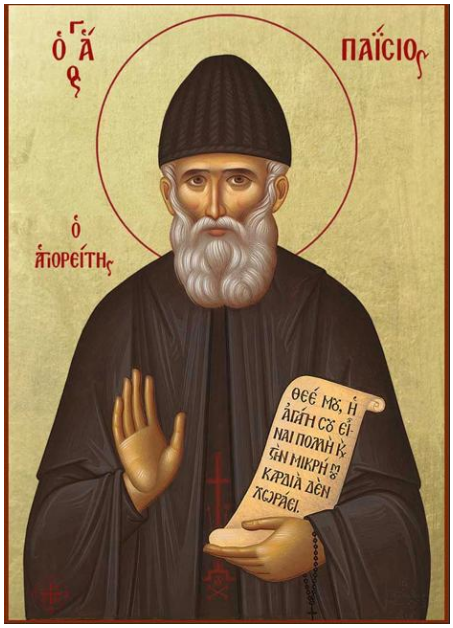
ST. SOPHIA'S

GREEK ORTHODOX CHURCH

SYRACUSE, NEW YORK



WEEKLY BULLETIN

SUNDAY, JULY 12, 2026

6th SUNDAY OF MATTHEW

METROPOLIS OF DETROIT

HYMNS OF THE DAY

Resurrectional Apolytikion in the Plagal First Mode

Eternal with Father and Spirit is the Word, Who of a virgin was begotten for our salvation. As the faithful we praise and worship Him, for in the flesh did He consent to ascend unto the cross, and death did He endure, and He raised unto life the dead through His all glorious resurrection!

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ηὐδόκησε σαρκί, ἀνελθεῖν ἐν τῷ σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Apolytikion for St. Paisios the Athonite in the Plagal First Mode

Once the fire of love for the Lord was lit in you, * through ascetical rigor you gave yourself to God. * O God-bearing St. Paisios, for many you became * consolation, giving counsel with God-inspired words, * and by your prayers working wonders. * And now, devout one, you intercede for the whole world unceasingly.

Apolytikion for the Church in the Plagal First Mode

Like a most fruitful olive tree you did blossom forth in the folds of the Lord, Sophia, martyr most pious! And to Christ you did bring sweetest fruit: the tender sprouts of your womb through divine martyrdom, Agape, along with Hope and Faith, the God-minded with whom do you pray to God for all of us.

Kontakion in the Second Mode

Protection of Christians that cannot be put to shame, unfailing mediation with the maker, do not despise the voices of us sinners as we pray; but in your love be quick to help us who cry to you with faith: hasten to intercede, make speed to entreat, O Mother of God, for you ever protect those who honor you.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδῃς, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεί, Θεοτόκε, τῶν τιμώντων σε.

Ὁ Ἀπόστολος

Προκείμενον. Ἦχος βαρύς. Ψαλμὸς 149.

Καυχήσονται ὅσιοι ἐν δόξῃ. **Στίχ.** Ἄσατε τῷ Κυρίῳ ᾆσμα καινόν.

Πρὸς Γαλάτας Ἐπιστολῆς Παύλου (5:22-26; 6:1-2)

Ἀδελφοί, ὁ καρπὸς τοῦ Πνεύματός ἐστιν ἀγάπη, χαρά, εἰρήνη, μακροθυμία, χρηστότης, ἀγαθωσύνη, πίστις, πραότης, ἐγκράτεια· κατὰ τῶν τοιούτων οὐκ ἔστι νόμος. οἱ δὲ τοῦ Χριστοῦ τὴν σάρκα ἐσταύρωσαν σὺν τοῖς παθήμασι καὶ ταῖς ἐπιθυμίαις. Εἰ ζῶμεν Πνεύματι, πνεύματι καὶ στοιχῶμεν. μὴ γινώμεθα κενόδοξοι, ἀλλήλους προκαλούμενοι, ἀλλήλοις φθονοῦντες. Ἀδελφοί, ἐὰν καὶ προληφθῇ ἄνθρωπος ἔν τινι παραπτώματι, ὑμεῖς οἱ πνευματικοὶ καταρτίζετε τὸν τοιοῦτον ἐν πνεύματι πραότητος, σκοπῶν σεαυτόν, μὴ καὶ σὺ πειρασθῇς. ἀλλήλων τὰ βάρη βαστάζετε, καὶ οὕτως ἀναπληρώσατε τὸν νόμον τοῦ Χριστοῦ.

The Epistle

Prokeimenon. Grave Mode. Psalm 149.

The holy ones shall boast in glory. **Verse**: Sing to the Lord a new song.

Paul's Letter to the Galatians (5:22-26; 6:1-2)

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Τὸ Θεῖον Εὐαγγέλιον

Ἐκ τοῦ κατὰ Ματθαῖον Εὐαγγελίου (9:1-8)

Τῷ καιρῷ ἐκείνῳ ἐμβὰς ὁ Ἰησοῦς εἰς πλοῖον διεπέρασε καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν. Καὶ ἰδοὺ προσέφερον αὐτῷ παραλυτικὸν ἐπὶ κλίνης βεβλημένον· καὶ ἰδὼν ὁ Ἰησοῦς τὴν πίστιν αὐτῶν εἶπε τῷ παραλυτικῷ· θάρσει, τέκνον· ἀφέωνταί σοι αἱ ἁμαρτίαι σου. καὶ ἰδού τινες τῶν γραμματέων εἶπον ἐν ἑαυτοῖς· οὗτος βλασφημεῖ. καὶ ἰδὼν ὁ Ἰησοῦς τὰς ἐνθυμήσεις αὐτῶν εἶπεν· ἵνα τί ὑμεῖς ἐνθυμεῖσθε πονηρὰ ἐν ταῖς καρδίαις ὑμῶν; τί γάρ ἐστιν εὐκοπώτερον, εἰπεῖν, ἀφέωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἐπὶ τῆς γῆς ἀφιέναι ἁμαρτίας — τότε λέγει τῷ παραλυτικῷ· ἐγερθεὶς ἆρόν σου τὴν κλίνην καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἐγερθεὶς ἀπῆλθεν εἰς τὸν οἶκον αὐτοῦ. ἰδόντες δὲ οἱ ὄχλοι ἐθαύμασαν καὶ ἐδόξασαν τὸν Θεὸν τὸν δόντα ἐξουσίαν τοιαύτην τοῖς ἀνθρώποις.

The Holy Gospel

The Gospel According to Matthew (9:1-8)

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, “Take heart, my son; your sins are forgiven.” And behold, some of the scribes said to themselves, “This man is blaspheming.” But Jesus, seeing their thoughts, said, “Why do you think evil in your hearts? For which is easier, to say ‘Your sins are forgiven,’ or to say ‘Rise and walk?’ But that you may know that the Son of man has authority on earth to forgive sins,” he then said to the paralytic — “Rise, take up your bed and go home.” And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

At the End of the Divine Liturgy

Fotica Columbus (62 Year Trisagion)

May her Memory be Eternal

Praises at Dawn
A Selection of Hymns from Today's Orthros

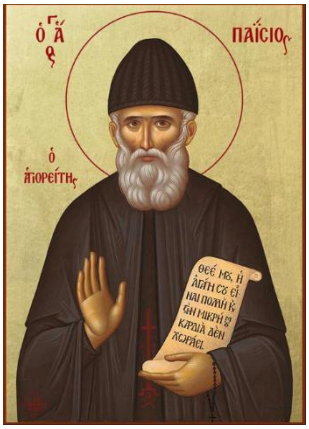
Kathisma III, Third Mode. Glory. (St. Paisios)

You were inclined, O Saint, to make divine ascent; * thus from the active life, devout one, you attained * to perfect purity of soul and capable contemplation. * Therefore for our benefit, * you, O Father, have given us * a ladder of the virtues all, * with your godly-wise words as rungs, * by which from the basement of the passions * we climb up to the height of dispassion.

Exaposteilarion, Eothinon 6. Mode 2.

Proving to Your disciples that * You are human in essence, * O Savior, You partook of food * after Your resurrection. * You stood among them and taught them * that they should preach repentance. * You promised them that You would send * the Holy Spirit. Then You were lifted up * and ascended to the heavenly Father. * O God, beyond divine, and man, * glory to Your resurrection!

Today's Saints – July 12th



+ Paisios the Athonite (1994)

Adapted from Fr. Matthew Swehla, 2016

St. Paisios was born in 1924 in the humble village of Farasa in Cappadocia, Asia Minor. He was baptized by the village priest, Saint Arsenios the Cappadocian, who foretold his life as a monk. A week following Saint Paisios' baptism the Turks drove out all of the Greeks from Asia Minor, sending them on a 400-mile exodus to Greece, where his family settled in Epiros.

Early on St. Paisios gravitated towards the spiritual life, spending hours daily in prayer. During World War II he served as a military radio operator. In 1950 he went to Mt. Athos, where he remained for most of the rest of his life, growing in spiritual stature through prayer, fasting, and many ascetical practices. In 1979 he moved to his final home, Panagouda Hermitage. Here he received tens of thousands of pilgrims, granting them, by God's grace, healing, advice, wisdom, and solace. He reposed on July 12, 1994.

St. Paisios is one of the most beloved modern saints in the Orthodox world because he was able to speak to us in contemporary language, using simple analogies that communicated deep spiritual wisdom.

Central to Elder Paisios' spiritual life were the virtues of love, humility, and sacrifice. Depicted in his icon is a scroll in his hand which contains one of his well-known sayings, **"Love and humility are the frequency in which God works"** – meaning that we should turn the dial of our heart to the frequency of love and humility, so that God can work in us. He often described how our ego and selfishness push away God and those we love.

St. Paisios also talked about the importance of sacrifice and struggle to break down our ego and draw closer to God. He warned about the dangers of modern life with its conveniences and comforts: while they appear to help us, they instead make us more distracted, busier, and anxious. This he observed this even before the internet, smartphones, and social media!

The increasing materialism of the modern world caused St. Paisios great anguish. "The person who is possessed by material things is always subjugated to unhappiness and anxiety: he trembles for fear that his things will be taken away from him." He warned, "**Fly from your material possessions to the fold of the poor. Simplify your life so as to be freed from worldly anxiety, so that your life might have meaning."**

+ Proclus & Hilary the Martyrs of Ancyra

+ Veronica, the woman with the issue of blood healed by Jesus

+ Synaxis of the Archangel Gabriel (July 13)

WEEKLY CALENDAR

Today **6th Sunday of Matthew**	**8:45 am** Orthros **10:00 am** Divine Liturgy
Tuesday ~ July 14	**10:00 am** Bible Study
Thursday ~ July 16	**6:00 pm** Choir Practice
Saturday ~ July 18	**5:00 pm** Great Vespers

Scholarship Donations for St. Timothy Camp

With gratitude for our parishioners' generosity in past years, we are seeking donations towards scholarships for children attending the St. Timothy Camp this summer.

Checks can be made out to St. Timothy Camp or St. Sophia's Greek Orthodox Church with memo line "Camp Scholarship". Contact Fr. David or the Church Office for more details.

See some excellent photos of the 2026 Greek Fest at: bit.ly/4vwA4yE On the webpage, enter your email address and the password GRFest2026 **to enter.**

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