

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



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**WEEKLY BULLETIN  
SUNDAY, MARCH 23, 2025  
SUNDAY OF THE HOLY CROSS**

~ ~ ~ ~ ~



METROPOLIS  
OF DETROIT

# St. Paul's Letter to the Hebrews

## 4:14-16; 5:1-6

Prokeimenon. Mode Plagal 2  
Psalm 27.9,1

**O Lord, save your people and bless your inheritance.**

**Verse: To you, O Lord, I have cried, O my God.**

The reading is from  
St. Paul's Letter to the Hebrews 4:14-16; 5:1-6

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."



# Πρὸς Ἑβραίους 4:14-16, 5:1-6

Προκείμενον. Ἦχος πλ. β'  
ΨΑΛΜΟΙ 27.9,1

**Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.**

**Στίχ. Πρὸς σέ, Κύριε, κεκράζομαι ὁ Θεός μου.**

Πρὸς Ἑβραίους 4:14-16, 5:1-6 τὸ ἀνάγνωσμα

Ἀδελφοί, ἔχοντες οὖν ἀρχιερέα μέγαν, διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθῆσαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοιότητα, χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον, καὶ χάριν εὖρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς, ἐξ ἀνθρώπων λαμβανόμενος, ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσιν καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περὶκεῖται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτως καὶ περὶ ἑαυτοῦ, προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ θεοῦ, καθάπερ καὶ Ἀαρών. Οὕτως καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασεν γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἑτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.



## **The Gospel According to Mark 8:34-38; 9:1**

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."



## Ἐκ τοῦ Κατὰ Μάρκον 8:34-38, 9:1 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἔλθειν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὅς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὅς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὅς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.



# HYMNS OF THE DAY

## Resurrectional Apolytikion in the Plagal Second Mode

When the angelic powers appeared at Your tomb, and those who guarded You became as though dead. And standing by Your sepulcher was Mary, seeking Your pure sacred body. For You did vanquish Hades, and uncorrupted by its touch, You came unto the virgin women, bestowing the gift of life. O You Who rose from the dead, we give glory to You!

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

## For the Holy Cross

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

## Apolytikion for the Church in the Plagal First Tone

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.

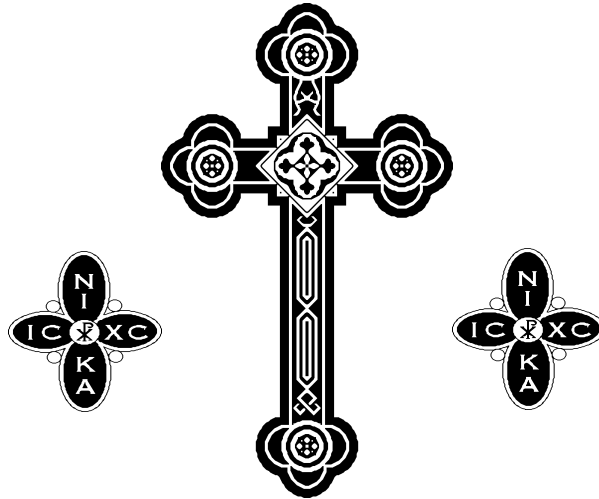
## Kontakion for the Theotokos during Lent

O Champion General, I your city now inscribe to you triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

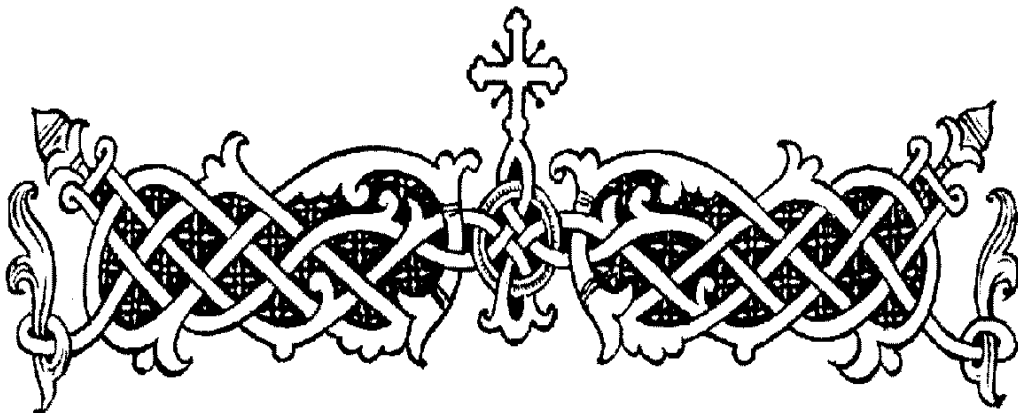


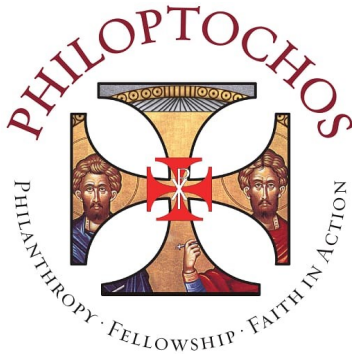
*Sunday—March 23, 2025*



*Trisagion  
Eleni Kane (7 Years)*

***MAY HER MEMORY BE ETERNAL***





## **JOIN US TODAY FOR COFFEE HOUR**



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

*Christina Shiomos & Kathy Shiomos*



### **PHILOPTOCHOS COSTUME JEWELRY DRIVE**

Attention ladies!...We are still at it!...  
Collecting costume jewelry for our ever popular  
upcoming costume jewelry sales!



St. Sophia's annual festival is fast approaching! Last year we did great business at the Philoptochos table selling the donated jewelry. We did so well that we have very little left for this year. So we want everyone to rummage through their jewelry boxes and gather all the items you no longer want or wear. Bring them into the church office and we will prepare them for sale this year. So do your best and donate all you can. Philoptochos funds great causes with this money! Costume jewelry donations are accepted year round to the Church office, attention Philoptochos.



***Church Services & Events  
for Today & the Upcoming Week***

***Today ~ Sunday of The Holy Cross***

***8:45 am Orthros***

***10:00 am Divine Liturgy***

***Philoptochos Meeting***

***6:00 pm Lenten Vespers at Sts. Peter & Paul***

***FAMILY FUN NIGHT***

***Monday ~ March 24, 2025***

***5:00 pm Great Compline***

***Tuesday ~ March 25, 2025***

***9:00 am Orthros***

***10:00 am Divine Liturgy***

***Annunciation of the Theotokos***

***GREEK INDEPENDENCE DAY***

***2:00 pm Flag Raising at City Hall***

***5:00 pm Orthodoxy 101***

***Wednesday ~ March 26, 2025***

***9:00 am Presanctified Liturgy***

***Thursday ~ March 27, 2025***

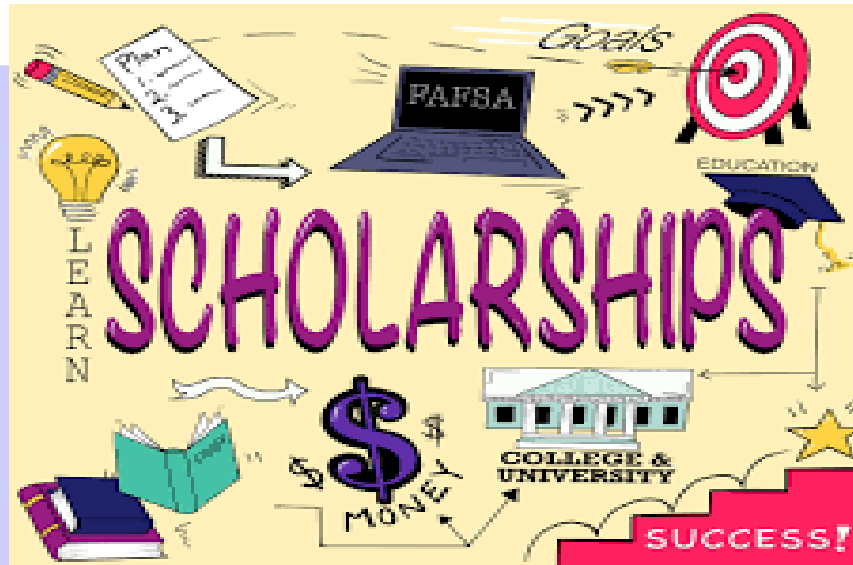
***6:00 pm Choir Practice***

***Friday ~ March 28, 2025***

***6:00 pm Fourth Akathist Hymn***

***Saturday ~ March 29, 2025***

***10:00 am Romanian Liturgy***



***ATTENTION  
HIGH SCHOOL SENIORS***

***NOW AVAILABLE***

***Applications for  
Saint Sophia Greek Orthodox Church,  
Philoptochos & AHEPA  
2025 Scholarships***

***Scholarship applicants  
to complete **ONLY ONE** application form  
for 2025 scholarships awarded to  
Graduating High School students***

***Find your application on the church website  
or pick up a copy from the Church Office/Copier Room***

***Acceptable submission of applications  
and all requirements must be received  
by noon on April 30, 2025***



## **AHEPA SYRACUSE CHAPTER NO. 37 SCHOLARSHIP APPLICATION Year 2025**

**ELIGIBILITY** The applicant is the son or daughter [or grandson or grand-daughter] of a Chapter member of AHEPA Chapter No. 37 in good standing at least two years prior to the application date of May 1, 2025

**AND** The applicant **MUST ATTEND** full time, an accredited college or university during the calendar year 2025 - 2026. (minimum 12 college credits) **AND** The applicant must reside within the domain of Syracuse Chapter No. 37.

**AND** All recipients must provide proof by September 2025 that they are a full time college student (Bursar's receipt) or a College transcript with a school seal.

***FILING*** Please use our application. If additional applications forms are needed, please feel free to make copies. The applicant is responsible for the submission of all documents and completion of all sections of the application and package by no later than May 1, 2025.

***Applications are available in the church copy machine room, church lobby and at the candle stand.***

# **The Greek Dance Season is upon us!**

**PRACTICES HAVE BEGUN !!!**

**Your 2025 Dance Crew:**

**Dancers in Training: Pre-K-1st Grade**

**Instructor: Andriana Cannon**

**Parent Volunteer: Crystal Swanson**

**Sundays: 11:45-12:15 (lower level)**

**Elementary Group: 2nd-4th Grade**

**Instructor: Stavros Vigliotti**

**Parent Volunteer: Anastasia Stark**

**Sundays: 11:45-12:30 (lower level)**

**Wednesdays: 6:00-7:00**

**Middle School Group: 5th-8th Grade**

**Instructor: Tina Carkey**

**Parent Volunteer: Marianna Politis**

**Sundays: 12:00-12:30 (third floor)**

**Wednesdays: 6:30-7:15**

**High School Group: 9th-12th Grade**

**Clemente Vigliotti, Stavros Vigliotti & Chryssa Tzetzis**

**Sundays: 12:00-12:30 (lower level)**

**Wednesdays: 7-8:30**

**We look forward to the 2025 dance season!**

**We will be utilizing the Remind App**

**and please mark your calendars**

**the Greek Cultural Festival is June 5-8th.**

**Elementary and Middle School Groups**

**will also be participating**

**at the Baldwinsville Cultural Fair**

**on Wednesday, May 7th @ 6pm.**

*Please Join Us!*

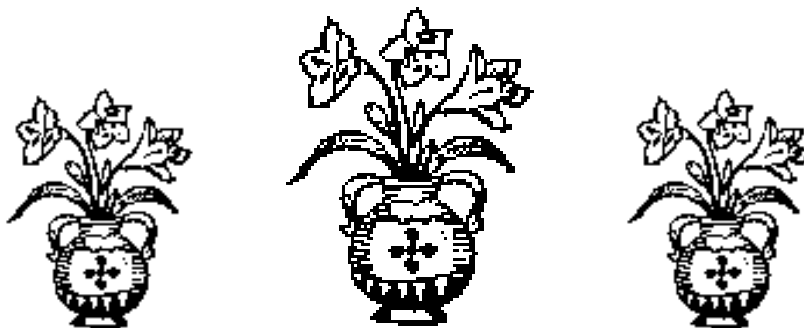
**2025 PAN-ORTHODOX**  
**LENTEN VESPERS**

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

*TODAY—March 23, 2025*  
*Sunday of the Holy Cross*  
*Sts. Peter & Paul Orthodox Church*  
*401 Hamilton Street ~ Syracuse, NY 13204*

*March 30, 2025*  
*Sunday of St. John Climacus*  
*St. Luke's Ukrainian Orthodox Church*  
*3290 Warners Road ~ Warners, NY 13164*

*April 6, 2025*  
*Sunday of St. Mary of Egypt*  
*St. George Macedonian Orthodox Church*  
*5083 Onondaga Road ~ Syracuse, NY 13215*



## **TUESDAY, 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 2:00 pm on Tuesday, March 25, 2025 and all are encouraged to attend this wonderful event. Join us!

There will be a bus available from St. Sophia's to City Hall and then returning to St. Sophia's. Please contact Jim Telonis by call or text to (315) 247-6639 if you would like to reserve your seat on the bus. The bus will arrive at 12:45 pm with departure at 1:20 pm with capacity of 49 people.

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**

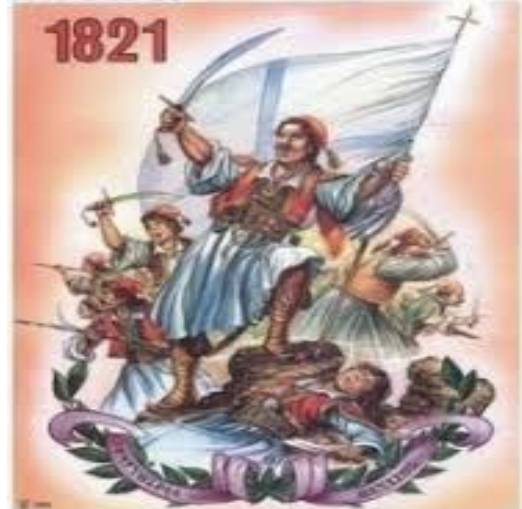
Σε γνωρίζω από την κοψη  
του σπαθίου την τρομερή,  
σε γνωρίζω από την οψη  
που με βία μετραει την γη.  
Απ' τα κοκκαλα βγαλμενη  
των Ελλήνων τα ιερα,  
και σαν πρωτα ανδρειωμενη,  
χαιρε, ω χαιρε, Ελευθερια

Se gnorizo apo tin kopsin  
too spathiou tin tromeri  
Se gnorizo apo tin opsin  
poo me via metra tin yin  
Ap ta kokkala 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**



## ANNUNCIATION OF THE THEOTOKOS



**TUESDAY—MARCH 25, 2025**  
**9:00 AM ORTHROS**  
**10:00 AM DIVINE LITURGY**

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

# St. Sophias Family Fun Night

**Tonight !**

5:30-7:00 PM

Kids meet in the gym

- Pizza and Ice cream will be Provided
- Families bring ice cream topping, drinks, or snacks to share (no meat)
- pre-k through 12th grade welcome
- Enjoy games and activities in the gym including basketball
- parents gather in the downstairs hall



contact Eleni at (315)-882-6507 with any questions



A decorative border of small, stylized Easter eggs with various patterns (stars, zig-zags, dots) surrounds the entire text of the flyer.

# *Philoptochos*

## *Easter Bake Sale*

*Friday, April 11 ~ 2 pm to 6 pm*  
*Saturday, April 12 ~ Noon to 4 pm*  
*Sunday, April 13 ~ Noon to 1:30 pm*

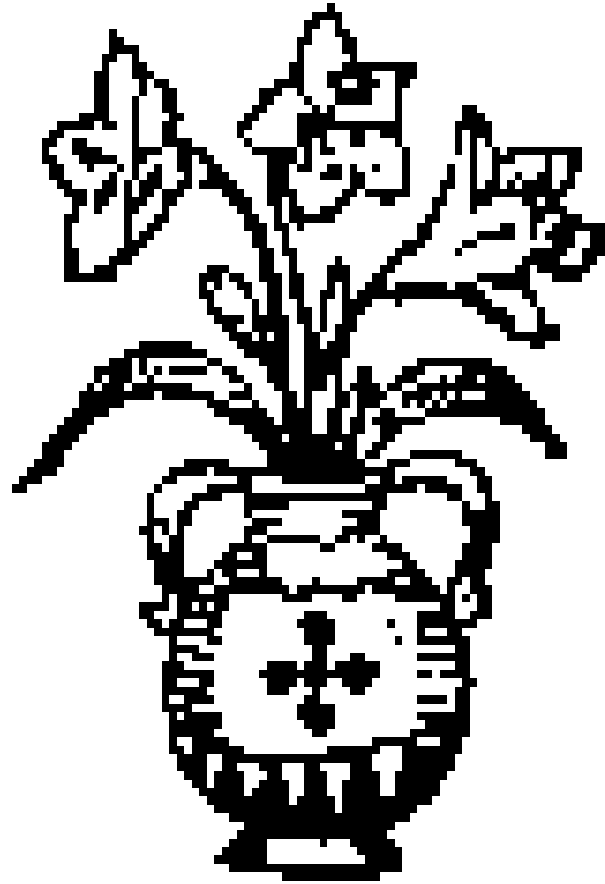
*FEATURING A LARGE ASSORTMENT  
OF DELICIOUS GREEK & AMERICAN  
PASTRIES & TSOUREKI (EASTER BREAD)*



*Parishioners please drop off your donated Pastries  
Wednesday, April 9 or Thursday, April 10  
from 10:00 AM to 2:00 PM*

*ATTENTION....  
We need Bakers to make Pastries and to assist at the Bake Sale  
If you are available to help  
please contact Jeanette Vigliotti at (315) 481-7816*

*Proceeds to benefit local charities*



*Mark Your Calendars*  
**General Assembly Meeting**  
*Sunday—April 6, 2025*