



ANNUNCIATION CATHEDRAL

SAN FRANCISCO, CALIFORNIA

Sunday Bulletin – March 22, 2026

Hymns of the Day - Ὑμνολογία

Resurrectional Apolytikion in the Plagal 4th Tone

From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν καταδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

Apolytikion for Sun. of St. John Climacus in the Plagal 4th Tone

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundredfold in labours; and thou becamest a luminary, shining with miracles upon the world, O John our righteous Father. Intercede with Christ God that our souls be saved.

Ταῖς τῶν δακρύων σου ροαῖς, τῆς ἐρήμου τό ἀγονον ἐγεώργησας, καί τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατόν τοὺς πόνους ἐκαρποφόρησας, καί γέγονας φωστήρ, τῆ οἰκουμένη λάμπων τοῖς θαύμασι, Ἰωάννη Πατὴρ ἡμῶν, Ὅσιε, Πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Apolytikion for the Church Annunciation in the 4th Tone

Today is the summary of our salvation, and the revelation of the age-old mystery. For the Son of God becomes the Son of the Virgin, and Gabriel announces the good news of grace. Therefore, let us join him, and cry aloud to the Theotokos: "Rejoice, Maiden full of grace, the Lord is with you."

Σήμερα τῆς σωτηρίας ἡμῶν τὸ κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς συν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν: Χαίρε Κεχαριτωμένη, ὁ Κύριος μετὰ σου.

Seasonal Kontakion in the Plagal 4th Tone

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

Τὴ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαῖρε νύμφη ἀνύμφευτε.

Gospel and Epistle - Αναγνώσματα

Epistle Readings

Prokeimenon. Plagal 4th Tone. Psalm 75.11,1.

Make your vows to the Lord our God and perform them.

Verse: God is known in Judah; his name is great in Israel.

The reading is from St. Paul's Letter to the Hebrews 6:13-20.

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Προκείμενον. Plagal 4th Tone. ΨΑΛΜΟΙ 75.11,1.

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

τὸ Ἀνάγνωσμα Πρὸς Ἑβραίους 6:13-20.

Ἀδελφοί, τῷ Ἀβραὰμ ἐπαγγελιάμενος ὁ θεός, ἐπεὶ κατ' οὐδενὸς εἶχεν μείζονος ὁμόσαι, ὥμοσεν καθ' ἑαυτοῦ, λέγων, Ἴη μὴν εὐλογῶν εὐλογήσω σε, καὶ πληθύνων πληθυνῶ σε. Καὶ οὕτως μακροθυμήσας ἐπέτυχεν τῆς ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσιν, καὶ πάσης αὐτοῖς ἀντιλογίας πέρασ εἰς βεβαίωσιν ὁ ὄρκος. Ἐν ᾧ περισσότερο βουλόμενος ὁ θεὸς ἐπιδειξάι τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν, καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος· ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδὲκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

Gospel Readings

Sunday of St. John Climacus

Mark 9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

Κατὰ Μάρκον 9:17-31

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ λέγων, διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὧ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτὸν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτὸν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτὸν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτὸν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων

αὐτὸν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γνῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

Saints and Feasts - Εορτές

Sunday of St. John Climacus

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, The Ladder of Divine Ascent, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

Wisdom of the Fathers - Σοφία των Πατέρων

Seest thou how He now proceeds to lay beforehand in them the foundation of His doctrine about fasting? ... See, at any rate, how many blessings spring from them both. For he that is praying as he ought, and fasting, hath not many wants, and he that hath not many wants, cannot be covetous; -**St. John Chrysostom**

Announcements - Ανακοινώσεις

Services This Week: Monday, March 23: Holy Unction (6:00 PM); Tuesday, March 24: Eve of the Annunciation Hierarchical Great Vespers (6:00 PM); Wednesday, March 25: Annunciation of the Theotokos (Orthros 8:45 AM, Hierarchical Divine Liturgy 10:00 AM), Thursday, March 26: Great Canon of St. Andrew (6:00 PM); Friday, March 27: Holy Confessions (5:00 PM) Akathist to the Theotokos (6:00 PM); Saturday, March 28: Saturday of the Akathist (Orthros 8:45 AM, Divine Liturgy 10:00 AM), Holy Confessions (3:00 PM), Great Vespers (4:00 PM).

Parish General Assembly: Our Parish General Assembly will be held today following Divine Liturgy. Participation is open to 2026 Stewards in good standing. If you have not yet submitted your Stewardship pledge, we kindly encourage you to do so at www.annunciation.org/pledge. We look forward to your presence!

Memorial Service: Memorial Services are being offered for the repose of the souls of the Founders of our Church and for John (Yannis) Sarikakis (24 years). May their memories be eternal!

Today's Coffee Hour... is being hosted by the family of John (Yannis) Sarikakis in loving memory. Αιώνια ημνήμη του!

Annunciation Feast Day: It's time to celebrate our Annunciation Cathedral Family! This year we will have a week of celebrations centered around our Feast Day. Today we will have a memorial for our Founders and all those who have passed this last year; **Tuesday, March 24**, Great Vespers at 6 PM; and **Wednesday, March 25**, Orthros at 8:45 AM and Divine Liturgy at 10:00 AM. His Eminence, Metropolitan Gerasimos, will be presiding on both days. Finally, next week, on **Sunday, March 29**, we will have a Doxology commemorating Greek Independence Day at the conclusion of Divine Liturgy. Youth are asked to come in their traditional costumes. Poems and Greek Dancing to follow!

Annunciation Feast Day Celebrations: Following Great Vespers on March 24, join us for a Panygiri-Style Lenten reception for our Cathedral community. We would love your help to make this evening special, please visit <https://www.annunciation.org/lenten-signup> to sign up. Following Hierarchical Divine Liturgy on March 25, our Philoptochos is organizing a lunch to celebrate our Cathedral. Please see one of our wonderful ladies to organize a table or a seat.

Initiation of Catechumens: You're invited to join us on Holy Saturday, April 4th, as we celebrate an important and joyful moment in our parish's life. On this day, four catechumens will be received into the Orthodox Church. Holy Saturday brings us right to the edge of Pascha, a day filled with anticipation and quiet hope. It's a beautiful and fitting time for these new members to enter the life of the Church, sharing personally in Christ's death and resurrection. Please come and support Benjamin, Mohammad, Kristian, and Laurent with your prayers and your presence as they take this next step in their journey of faith.

The Evzones are coming: Join us on Wednesday, April 15, for a special and rare visit from the Evzones, the elite Greek Presidential Guard. This unique evening will include a meet-and-greet, photo opportunities, and a chance to learn about the rich history and traditions of this iconic ceremonial unit, including an up-close look at their famous traditional uniforms. Admission is free, and the doors open at 6:00 PM; the program begins at 6:30 PM.

Community Kitchen: Let us come together to prepare, serve, and share a hot meal with our neighbors. The next Community Kitchen is Tuesday, April 21. You can sign up to volunteer at www.annunciation.org/ck-signup. If you would like to support this important ministry by making a financial donation, visit www.annunciation.org/ck-donate.

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2026 Stewardship: "What shall I give to the Lord in return for all His goodness towards me?" Psalm 116:12. We invite you to become a steward today! Your stewardship donations directly impact our Cathedral ministries such as: Elpida religious youth program, HOPE/JOY, GOYA, Community Kitchen, Cathedral Choir, Men's Fellowship, Athletics, Dance and Greek School programs, and all the operational expenses of the Cathedral. Use the QR code below to pledge or fill out a form and turn into the Pangari today!

Holy Friday Luminaries: On Holy Friday, Elpida will once again offer luminaries to line the walkways of our Cathedral as we gather for this most sacred service. Luminaries may be purchased for \$20 in memory of a loved one or for the health of a loved one. It is a simple yet powerful way to honor those we carry in our hearts while illuminating the solemn beauty of the evening. Please visit www.annunciation.org/luminaries.

An Invitation To Host Coffee Hour: As part of our revitalized coffee hour program, we invite ministries, organizations, and parishioners (individually or in teams) to host a Sunday coffee hour. We'll provide the coffee, cream, sugar, tablecloths, napkins, and utensils; hosts are asked to bring light refreshments such as pastries, bagels, fruit, or similar items. During the Lenten season (Feb 23–Apr 11), please ensure all food is Lenten-appropriate (no meat or dairy). We're currently seeking hosts for March 29. To sign up or learn more, contact Irene Melitas at irene.melitas@annunciation.org or 925-212-8561.

Metropolis Summer Camp 2026: This July, the Metropolis of San Francisco invites youth ages 8-18 to join us for the 2026 Metropolis Summer Camp at St. Nicholas Ranch & Retreat Center in Dunlap, CA. This exciting experience offers a chance to make new friends, reconnect with old ones, and deepen your faith. Visit <https://gosfyouth.org/summer-camp> for additional information and to register.

Scan Here To Complete Your 2026 Stewardship Pledge!



Chant Stand Liturgical Text for Today's Services:

