

A BELOVED HYMN

One of the most inspiring hymns in the Divine Liturgy is this: "Holy, Holy, Holy Lord of Sabaoth, heaven and earth are full of your glory. Hosanna in the highest. Blessed is He who comes in the Name of the Lord. Hosanna in the highest." It is called the hymn of victory or of triumph, and is sung before the consecration of the Eucharistic elements.

It was the great Prophet Isaiah of the Old Testament who first spoke these words when he described a vision he had of the Almighty: "I saw the Lord sitting upon a throne, high and lifted up; and His train filled the temple. Above Him stood the Seraphim, each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. And one called to another and said: "Holy, Holy, Holy is the Lord of Hosts; the whole earth is full of His glory . . ." (Isaiah 6:1-3) Later, some additions were made to the hymn.

This hymn speaks of human voices joining with the heavenly host in the worship of Almighty God. Is this not precisely why we come to Church each Sunday? We come to praise Him who created us, for we are wondrously made. We come to praise Him, for He saved us, for did not Jesus say "I have come to seek and save the lost?" And did He not, in fact, suffer and die on the Cross for our salvation? Finally, we come to praise God for He sanctifies and blesses us every day, sending His Spirit to make us temples of the Most High. Let us join with the chorus of Angels and pray from the depth of our souls.

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

BAKING COMMITTEE

Whether you want to learn, refresh or refine your baking talents all are welcome to join us in the kitchen on Tuesdays mornings. No experience is necessary and you can attend as your schedule allows. Please consider joining our wonderful Saint Sophia community of bakers. We would love to see you. **Contact:** Helen Farmer at jamelmom@gmail.com or Effie Siegel at effiesiegel3@gmail.com.



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PAYPAL



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PARISHSOFT

PLEASE DONATE TODAY!



ACCESSING AND TRANSMITTING SCRIPTURE THROUGH ICONS

A preview discussion before the opening of the November 2026 exhibit "Revealing the Hidden: Byzantine Icons from Thessaloniki and Patmos," an exhibition of extraordinary Byzantine icons from two holy, stavropegial monasteries of the Ecumenical Patriarchate of Constantinople

Panelists

Dr. James C. Skedros, Professor of Byzantine Studies at Hellenic College Holy Cross

Dr. Elizabeth H. Prodromou, Professor of the Practice in the International Studies Program at Boston College

Dr. Bissera V. Pentcheva, Professor of Art at Stanford University

SEPTEMBER 24, 2026, 6:00–8:00 PM

MUSEUM OF THE BIBLE

400 4TH STREET SW, WASHINGTON, DC

Free ticket required to attend in person or virtual:

www.museumofthebible.org/events/icons-sacred-beauty#panel-1



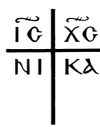


SAINT SOPHIA GREEK ORTHODOX CATHEDRAL



2815 36th Street NW
Washington, DC 20007
Tel: 202-333-4730

Website: <http://www.saintsophiadc.org>
E-mail: office@saintsophiadc.com



Sunday Worship: Orthros: 8:30 AM, Divine Liturgy 10:00 AM.
Weekday Worship: Orthros and Divine Liturgy 8:30 AM.

Sunday, September 6, 2026

14th SUNDAY OF MATTHEW
Matins Gospel Reading : Mark 16:9-20
Epistle Reading : St. Paul's Second Letter to the Corinthians 1:21-24; 2:1-4
Gospel Reading : Matthew 22:2-14;



Memorial Services:

*Maria Mathios (1 year)
and
Constantinos Nafpliotis (4 year)*



Today's Coffee Hour is sponsored by the Mathios and Nafpliotis families.

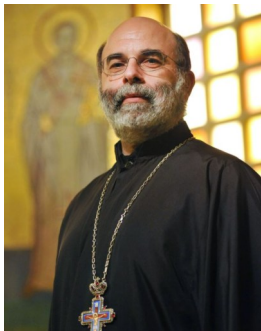


Tuesday, September 8th
NATIVITY OF THE THEOTOKOS
Service begins at 7:30AM



SPECIAL ANNOUNCEMENTS

Sunday, September 13: 1st Day of Sunday School (please register online). Father Steve will celebrate his last Orthros and Divine Liturgy as Protopresbyter of Saint Sophia Cathedral, and immediately following the Divine Liturgy in the EAC Ballroom, the Clergy and Parish Council will hold a Reception to Honor and say Farewell to Father Steve.



Sunday, September 20: Father Augustine will celebrate his first Orthros and Divine Liturgy as Protopresbyter of Saint Sophia Cathedral and immediately following the Divine Liturgy, the Clergy and Parish Council will hold a Welcome Reception for Father Augustine in the Atrium.

Clergy

The Reverend Steven P. Zorzos,
D.Min. *Presiding Priest &
Protopresbyter of the Ecumenical Throne*
The Rev. Gregory Gatanas, M.Div.
Presbyter & Assistant Priest

Parish Council

President:
Janice Calomiris

Vice-President (s):
Diane Bochanis Cerniglia
Ioannis Xanthos

Secretary:
Amanda Creed Lockhart

Assistant Secretary:
Effie Frankowski

Treasurer:
Nick Margarites

Assistant Treasurer:
Alec Economakis

Margo Anderson
Thomas Bajis
Carole Verner
George Wallace
Nicholas Zuppas

Cathedral Administrator
Pete Panagiotopoulos

Administrator Assistant
Yianni Panagiotopoulos

Master Chanter (Archon)
Georgios Theodoridis

Sexton
Victor Berio

Facilities Assistant
Angel Claire

— We welcome all our visitors —

Love Made Visible.

What is FOCUS?
The Fellowship of Orthodox Christians United to Serve (FOCUS North America) is the domestic service arm of the Church, bringing together Orthodox faithful across the country to live out Christ's call to serve others.

What is a FOCUS Center?
FOCUS currently operates 13 local hubs where Orthodox faithful unite to serve their neighbors. FOCUS Center ministries include:

- Distributing food, clothing & essential supplies
- Supporting mothers, children & families
- Offering job readiness, hygiene & community resources
- Serving all people without discrimination

Each Center is shaped by its city's needs — but united in one mission: *to reveal Christ's love through service that restores dignity, transforms lives, and builds community.*

Faithful across the DMV have been meeting for several years, including in quarterly roundtable gatherings where parish leaders shared ideas and local needs. While these conversations laid important groundwork, it became clear that a new approach was needed to move toward concrete, unified action in a new FOCUS Center.

Over the past year, FOCUS relaunched the effort with fresh energy — working closely with a small team of local clergy and laity, meeting regionally, and hosting retreats to build momentum. Our goal was to gather enough interest to host a strong kick-off meeting and form an Exploratory Committee of at least two dozen people.

The response has exceeded expectations, resulting in a larger-than-anticipated and highly engaged team, ready to move this ministry forward and finally develop a new FOCUS Center!

Support FOCUS DMV Today:

focusna.org/dmv

Join the Exploratory Committee!

The Exploratory Committee, made up of local volunteers, meets twice per month via Zoom and provides guidance, strategic input, and early support in developing a new FOCUS Center. Membership ideally includes at least two dozen volunteers from as many local parishes as possible, ensuring a diverse out-reach would be guided by FOCUS staff to answer the three big questions listed below. Anyone who is interested in joining the Exploratory Committee can contact dmo@focusna.org.

Our Team

- Twice monthly meetings
- Research and report development

3 Big Questions

- What are we doing?
- Where will we do it?
- How will we pay for it?

Raising Funds

- Seek monthly donors
- Volunteers
- Institutional Support
- Pledges

GOOD COMPANY - KALI PAREA

Please join us
Thursday, September 17, 2026
12:30 pm
Frosene Education Center - Third Floor Ballroom

*Chair Yoga & Pilates
with Jyoti Dhibi
of Good Vibes Yoga and Pilates*

Jyoti is a certified instructor with over 1,200 hours of formal yoga training and over 10,000 hours of documented teaching experience. She has been practicing yoga for over 25 years and looks forward to sharing the endless benefits of yoga.

Join us for a gentle, all-levels Chair Yoga & Pilates class designed to improve mobility, strength, flexibility, and relaxation. The class will begin with a brief seated meditation to focus the mind and calm the heart, followed by a joint-freeing yoga series to lubricate and release stiff joints. We will then move into a gentle chair-based Pilates sequence to build strength, improve posture, and increase flexibility, and will finish with a deeply peaceful, guided relaxation. Options will be offered throughout the class to either increase the challenge or provide additional support and stability, making this practice accessible for all fitness levels.

No previous experience is necessary.
Please wear comfortable clothing and come as you are.

Underwritten by Mary Hope Katsouras Shea
in loving memory of her husband Bob.

If your last name begins with "A" through "K," and you are so inclined, please bring a dessert (8 servings) to share!
(We are trying to limit our leftovers.)

In October 2009, we launched a monthly program for the members of our Cathedral community to come together and enjoy each other's company. Won't you join us?

Questions? Please contact Catherine Mary Rafferty (202) 246-8445 or cmrafferty@uchicago.edu.

Food Drive

FIRST SUNDAY OF EACH MONTH

All donations (food and toiletries) will be delivered to St. Paul's Lutheran Church for distribution to the needy.

You can place canned goods and other food items/toiletries on the table in **Father John Hall** designated for the food drive.

Suggested food items are: Canned soups and meals (e.g., stew, chili, and spaghetti), canned fruit and vegetables; pasta and pasta sauce; canned tuna, salmon and chicken; and cereal and healthy snacks.

As a reminder, we cannot accept any opened products or items with expired dates.

Contact Alex Mallus at (202) 360-8313 or please email at Marmallus@aol.com if you have any questions.

STEWARDSHIP

Please be reminded that you must be current with your stewardship obligations to vote at the June Parish Assembly Meeting. While we remain exceedingly grateful for the congregation's generosity, we are falling behind in our projected numbers of stewards and stewardship revenue for the year. Father Steve reminds us that to fulfill our Archdiocese Assessment, keep our lights on, pay our staff, etc., to *"search your innermost heart, please consider the annual operating budget of the Cathedral breaks down to \$3,330 per steward, or just \$9.12 a day."*



Sunday School

Directors

Father Steven P. Zorzos
Father Gregory Gatanas

Academic Sunday School Dean(s)

Amanda Lockhart (Director)
Kelly Tanzi (Curriculum Specialist)

Sunday School Administrator

Vivian Kambanis

Sunday School Youth Director

Effie Frankowski

Sunday School Little Angels / Joy Advisor

Shabboo Likouris
Maria Jankovich

Sunday School GOYA

Co-Advisors

Christina Sardelis
Stephanie Stratos

GOYA Basketball Coaches

Program Director & Boy's Head Coach:

George C. Wallace

Assistant Basketball Coaches

(BOYS)

Evan Ganginis
Alec Economakis
Chris Vondas

(GIRLS)

Maria Bajis
Stavroula Coutris
Angelica Ceccone
Haley Economakis

YAL

President

Callie Kambanis

Youth Ministry Outreach

Orthodox Christian Fellowship
Father Gregory

Philoptochos Society

President

Margo Anderson

Baking Committee

Helen Farmer
Effie Siegel

Greek School - Children

Mr. Alexios Kotsifakos
Administrator / Instructor

Greek School - Adults

Dr. Andriana Kalapothakos
Greek School Coordinator Emeritus

Bookstore

Fotini Uhl

The PROKEIMENON is from Mode 4 Psalm 103.24,1
O Lord, how manifold are your works. You have made all things in wisdom.
Verses: Bless the Lord, O my soul.

The reading is from St. Paul's Second Letter to the Corinthians 1:21-24; 2:1-4

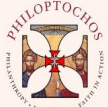
Brethren, it is God who establishes us with you in Christ, and has commissioned us; he has put his seal upon us and given us his Spirit in our hearts as a guarantee.

But I call God to witness against me - it was to spare you that I refrained from coming to Corinth. Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. For I made up my mind not to make you another painful visit. For if I cause you pain, who is there to make me glad but the one whom I have pained? And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. For I wrote you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

14th Sunday of Matthew The Gospel According to Matthew 22:2-14

The Lord said this parable, "The kingdom of heaven may be compared to a king who gave a marriage feast for his son, and sent his servants to call those who were invited to the marriage feast; but they would not come. Again he sent other servants, saying, 'Tell those who are invited, Behold, I have made ready my dinner, my oxen and my fat calves are killed, and everything is ready; come to the marriage feast.' But they made light of it and went off, one to his farm, another to his business, while the rest seized his servants, treated them shamefully, and killed them. The king was angry, and he sent his troops and destroyed those murderers and burned their city. Then he said to his servants, 'The wedding is ready, but those invited were not worthy. Go therefore to the thoroughfares, and invite to the marriage feast as many as you find.' And those servants went out into the streets and gathered all whom they found, both bad and good; so the wedding hall was filled with guests.

But when the king came in to look at the guests, he saw there a man who had no wedding garment; and he said to him, 'Friend, how did you get in here without a wedding garment?' And he was speechless. Then the king said to the attendants, 'Bind him hand and foot, and cast him into the outer darkness; there men will weep and gnash their teeth.' For many are called, but few are chosen."



PHILOPTOCHOS SOCIETY

CHARITIES BRIEFING



OCTOBER 4TH



OCTOBER 11TH



OCTOBER 18TH

AFTER DIVINE LITURGY

Each 20 minute presentation will be followed by a short Philoptochos General Membership Meeting.
A light lunch will be served.

JOIN US!

SAINT SOPHIA GREEK ORTHODOX CATHEDRAL

Washington, DC

September 6, 2026



14th Sunday of Matthew
The Morning Gospel of the Orthros is the 14th
The Reading is from the Gospel According to Mark 16:9-20

When Jesus rose early on the first day of the week, He appeared first to Mary Magdalene, from whom He had cast out seven demons. She went and told those who had been with Him, as they mourned and wept. But when they heard that He was alive and had been seen by her, they would not believe it.

After this he appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them. After this He appeared to the eleven themselves as they sat at table and He upbraided them for their unbelief and hardness of heart, because they had not believed those who saw Him after He had risen. And He said to them, "Go into all the world and preach the gospel to the whole creation. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will accompany those who believe: in My name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover."

So then the Lord Jesus, after He had spoken to them, was taken up into heaven, and sat down at the right hand of God. And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen.

GREEK BAKING COMMITTEE

STARTING SEPTEMBER 15th



JOIN US
to Preserve Our Traditions & Bake Delicious Greek Pastries!
Share recipes, make friends, and bake with love.

BAKING BEGINS TUESDAY SEPTEMBER 15th
ALL LEVELS WELCOME!
From experienced bakers to beginners.

QUESTIONS?
Helen Farmer: 301-980-9512
Effie Siegel: 240-271-2515

it's time for OLDIES NIGHT

Please bring your favorite dessert!

OPEN 6PM

17 OCT



Cost per ticket: \$75 and \$35 for YAL
Enjoy hors d'oeuvres, wine, beer & Live Music

Charity Receiving Proceeds is Fellowship of Orthodox Christians United to Serve (FOCUS) DMV Initiative

Sponsored by the Ladies Philoptochos of Saint Sophia Cathedral, Washington, D.C.




SAINT SOPHIA + agia Sophia
 GREEK ORTHODOX CATHEDRAL • WASHINGTON DC



GREEK LANGUAGE PROGRAM

Learn the Language. Celebrate the Culture. Build Lifelong Connections


LOWER SCHOOL PROGRAM
 For Students Ages 3–16

Help your child discover the beauty of the Greek language while building a lifelong connection to Greek culture, history, and traditions.

- Learn to speak, read, and write Greek
- Build vocabulary and grammar through engaging lessons
- Explore Greek history, traditions, and cultural celebrations
- Participate in school events, cultural activities, and folk dances
- Develop confidence through interactive learning in a supportive classroom environment

PROGRAM HIGHLIGHTS

- Age-appropriate instruction
- Experienced and dedicated teachers
- Small class sizes
- Interactive and engaging lessons
- Opportunities to prepare for Greek language proficiency exams (Ellinomathia)


ADULT GREEK LANGUAGE PROGRAM
 For Beginners, Heritage Learners & Continuing Students

Whether you're learning Greek for family, travel, work, or personal enrichment, our adult classes provide a welcoming and encouraging learning environment.

- Communicate confidently in everyday situations
- Read and write modern Greek
- Strengthen grammar and vocabulary
- Gain a deeper appreciation of Greek culture, customs, and traditions
- Build practical language skills you can use at home and while traveling
- One-on-one classes available

COURSE LEVELS
 BEGINNER • INTERMEDIATE • ADVANCED

If you're unsure which level fits you best, we offer placement exams.

LOWER SCHOOL
 CLASSES BEGIN: **SEPTEMBER 12**
 202-333-4730
 admin@saintsophiadcgreeksschool.com
 https://saintsophiadcgreeksschool.com/

SCAN HERE FOR MORE INFO & REGISTRATION


ADULT PROGRAM
 CLASSES BEGIN: **SEPTEMBER 12**
 CLASSES MEET ONLINE ONLY - SYNCHRONOUS
 MOST GROUP CLASSES MEET ON SATURDAYS
 demesak@gmail.com
 https://saintsophiadcgreeksschool.com/

SCAN HERE FOR MORE INFO & REGISTRATION




meraki

LAOGRAPHIC ARTS

Washington, D.C.

Fall 2026

Dance Schedule

Sundays
 @Saint Sophia Greek Orthodox Cathedral

K-4 th Grades	1PM-2:30PM
5 th -8 th Grades	3PM-5PM
Adults 18+	5PM-7PM

Mondays
 @Potomac/TBD

9 th -12 th Grades	7:30PM-9:30PM
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Welcome

BACK TO

SAINT SOPHIA SUNDAY SCHOOL






9/13 - FIRST DAY OF SUNDAY SCHOOL

9/27 - AGIASMOS "BLESSING OF THE WATERS" SERVICE FOR THE NEW SUNDAY SCHOOL YEAR

CLICK ON THE ABOVE QR CODE TO REGISTER!

Saint Sophia Greek School, Washington, D.C.


Classes for Ages 3-16


WE OFFER

- Read, write, and speak Greek
- Greek history and culture
- Folk dances
- Small class sizes
- Engaging and highly educated teachers






<https://saintsophiadcgreeksschool.com>


admin@saintsophiadcgreeksschool.com


ENROLL NOW


(202) 333-4730





Saint Sophia Cathedral Greek School 2026-2027

Job Openings

Lower levels Lead Teacher and Assistant

To apply or for more information, please send your resume to the Principal Alexios Kotsifakos at admin@saintsophiadcgreeksschool.com

SAINT SOPHIA GREEK ORTHODOX CATHEDRAL


WE ARE HAPPY TO ANNOUNCE
 OUR "MOMMY AND ME" MINISTRY FOR OUR MOTHERS AND THEIR CHILDREN

LITTLE ANGELS

AGES 40 DAYS TO 3 YEARS OLD

STARTING SEPTEMBER 13TH
 EVERY SUNDAY FOLLOWING HOLY COMMUNION
 LOCATION: YOUTH ROOM
 Contact The Church Office or Presvytera for More Information
 202-333-4730
www.saintsophiadc.org



SAINT SOPHIA CATHEDRAL SUNDAY SCHOOL

GOYA BASKETBALL



STARTING MONDAY

SEPTEMBER 14TH

AGES 12+
8:00PM-9:30PM
THOMAS S. WOOTTON HIGH SCHOOL

QUESTIONS?
governorgw@gmail.com








AHEPA Chapter 31 Annual Dance

at the Frosene Center of Saint Sophia Cathedral
 2815 36th St. NW
 Washington, DC 20007

—Live Music by—



SATURDAY

OCTOBER 24

2026

7PM-11PM

TICKETS:
 \$ 75 per Adult & \$35 for Youth under 25
PURCHASE TICKETS & SELECT YOUR TABLE AT:
<https://www.DCGreeks.com>

TICKETS NOW ON SALE AT




SAINT SOPHIA + agia Sophia

GREEK ORTHODOX CATHEDRAL • WASHINGTON DC

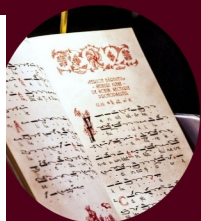
...is excited to present our newest initiative:

"Holy Wisdom" Byzantine Youth Choir

EQUIP • WORSHIP • GROW

Under the direction of Archon Music Instructor
Georgios Theodoridis





Open to all Youth Ages 8-18
 Sundays Following the Divine Liturgy