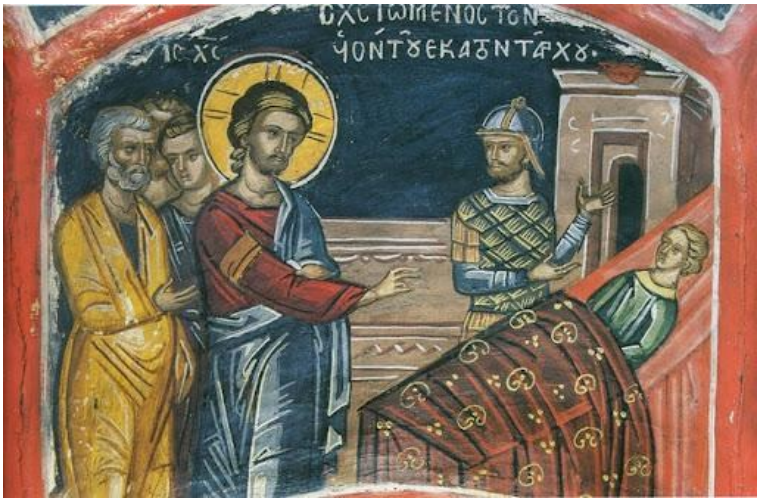
ST. SOPHIA'S

GREEK ORTHODOX CHURCH

SYRACUSE, NEW YORK



WEEKLY BULLETIN

SUNDAY, JUNE 28, 2026

4TH SUNDAY OF MATTHEW

METROPOLIS OF DETROIT

HYMNS OF THE DAY

Resurrection Apolytikion in the Third Tone

Let all things above in heaven rejoice, and let all things below on earth be glad. With all the might and strength of His arm an eternal deed the Lord did perform. Beneath His feet He has trampled down death by death, and first-born of the dead has He become. From the womb of Hades has He delivered us, and to all the world has granted His great redeeming mercy!

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιλίας ᾅδου ἐῤῥύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion for the Church in the Plagal First Mode

Like a most fruitful olive tree you did blossom forth in the folds of the Lord, Sophia, martyr most pious! And to Christ you did bring sweetest fruit: the tender sprouts of your womb through divine martyrdom, Agape, along with Hope and Faith, the God-minded with whom do you pray to God for all of us.

Kontakion in the Second Mode

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδῃς, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεί, Θεοτόκε, τῶν τιμώντων σε.

Πρὸς Ρωμαίους Ἐπιστολῆς Παύλου (6:18-23)

Προκείμενον. Ἦχος γ΄. Ψαλμὸς 46.

Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε, ψάλατε τῷ βασιλεῖ ἡμῶν, ψάλατε. Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας, ἀλαλάξατε τῷ Θεῷ ἐν φωνῇ ἀγαλλιάσεως.

Ἀδελφοί, ἐλευθερωθέντες ἀπὸ τῆς ἁμαρτίας ἐδουλώθητε τῇ δικαιοσύνῃ. ἀνθρώπινον λέγω διὰ τὴν ἀσθένειαν τῆς σαρκὸς ὑμῶν. ὥσπερ γὰρ παρεστήσατε τὰ μέλη ὑμῶν δοῦλα τῇ ἀκαθαρσίᾳ καὶ τῇ ἀνομίᾳ εἰς τὴν ἀνομίαν, οὕτω νῦν παραστήσατε τὰ μέλη ὑμῶν δοῦλα τῇ δικαιοσύνῃ εἰς ἁγιασμόν. ὅτε γὰρ δοῦλοι ἦτε τῆς ἁμαρτίας, ἐλεύθεροι ἦτε τῇ δικαιοσύνῃ. τίνα οὖν καρπὸν εἴχετε τότε ἐφ᾽ οἷς νῦν ἐπαισχύνεσθε; τὸ γὰρ τέλος ἐκείνων θάνατος. νυνὶ δὲ ἐλευθερωθέντες ἀπὸ τῆς ἁμαρτίας δουλωθέντες δὲ τῷ Θεῷ ἔχετε τὸν καρπὸν ὑμῶν εἰς ἁγιασμόν, τὸ δὲ τέλος ζωὴν αἰώνιον. τὰ γὰρ ὀψώνια τῆς ἁμαρτίας θάνατος, τὸ δὲ χάρισμα τοῦ Θεοῦ ζωὴ αἰώνιος ἐν Χριστῷ Ἰησοῦ τῷ Κυρίῳ ἡμῶν.

Paul's Letter to the Romans (6:18-23)

Prokeimenon. Third Mode. Psalm 46.

Sing praises to God; sing praises; sing praises to our King; sing praises. Verse: Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.

Brethren, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of the weakness of your flesh. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Ἐκ τοῦ κατὰ Ματθαῖον Εὐαγγελίου (8:5-13)

Τῷ καιρῷ ἐκείνῳ, εἰσελθόντι τῷ Ἰησοῦ εἰς Καπερναοὺμ προσῆλθεν αὐτῷ ἑκατόνταρχος παρακαλῶν αὐτὸν καὶ λέγων· Κύριε, ὁ παῖς μου βέβληται ἐν τῇ οἰκίᾳ παραλυτικός, δεινῶς βασανιζόμενος. καὶ λέγει αὐτῷ ὁ Ἰησοῦς· ἐγὼ ἐλθὼν θεραπεύσω αὐτόν. καὶ ἀποκριθεὶς ὁ ἑκατόνταρχος ἔφη· Κύριε, οὐκ εἰμὶ ἱκανὸς ἵνα μου ὑπὸ τὴν στέγην εἰσέλθῃς· ἀλλὰ μόνον εἰπὲ λόγῳ, καὶ ἰαθήσεται ὁ παῖς μου. καὶ γὰρ ἐγὼ ἄνθρωπός εἰμι ὑπὸ ἐξουσίαν, ἔχων ὑπ᾽ ἐμαυτὸν στρατιώτας, καὶ λέγω τούτῳ, πορεύθητι, καὶ πορεύεται, καὶ ἄλλῳ, ἔρχου, καὶ ἔρχεται, καὶ τῷ δούλῳ μου, ποίησον τοῦτο, καὶ ποιεῖ. ἀκούσας δὲ ὁ Ἰησοῦς ἐθαύμασε καὶ εἶπε τοῖς ἀκολουθοῦσιν· ἀμὴν λέγω ὑμῖν, οὐδὲ ἐν τῷ Ἰσραὴλ τοσαύτην πίστιν εὗρον. λέγω δὲ ὑμῖν ὅτι πολλοὶ ἀπὸ ἀνατολῶν καὶ δυσμῶν ἥξουσι καὶ ἀνακλιθήσονται μετὰ Ἀβραὰμ καὶ Ἰσαὰκ καὶ Ἰακὼβ ἐν τῇ βασιλείᾳ τῶν οὐρανῶν, οἱ δὲ υἱοὶ τῆς βασιλείας ἐκβληθήσονται εἰς τὸ σκότος τὸ ἐξώτερον· ἐκεῖ ἔσται ὁ κλαυθμὸς καὶ ὁ βρυγμὸς τῶν ὀδόντων. καὶ εἶπεν ὁ Ἰησοῦς τῷ ἑκατοντάρχῳ· ὕπαγε, καὶ ὡς ἐπίστευσας γενηθήτω σοι. καὶ ἰάθη ὁ παῖς αὐτοῦ ἐν τῇ ὥρᾳ ἐκείνῃ.

The Gospel According to Matthew (8:5-13)

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching him and saying, “Lord, my servant is lying paralyzed at home, in terrible distress.” And he said to him, “I will come and heal him.” But the centurion answered him, “Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, ‘Go,’ and he goes, and to another, ‘Come,’ and he comes, and to my slave, ‘Do this,’ and he does it.” When Jesus heard him, he marveled, and said to those who followed him, “Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth.” And to the centurion Jesus said, “Go; be it done for you as you have believed.” And the servant was healed at that very moment.

At the End of the Divine Liturgy

Memorial

Denise Schnell (1 Year)

Trisagions

Stella Gaitanas (19 Years)

Steve Gaitanas (19 Years)

Vassilios Pantazopoulos (9 Years)

40 Day Blessing

Sophia Rosalie Dimakas

Baptism

Demetra Thomas

(12:00 pm)

A Selection of Hymns from Today's Orthros

Kathisma I, Third Mode. Glory.

You tasted death in the flesh, O Lord. But by Your resurrection, You cut off its bitterness and strengthened humanity against it, by reversing the failure that resulted in the ancient curse. O Defender of our life, glory to You, O Lord!

Kathisma II, Third Mode. Glory.

We the believers now theologize about * the inexplicable, incomprehensible, * and hidden mystery of Your crucifixion and resurrection. * For death and the netherworld have been stripped of their spoils today, * and our human nature has now put on the imperishable. * And therefore in thanksgiving we cry aloud: * Glory to Your resurrection, O Christ.

TODAY'S FEASTS AND SAINTS

June 28—4th Sunday of Matthew

+Finding of the Relics of Cyrus and John the Unmercenaries

+These Saints lived during the years of Diocletian. Saint Cyrus was from Alexandria, and Saint John was from Edessa of Mesopotamia. Because of the persecution of that time, Cyrus fled to the Gulf of Arabia, where there was a small community of monks. John, who was a soldier, heard of Cyrus' fame and came to join him. Henceforth, they passed their life working every virtue, and healing every illness and disease freely by the grace of Christ; hence their title of "Unmercenaries." They heard that a certain woman, named Athanasia, had been apprehended together with her three daughters, Theodora, Theoctiste, and Eudoxia, and taken to the tribunal for their confession of the Faith. Fearing lest the tender young maidens be terrified by the torments and renounce Christ, they went to strengthen them in their contest in martyrdom; therefore they too were seized. After Cyrus and John and those sacred women had been greatly tormented, all were beheaded in the year 292. Their tomb became a renowned shrine in Egypt, and a place of universal pilgrimage.

+Sts. Peter and Paul (June 29)

+Synaxis of the Holy Apostles (June 30)

Wisdom of the Fathers

For though the Apostles themselves modestly ascribe it all to this cause, declaring that they did these things in the name of Christ, yet at the same time the life and noble conduct of the men helped to produce this effect. "And believers were more added unto the Lord, multitudes both of men and women." Observe, how he now no longer tells the number of them that believe; at such a rate was the faith making way even to an immense multitude, and so widely was the Resurrection proclaimed. So then "the people magnified them": but they were now no longer lightly to be despised as once they were: for in a little moment, at a single turn of the scale, such have been the effects produced by the fisherman and by the publican! Earth was become a heaven, for manner of life, for boldness of speech, for wonders, for all besides; like Angels were they looked upon with wonder.

St. John Chrysostom, 4th Century

Weekly Calendar

Today	**8:45 am** Orthros
4th Sunday of Matthew	**10:00 am** Divine Liturgy
	11:30 am **Parish House Open House**
Monday ~ June 29	**9:00 am** Orthros
	10:00 am Divine Liturgy (Sts. Peter and Paul)
Tuesday ~ June 24	**10:00 am** Bible Study
Thursday ~ July 2	**6:00 pm** Choir Practice

The Parish Council invites all parishioners to a walk through of the Parish House after Liturgy today. The renovations and updates we made are the first since the house was built over 50 years ago.
Fr. Niko and his family will begin moving in July in preparation for his start date of August 1.

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

First, to all the women who donated the beautiful jewelry. To "Yiayia Mihou" (Anastasia) who donated her handknit scarves and hats. To those who spent hours sorting and pricing the jewelry. To those who set up and took down the tables. To the volunteers who helped sell the jewelry during the festival: **Vicky Christo, Despina Lemon, Marie Macrides, Angie Malelis, Anthoula Malelis, Joy Papazides, Diane Peters, Cara Potamianos, Carol Sharrer, Roberta Williams-Hristodoulou.**

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

With gratitude,

Vasiliki Mihou & Vicky Speno

See some excellent photos of the 2026 Greek Fest at: bit.ly/4vwA4yE On the webpage, enter your email address and the password **GRFest2026** to enter.

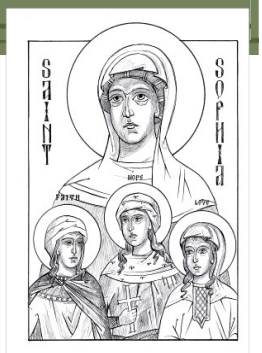
Food pantry bags will be given out this Sunday. Please return bags Sunday, July 5.

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

Scholarship Donations for St. Timothy Camp

With gratitude for our parishioners' generosity in past years, we are seeking donations towards scholarships for children attending the St. Timothy's Camp this summer.

Contact Fr. David or the Church Office for more details.



Parish Contact Information

Very Rev. Fr. David R. Smith — *Proistamenos*

Cell: (315) 269-4940, Email: frdavid@stsophias.org

Nigel van der Woude —*Parish Office Administrator*

Office: (315) 446-5222, Email: nigel@stsophias.org

Office Hours — Monday-Friday, 9:00 AM—4:30PM

St. Sophia's Greek Orthodox Church

325 Waring Rd, Syracuse, NY 13224

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