

**ST. SOPHIA'S
GREEK ORTHODOX CHURCH
SYRACUSE, NEW YORK**



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**WEEKLY BULLETIN
SUNDAY, MARCH 17, 2024
FORGIVENESS SUNDAY
(CHEESEFARE SUNDAY)**
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METROPOLIS
OF DETROIT

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 Ῥωμαίους 13:11-14, 14:1-4

Προκείμενον. Ἦχος πλ. δ'
ΨΑΛΜΟΙ 75.11,1

Εὗξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

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

Πρὸς Ῥωμαίους 13:11-14, 14:1-4 τὸ ἀνάγνωσμα

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε
ἐπιστεύσαμεν. Ἡ νύξ προέκοψεν, ἡ δὲ ἡμέρα
ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους,
καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς 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. Ὃς μὲν πιστεύει φαγεῖν πάντα, ὁ
δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ
ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν
ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν
προσελάβετο. Σὺ τίς εἶ
κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ
στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γάρ
ἐστιν ὁ θεὸς στήσαι 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 Ματθαῖον 6:14-21 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατήρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατήρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποί· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῇς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γάρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

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 κατήλθες ὁ Εὐσπλαγχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης 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 ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλη 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

LENT BEGINS
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



TODAY
Cheesefare Sunday Luncheon
No Coffee Hour



**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 !!!

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 Ot-toman Empire when they took the oath of "Give me freedom or give me death."



GREEK NATIONAL ANTHEM

ΥΜΝΟΣ ΕΙΣ ΤΗΝ ΕΛΕΥΘΕΡΙΑΝ

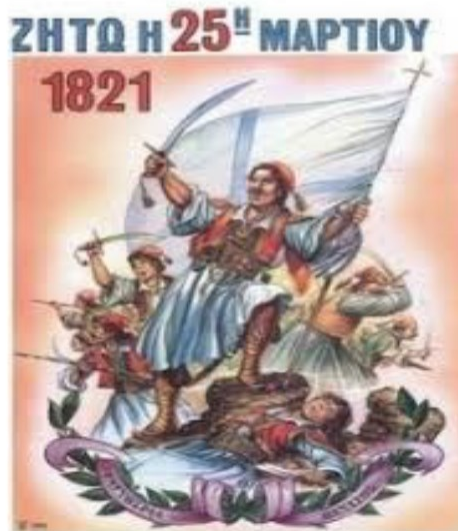
Σε γνωρίζω από την κοψη του
σπαθιου την τρομερη, σε γνωρίζω
από την οψη που με βια μετραει
την γη. Απ' τα κοκκαλα βγαλμενη
των Ελλήνων τα ιερα,
και σαν πρωτα ανδρειωμενη,
χαιρε, ω χαιρε, Ελευθερια

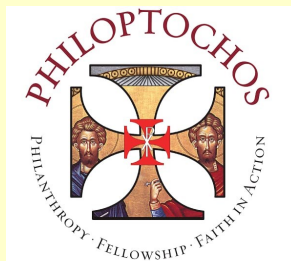
Se gnorizo apo tin kopsin
too spathiu tin tromeri Se gnorizo
apo tin opsin poo me via metra
tin yin Ap ta kokala vgalmeni ton
Ellinon ta iera

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 & 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***