“God’s people, serving God’s people”

Saint Sophia Greek Cathedral
Greek Orthodox Community

1324 South Normandie Avenue, Los Angeles, 90006
Office: 323.737.2424    Fax: 323.737.7029
www.stsophia.org

Very Reverend Father John S. Bakas, Dean
Allan Boyd, Pastoral Assistant
<table>
<thead>
<tr>
<th>Sunday, June 12th</th>
<th>Holy Pentecost</th>
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</thead>
<tbody>
<tr>
<td>Orthros</td>
<td>8:15am</td>
</tr>
<tr>
<td>Studies in Faith</td>
<td>9:15am</td>
</tr>
<tr>
<td>Memorials</td>
<td>9:45am</td>
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<tr>
<td>Divine Liturgy</td>
<td>10:00am</td>
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<table>
<thead>
<tr>
<th>Monday, June 13th</th>
<th>Feast of the Holy Spirit</th>
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<tbody>
<tr>
<td>Orthros</td>
<td>9:00am</td>
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<tr>
<td>Divine Liturgy and Ordination of Allan Boyd to Deaconate</td>
<td>10:00am</td>
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</tbody>
</table>

**Bible Study with Fr. John:**
- Philoptohos Women’s Bible Study......CANCELLED TODAY
- Men’s Bible Study..........................CANCELLED TODAY

**Bible Study with Deacon Allan:**
- Orthodoxy 101-Feasts......................SEE TUESDAY 6/14/11

<table>
<thead>
<tr>
<th>Tuesday, June 14th</th>
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<tbody>
<tr>
<td>Bible Study with Fr. John has been cancelled until the fall.</td>
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**Bible Study with Deacon Allan:**
- Orthodoxy 101-Feasts......................7:30pm

<table>
<thead>
<tr>
<th>Wednesday, June 15th</th>
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<tbody>
<tr>
<td>Bible Study with Deacon Allan:</td>
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<tr>
<td>Kingdom of Heaven Bible Study ......................7:30pm</td>
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<table>
<thead>
<tr>
<th>Saturday, June 18th</th>
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<tbody>
<tr>
<td>Hellenic Academy - children............................9:00am</td>
</tr>
<tr>
<td>Hellenic Academy - children............................9:30am</td>
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<tr>
<td>Hellenic Academy - adults.............................11:30am</td>
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</tbody>
</table>

**Coffee Hour will be held in the Fellowship Tent**

**Epistle Reader**

Vickie Deryiades

**Ushers**

Dinah Wellington
Shelmadine Wellington
DAILY VITAMINS
FOR SPIRITUAL GROWTH

June

12

The Holy Father Onuphrius.
The Holy Father Peter of Mt. Athos.

Rom. 8:14-21; Matt. 5:42-48

Onuphrius was one of the greatest hermits. He lived in Egypt in the
fourth or fifth century.
Peter, a hermit of Mount Athos, died in the year 890.

What is the Rule of Prayer?

The Orthodox Church has given us what is known
as the Rule of Prayer. This means that you have to set aside a regular period
of time each day and devote it exclusively to prayer, to uniting yourself to
God. In other words, “you cannot wait to be in the mood of prayer; you have
to use the spur of your Prayer Rule to force yourself to pray,” as Sergei Fedorov

Our Orthodox tradition also provides a basic outline of content for the
Rule of Prayer which begins with a simple invocation of the name of God,
that is, we make the sign of the cross and say, “In the Name of the Father
and of the Son and of the Holy Spirit. Amen.” This is followed by the prayer
to the Holy Spirit, “O Heavenly King . . . ” This is followed in turn by the
Trisagion Prayers. Of course, this is only the beginning of the Rule of Prayer.
It may go on and include the reading of a psalm, a Scripture reading, the
Nicene Creed, some of the petitions from the liturgy, a period of silence,
special petitions of praise and thanksgiving, intercessions for other people,
etc.

So, if you have not already started, begin to form a daily Rule of Prayer.
Use the Trisagion prayers of the Church as the foundation upon which to
build. Begin humbly and simply — but begin. You will be greatly blessed.

Someone said, “Heaven must be full of answers to prayers for which no
one ever botherred to ask.”

St. Peter of Damascus writes concerning the rule of prayer:

This is what Ephrem and other holy fathers recommend to those setting
out on the spiritual path. One man should have a psalm on his lips, another
a verse or a hymn; all of those who have not yet been found worthy of entering
the realm of contemplation and spiritual knowledge, the fathers tell us,
should attend with the intellect to psalms and troparia. In this way each will
be engaged in some kind of meditation, whether working or traveling or lying
down before sleep. As soon as each has finished his appointed rule of prayer,
he should at once enclose his intellect in some form of meditation lest the
enemy find him unoccupied in the remembrance of God and attack him with
vanities or worse. This counsel is given to all.
MEMORIALS

Helen Cappos, Reverend Anthony Kosturos (7 years), Loukas Keritzides (9 years), Polyxene “Jennie” George (24 years), Leslie Russell

ALTAR CANDLES

Both Sides Offered in loving memory of Helen Cappos by her husband and family.
Τροπαριον του Ναου, Χχος πλ δ

Ευλογητος ει Χριστε ο Θεος ημων, ο πανσοφους του αλιεις
αναδειξας, καταπεμψας αυτοις το Πνευμα το Αγιον, και δι
αυτων την οικουμενην σαγηνευσας, φιλανθρωπε, δοξα σοι.

Τη Κυριακη της Πεντηκοστης τη Δευτερα τον Αγιο Πνευματος.

Της Συνεχειας:

ΚΟΝΤΑΚΙΟΝ

ΑΝΑΓΝΩΣΤΗΣ: Ώτε καταβας τας
gλωσσας συνέχεις, διεμέριζες ἑθνη ὑ
Τυποστος: ὃτε του πυρας τας
gλωσσας διένειμεν, εις ἐνότητα
πάντας ἐκάλεσε, καὶ συμφώνως
δοξάζομεν το πανάγιον Πνεῦμα.

"Οσοι εἰς Χριστὸν ἐβαπτίσθητε,
Χριστὸν ἐνεδύσασθε. Ἀλληλούϊα. (3)

ΟΔΗ Θ’. Ο Ειρμός.

Μη τῆς φθορᾶς διαπείρα
κυοφορήσας, καὶ παντεχνήμονι
Δόχῳ σάρκα δανείσασα, Μὴτερ
ἀπειράνδρε, Παρθένε Θεοτόκε,
δοξεῖν τοῦ ἀστέκτου, χωρίν τοῦ
ἀπείρου πλάστουργοῦ σου, σε
μεγαλύνομεν.
Troparion of Saint Sophia (Holy Wisdom)- Eighth Tone
Blessed are You O Christ our God, Who as all wise the fishermen You showed forth; By sending your Holy Spirit down upon them and through them the universe You drew unto your net. O lover of mankind Glory to You.

Be exalted, O Lord, in Your Power; we will sing and praise Your mighty deeds. Save us, O Good Paraclete as we sing to you, Alleluia.

Kontakion - Eighth Tone
When the Most High came down and confounded tongues of men at Babel, He divided the Nations. When He dispensed the Tongues of Fire, He called all to unity, and with one voice we glorify the most Holy Spirit.

As many of you as were baptized into Christ have put on Christ. Alleluia (x3)

Ninth Ode
O Mother who knew no man, Virgin Theotokos, you conceived without ever experiencing corruption, and lent a body to the logos, the Creator of all. You are a vessel and a dwelling place to your boundless and infinite Creator; we magnify you.
ΕΠΙΣΤΟΛΗ

Πράξεις Ἀποστόλων 2:1-11

Εν τῷ συμπληρωθῆναι τὴν ἡμέραν τῆς Πεντηκοστῆς, ἦσαν ἅπαντες ὁμοθυμάδον ἐπὶ τὸ αὐτὸ. Καὶ ἐγένετο ἀφίων ἐκ τοῦ οὐρανοῦ ἡχὸς ὡσπερ φερομένης πνοῆς βιαίας, καὶ ἐπλήρωσεν ὅλον τὸν οἶκον ὦ ἦσαν καθήμενοι. Καὶ ὠφθησαν αὐτοῖς διαμεριζόμεναι γλῶσσαι ὡσεὶ πυρός, ἐκάθισέν τε ἐφ ἐνα ἔκαστον αὐτῶν. Καὶ ἐπλήσησαν ἅπαντες πνεῦματος ἁγίου, καὶ ἠξέπλασαν λαλεῖν ἐτέραις γλώσσαις, καθὼς τὸ πνεῦμα ἐδίδον αὐτοῖς ἀποφθέγγεσθαι. Ἡσαν δὲ ἐν Ἡροοςαλήμ κατοικοῦντες Ἰουδαῖοι, ἄνδρες εὐλαβεῖς, ἀπὸ παντὸς ἔθνους τῶν ὑπὸ τὸν οὐρανὸν. Γενομένης δὲ τῆς φωνῆς ταύτης, συνήλθεν τὸ πλῆθος καὶ συνεχύθη, ὥστε ἦκομεν εἰς ἔκαστος τῇ ἱδίᾳ διαλέκτῳ λαλοῦντων αὐτῶν. Εξίσταντο δὲ πάντες καὶ ἐθαύμαζον, λέγοντες πρὸς ἀλλήλους, Οὐκ ἴδον πάντες οὕτως εἰσὶν οἱ λαλοῦντες Γαλιλαίοι; Καὶ πῶς ἠμεῖς ἀκούσαμεν ἔκαστος τῇ ἱδίᾳ διαλέκτῳ ἡμῶν ἐν ἐν ἐγεννηθήμεν; Πάρθοι καὶ Μῆδοι καὶ Ελαμίται, καὶ οἱ κατοικοῦντες τὴν Μεσοποταμίαν, Ἰουδαίαν τε καὶ Καππαδοκίαν, Πόντον καὶ τὴν Ασίαν, Φρυγίαν τε καὶ Παμφυλίαν, Ἀγιαπτων καὶ τὰ μέρη τῆς Λιβύης τῆς κατὰ Κυρήνην, καὶ οἱ ἐπιδημοῦντες Ῥωμαίοι, Ἰουδαῖοι τε καὶ προσήλυτοι, Κρῆτες καὶ Ἀραβεῖς, ἀκούσαμεν λαλοῦντων αὐτῶν ταῖς ἠμετέραις γλώσσαις τὰ μεγαλεία τοῦ θεοῦ.
Let Us Be Attentive..

**Verse:** Their voice has gone out into all the earth. The heavens declare the glory of God.

Wisdom..

**The Reading is from Acts of the Apostles 2:1-11**

Let us be Attentive..

When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondered, saying, "Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontos and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."
The Reading is from John 7:37-52; 8:12

On the last day of the feast, the great day, Jesus stood up and proclaimed, "If any one thirst, let him come to me and drink. He who believes in me, as the scripture has said, 'Out of his heart shall flow rivers of living water.'" Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified.

When they heard these words, some of the people said, "This is really the prophet." Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee? Has not the scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" So there was a division among the people over him. Some of them wanted to arrest him, but no one laid hands on him.

The officers then went back to the chief priest and Pharisees, who said to them, "Why did you not bring him?" The officers answered, "No man ever spoke like this man!" The Pharisees answered them, "Are you led astray, you also? Have any of the authorities or of the Pharisees believed in him? But this crowd, who do not know the law, are accursed." Nikodemos, who had gone to him before, and who was one of them, said to them, "Does our law judge a man without first giving him a hearing and learning what he does?" They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee." Again Jesus spoke to them, saying, "I am the light of the world; he who follows me will not walk in darkness, but will have the light of life."
MINISTRY NEWS

PHILOPTOHOS VIP NEWS

Lecture and Lunch
Please come on Thursday, June 23, 2011 and join us for an afternoon of fellowship and friendship in the Fellowship Tent at 11:00am and listen to an interesting lecture on a subject that is of concern to many of us: Identity Theft and Current Marketing Scams Directed at the Elderly. Learn how to protect yourself and your assets by taking useful preventive measures. Duration of the lecture is about half hour. Lunch will be served for a donation of $10. For reservations please call Stella Morris at (818) 783-4055 or Vivi Demopoulos at (310) 215-3130.

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PHILANTHROPIA MINISTRY NEWS

VOLUNTEER APPRECIATION SUNDAY: The PHILANTHROPIA team commends Father John Bakas, for designating today as Volunteer Appreciation Day in recognition of all volunteers serving the cathedral ministries. PHILANTHROPIA honors their team members who offer their time, talents and resources to serve others.

USED CLOTHING (SPECIAL REQUEST) and CANNED GOODS: We are still in need of clothing for young ladies attending Junior College in sizes 9, 10, and 12. When you bring the clothing, please identify the bag as "Ladies Clothing" and indicate the sizes. Please identify all other clothing donations on the outside of the bags by indicating whether they are for men, women or children. The two new receptacles for "used clothing" and "canned goods" are working great. They are located side by side, in the general area of the chapel. Thank you!

PHILANTHROPIA WEBSITE: The PHILANTHROPIA Newsletters are now on the website at: www.philanthropiaministry.org We thank Jim Pilios, from St. Nectarios in Covina, our original website founder and coordinator, for getting us up & running. We are pleased to say that Perry Lambert has agreed to take over as coordinator. Thank you to both Jim & Perry for their dedication and talents!

Take care and God Bless.
With love, Father Peter
ST. SOPHIA STEWARDSHIP

The Joy of Belonging
through Christian Stewardship

Christian Stewardship is our expression of thanksgiving and gratitude to God for His love and countless blessings. It provides the foundation for our Orthodox Faith, and enhances the spiritual and cultural growth of our community entrusted to our care.

Our parishioner’s stewardship giving during the first quarter of our Stewardship Campaign is a welcome blessing to the many financial needs of our Church. We would like to thank those who are current in their stewardship giving and send a friendly reminder to those who have not yet pledged for 2011 to please do so, as the stewardship income is vital to the daily operation of our Cathedral and its ministries.

We kindly ask you to please take a few moments this week to make your 2011 Stewardship Pledge using one of the following methods:

- Complete and return your Pledge Card
- Call our office at 323-737-2424
- Email our office at office@stsophia.org or at accountant@stsophia.org
- Visit our website at stsophia.org and click Stewardship

Regardless of what your financial commitment to the parish for this year will be, we thank you in advance for your consideration and support.

Invest your Love in our Community of Faith and Experience the Joy of Belonging
STEWARDSHIP IN ACTION

HONORING our MINISTRY LEADERS and ALL VOLUNTEERS

The joy of belonging to our Saint Sophia family offers us opportunities and privileges by supporting our Cathedral and its ministries through our Christian stewardship giving of time, talent and treasure. Our Ministries support the administrative needs of our church and promote religious, educational, cultural and social programs, which are available to our Parishioners of all ages. They are thriving through the support of all our Stewards. We are blessed for those who offer their money to fund these ministries, and we are equally blessed for those who offer their time and talent to administer and maintain the ministries’ programs.

Our Ministry Leaders and all other Volunteers involved in our ministries, not only offer their time and talents, which are their most valuable possessions, but they also invest their love in our community of faith to serve others. It takes over 700 Volunteers, who donate multiple talents, skills and abilities and hundreds of hours each year, to successfully serve our church and our community. We extend to all of them our heartfelt thanks and deepest appreciation.

The number of volunteers is shown next to each ministry. Staff indicates those who are paid.

CHRIS HALIKAKIS
ALTAR SERVICE - 30
Participating in the Divine Liturgy and learning the Faith; assisting the Priests.

PAUL COOPER
BASKETBALL - 8
Promoting fellowship and team spirit among our youth, ages 12-19, through a program between Orthodox Churches.

FR. JOHN BAKAS & DEACON ALLAN BOYD
BIBLE STUDIES
Exploring Holy Scripture, Orthodoxy, sacraments, traditions and history.

WILLIAM STRIGLOS
BOOKSTORE & GIFT SHOP - 7
Offering a great selection of books, icons, stephana and gifts.

FR. JOHN BAKAS
BYZANTINE LATINO QUARTER - 4
Revitalizing and improving the surrounding community through programs, supported by the city, schools & businesses.

DEACON ALLAN BOYD & TINA FINE
CAMP ZOE - 16
Caring and entertaining children with mental & physical disabilities from the neighboring Salvin School, by medical professionals, school staff & counselors.

KATHY & MARSHA ZAGORIANOS
CHILDCARE - 8
Caring for infants and toddlers while parents enjoy the Divine Liturgy

JIM KOLLIAS & CHRIS YOKAS - staff
CHOIR - 40
Participating in the spiritual harmony, beauty & mystery of the Divine Liturgy.

FAYE DEMETRIOU
DOCENTS - 21
Facilitating Cathedral tours by sharing the culture and history of the Greek Orthodox Faith with visitors.

TED PAPPAS
EASTER PICNIC - 100
Celebrating the glory of Resurrection and preserving our culture with family, friends, food and music.

TED & JAN PASTRAS
FESTIVAL - 300
Celebrating and promoting the heritage and culture with food, entertainment, dancing, art, cooking classes, games and Cathedral tours.

DEACON ALLAN BOYD
GOYA (Greek Orthodox Youth Association) Promoting the Orthodox Faith, fellowship and team spirit through youth programs. (being re-established)
BARBARA KAPPOS  
GREEK FOLK DANCING - 50  
Preserving the Greek heritage, culture and traditions through dance programs for children and adults.

ANDRI CHRISTODOULIDOU  
HELLENIC ACADEMY - 14 (staff 7)  
Providing an enriched and friendly learning environment through which children & adults, both Greek & non-Greek, become familiar and appreciative of Greek language and culture. Aiming at creating and/or strengthening bonds between people who value the essence of Hellenic heritage, letters and Orthodoxy.

ANN PAPPAS & GEORGIA VASILA  
HOSPITALITY: COFFEE HOUR - 3  
Promoting fellowship among the congregation following the Divine Liturgy.

NIKI KORBAKIS & MARIA PELARGOS  
HOSPITALITY: WELCOME - 2  
Welcoming guests and new parishioners following the Divine Liturgy.

DEAN & CHRISTINA PARATSAKIS  
MR. & MRS. CLUB - 8  
Promoting fellowship among married couples through social events.

TOM MARTIN  
NARTEX SERVICE - 12  
Welcoming Parishioners to the Divine Liturgy on Sunday and assisting with church tasks.

NIKOLAOS STEFANIDIS & BARBARA KAPPOS  
PARENTING SUPPORT - 4  
Addressing the challenges of parenthood through a program administered by medical, psychological and social work professionals.

PANOS ANGELS  
PARISH COUNCIL – 19  
Assisting the Priest in the administration of the Parish affairs, participating in the life of the Church, establishing committees for finance, stewardship and fundraising, preparing budgets and administering the Stewards’ funds.

FR. PETER & PRESBYTERA LAMBERT  
PHILANTHROPIA - 21  
Providing HIV/AIDS/DRUG counseling and referrals, and supporting various outreach programs sponsored by several Greek communities in Southern California.

VIRGINIA NOYES  
PHILOPTOHOS SOCIETY – 21  
Providing philanthropic outreach within and outside our community through fundraising efforts. (Many more volunteer for fundraising events)

VIVI DEMOPOULOS  
PHILOPTOHOS V.I.P - 18  
Providing spiritual, social and informative activities for the enrichment of the lives of our senior citizens.

ANGELO PAPPAS  
ST. SOPHIA BOARD OF TRUSTEES - 18  
Defining the vision and goals for the future, providing funding for major maintenance repairs and new constructions, and managing the church properties for the present Stewards and the future generations of Stewards.

MELANIE O’REGAN  
ST. SOPHIA SUMMER CAMP - 12  
Staff including Counselors: 66  
Promoting Orthodox fellowship and creating unforgettable memories for our youth, ages 7-17, from all Southern California Orthodox churches.

IRENE FRANKOS  
STEWARDSHIP Joy of Belonging -10  
Encouraging participation in the life of the Church through the stewardship giving of time, talent and treasure to support the operating and financial obligations of the Cathedral and its ministries.

ELENI YOKAS  
SUNDAY SCHOOL PROGRAM - 15  
Teaching the Faith to our youth through Sunday school classes, Holy Friday Retreats for children and the Rite of Commitment program for juniors.

HEIDI SANDSTROM  
18-30 FELLOWSHIP PROGRAM - 5  
Promoting fellowship among young adults ages 18 to 30 through social events.
PHILOPTOHOS NEWS

As our St. Sophia Cathedral is expanding and going through a renewal phase, we plan for Philoptohos to also expand and make some new paths to aid those who need our help. Many women are not involved in Philoptohos, and when asked why, the answer is usually “I'm too busy... I have kids... I'm working”, etc. Remember we are all busy but we find the time to do the work we are asked to. We have a number of committees that can use a little time from you which would be a big help to us.

Philoptohos has a mission, and that mission is to aid the poor, the destitute, the hungry, the aged, and the sick.... anyone who may need the help of the church. Our fundraising efforts enable us to continue helping those in need. We have a number of fundraising events every year, and through it all, Philoptohos continues to fulfill all of its obligations to the Metropolis and to the National headquarters. We have a number of areas that we reach out to here in our own community, such as the Los Angeles Mission, the Salvin School for special needs children, the USO "Phone Cards for Soldiers' program, the Holy Cross/Hellenic College and to our Cathedral.

Please watch the Sunday bulletins for news of our meetings beginning in September and make an effort to attend. Learn what opportunities we have for reaching out to those who are less fortunate than ourselves. We are open to suggestions from the community as well and welcome your input. Our first few meetings will be on Sundays after church, hopefully enabling more women the chance to attend.

We are ready to take on the next couple of years with much enthusiasm. We have a lot of philanthropic work to do. Our goal is to work closely with Father Bakas and the community, to reach out and make our dreams a reality.

With love in Christ's service,
Virginia Noyes and the Philoptohos Board of Directors
COMMUNITY NEWS

PLEASE NOTE:

THE HERALD NEWSLETTER

To All Stewards: If your anniversary/birthday is not already listed in our monthly Herald newsletter and you wish for it to be listed in the appropriate issue for your month, please e-mail your information to: Stephanie Caiopoulos Lubian (secretary@stsophia.org).

Please note the deadline due date is listed on the front cover of each issue. Please send your articles to Stephanie (secretary@stsophia.org).

If you wish to view the Herald online, please go to the cathedral website: st sophia.org and click on the HERALD link.

SUNDAY WEEKLY BULLETIN

Please note the deadline for articles is Wednesday at noon of each week. Please send your articles to either Stephanie (secretary@stsophia.org) or Christina (office@stsophia.org).

The Weekly Bulletin is now accessible online at the cathedral website: st sophia.org. To navigate from the Home page, hover over the HERALD link on the tool bar, and then select WEEKLY from the drop-down menu.
COMMUNITY NEWS (continued)

Pentecost Vespers Celebration
TONIGHT, June 12th at 7:00pm

Let us rejoice together as we celebrate the work of the Holy Spirit in our lives and worship the Holy Trinity. Join us for Vespers and take some time to reflect on the many blessings we receive from God. The strength we draw from the Holy Spirit allows Him to dwell in and work through us. We will kneel in prayer for the first time since Holy Week.

Our Feast day Liturgy for Saint Sophia
TOMORROW, Monday, June 13th
Orthros ~9:00am  Liturgy ~10:00am

We will continue our Cathedral Name Day celebration and once again have the opportunity for a beautiful weekday Liturgy in our Cathedral. May the Holy Wisdom of God lead us as we thank Him on our feast day for all the progress we have made in our community. Come and be part of a special day of remembrance and be blessed.

ALLAN BOYD TO BE ORDAINED DEACON

With Metropolitan Gerasimos’ blessing, our Pastoral Assistant, Allan Boyd will be ordained to the Holy Deaconate during the Divine Liturgy on the Feast Day of our Saint Sophia Cathedral, TOMORROW Monday June 13th.

Metropolitan Gerasimos will ordain Allan to the first rank of the priesthood in an impressive and spiritually uplifting ceremony. We encourage our parishioners to be present for this special event on the Feast Day of the Holy Spirit.

Congratulations to Deacon Allan and Danita on this new phase of their life and ministry.
COMMUNITY NEWS (continued)

Guest celebrant for Pentecost Sunday!

TODAY, we are honored to have a guest celebrant for Pentecost - Elder Father Pavlos. Elder Pavlos is the senior Priest-Monk and elder ascetic of Saint Catherine’s Monastery at Mount Sinai, Egypt - the oldest Christian monastery in continuous existence.

A 1972 graduate from the School of Theology of the University of Athens, Elder Pavlos is a desert ascetic himself with four decades of immersion in the tradition of desert asceticism that reaches back to the foundational period of early Christianity.

We welcome Elder Father Pavlos and his assistant Sr Joanna to our parish.

We are pleased by your presence.

SAVE THE DATE - NOVEMBER 5, 2011

Patriarch Athenagoras Orthodox Institute (PAOI) Southern California Auxiliary invites you to attend the 20th Anniversary Celebration honoring Chris & Joan Caras and Harry & Agopie Pappas, board members & loyal supporters of PAOI & the Greek Orthodox Church Community.

The event will take place at Town and Gown, USC and will also host the debut exhibit of the PAOI Icon Collection.

For more information, please contact Chris Haidos (310-832-1459) or Roz Halikis (310-378-5672).
COMMUNITY NEWS (continued)

Saint Sophia Summer Camp 2011

The Saint Sophia Camp Committee has been hard at work planning a fantastic summer camp season for our Orthodox youth. Our summer camping program will continue with a shortened season at Camp Seely. There will be two weeks of camp. The first week is scheduled from **Sunday, July 31st through Saturday, August 6th**; and the second week will be from **Saturday, August 6th through Saturday, August 13th**. We recommend the first week for the younger campers. Camp Seely is located close to Lake Gregory and the Village of Crestline. You can check out Camp Seeley at [www.laparks.org/dos/camps/seely.htm](http://www.laparks.org/dos/camps/seely.htm).

To register online and for additional information please visit our website: [www.saintsophiacamp.org](http://www.saintsophiacamp.org). You may also contact our administrative assistant, **Whitney O’Regan – phone: 562-522-1767 or e-mail: saintsophiacamp@gmail.com** for more information or registration forms.

Apply now to be a counselor at Saint Sophia Camp!

The Saint Sophia Camp Committee is looking for highly motivated, responsible and enthusiastic young adults over 18 to be camp counselors this summer. The first week is scheduled from **Sunday, July 31st through Saturday, August 6th**; and the second week will be from **Saturday, August 6th through Saturday, August 13th**. There will be a $100 weekly stipend offered to counselors. We will be holding camp this summer at Camp Seeley which is located in the San Bernardino Mountains. Applications are available online at [www.saintsophiacamp.org](http://www.saintsophiacamp.org). You may also contact our administrative assistant, **Whitney O’Regan – phone: 562-522-1767 or e-mail: saintsophiacamp@gmail.com** for more information.

**Deadline to apply is June 15th.**
New Pan-Orthodox Counseling Referral List

St Sophia Cathedral and the Greek Orthodox Metropolis of San Francisco are compiling a Pan-Orthodox Counseling Referral List to use as a reference for those requiring assistance of special skill sets.

If you are a Psychiatrist, an Adult and/or Child Psychologist, a Licensed Marriage & Family Therapist (LMFT), a Licensed Clinical Social Worker (LCSW), a Licensed Professional Counselor (LPC) or a Substance Abuse Counselor, and you wish to have your name used for referrals, please contact the parish office (323-737-2424) to advise us of your area of expertise and to submit your contact information.

If you know an Orthodox Professional from one of these areas of expertise who isn’t a member of St Sophia, but may wish to be on this list, please also pass along their contact information to our office.

Thank you!

*******************************************

Become an active Steward at Saint Sophia – join a Ministry !!

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<thead>
<tr>
<th>Altar Service</th>
<th>Festival</th>
<th>Parish Council</th>
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<tbody>
<tr>
<td>Basketball</td>
<td>Foundation</td>
<td>Philanthropia</td>
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<tr>
<td>Bookstore/Gift Shop</td>
<td>GOYA, J.R.GOYA</td>
<td>Philoptohos Society</td>
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<td>Bible Studies</td>
<td>Greek Folk Dancing</td>
<td>Philoptohos VIP</td>
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<td>BLQ</td>
<td>Hellenic Academy</td>
<td>Stewardship Program</td>
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<tr>
<td>Camp Zoe</td>
<td>Hospitality - Coffee Hour</td>
<td>Summer Camp</td>
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<td>Childcare</td>
<td>Hospitality - Welcome</td>
<td>- Golf</td>
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<td>Choir</td>
<td>Mr. &amp; Mrs. Club</td>
<td>- Tennis</td>
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<td>Docents</td>
<td>Narthex Service</td>
<td>Sunday School Program</td>
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<tr>
<td>Easter Picnic</td>
<td>Parenting Support</td>
<td>18-30 Fellowship</td>
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See pages 12 and 13 for a list of Ministry Leaders..
# Orthodox Calendar

## June 2011

<table>
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<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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</table>

**8:15am** Orthros
**9:15am** StudiesFaith
**9:45am** Memorials
**10am** Divine Liturgy

**Fathers of the First Council**

**8:15am** Orthros
**9:15am** StudiesFaith
**9:45am** Memorials
**10am** Divine Liturgy

**7pm** Vespers

**Holy Pentecost**

**8:15am** Orthros
**9:15am** StudiesFaith
**9:45am** Memorials
**10am** Divine Liturgy

**11:00pm** Holy Liturgy

**The Feast of the Holy Spirit**

**Ordination of Allan Boyd to the Deaconate**

**7:30pm** Orthodoxy
**101-Feasts w/ Allan**

**7:30pm** Kingdom of Heaven Bible Study w/Allan

**Hellenic Academy**

**9am, 9:30 am, & 11:45am**

**8:15am** Orthros
**9:15am** StudiesFaith
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**8:30am** Orthros
**9:30am** Liturgy

**Synergy of the Twelve Holy Apostles**

**Strict Fast**

**Fish Allowed**

**Wine and Oil Allowed**

**Dairy, Eggs, and Fish Allowed**

**Fast Free**

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