



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 Marthas"

Remember the story of Mary and Martha from the gospels? When Jesus was on His way to Jerusalem, He stopped at their home – they, with their brother Lazarus, were childhood friends of Jesus. By the time Jesus visited Mary and Martha in Bethany, He was already very well known as a teacher and healer. This created a bit of a problem – when our Lord came to His friends' house, He was followed by a huge multitude of people!

Jesus came into the home and sat and taught the people for a time. Mary took the opportunity to hear what Jesus had to say, and sat close to His feet in order to get every word. Martha started tending to all the guests in her home. She was cleaning, and serving, and greeting people, and ... so on. What anyone might do if a large group of visitors suddenly showed up. She started to get exhausted, and looked around for Mary so that they could divide some of the work. She was both surprised and angry to see Mary sitting on the floor in the main room. Just sitting there – not helping at all! Not doing anything!

Martha tried to make her way over to Mary, but the crowd was large and dense, and she couldn't get close enough. She didn't want to interrupt Jesus, so she was trying to be inconspicuous, but it wasn't working. Martha thought to herself, "I wish I could get close enough to tap her on the shoulder. Oh who am I kidding? What I really want to do is take her by the shoulders and shake her!" So Martha went back to serving. But it was too much – too much cleaning, not enough food, too many people. She went back into the main room again and tried again to get Mary's attention. She waved her hands and blushed when several people turned toward her, annoyed. Mary didn't notice at all.

Back to serving. One of her neighbors arrived back from the market with more food, Martha had given her money and strict instructions to hurry, but the girl got the wrong things. She went to the kitchen to see what she could do with what she had, and found that it was full of people who wanted to hear the famous Jesus of Nazareth speak.

Martha was fed up. She pushed her way back into the room where Jesus was talking and interrupted Him. "Tell Mary to come and help me. She is not doing anything, I'm doing all the work," she said to Him.

"Martha, Martha, don't worry about cleaning or about food. You need to listen to what I'm saying. Mary has done the best thing either of you could have done today."

Brothers and sisters, very often we put ourselves into the place of Martha in this story, when our busy-ness keeps us from hearing God speak. Rather, put yourself in the place of Mary. Come to church, sit at the feet of Jesus and hear His life-saving words.

The "Marthas" don't want you to do that. By "Marthas" I don't mean people, I'm referring to *thoughts*. They bounce around in your head and tell you that going to church is not useful. They wave their arms and tell you that you should be thinking about something other than God. They judge people around you, and they wonder about things. They remind you that you're hungry, or your feet hurt, or your back. They remind you that church is boring.

The story of Mary and Martha gives us the perfect model of spirituality, Mary of Bethany. She sat at the feet of the Lord, quiet, undistracted. Nothing could take her away from His life-saving words. She had learned to block out the distractions that her sister (and others) wanted to put upon her, and so she gained great spiritual treasures that day.

As we are in the church, let's be like Mary of Bethany. The thoughts and distractions are persistent, brothers and sisters, but with God's help we can gain the same treasure that Mary did.

Your affectionate servant,
Father David

OCTOBER 2024

2024 Parish Council

Peter Manolakis
President

Thomas Anthis Jr.
Vice President

Joy Weatherup Anthis
Secretary

Michael Copanas
Treasurer

Robert Allen
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone
Marianna Politis-Tacea
Christopher Shiomos, OD
Jeanette Capousis Vigliotti

~~~~~  
Honorary  
Board Member  
*James Sakezles*



**VISIT THE  
PARISH  
WEBSITE**  
[stsophias.org](http://stsophias.org)





# OXI DAY

## October 28



### Where, When and Why is it Celebrated?

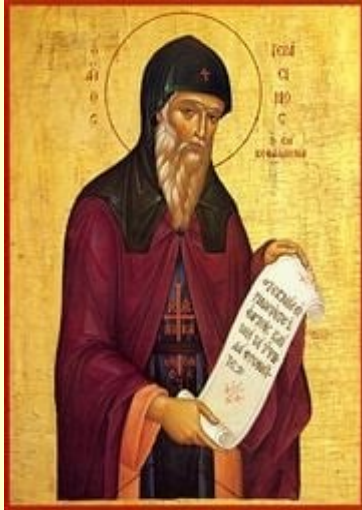
Every year on October 28<sup>th</sup> there is a celebration which is celebrated in Greece called "Ohi Day". In Greek "Ohi Day" is called "*I Mera tou Ohi (Η μέρα του 'Οχι)*".

People celebrate it because on October 28<sup>th</sup>, 1940 the Greek President Metaxas said to the Italian President Mussolini (who was a dictator and was a friend to Hitler): "*NO! I will not let you take over Greece! (OXI! Δεν θα σε αφήσω να πάρεις την Ελλάδα)*".

In response to Metaxas's refusal, Italian troops attacked Greece and it was the beginning of Greece's participation in Second World War.



## **IMPORTANT DATES** **OCTOBER 2024 CHURCH CALENDAR**



### ***GERASIMOS OF CEPHALONIA***

***Sunday, October 20***

***8:45 am Orthros***

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

Saint Gerasimos was from the Peloponnesus, the son of Demetrius and Kale, of the family of Notaras. He was reared in piety by them and studied the Sacred writings. He left his country and went throughout various lands, and finally came to Cephalonia, where he restored a certain old church and built a convent around it, where it stands to this day at the place called Omala. He finished the course of his life there in asceticism in the year 1570. His sacred relics, which remain incorrupt, are kept there for the sanctification of the faithful.



### ***DEMETRIOS THE MYRRH-STREAMER***

***Saturday, October 26***

***9:00 am Orthros***

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

Saint Demetrius was a Thessalonian, a most pious son of pious and noble parents, and a teacher of the Faith of Christ. When Maximian first came to Thessalonica in 290, he raised the Saint to the rank of Duke of Thessaly. But when it was discovered that the Saint was a Christian, he was arrested and kept bound in a bath-house. While the games were under way in the city, Maximian was a spectator there. A certain friend of his, a barbarian who was a notable wrestler, Lyaeus by name, waxing haughty because of the height and strength of his body, boasted in the stadium and challenged the citizens to a contest with him. All that fought with him were defeated. Seeing this, a certain youth named Nestor, acquaintance of Demetrius', came to the Saint in the bath-house and asked his blessing to fight Lyaeus single-handed. Receiving this blessing and sealing himself with the sign of the precious Cross, he presented himself in the stadium, and said, "O God of Demetrius, help me!" and straightway he engaged Lyaeus in combat and smote him with a mortal blow to the heart, leaving the former boaster lifeless upon the earth. Maximian was sorely grieved over this, and when he learned who was the cause of this defeat, he commanded straightway and Demetrius was pierced with lances while he was yet in the bath-house, As for Nestor, Maximian commanded that he be slain with his own sword.







## PRESIDENT'S MESSAGE

Dear Parish,

The Orthodox Liturgy is a time of communal prayer, a time to listen to the epistles and the gospels, a time to thank and to praise and to glorify the Lord. From the first words the priest says "Blessed is the kingdom of the Father, the Son, and the Holy Spirit" the service proceeds to its ultimate goal of giving the congregation the opportunity to receive the sacrament, the mysterion, of the Eucharist. Growing up, I was not encouraged to receive communion very often. As a child I recall receiving it at Easter and on my name day. All these decades later I find I take it far more often. On Sunday, from the choir loft I see many parishioners who take communion every week. Many of them also receive it on the various feast days that occur during the week.

In Leviticus 17 the Lord told Moses that an animal sacrificed to God must be brought before the priest who drains the blood from the sacrifice, "and the priest shall pour the blood upon the altar all around...and whatever man...among you eats any blood, I will utterly destroy him from among his people". Well there is no ambiguity there. Fast forward to the Gospel of John, chapter 6 and we read "He who eats my flesh and drinks my blood has eternal life and I will raise him up on the last day...He who eats my flesh and drinks my blood abides in Me and I in him". He said these things in the synagogue at Capernaum, and many of the Jews who heard Him and were following Him were shocked. They said "This is a hard (skliros) statement, who can listen to it". And many no longer followed Him.

And then Jesus, hearing some grumbling from His disciples says to them "Does this cause you to stumble (or does this offend you - in Greek skandalizei). Given the prohibitions of Leviticus, one can readily see how the Jews would be offended by these words. But these words, along with others in the other three gospels and in Paul's letters establish the sacrament of the Eucharist. Biblical scholars have interpreted and reinterpreted these passages for 2000 years, looking to soften them. Many Christian denominations do not even offer Holy Communion. But we do. And some, like the Jews, may be "scandalized" by the idea of a literal reading of the words.

But there they are and once again there is no ambiguity. Jesus challenged the Jews with these words. To accept His teaching, to believe in Him, the Jews had to overcome this "stumbling block", turn their backs on Leviticus, and grasp what the new covenant meant. For us, who have faith that Jesus Christ is the Pantocrator, the Son of God, who spilled His blood so that we might live, going to liturgy and receiving Holy Communion provides the opportunity for a profound and joyous connection with Him. There can be no stumbling blocks for us. We approach the chalice "With the fear of God, faith, and love", we partake of the body and blood of Christ. We should depart from the chalice with a sense of joy, gratitude, and humility. We experienced a miracle, we were immersed in God's love for us. We should, I think, appreciate that these are the most sublime moments of our "busy" lives.

Ahepa Chapter 37 is celebrating its Centennial Anniversary with a dinner dance on October 26. The Ahepa has once again become an integral part of our community, providing opportunities and events for young and not so young. The dinner is catered and the dance music will be supplied by the Aegeans. Please support the brothers of the Ahepa and join them in their celebration. The next day, October 27, after the divine Liturgy, we will have our fall General Assembly Meeting. Please remember that only parishioners of St. Sophia's who are members in good standing may vote at the meeting. To qualify as a member in good standing, you must have filled out a 2023 pledge card, fulfilled the entire pledge, and have submitted a 2024 pledge card which does not have to be paid until December 31, 2024.

Hoping to see you at the Ahepa Centennial Celebration AND the General Assembly meeting.

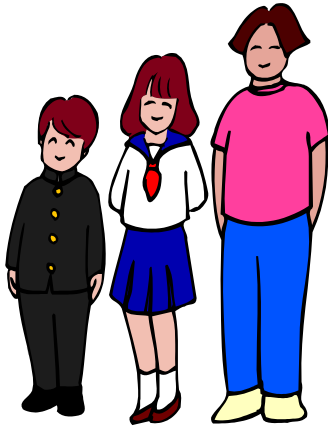
Yours in Christ,  
**Peter Manolakos**  
Parish Council President





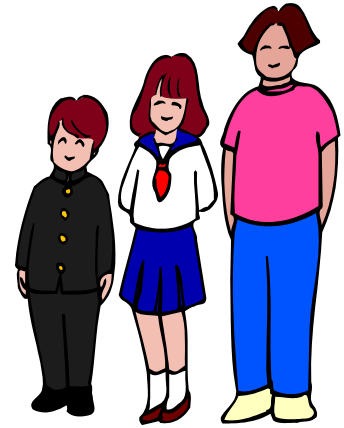
# SUNDAY SCHOOL

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



## October 2024 Sunday School Classes

Sunday—October 6  
Sunday—October 13  
Sunday—October 20  
Sunday—October 27



## *MARK YOUR CALENDAR*

*Sunday, Oct 27, 2024*  
*General Assembly Meeting*



*We will have our fall General Assembly Meeting on Sunday, October 27th.*

*Remember, to be able to vote at the meeting, you must have fully paid your 2023 Stewardship Pledge and have filled out a Pledge card for 2024.*

*New members, pursuant to the parish by-laws, are considered members in good standing if they have submitted a signed pledge card at least three months prior to the meeting.*

*The list of members in good standing will be posted on the gym door and will be updated every week. If you believe your name should be on the list and it is not, please call the office so we can review the discrepancy.*



# A STEWARDSHIP OPPORTUNITY!

## **Run for a position on St Sophia's Parish Council!**

The Election Committee is seeking candidates to fill four (4) church board positions, expiring at the end of 2024. An official notification will be sent out by the Election Committee dated September 27<sup>th</sup>. Please feel free to contact one of the Election Committee members if you are interested in or would like to recommend someone to serve a three year term on the Parish Council.

Eligible candidates should be a member in good standing in St. Sophia Parish and a member for a minimum of one year. A candidate in good standing is any person who:

- Was baptized according the rites of the Church, or was received into the Church through chrismation.
- Who lives according to the faith and canons of the Church
- Has met their Stewardship obligation (completed 2023 obligations and has paid ¾ of their 2023 Stewardship by October 26<sup>th</sup>, 2024),
- Abides by the by-laws of the Parish.

Candidate filing: Interested candidates will file a simple petition for candidacy, complete a short resume form, and provide a picture.

### **Filing deadline is:**

**Sunday, October 20, 2024**

**Election Day is November 10<sup>th</sup>, 2024.**

Our committee looks forward to speaking with all interested parties. Contact information for the Election Committee is as follows:

|                    |                                      |                           |
|--------------------|--------------------------------------|---------------------------|
| Sophia Meskos      | 315-559-5555                         | sophiameskos@yahoo.com    |
| Andrew Miledonis   | 315-487-1126 (H)<br>315-882-7926 (C) | andrewmiledonis@gmail.com |
| Jeanne Sarigiannis | 315-699-4896 (H)                     | jsarigia61@verizon.net    |
| Ellen Tartakoff    | 315-447-4799 (C)                     | eltartakoff@gmail.com     |
| Sophia Wales       | 315-897-7998                         | sophiawales12@gmail.com   |



# St. Sophia's Website & Mailing List

Visit St. Sophia's website [www.stsophias.org](http://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.

## **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](http://stsophias.org)*

**Please Print:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email Address \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

*August 2024  
Sacramental Registry*

*Baptisms*



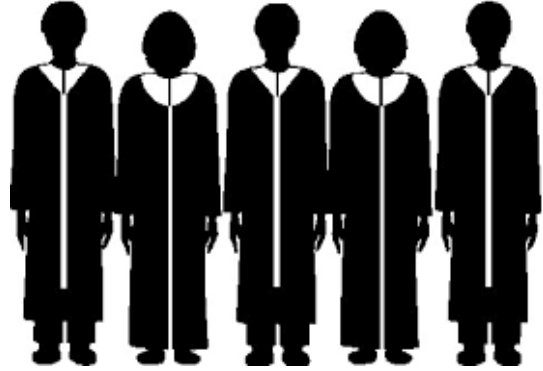
*Georgia Hrini Chrysovalantou Anastasiou  
Zisis David Rafael Anastasiou  
Gabriel Elias Anastasiou*

*Funerals*



*George Tsikalakis*

*CHOIR*



*We welcome everyone  
to join our Choir*

*Check the  
Church Calendar  
for upcoming  
Choir Practices*

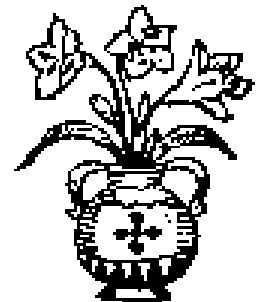
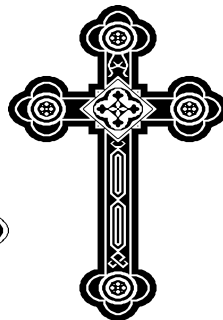
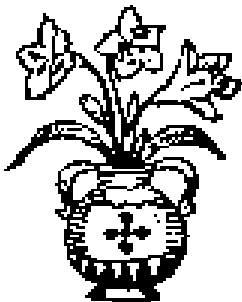
*ON THE JESUS PRAYER*

*“Lord Jesus Christ have mercy on me!”*

*The Jesus Prayer is the foundation of perfection*

*This prayer has filled Paradise with holy men and women.*

*Blessed Elder Amphilochios of Patmos, + 1971*







**October 2024**  
**Memorials**

*Eternal Be Their Memory*

October 6, 2024



*Memorial Service  
for Paul Panos (40 Days)*

October 13, 2024  
*None Scheduled*

October 20, 2024  
*None Scheduled*

October 27, 2024  
*None Scheduled*

**October 2024**  
**Coffee Hours**

October 6, 2024

*In Memory of  
Paul Panos  
Given by the Family*



**October 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:*

October 6, 2024

*Stavroula Kipouropoulos  
Lula Kiser*

October 13, 2024

*Zafiria Kozanitis  
Diane Peters*

October 20, 2024

*Patricia Meskos  
Frieda Meskos*

October 27, 2024

*Vasiliki Mihou  
Garyfallia Papageorge*

*~ Also, first two weeks of November 2024 ~*

November 3, 2024

*Tasoula Papazides  
Debora Politis*

November 10, 2024

*Despina (Tina) Lemon  
Sophia Wales*

*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.*

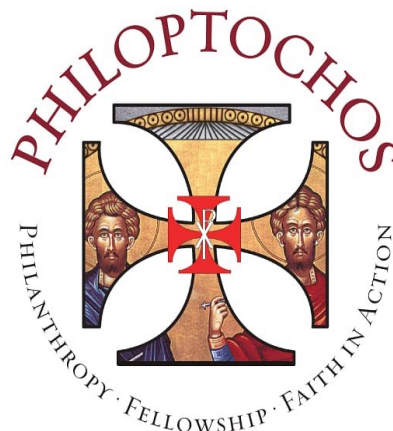
**=>Super Plus Coffee Service - \$150 includes the following:**

*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.*



## Philoptochos News: October 2024

Philoptochos members gathered together on September 8, 2024, for our first meeting of the season.

**Our next meeting is October 6, immediately following church services – 3<sup>rd</sup> Floor Meeting Room.** We welcome all new and existing members to join us as we plan our year.

Upcoming Philoptochos meetings are **November 17<sup>rd</sup>, and December 1<sup>st</sup>.**

**=>>Pasta Luncheon PRE-ORDERS - Sunday, November 3<sup>rd</sup>, 2024 –**

Look for the flyer in the October NEPSIS to make a reservation with ease using the QR Code. Proceeds for the Pasta Luncheon will benefit the local food pantry. Inquiries for this event can be sent to [Philoptochos@stsophias.org](mailto:Philoptochos@stsophias.org)

**=>>BAKLAVA PAN PRE-ORDERS- Pre-Order before November 10<sup>th</sup>.**

Thanksgiving and Christmas are just around the corner. **Pre-order your Baklava Pan (s) before November 10<sup>th</sup>.** Look for the Philoptochos sign-up table on Sundays after church. Proceeds from the Baklava Pan Sale support local and national charities. Inquiries for this event can be sent to [Philoptochos@stsophias.org](mailto:Philoptochos@stsophias.org)

**Philoptochos Caregiver Support Groups – offered by Metropolis of Detroit and National Philoptochos:**

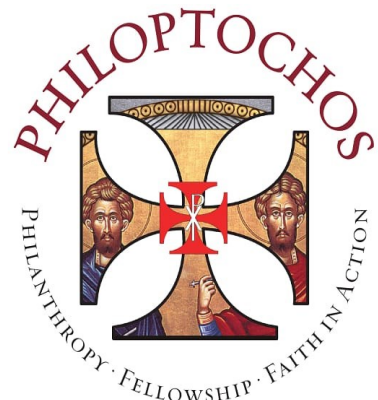
Our National Philoptochos Society's Department of Social Services facilitates the groups that meet via Zoom over a six-week time period. So many have benefitted from this resource and are thankful for this offered service.

The next support group starts on 11/12/24. Thus, two separate groups to ensure that interested parties can fit one into their schedule.

***Pre-registration is required! See registration details in the weekly church email blast.***

- |                                    |                     |
|------------------------------------|---------------------|
| President:                         | Theone Kalkinis     |
| Vice-President (1 <sup>st</sup> ): | Vickie Mihou        |
| Vice President (2 <sup>nd</sup> ): | Patty Donahue-Carey |
| Treasurer:                         | Tina Carkey         |
| Assistant Treasurer:               | Frieda Meskos       |
| Secretary (Corr):                  | Cara Potamianos     |
| Secretary (Rec):                   | Chryssanthi Intze   |

With the Spirit of Philanthropy,  
Theone Kalkinis – President- Philoptochos  
[Philoptochos@stsophias.org](mailto:Philoptochos@stsophias.org)





***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***







# Calling all St. Sophia's Youth Musicians!

We are looking for band & orchestra students, grades 4-12, with at least 1 full year of playing experience in school to put on a mini-Holiday Performance on December 22nd, 2024 during Coffee Hour!

If interested, please register using the QR code below. There will be 1 rehearsal after church on December 1st. Once sign-ups are complete, music will be emailed.

\*Registration closes on 10/27/24





YOU'RE INVITED TO THE

*Syracuse AHEPA Chapter 37  
Centennial Gala*

**GALA**

*Saturday*

OCTOBER 26, 2024

**6 : 0 0 - 1 1 : 0 0 P M**

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](https://tinyurl.com/39TDMV34). YOU CAN ALSO CONTACT  
MIKE LABATOS AT (315) 427-7628 OR EVAN DENTES AT (315) 380-4920.



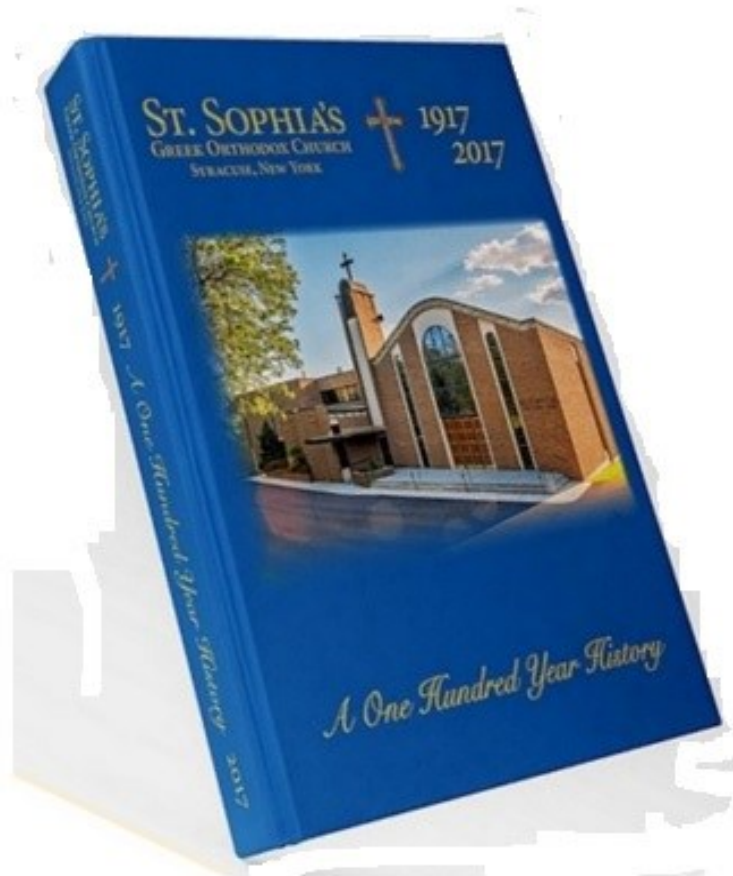
Available in the Bookstore!

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

Available for only \$40



SAVE THE DATE



*25th Anniversary  
Enthronement  
Celebrations*

HONORING  
HIS EMINENCE  
METROPOLITAN

*Nicholas*  
OF DETROIT

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

*For more information,  
please contact the host parish*

[WWW.DETROIT.COARCH.ORG](http://WWW.DETROIT.COARCH.ORG)



# October 2024

## Program Schedule For Cable Television

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

- Oct 6—The Gospel of St. John, part 6
- Oct 13—The Gospel of St. John, part 7
- Oct 20—The Gospel of St. John, part 8
- Oct 27—The Gospel of St. John, part 9

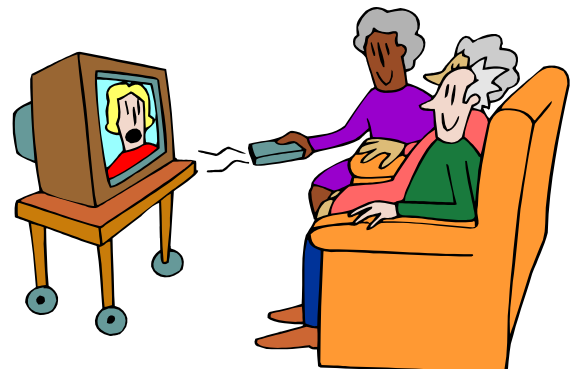


**Monday Programs at 7:00 pm**  
**Fr. David’s “The Inner Way”**  
**series airs every Monday**

- Oct 7—Unseen Warfare, chapter 45 & chapter 46
- Oct 14—Unseen Warfare, chapter 47 & chapter 48
- Oct 21—The Divine Liturgy, part 1
- Oct 28—The Divine Liturgy, part 2



***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.



## Greek Program Announcement !

Back by popular demand! Starting in the Fall, we will be offering a Greek program on Sundays, immediately following Sunday School.

The focus will be to have your child learn everyday prayers, common greetings, and be able to recite poems & songs. Along with learning some historical background knowledge of the Greek culture.

Some of the productions to look forward to will be the Christmas Play as well as the 25th of March ceremony.

We will have more information out soon!

If you would like your child to participate please contact Marianna Politis @ [mpolitis15@gmail.com](mailto:mpolitis15@gmail.com) or through the Remind App. This is open to students in K-12 grade, with little to no experience of knowing the language.

We look forward to working with your child and helping them grow!



# St. Sophia Greek Orthodox Church—October 2024

| Sun                                                                                                                                                  | Mon                                   | Tue                                                     | Wed                                                                      | Thu                                    | Fri                                    | Sat                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|---------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                      |                                       | 1                                                       | 2                                                                        | 3                                      | 4                                      | 5                                                                                                                                      |
|                                                                                                                                                      |                                       | <i>Fr. David<br/>Out of Town</i>                        | <i>Fr. David<br/>Out of Town</i>                                         | <i>Fr. David<br/>Out of Town</i>       | <i>Fr. David<br/>Out of Town</i>       | <i>Fr. David<br/>Out of Town</i>                                                                                                       |
| 6<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>3RD SUNDAY OF LUKE<br>PHILOPTOCHOS MEETING<br><i>Fr. David<br/>Out of Town</i>                    | 7<br><i>Fr. David<br/>Out of Town</i> | 8<br><i>Fr. David<br/>Out of Town</i>                   | 9<br><i>Fr. David<br/>Out of Town</i>                                    | 10<br><i>Fr. David<br/>Out of Town</i> | 11<br><i>Fr. David<br/>Out of Town</i> | 12<br>5:00 PM GREAT VESPERS                                                                                                            |
| 13<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>7TH ECUMENICAL COUNCIL                                                          | 14                                    | 15<br>10:00 AM BIBLE STUDY<br><br>6:00 PM AHEPA MEETING | 16<br>5:00 PM ORTHODOXY 101<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY | 17<br>6:00 PM CHOIR PRACTICE           | 18                                     | 19<br>10:00 AM<br>ROMANIAN LITURGY<br><br>5:00 PM GREAT VESPERS                                                                        |
| 20<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>6TH SUNDAY OF LUKE<br>ST. GERASIMOS<br><b>AHEPA<br/>CENTENNIAL<br/>CELEBRATION</b>               | 21                                    | 22<br>10:00 AM BIBLE STUDY                              | 23<br>5:00 PM ORTHODOXY 101<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY | 24<br>6:00 PM CHOIR PRACTICE           | 25<br>6:00 PM TRUNK OR TREAT           | 26<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. DEMETRIOS<br>5:00 PM GREAT VESPERS<br><b>6:00 PM AHEPA<br/>CENTENNIAL GALA</b> |
| 27<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>7TH SUNDAY OF LUKE<br><b>GENERAL ASSEMBLY</b><br><b>2:00 PM MOVIE DAY<br/>GOYA &amp; JR GOYA</b> | 28<br><b>OXI DAY</b>                  | 29<br>10:00 AM BIBLE STUDY                              | 30<br>5:00 PM ORTHODOXY 101<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY | 31                                     |                                        |                                                                                                                                        |



# St. Sophia Greek Orthodox Church—November 2024

| Sun                                                                                                                                                      | Mon                                                                                      | Tue                                                                                             | Wed                                                                                                                                           | Thu                                                                                                                           | Fri                                                                             | Sat                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                          |                                                                                          |                                                                                                 |                                                                                                                                               |                                                                                                                               | 1                                                                               | 2<br>5:00 PM GREAT VESPERS                                                                                                                                                                              |
| 3<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>5TH SUNDAY OF LUKE<br><b>PASTA DINNER</b><br>TO BENEFIT<br>LOCAL FOOD PANTRY                          | 4                                                                                        | 5<br>10:00 AM BIBLE STUDY<br><b>Election Day</b><br>Go Vote<br>Today<br>6:00 PM YOUTH COMMITTEE | 6<br>5:00 PM ORTHODOXY 101<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY                                                                       | 7<br>6:00 PM CHOIR PRACTICE                                                                                                   | 8<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SYNAXIS OF<br>THE ARCHANGELS | 9<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br><b>SERVED WITH ROMANIANS</b><br>ST. NEKTARIOS<br>2:00 PM AHEPA MEETING<br><b>CELEBRATION OF</b><br><b>METROPOLITAN NICHOLAS</b><br><b>IN BUFFALO</b> |
| 10<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>8TH SUNDAY OF LUKE<br><b>STEWARDSHIP SUNDAY</b><br>& BREAKFAST<br><b>PARISH COUNCIL</b><br>ELECTIONS | 11<br> | 12<br>10:00 AM BIBLE STUDY                                                                      | 13<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. JOHN CHRYSOSTOM<br>5:00 PM ORTHODOXY 101<br>6:00 PM PARAKLESIS<br>7:00 PM BIBLE STUDY | 14<br>6:00 PM CHOIR PRACTICE                                                                                                  | 15<br><b>NATIVITY FAST</b><br><b>BEGINS</b>                                     | 16<br>5:00 PM GREAT VESPERS                                                                                                                                                                             |
| 17<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>9TH SUNDAY OF LUKE<br><b>PHILOTOCHOS MEETING</b>                                                     | 18                                                                                       | 19<br>10:00 AM BIBLE STUDY                                                                      | 20<br>5:00 PM ORTHODOXY 101<br>6:00 PM AKATHIST HYMN<br>FOR THE NATIVITY<br>7:00 PM BIBLE STUDY                                               | 21<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ENTRANCE OF<br>THE THEOTOKOS<br>INTO THE TEMPLE<br>6:00 PM CHOIR PRACTICE | 22                                                                              | 23<br>5:00 PM GREAT VESPERS                                                                                                                                                                             |
| 24<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>13TH SUNDAY OF LUKE                                                                                  | 25                                                                                       | 26<br>10:00 AM BIBLE STUDY                                                                      | 27<br>5:00 PM ORTHODOXY 101<br>6:00 PM AKATHIST HYMN<br>FOR THE NATIVITY<br>7:00 PM BIBLE STUDY                                               | 28<br>                                   | 29                                                                              | 30<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. ANDREW<br>11:30 AM<br>YOUTH DECORATING DAY<br>5:00 PM GREAT VESPERS                                                                             |