

June 5, 2022

Fathers of the 1st Council

The Holy Hieromartyr Dorotheus, Bishop of Tyre

Holy Martyrs Nicandrus, Gorgus and Apollonus and those with them

Christophoros & Konon the Martyrs of Rome



ENTRANCE HYMNS

Resurrectional Apolytikion - Angelike Dhynamis ("Angelic Powers")

Angelic Powers were in Your Sepulchre and those who guarded You became as men long dead. And standing there was Mary by Your Tomb seeking Your pure and sacred Body, O You despoiled Hades yet tempted not by him were You. You did meet the Virgin O Life Bestower, O You Who rose from the dead, Glory to You O Lord.

Apolytikion of Holy Ascension – Anelifthis en thoxi ("You ascended in glory")

You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world.

Apolytikion for the Fathers – Iperdhedhoxazmenos i Xriste ("Supremely blessed are You")

Supremely blessed are You, O Christ our God. You established the holy Fathers upon the earth as beacons, and through them You have guided us all to the true Faith, O greatly merciful One, glory be to You.

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

Greek

Ος ελαία κατά καρπος ανεβλάστησας, ἐν ταίς ανλαίς του Κυρίου, Σοφία μάρτυς σεμνή, καὶ προσήγαγες Χριστώ καρπόν η δύτατον, τούς τής νηδύος σου βλαστούς, δί α γώνων εύαγων, Αγάπην τε καὶ Ἐλπίδα σύν τη θεόφρονι Πίστει, μεθων δυσώπει υπέρ πάντων ἡμῶν.

English Phonetics for Greek

Os elea kata karpos anevlastisas, en tes avles tu Kyriou Sofia marty semni, ke prosigages Christo karpon idytaton, tus tis nidios 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 – Tin iper imon plirosas ("When You had fulfilled the dispensation")

When You had fulfilled the dispensation for our sake, * and united things on earth with the things in heaven, * You were taken up thither in glory, O Christ our God, * going not away from any place, * but continuing inseparable, * and to them that love You crying out: * "I am with you, and there is, therefore, none against you."

ST. SOPHIA GREEK ORTHODOX CHURCH

GRECIAN FESTIVAL 2022

June 2nd – 5th
Thursday to Sunday



- ♦ Music & Dance
- ♦ Indoor & Outdoor Dining
- ♦ Order Online
- ♦ Same Great Food
- ♦ Made Locally by Volunteers

Saint Sophia Festival.com

Hours: Big Tent opens Fri. at 5pm
Thursday to Saturday: 11am - 8pm
Sunday: 12 noon - 7pm

St. Sophia Greek Orthodox Church, 900 South Trooper Road, Jeffersonville PA 19403
From Rte 202, 422W to Trooper Road Exit (Rte 363N), on Right Side before Walmart



Project Mexico UPDATE

Our project Mexico team is set! On June 8th, 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>

Deadline for St. Sophia Give-a-Brick/Paver Program is TODAY - 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). We will be ordering these from the manufacturer right after the deadline.

Epistle Reading

The reading is from Acts of the Apostles 20:16-18, 28-36

*Blessed are you, O Lord, the God of our fathers.
Verse: For you are just in all you have done.*

IN THOSE DAYS, Paul had decided to sail past Ephesos, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletos he sent to Ephesos and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'it is more blessed to give than to receive.' " And when he had spoken thus, he knelt down and prayed with them all.

**Άναγνωσις ἐπιστολῆς
Πράξεις Ἀποστόλων 20:16-18, 28-36 τὸ ἀνάγνωσμα**

Ἐν ταῖς ἡμεραῖς ἔκειναις, ἔκρινεν ὁ Παῦλος παραπλεῦσαι τὴν Ἔφεσον, ὅπως μὴ γένηται αὐτῷ χρονοτριβῆσαι ἐν τῇ Ἀσίᾳ· ἔσπευδεν γάρ, εἰ δυνατὸν ἦν αὐτῷ, τὴν ἡμέραν τῆς Πεντηκοστῆς γενέσθαι εἰς Ἱεροσόλυμα. Ἀπὸ δὲ τῆς Μιλήτου πέμψας εἰς Ἔφεσον μετεκαλέσατο τοὺς πρεσβυτέρους τῆς ἐκκλησίας. Ὡς δὲ παρεγένοντο πρὸς αὐτόν, εἴπεν αὐτοῖς, προσέχετε οὖν ἑαυτοῖς καὶ παντὶ τῷ ποιμνίῳ, ἐν ᾧ ὑμᾶς τὸ πνεῦμα τὸ ἄγιον ἔθετο ἐπισκόπους, ποιμαίνειν τὴν ἐκκλησίαν τοῦ κυρίου καὶ θεοῦ, ἦν περιεποιήσατο διὰ τοῦ ἰδίου αἵματος. Ἐγὼ γὰρ οἶδα τοῦτο, ὅτι εἰσελεύσονται μετὰ τὴν ἄφιξιν μου λύκοι βαρεῖς εἰς ὑμᾶς, μὴ φειδόμενοι τοῦ ποιμνίου· καὶ ἔξ ὑμῶν αὐτῶν ἀναστήσονται ἄνδρες λαλοῦντες διεστραμμένα, τοῦ ἀποσπῆν τοὺς μαθητὰς ὀπίσω αὐτῶν. Διὸ γρηγορεῖτε, μνημονεύοντες ὅτι τριετίαν νύκτα καὶ ἡμέραν οὐκ ἐπαυσάμην μετὰ δακρύων νουθετῶν ἔνα ἕκαστον. Καὶ τὰ νῦν παρατίθεμαι ὑμᾶς, ἀδελφοί, τῷ θεῷ καὶ τῷ λόγῳ τῆς χάριτος αὐτοῦ, τῷ δυναμένῳ ἐποικοδομῆσαι, καὶ δοῦναι ὑμῖν κληρονομίαν ἐν τοῖς ἡγιασμένοις πᾶσιν. Ἄργυρίου ἢ χρυσίου ἢ ἴματισμοῦ οὐδενὸς ἐπεθύμησα. Αὔτοὶ γινώσκετε ὅτι ταῖς χρείαις μου καὶ τοῖς οὖσιν μετ' ἐμοῦ ὑπηρέτησαν αἱ χεῖρες αὗται. Πάντα ὑπέδειξα ὑμῖν, ὅτι οὐτως κοπιῶντας δεῖ ἀντιλαμβάνεσθαι τῶν ἀσθενούντων, μνημονεύειν τε τῶν λόγων τοῦ κυρίου Ἰησοῦ, ὅτι αὐτὸς εἴπεν, Μακάριόν ἐστιν μᾶλλον διδόναι ἢ λαμβάνειν. Καὶ ταῦτα εἰπών, θεὶς τὰ γόνατα αὐτοῦ, σὺν πᾶσιν αὐτοῖς προσηγύζατο.

GOSPEL READING

The Gospel According to John 17:1-13

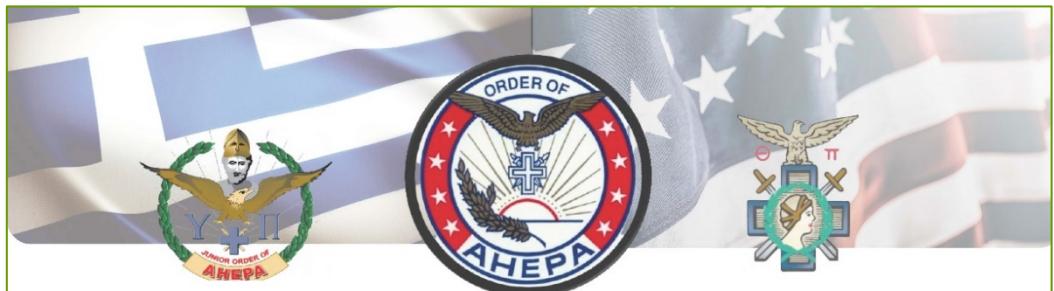
At that time, Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, you glorify me in your own presence with the glory which I had with you before the world was made.

"I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves."

ΕΝΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Ἰωάννην 17:1-13 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἔκεινῳ, ὁ Ἰησοῦς, καὶ ἐπῆρε τοὺς ὄφθαλμοὺς αὐτοῦ εἰς τὸν οὐρανὸν καὶ εἶπε· πάτερ, ἔλήλυθεν ἡ ὥρα· δόξασόν σου τὸν υἱόν, ἵνα καὶ ὁ υἱὸς σου δοξάσῃ σε, καθὼς ἔδωκας αὐτῷ ἔξουσίαν πάσης σαρκός, ἵνα πᾶν ὃ δέδωκας αὐτῷ δώσῃ αὐτοῖς ζωὴν αἰώνιον. αὕτη δέ ἐστιν ἡ αἰώνιος ζωὴ, ἵνα γινώσκωσί σε τὸν μόνον ἀληθινὸν Θεὸν καὶ ὃν ἀπέστειλας Ἰησοῦν Χριστόν. ἐγώ σε δέδοξασα ἐπὶ τῆς γῆς, τὸ ἔργον ἐτελείωσα ὃ δέδωκάς μοι ἵνα ποιήσω· καὶ νῦν δόξασόν με σύ, πάτερ, παρὰ σεαυτῷ τῇ δόξῃ ἣ εἶχον πρὸ τοῦ τὸν κόσμον εἶναι παρὰ σοί. Ἐφανέρωσά σου τὸ ὄνομα τοῖς ἀνθρώποις οὓς δέδωκάς μοι ἐκ τοῦ κόσμου. σοὶ ἥσαν καὶ ἐμοὶ αὐτοὺς δέδωκας, καὶ τὸν λόγον σου τετηρήκασι. νῦν ἔγγνωκαν ὅτι πάντα ὅσα δέδωκάς μοι παρὰ σοῦ ἐστιν· ὅτι τὰ ρήματα ἃ δέδωκάς μοι δέδωκα αὐτοῖς, καὶ αὐτοὶ ἔλαβον, καὶ ἔγνωσαν ἀληθῶς ὅτι παρὰ σοῦ ἐξῆλθον, καὶ ἐπίστευσαν ὅτι σύ με ἀπέστειλας. Ἐγώ περὶ αὐτῶν ἔρωτῶ· οὐ περὶ τοῦ κόσμου ἔρωτῶ, ἀλλὰ περὶ ὧν δέδωκάς μοι, ὅτι σοὶ είσι, καὶ τὰ ἐμὰ πάντα σά ἐστι καὶ τὰ σὰ ἐμά, καὶ δεδόξασμαι ἐν αὐτοῖς. καὶ οὐκέτι εἰμὶ ἐν τῷ κόσμῳ, καὶ οὔτοι ἐν τῷ κόσμῳ εἰσί, καὶ ἐγὼ πρὸς σὲ ἔρχομαι. πάτερ ἄγιε, τήρησον αὐτοὺς ἐν τῷ ὀνόματί σου ὃ δέδωκάς μοι, ἵνα ὠσιν ἐν καθὼς ἡμεῖς. ὅτε ἥμην μετ' αὐτῶν ἐν τῷ κόσμῳ, ἐγὼ ἐτήρουν αὐτοὺς ἐν τῷ ὀνόματί σου· οὓς δέδωκάς μοι ἐφύλαξα, καὶ οὐδεὶς ἔξ αὐτῶν ἀπώλετο εἰ μὴ ὁ υἱὸς τῆς ἀπωλείας, ἵνα ἡ γραφὴ πληρωθῇ. νῦν δὲ πρὸς σὲ ἔρχομαι, καὶ ταῦτα λαλῶ ἐν τῷ κόσμῳ ἵνα ἔχωσι τὴν χαρὰν τὴν ἐμὴν πεπληρωμένην ἐν αὐτοῖς.



AHEPA Chapter 445 "Thermopylae" of Upper, Darby, PA
presents
The James D. Tanos - Theophilus 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 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!

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 coming.

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.

Summer **FULL OF LIFE**



Interfaith Blood Drive

to address the nation-wide blood shortage

Joint effort of congregations from:
Saint Sophia Greek Orthodox Church
The Church of Jesus Christ of Latter-day Saints

Tuesday, June 28, 2022

2 pm – 7 pm

**2530 Stinson Lane
(Up the block from St. Sophia)
Norristown, PA 19403**

For an appointment, please visit www.redcrossblood.org

Search using code: PAinterfaith
Or call 1-800-RED CROSS (1-800-733-2767).

Share the vibe. Give blood to help save lives.

Download the Blood Donor App | RedCrossBlood.org | Call 1-800-RED CROSS

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June 5, 2022

Fathers of the 1st Council

The Holy Hieromartyr Dorotheus, Bishop of Tyre

Holy Martyrs Nicandrus, Gorgus and Apollonus and those with them

Christophoros & Konon the Martyrs of Rome



Welcome Fr. Christos Christofidis! Once again, we wish to welcome to our parish Rev. Fr. Christos Christofidis and Presvytera Joanna. Fr. Christos is celebrating the Divine Liturgy today 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.

Memorial: Today's memorial is being chanted for **Maria Tsipras (40 days)**, beloved sister of Katherine Tsipras. Maria is lovingly remembered by her family members and friends. May her memory be eternal.

Distribution of Koliva – Due to the ongoing festival, the koliva will be placed into individual bags and distributed in the Narthex after dismissal.

Festival Help Needed: If you haven't yet helped with this festival, do so today! Help is needed in all areas – serving/Preparing food (inside and in the tent) and cashiering (inside and tent). We will also need people for cleanup tonight. **We greatly appreciate any time you can offer!**

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 11th 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) or Lou Christou (856-296-2255).

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Wed. 6/8 - Wed. 6/15

Fr. Peter is away at Project Mexico

Sat. June 11th

10:00 am – AHEPA Field & Track Meet at Upper Darby H.S.

Sun. June 12th

10:00 am – Divine Liturgy -- Pentecost Sunday

Tues. June 28th

Interfaith Blood Drive at Mormon Church up the block from St. Sophia (see flyer)

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 June benefit The Clinic in Phoenixville, which provides quality healthcare for the uninsured. You can learn more about The Clinic at <https://www.theclinicpa.org/>.

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. 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 Medea, 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>