

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



**WEEKLY BULLETIN**

**SUNDAY, MARCH 15, 2026**

**SUNDAY OF  
THE HOLY CROSS**



**METROPOLIS  
OF DETROIT**

# HYMNS OF THE DAY

## **Resurrectional Apolytikion in the Grave Mode**

O Lord, by Your sacred cross You abolished death, and granted unto the thief blessed paradise. The myrrhbearers ceased lamenting and turned to joy, the apostles did preach the good news at Your command that You had risen from the dead, O Christ our God, bestowing Your mercy upon the world evermore!

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέφξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

## **Apolytikion for the Cross, First Mode**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Σῶσον, Κύριε, τὸν λαόν σου, καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων, διὰ τοῦ Σταυροῦ σου πολίτευμα.

## **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 Plagal Fourth Mode**

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἵνα κράζω σοι· Χαῖρε, Νύμφη ἀνύμφευτε.

O Champion General, \*I, your City, now inscribe to you\* triumphant anthems as the tokens of my gratitude,\* being rescued from the terrors, O Theotokos.\*Inasmuch as you have power unassailable,\* from all kinds of perils free me, so that unto you \*I may cry aloud.\* Rejoice, O unwedded bride.

## **St. Paul's Letter to the Hebrews (4:14-16; 5:1-6)**

**Prokeimenon. Plagal Second Mode. Psalm 27.**

**O Lord, save your people and bless your inheritance.**

**Verse: To You, O Lord, I cry; O my God, may You not pass over me in silence.**

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek."

## **Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου (4:14-16; 5:1-6)**

**Προκείμενον. Ἦχος πλ. β'. Ψαλμὸς 27.**

**Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου. .**

**Στίχ. Πρὸς σέ, Κύριε, κεκράζομαι, ὁ Θεός μου, μὴ παρασιωπήσης ἀπ' ἐμοῦ.**

Ἀδελφοί, ἔχοντες ἀρχιερέα μέγαν διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας. οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθεῖσαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοιότητα χωρὶς ἁμαρτίας. προσερχόμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον καὶ χάριν εὐρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς ἐξ ἀνθρώπων λαμβανόμενος ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν Θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν, μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσι καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικεῖται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ Ἄαρών. οὕτω καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασε γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν· υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ ἐν ἑτέρῳ λέγει· σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

## The Gospel According to Mark

**8:34 – 38; 9:1**

The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

## Ἐκ τοῦ Κατὰ Μάρκον Εὐαγγελίου

**8:34-38; 9:1**

Εἶπεν ὁ Κύριος· Ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ’ ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον εἰάν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ εἰάν ἐπαισχυνηθῇ με καὶ τοὺς ἐμούς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἀμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνηθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσωνται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

# TODAY'S FEASTS AND SAINTS

**March 15th**

**Sunday of the Holy Cross**

We also commemorate:

- + Agapius the Martyr & His Companions
- + Manuel the New Martyr of Crete
- + Alexios the Man of God (March 17th)
- + Patrick, Enlightener of Ireland (March 17th)



With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.



A Christian's . . . duty is to "take up his cross." The word cross means sufferings, sorrows and adversities. To take up one's cross means to bear without grumblings everything unpleasant, painful, sad, difficult and oppressive that ay happen to us in life. . .without expecting any earthly reward in return, but bear it all with love, with joy and with courageous strength.

**St. Innocent of Alaska**

**The Lenten Spring, 19th Century**

# Pan-Orthodox Lenten Vespers

6pm Vespers Followed by a Fellowship Meal

## March 1: Sunday of Orthodoxy

### St. Sophia's Greek Orthodox Church

325 Waring Road, Syracuse

Fr. Philip McCaffery, preaching



## March 8: Sunday of St. Gregory Palamas

### St. Elias Antiochian Orthodox Church

4988 Onondaga Rd, Syracuse

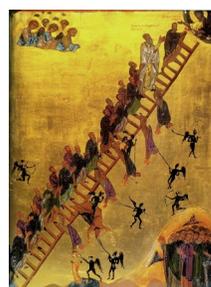
Fr. Aleksandar Bozhinoski, preaching

## March 15: Sunday of the Holy Cross

### Sts. Peter and Paul OCA Church

401 Hamilton St, Syracuse

Archbishop Michael, preaching



## March 22: Sunday of St. John Climacus

### St. George Macedonian Orthodox Church

5083 Onondaga Rd, Syracuse

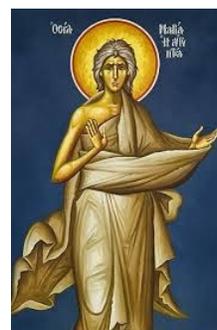
Deacon Nicholas Mahshie, preaching

## March 29: Sunday of St. Mary of Egypt

### St. Luke Ukrainian Orthodox Church

3290 Warners Rd, Warners

Fr. Ambrose Inlow, preaching



***Church Services & Events  
for Today & the Upcoming Week***

**Today ~ Sunday of the Holy Cross**

**8:45 am Orthros**

**10:00 am Divine Liturgy**

**11:30 am 40-Day Blessing of  
Logan Louis Leonidas Ward**

**6:00 pm Pan-Orthodox Vespers (at Sts Peter and Paul)**

**Monday ~ March 16, 2026**

**5:00 pm Great Compline**

**Tuesday ~ March 17, 2026**

**10:00 am Bible Study**

**6:00 pm AHEPA**

**Wednesday ~ March 18, 2026**

**9:00 am Presanctified Liturgy**

**Thursday ~ March 19, 2026**

**6:00 pm Choir Practice**

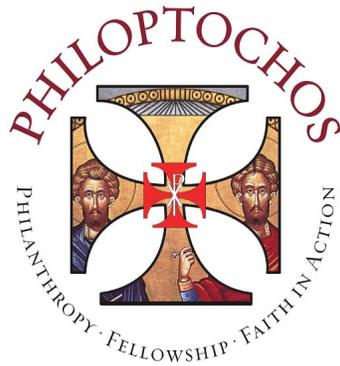
**Friday ~ March 20, 2026**

**6:00 pm Akathist Hymn**

**Saturday ~ March 21, 2026**

**10:00 am Romanian Liturgy**

**5:00 pm Great Vespers**



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



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

***Frieda Meskos***

***Patricia Meskos***

# Easter Basket Raffle

Come get your raffle tickets after the Divine Liturgy on  
3/22 3/29 4/5

DRAWING ON PALM SUNDAY 4/5



**A donation of an Easter Basket is greatly appreciated for the Easter Basket Raffle. Please bring it in before 3/22. The table is ready for you in the entry of the social hall.**

The Ladies of Philoptochos Society

## Annual BAKE SALE

Traditional Greek Pastries, Breads, and Other Sweet Treats

Saturday, March 28 from 9am-3pm in the lobby



For details contact Jeanette Vigliotti (315) 481-7816



## GREEK INDEPENDENCE DAY CELEBRATION

12:00 pm March 25, 2026

Syracuse City Hall

Raising of the Greek Flag 11:50 am

Assembly at the steps of City Hall

(Bus transportation will arrive at St. Sophia's parking lot at 10:45 am and depart at 11:20 am )

**BUS RESERVATIONS**

Contact Mike Labatos 315-427-7628

ATTENTION, YOUTH UP TO 18: If you register by March 22nd and attend you will be presented with a certificate and a token of appreciation.

In case of inclement weather, the event will be held inside the City Hall.

**This event is not only for Greek Americans, so bring your friends and all Philhellenes.**

**HAPPY BIRTHDAY WISHES**

**TO CORINA CANNELLOS**

**CELEBRATING 97 YEARS**

**ON MARCH 17TH**

**GOD BLESS YOU!**





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



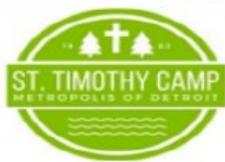
Ages 21 and over: \$60 per person  
Ages 13-20: \$25 per person  
Ages 12 and under: Free

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.

# 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)

*Registration for Camp due by March 31st!*

## Adult Dance Group Sign Up



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

Practices will begin in May.

Text @adult2026 to 81010 for updates

Tap or Scan to Sign Up



Philoptochos will be selling Remembrance Lily plants to be placed on the Solea at Pascha. Only 20 plants will be sold on a first come first served basis. The plants will cost \$20 and can be taken home after Bright Week.

### Attention Graduating Seniors:

St. Sophia's will award two scholarships for \$1500 to deserving graduating seniors on May 16, 2026. They will need to fill out the applications (available in the Church lobby and office) and provide the proper documents. Applications are due May 1st!

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

Please be mindful of space and ink.

[nigel@stsophias.org](mailto:nigel@stsophias.org)

(315) 446-5222