



# 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



## “Preparing for Lent”

FEBRUARY 2026

Some years ago, parishioners of mine were traveling on a highway when a snowstorm closed the road. They were stuck in their car for eight hours, and they ran out of gas after about three. Thanks to God, they knew that the flame from a single candle can warm the inside of a car, and they had a vigil candle. They lit it, and it kept them warm, and perhaps alive, until help arrived.

They hadn't specifically prepared to be stranded in a car in the frigid cold, but I can tell you that today, wherever they travel, they have a fully stocked emergency kit, including a candle!

It's like the Boy Scouts say: Be Prepared.

On February 2 this year, we come to the beginning of the Triodion. This period of the church calendar comprises the three weeks (four Sundays) leading up to the beginning of Lent. It's a period of preparation. Here are four ways that we can use the Triodion to prepare ourselves for Great Lent:

First, prepare in the pantry. By this, I mean that we must use this time to get the food in our houses ready for the fast. Use up the meat and cheese, buy some milk and butter substitutes. Look at the calendar. You can see that we start fasting *before* we start fasting. “Apokreatiko” is not a Greek Orthodox version of “Mardi Gras,” because it cannot happen on the day before we start the fast. We start fasting from meat the *week before* Lent. The *day* before Lent is not the last day to eat meat, it's the last day to eat dairy products. Prepare! The calendar helps us to move into the fast in a gradual and orderly way.

Next, prepare in the library. Pick out a book that you want to read for Lent – before Lent starts. Get ready in your mind how you will fast from certain kinds of media – not all, but something – and make your first priority of Lent to benefit from a spiritual book.

Next, prepare hopefully. Are you going to get all the way through Lent without any falls? Probably not. But you must certainly set out with the idea in mind that you will have a spiritually beautiful and beneficial Lent 2026, and when you fall, resolve to get back up and keep trying.

And finally, prepare by praying. What a gift we have, Lent! What a marvelous time to draw close to our Savior, from February 23 until April 12! What will Lent be for you this year? Whatever it is, we have the Triodion to get ready. Don't get stuck, as if in a cold car in a snowstorm, unprepared!

Your affectionate servant,  
Father David

## 2026 Parish Council

Peter Manolakos  
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-Tacea  
Christopher Shiomas, OD

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Honorary  
Board Member  
James Sakezes

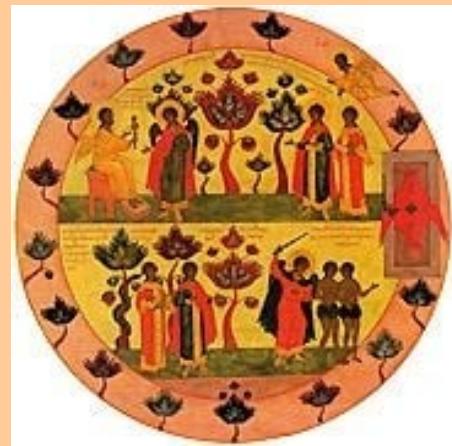


VISIT THE  
PARISH  
WEBSITE  
[stsophias.org](http://stsophias.org)

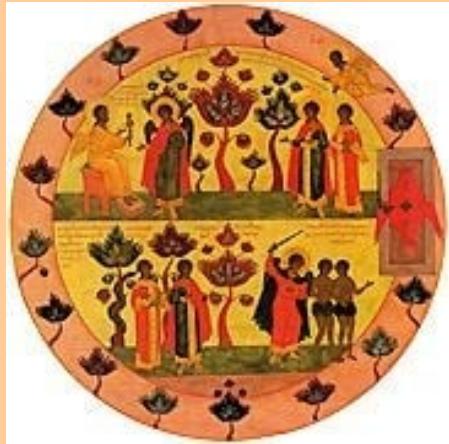




**JUDGMENT SUNDAY  
(Meatfare)  
February 15, 2026**



**FORGIVENESS SUNDAY  
(Cheesefare)  
February 22, 2026**



**LENT BEGINS  
February 23, 2026**

### Retirement of Katina Luvadis

*To the Parish Community,*

*After 27+ years serving as the Church Administrative Assistant, I am retiring.*

*My serving at St. Sophia Greek Orthodox Church has been a truly rewarding time in my life. It has been my privilege to have been a part of our church administration and to have assisted our parishioners, parish council and clergy.*

*My sincere gratitude to all those that have made my time as the Church Administrative Assistant the wonderful experience that it has been.*

*I will miss you all.*

*In Christ,*

*Katina Luvadis  
Church Administrative Assistant*



## **PRESIDENT'S MESSAGE**

Dear Parish,

Godparents breakfast is early this year. To be exact it will take place on February 1 because Easter is early this year. So, Holy Lent is early. Lent begins on February 23 with Pascha on April 12. For some, Lent means a strict fast. Get out the PB and J, the lentils or faki, the bloodless creatures of the sea. Many have more creative and tasty substitutions for their daily fare. Of course there is cereal with almond or oat milk and the plethora of vegan food that one can find at Wegmans. All of these abide by the letter of the fasting rules. We follow them, we bend them, we ignore them. Those are the options.

Yet we must remember that the point of fasting is to help us strengthen our communion with God. The other two injunctions the church gives us to achieve this state are prayer and alms giving. Regarding prayer, the church fathers tell us that true prayer should come from the heart, prayer grounded in a deep penitential faith in the living trinitarian God. Many have such faith and live it every day. Most of us are more tepid in approach. Lent is the time to assess where we are, how deep and fervent is our faith. It is a time to focus on our spiritual life more than we focus on our life in the world.

When it comes to any kind of athletic training we say "no pain, no gain". We all understand what that means for bodily health and strength. One might logically then ask, "Why is this not also the case for spiritual health and strength". Lent is a time for personal sacrifice, sacrifice that can strengthen us spiritually. This can be difficult, even painful. Lent is the time to work harder to improve our connection with God. We can work to develop praying from the heart, say prayers often during the day and focus on what we are saying. This is what the fathers tell us to do. Ripping off the Lord's Prayer while you are thinking about your busy schedule really does not cut it. Being tepid in our faith, where most of us are, is not a very good place to be. Jesus said be hot or cold but don't be tepid. Something to ponder.

If you attended the Winter Wonderland Dinner Dance I feel safe to say you had a good time. The event was even more successful than last year. Many thanks to the Ahepans and the Ladies of the Philoptochos who worked to make it, as many said, "like the dances we used to have". Some people who did not make reservations and called at the last minute were unfortunately turned away because of capacity limitations. So a word to the wise: pay attention to deadlines. While most people did, those who did not sadly could not be accommodated.

*Continued on Page 4*



## **PRESIDENT'S MESSAGE**

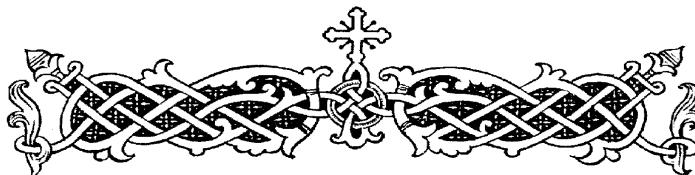
*Continued from Page 3*

As I said at the beginning of this message, Godparents Sunday is February 1. For those Godparents who can, do come to church and receive Holy Communion with your godchild. Years from now, when the child is grown, he or she will have fond memories of being with you at the Holy Communion chalice, partaking of the Lord's gift to us.

Some other dates in February of note. Triodion begins on February 1, Cheesefare Sunday is on February the 22. And on February 14 we have the first Saturday of the souls and, for the romantically inclined, Valentine's Day, the day that will get the most focus of all. Funny how that is.

*I am also very pleased to welcome Nigel van der Woude as the successor to our Church Office Administrator Katina Luvadis. Nigel, as many of you know, already serves as one of our volunteer chanters. His wife Tasmin and their daughter Eleni are regular attendees at our services. Nigel is a graduate of Cornell University BA 2017 and Emory MA 2023. Nigel is an advanced speaker of French and Italian, and intermediate speaker of Spanish and German. He qualifies himself as a High Beginner of Arabic, Dutch, and Modern Greek. He has had experience in both the public and the private sectors, he understands financial systems and has a high grasp of technology. He will begin training with Katina on February 3. Please reach out and welcome Nigel in his new and important role at St. Sophia's.*

Yours in Christ,  
**Peter Manolakos**  
Parish Council President





## GODPARENT SUNDAY

FEBRUARY 1, 2026



We ask your child(ren) to invite their Godparent(s) to attend Godparent Sunday and sit together at the Cathedral as we participate in the Divine Liturgy and receive Holy Communion as a family. Following Holy Communion, Godparents are asked to attend and participate in their Godchild's Sunday School class. Yiayiades, papoudes, aunts, uncles and cousins are invited if a Godparent cannot attend.



**SPONSORED BY  
THE PARISH COUNCIL**

**GODPARENT  
SUNDAY  
BREAKFAST**

**FEBRUARY 1, 2026**



**MENU:  
SCRAMBLED EGGS, SAUSAGE, PANCAKES,  
FRUIT, COFFEE, MILK, ORANGE JUICE**

**PLEASE ATTEND LITURGY AND THEN REMAIN FOR A COMPLIMENTARY  
BREAKFAST HONORING THE GODPARENTS AND GODCHILDREN.  
EVERYONE IS INVITED TO JOIN IN THE CELEBRATION. THIS EVENT  
WILL TAKE PLACE IN THE LOWER SOCIAL HALL.**

## **Presentation of Christ in the Temple**



**Monday—February 2, 2026**  
**9:00 am Orthros**  
**10:00 am Divine Liturgy**

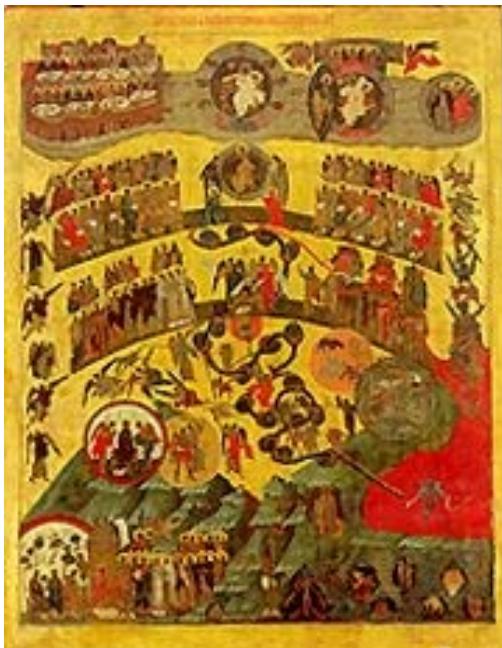
*The story of the Presentation is told in Luke 2:22-29. Mary and Joseph were faithful Jews and observed their religious customs. An important custom was for the couple to take their first-born son to the Temple. The baby was taken to the Temple forty days after his birth and was dedicated to God. In addition, if the parents were wealthy, they were to bring a lamb and a young pigeon or a turtle dove to be offered as a sacrifice at the Temple. The custom provided that if the parents were poor, they were to offer two pigeons or two turtle doves for the sacrifice.*

*Joseph and Mary were not wealthy, so they took two turtle doves with them to offer as a sacrifice at the Temple.*

*When Jesus was forty days old, Mary and Joseph took Him to the Temple in Jerusalem. They were not wealthy, so they took two turtle doves with them to offer as a sacrifice at the Temple. As they arrived at the Temple, Mary and Joseph were met by a very old man named Simeon. He was a holy man and was noted as a very intelligent scholar. Simeon spent much time studying about the prophets of Israel. It was during his studies that he learned of the coming of the Messiah. The Jewish people were waiting for the Messiah to come and deliver Israel from their conquerors. From that time on, Simeon spent his time praying for the Messiah to come. He spent many years in prayer. Finally, while Simeon was praying he heard the voice of God. God promised Simeon that he would not die until he had seen the Messiah. When Simeon saw Jesus, he took the baby in his arms and blessed the Lord and said:*

*"Lord, now let Your servant go in peace according to Your promise, because my eyes have seen Your salvation which you have prepared before the face of all peoples, a light to bring revelation to the Gentiles, and the glory to your people Israel."*

*Simeon took Jesus in his arms and praised God. Also, in the Temple was Anna the Prophetess. She had been a widow for many years. Anna was about eighty-four years old and spent her time in the Temple worshiping, fasting, and praying. When she saw the Christ Child she praised God and spoke of him to all who were awaiting the Messiah. After Jesus was presented in the Temple, the family returned to Galilee to the town of Nazareth. The Bible tells us that Jesus grew and became strong, and was filled with wisdom.*



# SATURDAYS OF SOULS

**FEBRUARY 14, 2026**

## **9:00 AM ORTHROS**

## **10:00 AM DIVINE LITURGY**

**FEBRUARY 21, 2026**

## 9:00 AM ORTHROS

## **10:00 AM DIVINE LITURGY**

**FEBRUARY 28, 2026**

**9:00 AM ORTHROS**

## **10:00 AM DIVINE LITURGY**

**IF YOU WOULD LIKE FATHER DAVID TO REMEMBER YOUR BELOVED FAMILY MEMBERS DURING THIS SERVICE, PLEASE FILL OUT A LIST AND GIVE THAT LIST TO FATHER DAVID OR TO KATINA IN THE CHURCH OFFICE. FORMS WILL ALSO BE AVAILABLE AT THE CANDLE STAND.**

# SATURDAYS OF SOULS

February 14, 21 & 28, 2026

## Μνημόνευσις Ονομάτων ~

## Name Commemoration

## Τεθνεωτες ~ Deceased





# Church Etiquette—Liturgical Guide & Protocols

## Entering the Nave & Lighting Candles

*Please respect the sanctity of the service. You should not enter the Nave (main body) or move to the front to light a candle during these solemn moments:*

- The Small Entrance (Procession with the Gospel)
- The Epistle and Gospel Readings
- The Great Entrance (Procession of Holy Gifts)
- The Consecration of the Holy Gifts
- Recitation of the Nicene Creed ("I believe...")
- Recitation of the Lord's Prayer ("Our Father...")
- When the priest is censing or blessing the congregation
- During the Sermon

## General Conduct & Attire

### **Respectful Presence**

- Attire: Wear appropriate clothing. Avoid excessive skin exposure or tight-fitting garments.
- Silence: Please silence all mobile devices.
- Body Language: Sit with legs uncrossed.  
Refrain from casual conversation in the Nave and Narthex.
- Quiet: Maintain quiet in the Sanctuary and refrain from occupying hallways during Liturgy.

### **Sacred Space**

- Food & Drink: No beverages, gum, mints, or candy are allowed in the Nave or Narthex.
- Veneration: Please remove lipstick before receiving Holy Communion or kissing icons to protect their finish.
- Greetings: Refrain from applauding or greeting others until the Fellowship Hour.
- Movements: Follow the Priest's direction for standing and sitting. Move with utmost respect.

## Specific Liturgical Traditions

### **Kneeling**

Sundays: Do not kneel during the consecration (Sundays are Resurrectional).

Weekdays: Do kneel during weekday services (Exceptions apply from Easter until Pentecost).

### **Holy Communion**

Safety: After receiving, step away from the Chalice

before making the sign of the Cross to avoid accidentally hitting the Chalice.

Preparation: One should not receive if not baptized Orthodox.

Orthodox Christians should not receive communion if not properly prepared.

Because the Antidoron is blessed, we must be mindful when handling it: Take care not to allow crumbs to drop to the floor. If this happens, gather the crumbs together. You can either burn them or scatter them outdoors for the elements.

### **Fasting**

Standard: Wednesdays and Fridays year-round (see the calendar for reference).

Seasons: Lent, Apostles' Fast, Theotokos Fast, Advent.

Non-Fasting: the 10 weeks before Pascha, week after Pascha, week after Pentecost.



## 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.

## STEWARDSHIP MESSAGE

Dear Parish,

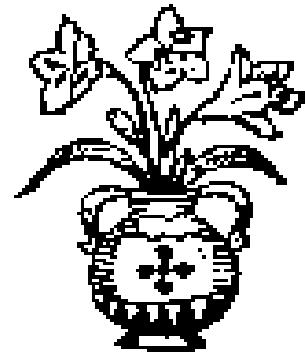
Please send in your 2026 pledge cards as soon as you can.

We thank you for your support.

Yours in Christ,

**Peter Manolakos**

Parish Council President



### **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***



## Church Services & Events



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



### CHOIR

*We welcome everyone  
to join our Choir*



*Check the Church Calendar  
for upcoming Choir Practices*



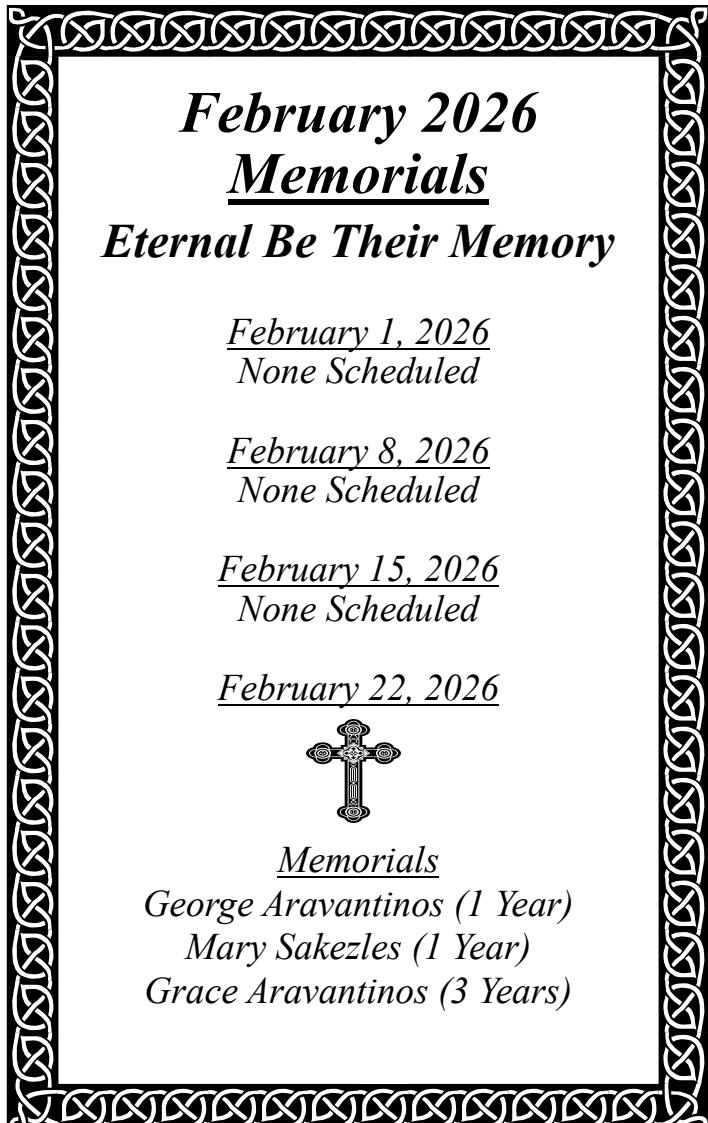
### BASIL ANAGNOST IS ON THE MOVE....



Best wishes to Basil Anagnost, long time parishioner and beloved "Sunday Coffee Man", who has moved to live closer to his family. We wish him happiness and good health in his new environment. Basil will be greatly missed at St. Sophia's. Special thanks goes to him for the countless hours he gave making and serving coffee to our parishioners.

You can reach out to Basil at his new and "correct" address:

Mr. Basil Anagnost  
16001 Rushmore Avenue  
Building 10—# 110  
Little Rock, Arkansas 72223



## February 2026 Memorials

### *Eternal Be Their Memory*

February 1, 2026  
None Scheduled

February 8, 2026  
None Scheduled

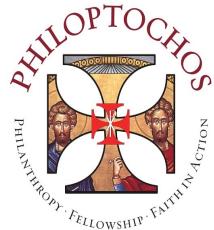
February 15, 2026  
None Scheduled

February 22, 2026



### Memorials

George Aravantinos (1 Year)  
Mary Sakezles (1 Year)  
Grace Aravantinos (3 Years)



## February 2026 Coffee Hours

February 1, 2026  
No Coffee Hour  
Godparents Sunday

February 8, 2026  
None Scheduled

February 15, 2026  
In Memory Of  
Mary Sakezles  
Given by the Family

February 22, 2026  
In Memory Of  
George Aravantinos  
Grace Aravantinos  
Given by the Family



## February 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:

February 1, 2026  
No Coffee Hour  
Godparents Sunday

February 8, 2026  
Vasiliki Elovannis  
Roda Giaprakis

February 15, 2026  
Constantina Georgiadis  
Artemis Gilbert

February 22, 2026  
Anastasia Ioannidis  
Zafiria Kozaniti

Also, first two weeks of March 2026

March 1, 2026  
Stavroula Kipouropoulos  
Lula Kiser

March 8, 2026  
Freida Meskos  
Patricia Meskos

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





## PHILOPTOCHOS 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.*

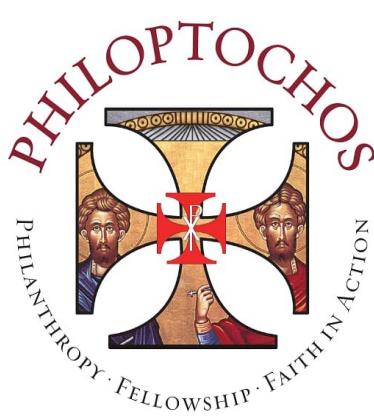
**=>Super Plus Coffee Service - \$150 includes the following:**

*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

### February 2026

Dear St. Sophia's Family,

As we enter the season of Lent, we are given a chance to slow down, reflect, and prepare ourselves for Pascha. Lent is a special time to reconnect to our faith, reflect on our choices, and think about how we care for one another.

This season is also a good reminder of how important friendship is. Taking time to check in with one another, share a conversation, offer support, or since Valentine's Day is coming up as well, maybe giving the gift of going the extra step for those you care about or someone who just may need that extra of yourself.. These small moments help strengthen our connections and build a caring, supportive community.

Lent shouldn't feel like an obligation or overwhelming- it's about showing up, growing a little at a time, and walking this season together. Life moves quickly but moments of connection help ground us. As the weeks ahead unfold, may we continue to encourage one another, stay connected, and nurture the friendships that we have within our community and extend it to those that we care about outside of this community.

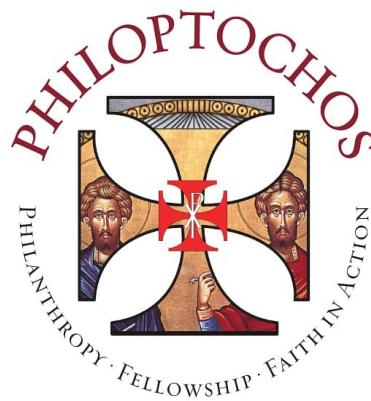
Looking forward to the annual Cheesefare Sunday Luncheon to start the Lenten season off as a community. Orthodoxy Sundays will be coming up, that our ladies of Philoptochos will be hosting the first Sunday of the services. I encourage all to attend this service, as well as venture out to our fellow Orthodox parishes within our community on their Sundays of hosting!

Special thanks to Maria Sophia Vigliotti who assisted Philoptochos by Christmas shopping and gift wrapping children's Christmas gifts for the students of Delaware Elementary School. The time and effort of Maria Sophia certainly made Christmas a happier time for these children. Bravo Maria-Sophia !

Your Sister in Christ,

*Jeanette Capousis Vigliotti*

Philoptochos President



## ***PHILOPTOCHOS CHEESEFARE SUNDAY LUNCHEON***

***Sunday—February 22, 2026  
11:30 AM to 1:30 PM***

***\$10.00 per PERSON  
Cash or check payable to: Philoptochos***

***Sponsored by Gardenvie Diner***

***Reservations are required – to help us plan accordingly***

***Eat-in or Take-Out Available***

***Walk-ins welcome based on availability***

***Menu items include:***

***Tiropita or Spanakopita (pick one at time of reservation)  
Macaroni and Cheese, Gigantes (Lima Beans Greek Style),  
Salad & Dessert***

***RSVP by no later than SUNDAY—February 15, 2026  
after church services at the Philoptochos reservation table***

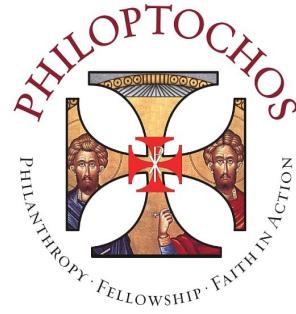
***Any questions, contact Jeanette Vigliotti  
by text or phone call to (315) 481-7816***



## Philoptochos - Vasilopita Sunday

Another successful year! On behalf of Philoptochos, I would like to acknowledge the following members who so kindly assisted me in baking Vasilopita for our annual fundraiser on January 18, 2026.

Jeanette Vigliotti  
Maria Allis  
Freida Meskos  
Effie Weismore  
Debbie Politis  
Toni Dalakos  
Patty Meskos  
Lula Politis



This annual fundraiser benefits St. Basil's Academy in Garrison, NY. This is the residential institution for at risk students administered by the Greek Orthodox Archdiocese of America.

A very heartfelt EYXAPIΣΤΩ to all our parishioners who generously donated \$200.00 to this cause.

With gratitude,  
Anna Romanowski





# February 2026

## Program Schedule For Cable Television *All Programs Air on Spectrum Cable Chanel 98*



### Sunday Programs at 7:00 pm **On Spectrum Channel 98**

February 1, 2026

Sunday of the Publican and the Pharisee

February 8, 2026

Sunday of the Prodigal Son

February 15, 2026

Sunday of the Last Judgment

February 22, 2026

Forgiveness Sunday

Monday Programs at 7:00 pm  
**Fr. David's "The Inner Way"**  
series airs every Monday

February 2, 2026

The Divine Liturgy, part 2

February 9, 2026

The Divine Liturgy, part 3

February 16, 2026

Hesychasm, part 1

February 23, 2026

Hesychasm, part 2



## **PHILOPTOCHOS “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 ~~ February 2026 News ~~

On January 10th we celebrated the sold out second annual Winter Wonderland Dinner Dance. Two hundred and fifty attendees enjoyed a night of music, dancing and delicious food. AHEPA along with Philoptochos and the Parish Council sponsored the event. The Aegeans once again had most of the people on their feet dancing to a variety of Greek music. Gardenview Diner provided a nice variety of food including Anastasia's famous pastitsio, as well as a children's menu.

I want to thank my AHEPA brothers and the ladies of Philoptochos for their assistance in planning and running the event. Special thanks go out to Kelly Telonis, Freida Meskos, Matina and Jim Sterio, Sophie Meskos, Rob Allen, Cara Potamianos, Lula and Marianna Politis, John Hatzopoulos and Chris Shiomas.

What a pleasure it was to see so many youth in attendance and many of the adults commenting that it reminded them of church community dances of the past. Let's look forward to our third Winter Wonderland Dinner Dance on January 9, 2027. Be sure to SAVE THE DATE!

~~~~~

AHEPA Chapter 37 wishes to thank the St. Sophia's community for their great generosity in supporting our Toys For Tots campaign. We raised and donated \$732.00. Our Vice President Brother George Nardone ran this campaign and there were children who had a happier Christmas as a result.

Thank you,  
James Telonis, President  
Syracuse AHEPA Chapter 37





*January 10th Winter Wonderland Dinner Dance*

**OPA !!!**



## CALLING ALL DANCERS



There will be a **mandatory** meeting on Sunday, February 22 after liturgy in the upstairs choir room.

Please plan on attending so instructors can discuss the upcoming dance season.

If you **can not** attend we will offer an opportunity to meet before the first scheduled practices on 2/25 @ 6pm for Elementary, Middle and High School students.

Dancers in Training will begin on Sunday, March 1st at 12:00pm. If you're unable to attend the meeting on 2/22, plan to meet the instructor a few minutes before practice.

It is **mandatory** that a parent and dancer attend a meeting.

Thank you in advance-

Clemente Vigliotti (315) 558-7965- HS group 9th-12th

Tina Carkey (315) 569-2405- MS group 5th-8th

Stavros Vigliotti (315) 558-8258- Elem group 2nd-4th

Andriana Cannon (315) 459-3660- DIT Prek-1st



# St. Sophia Greek Orthodox Church—February 2026

| Sun   | Mon  | Tue  | Wed  | Thu  | Fri                         | Sat  |
|---|--|--|--|--|-----------------------------|--|
| 1<br>8:30 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE PUBLICAN & PHARISEE<br><br><b>GODPARENTS SUNDAY<br/>&amp; BREAKFAST</b>                                 | 2<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>PRESENTATION OF<br>OUR LORD | 3  | 4  | 5  | 6                           | 7  |
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| 8<br>8:30 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE PRODIGAL SON<br><br>SUNDAY SCHOOL<br>CARNIVALE  | 9<br>10:00 AM BIBLE STUDY  | 10<br>5:00 PM PARAKLESIS   | 11<br>6:00 PM CHOIR PRACTICE<br>6:00 PM SU OCF | 12   | 13                          | 14<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br><br>5:00 PM GREAT VESPERS |
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| 15<br>8:30 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>JUDGMENT SUNDAY<br>(MEATFARE)<br><br>NO SUNDAY SCHOOL   | 16<br>10:00 AM BIBLE STUDY<br><br>6:00 PM AHEPA                                | 17<br>5:00 PM PARAKLESIS   | 18<br>6:00 PM CHOIR PRACTICE                   | 19   | 20                          | 21<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br><br>5:00 PM GREAT VESPERS |
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| 22<br>8:30 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FORGIVENESS SUNDAY<br>(CHEESEFARE)<br><br><b>CHEESEFARE SUNDAY<br/>&amp; LUNCHEON</b><br>6:00 PM<br>FORGIVENESS VESPERS | 23<br>LENT BEGINS<br><br>5:00 PM GREAT COMPLINE                                | 24<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FINDING OF THE HEAD<br>OF JOHN THE BAPTIST | 25<br>9:00 AM<br>PRESACTIFIED LITURGY          | 26<br>6:00 PM CHOIR PRACTICE<br>6:00 PM SU OCF | 27<br>6:00 PM AKATHIST HYMN | 28<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br><br>5:00 PM GREAT VESPERS |
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# St. Sophia Greek Orthodox Church—March 2026

| Sun  | Mon                          | Tue   | Wed  | Thu                          | Fri                         | Sat  |
|--|------------------------------|---|--|------------------------------|-----------------------------|--|
| 1<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                              | 2<br>5:00 PM GREAT COMPLINE  | 3<br>10:00 AM BIBLE STUDY                   | 4<br>9:00 AM<br>PRESANCTIFIED LITURGY  | 5<br>6:00 PM CHOIR PRACTICE  | 6<br>6:00 PM AKATHIST HYMN  | 7<br>10:00 AM UPSTATE NY<br>GOYA LENTEN RETREAT<br>5:00 PM GREAT VESPERS |
| 8<br><b>DAYLIGHT SAVINGS<br/>TIME</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 | 9<br>5:00 PM GREAT COMPLINE  | 10<br>10:00 AM BIBLE STUDY                  | 11<br>9:00 AM<br>PRESANCTIFIED LITURGY   | 12<br>6:00 PM CHOIR PRACTICE | 13<br>6:00 PM AKATHIST HYMN | 14<br>5:00 PM GREAT VESPERS  |
| 15<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   | 16<br>5:00 PM GREAT COMPLINE | 17<br>10:00 AM BIBLE STUDY<br>6:00 PM AHEPA | 18<br>9:00 AM<br>PRESANCTIFIED LITURGY   | 19<br>6:00 PM CHOIR PRACTICE | 20<br>6:00 PM AKATHIST HYMN | 21<br>5:00 PM GREAT VESPERS  |
| 22<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           | 23                           | 24<br>10:00 AM BIBLE STUDY                  | 25<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ANNUNCIATION<br>OF THE THEOTOKOS | 26<br>6:00 PM CHOIR PRACTICE | 27<br>6:00 PM AKATHIST HYMN | 28<br>5:00 PM GREAT VESPERS  |
| 29<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           | 30                           | 31<br>10:00 AM BIBLE STUDY                  |  |                              |                             |  |