ANNUNCIATION CATHEDRAL

SAN FRANCISCO, CALIFORNIA

Sunday Bulletin – July 12, 2026

Hymns of the Day - Υμνολογία

Resurrectional Apolytikion in the Plagal 1st Tone
Let us worship the Word, O ye faithful, praising Him that with the Father and the Spirit is co-beginningless God, Who was born of a pure Virgin that we all be saved; for He was pleased to mount the Cross in the flesh that He assumed, accepting thus to endure death. And by His glorious rising, He also willed to resurrect the dead.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ηὐδόκησε σαρκί, ἀνελθεῖν ἐν τῷ σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

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. Plagal 1st Tone. Psalm 11.7,1.
You, O Lord, shall keep us and preserve us.
Verse: Save me, O Lord, for the godly man has failed.

The reading is from St. Paul's Letter to the Romans 12:6-14.

Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

Προκείμενον. Plagal 1st Tone. ΨΑΛΜΟΙ 11.7,1.
Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.
Στίχ. Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὅσιος.

τὸ Ἀνάγνωσμα Πρὸς Ῥωμαίους 12:6-14.

Ἀδελφοί, ἔχοντες δὲ χαρίσματα κατὰ τὴν χάριν τὴν δοθεῖσαν ἡμῖν διάφορα, εἴτε προφητείαν, κατὰ τὴν ἀναλογίαν τῆς πίστεως· εἴτε διακονίαν, ἐν τῇ διακονίᾳ· εἴτε ὁ διδάσκων, ἐν τῇ διδασκαλίᾳ· εἴτε ὁ παρακαλῶν, ἐν τῇ παρακλήσει· ὁ μεταδιδούς, ἐν ἁπλότητι· ὁ προϊστάμενος, ἐν σπουδῇ· ὁ ἐλεῶν, ἐν ἱλαρότητι. Ἡ ἀγάπη ἀνυπόκριτος. Ἀποστυγοῦντες τὸ πονηρόν, κολλώμενοι τῷ ἀγαθῷ. Τῇ φιλαδελφίᾳ εἰς ἀλλήλους φιλόστοργοι· τῇ τιμῇ ἀλλήλους προηγούμενοι· τῇ σπουδῇ μὴ ὀκνηροί· τῷ πνεύματι ζέοντες· τῷ κυρίῳ δουλεύοντες· τῇ ἐλπίδι χαίροντες· τῇ θλίψει ὑπομένοντες· τῇ προσευχῇ προσκαρτεροῦντες· ταῖς χρείαις τῶν ἁγίων κοινωνοῦντες· τὴν φιλοξενίαν διώκοντες. Εὐλογεῖτε τοὺς διώκοντας ὑμᾶς· εὐλογεῖτε, καὶ μὴ καταρᾶσθε.

Gospel Readings

6th Sunday of Matthew

Matthew 9:1-8

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to

themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

Κατὰ Ματθαῖον 9:1-8

Τῷ καιρῷ ἐκείνῳ, ἐμβὰς εἰς πλοῖον διεπέρασε καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν. Καὶ ἰδοὺ προσέφερον αὐτῷ παραλυτικὸν ἐπὶ κλίνης βεβλημένον· καὶ ἰδὼν ὁ ᾽Ιησοῦς τὴν πίστιν αὐτῶν εἶπε τῷ παραλυτικῷ· θάρσει, τέκνον· ἀφέωνταί σοι αἱ ἁμαρτίαι σου. καὶ ἰδού τινες τῶν γραμματέων εἶπον ἐν ἑαυτοῖς· οὗτος βλασφημεῖ. καὶ ἰδὼν ὁ ᾽Ιησοῦς τὰς ἐνθυμήσεις αὐτῶν εἶπεν· ἵνα τί ὑμεῖς ἐνθυμεῖσθε πονηρὰ ἐν ταῖς καρδίαις ὑμῶν; τί γάρ ἐστιν εὐκοπώτερον, εἰπεῖν, ἀφέωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἐπὶ τῆς γῆς ἀφιέναι ἁμαρτίας - τότε λέγει τῷ παραλυτικῷ· ἐγερθεὶς ἆρόν σου τὴν κλίνην καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἐγερθεὶς ἀπῆλθεν εἰς τὸν οἶκον αὐτοῦ. ἰδόντες δὲ οἱ ὄχλοι ἐθαύμασαν καὶ ἐδόξασαν τὸν Θεὸν τὸν δόντα ἐξουσίαν τοιαύτην τοῖς ἀνθρώποις.

Saints and Feasts - Εορτές

Paisios the Athonite

Born Arsenios Eznepides in Farasa, Cappadocia, his family fled to Greece as refugees in 1924 following the population exchange between Greece and Turkey. He initially worked as a carpenter and later served as a radio operator in the Greek army during the Greek Civil War, taking care never to use his weapon to harm others.Monastic PathAfter the war, he dedicated his life to God. He arrived at Mount Athos in 1950 and was eventually tonsured as a monk in 1957, taking the name Paisios. He embraced a strict, contemplative life of hesychia (inner stillness), unceasing prayer, and manual labor. In 1962, he spent two years living as a hermit on Mount Sinai before returning to Mount Athos.The Elder of PanagoudaFrom 1978 until shortly before his death, he lived in a humble, isolated cell called Panagouda. Despite seeking solitude, his reputation as a man of profound wisdom, clairvoyance, and healing grew tremendously. Thousands flocked to seek his advice on family, society, and personal struggles. He taught the concept of philotimo—a selfless, humble love and care for others—as the Christian response to modern anxiety and spiritual malaise.Canonization & LegacySaint Paisios passed away on July 12, 1994, and is buried at the Holy Monastery of Saint John the Theologian in Souroti, Thessaloniki. He was officially canonized by the Holy Synod of the Ecumenical Patriarchate in 2015. Today, his writings, teachings, and spiritual counsels are translated into many languages and are widely read by believers worldwide.

Wisdom of the Fathers - Σοφία των Πατέρων

Through the toil of prayer and the anguish of your heart commune with those who are grieved at heart, and the Source of mercy will be opened up to your petitions.***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.

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.

Community Kitchen Care Items Collection: As we prepare for our next Community Kitchen, we invite you to help by donating new personal care items, including soap, shampoo, hand sanitizer, toothpaste, toothbrushes, and new socks, which will be distributed to our monthly guests. A collection bin is located in the hallway outside the Narthex. We are grateful for your generosity and support of this collection. If you have any questions, please contact community.kitchen@annunciation.org.

2026 Festival Volunteer Opportunities: Our Annunciation Greek Food Festival is only possible because of the dedication of our parish family. Whether you can serve for a few hours or throughout the weekend, we invite you to be part of this year's festival by volunteering in one of our many booths and service areas. It's a wonderful opportunity for fellowship, stewardship, and sharing our faith and hospitality with the guests who visit our parish each year. Sign up today at www.annunciation.org/festival-signup and help make the 2026 Festival a success!

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

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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