

ANNUNCIATION CATHEDRAL

# HERALD



SEPTEMBER 2024

245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • (415) 864-8000 • WWW.ANNUCIATION.ORG



## Ecclesiastical New Year

-Steve Christoforou

Happy New Year? It is not January 1st but nevertheless a new year has arrived. On September 1, the Orthodox Church celebrates the ecclesiastical new year, also known as the Indiction. Indiction comes from the word Indictio, an imperial decree which means Definition or Order. Every fifteen years the Roman emperors would issue a new tax in order to maintain military defense. This period of time was also the length of conscription for Roman soldiers. The first worldwide Indiction was in 312 AD, by the Emperor Constantine the Great.

According to Holy Tradition, Christ entered the synagogue on September 1st as he began His earthly ministry, fulfilling the Scriptures: *He was handed the book of the Prophet Isaiah. And when He had opened the book, He found the place where it was written: 'The Spirit of the Lord is upon Me, because He has anointed Me to preach the Gospel to the poor; He has sent me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord.'* Then He closed the book, and gave it back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. And He began to say to them, "Today this Scripture is fulfilled in your hearing (Lk 4: 17-21)."

O Christ our God, on Mt. Sinai You wrote the tablets of old. And now You came incarnate, and You went to the city of Nazareth, O Lord, and accepted to read from the book of the Prophecies. And then you closed it

see page 2

## SCHEDULE OF SERVICES FOR SEPTEMBER 2024

**Sunday, September 1**

Ecclesiastical New Year

*Orthros 9am,*

*Divine Liturgy 10am*

**Sunday, September 8**

Nativity of the Theotokos

*Orthros 9am,*

*Divine Liturgy 10am*

**Saturday, September 14**

Elevation of the Holy Cross

*Divine Liturgy 10am*

**Sunday, September 15**

Great Martyr Niketas

*Orthros 9am,*

*Divine Liturgy 10am*

**Sunday, September 22**

Phocas of Simope

*Orthros 8:30am,*

*Divine Liturgy 9:30am*

**Sunday, September 29**

Kyriakos the Anchorite

*Orthros 9am,*

*Divine Liturgy 10am*

## Save the date - Oct 20th

We will be holding a luncheon for the 35th anniversary of the 1989 Loma Prieta Earthquake. Details to follow.

from front page

and said to the people there, that the Scripture is fulfilled in You (Sticheron of Festal Vespers).

September is also the time when the harvest is gathered and the crops are stored away. Then new seed is sown for the production of future crops.

So this is indeed a day of celebration, as we usher in the ecclesiastical new year. We offer thanks to God for *the abundance of the fruits of the earth* and pray for the new harvest that is about to be sown. Furthermore, let us offer thanks to God for the gift of life.

*"No one shall appear before the Lord empty-handed, but each of you with as much as he can give, in proportion to the blessings which the Lord, God has bestowed on you"*

(Deut. 16:10, 16-17)

## Have you Joined Us: Pledge 2024 NOW!

If you haven't already, please scan the QR code from your mobile device, or visit [www.annunciation.org/](https://www.annunciation.org/) to set up your individual REALM profile. This personalized profile will empower you to manage your giving, stay updated on Cathedral events, and track your giving in real time — all in one convenient platform.

If you have already returned your Stewardship card for 2024, we thank you for your donation and support! Your stewardship donation will soon begin to be processed through REALM. We are in the middle of the conversion as we speak. To pledge your stewardship for 2024 through REALM, please scan the QR code from your mobile device, or visit [www.annunciation.org/donate](https://www.annunciation.org/donate)

Let's embrace this exciting new chapter together as we harness the power of technology to strengthen our Cathedral community. For more information, or for assistance in setting up your profile, reach out to us by email at: [RealmHelp@annunciation.org](mailto:RealmHelp@annunciation.org) or a Parish Council Member at Church on Sundays. We can help!

Thank you for your continued support and dedication to our Annunciation Cathedral. Together, we are making a difference.

PLEDGE YOUR STEWARDSHIP  
<https://onrealm.org/AnnunciationSF/AddPledge/stewardship>



STEWARDSHIP  
<https://onrealm.org/AnnunciationSF/give/stewardship>



## Thank you to the following for joining our Membership during August 2024.

**Jenny Dedo & Greg Estratis**

**Maria Orologas**

**Leah & Daniel Tostados & Family**

\*\*A complete list of Stewards will be printed in the December Herald for the end of the Year stewardship report.

\*\*\*Please excuse me if there is an error with your name or omission. Please contact Denise Yeilding so I may make a correction and post in the next Herald.

### Editor's Note:

It has been my great pleasure to work not only on Stewardship but also the Herald publications over the last year and a half. I so enjoy meeting and getting to know everyone!

I regret that mistakes happen and it is with my sincerest apologies to Peter & Katerina Cazanis and family that I have made an error 2 months in a row with Katerina's name. I feel embarrassed this happened twice. I NOW corrected my typographical error.

Thank you Peter and Katerina for all the work and contributions you have made to our community.

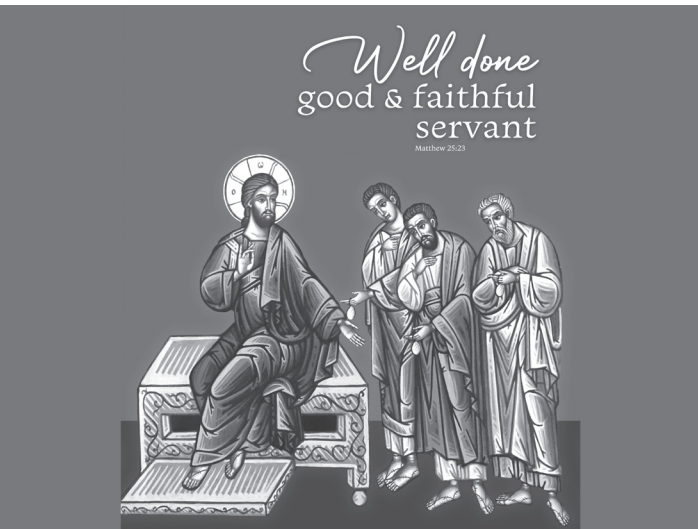
Sincerely,  
Denise Yeilding  
[denise.yeilding@annunciation.org](mailto:denise.yeilding@annunciation.org)





### John and Christina Johns

The Annunciation Cathedral has accepted a check from the estate of John and Christina Johns for the building fund in the amount of \$862,835. As long time members, they attended church regularly and attended our many events at Annunciation.. John was involved in the Ahepa and was a veteran. Christina was very active in the Daughters of Penelope and our Philoptochos. She was known for her beautifully decorated breads for the festival and her generous support in philoptochos activities. Christina loved her Church and will be remembered for her Kindness and dedication with her lovely smile! A heartfelt Thank you for this generous donation.



### Cathedral Youth At Ionian Village

Andrew Vellis represented Annunciation Cathedral as a Camp counselor at Ionian Village this Summer!! This is Andrew's second time as a Counselor. He also attended as a camper a few years ago.

Ted Gikas attended Ionian Village as a camper this summer and had a great time!

What is Ionian village you may ask??

Ionian Village, nestled along the pristine Ionian Sea, offers the perfect setting for an unforgettable summer adventure, complete with a private beach, an Olympic-sized swimming pool, basketball courts, a soccer field, and much more!

Our program is marked by excursions to places like Ancient Olympia, Bartholomio, Patras, Zakynthos, Kefalonia, Kalavrita, Aegina, and even Athens! You'll be learning about your faith and heritage while having the time of your life, surrounded by your peers.



## *An invitation to host Coffee Hour!*



Earlier in the year we launched our new invitational coffee hour program, which provides a more complete offering for our parishioners to enjoy and the fellowship that goes alongside it. And the response has been overwhelmingly positive! We thank all the parishioners who have embraced this as an opportunity to commemorate loved ones; celebrate various special occasions - including birthdays, name days, anniversaries, and chrismations; or, simply share their love for our community.

Let's keep the momentum going! We're calling on all ministries, organizations, and our parishioners (individually or in teams!) to sign up to host one or more coffee hours over the course of the year. We'll supply the coffee/ cream/ sugar, tablecloths, napkins, utensils – and you supply the goodies (e.g., pastries, donuts, bagels & cream cheese, small sandwiches, fruit/vegetable/cheese platters and assorted dips, or other similar items).

Looking ahead, we're seeking hosts for the following dates in September: 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 29<sup>th</sup> and early October (6<sup>th</sup> and 13<sup>th</sup>). Please reach out to Irene Melitas ([irene.melitas@annunciation.org](mailto:irene.melitas@annunciation.org), or, 925.212.8561) to sign-up and learn more.

### **Men's Fellowship:**

Save the Date October 3, 2024 for our next get together!

### **Save the Date:**

Parish Assembly & Ministries Sunday will be held together on Sunday, Nov. 17 immediately following the Divine Liturgy. We Welcome everyone to attend, and members in good standing may vote on important parish issues during the Assembly.



σχολεί-ο, το σχολείο, ένα σχολείο,  
το μεγάλο σχολείο, το σχολείο μου

## *Join Annunciation Cathedral's Greek School*

### **For The 2024-25 School Year**

Join our community!

- Classes offered for children
- A well-rounded curriculum focused on language learning as well as Greek history, culture, traditions and customs
- Warm and caring teaching staff of native speakers
- An inclusive school welcoming all ages and all cultural backgrounds
- High teacher to student ratio – 4 to 8 students per class
- All up-to-date Greek language materials used with online supplementary activities! (Geia Xara, Ellinopoula, Klik)
- Performing arts class with plays written & directed by our staff
- Access to parking for families during classes

Email: [greekschool@annunciation.org](mailto:greekschool@annunciation.org)

### **Community Kitchen:**

"The sun was shining on our Community Kitchen this August, and we are very, very proud to say we served over 100 meals this month! Our partner in food deliveries has been coming up short these last few months, but not to worry! Thanks to Leo and Tiffany bringing us boxes and boxes of chickens, we were able to get in the kitchen early and cook up a storm for everyone. We are putting out a call for any volunteers that enjoy cooking and listening to music in the middle of the day once a month. From 1:00-6:00 we are cooking away, and would love any help we can get. Please sign up on the monthly signup if this is of interest to you! This month's musical tunes were calming classical. We hope to see you next month!"



The Greek Orthodox Metropolis of San Francisco Family Wellness Ministry and the Office of Youth and Young Adult Ministries invite all couples to participate in the upcoming “Eight Dates” marriage program. Presented for the fourth time, this powerful relationship series is based on the book **Eight Dates** by Drs. John and Julie Gottman. Any couple wanting to improve their communication and connection can benefit from this lively and evidence-based program, where the Family Wellness Ministry team integrates the riches of our Orthodox Faith into each pre-

sentation. Couples will meet online every other Thursday and are encouraged to connect on their “8 Dates,” engaging in essential conversations during the following weeks.

**Register by September 11th:**  
[www.familywellnessministry.org/eight-dates](http://www.familywellnessministry.org/eight-dates)

**Sessions begin: Thursday, September 19th** at 6:30 p.m. (Pacific) via Zoom  
 Don't miss this opportunity to enrich your relationship!



The Greek Orthodox Metropolis of San Francisco **Family Wellness Ministry** and the **Office of Youth and Young Adult Ministries** invite you to journey with us through

# Eight Dates

*Essential Conversations for a Lifetime of Love*

by *John and Julie Gottman, Ph.D.*

Held twice monthly on Thursday evenings via **ZOOM**

Our 2024–2025 series will be held **Thursdays at 6:30pm PT** via Zoom.

- 🌀 September 19
- 🌀 September 26
- 🌀 October 10
- 🌀 October 24
- 🌀 November 7
- 🌀 November 21
- 🌀 December 5
- 🌀 December 19
- 🌀 January 9

Each session is designed by our Family Wellness Ministry team to engage couples in essential conversations. **Topics include:**

- 🌀 Trust & Commitment
- 🌀 Addressing Conflict
- 🌀 Sex & Intimacy
- 🌀 Work & Money
- 🌀 Family
- 🌀 Fun & Adventure
- 🌀 Growth & Spirituality
- 🌀 Hopes & Dreams



“This series transformed our marriage and got us talking and connecting again.”

✦ *Jenn & Stavros*

“Over the last four years, over 800 couples participated in our *Eight Dates* program and we’ve received countless positive comments of how this experience strengthened their relationships.”

✦ *Presvytera Pat Tsagalakis*



LEARN MORE AND REGISTER HERE



[familywellnessministry.org/eight-dates](http://familywellnessministry.org/eight-dates)

PRESENTED BY



YOUTH & YOUNG ADULT MINISTRIES

# Elpida



On August 24th, the Elpida Retreat at the Annunciation Cathedral was a day full of faith, family, and fun! Children gathered for an afternoon packed with wonderful centers, where they learned about Panagia and her blessed life, planted gardens, and crafted beautiful icons in her memory. They also explored the significance of Priest Vestments, Censers, and St. Phanourios. Baking Phanouropita was a huge hit, and the gym was transformed into an inflatable wonderland with large obstacle courses, rock walls, and a 52-foot slide!

Despite a rocky start with last-minute teacher cancellations, a broken-down delivery truck, and an unexpected morning downpour, the sun shone just in time for the event to begin. As my incredible sister-in-law, Antonia Fanourgiakis, wisely remarked, challenges from the devil often arise when one is doing God's work.

The retreat was a beautiful testament to the power of community. It was incredible to gather children from different parishes to strengthen our faith and grow in God's love. The day's biggest blessing was our service project, where we provided 100 children in need with essential school supplies for a successful school year. A huge shout-out to Maria Nicolacakis for her pivotal role in organizing and executing this project. Thank you Maria! Our community thanks you!

We were fortunate to have an incredible group of volunteers who stepped up to the plate. While there are too many to name, and in fear of forgetting anyone, we extend our deepest thanks to all who helped out. However, there are five individuals who were truly the anchors of this event: Peter Canzanis, John Lampos, Christo Pappademos, Mike Fanourgiakis, and Antonia Fanourgiakis. Their above-and-beyond volunteerism, wonderful attitudes, and incredible support were essential to the retreat's success. These amazing people deserve recognition for their incredible contributions!

The success of this retreat is a testament to what we can achieve when we come together in faith, service, and love. As we look forward, we remain committed to fostering a community where every child feels supported, every family feels connected, and our faith continues to grow stronger together.

While we are not sure where Elpida will go from here, we trust that God will guide our path. Whatever the future holds, our commitment to building a faith-filled community remains unwavering. We will continue to walk this journey together, hand in hand, with the same spirit of love and service that made this retreat so special.

*O Fashioner of all creation, who made seasons and years by Your own authority, bless the crown of the year with Your goodness, O Lord, and preserve our rulers and Your city in peace, at the intercession of the Theotokos, and save us (Festal Apolytikion).*

**A Healthy and Blessed Ecclesiastical New Year to all!**



# Greek Food Festival

## 2024 Food Festival is Right Around the Corner!

As you know, our annual food festival is less than a month away. This event is critical to the success of Annunciation Cathedral, offering us a valuable opportunity to raise funds from outside our parish. Each of our ministries play a vital role in both the planning and execution of the festival, therefore everyone's involvement is essential to its success.

This year, the festival committee has allocated substantial funds towards marketing (hopefully you've seen our signs posted on Valencia Street), and we're confident it will be a record-breaking event, however, we can't achieve this without your support. We are requesting active participation from all parishioners before and during the event. We have numerous volunteer date and time options for you to choose from so your contribution is flexible to your schedule. Below is a link to Sign-Up Genius for you to schedule your time now:

<https://www.signupgenius.com/go/10C0844AFAE2CABFBC07-50882517-2024>

With everyone pitching in, we can work efficiently and enjoy the process as a community. Together, let's make this our best festival ever.

Thank you for your support!

Deno Konstantinidis  
Co-chairman

Mike Spachis  
Co Chairman

## Help us Market our Greek Food Festival

We're excited that our Greek Food Festival is just around the corner on September 20, 21 and 22. Our marketing team is busy at work spreading the word about our amazing event...and hopes YOU will, too! So when you're next in church, please pick up a few posters and postcards that are below the display board just outside of the chapel. Hand them out to your friends, neighbors, and work colleagues – and ask them to post on their storefronts or within their businesses, too. Let's make this the best attended festival ever!

## Volunteer Opportunities

- Inside Bar operation
- Outside Bar operation
- Cleaning Tables - bus tables and help keep the main room looking fabulously clean
- Food Line - serving and assistance
- Food Line Cashiers
- Frappe Booth/ Coffee Station
- Calamari Booth
- Hall Set-up - tables/chairs, booths, decorations, supplies (Highly Needed)
- Kitchen help – Cutting, chopping, mixing (inside kitchen)
- Loukoumades sales
- Gyro Sales
- Grilling Outside
- Salad Preparation - work behind-the-scenes to make our famous Greek salad (inside kitchen)
- Souvlakia Grilling (inside kitchen)
- Raffle Ticket Sales
- Icons & Books
- Ministries Booth
- I am happy to work in any of these areas at the times specified above.***





## Festival Donations

Making a donation to help underwrite the ingredients we need to make the delicious dishes we serve the community and other festival-related expenses is a great way to contribute to the success of the Greek Festival.

Here is a list of some of the items that we need donated. Of course, we will accept any monetary or the actual food donation (Donations in Kind). If you would like to make a donation please call Dean Nicolacakis at 330.283.4986 or send an email to [dean.nicolacakis@annunciation.org](mailto:dean.nicolacakis@annunciation.org) along with completed form. **All donations are requested by Friday, September 13, 2024.**

All donors will be published in the Herald, on social media, in the Commemorative Festival Album and any other donor acknowledgement displays!

Thank you so much - we couldn't do this without you!!

| Item                                    | Approx Cost |
|---|-------------|
| <input type="checkbox"/> Greek Coffee   | \$100       |
| <input type="checkbox"/> Metaxa         | \$200       |
| <input type="checkbox"/> Olives         | \$200       |
| <input type="checkbox"/> Yogurt         | \$200       |
| <input type="checkbox"/> Eggplant       | \$250       |
| <input type="checkbox"/> Regular Coffee | \$300       |
| <input type="checkbox"/> Potatoes       | \$300       |
| <input type="checkbox"/> Eggs           | \$300       |
| <input type="checkbox"/> Onions         | \$300       |
| <input type="checkbox"/> Bell Peppers   | \$300       |
| <input type="checkbox"/> Lemons         | \$300       |
| <input type="checkbox"/> Cucumbers      | \$400       |
| <input type="checkbox"/> Ouzo           | \$400       |
| <input type="checkbox"/> Walnuts        | \$400       |
| <input type="checkbox"/> Green Beans    | \$500       |
| <input type="checkbox"/> Pita           | \$500       |
| <input type="checkbox"/> Flour          | \$500       |
| <input type="checkbox"/> Tomatoes       | \$600       |

| Item   | Approx Cost |
|--|-------------|
| <input type="checkbox"/> Olive Oil             | \$750       |
| <input type="checkbox"/> Pilafi                | \$1000      |
| <input type="checkbox"/> Bread                 | \$1000      |
| <input type="checkbox"/> Butter                | \$1000      |
| <input type="checkbox"/> Feta Cheese           | \$1500      |
| <input type="checkbox"/> Cheese for Tiropites  | \$1500      |
| <input type="checkbox"/> Chicken               | \$2000      |
| <input type="checkbox"/> Beer                  | \$2000      |
| <input type="checkbox"/> Wine                  | \$2000      |
| <input type="checkbox"/> Soda                  | \$2000      |
| <input type="checkbox"/> Lamb                  | \$4000      |
| <b><i>Other items:</i></b>                     |             |
| <input type="checkbox"/> Decorations           | \$2000      |
| <b><u>Marketing:</u></b>                       |             |
| <input type="checkbox"/> Social Media Campaign | \$1200      |
| <input type="checkbox"/> Street Lamp Banners   | \$4500      |
| <input type="checkbox"/> Paper Goods           | \$6500      |

(Check all that apply.) I'd like to make a:  Cash Donation  Donation in Kind

Please apply towards preparation of: \_\_\_\_\_ \$ \_\_\_\_\_

All donations are fully tax-deductible to the extent permitted by law. PLEASE MAKE CHECKS PAYABLE TO: "Annunciation Cathedral"

**For Payment by Credit Card:**  American Express  Mastercard  Visa

Card Number: \_\_\_\_\_

Signature: \_\_\_\_\_ Exp Date: \_\_\_\_\_ CCV: \_\_\_\_\_

**PLEASE NOTE THAT YOUR NAME WILL BE PLACED IN THE 2024 Commemorative Festival Album and other acknowledgment displays. In the space below please write how you would like your name to appear:**

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



# Jr. GOYA



Junior Goya is back in full force this fall after a brief summer break! Middle schoolers are invited to join in the exciting events hosted by the Annunciation Cathedral. Thanks to the generous hospitality of Chris and Irene Kyriacou, JR Goya is kicking off with a “Pool and Pagoto (Greek for ice cream) Party” on Friday, September 6th, at 6 pm. Dinner will be provided, and we’re all looking forward to a fun evening of camaraderie and community bonding.

If you’re interested in participating in JR Goya activities or would like to be added to the JR Goya communication list, please reach out to Mia Fanourgiakis at [mia.fanourgiakis@annunciation.org](mailto:mia.fanourgiakis@annunciation.org).



Annunciation Cathedral's  
JR GOYA's  
End of the Summer

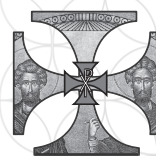
## POOL AND ΠΑΓΩΤΟ PARTY

FRIDAY,  
SEPTEMBER 6TH  
6pm at  
**The Kyriacou Home**  
RSVP to Mia by August 30th  
[mia.fanourgiakis@annunciation.org](mailto:mia.fanourgiakis@annunciation.org)

Dinner will be served, followed by παγωτό for dessert. Please bring your own swimsuit and towel

In 2023, our Annunciation Philoptochos chapter distributed \$12,500 to over 25 various charities and individuals on a local, national and international setting.

Here is a snapshot of the activities of Philoptochos international.



The Greek Orthodox Ladies

**PHILOPTOCHOS SOCIETY**

We are **LEADERS.**

We are **VISIONARIES.**

We are **TRAILBLAZERS.**

We are **25,000 Women** with **ONE Voice.**

## IMPACT REPORT 2023

(212) 977-7770

[contact@philoptochos.org](mailto:contact@philoptochos.org)

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[philoptochos.org](http://philoptochos.org)

Headquarters:  
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New York, NY 10016

Tel. (212) 977-7770  
Fax (212) 977-7784

For more than

# 90 YEARS

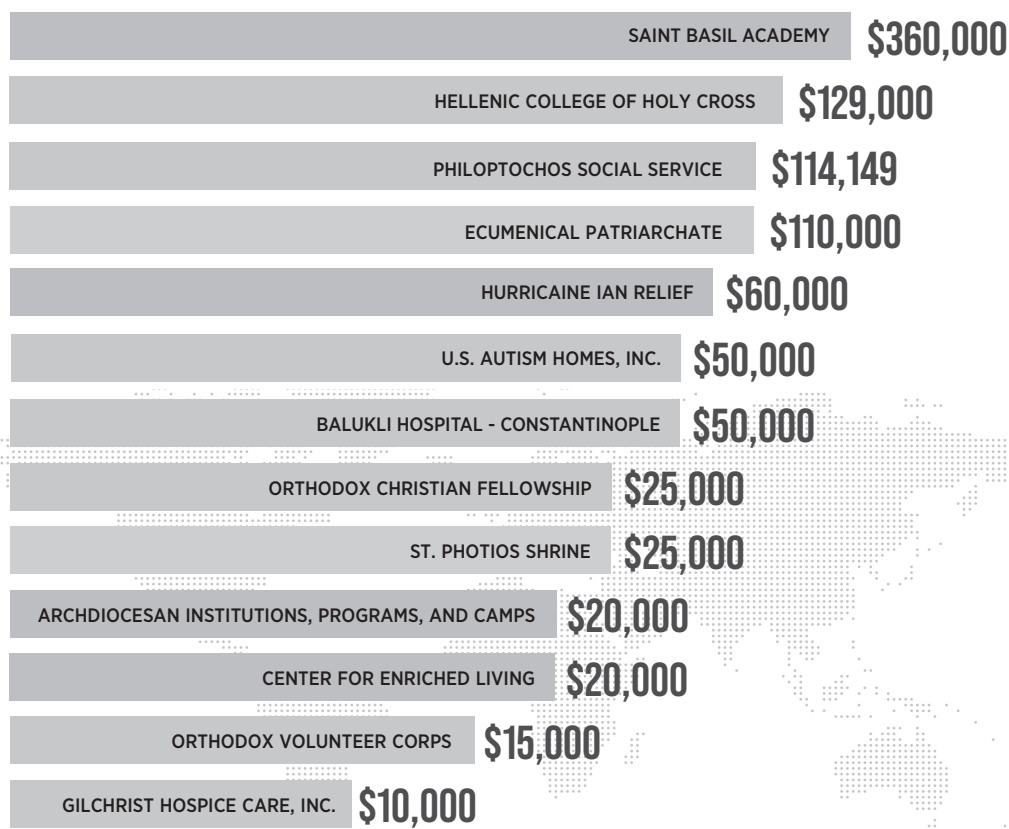
Philoptochos has made a difference in the lives of people in the United States, and around the world. Scan the QR code below to LEARN more today.



## HOW PHILOPTOCHOS RESPONDS: 2023 BY THE NUMBERS



In 2023, **Philoptochos raised \$2,659,447.20**, and has **allocated \$1,861,159.50\*** in funding to organizations both nationally and internationally through our programs and ministry commitments. Here's how the money was distributed.



\*Funds are distributed through grant applications and request for proposals (RFP's). See [www.philoptochos.org/grant-application-form/](http://www.philoptochos.org/grant-application-form/)





# \$458,799

in grants from the **Children's Medical Fund** were allocated for various purposes including locomotive training for children with paralysis, the Care Cradle Program, air purifiers for three floors of a home, assistance for families of children with cancer, respite care, education, psychosocial support, and the Bladder Exstrophy program aimed at enhancing continence for patients with this condition.

**AT HOME AND ABROAD**, Philoptochos has allocated **\$414,211 in emergency support** to our partners in Greece, Maui, Ukraine, and Turkey & Syria offering essential relief like food, medicine, and clothing to uphold the dignity of those in need.

## GREECE

■ International Orthodox Christian Charities  
**\$50,000**

Addressing the requirements for assistance during summer heat waves, we are committed to providing aid and support for those affected by floods and fires.

■ Ecumenical Federation of Constantinopolitans  
**\$14,211**

Food vouchers for elderly and needy Constantinopolitans in Greece.

## MAUI

■ International Orthodox Christian Charities  
**\$10,000**

To address the needs and provide assistance for fire relief.

## UKRAINE

■ International Orthodox Christian Charities  
**\$90,000**

Support initiatives for women's economic empowerment in Ukraine.

## TURKEY & SYRIA

■ International Orthodox Christian Charities  
**\$250,000**

To address the needs of earthquake victims in Turkey and Syria.

Ladies Philoptochos was built for this. It's what we do every day, creating a foundation that serves as a source of strength during times of crisis and times of calm.



UNITED GREEK ORTHODOX COMMUNITY OF  
SAN FRANCISCO, THE ANNUNCIATION  
ANNUNCIATION CATHEDRAL  
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# Elpida Panagias Retreat August 24, 2024

