

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



**WEEKLY BULLETIN  
SUNDAY, MARCH 22, 2026  
SUNDAY OF  
ST. JOHN CLIMACUS**



**METROPOLIS  
OF DETROIT**

# HYMNS OF THE DAY

## **Resurrectional Apolytikion in the Plagal Fourth Mode**

From on high did You descend, O merciful Lord! For us did you endure three days in the tomb, that we may be released from passions in this world, You who are our resurrection and our life! Glory unto You, O Lord!

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

## **Apolytikion for St. John Climacus, Plagal Fourth Mode**

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

Ταῖς τῶν δακρῶν σου ῥοαῖς, τῆς ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους ἐκαρποφόρησας, καὶ γέγονας φωστήρ, τῇ οἰκουμένη λάμπων τοῖς θαύμασιν, Ἰωάννη Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

## **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 (6:13-20)**

**Prokeimenon. Plagal Fourth Mode. Psalm 75.**

**Pray and return to the Lord Your God.**

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

Brethren, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

## **Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου (6:13-20)**

**Προκείμενον. Ἦχος πλ. δ΄. Ψαλμὸς 75.**

**Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.**

**Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.**

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγειλάμενος ὁ Θεός, ἐπεὶ κατ' οὐδενὸς εἶχε μείζονος ὁμόσαι, ὤμοσε καθ' ἑαυτοῦ, λέγων· ἢ μὴν εὐλογῶν εὐλογήσω σε καὶ πληθύνων πληθυνῶ σε· καὶ οὕτω μακροθυμήσας ἐπέτυχε τῆς ἐπαγγελίας. ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσι, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὄρκος· ἐν ᾧ περισσότερον βουλόμενος ὁ Θεὸς ἐπιδείξει τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι Θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος, ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσηλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

## The Gospel According to Mark (9:17-31)

At that time, a man came to Jesus kneeling and saying: “Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able.” And he answered them, “O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me.” And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, “How long has he had this?” And he said, “From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us.” And Jesus said to him, “If you can! All things are possible to him who believes.” Immediately the father of the child cried out and said, “I believe; help my unbelief!” And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, “Why could we not cast it out?” And he said to them, “This kind cannot be driven out by anything but prayer and fasting.” They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise.”

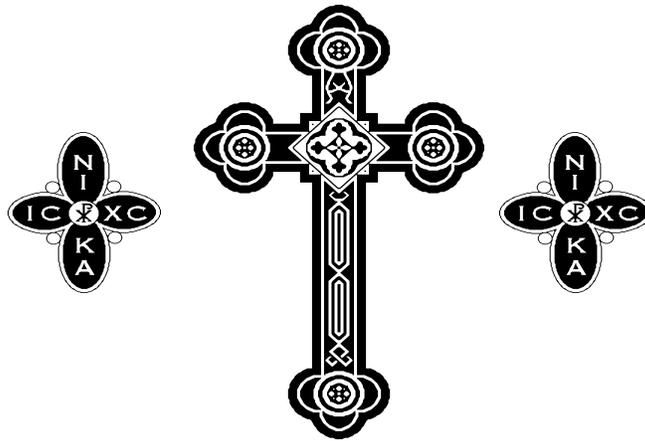


## Ἐκ τοῦ Κατὰ Μάρκον Εὐαγγελίου (9:17-31)

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ γονυπετῶν αὐτῷ καὶ λέγων· διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτόν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράζας ὁ πατήρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπέτιμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράζαν καὶ πολλὰ σπαράζαν αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελθεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γινῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. .



*Sunday – March 22, 2026*



*Trisagion*

*Eleni Kane (8 Years)*

**MAY HER MEMORY BE ETERNAL**

# TODAY'S FEASTS AND SAINTS



**March 15th**

**Sunday of St. John Climacus**

We also commemorate:

- + Basil the Holy Martyr of Ancyra
- + Kalliniki & Vassilisa the Martyrs
- + St. Tikhon, Apostle to America (March 24th)
- + Annunciation of the Theotokos (March 25th)

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimentary virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.



A Christian is one who imitates Christ in thought, word and deed - as far as this is humanly possible. He believes rightly and blamelessly in the Holy Trinity. The lover of God is the one who lives in communion with all that is natural and sinless and who neglects nothing good. The self-controlled man strives with all his might in the midst of the trials, snares, and noise of the world, to be like someone who rises above them.

**St. John Climacus**

**The Ladder of Divine Ascent, 7th 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 St. John Climacus**

**8:45 am** Orthros

**10:00 am** Divine Liturgy

**6:00 pm** Pan-Orthodox Vespers (at St. George Macedonian)

**Tuesday ~ March 24, 2026**

**10:00 am** Bible Study

**5:00 pm** Great Vespers for the Annunciation

**Wednesday ~ March 25, 2026**

**9:00 am** Orthros

**10:00 am** Divine Liturgy for the Annunciation

**12:00 pm** Flag Raising at City Hall

**Thursday ~ March 26, 2026**

**6:00 pm** Choir Practice

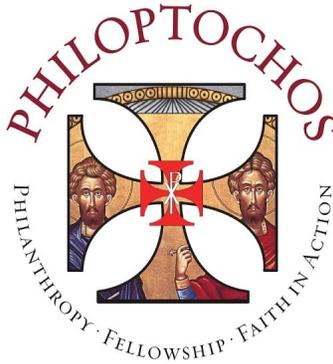
**6:00 pm** SU OCF

**Friday ~ March 27, 2026**

**6:00 pm** Akathist Hymn

**Saturday ~ March 28, 2026**

**5:00 pm** Great Vespers



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

**COFFEE HOUR TODAY  
IN MEMORY OF  
ANASTASIOS SINITSAS  
Given by the Family**

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

***Stavroula Politis***

***Zoe Malelis***

***Anastasia Papazides***

# 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



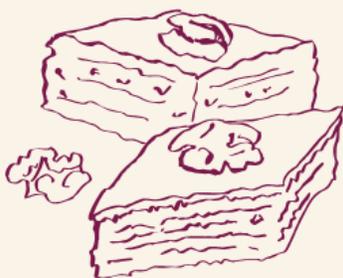
**A donation of an Easter Basket is greatly appreciated for the Easter Basket Raffle. Please bring it in before 3/22. The table is ready for you in the entry of the social hall.**

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.**

### *Attention all bakers!*

Pita making for the festival will take place on May 2 & May 9, 2026. This is a great opportunity for fellowship, learning, and contributing to our festival preparations.





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.

# SACRED IMAGE, SACRED MARRIAGE

## ~RETREAT~



**Marriage Workshop Retreat with Presbytera Kerry and Fr. Harry Pappas**

**August 14-16, 2026**

**Notre Dame Retreat Center, Canandaigua, NY**

The Metropolis of Detroit and the Department of Marriage and Family Ministry invites married couples to an enriching weekend retreat focused on growing a healthy and holy marriage. Using the icons of Christ the Bridegroom, Saints Joachim and Anna, and the Wedding at Cana as guides, the retreat will explore the three primary dimensions of marriage: the personal (the personhood of each spouse), the intimate relationship (spiritual, emotional, and physical), and the communal dimension (with family, church, and community). This three-day experience will feature teaching, workshops, liturgical services, and focused discussions—both large group, small group, and one-on-one between spouses—to help couples rekindle their connection and grow their relationship amid the demands of daily life.



METROPOLIS  
OF DETROIT

Register via QR Code

Questions?

[nkokkales@detroit.goarch.org](mailto:nkokkales@detroit.goarch.org)



# Westhill's First Annual Multicultural Day

APRIL 18, 2026  
11:00AM - 3:00PM  
WESTHILL HIGH SCHOOL  
**SIGN UP TO  
PARTICIPATE!**  
Sign up deadline  
February 12, 2026

*The High School Greek  
Dance Group will perform  
at 12:30pm on April 18th!*



SIGN UP TO  
PERFORM



SIGN UP  
TO  
HOST  
A BOOTH



SIGN UP  
TO WALK  
IN THE  
FASHION  
SHOW



SIGN UP TO  
VOLUNTEER  
SPONSOR O  
DONATE

FOR OTHER QUESTIONS CONTACT:  
MMITCHELL@WESTHILLSCHOOLS.ORG  
OR  
ASALIMTHABET@GMAIL.COM

## St. Timothy Camp Town Hall Meeting

CALLING ALL METROPOLIS OF DETROIT NEW YORK PARISHES

*Let's Talk About Camp!*

**LAZARUS**  
Saturday  
April 4th  
12 NOON

after Liturgy

Guest Speaker:

Oswegatchie

Representatives

via Zoom



Metropolis  
of Detroit

# 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