



ANNUNCIATION CATHEDRAL HERALD



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NOVEMBER 2014



A MONTH FOR GIVING THANKS – SF FOOD BANK APPLICATION APPROVED!

The month of October was an eventful one for the Cathedral's soup kitchen! First, the application to the San Francisco/Marin Food Bank was approved! This means that, pending an orientation session for those organizing the soup kitchen, the Cathedral can now purchase food items for the program from the Food Bank! Many, many thanks to all the volunteers who have donated items for meals during the past year, as well as 22nd and Irving, Raymond's Bread, and Kokkari Estiatorio. This is a significant step in making the soup kitchen able to sustain itself in the coming months.

Also, on October 21, guest chef **Athena Palombi** cooked and donated the meal for the soup kitchen! Athena has been on the Food Network in the past, as well as the executive chef at the Mario Andretti winery in Napa Valley and several other prestigious restaurants. In addition, she has also begun organizing events to help with fundraising for an urban garden section of the new cathedral! In theory, the urban garden would provide organic, sustainable ingredients for the soup kitchen each month, as several soup kitchens already do in San Francisco, most notably Glide in the Tenderloin.

In November, our soup kitchen team is planning a special Thanksgiving meal, with turkeys to be cooked by our very own **Philip Athanasiades**. As you probably remember from the Thanksgiving luncheons the past few years, our guests should be in for quite a treat. This soup kitchen, which will be held on November 18, will also be a JOY/GOYA event, a wonderful opportunity the youth of our parish to assist with a community service project in this beautiful month of giving thanks.

Please keep the soup kitchen program in your prayers. The Lord has blessed the efforts of those organizing our soup kitchen ministry, and the future is very promising. Now in its ninth month, the soup kitchen is one of (God willing!) several ministries that our community can offer our neighborhood as we go forward building our new church in downtown San Francisco. Many thanks to all our volunteers and especially our hard-working committee of **Christina Tsiatis, Stefani Kalligeros, Philip Chehade, Maryann Boosalis, Andrew Christofas, Presbyteria Stella Bekris** and **Ariana Alex!** Many thanks.



More Praise for the Food Festival!

Since the festival ended, we have continued receiving positive feedback from those who attended! The following was sent to festival@annunciation.org:

"Hello gentlepeople! First, I want to tell you that I attended the food festival this year for the first time, and won't miss another. The food was fantastic and clearly made with love. Thank you for all the work you did to make this possible. I left feeling warm and happy and blissfully full and loving life! Favorites were the Tiropitas, the amazing patatas, and the dessert, Gosh!mgoonagetfatonthis...I think you call it Galaktoboureko, which I have to assume means "best thing ever in the world" in Greek. I am forever in your debt for introducing me to this wonderful gift from God...

... I feel lucky and blessed to have attended, and am already looking forward to the next festival. Could you do one next week, please?"

Cathedral Opens Donations Link on Amazon.com

The Cathedral is now enrolled in the AmazonSmile program, whereby Amazon donates 0.5% of the price of eligible Amazon Smile purchases to charitable organizations selected by Amazon.com customers. This would be a tremendous help to the Cathedral as we shop on one of the biggest online businesses in the world!!

When making online purchases from Amazon, just select “Annunciation Greek Orthodox Cathedral” as your charity of choice. Here’s how to enroll in this program:

- Go to <https://smile.amazon.com> and log in with your Amazon account (if you don’t have an Amazon account, you can create one from that web page by clicking on the ‘Create an account’ link)

- Enter ‘Annunciation Greek Orthodox Cathedral San Francisco’ in the search field and hit ‘Search’
- You should see a single result of ‘Annunciation Greek Orthodox Cathedral’. If you see more results, locate the one with ‘San Francisco, CA’ next to it.

- Hit ‘Select’ to make the Annunciation your charitable organization choice for your Amazon account.

That’s it! When shopping on Amazon, simply sign into <https://smile.amazon.com> for the Annunciation to receive 0.5% of the price of eligible purchases. You’ll know you’re in the AmazonSmile program because the top left corner of the web page will show ‘amazonsmile’ instead of ‘amazon’.



MATCHING GIFTS FOR THE BUILDING PROJECT

Some time 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 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.

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 donation

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



Building Update – Garage Construction Continues

Our Construction manager, Ken Katen, who normally writes our building updates, is recovering from extensive knee surgery, but should be back to updating us of the project's progress next month. In the meantime, construction on the garage is nearly finished!

Please keep the building project, and Ken, in your prayers as we go forward in building this temple to God's glory, and for the good of His people.

“If we teach our children all the statutes of God and things pertaining to his kingdom- although it may mean putting aside our own ways of doing things- we can trust that God’s purposes for the coming generation will be fulfilled.”

– Jannah Scott

Dome Being Constructed!



Gift Giving to the Capital Campaign

For those parishioners or friends of the Cathedral who wish to make a donation, you may consider donating funds from your stock portfolio. If you were to sell this stock on the open market most likely you will pay capital gain taxes. To avoid paying capital gain taxes, you simply donate the stock to the Annunciation Cathedral, a non-profit 501(c)3 religious corporation.

The stock needs to be publicly traded on one of the exchanges (NY, NASDAQ, etc) then you simply report it on your tax return as a noncash charitable contribution. You get the appreciated value for the donation and do not pay tax on the capital gain. Then all you will need for taxes is a letter of acknowledgment from the Cathedral, with the name of the stock, date of donation and number of shares received. For additional information regarding the transfer of stock to the Cathedral, please contact Father Stephen at fatherstephen@annunciation.org or Angie Leventis at aleventis3@comcast.net.



Preliminary Thoughts on the Eucharist, on Sola Scriptura and on Icons (Part 2)

by Marcelo P. Souza

Sola Scriptura

How about sola scriptura? As I have said elsewhere, sola scriptura does not mean that one goes only to the Bible for doctrine (the magisterial Reformers – Luther and Calvin – understood that; this misunderstanding is not what they

meant by the term, since they themselves tried to support their claims from historical interpretations of the Church, even though they were not able to do that very well in my opinion).

“He calls us to be agents not only of His saving grace but of His common grace.”

– David Kinnaman

Properly understood, sola scriptura means that the ultimate authority on the matters of doctrine and piety are the Scriptures. This does not mean at all that the Scriptures contain all truths, much less that truth is restricted to Scripture.

Of course, even a proper understanding of sola scriptura has its own problems. As Luther and Calvin understood, the ultimate authority on the matters of doctrine and piety are the Scriptures properly interpreted – whether the final authority of interpretation will be the Roman Catholic Magisterium, Luther, Calvin, the Westminster Confession and Catechisms, the Belgic Confession and the Heidelberg Catechism, Pastor Bob, Me Myself and I, Benny Hinn, Tim LaHaye, Oprah, and so on. There are thousands of Protestant denominations which agree on a number of issues, and yet disagree on others which they consider

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important enough to have left and begun a new church.

Or, the final authority of interpretation will be the ongoing living tradition of the Church (including the Fathers, the Ecumenical Councils and present day canonical bishops).

In other words, sola scriptura does not work because if one says the Bible is the final authority, such authority can only be applied by interpreting the Bible, and so the real final authority will be the one who determines what the Bible means.

That is not even to mention that Protestants who adhere to sola scriptura cannot use the concept of “Bible” legitimately, because the New Testament, which most Christians did not have for centuries, was defined and canonized by the Church, not by the Bible. The Church said that the *Didache* was not the New Testament, and the letter to the Ephesians was, and so on. The final authority for one to even consider a writing to be the “Bible” comes from the Church, not from the Bible. It was the Church who wrote the Bible, and then said that the Bible is the Bible. After all, as St Paul told his pupil Timothy,



“I write so that you may know how you ought to conduct yourself in the house of God, which is the Church of the living God, the pillar and ground of the truth.” (1Tim. 3:15)



Icons

What about icons? Yes, through them we do talk to those whom they represent, and ask for their prayers. It was the pagans of old that

denied that there is eternal, everlasting life with God after death. But Christianity affirmed that Christ was “risen from the dead, trampling down death by death, and bestowing life upon those in the tombs.” He is “not God of the dead, but of the living” (Luke 20).

Those who live their lives following him serve him by loving and serving others. When they “repose” (as we call it), they become even more alive to God, without the encumbrances of sin, weaknesses, body limitations of tiredness, hunger, need of sleep, etc. They behold the face of God in Christ, and, filled with his Spirit, transfigured by grace and deified in the presence of the living God, they continue to worship and serve him more than ever – which means they continue to love and pray for those who seek their assistance. They are able to do that because they are united to Christ by the Spirit, not dependent on spatio-temporal considerations of time, place, ability to know by the physical senses, etc.

Just like we instinctively ask for the prayers of those whom we know to be devout people here on earth – people that we trust, that we know that they know God, and that God hears their prayers because they walk with him (of which the Scriptures are full of examples, the prophets being the most common) – so we also ask for the prayers of those who are alive in Christ. We often use the word “pray” to them, because the English word means to ask for something, not to worship.

So icons as windows of heaven. Against the gnostics the Church has always affirmed that God created and redeemed both spiritual things and material things. He sanctifies matter for his own use. Icons become blessed elements through which we address God, his Mother, and his saints, much like we look at a picture of a loved one and kiss it, or have a thought about them, or say a prayer for them.

Xronia Polla for Namedays in November!

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

Philip Athanasiades	Philip Margoulas
Angie Augustus	Nektarios McKnight
Pres. Stella Bekris	Steven Monolakis
Philip Chehade	Katerina Nicolacakis
Philip Chiappari	Andrew Nuris
Katherine Curd	Matthew Nuris
Kathy Garibaldi	Catherine Pantagos
Katherine Johns	Katerina Rally
Andrew Kallas	Kosmas Skinas
Kathy Karas	Andrew Vavuris
Fr. Stephen Kyriacou	Angelo Vorrises
Stelios Kyriacou	Matteo Vorrises
Angie Leventis	Stephanie Vorrises
Kathryn Mares	Katie Yeilding

Sts. Cosmas and Damian, the Unmercenaries, November 1
Synaxis of the Holy Archangels, November 8
St. Nektarios of Aegina, the Wonderwork, November 9
St. Philip the Apostle, November 14
St. Matthew the Evangelist, November 16
St. Katherine, the Great Martyr, November 25
St. Stylianos, November 26
St. Andrew the Apostle, the First-Called, November 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. ***

*“We are responsible for
faithfully representing Christ
within the natural network
of our relationships.”*

- David Kinnaman

PHILOPTOCHOS NEWS

National Philoptochos Recognizes National Breast Cancer Awareness Month

This campaign is to increase awareness of the disease. Philoptochos asks that you educate and empower yourself and your loved ones to be aware of the signals, preventative measures and treatments for breast cancer. Early detection is critical and if detected early, in the localized state, the five year survival rate is 98%. Education is empowerment and the early detection through regular screenings and clinical exams should be done routinely - once is not enough. Our Philoptochos will provide fact sheets on breast cancer. Please join us after coffee hour to receive this factual sheet that every woman should know about.

Thanksgiving Luncheon

In November we will hold our annual pre-Thanksgiving luncheon. It is a day that the members of the Cathedral can give thanks to all that is progressing in the rebuilding of our Church. Also Thanksgiving begins the start of the months of the Holiday season that celebrates the birth of our Lord. We hope you will join us as we break bread together in the spirit of thankfulness. Look for the flyer that announces this luncheon.

Angel Tree Project

Beginning in late November we set up this project with a tree that holds ornaments our members can take to give as gifts to those less fortunate. We choose organizations that are in need in order to help those whose lives need a helping hand. As always gifts given by our Annunciation are over the top generous. Be a part of this worthy project and select your ornament and know that your donation is truly appreciated.

The following are upcoming Philoptochos events:

Light the Path Luncheon sponsored by the Metropolis Philoptochos to support the Bishop Anthony Philoptochos Student Aid Endowment Fund will be held on Saturday, December 6, 2014 at St. Basil Church in Stockton, California. Look for your invitation in the mail and join this Christmas wonderland to support our Seminarians /Students and let us know if you can attend so we can arrange tables for our members.

Our Annunciation Philoptochos annual Vasilopita Luncheon will be held on Sunday, January 11, 2015. Come and enjoy the delicious breads baked by our Philoptochos ladies.

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Our annual Crab Feed will be held on Friday, January 30, 2015. Join us as we feast on the most delicious crab ever! Plan to get your reservations in early as we had to turn people away last year.

I look forward to sharing each of these events with you.

In His Name,
Patricia Aleck
Philoptochos President



Despina Kokalis Receives Agape Award Certificate of Merit From National Philoptochos

On October 12 following Philoptochos presented **Despina Kokalis** the National Philoptochos Agape Award. Despina epitomizes the true meaning of Philoptochos. She is friend of the poor and needy, compassionate advocate for the sick, true believer of the Orthodox Religion and one that thinks of what she can do better for the world. Following is a short bio that our Chapter presented to National Philoptochos.

When she left the island of Mykonos in 1961 as a young bride she immediately adopted the Noe Valley area of San Francisco where she has resided for 53 years. In addition to raising three step children and one daughter of her own she quickly became known as a helper of all especially in her community and in the Church.

She has been a member of the Annunciation Cathedral and the Ladies Philoptochos Society since her arrival in her adopted city. From the beginning she has been active and supportive of all Philoptochos sponsored events both monetarily and volunteering her time and has worked diligently to support the Philoptochos and has been a shining example to all who join. If there was a fund drive for a specific need, Despina was at the forefront.

To this day she visits many hospitals, rest homes and even shut-ins giving courage and help if needed. She keeps our chapter aware of those in need and has kept visitations charted for all to visit. She has opened her home over many years to those in hospitals who need housing. One example is a family from Greece whose young child had a genetic disorder at UC Hospital in San Francisco. The family stayed with her spanning a four year period. She has done this many, many times for others in need of care over the years.

Despina has baptized nine children and married four couples, perfect strangers to her, given to her by the Priest who needed someone to stand for them. They were people who needed a helping hand and that was all that mattered to her. Despina has not forgotten her roots and has returned to her homeland to visit family and to give to less fortunate. In addition, she serves the Church by starting at 8:00 am every Sunday organizing and helping set up for service. The love she shows for the Church is without parallel.

Our chapter thinks of Despina as a woman who stands out among her peers as a woman of great vision, compassion and lots of love and one who never wants awards or thanks for all she does. *Axia!*

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, please contact Pauline Oetzel at poetzel@hotmail.com. The last Community Link dates of 2014 are: November 15, December 20 at 9 am.

YOUTH NEWS

Sunday School Korner

Our Sunday School year is off to a great start! Our classrooms are bustling with the sounds of many children excited to learn and teachers excited to teach about our Orthodox religion. October was busy with lessons in relation to UNICEF and the power of giving. Special lesson plans were given to all children on Sunday, Oct. 26th for our UNICEF project. We finished the month with a fun luncheon and costume parade in the spirit of Halloween.

Please have your child turn in their UNICEF boxes to Sunday School Sunday, Nov. 2nd. If you would like to make a donation by check, please write your check directly to UNICEF and give it to your child's Sunday School Teacher or to Denise Yeilding.

Sunday School is gearing up for the holidays. We kick off our annual food drive on Nov. 23rd, special Thanksgiving services on Thanksgiving Day, and we begin preparing for our annual Christmas program. Each class will be participating in a **NEW** Christmas program.

We are looking for volunteers to help with Santa, and with pageant set up and luncheon for the event. Please contact Denise Yeilding if you can help at dyeidling@yahoo.com.

Remember, if you can't bring your child to Sunday School, ask a godparent, grandparent or even a friend. We start at 10:30 am every Sunday and always welcome visitors.

Have suggestions, like to help with a program? Contact Denise Yeilding.

'Like' Annunciation
Cathedral Sunday
School!



Annunciation GOYAnS Attends Regional GOYA Event

This year, our new Metropolis Youth Director, Johanna Duterte, will be organizing a regional (Bay Area) GOYA event each month, the first of which was held Friday, October 10. Seven of our GOYAnS, along with 35-40 other GOYAnS from various parishes in the Bay Area, played Laser Tag at Laser Quest in Mountain View, then ate pizza and s'mores at a campfire at Holy Cross Church, Belmont. A great time was had by all!

For November, the Metropolis GOYA event will be the volleyball tournament in San Jose (Nov 14-16), followed by a Christmas sweater party in December. Meanwhile, the Cathedral's GOYA will be participating at the next soup kitchen, November 18. More details can be found on the "Greek Orthodox Metropolis of San Francisco GOYA" Facebook page, or email jduterte@sanfran.goarc.org.

GOYA (Greek Orthodox Youth of America) is open to grades 7-12, and events are typically the second Friday of every month

*"Parents should pray silently to
Christ with upraised arms and
embrace your children mystically."*

- Saint Porphyrios, On the
Upbringing of Children

JOY Begins 2014 – 2015 School Year!

On October 14, our JOY held its first event of the year at the Athanasiades house! We played some games, had dinner and dessert, and had a faith talk with Father Niko about "fitting in," using clips from "The Lego Movie." A great time was had by all.

Given that November is a month for giving thanks, both our youth groups will help out at our soup kitchen on November 16, 6:30-8:30. Hope to see you there!

JOY (Junior Orthodox Youth) is open to all youth between grades 3-6, and is held every second Tuesday of the month



Greek School Resumes for 2014-2015 School Year

Greek School has begun! Included in this Herald are the calendar for the school year and registration forms, should you have any questions about the program or would like to sign your child up for the 2014-2015 year. You may send the form or any questions you may have to either **Anthi Janssens** (anthij@comcast.net) or **Philip Athanasiades** (philippos1cy@yahoo.com).

Altar Groups in November

Our altar schedule for October is as follows:

November 2- Group 1

November 9- Group 2

November 16- Group 3

November 23- Group 4

November 30- All Welcome

Our altar groups for the 2014-2015 school year are as follow:

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

Group 2- Demetri Kontonis, Andrew Vellis, Panagiotis Sogotis, Yianni Sogotis, Steven Monolakis, Sean Souza

Group 3- Niko Pezo, Demetri Rally, Steven Chiappari, Gianni Kefalas

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

Serving in the altar is a wonderful way for our young people to participate in the worship of our church, and learn more about our faith. 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. 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!

Young Adults Go to Souvla!

On October 30, our Cathedral young adults had dinner in Hayes Valley at Souvla! One of our young adults, **Charles Bililies**, who attended our very first event in March 2009, has since gone on to open Souvla, a wonderful new Greek restaurant with delicious food and great atmosphere. It was only fitting that we show our support!

The Cathedral Young Adult group, now in its sixth year, 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, or visit the "Youth of Annunciation Cathedral San Francisco" Facebook group page.

SACRAMENTS AND SERVICES

FUNERAL

Daniel (Dionysios) Karidis fell asleep in the Lord on September 22, 2014, and was buried on September 26, 2014. He is survived by his two sons, **Jim** and **Spiro Karidis**.

Aionia i Mnimi! (Eternal memory!)

BAPTISMS

Theodore Lee Galifianakis, son of **Nicholas Galifianakis** and **Suggi Angela Lee**, was baptized at the Cathedral on September 27. His sponsors are **Michael** and **Kaitly Kratsios**.

James Larson IV, son of **James** and **Margaret Stavroula Larson**, was baptized at the Cathedral on September 27 and given the name **Demetrios**. His sponsor is **Eleni Kalligeros**.

Corina Lily, daughter of **Tom (Athanasios) Prountzos** and **Christine Nicole Rueckert**, was baptized on October 4. Her sponsors are **Panagiotis Prountzos** and **Stephanie N. Callas**.

Na Mas Zisoun! Long Life!

MARRIAGE

James Patrick Peck and **Alexis Katherine Karsant** were married at the Cathedral on October 11. Their sponsor is **Aristea Kakounis**.

Na mas zisoun! Long Life!

NOVEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
Orthros, 9 am, Divine Liturgy, 10:30 am Dance Practice noon		Pre-Marital Program, 7 pm	Construction Meeting, 10 am			Synaxis of the Holy Archangels, Liturgy 10 am
9	10	11	12	13	14	15
Orthros, 9 am, Divine Liturgy, 10:30 am Dance Practice noon			Construction Meeting, 10 am		Volleyball Tournament, San Jose	Community Link, 9 am Volleyball Tournament, San Jose
16	17	18	19	20	21	22
Orthros, 9 am, Divine Liturgy, 10:30 am Dance Practice noon Parish Council, 12:30 pm Volleyball Tournament, San Jose		Soup Kitchen, 6:30-8:30 (JOY/GOYA)	Construction Meeting, 10 am		Entrance of the Theotokos into the Temple; Orthros 9 am, Liturgy 10 am	
23	24	25	26	27	28	29
Orthros, 9 am, Divine Liturgy, 10:30 am Dance Practice noon		Saint Katherine, Liturgy 10 am	Saint Stylianos, Liturgy 10 am Construction Meeting, 10 am	Thanksgiving, Liturgy 10 am		
30						

*“The mother was overcome by anxiety and distress.
I said to her: ‘Don’t say a word. Just pray.’”*

- Saint Porphyrios, On the Upbringing of Children

UNITED GREEK ORTHODOX COMMUNITY OF
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“TO LIVE IS TO CHANGE, AND TO BE PERFECT IS TO HAVE CHANGED OFTEN.”
– J.H. Newman

