



ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 · 415 864-8000 · FAX 415 431-5860 · E-MAIL marcelo@annunciation.org

AUGUST 2014



2014 FOOD FESTIVAL NEXT MONTH - SEPTEMBER 19, 20, 21, 2014

Our Food Festival is upon us. A highly anticipated event bringing thousands of people living in the San Francisco Bay Area together to get a taste of all things Greek. The new festival committee has had several well organized, and very productive meetings so far. Thank you to all who have attended these meetings and accepted chair positions for different facets of the festival. If you would like to participate in this year's Food Festival, please consider becoming a part of the planning process, food preparation, recruiting volunteers or any other way you wish to help. We need lots of volunteers.

One way which you can help is to underwrite the cost of materials and ingredients which are needed. A few weeks ago the donation form was circulated and we were able to get more than half of the items donated which were listed on the donation form. The following items are still

open for donation and one way of acknowledging your donations is to list your name in the Food Festival Souvenir Program Book. Your donation is fully tax-deductible to the extent permitted by law.

The following items are still open for donation:

Fasolakia	\$400
Utensils	\$400
Lemon Juice	\$400
Gyro	\$2,500
Lamb	\$2,500 (\$1,000 already applied)
Souvlaki	\$5,000

Please note that for large amounts, you can join with other donors. Forms are available at the *pangari*.

The preparation of the food has already started. If you wish to volunteer your time and energy and also learn to make some of the authentic food we will be serving, please call the person in charge of each food and/or pastry item. The cooking schedule is attached to this Herald and it is also posted at the *pangari*.

Every year, our Food Festival Souvenir Book with 100 impactful pages stands out as a great resource. Our guests take this program book home and refer to it for recipes, articles, photos and memories of a wonderful weekend. Our year-to-date total sales is \$25,000 and hopefully, we will reach our goal of \$60,000. For your convenience in submitting an ad, we are attaching the contract to this Herald. We look forward to making this 2014 Food Festival a great success!



Building Update- Garage Construction Ramping Up

The pace of construction has picked up considerably in the past month. Since then, waterproofing installation has been completed, the thin protection slab was poured, and all the rebar for the foundation slab has been delivered and set up. The foundation slab will be poured in two sections - it's too much concrete to pour in one day. This will be the first of several very visible milestones on the way to completion of the new Cathedral. After the foundation slab is cured, the formwork and rebar for the walls will be placed, followed by wall shotcrete placement. "Shotcrete" is concrete that's shot from a pressurized nozzle instead of being poured into forms,

and is a well-established method for wall construction. It's two main advantages are elimination of the inner form walls and speed of placement. These two advantages translate into significant time and cost savings, both of which are of great help to the Cathedral project. The wall construction should last about four months, and will be followed by construction of the upper slab, called the "podium deck." The podium deck will provide the base for constructing the new Cathedral and the rebuilt courtyard. If all goes as planned, the steel framework of the new Cathedral should be reaching heavenward around Christmas or early in the New Year.

see next page



MATCHING GIFTS FOR THE BUILDING PROJECT

A few months ago, one of our dedicated parishioners informed us that the company she works for offered to match any contributions made by any of their employees to non-profit organizations. The individual had already pledged \$25,000. over five years to the building project, and had already submitted one payment in the amount of \$5,000. this year. Her company matched this amount, and recently, we were notified that they would do so again this year. This means that, potentially, this

individual's pledge will go from \$25,000 to \$50,000!

If you have already pledged to the Capital Campaign and submitted a payment this year, or are planning to do so in the future, please inquire if your employer has a similar policy of matching gifts to non-profits. Please join us as we embark on this historic time in the history of our community. Every bit helps!

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)
\$100,000	\$20,000	\$1,666.00	\$54.80	\$27.40	\$18.26	\$13.70
\$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

The building of the new Cathedral is a once-in-a-lifetime opportunity which has presented itself to us as a Community and can be accomplished very easily if we all are willing to do our part to give as much as we can for this short period of time.

We must ask ourselves the question - How much do we spend on other things each month that are important to us? Can we add a donation

to the Cathedral Building Fund as well? Many people have set up a monthly auto debit plan on their credit cards so that gift can be made automatically and spread out over time in order to fit into their budgets.

Your thoughtful consideration is appreciated by us today and your children and grandchildren tomorrow!!

To date, roughly \$10.5 million has been given or pledged to complete the new Cathedral (including pre-construction), with an estimated \$2 million still needed to complete the exterior and interior construction. The Construction Committee is continuing its fundraising efforts so that the Cathedral can be completed in 2015.



Annunciation Sunday School Building Project

If you've been attending services over the past couple of months it's hard to miss the building enthusiasm shared by the youth of our church. This enthusiasm is more formally known as the Annunciation Sunday School Building Project.

During the school year there will be a variety of projects presented in church that allow the youth to interpret what building a new church means to them. Presentations are grouped in several ways including age, activity, or child's interest

The aim of the Sunday School project is to allow the youth to take part in the historic building process of the Annunciation Cathedral. Just as many of you hold memories of the devastating 1989 earthquake, we want our youth to hold memories of building the new cathedral.

All pictures will be displayed on our building project shutterfly share site: https://annunciationsf.shutterfly.com/#:emid=site_calendarreminder&cid=SHARE3SXXXX. All members of the share site can view, copy, post, and order pictures of the projects. If you wish to be added to the share site, email Anastacia Ambus at: Tashaugr@yahoo.com.

Gift Giving to the Capital Campaign

For those parishioners or friends of the Cathedral who wish to make a donation, you may consider donating funds from your stock portfolio. If you were to sell this stock on the open market most likely you will pay capital gain taxes. To avoid paying capital gain taxes, you simply donate the stock to the Annunciation Cathedral, a non-profit 501C 3 religious corporation.

The stock needs to be publicly traded on one of the exchanges (NY, NASDAQ, etc) then you simply report it on your tax return as a non-cash charitable contribution. You get the appreciated value for the donation and do not pay tax on the capital gain. Then all you will need for taxes is a letter of acknowledgment from the Cathedral, with the name of the stock, date of donation and number of shares received. For additional information regarding the transfer of stock to the Cathedral, please contact Father Stephen at fatherstephen@annunciation.org or Angie Leventis at aleventis3@comcast.net.

Cathedral Opens Donations Link on Amazon.com

The Cathedral is now enrolled in the AmazonSmile program, whereby Amazon donates 0.5% of the price of eligible Amazon Smile purchases to charitable organizations selected by Amazon.com customers. This would be a tremendous help to the Cathedral as we shop on one of the biggest online businesses in the world!!

When making online purchases from Amazon, just select "Annunciation Greek Orthodox Cathedral" as your charity of choice. Here's how to enroll in this program:

- Go to <https://smile.amazon.com> and log in with your Amazon account (if you don't have an Amazon account, you can create one from that web page by clicking on the 'Create an account' link)
- Enter 'Annunciation Greek Orthodox Cathedral San Francisco' in the search field and hit 'Search'
- You should see a single result of 'Annunciation Greek Orthodox Cathedral'. If you see more results, locate the one with 'San Francisco, CA' next to it.
- Hit 'Select' to make the Annunciation your charitable organization choice for your Amazon account.

That's it! When shopping on Amazon, simply sign into <https://smile.amazon.com> for the Annunciation to receive 0.5% of the price of eligible purchases. You'll know you're in the AmazonSmile program because the top left corner of the web page will show 'amazonsmile' instead of 'amazon'.

You Are Needed for a 2014 OCMC Mission Team!

The Orthodox Christian Mission Center (OCMC) is seeking 10 volunteers to help fill teams that will serve in Albania, Tanzania and Uganda later this year. The Albania team departing on September 17th will lead spiritual retreats for clergy wives, women lay leaders and women's groups. The Tanzania team departing on October 27th will offer theological training for the clergy of the Metropolis of Mwanza. And, the Uganda team, also departing on October 27th will offer Christian stewardship workshops to clergy and laity in various communities. Are you able to serve on one of these teams? If so, you are urgently needed! Without 10 additional volunteers these teams may not go. Please visit http://www.ocmc.org/about/open_teams.aspx, or contact OCMC's Teams Department by e-mail at teams@ocmc.org or by phone at 1-877-463-6784 for more information and to apply.

*"A protection and shelter,
I have with you in my life."*

– The Service of the Small
Paraklesis to the Theotokos

Hellenic American Medical and Dental Society Offers Academic Scholarship

The "S. James Vamvas Scholarship Fund" was established in 1986 in honor of S. James (Sparky) Vamvas, D.D.S, Professor Emeritus of the USC School of Dentistry and Oral Surgery. This fund allows the society to provide financial assistance to medical and dental students of Hellenic descent who are from California or attend medical or dental school in California. The fund is the only one of its kind on the west coast. Since 1988 the Society has awarded 151 scholarships to 79 men and 72 women, totaling \$200,250.

DEADLINE: SATURDAY, AUGUST 30, 2014 - All applications must be submitted by this date for consideration. Please follow the instructions CAREFULLY and COMPLETELY and include all required materials listed below:

1. Please click <http://hamds.org/programs/scholarships> to download the HAMDS Scholarship Form. Complete the form and attach it along with the following criteria as a complete submission (HAMDS will not consider an incomplete submission):
2. Transcript of grades and class standing
3. MCAT scores
4. Photograph to accompany application
5. Two letters of recommendation: one from a faculty member and one from a Hellenic community leader (organization, spiritual, etc.)

Please send all required materials directly to HAMDS via email to info@hamds.org or mail all required materials to the following address by the deadline Saturday, August 30, 2014 by Midnight:

Hellenic American Medical and Dental Society of Southern California
Attention: 2014 Scholarships
1760 Termino Ave., Suite 314
Long Beach, CA 90804

Kathy Tavoularis
Executive Director
Hellenic American Medical and Dental Society of California

"With the hosts of angels, God's messengers, with the Lord's Forerunner, and Apostles, the chosen twelve. With the saints most holy, and with you, the Theotokos, we seek your intercession for our salvation."

— The Service of the Small Paraklesis to the Theotokos

On The Eucharist

The following is an excerpt from an article by Marcelo P. Souza:

The center of the Faith, as we know from Scripture and from 1,500 years of Church history, is the Eucharist. All Christians gather together around the Body and Blood of Christ. The Liturgy revolves around it. The Eucharist is where our "eyes are opened" in the "breaking of the bread," for "unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink" (John 6).

That is why all the fathers of the Church, the very disciples of the apostles, emphasized it as such. For example, St. Ignatius of Antioch (AD 50 - AD 117), a disciple of the apostles Peter and Paul, wrote to the church in Smyrna:

"Consider those who are of a different opinion from us, as to what concerns the grace of Jesus Christ which is come unto us, how contrary they are to the design of God. They have no regard to charity, no care of the widow, the fatherless, and the oppressed; of the bond or free, of the hungry or thirsty.

They abstain from the Eucharist, and from the public offices; because they confess not the Eucharist to be the flesh of our Savior Jesus Christ which suffered for our sins, and which the Father of his goodness raised again from the dead. And for this cause contradicting the gift of God, they die in their disputes; but much better would it be for them to receive it, that the might one day rise through it. (To the Smyrnaeans, 2:14-17)"

St Justin Martyr, writing in 150AD with the first description of what was going on in the Christian Liturgy, wrote:

"And this food is called among us the Eucharist, of which no one is allowed to partake but the man who believes that the things which we teach are true, and who has been washed with the washing that is for the remission of sins, and unto regeneration, and who is so living as Christ has enjoined.

There are many other passages of many fathers speaking similarly. Also, the Eucharist is not only the very Flesh and Blood of Christ, but it also depends on apostolic succession. The early Church emphasized that because of the sects (gnostic, arian, apollinarian, eutychian, etc.) one could not take upon himself to celebrate the Eucharist without the authority of a bishop who had been in the ordination line of the apostles (and thus holding the apostolic doctrine and faith).

So again, St Ignatius wrote,

"Make certain, therefore, that you all observe one common Eucharist; for there is but one body of our Lord Jesus Christ, and but one cup of union with his blood, and one single altar of sacrifice—even as there is also but one bishop, with his clergy and my own fellow servitors, the deacons. This will ensure that all your doings are in full accord with the will of God." Also, "Wherever the bishop appears, there let the people be; as wherever Jesus Christ is, there is the Catholic Church. It is not lawful to baptize or give communion without the consent of the bishop. On the other hand, whatever has his approval is pleasing to God. Thus, whatever is done will be safe and valid." (To the Philadelphians, chapter 4)

The rest of this article can be found at Marcelo's blog, *Luminous Darkness*, at <http://luminousdarkcloud.wordpress.com/2013/03/29/preliminary-thoughts-on-the-eucharist-on-sola-scriptura-and-on-icons-un-protestantism-101/#comments>

“We are thankful for all the gifts which we have been given by you, O Spotless One; And to you we sing a hymn of praise, knowing you to be the Mother of God.”

– The Service of the Small Paraklesis to the Theotokos

Xronia Polla for Namedays in August!

Best wishes to the following individuals who celebrate their namedays this month:

Patricia Aleck	Mary Milionis
Maria Allen	Mary Mitchel
Sam Anagnostou	Tula Mouroufas
Maria Bissas	Peter Moussouras
Sotiria Mitrosyli Bouna	Maria Nicolacakis
Pete Bozionelos	Maria Novo
Marie Cardellini	Pauline Oetzel
Giovanna-Maria De-Simone	Sotiria Panagiotopoulos
Peter John Eliopoulos	Mary Pantages
Marianthe Fragakis	Peter Pantages
Panayiota Christina Georgatos	Despina Diane Papageorge
Sam George	Yiota Patiris
Yota Gofas	Patricia Philliou
Peter Haramis	Despina Poulos
Panagiota Haras	Patty Rally
Patricia Philliou	Panagiotis Sogotis
Mary Kasaris	Rose Sogotis
Despina Nick Kokalis	Marios Stathopoulos
Maria Kontonis	Nota Stathopoulos
Panagiota Koutoulas	Sotiri Stathopoulos
Pano Koutoulas	Mary Tonas
Pete Koutoulas	Mary Tsougarakis
Marie Lukehart	Maria Vavuris
Maria Manetas	Marianne Velonis
Despina Mancini	Loula Vriheas
Mary Miers	

The Feast of the Transfiguration, August 6
The Dormition of the Theotokos, August 15

You may wish to consider sponsoring a coffee hour on the Sunday closest to your nameday, as a way of celebrating with our parish family. For more information, please contact **Mike Canellos** at (415) 864-8814.

*** The information above was taken from the data submitted on our 2014 stewardship pledge cards. If your name does not appear on this list, please feel free to give your information to our stewardship data table in the gallery, or by filling out a 2014 stewardship pledge card. ***

YOUTH NEWS

Sunday School Korner

‘Like’ Annunciation
Cathedral Sunday
School!



Find us on:
facebook®

Sunday School Begins!

Join us as Sunday School resumes for the 2014-2015 School Year, Sunday September 7, 2014. Parents/Grandparents please bring your child/children upstairs to their classroom and meet the teachers and sign up for our program. Please use the sign up form in this issue of the Herald. We are excited about the curriculum and projects planned. We continue to hold our annual Halloween Luncheon, Trick or Treat for UNICEF, Food Drive, and Christmas Program in the Fall semester. In the Spring we hold our annual Oratorical Festival, Lenten lessons, TGI Pascha and more.

Children should wear their Sunday school pins during the first month of classes to get updated. We will go from class to class to add to pins.

On Sept. 7th we will hold a special prayer service for the opening day of Sunday School to bless us for the school year.

We continue to strengthen our program by the support of the families at Annunciation Cathedral. Please volunteer to help, whether by volunteering to work the Icon booth during the food festival, helping with the Christmas program, Angels during Holy Week, etc. Every little bit makes a difference. I am currently looking for assistance in the Pre-K program.

REMEMBER to like us on facebook!

I look forward to seeing everyone!

Denise Yeilding, Principal

Please contact Denise Yeilding to volunteer at:
dyeilding@yahoo.com.

JOY To Resume in October – Have a Wonderful Summer!

***JOY (Junior Orthodox Youth) is open
to all youth between grades 3-6***

Greek School to Resume September 27 for 2014-2015 School Year

Many thanks to the talented staff and parents that made this year’s Greek School program a success! Should you have any questions about the program or would like to sign your child up for the 2014-2015 year, which resumes September 27 (the Saturday after the food festival) please fill out the attached registration form, and send it to either **Anthi Janssens** (anthij@comcast.net) or **Philip Athanasiades** (philippos1cy@yahoo.com).



Annunciation Cathedral Soup Kitchen Going Strong

The Cathedral held its fourth soup kitchen on July 22, with rave reviews from all who participated. This month we received support from new sources and wonderful people, demonstrating, once again, that the Lord truly provides! Many, many thanks to **Stefani Kalligeros** for coming on Monday and cooking a fantastic lentil soup, and, as usual, thanks to our many volunteers who came and assisted, as well as our donors: 22nd and Irving, and Raymond's Bread. Many thanks, also to the youth of Ascension Cathedral, Oakland for making over 75 sandwiches for the soup kitchen that night, and to the young adults of Holy Trinity Church, who made sock/hygiene kits for the homeless. Thank you!

This month also marked the first time that our program was listed in the San Francisco Free Eats Chart, published by the city in hospitals, shelters, and other feeding programs, and includes every location in San Francisco where someone can eat a hot meal for free

(see the link below)

http://www.freeprintshop.org/download/eats_english.pdf

Our soup kitchen leaders, **Stefani Kalligeros** and **Christina Tsiatis**, as well as the rest of the soup kitchen committee, consisting of **Dino Kostantakis**, **Maryann Boosalis**, **Philip Chahade**, and **Presbytera Stella Bekris**, are hard at work on plans for the coming months, including a special Thanksgiving meal, and potentially increasing the frequency of the program in 2015. As our soup kitchen continues its first year, we have also received interest from new donors and potential volunteers, including the GOYA of Holy Cross Church, Belmont.

If you would like to volunteer or donate to an upcoming soup kitchen, the next three dates will be **August 19**, **September 9**, and **October 21**. Prep begins at 5:30, with meals served from 6:30-8:30 in the Kytherian Room. Please contact soupkitchen@annunciation.org for more details.



Within These Walls

*Within these walls,
His priests lift up their hands.
Within these walls,
His children learn to stand.
Within these walls,
you hear the Angels sing.
Within these walls,
we have an offering.*

*Within these walls,
His Spirit teaches us.
Within these walls,
His wisdom reaches us.
Within these walls,
the injured receive care.
Within these walls,
there is effective prayer.*

*Within these walls,
His sheep He safely feeds.
Within these walls,
His government He leads.
Within these walls,
you grow to love His friends.
Within these walls,
you know release from sins.*

– Doug King and John Finley

Young Adult Ministry Continues Going Strong!

Young adult ministry at Annunciation Cathedral, now in its sixth year, continues going strong! Our young adults have enthusiastically taken ownership of our parish's soup kitchen, which was held for a fourth time on July 22, including cooking the soup, setting up, cleaning up, and welcoming the homeless who come. They have done an amazing job and we are very proud!

This month, our young adults will celebrate a Paraklesis service at the church on August 8 at 6:30 (as is customary between August 1-15, the

season of the Dormition of the Theotokos), followed by dinner in the Mission. All are welcome!

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

For more information on any of our youth groups, feel free to contact **Father Niko** at fatherniko@annunciation.org, or visit the "Youth of Annunciation Cathedral San Francisco" Facebook group page.

AUGUST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
			Construction Meeting, 10 am			
3	4	5	6	7	8	9
Orthros, 9 am, Divine Liturgy, 10:30 am	Paraklesis, 10 am Baklava Prep, 9:00 am	Baklava Prep, 9:00 am	Spanakopita Prep, 9:00 am Transfiguration: Orthros, 9 am, Divine Liturgy, 10 am Construction Meeting, 10 am	Spanakopita Prep, 9:00 am	Spanakopita Prep, 9:00 am Young Adult Paraklesis and Dinner, 6:30 pm	
10	11	12	13	14	15	16
Orthros, 9 am, Divine Liturgy, 10:30 am	Paraklesis, 10 am		Construction Meeting, 10 am Paraklesis, 10 am		Dormition of the Theotokos: Orthros, 9 am Divine Liturgy, 10 am	Community Link, 9 am
17	18	19	20	21	22	23
Orthros, 9 am, Divine Liturgy, 10:30 am Dance Practice Resumes, 12:30 pm Parish Council, 12:30 pm		Kourabiedes Prep, 9:00 am Soup Kitchen, 6:30 pm	Kourabiedes Prep, 9:00 am Construction Meeting, 10 am			
24	25	26	27	28	29	30
Orthros, 9 am, Divine Lit., 10:30 am Tiropites Prep	Tiropites Prep		Construction Meeting, 10 am		Beheading of St. John the Baptist: Divine Liturgy, 10 am	
31						
Orthros, 9 am, Divine Lit., 10:30 am						

Altar Groups to Resume in September

If any families are interested in their boys joining an altar group, who 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!

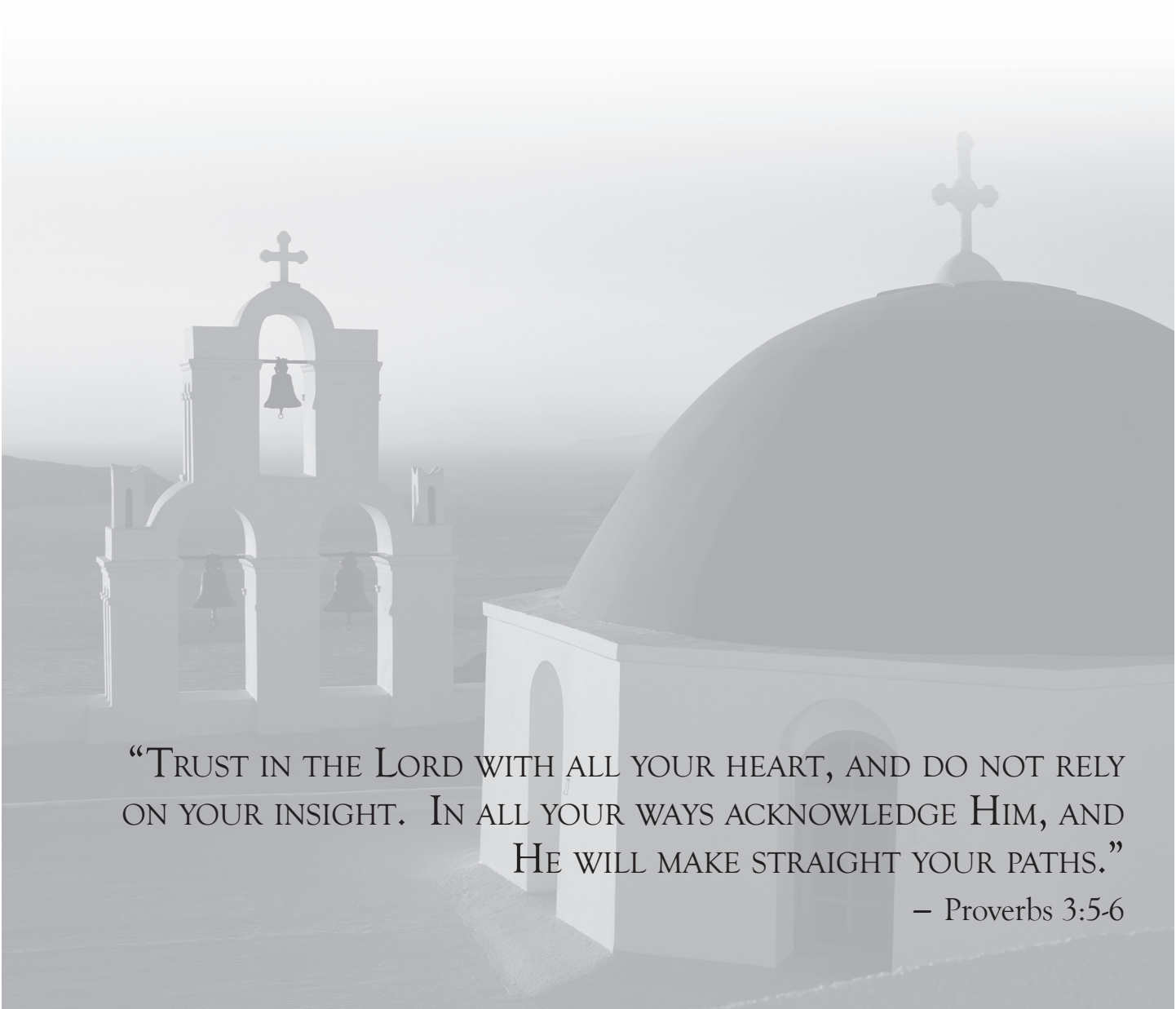
SACRAMENTS AND SERVICES

BAPTISM

Pascal Clark was baptized at the Cathedral on July 14, and was given the name **Paschalis**. His sponsor is **Marcelo Souza**. Congratulations!

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

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“TRUST IN THE LORD WITH ALL YOUR HEART, AND DO NOT RELY
ON YOUR INSIGHT. IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND
HE WILL MAKE STRAIGHT YOUR PATHS.”

– Proverbs 3:5-6