

SAINT SOPHIA

*Axiologa*

*"worth mentioning"*



**JUNE 28, 2020**

*3<sup>rd</sup> Sunday of St. Matthew*

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Saint Sophia Cathedral  
1324 S. Normandie Ave  
Los Angeles, CA 90006

Office: 323.737.2424  
[www.saintsophia.org/bulletin](http://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.*

# Memorials

*Among the spirits of the righteous perfected in faith, give rest,  
O Savior to the souls of your servants...*

*Anna Gregoriou*

*Helen Stringos-Arias (10 years)*

*Theodore Stringos*

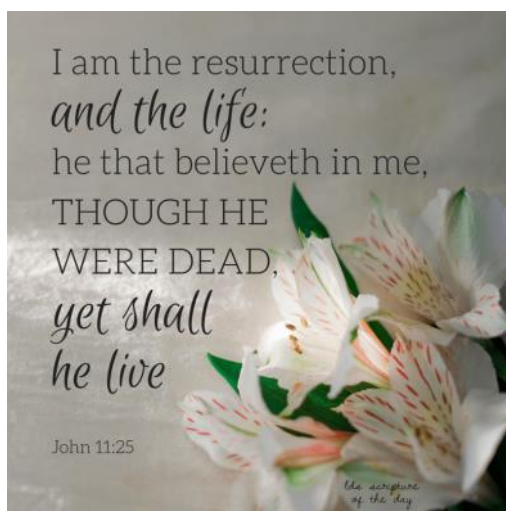
*Mary Stringos*

*Bessie Stringos*

*Marian Noplos*

## ALTAR CANDLES

Offered in loving memory of Helen Stringos-Arias, Theodore Stringos, Mary Stringos, Bessie Stringos and Marian Stringos by their families.



## INFORMATION ABOUT RE-OPENING SAINT SOPHIA CATHEDRAL

Dear Parishioners,

Despite the distance between us, during these past few months, it's been a real blessing to see how our beloved Saint Sophia community has managed to express their deep and sincere care and Love for one another and remain so very close and connected, all the while, longing for the day when we can, together as family, return to the Cathedral.

During the past couple of weeks there has been various messages, reported in the media, that has heightened our anticipation, though much of that messaging reported news related to areas outside of Los Angeles. Finally, on May 26th, LA County and the City of Los Angeles announced that Churches will be able to reopen their doors to their congregations, though under strict guidelines and regulations from the health department.

Saint Sophia, intending to comply with guidelines as set forth by the State of California, LA County, the City of LA, as well as the Greek Orthodox Metropolis of San Francisco, is grateful for the opportunity to reopen our doors beginning Sunday, May 31, 2020. **The Huffington Center will remain closed.**

We all recognize that there are still difficult days ahead of us and much to be concerned about, which is why we appreciate the patience, understanding and committed efforts of our entire community, to insure that each of us is made to feel safe, healthy and comfortable during this transitional period as we gradually reopen the Cathedral. During the initial phase

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of the Cathedral's reopening, like much of our society, that which we were once familiar with will be noticeably different.

We will continue to LiveStream the services on our Saint Sophia Facebook page. You do not need to have a Facebook account to watch it online.

**The following guidelines and regulations, that we must comply with, are for the health and safety of all. Thank you.**

- Upon arrival at Saint Sophia, everyone must check in before entering the Cathedral, by providing their name and phone number at a welcoming table.
- Face masks are required. (No masks for children under the age of 2 and parental supervision required for children 3-8)
- The LA County, Department of Health has limited our attendance in the Cathedral to no more than 100 people.
- Be assured, the Cathedral and public restrooms have been sanitized before reopening and will be sanitized after every service.
- Anyone who is sick, has been sick or has been around someone who has been sick or who has traveled outside of the state during the past 2 weeks, as well as anyone who is exhibiting symptoms of COVID-19, or who have family members who are ill, should stay home.
- The Greek Orthodox Metropolis of San Francisco has emphasized that "Parishioners who are at higher risk for severe illness from COVID-19 (65 years or older, who have underlying medical conditions, been exposed to the

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- virus or who are experiencing symptoms) are strongly encouraged to refrain from attending services.
- Congregants/visitors will be temperature screened, with non-contact (without touching) thermometers upon arrival as we are required to conduct these non-contact temperature checks by the Health Department.
- We must, respectfully, maintain physical, social, distancing of six feet or more between congregants/visitors from different households when standing or seated in the Cathedral.
- When receiving the Sacrament of Holy Communion we ask that you tilt your head back and not place your lips on the communion spoon.
- Saint Sophia will have hand sanitizer available to use upon arrival and throughout your visit.

As we've all noticed, the information that we receive from the health department and government jurisdictions changes quickly and often. The Saint Sophia Parish Council will continue to monitor the situation and will provide updates to you as they become available. To be sure that we are reaching as many members of our community as possible, please be sure to share this information with one another.

Thank you for your Love, support and continued prayers,

Father John S. Bakas, Dean of Saint Sophia

Christina Hanna, Parish Health Officer

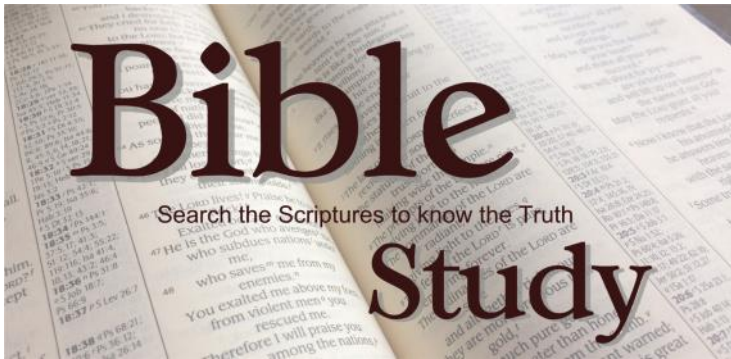
Dean Peratsakis, Parish Council President

## **BIBLE STUDIES**

Please join Bible Study, which will be conducted online via Zoom Video Conferencing. This, virtual, class will be interactive which allows for questions and answers during the study. Class is every Tuesday at 11 am.

A link to join the Zoom class will be emailed out prior to that date. Please share the link below to anyone who wishes to subscribe to our weekly emails. Thank you.

<https://stsophia.us4.list-manage.com/subscribe?u=05212a9d99d6591e24e582cff&id=1da80c474c>



## **FR. JOHN'S VACATION TIME**

Fr. John will be on vacation from June 7– July 6. For request of clergy please contact Fr. Christopher Kolentsas at the office 323-737-2424.



## Modern Greek Fall 2020

The UCLA SNF Center for the Study of Hellenic Culture, in collaboration with the Saint Sophia Cathedral, offers Modern Greek language courses, specifically designed for the needs of adult learners at the elementary and intermediate levels.

### Fall semester

- Classes will be offered online via Zoom
- Semester start date: October 1st, 2020
- Beginners: Mondays and Thursdays, 5:30-7 pm
- Intermediate: Mondays and Thursdays, 7-8:30 pm
- For further information and inquiries, contact us at [aasprouli@humnet.ucla.edu](mailto:aasprouli@humnet.ucla.edu)





## Operation Christmas Child Donation Idea of the Month



Saint Sophia Sunday School, Saint Sophia Dance Program and the Saint Sophia Philoptochos Society are again collaborating in 2020 to assemble Operation Christmas Child shoe boxes. Thank you to all who participated in 2019. We collected and assembled 134 boxes last year. 2019 was one of our most successful years to date. This year's goal is to fill 300 boxes. Every month, between January and October, all parishioners will have the opportunity to make donations to help us meet this goal.

Our March focus is on handmade items for boys and girls. If you have not yet checked out the Saint Sophia Craft group, this is a good time to stay after church and lend a hand. The group is looking to make the following:

- 100 coloring story books with stick/finger puppet sets for the 2-4 year-olds.**
- 300 crocheted/knitted/sewn stuffed dolls and puppets for all ages**
- 200 friendship bracelets for the 5-14 year-olds**
- 300 handmade jigsaw puzzles for all ages**

Donations of yarn, felt, embroidery floss, fiber-fill stuffing, google eyes, small Styrofoam balls, mounting cardboard, craft sticks, 8 ½" x 11" copier paper and 8-count crayon boxes would help the group complete enough projects for this year's boxes. Please email Eleni Yokas if you have questions or want to help at [stsophiasundayschool@gmail.com](mailto:stsophiasundayschool@gmail.com). On November 1, 2020, to celebrate the National Philoptochos Make A Difference Day, we will be hosting a "Pack-A-Box" luncheon for all parishioners to join us in completing this wonderful diakonia project. Admission will be your donation to this worthy project.

## PHILOPTOCHOS NEWS

### **UNION RESCUE MISSION**

During this virus and shutdown, with people suffering more than ever without homes and shelter, the missions on skid row are overwhelmed. They cannot keep up with all the people who are coming in. Philoptochos is asking if you are able, to send a donation to the Union Rescue Mission. They are in great need of disinfectants, face masks, paper towels and hand sanitizers. These items can be ordered online and shipped directly to the Mission. However, if you prefer, the easiest way to help is by sending a donation online at their website or mailing them a check at: **Union Rescue Mission;** 545 South San Pedro Street, Los Angeles, CA 90013 ATTN: Joy. Even though we cannot be there in person to help out we wish to try and do our part during this time.

**Back at church:** It's been a wonderful 3 weeks back in church! Everyone is doing an amazing job to keep everyone safe and healthy. Our temperatures are scanned before we go in, hand sanitizer is everywhere, we all have our masks on and stay 'distanced' between pews. But it's so nice to be back! Our thanks to our wonderful priests, to John Kopatsis and the custodians for cleaning and ensuring our safety, and to Chris Yokas, Jim Kollias and Kathy Spilos for giving us 'music' to fill our souls in church. Don't forget our church if you cannot be there on Sunday. Be sure you take care of your pledge to Saint Sophia and send a check each month to help replace the money you would normally 'put into the tray' on Sunday morning.

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## **PHILOPTOCHOS NEWS**

The new normal will probably be wearing 'face masks' when we are out in public to protect ourselves and each other. Hand sanitizers should be with us at all times.

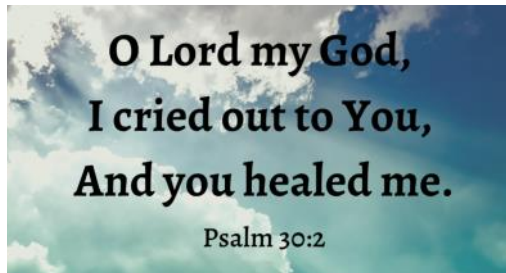
Be cautious and follow the procedures for staying healthy and protecting yourself and your family. Many doctors are still seeing patients, talking to patients by phone and by computer. If you have chronic health conditions be sure to call and talk to your doctor. It's important now more than ever to stay in touch with your health care provider.

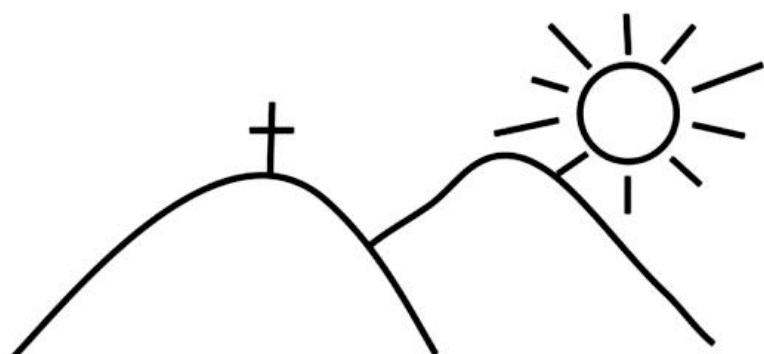
Should you know of anyone who needs our help during this time, please contact us right away so we may be of assistance. We would appreciate it if you could update us on anyone who is at home or has been moved to a different location like a convalescent home or hospital. We'd like to stay in touch as best we can. You can leave a message for us at the church office. Thank you.

I hope we can have meetings in the near future at church.

With love in Christ's service,

Virginia Noyes





## **Saint Sophia Camp**

**is GOING VIRTUAL!**

**Camp Dates July 27 – July 31**

**Register at [www.saintsophiacampvirtual.com](http://www.saintsophiacampvirtual.com)**

**For additional info or questions**

**Email: [saintsophiacamp@gmail.com](mailto:saintsophiacamp@gmail.com)**

**Phone: 323-397-5436**

Mission Statement:

Keep, Practice and Proclaim the Orthodox Christian Faith

1. Sanctify and Enhance the Life of the Faithful
2. Proclaim and Teach the Gospel of Jesus Christ
3. Add to the Number of the Faithful through Outreach and Evangelism

# Orthodox Calendar

**JUNE 2020**

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	 3	4	 5	6 Saturday of Souls 9:00 am Orthros 10:00 am Divine Liturgy
7 Sunday of Holy Pentecost 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy 12:30 pm Bible Studies	8 Holy Spirit 9:00 am Orthros 10:00 am Divine Liturgy	9	10	11	12	13
14 Sunday of All Saints 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy 12:30 pm Bible Studies	 15	 16	 17	 18	 19	 20
 21 2nd Sunday of St. Matthew 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy 12:30 pm Bible Studies	 22	 23	 24 Nativity of the Forerunner John the Baptist 9:00 am Orthros 10:00 am Divine Liturgy	 25	 26	 27
 28 3rd Sunday of St. Matthew 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy 12:30 pm Bible Studies	29	30				
		Strict Fast 	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free