Each year when I sit down to write something about Pascha, the resurrection of our Lord, I find that my words fall far short of what I feel in my heart. I spoke on the Sunday of St. Gregory Palamas how great it is that we have his sermons in English - I’m turning to one of them to help me. These are a few sentences from his sermon for Great and Holy Saturday:

“The pre-eternal, uncircumscribed and almighty Word and omnipotent Son of God could clearly have saved man from mortality and servitude to the devil without Himself becoming man. He upholds all things by the word of His power and everything is subject to His divine authority. … He can do everything and nothing is impossible for Him. … But the incarnation of the Word of God was the method of deliverance most in keeping with our nature and weakness, and most appropriate for Him who carried our nature and weakness…”

“The Lord did not just create man anew with His hand in a wonderful way, but held him near Him. He did not merely restore human nature and raise it up from its fall, but in an indescribable fashion clothed Himself in it and indivisibly united Himself with it. He was born both God and man, born of a woman, that He might restore the human nature created by Him, but born of a virgin, that He might make mankind new.”

“He was also our teacher, using words to show the path that leads to life, and confirming the words of His teaching with great miracles. In this way human nature was justified, as not being evil in itself, but God was justified as well, as not in any way being the cause and maker of evil.”

“For such reasons as these the Word of God was made flesh and dwelt among us, appearing on earth and living with men. He took upon Himself our human flesh, which was subject to suffering and death, even though it was completely pure, and He used it in His divine wisdom as a bait to hook the serpent, the originator of evil, through the Cross, and set free the whole human race which he had enslaved. When a tyrant falls, all those he tyrannized are liberated.”

“May we too attain to (divine illumination and radiance) through the grace and love for mankind of our Lord Jesus Christ, who for our sake was made man, suffered, was buried, rose from the dead, took our fallen human nature up to heaven and honored it by sitting on the Father’s right hand.”

I pray that these words, written seven hundred years ago, might apply to you this year, this Pascha of 2024 - and also to me, to your family and mine. See you at church!

Your affectionate servant,
Fr. David
Please Join Us!

2024 PAN-ORTHODOX LENTEN VESPERS

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

April 7, 2024
Sunday of the Holy Cross
Sts. Peter & Paul Orthodox Church
401 Hamilton Street ~ Syracuse, NY 13204

April 14, 2024
Sunday of St. John Climacus
St. Luke’s Ukrainian Orthodox Church
3290 Warners Road ~ Warners, NY 13164

April 21, 2024
Sunday of St. Mary of Egypt
St. George Macedonian Orthodox Church
5083 Onondaga Road ~ Syracuse, NY 13215

PODCAST
TELLING THE STORY
Sunday Gospels Revised

Telling the Story consists of short fiction inspired by the Sunday Gospel readings. Using the settings of the gospel stories at will as contemporary and historical settings to bring a fresh and unexpected look at the biblical text.

https://www.ancientfaith.com/podcasts/tellingthestory
CHOIR NEWS

Dr. Roman Placzek

Our Choir Director

Where is your hometown and where else have you lived?
Jesenik, Czech Republic, is my hometown. I also lived in Salzburg, Austria, Boston, MA, Amherst, MA, Winchester, VA, Greensboro, NC, Raleigh, NC, Ithaca, NY, and now Manlius, NY.

What schools have you attended and degrees?
I am Doctor of Music in cello performance (University of North Carolina Greensboro) and I also have Master of Music in cello performance degree from UMass Amherst, Graduate Performance Diploma in cello performance from The Boston Conservatory and music degrees from the Czech Republic.

What musical instruments can you play and when did you start playing each?
Piano since I was 6, Cello since I was 8, guitar since I was 9.

What languages can you speak?
Czech, English, Russian, French, a bit of German.

What are your favorite hobbies?
Home improvement and yard work.

What genre of music do you enjoy most?
Classical

What is your all-time favorite record album?
Barbara Streisand and Barry Gibb Guilty

What's the weirdest or most interesting talent you have that most people don't know about?
I can connect with people. I hear them and know how to help them.

If you had to eat one meal every day for the rest of your life, what would it be?
Everything the Czech cuisine has to offer with Czech beer.
Dear Parish,

If you go downstairs to the social hall you will see that festival preparations have begun in earnest. The kitchen has been readied for our wonderful hardworking Pita Brigade to do its thing. Flour is stacked by the mixers and the rack with all the necessary ingredients for making the pita dough is set.

The first major volunteer events of the 2024 festival will begin at 9 am on April 6 and April 13. The dough for the spanakopita and tiropita will be made and then frozen. The actual pitas will be made on the Thursday, Friday and Saturday of the festival.

This year, after the dough making, members of the Pita Brigade will have pita making classes. They will show us how to mix the ingredients, roll out the dough and put a pita together. As you can see, making pita for the festival is a time consuming and labor intensive task. You will not be surprised to hear that the more laborers we have, the less time it takes to get the job done.

We need more volunteers to make pita. By learning how and showing up, you lighten the load for all. This, of course, is true for the festival in general. So mark your calendars for June 6 to June 9 and join the effort, giving as much time as your circumstances permit.

The Spring General Assembly meeting will take place on April 14, right after the liturgy. I have set a somewhat vague agenda for new business because, prior to the general assembly meeting, the parish council will be considering some issues that may need much more time to review. While predicting the duration of a general assembly meeting is a fool's errand, I believe this meeting will be relatively brief.

Once again, I must remind everyone that to vote in a general assembly meeting you must be a member in good standing of St Sophia's. That means that

1. You have filled out a 2023 stewardship pledge card
2. You have paid the pledge
3. You have filled out (but not necessarily paid) a 2024 stewardship pledge card

I should note that for any child under 18 to be a member of the St Sophia Dance Group, to dance at the festival, parents of that child must be members in good standing.

Finally, April 18 is Palm Sunday, the threshold to Holy Week. Father David wants to have an all parish photo right after the liturgy. We will convene on the front steps where half a dozen people tell us what to do. In spite of that, when we are done, we will have a wonderful snapshot for us and for our posterity.

Yours in Christ,

Peter Manolakos
Parish Council President
St. Sophia's Website & Mailing List

Visit St. Sophia's website 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

General Assembly Meeting

Sunday—April 14, 2024

2024 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 2024 a total amount of $__________

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

Please Print:

Name
Address
City
Telephone (____) _____ - _______
State Zip Code
Email Address

Signature ______________________________ Date __________________

THE COMPLETION OF THIS CARD IS A REQUIREMENT TO BE A MEMBER IN GOOD STANDING
Oswegatchie, A Place of Serenity

St. Timothy’s camp congregates Upstate New York children for a week every summer at Oswegatchie Educational Center in Northern New York. It’s a week filled with fellowship and opportunities for our youth to deepen their relationship with Christ while meeting their peers and building lifelong friendships. The location provides a serene environment void of distractions of everyday life.

Oswegatchie is a place of peace, a place of perpetual and serene calmness except for the occasional loon lamenting on top of the tannic water before diving towards its next nutritional meal. The red pines appear to climb forever into the sky as they reach for the sun with zeal as the zephyr blows through their leaves creating a gentle sound. I relax under the cool shade of a tree, eyes closed, hands beneath my head listening to the sounds of nature. I’m startled by the chattering of a gray squirrel above my head, perhaps a warning that I’m imposing on his territory? I return to my bedding created by the shedding of leaves from the trees and listen to the virtual symphony of sounds created by a multitude of birds. Mozart himself could not not compose more symphonic sounds of beauty in a serendipitous fashion, such harmony as if God himself was their conductor. How can they generate perfect sounds of impeccable melody and harmony? The best of human orchestras practice for many years to perform works of art, but God’s feathered creatures perform ad lib as if the creators’ hand directs their perfect songs. A small example of the miracles our lord provides for us.

Continued on page 7
Wise men have said that miracles occur when the laws of nature come to a standstill. The aforementioned miracle of song occurs daily as a part of God’s plan, no laws of nature having stood still. These beautiful songs are taken for granted daily as people rush to and fro earning wages to provide for their families. Food, clothing and shelter procured by man-made monetary means. Some have little and others a lot. Modern society considers those that have a lot as successful. They can afford more material things, larger houses and more expensive cars. Many times wealth, prestige and power is accumulated by taking advantage of others less fortunate. It started when Cain killed his brother Able and continues to this day all the while the birds continue to entertain with their beautiful music.

Oswegatchie is a blessed place, a wonder within the Adirondacks with its four picturesque ponds known as the Round, the Rock, the Long and the Trout. It sits on a serpiginous road from Croghan. I stand on the edge of Trout pond and try to absorb the aesthetic beauty of this place. The sun high in the sky, the water calm and peaceful, few cumulus clouds pass by. How lucky am I to see such perfection? I look at the water below my feet and wonder how two elements can come together to form such an essential substance. Chemists call it dihydrogen oxide and all earthly life depends on it. It was created by God according to the scriptures. It is essential for life, but it can also destroy life as Noah witnessed. It was parted by Moses and it was used by John to baptize our Savior. Two elements, so simple, played such a vital role in history. Two elements that would make complex cellular functions useless with their non existence. It makes up most of the human body and covers most of earth's surface.

The scenery that surrounds Trout pond consisting of trees, bushes and plants form a decorative periphery. Life, from the microscopic to that visualized by the naked eye lives within and around the pond. All plant and animal life thrives using each other and the precious water to live and grow. Such a delicate balance that has been maintained for many years. Only God’s creation can work so perfectly for so long. A miracle that is hardly noticed by man in his daily struggle. Many who are respected as knowledgeable say it's all nature and coincidences, not the work of the Creator. They fail to see the complex simplicity that can’t just happen through evolution and last for so long on a planet that is prone to entropy. When you look at it, everything looks so calm and stable yet everything is dynamic and constantly changing. How can something look the same year after year when it is constantly changing? Only God can create such a smoothly working dynamic with elements interacting in unison. Man, God's creation with his free will has a choice as to what to believe and how to act. Meanwhile God is ever-presently watching.
Syracuse AHEPA Chapter 37
~~ March 2024 News ~~

AHEPA NEWS

Our next hybrid meeting will be Tuesday—April 23, 2024 at 6:00 pm at St. Sophia’s Greek Orthodox Church. We are now up to 71 members and counting. If you are interested in joining this great organization contact any AHEPA member.

Our flag raising event at Syracuse City Hall was a great success. Our membership wants to thank all those who participated.

We're working hard to make our 100th anniversary gala event a success. The dinner dance will be held Saturday—October 26, 2024 on St. Dimitrios day will include live Greek music provided by the Aegeans and American music provided by our DJ Brother Dion Labatos.

AHEPA DAY will be celebrated on Sunday—May 19th following liturgy. Coffee and meze will be served.

The AHEPA foundation distributed over $5000.00 dollars this year to local worthwhile charities including “My Fathers Kitchen”.

Our AHEPA Chapter 37 scholarship awards have been increased to $1000.00 dollars this year. All eligible students should apply.

James Telonis, MD, President
Syracuse AHEPA Chapter #37
The Harry Agganis Award
Annually, the Order of AHEPA honors the outstanding American athlete of Greek descent as the recipient of the “HARRY AGGANIS AWARD” instituted in 1955 to honor the memory of Harry Agganis, Greek-American athlete who died suddenly while starring for the Boston Red Sox baseball team.

Recipients are:

1955 – Alex Aronis - Football
1957 – Alex Karras - Football
1959 – Gus Triandos - Baseball
1961 – Chris Pelekoudas - Baseball (Umpire)
1963 – George Saimes - Football
1965 – Chris Pelekoudas – Baseball (repeat)
1967 - Dee Andros - Football Coach
1969 - Angelo Loucas - Football
1971 - George N. Pappas - Bowling
1973 - Chris Farasopoulos - Football
1975 – Leah Poulos - Olympic Speed Skater
1979 – Alec Campanis - LA Dodgers GM
1981 – Fred Smerlas - Football
1983 – Greg Louganis - Olympic Diving
1985 – Greg Louganis - Olympic Diving
1987 – George Tafralis - Track
1989 – Chris Chelios - Hockey
1991 – Karen Choppelas Horstmeyer – Basketball
1993 – Chris Kontos - Hockey
1995 – John Mitsopoulos - Weight Lifting
1997 – Spiro Siaggas - AHEPA Athletics
1999 – James Daopoulos - NFL Superbowl Referee

1956 – George Spaneas - Football
1958 – Lou Tsiriopoulos - Basketball
1960 – Milt Pappas - Baseball
1962 – Alex Grammas - Baseball
1964 – No award made
1966 – Peter Tountas - Bowling
1968 – No award made
1970 - George Allen - Track
1972 – Gus Ganakas - Basketball
1974 – Alex Strike - World Judo Champ
1977 – John Scolinos - Baseball Coach
1980 – Lee Palles - Decathlon
1982 – Art Demmas - NFL Referee
1984 – Mike Castronis - NCAA Football Coach
1986 – Peter Dalis UCLA Athletic Director
1988 – Tom Patsalis - Track
1990 – Peter Sampras - Tennis
1992 – Steve Lappas - NCAA Basketball Coach
1994 – Alkis Panagoulis - Soccer Coach
1996 – Pete Karmanos Jr. – Hockey
1998 – Peter Clentzos - Olympic Pole Vaulter
2000 – John Korfas - Basketball

Beginning with the year 1972, the Harry Agganis Award was made to the outstanding Professional Hellenic Athlete of the Year.

To be continued in May’s NEPSIS.

Mike Labatos, Chairman
For the 100th Anniversary Committee Celebration
AHEPA Syracuse Chapter 37
Philoptochos News April 2024….

First, a very big Thank You! to leaders and their respective teams that participated in our March and April events listed below. Singular vision and collaborative action resulted in success for all events. Some of the Volunteers include: Frieda Meskos and her team, Jeanette Vigliotti & Family, Effie & Bob Weismore, Maria Allis, Vickie Mihou, and everyone that helped out including devoted GOYA members (high schoolers earning their community service requirement for National Honor Society). It is impossible to name everyone that participated in this limited space. Looking back at our March events the results of these events will be shared in the next NEPSIS:

- **Cheese Fare Sunday Church Luncheon – Proceeds to benefit OCMC – “Support a Mission Priest” Program – A National Philoptochos Ministries Program (March 17)**
- **Bake Sale Weekend & Costume Jewelry Sale – Proceeds to benefit In My Father’s Kitchen – Local to Syracuse, NY (March 22 – 24)**
- **Sunday of Orthodoxy Vesper Lenten Feast – March 24, 2024 – Thank you to Debbie Politis for leading this event again this year and thank you to Maria Allis for providing the Prosforo for the Artoklasia and everyone who contributed to the Lenten meal after the service.**

Moving forward to our April events:

- **Traditional Tsoureki Sale (4/28) and Basket Raffle (starting 4/14) for Greek Orthodox Easter.** (Check April NEPSIS for more information). Bake Sale and Raffle Drawing on April 28 - Palm Sunday.
- **Scholarship Deadline for High School Seniors – Tuesday, April 30th – by Noon.** This year there is ONE Application for Philoptochos, Saint Sophia Scholarships, and AHEPA. Applications will be available in the Church Office and on the church website. For Questions reach out to Roberta Williams. **Deadline for submission is April 30th, 2024 – AND**
- **An additional opportunity with a separate application for the Metropolis Level Philoptochos Scholarship also Due April 30th, 2024 – please use this link to download and submit your application.** [https://www.metropolisodetroiphiloptochos.org/events-and-news/florence-g.-stefanou-memorial-scholarship](https://www.metropolisodetroiphiloptochos.org/events-and-news/florence-g.-stefanou-memorial-scholarship)

And finally, Philoptochos Sunshine Committee Members welcome you to join their efforts in sending “Thinking of you” cards to our community. Thank you to Effie Weismore, Ellen Tartakoff, Diane Peters, Vicky Speno, Tina Lemon, Floria Panels for jump starting the intention of this group. If you are interested in joining this team please reach out.

**Membership: Contact any of the Philoptochos Officers to join anytime throughout the year.**

President: Theone Kalkinis
Vice-President (1st): Vickie Mihou
Vice President (2nd): Patty Donahue-Carey
Treasurer: Tina Carkey
Assistant Treasurer: Frieda Meskos
Secretary (Corr): Cara Potamianos
Secretary (Rec): Chryssanthi Intze

Save the Date – June 15th, Saturday - Philoptochos Luncheon at Bistro 1926 at Drumlins. Look for the reservation table set up after church services starting in May or email your reservation to [Philoptochos@stsophias.org](mailto:Philoptochos@stsophias.org) (include your name, phone #, and # of attendees in your email.)

Καλη Σαρκοκοστη,
Theone Kalkinis
Philoptochos@stsophias.org
PHILOPTOCHOS EVENTS

Easter Basket Raffle

Baskets will be displayed and tickets can be purchased beginning on Sunday, April 14th. We will have the drawing on Palm Sunday—April 28th. Funds raised will be utilized for our numerous philanthropic projects.

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Tsoureki Sale

Mark your calendars for Palm Sunday—April 28th when we will have our annual Tsoureki Sale (Greek Easter Bread).
PHILOPTOCHOS
COFFEE HOUR SERVICE

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.

There are 2 levels of service provided for a Sponsored Coffee Service.

=> 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.

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.)

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 this 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.

April 2024 Coffee Hours
April 7, 2024
In Memory of
Olga Zeppos & George Zeppos
Given by the Family
April 2024
Volunteers
To Serve Coffee Hour

April 2024 Memorials
Eternal Be Their Memory

April 7, 2024
• Memorial Service for Nikolaos Themistocles Tsilibes (1 Year)
• Memorial Service for Olga Zeppos (1 Year)
• Trisagion Prayer for Joanne Allis (17 Years)
• Trisagion Prayer for George Zeppos (26 Years)

April 14, 2024
• Trisagion Prayer for Gus Columbus (14 Years)
• Trisagion Prayer for Panagiota Stamatakos (37 Years)

April 21, 2024
• Memorial Service for Ilias Fekos (40 Days)
• Memorial Service for Trifon Stiliadis (40 Days)

April 28, 2024
• Memorials not allowed

April 2024
Volunteers
To Serve Coffee Hour

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

April 7, 2024
Katherine Bristol
Constantina Georgiadis

April 14, 2024
Anastasia Ioannidis
Peter Lemonides

April 21, 2024
Frieda Meskos
Patricia Meskos

April 28, 2024
Garyfallia Papageorge
Anastasia Papazides

~ Also, first two weeks of May 2024 ~

May 5, 2024
Lula Kiser
Georgia Kousmanidis

May 12, 2024
Zafiria Kozanitis
Artemis Gilbert

~ ~ ~ ~ ~ ~ ~

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

All are welcome.

GOYA
BOTTLE & CAN DRIVE

Saturday-April 27th
11:00 am to 2:00 pm

Proceeds for GOYA
End of the Year Trip
April 2024
Program Schedule For Cable Television
All Programs Air on Spectrum (Time Warner) Cable Chanel 98 in Onondaga County

Sunday Programs at 7:00 pm
On Spectrum Channel 98
The series
“Creation History in Genesis” with Gregory Melnick begins

April 7, 2024—Genesis 1:1
April 14, 2024—Genesis 1:2
April 21, 2024—Genesis 1:3-5
April 28, 2024—Genesis 1:6-7

Monday Programs at 7:00 pm
Fr. David’s “The Inner Way” series airs every Monday

April 1, 2024—Hesychia, part 2
April 8, 2024—Hesychia, part 3
April 15, 2024—Hesychia, part 4
April 22, 2024—Hesychia, part 5
April 29, 2024—Hesychia, part 6

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
2024 Youth Calendar for Sunday School

**April 2024**
- Apr 7—Cross Sunday: Children’s Sermon in Church
- Apr 14—Teaching in Classrooms
- Apr 21—No Sunday School
- Apr 28—Palm Sunday

**May 2024**
- May 5—Pascha
- May 12—Mother’s Day
- May 19—Sunday School Graduation
- May 26—No Sunday School

2024 Youth Calendar for GOYA & JR GOYA

**April 2024**
- Apr 6—12:30 pm Dance Performance at International Taste Festival
- Apr 27—Palm Folding

**May 2024**
- May 3—Good Friday Retreat
- May 5—HOPE & JOY Easter Egg Hunt
- May 7—Baldwinsville Cultural Fair (Jr. GOYA/Middle School Group to perform)

**June 2024**
- June 6 to 9: Greek Festival

**July/August 2024**
- No Activities—HAVE A FUN & HAPPY SUMMER !!!!!!
Advance sale tickets are only $5 per person (kids under 10 years of age free).

https://www.internationaltastefestival.com/

Advance sale tickets are available online: 2/1/2024 - 4/5/2024 only.
Same day tickets are $10 per person (kids under 10 years of age free).
Same day tickets are available 4/6/2024: online & at door

One ticket per person is required.

The 3rd Annual International Taste Festival will be held April 6, 2024 from 11am-9pm at the New York State Fairgrounds ~ Center of Progress Building!
With a focus on the tastes and traditions of many different countries and cultures, we invite you to attend with family and friends.

Enjoy foods from our diverse Regions:

- Foods of the Americas
- Asian Creations
- Middle Eastern Cuisine
- Pan African Treats
- Tastes of Europe

Don't forget: family fun, local diverse entertainment, and food vendors will offer $2 sample items along with full priced items!

*Enter Gate 6 and follow signs to the International Taste Festival Event. Parking is FREE!
MARK YOUR CALENDARS

2024
GREEK FESTIVAL

Thursday, June 6th
Friday, June 7th
Saturday, June 8th
Sunday, June 9th
2024 GREEK FESTIVAL

CALLING ALL
PITA DOUGH MAKERS !!!!!!

WE NEED YOUR HELP!!!!!!

Pita Dough will be made on:
Saturday—April 6 at 9:00 AM
Saturday—April 13 at 9:00 AM

All are Welcome!

Bring your apron, pita stick & hat to wear!

Following the dough making session, instruction will be offered for making a complete Pita...

This is a perfect opportunity to learn to make PITA Dough & to learn to make PITA

Volunteers of all skill levels are welcome

See you then!!!
If the Son of God had not come down from heaven we should have had no hope of going up to heaven. If He had not become incarnate, suffered in the flesh, risen and ascended for our sake, we should not have known God's surpassing love for us. If He had not taken flesh and endured the passion while we were still ungodly, we should not have desisted from the pride which so often lifts us up and drags us down. Now that we have been exalted without contributing anything, we stay humble, and as we regard with understanding the greatness of God's promise and benevolence we grow in humility; from which comes salvation.

St. Gregory Palamas

It is indeed the time for all Christians to celebrate and enjoy the event of the Resurrection of Christ, our own resurrection, and the renewal of all creation. This schedule is meant to help you celebrate the coming Resurrection throughout Holy Week, so that when Pascha arrives your soul is prepared to receive the Risen Christ!

Fr. David Smith and the Parish Council of Saint Sophia’s Greek Orthodox Church

Είναι πράγματι η ώρα για όλους τους Χριστιανούς να γιορτάσουμε και να απολαύσουμε το γεγονός της Αναστάσεως του Χριστού, που είναι η δική μας Ανάσταση και η ανανέωση όλης της δημιουργίας. Αυτό το πρόγραμμα έχει ως στόχο να σας βοηθήσει να δεσμευτείτε να παρακολουθήσετε την προετοιμασία για τον εορτασμό της Αναστάσεως όλη την εβδομάδα, έτσι ώστε όταν φτάσει το Πάσχα η ψυχή σας να είναι έτοιμη να λάβει τον Αναστημένο Χριστό!

Πατήρ Δαβίδ Σμίθ και το ενοριακό συμβούλιο της Ορθόδοξης Ελληνικής Εκκλησίας της Αγίας Σοφίας.
GREAT and HOLY LENT
Began Monday, March 18th

PRAY

FAST

GIVE
2024 HOLY WEEK
SCHEDULE & EVENTS

The Saturday of Lazarus—April 27
Orthros 9:00 am
Divine Liturgy 10:00 am
Followed by folding of Palms for Palm Sunday
Great Vespers 5:00 pm

Palm Sunday—April 28
Orthros 9:00 am
Blessing of Palms 9:45 am
Divine Liturgy 10:00 am
Bridegroom Orthros 6:00 pm

Holy Monday—April 29
Bridegroom Orthros 6:00 pm

Holy Tuesday—April 30
Presanctified Liturgy 9:00 am
Bridegroom Orthros 6:00 pm

Holy Wednesday—May 1
Presanctified Liturgy 9:00 am
Holy Uction 3:00 pm
Holy Uction 6:00 pm

Holy Thursday—May 2
Vesperal Liturgy 9:00 am in Church
The Passion Gospels 6:00 pm

Great and Holy Friday—May 3
Royal Hours 10:00 am
Great Vespers (Removal of Christ from Cross) 3:00 pm
Epitafios Service 6:00 pm

Holy and Great Saturday—May 4
9:00 am Protoanasisi Divine Liturgy
11:30 pm Resurrection Service—Pascha

Pascha—Easter Sunday—May 5
12:00 pm (Noon) Agape Vespers
Donations for the Church
Used during Holy Week and through the Year

The following donations are for use of the purchase of items used in the Altar throughout the year. Pure beeswax candles and 100% olive oil are preferred since they have no impurities and have no animal products in them.

- **Incense** $50.00 per pound and needed throughout the year
- **Altar Wine** $125.00 per case (needed throughout the year)
- **Ecclesiastical Books**

ΔΩΡΕΕΣ ΣΤΗΝ ΕΚΚΛΗΣΙΑ
(ΓΙΑ ΤΗΝ Μ. ΕΒΔΟΜΑΔΑ ΚΑΙ ΓΙΑ ΌΛΟ ΤΟ ΧΡΟΝΟ)

Οι παρακάτω δωρέες προορίζονται για την αγορά προϊόντων που θα χρησιμοποιηθούν στο Ιερό για όλο το χρόνο. Προτιμάμε γνήσιον κερί μέλισσας και αγνό ελαιόλαδο επειδή δεν έχουν καμία άλλη χημική ή ζωική προσθήκη.

- Λιβάνι $50.00 το πάουντ (το χρησιμοποιούμε όλο το χρόνο).
- Κρασί για το Ιερό $125.00 η κάσα (το χρησιμοποιούμε όλο το χρόνο).
- Εκκλησιαστικά βιβλία.

Flowers for Holy Week and Pascha
Donate Online

- **Palms used on Palm Sunday**
- **Flowers for the Icon of the Nymphios and the Resurrection.**
- **Lilies and cut flowers for vases.**
- **Flowers to decorate the Kouvouklion (Epitafios) for Good Friday.**

ΛΟΥΛΟΥΔΙΑ ΓΙΑ ΤΗ Μ. ΕΒΔΟΜΑΔΑ ΚΑΙ ΠΑΣΧΑ
(ΌΤΙ ΘΕΛΕΤΕ ΠΡΟΣΦΕΡΕΤΕ)

- Βαϊά και φοίνικες για την Κυριακή των Βαϊών.
- Λουλούδια για την εικόνα του Νυμφίου και της Αναστάσεως.
- Κρίνοι (Λίλεις) και λουλούδια για τα βάζα.
- Λουλούδια για διακόσμηση του Κουβουκλίου την Μ. Παρασκευή.

Pascha Offering Envelopes

Please pick up your special Pascha Offering Envelope at the candle stand in the Narthex. Please return this to the Church office by mail or simply drop it in the offering tray. May God bless you for your generosity and support of our Church! You may also contribute online.

ΠΑΣΧΑΛΙΝΟ ΦΑΚΕΛΑΚΙ

Παρακαλούμε, παραλάβατε το ιδιαίτερο φακελάκι για την Πασχαλινή προσφορά σας από τον πάγκο των κεριών, όπου είναι στον Νάρθηκα. Σας παρακαλούμε ταχυδρομείστε το στο γραφείο της εκκλησίας ή αφήστε το στο δίσκο. Ο Θεός να σας ευλογεί για την γενναιοδωρία σας και την υποστήριξή σας στην εκκλησία.
GREAT AND HOLY PASCHA
May 5, 2024
On April 28, 2024
Palm Sunday

We have the
PARISH PHOTO
After the Liturgy
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<th>Sun</th>
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<tr>
<td>1</td>
<td>10:00 AM BIBLE STUDY</td>
<td>2</td>
<td>6:00 PM PRESANCTIFIED LITURGY</td>
<td>3</td>
<td>6:00 PM CHOIR REHEARSAL</td>
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<tr>
<td>6</td>
<td>8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE HOLY CROSS</td>
<td>7</td>
<td>6:00 PM LENTEN VESPERS AT STS. PETER &amp; PAUL</td>
<td>8</td>
<td>6:00 PM CHOIR REHEARSAL</td>
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<tr>
<td>8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE HOLY CROSS</td>
<td>10:00 AM DIVINE LITURGY SUNDAY OF ST. JOHN CLIMACUS</td>
<td>10:00 AM DIVINE LITURGY SUNDAY OF ST. MARY OF EGYPT</td>
<td>10:00 AM DIVINE LITURGY SUNDAY OF ST. MARY OF EGYPT</td>
<td>10:00 AM DIVINE LITURGY SUNDAY OF ST. JOHN CLIMACUS</td>
<td>10:00 AM DIVINE LITURGY SUNDAY OF ST. JOHN ALEXIUS</td>
<td>11:00 AM PALM FOLDING</td>
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<td>17</td>
<td>9:00 AM PRESANCTIFIED LITURGY</td>
<td>18</td>
<td>6:00 PM CHOIR REHEARSAL</td>
<td>19</td>
<td>6:00 PM FIFTH AKATHIST</td>
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<td>22</td>
<td>9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. GEORGE</td>
<td>23</td>
<td>6:00 PM AHEPA MEETING</td>
<td>24</td>
<td>6:00 PM PRESANCTIFIED LITURGY</td>
<td>25</td>
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<tr>
<td>27</td>
<td>11:30 AM CHURCH PHOTO ON FRONT STEPS</td>
<td>28</td>
<td>6:00 PM BRIDEGROOM ORTHROS</td>
<td>29</td>
<td>9:00 AM PRESANCTIFIED LITURGY</td>
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**Father David Out of Town** → → → → → → → → → →

**HOLY MONDAY**

**HOLY TUESDAY**
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<td><strong>1</strong> HOLY WEDNESDAY 9:00 AM PRESANCTIFIED LITURGY 3:00 PM HOLY UNCTION 6:00 PM HOLY UNCTION</td>
<td><strong>2</strong> HOLY THURSDAY 9:00 AM VESPERAL LITURGY 6:00 PM ORTHROS OF THE TWELVE GOSPELS</td>
<td><strong>3</strong> HOLY FRIDAY 9:00 AM ORTHROS 10:00 AM ROYAL HOURS 3:00 PM UNNAILING VESPERS 6:00 PM EPITAFIOS</td>
<td><strong>4</strong> HOLY SATURDAY 9:00 AM PROTOANASTASI 11:30 PM PASCHA</td>
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<td><strong>5</strong> EASTER—PASCHA 12:00 PM NOON AGAPE VESPERS</td>
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<td><strong>6</strong> 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY THOMAS SUNDAY</td>
<td><strong>7</strong> MOTHER’S DAY</td>
<td><strong>8</strong> 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE MYRRH BEARING WOMEN</td>
<td><strong>9</strong> 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE PARALYTIC</td>
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<td><strong>17</strong> 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE MYRRH BEARING WOMEN</td>
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<td><strong>20</strong> 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE PARALYTIC</td>
<td><strong>21</strong> 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE PARALYTIC</td>
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