



ANNUNCIATION CATHEDRAL HERALD



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

MARCH 2020



FSF

FAITH.
DANCE.
FELLOWSHIP.

Congratulations to all of our dancers and directors who competed at FDF this year in Anaheim! It was a proud weekend for the Cathedral. All four of our Annunciation Cathedral SF groups performed beautifully in both days of competition. Our youngest group, To Mellon, scored a 4th place medal in their first year competing. Revmata took the 1st place gold, and Spithes earned the 2nd place silver medal! Thisavri, although their dancing was not recognized with awards this year, put on two great shows in a tough category and we are so very proud of them! Acknowledgement is in order for the commitment and dedication of our kids and their parents who bring them for practice week after week. And very special recognition is due to our awesome directors Irene Kyriacou, Lea Lyberopoulos, Lea Papavasiliou, Katerina Sarikakis, Eleni Taptelis, and Katerina Misthos! Their leadership, guidance, and work for the kids in this dance program are truly a blessing for all of us at the Cathedral. Congratulations to all of you, και του χρόνου! And to next year!



© GOA/Dimitrios Panagos



see page 2 for more photos





Crab Feed:

Another Success!

Thank you to all our volunteers who helped with cooking, decorating and donating raffle prizes. We could not have done this event without your support. A big special thank you to Annamarie Balian and Rose Sogotis for their secret recipes that make this the best Crab Feed in the Bay Area!

Thank you to all who attended this year...see you next year!



Lets grow our Philoptochos!

Membership invitations were sent out in February...the month of Love...the perfect time to lift your hearts and embrace Philoptochos. We cordially invite you to join or renew your membership with your ongoing pledge for 2020.

In 2019, we had 110 members. We donated approximately \$15,000 to our Metropolis and National Charity Commitments. In addition, we gave in excess of \$20,000 to our local charities which include community kitchen, befriend a school, social services, natural disaster relief drive, women's health, adopt a student, our Cathedral support, and local charities that help those in need.

If this is what we achieved with 110 members, imagine what we can do with 100 more members!



Vicki Eleni Holloway Appointed to Metropolis Philoptochos Board

Vicki is truly honored to be appointed to the Philoptochos Metropolis Board. She has been humbled to be part of an organization whose mission is to help the poor, the sick and those in need. She is grateful to her Philoptochos Sisters of the Annunciation Philoptochos for their love and support. She is blessed to be part of both the Metropolis and Annunciation Philoptochos sisterhood and looks forward to continuing to support their ministries and charities.

Congratulations, Vicki!



ANNUNCIATION CATHEDRAL

Philoptochos Easter Bake 2020

Easter Bread (Tsoureki) @ \$20.00 Each

Quantity (1 Loaf) _____ X \$20.00 = _____

Koulourakia

Quantity (1 Dozen) _____ X \$10.00 = _____

Red Colored Eggs

Quantity (1 Dozen) _____ X \$ 8.00 = _____

Total Amount of Order \$ _____

Name: _____

Address: _____

Telephone: _____

Please mail completed order form along with your payment to:

Annunciation Cathedral Philoptochos

245 Valencia Street

San Francisco, CA 94103

All orders must be prepaid. Deadline to Place Orders is **Sunday, April 5th**
Make checks payable to Annunciation Cathedral Philoptochos.

Easter Bread (Tsoureki) and Koulourakia:

Pickup only on Palm Sunday, Sunday, April 12th after Divine Liturgy.

Red Colored Eggs: **Pick up on Thursday, April 16th by 3pm, and Friday, April 17th by 3pm**

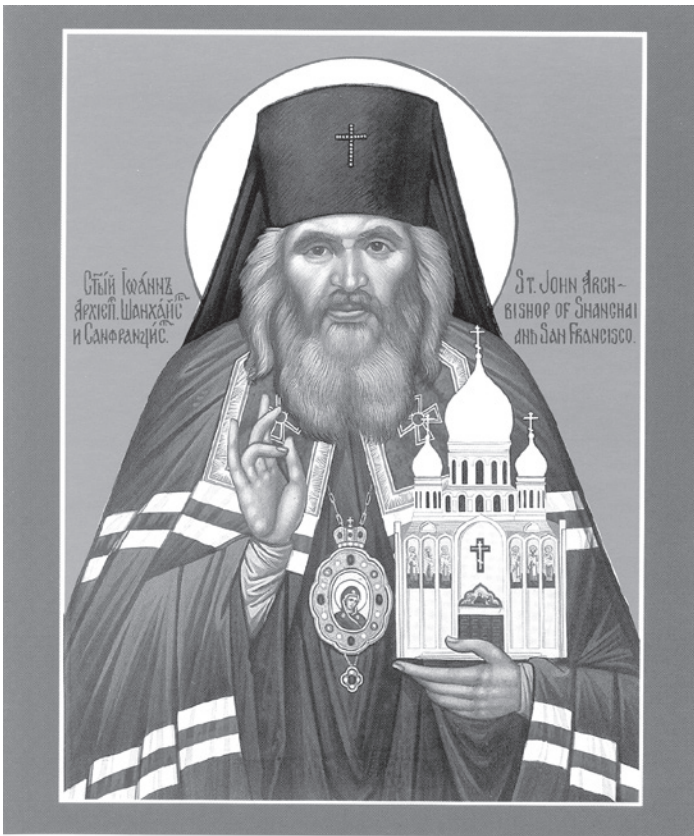
Come join Philoptochos on Palm Sunday, April 12th, after the Divine Liturgy for a special coffee hour. All donations will help support our mission and charities.



Another step closer!

Last month workers came and installed almost all of our new set of gates which were necessary for clearing our garage for business. Also, the final lobby doors have been installed, which means we can now apply for our elevator inspection. Meanwhile the Building Department has assured us that a Certificate of Occupancy will be issued as soon as these tasks are finished. This is a huge step in the right direction, as we will now shortly be able to open up our parking garage during the week!





The Importance Of Building Churches by St. John Maximovitch

Some people are saying: "The time is not come to build the Lord's house." Among them are many who are buying houses for themselves, who live in their own houses in full satisfaction of their material needs, or who are selling their homes to move into better and better dwellings, increasing their assets. It is understandable when such words are heard from unbelievers...But how can they be repeated by believers who themselves go to church?

A church is a place that is consecrated, holy, in which there always dwells the grace of God. At the consecration of Solomon's temple, the glory of the Lord in the appearance of a cloud filled the house of God. So it was in the Old Testament temple. How much more powerfully does the grace of God act in the temples of the New Testament where there is offered the true cleansing from sin, where we partake of the true Body and Blood of Christ, where during the Divine Liturgy, the Holy Spirit continually descends upon the gifts being consecrated and upon the people present? One can pray anywhere, and God hears prayers from everywhere. But it's much easier to pray to a church where everything is conducive to prayer. From there our prayers ascend to God, and the mercies of God are sent down upon us.

The construction of a church is a sacrifice to God; to allocate a parcel of land for church services is to sacrifice unto God a

part of your own property, but most of all it is a gift of your love, your zeal. Churches are not needed by God Whose throne is heaven and Whose footstool is the earth; it is we who need them. It is we who benefit from donating toward the building of churches, although the Lord accepts not so much the substances of our alms as much as He does our zeal-the quality of our effort. Christ approved the widow's mite, saying that she had given more than anyone else, for the rich cast in a great deal from their abundance, but she gave all she had, all her livelihood. Those alms we give in the name of God are received by God Himself. Spiritually, our alms are laid up in the treasuries of heaven, God's treasuries, from which no one can steal them away. If someone steals any church possession, he steals from God Himself.

At each Liturgy, those who contributed to the building of the church are commemorated. In building churches here on earth, we create for ourselves eternal habitations in heaven. Decades will pass, our bodies will decay, perhaps our very bones will turn to dust, but our souls will live eternally. Happy will he be who prepared for his soul a dwelling in the heavenly mansions. Even if the churches which are built should fall to ruin, the names of those who contributed to their construction will be written in God's eternal books, and the prayers which arose from within these Churches will be sealed.



Stewardship 2020:

Last month we printed the names of all of our confirmed 2020 Stewards. We are off to a very healthy start with our Stewardship program this year! We are in the process of mailing out Stewardship materials together with a pledge card to those members of the Cathedral who have not yet submitted their 2020 pledge. Please remember, we are in need of full community support and involvement when it comes to Stewardship. We are not a Church of a few people, we are the Body of Christ united together, tasked with doing the Lord's work. This requires tremendous support so please consider submitting your Stewardship pledge if you have not already done so. We thank you!

biblical religious believe faith
Theology
 God preach spirituality worship



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 month. The meetings take place in the Cathedral’s conference room, locate on the second floor, adjacent the elevator. The times are 9 a.m. to 10 a.m. Classes will take place on Sunday, March 8 and Sunday, March 15.

Dementia Caregiver Support Group News

Our Dementia Caregiver Support Group has been growing in numbers. This means it addresses a need. The need for caregivers to receive support in caring for their loved ones. 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 right of the elevator. We invite 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 January meeting will take place on Tuesday, March 3. For more information, please contact Heather Gray, Family Program Manager, at 1.800.272.3900 or email her at hgray1@alz.org.

*Hail, thou through whom joy will shine forth:
 Hail, thou through whom the curse will cease.
 Hail, thou restoration of fallen Adam:
 Hail, thou redemption of the tears of Eve.
 Hail, thou Height hard to climb for the thought of man:
 Hail, thou Depth hard to perceive
 even for the eyes of angels.
 Hail, thou that art the throne of the King:
 Hail, thou who dost hold Him who holdeth all.
 Hail, thou Star who dost make the Sun appear:
 Hail, thou Womb of the divine incarnation.
 Hail, thou through whom the creation is made new:
 Hail, thou through whom the Creator becomes a newborn child.
 Hail, thou Bride unwedded.*



Last month our dedicated Young Adults gathered for an administration meeting regarding their Community Kitchen program. They discussed ways to keep improving and growing the ministry.

COMMUNITY KITCHEN

the MISSION



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. Following this month’s Community Kitchen, a regrouping meeting will take place, followed by the usual wine and cheese get-together.

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.

Meanwhile, Community Kitchen enjoys the support of our Ladies Philoptochos. Our women’s organization has

taken on Community Kitchen as part of its local mission, underwriting the monthly Food Bank bills and additional purchased food products, as well as paper goods—table cloths, plates, plastic ware, cups, napkins, storage containers, baggies, foil, etc. In addition, Philoptochos recruits volunteers to assist the kitchen staff. Community Kitchen recently received a grant from AT&T. We are grateful for the support, as it is another encouraging affirmation of the good work that is being done to combat hunger, isolation and, indirectly, homelessness.

In March Community Kitchen will take place on Tuesday, March 17, 5:30 p.m. for set up and 6:30 p.m. for serving. We look forward to your participation.





*"Follow the Command of Christ"
Volunteer in Greece This Summer*

The Greek America Foundation is accepting applications for more than 60 spots for its Greek America Corps volunteer programs in Greece during summer 2020. Deadline for most programs is March 7, 2020.

The 2020 season consists of five separate summer volunteer programs ranging from one week to one month long. Each program has a specific mission, including serving the homeless in Athens, supporting orphaned refugee children on Chios, providing mentorship and support to disenfranchised Greek youth on Chios Island and Thessaloniki, as well as animal welfare on Karpathos and Kasos Islands. Archbishop Elpidophoros of America hailed the program as "an excellent and tangible opportunity for our youth to follow the command of Christ to serve others."

This year's program marks the third year of Greek America Foundation's Greek America Corps program with dozens of young people participating in previous years.

All programs will take place between early June and the end of July, and each aims to instill in participants the Greek values of philanthropy and philotimo. At the same time, participants will provide critical humanitarian aid to communities in Greece.

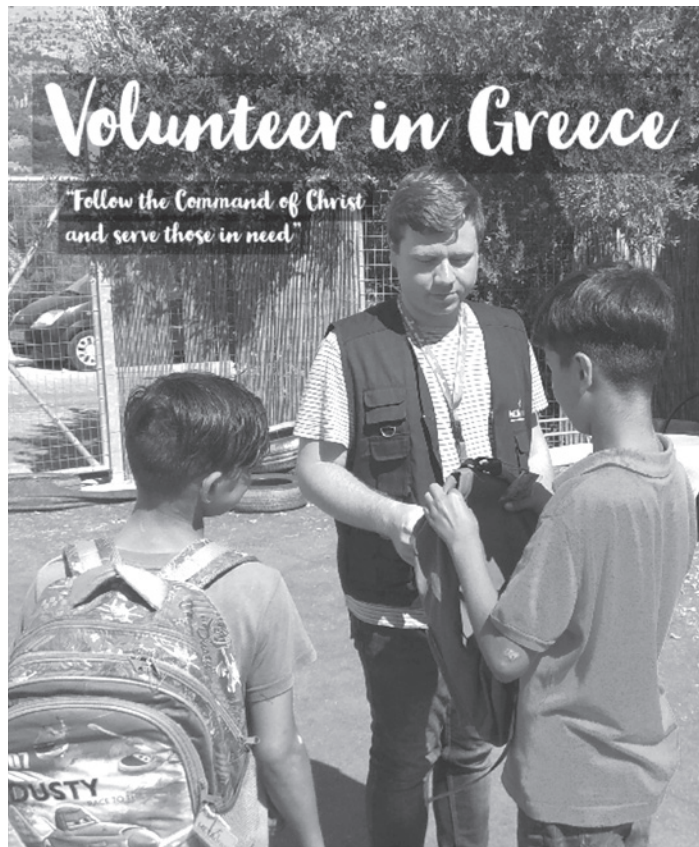
Each program consists of various volunteer duties and cultural immersion experiences such as excursions to historic, religious sites — as well as local celebrations and festivities.

For each program, the Greek America Foundation has partnered with accredited non-profit organizations or local government agencies in Greece.

Scholarships are available for students with financial need, which cover the cost of housing, program expenses such as cultural excursions, local transportation and various group meals.

Bishop Demetrios of Mokissos, Hierarchal Proistamenos of the St. Photios National Shrine in St. Augustine, FL, is sponsoring a number of scholarships for young people (18-25) from throughout the Archdiocese.

For details about each program, including requirements and how to apply visit GreekAmericaFoundation.org



Scholarships available for month-long volunteer missions in Greece supporting disenfranchised youth
GreekAmericaFoundation.org



*PRAYER OF ST. EPHRAIM
Lord and Master of my life, give me not a spirit of idleness, meddling, love of power and idle talk.
But grant me, your servant, a spirit of soberness, humility, patience, and love.
Yea, Lord and King, grant me to see my own faults, and not condemn my brother, for blessed are you, to the ages of ages. Amen.*



Sunday School News

For our pre-Valentine's Day Sunday School elementary class, Ms. Tina Kontonis taught a wonderful lesson on the fullness of the love of Christ, who gave us everything. He gave us his life on the cross and devoted his adult life to transforming the world as his followers wrote down the stories of his teachings.

Everyone around us celebrates Valentine's Day much like Christmas with brightly colored red and pink decorations, flowers, cards, and candies. We are supposed to buy and give away such things as signs of love. However, when we read the Scripture verse of the day for Valentine's day, 2 John 2:7-17, we are reminded that we must love one another for the true light (Christ) that is shining within us. And that we must stop loving this world and its treasures and turn instead to the treasures that will last forever, the will of God, and the care for our soul and other's souls.

As we prepare to start Lent on March 2nd, Sunday School will hold a special class on Sunday, March 1st on Depression, Anxiety and the Faith for children 5th grade through High School. Mental health is an important matter of discussion these days as more and more children are suffering in our frantic world. Lent is a great time to once again work on calming the mind, calming the spirit, and centering the soul in healthy practices of prayer, meditation and reading the word of God.



On April 5th we will also hold our parish Oratorical Festival, where our kids (open to all who want to participate, grades 4-12) will write and deliver their own speeches on select topics to the parish. This year we hope to send some participants grades 7-9, and 10-12 onto District and further competitions. Scholarships are available at the Archdiocese finals ranging from \$500 - \$2,000. For students interested in seminary, there are scholarships up to \$30,000 available for the Hellenic College.



Basketball:

SUNDAY, MARCH 1

@ ST. NICHOLAS (SAN JOSE)			
2:30	GES	ASCENSION	ST. NICHOLAS
3:30	BMS	ASCENSION	ST. NICHOLAS
4:30	GMS	ST. GREGORY	ST. NICHOLAS

@ ANNUNCIATION			
2:00	GES	HOLY CROSS	ANNUNCIATION
3:00	BMS	HOLY CROSS	ANNUNCIATION
4:00	BES	ST. NICHOLAS	HOLY CROSS
5:00	BES	ANNUNCIATION	ST. GREGORY

SATURDAY, MARCH 7

@ ASCENSION			
10:00	BES	ASCENSION	HOLY CROSS

SUNDAY, MARCH 8

@ ST. NICHOLAS (SAN JOSE)			
2:30	BES	ST. NICHOLAS	ANNUNCIATION
4:30	GES	ST. GREGORY	ST. NICHOLAS
5:30	GMS	ST. NICHOLAS	ST. GREGORY

@ HOLY CROSS			
2:00	BES	HOLY CROSS	ST. GREGORY
3:00	BMS	HOLY CROSS	ASCENSION
4:00	BMS	ANNUNCIATION	ST. GREGORY
5:00	GES	ANNUNCIATION	ASCENSION

PLAYOFFS - SATURDAY, MARCH 14TH @ ST. NICHOLAS
 CHAMPIONSHIPS - SUNDAY, MARCH 15TH @ ASCENSION

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!



Axios and Congratulations to our two newest Altar Boy recruits!

Ted Lampros and George Polyzos both joined the ranks of Altar Boys just this past month. It is wonderful to see such an important ministry growing in our community. Axios again to Ted and George! We are proud of you! Please feel free to email Christo if your son would like to serve in the Altar: christo.pappademos@annunciation.org



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
Christopher Kyriacou
Dean Nicolacakis

Team #2 (Second Sunday Please)

Paul Sogotis
George Ambus
Mike Sarikakis
Jim Rakos

Team #3

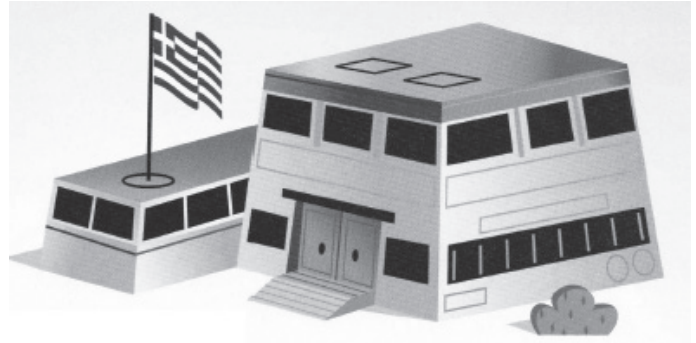
Nicholas Rally
Nicholas Svetcoff
John Lampros
Tasso Mavroudis

Team #4

Manoli Nuris
Peter Cazanis
Tasso Mavroudis
Andrew Miltiades

Peter Manetas, Nick Kontonis, Michael Bagatelos, Gus Velis 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.



σχολείο, το σχολείο, ένα σχολείο,
το μεγάλο σχολείο, το σχολείο μου

Greek School News

The Greek language program offers three different classes, all taught on Saturday mornings:

- Greek language for children
- Performing arts class for children which includes culture and language
- Greek language for adults

Greek school is very pleased to offer "coffee hours" the first Saturday of every month from 10 - 11 am. We invite all parents and anyone interested in the Greek language program to attend to learn more about what the school offers and to connect with the Greek school community. Coffee and pastries will be served. The first "coffee hour" will be held on Saturday, March 14 from 10 - 11 am.

Similar to previous years, our Greek school community performs a March 25th (Independence Day) performance. This year, the performance will be held on Saturday, March 21 at 11 am and then, the following day after the Divine Liturgy on Sunday, March 22. Our students at all levels will perform songs and poems, and our performing arts class will perform a play written by Mrs. Ioli Advani, our performing arts teacher and artistic director. The play takes place a few weeks before the 1821 uprising when the bishop of the city of Old Patras called prominent members of the resistance to a monastery in the Peloponnese to inform them they had to start the rebellion as soon as possible. The characters featured in the play are a few of the most known figures of the Greek revolution. The children will learn the roles these important leaders held and how important it was to fight for independence.

We encourage you to join us at any one of the above events!

Our altar schedule for March is as follows:

March 1 - Group 1
March 8 - Group 2
March 15 - Group 3
March 22 - Group 4
March 29 - Group 1

Our altar groups are as follow:

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

Sacraments and services

Baptisms

Alice Rae, daughter of James Tasso, Jr. and Molly McAndrew, was baptized January 19. Her Sponsor is Nicholas Tasso.

Spiro George, son of Constantinos George Vorrises and Kelly Jang, was baptized January 25. His Sponsor is Nick Fanourgiakis.

Na Mas Zison! Long Life!

Funeral

Edward Albert Taylor, who fell asleep in the Lord on February 12, was buried February 19. He is survived by his children, Irene, Sophia, James and Maria, eight grandchildren, and a great grandchild, and also by his sister.

Aionia i Mnimi!

Eternal Memory!



Dancers dedicating their awards on Sunday, February 23

M A R C H C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Orthros 9 am Divine Liturgy 10:30 am Sunday School 10:30 am	Great Lent Begins	Dementia Support Group 11 am	Church Basketball 7 pm	Church Basketball 7 pm	1st Salutations service 7pm	Greek School: 10 am 3rd Saturday of the Souls 10am
8	9	10	11	12	13	14
Orthros 9 am Divine Liturgy 10:30 am Sunday School 10:30 am Introduction to Orthodoxy 9 am			Church Basketball 7 pm	Church Basketball 7 pm	2nd Salutations service 7pm	Greek School: 10 am
15	16	17	18	19	20	21
Orthros 9 am Divine Liturgy 10:30 am Sunday School 10:30 am Introduction to Orthodoxy 9 am Parish Council 12:30pm		Community Kitchen, 6:30 pm Young Adults 8 pm			3rd Salutations service 7pm	Greek School: 10 am Greek School Independence Day Program 10:30am
22	23	24	25	26	27	28
Orthros 9 am Divine Liturgy 10:30 am Sunday School 10:30 am Greek School Independence Day Program following Liturgy 100th Anniversary Committee meeting 12:30pm		Great Vespers for the Annunciation 7pm	Church Basketball 7 pm Feast of the Annunciation, Liturgy 10am Luncheon 12 noon	Church Basketball 7 pm	4th Salutations service 7pm	Greek School: 10 am
29	30	31				
Orthros 9 am Divine Liturgy 10:30 am Sunday School 10:30 am Memorial for John Sarikakis						

UNITED GREEK ORTHODOX COMMUNITY OF
SAN FRANCISCO, THE ANNUNCIATION
ANNUNCIATION CATHEDRAL
245 VALENCIA STREET, SAN FRANCISCO, CA 94103-2320

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