For most Orthodox Christians, the word asceticism brings to mind the monastics of our Church, those who for the sake of their souls embrace various deprivations - one of which is celibacy. A monk cannot be married. In a few cases, men and women have become monastics after a life of marriage, during widowhood. But that’s not the normal course. Normally celibacy, lifelong celibacy, is the rule.

One might assume, then, that the married life - the opposite of monastic life - is not a life of asceticism. If you’re married, you can’t be a monastic so you can’t be an ascetic. This is wrong, and I don’t mean this is wrong simply because married people are called to follow certain ascetic disciplines, like fasting and almsgiving. It’s wrong for a deeper reason. It’s wrong because the married life demands a degree of ascetic discipline similar to the life of the monastic.

An ascetic gives up worldly pleasures in order to train his soul in holiness. The ascetic seeks to free himself from this world in order to more completely love God. It’s the same with the married life! The married life must be an ascetic life: the person who marries must use the relationship with his spouse as a path of self-denial, and even renunciation of this world.

This world is characterized by pride and its offspring - anger, greed, remembrance of wrongs, and so on. Those are exactly the things that kill marriages, and engaging in the struggle to overcome them is the reason God blesses marriage. Someone who is married but does not practice the ascetic discipline of marriage does not struggle against pride, and so finds marriage to be frustrating (as does his/her spouse). But the one who understands the purpose of marriage uses difficulties as a platform for spiritual asceticism, struggle, and growth.

If you’re married, I hope you have embraced a life of asceticism. Perhaps you remember that crowns were placed on your head at the wedding ceremony - what were those for? Is it a way to make the bride and groom feel like a queen and king on their wedding day? Not at all. The crowns at the wedding are the crowns of martyrdom, as we sing during the procession: Hear us, you martyred saints, who fought the good fight, gaining crowns: entreat the Lord to shed His tender mercy on our souls. Who wears crowns? Martyrs.

And if you’re not married, this beautiful season of Lent is just the time to learn more and more how to love God in your own practice of asceticism.

A martyr gives up his life for something he believes in. This is a function of asceticism - each time we deny ourselves a pleasure this world offers, we give our lives to a higher calling. We give ourselves to the slow martyrdom of asceticism.

Here at the beginning of the great fast, we commit ourselves to various spiritual disciplines, so that we may prepare to celebrate the resurrection of our Savior. Add one more discipline to your list, the ascetic discipline of marriage.

Your affectionate servant,
Father David
SATURDAY
OF SOULS

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@stsophias.org or by calling him at (315) 269-4940. Forms will also be available at the candle stand.

On the Saturday of Souls, Orthodox Christians commemorate those who have fallen asleep, beginning from Adam and Eve, all the way to the most recently departed souls. With reverence, we ask God to forgive all their transgressions and to grant them rest “in a place of green pasture.”

In addition to expressly commemorating the names of our loved ones, our prayers include more generally all those who have fallen asleep in the hope of the Resurrection of Christ.

May their memories be eternal!

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 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.

Philoptochos

EASTER LILY SALE

Philoptochos has Easter Lillies for sale again this year. Twenty plants will be available on a first come basis for $20.00 each. The plants are in honor of the Departed and will be on the Solea for Pascha and can be taken home after Bright Week. Interested parties should see Maria Allis or stop by the table which will soon be in the lobby after Sunday services.
FRIDAY, MARCH 24
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 24, 2023 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

Το νάι παγκοσμίως γνωριζόμενο ελληνικό εθνικό χορωδιά καθιστά την Ελλάδα ένα από τα σημαντικότερα πολιτιστικά κεραία στην ιστορία της γης. Η Ένωση που έγινε μετά την παράδοση του θρησκευτικού και πολιτικού ημιπαγκόσμιου συνεδρίου του 1821, έδωσε μια μορφή διαστάσεων στον εθνικό χαράκτηρα της χώρας. Η Ελλάδα έγινε ένας από τους πρώτους κράτοι που έκλεισαν την ζωή τους με ένα εθνικό χορωδιά, η οποία μεταφράζεται σε πανευρωπαϊκό θρη σκευοποιημένο ερωτικά, αλλά και άγιο. Η μουσική ευκαιρία είναι η μοχλοποίηση της κοινωνίας και της ιστορίας της χώρας μέσω των μουσικών αντιλήψεων και της μουσικής ταξινομής. Η Ελλάδα είναι ένας από τους περισσότερους εθνικούς χορωδιές που έχουν παγκόσμια κατακτήσεις, και η Ελληνική Εθνική Χορωδία είναι ένα από τα καλύτερα παγκόσμια στίγματα μουσικής.

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.”

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 dying
brought to life and spirit free
now with ancient valor rising
let us hail you, oh Liberty!
STEWARDSHIP MESSAGE

To vote at the General Assembly meeting you must be a member of the church in good standing. To be a member in good standing you must have completed the following THREE steps:

1. Submitted a 2022 Stewardship Pledge card
2. Fully paid your 2022 pledge
3. Submitted a 2023 Pledge Card (does not have to be paid)

Please do not wait until the week before the meeting to take care of these requirements. If you are not sure of your status, call the office at (315) 446-5222.

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 ___________
Dear Parish,

Great Lent is upon us. Those who fast take care to eat only what is allowed. Yet we also know that what comes out of our mouths should also be monitored. And this second point applies to those who fast and to those who do not fast alike. To state the obvious, we know that the thought, both conscious and unconscious, and emotions precede our words. In Matthew 12:34 Jesus says "For the mouth speaks out that which fills the heart". I do not know about you, but as for me, I know that I often say things out of anger, prejudice, frustration, exhaustion. Sometimes I am alert enough to see right away that my words were mean spirited, unkind, or just plain ignorant. But focusing on the thoughts and emotions without mending the heart, it seems to me, will not change things.

So during Lent my goal is to continue with greater effort and determination to work on my heart. We know this effort is a constant struggle which some have labeled "unseen warfare". It is a hard seemingly impossible struggle but there is no greater good that will come to each of us if we do make a sincere and genuine effort to engage in this soul saving task. Let's remember that Jesus also said "Blessed are the pure in heart, for they shall see God".

The parish council began 2023 with only ten members. The November election was cancelled since there were only two candidates for the four open positions. The two were automatically seated and we had two seats that needed to be filled. The church by-laws require that the council remedy this situation by appointing parishioners in good standing to get the council to the required twelve members. We have, therefore, appointed Dimitrios "Jimmy" Giaprakis and Martha Lemondes to fill the two open seats. They each bring great professional knowledge and skills to our deliberations. We are so pleased to have them make this significant commitment to St Sophia. I thank them and all the members of the council for serving.

March is a busy month at St Sophia's. On Friday, March 3, we have the first of many Akathist Hymn services. March 5th is the Sunday of Orthodoxy. This year, the Pan Orthodox vespers series resumes and we will host the first of these. For those who are not aware, each of the local Orthodox churches takes a turn hosting this Sunday evening service. All of the local priests together celebrate these services. For the first time ever, St. George's Macedonian Orthodox church will be participating in these services.

Festival activity is picking up. The pita team, both women and men, begin their pita process with three dough making sessions. These take place on three Saturdays, March 4, 11, and 18. Mark your calendars and come and join in this first of many volunteer opportunities. On March 24 AHEPA Chapter 37 has once again arranged to raise the Greek flag to mark Greek Independence Day at Syracuse City Hall. Take a look at the AHEPA announcement which provides the details of this event. On March 25 we celebrate the Feast of the Annunciation.

On March 26, we will have our spring general assembly meeting. We will review our 2022 financial performance. Most importantly we will be discussing and looking for Parish approval for some very large expenditures. Please make sure that your 2022 Stewardship has been paid AND THAT YOU SUBMITTED A 2022 AND A 2023 PLEDGE CARD. These are the by-law rules defining what it is to be a member in good standing. We will post, and update weekly, the list of such members. Please do not wait until the last week in March to settle any shortfall in your 2022 pledge.

Yours in Christ,

Peter Manolakos
Parish Council President
Church Services & Events
Calendars are provided in the Nepsis or check the website at
stsophias.org
for church services & events

Happy 100th Birthday
OLGA ZEPPOS
(nee’ Lemonides)

Happy 100th Birthday wishes to Olga Zeppos (nee’ Lemonides) — a member of the St. Sophia’s community for all of her 100 years! Although she has been in declining health, she still has her sharp wit and sense of humor. Olga was a long time member of the Daughters of Penelope and served as president as well. She will soon celebrate the birth of her first great-grandchild.

CHOIR
We welcome everyone to join our Choir
Check the Church Calendar for upcoming Choir Practices
NEWS OF MARCH

Dear Parishioners,

On behalf of our AHEPA Syracuse Chapter we want to thank you for your support and participation at our chapter’s events and meetings.

The next big event of our chapter in partnership of our parish council is the celebration of Greek Independence Day and the raising of the Greek Flag at the Syracuse City Hall. The flag raising will take place 12:00 pm Friday, March 24th at the Syracuse City Hall. We are asking everyone to be at the front of city hall by 11:50 am so we can start promptly at 12:00 pm.

In order to get a bus reserved to take us from our church to city hall and back we will need 30 reservations minimum. These reservations need to be in by March 5th. You can sign up for the bus by contacting me, Mike Labatos, at 315-427-7628. If no answer please leave your full name and phone number, or you can sign up at the lobby of our church each Sunday at the conclusion of the Divine Liturgy. Let us bring our youth and celebrate Greek Independence Day and Orthodoxy, the two Pillars of Hellenism.

Interested to learn what AHEPA stands for and its programs? Our next meeting is 2:00 pm Saturday March 11th at the lower level of our church. It is open to the entire parish and refreshments will be served.

God Bless you and your families.

Michael Labatos, President
AHEPA Syracuse Chapter #37
315-427-7628
AlphaRealtyOfSyracuse@gmail.com
He was born in 1781 in Megali Anastasova, current day Nedousa near Kalamata and was the nephew of the best-known hero of the Greek Revolution for independence Theodoros Kolokotronis. His father Stamatelos and 11 year old brother Giannis were murdered by the Turks in 1816 when they refused to convert to Islam and give up their Christian faith. Young Giannis’ blood formed a cross on the ground where he was executed and thus is recognized as a saint in the Greek Orthodox Church celebrating his Feast Day on October 24. Nikitas’ brother Nikolaos was near Nafplio when he attempted to pull a Turkish soldier off his horse only to be murdered by another Turk who attacked him from behind. Along with his famous uncle Kolokotronis, Nikitaras escaped to the Ionian Islands which were under British rule and trained to be a warrior and later returned to the mainland to fight. He fought in key battles such as the Battle of Valtetsi on April 24, 1821, the Battle of Doliana, the Siege of Tripolitsa and the Battle of Dervenakia versus the Turkish leader Dramali and his 30,000 soldiers. Here Nikitaras earned the nickname of Turkophagos (Turk eater) as he fought fiercely breaking five swords in to the man-to-man combat. Following the battle the handle of the fifth sword had to be pried away from his badly swollen hand by his men. He participated in the third siege of Messolonghi and the Battle of Arahova under the famous Greek General Karaiskakis. He was wounded in the Battle of Analatou where Karaiskakis was killed.

Unlike most Greek fighters, Nikitaras never accepted any booty recovered after his victorious battles. He donated the loot to the national treasury to support the revolution. His men gifted him a horse, a cigarette case and a sword. He gave the horse to others and sent the cigarette case to his wife with a note that said “I send this gift to you whom I love second only to my country so you can remember me”. The sword he auctioned off to raise money for the people of Messolonghi, saying “I have only my sword and that I gladly give for my country”.

In the 1830’s Greece was a monarchy with young King Otto at the helm. Nikitaras took part in the Philorthodox Society whose goal was to free the rest of Greece from Ottoman rule (Thessaly, Epirus and Macedonia) and institute an Orthodox king. The Bavarian Regency did not appreciate this and they had Nikitaras arrested and imprisoned from 1839 to 1841. While in prison in Egina he was badly mistreated, relentlessly beaten and tortured. He suffered from undiagnosed diabetes mellitus resulting in blindness. It was a physically and psychologically defeated Nikitaras who was released from prison in 1841. When one of his daughters saw the aged and decrepit shell of a man walk out of prison, she lost her mind and needed to be institutionalized. He returned to Piraeus and resorted to begging to survive. As a reward for his great previous accomplishments, he was given a spot in front of the Church of the Annunciation in Piraeus to do his begging but only on Fridays when there would not be a lot of people passing by.

The great Greek hero relied on the kindness of others for his survival. When asked what he was doing the blind Nikitaras replied “I’m here enjoying viewing how free people live”. He died at the age of 68 in 1849 and according to his last will was buried next to his uncle Theodoros Kolokotronis in the First Cemetery of Athens.

Nikitaras, a genuine hero in the Greek War of Independence, was born in poverty and died in poverty. Though poor in monetary wealth he was rich in honor and love for his country. He never fought for personal gain. He died with no regrets and happy to see his country finally live in freedom, and he never held the terrible treatment he received in prison and afterwards against his beloved country of Hellas.

Dr James Telonis, Director of Hellenism ~ AHEPA Syracuse Chapter 37
The largest settlement of Greeks in Chicago is in the 19th Ward. Here is a Greek Orthodox Church, a school in which children are taught a little English, some Greek, much of the achievements of Hellas and the obligation that rests on every Greek to rescue Makethonia from the Turks and the Bulgarians. Here too, is the combination of Greek bank, steamship ticket office, notary public and employment agency, the coffee houses where the men drink black coffee, play cards, speculate on the outcome of the next Greek lottery and in the evening sing or listen to the phonograph. On Halsted Street, almost every store for two blocs has Greek characters on the windows and one learns that the first coffee house is the Café Apollon and that their newspaper, The Hellas is published next door. A block west, on Blue Island Avenue one finds the Parthenon Barber Shop and a Greek drug store.

If an American were to visit this neighborhood on the night of Good Friday when the stores are draped with purple and black, and watch at midnight the solemn procession of Greeks march down the streets carrying their burning candles and chanting hymns, he would probably feel as though he were no longer in America, but after a moment’s reflection he will say that this would be no place but America. The procession was headed by eight burly Irish-American Policemen and along the walks were Americans of Polish, Italian, Russian, Jewish, Lithuanian and Puritan ancestry watching with mingled reverence and curiosity this celebration of Good Friday, while those who marched were homesick and mourning because this was not like their hometown.

The Greeks have scattered much more widely over the entire country than most other immigrants. The Greeks who have been in the country for sometime are coming to appreciate this country and are trying to make their fellow countrymen understand the life in America. The patriotism of the Greeks is one of their most prominent characteristics together with his Orthodox Faith.

The Greek women adopt themselves very quickly to American customs. A Greek Women’s Philanthropic society has been formed in order to help in various ways the unfortunate members of their colony. This picture of the Chicago Greeks will also apply to New York, Philadelphia, Boston, San Francisco and other cities.

Michael Labatos, President
AHEPA Syracuse Chapter 37
To be continued in the NEPSIS of April, “The Greeks at other cities”
PHILOPTOCHOS NEWS

Its March…so winter is almost over!

Time to enjoy the last of the cold days and to begin our “march” toward Pascha. Great Lent has just begun and we have plenty of time to prepare ourselves for the Greatest day of our church year.

Philoptochos will be granting a scholarship again this year. We welcome all graduating seniors to get their application from the church office. The application process opened March 1st and ends May 5th, 5pm EST. Don’t wait.

We received great news recently that the national Philoptochos donated $50,000 to the relief efforts in Turkey. We are very proud to say that our St Sophia Chapter is a contributor to this effort. Our hearts and prayers go out to all of those who suffered from the earthquake.

A reminder about upcoming events:

March 5th is St. Sophia’s opportunity to host the area Orthodox churches for a Lenten and fasting meal following evening Vespers. Please consider assisting Maria Allis in preparing for this event. It is such a wonderful opportunity to share with others in the Orthodox faith.

On March 12th, following the Liturgy, there will be a Philoptochos “meeting with munchies”. All the women of our church are invited. Meeting to be held in the lower level.

Preparations for Pascha are underway. The traditional Tsoureki sale on Palm Sunday and Basket Raffle will be taking place.

Last but not least…remember the Festival is just around the corner. Anyone who wants to donate to YiaYia’s Closet can look for the basket outside the bookstore or leave in the church office.

Enjoy your Lenten journey and your personal “march” toward Pascha!

In appreciation,

Roberta Williams Hristodoulou
Philoptochos President
PHILOPTOCHOS & ST. SOPHIA SCHOLARSHIPS

Attention Seniors! Due Friday, May 5th by 5pm

2023 Scholarship Program: Philoptochos and St. Sophia Scholarships

One application covers both scholarships. Scholarship Application will be available on March 1st 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@signaltg.com

Completed Scholarships are due by Friday, May 5th by 5pm in the church office or emailed with time stamp of no later than 5pm on May 5th. Please note: the only document that cannot be emailed is the official high school transcript. Transcript must arrive at the church by the deadline date/time. Please make sure you include the first page of the application in your submission and check off the boxes confirming we have all required documents.

Scholarships will be awarded on Youth Sunday in May after Liturgy.

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

In addition, there is a Metropolis Level Philoptochos Scholarship that is due May 31st. Please access the following link to download the application.

https://www.metropolisdetroitphiloptochos.org/assets/files/stefanou_scholarship.pdf
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.

March 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:

March 5, 2023
Vasiliki Elovannis
Constantina Georgiadis

March 12, 2023
Roda Giaprakis
Artemis Gilbert

March 19, 2023
Anastasia Ioannidis
Stavroula Kipouropoulos

March 26, 2023
Lula Kiser
Zafiria Kozanitis

~ Also, first two weeks of April 2023~

April 2, 2023
Despina Lemon
Peter Lemonides

April 9, 2023
Frieda Meskos
Patricia Meskos

If you are not currently on our list of volunteers for coffee hours, a sign up sheet is in the gymnasium.

All are welcome.
March 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)
March 5, 2023— The Sunday of Orthodoxy
March 12, 2023—The Sunday of St. Gregory Palamas
March 19, 2023—The Exaltation of the Holy Cross
March 26, 2023—The Sunday of St. John Climacus

Monday Programs at 7:00 pm
Fr. David’s “The Inner Way” series airs every Monday
March 6, 2023— St. Isaac the Syrian, part 2
March 13, 2023—St. Isaac the Syrian, part 3
March 20, 2023—St. Isaac the Syrian, part 4
March 27, 2023—St. Isaac the Syrian, part 5

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
March 2023 Memorials
Eternal Be Their Memory

March 5, 2023
• Memorial Service for Theofilos Stathopoulos (40 Days)
• Memorial Service for Harry Aristides (Leonidas) Tzivani (5 Years)

March 12, 2023
• Trisagion Prayer for Andreas Armatas (6 Years)
• Trisagion Prayer for Helen Armatas (7 Years)

March 19, 2023
• Memorial Service for Evangelia Zongos (1 Year)

March 26, 2023
• Trisagion Prayer for Eleni Kane (5 Years)

Neither despair, nor cease praying, but approach (confession) even though you are sinful, so that you may glorify the Master and give Him the opportunity to show His own loving kindness when your sins are forgiven.

Likewise, if you fear to approach, You have prevented his goodness And impeded His abundant kindness, Which indeed belongs to you

Saint Nektarios

If you see your neighbor committing sin, take care not to dwell exclusively on his faults, But try to think of the many good things he has done and continues to do.

Many times, by examining everything he has done, You will come to the conclusion that he is truly better than you.

St. Basil the Great

March 2023 Coffee Hours

March 5, 2023
In Memory of Theofilos Stathopoulos
Sponsored by the Family

Sacramental Registry

January 2023

Funeral Christos Dimkos
SUNDAY SCHOOL NEWS

We had a wonderful turn out for Carnival! It was great to see all the kids! As we approach the Lenten season there are numerous children friendly and family events to keep in mind! Bring your icon to church on March 5 to partake in the procession of the Sunday of Orthodoxy. As usual, it is a fantastic experience to fold palms on the Saturday of Lazarus, April 8th. Sunday, April 9th is Palm Sunday. Come and be part of these important dates. We are blessed to be able to celebrate this tradition.

Sunday school schedule for the upcoming months.

March
5th – Sunday of Orthodoxy- bring Icon to church (1st Sunday of Lent)
12th - Regular Sunday School class
19th - Regular Sunday School class (veneration of the Holy Cross) Wear your cross to church
26th - Regular Sunday School class

April
2nd - Spring break- No class
8th - SATURDAY OF LAZARUS- Palm Folding
9th - Palm Sunday – Hold your palms in church while you are with your families in Church.
14th - Good Friday- Youth Retreat/ Myrrh Bearer practice
16th – Pascha-Easter Sunday- Easter egg hunt
23rd - Regular Sunday School class
30th - Regular Sunday School class

May-
7th - Regular Sunday School class
14th - Sunday School graduation

If you have any questions reach out to Martha, Jeannie or Athena

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

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

Athena Tzetis
(315) 447-0787
a.tzetis@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

## Children

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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: ____________________________________________
Street: __________________________________________________Apt # ________________________
City: ____________________________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 ____________________________
Greek Orthodox Metropolis of Detroit 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
St. Sophia's Greek Orthodox Church invites you to

SUNDAY OF ORTHODOXY VESPERS

March 5, 2023
6pm
St. Sophia’s Greek Orthodox Church
325 Waring Rd, Dewitt

Guest Speaker: Steve Christophorou
Director of Operations & Community Engagement for FOCUS North America
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
Join us for

CONFESSION DAY

April 1st, 2023
10am to 1 pm

Fr. Angelo Maggos will be available for those who wish to have Confession in Greek.
MARK YOUR CALENDARS

2023
GREEK FESTIVAL

Thursday, June 8th
Friday, June 9th
Saturday, June 10th
Sunday, June 11th
2023 GREEK FESTIVAL

CALLING ALL PITA DOUGH MAKERS !!!!!!

WE NEED YOUR HELP!!!!!!

Pita Dough will be made on:
Saturday—March 4 at 9:00 AM
Saturday—March 11 at 9:00 AM
Saturday—March 18 at 9:00 AM

All are Welcome!

See you then!

Bring your apron, pita stick & hat to wear!
### Advertisement Order Form

**WE NEED YOUR SUPPORT**

<table>
<thead>
<tr>
<th>Advertisement</th>
<th>Cost (check item)</th>
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<tbody>
<tr>
<td><strong>Ad Book</strong></td>
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<tr>
<td>1. Full Page ** (4.5 x 7.5)</td>
<td>[ ] $250.00</td>
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<td>2. One-Half Page ** (4.5 x 4) horizontal</td>
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<td>3. One-Quarter Page * (4.5 x 2)</td>
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<td>4. Single Line Sponsor Name</td>
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<td><strong>Web Advertising</strong></td>
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<td>5. syracusegreekfest.com (Displayed 4 x 2 website May 2023 – July 2023)</td>
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Any Ad Book plus Web Advertising package Deduct $50.00 from total

Any $250.00+ Sponsor will receive 2 complementary meal tickets

**For items 1-2 please contact Greg Miledonis to confirm availability.**

**Ad Book**

Please email your ad to: [Festival2023@taylorcopy.com](mailto:Festival2023@taylorcopy.com) and cc: gmiledon@twcny.rr.com

Preferred Formats: PDF – JPG – PNG – TIFF

Submission and payment deadline for **Ad Book**: May 18, 2023

**Web Advertising**

Please send camera ready horizontal or block logo to: gmiledon@twcny.rr.com and cc: cshiomo511@gmail.com

Please include URL (we will link to your website) or a business telephone number.

Business logos will be scroll along the bottom of our Festival Menu Monitors and each of our social media sites: syracusegreekfest.com and Facebook.

Submission and payment deadline for **Web Advertising**: May 18, 2023

This order form and all payments should be mailed to Greg Miledonis c/o St. Sophia Greek Orthodox Church, 325 Waring Road, Syracuse, NY 13224. Checks made payable to **St. Sophia Greek Orthodox Church Cultural Festival Committee** should be submitted by the May 18, 2023 deadline. For questions, please call Greg Miledonis at 315-487-1126 or gmiledon@twcny.rr.com

Date ____________________________

Name ____________________________ Phone ____________________________

Address __________________________________________________________________________________________

E-Mail __________________________________________________________________________________________
AHEPA SCHOLARSHIP APPLICATION

AHEPA scholarship applications will be available on March 1, 2023. 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 ppanels@harrispanels.com

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, 2023 by contacting Peter Panels at ppanels@harrispanels.com or Michael Labatos at alpharealtyofsyracuse@gmail.com
Order of AHEPA, Syracuse Chapter No. 37
Scholarship Application

To be eligible for the scholarship, the student must be a child of a member in good standing of St. Sophia Greek Orthodox Church. The student must be entering their freshman year at a two or four-year accredited college or university.

Please provide the following information:

Name _______________________________________________________________________
Address _____________________________________________________________________
Parent Name___________________________________________________________________
High School___________________________________________________________________
College you plan to attend_____________________________________________________

List your extra-curricular activities for 2022-2023 clubs, societies, public service, performing arts, sports, employment, etc)
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Academic Honors________________________________________________________________

Provide a certified copy of your high school transcript.

Please provide a personal statement in which you discuss your ideals and goals.

Provide a recommendation from a high school educator or counselor.

Signature________________________________________________Date______________________

ALL APPLICATIONS WITH SUPPORTING DOCUMENTATION MUST BE RETURNED OR POSTMARKED, BY MAY 1, 2023. Applications received or postmarked after that date will not be accepted.

Please mail to:
Peter Panels
120 East Washington Street, Suite 511
Syracuse, New York 13202
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