

**ST SOPHIA'S  
GREEK ORTHODOX CHURCH  
SYRACUSE, NEW YORK**



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**WEEKLY BULLETIN  
SUNDAY, MAY 7, 2023  
SUNDAY OF THE PARALYTIC**

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METROPOLIS  
OF DETROIT

**Lectionary**  
**Sunday of the Paralytic**  
**Acts of the Apostles 9:32-42**  
**Prokeimenon. Mode 3**  
**Psalm 46.6,1**

**Sing praises to our God, sing praises.**  
**Verse: Clap your hands, all you nations.**

The reading is from Acts of the Apostles 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Ωρολόγιο  
Sunday of the Paralytic  
**Πράξεις Αποστόλων 9:32-42**  
Προκείμενον. Ἦχος γ'  
ΨΑΛΜΟΙ 46.6,1

**Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε.  
Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας.**

Πράξεις Αποστόλων 9:32-42 τὸ ἀνάγνωσμα

Ἐν ταῖς ἡμεραῖς ἐκείναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἁγίους τοὺς κατοικοῦντας Λύδδαν. Εὗρεν δὲ ἐκεῖ ἄνθρωπόν τινα Αἰνέαν ὀνόματι, ἐξ ἐτῶν ὀκτὼ κατακείμενον ἐπὶ κραββάτῳ, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος, Αἰνέα, ἰάταί σε Ἰησοῦς ὁ Χριστός· ἀνάστηθι καὶ στῶσον σεαυτῷ. Καὶ εὐθέως ἀνέστη. Καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Ἀσάρωνα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν κύριον. Ἐν Ἰόππῃ δέ τις ἦν μαθήτρια ὀνόματι Ταβηθά, ἥ διερμηνευομένη λέγεται Δορκάς· αὕτη ἦν πλήρης ἀγαθῶν ἔργων καὶ ἐλεημοσυνῶν ὧν ἐποίει. Ἐγένετο δὲ ἐν ταῖς ἡμέραις ἐκείναις ἀσθενήσασαν αὐτὴν ἀποθανεῖν· λούσαντες δὲ αὐτὴν ἔθηκαν ἐν ὑπερώῳ. Ἐγγὺς δὲ οὔσης Λύδδης τῇ Ἰόππῃ, οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῇ, ἀπέστειλαν πρὸς αὐτόν, παρακαλοῦντες μὴ ὀκνήσαι διελθεῖν ἕως αὐτῶν. Ἀναστὰς δὲ Πέτρος συνῆλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῶον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χῆραι κλαίουσαι καὶ ἐπιδεικνύμεναι χιτῶνας καὶ ἱμάτια ὅσα ἐποίει μετ' αὐτῶν οὔσα ἡ Δορκάς. Ἐκβαλὼν δὲ ἔξω πάντας ὁ Πέτρος θεὶς τὰ γόνατα προσηύξατο· καὶ ἐπιστρέψας πρὸς τὸ σῶμα, εἶπεν, Ταβηθά, ἀνάστηθι. Ἡ δὲ ἥνοιξεν τοὺς ὀφθαλμοὺς αὐτῆς· καὶ ἰδοῦσα τὸν Πέτρον, ἀνεκάθισεν. Δοὺς δὲ αὐτῇ χεῖρα, ἀνέστησεν αὐτήν· φωνήσας δὲ τοὺς ἁγίους καὶ τὰς χήρας, παρέστησεν αὐτὴν ζῶσαν. Γνωστὸν δὲ ἐγένετο καθ' ὅλης τῆς Ἰόππης, καὶ πολλοὶ ἐπίστευσαν ἐπὶ τὸν Κύριον.

**Lectionary**  
**Sunday of the Paralytic**  
**The Gospel**  
**According to John 5:1-15**

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

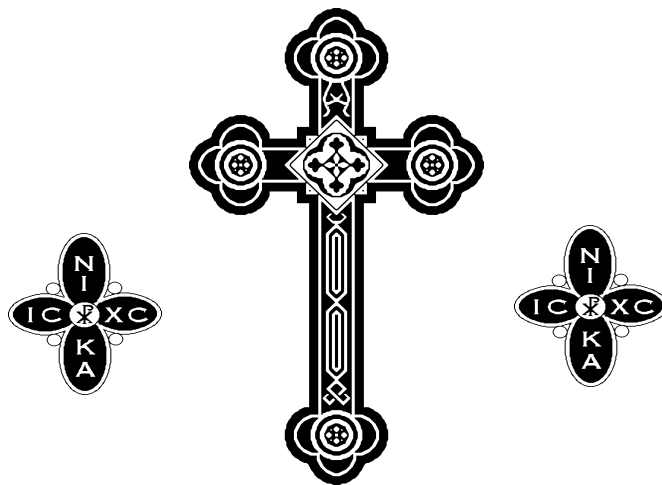
Now that day was the sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.' "They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.



**Ωρολόγιο**  
**Sunday of the Paralytic**  
**Ἐκ τοῦ Κατὰ Ἰωάννην 5:1-15**  
**Εὐαγγελίου τὸ Ἀνάγνωσμα**

Τῷ καιρῷ ἐκείνῳ, ἀνέβη ὁ Ἰησοῦς εἰς Ἱεροσόλυμα. Ἔστι δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρα, ἣ ἐπιλεγομένη Ἑβραϊστὶ Βηθεσδά, πέντε στοὰς ἔχουσα. ἐν ταύταις κατέκειτο πλῆθος πολὺ τῶν ἀσθενούντων, τυφλῶν, χωλῶν, ξηρῶν, ἐκδεχομένων τὴν τοῦ ὕδατος κίνησιν. ἄγγελος γὰρ κατὰ καιρὸν κατέβαινεν ἐν τῇ κολυμβήθρα, καὶ ἐταράσσετο τὸ ὕδωρ· ὁ οὖν πρῶτος ἐμβὰς μετὰ τὴναραχὴν τοῦ ὕδατος ὑγιῆς ἐγένετο ᾧ δὴποτε κατείχετο νοσήματι. ἦν δὲ τις ἄνθρωπος ἐκεῖ τριάκοντα καὶ ὀκτὼ ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ. τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἤδη χρόνον ἔχει, λέγει αὐτῷ· θέλεις ὑγιῆς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν· Κύριε, ἄνθρωπον οὐκ ἔχω, ἵνα ὅταναραχθῇ τὸ ὕδωρ, βάλῃ με εἰς τὴν κολυμβήθραν· ἐν ᾧ δὲ ἔρχομαι ἐγώ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ ὁ Ἰησοῦς· ἔγειρε, ἄρον τὸν κράβαττόν σου καὶ περιπάτει. καὶ εὐθέως ἐγένετο ὑγιῆς ὁ ἄνθρωπος, καὶ ἦρε τὸν κράβαττον αὐτοῦ καὶ περιεπάτει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ Ἰουδαῖοι τῷ τεθεραπευμένῳ· σάββατόν ἐστιν· οὐκ ἔξεστὶ σοὶ ἄραι τὸν κράβαττον. ἀπεκρίθη αὐτοῖς· ὁ ποιήσας με ὑγιῆ, ἐκεῖνός μοι εἶπεν· ἄρον τὸν κράβαττόν σου καὶ περιπάτει. ἠρώτησαν οὖν αὐτόν· τίς ἐστιν ὁ ἄνθρωπος ὁ εἰπὼν σοι, ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ᾔδει τίς ἐστιν· ὁ γὰρ Ἰησοῦς ἐξένευσεν ὄχλου ὄντος ἐν τῷ τόπῳ. μετὰ ταῦτα εὕρισκει αὐτόν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῷ· ἴδε ὑγιῆς γέγονας· μηκέτι ἀμάρτανε, ἵνα μὴ χειρόν σοὶ τι γένηται. ἀπῆλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλε τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστιν ὁ ποιήσας αὐτόν ὑγιῆ.

*Sunday—May 7, 2023*



*Memorial  
Olga Zeppos (40 Days)*



***MAY HER MEMORY BE ETERNAL***



## ***Church Services & Events for Today & the Upcoming Week***

### ***Today ~ Sunday of the Paralytic***

***8:45 am Orthros***

***10:00 am Divine Liturgy***

***Philoptochos Meeting  
after Church downstairs***

### ***Monday—May 8, 2023***

***5:30 pm Jesus Prayer Group***

### ***Tuesday—May 9, 2023***

***10:00 am Bible Study***

### ***Wednesday—May 10, 2023***

***9:00 am Orthros***

***10:00 am Divine Liturgy***

***Mid-Pentecost***

***6:00 pm Paraklesis***

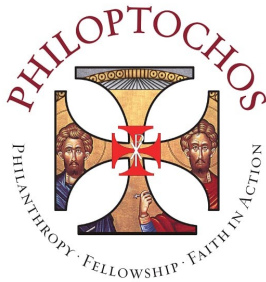
***7:00 pm Bible Study***

### ***Saturday—May 13, 2023***

***10:00 am Romanian Liturgy***

***2:00 pm AHEPA Meeting***

***5:00 pm Great Vespers***



# ***Philoptochos Syracuse Chapter Holy Cross***



***JOIN US TODAY  
FOR COFFEE HOUR***

***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 today:***

***Eleni Dimanidis & Artemis Voudouris***

***THANK YOU***

***Thank you to all who participated in  
the Philoptochos sale of Koulourakia,  
Tsoureki, Pita and the Easter Basket  
Raffle. We greatly appreciate you !!!***



REGISTRATION IS AVAILABLE ON THE CHURCH WEBSITE



**ST. TIMOTHY CAMP**  
METROPOLIS OF DETROIT

June 26 to July 1  
Oswegatchie  
Educational  
Center

**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!**





# **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!







## 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

**And More...**

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

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

# Looking for Memorabilia Greek Fests 1973-78

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](#) 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.**

