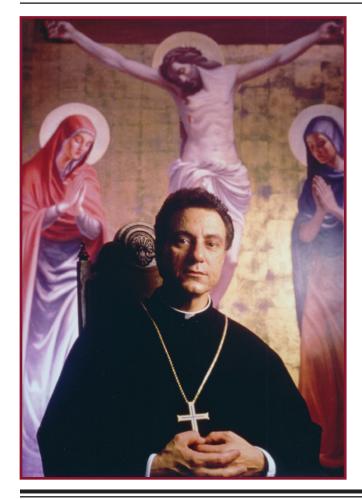


245 VALENCIA STREET, SAN FRANCISCO, CA 94103 · 415 864-8000 · FAX 415 431-5860 · WWW.ANNUNCIATION.ORG NOVEMBER 2021



Father Stephen Turns 75

On November 1st, Father Stephen Kyriacou celebrated his 75th Birthday. His longevity as a priest and Proistamenos of our Cathedral is truly an inspiration. We take this opportunity to acknowledge all he does for our community and express our gratitude to our spiritual leader. His years of service and ministry are a testament to his dedication to God and His Church. Xgóvia $\pi o\lambda\lambda \dot{a}$ Father Stephen! God grant you many years!

A Christmas Coffee Hour

See Page 9 for More Info

"Our Cathedral youth and families enjoyed a wonderful cruise of the San Francisco Bay in mid September. It was a great afternoon as everyone enjoyed spectacular views of the city and wonderful parea."



Parish Assembly to be held Sunday, November 14, 2021

Parishioners in good standing of the Annunciation Cathedral of San Francisco are invited to attend and participate in a Parish Assembly on Sunday, November 14 at 12:00 o'clock noon. (This will be the first Parish Assembly held in two years due to the COVID-19 pandemic)

The agenda is as follows:

(opening prayer) 1. Election of Assembly Chair

- 2. Minutes of last pre-COVID Parish Assembly in 2019
- 3. Completion of the interior of the Cathedral
- 4. Funding the project
- 5. Stewardship 2022
- 6. Parish Council nominations for six openings. Elections to be held Sunday, December 12, 2021

7. Treasurer's Report (closing prayer)

Faithfully,

to Stepton H. Junion

Rev. Stephen H. Kyriacou Dean

Windhar

Veno Konstantishi

S. Christopher Kyriacou President

Deno Konstantinidis Secretary

PARABLES AND PAREA

Last month we began a new program at the Cathedral called "Parables and Parea". Every month Christo Pappademos will host a virtual meeting with the youth of the parish to discuss parables from the Gospels and to allow our youth to enjoy fellowship with one another. The sessions will take place virtually for now, but as we continue we look forward to gathering our kids in person for future discussions and *parea* with their church friends.

Our first parable was the parable of the Sower and the Seeds. Though you may have heard this passage many times, we've included it for you to revisit here. You never know how scripture will speak to you at different phases in your life.

The Gospel According to Luke 8:5-15

The Lord said this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand.



Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As he said these things, he cried out "He who has ears to hear, let him hear."



Patriarchal Visit: remarks from His All-Holiness Patriarch Bartholomew on the occasion of the 30th anniversary of his enthronement

Your Eminence Archbishop Elpidophoros of America, Ποοσφιλέστατε Άοχιεπίσκοπε κ. Δημήτοιε, Most Reverend Metropolitans and Bishops, Reverend Clergy, Honored Guests, Beloved Children in the Lord,

It is with sincere joy and paternal delight that we share this meal with all of you in this beautiful atmosphere of the Loeb Boat House in Central Park, whose owner, Mr. Dean Poll, as well as the AHEPA Charitable Fund, we especially thank for their generosity to sponsor our anniversary dinner this evening. This Patriarchal Visit has been filled with remarkable experiences, especially today at Ground Zero. To behold the Saint Nicholas National Shrine standing as a shimmering marble Temple, after so many years, has filled our heart with unspeakable gladness.

And to bring the Holy Relic of the Wonderworker of Myra into the Shrine, so that here in the New World – in America – the blessing of his presence may always be with you, brings great spiritual satisfaction to our soul. In this spirit, we would be remiss if we failed to express our deep gratitude to three remarkable women: to Mrs. Robin Psaros, for her discreet, but substantial and ceaseless support, together with her husband, Archon Michael Psaros, not only in making St Nicholas Church and National Shrine a reality, but also in sustaining and promoting the mission of the Greek Orthodox Archdiocese of America; as well as to Mrs. Paulette Poulos, the pillar of Leadership 100, and Mrs. Elaine Allen, treasurer of the Archdiocesan Council, because without their outstanding contribution our Apostolic visit to the United States wouldn't be possible and successful.

On this day, as you all know, we commemorate the Thirtieth Anniversary of our Enthronement upon the Throne of Saints Andrew the First-Called, Gregory the Theologian, John the Golden-mouth (Chrysostom), and so many other saints and distinguished theologians and ecclesiastical leaders. And in celebrating this milestone, we understand that God has graced us with the longest tenure of any of our predecessors.

Therefore, we were well pleased to know, that we would end this day in your company, enjoying the hospitality of our spiritual son, His Eminence Elpidophoros. And since it is his Nameday, it is meet and right that he offers this banquet of love and of delight. We wish him many, many years upon the Archiepiscopal Throne of America.

This last night of our apostolic visit in America is one of reflection. The thirty years of our Patriarchal tenure have witnessed momentous changes in the world, and particularly in the Orthodox Oikoumene.

Our role as Ecumenical Patriarch has been, and continues to be, the modulating influence that hold the rudder of the Ship of the Church firmly, as She navigates the waters of modernity and secular change.

At the Phanar, we are accustomed to the vagaries of political change, and we have lived in a non-Orthodox, non-Christian world for over five hundred years. But before that, we also fulfilled a history in what the late Sir Steven Runciman called "a noble experiment" – the symphony of Church and State in the Eastern Roman Empire.

What you should all remember is that the memory of the Mother Church is continuous, through century after century. The exigencies of any given decade, or Patriarchy, or political context, in no way deprive the Church of this memory, which extends back to the Apostles themselves.

This is precisely why the connectivity to, and the consciousness of the Mother Church of Constantinople, is so vital to the Holy Archdiocese of America. Cultivate this awareness among the faithful, for it will enrich their experience of their faith and piety!

And this is why our Patriarchy has been so deeply committed to the vision of the worldwide Orthodox Church, not as a federation of independent bodies, but as one Church family united around the Holy Table and the Divine Eucharist.

from page 3

Therefore, the Ecumenical Patriarchate is pledged to inclusion and not exclusion. And our inclusivity is based on both love and truth: Love for all beings and this planet earth we all call home; and the truth that in Christ we can resolve every difference and every difficulty, as long as we are honest and truthful to God, to each other, and to ourselves.

We who are called to serve the Church in these roles — whether parish Priest or Ecumenical Patriarch – are called to serve with our minds in the heavens, but our feet on the ground. This is one reason why we return to our island of Imvros as often as possible, and walk the paths of our youth and visit the churches and chapels where we first learned to love and worship God. For the good earth grounds us in reality, and reminds us of our interdependence with each other.

At an anniversary such as this, our mind is drawn back to the beginning – to a more carefree time. Whether on Imvros, or in the Schools of Constantinople – the Zografeion Lyceum and Halki, where our education began to ascend. Or our early days in Rome, Bossey-Switzerland and Munich, completing our academic pursuits; but we did not see in the beginning what we now see, with the benefit of all these years of hindsight.

Beloved Children in the Lord: The Church is greater than anything we can imagine. Our Holy God – worshipped in Trinity, calls all people to communion, and to the life in Christ.

We were not placed here to rule anyone other than ourselves. But we are all called to serve everyone. And to serve them humbly, righteously, and always with mercy and compassion.

Therefore, with these reflections, we commend all of you to the mercy and love of God.

May this Archdiocese ever reach higher and higher in every spiritual virtue and grace.

May you always possess peace among yourselves, so that you can manifest to the world how to be peace-makers, in accord with the blessing of our Savior.

So we raise this toast in your honor, congratulating your Archbishop and all the beloved brothers of the Eparchial Synod – whose faithfulness to the Mother Church and dedication to the unity of the Archdiocese give all of us joy. And we congratulate the faithful clergy and laity of this blessed Archdiocese, for all that they give every day, for the work of the Church and the glory of God.

May our almighty and compassionate Lord bless you all with His abiding love and infinite mercy.





San Francisco Philoptochos - Making a Difference throughout the Years

San Francisco Annunciation Cathedral Philoptochos' charter began in 1933, and since then, many people's lives have been positively impacted by our work. Philoptochos is an integral part of the fabric of the Annunciation Cathedral Greek Orthodox community, ever willing to answer calls from the Clergy, Parish Council, and other ministries in our active community. Philoptochos has been blessed with "can do" women of vision and action who embrace the changing challenges of our modern world. Our members act with faith and love, all the while honoring the historical roots and traditions of our Church community.

Philoptochos is part of an "army" of 26,000 Philoptochos members and more than 400 active chapters nationwide, and we count as the second-largest philanthropic organization in the United States. We assist those in need globally. Philoptochos has a global impact as a national organization by responding with emergency assistance and ongoing help worldwide. Many inspired and hardworking women have led our Chapter over the years. The goal of our Philoptochos is to carry on their rich tradition of service to grow and assure the continued mission of the Annunciation Cathedral Philoptochos that genuinely does make a difference!

PHILOPTOCHOS CELEBRATES 90 YEARS

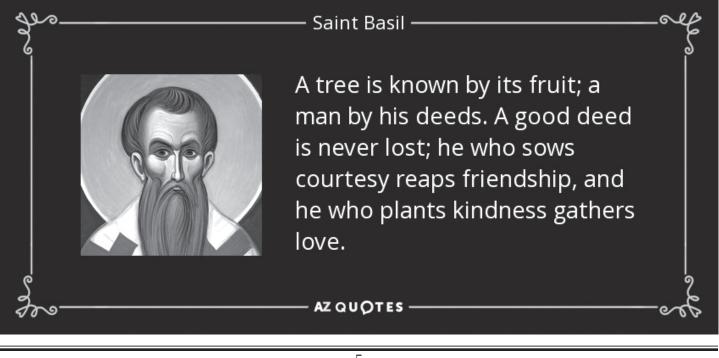
Philoptochos was organized in its current form in 1931 by then Archbishop, and later, Ecumenical Patriarch Athenagoras I.

From a humble beginning, Philoptochos has become an Orthodox, Christ-centered, national philanthropic sisterhood of tremendous outreach, compassion, and generosity.

Plans are underway to make this incredible milestone a year of celebration, reflection, special initiatives, and much more. All chapters will be asked to join together to create a memorable 90th Anniversary year!

Save the Date: Light the Path

Light the Path will again be held virtually on Saturday, December 11, 2021, supporting the Bishop Anthony Philoptochos Student Endowment Fund. We will provide more details closer to the event and hope you will attend to support this wonderful cause.





Annunciation Philoptochos

FUNDRAISER

Christmas Wreath and Pastry Sale

This year the Ladies Philoptochos is holding a sale of delicious holiday pastries and beautifully decorated fresh evergreen wreaths to support its many charities.

Wreaths are 28" in size and are decorated in several different styles.

Orders for Wreaths and Pastries can be placed online by visiting the Cathedral website at *www.annunciation.org* or by filling out the order forms.

All orders must be received by Friday, November 26, 2021.

Your Wreaths and Pastries will be available for pick-up at: The Annunciation Cathedral 245 Valencia Street, San Francisco, CA

For further details, see the order forms or contact Sophia Makras at 650.784.1775

The symbolism of the Wreath: "The open circle symbolizes eternity and immortality of the soul. The evergreens, also remind us that our Holy Faith is "evergreen", always new, always renewing itself, always fresh and sweet."

Philoptochos Holiday Wreath Sale 28" Fresh Evergreen Wreaths



'Red Plaid Christmas' \$50.00

Qty: _____



Touch of Glitter \$50.00

Qty: _____



'Commemorative Celebration' (Includes a 24k gold over brass ornament of The Annunciation Cathedral)

\$75.00 Qty: _____



'Natural Evergreen' \$50.00

Qty:_____



'Candy Cane Fun' \$50.00

Qty: _____



'Classic Red' \$50.00

Qty: _____

LAST DAY TO ORDER: Friday, November 26, 2021

ORDER PICKUP: Annunciation Cathedral Please select which day you will be picking up your order:

Saturday, December 4, 2021 from 11am - 3pm ______ Sunday, December 5, 2021 from 11am - 3pm ______ Sunday, December 12, 2021 from 11am - 2pm ______

Orders can be placed online by visiting *www.annunciation.org* Mail in orders can be made by filling out the information below:

Mail in orders can be made by fil	ling out the information below:	
Name:	Phone:	
	Email:	
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Zip Code:	Exp: CVV: \	
Any questions, call Sophia	Makras at 650.784.1775	

Philoptochos Pastry Sale

Kourambiedes	
Quantity (1 Dozen): x	< \$20.00 = \$
Melomakarona	
Quantity (1 Dozen): x	(\$20.00 = \$
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Koulourakia	
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Deluxe Variety Box	
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Annunciation Philopte	
245 Valencia Stre	
San Francisco, CA 94	
Any questions, call Sophia Makras a	at 650.784.1775

LET'S CELEBRATE THE JOY OF THE SEASON AT THE ANNUNCIATION CATHEDRAL

A Christmas Coffee Hour

Sunday, December 12, 2021 following Liturgy In the Courtyard

Sponsored by our Philoptochos

Stroll through the courtyard sipping warm cider or hot chocolate, enjoying tasty treats while safely enjoying the company of friends and family. Lots more fun surprises!

Dress warm and snuggly!









A WORD ON STEWARDSHIP 2022

How much does God expect us to pray? How do we know if we pray enough? Monks and nuns pray almost all day... should I be doing the same? What is the right way to pray?

These are all common questions we may have asked ourselves from time to time. The general answer to all those questions, however, is simply this: *When we have God in mind, everything we do can be an act of prayer.* Eating, working in the garden, exercising, going to work or to school – all these things can be just like saying a formal prayer, if we have Christ in our thoughts and in our heart when we do them.

Do you know what else can be an act of prayer? Stewardship. That's right. Offering part of our treasure, part of the money God has blessed us with, to our parish is a form of prayer because when we do it, we have God in mind. We give because we want to see God's work done through our church. There are so many other things going on all around us, and sadly, we don't see much of God's work in all those things. Our Cathedral in San Francisco on the other hand, is devoted only to God's work.

Please set aside some time this week to examine your financial commitment to God for the coming year. If you did not receive a 2022 pledge card in the mail, please go online to **www.annunciation.org** or contact our office at **(415) 864-8000** so we can record your intentions. Please submit your commitment before December 15. With all of us helping and with God's grace, we can meet any challenge next year.

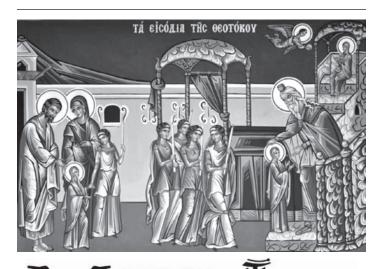
Faithfully yours,

Christo Pappademos



THANK YOU MARIA ALLEN

On Sunday October 31st we thanked, honored, and said farewell to our long-time Sunday School teacher **Maria Allen**. For decades Maria has devoted her time and attention to the supremely important ministry of teaching our youth about their Faith. **Brittany Henderson** presented Maria with a token of our appreciation and reiterated the importance of having willing volunteers to teach Sunday School. Both Brittany and Maria spoke beautifully and encouraged others to answer the call to become a Sunday School teacher. We wish Maria all the best and thank her again for her years of blessed service to Christ's Church.



Re-evaluate, Recommit and Return Ourselves to Christ By Rev. Father Andrew Scordalakis, Proistamenos Saint Spyridon Greek Orthodox Church – San Diego, California

see next page

The ecclesiastical calendar marks November 21st as a major feast day known as the Entrance of the Theotokos into the Temple. We are reminded of the commitment made by not only the Theotokos herself, but by her pious parents as well. Her parents, Saints Joachim and Anna, were childless and like other Biblical figures prayed fervently for many years for a child. As part of their prayers they vowed to God that if He were to bless them they would in turn dedicate that child to the Temple. God heard their prayers and blessed them with a daughter. Though it was unusual, Saints Joachim and Anna followed through with their commitment and brought their daughter (the Virgin Mary) to the Temple. It is said that the procession took place with much grandeur and she remained there for twelve years.

During those twelve years, Mary was trained in the religious ways of the Jewish faith. According to Saint Ambrose of the fourth century, Mary became a master of the Hebrew Scripture and it was the high priest, Zacharias, who was responsible for her training. Holy Tradition tells us that Zacharias allowed Mary to go beyond the second veil of the Sanctuary even into the Holy of Holies. To go beyond the Holy of Holies was an act reserved for the high priest of the time, who happened to (always) be male. According to Saints Cyril of Alexandria and Gregory of Nyssa, the other maidens living in the Temple area were permitted to enter into the area between the Temple and the Altar but never allowed to go into the inner place. For a female to go beyond the second veil into the Holy of Holies, was scandalous to say the least. However, no scandal was brought about when the Holy Virgin was allowed to kneel in prayer in the Most Holy Place.

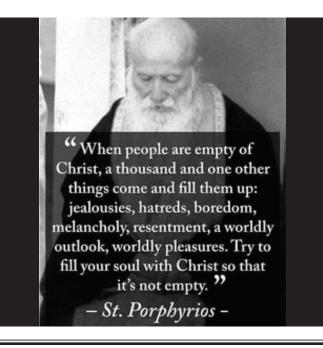
Why was the Theotokos permitted to enter the Holy of Holies by Zacharias the high priest? What gave that man the courage to allow the Holy Virgin into the room housing the holy things of God: the golden urn holding the manna, Aaron's rod that budded and the tablets of the covenant? Could it be that Zacharias recognized the awesomeness in the figure of the Theotokos? Saint Theophylact, Archbishop of Bulgaria writes, "At that time, the High Priest was in ecstasy, filled with the Spirit of God, and understood that the maiden was the dwelling place of divine grace and more worthy than he to stand always before God's countenance." He remembered that the Law commended the Ark be placed in the Holy of Holies and straightway perceived that this ordinance pertained to the maiden.

Indeed, Zacharias recognized something awe-inspiring and very special about the Theotokos. He recognized, through the grace of God, that she was set apart, sanctified and consecrated – truly. However, even though the Virgin Mary was set apart, sanctified, she, her parents and Zacharias had to commit to God in order to stay the course of God's saving plan, for it to become reality. They, like us and all humanity were and are born with free will. Thus, by their actions, they chose to commit their whole life to God and then kept that promise and fulfilled the vow. In other words, they followed the many Scriptural references and fulfilled their vow unto the Lord. As Christ followers, as Orthodox Christians, are we not asked to do the same? Of course, we are. We are commanded to make our vows unto the Lord and keep them and many times during the Divine Liturgy we hear, *"let us commit ourselves and one another and our whole life to Christ our God."* Thus, let us take this opportunity to reevaluate, recommit, and return ourselves to Christ and His Church. Amen.



The Annunciation Cathedral extends its warmest *congratulations* to James and Stephanie on the occasion of their wedding which took place at the Cathedral on September 25th. Nα ζήσουν! *Long life to them!*

The Annunciation Cathedral extends its warmest *congratulations* to Chris and Taylor on the occasion of their wedding which took place at Holy Trinity on October 24th. Να ζήσουν! *Long life to them!*



Crab Grab-n-Go



Save the Date!

Saturday, January 29, 2022 Annunciation Cathedral Philoptochos

Detailed information to follow...



σχο-λεί-ο, το σχολείο, ένα σχολείο, το μεγάλο σχολείο, το σχολείο μου

Greek School News

Greek school started its academic year on Saturday, September 11. We were so pleased to welcome back our students and teachers in-person and to hold classes in the classrooms at the Annunciation. We welcomed back Eirini Courtney, who left for the East Coast for a few years and who is now teaching one of our Kindergarten classes.



Eirini Courtney

Eirini Courtney was born in Drama, Greece and moved to San Francisco in 2013. That same year, she began teaching at the Annunciation Cathedral's Greek school. At the same time, she was a student at San Francisco State University, pursuing a double degree in Comparative Literature and Classics. In 2018, Eirini moved to New York City to study for her MA degree in European Studies at New York University. She is back in San Francisco and lives with her husband Antony, their daughter Clio and their dog Zoe.

To find out who the Greek school teachers are, check out the Greek school webpage.

Our students celebrated $O\chi\iota$ day, October 28 by learning about the importance of the day and working on various activities including reciting the poem Aξιov Εστί and singing Bάζει ο Ντούτσε τη στολή του. $O\chi\iota$ day is a national holiday in Greece.

On October 28, 1940, Greek Prime Minister Ioannis Metaxas was given an ultimatum by Mussolini, demanding that Greece allow the Axis forces to enter Greek territory and occupy areas within Greece, or face war. General Metaxas rejected the ultimatum and responded with " $O\chi\iota$ " or

"No". On this day, we commemorate the bravery of those generations before us.

Here are photos of our students and their completed works! To access the videos, check out the Greek school webpage under "Ministries" and then "Greek School News".



Level 1 Oxi Day 2021



Kindergarten 1 Oxi Day 2021

Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.

- CHRISOSTOM

FOR ALL MIDDLE SCHOOL, JR. HIGH AND HIGH SCHOOL STUDENTS

OrthoTalks

EXTENDED FOR ALL TEENS!

METROPOLIS OF

SAN FRANCISCO

Join Father Gary Kyriacou, Metropolis Pastor of Youth and Young Adult Ministries, and members of the Greek Orthodox Metropolis of San Francisco Family Wellness team for an in-depth discussion on ZOOM! The gathering will focus on the Orthodox Christian response to bullying and how to deal with someone that is mean.

This series will aid the student's social development by reinforcing the teachings of our Lord and our Orthodox Christian Church. All High School, Jr. High and Middle School Students are encouraged to attend.

Join the discussion to gain tools and ways to understand our human brokenness. We will take a look at ourselves too, and do a little selfawareness.

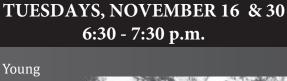
DATES

Register Now www.sanfran.goarch.org/orthotalks

For more information, please contact program facilitator Rev. Father Gary Kyriacou Metropolis Pastor of Youth and Young Adult Ministries (frgary@sanfran.goarch.org)

SESSION ONE: TUESDAY, NOVEMBER 16 • 6:30 p.m. (PDT) SESSION TWO: TUESDAY, NOVEMBER 30 • 6:30 p.m. (PDT)

YOUTH & YOUNG ADULT **MINISTRIFS**



Dealing with









Family Wellness Ministry Greek Orthodox Metropolis of San Francisco



October 26, 2021

Greetings FDF Participants,

We are preparing with great excitement and enthusiasm for the 45th Annual Greek Orthodox Folk Dance and Choral Festival (FDF), happening in Phoenix, Arizona, February 17-20, 2022.

In consultation with His Eminence Metropolitan Gerasimos of San Francisco, the Metropolis COVID-19 Parish Support Team, the FDF Board of Trustees and the FDF 2022 Management Team have carefully monitored COVID-19 and its potential impact on this event. As such, we are in full agreement that our most significant priority is the safety and wellbeing of all participants, provided within an environment consistent with the spirit of FDF.

While the Metropolis of San Francisco continues to encourage vaccination as the best approach to protecting the health of individuals and those around them, the following COVID-19 safety protocols will be implemented at FDF 2022:

To access and participate in all FDF 2022 events, participants over two years old will be required to present proof of either:

- 1. Full COVID-19 Vaccination, OR
- 2. Negative COVID-19 PCR Test within 72 hours of arrival at registration.

In addition, the wearing of masks will be encouraged throughout the weekend and required at Liturgical services.

We pray that conditions surrounding the pandemic will continue to improve in the coming months. As FDF draws near, please understand these guidelines may be adjusted to comply with any changes from Federal, State, or Local health authorities.

It will take the full cooperation of all participants – dancers, directors, musicians, family, and friends – to make FDF 2022 as safe as possible for all in attendance.

Please be on the lookout for registration in early November, when further details will be shared.

In Christ's Service,

Your FDF Board of Trustees & FDF 2022 Management Team

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

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SAN JOSE VOLLEYBALL TOURNAMENT On October 24th the Cathedral sent a Young Adult team and a GOYA team to compete in the Annual San Jose Volleyball Tournament. Both teams competed admirably as parents and kids alike enjoyed fellowship with many people from other church communities all throughout Northern California. The Cathedral is very proud of its youth for representing us so well in the tournament. Here's to next year! Kat του $\chi \rho \delta vov!$

