

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



~ ~ ~ ~ ~
**WEEKLY BULLETIN
SUNDAY, MARCH 10, 2024
JUDGMENT SUNDAY
(MEATFARE SUNDAY)**
~ ~ ~ ~ ~



METROPOLIS
OF DETROIT

St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2

**Prokeimenon. Mode 4
Psalm 146.5;134.3**

Great is our Lord, and great is his power.

Verse: Praise the Lord, for the Lord is good.

The reading is from
St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Πρὸς Κορινθίους α' 8:8-13, 9:1-2

Προκείμενον. Ἦχος δ'
ΨΑΛΜΟΙ 146.5;134.3

Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχὺς αὐτοῦ.

Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθός.

Πρὸς Κορινθίους α' 8:8-13, 9:1-2 τὸ ἀνάγνωσμα

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησιν τῷ θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γάρ τις ἴδῃ σε τὸν ἔχοντα γνῶσιν ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθυτα ἐσθίειν; Καὶ ἀπολεῖται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῇ γνώσει, δι' ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ ἀμαρτάνοντες εἰς τοὺς ἀδελφούς, καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν, εἰς Χριστὸν ἀμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμὶ ἀπόστολος; Οὐκ εἰμὶ ἐλεύθερος; Οὐχὶ Ἰησοῦν Χριστὸν τὸν κύριον ἡμῶν ἑώρακα; Οὐ τὸ ἔργον μου ὑμεῖς ἐστε ἐν κυρίῳ; Εἰ ἄλλοις οὐκ εἰμὶ ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμι· ἡ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν κυρίῳ.

The Gospel

According to Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

Ἐκ τοῦ Κατὰ Ματθαῖον 25:31-46 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ὅταν δὲ ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ, καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων ὥσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἔρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρός μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἐπείνασα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐποτίσατέ με, ξένος ἦμην, καὶ συνηγάγετέ με, γυμνός, καὶ περιβάλετέ με, ἡσθένησα, καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην, καὶ ἦλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δέ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιβάλομεν; πότε δέ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ, καὶ ἦλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἔρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. τότε ἔρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ. ἐπείνασα γάρ, καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην, καὶ οὐ συνηγάγετέ με, γυμνός, καὶ οὐ περιβάλετέ με, ἀσθενής καὶ ἐν φυλακῇ, καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

HYMNS OF THE DAY

Resurrectional Apolytikion in the Grave Mode

O Lord, by Your sacred cross You abolished death, and granted unto the thief blessed paradise. The myrrhbearers ceased lamenting and turned to joy, the apostles did preach the good news at Your command that You had risen from the dead, O Christ our God, bestowing Your mercy upon the world evermore!

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέφξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion for the Church in the Plagal First Mode

Like a most fruitful olive tree you did blossom forth in the folds of the Lord, Sophia, martyr most pious! And to Christ you did bring sweetest fruit: the tender sprouts of your womb, through divine martyrdom, Agape, along with Hope and Faith. The God-minded with whom do you pray to God for all of us.

Kontakion for the Last Judgement

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge.

Ὅταν ἔλθῃς ὁ Θεός, ἐπὶ γῆς μετὰ δόξης, καὶ τρέμωσι τὰ σύμπαντα, ποταμὸς δὲ τοῦ πυρὸς πρὸ τοῦ Βήματος ἔλκη, καὶ βίβλοι ἀνοίγωνται, καὶ τὰ κρυπτὰ δημοσιεύωνται, τότε ῥῦσαί με, ἐκ τοῦ πυρὸς τοῦ ἀσβέστου, καὶ ἀξιώσον, ἐκ δεξιῶν σου μὲ στήναι, Κριτὰ δικαιοσύνη.

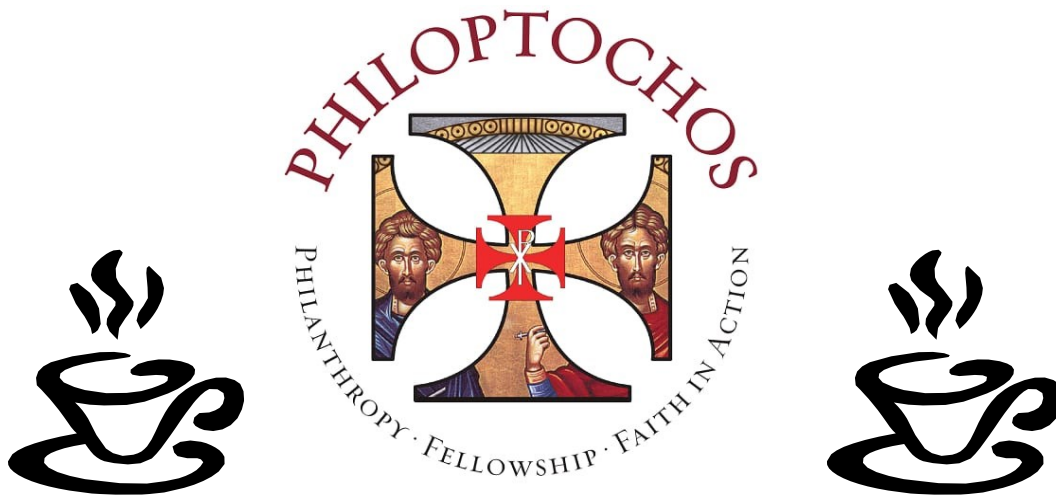
Sunday—March 10, 2024



*Trisagion
Ernest (Ernie) Macrides (20 Years)*

MAY HIS MEMORY BE ETERNAL





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

COFFEE HOUR TODAY

*Is Sponsored by the Family
In Memory Of
Ernest (Ernie) Macrides*

~ ~ ~ ~ ~

*A special thank you to the following members
of our community who have volunteered
to donate their time today to serve coffee:*

Helen Aravantinos & Despina Lemon

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

***Today ~ Judgment Sunday
(Meatfare Sunday)***

8:45 am Orthros

10:00 am Divine Liturgy

DAYLIGHT SAVINGS TIME

Monday—March 11, 2024

5:30 pm Jesus Prayer Group

6:30 pm Orthodoxy 101

Tuesday—March 12, 2024

10:00 am Bible Study

Wednesday—March 13, 2024

6:00 pm Paraklesis

7:00 pm Bible Study

Thursday—March 14, 2024

6:00 pm Choir Rehearsal

Saturday ~ March 16, 2024

9:00 am Orthros

10:00 am Divine Liturgy

Saturday of Souls

5:00 pm Great Vespers



Dear Parents and Sunday School Students,

St. John Chrysostom Oratorical Festival will once again be held in our Church on Saturday, March 23rd for grades 7th through 12th Sunday School students. Students will be receiving a list of topics to choose from during Sunday School. Students who are interested can reach out to me or to their Sunday School teacher. Information will also be given through the Remind app with topic and registration information.

We feel that the Oratorical Festival is an important component of the religious education of each Orthodox Christian student. In the words of St. Theophan the Recluse, “Of all holy works, the education of children is the most holy.” There is “no finer way to embark on such a worthwhile ministry,” than to have our youth participate in the St. John Chrysostom Oratorical Festival.

Sincerely,

Shaden Sousou, Ph.D.
Oratorical Festival Chairperson
shadensousou@yahoo.com

Syracuse AHEPA Chapter 37

~ ~ News ~ ~

- The Greek flag raising ceremony at the Syracuse City Hall will take place on Monday, March 25, 2024 at 11:30am. PLEASE NOTE THE TIME CHANGE as it differs from previous years. A bus will once again be available for transportation to and from the ceremony, it will arrive at the church at 10:30 am and depart just after 11:00 am. Please contact Mike Labatos at (315) 427-7628 to reserve your seat as seating is limited.
- AHEPA Chapter 37 is looking to sponsor a team for the 2025 Hellenic Historic Tournament, a Jeopardy style competition sponsored by NY State District 6. AHEPA membership is not necessary for participation. The tournament is open to students in the 8th through 12th grades. Contact Jim Telonis if interested.
- AHEPA Scholarship applications are now available at the chapter, district and national levels. All eligible candidates should apply. Please contact any AHEPA officer for more information.

James Telonis, MD, President
Syracuse AHEPA Chapter #37



2024 GREEK FESTIVAL

**CALLING ALL
PITA DOUGH MAKERS !!!!!**

WE NEED YOUR HELP!!!!

PITA DOUGH WILL BE MADE ON :

SATURDAY—APRIL 6 AT 9:00 AM

SATURDAY—APRIL 13 AT 9:00 AM

ALL ARE WELCOME!

**BRING YOUR APRON,
PITA STICK &
HAT TO WEAR!**

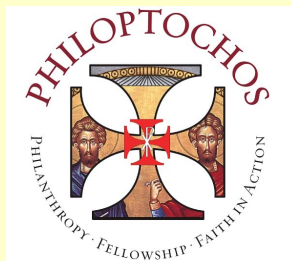


**FOLLOWING THE DOUGH MAKING SESSION,
INSTRUCTION WILL BE OFFERED
FOR MAKING A COMPLETE PITA...**

**THIS IS A PERFECT OPPORTUNITY
TO LEARN TO MAKE PITA DOUGH
& TO LEARN TO MAKE PITA**

VOLUNTEERS OF ALL SKILL LEVELS ARE WELCOME

SEE YOU THEN!!!



*~ Philoptochos Sponsored Event ~
To Benefit OCMC "Support A Mission Priest" Program*

"Cheesefare Sunday" Luncheon

Sunday—March 17, 2024

11:30 am to 1:30 pm

Dine In & Take Out

Walk-In is Welcome Based on Availability

Pre-Order by Phone or Text

Jeanette Vigliotti

Cell (315) 481-7816

\$10 Lunch Menu

Choice of Spanakopita (Spinach Pita) or Tiropita (Cheese Pita)

Homemade Mac & Cheese

Fasolatha (Fava Beans "Gigantes")

Greek Toss Salad with Bread & Butter

Dessert

Beverage

\$5 A La Carte Items

Choice of Spanakopita (Spinach Pita) or Tiropita (Cheese Pita)

Homemade Mac & Cheese

Fasolatha (Fava Beans "Gigantes")

Greek Toss Salad with Bread & Butter

Cake

καλή όρεξη (kali orexi) (Have a Good Meal)

σας ευχαριστώ (sas efcharisto) (I Thank You)

[illegible]

Philoptochos

Easter Bake Sale

Friday, March 22 ~ 11 am to 5 pm
Saturday, March 23 ~ 11:30 am to 2 pm
Sunday, March 24 ~ 11 am to 2 pm

***FEATURING A LARGE ASSORTMENT
OF DELICIOUS GREEK & AMERICAN
PASTRIES & TSOUREKI (EASTER BREAD)***

***Parishioners please drop off
your donated Pastries
Wednesday, March 20
Thursday, March 21
from 10:00 AM to 2:00 PM***



***Proceeds to benefit In My Father's Kitchen
Local to Syracuse, NY***

Dance Practice
will begin on Wednesdays
March 6, 13, 20, 27

Elementary Group- Grades 2nd-4th
Gym: 6:00-6:30
Mr. Stavros Clemente

Middle School Group– Grades 5th-8th
Gym: 6:30-7:15
Mrs. Tina Carkey

High School Group-Grades 9th-12th
Lower Hall: 6:30-7:15
Mr. Clemente Vigliotti

