

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



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**WEEKLY BULLETIN  
SUNDAY, MAY 11, 2025  
SUNDAY OF THE PARALYTIC**

~ ~ ~ ~ ~



METROPOLIS  
OF DETROIT

# Acts of the Apostles 9:32-42

**Prokeimenon. Mode 3  
Psalm 46.6,1**

**Sing praises to our God, sing praises.**

**Verse: Clap your hands, all you nations.**

The reading is from  
Acts of the Apostles 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

# Πράξεις Ἀποστόλων 9:32-42

Προκείμενον. Ἦχος γ'  
ΨΑΛΜΟΙ 46.6,1

Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε.

**Στίχ.** Πάντα τὰ ἔθνη κροτήσατε χεῖρας.

Πράξεις Ἀποστόλων 9:32-42 τὸ ἀνάγνωσμα

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἀγίους τοὺς κατοικοῦντας Λύδδαν. Εὗρεν δὲ ἐκεῖ ἄνθρωπόν τινα Αἰνέαν ὀνόματι, ἐξ ἐτῶν ὀκτὼ κατακείμενον ἐπὶ κραββάτῳ, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος, Αἰνέα, ἰάταί σε Ἰησοῦς ὁ Χριστός· ἀνάστηθι καὶ στρῶσον σεαυτῷ. Καὶ εὐθέως ἀνέστη. Καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Ἀσάρωνα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν κύριον. Ἐν Ἰόππῃ δὲ τις ἦν μαθήτρια ὀνόματι Ταβηθά, ἣ διερμηνευομένη λέγεται Δορκάς· αὕτη ἦν πλήρης ἀγαθῶν ἔργων καὶ ἐλεημοσυνῶν ὧν ἐποίει. Ἐγένετο δὲ ἐν ταῖς ἡμέραις ἐκεῖναις ἀσθενήσασαν αὐτὴν ἀποθανεῖν· λούσαντες δὲ αὐτὴν ἔθηκαν ἐν ὑπερῷῳ. Ἐγγὺς δὲ οὔσης Λύδδης τῇ Ἰόππῃ, οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῇ, ἀπέστειλαν πρὸς αὐτόν, παρακαλοῦντες μὴ ὀκνήσαι διελθεῖν ἕως αὐτῶν. Ἀναστὰς δὲ Πέτρος συνῆλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῷον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χῆραι κλαίουσαι καὶ ἐπιδεικνύμεναι χιτῶνας καὶ ἱμάτια ὅσα ἐποίει μετ' αὐτῶν οὔσα ἡ Δορκάς. Ἐκβαλὼν δὲ ἔξω πάντας ὁ Πέτρος θεὶς τὰ γόνατα προσηύξατο· καὶ ἐπιστρέψας πρὸς τὸ σῶμα, εἶπεν, Ταβηθά, ἀνάστηθι. Ἡ δὲ ἠνοιξεν τοὺς ὀφθαλμοὺς αὐτῆς· καὶ ἰδοῦσα τὸν Πέτρον, ἀνεκάθισεν. Δοὺς δὲ αὐτῇ χεῖρα, ἀνέστησεν αὐτήν· φωνήσας δὲ τοὺς ἀγίους καὶ τὰς χήρας, παρέστησεν αὐτὴν ζῶσαν. Γνωστὸν δὲ ἐγένετο καθ' ὅλης τῆς Ἰόππης, καὶ πολλοὶ ἐπίστευσαν ἐπὶ τὸν Κύριον.

# The Gospel According to John

## 5:1-15

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Now that day was the sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" "They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

## Ἐκ τοῦ Κατὰ Ἰωάννην 5:1-15 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἀνέβη ὁ Ἰησοῦς εἰς Ἱεροσόλυμα. Ἔστι δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρα, ἢ ἐπιλεγομένη Ἑβραϊστὶ Βηθεσδά, πέντε στοὰς ἔχουσα. ἐν ταύταις κατέκειτο πλῆθος πολὺ τῶν ἀσθενούντων, τυφλῶν, χωλῶν, ξηρῶν, ἐκδεχομένων τὴν τοῦ ὕδατος κίνησιν. ἄγγελος γὰρ κατὰ καιρὸν κατέβαινεν ἐν τῇ κολυμβήθρα, καὶ ἐταράσσετο τὸ ὕδωρ· ὁ οὖν πρῶτος ἐμβὰς μετὰ τὴν ταραχὴν τοῦ ὕδατος ὑγιῆς ἐγένετο ᾧ δῆποτε κατείχετο νοσήματι. ἦν δὲ τις ἄνθρωπος ἐκεῖ τριάκοντα καὶ ὀκτὼ ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ. τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἤδη χρόνον ἔχει, λέγει αὐτῷ· θέλεις ὑγιῆς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν· Κύριε, ἄνθρωπον οὐκ ἔχω, ἵνα ὅταν ταραχθῇ τὸ ὕδωρ, βάλῃ με εἰς τὴν κολυμβήθραν· ἐν ᾧ δὲ ἔρχομαι ἐγώ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ ὁ Ἰησοῦς· ἔγειρε, ἄρον τὸν κράβαττόν σου καὶ περιπάτει. καὶ εὐθέως ἐγένετο ὑγιῆς ὁ ἄνθρωπος, καὶ ἦρε τὸν κράβαττον αὐτοῦ καὶ περιεπάτει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ Ἰουδαῖοι τῷ τεθεραπευμένῳ· σάββατόν ἐστιν· οὐκ ἔξεστί σοι ἄραι τὸν κράβαττον. ἀπεκρίθη αὐτοῖς· ὁ ποιήσας με ὑγιῆ, ἐκεῖνός μοι εἶπεν· ἄρον τὸν κράβαττόν σου καὶ περιπάτει. ἠρώτησαν οὖν αὐτόν· τίς ἐστιν ὁ ἄνθρωπος ὁ εἰπὼν σοι, ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ᾔδει τίς ἐστιν· ὁ γὰρ Ἰησοῦς ἐξένευσεν ὄχλου ὄντος ἐν τῷ τόπῳ. μετὰ ταῦτα εὕρισκει αὐτόν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῷ· ἴδε ὑγιῆς γέγονας· μηκέτι ἀμάρτανε, ἵνα μὴ χειρόν σοί τι γένηται. ἀπῆλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλε τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστιν ὁ ποιήσας αὐτόν ὑγιῆ.

# 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, ἀγαλλιιάσθω 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.

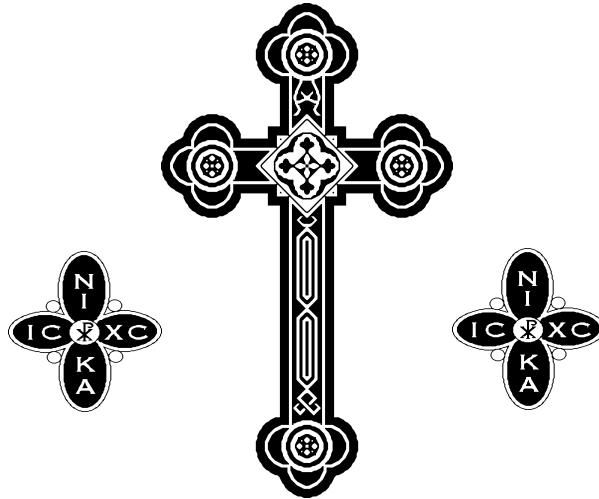
## Kontakion of Pascha. Mode pl. 4.

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out “Rejoice” to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection.

Εἰ καὶ ἐν τάφῳ κατήλθες Ἀθάνατε, ἀλλὰ τοῦ ἄδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητής, Χριστέ ὁ Θεός, γυναῖξι Μυροφόροις φθελγόμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

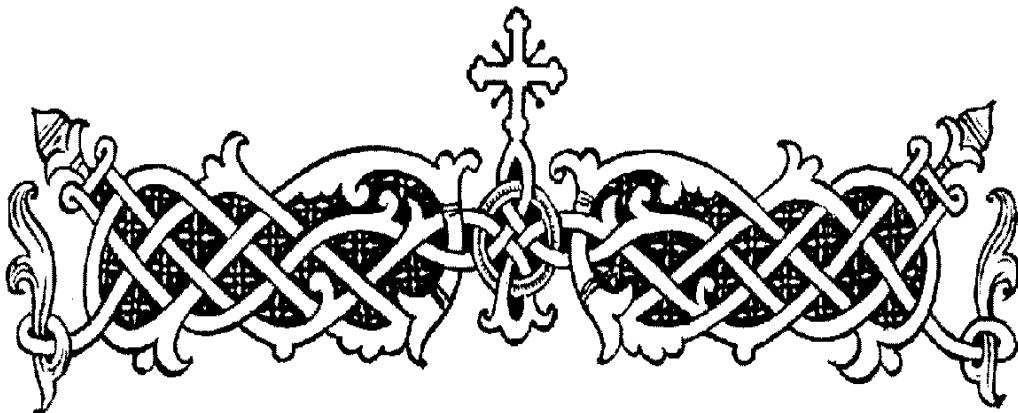


*Sunday—May 11, 2025*



*Trisagion  
Marie Dellas (14 Years)*

*MAY HER MEMORY BE ETERNAL*



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

***Today ~ Sunday of the Paralytic***



***8:45 am Orthros  
10:00 am Divine Liturgy***

***MOTHER'S DAY***

***Monday ~ May 12, 2025***

***5:00 pm Village Set-Up for Festival***

***Tuesday ~ May 13, 2025***

***10:00 am Bible Study  
5:00 pm Orthodoxy 101***

***Wednesday ~ May 14, 2025***

***9:00 am Orthros  
10:00 am Divine Liturgy  
Mid-Pentecost***



***Thursday ~ May 15, 2025***

***6:00 pm Choir Practice***

***Saturday ~ May 17, 2025***

***5:00 pm Great Vespers***





***JOIN US TODAY***



***COFFEE HOUR TODAY***

***In Memory of  
Mary Sakezles***

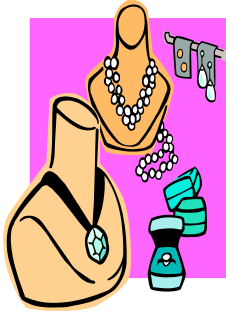
***Sponsored by the Family***



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

***Chrisoula Anastasiou & Helen Aravantinos***





## **PHILOPTOCHOS** **COSTUME JEWELRY DRIVE**

Attention ladies!...We are still at it!...  
Collecting costume jewelry for our ever popular  
upcoming costume jewelry sales!

St. Sophia's annual festival is fast approaching! Last year we did great business at the Philoptochos table selling the donated jewelry. We did so well that we have very little left for this year. So we want everyone to rummage through their jewelry boxes and gather all the items you no longer want or wear. Bring them into the church office and we will prepare them for sale this year. So do your best and donate all you can. Philoptochos funds great causes with this money! Costume jewelry donations are accepted year round to the Church office, attention Philoptochos.

## **AHEPA DAY** **Sunday—May 18th**



On May 18, 2025 we will be celebrating AHEPA DAY after Liturgy in the St Sophia's gymnasium. Dignitaries from Onondaga County and the City of Syracuse will be presenting proclamations. Lunch will be available by Gardenview Diner and all are invited (not just AHEPA members). We will also be awarding our Chapter scholarships. Please join us!

# PLEASE HELP SUPPORT OUR YOUTH DANCE PROGRAM

The dance program is looking to update and replace the more than a decade old costume sets. We are excited to announce and hope you'll consider the many different fundraising ideas we have in place to help support the mission. Please keep a lookout in the bulletin and social media for more information.

May 18th

Lemonade & Treat Sale - given by Dancers in Training

May 22nd

Tully's Good Times in Fairmont  
Tully's will donate 10% of sales

June 5th to June 8th

50/50 Raffle—during the Greek Festival

August 8th

Syracuse Mets Game

We receive \$5 from each ticket sold

<https://www.qofevo.com/event/StSophasYouthDance>

September - Date to be announced

Mum Sale- more to come!

Any questions please reach out  
to Marianna Politis

A huge shout out to both  
Philoptochos & AHEPA  
for kick starting us off!





# Dress Rehearsal June 1, 2025

You're invited to come and watch  
the youth dance groups perform  
after coffee hour outside

Professional group photos  
will take place

This will allow for families  
to enjoy a performance  
and take pictures

\*Weather permitting  
(Gym alternate location)

\*Photos will be taken by Christina Auer Photography



*Lemonade*  
*Sale*

AND TREATS TOO!

MAY 18TH

DURING COFFEE HOUR

PROCEEDS RAISED WILL SUPPORT  
THE YOUTH DANCE GROUPS  
FOR NEW COSTUMES

GIVEN BY:  
DANCERS IN TRAINING



**Tully's**

Great Food & Good Times

Join us in supporting

**St. Sophia's Youth  
Dance Program**

Thursday, May 22, 2025

Bring this **PRINTED** coupon to

**Tully's Good Times**

**FAIRMOUNT**

*3355 W. Genesee St, Syracuse, NY*

**Have dinner and support your community!**

Tully's will donate 10% of the sales from all receipts collected and accompanied by this coupon, excluding tax and tip. A **printed** coupon must be surrendered in order for the above organization/group to receive credit.

Tully's gift cards cannot be used as a form of payment to count towards the 10% donation total.

***JAMESVILLE DEWITT  
ECUMENICAL FOOD PANTRY***

***JOB OPPORTUNITY  
FOOD PANTRY COORDINATOR  
Part Time—10 to 12 hours per week***

***Job Overview***

***Oversees operations of a food pantry, ensuring efficient distribution, food handling, accurate inventory management***

***Good interpersonal skills with coordinating volunteers, clients, community donations, Town of Dewitt Personnel and Food Bank of Central New York. There are many people to communicate with.***

***Needs basic computer skills, light to moderate lifting ability and a vehicle that may be needed to pick up food.***

***Budget responsibility and will report to and meet with Board of Directors quarterly or as needed.***

***If interested, please email  
Ellen Tartakoff [eltartakoff@gmail.com](mailto:eltartakoff@gmail.com)  
Don Bregande [dbregande@gmail.com](mailto:dbregande@gmail.com)***



***FEED THE  
HUNGRY***



***FEED THE  
HUNGRY***



***FEED THE  
HUNGRY***

52ND ANNUAL

# ST SOPHIA'S GREEK

## Festival

OPA!



THURS. JUNE 5TH 5-9 PM

FRI. JUNE 6TH 5-10 PM

SAT. JUNE 7TH NOON-10 PM

SUN. JUNE 8TH NOON-4 PM



[syracusegreekfest.com](http://syracusegreekfest.com)

325 WARING ROAD SYRACUSE, NY

FREE ADMISSION | RAIN OR SHINE | FREE PARKING | FREE SHUTTLE





## 2025 Festival Volunteer Online Sign-up

**WE  
WANT YOU  
FOR GREEK  
FEST**



Our Greek Festival is a combined effort and we need your help to make it a successful event again this year. Please give your time and talents by volunteering.

Last year we utilized an online volunteer signup software system with great success. With this online signup we were able to balance our staff volunteers to provide better coverage that ultimately made it more efficient to manage the large number of attendees.

We are seeking individuals to help in all areas. Please sign-up for multiple slots and we thank you for generously sharing your time to make this a successful Festival once again.

To volunteer for positions,  
please go to our volunteer sign-up website  
at:

**<https://signup.com/go/qgEOjvu>**

# **2025 GREEK FESTIVAL**



**CALLING ALL  
VOLUNTEER  
BAKERS !!!!!**

**WE NEED YOUR HELP!!!!!**

**KOULOURAKIA WILL BE MADE:  
MONDAY—MAY 12TH—9AM TO 4PM  
TUESDAY—MAY 13TH—9AM TO 4 PM**

**KOURABIEDES WILL BE MADE:  
WEDNESDAY—MAY 14TH—9AM TO 4PM  
THURSDAY—MAY 15TH—9AM TO 4PM**

**FINIKIA WILL BE MADE:  
FRIDAY—MAY 16TH—9AM TO 4PM**

**PASTA FLORA WILL BE MADE :  
SATURDAY—MAY 17TH—9AM START**

**BAKLAVA WILL BE MADE:  
MONDAY—MAY 19TH TO FRIDAY—MAY 23TH—9AM TO 4PM**

**PAXIMATHIA WILL BE MADE :  
SATURDAY—MAY 24TH—9AM START**

**CUPPING & BOXING WILL BE :  
THURSDAY—MAY 29TH ~ 11:30AM TO 9PM  
FRIDAY—MAY 30TH ~ 9AM TO 9PM**

**RISOGALO WILL BE MADE :  
TUESDAY—JUNE 3RD ~ 3PM START  
WEDNESDAY—JUNE 4TH – 3PM START**

**ALL ARE WELCOME!**

**VOLUNTEERS OF ALL SKILL LEVELS ARE WELCOME**

**BRING YOUR HAT & APRON**



*HAPPY  
MOTHER'S DAY*

*May 11th*

