

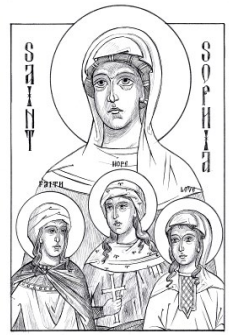


NEPSIS

Spiritual watchfulness and alertness. "Watch, therefore, for you do not know what hour your Lord is coming" (Matthew 24:42)

Saint Sophia's Greek Orthodox Church
325 Waring Road
Syracuse, New York 13224

Phone (315) 446-5222
Fax (315) 251-1654



Our Secret Weapon

JANUARY
2024

Gandolf, Bilbo, and the dwarves had just narrowly escaped the goblins by running out of the mountain into the sunlight. But as soon as they did they encountered a band of orcs, led by the pale orc himself. They escaped by climbing some trees, which orcs cannot do. While in one of the trees, Gandolf whispered something to a butterfly, which then fluttered away. Pressed into only one tree, the band of dwarves looked like they were going to become food for the wargs (orc dogs), and worse yet, the tree started to fall over the edge of a cliff. As they were hanging on for dear life, a flock of giant eagles arrived. The birds picked up the dwarves and flew them to safety.

2024 Parish Council

Peter Manolakos
President

Thomas Anthis Jr.
Vice President

Joy Weatherup Anthis
Secretary

Michael Copanas
Treasurer

Robert Allen
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone

Marianna Politis-Tacea
Christopher Shiomos, OD
Jeanette Capousis Vigliotti

Gandolf had used a secret weapon of escape, the butterfly had delivered the message of the dwarves' predicament to the eagles.

~~~~~  
Honorary  
Board Member  
*James Sakezles*

A secret weapon! It certainly helps to have one, doesn't it? When the battle seems like it's going against you, but you know that you have something coming that will turn the tide back in your direction, that's a good feeling. A secret weapon gives you confidence and hope. It enables you to face a variety of challenges unfazed.

Guess what? We have a secret weapon. It's the Paraklesis, and we sing it Wednesday nights at 6 pm. I've seen it work. When I was the priest of a small Orthodox mission in Canada, we came to a time when we had no money. This was especially bad for me personally, because it would mean that I would not have a paycheck that week. I did everything I could to raise what we needed, but it wasn't enough. Finally, someone said, "We need to pull out the secret weapon. We need to sing a Paraklesis." We did, that evening. The next day I went to the post office, and there was a check from someone for more than we needed to meet our obligations. Perhaps you're skeptical when I say the Paraklesis is a secret weapon. Perhaps you think that the check would have come anyway. That's OK. I know better. I know that when the days were darkest and I didn't know what to do, the Paraklesis was my secret weapon, and saved me and my parish.



It seems like such a small thing, like Gandolf whispering to a butterfly. And it is a small thing. A song, sung mostly to Mary, the mother of Jesus. How could that possibly have any effect on our lives, or on anything? I'll tell you how: The Theotokos and her Son love you and want the best for you. They will not abandon you to chance or to the world's fluctuations. The Paraklesis is your whisper, our whisper, and it summons up legions of helpers to come to our aid.

What will this new year hold for you, for your family, this parish, our community, our world? It's impossible for us to say. But I can tell you this: everything you need is here in the Church, and I hope that your resolution number one will be to take advantage of it. God bless you and your family in 2024!

Your affectionate servant,  
Fr. David

VISIT THE  
PARISH  
WEBSITE

[stsophias.org](http://stsophias.org)





# **EPIPHANY** **SCHEDULE OF SERVICES**



**Friday, January 5th**

**Holy Epiphany Eve**

***9:00 am Royal Hours***

***6:00 pm Vespertal Liturgy (in English)***

***Blessing of Waters***

**Saturday, January 6th**

**Holy Epiphany**

***9:00 am Orthros***

***10:00 am Divine Liturgy (in Greek)***

***Blessing of Waters***



# PRESIDENT'S MESSAGE

Dear Parish,

In how many thriller movies have we seen the protagonist racing against the clock to save hostages, to prevent a crime, to save the world, 5,4,3,2, gotcha. And once again, the good guys save the day.

What do we say, "A Stitch in time, time flies; time waits for no one. Then of course, there is the old adage "You have all the time in the world". Well, maybe, but then, time always runs out. Oh, no! There were so many things to do that we just did not have time for, just did not do. Perhaps the list might include going to church, receiving communion, forgiving a friend, forgiving an enemy. Or the really hard ones like doing God's will not our own, like genuine repentance.

Speaking for myself, the struggle to negate my own will and then present myself in true repentance is very, very hard. But that struggle is the most important task of our lives. So, in 2024 I will not take time for granted, and I will redouble my efforts, however inadequate they are sure to be, to do God's will and not my own. In the unseen warfare for salvation, it seems to me we must at least "fight the good fight". The time for that fight is now. Armed with the fear of God, faith, and love we engage the enemy who is us.

On a lighter but still important note. I have good news for everyone. St Sophia's choir is coming back to its historical quality. We now have highly qualified and talented people, Elena as organist and Roman as director, who are raising the quality of our efforts in a meaningful way. If you have been thinking of joining the choir, now is the time. More voices add to the fullness of our sound, and I assure you, you will be most welcome.

There will be a very important meeting this month for the parents of all festival dancers. Policies and rules for participation will be laid out for all to see. Dancing at the festival is a privilege earned and not a right. The parish council strongly believes that all festival dancers add to the success of the festival. We also believe that the dancers need to volunteer for non-dance festival tasks.

On behalf of the Parish Council, I wish you all a Happy, Joyful, and Meaningful 2024.

Yours in Christ,  
*Peter Manolakos*  
Parish Council President





***At St. Sophia's on Friday, January 12th***

***6 pm to 9 pm***

All youth groups and their families  
are invited for a night filled with different activities  
for each youth group

**HOPE & JOY**

making slime downstairs  
and then watching a movie in the lobby

**Jr. GOYA & GOYA**

will have board games and crafts down stairs

**GOYA**

will pull an all nighter and set up upstairs

***Families please bring.....  
a snack or dessert to share!  
Pizza and soda will be provided***

*Please bring your favorite board games, friendship bracelet kits,  
or any indoor sporting equipment to use in the gym.*

*One basketball hoop will be down to utilize.*

*Pizza will be served right at 6:30 pm so that gives us plenty of time  
to hang out and enjoy each other's company.*

*Please look for more specific details on Remind  
under your child's youth group.*



# DANCE PRACTICE SCHEDULE



**THIS IS FOR:**

**JOY- ELEMENTARY GROUP**

**JR. GOYA- MIDDLE SCHOOL GROUP**

**GOYA- HIGH SCHOOL GROUP**

**PRACTICES WILL BE HELD  
AFTER SUNDAY SCHOOL ON SUNDAYS  
STARTING IN JANUARY**

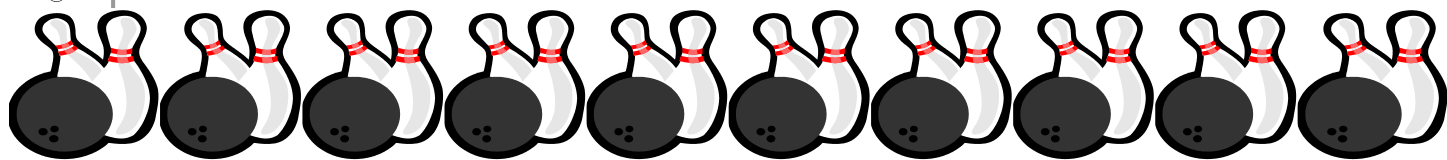
**THESE ARE NOT MANDATORY PRACTICES,  
WE JUST THOUGHT TO GET THE KIDS TOGETHER  
TO PRACTICE FOR THE YOUTH DANCE  
THAT WILL BE HELD ON FEBRUARY 10TH**

**PRACTICES WILL TAKE PLACE  
IN THE LOWER HALL AFTER SUNDAY SCHOOL**



**JANUARY 7TH  
JANUARY 14TH  
JANUARY 21ST  
JANUARY 28TH**





# ***FAMILY BOWLING PARTY***

***Saturday—January 27th  
1:00 pm to 3:00 pm***

***PLEASE JOIN US FOR THIS  
ALL YOUTH EVENT***

***AT***

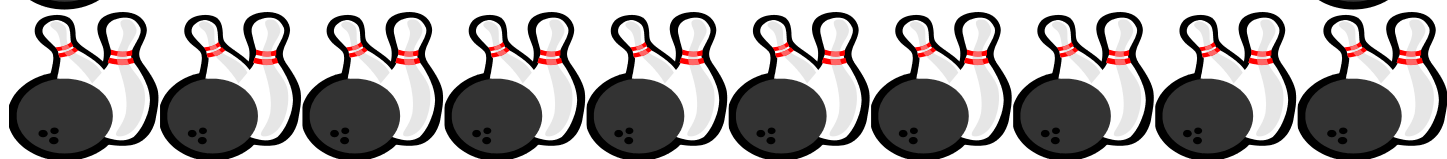
***GREEN LAKE LANES  
7930 East Genesee Street  
Fayetteville, New York 13066***

*Please let our Youth Advisors know if you will be attending:*

*JOY—Crystal Swanson &  
Elaine Imbesi*

*JR. GOYA—Dina Ioannidis &  
Marianna Politis-Tacea*

*GOYA—Maria Sophia Vigliotti*





# Thank You

A sincere thank you to all those that donated cookies to the Annual Community Christmas Cookie Drive. The cookies were given to those in need at the Soup Kitchen of the Samaritan Center and the Salvation Army Women's and Children's Center and were greatly appreciated. Thank you for your generosity!



# CHOIR



We welcome everyone to join our Choir

Check the Church Calendar for upcoming Choir Practices



# STEWARDSHIP MESSAGE

Dear Parishioners,  
Please submit your 2024 pledge as soon as you can.  
Many thanks to all our stewards.

Yours in Christ,  
*Peter Manolakos*  
Parish Council President



## 2024 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 2024 a total amount of \$ \_\_\_\_\_

If you are interested in paying by Credit/Debit Card do so Online via the Church website [stsophias.org](http://stsophias.org)

Please Print:

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email Address \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

**THE COMPLETION OF THIS CARD IS A REQUIREMENT TO BE A MEMBER IN GOOD STANDING**



|                | %    | FLUSH | %   |     |      |
|----------------|------|-------|-----|-----|------|
| SINGLES        | 360  | 248   | 26  | 28  | 286  |
| 2-GRAVE        | 425  | 678   | 54  | 128 | 255  |
| 3-GRAVE        | 15   | 28    | -   | -   | 21   |
| 4-GRAVE        | 15   | 18    | -   | -   | 52   |
|                | 11   | -     | -   | -   | 65   |
|                | 1336 | 2072  | 180 | 122 | 2342 |
| CEREMONY PLOTS | 50   | 100%  | 10  | 12  | 18   |
|                | -    | -     | 6   | 5%  | 6    |
| 2-GRAVE        | 112  | 45%   | -   | -   | 224  |
|                | 112  | 46%   | 6   | 4%  | 230  |

MAIN AREA  
GREEK ORTHODOX



**SECTION 86  
ST. MARY'S CEMETERY  
Dewitt, New York**

## St. Sophia's Website & Mailing List

Visit St. Sophia's website [www.stsophias.org](http://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.





## 2024 Parish Calendars

The 2024 Parish Calendars are now available at the Candle Stand in the Narthex

Have a Happy and Prosperous 2024!

## Year 2024 Offering Envelopes

The Year 2024 Offering Envelopes are now available at the Candle Stand in the Narthex.

## House Blessings

It is the tradition of our Church to have our homes blessed each January. If you would like to have your home blessed, after Epiphany services in January, please call the Church office and leave your name and telephone number. Father David will call you back to set up an appointment

## Shut-In & Hospital Visitations

If you know of anyone that is unable to attend Church due to sickness or infirmity please call the Church office to schedule home visitations for these parishioners. Father David is regularly making visitations and these parishioners will be visited and will be able to receive Communion.

Again, please tell Father David everyone that you know of who is a shut-in or who is in the hospital. The Church is the first place that you should call!

## 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 we offer them some kind of help, so that they can see a ray of hope in their situation.

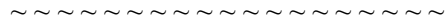
Please consider making a donation to the Discretionary Fund. God bless you for your participation in this important outreach.

Thank you!  
Father David

# WISDOM

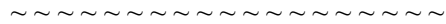
When we teach our children to be good, to be gentle, and to be forgiving—all attributes of God; to be generous, to love their neighbor, to regard this present age as nothing, we instill virtue in their souls, and reveal the image of God within them. This then is our task: to educate both ourselves and our children in godliness; otherwise what answer will we have before Christ's judgment seat? ... Let us be greatly concerned for our wives and our children and for ourselves as well. The good God Himself will bring this work to perfection, so that all of us may be counted worthy of the blessings He has promised.

*St. John Chrysostom*



Every Christian family ought to be as it were a little Church consecrated to Christ, and wholly influenced and governed by His rule.

*St. John Chrysostom*



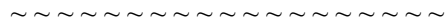
The human family constitutes the primary and essential element of human society ... Peace in society will be a direct result of peace in the family.

*St. John Chrysostom*



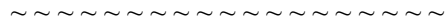
When you go home from Church, lay out with your meal a spiritual meal as well ... In short, the household might become a Church, so that the devil is driven off and the evil spirit, the enemy of our salvation, takes to flight; the grace of the Holy Spirit would rest there instead, and all peace and harmony surround the inhabitants.

*St. John Chrysostom*



When the intellect forgets the purpose of a religious observance, the outward practice of virtue loses its value. For whatever is done indiscriminately and without purpose is not only of no benefit—even though good in itself—but actually does harm

*St. John of Damascus*



And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.

*Deuteronomy 6:6-7*





# Syracuse AHEPA Chapter 37 News

We hope that your holiday celebrations were wonderful and pray that you have a happy, healthy New Year.

We had a successful Initiation Event on December 16th, 2023. We welcome our new members and reinstated past members to our chapter.

We had a successful Toys for Tots campaign spearheaded by Vice President George Nardone.

Our next chapter meeting will be on January 23, 2024 at 6pm, it will be a hybrid meeting.

Upcoming highlights for 2024 will be the flag raising at City Hall on March 25, 2024 for Greek Independence Day. AHEPA Day on the third Sunday of May. Memorial Day flag placement to honor Veterans at the cemetery and the 100th anniversary celebration of AHEPA Chapter 37 on October 26, 2024

James Telonis, MD, President  
Syracuse AHEPA Chapter #37





## Syracuse AHEPA Chapter 37

### The Jewels of St. Sophia's

Eligmos is a beautiful village on the southern coast of the Sea of Marmara in northwestern Turkey but if you try to find it on Google maps you won't succeed because it's now called Kursunlu Cumhuriyet. The village is located on the southwest coast of the Gulf of Gemlik within the sea, 12 km east of Mudanya in the district of Bursa. The Ottomans named the town Kursunlu because the dome of the village church was coated with lead (kurun kapli in Turkish). In the middle of the 19th century approximately 200 families lived in Eligmos, about thirty of them Ottoman, and the rest primarily Greek.

The Byzantine monastery of Saint Averkios was in Eligmos. Built in the 12th century it was named after Bishop Averkios of Hierapolis in Phrygia. He lived a holy life and preached in Phrygia, Syria and Mesopotamia. He performed many miracles and is considered "equal to the apostles". He reposed in 167AD and his Feast Day is celebrated on October 22. Many miracles have occurred at his burial site. The monastery frescoes have almost disappeared today but traces of them remain on the vaults and windows of the arches. This is a sad reminder of the historical Greek presence in Eligmos. After the Greco-Turkish war of 1919-1922 and the Armistice of Mudanya between Turkey and the Allied powers a resulting population exchange occurred between Greece and Turkey. Many Greek families were displaced from their homes and moved to other countries.

Eligmos was a beautiful little village predominantly occupied by Greek families who made their living by fishing, making olive oil and silk production. The children participated in the silkworm industry by keeping the eggs warm on their chests while lying down to rest. It was imperative that the eggs remain between 75-85 degrees to hatch into larvae. As each larva spun its silken web it would consist of up to 3,000 feet of silk.

In the early 1900's many young men went abroad to avoid being drafted into the Ottoman military. The population of Greeks in the village continued to decline following the Turkish exchange of 1922 as the Turks did not treat the people kindly after the war. The idyllic life of the village had greatly changed during this period, thus four young adults left their beloved village for a better and safer life abroad. They traveled first to Europe and eventually took the treacherous journey by boat to their new homes in America.

Stavros "Steve" Sakezles and Smaro "Jenny" Mihou knew each other from the village but arrived separately in Syracuse. He arrived through Ellis Island on March 14, 1910 as a 24 year old. Smaro also arrived via Ellis Island as a 20 year old in 1911. She was very accomplished having been the only girl in her village who learned to swim and the first Greek woman in Syracuse who learned how to drive. They were married on November 14, 1920 in Akron Ohio. Thus on September 17, 1922 James "Jim" Sakezles was born. Jim was drafted out of Clarkson College and served with honor in the 336 Engineer Combat Demolition Battalion of the 9th Army and was involved in the Normandy Campaign on D-Day, the Northern France Campaign, the Rhineland Campaign and the Central Europe Campaign. His platoon liberated the Gardelegen Concentration Camp where he saw first hand the atrocities conducted by the Nazis.

*Continued on Page 10*

## Syracuse AHEPA Chapter 37

### The Jewels of St. Sophia's

*Continued from Page 9*

From the same small village in Turkey and in order to avoid conscription into the Ottoman military, Vasilios Hatzi Efrastiou emigrated to Syracuse in 1910. At Ellis island his name was changed to Bill Williams. In 1924 he married Efrancia "Fanny" Diamondakis and from this union Mary Williams was born on March 16, 1925.

Both families attended church at St. Sophia's at the Montgomery Street site where the Syracuse War Memorial stands today. After the war, St. Sophia's became the center of religious, social and cultural events for the Greek Americans in Central New York. The bond of their Greek Nationality aided their assimilation in America and their faith kept families close. Get-togethers at each other's homes were very common, primarily to celebrate Feast days and other special occasions.



*Continued on Page 11*



## Syracuse AHEPA Chapter 37

### The Jewels of St. Sophia's

*Continued from Page 10*

Jim and Mary attended one of these family get-togethers at the home of the Skoliades family and it is there that their love story began. According to both Jim and Mary it was love at first sight. Mary worked at the Carrier Corp on Geddes Street and Jim worked for his family's grocery store, a job he started at the age of 13. Jim's job allowed him access to the family car and he took advantage of this luxury when after doing some detective work he realized that Mary took the bus to work each day. He readily offered Mary a ride to work as often as possible, a gesture that Mary accepted. After a couple of weeks and with the blessing of their families, Jim and Mary went on their first real date to a dance in Sylvan Beach. Jim must have been an impressive dancer that night because after just a few months they were married at St. Sophia's Greek Orthodox church.

On April 20, 1947 as the bride, groom and all their loved ones anticipated the great event at church that day, everyone realized that a very important person was missing, the priest! Fr. Lambros Vakalakis was fairly new to the area, and having taken the wrong bus was lost somewhere in North Syracuse desperately looking for St. Sophias. An altar boy was sent out looking for him and he was eventually brought to perform the blessed sacrament. Jim and Mary's honeymoon plans did not go smoothly either as their car broke down on the way to The Thousand Islands Region. They returned to Syracuse and took the train to New York City instead. A special memory from the trip was a visit to Dempey's Bar where they were both amazed at their first sight of a television! They cut their honeymoon short to return to Syracuse for the wedding of another iconic St. Sophia's couple, Harry and Ann Tzivani!

Following their wedding Mary quit her job at Carrier to help Jim with the family grocery business. The business relocated several times from Otisco Street to Kennedy Street and finally to Delaware Street. Jim retired for a short time after selling the Onondaga Circle Market but quickly returned to work for Tops in Valley Plaza.

Being busy running a family business and raising their children did not deter Jim and Mary from being active members of the St. Sophia's community. Jim served the Parish council for over thirty years and remains a lifetime honorary member. He was president of the Parish council from 1989-1990 Mary became a lifelong member of Philoptochos. They were involved with the Greek festival from its inception and volunteered for many church fundraisers over the years. Their love for our church is absolute and they have felt honored to be stewards of the church. In return for their lifelong dedication to the church they were honored by the Pan-Macedonian Association in 2007 and in 2015 Jim received a Testimonial of Appreciation by Metropolitan Nicholas of Detroit.

In 2022 Jim and Mary celebrated their 75th wedding anniversary surrounded by the people who love them including their children Lula, Effie and Bill, five grandchildren, ten great grandchildren and the St. Sophia's community. Their commitment to one another and their exemplary participation in the life of St. Sophias has earned them the respect and love of all who know them. We look to them as shining examples of humble God fearing servants living a life dedicated to family and church. May God continue to bless them and their loved ones.



# Syracuse AHEPA Chapter 37

AHEPA Syracuse Chapter 37 will never forget those remarkable brothers and parishioners for their service to our chapter, to our parish and to the greater Syracuse Area.

From the AHEPA National Convention Book August 15<sup>th</sup> to 21<sup>st</sup> 1937 held in Syracuse, NY



Standing, Left to Right: D. K. Vlassapulos, Governor; D. Stameris, Sentinel; P. Photopoulos, Warden; Sam Kay, Governor; V. Scholiadis, Captain of the Guard; P. Vlassapulos, Sentinel.  
Seated, Left to Right: Leo Collis, Secretary; C. DeSerras, Vice-President; Daniel Pananicles, President; H. Conostas, Treasurer; S. Vassiliadis, Chaplain.

- Daniel Pananicles.....President
- Charles DeSerras.....Vice-President
- Leo Collis.....Secretary
- Harry N. Conostas.....Treasurer

### BOARD OF GOVERNORS

Dennis K Vlassapulos, Peter Brown, Sam Kyriakos, Stephen Vassiliadis

### APPOINTED OFFICERS

- Peter Kambas.....Captain of the Guard
- Peter Photopoulos.....Warden
- Stephen Vassiliadis.....Chaplain
- Michael Geiss, Dennis Stameris, Peter Vlassapulos.....Sentinels

By Mike Labatos, Chairman; AHEPA Syracuse Chapter 37; 100<sup>th</sup> Anniversary Committee and Lt. Governor Empire State District 6

## PHILOPTOCHOS NEWS

Join us on:  
Saturday, January 13, 2024  
11:00 am – 3:00 pm  
at The Bistro 1926 at Drumlins

### Philoptochos Luncheon & Sunshine Committee Introduction

Check out this months' NEPSIS for more information on how to make a reservation.

#### Sunshine Committee

Support the members of our community who are not mobile, unable to commute to church and attend our church services and community events. ***Share your gift of service to bring love and light to our church members in need.***

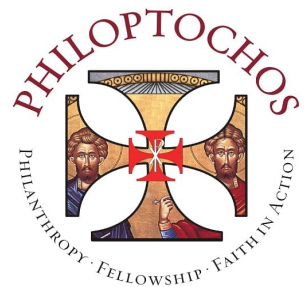
Instead of a Gift Exchange,

Consider a Donation of Greeting Cards to support the Sunshine Committee and its outreach efforts. To learn more about how you can get involved in the Sunshine Committee, reach out to one of the Philoptochos Officers.

Interested in learning more? Sunshine Committee Contacts: Ellen Tartakoff and Vicky Speno - OR

**Reach** out to any one of the Board Officers listed below to learn how you can engage your time, effort and gifts to serve our community.

|                                    |                     |
|------------------------------------|---------------------|
| President:                         | Theone Kalkinis     |
| Vice-President (1 <sup>st</sup> ): | Vickie Mihou        |
| Vice President (2 <sup>nd</sup> ): | Patty Donahue-Carey |
| Treasurer:                         | Tina Carkey         |
| Assistant Treasurer:               | Frieda Meskos       |
| Secretary (Corr):                  | Cara Potamianos     |
| Secretary (Rec):                   | Chryssanthi Intze   |



Please join us on Saturday, January 13, 2024 to learn more.

With the Spirit of Philanthropy,  
Theone Kalkinis  
Philoptochos President

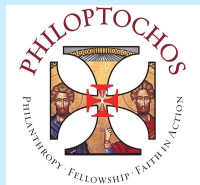


**SATURDAY, JANUARY 13, 2024**

**11:00 AM – 3:00 PM**

**\$25/PERSON**

*(Cash or Check made payable to Philoptochos)*



## ***PHILOPTOCHOS LUNCHEON***

**BISTRO 1926 @ DRUMLINS  
800 NOTTINGHAM RD**

**JOIN US IN WELCOMING NEW MEMBERSHIP  
AND FORMAL MEETING**

**Instead of a Gift Exchange,  
Consider a Donation of Greeting Cards to support  
the Sunshine Committee and its outreach efforts**

**To learn more about how you can get involved  
in the Sunshine Committee,  
reach out to one of the Philoptochos Officers**

**RSVP by 1/6/2024**

**After church services reservation table OR  
CARA POTAMIANOS (315) 430-1907  
STAVROULA KIPOROPOULOS (315) 708-5003**



## PHILOPTOCHOS COFFEE HOURS

*Philoptochos Coffee Hours began again on September 10, 2023. 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 provides and serves the coffee, milk, sugar and juice. Parishioner provides pastries.*

### \$150.00 Fee

*Philoptochos provides and serves the pastries, coffee, milk, sugar, juice.*

*There will be no sponsored Coffee Hour on Stewardship Sunday, Godparents Sunday and Cheesefare Sunday.*

*Just a reminder..... Please note that there will be no sponsored Coffee Hours during the Summer months of June, July and August.*

*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. Please call Vivian Alexander, Coordinator Coffee Server at (315) 673-2880 or (315) 430-6162.*



## January 2024 Volunteers To Serve Coffee Hour



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

January 7, 2024

*Artemis Voudouris  
Sophia Wales*

January 14, 2024

*Diane Peters  
Alik Anastasiou*

January 21, 2024

*Chrisoula Anastasiou  
Katina Baikos*

January 28, 2024

*Eleni Dimanidis  
Vasiliki Eloveris*

*~ Also, first two weeks of February 2024 ~*

February 4, 2024

*Constantina Georgiadis  
Roda Giaprakis*

February 11, 2024

*Artemis Gilbert  
Heppi Vastakis*

~~~~~

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

All are welcome.



January 2024 Memorials Eternal Be Their Memory

January 7, 2024

- Memorial Service for Christos Dimkos (1 Year)
- Memorial Service for Alexis Catherine Joseph (1 Year)



January 14, 2024

- Memorial Service for Michel Mantzakos (40 Days)
- Memorial Service for Paschalina Tomkos (40 Days)
- Memorial Service for Evangelos Nakis (1 Year)
- Memorial Service for Alexander Mantzakos (13 Years)
- Trisagion Prayer for Vangel Sterio (6 Years)
- Trisagion Prayer for George Potamianos (26 Years)



January 21, 2024

- None Scheduled



January 28, 2024

- None Scheduled



At St. Sophia's, we sing after the Divine Liturgy:



Σὲ ὑμνοῦ, σὲ ὑμνοῦμεν, σὲ εὐλογοῦ,
εὐλογοῦμεν, σοὶ εὐχαριστοῦμεν, Κύριε,
καὶ δεόμεθά σου, ὁ Θεὸς ἡμῶν!

(Se im-nu, se im-numen, se evlogu,
evlogumen, see evharistoumen, Kyrie!
Keh deometha sou, O Theos eemon!)

*(We hymn you, we bless you,
we give thanks to you, Lord,
and we pray to you, O our God!)*

January 2024 Coffee Hours



January 7, 2024

In Memory of
Christos Dimkos
Given by the Family

January 14, 2024

In Memory of
Evangelos Nakis
Given by the Family

November 2023 Sacramental Registry

Baptisms
Elijah (Elijah Edwin Branca)

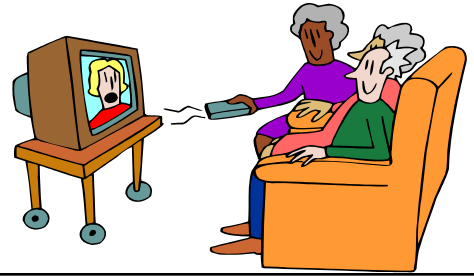
Funerals
**Fani Kousmanidis
Paschalina Tomkos**



January 2024

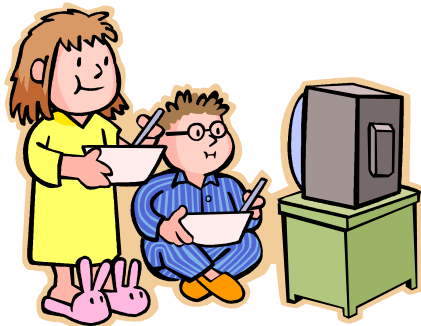
Program Schedule For Cable Television

All Programs Air on Spectrum (Time Warner) Cable Chanel 98
in Onondaga County



Sunday Programs at 7:00 pm
“Tradition Today”
 On Fox 68 WSYT
The series has ended
(On Spectrum channel 98)

- January 7, 2024— The History of the Jesus Prayer
- January 14, 2024—The Parts of the Jesus Prayer
- January 21, 2024—Writers on the Jesus Prayer
- January 28, 2024—The Context of the Jesus Prayer



Monday Programs at 7:00 pm

*Fr. David’s “The Inner Way”
series airs every Monday*

- January 1, 2024—Unseen Warfare, Chapter 28
- January 8, 2024—Unseen Warfare,
Chapters 29, 30, 31
- January 15, 2024—Unseen Warfare, Chapter 32
- January 22, 2024—Unseen Warfare, Chapter 33
- January 29, 2024—Unseen Warfare, Chapter 34

~~~~~

**Family Classic TV**

Sponsored by  
St. Sophia’s Greek Orthodox Church

Sundays at 5:00 pm  
The Cisco Kid with Duncan Renaldo & Leo Carrillo  
(2 episodes)  
**PLEASE NOTE NEW TIME**

Sundays at 6:00 pm  
Sir Lancelot with William Russell

Sundays at 6:30 pm  
The Adventures of Robin Hood with Richard Greene

Thursdays at 8:30 pm  
Sherlock Holmes with Ronald Howard

Fridays at 8:00 pm  
Jim Bowie with Scott Forbes

**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](http://frdavidsmith.com)*

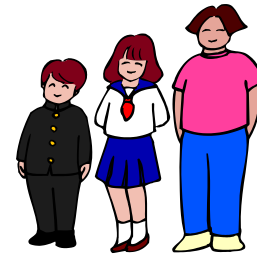




# 2024 Youth Calendar for Sunday School

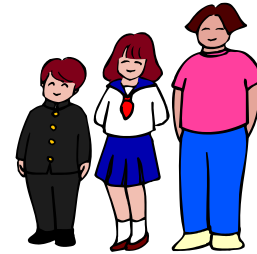
## Jan 2024

- Jan 7—Stay in Church: Blessing of Waters
- Jan 14—Teaching in Classrooms
- Jan 21—Teaching in Classrooms
- Jan 28—Children’s Sermon: All Classes in Church



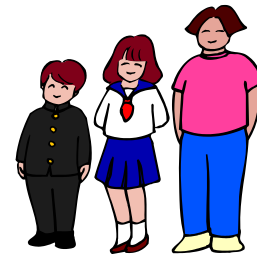
## Feb 2024

- Feb 4—Teaching in Classrooms
- Feb 11—Teaching in Classrooms
- Feb 18—No Sunday School
- Feb 25—No Sunday School



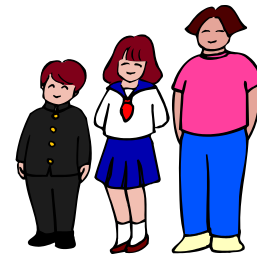
## March 2024

- Mar 3—Carnivale Group Sunday School
- Mar 10—Teaching in Classrooms
- Mar 17—Teaching in Classrooms
- Mar 24—Sunday of Orthodoxy Procession
- Mar 31—No Sunday School



## April 2024

- Apr 7—Cross Sunday: Children’s Sermon in Church
- Apr 14—Teaching in Classrooms
- Apr 21—No Sunday School
- Apr 28—Palm Sunday



## May 2024

- May 5—Pascha
- May 12—Mother’s Day
- May 19—Sunday School Graduation
- May 26—No Sunday School



# 2024 Youth Calendar for GOYA & JR GOYA

## Jan 2024

Jan 12 to 13—Lock In, Meeting at 5:30 pm followed by 6:00 pm Family Night, Board Games, Slime, Pizza and a Movie

## Feb 2024

Feb 10—All Youth Dance in Gym 6:00 pm to 9:00 pm  
Feb 11—Souper Bowl Sunday

## March 2024

Mar 10—Meeting at 12:30 pm  
Mar 24—Greek Independence Day Performance

## April 2024


Apr 6—Koulourakia Cooking Class 10:00 am to Noon  
Apr 27—Palm Folding: Open to all young people

## May 2024



May 19—Reception & Last Meeting



# St. Sophia Greek Orthodox Church—January 2024

| Sun                                                                                                                             | Mon                                                                                                                                               | Tue                                                                                                                         | Wed                                                                                                                                                | Thu                                                                                        | Fri                                                                                                            | Sat                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                 | 1<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. BASIL<br> | 2<br>10:00 AM BIBLE STUDY                                                                                                   | 3<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                                                     | 4<br>6:00 PM CHOIR REHEARSAL                                                               | 5<br><u>EVE OF EPIPHANY</u><br>9:00 AM ROYAL HOURS<br>6:00 PM<br>THEOPHANY<br>VESPERAL LITURGY<br>(IN ENGLISH) | 6<br><u>HOLY EPIPHANY</u><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>(IN GREEK)<br>5:00 PM GREAT VESPERS       |
| 7<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SYNAXIS OF<br>JOHN THE BAPTIST<br><b>VASILOPITA SUNDAY</b><br>DANCE PRACTICE | 8<br>5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101                                                                                       | 9<br>10:00 AM BIBLE STUDY                                                                                                   | 10<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                                                    | 11<br>6:00 PM CHOIR REHEARSAL                                                              | 12<br>6:00 PM<br>YOUTH FAMILY NIGHT<br>& LOCK IN                                                               | 13<br><b>PHILOPTOCHOS<br/>LUNCHEON</b><br>BISTRO 1926 @ DRUMLINS<br>5:00 PM GREAT VESPERS<br>6:00 PM YAL ICE SKATING |
| 14<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LEAVETAKING OF<br>THE THEOPHANY<br>DANCE PRACTICE                           | 15<br>5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101                                                                                      | 16<br>10:00 AM BIBLE STUDY                                                                                                  | 17<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. ANTHONY<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY<br>8:00 PM<br>SYRACUSE UNIVERSITY OCF | 18<br>6:00 PM CHOIR REHEARSAL                                                              | 19<br>5:00 PM GREAT VESPERS                                                                                    | 20<br>5:00 PM GREAT VESPERS                                                                                          |
| 21<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>12TH SUNDAY OF LUKE<br>DANCE PRACTICE                                       | 22<br>5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101                                                                                      | 23<br>10:00 AM BIBLE STUDY<br>6:00 PM AHEPA MEETING<br>(HYBRID MEETING)                                                     | 24<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                                                    | 25<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. GREGORY<br>6:00 PM CHOIR REHEARSAL | 26<br>5:00 PM GREAT VESPERS                                                                                    | 27<br><b>ALL YOUTH EVENT AT<br/>GREEN LAKES BOWLING</b><br>1:00 PM TO 3:00 PM<br>5:00 PM GREAT VESPERS               |
| 28<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>15TH SUNDAY OF LUKE<br>DANCE PRACTICE                                       | 29<br>5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101                                                                                      | 30<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SYNAXIS OF<br>THE THREE HIERARCHS<br>4:30 PM YOUTH COMMITTEE<br>MEETING | 31<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                                                    |                                                                                            |                                                                                                                |                                                                                                                      |

# St. Sophia Greek Orthodox Church—February 2024

| Sun                                                                                | Mon                                                    | Tue                                                                   | Wed                                                                                                                             | Thu                     | Fri                                                                                                                                                                          | Sat                                                                                                                   |
|------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
|                                                                                    |                                                        |                                                                       |                                                                                                                                 | 1                       | 2                                                                                                                                                                            | 3                                                                                                                     |
|                                                                                    |                                                        |                                                                       |                                                                                                                                 | 6:00 PM CHOIR REHEARSAL | 9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>PRESENTATION OF CHRIST<br>IN THE TEMPLE<br> | 5:00 PM GREAT VESPERS                                                                                                 |
| 4                                                                                  | 5                                                      | 6                                                                     | 7                                                                                                                               | 8                       | 9                                                                                                                                                                            | 10                                                                                                                    |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>15TH SUNDAY<br>OF MATTHEW            | 5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101 | 10:00 AM BIBLE STUDY                                                  | 6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                                       | 6:00 PM CHOIR REHEARSAL |                                                                                                                                                                              | 5:00 PM GREAT VESPERS<br><br><b>6:00 PM<br/>ALL YOUTH GROUPS<br/>DANCE</b>                                            |
| 11                                                                                 | 12                                                     | 13                                                                    | 14                                                                                                                              | 15                      | 16                                                                                                                                                                           | 17                                                                                                                    |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>16TH SUNDAY<br>OF MATTHEW            | 5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101 | 10:00 AM BIBLE STUDY                                                  | <br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY | 6:00 PM CHOIR REHEARSAL |                                                                                                                                                                              | 5:00 PM GREAT VESPERS                                                                                                 |
| 18                                                                                 | 19                                                     | 20                                                                    | 21                                                                                                                              | 22                      | 23                                                                                                                                                                           | 24                                                                                                                    |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE CANAANITE           | 5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101 | 10:00 AM BIBLE STUDY<br><br>6:00 PM AHEPA MEETING                     | 6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                                       | 6:00 PM CHOIR REHEARSAL |                                                                                                                                                                              | 9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FINDING OF THE HEAD<br>OF JOHN THE BAPTIST<br><br>5:00 PM GREAT VESPERS |
| 25                                                                                 | 26                                                     | 27                                                                    | 28                                                                                                                              | 29                      |                                                                                                                                                                              |                                                                                                                       |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>PUBLICAN & PHARISEE | 5:30 PM<br>JESUS PRAYER GROUP<br>6:30 PM ORTHODOXY 101 | <i><u>Fr. David out of town<br/>for Metropolis Clergy Meeting</u></i> |                                                                                                                                 | 6:00 PM CHOIR REHEARSAL |                                                                                                                                                                              |                                                                                                                       |