

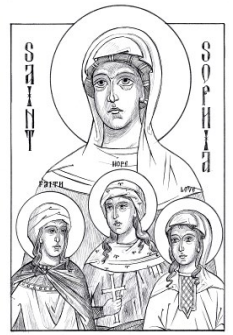


NEPSIS

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



This is my "Telling the Story" podcast for Pascha, called "Empty Space."

I am the most empty place on earth. I hold only air, yet I contain more than any other place. What do I contain? Nothing at all. But I have more than the person who possesses the most money, many things, and owns land all over the world - because I have the most nothing, nothing at all.

I contained some things before, I held some burial cloths. They lay in me for some time, but not now. They, like me, held nothing. Mourners at that time used them to cover the bodies of the dead. They would use one to wrap the face - not wanting to look at someone they love after that person has died. They wanted to remember him alive, to save happy memories, and the faces of the dead do not carry happiness. A long cloth bound the One I held, kept His body moist with myrrh in order to mitigate the smell. But He left the burial cloths empty, because He didn't need them. His body had no smell, no horrid stench of death. And He needed to move, to see, to accomplish. When He walked away from me, and I became the most empty space in the world, He left the burial cloths behind. An angel stacked them neatly. God had determined everything that happened on that day before He created the world, and everything came to pass orderly.

I also had two angels, one sitting at the place of the feet and the other where the head of the Resurrected One had lain. They sat for a time, they are also gone now. They rested in the place where the essential energy of life had shattered the gates of death. This energy overwhelmed the angels. They only stopped looking at the place, the empty space, when the first of the myrrh-bearing women arrived. They stood, in order to honor this first of those chosen to tell the world what had happened. She told the story, and the others ran to me, to see the truth for themselves. And what did they find? Nothing. Nothing, because the world sees the truth of the gospel first in this way: the tomb is empty.

The two angels spoke to the woman about the resurrection, but they stopped when the Resurrected One approached. She turned to see Him, and He said the same things to her that the angels had said. God's plan since the beginning included even the exact words that everyone would use. To the last inch, the Almighty specified the size of the space that would contain nothing at all. As He spoke to the woman He stood back, away from me - no part of Him would occupy space inside me again. I am the only place in the world where Jesus is not, and by this my vacant space defines the world and everything in it.

Continued on Page 2

**MAY
2024**

2024 Parish Council

*Peter Manolacos
President*

*Thomas Anthis Jr.
Vice President*

*Joy Weatherup Anthis
Secretary*

*Michael Copanas
Treasurer*

*Robert Allen
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~~~~~  
*Honorary  
Board Member  
James Sakezles*



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



This is my "Telling the Story" podcast for Pascha, called "Empty Space."  
*Continued from Page 1*

I am the transcendent empty space. Today, people come from everywhere to spend a minute in the tomb. What do they find here? Besides nothing? Do they come expecting to find the body of the One who was crucified, so that they might say to themselves, "See, the gospel is a lie?" Not at all. Rather, they come and say, "I knew it would be empty, I knew in my heart from the moment I heard the story that the tomb would be empty, and now I'm here, and the emptiness fills me so that I cannot contain it, and I feel as if I might burst." They don't come for the emptiness, but the becoming that the emptiness bestows. What brings them? No one goes home to tell friends or family, "I went to the most empty space in the world, and saw the most nothing that there is." Oh, perhaps some do, those who want to say they have visited someplace famous, like a house where some renowned person lived, now a museum. But only some. Most come for another reason, to breathe the air of the tomb which holds nothing, and never will.

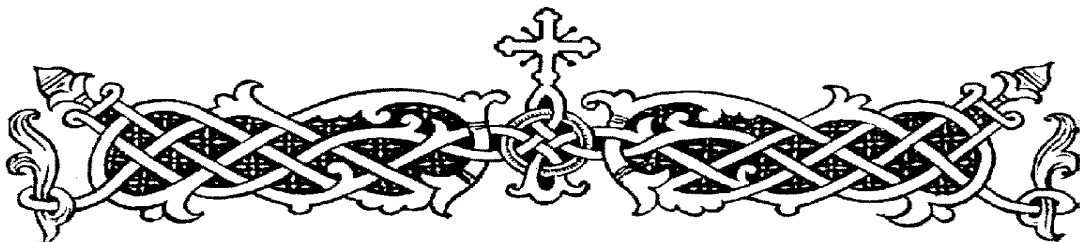
Their hearts soar. That's why they come. They know the Risen Savior, and He them, and they come to breathe the air He breathed in the place where He stood. He stood: I choose these words carefully. He stood and walked away. Joseph and Nicodemus carried the body into my empty space. Jesus had died on the Cross, and they laid Him down in the manner of their culture's care for the dead. But He would not remain dead. He rose from the dead, stood up like one who had been sleeping. Everyone who visits the tomb falls on their knees, this, the place where God incarnate stood. Those who picture Him picture Him walking out of the tomb, walking away.

The priests have liturgies here, in the tomb, or next to it. When they prepare, the spear cuts the bread in the same way that the first spear cut into His side. They pour the wine in the same way that blood flowed from the life-giving side of God. They re-assemble the sacrifice liturgically, only steps from me, it took place historically, the empty tomb, and as the sacrament flows forth from the empty space, the mystery fills believers with salvation.

I am the most empty space, but my emptiness fills the world. In the Churches, the cry goes up, Christ is Risen! Truly He is Risen! Yes, He is, I know this is true, I saw it happen. The event surprised me as much as it surprises you, even until this day I feel the energy and the amazement I felt on that first day when I felt Him inside me stand up and walk away.

Hold out your hand, as if someone has a coin or a stone to give you. Now, look at your hand - nothing is there. See? You've recreated me, the tomb, the vacant space, my nothingness that fills the world with the gospel of grace, and its victory over death. Only in this world does empty space hold so much. It holds more than any other space because He was there, and He is there no longer.

Your affectionate servant,  
 Fr. David



# **2024 HOLY WEEK SCHEDULE & EVENTS**

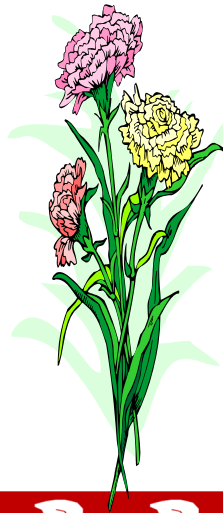
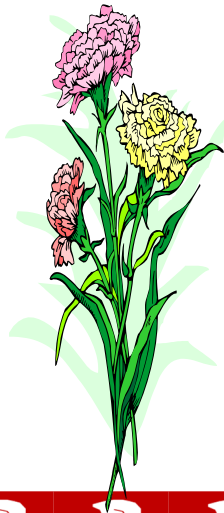
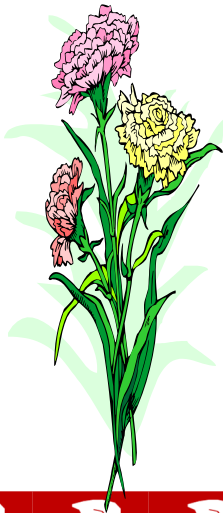
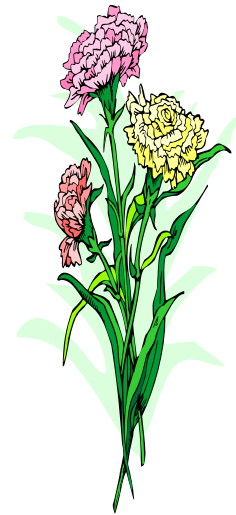
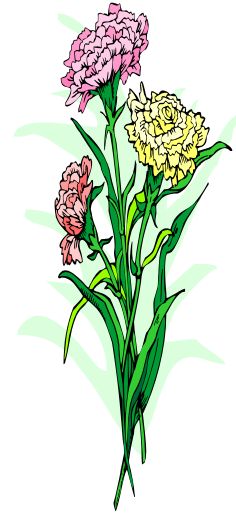
**Holy Wednesday—May 1**  
*Presanctified Liturgy 9:00 am*  
*Holy Unction 3:00 pm*  
*Holy Unction 6:00 pm*

**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*  
*Easter Egg Hunt*



## **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 ΟΛΟ 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.

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## **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 ΘέΛΕΤΕ ΠΡΟΣΦΈΡΕΤΕ )**

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

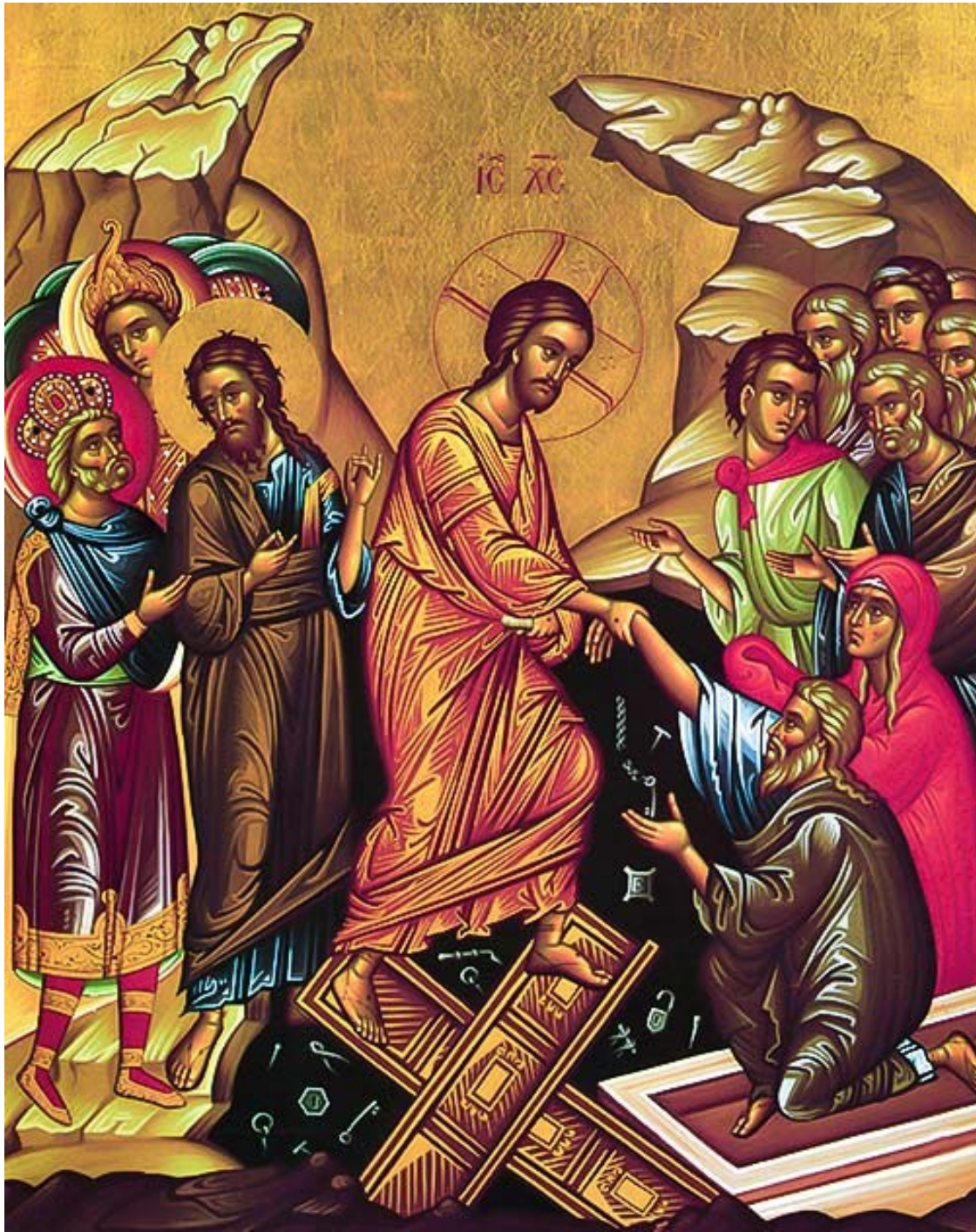
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## **Pascha Offering Envelopes**

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, παραλάβαιτε 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 υποστήριξη σας στην εκκλησία.



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



# PRESIDENT'S MESSAGE



Dear Parish,

The crowd was full of venom, anger and hate, Pontius Pilate, pointing to Jesus, said "Behold the man. What shall I do with Him?" The ugly crowd gave Pilate an ugly answer. Crucify Him. Crucifixion, by all accounts, was a shameful and humiliating way to die. Crucifixion was rarely applied to Roman Citizens. Rather, it was reserved for the lowest classes of people, the slaves, foreigners, traitors.

Three days later, in the empty tomb, the tomb where Jesus was placed after he expired, the young man asked the women who came to anoint the body "Why do you seek the living among the dead?" Three days elapsed between those two questions, and, in those three days, humanity was emancipated from death. The already dead were given the chance to escape Hades. The living and all who came after, were shown the way to the Kingdom of God.

That way is not easy. It requires struggle against our own nature, denying our own selfish and destructive impulses and desires, and surrender to God the Father, Son, and Holy Spirit. It requires sacrifice and genuine "metanoia". John the Baptist, his voice crying out in the wilderness, exhorted the people to "turn around", in Greek "metanoite", translated into English as "repent".

When we hear repent, many of us think that saying we are sorry and that we won't commit that sin again is what is meant. Good luck with that. Real metanoia is hard and constant effort. It is painful and difficult, it is a personal revolution, a surrender to God's will.

We have hope for success in this "fight" because of Pascha. Jesus suffered the pain and humiliation of the cross so that we can both hope for and succeed in "turning around". Christ Is Risen, the Good News, words pregnant with hope and love and salvation. When we shout it at Pascha, remember all that it means, all the pain and suffering endured so that we, each of us, can unite with God during this brief lifetime. We who raise high the cry Christos Anesti do not seek the living among the dead. We seek the Kingdom of God which is within us.

So come to church, on Palm Sunday and Holy Week and Pascha. And if you come for the midnight Liturgy, please stay for the whole service/ Pascha is a feast for the soul. The feast of the body can wait.

Please, also, unite with the Festival. The heavy work has begun and I ask all of you to volunteer the maximum time your personal circumstances permit. Preparing baked goods is labor intensive work so more hands will make those tasks so much less taxing.

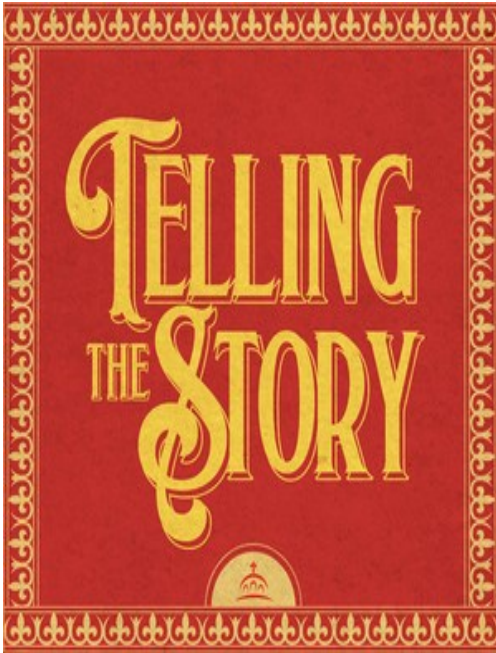
To all, on behalf of the Parish Council, have a wonderful Pascha.

Yours in Christ,

*Peter Manolakos*

Parish Council President





# PODCAST TELLING THE STORY

Sunday Gospels Revised

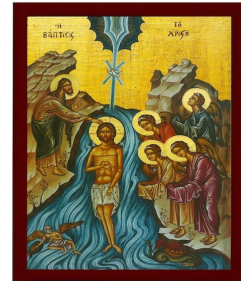
Telling the Story consists of short fiction inspired by the Sunday Gospel readings. Using the settings of the gospel stories as well as contemporary and historical settings to bring a fresh and unexpected look at the biblical text.

<https://www.ancientfaith.com/podcasts/tellingthestory>

*HAPPY  
MOTHERS  
DAY  
May 12th*



## March 2024 Sacramental Registry



### Baptisms

*Theodoros Menelaos Greenwald  
Matthaios Athanasios Greenwald*



### Funerals

*Celestina Paul  
Ilias Fekos  
Trifon Stiliadis*







# 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.

## THANK YOU

*I would like to take a moment to express my deepest gratitude for the overwhelming support, prayers and thoughts extended to me during my recent hospital stay.*

*Your prayers were a source of strength, and your well wishes and cards lifted my spirits when I needed it most. The support of our community reminds me of the incredible bond we share, and I am blessed to be part of such a caring and compassionate community!*

*Ευχάριστο και  
Καλό Πάσχα*

*Με αγάπη, Chryssanthi Intze*

### 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**



## Travelers from Sigi to Syracuse

Sigi is a quaint and picturesque village nestled along the tranquil southern shores of the Sea of Marmara, just a stone's throw away from Mudanya and Bursa in Turkey. Sigi now stands as Kumyaka, a name given by the Turks; its streets once echoing with Greek dialects, now resonate with Turkish conversations. Kumyaka is home to one of the oldest churches in the world. Its primary commerce consists of fishing, tourism and olive oil. In July and August the citrus orchards blossom and in September and October they bear fruit of mandarins and oranges. Surrounded by this beautiful haven it would seem unimaginable for anyone to leave, especially since the Greek population was very successful and wealthy. They were also well educated and multilingual. The painful reality however was that they had to leave for a better and safer life abroad due to tumultuous events beyond their control. Many of the young men left to avoid conscription into the Turkish military. Those inhabitants left behind were forced to flee as refugees after the resounding Greek defeat of 1922 by Mustafa Kemal Ataturk. Thus was the case for the Tzivanis and Anthopulos families.

After leaving their home in Sigi for Greece, thirty-eight year old Stavros Tzivanis along with his wife, twenty-six year old pregnant Maria and their three daughters, eight year old Magdalini, seven year old Fota and four year old Anna departed from the Port of Piraeus on July 25, 1920 aboard the "Megali Hellas" and arrived at Ellis Island on August 9, 1920. Their final destination was Endicott, New York where Maria's uncle Nikos Koronidas awaited their arrival.

There was a passionate love story in Sigi between Pericles Anthopulos and Athena Hrisafithou. Born six years apart their hearts beat as one when Pericles asked her father for her hand in marriage. He was turned down because Pericles, in the eyes of Athena's father, fell short of the lofty financial standards deemed suitable for his daughter. Undeterred by the father's disapproval yet heartbroken, Pericles made a solemn vow to Athena beneath the starlit skies of Sigi that he would go to America, the land of opportunity and carve out a future of success and wealth worthy of her love. Following his departure there was turmoil and upheaval in Asia Minor, including the village of Sigi. Forced to abandon their homeland, the Hrisafithou family sought sanctuary in Athens. Once a prosperous ship owner, Athena's father found himself stripped of his status and humbled by his circumstances. Now willing to secure his daughter's future he reluctantly agreed to allow Athena, who had kept correspondence with Pericles, to journey to the United States and become his wife. To protect her from the dangers of the journey she traveled with a friend of Pericles under the guise of being married. She embarked on a perilous voyage across the vast expanse of the Atlantic Ocean, finally arriving in Syracuse where her beloved Pericles was waiting. On August 31, 1924 Athena and Pericles were married.

Just two kilometers west of Sparta is a village called Magoula. It derived its name from the Latin magus (magical) due to its incredible beauty. It is the home of the open theater of Sainopouleio noted to be the second most beautiful theater in Greece after Epidaurus. It was in Magoula that Dimitra Thaniotis was born on January 11, 1895. She had an older brother named Speros (b.1880). In 1906 Spero decided to immigrate to the United States in search of opportunity. Before leaving he made a promise to his younger sister that he would pave the way for her future journey to join him in the US, offering hope for a brighter future amidst the hardship she faced in Greece.

Settling in the Binghamton area, Speros made friends with a man named Christos Drossos. Spiro worked as a highway laborer while Christos worked as a confectioner since arriving in the US from Xylokerya, Greece in 1910. True to his promise, Speros orchestrated a marriage arrangement between his sister and Christos. The marriage did not bring the happiness Dimitra had hoped for and despite the birth of her son Jimmy in 1918, she found herself trapped in a very unhappy union. Eventually, Christos abandoned Dimitra and their young son and the couple divorced.

*Continued on Page 11*

## Travelers from Sigi to Syracuse

*Continued from Page 10*

Meanwhile, Stavros Tzivanis found work at the Endicott Johnson Shoe Company in Endicott , NY which at the time employed over 20,000 people in the area. The company was very socially progressive and assisted its employees in home ownership by financing their mortgages and taking payments out of the employees wages. They also provided a new pair of shoes to each family member annually. Stavros and Maria added to their family on February 22, 1921 with the birth of their son Emmanuel (Bill). Maria then gave birth to Martha on January 21, 1922 but tragically her life was cut short by complications arising from childbirth leaving behind a grieving husband and five young children. After Maria's passing, Stavros found himself grappling with the daunting task of single handedly raising five young children. Having been abandoned by her husband with only her son Jimmy by her side Dimitra Drossos similarly faced an uncertain future.

Through the interconnected network of the Greek community, (The Greek Grapevine) whispers of Stavros' and Dimitras' plights spread like wildfire. They were introduced to each other and decided to forge a new family. They were married in Binghamton, NY on April 4, 1923, and the new family now had six young children. The marriage marked the beginning of a new and wonderful chapter in their lives. The family grew with the joyful arrivals of Christina, Leonidas Aristidis, Marigo, Sultana and Themistocles, giving them a total of eleven children.



As was customary at the time, assimilation into American society was a prevalent goal and Greek immigrants like Stavros and Dimitra adopted Americanized versions of their names. Stavros became Steve and Dimitra became Mary. The children also changed their names becoming Magdalina (Lina), Emmanuel (Bill), Dimitrios (Jimmy), Christina (Chris), Leonidas Aristides (Harry), Marigo (Mary), Sultana (Tana) and Themistocles (Tom). This was unfortunate but necessary at the time allowing the Tzivani children easier adaptation into society, opening doors to higher education, jobs and greater opportunities to prosper.



*Pericles and Athena Anthopoulos  
Married at St. Sophia Greek Orthodox Church  
August 31, 1924*

*Continued on Page 12*

## Travelers from Sigi to Syracuse

*Continued from Page 11*

Back in Syracuse Pericles and Athena Anthopoulos lived at 820 ½ South Townsend Street, a block away from St. Sophia's Greek Orthodox church which was located on Montgomery Street. He worked as a baker at the Onondaga Hotel and she as a homemaker. On July 4, 1925 Athena gave birth to their daughter Anastasia (Anne) and on May 31, 1929 they welcomed their son Athanasios (Tom). Both Pericles and Athena were very active in the community and parish. In later years, Athena, along with other women in the church would travel to Watertown and Alexandria Bay, where many wealthy Greeks from the New York City area vacationed, in an effort to raise money for the church and the Greek refugees of the Asia Minor massacre.

Thus, the American born children of immigrants from Sigi are now living within an hour and a half from one another. Leonidas Aristides Tzivani and Anastasia Anthopolou, better known to our community as Harry and Anne Tzivani are about to begin their journey.

To be continued.....



→  
Back Row, Left to Right:

Harry Tzivani  
Jim Tzivani  
(Brother of Harry Tzivani)

Front Row, Left to Right:

Stavros & Dimitra Tzivani  
(Parents of Harry & Jim Tzivani)

Circa 1944



## Syracuse AHEPA Chapter 37 ~ ~ May 2024 News ~ ~

The AHEPA sponsored tribute to brother Larry Tavlarides and his wife Alexandra went well. We had a very good turnout in church. We wish them good luck in their future endeavors.

Our AHEPA Day celebration will be held on Sunday, May 19, 2024 after church. We hope to have some dignitaries from both the county and city government presenting proclamations. There will be coffee and meze sponsored by AHEPA.

Our next meeting will be held on Tuesday, May 21 at 6 PM at the church, please try to attend.

Our gala event will be on October 26, 2024 starting at 6 PM. We will present a slideshow showing the history of AHEPA throughout the years. There will be cocktail hour and dinner followed by Greek dancing with music provided by the Aegeans. DJ Dion Labatos will provide American music.

We are still looking for interested students who wish to participate in the Jeopardy style Hellenic Historic Tournament which will take place in February 2025. We hope to have a strong team available to win! The monetary prizes are impressive and of course there are bragging rites.

Any individuals or businesses who are interested in advertising in our gala event brochure please contact Mike Labatos or Greg Miledonis.

Syracuse Chapter 37 membership is now greater than 70 and we just recruited our first member from the Ithaca area with hopes of recruiting more. Our membership includes judges, physicians, attorneys, realtors etc. The AHEPA worldwide network provides ample connections and opportunities for our members.

The AHEPA Foundation is proud to host the 2024 AHEPA Congressional Banquet honoring members of Congress at the historic Mayfield Hotel in Washington, DC on Wednesday, May 22, 2024.

James Telonis, MD, President  
Syracuse AHEPA Chapter #37



## Syracuse AHEPA Chapter 37



### FLASH BACK FROM THE PAST

(Continued from the NEPSIS of April 2024)

Greek American Athletes who received the Harry Agganis award instituted by AHEPA in 1955

In memory of Greek American Harry Agganis if the Redsox Baseball Team

|                      |                   |                            |                  |
|----------------------|-------------------|----------------------------|------------------|
| 2001 Matt Stover     | Football          | 2013 Niko Koutouvides      | Football         |
| 2002 none selected   |                   | 2014 Kosta Koufas          | Basketball       |
| 2003 none selected   |                   | 2015 Giannis Antetokounmpo | Basketball       |
| 2004 Tom Pappas      | Olympic Decathlon | 2016 Michael Moustakas     | Basketball       |
| 2005 none selected   |                   | 2017 Giannis Antetokounmpo | Basketball       |
| 2006 none selected   |                   | 2018 Dean Karnazes         | Ultra Marathoner |
| 2007 none selected   |                   | 2019 Cody Bellinger        | Basketball       |
| 2008 none selected   |                   | 2020 Stefanos Tsitsipas    | Tennis           |
| 2009 Nick Markakis   | Baseball          | 2021 Ted Karras            | Football         |
| 2010 George John     | Soccer            | 2022 Jordan Kyrou          | Hockey           |
| 2011 Dan Mavraides   | Basketball        | 2023 Maria Sakkari         | Tennis           |
| 2012 William Vlachos | Football          |                            |                  |

The Harry Agganis award is given yearly at the AHEPA National Convention.

Wishing everyone a Happy and Healthy Easter

Mike Labatos, Chairman committee of 100<sup>th</sup> year celebration  
AHEPA Syracuse Chapter 37



## Philoptochos News: May 2024....

Our next Philoptochos Meeting -

- **June 15<sup>th</sup>, Saturday - Philoptochos Luncheon at Bistro 1926 at Drumlins**  
 (Start at 11:00 am and will conclude by 2:00 pm ish).  
 Look for the reservation table set up after church services starting May 12th or email your reservation to [Philoptochos@stsophias.org](mailto:Philoptochos@stsophias.org) (include your name, phone #, and # of attendees in your email.) **(\$25 / person made payable to Philoptochos)**  
***A well-balanced buffet style lunch will be provided.** We will end our year with an afternoon full of fellowship and on the agenda will be a look back at our accomplishments coupled with exploring our plans for next year. All are welcome.*
- High School Senior Scholarship Recipients will be announced on Sunday, May 19<sup>th</sup>  
 during Sunday School Graduation for Philoptochos, AHEPA and Saint Sophia's scholarships.

March and April have been very busy months for the Philoptochos ladies, and for this reason we are still recovering the information and will provide financial results as soon as they are finalized.

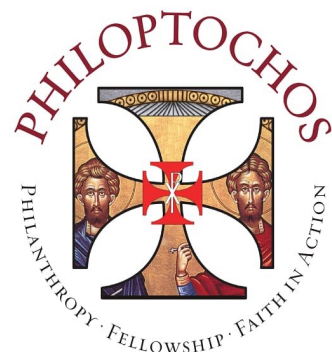
- Cheese Fare Sunday Church Luncheon –*Proceeds to benefit OCMC – “Support a Mission Priest” Program – A National Philoptochos Ministries Program (March 17)*
- Bake Sale Weekend & Costume Jewelry Sale– *Total Proceeds were \$4,010 to benefit In My Father’s Kitchen – Local to Syracuse, NY (March 22 – 24)*


*Thank you to everyone who supported the Easter Basket Raffle, Tsoureki and Pita Sale event. Your support is uber appreciated and always welcomed in any form – contributing time, effort, and monetary donations are always appreciated and are integral to our ability to support our community in need.*

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

|                                    |                     |
|------------------------------------|---------------------|
| President:                         | Theone Kalkinis     |
| Vice-President (1 <sup>st</sup> ): | Vasiliki Mihou      |
| Vice President (2 <sup>nd</sup> ): | Patty Donohue-Carey |
| Treasurer:                         | Tina Carkey         |
| Assistant Treasurer:               | Frieda Meskos       |
| Secretary (Corr):                  | Cara Potamianos     |
| Secretary (Rec):                   | Chryssanthi Intze   |

With the Spirit of Philanthropy and Philotimo,  
 Theone Kalkinis  
[Philoptochos@stsophias.org](mailto:Philoptochos@stsophias.org)





**SATURDAY, JUNE 15, 2024**  
**11:00 AM – 2:30 PM**  
**\$25/PERSON**  
(Cash or check made payable to Philoptochos)

***PHILOPTOCHOS***  
***SPRING***  
***LUNCHEON***

**THE BISTRO 1926**  
**AT DRUMLINS**  
**800 NOTTINGHAM RD**

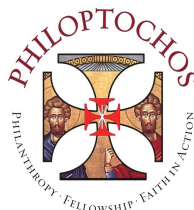
**JOIN US for a day of fellowship  
and planning for the upcoming year**

**RSVP before 6/2/2024 - SUNDAY**  
**after church services reservation table**  
**OR**

**Theone Kalkinis (315) 383-3298**

**Cara Potamianos (315) 430-1907**

**Email: [philoptochos@stsophias.org](mailto:philoptochos@stsophias.org)**







# 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.*



## May 2024 Coffee Hours

May 19, 2024

In Honor of

**AHEPA DAY**

Given by the AHEPA

## May 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:*



May 5, 2024  
*PASCHA*  
*No Coffee Hour*



May 12, 2024  
*Lula Kiser*  
*Georgia Kousmanidis*



May 19, 2024  
*Zafiria Kozaniti*  
*Artemis Gilbert*



May 26, 2024  
*Anthoula Malelis*  
*Zoe Malelis*



~~~~~

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

All are welcome.



May 2024 Memorials Eternal Be Their Memory

May 5, 2024

- Memorials not allowed

May 12, 2024

- Memorials not allowed

May 19, 2024

- Memorial Service for Pete Marinos (40 Days)
- Memorial Service for Vasilios Raptis (3 Years)

May 26, 2024

- Trisagion Prayer for Valsamakis Potamianos (14 Years)

CHOIR

We welcome everyone to join our Choir

Check the Church Calendar for upcoming Choir Practices

THANK YOU

Corina Cannellos and her family would like to thank everyone for their Birthday Wishes, Cards, Gifts, and Love as she celebrated her 95th Birthday at church on March 17th, her birthday. A special thank you to Jeanette Vigliotti and her family for orchestrating the celebration.

Corina is a life-long parishioner of St. Sophia's, dedicated church-goer, and a lifelong member of St. Sophia's Ladies Philoptochos. Corina was a founder of the Philoptochos Sunshine Committee, helping, visiting, giving rides to church, and sending cards to many church members, and shut-ins.

Corina is a loving Mother, Grandmother, Great-grandmother, Aunt, Cousin, and Friend, always putting others first. Xronia pola Corina! Na to ekato stisis!



May 2024

Program Schedule For Cable Television

All Programs Air on Spectrum (Time Warner) Cable Chanel 98 in Onondaga County

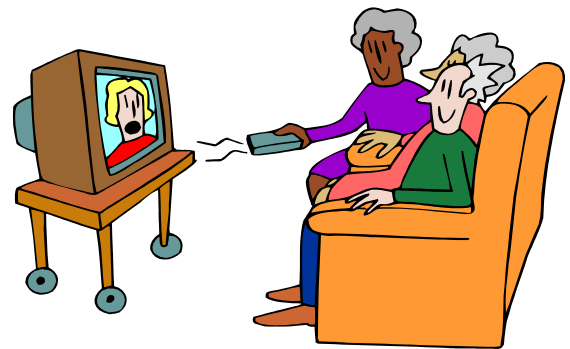


Sunday Programs at 7:00 pm
On Spectrum Channel 98
The series
“Creation History in Genesis”
continues

- May 5, 2024— Genesis 1:9-13
- May 12, 2024—Genesis 1:14-19
- May 19, 2024—Genesis 1:20-25
- May 26, 2024—Genesis 1:26-31

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

- May 6, 2024— St. Isaac the Syrian,
part 1
- May 13, 2024—St. Isaac the Syrian,
part 2
- May 20, 2024—St. Isaac the Syrian,
part 3
- May 27, 2024—St. Isaac the Syrian,
part 4



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 GOYA & JR GOYA

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)
- May 12—Loukoumades Fund Raiser

June 2024

June 6 to 9: Greek Festival

July/August 2024

No Activities—HAVE A FUN & HAPPY SUMMER !!!!!



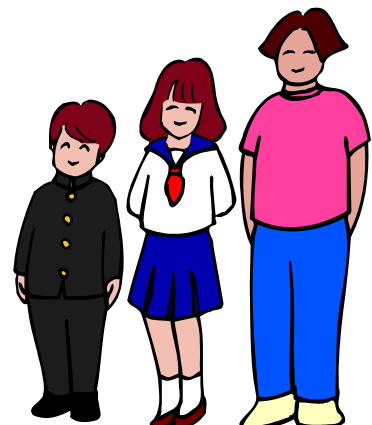
**Jr. GOYA & GOYA Journey Together this year
in an Exciting New Direction!**

2024 Youth Calendar for Sunday School

May 2024

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

HAVE A HAPPY & FUN SUMMER !!!



GOYA Fundraiser

Make Your Own Loukoumades



Sunday, May 12th following Liturgy

Single Orders \$5.00

Double Orders \$10.00

Toppings are 50¢ per topping...

Nutella, Caramel, Crushed Oreos, Fruity Pebbles

Proceeds to GOYA End of Year Trip

Thank You for your support !

REGISTER TODAY!



ST. TIMOTHY CAMP
METROPOLIS OF DETROIT

June 26 to June 30
Oswegatchie
Educational
Center

sttimothycamp.org

MARK YOUR CALENDARS



2024 GREEK FESTIVAL

THURSDAY, JUNE 6TH

FRIDAY, JUNE 7TH

SATURDAY, JUNE 8TH

SUNDAY, JUNE 9TH



2024

GREEK FESTIVAL

Yiayia's Jewelry Shop

Ladies....Check your jewelry boxes
and consider making a donation of
costume jewelry to
Yiayia's Jewelry Shop.

In preparation for the upcoming
Greek Festival, Philoptochos is now
collecting costume jewelry items.

All donations are appreciated!

Proceeds fund the numerous
philanthropic projects of Philoptochos!



2024 **GREEK FESTIVAL**

CALLING ALL BAKERS !!!!!
WE NEED YOUR HELP!!!!!



WE WILL BE MAKING
KOULOURAKIA, KOURIABETHES, MELOMAKARONA
ON THE FOLLOWING DATES & TIMES :

MONDAY, MAY 13 ~ 9 AM TO 3 PM
TUESDAY, MAY 14 ~ 9 AM TO 3 PM
WEDNESDAY, MAY 15 ~ 9 AM TO 3 PM
THURSDAY, MAY 16 ~ 9 AM TO 3 PM

WE WILL BE MAKING
BAKLAVA
ON THE FOLLOWING DATES & TIMES :

MONDAY, MAY 20 ~ 9 AM START
TUESDAY, MAY 21 ~ NOON START
WEDNESDAY, MAY 22 ~ 9 AM START
THURSDAY, MAY 23 ~ 9 AM START
FRIDAY, MAY 24 ~ 9 AM START

ALL ARE WELCOME!
COME FOR AS LONG AS YOU CAN!

TRAINING WILL BE PROVIDED
FOR NEW BAKERS !

SEE YOU THEN!





ST. SOPHIA GREEK ORTHODOX CHURCH
51th ANNUAL GREEK CULTURAL FESTIVAL, JUNE 6-9, 2024
Annual Journal Order Form

WE NEED YOUR SUPPORT

Contribution Rates (Please check all that apply)

- | | | | | |
|---|-----------|-------------|------------|----------|
| [] 1. Full Page | ** | (4.5 x 7.5) | | \$250.00 |
| [] 2. One - Half (1/2) Page | | (4.5 x 4) | Horizontal | \$150.00 |
| [] 3. One - Quarter(1/4) Business Card | | (4.5 x 2) | Horizontal | \$100.00 |
| [] 4. Single Line Sponsor Name | | | | \$20.00 |

Pictures may be added, for an additional charge if required by the printer.

****FULL PAGE SPONSORS WILL RECEIVE 2- COMPLIMENTARY FULL MEAL TICKETS**

For items 1 please contact Greg Miledonis to confirm availability.

Deadline for submission of the order form is May 13, 2024. Please make checks payable:

To St. Sophia Greek Orthodox Church Cultural Festival Committee.

Mail to Greg Miledonis c/o St. Sophia Greek Orthodox Church, 325 Waring Road, Syracuse, NY 13224;
or drop off at the Church Office.

Name _____ Phone _____

Address _____

EMAIL Address _____

Please visit our Parish web site at www.stsophias.org

Please send your ad email to: Festival2024@taylorcopy.com

cc: giledon@twcnv.rr.com

Prefer Format: PDF - JPG - PNG - TIFF

For questions, please call Greg Miledonis at 487-1126 or giledon@twcnv.rr.com



20 24 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/TZLRfQL>

St. Sophia Greek Orthodox Church—May 2024

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

St. Sophia Greek Orthodox Church—June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE SAMARITAN WOMAN	3	4 10:00 AM BIBLE STUDY	5 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	6 GREEK FESTIVAL	7 GREEK FESTIVAL	8 GREEK FESTIVAL
9 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE BLIND MAN GREEK FESTIVAL	10	11 10:00 AM BIBLE STUDY	12 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	13 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY HOLY ASCENSION 6:00 PM CHOIR PRACTICE	14	15 PHILOPTOCHOS LUNCHEON The BISTRO 1926 at DRUMLINS
16 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY FATHERS OF THE FIRST COUNCIL FATHER'S DAY	17	18 10:00 AM BIBLE STUDY 6:00 PM AHEPA MEETING	19 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	20 6:00 PM CHOIR PRACTICE	21	22
23 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY HOLY PENTECOST	24 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY NATIVITY OF JOHN THE BAPTIST	25 10:00 AM BIBLE STUDY	26 ST TIMOTHY CAMP	27 6:00 PM CHOIR PRACTICE ST TIMOTHY CAMP	28 ST TIMOTHY CAMP	29 ST TIMOTHY CAMP
30 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SYNAXIS OF THE HOLY APOSTLES ST TIMOTHY CAMP						