

St. Sophia/SS. Faith, Hope & Agape Greek Orthodox Church
March 24, 2024



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
fpeter@saintsophiachurch.org
Metropolis of New Jersey



March 24, 2024
 Sunday of Orthodoxy
 Forefeast of the Annunciation of the Theotokos
 Righteous Artemon, Bishop of Seleucia
 Our Holy Father Theonas, Archbishop of Thessalonica

ENTRANCE HYMNS

Apolytikion of the Feast – Tin achrandon Ikona Sou (“Your immaculate icon”)

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

Resurrectional Apolytikion – Tou Lithou Sfraghisthentos (“The Stone Had Been Sealed”)

The Jews had sealed the stone that was set before Your Tomb and around Your Grave soldiers guarded Your Pure and Sacred Body, yet Savior You arose the third day and granted to the world Your gift of Life. For this do the powers of Heaven acclaim You the Life bestower. Glory to Your Resurrection and glory to Your Kingdom. Glory to Your dispensation, O only Friend of man.

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

Greek

Ὁς ἐλαία κατὰ καρπὸς ἀνεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καὶ προσήγαγες Χριστῷ καρπὸν ἢ δύατον, τοὺς τῆς νηδύος σου βλαστούς, διὰ γόνων εὐαγῶν, Ἀγάπην τε καὶ Ἐλπίδα σὺν τῇ θεόφρονι Πίστει, μεθῶν δυσώπει ὑπὲρ 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 – 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.*

OUR JOURNEY TO PASCHA! 2024			
Created by Fr. Jonathan Bannon (ACROD)			
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:	
Fast - Free Week FEBRUARY 25th	 Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.	
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.	
Meatfare MARCH 10th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.	
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.	
1st Sunday of Lent MARCH 24th	 SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.	
2nd Sunday of Lent MARCH 31st	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.	
3rd Sunday of Lent APRIL 7th	 VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!	
4th Sunday of Lent APRIL 14th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!	
5th Sunday of Lent APRIL 21st	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.	
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS	 ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!	
GREAT AND HOLY FRIDAY MAY 3rd	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.	
FEAST OF FEASTS! MAY 5th NO FASTING!	 HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!	

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 Letter to the Hebrews 11:24-26, 32-40

Blessed are you, O Lord, the God of our fathers.

Verse: For you are just in all you have done.

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward.

And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth.

And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

Ἀνάγνωσις ἐπιστολῆς

Πρὸς Ῥωμαίους Ἑβραίους 11:24-26, 32-40 τὸ ἀνάγνωσμα

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν.

Στίχ. Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς ἐποίησας ἡμῖν.

Ἀδελφοί, πίστει Μωϋσῆς μέγας γενόμενος ἠρήσατο λέγεσθαι υἱὸς θυγατρὸς Φαραῶ, μᾶλλον ἐλόμενος συγκακουχεῖσθαι τῷ λαῷ τοῦ θεοῦ ἢ πρόσκαιρον ἔχειν ἀμαρτίας ἀπόλαυσιν· μείζονα πλοῦτον ἠγησάμενος τῶν Αἰγύπτου θησαυρῶν τὸν ὄνειδισμὸν τοῦ Χριστοῦ· ἀπέβλεπεν γὰρ εἰς τὴν μισθαποδοσίαν. Καὶ τί ἔτι λέγω; Ἐπιλείπει γὰρ με διηγούμενον ὁ χρόνος περὶ Γεδεών, Βαράκ τε καὶ Σαμψών καὶ Ἰεφθάε, Δαυὶδ τε καὶ Σαμουὴλ καὶ τῶν προφητῶν· οἱ διὰ πίστεως κατηγωνίσαντο βασιλείας, εἰργάσαντο δικαιοσύνην, ἐπέτυχον ἐπαγγελιῶν, ἔφραξαν στόματα λεόντων, ἔσβεσαν δύναμιν πυρός, ἔφυγον στόματα μαχαίρας, ἐνεδυναμώθησαν ἀπὸ ἀσθενείας, ἐγενήθησαν ἰσχυροὶ ἐν πολέμῳ, παρεμβολὰς ἔκλιναν ἀλλοτρίων. Ἔλαβον γυναῖκες ἐξ ἀναστάσεως τούτων νεκρῶν· ἄλλοι δὲ ἐτυμπανίσθησαν, οὐ προσδεξάμενοι τὴν ἀπολύτρωσιν, ἵνα κρείττονος ἀναστάσεως τύχωσιν· ἕτεροι δὲ ἐμπαιγμῶν καὶ μαστίγων πείραν ἔλαβον, ἔτι δὲ δεσμῶν καὶ φυλακῆς· ἐλιθάσθησαν, ἐπρίσθησαν, ἐπειράσθησαν, ἐν φόνῳ μαχαίρας ἀπέθανον· περιήλθον ἐν μηλωταῖς, ἐν αἰγίοις δέρμασιν, ὑπερουόμενοι, θλιβόμενοι, κακουχούμενοι· ὧν οὐκ ἦν ἄξιός ὁ κόσμος· ἐν ἐρημίαις πλανώμενοι καὶ ὄρεσιν καὶ σπηλαίοις καὶ ταῖς ὁπάσις τῆς γῆς. Καὶ οὗτοι πάντες, μαρτυρηθέντες διὰ τῆς πίστεως, οὐκ ἔκομίσαντο τὴν ἐπαγγελίαν, τοῦ θεοῦ περὶ ἡμῶν κρείττον τὴν προβλεψαμένου, ἵνα μὴ χωρὶς ἡμῶν τελειωθῶσιν.

GOSPEL READING The Gospel According to John 1:43-51

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Ἰωάννην 1:44-52 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν· καὶ εὕρισκει Φίλιππον καὶ λέγει αὐτῷ· ἀκολούθει μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαιδᾶ, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκει Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· ὃν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφῆται, εὐρήκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναὴλ· ἐκ Ναζαρέτ δύναται τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· ἔρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· ἴδε ἀληθῶς Ἰσραηλίτης, ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναὴλ· πόθεν με γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκῆν εἶδόν σε. ἀπεκρίθη Ναθαναὴλ καὶ λέγει αὐτῷ· ῥαββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· ὅτι εἶπόν σοι, εἶδόν σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω τούτων ὄψει. καὶ λέγει αὐτῷ· ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγῆτα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.

March Poor Box Donations Thank you for considering a gift!

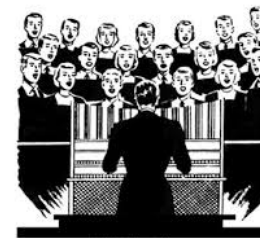
Please consider supporting the philanthropic outreach of our Church through the Philoptochos Poor Box located in the Pangari. Each month 100% of the donations are designated for a local charity.

Donations made to the Philoptochos Poor Box for March benefit **Worthwhile Wear**, which provides most comprehensive services to survivors of human trafficking in the commonwealth of Pennsylvania. Housing, counseling, educational and other services are provided at two locations in PA. Worthwhile Thrift in Collegeville supports the good works of this nonprofit. You can learn more about Worthwhile Wear at www.worthwhilewear.org. Please pray for those affected by human trafficking and sexual exploitation who are helped by Worthwhile Wear 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](tel:215-859-1009)) or email him at tcx@mysolutions.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 https://lnkd.in/dnHEH_vS. Deadline April 1, 2024. For any information, please send email to: hucscholarships@gmail.com.




Rise
AGAINST HUNGER

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

SATURDAY MARCH 30, 2024 • 1PM TO 3PM
ST LUKE COMMUNITY CENTER

Contact: katherine.kennedy314@gmail.com
www.stlukephiloptochos.org

SCAN HERE:
REGISTER TO
VOLUNTEER



LENTEN FOOD DRIVE

...for I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me...
Matthew 25:35



MARCH 18 - APRIL 27
GOAL: 40 BAGS IN 40 DAYS

NEEDED ITEMS
Juice, Peanut Butter, Beans, Lentils, Nuts, Canned Meat, Stews, Vegetables & Fruit, Tomato Paste/Sauce, Soup, Rice, Pasta, Instant Potatoes, Macaroni & Cheese, Crackers, Breakfast Foods and Personal Care Items (Diapers, Soap, Laundry Detergent & Feminine Hygiene Products)
Please **DO NOT** donate expired food, open packages, perishable food, or glass jars.

DROP OFF ALL DONATIONS IN LOBBY OF CULTURAL CENTER

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

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

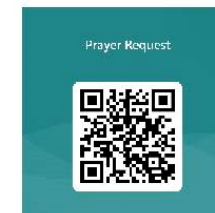
"And whatever things you ask in prayer, believing you will receive." Matthew 21:22

"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 <https://forms.office.com/r/kMx49JdptM> **OR**
4. Use the QR form below (also found on the box in the narthex) which takes you to the anonymous form.



THE LORD'S PRAYER

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.

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-ou-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-fi-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.

GREEK

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς
ἀγιασθήτω τό ὄνομά σου,
ἐλθέτω ἡ 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
μη εἰσενέγκῃς ἡμᾶς εἰς
πειρασμόν, ἀλλά ῥύσαι ἡμᾶς ἀπό
τοῦ πονηροῦ.

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

ST. SOPHIA GREEK ORTHODOX CHURCH

Koliva Origins

The tradition in many countries of the Eastern Orthodox Church

Friday - May 3rd

12-2:45pm

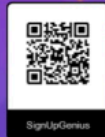
3pm Service of Apokathelosis

OPEN TO AGES
K - 5th grade
6th - 12th grade

LIGHT REFRESHMENTS
SERVED

SIGN UP DEADLINE
Friday-April 26th

PRE-REGISTRATION REQUIRED



Good Friday Retreat

March 24, 2024

Sunday of Orthodoxy

Forefeast of the Annunciation of the Theotokos

Righteous Artemon, Bishop of Seleucia

Our Holy Father Theonas, Archbishop of Thessalonica



Today we celebrate the Liturgy of St. Basil the Great. The differences between this Liturgy and the Liturgy of St. John Chrysostom are found in the priest's prayers of the Anaphora, between pages 55-63 of your Divine Liturgy books. The Liturgy of St. Basil the Great is celebrated on Christmas Eve, the feast of St. Basil, the Feast of Theophany, Holy Saturday morning, and the Sundays of Great Lent.

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.

TODAY– Sunday of Orthodoxy: Today we will have the Procession of the Icons at the conclusion of the Divine Liturgy. All children of the Parish (as well as any adults who so wish) are welcome to participate in the procession. This is such a tremendous way to teach our children the importance of icons in the Orthodox Christian Faith.

Greek School Presentation: Immediately following the Divine Liturgy today our Greek school will have a short presentation in observance of Greek Independence Day.

Parish Council Member Recognition: Today, we as a parish recognize the efforts of Catherine Zarcone, Vasilios Tatsis and Peter Patukas, MD, for their significant contributions as part of the Parish Council. Please be sure to thank them each personally during coffee hour.

Coffee Hour: Thank you to John and Maria Papadimitriou for offering today's coffee hour.

Readers for Salutations to the Theotokos: The second Salutations to the Theotokos are on Friday evening, March 29th beginning at 7:00 pm. We are looking for readers for the English and Greek for that Friday and the following three Fridays. **If you are interested in reading, please call the Parish office to put your name on the list.** Also, if you wish to decorate the icon of the Panagia with flowers on one of the Fridays, please call the Parish office to let us know which Friday you are choosing.

AHEPA VFC 432 Meeting: On Sunday March 31st after Liturgy, our local Valley Forge AHEPA Chapter 432 will have its next meeting to discuss chapter activities, events, etc., Please contact mattstolarczyk@cs.com or call (215)740-8841 for attendance and any items to add to the agenda.

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Fri. Mar. 22 nd	7:00 pm	Salutations to the Theotokos
Sat. Mar. 23 rd	8:45 am	Orthros; 10:00 am Divine Liturgy Saturday of Souls
Sun. Mar. 24 th	8:45 am	Orthros; 10:00 am Divine Liturgy – Sunday of Orthodoxy; Procession with Icons Greek School Independence Day Program after Liturgy
	12:30 pm	Greek School (Adults)
	6:00 pm	Great Vespers for the Annunciation of the Theotokos (at Annunciation/Evangelismos G.O. Church, Elkins Park) to be followed by a reception hosted by the Philoptochos
Mon. Mar. 25 th	8:45 am	Feast of the Annunciation of the Theotokos Orthros; 10:00 am Divine Liturgy (at St. Sophia) OR
	8:30 am	Festal Orthros & Divine Liturgy with a Thanksgiving Doxology for the Liberation of Greece (at Annunciation Church, Elkins Park) to be followed by a luncheon hosted by the Philoptochos
	6:30 pm	Great Compline
Wed. Mar. 27 th	10:00 am	Presanctified Liturgy
	5:00 pm	Little Angels
Thurs. Mar. 28 th	5:00 pm	Greek School (Children)
Fri. Mar. 29 th	7:00 pm	Salutations to the Theotokos
Sun. Mar. 31 st	8:45 am	Orthros; 10:00 am Divine Liturgy – St. Gregory Palamas
	12:30 pm	Greek School (Adults)
Mon. Apr. 1 st	6:30 pm	Great Compline
Wed. Apr. 3 rd	5:00 pm	Little Angels
	6:30 pm	Presanctified Liturgy
Thurs. Apr. 4 th	5:00 pm	Greek School (Children)
Fri. Apr. 5 th	7:00 pm	Salutations to the Theotokos
Sat. Apr. 6 th		District Oratorical Festival at St. Luke, Broomall
Sun. Apr. 7 th	8:45 am	Orthros; 10:00 am Divine Liturgy – Sunday of the Holy Cross Greek Independence Day Parade TODAY! The bus departs from St. Sophia at 12:00 Noon <i>SHARP!</i>
Mon. Apr. 8 th	6:30 pm	Great Compline
Wed. Apr. 10 th	10:00 am	Presanctified Liturgy
	5:00 pm	Little Angels
Thurs. Apr. 11 th	5:00 pm	Greek School (Children)
Fri. Apr. 12 th	7:00 pm	Salutations to the Theotokos
Sat. Apr. 13 th		Sights & Sounds at St. Demetrios
Sun. Apr. 14 th	8:45 am	Orthros; 10:00 am Divine Liturgy – St. John Climacus
	12:30 pm	Greek School (Adults)

Sponsoring Coffee Hour: If you are interested in hosting a coffee hour, please sign up on the Coffee Hour Sponsor Sheet on the window at the back of the hall near the coffee/refreshments table. There are several Sundays available in the coming weeks. **Please note that the church will supply coffee, creamer, juice, and paper products to eliminate waste and clutter. We ask that coffee hour sponsors donate \$25 (payable to St. Sophia Church) to offset these expenses. Thank you!**

The **47th Annual AHEPA Track and Field Meet** will take place on Saturday, May 11th (rain date Sunday May 12th) at 10:00 am at Drexel Hill Middle School. All children ages 5 and up are welcome to participate and no experience is necessary! There will be races and field events starting at 50 meters and up. Adults are welcome to participate as well!

If you'd like to join "Team Saint Sophia", please email Coach Donna or Coach Lou (donnachristou@gmail.com or christoulou69@gmail.com) with your child's name and birthdate and they will be added to the roster. We are looking forward to having a great team again this year!!

Help Wanted: Our good friends at the Colledgeville 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 jim.voutsinas@gmail.com or at 215-989-1950.

ST. SOPHIA PHILOPTOCHOS

Tiropites & Spanakopites

Frozen 6-packs - \$25
With Cooking Instructions

LIMITED SUPPLIES

**We accept Zelle (ladies@saintsophiachurch.org)
and Venmo payments**

FOR ORDERS: Kathy T. 610.539.5413



venmo



ST. SOPHIA PHILOPTOCHOS

Order by
April 20
Pickup
April 27

Tsoureki Sale

Name: _____ Phone: _____

Quantity: _____ @ \$20 each = Total Paid: _____



Make checks payable to St. Sophia Philoptochos,
pay with Zelle (ladies@saintsophiachurch.org) or Venmo



venmo

THE PRAYER OF ST. EPHRAIM THE SYRIAN

Read each week-day during Great Lent

O Lord and Master of my life, take from me the spirit of sloth,
Despair, lust of power, and idle talk.
But give rather the spirit of chastity, humility,
Patience, and love to Thy servant.
Yea, O Lord and King, grant me to see my own transgressions,
and not
To judge my brother, for blessed art Thou, unto ages of ages.
Amen.

THE SUNDAYS OF THE GREAT LENT

FIRST SUNDAY OF LENT - SUNDAY OF ORTHODOXY John 1:43-52)



This Sunday commemorates the return of the Icons into the churches, according to the decision of the Seventh Ecumenical Synod (787). The Church determined that this celebration would take place each year on the first Sunday of Lent, as the Sunday of Orthodoxy, starting March 11, 843. On this Sunday every year the triumph of the faith of Orthodoxy is celebrated with ceremony. The Icon of Christ, according to St. John Damascus, is a distinct affirmation and a reminder of the fact of His Incarnation, which has a vital significance for the salvation of the faithful, an affirmation which prevails to this day in the Orthodox Church. The celebration of the day includes the procession with the Icon of Christ around the inside of the church with pomp and reverence. The Sunday of Orthodoxy calls upon the people to rededicate themselves to the deep meaning of their faith and to declare in unison, *"One Lord, one faith, one baptism, one God and Father of all"*.

GOYA - JOY/HOPE
Family Bowling Outing

MAR
30
2024
5:00PM

STRIKE UP
Some
FUN!



Bowlero Limerick
653 W Ridge Pk, Limerick, PA 19468
RSVP by 3/24: Matt 484.919.6802
or mattban@aol.com



PHILADELPHIA
GREEK
INDEPENDENCE
DAY 2024
CELEBRATIONS

Save the Dates

FLAG RAISING

FRIDAY
APRIL 5

1:00 PM

BANQUET

SATURDAY
APRIL 6

5:00 PM

PARADE

SUNDAY
APRIL 7

1:00 PM*



*1:00 PM | Ben Franklin Parkway & 22nd Street Formation
2:00 PM | Step-off /Parade will begin at 22nd & the Parkway marching towards City Hall