



NEPSIS

Spiritual watchfulness and alertness. "Watch, therefore, for you do not know what hour your Lord is coming" (Matthew 24:42)

Saint Sophia's Greek Orthodox Church
325 Waring Road
Syracuse, New York 13224

Phone (315) 446-5222
Fax (315) 251-1654



Palm Sunday

April 2026

I was recently reading the sermon for Palm Sunday of St. Gregory Palamas, from the book St. Gregory Palamas The Homilies. This passage jumped out of the book at me:

“Let us all, young and old, rulers and subjects, be childlike in innocence, that God may empower us to make a public show of the trophies, and carry aloft the symbols of victory, not just of victory over the evil passions, but over visible and invisible enemies, and may we find the grace of the word to help in time of need.” (p. 113)



He described palms as trophies! I love to carry palms on Palm Sunday – I would hold palms in my hand for the entire Divine Liturgy if possible. It's the one thing we do during the ecclesiastical year that makes me feel most like I was there, even more than when I've actually been in Jerusalem. The scriptures tell us that the people in Jerusalem waved palm branches – just like the ones we carry in our hands. We do exactly what they did on Palm Sunday when we wave palm branches. This fact hits me in a couple of different ways: Part of the time, I feel like I'm trying to get Christ's attention. Last December, my sister-in-law was waiting after a show at a Broadway theater to try and get a celebrity autograph. The person whose autograph she wanted came out of the theater, but my sister-in-law was at the back of a big crowd. As it happened, a girl behind her was waving a sign that said she was best friends with the celebrity's first cousin, and when the celebrity saw it, he came right over. My sister-in-law got his autograph because she was standing in the way – in the right place at the right time!

When we hold the palm branches in our hands, we should have that same enthusiasm: I'm here Jesus! Look this way! It's me! Come over this way! As St. Gregory Palamas said, "be childlike in innocence." You're at the right place – Church. It's the right time – the Divine Liturgy. Take advantage of your good luck and wave your palms like a truly devoted fan! I also feel like I'm waving something like a flag. I'm waving it because I am part of a new people. It's not a national identity, but "a chosen generation, a royal priesthood, a holy nation, His own special people" (1 Peter 1:9). This is our flag, our trophy. It doesn't have colors, or stripes, or stars, or anything. It doesn't matter, brothers and sisters, what ethnic group you're a part of. Not at all. When you join the Church, you become part of a new nation, one nation truly under God.

(Continued on Next Page)

2026 Parish Council

*Peter Manolakas
President*

*Thomas Anthis Jr.
Vice President*

*Robert Allen
Secretary*

*Michael Copanas
Treasurer*

*Joy Weatherup-Anthis
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone
Marianna Politis-Taceas
Christopher Shiomos, OD*

~~~~~  
*Honorary  
Board Member  
James Sakezles*



**VISIT THE  
PARISH  
WEBSITE**  
[stsophias.org](http://stsophias.org)





*(Continued from Page 1...)*

And finally, I'm aware that I'm waving a symbol of victory. We have all experienced tragedies. Someone asked me recently, "How can God allow things like this to happen?" God is not the author of suffering and death – remember that. The devil is. Since we continually give control of the world over to the devil, is it any surprise that the world is therefore filled with suffering and death?

But guess what. *What Father?* There's good news. The defeat of the devil started with the resurrection of Christ. Καλό Πάσχα! His shenanigans will not go on forever, and for every one of them, he and his followers will pay a dear price. On Palm Sunday, take a good look at the palms in your hand. That's the trophy. That's the symbol of victory, and it is not too soon to start wav-ing it, for even riding upon a donkey our Lord proclaims victory to us all!

Your affectionate servant,  
Father David

## PRESIDENT'S MESSAGE

Dear Parish,

I recently read that one difference between some of the Western Christian churches and the Orthodox Church is how the West emphasizes the Passion of Christ a bit more than the Resurrection while we take the opposite position. I cannot say that this is an accurate assessment, but it did get me to thinking. Consider the traditional Roman Catholic devotion of "The Stations of the Cross". Online I found the following explanation of the purpose of this: "The Stations of the Cross are a way to honor the Passion of Christ and grow in union with Jesus through reflecting on his suffering and sacrifice."

We too focus on the passion and the suffering of Jesus. Our services often invoke the sadness and the agony of Jesus's trial and crucifixion. On Good Friday afternoon we take the Lord's body down from the cross and place it in the tomb. This is an incredibly sad and moving service. If we are in the moment we shed tears of sadness, indicating in a small way that we "feel" the pain and sacrifice of that day.

But our sadness is soon overcome by the joy of Pascha. That joyous event is celebrated in both the East and the West. But at our midnight service we sing over and over again, Χριστός Ανέστη, Christ Is Risen. Everyone sings and we sing it at every service until The Feast of Jesus's Ascension, forty days after Easter. But what else do we do, or rather did we do in the past? For those forty days, instead of the normal good morning or good afternoon, we were encouraged to greet our fellow Orthodox with "Christ Is Risen" or its Greek version. It is a reminder of both the Resurrection and our belief in it. Christ Is Risen, Truly He Is Risen reminds us of God's gift to mankind, the sacrifice made by our Lord and our commitment to "follow Him". It is a statement pregnant with overwhelming joy, confident hope, and gratefulness..

One small step in following Him is to attend Holy Week services, which are quite beautiful. Sunday, Monday, and Tuesday evenings are the Bridegroom Matins. The hymn "Behold the Bridegroom comes" (Ὁ Νυμφίος) is sung.

*(Continued on Next Page)*



*(Continued from Page 2)*

On Holy Tuesday we also sing the beautiful Hymn of Kassiani. This year there is only an evening service for the offering of the Holy Unction on Wednesday. While the Holy Thursday evening service of the reading of the Twelve Gospels is a little long, it is really moving. If you have not come in a while, come this year and open your heart to the poignancy of the moment.

The rest you know. Good Friday, Holy Saturday and Pascha. And I understand that coming to our midnight service can be difficult, especially for the elderly and for those with very small children. For you, at noon on Easter Sunday, we have the Agape service which is attended by Orthodox Christians from many of our sister Syracuse Orthodox churches. The door, as you all know, is open. Step through it and be moved by what you see and hear.

Festival preparations are gaining momentum. Please block out lots of time on your schedule for the weekend of June 11-14. While it is great to have volunteers that can give us time for a shift or two, there is always a shortage of workers in some areas. This is especially true on Sunday. So if your preferred area's slots are taken, sign up for something else. You will be most welcomed.

On behalf of the Parish Council, I wish you all **Καλό Πάσχα** .

Yours in Christ,

*Peter Manolakos*

Parish Council President

## **March 2026** **Sacramental Registry**

### **Baptisms**

*Aiden Philip Wisbey*  
*March 21st*

### **Funerals**

*George Intze*  
*d. March 2nd*

*Stavroula Katholos*  
*d. March 20th*

## **April 2026** **Memorials**

**April 5, 2026**  
*None (Palm Sunday)*

**April 12, 2026**  
*None (Pascha)*

**April 19, 2026**  
*None (Thomas Sunday)*

**April 26, 2026**  
*Olga Zeppos*  
*(3 Year Memorial)*  
*George Zeppos*  
*(28 Year Trisagion)*



# Westhill's First Annual Multicultural Day

APRIL 18, 2026  
11:00AM-3:00PM  
WESTHILL HIGH SCHOOL  
SIGN UP TO PARTICIPATE!  
Sign up deadline  
February 12, 2026

*The High School Greek Dance Group performs at 12:30pm!*



SIGN UP TO PERFORM



SIGN UP TO HOST A BOOTH



SIGN UP TO WALK IN THE FASHION SHOW



SIGN UP TO VOLUNTEER SPONSOR OR DONATE

FOR OTHER QUESTIONS CONTACT:  
MMITCHELL@WESTHILLSCHOOLS.ORG  
OR  
ASALIMTHABET@GMAIL.COM

## 2026 ST. TIMOTHY SUMMER CAMP



REGISTRATION IS OPEN!



[sttimothycamp.org](http://sttimothycamp.org)

### THE DETAILS

**When:** August 9th - 15th, 2026

**Where:** Camp Oswegatchie - Croghan, NY

**Who:** 8 years old - High Schoolers

**Earlybird Discount:** Available until Feb 28th

**Need-based Scholarships Available**

### QUESTIONS?

[youth@detroit.goarch.org](mailto:youth@detroit.goarch.org)

# St. Timothy Camp Town Hall Meeting

CALLING ALL METROPOLIS OF DETROIT NEW YORK PARISHES

*Let's Talk About Camp!*

**LAZARUS  
Saturday  
April 4th  
12 NOON**

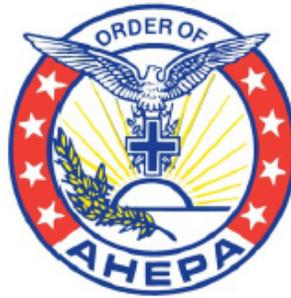
**after Liturgy**

**Guest Speaker:  
Oswegatchie  
Representatives**

**via Zoom**



Metropolis of Detroit



## **AHEPA SYRACUSE CHAPTER NO. 37 SCHOLARSHIP APPLICATION Year 2026**

**ELIGIBILITY** The applicant is the son or daughter [or grandson or grand-daughter] of a Chapter member of AHEPA Chapter No. 37 in good standing at least two years prior to the application date of May 1, 2026

**AND** The applicant **MUST ATTEND** full time, an accredited college or university during the calendar year 2026 - 2027. (minimum 12 college credits) **AND** The applicant must reside within the domain of Syracuse Chapter No. 37.

**AND** All recipients must provide proof by September 2026 that they are a full time college student (Bursar's receipt) or a College transcript with a school seal.

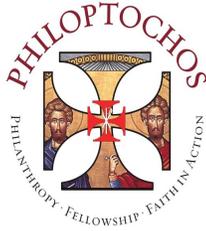
***FILING** Please use our application. If additional applications forms are needed, please feel free to make copies. The applicant is responsible for the submission of all documents and completion of all sections of the application and package by no later than May 1, 2026.*

*Applications are available in the church copy machine room, church lobby and at the candle stand.*

### **Attention Graduating Seniors:**

**St. Sophia's will award two scholarships for \$1500 to deserving graduating seniors on May 16, 2026. They will need to fill out the applications (available in the Church lobby and office) and provide the proper documents.**

**Applications are due May 1st!**



## April 2026 Coffee Hours

April 5, 2026  
*None Scheduled*

April 12, 2026  
*None (Pascha)*

April 19, 2026  
*None Scheduled*

April 26, 2026  
*In Memory of  
Olga Zeppos and  
George Zeppos  
Given by the Family*



## April 2026 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:*

April 5, 2026  
*Debora Politis  
Kathy Shiomos*

April 12, 2026  
*No Coffee Hour (Pascha)*

April 19, 2026  
*Kathy Bristol  
Elizabeth Sakellariou*

April 26, 2026  
*Nikki Stamoulacatos  
Jeanne Sarigiannis*

*Also, first two weeks of May 2026*

May 3, 2026  
*Thalia Tonas  
Sofia Vasiliou*

May 10, 2026  
*Heppi Vastakis  
Artemis Voudouris*

*If you are not currently on our  
list of volunteers for coffee hours,  
a sign up sheet is in the gymnasium.  
All are welcome.*

## **PHILOTOCHOS** **COFFEE HOUR SERVICE**



*Philoptochos provides the coffee service during Coffee Hour on Sundays from September through May. During these months, please call the Church Office to schedule a sponsored coffee hour for a memorial.*

***Procedure to Schedule a Memorial Sponsored Coffee Hour Service:***

- 1. Call the church office 315-446-5222 and schedule the memorial and sponsored coffee hour with Nigel van der Woude (Parish Office Administrator).*
- 2. Choose one of the levels of Coffee Service below. Coffee Hour Service Fees to be paid ONLY by check made payable to Philoptochos (Memo line: include date of service & name of honored loved one.)*

***Mail check to: Attn: Philoptochos 325 Waring Road – Syracuse, NY 13224***

***Sponsored Coffee Service Options***

***=>Basic Coffee Service - \$50 includes the following:***

*Philoptochos provides and serves the coffee, milk, sugar, and juice.  
Parishioner provides the pastries.*

***=>Super Plus Coffee Service - \$150 includes the following:***

*Philoptochos provides and serves the Pastries, coffee, milk, sugar, and juice.*

*Reminder: Dates not available to sponsor Coffee Hour service include; Stewardship Sunday, Godparents Sunday, and Cheese Fare Sunday. Please refer to the Church calendar for these dates.*

***\*Summary Months of June, July and August:***

*To sponsor a coffee hour during these summer months only Basic Coffee Service (\$50) is available. Philoptochos provides coffee, cups, sweetener, creamer, stirrers and set up the serving table. Parishioner provides: Pastries, set up the serving station and tables, serve the coffee hour and clean up service immediately following coffee service. During these summer months, please call either Coffee Coordinators of Coffee Service - Vivian Alexander 315-673-2880 or 315-430-6162 or Maria Allis.*



## Philoptochos News - April 2026

Hello St. Sophia's Family,

After a long winter, the arrival of spring is always a welcome change. Warmer days, blooming flowers, and longer evenings remind us that new beginnings are always possible.

Spring comes at just the right time of year. It's a season that invites us to reflect on hope, renewal, and the power of fresh starts. Just as nature comes back to life around us, this time of year encourages us to slow down, reconnect with one another, and look ahead with optimism. Pascha arrives with the resurrection of Jesus during this spring season and is a powerful reminder that love is stronger than fear and that even in difficult times, God is always bringing new life and new possibilities.

For St. Sophias church community, Pascha is also a time to gather, celebrate, and appreciate the simple joys of being together. Whether through attending Sunday church services, supporting or volunteering in the various events that are held, and enjoying time with family and friends. These moments help strengthen the bonds that make our community and church special.

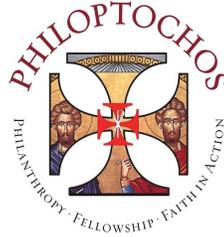
As we welcome spring, may the season bring a sense of renewal, encouragement, and peace to you and those around you. I hope you all have an enjoyable Pascha and I look forward to all the possibilities that are ahead for our church.

In Christ and many blessings,

*Jeanette Capousis Vigliotti*

Philoptochos President





# Spring Fundraisers



## Palm Sunday Tsoureki Sale

Palm Sunday, April 5th. The cost will be \$8 a loaf.

---

## Easter Basket Raffle

The yearly Easter Basket Raffle is coming back with drawing on **Palm Sunday, April 5, 2026**. Baskets will be displayed for two weeks prior and tickets will be available starting March 22. Contact Jeanette Vigliotti for more information at 315-481-7816.

---

## Philoptochos Remembrance Lily Sale

Philoptochos will once again be selling Remembrance Lily plants to be placed on the Solea at Pascha. Only 20 plants will be sold on a first come first served basis. The plants will cost 20\$ and can be taken home after Bright Week.

---

## “Yiayia’s Jewelry Sales”

A big THANK YOU to all those that donated to the ongoing Philoptochos jewelry sales. The proceeds fund the numerous projects of Philoptochos. Donations are accepted year round at the church office or place donations in the Philoptochos mail slot. Please continue to donate your jewelry—we need it !



Syracuse AHEPA Chapter 37  
are proud sponsors of

# AHEPA FAMILY *Banquet*

MAY  
SATURDAY 16 6PM TO 10PM  
2026

Featuring keynote speaker  
Hall of Fame Coach Jim Boeheim



*A silent auction will be held throughout  
the banquet to benefit the AHEPA scholarship fund.*

St. Sophia's Greek Orthodox Church  
Catering by The Garden View Diner

All tickets include hors d'oeuvres, dinner, dessert, coffee, and soda



Ages 21 and over: \$60 per person  
Ages 13-20: \$25 per person  
Ages 12 and under: Free

Scan the QR code or visit [bit.ly/ahepabanquet](https://bit.ly/ahepabanquet)  
to purchase tickets before May 10, 2026.

All are welcome,  
not just AHEPA members!

Contact James Telonis at (315) 247-6639  
for more information.

# SACRED IMAGE, SACRED MARRIAGE ~RETREAT~



**Marriage Workshop Retreat with Presbytera Kerry and Fr. Harry Pappas**

August 14-16, 2026

Notre Dame Retreat Center, Canandaigua, NY

The Metropolis of Detroit and the Department of Marriage and Family Ministry invites married couples to an enriching weekend retreat focused on growing a healthy and holy marriage. Using the icons of Christ the Bridegroom, Saints Joachim and Anna, and the Wedding at Cana as guides, the retreat will explore the three primary dimensions of marriage: the personal (the personhood of each spouse), the intimate relationship (spiritual, emotional, and physical), and the communal dimension (with family, church, and community). This three-day experience will feature teaching, workshops, liturgical services, and focused discussions—both large group, small group, and one-on-one between spouses—to help couples rekindle their connection and grow their relationship amid the demands of daily life.



METROPOLIS  
OF DETROIT

Register via QR Code

Questions?

[nkokkales@detroit.goarch.org](mailto:nkokkales@detroit.goarch.org)



# St. Sophia's Greek Orthodox Church – April 2026

| Sun                                                                                                    | Mon                                                      | Tue                                                                               | Wed                                                | Thu                                                                                                                 | Fri                                                                                                          | Sat                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                        |                                                          |                                                                                   | 1<br>9:00 AM<br>PRESANCTIFIED LITURGY              | 2<br>6:00 PM HOLY UNCTION<br>(ROMANIAN)<br>6:00 PM CHOIR PRACTICE                                                   | 3                                                                                                            | 4<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LAZARUS SATURDAY<br>Followed by St. Timothy Camp<br>Town Hall and Palm Folding<br>5:00 PM GREAT VESPERS |
| 5<br><u>PALM SUNDAY</u><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>6:00 PM<br>BRIDEGROOM ORTHROS | 6<br><u>HOLY MONDAY</u><br>5:00 PM<br>BRIDEGROOM ORTHROS | 7<br><u>HOLY TUESDAY</u><br>6:00 PM<br>BRIDEGROOM ORTHROS<br>10:00 AM BIBLE STUDY | 8<br><u>HOLY WEDNESDAY</u><br>6:00 PM HOLY UNCTION | 9<br><u>HOLY THURSDAY</u><br>10:00 AM FIRST EUCHARIST<br>DIVINE LITURGY<br>6:00 PM ORTHROS OF<br>THE TWELVE GOSPELS | 10<br><u>HOLY FRIDAY</u><br>9:00 AM ROYAL HOURS<br>3:00 PM<br>UNNAILING VESPERS<br>6:00 PM EPITAFIOS SERVICE | 11<br><u>HOLY SATURDAY</u><br>9:00 AM PROTOANASTASI<br>DIVINE LITURGY<br>11:30 PM PASCHA                                                                   |
| 12<br><u>PASCHA</u><br>12:00 PM AGAPE VESPERS                                                          | 13                                                       | 14<br>10:00 AM BIBLE STUDY                                                        | 15                                                 | 16<br>1:30 PM<br>FOOD PANTRY MEETING<br>6:00 PM CHOIR PRACTICE                                                      | 17                                                                                                           | 18<br>10:00 AM<br>ROMANIAN LITURGY<br>5:00 PM GREAT VESPERS                                                                                                |
| 19<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>THOMAS SUNDAY                                      | 20                                                       | 21<br>10:00 AM BIBLE STUDY<br>6:00 PM AHEPA                                       | 22                                                 | 23<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. GEORGE<br>6:00 PM CHOIR PRACTICE                            | 24                                                                                                           | 25<br>5:00 PM GREAT VESPERS                                                                                                                                |
| 26<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>MYRRH BEARING WOMEN               | 27<br>Fr. David<br>Out of Town                           | 28<br>Fr. David<br>Out of Town                                                    | 29<br>Fr. David<br>Out of Town                     | 30<br>Fr. David<br>Out of Town<br>6:00 PM CHOIR PRACTICE                                                            |                                                                                                              |                                                                                                                                                            |

# St. Sophia's Greek Orthodox Church – May 2026

| Sun                                                                                                                                              | Mon                        | Tue                                                              | Wed                                                                | Thu                                                                                          | Fri                           | Sat                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------|--------------------------------------------------------------------------------------------|
|                                                                                                                                                  |                            |                                                                  |                                                                    |                                                                                              | 1<br>Fr. David<br>Out of Town | 2<br>5:00 PM GREAT VESPERS                                                                 |
| 3<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>PARALYTIC<br>CHILDREN'S SERMON                                               | 4<br>10:00 AM BIBLE STUDY  | 5<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>MID-PENTECOST | 6<br>6:00 PM CHOIR PRACTICE                                        | 7<br>6:00 PM CHOIR PRACTICE                                                                  | 8<br>6:00 PM CHOIR PRACTICE   | 9<br>5:00 PM GREAT VESPERS                                                                 |
| 10<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>SAMARITAN WOMAN<br>MOTHERS' DAY                                             | 11<br>10:00 AM BIBLE STUDY | 12<br>10:00 AM BIBLE STUDY                                       | 13<br>6:00 PM CHOIR PRACTICE                                       | 14<br>6:00 PM CHOIR PRACTICE                                                                 | 15<br>6:00 PM CHOIR PRACTICE  | 16<br>5:00 PM GREAT VESPERS<br>6:00 PM AHEPA FAMILY<br>BANQUET                             |
| 17<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE BLIND<br>MAN                                                                   | 18<br>10:00 AM BIBLE STUDY | 19<br>10:00 AM BIBLE STUDY                                       | 20<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>HOLY ASCENSION | 21<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>HOLY ASCENSION<br>6:00 PM CHOIR PRACTICE | 22<br>6:00 PM CHOIR PRACTICE  | 23<br>10:00 AM<br>ROMANIAN LITURGY<br>5:00 PM GREAT VESPERS                                |
| 24<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FATHERS OF 1ST COUNCIL<br>31<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>HOLY PENTECOST | 25<br>10:00 AM BIBLE STUDY | 26<br>10:00 AM BIBLE STUDY                                       | 27<br>6:00 PM CHOIR PRACTICE                                       | 28<br>6:00 PM CHOIR PRACTICE                                                                 | 29<br>6:00 PM CHOIR PRACTICE  | 30<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SOUL SATURDAY<br>5:00 PM GREAT VESPERS |

# MARK YOUR CALENDARS



## 2026 GREEK FESTIVAL

**THURSDAY, JUNE 11TH**  
**FRIDAY, JUNE 12TH**  
**SATURDAY, JUNE 13TH**  
**SUNDAY, JUNE 14TH**

### *Attention all bakers!*

Pita making for the festival will take place on May 2 & May 9, 2026. This is a great opportunity for fellowship, learning, and contributing to our festival preparations.



## St. Sophia's Website & Mailing List

Visit the St. Sophia's website at [www.stsophias.org](http://www.stsophias.org). There is a wealth of information on the website with the most up to date calendar on services and events, color photographs from recent functions, electronic sacrament forms to easily fill out and submit, and an online chapel highlighting the days readings and hymns. Please subscribe to our mailing list to receive the latest information instantly. By subscribing to the mailing list you will be able to receive the electronic form of the Nepsis, the weekly bulletin, parish obituary announcements, and any other pertinent information. You may sign up by going to the website and clicking the tab titled "Subscribe to our Mailing List" or via this link: <https://www.stsophias.org/join-our-mail-list> It's that easy!

If you no longer require the paper copy of Nepsis through the mail, please notify Nigel in the office so that you may be removed from the mailing list.

Happy Birthday  
Wishes to  
Nicholas Karalis

Celebrating  
96 Years  
on April 17th

God Bless You!



## Church Services & Events

*Calendars are provided  
in the Nepsis or  
check the website at  
[stsophias.org](http://stsophias.org)  
for church services & events*



**Monthly Grocery Bag Collections for the Jamesville -Dewitt Ecumenical Food Pantry are postponed for April due to Holy Week and Pascha and will resume in May. Thank you to our parishioners for their continued generosity and love for their neighbors.**