

“ASCEND THE LADDER OF THE VIRTUES”

On the 4th Sunday of Lent, we annually commemorate a 7th century monastic saint: ST. JOHN CLIMACUS. He is best remembered today for his spiritual writing entitled the “Ladder of Divine Ascent.” In this marvelous work, he compares the quest for spiritual perfection with climbing a 30-step ladder, with each rung corresponding to a year in the life of Christ that was hidden from the world. Even today, many Orthodox monasteries will begin the season of Great Lent with a public reading of Climacus’ book.

While the “Ladder of Divine Ascent” was written primarily for those living a monastic life, it offers wonderful spiritual advice from which we can all benefit. Listen to some of John’s profound comments in his spiritual work:

“In a meek heart, the Lord will find rest.”

“Humility is a divine shelter to prevent us from seeing our achievements.”

“Those who wish to learn the will of God must first suppress their own will.”

“Run from places of sin as from the plague, for when fruit is not present, we have no frequent desire to eat it.

“Let your prayers be completely simple. Remember that both the Publican and the Prodigal Son were reconciled with God by praying only one phrase.”

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



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

900 South Trooper Road
Jeffersonville, PA, 19403

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

www.saintsophiachurch.org email: office@saintsophiachurch.org

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

Rev. Ekonomos Peter J. Thornberg, Proistamenos

frpeter@saintsophiachurch.org

Metropolis of New Jersey



April 14, 2024
 Sunday of St. John Climacus
 Aristarchus, Pudens, Trophimus the Apostles of the 70
 Thomais the Martyr of Alexandria
 Ardalion the Actor and Martyr



ENTRANCE HYMNS

Resurrectional Apolytikion – To Fedhron Tis Anastaseos (“The Joyful News of Your Resurrection”)
The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his great mercy.

Apolytikion for John Climacus - Tes ton dhakion sou roes (“With the rivers of your tears”)
With the rivers of your tears, you have made the barren desert fertile. Through sighs of sorrow from deep within you, your labors have borne fruit a hundred-fold. By your miracles you have become a light, shining upon the world. O John, our Holy Father, pray to Christ our God, to save 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 ἡ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δι’ α γώνων εὐάγων, 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.*

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 6:13-20

*O Lord, how manifold are your works. You have made all things in wisdom.
Verse: Bless the Lord, O my soul.*

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Ἀνάγνωσις ἐπιστολῆς Πρὸς Ἑβραίους 6:13-20 τὸ ἀνάγνωσμα

*Ὡς ἐμεγαλύνθη τὰ ἔργα σου Κύριε, πάντα ἐν σοφίᾳ ἐποίησας.
Στίχ. Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον.*

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγελιάμενος ὁ θεός, ἐπεὶ κατ' οὐδενὸς εἶχεν μείζονος ὁμόσαι, ὤμοσεν καθ' ἑαυτοῦ, λέγων, Ἴη μὴν εὐλογῶν εὐλόγησω σε, καὶ πληθύνων πληθυνῶ σε. Καὶ οὕτως μακροθυμήσας ἐπέτυχεν τῆς ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσιν, καὶ πάσης αὐτοῖς ἀντιλογίας πέρασ εἰς βεβαίωσιν ὁ ὄρκος. Ἐν ᾧ περισσώτερον βουλόμενος ὁ θεὸς ἐπίδειξαι τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν, καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος· ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσήλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

GOSPEL READING The Gospel According to Mark 9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Μάρκον 9:17-31 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκεῖνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ λέγων, διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτὸν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἶ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεῦοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπέτιμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτὸν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτὸν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτὸν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτὸν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελθεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γινῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

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. 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!

2024 HOLY WEEK ITEMS FOR SPONSORSHIP

The following items used during Holy Week still 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
Easter Egg Dye	\$45
Flowers for the Crucifix at Service of the Passion	7 @ \$45 ea.
Candles for the Altar (Liquid Wax for refillable candles)	\$35
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!



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



Saturday, May 6th, 2023 @ 10:00AM
Rain date: Saturday, May 13th, 2023



Drexel Hill Middle School
3001 State Road
Drexel Hill, PA 19026



For more information, please contact:

Demetri Constantinidis: 610-308-9962, or aek52@gmail.com

Vasilios Ikonomou: 610-883-2340, or vasiliostheikonomou@gmail.com

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

Please visit our website: 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

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

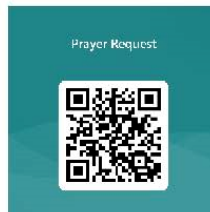
"And whatever things you ask in prayer, believing you will receive." Matthew 21:22

"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 **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 14, 2024

Sunday of St. John Climacus

Aristarchus, Pudens, Trophimus the Apostles of the 70

Thomais the Martyr of Alexandria

Ardalion the Actor and Martyr



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.

Welcome Fr. Christos Christofidis! Fr. Christos Christofidis (and Presvytera Joanna) return once again today to celebrate the Divine Liturgy in Fr. Peter's absence.

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.

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 final Salutations to the Theotokos are on Friday evening, **April 19th beginning at 7:00 pm.** We are looking for readers for the English and Greek for that evening. **If you are interested in reading, please call the Parish office to put your name on the list.**

Sponsor Coffee Hour! If you are interested in hosting a coffee hour, please sign up on the Coffee Hour Sponsor Sheet on the window at the back of the hall near the coffee/refreshments table. We need sponsors for the coming weeks. **Please note that the church will supply coffee, creamer, juice, and paper products to eliminate waste and clutter. We ask that coffee hour sponsors donate \$25 (payable to St. Sophia Church) to offset these expenses. Thank you!**

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.



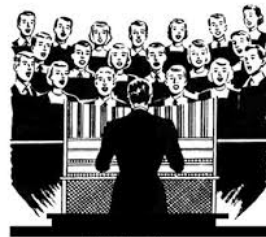
To participate, please send an email to Cathy Cox at catcox1@verizon.net by **May 1st** with the exact spelling of the names you would like on each Luminaria. Please consider making a \$5 candle donation to St. Sophia for each Luminaria using the donation options on our website (PayPal, Venmo or Zelle). 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 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!!

HELP WANTED! We are looking for friendly, welcoming faces to be part of our Pangari Team. You do NOT need to be a member of the Parish Council to serve Pangari duty. What you do need to do is welcome fellow parishioners, make change when they purchase candles, help with passing the collection tray, etc. It's a great way to serve the Parish and to learn more about how the Parish operates as you'll be serving next to existing Parish Council members. If you are interested, then please reach out to either Elaine Piligian (Parish secretary) or John Pogas.

The Choir is Looking for New Members: Can you sing? Do you play piano? The choir is looking to expand our membership. All are welcome to sit in on our rehearsals and/or Liturgies to learn more about our music and to see if the choir is right for you. Please call Tom Cox with questions ([215-859-1009](tel:215-859-1009)) or email him at tcx@mysolutions.com. Thank you!

A poster for a Lenten Book Study. The background is a dark, blurred image of a bookshelf filled with books. The text is white and yellow. At the top, 'Lenten Book Study' is written in a large, white, cursive font. Below it, 'Thursdays' is in a bold, white, sans-serif font, followed by 'April 11 and 25' in the same font. Then '6:30 pm' and 'Church Hall' are in the same font. In the center, there is a framed image of a book cover. The book cover is white with a blue border. It features a golden icon of Christ Pantocrator at the top. Below the icon, the text reads 'FOURKIT FOR SPIRITUAL GROWTH' in blue, followed by 'A PRACTICAL GUIDE TO: Prayer, Fasting, and Almsgiving' in a smaller blue font. At the bottom of the cover, it says 'FR. EVAN ARMATAS'. Below the book cover, there is a paragraph of white text: '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.' At the bottom, there is another paragraph of white text: 'Contact Lucy Kline to register & obtain study materials - 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) or Venmo



SCHEDULE OF UPCOMING SERVICES AND EVENTS

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)
	6:30 pm	Lenten Book Study – in the church hall
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

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. For your convenience, pledge forms are available at the Pangari and on our website <https://www.saintsophiachurch.org/stewardship>.

17 BAGS COLLECTED TO DATE. GETTING CLOSER TO OUR 40 BAG GOAL!

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

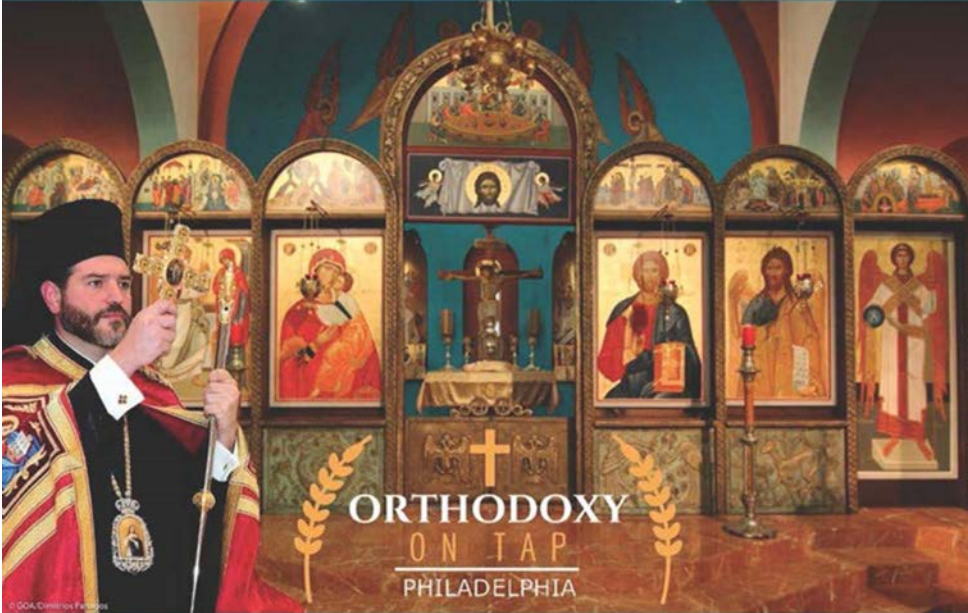


venmo

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!

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



ORTHODOXY ON TAP PHILADELPHIA

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!

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



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.**