



# THE GOOD NEWS

*A Monthly Publication of Saint Sophia Hellenic Orthodox Church*

In and through Jesus Christ and His Holy Orthodox Church,  
Our mission is to cultivate spiritual growth that transforms lives and leads to salvation.

## FEBRUARY 2019



The Presentation of Jesus at (or in) the Temple is an early episode in the life of Jesus, describing His presentation at the Temple in Jerusalem in order to officially induct him into Judaism, that is celebrated by many Christian Churches. It is described in the Gospel of Luke of the New Testament in the Christian Bible. Within the account, "Luke's narration of the Presentation in the Temple combines the purification rite with the Jewish ceremony of the redemption of the firstborn (Luke 2:23–24)."

In the Eastern Orthodox Church, the Presentation of Jesus at the temple is celebrated as one of the twelve Great Feasts, and is sometimes called *Υπαπαντή* (Υπαπαντή, = "Meeting" in Greek).

*From: Wikipedia*

# Saint Sophia Hellenic Orthodox Church

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Facebook: Saint Sophia Church

A Parish of the Ecumenical Patriarchate, Greek Orthodox Archdiocese of America and Greek Orthodox Metropolis of Boston

Rev. Dr. James Katinas, Protopresbyter, Presiding Priest

Email: [frjim@saintsophianl.org](mailto:frjim@saintsophianl.org)

In and through Jesus Christ and His Holy Orthodox Church, the mission of our parish is to cultivate spiritual growth that transforms lives and leads to salvation.

## Parish Ministries

### Parish Council Members

Michael Podeszwa, President  
Demetrius E. Tasoulas, Vice President  
Peter Colonis, Secretary  
Dean Macris, Treasurer  
David Vangel, Assistant Treasurer  
Gus Andreopoulos  
Nico Condulis  
Shawn Hathaway  
Peter Kehayias  
Brian Kettledon  
Matthew King  
Menia Mustakis  
Peter Smith

Church Office: Anne Skempris  
Religious Education: Dean Macris, Director  
Choir: John Fakis, Director  
Chanters: George Papadopoulos  
Aleksander Filip

Philoptochos: JoAnn Ballassi, President  
Alice Poulos, Visitations  
Irene Synodi, Soup Kitchen  
Marcia Wenzel, Outreach

Greek School: Dora Georgeady, Teacher

Youth Advisor: Chris Limberakis

Hellenic Dancers: Stephanie Bonewicz  
Sophia Anastasiou

Monthly Social Lunch: Nancy Bellos, President

Bookstore: Penny Maistros

Web Site: Rit Manthous

Order of AHEPA: Tony Vallombroso, President

Endowment Fund: Peter Galetsa

## About "The Good News"

*The Good News* is the monthly publication of St. Sophia Hellenic Orthodox Church. The editor of *The Good News* works closely with the office staff and volunteers to select and publish the best, most suitable, and timeliest information submitted by ministry team leaders and parishioners. While we greatly value the input of all ministry leaders and parishioners, final editorial decisions are made by the presiding priest together with *The Good News* in-house editorial and production staff. We do invite and encourage parishioners to submit material; however, this does not guarantee its publication. In addition, the newsletter's editorial staff reserves the right to retract, redact, or withhold material at any point in the submission process if there are any concerns with its content. **The deadline for submissions is the 15<sup>th</sup> of the month prior to the month of publication.** Please submit all written items in Microsoft Word format via email.

## The Good News November Sponsors

### **Clara Krotsis & Family**

In Loving Memory of Beloved Husband, Father,  
Grandfather & Great Grandfather (18 Years):

### **Charles Krotsis**

### **Zoe Longinidis & Family**

In Loving Memory of Beloved Husband,  
Father & Grandfather

### **George Longinidis**

## Monthly Good News Sponsorship Form

Yes, I would like to sponsor an issue of *The Good News*

Name: \_\_\_\_\_

In memory of: \_\_\_\_\_

In honor of: \_\_\_\_\_

Other: \_\_\_\_\_

Donation: \$50

Please make check payable to "St. Sophia Church"

# The Good News – Page 1

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## The Opening Of the Triodion

Beloved in Christ,

The opening of what? What's a Triodion?" Let's begin with a definition. According to Merriam-Webster, the Triodion is "a liturgical book of the Eastern [Orthodox] Church containing the offices [liturgical services] from the fourth Sunday before Lent to Easter including canons having usually only three odes instead of the regular nine."

The "opening of the Triodion" takes place on the the Sunday of the Publican and the Pharisee. This year, it is February 17<sup>th</sup>. It marks the beginning of a time of preparation for the spiritual journey of Lent, a time when Orthodox Christians are called to further commit themselves to draw closer to God through worship, prayer, fasting, and acts of charity. The essence of the Triodion is beautifully conveyed in the hymn chanted after the gospel reading in the Orthros service.

Τῆς μετανοίας ἀνοιξόν μοι πύλας Ζωοδότα,  
(Open to me the gates of repentance, Life-Giver)  
ὀρθρίζει γὰρ τὸ πνεῦμά μου, πρὸς ναὸν τὸν ἅγιόν σου,  
(for my spirit rises at dawn, turning towards Your holy temple)  
ναὸν φέρον τοῦ σώματος, ὄλον ἐσπιλωμένον,  
(bearing the temple of my body utterly defiled)  
ἀλλ' ὡς οἰκτίρων κάθαρον, εὐσπλάγγνω σου ἐλέει  
(but as [the] merciful and compassionate [God], cleanse me by Your grace).

In addition to the Triodion, beginning with this meaningful and moving hymn, it's no accident that the Fathers of the Church appointed the parable of the Publican and the Pharisee (Luke 18: 10-14) as the reading for this day. The central teaching of this passage is that pride, which has been called "the deadliest of sins," is the most formidable road-block on our path to repentance and spiritual growth. Conversely, true humility, such as that demonstrated in the prayer of the publican, fosters repentance, healing, and spiritual growth.

When St. Gregory the Great categorized sins under seven headings – the so-called "Seven Deadly Sins"– he began with pride: pride, greed, lust, envy, gluttony, anger, and sloth. This was no accident either. According to Fr. Leonidas Contos "It is natural to ask why St. Gregory put pride at the top of his list. Why not anger or lust? He began with pride, believing that all other sins spring from this fountainhead of iniquity. What, after all, was "original sin" but the sin of pride, the wish to be equal to God (*The Lenten Covenant*, p. 29)." This is why a hymn on the Sunday of the Publican and the Pharisee warns: "Φαρισαίου φύγωμεν ὑψηγορίαν, καὶ Τελώνου μάθωμεν, τὸ ταπεινὸν ἐν στεναγμοῖς (let us flee the pompous speech of the Pharisee and let us learn the Publican's humble groaning)."

Praying that our loving Lord, as we open the Triodion and begin our journey towards Great Lent, will indeed open the gates of repentance for us all, and grant us the faith, courage, and humility to walk through them, I remain,

In His service,

*Fr. Jim*



# Parish Council News

February 2019

Parishioners of St. Sophia,

As I begin my second term as President of the Parish Council, I promise to humbly serve St. Sophia with conviction to our orthodox faith and with faithfulness to our mission of cultivating spiritual growth that transforms lives and leads to salvation. My aspiration is that we continue our progression toward a lively community that proclaims our love for each other and God.

How is this accomplished? The Uniform Parish Regulations clearly explains the role of Parishioners in the Greek Orthodox Religion. The UPR can be found by visiting the Archdiocese website at [goarch.org](http://goarch.org) and I encourage everyone to review the document. You can help me achieve my goal by following two expectations of parishioners: Faithfully attending the Divine Liturgy and contributing toward the progress of the church's sacred mission.

Faithfully attending the Divine Liturgy is an easily attainable goal. We can all improve our effort to attend services on Sunday morning. Write it on your calendar and make every effort to attend. The Parish Council and I will be there to greet you when you arrive. After the liturgy, the first cup of coffee is on me!

Contributing toward the progress of the church's sacred mission can be an overwhelming thought. But let's consider St. Sophia's mission of cultivating spiritual growth that transforms lives and leads to salvation. Each of us cultivates our own spiritual growth by participating in the Divine Liturgy. This simple act will then transform your life and lead you to salvation. Listening to the word of God and partaking in the sacrament of Holy Communion will enrich your soul by receiving Christ through His grace.

I look forward to seeing the pews of St. Sophia filled as we continue to cultivate our spiritual growth as a community. Please feel free to contact me, or a member of the Parish Council, with concerns, questions or suggestions regarding any and all aspects of St. Sophia.

I will see you on Sunday!

With Gratitude,

*Michael*

Michael Podeszwa  
Parish Council President  
[Mikepod9@me.com](mailto:Mikepod9@me.com)  
860-235-7459

**Holy Communion Wine Donations**

Thank you to:

Thelma Hunter                      Debbie Matsas  
Christine Michon                  Susan Podeszwa  
Pauline Sarantopoulos          Helen Synodi

**Olive Oil Donations**

Thank you to:

Marilyn Boska

**Parish Outreach Program**

On **Friday, February 8<sup>th</sup>** we will serve at the New London Community Meal Center (Soup Kitchen). We will need **6 to 8 volunteers** at the soup kitchen to do the prep work, serve, dishes and clean up. We start at 4:00 pm and finish about 6:30 pm.

Please see or call Eleni Mosher at 860-443-2569, Irene Synodi at 860-464-7429 or call the Church Office at 860-442-2377 to volunteer your time.

**St. Sophia Oratorical Festival**

ATTENTION

**MS & HS STUDENTS**

Please contact:

Shawn Hathaway, Alaina King or Dean Macris

*Save the date: Sunday, March 3, 2019*

**Please Consider Sponsoring  
The Fellowship Hour**

Fellowship Hours may be sponsored in memory of a loved one, to celebrate a birthday, etc.

The Parish Council will make the coffee and assist the hosts as needed.

Please call the church office for available dates.

**\$50.00 Donation**

**Hospital Ministry**

Hospital ministry is an integral part of the ministry of the Church. If you would like the priest to visit you or a family member is in the hospital, Rehabilitation Center or Adult Care Center, please contact the Church Office at 860-442-2377.

**Prayer Requests**

Esther, Julie, Catherine, Jeff, Demetrios, Lucretia, Mary Alexandria, Nina, Olga, Mary, Jenny, Michael, George, Mary, Peter, Amos, Peter, George, Sophia, Christos and Maria, Thomas and Kiveli, Georgia, Elias, Helen, Despina, Vasilios, Alexandra, Katherine, Marina, Athena and James.

**Παράκληση για Προσευχές**

Παρακαλούμε να έχετε στις προσευχές σας τους παρακάτω αδερφούς μας.....

Έσθερ, Τζουλι, Κατερίνα, Τζέφ, Δημήτριο, Λουκρητία, Μαίρη, Αλεξάνδρια, Νίνα, Όλγα, Μαίρη, Τζένη, Μιχάλη, Γεώργιο, Μαίρη, Πέτρο, Άμος, Πέτρο, Γεώργιο, Σοφία, Χρήστο και Μαρία, Θωμά και Κυβέλη, Γεωργία, Ηλία, Ελένη, Δέσποινα, Βασίλειο, Αλεξάνδρα, Κατερίνα, Μαρίνα, Αθηνά και Τζέιμς.

**Saint Sophia Monthly  
Social & Luncheon**

Come join us on **Thursday, Feb. 14<sup>th</sup>**  
at 12:30pm.

Enjoy some conversation with friends and a delicious "**Valentine's Day**" luncheon prepared by our very own "**Chef Angelo Simos**"

At our January Luncheon, a happy crowd welcomed the New Year with "Bean Soup and Pasta."

We celebrated birthdays with:

**Victor Kudrin  
Fr. Charles Simones  
Lucille Pantelis and  
Angelo Pappadopoulos**

The Door Prize was won by:  
Maria Whalen

Bring your favorite "**Valentine**" dessert to share  
**Donation - \$7.00**

**ALL ARE WELCOMED**

## The Good News – Page 3b

### Fellowship Hour Sponsor:

The Stevens Family  
In Loving Memory of

*Fredricka Stevens*

### Monthly Good News Sponsors

Thank you to:

Zoe Longinidis

Clara Krotsis

### Vasilopita Thank You To:

All the Ladies who Baked the Most Delicious  
Vasilopites

&

The Parishioners who participated,  
making the event a success.

### Please Consider Sponsoring The Fellowship Hour

Fellowship Hours may be sponsored in memory of a  
loved one, to celebrate a birthday, etc.

The Parish Council will make the coffee and  
assist the hosts as needed.

Please call the church office for available dates.

*\$50.00 Donation*

Νά γίνετε ἄνθρωποι ἀληθινοί.

Ἡ πεῖρα μου μέ δίδαξε ὅτι ἀληθινός ἄνθρωπος εἶναι ὁ ταπεινός ἄνθρωπος.

Ὁ ταπεινός δέν παραγνωρίζει τά χαρίσματα καί τίς ἱκανότητες του, τά θεωρεῖ ὅμως δῶρα τοῦ Θεοῦ  
τά ὁποῖα καλεῖται νά ἀξιοποιήσει.

Αὐτό σημαίνει ὅτι μπορεῖ νά ἀναγνωρίζει καί τά χαρίσματα τῶν ἄλλων καί νά χαίρεται γι'αὐτά.

Ὁ ἐγωῖστής ἄνθρωπος εἶναι ἕνας τυφλός ἄνθρωπος γι'αὐτό δέν καταλαβαίνει οὔτε τόν ἑαυτό του,  
οὔτε τούς ἄλλους.

Ὁ ἐγωῖστής ἄνθρωπος εἶναι ἀνίκανος καί νά ἐρωτευθεῖ καί νά ἀγαπήσει, γι'αὐτό ὑπάρχει κρίση  
μεγάλη στίς ἀνθρώπινες σχέσεις.

Ὁ ἐγωῖστής ἄνθρωπος δέν ἀγαπάει οὔτε τά παιδιά του, γι'αὐτό καί τά κάνει δυστυχισμένα.

Ὅταν ἡ γνώση κτίζεται πάνω στήν ταπείνωση τότε ὁ ἄνθρωπος μεγαλουργεῖ, ὅταν κτίζεται πάνω στόν  
ἐγωῖσμό τότε ὁ ἄνθρωπος κακουργεῖ.

(+) Μητροπολίτης Σισανίου καί Σιατίστης ΠΑΥΛΟΣ  
(πρός φοιτητές)

### **Attention all God Parents**

**Sunday March 17<sup>th</sup> is "God Parent Sunday" at Saint Sophia.**

On this day, all God Parents are encouraged to bring their God Children to Church,  
worship together in the Divine Liturgy, and receive Holy Communion together.

We look forward to celebrating the special spiritual relationship between  
God Parents and God Children on this beautiful day!

**Save The Date!**

# The Good News – Page 4

## February Calendar

- Saturday, 2/2 Presentation of Our Lord  
Orthros 9am/Divine Liturgy 10 am
- Sunday, 2/3 Orthros 9am/Divine Liturgy 10 am  
Sunday School
- Wednesday, 2/6 St. Photios  
Orthros 9am/Divine Liturgy 10 am  
Greek School – Private 3:00 pm  
Children 4:00 pm - Adults 5:00 pm
- Thursday, 2/7 Bible Study – 11am
- Friday, 2/8 NL Soup Kitchen 4 pm
- Sunday, 2/10 Orthros 9 am/Divine Liturgy 10 am  
Costa Simones – 3 yr memorial  
Sunday School  
Philoptohos-“Go Read for Woman”
- Tuesday, 2/12 Fr. Katinas – Boston Metropolis  
Parish Council Mtg 6 pm
- Wednesday, 2/13 Greek School – Private 3:00 pm  
Children 4:00 pm - Adults 5:00 pm
- Thursday, 2/14 Bible Study – 11am  
Social - Luncheon 12:30 pm
- Sunday, 2/17 Orthros 9am/ Divine Liturgy 10 am  
Sunday School
- Monday, 2/18 Presidents Day  
*Church Office will be Closed*
- Tuesday, 2/19 Philoptohos Meeting 6 pm followed by  
“Jazz Concert by “As Time Goes By”
- Wednesday, 2/20 Greek School – Private 3:00 pm  
Children 4:00 pm - Adults 5:00 pm
- Thursday, 2/21 Bible Study 11:00 am
- Sunday, 2/24 Orthros 9am/ Divine Liturgy 10 am  
Friderika Stevens – 1 yr memorial  
Sunday School
- Wednesday, 2/27 Greek School - Private 3:00 pm  
Children 4:00 pm - Adults 5:00 pm
- Thursday, 2/28 Bible Study – 11am
- Saturday, 3/2 APOKRIES – Chef Cookoff & Party

## Ημερολόγιο για τον μήνα Φεβρουαρίου

- Σαββάτο, 2/2 Η Υπαπαντή του Σωτήρος Χριστού  
Όρθρος 9πμ/ Θεία Λειτουργία 10πμ
- Κυριακή, 3/2 Όρθρος 9πμ/Θεία Λειτουργία 10πμ  
Κατηχητικό
- Τετάρτη, 6/2 Φωτίου Κων/λεως  
Όρθρος 9πμ/Θεία Λειτουργία 10πμ  
Ελληνικό σχολείο - Ιδιαίτερο στις 3 μμ  
Έφηβοι 4μμ - Ενήλικες 5μμ
- Πέμπτη, 7/2 Μελέτη της Αγίας Γραφής στις 11πμ
- Παρασκευή 8/2 Κοινωνική Κουζίνα – 4μμ
- Κυριακή, 10/2 Όρθρος 9πμ/Θεία Λειτουργία 10πμ  
Μνημόσυνο για τα 3 χρόνια του  
Κώστα Σιμόνη  
Κατηχητικό  
"Φορέστε Κόκκινα για την Γυναίκα" -  
Φιλόπτωχος
- Τρίτη, 2/12 Ιερέας Κατίνας -Μητρόπολη της Βοστώνης  
Συνέλευση του Συμβουλίου 6μμ
- Τετάρτη, 13/2 Ελληνικό σχολείο - Ιδιαίτερο στις 3 μμ  
Έφηβοι 4μμ - Ενήλικες 5μμ
- Πέμπτη, 14/2 Μελέτη της Αγίας Γραφής στις 11πμ  
Γεύμα του Συλλόγου στις 12:30μμ
- Κυριακή, 17/2 Όρθρος 9πμ/Θεία Λειτουργία 10πμ  
Κατηχητικό
- Δευτέρα, 18/2 Ημέρα του Προέδρου  
Το Γραφείο θα είναι κλειστό
- Τρίτη, 19/2 Συνάντηση της Φιλοπτώχου στις 6μμ  
Θα ακολουθήσει Τζαζ κονσέρτο από τους  
"As time goes by"
- Τετάρτη, 2/20 Ελληνικό σχολείο - Ιδιαίτερο στις 3 μμ  
Έφηβοι 4μμ - Ενήλικες 5μμ
- Πέμπτη, 21/2 Μελέτη της Αγίας Γραφής – 11πμ
- Κυριακή, 24/2 Όρθρος 9πμ/Θεία Λειτουργία 10πμ  
Μνημόσυνο 1ος χρόνου για την  
Friderika Stevens  
Κατηχητικό
- Τετάρτη 27/2. Ελληνικό σχολείο - Ιδιαίτερο στις 3 μμ  
Έφηβοι 4μμ - Ενήλικες 5μμ
- Πέμπτη, 28/2 Μελέτη της Αγίας Γραφής – 11πμ
- Σαββάτο, 2/2 Απόκριες - Διαγωνισμός μαγειρικής και  
Πάρτυ

## The Good News – Page 5

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**We deeply appreciate all of the faithful stewards of St. Sophia**

**Who have given 2019 Stewardship Pledges and Gifts.**

Because of you, the St. Sophia parish is able to offer the liturgical services, sacraments, pastoral care, ministries, education, fellowship, and cultural programs that in and through Jesus Christ and His Church, transform lives, strengthen families, and foster spiritual growth.

Steven & Beth Abate	Alexandra Igoumenos	Philip Mountzoures
Gus Andreopoulos	George & Carol Kanabis	Jason & Menia Mustakis
Dean & Amy Antipas	Fr. James & Corinna Katinas	Craig Nichols
Constantine Aristidou	Mary Katsiaticas	Lucille Pantelis
Nikolaos Aristidou	Brian & Jennifer Kettledon	Angelo & Phyllis Pappadopoulas
Frederick & Stephanie Ashton	Matthew and Alaina King	Randy & Mary Peteros
Jason & Lotus Babiana	Helen Krotsis	Phil & Irene Phillips
Michael & Christine Babinski	James Krotsis	Michael & Kim Podeszwa
Gregory Ballassi	John & Janis Krotsis	Susan Podeszwa
Irene Burrows	Victor & Themis Kudrin	Mark & Lara Poulivos
Manolis & Susan Christodoulou	Chris & Rachele Limberakis	Mark & Barbara Roberts
Harry & Kathy Colonis	Ryan & Stacey Lyster	Rick & Marianne Semon
Peter & Maria Colonis	Constantine & Deanna Macris	Charlotte Shenas
Sharon Colonis	Dean & Marge Macris	Charles & Joan Simones
Niko & Katie Condulis	John & Madeleine Makiaris	Peter Smith
Christie & Julie Dadiskos	Rit & Eve Manthous	Athony & Betsy Stratidis
Louis & Eileen Deegan	Tim & Sophia Matsas	Irene Synodi
William & Pam Demiris	Nikolas Matsas	Savas & Helen Synodi
John & Jeanne Fakis	Roberta Mendrinou	Demetrius & Deborah Tasoulas
Stephen & JoAnn Flynn	Christina Michon	Despina Tyropolis
Elsa Galetsa	Stephanie Mickle	Nina Vallombroso
Peter & Diana Galetsa	Athena Missios	Irene Van Verdeghe
Win Ganson & Kathy Happs	George & Emily Mitchell	David & Julie Vangel
James & Dora Georgeady	Terry & Ester Mitchell	Maria Z. Whalen
James Hapis	Maria Monemvasitis	Tillie Zingus
Shawn & Stella Hathaway	Theodore Monemvasitis	
Nicholas & Claire Hatzis	Eleni Mosher	

**If you have made your stewardship pledge and/or gift for 2019, and your name does not appear on the above list, please contact the church office so that we may include you on this list.**

**NOTE: All Names and Figures are as of January 24, 2019**

<b>Total number of pledging households and/or donors:</b>	<b>79</b>
<b>Total dollar amount pledged and/or given:</b>	<b>\$ 88,059.60</b>
<b>Average gift per household:</b>	<b>\$1,114.68</b>

Stewardship list 1-22-19-R1

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**“You are the light of the world. A city set on a hill cannot be hid. Nor do people light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before others, that they may see your good works and give glory to your Father who is in heaven.”**

**Matthew 5: 14-16**

**“Do not be deceived; God is not mocked, for whatever a man sows, that he will also reap.”**

**Galatians 6:7**



# The Good News – Page 6

## 2019 Stewardship: WE OFFER TO YOU THESE GIFTS

Stewardship is not just a noun referring to an annual giving program – it's a verb referring to a way of life. Christian stewards believe all their blessings are from God and being grateful to Him, they lovingly give back to do His work on earth.

If you haven't already done so, will you please prayerfully make your 2019 pledge of time, talent, and treasure? It is only because of the generosity of its stewards that Saint Sophia is able to provide the liturgical services, sacraments, ministries, educational programs, pastoral care, cultural events, and fellowship that build community and transform lives – now and forever.

How much should I pledge? This decision is between you and God (and your spouse if you are married). There is no such thing as "one size fits all." Each person should do the best they can, remembering the words of Saint Paul: "whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver (2 Corinthians 9:6-7)."

The following guidance may also be helpful in matching your pledge and financial resources with the needs of the ministries of St. Sophia:

1. Become a "Sponsor for a Day" by contributing \$1,600 to cover the cost of operating St. Sophia for a day.
2. Give proportionally based upon your income. Determine a level of giving that expresses your thanks to God for the blessing He has given you.

## Time and Talents: Your participation is also wanted – and needed.

*Individual stewards, please indicate areas of interest with a check (P).  
Families, please mark "H" for husband, "W" for wife or "C" for children.*

### MINISTRIES & PROGRAMS

- Campus Ministry
- Welcome Team
- New Member Events
- Outreach
- Stewardship
- Sunday Coffee
- Visitation – Hospital
- Visitation – Homebound
- Feed the Hungry
- Prison Ministry
- Bereavement Group
- Disaster Relief
- Blood Drives
- Project Mexico

### IOCC

- OCMC Mission Center
- Seniors Ministry
- Couples Ministry
- Singles Ministry
- Military Ministry

### EDUCATION

- Bible Study
- Adult Religious Ed.
- Intro. To Orthodoxy
- Publications
- Speakers
- Bookstore
- Library

### BUILDINGS & GROUNDS

- Garden & Landscape
- Plumbing
- Electrical
- Clean-up
- Interior Repairs
- Exterior Repairs
- Roofing
- Hall Rentals

### YOUTH

- Sun. School Teacher
- Church School Admin.
- Youth Leader
- Camp Counselor

### LITURGICAL

- Sanctuary Care
- Acolytes
- Baking Prosfora
- Choir
- Reader
- Greeter/Usher

### ADMINISTRATION

- Fiscal Mgt. / Review
- By-Laws
- Fundraising
- Office help
- Computer / Technology
- Data Entry

### Personal Information – Please complete fully and sign

My 2019 Pledge is \$ \_\_\_\_\_

My Name \_\_\_\_\_ Orthodox? Y N Birthdate? \_\_\_\_\_

Spouse \_\_\_\_\_ Orthodox? Y N Birthdate? \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell 1 \_\_\_\_\_ Cell 2 \_\_\_\_\_

Email \_\_\_\_\_ Email \_\_\_\_\_

Child \_\_\_\_\_ Orthodox? Y N Birthdate? \_\_\_\_\_

Child \_\_\_\_\_ Orthodox? Y N Birthdate? \_\_\_\_\_

Child \_\_\_\_\_ Orthodox? Y N Birthdate? \_\_\_\_\_

Child \_\_\_\_\_ Orthodox? Y N Birthdate? \_\_\_\_\_

Signature \_\_\_\_\_ Signature \_\_\_\_\_

Parish Council Financial News

St Sophia Hellenic Orthodox Church 2018 Year End Financial Report (P&L Statement)			
	Dec 2018	Jan-Dec 2018	2018 Budget
Adopt-A-Bill	\$0.00	\$188.00	\$2,000.00
Stewardship	\$22,096.00	\$180,613.43	\$180,000.00
<b>Total Stewardship</b>	<b>\$22,096.00</b>	<b>\$180,801.43</b>	<b>\$182,000.00</b>
<b>GIFTS &amp; OFFERINGS</b>			
Candles	\$1,881.00	\$19,724.75	\$22,000.00
Tray Collections	\$1,143.00	\$11,804.60	\$12,000.00
Designated / Restricted	\$0.00	\$8,879.24	\$0.00
Memorial/General Donations	\$1,305.00	\$7,281.00	\$6,000.00
Gifts & offerings/2019 Stewardship	\$4,950.00	\$11,950.00	\$0.00
Holiday Donation	\$3,240.00	\$11,181.97	\$14,600.00
Parish Ministries	\$0.00	\$840.00	\$0.00
Bookstore	\$371.00	\$2,384.00	\$3,000.00
Hall Rental	\$1,800.00	\$3,425.00	\$4,000.00
Bulletin	\$150.00	\$1,690.00	\$2,500.00
Endowment Fund	\$0.00	\$71,799.00	\$0.00
Supplementary Other	\$0.05	\$522.31	\$0.00
Festivals/Fundraisers	\$155.00	\$159,022.22	\$140,030.00
Coffee Hour/Misc	\$50.00	\$1,337.76	\$1,000.00
<b>Total Gifts &amp; Offerings</b>	<b>\$15,045.05</b>	<b>\$311,841.85</b>	<b>\$205,130.00</b>
<b>TOTAL INCOME</b>	<b>\$37,141.05</b>	<b>\$492,643.28</b>	<b>\$387,130.00</b>
<b>EXPENSES</b>			
Salaries & Benefits (incl taxes)	\$15,350.33	\$153,255.61	\$182,370.00
Auto/Gas/Lease/ Maintenance	\$515.45	\$4,118.80	\$3,707.00
Insurance (property, auto, etc.)	\$0.00	\$15,130.00	\$15,815.00
Office Phone - Internet/Cell	\$778.07	\$7,440.81	\$4,680.00
Utilities	\$3,621.19	\$36,054.66	\$37,300.00
Office/Church Exp. (Incense, etc.)	\$669.11	\$10,926.54	\$10,000.00
Building Exp.	\$104.31	\$22,162.42	\$2,000.00
Maintenance Custodial	\$1,174.40	\$11,758.40	\$12,100.00
Grounds	\$250.00	\$8,629.00	\$10,000.00
Mechanical/Electrical repairs	\$0.00	\$5,328.47	\$2,000.00
Bulk Mail / Stamps / Misc	\$350.00	\$2,604.47	\$2,300.00
Copier Lease	\$0.00	\$6,134.23	\$8,000.00
General Expense/Luncheons	\$555.11	\$14,319.85	\$1,425.00
Bookstore	\$165.78	\$1,208.88	\$500.00
Parish Ministries	\$184.70	\$1,956.41	\$6,500.00
Church Holidays	\$250.00	\$5,643.47	\$6,150.00
Festivals/Fundraisers	\$4,843.47	\$63,372.21	\$41,500.00
Fellowship-Expenses	\$248.16	\$928.02	\$1,200.00
Archdiocese Commitment	\$4,341.67	\$52,100.04	\$52,100.00
Clergy Laity Conference	\$0.00	\$381.80	\$1,500.00
Adjustments/Reconciliations	-\$39.14	-\$25.26	\$0.00
<b>TOTAL EXPENSES</b>	<b>\$33,362.61</b>	<b>\$423,428.83</b>	<b>\$401,147.00</b>
<b>2018 NET PROFIT/LOSS</b>	<b>\$3,778.44</b>	<b>\$69,214.45</b>	<b>-\$14,017.00</b>



# **APOKRIES** **CHEF COOKOFF** **& PARTY**

**SATURDAY MARCH 2, 5:00- 7:00 PM**

Enjoy a fun evening of delicious foods prepared by groups of gourmet chefs from our parish as they engage in a friendly competition to see who will be named "Top Chefs" of Saint Sophia for 2019!

**\$20 - Adults**

**\$5 Children Under 12**

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delicious small  
plates!**

**Beer, wine, and  
soft drinks!**

**Vote for your  
favorite dish!**

**Only 200 tickets  
will be sold!**

**(Buy yours now)**

All net proceeds will be  
used to help fund the  
new flooring of our  
parish hall



# ENOSIS PHILOPTOCHOS

## NEWS FOR FEBRUARY 2019

Thank you for your continued support of our Annual Christmas Card, Holiday Pastry Sale and Vasilopeta Celebration. All three events were big successes.

Our January meeting at the Drunken Palette was such a great time. All of us were very artistic and creative with our designs on the glassware. We had such a fun time that we are planning to do it again soon. Stay tune for a future date.

We had our first meeting of our newest ministry, Warming the World, in the Vallas Building on Monday, the 14<sup>th</sup>. We discussed different organizations that we could donate our knitting/crocheting/fleece projects to. One of the places we totally endorsed is at the Soup Kitchen. They have a bin that is used for donated hats, scarves and gloves for their patrons to take. At the next meeting on January 28 at Jeanne Fakis' home,(1 Tanglewood Drive, East Lyme) we will narrow down the list of places so to not over extend ourselves. You may create these items on your own at home or do them in a group session. We are planning to have sessions at either member's homes or in the big meeting room in the Vallas building. We can help each other with a difficult pattern or socialize and get to know each other better as we create. Everyone is welcome even if you are not a Philoptochos member. Lessons will be available also. If you have any questions/concerns, please contact JoAnn Ballassi (860-442-6853 or [pballassi@snet.net](mailto:pballassi@snet.net)).

Our next two events are **Go Red Sunday Coffee Hour** to benefit the American Heart Association on February 10<sup>th</sup> (Free will donations) and a **Jazz Music Concert** performed by "As Time Goes By" on February 19<sup>th</sup> in the Communittee Center. Refreshments/coffee/tea will be available. Donation is \$5.00. During the intermission we will have Greek music for your dancing pleasure.

Your 2019 dues (\$30.00) are due between now and early April. Please see Penny Maistros, our treasurer. All women of St. Sophia are welcom to become a member of Enosis Philoptochos Society. Please see JoAnn Ballassi, President, ([pballassi@snet.net](mailto:pballassi@snet.net)) to join or for any questions/concerns.

*When New London cancels schools due to weather, our meetings, scheduled on the same day, will also be cancelled.*





GET YOUR **RED** DRESS ON

FOR THE ANNUAL

“TASTE OF CHOCOLATE”

February 10<sup>th</sup>

In the Fellowship Hall



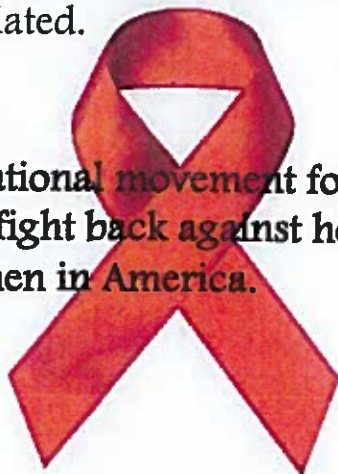
Sponsored by Enosis Philoptochos

Come enjoy plenty of sweets and treats  
in support of

**Go Red for Women**

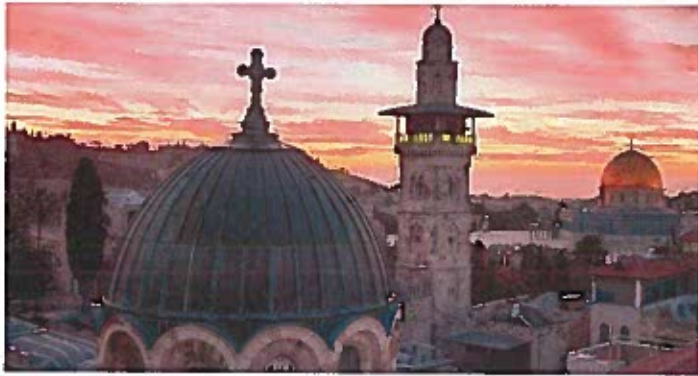
To donate your favorite chocolate treat to share please contact Mary Peteros at 860-608-5807/email [peteros@comcast.net](mailto:peteros@comcast.net) or Alice Poulis at 860-442-6048/email [alicepoulis@att.net](mailto:alicepoulis@att.net). A free will offering will be collected for the benefit of the American Heart Association. Your generosity is appreciated.

Go Red for Women is a national movement founded by the American Heart Association to help fight back against heart disease which is the number one killer of women in America.



*Thank you for your Support* 





## HOLY LAND PILGRIMAGE

### 2020

Attention Parishioners of Saint Sophia

Fr. Jim is offering to take a group of parishioners on a nine-day pilgrimage to the Holy Lands next year. The vast majority of Orthodox Christians who have been to the Holy Lands will attest that it is a life changing experience. The cost of the pilgrimage will depend primarily upon the time of year we chose to go (Fr. Jim is suggesting January or February to avoid big crowds and to keep the cost down) and the number of people /double occupancies in our group (we are hoping for between 15 - 24 people). Please email the church office at: [office@saintsophianl.org](mailto:office@saintsophianl.org) to inform us if you are interested in this.

Please note that at this time we just have basic information regarding the cost and the details of the proposed pilgrimage. The final costs and itinerary will depend upon the numbers and input of people interested in this.

#### Basic Information

- Roundtrip Airfare & Transfers
- Private Motor Coach with English Speaking Guide
- Four Star Hotel accommodations
- Breakfast and dinner daily
- Entrance fees to sites
- Professional tour guide (s)
- 24/7 Hour emergency hotline
- **ESTIMATED** cost range: \$2,500 - \$3,500 per person

#### Proposed Itinerary

**Day 1, Departing Flight →**

**Day 2, TEL AVIV / TIBERIAS**

Birthplace, tomb and church of St. George

**Day 3, TIBERIAS / CAPERNAUM / TABGHA / JORDAN RIVER / TIBERIAS**

- Sea of Galilee, Capernaum
- Healing of Paralytic

- Healing of St. Peter's mother-in-law (St. Peter's House)
- Synagogue of Christ
- Calling of the Disciples
- Mountain of Beatitudes
- Tabgha
- Multiplication of Loaves and Fishes
- Baptism of Christ, Jordan River

**Day 4 TIBERIAS / MT. TABOR / CANA / NAZARETH / JERUSALEM**

- Transfiguration on Mount Tabor
- Raising of widow's son, Village of Nain
- Wedding & Miracle in Cana
- Annunciation, Nazareth
- Nativity, Nazareth
- Crucifixion, Church of Holy Sepulchre

**Day 5 JERUSALEM**

- Ascension and Second-coming, Mount of Olives
- Garden of Agony, Garden of Gethsemane
- Dormition of the Theotokos, Tomb of the Virgin Mary
- Peter denying Christ, Church of St. Peter
- "The Upper Room" Room of Last Supper, Mt. Zion

**Day 6 JERUSALEM**

- Birthplace of Theotokos, Church of St. Anne
- Healing of Paralytic, Pools of Bethesda
- Praetorium, Prison of Christ
- Death and Resurrection of Christ, Church of the Holy Sepulcher
- Jesus' carries His Cross, praetorium to Golgotha
- Place of Jesus' Crucifixion, Golgotha
- Angel proclaims Resurrection, Church of the Holy Sepulcher

**Day 7 JERUSALEM / BETHLEHEM / JERUSALEM**

- Shepherd's Field, Bethlehem
- Nativity of Christ, Church of the Nativity
- Prophet Elias, Church of the Prophet Elias
- St. Symeon, Church of St. Symeon

**Day 8 JERUSALEM / JERICHO / JERUSALEM**

- Temptation of Christ, Mount of Sarantaron
- The Dead Sea Scrolls & Essenes, Qumran
- Place Joseph and Panagia rested, Monastery of St. Gerasimos
- Zacchaeus, Zacchaeus' Tree
- Raising of Lazarus, Lazarus' Tomb, Bethany

**Day 9, MASSADA / JERUSALEM / TEL AVIV → Return Flight**

- Good Samaritan, Inn of Good Samaritan
- Siege of Massada, Massada
- First Jewish – Roman War
- Return Flight

# FEBRUARY 2019

Sun
Mon
Tue
Wed
Thu
Fri
Sat

					1	2  Presentation of Our Lord  Orthros/Divine Liturgy 9:00am
3 Orthros/Divine Liturgy 9:00 am  Sunday School	4	5	6 St. Photios Orthros/Divine Liturgy 9:00 am  Greek School Private 3 pm Children 4 pm Adults 5 pm	7  Bible Study 11:00 am	8  New London Soup Kitchen 4:00 pm  Hall Rental	9
10 Orthros/Divine Liturgy 9:00 am Costa Simones 3 Year Memorial  Sunday School  Philothonos – “Go Red for Woman”	11	12  Parish Council Meeting 6 pm  Fr. Katinas Boston Metropolis	13  Greek School Private 3 pm Children 4 pm Adults 5 pm	14  Bible Study 11:00 am  Social – Luncheon 12:30 pm  Hall Rental	15	16
17 Orthros/Divine Liturgy 9:00 am  Sunday School	18  <b>President’s Day Office is Closed</b>	19  Philothonos Meeting 6 pm  Jazz Concert by: As Time Goes By 7 pm	20  Greek School Private 3 pm Children 4 pm Adults 5 pm	21  Bible Study 11:00 am	22	23
24 Orthros/Divine Liturgy 9:00 am Friderika Stevens 1 Year Memorial  Sunday School	25	26	27  Greek School Private 3 pm Children 4 pm Adults 5 pm	28  Bible Study 11:00 am	1 March	2 March  <b>APOKRIES Chef Cookoff &amp; Party 5-7 pm</b>
3 March  Orthros/Divine Liturgy 9:00 am <b>** Oratorical Festival**</b>						

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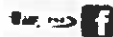
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