Parish Directory

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Retired Clergy
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Evangelos Anton

CHANTER
George Lenares

CHOIR
Harry Ermides

ACOLYTES
James Diamantopoulos

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Efthimios Stoja

BUILDING AND GROUNDS MANAGER
Alfredo Ramos

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Greek translations
Presvytera Eva Legato

DEADLINE TO SUBMIT ARTICLES FOR MARCH/APRIL TESTAMENT:
FEBRUARY 5, 2024

PHILOPTOCHOS
Maria Sokaris

SENIOR CITIZENS
James Stolis

MAKARIA
Dora Mokhiber
Elaine Sokaris

YOUTH MINISTRIES

SUNDAY SCHOOL
Theodosia Legato
sundayschool@stsophiaalbany.org

HELLENIC EDUCATION
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greeklanguageacademy@stsophiaalbany.org

GREEK FOLK DANCE
Diane Cohen & Maria Pigeon
st sophi a danc ers@gmail.com

GOYA
Mary Googas
Sophia Pallone
Mike Koutelis
Soula Landi
Demetra Xythalis

ST. SOPHIA SCHOLARSHIP COMMITTEE
Georgia Melas, Committee Chair
Frosine Stolis
James Stolis
Helen Tomaso
Christine Prudente
Foti Rantzaklis

PARISH COUNCIL BOARD MEMBERS 2024
Michael Christakis
Lainie Damaskos-Christou
Dina Fisher
Robert Hahn
Christine Harvey
Stefan Kalogridis
Peter Pappas
George Pappis
Anastasia Vasilakos Rojas
Mark Stevens
Sultana Varvarousis
Maria Vasilakos

ST. SOPHIA GREEK ORTHODOX CHURCH 2024

Church Website: www.stssophiaalbany.org

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My Dearest St. Sophia Parishioners,

We all, I am sure, are looking forward to the New Year 2024 with anticipation and excitement. It is important that I share some news, however, at this time concerning a health problem which I must take care of, and ask for your understanding and support. Thursday, January 18th, I will be undergoing a surgical procedure. I was told my recovery period will be 4-6 weeks. I will not be able to perform any services for a minimum of 4 weeks during my recuperation. I am pleased to announce that Father John Angelopoulos from Newburgh, NY will be filling in for me for four Sundays beginning January 21 and ending February 11, 2024. It is my hope that I will be able to fully resume all Parish activities Sunday, February 18th.

I have asked the Parish Council to allow for a change in time for our Sunday Services beginning Sunday, January 14 through the end of February.

**Orthros will begin at 9:00 AM and the Divine Liturgy will follow at 10:00 AM. Sunday School will begin at 10:30 AM.**

We will resume our normal hours of operation in March. It is important to also inform everyone that no weekday Divine Liturgies or Holy sacraments will be scheduled during my absence. I ask for your understanding. I hope this does not inconvenience anyone. I encourage everyone who wishes to attend a weekday celebration to either attend services at St. George in Schenectady or St. Basil’s in Troy when they are offered.

My greatest thought, even now, is to return as soon as possible and resume parish activities. I ask and encourage our JOY and GOYA to meet and set activities in my absence in order to continue the work of nurturing and supporting our youth. For any questions, during this time, regarding Sunday school, please contact the Director of the Sunday School, Theodosia Legato via email at: sundayschool@stsophiaalbany.org.
Likewise, please reach out to our JOY contacts Maria Pidgeon and Bessie Sokaris, and to our GOYA contacts Sophia Pallone, Demetra Vann, Soula Landi, and Mary Googas for any scheduled programs and assistance, or to see how you can help.

In the case of a medical emergency, please contact the church office. At 518-489-4442. I look forward to returning as soon as possible and appreciate your prayers for a quick and full recovery.

Please make a notation of the changes and may the Lord bless you and keep you safe during this time and in celebration of the New Year. I look forward to seeing everyone Sunday, February 18th.

*In His Service,*

*Fr. Pat*
I was listening to a Greek comedian, many years ago, who was doing an impersonation of a political leader in the Greek government. This well done parody was complete with an announcer, audience cheering with both crescendos and decrescendos, a correspondent posing questions, and the main character. In this presentation, the correspondent asked several questions about finance, education, the various ministries within the government and most especially about his plans for running the country. Here is just a sampling of that sketch with some poetic license.
Correspondent: Mr. Prime Minister, what is your policy on decreasing unemployment?

Prime Minister: Θα, θα, θα. Translation: I Will, I will, I will.

Correspondent: Mr. Prime Minister, What is your view on taxation to the people?

Prime Minister: Θα, θα, θα.

Correspondent: Mr. Prime Minister, How will you end the disproportionate education between the children living in the major cities and those living in small villages.

Prime Minister: Θα, θα, θα, θα, ΘΑ!

Every time I hear mention of this comedic genius, I remember this almost forgotten exchange between a reporter and the leader of the country. The phrase reverberates in my consciousness. And a smile ensues. Why?

Probably because this is how we all seem to answer questions, challenges, and set our goals. “I will,” is a very powerful response. It allows us to let our imagination run wild. “You will what, should be our follow-up question? Nevertheless, that small phrase seems to satisfy people. Amazing, and so sublime.

The reality is this is how we all seem to run our lives. “I will,” dominates our conversations. I get the notion that we all love to live by the mysterious premise of something, and are never concrete or follow through with an action, promise, or plan. Our commitment to faith is also punctuated with this inconclusive and ambiguous phrase.

Let's examine just a critical question we are confronted with week in and week out.

“Are we going to church this Sunday?” Answer: “I will.” The impression is that a promise has been made to attend church, but the intent is very different. In reality, to complete the answer, one has a myriad of responses which include, but are not limited to, “I will think about it. I will go, if I do not oversleep. I will go, but, if my friends call, I will meet them instead. I will, if I do not have to work. I will try, but don’t count on it. I will if I can get the laundry finished…” We are simply predisposed to avoid a commitment. Just for the sake of argument, let us place ourselves next to Jesus as He is being crucified. We are the robber, who seeks forgiveness, comfort, and strength to confront the sentence handed down. Imagine, just for a moment, if Christ were to simply reply to our tormented question, “I will.” Christianity, as we know it, would not exist as we know it today. Such a generalization would overwhelm the Church in controversy and upend our souls into a whirlwind of confusion. Thankfully, Christ was true to His compassion, love, and forgiveness. There was no Θα.
We, as people, are very uncommitted, inconclusive and ambiguous. “I will,” exemplifies our culture. “I will,” can be positive, negative, or middle of the road. It could mean nothing, something, or everything. It is our inability to adhere to the invitation Christ extends to us to, “Follow me.” The New Year is upon us, and the year ahead is fraught with challenges, and the unknown. None of us know the future, or can predict what tomorrow will bring, but we need to make a clear commitment to the one place that is always open. Do I have to say it? Certainly, I will. The Church and to Christ, our God.

This time of the year, we will follow the custom of making Resolutions. We will make promises. We will champion a cause or two. We will defend our freedom, or our rights. We will express our viewpoints. We will love, fight, argue, cajole, complain, insinuate, fulfill, disparage..., and Jesus is waiting. Now all we have to do is answer the call He personally extends. Then again, we can also reply...

...Θα, Θα, Θα, or Θα, Θα, Θα, Θα, Θα, ΘΑ!

Have a most blessed New Year.

In Christ's Name Amen,

Fr. Pat
E-GIVING MADE EASY AT SAINT SOPHIA

What is e-Giving? It’s a way for you to give faithfully from our website, on your mobile device, or via text message.

**BENEFITS FOR YOU:**
1. Give from anywhere using a computer, tablet, or smartphone.
2. No need to find a check or stop by the ATM.
3. Use your Checking/Savings Account or your Debit/Credit Card.
4. Schedule gifts to occur automatically
5. Give to one or more funds at a time.

**BENEFITS FOR SAINT SOPHIA:**
1. Reduces administrative work allowing more time to focus on the ministry.
2. Helps streamline receivables.
3. Increases stewardship by providing members and guests easier ways to give.
4. More regular and predictable giving makes planning easier.

**ONLINE**
1. Click the GIVE button on our church website at: www.stsophiaalbany.org
2. Enter the amount you wish to give, select fund, and enter your email address.
3. Click GIVE and enter your payment method to complete the transaction

Note, If you have a Realm login, you can login when prompted and complete your transaction or schedule a gift.

**TEXT**
1. Text SAINTSOPHIA to 73256.
2. Click the link you receive in your text message response.
3. Follow the prompts to give.

Text giving even saves your payment method so you can quickly give again.

**MOBILE**
1. Search Realm Connect in your phone’s App Store.
2. Download the free app and sign in.
3. Click GIVING at the bottom, then choose MAKE A GIFT.

Don’t have an account for the app? Contact our church office.

“All must give as they are able, according to the blessings given to them by the Lord your God.” Deuteronomy 16:17
Dear Fellow Parishioners,

Happy New Year! 2024 brings new and exciting opportunities for our parish. As I’ve previously shared, effective January 1st, St. Sophia has transitioned to a new church management system -- Realm!

Realm supports the way our parishioners are involved in church life by making it easier for our church family to connect with each other, keep up with what’s going on, and grow as a connected community of Orthodox Christians.

Everyone in our church gets a unique profile. Your profile enables you to join a small group, RSVP to events, track your giving, update your contact information, change family details, set notification preferences, and upload a family photo!

We successfully introduced Realm at November’s Stewardship Breakfast. Many parishioners have already joined (and made their 2024 stewardship pledge through Realm!). You can begin setting up your personal profile by visiting https://bit.ly/StSophiaRealm.

Once you have set-up your profile, you can stay connected to St. Sophia wherever you go by downloading the free Connect - Our Church Community app for iPhone and Android devices.

Please save the date for St. Sophia’s Annual Greek Festival – to take place Friday, May 17, Saturday, May 18 and Sunday, May 19, 2024. We need your help. Whether you’ve volunteered in the past or are looking for ways to get involved, there are ample opportunities to help support St. Sophia’s largest fundraiser of the year while showcasing our Hellenic culture and customs.

My thanks to outgoing Parish Council (PC) members Peter Melas, Dora Mokhiber, and Francisco Soler for their service as they conclude their PC terms. Peter, Dora and Francisco have been tireless stewards of our community, and I am grateful to them for their support and leadership.
Finally, a note of thanks to each of you for your kindness, grace, and commitment to St. Sophia. I am immensely blessed to have had the opportunity to interact and work alongside so many of you this past year while serving as Parish Council President. Thank you for affording me this wonderful opportunity to serve our parish.

Again, I invite you to join St. Sophia’s Realm platform today and look forward to the exciting opportunities that this new tool will provide our community to stay connected in the new year!

See you on Sunday!

In Orthodoxy,

Michael N. Christakis
President, Parish Council

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Advertise IN THE TESTAMENT

REACH OVER 400 HOUSEHOLDS TODAY!

We invite business owners to advertise their business and/or services in St. Sophia Greek Orthodox Church’s bi-monthly newsletter, *The Testament*. *The Testament* is printed six times per year and is mailed to over 400 parishioners. Sponsors will have a copy of their business-card (or equivalent artwork) included in each issue. If you are interested in advertising your business, the annual sponsorship fee is $500 (or $100 per issue). You can sign-up and pay to be a sponsor by scanning the QR code with your phone below:
Happy New Year!

I hope everyone had a healthy and very Merry Christmas! 2023 was a great year for the Philoptochos. We were successful in fundraising enough to assist those in need in several organizations, including the following:

- Regional Food Pantry
- Children’s Café
- Saint Vincent’s Food Pantry
- Backpack food program for kids
- Family Promise
- Grassroot Givers
- Double H Ranch
- Ronald McDonald House

I would like to say a BIG THANK YOU to everyone who helped 2023 be a huge successs. Thanks to everyone who cleaned out their closets and donated over 60 handbags to Purses for a Purpose. Thank you to Cassie Stricos and William Yager for donating items to fill those purses. Thank you to Mr. Teddy Kondoprias for donating all the supplies to make the spanakopites for the Doll Show Café. Thank you to the core bakers, Rita Joeney, Vicky Lembesis, Dora Mokhiber, Elaine Sokaris and Maria Xythalis, these ladies never say no when asked for their help. Thank you to George Sokaris for donating 150 pairs of socks for our Grassroot Givers project. Thank you to the lovely Wednesday knitting group for making all the beautiful blankets for the 40 Day Blessings and the hats and scarves for the Maritime Ministry. Thank you to Maria Hazapis for her donation to support the gifts for the Maritime Ministry. Last but not least, thank you to Costa and LeAnn Kontogiannis for providing a great Senior Dinner once again this year.

We were able to provide 6 families with a Merrier Christmas this holiday season thanks to our Giving Tree program. I appreciate and am grateful for your continued willingness to help those in need. We are truly one big family!

Maria Sokaris
Philoptochos President
Anyone bearing the name Theodora must feel an inner pride in having been so named.

It not only means the “gift of God,” but is also the namesake of one of the most noble souls in all Christianity, Theodora was the wife of Theophilos, emperor of the Byzantine Empire during the ninth century, when the empire was at its zenith.

Royalty has its advantages but the influence of a monarch’s wife does not often hold sway, particularly in a complex issue such as Iconoclasm which for 150 years had divided the Greek Orthodox Church. Much as Theodora abhorred the idea of stripping church interiors of icons, it is to her everlasting credit that rather than let herself be swayed in her determination, much as she chose to sway the emperor herself, she lived in the hope that the icons would one day be restored and that the issue would be settled in her lifetime although it had stormed for three lifetimes. If for nothing else this profoundly religious woman and empress could have been sainted for her unyielding stand on the issue when she could have chosen a course of resignation or indifference. Claims and counterclaims, lay and cleric, swirled about her and she had but to join sides with the iconoclasts and that in itself might very well have settled the question once and for all after a century and a half of dissension. It could very well be that it was Theodora’s courageous stand that made a difference. Hers was not a voice in the wilderness. It emanated and echoed from the palace. The echo of her voice of protest never died and our churches are what they are today because she refused to be stilled. She was not a nun. She was an emperor’s wife, but a handmaiden of God by her own choice.
During this period Iconoclasm was a strong, swift-moving force which swept the empire. The supporters of the iconoclastic movement believed that icons should be purged from the churches. They thought that the veneration of icons was tantamount to idolatry. In fact, many Orthodox Christians had come to believe that icons, rather than being symbolic, were to be worshipped for themselves. As a reaction against this false understand of the place of icons in Orthodox worship, many favored the complete elimination of icons. Believing that they were fighting against idolatry, some emperors issues decrees banishing icons from the churches and persecuting anyone possessing icons.

Theophilos was such an iconoclast emperor, but due solely to the efforts of his most noble wife, Theodora, he was the last. After 150 years, Iconoclasm was finally defeated.

During the reign of her iconoclast husband, Theodora secretly possessed many icons. She would kneel in prayer and meditation before her icons, firm in the belief that the time was at hand when the icons would once again resume their rightful place in the house of God.

Shortly after the death of Emperor. Theophilos, one of the first official acts of Empress Theodora as regent for her son Michael III was to reinstate the icons. To do this she convoked a General Synod in A.D. 843. This Synod formally accepted the use of icons in Orthodox worship, affirming that the veneration is paid to Christ and the saints depicted on the icons, and not to the material substance of the paint and wood. This historic decision is celebrated each year in the Orthodox Church on the first Sunday of Lent, known as the Sunday of Orthodoxy.

Thus, Empress Theodora gave all her support to the recognition of icons as an essential element of Orthodox worship, and in so doing proved to be an instrument of God’s glory.

In her lifetime Empress Theodora revealed her true nature to be more religious than civic, and because of her faith and devotion to Christ, the Church became as mighty as the empire. With her previous icons before her, she died on 11 February 859, a true champion of the Orthodox faith.
ST. SOPHIA SUNDAY SCHOOL CALENDAR

HAPPY New Year

Please note: beginning January 21st through February 25th Sunday School will begin at 10:30 AM.

JANUARY

7th - Class in Session
14th - Family Worship
   No Class
21st - Class in Session
28th - Class in Session

FEBRUARY

4th - Family Worship - No Class
11th - Class in Session
18th - Winter Break
   Family Worship - No Class
25th - Class in Session

MARCH

3rd - Class in Session
10th - Class in Session
17th - Class in Session
24th - Class in Session
31st - Family Worship - No Class

Updated December 2023
January-February 2024 Class Schedule

Thursday Pre-School Classes are in session on
January 4th, 11th, 18th, and 25th
February 1st, 8th, and 15th
NO CLASSES ON FEBRUARY 22

Saturday classes are in session on
January 6th, 20th, and 27th
February 3rd and 10th
NO CLASSES JANUARY 13, FEBRUARY 17 & 24

Καλή Χρονιά 2024
“Celebrate the New Year with these Greek Traditions”
Written by: Krasi Meze & Wine Restaurant

Share a Plate of Vasilopita, On New Year’s Day in Greece, it’s customary to cut a special cake called Vasilopita before dinner. Each person slices off a piece that contains either a small coin or charm - depending on their age. Whoever finds the coin or charm is said to be lucky throughout the rest of the year.

Spray Holy Water, In Greek households, it is a common tradition on New Year’s Eve to spray each other with holy water. This ritual is believed that sacred water grants protection from all evil spirits. Upon splashing each other, families often say things such as “good luck!”

Decorate with Bay Leaves, Another popular custom during this time in Greece was to adorn homes with bay leaves – symbols of good health, fertility, nutrition, wisdom, strength, and peace – usually hung above doorways for extra protection from evil spirits. Don’t forget to also stock up on unique sweets like melomakarona (Christmas honey cookies), which are traditional treats that many Greeks enjoy over New Year’s.

SOURCE: “Celebrate the New Year with These Greek Traditions.” Krasi Boston, 3 Jan. 2023, krasiboston.com/celebrate-the-new-year-with-these-greek-traditions/.

Information
Lainie Damaskos-Christou, Director/Teacher, Ioanna Loula, Teacher, Zeffi Kondoprias, Teacher, Anastasia Gouvitsas, Teacher
email: greeklanguageacademy@stsophiaalbany.org
website: www.stsophiagreekschool.org
Holy Sacraments

BAPTISMS

June 11th, 2023
Luca George, Son of Amanda and Jon-Michael Socaris
Gregory and Bessie Sokaris, Godparents

September 24th, 2023
Tamu Selene Sabur (Thalia Daskaloudi), Daughter of
Myrto Daskaloudi
Nikoletta Daskaloudi, Godmother

October 28th, 2023
Arina Asimina Stempsey, Daughter of Kevin and Maria
Stempsey
Kristina Marinopoulos, Godmother

MARRIAGES

July 28th, 2023
Nicole Kolec and Todd Rosa
Vasil Kolec - Koumbaros

August 26th, 2023
John C. Rojas and Anastasia Vasilakos
Lainie Damaskos-Christou, Koumbara

September 2nd, 2023
Bam Reome and Athena D'Amico
Christina Fentekes, Koumbara

FELL ASLEEP IN THE LORD

July 16, 2023
Diamantina Loupessis Tralongo (57)

July 17, 2023
Hercules Diveris (94)

September 23rd, 2023
William Georges and Jamie Lyn Fields
James and Mary Googas, George and Debbie Socaris
- Koumbaroi
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<td>AHEPA Meeting 7:00 PM</td>
<td>Daughters of Penelope &amp; Philoptochos Valentine’s Day Party 6:00 PM</td>
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<td>5η Κυριακή του Μαθαίου Θεία Λειτουργία 10:00 Π.Μ.</td>
<td>Κόρες της Πηνελόπης και του Φίλοτοχου για την Ημέρα του Αγίου Βαλεντίνου 6:00 μ.μ.</td>
<td>Συνάντηση ΑΗΕΡΑ 7:00 Μ.Μ.</td>
<td>Κυριακή της Χαναναϊκής Θείας Λειτουργίας 10:00 Π.Μ.</td>
<td>Μητέρα των Προέδρων</td>
<td>Ακαδημία Ελληνίκης Γλώσσας &amp; Πολιτισμού 5:30 Μ.Μ.</td>
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<td>Οικουγενειακή Λατρεία Κυριακή 10:00 Π.Μ.</td>
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<td>Εορτή Αθηνάς 15η Κυριακή του Μαθαίου &amp; Θεία Λειτουργία 10:00 Π.Μ.</td>
<td>Κυριακή της Θείας Λειτουργίας 10:00 Π.Μ.</td>
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<td>Ημέρα των Προέδρων</td>
<td>Μητέρα των Προέδρων</td>
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**Sons of Pericles & Maids of Athena Annual Valentine’s Dance**

6:00 μ.μ.
St. Sophia Mission Statement – St. Sophia Greek Orthodox Church, Inc. is a not-for-profit religious community under the leadership of the Greek Orthodox Archdiocese of America, through the auspices of the Ecumenical Patriarchate in Constantinople whose mission is to: (1) maintain, practice, and proclaim the Christian Orthodox faith, enhancing the spiritual growth of its communicants; (2) develop and operate programs, activities, and services for the Parishioners which serve and further the religious educational, cultural, philanthropic, and social ministries of the community as well as to protect and continuously develop the physical buildings and religious property as deemed necessary; (3) dedicate the promotion of Christian Fellowship and values between the evolving diversity of cultures and its people.