

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 (315) 251-1654



The Pilgrims left England for the New World in 1620, but when they celebrated what we commonly think of as the first Thanksgiving feast one year later, only half of their original number were still alive.

When I think about this, I'm in awe of the Pilgrim's faith and determination. I don't know how much of a celebration it would have been for me if I had set out with a family of six (Presbytera and our four children) and ended up with only three. What three would have died?

Of course, the Pilgrims lived in a different world, where early death was not uncommon. Hunger was not uncommon. The life they would have gone back to in England was nothing short of miserable because of persecution. The fact that they had planted corn in the New World (an unfamiliar crop to them), and the corn had grown enough to harvest, meant one thing – it meant they would live. The goal that some of their fellow passengers and family members had given their lives for would be achieved, and for at least a short time, they could rejoice that they had succeeded in establishing a new home in the new world. At the feast, the whole family, living and deceased, would give thanks.

We have a tradition in our family, as many families do, of going around the table at Thanksgiving to have each person say what s/he is thankful for. Sometimes one of the children would be more interested in the mashed potatoes than in reflecting upon the blessings of God, and s/he would give the stock answer, "I'm thankful for my family."

"Is that all?" I would ask.

"Uh huh," would come the reply.

But really, it was enough. At least they didn't list something from TV, or pumpkin pie. Yes, "family" was the default answer, but that certainly wasn't so bad.

Those first pilgrims knew that they were carrying the memory of deceased loved ones with them as they struggled to establish a new home, where freedom would be the foundation of everything. And some of us, as we celebrate Thanksgiving this year, will also be remembering deceased loved ones. Perhaps most of us will. How many of those you will remember gave so much of themselves so that you would have the life that you have today? How many of our forebears were familiar with early death, hunger, persecution? Indeed, when we pause to give thanks before our Thanksgiving meal this year, I hope we all remember our families first.

I pray for you to have a blessed, joyous, and God-filled feast of Thanksgiving 2024!

Your affectionate servant, Father David

2024 Parish Council

Peter Manolakos President

Thomas Anthis Jr. Vice President

Joy Weatherup Anthis **Secretary**

> Michael Copanas **Treasurer**

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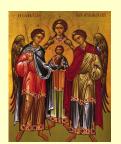
VISIT THE *PARISH* **WEBSITE** stsophias.org







<u>IMPORTANT DATES</u> NOVEMBER 2024 CHURCH CALENDAR



SYNAXIS OF THE ARCHANGELS

Friday, November 8 9:00 am Orthros 10:00 am Divine Liturgy



ST. NEKTARIOS

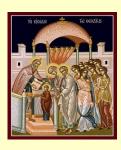
Saturday, November 9 9:00 am Orthros 10:00 am Divine Liturgy



ST. JOHN CHRYSOSTOM

Wednesday, November 13
9:00 am Orthros
10:00 am Divine Liturgy

NATIVITY FAST BEGINS ~ Friday, November 15



ENTRANCE OF THE THEOTOKOS

Thursday, November 21 9:00 am Orthros 10:00 am Divine Liturgy



ST. ANDREW, First Called Apostle
Saturday, November 30
9:00 am Orthros
10:00 am Divine Liturgy



PRESIDENT'S MESSAGE

Dear Parish.

This morning I had eggs for breakfast. As I ate my breakfast I started thinking about the eggshells I dumped into the garbage disposal. According to the internet an eggshell "provides protection to the egg contents and embryo against physical damage and contamination by microorganisms. The complex bioceramic also regulates the exchange of metabolic gases and water and provides calcium to the developing embryot. Well that was a mounthful. All that just to describe an eggshell.

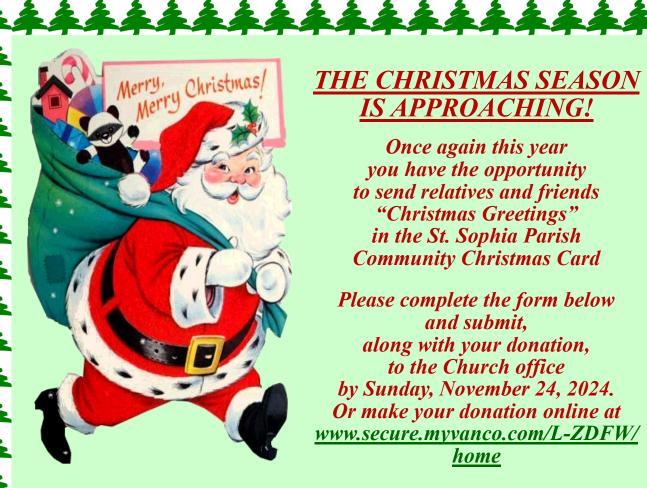
I find it very difficult to get my head around the size and complexity of the known universe. Since mathematics is the language of that science, I am excluded from the conversation. But I can think about eggshells which are but one tiny example of the complexity of the natural world. You can think of hundreds of examples. Even when we can use non-mathematical language to describe things, the vastness of the universe, the violence of our son, the birth of a child-thinking about these things to me must begin in awe and humility.

When we recite the Nicene Creed during every liturgy, we pray to our "Father Almighty creator of all things," in Greek, "Patera Pantokratora". If we believe what we recit, then from time to time, we should slow down, take a long breath, and appreciate the profundity of a bioceramic shell whose function is to protect incipient life.

Scientists have an explanation for many natural processes and phenomena. Yet I believe they have yet to explain the emergence of life itself and, if there was a big bang, how it came about and what came before it. Wisdom, an proverb says, begins with the fear of God. I have said before that the phrase "to phobou tou Theou" really is an invitation to approach fod with a sense of awe so intense and deep that we are driven to obey Christ's command "to be perfect". No human being attains this perfection but some come closer than others. Truly appreciating and internalizing God's majesty is, I believe, a good place to start. Wisdom, one might say, can also







THE CHRISTMAS SEASON IS APPROACHING!

Once again this year you have the opportunity to send relatives and friends "Christmas Greetings" in the St. Sophia Parish Community Christmas Card

Please complete the form below and submit. along with your donation, to the Church office by Sunday, November 24, 2024. Or make your donation online at www.secure.myvanco.com/L-ZDFW/ home

Minimum Donation is \$25.00

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PLEASE INSCRIBE THE COMMUNITY CHRISTMAS CARD AS FOLLOWS

MY DONATION IS \$

SIGNED____ **DATE**

SUNDAY SCHOOL

Sunday School for the Year 2024-2025 has begun !!!



November 2024
Sunday School Classes
Sunday—November 3
Sunday—November 10
Sunday—November 17
Sunday—November 24







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

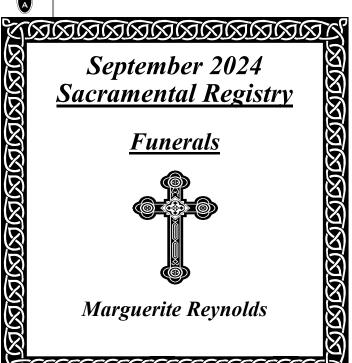
St. Sophia's Greek Orthodox Church ~ 325 Waring Road Syracuse, NY 13224 ~ (315) 446-5222

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		D	ate	

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



November 2024 Coffee Hours

November 17, 2024 In Memory of Fani Kousmanidis Antonios Kousmanidis Given by the Family



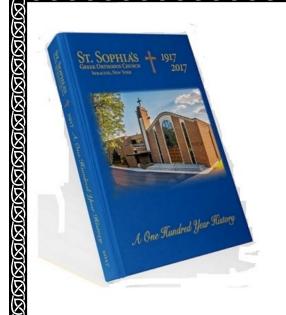




CHOIR

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

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Available 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

> A great Christmas Gift Available for only \$40



November 2024 <u>Memorials</u>

Eternal Be Their Memory

November 3, 2024
None Scheduled

November 10, 2024



Trisagion Prayer
George Roupas (2 Years)
Ellen Bravos (7 Years)
Susan Bravos (12 Years)
Calliope Roupas Wojtas (17 Years)
Clara Roupas (28 Years)
Panagiotis Thanos (34 Years)
John Roupas (46 Years)

November 17, 2024



Memorial Service
Giorgios Ioannou (40 Days)
Fani Kousmanidis (1 Year)
Paschalina Tomkos (1 Year)
Constantine (Gus) Karafilopoulos
(3 Years)

<u>Trisagion Prayer</u> Antonios Kousmanidis (13 Years)

November 24, 2024
None Scheduled

November 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:

November 3, 2024
Tasoula Papazides
Debora Politis

<u>November 10, 2024</u> No Coffee Hour Stewardship Sunday Breakfast

> November 17, 2024 Elizabeth Sakellariou Jeanne Sarigiannis

November 24, 2024
Kathy Shiomos
Christina Shiomos

~ Also, first two weeks of December 2024 ~

<u>December 1, 2024</u> Nikki Stamoulacatos Diane Peters

<u>December 8, 2024</u> Thalia Tonas Sofia Vasiliou

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

All are welcome.





<u>PHILOPTOCHOS</u> <u>COFFEE HOUR SERVICE</u>



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:

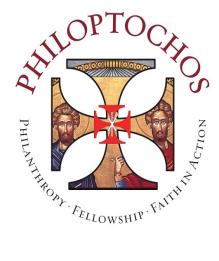
Philoptochos provides and serves the Pastries, coffee, milk, sugar, and juice.

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.









Philoptochos News: November 2024

The Greek Ladies Philoptochos Society is as the name indicates, the Greek word for **Friends of the Poor** and is a women led organization that practices Christian charity by helping those who need the spirit of fellowship and material assistance.

Philoptochos members gathered together on October 6, 2024 after church services, for our second meeting of the season.

Next Meeting Date: November 17, immediately following church services – 3rd Floor Meeting Room. We welcome all new and existing members to join us as we plan our year. Last Philoptochos meeting for 2024 is December 1st.

=>> Pasta Luncheon PRE-ORDERS - Sunday, November 3rd, 2024 - Proceeds to benefit the Jamesville-DeWitt Ecumenical Food Pantry.

Look for the flyer in the November NEPSIS to make a reservation with ease using the QR Code.

****GOYANS interested in volunteering to assist during this event - this event qualifies for hours earned to meet volunteer service requirements for National Honor Society.

Please contact me for more details by email: Philoptochos@stsophias.org



USE THIS OR CODE FOR PASTA LUNCHEON RESERVATIONS

=>>BAKLAVA PAN PRE-ORDERS- Pre-Order before November 8th.

Thanksgiving and Christmas is here! **Pre-order your Baklava Pan(s) by November 8th.** Look for the Philoptochos sign-up table on Sundays after church. Proceeds from the Baklava Pan Sale support local and national charities. Look for the Baklava QR Code to reserve your order.

Baking dates are: Friday November 15 during the day and Saturday November 16 in the morning. **Baklava pick up & distribution dates at church are:**

Friday November 22, Saturday November 23, and Sunday November 24th.



USE THIS QR CODE FOR BAKLAVA PRE-ORDER

Philoptochos Caregiver Support Groups – offered by Metropolis of Detroit and National Philoptochos: Our National Philoptochos Society's Department of Social Services facilitates the groups that meet via Zoom over a six-week time period. The next support group starts on 11/12/24. Pre-registration is required! See registration details in the weekly church email blast.

With the Spirit of Philanthropy, Theone Kalkinis – President Philoptochos





PHILOPTOCHOS St. Sophia's Farm to Table PASTA LUNCHEON SUNDAY, NOVEMBER 3rd

After Church Services

Proceeds to Benefit Local Food Pantry

Dinner ~ \$15.00 Children 5 & Under ~ Free

Menu:

Pasta, Homemade Sauce & Meatballs, Salad, Bread, Dessert, Coffee, Tea



RESERVATION REQUIRED FOR DINE IN OR TAKE OUT

Use this QR Code to reserve your order Or....Stop by the Philoptochos table on Sundays - Accepting Cash or Checks payable to Philoptochos

PHILOPTOCHOS HOLIDAY BAKLAVA PAN PRE-ORDER \$40.00 PER PAN (13" BY 9" PAN)



PRE-ORDER FOR THANKSGIVING & CHRISTMAS DEADLINE NOVEMBER 8, 2024

Pre-orders required for Thanksgiving & Christmas
Use this QR Code



Questions? Call... Freida Meskos (315) 487-8850

BAKLAVA ORDERS WILL BE AVAILABLE FOR PICK UP:

Friday, November 22 from 11:00 am to 2:00 pm Saturday, November 23 from 11:00 am to 2:00 pm Sunday, November 24 from 11:30 am to 2:00 pm Saint Sophia Greek Orthodox Church
Save The Date
More Details Coming Soon







AHEPA & PHILOPTOCHOS
JOINTLY SPONSOR

Winter Wonderland 2025 HELLENIC DANCE

Saturday—January 11, 2025 6:00 pm to 11:00 pm

> Featuring: Aegeans—Live Music Full Greek Style Buffet

Reservations:
Email
philoptochos@ststophias.org

Stewardship Sunday ~ ~ ~ Complementary Breakfast ~ ~ ~ November 10th

Following the Liturgy St. Sophia's Church Lower Social Hall

Please attend Liturgy and then remain for a complimentary breakfast and short presentation by the Parish Council. This event will take place in the Lower Social Hall. Submission of your pledge card is required to be a member in good standing. Learn about the Stewardship campaign, ask questions, and submit your 2025 Stewardship Pledge Card.













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2025 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 2025 a total amount of \$

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

Name Address City Telephone Signature Please Print: Please Print: State Email Address Date

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



Jamesville Dewitt Ecumenical Food Pantry begins food donations again!

On the first weekend of each month, a list of needed food items and bags will be given out.

The following weekend, Food Donation weekend, food can be dropped off at church.

The following Saturday, GOYA will deliver the food to the pantry.

We are excited to renew this practice after suspending it during the COVID years.

Please help out families in need in our own community.



Call Ellen Tartakoff with any questions (315)-447-4701.







Middle Eastern Foods & Desserts . Handmade Jewelry Signs . Wreaths . Home Decor . Candles . Blankets & So Much More

Saturday—Dec 7th 10am to 6pm Sunday—Dec 8th Noon to 5:00 pm



St. Elias Orthodox Church 4988 Onondaga Rd. Syracuse 13215



"Call For Vendors"

St. Elias 4th Annual Holiday Bazaar

Cost is \$150.00 for both days and includes one eight foot table with covering, two chairs, social media and outdoor signage promotion

Deadline for registration is November 23rd To register, contact persons are Georgina at (315) 516-0617 or Rima at (315) 944-7421



Community Christmas Cookie Drive

We will be collecting cookies or monetary donations to purchase cookies for the annual Community Christmas Cookie Drive. The cookies will be given to those in need at the Soup Kitchen of the Samaritan Center and the Salvation Army Women's and Children's Center.

If you would like to bake or buy cookies, we will be collecting them on Sunday, December 1 to Sunday, December 15—delivering the cookies on Monday, December 16th. Please drop off your donations to the upper level Church kitchen and please clearly mark the donations "Donation to Cookie Drive". Your generosity is greatly appreciated.









At St. Sophia's, we sing after the Divine Liturgy:



Σὲ ὑμνοῦ, σὲ ὑμνοῦμεν, σὲ εὐλογοῦ, εύλογοῦμεν, σοὶ εὐχαριστοῦμεν, Κύριε, καὶ δεόμεθά σου, ὁ Θεὸς ἡμῶν!

(Se im-nu, se im-numen, se evlogu, evlogumen, see evharistoumen, Kyrie! Keh deometha sou, O Theos eemon!)

(We hymn you, we bless you, we give thanks to you, Lord, and we pray to you, O our God!)

Church Services & Events

Calendars are provided in the Nepsis or check the website at stsophias.org

for church services & events



November 2024

Program Schedule For Cable Television

Sunday Programs at 7:00 pm On Spectrum Channel 98 The series concludes "Creation History in Genesis"

Nov 3—The Gospel of St. John, part 10

Nov 10—The Gospel of St. John, part 11

Nov 17—The Gospel of St. John, part 12

Nov 24—The Gospel of St. John, part 13



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

Nov 4—The Divine Liturgy, part 3

Nov 11—Hesychasm, part 1

Nov 18—Hesychasm, part 2

Nov 25—Hesychasm, part 3



All Programs Air on Spectrum Cable Chanel 98





St. Sophia's **Youth Ministry** SCHEDULE OF EVENTS

NEW! FULL CALENDAR OF EVENTS

SCAN QR CODE TO DOWNLOAD SIGN-UP GENIUS APP **Event specifics announced on Remind**



REMIND APP

Stay informed with updates/messages from our team **MUST ENTER CLASS CODE (SEE BELOW)**



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

The purpose and mission of the youth ministry:

The mission of the Greek Orthodox Archdiocese of America's Youth Department Ministries is to help young Orthodox Christians strengthen their relationship with Jesus Christ and become active participants in the Church. The ministries are not clubs or organizations, but rather a gathering of the faithful with shared interests and ages.





St. Sophia Greek Orthodox Church—November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 1:00 PM TO 3:00 PM FR. DAVID BOOKSIGNING AT KAIROS CAFE 5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 5TH SUNDAY OF LUKE PASTA DINNER TO BENEFIT LOCAL FOOD PANTRY	4	10:00 AM BIBLE STUDY Election Day Go Votel Today 6:00 PM YOUTH COMMITTEE	5:00 PM ORTHODOXY 101 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	6:00 PM CHOIR PRACTICE	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY SYNAXIS OF THE ARCHANGELS	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY SERVED WITH ROMANIANS ST. NEKTARIOS 2:00 PM AHEPA MEETING CELEBRATION OF METROPOLITAN NICHOLAS IN BUFFALO
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 8TH SUNDAY OF LUKE STEWARDSHIP SUNDAY & BREAKFAST	11 VETERANS ** DAY **	12 10:00 AM BIBLE STUDY	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. JOHN CHRYSOSTOM 5:00 PM ORTHODOXY 101 6:00 PM PARAKLESIS 7:00 PM BIBLE STUDY	14 6:00 PM CHOIR PRACTICE	15 NATIVITY FAST BEGINS	5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 9TH SUNDAY OF LUKE PHILOPTOCHOS MEETING	18	19 10:00 AM BIBLE STUDY	5:00 PM ORTHODOXY 101 6:00 PM AKATHIST HYMN FOR THE NATIVITY 7:00 PM BIBLE STUDY	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ENTRRANCE OF THE THEOTOKOS INTO THE TEMPLE 6:00 PM CHOIR PRACTICE	22	5:00 PM GREAT VESPERS
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 13TH SUNDAY OF LUKE GOYA MEETING AFTER CHURCH	25	26 10:00 AM BIBLE STUDY	5:00 PM ORTHODOXY 101 6:00 PM AKATHIST HYMN FOR THE NATIVITY 7:00 PM BIBLE STUDY	Happy Thanksgiving	29	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. ANDREW 11:30 AM YOUTH DECORATING DAY 5:00 PM GREAT VESPERS

St. Sophia Greek Orthodox Church—December 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	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY	7
14TH SUNDAY OF LUKE PHILOPTOCHOS MEETING			5:00 PM ORTHODOXY 101 6:00 PM AKATHIST HYMN FOR THE NATIVITY	6:00 PM CHOIR PRACTICE	ST. NICHOLAS	CHRISTMAS PLAY PRACTICE 5:00 PM GREAT VESPERS
8	9	10	11	12	13	14
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 10TH SUNDAY OF LUKE		10:00 AM BIBLE STUDY		9:00 AM ORTHROS 10:00 AM DIVINE LITURGY ST. SPYRIDON		10:00 AM ROMANIAN LITURGY
CHRISTMAS PLAY PRACTICE			5:00 PM ORTHODOXY 101 6:00 PM AKATHIST HYMN FOR THE NATIVITY	6:00 PM CHOIR PRACTICE		5:00 PM GREAT VESPERS
15	16	17	18	19	20	21
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY 11TH SUNDAY OF LUKE		10:00 AM BIBLE STUDY	5:00 PM ORTHODOXY 101			2:00 PM AHEPA MEETING
CHRISTMAS PLAY		6:00 PM AHEPA MEETING	6:00 PM AKATHIST HYMN FOR THE NATIVITY	6:00 PM CHOIR PRACTICE		5:00 PM GREAT VESPERS
22 8:45 AM ORTHROS 10:00 AM DIVINE LITURGY	23	CHRISTMAS 24	CHRISTMAS 25	26	27	28
SUNDAY BEFORE NATIVITY YOUTH ORCHESTRA		9:00 AM ROYAL HOURS	9:00 AM ORTHROS 10:00 AM DIVINE LITURGY			5:00 PM GREAT VESPERS
DURING COFFEE HOUR GOYA MEETING		6:00 PM VESPERAL LITURGY FOR NATIVITY	Merry Christmas	6:00 PM CHOIR PRACTICE		OLOGY MI GINE II VEGI EING
8:45 AM ORTHROS 10:00 AM DIVINE LITURGY	30	NEW YEAR'S 31				
SUNDAY AFTER NATIVITY		10:00 AM BIBLE STUDY				