



ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • 415 864-8000 • FAX 415 431-5860 • E-MAIL office@annunciation.org

FEBRUARY 2011



The Widow's Mite (Le denier de la veuve) by James Tissot, French artist, 1836-1902, opaque watercolor over graphite on gray wove paper, made in France, 1886-1894.

SPECIAL ISSUE: ARTICLES ON GIVING

As everyone at the Annunciation Cathedral knows, a Capital Campaign to raise money to build the Cathedral church is quietly getting off the ground. In preparation for this, Father Anthony Scott of Stewardship Advocates, who is helping us coordinate the Campaign, has written in the November and December issues of the *Herald*. Upon his recommendation, articles will appear from time to time, written by individuals who have given to the Campaign, or who are otherwise involved in the Campaign. One of these individuals is **Alex Moulinos**. Alex and his wife, Mari, wished to give anonymously (they have given over \$300,000.00), seeking no special recognition for their gift to the Campaign to rebuild the Metropolitan Cathedral. However, Father Anthony Scott prevailed upon him to allow us to announce his gift, so as to inspire others and to encourage all those who are actively engaged in bringing this project to a successful conclusion.

Though Alex lives in another part of our state, he and his wife drove for many hours to attend His Eminence Metropolitan Gerasimos' reception on October 17, announcing the beginning of the Campaign. He presently serves on our Advisory Board. He and his wife, Mari, initially gave \$200,000 to the Campaign. Since the time of the gift, it has increased in value to over \$300,000. This is why Alex gives:

Why I Give

"You can never out give God." I heard this quote years ago and it still resonates in my mind. I realized that to understand this quote I first needed to understand something about God.

God is the Creator and source of our lives. In Genesis 1:26 we read, "And God said, let us make man in our image, after our likeness." In John 1:1 we read "In the beginning was the Word, and the Word was with God, and the Word was God." The gospel of John continues in verse 14: "And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth."

Jesus Christ while on this earth was fully God and fully man. The ultimate sacrificial gift that Christ made on the cross through his suffering, death and resurrection demonstrates God's love, grace, mercy and His infinite generosity.

God the Father gave his only begotten Son Jesus Christ who in turn laid down His own life. In John 10:15 we read, "As the Father knows me, even so know I the Father and I lay down my life for the sheep."

The direct result of this unfathomable gift is access to God's love, grace, mercy and faith through his Holy Spirit who indwells all who are of the body of Christ. In Ephesians 2:4-9 St. Paul's writes,

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“But God, who is rich in mercy, for his great love wherewith he loved us, even when we were dead in sins, hath quickened us together with Christ, (by grace you are saved;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: That in the ages to come he might show the exceeding riches of his grace in his kindness toward us through Christ Jesus. For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.”

God loves each and every person unconditionally and without reservation. Christ’s sacrifice was sufficient and encompassing for all of humanity. Therefore, God is the ultimate gift giver and since we are created in the image of God, it is our privilege to give as God gives. Who am I to hold back on God? I owe Him everything that I have and everything that I am.

In II Corinthians 9:6-8 St. Paul instructs us to give with a cheerful heart: “But this I say, he which sows sparingly shall reap also sparingly; and he which sows bountifully shall reap also bountifully. Every man according as he purposes in his heart, so let him give; not grudgingly, or of necessity: for God loves a cheerful giver. And God is able to make all grace abound toward you; that you, always having all sufficiency in all things, may abound to every good work:”

God gives freely to us so that we can give freely to others. The gift is in the act of giving itself. God is our infinite source of life and life in abundance! As long as we live and breathe we have something to offer others that will glorify God.”

Note: In the next two months, articles will appear by **Tom Nuris** and **Tom Papageorge**. The two Toms are co-chairs of the Capital Campaign Committee.



The newly unearthed baptismal font in Hagia Sophia is made of solid marble. AA photo

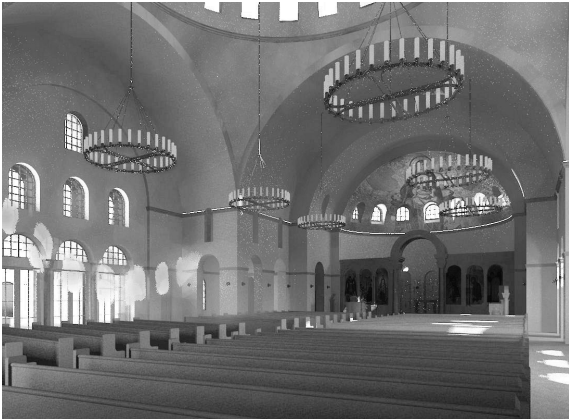
REMARKABLE BAPTISMAL FONT UNEARTHED AT HAGIA SOPHIA

Failed as one of the great finds, an adult baptismal font, dating to the time of the building of Hagia Sophia, “the Great Church of Christ,” has been found. The sixth century font is carved entirely out of marble, with all the features of 6th century Byzantine art and architecture. For us at the Annunciation Cathedral, the font has special meaning, because the adult font for the future Cathedral church is being patterned after Byzantine prototypes. The font in Constantinople will be open for public view some time in the spring of 2011. To read the story of this remarkable find, please log on to the following: <http://www.hurriyetdailynews.com/n.php?n=world8217s-largest-baptism-pool-to-open-to-visitors-in-spring-2010-12-14>

Breakfast is one of the most neglected meals, yet it is important because it takes place at the beginning of the day. During those hours the family often seems to be simply running a relay race, to get everyone ready in time for work or school. Nonetheless, apart from morning prayer, which goes without saying, it would benefit children to begin the day with even five minutes’ experience of their mother’s and father’s concern, love, and interest in what everyone is going to do that day. When a child leaves for school the mother can bless him, or pray: “God bless” or “the Mother of God be with you.” All this does not only further psychological security; it is a safeguard against any negative influences the child may meet, and it is a link between the two worlds of home and school.

Sister Magdalen
Children in the Orthodox Church Today

FREQUENTLY ASKED QUESTIONS CONCERNING THE ANNUNCIATION CATHEDRAL BUILDING CAMPAIGN



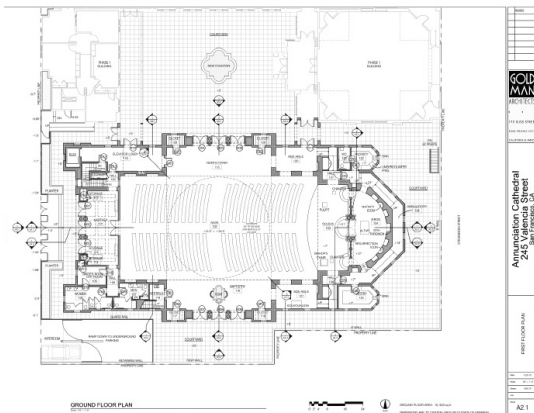
Interior view: looking east toward the altar



Exterior view from the courtyard



Exterior view, looking east from Valencia Street



Floor plan of the Cathedral with a level of parking below

As noted above, the Annunciation Cathedral is beginning its Capital Campaign. The Capital Campaign Committee has, so far, organized a number of events open to the community. Events like Parish Assemblies and, more notably, the reception given by **Metropolitan Gerasimos** (with many more events to follow) have as part of their purpose the dissemination of information and the answering of questions.

The Committee has developed a list of sixteen (16) such questions, which are either anticipated or are, or have been, asked by various parishioners and friends of the Cathedral. At the same time, it has provided answers to these questions. Each month, two questions and answers will appear in the monthly *Herald*. The Cathedral is also in the process of posting these to its web site, www.annunciation.org. Below are questions #1 and #2, and the answers to them. Please read through them and, should you require any additional information, please contact us, at 415 864-8000. Thank you.

1. What are the goals of the campaign?

The goals of the campaign are to rebuild the Cathedral, lost to the Loma Prieta Earthquake in 1989, along with a level of below grade parking. To meet the building cost of \$12 million: 1) the Cathedral already has \$5 million, from the estate of the late Angelo and Anne Mountanos; 2) the Cathedral proposes to raise another \$4 million from within the Parish; 3) with the assistance of the Metropolitan, it expects to raise another \$3 million from the Metropolis, that is, from individuals residing in the seven Western States which comprise the Metropolis of San Francisco, and throughout the Archdiocese. Concurrently, we are establishing an Endowment Program to provide for income to maintain the facilities and to fund future programs.

2. What are the growth trends in the community that would indicate a need for newer, larger facilities?

While “flight to suburbia” began back in the 60s, the Cathedral has been able to hold its own. Stewardship has remained stable with over 500 pledging stewards, who give over \$300,000 a year. Recently, there has been noticeable growth in 1) young adults who move to the Bay Area and who make the Cathedral their parish and 2) in families with very young children who are bringing their children to the Cathedral. In 2010 we have had some 50 young adults involved in young adult activities, and over 35 children in Greek School alone. Then, there are an additional 250 families who are on the Cathedral’s mailing list but who are not active stewards. The goal is twofold: 1) to bring in “un-churched” Orthodox, and 2) to actively seek converts to Orthodoxy.

In the March *Herald* we will feature two more frequently asked questions and responses. The questions will be: 3. **Why not remodel the existing Bishop Anthony Hall and Chapel?** and 4. **What are we doing about parking?**

THE CATHEDRAL HONORS ITS STEWARDS



An icon which depicts Christ conversing with the Disciple-Apostles Philip and Nathanael. It tells the story recorded in the Gospel according to St. John (chapter 1, verses 43-51), wherein, following Jesus' calling of Philip, Philip finds Nathanael and tells him, "We have found Him of whom Moses...wrote..." Nathanael, knowing Jesus is from Nazareth (the "country") asks, "Can anything good come out of Nazareth?" Philip replies, "Come and see." Come and See is the theme of the Cathedral's 2011 Stewardship Program.

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.

We are proud of God's people, who lend support to the Cathedral and its ministries. Each year, this number is in excess of 500 families. As promised, the names below are those of individuals and families who have already made their 2011 Stewardship Pledge to support the work of the Church. We thank them. If you would like to know more about how to support the work of the Church, through stewardship, please see a member of our Stewardship Committee—**Deacon Niko Bekris, Gus Vouchilas, Nick Svetcoff, S. Christopher Kyriacou, Dr. Niko Stathopoulos, or Perri Tsougarakis Nager**, or call the Cathedral, at 415 864-8000. Here are our Stewards, as of January 15, 2011:

Demetria Aleck
 Patricia Aleck
 Maria & Andrew Allen
 Anthony & Zetta Ambus
 Toni Ambus & James Warren
 Lambrini Arestis
 Philippos & Diala Athanasiades
 Steven & Antonia Kaplanis Bach
 Anthony P. Bagatelos III
 Nicholas Balian
 Robert & Annamarie Balian
 Constantine Barlas
 Deacon Niko & Stella Bekris
 Maria Bissas
 Florika & Jim Bozionelos
 Pete Bozionelos
 Georgia S. Callas
 Marie Cardellini
 Annette & Philip Chiappari
 Christine Chiappari
 Yvonne & Anthony Chiappari
 Jim & Luba Cocolos
 Stephen Costakis
 John A. Coundouris
 John & Vivian Curd
 Nan Cusulos
 James & Elli Dakis
 Athan & Marguerite Dalianes
 Giovanna-Maria De-Simone
 John & Anastasia Dekaristos
 Nicholas & Stephanie Delis
 Andrew Demetry
 Charlotte Derdevanis
 Steve Doukas
 Chris Economou
 Greg & Jenni Efstratis
 John P. & Annette Eliopoulos
 John Eliopoulos, Jr.
 Peter John Eliopoulos

Dr. Anthony E. Elite
 Gus & Helen Franco
 Hiwet Gebremariam & Menghiste Zeru
 Joanne & Constantine Glafkides
 Stanley Glaros
 Bonnie Grampsas
 Paul Hamberis
 Stavroula Hamberis
 Patrick Hillas
 Louise Kallas
 Anna Kapetanakos & Matthew Marca
 Andrew N. Karanicolas
 Evangelia Karas
 Gari Katsanis
 Jim & Joanne Kavalaris
 Mr. & Mrs. Demetrios Keramari
 Mr. & Mrs. Richard Kleinekorte
 Despina Kokalis
 Deno & Bella Konstantinides
 Constantine Konstin
 Evelyn K. Koupas
 Pete & Stavroula Koutoulas
 Helen Koutsakis
 Georgene & Bill Kromydas
 Chris & Irene Kyriacou
 Rev. Stephen & Vasiliki Kyriacou
 Clarence Lagares
 Katherine T. Lampros
 John & Magda Lampros
 Theodore & Angie Leventis
 Marrie & Ryan Lukehart
 Effie Makras
 Sophie Makras
 Thalia Makras
 Peter & Maria Manetas
 Helen Markanton
 George & Cleo Mattis
 Nektarios McNight

Irene Melitas
Theano Melitas
Beverly & Jerry Meyer
Mary Mires
Michael & Christina Misthos
Mary Mitchel
Helen Morales
Vicky Moulas
George & Dena Mourgos
Pete & Eva Moussouras
Perri Nager
Dean & Maria Nicolacakis
Michael & Helen Nicolas
Manuel & Teia Nuris
Bob & Pauline Oetzel
Alexander & Eleftheria Ossipoff
Connie A. Panagotacos
Michael Panas
Gregory & Mary Pantages
Peter Pantages
Mr. & Mrs. Spiros Papadakis
Sophia Papageorgiou
Caroline Pappajohn
Nikki D. Pappas

Pamela Piccinini
Dean Poulakidas
Irene & Sakee Poulakidas
James & Despina Poulos
Tom & Christine Prountzos
Nicholas & Anastasia Raggio
Demetrius & Helen Rally
Demetri Rizos
Billie Salevouris
Dr. Stephen N. Saribalis
Emilia Sarikakis
Mike & Katerina Sarikakis
Theodore & Inez Scourkes
Nader & Sawsan Shatara
Christopher Slowe
Paul & Eva Sogotis
Mr. & Mrs. Theodore Sogotis
Mr. & Mrs. Marios Stathopoulos
Georgia & George Stratoudakis
Nicholas Svetcoff
George Tacticos
Nick & Joy Tamaras
Basil & Mary Tonas
George & Eleni Tsagaris

Sofia Tsatsaronis
Dimitrios & Georgia Tsokas
Mary C. Tsougarakis
Konstantinos Vafiadis
Irene A. Valos
Terpsi Varanis
Foula Vasilogiorgis
James & Maria Vavuris
Aris Vellis
Angelo J. Vorrises
Denis J. & Renee Vorrises
George D. & Loula G. Vorrises
James D. & Louise J. Vorrises
Stephanie L. Vorrises
Vassiliki D. Vorrises
Georgia Vouchilas
Gus Vouchilas
Antonios & Thalia Vozaites
Neal White
Bessy Xapoleas
Mary Yannaghos
Denise & Bret Yeilding
Katherine Anne Yeilding
Bessie York

PERRI NAGER'S STEWARDSHIP ARTICLE

The December issue of the *Herald* erroneously attributed a stewardship article to **Perri Nager**, a member of the Cathedral's Parish Council and its Stewardship Committee. Perri spoke about stewardship on December 5, which was "Stewardship Sunday." What follows is a transcript of Perri Nager's remarks: When Deacon Niko earnestly asked the committee to kick off the annual stewardship campaign by once again speaking to our parishioners, and that all the new committee members should participate, I must have had a pained look on my face. He stopped for a moment and asked whether I liked speaking in front of a crowd; I said, no, not particularly. But then as I reflected, I realized that there was no reason to be anxious or nervous. This is family. We are here together in God's house, our house; this is God's family, His community. I grew up here. The Annunciation has been my home and this community has been a part of my family for most of my life. It is why I continue to worship here, even though there are two other Greek Orthodox churches closer to where I live.

Now as you may have seen in the December Herald, there is an article by Father Jim Kordaris, who serves the Archdiocese as director of Stewardship, Outreach & Evangelism. In this article, he has us ask ourselves these questions. "Are

you a contributing member of the body of Christ? Are you actively serving God and sharing Him with others? Are you contributing to peace and unity within His body? Do you worship regularly?" So when he said take a moment and evaluate your life in light of these principles, I did. I had had so many thoughts running through my head after Deacon Niko asked us to speak. These questions helped me to solidify my thoughts on faith and stewardship that I share with you today.

A defining moment for me came two and a half years ago when Father Stephen came out to Concord to give prayer and a blessing to my husband Steve just before he died. It's difficult to express in words what I felt, but as Father delivered the prayers, I realized how much my faith truly meant to me and what comfort and strength God's love and word gives to us all, and especially to my son Lucas and I on that day.

So what does stewardship mean to me; how do we give back? Well, my mother and father set great examples for my both my brother and I as stewards of this parish. My dad served on the Parish Council, several committees, my mother with the Philoptochos for several years, and also served as president. They were involved as advisors/chaper-

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ones for GOYA, Boy Scouts, and at summer camp you would see them cooking for the group and even chasing the bears away. They were one of the many that were instrumental in changing over what we once called the annual Bazaar into our food festival. We watched them and so many others, many who are gone and others who are sitting here today, spend countless hours here as volunteers. Seeing the devotion to their faith, community and this Parish were what lead both my brother and I into active roles serving as GOYA officers, camp counselors, in the choir, and Parish Council. We *all* are called upon as stewards to follow their example of spending our time, talents and treasure to support this community. As Father Kordaris continues in his article, if we do this humbly and prayerfully, the body of Christ will function to its full potential.

Father Anthony Scott recently reminded us as well that stewardship is about sacrificial giving. This brings to mind the story of the widow, as told in this passage from Mark. When Jesus saw the widow putting her "two pennies" in the Temple treasury, He told His disciples, "Truly, I say to you, this poor widow has put in more than all those who are contributing to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living" (Mk. 12:43-44).

As a sole provider, I do realize we have an obligation to provide for ourselves and our families and to maintain a way of life that respects our own dignity as people. We love our families, our friends, our homes so we give no thought to sacrificing whatever we must to take care of them. Many of us take for granted what our Church offers us, but what we need to remember is that God's house is also our home, this community is our family and we must do whatever we can to nurture it and take care of it. It is up to us to find ways in which we can use our resources to work for the good of all as intended by God.

With this in mind, we are asked each year to take a look at our own circumstances and make a commitment of time, talent and treasure to support our Cathedral and community. God has given us the ultimate gift of life. Giving to the Church is our opportunity to express our thankfulness for this and the countless blessings He has given us. Please join me today as I place my stewardship pledge in the offering tray as thanks to God for all that He has given me.

NEW PARISH COUNCIL MEMBERS RECEIVE OATH OF OFFICE: PARISH COUNCIL ELECTS 2011 PARISH COUNCIL OFFICERS

Elections for Parish Council took place on Sunday, December 19, following the Divine Liturgy. While there were seven vacancies (eight members of the fifteen-member body were elected to a two-year term in 2009), only five people ran. They were **Patricia Aleck, George Ambadiotakis Ambus, James Peter Dariotes, Dean Nicolakakis, and Nicholas J. Rally**. Following the administration of the oath of office on January 9, the Parish Council convened and named **S. Christopher Kyriacou** and **Constantine Tsagaris** to the Parish Council, so that the Parish Council, as required, consists of fifteen (15) lay members, in addition to the Cathedral's Dean. The Parish Council then elected its 2011 officers. They are: President: **Thomas A. Nuris**; Vice-President: **John Coundouris**; Secretary: **Gus Vouchilas**; Treasurer: **James D. Vorrises**; Assistant Treasurers: **Patricia Aleck** and **Nicholas J. Rally**.

PARISH COUNCIL MEETS; NAMES COMMITTEES

On January 19, the Parish Council met in its first meeting of 2011. Among other matters of business, it formed the following committees: **Stewardship: Gus Vouchilas**, Chair, **Perri Tsougarakis Nager, Chris Kyriacou, Nick Svetcoff** and **Niko Stathopoulos**, members; **Buildings and Grounds: James Dariotes**, Chair, **Dean Tsagaris**, Co-chair; **Programs Development: Thomas A. Nuris**, Chair, **John Coundouris**, Co-chair; **Hall Management: George Vlahos**, Chair, **Patricia Aleck** and **James Dariotes**, members; **Personnel: Parish Council Officers**; **School Liaison: Patricia Aleck**, Chair; **Pangari: James Dariotes**, Chair; **Technology: Nicholas J. Rally**, Chair, **Chris Kyriacou**, Co-chair; **Budget: Parish Council**; and **Youth: Deacon Niko Bekris**, Liaison.

Parishioners may also be interested in knowing the following stewardship data, reported at the Parish Council meeting: \$362,000 has been pledged for 2010; \$276,378 was collected by year-end; \$85,622 in outstanding balances; as of 12/31/10, the Cathedral had 524 Pledging Units. Pledging Units are individuals or families who support the work of the Cathedral by making a Stewardship Pledge. While this is a very healthy number, the Stewardship Committee is actively working to increase the number to the Cathedral's Stewardship potential, which is closer to 700 pledging units. We report these figures both as a matter of keeping our parishioners informed, and also to encourage greater support for the work of the church. Come and see, i.e. get involved, if you are not already involved, in the life of this vibrant community which is the Annunciation Cathedral. Meanwhile, if you wish to work on any of the aforementioned committees, we invite you to speak with **Father Stephen** or with **Tom Nuris**.

VERY SUCCESSFUL VASILOPITA ON JANUARY 9, EQUALLY SUCCESSFUL CRAB FEED (HOPEFULLY)

Hats off to the Cathedral Ladies Philoptochos! The Vasilopita brunch, which it sponsored on January 9, was one of our most successful ever. Some 300 people enjoyed a full breakfast, prepared by Master Chef **Ted Leventis** and his crew, as well as the delicious Vasilopita (St. Basil's Bread), prepared by our women. The Cathedral's Korinthias Hall reverberated with the singing of the traditional *kalanda* (traditional folk songs) intoned on the occasion of the New Year. As this issue of the *Herald* went to press, the Philoptochos was sponsoring its Crab Feed. By all standards, our Crab Feed features what is, hands down, the best crab to be had anywhere. This is why this event, the greatest of all fund raisers conducted by the Philoptochos, is usually a sell-out. We've had as many as 702 people, the capacity for both halls, the Korinthias Multi-purpose Hall and the adjacent Kytherian Room. Though we can't give you details, we trust this year's event has been just as successful. The proceeds go to fund the many charities of the Cathedral Ladies Philoptochos.

PHILOPTOCHOS CALENDAR OF EVENTS

Please make a note of the following Philoptochos activities, through May, 2011:

Thursday, February 10	1:00 p.m.	General Meeting
Thursday, March 10	1:00 p.m.	General Meeting
Friday, March 25	12:00 noon	Annunciation Luncheon
Thursday, April 14	1:00 p.m.	General Meeting
Holy Week: Baking of Paschal Breads, Dying of eggs		
Sunday, April 24		Holy Pascha
Saturday, May 7	11:00 a.m.	Mother's Day Luncheon
Thursday, May 19	1:00 p.m.	Elections for 2011-13 term

THE IMPORTANCE OF COMMUNITY LINK

One of the greatest programs offered by the Cathedral is the one which is called Community Link. We call it "one of the greatest" because it is at the heart of what we are about, as the Church of Christ: linking ourselves, in the community of the Church, to Christ, and to one another. Members of Community Link simply go out and visit hospitalized, institutionalized, home-bound, or otherwise incapacitated Orthodox Christians. By visiting, they are helping share God's love. They are, in fact, declaring, "we care for you...we miss you...we love you...you are in our thoughts and prayers." Community Link supplements the work that the clergy perform when they go out and distribute Holy Communion to these individuals. We cannot tell you how thankful we are for Community Link and for the vital ministry it offers. Consider "linking" yourself to this ministry. Communicate with **Caroline Pappajohn**, who has headed the program since its inception. Her contact information is, carolinepappajohn@gmail.com

Caroline writes: Dearest Community Linkers:

January marked the beginning of our 7th year of Community Link, and I am full of gratitude and joy to be doing these visitations with you. Thank you for making this possible!

Community Link will meet next on Saturday, February 19, beginning at 9am. Please join us as we visit homebound parishioners (most of whom rarely receive visitors) and tell them we care. Just seeing them light up when they see people from the Church makes it all worthwhile. Just think: with a brief visit to them, they receive comfort and hope and, above all, reassurance of God's love. We invite you to join us.

Dates for Community Link this year:

February 19

March 19

April 16 (note: this is Lazarus Saturday, so Community Link will take place after Divine Liturgy)

May 21 (Sts. Constantine and Helen feast day)

June 18

July 16

August 20

September 17

October 15

November 19

December 17

FOCUS ON YOUTH

GOYA News

Last month our GOYA met on Monday, January 24 in the Cathedral gym, where we followed up our successful dodgeball night by playing indoor soccer and having pizza. Once again, **Harry Misthos** and **Katerina Loufas**, our 2010-2011 GOYA leaders did an outstanding job organizing the event. Our thanks for their efforts!

Our GOYA meets at least once a month for an event at the church and sometimes an event out (movie night, someone's home, etc). GOYA (Greek Orthodox Youth of America) is open to all young people between grades 7-12.

Young Adult News- Metropolis of San Francisco Winter Retreat

January was a very active month for our Cathedral young adults, as 10 of our young adults attended the 2011 Metropolis of San Francisco Young Adult Winter Retreat at Zephyr Point in Lake Tahoe. Some 35 young adults from various parts of California came to the retreat, which has been held annually since 2006. The weekend consisted of daily services and two evening discussions- one on the recent Time magazine article "Is Marriage Becoming Obsolete?" and the other on Orthodox Christian stewardship- as well as plenty of socializing and fun in the snow against the backdrop of beautiful Lake Tahoe.

Also, our young adults went to Delancey Street Restaurant on January 20th of last month for their monthly young adult dinner, and a wonderful time was had by all. This ministry is open to anyone in college to 35 years old. Feel free to tell your friends!

All are welcome to join any of our community's youth ministries! For more information, please contact **Deacon Niko Bekris** at deacon@annunciation.org, or visit the **Youth of Annunciation Cathedral San Francisco** Facebook page.



The Metropolis of San Francisco 2011 Young Adult Winter Retreat on the shores of beautiful Lake Tahoe. (Note that the largest portion of Young Adults participating in the retreat were from the Annunciation Cathedral.)

JOY News

Our JOY group met last month at the Pezo home on January 11, where 12 JOY kids enjoyed pizza, games, and discussion with Deacon Niko. Using clips from the Pixar movie “Up,” we talked about what we as Orthodox Christians believe about the beginning of every new year, and how we thank God for everything we have while asking for his blessings. We ended by cutting a *vasilopita*, which had been made by **Stavroula Koutoulas** for the evening. We thank **Lester** and **Chrisoula Pezo** for their hospitality in opening their home to us, and also **Pete** and **Stavroula** for providing much of our dinner that night!

Next month, JOY (Junior Orthodox Youth) will meet at the **Sogotis** home, and is open to all children of our church between grades 3-6.

SUNDAY SCHOOL KORNER

February begins with a lesson on the Presentation of the Lord and continues with classic bible stories. Sunday School will celebrate a family liturgy on Sunday, Feb. 20th in the Chapel with the entire community. This is a great experience for all as we are taught something new about the Divine Liturgy or reminded about what we have forgotten. We begin our Lenten lessons and continue throughout March. We encourage parents/grandparents to bring their children to Sunday School at 10:30 am.

Volunteers are needed to help organize our costume closet and work on our bulletin boards. Also needed are volunteers to help judge our Oratorical Festival in March. Can you help motivate or teach our children how



Deacon Niko cutting a *vasilopita* at the January JOY meeting.



The Cathedral's JOY group last December at “Yogi Bear”

to write a speech? Volunteers, please contact **Denise Yeilding** at dyeilding@yahoo.com.

Sunday School is happy to announce that, beginning June 2011, it will be offering a Scholarship to a college student in memory of **Andrew** and **Effrosine Vellis**. Mr. & Mrs. Vellis were instrumental in keeping our community together during our transition years and beyond. Their determination to take on our coffee hour & Sunday School kept Annunciation strong. Every week Mr. Vellis made

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our coffee and Mrs. Vellis not only taught second grade for more than 40 years, but for many years she kept the bank accounts and headed up the fundraising for Sunday School. If you grew up at Annunciation Cathedral, chances are you had Mrs. Vellis teach you, and possibly even your children. We are at the half way point in raising money for this Memorial Scholarship fund. Please consider a donation in their memory. Our goal is to raise all the funds needed by June 2011. Please complete the form at right, and bring it or mail it to the Annunciation Cathedral, 245 Valencia Street, San Francisco, CA 94103, and mark it: Andrew and Efrosine Vellis Memorial Scholarship. Checks may be made out to: Annunciation Cathedral. Please note on the check: Vellis Scholarship. Thank you.

**DANCE GROUPS TO HOST
FDF PREVIEW BRUNCH
SUNDAY FEBRUARY 13.
PLEASE JOIN US FOR
THE LUNCHEON AND
PROGRAM FOLLOWING.**

On Sunday, February 13th, the dance groups will be hosting an FDF Preview Brunch following the Divine Liturgy. The luncheon will take place in the Cathedral's Korinthias Hall. Our three groups, which will be attending FDF (the Folk Dance Festival), in Ontario, CA, will be performing for your enjoyment. The children are looking forward to sharing with you dances and songs they have learned, and which they will be performing on stage at FDF. The donation for the brunch is only \$10. All proceeds will benefit the dance program. We invite you to attend the luncheon and the performances following, thereby lending your support for the Cathedral's dance program.

Donation to the Andrew and Efrosine Vellis Memorial Scholarship

I am happy to donate _____ in honor of Andrew and Efrosine Vellis .

Name: _____

Address: _____

The monies donated will fund a scholarship to be awarded annually to a college student from Annunciation Cathedral who attended Sunday School.

May their memory be eternal.



Please note the Sunday School schedule for the remainder of the 2010-2011 school year:

- 2/6 Regular classes held
- 2/13 Regular classes held (Triodion begins)
- 2/20 Teaching Liturgy with Father Gregory
- 2/27 Regular classes (Meat Fare)
- 3/6 Regular classes (Oratorical preparation for upper school)
- 3/13 Regular classes (Oratorical preparation for upper school continues) Please note: Beginning of Daylight Savings Time: spring forward
- 3/20 Regular classes (Oratorical Festival for Annunciation Cathedral students)
- 3/27 Regular classes (lesson about the Annunciation)
- 4/3 Regular classes (Angel sign-up for Holy Week)
- 4/10 Regular classes (Angel sign-up continues)
Deadline for applications for Vellis Scholarship
- 4/16 Saturday of Lazarus; all youth participate in palm tying
- 4/17 Palm Sunday (Class photos will be taken.)
- 4/21 Volunteers gather for TGI Pascha set-up, 6 p.m. (end by 9 p.m.)
- 4/22 Holy and Great Friday: TGI Pascha, 9 a.m. – 2 p.m.
- 4/24 Pascha. No Sunday School.
- 5/1 Regular classes held.
- 5/8 Regular classes held (Mother's Day)
- 5/15 Regular classes held
- 5/22 Regular Classes held
- 5/29 Memorial Day Weekend. No Sunday School.
- TBA School Graduation ceremony and luncheon
Awarding of first annual Vellis Memorial Scholarship

JUNIOR VARSITY BASKETBALL PRACTICES THURSDAYS EVENINGS; GAMES HELD ON SUNDAYS

Junior Varsity basketball practice takes place on Thursday evenings, beginning at 7 p.m. Boys and girls, ages 7 to 14, are invited to participate in this junior varsity program. Games are played on Sundays. During February, our boys team will play at the Annunciation Cathedral on Sunday, February 27. The game will be played at 2 p.m. The playoffs will take place on Saturday, March 5. (The place to be announced.) The championship games will be played at the Annunciation Cathedral on Sunday, March 6.

HOW ABOUT GOING TO GREECE FOR SUMMER CAMP?

This year, in addition to the well-known and popular Ionian Village summer camp program for youth ages 13-18, two new programs have been added: *Journey to Pascha*, open to adults, families, and young adults ages 19 and over, and the highly anticipated return of *Spiritual Odyssey*, for young adults ages 19-28. Registration for all programs is now open and can be completed online at www.ionianvillage.org. Please note the Ionian Village web site also contains detailed information for youth leaders, parents, campers, and staff applications.

SAVE THE DATE: THE MODERN GREEK STUDIES FOUNDATION AND THE CENTER FOR MODERN GREEK STUDIES INVITE YOU TO A LECTURE BY PHIL ANGELIDES

The lecture will take place on Sunday, March 6 at the Ascension Cathedral, Oakland. Phil is former California State Treasurer and currently serves as chairman of the Financial Crisis Inquiry Committee. The topic of his talk will be "The Economic Crisis." It is part of the Senator Nicholas Petris Lecture Series.

PERFORMANCE SPONSORED BY THE MODERN GREEK STUDIES FOUNDATION AND THE CENTER FOR MODERN GREEK STUDIES

The Return of the Three Muses, as the event is being billed, will feature song, orchestral music and poetry, and the 70 musicians of the Festival Chorus and Orchestra, conducted by Tikey Zes and Kostas Gundunas. It will take place Sunday, February 27, beginning at 4 p.m. at McKenna Hall of San Francisco State University, 1600 Holloway Avenue (at Font), San Francisco. A reception will follow, hosted by the Pan Cretan Association Chapters, Epimenides, Ikaros and Polirinia. Reserved seating is \$40, with open seating at \$20 (students and children \$10). For reservations and further information, please contact **Titika Koplos**, 925 946-1810, catherinekoplos@sbcglobal.net or the Center for Modern Greek Studies, 415 338-1892, modgreek@sfsu.edu.

Services & Sacraments At The Cathedral

BAPTISM

The son of **Yohannes Yfiter Tesfai** and **Semhar Amlesom Tesfalidet** was baptized at the Cathedral on December 18, and was given the name **Essey Yfiter** by his Godparent, **Binyam Teklizhg**.

Na Mas Zisi! (Long Life!)

FUNERALS

Mary Canellopoulos (Canellos), who fell asleep in the Lord on December 26, was buried on December 29. She is survived by her children, **Joanne** and **Michael**, and their families.

Claire Kay Kanakaris, who fell asleep in the Lord on January 3, was buried on January 5. She is survived by her brother, **Thomas Kanakaris**, her niece **Joan Abate** and other nieces and nephews.

Francis B. Boone, Jr., who fell asleep in the Lord on January 13, was buried on January 19. He is survived by his wife, **Hariklia Boone**, as well as brothers **Robert** and **Charles** and sister, **Charlotte**.

Frances Lampre, who fell asleep in the Lord on January 19, was buried on January 22. She is survived by her sister, **Mary Mires**, and nieces **Violetta**, **Nicoletta**, and **Francesca**.

Aionia I Mnimi! (Eternal Memory!)

“Light Cycle”

by Rev. Deacon Niko Bekris

A young man about 25 years old walks into a very shady night club that is characterized by lots of blue neon lights and loud techno music playing in the background. All of a sudden, things in the club start getting out of hand and as a brawl begins between the young guy and about fifteen others who want to kill him, he is rescued by an old man wearing a cloak and a... prayer bracelet?

Despite how it may sound, this is not an excerpt from some new fiction book written by an Orthodox author, but a scene from the new hit movie “Tron Legacy” that came out about six weeks ago. Just two weeks ago I saw the movie again with a group of young adults from my church, and not only did I enjoy the movie as much as the first time I had seen it, but all kinds of theological messages leaped out at me this time, including the one I just mentioned.

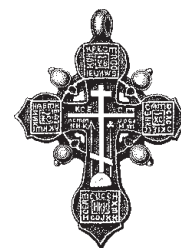
First off, let me say that I am a total geek and love sci-fi movies, especially the really intelligent ones that incorporate all kinds of creative metaphors—something the new *Tron* did abundantly. If you haven’t seen the movie (do yourself a favor and see it), it’s the sequel to *Tron*, a Disney movie from 1982 which happened to be the first ever movie to take place in a (then) new thing called cyberspace. Like its predecessor, it’s about human beings being transported into this electronic world where they are made to fight others by playing games, eventually overthrowing the evil “program” (who looks like a human villain) who rules cyberspace.

And there is so much more to the

movie than that. At the very core of the new *Tron* is the relationship between a father and son— the father who created the virtual world in the machine, and the son who comes into the world years later to help save it (sound familiar?). Whether it be the evil villain looking at a bowl of apples at one point and remembering the moment of his own creation (Adam and the fruit— Genesis 3), all kinds of references to the “Creator” and “destiny,” or even that little prayer bracelet that is on Jeff Bridges’ wrist throughout the movie, *Tron Legacy* is about “light” in so many ways. Electrical impulses, represented by neon lights, power all of the fictional cyberspace, from every building to every vehicle to every individual. The motorcycles that were featured in this movie (which were really, really cool, by the way) are called “light cycles,” and yet it is really the metaphorical light that cycles through their world that is the true “light” that powers everything. That same light that is being represented in this movie is the same light that powers our world, too.

The divine light of the true Creator is everywhere and in everything. One of the first prayers of many, many of the services in our Church is to the Holy Spirit, and begins with “Heavenly King, Comforter, the Spirit of Truth, *Who are present in all places and fill all things, come and abide in us...*” If you think about how God truly is everywhere and in everything, about how we’re never alone, about how He breathed a soul into us, and how He is always with us, that is something so simple and yet so profound. Not only do we believe that we are made in His image and likeness, but we also believe that like the sun whose rays shine on all the earth, even though we can’t look directly at it, we also believe God’s brilliance is everywhere, even

though we can’t look directly at His divinity (Exodus 33:20). But unlike the sun, God’s brilliance never sets, and continues “powering” us, and, through prayer and worship, “charging” us all the time. How appropriate, then, that the world of *Tron* was powered by this “light” that kept cycling through everything at all times. Let us never forget that light always surrounds us, and provides us strength and protection whenever we need it, and that God, the true Creator, has given it to us out of His immeasurable love for us and for our world— our own “light cycle.”



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.

F E B R U A R Y C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Financial Review, 7 p.m. Dance practice, 7 a.m. to 9:30 p.m.	YPAPANTI Orthros, 9 a.m., Divine Liturgy, 10 a.m. Capital Campaign Committee, 7 p.m. Open Gym, 7 p.m. to 9:30 p.m.	Basketball practice, 7 p.m.		Greek School, 10 a.m. Eritrean School, noon to 2 p.m.
6	7	8	9	10	11	12
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 Board, 12 noon		Dance practice, 7 a.m. to 9:30 p.m.	Open Gym, 7 p.m. to 9:30 p.m.	ST. HARALAMBOS Orthros, 9 a.m., Divine Liturgy, 10 a.m. Philoptochos, 1 p.m. Basketball practice, 7 p.m.		Greek School, 10 a.m. Eritrean School, noon to 2 p.m. Parish Leadership, Sacramento
13	14	15	16	17	18	19
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. TRIODION BEGINS FDF Preview Brunch		Dance practice, 7 a.m. to 9:30 p.m.	Capital Campaign Committee, 6:30 p.m. Open Gym, 7 p.m. to 9:30 p.m. Parish Council, 7:30 p.m.	Basketball practice, 7 p.m. FDF Begins		Community Link, 9 a.m. Greek School, 10 a.m. Eritrean School, noon to 2 p.m.
20	21	22	23	24	25	26
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. Teaching Liturgy		Dance practice, 7 a.m. to 9:30 p.m.	Open Gym, 7 p.m. to 9:30 p.m.	Basketball practice, 7 p.m.		Greek School, 10 a.m. Eritrean School, noon to 2 p.m. Saturday of Souls, Cemetery Chapel, 10 a.m.
27	28					
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. MEAT FARE JV Boys Basketball, 2 p.m.						



ΕΛΑΤΕ ΚΑΙ ΔΕΙΤΕ

Όπως γνωρίζουμε, έτσι λέγεται το πρόγραμμα οικονομικής ενίσχυσης του Καθεδρικού Ναού. Σε άλλο μέρος του παρόντος δελτίου δύνασθε να διαβάσετε τα ονόματα εκείνων οι οποίοι ήδη εσημείωσαν την δωρεάν τους, συμπληρώνοντας την ειδική κάρτα που εστάλη στα μέλη του Καθεδρικού προς το τέλος Νοεμβρίου-αρχές Δεκεμβρίου 2010. Ευχαριστούμε τα μέλη αυτά. Σε περίπτωση που δεν κάματα η που δεν αποστείλατε τη δική σας κάρτα στούαρντσιπ ακόμη, σας ενθαρρύνουμε όπως το κάμετε με την πρώτη ευκαιρία ούτως ώστε το Κοινοτικό Συμβούλιο να υπολογίσει το εισόδημα (μαζί μ'αυτό και τα έξοδα) του Καθεδρικού Ναού για το τρέχον έτος. Σημειώνουμε ότι, μέχρι το τέλος του Δεκεμβρίου, 2010, ο αριθμός των ενεργών μελών (συνδρομητών) του Καθεδρικού Ναού, ανήρθε στα 524 (άτομα και οικογένειες). Εάν θέλετε να μάθετε περισσότερα για το πρόγραμμα οικονομικής ενίσχυσης του Καθεδρικού Ναού,

παρακαλείσθε όπως μιλήσετε με τον Πατέρα Στυλιανό η όπως τηλεφωνήσετε στο γραφείο του Καθεδρικού Ναού, στο 415 864-8000.

ΤΟ ΚΟΙΝΟΤΙΚΟ ΣΥΜΒΟΥΛΙΟ ΕΚΛΕΓΕΙ ΑΞΙΩΜΑΤΟΥΧΟΥΣ, ΣΧΗΜΑΤΙΖΕΙ ΕΠΙΤΡΟΠΕΣ

Αμέσως μετά την ορκωμοσία των νέων μελών του Κοινοτικού Συμβουλίου (της Παναγιώτας Αλεξοπούλου, το Γιώργου Αμπαδιοτάκη, του Δημήτρη Δαριώτη, το Κώστα Νικολακάκη, και του Νίκου Ράλλη) (οι εκλογές έγιναν στις 19 Δεκεμβρίου, η ορκωμοσία έγινε στις 9 Ιανουαρίου), το Κοινοτικό Συμβούλιο συνεδρίασε, εκλέγοντας τον Χριστόφορο Κυριάκου και τον Κώστα Τσαγκάρη στο συμβούλιο, ώστε το συμβούλιο να αποτελείται από 15 λαϊκούς, που μαζί με τον Ι. Προϊστάμενο αποτελούν το Κοινοτικό Συμβούλιο, εκλέγοντας επίσης αξιωματούχους για το έτος 2011, Πρόεδρο

τον Αθανάση Νούρη, Αντιπρόεδρο τον Γιάννη Κουντούρη, Γραμματέα τον Κώστα Βουτσιλά, Ταμία τον Δημήτρη Βορρίση, και Βοηθούς Ταμίες την Παναγιώτα Αλεξοπούλου και τον Νίκο Ράλλη. Όταν συνήρθε για την πρώτη κανονική συνεδρίαση του, στις 19 Ιανουαρίου, το Κοινοτικό Συμβούλιο σχημάτισε τις ακόλουθες επιτροπές: Επι Στούαρντσιπ, επί Κτιρίων και Εδάφους, επί Ανάπτυξης Προγραμμάτων, επί Διοίκησης Αιθουσών, επί Προσωπικού, επί Σχολείου, επί Τεχνολογίας, επί Προϋπολογισμού, επί Νεολαίας, και επί Εκκλησιαστικής Τάξης. Σε άλλο μέρος του παρόντος δελτίου εσημειώσαμε τους υπεύθυνους αυτών των επιτροπών. Αναμένεται από όλους μας όπως συνεργασθούμε για το καλό της Κοινότητας, γι'αυτό και καλούνται όλα τα μέλη του Καθεδρικού Ναού οπώς λάβουν μέρος στην εργασία των ως άνω επιτροπών. Σε περίπτωση που ενδιαφέρεσθε να αφιερώσετε χρόνο γι'αυτό το σκοπό, καλείσθε όπως μιλήσετε με τον κ. Νούρη η με τον Πατέρα Στυλιανό.

ΤΙ ΣΗΜΑΙΝΕΙ ΚΟΙΝΟΤΙΚΟΣ ΚΡΙΚΟΣ;

Ακούεται να μιλάμε συνέχεια για κάποια οργάνωση που λέγεται "Κοινοτικός Κρίκος". Μάλιστα, η οργάνωση αυτή συνεδριάζει μια φορά τον μήνα. Ουσιαστικά, η οργάνωση αυτή αποτελείται από μέλη του Καθεδρικού Ναού, τα οποία επισκέπτονται πιστούς μας οι οποίοι δεν μπορούν πλέον, είτε για λόγους αθένειας, είτε για λόγους ηλικίας, να εκκλησιασθούν. Έτσι, επισκέπτοτας αυτούς τους πιστούς, τα μέλη του Κοινοτικού Κρίκου μεταφέρουν την αγάπη του Χριστού, ενισχύουν δε τον δεσμό που συνδέει όλους μας. Οι ιερείς μας συχνά επισκέπτονται τους ασθενείς μας, μεταδίδουν και τ' Αχραντα Μυστήρια. Ο Κοινοτικός Κρίκος, μπορούμε να πούμε, συμπληρώνει την αποστολή αυτή. Συνεργάζεται με τους ιερείς μας και με την Φιλόπρωχό μας. Επομένως, ο σκοπός αυτής της οργάνωσης είναι ιερός. Τι λίγο στοιχίζει το ένα "καλημέρα". Γι' αυτούς, όμως, που η ασθένεια η το γήρας τους κάνει να αισθάνονται απομονωμένοι,

το "καλημέρα" αυτό μπορεί να γίνει δεκτό ως ένα πολύτιμο δώρο, να φέρει μεγάλη χαρά και ελπίδα, να δώσει κουράγιο. Σκεφθείτε αν θα μπορούσατε να παραχωρήσετε λίγο χρόνο, 1-2 τον μήνα, λαμβάνοντας μέρος σ' αυτή την αποστολή. Μιλήστε με την Καρολίνα Παπαιωάννου. Η Καρολίνα είναι η υπεύθυνη αυτής της προσπάθειας.

ΓΕΥΜΑ ΣΤΙΣ 13 ΦΕΒΡΟΥΑΡΙΟΥ **ΓΙΑ ΤΗΝ ΕΝΙΣΧΥΣΗ ΤΩΝ** **ΧΟΡΕΥΤΙΚΩΝ ΣΥΓΚΡΟΤΗΜΑΤΩΝ**

Καλούνται τα μέλη του Καθεδρικού Ναού σε γεύμα, το οποίο θα λάβει χώραν αμέσως μετά τη Θεία Λειτουργία την Κυριακή 13 Φεβρουαρίου με σκοπό την ενίσχυση των χορευτικών μας συγκροτημάτων. Τα τρία χορευτικά συγκροτήματα θα παρουσιάσουν χωρούς που θα χορέψουν στο χορευτικό φεστιβάλ λίγες μέρες μετά. Το φεστιβάλ αυτό θα λάβει χώραν εις την πόλη Οντάριο (εκεί που έχει γίνει αρκετές φορές την τελευταία 20ετία). Η προσφορά για το γεύμα (ουσιαστικά πρωϊνό-γεύμα) είναι \$10 το άτομο. Η παρουσία σας θα ενθαρρύνει τα παιδιά μας. Σας ευχαριστούν εκ των προτέρων.



Let your prayer be completely simple, for both the Publican and the Prodigal Son were reconciled by a single purpose.

Saint John Climacus
Sixth Century, Mount Sinai

What saves and makes for good children is the life of the parents in the home. The parents need to devote themselves to the love of God. They need to become saints in their relation to their children through their mildness, patience and love. They need to make a new start every day, with a fresh outlook, renewed enthusiasm and love for their children. And the joy that will come to them, the holiness that will visit them, will shower grace on their children.- Father Porfirios, On the Upbringing of Children

PRAYER AFTER RISING FROM SLEEP

+In the name of the Father and the Son and the Holy Spirit. Amen.

Having risen from sleep, we fall before you, O good One, and sing to you, mighty One, the angelic hymn: holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.

+ Glory to the Father and the Son and the Holy Spirit.

Having roused me from sleep and bed, O Lord, enlighten my mind and open my heart and lips that I may sing to you, Holy Trinity: Holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.

+Now and forever and to the ages of ages. Amen.

Suddenly the Judge will come and everyone's deeds will be revealed. But with awe we cry out in the middle of the night: Holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.

O Master God, Almighty Father, Only-Begotten Son, Lord Jesus Christ, and Holy Spirit—one God and one might. Have mercy upon me a sinner, and save me your unworthy servant according to the ways of your wisdom. For you are blessed now and forever. Amen.

Lord, grant me to greet the coming day in peace. Help me in all things to rely upon your holy will. In every hour of the day reveal your will to me. Bless my dealings with all who surround me. Teach me to treat all that come to me throughout the day with peace of soul, and with the firm conviction that your will governs all. In all my deeds and words, guide my thoughts and feelings. Let me not forget that all unforeseen events are sent by you. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day and all that it might bring. Direct my will, teach me to pray, pray yourself in me. Amen.