

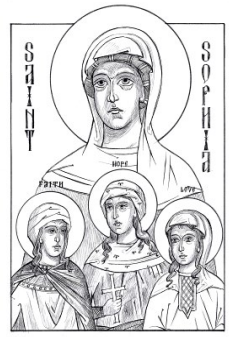


NEPSIS

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 Paschal Sermon of St. Epiphanos

APRIL 2025

The lights are all turned off in the church, it's the beginning of the night service on Great and Holy Saturday. I ascend the pulpit, and begin reading: "What thing is this? Today there is great silence upon the earth, great silence and stillness, verily great silence, for the King sleeps."

This is the beginning of the great sermon by St. Epiphanos the Bishop of Cyprus, a sermon written and delivered in the fourth century. Since that time it has been a standard part of the Great and Holy Saturday commemorations at many monasteries and parishes. The focus of the sermon makes it rather unique: it is a careful description of the time between the crucifixion and the resurrection – the so-called Harrowing of Hell.

We know that our Lord did not simply "rest" while He lay in the grave for three days – why would He do that? If there was nothing specifically to do, no tasks to perform, Jesus would have risen from the dead immediately. Some say that the prophecy of Jonah needed to be fulfilled. Is that why our Lord stayed in the grave three days? To ask that question is a misunderstanding of prophecy. The prophets did not tell the future so that the future could fit into their prophecies; rather, they looked at the future and described what they saw. They saw Christ in the tomb for three days, because He was busy there, and so the prophecy of Jonah told the Jewish nation that this would be one of the signs that would signal the coming of the Messiah.

Our Lord did not rest, because Hell needed some re-adjusting. First Peter 3:19-20 tells us that Jesus "went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah..." In other words, Jesus went to Hell (prison) to retrieve those who the devil had imprisoned from the time before His coming (the days of Noah). And how did that happen? We don't know, but there are things that we can assume: 1) Hell was and is a gloomy place, 2) the souls it held and holds are kept in darkness, and 3) the entrance of the Risen Christ into this milieu was an awesome and terrible event. And so on. St. Epiphanos' sermon is a meditation on the Harrowing of Hell.

St. Epiphanos desires that we would contemplate the truth of the darkness that surrounds us when we walk into the church on Pascha, and invites us to experience something of the same thrill the souls in Hell felt when they saw the light: Δεῦτε λάβετε φῶς ἐκ τοῦ ἀνεσπέρου φωτός: come take light from the light that is never overtaken by night! When the priest walks out through the Holy Doors with the paschal candle, inviting all to take light from the light, he brings the good news of salvation, walking from the Kingdom of God into the kingdom of the devil with the light of Christ. This is what it was for Christ to "harrow" Hell. He brought life, and light, salvation, and freedom to those who needed it.

I schedule this sermon at 10:45. It takes about 45 minutes to read, and we'll start the Paschal service at 11:30, as usual. Come and sit in the darkness, hear the inspired words of St. Epiphanos, and be present as the light of Christ comes – illumining all! Καλό Πάσχα! A happy Pascha to you, my brothers and sisters in Christ!

Your affectionate servant,
Father David

2025 Parish Council

Peter Manolacos
President

Thomas Anthis Jr.
Vice President

Robert Allen
Secretary

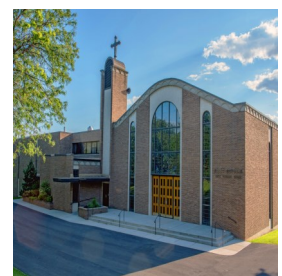
Michael Copanas
Treasurer

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)



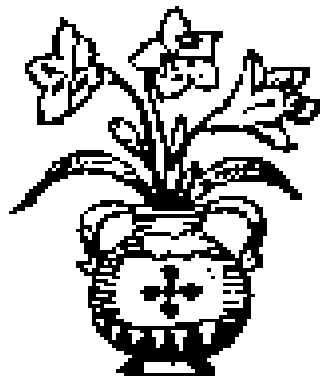


*Please Join Us!*  
**2025 PAN-ORTHODOX**  
**LENTEN VESPERS**

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

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

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





## PRESIDENT'S MESSAGE

Dear Parish,

Holy Week is an intense time for the Orthodox Church. Unlike many other Christian denominations, we mark each day in Holy Week with religious services. Most of us do not attend these services. We are too busy, they are too long, we do not understand why we have them.

While I have some sympathy with all these reasons for not attending, let me offer reasons to attend. The most mundane reason might be that with our new sound system we can all hear every word that is said during the service. The more important reasons are that the services help us participate in the final passion of our Lord and Savior Jesus Christ.

Holy Week is a time of great sadness, a time for tears, a time to really try to understand what Jesus did for us as He was hanging on the cross. The sadness and the tears are obliterated when at Pascha we sing Christ Is Risen. The tears of pain and sadness become tears joy and thanksgiving. Christ died on the cross so that we may be saved. God's gift of His only begotten son provides us with the opportunity for life eternal. This Holy Week let us all, each and every one of us, recognize the Love that God extended to us and the profundity of His gift. Thanks be to God.

On April 6 we will hold our spring General Assembly meeting. The treasurer's report will show that 2024 was a financially excellent year. Everything went our way. Financial markets were up, festival profits were up, and major expenses were down. This is great news and we are grateful for these developments.

But, and there is always a "but", things can go the other way. Financial markets go down, festival profits can go down, and expenses, especially on a 53 year old facility, can and I think it is fair to say, will go up. So we are grateful for our good fortune in 2024 but, and there is that "but" again, we do not take anything for granted.

With this in mind, we go into high festival activity with the same plea we have every year. While so many parishioners and friends of St. Sophia are steadfast and loyal volunteers, we once again face the need to appeal to the folks who can volunteer but do not. If you have never worked for the Festival I can assure you that you are missing out. Yes we work hard and we get tired, but we have fun and we get to know each other better. Come and join us. You are most welcome.

On Sunday March 23, parents and children of all ages got together for St Sophia's Fun Night . Everyone, and I do mean everyone, had a great time. Many thanks to all who made this gathering such a success. We are looking to repeat this again in April. Once again I say, come and join us. You will be glad you did.

From all of us on the Parish Council, have a meaningful Holy Week and a Blessed Pascha.

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

As you will see if you attend the April General Assembly meeting, stewardship contributions were up a little in 2024. I can tell you ,when it comes to income “up” even a little, is good. And you might be thinking, well that was an astute comment. And, certainly, you would not be wrong. I will now offer you another astute financial comment. Up more is even better than up a little. If you can increase your stewardship contribution, please do it. You might think that since 2024 was such a financially good year for St Sophia, she does not need an increase in your stewardship gift. But there are no guarantees in the financial world so I ask you to think about stewardship independently of our non stewardship bottom line. Remember that our goal is to provide for the long term financial health of our church. Growing stewardship is crucial to achieving that goal.

Many thanks to all of our stewards for the contributions they make.

The Stewardship Committee



### 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**





**February 2025**  
**Sacramental Registry**

**Funeral**



***George Aravantinos***

**April 2025 Memorials**  
**Eternal Be Their Memory**

**April 6, 2025**

**Memorial Service**



Mary Sakezles (40 Days)  
Panagiotis Marinos (1 Year)  
Anne Giopulos (3 Years)

**Trisagion Prayer**



James Panarites (5 Years)  
Benny LaRocca (6 Years)  
Claudia Conostas (9 Years)  
Gus Columbus (15 Years)  
Carol Panarites (15 Years)  
Joanne Allis (18 Years)  
James Giopulos (30 Years)  
John Panarites (50 Years)

**April 13, April 20 & April 27, 2025**  
Memorials not allowed



**April 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:*

April 6, 2025

*Lula Kiser  
Thalia Tonas*

April 13, 2025

*Sofia Vasiliou  
Jeanette Vigliotti*

April 20, 2025

*PASCHA  
No Coffee Hour*

April 27, 2025

*Artemis Voudouris  
Effie Weismore*

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

May 4, 2025

*Diane Peters  
Sophia Wales*

May 11, 2025

*Chrisoula Anastasiou  
Helen Aravantinos*

~~~~~

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

All are welcome.

April 2025 Coffee Hour

April 6, 2025

In Memory of
Panagiotis Marinos
Given by the Family





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 April 2025....

Consider a leadership role to serve as an officer on the local chapter of Philoptochos of Saint Sophia Greek Orthodox Church. We must be reminded the Ladies Philoptochos Society was formed with the leadership of the late Father Michael C. Harmand, laying the foundation, which has remained solid for over 50 years.

We are one of the largest philanthropic organizations in the United States in terms of money donated to charitable causes. We contribute monthly to our mission commitment obligations to both National Philoptochos and Metropolitan Philoptochos. We also support our local community.

Recent support for our Syracuse Community and beyond includes:

- Diaper Bank of Central New York
- In My Father's Kitchen
- Fallen Officers Fund: Syracuse Police Officer Michael Jensen and Sheriff's Lt. Michael Hoosock
- Jamesville-DeWitt Ecumenical Food Pantry
- Saints Peter and Paul Orthodox Church Food Ministries
- High School Scholarship Awards for Youth of Saint Sophia Greek Orthodox Church
- Youth Scholarships for Hellenic Summer Camp
- Saint Sophia Hellenic Dance Program
- World Central Kitchen of California Fire Support
- Engage Humanity Los Angeles – Support for Southern California Fires
- Rome/Oneida/Canastota Tornado Victims
- Saint Sophia Greek Orthodox Church- general and candle funds

Rotation of service leadership encourages the leadership responsibilities are shared among a group of individuals, promoting a sense of shared responsibility within an organization contributing to a healthier and more dynamic group. Engage in serving the mission of Philoptochos Ladies Society of Saint Sophia Greek Orthodox Church by applying your gifts of service, leadership, and empathy in one of the Board Officer roles. You must be a Philoptochos member in good standing and you may obtain more information from a current Philoptochos Board Member by stopping by the Philoptochos Table after church.

A very big THANK YOU to the generous donation provided by Gardenview Diner. Cheesefare Sunday provided over 120 meals ordered by Parishioners, catered by Gardenview Diner, and served by Philoptochos. We raised \$1,224.00! Proceeds will be sent to a local charity in Syracuse - McMahon Ryan Child Advocacy Center to support its mission, as well as support towards our mission commitments. It is truly an honor to fulfill our mission for Philoptochos and to collaborate with all of our stakeholders to raise money to support our local community and create an opportunity to engage in fellowship.



Continued on Page 8



Philoptochos News April 2025....

Continued from Page 7

Upcoming Philoptochos Events and Meetings:

April Bake Sale Weekend – Friday, April 11, **Saturday April 12 (Start at Noon)** & Sunday April 13, 2025 – Palm Sunday – Get your supply of Koulourakia, Baklava, Paximathia, Kourambiethes and more.....Join us for Coffee on these days and enjoy the treats provided by our Philoptochos Ladies. Don't miss it!

Easter Basket Raffle drawing to be held on Palm Sunday - April 13th – Look for the beautiful Easter baskets and consider donating a basket and supporting this fundraiser to support Philoptochos mission.

Easter Lilly Sale – First-come-first-serve to purchase A LIMITED SUPPLY OF EASTER LILLIES for sale for \$20 each to honor your loved ones. Please stop by the Philoptochos table or see Maria Allis. You may purchase by cash or check made payable to Philoptochos in memory of beloved family members.

May 3th - Saturday– Philoptochos Meeting AND Officer Elections – Sign up and RSVP after church at the Philoptochos table.

Hosted at Cara Potamianos' home from 11:00 to 1:00 pm.

This is the final meeting of the season and elections will be held for the new slate of Philoptochos Board Officers. There are a seven (7) Board Officer position open (2 year term).

TWO SCHOLARSHIP OPPORTUNITIES FOR SAINT SOPHIA GREEK ORTHODOX HIGH SCHOOL SENIORS!

Scholarship Deadline for High School Seniors – Wednesday, April 30th –by Noon. This year there is ONE Application for Philoptochos, Saint Sophia Scholarships. Applications are now available in the Church Office. **Electronic submissions are not accepted. Deadline for submission is April 30th, 2025**

AND

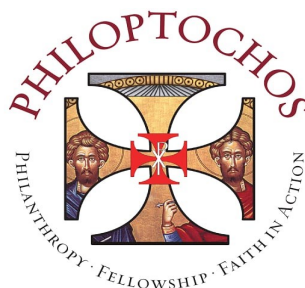
Additionally, the Metropolis Level Philoptochos Scholarship is Due April 30th, 2025. Complete the entire application available on the Metropolis website:

www.detroit.goarch.org

Or go this link: <https://www.metropolisofdetroitphiloptochos.org/events-and-news/florence-g.-stefanou-memorial-scholarship>

With the Spirit of Philanthropy,

Theone Kalkinis, President
Philoptochos



Continued on Page 9

Philoptochos News April 2025....

Continued from Page 8



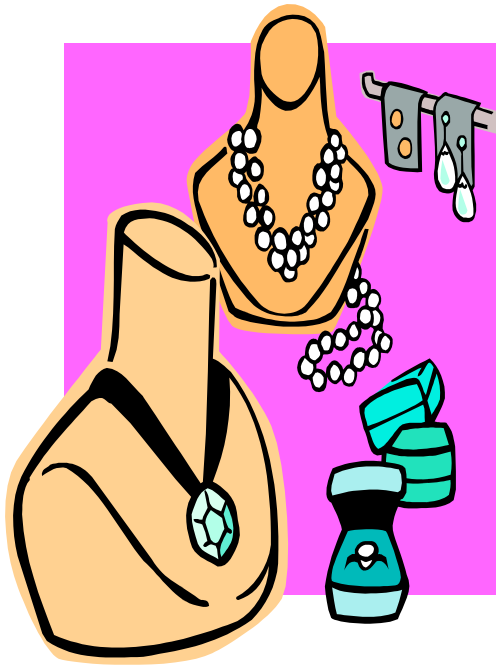
Join / Renew your membership to Philoptochos. Members must be 18 years of age to join. Stop by the membership table after church services to be part of the women of Philoptochos who steward the charitable work of our Holy Greek Orthodox Church. You can make a difference.



Current Philoptochos Board Officers and open positions:

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





PHILOPTOCHOS COSTUME JEWELRY DRIVE

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

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



PHILOPTOCHOS EVENTS



Easter Basket Raffle

Baskets will be displayed and tickets can be purchased beginning on Sunday, April 6th. We will have the drawing on Palm Sunday—April 13th. Funds raised will be utilized for our numerous philanthropic projects.



Easter Lily Sale

Philoptochos has Easter Lillies for sale again this year for \$20 each. Twenty plants will be available on a first come basis. The plants are in honor of the Departed and will be on the Solea for Pascha and can be taken home after Bright Week. Interested parties should stop by the table in the foyer after Sunday services. You may purchase by cash or check made payable to Philoptochos.





Philoptochos

Easter Bake Sale

Friday, April 11 ~ 2 pm to 6 pm
Saturday, April 12 ~ Noon to 4 pm
Sunday, April 13 ~ Noon to 1:30 pm

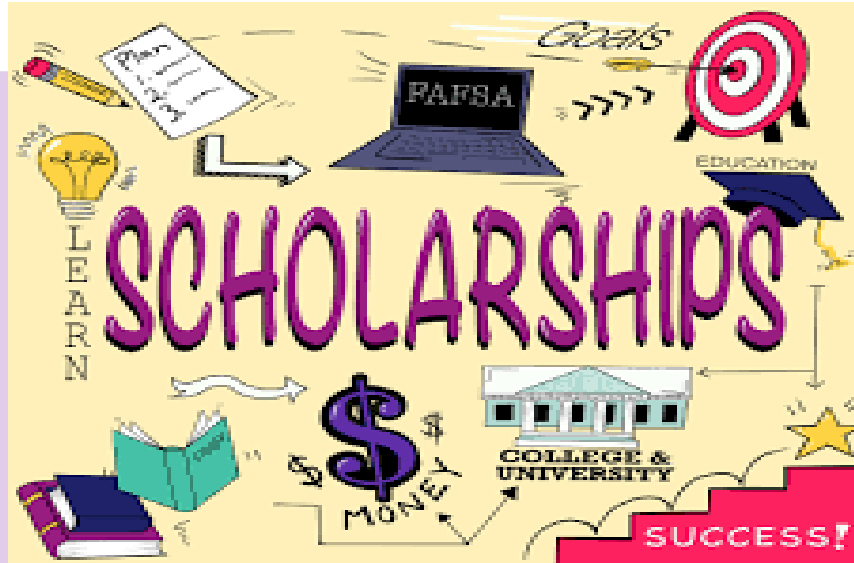
*FEATURING A LARGE ASSORTMENT
OF DELICIOUS GREEK & AMERICAN
PASTRIES & TSOUREKI (EASTER BREAD)*



*Parishioners please drop off your donated Pastries
Wednesday, April 9 or Thursday, April 10
from 10:00 AM to 2:00 PM*

ATTENTION...
We need Bakers to make Pastries and to assist at the Bake Sale
If you are available to help
Please contact Jeanette Vigliotti at (315) 481-7816

Proceeds to benefit local charities



***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 ~ ~ April 2025 News ~ ~

AHEPA scholarship applications are available at church. High school seniors and current college or trade school students with a father or grandfather active for at least two years with the chapter are eligible. Applications for District 6 can be found at ahepad6.com and national scholarships as well as athletic scholarships are available online at ahepa.org.

AHEPA Day celebration will be held on Sunday, May 18th following liturgy. Scholarship winners will receive their awards at the luncheon. Thank you to brother Peter Demas and his committee for their work running the scholarship campaign. Gardenview Diner will be serving lunch. All are invited.

We are currently up to sixty-nine members as our chapter continues to grow. We will be initiating a chapter of Sons of Pericles for young men between the ages of fourteen and twenty eight promoting the great tenets of AHEPA to our youth. Sons of Pericles was established in 1926 and has fostered leadership, community and lifelong friendships.

A special thank you to Thanos Import Market for providing tasty refreshments for the mayor's staff at the Greek Independence Day flag raising ceremony. Thank you as well to Ryan Frantzis for distributing the media advisory for coverage of our event. Thank you to the Honorable Mayor Ben Walsh for his final Greek Independence Day flag raising ceremony at City Hall celebrating the 204th anniversary of the revolution.

In honor of their service we will be placing both Greek and/or American flags on the headstones of our St. Sophia's community veterans at Oakwood and Woodlawn Cemeteries on Saturday May 24th at 10am. I would like to thank the Honorable brother Ted Limpert, our chapter's Director of Veterans Affairs for coordinating this event. Please contact Jim Telonis at 315-247-6639 if you wish to help.

Thank you,

James Telonis, President
Syracuse AHEPA Chapter #37





AHEPA SYRACUSE CHAPTER NO. 37

SCHOLARSHIP APPLICATION Year 2025

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

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

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

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

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

April 2025

Program Schedule For Cable Television



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

April 6

The Epistle to the Romans, part 14

April 13

The Epistle to the Romans, part 15

April 20

The Paschal Homily of St. Epiphanius

April 27

St. Epiphanius, continued

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

April 7

Unseen Warfare, chapter 32

April 14

Unseen Warfare, chapter 33

April 21

Unseen Warfare, chapter 34

April 28

Unseen Warfare, chapter 35

All Programs Air on Spectrum Cable Chanel 98

St. Sophia's Website & Mailing List

Visit the St. Sophia's website at 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.



The Greek Dance Season is upon us!

PRACTICES HAVE BEGUN !!!

Your 2025 Dance Crew:

Dancers in Training: Pre-K-1st Grade

Instructor: Andriana Cannon

Parent Volunteer: Crystal Swanson

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

Elementary Group: 2nd-4th Grade

Instructor: Stavros Vigliotti

Parent Volunteer: Anastasia Stark

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

Wednesdays: 6:00-7:00

Middle School Group: 5th-8th Grade

Instructor: Tina Carkey

Parent Volunteer: Marianna Politis

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

Wednesdays: 6:30-7:15

High School Group: 9th-12th Grade

Clemente Vigliotti, Stavros Vigliotti & Chryssa Tzetzis

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

Wednesdays: 7-8:30

We look forward to the 2025 dance season!

We will be utilizing the Remind App

and please mark your calendars

the Greek Cultural Festival is June 5-8th.

Elementary and Middle School Groups

will also be participating

at the Baldwinsville Cultural Fair

on Wednesday, May 7th @ 6pm.

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.

MARK YOUR CALENDARS



2025 GREEK FESTIVAL

THURSDAY, JUNE 5TH

FRIDAY, JUNE 6TH

SATURDAY, JUNE 7TH

SUNDAY, JUNE 8TH





2025 GREEK FESTIVAL

CALLING ALL PITA DOUGH MAKERS !!!!!

WE NEED YOUR HELP!!!!

PITA DOUGH WILL BE MADE ON :

SATURDAY—APRIL 26 AT 9:00 AM

SATURDAY—MAY 10 AT 9:00 AM



ALL ARE WELCOME!

**BRING YOUR APRON,
PITA STICK &
HAT TO WEAR!**

**FOLLOWING THE DOUGH MAKING SESSION,
INSTRUCTION WILL BE OFFERED
FOR MAKING A COMPLETE PITA...
THIS IS A PERFECT OPPORTUNITY
TO LEARN TO MAKE PITA DOUGH
& TO LEARN TO MAKE PITA**

VOLUNTEERS OF ALL SKILL LEVELS ARE WELCOME

SEE YOU THEN!!!



2025

GREAT LENT HOLY WEEK & PASCHA

Μεγάλη Τεσσαρακοστή Μεγάλη Εβδομάδα & Πάσχα

If the Son of God had not come down from heaven we should have had no hope of going up to heaven. If He had not become incarnate, suffered in the flesh, risen and ascended for our sake, we should not have known God's surpassing love for us. If He had not taken flesh and endured the passion while we were still ungodly, we should not have desisted from the pride which so often lifts us up and drags us down. Now that we have been exalted without contributing anything, we stay humble, and as we regard with understanding the greatness of God's promise and benevolence we grow in humility; from which comes salvation.

St. Gregory Palamas

~~~~~

It is indeed the time for all Christians to celebrate and enjoy the event of the Resurrection of Christ, our own resurrection, and the renewal of all creation. This schedule is meant to help you celebrate the coming Resurrection throughout Holy Week, so that when Pascha arrives your soul is prepared to receive the Risen Christ!

Fr. David Smith and the Parish Council of Saint Sophia's Greek Orthodox Church

Είναι πράγματι η ώρα για όλους τους Χριστιανούς να γιορτάσουμε και να απολαύσουμε το γεγονός της Αναστάσεως του Χριστού, που είναι η δική μας Ανάσταση και η ανανέωση όλης της δημιουργίας. Αυτό το πρόγραμμα έχει ως στόχο να σας βοηθήσει να δεσμευτείτε να παρακολουθήσετε την προετοιμασία για τον εορτασμό της Αναστάσεως όλη την εβδομάδα, έτσι ώστε όταν φτάσει το Πάσχα η ψυχή σας να είναι έτοιμη να λάβει τον Αναστημένο Χριστό!

Πατήρ Δαβίδ Σμίθ και το ενοριακό συμβούλιο της Ορθόδοξης Ελληνικής Εκκλησίας της Αγίας Σοφίας.



***GREAT and HOLY LENT***



# **2025 HOLY WEEK SCHEDULE & EVENTS**

## **The Saturday of Lazarus—April 12**

Orthros 9:00 am  
Divine Liturgy 10:00 am  
Followed by folding of Palms for Palm Sunday  
Great Vespers 5:00 pm

## **Palm Sunday—April 13**

Orthros 8:45 am  
Blessing of Palms 9:45 am  
Divine Liturgy 10:00 am  
Bridegroom Orthros 6:00 pm

## **Holy Monday—April 14**

Presanctified Liturgy 9:00 am  
Bridegroom Orthros 6:00 pm

## **Holy Tuesday—April 15**

Presanctified Liturgy 9:00 am  
Bridegroom Orthros 6:00 pm

## **Holy Wednesday—April 16**

Presanctified Liturgy 9:00 am  
Holy Unction 3:00 pm  
Holy Unction 6:00 pm

## **Holy Thursday—April 17**

First Eucharist Divine Liturgy 9:00 am  
Orthros of the Twelve Gospels 6:00 pm

## **Great and Holy Friday—April 18**

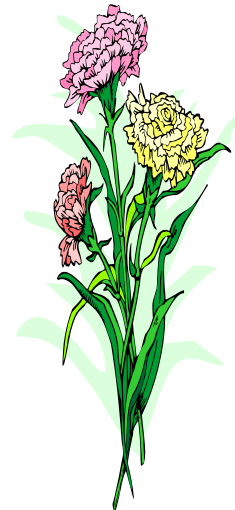
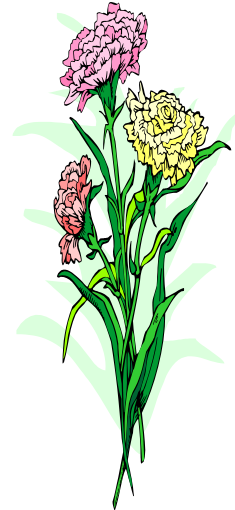
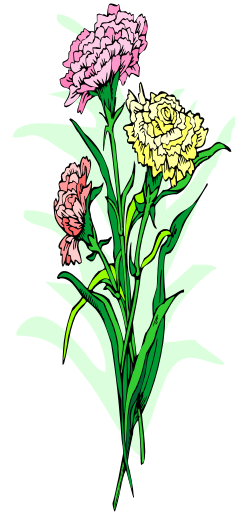
Royal Hours 9:00 am  
Retreat 11:00 am  
Unnailing Vespers 3:00 pm  
Epitafios Service 6:00 pm

## **Holy and Great Saturday—April 19**

Protoanasisi Divine Liturgy 9:00 am  
Resurrection Service—Pascha 10:30 pm

## **Pascha—Easter Sunday—May 5**

Agape Vespers 12:00 pm (Noon)  
Easter Egg Hunt







## Donations for the Church Used during Holy Week and through the Year

The following donations are for use of the purchase of items used in the Altar throughout the year. Pure beeswax candles and 100% olive oil are preferred since they have no impurities and have no animal products in them.

- \*Incense \$50.00 per pound and needed throughout the year
- \*Altar Wine \$125.00 per case (needed throughout the year)
- \*Ecclesiastical Books

### ΔΩΡΕΕΣ ΣΤΗΝ ΕΚΚΛΗΣΙΑ ( ΓΙΑ ΤΗΝ Μ. ΕΒΔΟΜΑΔΑ ΚΑΙ ΓΙΑ ΟΛΟ ΤΟ ΧΡΟΝΟ )

Οι παρακάτω δωρέες προορίζονται για την αγορά προϊόντων που θα χρησιμοποιηθούν στο Ιερό για όλο το χρόνο. Προτιμάμε γνήσιον κερι μέλισσας και αγνό ελαιόλαδο επειδή δεν έχουν καμία άλλη χημική ή ζωική προσθήκη.

- Λιβάνι \$50.00 το πάουντ (το χρησιμοποιούμε όλο το χρόνο).
- Κρασί για το Ιερό \$125.00 η κάσα (το χρησιμοποιούμε όλο το χρόνο).
- Εκκλησιαστικά βιβλία.

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## Flowers for Holy Week and Pascha Donate Online

- \*Palms used on Palm Sunday
- \*Flowers for the Icon of the Nymphios and the Resurrection.
- \*Lilies and cut flowers for vases.
- \*Flowers to decorate the Kouvouklion (Epitafios) for Good Friday.



### ΛΟΥΛΟΥΔΙΑ ΓΙΑ ΤΗ Μ. ΕΒΔΟΜΑΔΑ ΚΑΙ ΠΑΣΧΑ ( ότι θέλετε προσφέρετε )

- - Βαΐα και φοίνικες για την Κυριακή των Βαΐων.
- - Λουλούδια για την εικόνα του Νυμφίου και της Αναστάσεως
- - Κρίνοι (Λίλιες) και λουλούδια για τα βάζα
- Λουλούδια για διακόσμηση του Κουβουκλίου την Μ. Παρασκευή

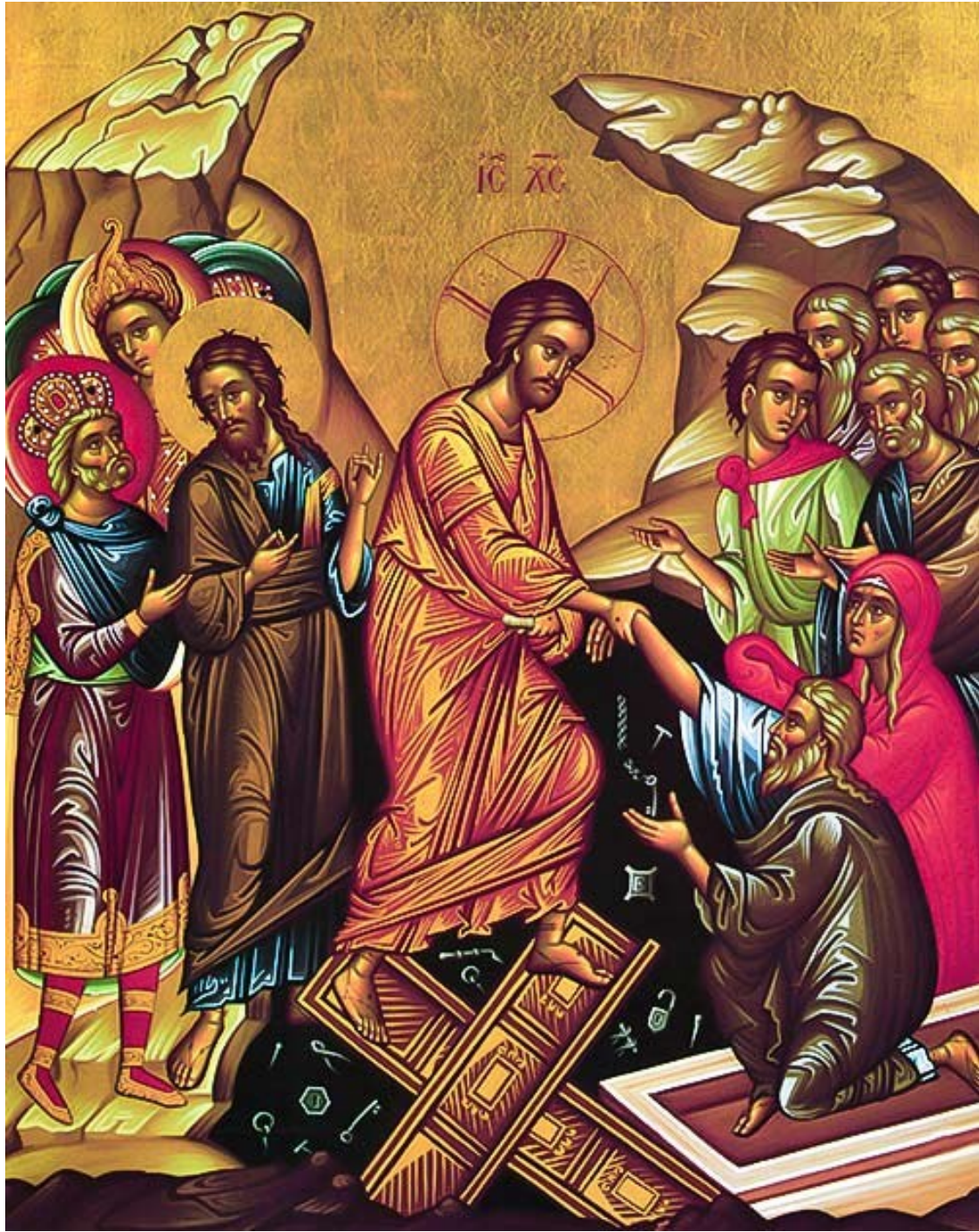
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## Pascha Offering Envelopes

Please pick up your special Pascha Offering Envelope at the candle stand in the Narthex. Please return this to the Church office by mail or simply drop it in the offering tray. May God bless you for your generosity and support of our Church! You may also contribute [online](#).

### ΠΑΣΧΑΛΙΝΟ ΦΑΚΕΛΑΚΙ

Παρακαλούμε, παραλάβαιτε το ιδιαίτερο φακελάκι για την Πασχαλινή προσφορά σας από τον πάγκο των κεριών, όπου είναι στον Νάρθηκα. Σας παρακαλούμε ταχυδρομείστε το στο γραφείο της εκκλησίας ή αφήστε το στο δίσκο. Ο Θεός να σας ευλογεί για την γενναιοδωρία σας και την υποστήριξή σας στην εκκλησία.



***GREAT AND HOLY PASCHA***  
***April 20, 2025***

# *Easter Youth Event*



Following Agape Vespers  
on PASCHA Sunday

# St. Sophia Greek Orthodox Church—April 2025

| Sun                                                                                                                                                                        | Mon                                                                                               | Tue                                                                                                | Wed                                                                                                             | Thu                                                                                                                      | Fri                                                                                                                              | Sat                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                            |                                                                                                   | 1<br>10:00 AM BIBLE STUDY<br><br>5:00 PM ORTHODOXY 101                                             | 2<br>9:00 AM<br>PRESANCTIFIED LITURGY                                                                           | 3<br><br>6:00 PM CHOIR PRACTICE                                                                                          | 4<br><br>6:00 PM FIFTH AKATHIST                                                                                                  | 5<br><br>5:00 PM GREAT VESPERS                                                                                                                                     |
| 6<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>ST. MARY OF EGYPT<br><b>GENERAL ASSEMBLY<br/>MEETING</b><br>6:00 PM LENTEN VESPERS<br>AT ST. GEORGE CHURCH | 7                                                                                                 | 8<br>10:00 AM BIBLE STUDY<br><br>5:00 PM ORTHODOXY 101                                             | 9<br>9:00 AM<br>PRESANCTIFIED LITURGY                                                                           | 10<br><br>6:00 PM CHOIR PRACTICE                                                                                         | 11<br><br><b>PHILOTOCHOS BAKE SALE</b>                                                                                           | 12<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>LAZARUS SATURDAY<br>PALM FOLDING<br><b>PHILOTOCHOS BAKE SALE</b><br>NOON-OCF WORK DAY<br>5:00 PM GREAT VESPERS |
| 13<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br><b>PALM SUNDAY</b><br><b>PHILOTOCHOS BAKE SALE</b><br>6:00 PM<br>BRIDEGROOM ORTHROS                                    | 14<br><b>HOLY MONDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br><br>6:00 PM<br>BRIDEGROOM ORTHROS | 15<br><b>HOLY TUESDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br><br>6:00 PM<br>BRIDEGROOM ORTHROS | 16<br><b>HOLY WEDNESDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br>3:00 PM HOLY UNCTION<br>6:00 PM HOLY UNCTION | 17<br><b>HOLY THURSDAY</b><br>9:00 AM FIRST EUCHARIST<br>DIVINE LITURGY<br><br>6:00 PM ORTHROS OF<br>THE TEWELVE GOSPELS | 18<br><b>HOLY FRIDAY</b><br>9:00 AM ROYAL HOURS<br>11:00 AM RETREAT<br>3:00 PM<br>UNNAILING VESPERS<br>6:00 PM EPITAFIOS SERVICE | 19<br><b>HOLY SATURDAY</b><br>9:00 AM PROTOANASTASI<br><br>10:30 PM PASCHA                                                                                         |
| 20<br><b>EASTER—PASCHA</b><br>12:00 PM NOON<br>AGAPE VESPERS<br><br><b>EASTER EGG HUNT</b>                                                                                 | 21                                                                                                | 22<br>10:00 AM BIBLE STUDY<br><br>6:00 PM AHEPA MEETING                                            | 23<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. GEORGE                                                  | 24<br><br><b>FATHER DAVID<br/>IS OUT OF TOWN</b><br>6:00 PM CHOIR PRACTICE                                               | 25<br><br><b>FATHER DAVID<br/>IS OUT OF TOWN</b>                                                                                 | 26<br>10:00 AM<br>ROMANIAN LITURGY<br><br><b>FATHER DAVID<br/>IS OUT OF TOWN</b>                                                                                   |
| 27<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>THOMAS SUNDAY<br><br><b>FATHER DAVID<br/>IS OUT OF TOWN</b>                                                            | 28<br><br><b>FATHER DAVID<br/>IS OUT OF TOWN</b>                                                  | 29<br>10:00 AM BIBLE STUDY                                                                         | 30                                                                                                              |                                                                                                                          |                                                                                                                                  |                                                                                                                                                                    |

# St. Sophia Greek Orthodox Church—May 2025

| Sun                                                                                                                                              | Mon                                                                                                                            | Tue                                                                              | Wed                                                                          | Thu                                                                                              | Fri | Sat                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----|--------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                  |                                                                                                                                |                                                                                  |                                                                              | 1                                                                                                | 2   | 3<br>11:00 AM<br>PHILOPTOCHOS MEETING<br>& POTLUCK<br><br>5:00 PM GREAT VESPERS                                          |
| 4<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF THE<br>MYRRHBEARING WOMEN                                                           | 5                                                                                                                              | 6<br>10:00 AM BIBLE STUDY<br><br>6:00 PM YOUTH COMMITTEE                         | 7                                                                            | 8<br>6:00 PM CHOIR PRACTICE                                                                      | 9   | 10<br>5:00 PM GREAT VESPERS                                                                                              |
| 11<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE PARALYTIC<br><br>MOTHER'S DAY                                               | 12                                                                                                                             | 13<br>10:00 AM BIBLE STUDY                                                       | 14<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>MID-PENTECOST            | 15<br>6:00 PM CHOIR PRACTICE                                                                     | 16  | 17<br>5:00 PM GREAT VESPERS                                                                                              |
| 18<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE SAMARITAN WOMAN<br><br>SUNDAY SCHOOL<br>GRADUATION<br>AHEPA DAY CELEBRATION | 19                                                                                                                             | 20<br>10:00 AM BIBLE STUDY<br><br>5:00 PM ORTHODOXY 101<br>6:00 PM AHEPA MEETING | 21<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>STS. CONSTANTINE & HELEN | 22<br>6:00 PM CHOIR PRACTICE                                                                     | 23  | 24<br>10:00 AM AHEPA<br>FLAG PLACING<br>AT OAKWOOD CEMETERY<br><br>10:00 AM<br>ROMANIAN LITURGY<br>5:00 PM GREAT VESPERS |
| 25<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SUNDAY OF<br>THE BLIND MAN                                                                   | 26<br><i>MEMORIAL DAY<br/>CEMETERY SERVICES<br/>8:30 AM WOODLAWN<br/>IN THE CHAPEL<br/>10:00 AM OAKWOOD<br/>UNDER THE TENT</i> | 27<br>10:00 AM BIBLE STUDY<br><br>5:00 PM ORTHODOXY 101                          | 28                                                                           | 29<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>HOLY ASCENSION<br><br>6:00 PM CHOIR PRACTICE | 30  | 31<br>5:00 PM GREAT VESPERS                                                                                              |