



# 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



## The Website

I was very encouraged and inspired during the time our website was not working.

Well, not always. Several times each day I would try to sign on and get that same cheery "out of order" screen. It was the most frustrating thing, and I spent literally hours calling various help desks. I'm getting used to the way these things work now. When you call a help desk to ask a question, the person 1) really only has one answer: delete and re-install, and along with that, 2) he decides what your problem is before you finish telling him what you've already tried. "Yes, yes, yes, I've already deleted and re-installed. Why are you telling me to try the same thing again?" Sometimes my voice would betray my frustration. This is not a good idea - as soon as you begin to sound angry, the person tells you to call someone else. "It sounds like a hardware problem, David, you'll have to call Apple." OK, I'll try that. Then the same thing would happen - I would get frustrated with Apple and they would tell me to call the web hosting provider.

So why did I open by saying that I was encouraged and inspired? It was the fact that so many people contacted me to tell me the website was not working! Sometimes I feel like no one looks at the website, except perhaps to look at the calendar. We've posted announcements on the website that (it seems) no one sees - this really makes me discouraged when I sit down to spend time updating and working on the website.

But that all changed. I had *multiple* people contact me to say that the website was down, that they missed it. One person said that he goes to the website everyday to do the scripture readings. I came "this close" to telling him that he could get the readings sent to his email in-box, but then stopped. Let him keep coming to the website.

In fact, let everyone keep coming to the website! We have so many great resources there. The first one is the live-stream on Sundays. If you're not in the area, or you're stuck at home for some reason, click on the live-stream button on the website, and you're (almost) here! And there are many announcements that you won't want to miss: the weekly bulletin, the monthly newsletter, the metropolis newsletter and the Orthodox Observer, which is the archdiocese newspaper. Learn about our missionaries! And enjoy our up-to-date photos from recent events.

Along with this, click on the top menu where it says "Fr. David Smith online." This takes you to my personal website, which has a large variety of resources for Orthodox Christians. It has old episodes of our cable-access TV program "Tradition Today," and new episodes of our covid-birthered program "The Inner Way." Up until the end of Lent (April 15th this year), I have a daily reflection. And soon we'll have a link to my new daily podcast on Ancient Faith Radio called "Watchful Eating." You can also hear some of my recent sermons. I don't change the photos very much on my "[frdavidsmith.com](http://frdavidsmith.com)" website, but the ones there are representative of who I am. We all have our favorite websites, brothers and sisters! Make "[stsophias.org](http://stsophias.org)" one of yours!

Your affectionate servant,  
Father David

APRIL 2022  
NEPSIS

## 2022 Parish Council

*Peter Manolacos*  
President

*Thomas Anthis Jr.*  
Vice President

*Christopher Shiomos, OD*  
Secretary

*Michael Copanas*  
Treasurer

*Robert Allen*  
*Joy Weatherup Anthis*

*Stephanie Armatas*

*Dimitrios Kiritsis*

*Eleni Kosmas, MD*

*George Nardone*

*John Potamianos*

*Jeanette Capousis Vigliotti*

~~~~~

Honorary  
Board Member

*James Sakezles*

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





Pray with purpose.  
 Prostrate every day. Be  
 slow to anger. Give the  
 benefit of the doubt.  
 Seek wisdom and grace.

Dismiss suspicion and replace it with trust. Speak softly. Place  
 others' needs above your own. Reach out to someone, just  
 because. Give up something that's hard to let go. Be gentle.  
 Apologize for a wrong (even if you were right). Repent with tears.  
 Confess, and confess again. Try to understand. Welcome a stranger.

Put down the phone.  
 Pick up the Bible. Forgive  
 someone who hurt you,  
 as hard as it may be.  
 Stop looking for fault.  
 Give thanks. Listen  
 more. Esteem others  
 better than yourself.  
 Give alms. Have mercy.  
 Meditate on His  
 immeasurable love for  
 us. Reflect that love to  
 everyone you meet. +++





## PRESIDENT'S MESSAGE



On March 25 we celebrated the 201st anniversary of the beginning of the Greek War of Independence. Greeks rose up against 400 years of Ottoman oppression, fighting for many years until all of Greece was liberated. Various foreign powers came to Greece's aid, one of which was Czarist Russia. Today, the new Czar has chosen the path not of a liberator, but rather of a conqueror. He has transformed a peaceful neighbor into a horrific killing field. Civilians are slaughtered or driven from their homes. But many stay and bravely resist.

History is replete with such bloody tragedies. In 2022 we watch, yet again, with revulsion and deep sadness. During this Paschal season we see Orthodox Christians fighting and destroying other Orthodox Christians. We see the Patriarch of All The Russia's endorse this carnage. And we are, or should be, sadder still.

While war is always with us, while it is occurring not only in Ukraine, many parishioners of St Sophia's feel a kinship with those suffering there. We also admire the courage and determination of all the people of Ukraine. Many in the Saint Sophia's community can relate to these events. So we chose to help the victims of this ongoing tragedy. Recently we asked parishioners to donate funds to help the victims of the Russian onslaught. On Sunday, March 13, we collected just over \$2,000. The week following, we collected another \$1,000. Prior to the Sunday collection the Parish Council voted to donate \$1,000 to the community donations. That collection, just over \$4,000 will be sent to the Ukrainian Orthodox Archdiocese in America. The parish council also voted to donate \$1,500 to the IOCC campaign to raise \$1,000,000 for the benefit of Ukraine.

I know that many of you have privately donated to the many worthy organizations that are doing what they can to help alleviate the suffering of those who remained and those who are now refugees. The need is massive, but every donation counts. The end of armed hostilities, whenever that might occur, will make fully clear the cost to both sides of this war. The people of Ukraine will need help for many years to come.

During Lent we are admonished to pray, fast, and give alms. We tend to think that the beneficiary of our generosity is whomever receives the help. But we should be aware that Christ admonishes us to be almsgivers. By giving alms to the needy we help pave our own way to finding the Kingdom of God within us.

Pascha will soon be here. We celebrate the greatest event in the history of the world, the sacrifice of the Lamb of God Who took on the sins of the world. During this time of prayer, fasting, and almsgiving, let us remember to pray for the victims of the tragedy of Ukraine, both Ukrainian and Russian. And let us "Embrace the Light" and rejoice in the promise of Pascha.

Christos Anesti

Yours in Christ,  
Peter Manolacos  
Parish Council President





Greek Orthodox  
Metropolis of Detroit



*presents*

# *Transformative Christianity Webinar Series*

*Join us for a 10-part webinar series to find out  
what Orthodox Christianity really has to offer  
to us and to the world !*

***Wednesday, May 4, 2022***

***7:00 pm***

***Session 3:***

***“...and the Two Shall Become One”  
A Talk about Lust with Fr. David Smith***

***Link to Webinar***

[https://us02web.zoom.us/j/5024257775?  
pwd=WmtrWFZJenhXWldlcDBok2hjY29DUT09](https://us02web.zoom.us/j/5024257775?pwd=WmtrWFZJenhXWldlcDBok2hjY29DUT09)

***A faith that is meant  
not only to transform us,  
but everyone around us as well.***





## Spring Cleaning 2022



### Parish Data System Update

#### Your Response is Needed

In order to maintain an accurate database, we would appreciate your assistance in updating your family's information for our Parish Data System. During the pandemic, we learned that having accurate contact information for all members of our parish is crucial.

Please be on the lookout for a second email to be sent Tuesday, April 12th. This email will allow you to review and update your family's data in our software system. If you have already submitted your form last month, then you do not need to repeat the process from the April 12th email.

Should you have any questions or concerns please contact Katina Luvadis, Parish Administrator ([katina@stsophias.org](mailto:katina@stsophias.org)) or Parish Council Secretary Chris Shiomos ([parishcouncil@stsophias.org](mailto:parishcouncil@stsophias.org)).

Important: Most mobile devices are unable to open the file, so please use a personal computer to open the file with your default browser.

A huge thank you to all that have already submitted your form. The response has been overwhelming! Thanks for your participation.

# Myrrhbearer Program

## Parents of 3<sup>rd</sup> Grade -7<sup>th</sup> Grade Girls

### Good Friday 6:00 pm Epitafios Service

If you would like your daughter to participate, please return this form to your daughter's Sunday School Teacher, or drop the form in the mail room Sunday School slot in the copier room no later than **April 10, 2022**. Please note that the girls should be **dressed in white for the service** and we will have a practice on April 22, 2022 at the Good Friday Youth Retreat.

Any questions contact:

Eleni Kosmas (315) 882-6507

Athena Tzetzis (315) 447-0787

**Yes, we want our daughter(s) to participate:**

Name of Daughter(s): \_\_\_\_\_

Parent Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email address: \_\_\_\_\_





# April 2022 Memorials Eternal Be Their Memory

## April 3, 2022

- Memorial Service for Anastasia (Anna) Naum (40 Days)
- Memorial Service for Benny LaRocca (3 Years)



## April 10, 2022

- Trisagion Prayers for Gus Columbus (12 Years)
- Trisagion Prayers for Joanne Allis (15 Years)
- Trisagion Prayers for Patricia Stamatakos (35 Years)



## April 17, 2022

- No Memorials or Trisagions Allowed

## April 24, 2022

- No Memorials or Trisagions Allowed



# April 2022 Coffee Hours

April 17, 2022  
Celebrating the  
75th Wedding Anniversary  
of James & Mary Sakezles

*75 years*  *loved*

Sponsored by The Family

# PHILOPTOCHOS COFFEE HOURS

If you are interested in scheduling a Coffee Hour, please call the Church Office. Fees for sponsoring a Coffee Hour are as follows, payable to Philoptochos:

### \$50.00 Fee

Philoptochos will provide and serve the coffee, milk, sugar and juice. Parishioner must provide pastries.

### \$150.00 Fee

Philoptochos will provide and serve the coffee, milk, sugar, juice and pastries.

~~~~~

Just a reminder that there will be no sponsored Coffee Hours on Stewardship Sunday, Godparents Sunday and Cheesefare Sunday.

## April 2022 Volunteers Serving Coffee Hour

A special thank you to the following volunteers of our community who have donated their time to serve coffee:



### April 3, 2022

Jeanne Sarigiannis, Lula Kiser

### April 10, 2022

Helen Aravantinos, Steve Pollastro

### April 17, 2022

Peter Lemonides, Artemis Voudouris

### April 24, 2022

Pascha (Easter)—No Coffee Hour

~Also, for the first two weeks of May 2022 ~

### May 1, 2022

Sofia Vasiliou, Vasiliki Elovaris

### May 8, 2022

Steve Pollastro, Frieda Meskos



# AHEPA News



## AHEPA SYRACUSE CHAPTER 37

Location:

St. Sophia's Greek Orthodox Church  
Serving the Syracuse area since 1924

Our next chapter meeting will be in person here at our church April 16<sup>th</sup> Saturday 2:00 pm.

We will continue also to have our meetings broadcast on Zoom, so if you can't make it to our in-person meetings you will be receiving a monthly e-mail containing a Zoom link. If you would like to learn how to participate virtually by phone, attend one of our in-person meetings, bring your phone with you and you will be shown how it works. It is very simple and in minutes you will be an expert. One of our members participates at the meeting from Florida and another one attended from California. You can be in your pajamas and no one will know. Let us use the technology when needing to.

Volunteers are needed to walk the grounds of Oakwood and Woodlawn Cemeteries to place Greek and/or American Flags at our veterans' graves for Memorial Day, if you can help contact Ted Limpert our Veterans Chairman, Mike Labatos or Dr. Telonis.

From our AHEPA family to your, wishing you a Happy Easter.

Michael Labatos, President  
AHEPA Syracuse Chapter 37  
(315) 427-7628





The Greek Island of Chios,  
in the North East Aegean Sea



## THE MASSACRE OF CHIOS

### PART 1

Chios is a relatively large island located in the Northern Aegean Sea just over three miles from the western Turkish coast near Smyrna (current day Izmir). During the Ottoman occupation, Chios was a very wealthy, cosmopolitan island due to successful commerce and trade. It had a significant Italian influence and minimal Turkish presence. Unlike other regions it had a privileged place in the Ottoman Empire and was led by local Christian leaders. Most of the Christians were Orthodox with a Catholic presence as well. Education and medical care were free to all of the populace.

The Greek War of Independence began on the mainland in March 1821. The Chians had no intention of joining the conflict as they were content with their status and considered themselves neutral in the affair. In May 1821 a Greek fleet commanded by Tombazis landed on Chios to persuade them to join the revolution but unable to do so he sailed away after just a few days. The Turks reacted harshly and took forty of the local leaders hostage and increased the number of troops on the island to guarantee “good behavior”. In March and April 1822, the Samians (residents of the island of Samos) led by Logothetis and Bournias landed 1500 armed men on Chios in order to persuade the reluctant Chians to join the revolution. They attacked Muslim establishments angering the Sultan who then sent Kara Ali with a powerful fleet of 15-30,000 armed men on April 11, 1822 (Good Thursday) to descend upon Chios encountering only minor resistance. The Samians quickly fled the island leaving the population defenseless.

The horror that followed was as appalling as any event in history with the Turks murdering anyone in their way including women, children, the sick and the disabled. In his book “The Flames of Freedom” David Brewer states “Before the catastrophe there were between 100,000 and 120,000 Greeks living on Chios, and by the end their numbers were reduced to some 20,000. The number of Greeks killed was put at 25,000 and of those enslaved at 45,000; that is, the catastrophe left about a quarter of the population dead and nearly half taken into slavery. Probably between 10,000 and 20,000 escaped, some to return, some to settle on other Aegean islands”.

By Dr. James Telonis & Mike Labatos, AHEPA Syracuse Chapter 37

To be continued in May’s Nepsis

## THE GREEK IMMIGRANT AND AHEPA HISTORY PART 4

Continue from the NEPSIS of March

Sometime after the western world depression of 1873 there arose opposition to further immigration. The opponents to immigration blamed any and all disorders in the country on the immigrants causing it. Some advertisements would be seen “No Irish apply”. The immigrants lived in their own conclaves and they were not assimilated into the American melting pot. As more and more immigrants arrived the question was being asked “Was there any prospect of the different ethnicities ever being assimilated?”. Then the first World War came upon humanity, the patriotic spirit kicked in and all united for a common cause. Native-born Americans and immigrants fought and many gave the ultimate sacrifice to keep freedom around the world.



The bronze monument of George Dilboy is located outside the Somerville City Hall in Massachusetts while the Dilboy Stadium in Somerville was named in his honor. The picture of the full statue is at the VA Hospital 5000 S. 5th Ave. outside the main entrance in Hines Illinois.

One such hero was George Dilboy/Γεωργιος Διλβοις, nick named “Billy the Greek” was the first Greek/American to receive the Medal of Honor during World War I. George Delboy was born February 5, 1896, Alatsata Minor Asia, died July 18, 1918 in France. He is buried in Arlington National Cemetery, Arlington, Va. His years of service in the Hellenic Army were 1912 – 1913 and in the U.S. Army 1916 – 1918. Battles/Wars - First Balkan War, Second Balkan War, Border War. World War I – Western Front, second battle of the Marne\*. General John Pershing listed George Dilboy as “one of the ten great heroes who died in the battlefield of France”. Dilboy led an attack on the machine gun position and continued to fire at the enemy despite being seriously wounded, killing 2 of the enemy and dispensing the remainder of the gun crew. If you visit Arlington National Cemetery, Dilboy is buried in Section 6.

\* Marne is a river in France, east and south east of Paris, France and it is 514 Kilometers long. The battle was the last major German offensive during WW I, the attack failed due to a successful ally counter attack July 15, 1918 – August 6, 1918

By Mike Labatos,

To be continued, in the Nepsis of May





# AHEPA SCHOLARSHIP APPLICATION



AHEPA scholarship applications are now available at the Church office or with this [link](#).

To be eligible, the applicant must be the child of a member in good standing of St. Sophia's Greek Orthodox Church. Scholarships will be awarded to students entering their freshman year of college at a two or four year accredited college or university.

AHEPA will also be awarding scholarships to children and grandchildren of members in good standing of AHEPA Chapter 37.

Please contact Peter Panels at [ppanels@harrispanels.com](mailto:ppanels@harrispanels.com) for applications or with any questions.

## **Attention Seniors!** **2022 Scholarship Program** **Philoptochos & St. Sophia Scholarships**



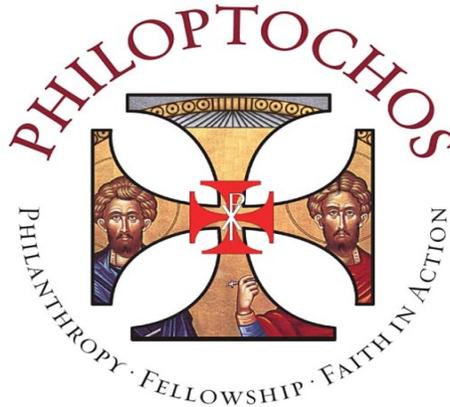
### **Submission Deadline is Friday, April 29th by 5 :00 pm**

One application covers both scholarships. Scholarship Applications are now available in the church office area (application scholarship basket in copier and mail room area.) or via this [link](#).

Completed Scholarships are due by **Friday, April 29<sup>th</sup> by 5pm** in the church office or emailed with time stamp of no later than 5pm on April 29<sup>th</sup>. **Please note:** the only document that cannot be emailed is the official high school transcript which needs to be mailed and arrive at the church by the deadline date/time. **Please make sure you include the first page of the application in your submission and check off the boxes confirming we have all required documents.**

Scholarships will be awarded on Sunday, May 22<sup>nd</sup> after liturgy.  
Any question(s) please reach out to Elizabeth Steinberg at [lsteinberg@signalgt.com](mailto:lsteinberg@signalgt.com) or 315-447-4445

**In addition, there is a Metropolis Level Philoptochos Scholarship that is due May 31<sup>st</sup>.** Please access the following link for eligibility and requirement details:  
[https://www.detroit.goarch.org/uploads/6/5/2/9/65299921/stefanou\\_scholarship.pdf](https://www.detroit.goarch.org/uploads/6/5/2/9/65299921/stefanou_scholarship.pdf)



**Sunday, May 1<sup>st</sup>**  
**Philoptochos**  
**PotLuck Luncheon**  
**Noon**  
**Lower-Level Hall**

**Bring a Dish to Share**  
**Members & Potential New Members Welcomed!**

**Sign Up on Sunday at the Philoptochos corner**  
**or call Liz Steinberg (315) 447-4445**



## Easter Basket Raffle



April 3<sup>rd</sup> – April 17<sup>th</sup>



\$1.00 – One Ticket

\$5.00 – Two Tickets

\$10.00 – Arm's Length

Drawing will be held on April 17<sup>th</sup>



## TSOUREKI SALE

Sunday, April 17<sup>th</sup>  
after Church

\$7.50 Per Loaf



# April 2022

## Program Schedule For Cable Television

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



*On FOX 68 WSYT—Over the Air Channel 68.1  
and Cable Channel 8*

*Sunday Morning at 7:00 am  
Science History in Genesis, parts 2 to 5*

### Sunday Programs at 7:00 pm

April 3—Lord, Have Mercy

April 10—The Proskemedia

April 17—Pascal Homily of St. Epiphanius, part 1

April 24—Pascal Homily of St. Epiphanius, Part 2



### ***PLEASE NOTE.....***

*Our programs also air on  
Verizon FIOS cable channel 29,*

*Our programs air Sunday at 6:30 pm  
with a repeat Thursday at 8:30 pm  
and Sunday at 7:00 pm  
with a repeat Thursday at 9:00 pm*

*Many programs also appear on the internet at  
[frdavidsmith.com](http://frdavidsmith.com)*

### On Spectrum Channel 98 Monday Programs at 7:00 pm

April 4—Orthodoxy and Our Youth

April 11—The Orthodox Family

April 18—Saints and Martyrs

April 25—Moral and Social Issues



### Family Classic TV

Sponsored by

St. Sophia's Greek Orthodox Church

Sundays at 6:00 pm

Sir Lancelot with William Russell

Sundays at 6:30 pm

The Adventures of Robin Hood  
with Richard Greene

Sundays at 8:00 pm

Cisco Kid with Duncan Renaldo & Leo Carrillo  
(2 episodes)

Thursdays at 8:30 pm

Sherlock Holmes with Ronald Howard

Fridays at 8:00 pm

Jim Bowie with Scott Forbes (2 episodes)



## Sunday School

Sunday School classes will be held on April 3, April 10 and April 17.

We will not have Sunday School classes on Pascha (Easter Sunday) April 24.

Wishing everyone a blessed Pascha





## PHILOTOCHOS NEWS

Thank you to St. Sophia Community for supporting our Cheesefare Sunday event. We raised \$1600.00 designated for OCMC to support missionary priests. We are asking OCMC to designate a portion of the money to three missions St. Sophia has been supporting:

- Jesse and Juanita Brandow
- Fr. Juvenaly Repass
- Fr. Chris and M. Jen Moore

Thanks to Jeanette Vigliotti and crew, Elaine Georgiadis, Vivian Alexander, Chris Shiomos and for making this a successful event. Thanks to the organization that made donations: Andy's Produce, Lyncourt Outlet Market, Samir's, Tops Friendly Markets, and Wegmans.

Membership – After church, at Philoptochos Table- Women we welcome membership renewals and new members- women 18 years old + Come and join! As a group we can be effective locally and across the globe.

Save the date: Sunday, May 1<sup>st</sup>- after church: Potluck Luncheon for Philoptochos. A fantastic opportunity to get together in person, catch up and look forward to the future. Members and potential new members welcomed to attend. Check weekly bulletins for information. Sign up to bring a dish on Sunday after church in April in our Philoptochos corner. Call Liz Steinberg to sign up. (315) 447-4445 or email [lsteinberg@signalg.com](mailto:lsteinberg@signalg.com).

Easter Basket Raffle- Starting Sunday, April 3rd and going through April 17<sup>th</sup>, Philoptochos will be sponsoring an Easter Basket Raffle. The drawing will be on Sunday, April 17<sup>th</sup> (Palm Sunday). Tickets pricing: \$1.00 for one (1) ticket, \$5.00 for six (6) tickets and \$10.00 for an arm's length of tickets.

Sunday, April 17<sup>th</sup> – Tsourekis Sale. We will be selling loaves of Tsourekis after church. \$7.50 per loaf. We have ordered one hundred loaves. First come first serve.

Memorial Sponsorship – Coffee Hour

When setting up a memorial service- let Katina know if you want to sponsor the coffee hour that Sunday, and if you need Philoptochos to provide special pastries.

Coffee Hour Sponsorship \$50.00

Coffee Hour plus Pastries \$150.00

Katina will notify Philoptochos if there is a request from a family to do one of the above items.

Please send a check addressed to Philoptochos prior to the event, or the day of the event (check or cash).

Scholarships: See separate notice on the scholarship deadline for Seniors to apply for either the St. Sophia Scholarship or the Philoptochos Scholarship. Applications are due by April 29<sup>th</sup> – 5pm.

Have a joyous Pascha celebration with family and friends!

Roberta Hristodoulou

*Roberta Williams Hristodoulou*

Philoptochos President



MARK YOUR CALENDARS  
**2022 GREEK FESTIVAL**

Thursday, June 9th ~ Friday, June 10th  
 Saturday, June 11th ~ Sunday, June 12th

Mark Your Calendars!

The 2022 Greek Festival will be here before you know it! We have already been planning, preparing, ordering supplies and our committee chairpersons are sharpening their pencils! The Pita Ladies have started! The Baking Schedule will soon be posted and all volunteers, old and new, are welcome to join us in our baking efforts. Our Greek Festival is a combined effort and we definitely need you—our volunteers—not only for the four days of the festival but for the preparations prior to and the cleanup following! Invest yourselves in our beloved Church, be a true Steward and give of your time and talents—we need you! Again, mark your calendars for June 9th to 12th—it will be here before you know it!



**Festival Baking**  
**Pasta Flora**  
**Saturday—April 9th**  
**Starting at 10:00 am**



**Volunteers are needed to make Pasta Flora  
 for the upcoming Greek Festival  
 on Saturday, April 9th starting at 10:00 am**

**Any questions call Artie Voudouris at (315) 463-8185**

**See you then!**



**ST. SOPHIA GREEK ORTHODOX CHURCH  
49<sup>th</sup> ANNUAL GREEK CULTURAL FESTIVAL, JUNE 9-12, 2022  
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) Page/Business Card (4.5 x 2 ) ... horizontal ) .....\$100.00
- 4. Two – Three Lines On Memorial Page .....\$30.00
- 5. Two – Three Lines For Dancers Parents / Friends Page .....\$30.00
- 6. Single Line Sponsor Name.....\$20.00

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

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

**Deadline for submission of order form is May 24, 2022. Please make checks payable by May 24,2022**

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; drop off at the Church Office.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

EMAIL Address \_\_\_\_\_

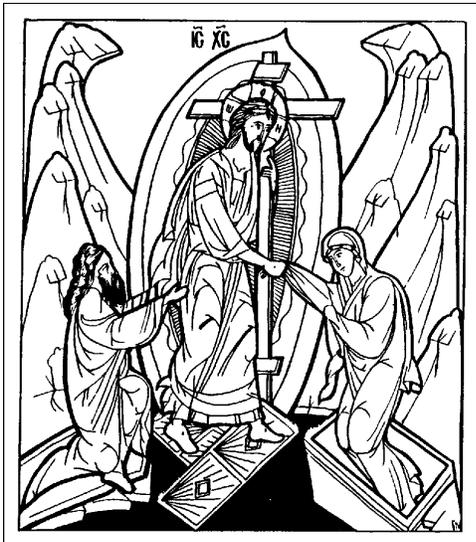
**Please visit our Parish web site at [www.stsophias.org](http://www.stsophias.org)**

**Please send your ad email to: [Festival2022@taylorcopy.com](mailto:Festival2022@taylorcopy.com)**

**CC: [gmiledon@twcnv.rr.com](mailto:gmiledon@twcnv.rr.com)**

**Acceptable Format: PDF –JPG – PNG – TIFF**

**For questions, please call Greg Miledonis at 487-1126 or [gmiledon@twcnv.rr.com](mailto:gmiledon@twcnv.rr.com)**



# 2022

## 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*



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!





***GREAT and HOLY LENT***



# **2022 HOLY WEEK SCHEDULE & EVENTS**

## **The Saturday of Lazarus—April 16**

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 17**

Orthros 9:00 am  
Blessing of Palms 9:45 am  
Divine Liturgy 10:00 am  
Bridegroom Orthros 6:00 pm

## **Holy Monday—April 18**

Presanctified Liturgy 9:00 am  
Bridegroom Orthros 6:00 pm

## **Holy Tuesday—April 19**

Presanctified Liturgy 9:00 am  
Bridegroom Orthros 6:00 pm

## **Holy Wednesday—April 20**

Presanctified Liturgy 9:00 am  
Holy Unction 3:00 pm  
Holy Unction 6:00 pm

## **Holy Thursday—April 21**

Vesperal Liturgy 5:45 am in Chapel  
Vesperal Liturgy 9:00 am in Church  
The Passion Gospels 6:00 pm

## **Great and Holy Friday—April 22**

Royal Hours 9:00 am  
Great Vespers (Removal of Christ from Cross) 3:00 pm  
Epitafios Service 6:00 pm

## **Holy and Great Saturday—April 23**

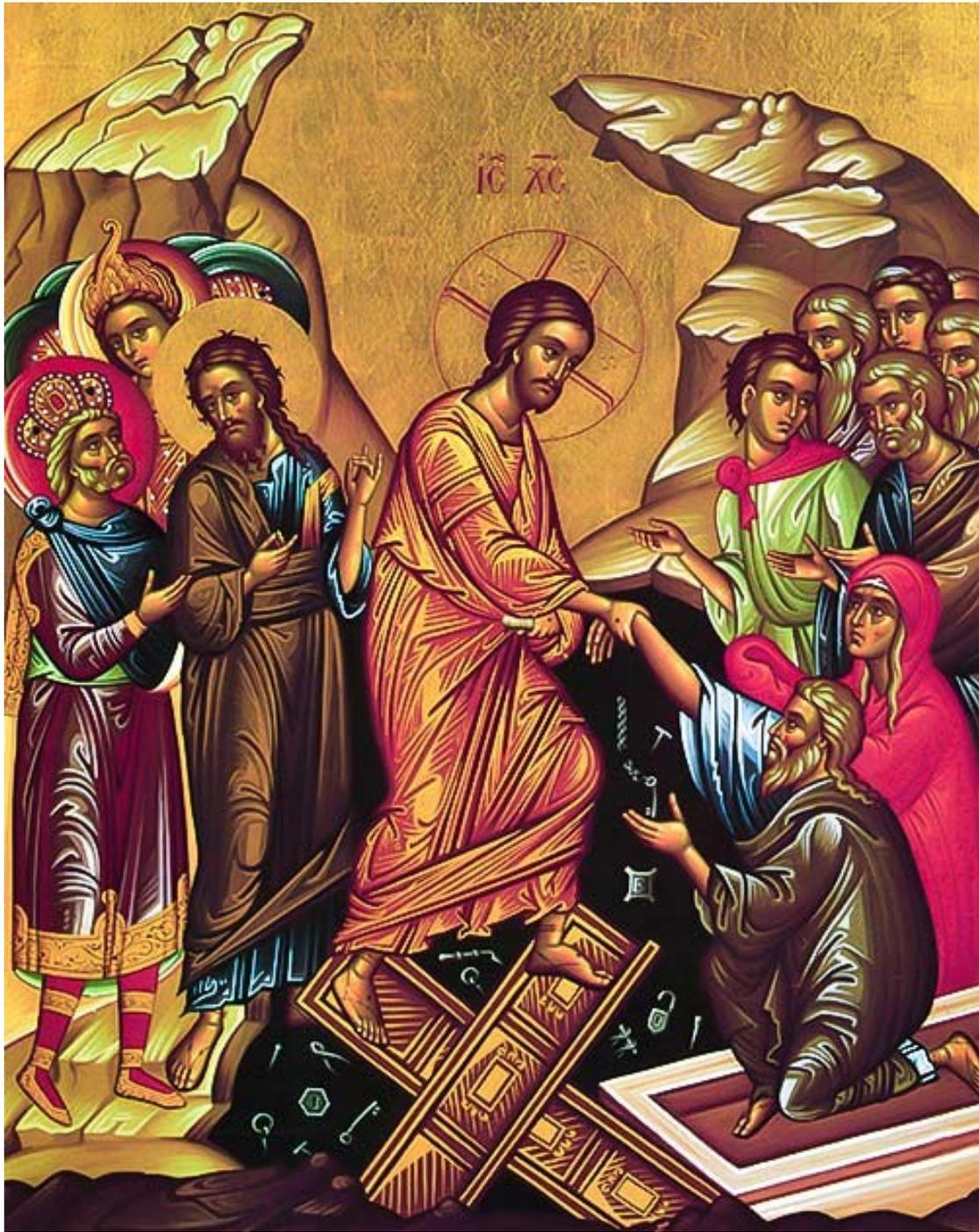
9:00 am Protoanasisi Divine Liturgy  
11:30 pm Resurrection Service—Pascha

## **Pascha—Easter Sunday—April 24**

12:00 pm (Noon) Agape Vespers







***GREAT AND HOLY PASCHA***  
***April 24, 2022***

# St. Sophia Greek Orthodox Church—April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					6:00 PM AKATHIST HYMN IV	5:00 PM GREAT VESPERS
3 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF ST JOHN CLIMACUS SUNDAY SCHOOL  <b>GENERAL ASSEMBLY</b>	4	5 10:00 AM BIBLE STUDY  6:00 PM ORTHODOXY 101 7:00 PM AHEPA MEETING	6 4:30 PM CHOIR REHEARSAL  6:00 PM PRESANCTIFIED LITURGY	7	8 6:00 PM AKATHIST HYMN V	9 10:00 AM ROMANIAN LITURGY 10:00 AM FESTIVAL BAKING  <b>11:00 AM TO 1:00 PM CONFESSION DAY</b> 5:00 PM GREAT VESPERS
10 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF ST MARY OF EGYPT  SUNDAY SCHOOL  PARISH ORATORICAL FESTIVAL	11	12 10:00 AM BIBLE STUDY	13 4:30 PM CHOIR REHEARSAL  6:00 PM PRESANCTIFIED LITURGY 7:30 PM DANCE MEETING	14 6:00 PM SYRACUSE UNIVERSITYOCF	15	16 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY LAZARUS SATURDAY 1:00 PM AHEPA MEETING 2:30 PM YAL KOMBOSKINI WORKSHOP 5:00 PM GREAT VESPERS
17 <b>PALM SUNDAY</b> 9:00 AM ORTHROS 9:45 AM BLESSING OF PALMS 10:00 AM DIVINE LITURGY SUNDAY SCHOOL 6:00 PM NYMPHIOS ORTHROS <b>PHILOPTOCHOS TSOUREKI SALE &amp; BASKET RAFFLE</b>	18 <b>HOLY MONDAY</b> 9:00 AM PRESANCTIFIED LITURGY  6:00 PM NYMPHIOS ORTHROS	19 <b>HOLY TUESDAY</b> 9:00 AM PRESANCTIFIED LITURGY  6:00 PM NYMPHIOS ORTHROS	20 <b>HOLY WEDNESDAY</b> 9:00 AM PRESANCTIFIED LITURGY 3:00 PM HOLY UNCTION 6:00 PM HOLY UNCTION	21 <b>HOLY THURSDAY</b> 5:45 AM VESPERAL LITURGY IN THE CHAPEL 9:00 AM VESPERAL LITURGY IN THE CHURCH 6:00 PM ORTHROS OF THE TWELVE GOSPELS	22 <b>HOLY FRIDAY</b> 9:00 AM ROYAL HOURS <b>NOON YOUTH RETREAT</b> 3:00 PM VESPERS REMOVAL OF CHRIST FROM THE CROSS 6:00 PM EPITAFIOS	23 <b>HOLY SATURDAY</b> 9:00 AM PROTOANASTASI DIVINE LITURGY  11:30 PM RESURRECTION SERVICE
24 <b>EASTER—PASCHA</b> 12:00 PM (NOON) AGAPE VESPERS  1:00 PM EGG HUNT FOR THE CHILDREN	25 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST GEORGE  <b>RENEWAL MONDAY</b> 5:30 PM JESUS PRAYER <b>GROUP</b>	26 10:00 AM BIBLE STUDY  <b>RENEWAL TUESDAY</b>	27 6:00 PM CHOIR REHEARSAL  <b>RENEWAL WEDNESDAY</b>	28  <b>RENEWAL THURSDAY</b>	29 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY LIFEGIVING FONT  <b>RENEWAL FRIDAY</b>	30 5:00 PM GREAT VESPERS