

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

SYRACUSE, NEW YORK



WEEKLY BULLETIN

SUNDAY, JULY 5, 2026

5TH SUNDAY OF MATTHEW



**METROPOLIS
OF DETROIT**

HYMNS OF THE DAY

Resurrection Apolytikion in the Fourth Tone

When the tidings of the resurrection from the glorious angel was proclaimed unto the women disciples, and our ancestral sentence also had been abolished, to the apostles with boasting did they proclaim that death is vanquished evermore and Christ our God has risen from the dead, and granted to the world His great mercy!

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

For the Devout Man, St. Athanasios of Mt. Athos

Angelic hosts on high were filled with wonderment, seeing your life in the flesh: how with your body you courageously went out to wrestle with invisible foes; and to the demonic hordes you inflicted serious wounds. Therefore, Athanasios, you received from the Master Christ, a wealth of gifts. Holy Father, intercede on our behalf with Christ our God, to save our souls.

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 falls, 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, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἢ προστατεύουσα αἰεὶ, Θεοτόκε, τῶν τιμώντων σε.

Ὁ Ἀπόστολος

Προκείμενον. Ἦχος βαρύς. Ψαλμὸς 149.

Καυχῆσονται ὅσοι ἐν δόξῃ. **Στίχ.** Ἦσατε τῷ Κυρίῳ ἄσμα 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 ἐν τινι παραπτώματι, ὑμεῖς οἱ πνευματικοὶ καταρτίζετε τὸν τοιοῦτον ἐν πνεύματι πραότητος, σκοπῶν σεαυτὸν, μὴ καὶ σὺ πειρασθῆς. 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 (8:28—34, 9:1)

Τῷ καιρῷ ἐκείνῳ, ἐλθόντι τῷ Ἰησοῦ εἰς τὴν χώραν τῶν Γεργεσηνῶν ὑπήντησαν αὐτῷ δύο δαιμονιζόμενοι ἐκ τῶν μνημείων ἐξερχόμενοι, χαλεποὶ λίαν, ὥστε μὴ ἰσχύειν τινὰ παρελθεῖν διὰ τῆς ὁδοῦ ἐκείνης. καὶ ἰδοὺ ἔκραξαν λέγοντες· τί ἡμῖν καὶ σοί, Ἰησοῦ υἱὲ τοῦ Θεοῦ; ἦλθες ὧδε πρὸ καιροῦ βασανίσει ἡμᾶς; ἦν δὲ μακρὰν ἀπ' αὐτῶν ἀγέλη χοίρων πολλῶν βοσκομένη. οἱ δὲ δαίμονες παρεκάλουν αὐτὸν λέγοντες· εἰ ἐκβάλλεις ἡμᾶς, ἐπίτρεπον ἡμῖν ἀπελθεῖν εἰς τὴν ἀγέλην τῶν χοίρων. καὶ εἶπεν αὐτοῖς· ὑπάγετε. οἱ δὲ ἐξελθόντες ἀπῆλθον εἰς τὴν ἀγέλην τῶν χοίρων· καὶ ἰδοὺ ὄρμησε πᾶσα ἡ ἀγέλη τῶν χοίρων κατὰ τοῦ κρημοῦ εἰς τὴν θάλασσαν καὶ ἀπέθανον ἐν τοῖς ὕδασι. οἱ δὲ βόσκοντες ἔφυγον, καὶ ἀπελθόντες εἰς τὴν πόλιν ἀπήγγειλαν πάντα καὶ τὰ τῶν δαιμονιζομένων. καὶ ἰδοὺ πᾶσα ἡ πόλις ἐξῆλθεν εἰς συνάντησιν τῷ Ἰησοῦ, καὶ ἰδόντες αὐτὸν παρεκάλεσαν ὅπως μεταβῆ ἀπὸ τῶν ὁρίων αὐτῶν. Καὶ ἐμβὰς εἰς πλοῖον διεπέρασε καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν.

The Holy Gospel

The Gospel According to Matthew (8:28—34, 9:1)

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, “What have you to do with us, O Son of God? Have you come here to torment us before the time?” Now a herd of many swine was feeding at some distance from them. And the demons begged him, “If you cast us out, send us away into the herd of swine.” And he said to them, “Go.” So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

Weekly Calendar

Today 8:45 am Orthros
5th Sunday of Matthew 10:00 am Divine Liturgy

Tuesday ~ July 7 10:30 am Funeral of Perry Anthis

Thursday ~ July 9 6:00 pm Choir Practice

Saturday ~ July 11 5:00 pm Great Vespers

Praises at Dawn

A Selection of Hymns from Today's Orthros

Kathisma I, Fourth Mode. Glory.

By Your voluntary will, O Savior, You endured the Cross, * In a new tomb mortal men buried Your body, O Lord, * who by a word had created the universe. * Death, the ancient foe, was restrained by You * and forcefully deprived of the spoils it had. * And all the souls in Hades sang and glorified * Your resurrection, which gave them life, * "Christ the Giver of Life has risen! * And He abides forever!"

Kathisma II, Fourth Mode. Both Now.

O pure Virgin, all the hosts of holy angels were amazed * at the awesome mystery of your pregnancy and birth, * how He whose simple command holds all things together * is held in your embrace as a mortal babe, * the pre-eternal Word accepts an origin; * and He is nursed who nourishes the whole world * in His ineffable kindness. * And they extol you and glorify you * who are truly Theotokos.

TODAY'S SAINTS – JULY 5TH



+Athanasios of Mount Athos

Saint Athanasius was born in Trebizond. He first entered the monastic life on the mountain called Kymaeos in Mysia of Bithynia, then he went to Mt. Athos and founded a large monastery, which is known as the Great Lavra. He became so renowned for his virtue that from Rome, Calabria, Georgia, and elsewhere, rulers, men of wealth and nobility, abbots, and even bishops came to him and were subject to him.

When the time for his departure was at hand, God revealed to him how it would take place, so that he was able to instruct his spiritual children not to be troubled when it should come to pass. A new church was being built for the sake of the many who came to him, and only the dome had not been finished. Together with six of the brethren, the Saint went to the top of the church to help the workmen. The dome collapsed, and they fell. Five were killed at once, and the Saint died three hours later. His holy body remained incorrupt and he worked many miracles after his death. He reposed about the end of the tenth century.

+Righteous Father Lamapdus the Wonderworker

+Kyriaki the Great Martyr (July 7th)

+Euphemia the Great Martyr (July 11th)*



**St. Sophia's is blessed to house a relic of St. Euphemia*

St. Euphemia was martyred for her faith in Chalcedon, across the Bosphorus from Constantinople. In 304 AD, the governor ordered that all Christians offer sacrifice at a pagan festival. When she refused, Euphemia was put through severe torture. Two soldiers were ordered to bring the saint to the furnace, but the soldiers saw two angels in the midst of the flames and refused to carry out the order. These soldiers were put to death, and another two took their place to put Euphemia into the flames. However, the saint remained unharmed. Eventually she was killed in the arena by a wild beast. At the time of her death, an earthquake struck, which allowed her parents to come and bury her. Years later a church was built over the grave of St. Euphemia, where the 4th Ecumenical Council was held. To resolve the dispute over Christ's human and divine natures, the two opposing parties placed scrolls in the tomb of St. Euphemia. Miraculously, after three days the saint's right hand was raised, as if alive, and held the Orthodox definition of Christ's divine and human natures.

View from the Bookstore, by Ellen Tartakoff

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!

Philoptochos

We would like to extend a big THANK YOU to everyone who contributed to the success of the “**Yia Yia’s Attic**” **Costume Jewelry sale**.

First, to all the women who donated the beautiful jewelry. To “Yiayia Mihou” (Anastasia) who donated her handknit scarves and hats. To those who spent hours sorting and pricing the jewelry. To those who set up and took down the tables. To the volunteers who helped sell the jewelry during the festival:

Vicky Christo, Despina Lemon, Marie Macrides, Angie Malelis, Anthoula Malelis, Joy Papazides, Diane Peters, Cara Potamianos, Carol Sharrer, Roberta Williams-Hristodoulou.

Additionally, thank you to **Lula Kiser** who made periodic visits to our booth to offer valuable suggestions. Finally, to our office administrator, Nigel, who was readily available and assisted with our spur-of-the-moment requests.

With gratitude,
Vasiliki Mihou & Vicky Speno

A heartfelt thank you to two generous parishioners, Vicky Speno and Sophia Wales, who donated a beautiful rug for the chant stand. Aside from beautifying the church, the chanters are now more comfortable when serving. “*Lord, I love the beauty of Your House, the dwelling place of your glory.*” (Psalm 25). –**Nigel**

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.



Food pantry bags were given out last Sunday.

Please return bags today, Sunday, July 5.

If you forget or are away, please bring it in when you when you are able (before Thursday July 9).

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