

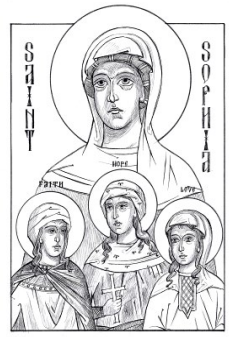


NEPSIS

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



'Palm Sunday'

I was recently reading the sermon for Palm Sunday of St. Gregory Palamas, the translation in the book St. Gregory Palamas The Homilies – an outstanding resource for anyone interested in the spiritual life. This passage caught my attention:

Let us all, young and old, rulers and subjects, be childlike in innocence, that God may empower us to make a public show of the trophies, and carry aloft the symbols of victory, not just of vic-tory over the evil passions, but over visible and invisible enemies, and may we find the grace of the word to help in time of need. (p. 113)

I love to carry palms on Palm Sunday – I would hold palms in my hand for the entire Divine Liturgy if it was possible. It's the one thing we do during the ecclesiastical year that makes me feel most like I was there, even more than when our group from St. Sophia's was actually in Jerusalem back in 2012. The scriptures tell us that the people in Jerusalem waved palm branches – just like the ones we carry in our hands. We do exactly what they did on Palm Sunday when we wave palm branches. This fact hits me in a couple of different ways:

Part of the time, I feel like I'm trying to get Christ's attention. I spoke a couple of weeks ago about the phrase, "Glory to the Father, and to the Son, and to the Holy Spirit." What does that mean? To give something glory means that we put our own attention on that thing and invite others to do the same. The one who gives glory to something says, "Look over here! This is awesome!" We glorify God, and He glorifies us.

When we hold the palm branches in our hands, we should hold/wave them with enthusiasm: *I'm here Jesus! Look this way! It's me!* As St. Gregory Palamas said, *be childlike in innocence*. What makes you awesome? You're at the right place – Church. It's the right time – the Divine Liturgy. Give glory to God, and call out to Him to glorify you! Wave your palms knowing that He sees and loves you!

I also feel like I'm waving a flag, the symbol of a new people. It's not a national identity, but *a chosen generation, a royal priesthood, a holy nation, His own special people* (1 Peter 1:9). This is our flag, the symbol of our nation. It doesn't have colors, or stripes, or stars, or anything. It doesn't matter, brothers and sisters, what ethnic group you come from, not at all. When you join the Church, you become part of a new nation, one nation under God.

And finally, I'm aware that I'm waving a symbol of victory. Our community constantly experiences tragic situations. A mother asked me recently, "How can God allow things like this to happen?" God is not the author of suffering and death – remember that. The devil is. Since we continually give control of the world over to the devil, is it any surprise that the world is therefore filled with suffering and death?

But guess what. *What Father?* There's good news. The defeat of the devil started with the resurrection of Christ. Καλό Πάσχα! His mischief will not go on forever, and for every one of them, he and his followers will pay a dear price. On Palm Sunday, take a good look at the palms in your hand. That's the trophy. That's the symbol of victory, and it is not too soon to start waving them, for - even riding upon a donkey - our Lord proclaims victory to us all!

Your affectionate servant,
Father David

APRIL 2023

2023 Parish Council

Peter Manolakos
President

Thomas Anthis Jr.
Vice President

Christopher Shiomos, OD
Secretary

Michael Copanas
Treasurer

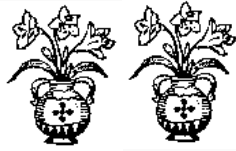
Robert Allen
Joy Weatherup Anthis
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone
John Potamianos
Jeanette Capousis Vigliotti

~~~~~  
Honorary  
Board Member  
James Sakezles

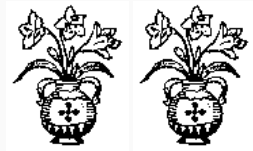


VISIT THE  
PARISH  
WEBSITE  
[stsophias.org](http://stsophias.org)





# PRESIDENT'S MESSAGE



As I waited for my turn to receive communion last Sunday, a yiayia was guiding her young granddaughter to the cup. The yiayia looked like my own yiayia and I had a flashback memory of the moments in my own childhood when I too was led to the communion cup. I remember how, after church, my yiayia would make a big deal of my partaking of the Lord's feast. It was always a special moment.

The priest, just before he brings out the chalice, exclaims "With the fear of God, faith, and love (AGAPE), draw near." These words mark the moment when we are invited to receive the Holy Eucharist, the body and blood of our Lord and Savior Jesus Christ.

The word "eucharist" derives from the Greek "efcharisto" which means thank you. By partaking we thank Him for the miracle of the Resurrection. At the Pascha service, when we proclaim "Christos Anesti, Christ is Risen", the glory of the Eucharist should especially overwhelm us, humble us, lift up our hearts.

So let's hearken to the words of St. John Chrysostom and partake of the feast, whether we have fasted from the first hour or the eleventh hour or not at all. Stand there with "the fear of God, faith and love" and be like the child you once were, give thanks and have a special moment.

If you want to have another kind of special experience, plan on coming to one or more of the baklava preparation days. The more hands we have, the more quickly the job gets done. If you have never made baklava, be not afraid, the Lord will be with you as will an experienced baklava preparer. The schedule is elsewhere in this volume of the Nepsis. Please join in and help us with this very important festival task.

As you can see, the festival activity continues. The pita crew, many ladies and now many men, have made a record number of pitas. As we get very close to the festival, the dough will be opened and the pies made, That's another big job. Pasta flora will be made on April 1. Look for more information on that in the weekly bulletin.

And PLEASE PLEASE PLEASE mark your calendars for June 8 to 11 and plan on dedicating considerable time to working during the festival. There can never be too many volunteers.

On behalf of the parish council, I wish everyone a blessed Holy Week and a joyous Pascha.

Yours in Christ,

*Peter Manolacos*

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.

## 2023 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 2023 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**



### NEWS OF APRIL

Dear AHEPA Family and Friends,

The Greek Orthodox Easter is a very significant Holy Day in Greece and for the Diaspora. The resurrection of Jesus Christ, along with the arrival of spring when everything is reborn. On behalf of the officers and directors of AHEPA Syracuse Chapter 37, AHEPA 37 Inc. Housing, and our AHEPA Foundation we wish you a wonderful Easter.

Please note that our next chapter meeting is 2:00 pm Saturday April 8<sup>th</sup> at the lower level of our church and also can be attended virtually via the Zoom app. Our events and meetings are open to all parishioners, families and friends.

Do you have kids or grandkids graduating from high school, or are already in college? Stop by at our April 8<sup>th</sup> meeting or contact me by phone or email as shown below.

We want to thank all who joined us for the celebration and the raising of the Greek Flag at the Syracuse City Hall this past month, March 24<sup>th</sup>. You are the heart beat of Hellenism and its survival.

Thank you.

Respectfully,

Mike Labatos, President

AHEPA Syracuse Chapter 37

315-427-7628

[AlphaRealtyOfSyracuse@gmail.com](mailto:AlphaRealtyOfSyracuse@gmail.com)





## Holy Wisdom and the Goddess of Wisdom

Hagia Sophia the great Church of Constantinople and the Parthenon of Athens, Greece have many similarities despite their distance in miles and time periods. Through man-made and natural disasters both structures remain standing strong.

The Church of Hagia Sophia (Holy Wisdom) was originally built in 360 AD under the direction of Emperor Constantius II. It was burned down during the riots of 404 AD and the second Hagia Sophia Church was built by Theodosius II in 415 AD. The second church was again destroyed during the Nika Riots of January 532 AD. The Nika Riots were an uprising by the populace against Justinian I and his wife Theodora. Following a week of turbulent fighting half of Constantinople including Hagia Sophia was destroyed and tens of thousands killed. Justinian The Great remained emperor and promised to rebuild Constantinople and Hagia Sophia. It took five years and 10 months to construct the new majestic church (532-537 AD) and this is the building that stands today. A church from 360 – 1453 Hagia Sophia became a mosque when Constantinople fell to the Turks led by Mehmed II. It served as a mosque until 1935 when under the direction Kemal Ataturk it was converted into a museum and it remained that way until July of 2020 when Turkish President Erdogan decided to reutilize it as a mosque.

The Parthenon which stands on top of the Acropolis in Athens, Greece was built during the reign of Pericles in the Doric Style as a tribute to the Pagan goddess Athena the Goddess of Wisdom. Under the supervision of Phidias, the building took nine years to construct (447 – 438 BC) and a magnificent gold and ivory statue of Athena stood in its interior. The statue was removed in the 5<sup>th</sup> century AD when the Parthenon was transformed into a Christian Church (first Hagia Sophia and then Panagia Athinotissa). When the Turks captured Athens in 1458, they adapted the Parthenon as a mosque raising a minaret at its southwest corner. In 1687 the Acropolis was bombarded by the Venetians fighting against the Turks. When the gunpowder which was stored in the temple exploded, it destroyed the center of the structure. A freestanding mosque was built in its interior in 1687 and it stood there until 1843 when it was removed by the newly independent Greeks.

Hagia Sophia (Holy Wisdom) and the Parthenon (dedicated to the Goddess of Wisdom) one Christian and one Pagan were built as houses of worship by their founders. Each of these great wonders remain to this day thanks to the foresight of their founders and despite the greed and violence of their captors. Depending on the political events of the time they were either utilized as Christian churches or mosques.

As of July 2020 Hagia Sophia was reconverted into a mosque despite worldwide outrage and condemnation. The Parthenon is viewed as an ancient relic attracting visitors from around the world. Anyone who's able should visit these two great architectural wonders and appreciate the genius innovative design and wisdom of their builders.

Dr. James Telonis, Director of Hellenism

AHEPA Syracuse Chapter 37





## THE GREEK IMMIGRANT

Lowell, Massachusetts is known as the cradle of the American Industrial Revolution because of its textile mills and factories. Many of Lowell's historic manufacturing sites were later preserved by the National Park Service to create Lowell National Historical Park.

The first Greek immigrants came to Lowell in 1881. The first were peddlers, but the depression of 1892 forced them to go to work in the mills of Lowell. They started with \$3 - \$4 a week as sweepers. In 1884 a Greek grocery was established and a bakery. Many got better jobs in the mills and were earning \$6 - \$8 a week. They were helping friends in Chicago and New York as well as sending money to their families in Greece. The Greek population was 8,000. The Greek workers proved themselves as steadier workmen because they were free from drink and were good for work all the week. In 1897 came the news of war with Turkey and some 200 - 300 went to Greece and when they came back, brought with them a large number of their countrymen.

In 1901 a building was bought on Lewis Avenue, the basement was fixed up for a church. In 1904 the building was torn down and construction started on one of the finest Greek Churches in America. The cost was \$80,000 and was collected by voluntary subscriptions entirely from the members of the Greek colony. In 1913 there was in Lowell, Rev. Conostas Chatzedemetriou with a congregation of 8,000 in one church including 3 Greek physicians, 1 dentist, 2 drug stores, 2 newspapers, 2 printing offices, 3 ticket agencies, several dry goods stores, a wholesale meat dealer, 6 bakeries, 25-30 coffee houses, 1 model saloon, about 10 confectioneries and fruit stores, a number of barbers and a number of shoeshine parlors. There were several farms each owned jointly by four or five Greeks, and a number of farm laborers. The great bulk of the colony worked in the mills as skilled and unskilled labor. The Greeks were well spoken of by the mill agents and overseers and also by their landlords. The city authorities considered them the most peaceable of all foreigners.

The Greeks, however poor and wretched, have always taken care of themselves and each other. They are too proud to accept charity. The Greeks prove good scholars and are well behaved. There were two city evening schools in Lowell, exclusively for Greeks, in session four months of the year, these averaged 400 scholars and sometimes reached 600.

Mike Labatos, President  
 AHEPA Syracuse Chapter 37  
 To be Continued in the NEPSIS of May.



# PHILOPTOCHOS NEWS



## Easter Basket Raffle

Baskets will be displayed and tickets can be purchased on Sunday, April 2<sup>nd</sup> and Sunday, April 9<sup>th</sup>. On Sunday, April 9<sup>th</sup> we will have the drawing. Funds raised will be utilized for our numerous philanthropic projects. Check this Nepsis for additional details.



## Bake Sale—Tsoureki & Koulourakia

Mark your calendars for Sunday, April 9<sup>th</sup> when we will have a Bake Sale of Tsoureki and Koulourakia. Check this Nepsis for additional details.



## St. Sophia & Philoptochos Scholarship

Reminder- if you have a graduating high school senior.... the scholarship application that covers the St. Sophia and Philoptochos Scholarship is now available in the mail room, can be downloaded from the church website or you may request it by emailing Liz Steinberg at [lsteinberg@signalg.com](mailto:lsteinberg@signalg.com)



## Yiayia's Festival Shop

We are looking for jewelry for our Yiayia's Festival Shop. Appreciate all contributions! Proceeds from all Philoptochos events go to funding our numerous philanthropic projects!

In appreciation,

*Roberta Williams Hristodoulou*

Philoptochos President



# ***EASTER BASKET RAFFLE***

*Raffle Tickets Available for Purchase*

*Sunday, March 26—Sunday, April 2—Sunday, April 9*

*\$1—One Ticket, \$5—Six Tickets, \$10—Fifteen Tickets*

*Drawing will be held on April 9, 2023*



## ***TSOUREKI SALE***



***Sunday, April 9th  
after Church  
\$8 Per Loaf***

## ***KOULOURLAKIA SALE***

***Sunday,  
April 9th  
after  
Church***

***\$8 Per Dozen***







# PHILOPTOCHOS & ST. SOPHIA SCHOLARSHIPS

Attention Seniors! Due Friday, May 5th by 5pm

2023 Scholarship Program: Philoptochos and St. Sophia Scholarships

One application covers both scholarships. Scholarship Application are available in the church office area (application scholarship basket in copier and mail room area.)

You also request application by email. Send an email to Elizabeth Steinberg: [lsteinberg@signaltg.com](mailto:lsteinberg@signaltg.com). You may also print one from the church website, [stsophias.org](http://stsophias.org) under the “forms” tab.

Completed Scholarships are due by **Friday, May 5th by 5pm** in the church office or emailed with time stamp of no later than 5pm on May 5th. **Please note:** the only document that cannot be emailed is the official high school transcript. Transcript must 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 Youth Sunday in May after Liturgy.

Any question(s) please reach out to Elizabeth Steinberg at 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 to download the application.

[https://www.metropolisofdetroitphiloptochos.org/assets/files/stefanou\\_scholarship.pdf](https://www.metropolisofdetroitphiloptochos.org/assets/files/stefanou_scholarship.pdf)



# **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 the 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..... Please note that there will be no sponsored Coffee Hours during the Summer months of June, July and August.*

*In addition, there will be no sponsored Coffee Hours on Stewardship Sunday, Godparents Sunday and Cheesefare Sunday.*

*In the event that a parishioner wishes to have a coffee hour during the summer months of June, July and August the fee, payable to the Philoptochos, is \$50.00. Philoptochos would provide coffee, cups, sweetener, creamer, stirrers and set up a serving table. The parishioner would be responsible to provide pastries, setup the serving station and tables, serve at the coffee hour and clean up following the coffee hour. For more details contact our coffee hour coordinator Vivian Alexander at (315) 673-2880 or (315) 430-6162.*

## **April 2023**

### ***Members Volunteering 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 2, 2023

*Despina Lemon  
Peter Lemonides*

April 9, 2023

*Frieda Meskos  
Patricia Meskos*

April 16, 2023

*PASCHA—EASTER  
No Coffee Hour*

April 23, 2023

*Vasiliki Mihou  
Garyfallia Papageorge*

April 30, 2023

*Anastasia Papazides  
Stephen Pollastro*

*~ Also, first two weeks of May 2023~*

May 7, 2023

*Eleni Dimanidis  
Debora Politis*

May 14, 2023

*Jeanne Sarigiannis  
Christina Shiomos*

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

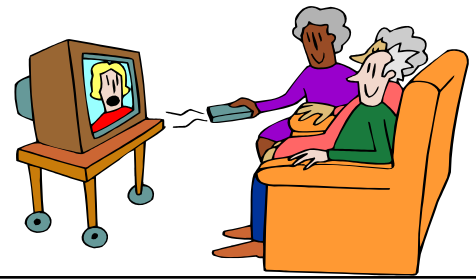
*All are welcome.*



# April 2023

## Program Schedule For Cable Television

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



### Sunday Programs at 7:00 pm

“Tradition Today”

On Fox 68 WSYT

*The series has ended*



***(On Spectrum channel 98)***

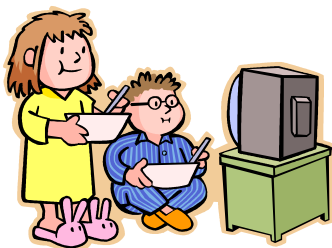
April 2, 2023—Sunday of St. Mary of Egypt

April 9, 2023—Palm Sunday

April 16, 2023—Pascal Homily of St. John Chrysostom

April 23, 2023—Sunday of St. Thomas

April 30, 2023—Sunday of the Myrrh-Bearing Women



### Monday Programs at 7:00 pm

*Fr. David’s “The Inner Way”  
series airs every Monday*

April 3, 2023— Unseen Warfare, part 2

April 10, 2023—Unseen Warfare, part 3

April 17, 2023—Unseen Warfare, part 4

April 24, 2023—Unseen Warfare, part 5

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Family Classic TV

Sponsored by

St. Sophia’s Greek Orthodox Church

Sundays at 5:00 pm

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

PLEASE NOTE NEW TIME

Sundays at 6:00 pm

Sir Lancelot with William Russell

Sundays at 6:30 pm

The Adventures of Robin Hood with Richard Greene

Thursdays at 8:30 pm

Sherlock Holmes with Ronald Howard

Fridays at 8:00 pm

Jim Bowie with Scott Forbes
(2 episodes)

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



April 2023 Memorials Eternal Be Their Memory



April 2, 2023

- Memorial Service for Ekaterine Kosmetatos (40 Days)
- Memorial Service for Anne Giopulos (1 Year)
- Trisagion Prayer for Jiries Abu El Ezam (2 Years)
- Trisagion Prayer for Claudia Constas (7 Years)
- Trisagion Prayer for Gus Columbus (13 Years)
- Trisagion Prayer for Joanne Allis (16 Years)



April 9, 2023

- No Memorials or Trisagions Allowed



April 16, 2023

- No Memorials or Trisagions Allowed

April 23, 2023

- No Memorials or Trisagions Allowed

April 30, 2023

- None Scheduled

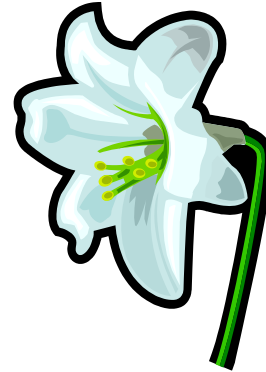


April 2023 Coffee Hours

April 2, 2023
In Memory of
Jiries Abu El Ezam
Sponsored by the Family



Philoptochos EASTER LILY SALE



Philoptochos has Easter Lillies for sale again this year. Twenty plants will be available on a first come basis for \$20.00 each. The plants are in honor of the Departed and will be on the Solea for Pascha and can be taken home after Bright Week.

Interested parties should see Maria Allis or stop by the table which will soon be in the lobby after Sunday services.

Sacramental Registry

February 2023

Baptism

Boy—Max Zenon Kennedy
Parents—Brian Kennedy & Katie Hayduke

Funeral

Theofilos Stathopoulos





SUNDAY SCHOOL NEWS

What a joy it was to see all the students participate in the procession of icons on Sunday of Orthodoxy! Father David did a wonderful job explaining the day!

As we are in our Great Lent period there are numerous beautiful events to keep in mind! Saturday of Lazarus to make palms, Palm Sunday, Holy Week services, Great and Holy Friday, and Easter. The annual Easter egg hunt will be following Sunday morning Agape service.

Sunday school graduation is scheduled for May 14.

Please consider joining the Sunday school team for next year. It's a small time commitment with great returns. The smiles on our kids faces makes it worth it! No experience necessary! It can be just once or twice a month.

April and May Schedule:

April—

- 2nd- Spring break- No class
- 8th- SATURDAY OF LAZURUS- Palm folding
- 9th- Palm Sunday – Hold your palms in church while you are with your families in Church.
- 14th -Good Friday- Myrrh bearer practice
- 16th – Pascha-Easter Sunday- Easter egg hunt
- 23rd- Regular Sunday School class
- 30th- Regular Sunday School class

May-

- 7th- Regular Sunday School class
- 14th- Sunday School graduation

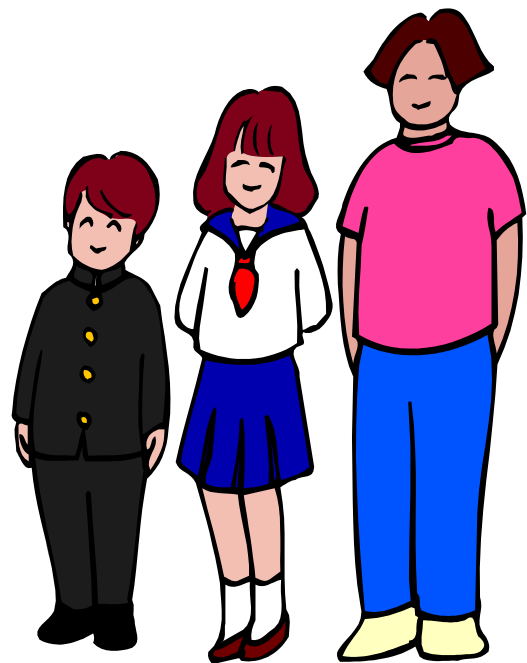
If you have any questions reach out to Martha, Jeannie or Athena

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Martha Lemondes  
(315) 400-7975  
[mlemondes@gmail.com](mailto:mlemondes@gmail.com)

Jeannie Dimkopoulos  
(315) 720-9900  
[jeannie.dimkopoulos@gmail.com](mailto:jeannie.dimkopoulos@gmail.com)

Athena Tzetzis  
(315) 447-0787  
[a.tzetzis@icloud.com](mailto:a.tzetzis@icloud.com)





# GOYA PITA SALE



The GOYA will be selling Spanakopita and Tiropita  
and donating the profits to  
High School Sunday School Teacher, Michael Shepherd

Presale will begin on April 9 at coffee hour  
or by contacting Mia Potamianos at (315) 430-1701  
or email [mpotamianos@ithaca.edu](mailto:mpotamianos@ithaca.edu) until Friday April 21

GOYA will be selling a full pan for \$150.00  
and half a pan for \$75.00 with presale.  
The pick up will be on April 23 from 11:00 am- 1:00 pm

GOYA will also be selling single slices of pita  
at church on April 23rd during coffee hour  
for \$5.00 per piece

GOYA will be baking 9:00 am on April 22nd  
**ALL HANDS ON DECK !!!**

Special thanks to the Pita Ladies who will be assisting.



*Please Join Us!*  
**2023 PAN-ORTHODOX**  
**LENTEN VESPERS**



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



*April 2, 2023*  
*Sunday of St. Mary of Egypt*  
*St. George Macedonian Orthodox Church*  
*5083 Onondaga Road ~ Syracuse, NY 13215*



**CHOIR**



*We welcome everyone*  
*to join our Choir*

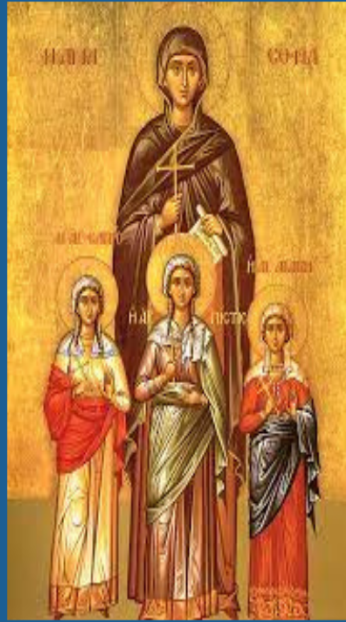
*Check the*  
*Church Calendar*  
*for upcoming*  
*Choir Practices*

**Church Services & Events**

Calendars are provided  
in the Nepsis or  
check the website at  
[stsophias.org](http://stsophias.org)  
for church services & events

*Mark*  
*Your*  
*Calendar*





Join us for

# CONFESSION DAY

April 1st, 2023

10am to 1 pm

Fr. Angelo Maggos  
will be available  
for those who wish to have  
Confession in Greek



# MARK YOUR CALENDARS



# 2023 GREEK FESTIVAL

**THURSDAY, JUNE 8TH**  
**FRIDAY, JUNE 9TH**  
**SATURDAY, JUNE 10TH**  
**SUNDAY, JUNE 11TH**





**2023**  
**GREEK FESTIVAL**

**CALLING ALL  
BAKLAVA MAKERS !!!!!**

**WE NEED YOUR HELP!!!!!**  
**BAKLAVA WILL BE MADE ON :**

**MONDAY—MAY 22**

**8 AM TO NOON & 5 PM TO 8 PM**

**TUESDAY—MAY 23**

**8 AM TO NOON & 5 PM TO 8 PM**

**WEDNESDAY—MAY 24**

**8 AM TO NOON & 5 PM TO 8 PM**

**THURSDAY—MAY 25**

**8 AM TO NOON & 5 PM TO 8 PM**

***AND IF NEEDED.....***

**FRIDAY—MAY 26**

***8 AM TO NOON & 5 PM TO 8 PM***

**ALL ARE WELCOME!**

**TRAINING WILL BE PROVIDED  
FOR THOSE NEW AT MAKING BAKLAVA !**

**SEE YOU THEN!**



**ST. SOPHIA GREEK ORTHODOX CHURCH**  
**50<sup>TH</sup> ANNUAL GREEK CULTURAL FESTIVAL, JUNE 8-11, 2023**  
**Advertisement Order Form**  
**WE NEED YOUR SUPPORT**

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| 1. Full Page ** (4.5 x 7.5)                                                    | <input type="checkbox"/> \$250.00                      |
| 2. One-Half Page ** (4.5 x 4) horizontal                                       | <input type="checkbox"/> \$150.00                      |
| 3. One-Quarter Page * (4.5 x 2)                                                | <input type="checkbox"/> \$100.00                      |
| 4. Single Line Sponsor Name                                                    | <input type="checkbox"/> \$20.00                       |
| <i>Web Advertising</i>                                                         |                                                        |
| 5. <i>syracusegreekfest.com</i> (Displayed 4 x 2 website May 2023 – July 2023) | <input type="checkbox"/> \$300.00                      |
| Any <i>Ad Book plus Web Advertising</i> package                                | Deduct \$50.00 from total                              |

Any \$250.00<sup>+</sup> Sponsor will receive 2 complementary meal tickets  
**For items 1-2 please contact Greg Miledonis to confirm availability.**

***Ad Book***

Please email your ad to: [Festival2023@taylorcopy.com](mailto:Festival2023@taylorcopy.com) and cc: [gmiledon@twcny.rr.co](mailto:gmiledon@twcny.rr.co)  
 Preferred Formats: PDF – JPG – PNG – TIFF  
 Submission and payment deadline for *Ad Book*: May 18, 2023

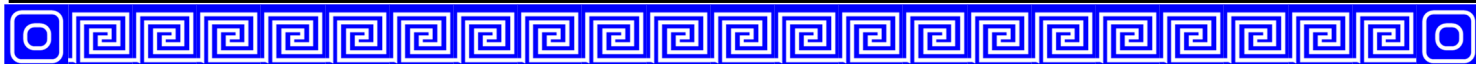
***Web Advertising***

Please send camera ready horizontal or block logo to: [gmiledon@twcny.rr.com](mailto:gmiledon@twcny.rr.com) and  
 cc: [cshiomos11@gmail.com](mailto:cshiomos11@gmail.com)  
 Please include URL (we will link to your website) or a business telephone number.  
 Business logos will be scroll along the bottom of our Festival Menu Monitors and each  
 of our social media sites: *syracusegreekfest.com* and *Facebook*.

Submission and payment deadline for *Web Advertising*: May 18, 2023

This order form and all payments should be mailed to Greg Miledonis c/o St. Sophia Greek Orthodox Church, 325 Waring Road, Syracuse, NY 13224. Checks made payable to *St. Sophia Greek Orthodox Church Cultural Festival Committee* should be submitted by the May 18, 2023 deadline. For questions, please call Greg Miledonis at 315-487-1126 or [gmiledon@twcny.rr.com](mailto:gmiledon@twcny.rr.com)

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 E-Mail \_\_\_\_\_





## AHEPA SCHOLARSHIP APPLICATION

AHEPA scholarship applications will be available on March 1, 2023. 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. Applications are available at the Church office or by contacting Peter Panels at [ppanel@harrispanels.com](mailto:ppanels@harrispanels.com)

AHEPA will also be awarding scholarships to children and grandchildren of members in good standing of AHEPA Chapter 37. Applications are available by contacting Peter Panels at [ppanel@harrispanels.com](mailto:ppanels@harrispanels.com) or Michael Labatos at [alpharealtyofsyracuse@gmail.com](mailto:alpharealtyofsyracuse@gmail.com) or printing it from the church website, [www.stsophias.org](http://www.stsophias.org).





# Order of AHEPA, Syracuse Chapter No. 37 Scholarship Application

To be eligible for the scholarship, the student must be a child of a member in good standing of St. Sophia Greek Orthodox Church. The student must be entering their freshman year at a two or four-year accredited college or university.

Please provide the following information:

Name \_\_\_\_\_

Address \_\_\_\_\_

Parent Name \_\_\_\_\_

High School \_\_\_\_\_

College you plan to attend \_\_\_\_\_

List your extra-curricular activities for 2022-2023 clubs, societies, public service, performing arts, sports, employment, etc )

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Academic Honors \_\_\_\_\_

Provide a certified copy of your high school transcript.

Please provide a personal statement in which you discuss your ideals and goals.

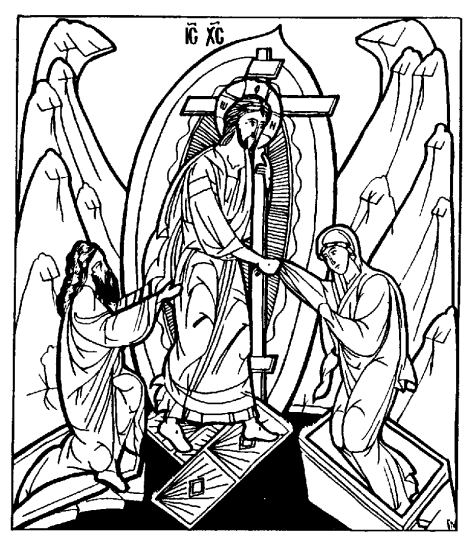
Provide a recommendation from a high school educator or counselor.

Signature \_\_\_\_\_ Date \_\_\_\_\_

ALL APPLICATIONS WITH SUPPORTING DOCUMENTATION  
MUST BE RETURNED OR POSTMARKED, BY MAY 1, 2023.  
Applications received or postmarked after that date will not be accepted.

Please mail to:  
Peter Panels  
120 East Washington Street, Suite 511  
Syracuse, New York 13202





# 2023

## 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***



# **2023 HOLY WEEK SCHEDULE & EVENTS**

## **The Saturday of Lazarus—April 8**

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 9**

Orthros 8:45 am  
Blessing of Palms 9:30 am  
Divine Liturgy 10:00 am  
Bridegroom Orthros 6:00 pm

## **Holy Monday—April 10**

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

## **Holy Tuesday—April 11**

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

## **Holy Wednesday—April 12**

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

## **Holy Thursday—April 13**

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

## **Great and Holy Friday—April 14**

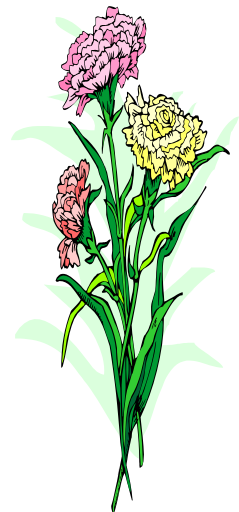
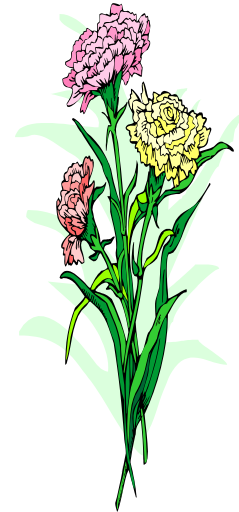
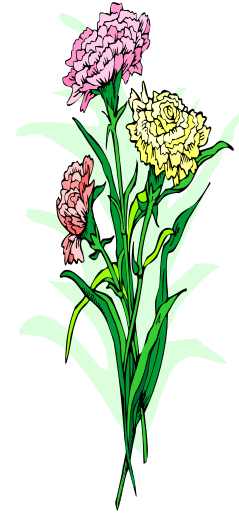
Royal Hours 10:00 am  
Great Vespers (Removal of Christ from Cross) 3:00 pm  
Epitafios Service 6:00 pm

## **Holy and Great Saturday—April 15**

10:00 am Protoanasisi Divine Liturgy  
10:30 pm Resurrection Service—Pascha

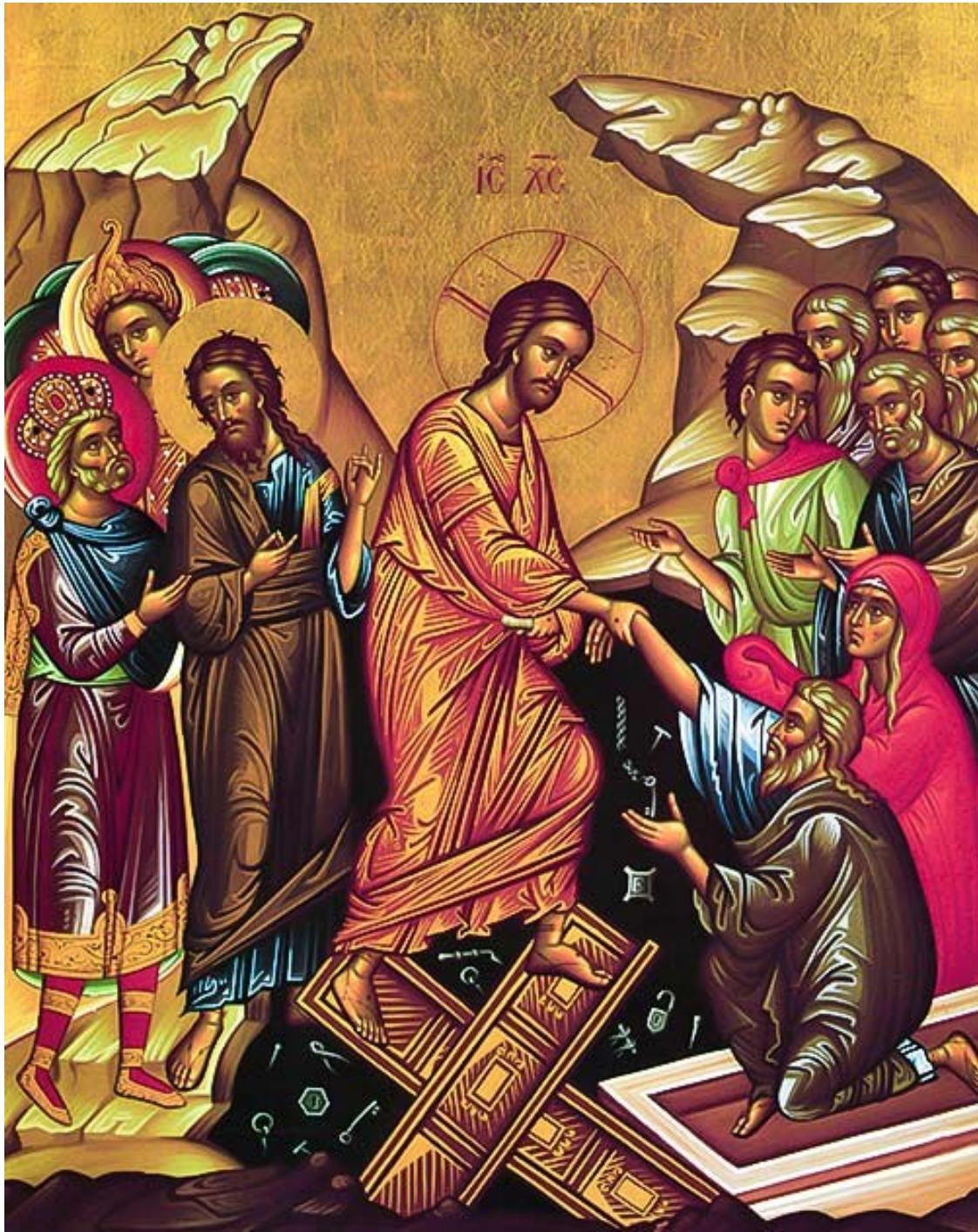
## **Pascha—Easter Sunday—April 16**

12:00 pm (Noon) Agape Vespers









***GREAT AND HOLY PASCHA***  
***April 16, 2023***

# St. Sophia Greek Orthodox Church—April 2023

| Sun                                                                                                                                                             | Mon                                                                                                          | Tue                                                                                                           | Wed                                                                                                                            | Thu                                                                                                               | Fri                                                                                                                  | Sat                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                 |                                                                                                              |                                                                                                               |                                                                                                                                |                                                                                                                   |                                                                                                                      | 1<br><b>10 AM to 1 PM<br/>CONFESSION DAY</b><br><br>5:00 PM GREAT VESPERS                                                                          |
| 2<br><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. MARY OF EGYPT<br><br>6:00 PM LENTEN VESPERS<br>ST. GEORGE MACEDONIAN<br>ORTHODOX CHURCH | 3<br><br>5:30 PM<br>JESUS PRAYER GROUP                                                                       | 4<br><br>10:00 AM BIBLE STUDY                                                                                 | 5<br><br>6:00 PM<br>PRESANCTIFIED LITURGY                                                                                      | 6                                                                                                                 | 7<br><br>2:30 PM—4:00 PM<br>COLGATE OCF<br>DAY OF SERVICE                                                            | 8<br><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LAZARUS SATURDAY<br>11:30 AM PALM FOLDING<br>2:00 PM AHEPA MEETING<br>5:00 PM GREAT VESPERS |
| 9<br><br><b><u>PALM SUNDAY</u></b><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br><br>6:00 PM<br>BRIDEGROOM ORTHROS                                           | 10<br><br><b><u>HOLY MONDAY</u></b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br><br>6:00 PM<br>BRIDEGROOM ORTHROS | 11<br><br><b><u>HOLY TUESDAY</u></b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br><br>6:00 PM<br>BRIDEGROOM ORTHROS | 12<br><br><b><u>HOLY WEDNESDAY</u></b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br><br>3:00 PM HOLY UNCTION<br>6:00 PM HOLY UNCTION | 13<br><br><b><u>HOLY THURSDAY</u></b><br>9:00 AM VESPERAL LITURGY<br><br>6:00 PM ORTHROS<br>OF THE TWELVE GOSPELS | 14<br><br><b><u>HOLY FRIDAY</u></b><br>10:00 AM ROYAL HOURS<br><br>3:00 PM<br>UNNAILING VESPERS<br>6:00 PM EPITAFIOS | 15<br><br><b><u>HOLY SATURDAY</u></b><br>10:00 AM PROTOANASTASI<br><br><br>10:30 PM PASCHA                                                         |
| 16<br><br><b><u>EASTER—PASCHA</u></b><br>12:00 PM NOON<br>AGAPE VESPERS                                                                                         | <i>RENEWAL<br/>MONDAY</i> 17<br><br>5:30 PM<br>JESUS PRAYER GROUP                                            | <i>RENEWAL<br/>TUESDAY</i> 18<br><br>10:00 AM BIBLE STUDY                                                     | <i>RENEWAL<br/>WEDNESDAY</i> 19<br><br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                               | <i>RENEWAL<br/>THURSDAY</i> 20                                                                                    | <i>RENEWAL<br/>FRIDAY</i> 21<br><br>9:15 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LIFE GIVING FONT                   | <i>RENEWAL<br/>SATURDAY</i> 22<br><br>10:00 AM<br>ROMANIAN LITURGY<br>5:00 PM GREAT VESPERS                                                        |
| <b>GOYA PITA SALE</b> 23<br><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>THOMAS SUNDAY<br><br>11:30 AM UPSTATE NY<br>ORATORICAL FESTIVAL                   | 24<br><br>5:30 PM<br>JESUS PRAYER GROUP                                                                      | 25<br><br>10:00 AM BIBLE STUDY                                                                                | 26<br><br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                            | 27                                                                                                                | 28                                                                                                                   | 29<br><br>5:00 PM GREAT VESPERS                                                                                                                    |
| 30<br><br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>MYRRH BEARING WOMEN                                                                    |                                                                                                              |                                                                                                               |                                                                                                                                |                                                                                                                   |                                                                                                                      |                                                                                                                                                    |

# St. Sophia Greek Orthodox Church—May 2023

| Sun                                                                                                                                         | Mon                                                                                                                                                             | Tue                        | Wed                                                                                                               | Thu                                                                | Fri                                                                                               | Sat                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                                                                                             | 1<br><i>DEADLINE TO SUBMIT APPLICATIONS FOR AHEPA SCHOLARSHIPS</i><br>5:30 PM<br>JESUS PRAYER GROUP                                                             | 2<br>10:00 AM BIBLE STUDY  | 3<br>6:00 PM PARAKLESIS<br>7:00 PM TRANSFORMATIVE CHRISTIANITY WEBINAR                                            | 4                                                                  | 5<br><i>5:00 PM DEADLINE TO SUBMIT APPLICATIONS FOR PHILOPTOCHOS &amp; ST SOPHIA SCHOLARSHIPS</i> | 6<br>5:00 PM GREAT VESPERS                                                        |
| 7<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE PARALYTIC                                                                  | 8<br>5:30 PM<br>JESUS PRAYER GROUP                                                                                                                              | 9<br>10:00 AM BIBLE STUDY  | 10<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>MID-PENTECOST<br>6:00 PM PARAKLESIS<br>8:00 PM OCF AT COLGATE | 11                                                                 | 12                                                                                                | 13<br>10:00 AM ROMANIAN LITURGY<br>2:00 PM AHEPA MEETING<br>5:00 PM GREAT VESPERS |
| 14<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE SAMARITAN WOMAN<br><b>SUNDAY SCHOOL GRADUATION</b><br><b>MOTHER'S DAY</b> | 15<br>5:30 PM<br>JESUS PRAYER GROUP                                                                                                                             | 16<br>10:00 AM BIBLE STUDY | 17<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                   | 18                                                                 | 19                                                                                                | 20<br>2:00 PM AHEPA MEETING<br>5:00 PM GREAT VESPERS                              |
| 21<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE BLIND MAN                                                                 | 22<br>5:30 PM<br>JESUS PRAYER GROUP                                                                                                                             | 23<br>10:00 AM BIBLE STUDY | 24<br>APODOSIS OF PASCHA<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                             | 25<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>HOLY ASCENSION | 26                                                                                                | 27<br>5:00 PM GREAT VESPERS                                                       |
| 28<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FATHERS OF THE FIRST COUNCIL                                                            | 29<br><i>MEMORIAL DAY CEMETERY SERVICES</i><br><i>8:30 AM WOODLAWN IN THE CHAPEL</i><br><i>10:00 AM OAKWOOD UNDER THE TENT</i><br>5:30 PM<br>JESUS PRAYER GROUP | 30<br>10:00 AM BIBLE STUDY | 31<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                   |                                                                    |                                                                                                   |                                                                                   |