

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



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**WEEKLY BULLETIN  
SUNDAY, MARCH 2, 2025  
FORGIVENESS SUNDAY (CHEESEFARE)**

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METROPOLIS  
OF DETROIT

# **St. Paul's Letter to the Romans**

## **13:11-14; 14:1-4**

**Prokeimenon. Mode Plagal 4**  
**Psalm 75.11,1**

**Make your vows to the Lord our God  
and perform them.**

**Verse: God is known in Judah;  
his name is great in Israel.**

The reading is from  
St. Paul's Letter to the Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

# Πρὸς Ῥωμαίους 13:11-14, 14:1-4

Προκείμενον. Ἦχος πλ. δ'  
ΨΑΛΜΟΙ 75.11,1

Εὔξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός,  
ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Πρὸς Ῥωμαίους 13:11-14, 14:1-4 τὸ ἀνάγνωσμα

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἄλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιῆσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὅς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ θεὸς στήσαι αὐτόν.



## **The Gospel According to Matthew 6:14-21**

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

## Ἐκ τοῦ Κατὰ Ματθαῖον 6:14-21 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποί· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

# HYMNS OF THE DAY

## Resurrection Apolytikion in the Third Tone

Let all things above in heaven rejoice, and let all things below on earth be glad. With all the might and strength of His arm an eternal deed the Lord did perform. Beneath His feet He has trampled down death by death, and first-born of the dead has He become. From the womb of Hades has He delivered us, and to all the world has granted His great redeeming mercy!

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

## Apolytikion for the Church in the Plagal First Tone

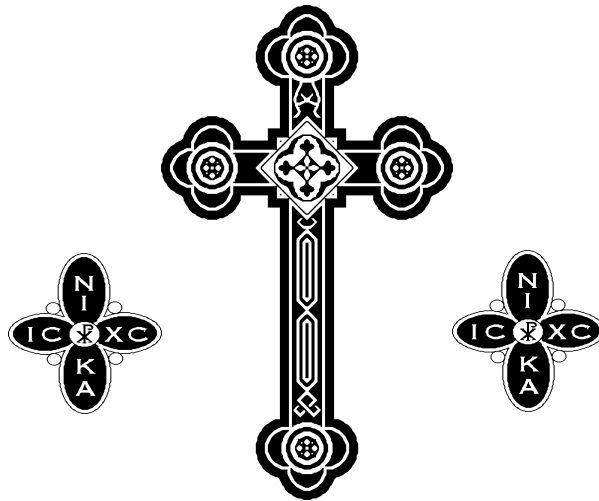
Like a most fruitful olive tree you did blossom forth in the folds of the Lord, Sophia, martyr most pious! And to Christ you did bring sweetest fruit: the tender sprouts of your womb through divine martyrdom, Agape, along with Hope and Faith, the God-minded with whom do you pray to God for all of us.

## Kontakion for Cheesefare Sunday

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

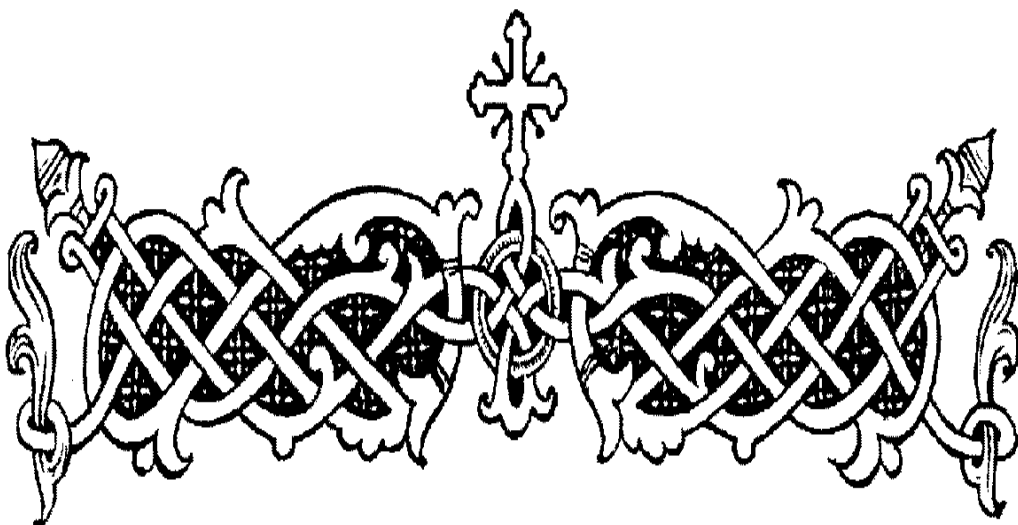
Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλή μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

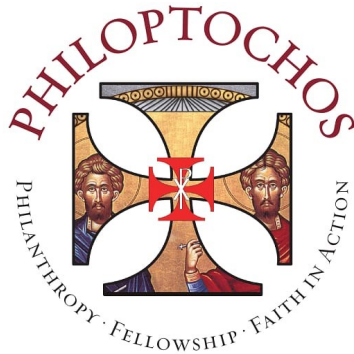
*Sunday—March 2, 2025*



*Memorials  
Ustina Copanas (40 Days)*

***MAY HER MEMORY BE ETERNAL***





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



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

***Patricia Meskos & Frieda Meskos***



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

**Today ~ Forgiveness Sunday (Cheesefare)**

**8:45 am Orthros**

**10:00 am Divine Liturgy**

***Philoptochos Cheesefare Luncheon***

**Monday ~ March 3, 2025**

***LENT BEGINS***

**6:00 pm Great Compline**

**Tuesday ~ March 4, 2025**

**10:00 AM Bible Study**

**5:00 pm Orthodoxy 101**

**7:00 pm Colgate OCF**

**Wednesday ~ March 5, 2025**

**9:00 am Presanctified Liturgy**

**Thursday ~ March 6, 2025**

**6:00 pm Choir Practice**

**Friday ~ March 7, 2025**

**6:00 pm First Akathist Hymn**

**Saturday ~ March 8, 2025**

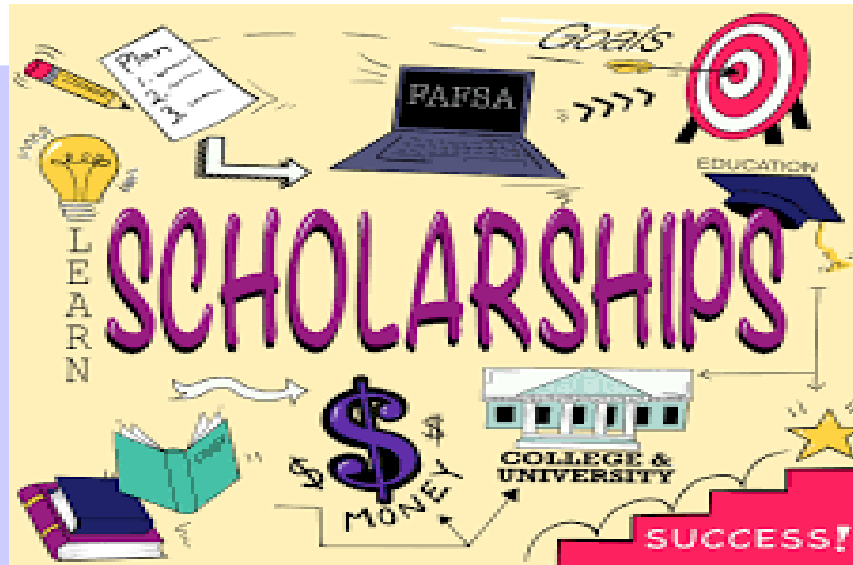
**9:00 am Orthros**

**10:00 am Divine Liturgy**

***Saturday of Souls***



**5:00 pm Great Vespers**



***ATTENTION  
HIGH SCHOOL SENIORS***

***NOW AVAILABLE***

***Applications for  
Saint Sophia Greek Orthodox Church,  
Philotochos & 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***

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

**First practice is TODAY—Sunday, March 2nd after church.  
It's also Cheesefare Sunday,  
a great opportunity for families to join.**

## **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.**



Philoptochos Event  
To benefit local Charities  
*Catered by Gardenview Diner*

**TODAY—Sunday, March 2, 2025**

**11:30 AM – 1:30 PM**

**\$10/PERSON**

**(Cash or check payable to: Philoptochos)**

***PHILOPTOCHOS  
CHEESEFARE SUNDAY  
3/2/2025***

**Reservations are required – to help us plan accordingly**

**Eat-in or Take-Out Available**

**\*Walk-ins welcome based on availability.\***

**Please help us plan accordingly.**

**Menu items include:**

**Tiropita or Spanakopita (pick one at time of reservation)  
Macaroni and Cheese, Gigantes (Lima Beans Greek Style),  
Salad & Dessert**

**\$10.00 per person for a complete meal only**

***THERE ARE NO A-LA-CARTE OPTIONS***

**RSVP by no later than 2/24/2025 - SUNDAY  
after church services at the Philoptochos reservation table OR online**

**<https://st-sophia-greek-orthodox-church.square.site/>**

**OR**

**Email: [philoptochos@stsophias.org](mailto:philoptochos@stsophias.org)**

**(include contact #, full name, # in reservation, eat in or take out)**





***GREAT and HOLY LENT  
Begins Monday, March 3rd***





*Please Join Us!*

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



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



*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*