

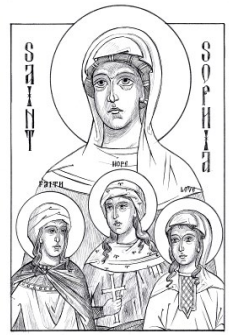


NEPSIS

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



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

One of the challenges I've had in my spiritual life was the "disconnect" between my life in the church and my life outside the church. When I was working at a secular job, it was almost as if I lived in two different worlds. In church, I felt: alive, loved, secure, and peaceful. As soon as Monday morning came, I felt none of those things, especially not peaceful. Every day during the week, I had to prove myself - and jump, jump, jump to keep things running smoothly. And generate income.

Years ago, I would read the scriptures and pray in order to keep my spirit strong. Now we have the internet (for the reading part - of course, we can't use the internet to pray) to help us. Each day, the internet helps us keep up with the readings, the saints, and the calendar. There are blogs and podcasts where we can find edifying Orthodox reflections. We exchange e-mails with our friends, and encourage one another in the faith.

This is why one of my first efforts here at St. Sophia's was the re-vamping of the website. For the church to keep current on new ways of communicating is no longer an option. When I ask grandmothers and grandfathers for their e-mail addresses, most (not all, but most) have one. They want to keep in touch with far-flung families through the internet. They want to be able to look up answers to questions without a trip to the library.

I ask you in this newsletter to take a look at the website to see the beginnings of our icon page. More will be added as time goes on. But that's only a part of what's available - there are many resources on the website that will keep you connected to your faith every single day.

There are some who dislike new technology. That's fine! The "old" technology of printed newsletters, the mailman walking through the neighborhood, telephone calls, and the occasional "stop by for a cup of coffee" - these are not going to go away. But the new technology opens new possibilities. When my daughter was regularly attending summer camp, she would keep in contact with the friends she made literally every day. Every day! What would it have been for me, when I was a teenager, to have a friend living in Boston who I called ever day? My parents would have gotten a thousand-dollar phone bill and sold me to gypsies to pay for it!

Our website is a ministry of the church which is designed to assist you in your spiritual life. On our site, you can find the calendar, the sermon for the week, photos, and critical announcements. We offer a link to the Metropolis newsletter, The Shepherd's Staff, and to other helpful sites.

There is no reason for you to feel like you walk out of the church into a cold and unpredictable world with no support. The support is there, in the ["stsophias.org"](http://stsophias.org) website. Decide today to take advantage of it!

Your affectionate servant,
Father David

**JULY & AUGUST
2023**

**2023
Parish Council**

*Peter Manolacos
President*

*Thomas Anthis Jr.
Vice President*

*Christopher Shiomos, OD
Secretary*

*Michael Copanas
Treasurer*

*Robert Allen
Joy Weatherup Anthis
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone
John Potamianos
Jeanette Capousis Vigliotti*

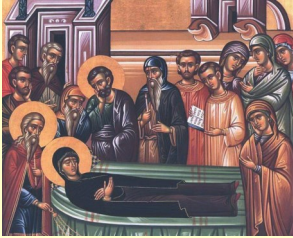
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*Honorary  
Board Member  
James Sakezles*



**VISIT THE  
PARISH  
WEBSITE**  
[stsophias.org](http://stsophias.org)



# **IMPORTANT DATES** **JULY & AUGUST 2023** **CHURCH CALENDAR**



## **ST. ANNA**

*Tuesday, July 25*

*9:00 am Orthros ~ 10:00 am Divine Liturgy*



## **ST. PARASKEVI**

*Wednesday, July 26*

*9:00 am Orthros ~ 10:00 am Divine Liturgy*



## **TRANSFIGURATION OF JESUS CHRIST**

*Sunday, August 6*

*9:00 am Orthros ~ 10:00 am Divine Liturgy*



## **DORMITION OF THE THEOTOKOS**

*Tuesday, August 15*

*9:00 am Orthros ~ 10:00 am Divine Liturgy*



## **BEHEADING OF JOHN THE BAPTIST**

*Tuesday, August 29*

*9:00 am Orthros ~ 10:00 am Divine Liturgy*



# PRESIDENT'S MESSAGE

Dear Parish,

As we get closer to the days of the festival many of us pray for goldilocks weather. That is to say we want the temperature to be, not too hot, not too cold, but just right. And , of course, no rain please. The forecast looked good, eh. The eh is for the Canadians  
Whoever would have thought that smoke from their forest fires would blanket many northern US states, causing a potential health hazard and threat to our festival.

While the smoke on Tuesday and Wednesday was a bit thick, it dissipated by Thursday morning. We were set to go. The volunteers, the members of St Sophia's church and many friends of our community, stepped up and did it all again. Preliminary gross receipts set a new record. This year it looks like we grossed \$435,000 plus versus \$414,000 in 2022. Obviously we need to wait a bit for the bottom line, but I anticipate that 2023 will exceed 2022.

We sell for 23 hours, But planning starts in January, baking in February/March. Pita and pastry all labor intensive products are made by our great volunteers in March through May. Yes we sell for 23 hours. And the operation, once again, ran pretty smoothly. Our veteran volunteers know what to do and our new volunteers learned very quickly.

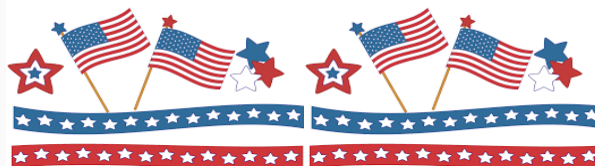
All of you who did volunteer should feel that your time working for the festival was well spent. The profit from this massive event is absolutely crucial to the financial health of our church. So thank you, thank you, thank you all who made the 2023 Festival, the 50th Anniversary Festival, such a great success.

On September 16 we are going to have a Panigyri to celebrate St Sophia and her Daughters whose commemorative liturgy will occur on September 17. Weather permitting, we will hold it outdoors at the front of the church. We will be looking for help so keep your eye out for announcements in the Nepsis and the weekly bulletin. Everyone who came to our last Panigyri had a great time. So plan to come and enjoy the marking of the end of summer and the beginning of the fall season.

After Liturgy on August 6, the feast day of the Transfiguration, we will hold our parish festival review meeting. Parishioners will have an opportunity to make suggestions regarding festival operations and activities. Past festival review meetings have been productive and I believe this one will be so as well.

On behalf of the Parish Council I wish everyone a safe and happy 4th of July.

Yours in Christ,  
**Peter Manolakos**  
Parish Council President





# St. Sophia's Section at St. Mary's Cemetery

Dear Parishioners,

St. Mary's Cemetery has contacted me to say that all drainage work has been done on the section they have set aside for St. Sophia's. Paving has been completed all around the section, landscaping is completed, and the places for the graves marked.

On the map, our section is in the lower right. The graves in our section are tipped so that they face exactly east.

I'm thankful to those who have already contacted the cemetery to express interest in purchasing graves. Now - we're ready to move forward.

If you're interested, please call 315-446-2649 and ask for Monica or Nancy.

Father David





## Icon Commemoration Book

*Dear Parishioners,*

*We are finally starting to get the icon commemoration book underway! Again, I thank everyone who supported the iconography project at St. Sophia's.*

*The first step was to get the photos of the icons onto the website. That has been (mostly) finished. A top line menu category has been added titled "Our Icons."*

*The second step is for those who sponsored icons: please go onto the website, "[stsophias.org](http://stsophias.org)" and find the icon you sponsored. Hover your clicker over the photo. You'll see the apolytikion of the saint and the donor name (s) appear. Check to see if it says what you want it to say, and contact Fr. David if there are any corrections.*

*Father David*





# 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.

## 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](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**





# CHOIR



*We welcome everyone to join our Choir*

*Check the Church Calendar for upcoming Choir Practices*



## AHEPA SYRACUSE CHAPTER 37

The life of organizations is the membership and in order to grow, we rely on increasing the membership. As I approach new prospective members, I get two questions: What is the name "AHEPA" mean and what it does? How can I become a member? The answer is: AHEPA stands for American Hellenic Educational Progressive Association. The "P" for progressive does not represent a political view, rather it was chosen for the advancement of Greek immigrants to the society of this wonderful country, U.S.A.. Anyone can become a member as long as they share the values of AHEPA.

In our local AHEPA chapter you will find members of a variety walk of life; financial advisors, doctors, home remodeling contractors, real estate brokers, judge(s), politicians(s), U.S. and Greek veterans, clergy, retired restaurateurs, accounting, nursing, teachers, corporate district managers and basically all walks of life. We are proud having three college students and two vocational school students in our membership.

Minimum age for our AHEPA chapter is 18 years young, but any young student when reaching the age of 14 can be an honorary member until they become 18. The membership fee of \$65.00 is paid by the chapter for youth of 14 years young and as long as they attend college. Youth that have a parent or grandparent as a member of our local AHEPA chapter may be eligible to apply for our annual scholarship.

Join our chapter and help us to celebrate our 100 years Anniversary in 2024.

Wishing you a wonderful summer.

Michael Labatos, President





## THE LAST FREE MESSAGE

It was Sunday, April 27, 1941 when Athens Radio Station host Konstantinos Stavropoulos broadcast his "Last Free Message". His powerful voice did not exhibit fear or desperation and he spoke his words to a demoralized nation. "Attention! The Athens Radio station will no longer be Greek after a while. It will be German and will be broadcasting lies! Greeks! Do not listen to it. Our war continues and will continue until the final victory! LONG LIVE THE NATION OF THE GREEKS!" This was followed by the National Anthem. Then silence. His words told the Allies what was happening; Freedom was to be taken from the people who brought it to the world.

The Germans entered the city and drove straight to the Acropolis raising the Nazi swastika flag as a sign of victory. The *Evzone* guarding the Greek flag was Konstantinos Koukidis who was ordered to take it down. He removed the flag, refused to surrender it to the enemy, wrapped himself with it, and jumped to his death off the Acropolis. It took another month for the German invaders to overtake the rest of Greece and by May 30th they had accomplished their goal. The Italian and Nazi invasion was complete.

The German sentinels guarding the Acropolis were celebrating the fall of Crete at the *Propylaia* when two young students from the Greek business school in Athens decided to do the unthinkable. Around 9:30 pm, without consideration for their lives and armed with a lantern and a small knife, Manolis (Manos) Glezos and Apostolos (Lakis) Santas climbed towards the Acropolis via the *Pandroseion* Sanctuary cave, up the archeological scaffolding on the north side of the Acropolis and stealthily reached the area where the German flag was flying. It was much larger than they had expected; about five to six meters in length, and was held up by three wires. Lakis had to climb up to undo the wires without being spotted by the German guards. They shook the flag and it came down, falling on them. After a brief celebration and realization that the flag was too big to be carried without getting caught, they cut small pieces out of the flag's fabric at the location of the Kaiser cross and the swastika. They hid the pieces inside their shirts. They folded the rest of the flag and carried it back down to the area of their ascent, dropping it in an old well and covering it with stones to hide its location. They quickly proceeded out of the cave escaping into the night. It was well after midnight and curfew had passed. They were spotted by Greek authorities led by Mikrouleas wanting to know their whereabouts but were released after some brief questioning. Mikrouleas later diverted the Nazi interrogators away from the young heroes. The Nazis condemned the symbolic gesture of the two men and sentenced them to death in absentia. They were never caught but the men who had been guarding the German flag were executed by their own leaders.

The Allies celebrated this heroic gesture as a symbol of the unwillingness of the Greek people to surrender. Charles de Gaulle of France called the two young heroes, "The first partisans of Europe." The event was publicized by the Allies and the world stood grateful that these men had stood up to their German and Italian invaders. Manos Glezos died on March 30, 2020 at the age of 97 and Lakis Santas died on April 30, 2011 at the age of 89.

Greece was liberated on October 12, 1944 after suffering more than 400,000 casualties at the hands of the enemy. Many died of hunger while others were executed or transported to concentration camps. Many homes were destroyed by fires including my paternal home in the village of *Panagitsa*.

Despite their many hardships, the people of Greece never gave up. After the liberation they were again able to hear their National Anthem played on the once again free Athens Radio station.

Dr. James Telonis, Director of Hellenism







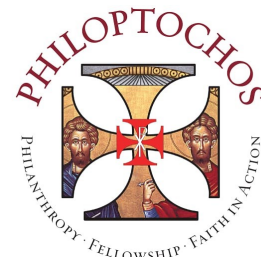
# PHILOPTOCHOS NEWS

We held our Philoptochos Annual Luncheon and Meeting on Saturday, June 24th. What a wonderful time we had! We recognized the hard work and contributions of our members and set out sights for starting our philanthropic work in the Fall. At that time we will be ushering new officers to lead the way!



Best wishes to all for a wonderful Summer !!!

With my appreciation to all,  
*Roberta Williams Aristodoulou*  
Philoptochos President



## **PHILOPTOCHOS COFFEE HOURS**

*Words cannot express how grateful I am to ALL of our ladies and gentlemen in the community who once again gave their time to serve during our fellowship coffee hours after church services on Sundays. Your hard work, dedication and loyalty was greatly and totally appreciated.*

*With deepest gratitude for your commitment to serve, I thank you.*

*Once again, thank you to Maria Allis for all that you do...You are amazing.....*

*Finally, a special thank you to Basil and Wally for the incredible job that they do keeping the flow of coffee going...They do not miss a beat.....*

*σε ευχαριστώ πάρα πολύ*

*Είμαι ευγνώμων*

*Vivian Alexander*



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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

Just a reminder.....

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.

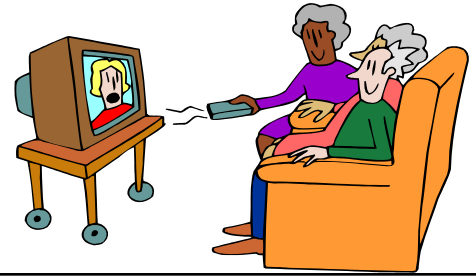
Philoptochos would provide coffee, cups, sweetener, creamer, stirrers and set up a serving table. The parishioner would be responsible to provide pastries, setup the serving station and tables, serve at the coffee hour and clean up following the coffee hour.

For more details contact our coffee hour coordinator Vivian Alexander at (315) 673-2880 or (315) 430-6162.

July & August 2023

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)

July 2, 2023—Mary, Worthy of Praise, part 1

July 9, 2023—Mary, Worthy of Praise, part 2

July 16, 2023—Mary, Worthy of Praise, part 3

July 23, 2023—Mary, Worthy of Praise, part 4

July 30, 2023—Mary, Worthy of Praise, The Book

August 6, 2023—St. Innocent of Alaska

August 13, 2023—Spruce Island

August 20, 2023—Preparations for the Glorification
of St. Alexis of Wilkes-Barre

August 27, 2023—The Glorification of St. Alexis
of Wilkes-Barre



Monday Programs at 7:00 pm

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

July 3, 2023—Unseen Warfare, part 10

July 10, 2023—Unseen Warfare, part 11

July 17, 2023—Unseen Warfare, part 12

July 24, 2023—The Divine Liturgy, part 1

July 31, 2023—The Divine Liturgy, part 2

August 7, 2023—The Divine Liturgy, part 3

August 14, 2023—Hesychia, part 1

August 21, 2023—Hesychia, part 2

August 28, 2023—Hesychia, part 3

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





July 2023 Memorials  
Eternal Be Their Memory

July 2, 2023

- None Scheduled

July 9, 2023

- Memorial Service for George Retzos (40 Days)
- Memorial Service for Constantinos Ioannidis (3 Years)

July 16, & July 23, 2023

- None Scheduled

July 25, 2023 (Feast of St. Anne)

- Trisagion Prayer for Christine Haramis (2 Years)

July 30, 2023

- Memorial Service for Mary Vastakis (1 Year)



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August 2023 Memorials
Eternal Be Their Memory

August 6, 2023

- No Memorials Allowed

August 13 & August 20, 2023

- None Scheduled

August 27, 2023

- Memorial Service for John Dimkos (1 Year)
- Memorial Service for Theodora (Teddi) Cannellos Lemonides (5 Years)
- Trisagion Prayers for Christ Lemonides (3 Years)
- Trisagion Prayers for George Cannellos (10 Years)
- Trisagion Prayers for Lucia Alexander Neforos (15 Years)
- Trisagion Prayers for Barbara Johana Cannellos (30 Years)

**JULY 4TH
INDEPENDENCE DAY**

GOD BLESS AMERICA

*May 2023
Sacramental Registry*

*Funeral
Christine Kapakos*

*August 27, 2023
COFFEE HOUR*

*Is sponsored by the Family
In Memory Of
Theodora (Teddi) Cannellos Lemonides*



St. Elias Middle Eastern Festival

Thursday-Sunday . July 13-16, 2023

St. Elias Orthodox Church
4988 Onondaga Rd. Syracuse 13215

- Authentic Homemade Food & Pastries
- Music & Traditional Dancing
- The Souk Marketplace
- Church Tours
- Kids' Tent
- Raffle

Free
Admission
&
Plenty of
Parking



Visit SyracuseMidEastFest.com for complete menu & event details.  

Mark
your
Calendar



Church Services & Events

Calendars are provided in the Nepsis
or check the website at

stsophias.org

for church services & events

2023 Greek Festival Volunteer Thank You



The Greek Fest Committee & Parish Council would like to personally thank all the parishioners that volunteered their time and talents in making this year's 50th Festival a huge success.

We've received so much positive feedback on the quality of the food and on how quickly the food lines were moving despite the record number of attendees. It would not have been possible without everyone working together as a team.

Thank you for your efforts and contribution and let's make next year even better!

Also, special thanks to Peter Lemoniades, our "retired" festival chairman, for helping us with all of our festival efforts.





ANNUAL FATHER HARMAND GOLF CLASSIC

Saturday—August 26, 2023



POMPEY HILLS COUNTRY CLUB

7200 Hamilton Road, Pompey, NY 13138

Telephone (315) 677-9079

The Annual Father Harmand Golf Classic will be held on Saturday, August 26th, 2023 at the Pompey Hills Country Club, 7200 Hamilton Road, Pompey, NY 13138. To get there from the Church, take Jamesville Road to Rt. 173. Take a left and then a quick right onto Rt. 91 S. The Pompey Golf Club is located six miles on the right. Golf will be followed by a steak cookout in the clubhouse. There will also be a lunch served at the Snack Shack of hot dogs, hamburgers and soft drinks. The emphasis for the day will be fun and fellowship.




Lunch:	11:45 AM to 12:45 PM
Golf:	1:00 PM Shotgun Start, Scramble Format
Entry Fee:	\$100.00 Per Golfer
Dinner:	6:00 PM in the Clubhouse

If you would like to join us for this annual fun-filled event, please text or call JR or Shawn by Friday, August 18, 2023. You can pay in advance (checks payable to St. Sophia Greek Orthodox Church) or at the event. If you do not have a foursome, we will be happy to team you up with someone. Non-golfing guests are invited to join us for the Steak Cookout in the Clubhouse at 6:00 PM. The cost per person for dinner is \$38.00.

**YOU CAN RSVP BY TELEPHONING
SHAUN WOOD (315)450-1262 or JR ANTHIS (315)727-3646**



St. Sophia Greek Orthodox Church—July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 ST. TIMOTHY'S CAMP
2 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 4TH SUNDAY OF MATTHEW	3 5:30 PM JESUS PRAYER GROUP	 4	5 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	6	7	8 2:00 PM AHEPA MEETING 5:00 PM GREAT VESPERS
9 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 5TH SUNDAY OF MATTHEW	10	11	12	13	14	15
 <i>Fr. David Out Of Town</i>						
16 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE HOLY FATHERS	17	18	19	20	21	22
 <i>Fr. David Out Of Town</i>						
23 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 7TH SUNDAY OF MATTHEW	24 5:30 PM JESUS PRAYER GROUP	25 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. ANNA	26 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. PARASKEVI	27	28	29 5:00 PM GREAT VESPERS
30 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 8TH SUNDAY OF MATTHEW	31 5:30 PM JESUS PRAYER GROUP					

St. Sophia Greek Orthodox Church—August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 AM BIBLE STUDY 6:00 PM PARAKLESIS IN GREEK	2 7:00 PM TRANSFORMATIVE CHRISTIANITY WEBINAR	3 6:00 PM PARAKLESIS IN ENGLISH	4 6:00 PM PARAKLESIS IN GREEK	5
6 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY TRANSFIGURATION OF JESUS CHRIST	7 6:00 PM PARAKLESIS IN ENGLISH	8 10:00 AM BIBLE STUDY 6:00 PM PARAKLESIS IN GREEK	9 6:00 PM PARAKLESIS IN ENGLISH	10	11 6:00 PM PARAKLESIS IN GREEK	12 10:00 AM ROMANIAN LITURGY 2:00 PM AHEPA MEETING
13 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 10th SUNDAY OF MATTHEW	14 6:00 PM GREAT VESPERS	15 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY DORMITION OF THE THEOTOKOS	16	17	18	19
20 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 11th SUNDAY OF MATTHEW	21 5:30 PM JESUS PRAYER GROUP	22 10:00 AM BIBLE STUDY	23	24	25	26  NOON FATHER HARMAND GOLF OUTING
27 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 12th SUNDAY OF MATTHEW	28	29 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY BEHEADING OF JOHN THE BAPTIST	30	31		