

SAINT SOPHIA

*Axiologa*

*"worth mentioning"*



**FEBRUARY 14, 2021**

*Sunday of the Canaanite*

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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...*

<i>Marianna Politis</i>	<i>John</i>
<i>John Scolinos (40 days)</i>	<i>Kalliope</i>
<i>Dr. Tom (Themistocles) Harry Tavoularis, M.D. (3 years)</i>	<i>John</i>
	<i>Estelle</i>
<i>James Gramenos (40 days)</i>	<i>Paula</i>
<i>Yioryia Foundi (6 months)</i>	<i>Evdokia</i>
<i>Constantine Foundi (1 year)</i>	<i>Costa</i>
<i>Chrysostom Foundi (7 years)</i>	<i>Mihali</i>
<i>Dimitris Christofides (11 years)</i>	<i>Antoula</i>
<i>Maria Fovos</i>	<i>Mary</i>
<i>Vasilios Fovos</i>	<i>Tommy</i>
<i>Vasili Fovos</i>	<i>Panos</i>
<i>Stella Morris</i>	<i>Lucas Loukaris</i>
<i>Mihali</i>	<i>Nikita Pavlidis</i>
<i>George</i>	<i>Elpiniki Simona</i>
<i>Athena</i>	

## ALTAR CANDLES

Offered in loving memory of Marianna Politis by her husband, son and daughter-in-law.

## PERPETUAL CANDLES

Offered in loving memory of Dr. Tom (Themistocles) Harry Tavoularis, M.D. by his loving wife, Janine and daughter, Oriana Tavoularis and family - Our Eternal Valentine.



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*

## **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.

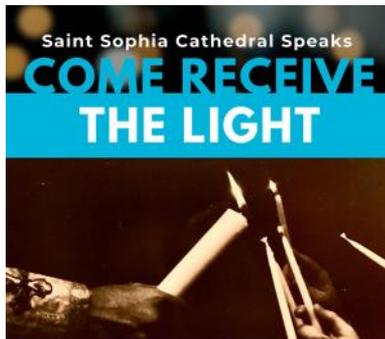
<https://stsophia.us4.list-manage.com/subscribe?u=05212a9d99d6591e24e582cff&id=1da80c474c>

## **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. Join us for tonight's episode on Saint Sophia's Facebook and YouTube pages. Look for "Saint Sophia Speaks: Come Receive the Light" on your **favorite podcast network**, and tune in during your daily commute or workout.

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

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



## 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



## **PHILOPTOCHOS NEWS**

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 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!

*continued*

## PHILOPTOCHOS NEWS

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 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!

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](mailto: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

**GOD** is *Good,*  
*all* the time.

## **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](mailto:mariatangalos@gmail.com)

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



THE UCLA SNF CENTER PRESENTS

**A BOOK PRESENTATION**  
*In conversation with the author*

**James H. Barron**  
*The Greek Connection:  
The Life of Elias  
Demetracopoulos and the  
Untold Story of Watergate*

Introductory Comments by  
**Governor Michael Dukakis**

SATURDAY, FEBRUARY 13, 2021  
10:00 AM LOS ANGELES | 8:00 PM ATHENS



Described as "a stunningly cinematic rendering of an impactful life," *The Greek Connection: The Life of Elias Demetracopoulos and the Untold Story of Watergate* is a non-fiction political thriller about abuse of power, dark money, and foreign interference in elections. Elias Demetracopoulos was a controversial journalist turned activist who relentlessly battled for democracy, honor and survival against ruthless Greek and American governments trying to destroy him. At 12, in occupied Athens, he engaged in the resistance against the Nazis, was imprisoned, tortured and sentenced to death. His life miraculously spared, he later became an investigative journalist, covering Greece's tumultuous domestic politics and America's increasing regional influence. A scoop-hungry reporter, Elias soon gained access to powerful figures in both governments and attracted many enemies. When the military dictatorship took power in 1967, he narrowly escaped to Washington DC, where he led the fight to restore democracy in his homeland.

**James H. Barron** is a journalist, attorney, and founding board member of the New England Center for Investigative Reporting. He has taught courses at MIT, led study groups at Harvard's Institute of Politics, and lectured at universities in Paris and Tokyo. Born in Cambridge, Massachusetts, Barron received his A.B. degree, with honors, from the University of California at Berkeley. He also received advanced degrees in political science, communications and law. Covering national and international politics for various news media, his articles appeared in such publications as *The Boston Phoenix*, *The Christian Science Monitor*, *The Boston Globe*, *Newsday*, *The New Republic* and *The European*.

The event will be offered on Zoom.  
RSVP to [shorturl.at/dh1AU](mailto:shorturl.at/dh1AU) to receive the link.  
Download the Zoom app prior to the lecture to participate.

**UCLA**

Stavros Niarchos Foundation  
Center for the Study of Hellenic Culture



# 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 20TH | 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	✝ 5	6
7 16 <sup>th</sup> Sunday of St. Matthew 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy	8	9 Bible Studies Class 11 am	10 	11	12 ✝	13 Anthony Cornett Ordination to the Deaconate  Saturday of the 15th Week 9:00 am Orthros 10:00 Divine Liturgy
14 Anthony Cornett Ordination to the Priesthood Sunday of the Canaanite 8:30 am Orthros 9:45 am Memorials 10:00 am Divine	15 Presidents Day Office Closed	16 Bible Studies Class 11 am	17 	18	19 ✝	20
21 Sunday of the Publican and Pharisee Triodion Begins Today 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy	22	23 Bible Studies Class 11 am	24	25	26	27
28 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