



ANNUNCIATION CATHEDRAL HERALD



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JULY 2011



Continually Praising God

*“Then they worshiped him and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.”
(Luke 24:53)*

A faithful man once said, “I have so much work to do today, that I must take extra time to pray.” Certainly, to us as busy Americans- who have seen the average amount of work hours per week increase each of the last ten years- this statement certainly catches us by surprise! Upon reading this, we might ask ourselves, “How is it that someone whose day is full of work would make matters harder for themselves by allowing for even *less* time to do it?” And yet, something so simple can be so profound to us as Christians in the 21st century, since the issues of time and, even more so, prayer, become more

and more of a struggle for us. When budgeting (a word used too often these days) time for our families, our church, ourselves, things can get so crazy that we feel as if we’re just holding on, just doing the bare minimum. The Lord knows each of us has struggles, and even though we know that He, through prayer, is a source of strength to get through our challenges, it is our time with Him that often suffers first.

The Evangelist Luke finishes his Gospel with this verse: “Then they [the Apostles] worshiped him and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.” What a beautiful verse! Despite all that the challenges and hopes and struggles they had before them, they were nevertheless *continually* in the temple, PRAISING God! In addition to his account of the Gospel, Saint Luke also wrote the book of the Acts of the Apostles- the book describing how the Holy Spirit, through the Apostles, established the early Church after Jesus’ Ascension- and I’m sure that each of us remembers how, in the book of Acts, Luke describes how the Apostles received Holy Communion daily, and how many, many “more were added to their number every day.” (Acts 2:47) The Apostles ceaselessly taught and preached what they had experienced by knowing Jesus Christ, out of their fire and zeal for what they themselves had seen. They were fueled and energized from their daily rule of coming together, praying, rejoicing, praising the Lord and receiving His Body and Blood, which allowed them to provide for themselves and to continue to spread the Good News.

One month ago, our Church celebrated the feast of the Ascension, when Jesus was raised up into heaven forty days after his Resurrection. A few days ago, our Church celebrated the feast of Saints Peter and Paul, followed the very next day by the feast of the Holy Apostles (June 29 and 30, respectively), which were both deliberately placed after Ascension and after Pentecost. In other words, our Church remembers that the Apostles were fueled by the Holy Spirit’s descent upon them. Let us remember this, as well. Let us remember that God is our source of strength and energy as we walk through life. More time with Him means more strength to do what we have to do- even if only ten minutes. Less time with Him, contrary to what temptation may tell us, may give us more “time” to complete our daily tasks, but our tasks become substantially harder. We remove ourselves from the nutrients that He, as the vine, provides us, the branches, and we begin to wither up.

The Apostles were nourished by their time in the temple, and by their time praising God. Let us remember this incredible example of faith and love, this month, this summer, and our whole lives. And may the Lord’s blessings always be with us.

- Deacon Niko Bekris

Deacon Niko's Ordination to the Holy Priesthood – Sponsors Still Welcome!

A profound “thank you” to all those who have already offered to help with Deacon Niko’s ordination to the priesthood on August 15. A wonderful team of parishioners have already come together and formed an ordination committee and have met twice, discussing décor, catering and a program for the event. Also, each of you should have received an invitation to the event by now, another product of the work the committee has been doing.

In addition, several parishioners have already offered their support in helping to underwrite the costs of the luncheon following the ordination, and this is greatly appreciated. However, in order to make the luncheon free of charge for all who wish to attend, we will still need more sponsors to come forward. We would like to, first and foremost, extend an invitation to join our community in celebrating a momentous occasion in the life of our parish. Second, we would like to invite anyone who wishes to help underwrite any of the costs of this luncheon to offer their support.

Again, many thanks for all who have helped thus far. We look forward to working together to make Deacon Niko’s ordination to the priesthood a memorable day.



Over 100 Ambassadors and Counting!

The Cathedral’s Ambassador program is growing! It is wonderful to see more and more cards being turned in each week by people who want to see our church built. The *Ambassadors’ Board* in the gallery outside the Cathedral’s Korinthias Hall is now at over 100 members and still going!

As noted in the past few issues of the Herald, an ambassador is anyone who chooses to speak in favor of the Cathedral and, especially now that the Cathedral is proceeding with plans to rebuild its church, lost to the Loma Prieta Earthquake over 20 years ago, an ambassador is someone who says, “*Let’s build our church!*”

Considering that the vast majority of the community does want to see the new church built, we know that there is even greater, untapped potential to be found. If you want to see our church built, please step forward and sign the *Ambassadors’ Board* in the gallery, giving your name, email and phone number. Soon you will begin receiving photos, plans, and a full set of frequently asked questions, by email, so that you can better familiarize yourselves with the project. After that, feel free to talk to family and friends about also supporting the Cathedral’s building project by becoming an Ambassador.

Our goal is to reach 300 ambassadors! This is, indeed, the privilege and honor of a lifetime, to build a church for the glory of God! Let us all do our part and see this vision become a reality!



“If we use crumbs of wasted time to try to build short moments for recollection and prayer, we may discover that there is quite a lot of it.”
- Archbishop Anthony Bloom

This Year's Food Festival is Going Green

His All Holiness Patriarch Bartholomew is often known as the “Green Patriarch” because of his very deliberate attempts to call attention and care to the creation which God has given us, and which we are stewards of. In the last five years alone, he has organized environmental conferences in Iceland, Crete, the Black Sea and the Mississippi River, among other locations, and is outspoken in urging all Christians and world leaders to care for our planet, as well. He is one of the biggest proponents of the earth and the environment in the world.

Following the example of His All Holiness, our 2011 Cathedral Greek Food Festival will make a concentrated effort to be more environmentally-friendly this year. Our new festival chairman, **Paul Sogotis**, an Archon of the Ecumenical Patriarchate, has stated that at this year's festival, no styrofoam will be utilized and a better effort to recycle will be made. To assist with this initiative, our festival committee is currently working with local organizations to model our festival's practices after those of other food festivals in the City. In addition, there will be more of a focus on purchasing organic ingredients for all our delicious foods.

Ultimately, a little more energy will be spent to make this vision a reality, but our committee believes that it is worth the effort to help our planet. By doing so, our Cathedral community will be doing our part in being good stewards of the Earth, remembering the words of His All Holiness, who tells us to “strongly support every effort towards the dissemination of environmental knowledge, this imparting an ‘ecological conscience.’”

The 2011 Greek Food Festival Cooking Schedule has been put together and is as follows:

Paximadia/ Koulourakia/ Melomakarona	Tuesday July 26 Wednesday, July 27 Thursday, July 28
Tiropites	Tuesday, August 2, 9:30 am to 5:00 pm Wednesday, August 3, 9:30 am to 5:00 pm
Galaktobouriko	Tuesday, August 9 Wednesday, August 10
Mousaka	Friday, August 12, 9:30 am to 5:00 pm Saturday, August 13, 9:00 am to 5:00 pm Chairperson: Loula Vriheas
Spanakopita	Tuesday, August 16, 9:30 am to 5:00 pm Wednesday, August 17, 9:30 am to 5:00 pm Thursday, August 18, 9:30 am to 5:00 pm Chairperson: Rose Sogotis
Baklava	Tuesday, August 23
Green Beans	Thursday, August 25 Friday, August 26
Peppers	Tuesday, August 30 Wednesday, August 31 Thursday, September 1

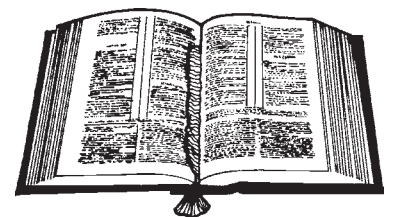
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Looking for More Treasure for Yiayia's Attic

The last few years, a staple of our food festival has been the wonderful *Yiayia's Attic*, headed by **Meena Vellis**. I'm sure we all remember something special about going to yiayia's (grandma's) house, and always finding something hidden, something we had not seen before, or something from another time. If you would like to share what is in your attic, and donate it for *Yiayia's Attic*, we would invite you to bring it to the Cathedral and leave it with the Cathedral office, as we are still looking for more items. **Meena** and **Mike Canelos** will make sure that your items are properly stored until the festival. If you have any questions on what to bring, or where feel free to contact either Meena or Mike at (650) 401-3969, or (415) 864-8813, respectively.

Items we are looking for, and which you are invited to donate, include: *children's toys, puzzles, CDs, household items, jewelry, games, DVDs, books, and new linens.*

Please do NOT bring: *used linens, baby furniture or other baby items, towels, clothes or shoes.*



Kourambiedes	Tuesday, September 6 Wednesday, September 7
Pastitsio	Friday, September 9, 9:00 am to 5:00 pm Saturday, September 10, 9:00 am to 5:00 pm Chairperson: Loula Vriheas
Chickens/Prep	Tuesday, September 13 Wednesday, September 14
Diples	Thursday, September 15
Dolmades	Friday, September 16, 9:00 am to 5:00 pm Monday, September 19, 9:00 am to 5:00 pm Chairperson: S. Stavropoulos
Souvlakia Cutting	Tuesday, September 20
Tarama	Tuesday, September 20 Wednesday, September 21
Rice Pudding	Wednesday, September 21, 9:30 am to 5:00 pm Chairperson: Rose Sogotis

We thank all our volunteers who come help at our food festival each year, donating so much of their time and energy for our church. As always, more volunteers are always welcome. This way, not only is work completed more efficiently, but it is also another opportunity for each of us to offer stewardship. Working for a common good is a wonderful feeling, as anyone who has assisted at the festival can attest to, but working together also inspires camaraderie and fellowship.

If you have not helped in any of the aforementioned areas before and would like to do so, it would be greatly appreciated.

Stewardship Reminder Cards

Last month, our 2011 Stewardship Committee met and discussed several matters pertaining to stewardship, one being the quarterly stewardship statements that are sent out each year to the members of our parish who pledge. As a non-profit entity, the Cathedral is required by law to send out an annual statement of any donations sent in, and will continue to do so. However, in the interest of simplicity and even better communication, the second quarter 2011 stewardship statements will be the last reminders sent out in this format. In their place, beginning third quarter 2011, we will begin sending stewardship *reminder cards*.

Each card will be a note thanking each member, by name, for their pledge, and a reminder to fulfill the pledge as soon as they are able. The quarterly reminder cards will not be sent to those who have already fulfilled their pledge for the year.

The Lord gives each of us gifts for the building-up of His Kingdom, which includes each church community and each individual. Through our offering, we become good stewards of what He has given us. Thank you once again to all our stewards of the Cathedral, who donate their time, talents, and treasure for the good of our community.

Services & Sacraments At The Cathedral

JUNE FUNERALS

Bessie Alexander, who fell asleep in the Lord May 24, was buried on June 1. She is survived by her niece, **Margarita Bagatelos**.

Athena Panos, who fell asleep in the Lord June 6, was buried on June 10. She is survived by her daughters, **Angela Curtis** and **Katherine Papageorge**.

Aionia I mnimi- May their memory be eternal.

GOYA Goes to the Movies

This last June 17, our Cathedral GOYA went to the premiere of the new DC superhero movie, “Green Lantern” at Tanforan theatre in San Bruno. This was our first youth activity of this summer, and a great time was had by all. Our GOYA will continue to meet in the summertime, which will include our annual picnic/softball game in San Bruno this August.

Our Cathedral GOYA (Greek Orthodox Youth Association) is open to all youth from grades 7-12. Hope to see you soon!



GOYA: “Our GOYA group from last year’s BBQ/softball game in San Bruno Park”

Cathedral Young Adults Continue Dinners, Bible Study to Begin

Our Cathedral young adults will begin doing a Bible study/social event on the second Thursday of every month. The growth of this ministry has been a joy to watch, and we welcome any young professionals who would wish to join us at any of our events.

Our Young Adult group is open to any young adult of the Cathedral from ages 18-35.



September: “Our Cathedral Young Adults enjoying a meal in the conference room, after helping set up for the festival in 2009.”

JOY Takes Month Off for Family Vacation Time

After one year of regular youth meetings, our Cathedral JOY took the month of June off, given that most families go on vacations. Depending on how many of our families are back in July, JOY will do one summer event before starting meetings again in September, most likely a BBQ in San Bruno Park.

JOY (Junior Orthodox Youth) is open to all kids grades 3-6.

For more information on any of our youth ministries, please contact **Deacon Niko Bekris** at deacon@annunciation.org or visit the “Youth of Annunciation Cathedral San Francisco” Facebook page.

“ ‘Seek first the kingdom of heaven, and all this will come to you, as well.’ Seek it then, dearly beloved.”

- Saint John Chrysostom

“God helps us when there is no one else to help. God is there at the point of tension, at the breaking point, at the center of the storm.”

- Archbishop Anthony Bloom

“Icons or icons?”

by Rev. Deacon Niko Bekris

Guys- have you ever tried to impress a girl by trying to control a robot rover on the surface of Mars, only to get it stuck in a Martian ditch? Girls- have you ever broken up with a guy because he told you neurobiology is superior to theoretical physics? Something tells me you haven't.

And yet, this hilarity is the essence of CBS' *The Big Bang Theory*, a (mostly) hilarious sitcom with, well, brilliant science nerds as the main characters. The show is now in its fourth season and gaining new viewers with every episode as it climbs the popularity charts. A friend of mine recently sent me a link to a Youtube clip of the show that I thought was hysterical, in which the three main characters- Leonard, Sheldon, and Penny, exchanging Christmas gifts. Penny (the “socially-with-it-cool-girl of the show) gives Sheldon (a “not-socially-with-it” guy) a napkin signed by Leonard Nimoy who she had run into in a restaurant. I'm not going to explain who Leonard Nimoy is, or his place in sci-fi history (although if you saw the new Star Trek movie two years ago, you know who he is), but needless to say, Sheldon nearly passes out from excitement and goes crazy with happiness. Basically how I would have reacted.

I'm going to guess that your reaction would probably not have been the same as mine, although I will make another guess and say that you do have someone, whom, if

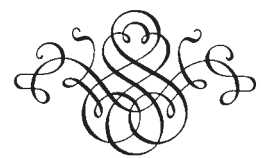
you received an autograph or some kind of memento from them, your reaction would be the same towards- a pro-baseball player, a pop singer, a movie star- right? Being “star struck” is only natural, and maybe each of us has met a “star” who's had this effect on us. And yet, as I watched this Youtube clip of a fellow nerd's euphoria, I asked myself a question that I have thought of in the past- what would my reaction be if I was given an autograph from Jesus?

Think about it for a moment- if we met Jesus or had a direct, physical encounter with Him, would our reaction be the same? This takes on a whole different dimension when we consider that, in fact, we do meet Jesus every Sunday when we receive Holy Communion- it is His Body and Blood which we are in direct, physical contact with. But we don't even have to go that far- when we pray, we are encountering Jesus as well. He is always around us, knocking on the door of our hearts (Romans 4:17), *wanting* to share an encounter with us! Of course, Jesus does not offer “entertainment” as our perception of movie stars does, but still, is our reaction at all similar to encountering a movie star? If our answer is “no,” then I think we have fallen into an all-too common trap that we, as humans, find very difficult to resist.

With all the entertainment we see around us on a day-by-by, hour-by-hour, even minute-by-minute basis, without realizing, we slip into a spiritual lull. When this happens, entertainment becomes the main

focus of our day (even our life!), eclipsing even spending energy on getting to know God better, and growing our relationship with Him. “Spiritual slumber” shifts our focus too much, to the point where we easily react like Sheldon did when encountering a star, but such a reaction toward God becomes much harder. It is a very easy, very subtle shift which happens often in our American entertainment culture, and we need to be watchful.

There is nothing wrong with diversion- we do need to unwind from time to time to keep ourselves rested and refreshed. And there's nothing wrong with having a favorite, or a hero. God has given each individual different interests, wiring each of us differently, so as to enjoy different hobbies and interests. Yet we should remember that we take nothing with us when we leave this earth but our faith in God. Let us, then, follow the example of the Apostle Thomas, who upon seeing Jesus resurrected, joyfully exclaimed, “my Lord, and my God!” (John 20:28)



“Just as a breeze blowing directly into a ship's sails propels the vessel more swiftly than an arrow, so the Church's prayer blows upon the speaker's tongue and propels his words more powerfully than a breeze.”

- Saint John Chrysostom

Space Available for Annunciation Cathedral 13th Annual Family Camping Trip

August 5-10

6 days, 5 nights at Casini Ranch Family Campground on the Russian River
www.casiniranch.com

Experience the beauty and excitement of California's North Coast at Casini Ranch Family Campground, nestled on the historic Russian River. One hundred twenty acres of family fun and a mile of sandy waterfront await you! Enjoy hiking, bicycling, volleyball, softball, horseshoes and fishing. Drift along the river in a canoe or just relax on the beach.

Each year this trip offers diversion and fellowship for all the families that come. This is a wonderful program which allows us an opportunity to leave our confines in the city and reconnect with God's creation. For reservations and more information, please contact Ari Stratakis at 415-706-9888.

Family of 2 persons: \$400
Family of 3 persons: \$430
Family of 4 persons: \$450
Family of 5 persons: \$470

Limit 1 tent per family (Price does not include tent)
Price includes all meals

General Store, Hot Showers, Laundromat, and Playground
all located on campgrounds.

Reservations due by 7/20/11
Checks Payable to Annunciation Cathedral
Please send checks to:
Ari Stratakis
717 Hill Avenue
South San Francisco, CA 94080



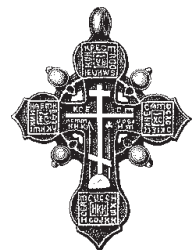
Family Camp: "Our Cathedral families who attended Family Camp 2009"

Growing Our "Link" to Our Community

As has been mentioned many times (and hopefully many more times), our Cathedral family is grateful for the efforts of our Community Link group these last five years. Once a month, this wonderful ministry of our church meets and visits homebound, hospitalized, institutionalized parishioners, or any type of parishioner who cannot make it to church on their own. By doing so, these committed people bring a message of "We love you and we care about you" to each of our shut-ins, fulfilling the Lord's call to visit those who are sick. Thank you.

If you are interested in joining Community Link once a month, or learning more about the program, contact Pauline Oetzel, now heading the program, at poetzel@hotmail.com. Community Link's next gathering is on Saturday, July 16 at 9 am. Sometimes just seeing a familiar face is all someone needs to brighten their day. Please consider giving this joy to someone in need this month.

Upcoming Community Link Meetings: August 20, September 17, October 15, November 19, and December 17.



J U L Y 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 at 9:00 am, Divine Liturgy at 10:30 am	Independence Day, Offices Closed	Ekrixi Dance Practice, 6:30-9:30 pm				
10	11	12	13	14	15	16
Orthros at 9:00 am, Divine Liturgy at 10:30 am		Ekrixi Dance Practice, 6:30-9:30 pm		Young Adult Bible Study/ Social Event, 6:30 pm		Community Link 9 am
17	18	19	20	21	22	23
Orthros at 9:00 am, Divine Liturgy at 10:30 am		Ekrixi Dance Practice, 6:30-9:30 pm	Prophet Elijah, Divine Liturgy at 10 am			
24	25	26	27	28	29	30
Orthros at 9:00 am, Divine Liturgy at 10:30 am		Ekrixi Dance Practice, 6:30-9:30 pm				
31						
Orthros at 9:00 am, Divine Liturgy at 10:30 am						

PRAYER

BEFORE TRAVEL

O Savior, as you journeyed with Luke and Cleopas on the road to Emmaus, journey also with your servants, defending them from all evil. Surround them with your holy angels. Grant that they may carry out their plans according to your will, for you alone are almighty and love mankind. Amen.

Ήδη περισσότεροι από 100 Πρεσβευτές!

Το πρόγραμμα «Πρεσβευτών» (υποστηρικτών) του Καθεδρικού Ναού επεκτείνεται! Είναι αισιόδοξο να λαμβάνουμε κάθε εβδομάδα όλο και περισσότερες κάρτες από ανθρώπους που θέλουν να δουν το Ναό μας να ανοικοδομείται. Ο Πίνακας των Πρεσβευτών, οποίος βρίσκεται στο διάδρομο έξω από την αίθουσα «Κορινθία», έχει ήδη περισσότερα από εκατό μέλη και διαρκώς μεγαλώνει.

Όπως ήδη γράφτηκε στα τελευταία τεύχη του Κήρυκα, πρεσβευτής είναι οποιοσδήποτε αναλαμβάνει να υποστηρίξει και να μιλήσει υπέρ του Καθεδρικού Ναού, ιδιαίτερα τώρα που προχωράμε στο έργο της ανοικοδόμησης του κυρίως Ναού, ο οποίος καταστράφηκε κατά το σεισμό «Loma Prieta» πριν 20 χρόνια. Πρεσβευτής είναι όποιος διακηρύσσει «Ας κτίσουμε το Ναό μας»!

Λαμβάνοντας υπόψη ότι η συντριπτική πλειοψηφία των μελών της κοινότητας θέλει να δει το νέο Ναό να ανοικοδομείται, αναμένουμε ακόμα μεγαλύτερη ανταπόκριση στην πορεία. Εάν λοιπόν θέλετε να δείτε το έργο να προχωράει, συμπληρώστε το όνομά σας στον «Πίνακα των Πρεσβευτών» και δώστε το email σας και το τηλέφωνο σας. Σύντομα θα αρχίσετε να λαμβάνετε στο email σας φωτογραφίες, σχέδια και αναλυτικές πληροφορίες, προκειμένου να γνωρίσετε ακόμα καλύτερα τις λεπτομέρειες του έργου. Κατόπιν, σας προτρέπουμε να μιλήσετε στην οικογένειά σας και σε φίλους σας για τη δυνατότητα υποστήριξης της ανοικοδόμησης του Ναού, μέσω του προγράμματος των «Πρεσβευτών».

Ο στόχος μας είναι να φτάσουμε τους τριακόσιους πρεσβευτές! Είναι πραγματικά μοναδικό προνόμιο και τιμή να ενισχύσει κανείς την ανοικοδόμηση ενός ναού προς δόξαν Θεού! Ας κάνουμε όλοι ό,τι μπορούμε για να δούμε αυτό το στόχο μας να υλοποιείται!

Το Φεστιβάλ μας γίνεται Οικολογικό

Ο Παναγιώτατος Οικουμενικός Πατριάρχης Βαρθολομαίος, έχει γίνει γνωστός ως ο «Πράσινος Πατριάρχης» λόγω των έντονων προσπαθειών του να ευαισθητοποιήσει σχετικά με την προστασία της Κτίσης, την οποία μας έδωσε ο Θεός και την οποία οφείλουμε να προφυλάσσουμε. Μόνο τα τελευταία πέντε χρόνια, διοργάνωσε οικολογικά συμπόσια στην Ισλανδία, στην Κρήτη, στη Μαύρη Θάλασσα, στον Ποταμό Μισισιπή και σε άλλα μέρη του κόσμου. Με ιδιαίτερη παρηρησία προσπαθεί να αφυπνίσει όλους τους Χριστιανούς και τις Πολιτικές Ηγεσίες όλου του κόσμου, ώστε να φροντίσουν περισσότερο τον πλανήτη μας. Είναι από τους μεγαλύτερους υποστηρικτές της προστασίας του περιβάλλοντος παγκοσμίως.

Ακολουθώντας αυτό το παράδειγμα, το φετινό Ελληνικό Φεστιβάλ του Καθεδρικού θα προσπαθήσει να είναι πιο φιλικό προς το περιβάλλον. Ο νέος υπεύθυνος του Φεστιβάλ κ. Παύλος Σογκότης, Άρχοντας του Οικουμενικού Πατριαρχείου, δήλωσε ότι φέτος δε θα χρησιμοποιηθεί πλαστικό και ότι θα γίνει πιο εκτεταμένη προσπάθεια ανακύκλωσης. Προς αυτή την κατεύθυνση, η οργανωτική επιτροπή του Φεστιβάλ συνεργάζεται με τοπικούς οργανισμούς προκειμένου να ακολουθήσει το μοντέλο άλλων αντίστοιχων εκδηλώσεων στην πόλη μας. Επιπλέον, θα δοθεί έμφαση στην προμήθεια βιολογικών προϊόντων αποκλειστικά για την προετοιμασία των εδεσμάτων.

Τέλος, θα απαιτηθεί λίγο μεγαλύτερη φροντίδα και προετοιμασία για να υλοποιήσουμε το στόχο αυτόν, αλλά η οργανωτική επιτροπή πιστεύει ότι αξίζει αυτόν τον επιπλέον κόπο η προστασία του πλανήτη μας. Ενεργώντας κατ'αυτόν τον τρόπο, η Κοινότητά μας κάνει το καθήκον της προστατεύοντας το περιβάλλον και κάνει επίσης πράξη το λόγο του Παναγιωτάτου που μας προτρέπει να υποστηρίζουμε θερμά κάθε προσπάθεια διάδοσης περιβαλλοντικής γνώσης, με σκοπό τη δημιουργία "οικολογικής συνείδησης".

PRAYER AT BED TIME



+ In the name of the Father and the Son and the Holy Spirit. Amen.

Now that the day has come to a close, I thank you, Lord, and entreat that the evening and the night be sinless. Grant this to me, Savior, and save me.

+ Glory to the Father and the Son and the Holy Spirit.

Now that the day has passed, I glorify you, Master, and I entreat that the evening with the night be without offense. Grant this to me, Savior, and save me.

+ Now and forever and to the ages of ages. Amen.

Now that the day has ended, I praise you, Holy One, and entreat that the evening and the night be undisturbed. Grant this to me, Savior, and save me.

Lord our God, whatever sins I have committed this day, in word, deed or thought, forgive me, for you are good and love all people. Grant me a peaceful and undisturbed sleep. Protect me from every abuse and plot of the evil one. Raise me up in due time that I may glorify you, for you are blessed,

together with your only begotten Son, and your all holy Spirit, now and forever and to the ages of ages. Amen.

Psalm 22 (In Orthodox Scripture; Psalm 23 in Protestant Bibles)

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul; he leadeth me in paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Under the protection of your wings I shall be covered and fall asleep, for in you only, Lord, does my hope lie. Into your hands, O Lord, I commend my soul and my body. Do bless me, do have mercy on me, and grant me eternal life. Amen.