

ANNUNCIATION CATHEDRAL

HERAID



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JUNE-JULY, 2016



Shown above is Metropolitan Gerasimos blessing the 9 foot bronze cross which was installed over the dome on May 21, the Feast of Saints Constantine & Helen. Father Stephen is on his right. Assisting is Father Nebojsa Pantic, Proistamenos of the Church of Saints Constantine & Helen in Vallejo.



As this issue of the Herald went to press on May 16, the Annunciation High School won the championship game, 44-42 against Ascension, Oakland, to clinch the title for OYAA basketball 2016. Congratulations, Annunciation!

The Cross goes up! A historic day for San Francisco

As the June-July issue of the Herald was going to press (it goes to press on the 15th of the month), plans were made to install the cross over the new Cathedral's grand dome. The cross, nine feet high and weighing 470 pounds, will be hoisted up by helicopter on Saturday, May 21, at approximately 8 a.m. The reason for its installation on a Saturday morning is because traffic at that time is at a minimum, and the reason for its installation by helicopter is because this is the easiest, if challenging, and less expensive, but safest, way to do so. Meanwhile, electricians and other workers will be positioned atop the dome to guide the wires through the dome (the cross will be lit at night) and also to secure the cross to the base. As noted in previous editions of the Herald, the cross is an adaptation of the Theodosian cross found on the columns and other artifacts of the Great Church of Hagia Sophia, built in the year 415. An earlier church, built in the first part of the fourth century, was destroyed by fire and the later, sixth century church, built by Justinian, is still standing. The crosses of the present church, known as "Justinian crosses," can be described as "elongated, flared, etc." The Theodosian cross, meanwhile, is more restrained. The present Cathedral incorporates a number of elements from the earlier church, such as the façade, which reminds us of the old Annunciation. It also incorporates a number of elements from the Church of Hagia Irene, which is near Hagia Sophia—elements such as the central dome and the stepped down vaulting.

The Cathedral's cross was cast of solid bronze by a foundry in nearby Alameda. A similar, smaller cross, will be placed above the narthex, at the Valencia Street entrance of the Cathedral, once the tile roof has been installed. The

see next page

from front page

May 21st date is significant, because it is the Feast Day of Sts. Constantine and Helen. The Emperor Constantine, the first Christian Emperor, is known, among other things for seeing the cross midday in the sky and the writing, EN TOUTO NIKA (By this, you will conquer). His mother, Helen, meanwhile, found the Cross upon which our Lord was crucified, when she conducted an archeological tour of the Holy Land and built several churches over sacred places, such as Golgotha and the Holy Sepulchre, in Jerusalem, and the place of the Nativity, in Bethlehem. The May 21 installation of the cross was witnessed by parishioners and passersby, who assembled across the street from the Cathedral, as well as by the media, who reported its significance: in the greatest building boom in San Francisco since the 1906 Earthquake, a church rises, signaling faith and hope in a time of change and growth. May God make firm this house of faith!



Mothers of the Year Zetta Ambus and Emilia Sarikakis with Father Stephen and Pat Aleck, on Mother's Day. On behalf of the entire community, the 2016 Mothers of the Year were presented with bouquets of flowers. As Mothers of the Year, these two outstanding women represent all mothers. Axies! Worthy!

Zetta Ambus and Emilia Sarikakis Mothers of the Year 2016

As is its custom, the Cathedral Ladies Philoptochos named Mothers of the Year at its fabulous "Breakfast at Tiffany's" themed luncheon and fashion show on May 7. This year's Mothers of the Year are Zetta Ambus and Emilia Sarikakis. Their bios are as follows:

Zetta Ambus was born and raised in Chania Greece during the late 30s and early 40s. Her early childhood was a happy and carefree one as she lived a comfortable life with her parents and four siblings. Zetta's father George Bagakis, was affectionately nicknamed the "American" since he had come to the United States and worked on the railroads. Upon his return, he married Eleni Stamatakis and together they built a beautiful and large

home in the middle of the city. They had a beautiful family as well- Zetta being the oldest of 5 siblings. Her family had a reputation of being benevolent and generous as Zetta recalls, often feeding and housing many a relative or friend throughout the years. This pleasant normality was abruptly disrupted with the advent of World War II when the Germans took over their home to use as a headquarters in Chania. Zetta and her family fled to the hills (the Horio) and remained there until the end of the war. The subsequent civil war prolonged the suffering of the Greek people, but Zetta's family picked up the pieces and made the best of it.

After completing her high school education, Zetta met and fell in love with the handsome Anthony Ambadiotakis. No, this was not a prearranged marriage. She was attracted to Anthony, because like her father, Anthony had also taken the journey to America in search of a better life. He had also returned to Greece after 5 years in the United States with his cousin John Sarikakis. Anthony and Zetta were married on October 15, 1961. Their wedding was followed that same day with the marriage of Emily and John Sarikakis, in the same church. The two couples honeymooned in Athens and a few days later, both moved to San Francisco, California.

Zetta was always curious about America because of her father's time there and an uncle who was already living in the Bay Area. But she really did not know what to expect. Upon their arrival to

The immaculate Mother of the Lord received the good news of the Resurrection before everyone else, and before everyone else she became worthy of the longed for height of every good thing and divinely beautiful vision of her Lord and son.

Maximos the Confessor, Life of the Virgin: On the Resurrection, 92

San Francisco, Zetta and Anthony recall the airport agent asking Zetta, "did he tell you (Anthony) how far he brought you?" Life was different and more difficult in this new country. Zetta stayed at home while Anthony worked several jobs, until finding permanent work with MUNI. Two years later, she suffered the loss of the baby she had carried for 7 months and was told that medical complications would prevent her from ever having more children. Zetta remembers this period as the saddest time of her life. With hardly any family and little emotional and economic support, Zetta relied on her faith to get her through. Her prayers and petitions were miraculously answered with the birth of her son Eleftherios "Terry" followed by George and Antonia.

In 1972, Zetta and Anthony moved to Millbrae to give their children a better education. There, she became acquainted with wonderful neighbors, like Flory, who really helped Zetta around Millbrae while Anthony was at work. Zetta used her physical strength and boundless energy to work clearing their property of poison oak and poison ivy, even though she was highly allergic to it. After that she was able to plant a beautiful and prolific garden. She even carved stepping stones with her skalida, about half a mile long, into the hillside behind the family's home to ensure her children had a shorter and safer walk to and from school.

Anthony worked double shifts, while Zetta made a comfortable and loving home for her family. She proudly remembers how she always made a point to be home when the children returned from school. They were always greeted with kisses and homemade goodies. She made sure homework was always completed and dinner was cooked while making time for play. Zetta kept the family connected to our beloved Annunciation Church ensuring the kids had perfect attendance in Sunday School and participation in GOYA, basketball and folk dance groups.

Through Zetta and Anthony's sacrifice and dedication to education, their children Terry, George and Toni were able to earn professional degrees and embark on fulfilling careers. Now, since Anthony's retirement, the loving couple is inseparable! They seem to do everything together, from drinking Greek coffee every afternoon and walking on the trail by their home, to running errands around town. She cuts his hair and he takes her to the beauty shop. They also marvel at how their family has grown with the addition of two beautiful daughter in laws, Marina and Tessa, and 7 darling grandchildren: Anthony, Nicholas, Stefanos, Christopher, Andonis, Zetta and Nektaria.

Despite some health issues in recent years, Zetta maintains a tremendous will to help her family and her Church. Whether it be babysitting, construction, gardening, operating heavy machinery, even dental assisting, she happily offers her time and energy.

When asked to describe Zetta, words such as Unconditional Love and Selfless Dedication come to mind. But all these words today barely capture the essence of Zetta's tremendous character- one as solid as the steps she built on the hill by her home and as sweet as the blue jays singing outside her kitchen window.

She is truly deserving of this honor today. Axia!

Emilia "Milio" Sarikakis was born in the village of Tsikalaria, Chania, Crete on October 8th, 1940, only months before the attack of Crete by German forces during World War II.

Due to the war and economic conditions of the time, food and resources were scare and Emilia had significant responsibility for her four other siblings, when she was a young girl. As dependable and tough as any Cretan male, Emilia helped raise her brothers and sister, tended the garden, picked olives, and even dug a well with her father.

In October of 1961, Emilia's life was to change. At that time, two handsome Cretan men, Yanni Sarikakis and his best friend, and cousin, Anthony Ambus, had been living and working in San Francisco. They decided it was time they looked for brides, and they traveled to Crete, where they met Emilia and Zeta, and had a double wedding on October 15th, 1961. Emilia and Yanni were lucky to have a loving marriage for 41 years until his death in 2002.

Soon after their double wedding, the two couples arrived in America. Emilia and Yanni originally planned to live in America for only a few years, but after having their four children, Mary, Mike, Tracy and Nicki, their roots in their new country were too strong to consider moving back to Crete.

They initially settled in San Francisco and found their church home here at Annunciation in 1961, where more double sacraments occurred with the Ambus family – first their sons Mike and George were baptized on the same day, followed by Tracy and Antonia, a few years later.

As if raising four children wasn't enough, in 1977, Emilia began working the nightshift as a candy maker at See's Candy. In case you're wondering, the orange truffle is her favorite. In 2009, she retired after 32 years of service.

But just because she retired from See's Candy, doesn't mean Emilia is taking it easy. She is a proud grandmother of 14 grandchildren and 2 great-grandchildren. She jokes that she has never stopped changing diapers since her daughter Mary was born! There doesn't seem to be a day that she isn't taking care of one of her grandchildren.

Her love and care does not end with her large family, but extends to her countless friends and koumbaroi. She is the first to visit or pitch in when someone is sick or in need. Emilia is the rock that everyone can count on to be there in a crisis.

Emilia is also an amazing cook, a fact that anyone who knows her will attest to. No one she knows will ever go hungry. Her kitchen is always stocked with her delicious koulouria, and other "Cretan" treats that she is cooking up. And she is always lending her cooking talents to the Church kitchen, cooking for festivals and other events.

One thing that Emilia's family and friends know for sure is that her heart and her door are open to all, and her table is always full. Emilia has a lifetime of memories here at Annunciation Cathedral including countless baptisms, weddings, worship services, and dedicated service to the church.

She is indeed deserving of the title of "Mother of the Year." Axia!















Left to right: Photos 1 and 2: Members of GOYA, along with volunteers from the Young Adults, and their advisor, Matia Kostakis, at the April Soup Kitchen. Photos 3 and 4: Members of GOYA assembled along the breezeway and, later, meeting in the conference room. Photo 5: Scaffolding to the dome, prior to the installation of the cross. Photo 6: The 2016 Stewardship banner: "Those that seek the Lord shall never be in want of any good thing," Psalm 34:10. Photo 7: Some of our guests at the Soup Kitchen. Currently, our Soup Kitchen operates the third Tuesday of every month, 6:30 p.m. until 8:30 p.m.

More on the Great and Holy Council

In the May, 2016 Herald, we offered you a synopsis of the forthcoming Council of the heads of all fourteen (14) autocephalous Churches, called "The Great and Holy Council," to be convened on the island of Crete June 16 – June 27, 2016. Reference was made to the many councils held since the Apostolic Council in Jerusalem in 50 AD (See Acts 15). Of these, the Orthodox Church recognizes seven (7) as ecumenical, i.e. they are accepted by the entire Church as authoritative. In this brief article, we would like to reacquaint you with these councils. They are:

First Ecumenical Council

Where, When & Who

What was Discussed?

First Ecumenical Council



Nicaea, 325 AD No. Representatives: 318 Under Emperor the Great Debate: Was Jesus God, a human or both?

*Arius denied the full divinity of Constantine Jesus Christ. He taught that the Son of God is a creature, the greatest and eldest in the world and Himself a God, but still created. The central phrase in Arius' teaching was "there was a time when the Son was not."

*The Council condemned Arius and his teachings (known as "Arianism") and deemed Jesus Christ "one in essence" (ὁμοούσιος) with the Father.

*Definition of Faith: the first part of the Creed that defines the nature of Christ and has been used in our worship ever since, known as the Nicene Creed.

*Canons issued: 20

Second Ecumenical Council Constantinople, 381 AD
No. Representatives: 150
Under Emperor
Theodosios the Great
St. Gregory the Theologian
Was Patriarch of
Constantinople and,
as such, presided over
the Council.

Debate: Was the Holy Spirit a person of the Trinity or a power of God?

*Makedonios denied the divinity of the Holy Spirit. The Makedonian movement claimed the Holy Spirit was merely a power of God. They only recognized two persons of the Godhead: Father and Son.

*The Council condemed the Macedonians as heretics and Proclaimed one God in three Persons: Father, Son, and Holy Spirit

*The Council completed the second part of the Creed, the part which begins with the phrase «and in the Holy Spirit...»

Third Ecumenical Council Ephesus, 431 AD No. Representatives: 200 Under Emperor Theodosios II St. Cyril of Alexandria presided over the Council.

Debate: Who exactly is Jesus Christ?
What role does Mary His Mother play?
*Nestorius and his followers taught that
Virgin Mary only gave birth to a man,
essentially denying the full divinity of
Christ. These «Nestorians» taught that the
Logos, the Son of God, merely resided in Jesus
Christ the human being. They claimed Mary
should only be called «Christotokos,»
i.e. Christbearer, and not «Theotokos,»
Godbearer.

*The Council condemned Nestorius and his teachings and affirmed Jesus as both complete and perfect God and human being in one person.

*Thus, the Virgin Mary is Theotokos, since He

Great and Holy Council Continued from page 5

who was born of her is both God and man. *This Council also declared the Creed to be complete and final and forbade anyone to alter it. *Canons issued: 8

Debate: How can Jesus Christ be both

Fourth Chalcedon, 451 AD **Ecumenical Council** No. Representatives: 630 **Under Emperor Marcian**

perfect God and perfect human being? *The Monophysites, led by the teachings of Eutyches and Dioskoros, taught that Jesus' humanity dissolved in the presence of His divinity, thus making Jesus only divine, not human. The term Monophysite comesfrom the Greek μόνο (one) and φύσις (nature). *The Council condemned the teachings of the Monophysites and of the heretics Eutyches and Dioskoros and proclaimed that Jesus Christ is both perfect God and a perfect being and that the two natures of Christ are joined in one person «without confusion, without change, without division, without separation. (άσυγχύτως, ἀτρέπτως, ἀδιαιρέτως, άχωρίστως)

*Canons issued: 3

Fifth Constantinople, 553 AD **Ecumenical Council** No. Representatives: 164

Under Emperor Justinian the Great and a human being? *The Council was called in hopes of ending once and for all the Nestorian and Eutychian controversies. *This Council anathematized the so-called "Three Chapters:" 1. The person and writings of Theodore of Mopsuestia, 2. The writings of Theodoret of Cyrus against St. Cyril of Alexandria and 3. The letter of Ibas of Edessa to Maris, a bishop of Persia.

These three things were originally discussed and dealt with

in the Fourth Ecumenical Council but kept resurfacing. Canons issued: none

Sixth Ecumenical Council Constantinople, 680 AD No. Representatives: 160 Under Emperor Constantine IV

Debate: If Jesus Christ is both God and a human being, which one made the decisions? *The Monothelites, meaning, "one

Debate: Was Jesus Christ really both God

taught that the divine nature of Christ was totally dominant and that the human nature merely carried out orders. Among the Monothelites were Honorius, Pope of

Rome, and Sergios, Patriarch of

Constantinople.

willers."

*Sophronios, Patriarch of Jerusalem, opposed this heretical teaching and maintained that Monothelitism is but a disguised form of Monophysitism. *The Council condemned the teaching of the Monothelites and affirmed that both the divine and human natures of Christ are united in Him and act freely and in absolute harmony.

Canons issued: none

Great and Holy Council Continued from page 6

Penthekte Council (Also called Quinisext, meaning 5th-6th, in Latin) Constantinople, 692 AD No. Representatives: 211

Seventh Ecumenical Council Nicaea, 787 AD No. Representatives: 368 Under Empress Irene and her son, Constantine Porphyrogenitos The Penthekte Council is grouped with the Ecumenical Councils because it completed the 5th and 6th Ecumenical Councils. Also called the Council of Trullo, because it took place in the Palace Dome. ("trullo" means "dome"). This Council was purely an administrative one and ratified many canons, since the revious two Councils did not issue any. *This Council issued a total of 102 canons, more than all the previous Councils combined, laying down the foundation for Orthodox Canon Law.

Debate: What to do with images depicting God and the saints? Addressed the Iconoclastic Controversy.

*The Iconoclasts demanded by force that the Church destroy all depictions of Jesus and the saints, claiming that icons were a form of idolatry. Countless icons were destroyed and many people were killed while trying to protect the icons.

*The Council decided it is proper to venerate (show honor to) icons, but that worship is only for God.

*The Council declared: "It is right to salute, honor and venerate icons, to burn candles and incense before them, not only because this is in accordance with the tradition of the Church, but also because such honor is really given to God and His saints, of whom the icons are intended to remind us.

*The Council's decision on icons was met with fierce resistance by some radical Iconoclasts until 843 AD, when a regional synod met under Empress Theodora and affirmed all the decisions of the 7th Ecumenical Council. They then processed around the City of Constantinople, restoring the icons in all of the churches—an event which is commemorated in our Church annually on the first Sunday of Great Lent, and is known as the Sunday of Orthodoxy.

"Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, knowing that in the Lord your labor is not in vain."

Saint Paul in his First Letter to the Corinthians 15:58

OIKOS Lecture Series Continues: Professor Klironomos, Professor Steven Harris, Ph. D. to speak

As announced in recent Sunday bulletins, OIKOS (Orthodox in Koinonia Outreach Services), under the direction of Dr. Katina Kostoulas, Ph.D., and the assistance of Dr. Tony Elite, sponsors a series of talks aimed at informing, engaging, and edifying our parishioners in any number of areas involving individual and communal spiritual growth, family dynamics, and parish life. The lectures take place the first Sunday of each month, during the coffee hour.

Future speakers include Martha Klironomos, Ph.D. Dr. Katina Kostoulas, Dr. Anthony Elite, Janine Economides, wife of Professor Nicholas Economides, and Steven Harris, Ph.D.

Our talk by Professor Martha Klironomos, which was scheduled for Sunday, May 15, is being rescheduled for Sunday, September 11, immediately following the Divine Liturgy, during the coffee hour. She will speak on the Bloomsbury Group and how their travels to Greece and Italy inspired the integration of Byzantine motifs into their art. Professor Martha Klironomos has served as Director of the Center for Modern Greek Studies, the Nikos Kazantzakis Chair, at S.F. State University. She has been teaching courses in Modern Greek language and literature and Comparative and English literature, at S.F. State University, since 1996.

Dr. Harris, a certified Jungian Psychotherapist and Psychoanalytic Psychotherapist, will speak to us on Sunday, November 13 (the feast of St. John Chrysostom). A Clinical Psychologist practicing in Newport Beach, CA, he worships at the Nativity of the Most Holy Theotokos Serbian Orthodox Church in Irvine, CA. Dr. Harris is also the former Clinical Director for the Center for Individual and Family Therapy in Orange, CA and was Professor at the Californian Graduate Institute and Professor and Dean of Academic Affairs at the American Behavior Studies Institute, where he also edited the Psychotherapy Integration Journal.



Palm Sunday photo of Annunciation Acolytes (17 of them!) with Father Stephen and Ecclesiarch Nektarios McKnight.



Gala Date: November 5, 2016

To celebrate our 95th anniversary and the rebuilding of our Cathedral church devastated by the Loma Prieta earthquake 27 years ago, we are holding a Black Tie Gala on Saturday, November 5, 2016. All proceeds will benefit the Annunciation Cathedral Building Fund. Come join us in supporting the rebuilding of this San Francisco landmark and home of our Metropolis Cathedral. As part of the celebration, you will enjoy a glamorous gala dinner prepared by a famous Iron Chef and many, many surprises. For more information, please email cathedralgala2016@gmail.com.

Meanwhile, we recall the words of Scripture: "Build me a sanctuary, and I will appear among you." Καὶ ποιήσεις μοι ἀγίασμα, καὶ ὀφθήσομαι ἐν ὑμῖν. (Exodus 25:8). We also recall the prayer by Ecumenical Patriarch Bartholomew, when he broke ground for the Cathedral on November 6, 1997. He said: "The Church shall be a home for Orthodox Christians from every ethnic and national background. It shall be a house of prayer for all humankind, in which the Holy Name of our Triune God shall be extolled and all of creation sanctified." This is an awesome mission that has been placed on our generation, and we are doing it. We are building a Cathedral worthy of its name and its calling. We are honored to do so. And, we have every reason to celebrate. So, mark November 5, 2016 on your calendars and plan on joining us for our 95th anniversary celebration.

Truth often separates:
Love always unites.
'Love me,' says Augustine,
'and then say
anything to me and
about me you like.'

Alexander Whyte

Treat a man as he is and he remains as he is,
But treat him better than he is and he will become better.

Goethe

Annunciation Cathedral 95th Anniversary Logo

on white background:







It is the day of Resurrection: let us be glorious in splendor for the festival, and let us embrace one another.

Let us speak also, brothers and sisters, to those that hate us and, in the Resurrection, let us forgive all things. And, so, let us cry: Christ is risen from the dead, by death trampling upon death, and to those in the tombs He has granted life.

Plans underway to celebrate big time!

The Annunciation Cathedral is celebrating 95 years since its founding in 1921 as the Greek Orthodox Cathedral of Saint Sophia in San Francisco.

In 1936, the Cathedral reorganized as the United Greek Orthodox Church of San Francisco.

The Gala event on November 5, 2016 will mark this historic time in the life of our Cathedral. You are all part of the history of the Cathedral if you are a member, if you were baptized or married here, or if your parents or grandparents were members, baptized or married there. You have a unique connection to this historic house of worship and the center of our Greek Orthodox Faith in the heart of the City.

The November 5 Gala is the first step as we make our way towards our 100th Anniversary in 2021! At that time we hope to invite His All Holiness, Patriarch Bartholomew, to come and consecrate our Cathedral. (Recall, he broke ground for the Cathedral back in 1997.) Please keep November 5, 2016 on your calendar! We look forward to celebrating with all of the Cathedral family throughout its 95 year history!



2016 is the Cathedral's Year to Host the IOCC Banquet: Banquet to be held Sunday, November 13

The banquet, with the theme "Remembering Home," is typically held on a Sunday in November at one of the Bay Area Churches. 2016 is the Cathedral's year to host the banquet, which raises funds for the International Orthodox Christian Charities (IOCC). This inter-Orthodox fellowship begins with the celebration of Vespers, and continues with a reception, a silent auction, and dinner. Entertainment usually consists of performances by various Bay Area dance groups. The IOCC event is scheduled for Sunday, November 13, at the Cathedral. In response to the question and the invitation expressed in earlier issues of the Herald, i.e. would you like to serve as a member of the organizing committee of the IOCC banquet at the Cathedral this November, we are pleased to let you know that Angie Leventis stepped up to take the lead on this. She will be working with an inter-Orthodox committee of individuals who've helped with past IOCC dinners. However, as the Cathedral will be hosting the event, we need to put a host committee of 5-6 people together to begin planning. Please give this your prayerful consideration, as IOCC is the foremost Orthodox Christian organization that is out there in Syria, in Iraq, in Greece, in the United States—anywhere in the world where there is need—that responds to emergencies of every kind. It is worthy of our support and continued prayers. So, please give Angie a hand. She may be reached at aleventis3@ comcast.net

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

Parking During Construction

Parking for up to 70 cars is available in the lot behind the Cathedral, at 334 14th Street and on the street. Stewards of the Cathedral are charged only \$5 to park, by showing their discount card; the Cathedral will pay \$7 of the parking cost for Stewards. To pick up a parking pass or to discuss your stewardship, please see Gus Vouchilas, our Stewardship Chairman. If you are a supporting member of the Cathedral, in other words a Steward, you get the card. Street parking is also available on Sundays, especially along the 217' construction zone in front of the Cathedral. For your convenience, an attendant is on hand each Sunday to monitor the drop off zone and direct parking to the parking lot behind the Cathedral. We kindly ask our parishioners to be considerate of those with disabilities, giving them parking preference in the spaces on Valencia Street. This relationship with the lot behind the Cathedral will end as soon as our own parking structure is up and running.

The creator of all souls lies inanimate, the one who gives life to all lies died. The Word of the Father is speechless, the creator of all articulate nature.

Maximos the Confessor, Life of the Virgin: On the Passion, 89



This year's Epitaphio, which represents the burial of Christ. For the first time, the Kouvouklion (symbolic of the Sepulcher), was adorned entirely of roses.



Start thinking 2016 Greek Food Festival

The 2016 Greek Food Festival will take place, once again, in our facility at 245 Valencia Street, San Francisco, September 16, 17, and 18, 2016. Once again, Grace Koutoulas and Deno Konstantinidis will serve as Festival co-chairs. They are calling together their team of volunteers from 2015, along with new volunteers, and asking for your assistance. (Really, it's fun!) The first meeting, to get things organized, will take place on Tuesday, June 14, beginning at 7 p.m. Please consider getting involved, since the Festival is only as good as the volunteers who work to put it together (and our Festivals have been simply fabulous!). For more information, please contact Grace, gmkoutoulas@yahoo.com, or Deno, denocom@hotmail.com. Meanwhile, please have a look at the following cooking schedule. We invite you to come down and lend us a hand, as we prepare our award-winning dishes which will be served at this year's festival. Efharisto!

Welcoming New Festival Committee Members

Festival planning time is here again and we are busy into planning. We would like to have another successful Festival and with your help we can do it. Please join us on Tuesday, June 14th 7:00pm in the second floor conference room. Here is a list of areas we can use your help; please let us know what committee you would like to be a part of. If you have any questions you can contact this years Festival Co-Chairs Deno Konstantinidis at: denocom@hotmail. com or Grace Koutoulas at: gmkoutoulas@yahoo.com

Frappe Gyros Kitchen Lamb Loukoumades Raffle Set-Up Crew/Break-Down Crew Souvenir Book

FESTIVAL 2016 COOKING SCHEDULE (Please note: Cooking schedule subject to change. Volunteers are asked to check with their chairpeople to confirm the dates and times.)

KOULOURAKIA

FRIDAY, JUNE 24, 2016 • 9:00 A.M. to 5:00 P.M. CHAIRPERSON: Philoptochos

GREEN BEANS

TUESDAY, JULY 26, 2016 • 9:00 A.M. to 5:00 P.M. CHAIRPERSON: Rose Sogotis

BAKLAVA

FRIDAY, AUGUST 12, 2016 • 9:00 A.M. to 5:00 P.M CHAIRPERSON: Philoptochos

SPANAKOPITA

THURSDAY, August 18; FRIDAY, August 19; SAT. 8/20 9:00 A.M. TO 5:00 P.M. CHAIRPERSON: Rose Sogotis

KOURAMBIEDES

THURSDAY, August 25; FRIDAY, August 26 9:00 A.M. TO 5:00 P.M. CHAIRPERSON: Mary Chicos

TIROPITES

SUNDAY, AUGUST 21,2016 • 9:00 A.M. TO 5:00 P.M. CHAIRPERSON: Tessie Calligeros

GALATOBOUREKO

THURSDAY, SEPTEMBER 1, 2016 • 9:00 A.M. TO 5:00 P.M. CHAIRPERSON: Philoptochos

BELL PEPPERS

TUESDAY, SEPTEMBER 6; WEDNESDAY, SEPTEMBER 7, 2016 9:00 A.M. TO 5:00 P.M. CHAIRPERSON: Ted Leventis

SYRUP PREPARATION

FRIDAY, SEPTEMBER 9, 2016 • 9:00 A.M. TO 5:00 P.M. CHAIRPERSON: Philoptochos

CHICKEN PREPARATION

TUESDAY, SEPTEMBER 13, 2016 • 9:00 A.M. TO 5:00 P.M. CHAIRPERSON: Melina Navarette

BAKLAVA BAKING

WEDNESDAY, SEPTEMBER 14, 2016 • 9:00 A.M. TO 5:00 P.M. CHAIRPERSON: Philoptochos

RIZOGALO

WEDNESDAY, SEPTEMBER 14, 2016 • 9:00 A.M. TO 5:00 P.M. CHAIRPERSON, Rose Sogotis

PLEASE NOTE:

Pastistio and Moussaka will be outsourced; Loukoumades, salata, lamb, gyros, and some other items will be prepared during the course of the festival.



"Fabulous" doesn't begin to describe this year's Mother's Day Luncheon and Fashion show, chaired by Irene Kyriacou!

PHILOPTOCHOS NEWS

Christos Anesti!

The Ladies Philoptochos prays Pascha was a source of blessing for all, and takes this opportunity to inform the community of the following:

Mother's Day 2016 - Breakfast at Tiffany's

What an enchanting day our 57th annual Mother's Day Luncheon turned out to be on Saturday, May 7, 2016. Chair Irene Kyriacou and committee provided an atmosphere that reminded us of Audrey Hepburn, as Holly Go Lightly, taken right out of the movie. The theme, the blue colors of the day, the music, the pearls hanging from the orchids, the fabulous raffle, the delicious food, the murals on the wall of Audrey, all made for a great atmosphere as we honored our two 2016 Mothers of the Year, Zetta Ambus and Emilia Sarikakis They were presented by Father Stephen Kyriacou and gifted by our Philoptochos Chapter. Master of Ceremonies, Nick Balian, led us through a day of fashions from White Rose Boutique, The Kids Company and B Chick Fashions and songs that enhanced our models on the runway and made us feel happy and uplifted. Christina Arzimanoglou and Kalliop Fousekis sang two songs Moon River and Diamonds Are a Girl's Best Friend that everyone hummed to in the audience. All in all it was a happy day that can be attested to by the photos taken at the event.

On Sunday, our honored Mothers were presented bouquets of roses by Philoptochos and the Annunciation community. Congratulations to these two worthy Mothers as they represent all Mothers. Axia!

Easter Bake Sale

Our Easter Bake Sale, concluded on April 29^{th,} was again a most successful endeavor. Our Philoptochos ladies and men baked koulourakia and tsourekia, and dyed red eggs for purchase for Easter festivities. The community support for this sale is always wonderful. This year's items were really delicious and our sale made close to \$5,000. Of course, all proceeds from this sale go to the charities that we support. What a talented group of women and men we have that comprise our Chapter.

Father's Day - June 2016

We hope that everyone will join us to honor all Fathers of the Year on Sunday, June 19, 2016. Philoptochos will host the coffee hour in honor of all Fathers in our Annunciation Community.

Taste of Greece Festival 2016

Plans are now in progress for the planning of the Festival. Once again, Philoptochos will be in charge of the Pastries. We need many hands to help us prepare the delicious pastries that everyone enjoys. Please check the upcoming schedule in the Herald and mark your calendar for the baking days. We need you! Happy summer to all from Philoptochos!



Bread baking for Pascha. Ke tou chronou!



Thanks to Kathleen Bardis, who keeps us pictorially up to date on a number of community happenings, especially when it comes to volunteers. Shown here are Melina Navarette and Soso Dekaristos, mixing the koulourakia dough for the Easter bake.



Soup Kitchen: thank you for volunteering!

As noted, the Soup Kitchen operates the third Tuesday of every month. It involves food prep, hall setup, serving the meal and—so important!—cleanup. We also have a food pantry, so a few awesome volunteers come early to bag up canned/non-perishable goods for our guests to take with them. Some volunteers arrive earlier, but the typical timeframe is 5 p.m. to 9 p.m. Won't you consider volunteering once in a while? All you have to do is show up. By the way, there's no age limit. We have teenagers volunteering and we have people "forever young" volunteering. It would be truly wonderful to expand our volunteer base, so we can do more. Please communicate your willingness to Father Stephen, fatherstephen@ annunciation.org. He will put you in touch to those who've taken the lead and are coordinating this important ministry. Thank you.



Some of those who prepared the food for our most recent Soup Kitchen.



Members of GOYA serve our guests at the Soup Kitchen.

Introduction to Orthodoxy Class

The Cathedral's Intro to Orthodoxy class, taught by Alexander Kozak, has now entered its eighth year! The class is especially intended for those who are thinking about converting to Orthodoxy and for family members and friends who would like to support them on their journey, but it is also open to people who are already Orthodox and who would like to deepen their understanding of their faith.

The class explores Christian theology and practice through reading selections of Scripture, the Church Fathers, the lives of the Saints, and other texts representative of the Orthodox worldview. These readings are the starting point for our discussions, which aim at clarifying doctrine and worship and helping us to discover (or rediscover), week after week, why we belong in the Church. If you are interested in attending the class, please contact Alexandros Kozák at orthodoxy-agkozak@sneakemail.com

Hall Management Committee Meets

The Hall Management committee met for the first time since we paused hall rentals while we complete the construction of our Cathedral. The committee enthusiastically agreed that our beautiful hall is an asset that we want to ensure that we make the most of first and foremost for the members of the church and our families but then also for our church affiliated organizations and organizations that our members are active in. Beyond that we also agreed that we have a valuable location that is becoming even more valuable as the Mission becomes a more central part of San Francisco living. We have dusted off some good work done a few years ago and have defined a plan to update our policies and position the church to more actively rent the facilities over the coming months. We believe we can contribute considerably to the operating budget of the community if we do this right.

A sacred Pascha has been shown forth to us:
A new and holy Pascha,
A mystic Pascha,
An all-venerable Pascha,
A Pascha which is Christ the Redeemer,
A spotless Pascha,
A great Pascha,
A Pascha of the faithful,
A Pascha which has opened to us the gates of Paradise,
A Pascha which hallows the faithful.

A Troparion of Pascha

Community Link Continues Ministering to Those in Need

Community Link, going on its 10th year of existence, is a group of Annunciation parishioners who meet once a month on a dropin 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 Pauline Oetzel at poetzel@hotmail.com. Please keep Community Link and our home-bound brothers and sisters in your prayers!

A Dating Site for Orthodox

Hardly an evening of television watching goes by without an ad or two from various dating sites reaching out to Christians. Orthodox Christians have been plugging into these and other sites, asking "is there a site out there that is uniquely Orthodox?" Well, there is. Ancient Faith Radio is featuring a talk by Subdeacon Adam Lowell Roberts, entitled "Choose Wisely—An Orthodox Christian's Guide to Courting." Here, he joins Father Barnabas Powell in discussing the importance of finding an Orthodox mate. Subdeacon Adam is founder of Orthodox and Single, a web site designed to help Orthodox singles find one another. The program was originally aired on February 14. It is 1:31:50 in length. Here is the link: http://www.ancientfaith.com/podcasts/faithencouragedlive/choose_wisely

Young Adults gather, in March and, again, in April; they will gather over the summer, as well

On the evening of March 25th, young adults gathered to celebrate the Great Vespers on the occasion of the Apodosis (that is, the leave taking) of the Feast, and the intonation of the second Stasis of the Akathist. Immediately following, they gathered in the conference room for refreshments and a meal cooked by the young adults themselves. The young adults gathered again on April 22 for the Divine Liturgy of the Presanctified Gifts and, afterwards, for a meal at Nostra, directly across the street from the Cathedral. One of the great rewards of these gatherings is faceto-face "networking." Sure, you can meet on Facebook, you can exchange thoughts and photos, just as you can pray at home or in your car, on your way to work. But you can't break bread together, you cannot receive the Body and Blood of Christ-you cannot have the full expression of Community, except when you gather, in person, and encounter one another face to face. The Cathedral endeavors to grow this ministry, as we welcome more and more young adults to the area, who come to work and live and meet one another in this most vibrant of cities. A summer barbeque is being planned.



Can you identify this church?

No, it's not the Annunciation Cathedral currently being reconstructed. Hint: it was built about 1500 years earlier.

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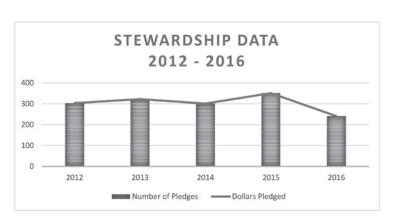
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STEWARDSHIP DATA	2012	2013	2014	2015	2016 Last Month / This Month	To Go to meet LY
Number of Pledges	303	322	301	351	241	110
Pledged Dollars	\$253,844	\$251,670	\$234,092	\$299,637	\$222,585	77,052
Outstanding Balances 2016					\$117,761	
Average Pledge	\$838.00	\$782.00	\$778.00	\$854.00	\$924.00	
Number of pledges at 1000.00 or above					86 / 94	
Number of pledges between 601 and 999					21 / 21	
Number of pledges at 600.00 and below					109 / 124	
Number of individual 2015 pledges that have not pledged for 2016					168	

A Word About Stewardship: Good News!

We are pleased to share with you that financial Stewardship pledge income received in 2015 was the highest in recent history and 2016 continues this trend. In 2015, a total of 351 pledges came in totaling nearly \$300,000. While this amount is essentially only about half of what it takes to keep the Cathedral operating, it was a great beginning to what promises to be continued growth for our community. The average pledge amount has increased over recent years and that is a testimony to your support. The average pledge amount for 2016 is currently at \$924.00, a 13.5% increase over last year; we can easily reach a \$1000.00 annual pledge average by the end of the year. Our annual pledge goal for 2016 is to exceed \$300,000. With your continued support, love for the Lord and His people, and willingness, we can easily achieve this goal. So, thank you for your continued support of the Cathedral and its ministries.



YOUTH NEWS

GOYA News

A meeting of the parents of GOYA age children (13 to 18 years old) took place recently, following the April 19 Soup Kitchen, at which our young people helped serve. They also met with Matia Kostakis, who has worked with young people in her home parish and also helped coach our girls basketball team this year. We thank our parents for making the effort to bring their children, and for helping us articulate programmatic needs for GOYA. Moving forward, we will list the newly elected officers of GOYA, in next month's Herald, as well as the events which GOYA is planning to hold for the Cathedral chapter for the remainder of the year, and also Bay Area events in which it will participate. Meanwhile, we thank you, the parents, for your continued vigilance on behalf of our children, as we endeavor to strengthen this youth ministry of our parish.

Dance Group News

Greek Dance continues through the Summer Months

The Annunciation Cathedral is gearing up for another exciting year! The 2016-17 Greek folk dance season kicks off after church on Sunday, May 15th. The directors will begin with a brief overview of the program followed by the first practice following FDF, the Great Lent, and Pascha. The Cathedral's award winning dance program consists of experienced and dedicated directors, talented dancers, and supportive families and community. All groups are currently open to new dancers for a limited time. Our program encompasses everyone from four years old to young adult. Please contact Lea Lyberopoulos at karthia808@yahoo.com for more information.

To Mellon: Pre-K-K (must be at least 4 years old in Fall 2016)

Directed by Irene Kyriacou and Katerina Sarikakis

To Mellon 2: 1st-3rd grade in Fall 2016 Directed by Katerina Sarikakis and Eleni Taptelis

Thisavri: 4th-6th grade in Fall 2016 Directed by Irene Kyriacou, Lea Lyberopoulos, and Lea Papavasiliou

Spithes: 7th -11th grade in Fall 2016 Directed by Irene Kyriacou, Lea Lyberopoulos, and Lea Papavasiliou

Megalopolis: 18 and up Directed by Michael and Nicole Garibaldi



Smiling faces, minds filled with optimism, hearts teeming with faith!

Sunday School News

Sunday School breaks for the summer on Sunday, June 5 and resumes Sunday, September 25 (one week after the festival). Note our beautiful children, above, and the crafts which they prepared on Great and Holy Friday, as part of our TGIPascha program (shown below).



Out for the summer. The Sunday School year ends June 5 and resumes September . Shown above are teachers and Sunday School students gathered on Palm Sunday for Church Music Day.

Thank you and Kudos to our Graduates!

As the Sunday School year comes to a close, we would like to take this opportunity to thank our five Sunday School teachers (Tina Kontonis, Maria Allen, Chrisoula Novo, Yvonne Chiappari, and Calli Vellis) who devoted their time and effort to continue



this ministry of faith despite its challenges. A special thank you to Brittany Henderson for leading our first Sunday School Music Program. The children enjoyed learning and singing the various hymns of our Orthodox faith.

The last day of Sunday School is June 5th, 2016.

Meanwhile, congratulations to our Class of 2016 Graduates!

Bobby Kontonis – Taylor Middle School Stelios Kyriacou – Ralston Middle School Katerina

Rally – Burlingame Intermediate School Yianni

Sogotis - Burlingame Intermediate School

Dimitri Kontonis - Mills High School Eleni

Rally - Burlingame High School Christina

Stratakis - South San Francisco High School

Harry Misthos - San Francisco State University

Our Sunday School program will resume on September 25th, 2016. The Sunday School program is in need of a Program Director and Sunday School teachers. Please contact Chrisoula Pezo (chrisoulapezo@gmail.com) or Father Stephen (fatherstephen@annunciation.org) by August 15th if you are interested in volunteering your time and talent to this important ministry.

We wish everyone a restful and enjoyable summer.

'Like'
Annunciation
Cathedral Sunday
School!



Greek School News

Our last day of Greek School will be June 11th. We have had a beautiful year with our amazing teachers and wonderful students. Please mark your calendars: next year, Greek School will start on Saturday, September 24th (the week after the Greek food festival at Annunciation Cathedral), beginning 10 a.m.

We hope to see you all at the festival! We would like to extend our warmest thanks and gratitude to Fr. Stephen and Cathedral staff for their continued support of the Greek School. We truly appreciate it.

We invite you to enroll your children in our school, especially if you are new to the area. At our school, your children will be taught language skills, and immersed in our faith and cultural heritage. If you have any questions about our school, or wish to register your child/children, pleasae e mail the director, Anthi Janssens, at anthigj@gmail.com or call, at 415 254-5458.

You may also obtain up a hard copy of our registration form by calling the Cathedral office, at 415 864-8000.

Summer Camp at St. Nicholas

The Greek Orthodox Metropolis of San Francisco is proud to announce the 36th year of its Summer Camp ministry at Saint Nicholas Ranch and Retreat Center in Dunlap, CA. Organized by the Metropolis Office of Youth and Young Adult Ministries, this program is a highlight of youth ministry throughout the year. All three session of Summer Camp are for campers ages 8-18.

The dates for the 2016 Metropolis Summer Camp are:

Staff Orientation Week - July 5-9

Session I - July 10-16

Session II - July 17-23

Session III July 24-30

Due to high demand, campers are now limited to registering for only ONE session of summer camp.

Pricing for 2016:

\$525 Late Registration (May 1 – June 15)

All siblings receive a \$25.00 discount.

Online Registration

Camper Registration and more information is now available online at www.gosfyouth.org.

You can make a deposit now to lock in the "Early Registration" pricing and make payments until June 15. Summer Camp Staff Applications are coming soon and will be available online at www.gosfyouth.org

For questions, please contact Johanna Duterte, Director, Office of Youth and Young Adult Ministries, **JDuterte@sanfran.goarch.org.**



Representing the Myrrh-bearing women, our young girls participate in Holy Week services.



Some of our boy acolytes on Holy and Great Friday.



Nektarios McKnight, our Ecclesiarch, ever mentoring, always a step ahead.

Serving in the Altar

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. For the 2015-2016 school year, we are very pleased to announce the altar leaders program! This year, three of the older altar servers will take on the responsibility of coordinating the groups during services each week. We hope to add several more to their ranks in the coming years!

If any families are interested in their boys joining an altar group, who are above the age of 10, feel free to contact Father Stephen at fatherstephen@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!

Our altar schedule for May is as follows:

June 5 - Group 1 (Last day of Sunday School)

June 12 - Group 2

June 19 - Group 3 (Father's Day)

June 26 - Group 4

July 3 – Group 1

July 10 - Group 2

July 17 - Group 3

July 24 - Group 4

July 31 - Group 1

Our altar groups are as follow:

Group 1- Stelios Kyriacou, Kosta Lyberopoulos, Andrew Vellis, George Tsokas, Victor Nicolacakis, Justin Perez, Christian Kleinekorte (Demetri Kontonis- Group Leader)

Group 2- Christopher Apostolos Percia, Panagiotis Sogotis, Yianni Sogotis, Steven Monolakis, (Niko Manetas- Group Leader)

Group 3- Niko Pezo, Demetri Rally, Steven Chiappari, Gianni Kefalas, Nicholas Shatara (Demetri Kontonis- Group Leader)

Group 4- Nathan Tesfai, Bobby Kontonis, Hari Manetas, Alexander Kasolas, Matthew Nuris (Jonas Tesfai- Group Leader)

SACRAMENTS

Weddings

James M. Tasso, Jr. and Molly McAndrew were married on May 7. Their Sponsor is Nicholas Tasso.

Pete Bissas and Maria Barbra Fuentes were married on May 15. Their Sponsor is Despina Panagiotopoulos.

Na Mas Zisoun! (Long Life!)

Funeral

Frances Paras, who fell asleep in the Lord on April 28, was buried on May 2. She is survived by her husband, George, and by her children, Demetra Paras and Jim Paras.

Aionia I Mnimi! (Eternal Memory!)

JUNE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Note: Father Stephen will I Monday, June 6 through We Tuesday, June 21 through Th Monday, July 4 through Thu Friday, July 8 through Friday		Last Day of Greek School				
5	6	7	8	9	10	11
Orthros, 9 am; Divine Liturgy, 10:30 am Last Day of Sunday School			Construction Meeting, 10 a.m.	Ascension Liturgy at Ascension Cathedral, Oakland, 10 a.m.		
12	13	14	15	16	17	18
Orthros, 9 am; Divine Liturgy, 10:30 am Parish Council Meeting, 12:30 p.m.						
19	20	21	22	23	24	25
Orthros, 9 am; Divine Liturgy, 10:30 am Holy Pentecost		Soup Kitchen, 6:30 p.m.	Construction Meeting, 10 a.m.		Festival Cooking: Koulourakia 9:00 a.m. to 5:00 p.m.	
26	27	28	29	30		
Orthros, 9 am; Divine Liturgy, 10:30 am						

JULY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
Orthros, 9 am; Divine Liturgy, 10:30 am			Construction Meeting, 10 a.m.	Archdiocese Clergy Laity, Nashville, TN		
10	11	12	13	14	15	16
Orthros, 9 am; Divine Liturgy, 10:30 am						
17	18	19	20	21	22	23
Orthros, 9 am; Divine Liturgy, 10:30 am Parish Council Meeting, 12:30 p.m.		Soup Kitchen, 6:30 p.m.	Prophet Elias, at Prophet Elias Church, Santa Cruz, 10 am Construction			
Weeting, 12.50 p.m.			Meeting, 10 a.m.			
24	25	26	27	28	29	30
Orthros, 9 am; Divine Liturgy, 10:30 am		Festival Cooking: Green beans 9:00 a.m. to 5:00 p.m.				

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