

September 23, 2021

Help Us Tell Your Story!

Kristen Bruskas

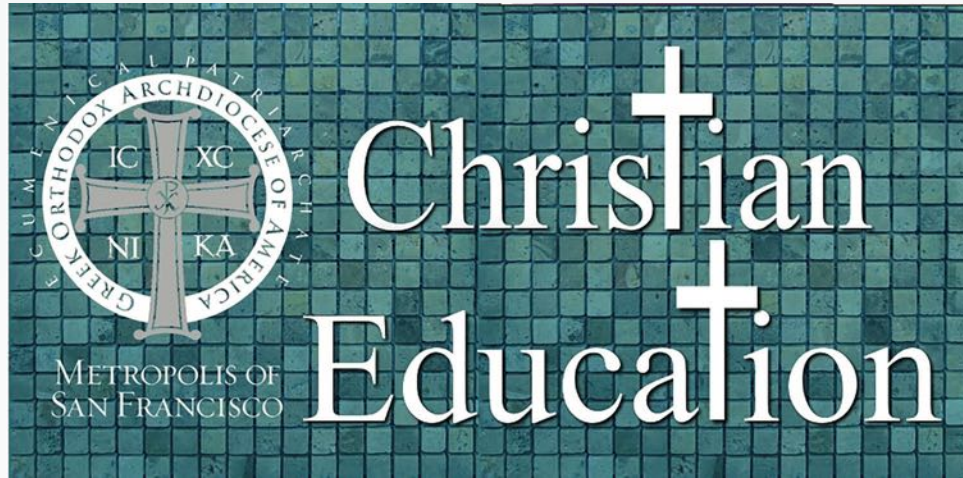
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METROPOLIS OF
SAN FRANCISCO



CLERGY CONTINUING EDUCATION





STEWARDSHIP



YOUTH & YOUNG ADULT MINISTRIES



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ

September 2021

MONTHLY Meditation

What is My Cross?

By Rev. Father Anthony Cornett, Assistant Priest
Saint Sophia Greek Orthodox Cathedral – Los Angeles, California



My fellow followers of Christ, I would like each of you to ask yourself: What is my cross?

As Orthodox Christians, we each receive a baptismal cross, and we also learn from a young age how to make the sign of the cross. However, these forms of the cross are only reminders of that which Christ speaks about in the Gospel. As we prepare to celebrate the Feast of the Precious and Life-giving Cross of our Lord, He asks each of us to deny ourselves, to take up our cross, and to follow Him. What is our cross?

In the 4th Century, Saint Helen found the True Cross of our Lord. This came at a time in the Empire when the Christians no longer struggled daily to keep their faith while facing death in the catacombs. Rather, the finding and Exaltation of the Cross came at a time when our fellow Christians were beginning to lose track of their own cross.



LITURGICS COURSE FOR PARISH MUSIC LEADERS

IN THE METROPOLIS OF SAN FRANCISCO

The Greek Orthodox Metropolis of San Francisco Church Music Federation ministry is offering a comprehensive Liturgics Course through the *St. John Koukouzelis Institute of Liturgical Arts* and its director John Michael Boyer, who also serves as the Protosaltis of the Metropolis of San Francisco. This course is tailored to the needs of our Metropolis parish music leaders— the head chanters and directors of adult and youth choirs and those who aspire to those roles, and lies at the heart of our goal to take a “faith first” approach to support the music of our parishes by furnishing music leaders with a strong and dynamic understanding of the Vespers, Orthros, and Divine Liturgy, which we believe will inspire and strengthen their own faith and, in turn, equip them to inspire and teach the church musicians in their care. The Liturgics course will include eight (8) sessions beginning on Wednesday, September 29 through December 15 from 6:30 p.m. to 8:30 p.m., Pacific Time via Zoom. The curriculum will cover the basic structure, content, and theology of the liturgical services of the Orthodox Church, focusing on the central daily liturgical cycle of Divine Liturgy, Vespers, and Matins (*Orthros*).

This course is only open to parish music leaders— the head chanters, directors of adult and youth choirs and choir singers – within the parishes of the Greek Orthodox Metropolis of San Francisco.

[More details here!](#)



Announcing the
2021 FRANK DESBY AND
XENIA ANTON DESBY MEMORIAL

Church Music Scholarship Recipients

The Church Music Federation Ministry of the Greek Orthodox Metropolis of San Francisco is pleased to announce the recipients of the 2021 Frank Desby and Xenia Anton Desby Memorial Church Scholarship. This year, the Metropolis Music Ministry offered scholarships of up to \$500 each applicants interested in furthering their education to support their involvement in parish music ministry.

Congratulations to these church musicians and may your continuing education enrich your music ministry to God and His Holy Church!



Nicholas Dudler
St. Demetrios and Assumption
Seattle, WA



George Miller
Assumption
Scottsdale, AZ

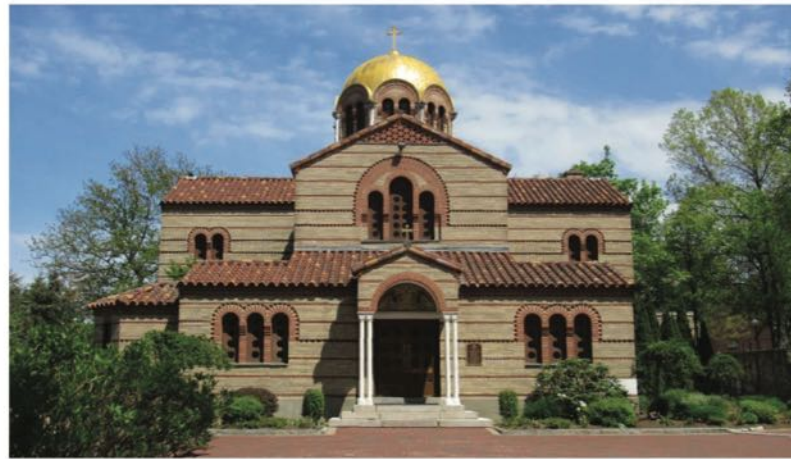


Ross Ritterman
Holy Cross
Belmont, CA

[Read more about the 2021 Church Music Ministry Scholarship Recipients.](#)



A SPECIAL MESSAGE
from **“The Holy Hill”**



September 14 is the Feast Day
of Hellenic College Holy Cross,
and also our annual Day of Giving.



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ

2021 STEWARDSHIP TOWN HALL SERIES

Creating an Ambassador Program and Visitations



Monday, September 20, 2021

6:30 p.m. - 8:00 p.m. PDT



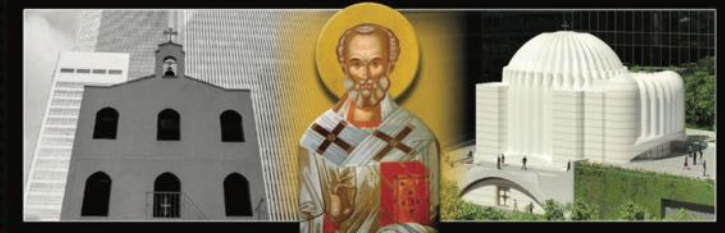
GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ



My dearest brothers and sisters in Christ,



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ



*“The light shines
in the darkness, and the darkness
has not overcome it.”*

JOHN 1:5

Beloved in the Lord,



Metropolis News Bulletin Announcements September 21, 2021

ATTN: Parish Clergy and Administrators

Please help us share news on upcoming Metropolis events in your weekly and monthly bulletins. Details are included below, and corresponding logos and images are attached to the email. For more information or if you need assistance, please contact Kristen Bruskas at 602-525-3488 or kbruskas@sanfran.goarch.org.

Eight Dates

Register today for Eight Dates, the powerful relationship series presented for the second time by the Metropolis Family Wellness Ministry and the Office of Youth and Young Adult Ministries. Based on the book Eight Dates by Drs. John and Julie Gottman, the series sessions are virtual and include prayer, reflection, videos, interactive questions, break-out groups, and closing remarks on topics including Conflict; Work and Money, Intimacy, Family, Spirituality, and many more. Originally designed for newly married couples, every couple--married or not--who wants to improve their communication and connection can benefit from this lively and informative program. The 2021 program begins on Thursday, October 14. Register today at www.familywellnessministry.org/eight-dates.

OrthoTalks for Jr. High/Middle School Students and Parents

Join Father Gary Kyriacou along with members of the Metropolis Family Wellness Ministry team for an in-depth Zoom gathering on the Orthodox Christian response to bullying, how to deal with someone that is mean, and understanding brokenness. This series will aid the student's social development by reinforcing the teachings of our Lord and His Church. If you are a Middle/Junior High School Student, we invite you and your parents to join us! This is a two-part series on Thursday, September 30 and October 7 OR Tuesday, October 19 and 26, both at 6:30 p.m. For more information and to register for this free workshop, visit www.sanfran.goarch.org/orthotalks.

Liturgics Course for Parish Music Leaders in Metropolis of San Francisco

The Metropolis Church Music Ministry is offering a comprehensive Liturgics Course, tailored to the needs of our Metropolis parish music leaders—the head chanters and directors of adult and youth choirs and those who aspire to those roles. The Liturgics course will include eight (8) sessions beginning on Wednesday, September 29 through December 15 from 6:30 p.m. to 8:30 p.m., Pacific Time via Zoom. The curriculum will cover the basic structure, content, and theology of the liturgical services of the Orthodox Church, focusing on the central daily liturgical cycle of Divine Liturgy, Vespers, and Matins (*Orthros*). For more information, please email sfchurchmusic@sanfran.goarch.org.



Metropolis News Bulletin Announcements July 21, 2021

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Please help us share news on upcoming Metropolis events in your weekly and monthly bulletins. Details are included below, and corresponding logos and images are attached to the email. For more information or if you need assistance, please contact Kristen Bruskas at 602-525-3488 or kbruskas@sanfran.goarch.org.

Prison Ministry Awareness Sunday

Today – Sunday, July 25 – has been declared Prison Ministry Awareness Sunday by the Assembly of Canonical Orthodox Bishops. As the national prison ministry for the Orthodox church, the Orthodox Christian Prison Ministry (OCPM) introduces prisoners to the fullness of the Orthodox faith and helps Orthodox Christians who have been convicted of crimes return to the Church to find healing and reconciliation. Visit www.theocpm.org for more information or send your donation payable to OCPM, 276 5th Avenue, Suite 704-3183, New York, NY 10001.

Ready. Set. EXCLAIM!

Are you ready to Exclaim your faith? Then the Young Adult League (YAL) Conference over Labor Day Weekend 2021 in Phoenix, AZ is where you need to be! Conference attendees will enjoy a weekend of events, workshops, worship and relaxation from September 2 – 6, 2021 at the JW Marriott Desert Ridge Resort and Spa in Phoenix, AZ. Highlights of the weekend include engaging workshops, daily worship, dances, a Grand Banquet, and a special western-themed event “YeeHaw YAL.” *Registration has already exceeded 500 young adults from across the Archdiocese and we expect this event to be a sell-out!* Register soon before it sells out! Visit www.sanfran.goarch.org/YAL for more registration and hotel details.

Stewardship Town Hall – Fostering Community Outreach and Evangelism

On Monday, July 26 at 6:30 p.m., the Metropolis of San Francisco Stewardship Ministry invites you to a special presentation on “Fostering Community Outreach and Evangelism”, led by Rev. Father John Kocolas (Nativity of Christ – Novato, CA), and Thomaïda Hudaish (Metropolis Director of Missions and Evangelism). If we want to grow our parishes and stewardship, we need to be more attentive to how we engage with the greater community through charitable works. Learn how we can extend our hands and hearts and demonstrate the love of Christ through our actions. [Register here](#) or visit www.sanfran.goarch.org for more information.

Welcome Back to Saint Nicholas Ranch

After a long hiatus, the doors of Saint Nicholas Ranch and Retreat Center are opening again! Though there are still restrictions for in-person gatherings, the Board of Saint Nicholas Ranch is now permitting small groups with limited occupancy. If your family would like to visit the

Ranch, or if your parish would like to offer a small retreat, please contact Ranch Executive Director Michael Pappas, info@stnicholasranch.org or call 559-338-2103.

Help Our Graduates Stay Connected to the Church

Thousands of our Orthodox youth graduate from High School and go away to schools across our country. While blessed with unprecedented educational opportunities, at the same time, many face difficult challenges in the environment of the college campus. The Greek Orthodox Metropolis of San Francisco wants to help maintain their connection to the Church! Complete the [Online Form](#) or visit www.gosfyouth.org. The Metropolis will make sure that an Orthodox Priest and community near your student's college connects with your loved one.

Music Scholarships Available

The Greek Orthodox Metropolis of San Francisco Church Music Federation Ministry is pleased to once again offer eight (8) Frank Dęby and Xenia Anton Dęby Memorial Music Scholarships of up to \$500 each for Metropolis church musicians in 2021. Funds can be used to obtain education and training in singing, chanting, and conducting. Applications and information can be found online at www.sfchurchmusic.org. Deadline: August 15, 2021. For more information, please contact: sfchurchmusic@sanfran.goarch.org.

FDF Is Coming Back!

Save the date for the Folk Dance and Choral Festival to be held in-person from February 17 – 21, 2022 (Presidents' Day Weekend). The FDF team intends to run the weekend event in its traditional format, while acknowledging that flexibility and on-site arrangements may need to be adjusted based on any CDC or state guideline updates. Stay tuned for more news about FDF 2022 in the coming weeks!



Metropolis News Bulletin Announcements June 14, 2021

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Metropolis of San Francisco Summer Camp

There is still time to register for the Metropolis Virtual Summer Camp! Youth ages 8 – 18 can enjoy virtual Summer Camp with daily worship, cabin talks, arts and crafts, evening activities, and more! The program will be held July 19 – 30, 2021, on Mondays, Wednesdays and Fridays from 10:00 a.m. – 12:30 p.m., and Monday and Wednesday evenings from 6:30 p.m. – 8:00 p.m. Register online at www.gosfyouth.org.

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REGIONAL YOUTH EVENTS

Southern California

SoCal GOYA “Tour LA” with St. Basil

Southern California GOYA “Tour LA.” Hosted by Saint Basil Greek Orthodox Church in San Juan Capistrano, Saturday, June 26 from 8:00 a.m. – 7:00 p.m. Youth in the 7th – 12th grades are invited to spend a day in service and fellowship. The morning will begin with a service project with FOCUS So Cal at the Orange County Food Bank. Participants will then enjoy a tour of various famous places in Orange County, followed by lunch, a discussion on the faith, more touring, and then ending with dinner. It promises to be a day filled with fun, fellowship and

friendship. Contact Liz at office@theathlos.org or 949-542-9915 for more information and registration.

Central Valley

Central Valley GOYA Floating Down the American River

Central Valley GOYA Floating Down the American River – Thursday, July 8, 2021, hosted by the Annunciation Greek Orthodox Church in Sacramento. Join with other Central Valley GOYAN's for a water adventure – floating down the picturesque American River. The fun continues back at the church with fellowship, games, and dinner, concluding with the beautiful service of Paraklisis. [Register online today!](#) For more information, contact: [Dimitri Dugan] (ddugan@stbhc.edu).

Central Valley GOYA – A Day at St. Nicholas Ranch

Central Valley GOYA – A Day at Saint Nicholas Ranch – Wednesday, August 4, being organized by Saint George Greek Orthodox Church in Fresno. There will be a bus picking up GOYAN's at 6:30 a.m. at the Annunciation Greek Orthodox Church in Sacramento, then making a stop at 7:30 a.m. at Saint Basil Greek Orthodox Church in Stockton, then heading to Saint Nicholas Ranch and Retreat Center. This event is for youth in the 6th – 12th grades. After a fun-filled day at the Ranch, the bus will depart and will drop off GOYAN's at 9:30 p.m. at Saint Basil Greek Orthodox Church in Stockton, and at 10:45 p.m. at the Annunciation Greek Orthodox Church in Sacramento. Register online at www.gosfyouth.org. For more information, contact John Strzelecki (john.strzelecki@gmail.com).

Bay Area

Bay Area GOYA Summer Kick Off

Bay Area GOYA Summer Kick Off event – Saturday, June 26 from 5:30 – 9:00 p.m., hosted by the Assumption Greek Orthodox Cathedral in Oakland. Join with other Bay Area GOYA friends for an evening of fun, faith and fellowship! [Register online today!](#) Contact Rev. Father Nick Mueller (fnick@goya.org) or Anna Tsoudistadj (anna.tsoudistadj@evangelical.org) for questions or additional information.

Bay Area Family Beach Day Santa Cruz

Bay Area Family Beach Day – Saturday, July 10, 2021, hosted by the Prophet Elias Greek Orthodox Church in Santa Cruz. Join us for an afternoon at Sancliff State Beach, enjoy a variety of games and activities, and even get some surfing lessons from Father Milutin Janjic. As the sun sets, everyone will gather in prayer for Great Vespers at the Prophet Elias Church prior to departing for home. [Click here for more information](#), or contact Rev. Father Milutin Janjic at fmilutin@prophetelias.org.

Bay Area Family Day of Service – San Francisco

Bay Area Family Day of Service – Saturday, July 24, 2021 at Holy Trinity Greek Orthodox Church in San Francisco. Join with Bay Area GOYA members and their families for a day of service, helping others by distributing food to those in need. [Register online today!](#) For more information, contact Christina Dushel, scdushel@gmail.com.

Bay Area GOYA End of Summer Celebration

Bay Area GOYA End of Summer Celebration – Saturday, August 21, 2021, hosted by the Nativity of Christ Greek Orthodox Church in Novato, CA. Youth in the 6th – 12th grades are invited to participate in an afternoon hike, and then after returning to the church, families can join for the Paraklisis Service and dinner. [Register online today!](#) For more information, contact Mary Mellis ministres@nativitychrist.org.

*We have often heard that Orthodoxy
is the best kept secret.*

Well, we don't want to keep it that
way, nor do we want to hide our light
under a bushel when it comes to the
work of our Metropolis.





www.sanfran.goarch.org



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and follow our Facebook page:
GreekOrthodoxMetropolisSF



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22828

to Subscribe!



*"And we know that for those who love God all things work together for good,
for those who are called according to his purpose." ROMANS 8:28*

There are many chapters in a novel that make up one great story! Each of our ministries is an important chapter in the novel of our Metropolis.

Help Us Share Our Story!

