



## A Message from His Grace Bishop Ioannis

“The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.” - John Chapter 1, Verses 9-13



Each year on Great and Holy Pascha we are reminded of the salvific power of God in the world and in our lives. This salvific power is represented simply, yet beautifully by the candles we light on Holy Friday night and at midnight of the Resurrection Service. The darkened church, illuminated by the light of our candles alone represents a darkened world illuminated by the love of Christ who is the “true light that enlightens every man.”

While this is a beautiful practice we have in our Church, sometimes the focus unfortunately slips from Christ to the candle or light or “φως” specifically. In Greece, people line up on motorcycles during the Anastasi service to receive the φως, then continue on their way. In America many people enjoy the tradition of keeping the φως burning as long as possible, often bringing lit candles or lanterns home in their cars.

But do we put the same effort into keeping the true light, Christ burning in our hearts throughout the year? Do we re-ignite it every Sunday in church? Our Annunciation Cathedral works all throughout the year to offer the light of Christ to all who pass through our doors so that whenever anyone needs the true light in their lives, they can come and receive it.

With this in mind we humbly ask you to consider making your Pascha offering. Your support allows us to continue to spread the light of Christ to all those who need it. We pray you have a blessed Pascha and look forward to welcoming you to our Holy Week services and joining together to triumphantly chant “Χριστός Ανέστη! Christ is Risen!”

## Holy Week & Pascha 2023 Schedule of Services

### April 8: Lazarus Saturday

9:15AM Orthros

10:00AM Divine Liturgy

*Elpida Palm Cross Tying and Youth Retreat*

### April 9: Palm Sunday

9:00AM Orthros

10:00AM - Divine Liturgy

*Philoptochos Palm Sunday Luncheon*

6:00PM - Nymphios (Bridegroom)

*Procession of Nymphios Icon*

### April 10: Holy Monday

6:00PM - Nymphios (Bridegroom)

### April 11: Holy Tuesday

6:00PM - Nymphios (Bridegroom)

### April 12: Holy Wednesday

6:00PM - Holy Unction

### April 13: Holy Thursday

10:00AM - Vespertal Liturgy of Saint Basil

5:30PM - 12 Gospels

### April 14: Holy Friday

*Morning: Epitaphio Decorating*

12:00PM - Royal Hours

1:00PM - Descent From The Cross

6:00PM - Lamentations

### April 15: Holy Saturday

9:30AM - Proti Anastasi, Vespertal Liturgy of Saint Basil

### Paschal Services

**(Saturday Night)** 11:00PM Canon of the Resurrection

11:45 PM Service of the Resurrection,

followed by Divine Liturgy

*Mageritsa Meal to follow*

### April 16: Pascha Sunday

1:00PM - Hierarchical Agape Vespers at

Holy Trinity on Brotherhood Way

*Followed by picnic*



*The Archbishop's visit*

# Pledged Stewards • 2023

*Let 2023 be the year we renew our relationship with God and our Church. Please set aside some time this week.*

Aleck, Demetria  
Aleck, Patricia  
Allen, Maria & Andrew  
Arsinoos, Mariam  
Asimos, Chrisula  
Athanasiaades, Philip & Diala  
Bagatelos, Karen  
Bagatelos, Margarita  
Bagatelos, Michael  
Bagatelos, Peter A.  
Banks, Bradley  
Barlas, Constantine  
Bazgan, George  
Benevity Taptelis, Tom & Helen  
Bissas, Maria  
Boutiette, Mary Ann & Andrew  
Bozionelos, Jim & Florika  
Cheong, Bryan  
Cocoles, Jim & Luba  
Contos, Christopher  
Cruz, John  
Curd, Vivian & John  
Dakis, Mrs. Elli  
Davies, Ethel  
Dekaristos, Evangelos  
Delis, Nicholas & Stephanie  
Destein, Patricia  
Dhawan, Anirudh & Brittany  
Drogitis, Joanne  
Eliopoulos, Mr. John  
Eliopoulos, Louie  
Elite, Dr. Anthony  
Farmas, Demitra  
Fkiaras, Evgenia  
Fotinos, Mr. James F.  
Fragakis, Charalambos & Marianthe  
Franco, Mrs. Helen  
Garibaldi, David & Kathie  
Garibaldi, Nicole & Michael  
Gavallos, Victor D  
Gazulis, Theodore & Christine  
Georges, Alexander C. W.  
Glafkides, Mr. & Mrs. Constantine  
Grampsas, Bonnie  
Haginicols, Leo & Tiffany  
Haralabopoulos, Peter  
Haralambopoulos, Constantine & Eleftheria  
Hernandez, Mr. Jose & Sofia Kleftogionne

Holloway, Vicki Eleni  
Kallas, Mrs. Louise  
Kalligeros, George  
Karsant, Dr. & Mrs. Constantine  
Kastoras, Athanasios & Niki  
Katsanis, Gari  
Kavalaris, James & Joanne  
Konstantinidis, Deno C. & Bella  
Konstantinidis, Taia  
Kontonis, Mr. & Mrs. Nick  
Kosaris, Paul & Irene  
Kosmas, Dimitra & Fanourgiakis, Mike  
Kottas, Angelos  
Koutoulas, Angelo & Victoria  
Koutoulas, Dina  
Koutoulas, Panagiota  
Koutoulas, Pete & Voula  
Kozak, Alexandros & Erin Peterson  
Kratsas, John  
Kyriacou, Mr. & Mrs. Chris  
Kyriacou, Rev. Stephen & Aliki  
Lampros, Mr. John & Magda  
Lawrence, Effie & Stephen  
Lyberopoulos, Bob & Lea  
Makras, Elaine  
Makras, Sophie  
Makras, Thalia  
Manetas, Mr. & Mrs. Peter  
Mares, Kathryn  
Markanton, Helen  
Mastrokyriakos, Christos & Melisa  
Mastrokyriakos, Nikolaos & Anna  
Mattis, Mr. & Mrs. George  
Mavrakakis, Mary  
Mavroudis, Aglaia  
Mavroudis, Tasso & Natalia  
McKnight, Nektarios L.  
Melitas, Irene  
Mellos, Faye & Michael Holland  
Misthos, Michael & Christina  
Moniodis, Stamatios  
Morales, Mrs. Helen  
Morearty, Margaret Fotinos  
Moulas, Vicky A.  
Nager, Perri  
Nashawati, Bashar & Roud  
Nicolacakis, Maria & Dean  
Nicolacakis, Helen  
Nuris, Manoli  
Nuris, Matthew  
Nuris, Thomas & Liberty  
Oliver, Christopher & Elena  
OSSIPOFF, Alexander & Lula  
Panagiotopoulos, Anton & Sotiria  
Panagiotopoulos, Magdalini  
Panagotacos, Dr. Peter  
Panomitros, John & Helen  
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Petros & Nicole  
Papageorgiou, Dr. Sophia  
Papingu, Robert & Alma  
Pappis, Loula  
Parashis, Marion  
Patropulos, Joan  
Pavlakos, Rose  
Petrou, Janis G.  
Pezo, Christine K.  
Piccinini, Pamela

Polyzos, Maria & Jason  
Pope, Agalia  
Pope, Antoinette  
Poulakidas, Dean  
Poulakidas, Jennifer  
Poulakidas, Sakee & Irene  
Poulos, James & Despina  
Rakos, Jim & Kelly  
Rakos, Nicholas  
Ramos, Christopher  
Roberts, Ms. Erica  
Roumeliotes, Valerie  
Sarikakis, Mr. & Mrs. Mike  
Serveta, Vasiliki (Vicky)  
Shu Yeung & Kotsonis, Dr. Peter  
Siouris, Michele Y.  
Skinas, Stavroula & Kosmas  
Sogotis, Mrs. Rose  
Sogotis, Mr. & Mrs. Paul  
Stathopoulos, Mr. & Mrs. Marios  
Stephens, Mr. & Mrs. Peter C.  
Tamaras, Joy  
Tarlson, Mr. & Mrs. Nick G.  
Thomas, Mr. James  
Thompson, Stephanie & Jeffrey  
Tostado, Daniel & Lea  
Tsagaris, Eleni  
Tsagaris, Aphrodite  
Tsfouradis, Helen  
Vafiadis, Mr. & Mrs. Konstantinos  
Vafiadis, Mrs. Irene  
Varanis, Nickolas & Lourdes  
Vardakatsanis, Dimitri & Penelope  
Vavuris, Mr. & Mrs. James & Maria  
Vellis, Aris and Kathy  
Vellis, Costas & Meena  
Verreos, Adrienne  
Vlahos, George V.  
Vorrises, Angelo J.  
Vorrises, Denis J. & Renee  
Vorrises, Louise & James  
Vorrises, Marie & Lukehart, Ryan  
Vorrises, Mr. & Mrs. George  
Vorrises, Stephanie Louise  
Vriheas, Loula  
Wertz, Robert  
Yeilding, Denise  
Yeilding, Kevin  
York, Bessie  
Zarou, Andrew & Evangelia  
Zografos, Judi, Sam & Taso  
Zografos, Mrs. Evanthia

If we mistakenly left your name off the stewardship roster, please contact the church office. This list is through March 15, 2023. God Bless You!

Stewardship goal - 325

Turn in your pledge card to the church or pay on the website directly via paypal or credit card. [www.annunciation.org](http://www.annunciation.org)

# Elpida



On Saturday March 4th, the Elpida Program hosted a Grade School Lenten Retreat for almost one hundred kids from all over Northern California. Elpida welcomed His Grace Bishop John of Phonocea, Father Pete Sotiras of Stockton, Father John Kocola of Marin, Father Nick Metrakos of Holy Trinity San Francisco, Father Niko Bekirs of Castro Valley, Father Neboja Pantic of San Jose who all led educational sessions grounded in the Greek Orthodox Faith. Lessons ranged from prosfora baking, basil planting, kouvouklion construction, and even motor movement and physical activity. Parents enjoyed workshops led by Dina Douvikas, and Sarah

Promsey who are experts in family dynamics. As Lent is a time for almsgiving, 25 hand-tied blankets were made for the UCSF Children's Hospital as a way of giving back to our community. There was truly something for everyone.

Elpida is a youth ministry based out of the Annunciation Cathedral in San Francisco that focuses on building community through faith. This unique ministry was orchestrated by Christo Pappademos and Mia Fanourgiakis.

Christo Pappademos serves as the pastoral assistant at the Annunciation Cathedral. He is a man of great energy, whose vision for our future is dearly admired. Christo values children, and his talents in building youth ministries have become the Cathedral's biggest asset.

Mia Fanourgiakis is a formally trained teacher, who currently serves as a Science Specialist in San Mateo County. She has a masters degree in curriculum development, and is the creator of the Elpida curriculum. She is a mother of 3, and wants her children to have a solid foundation in the Greek Orthodox Faith and culture. She feels strongly that the Greek Orthodox Religious Curriculum needs a more hands-on approach, and needs to align its teachings with the ways that children learn today. She designs all lessons in the Elpida curriculum to be chunked in 15 minute increments to keep children engaged and attentive. She also makes sure that each activity has some type of tactile component of building, engineering or cooking. All lessons are designed to be collaborative so that children can utilize teamwork to build community.



Christo and Mia both feel strongly that all children deserve to feel like they belong to a community. While many of Elpida's families attend different Greek Orthodox parishes throughout Northern California— all are part of the community of the San Francisco Metropolis.

Elpida Retreats are designed to be affordable, inclusive to all families of varying learning needs, and focuses on bringing young children into the faith.

Elpida hosts monthly sessions at the Annunciation Cathedral, and plans to host multi-parish retreats twice a year for the Northern California Metropolis. We are already excited for the next Elpida Retreat on October 14th. We hope you will join us!



## Parish Council. Here to serve during 2023

We look to serving our Annunciation Cathedral community during 2023! Your PC Members for 2023 are: Paul Sogotis: President, Tasso Mavroudis: Vice President, Philippos Athanasiades: Treasurer, Deno Konstantinidis: Secretary, Irene Melitas, Jim Rakos, Nick Rally, Denise Yeilding, Mike Sarikakis, Dean Nicolacakis, George Ambus, Tom Nuris, and Chris Kyriacou.

### Choir

Our Church Choir sings both Greek and English hymns for Sunday Liturgy. Our goal and purpose is to contribute to the spirit of prayer and worship during the service. We also encourage the congregation to join us in singing the unique hymns during the service. The hymns in Greek are written phonetically, so knowing the Greek language is not a requirement.

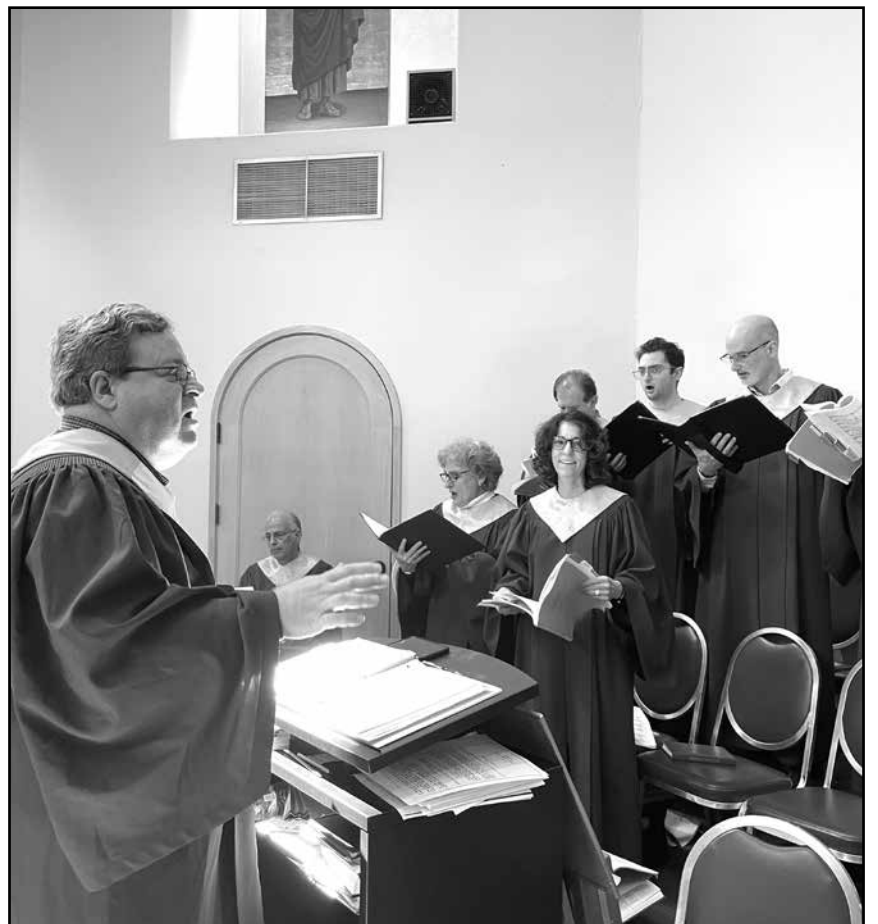
Reading music or previous experience is desired, but not required. The commitment does not mean having to sing every Sunday, as we understand there may be work schedules or other commitments. Come talk with our Director Nick Tarlson or Tom Nuris after Church on Sunday. We look forward to welcoming you to our Choir!

### Altar

Serving in the altar is a wonderful way for our young people to participate in the worship of our church and learn more about our faith. We encourage our youth to participate. For more information, please contact Christo Pappademos at [Christo.pappademos@annunciation.org](mailto:Christo.pappademos@annunciation.org)

### Orthodoxy 101

We provide classes over Zoom for people who are considering converting to Orthodox Christianity and for Orthodox people who want to refresh their knowledge of the faith. Please reach out to **Alex Kozak** at <https://agkozak.com/intro> to learn more.



## Greek School

On Saturday, March 25, Greek school students and teachers celebrated the Feast of the Annunciation and Greek Independence day. The program included the following:

Μάνα μου τα κλεφτόπουλα (song)  
Διπλή Γιορτή (poem)  
Η Ελευθερία (poem)  
Δόξα (poem)  
Ελευθερία (poem)  
Heroines of the Greek Revolution (monologues)  
Όλα για τη λευτεριά (Performing Arts play)  
Greek National Anthem

*We congratulate  
all of our  
students for a  
job well done!!*



## Basketball

While the OYAA basketball season is already underway, we want to encourage more participation as we only have a few teams for Annunciation this season. Church basketball is not only an excellent way to keep your children active but the friendships (Parea!) formed during basketball last for a lifetime!

Basketball is divided into the following divisions:

- Elementary (Boys and Girls): Up to 5th Grade
- Middle School (Boys and Girls): 6th - 8th Grade
- High School (Boys and Girls): 9th - 12th Grade
- Adults: 18 and over

### How can you help?

Coach: We need coaches at all levels

Recruit: Ask your children who else would like to play

OOYA Website: <https://oyaasportscentral.com/>

Please email us at [athletics@annunciation.org](mailto:athletics@annunciation.org)

## Greek Food Festival

After our first return of the San Francisco Greek Food Festival in 2022 since the pandemic, we are very excited to put together an even better Festival for 2023. The dates this year will be September 15th, 16th and 17th.

### How can you help?

- Donations: Please email us if you would like to make a donation.
- Join the Festival Committee: See the Annunciation Calendar for the next meeting.  
□ <https://www.annunciation.org/news/event-calendar/monthcalendar/2023>
- Recruit: Help us both recruit volunteers and encourage all of your friends and family to attend the festival this year. Block your calendars and make it a must to spend all three days with us.
- Cooking: We will be publishing our summer cooking schedule soon

Please email us at [Festival@annunciation.org](mailto:Festival@annunciation.org)

## Community Kitchen

Annunciation Cathedral is looking to restart our Community Kitchen. While plans are still underway and subject to change, we're looking to establish a monthly cadence of every 3rd Tuesday of the month as Community Kitchen night at the Cathedral. More to come soon on this but we're targeting within the next few months to get started again.

### How can you help?

Volunteer: Everyone is welcome to help during the events and we encourage our youth to be involved to give back to the community.

Donations: Please email us if you would like to make a donation.

Please email us at [community.kitchen@annunciation.org](mailto:community.kitchen@annunciation.org)

## Men's Fellowship

We will be hosting our second Men's Fellowship meeting on Thursday March 23rd. Please join us for what is sure to be a wonderful Lenten discussion led by our Metropolis Family Wellness Representative George Papageorge. Our evening will begin with refreshments at 7:00pm, followed by dinner at 7:30pm, and our discussion at 8:00pm. Please RSVP to [Jim.rakos@annunciation.org](mailto:Jim.rakos@annunciation.org) if you will be attending. We look forward to welcoming you!



## ANNUNCIATION GROUPS WIN BIG AT FDF – BRING BACK CATHEDRAL’S 1st SWEEPSTAKES AWARD!

This year’s Folk Dance Festival (FDF) held in Phoenix, Arizona February 16 -19, 2023 was one for the record books. It was the second highest attended FDF with over 3,000 attendees from throughout our Metropolis, including several groups from the East Coast. In a congratulatory letter, Metropolitan Gerasimos wrote: “It is with great joy that I congratulate you on your extraordinary performances and accomplishments at FDF2023! Along with the theme of this year’s FDF, “Rise,” the Cathedral did Rise!”

The Cathedral’s four groups comprised of 56 dancers represented the Cathedral beautifully. **Rizes**, our youngest group (7-9 years old) directed by Penny Vardakastanis, Giana Papavasiliou, and Kallie Lyberopoulos, competed for the first time, performing dances from Peleponissos. They won the 4<sup>th</sup> place medal in the Primary category!

**To Mellon**, our elementary/middle school group (10-12 years old) directed by Irene Kyriacou and Katerina Sarikakis, competed in the Advanced Primary category, performing suites of dances from Epirus and Macedonia. They placed 1<sup>st</sup> in their category, bringing home a gold medal for their performances!

**Revmata**, our middle/high school group (12-15 years old) directed by Katerina Sarikakis and Eleni Taptelis, competed in the Advanced Junior category, performing suites of dances from the Pogoni and Zagori villages in Epirus. They placed 4<sup>th</sup> in their category!

Lastly, **Spithes**, our high school/college group directed by Irene Kyriacou, Lea Lyberopoulos, and Lea Papavasiliou, competed in the Senior category. They performed dances from the Thessaly region, as well as a suite of dances from the Sarakatsan area of Epirus, which has never been presented before at FDF. Spithes won the Sweepstakes award for their performances! It is the highest honor and award a group can receive at FDF, meaning they had the highest cumulative scores not only their category, but their entire division (over 40 groups). Moreover, this was just the second time in FDF’s 46-year history that a group from Senior category was awarded Sweepstakes! Spithes was also received a costume award for their beautiful Sarakatsan Epirotika costumes, handmade in Greece.

We are very proud of all our dancers and directors for all their hard work, commitment, and dedication to keeping our Greek traditions of song and dance alive. Our dancers poured their hearts and souls into their performances, and we couldn’t have asked for more. Their FDF performances are on YouTube and can be found by searching their dance group names with FDF2023. Congratulations to all our groups!

A new dance group of children 4-6 years old is starting and will join our other groups when dance practices resume after Pascha. Please contact [sfgreekdance@annunciation.org](mailto:sfgreekdance@annunciation.org) for more information.





## Feast of the Annunciation

On March 25th we celebrated the Feast Day of our Cathedral. Services were led by His Grace Bishop Ioannis of Phocaea and we welcomed five area clergymen as well. We thank everyone who attended and enjoyed the wonderful luncheon following the Hierarchical Divine Liturgy. Until next year! Και του χρόνου!

## Philoptochos

In recognition of the 2023 Crab Feed, the ladies of Philoptochos would like to thank you all who participated and donated to this successful event. See you next year! We welcome you to participate in all of the Philoptochos activities and events which support our philanthropic endeavors. For more information on how you can join in, please contact Janis Petrou at [janpetrou@yahoo.com](mailto:janpetrou@yahoo.com)



♥♥♥♥ OPPORTUNITY ♥♥♥♥



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Please Contact:

[grace.koutoulas@annunciation.org](mailto:grace.koutoulas@annunciation.org)

**PALM SUNDAY**  
 FAMILY COMMUNITY FRIENDS  
 COFFEE HOUR  
 Hosted by Annunciation Cathedral  
 Ladies Philoptochos  
 APRIL 9, 2023  
*Immediately following Divine Liturgy*  
 Annunciation Cathedral - SF

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*Lady Whistledown's*  
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EXTRAORDINARY PEOPLE. EXTRAORDINARY NEWS

DEAREST READERS,  
THE TOWN IS ABUZZ WITH THE NEWS THAT THE ANNUNCIATION CATHEDRAL'S 61<sup>ST</sup>  
ANNUAL MOTHER'S DAY LUNCHEON AND FASHION SHOW IS BACK.

I AM DELIGHTED TO ANNOUNCE THAT THE DIAMOND OF THE SEASON WILL BE NAMED.  
TAKE YOUR PLACE IN SOCIETY BY JOINING US FOR WHAT SURELY WILL BE THE EVENT  
OF THE YEAR.

ANNUNCIATION CATHEDRAL ~ SAN FRANCISCO  
SATURDAY, MAY 13, 2023  
*MORE DETAILS TO FOLLOW.*

FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT FOULA VASILOGIORGIS  
AT (415) 378-7200 OR EMAIL ANNUNCIATIONMOTHERSDAY@GMAIL.COM