



# ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • 415 864-8000 • FAX 415 431-5860 • E-MAIL [office@annunciation.org](mailto:office@annunciation.org)

JULY 2012

## PHILOPTOCHOS HONORS TWO FATHERS OF THE YEAR AT FATHER'S DAY LUNCHEON

### MANUEL NURIS - BIOGRAPHY

Our Father of the year, Manuel Nuris, was born in Vallejo, CA on April 27th, 1927, to Athanasios and Marika Nuris, and his older sister Anna. He and his family moved to San Francisco when he was six months old. Upon moving to the City, his family became parishioners to the Church of the Annunciation where he was baptized soon after. He has been an active member of our parish now for 85 years.

His Father and Uncle Niko ran a bar called "The Hot Spot" on 6th Street in San Francisco and as Manny got older, he would play his accordion for the patrons on weekends. Upon finishing high school, he was drafted into the army during the last years of WWII and was stationed near Sacramento at Camp Beal. After serving two years in the service, he returned home and enrolled at the University of San Francisco. He became the first in his family to attend college and graduated in 1951 with a degree in Business.

In 1949, he met his future wife, Teia Tamaras at a Church spaghetti dinner and they dated for two and half years until they were engaged on Teia's 21st birthday. They were married on August 17th, 1952 at the Church of the Annunciation and moved into a flat next door to Manny's family in San Francisco.

In July of 1953, Manny and Teia were blessed with their first child, Tom. In 1957, their daughter Annamarie was born. In 1962, the family moved to Daly City where they lived for the next 46 years. In 2008, they moved to San Mateo, where they currently live near their daughter Annamarie and her family.

During this whole time, Manny worked for Blue Shield of California, which was his first and only employer. Teia was working for Blue Shield of California and told Manny about an executive training position, which he applied for and got. Manny worked for Blue Shield for 41 years starting

out in an entry level position in membership accounts and over the years rose to the position of Director of Sales. Interestingly enough, at one point, his secretary was none other than his sister-in-law, Lula Ossipoff. Manny and Teia, during their many years at Blue Shield, were able to travel to many places for the company. Manny was highly thought of at Blue Shield and when he retired in 1992, the President and the board of the company hosted a beautiful luncheon in his honor at the World Trade Building in San Francisco.

Over the years, Manny has been very active at the Annunciation having served as a member of the parish council and on many committees. He and Teia have always been active volunteers particularly at the annual food festival and crab feed.

Manny was an avid golfer and a member of the G.O.L.F. Club and enjoyed taking vacations with his family - particularly to Hawaii.

Manny and Teia are very proud of the legacy they and their children have established. In 1981, Annamarie married Robert Balian, and had two children, Nicole and Nicholas. In 1987, Tom married Liberty Spachis and had three children, Manoli, Andrew and Matthew. In 2009, they added another grandson to the picture when Nicole married Petraki Papageorge.

Manny and Teia are so thankful for the close bond they have had with their children and grandchildren, whom they love very much, and the lives they have established here at the Annunciation Cathedral.

### TOM KASTORAS- BIOGRAPHY

Tom was born on June 15, 1930, in the village of Xaravyi, Messinia, 15 minutes from Kalamata, Greece. Xaravyi is known for its beautiful water falls, Polli Limnia. He is the youngest of 8 brothers. In 1940, during World War 2, the Germans burned his home and the Communists killed his 3 brothers. In 1948, he completed high school in Pylos. He had a very difficult time with the killings of his brothers so his mother's brother, Nikos Asimokopoulos, invited him to come to America.

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He left Greece on Sept 15, 1951 by sea. He traveled on a long journey aboard the ship *Nea Ellas*, with only \$20 and a borrowed ticket. He arrived in New York on October 1, 1951. Tom then travelled from New York to San Francisco by plane to meet his uncle and more family, Vasili and Ariti Asimokopoulos and their children George and Crisoula, and Kosta and Dimitra Asimokopoulos and their children Christina, Athena and Christos.

In 1951, he became a member of the Annunciation Cathedral and served as an Usher. He was employed with United Airlines and attended San Mateo City College. Within 5 years he became an American citizen. And in 1955, very significantly, Tom became a member of the Navarino Messinian Society (of which he became president in 1968).

In 1957, Tom's father died and he returned to Greece by boat, the *Vasiliki Fredereki*, and spent a year with his mother Paraskeve and his four remaining brothers. He came back to the United States and became employed with the Fairmont Hotel in San Francisco, where he was captain for the Venetian Room.

Tom later went back to Greece for a Messinian Convention, and it was there that he met his wife, Niki, from Kalamata. They were married and had two daughters, Paraskeve and Ioanna. For many years, he worked two jobs to provide for his family, yet opened his home for his brothers and their families to come and share the opportunity to live the American dream.

His daughters were baptized and married at Annunciation Cathedral: Paraskeve was married to Steven Haskell, and they have two children, Nikoleta and Jonny. Ioanna married Nicholas Rainsford, and had two boys, Tommy and Jimmy.

Through the years, Tom continued his Presidency with the Messinians and along with his wife Niki, they led several good causes. To name a few:

- 1986, along with the Messinians, they hosted a fundraiser to help build Kalamata's Hospital.
- 1989, the first club to host a fundraiser at the Fairmont Hotel, Grand Ballroom, for the Annunciation Cathedral due to earthquake damage.
- Also, they received a donation of \$5000 to help build SF Holy Trinity church by simply asking the owners, Swig Family, of the Fairmont Hotel. They had a wonderful friendship and he even taught their children to speak Greek.

Tom LOVES and values family first! He has many friends and *koumbaroi* whom he adores, respects and keeps close to his heart. He, too, is loved by many. He lives life to the fullest, loves to dance *Zembekiko* and *Hasapiko*, enjoys fishing, visits Greece and treasures every minute he spends with his grandchildren.

Even though Tom has experienced much hardship throughout the years- memories of the wars, the hunger, the loss of his parents his brothers- he has the most positive outlook in life. His family is proud and feel blessed every day to see his smile, listen to his jokes, stories and feel his love that is everlasting. His children and grandchildren respect and adore him, and are proud of all his accomplishments. They are privileged to call him Dad, Papou, Theo Papou and honored to witness him as 2012 Father of the Year!

Happy 82nd Birthday, Happy Father's Day, *kai xronia polla* to Mr. Athanasios Kastoras!

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## SAN FRANCISCO SUNDAY STREETS DATES ANNOUNCED

**A**s you may have seen on many occasions in the past, the city of San Francisco organizes outdoor fairs, marathons, and other car-free events in various neighborhoods including the Mission district. These objectives of events such as these are to encourage health and fitness, clean air, and less traffic. That said, there have been times in the past when such events have directly inhibited automobile access to the Cathedral.

After coordinating our efforts with Livable City (a non-profit that sponsors these events), we have asked that the city provide uninhibited routes for cars to enter the church parking lot on days that Sunday Streets is taking place, and we have been guaranteed that we will be given them. **Please note the following dates when Sunday Streets will be in the Mission district:**

**July 1      August 5**

A street guide will be included in the Herald when we receive it. For more information, feel free to contact that Cathedral office at (415) 864-8000 should you have any questions.

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**“Build Me a Sanctuary, and I Will Appear  
Among You” – Exodus 25:8**

**I**n the Book of Exodus (the second book of the Bible), the Lord gives Moses special instructions to convey the people of Israel, with whom He has made a special covenant, on how to walk with Him in their lives. In addition to the Ten Commandments, He gives instructions on the harvest season, guidelines for living, and how the people were to worship. In addition to the altar, the vestments of the priests, the cloths, and even the incense, God gives specific instructions on how to build the sanctuary. It is here that He says “*Build Me a sanctuary, and I will appear among you.*” What a promise! What a profound mystery! The Architect of all creation promises His people that He will be with them always.

As we are all a part of the Body of Christ, the Lord has promised this to each of us, as well. To build a church - a sanctuary - is an incredible blessing that will be a legacy which our children, their children, their children’s children (and on!) shall inherit. It is a testament of faith, and it will be a fountain of healing, and a monument to His glory in the heart of San Francisco.

This September will be the conclusion of the second year since beginning our capital campaign to build our new Cathedral. To date, over \$2.4 million has been raised to build the new cathedral, from just 66 pledges thus far! The specific break down of the amounts of the pledges received have been included in recent issues of the *Herald*, and one can clearly see that while this is a very respectable amount, there is still work to be done in order for our project to succeed. We need your help.

First and foremost, please pray that the Lord will give us strength to continue in His service to see this new temple, this new sanctuary, completed. Second, in the coming months, it is our prayer that you will please give thoughtful and careful consideration to making a gift for the new Cathedral if you have not already done so. We have an opportunity to shape the future of our parish community for generations to come, and to offer a testament to the city of San Francisco that we are Orthodox Christians. Truly then, with faith and with love, let us “build Him a sanctuary.”

## **A “LINK” TO THOSE IN NEED**

**C**ommunity Link, now in our eighth year of existence, is a group of Annunciation parishioners who meet once a month on a drop-in basis to visit members of our community who may be confined due to illness or age. We travel to hospitals, nursing homes and private residences. Many of those we visit no longer have family or friends to support them and just need to know there is someone who cares. A short visit or phone call can lift one’s spirits a great deal. If anyone in the community knows of any other home bound parishioners to add to our list, please contact Pauline Oetzel at [poetzel@hotmail.com](mailto:poetzel@hotmail.com). Community Link will be making visits this month on July 21, beginning in the Cathedral Conference Room at 9 am.

*Upcoming Community Link Meetings in 2012: July 21*

## **ADULT COURSE IN MODERN GREEK TO BE OFFERED**

**A** course in Modern Greek for adults will be offered at the Cathedral, beginning Tuesday, September 11. This beginner’s course, with emphasis on developing conversational fluency, will convene in the Cathedral’s conference room for sixteen consecutive weeks, from 7 p.m. to 9:15 p.m., excluding Christmas and New Year’s Day. Students will be provided with a text, which includes audio CDs. However, they are asked to provide notebook and writing materials. There is a course fee of \$100, which includes the text and audio CDs. The fee is due upon registering for the course. To register, please contact the Cathedral office at 415 864-8000. The course will be taught by the Cathedral clergy, Father Stephen and Father Niko.

## **Greek class for Adult Beginners**

**I**n addition to the Adult Greek language class which will be offered on weeknights by Father Stephen, a Greek language class for adults is being organized and will be taught by **Eva Spirakis**, to be held on Saturday mornings. If interested, please contact Eva at [evagelia.qb@comcast.net](mailto:evagelia.qb@comcast.net). The class dates are still being determined. Tuition will be set once class size is finalized.

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## Youth News - July 2012

**Mark your calendars! Sunday School Resumes  
September 9th at 10:30 am. Have a wonderful Summer!**

### JOY Finishes Year and Begins Summer with Pool Party

**O**ur Cathedral JOY group met on Saturday, June 16 at the home of the Monolakis family, where 12 of our JOY youth enjoyed swimming, lunch, and games! Also, the kids had a talk with Father Niko about the Lord's Name, using the songs "OMG" by Usher and "All My Life." It was a beautiful summer day enjoyed by our youth and their parents. Our JOY group will take the months of July and August off, and will resume in September at the beginning of the 2012-2013 school year.

Thank you to the Monolakis family and for all the parents who not only hosted a JOY night, but who brought their children to this wonderful ministry. Here's to another great year!

*\*Our JOY (Junior Orthodox Youth) group is open to all youth between grades 3-6, and typically meets the second Tuesday of every month\**

### 2012-2013 School year Volunteers Needed!

Please contact Denise Yeilding to volunteer at [dyeilding@yahoo.com](mailto:dyeilding@yahoo.com).

- Assistant teachers
- Write monthly article for Herald
- Coordinate Xmas Play
- Food Drive coordinator
- Angel Coordinator
- Oratorical Festival Chair
- UNICEF coordinator
- Special Projects

For more information on any of the Cathedral's youth groups, please contact Father Niko Bekris at [fatherniko@annunciation.org](mailto:fatherniko@annunciation.org)  
All are welcome!



*Our 2011-2012 JOY Group with Father Niko  
at the Monolakis House on June 16*

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## GOYA Holds Annual Summer BBQ/Softball Game

**A**s has now become a tradition every summer, our Cathedral GOYA held its annual barbeque and softball game in San Bruno Park on Wednesday, June 20. Many GOYAnS and their family members enjoyed a wonderful day of good food- this year prepared by the youth themselves- and fun in the sun. Thanks to our 2011-2012 GOYA leaders, Katerina Loufas, Harry Misthos, and Manoli Nuris for all their leadership in organizing another year of GOYA events, and many thanks to all the parents for their commitment to this ministry. Our GOYA will also take July and August off and resume this September. Here's to another wonderful year!

*\*Our Cathedral GOYA (Greek Orthodox Youth of America) is open to all youth grades 7-12, and typically meets every third Monday of the month\**

## Greek School Growing, Will Resume September 8

**T**hanks to the efforts of many hard-working teachers and parents, our Greek School program has just concluded its fourth year, and is now thriving! The 2012-2013 school year will begin on September 8, and is expanding to offer six levels with a small teacher-student ratio as follows:

**PreK-1 (Ages 4-5 without prior exposure to Greek)** taught by **Evdokia Andreades**

**PreK-2 (Ages 4-5 with prior exposure to Greek)** taught by **Maria Panotsopoulou**

**Kindergarten (Ages 5-6)** taught by **Sotiria Mitrosyli-Bouna**

**Level 1 (Ages 7-8)** taught by **Lizabeta Koukkou**

**Level 2 (Ages 8-9)** Staffing not yet finalized

**Level 3 (Ages 9+)** taught by **Giorgos Daloukas**

Classes take place on Saturdays. They begin promptly at 10:00 am and end at 12:15 pm, with a short, supervised recess halfway through class. With a projected enrollment of 32 students, tuition rates will be \$450 per student for the school year. This includes all books and supplies.

*If you are interested in registering your child, please contact Pamfilia Zambelis at [pzambelis@yahoo.com](mailto:pzambelis@yahoo.com).*

## Cathedral Young Adults Organize Support for Greece

**O**ur thriving Cathedral Young Adult group held its second community service project of 2012 last Thursday, June 28, where monetary support was organized for International Orthodox Christian Charities (IOCC), which is, at present, sending medicine to Greece during these difficult economic times. The group also had dinner at Lers Ros, a new Thai restaurant in Hayes Valley, and a wonderful time was had by all, as usual!

*\*Our Cathedral Young Adult Group is open to all youth ages 20-35, and typically meets the last Thursday of every month\**



*Mr. Haralabopoulos, our new chantor*



*Our Undefeated Adult B League Champions, with a 9-0 season!*

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## Weekly Cretan Dance Workshop - “Rizites” Continues

This recently-formed workshop, taught by **Petraki Papageorge**, continues now in its third month of learning Cretan folk dances, folk songs, and even instruments! The group is open to all young adults (18-35) who have experience dancing Cretan folk dances, and would like to hone them in order to participate in the many authentic Cretan *glendia* of Northern California throughout the year. Please see the mission statement and contact information from Petraki below.

Name of Group: RIZITES

**Mission Statement:** A Cretan dance and musical hobby *parea* group/*parea*, where those who want to learn more in general and for the popular Cretan *Glendia* they participate in regularly during the year throughout California and the U.S. and Crete, can meet to apply and develop their skills confidently and in an authentic way that maintains strong roots.

Content: The study and style execution of Cretan dances and music from the original provinces in Crete they came from.

Moderator/Teacher/Director: Petros Papageorge  
(650) 391-7737 / petros@athertonappliance.com



“The *tragoudia* (songs) which were ‘born’ in the region of Lefka Ori, in the prefecture of Chania, were named *Rizitika* by the modern researchers. This name was chosen due to the fact that these songs are sung at the area of *riza*, the foot of the mountains. According to another interpretation, *rizitika* originate from the ancient town Rizinia, in the province of Kydonia, which is called Meskla nowadays. *Rizitika* were composed by the *rizites*, the people who live in the high mountain villages, who preserve the ethos and mores from time immemorial. We don’t have much evidence about the origin of *Rizitika*. It is sure that they date from the Byzantine Period. Many researchers claim that *rizitika* are the continuance of the martial songs of Dorians, who took up their residence at the mountain region of Chania in about 1000 B.C. and preserved their ancient traditions inalterable during the ages. Most of them are creations dated in the centuries of the Venetian and Turkish bondage. *Rizitika* are sung a cappella (not accompanied with musical instruments). Today we know 32, or some more, melodies, including slight variations. There are, though, another 47 *idiomela rizitika* (which are sung with their own unique melody). The music of *rizitika* is an especially interesting subject. The melody ‘suppresses’ the rhyme and adapts it to its own ‘shape’.

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## Altar Group Schedule for July

Many thanks to all the families who have committed to our altar group schedule these last three months. It has been wonderful having each of them in the altar, knowing that it is a wonderful way for any young man to serve the Lord and His Church. Thank you also to **Nektarios McKnight**, **Manoli Darzins**, and **Michael Garibaldi** for “coaching” our altar servers each Sunday.

The altar group rotations will continue through the summer, and the schedule for the Sundays in July will be as follows:

July 1- Group 1

July 8- Group 2

July 15- Group 3

July 22- Group 4

July 29- All welcome

The altar group rosters are as follow:

**Group 1 - Harry Misthos (group leader), Stelio Kyriacou, Kosta Lyberopoulos, Niko Pezo and Demetri Rally**

**Group 2 - Anthony Obester (group leader), Demetri Kontonis, Bobby Kontonis, Niko Manetas, and Steven Manolakis**

**Group 3 - Steven Flynn, Clint Flynn (group leaders), Antonio Panagiotopoulos, Steven Panagiotopoulos, Panagioti Sogotis, and Yianni Sogotis**

**Group 4 - Andrew Nuris, Vasili Loufas (group leaders), Anthony Tadessee, Jonas Tesfai and Nathan Tesfai**

As always, if anyone has any questions or suggestions, feel free to let us know. Thanks!

# J U L Y   C A L E N D A R

SUNDAY	MON.	TUESDAY	WED.	THURS.	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Street Closure Orthros at 9:00 am Divine Liturgy at 10:30 am			Independence Day  Offices Closed			
8	9	10	11	12	13	14
Orthros at 9:00 am Divine Liturgy at 10:30 am			Basketball Practice			
15	16	17	18	19	20	21
Orthros at 9:00 am Divine Liturgy at 10:30 am			Basketball Practice		Feast of Prophet Elias, Divine Liturgy, 10 am	
22	23	24	25	26	27	28
Orthros at 9:00 am Divine Liturgy at 10:30 am			Festival Meeting, 7 pm  Basketball Practice	Feast of Saint Paraskevi, Divine Liturgy, 10 am	Feast of Saint Panteleimon, Divine Liturgy, 10 am	
29	30	31				
Orthros at 9:00 am Divine Liturgy at 10:30 am						

## Services & Sacraments At The Cathedral

### BAPTISMS

Jackson Alexander Moulds, son of Reed Fielding and Aleena Kalyopi Moulds, was baptized at the Cathedral on June 2. His sponsor is **Aaron Paras-Kopecky**.  
*Na mas zisi! (Long life!)*

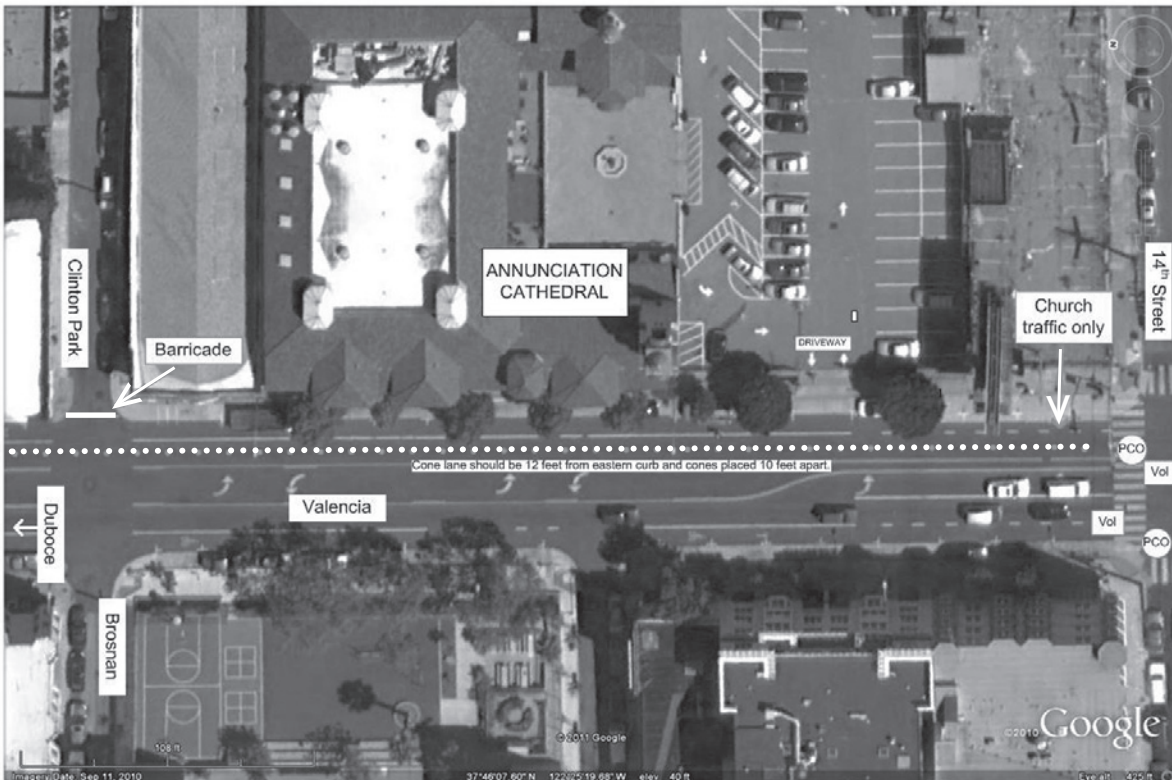
### WEDDINGS

Ioannis Lagos and Denise Lynn Tacusis had their marriage blessed in the Cathedral on June 28, 2012. Their sponsor was **Despina Kokalis**.  
*Na zisete! (Long life!)*

### FUNERALS

**Theano Melitas**, who fell asleep in the Lord on May 23, was buried on May 30. She is survived by her daughters, **Dr. Evry and Irene Melitas**.  
*Aionia i Mnimi! (Eternal memory!)*

Valencia between Duboce and 14<sup>th</sup> Street



STREET ROUTES ON STREET CLOSURE DAYS.