



## Let us love one another

*An article by Archimandrite  
Nikon Koutsidis*

During the Divine Liturgy, just before the recitation of the Creed, the priest urges the faithful:

‘Let us love one another, that with one mind we may confess’.

Confess what? The people reply (through the chanters or choir):

‘Father, Son and Holy Spirit, Trinity consubstantial and undivided’.

In other words, our faith in the one true God, the Holy Trinity.

Therefore, a confession of faith without love isn’t pleasing to God.

At the same time, within the sanctuary, the priests are embracing, kissing each other on the cheek and saying: ‘Christ is in our midst. ‘He is and ever will be’. So He can see that we’re sincere in our expression of love, which is the embrace.

In former times, this embrace was also given outside the sanctuary, between the laity, again as an expression of love.

This relationship of faith in Christ and love is apparent in the life of the saints.

Who had the most vibrant faith in Christ? The saints. This is why they cared nothing about hardships, bodily discomfort, martyrdom or death.

Who had the greatest love for other people. Again, the saints. This is why they became sacrifices for others. Saint Agathon the Ascetic said, ‘I’d like to find a leper, take his ailing body and give him mine’ (Sayings of the Elders, Agathon, 26).



Rafail Georgiadis-ope.gr

But since we’re people who are weak in virtues (and in love!) we’re often swept along by our distress over the hurt someone’s caused us, perhaps by slanders going the rounds about us and we lose our love.

In these cases, let’s apply the advice of the saints, old and new:

If you feel bitter towards anyone who’s hurt you by word or deed, do the following:

1. Every night, in your evening prayers, say: ‘Lord Christ, have mercy (that is, ‘show your love’) first on him or her and then on me’.
2. Praise them with fine words in front of other people.

Then you’ll really find spiritual peace because you’ll be applying Christ’s commandment to imitate Him: ‘Be merciful, even as your Father is merciful’ (Luke, 6, 36).

### SCHEDULE OF SERVICES FOR FEBRUARY 2024

**Friday, February 2**  
Presentation of the Lord  
Divine Liturgy 10am

**Sunday, February 4**  
Isidore of Pelusium  
Orthros 9am,  
Divine Liturgy 10am

**Sunday, February 11**  
Hieromartyr Vlassios  
Orthros 9am,  
Divine Liturgy 10am

**Sunday, February 18**  
Leo Bishop of Rome  
Orthros 9am,  
Divine Liturgy 10am

**Sunday, February 25**  
Tarasios, Patriarch of  
Constantinople  
Orthros 9am,  
Divine Liturgy 10am

# Parish Council Elected Members 2024

## ELECTION RESULTS FOR 2024 ARE AS FOLLOWS:

George Ambus, Philoppos Athanasiadis, Chris Kyriacou, Dean Nicolakakis, Nick Rally, Mike Spachis, and Jim Vorrisses.

*We thank everyone who ran for the board and encourage you to run for 2025!!!*

## ***Our NEW EXECUTIVE BOARD for 2024:***



**President:**  
Paul Sogotis



**Vice President:**  
Tasso Mavroudis



**Treasurer**  
Philippos Athanasiadis



**Asst. Treasurer:**  
Irene Melitas



**Secretary:**  
Deno Konstantinidis



**Asst. Secretary:**  
Mike Spachis

## ***Additional Parish Council Members include:***

(for a total of 15 on Parish Council)



Chris Kyriacou



Jim Rakos



Denise Yeilding



Mike Sarikakis



Nick Rally



Tom Nuris



George Ambus



Dean Nicolakakis



Jim Vorrisses

Your Parish Council is off and running!! Look for a Newly Formed Youth Choir this year!! Looking to Start a Women's Fellowship, Develop more teams in our Basketball program, A Goya Program (Volunteers needed), A Church Bookstore Open Sundays, and more!! We would love to hear from you with more suggestions!!! Perhaps a Senior Group??

*O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.*

Kontakion, Mode 2



PLEASE FILL OUT BOTH SIDES, CUT HERE AND RETURN TO CHURCH.

**ANNUNCIATION GREEK ORTHODOX CATHEDRAL  
2024 STEWARDSHIP COMMITMENT CARD**

Name \_\_\_\_\_ Preferred Number ( ) \_\_\_\_\_  
 Spouse Name \_\_\_\_\_ Cell Number ( ) \_\_\_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Names/ages of dependents \_\_\_\_\_  
 I prefer receiving communications via:  
 Email  Mail  Both

COMMITMENT	2024 STEP UP COMMITMENT	2025 STEP UP COMMITMENT
\$ _____ per week, month, year (circle one)	Committing to an annual increase of _____% until such time as you change your designation	Committing to an annual increase of _____% until such time as you change your designation

Please bill my Mastercard Visa Amex (Circle card.) Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Security Code \_\_\_\_\_  
 Name as appears on card \_\_\_\_\_ Signature \_\_\_\_\_

# Elpida

Happy New Year! We hope that 2024 is off to a great start. Our Elpida board met the first Sunday of January, and we have some important announcements:

The Elpida board and I are deeply grateful for your family's participation in our program. As always, please reach out if you have any questions. Have a wonderful week!

January and February are very busy months for our families, so our board felt it would be best for our first Elpida class of 2024 to be the Sunday of Orthodoxy, which falls on March 24th.

Warmly, Mia

March 30th will be the day of our Lenten Retreat. Last year this event was attended by 100+ students from all over the bay area. The event is important, and I am humbly asking for your participation and support to insure another successful outcome. We need parents to volunteer in these 5 categories: Setup/Clean Up, Food Prep, Decorations, Teachers, and Publicity. More information to come, but in the meantime, mark this event on your calendar! If you were not before, you are all now officially busy on March 30th



I imputed all of these upcoming events on our **Elpida Calendar**. Feel free to link this calendar for your personal use. On this calendar you will see the following important dates:

- March 24th- Elpida Classes, Sunday of Orthodoxy**
- March 30th- Lenten Retreat**
- April 27th- Lazarus Saturday/Palm Folding**
- April 28th- Elpida Classes, Palm Sunday**
- May 19th, Elpida Classes, Pentecost**
- June 2nd, Elpida End of the year picnic**  
(following Divine Liturgy in Courtyard.)



**time & talent**  
Individual stewards should indicate areas of interest with a check (✓).

- |                               |                                  |
|-------------------------------|----------------------------------|
| <b>EDUCATION</b>              | <b>LITURGICAL</b>                |
| ___ Bible Study               | ___ Sanctuary & Altar Care       |
| ___ Religious Education:      | ___ Altar boys / Acolytes        |
| ___ Adult                     | ___ Baking Prosfora              |
| ___ Youth                     | ___ Choir                        |
| ___ Greek School Teacher      | ___ Greeter/Usher                |
| ___ Speakers                  |                                  |
| ___ Bookstore                 | <b>MINISTRIES &amp; PROGRAMS</b> |
|                               | ___ Welcome Team                 |
| <b>YOUTH</b>                  | ___ Stewardship                  |
| ___ Athletic Program          | ___ Sunday Fellowship / Coffee   |
| ___ YAL, GOYA, JOY, HOPE      | ___ Visitation – Hospital        |
| ___ Dance Group               | ___ Visitation – Shut-ins        |
|                               | ___ Community Kitchen            |
| <b>BUILDING &amp; GROUNDS</b> | ___ Food Festival Team           |
| ___ Garden & Landscape        | ___ Philoptochos                 |
| ___ Plumbing                  | ___ Grief Bereavement Group      |
| ___ Electrical                | ___ Disaster Relief Projects     |
| ___ Interior Repairs          | ___ Seniors Ministry             |
| ___ Exterior Repairs          | ___ Men's Fellowship             |
| ___ Hall Rentals              | ___ Women's Fellowship           |
|                               | <b>COMMUNICATIONS</b>            |
| <b>ADMINISTRATION</b>         | ___ Web site & E-mail            |
| ___ Audit Committee           | ___ Bulletin & Newsletter        |
| ___ Fiscal Mgt / Review       | ___ Social Media                 |
| ___ By-Laws                   |                                  |
| ___ Development / Fundraising |                                  |
| ___ Office help               |                                  |
| ___ Computer / IT             |                                  |
| ___ Data Entry                |                                  |
| ___ Legal                     |                                  |
| ___ Security                  |                                  |
| ___ Bookkeeping / Accounting  |                                  |

Any other talents or information on items listed above:

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## About Us

Elpida is a youth ministry that brings children across the Greek Orthodox Metropolis of San Francisco together to build community through faith. At the retreat, children from multiple parishes across Northern California can gather together for an afternoon of community where they will learn about the Greek Orthodox Faith through hands on instruction. Children will be rotating throughout several workshops as they learn foundational concepts of the Greek Orthodox Faith and culture. Lessons will vary in length depending on the age group to keep children engaged throughout the retreat. Our Last Retreat was a huge success. Join us on March 30th!






# Elpida

A Youth Ministry of the Annunciation Cathedral in San Francisco

245 Valencia Street  
San Francisco



### Contact Us For More Info

-  415-864-8000
-  [mia.fanourgiakis@annunciation.org](mailto:mia.fanourgiakis@annunciation.org)
-  [annunciation.org/elpida-lenten-retreat](http://annunciation.org/elpida-lenten-retreat)



**SATURDAY, MARCH 30TH**

## Elpida's Lenten Retreat

**Saints, Sacraments, and Stuffies**

*Building Community through Faith with children in Greek Orthodox Parishes all over Northern California*

**Grades TK-7th**

**Limited Spots!**

## Our Curriculum

*Children will be grouped by age as they travel through a series of rotations focusing on:*

- The Sundays of Lent
- Lenten Saints
- Koliva Making
- Orthodox Church Construction
- Building Stuffies Service Project
- Motor Movement and More!
- We even have a parent workshop, led by Academic Counselor Vivian Tavernakis, for parents who wish to stay on campus!



## Registration Information

Retreat will run from 1:00pm-5:00pm  
At the Annunciation Cathedral  
245 Valencia Street, San Francisco



\$50 per child. Will include donation of completed stuffie for SFPD, all curriculum materials, snacks and pizza dinner

*A safe and nurturing environment for your children*

## Testimonials from Happy Parents

"My child loved the Lenten Retreat! It was organized, well-thought out and even thought about parents. We are excited for the next one!"  
-- Eleni, Parent

"I was really impressed how the majority of Elpida's teachers were educators. This made me really comfortable because my child has some learning differences. I love how all children were included."  
-- Georgia, Parent

"I loved watching the priests lead the lessons. It was nice to come together as a greater community in a non-competitive way. We loved it!"  
-- Tasso, Parent



## Why Choose Elpida?

- ✓ Focuses on our young children and families.
- ✓ Our kids need community now more than ever!
- ✓ Experienced and caring staff of clergy and educators.
- ✓ Programs for physical, social, emotional, and cognitive development.
- ✓ Activities designed to be collaborative to build friendships.
- ✓ Fosters a love of learning that lasts a lifetime!



Register online at:  
[annunciation.org/elpida-lenten-retreat](http://annunciation.org/elpida-lenten-retreat)  
or use the QR code below.



[annunciation.org/elpida-lenten-retreat](http://annunciation.org/elpida-lenten-retreat)



tinue to meet the increasing demands of our ever-changing world. Get involved. Share your time, talents and skills to make a difference in our parish and Greek and local communities. If at the present time your schedule does not allow you to be active, you can still become a member and help us accomplish our missions. We look forward to having you as a member and sharing your ideas.

Please see accompanying form to join or renew your membership. Email Meena Vellis with any questions: [mvellis@comcast.com](mailto:mvellis@comcast.com)

## Philoptochos News

### Calendar 2024

The Annunciation Cathedral Ladies Philoptochos invites you to note its meeting dates and activities over the next couple of months.



February	Annual Philoptochos Membership Drive
March 25	Feast Day of the Annunciation Luncheon



### Vasilopita Coffee Hour and Brunch

On January 14<sup>th</sup> the Cathedral celebrated the annual vasilopita hosted by the Philoptochos. What a wonderful and enduring tradition for our Annunciation family to sit together and cut into the delicious vasilopita to see who will win the coin. Thank you to all that helped organize this event.



### Sanchez School Christmas Gifts

Sanchez Elementary School is among the neediest in San Francisco. Many of the families are classified as homeless or housing insecure and many qualify for free/reduced lunches. With the high cost of housing, food and gasoline, many in the school struggle with basic living needs. Philoptochos supports the students, families and staff by providing school uniforms, supplies and emergency clothing. This past December, with the community's support, we were able to fulfill the Christmas wish lists for 8 families. Each family received between \$500-\$800 dollars in clothing and gift cards. Thank you to those that contributed and provided the means for a brighter Christmas.



### Annual Membership Drive

We are inviting all women 18 years old and over to reflect on the blessings in their lives. We ask for a small annual pledge to support our philanthropic endeavors. Through your donation and participation our Ladies Society will con-



## Men's Fellowship

### Save the Date

Our next Men's Fellowship gathering will take place on Thursday February 29th. Social hour will begin at 6:00 PM. Dinner and program will follow at 7:00 PM. These meetings provide a great opportunity for us to reconnect with our friends, our community, and our faith. If you plan to attend our next gathering, please email Jim Rakos at [jim.rakos@annunciation.org](mailto:jim.rakos@annunciation.org) to RSVP.

## Dance Group

The Annunciation dance program is in full swing, as we double up our practices in preparation for the annual Folk Dance Festival. FDF will take place in Anaheim, CA February 15-19th. Annunciation Cathedral will be represented by four dance groups – Rizes (7 to 9 years old.), Mellon (10-12 elementary/middle school age), Revmata (13-15 Middle school/high school age), and Spithes (16-year-old high school/college age).

Thank you to everyone that came and supported the FDF preview on February 4th. We are blessed to be part of such a supportive community.

Wishing all the dancer's great success at FDF as they travel to Anaheim to represent the Cathedral.

## Community Kitchen

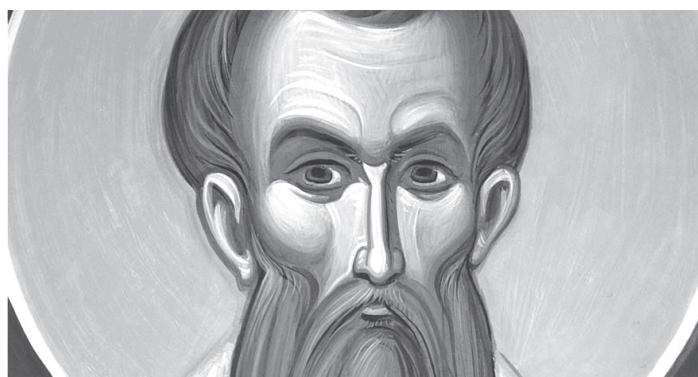
The Community Kitchen is back and has had a successful past two months of service!

We are a ministry organized by the Parish's young adults that addresses a critical demand seen throughout our Mission neighborhood- hunger. We serve quality meals to our brothers and sisters in Christ who are in need of a helping hand. We gather on the third Tuesday of every month. If you are able to volunteer to serve, please sign up with the following link: <https://signup.com/go/KmccLnU>

We will be collecting gently used men's and women's coats to donate to the community. Please drop off items in the designated bin during coffee hour.

For all other donations please contact: [community.kitchen@annunciation.org](mailto:community.kitchen@annunciation.org)

Your support is greatly appreciated!



"AND SO LET US BE GLAD AND BEAR WITH PATIENCE EVERYTHING THE WORLD THROWS AT US, SECURE IN THE KNOWLEDGE THAT IT IS THEN THAT WE ARE MOST IN THE MIND OF GOD."

- ST. BASIL THE GREAT

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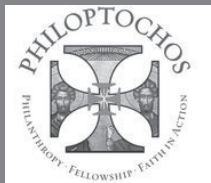
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# Our Dance Group GOOD LUCK AT FDF!







# Membership Form 2024

## San Francisco Annunciation Cathedral Philoptochos

Our 2024 Membership Drive has begun and we invite you to join us!

Philoptochos is the philanthropic arm of the Greek Orthodox Church in America. We are inviting all women 18 years of age and over to support our philanthropic endeavors through your donation and participation. As we continue to meet the increasing demands of our ever-changing world, we are asking you to get involved. Share your time, talents and skills to make a difference in our parish, Greek and local communities.

If at the present time your schedule does not allow you to be active, you can still become a member and help us accomplish our missions. Please note that \$30 of your total pledge (\$50 minimum) covers National & Metropolis Philoptochos dues.

Annunciation Cathedral San Francisco Philoptochos Chapter #4022  
Janis Petrou, Philoptochos President Email: janpetrou@yahoo.com Phone: 603-997-6677  
Meena Vellis, Membership Chair Email: mvellis@comcast.net Phone: 650-678-4773

### Personal Information

Full Name :

Address :

Email :

Phone :

Birth :   
Month/Day

New Member     Renewal

### Pledge Amount:

- \$50 (min)     \$100  
 \$75     \$200  
 Other \$

### Payment Method:

- Cash (drop off at church)  
 Check payable to Annunciation Philoptochos (mail to address below)  
 Credit Card - we will contact you for payment or click QR code

