

SAINT SOPHIA

Axiologa

"worth mentioning"



JANUARY 31, 2021

15th Sunday of St. Luke

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

Office: 323.737.2424
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...*

Vladimír Casapčíuc

(40 days)

Ioannis

Kalliope

Nicholas

Nicholas

Thomas

Mary

George

Elení

Demetra

Bill

Stella

Bessie

Jim

ALTAR CANDLES

Offered in loving memory Ioannis, Kalliope, Nicholas, Nicholas, Thomas, Mary, George, Eleni, Demetra, Bill, Stella Bessie and Jim by George Varentges.





THROUGH THE APOSTOLIC TRADITION
WITH THE BLESSING OF HIS EMINENCE

METROPOLITAN GERASIMOS of SAN FRANCISCO

AND THROUGH THE LAYING ON OF HANDS BY HIS GRACE

BISHOP IOANNIS of PHOCAGA

OUR LOVING AND MERCIFUL GOD
WILL ORDAIN HIS SERVANT

ANTHONY CORNETT

TO THE HOLY DIACONATE

SATURDAY, FEBRUARY 13, 2021

9:00 AM **ORTHROS** | 10:00 AM **HIERARCHICAL DIVINE LITURGY**

& TO THE HOLY PRIESTHOOD

SUNDAY, FEBRUARY 14, 2021

9:00 AM **ORTHROS** | 10:00 AM **HIERARCHICAL DIVINE LITURGY**

SAINT SOPHIA GREEK ORTHODOX CATHEDRAL

1324 S NORMANDIE AVE, LOS ANGELES, CA 90006

Please join us in prayer on the livestream

OUTDOOR DIVINE LITURGY

The Los Angeles County Health Department has allowed houses of worship to offer faith-based services both indoors and outdoors with **mandatory physical distancing and face coverings over both the nose and mouth that must be worn at all times while on site both inside the Cathedral and outside in the parking lot.** Divine Liturgy will take place inside the church. Seats will be available inside and outside the cathedral. Only the number of Liturgy attendees that can be accommodated with proper distancing in the marked lines on the pews will be allowed inside the church. **MASKS ARE MANDATORY** inside and outside the parking lot. No one will be allowed on the Saint Sophia property without a mask. If anyone removes their mask outside of taking the Holy Communion, they will be requested to leave and escorted outside the premises.

Service Time Change

9:00 am Orthros

9:45 am Memorial

10:00 am Divine Liturgy

We will continue live-streaming services on Facebook. Join us, as once again we gather to worship, keeping of course social distancing of at least 6 ft apart. I look forward to seeing you.

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 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)

- 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.
- 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.
- Saint Sophia will have hand sanitizer available to use upon arrival and throughout your visit.

God Bless, V. Rev. Fr. John S. Bakas, Dean



BIBLE STUDIES W/ FR. JOHN

We hope to have indoor bible studies when permitted but for the time being please join Father John's Bible Study, which, will be conducted online via Zoom Video Conferencing every Tuesday. This, virtual, class will be interactive which allows for questions and answers during the study. 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>

SAINT SOPHIA CATHEDRAL SPEAKS: COME RECEIVE THE LIGHT

We can “elect” to join Fr. John Bakas for a 15-minute study of New Testament Scripture every Tuesday at 7 pm. Stay tune on Saint Sophia's Facebook and YouTube page.

<https://www.facebook.com/StSophiaLA>

<https://www.youtube.com/c/StsophiaOrg>

LOOKING FOR A NANNY

A couple from Greece working in Finance that recently moved to Los Angeles is now looking for Greek nanny to help with their new born baby girl for 5-6 hours a day. They reside in West Hollywood, both speak Greek and would appreciate someone with personal experience with newborns. Both parents will be home and help as well.

You can reach out to us at tdikal@gmail.com or at 626-235-9418

PHILOPTOCHOS NEWS

Our deepest thanks to Mary Gallanis for making the beautiful and delicious Vasilopita bread that was cut in church on Sunday, January 3rd! It was once again amazing and we extend our gratitude to Mary for all of her hard work!

Don't forget: February is American Heart Month

Heart disease kills approximately 630,000 American men and women every year. Take care of yourself! Please be sure to have your annual checkup and see your doctor.

Valentine's Day fun: The early days of remembering, and honoring, Saint Valentine comes from the Western Christian Church back in AD 496 under Pope Gelasius. This day honored numerous Christian martyrs including a priest named Valentine, who died on February 14 in AD 269. Fast forward, in 1847, a young woman in Massachusetts, named Esther Howland, whose father owned a stationery store, received a Valentine card from a man in England. She loved the Valentine's Day card and decided to start making them herself. Within two years the demand for the cards grew all over the country. In 1868, British Chocolate Company Cadbury created the first heart shaped 'fancy' box for Valentine's Day and the rest is history. According to the U.S. Greeting Card Association, over 1 billion cards are given and exchanged every year in the United States. It is estimated that an additional 15 million are sent by 'email' or digital mail as well. This year be sure to tell someone how much you love them!

MEMBERSHIP 2021: Our membership drive has started! The mailings are out from our membership chairman Maria Toczek. Membership is important not only to our chapter but also to the Metropolis and National. Maybe you would like to

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PHILOPTOCHOS NEWS

join one of the committees for an upcoming event. If you did not receive a packet, please call Maria at 818-391-8218.

VASILOPITA BREADS: THANK YOU everyone for joining in the Vasilopita bread sale! It was a huge success! We apologize that we did not have extras to sell at the last minute on January 3rd but we sold out quickly. Thank you again for supporting Philoptochos!

ELECTION TO THE BOARD OF DIRECTORS: This is an ELECTION year for the Board of Directors. Please see the notice in the bulletin should you wish to run! Elections will be held Sunday, May 16.

MOTHER'S DAY: Our Mother's Day plans are going to move to July, date to be determined. We will be honoring JUDITH CHRISTOPOULOS, our Mother of the Year. While we have not decided if the event will be held inside - or outside - plus Zoom - remains to be seen. The details are still being be worked out. We are planning a lovely day. Hopefully by summer many people will have received a Covid vaccine and things will start to improve!

DEBUTANTE BALL 2021: The Debutante Ball has been rescheduled to Friday, September 3, 2021 at the Beverly Wilshire Hotel. Chairman Patricia Mentas has been working to plan the dates for next spring and summer. Patricia and her committee are working hard to make this a wonderful event. Save the date and please join us as we present these lovely young ladies.

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PHILOPTOCHOS NEWS

SAINT SOPHIA PHILOPTOCHOS DEBUTANTE PRESENTATION BALL – 2021

Plans are underway for the SAINT SOPHIA PHILOPTOCHOS DEBUTANTE PRESENTATION BALL to be held on Friday, September 3, 2021 at the Four Seasons Beverly Wilshire Hotel. Interested young ladies who will be high school juniors (aged 16) and older should contact the Presentation Ball Chair, Trish Mentas (562) 472.7485 or email to: saintsophiadebball@gmail.com. An orientation tea will be held at the Saint Sophia Cathedral Huffington Center on Sunday, May 22, 2021 by reservation. These dates are subject to change.

Virginia Noyes and the Board of Directors

Trust in the Lord

with all your heart; do
not depend on your
own understanding.

Seek his will in all you do,
and he will show you
which path
to take.

-Proverbs 3:5-6



A LENTEN JOURNEY TO GREAT AND HOLY PASCHA

Feb 21 to April 30 – Pre-K through 8th Grade

“A Lenten Journey to Great and Holy Pascha” is a 11-week virtual youth Religious Education program created by the Orthodox Youth Mentorship Program of Saint Demetrios Greek Orthodox Church, Camarillo (under the direction of Father Gary Kyriacou) and sponsored by the Christian Education Ministry of the Greek Orthodox Metropolis of San Francisco.

This program will take place live via Zoom. High school and college students will participate as mentors and activity leaders.

Virtual classes will meet each Sunday at 12:30 for approximately one hour (slightly less for younger students). The final meeting will take place on Great and Holy Friday (April 30th).

There is no cost to attend, but registration is required. NOTE: All students and volunteers must register prior to February 5.

Please contact Program Coordinator Maria Tangalos with any questions: mariatangalos@gmail.com

<http://religiouslyed.sanfran.goarch.org/journey>



SAINT SOPHIA RESIDENCES

FOR LEASE

Lovely and spacious

2 bedroom/2 bath and 3 bedroom/2 bath

Apartments are now available at the beautifully maintained building located directly behind Saint Sophia Cathedral at

1425 South Mariposa Avenue

Los Angeles

If you are 55 or older and an Orthodox Christian, come check out these apartments while they are still available and join a friendly Orthodox community!

2 bedroom/2 bath-\$1400

3 bedroom/2 bath-\$1800

Please call Louis Pappas 310-902-0852



FOCUS
+

IS LOOKING FOR LA FOOD BANK VOLUNTEERS

Registration is through LA Regional Food Bank

Call Stephen Pliaconis, 310-658-1749

Minimum Age is 18 to Volunteer

we adhere to all safe practices

SATURDAY

FEBRUARY 13TH | 9 AM - 12 PM

LA REGIONAL FOOD BANK

1734 E 41ST ST LOS ANGELES 90058

Our volunteers will be helping us sort through, inspect, and package food donations from local farmers and supermarket chains before the donations go out into the community.

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

FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	+	3	4	+
		The Presentation of Our Lord and Savior in the Temple 9:00 am Orthros 10:00 Divine Liturgy				
7	8	9		10	11	+
16 th Sunday of St. Matthew 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy		Bible Studies Class 11 am				Saturday of the 15 th Week 9:00 am Orthros 10:00 Divine Liturgy
14	15	16		17	18	+
Sunday of the Canaanite 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy	Presidents Day Office Closed	Bible Studies Class 11 am				
21	22	23	24	25	26	27
Sunday of the Publican and Pharisee Tridlos Begins Today 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy		Bible Studies Class 11 am				
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Sunday of the Prodigal Son 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy						
		Strict Fast	Fish Allowed	Wine and Oil Allowed	Dairy, Eggs, and Fish Allowed	Fast Free
		+				