



# ANNUNCIATION CATHEDRAL

## SAN FRANCISCO, CALIFORNIA

Sunday Bulletin – March 29, 2026

### Hymns of the Day - Υμνολογία

#### Resurrectional Apolytikion in the 1st Tone

Although the stone was sealed by the Jews, and the soldiers guarded Your most pure body, You arose on the third day, O Savior, giving life to the world. For this reason, the heavenly powers cried out to you, O Giver of Life: Glory to Your resurrection, O Christ! Glory to Your kingdom! Glory to Your dispensation, only Lover of Mankind!

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου σῶμα, ἀνέστης τριήμερος Σωτὴρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν. Διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι Ζωοδότα· Δόξα τῇ ἀναστάσει σου Χριστέ, δόξα τῇ Βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε Φιλάνθρωπε.

#### Apolytikion for Sun. of St. Mary of Egypt in the Plagal 4th Tone

In thee the image was preserved with exactness, O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it is immortal. Wherefore, O righteous Mary, thy spirit rejoiceth with the Angels.

Ἐν σοὶ Μῆτερ ἀκριβῶς διεσώθη τὸ κατ' εἰκόνα, λαβοῦσα γὰρ τὸν Σταυρόν, ἠκολούθησας τῷ Χριστῷ, καὶ πράπτουσα ἐδίδασκες ὑπερορᾶν μὲν σαρκὸς παρέρχεται γάρ, ἐπιμελεῖσθαι δὲ ψυχῆς, πράγματος ἀθανάτου· διὸ καὶ μετὰ Ἀγγέλων συναγάλλεται Ὁσία Μαρία τὸ πνεῦμά σου.

#### 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 τῆς σωτηρίας ἡμῶν τὸ κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς συν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν: Χαίρε Κεχαριτωμένη, ὁ Κύριος μετὰ σου.

## Seasonal Kontakion in the 2nd Tone

O Protection of Christians that cannot be put to shame, mediation unto the creator most constant: O despise not the voices of those who have sinned; but be quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, O thou who dost ever protect, O Theotokos, them that honor thee.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε. Μὴ παρίδῃς ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἡ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

## Gospel and Epistle - Αναγνώσματα

### Epistle Readings

**Prokeimenon. 1st Tone. Psalm 32.22,1.**

Let your mercy, O Lord, be upon us.

Verse: Rejoice in the Lord, O ye righteous.

**The reading is from St. Paul's Letter to the Hebrews 9:11-14.**

BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

**Προκείμενον. 1st Tone. ΨΑΛΜΟΙ 32.22,1.**

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς.

Στίχ. Ἀγαλλιᾶσθε δίκαιοι ἐν Κυρίῳ

**τὸ Ἀνάγνωσμα Πρὸς Ἑβραίους 9:11-14.**

Ἀδελφοί, Χριστὸς δὲ παραγενόμενος ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν, διὰ τῆς μείζονος καὶ τελειοτέρας σκηνῆς, οὐ χειροποιήτου, τοῦτ' ἔστιν, οὐ ταύτης τῆς κτίσεως, οὐδὲ δι' αἵματος τράγων καὶ μόσχων, διὰ δὲ τοῦ ἰδίου αἵματος εἰσῆλθεν ἐφάπαξ εἰς τὰ ἅγια, αἰωνίαν λύτρωσιν εὐράμενος. Εἰ γὰρ τὸ αἷμα ταύρων καὶ τράγων, καὶ σποδὸς δαμάλεως ῥαντίζουσα τοὺς κεκοινωμένους, ἀγιάζει πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσω μᾶλλον τὸ αἷμα τοῦ Χριστοῦ, ὃς διὰ πνεύματος αἰωνίου ἑαυτὸν προσήνεγκεν ἄμωμον τῷ θεῷ, καθαριεῖ τὴν συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων, εἰς τὸ λατρεύειν θεῷ ζῶντι;

## Gospel Readings

Sunday of St. Mary of Egypt

Mark 10:32-45

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

Κατὰ Μάρκον 10:32-45

Τῷ καιρῷ ἐκείνῳ, παραλαβάνει ὁ Ἰησοῦς τοὺς δώδεκα μαθητάς αὐτοῦ καὶ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι ἰδοὺ ἀναβαίνομεν εἰς Ἱεροσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινούσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαίξουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· διδάσκαλε, θέλομεν ἵνα ὁ ἐὰν αἰτήσωμεν ποιήσης ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· τί θέλετε ποιῆσαι με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· δὸς ἡμῖν ἵνα εἷς ἐκ δεξιῶν σου καὶ εἷς ἐξ εὐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· οὐκ οἴδατε τί αἰτεῖσθε. δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δὲ εἶπον αὐτῷ· δυνάμεθα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσει ἐκ δεξιῶν μου καὶ ἐξ εὐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ' οἷς ἠτοίμασται. Καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· οἴδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν· οὐχ οὕτω δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὃς ἐὰν θέλη γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὃς ἐὰν θέλη ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἦλθε διακονηθῆναι, ἀλλὰ διακονῆσαι, καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντὶ πολλῶν.

## Saints and Feasts - Εορτές

### Sunday of St. Mary of Egypt

The memory of this Saint is celebrated on April 1, where her life is recorded. Since the end of the holy Forty Days is drawing nigh, it has been appointed for this day also, so that if we think it hard to practice a little abstinence forty days, we might be roused by the heroism of her who fasted in the wilderness forty-seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in very deed.

## Wisdom of the Fathers - Σοφία των Πατέρων

Before He humbled Himself, only the angels knew him. After He humbled Himself, all human nature knew Him. You see how His humbling of Himself did not make Him have less but produced countless benefits, countless deeds of virtue, and made His glory shine forth with greater brightness? God wants for nothing and has need of nothing. Yet, when He humbled Himself, He produced such great good, increased His household, and extended His kingdom. Why, then, are you afraid that you will become less if you humble yourself? -**St. John Chrysostom**

## Announcements - Ανακοινώσεις

**Services This Week:** Monday, March 30: Great Compline (6:00 PM); Saturday, April 4: Saturday of Lazarus (Orthros 8:45 AM, Divine Liturgy 10:00 AM), Holy Confessions (3:00 PM), Great Vespers (4:00 PM).

**Memorial Service:** Memorial Services are being offered for the repose of the souls of Evanthia Pappas (40 days), Robert Papingu (40 days), and Mario Stathopoulos (6 months). May their memories be eternal!

**Greek Independence Day Commemoration:** At the conclusion of Divine Liturgy we will have a Doxology commemorating Greek Independence Day. Our Cathedral youth will be dressed in their traditional costumes with poems and Greek dancing to follow in the hall.

**Today's Coffee Hour** is co-sponsored by Gina Vasiloudis in loving memory of Evanthia Pappas, and the families of Mario Stathopoulos and Robert Papingu in loving memory of Mario and Robert. Αιώνια η μνήμη τους!

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**Lazarus Saturday Cathedral Family Retreat:** On Saturday, April 4, we will celebrate Lazarus Saturday together with a Cathedral-wide Family Retreat, beginning with the Divine Liturgy and continuing with a full afternoon of activities for all ages. Let's come together as a Cathedral family to prepare for the joy of Pascha. We look forward to seeing you there.

**Holy Friday Luminaries:** On Holy Friday, Elpida will once again offer luminaries to line the walkways of our Cathedral as we gather for this most sacred service. Luminaries may be purchased for \$20 in memory of a loved one or for the health of a loved one. It is a simple yet powerful way to honor those we carry in our hearts while illuminating the solemn beauty of the evening. Please visit [www.annunciation.org/luminaries](http://www.annunciation.org/luminaries).

**The Evzones Are Coming:** Join us on Wednesday, April 15, for a special and rare visit from the Evzones, the elite Greek Presidential Guard. This unique evening will include a meet-and-greet, photo opportunities, and a chance to learn about the rich history and traditions of this iconic ceremonial unit, including an up-close look at their famous traditional uniforms. Admission is free, doors open at 6:00 PM and the program begins at 6:30 PM.

**Community Kitchen:** Let us come together to prepare, serve, and share a hot meal with our neighbors. The next Community Kitchen will be on Tuesday, April 21. You can sign up to volunteer at [www.annunciation.org/ck-signup](http://www.annunciation.org/ck-signup). If you would like to support this important ministry by making a financial donation, visit [www.annunciation.org/ck-donate](http://www.annunciation.org/ck-donate).

**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!

**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). To sign up or learn more, contact Irene Melitas at [irene.melitas@annunciation.org](mailto:irene.melitas@annunciation.org) or 925-212-8561.

**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:

