

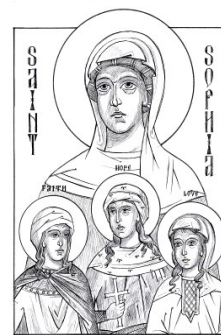


NEPSIS

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



"Palm Sunday and Lent"

I want to remind everyone about the parish photo to be taken on April 28, 2024 - Palm Sunday. This is what I wrote in the November Nepsis:

When I go to the upstairs choir room on Monday evenings and Tuesday mornings, I enjoy looking at the photos of the people of St. Sophia's from years past. Most of those people have left us, but a few still bless us with their presence. Either way, it's great to look at everyone lined up with the purpose of giving their descendants, physical and spiritual, a record of their place in this thrice-blessed parish.

Now I want us to do that. I want everyone in and near our parish to come to the liturgy on Palm Sunday - April 28, 2024 - so we can get a photo for the generations of St. Sophia's parishioners yet to come. Let's line up on the front porch and steps, with the photographer on the hill so everyone can be seen - if that works. Perhaps another place would be better. We could do this immediately after the liturgy, before the coffee hour. Don't let anyone get away! Wear something nice! I want people 50 years from now to look at that photo, give thanks to God, and smile because they recognize someone. And 100 years from now, look at it and thank God for our faithfulness to His Church.

I had the opportunity to play with the orchestra this season, but only for one concert - I'm too busy to do any more. Classical pieces often have one-word directions at the top of the page describing the approximate speed of the music: *allegro*, *presto*, *adagio*, and so on. One of the pieces we played had "*lento*" as the tempo marking, meaning "slow." When I saw it, I immediately thought of Lent. Now, Lent does not mean "slow," (after all, it's a fast) it means "spring time." Some think it comes from the word for "long," since the days are getting noticeably longer.

The meaning of "slow" has nothing to do with Lent, there is no evidence whatsoever of a connection between Lent (fast) and *lento* (tempo marking), other than in my own peculiar brain.

But I like interpreting the word that way. Slow. We're coming to the time of year (Lent starts March 18) when many Christians fast from certain kinds of food. But how about fasting from hurry, haste, bustle, and confusion? How about using that time to pursue calm, watchfulness, focus, and reason?

Lent. Slow your mind and soul right now and say: how am I going to keep Lent this year?

Your affectionate servant,
Fr. David

**MARCH
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 Capousis Vigliotti

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



**VISIT THE  
PARISH  
WEBSITE**

[stsophias.org](http://stsophias.org)





# SATURDAYS OF SOULS

**MARCH 16, 2024**

## 9:00 AM ORTHROS

## 10:00 AM DIVINE LITURGY

**MARCH 23, 2024**

## 9:00 AM ORTHROS

## 10:00 AM DIVINE LITURGY

**MARCH 30, 2024**

## 9:00 AM ORTHROS

## 10:00 AM DIVINE LITURGY

**IF YOU WOULD LIKE FATHER DAVID TO REMEMBER YOUR BELOVED FAMILY MEMBERS DURING THIS SERVICE, PLEASE FILL OUT A LIST AND GIVE THAT LIST TO FATHER DAVID OR TO KATINA IN THE CHURCH OFFICE. FORMS WILL ALSO BE AVAILABLE AT THE CANDLE STAND.**

# SATURDAYS OF SOULS

March 16, March 23 & March 30, 2024

Μνημόνευσις Ονομάτων ~

## Name Commemoration

**Τεθνεωτες ~ Deceased**

[illegible]

# ANNUNCIATION OF THE THEOTOKOS



**MONDAY—MARCH 25, 2024**

**9:00 AM ORTHROS**

**10:00 AM DIVINE LITURGY**

The Feast of the Annunciation of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is celebrated on March 25 each year. The Feast commemorates the announcement by the Archangel Gabriel to the Virgin Mary that our Lord and Savior Jesus Christ, the Son of God, would become incarnate and enter into this world through her womb.



*Please Join Us!*

# **2024 PAN-ORTHODOX** **LENTEN VESPERS**

*Schedule of Services*  
*6:00 pm on Sundays*  
*followed by a Fasting Meal*

*March 24, 2024*  
*Sunday of Orthodoxy*  
*St. Sophia Greek Orthodox Church*  
*325 Waring Road ~ Syracuse, NY 13224*

*March 31, 2024*  
*Sunday of St. Gregory Palamas*  
*St. Elias Antiochian Orthodox Church*  
*4988 Onondaga Road ~ Syracuse, NY 13215*

*April 7, 2024*  
*Sunday of the Holy Cross*  
*Sts. Peter & Paul Orthodox Church*  
*401 Hamilton Street ~ Syracuse, NY 13204*

*April 14, 2024*  
*Sunday of St. John Climacus*  
*St. Luke's Ukrainian Orthodox Church*  
*3290 Warners Road ~ Warners, NY 13164*

*April 21, 2024*  
*Sunday of St. Mary of Egypt*  
*St. George Macedonian Orthodox Church*  
*5083 Onondaga Road ~ Syracuse, NY 13215*

# ***Philoptochos Easter Bake Sale***

***Friday, March 22 ~ 11 am to 5 pm  
Saturday, March 23 ~ 11:30 am to 2 pm  
Sunday, March 24 ~ 11 am to 2 pm***

***FEATURING A LARGE ASSORTMENT  
OF DELICIOUS GREEK & AMERICAN  
PASTRIES & TSOUREKI (EASTER BREAD)***

***Parishioners please drop off  
your donated Pastries  
Wednesday, March 20  
Thursday, March 21  
from 10:00 AM to 2:00 PM***



***Proceeds to benefit In My Father's Kitchen  
Local to Syracuse, NY***

## MONDAY, MARCH 25 FLAG RAISING AT CITY HALL



Our community will be observing the celebration of Greek Independence Day (March 25, 1821) by hosting a Flag Raising Ceremony at Syracuse City Hall at 11:30 am on Monday, March 25, 2024 and all are encouraged to attend this wonderful event. Join us!

PLEASE NOTE THE TIME CHANGE as it differs from previous years. A bus will once again be available for transportation to and from the ceremony, provided by the AHEPA. It will arrive at the church at 10:30 am and depart just after 11:00 am. Please contact Mike Labatos at (315) 427-7628 to reserve your seat as seating is limited.

The faith and orthopraxy of the Greek heroes of 1821 played such a vital role in subsequent freedom from the Ottoman Empire when they took the oath of "Give me freedom or give me death."



## GREEK NATIONAL ANTHEM

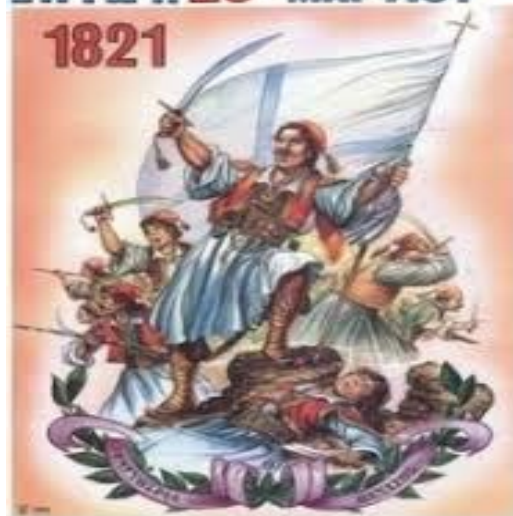
### ΥΜΝΟΣ ΕΙΣ ΤΗΝ ΕΛΕΥΘΕΡΙΑΝ

Σε γνωρίζω από την κοψη  
του σπαθίου την τρομερή,  
σε γνωρίζω από την οψη  
που με βία μετράει την γη.  
Απ' τα κοκκαλα βγαλμένη  
των Ελλήνων τα ιερά,  
και σαν πρώτα ανδρειωμένη,  
χαιρε, ω χαιρε, Ελευθερία

Se gnorizo apo tin kopsin  
too spathiou tin tromeri  
Se gnorizo apo tin opsin  
poo me via metra tin yin  
Ap ta kokala vgalmeni  
ton Ellinon ta iera  
Ke san prota andriomeni  
Hier o Hier eleftheria!

I shall always recognize you  
by the dreadful sword you hold  
as the Earth with searching vision  
you survey with spirit bold.  
From the Greeks of old whose dying  
brought to life and spirit free  
now with ancient valor rising  
let us hail you, oh Liberty!

ΖΗΤΩ Η 25<sup>Η</sup> ΜΑΡΤΙΟΥ  
1821





## PRESIDENT'S MESSAGE



Dear Parish,

It is March 2024, our Easter is a month later than the Western Easter, our Lent begins on March 18. One great benefit to having our Easter fall later, be it a week or month after Western Easter is being able to buy chocolate bunnies at greatly reduced prices. Can't eat them when purchased, but they keep.

Chocolate bunnies you say. Well we live in a time and a place of historically staggering abundance. I believe fasting in such a time versus the times of past food scarcity is, for many, a bridge too far. While the church gives us rules for fasting, Wegman's offers up so many dietary alternatives to the forbidden food, that one can sail through lent with minimal culinary dislocation.

And, of course, there are those Oreos. Imagine my surprise when, after decades of being a Greek Orthodox Christian, I went to a lenten meal held at church and there on the table were Oreos. Were they real, were they a mirage, had someone broken the rules? Nope, we can eat Oreos because they do not violate the letter of the fasting rules. This is also true of many foods that the modern day supermarket has on its shelves. Veggie burger anyone? It is not hard to adhere to the letter of the rules. Adhering to the spirit of the Lenten challenge or better said, opportunity, is much more difficult.

So many of you know far more about fasting for Lent than I do.. So many of you fast with a smile (Jesus tells us to). So many of you are exhausted by the time we all sing "Christos Anesti". That, of course, is the point. To tame our appetite, to not walk in the will of OUR hearts." (from the Prayer of St Basil the Great), to surrender to God's will - this we do by seriously adjusting our priorities and struggling to experience genuine metanoia.

As I have said in previous messages, I enter into the Lenten fast with good intentions, the right attitude, the understanding that a successful fast might, just might, bring me closer to God. That is where I start out. Ending is altogether another matter. I will see if I do any better this year than I have in the past. And as we all know, without God's support, we cannot do much, if anything, at all. So for that help we must pray.

One Sunday, March 17 the Philoptochos is holding its annual Cheesfare Sunday lunch. The details of the menu and how to order are laid out elsewhere in this edition of the Nepsis. Enjoy the great food, support the Philoptochos and kick off your Lenten adventure by attending this terrific event.

The AHEPA has once again hired a bus to take us to city hall to celebrate Greek Independence Day. Fillippos Georgokopoulos will bring along his absolutely massive Greek flag and we will once again sing the Greek and American national anthems. God Bless America and **Ζήτω η Ελλάδα !!!**

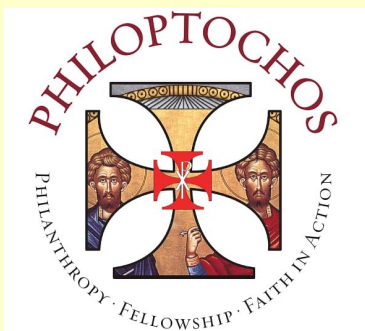
I am jumping to April to let everyone know that the festival pita dough making will take place at 9:00 am on April 6 and April 13. This year, after those sessions, several of the pita ladies will hold a pita making class. Here is an opportunity to learn how to put a spinach and a cheese pita together. Come and help and then *stay and learn*.

Wishing all a blessed and meaningful Lent, I am.

Yours in Christ,

*Peter Manolakos*

Parish Council President



~ Philoptochos Sponsored Event ~  
To Benefit OCMC "Support A Mission Priest" Program

## ***"Cheesefare Sunday" Luncheon***

***Sunday—March 17, 2024***

***11:30 am to 1:30 pm***

***Dine In & Take Out***

*Walk-In is Welcome Based on Availability*

***Pre-Order by Phone or Text***

***Jeanette Vigliotti***

***Cell (315) 481-7816***

### ***\$10 Lunch Menu***

***Choice of Spanakopita (Spinach Pita) or Tiropita (Cheese Pita)***

***Homemade Mac & Cheese***

***Fasolatha (Fava Beans "Gigantes")***

***Greek Toss Salad with Bread & Butter***

***Dessert***

***Beverage***

### ***\$5 A La Carte Items***

***Choice of Spanakopita (Spinach Pita) or Tiropita (Cheese Pita)***

***Homemade Mac & Cheese***

***Fasolatha (Fava Beans "Gigantes")***

***Greek Toss Salad with Bread & Butter***

***Cake***

***καλή όρεξη (kali orexi) (Have a Good Meal)***

***σας ευχαριστώ (sas efcharisto) ( I Thank You)***



**CELEBRATING  
CORINA CANNELLOS  
95TH BIRTHDAY**



**JOIN US ON MARCH 17TH  
DURING THE CHEESEFARE LUNCHEON  
TO WISH CORINA A HAPPY 95TH BIRTHDAY  
& ENJOY A PIECE OF BIRTHDAY CAKE !!!**

# CHOIR NEWS



## *Dr. Elena Nezhdanova* *Our Organist*



### **Where is your hometown, and where else have you lived?**

I was born in Kazan, Russia and lived in Ulyanovsk until immigrating to the USA in 2000. I studied at Red Creek High School near Ontario Lake for four years until moving to Syracuse with my family to attend Syracuse University.

### **What schools have you attended, and what degrees?**

Bachelor of Music in Piano Performance at Syracuse University  
Master of Music in Piano Performance at Ithaca College  
Doctor of Musical Arts in Piano Performance/Collaborative Piano at UNC-Greensboro, NC.

### **What musical instruments can you play, and when did you start playing each?**

I started to take lessons in piano when I was 4 years old with my Godmother in Russia, who was a trained concert pianist and worked as a church musician. I enrolled in a Specialized Music School pre-college division at the Kazan State Conservatory for gifted children when I was 6-years old. A year and a half later I had to move to Ulyanovsk, where I continued my musical studies at a School of Music and Arts until I moved to the USA. While living in the US, I studied piano privately with a teacher first at the Eastman School of Music Community Music School and later at Nazareth College preparatory division. While studying at SU as an undergrad, I began to take organ lessons. I also play the harpsichord.

### **What languages can you speak?**

Russian and English and I took Hebrew for three semesters at SU.

### **What are your favorite hobbies?**

I enjoy reading and studying about beauty and wellness. I am a passionate teacher, so I also research a lot about the field of piano pedagogy and physiology.

### **What genre of music do you enjoy most?**

Classical and jazz

### **What is your all-time favorite record album?**

Sviatoslav Richter's recording of Sergei Rachmaninov's Piano Concerto No. 2 and his other short works, including the music of Robert Schumann.

### **What do you consider to be your biggest accomplishment?**

Finishing a Doctorate in my field. Having an opportunity to travel to Chengdu, China in 2015 to play Tchaikovsky's Piano Concerto No. 1 with an orchestra there. Formed a professional Duo with my fiancé, Dr. Roman Placzek, and toured Europe together with concerts.



## 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

On April 14th we will be holding the Spring General Assembly meeting. Just a reminder that to vote at the meeting, you must have made a 2023 pledge and have paid it, and have filled out a 2024 pledge card.

Yours in Christ,

*Peter Manolakos*

Parish Council President

*Mark Your Calendars*

**General Assembly Meeting**

**Sunday—April 14, 2024**



### **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 HIGHLIGHTS ~ ~ ~

### Maria of Koupia

It was close to one hundred years after the Greek War of Independence when Maria Tzortzis was born on October 18, 1920 in the small village of Koupia near Molai in Laconia about 70 kms southeast of Sparta. World War I was finally over and the Greco-Turkish war was being fought across the Aegean Sea. Her mother, Chrisoula Stamadianou was a descendant of the brave fighters for independence. Her uncle Dimitrios Tzortzis, a javelin and discus Olympian was lost in the Balkan War in 1913. Without a doctor or midwife present and only her husband Nikolas and women neighbors helping, Chrisoula gave birth to Maria. Thus begins the story of Maria.

Koupia stands at an altitude of 1739 feet, five miles north of Molai in Laconia on the southeast Peloponnese. The most recent census counted just 191 residents. Most of its population immigrated to the US and Canada with a few others going to Argentina and Australia, some before WWI and many again after WWII and the Civil War. Koupia is home to many Kermes oak trees (*Quercus Coccifera*), an excellent wood used for making oars. Even though it was a mountainous village it provided the best wood for the boating oars used in the nearby sea towns. The village was named Koupia which is the Greek word for oars.

Maria was the oldest of twelve children in the Tzortzis family which included eight sons and four daughters all but one surviving to adulthood. Being the eldest she was put to work at a very young age helping her mother with the younger children. She also helped by watching the family's 1200 goats and caring for and feeding the mules and donkeys. She worked the fields alongside her mother and father. She started to attend school but was pulled out in the first grade by her father to help with the ever present chores. She rose everyday at 4 am and along with her oldest brother Yiorgos brought the goats to the mountains and fields for grazing. Constant hard work at a young age made Maria physically and mentally strong. She was a great example to her younger siblings. During WWII and the Nazi occupation Maria's grit and resilience was essential for her and the rest of the family's survival. During the Occupation (Katohi) when starvation prevailed in the big cities, Maria and her family had plenty of cheese, bread, olive oil and other resources provided by their animals and their fields.

It was a laborious life that Maria lived in the village but one that gave her the strength and perseverance to tackle the challenges of life. She married on September 16, 1943 during the Nazi occupation, and despite the difficulties of the time her father rewarded her dedication to the family by giving her a traditional dowry of 100 goats and two fields. She moved with her husband Stamatis Panarites into his paternal home four houses down the street from her own family. Stamatis had also been born in Koupia in 1912 to Yiorgos Panarites (born in 1867) and Diamondo Zourdos.

*Continued on page 13*



## ~ ~ ~ PARISHIONER HIGHLIGHTS ~ ~ ~

### Maria of Koupia

*Continued from page 12*

Leaving his family in the village and departing from the Port of Piraeus on June 28, 1915 Stamatis' father Yiorgos immigrated to America arriving in New York via Ellis Island on July 13, 1915. Having earned some money working in America he returned to his family in 1920. He then sent his son Yiannis (born December 27, 1904) to America on the ship SRAGA out of Marseilles, France eventually landing at Ellis island on March 15, 1920. Yiannis was held on Ellis Island for three days as he was younger than 16 and unaccompanied, eventually allowed to enter the country he made his way to Syracuse where he met up with his cousin Bill Panarites and took ownership of the Cosmo restaurant on Marshall Street. Thanks to his hard work and success he was able to sponsor his brother Stamatis' immigration in 1956.

It was not an easy decision for Stamatis to leave his family behind in the village but he bravely undertook the voyage comforted by the knowledge that his older brother Yiannis and his cousin were waiting to welcome him to the strange new ways of a foreign land. His incredible love for his wife Maria and their children strengthened him knowing that they would join him one day. In 1958 at the age of fourteen his eldest daughter Diamando (Diane) made the long trip to join her father. His wife Maria, daughters Chrisoula (Christine), Spiridoula (Susan) and sons Yiorgos and Nikolas followed in 1964.

Stamatis first worked at Brighton Bakery and then at the Solvay Bakery, where he didn't ask how much he would earn per hour but how many hours he could work, before opening the "New Cosmo" restaurant with his brother Yiannis. He later opened the "Chefs Restaurant" with his son-in-law Demosthenes (Demo) Kalkinis which was located at the current site of Twin Trees II Pizza in Fayetteville.

Over the years four of Maria's brothers would eventually immigrate to Montreal, Canada. Maria continued to raise her family without complaints doing whatever was necessary to support them. She proudly watched her children graduate from Nottingham High School and continue their lives in their new country. Diane married Mike Calocerinos and raised her family in the area. Chrisoula married Demo Kalkinis and lived for a time in Boston before returning to the area; she passed away in 2009. Susan married and spent time in California before returning and opening the Wild Orchid flower shop in Manlius until her passing in 2008. Yiorgos graduated from Lawrence Institute of Technology and Cranbrook Academy of Art in Detroit where he received degrees in architecture and art, and Nikolas graduated from RIT with a degree in Electrical Engineering.

Following his retirement in 1978, Stamatis and Maria made over 25 trips to their village in Greece staying three to five months leaving Syracuse in the Spring and returning in the Fall. Over the years they restored the original house of Stamatis' grandparents and socialized with locals each day. Maria lost her beloved Stamatis in 2002 but has never lost her spirit or zest for life. She continues to take care of her home and garden on Roosevelt Avenue and cook great food including her delicious horiatiki spanakopita and her special honey dipped diples.

## ~ ~ ~ PARISHIONER HIGHLIGHTS ~ ~ ~

### Maria of Koupia

*Continued from page 13*

How is it that some people are blessed to live such long, healthy and productive lives? Research in the ‘Blue Zones’ of the world where many centenarians live give no one clear answer. However, as Buettner’s studies of these great specimens of longevity suggest they have many things in common. They eat wisely, move naturally, maintain an optimistic outlook and know how to connect with others. Maria ate food devoid of chemicals and toxins, as ancient Greeks said “pan metro ariston” (everything in moderation), labored physically in her youth and kept a positive forward looking attitude despite life’s difficulties. She continues to connect with her family and friends including six grandchildren and eight great grandchildren.



It takes no effort for Maria to have a beautiful smile on her face when you visit her house. That smile has been on her face throughout her entire life. As she sits on her couch with her walker in front of her she offers her guests coffee and a sweet. She can no longer serve but relies on her supportive sons to pass on her cordiality. Her smile reflects an inner peace and tranquility in her heart, a heart that has overcome adversity in her life. Maria has beaten the odds sitting in front of us at the age of 103. She beat the odds when she was born in the fields of Koupia. She beat the odds by overcoming potential childhood illnesses that had no cures during her youth. She and her siblings beat the odds by surviving starvation during the Nazi occupation. She beat the odds, giving birth to her children in the village and raising her large family as her husband left for America ahead of them to secure a better future for their family. She overcame the challenge of traversing the tumultuous Atlantic Ocean alone with her young family in November of 1964 to reunite with her beloved Stamatis.

Now at the age of 103 Maria known to many as Thea Marika spends her days watching the Greek TV show “Stin Ygeia Mas” and in the summer loves to sit on her porch admiring her flowers and observing passersby.

## Syracuse AHEPA Chapter 37

### ~ ~ March 2024 News ~ ~

The Greek flag raising ceremony at the Syracuse City Hall will take place on Monday, March 25, 2024 at 11:30 am. PLEASE NOTE THE TIME CHANGE as it differs from previous years. A bus will once again be available for transportation to and from the ceremony, it will arrive at the church at 10:30 am and depart just after 11:00 am. Please contact Mike Labatos at (315) 427-7628 to reserve your seat as seating is limited.

AHEPA scholarship applications are now available at the Chapter, District and National levels. All eligible candidates should apply. Please contact an AHEPA officer for more information.

AHEPA "Journey to Greece" will take place June 16 through July 12 this year. Qualified high school and college undergraduates can earn up to six college credits for this program. Please consider applying for this invaluable experience. Contact AHEPA brother James Telonis or go to [AHEPA.org](http://AHEPA.org) for additional information.

AHEPA Chapter 37 is looking to sponsor a team for the 2025 Hellenic Historic Tournament, a Jeopardy style competition sponsored by NY State District 6. AHEPA membership is not necessary for participation. The tournament is open to students in the 8th through 12th grades. Contact Jim Telonis if interested.

James Telonis, MD, President  
Syracuse AHEPA Chapter #37



## Syracuse AHEPA Chapter 37

### FLASHBACK FROM 1937

THE DAUGHTERS OF PENELOPE ALKIPPE CHAPTER 46 SYRACUSE, N. Y.

WITH THE AHEPA SYRACUSE CHAPTER 37 HOSTED THE AHEPA NATIONAL CONVENTION



Front Row: L to R; Mrs. Peter N. Spyros, Mrs. Peter Z. Zaharis, Mrs. Charles DeSerras, Miss Catherine L. Lascaris, Mrs. James P. Hasanedis.

Second Row: Mrs. Harry N. Constas, Mrs. Voris Scholiades, Mrs. Constantine Togias, Miss Mary Savas, Mrs. Nicholas Spinos, Mrs. Spero Potanos, Mrs. Raymond Togias, Mrs. Nicholas S. Valentine.

Third Row: Mrs. Peter Vlassis, Miss Amelia Poulakis, Miss Dorothy Kazacos, Miss Catherine G. Katopes, Miss Helen Stameris, Miss Mary Copanos, Miss Mary Bravos, Mrs. Peter Spaniolos, Mrs. George Poulakis.

From the convention book 1937

Mike Labatos, Chairman of AHEPA Chapter

100<sup>th</sup> Year Anniversary taking place October 26, 2024



## Philoptochos News 2024....

You can feel it coming just around the corner.... Spring is almost here, and this signals the preparations for Great Lent (March 18 – May 4<sup>th</sup>) as we anticipate the celebration of the most important holiday of on the Greek calendar - Pascha.

- 1: **Cheese Fare Sunday Church Luncheon** – Sunday - March 17, 2024 –  
More information in March NEPSIS.  
***Proceeds to benefit OCMC – “Support a Mission Priest” Program – A National Philoptochos Ministries Program***
2. **Sunday of Orthodoxy Vesper Lenten Feast** – March 24, 2024-  
More information in the March NEPSIS –
3. **Bake Sale Weekend** – Look for more information in the March NEPSIS  
Friday March 22: 11:00 am – 5:00 pm  
Saturday March 23: 11:30 am – 2:00 pm  
Sunday March 24: 11:00 am – 2:00 pm  
***Proceeds to benefit In My Father’s Kitchen – Local to Syracuse, NY***

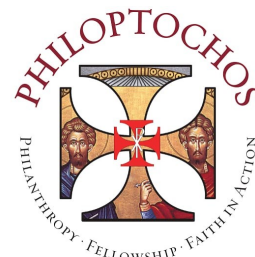
### For APRIL:

4. **Traditional Tsoureki Sale and Basket Raffle in April for Greek Orthodox Easter.**
5. **Philoptochos Scholarship Deadline – Tuesday, April 30<sup>th</sup>** – For Questions reach out to Roberta Williams – Once again this year there will be a combined application for Philoptochos and Saint Sophia Scholarships. Applications will be available in the Church Office. **The Deadline for submission is April 30<sup>th</sup>, 2024. AND**  
**\*\*Additionally, the Metropolis Level Philoptochos Scholarship is Due April 30<sup>th</sup>, 2024 – please use this link to download and submit your application.**  
<https://www.metropolisofdetroitphiloptochos.org/events-and-news/florence-g.-stefanou-memorial-scholarship>

**REMINDER: Reach out to any Board Officers to learn how you can join Philoptochos at anytime throughout the year.**

|                                    |                     |
|------------------------------------|---------------------|
| 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.*



## **March 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:*

### **March 3, 2024**

*Anthoula Malelis  
Zoe Malelis*

### **March 10, 2024**

*Helen Aravantinos  
Despina Lemon*

### **March 17, 2024**

*Cheesefare Sunday Luncheon  
No Coffee Hour*

### **March 24, 2024**

*Chrisoula Anastasiou  
Thalia Tonas*

### **March 31, 2024**

*Debora Politis  
Sophia Wales*

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

### **April 7, 2024**

*Katherine Bristol  
Constantina Georgiadis*

### **April 14, 2024**

*Anastasia Ioannidis  
Peter Lemonides*

*~~~~~*

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

*All are welcome.*



## March 2024 Memorials

### Eternal Be Their Memory

March 3, 2024

- None Scheduled



March 10, 2024

- Trisagion Prayer  
for Ernest (Ernie) Macrides (20 Years)



March 17, 2024

- None Scheduled



March 24, 2024

- Trisagion Prayer  
for Eleni Kane (6 Years)
- Trisagion Prayer  
for Andreas Armatas (7 Years)
- Trisagion Prayer  
for Helen Armatas (8 Years)



March 31, 2024

- None Scheduled



## March 2024 Coffee Hour

March 10, 2024

In Memory of

**Ernest (Ernie) Macrides**

Given by the Family



## January 2024 Sacramental Registry

### Baptism

*Ace Richard Felix*

### Wedding

*Terrance A. Lee Jr. &  
Alissa Barbara Kennedy*

### Funeral

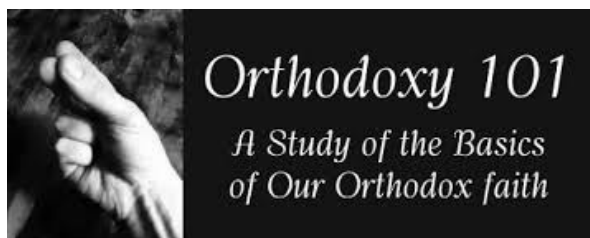
*Elizabeth Socrates Steinberg*

## **ORTHODOXY 101**

*Join Us*

*6:30 pm on Mondays*

*Check the Church Calendar*



## **JESUS PRAYER GROUP**

*Join Us*

*5:30 pm on Mondays*

### **THE JESUS PRAYER**

**"LORD JESUS CHRIST  
HAVE MERCY ON ME!"**

*The Jesus Prayer is  
the foundation of perfection.*

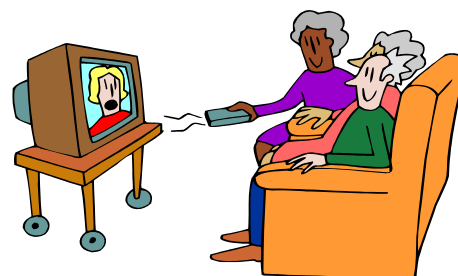
*This prayer has filled Paradise  
with holy men and women.*

*Blessed Elder Amphilochios of Patmos,  
+ 1971*

# March 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)***

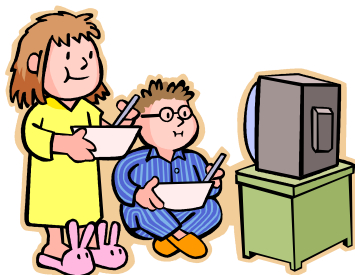
March 3, 2024— The Epistle of St. James, part 5

March 10, 2024—The Epistle of St. James, part 6

March 17, 2024—The Epistle of St. James, part 7

March 24, 2024—Bias in Bible Translation, part 1

March 31, 2024—Bias in Bible Translation, part 2



### Monday Programs at 7:00 pm

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

March 4, 2024—The Divine Liturgy, part 1

March 11, 2024—The Divine Liturgy, part 2

March 18, 2024—The Divine Liturgy, part 3

March 25, 2024—Hesychia, part 1

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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

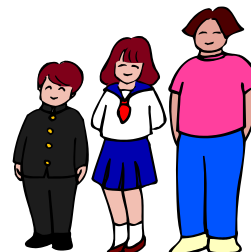




2024 Youth Calendar for Sunday School

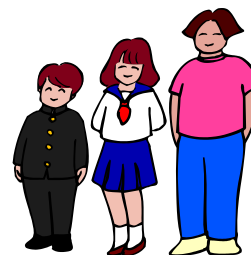
March 2024

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

March 2024

Mar 3, 10 & 17—11:30 am to 12:00 pm
Greek Independence Day Performance Practice followed by Dance Practice

April 2024

Apr 6—12:30 pm Dance Performance at International Taste Festival
Apr 28—HOPE & JOY Easter Egg Hunt



May 2024

May 7—Baldwinsville Cultural Fair (Jr. GOYA/Middle School Group to perform)

June 2024

June 6 to 9: Greek Festival

July/August 2024

No Activities—HAVE A FUN & HAPPY SUMMER !!!!!



Greek Independence Day Performance

Sunday, March 24, 2024

Performance will take place
During Coffee Hour



Ζήτω η Ελλάδα!

**If your child would like to participate
in this year's performance
we will have practices
after Sunday School
starting at 11:30 in the lower hall
for the month of March (3, 10, 17)**

We will recite
Fengaraki Mou Lambro,
the Greek alphabet and
perform traditional Greek dances

MARK YOUR CALENDARS



2024 GREEK FESTIVAL

THURSDAY, JUNE 6TH

FRIDAY, JUNE 7TH

SATURDAY, JUNE 8TH

SUNDAY, JUNE 9TH





2024 GREEK FESTIVAL

CALLING ALL PITA DOUGH MAKERS !!!!!

WE NEED YOUR HELP!!!!

PITA DOUGH WILL BE MADE ON :

SATURDAY—APRIL 6 AT 9:00 AM

SATURDAY—APRIL 13 AT 9:00 AM



ALL ARE WELCOME!

**BRING YOUR APRON,
PITA STICK &
HAT TO WEAR!**

**FOLLOWING THE DOUGH MAKING SESSION,
INSTRUCTION WILL BE OFFERED
FOR MAKING A COMPLETE PITA...
THIS IS A PERFECT OPPORTUNITY
TO LEARN TO MAKE PITA DOUGH
& TO LEARN TO MAKE PITA**

VOLUNTEERS OF ALL SKILL LEVELS ARE WELCOME

SEE YOU THEN!!!

St. Sophia Greek Orthodox Church—March 2024

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

St. Sophia Greek Orthodox Church—April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:30 PM JESUS PRAYER GROUP	2 10:00 AM BIBLE STUDY	3 6:00 PM PRESANCTIFIED LITURGY	4 6:00 PM CHOIR REHEARSAL	5 9:00 AM PRESANCTIFIED LITURGY 6:00 PM THIRD AKATHIST	6 9:00 AM PITA DOUGH MAKING & PITA MAKING CLASS 5:00 PM GREAT VESPERS
7 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE HOLY CROSS 6:00 PM LENTEN VESPERS AT STS. PETER & PAUL	8 5:30 PM JESUS PRAYER GROUP	9 10:00 AM BIBLE STUDY	10	11 6:00 PM CHOIR REHEARSAL	12 6:00 PM FOURTH AKATHIST	13 9:00 AM PITA DOUGH MAKING & PITA MAKING CLASS
14 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF ST. JOHN CLIMACUS GENERAL ASSEMBLY 6:00 PM LENTEN VESPERS AT ST. LUKE UKRAINIAN ORTHODOX CHURCH	15	16	17	18 6:00 PM CHOIR REHEARSAL	19 6:00 PM FIFTH AKATHIST	20 10:00 AM ROMANIAN LITURGY 5:00 PM GREAT VESPERS
21 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF ST. MARY OF EGYPT 6:00 PM LENTEN VESPERS AT ST. GEORGE MACEDONIAN ORTHODOX CHURCH	22 5:30 PM JESUS PRAYER GROUP	23 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. GEORGE 10:00 AM BIBLE STUDY 6:00 PM AHEPA MEETING	24 6:00 PM PRESANCTIFIED LITURGY	25 6:00 PM CHOIR REHEARSAL	26	27 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY LAZARUS SATURDAY 5:00 PM GREAT VESPERS
28 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY PALM SUNDAY 11:30 AM CHURCH PHOTO ON FRONT STEPS 6:00 PM BRIDEGROOM ORTHROS	29 HOLY MONDAY 6:00 PM BRIDEGROOM ORTHROS	30 HOLY TUESDAY 9:00 AM PRESANCTIFIED LITURGY 6:00 PM BRIDEGROOM ORTHROS				

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