



# ANNUNCIATION CATHEDRAL HERALD



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SEPTEMBER 2012

SAN FRANCISCO'S ONLY  
**GREEK FESTIVAL**  
SEPTEMBER 21.22.23

ANNUNCIATION CATHEDRAL  
245 VALENCIA STREET  
SAN FRANCISCO, CA 94103

## SEPTEMBER 21, 22, 23: SF'S ONLY GREEK FOOD FESTIVAL!

**T**hree days of sharing of Food, Culture and Faith. Under the capable leadership of **Bob and Lea Lyberopoulos** and a hard-working team of volunteers, everything is being readied for another successful Food Festival on the Cathedral's grounds at 245 Valencia Street, San Francisco. The Festival times are as follows: **Friday, September 21: 12 noon to 10 p.m., Saturday, September 22: 12 noon to 10 p.m., and Sunday, September 23, 12 noon to 8 p.m.** In addition to fabulous food and dancing—to **Agapi Mou** on Friday, **Mythos Band** on Saturday and Sunday—ambling through the *agora* and visiting with friends old and new, you will also be able to watch the Cathedral's award-winning dance groups. *Thisavri* will perform Friday, September 21, at 6:30, followed by *Spithes* at 7:30 and *Ekrixi* at 8:30. On Saturday,

the same groups will perform at 3:30, 6:30 and 8:30. On Sunday, our newest group, *To Mellon*, will perform at 1:30. *Thisavri*, *Spithes*, and *Thisavri* will perform at 3:30 and 4:30, respectively. Belmont's Church of the Holy Cross group, *Epithia*, will perform at 5:30. In addition to dance groups, our guests will be afforded the opportunity of learning more about our Greek Orthodox Faith during Church Tours, which will be offered, on Saturday, September 22, at 1 p.m., and on Sunday, September 23, at 2:30 p.m. and at 6 p.m. Meanwhile, we invite you to log onto our Festival site, [sf-greekfestival.org](http://sf-greekfestival.org), where you can print a complimentary admission ticket, or learn more about the food being offered, as well as other pertinent information. We look forward to welcoming you to our 2012 Festival.

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## VISION STATEMENT

**Y**ou may have noticed a statement at the bottom of our Sunday bulletin the last few weeks: *We at the Annunciation Cathedral will grow the Orthodox Christian Faith in San Francisco through: Stewardship, Worship, Education, Evangelism and Philanthropic Outreach.* We've adopted this as the Cathedral's Vision Statement. A vision statement is an understanding of how an organization views itself in relationship to its future. The Church, of course, has its mission entrusted to it by our Lord. In the closing verses of the Gospel according to St. Matthew, chapter 28, verses 19-20, the Resurrected Lord tells his disciples: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you [i.e. the Gospel]."

Jesus talks about spreading the Gospel. In other words, growing the Church, through Baptism and Teaching. Our vision statement is an articulation of this mandate: Stewardship means getting people *involved*. Worship involves the sacramental life of the Church, especially the celebration of the Divine Liturgy; Education has to do with teaching Christ's commandments, especially loving one another and forgiveness; Evangelism is another way of saying "Go therefore and make disciples of all nations;" and Philanthropic Outreach is putting our faith into practice. *We are* our brothers' keepers (Genesis 4:9) and we are to "bear one another's burdens" (Galatians 6:2). Ergo, our vision for the future of the Annunciation Cathedral: *We at the Annunciation Cathedral will grow the Orthodox Christian Faith in San Francisco through: Stewardship, Worship, Education, Evangelism and Philanthropic Outreach.*

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## BUILDING UPDATE

**W**e are pleased to inform our parishioners that **Constantine Shuhaibar**, a structural engineer with his own company, and a member of the Cathedral, has offered his services relative to our project, and has met with our Architect to discuss ways of trimming costs, without compromising safety, longevity or integrity. Another member of the Cathedral, **Ken Katen**, is also on board. Ken is a construction manager by profession, and his involvement in our project will be vital to containing costs by reviewing the Cathedral's contract and by minimizing change orders. Meanwhile, the Architect is completing additional drawings required for the bidding process. We anticipate that we will have completed this and received our building permit by year-end so that we can commence construction as early as feasible in the spring, that is, after the winter rains. On the funding side, we are pleased to note that an additional \$100,000 has been pledged to the Campaign since our last reporting and that a challenge gift to the Campaign is being negotiated. That is, an individual who has already contributed to the Campaign is considering making an additional significant gift provided the Campaign Committee raises an amount equal to that gift within a specified amount of

time. We anticipate reporting further on this challenge gift at our November 11 Parish Assembly. We also anticipate announcing, in the October Herald, a major, seven-figure gift! Stay tuned.

## A LINK TO THOSE IN NEED

**C**ommunity Link, now in its eighth year of existence, is a group of Annunciation parishioners who meet once a month on a drop-in basis to visit members of our community who may be confined due to illness or age. We travel to hospitals, nursing homes and private residences. Many of those we visit no longer have family or friends to support them and just need to know there is someone who cares. A short visit or phone call can lift one's spirits a great deal. If anyone in the community knows of any other home bound parishioners to add to our list, please contact **Pauline Oetzel** at poetzel@hotmail.com. Community Link will be making visits this month on September 15, beginning in the Cathedral Conference Room at 9 am.

Upcoming Community Link Meetings in 2012:  
September 15, October 20, and November 17

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## PHILOTOCHOS NEWS

**G**reetings from *Philoptochos*! The summer months will soon be memories and we hope they were memorable for you and yours. September starts a new *ecclesiastical year* for our Philoptochos chapter. It is festival time and our ladies are already preparing the wonderful delicacies and pastries that are sold for all to enjoy. Our chapter has provided funds to help underwrite the making of pastries. We need *many* hands to help so we ask you to please pick up a cooking schedule in the Narthex or check the calendar in the newsletter, and come join us. Our cooking sessions are filled with great camaraderie and many smiles. It is a joy to watch the loving hands of our committees as they prepare the wonderful foods we enjoy.

On behalf of our Chapter, I attended in July, along with Foula Vasilogiorgis and Ackie Argyres, the National Philoptochos Biennial Convention in Phoenix, Arizona. This year was a special year as the convention celebrated **80 Years of Philanthropy**. This milestone year celebrated all the **Chapters, Communities** and **Devoted Members** across our Archdiocese who provide for those in need. No matter whether we provide foods, clothing, medical attention, funding for medical research, children in need, or supporting the needs of our Clergy, Philoptochos has made a tremendous impact over the years and with your help the commitment will continue. As a way of celebrating this momentous year a special evening was planned at the Musical Instrument Museum to honor our agape award winners and present "**Faces of Philoptochos: Past, Present and Future.**" Our own Angie Leventis received a certificate of merit award which we will present to her in September.

The business of the convention showed the delegates our steadfast commitment to *philanthropia*. The National Philoptochos has disbursed close to \$2, 900,000, in the period from January 1, 2012 through December 31, 2011, to all the ministries in our Archdiocese. It is the support of all Chapters that allows this to occur and it demonstrates how vital your individual support is. In addition, grant disbursements to medial institutions in every Metropolis were presented. In the San Francisco Metropolis funds were dis-

tributed to Saint Basil Orphanage Fund in San Jose and Contra-Costa ARC (ADS) Advocacy and Research in Martinez, California. It was also very exciting to see that in an hour the delegates raised \$205,000 towards a new Center of Philanthropy. More information will be provided at our September meeting along with the resolutions that passed.

We look forward to another exciting year! In addition to the programs and events we already support we are brainstorming for some new ideas to help us raise additional funds that not only support those in need but help our own Cathedral. I look forward to **your input** and to the **growth of our Chapter**. We need everyone to join Philoptochos in whatever capacity you can support. Just as Christ says "**I am the vine and you are the branches**" (*John 15:5*) so it is with the good works of Philoptochos which spread His Word.

With warmest regards and love in Christ,

Patricia Aleck, Philoptochos President

*From the fullness of his grace we have all received one blessing after another.*  
John 1:16

## ADULT COURSE IN MODERN GREEK FILLED

**A**s of this writing, the Adult Course in Modern Greek, which will be held at the Cathedral September 11, 2012-January 8, 2013 has been filled. In fact, 22 individuals signed up, and the course is designed to have no more than 20, so as to ensure group participation. The course emphasizes conversation through engagement. By the end of the course, one should be able to hold a reasonable conversation with a Greek-speaking person, book a room in a hotel, shop for food, a gift, an item of clothing, things at a kiosk, buy a ticket for the ferry, use local transport. You will have learned the Lord's prayer (which, as we will learn, was written in an older form of "Modern Greek," known as koine (which means "new" or "modern"). You will also have seen part of a Greek film, heard some Greek music, and tasted some Greek food.

### CATHEDRAL YOUTH ATTEND 13TH ANNUAL ANNUNCIATION CAMP

**B**etween August 3-8, some 50 parishioners attended the 13th annual Annunciation Cathedral Family Camp at Russian River! Parents and youth participated in activities which included campfires, a zipline course, a miniature golf course, softball, enjoying nature and much, much more. In addition, for the first time in the camp's history, Divine Liturgy was celebrated on Sunday morning by Father Niko, as this was the first year that a second full-time priest has been assigned to the Cathedral since the program has been held at the Russian River. As always, it was a very memorable week and many thanks, once again, to **Ari Stratakis** for organizing the camp one more year, as well as all the parents who assisted.

Currently, we are looking for additional volunteers to help organize the camp in the coming years, as any assistance would be most welcome. If anyone is interested in helping with this wonderful event, please contact Ari or Father Niko at (415) 864-8000. Here's to many more years!

### CATHEDRAL YOUNG ADULTS HOLD PARAKLESIS SERVICE AND DINNER

**F**riday, August 3, over twenty young adults attended a special Paraklesis service in the evening at the Cathedral, and afterwards had dinner at Another Monkey Thai. His Eminence Metropolitan Gerasimos also attended the service, and we are grateful to His Eminence for his prayers and his pastoral care.

In addition to dinners and social events, the Cathedral's young adult program, now in its fourth year, has shifted to focus more on discussions and services as a way of bringing young adults closer to their Church. It is extremely uplifting to see this ministry continuing to thrive and grow in San Francisco- thank you to all the members of our community for their prayers and support.

### CATHEDRAL YOUTH GROUPS TO RESUME IN SEPTEMBER

**A**fter taking some time off in the summertime, all of our Cathedral youth groups will be resuming late September/early October. It has been wonderful to see the support and growth of each of these programs the last few years, and with continued support, hopefully these ministries will continue to grow for the benefit of our youth.

There will be a meeting of the Youth Committee on September 9, following liturgy, in order to decide what the ages of JOY and GOYA will be this fall (among other items). The age ranges last year were:

**JOY: 3-6 grade**  
(Second Tuesday of the month at a family's home)

**GOYA: 7-12 grade**  
(Third Monday of the month at various locations)

**Young Adults: age 22-35**  
(Last Thursday of the month either at the cathedral or a restaurant)

Upcoming youth dates will be determined after the September 9 youth committee meeting, and will be announced in the Sunday bulletin and on the Cathedral's youth Facebook page. Please note that the page can be found on Facebook as, "**Youth of Annunciation Cathedral San Francisco.**" Looking forward to seeing everyone this fall!

*For more information on any of the Cathedral's youth groups, please contact Father Niko Bekris at [fatherniko@annunciation.org](mailto:fatherniko@annunciation.org). All are welcome!*

### 2012-2013 SCHOOL YEAR VOLUNTEERS NEEDED!

*Please contact Denise Yeilding to volunteer at [dyeilding@yahoo.com](mailto:dyeilding@yahoo.com).*

Write monthly article for Herald	Special Projects
Coordinate the Christmas Play	Angel Coordinator
Food Drive coordinator	UNICEF coordinator
Oratorical Festival Chair	Assistant teachers

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## MARK YOUR CALENDARS...SUNDAY SCHOOL RESUMES SEPTEMBER 9TH 10:30 AM.

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### WEEKLY CRETAN DANCE WORKSHOP- "RIZITES" CONTINUES

This recently-formed workshop, taught by **Petraki Papageorge**, continues its first year of learning Cretan folk dances, folk songs, and even instruments! The group is open to all young adults (18-35) who have experience dancing Cretan folk dances, and would like to hone them in order to participate in the many authentic Cretan *glendia* of Northern California throughout the year. Please see the mission statement and contact information from Petraki below.

#### Mission Statement:

A Cretan dance and musical hobby *parea* group/*parea*, where those who want to learn more in general and for the popular Cretan *Glendia* they participate in regularly during the year throughout California and the U.S. and Crete, can meet to apply & develop their skills confidently and in an authentic way that maintains strong roots.

Content: The study and style execution of Cretan dances and music from the original provinces in Crete they came from.

Moderator/Teacher/Director: Petros Papageorge  
(650) 391-7737  
petros@athertonappliance.com

#### Following works cited:

Ioannis Tsouchlarakis  
<http://www.tsouchlarakis.com/>

"The *tragoudia* (songs) which were 'born' in the region of Lefka Ori, in the prefecture of Chania, were named *Rizitika* by the modern researchers. This name was chosen due to the fact that these songs are sung at the area of *riza*, the foot of the mountains. According to another interpretation, *rizitika* originate from the ancient town Rizinia, in the province of Kydonia, which is called Meskla nowadays. *Rizitika* were composed by the *rizites*, the people who live in the high mountain villages, who preserve the ethos and mores from time immemorial. We don't have much evidence about the origin of *Rizitika*. It is sure that they date from the Byzantine Period. Many researchers claim

that *rizitika* are the continuance of the martial songs of Dorians, who took up their residence at the mountain region of Chania in about 1000 B.C. and preserved their ancient traditions inalterable during the ages. Most of them are creations dated in the centuries of the Venetian and Turkish bondage. *Rizitika* are sung *acapella* (not accompanied with musical instruments). Today we know 32, or some more, melodies, including slight variations. There are, though, another 47 *idiomela rizitika* (which are sung with their own unique melody). The music of *rizitika* is an especially interesting subject. The melody 'suppresses' the rhyme and adapts it to its own 'shape'."

*"We bless You, O God most high and Lord of mercy.  
You are always doing great and inscrutable things with  
us, glorious and wonderful, and without number."*

*A prayer of Saint Basil*

### GREEK SCHOOL WILL RESUME SEPTEMBER 8

The 2012-2013 school year will begin on September 8, and is expanding to offer six levels with a small teacher-student ratio as follows:

PreK-1 (Ages 4-5 without prior exposure to Greek)  
taught by **Evdokia Andreades**

PreK-2 (Ages 4-5 with prior exposure to Greek)  
taught by **Maria Panotsopoulou**

Kindergarten (Ages 5-6) taught by **Sotiria Mitrosyli-Bouna**

Level 1 (Ages 7-8) taught by **Eva Spirakis**

Level 2 (Ages 8-9) taught by **Lizabeta Koukkou**

Level 3 (Ages 9+) taught by **Giorgos Daloukas**

Classes will take place on Saturdays beginning promptly at 10:00 a.m. and ending at 12:15 p.m., with a short, supervised recess halfway through class. With a projected enrollment of 32 students, tuition rates will be \$450 per student for the school year. This includes all books and supplies.

If you are interested in registering your child, please contact **Pamfilia Zambelis** at [pzambelis@yahoo.com](mailto:pzambelis@yahoo.com).

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## ΣΤΙΣ 21, 22 ΚΑΙ 23 ΤΟ ΦΕΣΤΙΒΑΛ ΤΟΥ ΚΑΘΕΔΡΙΚΟΥ ΝΑΟΥ

Και πάλι, προβλέπεται νάχουμε τρεις αξέχαστες μέρες, μέρες που θα γλεντίσουμε την πολιτιστική και θρησκευτική μας παράδοση. Κάτω από την ηγεσία του Χαράλαμπου και της Χαρίκλειας Λυμπεροπούλου, εθελοντές-μέλη του Καθεδρικού μας εργάζονται σκληρά, δίνοντας προσοχή σε όλες τις λεπτομέρειες ώστε το φετινό φεστιβάλ να έχει επιτυχία, και από απόψεως κέρδους, αλλά και από απόψεως κοινωνικής επαφής και, θα λέγαμε, ιεραποστολής, μια και θα φιλοξενήσουμε πολλούς ξένους, πολλοί από τους οποίους θα πατήσουν σε ελληνορθόδοξο έδαφος για πρώτη φορά. Η ώρα που θα λειτουργήσει το φεστιβάλ είναι: Παρασκευή 21 Σεπτεμβρίου, 12 μεσημ. έως τις 10 το βράδυ, Σάββατο 22 Σεπτεμβρίου, 12 μεσημ. έως τις 10 το βράδυ, και Κυριακή 23 Σεπτεμβρίου, 12 μεσημ. έως τις 8 το βράδυ. Εκτός από το παραδοσιακό φαγητό που προσφέρουμε, οι φιλοξενούμενοί μας θα μπορέσουν να απολαύσουν τα χορευτικά μας συγκροτήματα. Την Παρασκευή τρία συγκροτήματα θα χορέψουν, το συγκρότημα Θυσαυροί στις 6:30, το συγκρότημα Σπίθες στις 7:30 και το συγκρότημα Έκρηξη στις 8:30. Το Σάββατο, επίσης τρία συγκροτήματα θα χορέψουν, το συγκρότημα Θυσαυροί στις 3:30, το συγκρότημα Σπίθες στις 7:30 και το συγκρότημα Έκρηξη στις 8:30. Την Κυριακή, το καινούργιο μας συγκρότημα, Το Μέλλον, θα παρουσιάσει δύο χορούς που μόλις πρόσφατα έμαθε, στη 1:30. Τα υπόλοιπα συγκροτήματα θα χορέψουν, στις 3:30 και στις 4:30. Στις 5:30 θα φιλοξενήσουμε το συγκρότημα Ελπίδα από την Κοινότητα του Τιμίου Σταυρού. Το Σάββατο στη 1 και την Κυριακή στις 2:30 και πάλι στις 6 καλούνται οι επισκέπτες μας όπως επισκεφθούν τον ναό (καίτοι προσωρινό) όπου θα τους καλωσορίσουν οι ιερείς μας, οι οποίοι θα τους πουν δυό λόγια για την Ορθοδοξία. Σας καλούμε όπως επισκεφθήτε την ιστοσελίδα μας, [sfreekfestival.org](http://sfreekfestival.org), όπου μπορείτε να εκτυπώσετε εισιτήριο για ελεύθερα είσοδο στο φεστιβάλ και λάβετε περισσότερες πληροφορίες. Σας αναμένουμε.

## ALTAR GROUP SCHEDULE FOR SEPTEMBER

Our altar groups for the 2012-2013 school year will begin on September 9, the same day that Sunday School will resume. The schedule for the month will be as follows: **September 9 - Group 1, September 16 - Group 2, September 23 - Group 3, September 30 - Group 4**

The altar group rosters are as follow:

**Group 1 - Harry Misthos (group leader), Stelio Kyriacou, Kosta Lyberopoulos, Niko Pezo and Demetri Rally**

**Group 2 - Anthony Obester (group leader), Demetri Kontonis, Bobby Kontonis, Niko Manetas, and Hari Manetas**

**Group 3 - Steven Flynn, Clint Flynn (group leaders), Panagioti Sogotis, and Yianni Sogotis**

**Group 4 - Anthony Tadessee, Steven Monolakis, Jonas Tesfai and Nathan Tesfai**

If any families are interested in their boys joining an altar group (and they are above the age of 10), feel free to contact **Father Niko Bekris** at [fatherniko@annunciation.org](mailto:fatherniko@annunciation.org). Thank you also to **Nektarios McKnight** and **Michael Garibaldi** for “coaching” our altar servers each Sunday. As always, if anyone has any questions or suggestions, feel free to let us know. Thanks!

## Services & Sacraments At The Cathedral

### BAPTISMS

**Dominic (Kyriakos) Michael, son of Daniel and Juanita Arciniegas Grampsas, was baptized at the Cathedral on August 19. His sponsor is Andreas Aram Alexander.**

*Na Mas Zisi! (Long life!)*

*Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.*

*Psalms 138:7*

# S E P T E M B E R C A L E N D A R

SUNDAY	MON.	TUESDAY	WED.	THURS.	FRIDAY	SATURDAY
						1
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Orthros at 9:00 am Divine Liturgy at 10:30 am		Dance Practice 6:30-9:00 pm		Galaktoboureko Baking, 9:00 am-5:00 pm		Greek School at 10:00 am Feast of the Nativity of the Theotokos, Divine Liturgy, 10:00 am
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Orthros at 9:00 am Sunday School at 10:30 am Divine Liturgy at 10:30 am	Bell Peppers Cooking, 9:30 am-5:00 pm	Kourabiethes Baking, 9:30am- 5:00pm  JOY Meeting, 6:30 pm  Dance Practice 6:30-9:00 pm	Kourabiethes Baking, 9:30 am-5:00 pm  Capital Campaign/ Banquet Meeting, 7:00 pm		Feast of the Elevation of the Holy Cross, Liturgy 10:00 am  Mousaka Cooking, 11:00 am-4:00 pm	Greek School at 10:00 am  Mousaka Cooking, 7:30 am- 4:00 pm
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Orthros at 9:00 am Sunday School at 10:30 am Divine Liturgy at 10:30 am	Syrup Prepping, 9:30 am-5:00 pm	Dance Practice 6:30-9:00 pm	Parish Council, 7:00 pm		<b>Food Festival, 12:00 pm-10:00 pm</b>	Greek School at 10:00 am  <b>Food Festival, 12:00 pm-10:00 pm</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Orthros at 9:00 am Sunday School at 10:30 am Divine Liturgy at 10:30 am  <b>Food Festival, 12:00 pm- 8:00 pm</b>		Dance Practice 6:30-9:00 pm				Greek School at 10:00 am
<b>30</b>						
Orthros at 9:00 am Sunday School at 10:30 am Divine Liturgy at 10:30 am						

Valencia between Duboce and 14<sup>th</sup> Street



STREET ROUTES ON STREET CLOSURE DAYS.