



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

Sowing the Seeds of Christ

Beloved Brothers and Sisters in the Lord,

“For as rain comes down, or snow from heaven, and does not return until it saturates the earth, and it brings forth and produces, and gives seed to the sower and bread for food, so shall My word be, whatever proceeds from My mouth. It shall not return until it accomplishes whatever I willed, and I shall prosper your ways and My commandments.”

Isaiah 55:10 – 11



The Greek Orthodox Metropolis of San Francisco serves thousands of faithful in the states of Alaska, Arizona, California, Hawaii, Nevada, Oregon and Washington. With such a vast geographic area, the Metropolis must work diligently to provide programs and resources for this dynamic family of Orthodox Christians. This is done through regional activities, printed materials and technology-driven resources which make our ministries accessible to the entire Metropolis.

With love and perseverance, the Metropolis of San Francisco is “Sowing the Seeds of Christ” by bringing people closer to Him through spiritual, educational, cultural and social programs which deepen our faith and provide nourishment for our souls. This newsletter provides a glimpse into our ministries, and demonstrates the works of many good and faithful stewards who are bringing glory to the name of the Lord!

We invite you to learn more about the Metropolis of San Francisco, and encourage you to partake of all we offer. The Church is alive! The Church is thriving! We must continue to nurture the faith by “Sowing the Seeds of Christ”.

With Love in Christ,

Metropolitan Gerasimos of San Francisco

✠ Metropolitan Gerasimos of San Francisco

PHILOPTOCHOS

The work of the Ladies Philoptochos Society is central to the heart of the Gospel. These dedicated women are the doers of works of the Lord by the compassion,



care, shelter and love that they show to those in need. Established nationally in 1931, the first chapter in the Metropolis of San Francisco dates back to 1932. Currently there are 56 Philoptochos Chapters in the Metropolis with over 4,000 members who actively serve in their parishes and provide emotional and financial support to many worthy causes.

The Metropolis of San Francisco Philoptochos is exemplary in their service to others

with such innovative programs as Kids 'n' Cancer, now offering five camps throughout the west for children with cancer and their families. Through vision and foresight many years ago, Philoptochos established the Bishop Anthony – Philoptochos Seminarian/ Student Aid Endowment Fund which provides substantial funding for young men and women from the Metropolis of San Francisco who are pursuing higher education at Hellenic College/Holy Cross Greek Orthodox School of Theology as future clergymen and



lay leaders. Philoptochos Chapters throughout the Metropolis also participate in the "Adopt a Student" program. Students of HCHC from the Metropolis of San Francisco are selected by a chapter other than their home parish, and are provided with encouraging notes and letters, care packages and moral support while they are in school. Personal spiritual growth for Philoptochos members is provided through various retreats and workshops which are offered throughout the year, as well as an annual Women's Health and Wellness Symposium.



For more information, please contact: Valerie Roumeliotes, Metropolis President – 415.431.2600 vsfphiloptochos@aol.com

COMMISSION ON ORTHODOX MISSIONS AND EVANGELISM

Founded in 1992, the Commission for Orthodox Missions and Evangelism (C.O.M.E.) was organized to educate and engage the faithful of the Metropolis in Evangelism and Mission to: fulfill the Great Commission of Christ (Matthew 28:19-20); assist in the establishment and growth of mission parishes to achieve self sufficiency; further the work and programs of the Orthodox Christian Mission Center (O.C.M.C.) in St. Augustine,



Florida, and work to enhance inter-jurisdictional cooperation in the establishment of domestic mission parishes.

The Board of the Commission is chaired by His Eminence Metropolitan Gerasimos and is composed of up to fifteen members, both clergy and laity, who are responsible for overall policy. It usually meets twice a year.

Commission for Orthodox Missions and Evangelism

*Educating and Engaging the faithful in
Evangelism and Mission
To fulfill the Great Commission of Christ*

The Commission works to engage the Orthodox faithful of the Metropolis in understanding that we are all called

to make disciples, to “proclaim the message of God’s reality, and lead others to that reality through incorporation into the Church.”

The Commission assists in the planting of new parishes in urban/suburban areas which will serve

the needs of the Greek Orthodox faithful, potential converts, inactive Orthodox, and the unchurched. The location of a new mission parish is determined by the demographics and the needs as identified by the local leadership. In cities or towns with a small Orthodox population, the Commission works with the laity as they gather potential members, experience monthly or bimonthly liturgies, and plan for the future assignment of a full time priest.

COME has helped to establish the full time parishes of Holy Apostles Church in Shoreline, Washington; St. John the Baptist Church in Beaverton, Oregon; St. George Church in Eugene, Oregon; St. Andrew Church in San Luis Obispo, California; St. Nicholas Church in Temecula, California; St. Anna Church in Roseville, California; Greek Orthodox Mission of South Orange County in San Juan Capistrano, California; Greek Orthodox Mission of Flagstaff, Arizona; and the Greek Orthodox Mission of Prescott, Arizona.



It also nurtures the growth of the Greek Orthodox mission churches in Pasco, Washington; Salem Oregon; Redding, California; Sierra Vista, Arizona; and Maui, Hawaii. In addition, COME has provided support to Mission efforts in Alaska, Africa, Ukraine, and South America.

The Commission receives funds for its work from Pennies and Prayers a joint mission awareness program with the Metropolis Philoptochos Society, from parish and individual donations, and from the Sts. Katherine and George Mission Endowment of the Metropolis of San Francisco.

*For more information, please contact:
Catherine Lingas – 503.292.0451
SFmissions@sanfran.goarch.org*

FAMILY WELLNESS CENTER

The Family Wellness Center ministry is a new program initially funded through a generous grant from the

Family Wellness

Archbishop Iakovos Leadership 100 Endowment Fund, and is designed to create relevant programs for the spiritual, emotional and psychological wellness of the faithful of the Metropolis of San Francisco. Orthodox Christians struggle to lead a Christ-centered life while living in a largely secular society rife with

clergy often suffer the same fates as those of their parishioners – marital dissatisfaction, divorce, troubled children and substance abuse. Special attention is being paid to programs which address the needs of clergy and their families, offering for them support, strength and guidance in Christ to enrich their personal lives and their ministries.



Site: Thomas Perocaman

*For more information, please contact:
Kristen Bruskas, Executive Director
Family Wellness Center –
602.525.1617
kbruskas@sanfran.goarch.org*



Reiner: Reiner Perocaman

The Family Wellness Center will provide a safe environment to address challenges and provide a place to turn in times of personal or family crisis as well as to nurture spiritual growth. The Family Wellness Center is more than a program, more than a committee, more than a building. Rather, it seeks to offer a

compromised morals, substance abuse and the breakdown of the family unit. The marriages and families of our

new and holistic way of looking at all the ministries and activities of the Church.

“He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully.”

II Corinthians 9:6

Sowing the Seeds of Christ



SAINT NICHOLAS RANCH AND RETREAT CENTER

Saint Nicholas Ranch is a conference and retreat center nestled in the beautiful Sierra foothills minutes away from the Sequoia and Kings Canyon National Parks and only a short drive from Fresno, California. The Ranch hosts a variety of camps, retreats, and conferences for both Orthodox and non-Orthodox groups, offering comfortable and well-maintained facilities in a beautiful and tranquil mountain setting.

Located on 230 acres of what was once a working horse ranch, the lodges, meeting spaces and recreational facilities surrounded by rolling hills, ancient oaks, a small lake, an apple orchard, and an olive grove combine to provide



a beautiful place for your stay. On a hillside overlooking the Ranch is the Convent of the Life-giving Spring of the Holy Theotokos, offering a spiritual oasis of Greek Orthodox worship and spirituality.

St. Nicholas Ranch can accommodate a wide range of groups and events with such versatile facilities as large conference halls and smaller rooms suited for meetings or “break-out” sessions.

The dining hall, where professional chefs prepare a variety of delicious meals and snacks, seats up to 150 and contains a large wood-burning fireplace.

Up to 90 people can be accommodated in our twenty-six beautiful lodge rooms, which feature private bathrooms and comfortable, resort style amenities. In addition, twelve dormitory rooms can house up to 144 people offering shared living quarters and bathrooms.

Saint Nicholas Ranch is open throughout the year, with activities to suit every season. During the spring, take a nature walk on one of the hiking trails and view the beautiful wildflowers. In the summer, enjoy a refreshing swim in the full-size pool. During the fall, go apple picking in the Ranch’s private orchard. And in the winter, make an excursion to the snowy Sierras, just thirty minutes away.

At Saint Nicholas Ranch, we consider hospitality to be a sacred obligation. We will do whatever is in our power to make your event pleasant and memorable for all involved.

*For more information, please contact:
St. Nicholas Ranch and Retreat Center
Mr. Michael Pappas, Director
P.O. Box 400
Dunlap, CA 93621
Phone 559.338.2103
info@stnicholasranch.org
www.stnicholasranch.org*

YOUTH AND FAMILY MINISTRIES

At the cornerstone of the Metropolis of San Francisco is a wide variety of youth programs



for all ages and interests. All of these programs are designed to bring youth and young adults closer to Christ, while instilling in them the importance of becoming the future leaders of our Church. The Office of Youth and Family Ministries for the Metropolis plans many special youth activities throughout the year including:

Lenten Retreats, Youth Rallies, Young Adult Ski weekends, Altar Boy retreats, sports tournaments, and many other activities designed to bring youth closer to the Lord. The Metropolis of San Francisco also actively promotes the St. John Chrysostom Oratorical Festival at the parish, regional, Metropolis and Archdiocesan levels. Through the efforts of the Eastern Orthodox Commission on Scouting, several parishes have coordinated Boy Scout troops, teaching young men



important leadership skills, service to the community, and environmental education. One of the oldest and most

popular ministries is the Folk Dance and Choral Festival which has a rich history of popularity and excellence. Each year thousands of youth come together for a spiritual and exciting weekend to celebrate their

Orthodox faith and Hellenic culture in traditional Greek dance and song.

Summer Camp is a great way for youth in the Metropolis to learn about their faith, become immersed in daily worship, and meet

others who share the same beliefs, values and culture.

Camps and retreats have continually proven to be a positive and life-transforming experience that strengthens the faith of all those who participate. Summer Camp is a week of fun, fellowship and faith-building. Campers participate in: campfires, theater, music, hiking, pool time,



Olympics, athletics, capture the flag, dodgeball, Orthodox Challenge sessions, stargazing and much more. Campers are also offered a rich liturgical experience with daily Orthros and Vespers, and weekly Divine Liturgy. For over 25 years, St. Nicholas Ranch near Fresno, California has served as home to the Metropolis Summer Camp. The Metropolis also now proudly offers five additional regional camps serving the areas of southern California, northern California, Oregon, Washington and Arizona.

Building and training leadership for youth ministries is vital to the success



of the programs which are offered. The Metropolis of San Francisco has implemented seminars and workshops for youth workers, religious educators and parents, designed to provide knowledge and skills to improve their service in this important ministry. Regional youth directors are currently being cultivated for volunteer service to assist in the planning and implementation of youth activities and programs throughout the Metropolis.

For more information, please contact:
415.753.3075
sfyouth@sanfran.goarch.org

CHRISTIAN FORMATION AND RELIGIOUS EDUCATION

The Ministry of Christian Formation and Religious Education in the Greek Orthodox Metropolis of San Francisco hopes to broaden the understanding of “Religious Education” beyond that of children in the Church Schools. We recognize that growing in the grace and knowledge of our Lord and Savior Jesus Christ must be a life-long process for both adults and

In the area of Religious Education, the Metropolis of San Francisco provides resources for Church School teachers in several ways, including a robust website of educational links, lessons, articles, lesson plans and activities for teachers and parents.

Regular annual activities include regional and metropolis-wide



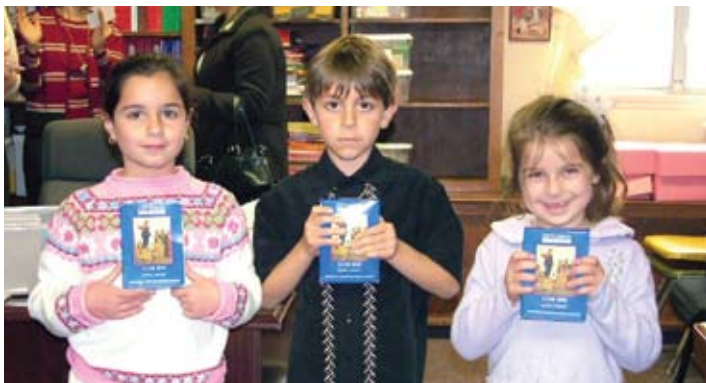
the Orthodox Church.” The Web-Teleconferences will continue to take place each Fall and Spring.

For more information, please contact:
Dr. Eve Tibbs – 714.692.3325
SFReligiousEd@sanfran.goarch.org

children. All members of the Church are learners who are being formed together in the Church according to God’s own likeness.

teacher training events, as well as opportunities for adult Christian education on topics of general Orthodox interest. Two adult Christian Education Web-

Teleconferences recently took place with excellent response from the participants. Topics included “Icons: The Word That We See” and “The Bible and



“He who sows the good seed is the Son of Man. The field is the world, the good seeds are the sons of the kingdom...”

Matthew 13:37 – 38

FOLK DANCE FESTIVAL

The Greek Orthodox Folk Dance and Choral Festival, better known as FDF, is the largest Greek dance ministry in the world. With over 2,500 dancers and attendees every year, FDF has become a powerful youth and dance movement among the Greek Orthodox community. Designed to celebrate the teaching of the Orthodox faith through the spirit of dance and culture, FDF has been bringing hundreds of families and communities together year after year in celebration of our rich cultural traditions and our faith.

Hosted throughout the Western United States in cities like San Francisco, Los Angeles, Seattle, Spokane and Ontario, among many others, FDF not only brings a

significant amount of communities together but creates an important foundation for our youth and their



about the Greek Orthodox faith through lighthearted competition, workshops and fellowship. The FDF program has been a pillar in the long list of wonderful ministries of the Metropolis and will undoubtedly continue to flourish in the future.

For more information, please contact:
Rev. Fr. Gary Kyriacou,

Chairman – Board of Trustees –
805.482.1273
SFFolkDance@sanfran.goarch.org



development. Spearheaded by the Metropolis of San Francisco and His Eminence Metropolitan Gerasimos, FDF is a unique program that helps both kids and teens build self esteem, showcase their wonderful talents and, most importantly, learn



...for whatever a man sows, that he will also reap.”

Galatians 6:7

Sowing the Seeds of Christ

CHURCH MUSIC

The Church Music Federation of the Metropolis of San Francisco continues to be a thriving ministry, which is dedicated to perpetuating the rich musical traditions of our Church. With nearly 1,000 active adult and youth choir members in the



Metropolis, the Federation maintains regular contact with members through a newsletter, regional Church Music Institutes and other educational opportunities offered throughout the Metropolis.

The Church Music Federation continues to be dedicated to providing the best resources to parishes to help them establish and sustain music programs for adults, youth



and chanters. Some of the areas of specialty in which guidance is offered include:

- Youth Music - development of a youth music program, either as a separate youth choir or in conjunction with Sunday School
- Conducting Skills - conducting, rehearsal techniques, repertoire selection
- Vocal Production - training and developing better singers
- Organ Scholarships - each year the Federation awards two scholarships to fund organ lessons for deserving candidates.
- Byzantine Chant - resources and

instruction for chanting in English and Greek for new chanters or for existing chanters to further their knowledge and skills

- Congregational Singing - resources and materials to facilitate congregational worship

Each year the Federation offers Church Music Institutes throughout the Metropolis as a means of expanding the knowledge and repertoire of Church Musicians. These are provided free of charge throughout the Metropolis. The Federation has also been the author of a Conductor's Training Academy which provides valuable instruction to adult and youth choir directors to improve their skills and expand the music ministry of their respective parishes.

For more information, please contact:
Katherine Loukatos Meck, President
760.390.0101
SFCChurchMusic@sanfran.goarch.org

SPIRITUAL RENEWAL ORGANIZATION

Spirituality is best described as the experience of Christ's love in the context of relations with others, as love for God manifests itself when His children extend love to one another.

The Spiritual Renewal Organization of the Metropolis of San Francisco strives to provide programs through



the various regions of the Metropolis, which will facilitate opportunities for the faithful to establish and further develop grassroots spirituality in local parishes.

Traditionally the Spiritual Renewal Organization of the Metropolis has facilitated educational retreats, most recently with world renowned theologian, Metropolitan Kallistos Ware. Additionally, individualized programs facilitating spiritual growth, are being developed and will be offered for implementation in local parishes.

Under current development is the Spiritual Renewal Organization's "Family Night Ministry" template, which is soon to be launched



throughout the Metropolis. Through this dynamic program, parishes will have the opportunity to reach out to their faithful with a program which addresses the current dynamics and demographics of those striving for spiritual growth in our local parishes.

For more information, please contact:
Rev. Fr. Luke Palumbis –
209.478-7564
frluke@gostbasil.org

GREEK EDUCATION AND CULTURE

The Metropolis Office of Greek Education and Culture works with our parishes to establish

established and promoted Hellenic Cultural Week, culminating with an annual parade in San Francisco.

honor and cherish our ancestry. It is of paramount importance to the Metropolis of San Francisco that these programs be supported and cultivated as the preservation of our Hellenic heritage and traditions must be maintained for future generations.



This ministry also works diligently to develop programs which impart historical knowledge of our Hellenic heritage, values and traditions so that we will always



Greek language schools, provides curriculum resources, teacher trainings and regional workshops. Plans are being developed for a Greek language immersion camp for students and adults. The Metropolis of San Francisco also actively participates in the celebration of Greek Independence Day having



For more information, please contact:
Dr. Peter Nanopoulos –
408.646.7308
SFGreekEducation@sanfran.goarch.org

ORTHODOX SCOUTING PROGRAM

The Boy Scouts of America offers three basic levels of programs for youth – Cub Scouts for boys aged approximately 6 to 10, Boy Scouts for boys aged 11 to 17, and Ventures and Sea Scouts for boys and girls aged 14-20.



to create an even greater sense of fellowship in the faith.

Virtually all faiths

make religious awards available for their youth who are registered in Scouting. Orthodox Boy Scouts are eligible to earn the Alpha-Omega award, approved for all jurisdictions by the Standing Conference of Canonical Orthodox Bishops. This award requires Orthodox youth to

learn more about their Faith, have an active prayer life, and do service projects for the Church.



For more information, please contact:
Rev. Fr. Michael Johnson –
206.938.3721
SFScouting@sanfran.goarch.org

Sowing the Seeds of Christ

MONASTIC COMMUNITIES

St. Nicholas Ranch is also the only Orthodox Retreat Center in the United States which sits adjacent



the Forerunner where nuns pray and work throughout the day. They also offer a special summer retreat for young girls to introduce them to the discipline of the monastic life, and to emphasize the importance of a daily prayer life.

to an Orthodox monastery. The Monastery of the Theotokos, the Life-Giving Spring is home to 18 nuns and novices who have offered their lives to Christ. Guests at St. Nicholas Ranch are encouraged to include frequent visits to the Monastery as part of their journey to experience contemplation, prayer and worship.

The monastic expression of Orthodoxy can also be found in Goldendale, Washington at the Monastery of St. John



In the desert of Arizona is a spiritual oasis at St. Anthony Monastery which is home to over 40 monks. The largest and most extensive



throughout the world. The charge and commitment of monastics to pray for Orthodox Christians throughout the world is a true blessing to us all.

monastic community in the United States, these monks have contributed greatly to the availability of Byzantine music, and offer a place of refuge for pilgrims from



Monastery of the Theotokos the Life-Giving Spring
P.O. Box 549
Dunlap, CA 93621
559.338.3110

St. John the Forerunner Monastery
5 Timmer Lane
Goldendale, WA 98620
509.773.7141
www.stjohnmonastery.org

St. Anthony Monastery
4784 N. St. Joseph's Way
Florence, AZ 85232
520.868.3188
www.stanthonysmonastery.org



2008

Aug. 9	Pan-Orthodox Summer Youth Rally	Los Angeles, CA
Aug. 29 – Sept. 1	Pan-Orthodox Young Adult Conference	Long Beach, CA
Sept. 26 – 29	Fall Youth Worker and Parent Seminar St. Nicholas Ranch and Retreat Center	Dunlap, CA
Oct. 4	Metropolis Church Music Institutes	Five Locations throughout Metropolis
Oct. 6	Christian Education Web-Teleconference Topic: “East Meets West”	Online
Oct. 11	Philoptochos Women’s Health and Wellness Symposium	Los Angeles, CA Loyola Marymount University
Oct. 18	Metropolis Council Meeting	San Francisco, CA
Oct. 25	Regional Religious Educator’s Workshop	San Francisco, CA
Nov. 7 – 10	Fall Family Camp St. Nicholas Ranch and Retreat Center	Dunlap, CA
Nov. 8	Pre-Marital/Newlywed Workshop	Pasadena, CA
Nov. 13 – 14	Fall Clergy Institute with Archbishop Demetrios Assumption of the Blessed Virgin Mary Church	Long Beach, CA
Nov. 14 – 16	Metropolis Altar Boy Retreat St. Nicholas Ranch and Retreat Center	Dunlap, CA
Dec. 6	Annual Metropolis Philoptochos Holiday Brunch – Benefiting the Bishop Anthony Philoptochos Seminarian/Student Aid Endowment Fund	San Jose, CA
Dec. 6	Southern California Youth Bible Bowl	Irvine, CA
Dec. 20	Metropolis Christmas Open House	San Francisco, CA
Dec. 27 – 31	OCF College Conference St. Nicholas Ranch and Retreat Center	Dunlap, CA

2009

Jan. 12	Celebration of the Family Metropolis Golf Tournament	Mission Viejo, CA
Jan. 16 – 19	Young Adult Ski Retreat Lake Zephyr Point Center	Tahoe, NV
Jan. 16 – 19	Winter Family Camp St. Nicholas Ranch and Retreat Center	Dunlap, CA
Jan. 23 – 25	Metropolis Presbyteres Retreat St. Nicholas Ranch and Retreat Center	Dunlap, CA
Jan. 24	Church Music Federation Winter Meeting	Pasadena, CA
Jan. 24	Regional Religious Educator’s Workshop Holy Trinity Greek Orthodox Cathedral	Portland, OR
Feb. 12 – 16	Folk Dance and Choral Festival	Ontario, CA
Feb. 21	Christian Education Web-Teleconference	Online
Mar. 13 – 15	Spring Youth Worker and Parent Seminar St. Nicholas Ranch and Retreat Center	Dunlap, CA
Mar. 20 – 22	Southern California Youth Lenten Retreat Valley Trails Camp	Castaic, CA
Mar. 23 – 28	Hellenic Cultural Week	San Francisco, CA
Mar. 28	Greek Independence Day Parade	San Francisco, CA
April 3 – 5	Spring Young Adult Retreat St. Nicholas Ranch and Retreat Center	Dunlap, CA
May 4 – 6	Metropolis Clergy Laity Assembly St. Nicholas Ranch and Retreat Center	Dunlap, CA
May 15 – 17	Metropolis Oratorical Festival/ Festival of Faith St. Nicholas Ranch and Retreat Center	Dunlap, CA
May 22 – 25	Spring Family Camp St. Nicholas Ranch and Retreat Center	Dunlap, CA

For more information, please visit the Metropolis website at www.sanfran.goarch.org or call 415.753.3075.