

NEPSIS

Spiritual watchfulness and alertness. "Watch, therefore, for you do not know what hour your Lord is coming" (Matthew 24:42)

Saint Sophia's Greek Orthodox Church
325 Waring Road
Syracuse, New York 13224

Phone (315) 446-5222 Fax (315) 251-1654



The Acceptable Year

This year, September 1 falls on a Sunday, so my sermon for that day will be on the Ecclesiastical New Year. But for the Nepsis I want to give you one of my story sermons. I wrote this in the voice of the Prophet Isaiah, who our Lord quoted in the gospel. My inspiration came in the question: what kind of future did Isaiah see for his people when he prophetically received these words from God?

In my prophetic visions I have seen the whole world flowing into Jerusalem in order to gaze upon the glory of God and enjoy His merciful blessings. I have seen this. They climb up to the temple the same way that my people have done for centuries, singing the psalms of ascent. They make their way through those sacred streets, their faces glowing with joy. They greet one another, from this and that nation, in different tongues. And they enter, indeed I have seen this in my spirit, into the temple, even into the courtyard of the believers. God only allows the Jews to enter that place, and yet, He Himself welcomes these foreigners and gentiles. The angels attend and shout in jubilation. These visions thrill me and disturb me until my body shakes in fear.

What will we become if we no longer enjoy our unique identity? It is this alone that fulfills in us the task of telling the world about God. How can a people no different than any other people bring the message of God's existence and attributes? If we remain in and of the world, how do we also remain in God? We cannot. It makes sense to me that the destiny of all people is to flow into the Holy City. He gave me this prophecy: *I will lead them to My holy mountain and gladden them in My house of prayer. Their whole burnt offerings and sacrifices shall be accepted upon my altar, for My house shall be called the House of Prayer for All Nations.* The words are clear, I can't deny it. But nor can I fathom having a gentile sacrifice on the altar in the temple, and God accepting it? The priests perform the sacrifices, and they come from the tribe of Levi. One does not choose what tribe he comes from, this remains the will of God and no one else. A man cannot decide to enter the ranks of the priesthood anymore than he can decide to become a goat. No one can sacrifice unless God has destined him to serve from before the foundation of the world.

Perhaps. Perhaps when God told me that He would lead all the world to the holy mountain, He meant a different mountain, a different altar in a different city. That would make sense to me. We would still retain our distinctiveness, but the world would have something of God as well.

No, that's wrong. I know this is not the case. God communicates to me His mysteries, and I know in my heart they do not say this.

Continued on Page 2

<u>2024</u> Parish Council

ANDRING REPORTED A TONICA STANDING STAN

SEPTEMBER

2024

Peter Manolakos <u>President</u>

Thomas Anthis Jr.
<u>Vice President</u>

Joy Weatherup Anthis Secretary

> Michael Copanas <u>Treasurer</u>

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<u>Honorary</u> <u>Board Member</u> James Sakezles



VISIT THE PARISH WEBSITE stsophias.org



The Acceptable Year

Continued from Page 1

So what can I say I understand? We have rules, but some (or all?) of those rules will be set aside, in order that God's plan for us come to fruition. Men will serve as priests of the Most High God who have no part in the tribe of Levi. Even, I say, men will serve as priests who have no Jewish heritage at all. Will they likewise be uncircumcised? I can't imagine. But how can all this take place? By what great incarnation, yet to come, will God signal to us the end of the law and the beginning of - of - that which replaces it?

Indeed, I know that when I speak some of the words God has given me, that I have not spoken them. Rather, I've spoken them but they are not my words, they are not for or from me. When I heard these words: The Spirit of the Lord is upon Me, because of which He anointed Me. He sent Me to proclaim good news to the poor, to heal the broken hearted, to preach liberty to the captives and recovery of sight to the blind, I give them to my people as words spoken, or which will be spoken, by another man when He declares the acceptable year of the Lord. This man will speak in a synagogue, I can see that - so I know that a Jew will bring this change to the world, and to his own people. But he will have the authority to do so, the approval of our God. In no other way can this possibly happen. This man, yet unborn, has owned these words since the beginning of time, he has them now, and the world prepares itself to hear him speak them. He will indeed speak them. They came to me, but I received them only so that He could say them, and thereby show the world that ancient prophecies are fulfilled in Him

This means I no longer speak only as a prophet. I considered myself such for all my life, that I would hear words and see visions from God, and convey them to my people as instructions concerning that which was to come. But how can I hear words which signal the end of us as a people, no longer warnings about punishment and renewal, as is the stock trade of the prophet? My words do not prophesy punishment and renewal, but a sublime blessing followed by annihilation.

God ordained this acceptable year since the moment when He separated light and darkness, water and land, birds and fish. From that time, all the words that the Incarnate God has yet to speak upon the earth were decided, and written. It is written. I surmise that these words belong to a Jew, but God tells me more than that. I see Him. He comes as a child, unattractive in appearance. I have watched, a traveller through time, as this One receives punishment unjustly, not for what He has done but for what we have. A sheep to the slaughter, counted among the lawless as just another lawless one.

These things I declare to you, as much as I am able. God gave me another insight as well, when He said: But as heaven is distant from earth, so is My way distant from you ways, and your thoughts from My mind. I cannot say I understand, but I will declare that I am at peace. I have seen God's plan, even until the end of time, and it is good.

Your affectionate servant, Father David

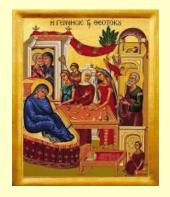




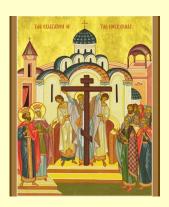
IMPORTANT DATES

IMPORTANT DATES SEPTEMBER 2024 CHURCH CALENDAR

INDICTION—Beginning of the Ecclesiastical Year Sunday, September 1



NATIVITY OF THE THEOTOKOS
Sunday, September 8
8:45 am Orthros
10:00 am Divine Liturgy



ELEVATION OF THE HOLY CROSS
Saturday, September 14
9:00 am Orthros
10:00 am Divine Liturgy



FEAST DAY OF ST. SOPHIA & DAUGHTERS Tuesday, September 17 9:00 am Orthros 10:00 am Divine Liturgy

PRESIDENT'S MESSAGE

Dear Parish,

The 2024 summer Olympic Games are over. I surprised myself by watching more events than I usually do. I watched young men and women compete to win medals that marked them as the first, second, or third best competitor in their event in the world. To attain one of those designations, these athletes start out on their journey when they are very young. Like getting to Carnegie Hall, the answer to how one gets to the Olympics is the same practice, practice, practice.

Still, we all realize that enormous dedication to a sport and hours of practice do not insure even a modest level of attainment if we have the wrong body type, are not very coordinated, or have slow reflexes. One has to have the right mix of natural athleticism, love of the game, and a single minded dedication to excel. Seeing 4 feet 8 inch tall Simone Biles spring over twelve feet, twist and turn in the air, and land on her feet is a jaw dropping example of gymnastic excellence and achievement.

If you read about the lives of the Saints you often see examples of sprirtual excellence, a holiness that is very difficult to attain. That communion the fathers tell us comes from dedication to Christ's commandments, deep humility, and genuine repentance. No special body type, no quick reflexes enceded. But like the adhlete's love of the game, the true Christian must be dedicated and focused to "...love the Lord thy God with all thy heart and with all thy soul, and with all thy mind". This is the greatest and the hardset commandment. We fail to obey it because, as St Basil says "...we have abandoned the way of your (God's) justice and walked in the will of our hearts."

So to embark on our journey towards that "resplendent light" we must submit to God's justice and deny the will of our hearts. We pray for God's mercy, forgiveness, and grace. With that and a genuine cellor that recognizes our flaws, that understands that our sins are legion, and that puts its trust in God, the spiritual journey can begin.

A few updates. We







Monday, September 2

Labor Day is the day set aside to pay tribute to working men and women

It has been celebrated as a national holiday in the United States since 1894



LEARN TO CHANT! **CHANTING CLASS**

MMMMMMMM

to be held in Rochester, sponsored by the Archdiocese School of Byzantine Music, on September 28th from 11 am - 4 pm.

Anyone interested should speak with Fr. David.





New Orthodox Cafe/Bookstore has opened in Syracuse Kairos Café

115 Green Street ~ Syracuse, NY 13203 Phone (315) 308-0088

information at https://www.kairoscafeny.com



St. Sophia's Website & Mailing List

Visit St. Sophia's website 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.

<u>MAMMAMMAMMAMMAMMAMMAMMAMMAM</u>

2024 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 2024 a total amount of \$

> If you are interested in paying by Credit/Debit Card do so Online via the Church website stsophias.org

| Name | <u>Please Print</u> : | | | | |
|------------------------------|-----------------------|------------------------|----------|--|--|
| Address City Telephone | () | State Email Address | Zip Code | | |
| Signature | | Date | | | |

THE COMPLETION OF THIS CARD IS A REQUIREMENT TO BE A MEMBER IN GOOD STANDING



June 2024 & July 2024 Sacramental Registry

Baptisms



Athena Lorraine Zinsmeyer Ellie Georgia Lee Colette Evelyn DeGouff

Weddings



Paul T. Romano & Nikolette R. Dwyer

Goerge N. Stratakos & Abigail Z. Harris

Nicholas J. Walsh & Morgan T. Kirkpatrick

> Dimitrios Telonis & Alicia Kovach

Funerals



Florence Naum Anna M. Zervas

SONOSONOSONOSONOSONOSONOSONOSONOS

September 2024 Memorials Eternal Be Their Memory

<u>September 1, 2024</u> Memorial Service for Alexandria Grigoriadis (1 Year)

> Memorial Service for our Chanter George Sakellariou (3 Years)



September 8, 2024
Trisagion Prayer
for Michel Mantzakos (9 Months)

September 15, 2024 Trisagion Prayer for John Dimkos (2 Years)

Trisagion Prayer for James Condon (9 Years)

Trisagion Prayer for Maria Savas (18 Years)

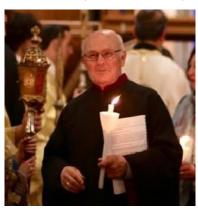
> September 22, 2024 None Scheduled

<u>September 29, 2024</u> Trisagion Prayer for Theodora Tchiros (9 Years)

Trisagion Prayer for Evangelos Tchiros (25 Years)

September 2024 Coffee Hours

September 1, 2024
In Memory of
our Chanter
George Sakellariou
Given by the Family



September 8, 2024
In Memory of
Michel Mantzakos
Given by the Family

September 15, 2024
In Memory of
John Dimkos
Given by the Family



September 2024 Ladies Volunteering To Serve Coffee Hour



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

<u>September 1, 2024</u> Diane Peters Chrisoula Anastasiou

September 8, 2024 Helen Aravantinos Katina Baikos

<u>September 15, 2024</u> Katherine Bristol Vasiliki Elovaris

September 22, 2024 Constantina Georgiadis Roda Giaprakis

September 29, 2024 Artemis Gilbert Anastasia Ioannidis

~ Also, first two weeks of October 2024 ~

<u>October 6, 2024</u> Stavroula Kipouropoulos Lula Kiser

October 13, 2024
Zafiria Kozanitis
Despina (Tina) Lemon

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

All are welcome.



PHILOPTOCHOS COFFEE HOUR SERVICE



Philoptochos provides the coffee service during Coffee Hour on Sundays from September through May. During these months, please call the Church Office to schedule a sponsored coffee hour for a memorial.

There are 2 levels of service provided for a Sponsored Coffee Service.

=>Basic Coffee Service - \$50 includes the following:

Philoptochos provides and serves the coffee, milk, sugar, and juice. Parishioner provides the pastries.

=>Super Plus Coffee Service - \$150 includes the following:

Philoptochos provides and serves the Pastries, coffee, milk, sugar, and juice.

Coffee Hour Service Fees to be paid ONLY by check made payable to Philoptochos (Memo line: include date of service & name of honored loved one.)

Reminder: Dates not available to sponsor Coffee Hour service include; Stewardship Sunday, Godparents Sunday, and Cheese Fare Sunday. Please refer to the Church calendar for this dates.

*Summary Months of June, July and August: To sponsor a coffee hour during these summer months only Basic Coffee Service (\$50) is available. Philoptochos provides coffee, cups, sweetener, creamer, stirrers and set up the serving table. Parishioner provides: Pastries, set up the serving station and tables, serve the coffee hour and clean up service immediately following coffee service. During these summer months, please call either Coffee Coordinators of Coffee Service - Vivian Alexander 315-673-2880 or 315-430-6162 or Maria Allis.

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CHOIR



We welcome everyone to join our Choir Check the Church Calendar for upcoming Choir Practices

Philoptochos News: September 2024

Philoptochos Spring/Summer Luncheon – Saturday, June 15, 2024 – Drumlins Bistro 1926



Philoptochos Meetings for 2024 – Sunday after church service

3rd Floor Meeting Room

September 8, 2024

October 6, 2024

November 3, 2024

December 1, 2024

Coffee Hour Service begins September 1, 2024

Philoptochos will have an Artoclasia Service on September 15th

With the Spirit of Philanthropy, Theone Kalkinis – President, Philoptochos *Philoptochos@stsophias.org*







YOU'RE INVITED TO THE

Syracuse AHEPA Chapter 37

Centennial Gala

Saturday

OCTOBER 26, 2024

6:00 - 11:00 PM

St. Sophia Greek Orthodox Church 325 Waring Rd. Syracuse, NY 13224

LIVE MUSIC BY THE AEGEANS AND THE BEATS OF DJ DION.

GET READY TO DANCE THE NIGHT AWAY!

FEATURING HORS D'OEUVRES, A DELICIOUS FULL BUFFET-STYLE DINNER, DECADENT DESSERTS, AND A SELECTION OF WINE, BEER, SOFT DRINKS, COFFEE, AND TEA.

TICKETS ARE \$75

PLEASE PURCHASE ONLINE BY SCANNING THE QR CODE OR GO TO HTTPS://TINYURL.COM/39TDMV34. YOU CAN ALSO CONTACT MIKE LABATOS AT (315) 427-7628 OR EVAN DENTES AT (315) 380-4920.

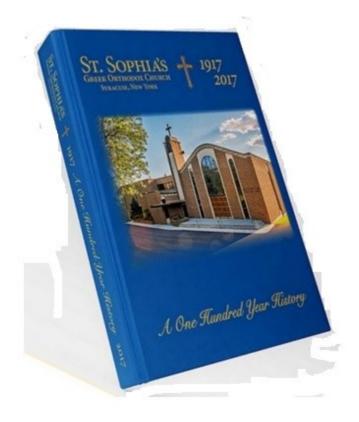






Saturday, September 7—Panayiri
Sunday, September 15—Sunday School begins
Sunday, September 15—Meet & Greet
Tuesday, September 17—Feast Day, St. Sophia & Daughters
Sunday, October 13th—General Assembly
Saturday, October 26—AHEPA Centennial Gala
Monday, October 28—OXI Day
Saturday, November 9—25th Anniversary Celebration
honoring Metropolitan Nicholas in Buffalo, NY
Sunday, November 10 - Stewardship Sunday & Breakfast
Sunday, November 10 - Parish Council Elections
Sunday, December 15—Christmas Play
Sunday, December 22—Youth Orchestra

Available September 1st in the Bookstore!



A One Hundred Year History of St. Sophia's Church

Over 200 pages of history and pictures!

Includes 50 pages devoted to the 2017 Centennial Celebration

Available for only \$40



ANNUAL MEET & GREET Sunday, September 15th

Please join us in the gymnasium after Divine Liturgy on Sunday, September 15th for the Annual Meet & Greet. Each Church organization will have a table set up with information available. Please visit the many tables and join the many organizations that St. Sophia's has to offer for all age groups.











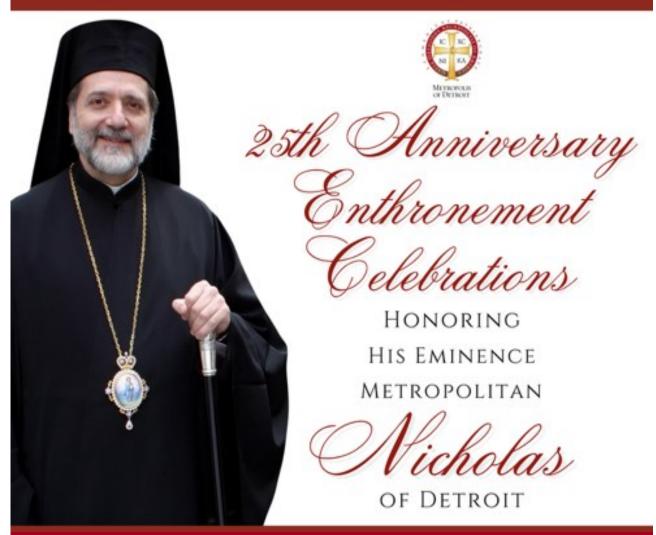


SUNDAY SCHOOL

We will be starting Sunday School for the Year 2024-2025 on Sunday, September 15th.

Parents may register children online or at the September 15th Meet & Greet





Saturday, November 9, 2024 Annunciation Church—Buffalo, New York

> For more information, please contact the host parish

> > WWW.DETROIT.GOARCH.ORG



September 2024

Program Schedule For Cable Television

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



Sunday Programs at 7:00 pm **On Spectrum Channel 98**

The series concludes "Creation History in Genesis"

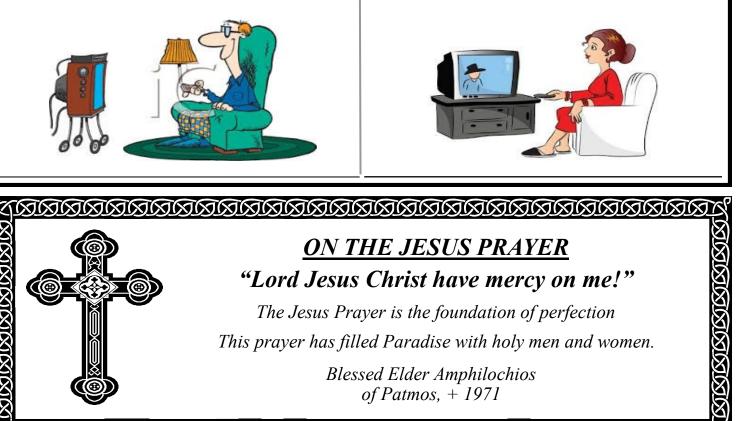
Sept 1—The Gospel of St. John, part 1

Sept 8—The Gospel of St. John, part 2

Sept 15—The Gospel of St. John, part 3

Sept 22—The Gospel of St. John, part 4

Sept 29—The Gospel of St. John, part 5



Monday Programs at 7:00 pm Fr. David's "The Inner Way" series airs every Monday

Sept 2—Unseen Warfare, chapter 34

Sept 9—Unseen Warfare, chapter 35

Sept 16—Unseen Warfare, chapters 38 & 39

Sept 23—Unseen Warfare, chapter 43

Sept 30—Unseen Warfare, chapter 44









Youth Program Announcement

Please join us for a wonderful start to the season!

Friday- September 13, 2024 @ 6pm join GOYA & Jr. GOYA for a men's SU Soccer match vs. Virginia Tech. Free to attend at Manley Fields.

Sunday- September 15, 2024 Sunday Youth Program begins

12:00- Youth Ministry Groups will meet in the lower lobby to do a meet and greet

Please download the Remind app and sign up for events and information all year!

GOYA (9th-12th Grade): Enter # 81010 & text @goyagro

Jr. GOYA (5th-8th Grade): Enter # 81010 & text @jrgoyay

JOY (2nd-4th Grade): Enter # 81010 & text @ 3kch9d

HOPE (PreK-1st Grade): Enter # 81010 & text @ 8ce7dc4

St. Sophia Greek Orthodox Church—September 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----------|--|--|-----------------------|--------------------------|---|
| 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY | 2 | 3 10:00 AM BIBLE STUDY | 4 | 5 | 6 | 7 10:00 AM |
| INDICTION (Ecclesiastical New Year) | LABOR DAY | 10.007 NW BIBLE 010B1 | | | | ROMANIAN LITURGY |
| | | | 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY | | | 5:00 PM GREAT VESPERS PANAYIRI |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY NATIVITY OF THE THEOTOKOS | | 10:00 AM BIBLE STUDY | | | | 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY THE ELEVATION OF THE CROSS |
| PHILOPTOCHOS MEETING | | | | | | 5:00 PM GREAT VESPERS |
| 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY AFTER HOLY CROSS | 16 | 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. SOPHIA & DAUGHTERS, FAITH, HOPE, LOVE | 18 | 19 | 20 | 21 |
| SUNDAY SCHOOL BEGINS | | 6:00 PM AHEPA MEETING | 5:00 PM ORTHODOX 101 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY | Fr. David Out of Town | Fr. David Out of Town | 5:00 PM GREAT VESPERS |
| 8:45 AM ORTHROS | 23 | 24 | 25 | 26 | 27 | 28 |
| 10:00 AM DIVINE LITURGY 1ST SUNDAY OF LUKE | | 10:00 AM BIBLE STUDY | | | | 11:00 AM CHANTING WORKSHOP |
| | | | 5:00 PM ORTHODOXY 101 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY | | | 5:00 PM GREAT VESPERS |
| 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 2ND SUNDAY OF LUKE | 30 | | | | | |
| | | | | | | |

St. Sophia Greek Orthodox Church—October 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--------------------------|---|--|--------------------------|-----------------------|---|
| | | 1 | 2 | 3 | 4 | 5 |
| | | Fr. David Out of Town | Fr. David Out of Town | Fr. David Out of Town | Fr. David Out of Town | Fr. David Out of Town |
| 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 3RD SUNDAY OF LUKE PHILOPTOCHOS MEETING | 7 | 8 | 9 | 10 | 11 | 12 |
| Fr. David Out of Town | Fr. David Out of Town | Fr. David Out of Town | Fr. David Out of Town | Fr. David Out of Town | Fr. David Out of Town | 5:00 PM GREAT VESPERS |
| 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY SUNDAY OF THE 7TH ECUMENICAL COUNCIL GENERAL ASSEMBLY | 14 | 15 10:00 AM BIBLE STUDY 6:00 PM AHEPA MEETING | 5:00 PM ORTHODOXY 101 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY | 17 | 18 | 10:00 AM ROMANIAN LITURGY 5:00 PM GREAT VESPERS |
| 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 6TH SUNDAY OF LUKE AHEPA CENTENNIAL CELEBRATION | 21 | 22 10:00 AM BIBLE STUDY | 5:00 PM ORTHODOXY 101 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY | 24 | 25 | 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. DEMETRIOS 5:00 PM GREAT VESPERS 6:00 PM AHEPA CENTENNIAL GALA |
| 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 7TH SUNDAY OF LUKE | 28 OXI DAY | 29 10:00 AM BIBLE STUDY | 5:00 PM ORTHODOXY 101 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY | 31 | | |