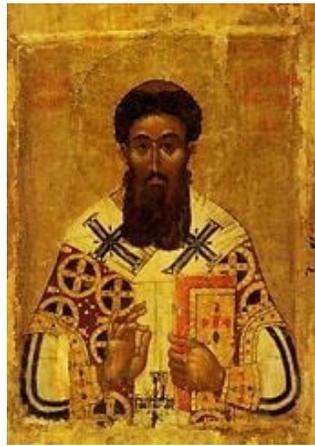


**ST. SOPHIA'S  
GREEK ORTHODOX CHURCH  
SYRACUSE, NEW YORK**



**WEEKLY BULLETIN  
SUNDAY, MARCH 8, 2026  
SUNDAY OF  
ST. GREGORY PALAMAS**



**METROPOLIS  
OF DETROIT**

# St. Paul's Letter to the Hebrews

## 1:10-14; 2:1-3

**Prokeimenon. Plagal Second Mode. Psalm 27.9,1 .**

**O Lord, save your people and bless your inheritance.**

**Verse: To you, O Lord, I have cried, O my God.**

IN THE BEGINNING, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to what angel has he ever said, “Sit at my right hand until I make your enemies a footstool for your feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.



# Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου

## 1:10-14; 2:1-3 τὸ Ἀνάγνωσμα

Προκείμενον. Ἦχος β΄. Ψαλμὸς 27.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου. .

Στίχ. Πρὸς σέ, Κύριε, κεκράζομαι, ὁ Θεός μου.

Κατ' ἀρχὰς σύ, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέ ποτε· κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν;

Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι, μὴ ποτε παραρρυῶμεν. εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.



# The Gospel According to Mark

## 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins’ — he said to the paralytic — “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”



## Ἐκ τοῦ Κατὰ Μάρκον 2: 1-12 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας — λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.



# HYMNS OF THE DAY

## **Resurrectional Apolytikion in the Plagal Second Mode**

When the angelic powers appeared at Your tomb, and those who guarded You became as though dead. And standing by Your sepulcher was Mary, seeking Your pure sacred body. For You did vanquish Hades, and uncorrupted by its touch, You came unto the virgin women, bestowing the gift of life. O You Who rose from the dead, we give glory to You!

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντὸν σου σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

## **Apolytikion for St. Gregory Palamas, Plagal Fourth Mode**

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of 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 Plagal Fourth Mode**

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε, Νύμφη ἀνύμφευτε.

O Champion General, \*I, your City, now inscribe to you\* triumphant anthems as the tokens of my gratitude,\* being rescued from the terrors, O Theotokos.\*Inasmuch as you have power unassailable,\* from all kinds of perils free me, so that unto you \*I may cry aloud:\* Rejoice, O unwedded bride.

# TODAY'S FEASTS AND SAINTS



**March 8th**

**Sunday of St. Gregory Palamas**

We also commemorate:

+ Theophylact the Confessor, Bishop of Nicomedia

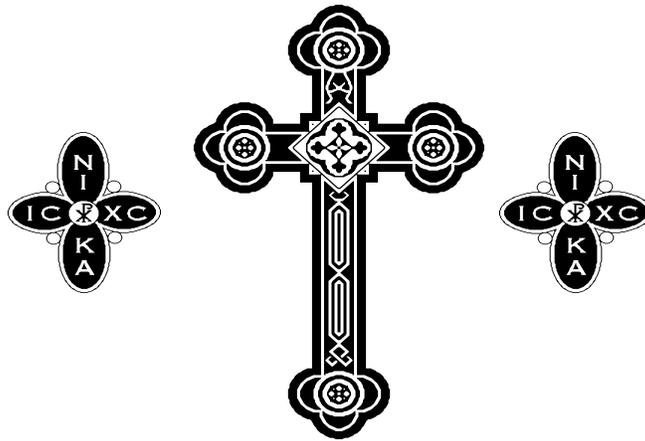
+ Hermas the Apostle of the 70

+ The Holy Forty Martyrs of Sebastia (March 9th)

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of 63 years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

*Sunday – March 8, 2026*



*Memorial*

*Olga Ioannou (40 Days)*

*Trisagion*

*Chris Meskos (9 Years)*

**MAY THEIR MEMORY BE ETERNAL**

## **WISDOM OF THE FATHERS**

Take up your bed. Carry the very mat that once carried you. Change places, so that what was the proof of your sickness may now give testimony to your soundness. Your bed of pain becomes the sign of healing, its very weight the measure of the strength that has been restored to you.

**St. Peter Chrysologus**

Homily 50.6., 5th Century

When through self-control we have purified our body, and when through divine love we have made our incensive power and our desire incentives for virtue, and when we offer to God our intellect cleansed by prayer, then we will possess and see within ourselves the grace promised to the pure in heart (cf. Matt. 5:8)

**St. Gregory Palamas**

Those Who Practise a Life of Stillness

no. 2, Philokalia Vol. 4, 14th Century

# Pan-Orthodox Lenten Vespers

6pm Vespers Followed by a Fellowship Meal

## March 1: Sunday of Orthodoxy

### St. Sophia's Greek Orthodox Church

325 Waring Road, Syracuse

Fr. Philip McCaffery, preaching



## March 8: Sunday of St. Gregory Palamas

### St. Elias Antiochian Orthodox Church

4988 Onondaga Rd, Syracuse

Fr. Aleksandar Bozhinoski, preaching

## March 15: Sunday of the Holy Cross

### Sts. Peter and Paul OCA Church

401 Hamilton St, Syracuse

Archbishop Michael, preaching



## March 22: Sunday of St. John Climacus

### St. George Macedonian Orthodox Church

5083 Onondaga Rd, Syracuse

Deacon Nicholas Mahshie, preaching

## March 29: Sunday of St. Mary of Egypt

### St. Luke Ukrainian Orthodox Church

3290 Warners Rd, Warners

Fr. Ambrose Inlow, preaching



***Church Services & Events  
for Today & the Upcoming Week***

***Today ~ Sunday of St. Gregory Palamas***

*8:45 am Orthros*

*10:00 am Divine Liturgy*

*6:00 pm Pan-Orthodox Vespers (at St. Elias)*

***Monday ~ March 9, 2026***

*5:00 pm Great Compline*

***Tuesday ~ March 10, 2026***

*10:00 am Bible Study*

***Wednesday ~ March 11, 2026***

*9:00 am Presanctified Liturgy*

***Thursday ~ March 12, 2026***

*6:00 pm Choir Practice*

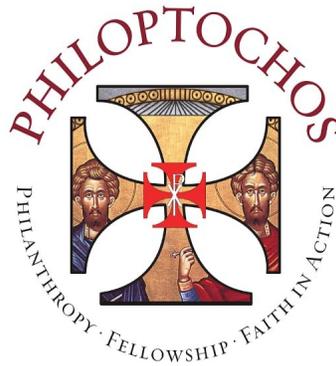
*6:00 pm SU OCF*

***Friday ~ March 13, 2026***

*6:00 pm Akathist Hymn*

***Saturday ~ March 14, 2026***

*5:00 pm Great Vespers*



***JOIN US TODAY  
FOR COFFEE HOUR***

***COFFEE HOUR TODAY***

***IN MEMORY OF***

***Chris Meskos***

***Given by the Family***

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

***Vasiliki Mihou***

***Anthoula Malelis***

# Adult Dance Group Sign Up



Members interested in dancing in the adult dance group for the 2026 Greek Festival must complete the form below **by no later than 3/30.**

Practices will begin in May.

Text @adult2026 to 81010 for updates

Tap or Scan to Sign Up



## GREEK INDEPENDENCE DAY CELEBRATION

**12:00 pm March 25, 2026**

**Syracuse City Hall**

**Raising of the Greek Flag 11:50 am**

**Assembly at the steps of City Hall**

(Bus transportation will arrive at St. Sophia's parking lot at 10:45 am and depart at 11:20 am )

**BUS RESERVATIONS**

**Contact Mike Labatos 315-427-7628**

ATTENTION, YOUTH UP TO 18: If you register by March 22nd and attend you will be presented with a certificate and a token of appreciation.

In case of inclement weather, the event will be held inside the City Hall.

**This event is not only for Greek Americans, so bring your friends and all Philhellenes.**

The poster features a light blue background with a decorative border of white branches, green leaves, and small blue and yellow flowers. Two large, stylized Easter eggs with blue and white wavy patterns are positioned at the top. The title 'Easter Basket Raffle' is written in a large, elegant, blue cursive font. Below the title, the text 'Come get your raffle tickets after the Divine Liturgy on' is centered in a simple blue font. The dates '3/22 3/29 4/5' are displayed in a bold, blue, sans-serif font. Below the dates, 'DRAWING ON PALM SUNDAY 4/5' is written in a smaller, blue, sans-serif font. At the bottom, a central illustration shows a woven brown basket with a light blue bow on top, filled with several colorful Easter eggs (blue with white polka dots, pink and white stripes, yellow and white stripes, and blue with white floral patterns). The basket is surrounded by green leaves and small blue and pink flowers. At the very bottom, a white rectangular box with a purple border contains the text: 'A donation of an Easter Basket is greatly appreciated for the Easter Basket Raffle. Please bring it in before 3/22. The table is ready for you in the entry of the social hall.'

# Easter Basket Raffle

Come get your raffle tickets  
after the Divine Liturgy on

**3/22 3/29 4/5**

**DRAWING ON PALM SUNDAY 4/5**

**A donation of an Easter Basket is greatly appreciated for  
the Easter Basket Raffle.**

**Please bring it in before 3/22. The table is ready for you in the entry of  
the social hall.**



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



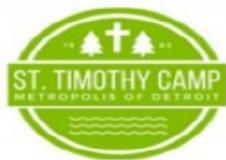
Ages 21 and over: \$60 per person  
Ages 13-20: \$25 per person  
Ages 12 and under: Free

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.

# 2026 Registration for St. Timothy Camp is Open!



**ST. TIMOTHY CAMP**  
METROPOLIS OF DETROIT

COME JOIN US  
AUGUST 9<sup>TH</sup> – 16<sup>TH</sup>, 2026  
BACK AT  
OSWEGATCHIE EDUCATIONAL CENTER  
[www.sttimothycamp.org/registration](http://www.sttimothycamp.org/registration)

Thank you to all our parishioners that volunteered for and attended the Pan Orthodox Vespers and Dinner on the Sunday of Orthodoxy!

-Philoptochos

Philoptochos will 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.

**Registration for Camp due by March 31st!**

Want to advertise events for your group or share a message with the parish community? Let Nigel know by Wednesday at 5pm each week to make it into that Sunday's bulletin. Submissions for the Nepsis are due by the 20th of each month. Please be mindful of space and ink, and I can do some design for you if given enough time.

Email at [nigel@stsophias.org](mailto:nigel@stsophias.org) or call the office at (315) 446-5222.