



SUNDAY OF ST. MARY OF EGYPT
MARCH 29, 2026

The Fifth Sunday of Lent

Saint Mary of Egypt

March 29, 2026

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

Today we observe the Fifth Sunday of Great and Holy Lent on which we remember our Mother among the Saints, Mary of Egypt, the great ascetic. We also remember Mark, Bishop of Arethusa; the Martyr Cyril the Deacon and those with him; the Holy Martyrs Jonas and Barchesius; and Eustathios the Confessor, Bishop of Bithynia.

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, Ἀλληλούϊα.

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 1.

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλόνηρωπε.

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

Apolytikion for St. Mary, Mode Plagal 4: Ἐν σοὶ Μητέρα ἀκριβῶς διεσώθη τὸ κατ' εἰκόνα· λαβοῦσα γὰρ τὸν σταυρόν, ἠκολούθησας τῷ Χριστῷ, καὶ πράττουσα ἐδίδασκες ὑπερορᾶν μὲν σαρκὸς παρέρχεται γάρ, ἐπιμελεῖσθαι δὲ ψυχῆς, πράγματος ἀθανάτου· διὸ καὶ μετὰ Ἀγγέλων συναγάλλεται Ὁσία Μαρία τὸ πνεῦμά σου.

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.

Apolytikion of the Church, Mode 4: Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος Μυστηρίου ἢ 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.

Kontakion, Mode 2: Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα αἰεὶ, Θεοτόκε, τῶν τιμώντων σε.

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

Prokeimenon of the Apostle. Mode 1. Psalm 32.

Let Your mercy, O Lord, be upon us, as we hope in You.

Rejoice greatly in the Lord, O righteous ones; praise is fitting for the upright.

The Reading is from the Holy Apostle Paul's Letter to the Hebrews (9:11-14): BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

Alleluia

The Gospel Reading is from Mark (10:32-45): AT THAT TIME, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him,

"Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

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

Deanna Haralambakis

Publication Submission Deadlines

Sunday Bulletin - Wednesdays by 4pm to nhansen@annunciationsac.org
Limited to Annunciation parish and parochial ministry activities and announcements
Weekly Email Blast - Wednesdays by 4pm to nhansen@annunciationsac.org
Quarterly Observer - June 10th to observer@annunciationsac.org



ANNUNCIATION OF THE THEOTOKOS

GREEK INDEPENDENCE DAY

SUNDAY, MARCH 29

Orthros 9:00 a.m. • Divine Liturgy 10:00 a.m.

Greek Independence Day
Coffee Fellowship Celebration

*Coffee Fellowship and Special Performances by
Annunciation Greek School and Greek Dance*



2026

HOLY WEEK & PASCHA NEEDS

As of 3/25/26

DESCRIPTION/ PURPOSE	TOTAL COST	RECEIVED TO DATE
Pascha Stationery, Bulletin & Postage	\$900	\$0
Flowers/Daffodils - 3rd Sunday of Lent	\$250	Completed
Palm Fronds - Palm Sunday	\$475	Completed
Stefani/Wreath - Holy Thursday	Varies	Completed
Boutonnieres - Holy Friday & Saturday	Varies	Completed
Epitaphio Procession Permits, Police Escort	\$3,200	\$0
Epitaphio Flowers & Supplies	Varies	Completed
Epitaphio Candles	\$125	Completed
Candles - Holy Friday & Saturday Nights	\$1,400	\$0
Candle Cups - Holy Friday & Saturday Nights	\$470	\$0
Clergy Paschal Candles	\$400	Completed
Communion Wine	\$400	Completed
Visiting Chantor & Seminarian	\$4,250	Completed
Red Eggs & Dye	\$225	Completed
Anastasi Dinner	\$2,000	\$0
Holy Week Private Security	\$900	\$0

WAYS TO DONATE

- **CHECK** Submit a check to the Church Office. Make checks payable to *Annunciation GOC* with *Pascha needs* and items listed in the memo.
- **ONLINE** Visit tiny.cc/pascha2026 or scan the QR code below.



Your donation towards these costs, in any amount, is truly appreciated.

Philoptochos *Easter Baking Day*

Philoptochos will be selling koulourakia for Pascha. If you would like to help with making koulourakia, please join us!

Monday, March 9
Monday, March 16
Monday, March 23
Friday, March 27
Monday, March 30
Friday, April 3

9:00am

Annunciation Hellenic Center Kitchen

JOIN OUR ANNUNCIATION FAMILY FOR

SATURDAY OF LAZARUS

SATURDAY, APRIL 4

9:00AM ORTHROS, 10:00AM DIVINE LITURGY

FOLLOWED BY A LENTEN BREAKFAST SPONSORED BY PHILOPTOCHOS
AND TYING OF THE PALM CROSSES



ANNUNCIATION SACRAMENTO
LENTEN
YOUTH
RETREAT
2026

SATURDAY OF LAZARUS

APRIL 4 | 10AM - 3PM | GRADES TK-12

DIVINE LITURGY • LENTEN BREAKFAST
TYING OF THE PALM CROSSES
LESSONS • ACTIVITIES & FUN

REGISTER AT tiny.cc/youthretreat26

REGISTRATION REQUIRED BY APRIL 1

CONTACT NHANSEN@ANNUNCIATIONSAC.ORG WITH QUESTIONS





The Annunciation Philoptochos Society
invites you to the annual

PALM SUNDAY LUNCHEON



Sunday, April 5, 2026

Immediately following the Divine Liturgy
Annunciation Hellenic Center

\$20 Adults | \$10 Children 12 & Under
RSVP at tiny.cc/palmsunday26

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





Join us as we

DECORATE
THE KOUVOUKLION
& CHURCH

Holy Friday, April 10
11:00am · Following the Great Hours

All are welcome!

Please bring your floral shears

Parish youth must be supervised by an adult

PASCHA PICNIC

AT HELLENIC PARK, LINCOLN

SUNDAY, APRIL 12, 2026

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

HELLENIC PARK
4775 Moore Road
Lincoln, CA 95648

- 🍇 Please bring your own food, beverage, tables and chairs
- 🌊 Park grounds have electricity, running water & restrooms
- 🍷 All are welcome to attend
- 🎫 Free admission

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

Picnic will be held weather permitting

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

Sponsored by the Hellenic Orthodox
Education & Cultural Center



ANNUNCIATION YOUTH
Easter Egg Hunt

EASTER SUNDAY, APRIL 12
FOLLOWING THE AGAPE VESPERS, 11AM
ANNUNCIATION PLATEIA



Readers Needed for Agape Service

On Pascha morning, the Gospel is proclaimed in many languages as a sign of the universal joy of the Resurrection.

If you are able to read in another language
and would like to participate, please contact
Fr. Vinnie at frvincent@annunciationsac.org.



MYRRHBEARERS

Girls 2nd grade and up



Practices

Sunday, March 8 - following the Divine Liturgy
Sunday, March 15 - following the Divine Liturgy
Sunday, March 29 - following the Divine Liturgy
Saturday of Lazarus, April 4 - following the Lenten Youth Retreat
Palm Sunday, April 5 - following the Divine Liturgy
Holy Friday, April 10 - following the Great Hours

Meet in the Sunday School pews

Services

Holy Friday, April 10 - The Descent from the Cross - 2:45pm (optional)
Holy Friday, April 10 - The Service of the Lamentations - 6:45pm
Holy Saturday, April 11 - Vespertal Liturgy of St. Basil - 10:00am (optional)
Holy Saturday, April 11 - Vigil of Pascha - 11:00pm (optional)



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 nhansen@annunciationsac.org with any questions

Greek Orthodox Ladies Philoptochos Society



EASTER BAKE SALE

Sunday April 5, 2026

**Hellenic Center Foyer
12:00 a.m. – 2:00 p.m.**

**Happy Easter!
Καλη Ανασταση!**



To ensure availability pre-order by March 29

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 at (916) 745-5022

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

Name _____ Phone _____ Date Ordered _____

Tsourekia	\$18 per loaf	_____	_____
Koulourakia	\$12 per dozen	_____	_____
Kourabiethes	\$20 per dozen	_____	_____
Kourabiethes with almonds	\$20 per dozen	_____	_____
Baklava	\$25 per dozen	_____	_____
Combination Box (4 Baklava, 4 kourambiethes, 4 melomakarona, 3 Koulourakia)	\$25 per dozen	_____	_____
Kadaifi	\$30 per pan	_____	_____
Galaktoboureko	\$35 per pan	_____	_____
Baklava	\$40 per pan	_____	_____
Philoptochos Cookbook	\$25 each	_____	_____

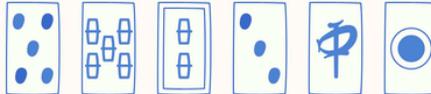
Total _____

HOLY WEEK AT ANNUNCIATION

Palm Sunday, April 5	9:00am Orthros, 10:00am Divine Liturgy 7:00pm Service of the Bridegroom
Holy Monday, April 6	7:00pm Service of the Bridegroom
Holy Tuesday, April 7	10:00am Liturgy of the Presanctified Gifts 7:00am Service of the Bridegroom <i>Hymn of Kassiane</i>
Holy Wednesday, April 8	4:00pm Service of Holy Unction 7:00pm Matins for Holy Thursday <i>Holy Unction to be administered at both services</i>
Holy Thursday, April 9	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, April 10	9:00am The Great Hours 3:00pm The Descent from the Cross 7:00pm Service of the Lamentations
Holy Saturday, April 11	10:00am Vespers Divine Liturgy of St. Basil 11:00pm Vigil of Pascha 11:45pm Anastasi! Paschal Divine Liturgy
Holy Pascha, April 12	11:00am Agape Vespers <i>at Annunciation</i> 12:00pm Agape Vespers <i>at Hellenic Park</i>

ANNUNCIATION SENIOR LEAGUE

Mahjong Group



The Annunciation Senior League invites you to join us every Friday for Mahjong and good company. Whether you're an experienced player or brand new to the game, you're welcome to join us as we learn together, share conversation, and enjoy time in fellowship.

Mahjong offers a wonderful opportunity to exercise the mind while building friendships within our parish community. All ages and skill levels are welcome!

FRIDAYS
10:00 AM

ANNUNCIATION
PARISH LIBRARY

Please contact Bernadette Kontos with questions
bernadettekre1985@gmail.com or (916) 505-3946



ANNUNCIATION VOLLEYBALL IS BACK

ADULT & YOUNG ADULT
MARCH PRACTICES
THURSDAY 4/2
TUESDAY 4/14
TUESDAY 4/21
THURSDAY 4/30

6:00 PM
ANNUNCIATION HELLENIC CENTER

FOR MORE INFO CALL OR TEXT
KATE MARGARIS @ (916) 718-3749

2026 YOUTH VOLLEYBALL REGISTRATION



FOURTH GRADE AND UP

VISIT tiny.cc/youthvolleyball26

REGISTRATION & TOURNAMENT PARTICIPATION REQUIRED

TEAM FORMATION AND PRACTICE DETAILS TO
FOLLOW PENDING SUFFICIENT REGISTRATIONS

FOR MORE INFO CALL OR TEXT KATE MARGARIS @ (916) 718-3749



SUNDAY SCHOOL

Building a solid foundation for Christian education and formation

REGISTRATION STILL OPEN FOR THE 2025-2026 SCHOOL YEAR

DIVINE LITURGY BEGINS AT 10:00AM
CLASSES BEGIN IMMEDIATELY FOLLOWING HOLY COMMUNION

Please contact sundayschool@annunciationsac.org with questions



SAVE THE DATE

JUNE 15-18

DETAILS & REGISTRATION
COMING SOON

Become a Sponsor! 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 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. Effie can be reached in the office at (916) 443-2033 ext 222.



**BOOKS • GIFTS • ICONS • JEWELRY • CANDLES • CHILDREN'S BOOKS & MORE
OPEN EVERY SUNDAY FOLLOWING THE DIVINE LITURGY**

Visit us after liturgy today for wonderful baptism gifts, icons, children's books and items, good reads, cross jewelry, monastery incense for the home, and more!

We now have the sterling silver cross in stock.
This cross has been uniquely designed for us
using our parish cross and is just beautiful.



SALE - various items now on sale - check them out before they sell out!

Thank you for your support. Your purchases help
the Bookstore give back to our parish community.

Contact us at bookstore@annunciationsac.org



WELCOME

ANNUNCIATION
SACRAMENTO



We're so glad you are here with us today!

If you are visiting, we warmly invite you to join us next door in the Hellenic Center following the Divine Liturgy for coffee fellowship.

Be sure to stop by the Welcoming Table during coffee fellowship to meet our team, ask questions, and learn more about our faith, parish, and ministries.

We look forward to greeting you!



STAY CONNECTED



THIS WEEK AT ANNUNCIATION EMAIL

Get updates, events, and news in your inbox every week

Subscribe at mailchi.mp/annunciationsac/subscribe



PARISH CALENDAR

Service times, events, and activities – all in one place

Visit tiny.cc/parishcalendar



INSTAGRAM

Photos, events, links, and more – right at your fingertips

@annunciationsac



FACEBOOK

Live services, parish photos, and community updates

Visit facebook.com/annunciation.sacramento





EVERY MINISTRY
EVERY MOMENT
EVERY BLESSING

YOUR STEWARDSHIP
MAKES IT POSSIBLE

STEWARDSHIP 2026

Every photo tells the story of a moment made possible by stewardship—youth growing in the faith, families worshipping together, ministries serving others, and the traditions that strengthen our parish life.

Our Annunciation community thrives because of the dedication, involvement, and generosity of parishioners like you. For many, Annunciation is where lifelong friendships were formed and core memories were made growing up in the life of the Church. For others, it has become a welcoming spiritual home where new memories are being created, one faithful step at a time. Together, these moments weave the story of our parish.

Your commitment ensures that these ministries, memories, and experiences continue now and for the generations yet to come. Thank you for supporting the mission and life of our parish and for being an essential part of our Annunciation family.

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



Please visit the Stewardship Table during coffee fellowship to learn more about our mission and how we strengthen our parish community together.

March 29 - April 5

Sunday, March 29	Sunday of St. Mary of Egypt 9:00am Orthros, 10:00am Divine Liturgy Sunday School Classes Myrrhbearer Practice Greek Independence Day Coffee Hour Celebration
Monday, March 30	9:00am Philoptochos Easter Baking
Tuesday, March 31	6:00pm Great Compline
Wednesday, April 1	6:00pm Liturgy of the Presanctified Gifts Presanctified Lenten Supper - <i>Hosted by Parish Council</i> 6:00pm Greek School Classes
Thursday, April 2	6:00pm Adult & Young Adult Volleyball 6:00pm Byzantine Chant Class
Friday, April 3	9:00am Philoptochos Easter Baking 10:00am Mahjong Group Meeting
Saturday, April 4	Saturday of Lazarus 9:00am Orthros, 10:00am Divine Liturgy Lenten Youth Retreat Saturday of Lazarus Lenten Breakfast & Palm Cross Tying Myrrhbearer Practice
Sunday, April 5	Palm Sunday 9:00am Orthros, 10:00am Divine Liturgy Family Church Day - <i>No Sunday School Classes</i> Myrrhbearer Practice Palm Sunday Luncheon Philoptochos Bake Sale 7:00pm Service of the Bridegroom

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. The Bookstore is open Sundays after Church or contact bookstore@annunciationsac.org for an appointment.

Rev. Fr. Vincent Minucci, Presiding Priest | frvincent@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