

**“LET US BEGIN THE FAST WITH JOY!”**

**A**lthough some may associate Great Lent with suffering and sacrifice, our Church gently reminds us that the 40-day Fast which precedes our Lord’s Resurrection is actually a time for us to experience a great spiritual joy. The Church’s service book for Lent – the Triodion – calls this period the “spiritual spring which blossoms with the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” For us to “harvest” these fruits, however, it is necessary for us to master two vital disciplines: PRAYER and FASTING.

St. John Chrysostom writes that prayer and fasting are like “two wings that carry a person to the heights of God.” They are the means for us to become mentally, physically and spiritually prepared to encounter the Lord in an intimate way. Prayer and fasting help us to become closer to God. The more time we spend in prayer, the less time we have to become consumed with the sins and temptations that are constantly placed before us. Fasting shows our willingness to cast aside the pleasures of the world, abstaining from wrong-doing as well as food.

While urging us to embrace these admirable virtues during the Lenten season, the Church reminds us of the emphasis that Christ Himself placed on prayer and fasting. There were countless times during His earthly ministry that Jesus became deeply immersed in practicing these disciplines. Indeed, when His disciples questioned why they were unable to cast out demons from a possessed young man, Christ pointed out to them that only through prayer and fasting could they ever receive the ability to do this!

*Icon by Fr. Paul Drozdowski – www.pd-icons.com*

*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**

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Jeffersonville, PA, 19403

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[www.saintsophiachurch.org](http://www.saintsophiachurch.org) email: [office@saintsophiachurch.org](mailto:office@saintsophiachurch.org)

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

Rev. Economos Peter J. Thornberg, Proistamenos  
[frpeter@saintsophiachurch.org](mailto:frpeter@saintsophiachurch.org)  
Metropolis of New Jersey



March 17, 2024  
 Forgiveness Sunday  
 Alexis the Man of God ❖ Paul the Righteous Martyr  
 Patrick the Enlightener of Ireland



**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 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 ἢ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δί᾿ α γώνων εὐαγῶν, Ἀγάπην τε καὶ Ἐλπίδα σύν τῇ θεόφρονι Πίστει, μεθῶν δυσώπει υπέρ πάντων ἡμῶν.*

**English Phonetics for Greek**

*Os elea kata karpos anevlastisas, en tes avles tu Kyriou Sofia martyis 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 sofias odhighe (“O Guide to Wisdom”)**

*O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.*

OUR JOURNEY TO PASCHA! 2024			
Created by Fr. Jonathan Bannon (ACROD)			
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:	
Fast - Free Week <b>FEBRUARY 25th</b>	 <b>Publican and the Pharisee</b> 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 <b>MARCH 3rd</b>	 <b>The Prodigal Son Returns!</b> 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 <b>MARCH 10th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> 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 <b>MARCH 17th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> 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 <b>MARCH 24th</b>	 <b>SUNDAY of ORTHODOXY</b> 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 <b>MARCH 31st</b>	 <b>ST GREGORY PALAMAS</b> 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 <b>APRIL 7th</b>	 <b>VENERATION OF THE HOLY CROSS</b> 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 <b>APRIL 14th</b>	 <b>ST JOHN of the LADDER</b> 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 <b>APRIL 21st</b>	 <b>ST MARY of EGYPT</b> 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! <b>APRIL 28th</b> GREAT WEEK BEGINS	 <b>ENTRY OF OUR LORD INTO JERUSALEM</b> 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 <b>MAY 3rd</b>	 <b>GREAT AND HOLY FRIDAY</b> 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! <b>MAY 5th</b> NO FASTING!	 <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> 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](mailto:johnpogas@gmail.com).

### Epistle Reading

The reading is from St. Paul's Letter to the Romans 13:11-14; 14:1-4

*Make your vows to the Lord our God and perform them.*

*Verse: God is known in Judah; his name is great in Israel.*

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

### Ἀνάγνωσις ἐπιστολῆς

Πρὸς Ῥωμαίους 13:11-14, 14:1-4 τὸ ἀνάγνωσμα

*Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.*

*Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.*

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἢ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοπεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἄλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιήσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὅς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενείτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ θεὸς στήσαι αὐτόν.

**GOSPEL READING**  
**The Gospel According to Matthew 6:14-21**

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

**ΕΥΑΓΓΕΛΙΟΝ**

**Ἐκ τοῦ Κατὰ Ματθαῖον 6:14-21 Εὐαγγελίου τὸ Ἀνάγνωσμα**

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατήρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατήρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποὶ· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδιά ὑμῶν.

**March Poor Box Donations**  
**Thank you for considering a gift!**

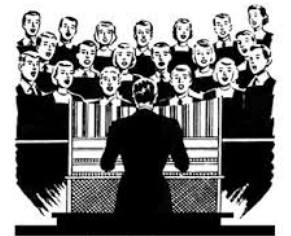
Please consider supporting the philanthropic outreach of our Church through the Philoptochos Poor Box located in the Pangari. Each month 100% of the donations are designated for a local charity.

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](http://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](mailto: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](https://lnkd.in/dnHEH_vS). Deadline April 1, 2024. For any information, please send email to: [hucscholarships@gmail.com](mailto: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](http://riseagainsthunger.org)

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

Contact: [katherine.kennedy314@gmail.com](mailto:katherine.kennedy314@gmail.com)  
[www.stlukephiloptochos.org](http://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*

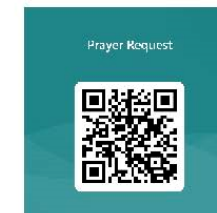
*"And whatever things you ask in prayer, believing you will receive." Matthew 21:22*

*"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](mailto: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 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.

## 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](http://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 17, 2024

Forgiveness Sunday

Alexis the Man of God ❖ Paul the Righteous Martyr

Patrick the Enlightener of Ireland



**ARCHPASTORAL VISIT:** This morning, we wish to welcome our spiritual father, His Eminence Metropolitan Apostolos of New Jersey, as he visits our parish for the first time as our Metropolitan. Welcome also to Rev. Archdeacon Konstantinos Loukas.

**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.

**Luncheon Today:** We invite everyone to a luncheon after Divine Liturgy in the Father John A. Limberakis Cultural Center as we welcome His Eminence Metropolitan Apostolos.

**Saturday of Souls:** The third Saturday of Souls is **Saturday, March 23<sup>rd</sup>** – Orthros 8:45 am; Divine Liturgy 10:00 am. Forms for the names of the departed are available at the Pangari (and attached). Please submit your names to the Parish office by 12 noon on March 22<sup>nd</sup>. **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.**

**Sunday of Orthodoxy:** Next Sunday, **March 24<sup>th</sup>**, we will have the Procession of the Icons at the conclusion of the Divine Liturgy. We ask that the children of the Parish (as well as any adults who so wish) bring in an icon of their own so that they may participate in the procession. This is such a tremendous way to teach our children the importance of icons in the Orthodox Christian Faith.

**TODAY- Cheesefare Sunday Tiropites/Spanakopites:** The Ladies' Philoptochos will be selling frozen Tiropites and Spanakopites during today's luncheon. The proceeds of this sale will benefit one of the numerous charities of the Philoptochos.

## SCHEDULE OF UPCOMING SERVICES AND EVENTS

Sat. Mar. 16 <sup>th</sup>	8:00 am	Orthros; 9:00 am Divine Liturgy (note earlier time) <b>Saturday of Souls</b>
Sun. Mar. 17 <sup>th</sup>	8:45 am	Orthros and Hierarchical Divine Liturgy – Forgiveness Sunday Archpastoral Visit of His Eminence Metropolitan Apostolos of NJ
Mon. Mar. 18 <sup>th</sup>	12:30 pm	Greek School (Adults) <b>Clean Monday – Lent Begins</b>
	6:30 pm	<b>Great Compline</b>
	7:30 PM	Choir Rehearsal
Tues. Mar. 19 <sup>th</sup>	6:00 pm	Festival Meeting in the church hall
Wed. Mar. 20 <sup>th</sup>	5:00 pm	Little Angels
	6:30 pm	<b>Presanctified Liturgy</b>
Thurs. Mar. 21 <sup>st</sup>	5:00 pm	Greek School (Children)
Fri. Mar. 22 <sup>nd</sup>	7:00 pm	<b>Salutations to the Theotokos</b>
Sat. Mar. 23 <sup>rd</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy <b>Saturday of Souls</b>
	Sun. Mar. 24 <sup>th</sup>	8:45 am
Mon. Mar. 25 <sup>th</sup>	12:30 pm	Greek School (Adults)
	6:00 pm	<b>Great Vespers for the Annunciation of the Theotokos</b> (at Annunciation/Evangelismos G.O. Church, Elkins Park) to be followed by a reception hosted by the Philoptochos
	8:45 am	<b>Feast of the Annunciation of the Theotokos</b> Orthros; 10:00 am Divine Liturgy (at St. Sophia) OR
	8:30 am	<b>Festal Orthros &amp; Divine Liturgy with a Thanksgiving Doxology</b> for the Liberation of Greece (at Annunciation Church, Elkins Park) to be followed by a luncheon hosted by the Philoptochos
	6:30 pm	<b>Great Compline</b>
Wed. Mar. 27 <sup>th</sup>	10:00 am	<b>Presanctified Liturgy</b>
	5:00 pm	Little Angels
Thurs. Mar. 28 <sup>th</sup>	5:00 pm	Greek School (Children)
Fri. Mar. 29 <sup>th</sup>	7:00 pm	<b>Salutations to the Theotokos</b>
Sun. Mar. 31 <sup>st</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy – St. Gregory Palamas
	12:30 pm	Greek School (Adults)
Mon. Apr. 1 <sup>st</sup>	6:30 pm	<b>Great Compline</b>
Wed. Apr. 3 <sup>rd</sup>	5:00 pm	Little Angels
	6:30 pm	<b>Presanctified Liturgy</b>
Thurs. Apr. 4 <sup>th</sup>	5:00 pm	Greek School (Children)
Fri. Apr. 5 <sup>th</sup>	7:00 pm	<b>Salutations to the Theotokos</b>
Sat. Apr. 6 <sup>th</sup>		District Oratorical Festival at St. Luke, Broomall
Sun. Apr. 7 <sup>th</sup>	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 <b>SHARP!</b>

**Readers for Salutations to the Theotokos:** The first Salutations to the Theotokos are on Friday evening, March 22<sup>nd</sup> beginning at 7:00 pm. We are looking for readers for the English and Greek for that Friday and the following four 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.

**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!**

**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](mailto:jim.voutsinas@gmail.com) or at 215-989-1950.

ST. SOPHIA PHILOPTOCHOS

# CHEESEFARE SUNDAY

## MARCH 17, 2024

Tzoupites & 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



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](mailto:ladies@saintsophiachurch.org)) or Venmo



venmo

## GOYA - JOY/HOPE Family Bowling Outing

MAR  
30  
2024  
5:00PM



Bowlero Limerick  
653 W Ridge Pk, Limerick, PA 19468

RSVP by 3/24: Matt 484.919.6802  
or [mattban@aol.com](mailto:mattban@aol.com)



**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**

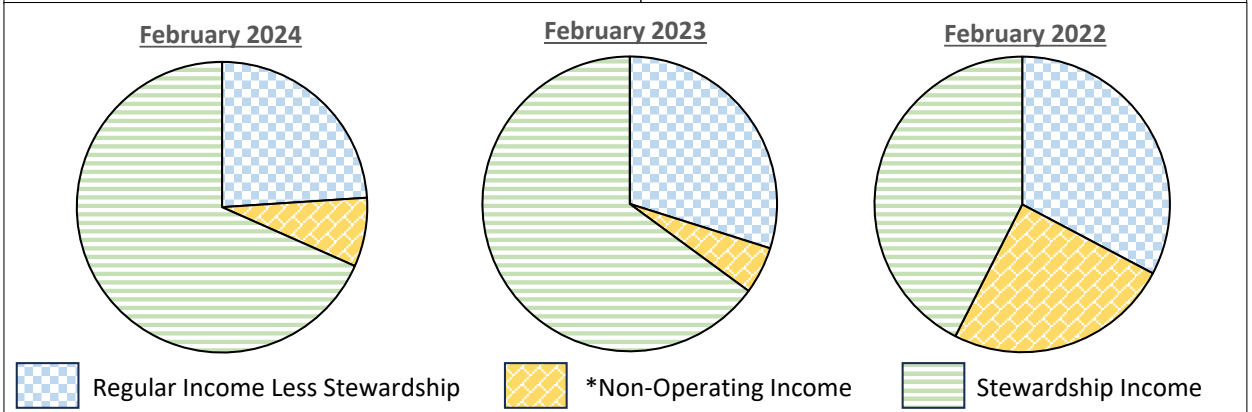
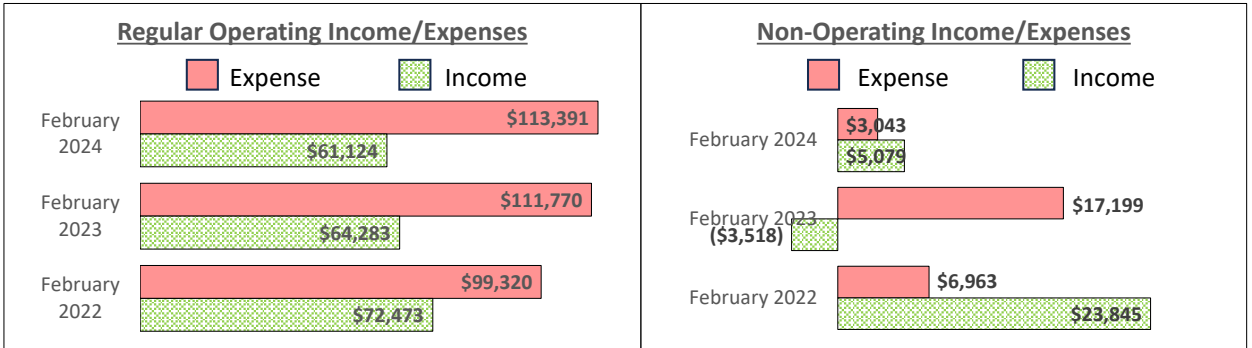


## FINANCIAL DASHBOARD FOR FEBRUARY 2024

	February 2024	February 2023	February 2022
Regular Operating Income	\$61,124	\$64,283	\$72,473
Regular Operating Expenses	\$113,391	\$111,770	\$99,320
Net Regular Operating Income or (Loss)	(\$52,267)	(\$47,487)	(\$26,847)
*Non-Operating Income	\$5,079	(\$3,518)	\$23,845
**Non-Operating Expenses	\$3,043	\$17,199	\$6,963
Non-Operating Net Income or Loss	\$2,036	(\$20,717)	\$16,883
Stewardship Income	\$45,260	\$44,027	\$40,951
% of Regular Operating Expenses Covered by Stewardship	40%	39%	41%
Number of Stewarding Families	114	88	79
Median Stewardship Pledge	\$500	\$250	\$0
Total Expenses Invested in parish chosen charities and ministries	\$2,063	\$2,477	\$1,659
% of Regular Operating Expenses invested in parish chosen charities and ministries	2%	2%	2%

*\*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.*





CATECHETICAL HOMILY  
FOR THE OPENING  
OF HOLY AND GREAT LENT

**+ BARTHOLOMEW**  
BY GOD'S MERCY  
ARCHBISHOP OF CONSTANTINOPLE-NEW ROME  
AND ECUMENICAL PATRIARCH  
TO THE PLENITUDE OF THE CHURCH,  
MAY THE GRACE AND PEACE  
OF OUR LORD AND SAVIOR JESUS CHRIST,  
TOGETHER WITH OUR PRAYER, BLESSING AND FORGIVENESS  
BE WITH ALL

\* \* \*

Most honorable brother Hierarchs and blessed children in the Lord,

The grace of our God of love has once again vouchsafed for us to enter the soul-benefiting period of the Lenten Triodion and arrive at Holy and Great Lent, namely to the arena of ascetic struggle replete with gifts from above and the joy of the Cross and Resurrection. During this blessed period, the spiritual treasure and dynamism of the ecclesiastical life as well as the soteriological reference of all its expressions are revealed with clarity.

We have already learned much from the impasse and self-righteous arrogance of the Pharisee, from the barren moralism and hard-heartedness of the elder son in the Parable of the Prodigal Son, and from the callousness and condemnation on the Day of Judgment of those who proved indifferent to the "least of our brothers" that were hungry, thirsty, foreigners, naked, ill, and imprisoned. Moreover, the value and power of humility and repentance, of forgiveness and mercy were revealed to us as attitudes that the Church emphatically calls us to nurture in the period that opens up before us.

Holy and Great Lent is a welcome time of spiritual, inner and physical purification and discipline, which—as we just heard in the Gospel passage that was read—traverses through fasting, which should not be practiced "so that others may see," and through forgiveness of our brothers and sisters: "For if you forgive men their trespasses, your heavenly Father also will forgive you" (Mt. 6.14). After all, this is what we confess each day with the Lord's Prayer, when we say: "as we forgive the sins of our debtors" (Mt. 6.12).

Yesterday, on Cheesefare Saturday, the Church honored the memory of the saintly men and women who shone in ascetic life. Saints are not only models for the faithful in the good fight of life in Christ and according to Christ. They are also our fellow travelers, friends and supporters in the ascetic journey of fasting, repentance, and humility. We are not alone in our effort, but we have God, who encourages and blesses us, as well as the Saints and Martyrs, who stand beside us, and above all the First among the Saints and Mother of God, who intercedes for us all to the Lord. Sanctity is proof of the power of divine grace and the human synergy in the Church, which takes place through participation in the holy sacraments and fulfilment of the divine commandments. There is no “gratuitous piety” or “easy Christianity,” just as there is no “wide gate” or “spacious way” that leads to the heavenly Kingdom (cf. Mt. 7.13–14).

The Church constantly reminds us that salvation is not an individual, but an ecclesiastical event, a common discipline. During the God-guarded Holy and Great Lent, what becomes apparent for the spiritual life of the faithful is the definitive meaning of participation in the life of the community—that is to say, in the Christian family and parish, or else in the monastic coenobium. We would like to highlight the function of the Christian family as a community of life for the experience of Great Lent’s spirituality. Our predecessor among the Saints, John Chrysostom, described the family as “a small Church.”<sup>1</sup> Indeed, it is in the family that occurs the rendering of our existence into that of the church; it is there that the sense of the social and communal character of human life and the life in Christ as well as the love, mutual respect and solidarity are developed; and it is there that the life and joy of cohabitation are experienced as a divine gift.

The joint endeavor to apply the ecclesiastical rule and ethos of fasting in the context of the family manifests the charismatic dimension of ascetic life and, more broadly, the conviction that whatever is true, honorable, and rightful in our life comes to us from above; that despite our own cooperation and contribution, in the end they transcend whatever is humanly achievable and accessible. After all, the communal aspect of life, the love for one another that does not seek its own, and the virtue of forgiveness, do not allow room for human rights-ism and complacency. An expression of such a spirit of “common freedom” and eucharistic asceticism is precisely the inseparable connection between fasting, charity, and participation in the parish and liturgical life of the Church. Living out this “Lenten spirit” within a Christian family leads us to the depth of truth in the ecclesiastical experience and constitutes the birthplace and source of Christian witness in our secularized contemporary world.

Brothers and children, pray that we may all travel with godly zeal along the way of Holy and Great Lent with fasting and repentance, in prayer and contrition,

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<sup>1</sup> *Commentary on the Letter to the Ephesians* 20, PG 62.143.

making peace within ourselves and with one another, sharing in life and showing ourselves to be “neighbors” to those in need through charitable works, forgiving one another and glorifying in all circumstances the God of mercy’s name, which is above the heavens, beseeching Him to deem us worthy of reaching Holy and Great Week with purified minds and of worshipping with joy and delight His splendid Resurrection.

Holy and Great Lent 2024

✠ **BARTHOLOMEW of Constantinople**

Fervent supplicant for all before God

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To be read in churches on Cheesefare Sunday, March 17, 2024, immediately after the Holy Gospel.

ΛΟΓΟΣ ΚΑΤΗΧΗΤΗΡΙΟΣ  
ΓΙΑ ΤΗΝ ΕΝΑΡΞΗ  
ΤΗΣ ΑΓΙΑΣ ΚΑΙ ΜΕΓΑΛΗΣ ΤΕΣΣΑΡΑΚΟΣΤΗΣ

**+ Β Α Ρ Θ Ο Λ Ο Μ Α Ι Ο Σ**  
ΕΛΕΩΙ ΘΕΟΥ

ΑΡΧΙΕΠΙΣΚΟΠΟΣ ΚΩΝΣΤΑΝΤΙΝΟΥΠΟΛΕΩΣ - ΝΕΑΣ ΡΩΜΗΣ  
ΚΑΙ ΟΙΚΟΥΜΕΝΙΚΟΣ ΠΑΤΡΙΑΡΧΗΣ  
ΠΡΟΣ ΟΛΟ ΤΟ ΠΛΗΡΩΜΑ ΤΗΣ ΕΚΚΛΗΣΙΑΣ,  
ΧΑΡΗ ΚΑΙ ΕΙΡΗΝΗ  
ΑΠΟ ΤΟΝ ΣΩΤΗΡΑ ΚΑΙ ΚΥΡΙΟ ΜΑΣ ΙΗΣΟΥ ΧΡΙΣΤΟ,  
ΑΠΟ ΕΜΑΣ ΔΕ ΕΥΧΗ, ΕΥΛΟΓΙΑ ΚΑΙ ΣΥΓΧΩΡΗΣΗ

\* \* \*

Τιμώτατοι αδελφοί Αρχιερείς και τέκνα εν Κυρίω εύλογημένα,

Ἡ χάρις τοῦ Θεοῦ τῆς ἀγάπης μᾶς ἀξίωσε καί πάλι νά εἰσέλθουμε στήν ψυχωφελῆ περίοδο τοῦ Κατανυκτικοῦ Τριωδίου καί νά φθάσουμε στήν Ἁγία καί Μεγάλη Τεσσαρακοστή, στό στάδιο τῶν ἀσκητικῶν ἀγώνων, πού εἶναι πλήρες ἀπό δωρήματα τοῦ οὐρανοῦ καί ἀπό εύφροσύνη σταυροαναστάσιμη. Κατά τὸ εύλογημένο αὐτὸ διάστημα ἀποκαλύπτεται μὲ εύκρίνεια ὁ πνευματικὸς πλοῦτος καί ὁ δυναμισμὸς τῆς ἐκκλησιαστικῆς ζωῆς καί ἡ σωτηριολογικὴ ἀναφορὰ ὅλων τῶν ἐκφάνσεών της.

Πολλὰ διδαχθήκαμε ἤδη ἀπὸ τὴν ὑπερηφάνεια τοῦ Φαρισαίου, ἡ ὁποία εἶναι ἀδιέξοδη καί δικαίῳ τὸν ἑαυτὸ μας. Διδαχθήκαμε ἀπὸ τὸν ἄγονο ἠθικισμὸ καί τὴν σκληροκαρδία τοῦ μεγαλύτερου ἀδελφοῦ ἀπὸ τὴν παραβολὴ τοῦ ἀσώτου. Διδαχθήκαμε ἀπὸ τὴν ἀπονία καί τὴν καταδίκη ἐκείνων, οἱ ὁποῖοι ἀδιαφόρησαν γιὰ ὅσους «ἐλάχιστους ἀδελφούς» τοῦ Κριτῆ εἶναι πεινασμένοι, διψασμένοι, ξένοι, γυμνοί, ἄρρωστοι καί φυλακισμένοι. Φανερώθηκε σὲ ὅλους μας ἡ ἀξία καί ἡ δύναμη τῆς ταπεινώσεως καί τῆς μετανοίας, τῆς συγχωρητικότητος καί τῆς ἐλεημοσύνης, στάσεων, στήν καλλιέργεια τῶν ὁποίων μᾶς καλεῖ μὲ ἔμφαση ἡ Ἐκκλησία κατὰ τὴν περίοδο πού ἀρχίζει ἀπὸ σήμερα.

Ἡ Ἁγία καί Μεγάλη Τεσσαρακοστή εἶναι ὁ κατάλληλος καιρὸς γιὰ πνευματικὴ, ψυχικὴ καί σωματικὴ κάθαρση καί ἄσκηση. Αὐτὰ περνᾶνε, ὅπως ἀκούσαμε στήν εύαγγελικὴ περικοπὴ πού διαβάστηκε πρὸ ὀλίγου, μέσα ἀπὸ τὴ νηστεία, ἡ ὁποία δὲν ἐπιτρέπεται νά τηρεῖται «πρὸς τὸ θεαθῆναι» ἀπὸ τοὺς ἀνθρώπους. Αὐτὰ περνᾶνε ἐπίσης καί μέσα ἀπὸ τὴν συγχωρητικὴν πρὸς τοὺς ἀδελφούς μας: «Ἐὰν ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καί ὑμῖν ὁ Πατὴρ ὑμῶν ὁ οὐράνιος»<sup>1</sup>.

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<sup>1</sup> Ματθ. στ', 14.



Αὐτὸ ἐξάλλου τὸ ὁμολογοῦμε καθημερινὰ στὴν Κυριακὴ προσευχὴ μὲ τὸ «ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν»<sup>2</sup>.

Χθές, Σάββατο τῆς Τυροφάγου, ἡ Ἐκκλησία τίμησε τὴ μνήμη τῶν ἀνδρῶν καὶ γυναικῶν ἀγίων ποὺ ἔλαμψαν μὲ τὴν ἀσκησὴ τους. Οἱ ἅγιοι δὲν εἶναι μόνο πρότυπα τῶν πιστῶν στὸν καλὸ ἀγῶνα τῆς ζωῆς μας μὲ τὸν Χριστὸ καὶ σύμφωνα μὲ τὸν Χριστό, ἀλλὰ καὶ συνοδοιπόροι, φίλοι καὶ ἀρωγοὶ στὸν ἀσκητικὸ δρόμο τῆς νηστείας, τῆς μετανοίας καὶ τῆς ταπεινώσεως. Δὲν εἴμαστε μόνοι στὴν προσπάθειά μας, ἀλλὰ ἔχουμε τὸ Θεὸ νὰ μᾶς εὐλογεῖ, τοὺς ἀγίους καὶ τοὺς μάρτυρες νὰ μᾶς συμπαραστέκονται, καὶ τὴν πρώτη τῶν ἀγίων Θεοτόκο νὰ μεσιτεύει γιὰ ὅλους μας πρὸς τὸν Κύριο. Ἡ ἀγιότητα εἶναι τεκμήριο τῆς δυνάμεως τῆς χάριτος τοῦ Θεοῦ καὶ τῆς συνεργίας τοῦ ἀνθρώπου, μέσα στὴν Ἐκκλησία, μὲ τὴ συμμετοχὴ στὰ ἱερὰ μυστήρια καὶ μὲ τὴν τήρηση τῶν θείων προσταγμάτων. Δὲν ὑπάρχει «ἀδάπανος εὐλάβεια» καὶ «εὐκόλος Χριστιανισμός», οὔτε «πλατεῖα πύλη» καὶ «εὐρύχωρος δρόμος», ποὺ νὰ ὀδηγεῖ πρὸς τὴν οὐράνια Βασιλεία<sup>3</sup>.

Ἡ Ἐκκλησία συνεχῶς μᾶς ὑπενθυμίζει ὅτι ἡ σωτηρία δὲν εἶναι ἀτομικὸ, ἀλλὰ ἐκκλησιαστικὸ γεγονός, κοινὸ ἄθλημα. Κατὰ τὴν θεοσκέπαστη Ἁγία καὶ Μεγάλη Τεσσαρακοστή, ἀποκαλύπτεται ἡ καθοριστικὴ γιὰ τὴν πνευματικὴ ζωὴ τοῦ πιστοῦ σημασία τῆς συμμετοχῆς στὴ ζωὴ τῆς κοινότητας, στὴ χριστιανικὴ οἰκογένεια καὶ τὴν ἐνορία ἢ, ἀντίστοιχα, στὸ μοναστικὸ κοινόβιο. Ἐπιθυμοῦμε νὰ ἐξάρουμε τὴ λειτουργία τῆς χριστιανικῆς οἰκογένειας ὡς κοινότητας ζωῆς γιὰ τὴ βίωση τῆς πνευματικότητας τῆς Μεγάλης Τεσσαρακοστῆς. Ὁ προκάτοχός μας ἅγιος Ἰωάννης ὁ Χρυσόστομος ἀποκάλεσε τὴν οἰκογένεια «Ἐκκλησία μικρὴ»<sup>4</sup>. Ὄντως, στὴν οἰκογένεια συντελεῖται ἡ ἐκκλησιοποίηση τῆς ὑπάρξεώς μας, ἀναπτύσσεται ἡ αἴσθησις τοῦ κοινωνικοῦ καὶ κοινοτικοῦ χαρακτῆρα τοῦ ἀνθρώπινου βίου καὶ τῆς ἐν Χριστῷ ζωῆς, ἡ ἀγάπη, ὁ ἀλληλοσεβασμὸς καὶ ἡ ἀλληλεγγύη, βιώνονται ἡ ζωὴ καὶ ἡ χαρὰ τῆς συμβίωσης ὡς θεία δωρεά. Ἡ κοινὴ προσπάθεια ἐφαρμογῆς τοῦ ἐκκλησιαστικοῦ κανόνα καὶ τοῦ ἡθους τῆς νηστείας στὰ πλαίσια τῆς οἰκογένειας, ἀναδεικνύει τὸν χαρισματικὸ χαρακτῆρα τῆς ἀσκητικῆς βιοτῆς καί, εὐρύτερα, τὴν βεβαιότητα ὅτι ὅλα τὰ ἀληθινὰ, τὰ σεμνὰ καὶ τὰ δίκαια στὴ ζωὴ μας προέρχονται ἀνωθεν, ὅτι, παρὰ τὴ δικὴ μας συνεργία καὶ συμβολή, ὑπερβαίνουν, ἐν τέλει, τὸ ἀνθρωπίνως ἐφικτὸ καὶ τὰ ἀνθρώπινα μέτρα. Ἐξάλλου, ἡ κοινότητα τοῦ βίου, ἡ ἀγάπη πρὸς ἀλλήλους ποὺ δὲν ἀναζητᾷ τὸ προσωπικὸ συμφέρον, καὶ ἡ συγχωρητικότητα δὲν ἀφήνουν χώρο στὸν δικαιοματισμὸ καὶ τὴν αὐταρέσκεια. Ἐκφραση αὐτοῦ τοῦ πνεύματος «κοινῆς ἐλευθερίας» καὶ εὐχαριστιακοῦ ἀσκητισμοῦ ἀποτελεῖ ἡ ἀδιάσπαστη σύνδεση νηστείας, φιλανθρωπίας καὶ συμμετοχῆς στὴν ἐνοριακὴ καὶ λειτουργικὴ ζωὴ τῆς Ἐκκλησίας. Ἡ βίωση τοῦ «σαρακοστιανοῦ κλίματος» στὴ χριστιανικὴ οἰκογένεια ὀδηγεῖ στὸ βάθος τῆς ἀλήθειας τῆς ἐκκλησιαστικῆς ἐμπειρίας καὶ ἀποτελεῖ κοιτίδα καὶ ἀφετηρία χριστιανικῆς μαρτυρίας στὴν ἐκκοσμικευμένη σύγχρονη κοινωνία.

Εὐχέσθε, ἀδελφοὶ καὶ τέκνα, νὰ διατρέξουμε ὅλοι μὲ ἔνθεο ζῆλο τὸ στάδιο τῆς Ἁγίας καὶ Μεγάλης Τεσσαρακοστῆς μὲ νηστεία καὶ μετάνοια, μὲ προσευχὴ καὶ κατάνυξη, εἰρηνεύοντας μὲ τὸν ἑαυτὸ μας καὶ μὲ τοὺς ἄλλους, κοινωνώντας τὴ ζωὴ,

<sup>2</sup> Ματθ. στ', 12.

<sup>3</sup> Πρβλ. Ματθ. ζ', 13-14.

<sup>4</sup> Ἰ. Χρυσόστομος, Ὑπόμνημα εἰς τὴν πρὸς Ἐφεσίους ἐπιστολήν, κ', PG 62, 143.

ἀναδεικνυόμενοι «πλησίον» ὅσων βρίσκονται στήν ἀνάγκη μὲ ἔργα φιλάνθρωπα, συγχωρώντας ἀλλήλους καὶ δοξολογώντας γιὰ ὅλα τὸ ὑπερουράνιο ὄνομα τοῦ Θεοῦ τοῦ ἐλέους, δεόμενοι πρὸς Αὐτὸν νὰ εὐδοκήσει νὰ φθάσουμε μὲ καθαρισμένη τὴ διάνοιά μας στὴ Ἁγία καὶ Μεγάλη Ἑβδομάδα καὶ νὰ προσκυνήσουμε μὲ χαρὰ καὶ ἀγαλλίαση τὴν λαμπροφόρα Ἀνάστασή Του.

Ἁγία καὶ Μεγάλη Τεσσαρακοστή 2024

† Ὁ Κωνσταντινουπόλεως

διάπυρος πρὸς Θεὸ εὐχέτης ὅλων σας

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Ἀναγνωσθήτω ἐπ' ἐκκλησίας κατὰ τὴν Κυριακὴν τῆς Τυρινῆς, ἰζ' Μαρτίου, ἀμέσως μετὰ τὸ Ἱερόν Εὐαγγέλιον.