



# SAINT SOPHIA GREEK ORTHODOX CATHEDRAL

THE REVEREND STEVEN P. ZORZOS, D.MIN., PROTOPRESBYTER & PRESIDING PRIEST  
THE REVEREND GABRIEL G. GALIFIANAKIS, M.DIV., PRESBYTER & ASSISTANT PRIEST



September 1, 2025

Dear Families,

Happy Ecclesiastical New Year!

Welcome back! We hope your summer was restful and joyful. We're excited to begin another year together, growing in faith, community, and the love of Christ.

This year brings fresh energy and new beginnings! Our classrooms have been beautifully renovated—with new whiteboards, bookcases, fresh paint, and large WiFi-enabled TVs—to create a vibrant, modern learning environment. All classes are now located on the second floor of the Frosene Center, with most led by two dedicated teachers to ensure a nurturing, engaging experience for every child.

Join us for our **Open House on September 14** to explore the new space, enjoy light refreshments, and meet the teachers who will be guiding your children this year.

Above all, we know that the most powerful lessons are rooted in partnership—with you. Thank you for walking this journey of faith with us. We can't wait to grow together.

With joy and anticipation,  
The Saint Sophia Sunday School Team

## Grades and Teachers

<b>Pre-K / Kindergarten:</b>	Amerisa Kyriazis & Phillarica Neal
<b>1<sup>st</sup> / 2<sup>nd</sup> Grade:</b>	Angelic Papacalos
<b>3<sup>rd</sup> / 4<sup>th</sup> Grade:</b>	Kelly Tanzi
<b>5<sup>th</sup> / 6<sup>th</sup> Grade:</b>	Helen Palatianos & Claire Brainard
<b>7<sup>th</sup> / 8<sup>th</sup> Grade:</b>	Joanna Thomas & Marie Thomas
<b>9<sup>th</sup>/10<sup>th</sup> Grade:</b>	Margo Anderson & Edward Villanueva
<b>11<sup>th</sup>/12<sup>th</sup> Grade:</b>	Amanda Lockhart & Elisabeth Charles

## Sunday School Registration

To register your child, please click on the link below. Sunday School is free for all Saint Sophia Stewards in good standing. Not a steward? Please contact the church office to enroll:

[https://docs.google.com/forms/d/e/1FAIpQLSdqC7vAwHRnr9S2VsdI\\_7ML8qabffz5m1Ekfct\\_1nzz1ifs5Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdqC7vAwHRnr9S2VsdI_7ML8qabffz5m1Ekfct_1nzz1ifs5Q/viewform)

## **Sunday School Location and Times:**

All Sunday School classes are held on the **second floor of the Frosene Center**, connected to Saint Sophia. You can access the classrooms via the Frosene Center elevators or by walking through Father John Hall and the atrium—classrooms are down the hall on the left.

## **Arrival:**

Please bring your children to church and have them sit with the Sunday School teachers in the **reserved pews on the left side** of the nave. The **Divine Liturgy begins at 10:00 AM**—we ask families to **arrive by 10:30 AM**.

## **Class Time:**

Sunday School begins **immediately after communion**. Teachers will walk the children from the pews to their classrooms. Drop-off is also available—please ensure your child is registered and we have your contact information.

## **Dismissal:**

Classes end at **12:00 PM**.

- **6th grade and younger:** Parents must pick up children directly from their classrooms after liturgy.
- **7th grade and up:** Students will be dismissed at noon and may join their families at **coffee hour in Father John Hall**.

## **Talks with Our Clergy:**

We are honored to have a series of three different sessions where our clergy share wonderful, age-appropriate lessons with our Sunday School students.

**Teen Talk:** 7<sup>th</sup> - 12<sup>th</sup> grade

**Faith Time:** 3<sup>rd</sup> - 6<sup>th</sup> grade

**Face Time:** Pre-K - 2<sup>nd</sup> grade

## **Holy Communion:**

Per Father Steve, “make an effort to limit food immediately before communion or if your child needs food but feed them but keep the meal light (skip the bacon, eat the toast).” Also, we know that children burn calories quickly so every classroom will have snacks in the classroom for all to enjoy after communion.



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## Special Programs:

**Acolyte Altar Boy Program:** Our 9th grade boys (ages 13 and 14) depart from the traditional Sunday school curriculum to partake of our Acolytes (Altar boy) program. Through active participation in the Divine Liturgy on Sundays and holidays, the program instructs the boys on the meaning of the Divine Liturgy, other services, and the fundamental sacraments of the church. To participate, please contact sexton Victor Berio ([victor@saintsophiadc.com](mailto:victor@saintsophiadc.com))

**Myrrh Bearers:** Our 3<sup>rd</sup> grade girls (ages 9 - 10) are invited to serve as Myrrh bearers (Myrofores) during the Good Friday service of Holy Week. The girls' participation serves as a living reminder of the women who followed and served Christ, and who were the first to witness and announce His Resurrection. To participate, please contact Kelly Tanzi ([kellytanzi@msn.com](mailto:kellytanzi@msn.com)).

**Saint John Chrysostom Oratorical Festival:** The Cathedral's teenagers (7<sup>th</sup> – 12<sup>th</sup> grade) are invited to participate in the annual Saint John Chrysostom Oratorical Festival. The Saint Sophia team will compete against Sunday School students from across the Archdiocese during three rounds of competition at the district, regional and national levels. To participate, please contact Amanda Lockhart ([amanda.k.lockhart@gmail.com](mailto:amanda.k.lockhart@gmail.com)).

Again, we are thrilled to welcome you all back to Sunday School on September 14<sup>th</sup> and know we will have a wonderful year to come.

Yours in Christ,

Amanda Lockhart, Sunday School Director

Kelly Tanzi, Sunday School Curriculum Specialist

Vivian Kambanis, Sunday School Administrator

Fr. Steven P. Zorzos, Presiding Priest

Fr. Gabriel Galifianakis, Assistant Priest