



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



"Be a Member Every Day"

We are less like a country and more like a university. When you have citizenship in a country, you have that citizenship for life unless you deliberately and specifically renounce it. I became a citizen of the United States of America at my birth, and I've done nothing in the way of renewing that citizenship since that time – I've paid my taxes and voted, but even if I hadn't, I'd still be an American citizen.

A university is not like that. I went to university from 1978-1982, and then I graduated. That makes me an alumnus of Drew University, but what does that mean other than I get a call twice yearly asking me for money (as if I didn't give them enough when I was a student)? I don't take classes, I don't live on campus, I don't know the professors' names. I'm not a part anymore. In 1982, I left the campus (drove away with my parents after graduation) and have never been back.

The church is like this. It's less like a nation and more like a university. In order to be a member, you must retain your connection. If you enroll in a university but never attend classes, you're not a student. If you attend classes but don't pay your bill, you're not going to be a student for long. You won't get a diploma - your "graduation" will happen when the Bursar's office calls and tells you to vacate the campus and sends security to help you leave. And if you attend classes, and pay, but never learn anything – then you'll have another set of problems that will keep you from being a successful student.

On the other hand, when you're a citizen you really don't have to do a thing. When my daughter Ana became an American citizen she had to recite the Oath of Allegiance, which in part reads: *"that I will support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I will bear arms on behalf of the United States when required by the law"* It was funny sitting in the Homeland Security office listening to our new 10 year old daughter say those lines. She asked me why she needed to bare her arms! But listen: Many present citizens of the United States would not agree to take that Oath of Allegiance. Some would not agree to take up arms, others would not agree to uphold the constitution. But guess what? If they were born here, they're still citizens!

Some people have that attitude about the church. They *don't pay*, they *don't come*, they *don't believe in the church's teachings* – and yet, they think themselves born into the church, and so they regard themselves as "church citizens" for life.

No. That's the way it works if the church is nothing more than a family tradition or a club. But it's not. The church is a Divine/Human body wherein the created communes with the Uncreated. I'll say it again: ***The church is a Divine/Human body wherein the created communes with the Uncreated.*** It is not a human institution into which you are born and whose membership requires nothing more than that you're still alive.

My beloved brothers and sisters in Christ: we have the greatest opportunity on earth here in the Church. But it requires our attention, our gifts, our presence. Don't let your membership lapse! Give to God your energy, your gifts, your presence and so enjoy the citizenship in His Kingdom!

Your affectionate servant,
Fr. David

OCTOBER
2023

2023 Parish Council

Peter Manolakos
President

Thomas Anthis Jr.
Vice President

Christopher Shiomos, OD
Secretary

Michael Copanas
Treasurer

Robert Allen
Joy Weatherup Anthis
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone
John Potamianos
Jeanette Capousis Vigliotti

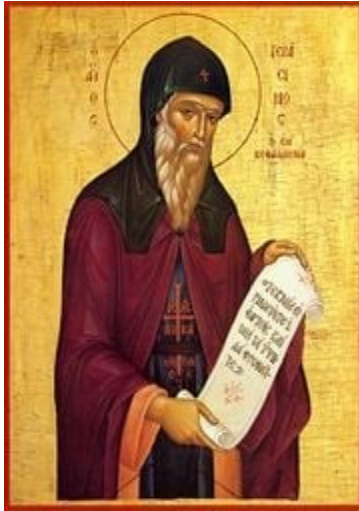
~~~~~  
Honorary  
Board Member  
James Sakezles



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



# ***IMPORTANT DATES*** ***OCTOBER 2023 CHURCH CALENDAR***



## ***GERASIMOS OF CEPHALONIA*** ***Friday, October 20*** ***9:00 am Orthros*** ***10:00 am Divine Liturgy***

Saint Gerasimos was from the Peloponnesus, the son of Demetrius and Kale, of the family of Notaras. He was reared in piety by them and studied the Sacred writings. He left his country and went throughout various lands, and finally came to Cephalonia, where he restored a certain old church and built a convent around it, where it stands to this day at the place called Omala. He finished the course of his life there in asceticism in the year 1570. His sacred relics, which remain incorrupt, are kept there for the sanctification of the faithful.



## ***DEMETRIOS THE MYRRH-STREAMER*** ***Thursday, October 26*** ***9:00 am Orthros*** ***10:00 am Divine Liturgy***



Saint Demetrius was a Thessalonian, a most pious son of pious and noble parents, and a teacher of the Faith of Christ. When Maximian first came to Thessalonica in 290, he raised the Saint to the rank of Duke of Thessaly. But when it was discovered that the Saint was a Christian, he was arrested and kept bound in a bath-house. While the games were under way in the city, Maximian was a spectator there. A certain friend of his, a barbarian who was a notable wrestler, Lyaeus by name, waxing haughty because of the height and strength of his body, boasted in the stadium and challenged the citizens to a contest with him. All that fought with him were defeated. Seeing this, a certain youth named Nestor, acquaintance of Demetrius', came to the Saint in the bath-house and asked his blessing to fight Lyaeus single-handed. Receiving this blessing and sealing himself with the sign of the precious Cross, he presented himself in the stadium, and said, "O God of Demetrius, help me!" and straightway he engaged Lyaeus in combat and smote him with a mortal blow to the heart, leaving the former boaster lifeless upon the earth. Maximian was sorely grieved over this, and when he learned who was the cause of this defeat, he commanded straightway and Demetrius was pierced with lances while he was yet in the bath-house, As for Nestor, Maximian commanded that he be slain with his own sword.





# O X I DAY

October 28



## Where, When and Why is it Celebrated?

Every year on October 28<sup>th</sup> there is a celebration which is celebrated in Greece called "Ohi Day". In Greek "Ohi Day" is called "*I Mera tou Ohi (Η μέρα του 'Οχι)*".

People celebrate it because on October 28<sup>th</sup>, 1940 the Greek President Metaxas said to the Italian President Mussolini (who was a dictator and was a friend to Hitler): "*NO! I will not let you take over Greece! (OXI! Δεν θα σε αφήσω να πάρεις την Ελλάδα)*".

In response to Metaxas's refusal, Italian troops attacked Greece and it was the beginning of Greece's participation in Second World War.





## PRESIDENT'S MESSAGE

When you run into someone whom you have not seen in a while, after the preliminary questions like "How is the family?" or "Do you still beat your dog?" you get down to the serious stuff like "What's new" or in Greek "Ti nea?". At times, when I am asked "what's new?" in my role as Parish Council President, I think about the good things that are going on at St Sophia's.

Well, we just had our third annual Panayiri and a good time was had by all. Thanks to a generous bequest from the late Eleanor Theodore we repaved our parking lot, it looks great and it cost much less than we thought it would. Sunday School has gotten off to a wonderful start. We had another successful festival. All good!

Unfortunately not all parish news is good. Yesterday I was informed that our insurance expenses are going up significantly. I have been working with our insurance agency, pointing out information which I think the insurance company may not be including in their process. We are in a state of flux and I hope that they will redo their calculations. If they will not, then we are looking at a stunning increase in our insurance costs.

I need to point out that our financial situation for 2023 is excellent so a large increase, while a setback, will be manageable. It is also likely that whatever it is for 2024, it will go down in 2025. But it is not likely to ever go down to the level we have paid in the past.

Since I became a parish councilor nearly six years ago we have navigated through the accident, COVID, loss of festival revenue and replacement of the lost festival revenue. We overcame all of these unexpected events by assessing the situations and then working to mitigate their effects. This development is no different.

I also need to point out the very obvious fact that our facility is 51 years old. We are finding problems that occur just because of old age. These sorts of things are not going to go away. Inflation is also an issue for us. So I will be laying out some concerns that we have going forward that will not surprise any of you. And while being aware of potential problems is fine, addressing them with realistic solutions is what we need to do.

The October 22 General Assembly meeting will be the time and place where we will address both the immediate issue and some intermediate and longer term challenges confronting our community. We will also review the recent repairs to the building and lay out what we think will need to be done going forward.

This is an important meeting and I really hope you will plan on coming and staying until we are finished. Like the man, or maybe it was a woman, said, life is just one darn thing after another. We take these things on as they come at us, we press on, and we emerge stronger for the effort. I look forward to seeing you on October 22.

Oh, I should also add, I do not have a dog.

Yours in Christ,

***Peter Manolakos***

Parish Council President



## A STEWARDSHIP OPPORTUNITY!

### **Run for a position on St Sophia's Parish Council!**

The Election Committee is seeking candidates to fill four (4) church board positions, expiring at the end of 2023. An official notification will be sent out by the Election Committee dated September 12<sup>th</sup>. Please feel free to contact one of the Election Committee members if you are interested in or would like to recommend someone to serve a three year term on the Parish Council.

Eligible candidates should be a member in good standing in St. Sophia Parish and a member for a minimum of one year. A candidate in good standing is any person who:

- Was baptized according the rites of the Church, or was received into the Church through chrismation.
- Who lives according to the faith and canons of the Church
- Has met their Stewardship obligation (completed 2022 obligations and has paid ¾ of their 2023 Stewardship by October 28<sup>th</sup>, 2023),
- Abides by the by-laws of the Parish.

Candidate filing: Interested candidates will file a simple petition for candidacy, complete a short resume form, and provide a picture.

**Filing deadline is:  
Sunday, October 22, 2022      Election Day is November 12<sup>th</sup>, 2023.**

Our committee looks forward to speaking with all interested parties. Contact information for the Election Committee is as follows:

|                                   |                         |                               |
|-----------------------------------|-------------------------|-------------------------------|
| Diane Peters                      | 315-622-3318 (H)        | dcpeters312@gmail.com         |
| <b>Jeanne Sarigiannis (chair)</b> | <b>315-699-4896 (H)</b> | <b>Jsarigia61@verizon.net</b> |
| Elizabeth Steinberg               | 315-447-4445 (H)        | LSteinberg@signalgt.com       |
| Alexandra Tavlarides              | 315-345-2301 (C)        | atavlar1@twcnny.rr.com        |
| Sophia Wales                      | 315-897-7998 (C)        | sophiawales12@gmail.com       |



## 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.

### 2023 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 2023 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**





# CHOIR



*We welcome everyone to join our Choir*

*Check the Church Calendar for upcoming Choir Practices*



## AHEPA SYRACUSE CHAPTER 37

AHEPA Syracuse Chapter 37 is on the move. We are happy to announce that so far this year we have 8 new members with more to come. It is our duty and obligation to continue the work and contributions of brothers who have passed so that they will not be forgotten. We are looking for a successful celebration for our chapter's 100-year anniversary in 2024.

If you would like to volunteer for any committee of the 100-year event, please let us know.

We are asking our parishioners to offer pictures, stories, newspaper clippings and articles of members of the AHEPA chapter family so we can include them in our 100-year convention journal. You may provide copies or originals (which will be returned) to Mike Labatos via mail or email. 309 Allen Road N. Syracuse, NY 13212 or [alpharealtyofsyracuse@gmail.com](mailto:alpharealtyofsyracuse@gmail.com) telephone 315-427-7628.

All of our events including the 100-year event are open to the entire parish family and friends.

Mike Labatos  
Chairman of 100-year Anniversary





Continued from NEPSIS of September 2023  
“The History of the Greek Immigrant and the AHEPA”

### THE 14<sup>TH</sup> AHEPA SUPREME CONVENTION AUGUST 16 – 21, 1937 SYRACUSE N.Y.

Syracuse is the only small city in the United States to ever hold an AHEPA National Convention. This accomplishment was credited to the officers and brothers of the AHEPA Syracuse Chapter 37 from its founding time in 1924 and the committee that worked to host this very successful national convention in Syracuse, N.Y. The Hotel Syracuse was the center of the convention.

The convention book features Franklin Delano Roosevelt – President of the United States, the Honorable Hubert H. Lehman – Governor of the State of New York, Honorable Rolland B. Marvin – Mayor of the City of Syracuse, Honorable Dimitrios Sicilianos – Minister of Greece to the United States, V. I. Chebithe – AHEPA Supreme President and the Most Reverend Athenagoras – Archbishop of North and South America of the Greek Orthodox Church who officiated the convention.

The officers of the AHEPA Syracuse Chapter 37 were: President Daniel Pananicles, Vice-President Charles DeSerras, Secretary Leo Collis, Treasurer Harry N. Conostas. Board of Governors: Chariman Constantine Kanelis, Dennis K. Vlassapulos, Peter Brown, Sam Kyriacos, Stephen Vassiliadis. Appointed officers: Captain of the Guards Peter Kambas, Warden Peter Photopoulos, Chaplain Stephen Vassiliadis, Sentinels – Michael Geiss, Dennis Stameris, and Peter Vlassapulos.

Next issue we will start featuring the brothers, sisters and AHEPA families who were instrumental in the building and success of our local chapter.

Mike Labatos  
2023 – 2024 Lt. Governor of the Empire State District 6  
Past President of AHEPA Syracuse Chapter 37







## The Fall of Constantinople

Constantinople, which is now modern day Istanbul in Turkey, served as the capital of the Byzantine Empire for over a thousand years. Originally founded in 330 AD by the Roman Emperor Constantine I, it was known as Constantinople and became the capital of the Eastern Roman or Byzantine Empire. The Empire itself lasted from 330 AD until 1453 AD. During its long history, Constantinople was a center of trade, culture, and political power. It was known for its strategic location on the Bosphorus Strait, connecting Europe and Asia, which made it a key hub for commerce and military control. The city saw the rise and fall of various Emperors and witnessed numerous historical events, including the rise of Christianity and the Great Schism of 1054.

In 1453, Constantinople fell to the Ottoman Empire, bringing an end to the Byzantine Empire. The Ottomans renamed the city Istanbul and made it their capital, which lasted until the establishment of the Republic of Turkey in 1923. Overall, Constantinople served as a capital for over a millennium, leaving a lasting impact on the history and culture of the region.

Constantinople is strategically located on the Sea of Marmara which connects the Black Sea to the Aegean Sea. It has played a significant role throughout history due to its location as a major trade route and its connection to the Bosphorus Strait. The Golden Horn, also known as the Halic in Turkish, is an inlet of the Sea of Marmara. It stretches approximately 4.7 miles and has a horn-like shape, making it an important commercial and natural Harbor since ancient times. It helps define the northern boundary of the peninsula constituting “old Istanbul” (ancient Byzantium and Constantinople), the tip of which is the Seraglio Point. This estuarial inlet geographically separates the historic center of Istanbul from the rest of the city.

The Theodosian walls were a series of fortifications built around the city. Constructed in the 5th Century by Emperor Theodosius II, they were 3 ½ miles in length, 26 feet high, 36 feet underground and 60 feet wide, also comprising 90 moats. Renowned for their strength and strategic design they played a crucial role in the defense of the city against numerous attacks throughout history. Kerkoporta, also known as the Charisius Gate, one of the major gates of the city, located on the western side, provided access to the Blachernae Palace district. Kerkoporta translates to “Wax Market Gate” referring to the nearby wax market which was established outside the gate. Keroporta was heavily fortified and defended by Byzantine forces. It was one of the main targets of the Ottoman Army as they launched several attacks on the gate trying to break through the defenses and gain access to the city. The Ottomans were also attempting to gain access to the city by digging at least 7 tunnels but these were successfully countered by the Byzantines.

*Continued on Page 10*



## The Fall of Constantinople

*(Continued from Page 9)*

Before its fall on May 29, 1453, there were two major attempts to conquer Constantinople. The first was the Arab Siege from 674 to 678 led by Umayyad Caliphate. The Arab forces laid siege to the city for 4 years but were ultimately unsuccessful. The Byzantine Emperor Constantine IV managed to defend the walls and repel the Arab invaders. The second attempt was The Fourth Crusade from 1203 to 1204. In this attempt the Crusaders, instead of heading to the Holy Land, diverted their campaign towards Constantinople causing significant damage to the city and eventually capturing it. This campaign resulted in the establishment of the Latin (Frankish) Empire which lasted until 1261 when the Byzantines recaptured the city led by Michael Paleologos.

By 1450 the Byzantine Empire had shrunk to include only the city of Constantinople, the Princess Islands, the Sea of Marmara and Mistras in the Peloponnese. It had declined to 40,000 inhabitants including soldiers and the general populace but now lacked the necessary funds to protect itself. Among the mercenaries were Giovanni Giustiniani of Genoa and his 700 men and Georgios Phrantzes and his 4,973 able bodied men.

The siege of Constantinople began on April 6, 1453 with the Ottomans amassing a force of 80,000 to 100,000 soldiers. During the two month siege Mehmed II offered Constantine an Anam (armistice) hoping to capitalize on the depleting funds, food supplies and morale of the Byzantines in the city. This was vehemently refused. It was Kerkoporta that was somehow accidentally left open on the morning of May 29th that allowed Ottoman troops to enter the city. They raised their flag and panic ensued on the Greek side. At least 4000 were killed and 30,000 taken as slaves. Lukas Notaras was executed. The Ottomans plundered, raped and butchered. Emperor Constantine died fighting like a common soldier. A body was brought to Mehmed II thought to be that of the Emperor. Mehmed II declared himself Conqueror of Constantinople, converted Hagia Sophia into a mosque, and transformed the city into the capital of the Ottoman Empire. He spoke Greek and considered himself 'the chosen one' by God and the next Alexander the Great.

Many factors contributed to the fall of Constantinople. The Ottoman Empire had a larger and more advanced military. They had access to gunpowder technology, including powerful artillery with large cannons capable of launching 1000 pound stone balls a mile. This inflicted damage to the already compromised fortifications of the city. Giovanni Giustiniani was hired by Emperor Constantine to help defend the city against the Ottoman forces. He commanded a detachment composed of well trained and well-equipped Genoese and Venetian troops. His troops played a crucial role in the defense, managing to repel assaults on several occasions. However, during a critical moment in the battle, Giustiniani was wounded by an arrow and had to be carried away from the battle, causing loss of morale in his army. He later died on a ship on his way to Genoa. Despite ultimately losing the battle, Giustiniani's role and bravery during the siege are widely acknowledged, and his efforts along with those with other defenders are remembered as they fought courageously against overwhelming odds.

The fall of Constantinople had far reaching political and spiritual consequences, including the decline of the Byzantine Empire, the spread of Ottoman control throughout Southeast Asia, and the closing of the traditional land route between Europe and Asia. It also sparked an influx of Greek Scholars and intellectuals into Western Europe, contributing to the Renaissance and the Revival of classic learning.

Dr. James Telonis, Director of Hellenism



# PHILOPTOCHOS NEWS

Thank you to our Philoptochos members and to Maria Allis for leading the support in the celebration of our Feast Day honoring Saint Sophia on September 10<sup>th</sup>.

We gathered together on September 24, 2023, for our first Philoptochos meeting of the season to plan special events for our community.

Save these dates on your calendar to participate in local support of charities and community fellowship at Saint Sophia Greek Orthodox Church!

## **OCTOBER**

### **=>>BAKLAVA PAN PRE-ORDERS - Sunday, October 1 through November 5<sup>th</sup>, 2023**

Thanksgiving and Christmas are just around the corner. Pre-order your Baklava Pan(s) starting on October 1<sup>st</sup> through November 5<sup>th</sup> after church. Look for the Philoptochos sign-up table. Proceeds from the Baklava Pan Sale support local and national charities.

## **NOVEMBER**

### **=>>Pasta Dinner – Sunday, November 12, 2023 – After Church Services**

Make reservations for Dinner or Take-Out by contacting Maria Allis at 315-450-9766 or stop by Philoptochos table after church to make a reservation. **This is a fundraiser that will support the Food Bank of Central New York.**

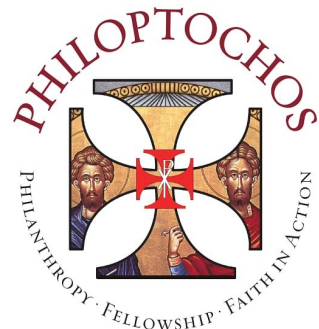
### **=>>Next Meeting – Sunday, November, 19, 2023 – Immediately following Sunday Church Services**

### **Membership Information:**

We welcome all new and existing members to participate in Philoptochos. To become a member of Philoptochos please reach out to any one of the Board Officers listed below. Membership begins in January each year with many immediate volunteer opportunities for special events to help serve the mission of Philoptochos and support our community. We welcome your ideas, commitment of time and energy, and your compassion to support local organizations in need.

|                                    |                   |
|------------------------------------|-------------------|
| President:                         | Theone Kalkinis   |
| Vice-President (1 <sup>st</sup> ): | Vickie Mihou      |
| Vice President (2 <sup>nd</sup> ): | Patty 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**

*Coffee Hours will begin 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 will provide and serve the coffee, milk, sugar and juice. Parishioner must provide pastries.*

\$150.00 Fee

*Philoptochos will provide and serve the coffee, milk, sugar, juice and pastries.*

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

*In addition, there will be no sponsored Coffee Hours on Stewardship Sunday, Godparents Sunday and Cheesefare Sunday.*

*In the event that a 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. For more details contact our coffee hour coordinator Vivian Alexander at (315) 673-2880 or (315) 430-6162.*



## **October 2023** **Ladies Volunteering** **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:*

October 1, 2023

*Vasiliki Eloveris  
Constantina Georgiadis*

October 8, 2023

*Roda Giaprakis  
Artemis Gilbert*

October 15, 2023

*Heppi Vastakis  
Anastasia Ioannidis*

October 22, 2023

*Despina Kiritsis  
Stavroula Kipouropoulos*

October 29, 2023

*Lula Kiser  
Georgia Kousmanidis*

*~ Also, first two weeks of November 2023 ~*

November 5, 2023

*Zafiria Kozanitis  
Peter Lemonides*

November 12, 2023

*Despina Lemon  
Debora Politis*

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

*All are welcome.*

## October 2023 Memorials Eternal Be Their Memory

### October 1, 2023

- Memorial Service for Dimitrios Georgiadis (3 Years)
- Trisagion Prayers for Freida Georgiadis (10 Years)

### October 8, 2023

- None Scheduled

### October 15, 2023

- None Scheduled

### October 22, 2023

- None Scheduled

### October 29, 2023

- Trisagion Prayer for William (Bill) Noun (2 Years)
- Trisagion Prayer for Yianoula Noun (26 Years)
- Trisagion Prayer for Pericles Noun (43 Years)



## October 2023 Coffee Hours



### October 1, 2023

In Memory of  
**Dimitrios Georgiadis**  
Given by the Family



### October 29, 2023

In Memory of  
**William Noun**  
**Pericles Noun**  
**Yianoula Noun**  
Given by the Family



### **ON THE JESUS PRAYER**

***“Lord Jesus Christ have mercy on me!”***

*The Jesus Prayer is the foundation of perfection*

*This prayer has filled Paradise with holy men and women.*

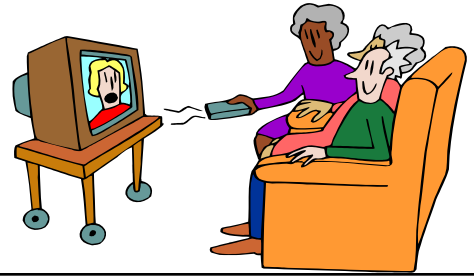
*Blessed Elder Amphilochios of Patmos, + 1971*



# October 2023

## 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)***

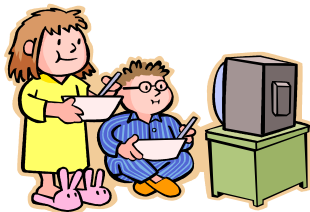
Oct 1, 2023— Who is the Holy Spirit, part 1

Oct 8, 2023— Who is the Holy Spirit, part 2

Oct 15, 2023— Spruce Island

Oct 22, 2023— Preparations for the Glorification  
of St. Alexis of Wilkes-Barre

Oct 29, 2023—The Glorification  
of St. Alexis of Wilkes-Barre



### Monday Programs at 7:00 pm

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

Oct 2, 2023— St. Isaac the Syrian, part 2

Oct 9, 2023— St. Isaac the Syrian, part 3

Oct 16, 2023— St. Isaac the Syrian, part 4

Oct 23, 2023— St. Isaac the Syrian, part 5

Oct 30, 2023— St. Isaac the Syrian, part 6

~~~~~

Family Classic TV

Sponsored by

St. Sophia’s Greek Orthodox Church

Sundays at 5:00 pm

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

PLEASE NOTE NEW TIME

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





***August 2023
Sacramental Registry***

Baptisms

Sophia (Trinity Starlia Speer)

Mary Magdaline (Madilin Grace Speer)

Weddings

~None~

Funerals

~None~



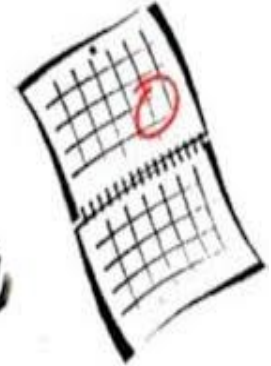
Church Services & Events

Calendars are provided in the Nepsis or check the website at

stsophias.org

for church services & events

Mark Your Calendar



MARK YOUR CALENDAR

Sunday, Oct 22, 2023

General Assembly Meeting



We will have our fall General Assembly Meeting on Sunday, October 22nd.

Remember, to be able to vote at the meeting, you must have fully paid your 2022 Stewardship Pledge and have filled out a Pledge card for 2023.

New members, pursuant to the parish by-laws, are considered members in good standing if they have submitted a signed pledge card at least three months prior to the meeting.

The list of members in good standing will be posted on the gym door and will be updated every week. If you believe your name should be on the list and it is not, please call the office so we can review the discrepancy.



At St. Sophia's,
we sing after the Divine Liturgy:

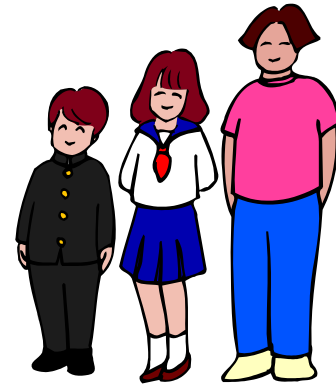


Σὲ ὕμνοῦ, σὲ ὕμνοῦμεν, σὲ εὐλογοῦ,
εὐλογοῦμεν, σοὶ εὐχαριστοῦμεν, Κύριε,
καὶ δεόμεθά σου, ὁ Θεὸς ἡμῶν!

(Se im-nu, se im-numen, se evlogu,
evlogumen, see evharistoumen, Kyrie!
Keh deometha sou, O Theos eemon!)

*(We hymn you, we bless you,
we give thanks to you, Lord,
and we pray to you, O our God!)*

SUNDAY SCHOOL

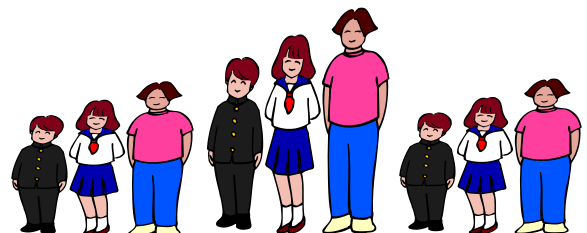


Sunday School
for the Year 2023-2024
has begun !!!

PARENTS
MAY REGISTER
CHILDREN [ONLINE](#)

October 2023
Sunday School Classes

- Sunday—October 1
- Sunday—October 8
- Sunday—October 15
- Sunday—October 22
- Sunday—October 29



Philo-Sophia Bookstore

*Now open
on Sundays after Church*

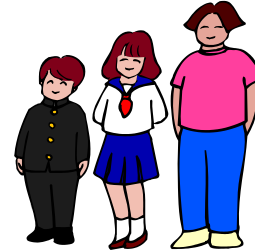
*We offer for purchase
an assortment of
Icons, Books & Religious Items*



2023/2024 Youth Calendar for Sunday School

Oct 2023

Oct 8—No Sunday School



Nov 2023

Nov 19—Children’s Sermon: All Classes in Church

Nov 26—No Sunday School

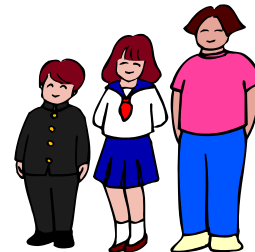
Dec 2023

Dec 10—St. Basil and St. Nicholas Group Sunday School

Dec 17—Christmas Play

Dec 24—No Sunday School

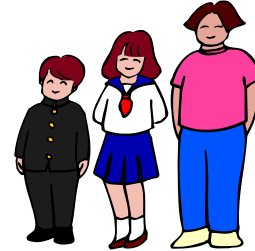
Dec 31—No Sunday School



Jan 2024

Jan 7—Stay in Church: Blessing of Waters

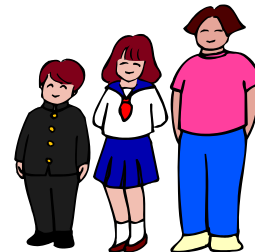
Jan 28—Children’s Sermon: All Classes in Church



Feb 2024

Feb 18—No Sunday School

Feb 25—No Sunday School

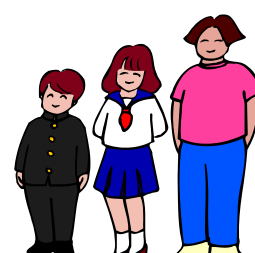


March 2024

Mar 3—Carnivale Group Sunday School

Mar 24—Sunday of Orthodoxy Procession

Mar 31—No Sunday School



April 2024

Apr 7—Cross Sunday: Children’s Sermon in Church

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



2023/2024 Youth Calendar for GOYA & JR GOYA

Oct 2023

- Oct 1—Apple Fritter Fund Raiser
- Oct 15—Family Trip to watch SU Soccer Match
- Oct 28—Fall Fund Day



Nov 2023

- Nov 4—Craft Day 10:00 am to Noon, Meeting to follow for ages 5 and up
- Nov 4—Dessert Night 6:00 pm
- Nov 19—Visit “In My Father’s Kitchen” or Rescue Mission

Dec 2023

- Dec 9—Church Clean-Up and Christmas Tree 10:00 am to 1:00 pm, Basket Raffle (JR GOYA Invited)
- Dec 17—Christmas Play
- Dec 24—Christmas Caroling after Liturgy

Jan 2024

- Jan 12 to 13—Lock In, Meeting at 5:30 pm followed by 6:00 pm Family Night, Board Games, Slime, Pizza and a Movie

Feb 2024

- Feb 10—All Youth Dance in Gym 6:00 pm to 9:00 pm
- Feb 11—Souper Bowl Sunday

March 2024

- Mar 10—Meeting at 12:30 pm
- Mar 24—Greek Independence Day Performance

April 2024

- Apr 6—Koulourakia Cooking Class 10:00 am to Noon
- 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 Greek Orthodox Church—October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 2ND SUNDAY OF LUKE</p> <p>NATIONAL CHURCH MUSIC SUNDAY</p>	<p>2</p> <p>5:30 PM JESUS PRAYER GROUP</p>	<p>3</p> <p>10:00 AM BIBLE STUDY</p> <p>6:00 PM AHEPA MEETING</p>	<p>4</p> <p>6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY 8:00 PM SYRACUSE UNIVERSITY OCF</p>	<p>5</p> <p>6:00 PM CHOIR REHEARSAL</p>	<p>6</p>	<p>7</p> <p>5:00 PM GREAT VESPERS</p>
<p>8</p> <p>8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 3RD SUNDAY OF LUKE</p>	<p>9</p> <p>COLUMBUS DAY</p> <p>5:30 PM JESUS PRAYER GROUP</p>	<p>10</p> <p>10:00 AM BIBLE STUDY</p>	<p>← ← ← FATHER DAVID OUT OF TOWN → → →</p>		<p>12</p> <p>6:00 PM CHOIR REHEARSAL</p>	<p>14</p>
<p>15</p> <p>8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE 7TH ECUMENICAL COUNCIL</p> <p>JR GOYA MEETING AFTER CHURCH</p>	<p>16</p> <p>5:30 PM JESUS PRAYER GROUP</p>	<p>17</p> <p>10:00 AM BIBLE STUDY</p>	<p>18</p> <p>6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY</p>	<p>19</p> <p>6:00 PM CHOIR REHEARSAL</p>	<p>20</p> <p>9:00 AM ORTHROS 10:00 AM DIVINE LITURGY GERASIMOS OF CEPHALONIA</p>	<p>21</p> <p>5:00 PM GREAT VESPERS</p>
<p>22</p> <p>8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 6TH SUNDAY OF LUKE</p> <p>GENERAL ASSEMBLY</p>	<p>23</p> <p>5:30 PM JESUS PRAYER GROUP</p>	<p>24</p> <p>10:00 AM BIBLE STUDY</p>	<p>25</p> <p>6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY</p>	<p>26</p> <p>9:00 AM ORTHROS 10:00 AM DIVINE LITURGY DEMETRIOS THE MYRRH-STREAMER</p> <p>6:00 PM CHOIR REHEARSAL</p>	<p>27</p>	<p>28</p> <p>OXI DAY</p> <p>10:00 AM ROMANIAN LITURGY</p>
<p>29</p> <p>8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 7TH SUNDAY OF LUKE</p>	<p>30</p> <p>5:30 PM JESUS PRAYER GROUP</p>	<p>31</p> <p>10:00 AM BIBLE STUDY</p>				

St. Sophia Greek Orthodox Church—November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 10:00 AM JR GOYA CRAFT DAY & MEETING 5:00 PM GREAT VESPERS
5 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 5TH SUNDAY OF LUKE DAYLIGHT SAVINGS TIME	6 5:30 PM JESUS PRAYER GROUP	7 10:00 AM BIBLE STUDY Election Day Go Vote Today	8 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY HOLY ARCHANGELS 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	9 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. NEKTARIOS 6:00 PM CHOIR REHEARSAL	10	11  5:00 PM GREAT VESPERS
12 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 8TH SUNDAY OF LUKE PHILOPTOCHOS FALL PASTA DINNER TO BENFIT THE FOOD BANK OF CENTRAL NEW YORK	13 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. JOHN CHRYSOSTOM 5:30 PM JESUS PRAYER GROUP	14 10:00 AM BIBLE STUDY	15 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	16 6:00 PM CHOIR REHEARSAL	17	18 10:00 AM ROMANIAN LITURGY 5:00 PM GREAT VESPERS
19 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 9TH SUNDAY OF LUKE PHILOPTOCHOS MEETING	20 5:30 PM JESUS PRAYER GROUP	21 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ENTRANCE OF THE THEOTOKOS	22 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	23 	24	25 ST KATHERINE 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY AT ST. CATHERINE GREEK ORTHODOX CHURCH IN ITHACA, NY 5:00 PM GREAT VESPERS
26 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 13TH SUNDAY OF LUKE	27 5:30 PM JESUS PRAYER GROUP	28 10:00 AM BIBLE STUDY	29 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	30 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. ANDREW 6:00 PM CHOIR REHEARSAL		