



# THE FIRST SUNDAY OF GREAT & HOLY LENT THE SUNDAY OF ORTHODOXY

MARCH 24, 2024

# The First Sunday of Great & Holy Lent

## The Sunday of Orthodoxy

### March 24, 2024

*Lenten Fast. Wine & oil allowed | Mode 1 | 9th Orthros Gospel*

This Sunday we observe the First Sunday of Great and Holy Lent, the Sunday of Orthodoxy; we also observe the Forefeast of the Annunciation of the Theotokos, our Parish Feast; we also remember the Righteous Artemon, Bishop of Seleucia; Our Holy Father Theonas, Archbishop of Thessalonica; and Zachariah the Recluse.

#### Antiphon I. Mode 2.

**Verse 1:** The Lord reigns; He clothed Himself with majesty; the Lord clothed and girded Himself with power.

**Refrain:** Through the intercessions of the Theotokos, Savior, save us.

**Verse 2:** And He established the world, which shall not be moved.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

**Verse 3:** Who shall tell the mighty deeds of the Lord, who shall make all His praises heard?

Through the intercessions of the Theotokos, Savior, save us.

**Verse 4:** Let those redeemed by the Lord say so, whom He redeemed from the hand of the enemy.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Glory.... Both.... Amen.

Through the intercessions of the Theotokos, Savior, save us.

#### Antiphon II. Mode 2.

**Verse 1:** Let them give thanks to the Lord for His mercies and His wonders to the sons of men.

**Refrain:** Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

**Verse 2:** Let them exalt Him in the assembly of the people and praise Him in the seat of the elders.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

**Verse 3:** The eyes of the Lord are on those who hope in His mercy.

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

**Verse 4:** To hear the groaning of those bound, to set free the sons of the slain.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen. Only begotten Son and Logos of God....

**Festal Apolytikion, Mode 2:** Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ἡὺδόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὓς ἐπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι· Χαράς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

**Resurrection Apolytikion, Mode 1:** Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος Σωτὴρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλόανθρωπε.

The stone had been secured with a seal by the Judeans, \* and a guard of soldiers was watching Your immaculate body. \* You rose on the third day, O Lord \* and Savior, granting life unto the world. \* For this reason were the powers of heaven crying out to You, O Life-giver: \* Glory to Your resurrection, O Christ; \* glory to Your kingdom; \* glory to Your dispensation, only One who loves mankind.

**Apolytikion of the Church, Mode 4:** Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἁπ' αἰῶνος Μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν· Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Today is the crowning moment of our salvation, and the unfolding of the eternal mystery: the Son of God becomes the Son of the Virgin, and Gabriel brings the good tidings of grace. Therefore with him let us also cry aloud to the Mother of God: Hail, full of grace! The Lord is with you.

**Festal Kontakion, Mode Plagal 4:** Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὥς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ὅτινα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

*After the Trisagion Hymn:*

**Prokeimenon of the Apostle. Mode 4. The Prayer of Azariah.**

Blessed are You, O Lord God of our fathers,  
for You are praiseworthy and exalted beyond measure unto the ages.  
For You are righteous in all You did for us,  
all You brought on us and on Jerusalem, the holy city of our fathers.

**The Reading is from the Holy Apostle Paul's Letter to the Hebrews (11:24-26,32-40):**

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to

accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

**Alleluia**

**The Gospel Reading is from John (1:43-51):** At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

**THE DIVINE LITURGY OF SAINT BASIL THE GREAT**

**Parish Council: Team A**

Bill Evrigenis – Team Leader, Takis Fotopoulos, Chris Georgoulas,  
RJ Hansen, Niko Pikios, Demetri Romas



**Altar Guild**  
Lindsey Kivetos



**Memorials**

Georgia Stamatiadou (one year), Maria Argiropoulou (one year), Stella Spanaki (one year)

**Coffee Hour**

Sponsored by GAPA & Greek School

**Publication Submission Deadlines**

**Sunday Bulletin** - Wednesdays by 4pm to [nhansen@annunciationsac.org](mailto:nhansen@annunciationsac.org)  
**This Week at Annunciation Email** - Wednesdays by 4pm to [nhansen@annunciationsac.org](mailto:nhansen@annunciationsac.org)  
**Quarterly Observer** - June 10th to [Observer@annunciationsac.org](mailto:Observer@annunciationsac.org)





## *Coffee Hour Fellowship*

The members of Philoptochos want to thank our parishioners who support us throughout the year by sponsoring Annunciation's Sunday coffee hours and bringing pastry and goodies to share. Your sponsorship and sharing promotes fellowship, and we are so grateful.

Please consider hosting a coffee hour in April, May or anytime during the year! Cookies, fruit, or a cake would be great! Coffee will be made for you.

Contact Donna Wagner at 916-214-9794 to secure a date for hosting a regular coffee hour. When contacting Effie in the church office to schedule a memorial, please let her know if you also wish to host coffee fellowship. She can be reached in the office at 916-443-2033 ext 222.

## **Philoptochos Baking for Pascha has begun!**

Please join the members of Philoptochos for our next baking day of **Monday, April 1**. We begin baking at 9 a.m. and usually end at 3 p.m. There will be a Lenten lunch to enjoy with your fellow bakers!

## *Annunciation Greek School*



The Annunciation Greek School cordially invites you to celebrate Greek Independence Day, on Sunday, March 24th, following the Divine Liturgy. GAPA will graciously sponsor the coffee hour, which will include an assortment of salads and sandwiches.

ANNUNCIATION GREEK ORTHODOX CHURCH INVITES YOU TO THE



# PAN ORTHODOX MISSIONS DINNER & FEAST DAY CELEBRATION

## Annunciation GOC Hellenic Center

616 Alhambra Blvd. | Sacramento, CA 95816



### Sunday, March 24

Pan Orthodox Vespers for Sunday of Orthodoxy at 5:30 p.m.  
Mission Dinner & Event Program at 7:00 p.m.

### \$20 Dinner Ticket

**SPONSORSHIP OPPORTUNITIES AVAILABLE**

*(Proceeds will benefit OCMC ministries around the world.)*

Come and enjoy a Pan Orthodox evening to learn about OCMC's missionary efforts around the world. Hear the latest news and happenings from the mission field and how you can answer Christ's call to  
**"go and make disciples of all nations."**

Register and donate online at:

[www.ocmc.org/Sacramento](http://www.ocmc.org/Sacramento)

**For questions, please contact:**

Local Event Chair Niko Wilk at [nicholas.wilk3@gmail.com](mailto:nicholas.wilk3@gmail.com)  
or OCMC Event Coordinator Elaine Drikakis at [elained@ocmc.org](mailto:elained@ocmc.org)

Donations can be mailed (payable to OCMC with a note) to:  
220 Mason Manatee Way | St. Augustine, FL 32086



Keynote Speaker:

### Fr. Martin Ritsi

*OCMC Executive Director & Former Missionary*

Missions Update from the field:

### Jesse Brandow

*OCMC Missionary Serving in Central America  
& Liturgical Translation Team*

Opening Remarks by:

### Anastasia Barksdale

*OCMC Parish Engagement Coordinator*



TO REGISTER OR DONATE ONLINE, SCAN THE QR CODE OR VISIT THE EVENT WEBSITE.

# MYRRHBEARERS

*Girls 2nd grade and up*



## Practices

Sunday, April 7 - following the Divine Liturgy  
Sunday, April 14 - following the Divine Liturgy  
Sunday, April 21 - following the Divine Liturgy  
Saturday of Lazarus, April 27 - following the Lenten Youth Retreat  
Palm Sunday, April 28 - following the Divine Liturgy  
Holy Friday, May 3 - following the Great Hours

*Meet in the Sunday School pews*

## Services

Holy Friday, May 3 - The Descent from the Cross - 2:45pm (optional)  
Holy Friday, May 3 - The Service of the Lamentations - 6:45pm  
Holy Saturday, May 4 - Vespertal Liturgy of St. Basil - 9:45am (optional)

*Meet in the bride's room*



*Registration required at [tiny.cc/myrrhbearer](https://tiny.cc/myrrhbearer)*

We ask that participants attend a minimum of three practices

A limited number of white dresses in various sizes are available for use

Please contact Nicki Hansen at  
[nhansen@annunciationsac.org](mailto:nhansen@annunciationsac.org) with any questions

*Save the Date*  
**GODPARENTS  
SUNDAY**  
**APRIL 7, 2024**

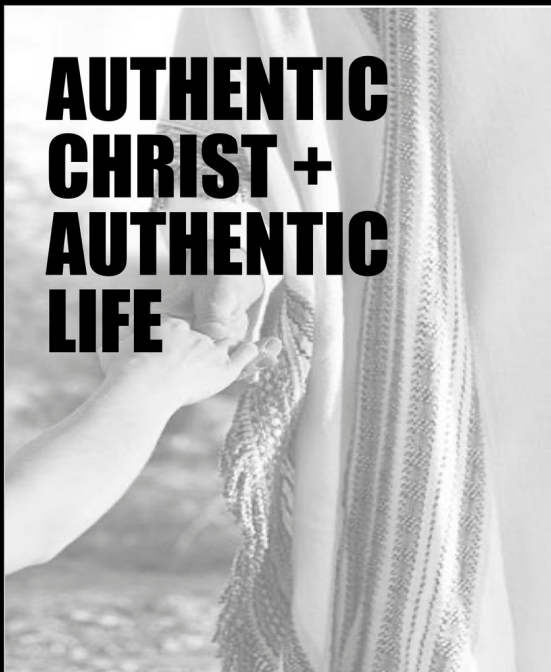
Children are encouraged to  
invite their Godparent(s) to join  
them for Holy Communion and  
fellowship on this special day.

If Godparents cannot attend,  
family members are welcome  
to join in their place.





# AUTHENTIC CHRIST + AUTHENTIC LIFE



## LENTEN RETREAT

SPONSORED BY PHILOPTOCHOS

### PRESENTER: GEORGE PAPAGEORGE M.A., LMFT

George Papageorge is a licensed Marriage & Family Therapist who has been counseling families, couples, and young people for over 30 years. George is a highly sought out workshop speaker who is committed to integrating sensible psychological principles with Christ centered teaching. George is also Director of the Family Wellness Ministry for the Metropolis of San Francisco, focused on emotional and spiritual health.

In addition, George is a Professor of Family Therapy in the Graduate School of Counseling Psychology at Santa Clara University. George and his wife Kim live in Danville California and have raised two children, Olivia & Petros.



NAME: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

## WHEN

April 13, 2024

10:00am – 3:00 pm

## WHERE

Annunciation Hellenic Center  
616 Alhambra Blvd., Sacramento, CA

## REGISTER TODAY

[HTTPS://FORMS.GLE/Q5PRAPJF95SQDXNV6](https://forms.gle/Q5PRAPJF95SQDXNV6)



## REGISTRATION FEE: \$ 15

- Mail to: Greek Orthodox Ladies Philoptochos Society, Attn: Lenten Retreat – 616 Alhambra Blvd., Sacramento, CA 95816
- Scan QR Code

## SCHEDULE:

- 9:15-10:00AM REGISTRATION
- 10:00-10:50AM LECTURE #1
- 11:10AM-12:00PM LECTURE #2
- 12:00-1:00PM LUNCH
- 1:00PM-2:00PM LECTURE #3
- 2:00-3:00PM Q&A

## CONTACT

ANNUNCIATIONSACEVENTS@YAHOO.COM WITH  
QUESTIONS



ANNUNCIATION SACRAMENTO  
**LENTEN  
YOUTH  
RETREAT**

SATURDAY OF LAZARUS  
**APRIL 27, 2024**

**10am – 3pm**

**GRADES TK-12**

**DIVINE LITURGY • LENTEN BREAKFAST  
TYING OF THE PALM CROSSES • MUSIC  
BIBLE LESSON • CRAFTS & MORE**

**REGISTER AT [tiny.cc/youthretreat24](https://tiny.cc/youthretreat24)**

**REGISTRATION REQUIRED**

**SPONSORED BY ANNUNCIATION SUNDAY SCHOOL  
CONTACT [NHANSEN@ANNUNCIATIONSAC.ORG](mailto:NHANSEN@ANNUNCIATIONSAC.ORG) WITH QUESTIONS**







# GOYA VOLUNTEERS NEEDED

SATURDAY OF LAZARUS  
APRIL 27, 2024

10am – 3pm

GOYA VOLUNTEERS NEEDED  
TO HELP LEAD YOUTH ACTIVITIES

DIVINE LITURGY • LENTEN BREAKFAST  
TYING OF THE PALM CROSSES • MUSIC  
BIBLE LESSON • CRAFTS & MORE

GREAT OPPORTUNITY FOR SCHOOL-REQUIRED SERVICE HOURS  
GRADES 6-12 • REGISTRATION REQUIRED

REGISTER AT [tiny.cc/goyavolunteer24](https://tiny.cc/goyavolunteer24)

SPONSORED BY ANNUNCIATION SUNDAY SCHOOL  
CONTACT [NHANSEN@ANNUNCIATIONSAC.ORG](mailto:NHANSEN@ANNUNCIATIONSAC.ORG) WITH QUESTIONS









# PASCHA PICNIC

AT HELLENIC PARK, LINCOLN

**SUNDAY, MAY 5, 2024**

GATES OPEN AT 7:00AM  
AGAPE VESPERS AT 12:00PM

**HELLENIC PARK**  
4775 Moore Road  
Lincoln, CA 95648

-  Please bring your own tables and chairs
-  Park grounds have electricity, running water & restrooms
-  All are welcome to attend
-  Free admission, but donations are welcome at [tiny.cc/paschapicnic24](http://tiny.cc/paschapicnic24)

## **DIRECTIONS**

Hwy 80 towards Reno, Exit Hwy 65 North towards Lincoln  
Left on Twelve Bridges, Left on Industrial Blvd  
Right on Athena Rd, Right on Fiddymment  
Left on Moore, Right on Ferreira Rd

For more information, please contact Chris Georgoulis  
(916) 541-6124 or [cgeorgoulis@gmail.com](mailto:cgeorgoulis@gmail.com)

Sponsored by the Hellenic Orthodox  
Education & Cultural Center





*Greek Ladies Philoptochos*

# ***Wine Tasting in the Grove***

**Friday, May 10<sup>th</sup>**

**6:00-9:00PM**

**ANNUNCIATION HELLENIC CENTER**

**616 Alhambra Blvd**

**\$40 Per Person  
Includes Food and Wine**

***Featured: Artists, Silent  
Auction, Music, & Raffle***



***All proceeds to benefit Philoptochos "Friends of the Poor"***

***Contributions Appreciated***

***For more information: Contact Helen Nickolson at***

***(530) 656-2177 or hnickols@yccd.edu***



# PROJECT MEXICO

BUILDING HOPE. SERVING PEOPLE.

**JUNE 5-11, 2024**

**ANNUNCIATION TEAM REGISTRATION NOW OPEN  
FOR YOUTH AND ADULTS, AGES 13+**

**Visit [projectmexico.org/homebuilding](https://projectmexico.org/homebuilding) for details**

**Interested in attending? Contact Nicki Hansen at [nhansen@annunciationsac.org](mailto:nhansen@annunciationsac.org)**

Project Mexico & St. Innocent Orphanage performs works of mercy and helps others do works of mercy in the name of Jesus Christ, transcending cultural barriers by building homes for the poor in Mexico and by providing a home for orphaned boys through St. Innocent Orphanage.

Since 1988, Project Mexico has been building safe, secure and weather-tight homes for some of the most impoverished families in Northern Mexico. Every home is constructed over the course of four days and built entirely with volunteer labor. Once complete, these homes are provided so that these families can build a brighter future for themselves and their children.



## SUNDAY SCHOOL

Building a solid foundation for Christian education and formation.

**REGISTRATION STILL OPEN FOR THE 2023-24 SCHOOL YEAR**

Register at [tiny.cc/sundayschool23](https://tiny.cc/sundayschool23)

### NURSERY-5TH GRADE

Class begins at 10am.

### MIDDLE SCHOOL & HIGH SCHOOL

Students lead our youth in classroom lessons and activities beginning at 10am. The Middle School and High School lessons begin following Holy Communion.

Please contact [sundayschool@annunciationsac.org](mailto:sundayschool@annunciationsac.org) with questions

## Epistle Reading Program



The Epistle Reading Program is open to our parish youth (ages 10+) and is a wonderful opportunity for our children to take part in the Divine Liturgy on Sundays, and serve our community!

Please register and select reading dates at the link below. A confirmation will be emailed, along with the reading(s) for the selected date(s). Assistance is available to prepare new readers. Readers are needed every Sunday.

Please contact Nicki Hansen at [nhansen@annunciationsac.org](mailto:nhansen@annunciationsac.org) with questions.

[tiny.cc/epistlereaders](https://tiny.cc/epistlereaders)



## Bridge Lessons



*With the Annunciation Senior League Bridge Group*

The Annunciation Senior League (ASL) Hellenic Bridge Group is offering Bridge lessons for beginners and those who would like a refresher course. A series of 10 weekly lessons will be taught in our Hellenic Center by renowned Certified Bridge Teacher, Jim Bowman. Enjoy the friendly company of men and women Annunciation parishioners, while learning to play Bridge, a stimulating card game that is both challenging and fun.

For details, call or email Sophia Evrigenis at (916) 290-3615 *cell*, (916) 485 4316 *home*, or at [sophiage@sbcglobal.net](mailto:sophiage@sbcglobal.net).

STAY UP-TO-DATE ON UPCOMING  
SERVICES AND EVENTS WITH THE

*Annunciation Parish Calendar*

[tiny.cc/parishcalendar](https://tiny.cc/parishcalendar)



## *St Anna Philoptochos Lenten Retreat*

**“Laying Aside All Worldly Cares”  
A Workshop to deal with Anxiety, Stress  
and Sleep in current times**

***St Anna Philoptochos is blessed to welcome our Speaker  
Corina Gheorghiu LMFT***

**Please join us:**

**Saturday, April 6th 2024**

**~All are Welcome~**

**Time: 11:30am – 4:30 pm**

**Vespers following Retreat**

St Anna Greek Orthodox Church

1001 Stone Canyon Drive, Roseville, CA



### **About Corina Gheorghiu LMFT**

Corina is a Marriage Family Therapist in private practice in Rancho Palos Verdes, CA, and a Christian Life Coach who integrates all aspects of the human being-mind, body, and ancient Orthodox spirituality. Her main interests are managing stress, anxiety, sleep, and trauma, healing through forgiveness, and building strong relationships.

Visit her websites at:

<https://www.passionforhealing.com> &  
<https://www.thedeepheartmethod.com>



### **Schedule:**

11:30 AM – Meet & Greet

12:00 PM – Buffet Luncheon

12:30 PM – 2:30 PM – Presentation 1, Q&A

2:30 PM – 3:00 PM - Break

3:00 PM – 4:30 PM – Presentation 2, Q & A

5:00 PM – Vespers

### **Registration**

Seating is Limited

Please **RSVP by April 4<sup>th</sup>**

or if you have any questions to

Kathy Craighead at [kcraighead4@gmail.com](mailto:kcraighead4@gmail.com)

or Call/Text (650) 455-3151 or

Linda Stoll at [Lstoll.510@gmail.com](mailto:Lstoll.510@gmail.com) or

Call/Text (916) 792-1385

**The Event is Free**

***Donations to St Anna Philoptochos will be  
accepted to offset the costs of the Retreat.***





## 2024 SUMMER CAMP DATES:

SESSION 1: JULY 7 - 13

SESSION 2: JULY 14 - 20

SESSION 3: JULY 21 - 27

[WWW.GOSFYOUTH.ORG](http://WWW.GOSFYOUTH.ORG)

## REGISTER TODAY! SPACES ARE FILLING FAST

### REGISTRATION PRICES

\$675 - EARLY REGISTRATION  
February 5 - February 29

\$700 - REGULAR REGISTRATION  
March 1 - April 30

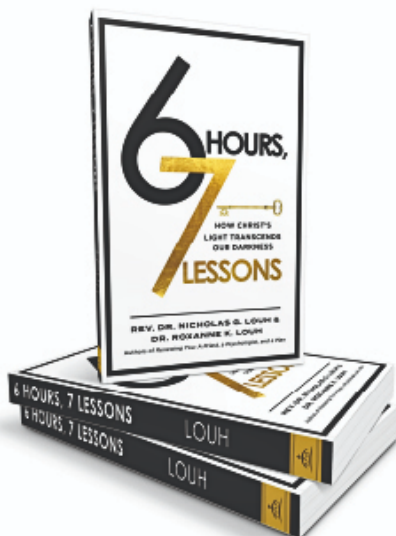
\$750 - LATE REGISTRATION  
May 1 or later

Camp scholarships in the amount of \$300 per camper are available to Annunciation youth. To receive a \$300 camp scholarship reimbursement, submit your camp confirmation, along with proof of registration fee paid in full, to [accounting@annunciationsac.org](mailto:accounting@annunciationsac.org).

Reimbursements will be issued at the conclusion of the registered camp session.

# NEW BOOK FROM THE LOUHS

## 6 Hours, 7 Lessons: How Christ's Light Transcends Our Darkness



Firmly rooted in solid theology and practical psychology, this is a must-read for every Christian.

— Deacon Michael Hyatt, New York Times bestselling author and creator of The Full Focus Planner

As a theologically grounded yet practically oriented work, this book can serve as both a personal guide and a catechetical reflection on Jesus' ministry and saving message.

— James C. Skedros, Michael G. and Anastasia Cantonis Professor of Byzantine Studies at Hellenic College Holy Cross and lecturer on Greek at Harvard Divinity School



**Rev. Dr. Nicholas G. Louh** is known in both local and global communities as a devoted pastor, motivational speaker, and compassionate champion for those in need, and a passionate advocate for interfaith dialogue and social justice. Fr. Nicholas has a heart for guiding people through the difficulties of everyday life, by providing practical means to bridge their faith into their everyday life.



**Roxanne Louh, Psy.D., PA** is a licensed clinical psychologist with expertise in a variety of concerns, including mood disorders, anxiety disorders, marriage and parenting issues, eating disorders, body image awareness, and women's issues. She strongly believes in the prevention of mental health issues through education and awareness and dedicates her work and ministry to this cause.

Available for purchase from  
[store.ancientfaith.com](http://store.ancientfaith.com) and Amazon



His Eminence Metropolitan Gerasimos and  
the Greek Orthodox Metropolis of San Francisco Philoptochos  
cordially invite you to attend



# Agape

A Celebration of Love

"Whoever received one little child like this in  
My name receives Me." Matthew 18:5

Make a secure donation at  
[www.sphiloptochos.org](http://www.sphiloptochos.org) TODAY or mail to  
Metropolis of San Francisco Philoptochos,  
P.O. Box 9954, Rancho Santa Fe, CA 92067



**Kids n' Cancer  
Camp Agape**



A Ministry of the  
Greek Orthodox Metropolis of San Francisco  
Ladies Philoptochos Society

## To benefit our Kids 'n' Cancer Ministry

**Sunday, April 14, 2024 | 2:00 p.m. PDT**  
Newport Beach Country Club  
One Clubhouse Drive | Newport Beach, CA 92660

**RSVP Date:**  
**April 7, 2024**

While enjoying an afternoon of fabulous music, delectable food, and good friends,  
guests will have the opportunity to purchase Mystery Hat Boxes filled with exciting  
gifts and participate in an Opportunity Drawing!



Register at [www.sphiloptochos.org](http://www.sphiloptochos.org) or  
by calling 415-431-2600 by April 7, 2024

**Cost: \$100 person**

## THE GREEK ORTHODOX CHURCH OF THE ANNUNCIATION

600 Alhambra Blvd. Sacramento, California 95816 (mailing address 616 Alhambra)

**OUR MISSION** is to bring all people to full maturity in Christ through Worship (Liturgia), Service (Diakonia), Education (Paideia), Witness (Martyria) and Fellowship (Koinonia), guided and united in all things by the One Holy Spirit.

If you are visiting with us this morning, you are most welcome! Please fill out a Visitor's Card in the Narthex. If you have questions about the Orthodox Christian faith, our schedule of services, or becoming a member of the parish, please go to our website at [www.annunciationsac.org](http://www.annunciationsac.org), or contact the church office to speak with one of the Priests (M-F, 9 am – 3:30 pm, phone (916) 443-2033).

Be sure to visit our bookstore in the Annunciation Hellenic Center (entrance on Alhambra Blvd). The bookstore is open Sundays after Church or call (916) 231-9949 for an appointment.

Rev. Fr. James Retelas, Presiding Priest | [frjames@annunciationsac.org](mailto:frjames@annunciationsac.org)  
Rev. Fr. Timothy Robinson, Associate Priest | [frtimothy@annunciationsac.org](mailto:frtimothy@annunciationsac.org)

616 Alhambra Blvd. Sacramento, CA 95816  
Office: (916) 443-2033 | Office Hours Monday-Friday 9:00am-4:30pm  
[www.annunciationsac.org](http://www.annunciationsac.org)

## March 24-31

Sunday, March 24

**The First Sunday of Great & Holy Lent**

**The Sunday of Orthodoxy**

9:00am Orthros, 10:00am Divine Liturgy

✠ *Memorials for Georgia Stamatiadou, Maria Argiropoulou, Stella Spanaki*

Greek School Presentation for Greek Independence Day

6:00pm Great Vespers for the Annunciation

7:00pm OCMC Missions Dinner & Feast Day Celebration

Monday, March 25

**The Annunciation: Parish Feast Day**

9:00am Orthros, 10:00am Divine Liturgy

Raising of the Flag - Hosted by AHEPA

Coffee Reception - Hosted by Philoptochos

*Church Office Closed*

Wednesday, March 27

10:30am Annunciation Bridge-Dominos Group Meeting

6:00pm Liturgy of the Presanctified Gifts

7:00pm Presanctified Supper - Hosted by Annunciation Choir

Friday, March 29

7:00pm Salutations to the Theotokos

Sunday, March 31

**Sunday of St. Gregory Palamas**

9:00am Orthros, 10:00am Divine Liturgy

## STEWARDSHIP 2024

BELIEVE, BELONG, BE LOVED



Make your pledge online at  
[annunciationsac.org/stewardship](https://annunciationsac.org/stewardship)  
or return a pledge card to the Church Office

