

NEPSIS

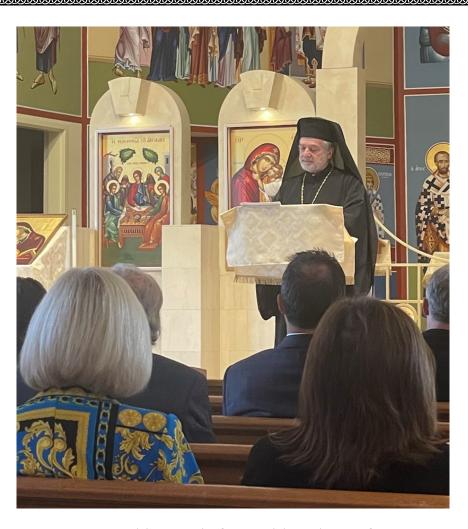
Spiritual watchfulness and alertness. "Watch, therefore, for you do not know what hour your Lord is coming" (Matthew 24:42)

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

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



"Welcoming the Strangers"



I accompany this Nepsis front with a photo of Metropolitan Nicholas delivering the keynote address at the Clergy/Laity conference in October, just a couple weeks ago. His whole address made constant reference to the icon behind him - the icon of the "Hospitality of Abraham." In this story from the Bible, three angels (traditionally representing the Holy Trinity) visit Abraham as he is camped under the Oak of Mamre.

Continued on Page 2

NOVEMBER 2025

<u>2025</u> <u>Parish Council</u>

Peter Manolakos President

Thomas Anthis Jr.
Vice President

Robert Allen <u>Secretary</u>

Michael Copanas <u>Treasurer</u>

Joy Weatherup-Anthis Dimitrios Giaprakis Eleni Kosmas, MD Martha Lemondes George Nardone Marianna Politis-Tacea Christopher Shiomos, OD Jeanette Capousis Vigliotti

> <u>Honorary</u> <u>Board Member</u> James Sakezles



VISIT THE PARISH WEBSITE stsophias.org



"Welcoming the Strangers"

Continued from Page 1

The point His Eminence made had to do with the "hospitality" part of the story: Abraham encountered three strangers, and he and his wife (despite having many servants) prepared a meal for them and welcomed them. Metropolitan Nicholas pointed to this as a model for our churches - strangers come, and we must welcome them ourselves. We can't wait for someone else to welcome strangers - the friendly person or couple in all churches who welcome all the visitors. Rather, the church becomes a welcoming place when everyone becomes a welcoming person.

I will use one quotation from his address that especially captures the points he made: "We are all welcomed to God's house, no matter how we're dressed or where we came from. God doesn't judge who you are when you walk into the church, He only demands one thing: that when you walk OUT of the church, you've changed. This is not only the case with visitors, but with all of us."

You should read his words a couple of times. It was clear when he said them that the people gathered for the conference in Fort Wayne were touched and amazed by what he said.

Indeed, all of us have seen people come into the church wearing something that stands out. Are they still welcome? Of course they are. The scriptures plainly talk about welcoming people to church who aren't wearing clothing that the "regulars" wear (James 2:2-4). Verse 9 of that passage tells us what happens when we judge people based on their appearance: *if you show partiality, you commit sin and are convicted by the law as transgressors*. This is serious. What a sad thing to have something you do while you're in church result in your condemnation!

But more than this, we all have to ask ourselves what we "look like" when we walk out of the church. Not just the visitors, but all of us. The liturgy should change us - not in grand and awesome ways (this happens sometimes), but in small ways. We are climbing the sycamore tree with Zacchaeus - getting higher one branch at a time. Every liturgy, every prayer, every motion toward God rebuilds His image in us a little more.

Brothers and sisters, His Eminence based his opening address on the fact that many, many of our churches are experiencing very high numbers of visitors, enquirers, and converts. It is an exciting and challenging time. Let us use Abraham as our example, and learn to be vital and welcoming Christians.

Your affectionate servant, Father David

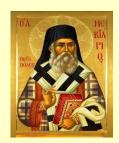


<u>IMPORTANT DATES</u> NOVEMBER 2025 CHURCH CALENDAR



SYNAXIS OF THE ARCHANGELS

Saturday, November 8 9:00 am Orthros 10:00 am Divine Liturgy



ST. NEKTARIOS

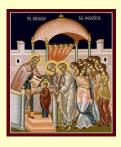
Sunday, November 9 8:45 am Orthros 10:00 am Divine Liturgy



ST. JOHN CHRYSOSTOM

Thursday, November 13
9:00 am Orthros
10:00 am Divine Liturgy

NATIVITY FAST BEGINS ~ Saturday, November 15



ENTRANCE OF THE THEOTOKOS

Friday, November 21 9:00 am Orthros 10:00 am Divine Liturgy



ST. ANDREW, First Called Apostle
Sunday, November 30
8:45 am Orthros
10:00 am Divine Liturgy



PRESIDENT'S MESSAGE



Dear Parish,

I just learned about a star in the universe. It is not just any old star. It appears to be the largest star that has ever been identified. It's name is UY Scuti and it lives in the Scutum constellation. Of course, we all know where that is. Anyway, UY Scuti is really, really large, one might even say beyond humongous. Now hold on to your socks. UY is 1,708 times wider than the sun, has a radius of 738 million miles. It could hold 5 billion (yes billion with a b) suns, 7 trillion (yes trillion with a t) Jupiters, and 7 quadrillion 7,000,000,000,000,000 (yes quadrillion with a Q) earths. UY is 9500 light years from earth and its size "challenges our understanding of stellar evolution and offers a perspective on the universe's enormity".

We cannot really engage with the size of the universe. The James Webb telescope, launched on Christmas Day 2021 is sending back images which are creating convulsions in the astrophysical community. Our conception of spacetime, the notion of a singularity that "preceded" the big bang - all now being questioned. While we might "understand" the massive numbers used to describe UY, we really cannot get our heads around them. Our language, our words, fail to capture the awesomeness of the size of things "out there".

In Orthodoxy, we embrace "apophatic theology" which focuses on what cannot be said about the divine rather than what can. It complements "cataphatic theology' which does use positive statements about God. But God is beyond all human categories and understanding. Human language is inadequate to capture the true nature or essence of the Pantocratora.

So we fail to really grasp the enormity of UY, even when we use positive descriptive words. When one tries to engage with UY, that engagement is truly humbling. And when one takes the simple step to the understanding that God created all that is, be it the very large or the very small, our humility should be exponentially greater. When we add that He gave His only begotten Son, to be scourged, humiliated, and crucified so that our sins may be forgiven, our humility should turn into tears. God's glory is beyond us, God's love is beyond us. We all need to try harder. Praise be to God.

The fall General Assembly meeting is on November 2. The Stewardship breakfast is on November 16, and the election for parish council, if we need one, is also on November 16.

Life is, as the man said, "one darn thing after another". No matter how things are going for us, we give thanks to God for His blessings, His bounty, His love for us. While every day is a day of thanksgiving, the parish council wishes the St Sophia's community a Happy and Blessed Thanksgiving Day.









BYZANTINE CHANT

YAL WORKSHOP



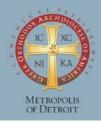
DO YOU WANT TO LEARN BYZANTINE CHANT?

WE ARE PLANNING A CHANT
WORKSHOP AT ANNUNCIATON
CHURCH IN ROCHESTER, NY
AFTER NEW YEARS.

GUESTS: FR. ROMANOS KARANOS & GEORGIOS THEODORIDIS

LET US KNOW WHO YOU ARE!

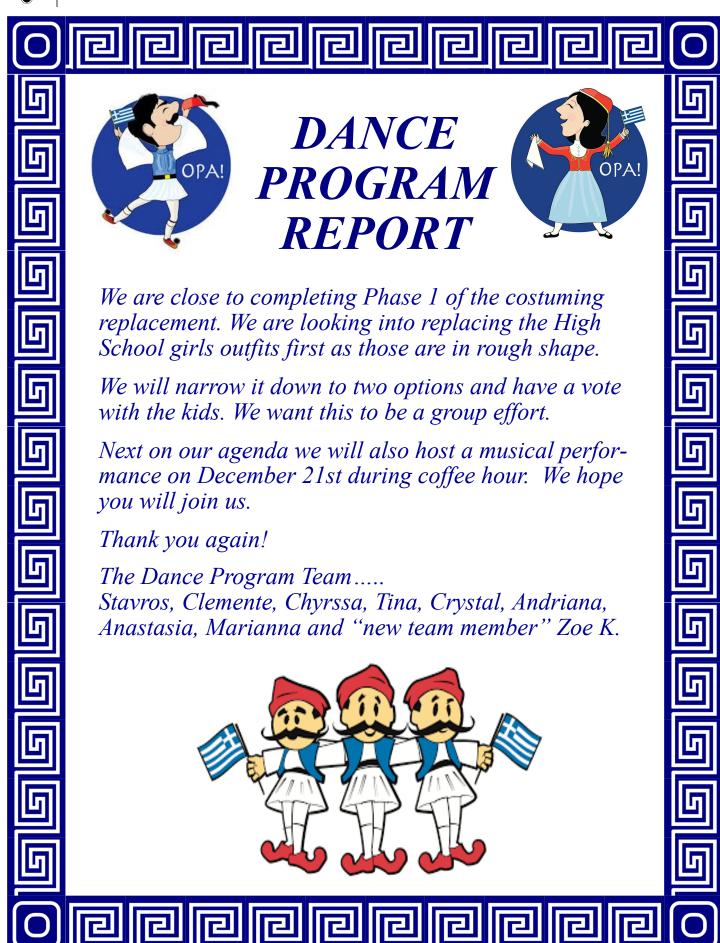




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Stewardship Sunday ~~ ~ Complementary Breakfast ~~~~ November 16th

Following the Liturgy St. Sophia's Church Lower Social Hall

Please attend Liturgy and then remain for a complimentary breakfast and short presentation by the Parish Council. This event will take place in the Lower Social Hall. Submission of your pledge card is required to be a member in good standing. Learn about the Stewardship campaign, ask questions, and submit your 2026 Stewardship Pledge Card.













2026 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 2026 a total amount of \$

> If you are interested in paying by Credit/Debit Card do so Online via the Church website stsophias.org

Please Print:

Name Address		G: .	7: 6 1			
City Telephone	<u>()</u>	State Email Address	Zip Code			
Signature		Date				

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

St. Sophia's Website & Mailing List

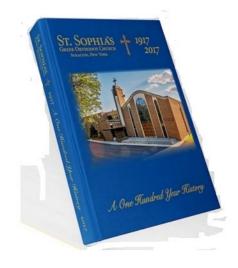
Visit the St. Sophia's website at www.stsophias.org. There is a wealth of information on the website with the most up to date calendar on services and events, color photographs from recent functions, electronic sacrament forms to easily fill out and submit, and an online chapel highlighting the days 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.

innanananananana **Mini** <u>Choir</u> **Mini**

We welcome everyone to join our Choir Check the Church Calendar for upcoming Choir Practices



Available in the Church Bookstore The One Hundred Year History of St. Sophia's Church 200 pages of history and pictures!

Includes 50 pages devoted to the 2017 Centennial Celebration

Discounted price of \$30

November 2025 Memorials Eternal Be Their Memory

November 2, 2025
None Scheduled

<u>November 9, 2025</u> Memorial Service for Catherine Lindenfelser (40 Days)

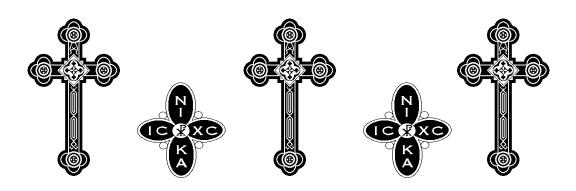
November 16, 2025

Memorial Service for Athanasia Astras (40 Days)
Trisagion Prayer for George Roupas (3 Years)
Trisagion Prayer for Ellen Bravos (8 Years)
Trisagion Prayer for Susan Bravos (13 Years)
Trisagion Prayer for Calliope Roupas Wojtas (18 Years)
Trisagion Prayer for Clara Roupas (29 Years)
Trisagion Prayer for John Roupas (47 Years)

November 23, 2025

Memorial Service for Christopher Copanas (3 Years) Memorial Service for John Copanas (3 Years) Trisagion Prayer for Sophia Copanas (6 Years) Trisagion Prayer for Peter Copanas (10 Years)

November 30, 2025
None Scheduled





November 2025 Coffee Hours

November 2, 2025
None Scheduled

November 9, 2025
None Scheduled

November 16, 2025
None Scheduled

November 23, 2025
None Scheduled

November 30, 2025
None Scheduled



November 2025 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:

<u>November 2, 2025</u> Despina (Tina) Lemon Vasiliki Mihou

November 9, 2025
Patricia Meskos
Frieda Meskos

<u>November 16, 2025</u> No Coffee Hour Stewardship Sunday Breakfast

> November 23, 2025 Anastasia Papazides Diane Peters

November 30, 2025 Garyfallia Papageorge Debora Politis

Also, first two weeks of December 2025

<u>December 7, 2025</u> Kathy Shiomos Christina Shiomos

<u>December 14, 2025</u> Elizabeth Sakellariou Nikki Stamoulacatos

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







Philoptochos provides the coffee service during Coffee Hour on Sundays from September through May. During these months, please call the Church Office to schedule a sponsored coffee hour for a memorial.

Procedure to Schedule a Memorial Sponsored Coffee Hour Service:

1. Call the church office 315-446-5222 and schedule the memorial and sponsored coffee hour with Katina Luvadis (Church Administrative Assistant).

2. Choose one of the levels of Coffee Service below. Coffee Hour Service Fees to be paid ONLY by check made payable to Philoptochos (Memo line: include date of service & name of honored loved one.)

Mail check to: Attn: Philoptochos 325 Waring Road - Syracuse, NY 13224

Sponsored Coffee Service Options

=>Basic Coffee Service - \$50 includes the following:

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

=>Super Plus Coffee Service - \$150 includes the following:

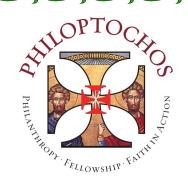
Philoptochos provides and serves the Pastries, coffee, milk, sugar, and juice.

Reminder: Dates not available to sponsor Coffee Hour service include; Stewardship Sunday, Godparents Sunday, and Cheese Fare Sunday. Please refer to the Church calendar for these dates.

*Summary Months of June, July and August:

To sponsor a coffee hour during these summer months only Basic Coffee Service (\$50) is available. Philoptochos provides coffee, cups, sweetener, creamer, stirrers and set up the serving table. Parishioner provides: Pastries, set up the serving station and tables, serve the coffee hour and clean up service immediately following coffee service. During these summer months, please call either Coffee Coordinators of Coffee Service - Vivian Alexander 315-673-2880 or 315-430-6162 or Maria Allis.





November 2025

Dear Fellow Sisters of Philoptochos and parishioners in Christ,

The word of the month is *Gratitude*. As we approach a time for giving thanks and showing our appreciation towards others, I would also like to take the time to think of what we can be thankful of within our church. Gratitude is one of those quiet gifts that reminds us of what really matters. It helps us look beyond our daily stress and busyness and see the goodness of God at work in our lives.

It's easy to give thanks when things are going well, but I've learned that gratitude becomes even more meaningful when we choose it during the hard times too. When we stop and recognize even the small blessings—the steady support of a friend, the kindness of a stranger, a moment of peace in the middle of chaos—it changes our perspective. It softens our hearts. It recenters us.

I'm especially grateful for our community, my family as well as my extended family of St. Sophias—for every person who shows up, serves quietly behind the scenes, prays for others, brings food to someone in need, or simply listens. These everyday acts of love and generosity are what make our shared life so meaningful.

So, wherever you find yourself right now—on a mountaintop or in a valley—I pray you can find something, even something small, to be thankful for. Gratitude won't erase every problem, but it can bring light into the darkest places and help us move forward with hope, faith and love.

With appreciation and warmth,

Your Sister in Christ

Jeanette Capousis-Vigliotti

Philoptochos President







PHILOPTOCHOS BAKLAVA SALE

PRE-ORDERS REQUIRED \$45.00 PER PAN

(13" BY 9" PAN)
DEADLINE TO ORDER
NOVEMBER 14, 2025
Questions? Call... Maria Allis
(315) 450-9766



BAKLAVA ORDERS WILL BE AVAILABLE FOR PICK UP: Friday, November 21 from 11:00 am to 2:00 pm Sunday, November 22 from 11:00 am to 2:00 pm Sunday, November 23 after Church



Philoptochos YIAYIA'S *JEWELRY* **SALES**

A BIG THANK YOU TO ALL THOSE THAT DONATED JEWELRY TO PHILOPTOCHOS FOR THE ONGOING JEWELRY SALES

PROCEEDS FUND THE NUMEROUS PHILANTHROPIC PROJECTS OF PHILOPTOCHOS

PLEASE FEEL FREE TO CONTINUE TO DONATE YOUR JEWELRY—WE NEED IT!

DONATIONS ARE ACCEPTED YEAR ROUND

DROP OFF YOUR DONATED JEWELRY TO THE CHURCH OFFICE OR PLACE IN THE PHILOPTOCHOS MAILBOX









The Jamesville Dewitt Ecumenical Food Pantry has been relocated twice in the last few months.

Our building is being renovated and the work is behind schedule.

We will not begin to collect our food bags for the pantry until we are back into our permanent space. Hopefully, this will be in the beginning of November.

Please keep the pantry in your prayers to continue serving those in need in our community.







November 2025

Program Schedule For Cable Television All Programs Air on Spectrum Cable Chanel 98

Sunday Programs at 7:00 pm On Spectrum Channel 98 We continue the series Creation History in Genesis

> November 2 Genesis 3:15-19

> November 9
> Genesis 3:20-24

November 16 Getting Ready for Christmas, part 1

November 23
Getting Ready for Christmas, part 2

November 30 Getting Ready for Christmas, part 3 Monday Programs at 7:00 pm Fr. David's "The Inner Way" series airs every Monday

November 3
Unseen Warfare, chapter 12

November 10
Unseen Warfare, chapter 13

November 17
Unseen Warfare, chapter 25

November 24
Unseen Warfare, chapter 26



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MARK YOUR CALENDARS

Sunday, Nov 2, 2025 General Assembly Meeting



<u>Sunday, Nov 16, 2025</u> Stewardship Sunday & Breakfast







CHARLE CONTRACTOR CONT



Calling all St. Sophia's Youth Musicians!

We are looking for band, orchestra, or jazz students, with at least 1 full year of playing experience in school to put on a mini Holiday Performance on December 21st, 2025 during Coffee Hour!

If interested, please register using the QR code below. There will be 1 rehearsal after church on December 7th. Once sign-ups are complete, music will be emailed.

*Registration closes on 11/2/25



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Sunday, November 9, 2025 after Divine Liturgy

Tickets: \$12.00 Adults \$5.00 Children 12 to 5 FREE Children 4 & Under

Menu:

Pasta & Meat Sauce, Salad, Bread & Dessert Coffee, Tea & Juice Included

Table set up after service to take reservations.... or call Maria Allis at (315) 450-9766

Eat In or Take Out is Available

To Benefit JDEFP
Jamesville Dewitt
Ecumenical Food Pantry

An Invitation From St. George Macedonian Eastern Orthodox Church







THE CHRISTMAS SEASON IS APPROACHING!

Once again this year you have the opportunity to send relatives and friends "Christmas Greetings" in the St. Sophia Parish Community Christmas Card

Please complete the form below and submit, along with your donation, to the Church office by Sunday, November 23, 2025.

Minimum Donation is \$25.00

	PLEASE INSCRIBE THE COMMUNITY CHRISTMAS CARD AS FOLLOWS
	MY DONATION IS \$
SIGNED_	





Community Christmas Cookie Drive

We will be collecting cookies or monetary donations to purchase cookies for the annual Community Christmas Cookie Drive. The cookies will be given to those in need at the Soup Kitchen of the Samaritan Center and the Salvation Army Women's and Children's Center.

If you would like to bake or buy cookies, we will be collecting them on Sunday, November 30 to Sunday, December 14—delivering the cookies on Monday, December 15. Please drop off your donations to the upper level Church kitchen and please clearly mark the donations "Donation to Cookie Drive". Your generosity is greatly appreciated.







HELLENIC DANCE

onderland 2026

Featuring live music by The Aegeans and catering by the Garden View Diner

Business casual attire

JANUARY

SATURDAY 10 5PM TO 11PM

All tickets include hors d'oeurves, full Greek-style buffet, open bar (beer, wine, soda), dessert, coffee, and tea



Scan the QR code to purchase tickets before December 31, 2025



St. Sophia Greek Orthodox Church—November 2025

Sun	Mon	Tue	Wed		Thu	Fri	Sat
							1 10:00 AM ROMANIAN LITURGY 5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 5TH SUNDAY OF LUKE GENERAL ASSEMBLY DAYLIGHT SAVINGS TIME	6:00 PM ORTHODOXY 101	ELECTION DAY 10:00 AM BIBLE STUDY 7:00 PM OCF AT SU	6:00 PM PARAKLESIS	5	6:00 PM CHOIR PRACTICE	7	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY SYNAXIS OF THE ARCHANGELS 5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 7TH SUNDAY OF LUKE SPAGHETTI DINNER	6:00 PM ORTHODOXY 101	11 10:00 AM BIBLE STUDY VETERANS DAY 7:00 PM OCF AT SU	6:00 PM PARAKLESIS	12	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. JOHN CHRYSOSTOM 6:00 PM CHOIR PRACTICE	14	15 NATIVITY FAST BEGINS 5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY MATTHEW THE APOSTLE & EVANGELIST STEWARDSHIP SUNDAY & BREAKFAST	17 6:00 PM ORTHODOXY 101	10:00 AM BIBLE STUDY 6:00 PM AHEPA MEETING 7:00 PM OCF AT SU	6:00 PM PARAKLESIS	19	6:00 PM CHOIR PRACTICE	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ENTRANCE OF THE THEOTOKOS INTO THE TEMPLE	5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 9TH SUNDAY OF LUKE	24	25 ~ ~ ~ <i>FATHER DAVID IS</i> 7:00 PM OCF AT SU		~ ~ ~ ~	27 THANKSGIVING	28	29 5:00 PM GREAT VESPERS
30 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY ANDREW THE FIRST CALLED APOSTLE							

St. Sophia Greek Orthodox Church—December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	10:00 AM BIBLE STUDY	3	4	5	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. NICHOLAS
		7:00 PM OCF AT SU	6:00 PM PARAKLESIS	6:00 PM CHOIR PRACTICE		5:00 PM GREAT VESPERS
7 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 10TH SUNDAY OF LUKE	8	10:00 AM BIBLE STUDY	10	11	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. SPYRIDON	13 2:00 PM AHEPA INITIATION
		7:00 PM OCF AT SU	6:00 PM PARAKLESIS	6:00 PM CHOIR PRACTICE		5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 11TH SUNDAY OF LUKE	15	16 10:00 AM BIBLE STUDY	17	18	19	10:00 AM ROMANIAN LITURGY
SUNDAY SCHOOL CHRISTMAS PLAY		6:00 PM AHEPA MEETING 7:00 PM OCF AT SU	6:00 PM PARAKLESIS	6:00 PM CHOIR PRACTICE		5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY BEFORE NATIVITY	22	10:00 AM BIBLE STUDY	CHRISTMAS 24 EVE 9:00 AM ROYAL HOURS	CHRISTMAS 25 DAY 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY	26	27
CHRISTMAS MUSICAL PRESENTATION		7:00 PM OCF AT SU	6:00 PM VESPERAL LITURGY FOR NATIVITY	Merry Christmas		5:00 PM GREAT VESPERS
28 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY AFTER NATIVITY	29	30 10:00 AM BIBLE STUDY	NEW YEAR'S 31			
		7:00 PM OCF AT SU	6:00 PM PARAKLESIS			