



Project Mexico

Imagine if you didn't have a home, or home was a makeshift shelter constructed from discarded pallets, tin, cardboard, or tarps. Unfortunately, this is the reality for countless families around the world -- including families in Mexico.

By God's grace, volunteers with Project Mexico have been making a difference. Since 1988, Project Mexico has been building safe, secure, and weather-tight homes for some of the most impoverished families in Northern Mexico. Every home is constructed over the course of four days and built entirely with volunteer labor.

Our parish has committed to fielding a group of 10 volunteers to help Project Mexico build a house between June 9th and 15th, and we need your help. So far, 5 people have answered the call. We still need 5 more people to join our team. If you would like to learn more, please chat with John Pogas, the group leader, Presvytera Katherine or Chris Altum.

Epistle Reading

The reading is from St. Paul's Letter to the Romans 13:11-14; 14:1-4

*Make your vows to the Lord our God and perform them.
Verse: God is known in Judah; his name is great in Israel.*

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Ἀνάγνωσις ἐπιστολῆς Πρὸς Ῥωμαίους 13:11-14, 14:1-4 τὸ ἀνάγνωσμα.

*Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.
Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.*

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἄλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιῆσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὅς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ θεὸς στήσαι αὐτόν.

GOSPEL READING

The Gospel According to Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Ματθαῖον 6:14-21 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατήρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατήρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὡσπερ οἱ ὑποκριταὶ σκυθρωποὶ· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

Souper Bowl of Caring Continues: Our parish will continue collecting food throughout the Lenten period. The food will be distributed to the needy in our surrounding communities. Year round, St. Sophia supports local food pantries in the areas in which our stewards live -- Manna on Main Street (Lansdale), Our Daily Bread (Collegeville), and PACS (Phoenixville), to name a few.

40th Anniversary Commemorative Mugs: The mugs are still available at the back of the Cultural Center, and the suggested donation is \$10 each. Please indicate the number of mugs you wish to order and/or any donation you wish to make using the SignUpGenius. Please use this link to order yours today:

<https://www.signupgenius.com/go/30E044CA4AC29A20-40th>.

Payment may be made by check or by using the donation options found at the bottom of the SignUpGenius page.



St. Sophia Give-a-Brick Program Update: The third phase of the brick program is under way. We thank all those who have taken 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, please fill out a Brick Form (available at the Pangari) and bring it to the Parish office, or see Peter Patukas. We will be ordering more in the next few months once we have enough sponsored pavers and bricks for the factory to produce. A minimum of 10 is needed.

Stewardship: Thank you to everyone who supported our 2021 Stewardship Program. If you have not yet finished paying your pledge, please do so as soon as possible. In addition, when paying by check, it is imperative that you indicate "Stewardship 2021" or "Stewardship 2022" on the memo line so that your account is properly credited. Also, if you make cash donations, please be sure to include your name either on the outside of the envelope or on a slip of paper attached to the cash.

Should you have any questions, please call the Parish office or see Tom Cox, our stewardship chairperson. **2022 Stewardship Commitment Forms are now available at the Pangari and on the table outside of the Parish office.**

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, March 17, 2022.**

In Case of Emergency: If you are having an extreme medical emergency ONLY and are in need of an Orthodox priest, please call the Parish office at 610-650-8960.

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Sun. Mar. 6 th	Forgiveness (Cheesefare) Sunday
Mon. Mar. 7 th	Clean Monday – Great Lent Begins 6:00 pm – Great Compline
Wed. Mar. 9 th	6:00 pm – Presanctified Liturgy
Thurs. Mar. 10 th	10:00 am – Senior Parea
Fri. Mar. 11 th	4:45 pm – Little Angels 7:00 pm – Salutations to the Theotokos
Sat. Mar. 12 th	10:00 am – Divine Liturgy – 3rd Saturday of Souls
Sun. Mar. 13 th	Sunday of Orthodoxy – Procession with icons
Mon. Mar. 14 th	6:00 pm – Small Compline
Tues. Mar. 15 th	7:00 pm – Lenten Adult Ed – in the church
Wed. Mar. 16 th	10:00 am – Presanctified Liturgy
Thurs. Mar. 17 th	10:00 am – Senior Parea
Fri. Mar. 18 th	7:00 pm – Salutations to the Theotokos
Sat. Mar. 19 th	6:00 pm – Philoptochos Dinner & Movie – “Man of God”
Sun. Mar. 20 th	St. Gregory Palamas Greek Independence Day Parade in Philadelphia -- The bus departs St. Sophia at 12 Noon SHARP!
Mon. Mar. 21 st	6:00 pm – Small Compline
Tues. Mar. 22 nd	7:00 pm – Lenten Adult Ed – in the church
Wed. Mar. 23 rd	6:00 pm – Presanctified Liturgy
Thurs. Mar. 24 th	10:00 am – Senior Parea
Fri. Mar. 25 th	Annunciation of the Theotokos 7:00 pm – Vespers & Akathist Hymn
Sun. Mar. 27 th	Veneration of the Holy Cross
Mon. Mar. 28 th	6:00 pm – Small Compline
Tues. Mar. 29 th	7:00 pm – Lenten Adult Ed – in the church
Wed. Mar. 30 th	10:00 am – Presanctified Liturgy
Thurs. Mar. 31 st	10:00 am – Senior Parea
Fri. Apr. 1 st	7:00 pm – Salutations to the Theotokos
Sun. Apr. 3 rd	St. John of the Ladder
Mon. Apr. 4 th	6:00 pm – Small Compline
Wed. Apr. 6 th	6:00 pm – Presanctified Liturgy
Fri. Apr. 8 th	7:00 pm – The Akathist Hymn
Sun. Apr. 10 th	St. Mary of Egypt
Mon. Apr. 11 th	6:00 pm – Small Compline
Wed. Apr. 13 th	10:00 am – Presanctified Liturgy
Sat. Apr. 16 th	10:00 am – Divine Liturgy – Saturday of Lazarus

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.

March 6, 2022
Forgiveness Sunday
42 Martyrs of Amorion in Phrygia
Finding the Precious Cross by St. Helen
Hesychios the Wonderworker



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:

Margaret Scandalios (40 days), beloved mother of Anne (& Matthew) Sabia and Stephanie (and the late Richard) Widin of Raleigh, NC. She is survived also by her grandchildren Matthew, Anne Christie, Dominic (& Erin), Cassandra (& Brett), Catie (& Steve), Alexander, Christopher, Anna, and her great-grandchildren Cora, Aiden, Ruby, Julie, Rowan and Lucy. Along with her parents, she was preceded in death by a son and daughter-in-law Dr. Nicholas J. & Annie Scandalios. May her memory be eternal.

Pauline Papadakes (40 days), beloved wife of Harry and loving mother of Sophia. She is also survived by her granddaughter Theodora and her two younger sisters, Xanthoula and Matoula. May her memory be eternal.

TODAY– Donuts & Cocoa: The Ladies' Philoptochos will be selling Donuts & Coffee during coffee hour today. The proceeds of this sale will benefit the charities of the Philoptochos.

Readers for Salutations to the Theotokos: The first Salutations to the Theotokos are on Friday evening, March 11th. We are looking for readers for the English and Greek for that Friday and the following four Fridays. **If you are interested in reading, please call Elaine in the Parish office to put your name on the list.** Also, if you wish to decorate the icon of the Panagia with flowers on one of the Fridays, **please call Elaine to let us know which Friday you are choosing.**

Saturday of Souls: The third Saturday of Souls is **Saturday, March 12th.** Forms for the names of the departed are available at the Pangari (also enclosed). Please submit your form to the Parish Office as soon as possible. Please remember that the names you submit are read on all three Saturdays. Please PRINT CLEARLY, AND ONLY BAPTISMAL FIRST NAMES ARE NECESSARY.

Sunday of Orthodoxy: Next Sunday, on the Sunday of Orthodoxy, we will have the Procession of the Icons at the conclusion of the Divine Liturgy. We ask that the children of the Parish (as well as any adults who so wish) bring in an icon of their own so that they may participate in the procession. This is such a tremendous way to teach our children the importance of icons in the Orthodox Christian Faith.

Lenten Adult Education: One of our stewards, Brian Janeway Fitzgerald, will offer these presentations on "The Didache: Snapshot of Early Christianity". Join us for the first session on **Tuesday, March 15th at 7pm** in the nave of the church. *The topics and all dates appear below:*

The Didache: Snapshot of Early Christianity

- March 15th -- *The Text: Its Date, Setting, and Purpose*
- March 22nd -- *The Two Ways: Ethics of Early Christian Living*
- March 29th -- *The Church Manual: Early Christian Worship, Prayer, and Expectations*

AHEPA Says Thank You: Thanks to all AHEPA VFC 432 Chapter members who helped with the success of the Philly Cheese Steak Sunday, and for all who purchased well over 120 cheese steaks last Sunday! We greatly appreciate your support of AHEPA.

St. Sophia Philoptochos
PRESENTS
Dinner & a Movie
SATURDAY, MARCH 19, 2022
.....
SOUP & SALAD DINNER: 6 PM
SHOWTIME: 7 PM
.....
DINNER DONATION - \$10
FEEL FREE TO BRING
YOUR FAVORITE SNACK OR BEVERAGE

FOR RESERVATIONS CONTACT LUCY KLINE 215-206-8180
OR EMAIL LADIES@SAINTSOPHIACHURCH.ORG BY TUESDAY, MARCH 1ST

Fr. John A. Limberakis Cultural Center
900 S. Trooper Road, Jeffersonville, PA 19403

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

The Philoptochos Poor Box Recipient for March is **Rise Against Hunger**.

On April 2, 2022, St. Sophia Philoptochos will participate in a meal packaging event with Rise Against Hunger, a global food relief agency that since 2005 has provided over 540 million meals worldwide to those suffering from hunger. Your donation will assist Philoptochos in providing supplies for this meal packaging event. You can learn more about this charity here: <https://www.riseagainsthunger.org/>.

Please consider making a donation to this worthwhile charity at <http://www.saintsophiachurch.org/poorboxdonations.html>. Or, you can write a check to St. Sophia Philoptochos, with "poor box" in the memo line.

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>

Help us raise some dough
Donuts and Cocoa



Yum Yum Donuts
AND

Make-your-own Cocoa Bar

Sunday, March 6th
During Coffee Hour

Donations benefit
Philoptochos charities


AFTER 2 YEARS
PHILADELPHIA'S HELLENIC FEDERATION
PRESENTS WITH PRIDE

GREEK INDEPENDENCE DAY PARADE 2022



Grand Marshal
The Honorable Georgia Athanasopoulos, Consul General of Panama

Centennial Marshals
His Eminence Archbishop *Elpidophoros* of America
Jimmy Kokotas, AHEPA Supreme President
Kathy Bizoukas, Daughters of Penelope Grand President

Parade dedicated to the Centennial of the
Greek Archdiocese of America and AHEPA

SUNDAY, MARCH 20 at the
BENJAMIN FRANKLIN PARKWAY, PHILADELPHIA
From 16th to Eakins Oval, Formation 1:00pm, Step Off 2:00pm

 For more information please visit: <https://hellenicfed.org/>

BIBLE BOWL 2022

Sunday, April 3rd

12:00 pm

Virtually via ZOOM

**From our Sunday School
classrooms**

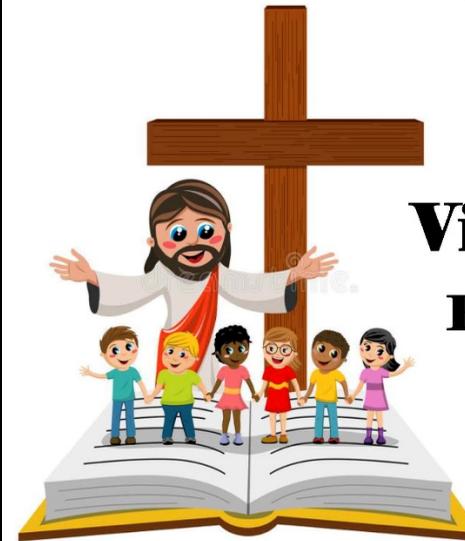
**For all JOY children
(3rd – 6th Grades)
from all churches of
the DVYC**

Hosted by Holy Trinity, Wilmington, Delaware

To sign up and for the zoom link,

please contact us by Wednesday, March 30th

Angie Karakasidis at akarakasidis@yahoo.com





ST. DEMETRIOS GREEK ORTHODOX CHURCH
229 POWELL LANE
UPPER DARBY, PA 19082



**HOPE AND JOY
PASCHA RETREAT
SATURDAY, MARCH 26, 2022
10AM – 2PM**

Saint Sophia's Joy Hope Group:

PLEASE RSVP BY FRIDAY, MARCH 11TH with the number of children attending to: Donna Christou (donnachristou@gmail.com) or Despina Raggousis (raggousis@hotmail.com).

SERVICE PROJECT: Lenten Care Packages to Greek Orthodox Senior Citizens.

Please bring non-perishable Lenten items. Examples: halva, any type of pasta (i.e. orzo, rice), any type of beans (i.e. lentils, navy beans, chick peas), Lenten cookies, pasta sauce. Bags will be prepared during retreat and delivered to seniors during the April Senior Citizens luncheon at St. Demetrios which is open to all parishes.

PLEASE BRING ONE OF YOUR FAVORITE LENTEN RECIPES FOR OUR RECIPE BOOK CRAFT

MY LENTEN RECIPE _____

FROM THE KITCHEN OF _____

INGREDIENTS:

INSTRUCTIONS:



**Join St. Sophia's
JOY/HOPE for a**

**NATIONAL
ORTHODOX
BABY SHOWER**

Did you know that Pregnancy Resource Centers around the country provide free medical services and material resources to help women in crisis pregnancies?

Our church is joining with Orthodox parishes across the country this month to hold a "baby shower" to support mothers who choose life for their unborn children! Join us in collecting Baby Supplies, which will be donated to:

A Baby's Breath, in Phoenixville, our local Pregnancy Resource Center. Bring Baby Supplies from **NOW until March 27th** and drop off at Church Hall Foyer.

Stay tuned for specific list of BABY SUPPLIES & ITEMS IN NEED
(Such as Baby Diapers & Wipes, Baby Monitors, Baby Clothes & Bath Supplies, etc.)
(Drop off NOW until March 27th)
For Monetary donations, Please Venmo to Despina.



an initiative of

**ORTHODOX
CHRISTIANS FOR LIFE**

Contact Despina Raggousis
(267) 980-0984
despinadesigns@hotmail.com
 @Despina-Raggousis