Each year during Lent, the daily scripture readings change from the normal epistle/gospel format to three Old Testament readings: from Genesis, Proverbs, and the Prophet Isaiah. The readings from Isaiah are difficult to follow. Isaiah told us in the first chapter of his book that he gives us visions “he saw concerning Judah and Jerusalem in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah.” By comparing this to other parts of the Old Testament where we can determine the dates of the reigns of these Israelite kings, we know that he prophesied for over 50 years. Many events took place in those 50 years - the conquering of the Israelites by the Assyrians, subsequent rebellions, and eventual restoration. The key to understanding the book is to remember that Isaiah told the people 1) that they would be conquered because of their sins, and that God was using foreign armies to punish them, and after this, 2) that when God had punished them enough, they would experience restoration and peace. These two different prophesies, punishment followed by restoration, divide the book into two parts, chapters 1-39 and 40-66. It seems as there are some years, 15 at least, between the time Isaiah wrote the two sections of his book. It’s hard to tell exactly, because prophecy stands outside of time.

This year, for my “Lenten Reflections,” I will examine the daily readings from the prophecy of Isaiah. I don’t want to spend our time together talking about history, but about the meaning of these ancient texts for us today.

The readings are long. I don’t know about you, but when readings are long and difficult to understand, I skate over them. I sometimes feel like I’m just reading them because they’re part of the Lenten practice of the Church, and not because I’m getting anything useful. But that’s like fasting with an empty soul - it’s just a change of diet and holds no spiritual or everlasting meaning. Consequently the bulk of each reflection will simply consist of the scripture reading itself. I’ll keep my comments brief since the reading is so long; however, I hope to shed at least a little light on the spiritual meaning of the passage - and what it might hold for us today.

When we do the epistle and gospel readings at other times of the year, we should read them while listening to the voice of the Holy Spirit telling us what they mean for us. Always read with the question: what is the scripture saying to me? This is what we’re going to do with the readings from Isaiah during this Lent, we’re going to ask, what do these difficult readings have to do with me? What is God saying to me?

As with the last few years, the readings will be available on the St. Sophia’s website, “stsophias.org” Look for the “Lenten Reflections” section of the front page of the website, and click on the day you want to read/hear. Text and audio will both be available. Each day will be available for one week.

God bless you and God bless our thrice-blessed St. Sophia’s community as we enter this beautiful season of Lent, and prepare our hearts to celebrate the Resurrection of our Lord.

Your affectionate servant,
Father David
Forgiveness Vespers

Sunday, March 1
at 6:00 pm

BEGINS MARCH 2

SATURDAY OF SOULS

MARCH 7, 2020
9:00 AM Orthros
10:00 AM Divine Liturgy
Ask Father

This is your chance to ask any question you want to Father David – in person, via email or text. Questions will be answered each month in the Nepsis, no names will be included. Ask anything! Probably many people have the same question as you do, and this is your chance to find the answer.

Question:

What fasting do we have to do before taking Holy Communion?

Answer:

I am asked this quite often because of some rather strict rules for fasting that were popular at a time when people received Holy Communion infrequently. The rules don’t change, but sometimes the rules you’re taught and the actual rules are different.

When you plan to receive Holy Communion, live the entire week before as though preparing for that moment when the Body and Blood of Jesus Christ physically enter your body. Self-examination and fasting are required. At the very least, we must not only follow a prayer rule during the course of the week, but we must also adhere to the fasting calendar of the Church. Usually this means that on Wednesdays and Fridays we do not consume meat or dairy. Some periods of the year are different. If it’s a period of fasting, then fasting is required every day. The information you need is on the calendar.

On the day we intend to receive the Sacrament, nothing can be eaten or drunk (this is called a strict fast) after waking in the morning. And we must attend the Divine Liturgy from the beginning of the service. If you come to church after the beginning of the Divine Liturgy, do not come to Holy Communion, or allow your children to. For an evening Divine Liturgy or Pre-sanctified Liturgy, we adhere to the strict fast for at least six hours prior.

Some hold to a much stricter discipline for preparing for Holy Communion. If you want to fast all week, or add Saturdays to the fast, or come to confession every time you take Holy Communion, that’s fine. But one must be careful not to look down on those who simply follow the canons as they are! Then the extra preparation would be counter productive in the light of your having judged another.
Please Join Us!

**PAN-ORTHODOX**

**2020 LENTEN VESPERS**

Schedule of Services
6:00 PM on Sundays followed by a Fasting Meal

March 8, 2020
**Sunday of Orthodoxy**
St. Sophia Greek Orthodox Church
Fr. Demetrios Harper preaching

March 15, 2020
**Sunday of St. Gregory Palamas**
St. Elias Antiochian Orthodox Church
Fr. George Goodge preaching

March 22, 2020
**Sunday of the Holy Cross**
Sts. Peter & Paul Orthodox Church
Fr. Gregory Murphy preaching

March 29, 2020
**Sunday of St. John Climacus**
St. Luke’s Ukrainian Orthodox Church
Fr. Peter Bunitsky preaching

April 5, 2020
**Sunday of St. Mary of Egypt**
Holy Transfiguration Orthodox Church
Metropolitan Joseph preaching

**SUNDAY OF ORTHODOXY ~ Evening Coffee Hour**
St. Sophia Greek Orthodox Church

Philoptochos will host an Evening Coffee Hour on Sunday of Orthodoxy, March 8th, after 6:00 pm Vespers. Clergy and parishioners from local Churches will attend to celebrate together this feast, which commemorates the 8th century defeat of the iconoclasts, those intent on abolishing the veneration of icons. Stay for the fellowship hour, with coffee and tasty Lenten baked goods, after the service.
N E P S I S

St. Timothy’s Camp Minute

As we prepare for St. Timothy’s Camp on July 5-11, I’ve asked some of our campers to tell us about their experience. This month we hear from Demosthenes Mantalios, whose first year of camp was last summer.

Question: Demo, what made you want to go to camp?
Answer: It was a new experience, and I wanted to try it out.

Question: What was your first day at camp like?
Answer: It was not what I expected. We were doing all this setting up stuff, and by the time it got to nighttime, it was almost scary. It was my first time and I didn’t know what to expect. I expected the groups would be all together in one area, but they’re not. I was with young kids, so we weren’t that far from the main part of the camp. But at night it seemed like the campsite was far away from where the buildings are.

Question: What was your favorite thing at camp?
Answer: Different activities, especially story telling at night. After the first night, it was still a little scary because it was very dark. But then it was my favorite time. We would sit around the campfire and tell stories and it was really fun. I was with kids my own age from all the churches.

Question: Which activities did you do while you were at camp?
Answer: Kayaking, riding on a big banana behind the speedboat, and the ropes course was great. The zip line was scary at first, the giant swing freaked me out too, but after I tried them it was really fun.

Question: What about the church services?
Answer: It was interesting, especially the longer ones, those were my favorite.

Question: What made them interesting?
Answer: I don’t know, it was different, it was all kids and we were a lot more involved.

And from his mom, Theone Kalkinis:
I would say that this camp is a perfect opportunity to experience getting out of your comfort zone and learning something about yourself and your faith and the people around you in a safe environment.
Dear Parish,

Can you imagine the following? The citizenry is polarized, the partisan divide appears unbridgeable. People are arguing at home, at work, and battling in the streets. Friendships are threatened by passionate disagreement. You say, “duh” you are describing the USA in 2020.

You might think that, but once again my friends, not so fast. I am actually describing Byzantium in the years of the early Ecumenical Councils. What was the cause of all the commotion? Well how about this:

...And in one Lord Jesus Christ, the only BEGOTTEN Son of God,
BEGOTTEN OF THE FATHER, before all AGES;...
BEGOTTEN NOT CREATED, of ONE ESSENCE (HOMOOUSIOS) with the Father.

Currently, of all the Christian Churches, only Orthodox embrace the original Nicene Creed. We recite it during every Liturgy but do we reflect on the mystery of these words? Why was there so much strife during those early days over the words? Why did they, why do they matter?

On March 21 at 3:30 pm Dean Assimon and Father David will hold a talk/discussion where they will explain the issues that informed those third century controversies. I hope that all of you who want to learn more about Orthodoxy will come, listen, and ask questions. This session will be the first of two (possibly three) where we will hear about all seven of the Ecumenical Councils. The Creed is the culmination of centuries of theological thought. Learning more about it is, I believe, an excellent way to spend a late Saturday afternoon during Lent.

Lent, a special time in the Church calendar, a time for us to prepare for the celebration of the greatest event in history. It is a time for deeper reflection, a time to WORK at getting closer to God. The Church offers many services where we can immerse ourselves in its traditions and participate in its Sacraments. Yet some seldom attend. They are all very busy rushing here, prioritizing there, trying to stretch the hours in the day, leaving little time for worship. Speaking only for myself, I know that I make time for what is important to me. One of my goals this Lent is to attend more services and be focused and in the moment. Not easy for me, but I know it is important. And I will ask for His help.

And now I am going to tell you about the future. I am writing this message before February 28 and the Pot Luck Dinner and Dance. Putting on my President’s Future Telling Hat (no I cannot foresee the weather for the Festival) I will tell you that a great time was had by all. The food was overwhelmingly delicious. People danced the night away. Thanks to all who came, shared their meal and created a new and uplifting community event.

A community event that is not new, but rather is laden with tradition, is the celebration of Greek Independence. On Sunday, March 22, after the Divine Liturgy, we will enjoy the performances of our Greek School and Sunday School students. Our dancers will perform and Jim Telonis and Dimitri Kiritsis will share some Greek history with us. Lenten food will be served. On Wednesday, March 25 we will go to City Hall to raise the Greek Flag. There are a few places left on the bus so contact Jim or Dimitri if you want a seat.

I also want to alert everyone to the April 5 General Assembly Meeting. Our agenda is full. We will be looking for approval to spend money on new carpeting for the Narthex, Nave, and the Choir loft. We will do a full review of the church repair finances, and we will be offering amendments to the Church By-Laws on which the assembly must vote. We may only be offering a few amendments at this meeting, saving a fuller review (due to time constraints) for the Fall 2020 meeting. So mark your calendars and make sure you are a member in good standing so you can vote. As you know, to be a member in good standing, you must have filled out a 2019 Pledge Card, fulfilled the pledge (which you can still do) and FILL OUT a 2020 pledge card.

Finally, I am very pleased to let you know that we are going to offer adult Greek dance classes. Nick Dimkos has graciously offered his services to make this happen. But in order to get this going, we need at least ten participants. Tentatively, we are looking to begin in this month, March. I will be the first to sign up so we need nine more. To enroll, call or text Eleni Kosmas at (315) 882-6507. I am sure all who join in will have a lot of fun.

Yours in Christ,
Peter Manolakos
Parish Council President
**STEWARDSHIP**

It is March and many stewards have not submitted their 2020 Pledges. Please do this as soon as you can. And, if you have not fully completed your 2019 Pledge, please do that as well. If you want to participate and vote at the April 5 General Assembly meeting, you must do both. St Sophia’s needs your financial support and we thank you.

The Stewardship Committee

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**General Assembly Meeting**

**Sunday—April 5, 2020**

Many Important Issues to be Reviewed & Decided

Please Attend

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**Philoptochos Benefit Luncheon**

**March 1, 2020 ~ Cheesefare Sunday**

The entire parish is welcome to enjoy a delicious homemade Lenten meal immediately following the Divine Liturgy.

Menu: Mac & Cheese, Pita, Beans, Salad, Bread, Beverage, Coffee & Dessert

$12.00 for Age 13 to Adult ~ $6.00 for Age 5 to 12, Under 5 are Free

For Reservations:
Jeanette Vigliotti—Home (315) 463-8826 or Cell (315) 481-7816
Debbie Politis (315) 558-4352
Dear Parishioners and Friends of St Sophia,

It’s Lent already! Save yourself from the commotion of daily life! Our faith offers Great Lent as a solution, a rest in order to feed the soul. We are blessed at St. Sophia to have a full schedule of Lenten services, events and confession. As St. Seraphim of Sarov, has said, “Save yourself and thousands around you will be saved”.

The annual Philoptochos membership drive was a great success! A special thank you and welcome to the many new members! You are an important part of the foundational future of the St. Sophia’s community. Please note that we do accept new members throughout the year.

Philoptochos will be sponsoring a Cheesefare Luncheon, Sunday March 1st directly after the Divine Liturgy. The proceeds of this luncheon are in support of the “Support a Mission Priest” program. This is a development program of the Orthodox Christian Mission Center that offers monthly financial assistance to indigenous Orthodox priests in extremely poor areas around the world.

Attention high school seniors! Philoptochos scholarship applications (and other church-related scholarship applications) are available for pick-up in the church office. The deadline for completed applications is Friday, May 3rd.

Orthodoxy Sunday is March 8th. Please remember that as this is the first Sunday of Lent, St. Sophia will be sponsoring the Lenten Coffee Hour after the evening Vesper Service. If you’d like to cook or bake a Lenten dish to share that evening, your contribution would be greatly appreciated. If you’re unable to contribute a Lenten dish, no worries, just attend to show a warm, St. Sophia’s welcome to our guests from area Orthodox churches.

Sign up for the purchase of a beautiful lily plant for the Paschal Lily Sale! Philoptochos will have a sign-up table after Liturgy starting this month for anyone who would like to buy a Lily plant in memory of a loved one or just to help beautify our church during Pascha . . . and to take home afterward to enjoy throughout the year.

Do not miss the opportunity to learn about your faith as a family! It has been a two-year labor of love by Liz Steinberg to bring this nationally renowned program to St. Sophia. The BeeTreat Family Retreat will be held Saturday, March 28th.

Pascha is around the corner which means the Annual Easter Bake Sale preparations are beginning. Baking will begin Monday morning, April 6th. If you are free at any time during that day, please come join this fabulous crew! If you have any questions, contact Frieda Meskos.

See you in church; come feed your soul!

In His Service,
Debbie Politis
Philoptochos President
PHILOPTOCHOS COFFEE HOURS

Everyone is invited to join us for Coffee Hour each Sunday following the Divine Liturgy. The list of ladies serving from March 1, through April 12, 2020 is listed below. If you are not able to help serve on the designated Sunday please find an alternate. If you are unable to find an alternate please contact Maria Allis at (315) 492-3783. If you are no longer able to serve at coffee hour contact Maria Allis to be removed from the volunteer list. If you would like to be added to the list of volunteers for coffee hour please contact Maria Allis at the above number.

Just a reminder that there will be no regularly sponsored Coffee Hours on Stewardship Sunday, Godparents Sunday and Cheesefare Sunday. Also, there will be no regularly sponsored Coffee Hours during the months of July and August.

If you are interested in scheduling a Coffee Hour, please call the Church Office.
Fees for sponsoring a Coffee Hour are as follows, payable to Philoptochos:

$50.00 Fee
Philoptochos will provide and serve the coffee, milk, sugar and juice.
Parishioner must provide pastries.

$150.00 Fee
Philoptochos will provide and serve the coffee, milk, sugar, juice and pastries.

March 2020

Ladies Volunteering To Serve Coffee Hour

A special thank you to the following ladies of our community who have volunteered to donate their time to serve coffee:

March 1, 2020
Cheesefare Sunday Brunch—No Coffee Hour

March 8, 2020
Mary Assimon, Ann Arvan, Katina Baikos, Katherine Bristol

March 15, 2020
Roula Creighton, Charlene Dardaris, Katherine Dusckas, Roslyn Georgakopoulos

March 22, 2020
Artemis Gilbert, Christina Granato, Joy Hanlon, Theone Kalkinis

March 29, 2020
Adele Karalis, Xanthi Kefallinos, Lula Kiser, Spirithula Kostakis

~ Also, for the first two weeks of April 2020 ~

April 5, 2020
Georgia Kousmanidis, Helen Kovacevski, Katina Levos, Anthoula Malelis

April 12, 2020
Fish Plaki Dinner—No Coffee Hour
PALM SUNDAY 
FISH PLAKI 
DINNER 

APRIL 12, 2020

SPONSORED BY THE 
Pan-Macedonian Association 

TO BE HELD IN 
Lower Level Social Hall 

TICKETS: 
$15.00 FISH DINNER 
$10.00 MACARONI & CHEESE DINNER 

TO GO MEALS AVAILABLE UPON REQUEST 

RESERVATIONS: 
TELEPHONE FRIEDA MESKOS (315) 487-8850 
or see Frieda after Church on Sundays 

PROCEEDS TO BENEFIT CHURCH BEAUTIFICATION 

CALLING ALL 
FESTIVAL PITA DOUGH MAKERS!!!! 
LADIES WE NEED YOUR HELP!!!!! 

Pita Dough will be made on: 
Saturday—March 14 at 9:00 AM 
Saturday—March 21 at 9:00 AM 
Saturday—March 28 at 9:00 AM 

All are Welcome! See you then! 
Bring your apron, pita stick & hat to wear!
Philoptochos Easter Bake Sale

Friday, April 10, 2020 ~ 11 AM to 4 PM
Saturday, April 11, 2020 ~ 11 AM to 4 PM

FEATURING A LARGE ASSORTMENT OF
DELICIOUS GREEK & AMERICAN PASTRIES
& TSOUREKI (EASTER BREAD)

Baking Schedule
Monday—April 6, 2020 at 9:00 am

Parishioners Please Drop Off
Your Donated Pastries
Wednesday, April 8, 2020
Thursday, April 9, 2020
from 10:00 AM to 2:00 PM

Philoptochos
EASTER LILY SALE

Philoptochos has Easter Lillies for sale again this year. Twenty plants will be available on a first come basis. The plants are in honor of the Departed and will be on the Solea for Pascha and can be taken home after Bright Week. Interested parties should stop by the table which will soon be in the foyer after Sunday services.
Myrrhbearer Program
Parents of 3rd Grade - 7th Grade Girls
Good Friday 6:00 pm Epitafios Service

If you would like your daughter to participate please return this form to your daughter’s Sunday School Teacher, Liz Steinberg, Sunday School Director, or drop the form in the office no later than April 10, 2020. Please note that the girls should be dressed in white for the service and we will have a practice on April 17, 2020 at the Good Friday Youth Retreat.

Any questions contact:
Elizabeth Steinberg (315) 447-4445 lsteinberg@signaltg.com
Eleni Kosmas (315) 882-6507 elenikosmas@hotmail.com

Yes, we want our daughter(s) to participate:
Name of Daughter(s):

Parent Contact:
Phone #:
Email address:

Philoptochos
SCHOLARSHIP PROGRAM

Attention Seniors! On March 1st the application for the Philoptochos, St. Sophia and Armatas Scholarships will be available in the mailroom/copier room. The applications can be delivered on or before Friday, May 1st by 5:00pm. If not physically received by the specified date and time, the applications will not be accepted.

Eligibility Requirements:
• Applicant must be a member of St. Sophia Church.
• Parent or guardian must be parishioner in good standing, having paid in full, the stewardship of the previous year and submitted current year stewardship pledge card.
• Student must be a matriculated full-time high school senior.
• Post-graduation plans must be for a full-time program of study in a two year or four year accredited vocational school, college or university.

Application requirements are outlined in the application. Please follow instructions carefully. Scholarship evaluation will equally consider high school achievements, church involvement and the essay. Scholarships will be presented during our year end program on Sunday, May 17th after Divine Liturgy.

Any questions, please contact Liz Steinberg at (315) 447-4445.
SUNDAY SCHOOL NEWS

We have a robust schedule for March as we kick off the 2020 Lenten season. The March Sunday School is as follows: (classes begin after communion and go until 11:45am.)

March 1st – Regular Sunday School
March 8th – Sunday of Orthodoxy – After communion, we will gather our students in the main Hall and organize them for the ICON Procession. **Each child should bring in an ICON for the procession.**
March 15th – Regular Sunday School
March 22nd – Sunday of the Holy Cross – Children come to main hall after communion-prepare for Annunciation – Greek Independence Celebration after church.
March 29th – Regular Sunday School

Myrrhbearers Registration: Attention 3rd-7th grade girls – Registration Form

BeeTreat, Saturday, March 28th 9am-5pm  Please register on-line at y2am.org/BeeTreats
This is a National program led by Steven Christoforou and Christian Gonzalez. They travel across the country delivering this acclaimed program. Steven produces the Bee the Bee programs for the Archdiocese. I would be happy to register you. I have a registration form that will take two minutes to fill out. See registration form, fill it out and place in Sunday School mailbox or please give the form to me.

BeeTreat is an opportunity to come together as a community – together we can learn how better to connect with God, each other and the community at large.

**This is for the whole family!** There is a Children’s Track (Pre-K to 4th Grade), Youth track (5th-12th Grade), Adults – Parents, Youth Leaders, Grandparents, Godparents etc.). In the evening there is a special session for Young Adults – 18+ at an off-site location TBD.

The Youth and Adult track are separate and distinct, but they all culminate to the same objective, the importance of service and good works. The children’s track is a special program. We start out with a craft project, then we will meet Father David in the church to get a child’s level view of Icons and their stories. Then at Noon they will have lunch. And after lunch we will be showing “The Bee Movie.” It may be difficult for the little ones to be here all day. If you need to leave earlier, we understand.

Please note the last session is a service project. We will be putting kits together for “We Rise Above the Streets.” They are a local group that supports area homeless families. We will be putting together sock and health kits. Please bring in the following items in March. I will have an area set up in the downstairs hall to drop off contributions. Or please make a financial donation and we will buy the necessary items. Signs and information on the organization will be displayed:

**Children-** Socks, toothpaste, toothbrushes, soap, travel size shampoo and conditioner

**Women & Men-** Socks, toothpaste, toothbrushes, soap, travel size shampoo & conditioner, deodorant, floss, feminine hygiene products.

Yours in Christ,
Liz Steinberg  315-447-4445
March 2020 Memorials

*Eternal Be Their Memory*

March 8, 2020
Memorial Service for Chris J. Meskos (3 Years)

March 15, 2020
Trisagion Prayer for Vasiliki Neeby (33 Years)
Trisagion Prayer for Nicholas Neeby (39 Years)

March 22, 2020
Memorial Service for Andreas Armatas (3 Years)
Trisagion Prayer for Eleni Kane (2 Years)
Trisagion Prayer for Helen Armatas (4 Years)

March 29, 2020
Memorial Service for Benny LaRocca (1 Year)
Trisagion Prayer for James Panarites (4 Months)
Trisagion Prayer for Carol Panarites (10 Years)
Trisagion Prayer for John Panarites (45 Years)

March 8, 2020
In Memory of Chris J. Meskos
Given by the Family

March 29, 2020
In Memory of Benny LaRocca
In Memory of James Panarites
In Memory of Carol Panarites
In Memory of John Panarites
Given by the LaRocca Family and Panarites Family

Raising the Greek Flag at City Hall

The Parish Council and AHEPA Chapter 37 are planning for the raising of the Greek/Hellenic Flag at Syracuse City Hall on Wednesday—March 25, 2020.

We will charter a bus to take us from our church to Syracuse City Hall and back, paid by AHEPA Chapter 37. Please make your reservations on first come basis, as we need a minimum of forty parishioners in order to charter the bus. For reservations sign up at the lobby of our church or contact Dr. James Telonis, Peter Manolakos or Mike Labatos.

Join Us For GREEK SCHOOL

Everyone is invited to attend

Classes are held on Wednesdays at 5:45 pm

Sunday—March 22, 2020

Celebration for Annunciation & Greek Independence Day

Join us on Sunday—March 22 in the gymnasium following the Divine Liturgy for a celebration of Annunciation and Greek Independence Day. Lenten food will be provided.

Τη Κυριακή 22 Μαρτίου θα εχομε την εορταστική εκδήλωση της Ελληνικής Ημέρας Ανεξαρτησίας/Ευαγγελισμού στο γυμναστήριο μετά τη Λειτουργία.

Θα παρέχονται τρόφιμα νηστείας.

Raising the Greek Flag at City Hall
JAMESVILLE DEWITT
ECUMENICAL FOOD PANTRY

The Jamesville Dewitt Ecumenical Food Pantry depends on the generosity of the community to meet the needs of families who use the pantry every month.

Following are Food Items currently needed:
- Pasta Sauce
- Canned Vegetables
- Fruits
- Pasta or Rice Side Dish Packets
- Potato Side Dishes
- Soups
- Tuna
- Peanut Butter
- Canned Pasta Meals
- Hamburger Helper
- Baked Beans
- Canned Red Kidney Beans
- Pancake Syrup
- Juice
- Canned Fruit
- Mayonnaise
- Ketchup
- Mustard
- Coffee
- Tea
- Hot Cocoa Mix
- Cake Mix
- Cookie & Brownie Mix
- Frosting
- Oatmeal

Following are Personal Hygiene Items currently needed:
- Shampoo
- Conditioner
- Deodorant
- Body Wash
- Toilet Paper
- Kleenex

Thank you for your generosity and support!

Elementary Dance Group will start practicing Tuesday—March 24th at 6:00 pm
This is for Grades 2 to 5

THANK YOU
I would like to thank my extended Greek family and members of St. Sophia Greek Orthodox Church for all the financial assistance and prayers during my medical procedure. I am now at home recovering and doing better than expected.

People like you have provided me with courage and hope through your many prayers, cards, texts, and calls to move forward.

I, and my family, am forever thankful to all for their many kindnesses.

Dimitri Georgiadis & Family
From Youtube to you!

**BEE TREAT!**

St. Sophia Greek Orthodox Church • 325 Waring Rd, Syracuse, NY 13224

**SYRACUSE, NY**

March 28, 2020

**BEE TREAT: 9:30AM - 5PM**
PreK - 4th Grade
5th - 12th Grade
Parents & Youth Workers

**YOUNG ADULT ORTHODOX FORUM: 7PM**
Anyone 18 years and older

**TO REGISTER:**
y2am.org/BeeTreats

Led by:
STEVE CHRISTOFOROU - host of "Be the Bee"
AND THE BEE TREAT TEAM!

"Be the Bee" is a weekly YouTube series exploring how we can focus on what is good and beautiful in our lives. Visit youtube.com/y2am to learn more!
JUNIOR GOYA
Open to all Saint Sophia Youth in 5th Grade to 8th Grade.
Come and make New Friends!
Spend time with your Church Friends!
We are planning several fun events and activities coming up!
Don’t miss it!

MARK YOUR CALENDARS
LOUKOUMADES
BAKE SALE
FRIDAY—APRIL 10, 2020
SATURDAY—APRIL 11, 2020
Save the Dates!
Please support this
Jr. GOYA Fundraising Event

During the Month of March - help Jr. GOYA support two local charities - there will be drop off locations on the lower level for convenient drop off. Last day donations will be accepted is Monday, March 30.

Here is how you can help:

Ronald McDonald House - will accept non-perishable food items, canned goods, packaged snacks; and ONLY NEW toys; board games, stuffed animals & dolls, books for various reading levels, puzzles, video games (rated E), Movies (Rated G), balls & outdoor games.

In My Father's Kitchen (IMFK)- will accept gently used clothing, housewares, bedding, towels and shoes, and current needs are jeans sized 32 - 34 waist.

Thank you for your support and donations.

NEXT JUNIOR GOYA MEETING
SUNDAY, MARCH 29, 2020
Our meetings are approximately 30 minutes

It is not too late to join Jr. GOYA
If you have a friend or child that is interested in joining
the fun with this great group—
Jr. GOYA is part of the Middle School Dance Group.
Come join us!
The next meeting of our AHEPA Chapter is on Saturday, March 14th 2:00 pm. At this meeting we will:

1. Conclude all final details of our participation in our parish’s Greek Independence Celebration taking place on Sunday, March 22nd.

2. Greek Independence Day Celebration and the raising of the Hellenic Flag at the Syracuse City Hall on Wednesday, March 25th 1:30 pm.

3. Please note that our chapter on Saturday, March 21st 10:30 am is participating in honoring Franklin D. Roosevelt at Hyde Park, N.Y. where AHEPA D6 will be placing a wreath at FDR’s Statue and also honoring WWII Veterans. FDR became a member of AHEPA Chapter 25 N.Y. City while he was governor and stayed a member in the remaining of his life.

4. Sunday, March 29th Greek Independence Parade in N.Y. City at 1:30 pm. This year AHEPA District 6 (our district) invites all veterans to march with us holding a banner in honor of Viet Nam War Veterans Day which happens to be March 29th also.

For details contact Mike Labatos, AHEPA Chapter 37 President and AHEPA D6 Director of Veterans Affairs at (315) 427-7628.
GREEK INDEPENDENCE DAY

IMPORTANT CHANGE

The raising of the Hellenic/Greek Flag at Syracuse City Hall is taking place Wednesday March 25, 2020.

THE TIME IS CHANGED TO 1:30 PM.

Bus Information:
We will charter a bus arriving at our church at 12:30 pm March 25th and will take us to Syracuse City Hall and return us to church.

RESERVATIONS ARE REQUIRED BY March 10th to ride the bus.
We need 40 passengers in order to charter the bus, so please register by contacting Dr. James Telonis, Peter Manolakos or Mike Labatos.

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AHEPA KAFENIO

Now we have access to YouTube without cost.
Do you like to play cards, backgammon, socialize and have mezedes and enjoy the new TV, learn or polish of the Greek language or culture?
Come on down and try it.
Everyone is welcome.

Courtesy of AHEPA CHAPTER 37
MARCH 2020
Program Schedule For Cable Television
All Programs Air on Spectrum (Time Warner) Cable Channel 98 in Onondaga County

Sunday Programs at 7:00 pm
March 1—Generosity as a Virtue, St. Luke 16:19-31
March 8—The Mission of the Church, St. Luke 10:27-37
March 15—Trust in God, St. Luke 12:16-21
March 22—Why Are We Here? St. Luke 18:18-27

Monday Programs at 7:00 pm
March 1—Gospel of St. John, part 6
March 8—Gospel of St. John, part 7
March 15—Gospel of St. John, part 9
March 22—Gospel of St. John, part 10
March 29—Gospel of St. John, part 11

Family Classic TV
Sponsored by St. Sophia’s Greek Orthodox Church
Sundays at 6:00 pm ~ Sir Lancelot with William Russell
Sundays at 6:30 pm ~ The Adventures of Robin Hood with Richard Greene
Sundays at 8:00 pm ~ Cisco Kid with Duncan Renaldo & Leo Carrillo (2 episodes)
Thursdays at 8:30 pm ~ Sherlock Holmes with Ronald Howard
Fridays at 8:00 pm ~ Jim Bowie with Scott Forbes (2 episodes)

And on Verizon FIOS Channel 29 in Onondaga & Cayuga Counties…
Sunday Programs at 6:30 pm & 7:00 pm
(with a repeat on Thursday at 8:30 pm & 9:00 pm)

Sunday Programs at 6:30 pm
(with a repeat on Thursday at 8:30 pm)
March 1—The Gospel of St. John, part 9
March 8—The Gospel of St. John, part 10
March 15—The Gospel of St. John, part 11
March 22—The Gospel of St. John, part 12
March 29—The Gospel of St. John, part 13

Sunday Programs at 7:00 pm
(with a repeat on Thursday at 9:00 pm)
March 1—Forgiveness Sunday
March 8—The Sunday of Orthodoxy
March 15—St. Gregory Palamas
March 22—The Elevation of the Holy Cross
March 29—St. John of the Ladder
New *Give+ Church* Mobile App!

We are excited to share with you a new way to give to the church. *Give+ Church* is a mobile giving app that enables you to make one-time or recurring gifts from your smartphone. Visit the App Store or Google Play and search for “*GivePlus Church*” to download the app for free and start donating today!

You can easily make donations directly from your smartphone using your debit/credit card or checking/savings account. Donate as a guest or set up an account that allows you to securely and conveniently schedule recurring donations and manage and review your giving history.

We hope you enjoy this new way to make a stewardship contribution or donation. We thank you for your support.
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