

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



WEEKLY BULLETIN  
SUNDAY, FEBRUARY 22, 2026  
FORGIVENESS SUNDAY  
(CHEESEFARE SUNDAY)



METROPOLIS  
OF DETROIT

# **St. Paul's Letter to the Romans**

## **13:11-14; 14:1-4**

**Prokeimenon. Plagal Fourth Mode. Psalm 75.11,1.**

**Make your vows to the Lord our God and perform them.**

**Verse: God is known in Judah; his name is great in Israel.**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

# Πρὸς Ρωμαίους Ἐπιστολὴς Παύλου

## 13:11-14, 14:1-4 τὸ Ἀνάγνωσμα

Προκείμενον. Ἡχος πλ. δ'. Ψαλμοὶ 75.11, 1.

Εὔξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.  
Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Ἄδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἡ ὅτε ἐπιστεύσαμεν. Ἡ νῦν προέκοψεν, ἡ δὲ ἡμέρα ἡγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἀλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε, εἰς ἐπιθυμίας.

Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὅς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἔξουθενείτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἴ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ιδίῳ κυρίῳ στήκει ἡ πίπτει. Σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ θεὸς στῆσαι αὐτόν.

## The Gospel According to Matthew

### 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

## Ἐκ τοῦ Κατὰ Ματθαῖον 6:14-21

### Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν.

“Οταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποί· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἀλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατὴρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ.

Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σὴς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οῦτε σὴς οῦτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γάρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

# HYMNS OF THE DAY

## Resurrection Apolytikion in Mode 4

When the tidings of the resurrection from the glorious angel was proclaimed unto the women disciples, and our ancestral sentence also had been abolished, to the apostles with boasting did they proclaim that death is vanquished evermore and Christ our God has risen from the dead, and granted to the world His great mercy!

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριαι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἡγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

## Apolytikion for the Church in Mode Plagal 1

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 for Cheesefare Sunday, Mode Plagal 2

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρός Λόγος· ίδοὺ γὰρ τὰ χεῖλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

# TODAY'S FEASTS AND SAINTS



**February 22**

**Forgiveness Sunday (Cheesefare)**

We also commemorate:

- + The Finding of the Precious Relics of the Holy Martyrs in the Quarter of Eugenius
- +Our Righteous Fathers Thalassius and Baradatus

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

# WISDOM OF THE FATHERS

Spiritual delight is not enjoyment found in things that exists outside the soul.

## St. Isaac of Syria

*Unknown, 7th century*

Do we forgive our neighbors their trespasses? God also forgives us in His mercy. Do we refuse to forgive? God, too, will refuse to forgive us. As we treat our neighbors, so also does God treat us. The forgiveness, then, of your sins or unforgiveness, and hence also your salvation or destruction, depend on you yourself, man. For without forgiveness of sins there is no salvation.

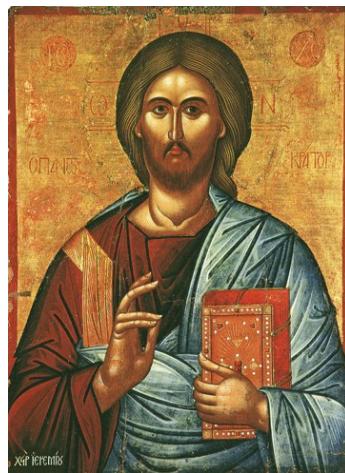
## St. Tikhon of Zadonsk

*Unknown, 18th century*

Before we enter the Lenten fast, we are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. A fast without mutual love is the fast of demons. . . We do not travel the road of Lent as isolated individuals but as members of a family.

## His Grace Bishop Kallistos of Diokleia

*20th Century*





# SATURDAYS OF SOULS

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 Nigel in the church office. Forms will also be available at the candle stand.

# SATURDAYS OF SOULS

February 28, 2026

## Μνημόνευσις Ονομάτων ~

# 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 ~ Forgiveness (Cheesefare) Sunday*

8:45 am Orthros  
10:00 am Divine Liturgy  
11:30 am Cheesefare Luncheon  
12:15 pm Mandatory Dance Meeting  
6:00 pm Vespers of Forgiveness

### *Monday ~ February 23, 2026*

5:00 pm Great Compline

### *Tuesday ~ February 17, 2026*

9:00 am Orthros  
10:00 am Divine Liturgy  
(Finding of the Head of John the Baptist)

### *Wednesday ~ February 18, 2026*

9:00 am Presanctified Liturgy

### *Thursday ~ February 19, 2026*

6:00 pm Choir Practice  
6:00 pm SU OCF

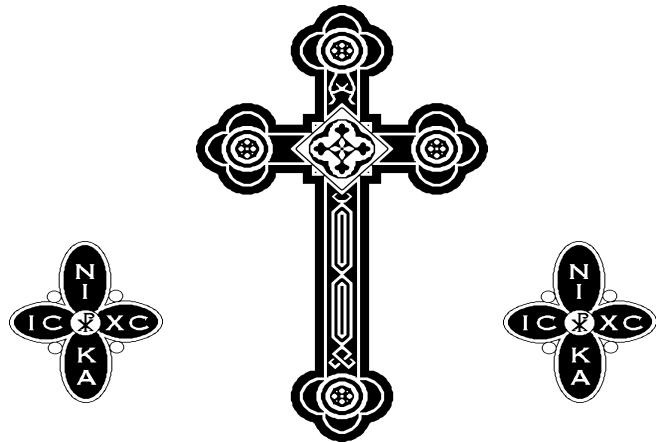
### *Friday ~ February 19, 2026*

6:00 pm Akathist Hymn

### *Saturday ~ February 21, 2026*

9:00 am Orthros  
10:00 am Divine Liturgy (Saturday of Souls)  
5:00 pm Great Vespers

*Sunday – February 22, 2026*



*Memorial*

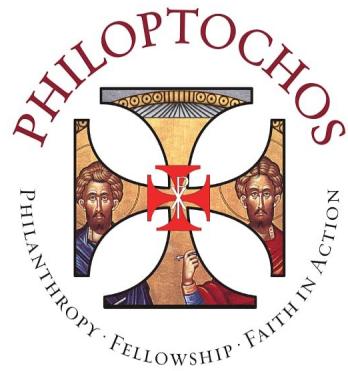
*George Aravantinos (1 Year)*

*Mary Sakezles (1 Year)*

*Grace Aravantinos (3 Years)*

*Katina Kosmetatos (3 Years)*

**MAY THEIR MEMORY BE ETERNAL**



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

***COFFEE HOUR TODAY***

*IN MEMORY OF*

*George Aravantinos*

*Grace Aravantinos*

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

*Anastasia Ioannidis*

*Zafiria Kozaniti*



## CALLING ALL DANCERS



There will be a **mandatory** meeting **TODAY**, Sunday, February 22 at 12 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



# Adult Dance Group Sign Up



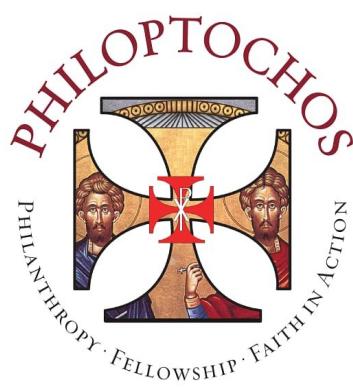
Members interested in dancing in the adult dance group for the 2026 Greek Festival must complete the form below **by no later than 3/30.**

Practices will begin in May.

Text @adult2026 to 81010 for updates

Tap or Scan to Sign Up





**PHILOPTOCHOS  
CHEESEFARE SUNDAY  
LUNCHEON  
TODAY—February 22, 2026  
11:30 AM to 1:30 PM**

**\$10.00 per PERSON**

*Cash or check payable to: Philoptochos*

*Sponsored by Gardenview 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*