

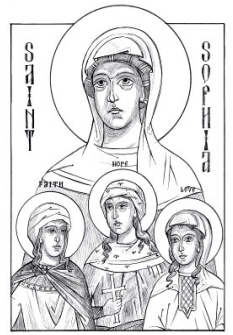


# NEPSIS

*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



## "More Relaxed"

As I write this, I've just come back to my office after celebrating a Divine Liturgy with a group of the Orthodox priests in Syracuse. We have a tradition now - on the Tuesday after Pascha, we gather at Holy Transfiguration for a quiet, happy liturgy together, to celebrate our unity in Christ and His glorious resurrection. And enjoy a meal afterwards: meat, cheese, eggs, milk!

Before Pascha, we express our unity during the Sunday night Lenten Vespers, celebrated in five different Orthodox churches in the city. This year for the first time we celebrated the fifth Vespers at St. George Macedonian Orthodox Church. This was indeed an historic expression of Orthodox unity! I had personally wondered if the interest in these services had become a thing of the past, but after this year's Lent, I can see that everyone's enjoyment of them is certainly alive and well.

But after the commemoration of St. Mary of Egypt, the priests don't see each other for two weeks. Every man is focused entirely on his parish and the demanding schedule, and has no time or inclination to think about anything else. It's almost as if your own parish is the only parish in the city, or the world.

But after Pascha, we need to get together to sing Christ is Risen! The best time to celebrate unity is when we're singing Christ is Risen. I receive dozens of emails and texts saying Χριστός ἀνέστη! They're very nice, and it makes me smile to type αληθώς ἀνέστη! and hit "send." But gathering together is that much better, that much more satisfying. Thus the priests' liturgy on Bright Tuesday.

We're all exhausted, and the one day we've had of rest, Bright Monday, is not enough for us to feel right again. I noticed that all my brothers and concelebrants about the altar were slow to react, quick to sit down, and chatty. In a word - relaxed! In this service, we bask in the glow of Jesus Christ, risen from the dead, the Savior of the world.

So now the Feast of Feasts has passed for another year. We will continue to sing Χριστός ἀνέστη for another month, but in many ways, everything liturgically becomes more relaxed. Many of the services we did during Lent will not be done again until 2024.

Time to relax - but not to forsake our gathering together. Hebrews 10:25 - μὴ ἐγκαταλείποντες τὴν ἐπισυναγωγὴν ἑαυτῶν, καθὼς ἔθος τισίν, ἀλλὰ παρακαλοῦντες, καὶ τοσοῦτω μᾶλλον ὅσα βλέπετε ἐγγίζουσιν τὴν ἡμέραν, which is - **Do not abandon our meeting together, as is the habit of some, but encourage one another; and all the more as you see the day drawing near.**

Indeed. God bless you during this joyous time of the Pentecostarion! I'll see you in Church!

Your affectionate servant,  
Father David

## MAY 2023

### 2023 Parish Council

*Peter Manolacos*  
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*

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Honorary  
Board Member  
*James Sakezles*

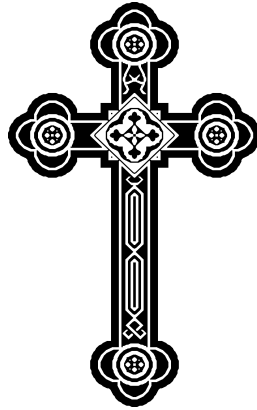


**VISIT THE**  
**PARISH**  
**WEBSITE**  
[stsophias.org](http://stsophias.org)





**MEMORIAL DAY SERVICES**  
**MONDAY—MAY 29, 2023**



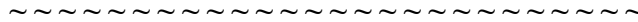
**WOODLAWN CEMETERY**  
**8:30 AM SERVICE IN THE CHAPEL**  
**OAKWOOD CEMETERY**  
**10:00 AM SERVICE UNDER THE TENT**





**HOLY ASCENSION**  
**THURSDAY—MAY 25**  
**9:00 AM ORTHROS**  
**10:00 AM DIVINE LITURGY**

The Feast of the Ascension of our Lord God and Savior Jesus Christ is celebrated each year on the fortieth day after the Great and Holy Feast of Pascha (Easter). Since the date of Pascha changes each year, the date of the Feast of the Ascension changes. The Feast is always celebrated on a Thursday. The Feast itself commemorates when, on the fortieth day after His Resurrection, Jesus led His disciples to the Mount of Olives, and after blessing them and asking them to wait for the fulfillment of the promise of the Holy Spirit, He ascended into heaven.



The story of the Ascension of our Lord, celebrated as one of the Twelve Great Feasts of the Church, is found in the book of the Acts of the Apostles 1:3-11. It is also mentioned in the Gospels of Mark (16:19) and Luke (24:50-53). The moment of the Ascension is told in one sentence: "He was lifted up before their eyes in a cloud which took Him from their sight" (Acts 1:9).

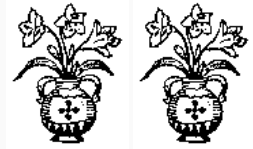
Christ made His last appearance on earth, forty days after His Resurrection from the dead. The Acts of the Apostles states that the disciples were in Jerusalem. Jesus appeared before them and commanded them not to depart from Jerusalem, but to wait for the "Promise of the Father". He stated, "You shall be baptized with the Holy Spirit not many days from now" (Acts 1:5).

After Jesus gave these instructions, He led the disciples to the Mount of Olives. Here, He commissioned them to be His witnesses "in Jerusalem, and in all Judea and Samaria, and to the end of the earth" (Acts 1:8). It is also at this time that the disciples were directed by Christ to "go and make disciples of all nations, baptizing them in the name of the Father and the Son and the Holy Spirit" (Matthew 28:19). Jesus also told them that He would be with them always, "even to the end of the world" (Matthew 28:20).

As the disciples watched, Jesus lifted up His hands, blessed them, and then was taken up out of their sight (Luke 24:51; Acts 1:9). Two angels appeared to them and asked them why they were gazing into heaven. Then one of the angels said, "This same Jesus, which is taken up from you into heaven, shall so come in like manner as you have seen Him going into heaven" (Acts 1:11).



# PRESIDENT'S MESSAGE



Christos Anesti. Christ IS risen, from Pascha until Pentecost these words are how we greet each other. When we utter them, we announce that we believe the Christian narrative. When we reply "Truly He is risen", we proclaim our faith in the reality of that narrative.

I have been reading about the many martyrs of the Orthodox church. To be a martyr, your faith must be unshakable. You see it as the true reality that cannot be denied. There is no room for "your truth" and "my truth". There is only "the truth". Christos Anesti proclaims in two words the reality of the great sorrow and great joy of the greatest story ever told.

Yet "Christos Anesti" soon becomes mechanical, said without emotion. But consider another announcement, say the birth of a child. We had a little boy, I have a new granddaughter. Would you believe it, the kids had twins. The joy, the happiness, the unsaid piece that your family has a real stake in the future. All captured by "It's a boy" or "It's a girl".

How much greater is the announcement that Jesus Christ is Risen from the dead and has taken on the sins of the world and has given us, each and every one of us, a stake in the infinite future. We each of us have an opportunity far greater than any the world can offer us, the opportunity to be serious about saving our souls, about putting our priorities in order, of struggling to achieve the promise of the cross. This is no easy task. But if we truly believe in the reality and the truth of the promise it is what we must do.

While we must be focused on the infinite future, we also have to focus on the very near term future. Yup, you guessed it, THE FESTIVAL. Please pay attention to the announcements, both in the Nepsis, the weekly bulletins, and any emails pertaining to festival OPPORTUNITIES. If you need clarification you can email me at [petermanolakos1@gmail.com](mailto:petermanolakos1@gmail.com) and I will answer your questions. There are also dozens of parishioners who have worked at the festival who you can ask. There will be work before the festival opens for business and 23 hours when we are officially open to the community. The appeal is simple. If you have no impediments, physical or obligational, there is no reason you cannot sign up to help. And, I am told, working at the festival is good for your soul.

During the week of May 8 the kitchen at St Sophia's will be busy. From 9-4 each day of that week the pastry makers will be hard at work. They will start with kouloudia on Monday and then move to kourambietes and finally melomakarona. Come and help for however much time you can spare. Once again, I am told that baking for the festival is good for your soul.

Lastly, we would like to celebrate the feast of St Sophia and Her Daughters on Saturday evening September 16 with a panegyri. Weather permitting, we plan to have it outdoors in front of the church. While September seems far away, I mention this now so you can put it on your calendars. And, of course, we will need help in setting up and preparing for what is really a fun informal event.

Festival crazy time is upon us. Be part of it. Much thanks to all who have volunteered in the past and welcome to all the new volunteers who will be showing up in 2023 to help make our 50th Anniversary Festival a great success.

Christos Anesti.

Yours in Christ,  
*Peter Manolakos*  
Parish Council President





# St. Sophia's Website & Mailing List

Visit St. Sophia's website [www.stsophias.org](http://www.stsophias.org). There is a wealth of information on the website with the most up to date calendar on services and events, color photographs from recent functions, electronic sacrament forms to easily fill out and submit, and an online chapel highlighting the days readings and hymns.

Please subscribe to our mailing list to receive the latest information instantly. By subscribing to the mailing list you will be able to receive the electronic form of the Nepsis, the weekly bulletin, parish obituary announcements, and any other pertinent information. You may sign up by going to the website and clicking the tab titled "Subscribe to our Mailing List" or via this link: <https://www.stsophias.org/join-our-mail-list> It's that easy!

If you no longer require the paper copy of Nepsis through the mail, please notify Katina in the office so that you may be removed from the mailing list.

## **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 MAY

Christ is Risen, Χρῖστος Ανέστη to you and your families.

Christianity has a good reason to celebrate this time of the year, as life has triumphant over death.

May 1<sup>st</sup> mother nature brings flower blossoms and our lawns change to their spring faces. Our next AHEPA Chapter's meeting is to be at our church 2:00 pm Saturday May 20<sup>th</sup>. All AHEPANS and parishioners are encouraged to attend as we will be setting up the room for Sunday 21<sup>st</sup> luncheon event.

Our Sunday May 21<sup>st</sup> event starts immediately at the conclusion of the Divine Liturgy. Our special guest is the Honorable Ben Walsh Mayor of the City of Syracuse. Lunch will be served and the invitation is for all the parishioners and their families and friends, so we can welcome our special guest. During the event we will be presenting the AHEPA Scholarship Awards. Let us welcome a Philhellene, the Honorable Ben Walsh so we can show our appreciation for hosting yearly our celebration of our Greek Independence Day and the Raising of the Greek Flag at City Hall. By making reservations you are helping us to plan for a more successful event and there is no cost.

We wish our parish a successful Greek Festival and we are proud of our youth groups, our dancers and our volunteers.

Respectfully,  
Mike Labatos, President  
AHEPA Syracuse Chapter 37  
315-427-7628  
[AlphaRealtyOfSyracuse@gmail.com](mailto:AlphaRealtyOfSyracuse@gmail.com)





## The Lady of Ro

Heroism comes in many forms. Some heroes run into burning buildings, some parachute behind enemy lines, and some regularly place their lives on the line. Despina Achladiotis' heroic gesture was simpler, but no less brave.

Despina was born on the island of Kastellorizo, a municipality of the Dodecanese Islands, in 1890. At the time the area was under Turkish occupation. The island itself is located in close proximity to Turkey; two miles to its west. In 1927, while the area was under Italian rule, Despina and her husband Kostantinos moved to the nearby tiny and deserted, rocky island of Ro. They were the island's only residents and lived off goats, chickens and their annual vegetable garden. Their only contact with the outside world was through Greek fishermen who would occasionally be invited to stay overnight to avoid drastic weather or the approaching darkness. Every day, Despina would raise her Greek Flag at dawn and lower it at dusk, in direct opposition to the island's Italian ownership. She performed this daily ritual for years. Such was her love for Greece. In 1929, while the couple was away, a group of Turks placed their flag on the island, despite this, upon her return the "Woman with the Flag" quickly and boldly replaced it with her own.

In 1940 Despina's husband became gravely ill. She immediately set three fires on the island signaling that help was needed. Unfortunately, help arrived too late. Her beloved Kosta died on a fishing boat on his way to Kastellorizo. Always true to her mission she returned to Ro in 1943 with her blind mother and continued to raise the flag daily. In November of that same year the Nazi bombardment of Kastellorizo led to all citizens fleeing the island. In 1944 a remaining munitions storage area exploded on Kastellorizo. When the Greek Navy searched throughout the area for survivors the only people found safe were Despina and her mother, still living on Ro. She welcomed the sailors with food and hospitality and the Greek Navy reciprocated by bringing her much needed supplies. The islands of the Dodecanese officially became part of Greece in 1948. The military commander of Kastellorizo ordered the flagpole be installed and presented Despina with a new Greek Flag to continue her daily ritual.

In 1975 Despina took a short absence from Ro. A Turkish journalist named Omar Kasar capitalized on her vacancy by raising a Turkish Flag on the pole. Upon her return she made quick work of the situation and replaced the Turkish Flag with her Greek Flag. The incident garnered media attention and Despina became known across the world for her great act of courage. She became the "Lady of Ro" and the "Woman with the Flag".

At the age of 85 on November 23, 1975 Despina was awarded the National Service Medal for Bravery by the Greek Secretary of Defense. All of the island's citizens gathered in Kastellorizo to attend the ceremony. With her beautiful smile, Despina humbly thanked everyone in attendance. She punctuated her speech with "Zito I Ellada".

She continued her daily task until illness overtook her. Despina was transported to a hospital on nearby Rhodes where she passed away on May 13, 1982 at the age of 92. "The Lady of Ro" was given a funeral in Kastellorizo with full military honors. Per her wishes she was buried on Ro close to the site where she raised her flag for so many years. A Greek military unit stationed on the island continues Despina's daily tradition to this day.

Dr. James Telonis, Director of Hellenism  
AHEPA Syracuse Chapter 37





## THE GREEK IMMIGRANT AND THE FOUNDING OF THE ORDER OF AHEPA

Article I of the Ahepa Constitution states: “This Order shall be known as The Order of AHEPA, The American Hellenic Educational Progressive Association, founded July 26, 1922.” The word “AHEPA” is an acronym, composed of the first letters of the five words “American Hellenic Educational Progressive Association.” It was founded, as stated above, on July 26, 1922, and the founding place was Atlanta, Georgia.

The Founders of the fraternity were eight men, all residents of Atlanta, who conceived the idea of the establishment of an association of mainly citizens of Greek descent, although not limited only to such members. These eight Founders who were also the first Supreme Lodge, were: Nicholas D. Chotas, Supreme President; James Campbell, Supreme Vice-President; Harry Angelopoulos, Supreme Secretary and Treasurer; S. J. Stamos, Assistant Secretary; George A. Polos, Supreme Governor; John Angelopoulos, Supreme Governor; George Campbell, Supreme Governor; and James Vlass, Supreme Governor. The eight Founders of the Ahepa are also given the title: “MOTHER LODGE”.

Michael Labatos, President

AHEPA Syracuse Chapter 37







# PHILOPTOCHOS NEWS

Xristos Anesti!

The dark days are over...Spring is truly sprung and our church community has been blessed with a lovely Pascha and Bright Week. Now we are looking ahead to the events before us....

- ◆ Our next Philoptochos meeting is after church on May 7<sup>th</sup>
- ◆ Remember to drop off your jewelry donations so we can prepare for the festival
- ◆ Planning for our Summer Event is underway and will be announced in the June Nepsis
- ◆ Scholarships will be announced on Youth Sunday

Many thanks to all those who supported the Easter Basket Raffle, Tsoureki and Pita Sales. Especially those who donated time, money, efforts and their kids efforts to those projects! God has blessed us with you and how lucky our church community is for all of these hard-working members!

With my appreciation to all,

*Roberta Williams Aristodoulou*

Philoptochos President





# 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 will be available on March 1st in the church office area (application scholarship basket in copier and mail room area.)

Can also request application by email. Send an email to Elizabeth Steinberg: [lsteinberg@signaltg.com](mailto:lsteinberg@signaltg.com)

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.

**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.



## **May 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:

May 7, 2023

Eleni Dimanidis  
Artemis Voudouris

May 14, 2023

Jeanne Sarigiannis  
Christina Shiomos

May 21, 2023

Sofia Vasiliou  
Aiki Anastasiou

May 28, 2023

Heppi Vastakis  
Despina Kiritsis

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

All are welcome.

**Just a reminder.....**

**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.**

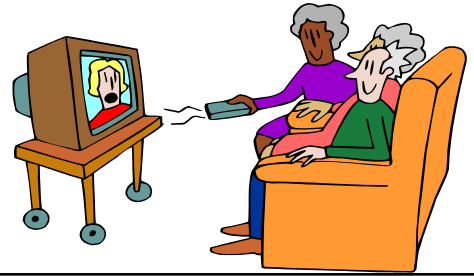
**Philoptochos would provide coffee, cups, sweetener, creamer, stirrers and set up a serving table. The parishioner would be responsible to provide pastries, setup the serving station and tables, serve at the coffee hour and clean up following the coffee hour.**

**For more details contact our coffee hour coordinator Vivian Alexander at (315) 673-2880 or (315) 430-6162.**

# May 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”**

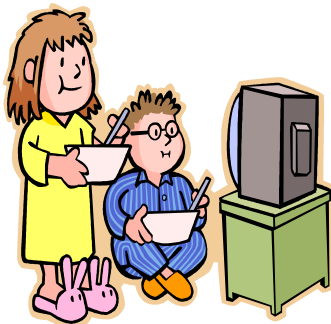
On Fox 68 WSYT

*The series has ended*



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

- May 7, 2023—Sunday of Paralytic
- May 14, 2023—Sunday of the Samaritan Woman
- May 21, 2023—Sunday of the Blind Man
- May 28, 2023—Inclinations and Freedom



### Monday Programs at 7:00 pm

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

- May 1, 2023— Unseen Warfare, part 6
- May 8, 2023—Unseen Warfare, part 7
- May 15, 2023—Unseen Warfare, part 8
- May 22, 2023—Unseen Warfare, part 9
- May 29, 2023 Unseen Warfare, part 10



### 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](http://frdavidsmith.com)*



# May 2023 Memorials Eternal Be Their Memory

May 7, 2023  
Memorial Service  
for Olga Zeppos (40 Days)



May 14, 2023  
Trisagion Prayer  
for Demosthenes Kalkinis (5 Years)

Trisagion Prayer  
for Elias Andreas Mantalios (7 Years)

Trisagion Prayer  
for Chrisoula Panarites Kalkinis (14 Years)



May 21, 2023  
Trisagion Prayer  
for Veta Georgiades (7 Years)

Trisagion Prayer  
for Theodore Georgiades (7 Years)



May 28, 2023  
None Scheduled



# May 2023 Coffee Hours

May 14, 2023  
In Memory of  
Chrisoula Panarites Kalkinis  
Demosthenes Kalkinis  
Elias Andreas Mantalios  
Sponsored by the Family



May 21, 2023  
In Memory of  
Veta Georgiades  
Theodore Georgiades  
Sponsored by the Family



## Sacramental Registry

March 2023

Funeral  
Ekaterine Kosmetatos





# SUNDAY SCHOOL NEWS

Hello and Happy Spring,

Thank you students and parents for another successful year of Sunday School! It was nice to get back to in person classes, Carnivale celebration, Christmas Play, and all the other great events we had this year. Our last event of the year will be Sunday School graduation where all kids will receive their certificate and a little gift. Graduation will take place on Sunday, May 14th. Please have all kids come downstairs when they arrive at church. We will need to verify their certificate information and get them lined up.

Also, a very special CONGRATULATIONS to all our outstanding seniors! We wish you all the success as you start your next chapter, you will be very missed!

## GRADUATING SENIORS

- Blaise Anthis - Jamesville Dewitt
- Demetria Boucounis- Fayetteville Manlius
- Evan Cappers- Fayetteville Manlius
- Nicholas Donnelly—Fayetteville Manlius
- Kosta Georgiadis—Westhill
- Stavros Ioannidis - Baldwinsvile
- Olivia Lemondes- Jamesville Dewitt
- Michael Meskos- Jamesville Dewitt
- JoAnna Meskos- Jamesville Dewitt
- Nicole Meskos- Jamesville Dewitt

**Teachers:** Thank you for your dedication and time this year to help keep our Sunday School Program alive and growing. We could not do it without you!

**Parents:** We will be in need of new Sunday School teachers next year! You can teach any grade, partner up with someone else, or anything that works with your schedules. Even if you can only commit to 1 to 2 times a month, it would greatly help. If you are interested, please just let us know.

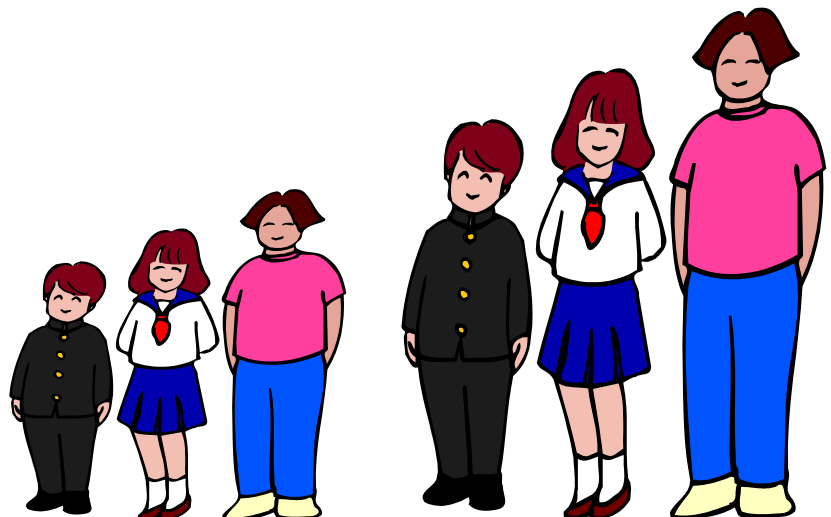
Athena, Martha, and Jeannie

~~~~~

Athena Tzetzis  
(315) 447-0787  
a.tzetzis@icloud.com

Martha Lemondes  
(315) 400-7975  
mlemondes@gmail.com

Jeannie Dimkopoulos  
(315) 720-9900  
jeannie.dimkopoulos@gmail.com





# CHURCH SCHOLARSHIP FUND

The Parish Council would like to announce that we have voted to begin offering two (2) church scholarships annually instead of just one (1) scholarship annually beginning this year and going forward.

Parishioners wanting to assist in this endeavor with contributions to the Church Scholarship Fund can do so by designating your gift to the "Church Scholarship Fund" and if paying by check making your check payable to the church. Contributions may also be made on the church website donation page.

We thank you in advance for your contributions to this very worthy cause—our youth, who are the future of our church.

Any questions can be answered by calling the church administrative assistant, Katina Luvadis, at (315) 446-5222.

Thank you,  
Your Parish Council



## 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 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!**



**2023**  
**GREEK FESTIVAL**

**CALLING ALL BAKERS !!!!!**

**WE NEED YOUR HELP!!!!!**

**WE WILL BE MAKING**

**KOULOURAKIA**

**KOURIABETHES**

**MELOMAKARONA**

**ON THE FOLLOWING DATES & TIMES :**

**MONDAY—MAY 8**

**9 AM TO 4 PM**

**TUESDAY—MAY 9**

**9 AM TO 4 PM**

**WEDNESDAY—MAY 10**

**9 AM TO 4 PM**

**THURSDAY—MAY 11**

**9 AM TO 4 PM**

**FRIDAY—MAY 12**

**9 AM TO 4 PM**

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

Advertisement	Cost ( <input checked="" type="checkbox"/> check item)
<i>Ad Book</i>	
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

***Ad Book***

Please email your ad to: [Festival2023@taylorcopy.com](mailto:Festival2023@taylorcopy.com) and [cc: gmiledon@twcny.rr.com](mailto:gmiledon@twcny.rr.com)  
 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 \_\_\_\_\_





# 2023 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!





# Were you there? First Greek Fest in 1973

To commemorate our 50th year, the Greek Festival Planning Committee is seeking memorabilia from our first Greek Festival in 1973.

The committee is looking for items from the first festival in 1973, but will accept any item from 1973-1978:

- ◆ Pictures, newspaper clippings, and videos
- ◆ Festival newsletters, programs and documents.
- ◆ Any other memorabilia related to any of the past festivals from the first five years (1973-1978).

So take a close look in your closets and attics! Tell us what you may be willing to lend for our display. Photos or media may be sent electronically to [parishcouncil@stsophias.org](mailto:parishcouncil@stsophias.org). Photos and items may also be dropped off at the church office. Please place your name and phone number with each item, so that we may return the item to you.

We will also be marking this fifty-year milestone by honoring living parishioners who volunteered at the first festival in 1973. If you or someone you may know was a chairperson, part of a committee, or department volunteer, please [email us](mailto:parishcouncil@stsophias.org) with your name and a brief description of your role in the first festival.

Contact Chris Shiomos at [parishcouncil@stsophias.org](mailto:parishcouncil@stsophias.org) with any questions or call the church office at (315) 446-5222.

Deadline to submit items is May 21st.





# 2023 Festival Volunteer Online Sign-up

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 for certain volunteer dinner line positions, 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. This year, we are expanding this online volunteer sign-up to more positions. Below are just some of the positions that will utilize the online sign-up:

## Outside Tent Dinner Line Volunteers Online Sign-up

**Cashiers**-take customers orders, input their selections into the computer system and take payment

**Food Order Takers**-take written food orders in line prior to the customers arrival to the cashier

**Food Runners**-prepare customers food orders by gathering all ordered items and handing it to the customer

**Main Dinner Food Assemblers**-assemble precooked foods into food combination containers

**Gyro Cooks & Assemblers**- cook gyro meat and assemble gyros with toppings

To volunteer for positions, please go to our volunteer sign-up website at:

<https://signup.com/go/XFZeUgU>

REGISTRATION IS AVAILABLE ON THE [CHURCH WEBSITE](#)



**ST. TIMOTHY CAMP**  
METROPOLIS OF DETROIT

June 26 to July 1  
Oswegatchie  
Educational  
Center

# St. Sophia Greek Orthodox Church—May 2023

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



# St. Sophia Greek Orthodox Church—June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY <b>SATURDAY OF SOULS</b>  5:00 PM GREAT VESPERS
4 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY <b>HOLY PENTECOST</b>	5  5:30 PM JESUS PRAYER GROUP	6 10:00 AM BIBLE STUDY	7  6:00 PM PARAKLISIS 7:00 PM BIBLE STUDY	8  <b>GREEK FESTIVAL 5PM—9PM</b>	9  <b>GREEK FESTIVAL 5PM—10PM</b>	10  <b>GREEK FESTIVAL NOON—10PM</b>
11 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY THE SUNDAY OF ALL SAINTS  <b>GREEK FESTIVAL NOON—4PM</b>	12  5:30 PM JESUS PRAYER GROUP	13 10:00 AM BIBLE STUDY	14  6:00 PM PARAKLISIS 7:00 PM BIBLE STUDY	15	16	17 10:00 AM ROMANIAN LITURGY  5:00 PM GREAT VESPERS
18 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 2ND SUNDAY OF MATTHEW  <b>FATHER'S DAY</b>	19  5:30 PM JESUS PRAYER GROUP	20 10:00 AM BIBLE STUDY	21  6:00 PM PARAKLISIS 7:00 PM BIBLE STUDY	22	23	24 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY NATIVITY OF JOHN THE BAPTIST  2:00 PM AHEPA MEETING 5:00 PM GREAT VESPERS
25 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 3RD SUNDAY OF MATTHEW	26  <b>ST. TIMOTHY'S CAMP</b>	27  <b>ST. TIMOTHY'S CAMP</b>	28  <b>ST. TIMOTHY'S CAMP</b>	29 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY PETER & PAUL, THE HOLY APOSTLES  <b>ST. TIMOTHY'S CAMP</b>	30  <b>ST. TIMOTHY'S CAMP</b>	