
THE ANNUNCIATION OBSERVER

May/June 2019 - Volume 35 - Issue 3

Eating and Drinking the Lord

Χριστός ανέστη! Christ is risen!

We have just gone through the cycle of services for Holy Week, Christ's Passion, and then the Feast of Feasts, Holy Pascha. This included a vital commemoration for us as Orthodox Christians: The inauguration of Holy Communion on Great and Holy Thursday morning. Remember? Were you there?

From time to time, we need to remind ourselves about this central Mystery. **The Holy Eucharist is an extraordinarily important Mystery for us Orthodox Christians.** The Eucharist is the center and climax of the Divine Liturgy. To inform us, we have Holy Tradition that stretches back to the Apostolic Community and to the very words of Jesus who assures his followers that they need to "eat my flesh" and "drink my blood" in order to have real life (John 6)! The Early Church affirmed the "real" presence of Jesus Christ in the bread and wine. Theologians tried to explain this in various ways, but the essence of this, for us, is that we pray and the Holy Spirit makes Christ bread and wine so that we can partake of Him. Sadly, American religious culture is predominantly anti-Sacramental. The "Reformation" of the 16th century in the West held up to scrutiny and doubt every doctrine of the Church, and many Christians began to regard the Eucharist in different ways, including as a mere "memorial." (How can you have a memorial for someone who isn't dead?) Here bread and wine are symbols and NOT reality. We Orthodox stand with our Roman Catholic brothers and sisters in holding to the "real" presence of Christ in Communion.

If we Orthodox believe that Christ is really present in Communion, then this becomes a unique and solemn encounter that gives rise to several key questions. Receiving Christ is an awesome thing! **How often should a Christian receive?** Here is a quotation from St. Basil the Great ("Letter to the Patrician Caesaria"): "It is good and beneficial to communicate every day, and to partake of the holy body and blood of Christ. For He distinctly says, "He that eats my

flesh and drinks my blood has eternal life." And who doubts that to share frequently in life is the same thing as to have manifold life. I, indeed, communicate four times a week, on the Lord's day, on Wednesday, on Friday, and on the Sabbath, and on the other days if there is a commemoration of any Saint." In other words, Saint Basil tells us, we normally should receive whenever Holy Communion is offered! This is the authentic Tradition of the Church! One early local Church Council actually concluded that it was wrong to attend the Liturgy and NOT partake of Holy Communion!

Another important question is: **How should I prepare for Holy Communion?** In this Mystery, Jesus Christ is present to bless or to discipline (1 Corinthians 11)! The Church makes several points about this. Assuming that you are baptized, not living in some sort of grievous sin, and, if you are married, married in the Church, then first, we should always approach with humility, repentance, love for God, and faith. What does the Priest say when he turns around with the chalice and announces, in effect, that "Holy Communion is being served"? "With the fear of God, with faith and with love draw near!" Can I be sure that I am REALLY prepared? For one thing, the real preparation for Communion is the Divine Liturgy itself. The Church, the hymns, the readings, the prayers. And we approach this Mystery NOT because we are entitled to God's favor. God loves us in spite of our sinfulness. Participating in Jesus Christ's eternal sacrifice for us by receiving his Body and Blood, in faith, is God's way to transform us into who He means for us to be—worthy members of the Church, the Body of Christ. Notice the link here: We receive the Body to become the Body. We receive the grace of God "for the forgiveness of sins" in order to live our Christian lives, in order to pray, fast, love, and serve.

What else? **We should seek to be reconciled with those we have offended.** Forgive everyone! Yes, this means everyone. (Matthew 5:22-23) **Third, we should keep the fasts.** We fast from animal products

(Continued on page 2)

**GREEK ORTHODOX CHURCH OF
THE ANNUNCIATION**

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MONDAY - FRIDAY
9:00 A.M. TO 4:30 P.M.

(Continued from page 1)

and, normally, wine and olive oil, on all Wednesdays and Fridays and not just during Lent. This is a very old and very serious ascetic Tradition of the Church! (*The Didache* from the late first century urges this weekly fast.) On Sunday mornings, we eat and drink nothing before Communion. BUT if you have a medical need, if you have to take some pills and you have to eat something, then eat your toast and take your pills and come to Communion! God is not trying to kill you! **Fourth, come to Confession (the Mystery of Repentance) if you need to, most certainly if you are guilty of a serious sin, or if you have not been to Confession in a long time. Last, pray!** Pray some of the prayers of preparation for Holy Communion before you come to Church (found in most prayer books—check out our bookstore). These prayers are an anthology; that is, we are meant to pray some of them. Do what you can. If there are several people in your car on Sunday morning, keep a prayer book in the car for someone to read the prayers. **All of these prayers teach us this: We are unworthy of Holy Communion! (This includes us Clergy!) So, we admit our unworthiness, and we ask God for forgiveness, and we ask Him to make us worthy.**

Regular Communion transforms us. It is in Holy Communion that the Lord creates His Church and prepares us for His Kingdom. Christ has risen from the dead. Enter into the joy of the Lord! He has prepared His banquet table. Come and receive what St. Ignatius (2nd cent.) calls “the medicine of immortality.”

Want to read more?

Check out this excellent article online:

<http://www.acrod.org/readingroom/spirituallife/frequentcommunion>.

If you have any questions or you need some guidance, please call or email Fr. James or myself.

Love in Christ,

Fr. Timothy



Annunciation Community Corner

Wish someone happy birthday, graduation, anniversary, etc?
Choose your ad size (see rates below) tell us exactly what you want it to say (picture optional) and e-mail it to etheodor@annunciationsac.org

Rates for the Community Corner are:
\$25.00 Quarter Page
\$40.00 Half Page
\$75.00 Full Page

For questions, please contact the Church Office at (916) 443-2033 ext 222

MESSAGE FROM THE PARISH COUNCIL PRESIDENT

Dear fellow parishioners,

Christ is Risen!

This May/ June issue of the Observer will take us through the period of Great Lent, Holy Week, and Pascha on April 28th. This is a time for all of us to reflect along with our families and friends the true magnitude of our Lord's Passion and Resurrection.

I would like to thank the many volunteers, who make our parish one of the best in the Metropolis and Fr. James, Fr. Tim, Yianni, Effie, Maro, and Rula for all they do for our church.

Thank you also to the coordinating committee and everyone who helped with Father Peter's Ordination. It was a huge success.

By the release of this issue, our feast day of the Annunciation will have taken place as well as March 25th, Greek Independence Day. Thank you to the members of the parish council, Faye and Jim Vallas, and Maria Verrios for the wonderful luncheon provided.

The parish council meets monthly and discusses many important issues that come up facing our church. Our biggest challenge is our \$3.4 million debt that we must pay off to become debt free. Please, please, if you have not pledged to the building fund, the time is now. We must pay off this loan!

In Christ,

Michael Dariotis Jr.

Parish Council President

Dear Our Beloved Annunciation Family,

Χριστός Ανέστη!!!

I would like to thank the whole Annunciation community for so generously hosting my Ordinations to the Holy Diaconate and Holy Priesthood on March 9 and 10. It was a very special and emotional weekend for me, I thank God everyday that I was able to celebrate the Ordinations in my home parish.

Thank you to Fr. James Retelas for planning and organizing the weekend, and thank you for all the very generous things that you do for me and my family. Thank you to the Annunciation Parish Council for hosting the Ordinations and the luncheons, and thank you for the beautiful gold vestments. Thank you to the Annunciation Philoptochos for hosting the Ordinations and the luncheons, and thank you for the beautiful purple vestments. Thank you to all those who participated in organizing and who setup and prepared very delicious meals on Saturday and Sunday. Finally, thank you to all those who generously participated underwriting the Ordination festivities.

May the light of the Resurrection always shine within your hearts .

Rev. Fr. Panagiotis Dogias

DSG

DSG Update: Observer May 2019

Χριστός Ανέστη!

“The Light of Christ illumines all.”

For the second year, DSG has sponsored the luminaries for Holy Friday. We are grateful to those who have participated in this special project by purchasing a luminary bag to pray for the health of friends and family, and to celebrate and pray for the eternal memory of those who have passed from this earthly life. With your support, we are able to provide resources to our flourishing dance ministry of over 100 dancers, and to support the ongoing needs of The Build.

Thank you to Fr. James and the Parish Council for your support in establishing this new tradition for our Sacramento community.

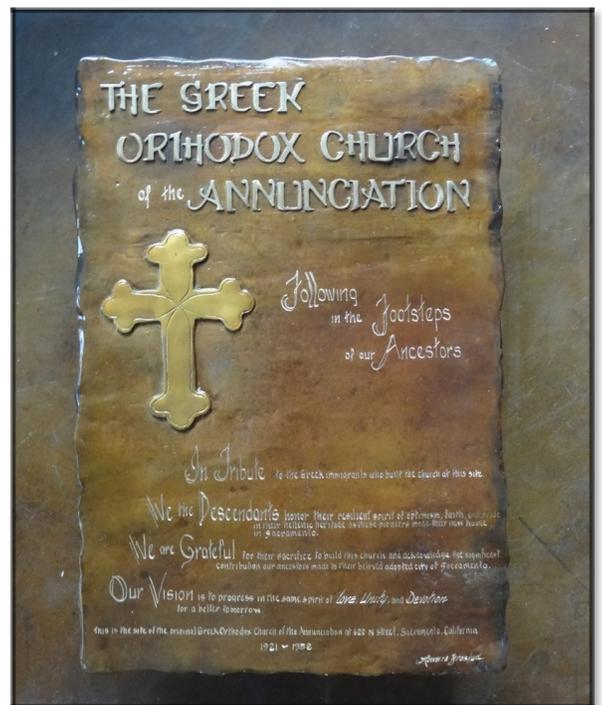
May this Pascha bring you God’s Joy and New Life in His Holy Resurrection.

Thank you for your participation in our Holy Friday Luminaria!

ANNUNCIATION SENIOR LEAGUE

Although it’s still raining, Spring is in the air and ASL is making plans for our last two luncheons (May and June) prior to our summer recess. On Thursday, May 2nd, Chef Vasili will be preparing a marinade chicken souvlaki BBQ with all the trimmings and our program will be a spirited competition of “Bingo!” Thursday, June 6th is a double holiday: Holy Ascension and D-Day. Make a point to attend Liturgy, then come next door for a wonderful luncheon of Kefalonia Pita (lamb wrapped in filo dough) by Chefs Faye & Jim and a patriotic program commemorating the invasion of Normandy during WWII. Please make your reservations by contacting Mary Kondos (916-457-2196) or mkondos@att.net.

Monument Update.....**weather permitting**, we will be unveiling the bronze replica of the first Annunciation Greek Orthodox Church in Sacramento at the original site, 620 N Street on Sunday, June 23rd after Liturgy. Look for a further announcement and extensive publicity on the event.





ΑΓΑΠΗΤΙΚΟΣ ΤΗΣ ΒΟΕΚΟΠΟΥΛΑΣ

Lover of the Shepards

A Greek Play, 1935

Front row, left to right:

Mary Loris, Panayiota Thomas, Mary Gemnas, Helen Manolis Sophia

Palmols, Ida Pappas, Penelope Keriazes, Mrs. Gus Genes

Center: Kontilo Hasouras

Back row, left to right:

Jim Keriazes, Nick Malos, Andy Sampanes, Mary Pappas, Geroge Likes, Sapho Likes, Peter Hasouras, Helen Rotas, Gus Maritsas, Dan Pappadimitriou, Frank Fotos, Chris Thomas, John Alfieris, Gus Genes, Georgia Gemnas, Gus Gemnas.

“I remember the wonderful plays and theatre productions presented at the old Hellenic Center behind the church on N Street. The stage was huge and the maroon velour drapes framed the stage. I was only 4 or 5 years old and I remember Veneta Rikos, Eugene Fotos, Veneta Maritsas, and others as they took to the stage wearing ethnic costumes, and enacting various historical scenes while the audience shouted, “ZITO” after every speech,” said Sylvia Maritsas when I shared this photograph with her.

Micky Maritsas, widow of Paul Maritsas of recent memory, has donated a number of historical photos that was the property of Paul’s Mother, Veneta Maritsas, from their family home on 42nd Street. Sylvia Maritsas’ father, Frank, was a cousin to Paul Maritsas, Sr.

As we approach our 100th year as a Greek Orthodox Community here in

Sacramento, please take the opportunity to share your personal stories and historic photos by giving me a call.

Terry Kastanis,

916-455-5682, tkastanis@comcast.net

Fr. Demetrius T. Dogias Parish Library and Archives.

PHILOPTOCHOS

Christos Anesti!

Philoptochos started our New Year with the Vasilopita Lunch. We thank Helen Grammatikakis and her crew for preparing the delicious lunch and Despina Demas, Kari Manolakas and Maria Varrios for making the Vasilopita for all the tables. Thanks to Rula Manikas and Philoptochos members for setup. The Vasilopita that was cut by Father James and Father Timothy was made by Faye Vallas. The Vasilopita that were auctioned were made by Faye Vallas, Helen Nickolson, Pres. Barbara Retelas, Julie Mamalis and Voula Cazanis. A Special thank you, to Sam Manolakas, for doing a superb job of auctioning the Vasilopita that raised money for St. Basils Academy.

February is our Kids'n' Cancer month, raising funds to support our Kids'n' Cancer Camp Agape. This money helps send a child with cancer and their family to one of 5 Camp Agape's. We thank you for your generous support. Our annual pancake breakfast is always a group effort, with the help of our Parish council President Michael Dariotis, council member George Dariotis and Jerry Wright. These gentlemen have handled the cooking for the breakfast every year with their expertise. Our deepest thank you and appreciation, for your continued support and help for all these years, for this worthy cause.

Kids'n' Cancer Fabulous cake raffle was a success again. We had over 40 special cakes with plates donated by members and parishioners, thank you. Nicolette Madrid, Althea Tatarakis, Ivi Crawford and Helen Grammatikakis did a great job with ticket sales and plating the cakes. Sam Manolakas again helped with our fabulous cake raffle. We hope you were one of the lucky winners of these beautiful cakes.

Thank you to Faye Vallas and her committee for putting together the baskets for our home bound parishioners for Easter. This is a special project we do twice a year with love and prayers.

Philoptochos Palm Sunday lunch was lovely. Rula Manikas, Julie Mamalis did the beautiful table setting with the help from Philoptochos members, with flowers from Helen Nickolson's garden. Lunch was prepared by Helen Grammatikakis and some of our members. I hope you enjoyed sharing the fellowship of this beautiful time of year, with family and friends.

Our Wine and Roses Wine Tasting event is Friday, May 17, 5:30-8:30 pm, mark your calendars. Not only is our Wine Tasting a fun time, it is our major fundraiser of the year. If you haven't been to our Wine Tasting Fundraiser, in our new hall, you really should to come. It is a tasting extravaganza, the setting is welcoming, with flowers and vines, we have live entertainment, local restaurants, our caterers, wineries and silent auctions. It is a fun evening you won't want to miss. Tickets can be purchased from our Philoptochos board members or on Sundays after church. If you pre-buy tickets they are \$25.00 each or 2 for \$50.00, they will be \$30.00 at the door. The proceeds from the event support our local charities, Metropolis and National Philoptochos ministries. Please come enjoy with friends and family for a great time and support Philoptochos.

It has been a privilege and an honor to serve as Philoptochos President for the past two years. I am proud to be a member working alongside these dedicated and faithful women. They are full of hope and love. It is a humbling experience. The friendship and fellowship is amazing. Our Philoptochos helps many and does it with care and love. Please join us in our growing movement.

With love in Christ,
Elaine Wright
Annunciation Philoptochos President

STEWARDSHIP

We are now more than halfway through lent on our journey to Holy Week and Pascha. I must say I so enjoy this time of year for various reasons. Spring means longer days with beautiful vibrant colors that surround us everywhere and the fragrant smell of blossoms in the air. There is a sense of renewal and anticipation as we spend more time outdoors shedding the coldness of winter. For Orthodox everywhere we are anticipating the moving and beautiful services during Holy Week when we truly bear witness to Christ's love for us and His ultimate sacrifice. Being on the Parish Council these last few years has afforded me the opportunity to truly enjoy and participate in these services. I encourage all of you to please come and participate with your fellow Annunciation parishioners and family. When you attend it truly feels as if you're walking with Christ. Our Holy Church is established upon Holy Scripture and Tradition and it is through active Stewardship that we live our Orthodox faith. We are taught to reflect and give joyfully to our Church. Your support is necessary to continue the growth and development of our ministries. Please consider spending more time in Church as well as being an active participant in our various ministries. Through our financial offerings we give back to the Lord and help facilitate growth of our Church. Thank you to all those parishioners who have made a Stewardship commitment. Our objective is to one day fully cover the operating costs of Church through Stewardship.

May we each enjoy a Blessed Pascha.

In Christ,
 Dr. Stella Dariotis
 Stewardship Chair

OPERATING FUND

	1/1/19 -	2019 Budget
Income	3/31/19	
Pledges	\$181,476	\$525,000
All Other Revenue	\$69,569	\$554,644
Total Revenue	\$251,045	\$1,079,644
Expenses		
Total Staff Exp.	\$154,246	\$583,611
Program Services	\$3,941	\$31,000
Other Oper. Exp.	\$93,084	\$334,374
Archdiocese National Ministries	\$33,000	\$130,519
Total Expense	\$284,271	\$1,079,504
Balance as of 3/31/19	\$-33,225.51	
2019 Pledges as of April 8, 2019		
Stewardship Budget	\$525,000	
Pledged to Date	\$355,284	
Total Amount Received	\$187,266	
Total Members Pledged	295	



CHOIR NEWS



Our Annunciation Choir was honored to sing the National Anthem for the Sacramento Kings “Greek Night” at the Golden 1 Center on February 27. With 200 Greek spectators and over 17,500 Sacramento Kings fans present, the “Greek Night” competition included prominent Hellenic players, Kosta Koufos (Sacramento Kings) and Giannis Antetokounmpo (Milwaukee Bucks).

The event was sponsored and organized by Paul Peters and Pauline Cazanis, who serve as Directors of the American Hellenic Professional Society (AHPS) along with Adam Boyle, a Sacramento Kings ticket agent who recently joined the AHPS. The AHPS advances Hellenism through education and community events and welcomes new members of Greek descent. Much thanks to Paul Peters who spearheaded this great event.

Prior to tip off, a magnificent American flag was unraveled at center court by several Greek youth from our community. The Choir then entered the stadium robed in “Greek Night” T-Shirts and performed a stirring harmonic rendition of *The Star Spangled Banner*. The powerful voices of the choir filled the arena and the audience responded with enthusiastic applause and cheers. It was a thrill to participate in this memorable experience to honor our great Greek athletes and heritage.

Please Save the Date: Friday, June 28, 2019

Annunciation Choir and Guest Performers

Present

Forever Gershwin!

Choir Concert Fundraiser

Cabaret Round Tables - Refreshments, Appetizers and Desserts



Date: Friday, June 28, 2019

Time: 7 pm Concert Cabaret with Refreshments

Place: Annunciation Hellenic Center

616 Alhambra Blvd., Sacramento, CA 95816

Cost: \$25 Adults Children: 12 and under Free

Questions: Please contact Stephanie Bobolis at

916.223.9584 or sbobolis19@gmail.com

Tickets sold by Choir Members at Coffee Hour and Online

ORATORICAL FESTIVAL

Athena Johnson
Senior Division

The hymns of the Church contain the whole of its theology. Choose one hymn from Lenten or Holy Week period and describe how it speaks to you personally.

“The deceiver has been deceived, the Deceived One is redeemed by Your wisdom, my God.” (Third stasis, line 15) This is a verse of the Lamentations, a hymn sung on Holy Friday, my favorite service of the entire year. Like this line I’ve been redeemed by God’s wisdom through the hymns of the church.

When I was young my relationship with church was a general disconnect of something I had to go and do, that I felt didn’t have interest or importance to me. This could be attributed to not knowing Greek or not understanding the service, but I felt separate from the church. Choir saved me. I went from disconnect to having an instrumental part on Sunday. Although I still do not understand Greek I feel all of the passion these words mean to convey but were lost on me. Finding this connection to the church through music has allowed me to grow spiritually as a person and recognize the importance of Orthodoxy in my life. The Lamentations have the most undeniable and powerful effect of any of the hymns we sing. Without even understanding the words you can feel the raw grief and loss the whole world shakes with. This is before I even looked into and knew the journey it spoke of.

“And if Christ has not been raised, our preaching is useless and so is your faith.” 1st Corinthians 15:14, here St. Paul shows succinctly that the resurrection is the cornerstone of our faith, therefore making Holy Week the most important time in our faith. On Holy Friday the Lamentations use descriptive imagery to evoke our pain and confusion at the death of the son of God, at the same time we realize and praise Christ’s sacrifice and triumph over Death. “Oh Life in the tomb, how can You die? How can You dwell in a tomb? You shatter the kingdom of death, and raise the dead from Hades.” (First stanza, verse two) While we recount the story of Christ’s Death and victory the earth darkens and weeps for our Savior “The earth shuddered O Savior, the sun hid itself when you, O Christ unwaning illumination, sank down bodily into the grave” (second stanza, verse three), and the Theotokos mourns her son. “O Light of my eyes oh my most sweet child, how are You now covered in a grave?” (Third Stanza, verse 19) Hymns like this connect me through deep emotion to the church and its mysteries. Here, at the end of Holy Week we find ourselves along with Christ, changed.

Christ’s journey as told in the Lamentations cover his apparent defeat and victory over that defeat. That base theme speaks to me on a personal level as well. I was born prematurely and as a result have cerebral palsy, spastic diplegia which affects muscle control, coordination and motor function. I was mainly affected in the legs and went through many rounds of injections, casting, leg braces, and physical therapy. When I was ten I had surgery in both legs, I was in full leg casts and a wheelchair for three months. Afterwards I went through an intensive multiple year recovery process. Now although I will always live with it, you couldn’t even tell I have a disability. The Lamentations told me that Christ

(Continued on page 11)

(Continued from page 10)

overcame to give back, and so I follow that message. My brother and I started a race in Eppie's Kids Duathlon for kids with physical challenges, we are currently working on setting up other programs with Shriner's, we started working at a camp in the summer for kids with disabilities, and this year we even started learning Sign Language, all in hopes to give back to the disability community. I chose in my life to work hard to overcome my challenges, and in passing them I decided to give back to try and follow in the footsteps of Christ.

If we decide to prioritize such things and our faith, we participate in the entirety of Holy Week, we will find ourselves drastically changed. In spirit we follow Christ as he walks the path of our salvation. He gives us every tool to be accepted into God's Kingdom if we only choose to listen. In today's world it is so important to make that choice. I believe I was not alone in my disconnect from the church in my youth, but I decided to listen to God and found my connection in our hymns. This is why the Lamentations mean so much to me, they are the culmination of everything Jesus was sent to us for. The foundation and center of our entire faith. Regardless of what language you speak or musical understanding you have, you can feel the power of Christ's sacrifice, the cost of our salvation in one hymn. Nothing is complicated in faith if only we choose to listen, just two days after the Lamentations we are given three words, which if we understand St. Paul contain all of our faith. *Christos Anesti*, "Christ is risen".

EJ Johnson
Senior Division

How should science and technology be used in the service of humanity and God in harmony with his purposes?

Did you know that the majority of Americans believe that religion and science are usually at odds? And did you know that a scientist is about half as likely to believe in God compared to the average US citizen? For the majority of recent history, science and the Church have seen each other as enemies, often butting heads and disagreeing on how the world around us was formed and how it functions. Many see them as two worlds that clash and disprove each other, almost as if one could not exist with the other. But this could not be farther from the truth. God gave us humans dominion over the earth and with science, He gave us the tools to discover just how He created the magnificent universe around us in such a perfect and designed way.

The distrust between science and religion has seeds sewn back thousands of years. Much of this is because our Greek ancestors' old pantheons of gods in ancient times were used to explain the world

(Continued on page 12)

(Continued from page 11)

around us when we did not have the means to understand it, the quickly changing sea and weather was blamed on wrathful gods who were often upset and were feared by the people of that era. But the rise of science made it so people no longer required those false gods to explain the world around us. This was good and bad, as it eradicated many false religions but it made it so as science developed, there was also a rising doubt of religion and the number of atheists rose along with it. This eventually led to many doubting Christianity and using science as a counter argument against it. The inverse happened to many Christians, as they quickly began to doubt science and this debate still persists to the modern day.

One of the issues of science that could be fixed if it were allied with Christianity is the fact that much of Modern science often roams into questionable and sometimes immoral territory with its research, experiments and practices. This is because there is little to no acting force to give the majority of scientists a moral compass within their research, however this could be fixed. 33% of scientists within the US are Christians, if this could shift so there was a more predominant community of scientists who are of the faith to a point where they would be the majority, it is highly likely that this would provide a strong moral basis on which the scientific community could ground themselves upon.

When writing this speech I often thought about a day when I was talking about God with one of my friends from my rowing team. While we were talking, he told me that he was an atheist, I then asked him why he did not believe in God. He told me that he had difficulty sustaining his faith, and that it made less sense to him than the scientific theories of creation. He said that he had an easier time believing modern scientific theory rather than the teachings of the Bible. This stuck with me for a while, and so I did some of my own research and looked through my own personal experiences in life, and no matter how hard I looked and tried to see a Godless world from my friend's perspective I couldn't. From the designed structure of the universe, to the incredible reality of human sentience and all the way to the miracle of creation defying all natural laws that the universe is constrained by, I couldn't help but see God everywhere. Two years ago I went through a personal trial that I will never forget, which was my heart surgery. I had been having heart issues for about nine months. I had an issue that caused my heart to race and stay above 200 beats per minute. Each time this happened it ended with an ambulance ride to the emergency room, where after trying several things, I would be given a drug to stop and reset my heart. This ended with me having a heart surgery. I was terrified. I realized that all I could do in this situation was pray, and I learned from this, that thanks to the refinement of science and the miracles of God I was alive and healthy, and didn't need to fear waking up in the night and having to go get my heart reset. Because of these experiences I strongly believe that if it was shown to the US populous with scientific backing that God is proven to exist, many atheists would have their views challenged and they could even become Christians.

The reality of the situation is that science and religion have no reason to be on opposing sides. Science is the study of the structure and behavior of the natural world around us. Religion is the faith and worship of a metaphysical higher power. The world of science is simply about understanding the material world around us and the only places where the two clash, is when a scientific theory clashes with a religious statement or law. There are many brilliant people who are actively working against each other on both sides of this argument who could do incredible things if they were to simply learn to

Nasia Delis
Junior Division

On January 30th, the Church celebrates the Feast of the Three Hierarchs: St. Basil the Great, St. Gregory the Theologian, and St. John Chrysostom. Select one of these Church Fathers and discuss his contribution to the Church.

Three Hierarchs, The three Pillars of the Faith. Growing up, I always heard about the Three Hierarchs, never fully understanding their contributions to the “Letters” and the Orthodoxy. My mom would always say, “Today is January 30th! It is a big day! It is a big celebration for us, the Greeks and it is also my name day”. But who are the Three Hierarchs and what was their important role in the Orthodox Church and the Greek Letters?

The Three Hierarchs are Saint John the Chrysostom, Saint Gregory the Theologian, and Saint Basil the Great. John the Chrysostom means “Golden Mouthed” and is known as the greatest preacher in the Christian world. Saint Gregory the Theologian, who was Archbishop of Constantinople and became famous for his arguments on the nature of the Holy Trinity. Lastly, there was Saint Basil the Great, the Bishop of Caesarea in Cappadocia.

Saint Basil was born around 330 and received his formal education in Caesarea. There, he met Gregory the Theologian, who would become a lifetime friend. Together, Basil and Gregory went to Constantinople for further studies. They also went to Athens, where Basil studied Greek Letters, Geometry, Astronomy, Philosophy, Medicine and Rhetoric.

He was an influential theologian and he was given the title **Doctor of the Church** for his contributions to the debate on the question of the divinity of the Holy Spirit. His single greatest contribution was his insistence on the divinity of the Holy Spirit with the Father and the Son.

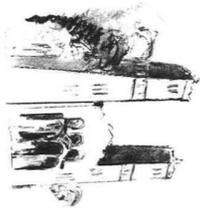
In addition to his work as a theologian, Basil was known for his care of the poor, the underprivileged, the hungry, the sick, and the elderly. He helped anybody in need regardless of race, ethnicity, age or religion. He practiced “*Blessed are the merciful for they will be shown mercy*” (Mathew 5:7). He built a hospital, a facility for the elderly, and an orphanage in Caesarea and the whole campus was named “Vasiliada”. Vasiliada was run completely by volunteers, and all services were offered to the needy for free.

As an Orthodox Christian, I continuously strive to follow Saint Basil’s example by helping others and giving back to my community.

Last year, I had a truly enlightening experience with a family that immigrated from Russia, just a few months ago. They were struggling financially and it was a challenge to put food on the table every day to feed their family. They had five young kids and the mother was expecting another one. My sister and I heard about their situation from a neighbor and we decided to take action by hosting our own garage sale to raise money for the family. After a long weekend, we had raised over \$1000. We soon decided we would personally deliver the money to the family.

They lived in a small apartment, and they only had the minimum necessities for survival. They were sleeping on the floor and they didn’t even have chairs to sit in. We brought a big bag of candy for the kids and handed the envelope of money to the father. I will never forget the way he thanked us with his eyes full of tears, tears of love and happiness. The kids were overjoyed as we gave them the bag of candy. They looked at us as if we were giving them the biggest treasure. I will always remember the smiles that crossed their faces. Even though they could not speak English and we were unable to communicate clearly, we connected through faith. In that moment, I felt so happy so satisfied, so important No right words could describe my emotions. Ever since that moment, I strive to help less fortunate families who struggle to survive. I am sure Saint Basil the Great will be very happy to see me... to see us, following his example. So, take a moment and think about Saint Basil’s life, about his actions. Are YOU ready to follow his example?

Christ is Risen!



916-443-2033 | 616 ALHAMBRA BLVD. | SACRAMENTO, CA
ANNUNCIATION
 GREEK ORTHODOX CHURCH

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Orthros 10:00 am Divine Liturgy	Χριστός Ανέστη! Christ is Risen! 	Αληθώς Ανέστη! Truly He is Risen! 	1:00 am Studies in the Faith 5:30 pm Greek School	11:00 am ASL Monthly Luncheon 5:30 pm Greek School 7:00 pm Choir Practice	9:00 am Orthros 10:00 am Divine Liturgy: The Life-Giving Spring of the Theotokos 6:00 pm Father Daughter Dance	10:00 am Moms 'N Tots
5	6	7	8	9	10	11
9:00 am Orthros 10:00 am Divine Liturgy Mother's Day	12	13	14	15	16	17
9:00 am Orthros 10:00 am Divine Liturgy Sunday School Closing Ceremonies/End of the Year BBQ	19	20	21	22	23	24
9:00 am Orthros 10:00 am Divine Liturgy	26	27	28	29	30	31
6:00 pm Parish Council Meeting	20	9:00 am Orthros 10:00 am Divine Liturgy: Sts. Constantine & Helen	11:00 am Studies in the Faith Greek School Graduation	7:00 pm Choir Practice		Fast Day 
26	27	28	29	30	31	
Memorial Day Office Closed						



916-443-2033 | 600 ALHAMBRA BLVD | SACRAMENTO, CA
ANNUNCIATION
 GREEK ORTHODOX CHURCH

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Orthros 10:00 am Divine Liturgy	Χριστός Ανέστη! Christ is Risen! ✠	✠ Αληθώς Ανέστη! Truly He is Risen!	✠ 11:00 am Studies in the Faith	9:00 am Orthros 10:00 am Divine Liturgy: HOLY ASCENSION Office Closed at Noon 11:30 pm ASL Monthly Luncheon 7:00 pm Choir Practice	✠	9:00 am Orthros 10:00 am Divine Liturgy: St. Justin the Martyr St. Basil Stockton, Ca.
9:00 am Orthros 10:00 am Divine Liturgy	3	4 ✠ 6:30 pm Philoptochos Pot Luck Dinner	5 ✠ 11:00 am Studies in the Faith	6 ✠ 7:00 pm Choir Practice	7 ✠	8
9:00 am Orthros 10:00 am Divine Liturgy	9	10 ✠	12 ✠ 11:00 am Studies in the Faith	13 ✠ 7:00 pm Choir Practice	14 ✠	15 9:00 am Orthros 10:00 am Divine Liturgy: Saturday of the Souls
9:00 am Orthros 10:00 am Divine Liturgy HOLY PENTECOST Father's Day	16 6:00 pm Parish Council Meeting	17 ✠	19	20 10:00 am ASL Board Meeting 7:00 pm Choir Practice	21	22
9:00 am Orthros 10:00 am Divine Liturgy	23 ✠ 9:00 am Orthros 10:00 am Divine Liturgy: Nativity of St. John the Forerunner and Baptist	24 ✠	26 ✠	27 ✠ 7:00 pm Choir Practice	28 ✠ Choir Fundraiser Spring Concert	29 9:00 am Orthros 10:00 am Divine Liturgy: Apostles Peter and Paul
9:00 am Orthros 10:00 am Divine Liturgy Synaxis of the 12 Apostles	30			✠ Fast Day		

The Week After Pentecost – No Fasting

Community Update

WELCOME TO THE CHURCH!

Dionysios, baptized and chrismated on January 5th

Konstantine, baptized and chrismated on January 12th

Alexandra, Anna, and George, chrismated on February 22nd

Georgia, baptized and chrismated on March 2nd

Eliana Stavroula, baptized and chrismated on March 3rd

Stavros, baptized on March 16th

WE ALSO PRAY FOR THE SOULS OF THE SERVANTS DEPARTED THIS LIFE

Joan Saetes

Speros Vryonis

Constantine Kanelos

MAY THEIR MEMORY BE ETERNAL!

COMING SOON TO ANNUNCIATION SACRAMENTO

ANNUNCIATION PARISH STEWARDSHIP DIRECTORY

**UPDATE YOUR INFORMATION,
OPT OUT, AND MORE
BY JUNE 15TH**
AND LOOK FOR PHYSICAL UPDATE CARDS IN THE
SUNDAY BULLETIN

<https://bit.ly/2UfFNxb>

**UPDATE YOUR INFORMATION,
OPT OUT, AND MORE
BY JUNE 15TH**

Please direct questions to
Efstratios "Yianni" Magoulias
via e-mail or by calling the
Church Office

St. Nicholas Ranch

Every summer, hundreds of children and teenagers from throughout the Greek Orthodox Metropolis of San Francisco gather for our summer camp program. The Orthodox Christian faith comes alive for young people as they develop lifelong friendships and memories that will last forever. Summer camp activities include: arts and crafts, faith and culture, athletics, swimming, canoeing, campfires, archery, hikes, daily worship services, a visit to the Monastery of the Theotokos the Lifegiving Spring, and Orthodox life discussions.

Session I: July 7 - 13

Session II: July 14 - 20*

Session III: July 21 - 27

(We encourage our youth, if available, to attend Session II as a parish)

For more information, please visit:
<http://gosfyouth.org/basic-information/>



ANNUAL OUTING
ANNUNCIATION GOYA:
UC DAVIS VS.
CAL BEARS
AUGUST 31ST

FOR MORE INFORMATION:
CONTACT YIANNI MAGOULIAS (916) 443-2033

ANNUNCIATION SACRAMENTO
GREEK NIGHT

WITH



OCT. 2, 7:30 PM

MEET & GREET

WITH CHARALAMBOS CHANTZOPOULOS

Pregame performance by our Annunciation Dance Ministry
and the National Anthem by our Annunciation Choir

Purchase your tickets now!
<https://groupmatics.events/event/GreekNight1012>

St. John Chrysostom Oratorical Festival – District Festival 2019

Congratulations to our three participants from Annunciation Sacramento who were all selected as finalists and who will be advancing to the Metropolis festival to represent our church and district!

Nasia Delis, Junior Division Finalist

Athena Johnson, Senior Division Finalist

E.J. Johnson, Senior Division Finalist

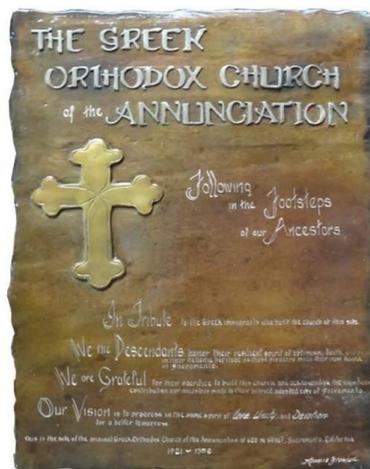


SAVE THE DATE FOR
**THE DEDICATION
OF THE MONUMENT!**

Join us to dedicate and celebrate the newly created Monument honoring the original location of the Greek Orthodox Church of the Annunciation. We honor the pioneer spirit of the immigrants who sacrificed to build the church in 1921.



Drawing of Monument and surrounding area. Finished monument will be unveiled at ceremony.



Sneak peek of the plaque on the Monument pedestal

SUNDAY, JUNE 23, 2019 at 1:30 PM

620 N STREET, Sacramento

A limited amount of transportation is available from Church to Monument site. Reserve seats until May 9 - Call Paul Peters 916-682-9243 or sandpneters@aol.com

The Annunciation Senior League invites you to the dedication celebration for this Monument that is placed on the original site of the Greek Orthodox Church of the Annunciation so that our own Greek community, Sacramentans and other visitors to our city will learn of our heritage. The Annunciation clergy and Sacramento dignitaries will attend as well as the Monument sculptor Ronnie Frostad.

**JOIN THE CELEBRATION OF THIS
HISTORIC EVENT!**

Pledged Stewards 2019

(As of April 15, 2019)

ALL THINGS ARE POSSIBLE TO THE ONE WHO BELIEVES IN CHRIST

Kalisthenis Agagiotis
Nick & Shari Alexander
Christ & Helen Anastasopoulos
George & Alexis Anastasopoulos
David & Evelyn Anderson
Jason & Martha Anderson
Geoffrey & Antonia Antipa
Paul & Elizabeth Arellanes
Theodoros & Georgia Avdalis
Nicholas & Nikki Avdis
Dan & Katherine Ballas
Andreas & Audrey Bazos
Selamawit Berhane
Bill & Evelyn Bobolis
Jamie Bobolis
David & Anastasia Bonaccorso
Denny Boom
Greg & Vicki Booros
Alexander & Eleni Bourdaniotis
Marie Bravou
Anna Brusco
Katherine Buttacavoli
Andonia Cakouros
Anthony & Michele Caposio
Larry & Anna Carr
Peter & Fotine Casheros
Gus Changaris
Tim & Antonia Chapralis
Timmy & Penny Chatzis
Jack Chesson
John & Annette Christopoulos
Bettina & Grigorios Chrysofakis
James & Despina Chuchas
Peter & Samantha Cononelos
Chris & Angelique Constantin
Dennis & Jeanlaurie Corelis
Stamatiki Coss
Carol Crisp
Mary J. Curtis
William & Jessica Dalikas
George & Christine Dariotis
John & Nitsa Dariotis
Michael Dariotis
Nick & Irene Darras
Magdalene & Matthew David
Irene DeKellis
Efthymios & Grammatoula Delis
John & Marianna Demas
Louis Demas
Lou & Maria Deville
Dorothy Diamond
Angelo & Adel Dimitropoulos
Nicholas & Laura Docous
Katherine Dole
Demosthenis & Evangelia Douveas
Steven & Marina Downing
William & Jessaca Downing

Demos & Bessie Dulger Sheikin
James & Patricia Duvaras
Georgia Econome
Kiki Econome
Peter & Anastasia Efsthathi
Nicholas & Jeanne Efstratis
Dan & Maria Eriksson
Sophia Evrigenis
Samir & Nuha Fadayel
Michael & Elena Fazio
George & Kathy Fotopoulos
Panayiotis Fotopoulos
Peter & Koula Fotopoulos
Phillip & Soula Fotopoulos
Agnes Fotos
Demetre & Christine Fotos
Kyriako & Brenda Fotos
Ruseta Fotos
Kyriakos & Elaine Frangogiannis
Christina & Robert Freeworth
Andrew & Beth Ganetsos
Maria Gassoumis
Andrew & Teresa Gates
Constantin & Micki Genigeorgis
Joann Georgallis
Perry Georgallis
Dianna George
John & Debbie George
Chris & Angie Georgoulis
Helen Gianakakis
Alexandra Gousetis
Lener & Carmie Lee Gousetis
Helen Grammatikakis
Paul Grellas
Peter Grellas
Louis & Georgette Grivetti
Suanna Gurovich
John & Edith Hagelis
George & Eleni Hagios
RJ & Nicki Hansen
Thomas & Phyllis Harper
Elias & Catherine Hatzakos
Richard & Kim Hauch
Steve & Bia Hayes
Tim & Elene Hayes
Domna & James Hebenstreit
William Hess
Nikko Higdon
Anastasios & Stefanie Hionis
Julian B. & Diane Holt
Sotiri & Julie Horner
Dino & Margarita Jakovas
George & Molly Lee Johnson
Chris Jovalis
James & Robin Kafouros
Phyllis Marie Kafouros
Panagiotis & Katerina Kakkavas

Dennis & Robin Kamilos
Nick & Andreanna Kamilos
Christopher & Kristen Kane
Loretta Kanelos
Andrew Kantargis
Gus & Ana Kapandritis
George & Mary Ellen Kassotakis
Terry Kastanis
Emorfia & Niko Katsimbras
Stelios & Angela Katzakis
Dan & Maria Kaufman
Andreas & Evelyn Kazanis
Ioannis & Cindy Kazanis
Andromachi Kennedy
Anthony & Gail Kentroti
Effie Kentroti
Bess A. Kerhoulas
Connie Keriotis
Denise Kincaid
Jim & Lara Kiniris
Fay Kirkopoulos
Steven & Lindsey Kivetos
Peter & Jennie Kleary
Polidefkis & Calliope Kolitsos
Nick & Bernadette Kontos
George Koufasimis
Fran Koulos
George Koumis
George & Rula Kouretas
John & Colleen Kreatsoulas
Constantino & Dena Kuchulis
John & Mary Kyriakides
Stephen & Anna LaBritt
Irene Ladd
Frances Lambrose
Katherine Lampros
Ellie Lane
Dean & Diane Langley
Ronald & Georgia Langley
Maria Lappas
Georgia Larson
Gary & Irina Leonard
Esther Lilakos
Jesus & Helen Loaiza
Alayna Loper
Lance & Kathy Loper
Alice Loris-Lyons
John & Rudina Loudaros
Diane Lydon
MariBeth Lydon
Mary Lydon
Diana & Robert Magee
Geraldine Magers
Efstratios "Yianni" Magoulas
Chris & Maro Maguire

(Continued on page 21)

(Continued from page 20)

Joan Malloy
Jim & Julie Mamalis
Athanasia Manikas
Exaveria (Rula) Manikas
Anne Manolakas
Katherine Manolakas
Kathleen Manolakas
Sam & Kerry Manolakas
Timothy & Annette Manolis
Tom & Anna Manologlou
Athanasios Manolopoulos
George & Marina Mantis
Sam & Ann Marandos
Antigoni Marcos
Katherine Marefos
Theo & Paige Marentis
Peter Margaris
Steve & Katherine Margaris
Nellie Margarite
Sylvia Maritsas
Nia Marketos
Dennis & Nancy Marks
Suli & Maria Eleni Mastorakos
Elisabeth & Varghese Mathew
Glenn & Angela Matsen
Antonios & Maria Mavroforakis
Catherine McElligott
Olympia Mercuris
Pamela Middleton
Jack & Marque Molodanof
Cliff & Shari Moody
Karen Nelson
George & Gaye Nicholau
Helen & Lawrence Nickolson
Howard & Stella Norris
Stephanie Novotny
Tina Pacini
Anthony Panages
Nick & Contilo Pandleon
Peter & Gina Pandelopoulos
Tom Pantelopoulos
Yianni Pantis
John & Margaret Papadakis
Bessie Papailias
Eleni & Raymond Papailias-Gomez
Tasia Papajohn
Stephanie Papas
Kalliroy Pappas
Louie & Voula Pappas
Mary A. Pappas
Perry & Kiki Parker
Jerry & Catherine Pavlatos
Constantine & Brigid Perakis
Denise Perinati
Gregory & Jill Perinati
Paul & Shirley Peters
Diane Petersen
Michael & Stella Petrucci
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Vasilios Spyridakis
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Charles & Florence Stamos
Vlad Stasuc
Merle Stathis
Makis & Freda Stathopoulos
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Vasilis & Judy Verrios
Vasseliki Vervilos
Stella Vescu
Michael Vlamis
Paul & Rusti Voresis
Stavros & Eleftheria Vougioukas
Dimitri Vouros

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Douglas & Donna Wagner
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Jerry & Elaine Wright
Theodora Yazigi
Andreas & Becky Yerocostas
Savvas Yerocostas
Anestis & Areti Yiaslas
Athanasios & Elizabeth Yiaslas
Irene Zeronian



BOHART
Museum of Entomology
University of California, Davis



**The Annunciation Senior League invites you to a
UC DAVIS TOUR OF:
The Bohart Museum,
The Museum of Wildlife
and Fish Biology,
Lunch at
The Symposium,
and Arboretum Tour
TUESDAY, MAY 7th
Bus departs promptly 9:30am from Church
Returns approx. 3:30pm \$48/person**

The Bohart Museum, Department of Entomology – A knowledgeable docent will lead our tour of the Bohart Museum, Department of Entomology at UC Davis. We will see parts of the seventh largest insect collection in North America that includes more than 7 million specimens. Bohart Museum studies insects for many reasons: insects are involved in evolution, ecology and public health and are essential in the ecosystem, in pollination, seed disposal, and environmental health. Bohart experts provide legal testing in cases including criminal forensics and product contamination. This museum is among the most important diagnostic resources on the West Coast.

The Museum of Wildlife and Fish Biology –

We will receive a docent-led tour of The Museum of Wildlife and Fish Biology at UC Davis. The MWFB houses one of the most significant modern collections of birds, mammals and fish in California. The Department of Wildlife and Fish Conservation Biology was recently ranked #1 in the Nation in research and scholarly output for fisheries and wildlife programs. The MWFB houses over 50,000 specimens and over 5,000 tissues. It is among the top ten collections in California and the third largest university-managed collection in the state.



The Symposium – A choice of three delicious entrees from our favorite Greek eatery in Davis! See below for choices.



The Arboretum – We will take a lovely, docent-led short walk through the Arboretum. It is a living scientific museum and an outdoor classroom. The Arboretum is home to a nationally recognized research collection of Oaks and Acacia. More than 100 classes on campus use the arboretum. There are 17 gardens in the collection with 22,000 trees and plants adapted to a Mediterranean climate. The Arboretum is used for research by UC Davis faculty and is a source of horticultural information for California's Central Valley.



*Return this portion along with check payable to: ASL (\$48/person) to:
Georgia Econome, 5310 Del Rio Road, Sacramento, CA 95822 ph. 916-442-4125
Due by Friday, May 3, 2019 • Sorry, no refunds after Friday, May 3, 2017*

CHOOSE ONE ENTREE: Greek Breast of Chicken Mousaka Soutzoukakia with Rice
 Soutzoukakia with Spaghetti

Name _____

Address _____

Home Ph. _____

Cell Ph. _____

Amount Paid _____

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Wine & Roses
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*Delectable tasting of fine wines and a robust array of
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finest wineries and caterers.
Enjoy live music, dancing, art from our Local Artists,
fabulous silent auction entries, thrilling raffle prizes,
and more!
And exciting raffle prizes!*

Friday, May 17th, 2019

5:30 pm to 8:30 pm

Annunciation Hellenic Center 616 Alhambra Blvd. ~ Sacramento

Tickets **just** \$30 each or two for \$50
Call Pearl Thomas at 916-485-4850

All proceeds to benefit
Philoptochos charities

See you there!

* Philoptochos is a Greek word that means *friend of the poor.*

Professor Emeritus of Theatre
at Sacramento State and a
member of the Greek Orthodox Church
of the Annunciation



Andonia Cakouros
presents
**UNVEILING
THE SOUL**

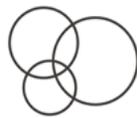
A one-woman artistic performance
of Hellenic texts, dance, poetry, music
and Andonia's original writings.

*Unveiling the Soul invites the audience
to examine the core of the human spirit
when every mask is shed.*

**Saturday, June 15, 2019 at 8pm
at University Theatre
Sacramento State Campus
light reception following performance**

TICKETS \$18/general & senior • \$15/student
please go to www.csus.edu/aba/HornetTickets
or call the University Ticket Office at (916) 278-4323
Tickets held at Will Call at the University Theatre

Net proceeds will be donated to the Greek Orthodox Church
of the Annunciation for The Mission Trip to Kenya
and to Sacramento State Department of Theatre and Dance



CHURCH
COMMUNITY
BUILDER

Did you know you could...

- Update your family contact information
- Setup recurring stewardship donations
- View your complete giving history

- ALL ONLINE -

That's correct! Our church office uses a solution
called CCB to help us manage and communicate
better with our stewards. You can access CCB
from the homepage of the
Annunciation website. Just
click on the **bookmark**.



CONNECT WITH US

the old spaghetti factory

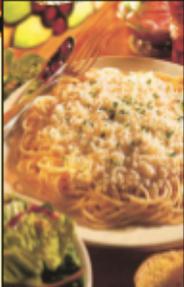
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7727 Laguna Blvd. Elk Grove, CA (916) 478-9400	51 N. San Pedro St. San Jose, CA (408) 283-7488	1610 East Shaw Ave. Fresno, CA (559) 222-1066
11896 Foothill Blvd. Rancho Cucamonga, CA (909) 980-3385	111 N. Twin Oaks Valley Rd. San Marcos, CA (760) 471-0155	
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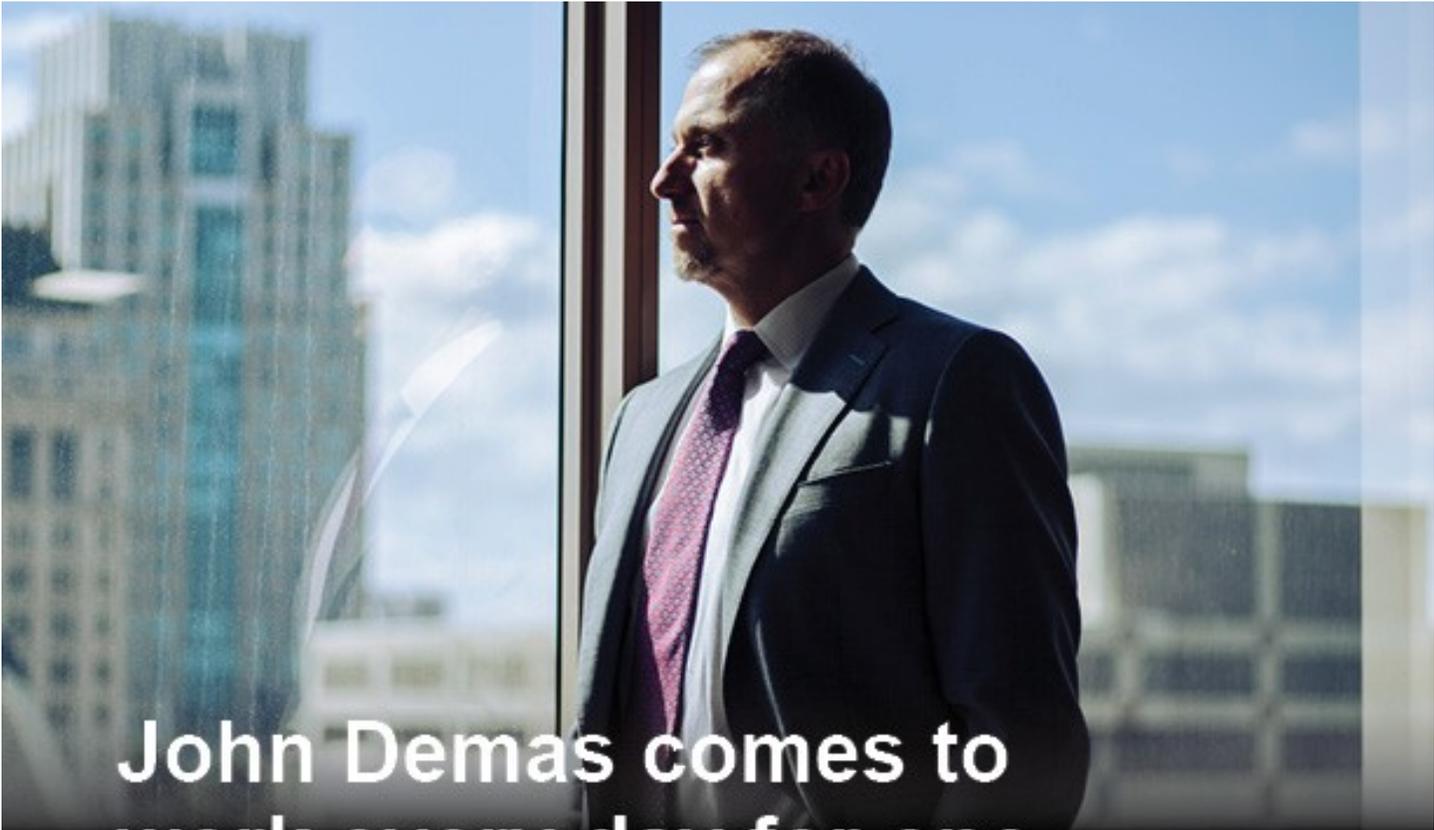
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***Αν χρειάζεστε βοήθεια, πάρτε με τηλέφωνο.
Μιλώ Ελληνικά!***