

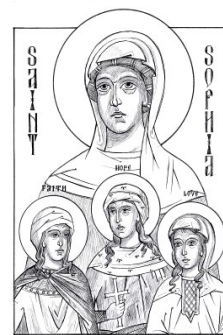


# NEPSIS

*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



## "A Hospital or a Museum?"

How do you view the church? Would you say it's more accurate to compare the church to a hospital or a museum?

A hospital is where *people go to get healed*. A hospital is busy, it's open 24/7, it has specialists who are skilled in the healing arts who work there, it contains medicine that is powerful and effective, and it's open to all people. A hospital constantly looks ahead to the future, to new techniques and opportunities. Sometimes the church fathers refer to the Church as a spiritual hospital, a place where people go to be healed. As St. John Chrysostom says: "For indeed the school of the Church is an admirable surgery – a surgery, not for bodies, but for souls. For it is spiritual, and sets right, not fleshly wounds, but errors of the mind, and of these errors and wounds the medicine is the word."

A museum is different. A museum is where a *community preserves its past*. A museum is quiet, not crowded, closed more than open, staffed by volunteers, welcomes those who behave and don't touch things, and looks mainly backwards. Most museums barely survive financially. The church fathers would never have wished these kinds of descriptions to characterize the church! At the time most of them were writing, the church was growing rapidly, facing new threats – creating history, not studying it.

You may think you know what I'm going to say next – that we should think of St. Sophia's as a hospital and not as a museum. No, I would not say that. Certainly, I think that we need to consider the church to be a spiritual hospital. I think we need to be busy, use the building as much as possible, and be open to all people. I think we need to support the education of priests and other church professionals, so that they can gain the skills they need to become healers. I think we need to have the medicine of the church here in this building, and to know what that medicine is, what we take it for and when, and that we learn to use and respect the medicine that the church offers.

But we must sometimes be like a museum, and preserve the past! We must be a place where volunteers know that they are the backbone of the organization, where they know that they are needed in order for the place to survive. A museum has order, and we must preserve the order. There are things that cannot be handled by just anyone. A hospital is sometimes messy and chaotic (within certain parameters) and sometimes the church will be messy and chaotic too. But I don't want "messy and chaotic" to be the first thing that pops into the mind of a visitor to our parish. I would rather have "organized and peaceful" be their first impression. A little more like a museum than a hospital!

We want to find a healthy balance, and you can help make this balance happen. You make the balance happen when you come to the church for healing, but you also volunteer. You make the balance happen when you open the doors to all people, but you also respect the dignity of the Divine Liturgy. You make it happen ... no, *we all make it happen* when we look to a bright and busy future while preserving and honoring our past.

God bless you and God bless our beloved St. Sophia's!

Your affectionate servant,  
Father David

MARCH 2022  
NEPSIS

## 2022 Parish Council

*Peter Manolacos*  
President

*Thomas Anthis Jr.*  
Vice President

*Christopher Shiomos, OD*  
Secretary

*Michael Copanas*  
Treasurer

*Robert Allen*  
*Joy Weatherup Anthis*

*Stephanie Armatas*

*Dimitrios Kiritsis*

*Eleni Kosmas, MD*

*George Nardone*

*John Potamianos*

*Jeanette Capousis Vigliotti*

~~~~~

Honorary  
Board Member

*James Sakezles*

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





## **SATURDAYS OF SOULS**

**MARCH 5, 2022**

**9:00 AM ORTHROS**

**10:00 AM DIVINE LITURGY**

**MARCH 12, 2022**

**9:00 AM ORTHROS**

**10:00 AM DIVINE LITURGY**

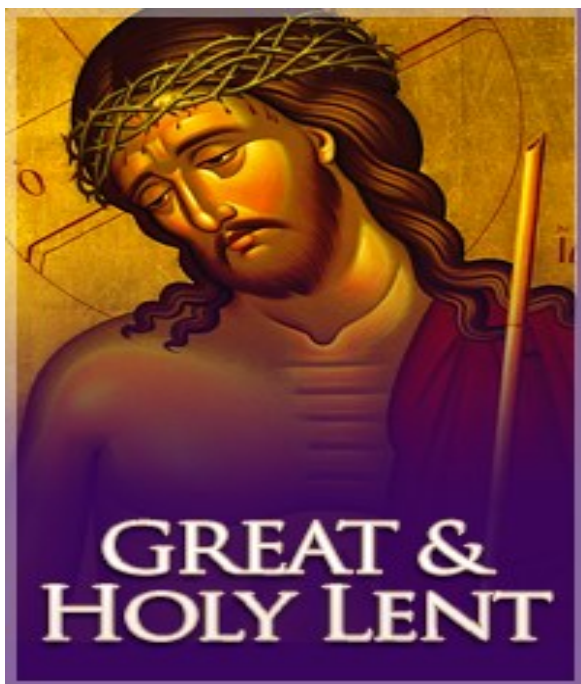
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**FORMS FOR LISTS**

**OF NAME COMMEMORATION**

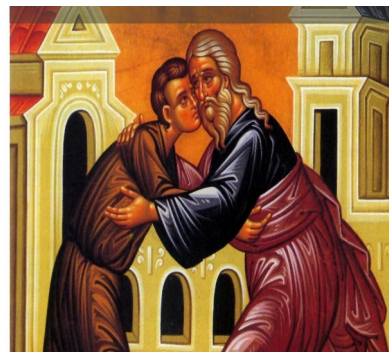
**NOW AVAILABLE AT THE CANDLE STAND**

**PLEASE SEND YOUR LIST OF NAMES  
BY EMAIL TO [FRDAVID@STSOPHIAS.ORG](mailto:FRDAVID@STSOPHIAS.ORG)  
OR CALL THE CHURCH OFFICE**



***BEGINS MARCH 7***

## ***Forgiveness Vespers***



***Sunday, March 6  
at  
6:00 pm***



## FORGIVENESS SUNDAY (CHEESEFARE)



The Sunday of Forgiveness is the last Sunday prior to the commencement of Great Lent. During the pre-Lenten period, the services of the Church include hymns from the Triodion, a liturgical book that contains the services from the Sunday of the Publican and the Pharisee, the tenth before Pascha (Easter), through Great and Holy Saturday. On the Sunday of Forgiveness focus is placed on the exile of Adam and Eve from the Garden of Eden, an event that shows us how far we have fallen in sin and separated ourselves from God. At the onset of Great Lent and a period of intense fasting, this Sunday reminds us of our need for God's forgiveness and guides our hearts, minds, and spiritual efforts on returning to Him in repentance.

~ Philoptochos Sponsored Event ~

## “Cheesefare Sunday” Annual Lunch

**Sunday—March 6, 2022**

**Pick Up Window Inside (Take Out)  
11:30 am to 1:00 pm**

**Curbside Pick Up is not available**

***If you would like to enjoy  
your meal on site in the gym,  
tables with napkins and utensils  
will be provided***

**Pre-Order Only until March 1**

**Pre-Order Website Address**

**<https://st-sophia-greek-orthodox-church.square.site>**

**or**

**Pre-Order by Text or**

**Pre-Order by Phone**

**Jeanette Capousis Vigliotti**

**(315) 481-7816**

**Vivian Alexander**

**(315) 673-2880**

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

**Pita (Cheese or Spinach)**

**Homemade Mac & Cheese**

**Fava Beans (Gigantes)**

**Toss Salad & Bread**

**Dessert (Cake)**

**Water**

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

**Pita (Cheese or Spinach)**

**Homemade Mac & Cheese**

**Fava Beans (Gigantes)**

### **\$3 A La Carte Items**

**Toss Salad**

**Dessert**

**(Cake)**





## PRESIDENT'S MESSAGE



I am writing this message on February 20, right after the make-up General Assembly meeting. Those in attendance voted to amend the church's by-laws as recommended. You will be able to read the amended by-laws on the website as soon as the Metropolitan approves them.

As you can see from this Nepsis, much is happening at St Sophia's. Youth groups are energized, the dancers have begun to practice, and Festival work has definitely begun. Also this month we will be making pita dough. The Saturday morning dates will be announced soon. All, experienced or not, are welcome. Come join us in this important task. We will soon publicize the calendar of pre-festival activities. We need NEW younger volunteers to take the places of those who are no longer able to help.

Now a few thoughts about Lent. Have you ever thought about the word "try"? Let's say your friend asks you to go with her and try to walk twenty mile walk along the Erie Canal. You might say "that's way more than my usual distance but, sure I would like to try". So you think that, while twenty miles is a huge distance, it is a real challenge, and you might actually succeed.

But what if your friend said "hey, let's try to jump to the moon". You really have to say "Huh????". It is clear that your friend does not understand "try". If there is zero possibility of success, I mean absolutely zero possibility, then you can jump up and down but you are not "trying to jump to the moon". It's not about missing the mark, in Greek amartia, also the word for "sin". Rather, it is just a non-starter. Try implies challenge with the possibility of success.

Jesus tells us many things. One is "The kingdom of God is within you". I am sure theologians have written volumes on this assertion, but I have not read them. I have thought about it and I will share my simple minded ideas with you.

First, what could possibly be more valuable than finding the kingdom within us? How about nothing, nada, zip. Second, if the Kingdom is within us, it is not so far away. Can I "imagine" what that kingdom is? No I cannot. Can I somehow try to find it. Yes because Jesus would not tell me, you, us to seek the impossible, to jump to the moon.

Which brings us to Lent. Seeking the Kingdom is a 365 day a year effort. But during lent, the church offers us so many opportunities to get closer to the mark, to move in the direction of the Kingdom. Very few of us attend the Lenten services. They are an opportunity. I think that for many, for me, fasting is often a burden. It is an opportunity. Serious prayer is not easy but it is an opportunity. These are only some of the opportunities that help us as we try to find the Kingdom within.

We are encouraged by Matthew 7:7-8. "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened."

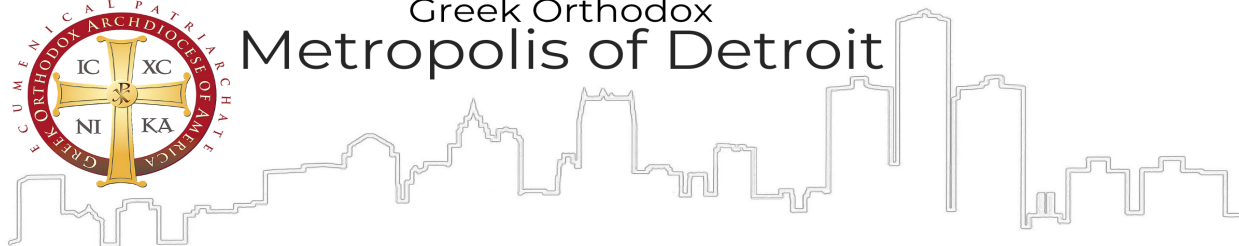
On behalf of the Parish Council, I wish you all a blessed and successful Lenten experience.

Yours in Christ,  
Peter Manolakos  
Parish Council President





Greek Orthodox  
Metropolis of Detroit



*presents*

# ***Transformative Christianity Webinar Series***

*Join us for a 10-part webinar series to find out  
what Orthodox Christianity really has to offer  
to us and to the world !*

***Wednesday, March 2, 2022***

***7:00 pm***

***Session 2:  
Fetch Me My Meal:  
A Talk about Gluttony with Fr. Anthony Cook***

***Link to Webinar***

<https://us02web.zoom.us/j/5024257775?pwd=WmtrWFZJenhXWldlcDBoK2hjY29DUT09>

***A faith that is meant  
not only to transform us,  
but everyone around us as well.***





## 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](mailto:katina@stsophias.org)) or Parish Council Secretary Chris Shiomos ([parishcouncil@stsophias.org](mailto: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.

## **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, 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: <http://stsophias.org/subscribe-to-our-mailing-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.

# **Junior GOYA Meeting on Sunday, March 20th after Church**

**The Junior Greek Orthodox Youth of America, or Junior GOYA,  
is the youth ministry for young people in grades 6 through 8.**

## **MISSION AND GOAL OF Junior GOYA MINISTRY**

**The mission and goal of Junior GOYA ministry is to lead  
our young people into experiencing the Holy Orthodox Faith.  
By developing a relationship with our Lord and Savior,  
Jesus Christ and becoming active sacramental members  
of the living Church.**

## **Myrrhbearer Program**

**Parents of 3<sup>rd</sup> Grade -7<sup>th</sup> Grade Girls**

**Good Friday 6:00 pm Epitafios Service**

If you would like your daughter to participate, please return this form to your daughter's Sunday School Teacher, or drop the form in the mail room Sunday School slot in the copier room no later than **April 10, 2022**. Please note that the girls should be **dressed in white for the service** and we will have a practice on April 22, 2022 at the Good Friday Youth Retreat.

Any questions contact:

Eleni Kosmas (315) 882-6507

Athena Tzetzis (315) 447-0787

**Yes, we want our daughter(s) to participate:**

Name of Daughter(s): \_\_\_\_\_

Parent Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email address: \_\_\_\_\_







## January 2022 Sacramental Registry

### Funerals

- George Koulouris
- Peter Koulouris

## March 2022 Memorials Eternal Be Their Memory

### March 6, 2022

- Trisagion Prayer  
for Aristidis (Harry) Tzivani (4 Years)

### March 13, 2022

- Memorials—none scheduled
- Trisagion Prayers—none scheduled

### March 20, 2022

- Trisagion Prayer  
for Andreas Armatas (4 Years)
- Trisagion Prayer  
for Helen Armatas (5 Years)
- Trisagion Prayer  
for Theodora Pandelly (31 Years)

### March 27, 2022

- Trisagion Prayer  
for Eleni Kane (4 Years)



## March 2022 Coffee Hours

March 13, 2022  
Sponsored by  
Sunday School



## PHILOPTOCHOS COFFEE HOURS



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 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.

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Just a reminder that there will be no sponsored Coffee Hours on Stewardship Sunday, Godparents Sunday and Cheesefare Sunday.

## March 2022 Volunteers Serving Coffee Hour

A special thank you to the following volunteers of our community who have donated their time to serve coffee:



### March 6, 2022

Cheese Fare Sunday  
No Coffee Hour

### March 13, 2022

Sofia Vasiliou, Vasiliki Elovaris

### March 20, 2022

Jeanette Capousis Vigliotti, Katherine Bristol

### March 27, 2022

Diane Peters, Sophia Wales

~Also, for the first two weeks of April 2022 ~

### April 3, 2022

Jeanne Sarigiannis, Lula Kiser

### April 10, 2022

Helen Aravantinos, Steve Pollastro

## FRIDAY, 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 noon on Friday, March 25, 2022 and all are encouraged to attend this wonderful event. Join us!

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



## AHEPA News



### AHEPA SYRACUSE CHAPTER 37

Dear AHEPA Family and Parishioners,

Spring is around the corner and hopefully as the COVID Virus loses ground we will start having physical chapter meetings soon. Our next meeting will be on Zoom, March 19<sup>th</sup> at 2:00 pm.

Do you know that **you do not** have to have a smart phone, internet service or computer in order to participate on our Zoom meetings? If you want to know how, just contact us by e-mail or phone call and we will show you how. It is very simple, as you will be provided with a Zoom phone number to call in to our meeting.

Our annual Greek Independence Day Celebration at the Syracuse City Hall is scheduled for Friday 12:00 noon March 25<sup>th</sup>.

If you would love to be part of AHEPA, an organization doing good things around our community and our country, just complete the application in the NEPSIS and either drop it at the AHEPA mail slot at our church or contact Mike Labatos.

If you need a written excuse for your school age children to participate at city hall March 25 for the celebration, just contact Fr. David or myself.

Peace on earth,  
Michael Labatos, President  
AHEPA Chapter 37  
(315) 427-7628





## **AHEPA HISTORY PART 3 and...** **THE HISTORY OF OUR AHEPA CHAPTER 37**



Wars in Europe, political unrests and natural disasters, the Greeks/Hellenes looked west for a new path across the earth. The United States of America, a young country, welcomed the immigrants and relied on them to fill 1/3 of its labor force, 90% of the immigrants came from Europe.

The years 1905-1914, totaled 10,121,940 immigrants. The year World War I broke out in Europe 1,218,000 immigrants came to the United States. During the years 1921-1940 almost 5 million were admitted into the United States.

In 1921 Congress passed a quota law placing a limit on the number of immigrants who could come into the United States. A part of the act set up a quota for each nationality. During 1951-1957 over 1,700,000 immigrants came to live in the United States, most of them were displaced persons from Latvia, Estonia, Lithuania, Yugoslavia and Greece. In 1952 the Immigration and Nationality Act (known as the McCarran-Walter Act) was passed by the Congress. The act was designed to repeal all existing immigration and nationality laws and to revise and codify all such laws. In 1965 U.S. Immigration Act amended the McCarran-Walter Act of 1952 and abolished the national origins quota system of immigration.

Beginning with July 1, 1969 all future immigrants would then compete on a first come, first serve basis and an annual ceiling of 170,000 immigrant visas was established for all countries outside the Western Hemisphere. The total immigration to U.S. from Greece for the years of 1953-1965 was 56,737. For the year ending June 30, 1970 Greece ranked fourth among all nations.

The first Greek immigrants to the United States bore the same suffering and discrimination that immigrants from other countries found upon their arrival here. The first Greek immigrants arrived 1907-1910. Like preceding immigrants, the Greek immigrant took whatever work was available at the bottom of the labor market, such as the mills, mines, railroads, and kitchens. The history of the years between 1900 and 1922 was not a pleasant one for the Greeks in America.

The so called "Roanoke Riots" against the Greeks of Roanoke, Virginia and "The Omaha Riots" the Greeks became the victims of discrimination. Those events lead to the founding of AHEPA with a mission to educate and assist the Greek Immigrants to elevate themselves in the American Society. Education was one of the keys, thus the AHEPA came to be with the mother lodge #1 in Atlanta, Georgia.

Stay tuned for the next article in the April NEPSIS.

Mike Labatos, President  
AHEPA Syracuse Chapter 37  
& Warden AHEPA District 6



## KINGS OF GREECE PART III

After the defeat of the Nazis and their withdrawal from Greece in October of 1944, interim governments were formed and a period of political reconstruction followed under the agency of the Archbishop of Athens, Damaskinos. Elections were held on March 31, 1946 and a royalist majority was restored. George II returned to Greece on September 26, 1946. George died of atherosclerotic complications on April 1947 and since he was childless was succeeded by his younger brother, Paul.

The civil war of 1946 divided Greece into pro-communist vs anti-communist factions. The pro-Communists announced an end to open hostilities on October 16, 1949 having lost their conflict with government forces. The Truman Doctrine provided massive funding to rebuild the country which had been devastated by both the Nazis and the Civil War.

Paul played a vital role in the rebuilding of Greece. He was the first monarch to visit a Turkish head of state. He and Queen Frederica were criticized for their extravagant lifestyle and travels. In February of 1964 he was diagnosed with stomach cancer, underwent surgery but succumbed to his illness on March 6, 1964. He was succeeded by his 23-year-old son Constantine II.

Constantine was born in Greece on June 2, 1940 but lived the first six years of his life in exile returning to Greece with his family in 1946. He was an accomplished athlete winning a gold medal in the 1960 Rome Summer Olympics in the sailing dragon class. Due to the inability to form a strong governing coalition by various prime ministers prior to the elections of May 1967 a coup d'état was undertaken on April 21<sup>st</sup> by midlevel military leaders led by Georgios Papadopoulos. The military leaders claimed they were acting in behalf of the King but in reality, had revolted without his knowledge. The coup leaders then met with the surprised King at his residence in Tatoi. He reluctantly agreed to concede to their military demands and swore in the new dictatorial regime (Junta). The Junta immediately installed a new cabinet and arrested a large number of politicians as well as many alleged communists. King Constantine organized a counter coup in 1967 from the northern city of Kavala and having failed fled with his family to Rome on the royal plane.

George Papadopoulos now became Prime Minister and George Patakos Deputy Prime Minister in an attempt to re-establish democracy. Amnesty was provided for all political prisoners and a new constitution was approved on September 29, 1968. On June 1, 1973 the Junta decreed that the monarchy was abolished and replaced by a republic. This was confirmed by popular referendum on July 29, 1973 and again on December 8, 1974. The Junta's rule ended on July 24, 1974 under the pressure of the Turkish invasion of Cyprus leading to democracy and the establishment of the Third Hellenic Republic.

The Greek population never forgot King Constantine's swearing in of the Junta in 1967 and his reluctance to sever ties with the Junta while in exile. The anti-monarch referendums of 1973 and 1974 were met with celebrations all over Greece. In 1992 the Greek government stripped the king of his property in Greece as well as his citizenship. King Constantine lived in exile until 2013 thereafter taking residence in Porto Heli, Peloponnese. Recently he contracted COVID and suffered a stroke requiring hospitalization in Athens.

Dr. James Telonis, Director of Hellenism

AHEPA Syracuse Chapter 37





## American Hellenic Educational Progressive Association

## Membership Application



I hereby wish to: (Check one only) ☐ Join as a new member into: ☐ Reinstate into: ☐ Transfer into:

Chapter 37, District # 6 located IN SYRACUSE (State/Prov.) NY

Prefix (Mr./Dr.) \_\_\_\_\_ Last Name \_\_\_\_\_ Suffix (DDS, Esq.) \_\_\_\_\_

First Name \_\_\_\_\_ Nickname \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Prov \_\_\_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Are you a citizen of the United States or Canada? ☐ Yes ☐ No

Were you a member of the Sons of Pericles? ☐ No ☐ Yes, Chapter # \_\_\_\_\_ City & State/Prov. \_\_\_\_\_

Are you a Veteran? ☐ Yes ☐ No If yes have you served in the USA Armed Forces? ☐ Yes ☐ No  
or the Hellenic Armed Forces? ☐ Yes ☐ No

☐ FOR REINSTATEMENT ONLY

Serial # \_\_\_\_\_ Date Initiated \_\_\_\_\_

I hereby apply for reinstatement of my AHEPA membership into Chapter # \_\_\_\_\_

I was previously a member of Chapter # \_\_\_\_\_ located in \_\_\_\_\_

I hereby certify that I have paid my dues up to \_\_\_\_\_, 20\_\_\_\_ to Chapter # \_\_\_\_\_

☐ FOR MEMBERSHIP TRANSFER ONLY

Serial # \_\_\_\_\_ Date Initiated \_\_\_\_\_

I hereby wish to transfer my AHEPA membership from Chapter # \_\_\_\_\_ located in \_\_\_\_\_

To Chapter # \_\_\_\_\_ located in \_\_\_\_\_

I hereby certify that I have paid my dues up to \_\_\_\_\_, 20\_\_\_\_ to Chapter # \_\_\_\_\_

I believe myself worthy of the rights and privileges enjoyed by the members of AHEPA. I know no reason why I should not become a member, and I promise, if accepted, to observe the laws and traditions of AHEPA, and will not take advantage of or abuse my privileges as a member thereof. I believe in the divinity of Jesus Christ.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please remit this form to: AHEPA-Delphi 25, P.O.Box 8464 New York, NY 10150

Or Scan and Email to: AHEPA25.DelphiNYC@gmail.com

ANNUAL DUES OF \$100.

## Member Endorsement

(New Members Only)

Mindful of our sacred duties and obligations to the Order of AHEPA, and as members in good standing, we hereby endorse this applicant and recommend that he be admitted into the AHEPA, and vouch for his good character, sincerity of purpose, and worthiness of the privilege to become a member.

First Endorser \_\_\_\_\_

Second Endorser \_\_\_\_\_

## Certification to the Supreme Lodge

(to be completed by Chapter Secretary)

I certify that the applicant/brother

was duly initiated/accepted by AHEPA Chapter # 37

on (Month) \_\_\_\_\_ (Day) \_\_\_\_\_ (Year) \_\_\_\_\_

Signature \_\_\_\_\_

## Chapter Use Only

## Report of Investigating Committee

(New Members Only)

We have examined the foregoing application, investigated the applicant and recommend that he be:

☒ Accepted ☐ Rejected

Investigating Committee

## Headquarters' Use Only:

Application Received \_\_\_\_\_

Data Processing \_\_\_\_\_

National Serial # \_\_\_\_\_





## Attention Seniors!

# 2022 Scholarship Program

### Philoptochos & St. Sophia Scholarships

One application covers both scholarships. The Scholarship Application will be available on March 1st.

Applications are available in the church office area (application scholarship basket in copier and mail room area.) Can also request application by email. Send an email to Elizabeth Steinberg: [lsteinberg@signalgt.com](mailto:lsteinberg@signalgt.com)

Completed Scholarships are due by Friday, April 29<sup>th</sup> by 5pm in the church office. Except for the official high school transcript which needs to be mailed as per application instructions, all other documents can be emailed. Please make sure you include the first page of the application in your submission and check off the boxes confirming all requirements have been full filled.

Scholarships will be awarded on Sunday, May 22<sup>nd</sup> after liturgy.

Any question please reach out to Elizabeth Steinberg at 315-447-4445

In addition, there is a Metropolis Level Philoptochos Scholarship that is due May 31<sup>st</sup>. Please access the following link for details:

[https://www.detroit.goarch.org/uploads/6/5/2/9/65299921/stefanou\\_scholarship.pdf](https://www.detroit.goarch.org/uploads/6/5/2/9/65299921/stefanou_scholarship.pdf)



## AHEPA

# SCHOLARSHIP APPLICATION

AHEPA scholarship applications will be available on March 1, 2022. To be eligible, the applicant must be the child of a member in good standing of St. Sophia's Greek Orthodox Church. Scholarships will be awarded to students entering their freshman year of college at a two or four year accredited college or university. Applications are available at the Church office or by contacting Peter Panels at [ppanel@harrispanels.com](mailto:ppanels@harrispanels.com). The application is also available on the church website [here](#).

AHEPA will also be awarding scholarships to children and grandchildren of members in good standing of AHEPA Chapter 37. Applications will be available beginning March 1, 2022 by contacting Peter Panels at [ppanel@harrispanels.com](mailto:ppanels@harrispanels.com).

# March 2022

## Program Schedule For Cable Television

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



*On FOX 68 WSYT—Over the Air Channel 68.1  
and Cable Channel 8*

*Sunday Morning at 7:00 am Tradition Today*

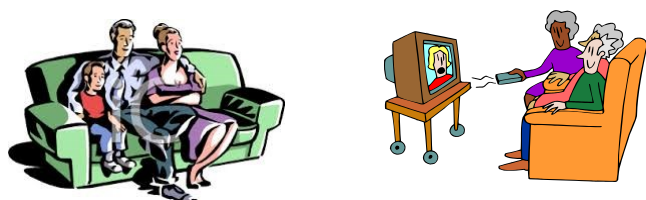
### Sunday Programs at 7:00 pm

March 6—Angels

March 13—  
The Glorification of St. Raphael of Brooklyn

March 20—With Fear of God

March 27— Draw Near



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

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

***Our programs air Sunday at 6:30 pm  
with a repeat Thursday at 8:30 pm  
and Sunday at 7:00 pm  
with a repeat Thursday at 9:00 pm***

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

### *On Spectrum Channel 98* Monday Programs at 8:00 pm

March 7—The Ethics of Orthodox Christianity

March 14—Patristics

March 21—Faith and Pop Culture

March 28—Orthodoxy in a New Media Age

### Family Classic TV

Sponsored by  
St. Sophia's Greek Orthodox Church

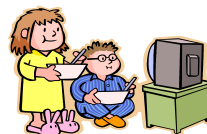
Sundays at 6:00 pm  
Sir Lancelot with William Russell

Sundays at 6:30 pm  
The Adventures of Robin Hood  
with Richard Greene

Sundays at 8:00 pm  
Cisco Kid with Duncan Renaldo & Leo Carrillo  
(2 episodes)

Thursdays at 8:30 pm  
Sherlock Holmes with Ronald Howard

Fridays at 8:00 pm  
Jim Bowie with Scott Forbes (2 episodes)



## DISCRETIONARY FUND

Thank you to all those for their continuing donations to the Discretionary Fund of St. Sophia's Greek Orthodox Church. This fund is used to meet the emergency needs of people (members and non-members) who come to our Church as matter of last resort. Their stories are often heartbreaking, and it is a great ministry of this parish that I have the freedom to offer them some kind of help, so that they can see a ray of hope in their situation.

Please consider making a donation to the Discretionary Fund. God bless you for your participation in this important outreach.

Thank you!  
Father David

# St. Sophia's Dance Groups



Practice resumes Sunday—March 6th. 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





## PHILOPTOCHOS NEWS

Philoptochos kicked off 2022 with an on-line meeting on Tuesday, February 8th. It was a welcomed first step in reaching out and getting together with our Philoptochos membership. **Our next on-line meeting will be Tuesday, March 15th, 7:00 pm.**

If you did not receive an email inviting you to our February meeting, please reach out to Liz Steinberg at [lsteinberg@signalg.com](mailto:lsteinberg@signalg.com) or call her at 315-447-4445.

### **February Meeting Highlights:**

- Membership:** Working back to normal-steady as you go: Have a table set up near the entrance of the hall for 2022 membership enrollment. All women members, eighteen and above of St. Sophia, please consider joining our group and help us make a difference in our community and to be supportive of each other. We are stronger together! Will have the sign-up table each Sunday through April.
- Coffee Hour:** We welcome both men and women of our parish to participate in serving during coffee hour. Please reach out to Vivian Alexander or Maria Allis if you would like to volunteer. Please contact the church office and provide a date, when your family wants to sponsor a coffee hour: Sponsoring the coffee hour- \$50.00 If you would like to have Philoptochos to provide pastries, the charge is \$150.00. For either please either mail your payment to Attn: Philoptochos- St. Sophia address or bring the payment that day and give the payment to Vivian Alexander or Maria Allis.
- Cheese Fare Sunday- Sunday March 6th:** Please see details on the event either in the Weekly bulletin or details within the March Nepsis. **Order deadline is March 1st**, phone order contacts: Jeanette Vigliotti at 315-481-7816 or Vivian Alexander at 315-673-2880. **Please note**, while the event is geared for takeout orders, you will have the option of eating the wonderful luncheon offering in the church hall – tables will be set up and utensils provided. The funds collected are in support of the Orthodox Christian Mission Center (OCMC)
- Tsoureki Sale:** The Philoptochos will be selling Tsoureki on Palm Sunday—April 17th. Mark your calendars and look for details in the April 2022 Nepsis.
- Activities/Events:** At the meeting we were also tossing ideas about things we can do as a group. Asked members to think about how we can best make a positive impact in our community, seminars -bringing in knowledgeable speakers who can share information that would be helpful to our members. Also, fun activities that we can do together. We have been considering a mother/daughter event.

We want to also recognize that March 8th is International Women's Day. Around the world there are many on-line sessions that discuss important women's issues.

*Roberta Williams Aristodoulou*

Philoptochos President

# Sunday School News

Mark your calendar! Sunday School classes will be held on March 6, March 13, March 20 and March 27.

We were thrilled to see all the kids take part in our recent events—Carnivale and Godparent Sunday!

Mark your calendar with the following upcoming events for our youth:

- Join us on Saturday, April 16th after service to fold palms for Palm Sunday
- Girls in 2nd to 7th grades can participate as Myrrhbearers in the Good Friday service. The participation form is on page 8.
- Good Friday Retreat for all ages on April 22. Father David will provide a letter for kids to be excused from school that day.

We are eager to return to some of our favorite events!!  
Join us!!!



**ARIS  
SERVETALIS**

**ALEXANDER  
PETROV**

**MICKEY  
ROURKE**

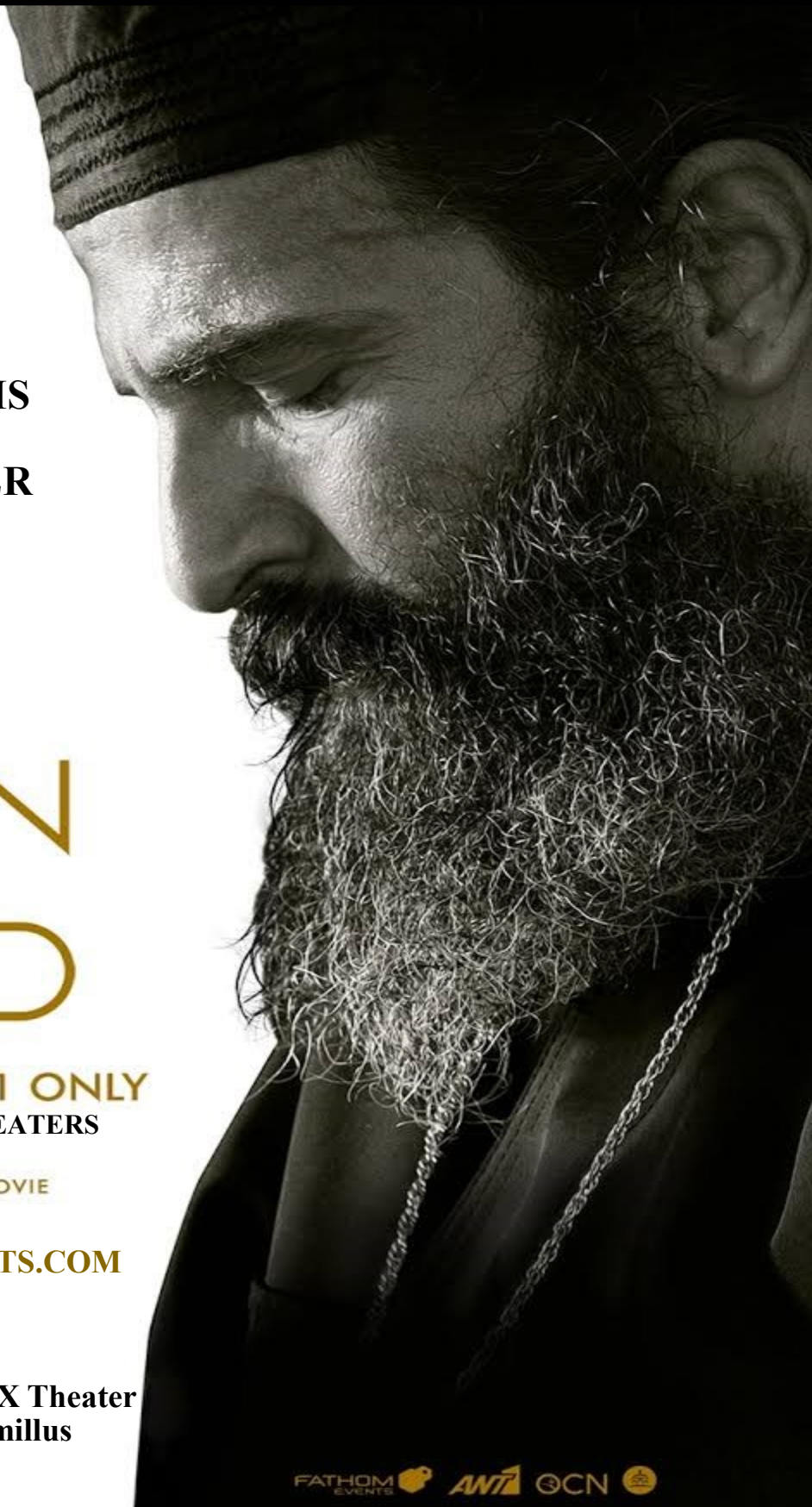
# MAN OF GOD

**MON. MARCH 21 ONLY**  
**IN SELECT MOVIE THEATERS**

**#MANOFGODTHEMOVIE**

**VISIT [FATHOMEVENTS.COM](http://FATHOMEVENTS.COM)**

**Showing  
at  
Regal Destiny USA IMAX Theater  
& Movie Tavern Camillus  
7pm**



FATHOM  
EVENTS

AWT

GCN





# St. Sophia Greek Orthodox Church—March 2022

| Sun                                                                                                                                                                     | Mon                                                                                                           | Tue                                                                                 | Wed                                                                                                | Thu                                                                       | Fri                                                                                                                                                                                        | Sat                                                                                                                                   |
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|                                                                                                                                                                         |                                                                                                               | 1                                                                                   | 2                                                                                                  | 3                                                                         | 4                                                                                                                                                                                          | 5                                                                                                                                     |
|                                                                                                                                                                         |                                                                                                               | ← ← ← ← ← ← ← ← ← FATHER DAVID OUT OF TOWN → → → → → → → → →                        |                                                                                                    |                                                                           |                                                                                                                                                                                            | 9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br><br>2:00 PM<br>YAL AXE THROWING EVENT<br><br>5:00 PM GREAT VESPERS |
| 6<br><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FORGIVENESS SUNDAY<br>(CHEESEFARE)<br><b>CHEESEFARE LUNCH</b><br>SUNDAY SCHOOL<br>6:00 PM<br>FORGIVENESS VESPERS | 7<br><b>GREAT LENT BEGINS</b><br><br>6:00 PM CANON OF<br>ST ANDREW OF CRETE                                   | 8<br><br>10:00 AM BIBLE STUDY                                                       | 9<br><br>4:30 PM CHOIR REHEARSAL<br><br><b>7:00 PM WEBINAR<br/>TRANSFORMATIVE<br/>CHRISTIANITY</b> | 10<br><br>4:30 PM CHOIR REHEARSAL<br><br>6:00 PM<br>PRESANCTIFIED LITURGY | 11<br><br>6:00 PM AKATHIST HYMN I                                                                                                                                                          | 12<br><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br><br>5:00 PM GREAT VESPERS                                |
| 13<br><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF ORTHODOXY<br><br>SUNDAY SCHOOL                                                                        | 14<br><br>6:00 PM CANON OF<br>ST ANDREW OF CRETE                                                              | 15<br><br>10:00 AM BIBLE STUDY<br><br>6:00 PM ORTHODOXY 101<br>7:00 PM PHILOPTOCHOS | 16<br><br>4:30 PM CHOIR REHEARSAL<br><br>6:00 PM<br>PRESANCTIFIED LITURGY                          | 17<br><br>6:00 PM AKATHIST HYMN II                                        | 18<br><br>6:00 PM AKATHIST HYMN II                                                                                                                                                         | 19<br><br><b>UPSTATE NEW YORK<br/>GOYA RETREAT<br/>IN BUFFALO</b><br><br>2:00 PM AHEPA MEETING                                        |
| 20<br><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. GREGORY PALAMAS<br><br>SUNDAY SCHOOL<br>JR GOYA MEETING                                        | 21<br><br>6:00 PM CANON OF<br>ST ANDREW OF CRETE<br><br>7:00 PM<br>"MAN OF GOD" MOVIE<br>AT REGAL DESTINY USA | 22<br><br>10:00 AM BIBLE STUDY<br><br>6:00 PM ORTHODOXY 101                         | 23<br><br>4:30 PM CHOIR REHEARSAL<br><br>6:00 PM<br>PRESANCTIFIED LITURGY                          | 24<br><br>6:00 PM VESPERS<br>FOR THE ANNUNCIATION<br>IN ROCHESTER         | 25<br><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ANNUNCIATION<br>OF THE THEOTOKOS<br><br><b>NOON—<br/>GREEK FLAG RAISING<br/>AT SYRACUSE CITY HALL</b><br>6:00 PM AKATHIST HYMN III | 26<br><br>5:00 PM GREAT VESPERS                                                                                                       |
| 27<br><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE HOLY CROSS<br><br>SUNDAY SCHOOL                                                                | 28<br><br>6:00 PM CANON OF<br>ST ANDREW OF CRETE                                                              | 29<br><br>10:00 AM BIBLE STUDY<br><br>6:00 PM ORTHODOXY 101                         | 30<br><br>4:30 PM CHOIR REHEARSAL<br><br>6:00 PM<br>PRESANCTIFIED LITURGY                          | 31                                                                        |                                                                                                                                                                                            |                                                                                                                                       |

# St. Sophia Greek Orthodox Church—April 2022

| Sun                                                                                                                                                                                      | Mon                                                                                             | Tue                                                                                              | Wed                                                                                                             | Thu                                                                                                                                                              | Fri                                                                                                                                                      | Sat                                                                                                                        |
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| 3<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST JOHN CLIMACUS<br>SUNDAY SCHOOL<br>PARISH<br>ORATORICAL FESTIVAL<br><b>GENERAL ASSEMBLY</b>                            | 4                                                                                               | 5<br>10:00 AM BIBLE STUDY<br><br>6:00 PM ORTHODOXY 101                                           | 6<br>4:30 PM CHOIR REHEARSAL<br><br>6:00 PM<br>PRESANCTIFIED LITURGY                                            | 7                                                                                                                                                                | 8<br><br>6:00 PM AKATHIST HYMN V                                                                                                                         | 9<br>10:00 AM<br>ROMANIAN LITURGY<br><br>5:00 PM GREAT VESPERS                                                             |
| 10<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST MARY OF EGYPT<br>SUNDAY SCHOOL                                                                                       | 11                                                                                              | 12<br>10:00 AM BIBLE STUDY                                                                       | 13<br>4:30 PM CHOIR REHEARSAL<br><br>6:00 PM<br>PRESANCTIFIED LITURGY                                           | 14                                                                                                                                                               | 15                                                                                                                                                       | 16<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LAZARUS SATURDAY<br><br>1:00 PM AHEPA MEETING<br>5:00 PM GREAT VESPERS |
| 17<br><b>PALM SUNDAY</b><br>9:00 AM ORTHROS<br>9:45 AM BLESSING OF PALMS<br>10:00 AM DIVINE LITURGY<br>SUNDAY SCHOOL<br>6:00 PM NYMPHIOS ORTHROS<br><b>PHILOTOCHOS<br/>TSOUREKI SALE</b> | 18<br><b>HOLY MONDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br><br>6:00 PM<br>NYMPHIOS ORTHROS | 19<br><b>HOLY TUESDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br><br>6:00 PM<br>NYMPHIOS ORTHROS | 20<br><b>HOLY WEDNESDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br>3:00 PM HOLY UNCTION<br>6:00 PM HOLY UNCTION | 21<br><b>HOLY THURSDAY</b><br>5:45 AM VESPERAL LITURGY<br>IN THE CHAPEL<br>9:00 AM VESPERAL LITURGY<br>IN THE CHURCH<br>6:00 PM ORTHROS<br>OF THE TWELVE GOSPELS | 22<br><b>HOLY FRIDAY</b><br>9:00 AM ROYAL HOURS<br>11:00 AM YOUTH RETREAT<br>3:00 PM VESPERS<br>REMOVAL OF CHRIST<br>FROM THE CROSS<br>6:00 PM EPITAFIOS | 23<br><b>HOLY SATURDAY</b><br>9:00 AM<br>VESPERAL LITURGY<br><br>11:30 PM<br>RESURRECTION SERVICE                          |
| 24<br><b>EASTER—PASCHA</b><br>12:00 PM (NOON)<br>AGAPE VESPERS<br><br>1:00 PM EGG HUNT<br>FOR THE CHILDREN                                                                               | 25<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST GEORGE<br><br><b>RENEWAL MONDAY</b>      | 26<br>10:00 AM BIBLE STUDY<br><br><b>RENEWAL TUESDAY</b>                                         | 27<br>6:00 PM CHOIR REHEARSAL<br><br><b>RENEWAL WEDNESDAY</b>                                                   | 28<br><br><b>RENEWAL THURSDAY</b>                                                                                                                                | 29<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LIFEGIVING FONT<br><br><b>RENEWAL FRIDAY</b>                                                         | 30<br>5:00 PM GREAT VESPERS                                                                                                |