

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



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**WEEKLY BULLETIN
SUNDAY, MARCH 9, 2025
SUNDAY OF ORTHODOXY**

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METROPOLIS
OF DETROIT

St. Paul's Letter to the Hebrews

12:1-10

Prokeimenon. Mode Plagal 1
Psalm 11.7,1

You, O Lord, shall keep us and preserve us.
Verse: Save me, O Lord, for the godly man has failed.

The reading is from St. Paul's Letter to the Hebrews 12:1-10

BRETHREN, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. For the Lord disciplines him whom he loves, and chastises every son whom he receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father.

Πρὸς Ἑβραίους 12:1-10

Προκείμενον. Ἦχος πλ. α'
ΨΑΛΜΟΙ 11.7,1

Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.

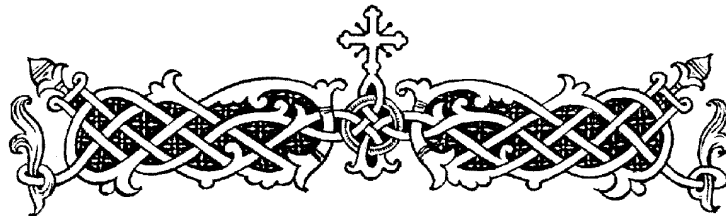
Στίχ. Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὄσιος.

Πρὸς Ἑβραίους 12:1-10 τὸ ἀνάγνωσμα

Ἀδελφοί, τοσοῦτον ἔχοντες περικείμενον ἡμῖν νέφος μαρτύρων, ὄγκον ἀποθέμενοι πάντα καὶ τὴν εὐπερίστατον ἁμαρτίαν, δι' ὑπομονῆς τρέχωμεν τὸν προκείμενον ἡμῖν ἀγῶνα, ἀφορῶντες εἰς τὸν τῆς πίστεως ἀρχηγὸν καὶ τελειωτὴν Ἰησοῦν, ὃς, ἀντὶ τῆς προκειμένης αὐτῷ χαρᾶς, ὑπέμεινεν σταυρόν, αἰσχύνῃς καταφρονήσας, ἐν δεξιᾷ τε τοῦ θρόνου τοῦ θεοῦ κεκάθικεν. Ἀναλογίσασθε γὰρ τὸν τοιαύτην ὑπομεμενηκότα ὑπὸ τῶν ἁμαρτωλῶν εἰς αὐτὸν ἀντιλογίαν, ἵνα μὴ κάμητε ταῖς ψυχαῖς ὑμῶν ἐκλύομενοι. Οὕτω μέχρι αἵματος ἀντικατέστητε πρὸς τὴν ἁμαρτίαν ἀνταγωνιζόμενοι· καὶ ἐκλέλησθε τῆς παρακλήσεως, ἣτις ὑμῖν ὡς υἱοῖς διαλέγεται, Υἱέ μου, μὴ ὀλιγώρει παιδείας κυρίου, μηδὲ ἐκλύου ὑπ' αὐτοῦ ἐλεγχόμενος· ὃν γὰρ ἀγαπᾷ κύριος παιδεύει· μαστιγοῖ δὲ πάντα υἱὸν ὃν παραδέχεται. Εἰς παιδείαν ὑπομένετε, ὡς υἱοῖς ὑμῖν προσφέρεται ὁ θεός· τίς γὰρ ἐστὶν υἱὸς ὃν οὐ παιδεύει πατήρ; Εἰ δὲ χωρὶς ἐστε παιδείας, ἧς μέτοχοι γεγόνασιν πάντες, ἄρα νόθοι ἐστε καὶ οὐχ υἱοί. Εἶτα τοὺς μὲν τῆς σαρκὸς ἡμῶν πατέρας εἶχομεν παιδευτὰς, καὶ ἐνετρεπόμεθα· οὐ πολλῶ μᾶλλον ὑποταγησόμεθα τῷ πατρὶ τῶν πνευμάτων, καὶ ζήσομεν; Οἱ μὲν γὰρ πρὸς ὀλίγας ἡμέρας κατὰ τὸ δοκοῦν αὐτοῖς ἐπαίδευον· ὁ δὲ ἐπὶ τὸ συμφέρον, εἰς τὸ μεταλαβεῖν τῆς ἀγιότητος αὐτοῦ.

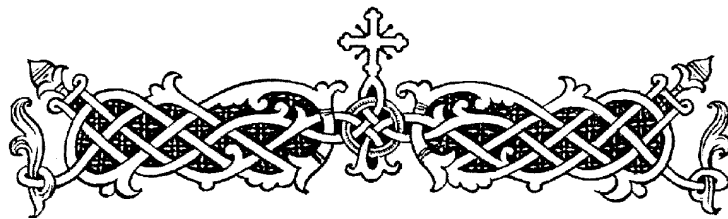
The Gospel According to John 1:43-51

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."



Ἐκ τοῦ Κατὰ Ἰωάννην 1:44-52 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν· καὶ εὕρισκει Φίλιππον καὶ λέγει αὐτῷ· ἀκολούθει μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαϊδά, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκει Φίλιππος τὸν Ναθαναήλ καὶ λέγει αὐτῷ· ὃν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφηταί, εὗρήκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναήλ· ἐκ Ναζαρέτ δύναται τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· ἔρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναήλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· ἴδε ἀληθῶς Ἰσραηλίτης, ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναήλ· πόθεν με γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκῆν εἶδόν σε. ἀπεκρίθη Ναθαναήλ καὶ λέγει αὐτῷ· ῥαββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραήλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· ὅτι εἶπόν σοι, εἶδόν σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω τούτων ὄψει. καὶ λέγει αὐτῷ· ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγότα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.



HYMNS OF THE DAY

Resurrection Apolytikion in the Fourth Tone

When the tidings of the resurrection from the glorious angel was proclaimed unto the women disciples, and our ancestral sentence also had been abolished, to the apostles with boasting did they proclaim that death is vanquished evermore and Christ our God has risen from the dead, and granted to the world His great mercy!

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτραι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

For the Sunday of Orthodoxy

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offenses, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ἠυδοκήσας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὓς ἔπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι· Χαρᾶς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

For the Saints

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, O only benevolent God.

Τὰς ἀλγηδόνας τῶν Ἁγίων, ἃς ὑπὲρ σοῦ ἔπαθον, δυσωπήθητι Κύριε, καὶ πάσας ἡμῶν τὰς ὀδύνας, ἴασαι φιλόανθρωπε δεόμεθα.

Apolytikion for the Church in the Plagal First Tone

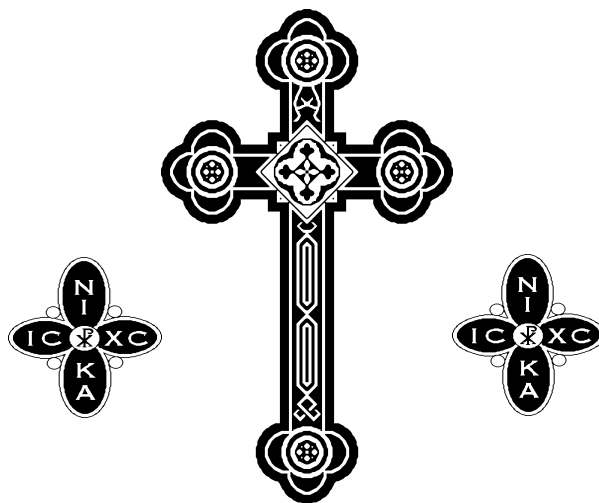
Like a most fruitful olive tree you did blossom forth in the folds of the Lord, Sophia, martyr most pious! And to Christ you did bring sweetest fruit: the tender sprouts of your womb through divine martyrdom, Agape, along with Hope and Faith, the God-minded with whom do you pray to God for all of us.

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.

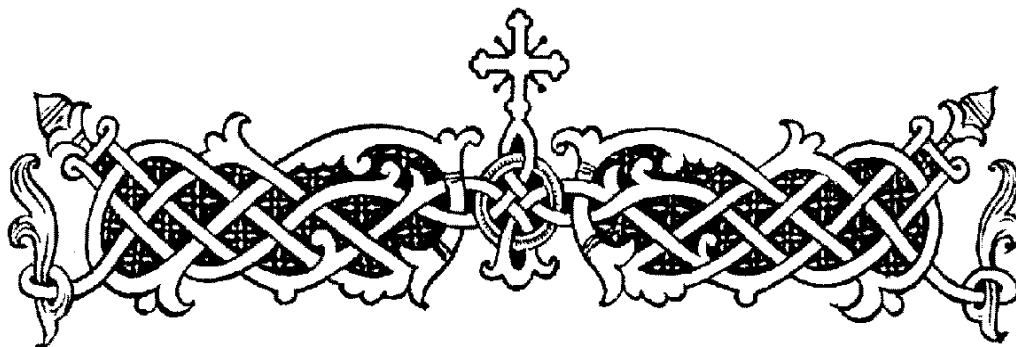
Sunday—March 9, 2025

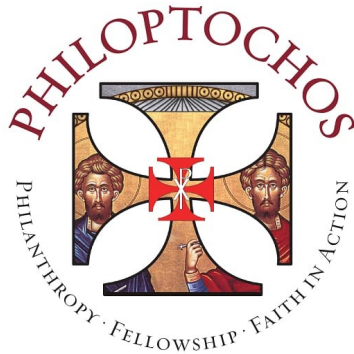


Trisagions

Andreas Armatas (8 Years)
Helen Armatas (9 Years)
Chris Pandelly (14 Years)
Theodora Pandelly (34 Years)

MAY THEIR 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:***

Vasiliki Mihou & Garyfallia Papageorge

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

Today ~ Sunday of Orthodoxy

8:45 am Orthros

10:00 am Divine Liturgy

DAYLIGHT SAVINGS TIME

Oratorical Festival

6:00 pm Lenten Vespers

Monday ~ March 10, 2025

5:00 pm Great Compline

Tuesday ~ March 11, 2025

10:00 AM Bible Study

5:00 pm Orthodoxy 101

Wednesday ~ March 12, 2025

9:00 am Presanctified Liturgy

Thursday ~ March 13, 2025

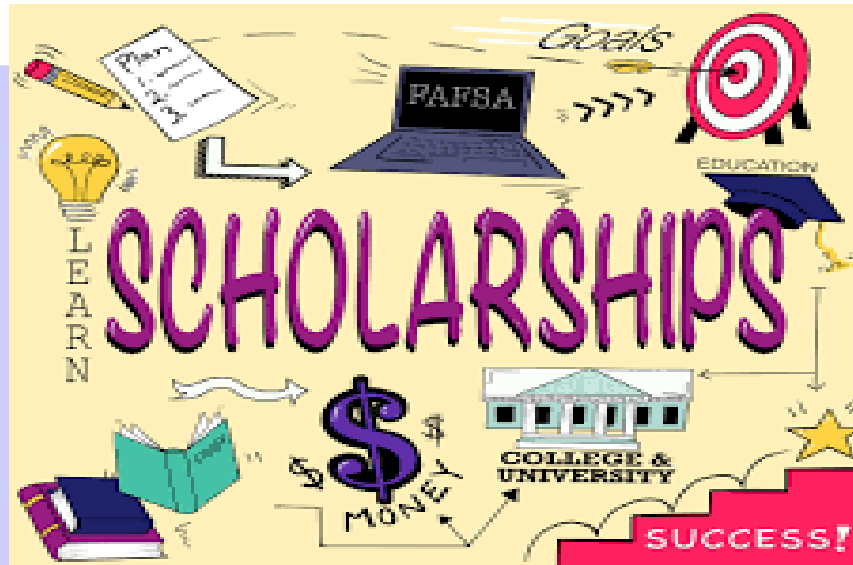
6:00 pm Choir Practice

Friday ~ March 14, 2025

6:00 pm Second Akathist Hymn

Saturday ~ March 15, 2025

5:00 pm Great Vespers



***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 9, 2025
Sunday of Orthodoxy
St. Sophia Greek Orthodox Church
325 Waring Road ~ Syracuse, NY 13224



March 16, 2025
Sunday of St. Gregory Palamas
St. Elias Antiochian Orthodox Church
4988 Onondaga Road ~ Syracuse, NY 13215



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

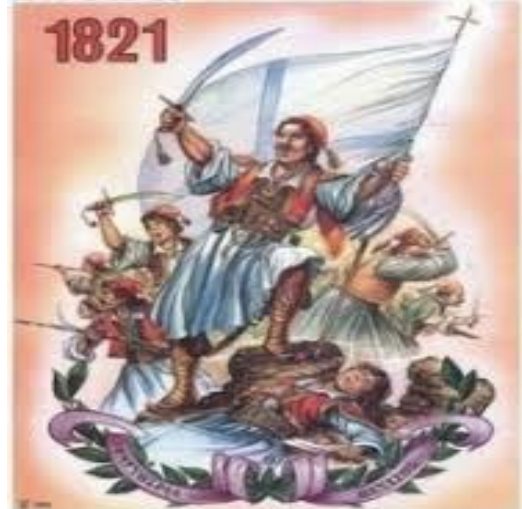
Σε γνωρίζω από την κοψη
του σπαθιου την τρομερη,
σε γνωρίζω από την οψη
που με βια μετραει την γη.
Απ' τα κοκκαλα βγαλμενη
των Ελλήνων τα ιερα,
και σαν πρωτα ανδρειωμενη,
χαιρε, ω χαιρε, Ελευθερια

Se gnorizo apo tin kopsin
too 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^Η 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.

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

