



Fun Facts About Lent

Great lent or the great fast is the preparation before Pascha and Holy Week. Weeks of preparation and the Lenten Triodion preside over the divine services performed for Great Lent. In Middle English, the translation of Lent is spring. The reason the word great is used is to differentiate Lent from other important fasts. Here's more information about it:

Purpose of Great Lent

Great Lent was previously called the pre-Pascha Fast. The original purpose was the fasting of Christian youths getting ready for confirmation and Christian conversions prior to baptism as preparations were made for entering the church. Eventually, Christians began using this time in preparation for the feast symbolizing the Resurrection of Christ. This is a living symbol for the entire life of man.

Structure of Great Lent

Cheesefare Sunday takes place on the first Monday after Forgiveness Sunday. According to John 1:43-51, this is the Sunday of Orthodoxy. Once Meatfare Sunday has passed, all meat is eliminated from the diet. After Cheesefare or Forgiveness Sunday, dairy is also eliminated. This is the beginning of the strict fast observed for Great Lent.

Observing Great Lent

The main characterizations of Great Lent are public and private prayer, abstaining from numerous foods, almsgiving or a gift of goods, food or money and personal improvement. Traditionally, dairy and meat products, oil, wine and fish are not consumed during Great Lent. Some traditions only eliminate vegetable oil and others olive oil.

Strict fasting is generally forbidden for both the Lord's Day and the Sabbath, although oil and wine are acceptable on Saturdays and Sundays. When the

Feast of the Annunciation occurs during Great Lent, observers can enjoy oil, wine and fish on this day. The expectation for Orthodox Christians is an additional concentration on private prayers. Prayers are also said more frequently.

Fasting with Prayer

According to the fathers, fasting without prayer is referred to as the fast of the demons because demons do not pray or eat. On the weekdays, a fast occurs when no celebration is held for the Divine Liturgy. During this time, receiving the Holy Mysteries is especially important. This is called the Liturgy of St. Gregory the Dialogist and the Liturgy of the Presanctified Gifts.

The Liturgy celebration takes place on Wednesdays and Fridays. A vesperal service is held including the distribution of the blood and body of Christ. The Divine Liturgy is celebrated on Saturdays and Sundays as usual. On Sunday, the Liturgy of St. Basil the Great takes place as opposed to St. John Chrysostom. Great Lent is celebrated for forty days including Sundays.

Great Lent officially starts seven weeks prior to Pascha on a Monday. The conclusion takes place on the night of Lazarus Saturday. The following week is called Passion Week, Holy Week or Great Week with fasting continuing until Pascha.

Weekday readings during Great Lent only come from the Old Testament. The focus is placed on Isaiah, Proverbs and Genesis. Holy week follows Great Lent. This precedes Pascha and begins with the week starting with Palm Sunday.

Great Lent is about renewing prayer, devotion, deeds, hearts and minds to conform with the teachings of Christ. This is a time to honor the great commandments of God through prayer and fasting.

Holy Week & Pascha 2024 Schedule of Services

Lazarus Saturday, April 27

10:00AM - Divine Liturgy
Palm Cross Tying To Follow

Palm Sunday, April 28

10:00AM - Divine Liturgy Service
(Orthros - 9:00AM)
Philoptochos Palm Sunday
Reception To Follow

6:00PM - Nymphios
(Bridegroom) Service
Procession of Nymphios Icon

Holy Monday, April 29

6:00PM - Nymphios
(Bridegroom) Service

Holy Tuesday, April 30

6:00PM - Nymphios
(Bridegroom) Service

Holy Wednesday, May 1

6:00PM - Holy Unction Service

Holy Thursday, May 2

10:00AM - Vesperal Liturgy
Service of Saint Basil
5:30PM - 12 Gospels Service

Holy Friday, May 3

9am: Epitaphio Decorating
1:00PM - Descent From The Cross
6:00PM - Lamentations

Holy Saturday, May 4

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

Paschal Services (Saturday Night)
11:00PM Canon of the Resurrection
11:45PM - Service of the Resurrection,
followed by Divine Liturgy
Mageritsa Meal to follow

Pascha Sunday, May 5

12 o'clock Noon - Agape Vespers

Pledged List of Stewards for 2024 Thus Far

Aleck, Demetria	Fanourgiakis, Mike & Mia	Kleinekorte, Mr. & Mrs. Richard
Aleck, Patricia	Fkiaras, Evgenia	Konstantinidis, Deno C. & Bella
Ambus, Anthony & Zetta	Fonti, George & Sophia	Kontonis, Mr. & Mrs. Nick
Ambus, Dr. Antonia	Fousekis, Shareen & Spiros	Kosaris, Paul & Irene
Ambus, Dr. George & Tessa	Fragakis, Charalambos & Marianthe	Kottas, Angelos
Apostolopoulos, Demitria	Garibaldi, David & Kathie	Koutoulas, Angelo & Victoria
Arsinoos, Mariam	Gazulis, Theodore & Christine	Koutoulas, Pete & Voula
Arvanitidis, Athena & Nicholas	Georges, Alexander C. W.	Kozak, Alexandros & Elisavet Erin
Athanasiades, Philip & Diale	Giannikopoulos, Petros & Maria	Kratsas, John & Dwa
Banks, Bradley	Gikas, Paul & Meltem	Kyriacou, Mr. & Mrs. Chris
Bardis, John & Kathleen	Glafkides, Mr. & Mrs. Constantine	Kyriacou, Rev. Stephen & Alik
Barlas, Constantine	Grampsas, Bonnie	Kyriacou, Stelios
Bazgan, George	Grigoropoulos, Costas & Mary	Lampros, Aristotelis
Bissas, Maria	Grohs, Katie and Bob	Lampros, Mr. John & Magda
Boutiette, Mary Ann & Andrew	Haginicols, Leo & Tiffany	Lyberopoulos, Bob & Lea
Cheong, Bryan	Haralambopoulos, Constantine & Eleftheria	Makras, Elaine
Contos, Christopher	Hernandez, Mr. Jose & Sofia Kleftogionne	Makras, Sophie
Dakis, Mrs. Elli	Hillas, Patrick	Makras, Thalia
Davies, Ethel	Holloway, Vicki Eleni	Manetas, Mr. & Mrs. Peter
Decker, Christina	Kallas, Mrs. Louise	Markanton, Helen
Dekaristos, Mrs. Anastasia	Kalligeros, Eleni V.	Mastrokyriakos, Christos & Melisa
Dekaristos, Evangelos	Karas, Bill	Mattis, Mr. & Mrs. George
Delis, Nicholas & Stephanie	Karas, Chris	Mavrakakis, Mary
Dhawan, Anirudh & Brittany	Karas, Kathy	Mavroudis, Georgia
Economides, Nicholas & Janine	Karsant, Katerina	Mavroudis, Michael
Eliopoulos, Mr. John	Kavouniaris, Saki	Mavroudis, Tasso & Natalia
Eliopoulos, Louie		McKnight, Nektarios L.
Elite, Dr. Anthony		Melitas, Irene

Icons and Books for Sale

Icons and Books will be available for purchase every Sunday during Lent in the Narthex. You will find a nice selection for both adults and children. Many items are perfect for Easter Baskets! We have just restocked the Holy Week Books. Hurry while supplies last.



Ministry Sunday to be Held on Palm Sunday!!

Enjoy walking from table to table to see all the Ministries of our Church and learn about each! Walk around and get involved! So exciting to see the growth and the New ministries since last September!! Some of the ministries you will see: Elpida (Youth Religious education), Choir, Philoptochos, Greek School, Greek Folk Dance, Sports, Men's Group, GOYA, JR. GOYA, JOY, HOPE, Stewardship, Community Kitchen, Festival and more!!!



Mellos, Faye & Michael Holland
 Misthos, Michael & Christina
 Montgomery, Mr. and Mrs. Monte
 Morales, Mrs. Helen
 Morales, Mrs. Helen
 Moulas, Mrs. Vasiliki
 Moulas, Vicky A.
 Mouroufas, Tula
 Nager, Perri
 Nashawati, Bashar & Roud
 Nicolacakis, Maria & Dean
 Nicolacakis, Victor
 Novo, Dustin & Chrisula Bissas
 Nuris, Matthew
 Nuris, Thomas & Liberty
 Panagiotopoulos, Magdalini
 Pantages, Mr. & Mrs. Peter
 Papageorgiou, Dr. Sophia
 Papingu, Robert & Alma
 Pappas-Walsh., Penny
 Pappas, Rev. Angelo and Mary
 Patropulos, Joan
 Pavlakos, Rose
 Petrou, Janis G.
 Piccinini, Pamela
 Poulakidas, Dean
 Poulakidas, Sakee & Irene
 Poulos, Despina

Prokopos, Dimitri
 Prokopos, Stavroula
 Rakos, Alexis 1
 Rakos, Anastasia
 Rakos, Jim & Kelly
 Rakos, Nicholas
 Roberts, Ms. Erica
 Sarantinos, Alexis
 Sarikakis, Emilia
 Sarikakis, Mr. & Mrs. Mike
 Shatara, Nader & Sawsan
 Siouris, Michele Y.
 Sogotis, Mrs. Rose
 Sogotis, Mr. & Mrs. Paul
 Spachis, Mike & Vicky
 Stathopoulos, Mr. & Mrs. Marios
 Stephens, Mr. & Mrs. Peter C.
 Stratoudakis, George & Georgia
 Svetcoff, Nicholas
 Tamaras, Joy
 Tarlson, Mr. & Mrs. Nick G.
 Thomas, Mr. James
 Thompson, Stephanie & Jeffrey
 Tsagaris, Eleni
 Tsagaris, Aphrodite
 Tsiatis, Athanasios & Christina
 Tsifouradis, Helen
 Vafiadis, Mr. & Mrs. Konstantinos

Vafiadis, Mrs. Irene
 Varanis, Nickolas & Lourdes
 Vasilogiorgis, Foula
 Vavuris, Mr. & Mrs. James & Maria
 Vedros, Sally
 Vellis, Aris and Kathy
 Vellis, Costas & Meena
 Verreos, Adrienne
 Vlasakakis, Argyrios
 Vorrises, Angelo J.
 Vorrises, Denis J. & Renee
 Vorrises, Louise & James
 Vorrises, Marie & Lukehart, Ryan
 Vorrises, Mr. & Mrs. George
 Vorrises, Stephanie & Nanette
 Yeilding, Denise
 York, Bessie
 Zarou, Andrew & Evangelia
 Zografos, Mrs. Evanthia

If we have mistakenly left your name off the STEWARDSHIP ROSTER, please contact the Church Office. God Bless You!



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 _____ I prefer receiving communications via:
 Email Mail Both
 Names/ages of dependents _____

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

At long last the cavalry arrived for the Community Kitchen in March!

After four months of providing our own food with the help of some generous donations, our non-profit partner, Extra Food, delivered a truck load of Indian food from Curry Up Now on Valencia! Initially shocked at the amount of food

that arrived, our team jumped into action to reheat, organize and get ready to serve to our neighbors! We are pleased to say that we served over forty plates of lamb vindaloo, butter chicken, samosas, salad and more that night! Music theme this month was jazz by the great Ibrahim Maaloo. Come next month and

join us for some good old fashioned volunteering and get an earful of Maria's music corner while you're there!

If you are interested in getting involved and volunteering, please email:

community.kitchen@annunciation.org



Youth Committee

Dear parishioners and friends of the Cathedral,
We're thrilled to announce the revival of our Youth Ministries HOPE, JR. GOYA, and GOYA at Annunciation Cathedral!

The Greek Orthodox Youth of America (GOYA), will be organized into two distinct groups:

- **Jr. GOYA** will be for middle school students and
- **GOYA** will consist of high school students

Program Directors are as follows:

- **Jr. GOYA** (Middle School) will be led by Mia Fournourgiakis
- **HOPE** (Elementary grades) will be led by Natalie Mavroudis
- **GOYA** (High School) will be led by Vicky Spachis.

Please look for communication from our Program Youth Directors and Christo Papaedemos on details pertaining to their Programs specifically. We envision holding these gatherings once a month, with quarterly events open to other parishes, allowing our youth to connect with peers from different communities.

This is a crucial time for our youth to stay connected to their faith and community. With your help, we can create a nurturing environment where they can grow spiritually and build lasting connections.

Through active participation in our cathedral community, we strive to lay a strong foundation of faith, equipping our youth with the necessary tools for their spiritual and communal journey, and empowering them to emerge as resilient leaders for the future.

With that all that being said, the GOYA program is ready to launch their very first activity with a Lenten "Make Your Own Pizza night and a discussion on the significance of fasting during Lent. Please refer to the flyer below for registration details and optional volunteer opportunities. We're eagerly anticipating a delightful evening together!

Sincerely,

Annunciation Cathedral Youth Committee



GOYA 2024 Make Your Own Pizza Night!



JOIN US FOR A GOYA SOCIAL EVENT

- **WHO:** All GOYA (High School) Participants
- **WHAT:** Teachings of Great Lent followed by Creating your own Veggie or Cheese pizzas (reflecting on the significance of fasting for 40 days during Easter).
- **WHERE:** Annunciation Cathedral, San Francisco
- **WHEN:** Friday, April 26, 2024 Beginning at 6:30PM
- **RSVP:** [RSVP Here](#)



Get ready for a fun-filled evening of making new memories, new friendships, Great Lent teachings, taste testing, and so much more!

Philoptochos News



Calendar 2024

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

March	**	Annual Philoptochos Membership Drive
April	**	Easter Bake Sale
May	11	Mother's Day Luncheon

Annual Membership Drive

Our Philoptochos membership drive began in January and is on going. Through this membership Philoptochos has been a beacon of faith, hope and love to all those in need of our services, both spiritually and financially. As members of this national organization we reach out and give solace to those less fortunate in our communities and in the world. This is the great mission of philoptochos. It is "one woman asking another to care." When you join you help meet the mission set so many years ago. In our changing world the needs of those less fortunate are greater and more demanding. Many of you have submitted your membership and we thank you for your prompt response. We need every woman in our Church community to support this important organization in whatever capacity you can give. The faces of philoptochos are many from older to younger women. All are important and all insure our legacy of hope and vision. Be part of a wonderful

group of members that embraces, evolves and gives to others. Join today!

Email Meena Vellis with any questions: mvellis@comcast.com

Easter Bake Sale

This year Orthodox Easter will be held on Sunday, May 5th. As we do every year Philoptochos will be preparing breads, and cookies for our Easter Bake Sale. Keep an eye out for the order forms in April.

ORDER EASTER BAKE SALE ITEMS ONLINE



Mother's Day Luncheon

Philoptochos will be hosting its annual Mother's Day Luncheon on May 11th. A committee is being formed and we are looking for a new format for us to celebrate this special day. Save the date. More information coming.

Scholarships Awarded

Congratulations to the following recipients of the 2024 spring semester scholarships. The candidates are worthy students with excellent grades and showed a commitment to community, faith and devotion to our Greek Orthodox church.

Alexis Rakos

Andrew and Efrosine Vellis Memorial Scholarship
Field of Study: English at UC Berkeley
Parents: Jim and Kelly Rakos

Niko Rakos

Philoptochos Scholarship
Field of Study: Religious Studies at Hellenic College
Parents: Jim and Kelly Rakos

Anastasia Athanasiadi

Philoptochos Scholarship
Field of Study: Political Science and Economics at Chapman University
Parents: Philippos Athanasiades and Diala Batshoun

An invitation to host Coffee Hour!

Coffee hour represents a wonderful venue for drawing our parishioners together and promoting fellowship each Sunday. Earlier in the year we announced the launch of our new invitation-al coffee hour program that provides a more complete offering for our parishioners to enjoy. And our program has been gaining momentum!!!



Here's where you come in...

We're calling on all ministries, organizations, and our parishioners (individually or in teams!) 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, utensils – 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.)

Looking ahead, we're seeking hosts for the following Sundays in May: the 12th, 19th and 26th. Please reach out to Irene Melitas (irene.melitas@annunciation.org, or 925.212.8561) to sign-up and learn more.

COMING SOON – REALM Streamlining Giving for Our Cathedral Community

We're thrilled to announce an upcoming feature that will revolutionize the way we give and manage our church finances: REALM Church Management Software. In the fast-paced world we live in, convenience and accessibility are key, and REALM offers just that and more.

Here's a sneak peek at some of the incredible features that will soon be at your fingertips:

Give from Anywhere: Whether you're at home, work, or on the go, you'll be able to give conveniently using your computer, tablet, or smartphone. No need to worry about finding a check or making a trip to the ATM.

Multiple Payment Options: REALM allows you to give using your Checking/Savings Account or your Debit/Credit Card, providing flexibility and ease of use.

Automated Giving: With the ability to schedule gifts to occur automatically, you can set it and forget it, ensuring your contributions are consistent and reliable.

Allocate Funds Easily: Whether you want to give to one fund or multiple funds, REALM makes it simple and straightforward.

As we prepare to roll out this exciting new feature, stay tuned for more details on how you can start using REALM to support our church's mission and ministries. We believe that this tool will not only streamline our giving process but also empower us to make a greater impact in our community and beyond.

Thank you for your continued support and dedication to our church family. Together, we are making a difference



Men's Fellowship Save the Date

Our next Men's Fellowship gathering will take place Thursday, May 23rd. Social hour at 6pm followed by dinner at 7pm. Please email Jim Rakos to RSVP if you would like to attend. There is no cost.

jim.rakos@annunciation.org



BASKETBALL PROGRAM

The Annunciation Basketball program is underway. This year we have a middle school boys, high school boys and adult basketball teams representing our parish. Next year, we would like to have an Elementary school and a girls basketball team for each division (Elementary, Middle School, High School). We are also looking for coaches so if you have a child that would like to participate, please email athletics@annunciation.org.

The OYAA Schedule is <https://oyaasportscentral.com/>

ALSO - We have been having great success with our Wednesday nights Open Gym program. This is pick up basketball for adults. The group starts at 8 pm on Wednesdays and play full court basketball until 9:30 or 10 pm. This is open to all parishioners and guests. Feel free to email athletics@annunciation.org if you would like to attend.

UNITED GREEK ORTHODOX COMMUNITY OF
SAN FRANCISCO, THE ANNUNCIATION
ANNUNCIATION CATHEDRAL
245 VALENCIA STREET, SAN FRANCISCO, CA 94103-2320

NON-PROFIT ORG.
U.S. POSTAGE PAID
SAN FRANCISCO, CA
PERMIT NO. 1734

