

✠ ✠ ✠ **A TEACHER OF SPIRITUALITY** ✠ ✠ ✠

Have you ever heard the story of the man who walked along the banks of the Jordan River when a lion came along, limping, and in great pain? The man approached the animal, found a sharp splinter in the paw, extracted it and nursed the limb. It is said that the lion thereafter never left the side of his benefactor.

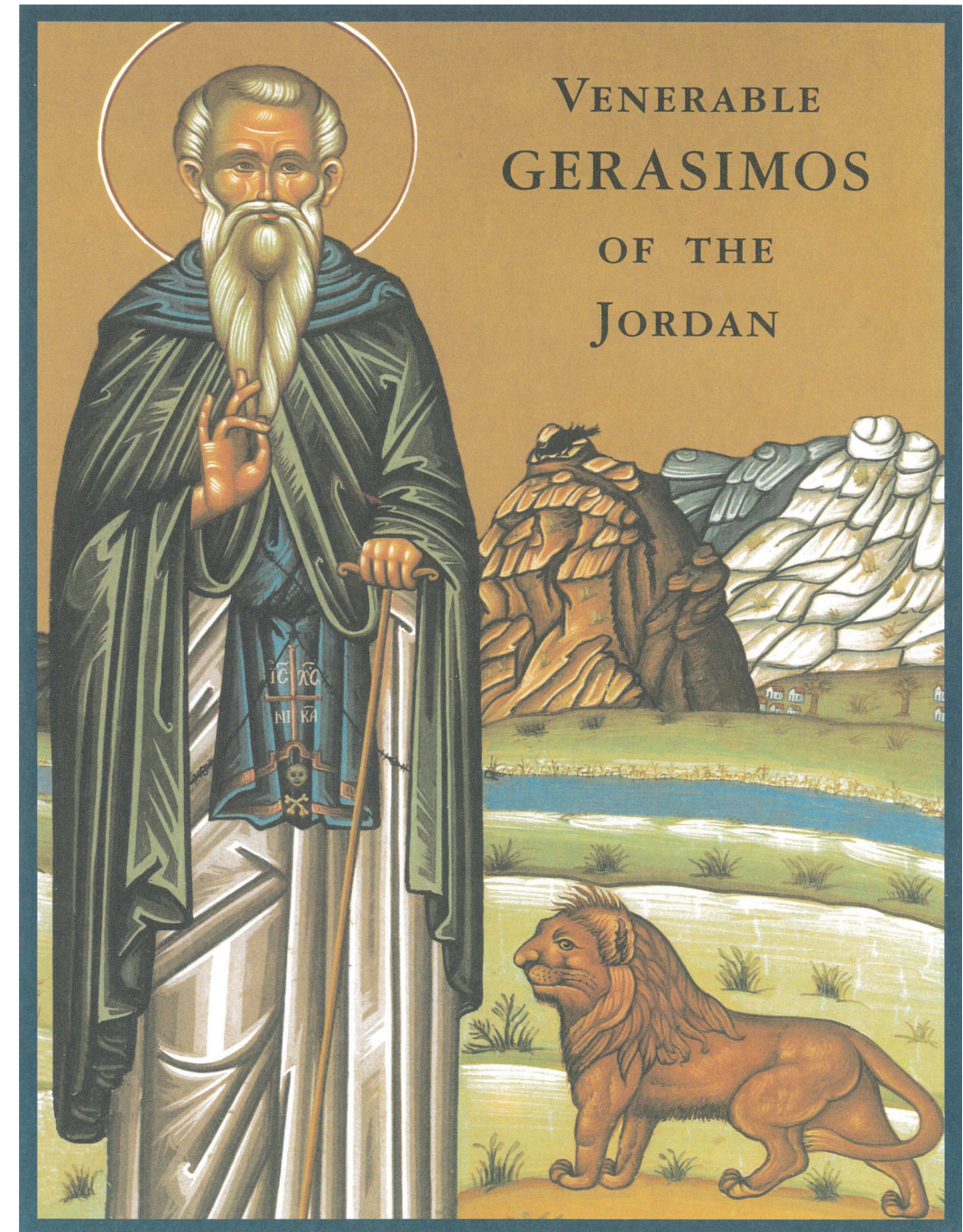
St. Gerasimos of the Jordan is that man. He was a great ascetic of the Church, and is said to have gone through the Great Fast taking no food except the Eucharist at the Liturgy.

The saint died in the year 475. When the lion found his friend gone, he searched everywhere for him. A faithful disciple, Abbot Sabbatios, tried to comfort the beast, but it seems nothing could be done. The abbot said, "Our old friend has gone away and left us orphans, and has migrated to the Lord; but here is food, take and eat." The lion would have no part of it. He kept roaming the cell, roaring with his head raised.

Finally, the lion was led to the grave of Gerasimos. The abbot, standing at the tomb, said: "Behold, here is where the old man is buried." The abbot knelt and wept at the grave of the one he loved as father. Then the lion, too, stretched himself over the grave, with his head on the sand, and moaned in sadness. There the beast stayed, refusing to be moved, until death came and released him from the bonds of this earth.

St. Gerasimos, called "the righteous," is a great teacher of spiritual life. He is an example for all to follow in this Lenten Season.

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. Ekonomos Peter J. Thornberg, Proistamenos
frpeter@saintsophiachurch.org
Metropolis of New Jersey



March 3, 2024
 Sunday of the Prodigal Son
 The Holy Martyrs Eutropius, Cleonicus, and Basiliscus
 Theodoretos the Holy Martyr of Antioch
 Nonnita, mother of Saint David



ENTRANCE HYMNS

Resurrectional Apolytikion – Angelike Dinamis (“Angelic Powers”)

Angelic Powers were in Your Sepulchre and those who guarded You became as men long dead. And standing there was Mary by Your Tomb seeking Your pure and sacred Body, O You despoiled Hades yet tempted not by him were You. You did meet the Virgin O Life Bestower, O You Who rose from the dead, Glory to You O Lord.

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

Greek

Ὁς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καὶ προσήγαγες Χριστῷ καρπὸν ἢ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, διὰ γώνων εὐάγων, 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 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 – Tis patroas dhoxis sou (“From Your fatherly glory”)

*I revolted senselessly * out of Your fatherly glory; * I have squandered sinfully * all of the riches You gave me.* Hence to You, using the Prodigal's words, I cry out,* I have sinned before You, merciful loving Father.* O receive me in repentance, * I pray, and treat me * as one of Your hired hands.*

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	 VERENERATION 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 First Letter to the Corinthians 6:12-20

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

Brethren, "all things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and the stomach for food" -- and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by his power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body and in your spirit which belong to God.

Ἀνάγνωσις ἐπιστολῆς Πρὸς Κορινθίους α' 6:12-20 τὸ ἀνάγνωσμα

*Σῴσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.
Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεός μου.*

Ἀδελφοί, πάντα μοι ἔξεστιν, ἀλλ' οὐ πάντα συμφέρει· πάντα μοι ἔξεστιν, ἀλλ' οὐκ ἐγὼ ἐξουσιασθήσομαι ὑπὸ τινος. Τὰ βρώματα τῆ κοιλία, καὶ ἡ κοιλία τοῖς βρώμασιν· ὁ δὲ θεὸς καὶ ταύτην καὶ ταῦτα καταργήσει. Τὸ δὲ σῶμα οὐ τῆ πορνεία, ἀλλὰ τῷ κυρίῳ, καὶ ὁ κύριος τῷ σώματι· ὁ δὲ θεὸς καὶ τὸν κύριον ἠγειρεν καὶ ἡμᾶς ἐξεγερεῖ διὰ τῆς δυνάμεως αὐτοῦ. Οὐκ οἴδατε ὅτι τὰ σώματα ὑμῶν μέλη Χριστοῦ ἐσιν; Ἄρα οὖν τὰ μέλη τοῦ Χριστοῦ ποιήσω πόρνης μέλη; Μὴ γένοιτο. Οὐκ οἴδατε ὅτι ὁ κολλῶμενος τῆ πόρνη ἔν σώμα ἐστιν; Ἔσονται γάρ, φησίν, οἱ δύο εἰς σάρκα μίαν. Ὁ δὲ κολλῶμενος τῷ κυρίῳ ἔν πνευμά ἐστιν. Φεύγετε τὴν πορνείαν. Πᾶν ἀμάρτημα ὃ ἐάν ποιήσῃ ἄνθρωπος ἐκτὸς τοῦ σώματός ἐστιν· ὁ δὲ πορνεύων εἰς τὸ ἴδιον σῶμα ἀμαρτάνει. Ἡ οὐκ οἴδατε ὅτι τὸ σῶμα ὑμῶν ναὸς τοῦ ἐν ὑμῖν ἁγίου πνεύματος ἐστιν, οὗ ἔχετε ἀπὸ θεοῦ; Καὶ οὐκ ἐστὲ ἐαυτῶν, ἠγοράσθητε γὰρ τιμῆς· δοξάσατε δὴ τὸν θεὸν ἐν τῷ σώματι ὑμῶν, καὶ ἐν τῷ πνεύματι ὑμῶν, ἅτινά ἐστιν τοῦ θεοῦ.

GOSPEL READING
The Gospel According to Luke 15:11-32

The Lord said this parable: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of the property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have filled his belly with the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.' And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"

March Poor Box Donations
Thank you for considering a gift!

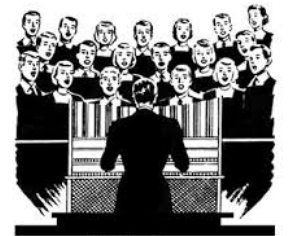
Please consider supporting the philanthropic outreach of our Church through the Philoptochos Poor Box located in the Pangari. Each month 100% of the donations are designated for a local charity.

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.

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

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Λουκᾶν 15:11-32 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωπός τις εἶχε δύο υἱούς· καὶ εἶπεν ὁ νεώτερος αὐτῶν τῷ πατρὶ· πάτερ, δός μοι τὸ ἐπιβάλλον μέρος τῆς οὐσίας· καὶ διεῖλεν αὐτοῖς τὸν βίον· καὶ μετ' οὐ πολλὰς ἡμέρας συναγαγὼν ἅπαντα ὁ νεώτερος υἱὸς ἀπεδήμησεν εἰς χώραν μακράν, καὶ ἐκεῖ διεσκόρπισε τὴν οὐσίαν αὐτοῦ ζῶν ἀσώτως· δαπανήσαντος δὲ αὐτοῦ πάντα ἐγένετο λιμὸς ἰσχυρὸς κατὰ τὴν χώραν ἐκείνην, καὶ αὐτὸς ἤρξατο ὑστερεῖσθαι· καὶ πορευθεὶς ἐκολλήθη ἐνὶ τῶν πολιτῶν τῆς χώρας ἐκείνης, καὶ ἔπεμψεν αὐτὸν εἰς τοὺς ἀγρούς αὐτοῦ βόσκειν χοίρους· καὶ ἐπεθύμει γεμίσει τὴν κοιλίαν αὐτοῦ ἀπὸ τῶν κερατίων ὧν ἤσθιον οἱ χοῖροι, καὶ οὐδεὶς ἐδίδου αὐτῷ· εἰς ἑαυτὸν δὲ ἐλθὼν εἶπε· πόσοι μίσθιοι τοῦ πατρός μου περισσεύουσιν ἄρτων, ἐγὼ δὲ λιμῷ ἀπόλλυμαι! ἀναστὰς πορεύσομαι πρὸς τὸν πατέρα μου καὶ ἐρῶ αὐτῷ· πάτερ, ἡμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν σου· οὐκέτι εἰμὶ ἄξιος κληθῆναι υἱός σου· ποιήσόν με ὡς ἓνα τῶν μισθίων σου· καὶ ἀναστὰς ἦλθε πρὸς τὸν πατέρα αὐτοῦ· ἔτι δὲ αὐτοῦ μακρὰν ἀπέχοντος εἶδεν αὐτὸν ὁ πατὴρ αὐτοῦ καὶ ἐσπλαγχνίσθη, καὶ δραμῶν ἐπέπεσεν ἐπὶ τὸν τράχηλον αὐτοῦ καὶ κατεφίλησεν αὐτόν· εἶπε δὲ αὐτῷ ὁ υἱός· πάτερ, ἡμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν σου, καὶ οὐκέτι εἰμὶ ἄξιος κληθῆναι υἱός σου· εἶπε δὲ ὁ πατὴρ πρὸς τοὺς δούλους αὐτοῦ· ἐξενέγκατε τὴν στολὴν τὴν πρώτην καὶ ἐνδύσατε αὐτόν, καὶ δότε δακτύλιον εἰς τὴν χεῖρα αὐτοῦ καὶ ὑποδήματα εἰς τοὺς πόδας, καὶ ἐνέγκαντες τὸν μόσχον τὸν σιτευτὸν θύσατε, καὶ φαγόντες εὐφρανθῶμεν, ὅτι οὗτος ὁ υἱός μου νεκρὸς ἦν καὶ ἀνέζησε, καὶ ἀπολωλὼς ἦν καὶ εὐρέθη· καὶ ἤρξαντο εὐφραίνεσθαι· Ἦν δὲ ὁ υἱὸς αὐτοῦ ὁ πρεσβύτερος ἐν ἀγρῷ· καὶ ὡς ἐρχόμενος ἤγγισε τῇ οἰκίᾳ, ἤκουσε συμφωνίας καὶ χορῶν, καὶ προσκαλεσάμενος ἓνα τῶν παιδῶν ἐπυνθάνετο τί εἶη ταῦτα· ὁ δὲ εἶπεν αὐτῷ ὅτι ὁ ἀδελφός σου ἦκει καὶ ἔθυσεν ὁ πατὴρ σου τὸν μόσχον τὸν σιτευτόν, ὅτι ὑγιαίνοντα αὐτὸν ἀπέλαβεν· ὠργίσθη δὲ καὶ οὐκ ἤθελεν εἰσελθεῖν· ὁ οὖν πατὴρ αὐτοῦ ἐξελθὼν παρεκάλει αὐτόν· ὁ δὲ ἀποκριθεὶς εἶπε τῷ πατρὶ· ἰδοὺ τοσαῦτα ἔτη δουλεύω σοι καὶ οὐδέποτε ἐντολήν σου παρήλθον, καὶ ἐμοὶ οὐδέποτε ἔδωκας ἔριφον ἵνα μετὰ τῶν φίλων μου εὐφρανθῶ· ὅτε δὲ ὁ υἱὸς σου οὗτος, ὁ καταφαγὼν σου τὸν βίον μετὰ πορνῶν, ἦλθεν, ἔθυσας αὐτῷ τὸν μόσχον τὸν σιτευτόν· ὁ δὲ εἶπεν αὐτῷ· τέκνον, σὺ πάντοτε μετ' ἐμοῦ εἶ, καὶ πάντα τὰ ἐμὰ σὰ ἐστίν· εὐφρανθῆναι δὲ καὶ χαρῆναι ἔδει, ὅτι ὁ ἀδελφός σου οὗτος νεκρὸς ἦν καὶ ἀνέζησε, καὶ ἀπολωλὼς ἦν καὶ εὐρέθη.

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



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



Archpastoral Visit of His Eminence Metropolitan Apostolos of New Jersey

Orthros and Hierarchical Divine Liturgy

Sunday, March 17, 2024
9:00 A.M.

St. Sophia Greek Orthodox Church
900 S Trooper Road
Jeffersonville, PA 19403



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.



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 ῥῦσαι 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-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

March 3, 2024
Sunday of the Prodigal Son
The Holy Martyrs Eutropius, Cleonicus, and Basiliscus
Theodoretos the Holy Martyr of Antioch
Nonnita, mother of Saint David



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 soul of **Kalliopi Kritikos (40 days)**, beloved mother of Dr. Konstantina (Dina) Karalis and loving Yiayia to Xena Karalis and George Karalis. May her memory be eternal.

Coffee Hour: Thank you to Dr. Dina Karalis and her family for offering today's coffee hour in memory of Kalliopi Kritikos.

Choir Rehearsal: We will be having choir rehearsal on **Tuesday, March 5th** and **Tuesday, March 12th** at **6:30 pm**. Please call Tom Cox with questions ([215-859-1009](tel:215-859-1009)) or email him at tcx@myisolutions.com. Thank you!

Saturday of Souls: The first Saturday of Souls is **Saturday, March 9th**. Forms for the names of the departed are available at the Pangari (and attached). Please submit your names to the Parish office by March 8th at 12 noon; however, **please DO NOT text the names or submit them via Facebook**. Please also remember your loved ones by not only submitting their names, but by making koliva and attending the holy services to offer your own prayers for their eternal rest. Please remember that the names you submit are read on all three Saturdays. Please **PRINT CLEARLY, AND ONLY BAPTISMAL FIRST NAMES ARE NECESSARY**.

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 jim.voutsinas@gmail.com or at 215-989-1950.

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Sun. Mar. 3rd	8:45 am	Orthros; 10:00 am Divine Liturgy – The Prodigal Son
	12:30 pm	Greek School (Adults)
Tues. Mar. 5th	6:30 pm	Choir rehearsal in the church
Wed. Mar. 6th	5:00 pm	Little Angels
	7:00 pm	Adult Ed – “<i>The Martyrdom of St. Polycarp</i>” – in the church
Thurs. Mar. 7th	5:00 pm	Greek School (Children)
Fri. Mar. 8th	6:00 pm	Koliva 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
	12:30 pm	Greek School (Adults)
Tues. Mar. 12th	6:30 pm	Choir rehearsal in the church
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 and Hierarchical Divine Liturgy – Forgiveness Sunday
	12:30 pm	Archpastoral Visit of His Eminence Metropolitan Apostolos of NJ
		Greek School (Adults)
Mon. Mar. 18th		Clean Monday – Lent Begins
Wed. Mar. 20th	5:00 pm	Little Angels
Thurs. Mar. 21st	5:00 pm	Greek School (Children)
Fri. Mar. 22nd	7:00 pm	Salutations to the Theotokos
Sat. Mar. 23rd	8:45 am	Orthros; 10:00 am Divine Liturgy
		Saturday of Souls
Sun. Mar. 24th	8:45 am	Orthros; 10:00 am Divine Liturgy – Sunday of Orthodoxy
	12:30 pm	Greek School Independence Day Program after Liturgy
		Greek School (Adults)
Mon. Mar. 25th		Feast of the Annunciation of the Theotokos
	8:45 am	Orthros; 10:00 am Divine Liturgy at St. Sophia
Wed. Mar. 27th	5:00 pm	Little Angels
Thurs. Mar. 28th	5:00 pm	Greek School (Children)
Fri. Mar. 29th	7:00 pm	Salutations to the Theotokos
Sun. Mar. 31st	8:45 am	Orthros; 10:00 am Divine Liturgy – St. Gregory Palamas

Adult Education: The final Adult Education class in this series takes place on **Wednesday, March 6th** at **7:00 pm**, in the nave of the church:

Saint Polycarp: Bishop, Martyr, and Teacher of Apostolic Tradition
 Wednesday, March 6th, 7-8 pm - *The Martyrdom of St. Polycarp: The Text, Its Contents, Theology and Literary Format*



ST. SOPHIA PHILOTOCHOS

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# PHILLY CHEESESTEAK LUNCH MARCH 10

*Cheesesteak  
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**Only \$15**



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**AHEPA THANKS YOU FOR YOUR CONTINUED SUPPORT**






# WALKING WITH CHRIST

## CHRIST

*First Seminarian Benefit Luncheon*



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

March 16th | 11 A.M. | 2024



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

**NOW ON SALE!**

**GAME ON!**

**NINTENDO SWITCH  
MARDI GRAS  
RAFFLE**



**1 TICKET: \$5**

**DRAWING ON SUNDAY, MARCH 17TH AFTER DIVINE LITURGY**

**Need not be present to win**

ST. SOPHIA PHILOPTOCHOS

# CHEESEFARE SUNDAY

## MARCH 17, 2024

*Tiropites & Spanakopites* Frozen 6-packs - \$25  
With Cooking Instructions

LIMITED SUPPLIES - RESERVE TODAY

We accept Zelle ([ladies@saintsophiachurch.org](mailto:ladies@saintsophiachurch.org))  
and Venmo payments

FOR ORDERS: Kathy T. 610.539.5413



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