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COMMUNITY UPDATE

We welcome into the church:
Anthony Winder, Adult Chrismation, January 14
Marina Vasiliki Wheeler, February 20
Charissa Christie, March 9
Eliana Gaim, March 23

We celebrate the marriage of:
Alexander Kelly & Jenjor (Ioanna) Seefeldt, February 18
Thomas Hayden & Michelle Hawe, March 16

We pray for the servants of God who departed this life:
Ronald Langley, February 16
Clifton Horrell, February 17
Katherine Manolakas, February 23

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

PARISH CONTACT INFORMATION

CLERGY
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frjames@annunciationsac.org
Fr. Timothy Robinson, Associate Priest
frtimothy@annunciationsac.org

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Ministries & Communications Coordinator
Nicki Hansen
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Facility Use Coordinator
Rula Manikas
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OFFICE HOURS
Monday–Friday
9:00am–4:30pm

THE ANNUNCIATION OBSERVER
Published quarterly for the parishioners of the Greek Orthodox Church of the Annunciation in Sacramento, California
<table>
<thead>
<tr>
<th>Date</th>
<th>Service</th>
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<tr>
<td>Monday, April 1</td>
<td>6:00pm Great Compline</td>
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<tr>
<td>Wednesday, April 3</td>
<td>6:00pm Presanctified Divine Liturgy</td>
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<tr>
<td>Friday, April 5</td>
<td>7:00pm Salutations to the Theotokos</td>
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<tr>
<td>Sunday, April 7</td>
<td><strong>Sunday of the Holy Cross</strong></td>
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<td>9:00am Orthros, 10:00am Divine Liturgy</td>
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<tr>
<td>Monday, April 8</td>
<td>6:00pm Great Compline</td>
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<tr>
<td>Wednesday, April 10</td>
<td>6:00pm Presanctified Divine Liturgy</td>
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<tr>
<td>Friday, April 12</td>
<td>7:00pm Salutations to the Theotokos</td>
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<tr>
<td>Sunday, April 14</td>
<td><strong>Sunday of St. John the Ladder</strong></td>
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<td></td>
<td>9:00am Orthros, 10:00am Divine Liturgy</td>
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<tr>
<td>Monday, April 15</td>
<td>6:00pm Great Compline</td>
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<tr>
<td>Wednesday, April 17</td>
<td>6:00pm Presanctified Divine Liturgy</td>
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<tr>
<td>Friday, April 19</td>
<td>7:00pm Akathistos Hymn</td>
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<td>Sunday, April 21</td>
<td><strong>Sunday of St. Mary of Egypt</strong></td>
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<td></td>
<td>9:00am Orthros, 10:00am Divine Liturgy</td>
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<td>Monday, April 22</td>
<td>6:00pm Great Compline</td>
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<tr>
<td>Wednesday, April 24</td>
<td>6:00pm Presanctified Divine Liturgy</td>
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<td>Date</td>
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<td>Saturday, April 27</td>
<td>Saturday of Lazarus</td>
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<td>Sunday, April 28</td>
<td>Palm Sunday</td>
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<td>Holy Monday, April 29</td>
<td>7:00pm Service of the Bridegroom</td>
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<td>Holy Tuesday, April 30</td>
<td>10:00am Liturgy of the Presanctified Gifts</td>
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<tr>
<td>Holy Wednesday, May 1</td>
<td>4:00pm Service of Holy Unction</td>
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<td>Holy Thursday, May 2</td>
<td>10:00am Vesperal Divine Liturgy St. Basil</td>
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<tr>
<td>Holy Friday, May 3</td>
<td>9:00am The Great Hours</td>
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<tr>
<td>Holy Saturday, May 4</td>
<td>10:00am Vesperal Divine Liturgy of St. Basil</td>
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<tr>
<td>Holy Pascha, May 5</td>
<td>12:00pm Agape Vespers</td>
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<tr>
<td><strong>Friday, May 10</strong></td>
<td>The Theotokos, the Life-giving Spring</td>
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<td><strong>Sunday, May 12</strong></td>
<td>Thomas Sunday</td>
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<td><strong>Sunday, May 19</strong></td>
<td>Sunday of the Myrrh-Bearing Women</td>
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<tr>
<td><strong>Tuesday, May 21</strong></td>
<td>Constantine and Helen</td>
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<tr>
<td><strong>Sunday, May 26</strong></td>
<td>Sunday of the Paralytic</td>
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<tr>
<td><strong>Sunday, June 2</strong></td>
<td>Sunday of the Samaritan Woman</td>
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<td><strong>Sunday, June 9</strong></td>
<td>Sunday of the Blind Man</td>
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<tr>
<td><strong>Thursday, June 13</strong></td>
<td>The Ascension of our Lord</td>
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<td><strong>Sunday, June 16</strong></td>
<td>Fathers of the 1st Council</td>
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<tr>
<td><strong>Saturday, June 22</strong></td>
<td>Saturday of Souls</td>
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</table>
LITURGICAL SCHEDULE

JUNE, CONT.

Sunday, June 23  
Holy Pentecost  
8:30am Orthros, 9:30am Divine Liturgy

Monday, June 24  
Nativity of St. John the Forerunner  
8:30am Orthros, 9:30am Divine Liturgy

Saturday, June 29  
Saints Peter and Paul  
8:30am Orthros, 9:30am Divine Liturgy

Sunday, June 30  
Synaxis of the Twelve Holy Apostles  
8:30am Orthros, 9:30am Divine Liturgy

SUMMER HOURS BEGIN IN JUNE  
8:30am Orthros, 9:30am Divine Liturgy

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

Annunciation Parish Calendar  
tiny.cc/parishcalendar
Some Final Words of Encouragement for Great Lent

To all,

Great and Holy Lent can be a great blessing. Lent can teach us lessons about ourselves and about God. Lent can mean some progress in our lives. Hopefully Lent has been this for you. It can also be a struggle. It can be tedious, and we might wonder at times why we are doing these things, especially because we are completely out of sync with our self-indulgent culture and with the Western Church’s date of Pascha/Easter. (Next year, the date of Pascha will be April 20!) By the time this Observer comes out, we will have been immersed in nearly all of Lent. A word of simple encouragement: Keep going. Trust the Tradition. Try to keep these final two weeks of the fast as you are able. Come to Church for Great and Holy Week. Pray. Forgive others. If you have not been “keeping Lent,” start now. Whatever you do will help to prepare you, by God’s grace, for the greatest Feast, the Resurrection of our Lord and Savior.

During this Lent, our little family, myself, Pres. Marsha, and her mom, Ida, (and Mr. Benny the dog—who participates as he is able), are reading through the daily Lenten Bible Readings as well as a book called The Morning Offering, daily readings by Abbot Tryphon of Christ the Savior Monastery on Vashon Island, Washington. (Available in our bookstore!) Helpful. Challenging. Words from a serious monastic who expresses himself with love. I would like to share two brief selections from the Abbot regarding, specifically, the Great Fast and, more generally, Christian asceticism, asceticism that is part of every Orthodox Christian’s heritage, asceticism that prepares us for the trials of life and for the Church’s Feasts.

Καλή Ανάστασις!

Fr. Timothy

Keeping the Great Fast for the Right Reasons
(March 11)

The Lord condemned the Pharisee, not because he fasted, but because his motivation was based on pride. The Pharisee wished to be seen by men, and he had no fear of God. He dared to stand before the Lord in pride and arrogance, while the publican stood afar off, beating his breast, begging for the Lord’s mercy. Whereas the publican saw his sins and repented, the Pharisee stood before the Lord in arrogance, thinking he was better than other people. He did not desire to commune with God, but to be honored by others. As we enter into the Great Fast, let us imitate the publican, who saw himself as the worst of sinners and begged God’s forgiveness. Let us keep the fast, not to be seen by others, but to make way for the Lord. Let us shun meat, dairy, and fish because we love God and desire to be drawn closer to Him, emptying ourselves of earthly pleasures. Let us embrace the fast as an opportunity for self-limitation, abstinence, and self-emptying. Let us bear the cross in self-crucifixion, dying to self as we put on Christ. We dare not think we are Christians if we refuse to fast, for bearing our cross is the only way we can be true followers of Christ. Let us embrace the fast, knowing that “fasting appears gloomy until one steps into its arena. But begin, and you will see what light it brings after darkness, what freedom from bonds, what release after a burdensome life” (St. Theophan the Recluse). Finally, let us be mindful that, as St. John Cassian wrote:

Fasts and vigils, the study of Scripture, renouncing possessions and everything worldly are not in themselves perfection...; they are its tools. For perfection is not to be found in them; it is acquired through them. It is useless, therefore, to boast of our fasting, vigils, poverty, and reading of Scripture when we have not achieved the love of God and our fellow men. Whoever has achieved love has God within himself, and his intellect is always with God.
The Struggle toward Holiness
(March 30)

We may attempt to change bad habits that dominate our lives, but we cannot do battle with the passions unless we surrender ourselves in humility to God, for such change can come about only by God’s grace. Struggle as we may, our flesh will resist until the moment we seek help from the Lord of mercy, who is quick to hear our plea for help. When we invite Christ into our hearts, it is important that we keep His commandments and follow His example. To expect Christ to change our behavior without us making an effort of our own is to invite failure. The Christian life is one of ascetic struggle—and not just in regard to keeping the fasts and standing in prayerful vigil. If we are to be transformed by the power of the Holy Spirit, we must put the message of the Gospels into practice. If there is someone we don’t like, we must put on Christ, interacting with that person as though we did love him, for by being obedient to Christ, we will find that we can, indeed, love him. If we find ourselves being jealous of another person, say a coworker who has received a promotion, we must congratulate her and offer our support. Even if others are telling us we should have been the one who received the promotion, we embrace the decision of office management as though it came from God and as an opportunity to grow in humility. It is easy to compartmentalize our Christian faith, reserving the “spiritual” for times spent in church. However, it is in the day-to-day, mundane moments that we can find opportunities to grow in Christ. These are the moments when we must put into action what we’ve received during the services, knowing that Christ is providing us the means by which we can attain the sanctification that makes us one with Him. If we think our journey into the heart should be easy, we are fooling ourselves.
Dear Parishioners,

Have you ever pictured your life without our church? Forty days after we are born, our parents take us to church to be blessed. Months later, we are baptized and begin receiving Communion. We start Sunday School, participate in youth programs and dance groups, and socialize with others in the community. When we get married, we return to the church for our weddings and then we have children and the cycle begins again.

Because our church and Greek community are undivided, the church is not only a place for religion but also a place for our culture and friends. When we need a place to go, our church is there.

How would you feel if you drove to church one day and there was an “Out of Business” sign on the front door? Please ask yourself, am I doing my part to keep our church alive?

On behalf of the Parish Council, I wish you a happy, healthy, and prosperous New Year. We welcome your comments and are always here for you and our church.

It is my honor to serve our parish.

God bless.

Nick Voresis
2011 Parish Council President
STEWARDSHIP

STEWARDSHIP 2024
BELIEVE, BELONG, BE LOVED

The joy of believing comes from believing in God, to whom we give our love, loyalty, and trust.

The joy of belonging comes from becoming practicing stewards by being responsible caretakers of His House of Worship and lovingly participating in the life of His Church.

The joy of being loved comes from experiencing the love of God and the love we have for one another in our faith community.

Annunciation Ministries
Made Possible by Our Stewards

Acolytes • Altar Guild • Annunciation Bookstore • Annunciation Choir
Annunciation Endowment Fund • Annunciation Historical Society • Athletics Ministry
Annunciation Senior League • Byzantine Chant Choir • Dance Support Group & Ministry
Epistle Reading • Fr. Demetri T. Dogias Library and Archives • GOYA • Greek School
Hellenic Golf Classic • Hellenic Orthodox Education & Cultural Center • HOPE • JOY
Myrrh-Bearers • Orthodox Basic Training • Parish Council • Philoptochos Society
Stewardship Committee • Studies in the Faith • Sunday School • Young Professionals

Make your pledge online at announciationsac.org/stewardship
or return a pledge card to the Church Office
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!
Καλή Αναστάση!

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/](https://annunciation-greek-orthodox-ladies-philoptochos.square.site/)
You may also email Despina [DespinaDemes@outlook.com](mailto:DespinaDemes@outlook.com) or call Toulia Delis at (916) 745-5022
Orders can also be mailed to: Annunciation Philoptochos Attn: Bake Sale
616 Alhambra Blvd Sacramento, CA 95816.

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<tr>
<th>Name</th>
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<td>Sat. April 27</td>
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<tr>
<td>Tsourekia</td>
<td>$15 per loaf</td>
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<td>Koulourakia</td>
<td>$10 per dozen</td>
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<td>Kourabiethes</td>
<td>$20 per dozen</td>
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<td>Kourabiethes with almonds</td>
<td>$20 per dozen</td>
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<td>Baklava</td>
<td>$25 per dozen</td>
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<td>Combination (4 Baklava, 4 kourabiethes, 4 Melomakarona, 4 Koulourakia)</td>
<td>$25 per box</td>
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<td>Kataifi</td>
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<td>Galaktoboureko</td>
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Greek Orthodox Church of the Annunciation | Sacramento, CA | www.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@ycdd.edu
ANNUNCIATION VOLLEYBALL

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

Contact Lindsey Kivetos with questions
lfkivetos@gmail.com

DSG

Greek Orthodox Church of the Annunciation | Sacramento, CA | www.AnnunciationSac.org
Come join us! The Bridge Dominoes Group meets on the 4th Wednesday of the month in the Annunciation Hellenic Center 10:30am–2:00pm for game playing fun and fellowship. We have a no-host lunch break with a yummy dessert provided by the host for the month. Some experience is needed for Bridge. We will teach you our version of Mexican Train Dominoes within a few hands. No experience needed! No stress—just fun! For more information contact Sophia Evrigenis for Bridge and Liz Dokimos for Dominoes. Cell phone numbers are in the Church Directory or email:

Sophia Evrigenis: sophiage@sbcglobal.net, Liz Dokimos: lizdokimos@comcast.net.

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, please call or email Sophia Evrigenis at (916) 290-3615 cell, (916) 485-4316 home, or at sophiage@sbcglobal.net.
MESSAGE FROM A MISSIONARY

Hello all!

I made it safely to Mexico over a week ago, glory to God! I drove down in two days, and I got to spend the night at Saint Paisius Monastery, visit with the sisters, and have service with them. It was such a wonderful (but short) visit.

When I arrived at the ranch, I had a few days to move in and settle into a routine, and I started my first day of work at Casa Cuna (the baby orphanage) on my birthday!

It was so beautiful and blessed, and a great way to be thrown right in.

When I arrived, there were 3 babies. The youngest is a 3 month old named Felipe (nicknamed Phil) and the other two are girl and boy twins named Regina and Emiliano. Please remember them in your prayers! I’ve attached some photos, they are truly the most adorable kiddos!

Just a couple hours ago, Felipe was adopted, which was so bittersweet. That is probably one of the most challenging things in this area of work. You create an attachment to the kiddos, just loving on them, but you have to remember that they could be adopted at any time.

But it is truly such a beautiful ministry and I am so grateful to be here and a part of it.

Continually so grateful for the support you all have shown me through prayer and through your donations.

Please keep Project Mexico and St. Innocent Orphanage staff and boys in your prayers!

In Christ,

Sophia Jewett
Project Mexico Missionary

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
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 - Vesperal 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@annunciationsaec.org with any 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

SUNDAY SCHOOL

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.
UPCOMING EVENTS

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 Reoutsika

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
UPCOMING EVENTS

GREAT LENT
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
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

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GRADES 6-12 • REGISTRATION REQUIRED

REGISTER AT tiny.cc/goyavolunteer24

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

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

ANNUNCIATION YOUTH

Easter Egg Hunt

EASTER SUNDAY, MAY 5
FOLLOWING THE AGAPE VESPERS, 12PM
ANNUNCIATION PLATEIA
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
UPCOMING EVENTS

PASCHA PICNIC
AT HELLENIC PARK, LINCOLN

SUNDAY, MAY 5, 2024

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

HELENIC 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 Fiddyment
Left on Moore, Right on Ferreira Rd

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

Sponsored by the Hellenic Orthodox Education & Cultural Center
Save the Date

Annunciation Sunday School
End of year BBQ
Sunday, May 19
Following the Divine Liturgy
UPCOMING EVENTS

ANNUNCIATION PARISH ASSEMBLY

Sunday, May 26, 2024
Following the Divine Liturgy

Icon Painting Workshop
Annunciation Greek Orthodox Church
Experience the unique spiritual world of the Byzantine Era through icon painting

July 29-August 3, 2024
Annunciation Greek Orthodox Church
Sacramento, CA

Join us on this six day intensive course under the direction of visiting master iconographer and expert instructor Theodoros Papadopoulos from Greece. This Jesus Christ icon will "come alive" as he will guide you step by step, through the ancient techniques of Byzantine Iconography. Let us journey together, discovering anew, this traditional artistic expression of theology and spirituality often called the "meeting place of the Divine". Whether you are beginner or a professional, this workshop offers the opportunity to learn or refine your techniques.

Your tuition fee of $780 includes most supplies including boards, pigments, brushes etc.
Space is limited and early registration is suggested.
For enrollment or information contact Mr. Theodoros Papadopoulos at the email: theodoreicons@gmail.com or visit the website theodoreicons.com/sa
Dancer Recognition Sunday • February 25, 2024

Myrrhbearer Meet & Greet Tea Party • March 10, 2024

Sunday of Orthodoxy • March 24, 2024

Parish Oratorical Festival • March 17, 2024
ALL THINGS ARE POSSIBLE TO THE ONE WHO BELIEVES IN CHRIST

Nick & Shari Alexander
Peter Anagnost
Christ & Helen Anastasopoulos
George & Alexis Anastasopoulos
David & Evelyn Anderson
Jason & Martha Anderson
Joshua "Anthony" & Rebekah Anderson
Peter Andrews
Elizabeth & Petros Angelakis
Philip & Julie Angelides
Geoffrey & Antonia Antipa
Dina Apostolou
Vasiliki & John Argyris Wheeler
Dennis Augustatos
Theodoros & Georgia Avdalas
Nicholas & Nikiti Avdis
Spencer Awes
Emanuel "Manny" & Sunday Balalis
Elias & Jane Bards
Susan Bitar
Denny Boom
Julia & Anton Boorinakis Harper
John & Katrina Bostanzoglou
Alexander, Athena & Agamemnon Bourdaniotis
P.J. & Vicky Bourdaniotis
Ted & Lily Bourdaniotis
Evan Boylan
Anna Brusco
Katherine Buttacavoli
Andonia Cakouros
Cathryn Calmes
Dallas & Angela Calmes
Paul & Zafiria Cambra
Peter & Fotine Casheros
Koula Cazanis
Gus Changaris
Tim & Antonia Chapralis
Evan Chavez
Jack Chesson
Adoni & Kristen Christie
John & Julie Christie
Annette Christopulos
Grigorias & Bettina Chrysofakis
George & Christina Chuchas
James & Despina Chuchas
James & Toulou Clubb
Peter & Samantha Conenelos
Antonia Const
Jim Const
Dennis & Jeanelaurie Corelis
Stamatiki Coss
Carol & Berle Crisp
Timothy & Effie Crush
Mary J. Curtis
Christine Dariotis
Michael Dariotis
Lindia Davison
Henry & Christina De Vere White
Maria De Ville
Irene DeKeller
Andrew & Christina Demas
John & Despina Demas
John & Marianna Demas
John & Penny Demas
Louis Demas
Stasis & Jody Diavatis
Costa & Victoria Dimitriadis
Michael & Forest Dimitropoulos
Nicholas & Laura Douscos
Tom Dogias
Elizabith Dokimos
Kathy Dokimos
Donald Dole
Katherine Dole
Elaine Donovan
Demosthenis & Evangelia Douvias
Marina Downing
Demos & Bessie Dulger Sheikin
Scott & Angie Ebrahimi
Georgia Econome
Kiki Econome
Peter & Anastasia Efstathiou
Nicholas & Jeanne Efrati
Elene & Tim Eliopoulos
Bill & Leah Evrigenis
Sophia Evrigenis
Samir & Nuha Fadayel
Michael & Elena Fazio
Dennis Ferrera
Vasiliki & Erik Fkiaras-Magnuson
Panagiotes Fotopoulos
Panayiotis Fotopoulos
Peter & Koula Fotopoulos
Phillip & Soula Fotopoulos
Antonia Fotos
Demetre & Christine Fotos
Kyriako & Brenda Fotos
Andrew & Beth Garaynos
Andrew & Teresa Gates
Constantin & Maude (Micki) Genigeorgis
Alexis Scandalis Genung
Nikolaos & Thalia Georgalis
Joann Georgallis
Chris & Angie Georgoulis
Rose Geranios
Angela Gianopulos
Angela Gianulas
Pauline & Chris Gianulias
Antonia & Cooper Gianulas Hunt
Lerner & Carmie Lee Gousetis
Linda Gredvig
Louis & Gerorgele Grivetti
John Hagelis
George Hagios
Lynn Hall
Sandra Hamameh
Richard "RJ" & Nicki Hansen
Demetre & Dimitra Haralambakis
Michael & Deanna Haralambakis
Thomas & Phyllis Harper
Elisa & Catherine Hatzakos
Richard & Kim Hauch
Bia & Steve Hayes
Zachary & Taryn Heinzner
William Hess
Maria & Christopher Higdon
Anastasios & Stefanie Hioni
Julian B. & Diane Holt
Jason & Olivia Horwedel
Dino & Margaret Jakovas
Chris & Jlane Johnson
Nancy Johnson
George Jouganatos
James & Robin Kafouros
Phyllis Marie Kafouros
Panagiotes & Katerina Kakavas
James Kakridas
Nikiforos & Catherine Kalfountzos
Pantelis & Patricia Kallergis
Dennis & Robin Kamilos
Nick Kamilos
Christopher & Kristen Kane
Michael & Stacie Kane
Foti & Irene Kapiniaris
George & Mary Ellen Kassotakis
Yianni "John" & Vanessa Kassotakis
George Kastanis
Terry Kastanis
Frances Katris
Athan & Maria Katsandres
Emorfu "Amofu" Katsimbras
Stelios & Angela Katzakis
Andreas & Evelyn Kazanis
Ioannis & Cindy Kazanis
Anthony & Gail Kentroti
Connie Keriotis

Greek Orthodox Church of the Annunciation | Sacramento, CA | www.AnnunciationSac.org
<table>
<thead>
<tr>
<th>PLEDGED STEWARDS 2024</th>
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</thead>
<tbody>
<tr>
<td>AS OF 4/18/2024</td>
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</table>

| Steven & Lindsey Kivetos | Sylvia Maritsas |
| Peter Kleary | Nia Marketas |
| Pete & Maria Kokkinis | Luis Marques |
| Alex & Koula "Kiriaki" Kokologiannakis | Jon Martino |
| Tony & Voula Kokologiannakis | Annell & Kevin Mavrantonis-Kruithof |
| Mary Kondos | John & Vicki Meers |
| Moni Kondos | Olympia Mercuris |
| Nikolaos "Nick" D. & Bernadette Kontos | Pamela Middleton |
| Chris & Alexandra Kordazakis | Jack & Marque Molodanof |
| George Koufasimis | Shari Moody |
| George & Kathy Koumis | George & Gaye Nicholau |
| William "Will" & Christine Kouvaris | Helen & Lawrence Nickolson-Michel |
| Stan & Angie Kritsepi | Howard & Stella Norris |
| Dena Kuchulis | Constance "Tina" Pacini |
| William & Terri Kuchulis | Devin & Katherine Paine |
| Valerie & Greg Kuchulis-Simvoulakis | Argyris & Stephania Panayotopoulos |
| Carl & Tricia Kuhn | Nick & Kontilo Pandeleon |
| Andreas Kush | Peter & Gina Pandelopoulos |
| John & Mary Kyriakides | Tom Pantelopoulos |
| Stelios Kyriakides | Yianni Panidis |
| Stephen & Anna LaBritt | Argyro Papadakis |
| Irene Ladd | Stephanie Papas |
| Henry & Maria Lafayette | Louie & Voula Pappas |
| Frances Lambrose | Mary A. Pappas |
| Ellie Lane | Paris & Helen Paraskevas |
| Dean & Diane Langley | Perry & Kiki Parker |
| Maria Lappas | Yurie Pauls |
| Kathy Lecas | Jerry & Catherine Pavlatos |
| Andrea Lendaris | Constantine & Brigid Perakis |
| Gary & Irina Leonard | Christopher & Chanel Perinati |
| Joanna & Benjamin Leventis-Noonan | Denise Perinati |
| Despina Liakopoulos | Gregory "Bubba" & Jillian "Jill" Perinati |
| Thomas Liakos | Diane Petersen |
| Esther Lilakos | Bassilios & Georgia Petrakis |
| Jesus Loaiza | Michael & Stella Petrucci |
| Kathy Loper | Fotis & Tammy Petsalis |
| Diane Lydon | Theo Petsalis |
| Mary Lydon | Sofianos & Sara Piliotis |
| Alice & Randy Lyons | Marina & Alin Podoreanu |
| Elaina & Gary Magana | Vasil & Artemis Polyzos |
| Geraldine Magers | Elizabeth & Michael Pontikes |
| Stanley Makris | George & Maro Poulos |
| Thomas & Yiota Makris | Lucky & Dina Poulos |
| Julie Mamalis | Marshall Pryor |
| Exaveria (Rula) and Athanasi Manikas | Fr. James & Pres. Barbara Retelas |
| Anne Manolakas | Fr. Timothy & Pres. Marsha Robinson |
| Kathleen Manolakas | Thomas & Carol Ann Robinson |
| Sam & Kerry Manolakas | James "Demetri" & Malamo Romas |
| Timothy & Annette Manolis | Sotiris Romas |
| George & Marina Mantis | Katherine Rotas |
| Sam & Ann (Ourania) Marandos | Nicholas & Carol Rotas |
| Theo & Paige Marentis | William Nicholas Rotas |
| Peter Margaris | George & Mary Roussas |
| Steve & Katherine Margaris | Peter & Jodie Sakaris |

| Sylvia Salidas | Maria Ginette & George Nabil Sawaya |
| Daniela & Andrew Schmidt | Ralph & Vassie Sett |
| Roy & Dale Shults | Mary Silva |
| Nicholas & Loreine Simopoulos | John & Georganna Sinadinos |
| Angela Sioskos | Demetrios Spyridakis |
| Stylianos & Klea Spyridakis | Vasilios Spyridakis |
| Dessie & Sam Stamatis | Mike & Connie Stanton |
| Christos & Amy Statthakopoulos | Merle Statthis |
| "Thomas" Makis & Freda Stathopoulos | Maria Stefanou |
| Stacey Stubblefield | Barbara Takanikos |
| Eleanor M. Tatarakis | Carole Taverna |
| Nikolas & Angeliki Technopoulos | Art & Terre Terzakis |
| Sophie Theodore | Dimitra & Timothy Theodoridis |
| Chris & Sofia Theodorou | Gregory & Mary Theophilopoulos |
| Pearl Thomas | Stephanie & Tony Tilksesjor |
| William & Joann Triphon | Angelo & Sofia Tsakopoulos |
| Angelo G. & Katerina Tsakopoulos | Drosoula Tsakopoulos |
| Sofia Tsakopoulos | Manuel & Dianna Tsihlas |
| Maria Tzanis Gassoumis | Margo Tzikas |
| Paul & Robyn Urvinitka | Scott & Vivian Vail |
| James & Faye Vallas | Angelo & Maria Vandraakis |
| George & Maria Vandraakis | George & Dina Vasilou |
| Nick & Yuliya Vathis | Aleko & Maria Verrios |
| Vasilis & Judy Verrios | Maro & Chris Verrios Maguire |
| Paul & Rusti Voreis | Efstratios "Steve" Vourakis |
| Anastasia & Jason Vourakis - Stroud | Dimitri Vouros |
| Douglas & Donna Wagner | Buzz Wiesenfeld |

28 The Annunciation Observer | Spring 2024
Nicholas Wilk
Jeremy Wong
Maria Kostidou Workman
Andreas & Becky Yerocostas
Anestis & Areti Yiaslas
Athanasios & Elizabeth Yiaslas

And our stewards who wish
to remain anonymous

Pledged Families: 324

COMMUNITY CORNER

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Choose your ad size (rates below), tell us exactly what you want it to say (picture optional) and e-mail it to etheodor@annunciationsac.org

Rates

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$75.00 Full Page

For questions, please contact the Church Office at (916) 443–2033 ext. 222
## OBSERVER AD RATES
Quarterly (Rev 2024)

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</tr>
</tbody>
</table>

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

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### Widowed Persons Association of California™, Inc.
Sacramento-Chapter #1

*Are you or someone you know widowed? ALL WIDOWED MEN & WOMEN ARE WELCOME!*

- **Sunday Support** - An open forum every Sunday from 3:00 to 5:00 pm.
- **Grief Recovery Workshops** - A series of six workshops offered four times per year Check our website at [www.sacwidowed.org](http://www.sacwidowed.org) or call (916) 972-9722 for scheduled sessions. Workshops and Sunday Support available to all widows and widowers at no cost
- **Social Activities** – Numerous social events and activities available for members! Check our current calendar and membership instructions at [www.sacwidowed.org](http://www.sacwidowed.org)

2628 El Camino Avenue, Suite D-18 (Back Parking/Entrance)

Contact our office at (916) 972-9722
Barbie at (916) 363-3482, Claudia at (916) 722-1552 or Linda at (916) 485-8002
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### HEALTH COACHING WORKSHOPS 2024

| Nourish Your Brain and Mitochondria | Water * Salt * Fats * Oils
|-------------------------------------|-------------------------------
| **Self-Care**                       | Power of Confidence in Self-Healing
| **Create Your Own Support System**  | Holistic Support System Basics
| **Realistic Optimism**              | Action Step and Mindset Shift Exercise
| **You Are What You Do Exercise**    | NEAT for All Ages and Conditions
| **Foster a Mindset of Abundance**   | Scarcity and Abundance Mindsets
| **Nourish Your Brain and Mitochondria** | Essential Micronutrients
| **Self-Care**                       | Social Life and Joy Exercises
| **Refine Your Support System**      | Stop Gap Supports
| **Off the Plate Nourishment**       | Career * Relationships * Spirituality
| **You Are What You Do Exercise**    | Develop Your Humor Brain
| **Abundance Mindset Revisited**     | Abundance Mindset Exercises

When taking action, participants grow personally, relax, sleep better, exercise, have a social life, support networks and experience a positive shift in their overall quality of life. Caregivers who attend these workshops are empowered to their own wellness and the wellness of their loved ones. How much is this investment in yourself? Joyful Caregiver Health Coaching LLC offers a value lifetime membership opportunity if participants sign up at [https://careofthecaregivermovement.com/Join](https://careofthecaregivermovement.com/Join) between May and September 2024. Interested? Email Careofthecaregiver@proton.me or call 510-981-9437. To sign up for a single workshop use the Donate link. The workshops will take place Saturdays morning. Venue to be determined. This is one in a lifetime opportunity to learn about true nourishment and lifestyle techniques doctors are not trained in. These workshops are unique. Come and see!
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