



ANNUNCIATION CATHEDRAL HERALD



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NOVEMBER 2011

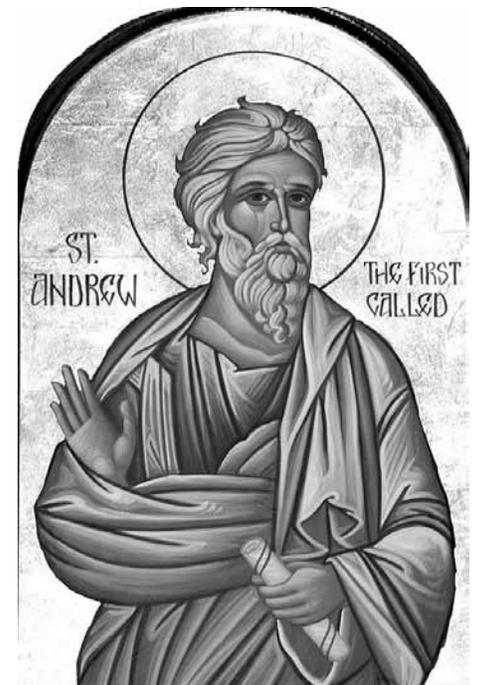
PLANNING COMMISSION APPROVES CONDITIONAL USE APPLICATION, CLEARING THE WAY FOR ISSUANCE OF A BUILDING PERMIT

The September Herald reported the good news: that on September 22, 2011 San Francisco's Planning Department approved the Cathedral's Conditional Use application, clearing the way for the issuance of a building permit! The Conditional Use application is necessitated because the size of the new Cathedral is larger and the building is different from "typical" buildings, and also because the amount of on-site parking requested exceeds that which accords with the Market and Octavia Plan (the plan which governs the future of the area where the Cathedral is located, extending into Market and Octavia Streets. The City, in addition, generally requires utilization of public transportation, and less on-site parking.)

The decision states, in part: "That based upon the Record, the submissions by the Applicant, the staff of the Department and other interested parties, the oral testimony presented to this Commission at the public hearings, and all written materials submitted by all parties, the Commission hereby **APPROVES Conditional Use Application No.**

2010.0681C. The Planning Commission has reviewed and considered the Community Plan Exemption and the record as a whole and finds that there is no substantial evidence that the Project will have a significant effect on the environment ... and hereby adopts the Community Plan Exemption." The mitigation monitoring and reporting which will be required, during construction, is that the Cathedral will retain the services of an archaeological consultant in the event any archaeological resources are found in the course of construction. (During Phase I the Cathedral conducted a pre-archaeological study, as required at that time, and will also abide by the requirements spelled out in Exhibit C.) **In a word, the Planning Department approved both the size and scope of the Project, including its plan to provide a full level of underground parking.** This means that the next step will be the issuance of a building permit, which will enable the Cathedral to begin building Phase II. This should occur some time in 2012.

In its findings the Planning Commission noted: *"The project will enhance the cultural and religious diversity through the expansion of the worship area. Annunciation Cathedral has served San Francisco for several decades and the expansion will ensure that it continues to do so for many more in the future. The Project helps maintain and promote the cultural diversity of the neighborhood and the City as a whole by expanding access to community services offered by the church use."* (Thank you, Planning Commission!)



Metropolis of San Francisco Appoints New Chancellor, Youth Director

The Greek Orthodox Metropolis of San Francisco is pleased to announce that two positions on the Metropolis staff have been filled in the last two months. As you may have already seen in your Sunday bulletins, the Very Reverend Archimandrite Apostolos Koufallakis has been appointed to be the Chancellor of the Metropolis beginning November 1, 2011. As chancellor, Father Apostolos will be assisting His Eminence Metropolitan Gerasimos in all aspects of Metropolis ministries and parish issues. Since 2004, Archimandrite Apostolos has been serving as Dean of Saint Demetrios Cathedral in Astoria, NY. In addition to a very large and active community with many ministries, this parish also has the largest parochial school in the Archdiocese for pre-kindergarten, elementary, middle and high school grades with an enrollment of over 800 students. Father Apostolos has also been serving as the Director of the Archdiocesan Hellenic Cultural Center since 2009. He is originally from the island of Rhodes, Greece.

Also, Mr. Paul Gikas has been appointed as the new Youth Director for the Metropolis, as of October 1, 2011. Originally from San Diego, California, and a graduate of Holy Cross Greek Orthodox School of Theology in 2000 with a Master of Divinity degree, Paul recently served on the staff of the Ecumenical Patriarchate for over eight years. He also participated in the Ionian Village summer camp program through the Greek Orthodox Archdiocese of America. Paul, his wife Sophia, and their three-year old son, Theodore, now reside in Pacifica. Paul brings with him extensive knowledge of our Church's role and vision in this country; he also has a sincere desire to expand the work of our Metropolis and its parishes in the area of youth ministries. Also of note to our community, specifically, is the fact that the assignment of a new Youth Director was due in large part to the fact that Father Niko Bekris, the former Youth Director, was ordained to the priesthood on August 15 of this year, and has been assigned to the Annunciation as the full-time second priest.

Both of these wonderful gentlemen will undoubtedly bring their love and commitment to our Church to both of their respective positions. On behalf of the entire Cathedral family, we welcome both of them to San Francisco and wish them all the best. *Kali dynamis!*

Parish Assembly Scheduled for Sunday, November 13

Parishioners of the Annunciation Cathedral are invited to attend the second regular Parish Assembly for 2011 to take place in the Cathedral's Korinthias Hall on Sunday, November 13, following the Divine Liturgy. The Agenda is as follows:

Opening Prayer

1. Election of Assembly Chair
2. Reading/Approval of the April 3, 2011 Minutes of the Parish Assembly
3. Treasurer's Report
4. Reports:
 - a. Stewardship
 - b. 2011 Festival
 - c. Youth
5. Plans for rebuilding the Cathedral Church
6. Election of the Board of Auditors
7. Report of the Nominating Committee (Following their report, the Nominating Committee effectively becomes the Board of Elections. As such, it will oversee the Parish Council elections, which will take place on Sunday, December 11, 2011, following the Divine Liturgy. Those elected will serve a two-year term.)
8. Election of Delegates to the Metropolis Clergy-Laity Congress (St. Nicholas Ranch and Retreat Center, January 16-17, 2012)
9. Old Business
10. New Business

Closing Prayer

Parishioners in good standing (that is, those who are ecclesiastically in good standing with the Orthodox Church, as defined in the Archdiocese Regulations, and who have met their stewardship obligations to the Cathedral) may participate in the Parish Assembly. Quorum requirements, as defined in the Parish By-Laws are: 75% of the Parish Council (i.e. 12 out of 15 members), an equal number of other parishioners in good standing, plus the Dean of the Cathedral or, if fewer than 12 members of the Parish Council are present, then 75 parishioners in good standing, plus the Dean of the Cathedral.

IOCC Dinner at Ascension Cathedral, Oakland, November 6

Sunday, November 6 will be the 19th IOCC Remembering Home Dinner, held this year at the Ascension Greek Orthodox Cathedral in Oakland. Pan-Orthodox Vespers will be celebrated at 5 pm, followed by dinner and entertainment at 7 pm. The special guest speaker will be Mr. Daniel Christopoulos, the IOCC US Country Representative. Each year, the Remembering Home dinner is held at a different parish in the Bay Area. This very special event is held annually to support the efforts of International Orthodox Christian Charities (IOCC), one of the premiere Orthodox ministries in the world.

Over the past 19 years, the efforts of dedicated volunteers in the Bay Area have raised hundreds of thousands of dollars and have provided assistance to people in need in more than 30 countries. If you would like to be a part of this dynamic, pan-Orthodox group and make a difference in the lives of thousands of people by volunteering with the IOCC Metropolitan committee of Northern California, please contact Steve or Angie Kreta at (707) 654-1019 or by e-mail to: SanFranMet@iocc.org.

An Orthodox Missionary Presence in San Francisco

If you have ever walked along 9th and Irving near Golden Gate Park, you may or may not have spotted a red awning with the words "Archangel Bookstore" written on it. If you did happen to walk inside, you would have seen a store full of Orthodox Christian books, icons and some liturgical items, including an iconostasis in the back of the store for chapel services! This gem of a bookstore has operated in San Francisco for nearly two decades, offering talks and discussions on Orthodox Christianity for interested San Franciscans. Speakers in the past have included His Eminence Metropolitan Nikitas, Father Aris Metrakos and Father Niko Bekris, and talks have typically averaged 20-30 people. Not officially under any particular Orthodox jurisdiction (i.e. Greek, Antiochian, OCA, etc), Archangel Bookstore is a quite literally an Orthodox outreach ministry for everyone, actively promoting the Good News of Jesus Christ in San Francisco.

The bookstore is an urban ministry worth being promoted and supported, however possible, within our parish and all parishes in the Bay Area. Look in your Sunday bulletins for a Sunday in the near future, possibly in December, when a speaker will be invited to speak in the chapel following Divine Liturgy about this exciting ministry and how our parish can help spread the Gospel through it.

Daylight Savings Time Ends on November 6

Remember the saying: Spring forward, fall back. On Sunday, November 6, clocks go back one hour. This means you have one extra hour in the day. Remember to put your clocks back one hour. It helps doing this before going to bed on Saturday night.

Cathedral Dance Program to Hold Pontic Glendi November 5

Please join us on Saturday, November 5 for a wonderful night of authentic Greek folk music and dancing as our Cathedral dance program will hold a Pontic glendi! A Pontic band has been invited to play that evening, and like the Cretan glendis in recent years, it will surely be a memorable time for all attending. Appetizers and no-host cocktails will be served from 6:30 p.m.-7:30 p.m., followed by a filet mignon dinner at 8 p.m. The total cost of the evening is \$85, which includes admission, food, and two bottles of wine per table. For those who wish to come for only the dancing, a cover of \$35 will be charged for all who come after 10 p.m. (no charge for children under 12).

For more information, please call John at (415) 215-6142, or email yianni42@yahoo.com



THE CATHEDRAL'S 2011 COMMUNITY CHRISTMAS CARD

Yes, it is that time. The time when we gather names of parishioners who wish to extend greetings to one another via the Cathedral's Christmas card. The card is sent to over 1,000 homes. What a wonderful way to extend best wishes to one another, particularly during these challenging, yet exciting times. Your greeting brings hope and encouragement to one another, since it celebrates the Birth of our Lord God and Savior Jesus Christ. We recognize that, in this digital age, the sending of paper Christmas cards is fast becoming a thing of the past. But, that's for people who strictly communicate by electronic means, such as by e mail, Facebook, and, generally, the Internet. However, there's something heartwarming about receiving a real card. What a welcome addition a "real" Christmas card is, coming as it does amid a mound of circulars, catalogues and general junk mail. For, the Christmas card announces the basic truth of our salvation: Christ is Born!

You may participate in the Community Christmas Card in one of three ways: 1. By clipping the form below and sending it back to the Cathedral; 2. By calling the Cathedral, at 415 864-8000 and telling us you wish to be included; or 3. by responding to **Mary Tonas**, **Calliope Fousekis**, and **Annamarie Balian** on Sundays, following the Liturgy. They will staff a special "Christmas Card Table" during the coffee fellowship hour until Sunday, December 11. After this date, the names will be sent to the printers for processing. Your gift of \$25 per line helps defray the cost of the card, as well as mailing. Thank you.

Meanwhile, we are grateful to **Annette Chiappari**, who for many years headed the Christmas Card effort. Our prayers are with her during this time.

Name (Please print exactly as you wish it to appear on the card):

Best way to contact you (phone or e mail):

"Linked" Together

Our Cathedral family is grateful for the efforts of our Community Link group these last five years. What a blessing for our community! 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 are bringing a message of "We love you and 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 even learning more about the program, contact Pauline Oetzel, now heading the program, at poetzel@hotmail.com. Community Link's next gathering is on Saturday, November 19 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:
November 19 and
December 17.

The Annunciation Cathedral Philoptochos invites all of our Annunciation

Family Members to join us at our Thanksgiving Luncheon to be held on Sunday, November 20, 2011 following Church service. It is a time for all our members to break bread together and enjoy the camaraderie of each other before the hustle and bustle of the holidays. This is a way for us to join together to give thanks to our beloved Cathedral in this inspiring time of growth and change. In addition any profits raised helps to fund the many ministries and programs of Philoptochos that serve those in need. **We ask you to RSVP by calling the Church at (415) 864-8000** so we can prepare for the day. Do bring your appetite!

The "Taste of Greece Festival" was a success. I wish to thank all the wonderful ladies, and men too, who prepared the pastries for the Pastry Booth and to those who manned the booth with efficiency and enthusiasm. Just ask our members to volunteer and they are there in force. Not only did they prepare pastries but they helped prepare all the wonderful dishes that our Cathedral is so famous for. The Pastry Booth brought in for the three days \$13,915 and with the sales after it was close to \$14,000. Kudos to all of you!

In December we are looking forward to attending the annual Bishop Anthony Philoptochos Student Aid Endowment Fund luncheon to be held at Ascension Cathedral on December 10, 2011. The theme for this year's Christmas Luncheon will be "Light the Path". The luncheon helps to support our Seminarians and students at Hellenic College/Holy Cross in Brookline, Massachusetts. Invitations will soon be in the mail with more information to follow. This event is a wonderful prelude to the Christmas season.

Moving Forward Together the Philoptochos connects to make a difference in the lives of others.

With Love in Christ,

Patricia Aleck



**The Cathedral Ladies Philoptochos
Society**

presents their annual

Thanksgiving Luncheon

Date: Sunday, November 20, 2011

**Time: 12:00 noon after church
services**

**Place: Annunciation Cathedral
Community Hall**

Donation: \$20.00 per person

**Honoring: All Members of the
Cathedral Community**

**Proceeds to benefit the
Many Ministries and Programs of
Philoptochos**

**For reservations: Please call
415.864.8000**

Tables of 10 available

Sunday School gets off to a great start!

Annunciation Sunday School Korner

The Fall has started off with a bang. Our classrooms are bustling with the sounds of many children and the teachers are excited to pass on their love of their religion. October was busy with lessons in creation to UNICEF and the power of giving. We finished the month with a fun luncheon and costume party for Halloween, proving our parents are very creative with costumes.

The calendar gets real busy now as we gear up for the holidays. We kick off our annual food drive Nov. 13th, special thanksgiving services on Thanksgiving Day, and we begin the Christmas pageant practices. As we did last year, we have already begun to organize the Christmas event. Your children will be bringing home parts and songs to practice. For those children missing Sunday School, they will have an opportunity to participate in the pageant on Dec. 18th in our youth choir. We are looking for volunteers to help with arts and crafts, Santa, and costumes for the event. Please contact Denise Yeilding if you can help at dyeilding@yahoo.com.

Remember: If you can't bring your child to Sunday School, ask a godparent, grandparent or even a friend. We start at 10:30 am every week and always welcome visitors. Don't let your child miss out!

Have suggestions, like to help with a program? Contact Denise Yeilding.

Annunciation Sunday School Food Drive 2011

No one should go hungry over the holidays—or any time of the year. You can make a difference in the lives of low-income families, seniors and individuals threatened by hunger by donating food to the Sunday School Food Drive. This year our Drive will be held from November 13th to Dec 18th, 2011. Donate food to help the San Francisco Food Bank provide *Food: The Perfect Gift* this holiday season.

Help give Hope for the Holidays! November 13th we are focusing on canned soup. Bring one or bring a case. Barrels will be placed throughout the halls. Check that items are still within their "Use before" date. Avoid glass items, which can break.

Best Choices:

- Rice
- Pasta
- Proteins like tuna or canned meats
- Peanut butter
- Stews and soups
(especially low sodium products)
- Latino and Asian ingredients
- 100% fruit juices
- Canned fruits and vegetables
- Breakfast cereal

If you would like to learn more about hunger in the bay area, please go to: <http://www.sffoodbank.org/holidays.html>.



Annunciation's Greek Language Program Resumes

The Cathedral is pleased to announce that its Greek Language Program began its fourth year last September! The mission of the program is threefold: 1) to teach our children the Greek language, 2) to explore Hellenic culture, and 3) to connect our Greek-American children and Greek expatriates with the historical and cultural characteristics of Greece.

We currently offer 4 grade levels with a small teacher-student ratio as follows:

Level 1 (Ages 4-5) taught by **Maria Panostopoulou** (currently not accepting students)

Level 2 (Ages 6-7) taught by **Sotiria Mitrosyli-Bouna**

Level 3 (Ages 7-8) taught by **Lizabeta Koukkou**

Level 4 (Ages 8+) taught by **Paris Apostolopoulos**

This year, there are a total of 30 students enrolled! Classes are held Saturday mornings from 10:00 am to 12:00 pm. Tuition is \$200 per student. If you are interested in registering your child please contact **Pamfilia Zambelis** at pzambelis@yahoo.com.



Some of our boys participating in the discussion part of our last JOY meeting on October 11.



And our JOY girls are all smiles.



Father Niko speaking to the kids with help from Mrs. Kontonis.

JOY Begins 2011-2012 Year!

Our wonderful Cathedral JOY group met and began the 2011-2012 school year last month at the Manetas home! In addition to games and pizza, there was plenty of time for parents and children both to socialize with one another, as well as have a faith lesson with Father Niko, using clips from the recent Pixar movie "Wall-E." With plenty of new faces at the October meeting, JOY is off to a great start!

The next JOY meeting will be at the Kontonis home in Millbrae, on Tuesday, November 8 at 6:30. JOY (Junior Orthodox Youth) always meets on the first Tuesday of the month (unless otherwise noted). The group is open to all children in grades 3-6.

GOYA Indoor Soccer!

Our Cathedral GOYA began its 2011-2012 school year with an indoor soccer night in the Cathedral gym on October 17! Eight GOYAns put on their soccer gear and literally kicked off GOYA for the new school year. A special thank you to **Ari Stratakis**, who generously made a donation for our GOYA's indoor soccer goals.

GOYA meets on the third Monday of every month, unless organizing a weekend activity. It is for all children grades 7-12.

Young Adults to Have First Bible Study/Social Night November 17

Last October 27, our Cathedral Young Adults held their monthly dinner at Café delle Stelle, a wonderful Italian restaurant on Hayes street, and a great time was had by all (as always). The month of November, our young adult group will hold its first Bible study with Father Niko on Thursday, November 17. The discussion, the first with our young adult group, will be titled "Dating and the Book of Genesis," and will utilize clips from the show "Friends," as well as the movie "Office Space." It will be immediately followed by coffee/light dinner at The Grove.

For more information on any of the Cathedral's youth ministries, please contact **Father Niko Bekris** at fatherniko@annunciation.org, or visit the "Youth of Annunciation Cathedral Facebook" page.

“Greetings from the Metropolis Office of Youth and Young Adult Ministries”

By Paul Gikas

I would like to take this opportunity to wholeheartedly greet all of you as your new Metropolis Youth Director. If you haven't heard yet, Fr. Niko was recently ordained to the Holy Priesthood on the Feast Day of the Dormition (Falling Asleep) of the Theotokos on August 15 and is now serving as the second priest at the Annunciation Cathedral here in San Francisco. I know that many of you will miss Fr. Niko but you should still see him at many youth events throughout the year!

As this is the first *Bulletin* that I am writing, I thought you might like to know a little about me. I am originally from San Diego, CA and grew up at St. Spyridon's Greek Orthodox Church there. I graduated from our Holy Cross Greek Orthodox School of Theology in the year 2000 and then moved to Athens, Greece to continue my studies in Modern Greek. After about one year our Archdiocese asked me if I would like to work at our Patriarchate, the Ecumenical Patriarchate of Constantinople, in Istanbul, Turkey, assisting with the English language needs there. I accepted and ended up staying at the Patriarchate for over eight years. During this time I met my wife, Sophia Gikas, who also gave birth to our son, Stylianos Theodoros Gikas, whose picture from his baptism you might have seen in the April 2010 edition of National Geographic magazine. Words cannot express what an honor and blessing it was for me to serve our Patriarch, His All Holiness Ecumenical Patriarch Bartholomew, and the Ecumenical Patriarchate for these years and I will always be deeply grateful to our Lord God for this experience. At the same time, I feel equally blessed to finally be back home in the Metropolis of San Francisco and to have the opportunity to serve it under the guidance of His Eminence Metropolitan Gerasimos.

During my first couple of weeks in the office I have realized the great challenge that exists in creating Metropolis programs for you, our young people, in all seven states because of the great distances that exist between many of our parishes. But where there is a will there is a way. And if God's will is involved then anything is possible. Right? Therefore, as I am now trying to make plans for future events I would love to hear from you, our young people, about any ideas you may have for events, or anything else you might like to see from the Metropolis Youth Office. So I invite you, and anyone else who may be reading this, like our reverend clergy, young adults, parents or youth workers, to e-mail me with any suggestions or thoughts you would like to share with me about how I might be able improve our Metropolis youth programs. I know that many of our youth participated in a very important survey this past year but for those of you who didn't, this is another opportunity for you to express yourselves.

I look forward to hearing from you and meeting as many of you as possible during the course of this year and to seeing the presence of Christ our Lord in your young hearts and lives! We thank you.

PRAYER OF HUSBANDS AND WIVES

Lord Jesus Christ, by your presence you blessed the wedding in Cana and showed us that you are the true priest of mystical and pure marriage. WE thank you for the day on which by your heavenly benediction you joined us in the sacrament of matrimony. Lord, continue to bless and enrich our marriage in love, companionship, mutual support, oneness of heart, and progress in faith and life. Protect our holy wedlock from sin, evil, and danger. Foster between us the spirit of understanding, the spirit of forgiveness, and the spirit of peace, that no resentment, quarrel, or other problem cause us to stumble and fall. Grant us to see our own faults and not to judge each other. Keep our bond of love always new. Gladden our hearts with the joys of marriage, that with one heart we may praise and glorify you. Amen.

Η ΠΟΛΙΣ ΕΓΚΡΙΝΕΙ ΤΗΝ ΑΙΤΗΣΗ ΤΟΥ ΚΑΘΕΔΡΙΚΟΥ ΝΑΟΥ ΩΣ ΠΡΟΣ ΤΟ ΣΧΕΔΙΟ ΤΟΥ ΠΡΟΤΕΙΝΟΜΕΝΟΥ ΚΑΘΕΔΡΙΚΟΥ ΝΟΥ

Στις 22 Σεπτεμβρίου ενεκρίθηκε η αίτηση του Καθεδρικού Ναού ως προς την έκδοση άδειας οικοδομής, από το σχετικό γραφείο της Πόλης. Επειδή οι διαστάσεις του προτεινομένου Καθεδρικού δεν είναι οι συνηθισμένες, όπως και ο υπόγειος χώρος πάρκιγκ, για αυτό χρειάστηκε ειδική διαδικασία. Αφού η ανάλογη επιτροπή της Πόλης εξέτασε την αίτηση μας και τους λόγους γιατί επιμένουμε στο πάρκιγκ, στην πρόσβαση από τη Βαλέντσια, κλπ., η Πόλις όχι μόνον ενέκρινε το σχέδιο αλλά, απ ότι καταλαβαίνουμε, το υιοθέτησε παμψηφεί και με πολύ ενθουσιασμό. Ο μόνος όρος είναι ότι κατά την οικοδόμηση θα παρευρίσκεται αρχαιολόγος σε περίπτωση που ευρεθεί οτιδήποτε αρχαιολογικής σημασίας. Η απόφαση αυτή της Πόλης σημαίνει ότι ενδέχεται να βγη η άδεια οικοδομής, υπολογίζεται, κατά τις αρχές του 2012. Σημειώνουμε ότι η ανάλογη επιτροπή ετόνισε, εν μέρει πως ο νέος Καθεδρικός Ναός θα πλουτίσει την θρησκευτική και πολιτιστική όψη της Πόλης και θα εξασφαλίσει το μέλλον του για πολλές δεκαετίες.

PRAYER AFTER MEALS

We thank you, O Christ our God, that you have satisfied us with your earthly gifts; deprive us not of your heavenly kingdom, but as you came among your disciples, O Savior, and gave them peace, come to us and save us.

Blessed is our God who nourishes us and shows mercy to us with his abundant gifts, through his divine grace and love for mankind. Amen.

ΚΑΛΩΣΟΡΙΖΟΥΜΕ ΝΕΟ ΠΡΩΤΟΣΥΓΚΕΛΛΟ ΤΗΣ ΜΗΤΡΟΠΟΛΕΩΣ, ΕΠΙΣΗΣ ΝΕΟ ΔΙΕΥΘΥΝΤΗ ΤΟΥ ΓΡΑΦΕΙΟΥ ΝΕΟΛΑΙΑΣ

Πρόσφατα, ο Καθεδρικός Ναός, όπως όλες οι Κοινότητες της Ιεράς Μητροπόλεώς μας, έλαβε ανακοινωθέν αναφορικά με τον διορισμό νέου Πρωτοσυγκέλλου και νέου διευθυντή του Γραφείου Νεολαίας, αντικαθιστώντας τον Πατέρα Νικόλαο Μπεκρή, ο οποίος χειροτονήθηκε ιερέας στις 15 Αυγούστου και διορίστηκε δεύτερος ιερέας στον Καθεδρικό Ναό από 1ης Οκτωβρίου. Ο νέος Πρωτοσύγκελλος είναι ο Πανος. Αρχιμανδρίτης Απόστολος Κουφαλάκης και ο νέος διευθυντής του Γραφείου Νεολαίας είναι ο κ. Παύλος Γκίκας. Ο π. Απόστολος μέχρι τελευταία υπηρετούσε ως Ι. Προϊστάμενος τον Καθεδρικό Ναό του Αγίου Δημητρίου στην Αστόρια, Νέας Υόρκης, ο δε κ. Γκίκας μέχρι τελευταία εχημάτισε αγγλικός γραμματέας στο Οικουμενικό Πατριαρχείο. Τους καλωσορίζουμε, και τους ευχόμεθα τα βέλτιστα, υποσχόμενοι τη συμπαράστασή μας, και συνεργαζόμενοι μαζί για το καλό της Εκκλησίας μας.



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.

Sacraments

BAPTISMS

Anna Lilly, daughter of **Christopher and Alexandra Ciraulo**, was baptized on Saturday, October 8, by her sponsor **Libby Volken**.

Thanos Jack Givas, son of **Dean and Ysaiara Givas** was baptized on Saturday, October 15, by his sponsor **Epaminonda Johnson**.

Athanasios Michael Tsatsaronis, son of **Laskaris and Nicole Macchenesy Tsatsaronis**, was baptized at the Cathedral on October 23. His sponsors are **Aikaterini Bakoula and Bobby Gizas**.

Eleni O'Reilly Smith, daughter of **Gavin O'Reilly Smith and Asimina (Mina) Tsatsaronis**, was also baptized at the Cathedral, during the same service, on October 23. Her sponsors are **Konstantina Rodriguez and Nick G. Hatzidakis**.

CHRISMATIONS

Carl Andrew Weiner was received into the Orthodox Church through the sacrament of chrismation on Sunday, October 30. His sponsor was **Alexandros Kozak**.

Na mas zisoun!

WEDDINGS

Spiros Fousekis and Shareen Rosemary Saddik were married at the Cathedral on Saturday, October 22. Their sponsor was **Christos Papageorge**. *Na mas zisoun!*

FUNERALS

Katherine Simotas fell asleep in the Lord on September 23rd, and was buried in Greece on October 1. She is survived by her sons **Thomas and Jerry Simotas** and their families.

Kaliope Fotenos, fell asleep in the Lord on October 18 and was buried October 21. She is survived by her children **James Fotenos and Christina Fotenos** and their families.

The Cathedral also extends condolences to **Harry Apostolopoulos and Ron Apostolopoulos** and their family upon the recent falling asleep in the Lord of **Katherine Apostolopoulos**.

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.

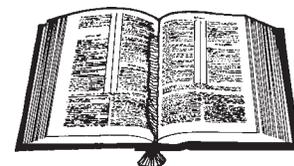
Now that the day has ended, I praise you, Holy One, and entreat that the evening and the night be undisturbed. Grant this to me, Savior, and save me.

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)

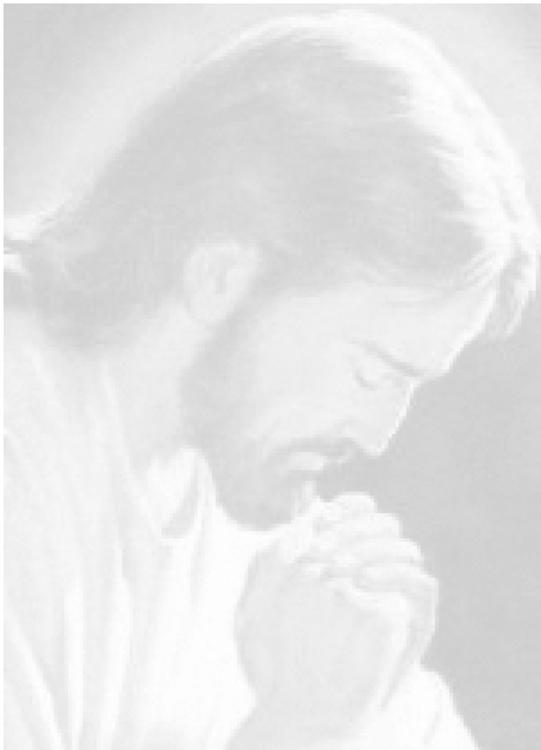
The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul; he leadeth me in paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou 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.



NOVEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Feast of Saints Cosmas and Damian, Divine Liturgy 10 am Greek dance practice	Basketball Practice		Volleyball Tournament, San Jose	Greek School at 10:00 am, Eritrean School at Noon Volleyball Tournament, San Jose 6:30 pm: Pontic Glendi
6	7	8	9	10	11	12
Sunday School at 10:30, Orthros at 9:00 am, Divine Liturgy at 10:30 am Volleyball Tournament San Jose 5 pm: IOCC Dinner, Ascension Cathedral, Oakland Stewardship Month Begins, "Trick or Treat for UNICEF" money due		Synaxis of the Archangels, Divine Liturgy 10 am 6:30: JOY Meeting, Kontonis home Greek dance practice	Feast of Saint Nektarios, Divine Liturgy 10 am Basketball Practice			Greek School at 10:00 am, Eritrean School at Noon
13	14	15	16	17	18	19
Sunday School at 10:30, Orthros at 9:00 am, Divine Liturgy at 10:30 am	6:30: GOYA	Greek dance practice	Feast of Saint Matthew, Divine Liturgy 10 am Basketball Practice	6:30: Young Adult Bible Study/Social Night		Greek School at 10:00 am, Eritrean School at Noon 9:00 am: Community Link
20	21	22	23	24	25	26
Sunday School at 10:30, Orthros at 9:00 am, Divine Liturgy at 10:30 am Sunday School Food Drive Begins	Feast of the Entrance of the Theotokos, Orthros 9am, Divine Liturgy 10 am	Greek dance practice	Basketball Practice	Thanksgiving Day- Divine Liturgy 10 am	Feast of Saint Katherine- Divine Liturgy 10 am	
27	28	29	30			
Orthros at 9:00 am, Divine Liturgy at 10:30 am		Greek dance practice	Feast of Saint Andrew, Divine Liturgy 10 am Basketball Practice			



Breakfast is one of the most neglected meals, yet it is important because it takes place at the beginning of the day. During those hours the family often seems to be simply running a relay race, to get everyone ready in time for work or school. Nonetheless, apart from morning prayer, which goes without saying, it would benefit children to begin the day with even five minutes' experience of their mother's and father's concern, love, and interest in what everyone is going to do that day. When a child leaves for school the mother can bless him, or pray: "God bless" or "the Mother of God be with you." All this does not only further psychological security; it is a safeguard against any negative influences the child may meet, and it is a link between the two worlds of home and school.

Sister Magdalen

Children in the Orthodox Church Today