# ANNUNCIATION CATHEDRAL

SAN FRANCISCO, CALIFORNIA

## Sunday Bulletin – August 2, 2026

## Hymns of the Day - Υμνολογία

**Resurrectional Apolytikion in the Plagal 4th Tone**
From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

Ἐξ ὕψους κατῆλθες ὁ εὔσπλαγχνος, ταφὴν καταδέξῳ τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

**Apolytikion for Translation of the relics of Stephen in the 4th Tone**
The crown of the Kingdom hath adorned the brow of thy head because of the contests that thou hast endured for Christ God, thou first of the martyred Saints; for when thou hadst censured the Jews' madness, thou sawest Christ thy Saviour standing at the right hand of the Father. O Stephen, ever pray Him for us, that He would save our souls.

Βασίλειον διάδημα, εστέφθη σή κορυφή, εξ άθλων ών υπέμεινας, υπέρ Χριστού τού Θεού, Μαρτύρων πρωτόαθλε, σύ γάρ τήν Ιουδαίων, απελέγξας μανίαν, είδές σου τόν Σωτήρα, τού Πατρός δεξιόθεν, Αυτόν ούν εκδυσώπει αεί, υπέρ τών ψυχών ημών.

**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 Grave Tone**
You were transfigured upon the mount, O Christ our God, and Your disciples, in so far as they could bear, beheld Your glory. Thus, when they see You crucified, they may understand Your voluntary passion, and proclaim to the world that You are truly the effulgence of the Father.

Επί τού όρους μετεμορφώθης, καί ως εχώρουν οι Μαθηταί σου τήν δόξαν σου, Χριστέ ο Θεός εθεάσαντο, ίνα όταν σε ίδωσι σταυρούμενον, τό μέν πάθος νοήσωσιν εκούσιον, τώ δέ κόσμω κηρύξωσιν, ότι σύ υπάρχεις αληθώς, τού Πατρός τό απαύγασμα.

## Gospel and Epistle - Αναγνώσματα

**Epistle Readings**

**Prokeimenon. Plagal 4th Tone. Psalm 75.11,1.**
Make your vows to the Lord our God and perform them.
Verse: God is known in Judah; his name is great in Israel.

**The reading is from St. Paul's First Letter to the Corinthians 3:9-17.**

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can any one lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw - each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If any one destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.

**Προκείμενον. Plagal 4th Tone. ΨΑΛΜΟΙ 75.11,1.**
Εὔξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.
Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

**τὸ Ἀνάγνωσμα Πρὸς Κορινθίους α' 3:9-17.**

Ἀδελφοί, Θεοῦ γάρ ἐσμεν συνεργοί· θεοῦ γεώργιον, θεοῦ οἰκοδομή ἐστε. Κατὰ τὴν χάριν τοῦ θεοῦ τὴν δοθεῖσάν μοι, ὡς σοφὸς ἀρχιτέκτων θεμέλιον τέθεικα, ἄλλος δὲ ἐποικοδομεῖ. Ἕκαστος δὲ βλεπέτω πῶς ἐποικοδομεῖ. Θεμέλιον γὰρ ἄλλον οὐδεὶς δύναται θεῖναι παρὰ τὸν κείμενον, ὅς ἐστιν Ἰησοῦς Χριστός. Εἰ δέ τις ἐποικοδομεῖ ἐπὶ τὸν θεμέλιον τοῦτον χρυσόν, ἄργυρον, λίθους τιμίους, ξύλα, χόρτον, καλάμην, ἑκάστου τὸ ἔργον φανερὸν γενήσεται· ἡ γὰρ

ἡμέρα δηλώσει, ὅτι ἐν πυρὶ ἀποκαλύπτεται· καὶ ἑκάστου τὸ ἔργον ὁποῖόν ἐστιν τὸ πῦρ δοκιμάσει. Εἴ τινος τὸ ἔργον μένει ὃ ἐποικοδόμησεν, μισθὸν λήψεται. Εἴ τινος τὸ ἔργον κατακαήσεται, ζημιωθήσεται· αὐτὸς δὲ σωθήσεται, οὕτως δὲ ὡς διὰ πυρός. Οὐκ οἴδατε ὅτι ναὸς θεοῦ ἐστε, καὶ τὸ πνεῦμα τοῦ θεοῦ οἰκεῖ ἐν ὑμῖν; Εἴ τις τὸν ναὸν τοῦ θεοῦ φθείρει, φθερεῖ τοῦτον ὁ θεός· ὁ γὰρ ναὸς τοῦ θεοῦ ἅγιός ἐστιν, οἵτινές ἐστε ὑμεῖς.

**Gospel Readings**

9th Sunday of Matthew

Matthew 14:22-34

At that time, Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying "Take heart, it is I; have no fear."

And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.

Κατὰ Ματθαῖον 14:22-34

Τῷ καιρῷ ἐκείνῳ, ἠνάγκασεν ὁ Ἰησοῦς τοὺς μαθητὰς ἐμβῆναι εἰς τὸ πλοῖον καὶ προάγειν αὐτὸν εἰς τὸ πέραν, ἕως οὗ ἀπολύσῃ τοὺς ὄχλους. Καὶ ἀπολύσας τοὺς ὄχλους ἀνέβη εἰς τὸ ὄρος κατ᾽ ἰδίαν προσεύξασθαι. ὀψίας δὲ γενομένης μόνος ἦν ἐκεῖ. Τὸ δὲ πλοῖον ἤδη σταδίους πολλοὺς ἀπὸ τῆς γῆς ἀπεῖχεν, βασανιζόμενον ὑπὸ τῶν κυμάτων, ἦν γὰρ ἐναντίος ὁ ἄνεμος. Τετάρτῃ δὲ φυλακῇ τῆς νυκτὸς ἦλθεν πρὸς αὐτοὺς περιπατῶν ἐπὶ τὴν θάλασσαν. Οἱ δὲ μαθηταὶ ἰδόντες αὐτὸν ἐπὶ τῆς θαλάσσης περιπατοῦντα ἐταράχθησαν λέγοντες ὅτι Φάντασμά ἐστιν, καὶ ἀπὸ τοῦ φόβου ἔκραξαν. Εὐθὺς δὲ ἐλάλησεν [ὁ Ἰησοῦς] αὐτοῖς λέγων, Θαρσεῖτε, ἐγώ εἰμι· μὴ φοβεῖσθε. Ἀποκριθεὶς δὲ αὐτῷ ὁ Πέτρος εἶπεν, Κύριε, εἰ σὺ εἶ, κέλευσόν με ἐλθεῖν πρὸς σὲ ἐπὶ τὰ ὕδατα· ὁ δὲ εἶπεν, Ἐλθέ. καὶ καταβὰς ἀπὸ τοῦ πλοίου ὁ Πέτρος περιεπάτησεν ἐπὶ τὰ ὕδατα καὶ ἦλθεν πρὸς τὸν Ἰησοῦν. Βλέπων δὲ τὸν ἄνεμον ἐφοβήθη, καὶ ἀρξάμενος καταποντίζεσθαι ἔκραξεν λέγων, Κύριε, σῶσόν με. Εὐθέως δὲ ὁ Ἰησοῦς ἐκτείνας τὴν χεῖρα ἐπελάβετο αὐτοῦ καὶ λέγει αὐτῷ, Ὀλιγόπιστε, εἰς τί ἐδίστασας; καὶ ἀναβάντων αὐτῶν εἰς τὸ πλοῖον ἐκόπασεν ὁ ἄνεμος. Οἱ δὲ ἐν τῷ πλοίῳ προσεκύνησαν αὐτῷ λέγοντες, Ἀληθῶς Θεοῦ υἱὸς εἶ. Καὶ διαπεράσαντες ἦλθον ἐπὶ τὴν γῆν εἰς Γεννησαρέτ.

## Saints and Feasts - Εορτές

**Phocas the Martyr**

Saint Phocas was a gardener in a small village on the south coast of the Black Sea. He lived a simple life, carrying out acts of piety and love for all around him, even serving the pagans of the village, some of who left their ways and followed Christ. The local governor heard of this and sent soldiers to kill him. The saint stumbled upon these very soldiers and, without disclosing his name, ministered to them by receiving them into his home, feeding them, and giving them rest. That night he dug a grave for himself in his garden and prepared for all his possessions to be given away after his death.

The next morning, Phocas disclosed to the soldiers that it was he whom they were seeking to kill. The soldiers were distraught, not wanting to kill the saint who had shown them so much kindness. Phocas insisted that they must carry out their mission as he willingly laid his head beneath the sword. They proceeded to execute him and then bury him in the grave he dug in his garden. The site later became a source of miracles, and eventually a Church was erected upon it. Saint Phocas is frequently invoked for those who travel by sea. His life was recorded by Saint Asterius of Amasia (see October 10th).

## Wisdom of the Fathers - Σοφία των Πατέρων

Christ did not command the winds to cease at that time, but Himself stretched forth His hand and took hold of Peter, because here faith was required of him. When we do not do our part, divine (grace) slows and stands still.. . . it was not the wind that did Peter harm; his lack of faith sank him. Where faith is fruitful, firm and strong, none of the evils that may befall us can do us any harm. -**St. John Chrysostom**

## 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.

**Services This Week**: Monday, August 3: Paraklesis of the Theotokos (6:00 PM); Tuesday, August 4: Paraklesis of the Theotokos (6:00 PM); Wednesday, August 5: Evening Divine Liturgy (6:00 PM); Friday, August 7: Paraklesis of the Theotokos (6:00 PM); Saturday, August 8: Holy Confessions (3:00 PM), Great Vespers (4:00 PM).

**Celebration of the Feast of the Dormition of the Theotokos:** Please join us on Sunday, August 15, following Divine Liturgy, as we celebrate the Feast of the Dormition of the Theotokos with a special luncheon and panayiri gathering. Come together with family and friends for fellowship, delicious food, and a celebration of our Orthodox faith and Greek heritage. All are welcome to attend as we honor the Mother of God and share in the joy of this special feast day.

**Philoptochos Festival Baking**: Come join the Annunciation Ladies Philoptochos on Tuesday, August 11 at 10:30 AM as they prepare their delicious Galaktoboureko for our Festival, our most requested pastry! No experience is needed, our wonderful Philoptochos bakers will provide lessons! There will be a second opportunity to prepare Galaktoboureko on Friday, August 28 at 10:30 AM as well, mark your calendars! If you have any questions, contact Meena Vellis at: meena.vellis@annunciation.org

**Help Spread the Word About Our 75th Greek Food Festival:** Our 75th Annual San Francisco Greek Food Festival is almost here, and we need your help to spread the word! Please pick up a few festival posters and postcards, available just outside the Narthex, and share them with friends, family, neighbors, and coworkers. If you know of a local business that would display a poster or offer postcards to customers, we would greatly appreciate your support. Together, let's make our 75th Anniversary Festival our best-attended celebration yet!

**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!

**2026 Festival Commemorative Album:** Our annual Greek Food Festival is a cherished celebration of our faith, heritage, and community, while also serving as an important fundraiser for Annunciation Cathedral. One meaningful way to support the festival is by participating in our 2026 Festival Commemorative Album. Whether you're promoting a business, sharing a family message, or honoring a loved one, your participation helps make this milestone event a success. If you've supported the album in the past but haven't participated recently, we invite you to join us again. You may submit your message and upload your artwork online at www.annunciation.org/commemorative_album

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**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.

**Community Kitchen**: Let us come together to prepare, serve, and share a hot meal with our neighbors. The next Community Kitchen will on Tuesday, August 18 . 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.

**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