



# 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



## "Three Times"

One of our catechumens asked why the Church does everything three times. Great question! She pointed out that the priest censes icons three times, we say "Lord have mercy" three times, children are baptized three times, and we repeat certain hymns - twice. Why?

I told her that this has to do with the Trinity: God the Father, God the Son, and God the Holy Spirit. The Church always reminds itself of the reality of the Trinity, that God is not a simple, single power, but Three powers in One, and One in Three. When we do things three times, it conveys that the work of the Father is different from that of the Son and of the Holy Spirit. God touches our lives in different ways, at different times, and He expresses these different graces by presenting Himself to us as different persons. "They" are not indeed different beings, in the way that I am different from you, but "They" are One. One God in Three, and Three in One.

This became a part of the Church partly to distinguish ourselves from those who call themselves Christian, but refuse to recognize the Trinity. From the earliest days of the Church, literally until now, many deluded teachers have gathered followers (sometimes many) around their denial of the Trinity. When I was working as a hospital chaplain some years ago, I prayed at the bedside of a man who was dying. I knew from his chart that he claimed membership in a Trinity-denying church, so I prayed in the name of God. That sure brought him back to life! His eyes popped open, and he proceeded to give me a vigorous lecture about how you can't pray in God's name, only in Jesus' name. My goodness. He spent his last moments regurgitating heretical teachings in the hopes of convincing an Orthodox Christian that God is not One in Three and Three in One? My Church evokes this truth constantly!

But the persistent recurrence of the number three in the Church goes deeper than the simple reminder that the Trinity exists. It also reminds us of the mystery. Why do well-meaning people deny the Trinity? It's because they can't understand it. It doesn't make sense. How can something be One and Three at the same time? I'll give you the Church's answer right here: we don't know. We don't know. The doctrine of the Trinity tells us that our minds simply cannot understand the essence or fullness of God. He is apophatic, beyond our understanding.

God bless you and watch over you in this coming month of February, and fill you with His mercy and grace!

Your affectionate servant,  
Fr. David

**FEBRUARY  
2024**

### 2024 Parish Council

*Peter Manolacos*  
President

*Thomas Anthis Jr.*  
Vice President

*Joy Weatherup Anthis*  
Secretary

*Michael Copanas*  
Treasurer

*Robert Allen*  
*Dimitrios Giaprakis*  
*Eleni Kosmas, MD*

*Martha Lemondes*  
*George Nardone*  
*Marianna Politis-Tacea*  
*Christopher Shimos, OD*  
*Jeanette Capouis Vigliotti*

~~~~~  
Honorary  
Board Member  
*James Sakezles*



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





## *Presentation of Christ in the Temple*



### *February 2*

*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 worshipping, 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.*



## PRESIDENT'S MESSAGE



Dear Parish,

I heard a priest once saying that he had a parishioner who stated that he, the parishioner, did not need to go to confession because he had not committed any sins. The reference to confession notwithstanding, I was totally stunned by the "no sins" assertion. Really! Did this man have any idea what our Orthodox faith teaches.,.

If you read about the lives of the saints you see that these people, men and women, who lead exemplary lives are constantly asking for forgiveness for the sins they have committed. "Lord Jesus Christ, the Son of God, have mercy on me a sinner". These saintly people continuously repeat the Jesus Prayer in humility and contrition. I, on the other hand, may manage 3,4, possibly 5 repetitions, then the world intrudes, my prayer discipline is less than weak, and I once again lapse into committing thoughtless unforced errors.

St. Maximos the Confessor once broke sins down to desire and anger. Well desire (for the wrong things) covers a lot of ground. Anger is a little more easily focused. In my case I get angry most often with myself, but I leave plenty of room for anger directed at others. Take the person in the car ahead of me who seems to be oblivious to the fact that the traffic light has changed from red to green. "Idiot, let's get going" I might say. Oops, she did not miss the change from red to green. She just decided to not run over the pedestrian who was in the crosswalk, the pedestrian I could not see. So I ask for forgiveness and wonder why I was in so much of a hurry to get to the market, to get angry over such a trivial event.

The most truly holy people are deeply humble, they see themselves as the lowest of the low., they understand their own failings and do not judge others. There is no place here for pride in the life of a humble penitent. And this should be our goal. It is a tall order and we cannot succeed without God's help. "Lord Jesus Christ, the Son of God, have mercy on me.

On February 11, right after Divine Liturgy, the Parish Council is hosting our Annual Godparents' Breakfast. Kosta Kousmanidis and his talented crew will once again cook up a great breakfast that Godparents can enjoy with their Godchildren. One way to make this a special occasion would be to participate in the Holy Eucharist with your Godchild. We hope to see you there.

Soon we will begin preparing for the festival. As soon as we have dates and times for the early items we will let everyone know. Once again, we ask you to join in the preparations as much as your personal circumstances allow. And do not hesitate to come in even if you are new to a task. The veteran workers are happy to train you. Our volunteers have fun while they work so come on over and have fun with us.

Yours in Christ,  
*Peter Manolakos*  
Parish Council President





# GODPARENT SUNDAY

FEBRUARY 11, 2024



**W**e 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 11, 2024***



***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.***





## St. Sophia's Website & Mailing List

Visit St. Sophia's website [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

The 2023 statements have been sent. Arrears Statements have also been sent. If you still need to complete your 2023 Stewardship Pledge, please do so as soon as you can.

Again, thanks to all who financially support St Sophia's, both with Stewardship contributions and non stewardship donations. We are very grateful for your generous support.

Yours in Christ,

*Peter Manolakos*

Parish Council President

### 2024 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 2024 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**



~ ~ ~ **PARISHIONER SPOTLIGHT** ~ ~ ~

## ***The Trail of a Son of Valtesiniko***

*The beautiful village of Valtesiniko is located in the northern portion of the state of Arcadia in the Peloponnese. It stands at an elevation of 3668 feet. The 2011 national census documented just 341 citizens. Most residents are involved in agriculture and animal husbandry. It is historically known as the village of woodcarvers and is situated on the slopes of Mount Menalon. Mount Menalon is home to the first certified hiking trail in Greece and is very popular with hikers from around the world. The 75 kilometer trail unfurls through the Lousios River Gorge in the western slopes. Those adventurous enough to hike the trail are rewarded with 360 degree breathtaking views of the surrounding landscape.*

*The village is home to ten churches and a castle that was built by the Franks in the 13th century. Beginning in the 15th century the village was under Turkish occupation. During the Greek war of Independence in 1821 it was a stronghold of the famous Greek general Theodoros Kolokotronis. Using guerrilla warfare Kolokotronis and his men were able to fight off five attempts to take over the area by Ibrahim Pasha and his Turkish/ Egyptian army. The Anagnostopoulos clan fought fiercely against the Ottoman occupiers during the Greek Revolution and under the leadership of Kolokotronis were successful in freeing their homeland.*

*Freedom from occupation was a sweet victory however life in the village was difficult. Working the rocky land with primitive tools and equipment driven by horses and mules, caring for goats and sheep in order to provide for their large families forced many young men to look abroad for a better life. Opportunities led many to America, Australia and Canada. The Anagnostopoulos family was no exception and so Stefanos (Steve) arrived in the United States just prior to WWI. After serving his new homeland in the first World War he sponsored his brother Konstandinos (Gus) who emigrated in 1922. Steve had a restaurant in Geneva, NY and thus provided employment for his newly arrived brother. Gus met his future wife Angeliki (Angie) Lafazanos who had emigrated to the US from the village of Afara, not far from Kalamata in the Peloponnese and they were married in Lowell, Massachusetts on the fourth of May 1930.*

*The newlyweds moved to Geneva where Angie helped her husband run his ice cream/ candy/ sandwich shop. Their three sons were born four years apart. First John who was born in Geneva, then Nick who was born in Sherburne and finally Basil who was born in Norwich. The family moved from Phelps, NY to Sherburne, NY in 1932 where Gus once again ventured into the business world opening an ice cream/ candy/ sandwich shop called "The Sweet Shoppe". The family lived on the second floor of the building above the shop. Like many Greek immigrants the Anagnosts worked very hard saving money in order to provide a good life for their sons the best way they knew how.... through education. They sold a lot of ice cream, candy and sandwiches allowing them to send all three boys to private colleges, John and Basil to Cornell and Nick to the University of Rochester and then on to the Albany School of Pharmacy.*

*Continued on page 11*



~ ~ ~ **PARISHIONER SPOTLIGHT** ~ ~ ~

## ***The Trail of a Son of Valtesiniko***

*Continued from page 10*

*The family was able to afford an Atwater Kent radio and John listened to station CKOC 1150 out of Hamilton, Ontario that broadcast the Maple Leaf hockey games. The informative coverage by future Hall of Famer Foster Hewitt filled the airwaves as he described the action between six of the original NHL hockey teams- Toronto, Montreal, Boston, New York, Detroit and Chicago. Since Hamilton was the only station available for hockey games in Sherburne, John became a Maple Leaf fan for life. He took up skating at an early age allowing him to play pond hockey whenever he could. Growing up he attended hockey games in Clinton, NY watching the Comets battle teams from Syracuse, Lake Placid and Canada. His Maple Leaf heroes were Howie Meeker and Lannie McDonald. While attending Cornell majoring in economics he made every effort to continue to attend hockey games, occasionally missing his bus back to Ithaca and having to catch a ride from his father.*

*While at Cornell John joined the ROTC (Reserved Officers Training Corp) and at graduation in 1952 was commissioned as a second lieutenant in the Field Artillery, sending him to an anti aircraft battalion based in New York City. In early 1953 he was transferred to Fort Bliss, Texas as a field officer for continued training. In June of 1953 he received a letter from the Department of Defense with orders to go to Korea. An armistice was signed on July 27, 1953 establishing a DMZ (demilitarized zone) changing the course of John's service. The DMZ is 160 miles in length and 2.5 miles wide separating North and South Korea at the 38th parallel. John arrived in Korea in October of 1953 joining the 3rd AAA gun battalion as a platoon commander. He served six months in the country in what was still considered to be a combat zone allowing him to wear his third infantry patch on his left shoulder with the rank of first lieutenant. He had an opportunity near the end of his tour to become a forward observer with a Greek battalion assigned to the third division. He turned it down because it would have extended his service, a decision he regrets to this day.*

*Upon his honorable discharge from the service John returned to Sherburne working odd jobs (such as a cashier at a race track) before being hired by The National Bank and Trust Company (NBT) eventually rising to Senior Vice-President of Loans. He continued to stay active in skating and played hockey. He also enjoyed reading the newspaper in the nearby park while eating his lunch. The year was 1956 and while John was reading the news he couldn't help but notice the young lady strolling by with her friends enjoying the beautiful day. He had met her previously but had not had a formal introduction. Dressed in his business suit and wearing his fedora he once again noticed that MaryLou Curley was walking in the park and he proceeded to walk by her and tip his hat.. Unfortunately his timing was a bit off and by the time he tipped his hat she had gone past him, but not without catching a glimpse of his gentlemanly gesture which she found to be "cute".*

*Continued on page 12*





~ ~ ~ **PARISHIONER SPOTLIGHT** ~ ~ ~

## *The Trail of a Son of Valtesiniko*

*Continued from page 11*

*MaryLou worked at the telephone company with the wife of one of John's coworkers and inquired as to who the gentleman who had tipped his hat to her was. Her friend reported that his name was John and asked if she would be interested in a double date with her and her husband. MaryLou accepted the offer and it was decided that they would all go on a picnic to Sylvan Beach. One of the four forgot to bring the steaks to grill so they settled for hot ham sandwiches from a nearby restaurant. It was love at first sight, especially for John. They dated for several months enjoying roller skating, dinner, movies and the racetrack. They fell in love and were married on June 22, 1957 at Saint Paul's Catholic Church in Norwich, NY. John continued his career in banking and MaryLou worked part-time while raising their three children. After their children grew up, received their education, and started families of their own, John and MaryLou retired and traveled extensively.*

*John lost his beloved MaryLou in 2017 when she succumbed to several medical issues. He has continued to stay active attending church at St. Sophia's, being involved in Fantasy Baseball and playing hockey. He joined the Gray Wolves in 2000, a senior hockey club which was first organized in 1998. He elected to wear jersey number 7 in honor of one of his favorite all time players Lannie McDonald. The club has players in age groups of 50 plus, 60 plus and 70 plus years and has strict rules against body checking and slap shots. All age groups scrimmage together on Tuesdays and Thursdays each week at the Allyn Ice Rink in Skaneateles and play tournaments against other senior teams of their age across the country. John has to leave his brown belt Judo skills at home when he plays hockey. Most players are retirees from a variety of professions who continue to stay physically fit, socially active and enjoy lifelong friendships.*

*The Gray Wolves have been featured on the Today Show, ESPN, Herald-Journal, Daily Orange and Syracuse.com. Safety rules notwithstanding hockey is still a very physical game and John has received his share of injuries over the years- a broken ankle, a concussion, a torn bicep as well as a torn rotator cuff. None of these injuries have stopped him from playing his beloved sport as he clings to the adage quoted by Oliver Wendell Holmes "Men do not quit playing because they grow old, they grow old because they quit playing". At 92 years young John is now the oldest member of the Gray Wolves. He feels young both physically and mentally and should be an inspiration to all of a positive attitude and a life well lived.*



# Syracuse AHEPA Chapter 37 News

AHEPA Syracuse Chapter 37 spearheaded a fund drive “Toys for Tots” supported by contributions from the parish of St. Sophia’s Greek Orthodox Church in Syracuse, NY



Dr. James Telonis, President  
Fr. David, Proistamenos of St. Sophia’s  
George Nardone, Vice President & Chairman of event  
SSG Michael Shifflett, US Marines  
Mike Labatos, Lt Governor AHEPA D6 2nd Cpl Hau, US Marines

Our next chapter meeting will be on February 20, 2024 at 6:00 pm, it will be a hybrid meeting.

Upcoming highlights for 2024 will be the flag raising at City Hall on March 25, 2024 for Greek Independence Day. AHEPA Day on the third Sunday of May. Memorial Day flag placement to honor Veterans at the cemetery and the 100th Anniversary Celebration of AHEPA Chapter 37 on October 26, 2024

James Telonis, MD, President  
Syracuse AHEPA Chapter #37



## Syracuse AHEPA Chapter 37



### FLASH BACK FROM THE PAST

Featured in the AHEPA National Convention book held in Syracuse N.Y.

AUGUST 15<sup>th</sup> to 21<sup>st</sup> 1937

Hosted by AHEPA Syracuse Chapter 37

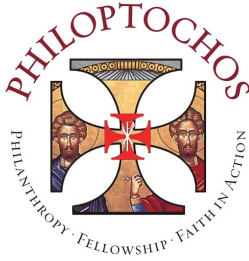
Theodore H. Limpert a member and Past President of Syracuse Chapter. He served two years as District Marshall of the Empire State District and represented his chapter in every District Convention and the Chicago National Convention. He attended the St. Paul Convention with Mrs. Limpert and assisted in securing the 14<sup>th</sup> National Convention for Syracuse. He has been connected with Borden's Co. for nearly 20 years.

Mrs. Theodore Limpert is Organizer of the "ALKIPPE" Chapter of the Daughters of Penelope in Syracuse, N.Y. and its President for two years.

The above picture shows the grandparents and the father of the Honorable Theodore H. Limpert serving presently as Onondaga County Judge. He is a member of AHEPA Syracuse Chapter 37 and serving as Director of Veterans Affairs of the New York Empire State District 6

By Mike Labatos, AHEPA Syracuse Chapter 37<sup>th</sup> Chairman of the chapter's 100<sup>th</sup> anniversary committee to be held October 26<sup>th</sup> 2024 at our church.





## PHILOPTOCHOS NEWS

Philoptochos brought in the New Year 2024 with Vasilopita Sunday on January 7<sup>th</sup>. A huge thank you to our Chairperson Anna Romanowski who once again collaborated with fellow bakers, Frieda Meskos, Jeannette Vigliotti, Kathy Bristol, Maria Allis, Patty Meskos, Roda Giaprakis, Stavroula Kipouropoulos, and Toni Dalakos. All donations received for Vasilopita Sunday go to Saint Basil's Academy.

On Saturday, January 13<sup>th</sup> Philoptochos hosted our new and current members at our Winter Luncheon at The Bistro 1926 at Drumlins. We enjoyed an afternoon of fellowship, welcomed our new and current members and planned the events for the upcoming year.

### **Upcoming Philoptochos Sponsored Events: SAVE THESE DATES!!!!!!**

- **Cheesefare Sunday Church Luncheon** – Sunday - March 17, 2024
- **Sunday of Orthodoxy Vesper Lenten Coffee Social** – March 24, 2024
- **March Madness Bake Sale Weekend** – Saturday, March 23 & Sunday, March 24, 2024

Reach out to Board Officers with any questions and how you can join Philoptochos.

|                                    |                     |
|------------------------------------|---------------------|
| President:                         | Theone Kalkinis     |
| Vice-President (1 <sup>st</sup> ): | Vickie Mihou        |
| Vice President (2 <sup>nd</sup> ): | Patty Donahue-Carey |
| Treasurer:                         | Tina Carkey         |
| Assistant Treasurer:               | Frieda Meskos       |
| Secretary (Corr):                  | Cara Potamianos     |
| Secretary (Rec):                   | Chryssanthi Intze   |



With the Spirit of Philanthropy,  
Theone Kalkinis  
Philoptochos President

## PHILOPTOCHOS COFFEE HOURS

*Philoptochos Coffee Hours began again on September 10, 2023. If you are interested in scheduling a Coffee Hour, please call the Church Office. Fees for sponsoring a Coffee Hour are as follows, payable to the Philoptochos:*

\$50.00 Fee

*Philoptochos provides and serves the coffee, milk, sugar and juice. Parishioner provides pastries.*

\$150.00 Fee

*Philoptochos provides and serves the pastries, coffee, milk, sugar, juice.*

*There will be no sponsored Coffee Hour on Stewardship Sunday, Godparents Sunday and Cheesefare Sunday.*

*Just a reminder..... Please note that there will be no sponsored Coffee Hours during the Summer months of June, July and August.*

*Parishioner wishes to have a coffee hour during the summer months of June, July and August the fee, payable to the Philoptochos, is \$50.00. Philoptochos would provide coffee, cups, sweetener, creamer, stirrers and set up a serving table. The parishioner would be responsible to provide pastries, setup the serving station and tables, serve at the coffee hour and clean up following the coffee hour. Please call Vivian Alexander, Coordinator Coffee Server at (315) 673-2880 or (315) 430-6162.*



## February 2024 Volunteers 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 4, 2024  
*Constantina Georgiadis  
Roda Giaprakis*

February 11, 2024  
*Artemis Gilbert  
Heppi Vastakis*

February 18, 2024  
*Stavroula Kipouropoulos  
Christina Shiomos*

February 25, 2024  
*Kathy Shiomos  
Elizabeth Sakellariou*

*~ Also, first two weeks of March 2024 ~*

March 3, 2024  
*Anthoula Malelis  
Zoe Malelis*

March 10, 2024  
*Helen Aravantinos  
Despina Lemon*

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

*All are welcome.*

# February 2024 Memorials

## Eternal Be Their Memory

### February 4, 2024

- None Scheduled



### February 11, 2024

- Trisagion Prayer  
for Christ Steve Alexander (9 Years)



### February 18, 2024

- Memorial Service  
for Elizabeth Steinberg (40 Days)



### February 25, 2024

- None Scheduled



**December 2023**  
**Sacramental Registry**

**Baptisms**  
*Makarios (Makarios Ralph Tzetzis)*

**Funerals**  
*Michel D. Mantzakos*  
*Evan M. Dentes, MD*



  
 **CHOIR**   
*We welcome everyone  
to join our Choir*  
*Check the Church Calendar  
for upcoming Choir Practices*



## With Gratitude

*Philoptochos held our annual Vasilopita offering on Sunday, January 7th. We are grateful for the parishioners who donated \$150.00. This will be given to the St. Basil Academy.*

*Saint Basil Academy is a residential institution for at risk students run by the Greek Orthodox Archdiocese of America in Garrison, New York.*

*I would like to extend a heartfelt ευχαριστώ to the Philoptochos members who assisted me with the baking of the Vasilopita, and to Maria Allis who baked the Vasilopita that Fr. David blessed and distributed to the organizations of St. Sophia's.*

*Wishing everyone a Happy and Healthy New Year!*

*Anna Romanowski*

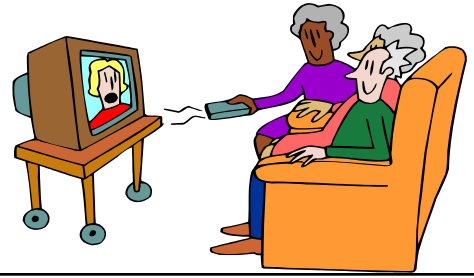




# February 2024

## Program Schedule For Cable Television

All Programs Air on Spectrum (Time Warner) Cable Chanel 98  
in Onondaga County



### Sunday Programs at 7:00 pm

“Tradition Today”

On Fox 68 WSYT

*The series has ended*

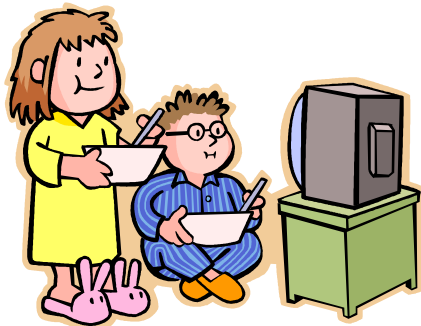
***(On Spectrum channel 98)***

February 4, 2024— The Epistle of St. James, part 1

February 11, 2024—The Epistle of St. James, part 2

February 18, 2024—The Epistle of St. James, part 3

February 25, 2024—The Epistle of St. James, part 4



### Monday Programs at 7:00 pm

*Fr. David’s “The Inner Way”  
series airs every Monday*

February 5, 2024—Unseen Warfare, Chapter 34

February 12, 2024—Unseen Warfare, Chapter 35

February 19, 2024—Unseen Warfare, Chapter 36

February 26, 2024—Unseen Warfare, Chapter 37

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### Family Classic TV

Sponsored by

St. Sophia’s Greek Orthodox Church

***The Family Classics series below  
are ending on March 31***

Sundays at 5:00 pm

The Cisco Kid with Duncan Renaldo & Leo Carrillo  
(2 episodes)

Sundays at 6:00 pm

Sir Lancelot with William Russell

Sundays at 6:30 pm

The Adventures of Robin Hood with Richard Greene

Thursdays at 8:30 pm

Sherlock Holmes with Ronald Howard

Fridays at 8:00 pm

Jim Bowie with Scott Forbes  
(2 episodes)

### ***PLEASE NOTE.....***

*Our programs also air on Verizon FIOS cable channel 29,*

*Sunday at 6:30 pm and 7:00 pm*

*Thursday at 8:30 pm and 9:00 pm*

*Many programs also appear on the internet at [frdavidsmith.com](http://frdavidsmith.com)*

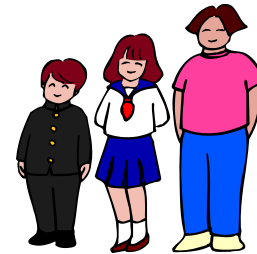




# 2024 Youth Calendar for Sunday School

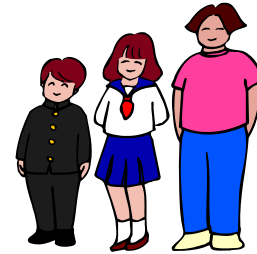
## Feb 2024

- Feb 4—Teaching in Classrooms
- Feb 11—Teaching in Classrooms
- Feb 18—No Sunday School
- Feb 25—No Sunday School



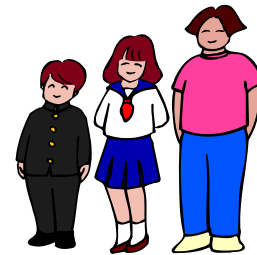
## March 2024

- Mar 3—Carnivale Group Sunday School
- Mar 10—Teaching in Classrooms
- Mar 17—Teaching in Classrooms
- Mar 24—Sunday of Orthodoxy Procession
- Mar 31—No Sunday School



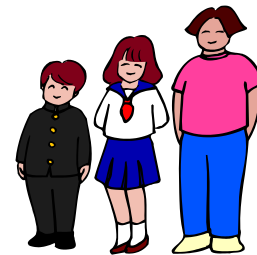
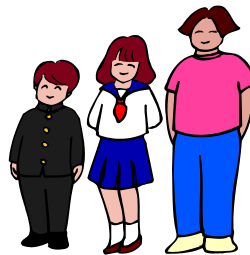
## April 2024

- Apr 7—Cross Sunday: Children’s Sermon in Church
- Apr 14—Teaching in Classrooms
- Apr 21—No Sunday School
- Apr 28—Palm Sunday



## May 2024

- May 5—Pascha
- May 12—Mother’s Day
- May 19—Sunday School Graduation
- May 26—No Sunday School



# 2024 Youth Calendar for GOYA & JR GOYA

## Feb 2024

Feb 10—All Youth Dance 6:00 pm to 9:00 pm  
(Lower Level Social Hall)

Feb 11—Souper Bowl Sunday  
Feb 25—SU Basketball Game



## March 2024

Mar 24—Greek Independence Day Performance

## April 2024

Apr 6—12:30 pm Dance Performance at International Taste Festival  
Apr 27—Palm Folding: Open to all young people



## May 2024

May 19—Reception & Last Meeting



**Jr. GOYA & GOYA Journey Together this year  
in an Exciting New Direction!**





## St. Sophia Youth Groups



### Calling all SU Fans !

The St. Sophia's youth groups will be attending a Women's SU Game on Sunday, February 25th. Parking is free at the Raynor Lot. Game starts at 2:00 pm. We have a limited amount of tickets so please reply if you and your family can attend. Please note the Dome is a cashless system, so plan accordingly. We ask that everyone meet at Gate B at 1:30 pm to enter as a group. Please let your youth advisors know.



*Dance, dance the night away!*



***JOY. Jr. GOYA. GOYA***

***Please join us !!!***

***Saturday, February 10th  
6pm to 9pm in the Lower Hall***

***Food will be provided  
and both Greek & American***

# St. Sophia Greek Orthodox Church—February 2024

| Sun                                                                                                             | Mon                                                    | Tue                                                                   | Wed                                                                                                                             | Thu                     | Fri                                                                                                                                                                          | Sat                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
|                                                                                                                 |                                                        |                                                                       |                                                                                                                                 | 1                       | 2                                                                                                                                                                            | 3                                                                                                                 |
|                                                                                                                 |                                                        |                                                                       |                                                                                                                                 | 6:00 PM CHOIR REHEARSAL | 9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>PRESENTATION OF CHRIST<br>IN THE TEMPLE<br> | 5:00 PM GREAT VESPERS                                                                                             |
| 4                                                                                                               | 5                                                      | 6                                                                     | 7                                                                                                                               | 8                       | 9                                                                                                                                                                            | 10                                                                                                                |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>15TH SUNDAY<br>OF MATTHEW                                         | 5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101 | 10:00 AM BIBLE STUDY                                                  | 6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                                       | 6:00 PM CHOIR REHEARSAL |                                                                                                                                                                              | 10:00 AM<br>ROMANIAN LITURGY<br>5:00 PM GREAT VESPERS<br><br><b>6:00 PM<br/>ALL YOUTH GROUPS<br/>DANCE</b>        |
| 11                                                                                                              | 12                                                     | 13                                                                    | 14                                                                                                                              | 15                      | 16                                                                                                                                                                           | 17                                                                                                                |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>16TH SUNDAY<br>OF MATTHEW<br><br>GODPARENTS SUNDAY<br>& BREAKFAST |                                                        | 10:00 AM BIBLE STUDY                                                  | <br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY | 6:00 PM CHOIR REHEARSAL |                                                                                                                                                                              | 5:00 PM GREAT VESPERS                                                                                             |
| 18                                                                                                              | 19                                                     | 20                                                                    | 21                                                                                                                              | 22                      | 23                                                                                                                                                                           | 24                                                                                                                |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE CANAANITE                                        | 5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101 | 10:00 AM BIBLE STUDY<br><br>6:00 PM AHEPA MEETING                     | 6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                                       | 6:00 PM CHOIR REHEARSAL |                                                                                                                                                                              | 9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FINDING OF THE HEAD<br>OF JOHN THE BAPTIST<br>5:00 PM GREAT VESPERS |
| 25                                                                                                              | 26                                                     | 27                                                                    | 28                                                                                                                              | 29                      |                                                                                                                                                                              |                                                                                                                   |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>PUBLICAN & PHARISEE                              | 5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101 | <i><u>Fr. David out of town<br/>for Metropolis Clergy Meeting</u></i> |                                                                                                                                 | 6:00 PM CHOIR REHEARSAL |                                                                                                                                                                              |                                                                                                                   |



# St. Sophia Greek Orthodox Church—March 2024

| Sun                                                                                                                                                     | Mon                                                                                                                                                                               | Tue                                                  | Wed                                                              | Thu                           | Fri                                                                       | Sat                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------|-------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                         |                                                                                                                                                                                   |                                                      |                                                                  |                               | 1                                                                         | 2<br>5:00 PM GREAT VESPERS                                                                                                              |
| 3<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE PRODIGAL SON                                                                        | 4<br>5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101                                                                                                                       | 5<br>10:00 AM BIBLE STUDY                            | 6<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                   | 7<br>6:00 PM CHOIR REHEARSAL  | 8                                                                         | 9<br>10:00 AM<br>ROMANIAN LITURGY<br>5:00 PM GREAT VESPERS                                                                              |
| 10<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>JUDGEMENT SUNDAY<br>(MEATFARE SUNDAY)<br><b>DAYLIGHT SAVINGS TIME</b>                               | 11<br>5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101                                                                                                                      | 12<br>10:00 AM BIBLE STUDY                           | 13<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                  | 14<br>6:00 PM CHOIR REHEARSAL | 15                                                                        | 16<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br>5:00 PM GREAT VESPERS                                          |
| <b>GENERAL ASSEMBLY</b> 17<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FORGIVENESS SUNDAY<br>(CHEESEFARE SUNDAY)<br>6:00 PM<br>FORGIVENESS VESPERS | 18<br><b>LENT BEGINS</b><br>6:00 PM GREAT COMPLINE                                                                                                                                | 19<br>10:00 AM BIBLE STUDY<br>6:00 PM GREAT COMPLINE | 20<br>9:00 AM GREAT COMPLINE<br>6:00 PM<br>PRESANCTIFIED LITURGY | 21<br>6:00 PM GREAT COMPLINE  | 22<br>9:00 AM<br>PRESANCTIFIED LITURGY<br>6:00 PM<br>FIRST AKATHIST HYMN  | 23<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br>5:00 PM GREAT VESPERS                                          |
| 24<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF ORTHODOXY<br>6:00 PM LENTEN VESPERS<br>AT ST SOPHIA'S<br>COFFEE HOUR FOLLOWS              | 25<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ANNUNCIATION OF<br>THE THEOTOKOS<br>GREEK INDEPENDENCE DAY<br>NOON FLAG RAISING<br>AT CITY HALL<br>5:30 PM JESUS PRAYER GROUP | 26<br>10:00 AM BIBLE STUDY                           | 27<br>6:00 PM<br>PRESANCTIFIED LITURGY                           | 28<br>6:00 PM CHOIR REHEARSAL | 29<br>9:00 AM<br>PRESANCTIFIED LITURGY<br>6:00 PM<br>SECOND AKATHIST HYMN | 30<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br>11 AM—3 PM UPSTATE NY<br>GOYA RETREAT<br>5:00 PM GREAT VESPERS |
| 31<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. GREGORY PALAMAS<br>6:00 PM LENTEN VESPERS<br>AT ST ELIAS                           |                                                                                                                                                                                   |                                                      |                                                                  |                               |                                                                           |                                                                                                                                         |