“Preparing For Lent”

Some years ago, parishioners of mine were traveling on a highway when a snowstorm closed the road. They were stuck in their car for eight hours, and they ran out of gas after about three. Thanks to God, they knew that the flame from a single candle can warm the inside of a car, and they had a vigil candle. They lit it, and it kept them warm, and perhaps alive, until help arrived.

They hadn’t specifically prepared to be stranded in a car in the frigid cold, but I can tell you that today, wherever they travel, they have a fully stocked emergency kit, including a candle!

It’s like the Boy Scouts say: Be Prepared.

On February 5 this year, we come to the beginning of the Triodion. This period of the church calendar comprises the three weeks (four Sundays) leading up to the beginning of Lent. It’s a period of preparation. Here are four ways that we can use the Triodion to prepare ourselves for Great Lent:

First, prepare in the pantry. By this, I mean that we must use this time to get the food in our houses ready for the fast. Use up the meat and cheese, buy some milk and butter substitutes. Look at the calendar. You can see that we start fasting before we start fasting. “Apokreatiko” is not a Greek Orthodox version of “Mardi Gras,” because it cannot happen on the day before we start the fast. We start fasting from meat the week before Lent. The day before Lent is not the last day to eat meat, it’s the last day to eat dairy products. Prepare! The calendar helps us to move into the fast in a gradual and orderly way.

Next, prepare in the library. Pick out a book that you want to read for Lent – before Lent starts. Get ready in your mind how you will fast from certain kinds of media - not all, but something - and make your first priority of Lent to benefit from a spiritual book.

Next, prepare hopefully. Are you going to get all the way through Lent without any falls? Probably not. But you must certainly set out with the idea in mind that you will have a spiritually beautiful and beneficial Lent 2023, and when you fall, resolve to get back up and keep trying.

And finally, prepare by praying. What a gift we have, Lent! What a marvelous time to draw close to our Savior, from February 27 until April 16! What will Lent be for you this year? Whatever it is, we have the Triodion to get ready. Don’t get stuck, as if in a cold car in a snowstorm, unprepared!

Your affectionate servant,
Father David
**Presentation of Christ in the Temple**

*February 2*

The story of the Presentation is told in Luke 2:22-29. Mary and Joseph were faithful Jews and observed their religious customs. An important custom was for the couple to take their first-born son to the Temple. The baby was taken to the Temple forty days after his birth and was dedicated to God. In addition, if the parents were wealthy, they were to bring a lamb and a young pigeon or a turtle dove to be offered as a sacrifice at the Temple. The custom provided that if the parents were poor, they were to offer two pigeons or two turtle doves for the sacrifice.

Joseph and Mary were not wealthy, so they took two turtle doves with them to offer as a sacrifice at the Temple.

When Jesus was forty days old, Mary and Joseph took Him to the Temple in Jerusalem. They were not wealthy, so they took two turtle doves with them to offer as a sacrifice at the Temple. As they arrived at the Temple, Mary and Joseph were met by a very old man named Simeon. He was a holy man and was noted as a very intelligent scholar. Simeon spent much time studying about the prophets of Israel. It was during his studies that he learned of the coming of the Messiah. The Jewish people were waiting for the Messiah to come and deliver Israel from their conquerors. From that time on, Simeon spent his time praying for the Messiah to come. He spent many years in prayer. Finally, while Simeon was praying he heard the voice of God. God promised Simeon that he would not die until he had seen the Messiah. When Simeon saw Jesus, he took the baby in his arms and blessed the Lord and said:

"Lord, now let Your servant go in peace according to Your promise, because my eyes have seen Your salvation which you have prepared before the face of all peoples, a light to bring revelation to the Gentiles, and the glory to your people Israel."

Simeon took Jesus in his arms and praised God. Also, in the Temple was Anna the Prophetess. She had been a widow for many years. Anna was about eighty-four years old and spent her time in the Temple worshiping, fasting, and praying. When she saw the Christ Child she praised God and spoke of him to all who were awaiting the Messiah. After Jesus was presented in the Temple, the family returned to Galilee to the town of Nazareth. The Bible tells us that Jesus grew and became strong, and was filled with wisdom.
SATURDAYS OF SOULS

**February 18, 2023**
9:00 am Orthros
10:00 am Divine Liturgy

**February 25, 2023**
9:00 am Orthros
10:00 am Divine Liturgy

**March 4, 2023**
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 send a list of names by emailing frdavid@st sophias.org or by calling him at (315) 269-4940. Forms will also be available at the candle stand.
We ask your child(ren) to invite their Godparent(s) to attend Godparent Sunday and sit together at the Cathedral as we participate in the Divine Liturgy and receive Holy Communion as a family. Following Holy Communion, Godparents are asked to attend and participate in their Godchild’s Sunday School class. Yiayiades, papouses, aunts, uncles and cousins are invited if a Godparent cannot attend.
Sponsored by the Parish Council

GODPARENT SUNDAY BREAKFAST

February 19, 2023

Menu:
Scrambled Eggs, Sausage, Pancakes, Fruit, Coffee, Milk, Orange Juice

Please attend Liturgy and then remain for a complimentary breakfast honoring the Godparents and Godchildren. Everyone is invited to join in the celebration. This event will take place in the lower Social Hall.
"Cheesefare Sunday" Luncheon

Sunday—February 26
11:30 am to 1:30 pm
Dine In & Take Out

Pre-Order Only until Friday—February 24th

Online Pre-Order is for Take Out Only
Website Address
https://st-sophia-greek-orthodox-church.square.site
or
Pre-Order by Phone or Text
Jeanette Vigliotti
Cell (315) 481-7816 or (315) 463-8826

$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

καλή όρεξη (kali orexi)
sas ευχαριστώ (sas efcharisto)
Dear Parish,

It's February and that means Valentines Day, Presidents' Day and for many, spring break. Add to all that, this year Lent begins in February. Many of the parishioners of St Sophia participate in the Orthodox Lenten fast. Many do not. St John Chrysostom tells us at Pascha that all are welcome to the Feast, even those who fast at the eleventh hour or do not fast at all. Still, St John notwithstanding, I think that for those who do fast with the right attitude, Lent is a time of spiritual joy.

After that introduction I will now shamelessly display my confusion/ignorance regarding the rules. We are not to have oil, but we can have hummus which is typically made with olive oil. No cow milk, but oat and almond are ok. No meat but meat substitutes, which taste like meat, are ok. Most shocking of all (a fact I only recently learned) we can have OREOS. Yikes, that was a surprise.

As you can see, I am not really clear on the rules, and I don't think exact adherence is the point. Lent is a special time of the year when we, each of us, can adjust our behavior so that we become more aware of the meaning of the words in the Lord's Prayer which we recite at every liturgy. "Our Father, who art in heaven...Thy will be done on earth as it is in heaven". My goal is to try to better understand this not so simple prayer and work harder to be a better Orthodox Christian. I look to the Great Lenten fast to help me in that endeavor. I know many of you do as well.

As I promised last month, I will remind you all of the importance of our festival and ask, once again, for those who do not volunteer, to step up and do so. I know that the pita ladies have scheduled three dough making Saturdays, March 4, 11, and 18. There will be many volunteer opportunities before the actual festival. Please don't be shy. You will be welcome.

This month we have two Sunday post liturgy meals. On the 19th the Parish Council is sponsoring our annual Godparents breakfast. Kosta Kousmanidis and his able crew will be cooking a traditional pancake breakfast. This breakfast is free so collect all of your Godchildren and join in the fellowship of the meal.

On the 26th, Jeannette Vigliotti and her crew are cooking up their wonderful Philoptochos Cheesefare Sunday meal. The members of Philoptochos have dedicated the proceeds from this event to the Orthodox missionaries. Please support this worthy cause.

On behalf of the parish council, I wish everyone Happy Valentines Day, Happy Presidents Day, and most importantly, a meaningfully spiritual Great Lent.

Yours in Christ,

Peter Manolakos
Parish Council President
St. Sophia's Website & Mailing List

Visit St. Sophia's website 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

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
Church Services & Events

Calendars are provided in the Nepsis or check the website at st sophias.org for church services & events

With Gratitude

On behalf of Philoptochos, I would like to extend sincere gratitude for our community's support of the Vasilopita offering. The result of everyone's generosity will allow us to donate $320.00 directly to St. Basil's Academy.

I would also, at this time, like to acknowledge the following women who assisted me in baking the Vasilopita:

Vivian Alexander
Toni Dalakos
Roda Giaprakis
Stavroula Kipouropoulis
Freida Meskos
Patty Meskos
Debora Tzivani Politis
Heppi Vaspakis

And thank you to Maria Allis -- who baked the Vasilopita that Fr. David blessed and distributed among the various organizations of the church.

A heartfelt wish for everyone to have a Happy and Healthy New Year!,

Anna Romanowski

We welcome everyone to join our Choir

Check the Church Calendar for upcoming Choir Practices
Greetings to all of you on behalf of our entire AHEPA Syracuse Chapter #37. We hope your New Year’s resolutions come true and with health and joy for you and all your families.

There is no downtime ever for our chapter and this is true including the winter months of January, February, March and April. January 14th during our chapter meeting we celebrated the cutting of the Vasilopita. We do not give a gold lira to the lucky member that gets the coin, rather a brand new penny which is the closest which looks like a gold coin.

As we speak, we are working with our parish in partnership for our tentative celebration of Greek Independence Day, and the raising of the Greek Flag at Syracuse City Hall, scheduled for 12:00 pm Friday March 24th.

Sunday March 26th the Greek Independence Parade at New York City on 5th Avenue takes place. Yours truly will attend, marching with the AHEPA unit. I use to drive to attend the parade for many years, but the last two years (2021 & 2022) I went with the Greyhound Bus and I had a very good experience. If you would like to know more about my trip and you are interested to go, feel free to contact me.

Anyone interested in finding more about AHEPA, you may contact me and we will be glad to invite you to one of our open meetings. If you join us you can choose to work in a committee of your choice such as Hellenism, Veterans, Executive, Scholarship, AHEPA Housing (our local home at Onondaga Hill), Technology, Events, Entertainment and more.

For a successful raising of the flag event at city hall let us use the rule “one brings one” so we can have a good showing.

Our next chapter meeting is 2:00pm Saturday February 11th, at our church and we would be glad to have you as our guest.

Best wishes with health and joy.

Michael Labatos, President
AHEPA Syracuse Chapter #37
315-427-7628
AlphaRealtyOfSyracuse@gmail.com
The Greek Immigrant – The Call to Arms and Greek Independence Day

We have seen how the Greeks (Hellenes) in America have become banded together in various ways for united activities and benefits, and one of their chief objectives has been to keep alive the fire of patriotism, the love for Greece/Hellas.

When the Balkan War broke out, in the autumn of 1912, the patriotism of the Greeks/Hellens everywhere proved itself no idle boast. Hosts of immigrants sacrificing their all and hastening home from all over the world to fight for their oppressed brethren and to gain back the enslaved which are Greek by right. Every colony of Greeks in the United States furnished the supply of soldiers and sailors. Those who did not go, contributed generously. They marched to the ships singing their national anthem and receiving the blessing from their priests. Between 40,000 – 50,000 volunteers went to Greece from America, mostly all returned to America – except those who had given their lives.

Before 1882 there were a small number of Greeks in the United States and that was true for the larger cities including Chicago. In Chicago the Greeks organized with some Slavs, the Helleno–Slavo Brotherhood, which later was called the “Good Deed Brotherhood”, and invited a Greek priest, a graduate of a Russian school, to celebrate the divine liturgy. By 1891 when their number had reached 100, they organized the “Therapnean Society” later called “Lycourgos Society” for the purpose of establishing a Greek church. The first church building was erected in 1898, “Holy Trinity” at 1101 Johnson Street. Two more churches were established soon thereafter, which included St. Constantine and the Annunciation.

In Chicago, there were twenty-odd local societies. The city had the largest number of Greek businesses of any city in America, especially confectioners, fruit stores and restaurants. There were ten Greek physicians, two dentist, two pharmacies, a Greek bank, several lawyers and two newspapers.

This led to Greek organized groups who started celebrating Greek Independence Day in many cities of America by participating in parades and liturgies at the conclusion of the festivities.

To Be Continued in the Nepsis of March.

Mike Labatos,
AHEPA Syracuse Chapter 37
GREEK REVOLUTION FOR INDEPENDENCE/AMERICAN ABOLITIONIST MOVEMENT

The Greek Revolution influenced the American Abolitionist Movement and there are many similarities between the two. Following the fall of Constantinople in 1453 the Greek people were enslaved by the Ottoman Empire. There were many failed attempts at revolution but it was not until 1821 when success was attained. The Europeans were not in the mood to support further violent conflicts as the Napoleonic Wars had left a bad taste in their mouths. The American Government retained a neutral stance towards the Greek Revolution but many government officials such as Jefferson, Madison, Monroe, Clay and Harvard Professor Edward Everett supported the Greek cause. American philhellenes also fought on behalf of Greece including George Jarvis, Jonathon Miller, Dr. Samuel Gridley Howe, George Wilson, William Washington and James Williams, a freed American slave who not only fought but died in Greece. Lord Byron and others were very influential in encouraging support for the revolutions in Europe and America.

James Williams was born a slave in Baltimore and escaped a sugar plantation by stowing away on an American Navy ship commanded by Admiral Stephen Decatur. He was assigned the position of a cook’s helper and eventually ended up fighting on behalf of the US Navy against pirates in the Second Barbary War north of Africa in the Mediterranean Sea. In 1822 he found himself in Greece and participated in the liberation of Athens. In July of that year, he fought with a battalion of Philhellenes in the Battle of Peta. This was a devastating battle for the Greeks resulting in great loss of life. Following his miraculous escape, he took part in the Siege of Messolonghi beside Lord Byron. He went on to fight multiple naval battles under Greek Admiral Miaoulis in Hydra and Lord Cochran’s Hellenic navy fleet in Nafpaktos. In 1827 his final battle was on the ship Karteria (Perserverence) in the Battle of Navarino where he fought with the Allies against the Turks and Egyptians. Badly wounded he was transferred to the Island of Poros where Dr. Samuel Gridley Howe had established a hospital. He died of his injuries and is believed to be buried in Saint John’s Church of Argos in the Peloponnese.

Self determination is a mantra necessary for any peoples seeking freedom from oppression. Just as the Philhellenes assisted the Greeks in their independence, the Abolitionist Movement supported freedom for African American slaves. People such as David Walker, William Lloyd Garrison and Emma Willard used Philhellenic rhetoric to equate the life of African-American slaves to that of the Greeks under Ottoman rule, and they felt as though it would be hypocritical to support the Greek cause and not that of African Americans. They spoke out publicly and helped to push forward legislation in support of their beliefs. Just as Greeks were given arms and other assistance by Lord Byron the slaves were supported by people like John Brown who attempted to arm them so that they could lead their own revolution and in doing so lost his life as did Lord Byron. Abolitionists, both black and white, working alongside slaves helped to create and support the Underground Railroad safely bringing slaves into the free northern states and Canada. This was a risky and dangerous venture to say the least.

Publications, paintings and other artistic exhibitions traveled throughout Europe and America educating the populace of the horrors of the institution of slavery. Statues such as “The Greek Slave” by the American sculptor Hiram Powers, which today sits in the Smithsonian and depictions of slavery such as the cartoon “The Virginia Slave” which appeared in an English newspaper further exposed the issue of slavery in America. With the support of, and at their own personal peril, people like Lord Byron, James Williams and John Brown provided the impetus, the means and the encouragement to fight. The self-determination of the Greeks and the African American slaves was the predominate and mitigating factor to their successful bids for freedom.

Dr. James Telonis, Director of Hellenism
AHEPA Syracuse Chapter 37
Welcome to FEBRUARY!

The root of the word “February” comes from the Latin “to cleanse.” Sorry, not everything comes from Greek. But that’s ok, we will go with it and use “to cleanse” as a theme. It also means that winter is half done and we are getting ready for great things to come.

In February we will begin the cleansing that Lent brings as we watch winter dwindle away. We have so many activities to ramp up during this time and hope to share more time together, as members of Philoptochos enjoying fellowship as we raise funds for charitable causes.

On Sunday, January 8th we began our annual Philoptochos membership drive. Lula Kiser set up a table and thus far has had a wonderful response at reaching many new and old members to renew their annual membership. Its never too late to join us. Membership is only $25.00 annually. We encourage every woman over 18 to join. We look forward to the new year and the various activities and good works we look to accomplish. We support many good causes and look to do even more within our own community and Central New York.

We will be sponsoring two upcoming events that we wish to invite the Parish Community to attend. The Cheesefare Sunday lunchtime meal on February 26 which can be eaten in the church or taken out. We will set up a Reservation Table starting Feb. 5th to eat in or for take-out. Please review the details on the dedicated page regarding the Luncheon. Greatly appreciate people making reservations to help us plan how much food to make. The money raised will go to Orthodox Missions. The second event is on March 5th, Orthodox Sunday, following evening Vespers. It is the first of the series of Joint Sunday Lenten Vespers and will be attended by the other Orthodox Churches as in the past. Our Church is hosting this time and a "fasting food" reception will follow. Anyone interested in cooking something or assisting in anyway please reach out to Maria Allis (315) 450-9766. Help is always welcome.

Last but not least…Festival preparations are underway. One of Philoptochos projects is “Yia Yia’s Closet” We are expanding slightly this year to include a few more treasures. We welcome donations of jewelry, scarves, small purses, pretty little boxes (jewelry, gift, music, etc.,) and hats. So if you want to “cleanse” your closet or storage space…think of us!

In appreciation,

Roberta Williams Hristodoulou
Philoptochos President
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 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.

February 2023

Members Volunteering To Serve Coffee Hour

A special thank you to the following members of our community who have volunteered to donate their time to serve coffee:

February 5, 2023
Chrisoula Anastasiou
Helen Aravantinos

February 12, 2023
Katina Baikos
Katherine Bristol

February 19, 2023
NO COFFEE HOUR
Godparents Sunday Breakfast

February 26, 2023
Debora Politis
Stephen Pollastro

~ Also, first two weeks of March 2023~

March 5, 2023
Vasiliki Elovaris
Constantina Georgiadis

March 12, 2023
Roda Giaprakis
Artemis Gilbert

If you are not currently on our list of volunteers for coffee hours, a sign up sheet is in the gymnasium. All are welcome.
February 2023
Program Schedule For Cable Television
All Programs Air on Spectrum (Time Warner) Cable Channel 98 in Onondaga County

Sunday Programs at 7:00 pm
“Tradition Today”
On Fox 68 WSYT
*The series has ended*

(On Spectrum channel 98)

Feb 5, 2023—The Publican and The Pharisee
Feb 12, 2023—The Prodigal Son
Feb 19, 2023—The Last Judgment
Feb 26, 2023—Forgiveness Sunday

Monday Programs at 7:00 pm
Fr. David’s “The Inner Way” series airs every Monday

Feb 6, 2023—Hesychia, part 4
Feb 13, 2023—Hesychia, part 5
Feb 20, 2023—Hesychia, part 6
Feb 27, 2023—St. Isaac the Syrian, part 1

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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
The 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)

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
February 2023 Memorials
Eternal Be Their Memory

February 5, 2023
• None Scheduled

February 12, 2023
• Memorial Service for Grace Aravantinos (1 Year)
• Memorial Service for Elizabeth Katerelos (1 Year)
• Trisagion Prayer for Christ Steve Alexander (8 Years)

February 19, 2023
• None Scheduled

February 26, 2023
• None Scheduled

February 2023 Coffee Hours

February 5, 2023
In Memory of Christos Dimkos
Sponsored by the Family

February 12, 2023
In Memory of Elizabeth Katerelos
Sponsored by the Family

Sacramental Registry

December 2022

Baptism
Sophia—Daughter of Alexander & Victoria Martinko

Funerals
John Copanas
Ira Servetas
Theodore Kiteveles

WHY WE MUST READ
HOLY SCRIPTURES, THE FATHERS & LIVES OF SAINTS—DAILY

YOU FIND YOURSELF IN A DARKENED ROOM AND YOU TRY TO MOVE YOUR HANDS
SO AS TO BRUSH AWAY THE DARKNESS, WHICH—OF COURSE—DOESN’T MOVE

IF YOU OPEN A WINDOW AND LIGHT ENTERS,
THE DARKNESS DISAPPEARS
THE SAME THING HAPPENS WITH STUDY

THE HOLY SCRIPTURE, THE LIVES OF THE SAINTS
AND THE WRITINGS OF THE FATHERS
ARE THE LIGHT THAT CHASES AWAY
THE DARKNESS OF THE SOUL

Blessed Elder Porphyrios, +1991
Hello everyone,

Winter has finally come to Syracuse! We have many things to look forward to in Sunday School including the start of Great Lent and the Sunday of Orthodoxy! In addition, High School and Middle School students will begin preparing for the Oratorical Festival in class.

Some highlights to look forward to in February, March and April are below:

Feb 5th: Regular Sunday School
Feb 12th: Carnivale: Group Sunday School in the All Purpose room downstairs
Feb 19th and 26th: Winter Break: No Sunday School
March 5th: Sunday of Orthodoxy: Bring your Icons to church for a procession and special sermon by Father David
March 12th, 19th, and 26th: Regular Sunday School
April 2nd: Regular Sunday School
April 9th: Palm Sunday and Spring Break for local schools: Students attend church with their family
April 16th: Easter Sunday
April 23rd and 30th: Regular Sunday School

Please don't hesitate to reach out to us with any questions.

In Chris
Martha, Jeannie, and Athena
~ ~ ~ ~ ~ ~ ~ ~ ~ ~

Martha Lemondes
(315) 400-7975
mlemondes@gmail.com

Jeannie Dimkopoulos
(315) 720-9900
jeannie.dimkopoulos@gmail.com

Athena Tzetzis
(315) 447-0787
a.tzetzis@icloud.com
**ST. SOPHIA 2022-2023 YOUTH PROGRAM REGISTRATION FORM**

**Check:**
- Sunday School
- Greek School
- GOYA
- Jr. GOYA
- HOPE/JOY
- Dance Group
- Altar
- Play Date
- Basketball/Sports
- Children Choir

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School District: __________________________________________________________

**Contact Information**

Email Address(es): __________________________________________________________

Address:
Street: __________________________________________________________ Apt # _____________
City: ______________________________________________________________ Zip Code: _____________

Home Phone number: _______________________________________________________

Emergency Contact & Phone #: _________________________________________________

Mother's Name: ____________________________________________________________
Cell Phone: ____________________________

Father's Name: ____________________________________________________________
Cell Phone: ____________________________

Check and provide address below if either parent or assigned guardian has different address than student

- Mother  __  Father  __  Guardian  __

Name: __________________________________________________________ Apt # _____________
Street: ______________________________________________________________ Zip Code: _____________
Email: ______________________________________________________________

**Food or other ALLERGIES:**

______________________________________________________________

I have read, understand, and agree to abide by the rules and covenants of our church.

Parent's Signature: ____________________________ Date _____________
Transformative Christianity Webinar Series

Join us in 2023 to continue learning what Orthodox Christianity really has to offer to us and to the world!

Wednesday, February 1, 2023
7:00 pm

Session 11 ~
The Healing Power of Confession
A talk about the Mystery of Repentance with Fathers Jon Boukis, Gregory Hohnholt and Cosmin Sicoe
presents

Transformative Christianity Webinar Series

Join us in 2023 to continue learning what Orthodox Christianity really has to offer to us and to the world!

Tuesday, March 7, 2023 7:00 pm

Session 12 ~ My Practical Guide To Lent

With  
Father Soterios Rousakis
Please Join Us!

2023 PAN-ORTHODOX LENTEN VESPERS

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

March 5, 2023
Sunday of Orthodoxy
St. Sophia Greek Orthodox Church
325 Waring Road ~ Syracuse, NY 13224

March 12, 2023
Sunday of St. Gregory Palamas
St. Elias Antiochian Orthodox Church
4988 Onondaga Road ~ Syracuse, NY 13215

March 19, 2023
Sunday of the Holy Cross
Sts. Peter & Paul Orthodox Church
401 Hamilton Street ~ Syracuse, NY 13204

March 26, 2023
Sunday of St. John Climacus
St. Luke’s Ukrainian Orthodox Church
3290 Warners Road ~ Warners, NY 13164

April 2, 2023
Sunday of St. Mary of Egypt
St. George Macedonian Orthodox Church
5083 Onondaga Road ~ Syracuse, NY 13215
MARK YOUR CALENDARS

2023
GREEK FESTIVAL

Thursday, June 8th
Friday, June 9th
Saturday, June 10th
Sunday, June 11th
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**Father David Out of Town**

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