ANNUNCIATION CATHEDRAL
SAN FRANCISCO, CALIFORNIA

Sunday Bulletin – December 7, 2025

Hymns of the Day - Υμνολογία

Resurrectional Apolytikion in the 1st Tone
Although the stone was sealed by the Jews, and the soldiers guarded Your most pure body, You arose on the third day, O Savior, giving life to the world. For this reason, the heavenly powers cried out to you, O Giver of Life: Glory to Your resurrection, O Christ! Glory to Your kingdom! Glory to Your dispensation, only Lover of Mankind!

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

Apolytikion for the Church Annunciation in the 4th Tone
Today is the summary of our salvation, and the revelation of the age-old mystery. For the Son of God becomes the Son of the Virgin, and Gabriel announces the good news of grace. Therefore, let us join him, and cry aloud to the Theotokos: "Rejoice, Maiden full of grace,! the Lord is with you."

Σήμερον της σωτηρίας ημών το κεφάλαιον, και του απ'αιώνος μυστηρίου η φανέρωσις, ο Υιός του Θεού, Υιός της Παρθένου γίνεται, και Γαβριήλ την χάριν ευαγγελίζεται. Διό και ημείς συν αυτώ τη Θεοτόκω βοήσωμεν: Χαίρε Κεχαριτωμένη, ο Κύριος μετά σου.

Seasonal Kontakion in the 3rd Tone
On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.

Ἡ Παρθένος σήμερον, τὸν Προαιώνιον Λόγον, ἐν Σπηλαίῳ ἔρχεται, ἀποτεκεῖν ἀπορρήτως. Χόρευε ἡ οἰκουμένη ἀκουτισθεῖσα, δόξασον μετὰ Ἀγγέλων καὶ τῶν Ποιμένων, βουληθέντα ἐποφθῆναι, παιδίον νέον, τὸν πρὸ αἰώνων Θεόν.

Gospel and Epistle - Αναγνώσματα

Epistle Readings

Prokeimenon. 1st Tone. Psalm 32.22,1.
Let your mercy, O Lord, be upon us.
Verse: Rejoice in the Lord, O ye righteous.

The reading is from St. Paul's Letter to the Ephesians 5:8-19.

Brethren, walk as children of light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart.

Προκείμενον. 1st Tone. ΨΑΛΜΟΙ 32.22,1.
Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς.
Στίχ. Ἀγαλλιᾶσθε δίκαιοι ἐν Κυρίῳ

τὸ Ἀνάγνωσμα Πρὸς Ἐφεσίους 5:8-19.

Ἀδελφοί, ὡς τέκνα φωτὸς περιπατεῖτε - ὁ γὰρ καρπὸς τοῦ πνεύματος ἐν πάσῃ ἀγαθωσύνῃ καὶ δικαιοσύνῃ καὶ ἀληθείᾳ - δοκιμάζοντες τί ἐστιν εὐάρεστον τῷ κυρίῳ· καὶ μὴ συγκοινωνεῖτε τοῖς ἔργοις τοῖς ἀκάρποις τοῦ σκότους, μᾶλλον δὲ καὶ ἐλέγχετε· τὰ γὰρ κρυφῇ γινόμενα ὑπ᾽ αὐτῶν αἰσχρόν ἐστιν καὶ λέγειν. Τὰ δὲ πάντα ἐλεγχόμενα ὑπὸ τοῦ φωτὸς φανεροῦται· πᾶν γὰρ τὸ φανερούμενον φῶς ἐστίν. Διὸ λέγει, Ἔγειρε ὁ καθεύδων καὶ ἀνάστα ἐκ τῶν νεκρῶν, καὶ ἐπιφαύσει σοι ὁ Χριστός. Βλέπετε οὖν πῶς ἀκριβῶς περιπατεῖτε, μὴ ὡς ἄσοφοι, ἀλλ᾽ ὡς σοφοί, ἐξαγοραζόμενοι τὸν καιρόν, ὅτι αἱ ἡμέραι πονηραί εἰσιν. Διὰ τοῦτο μὴ γίνεσθε ἄφρονες, ἀλλὰ συνιέντες τί τὸ θέλημα τοῦ κυρίου. Καὶ μὴ μεθύσκεσθε οἴνῳ, ἐν ᾧ ἐστὶν ἀσωτία, ἀλλὰ πληροῦσθε ἐν πνεύματι, λαλοῦντες ἑαυτοῖς ψαλμοῖς καὶ ὕμνοις καὶ ᾠδαῖς πνευματικαῖς, ᾄδοντες καὶ ψάλλοντες ἐν τῇ καρδίᾳ ὑμῶν τῷ κυρίῳ.

Gospel Readings

10th Sunday of Luke

Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

Κατὰ Λουκᾶν 13:10-17

Τῷ καιρῷ ἐκείνῳ, Ἦν δὲ διδάσκων ἐν μιᾷ τῶν συναγωγῶν ἐν τοῖς σάββασι. καὶ ἰδοὺ γυνὴ ἦν πνεῦμα ἔχουσα ἀσθενείας ἔτη δέκα καὶ ὀκτώ, καὶ ἦν συγκύπτουσα καὶ μὴ δυναμένη ἀνακῦψαι εἰς τὸ παντελές. ἰδὼν δὲ αὐτὴν ὁ ᾽Ιησοῦς προσεφώνησε καὶ εἶπεν αὐτῇ· γύναι, ἀπολέλυσαι τῆς ἀσθενείας σου· καὶ ἐπέθηκεν αὐτῇ τὰς χεῖρας· καὶ παραχρῆμα ἀνωρθώθη καὶ ἐδόξαζε τὸν Θεόν. ἀποκριθεὶς δὲ ὁ ἀρχισυνάγωγος, ἀγανακτῶν ὅτι τῷ σαββάτῳ ἐθεράπευσεν ὁ ᾽Ιησοῦς, ἔλεγε τῷ ὄχλῳ· ἓξ ἡμέραι εἰσὶν ἐν αἷς δεῖ ἐργάζεσθαι· ἐν ταύταις οὖν ἐρχόμενοι θεραπεύεσθε, καὶ μὴ τῇ ἡμέρᾳ τοῦ σαββάτου. ἀπεκρίθη οὖν αὐτῷ ὁ Κύριος καὶ εἶπεν· ὑποκριτά, ἕκαστος ὑμῶν τῷ σαββάτῳ οὐ λύει τὸν βοῦν αὐτοῦ ἢ τὸν ὄνον ἀπὸ τῆς φάτνης καὶ ἀπαγαγὼν ποτίζει; ταύτην δέ, θυγατέρα ᾽Αβραὰμ οὖσαν, ἣν ἔδησεν ὁ σατανᾶς ἰδοὺ δέκα καὶ ὀκτὼ ἔτη, οὐκ ἔδει λυθῆναι ἀπὸ τοῦ δεσμοῦ τούτου τῇ ἡμέρᾳ τοῦ σαββάτου; καὶ ταῦτα λέγοντος αὐτοῦ κατῃσχύνοντο πάντες οἱ ἀντικείμενοι αὐτῷ, καὶ πᾶς ὁ ὄχλος ἔχαιρεν ἐπὶ πᾶσι τοῖς ἐνδόξοις τοῖς γινομένοις ὑπ᾽ αὐτοῦ.

Saints and Feasts - Εορτές

Ambrose, Bishop of Milan

This Saint was born in Gaul in 340, and was a member of the Roman Senate. After the death of Auxentius, the Arian Bishop of Milan, a violent dispute arose among the Orthodox and Arians about who would succeed him. Ambrose, desiring as Governor of the province to restore the peace, attempted to mediate between them. As he spoke to the people, eloquently persuading them to elect a new bishop without tumult and disorder, a young child, inspired from on high, suddenly cried out "Ambrose, bishop!" To his astonishment and dismay, the people immediately took up this cry themselves, and over his many protests, he was raised to the episcopal throne of Milan on December 7, 374. A great Father of the Church, he wrote many works in Latin, and was both an unwearying opponent of Arianism, and a fearless accuser of emperors when they transgressed the law of God. Having lived fifty-seven years, he reposed on April 4, on the eve of Pascha, in the year 397.

Wisdom of the Fathers - Σοφία των Πατέρων

In this place He gives a complete likeness of the resurrection. Healing wounds of mind and body, He forgives the sins of souls and makes an end of the infirmity of the flesh: This is to cure the whole man. And though it is a great thing to forgive men their sins. . . nevertheless, it is a much more divine work to give resurrection to their bodies, because the Lord is Himself the resurrection. -***Saint Ambrose***

Announcements - Ανακοινώσεις

Services This Week: Tuesday, December 9th, The Conception of the Most Holy Theotokos (Orthros 8:45 AM, Divine Liturgy 10 AM); Wednesday, December 10, Saint Daniel the Stylite (Evening Divine Liturgy 6:00 PM); Friday, December 12th, Saint Spyridon (Orthros 8:45 AM, Divine Liturgy 10 AM); Saturday, December 13th (Holy Confessions 3:00 PM, Great Vespers 4:00 PM).

Parish Council Elections Today: Parish Council Elections will take place today immediately following the Divine Liturgy. All Stewards of the Cathedral in Good Standing for 2025 are invited to vote for five Parish Council members. Ballots may be picked up and cast in the gym during coffee hour. Thank you for participating in this important part of our parish governance.

Building Fund Match Challenge: We are blessed with another incredible opportunity! An anonymous benefactor has offered a $100,000 Building Fund Match Challenge. Every dollar donated to the Building Fund will be matched, up to $100,000, through December 31, 2025. Together we can raise $200,000 or more for the construction of our new Cathedral. Donations may be made online through Realm or by mailing a check to the Cathedral. Thank you for your generosity and continued support!

Welcoming Orthodox Children's Book Creators: Zoe and Lexi Doukakis, creators of *Why Did God Make Beasts & Bugs?*, are visiting the Cathedral today. Their mission is to bring more Orthodox children's books to bookshelves and help kids explore how faith and looking to Christ can overcome fears. They will be hosting a book signing, offer story time, and have books available for purchase.

Cathedral Community Christmas Card: We invite you to share in the joy of the season by includng your name in our yearly Community Christmas Card. The card extends your Christmas and New Year greetings while also supporting the ministries of our Cathedral. Kathy Dermitzakis and Irene Poulakidas will be gathering names and donations following Liturgy. Please stop by their table or visit www.annunciation.org/christmas-card.

44th Annual Philoptochos Crab Feed: The Ladies Philoptochos presents its Annual Crab Feed on Friday, January 30, 2026. Join us for an all-inclusive meal of Salad, Garlic Bread, Wine, Pasta, Crab, and Dessert. Early bird pricing is available through December 31st: $90/adult and $45/child 12 and under. Visit our table in the hall after Liturgy to reserve your tickets or purchase your tickets online at www.annunciation.org/crab-feed. Contact Maria Manetas at crabfeed@annunciation.org for more details.

Stewardship: Stewardship is our offering showing love in action for Christ, the Church, and our fellow human beings. It supports our ministries, programs, outreach, and the care and maintenance of our beloved Cathedral. Most importantly, it supports our Cathedral liturgical expenses, and now more than ever, it is time for everyone to make a commitment to our community. Pledge today in person at Church or at www.annunciation.org/donate.

Santa's Workshop Sponsored by Fanari: Fanari SF invites all children ages 4 to 12 to a magical evening of Christmas joy this Friday, December 12th, 6:00 PM - 9:00 PM. The night includes holiday crafts, a Christmas movie, pizza and treats, face painting, letters to Santa, and photos with Santa if we are lucky. The cost is $35 for one child, $60 for two siblings, and $80 for three. See the flyer in our information area for the QR code to RSVP.

Community Kitchen: Let us come together to prepare, serve, and share a hot meal with those in our neighborhood. The next gathering of Community Kitchen will be on December 16th. If you would like to volunteer, please sign up at www.annunciation.org/ck-signup. If you would like to support this important ministry, please consider making a financial donation at www.annunciation.org/ck-donate

Continued to next page

Metropolis Family Ministry Eight Dates Program: Offered by the Metropolis Family Wellness Ministry, all couples are invited to participate in the upcoming Eight Dates marriage program. Presented for the fourth time in our Metropolis, these online workshops combine a Christ-centered approach with research-based strategies to enhance couples' connection, communication, and conflict management skills. Over 800 couples from throughout the country have already benefited from the Eight Dates programs offered by our Metropolis Family Wellness Ministry. Visit www.familywellnessministry.org to register today!

Men's Fellowship: Please join us for our next Men's Fellowship gathering on Thursday, January 15, 2026. Social hour begins at 6:30 PM, dinner and program follow at 7:00 PM. These meetings provide an excellent opportunity for us to reconnect with our friends, our community, and our faith. If you plan to attend our next gathering, please email Jim Rakos at jim.rakos@annunciation.org to RSVP.

An Invitation To Host Coffee Hour: As part of our revitalized coffee hour program, we're calling on all ministries, organizations, and our parishioners (individually or in teams!) to sign up to host one or more coffee hours throughout the year. We'll supply the coffee/ cream/ sugar, tablecloths, napkins, utensils – and you supply the goodies (pastries, donuts, bagels, small sandwiches, fruit/ vegetable/ cheese platters or other similar items). Please reach out to Irene Melitas (irene.melitas@annunciation.org, or 925.212.8561) to sign-up and learn more.

Digital Chant Stand for Today’s Services: