



# THE ANNUNCIATION OBSERVER

Vol. XL, Issue II | Spring 2024



SACRAMENTO, CALIFORNIA  
**ANNUNCIATION**  
GREEK ORTHODOX CHURCH

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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

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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

# LITURGICAL SCHEDULE

## APRIL

<b>Monday, April 1</b>	6:00pm Great Compline
<b>Wednesday, April 3</b>	6:00pm Presanctified Divine Liturgy
<b>Friday, April 5</b>	7:00pm Salutations to the Theotokos
<b>Sunday, April 7</b>	<b>Sunday of the Holy Cross</b> 9:00am Orthros, 10:00am Divine Liturgy
<b>Monday, April 8</b>	6:00pm Great Compline
<b>Wednesday, April 10</b>	6:00pm Presanctified Divine Liturgy
<b>Friday, April 12</b>	7:00pm Salutations to the Theotokos
<b>Sunday, April 14</b>	<b>Sunday of St. John the Ladder</b> 9:00am Orthros, 10:00am Divine Liturgy
<b>Monday, April 15</b>	6:00pm Great Compline
<b>Wednesday, April 17</b>	6:00pm Presanctified Divine Liturgy
<b>Friday, April 19</b>	7:00pm Akathistos Hymn
<b>Sunday, April 21</b>	<b>Sunday of St. Mary of Egypt</b> 9:00am Orthros, 10:00am Divine Liturgy
<b>Monday, April 22</b>	6:00pm Great Compline
<b>Wednesday, April 24</b>	6:00pm Presanctified Divine Liturgy

# LITURGICAL SCHEDULE

## 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

*Hymn of Kassiane*

**Holy Wednesday, May 1**

4:00pm Service of Holy Unction

7:00pm Matins for Holy Thursday

*Holy Unction to be administered at both services*

**Holy Thursday, May 2**

10:00am Vesperal Divine Liturgy St. Basil

*Institution of the Holy Eucharist*

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 Vesperal Divine Liturgy of St. Basil

11:00pm Vigil of Pascha

11:45pm **Anastasi! Paschal Divine Liturgy**

**Holy Pascha, May 5**

12:00pm Agape Vespers

*At Annunciation and Hellenic Park*

# LITURGICAL SCHEDULE

## MAY

- Friday, May 10**      **The Theotokos, the Life-giving Spring**  
9:00am Orthros, 10:00am Divine Liturgy
- Sunday, May 12**      **Thomas Sunday**  
9:00am Orthros, 10:00am Divine Liturgy
- Sunday, May 19**      **Sunday of the Myrrh-Bearing Women**  
9:00am Orthros, 10:00am Divine Liturgy
- Tuesday, May 21**      **Constantine and Helen**  
9:00am Orthros, 10:00am Divine Liturgy
- Sunday, May 26**      **Sunday of the Paralytic**  
9:00am Orthros, 10:00am Divine Liturgy

## JUNE

- Sunday, June 2**      **Sunday of the Samaritan Woman**  
8:30am Orthros, 9:30am Divine Liturgy
- Sunday, June 9**      **Sunday of the Blind Man**  
8:30am Orthros, 9:30am Divine Liturgy
- Thursday, June 13**      **The Ascension of our Lord**  
8:30am Orthros, 9:30am Divine Liturgy
- Sunday, June 16**      **Fathers of the 1st Council**  
8:30am Orthros, 9:30am Divine Liturgy
- Saturday, June 22**      **Saturday of Souls**  
8:30am Orthros, 9:30am Divine Liturgy

# LITURGICAL SCHEDULE

## JUNE, CONT.

Sunday, June 23	<b>Holy Pentecost</b> 8:30am Orthros, 9:30am Divine Liturgy
Monday, June 24	<b>Nativity of St, John the Forerunner</b> 8:30am Orthros, 9:30am Divine Liturgy
Saturday, June 29	<b>Saints Peter and Paul</b> 8:30am Orthros, 9:30am Divine Liturgy
Sunday, June 30	<b>Synaxis of the Twelve Holy Apostles</b> 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](https://tiny.cc/parishcalendar)

# PASTORAL MESSAGE

## 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 Ανάσταση!

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.*

# PASTORAL MESSAGE

## 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.





# LETTER FROM THE PARISH COUNCIL

## FROM THE PARISH COUNCIL ARCHIVES FEBRUARY 2011

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

# PHILOTOCHOS

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](mailto: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

		<b>Quantity</b>	<b>Cost</b>
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**

# PHILOPTOCHOS



*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***

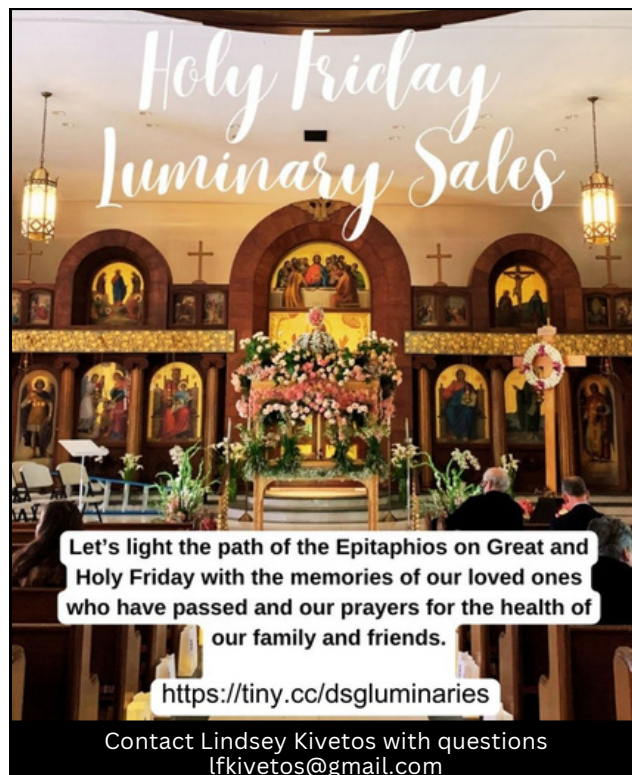
***For more information: Contact Helen Nickolson at***

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

# ANNUNCIATION VOLLEYBALL



## DSG



# ANNUNCIATION SENIOR LEAGUE



## ANNUNCIATION SENIOR LEAGUE SPRING LUNCHEON INVITATION



***Annunciation Hellenic Hall – Thursday, April 18<sup>th</sup> 11:00 AM – 1:00 PM***

Main Program: Sacramento Banjo Band

Reservations: Diane Petersen (916) 214-4644

Tickets: \$10 at the door

# ANNUNCIATION BRIDGE-DOMINOES GROUP



## *Annunciation Bridge-Dominoes Group*

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](mailto:sophiage@sbcglobal.net), Liz Dokimos: [lizdokimos@comcast.net](mailto:lizdokimos@comcast.net).

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

# PROJECT MEXICO

## 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](https://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](https://projectmexico.org/homebuilding)**  
Questions? Contact Nicki Hansen at [nhansen@annunciationsac.org](mailto:nhansen@annunciationsac.org)

# MYRRHBEARERS

## 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](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



# EPISTLE READING PROGRAM

## 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)

# SUNDAY SCHOOL



## 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)

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](mailto: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 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

# UPCOMING EVENTS

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



# UPCOMING EVENTS



## 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



# 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



# UPCOMING EVENTS



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](https://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

**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](https://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](mailto:cgeorgoulis@gmail.com)

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Education & Cultural Center

# UPCOMING EVENTS

*Save the Date*



**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](mailto:theodoreicons@gmail.com) or visit the website [theodoreicons.com/sa](http://theodoreicons.com/sa)

# PARISH PHOTOS

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



# PLEDGED STEWARDS 2024

AS OF 4/18/2024

## ALL THINGS ARE POSSIBLE TO THE ONE WHO BELIEVES IN CHRIST

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

# PLEDGED STEWARDS 2024

AS OF 4/18/2024

Steven & Lindsey Kivetos  
Peter Kleary  
Pete & Maria Kokkinis  
Alex & Koula "Kiriaki" Kokologiannakis  
Tony & Voula Kokologiannakis  
Mary Kondos  
Moni Kondos  
Nikolaos "Nick" D. & Bernadette Kontos  
Chris & Alexandra Kordazakis  
George Koufasimis  
George & Kathy Koumis  
William "Will" & Christine Kouvaris  
Stan & Angie Kritsepis  
Dena Kuchulis  
William & Terri Kuchulis  
Valerie & Greg Kuchulis-Simvoulakis  
Carl & Tricia Kuhn  
Andreas Kush  
John & Mary Kyriakides  
Stelios Kyriakides  
Stephen & Anna LaBritt  
Irene Ladd  
Henry & Maria Lafayette  
Frances Lambrose  
Ellie Lane  
Dean & Diane Langley  
Maria Lappas  
Kathy Lecas  
Andrea Lendaris  
Gary & Irina Leonard  
Joanna & Benjamin Leventis-Noonan  
Despina Liakopoulos  
Thomas Liakos  
Esther Lilakos  
Jesus Loaiza  
Kathy Loper  
Diane Lydon  
Mary Lydon  
Alice & Randy Lyons  
Elaina & Gary Magana  
Geraldine Magers  
Stanley Makris  
Thomas & Yiota Makris  
Julie Mamalis  
Exaveria (Rula) and Athanasia Manikas  
Anne Manolakas  
Kathleen Manolakas  
Sam & Kerry Manolakas  
Timothy & Annette Manolis  
George & Marina Mantis  
Sam & Ann (Ourania) Marandos  
Theo & Paige Marentis  
Peter Margaris  
Steve & Katherine Margaris  
Sylvia Maritsas  
Nia Marketos  
Luis Marques  
Jon Martino  
Annell & Kevin Mavrantonis-Kruithof  
John & Vicki Meers  
Olympia Mercuris  
Pamela Middleton  
Jack & Marque Molodanof  
Shari Moody  
George & Gaye Nicholau  
Helen & Lawrence Nickolson-Michel  
Howard & Stella Norris  
Constance "Tina" Pacini  
Devin & Katherine Paine  
Argyris & Stephania Panayotopoulos  
Nick & Kontilo Pandeleon  
Peter & Gina Pandelopoulos  
Tom Pantelopoulos  
Yianni Pantis  
Argyro Papadakis  
Stephanie Papas  
Louie & Voula Pappas  
Mary A. Pappas  
Paris & Helen Paraskevas  
Perry & Kiki Parker  
Yurie Pauls  
Jerry & Catherine Pavlatos  
Constantine & Brigid Perakis  
Christopher & Chanel Perinati  
Denise Perinati  
Gregory "Bubba" & Jillian "Jill" Perinati  
Diane Petersen  
Basilios & Georgia Petrakis  
Michael & Stella Petrucci  
Fotis & Tammy Petsalis  
Theo Petsalis  
Sofianos & Sara Piliotis  
Marina & Alin Podoreanu  
Vasili & Artemis Polyzos  
Elizabeth & Michael Pontikes  
George & Maro Poulos  
Lucky & Dina Poulos  
Marshall Pryor  
Fr. James & Pres. Barbara Retelas  
Fr. Timothy & Pres. Marsha Robinson  
Thomas & Carol Ann Robinson  
James "Demetri" & Malamo Romas  
Sotiris Romas  
Katherine Rotas  
Nicholas & Carol Rotas  
William Nicholas Rotas  
George & Mary Roussas  
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 Siokos  
Demetrios Spyridakis  
Stylianios & Klea Spyridakis  
Vasilios Spyridakis  
Dessie & Sam Stamas  
Mike & Connie Stanton  
Christos & Amy Stathakopoulos  
Merle Stathis  
"Thomas" Makis & Freda Stathopoulos  
Maria Stefanou  
Stacey Stubblefield  
Barbara Takanikos  
Eleanor M. Tatarakis  
Carole Taverna  
Nikolaos & Angeliki Technopoulos  
Art & Terre Terzakis  
Sophie Theodore  
Dimitra & Timothy Theodoridis  
Chris & Sofia Theodorou  
Gregory & Mary Theophilopoulos  
Pearl Thomas  
Stephanie & Tony Tilleskjor  
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 Vandarakis  
George & Dina Vasiliou  
Nick & Yuliya Vathis  
Aleko & Maria Verrios  
Vasilis & Judy Verrios  
Maro & Chris Verrios Maguire  
Paul & Rusti Voresis  
Efstratios "Steve" Vourakis  
Anastasia & Jason Vourakis - Stroud  
Dimitri Vouros  
Douglas & Donna Wagner  
Richard & Valentina Watts  
Buzz Wiesenfeld

# PLEDGED STEWARDS 2024

AS OF 4/18/2024

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**

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For questions, please contact the Church Office at  
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# OBSERVER AD RATES

Quarterly (Rev 2024)

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Full Size	\$225.00	\$750.00
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Quarter-Page	\$70.00	\$200.00
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## HEALTH COACHING WORKSHOPS 2024

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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> between May and September 2024. Interested? Email [Careofthecaregiver@proton.me](mailto: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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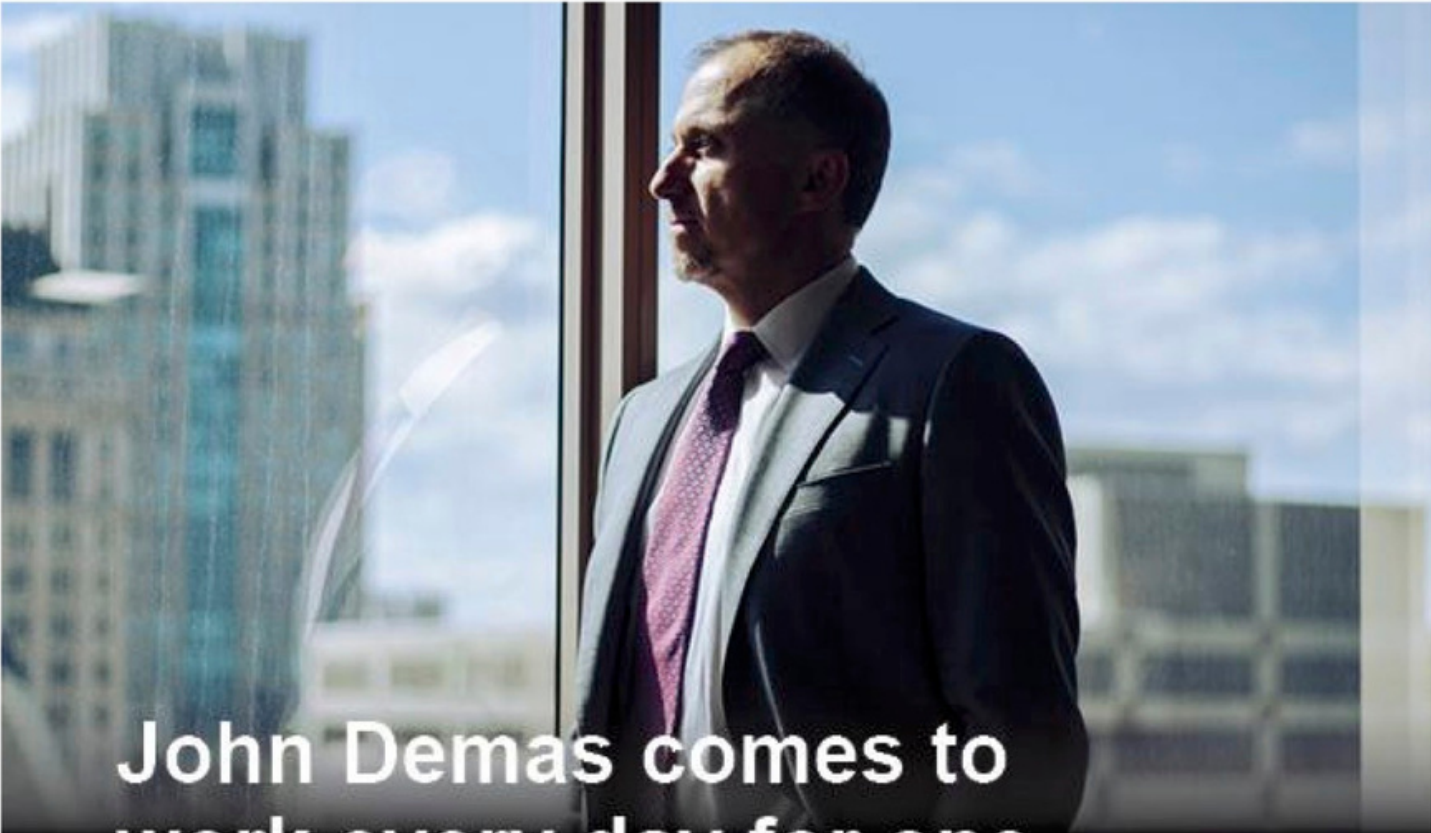
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