

## STRIVE TO UNITE YOURSELF WITH CHRIST

**O**n this Second Sunday of the Great Fast, the Church provides us with a great teacher on PRAYER. Honored this day is ST. GREGORY OF PALAMAS, famed Byzantine monk and theologian of the 14th century. He was raised in Constantinople, then became an ascetic on Mount Athos. From there he came to Thessalonica, Greece, and became its Archbishop. Born in 1296, Gregory fell asleep in Christ in 1359.

Over the centuries, the ascetics of the East developed a system of mystical contemplation of God which had as its aim the union of the person with the Lord. This has been called “deification in Christ.” The method involved physical exercise, bodily posture, silence, proper breathing, and the Jesus Prayer: “Lord Jesus Christ, Son of God, have mercy on me a sinner.” The height of this spiritual experience was said to be a vision of the Divine Light, the radiance which Jesus showed at His transfiguration. It is termed “hesychasm,” which means tranquility or quietness.

Here is what St. Gregory had to say about praying without ceasing: “Let no one think that it is the duty only of priests and monks to pray without ceasing, and not of laymen. No, no; it is the duty of all Christians to remain always in prayer . . .” “Bear in mind the method of prayer . . . namely by prayer in the mind. And this we can always do if we wish. For when we sit down to work with our hands, when we walk, when we eat . . . we can always pray mentally - the true prayer pleasing to God. Let us work with the body and pray with the soul . . .”

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



### St. Sophia/SS. Faith, Hope & Agape Greek Orthodox Church of Valley Forge

900 South Trooper Road  
Jeffersonville, PA, 19403

Tel.: (610) 650-8960 • Fax: (610) 650-8961

[www.saintsophiachurch.org](http://www.saintsophiachurch.org) email: [office@saintsophiachurch.org](mailto:office@saintsophiachurch.org)

Sunday Worship: 8:45 am - Orthros: 10:00 am Divine Liturgy  
Office Hours - 10 am to 4 pm

Rev. Ekonomos Peter J. Thornberg, Proistamenos  
[frpeter@saintsophiachurch.org](mailto:frpeter@saintsophiachurch.org)  
Metropolis of New Jersey



## St. Sophia/SS. Faith, Hope & Agape Greek Orthodox Church

March 20, 2022



March 20, 2022  
Sunday of St. Gregory Palamas  
Righteous Fathers slain at the Monastery of St. Savas  
Myron the New Martyr of Crete  
Cuthbert the Wonderworker, Bishop of Lindisfarne

## ENTRANCE HYMNS

### Resurrectional Apolytikion – Angelike DYNAMIS (“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 the Day – Orthodoxias o sotir (“Orthodoxy’s luminary”)

*Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.*

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

#### Greek

*Ὁς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστῷ καρπὸν ἡ δύατον, τοὺς τῆς νηδύος σου βλαστούς, δί’ α γώνων εὐάγων, 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 martys semni, ke prosigages Christu 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 – Ti ipermacho (“O Champion General”)

*O Champion General, I your City now ascribe to you \* triumphant anthems as the tokens of my gratitude, \* being rescued from the terrors, O Theotokos. \* Inasmuch as you have power unassailable, \* from all kinds of perils free me so that unto you \* I may cry aloud: \* Rejoice, O unwedded Bride.*



ST. SOPHIA PRESENTS

# TRIVIA

## NITE

MAY 6, 2022

**DOORS OPEN AT 6PM - TRIVIA BEGINS AT 7PM**  
REGISTRATION/PAYMENT DEADLINE - APRIL 8th

**\$25 per person**  
Coffee & Dessert Included - BYOB

ST. SOPHIA GREEK ORTHODOX CHURCH  
900 S TROOPER RD, JEFFERSONVILLE, PA 19403

**REGISTRATION DETAILS ON:**  
[www.saintsophiachurch.org/trivia-nite.com](http://www.saintsophiachurch.org/trivia-nite.com)

Please bring non-perishable food items for the Patrician Society  
& receive a special raffle ticket



## Project Mexico

Imagine if you didn't have a home, or home was a makeshift shelter constructed from discarded pallets, tin, cardboard, or tarps. Unfortunately, this is the reality for countless families around the world -- including families in Mexico.

By God's grace, volunteers with Project Mexico have been making a difference. Since 1988, Project Mexico has been building safe, secure, and weather-tight homes for some of the most impoverished families in Northern Mexico. Every home is constructed over the course of four days and built entirely with volunteer labor.

Our parish has committed to fielding a group of 10 volunteers to help Project Mexico build a house between June 9<sup>th</sup> and 15<sup>th</sup>, and we need your help. So far, 5 people have answered the call. We still need 5 more people to join our team. If you would like to learn more, please chat with John Pogas, the group leader, Presvytera Katherine or Chris Altum.

During the COVID-19 crisis, all Liturgical Services have been available on-line. Simply click on the link below. You do NOT need a Facebook account to access the on-line services.

[www.facebook.com/saintsophiachurch](http://www.facebook.com/saintsophiachurch)

PLEASE keep in mind that our fixed costs are still ever present.

We hope you can help us with an on-line donation. You can give by going to our website, [www.saintsophiachurch.org](http://www.saintsophiachurch.org) and clicking on the "Donate" button.

Donate



You can also donate using Venmo! Just search in Venmo or click [www.venmo.com/SaintSophiaChurch](http://www.venmo.com/SaintSophiaChurch)

NEW! We also accept Zelle as a form of payment! Through your bank's Zelle system, input [treasurer@saintsophiachurch.org](mailto:treasurer@saintsophiachurch.org) as a recipient and you'll be ready to donate to St. Sophia Church.

### Epistle Reading

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

*O Lord, save your people and bless your inheritance.*

*Verse: To you, O Lord, I have cried, O my God.*

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

### Ἀνάγνωσις ἐπιστολῆς

Πρὸς Ἑβραίους 1:10-14; 2:1-3 τὸ ἀνάγνωσμα.

*Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.*

*Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεός μου.*

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτοὺς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἕνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἔβεβαιώθη.

## GOSPEL READING

The Gospel According to Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

## ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Μάρκον 2:1-12 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοῦμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθημένοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὕτως οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

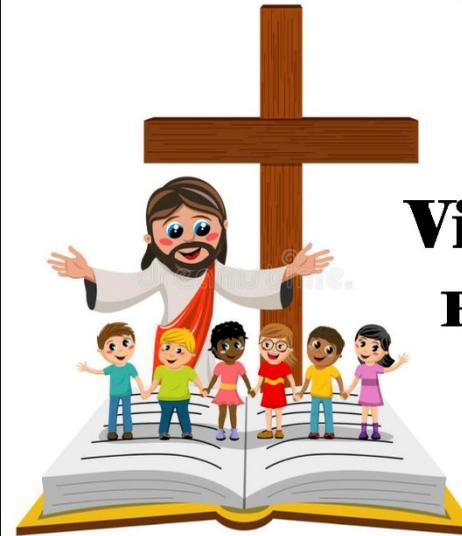
# BIBLE BOWL 2022

Sunday, April 3<sup>rd</sup>

12:00 pm

**Virtually via ZOOM**

**From our Sunday School  
classrooms**



**For all JOY children  
(3<sup>rd</sup> – 6<sup>th</sup> Grades)  
from all churches of  
the DVYC**

Hosted by Holy Trinity, Wilmington, Delaware

To sign up and for the Zoom link,

please contact us by Wednesday, March 30<sup>th</sup>

Angie Karakasidis at [akarakasidis@yahoo.com](mailto:akarakasidis@yahoo.com)

## SCHEDULE OF UPCOMING SERVICES AND EVENTS

Fri. Mar. 18 <sup>th</sup>	4:45 pm – Little Angels <b>7:00 pm – Salutations to the Theotokos</b>
Sat. Mar. 19 <sup>th</sup>	6:00 pm – Philoptochos Dinner & a Movie – “Man of God”
Sun. Mar. 20 <sup>th</sup>	<b>St. Gregory Palamas</b> Greek Independence Day Parade in Philadelphia -- The bus departs St. Sophia at 12 Noon <i>SHARP!</i>
Mon. Mar. 21 <sup>st</sup>	<b>6:00 pm – Great Compline</b>
Tues. Mar. 22 <sup>nd</sup>	7:00 pm – Lenten Adult Ed – in the church
Wed. Mar. 23 <sup>rd</sup>	<b>6:00 pm – Presanctified Liturgy</b>
Thurs. Mar. 24 <sup>th</sup>	10:00 am – Senior Parea
Fri. Mar. 25 <sup>th</sup>	4:45 pm – Little Angels <b>Annunciation of the Theotokos</b> <b>7:00 pm – Vespers &amp; Akathist Hymn</b>
Sat. Mar. 26 <sup>th</sup>	10:00 am – HOPE/JOY Pascha Retreat at St. Demetrios
Sun. Mar. 27 <sup>th</sup>	<b>Veneration of the Holy Cross</b>
Mon. Mar. 28 <sup>th</sup>	<b>6:00 pm – Great Compline</b>
Tues. Mar. 29 <sup>th</sup>	7:00 pm – Lenten Adult Ed – in the church
Wed. Mar. 30 <sup>th</sup>	<b>10:00 am – Presanctified Liturgy</b>
Thurs. Mar. 31 <sup>st</sup>	10:00 am – Senior Parea
Fri. Apr. 1 <sup>st</sup>	4:45 pm – Little Angels <b>7:00 pm – Salutations to the Theotokos</b>
Sat. Apr. 2 <sup>nd</sup>	1:00 pm -- Rise Against Hunger Meal Packaging Event Sponsored by St. Luke’s Ladies Philoptochos
Sun. Apr. 3 <sup>rd</sup>	<b>St. John of the Ladder</b> 12:00 noon – Bible Bowl 2022 for JOY children -- to be held virtually via Zoom in classrooms
Mon. Apr. 4 <sup>th</sup>	<b>6:00 pm – Great Compline</b>
Wed. Apr. 6 <sup>th</sup>	<b>6:00 pm – Presanctified Liturgy</b>
Thurs. Apr. 7 <sup>th</sup>	10:00 am – Senior Parea
Fri. Apr. 8 <sup>th</sup>	4:45 pm – Little Angels <b>7:00 pm – The Akathist Hymn</b>
Sat. Apr. 9 <sup>th</sup>	Sights & Sounds at St. Luke
Sun. Apr. 10 <sup>th</sup>	<b>St. Mary of Egypt</b>
Mon. Apr. 11 <sup>th</sup>	<b>6:00 pm – Great Compline</b>
Wed. Apr. 13 <sup>th</sup>	<b>10:00 am – Presanctified Liturgy</b>
Thurs. Apr. 14 <sup>th</sup>	10:00 am – Senior Parea
Fri. Apr. 15 <sup>th</sup>	4:45 pm – Little Angels
Sat. Apr. 16 <sup>th</sup>	<b>10:00 am – Divine Liturgy – Saturday of Lazarus</b>

## 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.*



# Pascha Eggs

THE RESURRECTION STORY  
FOR ORTHODOX CHRISTIAN CHILDREN

Friday - April 22  
12 - 2:45pm

OPEN TO AGES  
Pre-K (age 4) - 12th grade

LIGHT REFRESHMENTS  
SERVED

SIGN UP DEADLINE  
Friday - April 15

PRE-REGISTRATION REQUIRED  
ON SIGN-UP GENIUS

<https://www.signupgenius.com/go/30E044DAEAC23A64-good1>

Good Friday Retreat



AFTER 2 YEARS  
PHILADELPHIA'S HELLENIC FEDERATION  
PRESENTS WITH PRIDE

## GREEK INDEPENDENCE DAY PARADE 2022



Grand Marshal  
The Honorable Georgia Athanasopoulos, Consul General of Panama

Centennial Marshals  
His Eminence Archbishop *Elpidophoros* of America  
*Jimmy Kokotas*, AHEPA Supreme President  
*Kathy Bizoukas*, Daughters of Penelope Grand President

Parade dedicated to the Centennial of the  
Greek Archdiocese of America and AHEPA

SUNDAY, MARCH 20 at the  
BENJAMIN FRANKLIN PARKWAY, PHILADELPHIA  
From 16th to Eakins Oval, Formation 1:00pm, Step Off 2:00pm



For more information please visit: <https://hellenicfed.org/>



The Ladies Philoptochos Society of St. Luke  
in partnership with Rise Against Hunger invites you to

## A MEAL PACKAGING EVENT

Rise Against Hunger is driven by the vision of a world without hunger. Their mission is to end hunger in our lifetime by providing food and life-changing aid to the world's most vulnerable and creating a global commitment to mobilize the necessary resources. [riseagainsthunger.org](http://riseagainsthunger.org)

**SATURDAY APRIL 2, 2022 • 1PM TO 3PM**  
**ST LUKE COMMUNITY CENTER**

Contact: [katherine.kennedy314@gmail.com](mailto:katherine.kennedy314@gmail.com)

**LOOKING FOR VOLUNTEERS (AGES 12 AND UP) TO ASSIST IN A MEAL PACKAGING PROCESS THAT IS SAFE AND EFFECTIVE. THIS IS A GREAT OPPORTUNITY TO WORK WITH YOUR ENTIRE FAMILY OR SMALL GROUPS OF VOLUNTEERS AT YOUR OWN INDIVIDUAL PACKAGING STATION.**

**TO SIGN UP:**

<https://rah.secure.force.com/events/homepage?id=7013Z000002KnznQAC>

## LENTEN FOOD DRIVE



**Lenten Food Drive:** In Christ's teaching, almsgiving goes together with fasting and prayer. During this Lenten period, bring in your non-perishable food items --collection bins will be in the lobby of our Cultural Center. This food drive will run through Palm Sunday.

### **MOST NEEDED ITEMS:**

- Canned meat (tuna, chicken, beef stew, etc.)
- Canned fruit and vegetables
- Juice & Juice boxes
- Canned Meals
- Pancake Mix & Syrup
- Breakfast foods (hot & cold cereals, bars & oatmeal)
- Canned or plastic jarred proteins like peanut butter, beans, canned stews, and chili
- Macaroni & cheese
- Pasta, rice & dry mixes
- Pasta sauce (cans)
- Crackers

Please **DO NOT** donate expired food, open packages, perishable food, or glass jars.



\$17

ORDER BY  
APRIL 9th

PICKUP ON  
APRIL 16th

# TSOUREKI ORDER FORM

*For Orders*

 Kathy (610) 539-5413

 ladies@saintsophiachurch.org

 [www.saintsophiachurch.org/tsoureki-2022](http://www.saintsophiachurch.org/tsoureki-2022)

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

QTY: \_\_\_\_\_ X \$17 = \_\_\_\_\_ TOTAL PAID: \_\_\_\_\_

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

The Philoptochos Poor Box Recipient for March is **Rise Against Hunger**.

On April 2, 2022, St. Sophia Philoptochos will participate in a meal packaging event with Rise Against Hunger, a global food relief agency that since 2005 has provided over 540 million meals worldwide to those suffering from hunger. Your donation will assist Philoptochos in providing supplies for this meal packaging event. You can learn more about this charity here: <https://www.riseagainsthunger.org/>.

Please consider donating to this worthwhile charity at <http://www.saintsophiachurch.org/poorboxdonations.html>. Or, you can write a check to St. Sophia Philoptochos, with "poor box" in the memo line.

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>



**If you would like to donate Easter Lilies to help decorate the church at Easter, please complete the form below and send it to the Parish office.**

**Help the church decorate for Pascha by donating lilies for our church. Donate them in Honor or Memory of loved ones. The lilies are \$25.00 per plant. Please make your check out to: "Saint Sophia Church".**

**In Memory of:**

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**In Honor of:**

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**Donor's name and address:**

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**Thank you for your support!  
Please return this form to the church along with your check.**

**2022  
HOLY WEEK ITEMS FOR SPONSORSHIP**

The following items used during Holy Week need sponsors. To sign up please speak to Elaine in the Parish office (610-650-8960) on weekdays.

**\*\*\*PLEASE DO NOT SELECT YOUR ITEM OR SEND IN PAYMENT UNTIL SPEAKING WITH ELAINE IN THE PARISH OFFICE\*\*\***

In order to give many people the opportunity to sponsor an item, we request that each family sponsor only 1 item.

ITEM	COST
1. Palms for Palm Sunday	Donor Secured
2. Flowers for Nymphios Icon	Donor Secured
3. Wreath for the Crucifix	Donor Secured
4. Easter Eggs	Donor Secured
5. Easter Egg Dye	
6. Tulle & Ribbon	Donor Secured
7. Easter Lily Arrangements for Resurrection Service	4@ \$50 each
8. Flowers for Icon of Christ	\$60
9. Flowers for Icon of the Theotokos	\$60
10. Flowers for Icon of St. John the Baptist	\$60
11. Flowers for Icon of St. Sophia	\$60
12. Flowers for the Royal Gate	\$70
13. Flowers for the Crucifix at Service of the Passion	8 @ \$35 ea.
14. Candles for 12 Gospels (for Holy Thursday night)	\$45
15. Candles for the Altar (Liquid Wax for refillable candles)	\$35
16. Vigil Candle at Empty Tomb	\$25
17. Olive oil for oil lamps (there is a perpetual need for this) Please bring directly to church or Parish office	Market Price

**Thank you for your support of our Parish!**