

## THE CROSS PROVIDES US SPIRITUAL STRENGTH

The Great Fast is a lengthy period of prayer, fasting and penance. It is a spiritual struggle that begins with great personal expectations and often ends with feelings of discouragement over that we perceive as a lack of accomplishment on our part.

The Church knows our weaknesses well. On the Third Sunday of Lent, to assist us in our attempt to travel the course of Lent in the proper manner, the Cross is placed before us as a powerful incentive for us to persevere in our quest for a fulfilling celebration of our Lord's Resurrection.

Today, our Church encourages us to venerate the Cross of our Lord in a very special way, so that we may be strengthened in spirit. It is significant for us to note that in the services prescribed for this day, almost no mention of the Cross is made as being an object of suffering and death. Instead, we speak of it today as a symbol of joy, victory and life. One of the hymns from Vespers for this Sunday proclaims: REJOICE, O LIFE-GIVING CROSS, MOST BEAUTIFUL PARADISE OF THE CHURCH, THE TREE OF IMMORTALITY WHICH GAVE US THE JOY OF EVERLASTING LIFE.

It is customary on the Third Sunday of Lent to carry out the Cross in solemn procession and place it on the tetrapod for veneration by the faithful. Join us as we sing: "COME, ALL YOU NATIONS, LET US EXTOL THE CROSS OF THE LORD WITH HYMNS OF PRAISE."

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

St. Sophia/SS. Faith, Hope & Agape Greek Orthodox Church

April 7, 2024



METROPOLIS OF  
NEW JERSEY

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

900 South Trooper Road  
Jeffersonville, PA, 19403

Tel.: (610) 650-8960 • Fax: (610) 650-8961

[www.saintsophiachurch.org](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. Ekonomos Peter J. Thornberg, Proistamenos

[frpeter@saintsophiachurch.org](mailto:frpeter@saintsophiachurch.org)

Metropolis of New Jersey





April 7, 2024  
 Sunday of the Holy Cross  
 Calliopos and Akylina the Martyrs  
 George, Bishop of Mytilene  
 Gerasimos the God-Bearer of Byzantium



**ENTRANCE HYMNS**

**Apolytikion of the Feast – Soson Kyrie (“Save, O Lord”)**

*Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.*

**Resurrectional Apolytikion – Effrenestho ta Ourania (“Let the Heavens Above Rejoice”)**

*Let the heavens above rejoice, and all those here on the earth, on the earth, be glad. A mighty feat of strength has been wrought by the arm of the Lord. O Death has he trampled down with his own death. First-born among the dead has He become, from the womb of Hades has He delivered us and has granted to the world His Great Mercy.*

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

**Greek**

*Ὁς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστῷ καρπὸν ἡ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δι’ α γώνων εὐαγών, Ἀγάπην τε καὶ Ἐλπίδα σὺν τῇ θεόφρονι Πίστει, μεθων δυσώπει υπέρ πάντων ἡμῶν.*

**English Phonetics for Greek**

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

**English**

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

**Seasonal Kontakion – 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.*

<b>OUR JOURNEY TO PASCHA! 2024</b>			
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> <small>FAREWELL TO MEAT TODAY</small>	 <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> <small>FAREWELL TO CHEESE TODAY</small>	 <b>Adam and Eve are cast from Paradise!</b> <small>FORGIVENESS SUNDAY</small> 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>VERENERATION OF THE HOLY CROSS</b> <small>HALF WAY TO PASCHA!</small> 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> <small>GREAT WEEK BEGINS</small>	 <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> <small>JESUS DIES ON THE CROSS</small> 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> <small>NO FASTING!</small>	 <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 Hebrews 4:14-16; 5:1-6

*O Lord, save your people and bless your inheritance.*

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

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

### Ἀνάγνωσις ἐπιστολῆς Πρὸς Ἑβραίους 4:14-16, 5:1-6 τὸ ἀνάγνωσμα

*Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.*

*Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεός μου.*

Ἀδελφοί, ἔχοντες οὖν ἀρχιερέα μέγαν, διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθεῖσαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοιότητα, χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον, καὶ χάριν εὐρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ ἀρχιερεύς, ἐξ ἀνθρώπων λαμβανόμενος, ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσιν καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικείται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτως καὶ περὶ ἑαυτοῦ, προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ θεοῦ, καθάπερ καὶ Ἄαρών. Οὕτως καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασεν γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἑτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.



**GOSPEL READING**  
**The Gospel According to Mark 8:34-38; 9:1**

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

**ΕΥΑΓΓΕΛΙΟΝ**

**Ἐκ τοῦ Κατὰ Μάρκον 8:34-38, 9:1 Εὐαγγελίου τὸ Ἀνάγνωσμα**

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἐλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἂν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἂν ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

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

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

Donations made to the Philoptochos Poor Box for April benefit Mitzvah Circle, which provides basic material goods, case management, coaching and referrals to those facing poverty, homelessness, serious illness, and difficult circumstances. They are located in Jeffersonville, near Walmart. You can learn more about Mitzvah Circle at [www.mitzvahcircle.org](http://www.mitzvahcircle.org). Please pray for those affected who are helped by Mitzvah Circle as well as those who work on their behalf.

Please consider donating to this worthwhile charity at: <http://www.saintsophiachurch.org/poorboxdonations.html> or submit a check payable to St. Sophia Philoptochos and indicate Poor Box on the memo line. God bless you!

**PHILOPTOCHOS RAFFLE UPDATE:** Congratulations to Eliana Black, winner of the Nintendo Switch!

Thank you to all who supported our Mardi Gras Raffle of the Nintendo Switch!

**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@myisolutions.com](mailto:tcx@myisolutions.com). Thank you!





**AHEPA Chapter 445 "Thermopylae" of Upper, Darby, PA**  
*presents*  
**The James D. Tanos - Theophilos Constantinidis**  
**46th Annual**  
**Pan-Hellenic Track and Field Meet**



**St. George Church**  
**46th Anniversary**  
 James D. Tanos - Theophilos Constantinidis  
**Pan-Hellenic Track & Field Meet**  
 THERMOPYLAE CHAPTER 445  
 DELAWARE COUNTY, PA



**St. Demetrios Church**  
**46th Anniversary**  
 James D. Tanos - Theophilos Constantinidis  
**Pan-Hellenic Track & Field Meet**  
 THERMOPYLAE CHAPTER 445  
 DELAWARE COUNTY, PA



**Holy Trinity Church**  
**46th Anniversary**  
 James D. Tanos - Theophilos Constantinidis  
**Pan-Hellenic Track & Field Meet**  
 THERMOPYLAE CHAPTER 445  
 DELAWARE COUNTY, PA



**St. Sophia Church**  
**46th Anniversary**  
 James D. Tanos - Theophilos Constantinidis  
**Pan-Hellenic Track & Field Meet**  
 THERMOPYLAE CHAPTER 445  
 DELAWARE COUNTY, PA

For more information, please contact:

**Demetri Constantinidis:** 610-308-9962, or [aek52@gmail.com](mailto:aek52@gmail.com)

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

Please visit our website: [www.ahepa-445.org](http://www.ahepa-445.org) for track meet photos, videos, event information, and more!

THE NICENE CREED  
 (The Confession of Faith)

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

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

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

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

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

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

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

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

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

In one holy, catholic, and apostolic Church.

I confess one baptism for the forgiveness of sins.

I look for the resurrection of the dead, and the life of the age to come.

Amen



### ENGLISH

Our Father, who art in heaven;  
hallowed be Thy name, Thy  
Kingdom come, Thy will be done,  
on earth as it is in heaven.

Give us this day our daily bread;  
and forgive us our trespasses, as  
we forgive those who trespass  
against us; and lead us not into  
temptation, but deliver us from  
evil.

### GREEK

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

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

## THE LORD'S PRAYER

### ENGLISH PHONETICS

Pá-ter i-món o en tis ou-ra-nís  
a-gi-as-thí-to to o-no-má Sou,  
el-thé-to I va-si-lí-a Sou,  
ge-ni-thí-to to thé-li-má Sou, os  
en ou-ra-nó ke e-pi tis ghis.

Ton ár-ton i-món ton  
e-pi-ou-si-on dos i-mín  
sí-me-ron ke á-fes i-mín ta  
o-fe-lí-ma-ta i-món, os ke i-mís  
a-fi-e-men tis o-fi-lé-tes i-món ke  
mi i-se-nég-kis i-más is  
pi-ras-món, al-la rí-se i-más a-pó  
tou po-ni-roú.

Phonetics by Dr. Christine Kerxhalli,  
[orthodoxtoday.wordpress.com](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

SIGN UP DEADLINE  
Friday-April 26th

LIGHT REFRESHMENTS  
SERVED

PRE-REGISTRATION REQUIRED



## Good Friday Retreat

# PRAYER MINISTRY



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

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

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

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

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

1. Fill out a request form at the box found in the church narthex **OR**
2. Send an email to [Prayers@SaintSophiaChurch.org](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.



April 7, 2024  
Sunday of the Holy Cross  
Calliopos and Akylina the Martyrs  
George, Bishop of Mytilene  
Gerasimos the God-Bearer of Byzantium



*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.

**40-Day Baby Blessing:** Evan and Erica (Rudzinski) Kaloudis present their son for the traditional 40-day baby blessing. May God bless little **Alexandros** and his parents!

**Daffodils for today's service:** Thank you to Peggy Happas, Sofia Kalderemtzis, Peggy Kostomite, Despina Kourtidis, Maria Papadimitriou, Sofia Tatsis, and Irene Tsokas for sponsoring the daffodils for the Veneration of the Holy Cross today.

**Greek Independence Day Parade in Philadelphia TODAY!** The bus departs from St. Sophia at 12:00 Noon **SHARP!**

**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](mailto:office@saintsophiachurch.org) to update this information. Thank you!

**Readers for Salutations to the Theotokos:** The fourth Salutations to the Theotokos are on Friday evening, **April 12<sup>th</sup> beginning at 7:00 pm.** We are looking for readers for the English and Greek for that and the following Friday. **If you are interested in reading, please call the Parish office to put your name on the list.**



**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 need sponsors for the coming weeks. **Please note that the church will supply coffee, creamer, juice, and paper products to eliminate waste and clutter. We ask that coffee hour sponsors donate \$25 (payable to St. Sophia Church) to offset these expenses. Thank you!**

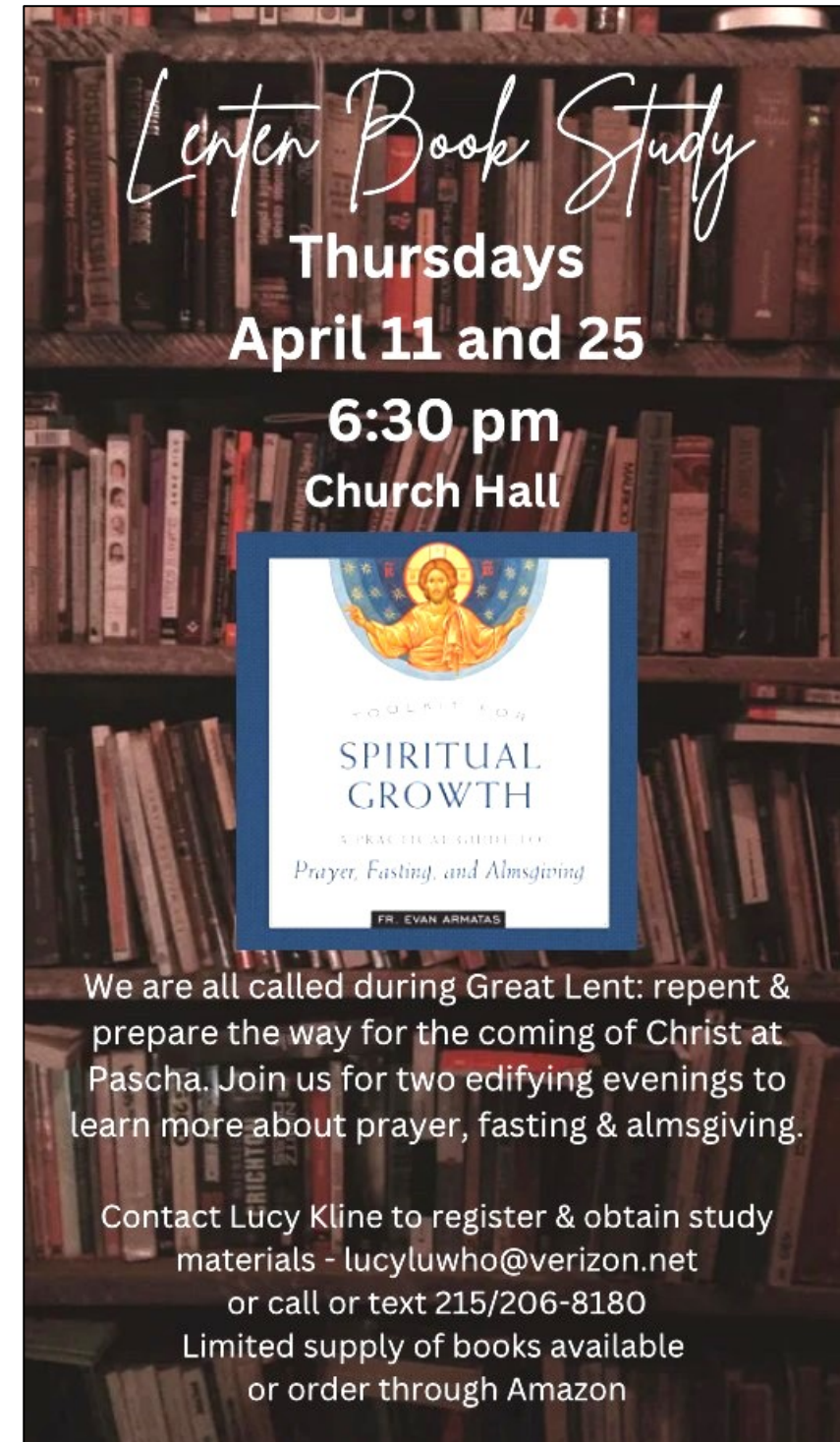
**Good Friday Luminarias:** Once again, our PTO is selling Good Friday Luminarias. During the Good Friday Retreat, our GOYAnS will prepare them and set them out around the church for the Good Friday Evening Service. The Luminarias will line the walkways around the church along the path of the Epitaphio.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



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

The **47th Annual AHEPA Track and Field Meet** will take place on **Saturday, May 11<sup>th</sup>** (rain date Sunday May 12<sup>th</sup>) 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](mailto:donnachristou@gmail.com) or [christoulou69@gmail.com](mailto: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!!



*Lenten Book Study*  
**Thursdays**  
**April 11 and 25**  
**6:30 pm**  
**Church Hall**

**WALK WITH US**  
**SPIRITUAL GROWTH**  
A PRACTICAL GUIDE TO  
*Prayer, Fasting, and Almsgiving*  
FR. EVAN ARMATAS

We are all called during Great Lent: repent & prepare the way for the coming of Christ at Pascha. Join us for two edifying evenings to learn more about prayer, fasting & almsgiving.

Contact Lucy Kline to register & obtain study materials - [lucyluwho@verizon.net](mailto:lucyluwho@verizon.net) or call or text 215/206-8180  
Limited supply of books available or order through Amazon





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

## SCHEDULE OF UPCOMING SERVICES AND EVENTS

Fri. Apr. 5 <sup>th</sup>	7:00 pm	Salutations to the Theotokos
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 <b>TODAY!</b>
		The bus departs from St. Sophia at 12:00 Noon <b>SHARP!</b>
Mon. Apr. 8 <sup>th</sup>	6:30 pm	Great Compline
Wed. Apr. 10 <sup>th</sup>	10:00 am	Presanctified Liturgy
	5:00 pm	Little Angels
Thurs. Apr. 11 <sup>th</sup>	5:00 pm	Greek School (Children)
Fri. Apr. 12 <sup>th</sup>	7:00 pm	Salutations to the Theotokos
Sat. Apr. 13 <sup>th</sup>		Sights & Sounds at St. Demetrios
Sun. Apr. 14 <sup>th</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy – St. John Climacus
	12:30 pm	Greek School (Adults)
Mon. Apr. 15 <sup>th</sup>	6:30 pm	Great Compline
Wed. Apr. 17 <sup>th</sup>	5:00 pm	Little Angels
	6:30 pm	Presanctified Liturgy
Thurs. Apr. 18 <sup>th</sup>	5:00 pm	Greek School (Children)
Fri. Apr. 19 <sup>th</sup>	7:00 pm	Salutations to the Theotokos – The Akathist Hymn
Sun. Apr. 21 <sup>st</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy – St. Mary of Egypt
	12:30 pm	Greek School (Adults)
Mon. Apr. 22 <sup>nd</sup>	6:30 pm	Great Compline
Wed. Apr. 24 <sup>th</sup>	10:00 am	Presanctified Liturgy
	5:00 pm	Little Angels
Thurs. Apr. 25 <sup>th</sup>	5:00 pm	Greek School (Children)
Sat. Apr. 27 <sup>th</sup>	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**

**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.



# 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](mailto:ladies@saintsophiachurch.org))  
and Venmo payments

FOR ORDERS: Kathy T. 610.539.5413



venmo

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	Donor Secured
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	Donor Secured
11. Flowers for Icon of St. Sophia	Donor Secured
12. Flowers for the Royal Gate	Donor Secured
13. Flowers for the Crucifix at Service of the Passion	8 @ \$45 ea
14. Candles for 12 Gospels (for Holy Thursday night)	Donor Secured
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.**

**PHILADELPHIA  
GREEK  
INDEPENDENCE  
DAY 2024  
CELEBRATIONS**

*Save the Dates*

<b>FLAG RAISING</b>	<b>BANQUET</b>	<b>PARADE</b>
<b>FRIDAY APRIL 5</b>	<b>SATURDAY APRIL 6</b>	<b>SUNDAY APRIL 7</b>
<b>1:00 PM</b>	<b>5:00 PM</b>	<b>1:00 PM*</b>

\* 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

# PALM *Sunday* LUNCHEON APRIL 28, 2024

## ADULT MENU \$25

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

## CHILDREN'S MENU (under 10) \$10

Fish Sticks and Mac & Cheese  
Includes Beverage & Dessert

RESERVATIONS WITH PAYMENT REQUIRED BY 4/22/24

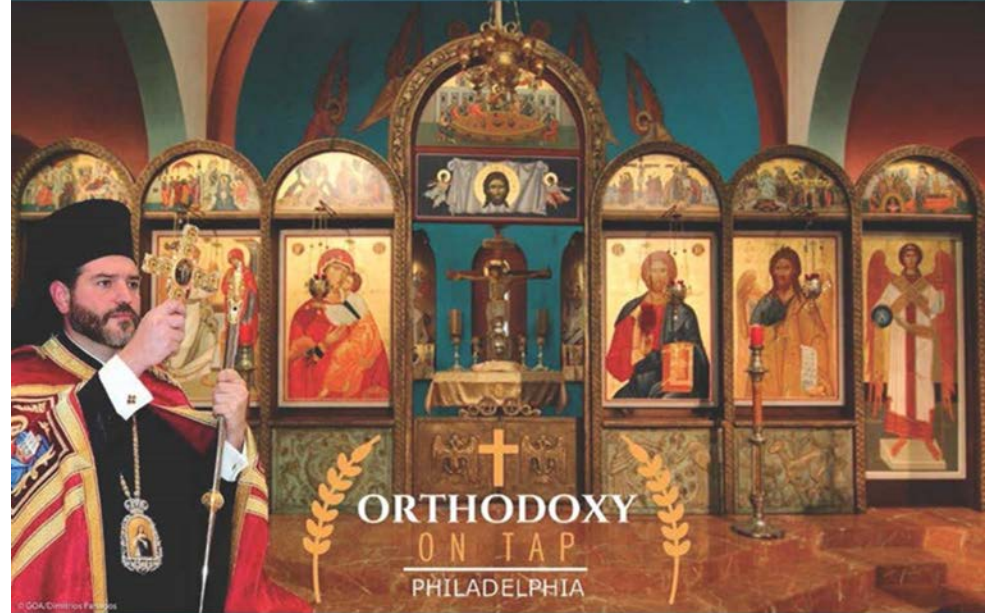
TAKE OUT ALSO AVAILABLE WITH PREPAYMENT

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



venmo

## Akathist to the Theotokos & Lenten Potluck With His Eminence Metropolitan Apostolos of NJ



What: Akathist to Theotokos followed by a Lenten Potluck

When: April 19th, at 6:00

Where: Annunciation Greek Orthodox Church  
7921 Old York Road, Elkins Park, PA 19027

RSVP in the Philly OOT GroupMe or by emailing forrydaniel@gmail.com



**Please bring a vegan dish to share!**

*Orthodoxy on Tap Philadelphia is  
Inviting Your Young Adults  
& Young Professionals*

*for a Pan-Orthodox  
Evening of Prayer, Fellowship, and Discussion  
w/His Eminence Metropolitan Apostolos  
Friday, April 19th @ 6pm  
Please bring a Lenten (Vegan) Dish to share!*