ANNUNCIATION CATHEDRAL

SAN FRANCISCO, CALIFORNIA

Sunday Bulletin – July 19, 2026

Hymns of the Day - Υμνολογία

Resurrectional Apolytikion in the Plagal 2nd Tone
Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνῆμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἵστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἅδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωήν, ὁ ἀναστὰς ἐκ των νεκρῶν, Κύριε δόξα σοι.

Apolytikion for Sun. of the Holy Fathers in the Plagal 4th Tone
Most glorified art Thou, O Christ our God, Who hast established our Fathers as luminous stars upon the earth, and through them didst guide us all to the true Faith. O Most Merciful One, glory be to Thee.

Ὑπερδεδοξασμένος εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ φωστῆρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν θεμελιώσας, καὶ δι' αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὁδηγήσας· πολυεύσπλαγχνε, 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. Plagal 2nd Tone. Psalm 31.11,1.
Be glad in the Lord, and rejoice, O righteous.
Verse: Blessed are they whose transgressions have been forgiven.

The reading is from St. Paul's Letter to Titus 3:8-15.

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

Προκείμενον. Plagal 2nd Tone. ΨΑΛΜΟΙ 31.11,1.
Εὐφράνθητι ἐπὶ Κύριον, καὶ ἀγαλλιᾶσθε δίκαιοι.
Στίχ. Μακάριοι, ὧν ἀφέθησαν αἱ ἀνομίαι.

τὸ Ἀνάγνωσμα Πρὸς Τίτον 3:8-15.

Τέκνον Τίτε, πιστὸς ὁ λόγος, καὶ περὶ τούτων βούλομαί σε διαβεβαιοῦσθαι, ἵνα φροντίζωσιν καλῶν ἔργων προΐστασθαι οἱ πεπιστευκότες θεῷ. ταῦτά ἐστιν καλὰ καὶ ὠφέλιμα τοῖς ἀνθρώποις · μωρὰς δὲ ζητήσεις καὶ γενεαλογίας καὶ ἔριν καὶ μάχας νομικὰς περιΐστασο, εἰσὶν γὰρ ἀνωφελεῖς καὶ μάταιοι. αἱρετικὸν ἄνθρωπον μετὰ μίαν καὶ δευτέραν νουθεσίαν παραιτοῦ, εἰδὼς ὅτι ἐξέστραπται ὁ τοιοῦτος καὶ ἁμαρτάνει, ὢν αὐτοκατάκριτος. Ὅταν πέμψω Ἀρτεμᾶν πρὸς σὲ ἢ Τυχικόν, σπούδασον ἐλθεῖν πρός με εἰς Νικόπολιν, ἐκεῖ γὰρ κέκρικα παραχειμάσαι. Ζηνᾶν τὸν νομικὸν καὶ Ἀπολλῶν σπουδαίως πρόπεμψον, ἵνα μηδὲν αὐτοῖς λείπῃ. μανθανέτωσαν δὲ καὶ οἱ ἡμέτεροι καλῶν ἔργων προΐστασθαι εἰς τὰς ἀναγκαίας χρείας, ἵνα μὴ ὦσιν ἄκαρποι. Ἀσπάζονταί σε οἱ μετ ᾽ἐμοῦ πάντες. Ἄσπασαι τοὺς φιλοῦντας ἡμᾶς ἐν πίστει. ἡ χάρις μετὰ πάντων ὑμῶν.

Gospel Readings

Sunday of the Holy Fathers of the 4th Ecumenical Council

Matthew 5:14-19

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

Κατὰ Ματθαῖον 5:14-19

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ μαθηταῖς· Ὑμεῖς ἐστε τὸ φῶς τοῦ κόσμου. οὐ δύναται πόλις κρυβῆναι ἐπάνω ὄρους κειμένη· οὐδὲ καίουσι λύχνον καὶ τιθέασι αὐτὸν ὑπὸ τὸν μόδιον, ἀλλ᾽ ἐπὶ τὴν λυχνίαν, καὶ λάμπει πᾶσι τοῖς ἐν τῇ οἰκίᾳ. οὕτω λαμψάτω τὸ φῶς ὑμῶν ἔμπροσθεν τῶν ἀνθρώπων, ὅπως ἴδωσιν ὑμῶν τὰ καλὰ ἔργα καὶ δοξάσωσι τὸν πατέρα ὑμῶν τὸν ἐν τοῖς οὐρανοῖς. Μὴ νομίσητε ὅτι ἦλθον καταλῦσαι τὸν νόμον ἢ τοὺς προφήτας· οὐκ ἦλθον καταλῦσαι, ἀλλὰ πληρῶσαι. ἀμὴν γὰρ λέγω ὑμῖν, ἕως ἂν παρέλθῃ ὁ οὐρανὸς καὶ ἡ γῆ, ἰῶτα ἓν ἢ μία κεραία οὐ μὴ παρέλθῃ ἀπὸ τοῦ νόμου ἕως ἂν πάντα γένηται. ὃς ἐὰν οὖν λύσῃ μίαν τῶν ἐντολῶν τούτων τῶν ἐλαχίστων καὶ διδάξῃ οὕτω τοὺς ἀνθρώπους, ἐλάχιστος κληθήσεται ἐν τῇ βασιλείᾳ τῶν οὐρανῶν· ὃς δ᾽ ἂν ποιήσῃ καὶ διδάξῃ, οὗτος μέγας κληθήσεται ἐν τῇ βασιλείᾳ τῶν οὐρανῶν.

Saints and Feasts - Εορτές

Sunday of the Holy Fathers of the 4th Ecumenical Council

On the Sunday that falls from the 13th to the 19th of the present month, we chant the Service to the 630 Holy and God-bearing Fathers who came together for the 4th Ecumenical Council who assembled in Chalcedon in 451, to condemn Eutyches, who taught that there was only one nature, the divine, in Christ after the Incarnation, and Dioscorus, Patriarch of Alexandria, who illegally received Eutyches back into communion and deposed Saint Flavian, Patriarch of Constantinople, who had excommunicated Eutyches.

Wisdom of the Fathers - Σοφία των Πατέρων

The Lord says to His disciples, 'Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven' (Matt. 5:16). He does not say this to urge them to show off, but to urge them to organize their lives as is pleasing to God. Just as light effortlessly attracts people's gaze, so a way of life pleasing to God draws their minds along with their eyes. We do not praise the air which shares in the brilliance of the sunlight, but the sun which is the source of this brilliance and bestows it on us. Even if we do praise the air for its brightness, we praise the sun much more. So it is when someone makes the brilliance of the Sun of righteousness (Mal. 4:2) visible through his virtuous deeds. As soon as anyone looks at him, they are immediately led towards the glory of the Father in heaven of Christ, the Sun of righteousness. ***St. Gregory Palamas***

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.

Memorial Service for the Fallen of Cyprus (1974): Today we offer prayers for the repose of the souls departed during the 1974 invasion of Cyprus. Αἰωνία αὐτῶν ἡ μνήμη. May their memories be eternal.

Community Kitchen: Let us come together to prepare, serve, and share a hot meal with our neighbors. The next Community Kitchen will this 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 on July 21, 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.

Philoptochos Festival Baking: Come join the Annunciation Ladies Philoptochos this Friday, July 24 at 10:30AM as they prepare their delicious Baklava for our Festival. No experience is needed, our wonderful Philoptochos bakers will provide lessons! If you have any questions, contact Meena Vellis at: meena.vellis@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

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!

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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