



The Annunciation Of The Theotokos

By Metropolitan Hierotheos
(Vlachos) of Nafpaktos

The feast of the Annunciation of the Virgin Mary is a feast of the Lord and of the Mother of God (Theotokos). It is a feast of the Lord because Christ was conceived in the womb of the Theotokos. It is a feast of the Theotokos because it refers to the

person who aided in the conception and Incarnation of the Word of God, that is, the All Holy Virgin Mary.

Mary (the Theotokos) has great value and an important position in the Church, precisely because she was the person whom all generations awaited, and she gave human nature to the Word of God. Thus the person of the Theotokos is associated closely with the Person of Christ. Furthermore, the value of the Virgin Mary is not only due to her virtues, but also mainly to the fruit of her womb. For this reason, the Theotokos is very closely associated with Christ. When we speak of Christ we cannot ignore her who gave Him flesh. And when we speak of the Virgin Mary, we simultaneously refer to Christ, because from Him she draws Grace and value. This shows clearly in the service of the Salutations, in which the Theotokos is hymned, but always in combination with the fact that she is the mother of Christ: "Rejoice, for you are the throne of the king. Rejoice for you bear Him Who bears all things".

This connection of Christ and Theotokos shows in the lives of the Saints as well. A characteristic mark of the Saints, who are the real members of the Body of Christ, is that they love the Virgin Mary. It is impossible for there to be a Saint who does not love her.

The Annunciation of the Theotokos is the beginning of all feasts of the Lord. In the dismissal hymn of the feast we chant: "Today is the beginning of our salvation and the revelation of the mystery from the ages..." The content of the feast refers to the Archangel Gabriel's (the angel associated with all events having to do with the Incarnation of Christ) visit to the Virgin Mary (with God's command) informing her that the time of the Incarnation of the Word of God had arrived, and that she would become His mother (see Luke 1:26-56).



The word "annunciation" or "Ευαγγελισμός" is made of two words, good and message, and denotes the good notification, the good announcement. This refers to the information that was given through the Archangel that the Word of God would be incarnated for man's salvation. Essentially this is the fulfillment of God's promise, given after the fall of Adam and Eve (see Gen. 3:15), which is called the proto-evangelion (i.e., the first gospel). For this reason the information of the Incarnation of the Word of God is the greatest notification in history.

SCHEDULE OF SERVICES FOR MARCH 2024

Sunday, March 3

Martyr Eutropios

Orthros 9am, Divine Liturgy 10am

Sunday, March 10

Anastasia the Patrician

Orthros 9am, Divine Liturgy 10am

Sunday, March 17

Alexios Man of God

Orthros 9am, Divine Liturgy 10am

Monday, March 18

First Day of Lent

Apodeipnon 4pm

Wednesday, March 20th

Holy Fathers of St Savva Monastery
Presanctified Liturgy 10am

Friday, March 22

Basil of Ancyra

Salutations 6pm

Sunday, March 24

Sunday of Orthodoxy

Orthros 9am, Divine Liturgy 10am

Great Vespers for the Annunciation 6pm

Monday, March 25

The Annunciation of the Theotokos

Orthros 9am, Hierarchical Divine

Liturgy 10am

Luncheon to follow

Friday, March 29

Mark of Arethusa

Salutations 6pm

Sunday, March 31

Gregory Palamas

Orthros 9am, Divine Liturgy 10am



Pledged List of Stewards for 2024 Thus Far

Dr. George and Tessa Ambus
Demitria Apostolopoulos
Mariam Arsinoos
Athena and Nicholas Arvanitidis
Philip and Diala Athanasiades
Bradley Banks
Constantine Barlas
Maria Bissas
Christopher Contos
Christina Decker
Anastasia Dekaristos
Evangelos Dekaristos
Nicholas and Stephanie Delis
Nicholas and Janine Economides
John Eliopoulos
Mike and Mia Fanourgiakis
Evgenia Fkiaras
George and Sophia Fonti
Shareen and Spiros Fousekis
Charalambos and Marianthe Fragakis
David and Kathie Garibaldi
Theodore and Christine Gazulis
Alexander C.W. Georges
Petros and Maria Giannikopoulos
Paul and Meltem Gikas
Bonnie Grampsas
Katie and Bob Grohs
Constantine and Eleftheria
Haralambopoulos
Jose Hernandez and Sofia Kleftogianne
Vicki Eleni Holloway
Bill Karas
Chris Karas
Saki Kavouniaris
Deno and Bella Konstantinidis
Angelos Kottas
Angelo and Victoria Koutoulas

Pete and Voula Koutoulas
Alexandros and Elisavet Erin Kozak
John and Dwa Kratsas
Chris and Irene Kyriacou
Father Stephen and
Presvytera Alike Kyriacou
Aristotelis Lampros
John and Magda Lampros
Bob and Lea Lyberopoulos
Sophie Makras
Thalia Makras
Peter and Maria Manetas
Helen Markanton
Mary Mavrakakis
Tasso and Natalia Mavroudis
Irene Melitis
Faye Mellos and Michael Holland
Michael and Christina Misthos
Helen Morales
Vicky A. Moulas
Perri Nager
Bashar and Roud Nashawati
Dean and Maria Nicolacakis
Victor Nicolacakis
Dustin and Chrisoula Novo
Matthew Nuris
Thomas and Liberty Nuris
Magdalini Panagiotopoulos
Dr. Sophia Papageorgiou
Robert and Alma Papingu
Penny Pappas-Walsh
Father Angelo and Presvytera
Mary Pappas
Joan Patropoulos
Janis G. Petrou
Pamela Piccinini
Sakee and Irene Poulakidas

Despona Poulos
Jim and Kelly Rakos
Erica Roberts
Alexis Sarantinos
Emilia Sarikakis
Mike and Katerina Sarikakis
Nader and Sawsan Shatara
Rose Sogotis
Paul and Evangelia Sogotis
Marios and Anastasia Stathopoulos
Mr. and Mrs. Peter Stephens
George and Georgia Stratoudakis
Nicholas Svetcoff
Joy Tamaras
James Thomas
Eleni Tsagaris
Aphrodite Tsagaris
Athanasios and Christina Tsiatis
Helen Tsfoudaris
Mr. and Mrs. Konstantinos Vafiadis
Nicholas and Lourdes Varanis
James and Maria Vavuris
Sally Vedros
Aris and Kathy Vellis
Costas and Meena Vellis
Adrienne Verreos
Argyrios Vlasakakis
Angelo J. Vorrises
Denis J. and Renee Vorrises
Louise and James Vorrises
Marie Vorrises and Ryan Lukehart
Mr. and Mrs. George Vorrises
Stephanie and Nanette Vorrises
Denise Yeilding
Bessie York
Andrew and Evangelia Zarou



Well done
good & faithful
servant

Matthew 25:23



Coffee hour represents a wonderful venue for drawing our parishioners together and promoting fellowship each Sunday. And while we've resumed our coffee hour gatherings post-pandemic, many of you have shared that you miss the good old days when there was just a little something to accompany your cup of joe, right? Well...we're excited to announce the launch of our revitalized coffee hour program to include a more complete offering for our parishioners to enjoy!

Here's where you come in...we're calling on all ministries and organizations (and even our parishioners!) to sign up to host one or more coffee hours over the course of the year. We'll supply the coffee/cream/sugar, tablecloths, napkins, uten-



sils – and you supply the goodies (e.g., pastries, donuts, bagels & cream cheese, small sandwiches, fruit/vegetable/cheese platters and assorted dips, or other similar items.)

We're currently seeking hosts for the following Sundays in March: 17th, 24th, and 31st. Please reach out to Irene Melitas (irene.melitas@annunciation.org, or,

925.212.8561) to sign-up and learn more.

A special Thank you to Sophia Kleftogianni for Sponsoring Coffee Hour 2/25/24. A beautiful spread was en-

joyed by many!! And to Mrs. Poulos for all her help with serving!



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 _____

time & talent

Individual stewards should indicate areas of interest with a check (✓).

EDUCATION

- Bible Study
- Religious Education:
 - Adult
 - Youth
- Greek School Teacher
- Speakers
- Bookstore

YOUTH

- Athletic Program
- YAL, GOYA, JOY, HOPE
- Dance Group

BUILDING & GROUNDS

- Garden & Landscape
- Plumbing
- Electrical
- Interior Repairs
- Exterior Repairs
- Hall Rentals

ADMINISTRATION

- Audit Committee
- Fiscal Mgt / Review
- By-Laws
- Development / Fundraising
- Office help
- Computer / IT
- Data Entry
- Legal
- Security
- Bookkeeping / Accounting

LITURGICAL

- Sanctuary & Altar Care
- Altar boys / Acolytes
- Baking Prosfora
- Choir
- Greeter/Usher

MINISTRIES & PROGRAMS

- Welcome Team
- Stewardship
- Sunday Fellowship / Coffee
- Visitation - Hospital
- Visitation - Shut-ins
- Community Kitchen
- Food Festival Team
- Philoptochos
- Grief Bereavement Group
- Disaster Relief Projects
- Seniors Ministry
- Men's Fellowship
- Women's Fellowship

COMMUNICATIONS

- Web site & E-mail
- Bulletin & Newsletter
- Social Media

Any other talents or information on items listed above:



Community Kitchen

Greetings from the Community Kitchen! The deluge of rain over the last month had us worried that our guests would not want to venture in the storms to find a hot meal but oh were we mistaken! While we await our regular food supply from the non profit Free Food to kick in next month, the generosity of Dipak and Kalpana Patel, core volunteers and kindness personified, helped us to prepare a hot roasted chicken and pasta meal with salad, drinks, and dessert for everyone that sludged damply through our doors. We are happy to report we had over 25 guests and gave out over 40

plates to those who braved the storms to join us! Please join us in serving next Month on Tuesday, March 19th at this link: <https://signup.com/go/tQKWadF>

Community Kitchen is held every 3rd Tuesday of the month rain or shine! 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 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 Your support is greatly appreciated!

"Whoever has a bountiful eye will be blessed, for he shares his bread with the poor." Proverbs 22:9

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

🌐 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



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
or use the QR code below.



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



annunciation.org/elpida-lenten-retreat

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
May	11	Mother's Day Luncheon

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 continue 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

Crab Feed

The Philoptochos held their annual Crab Feed on January 26th, and what an amazing turnout it was! The room was filled with over 240 attendees who feasted on salad, garlic bread, pasta, overflowing crab trays, dessert and wine. The commitment of the women and men who volunteered their time to make this day possible was truly remarkable. There is no way to thank them enough for their dedication to this wonderful gathering.

There were over 20 prizes displayed at the raffle table. The success of the raffle was made possible by the thoughtful and excellent gifts donated by the Board Members, local businesses and individuals.

We also want thank all the parishioners, families, friends and neighbors who joined us this year at this fundraising event to support our mission of giving. The proceeds from the crab feed accounts for 80% of the funds raised that are then distributed.

There are over 25 ministries, initiatives and projects nationally and internationally that the Metropolis and National Philoptochos supports in addition to our charitable giving on a local level.

Let all that you do, be done in love. 1 Corinthians 16:14

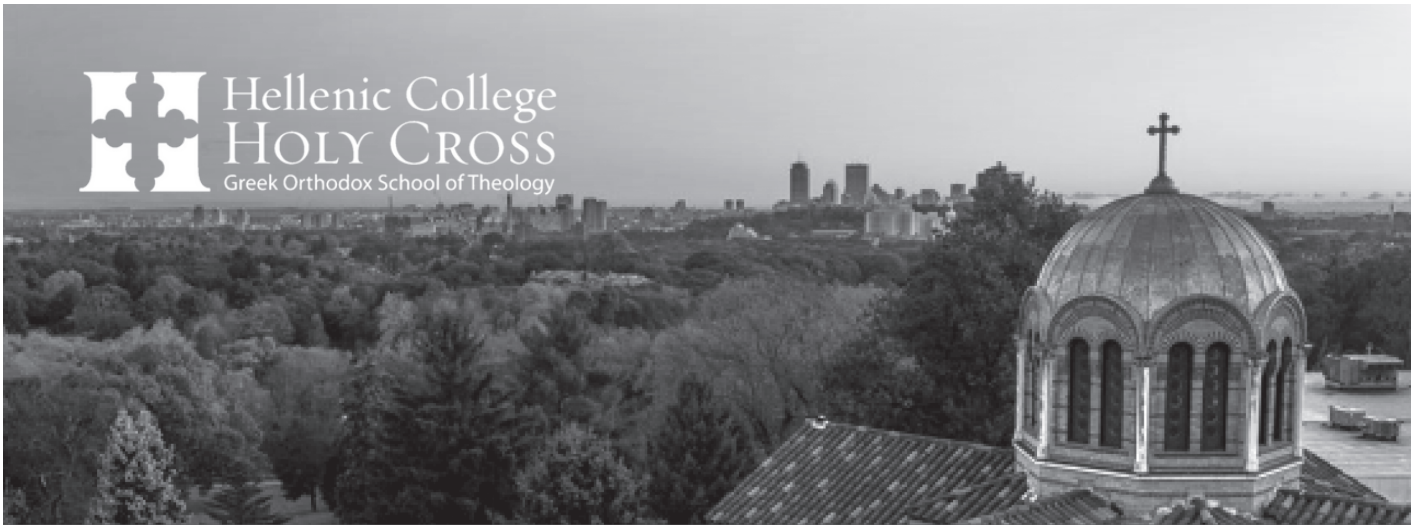


Special Annunciation Icon

An Icon of the Annunciation is being commissioned for our Cathedral. We began this journey for our 100 year anniversary and this project will come to a close March 29th, 2024 and begin the making of these beautiful pieces. The icon depicts Agia Sophia in Constantinople, our Mother Church, as shown in the 1921 seal of the Cathedral, originally named St. Sophia. It also features the Golden Gate Bridge, representing San Francisco. For Orthodox Christians there is added symbolism, as the sea entrance to Constantinople, the Queen City, was also known as the Golden Gate. A limited edition of 150 Icons will be produced. The icons are made of solid, natural limewood (Tilia) which has been prepared by hand, using traditional methods

and organic materials. The background is comprised of 22 Karat gold leaf, meticulously applied by hand to each piece. All of the icons are reproduced in accordance with museum print standards and are authentic replicas of Holy Icons from Mount Athos and elsewhere. Each Icon will be numbered and dedicated to the person or family purchasing it. The price of the icon is \$1,250 and orders are being accepted now.

Please contact Paul Sogotis at paul.sogotis@annunciation.org for more details.



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Dr. Timothy Patitsas, Interim Dean of Hellenic College



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“What makes Holy Cross unique is the same thing that makes Orthodox theology unique. Theology issues forth a life lived in a certain way, and we try follow the pattern of Christian discipleship both intellectually and spiritually. Holy Cross seeks to educate the entire person.”

Rev Dr. George Parsenios, Dean of Holy Cross



CONTACT US

✉ Email us at: admissions@hchc.edu

☎ Call or text: (617) 850-1345

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THE FEAST OF THE ANNUNCIATION LUNCHEON

SAVE THE DATE
MONDAY, MARCH 25, 2024
AFTER CHURCH

MORE DETAILS COMING SOON!