

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



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**WEEKLY BULLETIN
SUNDAY, MARCH 16, 2025
SUNDAY OF ST. GREGORY PALAMAS**

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METROPOLIS
OF DETROIT

St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

**Prokeimenon. Mode Plagal 1
Psalm 11.7,1**

You, O Lord, shall keep us and preserve us.

Verse: Save me, O Lord, for the godly man has failed.

The reading is from
St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Πρὸς Ἑβραίους 1:10-14, 2:1-3

Προκείμενον. Ἦχος πλ. α'
ΨΑΛΜΟΙ 11.7,1

Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.

Στίχ. Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὄσιος.

Πρὸς Ἑβραίους 1:10-14, 2:1-3 τὸ ἀνάγνωσμα

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

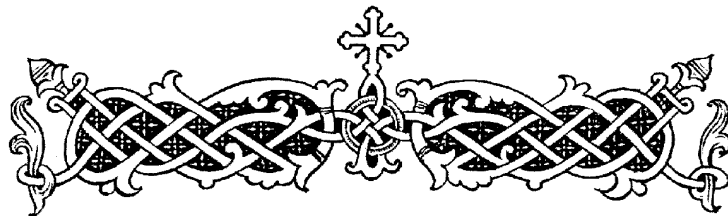


The Gospel According to Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Ἐκ τοῦ Κατὰ Μάρκον 2:1-12 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.



HYMNS OF THE DAY

Resurrectional Apolytikion in the Plagal First Mode

Eternal with Father and Spirit is the Word, Who of a virgin was begotten for our salvation. As the faithful we praise and worship Him, for in the flesh did He consent to ascend unto the cross, and death did He endure, and He raised unto life the dead through His all glorious resurrection!

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

For St. Gregory Palamas

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Apolytikion for the Church in the Plagal First Tone

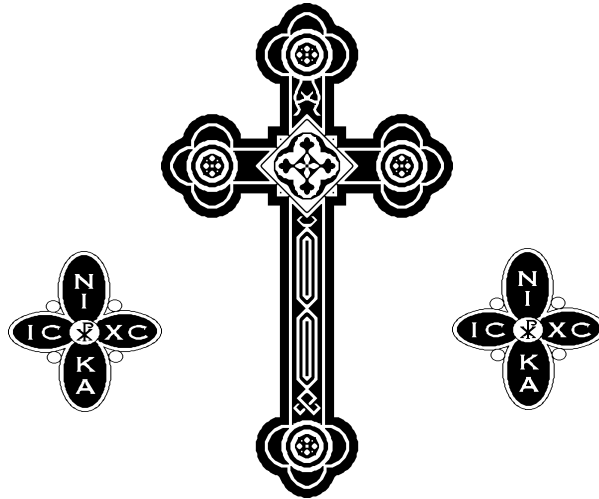
Like a most fruitful olive tree you did blossom forth in the folds of the Lord, Sophia, martyr most pious! And to Christ you did bring sweetest fruit: the tender sprouts of your womb through divine martyrdom, Agape, along with Hope and Faith, the God-minded with whom do you pray to God for all of us.

Kontakion for the Theotokos during Lent

O Champion General, I your city now inscribe to you triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθήρῃσον, Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

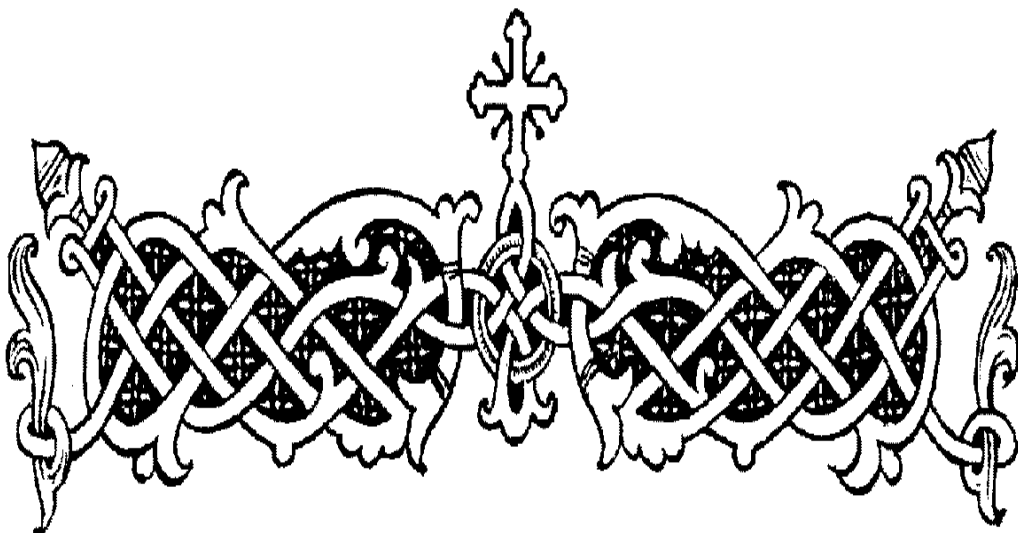
Sunday—March 16, 2025

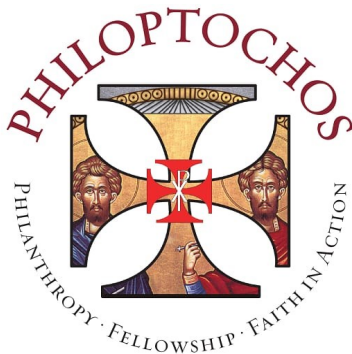


Memorials

Ilias Fekos (1 Year)
Trifon Stiliadis (1 Year)

MAY THEIR MEMORY BE ETERNAL





JOIN US TODAY FOR COFFEE HOUR



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

Debora Politis & Nikki Stamoulacatos



PHILOPTOCHOS COSTUME JEWELRY DRIVE

Attention ladies!...We are still at it!...
Collecting costume jewelry for our ever popular
upcoming costume jewelry sales!



St. Sophia's annual festival is fast approaching! Last year we did great business at the Philoptochos table selling the donated jewelry. We did so well that we have very little left for this year. So we want everyone to rummage through their jewelry boxes and gather all the items you no longer want or wear. Bring them into the church office and we will prepare them for sale this year. So do your best and donate all you can. Philoptochos funds great causes with this money! Costume jewelry donations are accepted year round to the Church office, attention Philoptochos.

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

Today ~ Sunday of St. Gregory Palamas

8:45 am Orthros

10:00 am Divine Liturgy

Philoptochos Meeting

6:00 pm Lenten Vespers at St. Elias

Monday ~ March 17, 2025

5:00 pm Great Compline

Tuesday ~ March 18, 2025

10:00 am Bible Study

5:00 pm Orthodoxy 101

6:00 pm AHEPA Meeting

Wednesday ~ March 19, 2025

9:00 am Presanctified Liturgy

Thursday ~ March 20, 2025

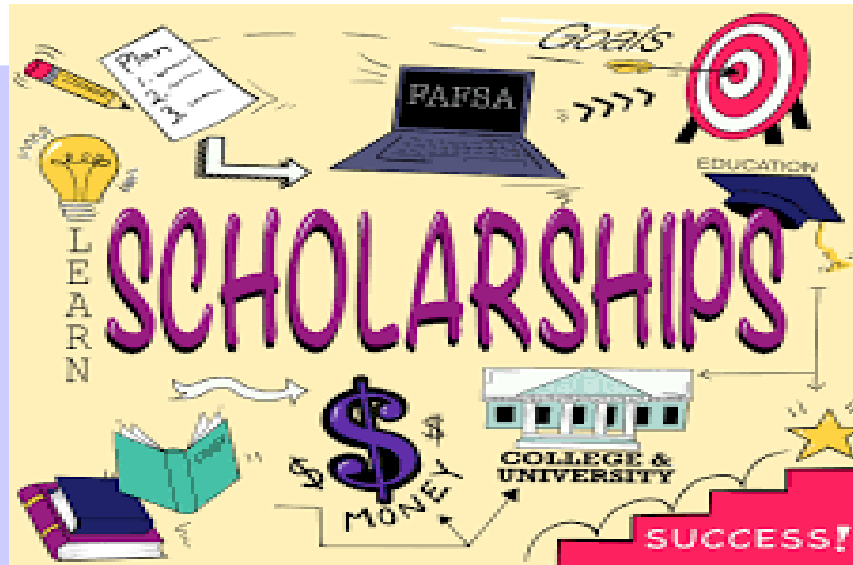
6:00 pm Choir Practice

Friday ~ March 21, 2025

6:00 pm Third Akathist Hymn

Saturday ~ March 22, 2025

5:00 pm Great Vespers



***ATTENTION
HIGH SCHOOL SENIORS***

NOW AVAILABLE

***Applications for
Saint Sophia Greek Orthodox Church,
Philotochos & AHEPA
2025 Scholarships***

***Scholarship applicants
to complete ONLY ONE application form
for 2025 scholarships awarded to
Graduating High School students***

***Find your application on the church website
or pick up a copy from the Church Office/Copier Room***

***Acceptable submission of applications
and all requirements must be received
by noon on April 30, 2025***



AHEPA SYRACUSE CHAPTER NO. 37 SCHOLARSHIP APPLICATION Year 2025

ELIGIBILITY The applicant is the son or daughter [or grandson or grand-daughter] of a Chapter member of AHEPA Chapter No. 37 in good standing at least two years prior to the application date of May 1, 2025

AND The applicant **MUST ATTEND** full time, an accredited college or university during the calendar year 2025 - 2026. (minimum 12 college credits) **AND** The applicant must reside within the domain of Syracuse Chapter No. 37.

AND All recipients must provide proof by September 2025 that they are a full time college student (Bursar's receipt) or a College transcript with a school seal.

FILING Please use our application. If additional applications forms are needed, please feel free to make copies. The applicant is responsible for the submission of all documents and completion of all sections of the application and package by no later than May 1, 2025.

Applications are available in the church copy machine room, church lobby and at the candle stand.

The Greek Dance Season is upon us!

PRACTICES HAVE BEGUN !!!

Your 2025 Dance Crew:

Dancers in Training: Pre-K-1st Grade

Instructor: Andriana Cannon

Parent Volunteer: Crystal Swanson

Sundays: 11:45-12:15 (lower level)

Elementary Group: 2nd-4th Grade

Instructor: Stavros Vigliotti

Parent Volunteer: Anastasia Stark

Sundays: 11:45-12:30 (lower level)

Wednesdays: 6:00-7:00

Middle School Group: 5th-8th Grade

Instructor: Tina Carkey

Parent Volunteer: Marianna Politis

Sundays: 12:00-12:30 (third floor)

Wednesdays: 6:30-7:15

High School Group: 9th-12th Grade

Clemente Vigliotti, Stavros Vigliotti & Chryssa Tzetzis

Sundays: 12:00-12:30 (lower level)

Wednesdays: 7-8:30

We look forward to the 2025 dance season!

We will be utilizing the Remind App

and please mark your calendars

the Greek Cultural Festival is June 5-8th.

Elementary and Middle School Groups

will also be participating

at the Baldwinsville Cultural Fair

on Wednesday, May 7th @ 6pm.



Please Join Us!

2025 PAN-ORTHODOX
LENTEN VESPERS



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



TODAY—March 16, 2025
Sunday of St. Gregory Palamas
St. Elias Antiochian Orthodox Church
4988 Onondaga Road ~ Syracuse, NY 13215



March 23, 2025
Sunday of the Holy Cross
Sts. Peter & Paul Orthodox Church
401 Hamilton Street ~ Syracuse, NY 13204



March 30, 2025
Sunday of St. John Climacus
St. Luke's Ukrainian Orthodox Church
3290 Warners Road ~ Warners, NY 13164



April 6, 2025
Sunday of St. Mary of Egypt
St. George Macedonian Orthodox Church
5083 Onondaga Road ~ Syracuse, NY 13215



TUESDAY, MARCH 25 FLAG RAISING AT CITY HALL



Our community will be observing the celebration of Greek Independence Day (March 25, 1821) by hosting a Flag Raising Ceremony at Syracuse City Hall at 2:00 pm on Tuesday, March 25, 2025 and all are encouraged to attend this wonderful event. Join us!

There will be a bus available from St. Sophia's to City Hall and then returning to St. Sophia's. Please contact Jim Telonis by call or text to (315) 247-6639 if you would like to reserve your seat on the bus. The bus will arrive at 12:45 pm with departure at 1:20 pm with capacity of 49 people.

The faith and orthopraxy of the Greek heroes of 1821 played such a vital role in subsequent freedom from the Ottoman Empire when they took the oath of "Give me freedom or give me death."



GREEK NATIONAL ANTHEM

ΥΜΝΟΣ ΕΙΣ ΤΗΝ ΕΛΕΥΘΕΡΙΑΝ

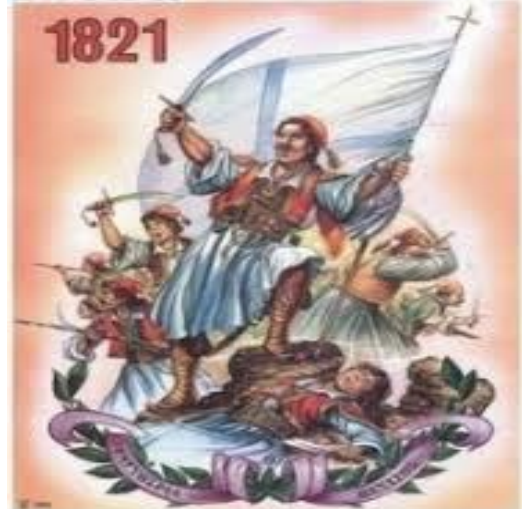
Σε γνωρίζω από την κοψη
του σπαθιου την τρομερη,
σε γνωρίζω από την οψη
που με βια μετραει την γη.
Απ' τα κοκκαλα βγαλμενη
των Ελλήνων τα ιερα,
και σαν πρωτα ανδρειωμενη,
χαιρε, ω χαιρε, Ελευθερια

Se gnorizo apo tin kopsin
too spathiou tin tromeri
Se gnorizo apo tin opsin
poo me via metra tin yin
Ap ta kokkala vgalmeni
ton Ellinon ta iera
Ke san prota andriomeni
Hier o Hier eleftheria!

I shall always recognize you
by the dreadful sword you hold
as the Earth with searching vision
you survey with spirit bold.
From the Greeks of old whose dying
brought to life and spirit free
now with ancient valor rising
let us hail you, oh Liberty!

ΖΗΤΩ Η 25^Η ΜΑΡΤΙΟΥ

1821



ANNUNCIATION OF THE THEOTOKOS



TUESDAY—MARCH 25, 2025

9:00 AM ORTHROS

10:00 AM DIVINE LITURGY

The Feast of the Annunciation of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is celebrated on March 25 each year. The Feast commemorates the announcement by the Archangel Gabriel to the Virgin Mary that our Lord and Savior Jesus Christ, the Son of God, would become incarnate and enter into this world through her womb.

Mark Your Calendars
General Assembly Meeting
Sunday—April 6, 2025

