

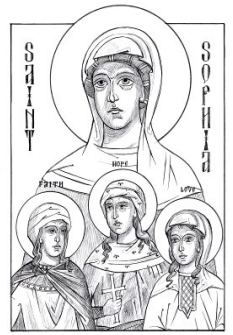


NEPSIS

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



The Presanctified Liturgy

March 2026



It's good to start Lent thinking about the Presanctified Liturgy.

What can I say about this beautiful service of the church? Three things: Not enough people attend, it's a great help if you're fasting, and it will revolutionize your spiritual life.

The Presanctified is a liturgy served in the dark. Much is unseen. Unfortunately, one of the unseen things in the Presanctified Liturgy is people. My hope is that every Wednesday of Lent we will fill the church! I want as many people as possible to enjoy, to benefit from, to love, to absorb, to bask in this Divine service of our Church. It's a quiet, prayerful liturgy designed to bring your mind back into the Kingdom of God from its wandering astray.

Why do we serve the Presanctified Liturgy during Lent? The church has decreed that 1) the weekdays of Lent are not the time to celebrate the joyous and resplendent Divine Liturgy, however, 2) the weekdays of Lent are just the time when we need to commune with God more than any other time of the year. What's the answer? A Liturgy – an opportunity to take Holy Communion – but one that is quiet and meditative. Introspective, in keeping with the character of the season.

Thus it came to be that St. Gregory the Great (also known as the "Dialogist" – because of a book he wrote - and "Pope of Rome" – because he was the Pope of Rome) wrote the Presanctified Liturgy (he actually organized oral traditions already in use). This service is for those who are fasting, who are keeping some sort of ascetic observance during Lent. The Church opens its doors for our support and comfort so that we gain strength to, as the liturgy says, "fight the good fight, to finish the course of the fast, to keep the faith whole, to shatter the heads of unseen dragons, and to show ourselves victorious over sin, and to arrive blamelessly, without condemnation, to worship Your holy resurrection."

For those not fasting, or for those who think church is rather tedious, the Presanctified Liturgy seems unnecessary and boring. But I hope that is not too many of us!

The Presanctified Liturgy will revolutionize your spiritual life if you take the time to attend. Much of the Presanctified liturgy consists of readings from the

2026 Parish Council

Peter Manolacos
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...*

The Presanctified Liturgy will revolutionize your spiritual life if you take the time to attend. Much of the Presanctified liturgy consists of readings from the Psalms. When we meditate upon the meaning of those words in the light of our Lord's death and resurrection, we come to a right understanding of the real reason the Church spends so much time in that book of the Bible: The Psalms are the heartfelt cry of those seeking God. Just like us! They are words written so long ago that, at first reading, seem almost unintelligible – and yet, in certain contexts, they speak to our hearts clearly and miraculously. This happens in the Presanctified Liturgy.

Another way that the Presanctified Liturgy will revolutionize your spiritual life is that it teaches us how to attend the Divine Liturgy on Sundays. If you come to Church to be entertained, you will find the Presanctified Liturgy impossible. In order to “get it,” you need to do the work of worship. You need to worship without the expectation of entertainment, to quiet your heart, focus your mind, fill your soul. The Presanctified is the training-ground, brothers and sisters, and you will feel the difference when you worship on a Sunday morning after attending one.

Wednesday mornings at 9 am. Come and experience this rich and beneficial tradition of our Church!

Your affectionate servant,  
Father David

***MARK YOUR CALENDARS***

***GENERAL ASSEMBLY MEETING  
SUNDAY, MARCH 29, 2026***

***FOLLOWING CHURCH IN THE GYMNASIUM***





## PRESIDENT'S MESSAGE

Dear Parish,

Consider goats. No, not Tom Brady or Simone Biles, considered by many to be the GOAT (greatest of all time) in their respective sports. I am thinking of real four-legged goats. Specifically, consider the goats of Leviticus 16. The Jews are carefully instructed on how to perform ritual sacrifices on the altar for the highest holy day, Yom Kippur, the day of atonement. First a bull is killed and then a goat. But then we are introduced to a second goat, the goat upon which all the sins of Israel are laid. This poor goat is the “scapegoat”, the αποδιοπομπαίος τράγος, the Azazel.

Azazel, innocent and blameless, was taken to Aaron, Moses's brother the High Priest of the Jewish people, who laid hands on the unfortunate animal thereby effecting the transfer of the sins of the people to the goat. Once a year the Jews were able to atone for and receive forgiveness of their sins. The goat was then taken to the wilderness and it and the sins were never to be seen again. So sacrificial blood was shed, and sins were forgiven.

During the Passion of Christ, Pontius Pilate saw no guilt in Jesus. He had committed no crime and said as much to the crowd three times. The Roman Procurator washed his hands and said of Jesus “I am innocent of this man's blood”. While he eventually caved to the crowd, he did understand that they were condemning an innocent and blameless person.

Biblical scholars point to the scapegoat as the precursor of Jesus. It is an easy but I think an incorrect comparison to make. If the goats could talk they would not say we will perform this act of sacrifice willingly, knowing the pain and humiliation to be suffered. We will take one for the team. The goats would likely say “why us?”.

But Our Lord knew what was coming to Him. At one moment He asked if the cup could pass from Him. Then He immediately said to the Father, “Thy will be done”.

So like the Azazel, He was innocent and blameless. He violated no Roman law. But many of the Jews, especially those in authority, wrongly considered his teaching heretical, scandalous, and blasphemous. Their interpretation was, of course, completely wrong. They failed to grasp who He was. If they had, they would have understood Jesus words that “He had come not to abolish the law but to fulfill it”.

He came to change the world, to offer a New Covenant, this time to all of mankind. Unlike the scapegoat, HE WILLINGLY suffered the agonizing pain and humiliation of crucifixion in order to expiate the sins of the world. He was perfect and sinless. He was innocence betrayed, innocence crucified, innocence that “trampled death by death”. The Passion of Christ should bring tears to our eyes. The Passion of Christ should shock us every time we think about it.

The scapegoat assumed the sins of the Jews, Jesus Christ the sins of all mankind. Because of His obedient sacrifice the door to salvation was opened to the world. It is up to each of us to be worthy of this supreme act of love, to embrace it, and to live our lives according to the precepts He laid down. Once again, this is only possible with His help. “Ask and it shall be given, seek and ye shall find”. Praise be to God.

*(Continued...)*



# PRESIDENT'S MESSAGE

*Continued from Page 3...*

The Spring General Assembly meeting is scheduled for March 29. Please make sure you have fully paid your 2025 stewardship pledge and that you have filled out your 2026 stewardship pledge card so they you will be a member in good standing for the meeting.

Festival activity has begun. Keep your eyes peeled for any announcements regarding dates and times for pre-festival "opportunities". Without all of you who volunteer, there would not be a festival. So thank you for stepping up and doing the hard behind the scenes work that makes for a successful festival. FYI festival dates are June 11-14.

Finally, to all of you who care, happy Greek Independence Day. We hope to celebrate once again with the flag raising at city hall. Let's remember both great heritages, with due deference to our parishioners who come from non Hellenic roots. GOD Bless America and ΖΗΤΩ Η ΕΛΛΑΔΑ.

Yours in Christ,  
*Peter Manolakos*  
Parish Council President

## GREEK NATIONAL ANTHEM

### ΥΜΝΟΣ ΕΙΣ ΤΗΝ ΕΛΕΥΘΕΡΙΑΝ

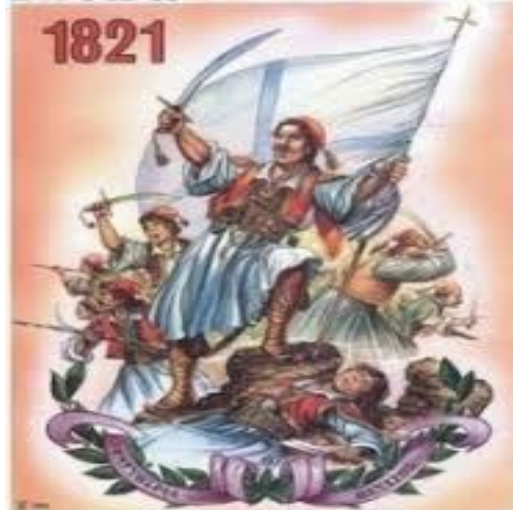
Σε γνωρίζω από την κοψη  
του σπαθιου την τρομερη,  
σε γνωρίζω από την οψη  
που με βια μετραει την γη.  
Απ' τα κοκκαλα βγαλμενη  
των Ελλήνων τα ιερα,  
και σαν πρωτα ανδρειωμενη,  
χαιρε, ω χαιρε, Ελευθερια

Se gnorizo apo tin kopsin  
too spathiou tin tromeri  
Se gnorizo apo tin opsini  
poo me via metra tin yin  
Ap ta kokkala vgalmeni  
ton Ellinon ta iera  
Ke san prota andriomeni  
Hier o Hier eleftheria!

I shall always recognize you  
by the dreadful sword you hold  
as the Earth with searching vision  
you survey with spirit bold.  
From the Greeks of old whose dying  
brought to life and spirit free  
now with ancient valor rising  
let us hail you, oh Liberty!

**ΖΗΤΩ Η 25<sup>η</sup> ΜΑΡΤΙΟΥ**

**1821**



# 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





**ARRIVE AT  
5PM FOR  
REHEARSAL**

# PAN- ORTHODOX CHOIR

FOR 2026 PAN-  
ORTHODOX LENTEN  
VESPERS AT 6PM



ALL CHOIR MEMBERS  
AND CHANTERS ARE  
INVITED TO SING!

## **ST. SOPHIA'S**

SUNDAY, MARCH 1ST

## **SS. PETER AND PAUL**

SUNDAY, MARCH 15TH

## **ST. ELIAS**

SUNDAY, MARCH 8TH



## **ST. GEORGE MACEDONIAN**

SUNDAY, MARCH 22ND

## **ST. LUKE'S UKRAINIAN**

SUNDAY, MARCH 29TH

## GREAT and HOLY LENT

### Important Services

**Akathist Hymn –**  
**Every Friday at 6pm**  
**February 27th to March 27th**



**Annunciation – Wednesday, Mar 25th**  
**Orthros 9am, Divine Liturgy 10am**



**Lazarus Saturday – April 4th**  
**Orthros 9am, Divine Liturgy 10am**  
*Followed by Philoptochos Bake Sale and Palm Cross Folding*

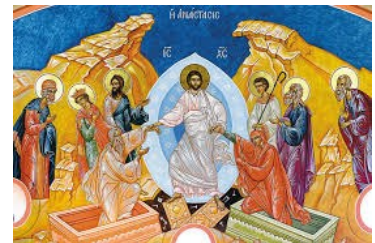


**Palm Sunday – April 5th**  
**Orthros 8:45am, Divine Liturgy 10am**



**Holy Week – April 5th to April 11th**  
**(See Calendar for Services)**

**Great and Holy Pascha – April 12th**  
**Paschal Liturgy –**  
**Sat. April 11th at 11:30pm**  
**Agape Vespers –**  
**Sun. April 12th at 12pm**



# ANNUNCIATION OF THE THEOTOKOS



**WEDNESDAY—MARCH 25, 2025**

**9:00 AM ORTHROS**

**10:00 AM DIVINE LITURGY**

The Feast of the Annunciation of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is celebrated on March 25 each year. The Feast commemorates the announcement by the Archangel Gabriel to the Virgin Mary that our Lord and Savior Jesus Christ, the Son of God, would become incarnate and enter into this world through her womb.



## 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 Katina in the office so that you may be removed from the mailing list.

## Church Services & Events



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

## 2026 STEWARDSHIP COMMITMENT CARD

*St. Sophia's Greek Orthodox Church ~ 325 Waring Road Syracuse, NY 13224 ~ (315) 446-5222*

*In gratitude for God's blessing I/we pledge to contribute, for Christ's work  
at St. Sophia's Church, for 2026 a total amount of \$ \_\_\_\_\_*

*If you are interested in paying by Credit/Debit Card  
do so Online via the Church website [stsophias.org](http://stsophias.org)*

**Please Print:**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Telephone (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ Email Address \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

**THE COMPLETION OF THIS CARD IS A REQUIREMENT TO BE A MEMBER IN GOOD STANDING**



***January-February 2026  
Sacramental Registry***

**Baptisms**

*Jessica (Olga) Schneider*

*January 7*

**Weddings**

*Lucas Vecchio and  
Charise Duckworth*

*February 7*

**Funerals**

*William S. Sotir, Jr.  
d. January 6*

*Ria G. Levidy (nee Gagas)  
d. January 18*

*Olga Ioannou (nee Anastasiou)  
d. February 1*



***March 2026  
Memorials***

***Eternal Be Their Memory***

March 1, 2026  
*None Scheduled*

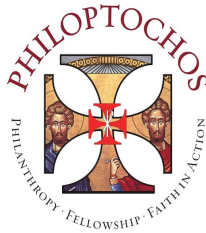
March 8, 2026  
*9 Year Trisagion for  
Chris Meskos  
40 Day Memorial for  
Olga Ioannou*

March 15, 2026  
*None Scheduled*

March 22, 2026  
*8 Year Trisagion for  
Eleni Kane*

March 29, 2026  
*1 Year Memorial for  
Elaine Dimkos*





## March 2026 Coffee Hours

March 1, 2026  
*None Scheduled*

March 8, 2026  
*In Memory Of  
Chris Meskos  
Given by the Family*

March 15, 2026  
*None Scheduled*

March 22, 2026  
*In Memory of  
Anastasios Sinitsas  
Given by the Family*

March 29, 2026  
*None Scheduled*



## March 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:*

March 1, 2026  
*Heppi Vastakis  
Lula Kiser*

March 8, 2026  
*Vasiliki Mihou  
Anthoula Malelis*

March 15, 2026  
*Frieda Meskos  
Patricia Meskos*

March 22, 2026  
*Stavroula Politis  
Zoe Malelis  
Anastasia Papazides*

March 29, 2026  
*Diane Peters  
Garyfallia Papageorge*

*Also, first two weeks of April 2026*

April 5, 2026  
*Debora Politis  
Kathy Shiomos*

April 12, 2026  
*Christina Shiomos  
Elizabeth Sakellariou*

*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 Katina Luvadis (Church Administrative Assistant).*
- 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 - March 2026

Dear Fellow Parishioners,

As we step into March I was reminded of the old saying: “In like a lion, out like a lamb.” This month is known for its dramatic beginnings and gentle endings. A true bridge between winter’s chill and spring’s warmth.

March has a personality all its own. It may greet us with roaring winds and chilly mornings, but little by little, the days grow longer and the sunshine feels warmer. Signs of spring begin to appear, reminding us that change is quietly unfolding. March is also a wonderful time to look forward to the hope of Easter- a season of renewal and resurrection. Just as winter gives way to spring, God brings new beginnings into our lives.

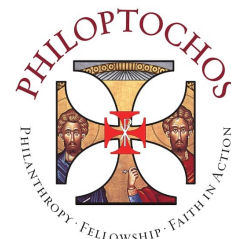
As we move through this month, may we stay steady during the “lion” moments. Embrace the calm of the “lamb” moments. Offer both strength and kindness to those around us and look forward to the fresh start that spring brings.

Wishing you a peaceful and encouraging month ahead.

In Christ,

*Jeanette Capousis Vigliotti*

Philoptochos President




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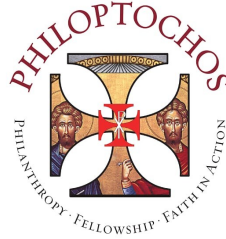
**Thank you to all our parishioners that volunteered for and attended the Annual Cheesefare Luncheon, making it a great a success! We extend a special thank you to the partnership of Gardenview Diner and the Philoptochos Society that sponsored this event.**

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## “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 !



# Spring Fundraisers



## Annual Easter Bake Sale

Philoptochos continues their yearly bake sale this year with traditional Greek pastries and bread on **Lazarus Saturday, April 4th, 2026** from **9am to 3pm**.

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## Palm Sunday Tsoureki Sale

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

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## 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.

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## 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.



## Syracuse AHEPA Chapter 37 ~ ~ March 2026 News ~ ~

We've worked with the new administration at City Hall to set our annual Greek Independence Day flag raising ceremony on March 25, 2026, which will be presided over by Mayor Sharon Owens and County Supervisor Ryan McMahon jointly. We hope to once again supply a bus to transport attendees from St. Sophia's to City Hall. We will update this information as the event gets closer.

Proceeds from the Winter Wonderland Dinner Dance are being used to purchase a new washing machine for our AHEPA Housing residents on Onondaga Hill. The residents truly appreciate having this service available to them on-site, and thank Chapter 37 for their continued support.

We have been notified by AHEPA Housing that our associated AHEPA Foundation is to receive over \$5000.00 dollars this year to donate to local 501c3 charities in our community. The monies are well received and appreciated by the various groups we have supported in the past. Previous donations have been made to In my Father's Kitchen, Francis House, Serve Syracuse, Sarah's Guest House, among others.

On May 16th we will be sponsoring our AHEPA Family Banquet which is open to ALL members of our community. Special guest speaker will be Hall of Fame basketball Coach Jim Boeheim. Dinner, drinks, and dessert will be provided. Please see the included flyer for details. Proceeds from the event will go to support our AHEPA Scholarship Fund. We appreciate your support for this family event.

Memorial Day weekend will find our members placing flags at Oakwood, Woodlawn and St. Mary's cemeteries at the graves of our St. Sophia's community veterans. Please contact Jim Telonis if you wish to assist in this honorable and deserved event.

Thank you,  
James Telonis, President  
Syracuse AHEPA Chapter 37



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.

# 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.

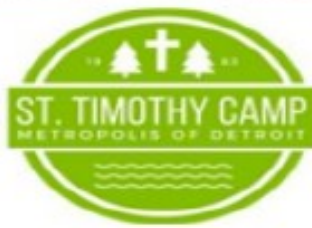
Text @adult2026 to 81010 for updates

Tap or Scan to Sign Up





# 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)

# St. Sophia Greek Orthodox Church – March 2026

| Sun                                                                                                                                                                              | Mon                                 | Tue                                                | Wed                                                                                                                                         | Thu                                                   | Fri                                | Sat                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------|--------------------------------------------------------------------|
| <b>1</b><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>11:30 SUNDAY OF<br>ORTHODOXY PROCESSION<br>6:00 PM<br>PAN-ORTHODOX VESPERS<br>RECEPTION FOLLOWS                        | <b>2</b><br>5:00 PM GREAT COMPLINE  | <b>3</b><br>10:00 AM BIBLE STUDY                   | <b>4</b><br>9:00 AM<br>PRESANCTIFIED LITURGY                                                                                                | <b>5</b><br>6:00 PM SU OCF<br>6:00 PM CHOIR PRACTICE  | <b>6</b><br>6:00 PM AKATHIST HYMN  | 5:00 PM GREAT VESPERS                                              |
| <b>8</b><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. GREGORY PALAMAS<br>6:00 PM<br>PAN-ORTHODOX VESPERS<br>ST. ELIAS ANTIOCHIAN                            | <b>9</b><br>5:00 PM GREAT COMPLINE  | <b>10</b><br>10:00 AM BIBLE STUDY                  | <b>11</b><br>9:00 AM<br>PRESANCTIFIED LITURGY                                                                                               | <b>12</b><br>6:00 PM CHOIR PRACTICE                   | <b>13</b><br>6:00 PM AKATHIST HYMN | <b>14</b><br>5:00 PM GREAT VESPERS                                 |
| <b>15</b><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE HOLY CROSS<br>6:00 PM<br>PAN-ORTHODOX VESPERS<br>STS. PETER & PAUL OCA                               | <b>16</b><br>5:00 PM GREAT COMPLINE | <b>17</b><br>10:00 AM BIBLE STUDY<br>6:00 PM AHEPA | <b>18</b><br>9:00 AM<br>PRESANCTIFIED LITURGY                                                                                               | <b>19</b><br>6:00 PM CHOIR PRACTICE                   | <b>20</b><br>6:00 PM AKATHIST HYMN | <b>21</b><br>10:00 AM<br>ROMANIAN LITURGY<br>5:00 PM GREAT VESPERS |
| <b>22</b><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. JOHN CLIMACUS<br><b>NO SUNDAY SCHOOL</b><br>6:00 PM<br>PAN-ORTHODOX VESPERS<br>ST. GEORGE MACEDONIAN | <b>23</b><br>5:00 PM GREAT COMPLINE | <b>24</b><br>10:00 AM BIBLE STUDY                  | <b>25</b><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ANNUNCIATION<br>OF THE THEOTOKOS<br>GREEK FLAGG RAISING<br>AT SYRACUSE CITY HALL | <b>26</b><br>6:00 PM CHOIR PRACTICE<br>6:00 PM SU OCF | <b>27</b><br>6:00 PM AKATHIST HYMN | <b>28</b><br>5:00 PM GREAT VESPERS                                 |
| <b>29</b><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. MARY OF EGYPT<br><b>GENERAL ASSEMBLY</b><br>6:00 PM<br>PAN-ORTHODOX VESPERS<br>ST. LUKE UKRAINIAN    | <b>30</b>                           | <b>31</b><br>10:00 AM BIBLE STUDY                  |                                                                                                                                             |                                                       |                                    |                                                                    |

# St. Sophia 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 CHOIR PRACTICE                                                                                                                                                     | 3                                                                                                            | 4<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LAZARUS SATURDAY<br>Followed by Philoptochos<br>Bake Sale and Palm Folding<br>5:00 PM GREAT VESPERS |
| 5<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br><u>PALM SUNDAY</u><br>6:00 PM<br>BRIDEGROOM ORTHROS | 6<br><u>HOLY MONDAY</u><br>6:00 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<br>1:30 PM<br>FOOD PANTRY MEETING<br>6:00 PM CHOIR PRACTICE | 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>11:30 PM PASCHA                                                                                 |
| 12<br>12:00 PM AGAPE VESPERS                                                                           | 13                                                       | 14                                                                                | 15                                                 | 16                                                                                                                                                                              | 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                                                       | 28<br>10:00 AM BIBLE STUDY                                                        | 29                                                 | 30<br>6:00 PM CHOIR PRACTICE                                                                                                                                                    |                                                                                                              |                                                                                                                                                        |



# MARK YOUR CALENDARS



## 2026 GREEK FESTIVAL

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