

~::~~ WHAT MAKES GOD ANGRY? ~::~~

What was Jesus like? The Gospels portray Him as someone with incredible patience and control. Even in the face of senseless questioning, ridicule and verbal abuse, Christ projected a calm and level demeanor.

There was one incident, however, where Jesus reacted with anger and righteous indignation. While visiting the Temple in Jerusalem during a Passover celebration, our Lord was scandalized to see merchants and vendors doing business on sacred ground. Quickly fashioning a whip of some cords, Jesus overturned their tables and angrily drove them out of the Temple, proclaiming: **“Take these things away! Do not make My Father’s House a house of merchandise!”** (John 2:16)

This event gives us some insight into what God DOES NOT want to see in our behavior. Greed and avarice are definitely not Christian qualities and characteristics! Christ’s confrontation with the money changers is one of many times that He expressed His disapproval of those who were driven by material profit and monetary gain. On the contrary, Jesus constantly reminded His followers that it would be meaningless to **“gain the whole world and still suffer the loss of their own soul.”**

From this Temple incident, we also may draw the conclusion that we incur the wrath of our Heavenly Father when we lose sight of the true purpose and direction the Church should be taking. The Church as a BUILDING must be a place of PRAYER. The Church as an INSTITUTION must always reflect an attitude of prayerful holiness and sanctity as she leads her membership on a spiritual journey. Our ultimate destination is of course, the Kingdom of Heaven.

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



*My House shall be called a House of Prayer,
but you have made it a Den of Thieves.*



METROPOLIS OF
NEW JERSEY

**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



April 21, 2024
 Sunday of St. Mary of Egypt
 The Holy Hieromartyr Januarius and Those With Him
 Our Holy Father Maximian, Patriarch of Constantinople
 Theodore the Holy Martyr & his mother Philippa of Perge

ENTRANCE HYMNS

Resurrectional Apolytikion – Ton Sinanarhon Logon (“The Word Who Always Was”)

O, The Word Who always was with the Father and Spirit, who for us and our salvation was born of a Virgin let us faithful believers praise and adore, For it did please Him to ascend the Cross in the flesh and Death to endure. And to raise up the dead with Him through His own glorious Resurrection.

Apolytikion for the Saint – En si, Miter, akrivos (“In you, O Mother”)

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.

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 δῦτατον, τοὺς τῆς νηδύος σου βλαστούς, δι’ α γώνων εὐαγών, Ἀγάπην τε καὶ Ἐλπίδα σὺν τῇ θεόφρονι Πίστει, μεθων δυσώπει υπέρ πάντων ἡμῶν.

English Phonetics for Greek

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

English

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

Seasonal Kontakion – 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.

OUR JOURNEY TO PASCHA! 2024		
Created by Fr. Jonathan Bannon (ACROD)		
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th	 TRIDUION WEEKS 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: Mathew 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	 GREAT LENT BEGINS WITH FORGIVENESS VESPERS 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	 GREAT AND HOLY WEEK 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!	 BRIGHT WEEK 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 9:11-14

You, O Lord, shall keep us and preserve us.

Verse: Save me, O Lord, for the godly man has failed.

BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

Ἀνάγνωσις ἐπιστολῆς Πρὸς Ἑβραίους 9:11-14 τὸ ἀνάγνωσμα

*Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.
Στίχ. Σῶσον με, Κύριε, ὅτι ἐκέλειπεν ὁσῖος.*

Ἀδελφοί, Χριστὸς δὲ παραγενόμενος ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν, διὰ τῆς μείζονος καὶ τελειότερας σκηνῆς, οὐ χειροποιήτου, τοῦτ' ἔστιν, οὐ ταύτης τῆς κτίσεως, οὐδὲ δι' αἵματος τράγων καὶ μόσχων, διὰ δὲ τοῦ ἰδίου αἵματος εἰσῆλθεν ἐφάπαξ εἰς τὰ ἅγια, αἰωνίαν λύτρωσιν εὐράμενος. Εἰ γὰρ τὸ αἷμα ταύρων καὶ τράγων, καὶ σποδὸς δαμάλεως ραντίζουσα τοὺς κεκοινωμένους, ἀγιάζει πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσω μᾶλλον τὸ αἷμα τοῦ Χριστοῦ, ὃς διὰ πνεύματος αἰωνίου ἑαυτὸν προσήνεγκεν ἄμωμον τῷ θεῷ, καθαρῶς τὴν συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων, εἰς τὸ λατρεύειν θεῷ ζῶντι;

GOSPEL READING

The Gospel According to Mark 10:32-45

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Μᾶρκον 10:32-45 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, παραλαμβάνει ὁ Ἰησοῦς τοὺς δώδεκα μαθητάς αὐτοῦ καὶ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι ἰδοὺ ἀναβαίνομεν εἰς Ἱεροσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινούσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαΐξουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· διδάσκαλε, θέλομεν ἵνα ὁ ἐὰν αἰτήσωμεν ποιήσῃς ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· τί θέλετε ποιησαί με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· δὸς ἡμῖν ἵνα εἷς ἐκ δεξιῶν σου καὶ εἷς ἐξ εὐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· οὐκ οἴδατε τί αἰτεῖσθε. δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δὲ εἶπον αὐτῷ· δυνάμεθα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσαί ἐκ δεξιῶν μου καὶ ἐξ εὐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ' οἷς ἡτοίμασται. Καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· οἴδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν· οὐχ οὕτω δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὅς ἐὰν θέλῃ γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὅς ἐὰν θέλῃ ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἦλθε διακονηθῆναι, ἀλλὰ διακονῆσαι, καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντὶ πολλῶν.

April 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 Narthex. Each month 100% of the donations are designated for a local charity.

Donations made to the Philoptochos Poor Box for April benefit Mitzvah Circle, which provides basic material goods, case management, coaching and referrals to those facing poverty, homelessness, serious illness, and difficult circumstances. They are located in Jeffersonville, near Walmart. You can learn more about Mitzvah Circle at www.mitzvahcircle.org. Please pray for those affected who are helped by Mitzvah Circle 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 tc Cox@mysolutions.com. Thank you!





AHEPA Chapter 445 "Thermopylae" of Upper, Darby, PA
presents
The James D. Tanos - Theophilos Constantinidis
47th Annual
Pan-Hellenic Track and Field Meet



Saturday, May 11, 2024 @ 10am
Rain date: Sun, May 12, 2024 @ 12pm



Drexel Hill Middle School
3001 State Road
Drexel Hill, PA 19026



For more information, please contact:

Demetri Constantinidis: 610-308-9962, or aek52@gmail.com

Vasilios Ikonou: 610-883-2340, or vasiliostheikonou@gmail.com

Order of AHEPA Chapter 445 "Thermopylae" PO Box 446, Broomall, PA 19008

Please visit our website: www.ahepa-445.org for track meet photos, videos, event information, and more!

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 ἡμῶν ὁ ἐν τοῖς οὐρανοῖς
ἀγιασθήτω τὸ ὄνομά σου,
ἐλθέτω ἡ βασιλεία σου,
γενηθήτω τὸ θέλημά σου, ὡς
ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς.

Τὸν ἄρτον ἡμῶν τὸν
ἐπιούσιον δός ἡμῖν
σήμερον καὶ ἄφες ἡμῖν τὰ
ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς
ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν καὶ
μὴ εἰσενέγκῃς ἡμᾶς εἰς
πειρασμόν, ἀλλὰ ῥύσαι ἡμᾶς ἀπὸ
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-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.

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

SIGN UP DEADLINE
Friday-April 26th

LIGHT REFRESHMENTS
SERVED

PRE-REGISTRATION REQUIRED



Good Friday Retreat

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

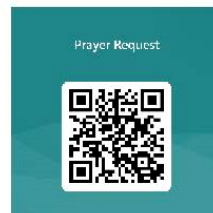
"And whatever things you ask in prayer, believing you will receive." Matthew 21:22

"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.



April 21, 2024

Sunday of St. Mary of Egypt

The Holy Hieromartyr Januarius and Those With Him
Our Holy Father Maximian, Patriarch of Constantinople
Theodore the Holy Martyr & his mother Philippa of Perge



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.

Memorial: Today's memorial is chanted for **Helen "Eleni" Foster (nee Giannoumis) (3 years)**, beloved wife of Brian and daughter of Dimitrios and Ekaterini (nee Mamounas) Giannoumis. In addition to her parents and husband, Helen is survived by her loving children, Jimmy and Melina, her sister Maria Mamounas (Stamatios) and her brother Elias "Lou" Giannoumis (Lisa), as well as many nieces and nephews. May her memory be eternal.

Coffee Hour: Thank you to the Foster/Giannoumis Family for offering today's coffee hour in memory of their beloved Helen "Eleni" Foster.

School Excuse Letters: Letters to excuse the children from school on Holy Wednesday and Good Friday have been prepared and are available at the Pangari.

Readers for Agape Service: We are looking for readers for the Agape Service. As tradition, the Gospel is read in several languages. We have the Gospel available in Latin, French, German, Spanish and many, many more languages. If anyone would like to read in any other language, the specific Gospel reading is John 20:19-25. Please contact Fr. Peter or Tom Cox if you are interested.

Altar Servers Needed: We will need your help for Holy Week. Families, if you have young men who serve in the Altar, please make it a priority for them to be here in church during Holy Week. We need their help. School excuse letters are available at the Pangari.

Ladies Philoptochos Deadlines: The Ladies Philoptochos would like to remind you of upcoming deadlines.

- **Sunday, April 21st – LAST DAY** to order Tsourekia. Pickup date is Saturday, April 27th following the Saturday of Lazarus Divine Liturgy.
- **Sunday, April 21st – LAST DAY** for Palm Sunday Luncheon reservations. Palm Sunday Luncheon is Sunday, April 28th following Divine Liturgy.
- **Saturday, April 27th – LAST DAY** to drop off donations for the Lenten Food Drive. We set a goal of 40 BAGS in 40 DAYS. We currently have 20 bags.
- **Tiropites and Spanakopites** – We have a limited packages of frozen Tiropites and Spanakopites that we will continue to sell each Sunday until our inventory is depleted.

Good Friday Luminarias: Once again, our PTO is selling Good Friday Luminarias. During the Good Friday Retreat, our GOYAnS will prepare them and set them out around the church for the Good Friday Evening Service. The Luminarias will line the walkways around the church along the path of the Epitaphio. Each Luminaria can be personalized with the name(s) of loved ones who have fallen asleep in the Lord. You may donate as many as you like.



To participate, please send an email to Cathy Cox at catcox1@verizon.net by **May 1st** with the exact spelling of the names you would like on each Luminaria. Please consider making a \$5 candle donation to St. Sophia for each Luminaria using the donation options on our website (PayPal, Venmo or Zelle). If you do not have email, just write the names you would like on each Luminaria on a piece of paper and place it in the candle basket in the Narthex with your donation.

Graduates Wanted: Do you have a son or daughter who is graduating high school or college this year? If so, please call the Parish office OR send an e-mail TODAY so that we can acknowledge their achievements on Sunday, 19th. Please provide the following information: Name of graduate; Name of school from which he/she is graduating (high school, vocational-tech school, or college/university); Diploma/Degree received; Where attending college in the fall; Will be studying/ majoring in? This information **MUST** be received by **MONDAY, MAY 6th** to be acknowledged in church on May 19th.

Sponsor 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. We need sponsors for 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!**

Spring General Assembly: The Spring General Assembly meeting will take place on **Saturday, May 11, 2024, at 10:00 am** in the Fr. John A. Limberakis Cultural Center. Official notices will be sent to homes in mid-April. We look forward to seeing you there.

Please note that to vote in the General Assembly, you must have returned a 2024 Stewardship Commitment (Pledge) Form and be current in your commitment. For your convenience, pledge forms are available at the Pangari and on our website <https://www.saintsophiachurch.org/stewardship>.

Please Update Your Contact Information: Have you moved recently? Are you receiving our weekly emails and occasional phone calls? If any of your contact information has changed (emails, phone numbers, address) **please** send an email to the Parish office at office@saintsophiachurch.org to update this information. Thank you!

AHEPA Track & Field: 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!!



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

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Fri. Apr. 19 th	7:00 pm	Salutations to the Theotokos – The Akathist Hymn
Sun. Apr. 21 st	8:45 am	Orthros; 10:00 am Divine Liturgy – St. Mary of Egypt
	12:30 pm	Greek School (Adults)
Mon. Apr. 22 nd	6:30 pm	Great Compline
Wed. Apr. 24 th	10:00 am	Presanctified Liturgy
	5:00 pm	Little Angels
Thurs. Apr. 25 th	5:00 pm	Greek School (Children)
	6:30 pm	Lenten Book Study – in the church hall
Sat. Apr. 27 th	8:45 am	Orthros; 10:00 am Divine Liturgy – Saturday of Lazarus
		Pancake breakfast after Liturgy; Palm Cross Folding; Tsoureki Pickup

HOLY WEEK SCHEDULE – see separate schedule attached

2024 HOLY WEEK ITEMS FOR SPONSORSHIP

The following items used during Holy Week still 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
Flowers for the Crucifix at Service of the Passion	6 available @ \$45 ea.
Candles for the Altar (Liquid Wax for refillable candles)	\$35
Olive oil for oil lamps (there is a perpetual need for this) Please bring directly to church or Parish office	Please Donate

Thank you for your support of our Parish!

20 BAGS COLLECTED TO DATE. GETTING CLOSER TO OUR 40 BAG GOAL!

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

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

GOOD FRIDAY MYROFORES INFORMATION

- We invite any girl in school grades Kindergarten to 12th and at least 5 years old to be part of the Myrofores. The girls must be in church by 6:45pm before the start of services on Good Friday evening and meet in the Bride/Cry room to receive instructions.
- The dress code is ALL WHITE (Dress, skirts, blouses, shoes, stockings/socks). Please note skirts must be knee length or longer and shoulders must be covered. If your dress has straps, you need to have a white sweater/bolero to cover your shoulders with or else wear a top with sleeves underneath (shoulders should be covered in church). **The church has white dresses of various sizes that girls may borrow – please speak with Mary Helen if you need this option.**
- The girls will rotate for approximately 10 minutes each. We will assign the girls partners.
- The girls are positioned at each corner of Christ's tomb, facing the Epitaphio and holding the basket of flower petals in front of them. The taller/older girls will be positioned closer to the altar and the younger/shorter ones closer to the congregation.
- We will have baskets for every girl.
- When we process out of the church, the Myrofores follow the tomb and altar boys quietly – again, this is a somber time. The Sunday school teachers assisting will stay with them, so the parents do not need to rush up front to be with their children.

We would appreciate if you would review these notes with your young ladies.

Please let **Mary Helen Black** know by **Monday April 29th** if you plan on participating by e-mailing her at mary_helenb@hotmail.com or call/text to 310-634-5694. Advanced notice is necessary to ensure we have a basket and flowers for every child.

ST. SOPHIA PHILOPTOCHOS

PALM *Sunday* LUNCHEON APRIL 28, 2024

ADULT MENU \$25

Greek Salad
Baked Flounder
Oven Roasted Potatoes
Dessert
Wine - Water - Coffee

CHILDREN'S MENU (under 10) \$10

Fish Sticks and Mac & Cheese
Includes Beverage & Dessert

RESERVATIONS WITH PAYMENT REQUIRED BY 4/22/24

TAKE OUT ALSO AVAILABLE WITH PREPAYMENT

Kathy Tsipras 610-539-5413 | ladies@saintsophiachurch.org



venmo

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

Holy Week Service Schedule 2024



Saturday, April 27th – Saturday of Lazarus

8:45am Orthros; 10:00am Divine Liturgy
Pancake Breakfast after Liturgy followed by Palm Folding; Tsoureki pickup



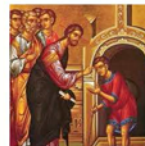
Sunday, April 28th – Palm Sunday

8:45am Orthros; 10:00am Divine Liturgy
7:00pm Service of the Bridegroom



Monday, April 29th – Holy Monday

7:00pm Service of the Bridegroom



Tuesday, April 30th – Holy Tuesday

7:00pm Service of the Bridegroom



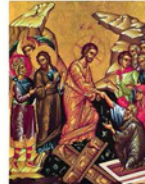
Wednesday, May 1st – Holy Wednesday

10:00am Pre-Sanctified Divine Liturgy
3:00pm Sacrament of Holy Unction
7:00pm Orthros for Holy Thursday
(Anointing will also be done at the end of this service)



Thursday, May 2nd – Holy Thursday

10:00am Vespers Divine Liturgy of St. Basil the Great: The Last Supper
(Holy Communion will be distributed at the proper place during the Divine Liturgy)
7:00pm The Twelve Gospels of the Passion of our Lord and Savior Jesus Christ



Friday, May 3rd – Holy Friday

9:00am Great and Royal Hours of the Passion
12 Noon-2:45pm Children's Retreat
3:00pm Service of the Apokathelosis: The unnauling of Christ from the Cross
and His placement into the tomb
7:00pm Service of the Lamentations: The procession of the Epitaphios

Saturday, May 4th – Holy Saturday

10:00am Vespers Divine Liturgy of St. Basil the Great: Christ's descent into Hades
11:00pm Easter Vigil/Resurrection Service

Sunday, May 5th – Great & Holy Pascha

12 Noon Pascha Vespers of Agape
Easter Egg Hunt to follow

ST. SOPHIA GREEK ORTHODOX CHURCH/SS. FAITH, HOPE & AGAPE

SUNDAY - MAY 5th

Easter

egg hunt



**12 NOON
- 1 PM**

**AFTER
AGAPE
SERVICE**

BRING YOUR FAVORITE BASKET & SNEAKERS



**SUNDAY, APRIL 21ST IS THE LAST DAY TO
DONATE EASTER LILIES**

**Donate Easter Lilies
to help decorate our church at Pascha**

These plants, at **\$25.00 each**, may be donated
"In Honor of" or "In Memory of" loved ones.

**Please make checks payable to Saint Sophia Church
and return this form and payment to the Parish office by
Sunday, April 21, 2024.**

Yes, I would like to donate _____ Easter Lily Plant(s)
at \$25.00 each.

Please accept my gift:

In Memory of:

In Honor of:

Donor's name and address:

PLEASE FILL OUT THE FORM COMPLETELY

**Please return this form to the church along with your check.
Payment by Venmo, PayPal or Zelle is also accepted.**

FINANCIAL DASHBOARD

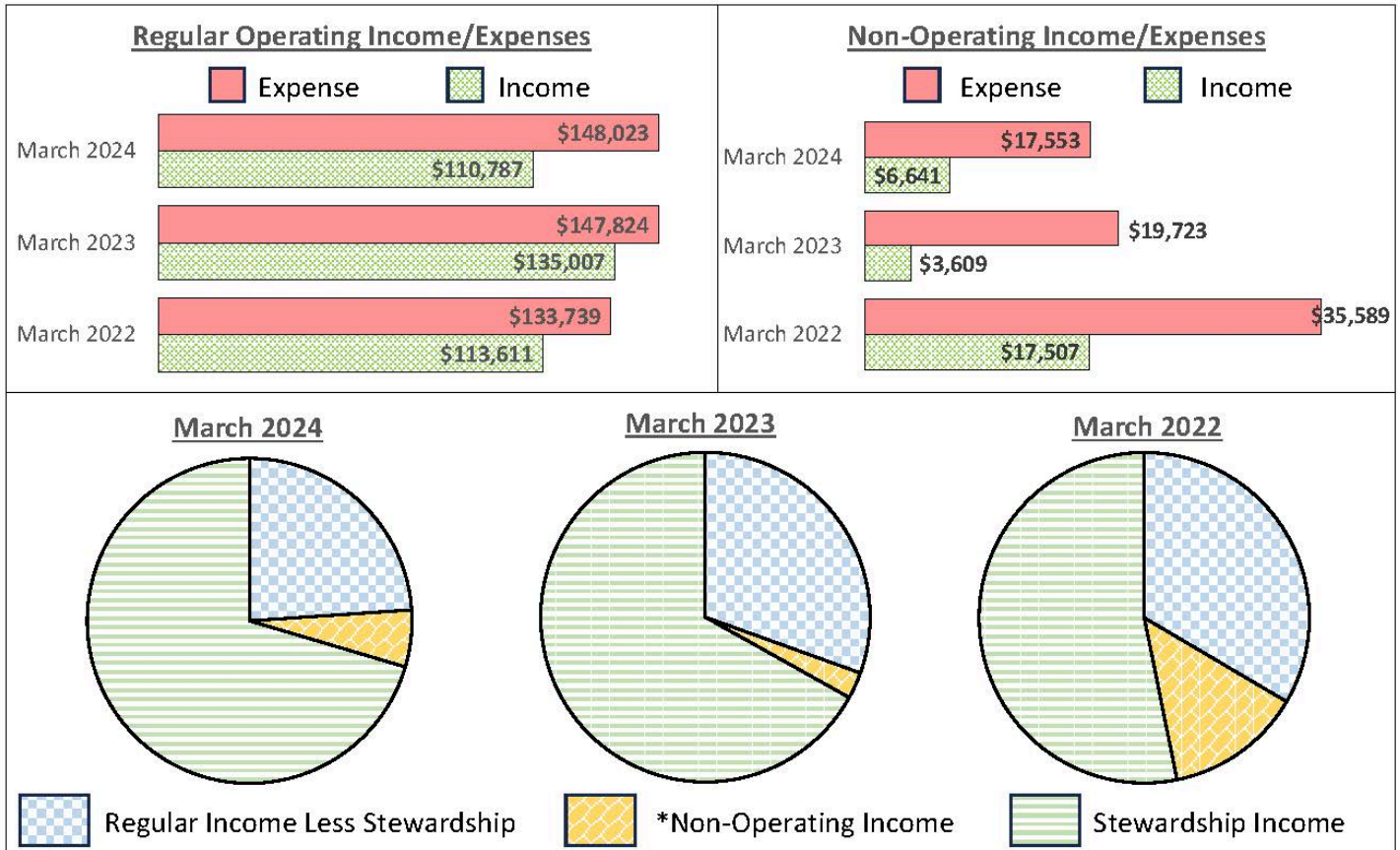
MARCH 2024

FINANCIAL DASHBOARD FOR MARCH 2024

	March 2024	March 2023	March 2022
Regular Operating Income	\$110,787	\$135,007	\$113,611
Regular Operating Expenses	\$148,023	\$147,824	\$133,739
Net Regular Operating Income or (Loss)	(\$37,236)	(\$12,817)	(\$20,128)
*Non-Operating Income	\$6,641	\$3,609	\$17,507
**Non-Operating Expenses	\$17,553	\$19,723	\$35,589
Non-Operating Net Income or Loss	(\$10,912)	(\$16,114)	(\$18,082)
Stewardship Income	\$82,696	\$92,729	\$69,729
% of Regular Operating Expenses Covered by Stewardship	56%	63%	52%
Number of Stewarding Families	152	120	107
Median Stewardship Pledge	\$600	\$500	\$400
Total Expenses Invested in parish chosen charities and ministries	\$3,057	\$4,865	\$4,711
% of Regular Operating Expenses invested in parish chosen charities and ministries	2%	3%	4%

*Non-operating income includes insurance payments, Festival and other fundraising events, church beautification and investment gains.

**Non-operating expenses include Capital, beautification, and disaster recovery expenses and mortgage interest.



MORTGAGE REDUCTION CAMPAIGN

We would like to thank the following stewards and friends of St. Sophia for contributing to the Mortgage Reduction Campaign for February. The total for February was \$2,036.67

Each month we will list the Mortgage Reduction collections for the previous month.

Mr. Chris Altum	Mrs. Bessie Neofotistos	Mr. & Mrs. Bernard Thornberg
Mr. & Mrs. Matt Bannon	Dr. Marianne & Mr. Alexander Nikas	Mrs. Shirley Tripolitis
Mr. & Mrs. Daniel Diccianni	Mr. & Mrs. John Papadimitriou	Ms. Katherine Tsipras
Ms. Eleni Evangelopoulos	Dr. & Mrs. Peter Patukas	Mr. & Mrs. Seraphim Tsipras
Mrs. Evangelia A. Klapakis	Mr. & Mrs. John Pogas	Mr. & Mrs. Socratis Tsipras
Mr. & Mrs. Bart Kline	Mr. & Mrs. Rami Richie	Mr. & Mrs. Michael Vail
Mrs. Effie Liacouras	Fr. Peter & Presv. Katherine Thornberg	Mr. Gregory Zarcone
Mr. & Mrs. Edward McAdoo		Mr. & Mrs. Charles Zarcone
Mr. & Mrs. Robert Moses		

MORTGAGE REDUCTION CAMPAIGN

We would like to thank the following stewards and friends of St. Sophia for contributing to the Mortgage Reduction Campaign for March. The total for March was \$1,146.67.

Each month we will list the Mortgage Reduction collections for the previous month.

Mr. Chris Altum	Mr. & Mrs. Edward McAdoo	Mr. & Mrs. Rami Richie
Mr. & Mrs. Matt Bannon	Mr. & Mrs. Robert Moses	Mrs. Shirley Tripolitis
Mr. & Mrs. Daniel Diccianni	Mrs. Bessie Neofotistos	Ms. Katherine Tsipras
Ms. Eleni Evangelopoulos	Dr. Marianne & Mr. Alexander Nikas	Mr. & Mrs. Socratis Tsipras
Mrs. Evangelia A. Klapakis	Mr. & Mrs. John Papadimitriou	Mr. & Mrs. Michael Vail
Mr. & Mrs. Bart Kline	Dr. & Mrs. Peter Patukas	Mr. Gregory Zarcone
Mrs. Effie Liacouras	Mr. & Mrs. John Pogas	Mr. & Mrs. Charles Zarcone