

# GOYA MEETINGS

NOON (AFTER SUNDAY SCHOOL)  
FIRST FLOOR CONFERENCE ROOM



MARCH 3RD  
APRIL - NO MEETING



## BYZANTINE CHANT

Interested in learning the tradition and music of the church?

Do you want to help on Sundays and during the Lenten Services?

Dusan and Yianni are eager to welcome you to the Chant Stand!

CONTACT YIANNI FOR MORE INFORMATION

## LENTEN SERVICES

PLEASE JOIN US EVERY MONDAY, WEDNESDAY, AND FRIDAY DURING GREAT LENT!

MONDAYS 6:00 PM | GREAT COMPLINE

WEDNESDAYS 6:00 PM | PRESANCTIFIED LITURGY

FRIDAYS 7:00 PM | SALUTATIONS TO THE THEOTOKOS

## THREE HIERARCHS COMPETITION 2019

OUR ANNUNCIATION GREEK SCHOOL PARTICIPATED IN THIS YEARS THREE HIERARCHS COMPETITION. THERE WERE FIVE CATEGORIES IN THE COMPETITION: 1) WRITING, 2) MUSIC, 3) FILM, 4) PHOTOGRAPHY, AND 5) PAINTING/ARTS AND CRAFTS/SCULPTURE. SACRAMENTO RECEIVED 6 OF THE 8 AWARDS GIVEN IN THE COMPETITION. SACRAMENTO RECEIVED FIRST PLACE IN WRITING, MUSIC, FILM, AND PHOTOGRAPHY, WHILE ALSO GETTING SECOND PLACE IN WRITING AND PHOTOGRAPHY.

## Lenten Retreats and Activities

March 10th  
Forgiveness Vespers  
St. Anna Greek Orthodox Church - 6:30 pm

March 17th  
Sunday of Orthodoxy  
Assumption Serbian Orthodox Church - 6:00 pm



April 5-7th  
Annunciation Family Camp  
St. Nicholas Ranch and Retreat Center

April 13th  
Annual Lenten Retreat  
Annunciation Hellenic Center

April 20th  
Saturday of Lazarus  
Folding Palms and Lenten Pancakes

April 26th  
Holy and Great Friday  
Youth Day Retreat

Mark your calendars!

Questions? Please contact Yianni Magoulias (Magoulias@AnnunciationSac.org)

## MARCH 17TH—SUNDAY OF ORTHODOXY

PLEASE BRING YOUR ICONS!





# THEOLO-TWEET

Written by Yianni Magoulas

YOUTH  
CHRONICLE  
VOL 06

## Carrying OUR CROSS

There is a story of a man on a journey carrying a large cross. He prays to God, "It is too heavy for me, please cut it down a little" and the cross becomes smaller. Again he prays for his cross to be smaller, and his prayer is answered. Finally a third time he prays, and it is again made smaller. In his travels, the man approaches a large crevasse. He sees other people laying their crosses across the divide and walking across. The man, however, lays down his cross and it is not long enough to reach the other side.

We often complain about the cross we bear, but don't realize it is preparing us for what God can see and we can't. As Orthodox Christians, it is our calling to "Take up our Cross," and follow Christ. We are given the season of Great Lent to give us strength to do this. The forty-day fast period is very important – it symbolizes Christ's fast before beginning His ministry. We fast so that, by learning to control our cravings for food, we can control our cravings for other things, such as getting angry or holding grudges. A saint of the Church says regarding fasting and Great Lent, "Just as the most bitter medicine drives out poisonous things, so prayer joined to fasting drives evil thoughts away".

Through Christ, all things are possible. Christ prescribes us prayer, fasting, and the sacraments (Holy Communion, Unction, and Confession) in order to run the race and fight the good fight, that is being an Orthodox Christian.

