



The Discipline of Gratitude

By Fr. Luke Veronis

During this month of November, it is wonderful that our nation pauses to dedicate one day specifically for Thanksgiving. Every American president since Abraham Lincoln has made an official Thanksgiving Proclamation on behalf of our nation. On November 28, we all will continue in that tradition and offer thanksgiving to Almighty God for our countless blessings as a nation, as a Church Family, and as families and individuals.

Yet let us take care not to think that one day a year is enough to thank God! As Orthodox Christians, we joyfully participate in this national holiday of Thanksgiving, while simultaneously realizing that a follower of Jesus Christ is someone who acknowledges with gratitude all the blessings we receive each and every day! Life, love, faith, health, friendships and relationships, opportunities, and everything in between is a gift from our loving Father in heaven to us!

What a profound idea to think of "gratitude" as a discipline, instead of simply as a fleeting emotion that depends on our circumstances.

We can wholeheartedly embrace this discipline of gratitude because we understand that the action of thanksgiving is one which makes us humans unique. Of all creatures,



only humans beings can choose to express gratitude, or choose to ignore the countless blessings of God. We must remember, though, that our unwillingness, or inability, to express gratitude is a deep, serious, spiritual illness.

In fact, this spirit of gratitude goes hand-in-hand with our Orthodox understanding of one's spiritual journey. God calls all His followers to discipline themselves and struggle to maintain a true Christ-like spirit - which includes the spirit of gratitude, the spirit of joy, the spirit of humility, the spirit of love, the spirit of hope, and the list could go on.

Difficult and disappointing circumstances will tempt us to lose these

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SCHEDULE OF SERVICES FOR NOVEMBER 2024

Sunday, November 3:

AKEPSIMAS AND JOSEPH
ORTHROS 9AM,
DIVINE LITURGY 10AM

Friday, November 8:

SYNAXIS OF THE ARCHANGELS
DIVINE LITURGY 10AM

Saturday, November 9:

NEKTARIOS THE WONDERWORKER,
BISHOP OF PENTAPOLIS
DIVINE LITURGY 10AM

Sunday, November 10:

ERASTOS, OLYMPUS, HERODION,
SOSIPATRO, QUARTUS, TERTIOS,
APOSTLES OF THE 70
ORTHROS 9AM,
DIVINE LITURGY 10AM

Wednesday, November 13:

ST. JOHN CHRYSOSTOM
DIVINE LITURGY 10AM

Sunday, November 17:

GREGORY THE WONDERWORKER &
BISHOP OF NEOCAESSARIA
ORTHROS 9AM,
DIVINE LITURGY 10AM

Thursday, November 21:

ENTRANCE OF THE THEOTOKOS
DIVINE LITURGY 10AM

Sunday, November 24:

CLEMENT, BISHOP OF ROME
ORTHROS 9AM,
DIVINE LITURGY 10AM

Tuesday, November 26:

SAINT STYLIANOS
DIVINE LITURGY 10AM

from front page

Christian attitudes, but our spiritual struggle is precisely an effort to constantly live in communion with God and allow His Holy Spirit to fill us with His fruit of love, joy, peace, hope, and gratitude.

Each and every moment of our lives, we have a choice to make - whether to be grateful or to be ungrateful; to see life as a blessing, or to see it as a burden; to notice the

hand of God present in our own reality, or to arrogantly think that we are our own god and we have achieved everything on our own.

I thank God for each and every one of you, and pray that you may have a most joyous and blessed Thanksgiving celebration!

Benefits and reasons of becoming a steward

Some people think they should become a steward of the Church, so they may vote in Parish Assembly Meetings. Others think they should become a steward, so they are eligible for discounted rental rates for the Community Center and Small Hall. Still others think they should become a steward because our Annunciation Cathedral's budget needs their money. While it is true that by becoming a steward of the Church, we are eligible to vote, enjoy certain benefits, and obviously our stewardship ministry funds part of the Church budget, these truly are not the reasons WHY we should become stewards. These are perks of being a steward, but not the reasons to become a steward.

Do you love God? Then become a steward of His Church. We become stewards of the Church because we love God, and we love His Church. We want to be part of His mission here on earth and help perpetuate the Church for future generations.

Has God blessed you? Then become a steward of His Church. We become stewards because God has blessed us, and we want to thank Him by giving back.

Since the beginning of time, the way to thank God is to give Him your gifts of time, talent and treasure. The Old Testament is filled with wonderful and inspirational examples for you to consider as ways to thank God.

God bless you for your love and support of our Church and our great community of Annunciation.

**Editor's Note. A complete list of 2024 Stewards will be printed in the December Herald.

Year-end Tax Planning

The final few months of the year often coincide with end-of-year tax planning, which for many includes finalizing annual charitable contributions. So as the year draws to a close, we kindly ask you to consider the Annunciation in your year-end tax planning activities. By making a special donation, you support the ongoing health and vitality of our parish while gaining valuable tax benefits, too! And it's as easy as a click of the button (<https://onrealm.org/AnnunciationSF>). Please consult with your financial advisor to see how your generosity can benefit both you and our Cathedral. Thank you for your continued support and commitment to our faith and community.

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 christenings; 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 a coffee hour between now and the end 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 month of December (1st, 8th, 15th, 22nd, and 29th). Please reach out to Irene Melitas (irene.melitas@annunciation.org, or 925.212.8561) to sign-up and learn more.

GENERAL ASSEMBLY AGENDA

NOVEMBER 17TH 2024

- Opening Prayer and Remarks: Fr. Angelo Pappas
- Nominations for a Chairman of the Assembly Fr. Angelo Pappas
- Appointment of Secretary of the Assembly Chairman of Assembly
- Parish Council President Remarks Paul Sogotis
- Capital Campaign Revitalization Update Irene Melitas
- Stewardship Report Denise Yielding
- Construction Report Tasso Mavroudis
- Election of Board of Auditors (Three) Paul Sogotis
- Board of Election for Parish Council (Three) Paul Sogotis
- Parish Council nominations open today Paul Sogotis

close December 6th at 12 noon, self-nominations allowed.

- Youth Safety and Parish Council Background Check
(Mandatory Completion by all)
- Parish Council Seminar in-person only on Wednesday, December 11th 6:30 pm. Invitation only at the Cathedral for all persons running for Parish Council including incumbents and all Youth Safety and Parish Council Background Check must be completed.
- Parish Council Elections: December 15th 2024

- Financial Report Philippos Athanasiades
 - Year to Date
 - Budget for 2025
- Old Business/New Business Paul Sogotis
- Closing Prayer Fr. Angelo Pappas

Scaffolding

In the coming weeks, we'll be taking steps to maintain the structural integrity of our bell tower. Scaffolding will be erected around the tower to enable necessary repairs, particularly to the support structure of the bell. We expect this work to proceed swiftly, with the scaffolding up for less than a month. However, the exact start date will depend on contractor availability and weather conditions. Once we have firm details on scheduling, we will update the community. Thank you for your understanding and support as we complete these essential repairs to preserve our treasured bell tower.

2024 Parish Council elections

*Please consider serving on our Parish Council!
...We need you!*

Being a Parish Council Member is an honor and a great ministry!

Parish Council Members work together with the priest to fulfill the vision and mission of our Parish!

In order to be placed on the ballot, you must complete the Petition for Candidacy form and return it to the Church Office. For more information, please contact office@annunciation.org

Earthquake anniversary luncheon

Thank you to everyone who joined us for our Earthquake Commemoration Luncheon and helped make it such a memorable and meaningful day. It was inspiring to come together, honor our shared history, and reflect on the community we've built over the past 35 years.

For those who missed the luncheon or would like to revisit the memories, we are pleased to share the video slideshow presented during the event. You can view it on our YouTube Channel or our website at www.annunciation.org.

Additionally, we are still accepting donations to support the rebuilding efforts that were highlighted at the luncheon. Your generosity helps us continue toward the completion of our new Cathedral. To donate directly, please visit <https://www.annunciation.org/earthquake-donation>. All proceeds will go directly to our **Building Fund** to assist in completing the new Cathedral and ensuring that our spiritual home continues to thrive for generations to come.

Thank you for your continued dedication and love for our parish. Together, we can achieve great things as we continue to rebuild and strengthen our community.



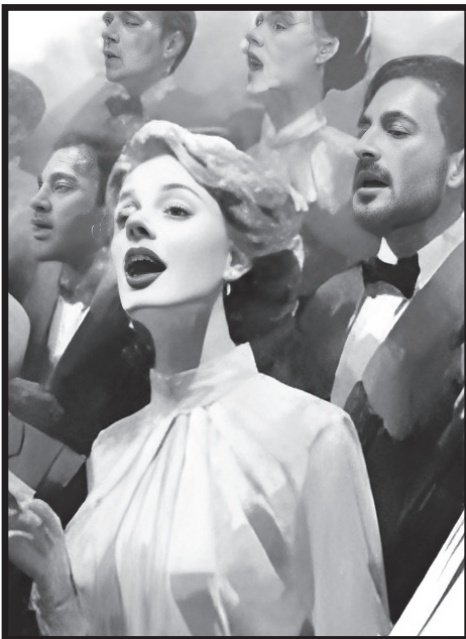
Basile the Comedian will be coming to Annunciation Cathedral April 25, 2025. Mark your calendars and get ready to laugh!! More details to come in January 2025.



Community Kitchen

Thank you to everyone that came out to volunteer for the October Community Kitchen. Another huge success! The signup for November is live, and we are so proud to say, it will be mark our One Year being back open!!! This year has been full of excitement, challenges, teamwork and camaraderie. We are so grateful to our Annunciation community for stepping up and re-opening this ministry. Here's to many, many more years of service!

Such a rewarding experience! For more information: office@annunciation.org



Join The Choir

Do you like to sing? Would you like to learn more about our rich liturgical practice? A great way to do that is to participate in the dialogue which is the Divine Liturgy. The Annunciation Cathedral Choir is actively recruiting new members to participate in the music ministry by singing at the Sunday Divine Liturgy. If you are interested in joining us or learning more about what we do, please contact our Choir Director, Nick Tarlson, on Sunday at the Cathedral or at nick@tarlson.com or 415-420-2724.



HOPE Group Kicks Off Fall at the Pumpkin Patch!

On Saturday, October 12th, the HOPE group kicked off the fall season with a fun-filled visit to ABC Tree Farms and Pick of the Patch Pumpkins in San Mateo. Ten of our HOPE kids enjoyed a night of excitement, laughter, and fellowship as they explored the pumpkin patch.

The kids had a blast jumping on inflatables, playing games, and sharing smiles and laughter throughout the evening. It was a perfect way to celebrate the start of autumn, filled with family fun and the joy of spending time together.

We are thankful for this opportunity to gather and create lasting memories with our HOPE families! For information to join HOPE please email Natalia Mavroudis at natalia.mavroudis@annunciation.org



Jim and Louise Vorrisses are proud to announce a new Grandson Kai Giovanni Vorrises. Son of Stephanie and Nan, Born May 29, 2024

Annunciation Cathedral welcomes our community to hold their Baptisms, Weddings, Memorials and other celebrations in our Chapel and Church Hall. Please contact office@annunciation.org for more information.

JOIN ELPIDA FOR A

GRANDPARENTS' DAY

Luncheon & Service Project

November 10th | 12 PM

Before gathering to eat with our grandparents, we will assemble meal packages full of food for families in need for Thanksgiving.

ANNUNCIATION CATHEDRAL'S FELLOWSHIP HALL
245 Valencia Street, San Francisco

Tickets will be available Online and during Coffee Hour.

Adults \$25 Kids 12 and under \$15

We are deeply grateful for the opportunity to celebrate our grandparents on Grandparents' Day, and we cherish their presence in our lives.

You're Invited: 1st Annual GOYA Winter Formal - By Popular Vote!

Hello High School

GOYA members!

We're thrilled to announce that GOYA's 1st Annual Winter Formal is happening, and it's all thanks to YOU! Based on the survey, a formal dance was the top request, and we're excited to make that wish come true.

Event Details:

Date: Saturday, December 14, 2024

Time: 8:00 PM - 12:00 AM

Location: SF Annunciation Cathedral, 245 Valencia Street, San Francisco

Attire: Formal

Entry Fee: \$30 (includes DJ, food, and drinks)

Parents, drop off your teens for a fun night in San Francisco! All Bay Area churches are welcome to this epic event, so don't miss out.

Step 1: To RSVP and sign the waiver, please use the QR code on the flyer. ***Please note that without a waiver form, we will not allow attendees to enter***

Step 2: Buy your tickets use the QR Code on the flyer

We can't wait to see everyone dressed up and enjoying the night!

YOU'RE INVITED TO OUR

GOYA WINTER FORMAL

SATURDAY, DECEMBER 14, 2024

SAN FRANCISCO ANNUNCIATION CATHEDRAL
245 VALENCIA ST, SAN FRANCISCO

PLEASE
RSVP HERE



STARTS AT 8PM BY 12-10-24 ENDS AT 12AM

FOOD & DRINKS

DJ



\$30 ENTRY FEE



PAY HERE

Attire: Formal



"Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them as their God; they will be his peoples, and God himself will be with them.'"

Revelation 21.1-3



Philoptochos News

Calendar 2024 - 2025

The Annunciation Cathedral Ladies Philoptochos invites you to note its activities over the next few months.

Nov	TBD	Holiday Pastries assemble / bake
Dec	12th	Christmas Party @ Nick's Rockaway in Pacifica
Dec	18th	Vasilopita assemble / bake
Dec	22nd	Holiday Pastries & Vasilopita pickup
Dec	25th	Coffee Hour sponsored by the Cathedral; Philoptochos will help
Jan	12th	Vasilopita Breakfast sponsored by the Cathedral; Philoptochos will help
Jan	31st	CRAB FEED
Feb	2nd	Go Red Sunday / Women's Health Awareness

Philoptochos Christmas Party

Save the date for December 12th. We will be holding our Christmas Party at Nick's Rockaway Beach Restaurant in Pacifica. The cost will be \$75/person. More details to follow on reservations and entrée choices.

Crab Feed

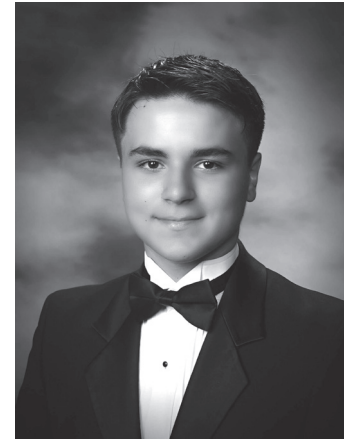
Our annual crab feed will be held Friday, Jan 31, 2025. Keep an eye out for a special Early Bird price of \$90/person during the month of December 2024. The price will jump to \$100/person beginning January 1, 2025.

Scholarships Awarded

This semester 3 scholarships were awarded. The recipients were all outstanding students that showed an exceptional academic performance, strong leadership skills and a commitment to the church and community through various activities. Thank you to Irene Poulakidas, Joanne Glafkides and Vivian Curd of the Scholarship Committee who reviewed all the documents and complied with the selection process. Congratulations to the following students:

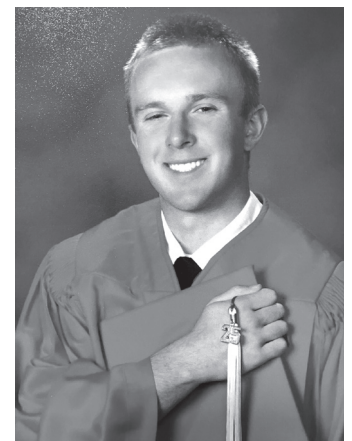
Paul Papavasiliou Andrew and Efrosine Vellis Memorial Scholarship

Paul is pursuing a career in accounting. He is currently attending the College San Mateo and hopes to be admitted to the University of Southern California. His parents are Lea and George.



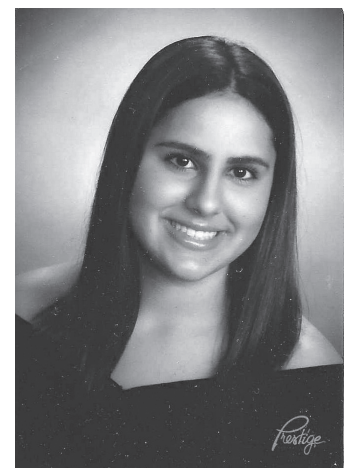
Christian Kleinkorte Annunciation Cathedral Philoptochos Scholarship

Christian is currently a senior at Burlingame High School. Upon graduation this May, he will be applying to Skyline Community College with the goal of attending a major university in the future. His parents are Alexia and Richard.



Anastasia Athanasiadi Annunciation Cathedral Philoptochos Scholarship

Anastasia is currently attending Chapman University with a field of study is political science and economics. She aspires to becoming a lawyer and is presently studying for the LSAT. Her parents are Philippos and Diala.



UNITED GREEK ORTHODOX COMMUNITY OF
SAN FRANCISCO, THE ANNUNCIATION
ANNUNCIATION CATHEDRAL
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SCAN HERE TO DONATE



Christmas
**HOLIDAY
BAZAAR**

MUSIC, FOOD & GIFTS

DECEMBER 7, 2024
10AM - 4PM

**FREE
ENTRY**

SHOP FOR HOLIDAY GIFTS,
FOOD & DRINKS WHILE
SUPPORTING LOCAL ARTISANS

ANNUNCIATION CATHEDRAL
245 VALENCIA ST, SF