

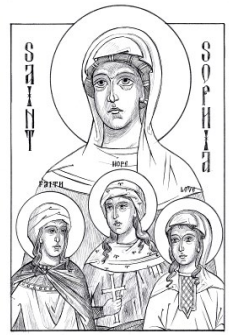


NEPSIS

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



St. Gregory Palamas on Holy and Great Saturday

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

APRIL
2024

2024 Parish Council

Peter Manolacos
President

Thomas Anthis Jr.
Vice President

Joy Weatherup Anthis
Secretary

Michael Copanas
Treasurer

Robert Allen
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone

Marianna Politis-Tacea
Christopher Shimos, OD
Jeanette Capousis Vigliotti

~~~~~  
Honorary  
Board Member  
*James Sakezles*



VISIT THE  
PARISH  
WEBSITE

[stsophias.org](http://stsophias.org)





*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*

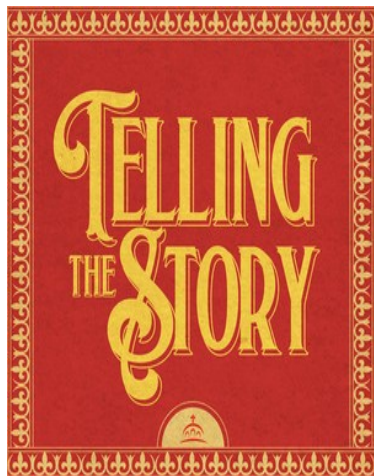
*Sunday of St. John Climacus*

*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.



# PRESIDENT'S MESSAGE



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](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.

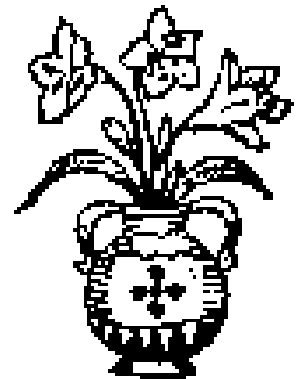
Please subscribe to our mailing list to receive the latest information instantly. By subscribing to the mailing list you will be able to receive the electronic form of the Nepsis, the weekly bulletin, parish obituary announcements, and any other pertinent information. You may sign up by going to the 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

# 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 [stsophias.org](http://stsophias.org)*

Please Print:

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Telephone (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ 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*



## ~ ~ ~ Oswegatchie, A Place of Serenity ~ ~ ~

*Continued from page 6*

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





## Syracuse AHEPA Chapter 37

### FLASHBACK FROM THE PAST



#### 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                  | 1956 – George Spaneas - Football             |
| 1957 – Alex Karras - Football                  | 1958 – Lou Tsiriopoulos - Basketball         |
| 1959 – Gus Triandos - Baseball                 | 1960 – Milt Pappas - Baseball                |
| 1961 – Chris Pelekoudas - Baseball (Umpire)    | 1962 – Alex Grammas - Baseball               |
| 1963 – George Saimes - Football                | 1964 – No award made                         |
| 1965 – Chris Pelekoudas – Baseball (repeat)    | 1966 – Peter Tountas - Bowling               |
| 1967 - Dee Andros - Football Coach             | 1968 – No award made                         |
| 1969 - Angelo Loucas - Football                | 1970 - George Allen - Track                  |
| 1971- George N. Pappas- Bowling                | 1972 – Gus Ganakas - Basketball              |
| 1973 - Chris Farasopoulos - Football           | 1974 – Alex Strike - World Judo Champ        |
| 1975 – Leah Poulos - Olympic Speed Skater      | 1977 – John Scolinos - Baseball Coach        |
| 1979 – Alec Campanis - LA Dodgers GM           | 1980 – Lee Palles - Decathlon                |
| 1981 – Fred Smerlas - Football                 | 1982 – Art Demmas - NFL Referee              |
| 1983 – Greg Louganis - Olympic Diving          | 1984 – Mike Castronis - NCAA Football Coach  |
| 1985 – Greg Louganis - Olympic Diving          | 1986 – Peter Dalis UCLA Athletic Director    |
| 1987 – George Tafralis - Track                 | 1988 – Tom Patsalis - Track                  |
| 1989 – Chris Chelios - Hockey                  | 1990 – Peter Sampras - Tennis                |
| 1991 – Karen Choppelas Horstmeyer – Basketball | 1992 – Steve Lappas - NCAA Basketball Coach  |
| 1993 – Chris Kontos - Hockey                   | 1994 – Alkis Panagoulis - Soccer Coach       |
| 1995 – John Mitsopoulos - Weight Lifting       | 1996 – Pete Karmanos Jr. – Hockey            |
| 1997 – Spiro Siaggas - AHEPA Athletics         | 1998 – Peter Clentzos - Olympic Pole Vaulter |
| 1999 – James Daopoulos - NFL Superbowl Referee | 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, Chaiman  
 For the 100<sup>th</sup> 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 Tsourekis 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 30<sup>th</sup>** –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 30<sup>th</sup>, 2024 - AND**
- **An additional opportunity with a separate application for the Metropolis Level Philoptochos Scholarship also Due April 30<sup>th</sup>, 2024 – please use this link to download and submit your application.**  
<https://www.metropolisofdetroitphiloptochos.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 (1 <sup>st</sup> ): | Vickie Mihou        |
| Vice President (2 <sup>nd</sup> ): | Patty Donahue-Carey |
| Treasurer:                         | Tina Carkey         |
| Assistant Treasurer:               | Frieda Meskos       |
| Secretary (Corr):                  | Cara Potamianos     |
| Secretary (Rec):                   | Chryssanthi Intze   |



Save the Date – June 15<sup>th</sup>, 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 Σαροκοστη,  
Theone Kalkinis  
[Philoptochos@stsophias.org](mailto: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.



## 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



*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.



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

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**

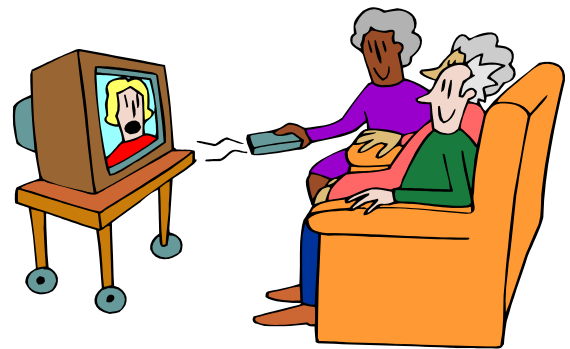
April 1, 2024—Hesychia, part 2

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***





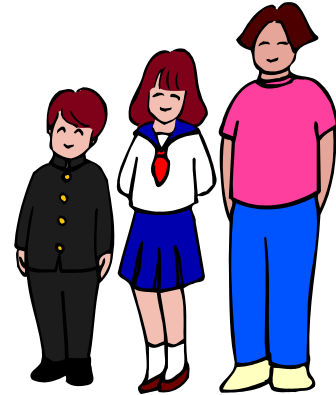
2024 Youth Calendar for Sunday School

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 !!!!!



**Jr. GOYA & GOYA Journey Together this year
in an Exciting New Direction!**



April 6th 2024
NYS Fairgrounds • Center of Progress Building

Food Entertainment
Family Fun 5k/10k Run

ADVANCE TICKETS \$5 • KIDS FREE • SHOWPASS.COM

Some of our dancers will be performing at the International Taste Festival on Saturday, April 6th at 12:30 pm!
Please come and support them!

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!!!



2024

GREAT LENT HOLY WEEK & PASCHA

Μεγάλη Τεσσαρακοστή Μεγάλη Εβδομάδα & Πάσχα

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

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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***



# **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 Unction 3:00 pm  
Holy Unction 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**

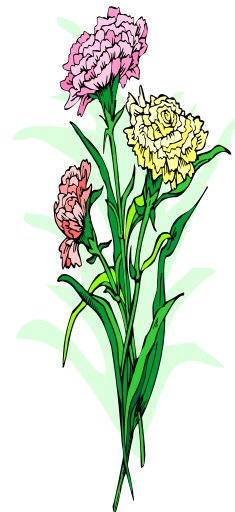
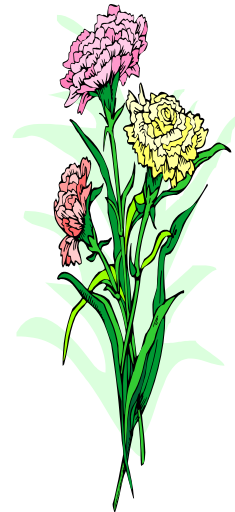
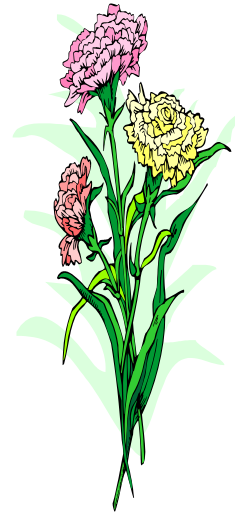
Royal Hours 10:00 am  
Great Vespers (Removal of Christ from Cross) 3:00 pm  
Epitafios Service 6:00 pm

## **Holy and Great Saturday—May 4**

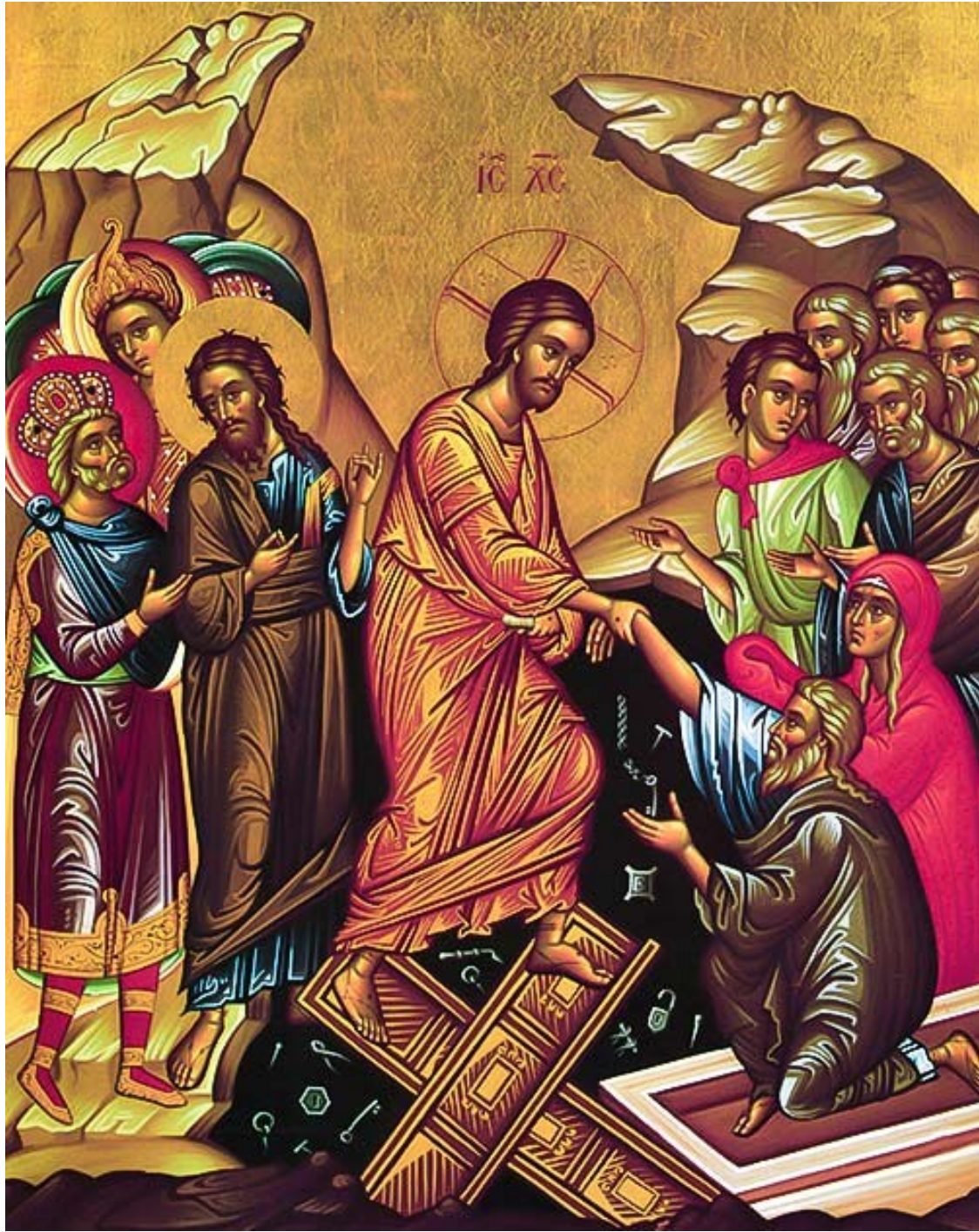
9:00 am Protoanasisi Divine Liturgy  
11:30 pm Resurrection Service—Pascha

## **Pascha—Easter Sunday—May 5**

12:00 pm (Noon) Agape Vespers







***GREAT AND HOLY PASCHA***  
***May 5, 2024***

*On April 28, 2024  
Palm Sunday*

*We have the  
**PARISH PHOTO**  
After the Liturgy*





# St. Sophia Greek Orthodox Church—April 2024

| Sun                                                                                                                                                                        | Mon                                                                     | Tue                                                                                      | Wed                           | Thu                     | Fri                                                                            | Sat                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------|-------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                            | 1                                                                       | 2                                                                                        | 3                             | 4                       | 5                                                                              | 6                                                                                                                                                   |
|                                                                                                                                                                            |                                                                         | 10:00 AM BIBLE STUDY                                                                     | 6:00 PM PRESANCTIFIED LITURGY | 6:00 PM CHOIR REHEARSAL | 9:00 AM PRESANCTIFIED LITURGY<br>6:00 PM THIRD AKATHIST<br>7:00 PM BIBLE STUDY | 9:00 AM PITA DOUGH MAKING & PITA MAKING CLASS<br>5:00 PM GREAT VESPERS                                                                              |
| 7                                                                                                                                                                          | 8                                                                       | 9                                                                                        | 10                            | 11                      | 12                                                                             | 13                                                                                                                                                  |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE HOLY CROSS<br><br>6:00 PM LENTEN VESPERS<br>AT STS. PETER & PAUL                                               |                                                                         |                                                                                          |                               | 6:00 PM CHOIR REHEARSAL | 6:00 PM FOURTH AKATHIST                                                        | 9:00 AM PITA DOUGH MAKING & PITA MAKING CLASS                                                                                                       |
| 14                                                                                                                                                                         | 15                                                                      | 16                                                                                       | 17                            | 18                      | 19                                                                             | 20                                                                                                                                                  |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF ST. JOHN CLIMACUS<br><b>GENERAL ASSEMBLY</b><br>6:00 PM LENTEN VESPERS<br>AT ST. LUKE UKRAINIAN<br>ORTHODOX CHURCH | <i>← ← ← ← ← ← ← ← ← ← Father David Out of Town → → → → → → → → → →</i> |                                                                                          |                               |                         | 6:00 PM FIFTH AKATHIST                                                         | 10:00 AM ROMANIAN LITURGY<br><br>5:00 PM GREAT VESPERS                                                                                              |
| 21                                                                                                                                                                         | 22                                                                      | 23                                                                                       | 24                            | 25                      | 26                                                                             | 27                                                                                                                                                  |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF ST. MARY OF EGYPT<br><br>6:00 PM LENTEN VESPERS<br>AT ST. GEORGE<br>MACEDONIAN ORTHODOX<br>CHURCH                  |                                                                         | 9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. GEORGE<br><br>6:00 PM AHEPA MEETING    | 6:00 PM PRESANCTIFIED LITURGY | 6:00 PM CHOIR REHEARSAL |                                                                                | 9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LAZARUS SATURDAY<br>11:30 AM PALM FOLDING<br>NOON GOYA<br>BOTTLE & CAN DRIVE<br>5:00 PM GREAT VESPERS |
| 28                                                                                                                                                                         | 29                                                                      | 30                                                                                       |                               |                         |                                                                                |                                                                                                                                                     |
| 8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br><b>PALM SUNDAY</b><br>11:30 AM CHURCH PHOTO<br>ON FRONT STEPS<br>6:00 PM BRIDEGROOM<br>ORTHROS                               | <b>HOLY MONDAY</b><br><br>6:00 PM BRIDEGROOM<br>ORTHROS                 | <b>HOLY TUESDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br>6:00 PM BRIDEGROOM<br>ORTHROS |                               |                         |                                                                                |                                                                                                                                                     |

# St. Sophia Greek Orthodox Church—May 2024

| Sun                                                                                      | Mon                                                                                                                              | Tue                                                                                                   | Wed                                                                                                            | Thu                                                                                               | Fri                                                                                                  | Sat                                                                   |
|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
|                                                                                          |                                                                                                                                  |                                                                                                       | 1<br><b>HOLY WEDNESDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br>3:00 PM HOLY UNCTION<br>6:00 PM HOLY UNCTION | 2<br><b>HOLY THURSDAY</b><br>9:00 AM VESPERAL LITURGY<br>6:00 PM ORTHROS<br>OF THE TWELVE GOSPELS | 3<br><b>HOLY FRIDAY</b><br>10:00 AM ROYAL HOURS<br>3:00 PM<br>UNNAILING VESPERS<br>6:00 PM EPITAFIOS | 4<br><b>HOLY SATURDAY</b><br>9:00 AM PROTOANASTASI<br>11:30 PM PASCHA |
| 5<br><b>EASTER—PASCHA</b><br>12:00 PM NOON<br>AGAPE VESPERS                              | 6                                                                                                                                | 7<br>10:00 AM BIBLE STUDY                                                                             | 8<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                 | 9<br>6:00 PM CHOIR REHEARSAL                                                                      | 10<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LIFE GIVING FONT                                 | 11<br>10:00 AM<br>ROMANIAN LITURGY<br>5:00 PM GREAT VESPERS           |
| 12<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>THOMAS SUNDAY<br><b>MOTHER'S DAY</b> | 13                                                                                                                               | 14<br>10:00 AM BIBLE STUDY                                                                            | 15<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                | 16<br>6:00 PM CHOIR REHEARSAL                                                                     | 17                                                                                                   | 18<br>5:00 PM GREAT VESPERS                                           |
| 19<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>MYRRH BEARING WOMEN | 20                                                                                                                               | 21<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>STS. CONSTANTINE & HELEN<br>6:00 PM AHEPA MEETING | 22<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                | 23<br>6:00 PM CHOIR REHEARSAL                                                                     | 24                                                                                                   | 25                                                                    |
| 26<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE PARALYTIC           | 27<br><b>MEMORIAL DAY</b><br><b>CEMETERY SERVICES</b><br>8:30 AM WOODLAWN<br>IN THE CHAPEL<br>10:00 AM OAKWOOD<br>UNDER THE TENT | 28<br>10:00 AM BIBLE STUDY                                                                            | 29<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>MID-PENTECOST<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY | 30<br>6:00 PM CHOIR REHEARSAL                                                                     | 31                                                                                                   |                                                                       |