



# ANNUNCIATION CATHEDRAL HERALD



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JANUARY 2013

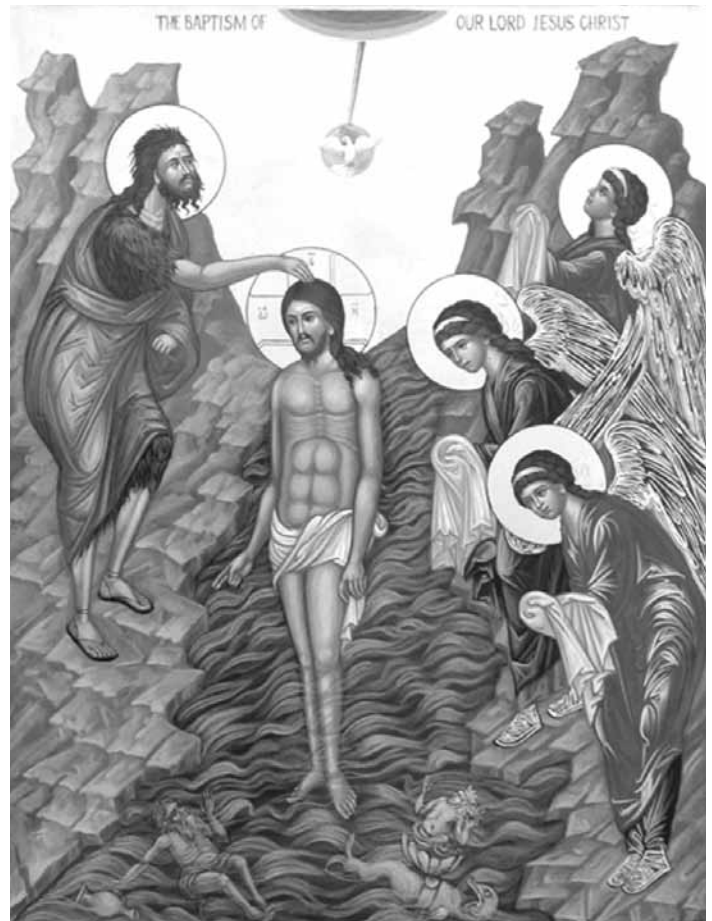
## “Life-Giving Water”

by Rev. Niko Bekris

Of all the wonders of planet Earth and human physiology, the main “ingredient” that makes up the human body is, remarkably, the same one that covers three quarters of the planet- water. As we see in every corner of creation, water is synonymous with life. The greatest forests and jungles on earth grow where there is an abundance of water. Farmers require water to grow their crops, which can grow even in the most barren environment with just a little water. The sound of running water attracts animals, whether a watering hole in the African savanna or a bird bath in one’s backyard. An oasis, a patch of water found in the middle of the desert, is a life-saving, life-sustaining spot in an otherwise lifeless area. Indeed, in the last few years, Californians have seen, firsthand, just how damaging a drought in our area can be! Throughout history, in every civilization, water is seen as precious, as necessary to survival, to sustenance, and to growth.

In the Bible, as well, the Lord uses water on countless occasions to save and to sustain life. In the story of creation, in the book of Genesis, the Bible tells us that “the spirit of the Lord hovered above the waters,” as He prepared to give the earth form. (Gen 1:2) The Hebrews, fleeing the wrath of the Pharaoh of Egypt and crying to God for help, were saved when the Lord parted the Red Sea, and they passed through the waters (Exodus 14: 10-29). While wandering in the desert looking for water, Moses tapped a rock and out came water to replenish the people of God (Numbers 20: 10-13). There are countless stories of life-saving water in the Scriptures and the lives of saints.

The beginning of the Lord’s ministry on earth was his baptism by the hands of Saint John the Baptist in the Jordan River, a life-sustaining body of water in an otherwise arid land. According to Saint John Chrysostom, the Lord did not consent to be baptized because He needed to be sanctified, but rather to sanctify the waters, so that each *believer* may be sanctified. Much can be said about this great mo-



ment in the history of salvation that we celebrate each January, especially about how we as Orthodox Christians continue to experience the miracle of the sanctification of the waters each year- through the service of the blessing of the waters celebrated on January 5<sup>th</sup> and 6<sup>th</sup>, by baptizing our children in a font of water, and how we bless our homes the beginning of each year with holy water.

Traditionally, families ask the priest of their community to come to their home sometime between January and March (depending on the size of the parish) and celebrate a house-blessing service, in which the hymns of Theophany are chanted, and holy water is sprinkled around the home. One might ask, “Why is water used to sanctify a home? Can’t we just say prayers for the home?” The simple

*continued next page*

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

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

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

*continued from page 1*

answer is, yes, of course we can. However (and here is the long answer), water, as we remember, is synonymous with life. It is a reminder to us of how often God used water in life-saving miracles. It is also a “tangible prayer,” in that we can touch it, feel it, and drink it. And on top of all that, we as Orthodox Christians firmly believe that God can work through created matter. Each sacrament involves something created- oil that is blessed for Holy Unction, two human beings who are blessed in Holy Matrimony, bread and wine that is consecrated during Holy Communion, and water that is blessed for Holy Baptism. Since we believe that the Holy Spirit is just as active today as He was at the Jordan River on the day of Theophany, the benefit of praying this service in the home is nothing less than making present the blessing of the Jordan in our home- spiritual strength, protection, and the peace of God.

This New Year, when we begin focusing on our New Year resolutions and things about ourselves that we want to improve, let us also focus on our connection, our relationship with the Lord, and attend one service in which water is blessed. Or at the very least, remember to pick up a bottle of holy water for the home. It will be just as sustaining to our soul as water is to the earth.

*Kali Xronia!*

*\*\*Please note that if you would like to have your home blessed this New Year, feel free to contact either Father Stephen or Father Niko at the Cathedral office. \*\**

## SEVEN ELECTED TO PARISH COUNCIL

**O**n December 9, parishioners of the Cathedral elected seven members to the fifteen-member Parish Council. Elected to a two-year term are: **Patricia Aleck, George Ambadiotakis Ambus, S. Christopher Kyriacou, Dean Nicolacakis, Nick Rally, Nikos Marios Stathopoulos, and Dean Tsagaris.** The other eight members of the Parish Council are: **John Coundouris, Deno C. Konstantinidis, Perri Nager, Thomas A. Nuris, Nicholas Svetcoff, George V. Vlahos, James D. Vorrises, and Gus Vouchilas.** Following ratification of the elections, the seven newly-elected members will take their oath of office on Sunday, January 13, at the conclusion of the Divine Liturgy. Immediately afterwards, **Father Stephen Kyriacou, Dean,** will convene the Parish Council for the purpose of electing officers for 2013. The offices are those of: President, Vice-President, Secretary, Treasurer, and Assistant Treasurer.

## ANNUNCIATION CATHEDRAL HAS STARTED LIST SERVER

**A** list server has been created for the Cathedral. A list server will allow the cathedral to effectively communicate via email to our parish and to the general public. A link to sign up to the list server has been included on the home page of our web site, [www.annunciation.org](http://www.annunciation.org). Beginning December 1<sup>st</sup>, the Cathedral will start sending the Sunday bulletin, the Herald, and any pertinent parish announcements through the

list server. The Sunday bulletin in paper form and the monthly Herald will continue to be mailed out, for those parishioners who wish to continue receiving it this way. We invite those parishioners and friends of the Cathedral who wish to receive these things electronically, as well as (or instead of) paper copies, to sign up! Simply go to the web site, [www.annunciation.org](http://www.annunciation.org), Click on Email list server and subscribe. You'll be glad you did.



## Consider joining an OCMC Orthodox Mission Team in 2013

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

## PHILOPTOCHOS NEWS

**G**reetings from Philoptochos! Happy New Year as we start a New Year filled with promise for our Cathedral and the Annunciation family. May each of us start this New Year filled with hope for a future of peace, health and prosperity for our Church and all our members.

January is a busy time for our Philoptochos as we prepare for our many activities. Please join us in celebration of the month's events:

### VASILOPITA/ JANUARY 6, 2013

**E**very New Year Philoptochos celebrates with our Church family the annual Vasilopita. It has been a tradition for our Annunciation family to sit together and cut into the delicious vailoplitas to see who will win the coin. We look forward to your joining our ladies who have prepared the wonderful breads for this year. As

*Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.*  
Psalm 138:7

usual we will prepare a light meal for all in attendance and ask you for a nominal donation in support of our ministries. We wish good luck for those who win the coin for the year!

**The Annunciation Cathedral Ladies Philoptochos Society presents its:**

**31st Annual Crab Feed**

**Friday, January 25, 2013**  
**Cocktail Reception: 6:00 p.m.**  
**Dinner: 7:30 p.m.**

**\$55.00 per person**  
**Reservations will be secured only by receipt of payment**

**For Reservations call:**  
**Annunciation Cathedral at 415.864.8000**

**Attended Parking Available**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Please reserve \_\_\_\_\_ ticket(s) and/or \_\_\_\_\_ table(s)  
**(Maximum 10 people per table. Include the names of all guests to be seated at the table)**

**Make checks payable to: Annunciation Philoptochos, Attn: Crab Feed**  
**Please mail completed reservation form and check by January 15<sup>th</sup> to:**  
**Annunciation Cathedral: 245 Valencia Street San Francisco, CA 94103**

### CRAB FEED/ JANUARY 25, 2013

It's crab season and once again we are planning for our annual Crab Feed. This year's crab is touted as one of the best catches ever and it is said that the crab will truly be sweet and succulent. This year marks the 31st year we have organized this event. So ask your friends and relatives to join you for a truly gastronomic event and fill out the flyer enclosed. We ask that you get your reservations in early so that we can better plan. So join our Philoptochos chapter, and in addition to eating well, help us support our many ministries. Chair of the event **Mike Canellos** and his committee will answer any questions you might have. Just call the Cathedral at 415-864-8000. See you there!

### METROPOLIS PHILOPTOCHOS LIGHT THE PATH LUNCHEON

On December 1, 2012 over fifty plus members of our Chapter attended this Light the Path luncheon at Church of the Holy Cross in Belmont, California. Close to 350 in atten-



dance enjoyed a room filled with Christmas décor including over 23 gorgeously decorated trees for raffle. All proceeds from the luncheon go directly to the Student Aid Endowment Fund that provides scholarships for our Seminarians / students at Hellenic College/Holy Cross in Brookline, Massachusetts. This year netted well over \$50,000. Here are some of the pictures showing our members enjoying this great event.



## ANNUNCIATION PHILOPTOCHOS CHRISTMAS PARTY

In December our Philoptochos celebrated with a Christmas luncheon at Orexi restaurant in West Portal. Owners **Effie** and **John Loufas** provided us with a delicious family style luncheon of dishes that seemed never to



end. It was a warm and festive time enjoyed by all.

## A LINK TO THOSE IN NEED

**C**ommunity Link, now in its ninth year of existence, is a group of Annunciation parishioners who meet once a month on a drop-in basis to visit members of our community who may be confined due to illness or age. We travel to hospitals, nursing homes and private residences. Many of those we visit no longer have family or friends to support them and just need to know there is someone who cares. A short visit or phone call can lift one's spirits a great deal. If anyone in the community knows of any other home bound parishioners to add to our list, please contact Pauline Oetzel at [poetzel@hotmail.com](mailto:poetzel@hotmail.com). Upcoming Community Link dates for 2013 are: January 19, February 16, and March 16.

*"We bless You, O God most high and Lord of mercy. You are always doing great and inscrutable things with us, glorious and wonderful, and without number." A prayer of Saint Basil*

## BYZANTINE CHANT CLASS

**A**nnunciation Cathedral is pleased to announce a new Byzantine chant class meeting on the first and third Sunday of each month at 12:30 pm in the Cathedral conference room.

Led by the chanter of the Metropolis of San Francisco, **Costas Haralambopoulos**, and his son, **George**, this is a brilliant opportunity for all interested parties to learn the beautiful music of our church. All parents, youth, and young adults are greatly encouraged to attend.

See either **Costa** or **George Haralabopulos** for more details.

## WEEKLY CRETAN MUSIC & DANDE WORKSHIOP, RIZITES

**M**ission Statement: A Cretan dance, instrumental, & song hobby group/ paraia, where those who want to learn more in general and for the popular Cretan Glendia they participate in regularly during the year throughout California and the U.S. and Crete, can meet to apply and develop their skills confidently and in an authentic way that maintains strong roots.

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Content: The study and style execution of Cretan dances and music from the original provinces in Crete they came from.

Moderator/Teacher/Director: **Petros Papageorge**  
petros@athertonappliance.com.

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## CRETAN GLENDI

**S**ave the Date! The 2013 Cretan Glendi will take place Saturday, January 19 at the Annunciation Cathedral. This event has been very successful in the past, with a delicious dinner and a Cretan folk band as the evening's entertainment. As in the past, the proceeds of the dinner will go to the Cathedral dance groups.

For more information, please contact **John Monolakis** at delphi2881@sbcglobal.net.

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## MESSINIAN GLENDI

**S**ave the Date! The 2013 Messinian Glendi will take place Saturday, February 2 at the Annunciation Cathedral. This event has been very successful in the past, with a delicious dinner, dancing to the music of the Mythos Band and fellowship. The proceeds will go to the Cathedral Building Fund.

For additional information, please contact **Kalliope Fousekis** at 650 591-5409 or **Niki Kastoras** at 415 337-7819.

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## YOUTH NEWS

### Sunday School Korner

As we complete another year, I look back and reflect on the many blessings of our Sunday school program. In 2012 we accomplished so many things. We have increased class sizes of regular attendance, our special programs continue to draw families from all over the Bay Area, and we have a strong group of committed Sunday School teachers.

Our Christmas program was a huge success! Thank you to Chrisoula Pezo for her efforts spearheading the day's activities. Her committee did a great job as well: Our Sunday School Teachers (play), **Meena Vellis /Maria Nikolakakis**(art n crafts), **Natalie Schrik** (photography), **Callie Fousekis** (music), **Mike Canellos** (décor and food).

Photographs taken with Santa can be viewed and down-

loaded by going to Dropbox and viewing a folder called "Annunciation Sunday School Holiday Party". I will also put up a link on our facebook page, Annunciation Cathedral Sunday School. Questions, please contact **Natalie Schrik** at Natalie.schrik@gmail.com.

Please 'like' us on Facebook: "Annunciation Cathedral Sunday School."

Our Food Drive had record-breaking donations this year and we were able to exceed our goals! Thank you to a very giving community.

January 2012 promises to be the beginning of a great year! We begin the year in our Upper School with plans for a fruitful Oratorical Festival. Topics are already available online at [www.goarch.org](http://www.goarch.org). Parents are encouraged to get their children involved in this very rewarding program. It also looks great on high school and college applications. Details to come next month, with our festival in March.

Please make every effort to bring the children/ grandchildren to Sunday School on time. Lessons and art projects begin at 10:30am. Instruction is for one hour and then the children are escorted to communion. January, each year, in our lower grades is a time of learning about baptism, family and bible stories.

Think about including a New Year's resolution for spirituality and religion to be a top priority in your family's busy list of things to do. A strong spiritual base is important in this day for our children, as there are so many temptations in school.

Happy New Year!

**Denise Yeilding**

**Principal of Sunday School**



*Our Cathedral Young Adults at our December Dinner and Gift Exchange at Dino's Pizza*





MERRY CHRISTMAS  
& HAPPY NEW YEAR  
2012







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## YOUTH NEWS (Continued)

Stay tuned for more information about the upcoming Metropolitan Young Adult Winter Retreat in Lake Tahoe January 18-21, 2013.

*Our Young Adult group is open to all young adults ages 20-35, and typically meets the last Thursday of the month.*

Upcoming youth events will be announced in the Sunday bulletin and on the Cathedral's youth Facebook page. Please note that the page can be found on Facebook as, "Youth of Annunciation Cathedral San Francisco." Looking forward to seeing everyone this fall!

*For more information on any of the Cathedral's youth groups, please contact Father Niko Bekris at [fatherniko@annunciation.org](mailto:fatherniko@annunciation.org). All are welcome!*

November YA: "Some of our young adults helping with the Thanksgiving community service project. Together, over forty decorated place mats were prepared to be distributed on Thanksgiving Day through Meals on Wheels."

*Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. Joshua 1:9*

### Greek school classes resume January 5th

Our Cathedral Greek School held a Christmas celebration on December 15th where each class presented a Christmas song. The children were dressed in red and green and sang with joy and excitement to an audience of proud family, friends and teachers. Following the singing, there were lots of cookies and treats to be enjoyed!

We thank our wonderful teachers and the families that have supported our Greek School. Classes will resume on Saturday, January 5th. We wish the entire Annunciation community a blessed 2013!

If you have any questions, please contact **Pamfilia Zambelis** at [pzambelis@yahoo.com](mailto:pzambelis@yahoo.com).



### JOY Meets at Manetas Home

On December 10, our Cathedral JOY group met at the Manetas home in Foster City, and a wonderful time was had by all. Our kids split into two teams and acted out their favorite scene from a Pixar movie, then had dinner, dessert, and made a Christmas craft project! The craft project was led by Elly Cazanis, one of our young adults who is also a graphic designer for See's Candy, and Elly showed the kids how to paint Christmas ornaments. Thanks very much to Peter and Maria Manetas, and Elly.

Next month's JOY will be at the home of the Sogotis family on January 15. Looking forward to seeing everyone there!

**\*\*JOY (Junior Orthodox Youth) is open to all children grades 3-6 and typically meets the second Monday of each month.\*\***

### Cathedral Young Adults Hold Dinner and Christmas Gift Exchange

As has become something of a tradition, our Cathedral young adults went to dinner at Dino's Pizza (on Filmore Street) last December 14, and held a White Elephant gift exchange, a fun game in which gifts are exchanged and "stolen" from one another during the exchanging. Another great turnout at the dinner, our young adult group continues going strong as it now completes its fourth year of programs!

Next month, a young adult discussion will be held at the Cathedral on January 31. Led by guest speaker Tom Papa-george, the topic of the discussion will be "Faith and the Work: Merging Two Distinct Areas of Life According to the Orthodox Tradition." Hope to see everyone there!

**\*\*Our Cathedral Young Adult group is open to all young adults ages 22-35, and typically meets the last Thursday of each month.\*\***



Fundraiser Dinner Held for Cathedral Youth Groups at Boulevard Café, plus See's Candies!

Many, many thanks to all who turned out to support the Cathedral's youth groups at the Boulevard on December 30! Similar to the Chevy's fundraiser two years ago, 25% of all proceeds of those who came to Boulevard Café that evening between 5-9 pm with a flier were donated to the Cathedral's youth groups for 2013 (JOY, GOYA, and Young Adults). The final tally is still to be determined, but it will certainly be something significant for our youth programs. Also, thank you to all who purchased See's Candy during November and December for that youth group fundraiser. Ultimately, over \$1600 worth of candy was sold, and the profit to the youth groups was almost \$500! Thank you for taking the time to support.

Thank you to our devoted Youth Committee who planned and organized these two fundraisers, and help with our other programs throughout the year: Mike Canellos, Tina Kontonis, Maria Manetas, Chrisoula Pezo, and Ari Stratakis. Here's to a successful 2013!



Our JOY kids lining up for dinner at the Manetas house

*“Begin to fulfill the commandments relating to small things, and you will come to fulfill the commandments relating to great things: small things everywhere lead to great ones.”*

*–St. John of Kronstadt*



## Altar Group Schedule for January

The schedule for the month will be as follows:

- January 6, Epiphany- All Boys 12 and Older
- January 13- Group 2
- January 20- Group 3
- January 27- Group 4

The altar group rosters are as follow:

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

Group 2- Anthony Obester, Demetri Kontonis, Bobby Kontonis, Niko Manetas, Hari Manetas, Matthew Nuris

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

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

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

# Services & Sacraments

## At The Cathedral

### MARRIAGE

Chrisoula Koutoulas and Bill Capetanos were united in marriage at the Church of the Nativity in Novato on December 8. Their sponsors are **Dustin** and **Chrisoula Novo**.

*Na mas zisoun!* (Long life!)

### FUNERALS

Angela (Angie) Marie Vavuris, who fell asleep in the Lord on December 1, was buried December 7. She is survived by her son, **Timothy Vavuris**.

Joy (Poulos) Benetti, who fell asleep in the Lord on December 10, was buried December 19. She is survived by her husband, **Paul Benetti**.

*Aionia I mnimi!* (Memory eternal!)



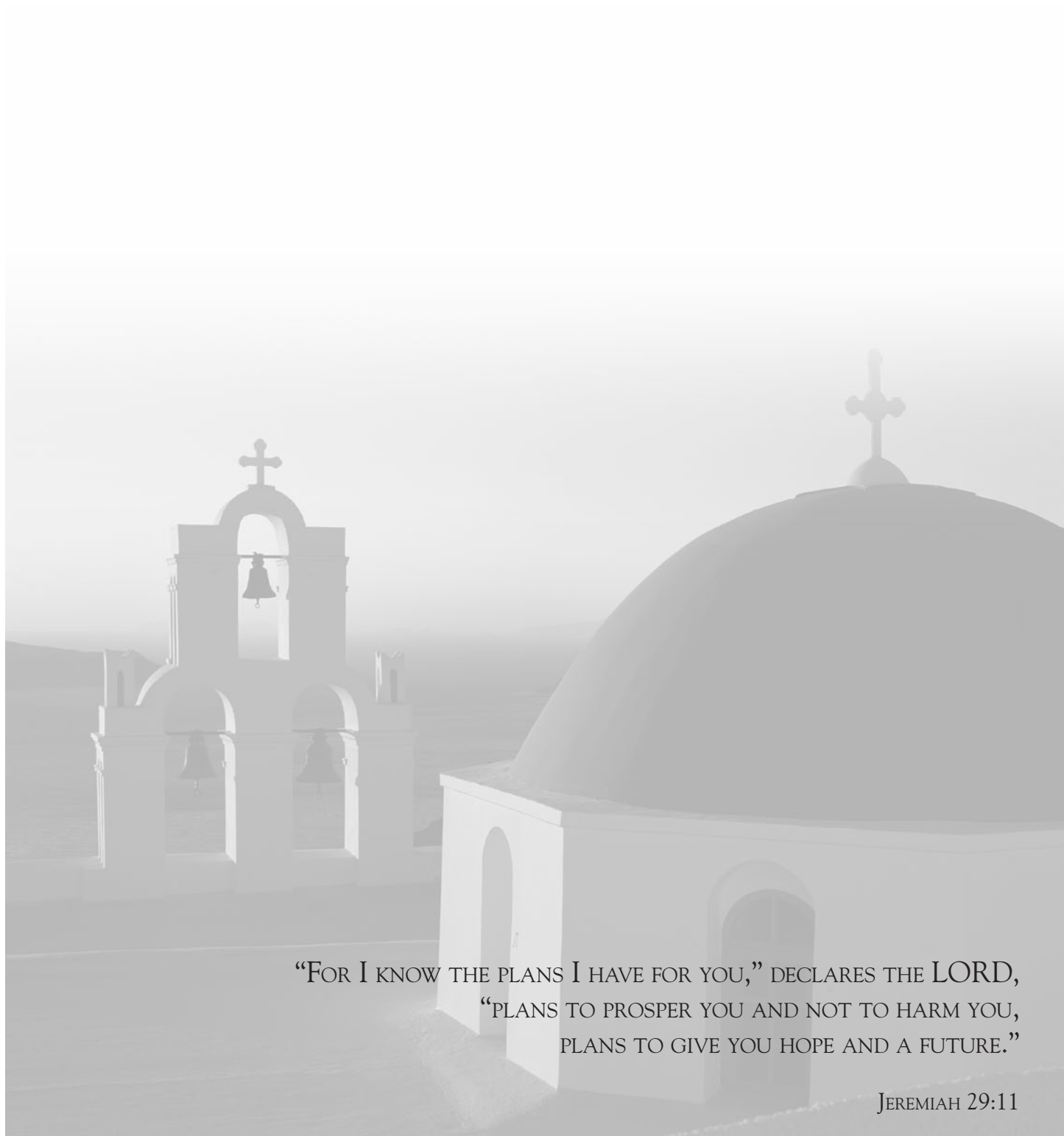


# J A N U A R Y C A L E N D A R

SUNDAY	MON.	TUESDAY	WED.	THURS.	FRIDAY	SATURDAY
		1	2	3	4	5
		Dance Practice 6:30 pm - 9 pm  Adult Greek Class 7 pm  Saint Basil, Orthros 9 am  Divine Liturgy 10:30 am	Basketball Practice 7 pm - 8:30 pm			Eve of Epiphany, 9 am  Orthros, 10:00 am Divine Liturgy
6	7	8	9	10	11	12
Orthros at 9:00 am Divine Liturgy at 10:30 am  Dance Practice 12:30 pm - 2:00 pm Epiphany, 9:00 am Orthros, 10:30 am  Divine Liturgy, 12:00 pm Blessing of the Waters	Saint John the Baptist, 10:00 am Divine Liturgy	Dance Practice 6:30 pm - 9 pm  Adult Greek Class 7 pm	Capital Campaign Committee 7 pm  Basketball Practice 7 pm - 8:30 pm			
13	14	15	16	17	18	19
Orthros at 9:00 am Divine Liturgy at 10:30 am  Dance Practice 12:30 pm - 2:00 pm  Parish Council Officer Elections		JOY Sogotis home 6:30 pm  Dance Practice 6:30 pm - 9 pm  Adult Greek Class 7 pm	Parish Council 7:30 pm  Basketball Practice 7 pm - 8:30 pm	Saint Anthony, 10:00 am  Divine Liturgy	Saints Athanasios and Cyril 10:00 am  Divine Liturgy	Cretan Glendi 6 pm (Cocktails), 7 pm Dinner
20	21	22	23	24	25	26
Orthros at 9:00 am Divine Liturgy at 10:30 am  Dance Practice 12:30 pm - 2:00 pm		Dance Practice 6:30 pm - 9 pm	Basketball Practice 7 pm - 8:30 pm		Crab Feed 6 pm (cocktails), 7:30 (dinner)	
27	28	29	30	31	28	29
Orthros at 9:00 am Divine Liturgy at 10:30 am Dance Practice 12:30 pm - 2:00 pm		Dance Practice 6:30 pm - 9 pm	Basketball Practice 7 pm - 8:30 pm	Young Adult Discussion/ Dinner, 6:30 pm		

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

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“FOR I KNOW THE PLANS I HAVE FOR YOU,” DECLARES THE LORD,  
“PLANS TO PROSPER YOU AND NOT TO HARM YOU,  
PLANS TO GIVE YOU HOPE AND A FUTURE.”

JEREMIAH 29:11