



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



CHRIST, THE HOLY WISDOM OF GOD

September 1, 2024

Dear Parents,

What a joy it is to welcome you and your children back to Sunday School! We hope that you have had a restorative summer, and we truly look forward to joining with you and your children for a new year, as we come together to learn about our faith.

In all of our work and with all of our plans for the year, we recognize that the only way for our lessons to be truly effective is if we have the support of YOU, our wonderful Sunday School parents. We welcome you to introduce yourselves to your children's teachers, visit their classrooms, and engage with your children on what they are learning during class. It is only with your active participation that we are able to share Christ's message of love with your children.

How Do I Register for Sunday School?

Register online by [clicking here](#) or visit after church during coffee hour

Registration Deadline: Please try to register by the first day of class September 8th

Registration Fee: \$20 per student and at least one parent must be stewards in good standing. If you have questions, please reach out to the church office via email at office@saintsophiadc.com or call 202-333-4730 / 202-838-1553.

When Does Sunday School Start?

First Day of Sunday School: September 8th

Where Should We Go for Sunday School?

Every Sunday we will have the first pews reserved at the front left-hand side of the church for Sunday School students to sit together with their teachers (*please try to arrive between 10 – 10:30am*). After listening to the epistle and gospel reading and a brief children's sermon by the clergy, students will take communion and be ushered by their teachers to their classrooms in the Frosene Education Center.

Where is Sunday School Held? Who is my child's teacher?

Sunday School classes are held in the Frosene Education Center which is next to the church and accessible from the parking lot or via the atrium. All classrooms have the teacher's name and grade listed on them.

Pre-K:	Lynne Courtney [Frosene Center first floor]
Kindergarten:	Amerisa Kyriazis [Frosene Center first floor]
1st Grade:	Carol Trigonoplos, Pamela Glekas [Frosene Center first floor]
2nd Grade:	Stracie Maniatis [Frosene Center first floor]
3rd Grade:	Kelly Tanzi [Frosene Center second floor]
4th Grade:	Helen Palatianos, Claire Brainard [Frosene Center second floor]
5th Grade:	Angelic Papacalos [Frosene Center second floor]
6th Grade:	Joanna Thomas, Marie Thomas [Frosene Center second floor]
7th/8th Grade:	Joanne Kenny, Van Andros [Frosene Center second floor]
9th/10th Grade:	Margo Anderson [Frosene Center second floor]
11th/12th Grade:	Amanda Lockhart [Saint Sophia Library in FJ Hall]

Key First Semester Sunday School Dates

September 8th – First Day of Sunday School, Agiasmos School Blessing, and Back to Sunday School Welcome Luncheon After Church

October 20th – Teen Talk (Our 7th – 12th graders will spend their class time meeting with Father Steve or Father Gabriel to discuss their faith)

October 27th – Faith Time (Our 1st – 6th graders will spend their class time meeting with Father Steve or Father Gabriel to discuss their faith)

November 10th – Face Time (Our Pre-K – 1st graders will spend their class time meeting with Father Steve or Father Gabriel to discuss their faith)

December 1st – Thanksgiving Weekend - No Sunday School

December 15th – Christmas Caroling in Church and Santa’s Workshop

December 22nd – Christmas Break - No Sunday School

December 29th – Christmas Break - No Sunday School

January 5th – Sunday School Starts Again

Again, we are thrilled to welcome you all back to Sunday School on September 8th and know we will have a wonderful year to come.

Yours in Christ,

Father Steven P. Zorzos
Presiding Priest

Amanda Lockhart
Co-Dean, Upper School (Grades 7th – 12th)
amanda.k.lockhart@gmail.com

Father Gabriel Galifianakis
Assistant Priest

Kelly Tanzi
Co-Dean, Lower School (Grades Pre-K – 6th)
kellytanzi@msn.com

Vivian Kambanis
Administrator, Sunday School
agkambanis@msn.com

Frequently Asked Questions

What if I’m not a steward in good standing? Can I still register my child in Sunday School?

We want to ensure our program is **accessible to everyone** so please contact the church office via email at office@saintsophiadc.com or call 202-333-4730 and we will find a solution. We love having your children in our classes and are committed to making that possible!

What if my family can’t make it to church by 10am? Can my child still come to class?

We get it – our lives are all so full of commitments we are honored that Sunday School is a priority for your family. If you’re running late, please still join us – no matter how hectic your morning is, we love having your children in class.

Sitting in the pews quietly is a challenge for my child. What can I do to help them participate in the liturgy?

Your Sunday School teachers are here to help! We have reserved the first 3-4 pews on the left-hand side and there will be at least one (and frequently two) teachers in each row. We love our kids but we understand – sitting still can be a challenge and we are exploring ways to appropriately use fidgets and provide sitting breaks to help get our children acclimated to the liturgy. But above all we want your children with us – that is what matters most!

My child cannot fast before communion is served (they need to take medication with food every morning / they cannot go that long without a meal). Can they still take communion before going to Sunday School?

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 through calories quickly so every classroom will have snacks in the classroom for all to enjoy after communion.

When does Sunday School end? How do I get my child?

Sunday School typically ends at 12pm unless the liturgy runs long (which can happen from time to time). For children in 6th grade and younger, we ask parents to go to their children’s class to pick them up after the liturgy. For children in 7th grade and above, they will be dismissed at noon and directed to the coffee hour to join their parents.