

SAINT SOPHIA

Axiologa

"worth mentioning"



MARCH 14, 2021

Forgiveness Sunday

FOUNDATION BOARD OF TRUSTEES

EXECUTIVE OFFICERS

Constantine M. Boukidis, President, Gig Kyriacou, 1st Vice-President; Jim Zaferis; 2nd Vice-President; Diane Sakellaris Lapa, Secretary; Tina Callas, Treasurer

MEMBERS

V. Rev. Fr. John S. Bakas, Timi Loomos Freshman, Steve Hanna, Nicholas Manolelis, Tony Natsis, John Peterson, Anna Yallourakis, Jean Paul Wardy, George E. Preonas, Jack Stumpus

PRESIDENTIAL APPOINTEES

Andrew J. Demetriou, General Counsel, Melanie O'Regan

TRUSTEES EMERITUS

Andrew Evangelatos, Alek Haidos, John T. Pappas

PARISH COUNCIL BOARD OF DIRECTORS

EXECUTIVE OFFICERS

Anna Yallourakis, President; Greg Beers, Vice President; Bill Striglos, Treasurer; Kathleen Kyriacou, Asst. Treasurer; Tonifaye Palomares, Recording Secretary

MEMBERS

Andrew Powell; Bertha Angels, Daniel Settelmayer; Dean Peratsakis, Dinah Wellington; Jeanine Hanna; Julian Rebiga; Theodore Spears, Vickie Deryiades, Vasili Tomaras; Associate Memebers; Demetra Jodie Litchfield, Loula Moschonas

BOARD OF AUDITORS:

Jim Boltinghouse, Nicholas Manolelis, Michele Panagiota Olivar

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...*

Ted Pastras (8 years)

Francie Doumakes Scofield (6 years)

Effie Doumakes (8 years)

Katherine Drulias Roumeliotis (14 years)

Dean Roumeliotis (22 years)

John Doumakes (29 years)

Aikaterini Trihas (6 months)

Catherine Kiussis O'Rourk (10 years)

ALTAR CANDLES

Offered in loving memory of Catherine Kiussis O'Rourk by her daughter Suzanne Gilman.

BIBLE STUDIES

We hope to have indoor bible studies when permitted but for the time being please join our 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](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 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>

AHEPA DAY

Today the members and families of District 20 AHEPA 152 Hesperia Chapter and Daughters of Penelope Alkandre Chapter 43 commemorates the positive mission and work of AHEPA, which for nearly one hundred years has been foundational to the Greek-American experience of the United States and beyond. Whether it was the defense of the Greek Orthodox Faith in times of anti-immigrant prejudice, establishing medical and housing facilities both here and in Greece, or advocacy for the freedom of Greece, AHEPA works closely with the Ecumenical Patriarchate and the Greek Orthodox Archdiocese of America. In celebrating the upcoming 100th birthday of AHEPA, our Chapters continue to promote the ancient Hellenic ideals of education, philanthropy, civic responsibility, family and individual excellence through community service and volunteerism.

For more information if you'd like to join Ahepa or the Daughters of Penelope, please contact Brent Noyes at Troy4sc@aol.com or Virginia Noyes at Ginoyes@aol.com.

LENTED SCHEDULE 2021

Saint Sophia Cathedral: Lenten Schedule for 2021

1st Saturday of the Souls	Saturday, March 6	9:00am Orthros; 10:00am Divine Liturgy
Judgment (Meatfare) Sunday	Sunday, March 7	9:00am Orthros; 10:00am Divine Liturgy
2nd Saturday of the Souls	Saturday, March 13	9:00am Orthros; 10:00am Divine Liturgy
(Cheesefare) Sunday of Forgiveness (with Forgiveness Vespers)	Sunday, March 14	9:00am Orthros; 10:00am Divine Liturgy (Forgiveness Vespers following Liturgy)
Clean Monday (Lent Begins) <i>Καθαρά Δευτέρα</i>	Monday, March 15	10:00am Great Compline
Presanctified Liturgy	Wednesday, March 17	7:00pm
Presanctified Liturgy	Friday, March 19	9:00am
1st Salutations to the Theotokos	Friday, March 19	7:00pm
3rd Saturday of the Souls (Miracle of the Kollyva) Sunday of Orthodoxy	Saturday, March 20 Sunday, March 21	9:00am Orthros; 10:00am Divine Liturgy 9:00am Orthros; 10:00am Divine Liturgy
Feast of the Annunciation (Vespers)	Wednesday, March 24	7:00pm Great Vespers
Feast of the Annunciation	Thursday, March 25	9:00am Orthros; 10:00am Divine Liturgy
Presanctified Liturgy	Friday, March 26	9:00am
2nd Salutations to the Theotokos	Friday, March 26	7:00pm
Sunday of St Gregory Palamas	Sunday, March 28	9:00am Orthros; 10:00am Divine Liturgy
Presanctified Liturgy	Wednesday, March 31	7:00pm
Presanctified Liturgy	Friday, April 2	9:00am
3rd Salutations to the Theotokos	Friday, April 2	7:00pm
Sunday of the Holy Cross	Sunday, April 4	9:00am Orthros; 10:00am Divine Liturgy
Presanctified Liturgy	Wednesday, April 7	7:00pm
Presanctified Liturgy	Friday, April 9	9:00am
4th Salutations to the Theotokos	Friday, April 9	7:00pm
Sunday of St. John Climacus	Sunday, April 11	9:00am Orthros; 10:00am Divine Liturgy
Presanctified Liturgy	Wednesday, April 14	7:00pm
Presanctified Liturgy	Friday, April 16	9:00am
Akathist Hymn to the Theotokos	Friday, April 16	7:00pm
Sunday of St. Mary of Egypt	Sunday, April 18	9:00am Orthros; 10:00am Divine Liturgy
Presanctified Liturgy	Wednesday, April 21	7:00pm
Presanctified Liturgy	Friday, April 23	9:00am
Saturday of Lazarus	Sunday, April 24	9:00am Orthros; 10:00am Divine Liturgy
Palm Sunday	Sunday, April 25	9:00am Orthros; 10:00am Divine Liturgy

LENTED SCHEDULE 2021

Saint Sophia Cathedral: Holy Week Schedule for 2021

Note: Due to the necessity of a flexible schedule at this time, any special participatory events related to Holy Week (not in the schedule) will be announced separately.

Lazarus Saturday, April 24 (Christ Resurrects Lazarus After 4 Days Dead)

9:00 AM.....Orthros
10:00 AM.....*Divine Liturgy*

Palm Sunday, April 25 (Christ's Triumphal Entry Into Jerusalem)

8:30 AM.....Orthros
9:30 AM.....Studies In The Faith
10:00 AM.....*Divine Liturgy w/Blessing & Distribution of Palms*
7:00 PM.....1st Service of the Bridegroom / Nymphios
(This beautiful service helps prepare us to receive the Christ our Lord as the Bridegroom of the Church. It happens 3 nights in a row.)

Holy Monday, April 26

9:00 AM.....*Presanctified Liturgy*
7:00 PM.....2nd Service of the Bridegroom / Nymphios

Holy Tuesday, April 27

7:00 PM.....3rd Service of the Bridegroom / Nymphios

Holy Wednesday, April 28

9:00 AM.....*Presanctified Liturgy (Last one of the Lenten Season)*
3:00 PM.....(Early Choice) Sacrament of Holy Unction
7:00 PM.....(Later Choice) Sacrament of Holy Unction

Holy Thursday, April 29

9:00 AM.....*Saint Basil Morning Vespereal Liturgy*
6:00 PM.....Reading of the 12 Gospels
(About the dramatic Passion & Crucifixion of our Lord)

Holy Friday, April 30

9:00 AM.....Reading of the Royal Hours
(Hymns, Psalms, and Readings from the Old and New Testaments, all prophetically and practically related to the Person of Jesus Christ.)
3:00 PM.....Vespers of the Descent from the Cross (The Un-nailing)
7:00 PM.....Lamentation Service (Funeral procession of our Lord)

Holy Saturday, May 1

9:00 AM.....*Saint Basil Morning Vespereal Liturgy (Arise O God!)*
11:00 PM.....The Canon (Anticipating the coming Resurrection)
12:00 AM.....Resurrection / Anastasi Service
12:30 AM.....*Resurrectional Divine Liturgy*

Holy Pascha / Easter Sunday, May 2

11:00 AM.....Agape Service – Vespers of Love
(The Good News of Jesus Christ joyously declared in Different Languages)

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





THE DEPARTURE OF THE SOUL

March 6, 13 & 20

(return to an usher or email secretary@saintsophia.org)

Memory Eternal

"Eternal rest grant unto them O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace, and may their memory be eternal. Amen."



PHILOPTOCHOS NEWS

SAINT SOPHIA PHILOPTOCHOS BOARD OF DIRECTORS ELECTIONS

Want to make a difference in our community? Why not run for a Position on the Philoptochos Board of Directors? There are a number of positions open and Board membership is fun and fulfilling! If you are interested in serving please contact Virginia Noyes by April 12. You may send a letter to Philoptochos in care of the Cathedral or you may call Virginia at 818-434-4024.

A note about this year's election:

Since we cannot meet in person we will be voting by mail if necessary. You will receive your ballot around May 1 with a postage paid return envelope included for you to mail it back. It must be received NO later than May 17.

MOTHER'S DAY: Our Mother's Day plans are going to move to Orange County because we cannot be sure the City of Los Angeles will let us have our event without cancelling it. We will be honoring JUDITH CHRISTOPOULOS, our Mother of the Year. The details are currently being worked out. We are planning a lovely event and will let you know as soon as plans are finalized. Hopefully by summer many people will have received a Covid vaccine and things will start to improve! Please join us and have some fun outside as we honor Judie! More details will be coming next month.

DEBUTANTE BALL 2021: Plans are underway for the SAINT SOPHIA PHILOPTOCHOS DEBUTANTE PRESENTATION BALL to be held on Friday, September 3,

continued

PHILOPTOCHOS NEWS

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.

MEMBERSHIP 2021: Our membership drive as 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 Boards. Maybe you would like to join one of the committees for an upcoming event. PLEASE join us and bring some new ideas to Philoptochos. We'd love to meet you.

Virginia Noyes and the Board of Directors

EASTER FLOWERS

Contact Jessica in the office 323-737-2424 to sponsor flowers for Holy Week.

Lent IS A TIME TO
GROW
CLOSER TO JESUS

Sunday, April 25



St. Sophia Easter Bake Sale

Tsourekia, Baklava,
Koulourakia, Melomakarona,
Kourambiedes



Pre-Order ONLY

Must be made by Tuesday, 4/20/2021

Orders will be pre-packaged and ready for pick up from 10am-1pm on Sunday, 4/25/2021.

Please bring cash or check only.

Call Eleni at (310) 420-8374 to order.

PROCEEDS BENEFIT THE ST. SOPHIA DANCE PROGRAM

**THE HOLY LAND 2021
WITH FATHER JOHN**

DEC. 2ND – DEC. 11TH



**God willing, Father John plans to return to Israel.
This trip will give us something to look forward to later
this year.**

**For planning purposes, we would like to get an idea of
the number
of pilgrims who want to join the group.**

More details to come...

Interested? Please Email

Jessica at secretary@saintsophia.org

or

Maria at baltazzi@sojourn-intl.com

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

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

MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	✝ 3	4	✝ 5	6 1 st Saturday of Souls 9:00 am Orthros 10:00 Divine Liturgy
7 Judgment Sunday 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy	8 	9 Bible Studies Class 11 am	10 	11 	12 	13 2 nd Saturday of Souls 9:00 am Orthros 10:00 Divine Liturgy
14 Forgiveness Sunday 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy	15 ✝ Clean Monday 10:00 am Compline Service	16 ✝ Bible Studies Class 11 am	17 ✝ Presanctified Liturgy 7 pm	18 ✝	19 ✝ Presanctified Liturgy 9:00 am Salutations of the Theotokos 7 pm	20 3 rd Saturday of Souls 9:00 am Orthros 10:00 Divine Liturgy
21 Sunday of Orthodox 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy	22	23 Bible Studies Class 11 am	24 Great Vespers for the Annunciation 7 pm	25 Feast of the Annunciation 9 am Orthros 10 am Divine Liturgy	26 ✝ Presanctified Liturgy 9 am Salutations to the Theotokos 7 pm	27
28 Sunday of St. Gregory Palamas 8:30 am Orthros 9:45 am Memorials 10:00 am Divine Liturgy Studies	29	30 ✝ Bible Studies Class 11 am	31	✝		
		Strict Fast ✝	Fish Allowed 	Wine and Oil Allowed 	Dairy, Eggs, and Fish Allowed 	Fast Free