

LABORING FOR THE LORD

We have all heard of a good deed or kind action described as a “labor of love.” If we would carefully study that alliterative phrase, we might be tempted to question the grouping of the words “labor” and “love” together. When we labor, we often struggle greatly. Love, on the other hand, is a virtue that is supposed to flow freely and easily.



In reality, love and its corresponding fruits require a great deal of effort on our part. Raising a family in a world where Christian family values are scorned and ridiculed is a “labor of love.” Being faithful to a spouse in a society that condones, and even encourages, infidelity is a “labor of love.” Remaining loyal to our Faith when others around us have few spiritual ties is a “labor of love.”

As is the case with manual labor, “labors of love” can cause us to feel tired and worn out. We may even wonder if our efforts really matter. It is at times like this that we must remind ourselves of the greatest “labor of love” that the world has ever seen: Christ’s Incarnation and subsequent Crucifixion and Resurrection. Bringing us the gift of salvation was no easy task for our Lord. His labors on our behalf were matched by His love for us.

Psalm 104 tells us that “. . . man goes out to work and to labor until evening.” God expects all of us to live productive lives. Let us never forget, however that He also desires that we live “loving” lives as well.

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**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 email: 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
Metropolis of New Jersey



**“COME TO ME,
ALL YOU WHO LABOR”**



January 29, 2023

Sunday of the Canaanite

Removal of the Relics of Ignatius the God-bearer

Ignatius and Nicandrus of Sinai ❖ Laurence the Recluse of the Kiev Caves



ENTRANCE HYMNS

Resurrectional Apolytikion – Ex Ipsus Katilthes (“From On High You Descended”)

From on high you descended, O merciful Lord. You accepted the cross and three days in the tomb to free us from the bondage of sin, O our life and resurrection. Glory to You, O Lord.

Apolytikion for St. Ignatius the God-bearer – Kai tropon metochos (“Having become a participant”)

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Ignatius. Intercede with Christ our God, beseeching Him to save 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 ἢ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δι’ ἀ γώνων εὐαγών, 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 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 – O mitran parthenikin (“the virginal womb”)

You sanctified the virginal womb by Your birth, O Lord, and blessed the hands of Symeon fittingly, O Christ God; and even now You came and saved us. Now, give peace to our Nation in time of war, and empower our Leaders, so loved by You, the only one who loves humanity.

Please pray for me....

We hear this all the time and certainly offer prayers for those who ask. Liturgically, the Church offers a wonderful prayer service called the Paraklesis to the Theotokos.

For anyone who suffers from grief, depression, sorrow, or anxiety, the Paraklesis is a welcome salve to the soul. Although the gospel message of Jesus Christ is one of joy, the Paraklesis service recognizes that everyone, from time to time, experiences emotional and spiritual pain. Rather than isolating ourselves or feeling shame over our distress, the Paraklesis extends to us an invitation to share that pain with the Theotokos, asking for her prayers and comfort.

Did you know that our Paraklesis services are every Wednesday (they alternate morning and evening) and they last less than an hour?

One hour of prayers and petitions is better than any therapist and is truly the best medicine for all of us. Please join us for this beautiful service that is solely intended for our healing and asks the Mother of God for her intercessions.

Most Holy Theotokos save us!



During the service we honor the Theotokos and ask for her intercessions for those who are living.

If you would like to submit a list of names to be read, please list the **BAPTISMAL FIRST NAMES ONLY** of those living and give them to Fr. Peter when you come to church. Forms for this purpose are available at the Pangari.

It is **NOT** appropriate to just send the names in without attending the Paraklesis service. We are expected to be at the service to pray for our people.



PHILLY CHEESESTEAK LUNCH FEBRUARY 19



***Cheesesteak
French Fries - Drink***
Only \$15



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FOR DETAILS**

MATT STOLARCZYK mattstolarczyk@cs.com (215)740-8841

AHEPA THANKS YOU FOR YOUR CONTINUED SUPPORT

EPISTLE READING

The reading is from St. Paul's Second Letter to the Corinthians 6:16-18; 7:1

*Make your vows to the Lord our God and perform them.
Verse: God is known in Judah; his name is great in Israel.*

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty."

Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

**Ἀνάγνωσις ἐπιστολῆς
Πρὸς Κορινθίους β' 6:16-18, 7:1 τὸ ἀνάγνωσμα**

***Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.
Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.***

Ἀδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ θεός ὅτι Ἐνοικήσω ἐν αὐτοῖς, καὶ ἐμπεριπατήσω· καὶ ἔσομαι αὐτῶν θεός, καὶ αὐτοὶ ἔσονται μοι λαός. Διὸ, Ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει κύριος, καὶ ἀκαθάρτου μὴ ἄπτεσθε· κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρῶς μὲν ἑαυτοῦς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἀγιωσύνην ἐν φόβῳ θεοῦ.

GOSPEL READING
The Gospel According to Matthew 15:21-28

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

ΕΥΑΓΓΕΛΙΟΝ
Ἐκ τοῦ Κατὰ Ματθαῖον 15:21-28 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἐξελθὼν ἐκεῖθεν ὁ Ἰησοῦς ἀνεχώρησεν εἰς τὰ μέρη Τύρου καὶ Σιδῶνος. καὶ ἰδοὺ γυνὴ Χαναναία ἀπὸ τῶν ὀρίων ἐκείνων ἐξελοῦσα ἐκράυγαζεν αὐτῷ λέγουσα· ἐλέησόν με, Κύριε, υἱὲ Δαυὶδ· ἡ θυγάτηρ μου κακῶς δαιμονίζεται. ὁ δὲ οὐκ ἀπεκρίθη αὐτῇ λόγον. καὶ προσελθόντες οἱ μαθηταὶ αὐτοῦ ἠρώτων αὐτὸν λέγοντες· ἀπόλυσον αὐτήν, ὅτι κράζει ὄπισθεν ἡμῶν. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἀπεστάλην εἰ μὴ εἰς τὰ πρόβατα τὰ ἀπολωλότα οἴκου Ἰσραὴλ. ἡ δὲ ἐλοῦσα προσεκύνησεν αὐτῷ λέγουσα· Κύριε, βοήθει μοι. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἔστι καλὸν λαβεῖν τὸν ἄρτον τῶν τέκνων καὶ βαλεῖν τοῖς κυναρίοις. ἡ δὲ εἶπε· ναί, Κύριε· καὶ γὰρ τὰ κυνάρια ἐσθίει ἀπὸ τῶν ψυχίων τῶν πιπτόντων ἀπὸ τῆς τραπέζης τῶν κυρίων αὐτῶν. τότε ἀποκριθεὶς ὁ Ἰησοῦς εἶπεν αὐτῇ· ὦ γύναι, μεγάλη σου ἡ πίστις! γενηθήτω σοι ὡς θέλεις. καὶ ἴαθη ἡ θυγάτηρ αὐτῆς ἀπὸ τῆς ὥρας ἐκείνης.

January Poor Box Donations
Thank you for considering a gift!

Please consider supporting the philanthropic outreach of our Church through the Philoptochos Poor Box located in the Pangari. Each month 100% of the donations are designated for a local charity.

Donations made to the Philoptochos Poor Box for January benefit the Shane and Pepper Foundation in Lansdale, PA, which provides life and employment skills to disabled individuals. You can read more about them at <https://theshanepepperfoundation.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. God bless you!

Blessing of the Homes at Theophany

If you wish to have your homes and/or businesses blessed by Fr. Peter, please contact the Parish Office to schedule a visitation.

Before the Priest Comes to Bless the House...

- Be prepared (this is a serious sacrament.)
- **Make sure ALL the lights in the house have been turned on, as Epiphany is known as the "Feast of Lights."**
- Make sure all radios, stereos, TVs, etc. are turned off.
- Have a table where you can place an icon, a lit candle, and a list of names (living and deceased) of those you wish to commemorate.
- When the priest begins to sprinkle the rooms, lead him to the rooms that you wish blessed. This "procession" should include all who are able to walk. Children who are very young may need to be carried (nursing mothers are exempted if the feeding needs to take place immediately.)
- Afterwards, return to the place you started (where the table, icon, etc., are) for the closing prayer and blessing.

Amazon Smile charity donation program ending on February 20th. Last week we learned that this donation program is ending in February. Until it ends, your Amazon smile purchases will still be counted toward your Amazon Smile donations to St. Sophia. So, be sure that the Amazon apps on your devices are connected to St. Sophia. **Let's earn whatever we can in the next month!** Thank you for your support!



Are your Amazon purchases being counted toward your Amazon Smile donations to St. Sophia? Chances are, if you use the regular Amazon App on your iPhone or other device, they are not.

To be sure, watch this 3 minute YouTube video that shows you how to set up Amazon Smile, **and how to enable it on your device apps** -- > <https://www.youtube.com/watch?v=VyJ7HcreC7A> ** This connection has to be renewed twice a year to be retained.**

If you haven't signed up for Amazon Smile yet, please do as soon as possible. Copy/paste this exact search to find our church:

St. Sophia/Ss. Faith Hope & Agape Greek Orthodox Church of Valley Forge

If you have issues or questions, be sure to speak with Cathy Cox. **Thank you in advance for supporting your church through Amazon Smile – one of the easiest ways you can help!**



TRIVIA NITE BASKET RAFFLE HAS BEGUN

**TICKETS ARE AVAILABLE DURING COFFEE HOUR FOLLOWING
DIVINE LITURGY THROUGH 2/4/23**

***We will also sell tickets the night of our Trivia Nite event
on Saturday, February 11, 2023.***

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.

January 29, 2023

Sunday of the Canaanite

Removal of the Relics of Ignatius the God-bearer

Ignatius and Nicandrus of Sinai ❖ Laurence the Recluse of the Kiev Caves



Today is Godparents' Sunday!

Welcome to all visiting Godparents and Godchildren!

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 sign-up 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.

Godparents' Day Brunch: Today the Ladies' Philoptochos is hosting "Brunch for the Whole Brunch", the proceeds from which will benefit the charities of the Ladies' Philoptochos Society.

Blessing of the Homes at Theophany: If you wish to have your homes and/or businesses blessed, please call or email the Parish office to schedule a visitation.

Mortgage Reduction: Are you one of those people who need the physical reminder of a coupon booklet to make a payment? If so, there are a limited amount of Mortgage Reduction packets (coupons & envelopes) available at the Pangari. Feel free to take one. Thank you for your support of this program!

Senior Parea: The next meeting of the Senior Parea will take place on Thursday, February 2nd, immediately following the Divine Liturgy (Presentation of Our Lord in the Temple.)

2023 Ecclesiastical Calendars: To save the Parish resources, 2023 Church calendars are available for pickup in the Narthex of the church and in the Cultural Center on the table next to the Parish Office. The calendars are available on a first- come, first-serve basis. **We respectfully request that each stewarding family take only 1 calendar per household.** Thank you.

In Case of Emergency: If you are having an extreme medical emergency ONLY and are in need of an Orthodox priest, please call the Parish office at 610-650-8960.

SCHEDULE OF UPCOMING SERVICES AND EVENTS

- Sun. Jan. 29th Godparents' Sunday; Brunch hosted by Ladies Philoptochos
12:45 pm – Adult Greek School (delayed start)
- Wed. Feb. 1st 5:00 pm – Greek School & Little Angels
7:00 pm – Pre-Lent Adult Education – in the church
- Thurs. Feb 2nd** **10:00 am – Divine Liturgy – Presentation of Our Lord in the Temple**
- Sat. Feb. 4th Joy/Hope Bible Bowl – St. Thomas G.O.C., Cherry Hill
- Sun. Feb. 5th 12:00 pm – Adult Greek School
- Wed. Feb. 8th 5:00 pm – Greek School & Little Angels
7:00 pm – Pre-Lent Adult Education – in the church
8:00 pm – Church cleanup – volunteers needed
- Fri. Feb. 10th** **10:00 am – Divine Liturgy – St. Haralambos**
- Sat. Feb. 11th Altar Boy Retreat – St. Luke G.O.C., Broomall
6:00 pm – Trivia Nite (doors open at 5:00 pm)
- Sun. Feb. 12th** **Parish visit by His Grace Bishop Apostolos of Medeia;**
All parishioners invited to luncheon in honor of His Grace
Stewardship Appreciation Sunday
12:00 pm – Adult Greek School
- Wed. Feb. 15th 5:00 pm – Greek School & Little Angels
7:00 pm – Pre-Lent Adult Education – in the church
- Sat. Feb. 18th** **10:00 am – Divine Liturgy – 1st Saturday of Souls**
- Sun. Feb. 19th** **Judgment (Meatfare) Sunday;** AHEPA Cheesesteak Sale
12:00 pm – Adult Greek School
- Wed. Feb. 22nd 5:00 pm – Greek School & Little Angels
- Sat. Feb. 25th** **10:00 am – Divine Liturgy – 2nd Saturday of Souls**
- Sun. Feb. 26th** **Forgiveness (Cheesefare) Sunday;** Philoptochos Frozen Tiropites Sale
Parish Oratorical Festival
12:00 pm – Adult Greek School
- Mon. Feb. 27th** **Clean Monday – Great Lent Begins**
6:30 pm – Great Compline
- Wed. Mar. 1st** 5:00 pm – Greek School & Little Angels
6:30 pm – Presanctified Liturgy
- Fri. Mar. 3rd** **7:00 pm – Salutations to the Theotokos**
- Sat. Mar. 4th** **10:00 am – Divine Liturgy – 3rd Saturday of Souls**
Ignite the Flame Retreat

ST. SOPHIA PRESENTS

TRIVIA

NITE

FEBRUARY 11, 2023

DOORS OPEN AT 5PM - TRIVIA BEGINS AT 6PM
REGISTRATION/PAYMENT DEADLINE - JANUARY 28th

\$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/trivianite

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

Scan to pay



The Valley Forge Chapter 432 of AHEPA is sponsoring a Super Bowl Block Pool with proceeds to the benefit AHEPA charities

Each block is \$10 - Please visit URL via browser

<https://superbowlpoolsite.com/contest/459936?p=ahepavfc432>

Payments for each \$10 block is available via browser for URL

<https://www.paypal.com/pools/c/8QIUgJn45c>

Click on Donate button and enter total amount of blocks purchased (\$10 per block) and then click on Donate with Debit or Credit Card button and enter card information.

Also, other arrangements can be made by sending email to mattstolarczyk@cs.com.

Pre-Lent Adult Education: One of our stewards, Brian Janeway Fitzgerald, will offer presentations on "Saint Ignatius of Antioch: His Life, Time, and Teachings". The presentations will take place in person at **7pm in the nave of the church**. The presentations will also be live streamed on Facebook. You DO NOT need a Facebook account to access the on-line services or seminars. Simply click on the following link: www.facebook.com/saintsophiachurch. Each seminar lasts about 1 hour -- NO registration required. Please join us!

Saint Ignatius of Antioch: His Life, Time, and Teachings:

Saint Ignatius of Antioch, Bishop of Antioch during the reign of Roman Emperor Trajan (r. 98-117), was martyred for His faith in Christ around AD 107 His seven letters to local churches in Anatolia, Rome, and to Bishop Polycarp of Smyrna (d. 155) leave us a vibrant impression of his person, life, and thought. What we know of Saint Ignatius, we know from these letters, as well from brief notices in Saint Polycarp's letter to the Philippians. These Ignatian letters also give us a telling glimpse into the life, settings, and struggles of the early second-century Church, especially in and around Antioch, but also western Asia Minor. This study will analyze his seven letters, which were written when he was en route to Rome to be martyred.

Session Topics:

Wednesday, February 1, 2023, 7:00 pm: *His "Primitive" Theology*

Wednesday, February 8, 2023, 7:00 pm: *His Theology of Salvation*

Wednesday, February 15, 2023, 7:00 pm: *His Theology of the Church*

ST. SOPHIA PHILOPTOCHOS

CHEESEFARE SUNDAY TIROPITES

SUNDAY - FEB 26, 2023

Frozen 6-packs - \$25
With Cooking Instructions

LIMITED SUPPLIES
RESERVE YOUR TIROPITES TODAY
FOR ORDERS: Ann Z. 484-576-3281
ladies@saintsophiachurch.org



Godparents' Sunday
BRUNCH
FOR THE WHOLE
BUNCH **JAN 29TH**

BREAKFAST FRITATTA MUFFINS - MINI CHICKEN & WAFFLES
TATER TOT CASSEROLE - HAND-CUT BISCUITS
MEATBALL PARM SLIDERS - ASSORTED DELI SANDWICHES
CEASAR PASTA SALAD
GREEK YOGURT CUPS
PETITE SWEETS - PUDDING PARFAIT - MUFFINS
COFFEE - MILK - JUICE

ADULTS - \$15
CHILDREN (10 & Under) - \$12

RESERVATIONS STRONGLY SUGGESTED
CONTACT ALEXIS: LEXWITT67@GMAIL.COM