light of Christ ... and when the sinner turns to the way of repentance the light smooths away every trace of the sins committed, clothing the former sinner in the garments of incorruption, spun of the Grace of the Holy Spirit. It is this acquisition of the Holy Spirit about which I have been speaking.

—St. Seraphim of Sarov



A number of area clergy participated in this year's Annunciation services. Shown above is the service of Artoklasia, during the Great Vespers.



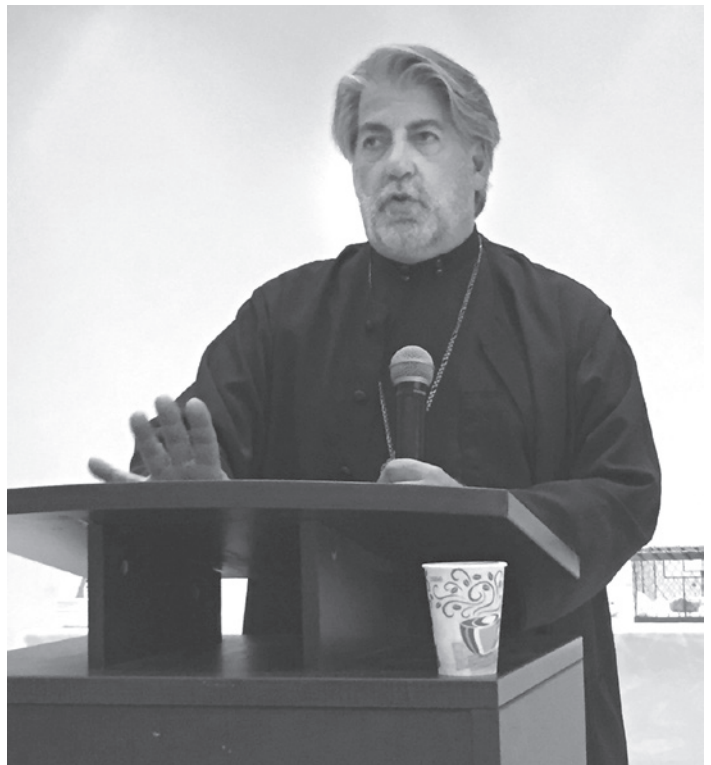
Metropolitan Nikitas during the Annunciation Divine Liturgy.



Shown above are clergy who attended the Annunciation Divine Liturgy, presided over by Metropolitan Nikitas.



His Eminence fielded questions following his presentation on human trafficking.



This year's guest speaker at the Annunciation Day luncheon was His Eminence Metropolitan Nikitas. His topic was the Church's response to the issue of human trafficking and child slavery.

Christos Anesti in any Language is the “Kernel of the Gospel”

Paschal Greetings from Around the World

Language	Greeting	Response
Aleut:	Khristus anahgrecum!	Alhecum anahgrecum!
Aleut:	Khristus agla-gikux!	Agangu-lakan agla-gikux!
Albanian:	Krishti U Ngjall!	Vertet U Ngjall!
Alutuq:	Khristus uixtuq!	Pijii-nuq ung-uixtuq!
Amharic:	Kristos tenestwal!	Bergit tenestwal!
Anglo-Saxon:	Crist aras!	Crist sodhlice aras!
Arabic:	El Messieh kahm!	Hakken kahm!
Armenian:	Kristos haryav ee merelotz!	Orhnial eh harootyunuh kristosee!
Athabaskan:	Xristosi banuytashtch'ey!	Gheli banuytashtch'ey!
Bulgarian:	Hristos voskrese!	Vo istina voskrese!
Byelorussian:	Khrystos uvaskros!	Saprawdy uvaskros!
Chinese:	Helisituosi fuhuole!	Queshi fuhuole!
Coptic:	Pchristos aftooun!	Alethos aftooun!
Czech:	Kristus vstal a mrtvych!	Opravdi vstoupil!
Danish:	Kristus er opstanden!	Ja, sandelig opstanden!
Dutch:	Christus is opgestaan!	Ja, hij is waarlijk opgestaan!
English:	Christ is risen!	Indeed He is risen!
Eritrean-Tigre:	Christos tensiou!	Bahake tensiou!
Esperanto:	Kristo levigis!	Vere levigis!
Estonian:	Kristus on oolestoosunt!	Toayestee on oolestoosunt!
Ethiopian:	Christos 'ensah em' muhtan!	Exai' ab-her eokala!
Finnish:	Kristus nousi kuolleista!	Totisesti nousi!
French:	Le Christ est réssuscité!	En verite il est réssuscité!
Gaelic:	Taw creest ereen!	Taw shay ereen guhdyne!
Georgian:	Kriste aghsdga!	Cheshmaritad aghsdga!
German:	Christus ist auferstanden!	Wahrlich Er ist auferstanden!
Greek:	Christos anesti!	Alithos anesti!
Hawaiian:	Ua ala hou 'o Kristo!	Ua ala 'I 'o no 'oia!
Hebrew:	Ha Masheeha houh quam!	Be emet quam!
Hungarian:	Krisztus feltamadt!	Valoban feltamadt!
Ibo (Nigeria):	Jesu Kristi ebiliwo!	Ezia o' biliwo!
Indian (Malayalam):	Christu uyirthezhunnettu!	Theerchayayum uyirthezhunnettu!
Indonesian:	Kristus telah bangkit!	Benar dia telah bangkit!
Italian:	Cristo e' risorto!	Veramente e' risorto!
Japanese:	Harisutos Fukkatsu!	Jitsu ni Fukkatsu!
Javanese:	Kristus sampun wungu!	Tuhu sampun wungu!
Korean:	Kristo gesso!	Buhar ha sho nay!
Latin:	Christus resurrexit!	Vere resurrexit!
Latvian:	Kristus ir augsham sales!	Teyasham ir augsham sales vinsch!
Lugandan:	Kristo ajukkide!	Amajim ajukkide!
Norwegian:	Christus er oppstanden!	Sandelig han er oppstanden!
Polish:	Khristus zmartwyckwstal!	Zaprawde zmartwyckwstal!
Portuguese:	Cristo ressuscitou!	Em verdade ressuscitou!
Romanian:	Hristos a inviat!	Adevărat a înviat!
Russian:	Khristos voskrese!	Voistinu voskrese!
Sanskrit:	Kristo'pastitaha!	Satvam upastitaha!
Serbian:	Cristos vaskres!	Vaistinu vaskres!
Slovak:	Kristus vstal zmr'tvych!	Skutoc ne vstal!
Spanish:	Cristo ha resucitado!	En verdad ha resucitado!
Swahili:	Kristo amefufukka!	Kweli amefufukka!
Swedish:	Christus ar upstanden!	Han ar verkliggen upstanden!
Syriac:	M'shee ho dkom!	Ha koo qam!
Tlingit:	Xristos Kuxwoo-digoot!	Xegaa-kux Kuxwoo-digoot!
Turkish:	Hristos diril - di!	Hakikaten diril - di!
Ugandan:	Kristo ajukkide!	Kweli ajukkide!
Ukrainian:	Khristos voskres!	Voistinu voskres!
Welsh:	Atgyfododd Crist!	Atgyfododd yn wir!
Yupik:	Xristus uixtuq!	Iluumun Ung-uixtuq!
Zulu:	Ukristu uvukile!	Uvukile kuphela!



A glorious day, indeed. A concert of ecclesiastical and non-ecclesiastical music, directed by Dr. Tikey Zes, was held on March 23, as part of the Cathedral's Feast Day celebrations.



A recording of the historic concert is in the process of being edited and produced. An extraordinary experience, the event benefitted the Cathedral's building program.



PHILOPTOCHOS NEWS

Philoptochos News Mother's Day Luncheon & Fashion Show

Dear Parish Members,

Xristos Anesti Christ has Risen! Truly He has Risen!
I hope you and your family had a blessed Pascha.

On behalf of the San Francisco Annunciation Ladies Philoptochos Society, I cordially invite you, your family and friends to attend our 61st Mother's Day luncheon and fashion show, which will be held on Saturday, May 11, 2019. Once again, we are fortunate and delighted to have our amazing member Irene Kyriacou chairing this event. Our annual fashion show has become the most memorable event of the year. Come and spend the day with us... *Bienvenue á Paris!* On this special day, we honor woman who has devotedly served our Church with faith, love and hope. It is my esteemed pleasure and privilege to announce two Mothers of the Year – Kathy Dermitzakis and Joanne Glafkides. Both Kathy and Joanne have selflessly given their time and talents to their families, church and the community.

Make your reservations now! We look forward to being with you on such a joyous occasion. Thank you in advance for making this event a success as always.

In Christ's Service,

Janis Petrou, President

Friend of Philoptochos Champagne Brunch



Save the Date!

June 9th following the Divine Liturgy

Please join us as we celebrate our third
Friend of Philoptochos Award.

On this day, Philoptochos will proudly present this award to an individual who has supported our Philoptochos ministries. This recipient has the attributes of kindness, generosity, commitment, devotion and has demonstrated his belief in our Philoptochos mission. We will announce the recipient at the end of the Mother's Day fashion show.

“God, Who is by nature good and dispassionate, loves all men equally as His handiwork. But He glorifies the virtuous man because in his will he is united to God. At the same time, in His goodness he is merciful to the sinner and by chastising him in this life brings him back to the path of virtue. Similarly, a man of good and dispassionate judgment also loves all men equally. He loves the virtuous man because of his nature and the probity of his intention; and he loves the sinner, too, because of his nature and because in his compassion he pities him for foolishly stumbling in darkness.”

—St. Maximos the Confessor

Father Stephen to Visit India

At the invitation of His Eminence Metropolitan Nikitas, and with the blessings of His Eminence Metropolitan Gerasimos, Father Stephen will visit India. Specifically, he will leave on May 1 for Kolkata, for the dedication of a newly built school attached to our orphanage there, and then on to Delhi and Agra, before returning home in time for the Mother's Day Luncheon and Fashion Show. Father Constantine Efstathiou will celebrate the Divine Liturgy at the Cathedral on May 5.



Shown above is Abbot Tryphon of the All-Merciful Saviour Monastery, Vashon Island, WA, together with Father Francis, during a recent visit to the Cathedral. Abbot Tryphon is a well-known author and retreat master.



Annunciation Greek Orthodox Cathedral of San Francisco: The First 100 Years Book Project

The Cathedral will celebrate its 100th anniversary in 2021. In honor of this important milestone, a beautifully bound hardcover book will be produced. A committee has been formed chaired by Jim Lucas to oversee the project.

This book will be a tribute to what makes Annunciation Cathedral special; its history, our ministries, and our parish family.

This book will be funded in part by those of you that wish to include your family in this book. You may choose to include your family history or a family profile or a tribute to Cathedral. We encourage anyone with a connection to the Cathedral to be a part of this keepsake book.

The donation varies depending on the amount of space you wish to purchase.

½ page	\$150
1 page	\$300
2 pages	\$450
3 pages	\$600
4 pages	\$750

The book will be sold at a pre-issue price of \$75. This project will last about 18 months as materials are gathered.

We are also seeking historical photographs and memorabilia. Please look through your family photo albums for anything related to the Cathedral. The committee is very interested in looking at anything related to the history of the Cathedral.

General Guidelines for Submissions:

If you need to scan your photographs, photographs must be scanned at 300 dpi or higher and scanned from the original photograph (not from a photocopy).

All text will be reviewed by professional authors serving on the committee.

If you need assistance with scanning photographs please let the committee know. We will gladly help.

Any photographs or memorabilia entrusted to the committee will be scanned and promptly returned.

Please email scanned images to Jim Lucas, email: jim@loukas.com

The Next Step

Contact the committee to get the process started! Contact Jim Lucas, email: jim@loukas.com or Kathy Dermitzakis, email: creta2000@aol.com with your questions.

Please forward this document to anyone that maybe interested. We want to reach as many people as possible over the next 18 months.

Thank you for your help to make this book a keepsake that our parish family will enjoy for years.

Icon Painting Workshop

Annunciation Greek Orthodox Cathedral, San Francisco

Experience the unique spiritual world of the Byzantine Era through icon painting



June 17-22, 2019

Annunciation Greek Orthodox Cathedral San Francisco

Join us on this six day intensive course under the direction of visiting master iconographer and expert instructor Theodoros Papadopoulos from Greece. This Archangel Michael icon will "come alive" as he will guide you step by step, through the ancient techniques of Byzantine Iconography. Let us journey together, discovering anew, this traditional artistic expression of theology and spirituality often called the "meeting place of the Divine". Whether you are beginner or a professional, this workshop offers the opportunity to learn or refine your techniques.

Your tuition fee of \$685 includes most supplies including boards, pigments, brushes, etc.

Space is limited and early registration is suggested.

For enrollment and information, visit the website
www.theodoreicons.com/sf

or contact the instructor Mr. Theodoros Papadopoulos at the email:
theodoreicons@gmail.com

OIKOS News

We are pleased to announce the third Icon Painting Workshop to be held at the Cathedral. The workshop will take place June 17-22. This is a six-day intensive course, under the direction of master iconographer and teacher Theodoros Papadopoulos. This year, we will "write" the icon of Archangel Michael as we are guided step by step, through the ancient techniques of Byzantine iconography. This workshop is open to everyone. There is a tuition fee of \$685., which includes most supplies, as boards, pigments, brushes, etc. To enroll, please visit www.theodoreicons.com/sf or contact the instructor at his e mail, theodoreicons@gmail.com. In October of this year, Professor George Kordis will visit the Cathedral and speak to us on the topic of writing the icons for the Cathedral, when the interior is completed and, especially, the icon of the Annunciation, which has been featured, in various forms, on our community Christmas card in recent years. The iconography is a very special step in the completion of the Cathedral, as we will be praying before the icons and inspired by them in our liturgical worship for many generations to come. We have set a tentative date of October 20, 2019 as the date for Dr. Kordis' visit. Note, it coincides with the 30th anniversary of Loma Prieta, the earthquake which claimed the old Cathedral, back in 1989.

Meanwhile we were honored to have Metropolitan Nikitas of the Dardanelles (director of PAOI, at the Graduate Theological Union, Berkeley), preside at the Great Vespers for the Feast of the Annunciation and celebrate the Divine Liturgy on the day of the Feast. At the conclusion, during the luncheon offered by the Cathedral Ladies Philoptochos, His Eminence spoke to us about contemporary issues, as that of human trafficking, after which he fielded questions. We not only learned more about the issues, but were invited to think and, hopefully, to act creatively and prayerfully in addressing them. We would like to offer many more such opportunities for learning and spiritual growth. We invite you to participate in the work of OIKOS by assisting in the coordination of such enriching events and talks, as those noted above. We look forward to hearing from you. Please contact Dr. Katina Kostoulas, katinakost@aol.com.



Our Year-End Statements

We have to confess, our year-end statements did not go out seamlessly, as we had expected. We had approximately 20 calls by parishioners who said that not all of their contributions showed up on the statement they received, especially their Building Fund/Capital Campaign statement. Thankfully, we were able to identify the problem. Going forward, we will be able to print out a statement of giving and forward it together with a separate cover letter, instead of trying to merge data from Quick Books into a Word letter. Thank you for your understanding.



Introduction to Orthodoxy

Introduction to Orthodoxy" Class Welcomes New Members to the Faith

The new Annunciation cathedral recalls the beauty and majesty of other churches more than a millennium old, such as Hagia Sophia in Constantinople. Those who have been fortunate enough to witness its construction know that, like those older churches, it is being built to last, and one can imagine it serving the needs of the faithful, God willing, centuries from now. The building is an impressive, outward sign of our community's conscious outreach to the city and the world. By building a sanctuary for God, we are simultaneously expressing a gesture of welcome to all future generations of Orthodox Christians.

Some of them will be born into our families, while others will marry into the faith. Still others will come to us simply because they are astounded by the beauty of our worship, the richness of our theological traditions, and our special emphasis on the mystery of our intimate encounter with God. Whether future parishioners are drawn into the fold by love for its members, for their resilient, ancient faith, or by a mixture of the two, we must continue to be prepared to accommodate incoming Orthodox Christians of every background.

The Cathedral's "Introduction to Orthodoxy" class aims to facilitate the spiritual journey of those considering joining our Church. We prepare adult inquirers for their baptisms and chrismations, and we explore the richness of our faith through discussion of Holy Scripture, the theology of the Church Fathers, and the lives of the Saints. The goal of the course is to provide people with acculturation in the Church prior to their becoming full members in it.

The class meets two times a week. The meetings take place in the Cathedral's conference room, located on the second floor, adjacent to the elevator. The times are 9 a.m. to 10 a.m. In May, the class will meet on Sunday, May 5 and on Sunday, May 19.

alzheimer's association®



Dementia Caregiver Support Group News

While it may not show, in attendance, our parishioners and friends have taken note of the fact that a Dementia Caregiver Support Group is operating at the Cathedral. As the general population is aging, and as we are living longer and longer, we are all subject to the impact of cognitive issues. The Cathedral is pleased to partner with and host the Alzheimer's Association monthly support group meeting on the 1st Tuesday of the month from 11am-12:30pm. The group meets in the Cathedral's conference room, which is located on the second floor, to the right of the elevator. We encourage your attendance, as you encounter loved ones affected by memory loss. Meet others who are going through exactly what you are going through. There is no cost to attend, and the support you receive is not only helpful; it can also be life-changing. The May meeting will take place on Tuesday, May 7. For more information, please contact Heather Gray, Family Program Manager, at 1.800.272.3900 or email her at hgray1@alz.org



Youth from our GOYA group gather on April 16 and get ready to serve at the Community Kitchen. The group is under the direction of Matia Kostakis. The participation of our youth at the Kitchen satisfies one evening of community service, which they endeavor to do, as a group, once a month.

Community Kitchen

The Cathedral's Community Kitchen, which began under the name "Soup Kitchen," operates the third Tuesday of every month. The volunteer work involves food prep, cooking, hall setup, serving the meal and---so important---cleanup. We also have a food pantry, so a few awesome volunteers come early to bag up canned/non-perishable goods for our guests to take with them. Some volunteers arrive earlier, but the typical timeframe is 5 p.m. to 9 p.m. Shown above are just some of our Young Adults, who spearhead the Community Kitchen ministry. Won't you join them? Following each Community Kitchen, after cleanup, the Young Adults gather in the second-floor conference room for wine and cheese. They get to know one another better. They welcome new members. They address topical issues. And, of course, they plan for the following month's Community Kitchen. In November, the Young Adults teamed up with the Cathedral Ladies Philoptochos for a Thanksgiving feast! In December, an entire class of middle school kids joined our young parishioner and his parents and helped set up, serve, and clean up. This participation by our younger kids was very moving. In April, our GOYA, under the direction of Matia Kostakis, joined in with our Young Adults. This month, Community Kitchen will take place on Tuesday, May 21 (the Feast of Saints Constantine and Helen). Our guests count on us to provide them with a hot meal, and fellowship. May we, in turn, count on you? It is a commitment; it does take a few hours of your time. But, think about how much good you can do for others by showing up and volunteering for a couple of hours. Once again, that's Tuesday, May 21, 5:30 p.m. for set up and 6:30 p.m. for serving. We look forward to your participation.

Meanwhile, Community Kitchen enjoys the support of our Ladies Philoptochos. We reprint a recent e mail communi-



cation which underscores the degree to which our women support this ministry by our Young Adults:

Greetings,

Hope all is well with you.

As Father Stephen mentioned our Philoptochos is supporting the Community Kitchen. We agreed upon this last fall.

Our underwriting consists of the following:

- Food Bank monthly bills and additional purchased food products
- Paper goods- table cloths, plates, plastic ware, cups, napkins, storage containers, baggies, foil, etc.
- Recruit volunteers to help Jimmy & Joseph with days food preparation and anything else that requires assistance
- Collection of health aids, socks, gloves, etc.
- The young adults provide volunteers to serve, set up buffet, contact food runners, help with evening to go bags, any remaining food prep necessary and clean up.

This Philoptochos takes on this as part of our local mission on behalf of our Parish the San Francisco Annunciation Cathedral as well as the National Philoptochos Ministry of feeding the hungry.

It is with love in Christ that we can partner with the young adults to love, trust and serve the Community Kitchen ministry.



2019 Taste of Greece Food Festival September 20, 21 & 22

Welcome Mike Spachis, as co-chairman of this year's festival! That makes four co-chairs: Mike Spachis, Deno Konstantinidis Grace Koutoulas and Chris Kyriacou. A lot of volunteers are stepping up, this early in the planning, and this is a good thing. Meetings via telephone conferencing and in person have been taken place, and our Philoptochos women are in the process of developing a cooking schedule. The schedule will be posted on line as well as in the June/July Herald. To view it on line, go to www.annunciation.org and scroll down to the bottom right, to the calendar on the Cathedral's web site. It's really about all the volunteers. That's what makes an undertaking like the festival a great success. Building on last year's success, as well as we are beginning to plan our 2019 Greek Food Festival.

The Festival is entirely managed and staffed by volunteers, which means we simply cannot pull this off without your input and participation. Energetic, friendly volunteers are needed for a variety of jobs. Opportunities abound: there's plenty for you to do. Won't you join us? We are even open to welcoming and/or training a new Chairperson and Co-Chairperson. For more information about how you can get involved, please contact Deno Konstantinidis, denocom@hotmail.com or Grace Koutoulas, gmkoutoulas@yahoo.com.

"Our wickedness shall not overpower the unspeakable goodness and mercy of God; our dullness shall not overpower God's wisdom, nor our infirmity God's omnipotence."

—St. John of Kronstadt



GOYA News: Get Ready for Summer

Spots are quickly filing up for our Metropolis Summer Camp 2019. We would encourage your applying as soon as possible. Monthly payment plans are available, as this will help families spread out the cost for camp over the next 4 months. All payments are due in full by June 1, 2019. To register, a \$100 non-refundable deposit is required. To register, please visit our Summer Camp **website:**<http://gosfyouth.org/summer-camp/>. Fees and space availability is as follows:

2019 REGISTRATION FEES

\$550 Late Registration (February 1 – May 31)

2019 SUMMER CAMP REGISTRATION UPDATE:

Staff Orientation Week: July 1 – 6

Session I: July 7 – 13 (51 spots available)*

Session II: July 14 – 20 (51 spots available)*

Session III: July 21 – 27 (76 spots available)*

*Campers are limited to registering for only one session of camp

2019 STAFF APPLICATIONS:

If you know of any young adults who would make a great summer camp counselor, please encourage them to apply here: <http://gosfyouth.org/summer-camp/#/staff-applications/>

Other GOYA activities

Under the direction of Matia Kostakis, GOYA participated in the April Community Kitchen as an act of community service. Then, on the Saturday of Lazarus, GOYA gathered and folded the palms for Palm Sunday. Meanwhile, we are also planning to bring Thomaida Hudanish, Director of our Department of Outreach and Evangelism to meet with our youth the weekend of May 19. The plan is for her to meet with our youth, speak to our congregation, and also attend the Community Kitchen on Tuesday, May 21. Detailed information will be sent directly to our youth, both by email and by snail mail.



Kudos to Graduates

Following, is a preliminary listing of graduates. We ask you to review the list and to help us update our list for the June/July Herald. By update, we would like to know from what school the child is graduating and to which school the child will be going in September. We kindly ask that you forward this information to fatherstephen@annunciation.org.

Primary School graduations and promotions:

Ted Gikas
Yianni Sarikakis
Spiro Taptelis
Alexia Thompson
Stelios Vafiadis

Middle school graduates:

Yiannis Eliopoulos
Charlie Haginicols
Kallie Lyberopoulos
Victor Nicolacakis

High School graduates:

Hari Manetas, graduating San Mateo High, attending College of San Mateo
Panayioti Sogotis, College graduate
Alexander Cocolos, graduating from Southern Methodist University, with a Master of Interactive technology, Level Design

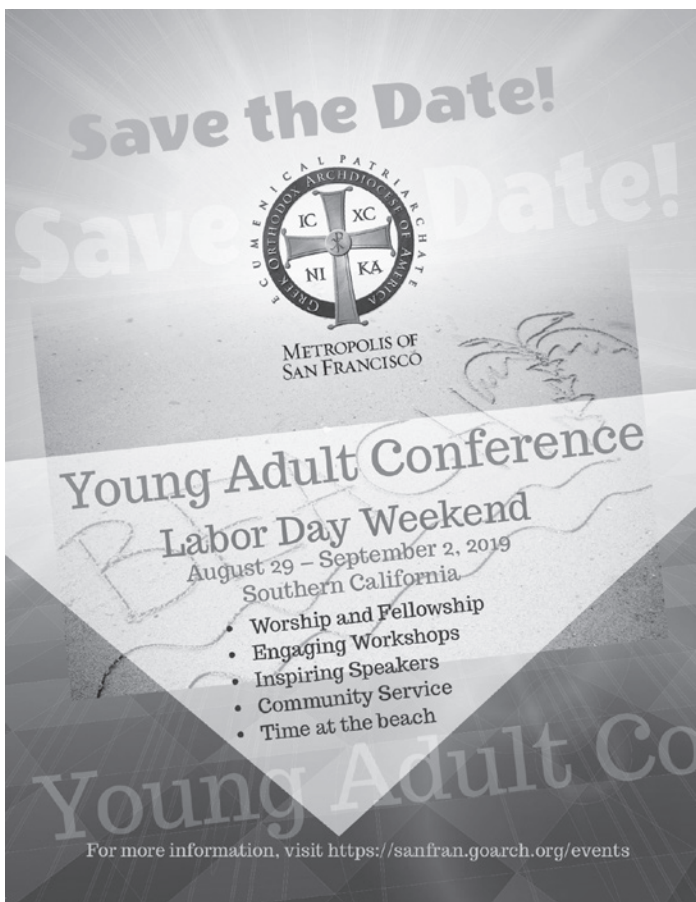
Graduates not on the list? Please let us know, together with the schools from which they are graduating and the schools they will be attending in the fall. Please send the information to: fatherstephen@annunciation.org



One of the great things about living in San Francisco (call it a perk) is that our Young Adults have a home away from home – a spiritual home – right in the heart of the City. Following each Community Kitchen, the third Tuesday of the month, young adults gather in the conference room for fellowship and discussion, typically over wine and cheese. It's a great way to connect, to network, to get to know people sharing similar spiritual journeys. Our Young Adults look forward to meeting you.

“As a handful of sand thrown into the ocean, so are the sins of all flesh as compared with the mind of God.”
“Just as a strongly flowing fountain is not blocked up by a handful of earth, so the compassion of the Creator is not overcome by the wickedness of his creatures.”
“Someone who bears a grudge while he prays is like a person who sows in the sea and expects to reap a harvest.”

—St. Isaac The Syrian



Calling Young Adults 21+

Apply to be on the YAL Conference Steering Committee

The Metropolis YAL Conference is a great way to share your time and talents as a young adult and emerging leader of the Church. You have the opportunity to be part of the planning team for this Conference and making it a spiritually uplifting, memorable, motivating and fun weekend!

Applications are being accepted for the Steering Committee and can be found [online](#) and must be submitted by March 1, 2019. All applicants must be 21 years of age by August 1, 2019. Volunteers are needed to work in a variety of areas including: Events, Finance, Communications and Marketing, Worship, Registration and more. Share your talents, gain valuable experience, and build up this powerful ministry!

For more information, please email yalconf2019@gmail.com.

Greek Orthodox Metropolis of San Francisco | 415-753-3075

metropolis@sanfran.goarch.org | www.sanfran.goarch.org

Labor Day Weekend 2018

Metropolis of San Francisco to host Young Adult League Conference

Labor Day Weekend 2019 in southern California is the place to be for young adults ages 18 - 35 at the Greek Orthodox Metropolis of San Francisco Young Adult League Conference. This event will offer a wide array of activities including engaging workshops, inspiring speakers, worship, fellowship, and a community service project. Mark your calendars for August 29 - September 2, 2019 because the YAL Conference is where you will want to be!

"I am excited that we are offering this opportunity for our young adults to come together for this weekend conference and participate in an uplifting program designed to both deepen their faith and cultivate friendships with other Greek Orthodox young professionals," remarked His Eminence Metropolitan Gerasimos of San Francisco. "There is a great need to expand our efforts in the area of Young Adult ministry, and this conference will be a catalyst for even more programs to come."



Our Philoptochos angels, preparing the koulourakia for this year's Pascha bake.

Dance Group News

The Dance Board has purchased a block of tickets to the San Francisco Giants vs. LA Dodgers on Friday, September 27th at 7:15pm Oracle Park.

This is a special night as the Giants have designated this game Greek Heritage night! Let's show the Bay Area our Greek Pride at a Giants game.

Tickets are \$46 each in the bleacher section 137 and will include a special Giants Greek t-shirt. Additional information follows.



Following another successful Folk Dance Festival, our dance groups will take a long-needed rest. They will regroup and resume practice for next year's FDF, sometime in August. Dancers of all ages are encouraged to attend Sunday School on Sundays. Those registered to serve in the altar as acolytes are invited to do so in accordance with the schedule found elsewhere in this *Herald*. Should you wish information about joining our program, we invite you to contact Lea Lyberopoulos at karthia808@yahoo.com.

Our groups, as presently composed, are as follows:

To Mellon: Pre-K-1st grade

Directed by Irene Kyriacou and Katerina Sarikakis

Revmata: 2nd-5th grade

Directed by Katerina Sarikakis, Trina Misthos and Eleni Taptelis

Thisavri: 5th-8th grade in

Directed by Irene Kyriacou, Lea Lyberopoulos, and Lea Papavasiliou

Spithes: 9th -12th grade

Directed by Irene Kyriacou, Lea Lyberopoulos, and Lea Papavasiliou

Atithasi: Young Adults

Directed by Michael Garibaldi and Nicole Garibaldi

Basketball News

The Annunciation Boys High School Basketball team, which is open to all boys attending 9-12 grade, has begun practicing every Thursday, from 7:00pm to 9:00pm at Jefferson High School Gymnasium located at 6996 Mission Street, Daly City, while the Adults have also been practicing on Thursdays, beginning at 7:00 p.m., although they practice in our Cathedral gym. All of the practice pays off, as we are up against some formidable teams this year.

Games for the remainder of the season, involving Annunciation's teams, are as follows:

Sunday, May 5

at St. Gregory (699 Serramonte Blvd, Daly City)
4:30 HS St. Gregory 2 Annunciation

at Annunciation

2:30 Adult Annunciation 2 Annunciation 3
3:30 Adult Annunciation 1 St. Nicholas SF

Thursday, May 9

at Annunciation

7:30 Adult Annunciation 2 Ascension
8:30 Adult Annunciation 1 Annunciation 3

Saturday, May 18

Playoffs
@ TBA

Sunday, May 19

Championships
@ Annunciation
2:30 High School
3:30 Adults





Sunday School News

St. John Chrysostom Oratorical Festival Held

We are duly proud of all of our Sunday School students, but we are especially proud of those who participated in the St. John Chrysostom Oratorical Festival on April 7. Shown on the next page are the three students who participated, along with their speeches, which were outstanding. (Note: as a matter of policy, we never put children's names and photos together in anything that we publish.)

Sunday School notes the efforts made by the dance group directors to require dancers, all of whom are of Sunday School age, to attend Sunday School. We eagerly look forward to your participation in this program, where you will learn the fundamentals of what it means to be Orthodox Christians. We are people of faith. . This is why we have ordered new Sunday School materials for you, materials like prayer books, and age-specific books, ranging from our journey through Great Lent to how to go about establishing (or discovering) heaven on earth. We welcome Kelly Rakos to our teaching team! She is the most recent parent to step up and volunteer to teach. Our last day of Sunday School this year is June 2, just a month away. We thank the parents for bringing their children to Sunday School. Partnering together—parents, teachers, and students—we look forward to an even better program beginning September 29, 2019.

Meanwhile, we reprint the speeches offered during this year's St. John Chrysostom Oratorical Festival. They are inspiring!

A. Novo 7th Grade, Speech

Good Afternoon Father Stephen and my Annunciation Family. My name is Alex Novo. Last week my class and I went on an amazing 4 night trip to the beautiful, breathtaking Yosemite National Park. It was my first time there. I saw all of the natural beauty of Yosemite and I thought to myself, God created all these beautiful mountains, valleys and nature. As we were hiking up a mountain the rain was hitting our faces. I looked up at the sky and thought to

see next page

Show your Greek Pride while you cheer on the San Francisco Giants! All Tickets Sold. But, Wait, We Bought another Block of Tickets.

We wrote you and you responded. All tickets were sold out. However, we were able to block off another section for Greek Heritage Night at Oracle Park on September 27, 7:15 p.m. And, so, we are reprinting our appeal, inviting you to support our dance groups by joining us for a fun night cheering on our San Francisco Giants against the rival LA Dodgers on Friday, September 27th at 7:15pm at Oracle Park. This is a very special night as the Giants are hosting their first ever "Greek Heritage Night". Let's show the Bay Area our Greek Pride at a Giants game! Tickets are \$47 each, in the Bleacher Section 137. The cost of the ticket includes a special Giants Greek t-shirt. The sale of every ticket will contribute \$5 in support of our Annunciation dance groups.

If you are interested, please email Stephanie Thompson at sotiria@gmail.com. There are a limited number of tickets in our section of the bleachers for this special first-time event, so act fast and come join the fun!

"For virtue is a light and buoyant thing, and all who live in her way "fly like clouds" as Isaiah says, "and as doves with their young ones"; but sin is a heavy affair, as another of the prophets says, "sitting upon a talent of lead.""

—St. Gregory of Nyssa



myself, God created the sky and the whole earth and beyond earth, the stars and the sun. It is all part of God's plan. These are truly gifts from God.

This wasn't the only time I felt aware of God's works. Another time when I was on an airplane and I looked into the horizon and thought to myself, wow, God made this. It was as if the world was displayed right before my eyes and in those two moments I truly felt empowered by God and his world that he created. We are so lucky that we live in such a wonderful and beautiful place. Thank you.

E. Tesfai, 6th Grade, Speech

Hello Father Stephen and fellow members of the Annunciation Cathedral. My name is Elda Tesfai and I'm in 6th grade. I will be speaking on the topic of "Martyrs of the Church and some of the early monastics both described as 'Athletes'".

What does it mean to be an Athlete for Christ?

I play three sports and I know an athlete is someone that pushes themselves beyond the extreme, beyond their body and to keep on working. Athletes and monastics need physical stamina. I practice layup drills over and over so I can build my stamina and basketball skills. Monastics and athletes must also have mental stamina. I think of my team winning and it pushes me to work harder.

A martyr is someone that suffered for their beliefs. A monastic also makes sacrifices. They have rituals and they are considered athletes for Christ. Athletes for Christ are faithful and devote themselves to God.

I think being an athlete for Christ is being the best Christian I can be by praying more, reading the Bible, being grateful and forgiving so I can get closer to God. Thank you for your time and support.

M. Novo, 10th grade, Speech

Good afternoon Father Stephen and the Congregation. My name is Maria Novo and today I am going to be talk-

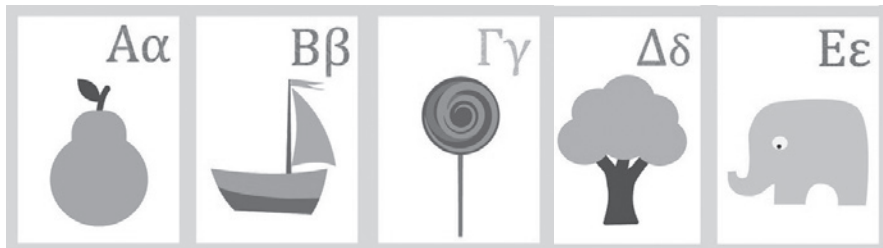
ing about Lent and the importance of what it means in our faith. Lent is a mystery to a lot of people. Many folks are generally aware that it's a religious observance that happens every spring and involves people fasting until Easter. But like most practices rooted in Christianity, the way people observe Lent varies widely depending on their heritage, specific religious traditions, and preferences. Lent is the greatest and most solemn period of fasting on the Church's calendar leading up to Easter. It is also a time for change and repentance in our lives.

Even the Church changes her appearance at this time. The Church is draped with dark purple or dark cloth. The priest and altar boys also wear purple vestments. These dark colors are used to show repentance, preparation, and humility. Special Lenten tones and melodies are slow, deep, and are used to help us think about the way we live our lives. We are helped by the words of these hymns to think about how good and beautiful God made us to be and how he gave us the gift of his world to be used in a wonderful way. It is not always possible to go to Church every day during Lent, so we must make an effort to change our lives at home.

As Orthodox Christians there are several ways we can change our lives at home during Lent, so that the things of God become important in our lives. We can fast, which doesn't just mean giving up food, it also means to discipline ourselves so we can concentration on doing kind things toward others and on using our time in a better way. Prayer is also important during Lent and reading the Bible is another way to follow along with the Church as she makes the journey through Lent. Lent gives us the time to practice doing the things we should be doing all year long. It helps us concentrate on only this, without the distractions we are usually accustomed to. Lent is very important to our Orthodox Christian faith and thank God that I am present here with my Annunciation family to share its importance with you.

Greek School News

Basking in the Glow of our March 25 celebrations



Greek School children following their performance



To Krifo Scholio

The Greek school students celebrated Greek Independence Day (March 25) on Saturday, March 23 and Sunday, March 24 after the Divine Liturgy. Students from each level (pre-Kindergarten to level 5) recited traditional poems that were related to the importance of the holiday, such as *To Ελληνόπουλο, Ελλάδα, Σημαία, Η Νίκη,*



Διπλή Γιορτή, 25 Μαρτίου, Οι Τσολιάδες and Ελεύθεροι Πολιορκημένοι. All of the students ended the celebration by singing the Greek national anthem. As mentioned in previous Heralds, Greek school now offers a performing arts class under the creative leadership of Ms. Ioli Advani and Ms. Ioanna Vlachou. Students from the performing

see next page



Greek School children gather with Metropolitan Gerasimos

arts class performed a play, written by Ms. Ioli Advani and titled *To Κρυφό Σχολειό*. The secret school refers to the 400 years when Greece was under the Ottoman occupation and where the children had to sneak out during the night, in spite of the dangers, to learn the Greek language. The Greek language was secretly taught in the local churches by the priests under candle light. We applaud the bravery and sacrifices the children and families made during that time.

Through Greek school at the Annunciation Cathedral, we are keeping the Greek language and culture alive! Great job from our performing arts students: Michael Johnson, Katerina Katsi, Eleftheria Platis, Anya Abraham, Yiannis Karasakalidis, Dimitri Vonderheide, Stefanos Zarbalis, and Danae Zarbalis. Also, great job from all of our Greek school students!



Pangari Schedule

Serving on the pangari is a privilege, not only for Parish Council members, but for anyone who would like to be a part of the team of those who extend welcome to our services, especially for those who are visiting us from out of town and also people new to the community. The following teams, created so as to match up with their respective children, who will be serving in the altar on those days, consists of Parish Council members. Duties include the passing of the collection plate(s) and the seating of guests.

Team #1

Deno Konstantinidis
Philippos Athanasiades
Christopher Kyriacou
Dean Nicolacakis

Team #2 (Second

Sunday Please)
Paul Sogotis
George Ambus
Mike Sarikakis

Team #3

Nicholas Rally
Nicholas Svetcoff
John Lampros

Team #4

Manoli Nuris
Peter Cazanis
George Gavros



Peter Manetas, Nick Kontonis, Michael Bagatelos, Gus Vellis also serve at the pangari, on a regular basis.

Philoptochos members and other members of the community are invited to participate, as well. Please speak to Dr. George Ambadiotakis, Ambus, Chair of our Pangari protocol committee, and indicate your willingness to be a part of the pangari team.



Members of our GOYA team up with Young Adults and Philoptochos members at the April Community Kitchen, as part of GOYA's community service project.

Serving in the Altar

Serving in the altar is a wonderful way for our young people to participate in the worship of our church, and learn more about our faith. For the present school year, we are very pleased to announce the altar leaders program! This year, three of the older altar servers have taken on the responsibility of coordinating the groups during services each week. We hope to add several more to their ranks in the coming years!

If any families are interested in their boys joining an altar group, who are above the age of 10, feel free to contact **Father Stephen** at fatherstephen@annunciation.org. Thank you also to **Nektarios McKnight** for guiding and instructing our altar servers each Sunday. As always, if anyone has any questions or suggestions, feel free to let us know. Thanks!



Our altar schedule for May is as follows:

May 5 - Group 4
May 12 - Group 1
May 19 - Group 2
May 26 - Group 3

Group 1- Stelios Kyriacou, Kosta Lyberopoulos, Andrew Vellis, George Tsokas, Victor Nicolacakis, Justin Perez, Christian Kleinekorte

Group 2- Christopher Apostolos Percia, Panagiotis Sogotis, Yianni Sogotis, Steven Monolakis, Matheos Zarou, Andonis Ambus

Group 3- Steven Chiappari, Gianni Kefalas, Nicholas Shatara, Michael Kamenis, Vlasis Kyriacou, Thanos Kyriacou, Nathanael Shatara (Micahel Kamenis, Group Leader)

Group 4- Nathan Tesfai, Bobby Kontonis, Hari Manetas, Alexander Kasolas, Matthew Nuris (Jonas Tesfai- Group Leader)

Don't see your name here? Would you like to join us? We would like you to. Report for altar duty any Sunday morning, prior to 10:30 a.m., and Nektarios will make the appropriate arrangements. Meanwhile, it is also imperative that you attend Sunday School. Ecclesiarch Nektarios notes: We have two Permanent Leaders in the Altar, and they are Nathan Tesfai and Michalis Kamenis. We anticipate a maximum of six additional servers in the Altar; any more than six will need to attend Sunday School. Altar servers are required to be vested and ready to serve by 10:30 a.m. Late comers will need to attend Sunday School if they cannot arrive early enough to serve.

Interested in forming a group of girl altar servers, beyond the Myrrh Bearer's (Angels) program that we have during Holy Week and Pascha? Please contact Evangelia Raptis-Zarou, erz.raptiszarou@gmail.com

"Fire and water do not mix, neither can you mix judgment of others with the desire to repent. If a man commits a sin before you at the very moment of his death, pass no judgment, because the judgment of God is hidden from men. It has happened that men have sinned greatly in the open but have done greater deeds in secret, so that those who would disparage them have been fooled, with smoke instead of sunlight in their eyes."

—St. John Climacus

Sacraments

Baptism

Katherine Sophia, daughter of Aleco Elias and Shannan Renee Tujios, was baptized April 6. Her Sponsor is Constantine Andreas Tujios.

Avra Ellison, daughter of Constantine Andreas and Allison Robin Hope Tujios, was baptized April 6. Her Sponsor is Aleco Elias Tujios.

M A Y C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				Basketball practice 7 pm		Liturgy at Cemetery Chapel 10 am Greek School 10 am
5	6	7	8	9	10	11
Introduction to Orthodoxy 9 am Orthros 9 am; Divine Liturgy 10:30 am Sunday School 10:30 am Philoptochos 12:30 pm Basketball Games 2:30 pm		Dementia Support Group 11 am		Adult Basketball Games 7 pm		Mother's Day Luncheon & Fashion Show 11 am Greek School 10 am
12	13	14	15	16	17	18
Mother's Day, Orthros 9 am Divine Liturgy 10:30 am Sunday School 10:30 am				Basketball Practice 7 pm		Greek School 10 am
19	20	21	22	23	24	25
Dance Family Meeting, noon Orthros 9 am, Introduction to Orthodoxy 9 am Divine Liturgy 10:30 am Sunday School 10:30 am Parish Council 12:30 pm Championships 2 pm		Sts. Constantine & Helen Divine Liturgy 10 am Community Kitchen 6:30 pm Capital Campaign 7 p.m. Young Adult Get Together 8 pm				No Greek School
26	27	28	29	30	31	
Orthros 9 am; Divine Liturgy 10:30 pm						

UNITED GREEK ORTHODOX COMMUNITY OF
SAN FRANCISCO, THE ANNUNCIATION
ANNUNCIATION CATHEDRAL
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The March 23 concert by Bay Area Musicians and Choir Members, conducted by Maestro Dr. Tikey Zes, was an outstanding musical event. It featured liturgical music composed by some of the Church's preeminent composers, including Theodore Bogdanos, Steve Cardiasmenos, Frank Desby and Tikey Zes, as well as non-liturgical music. A champagne reception followed. The concert benefited the Cathedral's building fund. The Cathedral is in the process of rebuilding its sanctuary, lost to Loma Prieta 30 years ago. The earthquake took place on October 17, 1989.