

EPISTLE READING OF THE DAY: This morning's Apostolic Reading is from the Acts of the Apostles, Chapter 11, Verses 19-30.

Ὁ Ἀπόστολος, Πράξεων τῶν Ἀποστόλων τὸ ἀνάγνωσμα, κεφ. 11, ἐδάφ. 19-30.

GOSPEL READING OF THE DAY: This morning's Gospel Reading is from the Holy Gospel according to St. John, Chapter 4, Verses 5-42: At that time, Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour. There came a woman of Samaria to draw water. Jesus said to her, "Give me a drink." For his disciples had gone away into the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw." Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that the Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he." Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city and said to the people, "Come, see a man who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to him. Meanwhile the disciples besought him, saying "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has anyone brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor." Many Samaritans from that city believed in him because of the woman's testimony. "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard ourselves, and we know that this is indeed Christ the Savior of the world."

Ἡ σημερινὴ εὐαγγελικὴ περικοπὴ ἐκ τοῦ κατὰ Ἰωάννην, κεφ. 4, ἐδάφ. 5-42.

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.

Christ is risen from the dead. By death, He has conquered death. And, to those in the graves, He has granted life!

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν χαρισάμενος!

TODAY IS AHEPA FAMILY SUNDAY: The Cathedral salutes the Ahepa family, including Daughters of Penelope, Sons of Pericles and Maids of Athena, for being in the forefront of education and advocacy for the past 100 years.

TODAY'S MNEMOSYNON: Today we remember the victims of the Greek Pontian Genocide, which systematically began on May 19, 1919, an effort to eradicate the Greek presence of several thousand years from the northeastern part of Asia Minor, along the Black Sea. We also pray for the repose of the soul of **Loula Georges** and the soul of **Arete Calligas**, aunt and mother, respectively, of **Athena Arvanitidis**. They fell asleep in the Lord six years ago.

LIGHT A VIRTUAL CANDLE Thank you for lighting a virtual candle every Sunday, thus keeping hope alive. Whether you donate \$1 or \$1,000, your gift is one of faith. It helps keeps the Cathedral solvent during this universal upheaval. More importantly, it connects us to Him who is the Light of the World (John 8:12) and reminds us of our calling to be the light of the world (Matthew 5:14). Keep on lighting your virtual candles!

PRAY FOR HEALTH: Please pray for health and wellbeing, one for another during these times. Especially pray for our health workers, all those on the front lines, who care for those who are sick. Also, please pray for members of our community who are facing health challenges and trials at this time. May God restore them to health.

REOPENING OF OUR CHURCH: Our Metropolis, in concert with our Archdiocese and the Assembly of Bishops, will let us know when and under what conditions our churches will reopen. California, meanwhile, has unveiled a strategy for the resumption of activity, which will take place in stages. Reopening of churches comes under category 3 (of 4 categories) of the plan, which follows the opening of schools and other, similar venues. These are projected to reopen in July/August. It may well be that we will be able to reopen our church in September/October.

VOLUNTEERING/DONATING DURING THE PRESENT PANDEMIC: As noted in last Sunday's bulletin, we are not able to operate Community Kitchen (our feeding program to the hungry and the homeless) during the present pandemic nor will we be able to do so for the foreseeable future. You can still help make a difference. The San Francisco Food Bank, which supplies much of the food that we use to prepare meals for our Community Kitchen, has been especially hard hit by the pandemic. We invite you to visit the Food Bank's web site, <https://www.sfmfoodbank.org> or call the Food Bank at 415 282-1907 ext. 249, and offer to assist them in bagging and distributing groceries to the needy or by making a donation. You may also wish to make a donation to support the work of Raphael House. This is an Orthodox Christian shelter, located in the Tenderloin. One way you can help them during this crisis is through their Amazon wish list: https://smile.amazon.com/hz/charitylist/1s1XH4CGL2O4QBI/ref=smi_cl_wl_rd_cl?ref=smi_se_cl_rd_cl To make a donation for their Covid-19 Emergency Relief Fund: <https://www.rafaelhouse.org/emergency-fund/>

INTRODUCTION TO ORTHODOXY CLASSES: These very popular classes are taking place on a weekly basis, remotely, thanks to the dedicated efforts of Alex Kozak. If you are new to the parish or you are considering being received into the Church through baptism and/or chrismation, as an adult, we invite you to speak with Alex about your wishes and the possibility of joining the Introduction to Orthodoxy class. Please contact him at orthodoxy-agkozak@sneakemail.com.

THE CATHEDRAL OFFICE THESE DAYS: For your information, during the shelter in place order, the Cathedral office is open for essential work only (e.g. the processing of bulletins, documents and the like, bookkeeping and maintenance). All meetings, as Parish Council, Philoptochos, religious instruction, and youth are taking place remotely.

EVERYTHING IS ON HOLD: The present pandemic has put everything building-related on hold. As you know, prior to our being sheltered in place, we were in the process of installing the final gates along Valencia Street and on our courtyard, as well as taking care of some leak and drainage issues. Meanwhile, the granite which will clad the Valencia Street walls has been fabricated, as have the stone which completes the fountain, and the final lobby doors. Work on the walls resumed on Tuesday, May 20. The remaining work will resume soon,, so that we may open and operate the garage full-time and begin work on the interior. As a community, we've been through much, especially when we lost everything to the earthquake, back in 1989. But, we've bounced back. It wasn't easy, but we did it, because we have faith, we have hope, and we have unity. So, too, we will weather this pandemic and return what many are calling "the new normal," -i.e. a community where social distancing will become routine. But, our faith remains the same; our need for God remains the same. After all, it is for Him, in Him, and through Him that we continue to exist at all. Praise God for the Gift of His Son, our Lord Jesus Christ, through whose Resurrection we are given the faith and the vision to rebuild His Church. Χριστός Ανέστη! Christ is Risen!



"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."