

Father's Feature *Rev. Fr. Constantinos Economos*



Panagia's Birthday - A reminder that our hope is in the Lord!

While January 1st marks the beginning of a new calendar year, September 1st marks the beginning of the new ecclesiastical and academic year. This day is known as the "Indiction" and was an important day beginning in Byzantine times, where Church and State were united. This has definitely

carried over into the modern world, as summer vacation comes to an end and academic programs begin. In the Church, we begin a new cycle of celebrations. It is no accident that the first great feast we encounter is that of the Nativity of the Theotokos.

What is particularly interesting about this feast is that the Church only celebrates the conceptions of Christ (March 25th – Annunciation), St. John the Baptist (Sept 23rd) and that of Panagia (Dec 9th). Therefore, if you celebrate the conception, it comes only naturally that we must celebrate their three respective births. Christ's conception by the Holy Spirit is commemorated on March 25th exactly 9 months before the Nativity of our Lord, on December 25th. Whereas St. John the Baptist's conception is September

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About the Nativity of the Theotokos:

The birth and early life of the Virgin Mary is not recorded in the Gospels or other books of the New Testament, however this information can be found in a work dating from the second century known as the Book of James or Protevangelion.

According to the story found in this book, Mary's parents, Joachim and Anna, were childless for many years. They remained faithful to God, but their prayers for a child were unanswered. One day, when Joachim came to the temple to make an offering, he was turned away by the High Priest who chastised him for his lack of children. To hide his shame, Joachim retreated to the hill country to live among the shepherds and their flocks.

As Joachim was praying, his wife Anna was praying at the same time at their house in Jerusalem. An angel appeared to both of them and announced that Anna would have a child whose name would be known throughout the world. Anna promised to offer her child as a gift to the Lord. Joachim returned home, and in due time Anna bore a daughter, Mary.

Source: <https://www.goarch.org/nativity-theotokos>



from front page

23rd and nativity on June 24th, and Panagia's conception is celebrated December 9th, and her birth on September 8th; in both cases, one day less than perfection. Christ is the fulfillment of the Old Testament Law and the Prophets (*last prayer of Divine Liturgy*). Christ is perfection! Even our Church calendar speaks to us about the truth that Christ is Lord – perfect God and perfect man!

The meaning of the feast of the Nativity of the Theotokos is to never to lose hope, and that when our prayers are answered we are called to have gratitude. Many times, God might withhold something from us for the benefit of our salvation. Sts. Joachim and Anna remained faithful through their trials with infertility, trusted God, and when they were blessed with Panagia they didn't think of their own care or enjoyment but set it in their hearts to offer this child as an offering to God and the entire world. Do we see our trials as a gift from God? Do we truly trust God with our lives? Do we make the most of our difficulties for our spiritual benefit? Do we pray for each other and support bear one another's burdens? (Galatians 6:2). Finally, do we thank God for the difficulties we face, seeing them as a path to salvation? Let us use these truly self-sacrificial and holy examples of Sts. Joachim and Anna to remind us that, "... *God makes all things work together for the good of those who love Him and are chosen to be a part of His plan*" (Rom 8:28). God wants us to be saved and will use every means possible to open the doors of heaven for each and every one of us. May we be so blessed to follow Him in humility, prayer, thanksgiving and love!

Hymn of the Nativity of the Theotokos

Ἡ γέννησίς σου Θεοτόκε, χαρὰν ἐμήνυσε πάσῃ τῇ οἰκουμένῃ· ἐκ σοῦ γὰρ ἀνέτειλεν ὁ ἥλιος τῆς δικαιοσύνης, Χριστὸς ὁ Θεὸς ἡμῶν, καὶ λύσας τὴν κατάραν, ἔδωκε τὴν εὐλογίαν· καὶ καταργήσας τὸν θάνατον, ἔδωρήσατο ἡμῖν ζωὴν τὴν αἰώνιον.

Your Nativity, O Theotokos, imparted joy to the entire earth, for out of you has risen the Sun of Righteousness, Christ our God. He nullified the curse and instead gave His blessing; and causing death to be neutralized, He granted us eternal life.

SUNDAY SERVICES: ORTHROS 8:30AM DIVINE LITURGY 10AM

REV FATHER CONSTANTINOS ECONOMOS
415-864-8000

FR.CONSTANTINOS@ANNUNCIATION.ORG

PARISH COUNCIL MEMBERS

NAME.NAME.@ANNUNCIATION.ORG

PARISH ORGANIZATIONS

OUR WEBSITE HAS A WEALTH OF INFORMATION. YOU WILL FIND OUR PARISH MINISTRIES LISTED WITH CONTACT INFORMATION.

PLEASE SUBMIT YOUR PHOTOS AND ARTICLES AND INFORMATION TO DENISE.YEILDING@ANNUNCIATION.ORG BY THE 20TH OF THE MONTH FOR CONSIDERATION IN THE NEXT MONTH'S HERALD PUBLICATION. WE ENJOY PHOTOS FROM YOUR FAMILY CELEBRATIONS!

Installation of Rev. Fr. Constantinos Economos as the 11th Proistamenos of the Annunciation Cathedral

The Annunciation Greek Orthodox Cathedral of San Francisco joyfully announces the installation of Rev. Fr. Constantinos Economos as the 11th Proistamenos of our Cathedral. This historic and sacred occasion will take place on Sunday, September 7, 2025, at the conclusion of the Hierarchical Divine Liturgy, officiated by His Eminence Metropolitan Gerasimos of San Francisco.

The day will begin with Orthros at 8:45 a.m., followed by the Hierarchical Divine Liturgy at 10:00 a.m., after which the installation of Father Constantinos will take place.

The installation of a new Proistamenos marks an important moment in the life of our Cathedral, symbolizing the continuity of spiritual leadership and the ongoing growth of our parish family. We are truly blessed to welcome Father Constantinos, Presvytera Kristina, and their daughters Marianna and Elleousa into our Annunciation community.

All parishioners, friends, and faithful are warmly invited to witness this historic event and share in the joy of our Cathedral family.

Following the installation, a complimentary celebratory brunch will be offered in our Cathedral hall. This will be a time for fellowship, gratitude, and the opportunity to extend a heartfelt welcome to Father Constantinos and his family as they begin their ministry with us.

We look forward to celebrating this blessed day together as one family in Christ.

In honor of Father Constantinos' installation, donations to the Cathedral Building Fund can be made at www.annunciation.org/welcome-father



CHURCH SERVICES

SEPTEMBER 2025

Date	Service	Time
Saturday Sept 6 th	Εξομολόγηση – Holy Confessions Μέγας Εσπερινός – Great Vespers	3 PM 4 PM
Sunday Sept 7 th	ΚΥΡΙΑΚΗ ΠΡΟ ΤΗΣ ΥΨΩΣΕΩΣ ΤΟΥ ΣΤΑΥΡΟΥ <i>SUNDAY BEFORE THE ELEVATION OF THE CROSS</i> Όρθρος - Orthros Θεία Λειτουργία - Divine Liturgy	8:45 AM 10 AM
Monday Sept 8 th	ΓΕΝΕΣΙΟΝ ΤΗΣ ΘΕΟΤΟΚΟΥ NATIVITY OF THE THEOTOKOS Όρθρος - Orthros Θεία Λειτουργία - Divine Liturgy	8:45 AM 10 AM
Wednesday Sept 10 th	Ευφρόσυνος του Μαγείρου - Εσπερινή Θεία Λειτουργία Euphrosynos the Cook - Evening Divine Liturgy	6 PM
Saturday Sept 13 th	Μέγα Εσπερινό στο Τίμιο Σταυρό – Μπέλμοντ Great Vespers at Holy Cross – Belmont	6 PM
Sunday Sept 14 th	ΥΨΩΣΙΣ ΤΟΥ ΤΙΜΙΟΥ ΣΤΑΥΡΟΥ <i>ELEVATION OF THE HOLY CROSS</i> Όρθρος - Orthros Θεία Λειτουργία - Divine Liturgy	8:45 AM 10 AM
Wednesday Sept 17 th	Αγία Σοφία & Θυγατέρων Μαρτύρων - Εσπερινή Θεία Λειτουργία St. Sophia and her 3 Martyr Daughters - Evening Divine Liturgy	6 PM
Saturday Sept 20 th	ΕΥΣΤΑΘΙΟΥ ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ EUSTATHIOS GREAT MARTYR Όρθρος - Orthros Θεία Λειτουργία - Divine Liturgy Εξομολόγηση – Holy Confessions Μέγας Εσπερινός – Great Vespers	8:45 AM 10 AM 3 PM 4 PM
Sunday Sept 21 st	ΚΥΡΙΑΚΗ ΜΕΤΑ ΤΗΝ ΥΨΩΣΙΝ <i>SUNDAY AFTER THE ELEVATION OF THE CROSS</i> Όρθρος - Orthros Θεία Λειτουργία - Divine Liturgy	8:45 AM 10 AM
Tuesday Sept 23 rd	ΣΥΛΛΗΨΙΣ ΤΙΜΙΟΥ ΠΡΟΔΡΟΜΟΥ CONCEPTION JOHN BAPTIST Όρθρος – Orthros Θεία Λειτουργία - Divine Liturgy	8:45 AM 10 AM
Wednesday Sept 24 th	Παναγία Μυρτιδιώτισσα - Εσπερινή Θεία Λειτουργία Panagia Myrtdiotissa - Evening Divine Liturgy	6 PM
Friday Sept 26 th	ΜΕΤΑΣΤΑΣΙΣ ΙΩΑΝΝΟΥ ΤΟΥ ΘΕΟΛΟΓΟΥ METASTASIS OF ST. JOHN THE THEOLOGIAN Όρθρος – Orthros Θεία Λειτουργία - Divine Liturgy	8:45 AM 10 AM
Saturday Sept 27 th	Εξομολόγηση – Holy Confessions Μέγας Εσπερινός – Great Vespers	3 PM 4 PM
Sunday Sept 28 th	Α' ΚΥΡΙΑΚΗ ΛΟΥΚΑ 1st SUNDAY OF ST. LUKE Όρθρος - Orthros Θεία Λειτουργία - Divine Liturgy	8:45 AM 10 AM



ANNUNCIATION CATHEDRAL
 — SAN FRANCISCO, CALIFORNIA —

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Ecclesiastical New Year	2	3 5 PM Food Fesl Prep 8 PM Basketball	4	5	6 10 AM Festival Prep 3 PM Confessions 4 PM Great Vespers	7 Installation of Fr. Constantinos 8:45 AM Orthros Hierarchical 10 AM Divine Liturgy 12 Noon Luncheon 1 PM Festival Prep 1 PM Greek Dance
8 Nativity of the Theotokos 8:45 AM Orthros 10 AM Divine Liturgy	9	10 St. Euphrosynos the Cook 6 PM Evening Divine Liturgy 7:30 PM Parish Council 8 PM Basketball	11	12	13 12 PM Festival Prep 6 PM Great Vespers Belmont	14 Exaltation of the Holy Cross 8:45 AM Orthros 10 AM Divine Liturgy 12 PM Greek Dance
15	16 3 PM Community Kitchen Prep 6 PM Community Kitchen Service	17 10 AM Festival Prep St. Sophia 6 PM Evening Divine Liturgy 8 PM Basketball	18 10 AM Festival Prep	19 GREEK FEST	20 GREEK FEST St. Eustathios 8:45 AM Orthros 10 AM Divine Liturgy	21 GREEK FEST Sunday after Holy Cross 8:45 AM Orthros 10 AM Divine Liturgy
22	23 Conception St. John Baptist 8:45 AM Orthros 10 AM Divine Liturgy	24 Panagia Myrtidiotissa 6 PM Evening Divine Liturgy 7:30 PM Ministries Meeting 8 PM Basketball	25	26 Metastasis St. John Theologian 8:45 AM Orthros 10 AM Divine Liturgy	27 Confessions 3 PM Great Vespers 4 PM	28 1st Sunday of LUKE 8:45 AM Orthros 10 AM Divine Liturgy MINISTRIES SUNDAY Food Fest Thank You 12 PM Greek Dance
29	30	LEGEND: CHURCH SERVICES ATHLETICS SPECIAL EVENTS COMMUNITY OUTREACH			ANNUNCIATION CATHEDRAL 245 Valencia St. San Francisco, CA 94103 415.864.8000 office@annunciation.org	

Stewardship 2025

It's Not Too Late to Join our Community!!

Let's embrace this exciting New Chapter for Annunciation Cathedral together!! We are all so excited to Welcome Fr. Constantinos, Presbyteria Kristina and their two adorable daughters to our Annunciation family! Come meet them on Sundays!

Thank you to those that have pledged their commitment to our Church for 2025. We appreciate you. Please check our Stewardship list to see if you may have forgotten, or if I made a mistake. Why make a commitment?? Your pledges help the day to day operations of our parish. Here are some numbers as many ask, "How much does it cost to run our Church?" Our Numbers are around \$2800 per day, \$20,000 per week, and \$1,000,000 per year"

Day in and day out, the Cathedral is here to welcome, love, support and serve you, so please help us in this holy mission!

Annunciation Cathedral

Stewardship 2025



Scan & Pledge Today

ANNUNCIATION GREEK ORTHODOX CATHEDRAL 2025 STEWARDSHIP COMMITMENT CARD

Name _____ Preferred Number () _____
Spouse Name _____ Cell Number () _____
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City _____ State _____ Zip _____
Names/ages of dependents _____
I prefer receiving communications via:
 Email Mail Both

COMMITMENT

\$ _____ per week, month, year (circle one)

Please bill my Mastercard Visa Amex (Circle card.) Card # _____ Exp. Date _____
Security Code _____

Name as appears on card _____ Signature _____

Ministries Sunday

Enjoy learning about the Ministries of our Church on Sunday, September 28th. A short presentation immediately following the Divine Liturgy will give you an overview of each ministry.

Join us in the Church Hall after service to explore and engage with our various ministries. Don't miss this opportunity to walk around, gather information, sign up and be a part of something great!

Some of the ministries you will see: Elpida (Youth religious education), Adult religious education, Choir, Philoptochos, Greek School, Greek Folk Dance, Athletics, Men's Fellowship group, GOYA, Jr. GOYA, HOPE, Community Kitchen, and Stewardship!

Who is interested in helping us create a Senior group??

2025 Stewards as of August 21

Demetria Aleck
Pat Aleck
Maria & Andrew Allen
George & Tessa Ambus
Terry & Marina Ambus
Toni Ambus
Vasiliki Argeropios
Philippos & DIALA Athanasiades
Margarita Bagatelos
Michael Bagatelos
Annamarie & Robert Balian
Nicholas Balian
Brad Banks
John Bardis & Kathleen Courtney
Constantine Barlas
Anna Beresnev
Maria Bissas
Mary-Anne & Andrew Boutiette
Alexander Brissimitzakis & Elizabeth Brissimitzakis
Tessie Calligeros
Peter & Katerina Cazanis
Bryan Cheong
Luba & Jim Cocolos
Susan Condon
Chris Contos
John & Vivian Curd
Ethel Davies
Jenny Dedo & Greg Efstratis
Anastasia Dekaristos
Evangelos Dekaristos
George & Androniki Dekaristos
Nicholas & Stephanie Delis
Kathy Dermitzakis & Nicholas Dermitzakis-Pittler
Krisanthi Desby
Anirudh & Brittany Dhawan
Joanne Drogitis
Nicholas & Janine Economides
Rev. Fr. Constantinos & Pres. Kristina Economos
John Eliopoulos
Louie Eliopoulos
Anthony Elite
Mia & Mike Fanourgiakis
Evgenia Fkiras
George & Sophia Fonti
James Fotenos
Shareen & Spiros Fousekis
Vlasis & Kalliope Fousekis
Marianthe & Charalampos Fragakis
Michael & Sigrun Franco
Alicia & Chris Frangos
Brian & Eugenia Gardner
David & Kathie Garibaldi
Sophia Gasparatos
Theodore & Christine Gazulis
John & Sophia Georgiadis
Constantine & Joanne Glafkides
Bonnie Grampsas
Katie & Bob Grohs
Tiffany & Leo Haginicols
Costas & Ria Haralambopoulos
George & Jaime Haras
Panagiota Haras
Barry Haslett
Andrew Herrington
Patrick Hillas
Vicki Holloway
Julian Johnson
Katina Kallas
Louise Kallas
Eleni Kalligeros-Lee & Robert Lee
Bill Karas
Chris Karas
Kathy Karas
Katerina Karsant
Michael Kasolas & Stella Pantazis
Athanasios & Niki Kastoras
Gari Katsanis

James & Joanne Kavalaris
Gianni Kefalas
Sofia Kleftogianni & Jose Hernandez
Michael & Georgette Klobuchar
Stavroula Kolitsopoulos
Deno & Bella Konstantinidis
John Konstin
Sydna Konstin
Nicholas & Tina Kontonis
Paul & Irene Kosaris
Angelos Kottas
Angelo & Victoria Koutoulas
Dina Koutoulas
Grace Koutoulas
Patricia Koutoulas
Pete & Stavroula Koutoulas
Alexander & Elisavet Kozak
John & Dina Kratsas
Chris & Irene Kyriacou
Rev. Fr. Stephen & Pres. Vasiliki Kyriacou
Stelios Kyriacou
John & Magdalene Lampros
Effie & Stephen Lawrence
Ryan Lukehart & Marie Vorrises
Lea & Bob Lyberopoulos
Elaine Makras
Sophia Makras
Thalia Makras
Maria & Peter Manetas
Eugenia Mantzoros
Cynthia Marcopulos
Kathryn & George Mares
Helen Markanton
Melisa & Christos Mastrokyriakos
Nikolaos & Anna Mastrokyriakos
George & Cleo Mattis
Mary Mavrakakis
Aglaia Mavroudis
Basile Mavroudis
Tasso & Natalia Mavroudis
Helen McClure
Nektarios McKnight
Irene Melittas
Faye Mellos
Michael & Christina Misthos
Allyson Montgomery
Helen Morales
Robert Morales
Vaso Moulas
Vicky Moulas
Tula Mouroufas
Bashar & Rada Nashawati
Nick Nicklas
Dean & Maria Nicolacakis
Victor Nicolacakis
Dustin Novo
Andrew Nuris
Manoli Nuris
Matthew Nuris
Teia Nuris
Thomas & Liberty Nuris
Robert & Pauline Oetzel
Alexander & Lula Ossipoff
Erika & Jimmy Panagiotopoulos
Sotiria Panagiotopoulos
John & Helen Panomitros
Peter Pantages
Nicole & Petros Papageorge
Sophia Papageorgiou
George & Lea Papavasiliou
Robert & Alma Papingu
Voula Pappas
Marion Parashis
Mary Parashis
James & Vicki Parry
Robert & Catherine Peterson
Janis Petrou

Chrisoula & Lester Pezo
Pamela Piccinini
Maria & Jason Polyzos
Christina Poulakidas
Dean Poulakidas
Jennifer Poulakidas
Sakee & Irene Poulakidas
Despina Poulos
Alexis Rakos
Anastasia Rakos
Jim & Kelly Rakos
Niko Rakos
Nick & Patty Rally
Maria Ramos
George & Monica Rangaves
Kay Rangaves
Evangelia Raptis Zarou & Andrew Zarou
Hariklia Razis
Jacob Reidel
Erica Roberts
Valerie Roumeliotes
Emilia Sarikakis
Mike Sarikakis & Katerina Sarkikakis
Demo Selianitis
Helena Selianitis
Louie Selianitis
Nader Shatara
Sawsan Shatara
Natalie & Jerry Simotas
Michele Siouris
Archon Paul & Evangelia Sogotis
Rose Sogotis
Mike & Vicky Spachis
Marios & Anastasia Stathopoulos
Marilena Stavrides
Peter & Barbara Stephens
Georgia Stratoudakis
Nicholas Svetcoff
Joy Tamaras
Helen & Tom Taptelis
Nick Tarlson & Mauna Arnzen
Jim Thomas
Basil & Mary Tonas
Aphrodite Tsagaris
Eleni Tsagaris
Irene Vafiadis
Konstantinos Vafiadis
Nickolas & Lourdes Varanis
Foula Vasilogiorgjis
James & Maria Vavuris
Aris & Kathy Vellis
Gus & Meena Vellis
Adrienne Verreos
Basil Vlahos
George Vlahos
Angelo Vorrises
Constantinos Vorrises
Denis & Renee Vorrises
George & Loula Vorrises
Jim & Louise Vorrises
Stephanie & Nanette Vorrises
Loula Vriheas
Denise Yeilding
Bessie York
Pamfilia Zambelis
Evanthia Zografos

Please check our List of Stewards and know we strive to be as accurate as possible, but mistakes do happen. Please write to **denise.yeilding@annunciation.org** with any corrections or problems. Thank you so much!

Elpida Prepares for a New Year of Faith and Learning

As summer comes to a close, the Elpida program is preparing to welcome our children back for another year of faith, fellowship, and learning at the Annunciation Cathedral. Under the guidance of Father Constantinos and the Elpida team, a full calendar of events, classes, and fundraisers has been set for the 2025–2026 year.

Elpida will run from September through April, meeting on the first Sunday of each month. On Elpida Sundays, children will begin the morning together in the front left pews during Divine Liturgy, and then be dismissed for class in the Kytherian Room following Holy Communion.

This year's program will begin on **Sunday, September 7th**, with a particularly momentous occasion—the official installation of **Father Constantinos as the 11th Prois-tamenos of the Annunciation Cathedral**. On this day, children will remain in the Liturgy for the entirety of the service, and all are invited to celebrate afterward at a special brunch in honor of this joyous event.

Several highlights stand out in this year's

Elpida calendar:

Elpida Christmas Program – Sunday, December 21st. To ensure a well-prepared performance, two additional Sunday rehearsals will be scheduled leading up to the program.

Fall Pie Fundraiser – In October, Elpida will partner with Upper Crust to launch a holiday pie fundraiser.

Holy Week Luminaries – From mid-March through Pascha, Elpida will once again offer the beautiful luminaries that light our Cathedral grounds during Holy Week services.

The Elpida ministry is eager to begin another meaningful year and invites all families to mark their calendars, especially for Sunday, September 7th, as we gather to pray, learn, and celebrate together.

Elpida Overview: The Next 5 Months at a Glance

Our Elpida Families program continues to bring our K–12 students together in mixed-age “families,” encouraging mentorship and fellowship while deepening their understanding of the Orthodox faith. Below is an overview of the lessons and events planned for the months ahead:

September: St. Helen and the Holy Cross

Focus: Learning about St. Helen's discovery of the Holy Cross and the symbolism of basil.

Activity: Hands-on pesto-making using basil to connect the lesson to daily life.

Goal: Teach children how even simple, everyday elements (like herbs) can hold deep spiritual significance.

October: Understanding the Sacrament of Baptism

Focus: Exploring Baptism as the gateway to Christian life.

Activity: Hands-on demonstrations of baptismal symbols (water, oil, candle, white garment) and collaborative poster creation.

Goal: Help students reflect on their own baptism and its role in their spiritual journey.

Launch “Upper Crust Pie” Fundraiser

November: The Presentation of the Theotokos

Focus: Learning about the Feast of the Presentation of the Theotokos (Nov. 21).

Activity: Interactive storytelling and craft activity building a “Temple” scene with mini icons and figures.

Goal: Teach children about dedication to God and how the Theotokos' example inspires our faith today.

December: St. Nicholas & Parish-Wide Christmas Program

Focus: Studying the life and virtues of St. Nicholas.

Activity: Collaborative murals depicting St. Nicholas' generosity and miracles.

Special Event: Parish-Wide Christmas Program featuring songs, readings, and participation from all students.

Goal: Connect faith lessons with parish-wide celebration, highlighting both education and worship.

January: The Feast of Theophany (Epiphany)

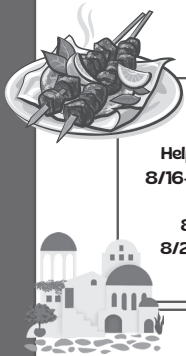
Focus: Understanding the Baptism of Christ and the blessing of waters.

Activity: Demonstration of a mini blessing of waters, Holy Water label design, and reflection on its use in the home.

Goal: Teach students the meaning of Theophany and how to incorporate its traditions into their daily lives.

Elpida's Year at a Glance 2025-2026

School Year



August

Help Cook for the festival
8/16-Prep for Mousaka and
Pastitsio
8/17- Prep Tiropitas
8/24- Prep Spanakopitas

September

9/7- Elpida Sunday
Official Installation
of Father Constantinos

9/19-9/21
Annucation's Greek Festival

October

10/5 Elpida Sunday

10/5- Fall Pie Fundraiser
Launch



November

11/2- Elpida Sunday

11/16- Christmas Program
Rehearsal

11/23 Fall Pie Pick Up



December

12/7- Elpida Sunday

12/14- Christmas Program
Rehearsal

12/21 Christmas Program



January

1/4- Elpida Sunday



February

2/1 Elpida Sunday



March

3/1- Elpida Sunday

3/15- Luminary Fundraiser
Begins



April

4/4- Lazarus Saturday
4/10- Holy Friday



Elpida Sundays will be held on the first Sunday of each month. This year, there will not be an Elpida Retreat; however, we will hold a special event on Lazarus Saturday. Our two fundraisers for the year will be the Fall Pie Fundraiser and the April Luminary Fundraiser.



Orama helping out at the Loukoumades booth



COMMUNITY KITCHEN

the MISSION

Last night's August Community Kitchen served over 250 meals to our neighbors, a testament to the continued need in our area. When we reopened at the end of 2023, there was uncertainty about reaching our pre-pandemic service levels. The city had changed significantly, and we questioned if food insecurity remained as pressing an issue. However, we've demonstrated that if you build it, they will come. (Dad joke, I know!)

Our afternoon started off a bit behind schedule, almost an hour in fact. But it must've been the fresh energy from our new leader that gave us the extra push to get over the finish line with all hands on deck! We served roasted chicken quarters, pilafi, green beans and salad. A special thank you to the Philoptochos for donating so many wonderful baklavas, kofta, and kourabiedes. Our guests were thrilled by the Greek sweets offered and more than one came back to tell us how fantastic it was.

Sometimes people say I bite off more than I can chew, I disagree. After the coldest summer on record since my birth in cough cough, the sun was shining and I had a little bee in my bonnet. At Community Kitchen, a core principle is to provide our neighbors with food that is not only good, but exceptional—the kind of food we'd gladly enjoy any night, and especially for a special occasion. After a quick call to Dimitri Vardakastanis, our endlessly patient grocer, we had two flats of fresh organic strawberries and the fixings for homemade strawberry shortcakes! Again, one may say, "This is too much! You need to do all the other tasks and get the actual meal out there!" Alas, we called out for a hero and he arrived! (I was extremely tempted to play Bonnie Tyler's "Holding Out For A Hero" when he walked in but even I have boundaries.) Our newest Ecclesiastical Sermon-ater, Father Constantine showed up in the nick of time, I'm sure to

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Dance Program Returns for the 2025–2026 Season!!

We're happy to share that our Annunciation Cathedral dance program will resume on Sunday, August 17th after church for the 2025–2026 season. Dance groups starting that day will reach out directly to their dancers with details about practice.

We'll also be holding a Dance Program Parent Meeting on Sunday, August 24th after church to officially kick off the season and go over program goals and expectations.

If you're interested in joining one of the groups listed below, contact us at sfgreekdance@annunciation.org

We're looking forward to another meaningful and fun season together!

2025 / 2026 Dance Groups

Orama (Grades TK-5)

Director: Evgenia Fkiaras

Assistant Directors: Alexis Rakos, Anastasia Rakos, Taia Konstantinidis

To Mellon (Grades 6-9)

Directors: Irene Kyriacou, Katerina Sarikakis, Penny Vardakastanis

Assistant Director: Kallie Lyberopoulos

Revmata (Grades 10-12)

Directors: Eleni Taptelis, Katerina Sarikakis

Assistant Director: Kosta Lyberopoulos

Adult Group (18+)

Directors: Irene Kyriacou, Lea Lyberopoulos, Lea Papavasiliou

Greek Food Festival

2025 Food Festival is Right Around the Corner!

As you know, our annual food festival is less than a month away. This event is critical to the success of Annunciation Cathedral, offering us a valuable opportunity to raise funds from outside our parish. Each of our ministries play a vital role in both the planning and execution of the festival, therefore everyone's involvement is essential to its success.

This year, the festival committee has allocated substantial funds towards marketing (hopefully you've seen our signs posted on Valencia Street), and we're confident it will be a record-breaking event, however, we can't achieve this without your support. We are requesting active participation from all parishioners before and during the event. We have numerous volunteer date and time options for you to choose from so your contribution is flexible to your schedule. Below is a link to Sign-Up Genius for you to schedule your time now:

<https://www.signupgenius.com/go/10C0844AFAE2CABFBC07-57139439-2025#/>

Or go to annunciation.org to the FESTIVAL menu and click on OUR ANNUAL FESTIVAL and look for the volunteer sign up link.

With everyone pitching in, we can work efficiently and enjoy the process as a community. Together, let's make this our best festival ever.

Thank you for your support!

Deno Konstantinidis
Co-Chairman

Mike Spachis
Co-Chairman

Help us Market our Greek Food Festival

We're excited that our Greek Food Festival is just around the corner on September 19, 20 and 21. Our marketing team is busy at work spreading the word about our amazing event...and hopes YOU will, too! So when you're next in church, please pick up a few posters and postcards that are below the display board just outside of the chapel. Hand them out to your friends, neighbors, and work colleagues – and ask them to post on their storefronts or within their businesses, too. Let's make this the best attended festival ever!

Volunteer Opportunities

- Inside Bar operation
- Outside Bar operation
- Cleaning Tables - bus tables and help keep the main room looking fabulously clean
- Food Line - serving and assistance
- Food Line Cashiers
- Frappe Booth/ Coffee Station
- Calamari Booth
- Hall Set-up - tables/chairs, booths, decorations, supplies (Highly Needed)
- Kitchen help – Cutting, chopping, mixing (inside kitchen)
- Loukoumades sales
- Gyro Sales
- Grilling Outside
- Salad Preparation - work behind-the-scenes to make our famous Greek salad (inside kitchen)
- Souvlakia Grilling (inside kitchen)
- Raffle Ticket Sales
- Icons & Books
- Ministries Booth
- I am happy to work in any of these areas at the times specified above.***



Greek School

"We have an exciting school year planned for the Annunciation Greek School. Over the years, our program has attracted families from all over the Bay area and from different parishes since we offer Greek language and culture instruction in a fun and supportive environment. This upcoming school year is no different.

We have seven new students joining at kinder level and level 1 classes. This year we are also re-establishing our adult classes series as we have seen an increase in demand for adult classes in both intermediate and beginner levels.

To better support our students and help us expand our program we are adding three new teachers to our teaching staff. This will enable us to establish 4 new classes; level 1 beginner,

level 3 beginner and intermediate and A1 prep (8-12 years). This year we will be kickstarting our fundraising efforts for the school. Keep an eye out for our "Sweet Tour of Greece" bake sale and silent auction fundraisers. We hope you can help support our school.

Last but not least, we would like to congratulate our students Anya Abraham, Hyonia Kottas and Sophia Kotsonis who passed the A2 level proficiency exam this past May under the instruction of our teacher Loukia Papadopoulou. They will be moving on to our B1 prep class.

Classes start on September 6th. If you would like to register to our school or have any questions or comments please reach out to greeksschool@annunciation.org "

Hope

Annunciation Cathedral's Holy Orthodox Primary Education (HOPE) ministry is a vibrant program for our elementary school children (grades K to 5), offering a supportive environment where young minds can grow spiritually while forming lasting friendships. Led by Natalia Mavroudis, HOPE hosts activities that are not only fun but also rooted in faith, fostering connection and community among our youth.

This past year, our events have included cozy movie nights at the Cathedral, festive evenings at the pumpkin patch, creative gingerbread house making, and more. Each one has been filled with joy, laughter, and meaningful experiences. These gatherings provide a family-friendly space where children can bond through shared traditions and Orthodox values.

Our goal is to inspire children to broaden their horizons, build lifelong friendships, and grow in their relationship with Christ and our community. We warmly invite all elementary-aged children to be a part of this special ministry.

Parents are also encouraged to get involved. Whether you're great at planning, organizing, or simply showing up to lend a hand, your support makes a lasting impact.

For more information or to register your child, contact Natalia by emailing: natalia.mavroudis@annunciation.org or visit annunciation.org/hope-registration.

Community Kitchen *from page 8*

shake hands with his fresh flock, but we used those hands to chop a mountain of fresh strawberries instead! A+ on the strawberry cutting Father!

Word had definitely gotten out about our food, our music, and our love! At 6pm on the dot, the doors opened and our neighbors flooded in, excited for the night. The room was buzzing, the kitchen was humming, and it was a night to remember. A special thank you to His Eminence Metropolitan Gerasimos for rolling up his sleeves and serving both prayers, and chicken to our guests that evening.

Lastly, we also gave away over 100 to-go bags with bagels, sandwiches, drinks, snacks, and fruit for folks to enjoy the next day. These were lovingly made by an adorable child chain-gang and deeply appreciated by our guests.

The music of the night was Reggae, we started with a little Marley and ended with, you guessed it, more Marley!

A big thank you to our newest volunteers! We know it's tough to give up your evenings after a long day, but your help makes a real difference to people who might not have family, friends, or much love in their lives. Life can be particularly cruel for some, and your efforts to ease their burdens, even for a few hours, are truly appreciated.

There are many ways you can support the Community Kitchen's mission moving forward. We are going to open up the volunteer hours earlier in the day to prepare the food as we've been cutting it a bit close these last few months! If you are a baker we will take your homemade desserts! If you want to sponsor an entire night we will take your money! Know how to play the guitar? Come entertain us! (All entertainment is welcome but I draw the line at mimes) It costs us about \$600 to serve 250 meals, consider sponsoring in honor of a loved one, or a birthday celebration! Please email community.kitchen@annunciation.org for any inquiries, and head to volunteerck.org to sign up for next month!

An Ideal Introduction to Orthodoxy

By Alex Kozak

I was so pleased a couple of Sundays back when a parishioner approached me, excited, right after the Divine Liturgy. “Alex, there’s a young man visiting who probably should take your class.” I introduced myself to the young man in question, and we had a cup of coffee together in the hall. My new friend, like so many other people that I have met teaching Introduction to Orthodoxy over the years, has a passionate interest in reading about our faith, and I would say that he is far along on the road to converting, God willing. What I try to provide someone like him is an acculturation in the mindset of the Church, showing the connections between how we worship, what we believe, and how we live.

But it is not always obvious to an outsider to the faith what steps would be necessary if they wanted to convert. I like to explain that becoming Orthodox is not supposed to be difficult at all. I teach classes, and I encourage people to read short articles and sermons, but there are no tests, just conversations and a growing familiarity with our faith. People have different talents and different enthusiasms. To me, there

is no ideal student, no ideal catechumen. What was ideal for me that Sunday was the rapidity with which my parishioner friend identified an “enquirer,” a potential student for me, and made sure that we talked.

Many thanks to all of you for continuing to identify and welcome newcomers to the faith and for sending them my way. I am deeply honored by having been given the role of educating catechumens, but as in all things in Orthodoxy, both the effort and the successes are collective. If we continue to work together, Annunciation Cathedral will continue to be a starting point in the Orthodox journey for new generations of Christians.

“Introduction to Orthodoxy” meets Tuesday nights from 8-9 p.m. over Zoom. If you would like to receive a weekly Zoom invitation and lesson materials, please fill out the form at agkozak.com/intro and you will get updates about the class. You may also introduce yourself to the teacher, Alex Kozak, at the chanter’s stand. He has taught the class since 2007.

Help Us Raise \$200,000 for Our Cathedral

It is with profound joy and gratitude that we share another extraordinary blessing for our community. An anonymous benefactor has generously pledged \$100,000.00 to the building Fund for the completion of our new Cathedral. This incredible act of faith and love for Annunciation is a shining example of the unity and strength of our parish.

Even more inspiring, this gift comes with a challenge to all of us: to match this contribution by December 31, 2025. If we rise to this call, together we will raise at least \$200,000.00 toward the completion of our new Cathedral.

This is our chance to come together once again and make a lasting impact on our shared vision. Every dollar raised will be fully restricted and used exclusively for the Building Fund, ensuring that your contributions go directly to fulfilling our goal of completing a house of worship that will stand as a beacon of Orthodoxy in the San Francisco Bay Area.

We encourage everyone to prayerfully consider the blessings of making a gift or pledge during the 2025 calendar year, mindful of the potential tax benefits that may accompany charitable giving.

Let us rise together to meet this challenge and demonstrate our collective commitment to the future of our Cathedral and community. With God’s guidance and your generosity, we will achieve this ambitious goal.

To donate now, or set up a pledge for future payments, visit www.annunciation.org/match



Rev mata and To Mellon helping out with Festival food Preparations

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