

“ENLIGHTEN MY DARKNESS, O LORD”

The Second Sunday of Lent is dedicated to the memory of a saint that may be described as a “mysterious mystic”: **St. Gregory Palamas**. Gregory was born in 1296 A.D. and received his secular education in Constantinople. His father was a prominent official in the Emperor’s court, but Gregory chose to devote his life to serving a Heavenly King rather than a temporal one. At the age of 20, he entered a monastery on Mt. Athos, and was ordained to the priesthood 10 years later.

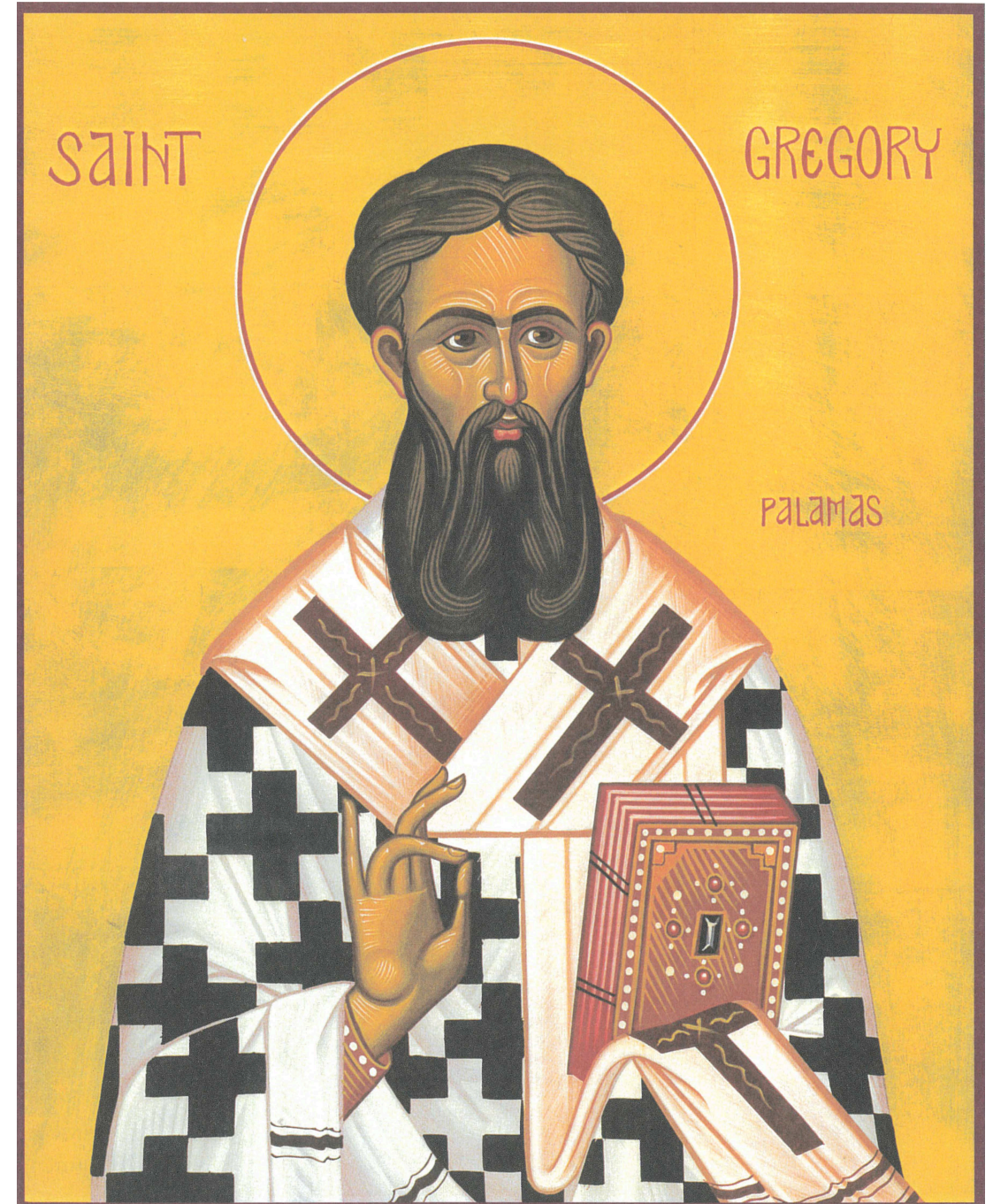
Gregory Palamas became part of a controversial monastic movement called “hesychasm.” Hesychasm called for its followers to embrace a life of silence and contemplative prayer. It taught that through fasting, rigorous bodily discipline and repetition of the Jesus Prayer, man can know God in an intimate way. For years, the only words uttered by St. Gregory were: “Enlighten my darkness, O Lord,” as he sought to know His Creator with all of his being.

Although he would have been content to remain on Mt. Athos for the rest of his life, Gregory was appointed Archbishop of Thessalonica in 1347 A.D. His views on theological matters came under fierce attack by his enemies, even causing him to be imprisoned for heresy on several occasions. Gregory’s positions eventually became universally accepted by the entire Holy Orthodox Church, and today, Gregory Palamas is extolled as a “Light of Orthodoxy, a teacher of the Church and an invincible champion of theologians.”

Gregory Palamas fell asleep in the Lord in 1359 A.D. He was canonized a saint only 9 years after his death.

Icon by Austin Kachek - Manville, NJ

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

March 31, 2024
 Sunday of St. Gregory Palamas
 The Holy Hieromartyr Hypatius, Bishop of Gangra
 Theophilus the Martyr and those with him
 Innocent, Enlightener of Siberia & Alaska



ENTRANCE HYMNS

Resurrectional Apolytikion – Ote Katilthes (“When Thou Descended”)

When You descended to the Realm of Death, You, the Life that is deathless, then did You Hades lifeless rend with the Lightning of Divineness. And when You did raise up those dead from deep within the earth, Then did all the powers that are in the Heavens above cry out, O Lifegiving Christ, You Who are our God, Glory to You.

Apolytikion of the Feast – Orthodoxias o sotir (“Orthodoxy’s luminary”)

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

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᾽ ἀ γώνων εὐαγών, Ἀγάπην τε καί 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 – Ti ipermacho (“O Champion General”)

*O Champion General, I your City now ascribe to you * triumphant anthems as the tokens of my gratitude, * being rescued from the terrors, O Theotokos. * Inasmuch as you have power unassailable, * from all kinds of perils free me so that unto you * I may cry aloud: * Rejoice, O unwedded Bride.*

OUR JOURNEY TO PASCHA! 2024			
Created by Fr. Jonathan Bannon (ACROD)			
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:	
Fast - Free Week FEBRUARY 25th	 Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.	
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.	
Meatfare MARCH 10th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.	
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.	
1st Sunday of Lent MARCH 24th	 SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.	
2nd Sunday of Lent MARCH 31st	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.	
3rd Sunday of Lent APRIL 7th	 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 Letter to the Hebrews 1:10-14; 2:1-3

*The Lord is my strength and my song.
Verse: The Lord has chastened me sorely.*

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Ἀνάγνωσις ἐπιστολῆς Πρὸς Ἑβραίους 1:10-14, 2:1-3 τὸ ἀνάγνωσμα

*Ἰσχύς μου καὶ ὕμνησίς μου ὁ Κύριος.
Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος.*

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἰρήκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

GOSPEL READING

The Gospel According to Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Μάρκον 2:1-12 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, εἰσηλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοῦμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἴνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

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 tcox@mysolutions.com. Thank you!



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

THE NICENE CREED (The Confession of Faith)

I believe in one God, Father Almighty, Creator of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages;

Light of Light, true God of true God, begotten, not created, of one essence with the Father, through Whom all things were made.

Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and suffered and was buried;

And He rose on the third day, according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father;

And He will come again with glory to judge the living and the dead; His kingdom shall have no end.

And in the Holy Spirit, the Lord, the Creator of Life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through the prophets.

In one holy, catholic, and apostolic Church.

I confess one baptism for the forgiveness of sins.

I look for the resurrection of the dead,

and the life of the age to come.

Amen

PRAYER MINISTRY



"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:6-7

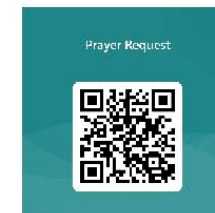
"And whatever things you ask in prayer, believing you will receive." Matthew 21:22

"For with God, nothing will be impossible." Luke 1:37

Clearly, there is nothing more powerful than the power of prayer. Imagine someone struggling or suffering and then having multiple people praying for them daily! Our "Prayer Warriors" do just that. They will pray for individuals added to the list daily for a period of 6 months.

If you know of someone in need, you can add them to our prayer list using one of the following methods:

1. Fill out a request form at the box found in the church narthex **OR**
2. Send an email to Prayers@SaintSophiaChurch.org **OR**
3. Use the anonymous online form (the link is found under Prayer Ministry on our website), or you can use this link <https://forms.office.com/r/kMx49JdptM> **OR**
4. Use the QR form below (also found on the box in the narthex) which takes you to the anonymous form.



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-ού-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

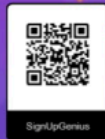
3pm Service of Apokathelosis

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

LIGHT REFRESHMENTS
SERVED

SIGN UP DEADLINE
Friday - April 26th

PRE-REGISTRATION REQUIRED



Good Friday Retreat

March 31, 2024

Sunday of St. Gregory Palamas

The Holy Hieromartyr Hypatius, Bishop of Gangra

Theophilos the Martyr and those with him

Innocent, Enlightener of Siberia & Alaska



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 the souls of:

Andreas Tsipras (40 days), loving father of Seraphim (Patricia) and Papou to Alexandra and Jacob. He was predeceased by his beloved wife Ekaterini and their son Demetrios. He is survived by his brothers, Socratis (Ekaterini), Evangelos (Sofia), and Elias (Paraskevi); sisters, Roxani and Sofia (Vasilios); two sisters-in-law, Evridiki and Kalliope, and many nieces and nephews and their families. May his memory be eternal.

AND

Vasiliki Critikos (40 days), beloved wife of Ted Critikos of Centennial, Colorado, and loving mother of John (Zephie) Critikos and Peter (Athena) Critikos. Vasiliki was also a loving grandmother to Theo, Magdalena, and Konstantinos Critikos. May her memory be eternal.

Coffee Hour: Thank you to the Tsipras family for offering today's coffee hour in memory of their beloved Andreas.

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

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!

Readers for Salutations to the Theotokos: The third Salutations to the Theotokos are on Friday evening, **April 5th beginning at 7:00 pm.** We are looking for readers for the English and Greek for that Friday and the following two 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. We are in need of 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!**

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!!

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. Pledge forms are available at the Pangari for your convenience.

2024
HOLY WEEK ITEMS FOR SPONSORSHIP

The following items used during Holy Week 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
1. Palms for Palm Sunday	Market Price Donor Secured
2. Flowers for Nymphios Icon	Donor Secured
3. Wreath for the Crucifix	\$100
4. Easter Eggs	Market Price Donor Secured
5. Easter Egg Dye	\$45
6. Tulle & Ribbon	Donor secured
7. Easter Lily Arrangements for Resurrection Service	4 @ \$65 ea.
8. Flowers for Icon of Christ	\$75
9. Flowers for Icon of the Theotokos	\$75
10. Flowers for Icon of St. John the Baptist	\$75
11. Flowers for Icon of St. Sophia	\$75
12. Flowers for the Royal Gate	\$85
13. Flowers for the Crucifix at Service of the Passion	8 @ \$45 ea
14. Candles for 12 Gospels (for Holy Thursday night)	\$45
15. Candles for the Altar (Liquid Wax for refillable candles)	\$35
16. Vigil Candle at Empty Tomb	\$25
17. 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!



**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.**

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Fri. Mar. 29 th	7:00 pm	Salutations to the Theotokos
Sun. Mar. 31 st	8:45 am	Orthros; 10:00 am Divine Liturgy – St. Gregory Palamas
	12:30 pm	Greek School (Adults)
Mon. Apr. 1 st	6:30 pm	Great Compline
Wed. Apr. 3 rd	5:00 pm	Little Angels
	6:30 pm	Presanctified Liturgy
Thurs. Apr. 4 th	5:00 pm	Greek School (Children)
Fri. Apr. 5 th	7:00 pm	Salutations to the Theotokos
Sat. Apr. 6 th		District Oratorical Festival at St. Luke, Broomall
Sun. Apr. 7 th	8:45 am	Orthros; 10:00 am Divine Liturgy – Sunday of the Holy Cross Greek Independence Day Parade TODAY! The bus departs from St. Sophia at 12:00 Noon <i>SHARP!</i>
Mon. Apr. 8 th	6:30 pm	Great Compline
Wed. Apr. 10 th	10:00 am	Presanctified Liturgy
	5:00 pm	Little Angels
Thurs. Apr. 11 th	5:00 pm	Greek School (Children)
Fri. Apr. 12 th	7:00 pm	Salutations to the Theotokos
Sat. Apr. 13 th		Sights & Sounds at St. Demetrios
Sun. Apr. 14 th	8:45 am	Orthros; 10:00 am Divine Liturgy – St. John Climacus
	12:30 pm	Greek School (Adults)
Mon. Apr. 15 th	6:30 pm	Great Compline
Wed. Apr. 17 th	5:00 pm	Little Angels
	6:30 pm	Presanctified Liturgy
Thurs. Apr. 18 th	5:00 pm	Greek School (Children)
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)
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

AS PASCHA APPROACHES, WE WILL PROVIDE THE HOLY WEEK SCHEDULE



PHILADELPHIA
GREEK
INDEPENDENCE
DAY 2024
CELEBRATIONS

Save the Dates

FLAG RAISING

**FRIDAY
APRIL 5**

1:00 PM

BANQUET

**SATURDAY
APRIL 6**

5:00 PM

PARADE

**SUNDAY
APRIL 7**

1:00 PM*

**1:00 PM | Ben Franklin Parkway & 22nd Street Formation*

2:00 PM | Step-off /Parade will begin at 22nd & the Parkway marching towards City Hall



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