ANNUNCIATION CATHEDRAL

SAN FRANCISCO, CALIFORNIA

Sunday Bulletin – June 21, 2026

Hymns of the Day - Υμνολογία

Resurrectional Apolytikion in the 2nd Tone
When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou didst also raise the dead out of the nethermost depths, all the powers in the Heavens cried out: O Life-giver, Christ our God, glory be to Thee.

Ὅτε κατῆλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν ᾅδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον·Ζωοδότα Χριστὲ ὁ Θεὸς ἡμῶν δόξα σοι.

Apolytikion for the Church Annunciation in the 1st Tone
Today is the beginning of our salvation, and the revelation of the eternal mystery: the Son of God becomes the Son of the Virgin, and Gabriel announces the good tidings of grace; wherefore, let us cry with him to the Virgin: "Rejoice, O 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 2nd Tone
O Protection of Christians that cannot be put to shame, mediation unto the creator most constant: O despise not the voices of those who have sinned; but be quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, O thou who dost ever protect, O Theotokos, them that honor thee.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε. Μὴ παρίδῃς ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεί, Θεοτόκε, τῶν τιμώντων σε.

Gospel and Epistle - Αναγνώσματα

Epistle Readings

Prokeimenon. 2nd Tone. Psalm 117.14,18.
The Lord is my strength and my song.
Verse: The Lord has chastened me sorely.

The reading is from St. Paul's Letter to the Romans 5:1-10.

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access by faith to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man -- though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Προκείμενον. 2nd Tone. ΨΑΛΜΟΙ 117.14,18.
Ἰσχύς μου καὶ ὕμνησίς μου ὁ Κύριος.
Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος.

τὸ Ἀνάγνωσμα Πρὸς Ῥωμαίους 5:1-10.

Ἀδελφοί, δικαιωθέντες οὖν ἐκ πίστεως, εἰρήνην ἔχομεν πρὸς τὸν θεὸν διὰ τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι᾽ οὗ καὶ τὴν προσαγωγὴν ἐσχήκαμεν τῇ πίστει εἰς τὴν χάριν ταύτην ἐν ᾗ ἑστήκαμεν, καὶ καυχώμεθα ἐπ᾽ ἐλπίδι τῆς δόξης τοῦ θεοῦ. Οὐ μόνον δέ, ἀλλὰ καὶ καυχώμεθα ἐν ταῖς θλίψεσιν, εἰδότες ὅτι ἡ θλῖψις ὑπομονὴν κατεργάζεται, ἡ δὲ ὑπομονὴ δοκιμήν, ἡ δὲ δοκιμὴ ἐλπίδα· ἡ δὲ ἐλπὶς οὐ καταισχύνει, ὅτι ἡ ἀγάπη τοῦ θεοῦ ἐκκέχυται ἐν ταῖς καρδίαις ἡμῶν διὰ πνεύματος ἁγίου τοῦ δοθέντος ἡμῖν. Ἔτι γὰρ Χριστός, ὄντων ἡμῶν ἀσθενῶν, κατὰ καιρὸν ὑπὲρ ἀσεβῶν ἀπέθανεν. Μόλις γὰρ ὑπὲρ δικαίου τις ἀποθανεῖται· ὑπὲρ γὰρ τοῦ ἀγαθοῦ τάχα τις καὶ τολμᾷ ἀποθανεῖν. Συνίστησιν δὲ τὴν ἑαυτοῦ ἀγάπην εἰς ἡμᾶς ὁ θεός, ὅτι ἔτι ἁμαρτωλῶν ὄντων ἡμῶν Χριστὸς ὑπὲρ ἡμῶν ἀπέθανεν. Πολλῷ οὖν μᾶλλον, δικαιωθέντες νῦν ἐν τῷ αἵματι αὐτοῦ, σωθησόμεθα δι᾽ αὐτοῦ ἀπὸ τῆς ὀργῆς. Εἰ γὰρ ἐχθροὶ ὄντες κατηλλάγημεν τῷ θεῷ διὰ τοῦ θανάτου τοῦ υἱοῦ αὐτοῦ, πολλῷ μᾶλλον καταλλαγέντες σωθησόμεθα ἐν τῇ ζωῇ αὐτοῦ.

Gospel Readings

3rd Sunday of Matthew

Matthew 6:22-33

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear? For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."

Κατὰ Ματθαῖον 6:22-33

Εἶπεν ὁ Κύριος· Ὁ λύχνος τοῦ σώματός ἐστιν ὁ ὀφθαλμός· ἐὰν οὖν ὁ ὀφθαλμός σου ἁπλοῦς ᾖ, ὅλον τὸ σῶμά σου φωτεινόν ἔσται· ἐὰν δὲ ὁ ὀφθαλμός σου πονηρὸς ᾖ, ὅλον τὸ σῶμά σου σκοτεινὸν ἔσται. εἰ οὖν τὸ φῶς τὸ ἐν σοὶ σκότος ἐστί, τὸ σκότος πόσον; Οὐδεὶς δύναται δυσὶ κυρίοις δουλεύειν· ἢ γὰρ τὸν ἕνα μισήσει καὶ τὸν ἕτερον ἀγαπήσει, ἢ ἑνὸς ἀνθέξεται καὶ τοῦ ἑτέρου καταφρονήσει. οὐ δύνασθε Θεῷ δουλεύειν καὶ μαμωνᾷ. Διὰ τοῦτο λέγω ὑμῖν, μὴ μεριμνᾶτε τῇ ψυχῇ ὑμῶν τί φάγητε καὶ τί πίητε, μηδὲ τῷ σώματι ὑμῶν τί ἐνδύσησθε· οὐχὶ ἡ ψυχὴ πλεῖόν ἐστι τῆς τροφῆς καὶ τὸ σῶμα τοῦ ἐνδύματος; ἐμβλέψατε εἰς τὰ πετεινὰ τοῦ οὐρανοῦ, ὅτι οὐ σπείρουσιν οὐδὲ θερίζουσιν οὐδὲ συνάγουσιν εἰς ἀποθήκας, καὶ ὁ πατὴρ ὑμῶν ὁ οὐράνιος τρέφει αὐτά· οὐχ ὑμεῖς μᾶλλον διαφέρετε αὐτῶν; τίς δὲ ἐξ ὑμῶν μεριμνῶν δύναται προσθεῖναι ἐπὶ τὴν ἡλικίαν αὐτοῦ πῆχυν ἕνα; καὶ περὶ ἐνδύματος τί μεριμνᾶτε; καταμάθετε τὰ κρίνα τοῦ ἀγροῦ πῶς αὐξάνει· οὐ κοπιᾷ οὐδὲ νήθει· λέγω δὲ ὑμῖν ὅτι οὐδὲ Σολομὼν ἐν πάσῃ τῇ δόξῃ αὐτοῦ περιεβάλετο ὡς ἓν τούτων. Εἰ δὲ τὸν χόρτον τοῦ ἀγροῦ, σήμερον ὄντα καὶ αὔριον εἰς κλίβανον βαλλόμενον, ὁ Θεὸς οὕτως ἀμφιέννυσιν, οὐ πολλῷ μᾶλλον ὑμᾶς, ὀλιγόπιστοι; μὴ οὖν μεριμνήσητε λέγοντες, τί φάγωμεν ἢ τί πίωμεν ἢ τί περιβαλώμεθα; πάντα γὰρ ταῦτα τὰ ἔθνη ἐπιζητεῖ· οἶδε γὰρ ὁ πατὴρ ὑμῶν ὁ οὐράνιος ὅτι χρῄζετε τούτων ἁπάντων. ζητεῖτε δὲ πρῶτον τὴν βασιλείαν τοῦ Θεοῦ καὶ τὴν δικαιοσύνην αὐτοῦ, καὶ ταῦτα πάντα προστεθήσεται ὑμῖν.

Saints and Feasts - Εορτές

Julian the Martyr of Tarsus

This Martyr, who was born to a pagan father and a Christian mother, was from Cilicia, confessed the Christian Faith before the Proconsul Marcian, and was perfected in martyrdom at the age of eighteen, when he was put into a sack with sand and venomous serpents and cast into the sea. Saint John Chrysostom has a homily in his honour.

Wisdom of the Fathers - Σοφία των Πατέρων

We advance toward humility by means of trials. He who rests on his virtue without suffering tribulation has the door of pride open before him. ***St. Isaac of Syria***

Announcements - Ανακοινώσεις

Welcome to Annunciation Cathedral: If you are visiting our parish, new to the community, or exploring the Orthodox Faith, we are very glad you are here. Please feel free to introduce yourself to the clergy and parishioners after the Divine Liturgy. We would be honored to get to know you and help you become connected to the life of the Church.

Happy Father's Day! We wish all the fathers in our community a very blessed day and also remember those fathers who have departed this life and pray that their memory be eternal.

Philoptochos Festival Baking: The Annunciation Ladies Philoptochos will be baking their delicious Koulourakia this Tuesday, June 23 at 10:30AM at the Cathedral kitchen. No experience is needed, our wonderful Philoptochos bakers will provide lessons! If you have any questions, contact Meena Vellis at: meena.vellis@annunciation.org

Community Kitchen: Let us come together to prepare, serve, and share a hot meal with our neighbors. The next Community Kitchen will be on Tuesday, July 21. You can sign up to volunteer at www.annunciation.org/ck-signup. If you would like to support this important ministry by making a financial donation, visit www.annunciation.org/ck-donate.

Youth Religious Learning Opportunities: The Cathedral's Religious Learning Ministry helps children and youth grow in their understanding of the Orthodox Faith through age-appropriate lessons, discussion, service opportunities, and meaningful engagement with the life of the Church. We are currently gathering interest from families with children in Pre-K through 12th Grade and seeking volunteers who would like to help teach, mentor, and support our youth. To learn more about the ministry and complete the appropriate interest form, please visit www.annunciation.org/religious-learning-ministry

2026 Stewardship: "What shall I give to the Lord in return for all His goodness towards me?" Psalm 116:12. We invite you to become a steward today! Your stewardship donations directly impact our Cathedral ministries such as: Elpida religious youth program, HOPE/JOY, GOYA, Community Kitchen, Cathedral Choir, Men's Fellowship, Athletics, Dance and Greek School programs, and all the operational expenses of the Cathedral. Use the QR code below to pledge or fill out a form and turn into the Pangari today!

An Invitation To Host Coffee Hour: As part of our revitalized coffee hour program, we invite ministries, organizations, and parishioners (individually or in teams) to host a Sunday coffee hour. We'll provide the coffee, cream, sugar, tablecloths, napkins, and utensils; hosts are asked to bring light refreshments such as pastries, bagels, fruit, or similar items. To sign up or learn more, contact Irene Melitas at irene.melitas@annunciation.org or 925-212-8561.

Scan Here To Complete Your 2026 Stewardship Pledge!

www.annuncitiation.org/pledge

Chant Stand Liturgical Text for Today's Services:

https://dcs.goarch.org/goa/dcs/parish.html