



ANNUNCIATION CATHEDRAL HERALD



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JUNE/JULY 2020

ΣΥΓΧΑΡΗΤΗΡΙΑ! We are very proud of all our graduates moving on to a new phase of life amidst these unprecedented times in 2020. You are proof to us all that life goes on! May God bless you all as you begin these new chapters in your futures!

See page 2 for the list of graduates



Our GOYA had a zoom session during lent and we had a great turnout of participants, including Father Stephen. I hope to have one more before the summer starts as well. The one thing we have been hoping to do is have our end of year BBQ at the Morearty household. We have found that our gatherings at homes have been the most fun and the end of the year bbq was something we all were looking forward to, especially with how many seniors we have this year. I very much feel empathy

see page 4

Grade School Graduates:

Andonis Ambadiotakis Ambus
Parents: George and Tessa Ambus
Graduating from: West Hillsborough Elementary School
Attending: Hillsborough Crocker Middle School

Alexandra (Lexi) Efstratis
Parents: Greg and Jenny Efstratis
Graduating from: 5th Grade
Attending: Convent Elementary School

RJ Guldbach
Parents: Helen Selianitis and Bobby Guldbach
Graduating from: 5th Grade
Attending: St. Catherine's of Siena

Ted Lampros
Parents: John and Magda Lampros
Graduating from: John Muir Elementary School
Attending: Taylor Middle School (where both his Mom and Dad went to middle school many, many years ago!)

From John and Magda: "Ted has worked so hard during these last six years at elementary school and we are very proud of all his accomplishments. We wish him the best and hope to celebrate together with all his friends and family soon."

Niko Selianitis
Parents: Louie and Wendy Selianitis
Graduating from: 5th Grade
Attending: Westborough Middle School

Sophia Spachis
Parents: Mike and Vicky Spachis
Graduating from: Washington Elementary School
Attending: Burlingame Intermediate School

Sophia was selected by her principal to represent her school and the class of 2020 by leading the Pledge of Allegiance during a meeting of the District Board of Education at the conclusion of the school year. Bravo Sophia!

Stefanos Zarbalis
Parents: Aspasia Papavassiliou and Kostas Zarbalis
Graduating from: Crocker Highlands Elementary School, Oakland
Attending: Edna Brewer Middle School, Oakland

Middle School Graduates:

Alexandra Athanasiades
Parents: Philippos and Diala Athanasiades
Graduating from: St. Robert Catholic, San Bruno
Attending: Sacred Heart Cathedral Preparatory, San Francisco

Christo Konstantinidis
Parents: Deno and Bella Konstantinidis

Graduating from: St Paul's, Oakland
Attending: Bishop O'Dowd High School

Vasia Kotseroglou
Parents: Theo and Marianne Kotseroglou
Graduating from: Crocker Middle School
Attending: Aragon High School

Alexander Novo
Parents: Dustin and Chrisoula Novo
Graduating from: St. Finn Barr Catholic School
Attending: Sacred Heart Cathedral

Jacob Riedel
Parent: Dorothy Riedel
Graduating from: 8th Grade
Attending: El Camino High School

Paul Papavasiliou
Parents: George and Lea Papavasiliou
Graduating from: Abbott Middle School
Attending: Hillsdale High School, San Mateo

Zoe Selianitis
Parents: Tony and Priscilla Selianitis
Graduating from: 8th Grade
Attending: Liberty High School

Danae Zarbalis
Parents: Aspasia Papavassiliou and Kostas Zarbalis
Graduating from: East Bay Innovation Academy in Oakland
Attending: Skyline High School, Oakland

High School Graduates:

Bobby Kontonis
Parents: Nick and Athena(Tina) Kontonis
Graduating from: Mills High School

"All my experiences at the Annunciation Cathedral, including my service in the altar have helped shaped who I am today. After graduating high school, I plan to attend Saint Mary's College of California. I am currently undeclared but I have been considering majoring in political science as well as attending medical school in the future."

Stelios Kyriacou
Parents: Chris and Irene Kyriacou
Graduating from: Carlmont High School

"Stelios is graduating from Carlmont High School where he played multiple sports. In the Fall, he will be attending the College of San Mateo where he will be studying Biology."

Kameron Makras
Parents: Victor and Farah Makras
Graduating from: Steward Hall High School
Maria Morearty

Parents: Margaret Fotinos & Mike Morearty
Graduating from: Burlingame High School

"I will be studying business at the University of San Diego in the fall. I'm so excited to meet new people and connect with the Greek community in San Diego!"

Matthew Nuris
Parents: Tom and Liberty Nuris
Graduating from: Terra Nova High School

"Matthew graduated with High Honors from Terra Nova High School. He participated in Peer Leadership and was a Senior Editor of the school newspaper. He will be attending Skyline College in the Fall with an emphasis on legal studies."

Stephen Panagiotopoulos
Parents: Jim and Erika Panagiotopoulos
Graduating from: Carlmont High School

"I'm looking forward to reconnecting with the Annunciation Cathedral to help improve my community through volunteering my time to the church. As a 2020 graduate, I will attend San Francisco State University where I plan to major in Biology in hopes of becoming a dentist."

Anastasia Rakos
Parents: Jim and Kelly Rakos
Graduating from: Ruth Asawa School of the Arts

"I am looking forward to staying close to home, taking classes at City College, and seeing my friends again as soon as we are able."

Katerina Rally
Parents: Nick and Patty Rally
Graduating from: Burlingame High School

"Next year I am excited to be attending UCLA where I will be rowing for the UCLA team. I look forward to figuring out my major, meeting new friends, and spending time at the beach."

Yianni Sogotis
Parents: Paul and Evangelia Sogotis
Graduating from: Burlingame High School

"I'm looking forward to studying business and finance at college and eventually getting into real estate, as well as taking my next step into adulthood."

Andrew Vasquez Jr.
Parents: Andrew Vasquez Sr. and Anastasia Zahiralis Vasquez
Graduating from: Terra Nova High School

"Andrew Jr. has turned 18 on April 24, 2020, and a graduate of Terra Nova High School May 15, 2020 all in a few months. His determination and hard work for the last 13 years have paid off. Andrew Jr. is already registered as a full-time student for the 2020-2021 semester at Skyline College and will major in Psychology and

hopeful to continue onward to Holy Cross Seminary, where he hopes to be blessed by the Grace of God in becoming a priest. If anyone knows Andrew Jr. they know that his most favorite subject is Orthodoxy, his religion, and his love of God and his church."

Andrew Vellis
Parents: Gus and Meena Vellis
Graduating from: Burlingame High School

"What I'm looking forward to after graduation is being able to go out and work and go to college. Also being able to relax and hang out with friends."

Melina Winzler
Parents: Jim Winzler and Angie Winzler
Graduating from: Heritage High School

"I'm excited to experience a new area filled with new people at the University of Arizona. I'm most excited to find out what I want to be and do in the world."

Anna Zarou
Parents: Andrew and Evangelia Zarou
Graduating from: Burlingame High School

"After visiting and evaluating colleges in Massachusetts, I have decided to continue my academic career closer to home. I will be attending SJSU, August 2020."
Major: Business and Environmental Studies

College Graduates

Dimitri Kontonis
Parents: Nick and Athena (Tina) Kontonis
Graduating from: Saint Mary's College of California

Andrew Nuris
Parents: Tom and Liberty Nuris
Graduating from: San Francisco State University

"Andrew graduated from San Francisco State University with a Bachelor of Arts degree in Criminal Justice Studies. He was accepted and is currently attending the San Francisco Police Academy and will be pursuing a career in law enforcement."

Eleni Rally
Parents: Nick and Patty Rally
Graduating from: UCLA

Christina Stratakis
Parents: Ari and Marci Stratakis
Graduating from: San Jose State University

"All four of our college graduates attended Sunday school, played basketball and volleyball for church league, served in altar as servers or angels, danced at FDF, and participated in church events. We are very proud of our college graduates!"

A Message to our Graduates from Father Stephen

Kudos to our Graduates!

We salute our graduates of the class of 2020. Whether you are graduating from college, high school, middle school, or even kindergarten, yours is a most historic graduation, one that was totally unimaginable just a few

months ago, when our world was upended by the appearance of the novel coronavirus, COVID-19. This pandemic will impact your future in ways we could not foresee. We urge you to look forward and to live your lives with hope: the pandemic may well prove to be a crucible which will define the future. As gold ore is cast into the crucible and pure gold is extracted, your excellence as students may well lie ahead. The future is yours. Seize it, shape it, make a better world! We are especially proud of your accomplishments and we support and



applaud you for everything you undertake in the years to come. Kudos to our graduates. We salute you!

Messages from Basketball Coach and GOYA Advisor Matia Kostakis to the Cathedral Community:

Girls Elementary School Basketball

This was my first year coaching the elementary age group after being asked by one of the parents. I'm so thankful to George Ambus for thinking of me because coaching these 10 girls this year gave me so much more joy than I could ever give them. They're such wonderful kids and always bringing smiles to my face and each others. Because we weren't able to finish our season, it somewhat gave me an extra reason to continue to stay in touch with everyone during this pandemic. Between my weekly emails showing them what life is like out here in New England (I moved home for the time being) and FaceTime sessions with some of the girls, I've been able to keep in touch with the kids and can-

not wait to see them again once we're allowed. One thing I'm looking forward to is finally having our end of season party at which point I'll be able to hand out a little token I made for each girl that I hope they enjoy. Our girls got better by the week as we became more comfortable playing as a team and I know next season we'll be super hungry and ready to beat Belmont, which we were hoping to do before everything shut down. Until then, they get to read and see pictures of my life in Massachusetts and Maine and I hope my stories inspire them to do something memorable during this time as well. (You can read my chronicles to girls on the church website).

Goya! from page 1

for our seniors and I am looking forward to seeing all of them before they go off to college. I know despite when it happens, we will find a time to reconvene and have another GOYA gathering so that all of our kids can enjoy the camaraderie that our GOYA ministry provides to all of us, including the adults and me. I'm sending them lots of love and lobster photos from New England! :)



Greek School Update:

On March 7, before we sheltered in place, the upper level classes of the Greek language school and their parents were invited to a very unique opportunity. Teacher Ioli gave a private tour of "The Trojan War and the mysteries of the Ancient World" at the Legion of Honor museum Saturday morning on March 7, 2020. The goal of the visit was to enhance our understanding of the Ancient civilizations, particularly a deeper appreciation of the Greek culture and heritage. History and language go hand in hand; learning history complements our learning of the Greek language. What a treat! Here are some photos from the field trip.

Since then, we have moved our classes online. Every week, our teachers offer classes to our students via video conference and supplement it with assignments and online resources such as the online portal, Geia Xara. It has been an adjustment for all but it has been working out. Our students look forward to classes and connecting with their classmates.

Below are some resources that we have shared amongst the Greek school community to encourage language learning:

<https://publications.cti.gr/dig-books>

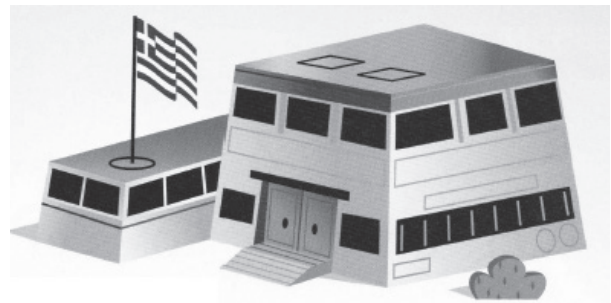
<http://ts.sch.gr/software>

http://www.ediamme.edc.uoc.gr/diaspora/index.php?option=com_content&view=category&id=84&Itemid=481&lang=el

http://reader.ekt.gr/bookReader/show/index.php?lib=EDULLL&item=822&bitstream=822_01#page/11/model1up

<https://www.youtube.com/user/Papaloizos>

<https://www.minedu.gov.gr/news/44484-30-03-20-mathainoume-sto-spiti>



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

Sacraments and Services



Funerals

Maritsa Irene Avdoulos, who fell asleep in the Lord on May 3, was buried May 8. She is survived by her son, Peter Avdoulos.

Sam F. George, who fell asleep in the Lord on March 18, was buried March 25. A graveside service was held May 19. He is survived by niece Nancy Jacobs and Nephew Kevin Jacobs.

Jimmy G. Kardassakis, who fell asleep in the Lord on May 8, was buried March 19. He is survived by his wife, Amelia Kardassakis.

George Panagiotopoulou, who fell asleep in the Lord on May 24, was buried May 29. He is survived by his wife, Dimitra, children Alexandra and Antonio, mother, Magdalini, and sister, Alexandra.

Condolences

The Cathedral extends sympathies to the family of Harry Misthos, who fell asleep in the Lord on April 5.

Aionia I Mnimi! Eternal Memory!

Annunciation Cathedral Reopening Task Force:

As society progresses toward returning from the Covid-19 pandemic and its Shelter-In-Place restrictions, our Metropolis of San Francisco has created and distributed a “3-Step Planning Process” to guide its churches along a path to reopening. The Metropolis’ main concern is ensuring that a safe environment is created at each parish for faithful to come and worship. Provided here is the Metropolis plan, detailing 5 different areas of focus which will be divided amongst a site-specific Task Force. Our Task Force Heads by section are:

1. Regulatory Compliance: Chris Kyriacou
2. Liturgical Practices and Worship: Christo Pappademos
3. Health and Safety: Doctor Christina Armatas and Head Nurse Vivian Curd
4. Communication: John Lampros and Peter Cazanis
5. Leaders, Greeters, and Volunteers: Archon Paul Sogotis

If you would like to join one of these specific Task Force Groups, please email Father Stephen FatherStephen@annunciation.org or Christo Pappademos Christo.pappademos@annunciaton.org

All who may be inclined to volunteer to help carry out this plan are encouraged to do so! This will be an arduous process with many steps to ensure the safety of our parishioners. The more help we have, the better!

Transitioning to Step 3



METROPOLIS OF SAN FRANCISCO PARISH SUPPORT TEAM

To help our parishes respond to the COVID-19 challenge, in late March, the Greek Orthodox Metropolis of San Francisco created a 3-Step Planning Process to guide parish planning and actions. In addition, it formed the “Parish Support Team,” under the blessing and active guidance of His Eminence Metropolitan Gerasimos, to provide resources and materials to support the efforts and direction of our parishes.

Today, many of our parishes have “stabilized,” and while they must continue to monitor the spiritual, physical and financial wellness of the parish, they are ready now to progress into Step 3 – the limited/transitional Reopening of the Parish.

Reopening the Parish

Our Reopening Progression

As we are all aware, the return to the full participation of our worship and services will be a progression. This will be governed by evidenced containment of the coronavirus within our respective counties and states and the parish’s ability to demonstrate it has implemented effective safety measures and practices.

The plans and approaches within this guide are based upon the following progression model. Please note, that while the expansion of our participation from one level to the next will be determined by local and state jurisdictions, *if a parish is not confident it is ready to progress, and upon consultation with the Metropolis, it should remain at its current level until additional preparations and safeguards are implemented.*

- 1 Limited Re-Gathering for Worship ~ 10 - 50 participants***
- 2 Expanded Worship Participation Levels ~ 25 - 50+***
- 3 Full Services Allowed (Currently, too early in the process to predict further details)**

** Numbers will vary by state and local guidelines. Please confirm with your respective agencies for greater detail.*

1. Regulatory Compliance

Section Leader: _____

All reopening, safety and operating plans of the parish must comply with regulations provided by local, state and federal agencies as well as those provided by the Greek Orthodox Metropolis of San Francisco. In a recent decision, the Archdiocese of America has given approval to each Metropolitan to determine and guide the reopening of his respective parishes.

	Action	Responsibility	Completion Date
Public Health	Make initial contact with parish’s local county Public Health Department to understand guidelines and gather information		
	Review reopening stages/approaches for Faith Communities from the parish’s respective state and county jurisdictions		
Metropolis	Review reopening stages/approaches for Faith Communities from CDC and general federal guidelines		
	Identify any contradictions which may exist between respective state and county guidelines impacting the reopening of the parish (more stringent guidelines will typically apply)		
	Ensure parish plan is in complete compliance with all local, state and federal guidelines		
	Complete Metropolis of San Francisco Reopening Readiness Guide; completing all checklists areas		
	Sign and send “Parish Reopening Readiness Affirmation” (last page in this guide) to your respective Vicar for review.		
	Implement respective Parish Reopening Plan		

2. Liturgical Practices & Worship

Section Leader: _____

All liturgical practices and worship must comply with guidance provided by the Greek Orthodox Archdiocese of America and the Metropolis of San Francisco; all social distancing and capacity restrictions must comply with local, state and federal regulations.

	Action	Responsibility	Completion Date
Social Distancing	Determine how social distancing will impact seating for services; and the overall seating capacity for the church		
	Place markings on seats and on the ground to ensure social distancing and establish a clear flow of traffic		
	Recognize that people from the same household can sit together and should not be separated		
	If attendance is restricted, develop a plan for who can enter the church (e.g., on-line reservation system; call Parish Office, etc)		
Liturgical Practices	Record the names and phone numbers of each attendee at every service, and keep in parish file, in the event that a "notice of infection" is required to be sent.		
	Train ushers on how to communicate and show empathy to those who may not be allowed to participate in services		
	Develop a plan for parishioner movement during initial seating, approaching for communion and departure/priest blessing		
	Remind parishioners Icons, the blessing cross, and other sacred vessels should be venerated without physical contact		
	Ensure Communion guidelines are clear; procedures are announced to parish; ushers trained to support Clergy		
	Limit Chanters, Acolytes, and Choir until safe and approved to do so; Adult Acolytes only; Create a plan to ensure Clergy safety		
	Present antidoron in a safe, individual manner (e.g., distributed by a single, healthy person with a gloved hand, etc.)		
	Determine if multiple Liturgies will be offered on Sundays and/or if additional weekday Liturgies will be conducted		
	Continue "live streaming" of services during Level 1 & 2 (Limited and Expanded) attendance restrictions, if logistically possible		
	Determine guidelines for all sacramental services (e.g., weddings, etc) and communicate to the parish; post on website		

3. Health and Safety

Section Leader: _____

It is vital that, at all times, we take every effort to support the safety and well-being of those worshipping with us, our parish family, all volunteers, our staff members and Clergy.

	Action	Responsibility	Completion Date
General Facilities	Order paper masks, personal protective equipment, and extra paper towels, hand sanitizer and soap; keep stocked at all times		
	Create facility guidelines for the cleaning of all offices, classrooms, and common areas; immediately clean after use		
	Ensure restrooms are inspected and sanitized frequently during services focusing on all "high-touch" areas and items		
	Limit number of people who can enter restroom at one time; ensure proper distancing for those waiting by marking floors		
Preparing to Enter the Church	Provide "safe-practice" guidelines to personnel assigned to clean (consider utilizing posters provided by CDC)		
	Create procedures on how to respond if parishioner, volunteer, or staff member becomes infected		
	Suspend all community gatherings and fellowship/coffee hours; parishioners should leave immediately following services		
	Ask that all parishioners acknowledge one another with a simple bow – without any physical contact		
	Establish "Staging/Welcome" area in front of the Church to greet visitors, answer questions, review procedures, provide sanitizer or masks; may also wish to set up digital giving kiosk		
	Post signs enforcing Social Distancing, Personal Wellness and Safe Health Practices. Samples can be found at: cdc.gov/coronavirus/2019-ncov/communication/print-resources.html or sanfran.goarch.org/pages/coronavirus-resource-page		
	Ensure masks are worn by all non-Clergy during all services; provide mask to anyone in need of one		
	Keep entrance door to the church open during services to prevent touching of handles or have gloved usher open		
	Ask ushers to approach parishioners who appear ill and respectfully reinforce personal wellness guidelines		
	Continue to have "paperless" worship, leaving pews empty; church bulletins should be electronically sent to parishioners		

4. Communication

Section Leader: _____

In order to increase confidence and reduce concerns of parishioners, Clergy and Parish Leaders should communicate "What to Expect" messages regularly using all forms of parish media. To-date, we have seen that situations and timelines can shift rapidly. It is recommended to begin the process of drafting communications now in order to have them ready for final editing and immediate distribution.

	Action	Responsibility	Completion Date
Key Messages	Create initial announcement focusing on "Welcome Home/What to Expect" messages and attendance guidelines		
	Emphasize that Parishioners who are at higher risk for severe illness from COVID-19 (65 years or older, have underlying medical conditions, been exposed to the virus, or are experiencing symptoms) are strongly encouraged to refrain from attending services		
	Develop messages that fully reopening the parish will occur utilizing a "phased-in" approach (Levels 1 – 3, page 5)		
	Share that many procedures and guidelines are in effect not only to protect ourselves, but to protect one another		
Delivery	Emphasize that when reopening, we must always comply with all regulatory guidelines		
	Share the steps which have been taken to create a safe environment		
	Share the procedures the parish will take to limit seating and movement within the Church		
	Utilize all parish communication channels including: Weekly Bulletin, Monthly Newsletter, Website and Parish "e-mail blasts"; post guidelines in the "Staging/Welcome" area		
	Have Clergy create a short video message covering key messages and reopening plans		
	Utilize "Live Stream" capability during priest's comments following the Divine Liturgy to share reopening plans		
	Consider having a parish "Town Hall" to allow the priest and parish leaders to share reopening plans and answer questions		

5. Leaders, Greeters & Volunteers

8

Section Leader: _____

Clergy, the Parish Leaders, Staff and Volunteers must work with "one mind and one voice" as the parish is reopened. This will require a commitment to planning, discussion and responsiveness should situations arise unexpectedly.

	Action	Responsibility	Completion Date
Preparation	Identify an individual who will serve as the overall "Parish Reopening Lead," coordinating all implementation efforts		
	Identify an individual (ideally a medical or public health professional) who can serve as the parish's "Health Officer" monitoring wellness practices and interfacing with the local Public Health Department		
Engagement	Inform all Parish Leaders and Staff, prior to the reopening the parish, as to the overall plans, procedures, roles and planned communications		
	Assign Ushers/Greeters to the "Staging/Welcome" area in order to welcome the faithful, ask them to sign-in, provide a visual monitoring of their health, provide direction and answer any questions. Prepare to also welcome inquirers.		
	Ensure all Ushers/Greeters wear masks at all times and gloves, as needed		
	Refrain from any physical touching (handshaking, hugging, etc.) upon greeting and maintain proper physical distancing		
	Encourage digital giving; those handling any money should use caution and wash hands before and after		
	Ensure all Volunteers, Ushers/Greeters and Staff are trained to recognize the symptoms of COVID-19 and direct those exhibiting signs to return home or seek medical assistance		



Metropolitan Gerasimos Issues Guidance for the Reopening of our Churches

As this issue of the Herald went to press, we received a message from Metropolitan Gerasimos concerning the reopening of our churches, which we reprint here for your information:

My beloved Brothers and Sisters in the Lord,

Χριστὸς Ἀνέστη! Christ is Risen!

Though we have been isolated from one another over the past months, we have always remained connected to Our Lord and Savior Jesus Christ. We have experienced Christ in new ways and created opportunities to worship from our homes. Through various technological tools, we have been able to support one another from afar, yet still experience the closeness of our church family.

After many prayers and much patience, and in accordance with the recent Communique from the Holy Eparchial Synod of the Archdiocese, each Metropolitan has been given the responsibility to prepare for a return to our beloved churches, while abiding by state and federal guidelines. I cannot begin to express to you how saddening these past

few months have been for the clergy within our Metropolis. Our hearts and souls ache due to the physical separation from the loving people of God with whom we pray at our Divine services. I have also heard the pain in your voices and I have read your messages, knowing that you share these feelings as you have been separated not only from one another, but especially from the Holy Eucharist.

We rejoice that a glimmer of hope is beginning to appear, so it is incumbent on us to prepare for a transition back to parish life. As municipalities are beginning to lift restrictions, our parishes will soon be able to worship together once more. Depending on state regulations, attendance at the Divine Liturgy will be restricted. Some localities, unfortunately, will continue to prohibit gatherings of more than a handful for church services due to ongoing health concerns, so those parishes must continue worshipping from afar. My prayer is that as soon as a parish is able to resume services, it will have been thoroughly prepared, with a plan ready in place, and thus will be able to quickly and effectively return to worship, in compliance with local guidelines.

Our Metropolis has prepared a detailed Readiness Guide that each parish must follow. This is being done both for the protection of the parish and also for the faithful. While the Church surroundings will be familiar, our behavior during worship and our interaction with others will be different.

How is the Metropolis Preparing for Our Return?

- The Metropolis Clergy and Parish Council leadership have met several times to discuss the necessary steps to safely reopen our churches.
- Each parish is following stringent protocols for preparation. This includes direct contact with local authorities, adherence to directives from the CDC, and full compliance with the Metropolis *Readiness Guide* for the Reopening of our parishes.
- Once the required preparations are complete, each parish must submit a signed document affirming their compliance which will be submitted to their respective Vicar for final approval to open the parish for services.
- Parishes will continue to accommodate those who are unable to attend church through the continuation of live-streamed services.

How Should I Prepare?

- Be patient! We want you to return, but we want it to be accomplished in a safe and organized manner.
- Those who have pre-existing health conditions and those who are over 65 are requested not to attend services.
- If you are exhibiting any signs of illness, even symptoms not related to COVID-19, we ask that, for your own safety and those around you, please do not attend services.

- If you do not have a mask, please obtain one. This will be necessary for you to wear when inside the church. If you arrive without one, the parish will provide one.
- Please bring hand sanitizer with you. There will also be hand sanitizer available in the Narthex to use upon your arrival to church.

What Should I Expect When I Come to Church?

- Attendance will be limited, based on the seating capacity of the church, per the guidelines of local authorities.
- Each parish will determine an appropriate sign-up procedure to strictly adhere to attendance guidelines.
- Only the main doors of the church will be open. Side doors and back entrances will be closed so that attendance and safety practices are carefully followed.
- Masks are to be worn by parishioners during church services. Parental supervision is required for children over the age of 3 who are wearing masks. Children under the age of 2 are exempt from wearing masks.
- Your attendance will be recorded, including your current phone number, so that should contact tracing be necessary, the parish will have a clear record of who was present for each service.
- You may venerate icons by bowing, but kissing or touching are prohibited.
- Parish bulletins will only be distributed electronically.

What Should I Expect When I am in Church?

- Please understand that due to occupancy limitations and social distancing, seating will be clearly marked and carefully monitored.
- An usher will direct you to a seat in the church. Most likely, this will not be the pew where you usually sit. Please do not move to a different seat.
- There will be specific directions and floor markings for safely entering and exiting the church to maintain social distancing.
- Up to two adult altar servers may assist the priest. No altar servers under the age of 18 are permitted.
- Choirs may not resume at the present time. A single chanter may lead the hymns and responses, and a second chanter is also permitted provided they stand on opposite sides of the Solea. All chanters must be over the age of 18.
- Families who live together will be seated together. Relatives who do not reside in your immediate household will be seated separately.
- Liturgical books are not permitted in the pews. Online resources are available for you to follow the services.
- Please follow the markings for proper spacing to approach for Holy Communion.
- Antidoron will be distributed at the end of the Liturgy by the priest, following strict protocols.

- Please refrain from kissing the hand of the priest.
- When the service has concluded, please promptly follow the directional signage to exit the church safely.
- Parishioners are kindly requested not to linger on the church property. No social gatherings or coffee fellowship are permitted.
- After each service, the church will be thoroughly cleaned and sanitized.
- Parish priests, in consultation with their lay leadership, will endeavor to offer additional Divine Services to accommodate parishioners.

This information and more are included in Readiness Guide that the Metropolis has prepared for the benefit of our parishes and faithful. Every parish is presently working through the Guide to re-engage our congregations while being vigilant for the safety and protection of all. This must be of paramount importance. We will only restore parish life when the parish is prepared and ready. We will also be especially mindful of these regulations for the protection of those members of our congregations who are most vulnerable.

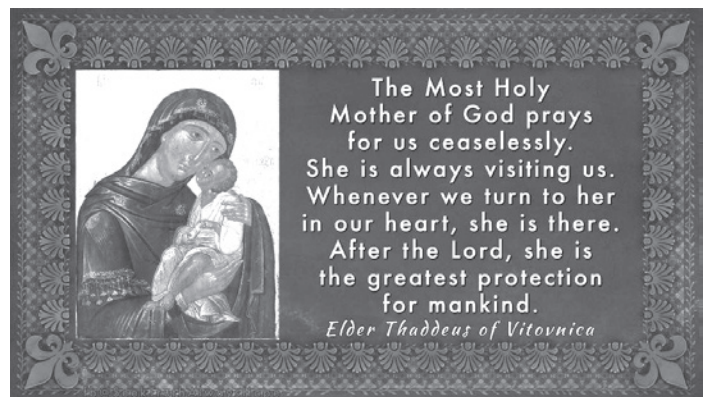
This will not happen overnight. I ask for your ongoing patience and understanding. As restrictions continue to be lessened, parish life will expand appropriately. The transition back to a fully opened parish will take time, and there may be challenges along the way, but we must persevere with faith, knowing that “with God, all things are possible”(Matthew 19:26b).

Amidst the joyful preparation for returning to parish life, we must not forget the souls of all those who have lost their lives to this terrible pandemic, as well as all of those who continue to suffer from its ravages. The medical workers, first responders and researchers should also be at the forefront of our prayers as they risk their lives to save others and to find a cure for this disease.

Praying that the Resurrected Christ may be your constant guide and fervent protector, I remain,

With Love in the Risen Lord,

+Metropolitan Gerasimos of San Francisco






Prayers and Support for Our John Eliopoulos

In April 2020, an important member of our community, Johnny Eliopoulos, age 47, was diagnosed with a rare form of brain cancer, Gliomatosis Cerebri. Only 40 people a year are diagnosed with this rare form of cancer. We ask for your prayers and support at this time for Johnny, his wife Eileen, son Yiannis, and Stepsons Anthony and Aaron, in addition to his parents and extended family. Through this challenging time, we invite you to help the family with expenses, by contributing to them online through Paypal at ouzikee69@gmail.com or you can send donations to Johnny Eliopoulos 2480 Shannon Drive South San Francisco, CA 94080. We, and the family, thank you for your support, well wishes, and prayers.

PRAYER IN TIMES OF TROUBLE

O GOD, OUR HELP IN TIME OF NEED, LOOK DOWN UPON ME AND HAVE MERCY ON ME AND DELIVER ME FROM THE TROUBLE THAT NOW BESETS ME. GRANT ME YOUR DIVINE HELPING GRACE, AND ENDOW ME WITH PATIENCE AND STRENGTH TO ENDURE MY HARDSHIPS WITH FAITH. I FLEE FOR RELIEF AND COMFORT, TRUSTING IN YOUR INFINITE LOVE AND COMPASSION, THAT IN DUE TIME YOU WILL DELIVER ME FROM THIS TROUBLE, AND TURN MY DISTRESS INTO COMFORT. AMEN!



Toula Caloyanides: May Her Memory be Eternal

Recently, we lost a most active supporter of the Annunciation Cathedral, whose presence was felt in every aspect of parish life. Her falling asleep in the Lord coincided with the start of our being sheltered in place as a result of the novel coronavirus COVID-19. Needless to say, Annunciation took a severe financial loss as a result of our being shut down. Tula, meanwhile, had provided for a bequest just under \$2000,000, to come to the Cathedral. This came just in the nick of time. Thank you to those who ministered to her and took care of her daily needs towards the end of her earthly name. As we continue to pray for the “founders and benefactors of this holy church,” surely Toula’s memory is foremost in our thoughts and prayers. May her memory be eternal! What follows is her obituary, issued upon her death.

Toula Caloyanides was born on March 19, 1924, in New York City. She was adopted by Sapfo Georgiadis and John Caloyanides in 1924, as they had a friend who had 5 other children and didn’t have the resources to raise another child. Her dad, John, was from Peristasi, Turkey, and met his wife, Sapfo, when he moved to Greece. John moved to New York, worked in the restaurant business and saved enough money to send for Sapfo in 1921. They were married in 1921 and adopted Toula in 1924. They also adopted a son named George in 1935.

In 1944, Sapfo decided she wanted to be with her youngest sister, Anthi who lived in San Francisco. They took a 7 day

bus trip across country to California. One month later, they were on their way to church on the trolley and Sapfo fell off and hit her head and subsequently died 6 months later.

Toula continued to live in San Francisco where she worked in an office. She was a woman filled with life and enjoyed dancing and singing, listening to piano music and outings to the park. Toula was a very fashionable, elegant and a beautiful woman who always dressed impeccably. She enjoyed traveling. She often travelled to Greece with her cousins to trace their ancestry, and she travelled to Hawaii with her cousin, Pandora Mounis, in 1986. Toula enjoyed painting and drawing and even though she never got married or had any children, she kept busy and very involved in life.

Toula was devoted to the Annunciation Greek Orthodox Cathedral of San Francisco and actively participated in the Cathedral Choir and Philoptochos Society Womens Auxiliary. Toula was inducted into the Daughters of Penelope on August 8, 1947. She was a 73 year member of the Daughters and she was recently recognized in EOS No. 1 (the Mother Chapter) 90th Anniversary Program.

She lived independently until 2016, when she entered The Village at Hayes Valley memory care unit. She passed away on March 5, 2020.

She was very in touch with her family history and was one of 3 Tulas in the family. She said all the Tulas were named after their paternal grandmother, Panagiota. Panagia means "all holy" in Greek and refers to the Blessed Mother of God. May Toula Caloyanides celebrate in heaven with the Blessed Mother, Tula Belton, Tula Douchis and all the other wonderful family members who have gone before us.

Toula is survived by her cousins, Barbara Torina, Maria



Toula Caloyanides, 3-19-24 to 3-5-20

LaRocca, Penny Chamousis and Katina Demetra.

Trisagion will be at the Duggan's Funeral Home, 3434 17th St, San Francisco, CA 94110 At 7 pm Thursday, 3/12/20. The funeral will be at the Greek Orthodox Memorial Park, 1148 El Camino Real, Colma, CA 94014 On Friday, 3/13/20 at 11 am.

Parishioner Experience Highlight: Dr. Tony Elite

The other day Doctor Tony Elite called the Cathedral office to share his experience worshipping and participating in the Divine Liturgy from home via our livestream services. Dr. Elite reflected upon how despite the pandemic limitations, the Church is able to effectively extend beyond a physical building, transforming individual homes into a church of their own. Dr. Elite utilizes icons in his house to further this effect. Dr. Elite reflects, "While it took a bit of adjustment in the early stages of the process, I have found that through the streaming of the beautiful services, the church enters our homes and therefore is able to *enter our hearts.*"



We pray that Dr. Elite's thoughtful spiritual realizations and reflections inspire you to find spiritual nourishment as well and we thank him for sharing his experience with us!

Kaiser Establishes George Panagiotopoulos Kaiser Permanente Clinical Technology Award

We recently lost our beloved parishioner George Panagiotopoulos. To honor his memory and to keep his spirit alive forever, Kaiser has announced a new recognition in Clinical Technology. Kaiser will now have the George Panagiotopoulos Kaiser Permanente Clinical Technology Award. This award and recognition will be awarded annually and Kaiser will choose one ClinTech employee who exemplifies and embodies the behaviors that George so eloquently displayed. George had a positive spirit and an extreme passion for his work; he had deep expertise and was considered an expert in clinical technology; he took time to treat everyone with dignity and respect regardless of who you were, how busy he was and whatever else seemed to be a priority. Kaiser will develop a process to nominate those ClinTech employees who embody this spirit and CT Leadership will pick an individual each year to receive this award.



The Kaiser Permanente George Panagiotopoulos Clinical Technology Award



- In Honor of George Panagiotopoulos, Clinical Technology will recognize one of our teammates annually who demonstrates and memorializes the characteristics of George Panagiotopoulos which are:

Knowledgeable and seen as an expert on all things Clinical Technology

Open to new ideas and champions change

Supports Mentoring and Growth of all the employees

Extreme passion and positive spirit to advance the clinical technology agenda

Stops and treats everyone with dignity and respect regardless of who you are, how busy you are and whatever else seems to be a priority



Dear Friends of Philoptochos,

The COVID-19 Pandemic has claimed lives, disrupted economies and changed daily lives as we know it. It has also shown us how strong we can be in isolation. Our Philoptochos has not stopped in carrying out our mission to serve the needs of the poor, the Church, our community and the world.

We have stayed connected with our members by calling them, continued support to the local Food Pantry with monthly donations and have established the Benevolence Fund that will benefit those who are sick and in need of assistance during these times of uncertainties.

It is an honor to share with you the National Philoptochos COVID-19 Prayer. Please read it and may it give you strength, hope and faith.

Yours in Christ's Name,
Janis Petrou

PS-If you have not been receiving our emails and postal notices, please your contact info to our office or email it to Philoptochos@annunciation.org

Prayer for Protection against a Pandemic

Lord Jesus Christ our God, You Who created human beings with utter goodness, the healer of our souls and bodies, heed now the supplication of Your children, and save us from the impending threat against the world. For this affliction has spread ferociously and the fear of death has surrounded us. Many have suffered and many have passed on to repose, and there is none to save us, except You, O Lord.

We know, Merciful Lord, that all this will cultivate our faith, as we implore you, crying out in utter repentance. Undo, O Lord, the dangerous effects of the virus and heal all people, as a most Gracious Lord. For those, who repose in peace, give rest in Your heavenly abode. Grant peace to the world, so that all people know that You are the Only God, and your faithful are not bound by death, but live forever.

For You are our hope and our whole life is in Your benevolent hands, and to You we give glory, as well as to the Father and the Holy Spirit, now and forever and unto the ages of ages. Amen.

#PhiloStrong

Philoptochos Scholarship Award 2020

The Annunciation Philoptochos are eager to help support young women and men who are spiritually faithful and productive members of their communities. This year, we have added a new component to the scholarship application process which requires the candidate to demonstrate a type of service they have participated in. This entails documentation to show the committee what was accomplished. We will accept proof of service in your packet. Please refer to "Scholarship Application of the Annunciation" newsletter for more information.

We would like the community to encourage students to apply for a scholarship. This is the time to find students and ask them to apply. We welcome all applicants. We know that our young people are very much involved in making the world a better place to live in.

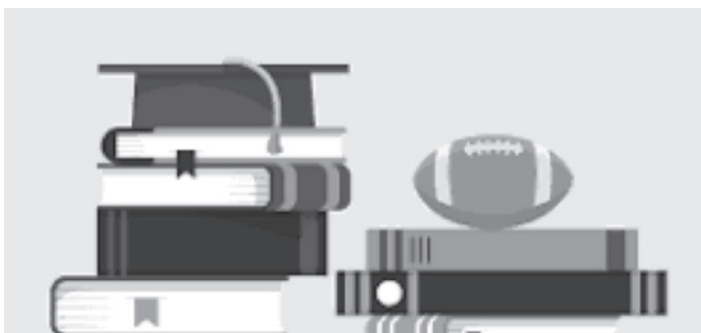
SCHOLARSHIP REQUIREMENTS:

It is a requirement of the applicant to give evidence that they have completed community service in keeping with the spirit of the Philoptochos Mission in one or more of the following areas:

Making a difference in the needs of a local or international community Participating in charitable activities Serving the San Francisco Annunciation Cathedral Helping those in need such as the less fortunate, hungry, elderly Supporting global and environmental concerns

Can you demonstrate as an individual how you are helping society? Please provide us with a 1-page letter of intent that you have complied with any of the above. Your application packet should include evidence of how you have fulfilled the above criteria, such as: pictures, projects, certificates, letter from your teacher or project director. We are looking for candidates who have demonstrated community service in order to match the vision of Philoptochos.





Cathedral Scholarships

COVID-19 has turned our world upside down. Especially hard hit are our students. As we return to a sense of normalcy, the Cathedral wishes to express its support of our students by offering 5 scholarships (in addition to those offered by the Cathedral Ladies Philoptochos). An application follows. Note that the deadline has been extended, from May 24, 2020 to September 1, 2020. We wish all our students continued success in your educational endeavors. Study hard and change the world—for the better! God bless you and protect you.

2020 SCHOLARSHIP APPLICATION INSTRUCTIONS

For 2020, the Greek Orthodox Cathedral of the Annunciation will provide four (4) scholarships, as follows:

1. The John N. Pappas Scholarship, in the amount of \$1,000.00
2. The Christos Tsikitas Scholarship, in the amount of \$1,000.00
3. Andreas and Nikki Coundouris Scholarship, in the amount of \$1,000.00
4. The S. Lee Vavuris Legal Scholarship, in the amount of \$1,000.00
5. The Dr. Anthony P. Bagatelos Scholarship, in the amount of 75% of interest earned.

Please complete and forward the appropriate application to the attention of: The Scholarship Committee, 245 Valencia Street, San Francisco, California 94103 **by September 1, 2020.** (Note: due to COVID-19, the date has been changed from May 24 to September 1.)

The application must be accompanied by the following:

- * **An Official Transcript** from the Office of the Registrar at your High School or College (University/ Vocational School) AND **Recent SAT or ACT Scores.**
- * **A Letter of Recommendation** from ONE (1) Member in Good Standing with the Cathedral of the Annunciation
- * **A brief resume (2 page maximum)** about yourself includ-

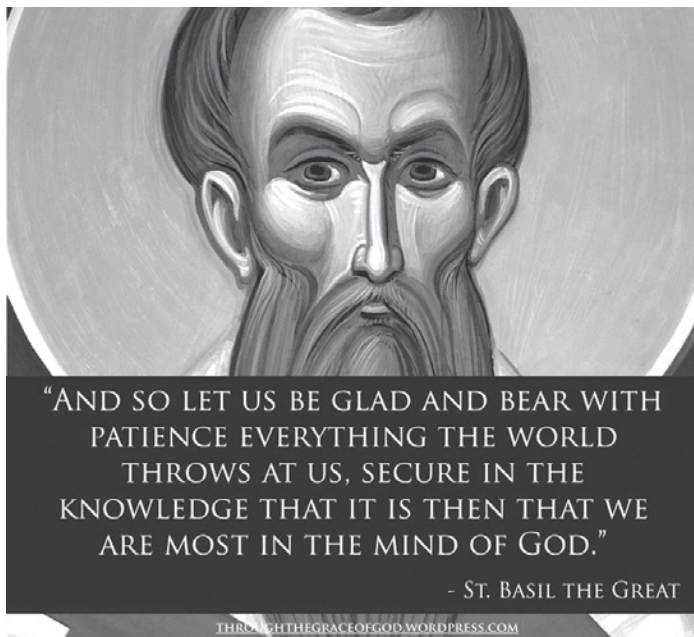
ing: honors/awards, special skills, extracurricular information, education, and life goals.

* **Additionally,** the applicant (or, if the applicant is under 18 years of age, the applicant's parent(s)/guardian(s) must be a member of the Annunciation Cathedral. A member of the Cathedral includes support of the Cathedral through Stewardship. A 2020 Stewardship Pledge Card must have been filed with the Cathedral in order for the scholarship application to be considered.

* **Relative to the Bagatelos/Vavuris Scholarships:** Applicants for the Dr. Anthony P. Bagatelos and the Judge S. Lee Vavuris Legal Scholarships must be of Greek descent or of the Greek Orthodox faith. These scholarships are awarded to students who matriculate at and attend medical/law school, preferably at Stanford University/University of San Francisco and intend to practice medicine/law within the nine county area, surrounding San Francisco Bay, preferably San Francisco.

Up to 75% of the income earned by the Bagatelos Scholarship Fund is awarded in the form of a scholarship for tuition or other school-related expenses. Typically, the scholarship is awarded to the same student until that student graduates from medical school, provided that, after submitting the initial application, the student requests the medical school to verify to the Annunciation Cathedral, in writing, by June 1, that the student has satisfactorily completed course work for the year. As for the Vavuris Scholarship, the scholarship is awarded by the Annunciation Cathedral, in concert with the Hellenic Law Society. The restrictions which govern the Bagatelos Scholarship do not apply to the Vavuris Scholarship.

* **All Applicants:** Applicants will be notified as soon as possible following the May 24 deadline. Certificates of scholarship will be presented on a date and at a venue (virtual or otherwise), which will be included with the acceptance letters to the recipients.



2020 SCHOLARSHIP APPLICATION

1. NAME _____
2. ADDRESS _____ CITY _____ ZIP _____
3. AGE _____ DATE OF BIRTH _____ TELEPHONE _____
4. E-MAIL _____ FAX _____
5. HIGH SCHOOL/COLLEGE you are currently attending _____
6. COLLEGE you will be attending in the fall _____
7. Field of Study: Major _____ Minor _____
8. Actual Grade Point Average _____ Weighted GPA _____
9. Date of High School Graduation _____ Career Objectives _____
10. Name of Parent(s) or Guardian _____
11. Address (if different from above) _____
12. Involvement of Applicant with the Cathedral { } Member { } Youth { } Choir { } Sunday School { } Greek School { } Altar { } Dance Group { } Athletics { } Note: Altar Servers and Sunday School students, please indicate years of service. From ____ to ____ . Did you participate in the parish Oratorical Festival? Yes { } No { } Other _____
13. School Honors & Awards _____
14. Offices held in Class, School, or Church Organizations _____
15. Out-of-School Activities _____
16. Have you received a Cathedral, Cathedral Philoptochos or Vellis Scholarship in previous years? YES { } NO [] Number _____ Year(s) _____
(Priority will be given to those who have not previously received a Scholarship.)

APPLICANT'S STATEMENT: I hereby certify that I am a Greek Orthodox Christian (or, of Greek descent, if applicable), spiritually in good standing and a member of the Annunciation Cathedral, San Francisco, California (or otherwise qualify as noted in the instructions). I have answered the above questions correctly and to the best of my knowledge. I will use any funds awarded to me (to be credited to my school account, or to me, if crediting my account will reduce other scholarship awards) as a result of this application for the sole purpose of assisting me in my higher education.

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

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