



ANNUNCIATION CATHEDRAL HERALD



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FEBRUARY/MARCH 2021



The Greek War for Independence was officially declared on March 25, 1821

The new Cathedral, under construction



Bishop Germanos of Patra raises the flag of revolution at the Monastery of Agia Lavra near Kalavrita

200 years of Greek Independence and 100 years of the Annunciation Cathedral

The **Greek War of Independence**, also known as the **Greek Revolution** (Ελληνική Επανάσταση, *Elliniki Epanastasi*; referred to by Greeks in the 19th century as simply the Αγώνας, *Agonas*, “**Struggle**”, or “**Greek Uprising**”), was a successful war of independence waged by Greek revolutionaries against the Ottoman Empire between 1821 and 1830. The Greeks were later assisted by Great Britain, France and Russia, while the Ottomans were aided by their North African vassals, particularly the eyalet of Egypt. The war led to the formation of modern Greece. The revolution is celebrated by Greeks around the world as independence day on 25 March.

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from front page

Greece came under Ottoman rule in the 15th century, in the decades before and after the fall of Constantinople. During the following centuries, there were sporadic but unsuccessful Greek uprisings against Ottoman rule. In 1814, a secret organization called Filiki Eteria (Society of Friends) was founded with the aim of liberating Greece, encouraged by the revolutionary fervor gripping Europe in that period. The Filiki Eteria planned to launch revolts in the Peloponnese, the Danubian Principalities, and Constantinople itself. The insurrection was planned for 25 March 1821 (on the Julian Calendar), the Orthodox Christian Feast of the Annunciation. However, the plans of Filiki Eteria were discovered by the Ottoman authorities, forcing the revolution to start earlier. The first revolt began on 6 March/21 February 1821 in the Danubian Principalities, but it was soon put down by the Ottomans. The events in the north urged the Greeks in the Peloponnese (Morea) into action and on 17 March 1821, the Maniots were first to declare war. In September 1821, the Greeks under the leadership of Theodoros Kolokotronis captured Tripolitsa. Revolts in Crete, Macedonia, and Central Greece broke out, but were eventually suppressed. Meanwhile, makeshift Greek fleets achieved success against the Ottoman navy in the Aegean Sea and prevented Ottoman reinforcements from arriving by sea.

Tensions soon developed among different Greek factions, leading to two consecutive civil wars. The Ottoman Sultan called in his vassal Muhammad Ali of Egypt, who agreed to send his son Ibrahim Pasha to Greece with an army to suppress the revolt in return for territorial gains. Ibrahim landed in the Peloponnese in February 1825 and brought most of the peninsula under Egyptian control by the end of that year. The town of Missolonghi fell in April 1826 after a year-long siege by the Turks. Despite a failed invasion of Mani, Athens also fell and the revolution looked all but lost.

At that point, the three Great powers—Russia, Britain and France—decided to intervene, sending their naval squadrons to Greece in 1827. Following news that the combined Ottoman–Egyptian fleet was going to attack the island of Hydra, the allied European fleets intercepted the Ottoman navy at Navarino. After a tense week-long standoff, the Battle of Navarino led to the destruction of the Ottoman–Egyptian fleet and turned the tide in favor of the revolutionaries. In 1828 the Egyptian army withdrew under pressure of a French expeditionary force. The Ottoman garrisons in the Peloponnese surrendered, and the Greek revolutionaries proceeded to retake central Greece. Russia invaded the Ottoman Empire and forced it to accept Greek autonomy in the Treaty of Adrianople (1829). After nine years of war, Greece was finally recognized as an independent state under the London Protocol of February 1830. Further negotiations in 1832 led to the London Conference and the Treaty of Constantinople; these defined the final borders of the new state and established Prince Otto of Bavaria as the first king of Greece.



The old Cathedral, acquired in 1928 was demolished following Loma Prieta, in 1989. The community was originally established in 1921, was named "St. Sophia," and was located at Hayes and Pierce Streets in San Francisco.



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Reopening the Cathedral to In-Person Worship, Hopefully in Time for March 25

“We have been devastated,” says Father Stephen, as a result of the COVID-19 pandemic, but not destroyed. We have been laid low, but not vanquished.” After a year of upending calamity, from the point of view of public health, as well as institutionally, socially, and societally, we are poised to open to in-person worship as soon as it is safe to do so, hopefully in time for March 25. March 25 is the Great Feast of the Annunciation. It is the feast day of the Cathedral which, this year, is marking its 100th year as a community, as we observe the 200th anniversary of Greek Independence. What a blessing to be able to reopen in this way, to sing doxology of praise to our God, who has protected us through the intercessory prayers of the Holy Theotokos and Ever-Virgin Mary. Our reopening task force will send you specific instructions about access, safety and other protocols. At this time, it is premature for us to plan for any fellowship following the services, but we can tell you that Great Vespers will take place on Wednesday, March 24, at 7:00 p.m. The Divine Liturgy will take place on Thursday, March 25, at 10:00 a.m., preceded by Orthros, at 9:00 a.m. The Doxology will be offered at the conclusion of the Divine Liturgy.



Our Patriarch on the Pandemic

Ecumenical Patriarch Bartholomew: “The pandemic changed our social life, our daily life, our participation in the life of the Church. All this time we are shocked by the sufferings of countless of our fellow human beings and are impressed by the self-sacrifice of doctors and nurses. That is why it is unacceptable, in the face of so many victims and so much pain, to have people who deny the reality of the pandemic, who consider it a fabrication of “various circles.” It is even more provocative when such views are expressed by Christians, often by clergy, who self-proclaim to be defenders of a God of their own. New Testament affirms that whoever does not love man, cannot love God.

They are indifferent to the protection of fellow human beings. The rejection of the mask and all precautionary measures does not arise simply from ignorance but from the necrosis of love within them. Science, when it opens auspicious prospects for the future of mankind, is a gift from heaven. Our faith certainly is not affected when we follow the instructions of experts. Nor do the restrictions on participation in the Services diminish the importance of the Church and what is conducted in it for the life of the faithful. Protective measures are not directed against the Church. They protect the faithful, who, like everyone else, are just as vulnerable to the virus.”

“Of course I will get the vaccine. Besides, I think this is required based on my age. I am close to 81, so I belong to the age group that needs to be vaccinated. But it is not only a matter of necessity or choice, but also a responsibility to fellow human beings. That is why I hope that a large part of the world’s population will soon be vaccinated for the spread of the deadly virus to stop. Of course, until then, we must all strictly observe the protective measures so as not to mourn more victims.”

What you need to know about the Covid-19 vaccine. Information provided by San Francisco Department of Public Health

Each week our Reopening Taskforce member Vivian Curd attends virtual informational meetings regarding the current pandemic. She has kindly provided us with these documents from her meetings:

COVID-19 Vaccine FAQs

About the Vaccine

How do COVID-19 vaccines work?

Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed. This is also called immunity. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with the virus.

To learn more about how vaccines work, see: www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html



Will the vaccine give me COVID-19?

No. There is no live virus in the vaccines, so they can't infect you.

How did they make the vaccine so quickly?

Many pharmaceutical companies invested significant resources into

quickly developing a vaccine for COVID-19 because of the world-wide impact of the pandemic. Both Pfizer and Moderna used similar processes when developing their vaccine. Even though COVID-19 is new, these types of viruses (called coronaviruses) have been studied since the 1960s. This knowledge helped scientists understand the virus to make a vaccine.

How do we really know if COVID-19 vaccines are safe?

The Advisory Committee on Immunization Practices (ACIP) reviews all data before recommending any COVID-19 vaccine.

More than 70,000 people of different ages, races, ethnicities, and medical conditions participated in clinical trials to make sure the vaccines meet safety standards and offer the protections we need.



For more on ensuring the safety of COVID-19 vaccines, see: www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html



Is the COVID-19 vaccine safe for children?

The focus of COVID-19 vaccine development has been on adults. Pfizer's vaccine has been authorized for ages 16 and up. Moderna's vaccine is currently authorized for ages 18 and up.

Will a COVID-19 vaccine alter my DNA?

No. The COVID-19 vaccine has mRNA in it and is not able to change a person's genetic makeup (DNA). The vaccine never enters the nucleus of the cell, which is where our DNA are kept. This means the vaccine does not affect or interact with our DNA in any way.

Do either of these vaccines have mercury, aluminum, or formaldehyde in them?

No. The vaccines that are currently available do not have mercury, aluminum, formaldehyde, or preservatives.

For information on the ingredients of the vaccines, see:



Pfizer-BioNTech COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (Pfizer): www.fda.gov/media/144414/download



Moderna COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (Moderna): www.fda.gov/media/144638/download

Does the vaccine sterilize women?

No. Stories and claims on social media and anti-vaccination websites saying that the vaccine interferes with the formation of the placenta are false. There is no evidence the vaccine would result in sterilization of women.

Getting Vaccinated

When will I get vaccinated?

The federal and state government is overseeing the distribution of the vaccination. Most vaccines are being distributed directly to healthcare providers. Due to the limited amount of vaccine, the state of California developed a prioritization plan for who gets the vaccine when, based on their risk of getting COVID-19.



For more on the priority plan, see: covid19.ca.gov/vaccines/#When-can-I-get-vaccinated

How can I get the COVID-19 vaccine?

Most people will get vaccinated through their healthcare providers.

If you are a healthcare worker, contact your employer.

If you are a Long-Term Care Facilities



(LTCF) resident, contact your caretaker.

In many parts of the state, CVS and Walgreen pharmacies will administer the vaccines to residents in long-term care and staff.

What happens when I get the vaccine?

The vaccines currently available require two shots spaced 3–4 weeks apart. The first shot helps your body recognize the virus and helps prepare your immune system, and the second shot strengthens that immune response.

What happens if I only get 1 shot?

You need both shots to be fully protected. We strongly recommend that you get both shots.

How much does it cost?

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers will be able to charge an administration fee for giving the shot to someone. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

Will I be able to choose which vaccine I get?

No. The vaccine you get will be based on what your provider has available. The Pfizer and Moderna vaccines are almost identical. There are no differences in how well they work or their safety.

Is taking the vaccine mandatory?

No, but you are strongly encouraged to get the vaccine once it's available.

Do I need to have a COVID-19 test before I get the vaccine?

No, you do not need a COVID-19 test before getting a vaccine.

I have allergies. Should I take the vaccine?

CDC recommends that people with a history of severe allergic reactions not related to vaccines or injectable medications—such as food, pet, venom, environmental, or latex allergies—get vaccinated. If you have had a severe allergic reaction to any ingredient in an mRNA COVID-19 vaccine, you should not get either of the currently available mRNA COVID-19 vaccines. If you had a severe allergic reaction after getting the first dose of an mRNA COVID-19 vaccine, CDC recommends that you should not get the second dose.



Is there any reason I shouldn't get the vaccine?

Because of age, health conditions, or other factors, some people should not get certain vaccines or should wait before getting them.

To learn more about who should NOT get the vaccine, see: www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html



Do I have to get a vaccine if I've already had COVID-19?

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Since this virus is new, we don't know how long natural immunity might last. So far reinfection has been rare.

If I'm pregnant or breastfeeding, should I get the vaccine?

According to the CDC, we don't yet have information about how safe it is

for people who are pregnant to get a vaccine for COVID-19. However, they do state that if you are breastfeeding or are pregnant and are part of a group recommended to receive the vaccine, you may choose to be vaccinated. We suggest you talk with your health care provider so you can make an informed decision.

Do I still have to wear a mask after getting the vaccine?

Yes. It's possible for you to spread the virus even after getting the vaccine. The vaccine is designed to stop the virus from making you sick. We don't yet know if the vaccine will stop you from spreading the virus.

Vaccine Effectiveness

Do the vaccines work differently or have different side effects for people of diverse ages, racial backgrounds, sexes, and other differences?

Trial results have shown that the vaccines are safe and work well for adults of all ages, races, genders, and ethnic backgrounds.



How long will the COVID-19 vaccine last?

The research is not complete on this. Further research will tell us more about how long immunity lasts and if people will need more shots in the future.

Can I still get COVID after I get the vaccine?

It's possible. While both vaccines are shown to be highly effective in preventing people from getting sick from the virus (90-95%), you can still get COVID-19 and be sick even if you get the vaccination. Most studies show that most people who get the vaccine, get less sick than those who do not get the vaccine. But until we can vaccinate everyone and because we don't know if the vaccine can stop you from spreading the virus, it's important to continue wearing a mask, avoiding crowds, socially distancing, and washing your hands frequently.

What to Expect After Vaccination

What are the side effects?

The vaccines may cause side effects in some people. For most people, these side effects will last no longer than a day or two.

Possible side effects include:

On the arm where you got the shot:

- Pain, redness, and swelling

Throughout the rest of your body:

- Fever
- Chills
- Headache
- Tiredness
- Joint and body aches

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm

To reduce other symptoms, talk to your doctor about taking an over-the-counter medication such as Tylenol or Ibuprofen.

Side effects are a sign that the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. They do NOT mean you have COVID-19. You can't get COVID-19 from the vaccine. If you have questions about your health after your shot, call your doctor, nurse, health or clinic.

Are there long-term side effects from COVID-19 vaccine?

Because all COVID-19 vaccines are new, it will take more time and more people getting vaccinated to learn about very rare or possible long-term side effects.



Vaccine Planning

When can we get the COVID-19 vaccination?

The state is determining who is getting vaccinated and when. They have outlined a plan based who is most at risk at contracting the virus.

The state has divided vaccine allocation into phases. Currently, California has only defined Phase 1a, which is split into three tiers and covers more than 80,000 people in San Francisco. It includes frontline healthcare workers at highest risk of being exposed to COVID-19 from their job, such as: acute care nurses, doctors, janitors, EMTs, and paramedics. It also includes residents of skilled nursing facilities, assisted living facilities, and similar settings for older or medically-vulnerable individuals.

Who will get the COVID-19 vaccine first?

The state plan for vaccination provides the vaccine to those most at risk of getting the COVID-19 from their job and as well as older or vulnerable people. The plan has been split into phases (1a, 1b, 1c) and within those phases are tiers. San Francisco is currently in Phase 1a. More than 80,000 people in San Francisco are in Phase 1a.

Phase 1a has 3 tiers.

See www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/CDPH-Allocation-Guidelines-for-COVID-19-Vaccine-During-Phase-1A-Recommendations.aspx



Tier 1

- Acute care, psychiatric, and correctional facility hospitals
- Skilled nursing facilities
- First responders (paramedics, EMTs)
- Dialysis centers

Tier 2

- Intermediate care facilities
- Home health care and in-home supportive services
- Community health workers
- Public health field staff
- Primary and urgent care clinics

Tier 3

- Specialty clinics
- Laboratory workers
- Dental and other oral health clinics
- Pharmacy staff not working in settings at higher tiers





Phase 1b is proposed but has not been approved. You can find updates here: covid19.ca.gov/vaccines

1b Tier One:

- Individuals 75 and older
- Those at risk of exposure at work in the following sectors: education, childcare, emergency services, and food and agriculture

1b Tier Two:

- Individuals 65–74 years of age
- Those at risk of exposure at work in the following sectors: transportation and logistics; industrial, commercial, residential, and sheltering facilities and services; critical manufacturing
- Congregate settings with outbreak risk: incarcerated and homeless

Other Links:

There are several safety monitoring systems set up in the US, including:



Vaccine Adverse Event Reporting System (VAERS): vaers.hhs.gov



Clinical Immunization Safety Assessment Project (CISA): www.cdc.gov/vaccine-safety/ensuringsafety/monitoring/cisa/index.html



Vaccine safety datalink: www.cdc.gov/vaccine-safety/ensuringsafety/monitoring/vsd/index.html



“V-safe”: www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html



For additional and updated information about vaccine allocations, visit the California Department of Public Health’s website: www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19Vaccine.aspx



San Francisco Vaccine Information
To learn more about vaccines in San Francisco, visit: sf.gov/covidvaccine



Chapels in the New Cathedral

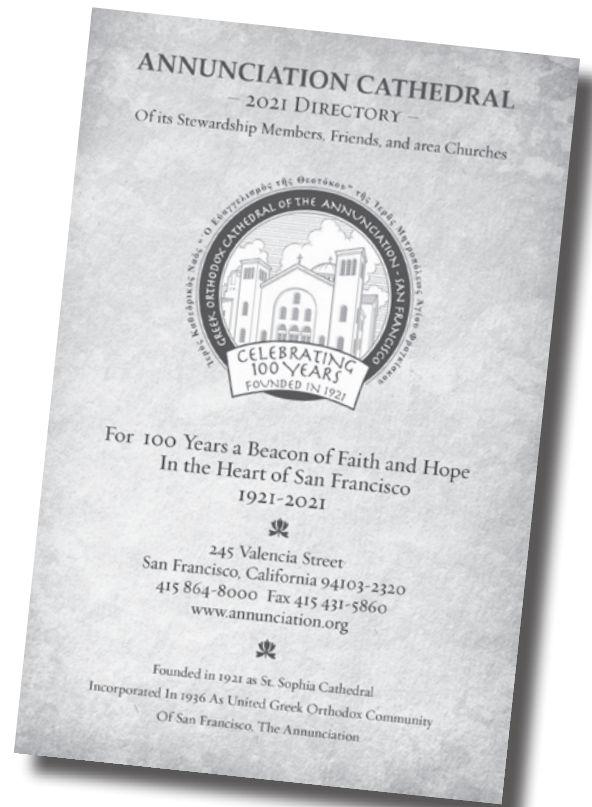
The new Cathedral will feature three side chapels, one along the baptistery, one along the northeast wall and a smaller one along the southeast wall. Please look over the Architects' renderings and try to visualize what is to come. Recently, we were approached by several individuals who expressed an interest in donating one of the chapels. One thing that at-

tracted them was the fact that the donors may name the chapels for a particular saint. If you would like to consider donating one of the chapels, we invite you to speak with Tom Nuris, our Capital Campaign Committee Chairman: tom.nuris@annunciation.org or with Father Stephen: fatherstephen@annunciation.org.



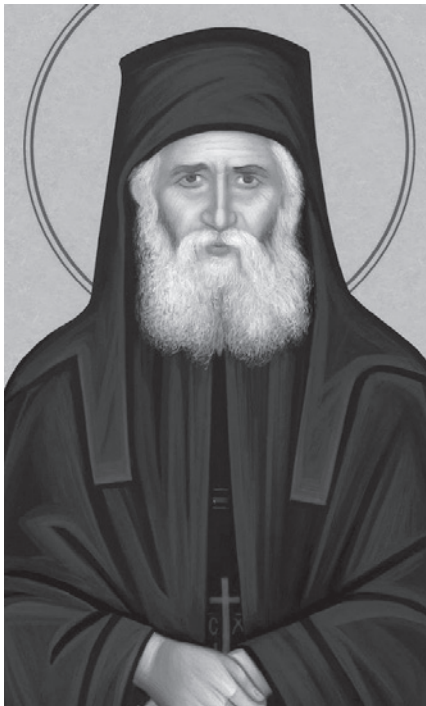
Lighting your Virtual Candles

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, 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. Secondly, due to the overwhelming support we have been receiving through the lighting of your virtual candles, donations under \$25 are being categorized as "Pangari," much the way donations placed in the collection basket prior to the pandemic. Donations of \$25 and above are posted 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.



Directory Coming to You Soon

Our New 2021 Cathedral Directory is currently on its way to you! This directory will list the Cathedral's stewards, friends, and area churches as well. This will be a handy booklet that will help streamline communication among our parishioners. Be on the lookout for yours in the mail!



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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Parish Council Meets, Elects Officers, Names Committees

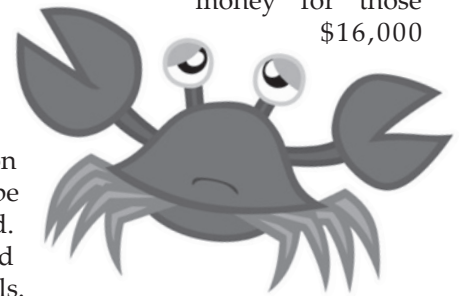
On January 10, following the Divine Liturgy, the Parish Council convened for the purpose of holding election of officers for 2021 and for the purpose of conducting its regularly scheduled monthly meeting. The following officers were elected: President: **Chris Kyriacou**; Vice-President: **Tasso Mavroudis**; Secretary: **Deno Konstantinidis**; Treasurer: **Jim Vorrises**; Assistant Treasurer: **Jim Rakos**. Meanwhile, a new office was created, that of Assistant Secretary: **John Lampros** was elected to this post. Committee assignments were also made; they will appear in the February *Herald*. Congratulations and God speed as our Parish Council continues to work with **Father Stephen** to administer the affairs of our parish. Hopefully, we will hold regular elections for Parish Council members this coming December, preceded by a Parish Assembly, in late October or early November. The Parish Council then formed working committees for 2021 and named committee chairs, as follows: 100th Anniversary - **Paul Sogotis**, Buildings and Grounds - **Paul Sogotis and George Ambus**, Capital Campaign - **Tom Nuris**, City and State Relations (Assembly and other permits: Business License, Secretary of State filings, White Zone, Regulatory Matters) - **Chris Kyriacou**, Construction - **Tasso Mavroudis**, Education Committee (Greek School, Sunday School, Religious Education) - **Peter Cazanis**, Festival - **Deno Konstantinidis**, Festival AdBook - **Deno Konstantinidis**, Hall Management/Rentals - **Jim Vorrises**, Insurance - **Nick Svetcoff**, Protocol - **Paul Sogotis and George Ambus**, School Relations (Millennium School) - **Paul Sogotis and George Ambus**, Stewardship - **Dean Nicolacakis**, Strategic Plan - **John Lampros & Dean Nicolacakis**, Technology - **Peter Cazanis and John Lampros**, Youth - **Manoli Nuris, Andrew Miltiades, and Christo Pappademos**.



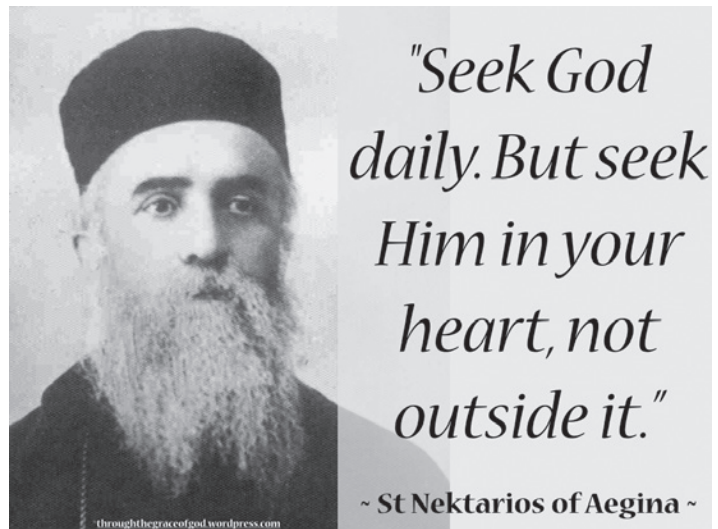
Philoptochos News

The San Francisco Annunciation Cathedral Philoptochos is asking for your help in order to continue and to expand our efforts to assist, give comfort and care to more people in so many more ways.

Inasmuch as we cannot host our annual Philoptochos Crab Feed fundraiser this year, we humbly reach out to you to help us continue to assist those in need by helping us raise money. Not only has the Crab Feed event been canceled, we have not been able to hold any other fundraising activities to raise money for those in need. Let's raise \$16,000 (the net proceeds from last year's Crab Feed) or more for Philoptochos! A donation of any amount will be very much appreciated. Please see the attached donation form for details.



Please consider giving a monetary gift to carry out our mission, which is *when Philoptochos sees despair, we seek to give hope*. Stay well and may God continue to bless you.





To our dearest friends of Philoptochos. We wish you health and a better new year. It has been a difficult and challenging time for us all. Did we ever imagine that this pandemic of unbelievable proportions would impact so many lives, health, events, daily routines, education, finances, and on and on?

The annual Crab Feed fundraiser is our most important event of the year, and as many as 600 people attend the Crab Feed. It is not only popular (it boasts the best Dungeness Crab anywhere); it also provides some \$16,000 in net proceeds, which fund Philoptochos' various philanthropic ministries and causes, such as -

- Heart Disease Awareness
- Kids 'n' Cancer
- Students and Families of our Community Schools
- Helping those in dire financial straits (especially during COVID-19)
- Community Kitchen (Cathedral's feed the hungry program)

Even though we cannot host our annual Philoptochos Crab Feed, we humbly reach out to you to help us continue to assist those in need by helping us raise money. Not only has the Crab Feed event been canceled, we have not been able to hold any other fundraising activities to raise money for those in need. Let's raise \$16,000 or more for Philoptochos! A donation of any amount will be very much appreciated. Please see the donation form below.

We know many of you have given generously to our charities and we greatly appreciate your continued support. With Faith, Love & Hope we Thank You!

Each donors name will be entered into a drawing. There will be four icons from the Life Giving Monastery commissioned by our Philoptochos to be given to the awarded recipients. Drawing Date to be determined.



I wish to be a sponsor at the following level.

\$ 50 plus – **Friend** \$100 plus – **Faith** \$250 plus – **Love** \$500 plus - **Hope**

Please consider making a donation and mail completed form and check payable to Annunciation Philoptochos to:

Annunciation Cathedral Philoptochos, 245 Valencia St., San Francisco, CA 94103

Your donation is tax deductible as we are a 501© non-profit organization – Fed Tax ID# 94-2702215



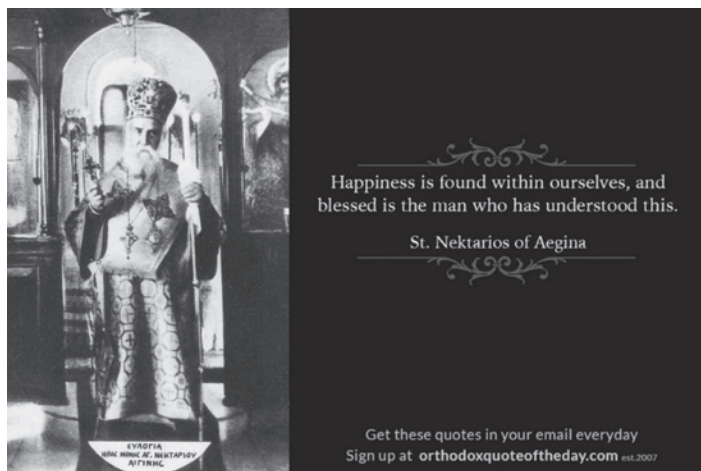
Paver Project Update

The good news is, we have sold 100 pavers, which have all been inscribed. Known as the “Walk of Honor,” the inscribed pavers are located on the courtyard, just outside the north doors of the new Cathedral. As we open to in-person worship, in the following weeks parishioners will have the opportunity to view them. The “adoption” of 100 pavers, to date, is commendable, although we have far to go to meet our goal of having 750 pavers “adopted.” 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.



Stewardship Update

We are pleased to announce that, thanks to your generosity, we were able to meet our stewardship goals for 2020. 2021 is off to a great start. To date, we have received over 200 stewardship pledge cards. Our goal for the year is to surpass 300. So, we need you to make your commitment if you have not already done so. For your convenience, stewardship pledge cards may be downloaded by visiting our web site: www.annunciainon.org. Meanwhile, in the coming days, we will be sending out cards to those of our parishioners who have not pledged to date. As is our custom, we will print an honor roll of stewards for the next issue of the Herald. Your annual stewardship support is vital. Not only does it keep our parish solvent by enabling us to pay our bills, but, more importantly, it connects us to the Church, to our Lord and to one another. If we have learned anything during this COVID-19 crisis is how important our faith is in sustaining us, especially in times of difficulty. Through faith, we are assured that God is with us, as the Psalmist assures us when he writes, “The earth and everything in it, the world and its inhabitants, belong to the Lord” (Psalm 24:1).



Our Kids Meet



Over the holidays, the children of our dance groups enjoyed virtual reunions organized by Director Irene Kyriacou in which they assembled fun Christmas-themed crafts. Pictured here are the dancers of our group, To Mellon. Though we are still under restrictions which keep us from gathering in person, these virtual sessions are a great way for the kids to stay connected to each other!



Our Kids to Meet More Often

Recently our Youth Committee of the Parish Council held a meeting with the leaders of all our various Youth Ministries to plan and develop a new parish-wide program ministering to each age group of youth at the Cathedral. Each week, the Youth Committee will be hosting a gathering (virtually for

now of course) for a specific age group. These virtual sessions will be rooted in one of three focuses: Faith, Culture, and/or History.

It was very enjoyable to gather our leaders from Dance, Sunday School, Greek School, Goya, Basketball, and

Parish Council together to discuss the future of our youth at the Cathedral. May this be the beginning of many fruitful youth programs to come for the future generations. Be on the lookout for more information about these exciting new programs ahead!

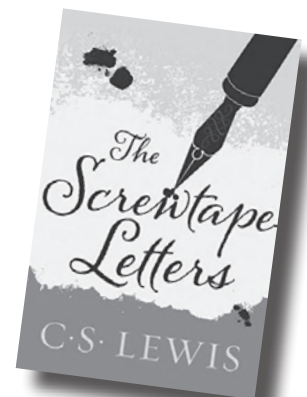
Young Adult Book Club Update: First Meeting Underway!

Last month our Young Adult Book Club met for its first time. About 12 Young Adults came together virtually and decided they would embark on reading C.S. Lewis' *The Screwtape Letters*. This classic work offers tremendous spiritual insight and will undoubtedly be the grounds for many fruitful discussions as the Young Adults will meet monthly to discuss their readings together. Though our first

meeting has already happened, we are more than happy to welcome new-comers along the way!

Please email Andrew Miltiades and/or Christo Pappademos if you are interested in joining!

Andrew.miltiades@annunciation.org
Christo.pappademos@annunciation.org



A LENTEN JOURNEY



METROPOLIS OF
SAN FRANCISCO

TO GREAT AND HOLY PASCHA

Metropolis-wide Youth Religious Education Program



- 11-week virtual youth Religious Education program
- Pre-Kindergarten through 8th Grade
- Lessons will include key themes of the liturgical cycle beginning with the Triodion, continuing into Great Lent, through Holy Week and concluding with Holy Pascha.
- Classes will be held on Zoom every Sunday beginning February 21 from 12:30 p.m. – 1:30 p.m. PST. The last session will be held on Good Friday, April 30.
- Sponsored by the Greek Orthodox Metropolis of San Francisco Christian Education Ministry, in collaboration with the Orthodox Youth Mentorship Program of Saint Demetrios Greek Orthodox Church in Camarillo, CA.
- A team of volunteer teachers will engage students with lessons, activities, and service projects. High school and college students will participate as mentors and activity leaders.
- **Register Today!** There is no cost to attend, but registration is required, prior to Friday, February 5, 2021.

“This is a wonderful opportunity for our youth to participate in insightful lessons, activities and service projects, all designed to enrich their Lenten journey and prepare them for the celebration of the Lord’s Resurrection,” stated His Eminence Metropolitan Gerasimos of San Francisco.

“Our children deserve the best opportunities to be empowered with knowledge on their faith, and especially during these times of ongoing physical separation, this program creates an opportunity to enhance fellowship and friendships from across our Metropolis.”



Christian
Education



For more information visit:

www.religioused.sanfran.goarch.org

or contact Program Coordinator [Maria Tangalos](mailto:mariatangalos@gmail.com) at mariatangalos@gmail.com.

Greek School

We would like to congratulate our students **Yiannis Karasakalidis** and **Charlie Janssens** for successfully passing the A1 Greek proficiency exam!!! Both students took the exam in October 2020.

What is the Certificate of Attainment in Greek?

The Certificate of Attainment in Greek was established in 1998 by the Greek Ministry of Education to confirm one's proficiency in Greek as a second language. The Center for the Greek Language in Thessaloniki, Greece has been assigned the exclusive responsibility for administering the exam. There are six levels of attainment and four skills are assessed: listening comprehension, reading comprehension, writing and speaking. The exams are held once a year and the levels of attainment are A1, A2, B1, B2, C1 and C2. These levels are aligned with the common European framework of reference for teaching foreign languages.

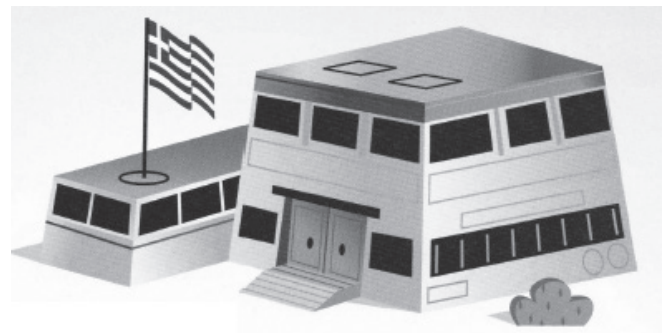
Below some information on our two students:

Charlie Janssens is 13 years old and is in 7th grade at Saint Stephen School in San Francisco. He loves to play basketball and has been playing for Bay City for a few years. He also likes to play golf and soccer. In his free time, he likes to volunteer with his older sister, Dimitra at the SF - Marin Food Bank. He travels to Greece every summer to visit his family.

Yiannis Karasakalidis is 10 years old and has been a student at the Annunciation Cathedral's Greek School since he was 3 1/2 years old! He is a 5th grade student at Los Perales Elementary School in Moraga, East Bay. He loves sports and spending time with his friends. Swimming, tennis, taekwondo and soccer are some of his favorite activities! Yiannis is member of a Greek folk dance group and can't wait to get back to dancing soon! He is learning to play the guitar and is a huge Lego fan!

Greek Letters Day Celebration

Our Greek School participated in this year's celebration of Greek Letters



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

Day celebration, which was held remotely, from the Holy Transfiguration Greek Orthodox Church in Anchorage, Alaska. Congratulations to the students from our Greek School, who participated in this event. Also participating was His Eminence Archbishop Elpidophoros of America and His Eminence Metropolitan Gerasimos of San Francisco. For those of you who may have missed it, place the following into your browser and enjoy; our kids were absolutely great! We're so proud of them.

<https://www.youtube.com/watch?v=M21T8njtbdQ&list=PLLor6n1wHFfAsjDX0o3yOCudg-lexN2Cr&index=4>



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."

Exciting News



One of our Greek school parents, Aspasia Iosifellis, has been nominated by Greek International Women Awards, or "GIWA" in the category of Finance!

There is also another Bay area nominee - Dr. Eva Prionas in the category "Social Sciences". Dr. Prionas is known to us very well as she runs seminars in the Bay area on how to teach the Greek language which many of our teachers attend. Belmont teachers and Finare teachers attend her seminars as well.

Voting is happening this month! For more information and to vote please visit:
<https://greekinternationalwomenawards.com>

Sacraments and Services

FUNERALS

John J. Eliopoulos, Jr. who fell asleep in the Lord on January 4, was buried on January 13. He is survived by his life partner, Eileen P. Roldan, his parents, John & Annette Eliopoulos, his son, Yiannis, and his siblings, Athanasia, Peter & Louie.

Terpsi Varanis, who fell asleep in the Lord on January 15, was buried on January 21. She is survived by her children, Maria Vavuris and Nick Varanis and their spouses and by grandchildren, Andrew and Nicholas Vavuris.

Louis Haras, who fell asleep in the Lord on January 22, was buried on February 2. He is survived by his wife, Panagiota, children, Katerina, Georgia and George, and their spouses and by grandchildren, Iliana, George, Dimitri and Nikolas.

Αἰώνια ἡ μνήμη! Eternal Memory!



Our (Temporarily) Virtual Sunday School!

Our new virtual format has been a great way for the youth to stay connected to each other and their church during our time apart under COVID-19 restrictions. We thank you for signing up for Sunday School. If you would still like to join, please contact **Peter Cazanis** at peter.cazanis@annunciation.org

We cannot wait until we return to in-person Sunday School and see one another in real time. Since we began sheltering in place last March, Freda (Brittany's daughter) has grown so much. She is now a very talkative almost 2 1/2 year old. Since we've been watching church on YouTube for so much of her short life, she now thinks that church is something that takes place on a screen, somewhere between Baby Yoda on the Mandalorian and Baby Shark.

Sunday School is going well, given our present circumstances. Our teachers hold classes for grades PK-1, 2-5, and 6-8, virtually. We hope to resume our high school class, with Kelly Rakos. This second semester would be a great time to do so. There is a link on the Cathedral's web site, www.annunciation.org, to our Sunday School program.

The one regular extra-curricular activity we will hold virtually this year is the Oratorical Festival. The link for the new 2021 Oratorical Festival topics is:

<https://www.goarch.org/documents/32058/3219459/2021+Oratorical+Festival+Topics/534579a2-29af-4107-be75-8591fd236612>

We look forward to seeing our students participate in this time-honored program of our Archdiocese and our Metropolis. We encourage your participation and invite you to let us know by e mailing Brittany, at henderson.brittany@gmail.com, or Christo Pappademos, at christo.pappademos@annunciation.org.

UNITED GREEK ORTHODOX COMMUNITY OF
SAN FRANCISCO, THE ANNUNCIATION
ANNUNCIATION CATHEDRAL
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Architect's rendering of one of the three chapels, which will be incorporated into the New Cathedral. If you are moved to gift one of the chapels, you may speak with Tom Nuris, our Capital Campaign Chair, or with Father Stephen. Donors will be able to name the chapels for their favorite saints.

