

June 12, 2022  
Holy Pentecost  
Onuphrius of Egypt ❖ Peter the Athonite  
Holy Martyr Antonine



**ENTRANCE HYMNS**

**Resurrectional Apolytikion - Angelike Dhynamis ("Angelic Powers")**

*Angelic Powers were in Your Sepulchre and those who guarded You became as men long dead. And standing there was Mary by Your Tomb seeking Your pure and sacred Body, O You despoiled Hades yet tempted not by him were You. You did meet the Virgin O Life Bestower, O You Who rose from the dead, Glory to You O Lord.*

**Apolytikion of Holy Ascension – Anelifthis en thoxi ("You ascended in glory")**

*You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world.*

**Apolytikion for the Fathers – Iperdhedhoxazmenos i Xriste ("Supremely blessed are You")**

*Supremely blessed are You, O Christ our God. You established the holy Fathers upon the earth as beacons, and through them You have guided us all to the true Faith, O greatly merciful One, glory be to You.*

**Apolytikion of St. Sophia/Ss. Faith, Hope & Agape**

**Greek**

*Ὡς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστῷ καρπὸν ἢ δῦτατον, τοὺς τῆς νηδύος σου βλαστούς, δι' α γώνων εὐαγῶν, Ἀγάπην τε καὶ Ἐλπίδα σὺν τῇ θεόφρονι Πίστει, μεθῶν δυσώπει υπέρ πάντων ἡμῶν.*

**English Phonetics for Greek**

*Os elea kata karpos anevlastisas, en tes avles tu Kyriou Sofia martyrs semni, ke prosigages Christo karpon idytaton, tus tis nidyos su vlastus, di' agonon evagon, Agapin te ke Elpida, syn ti theofroni Pisti; meth' on dysopi yper pandon imon.*

**English**

*As an olive tree laden with fruit you sprouted forth, in the courtyards of the Lord, Sophia martyr dignified, and you brought to Christ a fruit most sweet, Namely your womb's own sprouts, brought up by instructive deeds: your daughters Love and Hope, along with God-minded Faith; together intercede with God for us all.*

**Seasonal Kontakion – Tin iper imon plirosas ("When You had fulfilled the dispensation")**

*When You had fulfilled the dispensation for our sake, \* and united things on earth with the things in heaven, \* You were taken up thither in glory, O Christ our God, \* going not away from any place, \* but continuing inseparable, \* and to them that love You crying out: \* "I am with you, and there is, therefore, none against you."*

*The Ladies Philoptochos Society has a designated Poor Box in the Narthex to help fund its mission to aid those in need.*

Please consider supporting the philanthropic outreach of our church through the Philoptochos Poor Box located in the Pangari. Each month (unless otherwise noted) 100% of the donations are designated for a local charity.

Donations made to the Philoptochos Poor Box for the month of June benefit The Clinic in Phoenixville, which provides quality healthcare for the uninsured. You can learn more about The Clinic at <https://www.theclinicpa.org/>.

Please consider donating to this worthwhile charity at:

<http://www.saintsophiachurch.org/poorboxdonations.html>, or submit a check payable to St. Sophia Philoptochos and indicate Poor Box on the memo line. Gift Cards are also a welcome addition!

God bless you and thank you for your support!

**Philoptochos Scholarships:** The Metropolis of New Jersey Philoptochos, with the blessings of His Grace Bishop Apostolos of Medeia, and our Metropolis Chancellor, the Very Reverend Father Christoforos Oikonomidis, is embarking upon a new initiative. Each year we will be offering an opportunity to qualifying High School seniors, who are enrolled in an accredited University, College, or Trade School, to apply for a Metropolis of New Jersey Philoptochos merit based scholarship. There are five (5) scholarships for 2022, each in the amount of \$1,000.00 and they will be awarded to qualifying applicants. For more information and to download an application, go to:

<https://www.saintsophiachurch.org/uploads/1/8/6/1/18610160/anastasiamichals.memorial.scholarship.final.app.pdf>

June 12, 2022  
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Welcome Fr. Christos Christofidis! Once again, we wish to welcome to our parish Rev. Fr. Christos Christofidis and Presvytera Joanna. Fr. Christos is celebrating the Divine Liturgy today in Fr. Peter's absence.

**St. Sophia/Ss Faith, Hope & Agape Vigil Candle:** If you are interested in sponsoring a vigil candle, please see a Parish Council member at the Pangari – no advance signup necessary and several individuals or families can sponsor each week. The proceeds of these donations will go to our Mortgage Reduction Fund. Each vigil candle lasts one week; the asking donation is \$10.

**Festival Lawn Signs:** Please return any Festival Lawn Signs that you may have taken, as we recycle them. You may place them in the alcove outside of the Office Entrance.

**SCHEDULE OF UPCOMING SERVICES AND EVENTS**

Wed. 6/8 - Wed. 6/15	Fr. Peter is away at Project Mexico
Sun. June 12 <sup>th</sup>	10:00 am – Divine Liturgy -- Pentecost Sunday 12:00 noon – AHEPA Field & Track Meet at Upper Darby H.S. (re-scheduled from 6/11)
Tues. June 28 <sup>th</sup>	Interfaith Blood Drive at Mormon Church up the block from St. Sophia (see flyer)

**Festival Thank You...**

Thank you to all the volunteers who supported our Spring Grecian Festival in many and various ways.

The weather was beautiful, and as always, we were blessed with support from both the Greek and non-Greek communities. Our guests always enjoy our food and the atmosphere!

Thank you again for all your hard work – it is greatly appreciated! Have a blessed summer, and we look forward to seeing you each Sunday!

*Rev. Ekonomos Peter J. Thornberg, Proistamenos*  
*John Pogas, Parish Council President*  
*John Papadimitriou, Festival Chairman*

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

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

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, Pontus 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."

**Ἀνάγνωσις ἐπιστολῆς  
Πράξεις Ἀποστόλων 2:1-11 τὸ ἀνάγνωσμα**

**Εἰς πᾶσαν τὴν γῆν ἐξῆλθεν ὁ φθόγγος αὐτῶν.  
Στίχ. Οἱ οὐρανοὶ διηγοῦνται δόξαν Θεοῦ.**

Ἐν τῷ συμπληροῦσθαι τὴν ἡμέραν τῆς Πεντηκοστῆς, ἦσαν ἅπαντες ὁμοθυμαδὸν ἐπὶ τὸ αὐτό. Καὶ ἐγένετο ἄφνω ἐκ τοῦ οὐρανοῦ ἦχος ὡσπερ φερομένης πνοῆς βιαίας, καὶ ἐπλήρωσεν ὅλον τὸν οἶκον οὗ ἦσαν καθήμενοι. Καὶ ὠφθησαν αὐτοῖς διαμεριζόμεναι γλῶσσαι ὡσεὶ πυρός, ἐκάθισεν τε ἐφ' ἓνα ἕκαστον αὐτῶν. Καὶ ἐπλήσθησαν ἅπαντες πνεύματος ἁγίου, καὶ ἤρξαντο λαλεῖν ἑτέροις γλώσσαις, καθὼς τὸ πνεῦμα ἐδίδου αὐτοῖς ἀποφθέγγεσθαι. Ἦσαν δὲ ἐν Ἱερουσαλὴμ κατοικοῦντες Ἰουδαῖοι, ἄνδρες εὐλαβεῖς, ἀπὸ παντὸς ἔθνους τῶν ὑπὸ τὸν οὐρανόν. Γενομένης δὲ τῆς φωνῆς ταύτης, συνῆλθεν τὸ πλῆθος καὶ συνεχύθη, ὅτι ἤκουον εἰς ἕκαστος τῆ ἰδίᾳ διαλέκτῳ λαλούντων αὐτῶν. Ἐξίσταντο δὲ πάντες καὶ ἐθαύμαζον, λέγοντες πρὸς ἀλλήλους, Οὐκ ἰδοὺ πάντες οὗτοί εἰσιν οἱ λαλοῦντες Γαλιλαῖοι; Καὶ πῶς ἡμεῖς ἀκούομεν ἕκαστος τῆ ἰδίᾳ διαλέκτῳ ἡμῶν ἐν ἧ ἐγεννήθημεν; Πάρθοι καὶ Μῆδοι καὶ Ἑλαμίται, καὶ οἱ κατοικοῦντες τὴν Μεσοποταμίαν, Ἰουδαίαν τε καὶ Καππαδοκίαν, Πόντον καὶ τὴν Ἀσίαν, Φρυγίαν τε καὶ Παμφυλίαν, Αἴγυπτον καὶ τὰ μέρη τῆς Λιβύης τῆς κατὰ Κυρήνην, καὶ οἱ ἐπιδημοῦντες Ἰωμαῖοι, Ἰουδαῖοί τε καὶ προσήλυτοι, Κρήτες καὶ Ἄραβες, ἀκούομεν λαλούντων αὐτῶν ταῖς ἡμετέροις γλώσσαις τὰ μεγαλεῖα τοῦ Θεοῦ.

## GOSPEL READING

### The Gospel According to 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 priests 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."

## ΕΥΑΓΓΕΛΙΟΝ

### Ἐκ τοῦ Κατὰ Ἰωάννην 7:37-52; 8:12 Εὐαγγελίου τὸ Ἀνάγνωσμα

Ἐν δὲ τῇ ἐσχάτῃ ἡμέρᾳ τῇ μεγάλῃ τῆς ἐορτῆς εἰστήκει ὁ Ἰησοῦς καὶ ἔκραζε λέγων· ἔάν τις διψᾷ, ἐρχέσθω πρὸς με καὶ πινέτω· ὁ πιστεύων εἰς ἐμέ, καθὼς εἶπεν ἡ γραφή, ποταμοὶ ἐκ τῆς κοιτίας αὐτοῦ ῥεύσουσιν ὕδατος ζῶντος· τοῦτο δὲ εἶπε περὶ τοῦ Πνεύματος οὗ ἔμελλον λαμβάνειν οἱ πιστεύοντες εἰς αὐτόν· οὐπω γὰρ ἦν Πνεῦμα Ἅγιον, ὅτι Ἰησοῦς οὐδέπω ἐδοξάσθη. Πολλοὶ οὖν ἐκ τοῦ ὄχλου ἀκούσαντες τὸν λόγον ἔλεγον· οὗτός ἐστιν ἀληθῶς ὁ προφήτης· ἄλλοι ἔλεγον· οὗτός ἐστιν ὁ Χριστός· ἄλλοι ἔλεγον· μὴ γὰρ ἐκ τῆς Γαλιλαίας ὁ Χριστὸς ἔρχεται; οὐχὶ ἡ γραφή εἶπεν ὅτι ἐκ τοῦ σπέρματος Δαυὶδ καὶ ἀπὸ Βηθλεὲμ τῆς κώμης, ὅπου ἦν Δαυὶδ, ὁ Χριστὸς ἔρχεται; σχίσμα οὖν ἐν τῷ ὄχλῳ ἐγένετο δι' αὐτόν· τινὲς δὲ ἤθελον ἐξ αὐτῶν πιάσαι αὐτόν, ἀλλ' οὐδεὶς ἐπέβαλεν ἐπ' αὐτόν τὰς χεῖρας. Ἦλθον οὖν οἱ ὑπηρέται πρὸς τοὺς ἀρχιερεῖς καὶ Φαρισαίους, καὶ εἶπον αὐτοῖς ἐκεῖνοι· διατί οὐκ ἠγάγετε αὐτόν; ἀπεκρίθησαν οἱ ὑπηρέται· οὐδέποτε οὕτως ἐλάλησεν ἄνθρωπος, ὡς οὗτος ὁ ἄνθρωπος· ἀπεκρίθησαν οὖν αὐτοῖς οἱ Φαρισαῖοι· μὴ καὶ ὑμεῖς πεπλάνησθε; μὴ τις ἐκ τῶν ἀρχόντων ἐπίστευσεν εἰς αὐτόν ἢ ἐκ τῶν Φαρισαίων; ἀλλ' ὁ ὄχλος οὗτος ὁ μὴ γινώσκων τὸν νόμον ἐπικατάρατοί εἰσι! λέγει Νικόδημος πρὸς αὐτούς, ὁ ἔλθων νυκτὸς πρὸς αὐτόν, εἰς ὧν ἐξ αὐτῶν· μὴ ὁ νόμος ἡμῶν κρίνει τὸν ἄνθρωπον, ἐάν μὴ ἀκούσῃ παρ' αὐτοῦ πρότερον καὶ γινῶ τί ποιεῖ; ἀπεκρίθησαν καὶ εἶπον αὐτῷ· μὴ καὶ σὺ ἐκ τῆς Γαλιλαίας εἶ; ἐρεύνησον καὶ ἴδε ὅτι προφήτης ἐκ τῆς Γαλιλαίας οὐκ ἐγγήγερται. Πάλιν οὖν αὐτοῖς ὁ Ἰησοῦς ἐλάλησε λέγων· ἐγὼ εἰμι τὸ φῶς τοῦ κόσμου· ὁ ἀκολουθῶν ἐμοὶ οὐ μὴ περιπατήσει ἐν τῇ σκοτίᾳ, ἀλλ' ἔξει τὸ φῶς τῆς ζωῆς.

## Communion Prayers

*I believe and confess, Lord, that You are truly the Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, in knowledge or in ignorance. And make me worthy, without condemnation, to partake of Your pure Mysteries for the remission of sins and for eternal life. Amen.*

*Behold, I approach for Divine Communion.  
O Maker, burn me not as I partake,  
For You are fire consuming the unworthy.  
But cleanse me from every stain.*

*O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom.*

*Tremble, O man, as you behold the divine Blood.  
It is a burning coal that sears the unworthy.  
The Body of God both deifies and nourishes me:  
It deifies the Spirit and wondrously nourishes the mind.*

*You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up with spiritual fire my sins, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings.*

*How shall I, who am unworthy, enter into the splendor of Your saints? If I should dare to enter into the bridal chamber, my vesture will condemn me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. Cleanse, O Lord, the filth of my soul, and save me, as You are the one Who loves mankind. In Your love, Lord, cleanse my soul, and save me.*

*Master Who loves mankind, Lord Jesus Christ, my God, let not these Holy Gifts be to my judgment because I am unworthy, but rather for the purification and sanctification of both soul and body and the pledge of the life and Kingdom to come. It is good for me to cleave unto God and to place in Him the hope of my salvation.*

*O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom.*



Neighbors Helping Neighbors

A NON-PROFIT HUMAN SERVICES CORPORATION  
Founded in 1981

May 31, 2022

Saint Sophia's Greek Orthodox Church  
900 S. Trooper Road  
Jeffersonville, PA 19403

Dear Friends:

Thank you to everyone at Saint Sophia's who donated in your recent food drive.

The Patrician Society Emergency Food Cupboard works with nearly 1,500 needy families in the greater Norristown area all throughout the year and we provide our services thanks to the support of many kind donors such as yourselves. Your contributions will be used to ensure that we can remain open to provide the services that are so desperately needed.

Please know that we are truly grateful for your efforts.

Best wishes to everyone at Saint Sophia's who was involved!

Sincerely,

LeeAnn Rooney  
Executive Director

*Truly appreciate all you do!*

703 Green Street, Norristown PA 19401-3905

610.272.6316 (o)  
610.272.3070 (f)

www.patriciansociety.org  
info@patriciansociety.org



# Summer FULL OF LIFE

## Interfaith Blood Drive

to address the nation-wide blood shortage

**Joint effort of congregations from:**  
**Saint Sophia Greek Orthodox Church**  
**The Church of Jesus Christ of Latter-day Saints**

**Tuesday, June 28, 2022**

**2 pm – 7 pm**

**2530 Stinson Lane  
(Up the block from St. Sophia)  
Norristown, PA 19403**

For an appointment, please visit [www.redcrossblood.org](http://www.redcrossblood.org)

Search using code: PAinterfaith

Or call 1-800-RED CROSS (1-800-733-2767).

**Share the vibe. Give blood to help save lives.**

Download the Blood Donor App | [RedCrossBlood.org](http://RedCrossBlood.org) | Call 1-800-RED CROSS

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