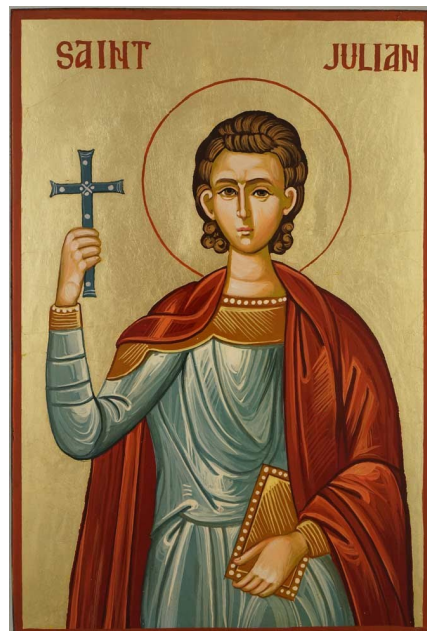


**ST. SOPHIA'S
GREEK ORTHODOX CHURCH**

SYRACUSE, NEW YORK



WEEKLY BULLETIN

SUNDAY, JUNE 21, 2026

3RD SUNDAY OF MATTHEW



**METROPOLIS
OF DETROIT**

HYMNS OF THE DAY

Resurrection Apolytikion in the Second Tone

When You descended to the realm of death, You as life immortal rendered to Hades a mortal blow by Your all-radiant divinity. And when You from internal depths and the darkness below did raise the dead, all the hosts of heaven's powers did proclaim and cry out: O life-giving Christ and our God, we give glory!

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἢ ζωὴ ἢ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας, τῇ ἀστραπῇ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεῶτας, ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν δόξα σοι.

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

O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

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

Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου (5:1-10)

Προκείμενον. Ἦχος β΄. Ψαλμὸς 117.

**Ἰσχύς μου καὶ ὕμνησίς μου ὁ Κύριος, καὶ ἐγένετό μοι εἰς σωτηρίαν. Στίχ.
Παιδεύων ἐπαίδευσέ με ὁ Κύριος, καὶ τῷ θανάτῳ οὐ παρέδωκέ με.**

Ἀδελφοί, δικαιωθέντες οὖν ἐκ πίστεως εἰρήνην ἔχομεν πρὸς τὸν Θεὸν διὰ τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὗ καὶ τὴν προσαγωγὴν ἐσχίκαμεν τῇ πίστει εἰς τὴν χάριν ταύτην ἐν ἣ ἐστήκαμεν, καὶ καυχώμεθα ἐπ' ἐλπίδι τῆς δόξης τοῦ Θεοῦ. οὐ μόνον δέ, ἀλλὰ καὶ καυχώμεθα ἐν ταῖς θλίψεσιν, εἰδότες ὅτι ἡ θλίψις ὑπομονὴν κατεργάζεται, ἡ δὲ ὑπομονὴ δοκιμήν, ἡ δὲ δοκιμὴ ἐλπίδα, ἡ δὲ ἐλπίς οὐ καταισχύνει, ὅτι ἡ ἀγάπη τοῦ Θεοῦ ἐκκέχυται ἐν ταῖς καρδίαις ἡμῶν διὰ Πνεύματος Ἁγίου τοῦ δοθέντος ἡμῖν. ἔτι γὰρ Χριστὸς ὄντων ἡμῶν ἀσθενῶν κατὰ καιρὸν ὑπὲρ ἀσεβῶν ἀπέθανε. μόλις γὰρ ὑπὲρ δικαίου τις ἀποθανεῖται· ὑπὲρ γὰρ τοῦ ἀγαθοῦ τάχα τις καὶ τολμᾷ ἀποθανεῖν. συνίστησι δὲ τὴν ἑαυτοῦ ἀγάπην εἰς ἡμᾶς ὁ Θεός, ὅτι ἔτι ἀμαρτωλῶν ὄντων ἡμῶν Χριστὸς ὑπὲρ ἡμῶν ἀπέθανε. πολλῶ οὖν μᾶλλον δικαιωθέντες νῦν ἐν τῷ αἵματι αὐτοῦ σωθησόμεθα δι' αὐτοῦ ἀπὸ τῆς ὀργῆς. εἰ γὰρ ἐχθροὶ ὄντες κατηλλάγημεν τῷ Θεῷ διὰ τοῦ θανάτου τοῦ υἱοῦ αὐτοῦ, πολλῶ μᾶλλον καταλλαγέντες σωθησόμεθα ἐν τῇ ζωῇ αὐτοῦ.

Paul's Letter to the Romans (5:1-10)

Prokeimenon. Second Mode. Psalm 117.

The Lord is my strength and my song, and He became my salvation.

Verse: The Lord chastened and corrected me, but He did not give me up to death.

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access by faith to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man — though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Ἐκ τοῦ κατὰ Ματθαῖον Εὐαγγελίου (6:22-33)

Εἶπεν ὁ Κύριος· Ὁ λύχνος τοῦ σώματός ἐστιν ὁ ὀφθαλμός· ἐὰν οὖν ὁ ὀφθαλμός σου ἀπλοῦς ἦ, ὅλον τὸ σῶμά σου φωτεινὸν ἔσται· ἐὰν δὲ ὁ ὀφθαλμός σου πονηρὸς ἦ, ὅλον τὸ σῶμά σου σκοτεινὸν ἔσται. εἰ οὖν τὸ φῶς τὸ ἐν σοὶ σκότος ἐστί, τὸ σκότος πόσον; Οὐδεὶς δύναται δυσὶ κυρίοις δουλεύειν· ἢ γὰρ τὸν ἓνα μισήσει καὶ τὸν ἕτερον ἀγαπήσει, ἢ ἐνὸς ἀνθέξεται καὶ τοῦ ἑτέρου καταφρονήσει. οὐ δύνασθε Θεῷ δουλεύειν καὶ μαμωνᾷ. Διὰ τοῦτο λέγω ὑμῖν, μὴ μεριμνᾶτε τῇ ψυχῇ ὑμῶν τί φάγητε καὶ τί πίητε, μηδὲ τῷ σώματι ὑμῶν τί ἐνδύσησθε· οὐχὶ ἡ ψυχὴ πλεῖον ἐστὶ τῆς τροφῆς καὶ τὸ σῶμα τοῦ ἐνδύματος; ἐμβλέψατε εἰς τὰ πετεινὰ τοῦ οὐρανοῦ, ὅτι οὐ σπεύρουσιν οὐδὲ θερίζουσιν οὐδὲ συνάγουσιν εἰς ἀποθήκας, καὶ ὁ πατὴρ ὑμῶν ὁ οὐράνιος τρέφει αὐτά· οὐχ ὑμεῖς μᾶλλον διαφέρετε αὐτῶν; τίς δὲ ἐξ ὑμῶν μεριμνῶν δύναται προσθεῖναι ἐπὶ τὴν ἡλικίαν αὐτοῦ πῆχυν ἓνα; καὶ περὶ ἐνδύματος τί μεριμνᾶτε; καταμάθετε τὰ κρίνα τοῦ ἀγροῦ πῶς αὐξάνει· οὐ κοπιᾷ οὐδὲ νήθει· λέγω δὲ ὑμῖν ὅτι οὐδὲ Σολομῶν ἐν πάσῃ τῇ δόξῃ αὐτοῦ περιεβάλετο ὡς ἐν τούτων. Εἰ δὲ τὸν χόρτον τοῦ ἀγροῦ, σήμερον ὄντα καὶ αὔριον εἰς κλίβανον βαλλόμενον, ὁ Θεὸς οὕτως ἀμφιέννυσιν, οὐ πολλῶ μᾶλλον ὑμᾶς, ὀλιγόπιστοι; μὴ οὖν μεριμνήσητε λέγοντες, τί φάγωμεν ἢ τί πίωμεν ἢ τί περιβαλώμεθα; πάντα γὰρ ταῦτα τὰ ἔθνη ἐπιζητεῖ· οἶδε γὰρ ὁ πατὴρ ὑμῶν ὁ οὐράνιος ὅτι χρήζετε τούτων ἀπάντων. ζητεῖτε δὲ πρῶτον τὴν βασιλείαν τοῦ Θεοῦ καὶ τὴν δικαιοσύνην αὐτοῦ, καὶ ταῦτα πάντα προστεθήσεται ὑμῖν.

The Gospel According to Matthew (6:22-33)

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first the kingdom of God and his righteousness, and all these things shall be yours as well."

At the End of the Divine Liturgy



Angelo Vastakis (1 Year Memorial)
Vasilios Anastasiou (21 Year Trisagion)

May their Memory be Eternal

Praises at Early Dawn

A Selection of Hymns from Today's Orthros

Kathisma I, Mode 2

When he took down Your immaculate Body from the Cross, the honorable Joseph wrapped it in a clean linen shroud with spices and laid it for burial in a new tomb. But on the third day You rose, O Lord, and granted to the world the great mercy.

Gloria. The Angel who had come to the sepulcher said to the Myrrh-bearing women, "Ointments are appropriate for mortal men; but Christ is indeed a stranger to decay. Now go proclaim that the Lord has risen and granted to the world the great mercy."

Both Now. You are supremely glorified, O Virgin Theotokos; we sing your praise. By your Son's crucifixion, Hades was overthrown and death itself has died. We who were dead have risen and have been granted life. We have received the original enjoyment of Paradise. Therefore we give thanks and send up glory to Christ our God, the only strong and very merciful Lord.

Doxasticon, Mode 3, Eothinon Gospel 3

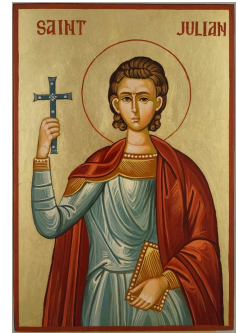
When Mary Magdalene brought the good news, that You, the Savior, had risen from the dead, and had appeared to her, the disciples did not believe her. So You upbraided them for their hardness of heart. But once they were fully equipped with the signs and miracles, You sent them out to preach the gospel. Then You, O Lord, were taken up to Your Father, the Source of Light; and they went forth and preached everywhere, and the message was confirmed by the miracles. And now we, who through them have been enlightened, glorify Your resurrection from the dead, O benevolent Lord.

TODAY'S FEASTS AND SAINTS

June 21

+Julian the Martyr of Tarsus

This Martyr, who was born to a pagan father and a Christian mother, was from Cilicia, confessed the Christian Faith before the Proconsul Marcian, and was perfected in martyrdom at the age of eighteen, when he was put into a sack with sand and venomous serpents and cast into the sea. Saint John Chrysostom has a homily in his honor.

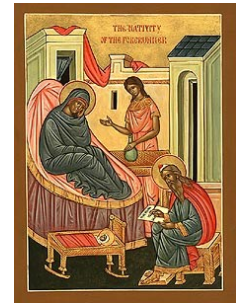


+Terentios, Bishop of Iconium

+Nikitas the New Martyr of Nisyros

+Nativity of the Forerunner John the Baptist (June 24)

+He that was greater than all who are born of women, the Prophet who received God's testimony that he surpassed all the Prophets, was born of the aged and barren Elizabeth (Luke 1: 7) and filled all his kinsmen, and those that lived round about, with gladness and wonder. But even more wondrous was that which followed on the eighth day when he was circumcised, that is, the day on which a male child receives his name. Those present called him Zacharias, the name of his father. But the mother said, "Not so, but he shall be called John." Since the child's father was unable to speak, he was asked, by means of a sign, to indicate the child's name. He then asked for a tablet and wrote, "His name is John." And immediately Zacharias' mouth was opened, his tongue was loosed from its silence of nine months, and filled with the Holy Spirit, he blessed the God of Israel, Who had fulfilled the promises made to their fathers, and had visited them that were sitting in darkness and the shadow of death, and had sent to them the light of salvation. Zacharias prophesied concerning the child also, saying that he would be a Prophet of the Most High and Forerunner of Jesus Christ. And the child John, who was filled with grace, grew and waxed strong in the Spirit; and he was in the wilderness until the day of his showing to Israel (Luke 1:57-80). His name is a variation of the Hebrew "Johanan," which means "Yah is gracious."



+Elizabeth, Mother of the Forerunner (June 24)

Wisdom of the Fathers

We advance toward humility by means of trials. He who rests on his virtue without suffering tribulation has the door of pride open before him.

St. Isaac of Syria, 7th century

Weekly Calendar

Today 8:45 am Orthros
3rd Sunday of 10:00 am Divine Liturgy
Matthew 11:15 am Memorial (Angelo Vastakis, 1 Year)

Tuesday ~ 10:00 am Bible Study
June 23

Wednesday ~ 9:00 am Orthros
June 24 10:00 am Divine Liturgy (Nativity of the Forerunner)

Thursday ~ 6:00 pm Choir Practice
June 25

View from the Bookstore

The church bookstore was a magical place during our festival. It is quiet and cool and filled with Saints and Angels looking down upon us. For many of the people who enter, this is a first look at the Orthodox way of life. There are many questions to be answered and ideas to be discussed. It is a place where people feel comfortable enough to talk about their religious life or lack of one. All of us who work there have experienced very real and moving conversations during these days. Our Church has so much to offer in addition to the culture and sense of community. The bookstore, the Church tours and iconography demonstrations round out the experience.

And our bookstore is open every Sunday to everyone!

-Ellen Tartakoff

Thank you to our volunteers for their tireless help to make this Greek Festival a success!



Volunteers Needed!

Any help is appreciated to weed and clean up the Parish House grounds in preparation for Fr. Niko and Presvytera Ivey's arrival. Please contact Presvytera Donna or the parish office for details.

Scholarship Donations for St. Timothy Camp

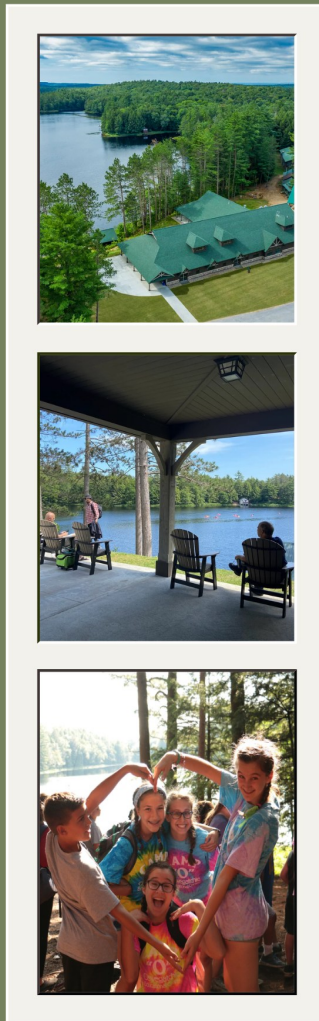
With gratitude for our parishioners' generosity in past years, we are seeking donations towards scholarships for children attending the St. Timothy's Camp this summer.

Contact Fr. David or the Church Office for more details.

Parish Contact Information

Very Rev. Fr. David R. Smith — *Proistamenos*
Cell: (315) 269-4940, Email: frdavid@stsophias.org
Nigel van der Woude — *Parish Office Administrator*
Office: (315) 446-5222, Email: nigel@stsophias.org
Office Hours — Monday-Friday, 9:00 AM — 4:30PM

2026 ST. TIMOTHY SUMMER CAMP



REGISTRATION IS OPEN!



sttimothycamp.org

THE DETAILS

When: August 9th - 15th, 2026

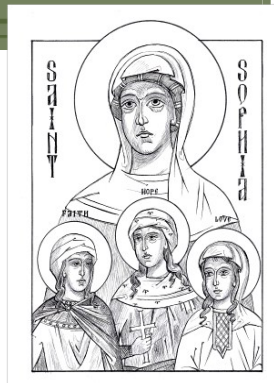
Where: Camp Oswegatchie - Croghan, NY

Who: 8 years old - High Schoolers

Scholarships Available

QUESTIONS?

youth@detroit.goarch.org



St. Sophia's Greek Orthodox Church

325 Waring Rd, Syracuse, NY 13224

stsophias.org

Give Online at stsophias.org/donate