

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



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**WEEKLY BULLETIN
SUNDAY, MARCH 6, 2022**

**FORGIVENESS SUNDAY
(CHEESEFARE SUNDAY)**

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METROPOLIS
OF DETROIT

Forgiveness Sunday (Cheesefare Sunday)

St. Paul's Letter to the Romans 13:11-14; 14:1-4

**Prokeimenon. Mode Plagal 4.
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.

The reading is from
St. Paul's Letter to the Romans 13:11-14; 14:1-4

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 Ῥωμαίους 13:11-14, 14:1-4

Προκείμενον. Ἦχος πλ. δ'.
ΨΑΛΜΟΙ 75.11,1

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

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

Πρὸς Ῥωμαίους 13:11-14, 14:1-4 τὸ ἀνάγνωσμα

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἢ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νῦν προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρα, 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 ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γὰρ ἐστὶν ὁ θεὸς στηῆσαι αὐτόν.

Forgiveness Sunday (Cheesefare Sunday)

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 ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατήρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατήρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν 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 ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γάρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

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

Today

9:00 am Orthros

10:00 am Divine Liturgy

FORGIVENESS SUNDAY (Cheesefare Sunday)

Cheesefare Sunday Annual Lunch

Sunday School

6:00 pm Forgiveness Vespers

Monday, March 7, 2022

GREAT LENT BEGINS

6:00 pm Canon of St. Andrew

Tuesday, March 8, 2022

10:00 am Bible Study

Wednesday, March 9, 2022

6:00 pm Choir Rehearsal

6:00 pm Presanctified Liturgy

Friday, March 11, 2022

6:00 pm Akathist Hymn I

Saturday, March 12, 2022

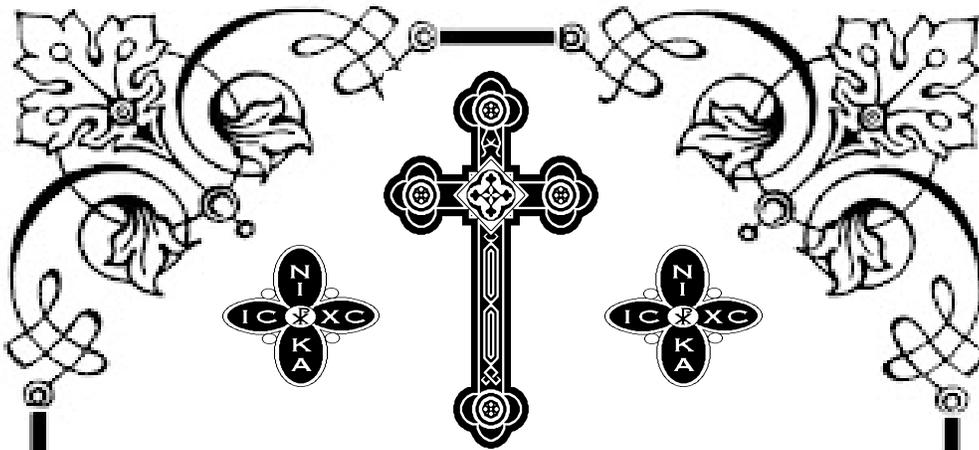
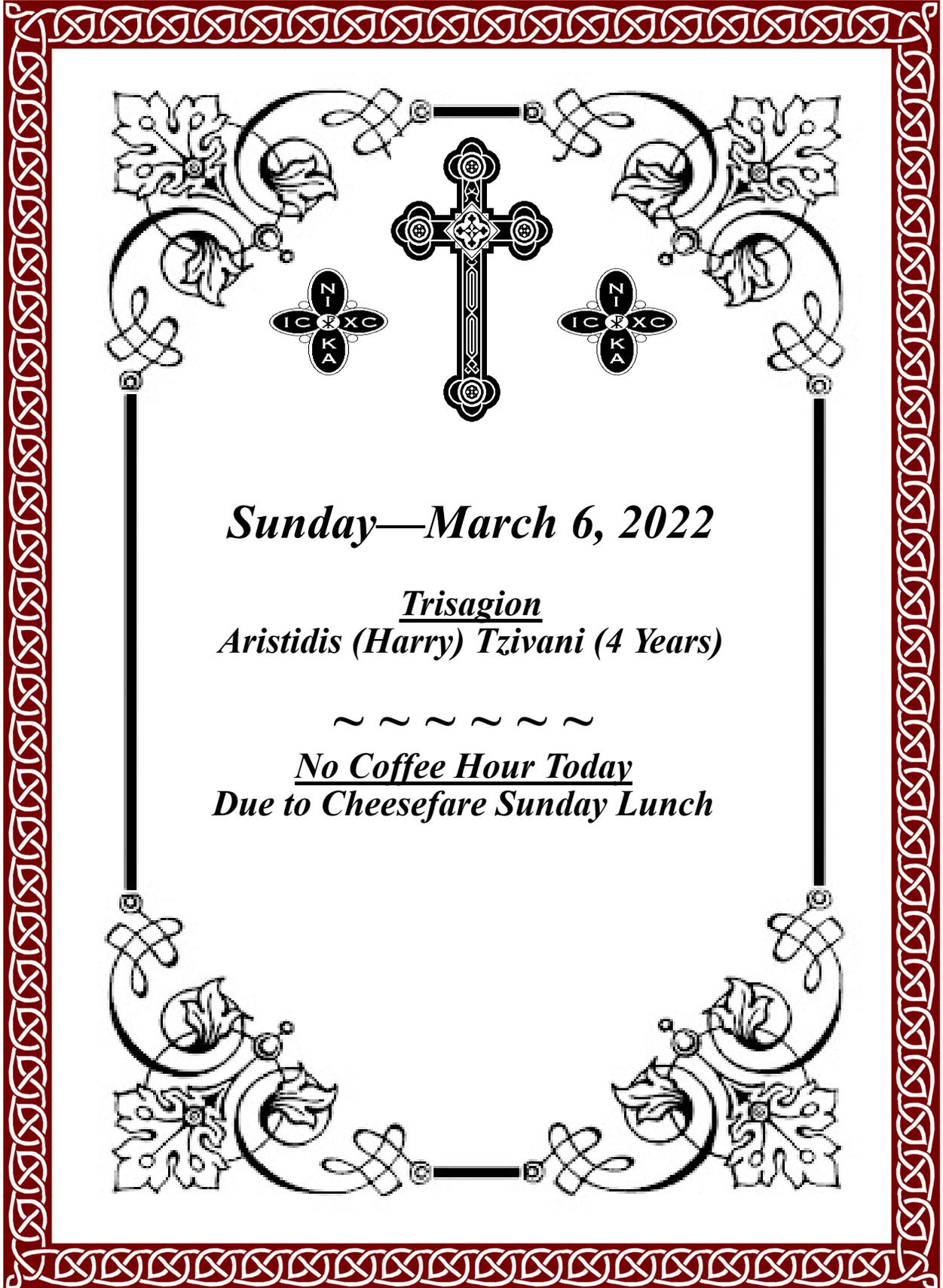


9:00 am Orthros

10:00 am Divine Liturgy

Saturday of Souls

5:00 pm Great Vespers



Sunday—March 6, 2022

***Trisagion
Aristidis (Harry) Tzivani (4 Years)***

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***No Coffee Hour Today
Due to Cheesefare Sunday Lunch***

St. Sophia's Dance Groups



Starting TODAY elementary, middle and high school dance groups will be practicing on Sundays after church and on Wednesdays at 6:30 pm. Dancers in Training will only be practicing on Sundays. All dancers should be attending church services as well. Adult practice will start at a future date. We welcome both new and old members!

Dancers in Training: Ages 3 to 1st Grade

Leaders:

Haroula Everding (508) 846-7337
Stephanie Papaleoni (315) 491-0789
Crystal Swanson (315) 289-3336
Angela Zavaglia (315) 491-2724

Elementary Group: 2nd to 5th Grades

Leaders:

Eleni Kosmas (315) 882-6507
Tina Carkey (315) 569-2405

Middle School Group: 6th to 8th Grades

Leaders:

Dafni Kiritsis (315) 395-0331
Penny Meskos (315) 559-9632

High School Group: 9th to 12th Grades

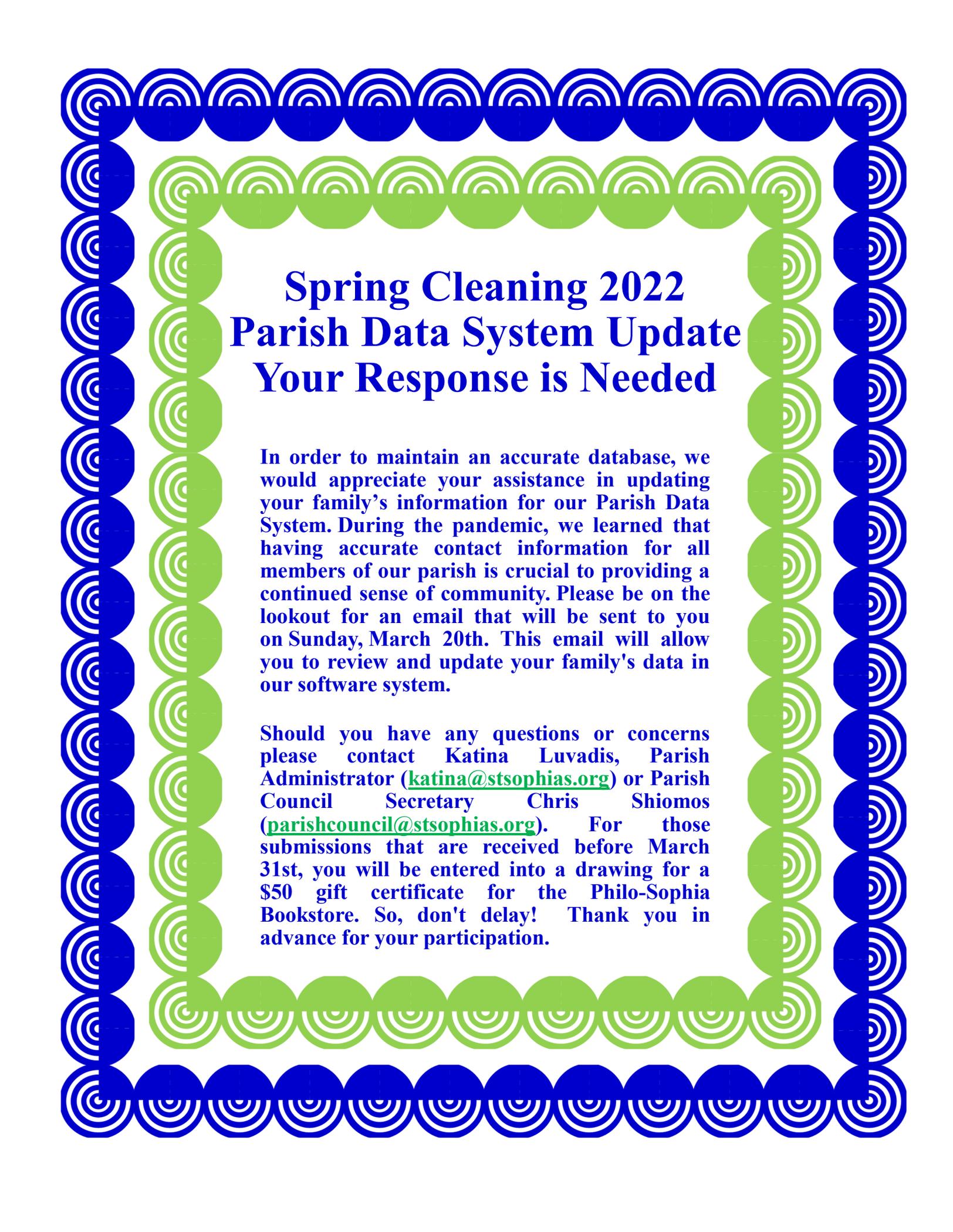
Leaders:

Pauley Gasparis (219) 588-2439
Athena Tzetzis (315) 447-0787

Adult Group will start at a later date

Leader:

Nick Dimkos (315) 727-9714



Spring Cleaning 2022 Parish Data System Update Your Response is Needed

In order to maintain an accurate database, we would appreciate your assistance in updating your family's information for our Parish Data System. During the pandemic, we learned that having accurate contact information for all members of our parish is crucial to providing a continued sense of community. Please be on the lookout for an email that will be sent to you on Sunday, March 20th. This email will allow you to review and update your family's data in our software system.

Should you have any questions or concerns please contact Katina Luvadis, Parish Administrator (katina@stsophias.org) or Parish Council Secretary Chris Shiomos (parishcouncil@stsophias.org). For those submissions that are received before March 31st, you will be entered into a drawing for a \$50 gift certificate for the Philo-Sophia Bookstore. So, don't delay! Thank you in advance for your participation.



PRAY

FAST

GIVE

UPSTATE NY YOUTH LENTEN RETREAT

**Our Practical Guide to
GREAT LENT**

SATURDAY, MARCH 19, 2022

12:30PM - 6:30PM

**This Lenten retreat is FREE
and open to all youth ages 8-18.**

**Join us for fellowship, Lenten meals, and thoughtful discussions
during this sacred time of the year. Discussions will be available
for parents/adults, as well.**

**Hosted at the Annunciation
Family Life Center
Lancaster, NY**



**METROPOLIS
OF DETROIT**

**All participants (youth and
adults) must register online**

Register online at www.detroit.goarch.org/nygoya