



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



"In a Foreign Land"

My son and his family live in Switzerland, where they occasionally go to social gatherings of the American Club. This is a group of people for whom Switzerland is their new home, but who were born and raised in the United States. I asked Caleb what they did when they got together, and it mostly had to do with celebrating American holidays, (the 4th of July and Thanksgiving) eating American food (hamburgers, mostly) and decrying politics.

Having an "American Club" in Switzerland makes me think of our situation as citizens of the Kingdom of God. We were all born in this world; however, in baptism we become citizens of a different Kingdom, one which is not of this world. The difference is that we remain in this world, as our Lord said in John 17 (all my Bible quotes in this piece are from the same chapter): *I am not asking You to take them out of the world, but to keep them away from the evil one.*

So we live in a Kingdom which is no longer our home. And what is our status in this foreign kingdom? It hates us, or, if not we ourselves, it hates what we believe and stand for. Jesus said: *I have given them Your word; and the world has hated them because they are not of the world, just as I am not of the world.* This is a passage of scripture where He is praying to God for us - not that our lives would be easy and fun, but that we would resist this evil one while we live in his infernal kingdom.

We do indeed continue to live in this world - most of the time. The minute you walk into the Church, you walk into that other Kingdom, the one to which your true allegiance belongs. The Church is your home, and the world outside the Church is a foreign land into which we have been sent. As our Lord said, *Just as You sent Me into the world, I also sent them into the world.* That is to say, the Kingdom of God has a message for the kingdom of the devil: salvation is available to anyone who asks for it. This salvation gives inner peace, forgiveness of sins, and eternal life.

One way we bring this message to the world is through our words, as our Lord said, *They are not of the world, just as I am not of the world. Sanctify them in the truth; Your word is truth.* But we also bring the message through the light that shines in us and in our community. The light that shines in the Divine Liturgy, and in the icons.

All of this is in our Church. We find it nowhere else than here. Don't be the guy who complains because American coffee or hamburgers can't be found in Zurich. Of course they can't, it's another country and they have their own food. Do you want French fries? Then visit the country that has them. Do you want inner peace? Then go to the place where it's available for the asking.

We live in a foreign land, brothers and sisters, but we have a "club," the Church, where we gather and celebrate our true heritage. Take advantage of this priceless asset!

Your affectionate servant,
Father David

SEPTEMBER
2022

2022 Parish Council

Peter Manolacos
President

Thomas Anthis Jr.
Vice President

Christopher Shiomos, OD
Secretary

Michael Copanas
Treasurer

Robert Allen
Joy Weatherup Anthis
Stephanie Armatas
Dimitrios Kiritsis
Eleni Kosmas, MD
George Nardone
John Potamianos
Jeanette Capousis Vigiotti

~~~~~  
Honorary  
Board Member

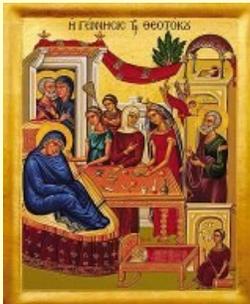
*James Sakezles*

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

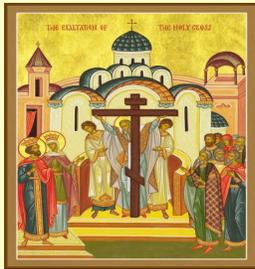


# **IMPORTANT DATES** **SEPTEMBER 2022 CHURCH CALENDAR**

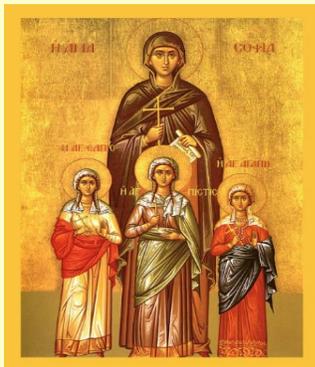
***INDICTION—Beginning of the Ecclesiastical Year***  
***Thursday, September 1***



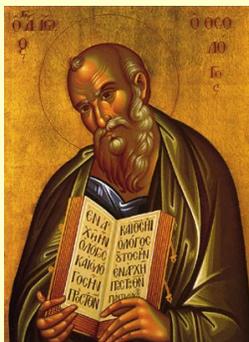
***NATIVITY OF THE THEOTOKOS***  
***Thursday, September 8***  
***9:00 am Orthros***  
***10:00 am Divine Liturgy***



***EXALTATION OF THE HOLY CROSS***  
***Wednesday, September 14***  
***9:00 am Orthros***  
***10:00 am Divine Liturgy***



***FEAST DAY OF***  
***ST. SOPHIA & DAUGHTERS***  
***Saturday, September 17***  
***9:00 am Orthros***  
***10:00 am Divine Liturgy***



***FALLING ASLEEP OF***  
***ST. JOHN THE THEOLOGIAN***  
***Monday, September 26***  
***9:00 am Orthros***  
***10:00 am Divine Liturgy***



## PRESIDENT'S MESSAGE

Dear Parish,

On August 17 the last of the festival equipment was put away, ready to be used for our 50th Festival in 2023. Amazing isn't it? From a small beginning the event has grown enormously. So many family members who worked in those early years, parents, grandparents, uncles and aunts have left us and gone to sleep in the Lord. And so too have many who, in the middle years, took up the torch and made the festival bigger and better. Our Festival has become a much anticipated and attended event.

This year the cry was "Greek Fest is back". Our neighbors and friends were so happy to have us once again kick off to their summer. They came in droves and thoroughly enjoyed the food and fun. It was a wonderful but exhausting time. I can say with some confidence that we not only had record sales, but that we also had record profits. We won't know the exact number for few more weeks, but things do look very good, a cause for celebration.

Now the festival steering committee is meeting with all of the department heads. So far the one common complaint is "not enough help". So how is it, you might ask, that we had a record year with not enough help. It was a "never have so few" moment. Fewer people worked longer hours to make sure the job got done. Volunteers worked two, three and four days, committing their energy to St Sophia. And while their toil was a labor of love, it was, as I said, exhausting.

When the festival began 50 years ago, profits from the event were not spent but were saved. A church with many more members was able to operate in the black without using festival profit to pay regular bills. Well those days are gone and now we need the festival to keep our budget balanced. We saw during the height of Covid how not having a festival impacts us financially.

There are members of our St Sophia's family who have worked for many, many years, people who showed up all four days and also before the festival to prepare. Many, as I have said, are no longer with us. Others have infirmities that prevent them from working. Our community is grateful for their commitment to the Church. And we thank all those who went above and beyond the call of duty in 2022 to bring it all home. Many in our St Sophia's family feel a deep responsibility, truly, truly, a sense of duty to make the commitment of serious time to this, our lifeblood fundraiser of the year. We need more people like that. If those words describe you may God bless and keep you.

So here is a question for some of you to ponder. If you are less than 60 years, do not have serious physical issues, are not caring for a physically or mentally compromised family member AND ST SOPHIA'S IS AN IMPORTANT PART OF YOUR LIFE, and you did not participate in the festival, why didn't you? The 50th St Sophia's Greek Cultural Festival will be held during the days of June 8-11, 2023. Mark your calendars today and plan on making a serious contribution of time and effort. Let's make the 50th the best festival ever.

On August 20th we held our second Panigiri. It was, by many accounts, a great success. We held it outdoors, by the front steps of the church. A small group (surprise) worked to organize and set up the event and to cook and serve the meal. Parishioners danced and enjoyed a low key upbeat social gathering. At the end of the evening I asked anyone who could to help us bring the tables and chairs back into the church and help they did. Thanks to all of you. Next year the third Panigiri.

Mark your calendars for two important events. The first on the calendar is the annual fall general assembly meeting to be held on Sunday, October 23 following the Divine Liturgy. Among the topics for review will be the festival and we will ask for ideas on how to celebrate the 50 year milestone. On Friday, November 25 we plan to hold a formal dinner dance to mark the 50th anniversary of the groundbreaking of our church complex. Planning has just begun and details will be forthcoming as soon as they are set.

Sunday school starts in September, as do the activities of the youth organizations. We all know how busy the lives of children are these days. Sports teams, music and dance lessons, the list is long and demands on parents are great. Still, it would be a good thing if more of our young parishioners could find their way to becoming active in their youth group. Christian fellowship is a lifetime effort that should begin early in our lives.

Yours in Christ,  
*Peter Manolakos*  
Parish Council President



## PARAKLESIS AND BIBLE STUDY FALL 2022: WEDNESDAY NIGHTS

**Schedule:**

6 pm Paraklesis  
7 pm Bible Study

**Dates:**

September 7,21,28    October 12    November 2,9,16,23,30



**Monday, September 5**

**Labor Day  
is the day set aside  
to pay tribute to  
working men and women**

**It has been celebrated  
as a national holiday  
in the United States  
since 1894**



**CHOIR**



*We welcome everyone  
to join our Choir*

*Check the Church Calendar  
for upcoming Choir Practices*

**Church Services & Events**

Calendars are provided  
in the Nepsis or  
check the website at  
[stsophias.org](http://stsophias.org)  
for church services & events





## 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.



## **MARK YOUR CALENDARS**

**Sunday, October 23, 2022**  
**General Assembly Meeting**



## AHEPA News Chapter #37 ~ Syracuse, NY



Dear AHEPA Family and Parishioners, Greetings.

I hope you had as joyful a summer as I had. Our next meeting is 2:00pm Saturday, September 17.

Summer is not a busy time for an AHEPA Chapter, but for delegates of our District Convention and the National Supreme Convention June and July it is a busy time. For me as secretary of our district lodge it was and is a busy time, together with some of our main chapter event that will be coming up soon.

I would like to announce and congratulate all the officers and directors of our three entities:

AHEPA SYRACUSE FOUNDATION – Dr. James Telonis, President and Peter J. Peters, Treasurer

AHEPA 37 INC. (our AHEPA home) – George Nardone-President, Mike Labatos-Vice President, Board Members- Nick Kousmanidis, Constantine Kosmas, Ted Limpert and Greg Miledonis

AHEPA SYRACUSE CHAPTER 37 – Mike Labatos-President, George Nardone-Vice President, Peter Panels-Secretary and Scholarship Chairman, Andrew Miledonis -Treasurer, Ted Limpert-Director of Veterans Affairs, Dr. James Telonis-Director of Hellenism, Dr. Chris Shiomos-Director of Technology, Dion Labatos- Director of Entertainment, Peter Manolakos- Chairman of the Board of Governors.

Chapter Officers are elected by our membership and Directors are appointed by the chapter's President.

In 2022 our delegate strength in our District is 6 as is every chapter regardless the number of members.

In 2022 our Delegate strength for the National Supreme Convention was 3 Delegates and 3 Alternates which is based in the number of members in good standing.

Future events coming:

October 15<sup>th</sup> 1:30 pm Saturday, our annual Initiation of new members, and Honoring members of our community.

November 12<sup>th</sup> 2:00 pm Saturday, our annual 'Honor the Veterans'.

At both of the above events, food will be served. There will be no cover charge for those who make reservations. A \$10.00 cover charge will be in effect per person for non- reservation.

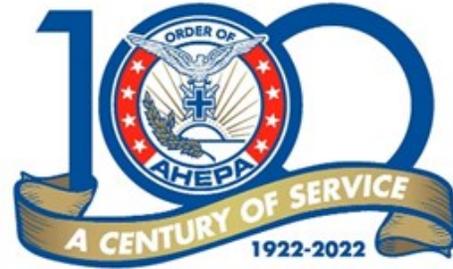
The events are open to our entire parish, your family and friends, so if your friend(s) visits you from Greece, California etc. they are welcome.

Working together we can do it.

Thank you and God Bless,  
Mike Labatos, President-AHEPA Syracuse Chapter 37



ASA Kent Jennings



### **THE DESTRUCTION OF SMYRNA**

The first flames were ignited in the Armenian Quarter of the city quickly spreading to the Greek Quarter and culminating in complete devastation and the deaths of over 100,000 citizens. The Turkish Quarter remained unscathed. The fire raged through the area destroying 55,000 homes, 5,000 shops, 21 churches, 32 schools and 5 hospitals in the city of Smyrna. It was September 1922 and it marked the end of the Greco-Turkish War of 1919-1922.

Smyrna was a 3000-year-old city in the west coast of Anatolia. It was comprised of diverse ethnic districts that lived together in harmony for generations. Following WWI, the victors through the Council of Europe authorized the Greek military to occupy the city of Smyrna in order to protect its Greek populace. The presence of Greek troops did not sit well with the Turks especially Mustafa Kemal Pasha (later known as Kemal Ataturk) who ordered guerrilla warfare against the Greeks troops later escalating to the Greco-Turkish War of 1919-1922. At first the Allies supported the Greeks who were initially victorious but later due to oil interests in the region their support turned to the Turks. Without the support of the Allies the Turkish National movement led by Kemal Ataturk defeated the Greek troops resulting in their evacuation from the city on September 8, 1922. With the troops having departed, the citizens were left without protection and the Turks took their revenge out upon them. Non-Turkish citizens became targets of the ensuing pillage, rape, and murder of those behind.

On September 13, 1922 as Turkish forces recaptured the city the great fire was catalyzed by kerosene poured on by the troops. To this day the Turkish position is that the Greek Army started the fires in Smyrna as they departed the city. Many of the observants including Ernest Hemingway disagreed with this accusation.

An estimated 350,000 Armenian and Greek refugees fled to the waterfront (known as Quai) to escape the fire pleading with Allied ships docked in the harbor to save them. Unfortunately, under orders from their superiors the Allies refused to help save the refugees. The fire burned for over a week and the Allies continued to do nothing to help the survivors. Ignoring orders from their superiors two genuine heroes emerged to save many lives. Asa Kent Jennings was a Methodist minister from Upstate New York and a member of the YMCA in Smyrna. Jennings together with Captain Halsey Powell forged an agreement with the Turkish leadership and were given seven days to evacuate the rescue of as many people as possible. On September 24 a fleet of unflagged Greek ships led by the American warship USS Lawrence arrived at Smyrna harbor. Over the course of seven days an estimated 350,000 refugees were evacuated to safe locations. Many ended up in Greece, Russia, parts of Europe and the US. Millions of the decedents of these refugees from Smyrna are alive today due to the heroic and humanitarian efforts of Jennings and Powell.

*Continued on Page 10*

## THE DESTRUCTION OF SMYRNA *(continued from Page 9)*



Asa Kent Jennings, in his twenties, developed Potts Disease (tuberculosis of the spine) leaving him short in stature. Working for the YMCA in Smyrna at the time of the great fire he said he “felt the hand of God on his shoulder” leading him to help those in need. For his valiant efforts in 1922 he was awarded

Greece’s highest civilian honor-The Order of the Redeemer and the highest war honor- the Medal of Military Merit. A point of interest for Central New Yorkers is that Asa Kent Jennings is buried in the Cleveland Village Cemetery in Cleveland, New York.



Captain Halsey Powell was born in 1883 in McAfee Kentucky. He graduated from the US Naval Academy in 1904. During his command of the USS Edsall, he played a pivotal role in negotiating for the rescue of the refugees in Smyrna all the while going against direct orders of his superiors. He went on to have a lengthy career and is buried in Arlington National Cemetery. The destruction of Smyrna and the murder and enslavement of its Christian civilians remains one of the greatest atrocities in human history.

By Dr James Telonis, AHEPA Chapter 37-Director of Hellenism



## THE GREEK IMMIGRANT IN THE UNITED STATES



The book, “The Greeks in the United States” by Dr. Theodore Saloutos, is the most comprehensive book dealing with the subject of Greek immigration.

The Spartans were the first Greeks in the modern era to give signs of emigrating. Even though in the beginning it was for brief periods of time and only in the neighboring lands.

Heavier emigration from Sparta began during the 1870s with a peak between 1890-1910 where an estimated three fourths of the male population between the age 18-35 departed for the United States and to a lesser extent, for Russia, Egypt, and Central Africa.

The luck of opportunity at home convinced the Greeks to emigrate and usually they left to find employment. They had been told that there was a great demand for Greek laborers in the United States.

In 1890 Greeks began departing from their country with the majority coming from the Peloponnesus. Many Greek immigrants, when sending a letter to their families in Greece, included a small sum of money. This created a chain effect and others came to the United States with hope that they can earn money and send some to their families.

In 1905 between four and five million dollars were received by families in Greece from relatives in the United States. The Greek immigrants gained the reputation quite early of sending more money home per capita than the immigrants of any other nationality. Cancellation of mortgages were one of the most important results of immigration.

Below is the table of immigration comparing European immigration vs Greek immigration to the United States.

| <u>Decade</u> | <u>European Immigration</u> | <u>Greek Immigration</u> |
|---------------|-----------------------------|--------------------------|
| 1820-1830     | 106,508                     | 20                       |
| 1831-1840     | 495,688                     | 49                       |
| 1841-1850     | 1,597,581                   | 14                       |
| 1851-1860     | 2,452,660                   | 3                        |
| 1861-1870     | 2,065,272                   | 7                        |
| 1871-1880     | 2,272,329                   | 210                      |
| 1881-1890     | 4,739,266                   | 2,308                    |
| 1891-1900     | 3,582,815                   | 15,979                   |
| 1901-1910     | <u>8,213,409</u>            | <u>167,519</u>           |
|               | 25,528,410                  | 186,204                  |

By, Mike Labatos

P.S. The monthly articles relating to the Greek immigrants and the history of AHEPA Syracuse chapter 37 are compiled from various verifiable sources, books and existing chronological records/ manuscript



# PHILOPTOCHOS NEWSLETTER



We had a lovely July 31<sup>st</sup> picnic/business meeting. We had the chance to catch up with each as well as get things in motion for the Fall!

Regular coffee hour will begin September 11th. Sponsoring the coffee hour, Philoptochos will be kicking things off by celebrating our “Name Day” Holy Cross (9/14) on Sunday, September 11th. Maria Allis is preparing loaves for the Artoclasia service that takes place right after Liturgy. We are asking members to volunteer and make something for this coffee hour. We look forward to greeting all who attend that day. We will have a membership table set up and information on the work we do as a group. We will have a listing of the various committees and what their goals and objectives are. If you have an idea for a committee we are all ears! We look forward to having current members and potential new members, any women 18 years or older, and men are welcome to sign up also!

Since August, we have set up a basket in the Narthex to collect eyeglasses, sunglasses and glass cases through December. Maria Allis is steering this effort. The eyeglasses will be sent to Haiti. Updates will be provided in the Nepsis.

Our next Philoptochos gathering will be late September or early October. Stayed tuned members! We will publish the meeting date soon and new members are always welcome!

*Roberta Williams Hristodoulou*

Roberta Williams Hristodoulou  
Philoptochos President



# PHILOPTOCHOS DRIVE



**DONATE**  
**EYEGLASSES**  
**SUN GLASSES**  
**GLASS CASES**

Philoptochos will be collecting these items through December 2022.

There will be a basket in the Narthex for your donated items.

Items collected will be sent to Haiti for distribution to people in need.

**THANK YOU** for your donation!



## PHILOPTOCHOS COFFEE HOURS

Coffee Hours will begin again on September 11, 2022. If you are interested in scheduling a Coffee Hour, please call the Church Office. Fees for sponsoring a Coffee Hour are as follows, payable to the Philoptochos:

### \$50.00 Fee

Philoptochos will provide and serve the coffee, milk, sugar and juice. Parishioner must provide pastries.

### \$150.00 Fee

Philoptochos will provide and serve the coffee, milk, sugar, juice and pastries.

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

In addition, there will be no sponsored Coffee Hours on Stewardship Sunday, Godparents Sunday and Cheesefare Sunday.

**In the event that a parishioner wishes to have a coffee hour during the summer months of June, July and August the fee, payable to the Philoptochos, is \$50.00. Philoptochos would provide coffee, cups, sweetener, creamer, stirrers and set up a serving table. The parishioner would be responsible to provide pastries, setup the serving station and tables, serve at the coffee hour and clean up following the coffee hour. For more details contact our coffee hour coordinator Vivian Alexander at (315) 673-2880 or (315) 430-6162.**

## September 2022 Ladies Volunteering 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:

September 11, 2022

Chrisoula Anastasiou  
Helen Aravantinos

September 18, 2022

Katina Baikos  
Katherine Bristol

September 25, 2022

Vasiliki Eloveris  
Constantina Georgiadis

~ Also, first two weeks of October 2022 ~

October 2, 2022

Roda Giaprakis  
Artemis Gilbert

October 9, 2022

Anastasia Ioannidis  
Stavroula Kipouropoulos

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

All are welcome.

# September 2022

## 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

*(Over the air channel 68.1, cable channel 8)*

- Sept 4, 2022—St. Herman of Alaska
- Sept 11, 2022—How to be Happy
- Sept 18, 2022—Worship in the Old Testament
- Sept 25, 2022—Worship in the New Testament



*(On Spectrum channel 98)*

- Sept 4, 2022—True Faith in an Age of False Religion
- Sept 11, 2022—The Beautitudes
- Sept 18, 2022—How to Make a Good Confession
- Sept 25, 2022—St. Seraphim of Sarov



### Monday Programs at 7:00 pm

*(Speaker for this series is Fr. David Smith)*

- Sept 5, 2022—Epistle to the Romans, part 10
- Sept 12, 2022—Epistle to the Romans, part 11
- Sept 19, 2022—Epistle to the Romans, part 12
- Sept 26, 2022—Epistle to the Romans, part 13



### Family Classic TV

Sponsored by  
St. Sophia’s Greek Orthodox Church

Sundays at 6:00 pm  
Sir Lancelot with William Russell

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

Sundays at 8:00 pm  
Cisco Kid with Duncan Renaldo & Leo Carrillo  
(2 episodes)

Thursdays at 8:30 pm  
Sherlock Holmes with Ronald Howard

Fridays at 8:00 pm  
Jim Bowie with Scott Forbes  
(2 episodes)

### **PLEASE NOTE.....**

*Our programs also air on Verizon FIOS cable channel 29,*

*Sunday at 6:30 pm and 7:00 pm*

*Thursday at 8:30 pm and 9:00 pm*

*Many programs also appear on the internet at [FrDavidSmith.com](http://FrDavidSmith.com)*





# September 2022 Memorials

Eternal Be Their Memory

September 4, 2022

- None Scheduled

September 11, 2022

- Memorial Service for Mary Vastakis (40 Days)

September 18, 2022

- Trisagion Prayer for Maria Savas (16 Years)

September 25, 2022

- None Scheduled



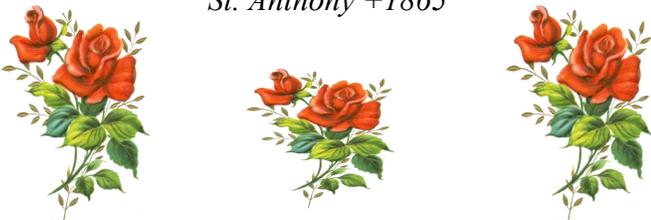
*It is essential that every action is mixed with humility. Whether you are praying, or fasting, or turning away from the world, or fulfilling an obedience, do everything for the sake of God and do not think that you are doing something good.*

*St. Macarius +1860*

~~~~~

I advise you not to stop reading spiritual books for sometimes it happens that in one line read at the right time becomes more dear than a year of publications and remains in your memory forever

St. Anthony +1865



September 2022 Coffee Hours

September 11, 2022

In Celebration of Holy Cross Philoptochos, Syracuse Chapter



September 25, 2022

In Celebration of 50th Wedding Anniversary George & Chryssanthi Intze Given by the Family





Sacramental Registry

February 2022

Funerals

Grace Aravantinos
Elizabeth Katerelos



March 2022

Baptism

Nikolas—Son of George & Abigail Stratakos

Funeral

Evangelia Zongos



April 2022

Funeral

Anne Giopulos



May 2022

Wedding

Samuel Scopelianos & Alexis Coughlin



June 2022

Baptism

Evangelos—Son of George & Angela Scopelianos



July 2022

Wedding

Tyler Gregory Zinsmeyer & Katina Beth Karl

Funeral

Stella Pipines



DON'T BITE THE ROCK

Often when someone throws a rock at a dog, rather than rushing at the person who threw the stone, the dog will run and bite the stone. We do the same thing. The tempter [i.e. the evil me] uses someone else to tempt us, either in word or deed. Rather than deal with the tempter that threw the stone, we bite the rock, our fellow man, that the hater of good used against us.

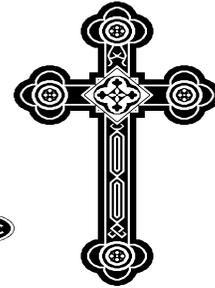
*Blessed Elder Amphilochios
of Patmos, + 1971*



ON TRUE LOVE

True love is like the flame of a candle. However many candles you light from the flame, the initial flame remains unaffected. It doesn't lessen at all and every freshly lit candle has as much flame as the others do.

*Blessed Elder Epiphanius
of Athens, + 1989*



ON THE JESUS PRAYER

***“Lord Jesus Christ
have mercy on me!”***

*The Jesus Prayer
is the foundation of perfection*

*This prayer has filled Paradise
with holy men and women.*

*Blessed Elder Amphilochios
of Patmos, + 1971*





meet+greet



ANNUAL MEET & GREET

Sunday, September 18th

Please join us in the gymnasium after Divine Liturgy on Sunday, September 18th for the Annual Meet & Greet. Each Church organization will have a table set up with information available. Please visit the many tables and join the many organizations that St. Sophia's has to offer for all age groups.

SUNDAE SCHOOL NEWS

Welcome back to Sundae School Year 2022-2023! We will be starting Sundae School on Sunday, September 18th.

Please plan to sign up and bring your children on September 18th for our Sundae School kickoff. We will meet downstairs in the all purpose room following communion with a special sundae treat !

Also, to any past teachers and aspiring Sundae School teachers please plan on attending a **thirty minute informal meeting on Sunday, September 11th following church.** Please respond to Martha Lemondes directly if you plan to continue teaching this year or if you would like to teach. It is a very minimal commitment that has a huge impact on our children. No experience is necessary !

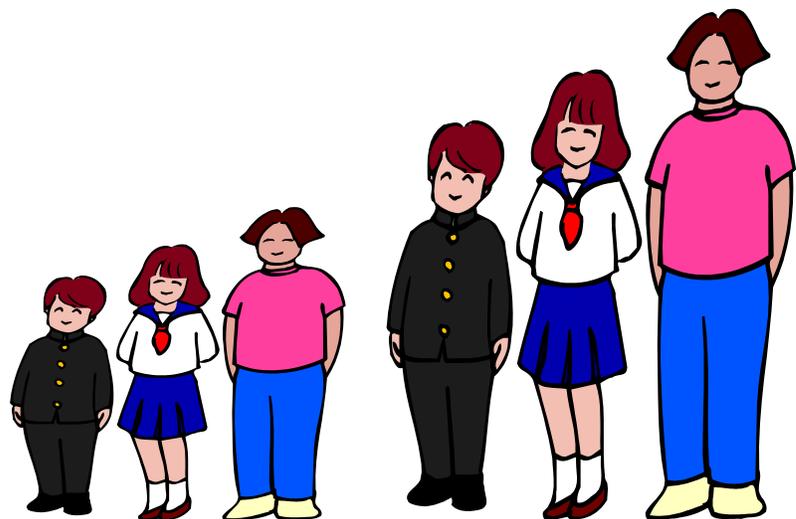
Reach out to any of us with questions.

In Christ,
Martha, Jeannie, Athena

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

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

Athena Tzetzis
(315) 447-0787
a.tzetzis@icloud.com





ST. SOPHIA 2022-2023 YOUTH PROGRAM REGISTRATION FORM

Check:

- ◇Sunday School
- ◇Greek School
- ◇GOYA
- ◇Jr. GOYA
- ◇JOY
- ◇Dance Group
- ◇Altar
- ◇Play Date
- ◇Basketball/Sports
- ◇Children Choir



Children Name(s)	DOB	Grade	Baptismal Name/ Patron Saint
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____

School District: _____

Contact Information

Email Address(es): _____

Address:

Street: _____ Apt # _____

City: _____ Zip Code: _____

Home Phone number: _____

Emergency Contact & Phone # : _____

Mother's Name: _____ Cell Phone: _____

Father's Name: _____ Cell Phone: _____

Check and provide address below if either parent or assigned guardian has different address than student

Mother Father Guardian Name: _____

Street: _____ Apt # _____

City: _____ Zip Code: _____

Email: _____

Food or other ALLERGIES: _____

I have read, understand, and agree to abide by the rules and covenants of our church.

Parent's Signature: _____ Date _____



ST. TIMOTHY'S CAMP OPEN HOUSE

*See where our summer camp takes place
and how much fun it is!*

September 23-24, 2022 • For ages 8-12

Here's an opportunity for your kids to see what St. Timothy's Camp is all about! It's a day trip to the campsite in Croghan, NY, and will include a tour, a meal, and fun on the ropes course.

Participants will gather at St. Sophia's Greek Orthodox Church in Syracuse, on Friday, September 23 after 5 p.m. for dinner, a movie, games and an overnight stay.

We will depart for the camp at 7:30 Saturday morning, and will be there from 10 a.m. to 1 p.m. Camp staff will provide a tour and some supervised time on their amazing ropes course. We will depart after lunch in the camp dining hall. Rochester-area participants will be back home Saturday afternoon between 4:00 and 4:30.

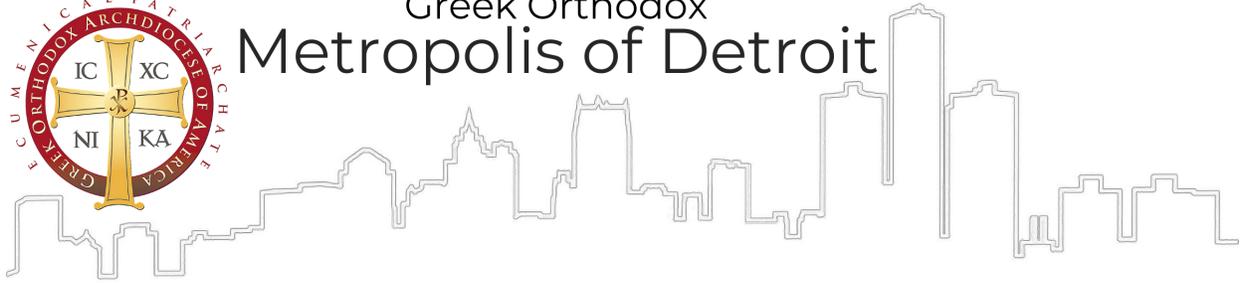
The event is **free** and open to anyone, especially new campers age 8 through 12. It will be a great way to build their excitement about attending St. Timothy's Camp in Summer 2023.

Please let us know if your child will be joining us by informing your priest, who will forward the information to us.

**Fr. David Smith • St. Sophia's Greek Orthodox Church
Syracuse, NY • stsophias.org • 315-269-4940**



Greek Orthodox
Metropolis of Detroit



presents

Transformative Christianity Webinar Series

***Join us for a 10-part webinar series
to find out what Orthodox Christianity
really has to offer to us and to the world !***

Wednesday, September 7, 2022

7:30 pm

Session 7:

“An Anxious Dog Barks”

A talk about the passion of Anger

with Fr. Gregory Hohnholt



St. Sophia Greek Orthodox Church—September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 10:00 AM ROMANIAN LITURGY 5:00 PM GREAT VESPERS
4 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY 12TH SUNDAY OF MATTHEW <i>CHURCHING OF JACK WOOD</i>	5 LABOR DAY 5:30 PM JESUS PRAYER GROUP	6 10:00 AM BIBLE STUDY	7 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY & WEBINAR	8 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY NATIVITY OF THE THEOTOKOS	9 5:00 PM GREAT VESPERS	10
11 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY BEFORE HOLY CROSS ARTOCLASIA SERVICE <i>CHURCHING OF VASILIA DACK</i> COFFEE HOURS BEGIN	12 5:30 PM JESUS PRAYER GROUP	13 10:00 AM BIBLE STUDY	14 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY EXALTATION OF THE HOLY CROSS	15 <i>FATHER DAVID OUT OF TOWN</i>	16 6:00 PM VESPERS ST. SOPHIA & DAUGHTERS FAITH, HOPE, LOVE	17 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. SOPHIA & DAUGHTERS FAITH, HOPE, LOVE 5:00 PM GREAT VESPERS
18 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY AFTER HOLY CROSS SUNDAY SCHOOL BEGINS MEET & GREET	19	20 10:00 AM BIBLE STUDY	21 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	22	23 5:00 PM YOUTH EVENT & OVERNIGHT STAY FOR ST. TIMOTHY'S CAMP OPEN HOUSE	24 7:30 AM DEPARTURE FOR ST. TIMOTHY'S CAMP OPEN HOUSE
25 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY 1ST SUNDAY OF LUKE	26 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY FALLING ASLEEP OF ST. JOHN THE THEOLOGIAN 5:30 PM JESUS PRAYER GROUP	27 10:00 AM BIBLE STUDY	28 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	29	30	

St. Sophia Greek Orthodox Church—October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 AM ROMANIAN LITURGY 5:00 PM GREAT VESPERS
2 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY 2ND SUNDAY OF LUKE	3	4	5 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY & WEBINAR	6	7	8 5:00 PM GREAT VESPERS
9 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY 3RD SUNDAY OF LUKE	10 5:30 PM JESUS PRAYER GROUP	11 10:00 AM BIBLE STUDY	12 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	13	14	15
16 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE ECUMENICAL COUNCIL	17 FATHER DAVID OUT OF TOWN	18 FATHER DAVID OUT OF TOWN	19 FATHER DAVID OUT OF TOWN	20 FATHER DAVID OUT OF TOWN	21 FATHER DAVID OUT OF TOWN	22 FATHER DAVID OUT OF TOWN
23 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY GENERAL ASSEMBLY FATHER DAVID OUT OF TOWN	24 FATHER DAVID OUT OF TOWN	25 FATHER DAVID OUT OF TOWN	26 FATHER DAVID OUT OF TOWN	27 FATHER DAVID OUT OF TOWN	28 FATHER DAVID OUT OF TOWN	29 5:00 PM GREAT VESPERS
30 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY	31 5:30 PM JESUS PRAYER GROUP					