

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



**WEEKLY BULLETIN
SUNDAY, MARCH 29, 2026
SUNDAY OF
ST. MARY OF EGYPT**



**METROPOLIS
OF DETROIT**

HYMNS OF THE DAY

Resurrection Apolytikion in the First Mode

The stone that had been sealed before Your tomb by the Jews, and the soldiers guarding did watch o'er Your pure and sacred body, O Savior, the third day You arose and unto all the world did You give life! Whereby all the heavenly powers did proclaim that You are the giver of life. Glory unto our resurrected Christ, glory unto Your kingdom, glory to Your dispensation, O You Who alone loves all!

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν. Διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι Ζωοδότα· Δόξα τῇ ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνη Φιλάνθρωπε.

Apolytikion for St. Mary of Egypt, Plagal Fourth Mode

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.

Ἐν σοὶ Μῆτερ ἀκριβῶς διεσώθη τὸ κατ' εἰκόνα· λαβοῦσα γὰρ τὸν Σταυρόν, ἠκολούθησας τῷ Χριστῷ, καὶ πράττουσα ἐδίδασκες, ὑπερορᾶν μὲν σαρκός, παρέρχεται γὰρ· ἐπιμελεῖσθαι δὲ ψυχῆς, πράγματος ἀθανάτου· διὸ καὶ μετὰ Ἀγγέλων συναλλάσσεται, ὅσια Μαρία τὸ πνεῦμά σου.

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

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 ἰκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

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.

St. Paul's Letter to the Hebrews (9:11 – 14)

Prokeimenon. First Mode. Psalm 32.

Let Your mercy, O Lord, be upon us, as we hope in You.

Verse: Rejoice greatly in the Lord, O righteous ones; praise is fitting for the upright.

Brethren, when Christ appeared as a high priest of the good things to come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, not with the blood of goats and calves but with his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου (9:11 – 14)

Προκείμενον. ᾠχος α'. Ψαλμὸς 32.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Στίχ. Ἀγαλλιᾶσθε, δίκαιοι, ἐν Κυρίῳ· τοῖς εὐθέσι πρέπει αἴνεσις.

Ἀδελφοί, Χριστὸς παραγενόμενος ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν διὰ τῆς μείζονος καὶ τελειότερας σκηνῆς, οὐ χειροποιήτου, τοῦτ' ἔστιν οὐ ταύτης τῆς κτίσεως, οὐδὲ δι' αἵματος τράγων καὶ μόσχων, διὰ δὲ τοῦ ἰδίου αἵματος εἰσῆλθεν ἐφάπαξ εἰς τὰ Ἅγια, αἰώνιαν λύτρωσιν εὐράμενος. εἰ γὰρ τὸ αἷμα ταύρων καὶ τράγων καὶ σποδὸς δαμάλεως ῥαντίζουσα τοὺς κεκοινωμένους ἀγιάζει πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσῳ μᾶλλον τὸ αἷμα τοῦ Χριστοῦ, ὃς διὰ Πνεύματος αἰωνίου ἑαυτὸν προσήνεγκεν ἄμωμον τῷ Θεῷ, καθαρῆι τὴν συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων εἰς τὸ λατρεύειν Θεῷ ζῶντι;

The Gospel According to Mark (10:32 – 45)

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, “Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise.” And James and John, the sons of Zebedee, came forward to him, and said to him, “Teacher, we want you to do for us whatever we ask of you.” And he said to them, “What do you want me to do for you?” And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?” And they said to him, “We are able.” And Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.” And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, “You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many.”

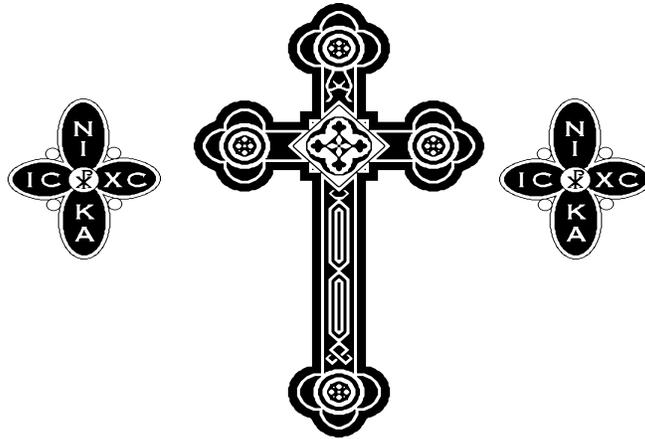


Ἐκ τοῦ Κατὰ Μᾶρκον Εὐαγγελίου (10:32 – 45)

Τῷ καιρῷ ἐκείνῳ, παραλαβὼν ὁ Ἰησοῦς τοὺς δώδεκα μαθητὰς αὐτοῦ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι ἰδοὺ ἀναβαίνομεν εἰς Ἱεροσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινούσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαΐξουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπτύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· διδάσκαλε, θέλομεν ἵνα ὁ ἐὰν αἰτήσωμεν ποιήσης ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· τί θέλετε ποιῆσαί με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· δὸς ἡμῖν ἵνα εἷς ἐκ δεξιῶν σου καὶ εἷς ἐξ ἐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· οὐκ οἶδατε τί αἰτεῖσθε. δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δὲ εἶπον αὐτῷ· δυνάμεθα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσει ἐκ δεξιῶν μου καὶ ἐξ ἐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ' οἷς ἠτοίμασται. Καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· οἶδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν· οὐχ οὕτω δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὅς ἐὰν θέλη γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὅς ἐὰν θέλη ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἦλθε διακονηθῆναι, ἀλλὰ διακονῆσαι, καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντὶ πολλῶν.



Sunday – March 29, 2026



Memorials

George Intze – 40 Days

Elaine Dimkos – 1 Year

Trisagion

Gus Columbus – 16 Years

Joanne Allis – 19 Years

Claudia Constas – 10 Years

MAY THEIR MEMORY BE ETERNAL

TODAY'S FEASTS AND SAINTS



March 29th

Sunday of St. Mary of Egypt

We also commemorate:

- + Mark, Bishop of Arethusa
- + Martyr Cyril the Deacon and those with him
- + Innocent, Enlightener of Alaska (March 31st)
- + Lazarus Saturday (April 4th)

The memory of this Saint is celebrated on April 1, where her life is recorded. Since the end of the holy Forty Days is drawing nigh, it has been appointed for this day also, so that if we think it hard to practice a little abstinence forty days, we might be roused by the heroism of her who fasted in the wilderness forty-seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in very deed.



Before He humbled Himself, only the angels knew him. After He humbled Himself, all human nature knew Him. You see how His humbling of Himself did not make Him have less but produced countless benefits, countless deeds of virtue, and made His glory shine forth with greater brightness? God wants for nothing and has need of nothing. Yet, when He humbled Himself, He produced such great good, increased His household, and extended His kingdom. Why, then, are you afraid that you will become less if you humble yourself?

St. John Chrysostom

On the Incomprehensible Nature of God. 8.46-47. 4th 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. Mary of Egypt

8:45 am Orthros

10:00 am Divine Liturgy

11:30 am – 1:00 pm Parish General Assembly

6:00 pm Pan-Orthodox Vespers (at St. Luke's Ukrainian)

Tuesday ~ March 31, 2026

10:00 am Bible Study

Wednesday ~ April 1, 2026

9:00 – 10:15 am Presanctified Liturgy

Thursday ~ April 2, 2026

6:00 pm Choir Practice

Saturday ~ April 4, 2026 (Lazarus Saturday)

9:00 am Orthros

10:00 am Divine Liturgy

11:30 am Palm Cross Folding

12:00 pm St. Timothy Camp Town Hall Meeting

5:00 pm Great Vespers for Palm Sunday

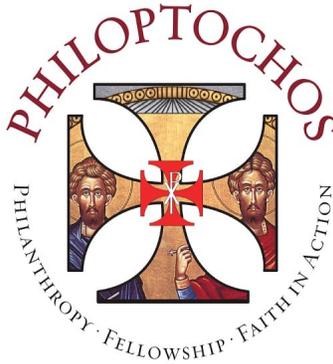


HOLY WEEK 2026

SAINT SOPHIA'S GREEK ORTHODOX CHURCH - SYRACUSE, NY

Follow Christ waving Palm Branches in his triumphant entry into Jerusalem. Prepare with him as he reads himself and his disciples for the Passion. Weep with him at his betrayal. Eat and drink with him at that holiest of meals. Walk the road to the Cross. Stand vigil with his all holy Body. Greet the new day at the empty tomb, for he has trampled down death by death!

	Morning	Evening
Lazarus Saturday 4/4	Orthros 9:00 am Divine Liturgy 10:00 am	Great Vespers 5:00 pm
Palm Sunday 4/5	Orthros 8:45 am (Palms Blessing) Divine Liturgy 10:00 am	Bridegroom Orthros 6:00 pm
Holy Monday 4/6		Bridegroom Orthros 5:00 pm
Holy Tuesday 4/7		Bridegroom Orthros 6:00 pm
Holy Wednesday 4/8		Holy Unction 6:00 pm
Holy Thursday 4/9	First Eucharist Liturgy 9:00 am	Service of Twelve Gospels 6:00pm
Holy Friday 4/10	Royal Hours of Holy Friday 9:00 am	Unnailing Vespers 3:00 pm Epitaphios Service 6:00 pm
Holy Saturday 4/11	Protoanastasi Liturgy 9:00 am	Paschal Divine Liturgy 11:30 pm
Holy Pascha 4/12	Agape Vespers 12:00 pm Followed by Easter Egg Hunt	



***WE WELCOME EVERYONE TO JOIN US
FOR COFFEE HOUR***

COFFEE HOUR TODAY

***IN MEMORY OF
GEORGE INTZE***

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:

Diane Peters

Garyfallia Papageorge

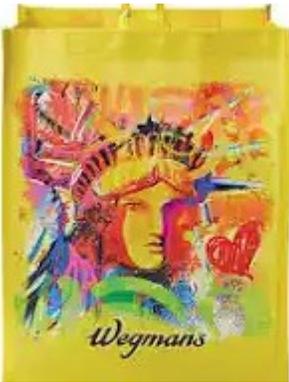
Easter Basket Raffle

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.



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.

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.





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
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



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 will perform
at 12:30pm on April 18th!*



SIGN UP TO
PERFORM



SIGN UP
TO
HOST
A BOOTH



SIGN UP
TO WALK
IN THE
FASHION
SHOW



SIGN UP TO
VOLUNTEER
SPONSOR O
DONATE

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

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

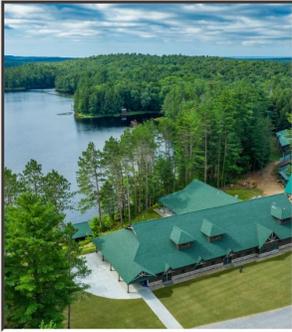
Guest Speaker:
Oswegatchie
Representatives

via Zoom



Metropolis
of Detroit

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

Earlybird Discount: Available until
Feb 28th

Need-based Scholarships Available

QUESTIONS?

youth@detroit.goarch.org

Registration for Camp due by March 31st!

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



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.

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!

Want to put something in the bulletin? Contact Nigel at the church office by Wednesday each week.

Please be mindful of space and ink.

nigel@stsophias.org

(315) 446-5222