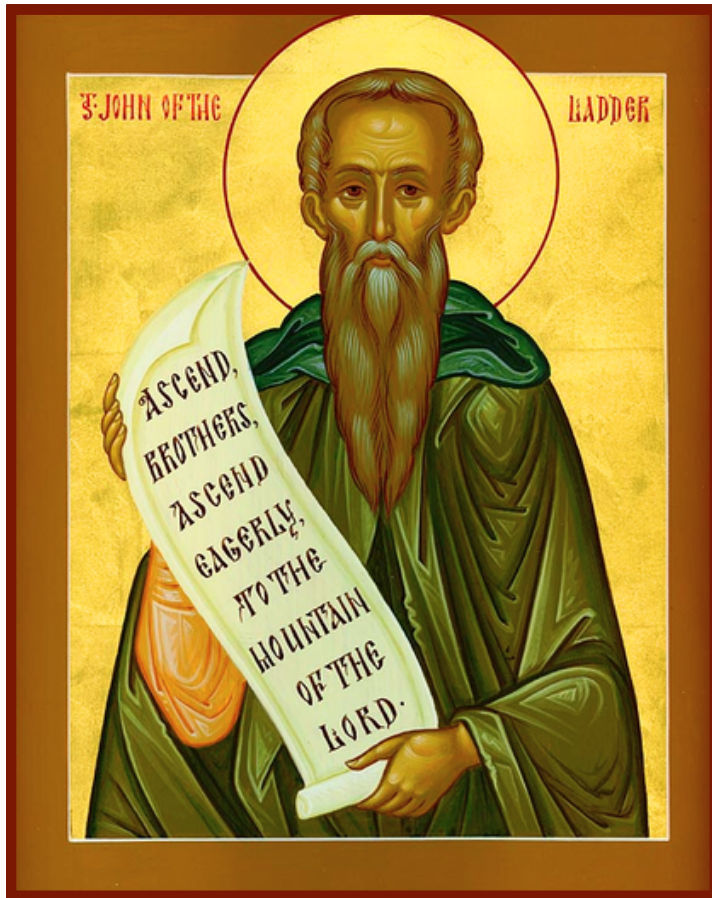




GREEK ORTHODOX CHURCH
ANNUNCIATION
SACRAMENTO, CALIFORNIA



SUNDAY OF SAINT JOHN OF SINAI
AUTHOR OF THE LADDER OF DIVINE ASCENT
APRIL 14, 2024

Sunday of Saint John of Sinai, Author of *The Ladder of Divine Ascent* April 14, 2024

Lenten Fast. Wine & oil allowed | Mode 4 | 1st Orthros Gospel

Today we observe the Fourth Sunday of Great and Holy Lent on which we remember our Father among the Saints, John of Sinai, author of *The Ladder of Divine Ascent*; we also remember Aristarchus, Pudens, Trophimus the Apostles of the 70; Thomais the Martyr of Alexandria; Ardalion the Actor and Martyr; and Demetrios the New-Martyr of Arcadia.

Antiphon I. Mode 2. Psalm 103.

Verse 1: Bless the Lord, O my soul, and everything within me, bless His holy name.

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

Verse 2: Bless the Lord, O my soul, and forget not all His rewards.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Verse 3: The Lord prepared His throne in heaven, and His Kingdom rules over all.

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

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

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

Antiphon II. Mode 2. Psalm 146.

Verse 1: Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.

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

Verse 2: Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.

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

Verse 3: The Lord shall reign forever; your God, O Zion, to all generations.

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

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....

Third Antiphon. Resurrection Apolytikion. Mode 4.

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριαι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπόρριψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

The women disciples of the Lord, having learned from the Angel the joyous news of the Resurrection, and having rejected the ancestral decision then told the Apostles elatedly; Death has been stripped of its power, Christ God has risen, granting to the world His great mercy.

Apolytikion for St. John, Mode Plagal 4: Ταῖς τῶν δακρῦων σου ῥοαῖς, τῆς ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους ἔκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἰωάννη Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

Apolytikion of the Church, Mode 4: Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ' 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' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα 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.

Prokeimenon of the Apostle. Mode 4. Psalm 103.

O Lord, Your works shall be magnified greatly; You made all things in wisdom.

Bless the Lord, O my soul. O Lord my God, You are magnified exceedingly.

The Reading is from the Holy Apostle Paul's Letter to the Hebrews (6:13-20): BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Alleluia

The Gospel Reading is from Mark (9:17-31): At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples

to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

THE DIVINE LITURGY OF ST. BASIL THE GREAT

Parish Council: Team B

Milt Apostolidis – Team Leader, Nick Avdis, George Chuchas,
Michael Dariotis, Stella Dariotis, Maria Sampanis



Altar Guild

Irina Rebegeanu



Memorials

Dino Bourdaniotis (40 days), Katherine Manolakas (40 days), Demosthenis Saris (six months),
Chris Jovalis (one year), Nickolas Siokos (one year), Deacon George Kalousek (two years)

Coffee Hour

Sponsored by the Ballas Family, kids table sponsored by the Gallo Family

Publication Submission Deadlines

Sunday Bulletin – Wednesdays by 4pm to nhansen@annunciationsac.org
Limited to Annunciation parish and parochial ministry activities and announcements

This Week at Annunciation Email – Wednesdays by 4pm to nhansen@annunciationsac.org

Quarterly Observer – June 10th to Observer@annunciationsac.org

Philoptochos Baking for Pascha has begun!

Please join the members of Philoptochos for our next baking day of **Monday, April 15**. 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 SENIOR LEAGUE SPRING LUNCHEON INVITATION



Annunciation Hellenic Hall – Thursday, April 18th, 11:00 AM – 1:00 PM

Main Program: Sacramento Banjo Band

Reservations: Diane Petersen (916) 214-4644

Tickets: \$10 at the door

VOLLEYBALL IS BACK!

**Open gym practices
for the month of April:**

**Tuesday 4/2
Tuesday 4/16**

6:30pm • Annunciation Hellenic Center

**For more info call or text
Kate Margaris @ 916-718-3749**

COME AND JOIN THE FUN

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

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 with any questions

ANNUNCIATION MOVIE NIGHT

FEATURING

ARCADIA 1900 CHAMPAGNE D'ORIENT

A special documentary presenting a historical journey
of the unique "Moschofilero" white wine produced in Arcadia, Greece.

George Michalakopoulos, Isidoros Stamoulis, Sofia Seirli, Odysseas Stamoulis

DIRECTION: Kostas Spyropoulos / MUSIC: Evanthia Reboutsika

A docudrama film based on diaries, rare film archive and reenactment scenes.



SUNDAY
APR 21

FREE ADMISSION
DOORS OPEN AT 6:30PM
SCREENING BEGINS AT 7:00PM

ANNUNCIATION
HELLENIC
CENTER

Q & A WITH FILMMAKER & SPECIAL GUEST, KOSTAS SPYROPOULOS

PLEASE CONTACT KATERINA LAGOS AT (916) 266-3263 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

REGISTRATION REQUIRED

SPONSORED BY ANNUNCIATION SUNDAY SCHOOL
CONTACT NHANSEN@ANNUNCIATIONSAC.ORG WITH QUESTIONS



ANNUNCIATION SACRAMENTO
LENTEN
YOUTH
RETREAT

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

SPONSORED BY ANNUNCIATION SUNDAY SCHOOL
CONTACT NHANSEN@ANNUNCIATIONSAC.ORG WITH QUESTIONS



JOIN OUR ANNUNCIATION FAMILY FOR
SATURDAY OF LAZARUS



SATURDAY, APRIL 27

9:00AM ORTHROS, 10:00AM DIVINE LITURGY
FOLLOWED BY A LENTEN BREAKFAST SPONSORED BY PHILOPTOCHOS
AND TYING OF THE PALM CROSSES


A photograph of a church interior during Holy Friday. The central focus is the Epitaphios, a large, ornate structure covered in flowers and garlands, placed on a wooden stand. The background shows the altar with icons and a large archway. The lighting is warm and focused on the Epitaphios.

*Holy Friday
Luminary Sales*

Let's light the path of the Epitaphios on Great and Holy Friday with the memories of our loved ones who have passed and our prayers for the health of our family and friends.

<https://tiny.cc/dsgluminaries>

Contact Lindsey Kivetos with questions
lfkivetos@gmail.com



The Annunciation Philoptochos Society
invites you to the annual

PALM SUNDAY LUNCHEON



Sunday, April 28, 2024


Immediately following the Divine Liturgy
Annunciation Hellenic Center

\$20 Adults | \$10 Children 12 & Under
RSVP at tiny.cc/palmsunday24

Reserved seating available for groups of 8 or 10 only

RSVP required | Payment will be collected at the door

Call Rula Manikas at (916) 606-2193 with questions



Greek Orthodox Ladies Philoptochos Society



EASTER BAKE SALE

Sunday April 28, 2024

Hellenic Center Foyer
11:00 a.m. – 1:00 p.m.

Happy Easter!
Καλη Ανασταση!



To ensure availability pre-order by April 22.

Scan the QR code or visit us online at <https://annunciation-greek-orthodox-ladies-philoptochos.square.site/>

You may also email Despina DespinaDemas@outlook.com or call Toula Delis at (916) 745-5022

Orders can also be mailed to: Annunciation Philoptochos Attn: Bake Sale
616 Alhambra Blvd Sacramento, CA 95816.

Name _____ Phone _____ Date Ordered _____

Pick up Dates: Sat. April 27 _____ Sun. April 28 _____ **Time:** 11:00 am – 1:00 pm

		Quantity	Cost
Tsourekia	\$15 per loaf	_____	_____
Koulourakia	\$10 per dozen	_____	_____
Kourabiethes	\$20 per dozen	_____	_____
Kourabiethes with almonds	\$20 per dozen	_____	_____
Baklava	\$25 per dozen	_____	_____
Combination (4 Baklava, 4 kourambiethes, 4 Melomakarona, 4 Koulourakia)	\$25 per box	_____	_____
Kataifi	\$20 per dozen	_____	_____
Galaktoboureko	\$30 per pan	_____	_____

Total



Join us as we

DECORATE
THE EPITAPHIOS
& CHURCH

Holy Friday, May 3
11:30am · Following the Great Hours

All are welcome!

Please bring your floral shears

Parish youth must be accompanied by an adult



ANNUNCIATION YOUTH
Easter Egg Hunt

EASTER SUNDAY, MAY 5

FOLLOWING THE AGAPE VESPERS, 12PM

ANNUNCIATION PLATEIA

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

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 Fiddymnt
Left on Moore, Right on Ferreira Rd

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

Sponsored by the Hellenic Orthodox
Education & Cultural Center



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

Please consider registering your child/children for the remainder of the '23-24 Sunday School year! In addition to learning about our Orthodox faith, we have many fun upcoming activities and events like our annual Lenten Retreat, Godparents Sunday, and End of Year BBQ.

Please contact 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 with questions.

tiny.cc/epistlereaders



PROJECT MEXICO

BUILDING HOPE. SERVING PEOPLE.

JUNE 5-11, 2024



**INTERESTED IN SUPPORTING OUR ANNUNCIATION PROJECT MEXICO TEAM?
MAKE A DONATION BY VISITING tiny.cc/projectmexico**

Our Annunciation team will travel to Mexico this June to build a home for a family in need. All donations go directly to team travel and registration costs, which include Project Mexico administration, building materials, food, tools, supplies, staffing and other costs necessary to sustain the Project Mexico program.

Learn more at projectmexico.org/homebuilding

Questions? Contact Nicki Hansen at nhansen@annunciationsac.org

Greek Ladies Philoptochos

Wine Tasting in the Grove

Friday, May 10th

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



HOLY WEEK AT ANNUNCIATION

Saturday, April 27	Saturday of Lazarus 9:00am Orthros, 10:00am Divine Liturgy
Sunday, April 28	Palm Sunday 9:00am Orthros, 10:00am Divine Liturgy 7:00pm Service of the Bridegroom
Holy Monday, April 29	7:00pm Service of the Bridegroom
Holy Tuesday, April 30	10:00am Liturgy of the Presanctified Gifts 7:00am Service of the Bridegroom <i>Hymn of Kassiane</i>
Holy Wednesday, May 1	4:00pm Service of Holy Unction 7:00pm Matins for Holy Thursday <i>Holy Unction to be administered at both services</i>
Holy Thursday, May 2	10:00am Vespers Divine Liturgy St. Basil <i>Institution of the Holy Eucharist</i> 7:00pm The Passion of Christ/The Twelve Gospels
Holy Friday, May 3	9:00am The Great Hours 3:00pm The Descent from the Cross 7:00pm Service of the Lamentations
Holy Saturday, May 4	10:00am Vespers Divine Liturgy of St. Basil 11:00pm Vigil of Pascha 11:45pm Anastasi! Paschal Divine Liturgy
Holy Pascha, May 5	12:00pm Agape Vespers <i>At Annunciation and Hellenic Park</i>

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

Annunciation Parish Calendar

tiny.cc/parishcalendar

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.



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.

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, 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
Rev. Fr. Timothy Robinson, Associate Priest | frtimothy@annunciationsac.org

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

April 14-21

Sunday, April 14

Sunday of Saint John of Sinai,

Author of *The Ladder of Divine Ascent*

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

✠ Memorials for Dino Bourdaniotis, Katherine Manolakas, Chris Jovalis,
Demosthenis Saris, Nickolas Siokos, Dcn. George Kalousek

Monday, April 15

9:00am Philoptochos Easter Baking

6:00pm Great Compline

7:00pm Living Tradition & Bible Study - *Hellenic Center Foyer*

7:00pm Parish Council Meeting

Tuesday, April 16

6:30pm Volleyball Practice

Wednesday, April 17

6:00pm Liturgy of the Presanctified Gifts

7:00pm Presanctified Supper - Hosted by ASL

Thursday, April 18

11:00am ASL Luncheon

Friday, April 19

7:00pm Akathistos Hymn

Sunday, April 21

Sunday of St. Mary of Egypt

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

6:30pm Annunciation Movie Night

STEWARDSHIP 2024

BELIEVE, BELONG, BE LOVED



Make your pledge online at
annunciationsac.org/stewardship
or return a pledge card to the Church Office

