Shown above are members of Cappella Romana, which presented a concert of music for the Annunciation and Holy Week at the Cathedral Chapel on April 26. The concert was billed as the 20th anniversary concert. (The first was held in 1991 in St. Ignatius Church, San Francisco, to help raise funds to rebuild the Annunciation Cathedral, lost to the 1989 Loma Prieta Earthquake.) The 20th anniversary concert was attended by some 250 people, including Composers Ted Bogdanos, Tikey Zes and Steve Cardiasmenos, whose music was featured.

Under the direction of Dr. Alex Lingas, Cappella Romana is a world-renown ensemble whose aim it is to preserve, promote and disseminate ecclesiastical music of the “Roman,” i.e. the Byzantine tradition. In this sense, the group is truly unique. Accordingly, the concert was made possible by grants from Stanford University and the Elios Society. It was held under the auspices of the Greek Orthodox Metropolis of San Francisco, to benefit the Annunciation Cathedral’s Building Fund. The group is working with the Annunciation Cathedral to produce a CD, which will be used in its fund raising endeavors to rebuild the Cathedral.

The Annunciation Cathedral
Ladies Philoptochos Presents
The 52nd Annual
Mother’s Day Luncheon
& Fashion Show

Saturday, May 7, 2011
11:00 Reception -
12:30 Lunch
Donation: Adults $50
Children 10 & under $20

Annunciation Cathedral
245 Valencia Street,
San Francisco, CA
Attended parking available

For more information, please contact:
Annunciation Cathedral 415.864.8000
As has been noted, the Annunciation Cathedral is beginning its Capital Campaign. The Capital Campaign Committee has, so far, organized a number of events open to the community. Events like Parish Assemblies and, more notably, the reception given by Metropolitan Gerasimos (with many more events to follow) have as part of their purpose the dissemination of information and the answering of questions.

The Committee has developed a list of sixteen (16) such questions, which are either anticipated or are, or have been, asked by various parishioners and friends of the Cathedral. At the same time, it has provided answers to these questions. Each month, two questions and answers will appear in the monthly Herald. The Cathedral has also posted these to its web site, www.annunciation.org and, for the benefit of Greek-speaking members, has printed out the questions and answers in Greek. Below are questions #7 and #8, and the answers to them (#5 and #6 appeared in the April Herald). Please read through them and, should you require any additional information, please contact us, at 415 864-8000. Thank you.

7. How will we pay for maintenance of the new building?
This is precisely why the Endowment Committee is being constituted, concurrent with the Capital Campaign. Meanwhile, a growing number of individuals has expressed a desire to name the Cathedral in their wills or trusts. It is estimated that the cost to maintain the entire physical plant, including phase 2, will increase the maintenance budget, currently at $166,000, by 28%, to $212,000. This increase
will be borne by proceeds from the Endowment Fund and by sacrificial giving, as we better understand the need to support the work of the Church through proper Christian stewardship. The establishment of an Endowment for the future needs of the Cathedral will address not only future physical needs, as maintenance, but the funding of programs to meet the spiritual needs of Orthodox Christians during the next hundred years, and beyond.

8. What are the benefits to the community from a new Cathedral?

The benefits to the community from the new Cathedral are manifold. First and foremost, the Cathedral will provide for a proper house of worship for the celebration of the Church’s sacraments. While the current chapel has been used for the celebration of the Divine Liturgy and other sacraments of the Church in the interim, clearly one-half of the Cathedral’s parishioners wishing to be married hold their marriage in other area churches, both because those churches can better accommodate their guests and wedding party, and because they provide for a more “authentic” setting for photographs, and the like. (Let’s be honest.) Secondly, the new Cathedral will provide for the proper liturgical setting commensurate with its function as the Cathedral church for the Metropolis of San Francisco. It must be noted that the funeral of the late Metropolitan Anthony, who had been enthroned at the old Cathedral, well before Loma Prieta, did not take place at the hall/chapel (the hall/chapel simply could not accommodate the funeral); neither did the enthronement of Metropolitan Gerasimos. The building of the new Cathedral, therefore, should not be seen as “optional.” It should be accepted as necessary for proper functioning of the Metropolis Church. Then, as the saying goes, “Build it and they will come,” a new Cathedral is certain to result in a growth in memberships, parish programs, and the like. Third, and this is important, the new Cathedral will firmly establish a Greek Orthodox presence in the heart of San Francisco.

PARISH ASSEMBLY HEARS REPORTS, ELECTS COMMITTEES AND REPRESENTATIVES

The Cathedral’s first Parish Assembly of 2011 was convened on Sunday, April 3. Following opening prayer and the election of the Assembly Chair, the parishioners approved the minutes of October 17, 2010, and heard reports on stewardship, youth, and parish life. It also received an update on the Cathedral’s architectural plans, progress with respect to the issuance of a building permit, as well as progress of the Capital Campaign. To date, $1 million has been raised, in addition to the $5 million bequeathed to the Building Fund by the late Anne and Angelo Mountanos. Tom Nuris, co-chair of the Capital Campaign Committee, along with Tom Papageorge, outlined a program of “Ambassadors,” or advocates for the Cathedral’s project. (More about this appears in a separate article, below). Then, the Assembly elected Kalliope Fousekis, Basil Tonas, and Annette Chiappari as the Nominating Committee/Board of Elections, for the Parish Council Elections, which will be held Sunday, December 11. It also elected Father Stephen and Jim Dariotes as representatives to the Metropolis Clergy-Laity, which will take place at the St. Nicholas Ranch and Retreat Center, May 16-17.

The Assembly did not hear a treasurer’s report, which will be given in the fall, nor did it hear a report from the Board of Auditors. It will hear from Nick Tarlson and Mauna Arnzen, the Cathedral’s accountants, at the fall meeting, at which time it will elect a Board of Auditors from among the Cathedral’s members in good standing.

CHOIR SYMPOSIUM TO TAKE PLACE AT CATHEDRAL JUNE 17-19

In the past, an annual gathering of church musicians from throughout the Metropolis of San Francisco, took place in one of the sixty parishes of the Metropolis. Known as the “Choir Conference,” it was a two and a half day conference, culminating in the Sunday Divine Liturgy. This year, however, the event, somewhat scaled back from prior years, is known as a “Symposium.” It will take place at the Annunciation Cathedral beginning with a business meeting on Friday, June 17. The Symposium itself will take place on Saturday, June 18, with workshops and other activities. Alpha Catering will cater the meals for the day. Because the following day is Father’s Day, many choir members will be returning home to be with their families. Those who wish to stay may do so, and participate in the Divine Liturgy on Sunday, June 19. Those attending the Symposium from out of town will be housed at the Parc 55 Hotel in San Francisco. The Cathedral welcomes the musicians from throughout the San Francisco Metropolis and wishes them a successful Symposium.
52nd Annual Mother’s Day Luncheon & Fashion Show

“Hello Dolly” is the theme for our upcoming 52nd Annual Mother’s Day Luncheon & Fashion Show which will be held on Saturday, May 7, 2011. The committee has been formed and they are working very hard to present one of the best Mother’s Day events ever. We promise you an afternoon with a lovely luncheon, fabulous fashions, and great entertainment. Please gather your friends and save the date to attend an unforgettable event. Anyone who desires to be on the committee, please see Irene Kyriacou or Angie Leventis.

PHILOPTOCHOS CALENDAR OF EVENTS

Please make a note of the following Philoptochos activities, through May, 2011:

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Saturday, May 7</td>
<td>11:00 a.m.</td>
<td>Mother’s Day Luncheon</td>
</tr>
<tr>
<td>Thursday, May 19</td>
<td>1:00 p.m.</td>
<td>Elections for 2011-13 term</td>
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</table>

THE IMPORTANCE OF COMMUNITY LINK

One of the greatest programs offered by the Cathedral is the one which is called Community Link. We call it “one of the greatest” because it is at the heart of what we are about, as the Church of Christ: linking ourselves, in the community of the Church, to Christ, and to one another. Members of Community Link simply go out and visit hospitalized, institutionalized, home-bound, or otherwise incapacitated Orthodox Christians. By visiting, they are helping share God’s love. They are, in fact, declaring, “we care for you…we miss you…we love you…you are in our thoughts and prayers.” Community Link supplements the work that the clergy perform when they go out and distribute Holy Communion to these individuals. We cannot tell you how thankful we are for Community Link and for the vital ministry it offers. Consider “linking” yourself to this ministry. Communicate with Caroline Pappajohn, who has headed the program since its inception. Her contact information is, carolinepappajohn@gmail.com

Community Link will meet next on Saturday, May 21 16, beginning at 9am. Note that it is the feast day of Sts. Constantine and Helen, so Community Link visits will take place following the Divine Liturgy. Please join us as we visit homebound parishioners (most of whom rarely receive visitors) and tell them we care. Just seeing them light up when they see people from the Church makes it all worthwhile. Just think: with a brief visit to them, they receive comfort and hope and, above all, reassurance of God’s love. We invite you to join us.

Dates for Community Link this year:
May 21 (Sts. Constantine and Helen feast day; Community Link visits will begin following the Liturgy)

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<tr>
<th>June 18</th>
<th>September 17</th>
<th>December 17</th>
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<tr>
<td>July 16</td>
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<td>August 20</td>
<td>November 19</td>
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Why is the Lord’s presence promised to two or three?

Because there, where two or three are gathered in the name of Christ, is the Church, the union of faith and love; there is mutual love.

Saint John of Kronstadt
Nineteenth Century, Russia
The Cathedral JOY (Junior Orthodox Youth) group met at the Rally home on April 5, where 10 of our JOY kids enjoyed games, discussion, and dinner, as usual! Once again, thank you to all our families that have committed themselves to this wonderful program of fun, fellowship, and faith by bringing their children, and for hosting us!

For this month, our JOY will do something a little different, by going to a Giants game! Time and date is still TBD, although we are aiming for Tuesday, May 10 against the Arizona Diamondbacks. For more information, please see the contact info on the next page.

JOY is open to all our young people between grades 3 and 6. All are welcome!

Young Adults
Make Kits for Japan

April was also a busy month for our Cathedral Young Adult group! First, on April 14, our young adults brought materials to the Cathedral and put together 40 health kits to send to the people of Japan, who are in need of help following the devastating earthquake, through International Orthodox Christian Charities (IOCC). In all, 15 young adults made kits, and then went to Parea wine bar on Valencia street after the event. In addition, our young adults also had dinner at Estia Greek Restaurant in North Beach on April 28, the Thursday of Bright Week (the week after Easter).

Our Cathedral Young Adult group is open to all young adults between the ages of 18-35.
Cathedral GOYA and Young Adults Assemble 300 Palm Crosses

On April 16, following liturgy for the Saturday of Lazarus, a group of 12 of our Cathedral GOYAns and Young Adults plus several family members made 300 palm crosses to be passed out in church on Palm Sunday this year! It was a wonderful, heartwarming site to see so many young people offering their time and talents to help craft something that is a beautiful tradition in our culture. Thank you to each of our youth and their families who came and helped that day!

For more information on any of our youth ministries, please contact Deacon Niko Bekris at deacon@annunciation.org, or visit the “Youth of Annunciation Cathedral San Francisco” Facebook page.

Second Annual Metropolis of San Francisco Greek Village Camp to be Held at Saint Nicholas Ranch June 18-25

Last summer, the Metropolis of San Francisco held its first annual Greek Village Camp program at Saint Nicholas Ranch, which was a resounding success! Some 40 children from around the Metropolis took part in a very fun and well-organized program that was meant to teach Greek language, customs, and the Greek Orthodox faith to our young people.

The program is being offered again this year, and response has already been fantastic. If any families have children between the ages of 7-14 and would like more information on this wonderful program, please contact Deacon Niko Bekris at sfyouth@sanfran.goarch.org, or visit www.ourgreekvillage.com. Space is limited!

Metropolis of San Francisco Summer Camp Now Accepting Registrations

It has been wonderful to see a growing number of our youth attend Saint Nicholas Ranch summer camp each of the last two years! This is a wonderful, memorable program that has touched the lives of several generations of young people. Set amidst an amazing backdrop of the mountains in Central California, beside a gorgeous Orthodox monastery, Saint Nicholas Ranch is the highlight youth ministry of the Metropolis, and an amazing opportunity for kids to have fun, meet new friends, and grow in their faith.

The camp to all kids through grades 3-12, and offers four sessions:
- Week 1: July 10-16
- Week 2: July 17-23
- Week 3: July 24-30
- Week 4: July 31- August 6 (High School only)

This program is highly recommended for any of the young people in our community. For more information, please contact Deacon Niko Bekris at sfyouth@sanfran.goarch.org, or visit www.stnicholasranch.org. Hope to see you there!

What saves and makes for good children is the life of the parents in the home. The parents need to devote themselves to the love of God. They need to become saints in their relation to their children through their mildness, patience and love. They need to make a new start every day, with a fresh outlook, renewed enthusiasm and love for their children. And the joy that will come to them, the holiness that will visit them, will shower grace on their children.- Father Porfirios, On the Upbringing of Children

“Born This Way”

by Rev. Deacon Niko Bekris

“My mama told me when I was young… ‘There’s nothin’ wrong with lovin’ who you are, ‘cause He made you perfect, babe.’ ”

- Lady Gaga

Just for a moment, put aside the image of Lady Gaga in a cocoon at the Grammys, or any of the other ridiculous outfits she has worn as part of her image since she’s emerged as a pop icon these last four years. I’m not sure how many people who listen to her music are also fans of her outfits, statements she makes in magazines and radio shows, etc- but let’s separate the two just for this reflection. At the end of the day, she has released seven #1 hits on the Billboard 100 since her first album, “Fame” came out in 2008, including her latest song, “Born This Way,” which is climbing the charts at the time I write this. I heard “Born This Way” for the first time a few days ago, and you know… it wasn’t a bad song. It had a catchy tune, definitely, like all her songs do, but more importantly, the first thought that popped into my head was “Hey, this song talks about God.”

“There’s nothin’ wrong with lovin’ who you are, ‘cause He made
you perfect, babe.” Another lyric later in the song says, “I’m beautiful in my way, ‘cause God makes no mistakes.” While I’m not sure if these lyrics refer to Lady Gaga’s fashion sense, or the eccentric language she uses in her interviews, but when I listen to this, I hear two things- 1) acknowledgement of a Creator, and 2) the message that we are special. And both of these statements are absolutely correct. How many things in our world stress us out more than self-image? Just count how many times in one day you either hear someone talk about a diet they think they should be doing, or talk about their clothing, perceived flaws in their body, or how many times someone looks in a mirror. Looking proper is one thing, but dissatisfaction with our image, which can lead to depression, frustration, jealousy, anger, you name it- is something totally different, and too often we get hung up about it, forgetting that God has made us to be a certain way… and that way is “very good.”

The first book of the Bible, the book of Genesis, tells the story of God creating everything, including humanity. We’re all familiar with the oft-quoted verse which is written after many of the acts of creation that says, “And God saw that it was good,” (Gen 1: 10, 12, 18, 21, 25) but we don’t often hear the verse that is written after God created humans: “And God saw that it was very good.” (Gen 1: 31) Being created in God’s image and likeness should be something that is on our minds when we start critiquing our appearance. We should never forget how special we are to Him, and therefore, we should never think of ourselves as anything less than that- special. It doesn’t matter what mistakes we make, how badly we mess up, how far we move away from His love for us- we are still special, because we have been created to be something special.

Don’t look now, but I think this means that Lady Gaga’s lyric- nothin’ wrong with lovin’ who you are, ‘cause He made you perfect- can remind us of each person’s beauty, dignity, and uniqueness that we, as Christians, should always remember.

SUNDAY SCHOOL KORNER

Sunday School is happy to announce that, beginning June 2011, it will be offering a Scholarship to a college student in memory of Andrew and Efrosine Vellis. Mr. & Mrs. Vellis were instrumental in keeping our community together during our transition years and beyond. Their determination to take on our coffee hour & Sunday School kept Annunciation strong. Every week Mr. Vellis made our coffee and Mrs. Vellis not only taught second grade for more than 40 years, but for many years she kept the bank accounts and headed up the fundraising for Sunday School. If you grew up at Annunciation Cathedral, chances are you had Mrs. Vellis teach you, and possibly even your children. We are at the half way point in raising money for this Memorial Scholarship fund. Please consider a donation in their memory. Our goal is to raise all the funds needed by June 2011. Please complete the form below, and bring it or mail it to the Annunciation Cathedral, 245 Valencia Street, San Francisco, CA 94103, and mark it: Andrew and Efrosine Vellis Memorial Scholarship. Checks may be made out to: Annunciation Cathedral. To date, $11,205 has been raised. In order to endow the Vellis Scholarship Fund, to ensure that a scholarship can be given out, as appropriate, while perpetuating the Fund, $25,000 is needed. Please help us reach our goal.

Please note the Sunday School schedule for the remainder of the 2010-2011 school year:

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>5/1</td>
<td>Regular classes held</td>
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<tr>
<td>5/8</td>
<td>Regular classes held</td>
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<td>5/15</td>
<td>Regular classes held</td>
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<tr>
<td>5/22</td>
<td>Regular Classes held</td>
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<tr>
<td>6/12</td>
<td>Sunday School Graduation ceremony and luncheon Awarding of first annual Vellis Memorial Scholarship</td>
</tr>
</tbody>
</table>

Donation to the Andrew and Efrosine Vellis Memorial Scholarship

I am happy to donate ____________ in honor of Andrew and Efrosine Vellis.

Name: ____________________________________________
Address: __________________________________________

The monies donated will fund a scholarship to be awarded annually to a college student from Annunciation Cathedral who attended Sunday School.

May their memory be eternal.
**VARSITY BASKETBALL NEWS**

This year, the Annunciation Cathedral is sponsoring five teams. These consist of three adult men's teams, and one high school girls team, as well as one high school boys team. The games are typically played on Sundays, as well as on Wednesday evenings. Practices are held on Mondays, Wednesdays (when games are not scheduled) and Thursdays. The season will conclude with Playoffs and Championship Games the third week in May.

Players and coaches are expected to be members in good standing of the Annunciation Cathedral, in accordance with OYAA rules and parish policy. “In good standing,” as generally defined in the Archdiocese Regulations, includes worshipping regularly, living according to the precepts of the Greek Orthodox Faith, and pledging to support the work of the Church by means of stewardship.

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**WOULD YOU BE INTERESTED IN GOING TO GREECE FOR SUMMER CAMP? (HOW ABOUT RUSSIAN RIVER?)**

This year, in addition to the well-known and popular Ionian Village summer camp program for youth ages 13-18, two new programs have been added: *Journey to Pascha*, open to adults, families, and young adults ages 19 and over, and the highly anticipated return of *Spiritual Odyssey*, for young adults ages 19-28. Registration for all programs is now open and can be completed online at www.ionianvillage.org. Please note the Ionian Village web site also contains detailed information for youth leaders, parents, campers, and staff applications.

Information about the Cathedral’s summer camp program at Russian River will appear in the May and June issues of the Herald. The May issue will also have information about the Cathedral’s scholarships to those pursuing higher education.

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**ANNUNCIATION 13th ANNUAL FAMILY CAMPING TRIP**

August 5 – 10

6 days -5 nights

At Casini Ranch Family Campground on the Russian River

http://www.casiniranch.com/

Experience the beauty and excitement of California’s North Coast at Casini Ranch Family Campground, nestled on the historic Russian River. One hundred twenty acres of family fun and a mile of sandy waterfront await you! Enjoy hiking, bicycling, volleyball, softball, horseshoes and fishing. Drift along the river in a canoe or just relax on the beach.

- Family of 2 persons $400
- Family of 3 persons $430
- Family of 4 persons $450
- Family of 5 persons $470

Limit 1 tent per family
Price includes all meals
Price does not include tent
General Store, Hot Showers, Laundromat, Playground

Reservations and fees due by 7/20/2011

Make Checks Payable to Annunciation Cathedral and send payments to

Ari Stratakis
717 Hill Avenue
South San Francisco, CA 94080

For reservations and information call Ari Stratakis at 415-706-9688

For more information on Annunciation Cathedral please visit www.annunciation.org
<table>
<thead>
<tr>
<th>SUNDAY</th>
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<tr>
<td>Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.</td>
<td>Dance practice, 7 p.m. to 9:30 p.m.</td>
<td>Basketball practice/games 7 p.m. to 9:30 p.m.</td>
<td>Basketball practice, 7 p.m.</td>
<td>Basketball practice, 7 p.m.</td>
<td>Greek School, 10 a.m. Eritrean School, noon to 2 p.m. Mother’s Day Luncheon and Fashion Show</td>
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<td>Dance practice, 7 p.m. to 9:30 p.m.</td>
<td>JOY event Basketball practice/games 7 p.m. to 9:30 p.m.</td>
<td>Basketball practice, 7 p.m. Dance Board, 7:30 p.m.</td>
<td>Greek School, 10 a.m. Eritrean School, noon to 2 p.m.</td>
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<td>Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m. Ahepa Day</td>
<td>Dance practice, 7 p.m. to 9:30 p.m. Metropolis Clergy-Laity</td>
<td>Basketball practice/games 7 p.m. to 9:30 p.m.</td>
<td>Basketball practice, 7 p.m. Philoptochos Elections, 1 p.m. Capital Campaign Committee, 7 p.m.</td>
<td>Greek School, 10 a.m. Eritrean School, noon to 2 p.m. SS Constantine &amp; Helen, Liturgy 10 a.m. Community Link, 11 a.m.</td>
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<td>Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.</td>
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<td>Basketball practice/games 7 p.m. to 9:30 p.m.</td>
<td>Basketball practice, 7 p.m.</td>
<td>Greek School, 10 a.m. Eritrean School, noon to 2 p.m. Memorial Day Liturgy at Cemetery Chapel, 10 a.m.</td>
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BAPTISMS
Lorenzo Gabriele, son of Michele and Alexandra Panagiotopoulos Bernardini, was baptized at the Cathedral April 16. His Godparents are Pamfilia and John Zambelis, and Federico Bernardini.

Gary Christopher Fisher was baptized at the Cathedral on April 23. His Godparents are Presbytera Aliki Kyriacou and Eleni Tsagaris.

FUNERALS
Nick Tamaras, who fell asleep in the Lord on April 2, was buried on April 6. He is survived by his wife, Joy Tamaras, and their children, Bill Tamaras and Maria Majka and their families.

George Peter Gumas, who fell asleep in the Lord on April 8, was buried on April 12. He is survived by his wife, Alexandra Gumas, and their children, John Gumas and Pete Gumas and their families.

Αἰώνια Ι Μνήμη! (Eternal Memory!)

ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ
Me auto ton trópo oi Orhódóxoi Xristianiñoi xairetioúntai apó tìn
nìméra tou Páschs (pou efétoς yiorástiške stis 24 Apriilíou) méchi tìn
Tetárti tis Aπóódòsis (pou efétoς péôe stis 1 Iouííou). O
xairetismoú autoú, mporéi na pei caneis, perieíche ólo to evangéllio,
me òlla lýgia, ta kalá néa, pou einai h xristianiki aγγelia, òti
o Iñsoú Xristós, Òtheos ou, analástiške, níkóntas ton thána to.

ΕΟΡΤΗ ΤΗΣ ΜΗΤΕΡΑΣ
Σton Kátheðriko Náo, gia 50 kai parapáño chrónia, h xioróti tis
míteras eortáxei me neúma kai fásiqon sóu, tìn paramóni.
Efétoς, stis 7 Máiou, to geúma th aρχíšeis stis 12:30 to mésméri,
afoú próta giínei h dežiósis, stis 11 to prói. Y Sti suñéexei th gínei
to fásiqon sóu. H prósforá, gia mégalous ($20 gia paidía 10 kai
cató), parámei $50. Tá káthara kérdei eníshqúon to filanðrropikó
èrho tis Píllosióth Aðelódòtías. Y Gia na kléieítai ðèseis,
tílefoñveitéi sta grafiqia tis Kátheðrikoú Náoú, sto 415 864-8000.

ΓΕΝΙΚΗ ΣΥΝΕΛΕΥΣΗ ΤΩΝ ΜΕΛΩΝ
ΤΟΥ ΚΑΘΕΔΡΙΚΟΥ ΝΑΟΥ
Tìn Kuriakí 3 Apriilíou égine h pròtí Gениκη Συνέλευση
ton melón tis Kátheðrikoú Náoú. (Dúo Geníkèes Συνελεύσεις
gínnontai káthè chróno, éktos kai eván perousiaseste anágyki, ópote kaloúntai éktaktes syneleuvsúes). Afoú exèlêgei próórdos tis
Συνελεύσεως, égínav danvta tì práktika tìs 17hês Oktovríou,
2010 kai eukolouðthkan ekthéseis-anafóres epí stoúarntpas,
nevolaías, kai koinotikís drássis. Eptíseis ennhreòðhkan tì melé
anaforiká me ta schêdia, ádeies, kai érano ósos afofrá tì deúteri
fásiñ, dhleðièi tis oikodómy tis Kátheðrikoú Náoú. Ómioúnume,
diòti suñélèghkan $1 ekatomquíério mékri stigmí (éktos apó tì $5
ekatoomíría pou maí anhíkan o Evánge̱los kai h Anína Mountánou).
O Óðnássis Ñóurhis ekálæse òlous ópous gínavn “prèbios”
(me ìla lógiá ekrósoû tis prospeðeias na kítçousme to
Kátheðríko Náoú). Exèlèghkan méli tis ONoamastikís h Exèlægæktiki
Eptíropìs tì Kalíó#:iði Ywosékti, ði Òstasís Tónas kai h Ænnéa
Tispiári. O Patéras Stúliános maði me tìn Dímìrû Dariótì, ta
ektrósoûppun tìn Kátheðriko Náo tòn Kliðríko-Lãîkita Syneleusì
tis Mítropolèwos maç, pou tha lábèi ùròs sto 'Idrom tòn Ággwi
Nikolaíou, 16-17 Máiou. H Syneleusì dén èlaβæe aπologísmo
tàma òute anafóra apò tìn Eforèuetikì Eptíropìs. Anafóra ta
dòson oi Logístèse tòn Kátheðrikoú Náoú, o Níko kai h Móna Tárras
stò Geníkè Syneleusì tòu Melów, pou tha lábèi ùròs tìn Kuriakí
16 Oktovríou metá tìn Théia Léitourgía, ópote kai tha ekklèxei ta
mélì tìn Eforèuetikí Eptíropìs. Ómioúnume óti o Koinotikèes
Eklògeis gia Súmbòllo òta lábous ùròs tìn Kuriakí 11 Dèkeímbrióu.
Breakfast is one of the most neglected meals, yet it is important because it takes place at the beginning of the day. During those hours the family often seems to be simply running a relay race, to get everyone ready in time for work or school. Nonetheless, apart from morning prayer, which goes without saying, it would benefit children to begin the day with even five minutes’ experience of their mother’s and father’s concern, love, and interest in what everyone is going to do that day. When a child leaves for school the mother can bless him, or pray: “God bless” or “the Mother of God be with you.” All this does not only further psychological security; it is a safeguard against any negative influences the child may meet, and it is a link between the two worlds of home and school.

Sister Magdalen
Children in the Orthodox Church Today

Prayer is the strength of the body,
The prosperity of the household,
The good order of the city,
The might of the Kingdom,
The victory in war, the security in peace,
The unity of those divided,
The constancy of those united.

Saint Gregory of Nyssa
Fourth Century

O radiant light of holy glory, the immortal Father, heavenly and holy, blessed Jesus Christ. And now that we have come to the setting of the sun with all the light of eventide, we praise You the Father, Son, and Holy Spirit, One God. It is worthy at all times to praise You, with voices of holy song, O Son of God and giver of life, the world does glorify You.

Vesperal Hymn: O radiant Light, Phos Ilaron
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<th>Date</th>
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<tbody>
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<td>Sunday School Graduation/Scholarship Awards</td>
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<tr>
<td>Friday, June 17 -</td>
<td>San Francisco Metropolis Choir Symposium</td>
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<td>August 5 – 10</td>
<td>Annunciation Summer Camp</td>
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<td>Parish Council Elections</td>
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