

St. Sophia/SS. Faith, Hope & Agape Greek Orthodox Church
June 30, 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. Fr. Symeon Williams
frsymeon@saintsophiachurch.org
Metropolis of New Jersey



June 30, 2024
Synaxis of the Twelve Holy Apostles
Michael the New Martyr of Athens



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 the 12 Apostles – Apostoli Aghii (“Most Holy Apostles”)

O holy Apostles, make intercession to our merciful God, that He grant our souls forgiveness of offenses.

Apolytikion for All Saints – Ton en olo to kosmo (“With the blood of Your martyrs”)

Your Church is arrayed in the holy blood of Your Martyrs who witnessed throughout the world, as though in purple and fine linen. Through them she cries to You, Christ our God, “Send down to Your people Your tender love, grant peace from above to Your commonwealth, and to our souls Your great mercy.”

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

Greek

Ὁς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀνταῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστῷ καρπὸν ἢ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δί’ αἰώνων 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 – Os aparchas tis fiseos (“As the first-fruits of nature”)

O Planter of creation, Lord, to You does the entire world bring as an offering the God-bearing martyr Saints, as being nature’s first fruits. At their earnest entreaties, keep Your Church in a state of profoundest peace, through the Theotokos, O Lord abundantly merciful.

Project Mexico 2024 UPDATE



Our team is all set! We are ready to be the hands and feet of Christ and put our Faith in the Lord to work for a deserving family that does not have a home. But we still need help to fund travel expenses, building supplies, tools and more.

Helping is easy! You can donate funds directly to St. Sophia via Venmo, Zelle or by cash or check and note that they are for Project Mexico. We will make sure these funds are used specifically for this important and deeply rewarding mission. If you would like to learn more, join the team next year or learn how you can help sponsor our team, please email John Pogas, the group leader, at johnpogas@gmail.com.



venmo

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." Philipians 4:6-7

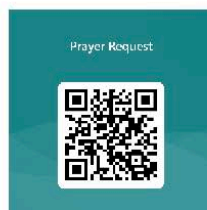
"And whatever things you ask in prayer, believing you will receive." Matthew 21:22

"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.



Epistle Reading

The reading is from St. Paul's Letter to the Hebrews 11:33-40; 12:1-2

*God is wonderful among his saints.
Verse: Bless God in the congregations.*

Brethren, all the saints 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 armies 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 tempted, 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. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith.

Ἀνάγνωσις ἐπιστολῆς

Πρὸς Ἑβραίους 11:33-40, 12:1-2 τὸ ἀνάγνωσμα

*Θαυμαστός ὁ Θεὸς ἐν τοῖς Ἁγίοις αὐτοῦ.
Στίχ. Ἐν Ἐκκλησίαις εὐλογεῖτε τὸν Θεόν.*

Ἀδελφοί, οἱ Ἅγιοι πάντες 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 τοὺς νεκροὺς αὐτῶν· 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· περιῆλθον ἐν μηλωταῖς, ἐν αἰγείοις δέρμασιν, ὑστερούμενοι, θλιβόμενοι, κακουχούμενοι - ὧν οὐκ ἦν ἄξιος ὁ κόσμος - ἐν ἐρημίαις πλανώμενοι καὶ ὄρεσιν καὶ σπηλαίοις καὶ ταῖς ὀπαῖς τῆς γῆς. Καὶ οὗτοι πάντες, μαρτυρηθέντες διὰ τῆς πίστεως, οὐκ ἔκομίσαντο τὴν ἐπαγγελίαν, τοῦ θεοῦ περὶ ἡμῶν κρείττον τι προβλεψαμένου, ἵνα μὴ χωρὶς ἡμῶν τελειωθῶσιν. Τοιγαροῦν καὶ ἡμεῖς, τοσοῦτον ἔχοντες περικείμενον ἡμῖν νέφος μαρτύρων, ὄγκον ἀποθέμενοι πάντα καὶ τὴν εὐπερίστατον ἀμαρτίαν, δι' ὑπομονῆς τρέχωμεν τὸν προκείμενον ἡμῖν ἀγῶνα, ἀφορῶντες εἰς τὸν τῆς πίστεως ἀρχηγὸν καὶ τελειωτὴν Ἰησοῦν.

GOSPEL READING
The Gospel According to Matthew 9:36, 10:1-8

At that time, when Jesus saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. And he called to him his twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every infirmity. The names of the twelve apostles are these: first, Simon, who is called Peter, and Andrew his brother; James the son of Zebedee, and John his brother; Philip and Bartholomew; Thomas and Matthew the tax collector; James the son of Alphaeus, and Thaddaios; Simon the Cananaean. and Judas Iscariot, who betrayed him. These twelve Jesus sent out, charging them, "Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. And preach as you go, saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying, give without pay."

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Ματθαῖον 9:36, 10:1-8 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἴδων δὲ τοὺς ὄχλους ἐσπλαγχνίσθη περὶ αὐτῶν, ὅτι ἦσαν ἐκλελυμένοι καὶ ἔρριμμένοι ὡς πρόβατα μὴ ἔχοντα ποιμένα. τότε λέγει τοῖς μαθηταῖς αὐτοῦ· ὁ μὲν θείριμος πολλός, οἱ δὲ ἐργάται ὀλίγοι. δεήθητε οὖν τοῦ κυρίου τοῦ θείριμου ὅπως ἐκβάλῃ ἐργάτας εἰς τὸν θείριμον αὐτοῦ. Καὶ προσκαλεσάμενος τοὺς δώδεκα μαθητὰς αὐτοῦ ἔδωκεν αὐτοῖς ἐξουσίαν πνευμάτων ἀκαθάρτων ὥστε ἐκβάλλειν αὐτὰ καὶ θεραπεύειν πᾶσαν νόσον καὶ πᾶσαν μαλακίαν. Τῶν δὲ δώδεκα ἀποστόλων τὰ ὀνόματά εἰσι ταῦτα· πρῶτος Σίμων ὁ λεγόμενος Πέτρος καὶ Ἀνδρέας ὁ ἀδελφὸς αὐτοῦ, Ἰάκωβος ὁ τοῦ Ζεβεδαίου καὶ Ἰωάννης ὁ ἀδελφὸς αὐτοῦ, Φίλιππος καὶ Βαρθολομαῖος, Θωμᾶς καὶ Ματθαῖος ὁ τελώνης, Ἰάκωβος ὁ τοῦ Ἀλφαίου καὶ Λεββαῖος ὁ ἐπικληθεὶς Θαδδαῖος, Σίμων ὁ Κανανίτης καὶ Ἰούδας ὁ Ἰσκαριώτης ὁ καὶ παραδοὺς αὐτόν. Τούτους τοὺς δώδεκα ἀπέστειλεν ὁ Ἰησοῦς παραγγείλας αὐτοῖς λέγων· εἰς ὁδὸν ἐθνῶν μὴ ἀπέλθητε καὶ εἰς πόλιν Σαμαρειτῶν μὴ εἰσέλθητε· πορεύεσθε δὲ μᾶλλον πρὸς τὰ πρόβατα τὰ ἀπολωλότα οἴκου Ἰσραὴλ. πορευόμενοι δὲ κηρῦσσετε λέγοντες ὅτι ἤγγικεν ἡ βασιλεία τῶν οὐρανῶν. ἀσθενοῦντας θεραπεύετε, λεπρούς καθαρίζετε, νεκρούς ἐγείρετε, δαιμόνια ἐκβάλλετε· δωρεὰν ἐλάβετε, δωρεὰν δότε.



June 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 June benefit **Pillars of Light and Love** and its cafe **So Much to Give Inclusive Cafe**. The cafe employs 63 people with disabilities, giving them opportunities to work and learn. You can learn more about this worthwhile organization at www.somuchtogivecafe.org. You can see their good work in action at 3401 W. Skippack Pike in Skippack. The cafe is open Wednesday through Sunday.

Please pray for those who are employed at So Much to Give Inclusive Cafe and their families 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 adding "poor box" to the memo line. Thank you for your generosity!


TAKE ME OUT TO THE BALL GAME

 **vs** 

SATURDAY AUGUST 17, 2024 - 6:05PM

\$65 PER TICKET - PAYMENT IN ADVANCE
ONLY 30 TICKETS AVAILABLE

FOR TICKETS: EMAIL STSOPHIAPARISH@SAINTSOPHIACHURCH.ORG OR TEXT/CALL 215.206.8180



ST. SOPHIA PHILOPTOCHOS

Tiropites

Frozen 6-packs - \$25

With Cooking Instructions

ONLY 2 PACKS LEFT

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

FOR ORDERS: Kathy T. 610.539.5413



venmo

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

TAKE & BAKE

AVAILABLE FOR PURCHASE

Enjoy some of our beloved Greek delicacies for days and weeks to come. All entrees are frozen and come with complete baking instructions.

ENTREES

SPANAKOPITA (1/2 tray, 9 pcs)	\$45
PASTITSIO (1/2 tray, 6 pcs)	\$45
MOUSSAKA (1/2 tray, 6 pcs)	\$50

LIMITED SUPPLY!

CONTACT JOHN PAPADIMITRIOU



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
ἁγιασθήτω 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
μή εἰσενέγκῃς 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-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-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

SAVE THE DATE!



NOV 8, 9, 10 2024

**GOYA FALL
RETREAT**  **INNABAH CAMP &
RETREAT CENTER**



Metropolis of
New Jersey

A DVYC EVENT ——— FAITH/FUN/FELLOWSHIP!

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!



Senior Citizen Ministry: St. Sophia's Senior Parea is open to all senior citizens of the community. The meetings take place on Thursdays from 10:00 am to 12 noon.

PLEASE JOIN PHILOPTOCHOS TO PROVIDE BACKPACKS AND SUPPLIES FOR DAVENPORT ELEMENTARY SCHOOL

BACK TO SCHOOL
BACKPACK DRIVE
WE WILL ASSEMBLE THE BACKPACKS IN AUGUST

COMING SOON!
COMPLETE DETAILS ON HOW YOU CAN HELP

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.

June 30, 2024
Synaxis of the Twelve Holy Apostles
Michael the New Martyr of Athens



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.

Project Mexico: At the end of this week our Project Mexico team will be departing for Rosarito, Mexico, where they will build a home for a needy family. We ask for prayers for the team for safe travels as they do the Lord's work. Members of our Project Mexico team include Roy Balch, Jeff and Lisa Kerns, Demetri Lowry, John Papadimitriou, John Pogas, and Rev. Fr. Christopher Eid from Holy Ascension Antiochian Orthodox Church in West Chester, PA.

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!

Exciting Mortgage Reduction News! An anonymous donor has come forward to match donations made to the mortgage reduction fund **up to \$100,000** for 2024. This is a great opportunity to reduce our mortgage by **one-third**. With your help, we will make a huge difference in our mortgage expenses.

Stewardship/Mortgage Reduction: PLEASE keep in mind that our fixed costs are ever present. Be sure to send in your stewardship and mortgage reduction payments before you leave for vacation. God bless you for your support of our parish!

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!

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Sat. June 29 th	8:45 am	Orthros; 10:00 am Divine Liturgy Peter & Paul the Holy Apostles
Sun. June 30 th	8:45 am	Orthros; 10:00 am Divine Liturgy Synaxis of the Twelve Holy Apostles
June 30 th through July 4 th		Fr. Symeon away – 47 th Biennial Clergy-Laity Congress, San Diego, CA
Thurs. July 4th		Independence Day – Parish office is closed
Fri. July 5th		Parish office is closed
Sun. July 7 th	8:45 am	Orthros; 10:00 am Divine Liturgy 2 nd Sunday of Matthew
Sun. July 14 th	8:45 am	Orthros; 10:00 am Divine Liturgy
Sat. July 20 th	8:45 am	Orthros; 10:00 am Divine Liturgy The Glorious Prophet Elias (Elijah)
Sun. July 21 st	8:45 am	Orthros; 10:00 am Divine Liturgy
Sun. July 28 th	8:45 am	Orthros; 10:00 am Divine Liturgy

