St. Sophia’s Greek Orthodox Church
Syracuse, New York

Weekly Bulletin
Sunday, March 17, 2024
Forgiveness Sunday
(cheesefare Sunday)
St. Paul's Letter to the Romans 13:11-14; 14:1-4

Prokeimenon. Mode Plagal 4
Psalm 75.11,1

Make your vows to the Lord our God and perform them.

Verse: God is known in Judah; his name is great in Israel.

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

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.
Πρὸς ῾Ρωμαίους 13:11-14, 14:1-4

Προκείμενον. Ἡχος πλ. δ' ΨΑΛΜΟΙ 75.11,1

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

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

Πρὸς ῾Ρωμαίους 13:11-14, 14:1-4 τὸ ἀνάγνωσμα

Ἀδελφοί, νῦν ἐγγύτερον ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νῦν προέκοψεν, ἡ δὲ ἡμέρα ἠγγίκεν ὑπὸ ἐργα τοῦ σκότους, καὶ ἐνδυσάμεθα τὰ ὅπλα τοῦ φωτός. Ὁς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἀλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὄς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἔσθει. Ὅς ἔσθιον τὸν μὴ ἔσθιοντα μὴ ἐξουθενεῖτω, καὶ μὴ ἐσθίων τὸν ἔσθιοντα μὴ κρίνετω. Ὅς ἐσθίων τὸν μὴ ἔσθιοντα μὴ ἐξουθενεῖτω, καὶ μὴ ἐσθίων τὸν ἔσθιοντα μὴ κρίνετω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἰ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δὲ· δυνατὸς γὰρ ἐστιν ὁ θεὸς στήσει αὐτόν.
The Gospel
According to Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."
Ἐκ τοῦ Κατὰ Ματθαίου 6:14-21
Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφῆσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφῆσει τὰ παραπτώματα ὑμῶν. Ἑτοι γὰρ νηστεύῃτε, μὴ γίνεσθε ωσπερ οἱ υποκριταὶ σκυθρωποὶ· ἀφανίζοντες ὑμῶν τὰ πρόσωπα τῶν ἀνθρώπων ὑπό τοὺς ἄνθρωπους, καὶ οὐδὲ τῷ πατρὶ σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατὴρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ ἔθησατε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σὴς καὶ βρῶσις ἀφανίζεται καὶ ὁ θησαυρὸς μὴ λέγω ὑμῖν ὅτι ἀπέχουσιν τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλήν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σὴς καὶ βρῶσις ἀφανίζεται καὶ ὁ θησαυρὸς μὴ λέγω ὑμῖν ὅτι ἀπέχουσιν τὸν μισθὸν αὐτῶν.
HYMNS OF THE DAY

Resurrectional Apolytikion in the Plagal Fourth Mode

From on high did You descend, O merciful Lord! For us did you endure three days in the tomb, that we may be released from passions in this world, You who are our resurrection and our life! Glory unto You, O Lord!

Ἐξ ὕψους κατῆλθες ὁ Εὔσπλαγχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

Apolytikion for the Church in the Plagal First Mode

Like a most fruitful olive tree you did blossom forth in the folds of the Lord, Sophia, martyr most pious! And to Christ you did bring sweetest fruit: the tender sprouts of your womb, through divine martyrdom, Agape, along with Hope and Faith. The God-minded with whom do you pray to God for all of us.

Kontakion in the Sixth Tone

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

Τῆς σοφίας ὁδηγὲ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ύπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρός Λόγος· ἱδοὺ γὰρ τὰ χείλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.
Church Services & Events
for Today & the Upcoming Week

Today ~ Forgiveness Sunday (Cheesefare Sunday)
8:45 am Orthros
10:00 am Divine Liturgy
Cheesefare Sunday Luncheon
6:00 pm Forgiveness Vespers

Monday—March 18, 2024
LEN T BEG I N S
6:00 pm Great Compline

Tuesday—March 19, 2024
10:00 am Bible Study
6:00 pm Great Compline

Wednesday—March 20, 2024
9:00 am Great Compline
6:00 pm Presanctified Liturgy

Thursday—March 21, 2024
11:00 am to 5:00 pm Philoptochos Easter Bake Sale
6:00 pm Choir Rehearsal
6:00 pm Great Compline

Friday—March 22, 2024
11:30 am to 2:00 pm Philoptochos Easter Bake Sale
9:00 am Presanctified Liturgy
6:00 pm First Akathist Hymn
7:00 pm Bible Study

Saturday ~ March 23, 2024
11:00 am to 2:00 pm Philoptochos Easter Bake Sale
9:00 am Orthros
10:00 am Divine Liturgy
Saturday of Souls
12:00 pm St. Sophia’s Oratorical Festival
5:00 pm Great Vespers
CELEBRATING CORINA CANNELLOS
95TH BIRTHDAY

Join us TODAY during the Cheesefare Luncheon to wish Corina a Happy 95th Birthday & enjoy a piece of Birthday Cake !!!

TODAY
Cheesefare Sunday Luncheon
No Coffee Hour
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 Othoman Empire when they took the oath of “Give me freedom or give me death.”

**GREEK NATIONAL ANTHEM**

ΥΜΝΟΣ ΕΙΣ ΤΗΝ ΕΛΕΥΘΕΡΙΑΝ

Se gnorizo apo tin kopsin
too spathiu 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 dy-
ing brought to life and spirit free
now with ancient valor rising
let us hail you, oh Liberty!
~ 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)
Philoptochos
Easter Bake Sale
Friday, March 22 ~ 11 am to 5 pm
Saturday, March 23 ~ 11 am to 2 pm
Sunday, March 24 ~ 11 am to 2 pm

FEATURING A LARGE ASSORTMENT
OF DELICIOUS GREEK & AMERICAN
PASTRIES & TSOURIKI (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