## OBSERVER THE ANNUNCIATION BY THE ANNUNCIATION

January/February 2019 - Volume 35 - Issue 1

## "My anxieties have anxieties!" (Charley Brown)

The Gospel reading for the 9th Sunday of Luke is a parable about a materially successful man who decided that the solution to his anxiety about life was to secure his life-sustaining possessions (Luke 12:16-21). "I will build bigger store-houses," he says. "I will take my ease." But then he died that same night! This brief story speaks to us eloquently and painfully. We worry about our lives because we do face many threats and unknowns. It is nothing new. I am reminded of Thomas Jefferson, the author of our Declaration of Independence and third President. Jefferson was the largest land holder in the state of Virginia, but along with the land, he inherited debts (and slaves). He struggled his whole adult life to free himself of these debts. His anxiety about his finances produced debilitating migraines and digestive problems, no doubt shortening his life.

Fear, worry, dread, whatever we call it, is that queasy feeling we get when we face potential loss and think about the "what ifs." On the one hand, our culture seems to cultivate anxiety. We are exposed to (or perhaps expose ourselves to) way too much threatening information about the problems of the world (thanks to our news media), most of which we can do nothing about. But, on the other hand, even if you avoid too much news, there is real stuff to worry about. How about your finances, your health, marriage, kids, parents? How about getting older? If you are young, how about finding a career or a (good) mate or just a job? And on and on.

What can we do about our anxiety? First, as any good therapist or philosopher will tell you, we should recognize that worry doesn't accomplish anything except to make life less enjoyable. There are only so many things that we can control in life. Worrying about life is, in a word, irrational and destructive. Worry is wasted energy. Worry is the anticipation of events that may never occur.

This is where faith in a good and loving God becomes extraordinarily practical. This is the Gospel of our Lord Jesus Christ. If I believe that God cares for me and my needs, then I really do not need to worry. Consider the Lord's words in the Sermon on the Mount. First He warns His followers about the dangers of materialism. There is no security or happiness in things. He warns them not to serve "money." Then, this well known passage: "That is why I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Surely life is more than food, and the body more than clothing!... So do not worry; do not say, 'What are we to eat? What are we to drink? What are we to wear?' It is the gentiles [unbelievers] who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on God's saving justice, and all these other things will be given you as well. So do not worry about tomorrow: tomorrow will take care of itself. Each day has enough trouble of its own." Look up the full passage—Matthew 6:25-34. Read it a few times. Let the message sink into your heart. The Apostle Paul echoes this same thought in his letter to the Church at Philippi: "Do not be anxious about anything, but in everything, by prayer and supplication, with thanksgiving, make your requests known to God." (Philippians 4:6)

(Continued on page 2)

## GREEK ORTHODOX CHURCH OF THE ANNUNCIATION

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## **OFFICE HOURS**

Monday - Friday 9:00 a.m. to 4:30 p.m. (Continued from page 1)

If you believe in God, there is every reason not to worry. In fact, we could say that worry is a sin. It is the opposite of faith in God. Worry says that I am afraid of suffering or loss; faith says that I trust in the God who controls everything. Is God going to give us everything we want? No. Is God guaranteeing us health, wealth or safety? Not at all. Nevertheless, faith in a loving God who cares about my needs reorients my priorities. I believe that God will take care of me in accordance with His will in my brief life. If I don't worry about my needs, then I am free to worry about what matters: pleasing God. My present life is temporary, and I trust in God for my eternal life in His Kingdom.

Are you worried? Try this: 1. Pray. Give your anxieties to God. You can tell God how you feel! Read the Psalms! They are mostly complaints combined with affirmations of faith in God. 2. Count the blessings you have. Be thankful! 3. Be responsible. God does expect us to be wise and to work to do what we can! And we should do what we can to make the world a better place. should try to care for those in need; we should care for the environment. 4. Simplify your life. If you are struggling financially, then cut back. Most of us can make do with less. Do everything you can to get out of debt! This will lessen your anxiety. 5. Learn to be content. The Apostle Paul also talks about how important this is (Philippians 4:11-13). 6. Give to those who has less than you have. They are easy to find. Christians save, but hoarding is a lack of faith. If we have the means to help and we refuse to help, then we are sinning. 7. Give to God's work. Giving to God says "I believe that God will take care of me." Not giving to God is a demonstration of unbelief. The Apostle Paul tells the Philippians that God will "meet all their needs" on the basis of their generous giving to those in need (Phil. 4:19)! The bottom line is this: Trust God to take care of you.

Saint Seraphim of Sarov, the 18th century Russian mystic, writes: "If a man has no care whatever for himself because of his love for God and virtuous deeds, knowing that God will take care of him—such hope is true and wise. But if a man takes care of his own affairs and turns with prayer to God only when unavoidable misfortunes overtake him and he sees no way of averting them by his own power, only then beginning to hope in God's aid—such hope is vain and false. True hope seeks the Kingdom of God alone and is convinced that everything earthly that is necessary for this transitory life will unfailingly be given. The heart cannot have peace until it acquires this hope."

Faith in the Lord Jesus Christ will give you peace of mind. Peace be with you in this coming year!

Fr. Timothy

## Message From the Parish Council President

## The Noise

I love holiday season and this time of year. Family, friends, decorations, parties and festive decorations. I find as I get older that this time of year creates some tension in my life due to all the "noise" of what I expect and what is expected of me from family, friends and colleagues.

On Thanksgiving Day—many give thanks with their family and friends and hours late we see group mob mentality and sometimes fighting amongst people over savings of a few dollars on some item. This is the same with Christmas—a beautiful and peaceful day to recognize and remember the birth of our savior only to be lost in the day after Christmas shopping chaos. Even without the holidays we are bombarded daily with background "noise" that seems to be ever increasing. Politics and rhetoric of our leaders; Social media (Facebook, Twitter etc.); TV, Fake News, Real News, Disappointing news as well as ever increasing natural disasters wiping away total communities in a very short time. All of this can be assimilated or "taken in" properly but this can also create unnecessary stress/tension-or more "noise" in your life.

I average 15-20 church related emails a day and 2-5 church related calls per day related to the business running the church. Some days this doesn't bother me. Some days it creates some stress in my life. The *business* of the church really is separate from the *teachings* of the church. The business of the church is necessary but "noise" nonetheless unrelated to the churches mission/teaching itself. I don't think Jesus ever thought about rental rates of hall; cleaning schedules of a hall; DSG; Greek School, ASL, maintenance issues of church or homeland security issues for our congregations safety. I seek guidance, solitude, quietness and peace by going to church more often this time of year. I have to constantly remind myself that I am an imperfect human, dealing with other imperfect humans all trying to achieve something good for the church. Sometimes I think God put some people in my life (not only related to the church) just to test me and try to teach me patience, humility and self-control. When the "noise" overwhelms me. I try and pray more; turn off or refuse to listen to the news or tv; and choose classical or acoustic music to help avoid exacerbation of stress and the negative feelings associated with it. Conversations that start with: "Do you want to know what I know"?; Do you know what he/she said about you?; "Guess what I heard"—all seems to validate someone into false importance for a very short time since they know something I don't—often something that doesn't affect me greatly.

The church is our *spiritual hospital* where we learn to control, turn off and manage the "noise "of our lives. We all need to be fixed/healed to some degree. When we are physically sick—many of us avoid going to the doctor for fear of what the doctor might tell us or fear of what an ordered test will reveal—that you may need surgery or medication to get better. The church is no different. Many come to church but don't want to get *too* close. "I don't need to go to confession"; "I really don't need to participate in the sacraments"; "I come to church a couple of times a year-I am good". These statements come from those of us who really don't want to get *too* close to the church for fear of finding out their real weaknesses then having to deal with the medicine and appropriate treatment-repentance. St. Porphyrios has a great saying: "The rich should fast and the poor should give alms". The meaning here should be self-explanatory. For a

(Continued on page 6)

## ANNUNCIATION SENIOR LEAGUE

Καλή Χρονιά! Happy New Year and may 2019 bring you good health and happiness throughout the year.

As the Executive Board looks to the busy calendar of 2019, it's going to be a challenge as we compete with 2018 and previous years of senior activities. For example, at our Thanksgiving Luncheon, KVIE's Rob On The Road (Rob Stewart) interviewed our two centenarians, George Nicholau and George Tzikas, with such grace and kindness that their responses to Rob's questions illustrated the depth of their love of God, of life, and of their beloved family and community. Our excursion to Stockton, visiting the Haggin Museum and St. Basil's Greek Orthodox Church, will fondly be remembered as one of our finest visits.

History will undoubtedly repeat itself in 2019 as we look forward to January10th's Crown Rib Pork Roast and entertainment by a jazz trio, On February 7th we visit St. Katherines in Elk Grove and hear a tribute to Maria Callas from our own, Pauline Cazanis, and in March (the 7th) the Irish Dance Group will be our program. April 4, May 2, and June 6 are future luncheon dates with menus, programs, and spring excursions to be announced at a later date

Elections were held at our Christmas Luncheon and the nominations committee slate for 2019-2021 headed by Dena Kuchulis was approved by acclamation: Terry Kastanis, President; Alexia Kavros, Vice-President; Suanna Gurovich, Secretary; and Annette Manolis, Treasurer. Bessie Pothos, who served as secretary to the board for the past several years, was thanked for her excellent attention to note taking and detail. Two returning Board members were acknowledged: Sophia Stathos and Elaine Pavlatos. I would be remiss if I did not take this opportunity to thank the following board members who have tirelessly served on various committees and attended monthly meetings since 2017: ANNETTE CHRISTOPULOS, PAULINE CAZANIS, HELEN DIAVATIS, GEORIA ECONOME, SOPHIA EVRIGENIS, STEVE GIRANIS, SUANNA GUROVICH, MARY ELLEN KASSOTAKIS, LEFTERI and ALEXIA KAVROS, MARY KONDOS, DENA and TYKE KUCHULIS, KATHY LaGUISA, MARY LYDON, JULIE MAMALIS, RULA MANIKAS, ANNETTE MANOLIS, BESSIE PAPAILIAS, HELEN PARASKEVAS, MARY SILVA, BESS STATHOS, PEARL THOMAS, MARGO TZIKAS, and our clergy Fr. James Retelas, Fr. Timothy Robinson, and Fr. Dino Pappademos.

Death is part of life, and it is with sadness that we report the recent passing of Helen Manolis Caparis. Helen was a long-time member of ASL and is remembered for her enthusiasm and joyful greetings as members came thru the door at our luncheons. May her memory be eternal, Eonia I Mnimi.

Monument Committee has reported that the bronze casting (Church Model, Plaque Relief, and 6 footsteps) has been completed and they are waiting for the contractor to construct the pedestal. The new dedication date will be in the spring.

(Continued on page 7)

## **Р**ні**L**ортосноѕ

## Καλή Χρονιά

Please join Philoptochos for Vasilopita luncheon and fellowship, on Sunday, January  $6^{th}$ , after Liturgy.

Thank you to our busy Philoptochos members during the month of November, for their continued support working to raise money for our charitable work. They give with love and devotion.

## **Christmas Around the World**

On Saturday, November 10<sup>th</sup>, Philoptochos and 9 other Eastern Christian Churches sponsored the 28<sup>th</sup> Annual Christmas Around the World Festival in the Hellenic Family Center. Visitors to the event enjoyed foods from all over the world, Christmas crafts and rummage, and a raffle where recipients could win gifts cards, cash and prizes. The Annunciation Philoptochos booth served pastitsio, moussaka, and Greek pastry and together with our rummage table earned \$1,800. The proceeds of this event will benefit the Annunciation's Charitable Fund.

Many thanks go to the following helping hands:

Father James for conducting a tour of the Annunciation, Toni Chapralis, Tim Chapralis, Alexis Genung, Helen Grammatikakis, Abby Harr, Lisa Harr, Nicolette Madrid, Julie Mamalis, Abby Moffat, Helen Nickolson, Stella Norris, Helen Piperis, Julie Rausser, Nikitas Skondras, Terre Terzakis, Sophie Theodore, Pearl Thomas, Donna Wagner, and the Food Festival committee.

Thanks to Toni Chapralis, \$172 was collected from the participating Churches and visitors, to benefit the Holy Myrrhbearing Women Church in West Sacramento. These funds will benefit their efforts to rebuild their Church after a devastating fire in July.

## 7<sup>th</sup> Annual Pie Raffle

I want to thank Philoptochos members who donated pies and helped with our 7<sup>th</sup> Annual Pie Raffle. A special thank you to Ivi Crawford for her beautiful wrapping and bows and Sam Manolakas for announcing the tickets. The proceeds from our pie raffle will benefit our charities.

(Continued on page 6)

wealthy person to write a check is not a problem—but to fast requires self-control, admission of and facing of inner weaknesses as well as having to control our passions. For the poor person who has little and gives his last dollar to someone poorer than them is very difficult.

We need to come to the church or spiritual hospital often; participate *fully* in the sacraments; pay attention to the gospel and try and live it. I am the first to admit I am a sinner and have many weaknesses. Every day I first give thanks to God for giving me another day; and one more chance to try and redeem myself. I am thankful to our priests for trying to help all of us repeatedly on the correct path and teachings of our church. I am so very thankful to the generations of church leaders and priests who, before our time, selflessly gave of themselves in so many ways to this church inspite of the "noise". I am thankful for those who always help with the smallest and/or greatest of tasks; never say no; and don't expect any recognition for their efforts. These people are an inspiration to me.

(Continued from Philoptochos page 5)

## Membership Drive

Please join us on Sunday March 3, 2019, during the coffee fellowship hour and learn what Philoptochos is all about and how members can accomplish so much with helping hands. Watch for our membership materials requesting that you consider joining Philoptochos in 2019

## Philoptochos upcoming events:

Sunday, February 3<sup>rd</sup> is "Go Red Sunday" Awareness of Heart Disease in Women. Remember to wear red for this day.

Tuesday, February 12<sup>th</sup> Philoptochos monthly meeting. We will have a speaker on Women and heart disease. Please join us and bring a friend.

February is our Kids'n'Cancer month, all proceeds go to support Philoptochos Camp Agape, for children with cancer and their families to go to camp.

Sunday, February 10<sup>th</sup> is our Pancake Breakfast for Kids'n'Cancer.

Sunday February 24<sup>th</sup> is Philoptochos Cake Raffle for Kids'n'Cancer

Sunday, March 3<sup>rd</sup> is Philoptochos membership drive at coffee hour.

May God Bless you and your families with a Healthy, Happy New Year.

With love in Christ,

Elaine Wright Annunciation Philoptochos President

## **DSG**

Thank you to everyone that contributed to our fourth annual Family to Family diakonia project in December. With your support, we were able to bring holiday meals and gifts to 20 local families, including 47 children!

Our directors and dancers have been working hard the last several months fine tuning their suites. Please make time to join us for our Preview performances Sunday, January 13th during coffee hour!

Other important dates for DSG Families:

Jan 11th: Preview Dress Rehearsal & Photos (evening)

Jan 13th: Preview (after church)

Feb 9th: Glendi with FDF performances (evening)



(Continued from Annunciation Senior League page 4)

Sponsorships for our luncheons are always welcome, so if you have a family member or koumbaro you would like to honor, consider a donation to cover the cost of the meal and or the dessert.

<u>Calendar for 2019</u>: January 10th, February 7th, March 7th, April 4th, May 2nd, and June 6th.

I'd like to express my enthusiastic "thank you" to our local parishioners for your ongoing support for ASL as we continue to provide the opportunity for fellowship and companionship at our monthly luncheons. Yes, the food and decorations and programs are important, but the ministry of philoxenia and devotion to our faith and one another is what's important.

Terry Kastanis, ASL President.

## PASTORAL ASSISTANT UPDATE

Dear Annunciation Families,

I would like to wish you a Happy New Year and pray that God grants you happiness, health, and prosperity.

With the new year, we have many new ministries beginning!

We are happy to announce, with the help of Koula Fotopoulos, Lindsey Kivetos, and Marina Podoreanu, Moms 'n Tots! On January 19<sup>th</sup>, we will begin a monthly program for our moms and their toddlers. Please contact Koula, Lindsey, and Marina for more information! Their contact information can be found on the Moms 'n Tots flyer.

We are also happy to announce Younger Marrieds and Working Singles (26-40), Young Professionals (25-30), and Young Adult (18-24) ministries and events. For more information, please contact Yianni Magoulias by calling the Church Office, or emailing him at Magoulias@AnnunciationSac.org.

In the face-pace society we live in today, internet communications are the norm. Please follow us on social media! You can find events and information on our Facebook page (just search Annunciation Greek Orthodox Church Sacramento). Please also search Facebook for the Annunciation Bookstore, the Sacramento Greek Festival, the Hellenic Golf Classic, and the Annunciation Sacramento Greek Dance Ministry for more specific updates and information about those ministries. You can also find us on Instagram and Twitter by searching 'AnnuncationSac'. There you will find daily lives of the Saints, motivational quotes from the Fathers of the Church, and an interactive 'Ask Yianni' every Wednesday!

Faithfully yours in Christ,

Efstratios "Yianni" Magoulias

Pastoral Assistant

Greek Orthodox Church of the Annunciation 616 Alhambra Blvd. Sacramento, CA 95816

Ph. (916) 443-2033; ext. 231



## MOMS'N TOTS

SATURDAY, JANUARY 19TH 10:00-11:30 AM

FOR MORE INFORMATION, PLEASE CONTACT: LINDSEY KIVETOS (LFKIVETOS@GMAIL.COM) KOULA FOTOPOULOS (KGIANULIAS@HOTMAIL.COM) MARINA PODOREANU (MPODOREANULCSW@GMAIL.COM)







## 916-443-2033 | 616 ALHAMBRA BLVD. | SACRAMENTO. CA. NNUNCIATION GREEK ORTHODOX CHURCH

## January 2019

र्ींट्रे Fast Day		31 5:30 pm Greek School 7:00 pm Choir Practice	29 7 30 9:00 am Orthros 10:00 am Divine Liturgy: Three Hierarchs 11:00 am Studies in the Faith 5:30 pm Greek School	29	28	27 9:00 am Orthros 10:00 am Divine Liturgy
26	24 🛟	24 5:30 pm Greek School 7:00 pm Choir Practice	22 <b>27</b> 23 11:00 am Studies in the Faith 5:30 pm Greek School	9:00 am Orthros 10:00 am Divine Liturgy: St. Timothy	21 Office Closed Martin Luther King Jr.	20 9:00 am Orthros 10:00 am Divine Liturgy
19 10:00 am Moms 'n Tots	17 <b>र्द्ध</b>	9:00 am Orthros 10:00 am Divine Liturgy: St. Anthony the Great 11:00 am ASL Board Meeting 5:30 pm Greek School 7:00 pm Choir Practice	16 11:00 am Studies in the Faith 5:30 pm Greek School	15 6:00 pm AHEPA Meeting 6:00 pm Daughters Meeting	1.4 6:00 pm Parish Council Meefing	13 9:00 am Orthros 10:00 am Divine Liturgy Dance Preview Luncheon
12	4:00 pm DSG Dress Rehearsal for FDF	10 11:00 am ASL Luncheon 5:30 pm Greek School 7:00 pm Choir Practice	9 11:00 am Studies in the Faith 5:30 pm Greek School	8 6:30 pm Philoptochos Board Meeting	7 9:00 am Orthros 10:00 am Divine Liturgy: Synaxis of St. John the Forerunner and Baptist	6 9:00 am Orthros 10:00 am Divine Liturgy Philoptochos Vasilopita Luncheon
Saturday  \$ 9:00 am Orthros 10:00 am Divine Liturgy: Forefeast of Theophany Great Blessing of the Waters	Friday  4 9:00 am Royal Hours of Theophany	Thursday 3 3:00 pm Central Valley Youth Retreat	Wednesday 2	HAPPY NEW YEAR! 9:00 am Orthros 10:00 am Divine Liturgy: Circumcision of our Lord St. Basil the Great	Monday	Sunday

# February 2019

ANNUNCIATION CHURCH
CREEK ORTHODOX CHURCH

Saturday  2 9:00 am Orthros 10:00 am Divine Liturgy: Presentation of the Lord into the Temple	9 Glendi with Live Musicians from Greece	16 k and Safe Travels!	23	र्दी Fast Day
Friday	8 8	14 AP 2019 in Ontario, California – Good luck and Safe Travels!	7:00 pm Father-Daughter Dance	
Thursday	7 11:00 am ASL Luncheon 5:30 pm Greek School 7:00 pm Choir Practice	7:00 pm Choir Practice FDF 2019 in C	10:00 am ASL Board Meeting 5:30 pm Greek School 7:00 pm Choir Practice	5:30 pm Greek School 7:00 pm Choir Practice
Wednesday	र्दुर्भ 11:00 am Studies in the Faith 5:30 pm Greek School	13 11:00 am Studies in the Faith	20 11:00 am Studies in the Faith 5:30 pm Greek School	11:00 am Studies in the Faith 5:30 pm Greek School 7:00 pm Greek Night at Golden 1 Center (Kings vs. Bucks)
Tuesday	5	12 6:30 pm Philoptochos Board Meeting	6:00 pm AHEPA Meeting 6:00 pm Daughters Meeting	26
Monday	4		Office Closed 18 Presidents' Day 6:00 pm Parish Council Meeting ario, California	25
Sunday	3 9:00 am Orthros 10:00 am Divine Liturgy	9:00 am Orthros 10:00 am Divine Liturgy Kids 'n Cancer Pancake Breakfast	Triodion Begins  9:00 am Orthros  10:00 am Divine Liturgy  Freside  6:00 pm Pai  Meeting  FDF 2019 in Ontario, California	9:00 am Orthros 10:00 am Divine Liturgy Kind 'n Cancer Cake Raffle

## January 3rd

## CENTRAL VALLEY YOUTH RETREAT

## **Growing Together in Christ**

For you are all one in Christ Jesus (Gal 3:28)

Grades 6-12 3pm - 8pm

Registration Fee: \$10 per person



## American Hellenic Professional Society

And

## The Tsakopoulos Hellenic Foundation

Present



VS.



Wednesday, February 27, 2019 Game starts at 7:00pm

## The Golden 1 Center Parking is on your own.

## \$45.00 per person

Reserved Lower Level Seating Section 109-110 - No refunds
Activities: Meet & Greet Kosta Koufos, Sing National Anthem, Present American Flag, View Game

For additional Information contact: Paul N. Peters: sandpnpeters@aol.com or 916-682-9243.

Deadline February 1, 2019. Send in your reservations early, as seating is limited. No T-Shirts after deadline.

Cut Here \*\*\*\*\*\*Cut Here

Make checks or money orders pa form to: Paula Titus - 1309 Young Contact Name:	Wo Circle - Folsom, CA 9563	0 - 916-467-7729	registration
Address			
City	Zip	Phone	
Email address	Attendee Names		
Handicapped Seating: Yes No	# of tickets	Amount enclosed	
One T-Shirt per ticket: T-Shirt Size	ary T-shirt for each ticket pu : 3X2X, X-Large , S-ages 6-8, M-ages	, Large, Med	Small

Deadline February 1, 2019

No T-Shirts after deadline

## Annunciation Senior League

## Happy New Year 2019



## ASL Luncheon

Still, Just \$10.

Thursday, January 10th

11:00 a.m. to 1:30 p.m.

Annunciation Hellenic Center Reservations would be appreciated

Return portion below to Mary Kondos 5328 Spilman Ave. Sacramento, CA 95819, 457-2196, mkondos@att.net, by Jan 7th

Name & Address	99
Phone & Email Contact	
Number of Reservations	

## **Observer Ad Rates**

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Quarter Page	45.00	200.00
Business Card	25.00	100.00
Back Page (Outside 1/2 page)	95.00	Not Available





## 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 <a href="mailto:etheodor@annunciationsac.org">etheodor@annunciationsac.org</a>

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

## Kosta Mavroforakis



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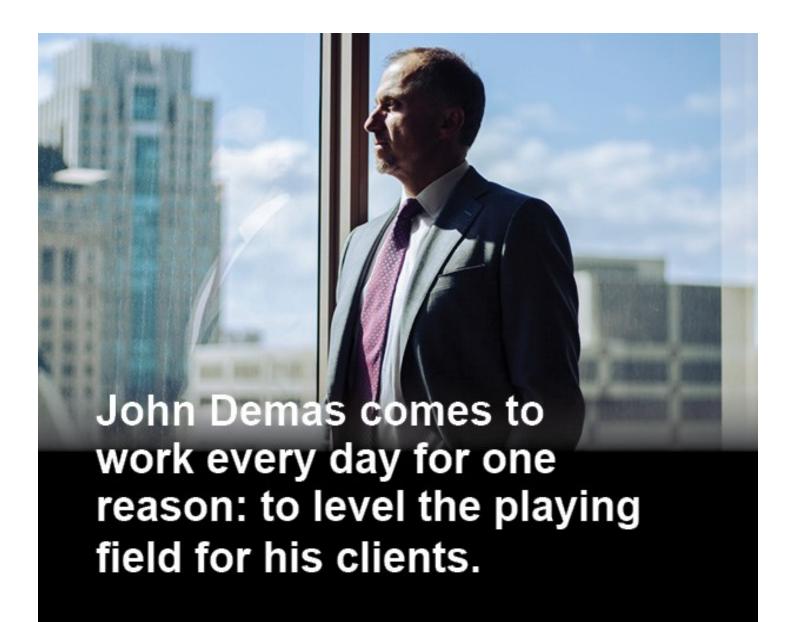
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