



# ANNUNCIATION CATHEDRAL HERALD



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JUNE 2014



## MOTHER OF THE YEAR 2014: HELEN PANOMITROS

Helen Panomitros was born in Kokla, a small village in Messinia, Greece, on October 9, 1946. She was the second of three children born to Demetri and Maria Tsimboukakis. Despite economic hardships, Helen has many fond and happy memories of her childhood. She grew up surrounded by a loving family which included aunts, uncles, and numerous cousins who all lived within walking distance of each other. Together with her siblings and cousins, she attended Karagiozi puppet shows, put on plays, caught "tzitzikia" and had many outdoor adventures. In fact, one of her favorite pastimes is to tell stories of these wonderful times. Helen's parents were farmers who instilled in their children a strong spiritual foundation and emphasized the importance of hard work, self-respect and above all, the importance of a strong and loving family unit.

Upon graduating from high school, Helen moved to Athens where she planned to attend college. However, she had to immediately return to Kokla to help her mother recover from a sudden illness. It was there that Helen (at the age of 23) was introduced to John, a young man from a neighboring village, who had moved to America. Helen and John met in November, became engaged in early January, and Helen married the love of her life twenty-one days later. They moved to San Francisco and ten months later, their daughter Eugenia was born. Thirteen months later, they welcomed their second daughter, Demetra. Helen quickly embraced the culture of her adopted country and attended school to learn English and earn her citizenship. She was a devoted and loving mother who for thirteen years stayed home raising her daughters. She made it a priority to instill in them the same values her parents had instilled in her. She emphasized the importance of a quality education and encouraged her daughters to be proud of their heritage, making it a priority to teach them to read and write Greek. In fact, she did

such a wonderful job that when she and her daughters temporarily moved back to Kalamata for a year (while John stayed in San Francisco running his restaurant), the girls' transition to the local public school went smoothly.

When her daughters were in high school, Helen and John purchased Marvin's Restaurant in Novato, where they worked side by side for fifteen years. Helen was instrumental in helping turn this restaurant into a local favorite. Customers appreciated her outgoing personality and her amazing ability to make everyone feel at home, as much as they appreciated the delicious food. She was best known for her packages of mouthwatering koulouria, baklava and kourambietes that she would give to customers and employees at Christmas and Easter. At Marvin's, Helen and John established many life-long friendships while working tirelessly to put their daughters through college and graduate programs in Science and Medicine.

Helen and John sold Marvin's Restaurant in 1998 and after several months, Helen realized retirement was not for her. After helping at Marvin's to ensure that the ownership transition went smoothly, she began working part time as a manager of Le Petit Bistro at AT&T Park. She has had the opportunity to work during several exciting playoff and World Series games. Her reputation as an honest, trustworthy, and hard working individual has earned her the honor of Employee of the Year. Helen thoroughly enjoys her job, which gives her the opportunity to do what she loves and the flexibility to spend quality time with friends and family. She is an amazing cook and is always preparing her favorite Greek foods, which her family greatly appreciates! Helen is an active member of the church and in her spare time she loves volunteering for events such as the Crab Feed, Easter baking and the Festival.

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from previous page

This year, Helen and John celebrated their forty-fourth year anniversary. Their family has expanded to include their sons-in-law Brian and George, and they have been blessed with five grandchildren: one grandson Yianni and four granddaughters Katerina, Vasiliki, Eleni and Zoe. Her grandchildren especially love baking and cooking with Yiayia and hearing stories of what it was like to grow up in the "horio". Our mother of the year is a dedicated and loving wife, mother, and yiayia who is always cheerful and energetic and her loved ones consider themselves extremely fortunate to have her in their lives.



## Building Project: Why We Gave

As part of a new ongoing series in the Herald and Building Project Updates, we are happy to include, from one family each month who has pledged or donated to the Capital Campaign, a testimony of why they gave, and what their parish community means to them:

From the time I moved to San Francisco in 1987, Annunciation Cathedral has been my second home. Growing up as a PK (priest kid), we would spend every weekend and many weekdays at church attending Sunday liturgy and serving as an altar boy, going to dance practice for FDF, playing basketball, and attending GOYA meetings. And that continued even after our Cathedral was destroyed in the 1989 earthquake... our faith grew stronger in a warehouse. Irene came to the Cathedral in 1997 with her sister Lea when they joined me to teach our award winning dance group, Arete, and they continue to teach Annunciation dance groups to this day. We were married in the chapel, and also baptized our three children there. Now our two older boys dance in award winning groups (Spithes and Thisavri), attend Sunday School, play basketball, and serve in the altar... the Cathedral is their home as well.

We were inspired to donate to the rebuilding of our Cathedral because it is our spiritual home. It is rare to have the opportunity to participate in the building of a Greek Orthodox Church, as our

parents and grandparents built most of the churches in America. So having this once-in-a-lifetime opportunity to rebuild our Cathedral, our spiritual home, is an honor that we could not pass up. The new Cathedral will be a landmark of Greek Orthodox Christianity and Hellenic culture in the heart of San Francisco, a testament of our deep faith, our home.

- Chris and Irene Kyriacou



## Sunday School Building Project Update

During the month of May our Sunday School classes worked on art projects as part of the Annunciation Children's building campaign. The themes were all related to prayer, faith, and new life. The preschool class presented a project on how our new church will look once built. All of the children ages 3-8 created small icons and prayers that they turned into a prayer flag. Their handmade pieces are to serve them as a reminder of why we go to church; to worship and remain faithful. The 9-10 year olds created a sun poster with their own handwritten prayers. God created the sun, and our world. Together the children are praying that our community can create something in return, a church. The older classes created a tree of life poster with a large model tree of life. The class discussed the many components of the life giving tree, as well as the great detail put into each symbolic leaf.

The artwork is being collected and will eventually be displayed around the church for all parishioners to enjoy. Way to go Sunday School!

All pictures will be displayed on our building project shutterfly share site: [https://annunciationsf.shutterfly.com/#:emid=site\\_calendarreminder&cid=SHARE3SXXXX](https://annunciationsf.shutterfly.com/#:emid=site_calendarreminder&cid=SHARE3SXXXX). All members of the share site can view, copy, post, and order pictures of the projects. If you wish to be added to the share site, email Anastacia Ambus at: [Tashaugr@yahoo.com](mailto:Tashaugr@yahoo.com)





## MATCHING GIFTS FOR THE BUILDING PROJECT

A few months ago, one of our dedicated parishioners informed us that the company she works for offered to match any contributions made by any of their employees to non-profit organizations. The individual had already pledged \$25,000. over five years to the building project, and had already submitted one payment in the amount of \$5,000. this year. Her company matched this amount, and we were recently, we were notified that they would do so again this year.

This means that, potentially, this individual's pledge will go from \$25,000 to \$50,000!

If you have already pledged to the Capital Campaign and submitted a payment this year, or are planning to do so in the future, please inquire if your employer has a similar policy of matching gifts to non-profits. Please join us as we embark on this historic time in the history of our community. Every bit helps!

### WHAT DOES MY GIFT TO THE BUILDING FUND REALLY AMOUNT TO OVER A FIVE YEAR PERIOD?

**Below are some different ways to look at how you can make a meaningful gift.**

AMOUNT	PER YEAR OVER 5 YEARS	PER MONTH OVER 5 YEARS	PER DAY OVER 5 YEARS	2 PERSON FAMILY- PER DAY (EACH)	3 PERSON FAMILY- PER DAY (EACH)	4 PERSON FAMILY- PER DAY (EACH)
\$100,000	\$20,000	\$1,666.00	\$54.80	\$27.40	\$18.26	\$13.70
\$50,000	\$10,000	\$833.00	\$27.40	\$13.70	\$9.13	\$6.85
\$30,000	\$6,000	\$500.00	\$16.43	\$8.22	\$5.48	\$4.10
\$25,000	\$5,000	\$416.00	\$13.70	\$6.85	\$4.56	\$3.42
\$20,000	\$4,000	\$333.33	\$10.95	\$5.49	\$3.65	\$2.74
\$15,000	\$3,000	\$250.00	\$8.22	\$4.11	\$2.74	\$2.05
\$10,000	\$2,000	\$166.66	\$5.47	\$2.75	\$1.82	\$1.36

The building of the new Cathedral is a once-in-a-lifetime opportunity which has presented itself to us as a Community and can be accomplished very easily if we all are willing to do our part to give as much as we can for this short period of time.

donation to the Cathedral Building Fund as well? Many people have set up a monthly auto debit plan on their credit cards so that gift can be made automatically and spread out over time in order to fit into their budgets.

We must ask ourselves the question - How much do we spend on other things each month that are important to us? Can we add a

Your thoughtful consideration is appreciated by us today and your children and grandchildren tomorrow!!

*“I consecrated this house you built to place My name there forever,  
and My eyes and My heart will be there all days.”*

- 3 Kingdoms 9:3



## YOUNG ADULTS ORGANIZE SECOND SOUP KITCHEN AT THE CATHEDRAL!!

Our Cathedral young adults once again organized a soup kitchen at the Cathedral last May 20! In all, over twenty volunteers came to help feed between 20-30 people from the Mission neighborhood. It was a wonderful night and a very fulfilling experience for all.

Many, many thanks to **Harry Madeckas** of Kokkari Estiatorio for cooking, and to our amazing soup kitchen committee: **Stefani Kaligeros, Christina Tsiatis, Maryann Boosalis, Philip Chehade, Dino Konstantakis** and **Pres. Stella Bekris**. Thanks also to Kokkari Estiatorio, 22<sup>nd</sup> and Irving, Me Meli and St. Martin de Porres for food donations, as well as Productive Printing for donating all the promotional materials.

This feeding program will now be an ongoing ministry at the Cathedral, and will take place once a month. Our committee is currently working on dates for the next six months. Stay tuned for dates and more information in the Sunday bulletin, *Herald* and "Annunciation Greek Orthodox Cathedral" and "Youth of Annunciation Cathedral San Francisco" Facebook pages.



*"All that we need is in You, O Lord."* - St. Ephraim the Syrian

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## Greek Village Camp Plans Virtual Trip to Crete

Camper Online Registration and Staff Applications Available Now! [www.ourgreekvillage.org](http://www.ourgreekvillage.org)

The Greek Village Immersion Camp is a successful and growing ministry of the Greek Orthodox Metropolis of San Francisco. Now in its fifth year, the Greek Village Immersion Camp, “To Elliniko Horio”, will be held June 21 – 28, 2014 at Saint Nicholas Ranch and Retreat Center in Dunlap, CA, for children ages 7 through 15. This year’s camp will follow the theme “Let’s Go To Crete – Πάμε Κρήτη” and will provide campers with an all-Cretan experience including geography, music, dancing, food and much more.

The Greek Village Camp offers a creative and educational immersion program which brings children closer to their ancestral heritage through instruction in language, customs, traditions and the Orthodox faith. With the guidance of skilled instructors, campers will also participate in classes and activities such as: language, mythology, athletics, theatre and more. The children will attend worship services daily and also have an opportunity to observe the monastic life at the Monastery of the Theotokos the Life Giving Spring which is adjacent to Saint Nicholas Ranch. Arts and crafts, swimming, basketball, volleyball and canoeing are also just a few of the many extracurricular activities included in the campers’ daily schedule, plus evening campfires, storytelling, folk dancing and singing.

The 230-acre Saint Nicholas Ranch is nestled in the foothills of the Sequoia National Park. Its hiking trails, apple orchards, historic barn and lake provide the aura of a traditional Greek Village to further enhance a truly cultural experience.

The Greek Village Camp is now offering a convenient and secure way to enroll your child with online registration. Visit [www.ourgreekvillage.org](http://www.ourgreekvillage.org) to sign up today! Special discounts are available for families sending more than one child. Enrollment is limited so reserve your space today! For those campers attending from southern California, convenient bus transportation is being offered for an additional fee and will depart from the Assumption Church in Long Beach. Check out the website for more details and sign up today! Pricing May 1-31 is \$500 per camper (siblings will receive a \$25 discount).

For questions contact **Paul Gikas**, Director of the Metropolis Office of Youth and Young Adult Ministries at 415-814-1186, [pgikas@sanfran.goarch.org](mailto:pgikas@sanfran.goarch.org).

*“This is the day which  
the Lord has made; let us  
rejoice and be glad in it.”*

– Psalm 118:24



### On the Feast of Pentecost- Part 1

by Marcelo P. Souza

Acts 1:12–2:13

*“Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a Sabbath day’s journey away. And when they had entered, they went up to the upper room, where they were staying, . . . All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers.”*

The apostles and the disciples were gathered in the upper room of a building, and no doubt they were experiencing a mixture of joy, apprehension, expectation, and perplexity. The Lord had risen from the dead, he had communed with them for 40 days, and they had witnessed his ascension with their very eyes.

What now? Joyful that our Lord is risen, and he has ascended to the Father; and yet apprehensive because the Jewish and Roman authorities who crucified Christ would likely persecute the disciples – Jesus himself said so, for no servant is greater than his master.

They were also in a state of expectation, for the Lord had told them to wait in Jerusalem for the promise of the Father. They were perplexed as to what that meant, and what they were to do now.

But of one thing they were sure: Christ had established his community on earth, headed by the apostles, and now that he had ascended, their communion with him would not diminish in the least: it would be simply of a different kind. Christ would be present with them in the breaking of the bread, the Eucharist; and also he would be in their midst as they were gathering for continuous prayer.

#### The Fulfillment of the 12 Tribes

*“In those days Peter stood up among the brothers (the company of persons was in all about 120) and said, “Brothers, the Scripture had to be fulfilled, which the Holy Spirit spoke beforehand by the mouth of David concerning Judas, who became a guide to those who arrested Jesus. For he was numbered among us and was allotted his share in this ministry.”*

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from previous page

There was the need to replace Judas because the apostles, along with the community of faith, had already been taught by Jesus that he was the New Israel, and the New Temple, and therefore by being united to him mystically, through faith, they too were the New Israel that stood in the New Covenant founded on the very blood of Christ, the Lamb of God who takes away the sins of the world.

As such, as the Old Israel had been constituted by the 12 tribes in covenant with YHWH, there was a symbolic significance that the New Israel stood in covenant with the Father of the Lord Jesus Christ, through his Son, in the Holy Spirit, as constituted by the 12 apostles, the new tribes of Israel, established in the New Covenant blood of the Lamb.

### **The Coming of the Spirit at Pentecost**

*“When the day of Pentecost arrived, they were all together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance.”*

The day of Pentecost had arrived. Pentecost was named after the 50th day after Passover; it was the feast of the Firstfruits, “the feast of harvest, of the first fruits of your labor, of what you sow in the field” (Ex 23:16).

The “Feast of Weeks” (7 weeks after Passover) was an agricultural festival, an occasion on which the community was expected to show gratitude to God for the first fruits, i.e., the early harvest. In Old Testament law, the feast was proclaimed as a “holy convocation” – this is why Jerusalem at this time was filled with people visiting from everywhere.

It is very important to note that during the intertestamental period and later, Pentecost was also regarded as the anniversary of the law-giving at Sinai.

So there are many connections here with the Old Testament redemptive history being fulfillment. Pentecost is

- The beginning of the gathering of the firstfruits of the Church
- The giving of the New Law of the New Covenant
- The consecration of the New Temple in the New Jerusalem and New Covenant.

### **The Cloud, the Fire, and the New Covenant**

The disciples are gathered together, and the promised Holy Spirit comes upon them. This is the fulfillment of many elements present in the history of the people of God in the Old Testament - the *qahal* (assembly) of Israel, translated in the Septuagint as the *ekklesia*.

The Law had been given on Mount Sinai, when the LORD manifested himself in the cloud and in the fire. According to the Jewish tradition prevalent at the time when the apostles lived and Luke wrote, the Law was given on the fiftieth day after Passover, i.e., on Pentecost. The Law had been given 50 days after they had been delivered from bondage in Egypt.

Now, 50 days after the Resurrection – our deliverance from the bondage of death – the New Law is given on the mountain of God, in the New Jerusalem, in the “upper room” when tongues as of fire

and the sound as of a mighty rushing wind become the manifestations of the presence of God who comes to inscribe that New Law no longer in tablets of stone, but in tablets of the heart.

The Prophet Jeremiah had alluded to this fulfillment when he said that “the days are coming, declares the Lord, when I will make a new covenant with the house of Israel and the house of Judah, . . . I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people. (Jer. 31)

The author of Hebrews makes the connection between Mount Sinai and the Holy Mountain in which the Church stands, the New Jerusalem, in this way:

*For you have not come to what may be touched, a blazing fire and darkness and gloom and a tempest and the sound of a trumpet and a voice whose words made the hearers beg that no further messages be spoken to them . . . But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God, the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. (Hebrews 12: 18-24)*

The New Covenant established in the blood of Jesus was now also being ratified in the hearts of those who called upon his name, no longer in the terror of Mount Sinai, but with the fire that comes upon his people – not to destroy, but to purify and fill with his presence.

This is the uncreated fire of God which Moses saw on the burning bush – the fire that did not consume it, but sanctified all space around it as sacred ground, as the presence and dwelling of the Lord. That fire that burned on top of Mount Sinai now burns on the Upper Room.

*\*\*Part 2 of this article will appear in the July edition of the Herald\*\**

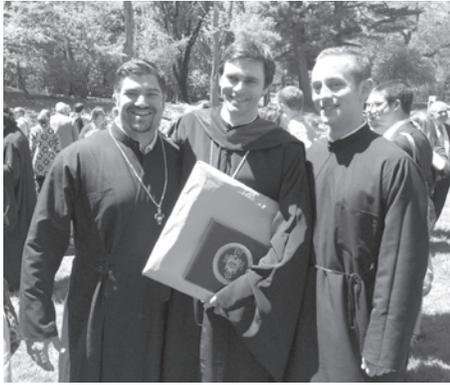
*“The Lord’s Prayer first and foremost teaches us that God is the One to whom we pray; he is not some ultimate principle or final value, but one to whom we can address our prayers, one with whom we can enter into a relationship. We call him ‘Father’; we are his children, his sons and daughters.”*

*– Fr. Andrew Louth*

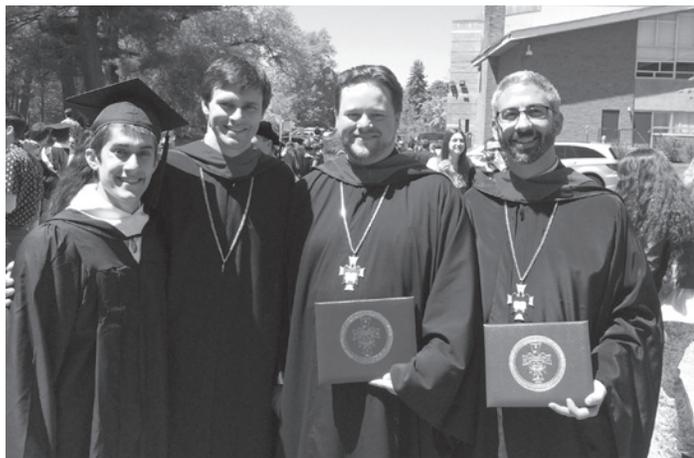
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## PHILOPTOCHOS NEWS

Our chapter celebrated Mother's Day with a luncheon at McCormick and Kuleto Restaurant at Ghirardelli Square on Saturday, May 10, 2014. The weather was perfect and the view of the Bay as we lunched was really beautiful. Our 2014 Mother of the year was Helen Panomitros. She represented all women who nurture and give of themselves to others. Helen celebrated with her whole family in attendance including her husband John, her two daughters and four grandchildren. Father Stephen proclaimed Helen Mother of the Year by presenting a bio of Helen. It was evident from his words that Helen is truly a special woman who gives of herself to all causes especially the Church. Our members presented her with a plaque, corsage and gift. In her very gracious way Helen thanked all in attendance. On Sunday, May 11th Philoptochos and the Annunciation community presented her with a bouquet of roses. We were delighted to proclaim her Mother of the Year. Axia, Axia!!



I was delighted to be able to attend the Hellenic College/Holy Cross graduation in Brookline, Massachusetts. The Annunciation Philoptochos had adopted John Boyer (Portland,Or.) as part of the Metropolis Philoptochos Adopt A Student program since his arrival at Holy Cross. This year he graduated with a Master of Divinity from Holy Cross Greek Orthodox School of Theology along with two other seminarians, Dan Triant and Rondal Burkhard from our Metropolis, and Seraphim Ramos (Whittier Ca.) who graduated from Hellenic College and will now go on to Holy Cross. It was wonderful to celebrate with these four in addition to all the students from our Metropolis who thanked our Philoptochos chapters across our Metropolis for the support they give. We are the only Metropolis who supports our seminarians/students through the Bishop Anthony Philoptochos Student Aid Endowment Fund helping them to graduate with little debt to be ready to serve in our parishes and communities. It is your support through our chapters that grows the Endow-



ment. We wish these graduates best wishes as they start on their new paths of endeavor.

We invite all our community to join us for lunch as we celebrate Father's Day on Sunday, June 15, 2014 following liturgy. On that day Father Stephen and Father Niko will proclaim two fathers of the year. Please gather with us to celebrate with these two fathers who have both given and worked for the Church and the community.



Our members wish you a happy beginning of the Spring months.

*With warm regards and love in Christ,  
Patricia Aleck, Philoptochos President*

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## Community Link Continues Ministering to Those in Need

Community Link, now in its ninth 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 or would like to join us for a visit, please contact Pauline Oetzel at [poetzel@hotmail.com](mailto:poetzel@hotmail.com). Upcoming Community Link dates are: June 21, July 19, and August 16 at 9 am.

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## Xronia Polla for Namedays in June!

Best wishes to the following individuals who celebrate their namedays this month:

**Paul Hamberis**  
**Paul Kosaris**  
**Justin Kyriacou**  
**Peter Manetas**

**Saint Justin the Martyr, June 1**  
**Saints Peter and Paul, June 29**  
**Synaxis of the Holy Apostles, June 30**

You may wish to consider sponsoring a coffee hour on the Sunday closest to your nameday, as a way of celebrating with our parish family. For more information, please contact **Mike Canellos** at (415) 864-8814.

*\*\* The information above was taken from the data submitted on our 2014 stewardship pledge cards. If your name does not appear on this list, please feel free to give your information to our stewardship data table in the gallery, or by filling out a 2014 stewardship pledge card. \*\**

## YOUTH NEWS

### Sunday School Korner

As Sunday School comes to a close for the 2013-2014 school year, we reflect on the many accomplishments in our program this year. We continued to grow our Canned Food Drive. Thank you for the many donations of canned goods. Our Xmas Program was a great success! The TGI Pascha and Angel Program during Lent had much better attendance this year. Our classes continued to learn the church hymns. UNICEF, in our third year, had great participation and we had a 35% growth in donations. We strengthened our Oratorical Festival and truly enjoyed the speeches. We look forward to next school year and all that it brings. We welcome volunteers and suggestions. We encourage parents to get involved.

Join us on facebook to stay connected and get reminders, news, photos and more at Annunciation Sunday School.

Graduation will be held Sunday, June 1, 2014. We encourage all students to WEAR THEIR PINS! We will be adding to the pin bars at graduation. Graduates will receive certificates; class photos and the community will be treated to a graduation luncheon with all our favorite picnic foods. Everyone is welcome!

Congratulations to Graduates young and old. Whether it be from middle school, high school or college we wish you success in whatever path you chose or whatever it is that God leads you to do!

On behalf of the Annunciation Community, thank you so much to all the Sunday School Teachers who worked so hard to make Sunday School successful this year for our children. Their tireless efforts every week are greatly appreciated. Our teachers include: **Chrisoula Novo, Tessa Ambus, Yvonne Chiappari, Florika Bozionellos, Mary Tonas, Annette Chiappari, Tina Kontonis, & Gus Vouchilas.** A special thank you for **Chrisoula Pezo** for all her assistance in helping me run the Sunday School program and for her leadership in the Christmas program.

We are in need of two assistant teachers for the fall. Please join us in the classroom for a rewarding experience!

Have a fun summer – see you back in classes September 7th for Opening Day with a festive Luncheon to follow.

Thank you for a successful year,

*Denise Yeilding*  
Sunday School Principal

### 2013-2014 School year Volunteers Needed!

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

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

'Like' Annunciation  
Cathedral Sunday  
School!



### Mary Tonas Retires from Annunciation Sunday School after 29 years!

Come join us June 1st at the Graduation Luncheon to say "Thank you!"

Mary Tonas has been attending church services at the Annunciation Cathedral since she was a little girl. After getting married and having two children, she realized she was able to help as a Sunday School teacher.



She was always excited and enthusiastic about sharing her love for our lovely Greek Orthodox religion, and has done so for the last 29 years. Mrs. Tonas has enjoyed teaching the third, fourth, and fifth grades as a teacher or co-teacher. She often found books, maps, and other materials so that the students could learn about their faith in a fun and relevant manner. She encouraged her students to be good Christians and helpful members to their families, classrooms, and communities. She also encouraged her students to do their best and be respectful and kind to others. She often used the Greek language whenever possible and encouraged students of other cultures to learn and share their prayers and traditions in their own native languages.

Mary was very enthusiastic about teaching Sunday School and often reminded students to attend Sunday School, even if they came late. She was very dedicated to teaching Sunday School and rarely missed a session. Parents knew they could count on Mrs. Tonas as a teacher and as a friend.

Mrs. Tonas had a gift as a Sunday School teacher. She made everyone in her class feel special. We will miss her!



### Sunday School Congratulates Our Graduates

The following names were forwarded to us from the Sunday School rosters and families:

#### College:

Nicole Kallas (University of Oregon)  
Katerina Karsant (San Francisco State)  
Alyssa Obester (University of California, Davis)  
Katherine Yeilding (University of Tulsa, *Cum Laude*)

#### High School:

Anthony Obester  
Taumaoe Selianitis

#### Middle School:

Jonas Tesfai  
Niko Pezo



Pricing for 2014: \$500 Late registration  
All siblings receive a \$25 discount.

Take advantage of Early Registration pricing by going to:  
[www.gosfyouth.org](http://www.gosfyouth.org) now!

Stay connected to our Summer Camp social media:

**Facebook:** Greek Orthodox Metropolis of San Francisco  
Summer Camp at St Nicholas Ranch

**Instagram:** metropolisofsfsummercamp

**Twitter:** @SFMetSummerCamp

For questions or additional information please contact  
**Paul Gikas**, Director, Office of Youth and Young Adult  
Ministries, 415-814-1186, [pgikas@sanfran.goarch.org](mailto:pgikas@sanfran.goarch.org).

## Greek School to Resume September 27 for 2014-2015 School Year

Many thanks to the talented staff and parents that made this year's Greek School program a success! Should you have any questions about the program or would like to sign your child up for the 2014-2015 year, which resumes September 27 (the Saturday after the Food Festival) please contact **Anthi Janssens** ([anthij@comcast.net](mailto:anthij@comcast.net)) or **Philip Athanasiades** ([philippos1cy@yahoo.com](mailto:philippos1cy@yahoo.com)).

## Summer Camp at Saint Nicholas Ranch 2014

Online Registration Now Open! [www.gosfyouth.org](http://www.gosfyouth.org)

Get excited... Summer is BACK! The Greek Orthodox Metropolis of San Francisco is proud to announce the 34th year of its Summer Camp Program at Saint Nicholas Ranch and Retreat Center in Dunlap, CA. Building on the success of the theme last year, the commandment of our Lord and Savior Jesus Christ to "Love one another", this year's theme will be, "As I have loved you."

Campers will once again participate in all of the traditional camp activities such as swimming, canoeing, archery, arts and crafts, Olympics, campfires, daily worship services, Orthodox Life discussions, visits to the Monastery of the Theotokos the Life-Giving Spring, plus the fun new additions from last summer of junkyard wars, faith and culture, nightly themed activities, and even more new surprises coming this summer!

The Camp Director will be Paul Gikas, Director of the Metropolis Office of Youth and Young Adult Ministries. The Summer Camp Management Team will be comprised of the following individuals: Jacob Saylor, Program Director; Johanna Duterte, Camp Administrator; and Chris and Kalli Retelas, Boys and Girls Directors, respectively.

Summer Camp is for children 8 years old (or entering 3rd grade in Fall 2014) to 18 years old (or graduating from High School in Spring 2014).

Dates for 2014:	Session I:	July 6 - 12
	Session II:	July 13 - 19
	Session III:	July 20 - 26



*A birthday present for Thanos Kyriacou at the Giants game!*

## JOY Giants Game!

Our Cathedral JOY and their families will celebrated spring by going to a Giants game May 13! The group of JOY families that attended the game were joined by a group of ten young adults, and a wonderful time was had by all. Our last JOY event of the year will be another pool party on June 21 at the Monolakis home, at 2:30 pm. After that, we plan on resuming during the 2014-2015 school year. Hope to see you there!

*\*\*JOY (Junior Orthodox Youth) is open to all youth between grades 3-6\*\**

## Altar Group Schedule for June

The schedule for the month will be as follows:

June 1- Group 1  
June 8- Group 2  
June 15- Group 3  
June 22- Group 4  
June 29- All Welcome

The 2014 altar group rosters are as follow:

Group 1- Niko Manetas, Stelio Kyriacou,  
Kosta Lyberopoulos, George Tsokas

Group 2- Anthony Obester, Demetri Kontonis,  
Andrew Vellis, Panagioti Sogotis, Yianni Sogotis

Group 3- Niko Pezo, Demetri Rally,  
Steven Chiappari, Steven Monolakis

Group 4- Jonas Tesfai, Nathan Tesfai, Bobby  
Kontonis, Hari Manetas, Matthew Nuris

If any families are interested in their boys joining an altar group, who 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 for guiding and instructing our altar servers each Sunday. As always, if anyone has any questions or suggestions, feel free to let us know. Thanks!

*“I have held many things in  
my hands, and lost them all;  
but whatever I placed in God’s  
hands, that I still possess.”*

– St. Augustine

## Young Adults Attend SoMa Street Fair, Support Me Meli

Last May 29, our Young Adult group attended the SoMa Street Fair, at which two of our young adults, **Maria Kalligeros Polyzos** and **Stefani Kalligeros** have opened a loukoumathes truck! Our young adult group enjoyed delicious food and dessert, and supported two of our own at the same time.

A video showcasing vendors at the SoMa Street Fair, including *Me Meli*, donating portions of their proceeds to feeding the homeless can be found here: <https://www.youtube.com/watch?v=A5xO2UjYugg>

This month, one of our young adults, Harry Madeckas, a chef at Kokkari Estiatorio, will be cooking a complimentary brunch for young professionals in the Kytherian Room, Sunday, June 29. There will be no cost. Stay tuned for more details!

*\*\*The Cathedral Young Adult group is open  
to all young adults 22-35(ish)\*\**

For more information on any of our youth groups, feel free to contact **Father Niko** at [fatherniko@annunciation.org](mailto:fatherniko@annunciation.org), or visit the “Youth of Annunciation Cathedral San Francisco” Facebook group page.

## SACRAMENTS AND SERVICES

### FUNERAL

**Kathy (Katina) Soto**, who fell asleep in the Lord on May 7, was buried May 14. She is survived by her daughter, **Alicia Soto**, her parents, **Gus** and **Popi Zakis**, and her siblings **Mike**, **Pauline**, and **Terry**.

*Aionia i Mnimi!* Eternal Memory!

### BAPTISM

The son of **Yohannes Yfiter Tesfai** and **Semhar Amlesom Tesfalides** was baptized on May 18 and was given the name **Mekseb** by his Sponsor, **Fessehaye Nayzgi**.

*Long life!*

## J U N E C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Sunday School, 10:30 (last day), Sunday School Graduation			Construction Meeting, 10 am  Capital Campaign Committee Meeting, 7:30 pm			Divine Liturgy, 10 am (Greek Orthodox Memorial Park); Greek School, 10 am (Graduation)
8	9	10	11	12	13	14
Orthros, 9 am, Divine Liturgy, 10:30 am			Construction Meeting, 10 am			
15	16	17	18	19	20	21
Orthros, 9 am, Divine Liturgy, 10:30 am			Construction Meeting, 10 am			Community Link, 9 am JOY, Monolakis House 2:30
22	23	24	25	26	27	28
Orthros, 9 am, Divine Liturgy, 10:30 am Parish Council, 12:30 pm			Construction Meeting, 10 am			
29	30					
Orthros, 9 am, Divine Liturgy, 10:30 am Young Professionals Brunch, 12:30 pm	Synaxis of the Holy Apostles, Divine Liturgy, 10 am					

*“Apostolicity requires that the Church – and I stress the whole Church – not limit herself to pastoral care of those within; to cultivating what comes easily, what is beautiful and spiritually inspiring for the benefit of those who are ‘within the Church.’ The Church is called constantly to dare to make an exodus, to reach out.”*

- Archbishop Anastasios of Albania

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TRUST IN THE LORD WITH ALL YOUR HEART, AND DO NOT RELY ON YOUR INSIGHT. IN  
ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL MAKE STRAIGHT YOUR PATHS.

– Proverbs 3:5-6