



ANNUNCIATION CATHEDRAL

SAN FRANCISCO, CALIFORNIA

Sunday Bulletin – February 15, 2026

Hymns of the Day - Υμνολογία

Resurrectional Apolytikion in the 3rd Tone

Let the Heavens rejoice? let earthly things be glad? for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion for the Church Annunciation in the 4th Tone

Today is the summary of our salvation, and the revelation of the age-old mystery. For the Son of God becomes the Son of the Virgin, and Gabriel announces the good news of grace. Therefore, let us join him, and cry aloud to the Theotokos: "Rejoice, Maiden full of grace, the Lord is with you."

Σήμερον της σωτηρίας ημών το κεφάλαιον, και του απ'αιώνος μυστηρίου η φανέρωσις, ο Υιός του Θεού, Υιός της Παρθένου γίνεται, και Γαβριήλ την χάριν ευαγγελίζεται. Διό και ημεῖς συν αυτώ τη Θεοτόκῳ βοήσωμεν: Χαίρε Κεχαριτωμένη, ο Κύριος μετά σου.

Seasonal Kontakion in the 1st Tone

O God, when You come upon the earth in glory, the whole world will tremble. A river of fire will bring all before Your Judgment Seat and the books will be opened, and everything in secret will become public. At that time, deliver me from the fire which never dies, and enable me to stand by Your right hand, O Judge most just.

Ὄταν ἔλθῃς ὁ Θεός, ἐπὶ γῆς μετὰ δόξης, καὶ τρέμωσι τὰ σύμπαντα, ποταμὸς δὲ τοῦ πυρὸς πρὸ τοῦ Βήματος ἔλκη, καὶ βίβλοι ἀνοίγωνται, καὶ τὰ κρυπτὰ δημοσιεύωνται, τότε ῥῦσαί με, ἐκ τοῦ πυρὸς τοῦ ἀσβέστου, καὶ ἀξίωσον, ἐκ δεξιῶν σου μὲ στήναι, Κριτὰ δικαιοσύνη.

Gospel and Epistle - Αναγνώσματα

Epistle Readings

Prokeimenon. 4th Tone. Psalm 146.5;134.3.

Great is our Lord, and great is his power.

Verse: Praise the Lord, for the Lord is good.

The reading is from St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2.

Brethren, food will not commend us to God. We are no worse off if we don't eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are you not my workmanship in the Lord? If to others I am not an apostle, at least I am to you? for you are the seal of my apostleship in the Lord.

Προκείμενον. 4th Tone. ΨΑΛΜΟΙ 146.5;134.3.

Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχὺς αὐτοῦ.

Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθός.

τὸ Ἀνάγνωσμα Πρὸς Κορινθίους α' 8:8-13, 9:1-2.

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησιν τῷ θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γάρ τις ἴδῃ σε τὸν ἔχοντα γνῶσιν ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθута ἐσθίειν; Καὶ ἀπολεῖται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῆι γνώσει, δι' ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ ἀμαρτάνοντες εἰς τοὺς ἀδελφούς, καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν, εἰς Χριστὸν ἀμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμι ἀπόστολος; Οὐκ εἰμι ἐλεύθερος; Οὐχὶ Ἰησοῦν Χριστὸν τὸν κύριον ἡμῶν ἐώρακα; Οὐ τὸ ἔργον μου ὑμεῖς ἐστε ἐν κυρίῳ; Εἰ ἄλλοις οὐκ εἰμι ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμι· ἢ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν κυρίῳ..

Gospel Readings

Judgment Sunday (Meatfare Sunday)

Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world? for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those on his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels? for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

Κατὰ Ματθαῖον 25:31-46

Εἶπεν ὁ Κύριος· Ὅταν δὲ ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ, καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων ὡσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρός μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἐπέειπασα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐποτίσατέ με, ξένος ἦμην, καὶ συνηγάγετέ με, γυμνός, καὶ περιεβάλετέ με, ἠσθένησα, καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην, καὶ ἦλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δὲ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δὲ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ, καὶ ἦλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. τότε ἐρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ. ἐπέειπασα γάρ, καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην, καὶ οὐ συνηγάγετέ με, γυμνός, καὶ οὐ

περιεβάλετέ με, ἀσθενῆς καὶ ἐν φυλακῇ, καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

Saints and Feasts - Εορτές

Judgment Sunday (Meatfare Sunday)

The preceding two parables -- especially that of the Prodigal Son -- have presented to us God's extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation, and death suddenly snatch them away, the most divine Fathers have appointed this day's feast commemorating Christ's impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who rewards each according to his deeds.

It is the aim of the holy Fathers, through bringing to mind that fearful day, to rouse us from the slumber of carelessness unto the work of virtue, and to move us to love and compassion for our brethren. Besides this, even as on the coming Sunday of Cheese-fare we commemorate Adam's exile from the Paradise of delight -- which exile is the beginning of life as we know it now -- it is clear that today's is reckoned the last of all feasts, because on the last day of judgment, truly, everything of this world will come to an end.

All foods, except meat and meat products, are allowed during the week that follows this Sunday.

Wisdom of the Fathers - Σοφία των Πατέρων

So great was the honor and providential care which God bestowed upon man that He brought the entire sensible world into being before him and for his sake. The kingdom of heaven was prepared for him from the foundation of the world (cf. Matt. 25:34); God first took counsel concerning him, and then he was fashioned by God's hand and according to the image of God (cf. Gen. 1:26-27). God did not form the whole man from matter and from the elements of this sensible world, as He did the other animals. He formed only man's body from these materials? but man's soul He took from things supercelestial or, rather, it came from God Himself when mysteriously He breathed life into man (cf. Gen. 2:7). -**St. Gregory Palamas**

Announcements - Ανακοινώσεις

Services This Week : Wednesday, February 18: Pope Leo the Great (Evening Divine Liturgy 6:00 PM); Saturday, February 21: Divine Liturgy & Memorials at **Greek Orthodox Memorial Park Chapel** (10:00 AM); Holy Confessions (3:00 PM), Great Vespers (4:00 PM).

Foundations of Orthodoxy: Join us for our new catechism classes, a welcoming introduction to the core teachings and life of the Church. Each session explores a key element of our faith and shows how these foundations shape our daily Christian life. Classes meet Fridays, 6:00–7:30 PM. A flyer with the full class schedule is available at the information wall outside the narthex. All are welcome: inquirers, catechumens, lifelong Orthodox, and anyone seeking a deeper understanding of our beautiful Faith. For questions, please contact Nikos Makarios at niko.makarios@announcement.org .

2026 Stewardship : "What shall I give to the Lord in return for all His goodness towards me?" Psalm 116:12. We invite you to become a steward today! Your stewardship donations directly impact our Cathedral ministries such as: Elpida religious youth program, HOPE/JOY, GOYA, Community Kitchen, Cathedral Choir, Men's Fellowship, Athletics, Dance and Greek School programs, and all the operational expenses of the Cathedral. Use the QR code below to pledge or fill out a form and turn into the Pangari today!

2025 Giving Statements: Preparation of 2025 giving statements will begin on February 16. To help us ensure your statement is mailed accurately and without delay, we kindly ask that you take a moment to review and update your mailing address in your Realm profile at www.announcement.org/realm . Thank you for your continued generosity, faithfulness, and support of our Cathedral community.

Community Kitchen : Let us come together to prepare, serve, and share a hot meal with those in our neighborhood. The next gathering of Community Kitchen will be this Tuesday, February 17. Sign up to volunteer at www.announcement.org/ck-signup. If you would like to sponsor a portion of a month, or an entire service, in honor of a loved one or a special celebration please visit www.announcement.org/ck-donate

An Invitation To Host Coffee Hour : As part of our revitalized coffee hour program, we invite ministries, organizations, and parishioners (individually or in teams) to host a Sunday coffee hour. We'll provide the coffee, cream, sugar, tablecloths, napkins, and utensils? hosts are asked to bring light refreshments such as pastries, bagels, fruit, or similar items. During the Lenten season (Feb 23–Apr 11), please ensure all food is Lenten-appropriate (no meat or dairy). We're currently seeking hosts for February 22 and March 15, 22, and 29. To sign up or learn more, contact Irene Melitas at irene.melitas@announcement.org or 925-212-8561.

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Metropolis Summer Camp 2026: This July, the Metropolis of San Francisco invites youth ages 8-18 to join us for the 2026 Metropolis Summer Camp at St. Nicholas Ranch & Retreat Center in Dunlap, CA. This exciting experience offers a chance to make new friends, reconnect with old ones, and deepen your faith. Visit <https://gosfyouth.org/summer-camp> for additional information and to register.

Scan Here To Complete Your 2026 Stewardship Pledge!



Chant Stand Liturgical Text for Today's Services:

