

**St. Sophia/SS. Faith, Hope & Agape Greek Orthodox Church**  
**May 22, 2022**



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

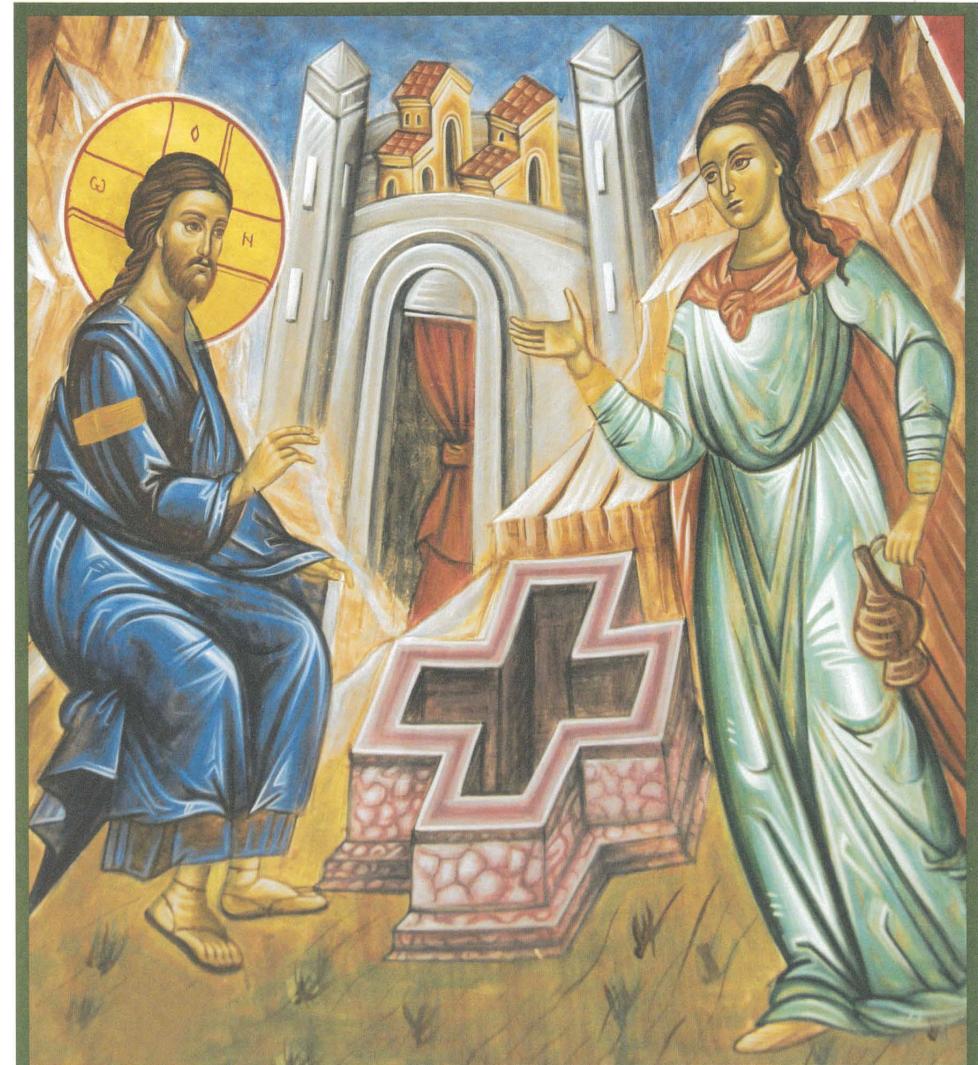
900 South Trooper Road  
Jeffersonville, PA, 19403

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



**Receive the gift**  
**of the Living Water**





## Project Mexico UPDATE

Our project Mexico team is set! On June 8<sup>th</sup>, our team will be traveling to Mexico to build, a home for a family that is currently without suitable shelter. We ask that you please pray for our team and for their safety. Our team members are Father Peter, Chris Altum, Matt Williams, John Pogas, Stephanie McLaughlin (nee Pogas), her husband Sam McLaughlin, Patty Cakridas and her son Peter Ryan.

Our team is in dire need of financial support to cover building materials, supplies and travel costs. We've collected over \$4,000 so far and are halfway to our goal of \$8,000. If you can, PLEASE consider donating to this important mission trip. You can either send a check to church, donate on the church website, or go to <https://pm.managedmissions.com/Donations/Donate/56142>



Paschal Troparion: CHRIST IS RISEN – Χριστός ἀνέστη  
From the Holy Eparchial Synod, Greek Orthodox Archdiocese of America, 2012  
*March 2013 Revision*

Plagal of the First Tone. D.

Christ is ris - en from the dead, by death,  
tram-pling down up - on death, and to  
those in the tombs He has grant - ed life.

Ἦχος πλ. α'. Πα

Χρι - στός ἀ - νέ - στη ἐκ νε - κρῶν, θα - νά - τω  
Chri - stos a - ne - sti ek ne - kron, tha - na - to  
θά - να - τον πα - τή - σας, καὶ τοῖς  
tha - na - ton pa - ti - sas, ke tis  
ἐν τοῖς μνή - μα - σι, ζῶ - ἡν χα - ρί - σά - με - νος.  
en tis mni - ma - si, zo - in cha - ri - sa - me - nos.

The Holy Eparchial Synod recommends teaching this melody and text so that when Orthodox faithful from various parishes and Metropolises gather, they will be able to sing this hymn as one.

*Icon of the Resurrection used with permission from  
Holy Trinity Serbian Orthodox Church in Butte, Montana.*

## Epistle Reading

The reading is from Acts of the Apostles 11:19-30

*O Lord, how manifold are your works. You have made all things in wisdom.*

*Verse: Bless the Lord, O my soul.*

In those days, those apostles who were scattered because of the persecution that arose over Stephen traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to none except Jews. But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Greeks also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; for he was a good man, full of the Holy Spirit and of faith. And a large company was added to the Lord. So Barnabas went to Tarsus to look for Saul; and when he had found him, he brought him to Antioch. For a whole year they met with the church, and taught a large company of people; and in Antioch the disciples were for the first time called Christians. Now in these days prophets came down from Jerusalem to Antioch. And one of them named Agabos stood up and foretold by the Spirit that there would be a great famine over all the world; and this took place in the days of Claudius. And the disciples determined, every one according to his ability, to send relief to the brethren who lived in Judea, and they did so, sending it to the elders by the hand of Barnabas and Saul.

## Ἀνάγνωσις ἐπιστολῆς Πράξεις Ἀποστόλων 11:19-30 τὸ ἀνάγνωσμα

*Ὡς ἐμεγαλύνθη τὰ ἔργα σου Κύριε, πάντα ἐν σοφίᾳ ἐποίησας.*

*Στίχ. Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον.*

Ἐν ταῖς ἡμεραῖς ἐκείναις, διασπαρέντες οἱ Ἀπόστολοι ἀπὸ τῆς θλίψεως τῆς γενομένης ἐπὶ Στεφάνῳ διήλθον ἕως Φοινίκης καὶ Κύπρου καὶ Ἀντιοχείας, μηδενὶ λαλοῦντες τὸν λόγον εἰ μὴ μόνον Ἰουδαίους. Ἦσαν δὲ τινες ἐξ αὐτῶν ἄνδρες Κύπριοι καὶ Κυρηναῖοι, οἵτινες εἰσελθόντες εἰς Ἀντιόχειαν, ἐλάλουν πρὸς τοὺς Ἑλληνιστάς, εὐαγγελιζόμενοι τὸν κύριον Ἰησοῦν. Καὶ ἦν χεὶρ κυρίου μετ' αὐτῶν· πολὺς τε ἀριθμὸς πιστεύσας ἐπέστρεψεν ἐπὶ τὸν κύριον. Ἦκούσθη δὲ ὁ λόγος εἰς τὰ ὦτα τῆς ἐκκλησίας τῆς ἐν Ἱεροσολύμοις περὶ αὐτῶν· καὶ ἐξαπέστειλαν Βαρνάβαν διελεθῆν ἕως Ἀντιοχείας· ὃς παραγενόμενος καὶ ἰδὼν τὴν χάριν τοῦ θεοῦ ἐχάρη, καὶ παρεκάλει πάντας τῇ προθέσει τῆς καρδίας προσμένειν τῷ κυρίῳ· ὅτι ἦν ἀνὴρ ἀγαθὸς καὶ πλήρης πνεύματος ἁγίου καὶ πίστεως· καὶ προσετέθη ὄχλος ἰκανὸς τῷ κυρίῳ. Ἐξῆλθεν δὲ εἰς Ταρσοῦν ὁ Βαρνάβας ἀναζητῆσαι Σαῦλον, καὶ εὐρὼν ἦγαγεν αὐτὸν εἰς Ἀντιόχειαν. Ἐγένετο δὲ αὐτοῦ ἐνιαυτὸν ὅλον συναχθῆναι τῇ ἐκκλησίᾳ καὶ διδάξαι ὄχλον ἰκανόν, χρηματίζοντες τε πρῶτον ἐν Ἀντιόχειᾳ τοὺς μαθητὰς Χριστιανούς. Ἐν ταύταις δὲ ταῖς ἡμέραις κατήλθον ἀπὸ Ἱεροσολύμων προφῆται εἰς Ἀντιόχειαν. Ἀναστὰς δὲ εἰς ἐξ αὐτῶν ὄνοματι Ἄγαβος, ἐσήμανεν διὰ τοῦ πνεύματος λιμὸν μέγαν μέλλειν ἔσεσθαι ἐφ' ὅλην τὴν οἰκουμένην· ὅστις καὶ ἐγένετο ἐπὶ Κλαυδίου Καίσαρος. Τῶν δὲ μαθητῶν καθὼς εὐπορεῖτό τις, ὤρισαν ἕκαστος αὐτῶν εἰς διακονίαν πέμψαι τοῖς κατοικοῦσιν ἐν τῇ Ἰουδαίᾳ ἀδελφοῖς· ὃ καὶ ἐποίησαν, ἀποστείλαντες πρὸς τοὺς πρεσβυτέρους διὰ χειρὸς Βαρνάβα καὶ Σαύλου.



## **AHEPA Chapter 445 "Thermopylae" of Upper Darby, PA presents The James D. Tanos - Theophilos Constantinidis 45th Annual Pan-Hellenic Track and Field Meet**



**Saturday, June 11th, 2022 @ 10:00AM**  
**Rain date: Sunday, June 12th, 2022**

**Upper Darby High School**  
**601 N Lansdowne Ave,**  
**Drexel Hill, PA 19026**



For more information, please contact:

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

**Vasilios Ikononou: 610-883-2340, or vasiliotheikononou@gmail.com**

**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!

## GOSPEL READING

### The Gospel According to John 4:5-42

*The Ladies Philoptochos Society has a designated Poor Box in the Narthex to help fund its mission to aid those in need.*

Please consider supporting the philanthropic outreach of our church through the Philoptochos Poor Box located in the Pangari. Each month (unless otherwise noted) 100% of the donations are designated for a local charity.

Donations made to the Philoptochos Poor Box for the month of May benefit the family of Pennsylvania State Trooper Branden Sisca, who was tragically killed in the line of duty on I-95 on March 21, 2022. He was also the chief of the Trappe Fire Company. He leaves behind his wife Brittany and their unborn child.

You can learn more about Trooper Sisca at <https://montgomerycountyherofund.org/news-and-events/f/support-for-trooper-branden-siscas-family>.

Please consider making a donation 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. Gift Cards are also a welcome addition!

God bless you and thank you for your support!

**Philoptochos Scholarships:** The Metropolis of New Jersey Philoptochos, with the blessings of His Grace Bishop Apostolos of Medeia, and our Metropolis Chancellor, the Very Reverend Father Christoforos Oikonomidis, is embarking upon a new initiative. Each year we will be offering an opportunity to qualifying High School seniors, who are enrolled in an accredited University, College or Trade School, to apply for a Metropolis of New Jersey Philoptochos merit based scholarship. There are five (5) scholarships for 2022, each in the amount of \$1,000.00 and they will be awarded to qualifying applicants. For more information and to download an application, go to:

<https://www.saintsophiachurch.org/uploads/1/8/6/1/18610160/anastasiamichals.memorial.scholarship.final.app.pdf>

At that time, Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour.

There came a woman of Samaria to draw water. Jesus said to her, "Give me a drink." For his disciples had gone away into the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw."

Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that the Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he."

Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city and said to the people, "Come, see a man who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to him.

Meanwhile the disciples besought him, saying "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has anyone brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony. "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard ourselves, and we know that this is indeed Christ the Savior of the world."

## ΕΥΑΓΓΕΛΙΟΝ

### Ἐκ τοῦ Κατὰ Ἰωάννην 4:5-42 Εὐαγγελίου τὸ Ἀνάγνωσμα

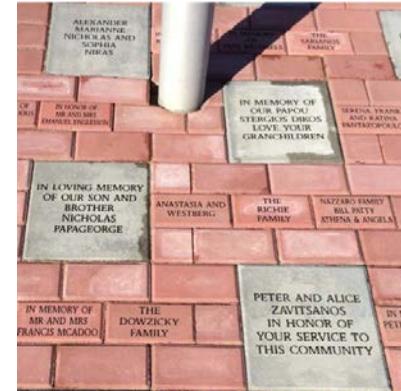
Τῷ καιρῷ ἐκεῖνῳ, ἔρχεται ὁ Ἰησοῦς εἰς πόλιν τῆς Σαμαρείας λεγομένην Συχάρ, πλησίον τοῦ χωρίου ὃ ἔδωκεν Ἰακώβ Ἰωσήφ τῷ υἱῷ αὐτοῦ· ἦν δὲ ἐκεῖ πηγή τοῦ Ἰακώβ. Ὁ οὖν Ἰησοῦς κεκοπιακῶς ἐκ τῆς ὁδοπορίας ἐκαθέζετο οὕτως ἐπὶ τῇ πηγῇ· ὥρα ἦν ὡσεὶ ἕκτη.

Ἔρχεται γυνὴ ἐκ τῆς Σαμαρείας ἀντλήσαι ὕδωρ. Λέγει αὐτῇ ὁ Ἰησοῦς· δός μοι πιεῖν. Οἱ γὰρ μαθηταὶ αὐτοῦ ἀπεληλύθεισαν εἰς τὴν πόλιν ἵνα τροφὰς ἀγοράσωσι. Λέγει οὖν αὐτῷ ἡ γυνὴ ἡ Σαμαρεῖτις· Πῶς σὺ Ἰουδαῖος ὦν παρ' ἔμοῦ πιεῖν αἰτεῖς, οὕσης γυναικὸς Σαμαρεῖτιδος; Οὐ γὰρ συγχρῶνται Ἰουδαῖοι Σαμαρεῖταις. Ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῇ· Εἰ ἤδεις τὴν δωρεὰν τοῦ Θεοῦ, καὶ τίς ἐστὶν ὃ λέγων σοι, δός μοι πιεῖν, σὺ ἂν ἤτησας αὐτόν, καὶ ἔδωκεν ἄν σοι ὕδωρ ζῶν. Λέγει αὐτῷ ἡ γυνὴ· Κύριε, οὔτε ἀντλημα ἔχεις, καὶ τὸ φρέαρ ἐστὶ βαθύ· πόθεν οὖν ἔχεις τὸ ὕδωρ τὸ ζῶν; Μὴ σὺ μείζων εἶ τοῦ πατρὸς ἡμῶν Ἰακώβ, ὃς ἔδωκεν ἡμῖν τὸ φρέαρ, καὶ αὐτὸς ἐξ αὐτοῦ ἔπιε καὶ οἱ υἱοὶ αὐτοῦ καὶ τὰ θρέμματα αὐτοῦ; Ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῇ· Πᾶς ὃ πίνων ἐκ τοῦ ὕδατος τούτου διψῆσει πάλιν· ὃς δ' ἂν πίη ἐκ τοῦ ὕδατος οὗ ἐγὼ δώσω αὐτῷ, οὐ μὴ διψῆσει εἰς τὸν αἰῶνα, ἀλλὰ τὸ ὕδωρ ὃ δώσω αὐτῷ, γενήσεται ἐν αὐτῷ πηγὴ ὕδατος ἀλλομένου εἰς ζωὴν αἰώνιον. Λέγει πρὸς αὐτόν ἡ γυνὴ· Κύριε, δός μοι τοῦτο τὸ ὕδωρ, ἵνα μὴ διψῶ μηδὲ ἔρχωμαι ἐνθάδε ἀντλεῖν.

Λέγει αὐτῇ ὁ Ἰησοῦς· Ὑπαγε φώνησον τὸν ἄνδρα σου καὶ ἐλθὲ ἐνθάδε. Ἀπεκρίθη ἡ γυνὴ καὶ εἶπεν· Οὐκ ἔχω ἄνδρα. Λέγει αὐτῇ ὁ Ἰησοῦς· Καλῶς εἶπας ὅτι ἄνδρα οὐκ ἔχω· πέντε γὰρ ἄνδρας ἔσχες, καὶ νῦν ὃν ἔχεις οὐκ ἔστι σου ἀνὴρ· τοῦτο ἀληθὲς εἶρηκας. Λέγει αὐτῷ ἡ γυνὴ· Κύριε, θεωρῶ ὅτι προφήτης εἶ σύ. Οἱ πατέρες ἡμῶν ἐν τῷ ὄρει τούτῳ προσεκύνησαν· καὶ ὑμεῖς λέγετε ὅτι ἐν Ἱεροσολύμοις ἐστὶν ὁ τόπος ὅπου δεῖ προσκυνεῖν. Λέγει αὐτῇ ὁ Ἰησοῦς· Γύναι, πίστευσόν μοι ὅτι ἔρχεται ὥρα ὅτε οὔτε ἐν τῷ ὄρει τούτῳ οὔτε ἐν Ἱεροσολύμοις προσκυνήσετε τῷ πατρί. Ὑμεῖς προσκυνεῖτε ὃ οὐκ οἴδατε, ἡμεῖς προσκυνοῦμεν ὃ οἶδαμεν· ὅτι ἡ σωτηρία ἐκ τῶν Ἰουδαίων ἐστίν. Ἀλλ' ἔρχεται ὥρα, καὶ νῦν ἐστὶν, ὅτε οἱ ἀληθινοὶ προσκυνηταὶ προσκυνήσουσι τῷ πατρί ἐν πνεύματι καὶ ἀληθείᾳ· καὶ γὰρ ὁ πατὴρ τοιοῦτους ζητεῖ τοὺς προσκυνούντας αὐτόν. Πνεῦμα ὁ Θεός, καὶ τοὺς προσκυνούντας αὐτόν ἐν πνεύματι καὶ ἀληθείᾳ δεῖ προσκυνεῖν. Λέγει αὐτῷ ἡ γυνὴ· Οἶδα ὅτι Μεσσίας ἔρχεται ὁ λεγόμενος Χριστός· ὅταν ἔλθῃ ἐκεῖνος, ἀναγγελεῖ ἡμῖν πάντα. Λέγει αὐτῇ ὁ Ἰησοῦς· Ἐγὼ εἰμι ὁ λαλῶν σοι. Καὶ ἐπὶ τούτῳ ἦλθον οἱ μαθηταὶ αὐτοῦ, καὶ ἐθαύμασαν ὅτι μετὰ γυναικὸς ἐλάλει· οὐδεὶς μὲντοι εἶπε, τί ζητεῖς ἢ τί λαλεῖς μετ' αὐτῆς; Ἀφῆκεν οὖν τὴν ὑδρίαν αὐτῆς ἡ γυνὴ καὶ ἀπήλθεν εἰς τὴν πόλιν, καὶ λέγει τοῖς ἀνθρώποις· Δεῦτε ἴδετε ἄνθρωπον ὃς εἶπέ μοι πάντα ὅσα ἐποίησα· μήτι οὗτός ἐστιν ὁ Χριστός; Ἐξῆλθον οὖν ἐκ τῆς πόλεως καὶ ἤρχοντο πρὸς αὐτόν.

Ἐν δὲ τῷ μεταξύ ἡρώτων αὐτόν οἱ μαθηταὶ λέγοντες· Ῥαββί, φάγε. Ὁ δὲ εἶπεν αὐτοῖς· Ἐγὼ βρώσιν ἔχω φαγεῖν, ἦν ὑμεῖς οὐκ οἴδατε. Ἔλεγον οὖν οἱ μαθηταὶ πρὸς ἀλλήλους· Μὴ τις ἤνεγκεν αὐτῷ φαγεῖν; Λέγει αὐτοῖς ὁ Ἰησοῦς· Ἐμὸν βρώμά ἐστιν ἵνα ποιῶ τὸ θέλημα τοῦ πέμψαντός με καὶ τελειώσω αὐτοῦ τὸ ἔργον. Οὐχ ὑμεῖς λέγετε ὅτι ἔτι τετράμηνός ἐστι καὶ ὁ θερισμὸς ἔρχεται; Ἴδου λέγω ὑμῖν, ἐπάρατε τοὺς ὀφθαλμοὺς ὑμῶν καὶ θεάσασθε τὰς χώρας, ὅτι λευκαὶ εἰσι πρὸς θερισμὸν ἤδη. Καὶ ὁ θερίζων μισθὸν λαμβάνει καὶ συνάγει καρπὸν εἰς ζωὴν αἰώνιον, ἵνα καὶ ὁ σπείρων ὁμοῦ χαίρῃ καὶ ὁ θερίζων. Ἐν γὰρ τούτῳ ὁ λόγος ἐστὶν ὁ ἀληθινός, ὅτι ἄλλος ἐστὶν ὁ σπείρων καὶ ἄλλος ὁ θερίζων. Ἐγὼ ἀπέστειλα ὑμᾶς θερίζειν ὃ οὐχ ὑμεῖς κεκοπιάκατε· ἄλλοι κεκοπιάκασι, καὶ ὑμεῖς εἰς τὸν κόπον αὐτῶν εἰσεληλύθατε. Ἐκ δὲ τῆς πόλεως ἐκείνης πολλοὶ ἐπίστευσαν εἰς αὐτόν τῶν Σαμαρειτῶν διὰ τὸν λόγον τῆς γυναικός, μαρτυρούσης ὅτι εἶπέ μοι πάντα ὅσα ἐποίησα. Ὡς οὖν ἦλθον πρὸς αὐτόν οἱ Σαμαρεῖται, ἡρώτων αὐτόν μείναι παρ' αὐτοῖς· καὶ ἔμεινεν ἐκεῖ δύο ἡμέρας. Καὶ πολλῶν πλείους ἐπίστευσαν διὰ τὸν λόγον αὐτοῦ, τῇ τε γυναικὶ ἔλεγον ὅτι οὐκέτι διὰ τὴν σὴν λαλίαν πιστεύομεν· αὐτοὶ γὰρ ἀκηκόαμεν, καὶ οἶδαμεν ὅτι οὗτός ἐστιν ἀληθῶς ὁ σωτὴρ τοῦ κόσμου ὁ Χριστός.

### Deadline for St. Sophia Give-a-Brick/Paver Program is Sunday June 5, 2022



The third phase of the brick/paver program is about to end. We thank all those who took part in this program. Please check out the installation area under the flags to see previously sponsored bricks and pavers. This program has been very successful and has helped to raise money for our church needs.

If you did not have a chance to be a sponsor of this program previously, now is the time. Please fill out a Brick/Paver Form (available at the Pangari) and bring it to the Parish office, or see Peter Patukas ([pcpatukas@gmail.com](mailto:pcpatukas@gmail.com)). We will be ordering these from the manufacturer right after the deadline.

**Do you shop at Amazon.com? Instead, go to [www.Smile.Amazon.com](http://www.Smile.Amazon.com), select St. Sophia/Ss. Faith Hope & Agape Greek Orthodox Church as your charity, then shop as you normally do. One-half of a percent of your purchase amount will automatically go to St. Sophia! Change one small habit today to help your church.**

During the COVID-19 crisis, all Liturgical Services have been available on-line. Simply click on the link below. You do NOT need a Facebook account to access the on-line services.

[www.facebook.com/saintsophiachurch](http://www.facebook.com/saintsophiachurch)

PLEASE keep in mind that our fixed costs are still ever present.

We hope you can help us with an on-line donation. You can give by going to our website, [www.saintsophiachurch.org](http://www.saintsophiachurch.org) and clicking on the "Donate" button.



You can also donate using Venmo! Just search in Venmo or click [www.venmo.com/SaintSophiaChurch](http://www.venmo.com/SaintSophiaChurch)

NEW! We also accept Zelle as a form of payment! Through your bank's Zelle system, input [treasurer@saintsophiachurch.org](mailto:treasurer@saintsophiachurch.org) as a recipient and you'll be ready to donate to St. Sophia Church.

**AHEPA Track Meet:** Calling all children and adults interested in representing St. Sophia for our annual AHEPA Track Meet!! We are back in-person again for this event! It will take place on Saturday, June 11<sup>th</sup> starting at 10:00am at Upper Darby High School (see attached flyer). The event is open to children 5-18 years old, and even parents are invited to participate!! This event is open to people of all levels of abilities! If you are an experienced runner or just want to try it for the first time, please come join us!! To RSVP or for any questions, please contact Donna Christou ([donnachristou@gmail.com](mailto:donnachristou@gmail.com)) or Lou Christou (856-296-2255).

### **SCHEDULE OF UPCOMING SERVICES AND EVENTS**

Sun. May 22 <sup>nd</sup>	Sunday School Graduation; AHEPA Gyro Fundraiser
Wed. May 25 <sup>th</sup>	6:30 pm – General Assembly Meeting
Thurs. May 26 <sup>th</sup>	10:00 am – Senior Parea
Mon. May 30 <sup>th</sup>	Memorial Day – Parish office is closed
Thurs. June 2 <sup>nd</sup>	<b>9:00 am – Divine Liturgy – Holy Ascension (note earlier time)</b> Spring Festival Begins! June 2 <sup>nd</sup> – June 5 <sup>th</sup>
Sat. June 11 <sup>th</sup>	<b>10:00 am – Divine Liturgy – Saturday of Souls</b> 10:00 am – AHEPA Field & Track Meet at Upper Darby H.S.
Sun. June 12 <sup>th</sup>	Pentecost Sunday

**General Assembly Meeting:** The First General Assembly meeting of 2022 will be held on Wednesday, May 25, 2022, at 6:30 pm. A detailed agenda will be provided that evening. We will make every effort to make the meeting as time efficient as possible, while still providing an opportunity for everyone to hear about what is going on and to ask questions and provide feedback.

We realize this is in the middle of the week, but it is the only time when we can get the meeting in before Summer. We would also like to ask everyone to stay and help with much needed Festival set up at the conclusion of the meeting.

If you have an item that you wish to bring up, please contact John Pogas at 215-896-1963 or the Parish office. Please make every effort to attend this important General Assembly Meeting.

### **Communion Prayers**

*I believe and confess, Lord, that You are truly the Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, in knowledge or in ignorance. And make me worthy, without condemnation, to partake of Your pure Mysteries for the remission of sins and for eternal life. Amen.*

*Behold, I approach for Divine Communion.  
O Maker, burn me not as I partake,  
For You are fire consuming the unworthy.  
But cleanse me from every stain.*

*O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom.*

*Tremble, O man, as you behold the divine Blood.  
It is a burning coal that sears the unworthy.  
The Body of God both deifies and nourishes me:  
It deifies the Spirit and wondrously nourishes the mind.*

*You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up with spiritual fire my sins, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings.*

*How shall I, who am unworthy, enter into the splendor of Your saints? If I should dare to enter into the bridal chamber, my vesture will condemn me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. Cleanse, O Lord, the filth of my soul, and save me, as You are the one Who loves mankind. In Your love, Lord, cleanse my soul, and save me.*

*Master Who loves mankind, Lord Jesus Christ, my God, let not these Holy Gifts be to my judgment because I am unworthy, but rather for the purification and sanctification of both soul and body and the pledge of the life and Kingdom to come. It is good for me to cleave unto God and to place in Him the hope of my salvation.*

*O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom.*

## RESURRECTION HYMN

Χριστός Ανέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καί τοῖς ἐν τοῖς μνήμασι,  
ζωὴν χαρισάμενος.

*Christos anesti ek nekron, thanato thanaton patisas, ke tis en tis mnimasi  
zoin harisamenos.*

Christ is risen from the dead, by death, trampling down upon death, and to  
those in the tombs He has granted life.

**At the conclusion of each service during the Paschal season until  
the eve of Ascension, the following responses are made:**

Priest: Christ is Risen!	People: Truly, He is Risen!
Ιερεύς: Χριστός Ανέστη!	Ο Λαός: Αληθώς Ανέστη!
<i>Christos Anesti</i>	<i>Alithos Anesti</i>

Priest: Glory to His third-day Resurrection.  
Ιερεύς: Δόξα τῇ Αὐτοῦ τριημέρῳ ἐγέρσει.  
*Doxa ti Aftou triemero egersei*

People: We worship His third-day Resurrection  
Ο Λαός: Προσκυνούμεν Αὐτοῦ τὴν τριήμερον ἐγερσιν.  
*Proskinoumen Aftu tin triemeron egersin.*

### **Christ is Risen! Indeed, He is Risen!**

**Albanian:** Krishti Ungjall! – Vertete Ungjall!

**Armenian:** Christos harjav i merelotz! – Orhniale harutjun Christosi!

**French:** Christ est Ressuscité! – En Vérité, Il est Ressuscité!

**Georgian:** Kriste aghsdga! – Cheshmaritad aghsdga!

**Hebrew:** Ha Mashiyach qam! – Ken hoo qam!

**Hungarian:** Krisztus feltámadt! – Valóban feltámadt!

**Italian:** Cristo è risorto! – È veramente risorto!

**Latin:** Christus resurrexit! – Vere resurrexit!

**Polish:** Kristus Zmartvikstau! – Zaiste Zmartvikstau!

**Romanian:** Hristos a înviat! ! – Adevărat a înviat!

**Russian:** Khristos voskres! – Voistinu voskres!

**Serbian:** Hristos Vaskrese! – Vaistinu Vaskrese!

**Slavonic:** Christos Voskrese! – Voistinu Voskrese!

**Spanish:** Cristo ha resucitado! – Verdaderamente ha resucitado!

**Ukranian:** Kristos Voskres! – Voistinu voskres!

May 22, 2022

Sunday of the Samaritan Woman

Basiliscus the Martyr, Bishop of Comana

Holy New Martyrs Demetrius and Paul of Tripoli

John-Vladimir, Ruler of Serbia



**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.

**Memorials:** Today's memorials are chanted for the souls of:

**Louis Nemphos (40 days)**, beloved husband of Marie, and loving father of Louis Jr. and Bonnie. May his memory be eternal.

**Eleftherios Coutavas (52 years)**, is survived by his wife Catherine and their children Elias, George and Debbie. May his memory be eternal.

**Graduate Sunday:** This morning we will recognize the Sunday school graduates, Teachers, our Acolytes and our High school and College graduates.

**Coffee Hour:** Today Valley Forge AHEPA Chapter 432 will be holding a Gyro Fundraiser.

Thank you also to Presvytera Katherine and Sophia Thornberg for providing a cake for Fr. Peter's upcoming birthday on Tuesday, 5/24. Join us in wishing him Xronia Polla!

**Senior Citizen Ministry:** St. Sophia's Senior Parea is open to all senior citizens of the community. The meetings take place on Thursdays from 10:00 am to 12 noon. **The next meeting of the Senior Parea will take place on Thursday, May 26<sup>th</sup>.**

**Spring Grecian Festival:** Our festival is just a couple of weeks away and we will need lots of help! The festival begins on Thursday, June 2<sup>nd</sup> and runs through Sunday, June 5<sup>th</sup>. As usual, the tent will open at 5pm on Friday. There will be many opportunities to help. Be on the lookout for the SignUpGenius link – it will be available shortly.

**Lawn Signs:** Festival lawn signs have arrived and are available for pickup. They are in the alcove outside of the Office Entrance.

# St. Sophia Church Graduate Sunday 2022



## High School Graduates

**Elaina Bailey** will be graduating from Wissahickon High School in June. In the fall she will be attending the College of William & Mary in Williamsburg, VA, in the Monroe Scholar Program, and majoring in Biology and Kinesiology.

**John Cox** will be graduating from Phoenixville Area High School in June. At this point he is enrolled at Penn State, main campus. He has a 4.17 GPA and is in the National Youth Honor Society.

**Megan Anastasia Finn** will be graduating from Twin Valley High School in Elverson, PA in June. She will be attending the Reading Hospital School of Health Sciences in Reading, PA to pursue a career in the medical field.

**James Vincent Fitzgerald** will be graduating from North Penn High School in June. He will attend Montgomery County Community College.

**Petrina Papadimitriou** will be graduating from Upper Merion Area High School in June. She will be going to Virginia Tech Pamplin College of Business to major in Management and Marketing.

**Julia-Theodora Protopopescu** will be graduating from North Penn High School and has been accepted to Temple University. She will major in Neuroscience at the College of Liberal Arts.

## College Graduates

**Brenna Dankmyer** will be graduating from The University of Delaware's School of Engineering with a BS in Computer Information Systems and minor in Business Administration.

**Alex Poloway** graduated early from the University of Rochester (NY) with a BS. Her major: Statistics, and her minor: Political Science. She will be working for Naxion as a Research Analyst in Philadelphia.

**Marlena Ruser** is graduating from Lehigh University with her Master of Education degree. She was in a 5-year program, having taken graduate courses since sophomore year and just finished her student teaching in Kindergarten on April 29<sup>th</sup>. Marlena will be pursuing a K-4 teaching position for the 2022-2023 academic year.

**Pete Sariano** will be graduating from University of California, Davis in June with a PhD in Biomedical Engineering. He will be working for Boston Consulting Group (BCG) and he will be based in Philadelphia.

**Kristen Sprayberry** graduated from The University of Pennsylvania School of Veterinary Medicine with a Doctor of Veterinary Medicine (VMD) degree. She will be practicing at Blue Pearl Pet Hospital in Christiana, Delaware as an Emergency Clinician.

## Also graduating this year:

**Haley Jones** (granddaughter of Iris Demas) is graduating from Arizona State University with a Masters in Speech Therapy.

**Maxwell Jones** (grandson of Iris Demas) is graduating from the University of Virginia with two degrees: Statistics and Business from the McIntyre School of Commerce.

**CONGRATULATIONS AND BEST WISHES  
TO ALL OUR GRADUATES AND AWARD WINNERS FOR  
HAPPINESS AND SUCCESS IN THE FUTURE!**

SCHOLARSHIPS FOR GRADUATING HIGH SCHOOL SENIORS



**APPLY NOW**

## **FAITH SCHOLARSHIP FOR ACADEMIC EXCELLENCE**

**DEADLINE: JUNE 20, 2022**

### **APPLICATION DETAILS**

Visit [thefaithendowment.org/scholarships](http://thefaithendowment.org/scholarships) to download and begin your application. Completed application packets must be sent by mail and postmarked by June 20th, 2022. Scholarship recipients will be announced in September.

Follow [facebook.com/faithendowment](https://www.facebook.com/faithendowment) for news and updates. Scholarships are merit-based and can range up to \$10,000 in value.

### **ELIGIBILITY REQUIREMENTS**

Applicants must be member of a Greek Orthodox parish and a graduating high school senior enrolling in a 4-year accredited U.S. university this fall.

### **CONTACT**

(212) 803-9363  
[info@thefaithendowment.org](mailto:info@thefaithendowment.org)  
[@faithendowment](https://www.instagram.com/faithendowment)  
[facebook.com/faithendowment](https://www.facebook.com/faithendowment)  
499 Park. Ave., 23 Fl., NY, NY 10022



[THEFAITHENDOWMENT.ORG/SCHOLARSHIPS](http://THEFAITHENDOWMENT.ORG/SCHOLARSHIPS)

Founded in 2004 by a group of ten visionary Greek American leaders and philanthropists, "FAITH: An Endowment for Orthodoxy and Hellenism" is an independent 501(c)(3) organization that supports the development of innovative educational, cultural, and scholarship programs that promote Hellenism, an understanding of the Greek Orthodox faith, and the relationship of the two to America's history and multicultural landscape for young people. FAITH has proudly awarded over 1,800 grants and scholarships to our community's brightest young leaders.

# **VALLEY FORGE AHEPA Lunch Fundraiser May 22, 2022**



**\$10**  
**Includes**  
**Gyro, French Fries**  
**& Beverage**