



# ANNUNCIATION CATHEDRAL HERALD



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JANUARY 2021

## 2021—A New Year—New Hopes: Our Centennial Year

Happy New Year from the Annunciation Cathedral. 2021 marks our centennial year as a community. As we look back on the legacy established by many dedicated immigrants, we find inspiration in creating our own legacy for the *next* 100 years of the Annunciation Cathedral Community. We are blessed with the opportunity to elevate this community to the best situation it has ever been in, with a completely new Cathedral building. This Cathedral we are building not only serves as a landmark in San Francisco, but a landmark in each one of our spiritual lives. By working together and staying committed to this cause no matter what setbacks arise, we are giving glory to God for generations to come!



Photo provided by our own Kostas Petrakos



### Prayers of Protection from the Coronavirus

(As provided by [www.goarch.org](http://www.goarch.org))

#### *A Prayer for the Faithful at Home*

Lord our God, You who are rich in mercy, and with careful wisdom direct our lives, listen to our prayer, receive our repentance for our sins, bring an end to this new infectious disease, this new pandemic, just as you averted the punishment of your people in the time of David the King. You who are the Physician of our souls and bodies, grant restored health to those who have been seized by this illness, raising them from their bed of suffering, so that they might glorify You, O merciful Savior, and preserve in health those who have not been infected. By your grace, Lord, bless, strengthen, and preserve, all those who out of love and sacrifice care for the sick, either in their homes or in the hospitals. Remove all sickness and suffering from your people, and teach us to value life and health as gifts from You. Give us Your peace, O God, and fill our hearts with unflinching faith in Your protection, hope in Your help, and love for You and our neighbor. For Yours it is to have mercy on us and save us, O our God, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and forever, to the ages of ages. Amen



## Andrew Nuris Graduates from Police Academy, Joins San Francisco Police Department

On December 4, 2020, Andrew Nuris successfully graduated from the San Francisco Police Academy and was sworn in as a San Francisco Police Officer.

Andrew is a lifelong member of the Annunciation Cathedral, where he attended Sunday School, served as an Altar Boy, played OYAA Basketball, attended Summer Camp, and participated as a member of the Cathedral's Folk Dance Groups.

Andrew is the son of Tom and Liberty Nuris and the brother of Manoli and Matthew Nuris, having grown up in Daly City and graduated from Terra Nova High School. He continued his studies at Skyline College graduating with A.A. degree and then went on to San Francisco State University graduating with a Bachelor of Arts in Criminal Justice Studies.

Having always wanted to be a police officer, Andrew is now assigned to the Mission Station just a few blocks away from the Annunciation Cathedral, serving our Community in yet another way.

# OOPS!

## Honor Roll of 2020 Stewards: Unintentional Omissions

We strive for utmost accuracy when compiling our list of names of stewards for display as featured in the previous Herald. However, mistakes do happen. Please find below the list of names of stewards who were unintentionally omitted from our "Honor Roll of 2020 Stewards" as displayed in the November/December Herald:

- Monte & Allyson Montgomery
- Dean & Maria Nicolacakis
- John & Irini Sahpazis

### Wisdom from Elder Thaddeus (+2003)

*"God is perfect, He is faultless. And so, when Divine love becomes manifest in us in the fullness of Grace, we radiate this love --- not only on the earth, but throughout the entire universe as well. So God is in us, and He is present everywhere. It is God's all-encompassing love that manifests itself in us. When this happens, we see no difference between people: everyone is good, everyone is our brother, and we consider ourselves to be the worst of men --- servants of every created thing."*



## “Open Sesame!”

We are excited to announce that at long last our parking garage will be open for business! Thanks to the efforts of Parish Council President **Chris Kyriacou** and our own Fire Chief **Dustin Novo**, our Commercial Garage permit is in its final stage of approval. All that is required now is for it to be stamped by the Planning Department. Once it has been stamped, our architect, **Gordana Graves**, will pick it up personally. It will then be taken to the Mission Station of the Police Department for a final sign-off. Meanwhile, our “clear path of travel” has been completed, and the final inspection of the elevator has been scheduled.

This means our friends at Golden State Parking will be able to open and operate the garage for patrons to use. This will benefit us two-fold in that we will be able to produce monthly revenue for the Cathedral and also, (once we are cleared for in-person worship) parishioners will be able to utilize the garage for parking at no cost whenever you attend worship services. This is a tremendous step in the right direction for our community and a preview of many more exciting building developments to come.



1. From left to right: Saint Basil the Great, Saint John Chrysostom, Saint Gregory the Theologian (detail).



Fresco (detail) of Basil the Great in the Cathedral of Ohrid. The saint is shown consecrating the Gifts during the Divine Liturgy which bears his name.

## THE TRADITION OF VASILOPITA

Vasilopita is the traditional sweet bread or cake with a lucky coin baked into it or inserted after baking, depending on the recipe, honoring Saint Basil the Great. Born into a wealthy family, St. Basil gave away his earthly riches to the poor and thus became associated with the tradition of gift giving, delivering presents for children on his feast day January 1. The story of the vasilopita can be traced back to stories concerning the payment of taxes or a ransom.

During a siege, the people were called upon to pay a ransom, donating their gold coins and jewels. The enemy was touched by the spirit of the people and returned the gold and jewels, but it was impossible to return the items to their rightful owners. The task fell to St. Basil to redistribute the wealth in an equitable manner. The saint baked the jewels into loaves of bread and distributed them to each household and miraculously, the items were returned to their rightful owners.

See page 4

from page 3

Today, the person who finds the lucky coin in his or her slice of vasilopita will be lucky for the entire new year. The head of the household cuts a cross into the entire vasilopita before cutting a piece for each person present, usually cutting the first for Jesus Christ, then for the Virgin Mary, Saint Basil, the poor, the house, and then from the eldest to the youngest person. There are several different recipes for vasilopita from the various regions of Greece, though all feature eggs and sugar and some decoration on top.

#### Vasilopita recipe

- 3 and 1/2 cups unbleached, all purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1-2 teaspoons orange zest
- 1 cup olive oil
- 1 and 1/3 cups orange juice
- 1/2 cup cognac
- 3 eggs
- Slivered almonds, or sesame seeds, or powdered sugar for decoration
- Coin

In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, salt, and orange zest. In another bowl, whisk together the olive oil, orange juice, cognac and the eggs until well combined. Add the wet to the dry ingredients and stir until just combined. Pour the batter into a greased and floured 10-inch tube pan, or round pan, and sprinkle with slivered almonds or sesame seeds. Bake in a preheated 350-degree oven for 1 hour or until golden brown and a skewer or cake tester inserted in the center comes out clean. Cool for fifteen minutes in the pan on a wire rack and then unmold the cake. Cut a slit in the bottom of the cake and insert a coin that has been washed with soap and water, dried, and wrapped in tin foil. Turn the cake right side up and allow to cool completely before serving. Dust with powdered sugar in a decorative pattern with a stencil.



### *Lighting your Virtual Candles*

Ever since the closing of our church for in-person worship, as a result of the COVID-19 pandemic, some nine months ago, we have been lighting your candles, in real time. Thanks to our Technology Team, a link has been placed on our web site, [www.annunciation.org](http://www.annunciation.org), which enables you to light your candles virtually, as well as to request prayers for loved ones. In turn, just prior to the reading of the Epistle, Father Stephen mentions those names and lights candles on your behalf. Please note, names are typically received when they are acknowledged, on Monday or Tuesday morning. Names are recited the following Sunday. If you want a particular name commemorated earlier, please call the Cathedral, 9 am to 1 pm, during the week, and speak with Father Stephen, or else e mail him: [fatherstephen@annunciation.org](mailto:fatherstephen@annunciation.org). Secondly, due to the overwhelming support we have been receiving through the lighting of your virtual candles, donations under \$40 are being categorized as "Pangari," much the way donations placed in the collection basket prior to the pandemic. Donations of \$40 and above are posted to individual accounts. Going forward, effective January 1, we will begin posting donations of \$25 and above to individual accounts. We take this opportunity to thank you for your support by lighting virtual candles. Without festival and other event income during these last nine months, your lighting of virtual candles has been an important source of support for the parish. As noted above, only half of the parish budget of \$650,000 comes from Stewardship; the rest comes from sources as the lighting of virtual candles and special contributions. God bless you and thank you.

#### **Apolytikion: First Tone**

*The three most great luminaries of the Three-Sun Divinity have illumined all of the world with the rays of doctrines divine and true; they are the sweetly-flowing rivers of wisdom, who with godly knowledge have watered all creation in clear and mighty streams: The great and sacred Basil, and the Theologian, wise Gregory, together with the renowned John, the famed Chrysostom of golden speech. Let us all who love their divinely-wise words come together, honoring them with hymns; for ceaselessly they offer entreaty for us to the Trinity.*



## Directory

Our last directory of parishioners and friends of the Cathedral came out in 2016, some four years ago. A new one is scheduled to come out by the end of the year. The directory will list the Cathedral's stewards and, such as area Greek Orthodox churches, the Greek Consulate and the like, a useful, handy guide. Typically, the entries consist of a name and address, along with contact and email information that we have on file. This is what makes the directory useful. Some of our parishioners and friends may wish for their contact information to be withheld. As we respect this. We are asking, therefore, if a parishioner or friend of the Cathedral wishes to opt out, that parishioner or friend is asked to let us know, by January 1. Please notify Christo Pappademos, our Pastoral Assistant, [Christo.pappademos@Annunciation.org](mailto:Christo.pappademos@Annunciation.org). We expect the directory to be printed and mailed during January of 2021.



## Parish Council News

Every year, Parish Council elections are held. One year, eight members are elected. The following year, seven members are elected. This is done in order to ensure continuity. This year, however, due to COVID-19, it is impossible for us to hold elections. In order to do so, we would have to place names in nomination, and then to coordinate a Zoom meeting of all our parishioners. This, of course, will not be possible, if only because a number of our parishioners do not have computers or access to computers and, therefore, would not be able to participate, in addition to the fact that we do not possess e-mails for a percentage of our parishioners and, therefore, would not be able to invite them to join a Zoom conference. Permission has been extended by

the Archdiocese Clergy Laity, which was held in September, through our Metropolis, to forgo Parish Council elections this year and to hold them a year from now, when we things are expected to be back to normal. Accordingly, the Parish Council, as it is presently constituted, will remain for 2021. The Council is as follows: Rev. Stephen H. Kyriacou, Dean; S. Christopher Kyriacou, Esq., President; Peter Cazanis, Vice-President; Deno C. Konstantinidis, Secretary; James D. Vorrises, Treasurer; Jim Rakos, Assistant Treasurer; and Members: George Ambadiotakis Ambus, DDS; John Lampros; Tasso Mavroudis; Andrew Miltiades; Dean Nicolacakis; Manoli Nuris; Tom Nuris, Esq.; Mike Sarikakis; Paul Sogotis, Archon Orphanotrofos; Nicholas Svetcoff; and Nicholas J. Rally. In the event a member of the Council is unable to continue to serve and resigns, a vacancy will exist. The Parish Council, which meets monthly, remotely, will then fill the vacancy from among the remaining Cathedral parishioners who are in good standing. Among other things, "good standing" includes being current in one's Stewardship support. Meanwhile, the following Parish Council committees have been established. Assignments for 2021 will be made when the Parish Council meets on January 10.

### Parish Council Committees

- 100th Anniversary
- Buildings & Grounds
- Capital Campaign
- Construction
- City and State Relations
- Education (Greek School, Sunday School, Religious Education)
- Festival
- Festival AdBook
- Hall Management
- Insurance
- Protocol
- School Relations (Millennium School)
- Stewardship
- Strategic Plan
- Technology
- Youth

### Kontakion: Second Tone

*Receive, O Lord, the Sacred Heralds  
who preached God, the pinnacle of  
Teachers, unto the enjoyment of Your  
riches and rest. You have received their  
labors and their suffering as being  
above and beyond all fruitful offering.  
For You alone glorify Your Saints.*



## *“While you’ve been away”*

These past nine months while our Cathedral has been closed due to Covid-19 restrictions, we have experienced continuous unforeseen challenges to the well-being of our community. No matter what difficulty presents itself, your Parish Council has been regularly meeting virtually to solve problems, brainstorm solutions, and oversee implementation of innovative strategies. Their monthly

meetings, though filled with many important agenda items, are always conducted with a spirit of great fellowship and *πάρεα*. The Cathedral extends its gratitude to its loyal and dedicated Parish Council members! *Άξιοι!* (Not Pictured but ever-active: Archon Paul Sogotis, Tom Nuris, and Mike Sarikakis)

## *Did you know?*

On the very site where our Annunciation Cathedral sits today was once a unique and historical San Francisco attraction known as Woodward’s Gardens. This informational video was brought to our attention by **Spiros Fousekis, Esq.** and it details nicely what our location in the Mission District used to be like more than 100 years ago. The video even makes mention of our community towards the end. We encourage you to look up this video from the San Francisco Historical Society on YouTube to see how our location has evolved over time. The link is as follows: <https://www.youtube.com/watch?v=vdB2oaKvv48>



**SFHS Monthly Program: Woodward's Gardens with Gloria Lenhart**  
703 views · Nov 10, 2020

**San Francisco Historical Society**  
180 subscribers

Welcome to the SFHS monthly history program. Tonight local historian Gloria Lenhart tells the story of San Francisco's first amusement park—Woodward's Gardens—an example of state-of-the-art entertainment in the Victorian Age.



## *Physically Distant; Spiritually Connected: 2020 Adbook*

Every year, in connection with its Food Festival, the Cathedral publishes a program book or what has come to be known as the AdBook. As we could not hold a festival this year, we thought we should still put together the book, both because it brings much-needed revenue to the Cathedral for its operations, especially this year, when we have been negatively impacted by COVID-19, and also as a way of keeping us connected. Presbyteria Aliko and Irene Kyriacou took the lead on the book, thanks to the theme provided by Maria Nicolacakis—Physically Distant; Spiritually Connected, the book is becoming a reality. First, we'd like to share with you that we set a goal of \$100,000 and, thanks to the tireless efforts of our committee and your generosity, we achieved our goal! This is huge for us, as it replaces, for the most part, the income we were counting on from the festival. It's been a financial lifeline to us, as our income, apart from our Stewardship support, and the lighting of virtual candles, has been upended. Because of the additional ads we received, it's taken longer than usual to format. Thankfully, everything was finalized and the book was printed Christmas week. It was mailed to everyone on the Cathedral's mailing list plus those who supported the book effort, but were not on the list. All this bodes well for the 2021 AdBook, which will be compiled and printed during our 100th year.

## *Would you Like to Help Sponsor the Herald?*

Once again, a parishioner wrote us recently with a thought--that of sponsoring the Herald. Much like the AdBook that we publish in connection with the annual Food Festival, individuals would make a donation to help defray the cost of producing and mailing the monthly Herald. In turn, the donor would be acknowledged by a business card size or other size ad, commensurate with the donation. To illustrate: it costs approximately \$1,000 a month to produce the Herald. An 8 ½ x 11" page can accommodate 8 cards. Divide \$1,000 by 8 and you have \$125 per sponsor. Give it some thought. If you would like to help underwrite the cost of printing the Herald, become a sponsor. For further information, please contact Christo at [Christo.Pappademos@Annunciation.org](mailto:Christo.Pappademos@Annunciation.org).



For God to help, one must have a desire to struggle. And when we say a desire to struggle, we mean that one must be willing to make some effort to overcome his particular weakness. If God sees even a little true will, He provides abundant help for man, He sends His Grace in great abundance.

Elder Paisios of Mount Athos  
Spiritual Counsels Vol. II  
Spiritual Awakening p.322

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## The Feast of the Three Hierarchs, Basil the Great, Gregory the Theologian, and John Chrysostom celebrated on January 30

During the reign of the Emperor Alexius Comnenus (1081-1118), a controversy arose in Constantinople among men learned in Faith and zealous for virtue about the three holy Hierarchs and Fathers of the Church, Basil the Great, Gregory the Theologian and John Chrysostom. Some argued for Saint Basil above the other two because he was able, as none other, to explain the mysteries of the Faith, and rose to angelic rank by his virtues. Organizer of monastic life, leader of the entire Church in the struggle with heresy, austere and demanding shepherd as to Christian morals, in him there was nothing base or of the earth. Hence, said they, he was superior to Saint Chrysostom who was by nature more easily inclined to absolve sinners.

The partisans of Saint Chrysostom retorted that the illustrious Archbishop of Constantinople had been no less zealous than Saint Basil in combating vices, in bringing sinners to repentance and in raising up the whole people to the perfection of the Gospel. The golden-mouthed shepherd of matchless eloquence has watered the Church with a stream of homilies in which he interprets the divine word and shows its application in daily life with more accomplished mastery than the two other holy Doctors.

According to a third group, Saint Gregory the Theologian was to be preferred to the others by reason of the majesty, purity and profundity of his language. Possessing a sovereign mastery of all the wisdom and eloquence of ancient Greece, he had attained, they said to such a pitch

in the contemplation of God that no one had been able to express the dogma of the Holy Trinity as perfectly as he.

With each faction setting up one of the Fathers against the other two in this way, the whole Christian people were soon caught up in the dispute, which far from promoting devotion to the Saints in the City, resulted in nothing but ill-feeling and endless argument. Then one night the three holy Hierarchs appeared in a dream to Saint John Mauropus, the Metropolitan of Euchaita (5 Oct.), separately at first, then together and, speaking with a single voice, they said: "As you see, the three of us are with God and no discord or rivalry divides us. Each of us, according to the circumstances and according to the inspiration that he received from the Holy Spirit, wrote and taught what befits the salvation of mankind. There is not among us a first, a second or a third, and if you invoke one of us the other two are immediately present with him. Therefore, tell those who are quarrelling not to create divisions in the Church because of us, for when we were on earth we spared no effort to re-establish unity and concord in the world. You can conjoin our three commemorations in one feast and compose a service for it, inserting the hymns dedicated to each of us according to the skill and knowledge that God has given you. Then transmit it to the Christians with the command to celebrate it each year. If they honor us thus as being with and in God, we give them our word that we will intercede for their salvation in our common prayer." At these words, the Saints were taken up into heaven in a boundless light while conversing with one another by name.

Saint John immediately assembled the people and informed them of this revelation. As he was respected by all for his virtue and admired for his powerful eloquence, the three parties made peace and every one urged him to lose no time in composing the service of the joint feast. With fine discernment, he selected 30 January as appropriate to the celebration, for it would set the seal to the month in which each of the three Hierarchs already had a separate commemoration (Saint Basil – January 1; Saint Gregory – January 25; Saint John (translation of relics) – January 27).

The three Hierarchs—an earthly trinity as they are called in some of the wonderful troparia of their service—have taught us in their writings and equally by their lives, to worship and to glorify the Holy Trinity, the One God in three Persons. These three luminaries of the Church have shed the light of the true Faith all over the world, scorning dangers and persecutions, and they have left us, their descendants, this sacred inheritance by which we too can attain to utmost blessedness and everlasting life in the presence of God and of all the Saints.

With the feast of the three Hierarchs at the end of January—the month in which we keep the memory of so many glorious bishops, confessors and ascetics—the Church in



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a way recapitulates the memory of all the Saints who have witnessed to the Orthodox faith by their writings and by their lives. In this feast we honor the whole ministry of teaching of the holy Church, namely, the illumination of the hearts and minds of the faithful through the commemoration of all the Fathers of the Church, those models of evangelic perfection which the Holy Spirit has raised up from age to age and from place to place to be new Prophets and new Apostles, guides of souls heavenward, comforters of the

people and fiery pillars of prayer, supporting the Church and confirming her in the truth.

*Adapted from The Synaxarion: The Lives of the Saints of the Orthodox Church, Vol. 3, compiled by Hieromonk Makarios of Simonos Petra and translated from the French by Christopher Hookway (Chalkidike, Greece: Holy Convent of the Annunciation of Our Lady, 2001) pp. 352-354.*

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### **International Orthodox Christian Charities Launches COVID-19 Program in US**

*Response Builds on Expertise to Meet Emotional, Spiritual Needs across the Country*

Baltimore, Md. (June 4, 2020) – In response to the COVID-19 pandemic in the United States, International Orthodox Christian Charities (IOCC) has launched a new initiative under its 20-year-old US program, focusing on supporting communities across the country with IOCC Care Calls for emotional and spiritual care during the pandemic.

This outreach tool—a user-friendly script and guide—is designed to help individuals start conversations via phone or other digital media, in order to reduce anxiety and isolation. The IOCC Care Calls guide supports anyone who wants to check in with friends, neighbors, fellow parishioners, or any other person struggling with the reality created by COVID-19.

IOCC developed its Care Calls program under guidance from a team of licensed medical doctors, psychologists, social workers, mental-health clinicians, and Orthodox clergy who together have expertise in trauma counseling and mental health.

“Social distancing does not mean we should be distant,” said IOCC Executive Director and CEO Constantine Triantafilou. “This is the kind of interaction we need right now. Using our tool will make all of us more present, stronger, and connected.”

The IOCC Care Calls tool is available to the public on IOCC’s website. As part of its emotional and spiritual care work in the United States, IOCC encourages any who are interested to use it to strengthen interpersonal connections at a time characterized by isolation and anxiety.

Download the IOCC Care Calls tool at [ioccc.org/covid](http://ioccc.org/covid).

The Care Calls initiative builds on IOCC’s emotional and spiritual care work amid disasters, core to US programming. Recognizing that spirituality is part of the human experience, IOCC offers respectful care in time of disaster that helps people cope and recover, laying the groundwork for resilience and hope.

Both in the US and abroad, IOCC’s response to the pandemic is guided by a twofold strategy of continuing to safely deliver existing programs, and positioning itself for the long-term to better serve in the new global reality.

To read more about IOCC’s humanitarian and development work, visit [ioccc.org](http://ioccc.org). Donations can be made online or by contacting IOCC at 410.243.9820.

*see page 10*



International Orthodox Christian Charities (IOCC) is the humanitarian relief and development agency of the Assembly of Canonical Bishops of the United States of America. Since its inception in 1992, IOCC has provided more than \$715 million in humanitarian relief and sustainable development programs in over 60 countries worldwide. Today, IOCC applies its expertise in humanitarian response to natural and manmade crises in Africa, Europe, the Middle East, and the United States, offering assistance based solely on need. Learn more at [iocc.org](http://iocc.org) and follow @IOCCRelief on [Twitter](https://twitter.com/IOCCRelief), [Instagram](https://www.instagram.com/IOCCRelief), and [Facebook](https://www.facebook.com/IOCCRelief).

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## Working to Return to In-Person Sunday Worship

Ten months into the pandemic, the Cathedral's Reopening Task Force continues to work on reopening the Cathedral for in-person Sunday worship. To do so requires strict adherence to San Francisco's reopening guidelines, which currently bars in-person worship. We wish to acknowledge the Committee for its vigilance and to thank you for your patience all this months. Thanks to the work of our Technology Committee, we are able to stream the Sunday and other holy day services. Granted, this is not the same as being present in person. However, given the limitations posed by the City's health order, such as wearing of masks for the duration of the services, no communal recitations, as the Lord's prayer, and social distancing, we are thankful that we are able to communicate remotely; at least we retain the connection with our liturgical tradition. We recognize the present situation is an anomaly. Socially, we have been separated from our church. Classes and meetings are taking place remotely and this is not as it should be. However, safety is paramount. One day soon, this pandemic will be behind us. We will return slowly, and with the proper protocols in place



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## A Message from our Reopening Task Force

Though we are still under strict county guidelines in San Francisco and are still unable to safely open up for in-person worship at the moment, our Reopening Task Force remains vigilant in staying informed on the most recent updates by attending the San Francisco Interfaith Council's weekly informational meetings in regard to COVID restrictions. Task Force member and retired

Head Nurse Vivian Curd is sure to attend and take important notes each meeting. The other week she informed us that the city is offering informational booklets for anyone who would like to know how to handle any situation regarding COVID. We have provided several excerpts of this useful booklet here:

- Keep your own set of utensils, plates, towels, bedding, or other household items. Do not share them
- Use a separate bathroom, if possible. If you share a bathroom:
  - Turn on fans that pull air out of the bathroom
  - Open windows
  - Wear a face covering
  - Flush the toilet with the lid closed
  - Wash your hands with soap and water for at least 20 seconds
  - Wipe down anything you touched with a disinfectant



### Take care of yourself:

- Rest and drink plenty of fluids.
- You may take an over the counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) to reduce fever and pain, as long as those medicines are safe for you to take. For children 2 or under, check with your healthcare provider first.
- Note that medicines do not “cure” COVID-19 and do not stop you from spreading the virus.



### You can ask friends or loved ones to help:

If people ask if they can help, they can:

- Leave food and drinks at your door
- Get you medicine to relieve symptoms
- Help care for children, parents, other dependents, or your pets

If friends and family come to help, remind them to wear a face covering and wash their hands.

Persons unable to care for themselves don't have to isolate from their caregiver. However, caregivers will need to quarantine for 14 days if your test results come back positive for COVID-19. **See more on page 13 (“If I had Close Contact with someone with COVID-19, how long do I quarantine for?”).**

If you cannot meet the requirements for Isolation or Quarantine where you currently live, call 311 to request help with housing, food, or other needs. **See more on page 16 (“Resources”).**



**Seek medical care if your symptoms get worse:**

Symptoms that indicate you should seek medical care include:



Difficulty breathing



Can't keep fluids down



Dehydration



Confusion

and other serious symptoms.

If possible, call ahead before going to your healthcare provider's office or hospital and tell them whether:



- You are having symptoms of COVID-19 and waiting for your test results, OR
- You had Close Contact with someone with COVID-19, OR
- You tested positive for COVID-19.

If you call 911, let them know your situation as well.

This allows health care personnel to prepare for your arrival and protect others from getting infected.

- Do not wait in any waiting room. Wear a face covering or mask at all times if possible.
- Avoid using public transportation to the extent possible. If you must use shared transit, read more at [www.sfcddcp.org/safertransit](http://www.sfcddcp.org/safertransit)

# What if I get a positive COVID-19 test?

If you get a positive test result, you **must** isolate at home while you are contagious. **See page 7 (“What are the rules for isolating or quarantining?”)**. It is a San Francisco directive that you must isolate while you are contagious (see Directive of the Health Officer No. 2020-03b at [www.sfdph.org/directives](http://www.sfdph.org/directives)). Note: if you have recovered from COVID-19 in the last 3 months, talk to your healthcare provider about what to do next.

Your healthcare provider might ask that you isolate at home longer than 10 days, depending on your health history. Healthcare workers, especially Skilled Nursing Facility workers, may have different rules. See [www.sfdcp.org/rtw](http://www.sfdcp.org/rtw).

If you test positive but never had any symptoms, you are still contagious and must isolate at home until 10 days have passed since the date of your positive test.

You are considered contagious until **all** of the following are true:



It has been at least 10 days since your symptoms started\*; AND



Your fever is gone for at least 24 hours, without the use of fever-reducing medicines

(e.g., acetaminophen/Tylenol, ibuprofen/Motrin, etc); AND

Your symptoms have gotten better



**Tell your “Close Contacts” that you tested positive**

Try to remember who you had Close Contact with during the 48 hours before you first noticed symptoms until you isolated (i.e., until you stopped being around other people). If you

\* One of the COVID-19 symptoms that may not improve quickly is loss of taste or smell. You can stop isolating at home even if your sense of taste or smell has not improved as long as it has been 10 days since your symptoms started, your other symptoms have improved, and you have had no fever for at least 24 hours without the use of fever-reducing medicines.



## Philoptochos News

### Now We're Cookin'!

Thanks to the generosity of our Ladies Philoptochos, we have received a remarkable upgrade for our kitchen in the form of this brand-new grill! After much wear and tear, it was time for the old unit to go. Now, when we return to having events at the church, our volunteers will enjoy this pristine new cooking surface. The Cathedral extends its gratitude to the Philoptochos ladies and to **Paul Sogotis**, who worked together to secure this new appliance through **Thomas Banis**. Καλορίζικο!



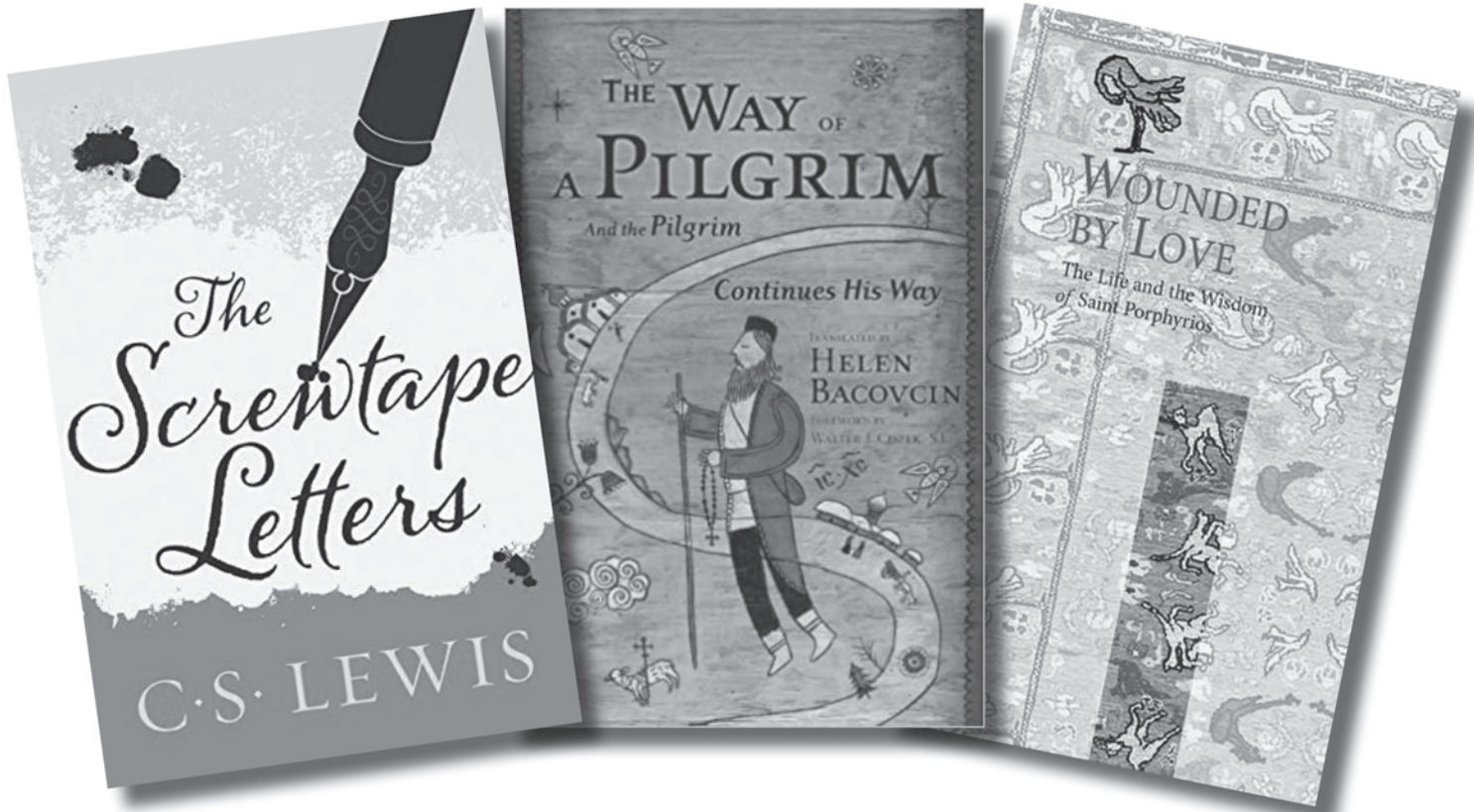
### Paver Project Update: Thank you for Creating "A Walk of Honor"

The 100 pavers which were "adopted" have all been inscribed (or reinscribed, as the case may be). Clustered to the south of the courtyard fountain, just outside the north doors of the new Cathedral, the pavers form "A Walk of Honor." They are available for viewing and reflection. They will no doubt become a focal point, especially as we return to in-person worship. The "adoption" of 100 pavers, to date, is commendable, although we have far to go to meet our goal of having 750 pavers "adopted." Simply put, for a donation of \$2,000, a paver may be inscribed, up to three lines and up to 25 letters and spaces per line. This is not only a good fund raising tool; it's also a way of "connecting" with the rebuilding of the Cathedral. If you are interested in "adopting" a paver, please contact Tom Nuris, Chairman of our Capital Campaign: [tom.nuris@annunciation.org](mailto:tom.nuris@annunciation.org).

### Wisdom from Elder Thaddeus (+2003)

*"We know that the Lord, while in the flesh, was kind to all people, even those who persecuted Him – Him, the Almighty God. He showed us how to avoid evil and not oppose it. He said so Himself [cf. Matt. 5:39]. Not opposing evil means preserving one's inner peace. Opposing evil is evil; it involves a desire to return evil for evil, on which the fallen spirits thrive. However, when they attack us and find that we do not oppose them, then our peacefulness disarms them; and they are defeated.*

*Therefore, we must try to always pray like this: 'Lord, help me to preserve my inner peace, teach me to be calm and peaceful and kind, just like Thine angels.'"*



## Young Adult Book Club

The Young Adults' usual opportunity for gathering is under the setting of our Community Kitchen. However, due to Covid-19 restrictions our Community Kitchen is not currently operable and our Young Adults are unable to gather as they used to. Therefore, we have decided to launch a virtual Young Adult Book Club in the interest of keeping our Young Adults connected during their time apart! A book club gives us a opportunity to learn more about our faith and each other as we will be meeting regularly in an online

platform. At our first meeting we will be catching up and selecting a book to read and our readings will be discussed at each subsequent meeting.

This project is being developed by Andrew Miltiades and Christo Pappademos so please email them if you are interested in helping or joining! Andrew.miltiades@annunciation.org, Christo.pappademos@annunciation.org

**METROPOLIS OF SAN FRANCISCO**  
**YOUNG MARRIED COUPLES**  
 "ESSENTIAL CONVERSATIONS FOR A LIFETIME OF LOVE"



Join us and other couples in our Orthodox community for 1-hour virtual sessions twice a month, in a complimentary series featuring discussions from *Eight Dates* by John Gottman, Ph.D., designed to strengthen your commitment to one another and to God.



**THURSDAYS AT 6:30PM PST**

|            |             |             |            |             |
|------------|-------------|-------------|------------|-------------|
| OCTOBER 15 | NOVEMBER 12 | DECEMBER 3  | JANUARY 7  | FEBRUARY 4  |
| OCTOBER 29 | NOVEMBER 19 | DECEMBER 17 | JANUARY 21 | FEBRUARY 18 |

VISIT EITHER WEBSITE BELOW FOR MORE INFORMATION  
[www.gosyouth.org](http://www.gosyouth.org)  
[www.familywellnessministry.org](http://www.familywellnessministry.org)



YOUTH &  
YOUNG ADULT  
MINISTRIES



Family Wellness Ministry

**Wisdom from Elder Thaddeus (+2003)**

*"When we talk to our fellow men and they tell us about their troubles, we will listen to them carefully if we have love for them. We will have compassion for their suffering and pain, for we are God's creatures; we are a manifestation of the love of God. However, we often consider this a great burden; for we are oppressed by our own cares worries and weaknesses. "*



Our dance groups enjoyed a fun virtual Secret Santa gift exchange and prepa a few days before Christmas. Though they are unable to come together and dance like they are so used to doing each and every year, they are keeping their bonds to each other and to their church alive!

Dear YAL Family,

As 2020 comes to a close, we realize how different this year was without having our beloved YAL Conference. We deeply miss the connections we made, the faith we shared and the memories we created. While we may not be able to be with one another right now, we decided to bring the YAL Conference right to you at home.

The Metropolis of San Francisco YAL Conference is excited to announce the first ever YAL Virtual Conference, taking place **Saturday January 9th** and **Sunday January 10th, 2021!** Join us in the New Year as we reclaim our faith and reunite as one YAL Community. The weekend will be filled with your favorite aspects of YAL – faith, fellowship, worship and service, while adding some unique twists that are only possible through a virtual setting.

Registration is NOW OPEN! Click on the link below to learn more and sign up. There is no required cost to attend, however donations are welcome. Once you register, please make sure to add the invitation to your personal calendar.

<https://cvent.me/ZQ2bzt>





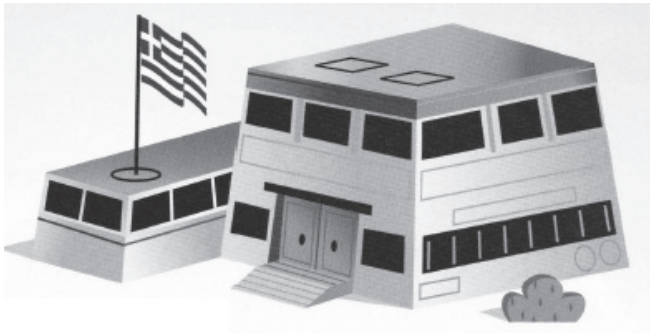
*We are thrilled to have you join us and look forward to seeing you all again soon!*



*"Seek God  
daily. But seek  
Him in your  
heart, not  
outside it."*

*~ St Nektarios of Aegina ~*

[throughthegraceofgod.wordpress.com](http://throughthegraceofgod.wordpress.com)

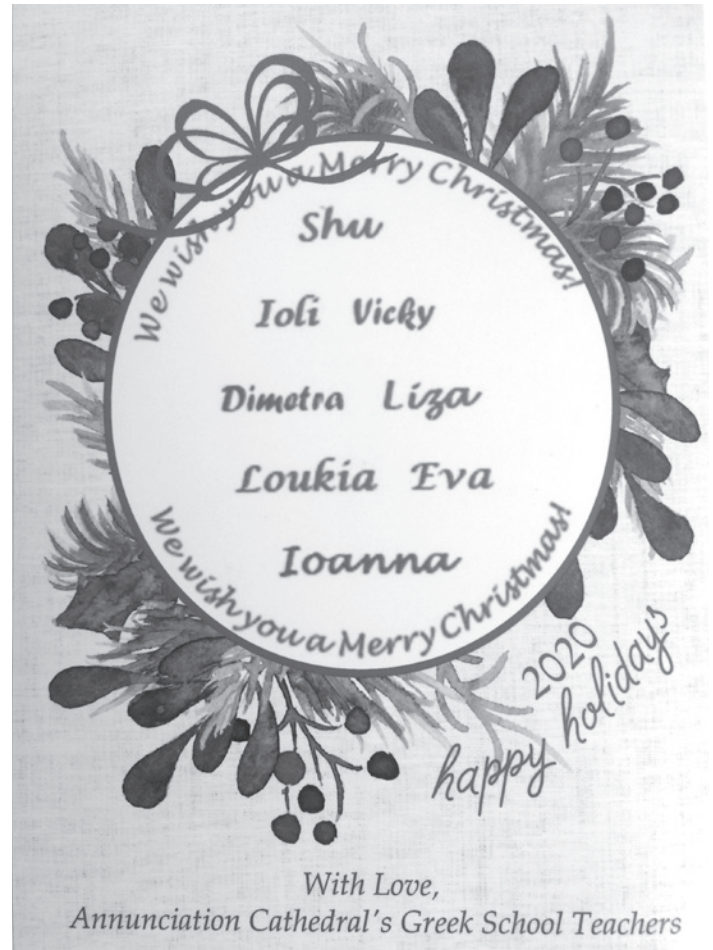


σχολείο, το σχολείο, ένα σχολείο,  
το μεγάλο σχολείο, το σχολείο μου

## Greek School News

Greek school continues to be held online every week and it has proven to be very successful. School will be closed for the holidays for two weeks (December 26 and January 2).

Every year before the Christmas break, we hold a Christmas performance with the entire Greek school community. Now that we are all sheltering-in-place, we were not able to hold the performance this year. However, our Greek school teachers were able to spread some holiday cheer in other ways. Before we went on a 2-week break from Greek school, the teachers acted as Santa's elves, organizing and delivering traditional vasilopitas to each Greek school family. The vasilopitas were sourced from Glyka Sweets, a Greek bakery in San Rafael.



We wish you a merry Christmas and a happy new year!!  
Καλά Χριστούγεννα και Χρόνια Πολλά!

## Sacraments and Services

### FUNERALS

*Jean (Toula) Angelopoulos, who fell asleep in the Lord on December 2, was buried December 10. She is survived by her son, Angelo Angelopoulos and his family and by her daughter, Anna Higuera and her family.*

*Αιώνια ἡ μνήμη! Eternal Memory!*

### CONDOLENCES

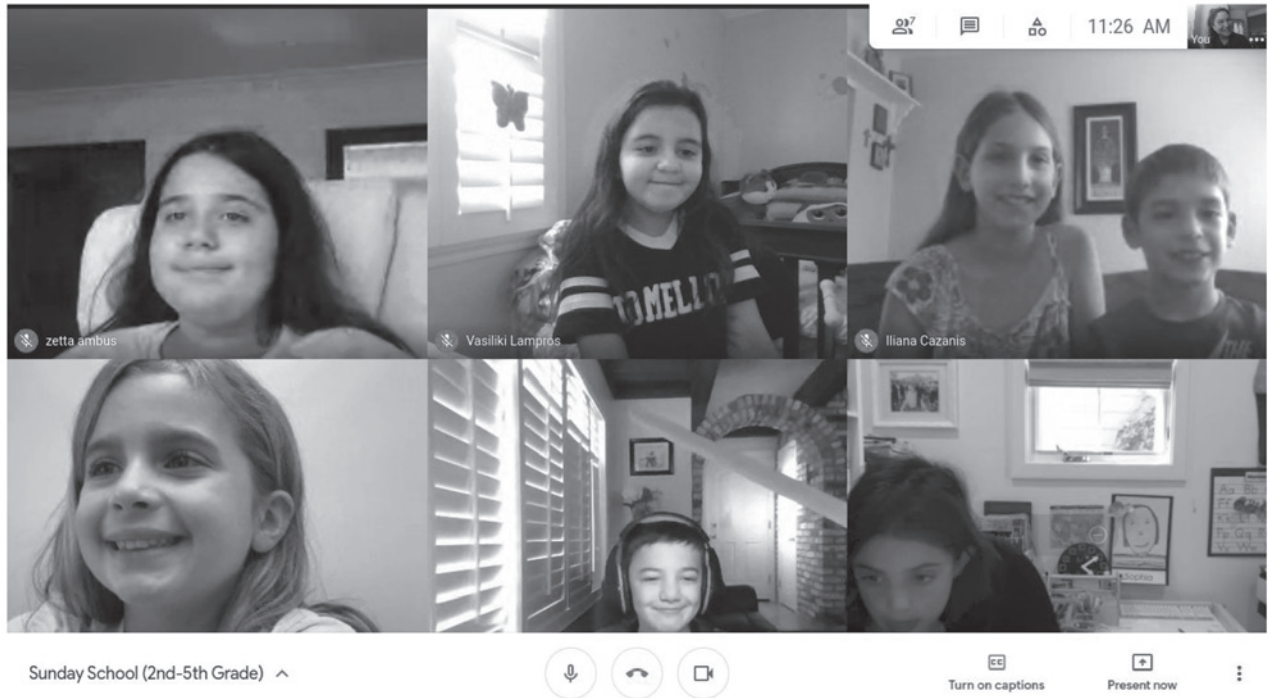
*The Cathedral extends condolences to Alexandra Gumas and John Gumas and family, upon the recent falling asleep in the Lord of Peter Gumas.*

*Condolences to Maro Mavroforakis and her family, upon the recent falling asleep of her father, Emanuel Papadakis. Condolences, as well, to Spiros Papadakis, his brother, and to his family.*

*Condolences to Theodore (Ted) Leventis and his family upon the recent falling asleep in the Lord of his brother Christos Leventis.*

*Condolences to Helen Mountanos and her family, among them Michael Mountanos and his family, upon the recent falling asleep in the Lord of Milton Mountanos.*

*Αιώνια ἡ μνήμη! Eternal Memory!*



**A message from one of our teachers:**

*Sign Your Child Up For Sunday School!*

Although the Sunday School year is already underway, our teachers all extend their invitation to families to still sign their children up for classes! Our new virtual format is a great way for the kids to stay connected to each other and their church during our time apart under Covid restrictions. If you have not signed up your child yet, we strongly urge you to! Please contact Peter Cazanis at [peter.cazanis@annunciation.org](mailto:peter.cazanis@annunciation.org) to get your child (or children) enrolled.



**Virtual Sunday School**

My name is Christina Vasquez and I am a newbie to Annunciation's Sunday School Program as well as the whole virtual aspect of our religious education program. I have about five-plus years of experience working as a Sunday School assistant and then teacher and I have also worked as a counselor at St. Nicholas Ranch for both the in-person and last year with Virtual Camp.

I have always found joy serving the church in any way possible, so when the shut-down happened and it seemed like my opportunity to serve the church was gone, I was offered the opportunity to teach Sunday School. In the beginning, I had the routine nervousness in starting this journey and doing it virtually, but it came almost as an instinct.

Our very first meeting, we were all trying to feel one another out, but again, it was very natural and almost familiar for all of us. After the second week we really did form a family and we set our own schedule as a class and team. Our schedule consists of: an opening prayer, check-in question, gospel reading, Ilyana Cazanis' notes from listening to the live sermon, they share their takeaways from the the gospel, and we wrap up with a closing prayer and a few minutes so the kids can talk among themselves and visit.

The children expressed as did I about how we look forward to the Sunday mornings when we can see each other. Thanks to the input of the kids, we were able to incorporate exciting dance parties, show and tell, fun discussions, and I think what I am most proud of is that the children have taken the initiative to conduct our opening and closing prayers as well as share their notes and takeaways from the gospel and sermon.

I am very proud of what we have created for the children: a safe place that can help them preserve and maintain their belief and continue to grow in their faith even through this trying time. I'm excited to see what is in store for our future adventures!

UNITED GREEK ORTHODOX COMMUNITY OF  
SAN FRANCISCO, THE ANNUNCIATION  
ANNUNCIATION CATHEDRAL  
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Photo provided by our own Kostas Petrakos

*A landmark – the new Annunciation Greek Orthodox  
Cathedral – in the heart of San Francisco*