

CHRISTIAN EDUCATION MINISTRY

A Report for the Metropolis Council and Clergy Laity Assembly

The Ministry of Christian Formation & Religious Education in the Greek Orthodox Metropolis of San Francisco serves as a hub for the dissemination of information and resources and a point of contact for parish religious educators. Since Christian formation is a lifelong process, the ministry strives to develop programs that support both adult and youth learners as well as classroom instructors and program directors. The Greek Orthodox Metropolis of San Francisco currently provides resources for catechists in a variety of forms, including a robust website containing educational links, lessons, articles, lesson plans and activities for teachers and parents, regular online gatherings of catechists, and Christian Education webinars for adults.

Respectfully submitted,

Paraskevè (Eve) Tibbs, Christian Education Ministry Lead | Contact: etibbs@sanfran.goarch.org

Patriarchal Pastoral Health Conference, Rhodes, October 2022

Φροντίζοντας για την Ανθρωπότητα σήμερα, μεριμνούμε για την Ανθρωπότητα του αύριο
Ministering to Mankind today, we care for the Mankind of tomorrow

8η ΣΥΝΕΔΡΙΑ
8th SESSION

Συντονιστής / Moderator: Θεοφίλ. Ἐπίσκοπος Μηδείας κ. Ἀπόστολος
His Grace, Apostolos Bishop of Mideia

Οἱ ποιμαντικές προκλήσεις στὴν ἐκκλησιαστική κατὴχηση σήμερα.
Pastoral challenges of religious instruction today

Πρωτοπρ. Ἀντώνιος Καλλιγέρης
Protopres. Antonios Kalligeris, Paraskeve (Eve) Tibbs

5^ο Διεθνές Συνέδριο τοῦ Οἰκουμενικοῦ Πατριαρχείου
γιά τὴν Ποιμαντική Διακονία στὸν Χώρο τῆς Ὑγείας
5th International Conference of the Ecumenical Patriarchate for Pastoral Health Care

Watch the presentation:
“Pastoral challenges of
Religious Instruction Today”

by Dr. Paraskevè Tibbs



Educational Resources for Parents and Catechists

Take-home lessons

Videos

Crafts

Lesson Plans

Website:

ReligiousEd.sanfran.goarch.org

Activity Pages



Adult Christian Education

ADULT THEOLOGY COURSE

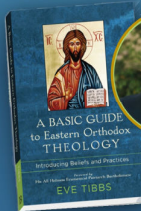
very short A BASIC COURSE in *Orthodox Theology*

5 WEEKS beginning WEDNESDAY, MAY 3, 2023

ZOOM ONLY: 5:00 - 7:00 PM (Pacific time)



REGISTRATION IS REQUIRED: [HTTPS://ORTHODOXYOU.COM/REGISTER](https://orthodoxyou.com/register)



This short course will be taught by **PARASKEVE (EVE) TIBBS** (PhD Theology) the Ministry Lead for Christian Education in the Greek Orthodox Metropolis of San Francisco, and author of *A Basic Guide to Eastern Orthodox Theology: Introducing Beliefs and Practices*.

A “**Very Short Basic Course in Orthodox Theology**” will take place via Zoom on the five Wednesdays of May (3, 10, 17, 24, 31) from 5:00-7:00 pm Pacific time. This fast moving introductory theology course is suitable for older teens and adults, with or without any previous theological background in the Orthodox Church. Participation is free of charge, but registration is required to access the class through Zoom:

<https://OrthodoxYou.com/register>

May 3: The Orthodox Christian Worldview

May 10: Early Challenges and the Rule of Faith

May 17: Created for a purpose

May 24: The Holy Trinity

May 31: Orthodox Worship



Christmas “Unwrapped”

with
Father Angelo Maginas

Saint Constantine and Helen Greek
Orthodox Church
Cardiff-by-the-Sea

This past December, 2022, Father Angelo Maginas, Assistant Priest at Saints Constantine and Helen in Cardiff-by-the-Sea, reprised his informative mini-series entitled “**Christmas Unwrapped.**” Over 50 participants attended the three 1-hour Zoom sessions covering the theology, history and traditions of the Christmas season.

CHRISTIAN EDUCATION MINISTRY WEBSITES

Catechetical Resources:

<https://religioused.sanfran.goarch.org>

St. John Chrysostom Oratorical
Festival: <https://sforatorical.org>

Orthodox Adult Learning Portal:
<https://orthodoxyou.com>

Saint John Chrysostom Oratorical Festival - 2023

DARE TO SPEAK!

ST. JOHN CHRYSOSTOM
ORATORICAL FESTIVAL 2023

GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

"Dare to speak
the word with
greater boldness
and without fear."
Philippians 1:14

The Saint Chrysostom Oratorical Festival is back in full swing again this year with the theme "Dare to Speak!" (Philippians 1:14). The Metropolis Oratorical Festival team includes myself, Mrs. Johanna Carter (Director of the Department of Youth and Young Adult Ministries) and Mrs. Aristi Anagnos from St. George, Downey. The Metropolis-level festival will take place on Saturday, May 13 at Saint Nicholas Ranch and Retreat Center. Our robust

dedicated website: SForatorical.net presents all the information needed by participants, parents, and oratorical festival coordinators. We hope that you will encourage your young people to participate in this worthy ministry that offers them an important platform for researching, writing, and speaking about their Orthodox Christian Faith.



Home Contacts Speakers Chairpersons

Oratorical Festival Overview



2023 Timeline Parish Festivals – March: Parishes may choose to hold their St. John Chrysostom Festivals in any modality they wish, whether live in-person, live Zoom festivals, or video submission festivals. Parishes have until March 31st to complete their parish festival. District Festivals – Live in person during April: District Festivals will

2023 Topics



Read the 2023 St. John Chrysostom Oratorical Festival Topics

Oratorical

Read More

For Speakers – 2023



Three Easy Steps for Speakers 1) Let your parish Chairperson know that you are planning to participate. Find out whether it will be in-person, by Zoom, or by video submission. 2) Register at the archdiocese on this form. 3) Select a topic from here: sforatorical.net and prepare your speech. Be bold! Let light shine out of [...]

Visit www.SForatorical.net

For Church School Directors



Church School Directors
Online Meeting
Monthly via Zoom

This is the tenth year of regular face-to-face online meetings of Church School Directors throughout our metropolis. We now typically meet on the 4th Thursday of the month. Directors have expressed their gratitude at being able to share ideas and solutions with one another — especially in the wake of the many changes COVID has brought. Please let your parish Religious Ed Director(s) know about this in case word has not reached them. Directors should send an email to: etibbs@sanfran.goarch.org to be included in the email notifications.

Church Music Federation Ministry Report – 2023

Over the last year, we are continuing to redevelop and grow our ministry to be a resource that parishes look to. Our small team has continued to reach out individually to parishes to see their needs, as well as reflect on what is working and what needs to change. This has allowed to support both individuals of all ages, and parish music programs. Some of the things that we have done:

Sustain Scholarships

- Since 2019 the ministry has given nearly \$30,000 to 19 qualified recipients to pursue individualized courses of study to strengthen their church music skills to serve their parishes. Six of these individuals were under the age of 18.

Promote Education

- There are now over 40 instructional videos on our YouTube Channel available on our website covering music literacy, hymnology, and more.
- Ten in-person and online workshops have been presented since 2019. **“Singing in the Nave and Beyond,”** our one-day customizable workshop to support parishes who want to grow in faith through congregational singing, and **“Be; Do; Have”** another customizable in-person or online workshop for planning the best music program for individual parishes are ready to schedule in regional or parish settings.
- Our Individual Parish Consultation Outreach has begun by the Church Music Development Team to identify the specific music education needs of our Metropolis parishes. This enables us to create and plan workshops, seminars, and YouTube videos that serve not only individual parishes but to plan regional events as well.

Enhance Communication and Connection

- Our utilization of the Constant Contact communication platform has allowed us to send the lively monthly newsletter, The Grace Note, and other timely updates to our growing mailing list.
- It has also allowed us to streamline the communication and registration process for in-person and online workshops, assisting local parishes in easily setting up events.
- Our Zoom platform has allowed us to hold our required twice yearly Plenary Information and Planning Meetings in a format that allows full access and participation to every steward and interested church musician. Zoom also enables us to present our on-line programs as well.

Our ministry Leadership Circle has worked tirelessly in efficient, thoughtful, and prayerful discussion and planning meetings to make the most of our resources. Team members seek support from each other, as well as feedback from others to help keep our ministry growing in the right direction. If you would like to contact us with any questions or feedback, please reach out!

In Christ,
Christopher Hondros, Ministry Chair
GOMSF Church Music Federation Ministry
Website: sfchurchmusic.org
Email: sfchurchmusic@sanfran.goarch.org

Clergy Continuing Education Program Report

March 20, 2023

Submitted by Fr. Jerry Markopoulos

frgerasimos@sntgrg.org***541.852.0143

From the Metropolis website:

The Clergy Continuing Education (CCE) Program is designed to provide on-going skill and knowledge development of our Clergy to assist in their personal growth and ministerial effectiveness.

To help establish the direction of the program, Clergy completed a comprehensive survey designed to identify their leading areas of interest and need. Based upon feedback and discussion, the key components of the CCE are:

- Clergy Portal. This “Clergy-only” section of our website will enable our Clergy to have an internet “home” allowing for the exchange of ideas, materials and development information.
- Webinars. Online, small group programs will be offered to Clergy on a regular basis.
- Seminars. Face-to-face local and regional programs will be provided to supplement the annual Clergy Retreat.
- Audio Library. Samples of liturgical music, special hymns and chanting will be made available online in order to assist Clergy in the development of their skills and knowledge in these areas.
- Course Catalog. A semi-annual listing of courses will be provided which will enable Clergy to select programs most meaningful to them.

October 18, 2022, Report

Main Activities/Events completed in 2022

- Fr. Steve Tsichlis recommends that Fr. Jerry Markopoulos take over as ministry lead. Fr. Jerry “takes the baton” (unofficially).
- Discussions ensue, led by His Eminence, regarding program development. Chrissie Zeppos joins the discussion. Later, Fr. Nicholas Metrakos joins the discussion.
- Metropolitan Gerasimos, Chrissie and Fr. Jerry meet virtually with Hellenic Cross/Holy Cross leaders, Fr. George Parsenios, Dean, School of Theology and

Dr. Diana Demetrulias, Vice President for Academic Affairs, to discuss opportunities to partner. No further meetings are planned.

Since October 18, 2022, Report

- Online training done for Koinonia Facilitators. Fr. Alex Goussetis shares his experience facilitating peer learning groups.
- Chrissie, Fr. Nicholas and Fr. Jerry meet virtually with Damian Manolis from the Patriarch Athenogoras Orthodox Institute (PAOI), to discuss whether a partnership with PAOI and the Graduate Theological Union (GTU) at Cal Berkley might be possible. Results in a follow-up meeting with representatives from the GTU scheduled for March 21,2023.
- Other: Most of the other main activities/events planned for 2023 have been slow in development. There are several reasons why this is the case. There are opportunities for strengthening the relationship between this program and the Metropolis that would further its development
- We could use help cultivating additional human resources to build out a ministry team. We also could use help raising funds as we pursue a Learning Management System, i.e. CCE portal.

Our Focus

- Developing.

Ministry Team & Funding

- Developing.



FAMILY WELLNESS MINISTRY

George Papageorge, L.M.F.T., Director

gpapageorge@sanfran.goarch.org / papageorgemft@gmail.com

Presvytera Pat Tsagalakis, Assistant Director

ptsagalakis@sanfran.goarch.org / p.tsagalakis@comcast.net

OUR FAMILY WELLNESS MINISTRY TEAM



- George Papageorge • Fr. Tom and Presv. Pat Tsagalakis • Fr. Jim and Presv. Donna Pappas
- Fr. Vasili Hillhouse • Fr. Timothy & Presv. Victoria Pavlatos • Presv. Michelle Triant • Joe Borgonia

A MESSAGE FROM OUR DIRECTOR - "TEAMWORK MAKES THE DREAM WORK"

It has been a solid year of effective wellness ministry, reaching people inside and outside of our Metropolis. This has included MARRIAGE ministry, PARENTING ministry, CLERGY couples care ministry, MEN'S ministry, YOUNG ADULT ministry, and PARISH ministry. Our team approach has added to the joy and the effectiveness of our far-reaching impact. Utilizing both ZOOM format and CONFERENCE/RETREAT settings, we have been able to integrate meaningful spiritual formation with practical relationship principles.

EIGHT DATES – MARRIAGE ENRICHMENT



Zoom dramatically enhanced our ability to reach people amid the Covid-19 pandemic. Our FWM team quickly moved into action, creating an impactful outreach to couples with our marriage enrichment program based on the book **Eight Dates: Essential Conversations for a Lifetime of Love** by John & Julie Gottman, PhDs. Partnering with Johanna Carter (Director, Youth and Young Adult Ministries) we launched our first **Eight Dates** series for young couples in 2020. Over the last three years, we have expanded, reaching over **600 couples** throughout the world. Eight Dates draws on rigorous scientific and psychological research encouraging couples to dive into specific relationship topics. Our engaging program brings couples together in an Orthodox Christian framework, through prayer, reflection, interactive questions, video presentations, break-out groups, and closing remarks. Homework for each attending couple is to read the corresponding chapter from Eight Dates, and to plan a date night to discuss and put into practice the advice from both the session and the book.

The Greek Orthodox Metropolis of San Francisco Family Wellness Ministry and the Office of Youth and Young Adult Ministries invite you to journey with us through

Eight Dates
Essential Conversations for a Lifetime of Love
by John and Julie Gottman, PhD.

held bi-monthly on Thursday evenings via Zoom

Each session is designed by our Family Wellness Ministry team to engage couples in essential conversations.
Topics include: Trust and Commitment, Addressing Conflict, Sex and Intimacy, Work and Money, Family, Fun and Adventure, Growth and Spirituality, Hopes and Dreams



2022 – 2023 Eight Dates will be held Thursdays at 6:30 pm (Pacific) via Zoom

Oct. 13 • Oct. 27 • Nov. 3 • Nov. 17
Dec. 1 • Dec. 15 • Jan 12 • Jan 26 • Feb 9



"This series transformed our marriage and got us talking and connecting again." - Jenn & Stavros

"Over the last two years, over 400 couples participated in our Eight Dates program and we've received countless positive comments of how this experience strengthened their relationships." - Presvytera Pat Tsagalakis



George visited St. Spyridon's 8 Dates Parish Edition group's final session in 2023

8 DATES: PARISH EDITION

In 2022-23, we launched "**Eight Dates – Parish Edition**" – sharing our entire program with handouts, videos and facilitator training to bring marriage enrichment directly into parishes throughout the country. We have received hundreds of positive comments and feedback that our Eight Dates program making a difference for real change and growth. Eight Dates - Parish Edition is available for free through our Family Wellness Ministry website.

OUTREACH TO YOUTH AND YOUNG ADULTS

It is with great joy that Director George Papageorge and members of our FWM team have been invited to speak and facilitate workshops and keynote addresses for several YAL (Young Adult League) Conferences, Metropolis Young Adults retreats, Orthodox Christian Fellowship (OCF) and CrossRoads events throughout the country. Our passion and dedication for working with young people is evident as we make every effort to reach this population with a message that is vibrant, relevant, and Christ-centered.



Our FWM TEAM presented at the YAL Conference in San Diego as workshop facilitators and presentors



Director George Papageorge, presenting at the CrossRoads Alumni Retreat in Boston, MA in 2023

THE RELATIONSHIP PROJECT



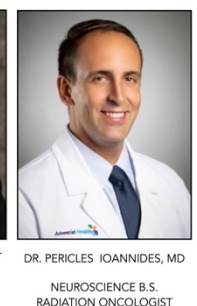
We continue to encourage priests, youth leaders and parents to engage with FaithTree's "Relationship Project" that our FWM Team purchased for each parish in the Metropolis of San Francisco. This is a wonderful program for teens and young adults which is easily implemented for small group ministry circles.



Family Wellness Ministry conducted workshops at FDF (Folk Dance Festival) connecting throughout the event with hundreds of kids and parents.



METROPOLIS OF SAN FRANCISCO 2022 YOUNG ADULT FALL RETREAT "MIND, BODY & SOUL: OUR JOURNEY TO WELLNESS"



self-worth resilience empathy

EQ

Raising Kids with Emotional Intelligence

We are facing a generation of youth who describe themselves as feeling empty and anxious. Many are high achieving but plagued with low coping skills. With their inner life in question, they are vulnerable to developing addictive personalities and attracted to toxic relationships.

This parent education workshop offers insights into parenting styles that most effectively help us connect with our kids, cultivating closeness and confidence. Spiritual formation of an authentic Orthodox faith in our families will also be discussed.

Offered by your Family Wellness Ministry - Metropolis of San Francisco

Parenting Workshop Presented by:

George Papageorge, M.A., LMFT
Director of FWM and Licensed Marriage & Family Therapist

Fr. Vasil Hillhouse, M.Div.
Priest, Holy Transfiguration, Anchorage, Alaska & Family Wellness Ministry Team Member

Join us for a transformative FDF parenting workshop for parents of children of all ages.

Visit our website - familywellnessministry.org



REAL LIFE Parenting from the heart

Family Wellness Ministry
PARENTING WORKSHOP SPRING SERIES



Mark your
calendars
for
THURSDAY
May 11th
May 25th
6:30 - 8 p.m.
(Pacific Time)

"PLEASE UNDERSTAND ME!"

Connecting to the inner life of our kids

This 2-part parenting series on zoom will integrate solid psychological research and wisdom from Orthodox Christian teaching providing insightful and practical content with opportunities for interactive discussion. We will share about cultivating stable emotional connection, communication skills, parenting styles and integration of authentic faith in Christ.

Our Family Wellness Ministry team is excited to **CONNECT** with you face to face - heart to heart



Our Family Wellness Ministry Team is delighted to partner with the Youth and Young Adult Ministry to bring you practical tools and helpful insights to support you in your Christ-centered parenting. The workshop series is free and open to parents with kids of all ages.

Vibrant ministries of the Metropolis of San Francisco



YOUTH &
YOUNG ADULT
MINISTRIES

REGISTER TODAY:
www.familywellnessministry.org
www.gosfyouth.org

PARENTING MINISTRY

"REAL LIFE ~ PARENTING FROM THE HEART"

On May 11, 2023, we will once again partner with the Metropolis of San Francisco office for Youth and Young Adults for the highly anticipated parenting series **REAL LIFE – Parenting from the Heart** **"PLEASE UNDERSTAND ME!" – Connecting to the inner life of our kids**. Our kick-off workshops will be held on zoom May 11 and May 25 – continuing through the Fall and Winter of 2023-2024. Our team will be creating videos, handouts and resources which are reproducible for parish use. Please encourage parents to register to participate through our website.

DIVORCE CARE



DivorceCare is a safe place where caring people come alongside you as you find healing from the pain of separation or divorce. At this 13-week, video-based support group program, you'll find helpful counsel to manage the emotional turmoil and practical tools for decision-making and moving forward in your life. For more information, please contact our

Family Wellness Ministry Divorce Care Coordinator: Joe Borgonia - jbee9703@gmail.com

MEN'S MINISTRY

We are excited Men's Ministry groups are growing. George Papageorge has been traveling to church communities inspiring men to gather and grow this important small group ministry. In late April, we will be holding a Men's Ministry leadership seminar at Annunciation Cathedral in San Francisco (Thursday, April 27)



Men's Ministry of the Annunciation Cathedral in San Francisco



Men's Ministry Retreat – St. Paul's Irvine, California

ST. PAUL'S

MEN'S RETREAT

SATURDAY, DECEMBER 3, 2022

10 AM - 3 PM

Make Love Your Aim Getting Love Right



WITH **GEORGE PAPAGEORGE, LMFT**

George Papageorge is the Director of Family Wellness for the Metropolis of San Francisco, a licensed Marriage & Family Therapist, and a professor of family therapy at Santa Clara University.

When we "get love right" by knowing that we are loved deeply by Christ, we experience our true self worth and deeper connections in our relationships. In our stressed-out, media-saturated lives it is all too common for us to "get love wrong." We will unpack the common factors that contribute to "getting love wrong." Integrating biblical insights and the wisdom of the saints with evidenced based relationship principles, this retreat will give participants practical tools for "getting love right."

REGISTER FOR \$25 ONLINE AT

<https://stpaulsirvine.org/2022mensretreat/>



**"Connecting individuals, couples, families and clergy
through the heart toward healthy Christ-centered relationships."**

Family Wellness Ministry Mission Statement



CLERGY COUPLE CARE

With the encouragement of His Eminence Metropolitan Gerasimos, our team continues to expand initiatives for Clergy Couple Care.

“Your Marriage Matters” invites clergy couples to participate in 8 Dates with special clergy-focused breakout groups, videos, messages, articles, and providing resources, counseling, and support.

Clergy Couple’s Mentorship Program

Our FWM team continues to partner with the Archdiocese Center for Family Care in supporting clergy through the ‘Peer Group Mentoring Programs’ for both priests and presbyteres.

Confidential Clergy Counseling Support: Our FWM licensed Marriage and Family counselors will provide immediate confidential counseling and support for any Metropolis clergy facing crisis or needing support.

NATIONAL CLERGY COUPLE RETREAT

“Marriage and Ministry: A Seamless Embrace”

Hyatt Lodge
Oakbrook, IL
October 3-6, 2022

Registration:
bit.ly/cc-retreat-1


Hotel Booking:
bit.ly/ccr-hotel

In the flurry of life, particularly as clergy couples, we may not often take the time to stop and attend to our marriage. This retreat will provide that opportunity, as couples will hear engaging brief talks on cultivating a healthy marriage, spend time alone “heart to heart,” engage in small discussion groups with other clergy couples, share in fellowship, relax, worship together, and enjoy the setting of the Hyatt Lodge.

TOPICS & PRESENTERS

- Dr. George Stavros: *Personal and Vicarious Trauma*
- Fr. Jerry and Helene Hall: *Intimacy in Marriage*
- Fr. Timothy Pavlatos: *Communication and Conflict*
- Fr. Harry and Kerry Pappas: *Gratitude and Forgiveness*

The retreat will begin on Monday evening, October 3rd at 7 pm with a welcome reception and will end by noon on Thursday, October 6, following liturgy, brunch and closing remarks.



Our Presenters



Fr. Timothy Pavlatos

Fr. Jerry & Helene Hall

George Stavros

Fr. Harry & Kerry Pappas

Evening Activities



Fr. Jim & Donna Pappas

OCTOBER 3-6, 2022

Hyatt Lodge, Oakbrook, IL

REGISTER TODAY:
bit.ly/cc-retreat-1

FREE REGISTRATION for the first 50 couples who sign up - thanks to a generous grant from Leadership 100



HYATT LODGE OAK BROOK



National Clergy Couple Retreat

(October 3-5, 2022) Partnering with Center for Family Care, members of our FWM team helped plan, coordinate and present at the 1st annual National Clergy Couples Retreat in Oakbrook, Illinois. Several couples continued their marriage work through our 8 Dates program with designated breakout groups for clergy couples.



Sisterhood of Presbyteres

In January 2022 Pres. Pat Tsagalakis & Pres Donna Pappas were the retreat facilitators for the first in-

person event following the pandemic. They continue to connect by preparing “Prez to Prez” a monthly outreach email ministry through the (NSP) National Sisterhood of Presbyteres.

Serving as our FWM Metropolis Clergy Liaison is Fr. Vasili Hillhouse who offers FWM resources to our clergy and families during their regular Friday zoom meetings

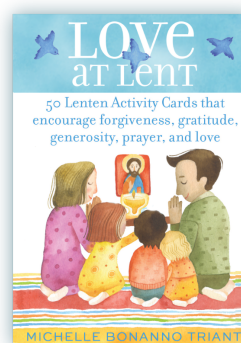


FAMILY WELLNESS IS ACTIVE ON SOCIAL MEDIA



with **1.7K**
Facebook followers

www.familywellnessministry.org



Love at Lent was created by FWM Team member, Presv. Michelle Triant. These colorful activity cards encourage mindfulness, humility, and kindness for the whole family. Order through Ancient Faith.

FAMILY WELLNESS MINISTRY OUTREACH

Live With
THE LOUHS

The Psychology of Holiday Stress

Listen in on ancientfaith.com on Tuesday, December 20th at 8 PM EST

FEATURING

George Papageorge
Licensed Marriage & Family Therapist
Director of Family Wellness of the Metropolis of San Francisco

SEND US YOUR QUESTIONS
✉ ask@ancientfaith.com ☎ 1-855-237-2346




How to Get to Your Silver Anniversary and Beyond

For married couples and those headed toward marriage

Friday, September 16 7:00 pm Light Refreshments 7:15 pm Session 1 <i>"There's more to the story"</i>	Saturday, September 17 after Liturgy at 11:00 am 11:00 am Light Breakfast 12:00 pm Session 2 <i>"The Greatest Gift You Can Give"</i> 1:30 pm Lunch 2:30 pm Session 3 <i>"Back to Us"</i>
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Please RSVP using the QR code, so we know how to plan for the meals.
There will be NO CHARGE for the retreat.
We will be accepting freewill donations to help cover expenses.
Questions? Contact Lisa Corazza at (503) 702-7202 or corazzaj@gmail.com

Fr. Timothy Pavlatos serves St. Katherine Greek Orthodox Church in Chandler, AZ. Prior to his assignment, he served as Director of the Family Wellness Ministry in the Metropolis of San Francisco from 2015 to 2018. Fr. Timothy is also a Licensed Marriage & Family Therapist, and a Certified Clinical Trauma Professional. He held a private practice as a therapist for six years in Oregon, while also teaching courses as an adjunct professor at George Fox University's graduate program of Counseling, in "Spirituality & Clinical Praxis", as well as "Interpersonal Neurobiology and Trauma."

He has lectured and conducted retreats in Orthodox Churches and Metropolises of all jurisdictions on Marriage, Parenting, Addictions, Orthodox Spiritual Life, Trauma Informed Care, and Stress & Resiliency. He holds a bachelor's in Psychology, a Master of Divinity, a Masters in Pastoral Counseling, and a Certificate in Marriage & Family Therapy.

He and his wife Presvytera Victoria have been married since 1995 and have nine children and two grandchildren.



We are continually grateful for the vision, support, and encouragement of our spiritual leader His Eminence Metropolitan Gerasimos



Orthodox Christian Fellowship

Make Straight Your Path

"Romance & Marriage"

with Fr. Tom & Presvytera Pat Tsagalakis
Thursday, March 30, 2023



OVERVIEW OF RECENT AND UPCOMING FAMILY WELLNESS MINISTRY EVENTS

2022

Sept 1-5: YAL Conference- (Young Adult Ministry) - San Diego, Ca
 Sept 16-17 Couples Conference- (Marriage Ministry) St. John the Baptist, Beaverton
 Sept 2022 - Feb. 2023 -Eight Dates (Marriage Ministry) Nationwide
 Oct 3-6: National Clergy Couples Retreat (Clergy Couple Care) Chicago, Ill.
 Nov 4-6: Fall Retreat (Young Adult Ministry) – St Nicholas Ranch
 Dec 2: Staff Development Retreat – (Parish Ministry) -St Paul- Irvine, Ca
 Dec 3: Men's Retreat (Men's Ministry) – Irvine, Ca
 Dec 20: Love with the Louhs- Ancient Faith Ministry (Outreach Ministry)- Nationwide

2023

Jan 26: Men's Fellowship (Men' Ministry Launch) – Annunciation Cathedral SF, Ca
 Feb 2-4: FWM Team Planning Retreat - San Diego, CA
 Feb 16: 8 Dates- Parish Edition – (Marriage & Parish Ministry) - St Spyridon – Loveland, CO
 Feb 17-19: FDF Parenting Workshops (Parenting Ministry) – Phoenix AZ
 Mar 2-5: Crossroad Alumni Retreat (Young Adult Ministry) – Boston, Mass
 Mar 16: Lenten Retreat – (Parish Ministry) - Annunciation – Sacramento, CA
 Mar 23: Men's Fellowship- (Men's Ministry) - Annunciation Cathedral – SF, Ca
 Mar 30: OCF Outreach (Young Adult Ministry) Nationwide / Texas A & M
 April 27: Men's Ministry Outreach – Annunciation Cathedral, San Francisco
 May 11 & May 25 - "Real Life" Parenting from the Heart (Parenting Ministry) Nationwide



PLEASE VISIT OUR WEBSITE: familywellnessministry.org



FDF 2023

Report

Prepared For:
Greek Orthodox Metropolis of San Francisco
Metropolis Council & Clergy Laity
April 2023





Board of Trustees and Management Team

The Greek Orthodox Folk Dance & Choral Festival (“FDF”) held the 46th annual weekend event at the Sheraton Phoenix Downtown Hotel in Phoenix, AZ from February 16-19, 2023. The 4-day, weekend event was planned and run by a 43-person Management Team (“MT”) under the guidance and council of the FDF Board of Trustees. The MT Leadership included three Executive Board Members, a Managing Director, and 13 “Team-Lead” Directors. All Team Leads have served the FDF Management Team for over five years, and played an integral role in the planning and execution of all components of FDF 2023.

In late summer of 2022, MT Leadership reviewed the applications of volunteers interested to join the MT. After conducting a series of interviews, 11 new team members who brought impressive resumes and backgrounds were selected to join the FDF 2023 Management Team. The team was comprised of veteran leaders (10+ years’ experience), newer returning members, and those who were brand-new to the team. The design of the team’s structure is to establish mentorship and educate a new generation of future leaders. MT Leadership held an in-person strategy meeting at the Sheraton Phoenix Downtown Hotel in October 2022. Prior to and after that meeting, team members met and planned remotely of an average of once per month, while maintaining daily email and phone communications. The entire team met in person at the hotel in January 2023 to review event logistics, schedules and experience the venue space.

As volunteers, these directors and team members dedicate countless hours outside of their working hours and life obligations to ensure that the FDF weekend operates professionally and seamlessly. (An organizational chart of the full Management Team can be found in Appendix A.)

Executive Board of Trustees

His Eminence Metropolitan Gerasimos
Executive Chairman

Spiro Beckas
Vice Chairman

Fr. Gary Kyriacou
Chairman

Michael Syrengelas
Director of Finance

FDF Board of Trustees

Christa Barbas, **Judge Coordinator/Liaison**
Eleni Beckas, **Secretary**
John Buzas, **Legal Consultant**
Voula Contos, **Director of Competition**
George Demos, **Director of Endowment**
Vickie Demos, **Scholarships Manager**
Johanna Duterte, **Metropolis Youth Director**
Anthony John, **Competition/Live Stream**
Fr. Christos Kanakis, **Liturgical Coordinator**
Christine Karambelas, **Managing Director**
Paul Mantas, **Director of Operations**
Kathy Meck, **Director of Choral Competition**
George Papangellin, **Judge Consultant**
Manoli Rodarakis, **Director of Logistics**
Anne Sirota, **Judge Consultant**
Laurie Sahines, **Parent’s Rep – North**

Management Team Directors

Christine Karambelas, **Managing Director & Director of Communications**
Christa Barbas, **Judge Coordinator/Liaison**
Anthony Bussa, **Director of Registration**
Vaso Rahimzadeh, **Director of Registration**
Voula Contos, **Director of Competition**
Alex Spirtos Mantas, **Director of Workshops**
Anthony John, **Director of the Live Stream**
George Xidias, **Director of the Live Stream**
Manoli Radorakis, **Director of Logistics**
Paul Mantas, **Director of Operations**
Nicole Ossey Freeman, **Director of Events**
Konstantina Yantsides, **Director of Events**
Tonie-Marie Koulos, **Director of Oli Mazi/Publication**



FDF 2023 Overview



The 46th Annual Greek Orthodox Folk Dance and Choral Festival took place February 16-19, 2023 at the Sheraton Phoenix Downtown Hotel for a second year in a row. At FDF 2023, participants and team members alike were pleased to bring back and experience all traditional main events which included: Opening Ceremony, Diakonia Project, two rounds of dance competition, a choral competition, performances for groups dancing in exhibition (Division III and IV) categories, workshops, Chapel services, special activities for kids, glendia, Archieratical Divine Liturgy, and of course the traditional Sunday Night Awards Ceremony, where in addition to the presentation of trophies and medals to the top-performing groups in each category, a total of 14 high school students were awarded a record \$23,000 in scholarships funded by FDF's endowment and the generosity of numerous private donors.

This year being the second FDF event following the COVID-19-induced pause in 2021, there was clear representation of both veteran and new dance & choral groups restarting and reenergizing their programs. More than double the amount of the participants, groups, and parishes attended FDF 2023 compared to the previous year, with 94 groups and over 30 parishes participating.

Hope, perseverance, courage, and growth were all common elements that the Management Team witnessed as and participants, dance, and choral groups prepared for the weekend event. In celebration of the effort participants made towards their programs, each other, and to the FDF Ministry as a whole, and while observing our practices in our Greek cultural traditions and Orthodox Christian Faith, the FDF MT selected "RISE" as the FDF 2023 theme. The logo incorporates a phoenix – both a connection to FDF's location and its symbolism of rising from something small towards the sun.





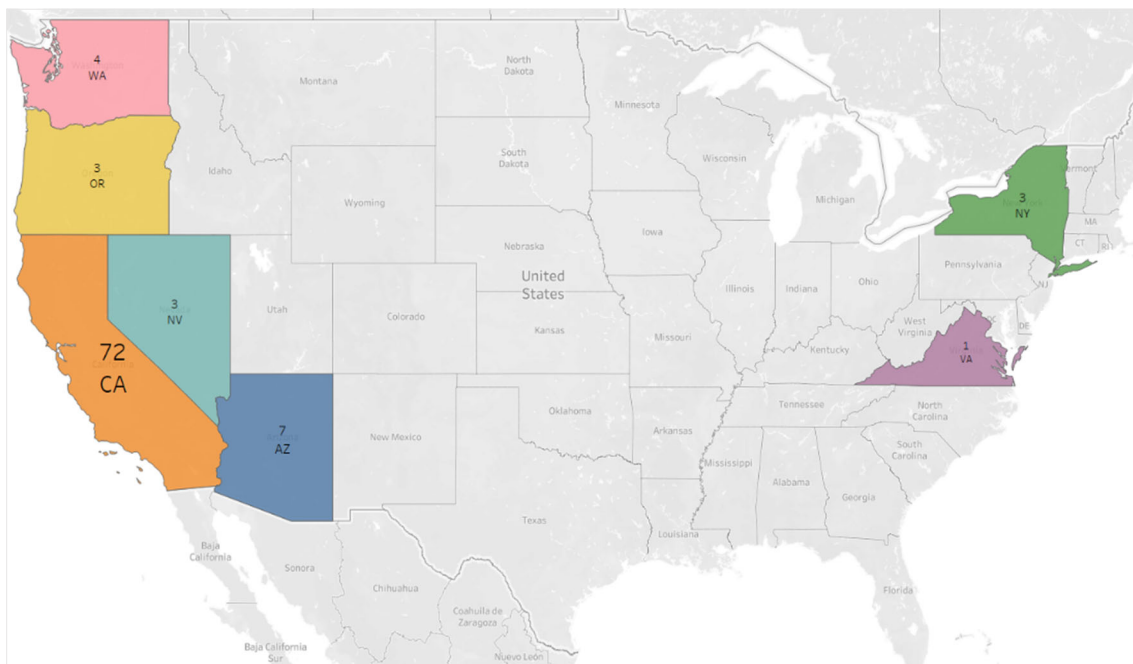
Participation Statistics*

Online Registration

2,555 Pre-Registered Participants
1,220 Total Registered Dancers
800 Participants 9-17 years old
200 Participants under 8 years old
500 registrants attending their first FDF

7 States, 30 Parishes, 94 Total Groups

California, 72 Groups • Arizona, 7 Groups • Washington, 4 Groups • Oregon, 3 Groups •
Nevada, 3 Groups • New York, 3 Groups • Virginia, 1 Group • Hawaii, 1 Choral Group






13 Division III Dance Groups
37 Division II Dance Groups
39 Division I Dance Groups



Diakonia Project

"Diakonia" conveys the humble act of offering compassion and service towards others. In Partnership with the Metropolis of San Francisco Ladies of Philoptochos, on Thursday afternoons of the weekend event FDF annually hosts an all-participant Diakonia Project. As part of this project, a worthy organization is selected for which our FDF participants provide a service. This year, the Management Team selected to host a project that gives back to Sojourner Center, a safe haven from domestic violence for both women and children in Arizona. Sojourner Center provides shelter and support services such as a residential program, counseling, youth support services, children's programming, and community-based services. The Project consisted of three parts:

Card Making	Decorate Shopping Bags	Stuff Bags w/ Donated Items
Participants could decorate cards and write words of encouragement to the people of Sojourner Center.	Participants decorated canvas bags to be filled of donation items.	Participants packed bags of donated items, including shampoo, deodorant and body wash.
		

Over 500 bags were stuffed with donated items and cards. The Ladies of Philoptochos provided an additional cash donation and car seats to Sojourner Place.



Workshops

Workshops for all ages were presented on Friday and Saturday. Detailed descriptions of Workshops can be found in Appendix C.

ELEMENTARY SCHOOL



Maria Vasiliou

Life as a 5-Minute Musical: Music is life. And life inspires music. Together we will use life experiences to tell a story using popular and traditional music to put on a 5-minute musical. Come ready to act, sing, and dance about life! OPA!

MIDDLE SCHOOL



Fr. Niko Bekris

God Loves You: This year, Taylor Swift made history as the first artist to have sung all songs on the Billboard Top Ten. This workshop will look at her most viewed video of all time with 3.4 billion views, "Shake it Off," and what the Church has to say about the value of every human soul.

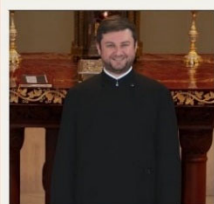
MIDDLE SCHOOL & HIGH SCHOOL

From Memes to Meaning: A CrossRoad Session on Vocation & Purpose: High school teens--is it possible to find your purpose at this point in life? How do we figure out who we are and what we're supposed to do in this world? Come and see the CrossRoad approach to the topic of vocation, where vocation is defined broadly as your whole way of being in the world. Bring your big questions about life and faith and how they relate. Come for a taste of the CrossRoad experience!



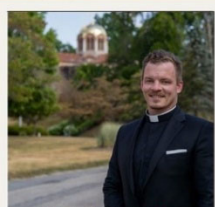
JASON ONEIDA

HIGH SCHOOL



Fr. Florin Ristache

Rising to the Call: A Romanian's Journey to Priesthood in the Greek Orthodox Archdiocese. Learn more about our Church's history, from the Historical Patriarchates to the Ecumenical Councils, and explore how Eastern Orthodoxy compares to Oriental Orthodoxy. After delving into this interesting history, Fr. Florin will share his personal experience studying theology in Rome and path to priesthood.



FR. PATRICK O'ROURKE

Finding Purpose, Answering Our Call: Fr. Patrick will help us start answering questions like "Why am I here?" "What am I doing?" and "What's it all for?" by exploring the idea of a vocation—a calling from God that leads us to our purpose in life.

HIGH SCHOOL & COLLEGE



Peter Tsolis

Greece, Study Abroad for College Credit: Join Professor Tsolis as he shares with you the experience and opportunity to live in Athens and study abroad at Hellenic American University (HAU). There are opportunities for a summer abroad program or a full semester abroad with transferable credits. College and high school students are encouraged to join as there are multiple options.

COLLEGE & YOUNG ADULT

Music in Our Lives, Music in the Church: Whether at work, the gym, or with friends, music is part of our everyday living. Whether it is jazz, country, pop, or rock, we each have our preference in music and can name our favorite artist. But can we name our favorite church hymn? Join Fr. John as he talks about our Church's musical tradition and teaches some basics in Byzantine music.



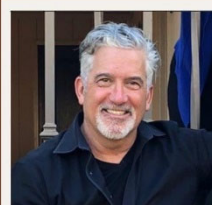
Fr. John Kocolas



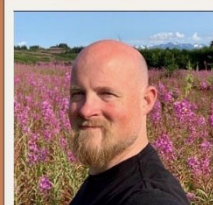
Anastasia Pamela Barksdale

Evangelism and Witness in the 21st Century: Sharing our Faith in the pluralistic society in which we live is often considered a foreign innovation. This is because we are confusing witnessing our faith with "proselytism." Let's explore together historical and current Orthodox mission's principals and learn how to live and witness our faith in Christ.

PARENT



George Papageorge



Fr. Vasili Hillhouse

Raising Kids with Emotional Intelligence: This parent education workshop offers insights into parenting styles that most effectively help us connect with our kids, cultivating closeness and confidence. Spiritual formation of an authentic Orthodox faith in our families will also be discussed.



Live Stream and Social Media

Live Stream

We have momentum and are getting many compliments and appreciation worldwide! We continue to see increased traffic in the 3 months leading up to FDF, likely indicating that people are using our archived videos for research. GROWTH: We had views this year in over **50** different states & 19 countries. We have reached **28** total countries lifetime. Many opportunities exist in this growing branch of FDF, which is very exciting. This year for Advanced Senior competition on Sunday, we enabled a Live Chat feature which added positive interaction from all over the world. We are excited to continue enhancing the live stream experience and encourage more individuals to participate and support this annual event.

Metrics as of February 28, 2023, since inception in 2017

- Subscribers: 3,224 (*increased 678 in last 28 days*)
- Total video uploads: 111 streams/archived events
- Total watching hours: 73.3k (*in last 28 days*)
- Total views: 409,196 (*258,878 '20 FDF*)
- Total impressions: 510,766
- Highest stream watched 2023: Adv. Senior Final Day - 2,611 hrs – 9,429 views
- 2023 Awards Ceremony, 2,138 hrs watched - 4,135 views
- 73k views in February 2023 (*+13% from '20 FDF*)

Top Viewed Events of 2023

- 2023 Adv. Senior-Final Round: 2,438 hours, 9,429 views (*+4,533 from 2020*)
- 2020 Adv. Senior Semi-Final Round: 1,598 hours, 5,363 views (*+836 from 2020*)
- 2023 Sunday Awards Ceremony: 2,138 hours, 4,135 views
- 2023 Adv. Intermediate Semi-Final Round: 669 hours, 4,083 views (*+653 from last year*)
- 2023 Adv. Intermediate Final Round: 753 hours, 4,018 views (*+915 from last year*)
- 2023 Intermediate Semi-Final Round: 550 hours, 3,964 views (*surpassed Senior views*)

Geographic Reach

- U.S., 792K Minutes, 65,156 Views *+20%*
- Greece, 30.1K Minutes, 4,753 Views *+46%*
- Canada, 3.2K Minutes, 4,454 Views
- India, 2.4k Minutes, 76 Views
- UK, 192 MInutes, 105 Views
- Mexico, 660 Minutes, 44 Views
- Germany, 150 Minutes, 59 Views

<u>Instagram</u>	<u>Live Stream</u>
3.3K total followers (700 new in last 30 days)	Followers grew from 2.5K to 3.21K
20.5K accounts reached in the last 30 days	447K Impressions
Followers ages 18-24: 27.5%	69.8K views over the weekend with a record peak of 20.6K views on Friday, 2/17
Followers ages 25-34: 24.1%	Viewers ages 65+: 20%
Top Viewers by Country: USA, Greece, Canada, Australia	Top viewers by country: USA, Greece, Canada, India, UK



Appendix A

Management Team Organizational Chart

FDF Leadership								
Fr. Gary Kyriacou Christa Barbas Anthony John George Mitsopoulos Grace Paris		Spiro Beckas Anthony Bussa Greg Karapoulios Nicole Ossey Freeman Alex Spirtos		Mike Syrengelas Voula Contos Paul Mantas Vaso Rahimzadeh Stavros Stathoudakis		Christine Karambelas Alexis Gianopoulos Fr. Nick Metrakos Manoli Rodarakis Konstantina Yantsides		
Competition	Judges	Workshops	Registration	Operations Events		Logistics	Vendors	
Voula Contos	Christa Barbas	Alex Spirtos	Grace Paris / Vaso Rahimzadeh	Paul Mantas Nicole Ossey, Konstantina Yantsides		Manoli Rodarakis	Spiro/Manoli	
Perry Gadinas Alexis Gianopoulos Anthony John Greg Karapoulios Athanasios Kaplanis Martha Pallios George Plumis Alexis Rouches Fr. Nick Metrakos George Xidias	Pam Devekos Vasilis Dikeakos	Christiana Mantas	Anastasia Matiatos Andrew Matiatos Grace Paris Alexandra Pirsos Viktoria Taroudaki	Matthew Hoffman Speros Mantas Christina McDonough Julia Pappas Lindsay Stasinis	Sophia Pappas Alexia Simitian Christina Tsapouklis	Philip Gianopoulos George Mitsopoulos Matthew Myrtakis Jimmy Pallios Stavros Stathoudakis Anthony Stavrianoudakis Takis Vathis		
Live Stream	Comms info@	Creative/Social	Oli Mazi	Diakonia	FDF App	MT Gear	Merch	Scholarships
Anthony John George Xidias	Christine Karambelas Stavros Stathoudakis	Christine Karambelas	Toni-Marie Koulos	Christina McDonough Lindsay Stasinis	Christine K	Greg K	Greg K	Stavros Stathoudakis

- Executive Board: Includes our Chairman, Fr. Gary Kyriacou, Vice Chairman, Spiro Beckas, and Director of Finance, Michael Syrengelas
- Leadership Team: Directors and co-leads who advise on event decisions
- On site event teams: All Management Team Members
- Additional teams: Interested in helping in with any of these? Please let Christine K know



FDF 2023 Award Recipients

CHORAL COMPETITION

Sweepstakes: Aloha Youth Choir, Sts. Constantine and Helen, Honolulu

Director's Award: Stelio Scordilis, Aloha Youth Choir, Sts. Constantine and Helen, Honolulu

First: Mia Foni, St. Sophia Cathedral, Los Angeles

Second: Effonia, St. Nicholas, San Jose

Special Achievement: Oikogeneia, Holy Trinity, San Francisco, for the traditional, energetic, and inspiring Byzantine style of the folk and ecclesiastical songs

DANCE COMPETITION

DIVISION II

Sweepstakes: Enosi, St. Nicholas, San Jose

BOT Special Achievement: Parea, St. Anthony, Pasadena, for Thessalia suite

Director Award: Maria Fakaros-Woods, Ascension Cathedral, Oakland

Instrumental Award: Not awarded

Primary

First: Kymatakia, St. Sophia Cathedral, Los Angeles

Second: Oi Apogonoi, Annunciation, Sacramento

Third: Ethnos, St. Nicholas, San Jose

Fourth: Rizes, Annunciation Cathedral, San Francisco

Founders Special Achievement: Mikra Oneira, St. Anthony, Pasadena, for their Loulouvikos dance

Choral: Ethnos, St. Nicholas, San Jose

Costume: Oi Apogonoi, Annunciation, Sacramento, for their Karyes, Lakonia costumes

Advanced Primary

First: To Mellon, Annunciation Cathedral, San Francisco

Second: Ellinopoula, St. Nicholas, Northridge

Third: Perifania, St. George, Downey

Fourth: Revma, Church of the Holy Cross, Belmont

Founders Special Achievement: Mikra Asteria, Assumption of the Blessed Virgin Mary, Long Beach, for their Hasaposerviko dance

Choral: Minoan Dancers 3, Nativity of Christ, Marin County

Costume: Revma, Church of the Holy Cross, Belmont, for their Kythera costumes



Junior

First: Yitonopoula, St. George, Downey

Second: Aetopoula, St. John the Baptist, Las Vegas

Third: Ta Patriotakia, Holy Trinity Cathedral, Phoenix

Fourth: Kyklonakia, St. Sophia Cathedral, Los Angeles

Founders Special Achievement: Archangelos Eftihia, Archangel Michael, Port Washington,
for their Symi set

Choral: Yitonopoula, St. George, Downey

Costume: Enosi, St. Nicholas, San Jose, for their Florina costumes

Advanced Junior

First: Levendia, Church of the Holy Cross, Belmont

Second: Nea Genia, Annunciation, Sacramento

Third: Ta Angeloudakia, Assumption of the Blessed Virgin Mary, Long Beach

Fourth: Revmata, Annunciation Cathedral, San Francisco

Founders Special Achievement: Spartiates, St. Demetrios, Seattle,
for their Kouna Kouna song and dance

Choral: Tharros, St. Demetrios, Camarillo#

Costume: Ta Angeloudakia, Assumption of the Blessed Virgin Mary, Long Beach,
for their Kithnos costumes

DIVISION I

Sweepstakes: Spithes, Annunciation Cathedral, San Francisco

BOT Special Achievement: Enomeni, Ascension Cathedral, Oakland, for Haliki suite

Director Award: Konstantine Avdalas, Holy Trinity, San Francisco

Instrumental Award: Niko Revill, for playing the Doumbek, Church of the Resurrection,
Castro Valley

Intermediate

First: Titanes, Ascension Cathedral, Oakland

Second: Junior Olympians, Assumption of the Blessed Virgin Mary, Long Beach

Third: Meraki, St. Nicholas, San Jose

Fourth: Nea Elpida, St. John the Baptist, Anaheim

Founders Special Achievement: Nea Arxi, Church of the Resurrection, Castro Valley,
for their Horos tis Psihis dance

Choral: Titanes, Ascension Cathedral, Oakland

Costume: Meraki, St. Nicholas, San Jose, for their Kozani costumes



Advanced Intermediate

First: Patrída tis Arhondias, St. Nicholas, San Jose

Second: Nea Zoi, Church of the Holy Cross, Belmont

Third: Minoan Dancers 2, Nativity of Christ, Marin County

Fourth: Trikimia, St. Sophia Cathedral, Los Angeles

Founders Special Achievement: Thiasos, St. John the Baptist, Anaheim,
for their Bogdanos/Douziko-Tsesto dances

Choral: Nea Zoi, Church of the Holy Cross, Belmont

Costume: Patrída tis Arhondias, St. Nicholas, San Jose, for their Kastoria costumes

Senior

First: Souliotes, St. Demetrios, Seattle

Second: Nea Ellas, Assumption of the Blessed Virgin Mary, Long Beach

Third: Erimos, St. John the Baptist, Las Vegas

Fourth: Sinefakia, St. Sophia Cathedral, Los Angeles

Founders Special Achievement: Enotita, St. John the Baptist, Anaheim,
for their Troiro dance

Choral: Souliotes, St. Demetrios, Seattle

Costume: Spithes, Annunciation Cathedral, San Francisco, for their Epirus Sarakatsani
costumes

Advanced Senior

First: Enosis, Sts. Constantine and Helen, Newport News

Second: Oikogeneia, Holy Trinity, San Francisco

Third: Deos, Annunciation, Sacramento

Fourth: Minoan Dancers 1, Nativity of Christ, Marin County

Founders Special Achievement: Golden Greeks, St. Nicholas, Northridge,
for their Antimaxeitikos dance

Choral: Enomeni, Ascension Cathedral, Oakland

Costume: Vrohi, Holy Trinity Cathedral, Portland, for their Drama costumes

SPECIAL AWARDS

Metropolitan Anthony Humanitarian Award

Rev. Father Jon Magoulas

Metropolitan Anthony Leadership Award

Nicole Ossey-Freeman
Stavros Stathoudakis

Managing Director Award

Christine Karambelas



FDF SCHOLARSHIP RECIPIENTS

Archbishop Demetrios Scholarship

Bella Isais, St. Sophia Cathedral, Los Angeles

Cynthia Anderson Scholarship

Johann Nicholas Nebe, St. Katherine, Elk Grove

Chris Papadimitrakis Scholarship

Peyton Kyriakos, Assumption of the Blessed Virgin Mary, Long Beach

Fr. Homer Demopoulos Scholarship

Georgiana Papavasiliou, Annunciation Cathedral, San Francisco

Elektra Fourakis Scholarship

Katerina Domingot, St. Basil, San Juan Capistrano

Fr. Anthony Moschonas Scholarship

Nicholas Prevas, St. Nicholas, Northridge

Dean Phillips Scholarship

Anthony Mentas, Assumption of the Blessed Virgin Mary, Long Beach

Gerry and Jeannie Ranglas Scholarship

Katherine Kyriakis, Sts. Constantine and Helen, Honolulu

Isidoros and Maria Garifalakis and Family Scholarship

Sophia Paulos, St. John the Baptist, Las Vegas

Peter S. Beckas Scholarship

Demitra Sideris, Assumption, Scottsdale

Athanasios K. Syrengelas Scholarship

Athena Kretsedemas, Holy Trinity Cathedral, Phoenix

Anna and Nicholas Kyriacou Scholarship

Athan Begakis, St. John the Baptist, Anaheim

Ted Laliotis Scholarship

Dori Clair, Assumption of the Blessed Virgin Mary, Long Beach

Demetrios K. Pantazis Memorial Academic Scholarship

Nicholas Thomas Paris, Holy Trinity Cathedral, Portland

Missions and Evangelism Ministry Report

March 20, 2023

Submitted by Co-Consultants Kenny Scott and Fr. Jerry Markopoulos

kennytheecat@gmail.com***frgerasimos@sntgrg.org

[Kenny-520.233.8853](tel:520.233.8853)***[Fr. Jerry-541.852.0143](tel:541.852.0143)

www.GrowOrthodoxy.org

Our mission is to aid and develop an Orthodox practice of evangelism and mission in our parishes and their parishioners.

We will fulfill our mission by educating, equipping and engaging clergy and faithful in Evangelism and Mission in the Orthodox Christian Tradition

Our Focus (Five E's)

- Educate our priests and parishes on the current reality of the American mission field.
- Equip our priests and parishes with resources for evangelism and catechism.
- Engage our priests and parishioners via workshops and conferences.
- Evolve our current missions into self-sustaining parishes.
- Establish both the formation of new missions and new priests.

Ministry Team & Funding

His Eminence Metropolitan Gerasimos chairs a Ministry Team that includes clergy and lay leaders, including two part-time Consultants.

The Missions & Evangelism Ministry's work is funded primarily by the Metropolis budget. In addition, the ministry is supported by parish and individual donations and from the Sts. Katherine and George Mission Endowment Fund of the Metropolis of San Francisco.

Recent Activities

- Upon the resignation of the prior director Thomaïda Hudanish (December 2021), discussions among the remaining team members began regarding the future of the ministry.
- In February of 2022, a restructuring of the ministry began. The Team has met monthly since then with His Eminence being a full participant at each meeting.

- There were changes made to both the scope and structure of the ministry, including its leadership. The ministry remains chaired by His Eminence but is now led by two part-time consultants: Kenny Scott and Fr. Jerry Markopoulos.
- The Ministry Team added members, but also lost some members.
- One of the first things that happened was an update of our website. We encourage you to visit www.GrowOrthodoxy.org and see the updated website.
- Kenny and Fr. Jerry participate as able in the Metropolis Ministry Leaders monthly Zoom call.
- On Monday August 22, 2022, Kenny and Fr. Jerry were the presenters for the monthly Metropolis Ministries Series-Equipping and Enriching Parish Life.
- We are in the process of developing a closer connection with the clergy and faithful of our Metropolis, who have expressed interest in the work we are doing. We know that there are many people in our parishes who are interested in evangelism and would like to collaborate and share ideas with others who are like-minded. We are figuring out ways to organize and connect these people to us and to each other.
- Work is being done in earnest to host a Missions & Evangelism conference, June 6th-8th, at the Ranch. The theme of the conference is, "Let your light shine for you shall be My witnesses".
- Team members Kenny Scott and Hon. Connie Contes were present at FDF to represent the ministry.
- Kenny and Fr. Jerry met via Zoom with representatives of our six mission parishes. Plans are being made to make this a "regular" thing.
- Kenny & Fr. Jerry met with Anastasia Pamela Barksdale, the new Parish Engagement person for OCMC, and discussed ways our ministries could work together and support one another.



Orthodox Parish Leadership Ministry Greek Orthodox Metropolis of San Francisco



“Supporting Parish Health, Growth and Revitalization”

Key Offerings: Strategic Planning, Leadership Development,
Parish Development, and Capital Fund Raising

2022 and 2023 Q1 Summary of Support

Support to the Metropolis of San Francisco

- **Parish Support Team** Led Program Management Office throughout the year, culminating 2 ½ year effort in November, 2022
- **Stewardship Ministry** Presented “Parish Effectiveness Assessment” on monthly “Equipping and Enriching Parish Life” development series
- **Metropolis Ministry** Developed Ministry “5Ps” ministry assessment and reporting “dashboard” (Purpose, Plan, Presence, Perception, People)
- **Parish Support**
 - **Annunciation Cathedral, San Francisco, CA** Conducted Ministry Leader Development Seminar and Revitalization Plan launch
 - **Assumption, Scottsdale, AZ** Reviewed Youth Director Job Description
 - **Assumption, Seattle, WA** Led development of Strategic Plan
 - **Holy Apostles, Shoreline, WA** Offered continued guidance & support to Capital Campaign
 - **Holy Cross, Flagstaff, AZ** Conducted financial analysis and parish readiness assessment regarding potential for full-time priest
 - **Holy Trinity Cathedral, Phoenix, AZ** Conducted Ministry Leader Development Seminar and Revitalization Plan launch
 - **Holy Trinity, Portland, OR** Supported Strategic Plan implementation
 - **Resurrection, Castro Valley, CA** Capital Campaign Support
 - **St. Anthony, Reno, NV** On-going parish leadership coaching



Orthodox Parish Leadership Ministry Greek Orthodox Metropolis of San Francisco



“Supporting Parish Health, Growth and Revitalization”

Key Offerings: Strategic Planning, Leadership Development,
Parish Development, and Capital Fund Raising

2022 and 2023 Q1 Summary of Support

• Parish Support (continued)

- **St. Barbara, Santa Barbara, CA** Provided coaching and materials on launching initiative to expand volunteer base within the parish
- **Sts. Constantine & Helen, Vallejo, CA** Continued on-going PC / Leadership coaching
- **St. Demetrios, Camarillo, CA** Provided coaching and on parish leadership
- **St. Demetrios, Seattle, WA** Provided Strategic Plan implementation coaching
- **St. Demetrios, Tucson, CA** Continued support in parish's transition to new location; Conducted Ministry Leader Development Seminar and launch of second Revitalization Plan; Initial guidance on Capital Campaign approach
- **St. Nectarios, Covina, CA** Provided transition coaching to newly assigned Proistamenos
- **St. Nectarios, Pasco, WA** Conducted growth and sustainability analysis for parish
- **St. Paul's, Irvine, CA** Leading development of Parish Strategic Plan & Analysis on Foundation and Endowment offerings and structure



Orthodox Parish Leadership Ministry Greek Orthodox Metropolis of San Francisco



“Supporting Parish Health, Growth and Revitalization”

Key Offerings: Strategic Planning, Leadership Development,
Parish Development, and Capital Fund Raising

2022 and 2023 Q1 Summary of Support

• National Support

- **Ancient Faith Radio** Guest on two “Stewardship Calling” radio programs detailing approach and content of Effective Parish Assessment initiative
- **Annunciation Greek Orthodox Church, Milwaukee, WI** Provided coaching on framing and launching a parish strategic plan for the “Frank Lloyd Wright - designed” church
- **Orthodox Christian Fellowship National Ministry** Provided organizational and leadership Coaching and Planning support to Executive Board and National Director
- **Orthodox Ministry Services** Authored approach and co-development of Effective Parish Assessment process and tools; supported launch of pilot programs after garnering funding from Leadership 100
- **Patriarchal International Conference on Pastoral Health**, Conference attendee, Rhodes, Greece
- **Saint Athanasius and Saint Cyril Coptic Orthodox Theological School** Provided Strategic Planning review and coaching for His Grace, Bishop Kyrillos, Dean of the Theological School
- **St. Katherine Greek Orthodox Church, Naples, FL** Provided support on design, conduct, evaluation and communication of their Parish Survey
- **Stewardship and Family Wellness Ministries of the Archdiocese of America** Nationally conducted three “REKINDLE Bringing Families Back” webinars



PHILOTOCHOS

Greek Orthodox Metropolis of San Francisco

Metropolis Clergy-Laity Assembly
Let Your Light Shine! (Matthew 5:14-16)
April 24-25, 2023

Metropolis of San Francisco Philoptochos President's Report

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.
~ Matthew 6:33

Your Eminence Metropolitan Gerasimos, Your Grace Bishop Ioannis, Metropolis Council Vice-Chair Isidoros Garifalakis, Metropolis Council, Brothers and Sisters in Christ,

It is my honor to greet you on behalf of the Metropolis of San Francisco Philoptochos Board today as we gather for the 2023 Metropolis Clergy-Laity Assembly. This is a wonderful time to share information and prepare for the upcoming year in service. I remain grateful to His Eminence Metropolitan Gerasimos for his spiritual guidance and blessing in support of our many endeavors to make a difference in the lives of others. Please accept this report as our Metropolis Philoptochos Ministry Year in Review.



The **46th Annual Greek Orthodox Metropolis of San Francisco Folk Dance and Choral Festival** was held February 2023 in Phoenix, Arizona. FDF and the Metropolis of San Francisco Philoptochos Diakonia Project was focused to help Sojourner Center, a safe haven from domestic violence for both women and children in Arizona. We decorated and assembled bags of donations items needed by the Sojourner Center, which provides shelter and support services such as a residential program, counseling youth support services, children's programming and community-based services. The Metropolis Philoptochos hosted a clergy family luncheon in honor of His Eminence Archbishop Elpidophoros where we presented him with an Omophorion vestment set and a \$5,000 check to support the Archdiocesan Clergy Pension Fund.

On February 8, 2023, the Executive Board of the National Philoptochos Society unanimously approved an emergency disbursement of \$50,000 to the **Greek Orthodox Archdiocese of America Earthquake Relief Fund**. These funds come from the National Philoptochos Emergency Fund, which enables the Philoptochos Society to immediately respond to those in need in times of national or international crisis. Fund disbursement will be directed to those impacted by the devastating magnitude 7.8 earthquake in Turkey and Syria with over 20,000 lives lost and hundreds of thousands left homeless. This donation would not have been possible without the support of the 437 Philoptochos chapters across the nation who contribute annually to the National Philoptochos Emergency Fund. In addition, the Philoptochos Society is launching a fundraising campaign through its chapters to further benefit the earthquake victims, the Turkey and Syria Earthquake Relief Fund.



In July 2022, the **National Philoptochos Convention** was held in New York in conjunction with the Biennial Clergy-Laity Congress. Our Metropolis was well-represented by our delegates who brought the spirit and energy from the west coast to our sisters across the Archdiocese. The Saint Demetrios Philoptochos Chapter in Seattle, WA was selected as a National Agape Award winner and was recognized at our annual Agape Breakfast.



In May 2022, five members of the Metropolis Philoptochos Board traveled to Brookline, Massachusetts to participate in the **Hellenic College Holy Cross Greek Orthodox School of Theology** commencement festivities for our students. During our time on campus, we presented a check for over \$120,000 to support the seminarians and students from our Metropolis. It is always uplifting to visit "The Holy Hill" and to share in fellowship with these wonderful men and women who are pursuing higher education at Hellenic College Holy Cross, and encourage them as they pursue service to our Church.



A Kids 'N' Cancer Ministry, Camp Agape. The Greek Orthodox Metropolis of San Francisco Philoptochos Kids 'n' Cancer – Camp Agape Ministry is dedicated to providing support for children afflicted with cancer and their families. This beloved ministry offers a compassionate and caring environment, exemplary of Christ's unconditional love, along with an opportunity to shape meaningful friendships and create precious memories. The Metropolis Philoptochos oversees four Camp Agape programs throughout the Metropolis – one each in San Diego, Dunlap (Ranch), Arizona, and Portland. Because these children have significantly compromised immune systems, we were not able to engage in full camp programs due to ongoing COVID concerns. However, our shortened camps were still met with much enthusiasm, and we were able to provide camper care packages for families who were not able to attend. We are looking towards the summer of 2023 and will develop appropriate programming to keep this ministry going. Please join us for our next Agape Celebration on Sunday, May 7, 2023.



The **Bishop Anthony Philoptochos Student Aid Endowment Fund** has been a vital



source of support for our seminarians and students. In the past 15 years we have offered over \$1.5 million in financial assistance. Each year, our Light the Path Christmas Luncheon brings together our clergy and faithful for an afternoon of Christmas cheer – complete with beautiful decorations and the sights and sounds of Christmas. Light the Path was held on Saturday, November 19, 2022 at Saint Paul Greek Orthodox Church in Irvine and featured presentations from His Eminence Metropolitan

Gerasimos, a panel discussion with HCHC seminarians from our Metropolis and special entertainment from the Citrus Singers from Citrus College in Glendora, CA. We plan to host the Light the Path Christmas Luncheon event in Northern California in 2023.

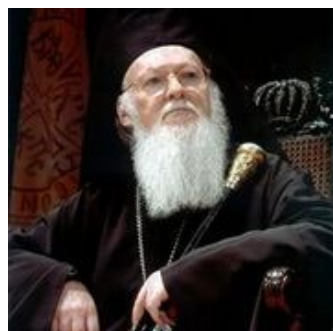
Saint Nicholas Ranch and Retreat Center is a beloved place in our Metropolis, and Philoptochos has been a loving caretaker, not just of the Philoptochos Lodge, but many aspects of the facilities. We were pleased to provide funding for all new mattresses for the Lodge rooms, plus new bedding and bath linens. The rooms look beautiful and we can't wait for you to visit!



Join the **Women's Wellness and Awareness Ministry** of the Greek Orthodox Metropolis of San Francisco Philoptochos on April 29, 2023 for an engaging keynote presentation by guest speaker Jamie Nunez, the Western Regional Manager at Common Sense Media, addressing digital media use and early childhood learning. Mr. Nunez through Common Sense Media brings with him an extensive background through support of state education agencies, school leaders and parents across the western region of the U.S. in their efforts to address digital literacy skills.

The ***Social Services Ministry*** embodies the spirit of Philoptochos by assisting those in need of caring, kindness and compassion. The need for such a ministry is paramount to our mission as Philoptochos women touch others both financially and spiritually in a manner which provides hope and preserves dignity. Our mission is to assist those locally, throughout our Metropolis, and on a National level, who are encountering crisis or in a position that is less fortunate. The continuation of such a ministry is essential to achieving our goal. This need was pronounced during the COVID pandemic and we remain vigilant in helping now more than ever in touching hearts.... and changing lives.

For the third consecutive in-person conference, the Metropolis Philoptochos has partnered with the ***Young Adult Conference (YAL)*** for the annual Diakonia project over Labor Day weekend 2022. This year we sponsored a backpack project with personal care products, snacks, books, and a copy of the Orthodox Military Bible. These were donated to San Diego 211, an organization that provides support for those serving in the military, and for veterans and their families. Over 500 backpacks were filled and the organization was overwhelmed with the generosity and kindness of our young adults.



The Metropolis of San Francisco Philoptochos continues to support the ***Ecumenical Patriarchate*** in humble prayer and offered a \$5,000 gift to help further the growth of our church by spreading the gospel of Jesus Christ. The philanthropies of the Ecumenical Patriarchate, such as Balikli Hospital and nursing home, schools, shrines, and parishes are supported through this commitment.

Love each other as brothers and sisters and honor others more than you do yourself.
~Romans 12:10

Thank you for the opportunity to serve this beloved Metropolis of San Francisco. I, and the thousands of women represented through our Philoptochos Chapters are thankful for your support and love, and most of all, your prayers as we continue our good works in Christ.

Philoptochos: Philanthropy, Fellowship, and Faith in Action.
"For with God, nothing is impossible." Luke 1:37

With Love in Christ,

Jeannie Ranglas, President
Metropolis of San Francisco Philoptochos

245 Valencia Street • San Francisco, CA 94103

Phone 415-431-2600 **Fax** 415-431-2868 **Email** office@sfphiloptochos.org **Website** sfphiloptochos.org

Saint Nicholas Ranch and Retreat Center

Ministry Report

Submitted by Michael A. Pappas, Executive Director
mikepappas@stnicholasranch.org

Overview

We are happy to report that Saint Nicholas Ranch has returned to normal operations for the 2023 calendar year. 2022 did present some significant challenges since we had much less business, and income, than normal. However, business is finally picking up and most of our regular groups are returning this year, including all of the Metropolis Ministries that have so long called the Ranch their home.



In coordination with the Ranch Board, we are in the process of launching an outreach to bring in new groups and create a greater awareness of Saint Nicholas Ranch and what it has to offer.

Finances

We have engaged a new bookkeeper and are working closely with him to bring bookkeeping, accounting and financial reporting to the highest possible standard.

The aftereffects of the pandemic continue to present serious financial challenges. The past three years have been very difficult. However, the outlook for 2023 is much more promising. Together with the Ranch Board, we are looking into options to address these ongoing financial challenges.

Staffing

Our current staff level is much lower than normal. We are struggling to find both full and part time staff. The areas of greatest concern are in the Kitchen and Housekeeping departments. As a temporary solution, and to help bring additional staff for the busy summer months, we are offering short term paid internships. This will offer an opportunity for people of all ages to give back to this holy ministry.

A Day at the Ranch Campaign

Our 2022 fund raising campaign, "A Day at the Ranch" was successful. The total amount contributed was \$46,970. Though less than what we had hoped for, this ongoing outreach continues to help keep the Ranch on a more secure financial footing. In addition, throughout the year we receive both large and small donations from many friends of the Ranch. We greatly appreciate every offering of support given. With your generous support Saint Nicholas Ranch will continue to offer outstanding facilities and programs for the use of the faithful.

Ongoing Outreach

In coordination with the Ranch Board we are instituting a new outreach through social media and our website. This weekly outreach will provide updates on happenings at the Ranch and give ways for people to offer their support.

Upkeep and maintenance of the facility and grounds are both difficult for us to keep up with and quite expensive. As part of our outreach we are offering opportunities for groups and individuals to give back to the Ranch through scheduled work projects. This is planned as an ongoing project throughout the year.

Renovations

During the past several years we have focused on repairs and renovations of the Ranch facility. This continuing work has been made possible by the generous support of many families, foundations and associations, as well as support received at the 40th anniversary event. Much of this work is complete or in the process of completion. This includes the following:



- Dining Hall: new flooring, ceiling, fans, lighting, windows, doors, enlarged and updated restrooms, exterior siding and paint.
- Kitchen: new fryer, commercial coffee makers, a walk-in freezer box, new icemaker, lighting, and paint.
- Laundry Rooms: new commercial washers and dryers, along with additional shelving and a tile floor.
- Girls Dorm: new restrooms with new sinks and fixtures, along with metal shower and restroom stalls, paint, flooring, bunk beds and windows.
- Conference Room: The expansion and renovation of the Saint Peter Conference Room is now complete. This expanded room accommodates approximately 100 additional people and will eventually include built-in audio-visual components and a sound system.
- New Siding: The Girls Dorm and Upper Conference room building has a new long lasting concrete type of siding, as does the Dining Room building. Eventually, all the buildings will have this new siding.



- The swimming pool was resurfaced including attractive “Greek Key” tile work.
- New signage: This includes a new entry sign at the main entrance at Dunlap Road and a sign at the Heritage Center. Additional sign work will be completed soon.
- We continue to move forward on all the other items from the 40th Anniversary fund raising effort.



Lodge Buildings Renovation

Both Lodge buildings, the Apostle and Philoptochos Lodges, received a beautiful upgrade with new mattresses, pillows and bedding. Finally, everyone can enjoy a comfortable sleep! Carpets were also steam cleaned.

Looking Forward to the Future

I am so appreciative that His Eminence Metropolitan Gerasimos, several years ago, welcomed me into this very special ministry of the Metropolis – a place that transformed my life as a young man so long ago, as it has the lives of countless others through the decades. It has been such an inspiration working with so many people who love this place. Mr. Theofanis Economides, Ranch Board members, and countless others who tirelessly have worked and continue to work to make this place a success. Recently Deacon Justin Bosl has taken a leadership role on the Ranch Board. His many trips to the Ranch, his inspiring words and support, and the sacrifices he has made mean a lot.

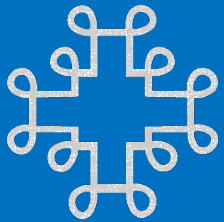
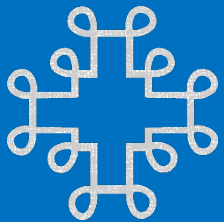
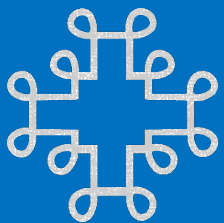
I have always felt that the possibilities for Saint Nicholas Ranch are endless. Our founding fathers left us with an inspiring vision and a strong foundation to grow on. It is our generation’s responsibility to build on that legacy. We look forward to working with all of you in this Holy Ministry of the Metropolis.

Respectfully in Christ,

Michael Anthony Pappas
Executive Director



METROPOLIS OF
SAN FRANCISCO




2023 Stewardship Ministry Report to the Metropolis Clergy Laity Assembly


Submitted by Steve Pappas

March 2023

A MONTHLY METROPOLIS MINISTRIES SERIES



Equipping and Enriching PARISH LIFE



METROPOLIS OF
SAN FRANCISCO

Save these dates!

**All on Monday
evenings at
5:00 p.m. Pacific**

March 21
May 2
May 16
June 20
July 18
September 19
October 17
November 21
December 19

The Greek Orthodox Metropolis of San Francisco Stewardship Ministry invites you to the **2022 Monthly Ministries Series**.

This year, our topics will expand beyond stewardship and will engage our ministries in presentations and discussions on topics that will help your personal and spiritual growth, deepen your understanding of true Christian stewardship, and provide valuable information and insight into our ministries and how you can continue to serve the Church through your time, talent and treasure.

Stay tuned for more information on these topics!

- Building Stronger Families for Stronger Parishes
- Getting on the Road to Tithing and Percentage Giving
- Giving Thanks and an Attitude of Gratitude
- Fostering a Culture of Lifelong Christian Learning
- Technologies for Engaging and Revitalizing Our Parishes
- Mission Work that Creates Stronger Parishes
- Leading Parish Revitalization: Impacting Six Critical Areas of Parish Life
- The Science and Art of Giving
- Protecting and Embracing Our Youth
- Equipping a Stewardship Chair and Their Committee

Information will be sent out monthly with topics, presenters and registration details.

Questions? Please email:
metropolis@sanfran.goarch.org



Stewardship Town Halls and Webinar Series Overview

- This program began in the depths of COVID lockdowns to bring together parish leaders to strengthen True Christian Stewardship during these challenging times.
- Now entering our 3rd year, the series has evolved to focus on parish growth and increasing parishioner engagement through the valuable work of our Metropolis Ministries.
 - **2020** – Held Stewardship Chairs Town Halls and 5-part series on “Creating a Culture of True Stewardship” featuring Bill Marianes
 - **2021** – Hosted 10 Stewardship Town Halls with guest speakers across the Metropolis and Archdiocese (see Appendix)
 - **2022** – Collaborated with other Metropolis Ministries to deliver “Equipping & Enriching Parish Life” series of 8 webinars (see Appendix)
- In **2023**, we look to continue the momentum we’ve built and create an abbreviated series (May-December) that embraces this year’s Metropolis CLA theme of **“Let Your Light Shine”**.



2022 Ministry Series “Equipping & Enriching Parish Life”

Date	Topic	Guest Speakers	Ministries
Monday, March 21	Building Stronger Families for Stronger Parishes	<u>Hosts:</u> Presv. Pat Tsagalakis & George Papageorge	Family Wellness
Monday, May 2	Getting on the Road to Tithing & Percentage Giving + Giving Thanks and an Attitude of Gratitude	<u>Host:</u> Steven Pappas <u>Guests:</u> Bill Marianes & Kristen Bruskas	Stewardship
Monday, May 16	Fostering a Culture of Lifelong Christian Learning	<u>Host:</u> Dr. Eve Tibbs <u>Guests:</u> Fr. Steven Tsichlis & Fr. Tom Zaferes	Christian Education
Monday, June 20	Technologies for Engaging and Revitalizing our Parishes	<u>Host:</u> Steven Pappas <u>Guests:</u> Fr. Paul Kaplanis & Jamil Samara	Stewardship
Monday, August 22	Mission Work that Creates Stronger Parishes	<u>Host:</u> Fr. Jerry Markopoulos <u>Guests:</u> Kenny Scott	Missions & Evangelism
Monday, September 19	Revitalizing Parish Health & Achieving Operational Excellence	<u>Host:</u> Steve Tibbs <u>Guest:</u> Nicholas Chakos & Bill Marianes	Orthodox Parish Leadership
Monday, October 17	An Introduction to Cultivating Generosity in Parishes	<u>Host:</u> Steven Pappas <u>Guests:</u> Meredith McNabb of Lake Institute	Stewardship
Monday, December 19	Equipping a Stewardship Chair and their Committee	<u>Host:</u> Steven Pappas <u>Guests:</u> Fr. Jim Kordaris & Bill Marianes	Stewardship



A MONTHLY METROPOLITAN MINISTRIES SERIES

Equipping and Enriching PARISH LIFE

METROPOLIS OF
SAN FRANCISCO

Save these dates!

All on Monday evenings
at 5:00 p.m., Pacific
July 8
September 7 / October 17
November 21 / December 19

Stay tuned for more information on these topics!

- Mission Work that Creates Stronger Parishes
- Leading Parish Reconciliation: Impacting Six Critical Areas of Parish Life
- The Science and Art of Giving
- Protecting and Embracing Our Youth
- Equipping a Stewardship Chair and Their Committee

Monday, June 20, 2021 | 5:00 p.m. Pacific

The Greek Orthodox Metropolis of San Francisco Stewardship Ministry continues the monthly series "Equipping and Enriching Parish Life." Please join us on Monday, June 20 at 5:00 p.m. PST for a special presentation on "Techniques for Equipping and Revitalizing Our Parishes." From websites to livestream services, online giving platforms, and electronic communications, there is a wide array of opportunities for our communities to reach their congregations through various technological advancements, so we will bring you insights from the Archdiocese. Our featured presenter will be Jeff Kaplanas, Director of the Department of Internet Ministries of the Greek Orthodox Archdiocese of America; he will be joined by Rev. Father Paul Kapetanos, Dean of the Annunciation Greek Orthodox Cathedral in Atlanta, who will share what his parish is doing to leverage technology as a way to enhance ministry.

For more information, please email metropoli@sanfran.garch.org or call 415-752-9375.


About Our Presenters

<p>Jared Samaras</p> <p>Jared Samaras is the Director of the Department of Internet Ministries of the Greek Orthodox Archdiocese of America. He is an active member of its home parish of St. Elias in the City of Cupertino, CA. He has been a member of the Internet Ministry since 2006 and currently serves as the Director of the Department of Internet Ministries in Greater Los Angeles. He also serves as the Director of the Department of Technology and Faith in his congregation on our relationships with God and one another.</p>	<p>Rev. Father Paul Kapetanos</p> <p>Father Paul Kapetanos graduated from Western Connecticut State University in 1976, with a B.S. Degree in Social Science and History. In September 1978, he entered Holy Cross Greek Orthodox School of Theology where, after two years, he received his M.A. degree in Theology. His postgraduate studies were completed at the Holy Cross Greek Orthodox School of Theology in Brookline, Massachusetts. He was ordained a Priest in the Holy Cross Greek Orthodox Church in Danbury, in 1983, to graduate with his Master's of Divinity Degree in 1985, and was assigned to the Father John Chabot Greek Orthodox Parish in Hudson Park, in the U.S. and was ordained to the Holy Cross Bishop of the Holy Cross in November 1984. Father Paul was installed with the Office of Liturgical Planning and Administration by Bishop Peter III on September 1995. His Eminence Metropolitan Aloisios bestowed upon Father the Office of of Homilegetics. Father Paul is the Dean of the Greek Orthodox Cathedral of the Annunciation in Atlanta, Georgia.</p>
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Register Now!

Questions? Please email:
metropoli@sanfran.garch.org

A MONTHLY MINISTRIES SERIES



Equipping and Enriching PARISH LIFE



Equipping a Stewardship Choir and Their Committee


Monday, December 19, 2021 5:00 pm Pacific

The Great Orthodox Metropolis of San Francisco Stewardship Ministry continues the monthly series "Equipping and Enriching Parish Life" *Please join us on Monday, December 19 at 5:00 pm PST for a special presentation on "Equipping a Stewardship Choir and Their Committee". This webinar will be hosted by Metropolitan Stewardship Ministry leader Steve Pappas who will welcome our dedicated and very knowledgeable presenter, Father James Kardalis and Bill Marales. True Christian Stewardship brings from the many gifts, resources, and times that God has provided each and every one of us and the foundation on which our parishes flourish. A great stewardship program is led by a strong Stewardship Choir or Chorus. And these Stewardship Choirs only succeed with the support of a great Stewardship Committee. Come join us to hear from the leading Stewardship experts in our jurisdiction on how you can strengthen your own parish's True Christian Stewardship. As always, come prepared to learn, to ask questions, and share your experiences with us.*

For more information, please email metropolis@sanfran.goarch.org or call 415-753-2075.

About Our Presenters

Rev. Father James Kardalis serves the Director of Stewardship, Outreach & Evangelism for the Great Orthodox Archdiocese of America. Before entering the ministry, he served in many capacities at his home parish of St. Mary's in Menlo Park under the leadership of Rev. Father Anthony Chirak. He served six years in the Parish Council including two years as President. He also served the parish as Bible Study leader, catechist, and the Festival Co-Chair. Stewardship Choir and more.



Bill Marales has been called a "Stewardship calling evangelist" and "the Orthodox Steve Jay" for 38 years, he was a partner and in leadership for two similar live times with over 1000 laymen where he was managing part of the diocese office and practiced in the areas of corporate law, mergers and acquisitions. He retired only so that he could "work" full time for his treasured his Stewardship Calling ministry (www.stewardshipcalling.com) to help people and parishes discover and live their stewardship callings so that they can have a good account before the awesome judgment seat of Christ.

For Jim who is a MBA degree from the University of Minnesota. Following two years in the Financial services industry, he entered Holy Cross, receiving his Master of Divinity degree. Following his ordination, he served parishes in Jamaica, NY and Boston Heights, NY. In January of 2003, Father Jim was appointed Director of the new Archdiocese Department of Outreach & Evangelism. True Christian Stewardship Ministry was added to his responsibilities. Father Jim served as pastor of Saint George Church on West 54th Street in New York City from 2004 to 2016. He is married and resides approximately to Saint James Church in Kingston, New York.

Questions? Please email: metropolis@sanfran.goarch.org

Register Now!



2023 Webinar Series

- 8 webinars running monthly from May thru December on the 3rd Monday of each month:

May 15 June 19 July 17 August 21
September 18 October 16 November 20 December 18

- Time to shift to **6:30pm PST** (vs. 5pm last year) and run for **75 minutes** (vs. 90 minutes) to 7:45pm PST
- Similar to 2022, we will have 5-6 of our Metropolis Ministries alternate hosting the webinars:

Missions & Evangelism Family Wellness Christian Education
Orthodox Parish Leadership Youth & Young Adult Church Music Federation

- Stewardship Ministry Leader Steve Pappas will continue to coordinate planning efforts, with respective Ministry Leaders serving as webinar hosts to lead presentations and discussions.



Ministry Update

Metropolis Council Meeting March 28, 2023

Ministry: Young Adult League (YAL) Conference
Leader: George Anagnostopoulos
E-mail: georgeanagno@icloud.com
Cell: 909-205-6022



Main activities / events completed in 2022:

- Metropolis Annual YAL Conference – San Diego, CA:
 - This year's Conference welcomed 585 young adults from 33 states across the country, including all nine Metropolises in the Archdiocese.
 - The event was a wonderful well-balanced weekend of faith, fellowship and service which included:
 - A keynote given by Rev. Dr. Fr. Christopher Flesoras of St. Anna Greek Orthodox Church in Roseville, CA on the theme "Commit"
 - The Metropolis of San Francisco Family Wellness Team (FWT) hosted a panel titled "Getting Love Right!". After the panel concluded, small group breakouts were led by FWT Director George Papageorge, Fr. Tom & Presv. Pat Tsagalakis and Johanna Carter, Fr. Christopher & Presv. Kallie Retelas, Fr. James & Presv. Donna Pappas, Fr. Christopher Flesoras and Fr. Gary Kyriacou. In small groups, participants discussed what a Christ centered relationship looks like in today's society and shared their personal stories and struggles on this topic. Growing closer to the faith first, along with another person, was emphasized as crucial for any strong foundational relationship.
 - This year's Diakonia project was once again sponsored by Metropolis Philoptochos, continuing YAL's and Philoptochos' multi-year partnership. This year the ladies of Philoptochos and young adults assembled 550 care packages for the homeless Veterans of San Diego through a local charity called "Courage to Call, San Diego 211"
 - Events of the Weekend Included: The Y2K themed evening dance, A Social Mixer By Age, a beach day at Coronado Shores Beach, and a 007 Gala and Glendi
 - The Headline Event of the Weekend was a "Top Gun YAL" maritime event aboard the U.S.S. Midway in San Diego, CA. Participants wore their aviators, bomber jackets, flight suits, and custom Top Gun YAL patches for a once in a lifetime event. Attendees had the opportunity to take photos with "California Maverick", tour the expansive flight deck and jump

into real fighter jets and naval aircrafts on board. After dinner and dessert, attendees headed downstairs to the 'hangar bay' where DJ Gus Sverkos was back playing all the classic rock and oldie songs of the 80's along with classic Greek music.

- YAL In Your Backyard – our year around YAL Ministry by young adults dedicated to bringing young adults together locally in fellowship and fun. This grassroots program is structured by young adult volunteers to organize, host, and implement YAL events in their own communities.
 - February: YALIYB Hockey Outing – Grand Rapids Michigan
 - March: Greek Independence Day Bonfire Social – Huntington Beach, CA
 - April: Lenten Meal Packing Event – Novato, CA
 - April: YAL Social Mixer - Seattle, WA
 - April: YAL Dinner Social – Phoenix, AZ
 - June: SoCal FOCUS Volunteer Service Day – Garden Grove, CA
 - June: Paraklesis and Potluck – Seattle, WA
 - August: End of Summer YAL Get Together - North Bergen, NJ
 - October: YAL Book Club and Discussion on “Renewing You” With Fr. Nicholas Louh
 - October: YAL Parea Night – San Juan Capistrano, CA
 - October: Marriage Made in Heaven Movie Screening – Irvine, CA
 - Q4 2022 – YAL In Your Backyard National Service Project in collaboration with FOCUS North America; “St. Nicholas Sacks”

2023 Year-To-Date

- YAL In Your Backyard Leadership Retreat - January 20-22 - Denver CO
- Young Adult Greeting of His Eminence Archbishop Elpidophoros - March 6 - Oakland, CA

Main activities/events planned for 2023:

- Annual Metropolis YAL Conference - Labor Day Weekend 2023 –Save the Date!
- Site selection and planning are underway for another unforgettable Conference weekend for our young adults! Applications for young adults to apply to be on this year's steering committee will launch April 1st.

Upcoming YALIYB Events

- YAL In Your Backyard Seattle Night of Skiing - February Second, 2025 - Seattle, WA
- YAL In Your Backyard Greek Independence Day Bonfire - March 25, 2023 - Huntington Beach, CA
- If you or a young adult at your parish would like to get involved email yalinyourbackyard@gmail.com

Additional Comments (optional): N/A



SAVE
THE
DATE



LABOR
DAY
WEEKEND
AUG. 31ST - SEP. 4TH

FOLLOW US
@YALCONFERENCE



JOIN US!



Young Adult League

Join with hundreds of young adults from across the Archdiocese for an inspiring weekend of fellowship, witness, service, and worship







YOUTH & YOUNG ADULT MINISTRIES

2022 YEAR IN REVIEW

Metropolis Young Adult Lenten Retreat at St. Nicholas Ranch - April 1-3, 2022

This was our first young adult retreat back together since the Young Adult Winter Retreat in January of 2020. It was a joy to see everyone come back to St. Nicholas Ranch and gather together in-person. We had a smaller group than past years, with 25 participants. We were only able to use the lodge rooms, because the dorms were still being used as Home School rooms for the Monastery neighborhood group. Our speaker was Fr. Seraphim Ramos, and he spoke on the theme of “Mother of the Light”.

We began the retreat with some icebreakers followed by a Paraklesis service to the Theotokos on Friday. Saturday morning began with a beautiful hike on the Prayer Trail to the flat rock area for an Akathist of Thanksgiving, followed by breakfast and the morning sessions with Fr. Seraphim. The afternoon was spent visiting the Monastery of the Theotokos with some time with Gerondissa Markella, a tour of the Monastery, followed by a work project helping the sisters by picking up the clippings from the olive trees, and then vespers. After dinner we enjoyed a campfire at the lake, another evening discussion with Fr. Seraphim, followed by fellowship in the cafeteria. We concluded with spending Sunday at the Monastery for Divine Liturgy, breakfast, and a visit to the bookstore.



St. John Chrysostom Oratorical Festival - May 14, 2022

We had four out of our five Districts hold District Oratorical Festivals this past year. Holy Trinity in Portland hosted a zoom festival, while Holy Cross in Belmont, St. Paul's in Irvine, and Assumption in Scottsdale all hosted in-person District Festivals. The Central CA District did not hold a District Festival. The Metropolis Oratorical Festival was held the weekend of May 14, 2022 at St. Nicholas Ranch and Retreat Center. The finalists who advanced to the National Festival were Evan Anagnostopoulos from Prophet Elias in San Bernardino, CA and Minas Sharp from the Assumption Greek Orthodox Church in Scottsdale, AZ. Evan went on to place first in the senior division, and Minas placed third in the junior division, which was a huge honor for our Metropolis.



Metropolis Summer Camp, July 5-30, 2022

We did it! After two summers of not being able to hold our Metropolis Summer Camp in-person, we brought Summer Camp BACK after (and still during) a world-wide pandemic. It took a lot of work to create a unique plan for this summer, hire the staff, and get the property ready, but Glory to God, our team worked together to make it happen!

With our limited capacity this summer, the Metropolis was able to welcome 230 campers, 60 staff members, 13 clergy, and many volunteers from across the Metropolis and Archdiocese for three weeks of camp and a week of staff orientation to engage in fellowship, prayer, fun, meaningful conversations, and time reflecting on the summer's theme, "Glory to God for All Things".

Some of the fun activities we had at camp this summer were gold panning, archery, candle making, hayrides, arts and crafts, aquatics, Orthodox Life, faith and culture, campfires, a fun night of the "Dunlap County Fair" with square dancing, carnival games, snow cones, and face painting, and a final night of camp with a dance at the pool with the theme of "St. Nick's, Your Home for the Holidays", where everyone dressed up in their favorite holiday-themed attire. It was another wonderful summer at Saint Nicholas Ranch, and we look forward to making plans for summer 2023! Glory to God for All Things!



"Eight Dates" for Married & Engaged Couples (Oct 2022 - Feb 2023)

In partnership with the Metropolis Family Wellness Ministry, we launched our third round of "Eight Dates" which is a ten week series during the fall and winter which leads couples on eight dates dedicated to enriching their relationship, building Orthodox community, & strengthening their faith in God. We had over 200 registrations with couples from all over the Country!



Launch of Sterling Volunteers - Youth Safety Platform - October 2022 - current

The launch of our new Archdiocesan Youth Safety platform has been a project in the works for many years. As of this past October, we launched the new program, and it took MANY long hours of ensuring every parish in our Metropolis not only signed the contract with Sterling, but also provided all the legal documents to get them fully credentialed. We offered a few PYSA (Parish Youth Safety Administrator) Zoom calls to provide training on the new system and answer the many questions they had. Our first big push to get youth workers registered, trained, and screened after all the parishes were credentialed was for FDF. We now have 995 youth workers in the system as of March 20, which is the most in the Archdiocese to date. Our goal is to be 100% compliant across all the parishes, so we still have a ways to go to ensure all clergy, Sunday School, sports coaches, youth volunteers, Greek School, youth camps and any other youth workers are all registered, trained, and screened.



Metropolis Young Adult Fall Retreat at St. Nicholas Ranch - November 1-3, 2022

Over 55 young adults gathered for the Greek Orthodox Metropolis of San Francisco Young Adult Fall Retreat held at Saint Nicholas Ranch and Retreat Center in Dunlap, CA over the weekend of November 4 – 6, 2022. Participants came from throughout the Metropolis of San Francisco, as well as from Florida, Maine, and Utah.

The retreat opened with time for fellowship and friendship with hayrides around the Ranch, enjoying the crisp mountain air and the beautiful scenery. Following dinner, the group gathered for a brief discussion to introduce the retreat theme, “Mind, Body, and Soul: Our Journey to Wellness.” The evening concluded with the praying of the Paraklesis Service in the Saint Photini Chapel at the Alex and Faye Spanos Faith and Heritage Center.

Saturday morning began with an Orthros service and a hearty Ranch breakfast to get the day started. Presentations were offered by George Papageorge, LMFT; Rev. Father Timothy Pavlatos, LMFT; and Dr. Pericles Ioannides. These engaging speakers guided the participants in charting a course towards spiritual, emotional and physical wellness.

The adjacent Monastery of the Theotokos the Life-Giving Spring was the afternoon destination where the young adults toured the beautiful grounds, met with Gerontissa Markella, and assisted the sisters with a work project at their farm. They also attended Great Vespers at the Monastery on Saturday evening, and after a delicious dinner at the Ranch, enjoyed a wonderful time at the lake for a campfire, talent show, and s'mores. The weekend concluded with Divine Liturgy at the Monastery followed by breakfast and a visit to the Monastery bookstore.

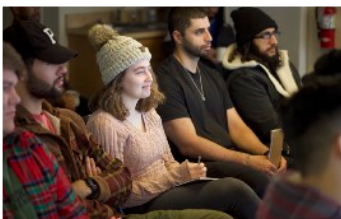


Metropolis Young Adult Winter Retreat in Lake Tahoe - January 13-16, 2023

The unprecedented storms were no match for the 30 participants in the recent Young Adult Winter Retreat offered by the Greek Orthodox Metropolis of San Francisco Office of Youth and Young Adult Ministries from January 13 – 16, 2023. Though an additional 20 registrants had to cancel due to the extreme weather and travel delays, the retreat was still a wonderful opportunity to explore the topic “The Glory of God is a Human Being Fully Alive”, with guest speaker Dr. Bethany Geleris, DNP. Rev. Father Nicholas Metrakos also actively participated in the retreat and led the group in Divine Services throughout the weekend. The retreat was held at the Galilee Camp and Conference Center in South Lake Tahoe. With the area experiencing 250% of their annual projected snowfall, the setting was beautiful with fresh white snow covering the entire area and provided a picturesque background for a weekend filled with opportunities for spiritual enrichment, prayer, fellowship and fun in the snow!

During the discussion sessions, participants were led on an exploration of what God’s glory means from a Scriptural and theological context. They also gained an understanding of the importance of our Orthodox Christian anthropology, reflecting on the implications of our composite nature (body and soul) and how it relates to our role as the mediators between the physical and spiritual worlds. The final session connected the first two and helped participants understand how God’s glory transforms our humanity.

The worship services included the Blessing of the Waters, Paraklesis, the Akathist of Thanksgiving, and culminated with Divine Liturgy. This prayerful atmosphere was further enhanced by the engaging discussions and fellowship. There was also time for outdoor activities including snowball fights, sledding, snowshoeing, s’mores, board games and more.



Metropolis Young Adult Lenten Retreat at St. Nicholas Ranch - March 17-19, 2023

About 45 young adults gathered for the Greek Orthodox Metropolis of San Francisco Young Adult Lenten Retreat held at Saint Nicholas Ranch and Retreat Center in Dunlap, CA over the weekend of March 17-19, 2023. Participants came from throughout the Metropolis of San Francisco, as well as from Houston and Chicago.

The retreat opened with some group introductions and a brief discussion to introduce the retreat theme, “By the Power of Your Cross.” The evening concluded with the praying of the Paraklesis Service in the Saint Photini Chapel at the Alex and Faye Spanos Faith and Heritage Center. Saturday morning began with an Orthros service and a hearty Ranch breakfast to get the day started. A morning presentation was offered by Eva Konstantakos, the new Archdiocesan Director of Youth & Young Adult Ministries. The adjacent Monastery of the Theotokos the Life-Giving Spring was the afternoon destination where the young adults toured the beautiful grounds, and assisted the sisters with a work project to clean up around “The Cross” up on the hill. They also attended Great Vespers at the Monastery on Saturday evening, and enjoyed a wonderful time at the lake for a campfire, talent show, and s’mores. The weekend concluded with Divine Liturgy at the Monastery followed by breakfast and a visit to the Monastery bookstore.

