



# ANNUNCIATION CATHEDRAL HERALD



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

FEBRUARY 2022

## Meet Your New Parish Council Executive Board



**President: Paul Sogotis,  
Archon Orphanotrophos**

A native son to our community, Paul Sogotis has served the Annunciation Cathedral in many different capacities throughout his life. Now, for the first time, he will serve our community as Parish Council President. Paul brings with him years of experience in various levels of church ministry. As a member of the Metropolis Council, as well as an Archon of the Order of Saint Andrew, Paul is well versed in the life of the Church and we know he will serve our Cathedral well. Axios!



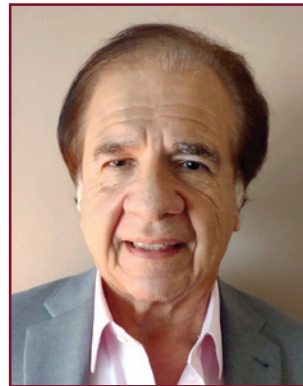
**Vice President:  
Tasso Mavroudis**



**Treasurer:  
Philippos Athanasiades**



**Assistant Secretary:  
Peter Cazanis**



**Assistant Treasurer:  
Jim Vorrises**



**Secretary:  
Deno Konsantinidis**

## Greek School

On Saturday, December 18, 2021 Greek school students and teachers gathered together in the courtyard to sing the traditional Greek Christmas and new year carols. It was a nice way to end the year!

see more about the greek school on page 7



## Our Parish Council Members Being Sworn in for their 2022 Terms



## Temporary Certificate of Occupancy Obtained!

For the better part of two years, we have all been waiting and praying for our garage to finally be open for proper usage. Thanks to the hard work of our Construction Committee led by Chairman **Tasso Mavroudis** and our Construction Managers **Joel Josehart** and **Rob Bernstein**, we have obtained all the necessary signatures from the proper city authorities in order to receive our Temporary Certificate of Occupancy! This certificate allows for Golden State Parking, the company that used to run our valet services on Sundays, to operate and run our garage fulltime. This will result in much more convenient access to the garage on Sundays and particularly during the week. This is a tremendous step for our Cathedral and we applaud the work of our Construction Committee for seeing it through!

## *Parables And Parea*

Recently we began a new program at the Cathedral called "Parables and Parea". Every month Christo Pappademos hosts a virtual meeting with the youth of the parish to discuss parables from the Gospels or hallmark aspects of our Faith and to allow our youth to enjoy fellowship with one another. The sessions will take place virtually for now, but as we continue we look forward to gathering our kids in person for future discussions and *parea* with their church friends. For more information please email Christo at [Christo.pappademos@annunciation.org](mailto:Christo.pappademos@annunciation.org)



THURSDAY, JANUARY 20 @ 7PM EST/4PM PST

OCNLET'S TALK LIVE

Introducing  
**"PATH TO THE PRIESTHOOD"**  
 coming soon to OCN!  
 Why do young men pursue the priesthood and diaconate today?  
 Or more importantly, *why don't they?*

Fr. Chris Metropoulos  
 "Let's Talk Live" Host

Christo Pappademos  
 Host of OCN's  
 "Path to the Priesthood"

**OCN**  
 ORTHODOX CHRISTIAN  
 NETWORK

## Christo to Host New Podcast: Path to the Priesthood

Christo is excited to host a new podcast sponsored by OCN in which he will sit down each week with a young, recently ordained priest or deacon and chat with them about their personal journey to ordained ministry. In recent times, it seems fewer and fewer young men choose to pursue the priesthood as a life path. So Christo would like those who have decided to serve Christ's Church to share their stories, in hopes of inspiring others to realize God's hand and

perhaps even calling in their own lives. As Christ tells us in Matthew 9:37, *"The harvest truly is plentiful, but the workers are few."* Let's see if we can't encourage a few more workers for Christ's harvest!

Stay tuned for more information regarding a schedule and list of guests for Christo's podcast.

## FOLLOW US ON SOCIAL MEDIA

Be sure to follow us on Facebook, Twitter, and Instagram for all Cathedral news and updates at your fingertips:

Facebook:

**Annunciation Greek Orthodox Cathedral**

Twitter handle:

**@annunciationsf**

Instagram handle:

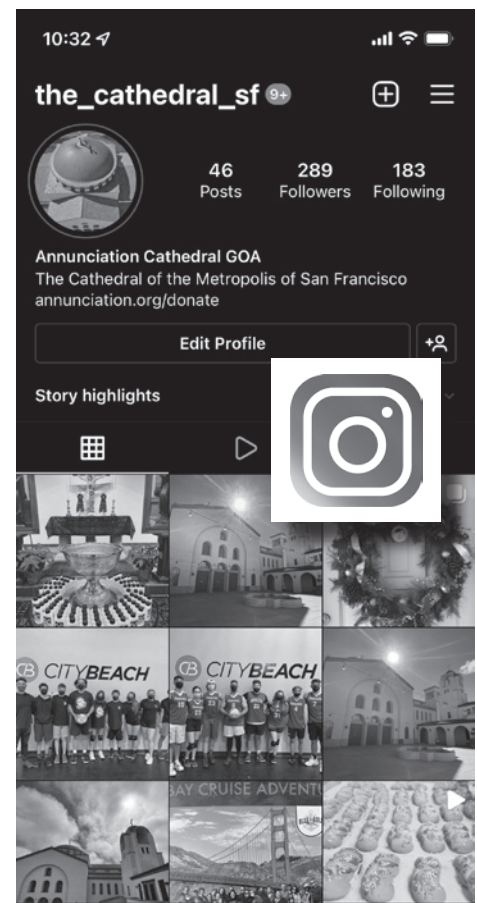
**@the\_cathedral\_sf**



Facebook profile card for Annunciation Greek Orthodox Cathedral. The card features a large 'f' logo, a background image of the cathedral's interior, and the text: "Annunciation Greek Orthodox Cathedral", "@annunciationcathedralsf", and a "Message" button.



Twitter profile card for Annunciation Cathedral San Francisco. The card features a Twitter bird logo, a background image of the cathedral, and the text: "Annunciation Cathedral San Francisco", "@annunciationsf", "Annunciation Greek Orthodox Cathedral in San Francisco", "San Francisco, CA", "annunciation.org", "Joined April 2013", "20 Following", and "145 Followers".



Instagram profile card for the\_cathedral\_sf. The card shows the Instagram logo, a background image of the cathedral, and the text: "the\_cathedral\_sf 9+", "46 Posts", "289 Followers", "183 Following", "Annunciation Cathedral GOA", "The Cathedral of the Metropolis of San Francisco", "annunciation.org/donate", "Edit Profile", "Story highlights", and a grid of story highlights.

The Annunciation Cathedral Ladies Philoptochos  
presents its first...

## **Crab Grab-n-Go**

**February 11<sup>th</sup> & 12<sup>th</sup>, 2022**



**\$75.00**

**1 - tray of Crab (serves 4-5 people)**  
**1 - loaf of Garlic Bread (baking instructions included)**

**Orders and receipt of payment required by**  
**January 31, 2022**

### **Pick up:**

Friday, February 11<sup>th</sup> (from 2pm to 5pm only) and  
Saturday, February 12<sup>th</sup> (from 10am to 1pm only)

For your convenience the parking garage will be open for order pick-up

✂-----✂

**Print Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**\$75.00 x \_\_\_\_\_ number of orders: \$ \_\_\_\_\_**

Order online: [www.annunciation.org](http://www.annunciation.org)

Check Order: Make check payable to Annunciation Philoptochos

Credit Card No: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Zip Code: \_\_\_\_\_ CVV: \_\_\_\_\_

Mail order form with check or credit card information to:

**Annunciation Cathedral, Attn: Crab Feed, 245 Valencia St., San Francisco, CA 94103**

Any questions, call Sophia Makras at 650-784-1775

# Annunciation Cathedral "Adopt an Annunciation Paver"



Create your own custom paver and support the Cathedral

The Annunciation Cathedral "Adopt an Annunciation Paver" Program was initiated in 2018. The community showed a lot of interest and within a few months over 120 pavers were "adopted". By September 2019, most of these pavers had been inscribed.

The Annunciation Pavers are easy to view because they are located in the central Fountain Court area of our Cathedral. There was continued strong interest in this program until the pandemic paused almost all activity at the Cathedral, because during most of 2019 and part of 2020 the Divine Liturgy was being celebrated at the Annunciation Cathedral by Father Stephen Kyriacou, Pastoral Assistant Christos Pappademos and the chanters and was telecast to the community.

Now that the Annunciation Cathedral is again open to worshippers, the "Adopt an Annunciation Paver" Program has been restarted again.

Imagine that these inscribed pavers, which show you and your family's inscription, will be viewed by many parishioners and visitors to the community and future generations for 10, 20, 50, 100 years or more.

The Annunciation Cathedral has revised our initial request that the full \$2,000.00 contribution be made in 1 contribution, with 2 other options, to encourage as much of the community, as possible, to participate, as follows.

- 1 contribution of \$2,000.00
- 2 contributions of \$1,000.00 payable over 1 year
- 4 contributions of \$500.00 payable over 1 year

**WRITE YOUR MESSAGE HERE:**

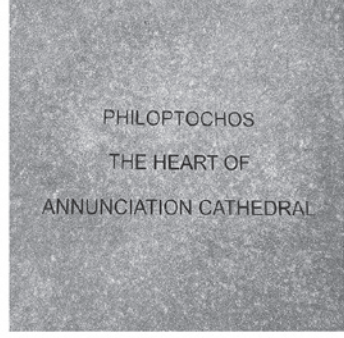
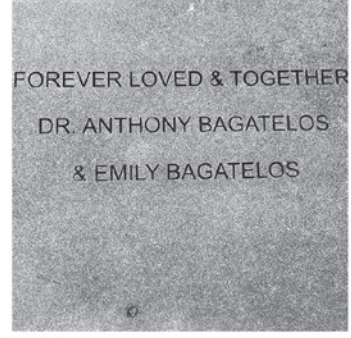
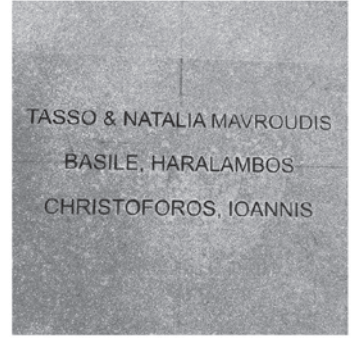

When the full \$2,000.00 contribution is reached, your family's paver will be ordered to be inscribed.

Your inscription may have up to 25 characters and spaces in 3 lines totaling up to 75 characters and spaces. These inscribed pavers are unique and large and measure an amazing size of 2 feet X 2 feet (576 square inches).

*You may use the matrix at the bottom of this page to enter what you want included in your paver.*

Please keep in mind that every letter, space, or comma, is considered 1 character. Please complete and mail with your \$2,000.00, \$1,000.00, or \$500.00 contribution to Annunciation Cathedral Pavers, 245 Valencia Street, San Francisco, CA 94103

If you have any questions about the Annunciation Cathedral "Adopt an Annunciation Paver" Program, please feel free to call Jim Vorrises, Chairman at 650-464-1616



**SAMPLE**

						T	H	E		P	A	P	P	A	S		F	A	M	I	L	Y								
J	O	H	N	,	E	L	E	N	I	,	T	O	M	,	C	A	R	O	L	,	B	O	B							
						W	E		L	O	V	E			T	H	E		A	N	N	U	N	C	I	A	T	I	O	N



## Andrea needs our help to conquer cancer!

Hi! My name is **Andrea (Demetriou) Kalliaras**. My family and I are members of Saint Nicholas Greek Orthodox Church in Wyckoff, NJ. I am 49 years old. My husband Constantinos (Gus) and I are proud parents to two young teens, Sophia and Nikolas.



A few months ago, I received devastating news that I have a rare form of Leukemia that can only be cured by a stem cell transplant. Unfortunately, at this point, the doctors have not found a match for me and so we are praying for the generosity of others and reaching out to our fellow community. My mom, Fannie, is Cypriot, and my dad, John, is Greek and Cypriot. So we are looking for anyone that is of Greek or Cypriot descent. However, on occasion, matches are found between patients and donors of different ethnic groups.



Scan the QR code or go to [www.swab4andrea.com](http://www.swab4andrea.com) to learn how you can help.





On Saturday, December 18, 2021 Greek school students and teachers gathered together in the courtyard to sing the traditional Greek Christmas and new year carols.

To celebrate the holidays, some of the classes worked on arts & crafts projects and other classes recited poems or performed a skit.

*see page 8*

*It was a nice way to end the year!*



*We wished our students and their families good luck in the new year by presenting each family with a pomegranate good luck charm.*



Γούρι (Gouri) means “good luck” or “good luck charm” in Greek. Objects and practices that are considered to attract good luck are part of ancient Greek customs and are seen especially often during New Year celebrations in Greece. Many wear lucky charms that are believed to exorcise evil and attract good luck. The most common symbols for the New Year are the pomegranate (ρόδι), *urginea maritima* (κρεμμύδα) and the Vasilopita coin (φλουρί). These charms can come in the form of bracelets, pendants, keychains and decorative hanging art.

For thousands of years, the pomegranate has been considered as a symbol of fertility, abundance and good luck. The custom of breaking pomegranates inside a new home for good luck dates back to ancient Greece. Breaking a pomegranate is one of the most common New Year’s customs and signifies a good start to the new year.

Ευχόμαστε στις οικογένειές σας  
καλή τύχη για το νέο έτος!

Με εκτίμηση, Ελληνικό Σχολείο  
Εκκλησίας του Ευαγγελισμού της  
Θεοτόκου, San Francisco



## Passed the Exam!

We are also pleased to announce that **Danae Zarbalis** passed the A2 Greek proficiency exam and **Stefanos Zarbalis** passed the A1 Greek proficiency exam. These exams were administered in October 2021.



**Danae Zarbalis** is a tenth grader at Skyline High School in Oakland and her favorite subject is natural science. Her hobbies include Greek dancing, sailing, and Brazilian jiu-jitsu, which she does with her younger brother, Stefanos. Danae also enjoys jewelry making. Her parents are Kostas Zarbalis and Aspasia Papavassiliou.



**Stefanos Zarbalis** is a seventh grader at Edna Brewer Middle School in Oakland and his favorite subjects are math and computer science. His hobbies include Greek dancing, sailing, and Brazilian jiu-jitsu, which he does with his older sister, Danae. Stefanos also enjoys chess and video games. His parents are Kostas Zarbalis and Aspasia Papavassiliou.



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# Sunday School Q&A

## Q&A on Sunday School 2021 - 2022

### **What is the Value of Sunday School, and why do we need Sunday School?**

The Value that Sunday School brings is the understanding of what the child's faith is. It is the time of the week where we 'connect the dots' so to speak, between what is happening in the liturgy and in the faith in a larger context with their life and the lives of the people in the Bible. Including the life of Christ, the life of the Panagia, the lives of the Saints. It's the opportunity for them to ask all of their questions in a place that can provide them answers and show them the places to look for the answers.

We need Sunday School to provide a foundation of education on their faith. We do far more than just provide some coloring page activities as you often see that they take home - the kids that come to our classes learn the connection between the Old and New Testaments, the Old and New Covenant, about pre-Christ temple worship, the meaning of the sacrificial lamb, and many more things.

### **Is Sunday School happening this year in person?**

YES! We resumed in person classes this year at the start of Sunday School on September 26th, 2021.

### **Are we still holding online classes for Sunday School like last year?**

At this time, we moved back to only in-person classes.

### **What time is Sunday School this year?**

Sunday School moved back to the start of Liturgy, as it used to be. So now we are running 10:00 - 10:50 AM to correspond with coming down for Communion.

### **Where is Sunday School located?**

We meet in the upstairs classrooms on the same side of the building as the Chapel. Come up the staircase before reaching the Narthex.

### **We're not certain how many programs our kids will be participating in this year, can we bring them as we are able without enrolling them?**

YES! Your kids are always welcome at Sunday School, no matter how many times they can come in a year. With or without enrollment. However, enrollment helps us to better keep track of how many kids we actually have in Sunday School and better prepare for them with teachers. It also helps us for the annual celebration of graduates in June to keep track of who is graduating.

### **How many teachers / classes does Sunday School have this year?**

We only have 1 class, because there is currently only 1 teacher. We need additional teachers this year on both a

substitute basis and on a permanent basis. The one class running now is all age groups from PK - 12. The Sunday School year runs from late September to the weekend after Memorial Day.

### **My kid feels too old to go to Sunday School, what should I do?**


If your child is now in junior high or high school and feels too old to participate in Sunday School, I would reiterate the importance of having an education in their faith. They will leave the house before too long and be on their own as adults, and if they are going to a secular college or studying a field outside of theology, they likely won't be getting a religious education later on. This is their chance to deepen their understanding of the faith (remember, we do far more than coloring book pages), and their chance to also impart some of their knowledge / experience on the younger children as we are in a mixed age group class this year.

### **How many kids are currently enrolled?**

Currently we only have 7 children enrolled in Sunday School and we want to expand this as kids and families are now coming back to parish life.


### **Do Sunday School teachers / volunteers need to be over 18?**

If you are in high school (or any age beyond) and want to volunteer to help with Sunday School and / or teach, please come talk to Brittany Dhawan or Christo Pappademos.



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



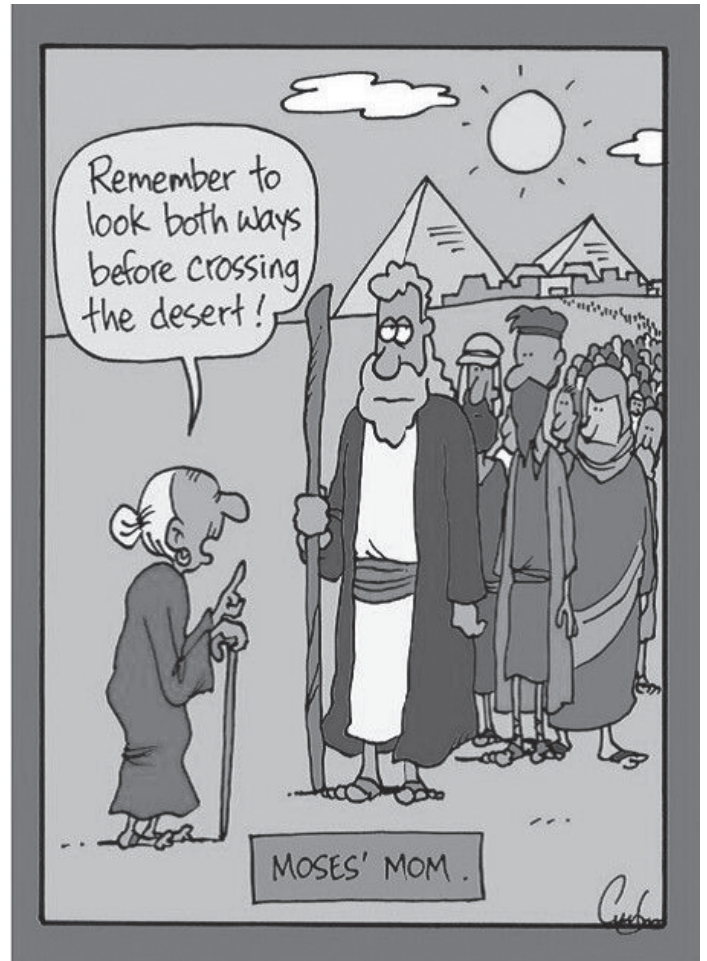
Get these quotes in your email everyday  
Sign up at [orthodoxquoteoftheday.com](http://orthodoxquoteoftheday.com) est.2007

# The Funnies

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Thanks to Shirley Ostrander 01-15-2004  
HOW COME THE WAITRESS GETS 15% AND GOD ONLY GETS 10%?



*Happiness can only be achieved by looking inward & learning to enjoy whatever life has and this requires transforming greed into gratitude.*

– St. John Chrysostom



## Community Outreach/ Diakonia Project

In December, all our dancers came together to work with our Philoptochos in supporting our neighborhood Chavez school during the season of giving. Chavez school is among the neediest in SF, with 10% of the families classified as homeless or housing insecure. We collected \$1,000 in cash and gift cards to give these needy families.



FAITH. DANCE. FELLOWSHIP.

This year's annual Folk Dance Festival (FDF) will be held February 17<sup>th</sup>-21<sup>st</sup> in Phoenix, Arizona. All our groups have been preparing for FDF, however due to the recent surging COVID cases, only our oldest group, Spithes, will be representing the Cathedral this year. They will be performing dances from the Thessaly region of Greece. We look forward to showcasing all our dance groups to our community in the near future!



The cathedral extends condolences to Connie Jouganatos on the recent falling asleep in the Lord of her husband, Spiro Jouganatos.

*Aionia I Mnimi! Eternal Memory!*

The cathedral extends condolences to Peter Cazanis and his family on the recent falling asleep in the Lord of his father, George Cazanis.

*Aionia I Mnimi! Memory Eternal!*

The Cathedral extends its condolences to Martha Klironomos on the falling asleep in the Lord of her mother, Martha Klironomos.

*Aionia I Mnimi! Memory Eternal!*

## *Thank You To Our Outgoing President*

For the past seven years our Cathedral has been served faithfully and vigilantly by Chris Kyriacou. The variety of challenges that comes with serving as Parish Council President for one year, let alone seven, is wide-ranging and unpredictable. We thank Chris for leading the Parish Council through them all and always ensuring the well-being and unity of our Cathedral Community. His service is a testament of his commitment to not only the Annunciation Cathedral, but to Christ and His Church. Bravo on a job well-done Chris, we thank you!

