

SAINT SOPHIA

Axiologa

"worth mentioning"



JULY 14, 2019

Sunday of the Holy Fathers of the 4th Ecumenical Council

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www.saintsophia.org/bulletin

When you write your will or update it, won't you please remember Saint Sophia Cathedral? Such a gift will live forever as our church ministers to our spiritual needs. It's an investment in the Gospel of Jesus Christ.

MINISTRY NEWS

1. **Sunday, July 21:** Hand Puppets Activity
2. **Sunday, July 28:** Magnolia Avenue School Project

40 DAYS MEMORIAL SERVICE

Please join our memorial service on July 28 for Sirio Tonelli.

BAPTISMAL FONT

Dear Friends,

We have been blessed to have many adults come forth ready to be baptized after attending our church services.

Saint Sophia Cathedral is asking for your contribution to fund the installation of an Adult Baptismal Font in our Cathedral. Your generosity will help serve the growing needs of our faith and congregation and you will play an integral and vital role in the life of our extended Saint Sophia family.

You may contribute by sending a check to the church or making a donation online <https://saintsophia.org/donate-payment/>

Thank you and may God bless you!

CAR NEEDED FOR WORK

A parishioner is in need of a working used car. A car can be donated to Saint Sophia Cathedral and the church will issue a tax receipt for your gift. Thank you for your generosity.

**THE HOLY LAND 2019
WITH FATHER JOHN**

LEAVE LA, DEC. 12TH – RETURN LA, DEC. 22ND



Trip Cost \$4575 pp/double occupancy
Reserve Spot by August 26th, \$1145
Final Payment by September 20th, \$3430
Nonrefundable as of October 11th
Single Supplement Available Upon Request

Payments can be made through Saint Sophia's website

Go to "Make a Donation." Go to "Contribution."

Go to "General Donation."

Enter amount. Click the "Make a Donation" button*.

*There is an area that says "Additional Notes" type in Holy Land Trip.

For questions you may contact Jessica at secretary@saintsophia.org
or call 323-737-2424 ext 103

TRIP SUMMARY

This trip to Israel is all-inclusive. Airfare, accommodations, breakfast and dinner, all transfers, expertly guided sightseeing tours, entry fees will be covered. Excluded are travel insurance (strongly recommended), drinks, gratuity for guide and driver.

DAY-BY-DAY *some variations may occur due to unforeseen circumstances

Dec. 12 (Thursday) | Depart Los Angeles

Leave on El Al Israel Airline at 1:30 PM. Direct flight, arriving into Tel Aviv the next day.

Dec. 13 (Friday) | Arrival to the Holy Land, Jaffa / Tel Aviv

Arrive at 1:30 PM. Our tour guide meets us. Drive to **Jaffa**, enjoy our lunch at a local restaurant, visit **St George's Greek Orthodox Church**, the Oldest Church in Jaffa and famous for its tall bell tower. Transfer to our hotel in TLV for dinner.

Overnight @ Herods | **Meals: D**

Dec. 14 (Saturday) | Caesarea / Haifa/ Stella Maris / Cana / Tiberias

Travel up the coastline to the ancient Roman city of **Caesarea**. See the harbor where Paul was imprisoned and taken to Rome, on his final voyage. Proceed to **Haifa**, visit **Stella Marris**, a Carmelite monastery with the Madonna of **Mt Carmel**. This afternoon we visit **Cana**, the village of Jesus' first miracle of changing water into wine. Prayer at the church. Drive to Tiberias for dinner.

Overnight @ The Scots Hotel | **Meals:** B, D

Dec. 15 (Sunday) | Sea of Galilee / Tabgha / Capernaum / Mt of Beatitudes / Tiberias

Enjoy a morning **boat ride** across the Sea of Galilee. Proceed to **Tabgha** (Greek for Seven Springs) and the Church of the Multiplication of Fishes and Loaves. Visit the Church of St. Peter's Primacy. Explore Capernaum, headquarters of Jesus' ministry in Galilee and see the new church built on St. Peter's House. See the Greek Orthodox Church of the Holy Apostles, with its lovely pink domes and an outwardly setting overlooking the Sea of Galilee. You will have the chance to meet one of the priests who will tell us about the life of Greek Orthodox faithful in the Holy Land. Visit the **Mt of Beatitudes**, where Jesus preached the Sermon on the Mount.

Overnight @ The Scots Hotel | **Meals:** B, D

Dec. 16 (Monday) | Nazareth / Mt Tabor

Drive to **Nazareth**. See Mary's Well where the Angel Gabriel told Mary she would give birth to Our Lord Jesus Christ, also known as the Greek Orthodox Church of Annunciation, where we see frescoes of all the main Orthodox Saints. Drive on to **Mt Tabor**, scene of the Transfiguration.

Overnight @ The Scots Hotel | **Meals:** B, D

Dec. 17 (Tuesday) | Sebastya / Jacob's Well / Jerusalem

Drive through Biblical Samaria to **Sebastya**, the former capital of the northern Kingdom of Samaria and see the mostly untouched ruins. After lunch, we reach Jacob's Well. We will visit the magnificent, rebuilt church where Jesus met the Samaritan woman. He referred to the age-old dispute between the Samaritan and the Jews about the right spot to worship God and said the memorable words "They that worship God must worship him in spirit and in truth." Transfer to Jerusalem for dinner.

Overnight @ Inbal Hotel | **Meals:** B, D

Dec. 18 (Wednesday) | The Old City of Jerusalem / Western Wall

We start the day trip with a visit to the Western Wall. Enter the **Old City** to see: The Pool of Bethesda, St. Anne's Church (birthplace of Mary), the Chapel of Flagellation, Ecco Home Arch. Then go on to the **Via Dolorosa**, to the Prison of Christ, and retrace the final hours of Our Lord's life as you

pass the Stations of the Cross, to the Church of the **Holy Sepulcher**, the site of His death and resurrection. We climb the stairs to reach Golgotha, the place of crucifixion. The main altar here is in the care of the Greek Orthodox Patriarchy. We then go into the Tomb, the site of resurrection, guarded by Greek Orthodox monks. Take a moment in this Holy Place to feel the spirit engulf you and appreciate all that Our Lord has given you and your loved ones. Finish the day with a visit to **Yad Vashem**, the Holocaust museum.

Overnight @ Inbal Hotel | **Meals:** B, D

Dec. 19 (Thursday) | Bethlehem / Mar Saba / Ein Karem

We start early in the morning by celebrating the **Liturgy at the Nativity Church**. The Byzantine church is built over the birthplace of Our Lord and see the cave of St. Jerome. We visit **Bethlehem** and **Shepherd's Field** and Grotto. Proceed to **Monastery of St Theodosius** and **Mar Saba** founded in the 5th century by Monk Saba. On the way back to Jerusalem stop at the village of **Ein Karem**, the birthplace of St. John the Baptist. Visit St John the Baptist church.

Overnight @ Inbal Hotel | **Meals:** B, D

Dec. 20 (Friday) | Mt Olives / Mt Zion

Enjoy the unforgettable view from atop the **Mt of Olives**, and marvel at the site before you -- a 4000-year-old city, the center of three main monolithic faiths, and the place where Our Lord sacrificed himself for our salvation. See where Jesus taught the Apostles to pray "Our Father." Visit the **Church of Pater Noster** and the **Chapel of Ascension**. Walk down the **Palm Sunday Road**, stopping at the beautiful Russian Orthodox Church of Mary Magdalene. Light a candle with a prayer in the **Tomb of the Holy Mother** and continue to the Church of All Nations in the **Garden of Gethsemane**, the garden of Our Lord's agony. Descend across the Kidron Valley, to the **Church of St. Peter in Gallicantu** where the Apostle denied Christ three times. Continue to **Mt Zion** to visit the room of the Last Supper, **King David's Tomb** and the **Church of the Dormition**.

Overnight @ Inbal Hotel | **Meals:** B, D

Dec. 21 (Saturday) | Jordan River Baptismal Site / Jericho / Dead Sea / Wadi Kelt / Jerusalem

Proceed down into the Jordan Valley towards the **Baptism Site** besides the Jordan River. Visit the **Monastery of St. Gerasimos**. Drive to **Jericho**, the oldest known inhabited city in the world. View the **Mt Temptation** and visit the Orthodox Monastery there. After lunch, proceed to the unique **Dead Sea** where you will have an opportunity to float in the saline waters of the lowest Sea on earth. Driving up the Judean hills to Jerusalem we turn off the road to walk down the steep, narrow slope to the magnificent

Monastery of St George, built in a rocky ravine in the Judean Desert and wonder in amazement how the monks managed to create this shrine of faith.

Overnight @ Inbal Hotel | **Meals:** B, D

Dec. 22 (Sunday) | Transfer to Airport

Leave on El Al Israel Airline at 12:45 AM. Direct flight into Los Angeles, arriving at 6 AM.

HOTEL SUMMARY *accommodations were carefully selected

Dec. 13 (Friday) Herod's by the Sea (1 night)

Dec 14 (Saturday) Scots Hotel, Tiberias (3 nights)

Dec 17 (Tuesday) Inbal Hotel, Jerusalem (5 nights; we leave for the airport on the last night)

FLIGHT SUMMARY

Dec. 12 El Al Israel Airline, leave LAX at 1:30 PM. Direct flight, arriving into Tel Aviv the next day at 1:30 PM.

Dec. 22 El Al Israel Airline, leave Tel Aviv at 12:45 AM. Direct flight, arriving into LAX 6 AM.

TIME DIFFERENCE

Tel Aviv is 10 hours ahead.

Travel Insurance

We strongly recommend that you get travel insurance because life happens. Some places you can purchase from are as follows:

Travelex <https://www.travelexinsurance.com>

AAA <https://www.aaa.com/stop/> (I believe people used them last year)

Wanderwell <https://www.wanderwell.xyz/sojourn-experience> (they are an insurance broker and help with comparative pricing).





Operation Christmas Child donation idea of the month



Clothing Items

July



School Supplies

August

"One of my favorites in my shoebox was white socks because in the orphanage you get bad quality socks that always stink and have holes in them."—Timur, Central Asia

One child in Grenada was delighted to find his shoebox packed with underwear in his exact size. His family was so poor that they could not afford to buy this for him.

"My favorite items in my shoebox were school supplies. They were really important to me because it meant I could go to school."

—Luis, Panama

Saint Sophia Sunday School, the Hellenic Academy, the Saint Sophia Dance Program and the Saint Sophia Philoptochos Society are collaborating this year to assemble Operation Christmas Child shoe boxes. While this has been a project we have been supporting for over 10 years, it is the first time that we are coordinating our ministries to make this a bigger and better project. This year's goal is to fill 300 boxes. Already this year we have collected hats, gloves, scarves, hair accessories, personal care/hygiene items, small stuffed toys, books and so much more, but we are not anywhere near our goal.

July and August focus is on Clothing Items and School Supplies. Suggested items to donate are t-shirts, pants, skirts, shorts, sundresses, underwear, shoes, socks, pajamas, pencils, pens, crayons, markers, colored pencils, index cards, small manual pencil sharpener, erasers, solar-powered

continued

calculators, notebooks, scissors, ruler, protractor, glue stick (not liquid glue) scotch tape, etc. Remember, the boxes are assembled for either a boy or a girl and for ages 2-4, 5-9 and 10-14.

In October, to celebrate the National Philoptochos Make A Difference Day, we will be hosting a "Pack-A-Box" party for any and all parishioners to join us in completing this wonderful diakonia project. Event details will be in the September Herald.

SAINT SOPHIA SUNDAY SCHOOL AND PHILOPTOCHOS JOINT PROJECT

Crafters and wanna-be crafters - NOW IS YOUR CHANCE TO LEARN A NEW SKILL OR USE YOUR TALENT TO BRIGHTEN A CHILD'S DAY and serve our community's outreach efforts!

We are meeting after church at 12:30pm on select Sundays to make simple craft items to include with our Operation Christmas Child boxes this fall. All skill levels are welcome. If you have any questions, please contact Eleni Yokas at stsophiasundayschool@gmail.com.

Upcoming dates and projects:

Today - No craft scheduled

July 21st – Hand Puppets - Meeting Room near Sunday School office

August 4th – Stick Puppets with coloring story books - Meeting Room near Sunday School office

August 11th – Felt Dolls - Meeting Room near Sunday School office

August 25th – Knitted/Crocheted Scarves - Meeting Room near Sunday School office

Stay tuned for additional dates and craft projects!



YAL CONFERENCE

“Proclaim” is the theme for the 2019 Young Adult League Conference being hosted by the Greek Orthodox Metropolis of San Francisco from August 29 – September 2, 2019 at the Hyatt Long Beach. This will be a weekend filled with opportunities for fellowship, friendship, faith, and service. Young Adults who have completed high school and are at least 18 years of age through age 35 years old are invited to attend this inspirational weekend.

For more information,
visit www.sanfran.goarch.org/events



THE GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO PRESENTS

YAL CONFERENCE

WHAT DO YOU *PROCLAIM?*

LONG BEACH

AUG 29 - SEP 2, 2019
LABOR DAY WEEKEND
HYATT REGENCY LONG BEACH

BEACH PARTIES WORSHIP *Guest Speakers* GLENDIA DIAKONIA

YAL
CONFERENCE
METROPOLIS OF SAN FRANCISCO

For more information, visit www.sanfran.goarch.org/events



Magnolia Pandas

Join us for a Back-to-School Burger Lunch

Sunday, July 28 After Liturgy
Cost: School Supplies or donation
to our adopted school

Support Magnolia Elementary School!

As part of Philoptochos' national campaign to support education, the Saint Sophia Philoptochos Society will be donating back-to-school supplies to Magnolia Avenue Elementary School in the Pico Union neighborhood.

We welcome your participation and in return, you'll enjoy a delicious hamburger lunch – with all the trimmings – plus dessert!

School supplies needed:

- Spiral bound or hard bound wide-rule paper notebooks
- Art supplies – glue sticks, colored tissue paper, markers,
- crayons, construction paper, scissors, yarn, stickers, pencils
- Plastic sheet protectors
- Plastic containers -- with or without lids and any size – for storing books

Join Philoptochos for lunch and support the scholastic needs of the *Magnolia Pandas!*

Note: In lieu of school supplies, we will also accept cash or check donations



PHILOPTOCHOS NEWS

I hope everyone is enjoying the beginning of summer. It's a time when the earth warms up, some things bloom and others die away. Mother Nature has seasons and changes throughout the year. While something new may spring up, such as pretty flowers or plants, others wilt and die in the strong sun and heat. Life is made of cycles; some things grow and blossom while others go away for awhile. It is part of our life and our trust in God that he leads is through these cycles. Have faith and live your life. We certainly learned with the recent earthquakes we've had that we don't control anything.

Our project for the **MAGNOLIA AVENUE ELEMENTARY SCHOOL** is coming up quickly on **Sunday, July 28!** Read the enclosed flyer and make an effort to pick up a couple of items at a store near you. Target, Staples, Wal-Mart, even drug stores, have supplies that are on the list for the school. If you can't make it to a store we will be able to accept cash or checks made out to the Magnolia Avenue School. The principal of the school, Mr. Juan Reyes, will be joining us for the lunch. He is honored to be part of this National Philoptochos project. I am so excited, as I love projects that help someone who needs it - and in this case, it's a 'school' of people! Let's work together and have fun on the 28th! Everyone is welcome - even your friends and neighbors if they wish to join in. We will have a delicious hamburger lunch with all the trimmings and dessert in exchange for your donation to the school!

The **Metropolis Philoptochos Retreat** has been changed back to its original date of **September 20 - 22 at Saint Nicholas Ranch in Dunlap, California.** The cost of the retreat is \$180 per person. This includes your lodging, your meals and retreat materials. Registration forms are out and I will have some with me on Sundays if you want one.

Our first General Assembly will be held on Sunday, September 29 after church in the Maniatakos Pavilion. We have two wonderful ladies speaking on the very important topic of homeless youths and young adults. They work in a pilot program

that is in the City of Venice and do amazing work! This is such an important topic that all our cities are facing right now. Come in to the meeting (all of them if you want) and listen to what Philoptochos does. There's so much work we do and we would like you to join us. We have a wonderful time working together.

The **L.A. Greek Fest is October 4, 5 and 6.** The theme this year is "Mediterranean Cuisine". I hope you will find some time to volunteer in the pastry booth. We work, box and sell pastries, and have fun together!

Life is not always easy. I tell everyone not to take life or yourselves too seriously. There are enough hard things to deal with; we don't need to make it tougher. As human beings and members of our church, life is about being humble, being able to share ourselves and touch the lives of others. You may never know what it means to talk to someone who is all alone with no family or friends. I hope you never know what a pair of new socks, a hot meal at a Mission with a bed to sleep in for a night or the feeling of being SAFE for just a few hours can mean to those who are out on the streets, living alone and scared. It is only through the work we do to help others that we can have a fulfilling, happy and contented life. When I fall asleep at night I pray for all those who are out on the streets, in cardboard boxes, scared to sleep at night for fear they will be hurt. I wish we could put them all in safe places where they might find some peace and help. My prayer to God is that he will take care of them.

Once again my gratitude and thanks to the entire staff at Saint Sophia who helps with our Philoptochos projects. From Jessica and John, the volunteers, and to the custodians who do so much work, along with the support of the Parish Council, and love of Father John and Father Chris. They are all the rocks of our church, for without them we could never accomplish what we do.

We are one family that should work together. No one said life would be easy - but it will be worth it.

With love in Christ's service,
Virginia Noyes

SUNDAY SCHOOL NEWS

Mark your calendars! Sunday, August 18th, is our Welcome Back Ice Cream Social in the gymnasium, following Holy Communion. Parents can register or re-register their children for an exciting and uplifting year of Sunday School with our dedicated, joy-filled staff. Calendars will be available to pick-up if you have not received them by email. If you are not receiving emails from the Sunday School program, please send an email to stsophiasundayschool@gmail.com. Classroom instruction will resume August 25th. Please see Miss Eleni to confirm which class you are in.

PARISH COUNCIL ANNOUNCEMENTS

Dear stewards of Saint Sophia Cathedral,

We will be having our General Assembly on August 25, 2019 after Divine Liturgy. All pledged members are welcomed and encouraged to attend.

Children's Hospital Los Angeles will be conducting a blood drive at Saint Sophia on September 15th, 2019. Please consider participating in this necessary and very important cause.

Thank you,

Dean Peratsakis, President

PHILOPTOCHOS VIP NEWS

As you know there will be no meetings or events during the months of July and August so everyone can enjoy the summer with family and friends.

I would also like to apologize for not having a board meeting or event for the month of September, due to several board members being out of town. But, we will have a wonderful event scheduled for the month of October.

I am very pleased to announce that we have obtained the right to show the movie “Our Own Maria Callas”, courtesy of Mr. Vasilis Papoutsis. The date is Thursday, October 24, 2019 at 11:30 am in the Maniatakos Pavilion. There will be luncheon served and then the movie. The admission for VIP members will be free of charge, non-member is \$10.00 The movie is a documentary of the mythical world of soprano Maria Callas. It is directed by Babis Tsokas, sponsored by Mesiniaki Amfiktyonia with hundreds of volunteers while it was filmed in Meligala, Kalamata, Tripoli, Athens, New York City, Verona, Milano, Paris and the Island of Scorpio. Since space is limited, reservations are a must. Please call Vivi Demopoulos at 310-215-3130 or Mary Kezios at 562-923-7110.

Hope to see you all at this event. Happy Summer to ALL.

In His service,

Angela Ananias, VIP president.

The Mission of Saint Sophia Cathedral

1. *Proclaim and teach the Gospel according to the Orthodox Christian Faith*
2. *Sanctify and enhance the spiritual life of the faithful through Orthodox Christian worship.*
3. *Receive persons into the Church through instruction, baptism and/or chrismation.*

Orthodox Calendar

JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	✝ 3	4 Independence Day Office Closed	✝ 5 Observance Independence Day Office Closed	6
7 3 rd Sunday of St. Mathew 8:30 am Orthros 9:45 am Memorials 10:00 Divine Liturgy	8	9	✝ 10	11	✝ 12	13
14 Holy Fathers of the 4 th Ecumenical Council 8:30 am Orthros 9:45 am Memorials 10:00 Divine Liturgy	15	16	🍇 17	18	✝ 19	20
21 5 th Sunday of St. Mathew 8:30 am Orthros 9:45 am Memorials 10:00 Divine Liturgy	22	23	✝ 24	25	🍇 26	27 Panteleimon the Great Martyr and Healer 9:00 am Orthros 10:00 am Divine Liturgy
28 6 th Sunday of St. Mathew 8:30 am Orthros 9:45 am Memorials 10:00 Divine Liturgy	29	30	✝ 31			
		Strict Fast ✝	Fish Allowed 🐟	Wine and Oil Allowed 🍇	Dairy, Eggs, and Fish Allowed 🥚	Fast Free