

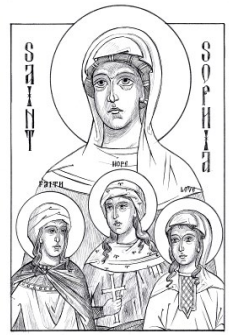


NEPSIS

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 TRIODION AND THE DEVIL

FEBRUARY 2025

Enemy-occupied territory – that is what this world is. Christianity is the story of how the rightful king has landed, you might say landed in disguise, and is asking us all to take part in a great campaign of sabotage. When you go to church you go to listen to secret messages from the home country: this is why the enemy is so anxious to prevent us from going. He does it by playing on our conceit and laziness and intellectual snobbery. I know someone will ask me, "Do you really mean, in this day and age, to re-introduce our old friend the devil – hoofs and horns and all?" Well, what the day and age has to do with it I do not know. And I am not particular about the hoofs and horns. But in other respects my answer is "Yes, I do." I do not claim to know anything about his personal appearance. If anybody really wants to know him better I would say to that person, "Don't worry. If you really want to, you will. Whether you'll like it when you do is another question."

My entire first paragraph this month consists of a quotation from the book Mere Christianity by C.S.Lewis, a wonderful book. When he wrote it, just after World War II, people were starting to disregard belief in the devil as being too backward, too childish and superstitious. Lewis was a professor at Oxford, and therefore sat at the pinnacle of intellectual life and civilization in his culture, and people were a little uncomfortable with his insistence that the devil was a force to be reckoned with in Christianity. And yet, Lewis continued to write about the devil, even producing a book of fictional letters from a demon to an apprentice demon (The Screwtape Letters).

And now, here we are eighty-some years later, and there are still people who think of themselves as Orthodox Christians who do not believe in the devil. I wonder how anyone could look at the history of the world, say, from Lewis' time until now, and not detect an evil influence guiding events. Certainly, there is much to be thankful for. But there is also much that is inexplicable outside the belief/knowledge that, every single day, human beings hand over to the devil control of the world we live in.

I think that a healthy respect for Satan's powers gives us the ability to avoid being obsessed with him. When we realize that the world is (as Lewis said) enemy-occupied territory, we are free to keep our eyes on God, and look for those moments when light defeats darkness. Our faith is not negative; however, without a negative there is no positive. In recognizing the existence of the devil, we celebrate the existence of God.

Brothers and sisters, this month we begin the Triodion, the month-long process of preparing for Lent. It is a somber time, a dark time. But remember this: the light is coming. And when it does, we will say: "At the name of Jesus every knee will bow, of those in heaven, and of those on earth, and of those under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father." Amen!

Your affectionate servant,
Father David

2025 Parish Council

Peter Manolacos
President

Thomas Anthis Jr.
Vice President

Robert Allen
Secretary

Michael Copanas
Treasurer

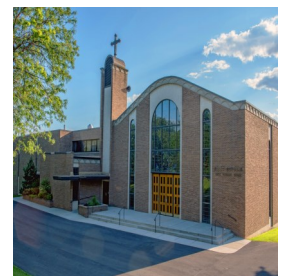
Joy Weatherup Anthis
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone
Marianna Politis-Taceas
Christopher Shiomos, OD
Jeanette Capousis Vigliotti

~~~~~  
Honorary  
Board Member  
James Sakezles



**VISIT THE  
PARISH  
WEBSITE**

[stsophias.org](http://stsophias.org)





## Presentation of Christ in the Temple



### February 2

*The story of the Presentation is told in Luke 2:22-29. Mary and Joseph were faithful Jews and observed their religious customs. An important custom was for the couple to take their first-born son to the Temple. The baby was taken to the Temple forty days after his birth and was dedicated to God. In addition, if the parents were wealthy, they were to bring a lamb and a young pigeon or a turtle dove to be offered as a sacrifice at the Temple. The custom provided that if the parents were poor, they were to offer two pigeons or two turtle doves for the sacrifice.*

*Joseph and Mary were not wealthy, so they took two turtle doves with them to offer as a sacrifice at the Temple.*

*When Jesus was forty days old, Mary and Joseph took Him to the Temple in Jerusalem. They were not wealthy, so they took two turtle doves with them to offer as a sacrifice at the Temple. As they arrived at the Temple, Mary and Joseph were met by a very old man named Simeon. He was a holy man and was noted as a very intelligent scholar. Simeon spent much time studying about the prophets of Israel. It was during his studies that he learned of the coming of the Messiah. The Jewish people were waiting for the Messiah to come and deliver Israel from their conquerors. From that time on, Simeon spent his time praying for the Messiah to come. He spent many years in prayer. Finally, while Simeon was praying he heard the voice of God. God promised Simeon that he would not die until he had seen the Messiah.*

*When Simeon saw Jesus, he took the baby in his arms and blessed the Lord and said:*

*"Lord, now let Your servant go in peace according to Your promise, because my eyes have seen Your salvation which you have prepared before the face of all peoples, a light to bring revelation to the Gentiles, and the glory to your people Israel."*

*Simeon took Jesus in his arms and praised God. Also, in the Temple was Anna the Prophetess. She had been a widow for many years. Anna was about eighty-four years old and spent her time in the Temple worshiping, fasting, and praying. When she saw the Christ Child she praised God and spoke of him to all who were awaiting the Messiah. After Jesus was presented in the Temple, the family returned to Galilee to the town of Nazareth. The Bible tells us that Jesus grew and became strong, and was filled with wisdom.*







*Please Join Us!*  
**2025 PAN-ORTHODOX**  
**LENTEN VESPERS**



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



*March 9, 2025*  
*Sunday of Orthodoxy*  
*St. Sophia Greek Orthodox Church*  
*325 Waring Road ~ Syracuse, NY 13224*



*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*



## PRESIDENT'S MESSAGE

Dear Parish,

"Blessed is the kingdom of the Father, the Son and the Holy Spirit". With these words the priest begins every Divine Liturgy. What follows (at St Sophia's) is a ritualized celebration that lasts about an hour. Now sometimes it takes more time due to memorials, special religious days, Christmas pageants. But the Liturgy takes an hour.

How long does a football, basketball, hockey game take? More than an hour. How hard do we try to be there when the game starts? We race to be there. If we are actually going to the game or say a concert, we plan ahead. We anticipate delays and we curse the traffic jam that messes up those plans. Why?

Attending these events is a high priority for us. We look forward to attending. They are exciting, they give us great pleasure. And we cannot wait to go to the next event.

When it comes to the Divine Liturgy, many people do not see the need to hear those first words the priest intones: "Blessed is the Kingdom of the Father, the Son, and the Holy Spirit". It's ok to be late. So think about it for a second or two. We race to all these secular events to be there at the beginning. We look forward to going to the point that we juggle our schedules to not miss one.

And the more we know about the game or music or whatever, the more satisfying our experience is. You know the rules, you know the music. You do not merely attend. You participate at a very high level with all that is going on. All performed by fellow mortals who provide entertainment, mental diversions, even, for many, joy.

What about the Liturgy? Well we believe that God Himself is there every time. The Holy Spirit changes the wine into the blood of Christ and the bread into his body. Jesus tells us in Luke and John that this is my body and this is my blood. Do this in remembrance of me. Orthodox Christians believe that this transformation actually occurs. We participate in the mystery of the Holy Eucharist.

During the Divine Liturgy God is in the church offering us the way to salvation. He is there every time. I venture to say that God's presence in the church should be the most compelling reason for us to attend the liturgy above all other events in our lives. And, I will add, to be there for that invocation "Blessed is the kingdom of the Father, the Son, and the Holy Spirit".

I want to congratulate AHEPA and Philoptochos for sponsoring the January dance. It was a joyful event. The Ioannidis family (Garden View Diner) provided a terrific meal which everyone really enjoyed. The Aegeans did their thing and a great time was had by all.

The sound system, I have been told, will be installed in mid February. There was a delay in the delivery of the speakers. I will keep you informed of any changes.

Yours in Christ,

*Peter Manolakos*

Parish Council President



# CHOIR

*We welcome everyone to join our Choir*

*Check the Church Calendar for upcoming Choir Practices*

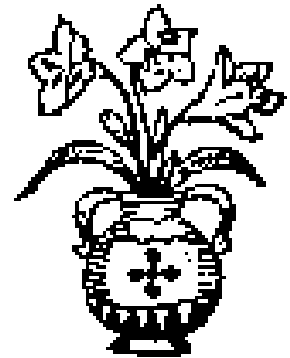
## STEWARDSHIP MESSAGE

Dear Parish,

Please send in your 2025 pledge cards as soon as you can.

We thank you for your support.

Yours in Christ,  
*Peter Manolakos*  
Parish Council President



### 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](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**





## Shut-In & Hospital Visitations

If you know of anyone that is unable to attend Church due to sickness or infirmity please call the Church office to schedule home visitations for these parishioners. Father David is regularly making visitations and these parishioners will be visited and will be able to receive Communion.

Again, please tell Father David everyone that you know of who is a shut-in or who is in the hospital. The Church is the first place that you should call!

## December 2024 Sacramental Registry

### Baptisms



*Damien Luca Terpstra  
Ruth Fissehaye*

### Funerals



*Zaharoula Lemonides  
Vasilios Pothos*

## February 2025 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:*

February 2, 2025  
*Jeanette Vigliotti  
Artemis Voudouris*

February 9, 2025  
*Artemis Gilbert  
Anastasia Ioannidis*

February 16, 2025  
*Stavroula Kipouropoulos  
Lula Kiser*

February 23, 2025  
*Zafiria Kozaniti  
Despina (Tina) Lemon*

*~ Also, first two weeks of March 2025 ~*

March 2, 2025  
*Patricia Meskos  
Frieda Meskos*

March 9, 2025  
*Vasiliki Mihou  
Garyfallia Papageorge*

*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.*

**Procedure to Schedule a Memorial Sponsored Coffee Hour Service:**

1. Call the church office 315-446-5222 and schedule the memorial and sponsored coffee hour with Katina Luvadis (Church Administrative Assistant).
2. Choose one of the levels of Coffee Service below. 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.)

**Mail check to: Attn: Philoptochos 325 Waring Road – Syracuse, NY 13224**

**Sponsored Coffee Service Options**

**=>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.*

*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 these 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 February 2025....

Philoptochos brought in the New Year 2025 in a memorable way. On Saturday, January 11<sup>th</sup> – the first annual Winter Wonderland Hellenic Dinner Dance hosted approximately 200 attendees at Saint Sophia Greek Orthodox Church. The Aegeans brought the musical vibe with their classic Greek music, and The Garden View Diner provided the delicious food. Our church members came together and enjoyed a wonderful Hellenic traditional evening full of kefi! Thank you to Dr. James Telonis and AHEPA Local Chapter 37, Saint Sophia’s Parish Council, and all the members of Philoptochos that supported this event and that will continue annually for years to come.

Vasilopita Sunday on January 12<sup>th</sup>. A huge thank you to our Chairpersons Anna Romanowski and Debbie Politis, who collaborated with master bakers, Frieda Meskos, Jeannette Vigliotti, Kathy Bristol, Maria Allis, Patty Meskos, Roda Giaprakis, Stavroula Kipouropoulos, and Toni Dalakos. All donations received for Vasilopita Sunday go to Saint Basil’s Academy.

### Upcoming Philoptochos Events:

1. **Philoptochos Fellowship Brunch at Drumlins Bistro 1926 – February 15, 2025 – Saturday – Brunch is open to, not only EVERYONE, not only Philoptochos members.**
2. **Cheesefare Sunday Church Luncheon – Sunday - March 2, 2025 – Catered by Garden View Diner – Reservations are required for Dine-in and Take-Out - \$10 / person - *Proceeds to benefit local charities.***
3. March 16 – Sunday – Meeting after Church Services
4. **April Bake Sale Weekend – Friday, April 11, Saturday April 12 (Start at Noon) & Sunday April 13, 2025 – Palm Sunday**
5. May 3<sup>th</sup> - Saturday– Officer Elections – Pot Luck Luncheon – 11:00 – 1:00 pm – Hosted by Cara Potamianos, to be held at her home.

Join/Renew your membership to Philoptochos. Members must be 18 years of age to join. Stop by the membership table after church services to be part of the women of Philoptochos who steward the charitable work of our Holy Greek Orthodox Church..

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

With the Spirit of Philanthropy,  
Theone Kalkinis, Philoptochos President



### Looking ahead:

**Scholarship Deadline for High School Seniors – Wednesday, April 30<sup>th</sup>** –by Noon. This year there is ONE Application for Philoptochos, Saint Sophia Scholarships. Applications will be available in the Church Office. For questions reach out to: [Philoptochos@stsophias.org](mailto:Philoptochos@stsophias.org)  
Electronic submissions are not accepted.

**Deadline for submission is April 30<sup>th</sup>, 2024**



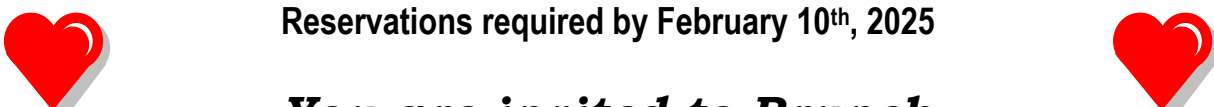
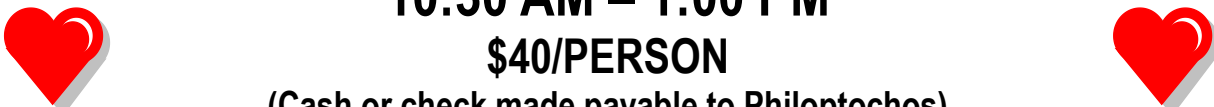
**SATURDAY, FEBRUARY 15, 2025**

**10:30 AM – 1:00 PM**

**\$40/PERSON**

**(Cash or check made payable to Philoptochos)**

**Reservations required by February 10<sup>th</sup>, 2025**



***You are invited to Brunch  
with***

***PHILOTOCHOS***

**THE BISTRO 1926**

**AT DRUMLINS**

**800 NOTTINGHAM RD**

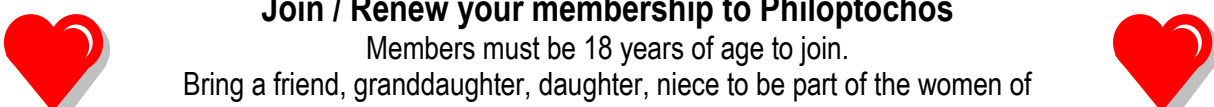
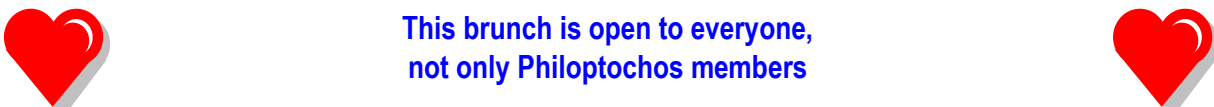


**This brunch is open to everyone,  
not only Philoptochos members**

**Join / Renew your membership to Philoptochos**

Members must be 18 years of age to join.

Bring a friend, granddaughter, daughter, niece to be part of the women of Philoptochos who steward the charitable work of our Holy Orthodox Church.

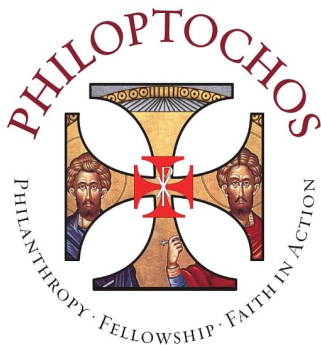
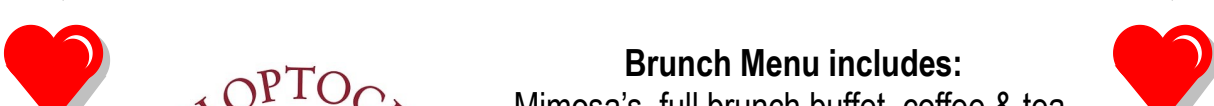
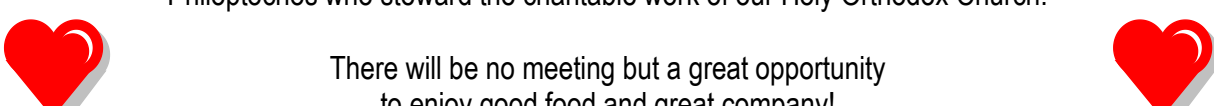


There will be no meeting but a great opportunity to enjoy good food and great company!

**Brunch Menu includes:**

Mimosa's, full brunch buffet, coffee & tea.

*(of course there are gluten-free options)*

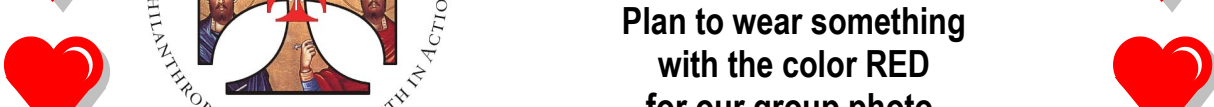
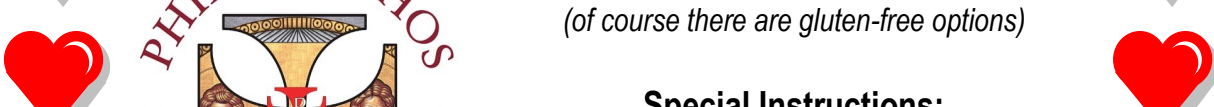


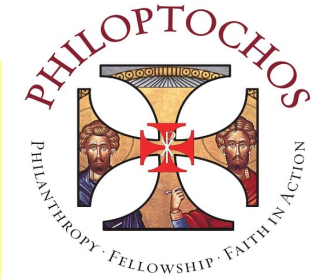
**Special Instructions:**

**Plan to wear something**

**with the color RED**

**for our group photo.**





Philoptochos Event  
 To benefit local Charities  
*Catered by Gardenview Diner*

**Sunday, March 2, 2025**

**11:30 AM – 1:30 PM**

**\$10/PERSON**

**(Cash or check payable to: Philoptochos)**

***PHILOPTOCHOS  
 CHEESEFARE SUNDAY***

**Reservations are required – to help us plan accordingly  
 Eat-in or Take-Out Available**

*\*Walk-ins welcome based on availability.\**

Please help us plan accordingly.

**Menu items include:**

Tiropita or Spanakopita (pick one at time of reservation)  
 Macaroni and Cheese, Gigantes (Lima Beans Greek Style),  
 Salad & Dessert

\$10.00 per person for a complete meal only

***THERE ARE NO A-LA-CARTE OPTIONS***

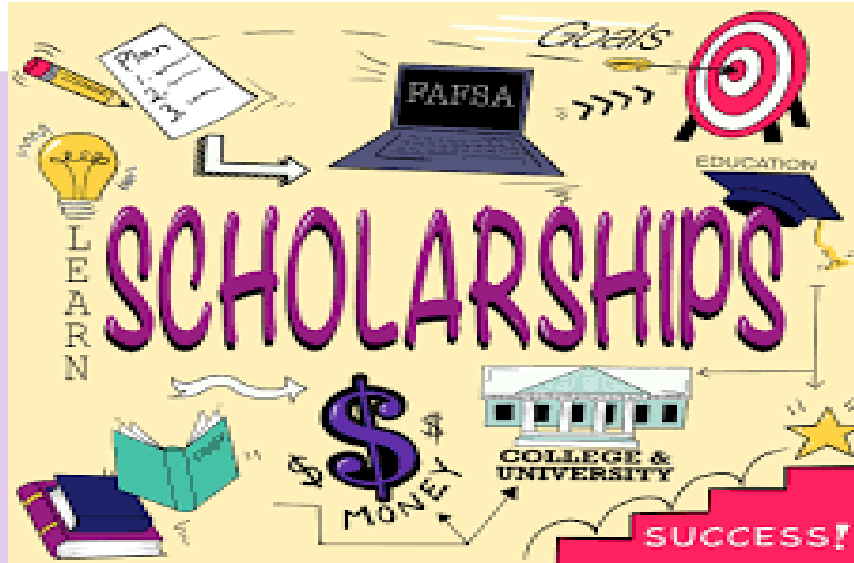
**RSVP by no later than 2/24/2025 - SUNDAY  
 after church services at the Philoptochos reservation table OR online**

**<https://st-sophia-greek-orthodox-church.square.site/>**

**OR**

**Email: [philoptochos@stsophias.org](mailto:philoptochos@stsophias.org)**

**(include contact #, full name, # in reservation, eat in or take out)**



***ATTENTION  
HIGH SCHOOL SENIORS***

***NOW AVAILABLE  
Applications for  
Saint Sophia Greek Orthodox Church,  
Philoptochos & 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***



## Syracuse AHEPA Chapter 37 ~ ~ February 2025 News ~ ~

On January 11th we celebrated the first annual “Winter Wonderland” dinner-dance at the Church. About 200 attendees enjoyed a night of music, dancing and tasty food. Philoptochos and the Parish Council co-sponsored the event along with AHEPA Syracuse Chapter 37. The Aegeans once again had most of the crowd on their feet dancing to a variety of Greek music. Garden-View Diner provided a nice variety of food.

I want to thank all for attending and making it a great success. I especially want to thank Theone Kalkinis and Sophie Meskos and all others who helped.

It was so pleasant to see the young people of our community having fun and many of the adults were reminded of dances of the past. We hope to make “Winter Wonderland” an annual celebration. Here are a few photos from the January 11th Winter Wonderland Dinner Dance.

Thank you,

James Telonis, President  
Syracuse AHEPA Chapter #37



*January 11th Winter Wonderland Dinner Dance*



# Syracuse AHEPA Chapter 37 ~~ February 2025 News ~~



*January 11th Winter Wonderland Dinner Dance  
A GREAT TIME WAS HAD BY ALL !*



# February 2025

## Program Schedule For Cable Television



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

February 2

The Epistle to the Romans, part 5

February 9

The Epistle to the Romans, part 6

February 16

The Epistle to the Romans, part 7

February 23

The Epistle to the Romans, part 8

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

February 3

Unseen Warfare, chapter 2

February 10

Unseen Warfare, chapter 3

February 17

Unseen Warfare, chapter 11

February 24

Unseen Warfare, chapter 12

***All Programs Air on Spectrum Cable Chanel 98***

### St. Sophia's Website & Mailing List

Visit the St. Sophia's website at [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.

# 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—March 2025

| Sun                                                                                                                                                                  | Mon                                                   | Tue                                                                                                                       | Wed                                    | Thu                          | Fri                                   | Sat                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------|---------------------------------------|---------------------------------------------------------------------------------------------------|
|                                                                                                                                                                      |                                                       |                                                                                                                           |                                        |                              |                                       | 1<br>10:00 AM<br>ROMANIAN LITURGY<br><br>5:00 PM GREAT VESPERS                                    |
| 2<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>FORGIVENESS SUNDAY<br>CHEESEFARE SUNDAY<br><b>PHILOTOCHOS<br/>CHEESEFARE LUNCHEON</b>                             | 3<br><b>LENT BEGINS</b><br><br>6:00 PM GREAT COMPLINE | 4<br>10:00 AM BIBLE STUDY                                                                                                 | 5<br>9:00 AM<br>PRESANCTIFIED LITURGY  | 6<br>6:00 PM CHOIR PRACTICE  | 7<br>6:00 PM<br>FIRST AKATHIST HYMN   | 8<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br><br>5:00 PM GREAT VESPERS |
| 9<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF ORTHODOXY<br><br><b>ORATORICAL FESTIVAL</b><br><b>6:00 PM LENTEN VESPERS</b>                            | 10<br>5:00 PM GREAT COMPLINE                          | 11<br>10:00 AM BIBLE STUDY                                                                                                | 12<br>9:00 AM<br>PRESANCTIFIED LITURGY | 13<br>6:00 PM CHOIR PRACTICE | 14<br>6:00 PM<br>SECOND AKATHIST HYMN | 15<br>5:00 PM GREAT VESPERS                                                                       |
| 16<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. GREGORY PALAMAS<br><b>PHILOTOCHOS MEETING</b><br><b>6:00 PM LENTEN VESPERS<br/>AT ST. ELIAS</b> | 17<br>5:00 PM GREAT COMPLINE                          | 18<br>10:00 AM BIBLE STUDY<br><br>6:00 PM AHEPA MEETING                                                                   | 19<br>9:00 AM<br>PRESANCTIFIED LITURGY | 20<br>6:00 PM CHOIR PRACTICE | 21<br>6:00 PM<br>THIRD AKATHIST HYMN  | 22<br>5:00 PM GREAT VESPERS                                                                       |
| 23<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE HOLY CROSS<br><b>GOYA MEETING</b><br><b>6:00 PM LENTEN VESPERS<br/>AT STS. PETER &amp; PAUL</b> | 24<br>5:00 PM GREAT COMPLINE                          | 25<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ANNUNCIATION OF<br>THE THEOTOKOS<br><br><b>GREEK INDEPENDENCE DAY</b> | 26<br>9:00 AM<br>PRESANCTIFIED LITURGY | 27<br>6:00 PM CHOIR PRACTICE | 28<br>6:00 PM<br>FOURTH AKATHIST HYMN | 29<br>10:00 AM<br>ROMANIAN LITURGY<br><br>5:00 PM GREAT VESPERS                                   |
| 30<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. JOHN CLIMACUS<br><b>6:00 PM LENTEN VESPERS<br/>AT ST. LUKE'S</b>                                | 31                                                    |                                                                                                                           |                                        |                              |                                       |                                                                                                   |