



# ANNUNCIATION CATHEDRAL HERALD



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NOVEMBER 2010

## CAPITAL CAMPAIGN GETS UNDER WAY

On October 17, His Eminence Metropolitan Gerasimos spoke to members and guests of the Cathedral at a reception held in the Bill Korinthias Center regarding the rebuilding of the Cathedral. Providentially, the reception was held on the anniversary of the Loma Prieta earthquake that made the original Cathedral unusable 21 years ago.

His Eminence likened the journey of the ancient Hebrews from Egypt through the Sinai desert to the Promised Land as the journey that the Cathedral community must now make from the relative “comfort” of the present worshiping space, through the challenge of a \$7,000,000 capital campaign to the Promised Land of the New Cathedral.

Yes, the Cathedral community must undertake this journey together, but it is also true that each person who is a part of the community must *within themselves* journey from possible complacency, ease or lack of interest into an authentic spirit of *commitment and sacrifice* – from nominal and ca-



sual giving to the sacrificial giving of the poor widow, praised by Jesus, for giving not from her abundance but from her very subsistence. A sacrificial gift may very well be the largest gift we have ever given. It may cause some emotional discomfort. It very well may result in a necessary change in our lifestyle in order to honor it. It may mean exercising our faith in trusting God that He will assist us in fulfilling our commitment.

Fr. Anthony Scott, who has been engaged in full time fund raising within our Orthodox Church for 24 years, tells the story of a gentle-

man who was asked to give \$100,000 to the construction of a new library at St. Vladimir’s Seminary. The gentleman looked at Fr. Anthony and said, “Fr. Anthony, you have taken all of my tomorrows and made them today. I always said, ‘One day I will do this for the Church or do that for the Church.’ I have been saying this for years. But today I honor my long-deferred intention. Today I will indeed pledge \$100,000 to the building campaign.”

## PLANS BEING LAID FOR STEWARDSHIP 2011: ALL CATHEDRAL MEMBERS AND FRIENDS INVITED TO COME AND SEE

During November and December, a beautiful season of giving thanks, we are reminded of all the blessings we are privileged to enjoy in this country- our food, shelter, clothing, medicine, the freedom to worship our God, and countless others. Thanksgiving and Christmas, two beautiful holidays that make this time known as the “holiday season,” remind

us that as wonderful as it is to receive, an even greater joy is realized through giving. Indeed, giving Christmas presents to our loved ones, or cooking a dish and bringing it to Thanksgiving dinner are wonderful expressions of giving that we all experience during this season. Yet this is also an ideal time of year to be thankful for all the gifts God has provided for us, and remember Him by giving back to our community.

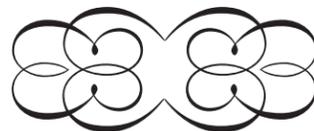
As we have mentioned many times during the past two years, giving is an integral part of an Orthodox Christian’s- indeed, a *Christian’s*- healthy spiritual life. Prayer and fasting, two cornerstones of our daily walk with God, are essential. Giving, whether it be giving alms to the poor, providing for our families, or giving to our parish community, is also essential. We believe that God has provided us

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with time, talents, and treasure, and a beautiful way of saying “thank you” to the Lord is by offering something from each of these back to Him. A mere six weeks ago, we witnessed many people giving of their time and talents by helping at this year’s food festival, and it was these acts of sacrifice that made the festival such a success. This month, we will begin our 2011 Stewardship Campaign, and it is time to once again give back to God, this time from our treasure.

**November 14 will mark the beginning of the campaign.** On that Sunday and each Sunday thereafter, until December 5, one member of the 2011 stewardship committee will speak during the Divine Liturgy. In addition, we will have a **luncheon and stewardship presentation on December 5, Stewardship Sunday.** We have a beautiful community of faithful Greek Orthodox Christians. Please join us in celebrating our blessings the Lord has given us, by giving back to Him, and thereby growing the ministries of our beloved Cathedral. “Come and See.” (John 1:39)



## HAVE YOU CONSIDERED SERVING ON THE PARISH COUNCIL?

**T**he Parish Council is one way through which parishioners may offer service to their church. The Parish Council consists of the Dean and fifteen lay members. The lay members are elected to a two-year term. On December 19, seven members will be elected. The specific duties of the Parish Council are delineated in the Archdiocese Regulations, which may be found on line, at [www.goarch.org](http://www.goarch.org). Generally, Parish Council members are involved in many areas of parish life. They take the initiative in many areas, heading committees, worshiping regularly, assisting at the Pangari and by passing the collection plate. They are exemplary stewards, participating both in the stewardship program of the Cathedral and being in good standing with the Church. They attend Parish Council meetings, Parish Assemblies, as well as Metropolis and Archdiocese Clergy-Laity meetings. They support and participate in the Capital Campaign to build the Cathedral. Accordingly, they are perceived to be the leaders of the parish. If you would like to run for Parish Council, you may request a Declaration of Candidacy Form, by speaking with **Father Stephen** or by calling the Cathedral at 415 864-8000.

## FESTIVAL WORKERS DINNER: SUNDAY, NOVEMBER

**A**ll who volunteered during this year’s Food Festival have received an invitation to attend a festival workers appreciation dinner, which will be held on Sunday, November 7. We are grateful for all the support shown, especially by the volunteers, and thank them for their continued service to the Cathedral Parish. As a result, this year’s festival was among our most successful festival. We had record crowds on Friday (a first for our festival!), and also many people both Saturday and Sunday of the Festival. Part of this may have been the warm weather; part of it may have had something to do with the economy, and how people were doing things closer to home. Certainly, part of it had to do with advertising and the fact that the Annunciation Cathedral’s food festival is now well-known as a San Francisco event—people mark their calendars and make it a point to be here. But, for us, a great part of it had to do with the dedication of the Cathedral’s volunteers, who labor many hours to see it through. To date, the gross receipts amounted to \$224,000.00. The net surplus amounted to \$108,000.00.

## HONORING VALERIE ROUMELIOTES

**U**ntil recently President of the Metropolis Philoptochos, **Valerie Roumeliotes** will be honored at a reception to be held at the Metropolis House on Sunday, November 7, 6 p.m. to 9 p.m. The Metropolis House is located at 372 Santa Clara Avenue, San Francisco; everyone is invited. **Pat Aleck**, chairman of the event, extends a cordial invitation to *Rejoice in our Future*, and writes: An evening honoring Valerie Roumeliotes: His Eminence Metropolitan Gerasimos and the Metropolis of San Francisco Philoptochos invite you to share in a celebration honoring Valerie Roumeliotes past President of the Metropolis of San Francisco Philoptochos 2002-2010. The event will take place on Sunday, November 7, 2010 at the Metropolis House, 372 Santa Clara Avenue, San Francisco, California from 6:00 to 9:00 p.m. This evening will celebrate the many accomplishments of Past President Valerie and her life which has been devoted to Church, Family and Philanthropy and the many accomplishments and programs developed under her tenure as President.

## PLANNING A MAKARIA

**A** Makaria is a meal which follows a funeral. The word Makaria means “blessed” and evokes the hymn chanted at the funeral: *Makaria I odos... Blessed is the way on which you go this day, for a place of rest has been prepared for you.* The meal offers the opportunity for remembrance of the one who has fallen asleep and to offer support to the bereaved members of the family. Some times these gatherings take place in homes or at restaurants. Some times they take place in the church, either immediately following the funeral service or following the burial. (Note: the Church does not do a funeral for a person being cremated.) Until now, when a Makaria was held at the Cathedral, the meal was prepared by the Cathedral Ladies Philoptochos. The women, along with a cook, and the Cathedral’s support staff, handled the event. However (and this was evident in the most recently held Makarias), the Philoptochos was unable to do the Makaria. Therefore, the Cathedral is informing its parishioners and friends to make a note of the Cathedral’s caterers, who are **Alpha Catering and Stella’s Catering** (as well as McCalls), and to make arrangements with one of them for the Makaria. For Alpha Catering, the number is 510 538-1410 (speak with Maria or Dino Yiannakopoulos). For Stella’s Catering, the number is 415 424-7573 (speak with Yvonne or John Stamatakis).

## PAOI TO HONOR METROPOLITAN ANTHONY OF BLESSED MEMORY, ALEX & FAYE SPANOS ON NOVEMBER 6

**T**he Patriarch Athenagoras Orthodox Institute, at the Graduate Theological Union, Berkeley, extends an invitation to “An Evening of Thanksgiving,” honoring Metropolitan Anthony of Blessed Memory and Alex and Faye Spanos on Saturday, November 6. The dinner will take place at the Ascension Cathedral, Oakland, beginning at 6 p.m. For information and reservations, please call 510 649-3450 or e mail, [paoi@ses.gtu.edu](mailto:paoi@ses.gtu.edu).

## IOCC TO HOLD REMEMBERING HOME BANQUET

**T**he International Orthodox Christian Charities (IOCC) Metropolitan Committee of Northern California invites you to a special evening in celebration of the culture of the Bay Area’s Orthodox Christian community in support of the humanitarian aid and the development of IOCC at the 18<sup>th</sup> Annual Remembering Home Banquet and Christmas Ornament Boutique Sunday, November 14, at the Greek Orthodox Church of the Holy Cross in Belmont. **George Marcus**, a member of the IOCC Board, will be the special guest speaker. Pan Orthodox Vespers will be celebrated, beginning at 5 p.m., followed by a reception at 6 p.m., and dinner and entertainment at 7 p.m. Questions? Contact [Claire.gagas@att.net](mailto:Claire.gagas@att.net) or 650 589-5051.

### PRAYER FOR PARENTS

**O Merciful Lord God, you have commanded us to honor father and mother. Have mercy upon my parents. Protect them from all evil, harm, and sickness. Grant them health and shower them with your abundant blessings. Bless their efforts and deeds that both they and I may be worthy to praise and serve you. Amen.**

## DAYLIGHT SAVINGS TIME ENDS ON NOVEMBER 7

Remember the saying: *Spring forward, fall back.* On Sunday, November 7, 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.

## IF YOU ARE HOSPITALIZED

**F**or some years now, area hospitals no longer maintain records based upon one’s religious affiliation. Therefore, if a priest goes to a hospital to visit a parishioner, he has no way of knowing whether another member of the parish is also at the same hospital, unless he is informed. If you, or if anyone you know, are hospitalized and wish to be visited by one of the Cathedral clergy, kindly let us know by calling the Cathedral, at 415 864-8000.



The Cathedral Ladies Philoptochos Society  
presents their annual

## Thanksgiving Luncheon

Date: Sunday, November 21, 2010  
Time: 12:00 noon after church services  
Place: Annunciation Cathedral Community Hall  
Donation: \$15.00 per person

Honoring: All Senior Citizens of the Cathedral

Proceeds to benefit the  
Annunciation Cathedral Building Fund

For reservations: Please call 415.864.8000  
Tables of 10 available

### PHILOPTOCHOS SOCIETY SCHEDULE OF EVENTS

Please note the following schedule of events pertaining to the Cathedral Ladies Philoptochos:

Thursday, November 11	1 p.m.	General Meeting, 2nd floor conference room
Sunday, November 21	noon	Thanksgiving Luncheon honoring our seniors
Tuesday, December 14	noon	Christmas luncheon (Restaurant TBD)

We invite your presence and participation.



### 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.



Community Link members visiting parishioners in an area convalescent facility.

### 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.

## FOCUS ON YOUTH

### YOUTH GROUP FUNDRAISER AT CHEVY'S IN SOUTH SAN FRANCISCO

With three youth groups now meeting regularly each month, the Cathedral youth ministries have now expanded a great deal in recent years. In order to continue the growth of our ministries, a fundraiser will be held on Monday, November 8 at Chevy's Mexican Restaurant, located at 141 Hickey Boulevard, South San Francisco, between 4-10 pm. At that time, anyone who eats at Chevy's and brings the fundraiser flier (please see this issue of the Herald for a copy), Chevy's will donate 25% of the revenue to the Cathedral's youth group ministries- specifically, JOY, GOYA, and Young Adults. The more people who come to Chevy's to eat that night, the more proceeds will be given to our youth ministries.

For more information about this fundraiser, please contact **Deacon Niko Bekris** at [deacon@annunciation.org](mailto:deacon@annunciation.org), or visit the **Annunciation Cathedral Youth Fundraiser at Chevy's Facebook event page**. Please come support our youth!

### NEXT COMMUNITY LINK NOVEMBER 20

Please join us for our upcoming Community Link on Saturday, October 23. We meet at the Cathedral at 9am for prayer and visit assignments, followed by visits (usually in pairs), concluding by Noon.

Our visitations to home-bound parishioners are very special to us and to those we visit. They bring joy to our seniors who are experiencing isolation from their community due to illness, loss or hardship. Community Link is an excellent way for all of us -- children, adults and families -- to engage with one another and to share the message of God's love.

If you know someone who would like a visit, or to RSVP, please email **Caroline Pappajohn**. Community Link dates for the remainder of 2010 are: November 20, December 18. All dates are Saturdays.

**HAVE FUN, RAISE MONEY...** **Make a Difference**

**Please Join Chevy's At Our Fundraising Event For Annunciation Cathedral Youth Groups**

Invite all of your friends and family to dine with us and Chevy's will donate **25%** of the proceeds to our fundraising partner!

DATE: November 8, 2010    TIME: 4:00 P.M. - 10:00 P.M.  
ADDRESS: 141 Hickey Blvd, South San Francisco, CA

*It's just our way of giving back to the community!*

## JOY Begins Monthly Meetings

Our Cathedral JOY group just began its first of regular monthly meetings last October 5<sup>th</sup>, at the **Manetas home**. There, the JOY (Junior Orthodox Youth) kids, grades 3-6, played an icebreaker game, had pizza and cookies, and a faith discussion with Deacon Niko- this month about honoring our parents, using clips from the movie "Alvin and the Chipmunks." JOY will continue to meet every first Tuesday of the month at a different home each month. This month, November 2<sup>nd</sup>, our JOY meeting will be at the **Kontonis home**. For more information, please contact **Deacon Niko Bekris** at [deacon@annunciation.org](mailto:deacon@annunciation.org), or visit the **Youth of Annunciation Cathedral Facebook page**.



GOYAns as Greek folk dancers. Our senior dance group is in the process of being re-formed. Meanwhile, our youngest groups *Thisavri* and *Spithes* practice on Sundays. *Ekrixi* (ages 13-16) practices Tuesday evenings.

## GOYA Begins New School Year

The Cathedral's GOYA group has also begun its activities for the 2010-2011 school year. This youth group, intended for young people in grades 7-12, meets every third Monday of the month, along with an occasional event on a weekend. This year's GOYA leaders are **Katerina Loufas** and **Harry Misthos**, both former GOYAns who have recently graduated high school and are now going to college in San Francisco. Our GOYA met most recently on October 18 in the second floor conference room, and discussed upcoming GOYA events for this year over pizza. Ideas for this year's GOYA events include another San Jose Sharks game, an indoor soccer night at the gym, Iron Chef GOYA, and another lock-in. In addition, the GOYAns and Deacon Niko discussed Usher's new song "OMG" and what it says about using the Lord's name in today's language. If you know of any junior high or high schooler who would be interested in participating in GOYA events, please contact **Deacon Niko** or visit our Facebook page (see above).



Youth gathered for the Bay Area community service project, which consisted of preparing kits for Haiti through IOCC

### 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.

## Young Adult News

Each month, our Cathedral young adult group meets twice- the second Thursday of the month for a social night, and the last Thursday of the month for a dinner somewhere in the City. The majority of the young adults that make up this group are young professionals that have found work in San Francisco and are originally from out of town, and this group offers them a way to connect to the church community and to other young adults. October saw four young adult events take place- on October 14, the group met at Nectar Wine Lounge, on October 28<sup>th</sup>, and a dinner was held at Gamine French Restaurant. In addition, on October 2<sup>nd</sup> a community service project for young adults from all parishes of the Bay Area was held at Holy Cross Church in Belmont, where young adults from five parishes brought supplies and assembled kits which were sent to Haiti through International Orthodox Christian Charities (IOCC). Also, two young adult teams participated in the second annual San Jose Adult Volleyball Tournament on October 15-17. We look forward to many more such events this year!



## JUNIOR VARSITY BASKETBALL SIGN-UP TO TAKE PLACE, PRACTICE TO BEGIN, NOVEMBER 3

Practice for the 2010-2011 Junior Varsity season will begin on Wednesday, November 3, at 7 p.m.. Boys and girls, ages 7 to 14, are invited to come to down to the gym that night for registration and for our first practice. An information flyer was distributed to youth during the Halloween luncheon held on October 31<sup>st</sup>. Players' parents must be members of the Cathedral in good standing. Players and coaches are required to attend the Divine Liturgy at the Cathedral regularly, with players enrolled in the Cathedral's Sunday School program.



A night out, with good food and fellowship, a monthly tradition.

## YOUTH COMMITTEE HAS BEEN FORMED AND FUNDRAISING EVENT UNDERWAY!

The Annunciation Cathedral Youth Committee, consisting of **Ari Stratakis, Michael Canellos, Maria Manetas, Tina Kontonis** and **Chrisoula Pezo** met for the first time last month, and agreed to take on the responsibility of 1) Making a community calendar or youth events to be emailed out each month so as to avoid scheduling conflicts 2) Putting together new fundraiser ideas for the youth programs, and 3) To hear grievances or problems from the various youth programs that need help being solved.

We thank each of these dedicated parents for volunteering their time this year to help the youth programs of our church and minister to the Lord's children!

GOYAns as Greek folk dancers. Our senior dance group is in the process of being re-formed. Meanwhile, our youngest groups *Thisavri* and *Spithes* practice on Sundays. *Ekrixi* (ages 13-16) practices Tuesday evenings.





Nick Kontonis aces it for Annunciation!



Deacon Niko, serving...or is it a free throw?

## SUNDAY SCHOOL KORNER

A message from Sunday School Principle, Denise Yeilding:

Sunday School invites your children to participate in Sunday School and learn the fundamentals of our Orthodox Faith. Teachers have prepared the classrooms, which are welcoming and exciting. We have embarked upon a great spiritual year, and pray that it continues to be fulfilling and spiritually rewarding. For your convenience, a schedule of the first semester is provided below. Meanwhile, if you can help plan and/or organize our Christmas program this year, please email **Chrisoula Pezo** at [lpezo@comcast.net](mailto:lpezo@comcast.net). She will be spearheading our efforts this year for a great family program. Sunday School meets each Sunday at 10:30 a.m. sharp.

## SUNDAY SCHOOL NEWS

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 iconography. We held our first family liturgy of the year and held our first teacher's meeting for planning. We finished the month with a fun luncheon and costume party for Halloween, proving our parents are very creative with costumes.

Sunday School has been busy planning a new memorial scholarship to be announced at the end of the month. Watch for details on the Efrosiane and Andrew Vellis Memorial Scholarship.

The calendar gets real busy now as we gear up for the holidays. We kick off our annual food drive Nov. 14<sup>th</sup>, special thanksgiving services on Thanksgiving Day, and we begin the Christmas pageant practices. This 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. 19<sup>th</sup> in our youth choir. We are looking for volunteers to help with art n crafts, Santa, and costumes for the event. Please contact Denise Yeilding if you can help at [dyeilding@yahoo.com](mailto: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.

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

## GREEK SCHOOL FUND RAISER

The Annunciation Greek School will be selling "Creative Hellenic Gifts" by Kantlyl Inc From November 7, 2010 – December 5, 2010 during the Social Hour. You've seen them in English but never in Greek – Now you can tell Yiayia or Nouna "I love you" written in Greek with a laser engraved alder wood picture frame. Or how about a pencil or key chain with your name written in Greek. These all make great Holiday gifts. Please be sure to stop by and see all the other gift items.

## CATHEDRAL SUNDAY SCHOOL LEADS FOOD DRIVE 2010

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 14<sup>th</sup> to Dec 20<sup>th</sup>, 2010. Donate food to help the San Francisco Food Bank provide *Food: The Perfect Gift* this holiday season.

Help give Hope for the Holidays! November 14<sup>th</sup> 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>.

## SUNDAY SCHOOL CALENDAR

Please note the following Sunday School dates to remember:

- 11/7 Regular classes held
- 11/14 Daylight savings/ Food Drive begins/ canned soup day  
Regular classes held
- 11/21 Regular classes held, Philoptochos  
Thanksgiving Luncheon
- 11/25 Thanksgiving Day, attend liturgy with family.  
Sunday school sponsors coffee hour with donuts
- 11/28 Thanksgiving Weekend. No attendance taken.  
Classes combined for students who attend.
- 12/5 Classes held, Christmas program rehearsals begin.
- 12/12 Classes held, Christmas program rehearsals continue
- 12/19 Christmas program following liturgy,  
free luncheon & arts 'n crafts  
Food Drive Concludes. Christmas Break

## PRAYER OF A CHILD

Our Father in heaven, bless my parents, guardians, and those in authority over me, for the love, tender care, and benefits I receive at their hands. Grant me your grace to perform my duties carefully and faithfully, avoid undesirable company and influence, and resist all temptation that may come my way, living a sober, righteous, and Godly life, ever praising you and glorifying your holy name. Amen.



## Services & Sacraments At The Cathedral

### ANNIVERSARY

The Cathedral extends congratulations and best wishes to **Al (Alexander)** and **Lula Ossipoff** upon the occasion of their 50<sup>th</sup> wedding anniversary! May they celebrate for many years to come and even (God willing) another 50!

### FUNERALS

**Andrew Vellis**, who fell asleep in the Lord on October 9, was buried on October 13. He is survived by his son and daughter, **Gus Vellis, Vivian Curd, and their families, and by his son Aris Vellis.**

**Helen Sooklaris**, who fell asleep in the Lord on October 10, was buried on October 15. She is survived by her children, **Marie, Tony and John Sooklaris**, and their families.

**Mary Castro**, who fell asleep in the Lord on October 13, was buried on October 19. She is survived by her brother, **Nick Castro**, and his family.

*Aionia I mnimi!* (Eternal memory)

# NOVEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Dance practice, 7 a.m. to 9:30 p.m.	Basketball practice, 7 p.m.			Greek School, 10 a.m. Eritrean School, noon PAOI Event
7	8	9	10	11	12	13
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m. Volunteers Dinner Honoring Valerie Roulmeliotes, 6 p.m.	The Archangels, Divine Liturgy 10 a.m. Youth Fundraiser at Chevy's	Dance practice, 7 a.m. to 9:30 p.m.	Basketball practice, 7 p.m. Capital Campaign Committee, 7 p.m.			Greek School, 10 a.m. Eritrean School, noon
14	15	16	17	18	19	20
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m. IOCC Remembering Home Food Drive Begins		Dance practice, 7 a.m. to 9:30 p.m. Clergy Synaxis, all day	Basketball practice, 7 p.m. Parish Council, 7 p.m.			Greek School, 10 a.m. Eritrean School, noon Community Link, 9 a.m.
21	22	23	24	25	26	27
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.		Dance practice, 7 a.m. to 9:30 p.m.	Basketball practice, 7 p.m.			Greek School, 10 a.m. Eritrean School, noon
28	29	30				
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.		Dance practice, 7 a.m. to 9:30 p.m.				



## LOOKING AHEAD

**Saturday, December 4**      Holiday Brunch, Annunciation, Sacramento

**Sunday, December 19**      Parish Council Elections  
Sunday School Christmas Program & Luncheon

## ΑΡΧΙΣΕ Ο ΕΡΑΝΟΣ ΓΙΑ ΝΑ ΚΤΙΣΟΥΜΕ ΤΗΝ ΕΚΚΛΗΣΙΑ

Κάθε μήνα, για τρεις μέρες, επισκέπτεται τον Καθεδρικό Ναό ο π. Αντώνιος Σκοτ, γνωστός σε όλους από πέρυσι· είναι αυτός ο οποίος οργανώνει τον έρανο που έχουμε αναλάβει για να συλλέξουμε τα χρήματα που χρειάζονται για να κτίσουμε την εκκλησία, σύμφωνα με το σχέδιο που υιοθέτησε η Γενική Συνέλευση στις 12 Σεπτεμβρίου. Στις 17 Οκτωβρίου έγινε μια πάρα πολύ ωραία (πλούσια, θα λέγαμε) δεξίωση στην κοινοτική αίθουσα του Καθεδρικού Ναού, κατά την οποία είχαμε την ευκαιρία να ακούσουμε τον πατέρα Σκοτ, τους ηγέτες της επιτροπής εράνου, τον Αθανάσιο Νούρη και τον Αθανάσιο Παππαγεωργίου, ως και τον Σεβασμιώτατο Μητροπολίτη μας κ. Γεράσιμο, οι οποίοι μίλησαν πάνω στο θέμα της οικοδομής. Στη συνέχεια ο πατέρας Σκοτ συναντήθηκε με αρκετά μέλη του Καθεδρικού Ναού... όλοι edήλωσαν την θετική συμμετοχή τους στον έρανο. Όπως εσημειώσαμε προηγουμένως, ο πατέρας Σκοτ θα έρχεται για τρεις μέρες κάθε μήνα, κατά τις οποίες θα συνεχίσει τις προσπάθειές του για τον Καθεδρικό Ναό.

## ΕΛΑΤΕ ΚΑΙ ΔΕΙΤΕ

Έτσι λέγεται το πρόγραμμα οικονομικής ενίσχυσης του Καθεδρικού Ναού. Όπως είπε ο Φίλιππος στον Ναθαναήλ, έρχου και ίδε (για τον Χριστό), έτσι λέμε και μεις στους πιστούς μας, ακόμα και σ' αυτούς που δεν πιστεύουν ακόμα, ελάτε και δείτε τι θα πει Ορθόδοξη Χριστιανική οικογένεια. Ελάτε και σεις να γίετε μέλη αυτής της εκκλησιαστικής οικογένειας. Σε λίγες μέρες θα λάβετε, όπως και πέρυσι, ενημερωτικά φυλλάδια, που περιγράφουν το πρόγραμμα αυτό της ενίσχυσης του Καθεδρικού Ναού, για τον οποίο σεις, σαν μέλη αυτής της οικογένειας, φροντίζετε. Με τη σειρά του, ο Καθεδρικός Ναός συμβάλλει στην ενίσχυση της Ιεράς μας Αρχιεπισκοπής.

Αυτή ενισχύει και το Οικουμενικό μας Πατριαρχείο, και την Ιερά Μητρόπολη του Αγίου Φραγκίσκου. Διότι, έτσι, αισθανόμαστε πραγματικά, ότι η παγκόσμια Ορθοδοξία αποτελεί το ένα σώμα του Χριστού, αυτή την οικογένεια που Αυτός ο ίδιος ίδρυσε με το αίμα Του. Παρακαλείσθε επομένως όταν σας δοθεί η ευκαιρία να εκφράσετε την ενίσχυσή σας, να το κάμετε με πάθος πίστης, με ελπίδα και πάντα με αγάπη.

## ΤΙΜΙΤΙΚΗ ΔΕΞΙΩΣΗ

Στις 7 Νοεμβρίου, ημέρα Κυριακή, η Μητρόπολις μας τιμά την μέχρι χθες πρόεδρο της Φιλοπτώχου Αδελφότητας της Ι. Μητροπόλεως, την κ. Βασιλική Ρουμेलιώτη. Η δεξίωση, στην οποία καλείσθε όλοι, θα λάβει χώρα στην οικία του Μητροπολίτη μας, στο 372 Santa Clara Avenue, από τις 6 μ.μ. μέχρι τις 9 μ.μ.

## ΕΥΧΑΡΙΣΤΟΥΜΕ ΤΟΥΣ ΕΘΕΛΟΝΤΕΣ

Εννοούμε όλους όσους εργάσθηκαν εφέτος στο φεστιβάλ της κοινότητας, που έλαβε χώρα στις 24, 25 και 26 Σεπτεμβρίου. Η κοινότης θα είθελε να τους ευχαριστήσει δίνοντας μία δεξίωση, που θα λάβει χώρα στις 7 Νοεμβρίου. Ειδικά προσκλητήρια έχουν σταλεί σε όλους τους εθελοντές.

## ΓΕΥΜΑ ΦΙΛΟΠΤΩΧΟΥ... ΗΜΕΡΑ ΤΩΝ ΕΥΧΑΡΙΣΤΙΩΝ (ΠΡΟΕΟΡΤΙΑ)

Στις 21 Νοεμβρίου, των Εισοδίων της Θεοτόκου, η Φιλόπτωχος Αδελφότητα του Καθεδρικού Ναού οργανώνει προεόρτιο γεύμα (βάσει της Ημέρας των Ευχαριστιών), στο οποίο καλούνται όλοι, και επειδή αυτό το γεύμα (που έχει γίνει παράδοση στον Καθεδρικό Ναό) είναι από τα ωραιότερα που γίνονται παντού, αλλά, και προ παντός, διότι η συμμετοχή σας ενισχύει το έργο της Φιλοπτώχου μας. Σε άλλο μέρος του παρόντος

δελτίου θα βρείτε λεπτομέρειες αναφορικά με το γεύμα αυτό.

## ΜΑΚΑΡΙΕΣ, ΝΟΣΟΚΟΜΕΙΟ ΚΑΠ

Μέχρι τώρα η Φιλόπτωχος Αδελφότητα του Καθεδρικού Ναού ετοίμαζε τις μακαρίες που γίνονται εν σχέσει με τις κηδείες (είτε μετά την νεκρόσιμο ακολουθία ή μετά τον ενταφιασμό, όπως προτιμήσει η οικογένεια). Δυστυχώς, όμως, η Φιλόπτωχος Αδελφότητα, σαν οργάνωση, δεν θα μπορούσε να συνεχίσει αυτό το έθιμο και έτσι, σε περίπτωση που οι ενορίτες του Καθεδρικού Ναού θα θέλανε να γίνει η μακαρία εις την κοινοτική αίθουσα του Καθεδρικού μας Ναού, παρακαλείσθε όπως επικοινωνήσετε με τους ειδικούς που έχουν αναλάβει το μαγειρεύμα-σερβίρισμα φαγητού, δηλαδή το Alpha Catering ή το Stella's Catering, τηλεφωνώντας (για το Alpha Catering) στο 510 538-1410 (μιλήστε με την Μαρία ή με τον Ντίνο Γιαννακόπουλο) ή (για το Stella's Catering), στο 415 424-7573 (μιλήστε με την Υβόννη η τον Γιάννη Σταματάκη).

Δεύτερον, όπως έχουμε γράψει σε προηγούμενα μας δελτία, ευχόμαστε ότι δεν θα σας χρειασθεί αλλά, σε περίπτωση που πάτε στο νοσοκομείο, τα νοσοκομεία της περιοχής μας, για αρκετά χρόνια τώρα, δεν ειδοποιούν την εκκλησία ότι νοσηλεύεσθε, ούτε κρατούν κατάλογο ασθενών αναλόγως με το θρήσκευμα τους. Έτσι, σε περίπτωση που πάτε στο νοσοκομείο, και επιθυμείτε επίσκεψη από κληρικό του Καθεδρικού Ναού, παρακαλείσθε όπως επικοινωνήστε μαζί μας, στο 415 864-8000. Πολύ ευχαρίστως, θα θέλαμε να σας δούμε, να προσευχηθούμε και να σας ευχηθούμε καλή ανάρρωση.



### 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.

