#### St. Sophia/SS. Faith, Hope & Agape Greek Orthodox Church February 18, 2024

#### **DISCOVERING TREASURES THRU TROUBLES**

A s Orthodox Christians, we are different. Once we were lost, but now we are found. Once we were bound for hell, but now we are bound for heaven. We are believers in God, merely travelling thru this world towards our ultimate destination . . . PARADISE. But what makes us react differently? We have discovered answers and found a new reason for living.

We recognize that our TREASURES are ETERNAL. God has a plan for us and nothing is a surprise to Him. We have been set apart by the Holy Spirit. We found peace, having been cleansed by the sacrifice of Jesus Christ. We have been provided with a living hope. We know our eternal inheritance awaits us in heaven.

We realize that our TROUBLES are TEMPORARY. We have cause to rejoice. Our sins have been forgiven. Although we are not immune to trouble, we are confident that it will not last. Discouragement is short-term; joy in Christ is permanent. Know that God will wipe away all the tears from your eyes.

Our TRIALS are filled with PURPOSE. Life is full of troubles which test our will power. Remain strong in your faith and these passing problems will ultimately seem small when we dwell with Christ.

The News is good! We repentant sinners can come to Christ and receive comfort and eternal life. This is the promise of our loving God.

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 email: office@saintsophiachurch.org

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

Rev. Economos Peter J. Thornberg, Proistamenos <u>frpeter@saintsophiachurch.org</u> Metropolis of New Jersey



#### February 18, 2024 Sunday of the Canaanite Leo the Great, Pope of Rome Agapetus the Confessor, Bishop of Sinai Flavian the Confessor, Patriarch of Constantinople

#### ENTRANCE HYMNS

# <u>Resurrectional Apolytikion – To Fedhron Tis Anastaseos ("The Joyful News of Your Resurrection")</u>

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his great mercy.

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

#### <u>Greek</u>

Ος ελαία κατά καρπος ανεβλάστησας, έν ταίς ανλαίς του Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστώ καρπόν η δύτατον, τούς τής νηδύος σου βλαστούς, δί α γώνων εύαγων, Αγάπην τε καί Ἐλπίδα σύν τη θεόφρονι Πίστει, μεθων δυσώπει υπέρ πάντων ήμων.

#### 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 - Prostasia ton Christianon ("O unfailing protection of Christians")

O unfailing protection of Christians, and our faithful advocate before the Creator: though we are sinners, do not ignore our entreaty; but in your goodness, grant your timely help to us who appeal to you in faith. Quickly make intercession; on our behalf make speedy supplication, O Theotokos, for you always protect those who honor you.



## **Project Mexico 2024**



The photo above (on the left) shows Carlos, Lucera and their children standing in front of their new home. Prior to July 2023, they had to endure winters in a makeshift home that included a dirt floor. The photo on the right shows their sons celebrating the fact that they will not have to endure another winter of mud in their home during the winter rainy season.

Everything changed when we handed the keys to Carlos and his family. While they thanked us for the home, WE thanked them for opportunity to be the hands and feet of Christ and put our Faith in the Lord to work for this very beautiful family.

Our parish has once again committed to fielding a group of volunteers to help Project Mexico build a house for a needy family in Rosarito, Mexico. This deeply rewarding experience has now become a regular ministry for our Parish. Our team has committed to building a home from July 5 – 11, 2024, but we need your help. We have 7 people on our team and need at least 3 more. If you would like to learn more, join the team, or learn how you can help sponsor our team, please email John Pogas, the group leader, at johnpogas@gmail.com. Epistle Reading The reading is from St. Paul's Second Letter to the Corinthians 6:16-18; 7:1

#### O Lord, how manifold are your works. You have made all things in wisdom. Verse: Bless the Lord, O my soul.

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

#### Ως ἐμεγαλύνθη τὰ ἕργα σου Κύριε, πάντα ἐν σοφία ἐποίησας. Στίχ. Εὐλόγει ἡ ψυχή μου τὸν Κύριον.

Άδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ θεός ὅτι Ἐνοικήσω ἐν αὐτοῖς, καὶ ἐμπεριπατήσω· καὶ ἕσομαι αὐτῶν θεός, καὶ αὐτοὶ ἕσονταί μοι λαός. Διὸ, Ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει κύριος, καὶ ἀκαθάρτου μὴ ἅπτεσθε· κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἕσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει κύριος παντοκράτωρ. Ταύτας οὖν ἕχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρίσωμεν ἑαυτοὺς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἁγιωσύνην ἐν φόβω 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.

#### ΕΥΑΓΓΈΛΙΟΝ 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 ὁρίων ἐκείνων ἐξελθοῦσα ἐκραύγαζεν αὐτῷ λέγουσα· ἐλέησόν με, Κύριε, υἱὲ Δαυΐδ· ἡ θυγάτηρ μου κακῶς δαιμονίζεται. ὁ δὲ οὐκ ἀπεκρίθη αὐτῆ λόγον. καὶ προσελθόντες οἱ μαθηταὶ αὐτοῦ ἠρώτων αὐτὸν λέγοντες· ἀπόλυσον αὐτήν, ὅτι κράζει ὅπισθεν ἡμῶν. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἀπεστάλην εἰ μὴ εἰς τὰ πρόβατα τὰ ἀπολωλότα οἴκου ἰσραήλ. ἡ δὲ ἐλθοῦσα 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 αὐτῆ· ὧ γύναι, μεγάλη σου ἡ πίστις! γενηθήτω σοι ὡς θέλεις. καὶ ἰάθη ἡ θυγάτηρ αὐτῆς ἀπὸ τῆς ὥρας ἐκείνης.



#### February 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 February benefit Meals on Wheels of Chester County, which provides nutritious meals and personal interaction to homebound adults to help them live independently in their own homes. You can learn more about this worthwhile nonprofit at <u>https://mowcc.org</u>. Please pray for the elderly and their families who are helped by Meals and Wheels as well as those who work on their behalf.

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!

**HELP WANTED!** We are looking for friendly, welcoming faces to be part of our Pangari Team. You do NOT need to be a member of the Parish Council to serve Pangari duty. What you do need to do is welcome fellow parishioners, make change when they purchase candles, help with passing the collection tray, etc. It's a great way to serve the Parish and to learn more about how the Parish operates as you'll be serving next to existing Parish Council members. If you are interested, then please reach out to either Elaine Piligian (Parish secretary) or John Pogas.

The Choir is Looking for New Members: Can you sing? Do you play piano? The choir is looking to expand our membership. All are welcome to sit in on our rehearsals and/or Liturgies to learn more about our music and to see if the choir is right for you. Please call Tom Cox with questions (215-859-1009) or email him at tcox@myisolutions.com. Thank you!



The Hellenic University Club of Philadelphia – Scholarships: HUC is now accepting applications for the 2024-25 Scholarships for graduating high school seniors, undergraduate and graduate students of Greek descent. Eligibility requirements, and details of the applications can be found at <a href="https://lnkd.in/dnHEH\_vS">https://lnkd.in/dnHEH\_vS</a>. Deadline April 1, 2024. For any information, please send email to: <a href="https://hucscholarships@gmail.com">hucscholarships@gmail.com</a>.

#### THE NICENE CREED (The Confession of Faith)

I believe in one God, Father Almighty, Creator of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages;

Light of Light, true God of true God, begotten, not created, of one essence with the Father, through Whom all things were made.

Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and became man.

> He was crucified for us under Pontius Pilate, and suffered and was buried;

And He rose on the third day, according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father;

And He will come again with glory to judge the living and the dead; His kingdom shall have no end.

And in the Holy Spirit, the Lord, the Creator of Life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through the prophets.

> In one holy, catholic, and apostolic Church. I confess one baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the age to come. Amen

#### ENGLISH

Our Father, who art in heaven; hallowed be Thy name, Thy Kingdom come, Thy will be done, on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

#### GREEK

Πάτερ ήμῶν ὁ ἐν τοῖς οὐρανοῖς ἀγιασθήτω τό ὄνομά σου, ἐλθέτω ή βασιλεία σου, γενηθήτω τό θέλημά σου, ὡς ἐν οὐρανῷ καί ἐπί τῆς γῆς.

Τόν ἄρτον ἡμῶν τόν ἐπιούσιον δός ἡμῖν σήμερον καί ἄφες ἡμῖν τά ὀφειλήματα ἡμῶν, ὡς καί ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν καί μή εἰσενέγκης ἡμᾶς εἰς πειρασμόν, ἀλλά ῥῦσαι ἡμᾶς ἀπό τοῦ πονηροῦ.

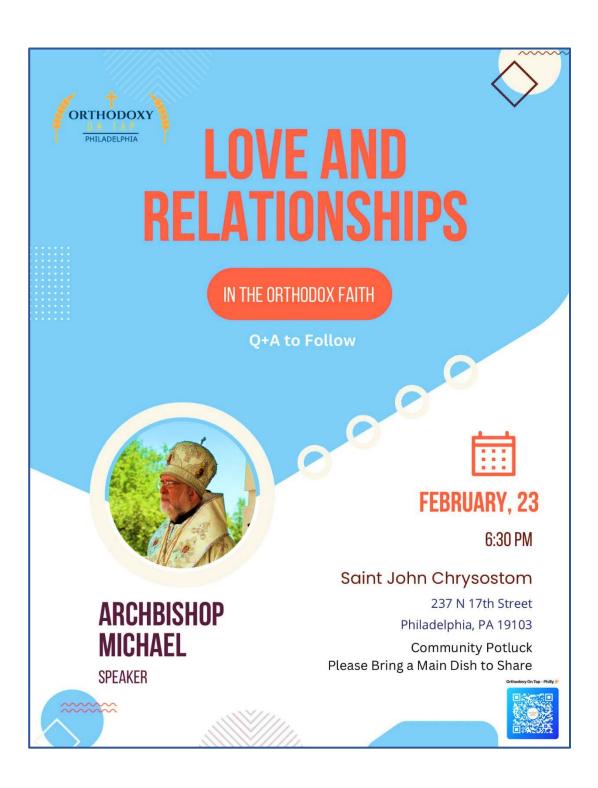
#### THE LORD'S PRAYER

ENGLISH PHONETICS

Pá-ter i-món o en tis ou-ra-nís a-gi-as-thí-to to o-no-má Sou, el-thé-to I va-si-lí-a Sou, ge-ni-thí-to to thé-li-má Sou, os en ou-ra-nó ke e-pi tis ghis.

Ton ár-ton i-món ton e-pi-oú-si-on dos i-mín sí-me-ron ke á-fes i-mín ta o-fe-lí-ma-ta i-món, os ke i-mís a-fí-e-men tis o-fi-lé-tes i-món ke mi i-se-nég-kis i-más is pi-ras-món, al-la rí-se i-más a-pó tou po-ni-roú.

Phonetics by Dr. Christine Kerxhalli, orthodoxtoday.wordpress.com



### PRAYER MINISTRY



"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:6-7

"And whatever things you ask in prayer, believing you will receive." Matthew 21:22

"For with God, nothing will be impossible." Luke 1:37

Clearly, there is nothing more powerful than the power of prayer. Imagine someone struggling or suffering and then having multiple people praying for them daily! Our "Prayer Warriors" do just that. They will pray for individuals added to the list daily for a period of 6 months.

If you know of someone in need, you can add them to our prayer list using one of the following methods:

1. Fill out a request form at the box found in the church narthex OR

2. Send an email to Prayers@SaintSophiaChurch.org OR

3. Use the anonymous online form (the link is found under Prayer Ministry on our website), or you can use this link <u>https://forms.office.com/r/kMx49JdptM</u> **OR** 

4. Use the QR form below (also found on the box in the narthex) which takes you to the anonymous form.



#### February 18, 2024 Sunday of the Canaanite Leo the Great, Pope of Rome Agapetus the Confessor, Bishop of Sinai Flavian the Confessor, Patriarch of Constantinople

**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.

Memorial: Today's memorial is chanted for the souls of:

**Presvytera Elizabeth (Constantine) Limberakis (1 year)**, devoted wife to Father John A. Limberakis, of blessed memory, she was the mother of four children: Evangelyn, who predeceased her, Cary (Alexis), Anthony (Maria) and Catherine (James); grandmother to Alyssa, Jaclyn, Jonathan and Kyra Limberakis; John, Anthony and Elizabeth Limberakis; and Andrea, John and Peter Tsatalis, as well as great-grandmother to Peter, Alexia and Jack, Dakota and Anthony, Evangeline and Anthony. May her memory be eternal.

#### AND

**Doris Papaioannou (1 year)**, beloved mother of Kristin (Eron) Ahmeti and Demetrios (Penny) Papaioannou. She was a loving grandmother to Tina, Angelica, Nick, Demetrios, and Arianna, great grandmother of Athan, Arriana, Maria, Jimmy, Penelope, George, and Orion. May her memory be eternal.

**Coffee Hour:** Thank you to the Limberakis and Ahmeti families for offering today's luncheon in memory of their loved ones.

**Help Wanted:** Our good friends at the Collegeville Diner are looking to hire much-needed staff! They are looking to hire a host/hostess to work Mon-Sat, 8am -3pm. If you or anyone you know is interested, please contact Dimitri (Jim) Voutsinas at <u>jim.voutsinas@gmail.com</u> or at 215-989-1950.

#### SCHEDULE OF UPCOMING SERVICES AND EVENTS

Sun. Feb. 18th	8:45 am	Orthros; 10:00 am Divine Liturgy – Sunday of the Canaanite
	12:30 pm	Greek School (Adults)
Wed. Feb. 21st	5:00 pm	Little Angels
	7:00 pm	Adult Ed – " <i>St. Polycarp of Smyrna"</i> – in the church
Thurs. Feb. 22nd	5:00 pm	Greek School (Children)
Sun. Feb. 25th	8:45 am	Orthros; 10:00 am Divine Liturgy – Publican and the Pharisee
	After Liturgy	Parish St. John Chrysostom Oratorical Festival
Wed. Feb. 28th	5:00 pm	Little Angels
	7:00 pm	Adult Ed – "The Epistle to the Philippians" – in the church
Thurs. Feb. 29th	5:00 pm	Greek School (Children)
Sun. Mar. 3rd	8:45 am	Orthros; 10:00 am Divine Liturgy – The Prodigal Son
	12:30 pm	Greek School (Adults)
Wed. Mar. 6th	5:00 pm	Little Angels
	7:00 pm	Adult Ed – "The Martyrdom of St. Polycarp" – in the church
Thurs. Mar. 7th	5:00 pm	Greek School (Children)
Fri. Mar. 8 <sup>th</sup>	Time TBD	Kolyva class in the Parish kitchen
Sat. Mar. 9th	8:45 am	Orthros; 10:00 am Divine Liturgy
		Saturday of Souls
Sun. Mar. 10th	8:45 am	Orthros; 10:00 am Divine Liturgy – Judgement Sunday
		Scout Sunday (recognized)
	12:30 pm	Greek School (Adults)
Wed. Mar. 13th	5:00 pm	Little Angels
Thurs. Mar. 14th	5:00 pm	Greek School (Children)
Sat. Mar. 16th	8:00 am	Orthros; 9:00 am Divine Liturgy (note earlier time)
		Saturday of Souls
Sun. Mar. 17th	8:45 am	Orthros; 10:00 am Divine Liturgy – Forgiveness Sunday
	12:30 pm	Greek School (Adults)
Mon. Mar. 18 <sup>th</sup>		Clean Monday – Lent Begins
Wed. Mar. 20th	5:00 pm	Little Angels
Thurs. Mar. 21 <sup>st</sup>	5:00 pm	Greek School (Children)
Fri. Mar. 22 <sup>nd</sup>	7:00 pm	Salutations to the Theotokos
Sat. Mar. 23rd	8:45 am	Orthros; 10:00 am Divine Liturgy
		Saturday of Souls
		-

The next series of Adult Education classes will begin on Wednesday, February 21st at 7:00 pm, in the nave of the church:

#### Saint Polycarp: Bishop, Martyr, and Teacher of Apostolic Tradition

Wednesday, February 21st, 7-8 pm - St. Polycarp of Smyrna: The Man and His Epistle Wednesday, February 28<sup>th</sup>, 7-8 pm - The Epistle to the Philippians: Exhortations unto Righteousness Wednesday, March 6th, 7-8 pm - The Martyrdom of St. Polycarp: The Text, Its Contents, Theology and Literary Format

# **NOW ON SALE!**

# **GAME ON!**

NINTENDO SWITCH **MARDI GRAS** RATELE



# 1 TICKET: \$5

DRAWING ON SUNDAY, MARCH 17TH AFTER DIVINE LITURGY Need not be present to win

#### WE INVITE YOU TO BECOME A **PHILOPTOCHOS MEMBER IN 2024**

GIVE A HELPING HAND. SHOW GENEROSITY. PLEASE GOD.



"LIFT UP AND STRETCH OUT YOUR HANDS, NOT TO HEAVEN OU STRETCH OUT YOUR HANDS TO THE POOR YOU HAVE YOU LIFT UP YOUR HANDS IN PRAYER WITHOUT SHARING WITH THE POOR, IT IS WORTH NOTHING." ST. JOHN CHRYSOSTOM

WWW.SAINTSOPHIACHURCH.ORG/PHILOPTOCHOS

	L Σαββατω Των Ψυχων		
PLEASE PRI	NT CLEARLY		



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

# WALKING WITH CHRIST First Seminarian Benefit Luncheon

OPTO

FELLOWSHIP

**St. Luke Greek Orthodox Church** 35 N Malin Rd, Broomall, PA 19008

# **March 16th**



Follow the QR code for Ticket Sales and Event Sponsorships. All Proceeds Will Benefit the Greek Orthodox Metropolis of New Jersey **Seminarians and Masters of Divinity Students** 

**11** A.M.

2024