

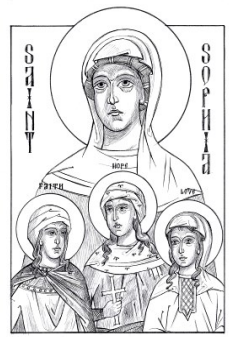


ST. SOPHIA'S NEWSLETTER

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



Two Kinds of Sadness

We have arrived at the holy and beautiful period of the Lenten fast! Many of us think of this as a joyous time of year, when the Church gives so much to look forward to, the services, the time leading us to the great feast of Pascha. But when we read works by the saints and Church fathers about Lent, it is not uncommon to hear about repentance and sadness. As a matter of fact, they bid us embrace sadness. Why is this? Aren't we Christians so that we could be happy all the time? Let's look at this today.

There are two kinds of sadness: holy sadness and earthly sadness. They stand as far apart from one another as two attitudes possibly can. They are opposites - but we may miss this point because they both make us feel sad. A second name for holy sadness is repentance, and a second name for earthly sadness is depression.

St. Paul draws the distinction best in his second letter to the Corinthians (7:10): *For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.* The first thing I want to say is: part of this translation (I took this directly from the Orthodox Study Bible, but it's the case with most English translations) is bad. It says in English that God's sorrow produces repentance, and the world's sorrow produces death. So - the word "produces," which occurs twice, are also identical in the original Greek? No, not at all!

Let's look at the passage. *For godly sorrow* (that part is fine, but I'll switch to the Greek) *μετάνοιαν εἰς σωτηρίαν ἀμεταμέλητον ἐργάζεται.* I would translate this as: *works a remorseless repentance leading to salvation.* Focus on the verb "works." "Produces" is not what this says. The word in Greek *ἐργάζεται* has an element of effort in it: repentance does not just happen to us (as we might infer from "produces"), but we work it, we participate in it's development within us.

The next part says: *but the sorrow of the world produces death.* In this phrase, the word "produces" is *κατεργάζεται* - a similar but different word from *ἐργάζεται*! - which does indeed mean "produce, bring about, cause." This word has an element of passivity. I can catch a virus that produces or causes illness in me, but I haven't done anything to get it and I do nothing to keep it. This describes the illness of depression, which can creep into our lives without our knowledge or desire to have it.

We do indeed search for and nourish sadness during Lent, but it's a sadness that has several important characteristics: 1) it is godly, 2) there is no remorse, 3) it leads to salvation, and most importantly, 4) we cause it to happen. We welcome it. We use it, we thank God for it.

My beloved brothers and sisters, Καλή Σαρακοστή και καλή δύναμη! A good Lent to you and good strength!

Your affectionate servant,
Father David

MARCH 2025

2025 Parish Council

Peter Manolacos
President

Thomas Anthis Jr.
Vice President

Robert Allen
Secretary

Michael Copanas
Treasurer

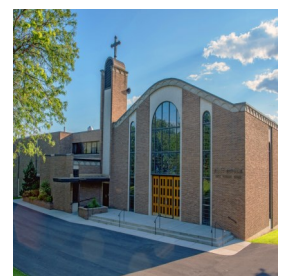
Joy Weatherup-Anthis
Dimitrios Giaprakis
Eleni Kosmas, MD
Martha Lemondes
George Nardone
Marianna Politis-Tacea
Christopher Shiomos, OD
Jeanette Capousis Vigliotti

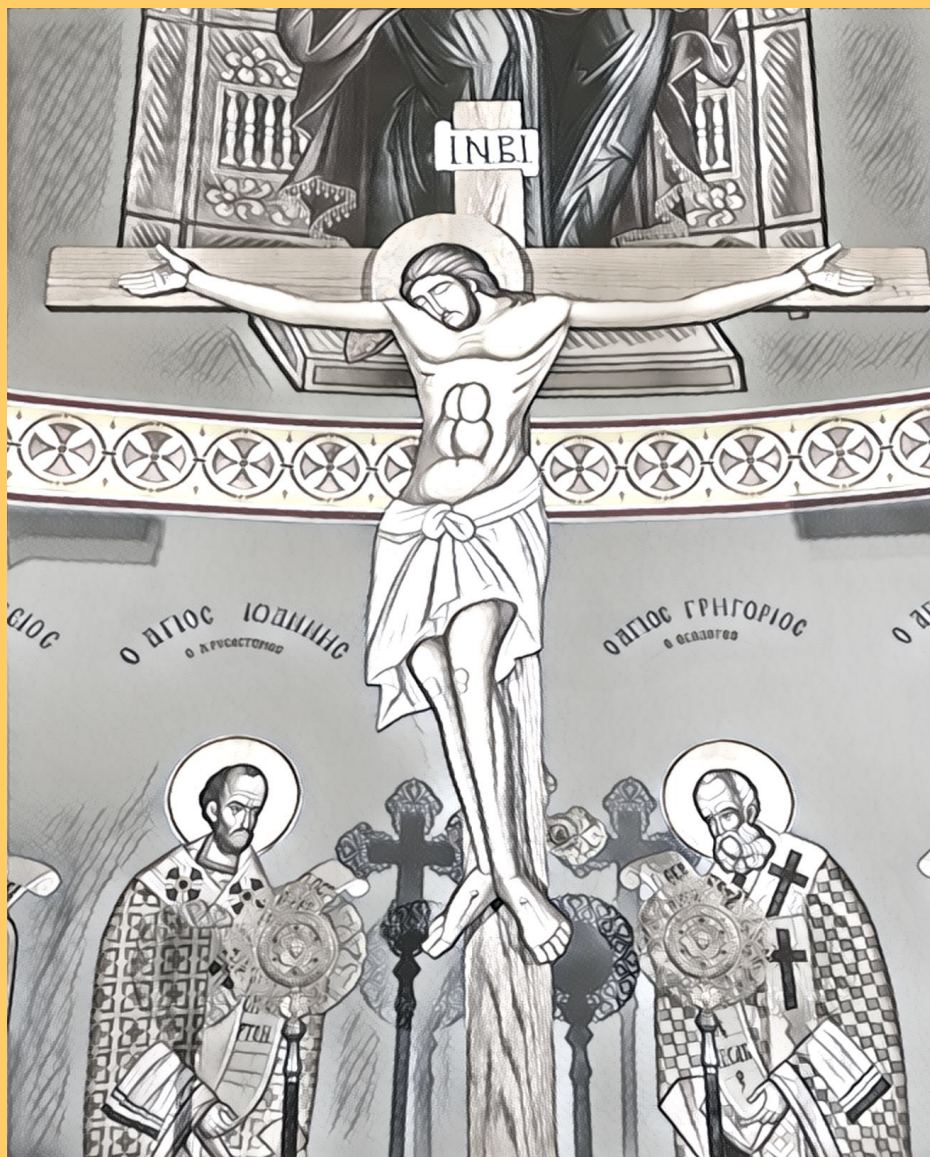
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Honorary  
Board Member  
James Sakezles



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





***GREAT and HOLY LENT***  
***Began Monday, March 3rd***





# ANNUNCIATION OF THE THEOTOKOS



**TUESDAY—MARCH 25, 2025**

**9:00 AM ORTHROS**

**10:00 AM DIVINE LITURGY**

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

## March Nepsis Name Change in Honor of Mary Sakezles

At Mary Sakezles funeral earlier this month, I told the story about how she would occasionally tell me that she thought the Nepsis should be called "St. Sophia's Newsletter." I would explain why it was called the Nepsis, and she would agree with me - but I could always count on her bringing it up again after some time, a year or more. It became a kind of running joke between us. So this March, we will honor this great parishioner of St. Sophia's with her wish. We'll change it back (and I know that she would not mind) to Nepsis in April.-Father David



*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*

## TUESDAY, MARCH 25 FLAG RAISING AT CITY HALL



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

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

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



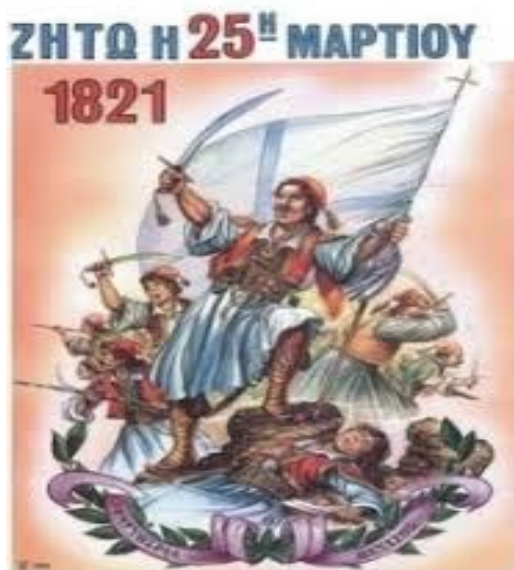
## GREEK NATIONAL ANTHEM

ΥΜΝΟΣ ΕΙΣ ΤΗΝ ΕΛΕΥΘΕΡΙΑΝ

Σε γνωρίζω από την κοψη  
του σπαθίου την τρομερή,  
σε γνωρίζω από την οψη  
που με βία μετράει την γη.  
Απ' τα κοκκαλα βγαλμενη  
των Ελλήνων τα ιερα,  
και σαν πρωτα ανδρειωμενη,  
χαιρε, ω χαιρε, Ελευθερια

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

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





## PRESIDENT'S MESSAGE

Dear Parish,

You are sitting in your doctor's office fooling with your phone when the door opens and your doctor comes in. She is not smiling. "I have the results of your tests and, to coin a phrase, "I have bad news and good news."

"Bad news" you say "but also good news".

"The bad news is really bad but there is a way out and it will work." She goes on to explain that you have a rare disease that can be overcome if you completely change your lifestyle. You have to throw away your life as you now live it, become self disciplined, deny yourself those behaviors that will make your disease worse, and you will live a long and fruitful life.

"Now if you really believe in me, in my diagnosis, you will try very hard to follow my instructions. I am afraid that if you do not, your life will get very ugly."

She explains the changes you must make and they will not be easy. While you might be very self indulgent you are not a fool. You listen carefully to her, you change your mind about how you will live your life, and you are grateful to her when she says "Call me whenever you are losing your new resolve."

You changed your mind. You turned it around. You might say that you experienced METANOIA, which we also translate as REPENTENCE. Jesus says (in all four of the Gospels) , "Whoever shall seek to keep his life shall lose it; and whosoever shall lose his life shall preserve it." You will throw off the old and take on the new. You will lose the old and preserve the new.

Who is the old person? Perhaps one who is angry, who cannot forgive. Perhaps the one who is full of pride and arrogance. Perhaps the one who eats and drinks to excess? Perhaps the one who lacks charity. And on and on.

Socrates said "The unexamined life is not worth living." The New Testament says , the unrepentant life leads to ultimate disaster. When you believe in the doctor, you do what she says. We go to church and we believe that we believe in the Father, Son, and Holy Spirit. But do we take to heart the words of the Lord's prayer, "Thy will be done on earth as it is in heaven." If we really believe then we must try so hard to do God's will. And when we fail, when we lapse, when we fall down as we surely do, we must get up and resume the struggle.

Lent, the challenge and the opportunity is upon us. Lent, a special time to look inward and to honestly assess our transgressions. Lose your life, throw off the old person and take on the new. That this would be easy the Lord never said. Thanks be to God.

Thanks also to God and those parishioners who donated to our new sound system. We can now clearly hear the words of the priest and the chanters no matter where in the pews we sit. When the words are clear and crisp our brains do not have to strain to figure out exactly what is being said. When the words are clear, you can concentrate on the whole experience. You participate in the lyrics, the music, the message in a way that is complete and meaningful. I should add that live streaming has also significantly improved. All good things come from God. Thanks be to Him who has provided us with generous parishioners who quickly offered to fund this wonderful improvement to our services.

To all, have a wonderful Lenten experience.

Yours in Christ,

*Peter Manolakos*

Parish Council President



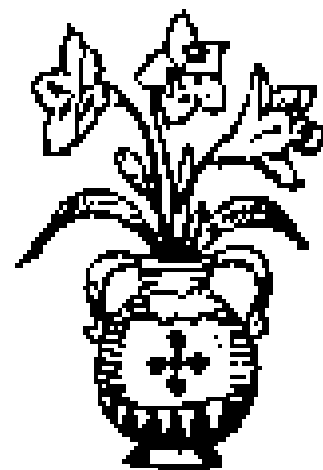
# CHOIR

*We welcome everyone to join our Choir*

*Check the Church Calendar for upcoming Choir Practices*



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



## 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!

## **January 2025 Sacramental Registry**

### **Funerals**



***Sofia Dimovich  
William Kendrat  
Ustina Copanas***

## **March 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:*

March 2, 2025

*Patricia Meskos  
Frieda Meskos*

March 9, 2025

*Vasiliki Mihou  
Garyfallia Papageorge*

March 16, 2025

*Debora Politis  
Nikki Stamoulacatos*

March 23, 2025

*Christina Shiomos  
Kathy Shiomos*

March 30, 2025

*Elizabeth Sakellariou  
Thalia Tonas*

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

April 6, 2025

*Sofia Vasiliou  
Jeanette Vigliotti*

April 13, 2025

*Artemis Voudouris  
Effie Weismore*



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

*All are welcome.*





## March 2025 Memorials

### Eternal Be Their Memory

#### March 2, 2025

- Memorial Service  
Ustina Copanas (40 Days)

#### March 9, 2025

- Trisagion Prayer  
Andreas Armatas (8 Years)
- Trisagion Prayer  
Helen Armatas (9 Years)
- Trisagion Prayer  
Chris Pandelly (14 Years)
- Trisagion Prayer  
Theodora Pandelly (34 Years)

#### March 16, 2025

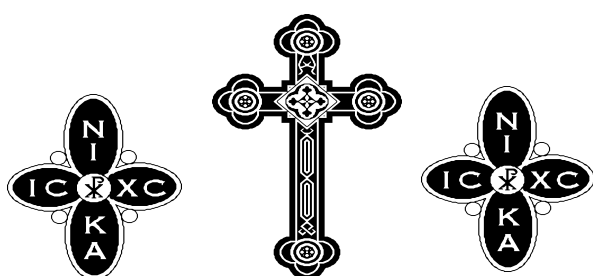
- Memorial Service  
Trifon Stiliadis (1 Year)

#### March 23, 2025

- Trisagion Prayer  
Eleni Kane (7 Years)

#### March 30, 2025

- Memorial Service  
George Aravantinos (40 Days)
- Trisagion Prayer  
for Giorgios Ioannou (6 Months)



## March 2025 Coffee Hour

March 30, 2025

In Memory of

**Giorgios Ioannou**

Given by the Family



## 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*

## **ORTHODOXY 101**

**Join Us**

**5:00 pm on Tuesdays**

**Check the Church Calendar**



**Orthodoxy 101**

*A Study of the Basics  
of Our Orthodox faith*



# **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 March 2025....

Consider a leadership role to serve as an officer on the local chapter of Philoptochos of Saint Sophia's Greek Orthodox Church. **Rotation of service leadership** encourages the leadership responsibilities, are **shared** among a group of individuals, preventing power imbalances, fostering wider skill development, and promoting a sense of shared responsibility within an organization contributing to a healthier and more dynamic group. Simply stated, everyone should have the opportunity to serve their local church community and contribute to its continued success and ensure its longevity. **There are a several open office positions available for a 2 year term. May 3<sup>th</sup> - Saturday- Philoptochos Officer Elections & Pot Luck Luncheon – 11:00 – 1:00 pm – Hosted at Cara Potamianos' home.**

### Upcoming Philoptochos Events:

- March 16 – Sunday – **Philoptochos Meeting** after Church Services
- **April Bake Sale Weekend** – Friday, April 11, **Saturday April 12 (Start at Noon)** & Sunday April 13, 2025 – Palm Sunday

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

**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 are now available in the Church Office.

**Electronic submissions are not accepted. Deadline for submission is April 30<sup>th</sup>, 2024**

AND

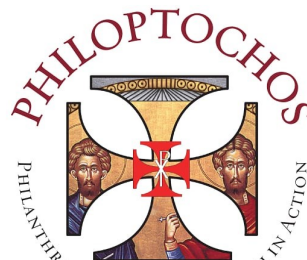
Additionally, the Metropolis Level Philoptochos Scholarship is Due April 30<sup>th</sup>, 2025.

Complete the entire application available on the Metropolis website: [www.detroit.goarch.org](http://www.detroit.goarch.org)  
Or go this link: <https://www.metropolisofdetroitphiloptochos.org/events-and-news/florence-g.-stefanou-memorial-scholarship>

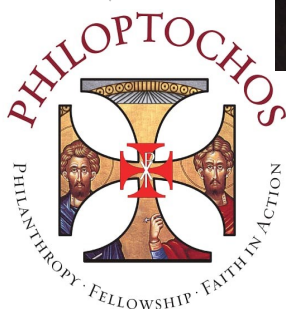
With the Spirit of Philanthropy,  
Theone Kalkinis, President Philoptochos  
[Philoptochos@stsophias.org](mailto:Philoptochos@stsophias.org)



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.



*Philoptochos Brunch of February 15, 2025*  
*The Bistro 1926, Drumlins*





# ***Philoptochos Easter Bake Sale***

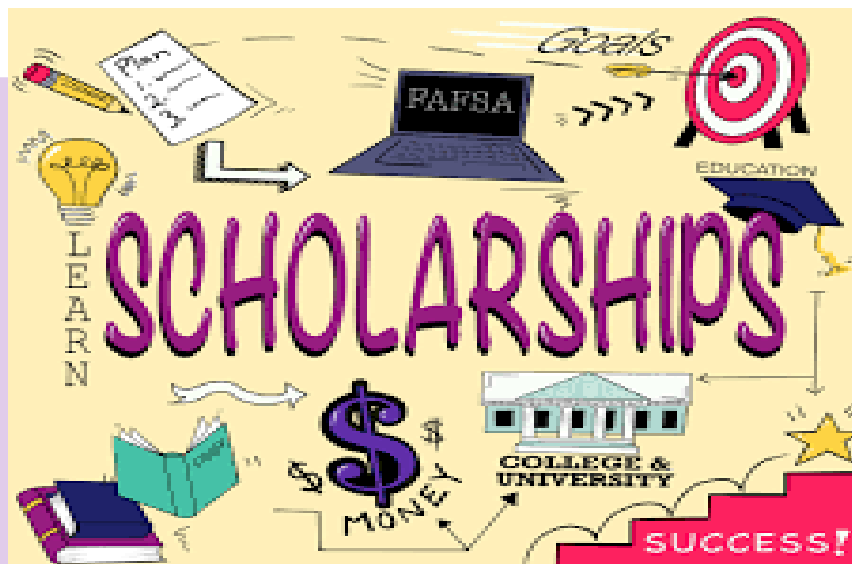
***Friday, April 11 ~ 2 pm to 6 pm  
Saturday, April 12 ~ Noon to 4 pm  
Sunday, April 13 ~ Noon to 1:30 pm***

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

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



***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

### ~ ~ March 2025 News ~ ~

Greek Independence Day celebration will be held at City Hall on Tuesday, March 25th with the flag-raising ceremony being held at 2pm. We are working on getting bus transportation from the church to the event.

AHEPA scholarship applications will be available at church. High school seniors and current college 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](http://ahepad6.com) and national scholarships as well as athletic scholarships are available online at [ahepa.org](http://ahepa.org).

AHEPA Day celebration will be held on Sunday, May 18th following liturgy. Gardenview Diner will be serving lunch. All are invited.

Our Winter Wonderland dinner dance was a great success allowing AHEPA together with Philoptchos to donate \$500 to the church. We look forward to co-sponsoring the event again January 10, 2026.

In fulfilling AHEPA's mission of philanthropy our chapter donated \$500 to AHEPA National for the Southern California Fire Relief Fund.

We are currently up to sixty-six 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.

Thank you,

James Telonis, President  
Syracuse AHEPA Chapter #37



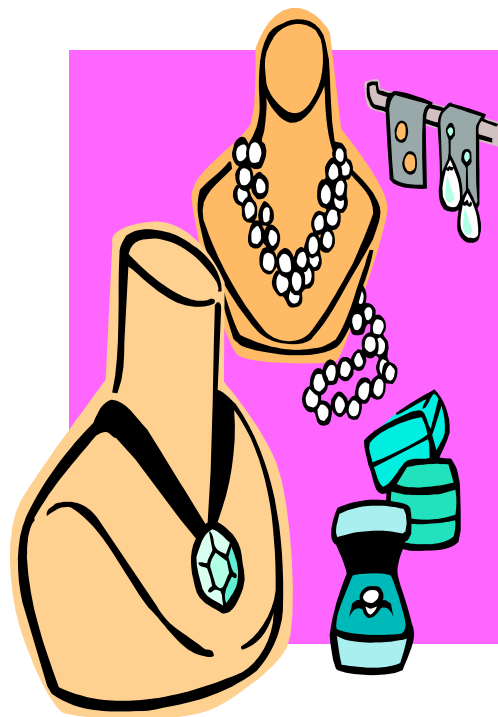


**HAPPY BIRTHDAY WISHES  
TO  
CORINA CANNELLOS  
CELEBRATING HER  
96TH BIRTHDAY  
ON MARCH 17TH**

## **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.





# March 2025

## Program Schedule For Cable Television



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

March 2

The Epistle to the Roman, part 9

March 9

The Epistle to the Roman, part 10

March 16

The Epistle to the Roman, part 11

March 23

The Epistle to the Roman, part 12

March 30

The Epistle to the Roman, part 13

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

March 3

Unseen Warfare, chapter 13

March 10

Unseen Warfare, chapter 25

March 17

Unseen Warfare, chapter 26

March 24

Unseen Warfare, chapter 28

March 31

Unseen Warfare, chapter 29

***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.



# **The Greek Dance Season is upon us!**

## **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: 6:30-7/7:15**

### **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—MAY 3 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!!!**

# St. Sophia Greek Orthodox Church—March 2025

| Sun                                                                                                                                                                               | Mon                                                       | Tue                                                                                                                                                                                                          | Wed                                        | Thu                              | Fri                                       | Sat                                                                                                   |
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|                                                                                                                                                                                   |                                                           |                                                                                                                                                                                                              |                                            |                                  |                                           | 1<br><br>10:00 AM<br>ROMANIAN LITURGY<br><br>5:00 PM GREAT VESPERS                                    |
| 2<br><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><br><b>LENT BEGINS</b><br><br>6:00 PM GREAT COMPLINE | 4<br><br>10:00 AM BIBLE STUDY<br><br>5:00 PM ORTHODOXY 101<br>7:00 PM COLGATE OCF                                                                                                                            | 5<br><br>9:00 AM<br>PRESANCTIFIED LITURGY  | 6<br><br>6:00 PM CHOIR PRACTICE  | 7<br><br>6:00 PM<br>FIRST AKATHIST HYMN   | 8<br><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>SATURDAY OF SOULS<br><br>5:00 PM GREAT VESPERS |
| 9<br><br><b>DAYLIGHT<br/>SAVINGS TIME</b><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><br>5:00 PM GREAT COMPLINE                          | 11<br><br>10:00 AM BIBLE STUDY<br><br>5:00 PM ORTHODOXY 101                                                                                                                                                  | 12<br><br>9:00 AM<br>PRESANCTIFIED LITURGY | 13<br><br>6:00 PM CHOIR PRACTICE | 14<br><br>6:00 PM<br>SECOND AKATHIST HYMN | 15<br><br>5:00 PM GREAT VESPERS                                                                       |
| 16<br><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</b><br><b>AT ST. ELIAS</b>    | 17<br><br>5:00 PM GREAT COMPLINE                          | 18<br><br>10:00 AM BIBLE STUDY<br><br>5:00 PM ORTHODOXY 101<br>6:00 PM AHEPA MEETING                                                                                                                         | 19<br><br>9:00 AM<br>PRESANCTIFIED LITURGY | 20<br><br>6:00 PM CHOIR PRACTICE | 21<br><br>6:00 PM<br>THIRD AKATHIST HYMN  | 22<br><br>5:00 PM GREAT VESPERS                                                                       |
| 23<br><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</b><br><b>AT STS. PETER &amp; PAUL</b>    | 24<br><br>5:00 PM GREAT COMPLINE                          | 25<br><br><b>GREEK<br/>INDEPENDENCE DAY</b><br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ANNUNCIATION OF<br>THE THEOTOKOS<br><b>2:00 PM FLAG RAISING</b><br><b>AT CITY HALL</b><br>5:00 PM ORTHODOXY 101 | 26<br><br>9:00 AM<br>PRESANCTIFIED LITURGY | 27<br><br>6:00 PM CHOIR PRACTICE | 28<br><br>6:00 PM<br>FOURTH AKATHIST HYMN | 29<br><br>10:00 AM<br>ROMANIAN LITURGY<br><br>5:00 PM GREAT VESPERS                                   |
| 30<br><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</b><br><b>AT ST. LUKE'S</b>                                   | 31                                                        |                                                                                                                                                                                                              |                                            |                                  |                                           |                                                                                                       |

# St. Sophia Greek Orthodox Church—April 2025

| Sun                                                                                                                                     | Mon                                                                                           | Tue                                                                                                                     | Wed                                                                                                             | Thu                                                                                                                  | Fri                                                                                                                              | Sat                                                                                                                                                                |
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|                                                                                                                                         |                                                                                               | 1<br>10:00 AM BIBLE STUDY<br>5:00 PM ORTHODOXY 101                                                                      | 2<br>9:00 AM<br>PRESANCTIFIED LITURGY                                                                           | 3<br>6:00 PM CHOIR PRACTICE                                                                                          | 4<br>6:00 PM FIFTH AKATHIST                                                                                                      | 5<br>5:00 PM GREAT VESPERS                                                                                                                                         |
| 6<br>8:45 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br><b>GENERAL ASSEMBLY MEETING</b><br>6:00 PM LENTEN VESPERS<br>AT ST. GEORGE CHURCH    | 7                                                                                             | 8<br>10:00 AM BIBLE STUDY<br>5:00 PM ORTHODOXY 101                                                                      | 9<br>9:00 AM<br>PRESANCTIFIED LITURGY                                                                           | 10<br>6:00 PM CHOIR PRACTICE                                                                                         | 11<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>6:00 PM<br>BRIDEGROOM ORTHROS | 15<br><b>HOLY TUESDAY</b><br>9:00 AM<br>PRESANCTIFIED LITURGY<br>5:00 PM ORTHODOXY 101<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>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>10:30 PM PASCHA                                                                                             |
| 20<br><b>EASTER—PASCHA</b><br>12:00 PM NOON<br>AGAPE VESPERS<br><b>EASTER EGG HUNT</b>                                                  | 21                                                                                            | 22<br>10:00 AM BIBLE STUDY<br>6:00 PM AHEPA MEETING                                                                     | 23<br>9:00 AM ORTHROS<br>10:00 AM DIVINE LITURGY<br>ST. GEORGE                                                  | 24<br><b>FATHER DAVID<br/>IS OUT OF TOWN</b><br>6:00 PM CHOIR PRACTICE                                               | 25<br><b>FATHER DAVID<br/>IS OUT OF TOWN</b>                                                                                     | 26<br>10:00 AM<br>ROMANIAN LITURGY<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><b>FATHER DAVID<br/>IS OUT OF TOWN</b>                             | 28<br><b>FATHER DAVID<br/>IS OUT OF TOWN</b>                                                  | 29<br>10:00 AM BIBLE STUDY<br>5:00 PM ORTHODOXY 101                                                                     | 30                                                                                                              |                                                                                                                      |                                                                                                                                  |                                                                                                                                                                    |