



ANNUNCIATION CATHEDRAL HERALD



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MARCH 2013



Cathedral Groups Perform Magnificently at FDF 2013!!!

Our Cathedral dance groups once again brought back several awards after a very successful FDF! Last February 14-18, in Anaheim, California, the Greek Orthodox Metropolis of San Francisco held its 37th Folk Dance Festival (FDF), and all of our Annunciation Cathedral dance groups were a joy to watch. First, our youngest group, Thisavri, performed beautifully in Division III (non-competitive), showing that the future of our dance program is bright at Annunciation! Our elementary group, Spithes, won an impressive second place in the Advanced Primary category, and Ekrixi, our high-school/college age group, received a Founders' Special Achievement Award in the ultra-

competitive Senior category. Finally, of special note was the Division II Instrumental Award given to **Michael Garibaldi** for playing live folk music for several more groups this year, including the *zourna*, which he picked up this past year!

As always, our community is very proud of all our dancers who participated in this wonderful ministry, showing that our Greek Orthodox faith and culture are alive and well today in San Francisco. Many thanks to all our directors: **Irene Kyriacou, Lea Lyberopoulos, Lea Papavasiliou, Shareen Fousekis, Michael Garibaldi** and **Nicole Georgiou Garibaldi**, as well as our 2013 Dance Board and parents. Congratulations!

Annunciation Cathedral Honor Roll of 2013 Stewards

(as of February 21, 2013)

Demetria Aleck	Mr. James F. Fotenos	Thalia Makras	Mrs. Efstratia Soultanakis
Patricia Aleck	Spiros and Shareen Fousekis	Mr. & Mrs. Peter Manetas	Michael and Anna
Maria & Andrew Allen	Charalabos and Marianthe	Cynthia Marcopoulos	Stamatopoulos
Anthony & Zetta Ambus	Fragakis	Kathryn & William Mares	Mr. & Mrs. Marios
Dr. Antonia Ambus & James	Mr. & Mrs. Gus and Helen	Helen Markanton	Stathopoulos
Warren Ambus	Franco	George P. and Cleo N. Mattis	Nikolaos Stathopoulos
Theodore & Jean Angelopoulos	Mr. Ilias Frangos	Angelo Kottas and Phyra	Mr. & Mrs. Peter C. Stephens
Lambrini Arestis	Michelle Fuller	McCandless	Anna Stratakis
Ackie Argyres	David & Kathie Garibaldi	Irene Melitas	George & Georgia Stratoudakis
Chrisula Asimos	Hiwet & Zeru, Menghiste	Mary Mires	Nicholas Svetcoff
Philip & Diala Athanasiades	Gebremariam	Mary Mitchel	George Tacticos
Angie M. Augustus	Mrs. Toula Georgatos	John and Demetra Monolakis	Joy Tamaras
Michael Bagatelos	Nicko M. and Chrisoula	John S. Monolakis	James & Diane Thomas
Peter A. Bagatelos	Georgatos	Vassiliki Moulas	Basil and Mary Tonas
Nicholas Balian	Lemlem Gerbrat	Vicky A. Moulas	George & Eleni Tsagaris
Robert and Annamarie Balian	Bonnie Grampsas	Michael S. & Erika Mountanos	Athanasios & Christina Tsiatis
Constantine Barlas	Alexandra Gumas	George and Dena Karro	Mr. & Mrs. Dimitrios Tsokas
Fr. Niko and Pres. Stella Bekris	Lillian (Stavroula) Hamberis	Mourgos	Mary C. Tsougarakis
Eleni Benetatos	Paul Hamberis	Perri Nager	Irene A. Valos
Pete Bozionelos	Constantine & Eleftheri	Bashar George and Rada	Nicholas & Vasiliki
James Chiappari	Haralambopoulos	Nashawati	Tzafoopoulos
Philip E. and Chiappari	Peter Haramis	Helen Nicklas	Mrs. Loula Tzekos
Yvonne and Anthony	Katherine Johns	Nick Nicklas	Foula Vasilogiorgis
Chiappari	John & Kristina Kallas	Maria & Dean Nicolacakis	Costas and Meena M. Vellis
Stanley Cocoles	Angelus Karas	Michael & Helen Nicolas	Aris Vellis
Susan & Arianthe Zevgolis	Bill Karas	Manuel and Teia Nuris	Angelo J. Vorrises
Condon Condon	Joanna Karas	Robert & Pauline Oetzel	Costa Vorrises
Christopher Contos	Kathy Karas	Connie Panagotacos White	Denis G. and Eugenia Vorrises
Vivian & John Curd	Gari Katsanis	Dr. Peter Panagotacos	Denis J. and Renee A. Vorrises
Nan Cusulos	James & Joanne Kavalaris	John & Helen Panomitros	James D. and Louise J. Vorrises
Elli & James Dakis	Robert and Nicoletta Ketchum	Mr. & Mrs. Peter Pantages	Stephanie L. Vorrises
Athan & Marguerite Dalianes	Mr. & Mrs. George Kintis	Mr. & Mrs. Spiros Papadakis	Georgia Vouchilas
Steven Delianides	George K. Koche	Mrs. Yiota Patiris	Michael & Loula Vriheas
Christina Decker	Despina Kokalis	Joan Patropulos	Carl Weiner
Nicholas & Stephanie Delis	Paul & Irene Kosaris	Kenneth & Polymiti Peters	Bessy Xepoleas
Charlotte Derdevanis	Evelyn Koupas	Sakee and Irene Poulakidas	Mary Yannaghas
Mr. & Mrs. Themis Drolapas	Pete & Voula Koutoulas	Mr. & Mrs. James Poulos	Bret and Denise Yeilding
Nicholas & Janine Economides	Helen Koutsakis	Genevieve Radovich	Kathrine Ann Yeilding
George and Jenny Efstratis	Georgene and Bill Kromydas	Nicholas & Anastasia Raggio	Bessie York
Annette & John Eliopoulos	Chris and Irene Kyriacou	Mr. & Mrs. Demetrius Rally	
John Eliopoulos, Jr.	Rev. and Mrs. Stephen H.	George A. Riley	
Peter John Eliopoulos	Kyriacou	Demetrios W. Rizos	
Anthony E. Elite	Robert & Catherine Larson	Demetrios Simotas	
Yemane B. Eqube	Angie & Theodore Leventis	Mr. & Mrs. Jerry Simotas	
Evgenia N Fkiaras	Ryan C. and Marie V. Lukehart	Mr. & Mrs. Theodore Sogotis	
	Sophie Makras		

WHAT DOES MY GIFT TO THE BUILDING FUND REALLY AMOUNT TO OVER A FIVE YEAR PERIOD?

Below are some different ways to look at how you can make a meaningful gift.

AMOUNT	PER YEAR OVER 5 YEARS	PER MONTH OVER 5 YEARS	PER DAY OVER 5 YEARS	2 PERSON FAMILY-PER DAY (EACH)	3 PERSON FAMILY-PER DAY (EACH)	4 PERSON FAMILY-PER DAY (EACH)
50,000	10,000	833.00	27.40	13.70	9.13	6.85
30,000	6,000	500.00	16.43	8.22	5.48	4.10
25,000	5,000	416.00	13.70	6.85	4.56	3.42
20,000	4,000	333.33	10.95	5.49	3.65	2.74
15,000	3,000	250.00	8.22	4.11	2.74	2.05
10,000	2,000	166.66	5.47	2.75	1.82	1.36

Theosis? (Part 2 of 2)

by Marcelo P. Souza

(Continued from the February Herald)

Body and Soul, Heaven and Earth

Deification involves not only the inward person but also the body, for human beings are *hylomorphic* beings, unities of body and soul, and Christ took upon himself full humanity in order to redeem the whole person. Therefore, according to St Maximus, “our body is deified at the same time as our soul.” Our bodies are the temple of the Holy Spirit, and we are to offer them as living sacrifices to God (1 Cor. 6:19, Rom. 12:1).

The full deification of the body must wait until the Last Day, when our redemption will be fully consummated and the righteous will rise from the dead and be clothed with a spiritual, incorruptible body. In that Day, the glory of the Holy Spirit which now shines hidden in the inward man will transfigure our bodies, coming out from within and shining visibly with the light of Mount Tabor. In the meantime, we receive the first fruits of our redemption, and as such some saints have experienced tokens of the visible, bodily glorification.

Reports of saints shining visibly in times of prayer include that of St Seraphim of Sarov, Arsenius the Great, Abba Pambo and others. Here in San Francisco, the incorrupt relics of my patron saint, St. John Maximovitch, lie displayed for all to see and venerate at the Holy Virgin Cathedral.

Because the Orthodox are convinced that the body is sanctified and transfigured together with the soul, reverence for

the relics of the saints is a natural outcome. The grace of God that is present in the saints’ bodies during their lives remains active when they die, and God uses such bodies as channels of divine power and as instruments of healing. In some cases, the bodies of the saints have been miraculously preserved from corruption; but the reverence and veneration of the relics of the saints is present even when this has not occurred.



St John Maximovitch

Indeed, the doctrine of theosis, which informs a worldview of God suffusing human beings with his grace, in his energies, is also the framework for the understanding that God redeems not only human beings, but all of physical creation as well. Not only our human body but the whole of the material world will be eventually transfigured, for Christ came to make all things new, and God’s redemptive plan culminates in the establishment not only of a new heaven, but also a new earth. Creation is to be saved and glorified along with humans, and icons are the firstfruits of this redemption of matter.

The Incarnation, of course, is both the basis and means through which God redeems all of creation, including matter. Christ took flesh and thus the material order in him was

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united to God. From his Incarnation springs God's cosmic redemption, and the Orthodox doctrine of the deification of the body, its iconology, and indeed its view of the holiness and even sacramentality of the created order are firmly grounded on it.[10]

In the Orthodox tradition there is therefore a profound sense of the intrinsic sacredness of the earth, a serious affirmation of the goodness of life and an increasing concern for man's responsibility as the steward of the planet. According to Ecumenical Patriarch Dimitrios' 1988 Christmas message, the world "should become a Eucharistic offering to the Creator, a life giving bread, partaken in justice and love with others."

Six Points to Remember

Metropolitan Kallistos lists six points that must be made in order to avoid misunderstandings concerning the doctrine of theosis:

1. First, it must be clear that theosis is for **every Christian without exception**. The process of divinization begins in this life for all Christians, and not for a select few. However weak our attempts may be to follow Christ and keep his commandments, of using our will in making choices that conform to the grace of God, we are already in some degree deified.
2. Secondly, the process of deification does not mean that one becomes perfect or sinless in this life, or that one ceases to be conscious of sin. It was St Paul who called himself the "chief of sinners," for it is characteristic of great saints to have an acute awareness of their own limitations. Deification always presupposes a **continual act of repentance**, and it is not for nothing that the Jesus Prayer begs, "Lord Jesus Christ, Son of God, have mercy on me a sinner." The doctrine of theosis is not mutually exclusive with a doctrine of ongoing penitence, but rather presupposes it.
3. Thirdly, theosis does not come about through some esoteric or magical technique. Rather, the process of deification, in which we cooperate with the grace of God, takes place in one's life **through the means God has appointed** to bring that about.

Metropolitan Kallistos lists six such means:

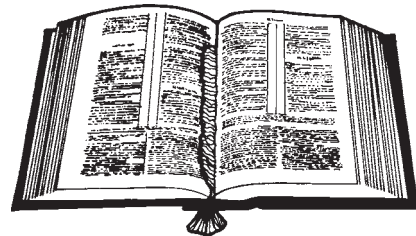
1. Church (i.e., participating in the Liturgy and in the life of the community),
2. The regular reception of the sacraments
3. Perseverance in prayer

4. The reading of the Gospels

5. The keeping of God's commandments

6. Christian service.

4. Therefore, fourthly, deification is **not a solitary but a "social" process**. The commandments are summed up in the love of God and the *love of neighbor*. These two are inseparable, for one cannot fulfill one without fulfilling the other. Only if one loves God – and therefore only if one loves his neighbor – can one be deified. As the Persons of the Trinity dwell in one another, so we must also dwell in our neighbors.
5. Fifthly, and consequently, theosis is practical because love of God and of our neighbors must be **practical, i.e., expressed in action**. Obviously the process of theosis does not exclude mystical experience, but it certainly includes the service of love. In our efforts, our *synergia*, we cooperate with the grace of God by conforming not only our minds and hearts to him, but also in imitating his love through actions.
6. Lastly, deification presupposes **life in the Church**, life in the sacraments, for they are the means appointed by God for us to acquire the Holy Spirit and be transformed in the divine likeness.



"Above all, pray for your spiritual family."

– Father Porphyrios

Community Link Continues in 2013

Community Link, now in its ninth 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 or would like to join us for a visit, please contact, please contact Pauline Oetzel at poetzel@hotmail.com. Upcoming Community Link dates for 2013 are: March 16, April 20 and May 18.

WEEKLY CRETAN MUSIC & DANCE WORKSHOP, RIZITES

Mission Statement: A Cretan dance, instrumental, & song hobby group/ para, 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

petrosp@athertonappliance.com

Consider joining an OCMC Orthodox Mission Team in 2013

Consider joining an OCMC Orthodox Mission Team in 2013. Mission Teams serve our Holy Orthodox Church's unending mission effort that all people may come to know the saving love of our Lord. Be a living witness as a family on a Family Outreach Team in Albania, take part in stewardship training in Uganda, or offer your talents on other OCMC Teams in 2013. Team applications and details are available online at www.ocmc.org or call the OCMC at 1.877.463.6787 (ext 142) for more information.

Ionian Village and Spiritual Odyssey 2013

The dedicated staff of the Youth and Young Adult Ministries department of the Greek Orthodox Archdiocese has been hard at work these past few years growing the wildly successful Ionian Village program. The following are two programs that have been organized for summer 2013:

Ionian Village

Ionian Village, the summer camping ministry of the Greek Orthodox Archdiocese of America, is now accepting registrations for its summer 2012 programs. Operating from a beautiful seafront campsite on western Peloponnesus in Greece, Ionian Village brings its campers and staff into close contact with their faith and heritage as they travel throughout the country to sites of cultural and religious importance. Ionian Village offers two camping sessions: Summer Travel Camp and Byzantine Venture. Registration is open to Greek Orthodox youth who have completed grades 7 through 12.

Spiritual Odyssey 2013 : Cyprus and Crete

While in Cyprus, participants will experience our faith and culture firsthand, visiting sites where the Apostles once preached, also learning about the Cypriot struggle and ongoing division of the island. Participants will also explore the beautiful beaches, food, and culture of the island of Cyprus. Participants will then travel to Crete where they will marvel at the ancient ruins in Knossos and experience the island's rich religious heritage.

Spiritual Odyssey is an Ionian Village program for young adults, ages 19-28, giving them an opportunity to travel to sites of both historical and spiritual importance, while exploring their faith with other people their age.

This fun and exciting pilgrimage gives its participants an opportunity to do more than just travel, it allows them to experience the sites of Orthodox and historic importance with other young adults, and most importantly, it allows them to grow together as a group, experiencing their faith and culture with each other and as a family. **Total Cost** (includes airfare) is \$2750.00. All forms and payments are due by May 1st.

For more information about any of the Ionian Village programs, or to participate in this summer's programs, visit www.ionianvillage.org or contact the Office of Ionian Village at (212) 570-3536.

MANTINAΔΕΣ ΒΑΣΙΛΕΙΟΥ ΓΛΥΜΙΔΑΚΗ

The following poem was offered by Mr. Vasilios Glimidakis at his interview with the Historical Society on February 9, 2013:

Η ΞΕΝΙΤΕΙΑ ΜΕ ΕΚΑΝΕ
ΚΟΣΜΟ ΓΙΑ ΝΑ ΓΝΩΡΙΣΩ
ΧΑΡΕΣ ΚΑΙ ΛΥΠΕΣ ΝΑ ΓΕΥΘΩ
ΤΗΝ ΚΡΗΤΗ ΝΑ ΤΙΜΗΣΩ
ΤΟΝ ΤΟΠΟ ΠΟΥ ΞΕΚΙΝΗΣΑ
ΕΧΩ ΜΕΣ ΣΤΗΝ ΚΑΡΔΙΑ ΜΟΥ
ΚΑΙ ΤΟ ΜΙΝΕΡΒΑ ΤΟ ΚΑΦΕ
ΕΧΩ ΣΤΑ ΟΝΕΙΡΑ ΜΟΥ
ΗΡΘΑ ΕΔΩ ΧΩΡΙΣ ΔΕΦΤΑ
ΑΠ ΤΗ ΓΛΥΚΕΙΑ ΠΑΤΡΙΔΑ
ΕΛΟΥΛΕΨΑ ΚΑΙ ΠΑΛΕΨΑ
ΚΑΙ ΑΣΠΡΗ ΜΕΡΑ ΕΙΔΑ
ΦΟΥΡΤΟΥΝΕΣ ΚΑΙ
ΚΑΚΟΤΟΠΙΕΣ
ΓΝΩΡΙΣΑ ΣΤΗΝ ΠΟΡΕΙΑ
ΜΑ ΤΑ ΚΑΤΑΦΕΡΑ ΚΑΛΑ
ΔΟΞΑ ΤΗΝ ΠΑΝΑΓΙΑ
ΚΙ ΑΛΛΟΥΣ ΒΟΗΘΗΣΑ
ΠΟΛΛΟΥΣ
ΠΟΥΡΘΑΝ ΑΠ ΤΗΝ ΠΑΤΡΙΔΑ
ΚΑΙ ΧΑΡΗΚΑ ΠΟΥ ΠΡΟΚΟΨΑΝ
ΠΡΙΝ ΠΑΝΕ ΣΤΗΝ ΕΛΛΑΔΑ
ΤΗ ΧΩΡΑ ΑΥΤΗ ΑΓΑΠΗΣΑ
ΠΟΥ ΜΟΥΔΩΣΕ ΕΥΚΑΙΡΙΑ
ΝΑ ΔΗΜΙΟΥΡΓΗΘΩ ΚΑΛΑ
ΔΟΞΑ ΤΗΝ ΠΑΝΑΓΙΑ
ΚΑΙ ΤΗΝ ΕΛΛΑΔΑ ΔΕΝ ΞΕΧΝΩ
ΤΗΝ ΚΡΗΤΗ ΤΟ ΧΩΡΙΟ ΜΟΥ
ΠΑΝΤΑ ΚΟΝΤΑ ΤΗΣ ΘΑ ΓΥΡΝΩ
ΠΑΝΤΑ ΣΤΟ ΟΝΕΙΡΟ ΜΟΥ
ΚΑΙ ΣΕΙΣ ΚΑΛΟΙ ΜΟΥ
ΣΥΝΤΕΚΝΟΙ
ΠΟΥ ΧΡΟΝΙΑ ΣΑΣ ΕΞΕΡΩ
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ΥΓΕΙΑ ΠΡΩΤΑ ΕΥΧΟΜΑΙ
ΚΑΙ ΥΣΤΕΡΑ ΠΑΡΑΔΕΣ
ΝΑ ΧΑΙΡΕΣΤΕ ΟΤΙ ΕΧΕΤΕ
ΚΑΛΟΙ ΝΥΚΟΚΥΡΑΔΕΣ
ΚΑΙ ΚΛΕΙΝΟΝΤΑΣ ΣΑΣ
ΠΡΟΣΚΑΛΩ
ΝΑ ΠΙΟΥΜΕ ΜΙΑ ΕΛΑΤΕ
ΑΓΑΠΗ ΠΑΝΤΑ ΝΑΧΕΤΕ
ΔΟΥΛΕΨΤΕ ΚΑΙ ΒΟΗΘΑΤΕ

PHILOPTOCHOS NEWS

Faith, Hope, Love- *Pistis, Elpis, Agape*

We herald the beginning months of the Year with energy and dedication to fulfill our philanthropic goals of our Annunciation Philoptochos. Through membership, Philoptochos has been a beacon of “Faith, Hope and Love” to all those in need of our services, both spiritually and financially. We use our Orthodox Faith as a beacon to spread the concepts of giving and His Word. We hope that we can reach out and give solace to those less fortunate in our communities and in the world. We reach out with love to all we encounter. That is the great mission of Philoptochos. Membership is “one woman asking another to care.” Join today and make a commitment to your fellow men and to God’s great commandment. If you have any questions concerning membership please email me, Pat Aleck, at P_aleco@sbcglobal.net. Any support you can give is important and greatly appreciated.

“Chosen and Appointed by God to Go and Bear Fruit”
Offering Healing, Peace & Hope

2013 Crab Feed

Our 31st Crab Feed held on January 25, and hosted by Philoptochos, was a great success! Close to 500 attendees enjoyed the succulent crab prepared by our outstanding committees. From reservations, to purchasing, to preparing the crab, to preparing the salad, to cooking the many pounds of pasta, to spreading the fresh garlic on the many loaves of bread, to organizing and setting the tables, to bartending, to cleanup, to organizing the raffle, the many men and women of the committees did outstanding work. Their commitment to the planning of this event is remarkable. I can’t thank them enough for their dedication to this wonderful fundraiser. In addition, our members thank all who attended to enjoy the delicious crab. We want you to know your joining us helps to raise the important funds which support our many ministries and programs. The popularity of this event is wonderful. We actually had people calling to ask when the date is for the next Crab Feed. Kudos to all!

Celebrating Match 25th!

On Monday, March 25th, the Annunciation of the Theotokos, our community will be celebrating the feast day of our Cathedral. Philoptochos will prepare a luncheon following the service on this special day. We hope everyone can join us for a tasty lunch.

Easter Bake Sale

This year Orthodox Easter will be held on Sunday, May 5, 2013. As we do every year the Philoptochos will be preparing the breads, eggs and cookies for our Easter Bake Sale. We will be distributing forms for you to order your Easter goods in plenty of time.

Wishing our Church family love and joy as we begin the spring season.

With warmest regards and love in Christ,

Patricia Aleck, Philoptochos President

Marriage and Family Retreat at Annunciation April 13

On Saturday, April 13 the Annunciation Cathedral will be hosting a marriage and family retreat from 10 am – 3 pm. **Mr. George Pageorge**, a marriage and family therapist and wonderful presenter will be the keynote speaker of the event. George has made several presentations for the Metropolis of San Francisco as well as other parishes in recent years. Lunch will be provided, and the event will be complimentary.

The program will be as follows:

10am-Noon: First presentation
Noon-1pm: Lunch
1pm-3pm: Second presentation

We sincerely hope that you will be able to make it to this program, which deals with something so crucial to our lives as Christians, our relationship with our spouses and our families.

For more information, please contact **Father Niko** at fatherniko@annunciation.org.

YOUTH NEWS

Sunday School Korner- March

March is a busy month for our Sunday School classes. Lent begins. It is a great time to bring your children/grandchildren to classes (10:30 am) for Lenten lessons and much more. Share the gift of faith with our youth. *Please volunteer to help in the classrooms with Oratorical festival, TGI Pascha or our Angels during Holy Week.*

March 3rd Practice and Preparation for the Oratorical Festival

March 10th **Parish Oratorical Festival**

Held immediately after Divine Liturgy in Chapel

***Students in the upper grades (5th - High School) give prepared speeches as outlined by the Archdiocese. There is opportunity for students to go on to participate in Metropolis competition (March 17th). Join us in supporting our youth in expressing their faith.

March 24th **Sunday of Orthodoxy**

***Children should **bring an icon** from home to participate in the procession at the end of the Liturgy.

March 25th **Feast of the Annunciation of the Theotokos**

April 7th **Sunday of the Holy Cross**

***Sunday School will participate in the procession of Crosses at the end of Liturgy.

We will sign up girls to be angels during Holy Week, beginning March 24th. All girls in 3/4th grade and above will be eligible to be an angel. They must be able to attend at least 3 of the services in which Angels participate to be eligible.

I am asked frequently during Lent about fasting, so I have taken an excerpt from the archdiocese website to help answer common questions:

“The Great Lent begins Monday after Sunday of Cheese, the fifth week before Holy Week, and lasts through Saturday of Lazarus, and continues through Holy Week. Abstention from meat, fish and dairy products is observed, except on Palm Sunday and the Annunciation, March 25, when fish may be eaten. On Saturday and Sunday of Lent, wine, oil and shellfish may be eaten. This selection of foods is applied to the other fast periods, below, except when indicated otherwise.

“Children should be instructed (both at home and in Sunday School) as to the purpose and meaning of church observances such as the procedures of fasting. Children should be taught the ideals of abstention from foods and from iniquities and their relationship to prayer, alms-giving, self-control and love. Children of sound health should fast. The main purpose of children fasting is to make them aware that fasting is a dedication and pledge to obey the principles of faith in Christ. Infants are not required to fast. However, the feeding of infants should take place at least two or three hours before Holy Communion.”

The archdiocese website, www.goarch.org, is a great wealth of information for families.

*“He who clothes himself with patience
will see victory and glory.”*

—St. Nicholas the Serb

Join the Annunciation Sunday School Facebook page and “Like” Us!

Updates are posted regularly about our classes.

I look forward to seeing our many families participate in our many programs over the next two months. This is a wonder-

ful time of year! Thank you for your support.

Denise Yeilding
Sunday School Principal

Youth Groups to Resume in March

The Cathedral’s youth ministries paused in the month of February due to the busy schedules of all the families involved in FDF! Each youth group will resume in March, and the events will be as follow:

Tuesday, March 12: JOY at the Athanasiades home (2465 Shannon Drive, South SF) at 6:30 pm

Friday, March 22: GOYA Family Night- First Salutations Service, 7 pm, followed by potluck dinner

Thursday, March 28: Young Adult Community Service Project and dinner, 6:30

For more information on any of these events, feel free to contact **Father Niko** at fatherniko@annunciation.org, or visit the “Youth of Annunciation Cathedral San Francisco” Facebook group page.

JOY is open to all youth grades 3-6 and meets on the second Tuesday of each month

GOYA is open to all youth grades 7-12 and generally meets the third Monday of each month

The Cathedral Young Adult group is open to all young adults 22-35(ish)

Altar Group Schedule for March

The schedule for the month will be as follows:

- March 3- Group 1
- March 10- Group 2
- March 17- Group 3
- March 24- Group 4
- March 31- Open to all

The altar group rosters are as follow:

Group 1- Niko Pezo, Demetri Rally, Stelio Kyriacou, Kosta Lyberopoulos, Andrew Vellis

Group 2- Anthony Obester, Demetri Kontonis, Bobby

Kontonis, Niko Manetas, Hari Manetas, Matthew Nuris

Group 3- Steven Flynn, Clint Flynn, Tony Selianitis, Taumaoe Selianitis, Dimitri Selianitis

Group 4- Anthony Tadesse, Jonas Tesfai, Nathan Tesfai, Steven Monolakis, Panagiotti Sogotis, Yianni Sogotis

If any families are interested in their boys joining an altar group (and they are above the age of 10), feel free to contact **Father Niko Bekris** at fatherniko@annunciation.org. Thank you also to **Nektarios McKnight** for guiding and instructing our altar servers each Sunday. As always, if anyone has any questions or suggestions, feel free to let us know. Thanks!

Greek School to Offer Greek Independence Day Presentation on March 24

In celebration of March 25th, the Greek School is preparing a program of songs and poems to be presented immediately following the Divine Liturgy on Sunday, March 24. The presentation will take place in the church hall. All are welcome to join us and support our students!

We thank our wonderful teachers and the families that have

supported our Greek School this year. Classes have resumed and are each Saturday at 10 am. We wish the entire Annunciation community a blessed 2013!

If you have any questions, please contact **Pamfilia Zambelis** at pzambelis@yahoo.com.

“The soul of man is by nature Christian.” – Tertullian



January 2013 Discussion



January 2013 Discussion



Thasavri



Rizites Jam Session

*“The spirit of this world makes wolves out of lambs,
while the Spirit of God
makes lambs out of wolves.”*
– St. Nicholas the Serb



Spithes 2013



METROPOLIS OF
SAN FRANCISCO

THE GREEK ORTHODOX
METROPOLIS OF SAN
FRANCISCO
INVITES YOU TO
PARTICIPATE
ON CHEESEFARE SUNDAY,
MARCH 17,
AT 6:00 PM
IN THE FORGIVENESS
VESPERS SERVICE
(THE FIRST *KATANYKTIKOS* VESPERS)

CELEBRATED BY HIS EMINENCE
METROPOLITAN GERASIMOS
OF SAN FRANCISCO



ANNUNCIATION CATHEDRAL
245 VALENCIA ST
SAN FRANCISCO, CA 94103

GUEST SPEAKER:
THE REVEREND PROTOPRESBYTER PETER SALMAS,
PASTOR OF THE CHURCH OF THE HOLY CROSS, BELMONT, CA.

TOPIC:
*FORGIVENESS AND REPENTANCE ACCORDING
TO THE ORTHODOX CHURCH*

DINNER WILL FOLLOW IN THE KYTHERIAN ROOM
ALL ARE WELCOME

M A R C H C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
Orthros, 9 am, Divine Liturgy, 10:30 am		Adult Greek Class, 7- 9:15 pm		Basketball, 7-8:30 pm		Historical Society, 9am First Saturday of Souls, 10am
10	11	12	13	14	15	16
Orthros, 9 am, Divine Liturgy, 10:30 am Parish Oratorical Festival		Adult Greek Class, 7- 9:15 pm JOY, 6:30		Basketball, 7-8:30 pm	Greece Forum - Greece: Crisis and Necessary Structural Reforms, 6:30 pm at the Korinthias Hall.	Second Saturday of Souls, Divine Liturgy 10am (at cemetery) Community Link, 9am
17	18	19	20	21	22	23
Orthros, 9 am, Divine Liturgy, 10:30 am Sunday of Forgiveness Vespers 6 pm	Clean Monday, Great Compline, 4 pm	Adult Greek Class, 7- 9:15 pm	Pre-Sanctified Liturgy, 10 am Parish Council, 7:30pm	Basketball, 7-8:30 pm	First Salutations and GOYA Family Night, 7 pm	Sunday of Orthodoxy Vespers at St. Nicholas Antiochian Orthodox Church, 5200 Diamond Heights Blvd., San Francisco, 5 pm.
24	25	26	27	28	29	30
Orthros, 9 am, Divine Liturgy, 10:30 am Great Vespers, 7 pm	Feast of the Annunciation of the Theotokos, Orthros 9am, Liturgy 10am	Adult Greek Class, 7- 9:15 pm	Pre-Sanctified Liturgy, 10am	Young Adult Community Service Project and Dinner, 6:30pm Basketball, 7-8:30 pm	Second Salutations, 7 pm	
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PRAYER OF A CHILD

Our Father in heaven, bless my parents, guardians, and those in authority over me, for the love, tender care, and benefits I receive at their hands. Grant me your grace to perform my duties carefully and faithfully, avoid undesirable company and influence, and resist all temptation that may come my way, living a sober, righteous, and Godly life, ever praising you and glorifying your holy name. Amen.

Sacraments and Services

FUNERALS

The Cathedral extends condolences to the family of **Mickey Davies**, who fell asleep in the Lord on January 28, 2013, and was buried on February 1, 2013, following funeral services at Holy Trinity. He is survived by his wife, **Ethel**, and children **Michael** and **Christopher**.

The Cathedral extends condolences to the family of **Beatrice Tentés**, who fell asleep in the Lord on February 16, 2013, and was buried on February 21, 2013, following funeral services at Holy Trinity. She is survived by her sisters **Ethel Davies** and **Helen Christopher**.

Aionia i Mnimi (Eternal Memory!)

The Cathedral extends condolences to the family of **Socrates Nicholson**, who fell asleep in the Lord on February 18, 2013, and was buried on February 22, 2013, following funeral services at Greek Orthodox Memorial Park. He is survived by his daughter, **Ramona Nicholson**.

“In the end, victory and glory belong to the righteous. They need only to arm themselves with faith and forbearance.” – St. Nicholas the Serb