

Sacraments & Services

BAPTISM

Sarah Marie Greco, daughter of **John Greco** and **Patricia Ann Mosher**, was baptized at the Cathedral on August 30. Her sponsors are Ramsey Kubein and Muna Naber.

WEDDING

The marriage of **Petros Athanasios Papageorge** and **Nicole Marie Balian** was blessed at the Cathedral on September 12. **S. Christopher Kyriacou** is their sponsor.

Na mas Zisoun! (Long life!)

FUNERALS

Frances (Vidal) Stuart, who fell asleep in the Lord on August 28, was buried on September 2. She is survived by her sons, **Peter G.** and **Anthony Colla**, daughter-in-law **Claudia** and brother, **Marco Vidal**.

Aionia I Mnimi! (Eternal memory!)



Prayer is the strength of the body,

The prosperity of the household,

The good order of the city,

The might of the Kingdom,

The victory in war, the se-

curity in peace,

The unity of those divided,

The constancy of those united.

*Saint Gregory of Nyssa
Fourth Century*

OCTOBER 2009

PAT ALECK, GUS VOUCHILAS SELECTED AS SPIRIT OF STEWARDSHIP AWARD RECIPIENTS

The Metropolis of San Francisco has established a "Spirit of Stewardship Awards" banquet honoring the faithful stewards of the Metropolis, on the occasion of the Feast Day of St. Gerasimos. The event will take place at the St. Nicholas Greek Orthodox Church Parish Hall, 60 Davis Street, San Jose, CA on Saturday, October 10, beginning at 6 p.m., with a cocktail reception and silent auction, and continuing with dinner and the program at 7 p.m. The parishes of the Metropolis were asked to name two individuals who embody the spirit of stewardship. The Annunciation Cathedral has named Patricia Aleck and Gus Vouchilas, past Stewardship Committee Chair and current Stewardship Committee Chair, respectively, of the Cathedral. A brief write-up about both appears below. Parishioners of the Cathedral are encouraged to attend the celebration and honor Pat and Gus for their service, along with His Eminence Metropolitan Gerasimos of San Francisco, on the occasion of the Feast Day of his Patron Saint. The donation is \$75 per person. Tables of ten are available. For reservations and additional information, please contact Terry Kylan at 408 365-0774.



GUS VOUCHILAS

Gus Vouchilas began his service to the Annunciation by serving as an acolyte. His eight years of service in the altar helped guide his future years at the Cathedral. As a teen, Gus joined GOYA and became involved in its youth activities.

In later years, Gus served on the Annunciation cooking committee which prepared and delivered monthly meals to a local home which houses those less fortunate. Years later, Gus helped launch Community Link, a Cathedral organization which continues to provide caring hearts to parishioners in need.

Since 2004, Gus has served on the Parish Council of the Annunciation. While on the Council, Gus embraced Stewardship by beginning his service through chairing the committee and working on Stewardship communication, administration, Stewardship Sunday events, and the Cathedral Godparent Sunday event. He has been dedicated toward developing a Stewardship program which provides a strong infrastructure and which parishioners are proud to support.

Most recently, Gus has joined the faculty of Sunday School where he continues to enjoy teaching the 7th and 8th grade students.



PATRICIA ALECK

Pat Aleck and family have been long time and devoted Parishioners of the Annunciation Cathedral Family. A graduate of Lowell High School and San Francisco State University, where she obtained her Master's degree and Teaching Credential, she started a career in the education field serving in many areas of the educational environment until her retirement. Following her family's example of contribution and example she began her service to the Cathedral by first teaching in the Sunday School Ministry for a number of years. She has served in many areas of the Church life including terms as Treasurer, Vice President and President of the Parish Council. She has chaired many fundraising

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events, capital campaigns and galas at the Cathedral and has been a member of many committees of the Ministries of the Church. She served as Stewardship Chair for a number of years working to educate and raise the level of commitment to Stewardship from Parishioners to the Cathedral. She currently serves in the Annunciation Philoptochos, on the Metropolis Philoptochos Board and the National Philoptochos serving on committees including Kids N Cancer, Aids, Autism and Audit. Her energy and enthusiasm also has extended to being part of many organizations in the Hellenic community. With her can do attitude, great smile and welcoming personality she continues her time and talent to community and Church and looks with enthusiasm to working towards the rebuilding of the Cathedral under our Lord's guidance.

FESTIVAL 2009 A GREAT SUCCESS NOW HISTORY

As this issue went to press, the Annunciation Cathedral was concluding its Food Festival, which was held September 25, 26, and 27, on the Cathedral's grounds at 245 Valencia Street. The Festival was a great success, both in the record number of people who attended and because the festival benefits the ministries of the Cathedral, as well as its building fund. For the first time ever, the Souvenir Festival Book, which is published in connection with the Festival, brought in over \$50,000., thanks to the efforts of a hard-working committee and generous advertisers and sponsors. The proceeds will benefit the Cathedral's building fund. The schematic designs for the new Cathedral were included in this year's Souvenir Festival Book, affording everyone a glimpse of things to come. Congratulations to all. This year's festival, now history, was, indeed a great event. Thank you, thank you, thank you.

PARISH ASSEMBLY: SUNDAY, OCTOBER 18

Parishioners of the Annunciation Cathedral are invited to attend the second Parish Assembly for 2009 (the first was held on March 15), to take place in the Cathedral's Korinthias Hall on Sunday, October 18, following the Divine Liturgy. The Agenda is as follows:

Opening Prayer

1. Election of Assembly Chair
 2. Reading/Approval of the March 15, 2009 Minutes of the Parish Assembly
 3. Treasurer's Report
 4. Reports:
 - a. Stewardship
 - b. 2008 Festival
 - c. Youth
 5. Plans for rebuilding the Cathedral Church
 6. Report of the Board of Auditors
 7. Report of the Nominating Committee (Following their report, the Nominating Committee effectively becomes the Board of Elections. As such, it will oversee the Parish Council elections, which will take place on Sunday, December 13, 2009, following the Divine Liturgy. Those elected will serve a two-year term.)
 8. Election of Delegates to the Metropolis Clergy-Laity Congress (St. Nicholas Ranch and Retreat Center, February 8-9, 2010)
 9. Old Business
 10. New Business
- Closing Prayer

Parishioners in good standing (that is, those who are ecclesiastically in good standing with the Orthodox Church, as defined in the Archdiocese Regulations, and who have met their stewardship obligations to the Cathedral) may participate in the Parish Assembly. Quorum requirements, as defined in the Parish By-Laws are: 75% of the Parish Council (i.e. 12 out of 15 members), an equal number of other parishioners in good standing, plus the Dean of the Cathedral or, if fewer than 12 members of the Parish Council are present, then 75 parishioners in good standing, plus the Dean of the Cathedral.

ΚΑΛΟΥΝΤΑΙ ΤΑ ΜΕΛΗ ΤΟΥ ΚΑΘΕΔΡΙΚΟΥ ΝΑΟΥ ΕΙΣ ΓΕΝΙΚΗ ΣΥΝΕΛΕΥΣΗ, ΣΤΙΣ 18 ΟΚΤΩΒΡΙΟΥ

Τα μέλη του Καθεδρικού Ναού καλούνται στη δεύτερη Γενική Συνέλευση της Κοινότητας, που θα λάβει χώρα την Κυριακή 18 Οκτωβρίου, μετά τη Θεία Λειτουργία. Η ημερησία διάταξη έχει ως ακολούθως:

- Προσευχή
1. Εκλογή προέδρου Συνέλευσης
 2. Εγκριση πρακτικών της Συνελεύσεως της 15ης Μαρτίου 2009
 3. Απολογισμός Ταμεία
 4. Αναφορές επιτροπών
 - α. Στούαρντσιπ
 - β. Φεστιβάλ
 - γ. Νεολαία
 5. Οικοδομή του Καθεδρικού Ναού
 6. Αναφορά εξελεγκτικής επιτροπής
 7. Αναφορά ονομαστικής επιτροπής (Σημειώνεται ότι τα μέλη της επιτροπής, αφού υποβάλλουν την αναφορά τους, αναλαμβάνουν καθήκοντα εφορευτικής επιτροπής. Οι Κοινοτικές Εκλογές θα λάβουν χώραν την Κυριακή 13 Δεκεμβρίου)
 8. Εκλογή εκπροσώπων στη Κληρικο-λαϊκή Συνέλευση της Μητροπόλεως (Ίδρυμα Αγίου Νικολάου, 8-9 Φεβρουαρίου 2010)
 9. Παλαιά θέματα
 10. Νέα θέματα
- Προσευχή

O radiant light of holy glory, the immortal Father, heavenly and holy, blessed Jesus Christ. And now that we have come to the setting of the sun with all the light of eventide, we praise You the Father, Son, and Holy Spirit, One God. It is worthy at all times to praise You, with voices of holy song, O Son of God and giver of life, the world does glorify You.

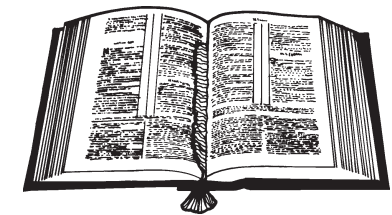
Vesperal Hymn:
O radiant Light, Phos Ilaron

The Orthodox Church has always placed great emphasis on fasting. We fast on Wednesdays because on this day the decision was made to arrest Jesus. We fast on Fridays because it is the day on which Jesus was crucified. Fasting helps us remember that these are special days in the history of salvation.

Rev. Fr. Anthony Coniaris
Making God Real in the
Orthodox Christian Home

ΟΝΟΜΑΣΘΗΚΑΝ, Ο ΚΩΣΤΑΣ ΒΟΥΤΣΙΛΑΣ ΚΑΙ Η ΠΑΝΑΓΙΩΤΑ ΑΛΕΞΟΠΟΥΛΟΥ, "ΠΑΡΑΔΕΙΓΜΑΤΙΚΟΙ ΕΝΟΡΙΤΕΣ"

Η Μητρόπολις του Αγίου Φραγκίσκου υιοθέτησε πρόσφατα ένα πρόγραμμα που αναγνωρίζει "παραδειγματικούς ενορίτες" σε ειδικό δείπνο το οποίο οργανώνει εν συνδιασμό με την εορτή του Αγίου Γερασίμου. Σύμφωνα με το πρόγραμμα αυτό, οι κοινότητες της Ιεράς Μητροπόλεως εκλέγουν δύο "παραδειγματικούς ενορίτες". Ο Καθεδρικός Ναός ονόμασε τον Κώστα Βουτσιλά και την Παναγιώτα Αλεξοπούλου. Ο Κώστας είναι πρόεδρος της επιτροπής επί Στούαρντσιπ, ενώ η Παναγιώτα εχημάτησε πρόεδρος της επιτροπής επί πολλά έτη. Και οι δύο εργάζονται αποτελεσματικά για το καλό της Κοινότητας και οι δύο είναι μέλη του Κοινοτικού Συμβουλίου του Καθεδρικού Ναού. Το δείπνο θα λάβει χώρα στην Κοινοτική Αίθουσα της Κοινότητας του Αγίου Νικολάου, Σαν Χοζέ το Σάββατο, 10 Οκτωβρίου, στις 7 μ.μ., αφού πρώτα γίνει δεξίωση, στις 6 μ.μ. Καλό θάταν όλα τα μέλη του Καθεδρικού Ναού να παρευρεθούν στο δείπνο, τιμώντας και τον Σεβασμιώτατο Μητροπολίτη μας, κ. Γεράσιμο, για την ονοματική του εορτή. Για να κλείσετε θέσεις τηλεφωνείστε στη Τέρυ Κάϋλαν, στο 408 365-0774.



An important part of a child's education is storytelling, since good stories excite the imagination and strengthen the bond between parent and child. Stories from the Bible are preferred, and the child should repeat them often, to underscore full comprehension.

Saint John Chrysostom

ΤΟ ΦΕΣΤΙΒΑΛ ΤΗΣ ΚΟΙΝΟΤΗΤΑΣ

Ανοίγει τώρα στην ιστορία. Είναι ιστορικό, πάντως, ότι το βιβλίο που εκδίδεται με την ευκαιρία του φεστιβάλ του Καθεδρικού Ναού για πρώτη φορά εφέτος έκαμε πάνω από \$50.000, προς ενίσχυση του ταμείου οικοδομής. Αυτό οφείλεται στη προσπάθεια που κατέβαλλε η αρμόδια επιτροπή αλλά και στην επιθυμία των συνδρομητών να πετύχει και η προσπάθεια αυτή, αλλά και το φεστιβάλ. Ευχαριστούμε όλους όσους εργάστηκαν για την επιτυχία του εφετινού μας φεστιβάλ, που έλαβε χώραν 25, 26, και 27 Σεπτεμβρίου.

ΤΑ ΣΧΕΔΙΑ ΓΙΑ ΤΗΝ ΚΑΙΝΟΥΡΓΙΑ ΕΚΚΛΗΣΙΑ

Όποιος είδε το αναμνηστικό λεύκωμα που τυπώθηκε με την ευκαιρία του φεστιβάλ του Καθεδρικού Ναού είδε και τα πρωταρχικά σχέδια του μελλοντικού μας ναού. Πράγματι, τα είδε με συγκίνηση, και επειδή, επί τέλους, είμαστε σε θέση, μετά από τόσα χρόνια, να ξανακτίσουμε την εκκλησία μας, αλλά και επειδή τα σχέδια θυμίζουν Αγία Σοφία, Αγία Ειρήνη, και τόσους άλλους ιστορικούς ναούς, βυζαντινούς, παραδοσιακούς, από την πλούσια ιστορία (πολλές φορές μαρτυρική) της φιλής μας και της πίστης μας. Τονίζουμε ότι τα σχέδια αυτά είναι πρωταρχικά. Με άλλα λόγια είναι τα πρώτα σχέδια, τα οποία έπρεπε να τυπωθούν ώστε να παρουσιαστούν στις αρμόδιες αρχές της πόλης προς είδος "έγκριση." Τί εννοούμε; Όπως βλέπει κανείς, κοιτάζοντας τα πρωταρχικά αυτά σχέδια, υπάρχουν δύο επίπεδα πάρκιγκ. Αυτό για την εξυπηρέτηση των

πιστών μας που θα έρχονται στην εκκλησία για να εκκλησιαστούν ή για να παρευρεθούν σε τυχόν δεξίωση. Η πόλη του Αγίου Φραγκίσκου, αυτές τις ημέρες, είναι κατά του πάρκιγκ. Νομίζει ότι εάν δεν υπάρχει πάρκιγκ ο κόσμος θα έρχεται με την συγκοινωνία. Πρέπει να τους αποδείξουμε ότι η άποψη αυτή είναι λανθασμένη. Δεύτερο, η πόλις δέν θέλει να μπαίνουμε στο πάρκιγκ από τη Βαλέντσια. Θέλει να χρησιμοποιούμε το δρομάκι που βρίσκεται πίσω από την εκκλησία. Αυτό είναι απαράδεκτο και επειδή πάντα μπαίναμε από τη Βαλέντσια, και επειδή το δρομάκι αυτό δεν μπορεί να εξυπηρετήσει εκατό τόσα αυτοκίνητα που θα φεύγουν την ίδια περίπου ώρα όταν σχολάσει η εκκλησία ή η δεξίωσις. Εάν και επιτύχουμε και πάρουμε την "πρωταρχική άδεια" τότε θα προχωρήσουμε στο δεύτερο στάδιο που είναι η συνεργασία με κτίστη ώστε να γνωρίζουμε το κόστος αυτής της οικοδομής--δύο επίπεδα πάρκιγκ υπογείως με ναό από πάνω (στο ίδιο επίπεδο με τα υπόλοιπα κτίρια). Τότε θα έχουμε κάτι να δείξουμε στην Κοινότητα, να υποβάλλουμε για συζήτηση και για έγκριση. Αυτά θα τα πούμε στη γενική συνέλευση των μελών που θα λάβει χώρα στις 18 Οκτωβρίου. Μέχρι τώρα, όλα που έχουν γίνει έγιναν ώστε να μας πει η πόλη "προχωρείστε". Πάντως, ό,τι έχουμε κάνει, το έχουμε κάνει "φανερά". Με λίγα λόγια οι ενορίτες του Καθεδρικού Ναού ενημερώνονται, μπορούμε να πούμε, λεπτομερώς. Κανένας δεν μπορεί να πεί ότι η δουλεία γίνεται στα κρυφά. Ευχαριστούμε τα μέλη μας για την μεγάλη προσοχή που δίνουν στην εξέλιξη του προγράμματος αυτού της οικοδομής, για την ενθάρρυνσή τους, την κατανόησή τους και την συμπαράστασή τους.

Breakfast is one of the most neglected meals, yet it is important because it takes place at the beginning of the day. During those hours the family often seems to be simply running a relay race, to get everyone ready in time for work or school. Nonetheless, apart from morning prayer, which goes without saying, it would benefit children to begin the day with even five minutes' experience of their mother's and father's concern, love, and interest in what everyone is going to do that day. When a child leaves for school the mother can bless him, or pray: "God bless" or "the Mother of God be with you." All this does not only further psychological security; it is a safeguard against any negative influences the child may meet, and it is a link between the two worlds of home and school.

*Sister Magdalen
Children in the Orthodox Church Today*

BUILDING UPDATE: WHAT'S HAPPENING?

A lot has been happening since we last reported in the September *Herald*. As noted, the Cathedral's architect has completed the schematic drawings. Schematic drawings are preliminary drawings. The September *Herald* featured the ground floor plan. The remaining drawings were included in this year's Festival Souvenir Book, affording parishioners a glimpse of things to come. As the October *Herald* went to press, a preliminary review of the drawings was held by the Planning Department of San Francisco. The purpose of the review was to inform the City of the specifics of our project. The Cathedral believes its arguments are sound, and that the Planning Department will give it the "green light" to proceed to the next stage, which is the design stage. At this point, we will be working with a contractor, who will be able to cost out the construction, both with respect to what it will cost for the entire project, and how much the various components of the project (the dome, the baptistry, the soleas, the iconostasion, etc.) will cost. At this point, we will have a *project*, which will be brought to the community for its input, discussion, and vote. Until then, all we have done is the ground work or preparation work required to develop a *project proposal*. We will discuss this in further detail at the Parish Assembly, to be held Sunday, October 18.

Meanwhile, our architect, John Goldman, has gone to Italy and to Constantinople to further study famous Byzantine churches. He visited San Vitale in Ravenna, and other churches there. In Constantinople, he visited Haghia Sophia, Haghia Eirine, the church of Sts. Sergius and Bacchus, and the Chora monastery. With the exception of the latter, all the churches date to the sixth century and are considered to be the epitome of Byzantine church architecture. Ravenna was a Byzantine stronghold under the Emperor Justinian, and the structures there are due mainly to his building program. On September 14, John was in Ravenna, visiting the church of San Vitale. This is what he texted: "This is possibly the greatest church I have ever seen. It is incredibly brilliant, inventive, resolved and beautiful.. Also, the mosaics are extraordinary. Whatever you have heard about the greatness of this place does not give it justice. Language is inadequate to describe this church." Then, two days later, John visited Constantinople. He e mailed: "Fr. Stephen, I was amazed yesterday by Haghia Sophia and took many photos. The spaces are wonderfully formed, as are the details. However, I was not able to experience the entire central space at once because a massive scaffolding was set up right in the middle of the nave, below the dome, for mosaic restoration. The mosaics are fantastic at Haghia Sophia, as is the light. I spent around four hours there experiencing everything and photographing the building. Today I went to visit one of the administrators for Haghia Sophia and Haghia Eirene. I brought our Annunciation draw-
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Haghia Eirene,
east second floor arcade

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ings with me to help explain my desire to visit Haghia Eirene and to say that I am an architect doing research on Haghia Eirene to apply what I learn to the Cathedral design. The Administrator said I could visit Haghia Eirene, but I would have to pay for the photos I took. He mentioned 14 Turkish lira per photo, and I stupidly said I planned to take around 20 photos. I should have said 10, and he might have taken that deal, but instead I had to pay him 280 lira, about \$200, up front in cash. I think he was quite pleased with that payment, since he said I could take "extra" photos for free. I also had to fill out a six page researcher form to gain access. But, as you will read below, this may be the best \$200 I ever spent!

After my payment I was then accompanied by another man and we walked over to the church, went in, and I was immediately impressed to tears and overwhelmed. Haghia Eirene has always been one of my favorite churches, but in person it is far more powerful and greater than any photos I have seen. I took over 100 digital photos using my inexpensive digital camera and probably at least 40 film photos with my old film camera, which has much better lenses than my digital camera and wider angle lenses. I will have the film scanned to jpg's. I was in Haghia Eirene for over an hour and I was completely alone in the church. I think the guy who took me there went back to his office and



Haghia Eirene, nave towards the apse



Haghia Eirene, domes and vaults

left me alone, because in the six page form I filled out to gain access to the church I said I needed at least an hour. He reappeared after an hour, but did not push me to speed things up and left me alone to finish. The experience was definitely one of the highlights of my life. Being in such a great building with no tourists, all alone, to experience it and photograph it and walk around it at my own pace in exactly the way I wanted to, was something I will never forget as long as I live. Attached are a few previews. [Four views of Haghia Eirene were forwarded, which we have reprinted. Note: The Ecumenical Patriarchate was moved from Haghia Sophia to Haghia Eirene when the Ottomans took Constantinople in 1453. Then it was moved again, to the Church of the Holy Apostles, a fourth time to Panaghia Pammakaristos and, finally, to St. George, where it is located today. Haghia Eirene was never turned into a mosque. It was used to store artillery. Today it is used for mosaic restoration.]

Father Stephen e mailed back: "John, I am grateful to receive this e mail, as well as the text message you sent on Monday when you visited St. Vitale in Ravenna. Amazing, absolutely amazing, what civilizations were able to construct at that time, entirely of masonry, without the benefit of steel and modern engineering and equipment. I can see why Vladimir's emissaries said, "We did not know whether we were in heaven or on earth, so beautiful is this place." (Russian Primary Chronicle, ca. 900) Sorry about the 280 lira. But, as you say, well worth the experience. If you are still in Istanbul, there are the 6th century church of St. Sergios and Bacchos, an octagon, replete with inscriptions in Greek, being used as a mosque, as well as the Church of Chora, much later, but known for its magnificent mosaics. The latter one functions as a museum and is just outside the walls, going west. Enjoy the rest of your stay in the Queen City (as Constantinople was known for most of its 1,000 plus years, and as it is still known in ecclesiastical circles). Make sure to savor the food and take in the sights in this most spectacular city, situ-

OCTOBER CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------------------|---|-----------|--|--------|--|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m. Sunday School Parents Meeting | | Dance Practice 6:30 p.m.- 9:00 p.m. | | Philoptochos General Meeting, 1 p.m. | | Spirit of Stewardship Dinner |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m. Nativity 40th Anniversary | | Dance Practice 6:30 p.m.- 9:00 p.m. | | | | Holy Trinity (Green St.) 100th Anniversary Community Link |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m. Parish Assembly | | Dance Practice 6:30 p.m.- 9:00 p.m. | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m. Daskarolis Fund Raiser | St. Demetrios Liturgy, Calistoga | Dance Practice 6:30 p.m.- 9:00 p.m. | | Young adult dinner | | |

LOOKING AHEAD

| | |
|-------------------------|---|
| Dance Group GLENDI | Saturday, November 7, 2009 |
| Thanksgiving Luncheon | Sunday, November 22, 2009 |
| Vasilopita | Sunday, January 10, 2010 |
| FDE, San Jose | Thursday, January 14-Monday, January 18, 2010 |
| CRAB FEED | Friday, January 29 |
| Metropolis Clergy-Laity | Monday-Tuesday, February 8, 9, 2010 |

GETTING READY FOR FDF, TO BE HELD IN SAN JOSE JANUARY 14-18, 2010

Our dancers and directors, advisors and parents, are hard at work preparing for the Greek Orthodox Folk Dance and Choral Festival, which will be held in San Jose, CA over the Martin Luther King, Jr. holiday weekend, January 14-18, 2010. This will be the 34th annual FDF. Typically, the event, which draws over 2,500 young people and their families and friends, is held over the Presidents' Day weekend. However, because Pascha in 2010 will fall on April 4, FDF will be held approximately one month earlier.

As of September 29, the adult dance group, directed by **Deacon Nikos Bekris**, began practicing on Tuesday evenings, rather than on Mondays, at the same time, 7:30 p.m. Meanwhile, *Ekrixi* and *Erini* also practice on Tuesday evenings, 6:30 to 7:30 p.m.

Ekrixi (jr. high school) is being directed by **Michael Garibaldi**. *Erini* (ages 7-10) is being directed by **Katerina Loufas, Alyssa Obester, Jimmie Stavarakas, and Arianna Stratakis**.

Seizmos practices on Tuesday evenings, 7:30 to 9:00 p.m. *Seizmos* (high school/adult), is being directed by **Leah Stavarakas**.

Spithes (ages 5-10) practices on Sundays, following the Divine Liturgy. *Spithes* (ages 4 to 7), is being directed by **Irene Kyriacou, Lea Lyberopoulos, Lea Papavasiliou and Nicholas Balian**. A new group for three to four year olds has been formed and practices on Sundays, following the Divine Liturgy. It is taught by **Irene Kyriacou, Lea Lyberopoulos and Shaheen Saddick**.

YOUTH FOR THOUGHTS

“What is Love?”- Part 1 of 4 By Rev. Deacon Niko Bekris

Is there any word in the English language that is thrown around as much as “love”? How about in any other language, for that matter? We hear the word “love” everywhere. Is there any song on the radio these days that is not about this word? How often do we see this topic in popular culture? How many clothing lines, backpacks, school supplies, you name it- have hearts on them or other love-themed pictures? We hear people using this word often in public, when saying something like “Oh, I love that!” or, “I’m in love.” Certainly, everyone seems to know what love is, and I’m pretty sure everyone has an idea of what it means to be “in love.” But truly, despite how often we hear this word, do we really know what love is?

I think it’s safe to say that we love something when it has a lot of meaning for us, or when we really, really, enjoy something- a good restaurant, a movie we really enjoyed, maybe a song, a piece of jewelry, or anything else, we say that we “love” it. What about a person? We all love our parents, relatives and friends we meet in our lives, which is definitely a kind of love. What about a special someone in our life? One day we find ourselves in the presence of someone we find attractive, someone we’d like to get to know more about and be around. We find that we have butterflies in our stomach when we see them, we want to know more about them, and more than anything we really want them to like us back. When this happens, we say that we “have a crush” on this person, or we “like” this person, or we’re “in love with” this person. Here is where our question comes in...

There’s no doubt that love, to a degree, is an emotional response. Those butterflies in our stomach are our blood rushing and hormones getting amped up. But why does this reaction happen? Is it just because we find the person physically attractive? Is it simply because we’re infatuated with them? That’s probably part of it, but not all of it. Someone’s personality plays a part, doesn’t it? Even if a person is very attractive, are we just as inclined to want to be in a relationship with them if that person is mean and acts like a jerk? We probably don’t have the same feelings for them after that, do we?

The truth is that romantic love is just as much a spiritual response as it is a physical one. When we find that we are “in love with” someone, part of it is because our soul wants to have a special relationship with that person. Something about that person’s soul connects with us. Have you heard a story of someone meeting their future spouse, and they knew right away they wanted to marry them? I felt this happen to me, and I am convinced it is a reaction of a person’s soul. As I heard a dear priest once say to me, it’s “two hearts speaking to one another.”

Think about this: God is love (1 John 4:8), and therefore whatever true love we feel has been created by God. God wants to have a special relationship with each of us, and we, too, since we’ve been created in His image and likeness, feel this as well- someone’s heart connecting with ours. Physical attraction is healthy, since God has given us these feelings as well. If we are to have a healthy relationship, however, even a “healthy crush,” physical attraction cannot be the only attraction we feel, and we should not be duped by pop culture into thinking it is. So what is love? “Love” is an emotional reaction, yes, and something physical, but it is also very much a function of our soul, something we truly realize in our faith in Jesus Christ who loves each of us. With this in mind, we can be guided to a healthy idea of love, and who we are “in love with.”

Now what about dating...?

ated, not unlike our own San Francisco. Have a good trip back. Speak to you next Monday. PS I read your text about Ravenna at the Parish Council meeting last night. Allow me to share this e-mail about your experience in Constantinople with the Parish Council today (September 16). After looking over the e mails, and the photos of Haghia Eirene, a member of the Parish Council wrote back: “After reading the e mails, one cannot help but be impressed. While I knew peripherally about these buildings, the descriptions have afforded us a new appreciation for these historic places of worship, from our Orthodox religious tradition. A natural conclusion is that, since we are basing aspects of the design of our new Annunciation Cathedral on these historic structures, our Cathedral will not be just another place of worship, but will be a truly noteworthy holy structure located in the heart of the City of St. Francis. How exciting!” Well put! We couldn’t have said it better ourselves.

STEWARDSHIP COMMITTEE GEARS UP FOR CAMPAIGN 2010

The 2010 Campaign, being planned by the Cathedral’s Stewardship Committee, has a number of new features. They are:

1. A New Program, with the theme COME AND SEE. This phrase is simple yet powerful. It calls us to change, physically and spiritually. It invites us to find Christ, to grow and mature in our faith.
2. A defined campaign. The campaign will begin on Sunday, November 15 and conclude Sunday, December 6. It will take place over four weeks, in the context of giving thanks, during which time parishioners will be invited to make their commitment to the church for 2010 and bring their cards to church. Pledge cards will be mailed to all parishioners of the Cathedral, along with pertinent stewardship information.
3. Speakers for the four Sundays of the campaign. **Gus Vouchilas** will speak in church on Sunday, November 15. **Nick Svetcoff** will speak in church on Sunday, November 22. **Dr. Nikolas Stathopoulos** will speak in church on Sunday, November 29. **Pauline Zakis Smith** will speak in church on Sunday, Decemember 6. These four people are members of the Cathedral’s stewardship. In essence, they will be delivering the sermon for the Sundays indicated.
4. Involvement of our children. In cooperation with the Sunday School, our children will process in church, inviting us to join them as they “make a joyful noise unto the Lord” (Psalm 100:1, e.g.). Stewardship is also about our children.



Haghia Eirene, nave towards the apse

5. A luncheon on December 6. We will celebrate the conclusion of the Stewardship campaign by means of a fellowship meal. How appropriate that this day coincides with the Feast of St. Nicholas, Bishop of Myra in Lycia (Asia Minor). St. Nicholas is a prime example of Christian stewardship.

The Cathedral’s Stewardship Committee invites your continued involvement, suggestions and support.



HOLY TRINITY CATHEDRAL TO CELEBRATE 100TH ANNIVERSARY

This year marks the 100th anniversary of the building of Holy Trinity Cathedral (OCA), located at Van Ness and Green Streets, San Francisco. The parish was established in 1868. However, the church was destroyed by the 1906 earthquake, and was rebuilt. To celebrate, a Hierarchical Divine Liturgy will be celebrated on Sunday, October 17, which is a Saturday. The Liturgy will begin at 9:30 a.m. Father Stephen invites members Annunciation Cathedral to join him at this Liturgy. At 1 p.m. a banquet will take place at Fishermen's Grotto. The suggested donation for the banquet is \$35 per person (\$10 per child). Reservations are required. Please call Holy Trinity and let them know of your attendance. Their number is 415 673-8565. On Sunday, October 18, a second Hierarchical Divine Liturgy will be celebrated, followed by a buffet lunch at the church. Reservations are not required for this event. The Annunciation Cathedral extends congratulations and best wishes to **Father John Takahashi**, Dean of Holy Trinity Cathedral, and to his parishioners on this centennial and prays that it may continue in its service to the Lord and His Holy Church.

ANNUNCIATION CATHEDRAL, HOLY TRINITY TO FURTHER WORK TOGETHER, LITURGICALLY, PROGRAMATICALLY

As everyone knows, San Francisco is home to two Greek Orthodox parishes, the Annunciation Cathedral and the Holy Trinity Church. For many years, the two parishes have worked together, liturgically and programmatically, in serving their respective parishioners and all our Orthodox Christian faithful. For example, the Christmas Divine Liturgy has been celebrated at Holy Trinity on Christmas Eve, while at the Cathedral it is celebrated Christmas morning. Also, for their respective feast days, the two parishes do not hold concurrent services but attend each other's churches. For example, the clergy and parishioners of Holy Trinity come to Annunciation for March 25th. In turn, Annunciation's clergy and parishioners go to Holy Trinity the day after Pentecost. Programmatically, Holy Trinity parishioners have participated in Annunciation's summer camp program. Annunciation's youth, in turn, have attended events, as lock ins and other events, at Holy Trinity. We could go on and mention Community Link, a program in which parishioners of both communities participate. Members of the program visit homebound seniors on a regular basis.

Recently, **Father Aris Metrakos** and **Father Stephen Kyriacou** met to discuss opportunities for further working together between the two parishes. The meeting took place on September 8, Feast of the Birth of the Theotokos. Both priests noted the attendance at their respective Liturgies on that day, welcoming the opportunity to work out a schedule for the celebration of the Divine Liturgy on similar Holy Days, when attendance tends to be small, in one or another of the churches, but not both. A discussion took place at a recent meeting of Annunciation's Parish Council and those individuals who attended the Divine Liturgy at Annunciation on September 8 were polled. While we work together to better serve our respective communicants, we welcome your input and suggestions.

CONGRATULATIONS TO NATIVITY OF CHRIST ON ITS 40TH

This year also marks the 40th anniversary of the founding of the Nativity of Christ Greek Orthodox Church in Novato. A celebration will take place on Sunday, October 11, with the celebration of the Divine Liturgy at the church and a banquet in its fellowship hall. The evening celebration will begin at 4 p.m. with a reception, followed by dinner at 5:30 p.m. There will be dancing to the music of Helios Band. For reservations and further information, please call the church at 415 883-1998. The Annunciation Cathedral will be represented at the banquet by Deacon Nikos Bekris and his wife, Stella, who grew up in the Nativity of Christ parish. The Cathedral extends to Father Cosntantine Efstathiu, Pastor of Nativity of Christ Church, and to his parishioners congratulations and best wishes on this 40th anniversary celebration in the life of the parish and prays that it may continue in its service to the Lord and His Holy Church.

MORE ON SUNDAY SCHOOL

It certainly is great for all the kids to be back in Sunday School! All of our classrooms have gotten beautiful new furniture and icons have been placed in every room, come and see for yourself. These rooms are your children's classrooms and much thought has been given to how best we can serve their needs. Welcome to three new teachers who have joined our staff. Our new teachers will be instructing in kindergarten and second grade. We look forward to working with the new members of our staff throughout this coming year and thank them for their service to our Church.

Thank you to **Father Stephen** for visiting the classrooms on Sept. 20th and for greeting all the kids. An inspirational welcome to the students from Father Stephen is always a wonderful way to begin the school year. Along that same line, Father Stephen and Denise Yielding request that all parents of Sunday School children, no matter what age, should plan to attend the Parents Meeting after Liturgy on October 4. The location of the meeting will be announced by Father Stephen on that day.

Our ever popular annual Halloween party will be held immediately following Liturgy on Oct. 25th. Students can change into their costumes after the Liturgy. Please do not bring your children to Sunday School in their costumes. It is not permissible for them to be in the Chapel or to receive Holy Communion while in costumes.

Thanks to all who supported the Sunday School by buying icons and books from the Sunday School booth at the Food Festival. It was great to see everyone there.

Please remember Sunday School begins promptly at 10:30 a.m. Please note the following first semester dates:

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| 10/04/09 | Regular classes held Sunday school Parent's Meeting Immediately following Liturgy |
| 10/11/09 | Regular classes held |
| 10/18/09 | Regular classes held / Parish Assembly |
| 10/25/09 | Regular classes held Sunday School sponsored Halloween event |
| 11/01/09 | Regular Classes held / Daylight Savings |
| 11/08/09 | Teaching Liturgy held in church for all |
| 11/15/09 | Regular classes held / Food Drive Begins / Stewardship Campaign Begins Upper School students to learn about St John Chrysostom & Oratorical Festival |
| 11/22/09 | Entire School to participate in Stewardship Campaign kickoff Philoptochos Thanksgiving Luncheon following Sunday School |
| 11/26/09 | Thanksgiving Day/ Family Worship Sunday School sponsors coffee hour/donuts |
| 11/29/09 | Thanksgiving weekend/ NO Classes Held Family worship Day |
| 12/06/09 | Preparation for Xmas Program in classes |
| 12/13/09 | Christmas Program & Luncheon/ Food Drive Ends Parish Elections Held |
| 12/20/09 | No classes held/ families worship in Church |
| 12/27/09 | No classes held/ families worship in Church |

GREEK SCHOOL TO BEGIN, BUT WHEN?

Last year, the Cathedral was pleased to offer Modern Greek to young children, ages 5 and above.

The Cathedral wishes to continue this service for the 2009-2010 school year. 1) We are in search of a teacher and 2) We wish to hear from parents with respect to their commitment to bringing their children to "Greek School," as well as the day and time which is most convenient to them. For the 2008-2009 school year, the class met on Saturdays, from Noon to 2 p.m. However, as the children get older and get involved in more extra-curricular activities, Saturdays at noon may no longer be a convenient time for most parents. Some have said a 9 a.m. start time is better. Others have indicated a weekday afternoon works best. We are, therefore, asking parents to e-mail Pamfilia Zambelis, Coordinator of the Greek School program, at pamfilia.Zambelis@kp.org and indicate their preference.

Those interested in teaching are also asked to contact Mrs. Zambelis at the above e mail address, or Father Stephen, at the Cathedral, at 415 864-8000.

Speaking of "Greek School," some people have inquired about Greek classes for adults. The Cathedral would like to be able to offer this service to the community, again this year. Please indicate your interest by calling the Cathedral at 415 864-8000 or emailing the Cathedral, at office@annunciation.org. The class will be convened according to interest and proficiency level.

BENEFIT FOR THE GEORGE DASKAROLIS FOUNDATION

On Sunday, October 25 an event will take place in the Paris Room of Ascension Cathedral to benefit the Daskarolis Foundation. **Elizabeth Daskarolis**, wife of the late **George Daskarolis**, a well-known Bay Area educator, informs us that the goal is to raise sufficient funds to support a class of twenty at risk students "adopted" by the Foundation, through college. For further information, please call, at 415 632-7832 or e-mail kaymaria@gdmef.org.

DAY TIME BIBLE STUDY

How much do we really know about the Bible? The answer, for some of us, is "not much." For others, it is "some" or "a bit." Our day time Bible study, then, is for you. Beginning Wednesday, September 9, **Father Stephen** will conduct a Bible study, in English, beginning at 10 a.m., and concluding by 11:15 a.m. The study will center around the Sunday pericopae, or designated readings. Both the Epistle and the Gospel will be studied. The readings will be compared and contrasted with other, similar New Testament readings, with references to the Old Testament and the Church Fathers, as appropriate. We will also discuss the Bible, as it applies to us, personally, and to the times in which we live. Those interested in participating in this study are invited to let **Father Stephen** know, by calling him at the Cathedral, at 415 864-8000, or by e mailing him at dean@annunciation.org. The study will take place in the second floor Conference Room.

HELP SAVE PARASKEVI CHATZIDAKIS' LIFE

Several medical doctors from the Bay Area have become involved with a serious medical case in Greece. The patient's name is **Parskevi Chatzidaki**. She lives on the island of Leros. She and her family are very poor. She has a large infiltrating basal cell cancer very close to her left eye. If this is not treated soon, she will lose vision in her left eye. It is also causing a facial deformity. Ultimately, if this cancer is not treated, it would invade her brain, and she would die. Because of its size and location, this is not an easy cancer to treat. It requires both a specialized technique called Mohs Surgery, which is very precise and has a 99% cure rate, while sparing skin, which is very important, given the proximity to her eye. Because the surgeons will probably have to remove part of her eyelids, it will require special plastic surgery. She will have scarring, but this will heal over time. In Greece there are no Mohs surgeons, which is why doctors want her to come to the United States.

The nonprofit organization The Blade and Light Society will help defray the patient's travel expenses. The surgeons will waive their professional fees. Stanford has agreed to reduce its operating room/facility fees by 40%. However, the fee is still \$12,000. The patient is trying to take out a loan, but any fund raising by the local community would be much appreciated, since the fee is still far above what the patient can afford. Annunciation Cathedral will receive funds on behalf of the patient and forward the money to Stanford Medical Center. In Jim Loukas' e mail appeal to thousands, in the Bay Area and beyond, it was noted that a donation will help save Paraskevi's life. Checks may be made payable to Annunciation Cathedral: Paraskevi Chatzidaki Medical Fund, and sent to 245 Valencia Street, San Francisco, CA 94103.

WELCOME NEW MEMBERS

The Cathedral welcomes the following new members to our Church family:

Mark and Sarah Greco Naber. Mark and Sarah were married recently and joined the Annunciation Cathedral. They are one of a growing number of young couples moving into the neighborhood, within a few blocks of the Cathedral.

Petros and Nicole Papageorge were also recently married and formalized their commitment to the Cathedral through stewardship. Their relationship with the Cathedral goes back for generations, as parents and grandparents were also married here.

The Cathedral invites people new to San Francisco and the Bay Area, who wish to be congregants of the Cathedral, to identify themselves to the Cathedral's clergy, at their earliest convenience. They will be welcomed, placed on the Cathedral's mailing list, and sent a Stewardship packet as well as a list of activities offered by the Cathedral, with a view to involving them in the life of the Church. Meanwhile, the Cathedral would appreciate it if, as part of the Cathedral's outreach, members invite newcomers whom they know to worship with them and introduce them to the Cathedral clergy. Being such an important part of our lives, the Church is not only where we connect, in worship, with our Lord Jesus Christ, but also where we connect with one another, making for a family away from home as well as *friendships for life*.



ANNUNCIATION CATHEDRAL PHILOPTOCHOS ORGANIZES DAY TRIP TO CALISTOGA

The Cathedral Ladies Philoptochos is planning a trip to the Macedonian Park in Calistoga for Monday, October 26, the Feast of St. Demetrios the Myroblete. An 8 a.m. departure from the Cathedral is planned. The Divine Liturgy will be celebrated in the St. Demetrios chapel of the Macedonian Park, beginning at 10 a.m. Following services, we will stop for lunch and visit a winery, before returning to the Cathedral at 6 p.m. The cost for the bus is \$35., payable to the Annunciation Cathedral Philoptochos. The cost of lunch is not included. Space is limited. Those interested in attending should contact **Angie Leventis** at 650 878-2855 or aleventis3@comcast.net.

Additional activities of the Cathedral Ladies Philoptochos are as follows:

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| General Meeting | Thursday, October 8 | 1 p.m. |
| General Meeting | Thursday, November 12 | 1 p.m. |
| Thanksgiving Luncheon | Sunday, November 22 | noon |
| Christmas Party | Thursday, December 10 | noon |
| Vasilopita | Sunday, January 10, 2010 | noon |
| Crab Feed | Friday, January 29, 2010 | 6 p.m. |

The Annunciation Cathedral Ladies Philoptochos invites women 18 and above to join this dynamic arm of the Church, as it ministers to those in need, promotes education by offering scholarships, supports future clergy from the San Francisco Metropolis by helping underwrite their tuition at Hellenic College/Holy Cross Greek Orthodox School of Theology, fosters learning by presenting seminars and workshops on wellness, and, in general, strengthens the aims and purposes of the Church community. The Annunciation Cathedral Ladies Philoptochos, for example, raised over \$1 million for the first phase of rebuilding of the facilities lost to the Loma Prieta Earthquake. During the last ten years, it raised another \$1 million for its various charities. For further information about Philoptochos, and how to become more involved, as a member, please call its president, **Angie Leventis**, at 650 878-2855. (Men may also join the organization, but only as non-voting, associate members.)

FOCUS ON YOUTH

SUNDAY SCHOOL TO SPONSOR FOOD DRIVE

Once again this year, the Annunciation Cathedral Sunday School is sponsoring the Cathedral's food drive, through the San Francisco Food Bank. Barrels will be dropped off on November 10th, and will be picked up on December 15. During this time, especially since it is a time of thanks giving and stewardship (the Cathedral's Stewardship Drive will be going on during this time), parishioners are being asked to consider our many fellow citizens who go without food, especially during this time of economic recession and hardship. While there are those who say we're just beginning to come out of the recession, unemployment has reached the double digits, where it is likely to remain for some time. Members of the Annunciation Cathedral are among those who have lost jobs, and even homes. Our Christian ethos makes it imperative that we help those in need. Once again, canned and packaged food (which has not expired) is preferred. Please do not bring liquids or items which require refrigeration. Place the items in the bins provided. If necessary, the San Francisco Food Bank will send people to take barrels which are full prior to December 15, and replace them with empty ones. Let each of us do whatever is possible to feed those who are hungry.

NEXT COMMUNITY LINK OCTOBER 17

Please join us for our upcoming Community Link, which will take place Saturday, October 17. We meet at the Cathedral at 9 a.m., for prayer and visit assignments, and begin our visits by 10 a.m. (usually in pairs), concluding before lunch time. Our visitations to home bound parishioners are very special, to us and to those we visit. They bring joy to our seniors who are experiencing isolation from their community due to illness, loss or hardship. Community Link is an excellent way for all of us, children, adults and families to engage with one another and to share the message of God's love. There are many ways we can do this. One is through prayer. Another is through our visitations. A third is by "adopting" a senior and, literally, giving them a "lift." As we have stated on a number of occasions, many of the seniors we visit need rides to doctor appointments and to church. If you would be willing to help in this way, please contact **Caroline Pappajohn**, at 415 699-5633 or cpappajohn@yahoo.com. Community Link dates for the remainder of 2009, in addition to October 17, are: November 21, December 19. All dates are Saturdays. We look forward to seeing you on September 19.