Are You a Good Listener?

At one time or another, we are all guilty of having “selective hearing.” Children approach their parents, eager to share an experience or seek advice. A husband comes home and tries to relate to his wife some difficulty he encountered at work that day. A friend calls another, looking for a sympathetic ear. In cases like this, and in far too many of life’s situations, it seems that we humans have this unfortunate ability to “tune out” those with whom we are speaking. We “HEAR” them, but aren’t really “LISTENING.”

Our Lord said on numerous occasions: “He who has ears to hear, let him hear,” (Matt 11:15) One could argue that what He really meant was “He who has ears to hear, let him LISTEN,” for Christ goes on to tell us: “Take heed what you hear. With the same measure you use, it will be measured to you.” (Mark 4:24) It is imperative then for a good Christian to be a GOOD LISTENER. To do so, our Savior gives us words of guidance: “Do unto others as you would have others do unto you.” (Matt 7:12) When we have problems & difficulties - when we have questions to ask or burdens to be lessened - don’t we expect the undivided attention of the person to whom we are speaking? Of course, we do! Others expect the same of us as well. A good listener must be patient, sincere & compassionate. It must be said as well that being a good listener also means knowing when to remain silent! Those who seek our ear do not always need our advice - they merely want our silent reassurance that all will be well. Countless lives have been saved from suicide & numerous scarred souls have been healed through the simple act of COMPASSIONATE LISTENING. Rest assured, hearing is not nearly enough.

The Orthodox Weekly Bulletin. Vocal, Cliffwood, New Jersey. Litho in U.S.A.
February 25, 2024
Sunday of the Publican and Pharisee: Triodion Begins Today
Tarasius, Patriarch of Constantinople
Reginos, Bishop of Skopelos
Holy Martyr Alexander of Thrace

ENTRANCE HYMNS

Resurrectional Apolytikion – Ton Sinanarhon Logon (“The Word Who Always Was”)
O, The Word Who always was with the Father and Spirit, who for us and our salvation was born of a
Virgin let us faithful believers praise and adore, For it did please Him to ascend the Cross in the flesh
and Death to endure. And to raise up the dead with Him through His own glorious Resurrection.

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

Greek
Ος ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ανλαίς του Κυρίου, Σοφία μάρτυς σεμνή, καί
προσήγαγες Χριστῷ καρπόν η δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δί α γώνων ευαγων, Αγάπην
tε καί Ελπίδα σύν τη θεόφρον Πίστει, μεθων δυσώπει υπέρ πάντων ἡμών.

English Phonetics for Greek
Os elea kata karpos anevlastisas, en tes avles tu Kyriou Sofia martys semni, ke prosgages Christo
carpon 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 – Fariseou fighomen (“Let us flee the Pharisee's boasts”)
Let us flee the Pharisee's * exalted parlane; * let us learn the Publican's * humble demeanor, and
with sighs * unto the Savior cry out and say, * To us be gracious, O only forgiving Lord.
The reading is from St. Paul's Second Letter to Timothy 3:10-15

You, O Lord, shall keep us and preserve us.

Verse: Save me, O Lord, for the godly man has failed.

TIMOTHY, my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, my sufferings, what befell me at Antioch, at Iconion, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

Ἀνάγνωσις ἐπιστολῆς
Πρὸς Τιμόθεον β’ 3:10-15 τὸ ἀνάγνωσμα

Σὺ Κύριε, φυλάξας ἡμᾶς καὶ διαπρήσας ἡμᾶς.
Στίχ. Σώσον με, Κύριε, ὅτι ἐκκλέλοιπεν ὁσίος.

Τέκνον Τιμόθεε, παρηκολούθηκας μου τῇ διδασκαλίᾳ, τῇ ἀγωγῇ, τῇ προθετείᾳ, τῇ πίστει, τῇ μακροθυμίᾳ, τῇ ἀγάπῃ, τῇ ὑπομονῇ, τοῖς διωγμοῖς, τοῖς παθήμασι, οίᾳ μοι ἐγένετο ἐν Ἀντιοχείᾳ, ἐν Ἰκονίῳ, ἐν Λύστροις, οίους διωγμοὺς υπήνεγκα: καὶ ἐκ πάντων με ἐρρύσατο ὁ κύριος. Καὶ πάντες δὲ οἱ θέλοντες ἐσώτερος ξῆν ἐν Χριστῷ Ἰησοῦ διωχθήσονται. Πονηροὶ δὲ ἄνθρωποι καὶ γόνης προκόψουσιν ἐπὶ τὸ χέριν, πλανόντες καὶ πλανώμενοι. Σὺ δὲ μένε ἐν ὦς ἡμᾶς καὶ ἐπιστεύθη; εἰδὼς παρὰ τίνος ἦμας, καὶ ὅτι ἀπὸ τρόφους ταῦτα γράμματα ὁδὸς, τὰ ὑπόκειται εἰς σωτηρίαν διὰ τίπτεσιν τῆς ἐν Χριστῷ Ἰησοῦ.
The Lord said this parable, "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."
February 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 Pangari. Each month 100% of the donations are designated for a local charity.

Donations made to the Philoptochos Poor Box for February benefit Meals on Wheels of Chester County, which provides nutritious meals and personal interaction to homebound adults to help them live independently in their own homes. You can learn more about this worthwhile nonprofit at https://mowcc.org. Please pray for the elderly and their families who are helped by Meals and Wheels 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!

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) or email him at tcox@myisolutions.com. Thank you!

The Hellenic University Club of Philadelphia – Scholarships: HUC is now accepting applications for the 2024-25 Scholarships for graduating high school seniors, undergraduate and graduate students of Greek descent. Eligibility requirements, and details of the applications can be found at https://lnkd.in/dnHEH_vS. Deadline April 1, 2024. For any information, please send email to: hucscholarships@gmail.com.

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.

THE LORD’S PRAYER

ENGLISH PHONETICS

Pá-ter i-mo-n o en tis ou-ra-nis a-gi-as-thi-to o no-má Sou, el-thé-to i va-si-li-a Sou, ge-ni-thi-to thél-lí-na Sou, os on ou-ra-nó ke e-pi tis ghís.

Ton ár-ton i-mó no tón e-pi-ó-si-on dos i-min si-me-ron ke á-fes i-min ta o-fí-li-ma-ta i-mó no, os ke i-mís a-fi-e-men tis o-fí-lé-tes i-mó no ke mi i-se-né-g-kis i-más is pi-ras-mó no, ál-la ri-se i-más a-pó tou po-ní-ri-o.

GREEK

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς ἐγιασάθημα τὸ ὄνομά σου, ελθέτοι καὶ βασίλεια σου, γενήθητο τὸ θέλημα σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς.

Τὸν ἄρτον ἡμῶν τὸν ἐπούσιον δός ἡμῖν σήμερον καὶ ἄρει ἡμῖν τὰ ὀφειλήματά ἡμῶν, ὡς καὶ ἡμῖν ἀφεῖμεν τοῖς ὀφειλέταις ἡμῶν καὶ μη εἰσενέγκητε ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρύσατε ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Phonetics by Dr. Christine Kerndalli, orthodoxtoday.wordpress.com

OUR JOURNEY TO PASCHA! 2024

SUNDAYS

Fast - Free Week
FEBRUARY 25th
EPISTLE: 2 Timothy 3:10-16
GOSPEL: Luke 18:10-14

Normal Fast Week
MARCH 3rd
EPISTLE: 1 Corinthians 6:12-20

Meatfare
MARCH 10th
EPISTLE: 1 Corinthians 8:8-9:2
GOSPEL: Matthew 25:31-46

Cheesefare
MARCH 17th
EPISTLE: Romans 13:11-14:4
GOSPEL: Matthew 6:14-21

1st Sunday of Lent
MARCH 24th
EPISTLE: Hebrews 11:24-26, 32-12
GOSPEL: Mark 2:1-12

2nd Sunday of Lent
MARCH 31st
EPISTLE: Hebrews 1:10-2:3
GOSPEL: Mark 2:1-12

3rd Sunday of Lent
APRIL 7th
EPISTLE: Hebrews 4:14-5:6
GOSPEL: Mark 8:34-9:1

4th Sunday of Lent
APRIL 14th
EPISTLE: Hebrews 6:13-20
GOSPEL: Mark 9:17-21

5th Sunday of Lent
APRIL 21st
EPISTLE: Hebrews 9:11-14
GOSPEL: Mark 10:32-45

GREAT AND HOLY WEEK

SUNDAYS

ENTRY OF OUR LORD INTO JERUSALEM
GREAT WEEK BEGINS
GREAT AND HOLY FRIDAY
FEAST OF FEASTS!
MAY 5th

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Publican and the Pharisee
EPISTLE: 2 Timothy 3:10-16
GOSPEL: Luke 18:10-14

The Prodigal Son Returns!
EPISTLE: 1 Corinthians 6:12-20

The Last Judgement
EPISTLE: 1 Corinthians 8:8-9:2
GOSPEL: Matthew 25:31-46

Adam and Eve are cast from Paradise
EPISTLE: Romans 13:11-14:4
GOSPEL: Matthew 6:14-21

For great love begins with forgiveness, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Phonetics by Dr. Christine Kerndalli, orthodoxtoday.wordpress.com

Created by Fr. Jonathan Ranzen (ACROD)
February 25, 2024

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 chanted for the souls of:

Melissa Anastasia Kourtidis (1 year), loving wife of Kiriakos and mother to Christos and Despina. She is also survived by her parents Lina and Alejandro, her brother Eric and wife Sue, nephew Brandon, her mother-in-law, Despina, sister-in-law and best friend Ourania, and her niece Christina and nephew Leandros. May her memory be eternal.

Georgia “Gigi” Reynolds (10 years), beloved wife of James, mother of Stephanie Koser (Michael) and Christopher, and sister of Lesa Finn (Mark) and Peter Ganavazos (Kirsten). May her memory be eternal.

AND

St. John Chrysostom Oratorical Festival: The Parish Level of the St. John Chrysostom Oratorical Festival will take place today immediately following the Divine Liturgy.

Coffee Hour: Thank you to the Kourtidis family for offering today’s coffee hour in memory of Melissa Kourtidis.

AHEPA Meeting TODAY: There will be an AHEPA VFC 432 Chapter meeting after Divine Liturgy today to discuss upcoming events, i.e., Meatfare Sunday, etc.

Help Wanted: Our good friends at the Collegeville Diner are looking to hire much-needed staff! They are looking to hire a host/hostess to work Mon-Sat, 8am -3pm. If you or anyone you know is interested, please contact Dimitri (Jim) Voutsinas at jim.voutsinas@gmail.com or at 215-989-1950.
**SCHEDULE OF UPCOMING SERVICES AND EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Service Type</th>
<th>Description</th>
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<tbody>
<tr>
<td>Sun. Feb. 25th</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy – Publican and the Pharisee</td>
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<td>After Liturgy</td>
<td>Parish St. John Chrysostom Oratorical Festival</td>
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<tr>
<td>Wed. Feb. 28th</td>
<td>5:00 pm</td>
<td>Little Angels</td>
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<td>7:00 pm</td>
<td>Adult Ed – “The Epistle to the Philippians” – in the church</td>
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<td>Thurs. Feb. 29th</td>
<td>5:00 pm</td>
<td>Greek School (Children)</td>
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<tr>
<td>Sun. Mar. 3rd</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy – The Prodigal Son</td>
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<td></td>
<td>12:30 pm</td>
<td>Greek School (Adults)</td>
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<td>Wed. Mar. 6th</td>
<td>5:00 pm</td>
<td>Little Angels</td>
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<td></td>
<td>7:00 pm</td>
<td>Adult Ed – “The Martyrdom of St. Polycarp” – in the church</td>
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<td>Thurs. Mar. 7th</td>
<td>5:00 pm</td>
<td>Greek School (Children)</td>
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<td>Fri. Mar. 8th</td>
<td>Time TBD</td>
<td>Kolva class in the Parish kitchen</td>
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<tr>
<td>Sat. Mar. 9th</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy</td>
<td>Saturday of Souls</td>
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<tr>
<td>Sun. Mar. 10th</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy – Judgement Sunday</td>
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<td></td>
<td>12:30 pm</td>
<td>Greek School (Adults)</td>
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<td>Wed. Mar. 13th</td>
<td>5:00 pm</td>
<td>Little Angels</td>
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<td>Thurs. Mar. 14th</td>
<td>5:00 pm</td>
<td>Greek School (Children)</td>
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<td>Sat. Mar. 16th</td>
<td>8:00 am</td>
<td>Orthros; 9:00 am Divine Liturgy (note earlier time)</td>
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<td></td>
<td>Saturday of Souls</td>
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<tr>
<td>Sun. Mar. 17th</td>
<td>8:45 am</td>
<td>Orthros and Hierarchical Divine Liturgy – Forgiveness Sunday</td>
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<td>Archpastoral Visit of His Eminence Metropolitan Apostolos of NJ</td>
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<td></td>
<td>12:30 pm</td>
<td>Greek School (Adults)</td>
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<tr>
<td>Mon. Mar. 18th</td>
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<td>Clean Monday – Lent Begins</td>
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<td>Wed. Mar. 20th</td>
<td>5:00 pm</td>
<td>Little Angels</td>
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<td>Thurs. Mar. 21st</td>
<td>5:00 pm</td>
<td>Greek School (Children)</td>
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<td>Fri. Mar. 22nd</td>
<td>7:00 pm</td>
<td>Salutations to the Theotokos</td>
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<tr>
<td>Sat. Mar. 23rd</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy</td>
<td>Saturday of Souls</td>
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<tr>
<td>Sun. Mar. 24th</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy – Sunday of Orthodoxy</td>
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<td>Greek School Independence Day Program after Liturgy</td>
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<td></td>
<td>12:30 pm</td>
<td>Greek School (Adults)</td>
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<tr>
<td>Mon. Mar. 25th</td>
<td>8:45 am</td>
<td>Feast of the Annunciation –</td>
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<td></td>
<td>Orthros; 10:00 am Divine Liturgy at St. Sophia</td>
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The next series of Adult Education classes will begin on Wednesday, February 28th at 7:00 pm, in the nave of the church:

**Saint Polycarp: Bishop, Martyr, and Teacher of Apostolic Tradition**

- **Wednesday, February 28th**, 7-8 pm - *The Epistle to the Philippians: Exhortations unto Righteousness*
- **Wednesday, March 6th**, 7-8 pm - *The Martyrdom of St. Polycarp: The Text, Its Contents, Theology and Literary Format*
Saturday of Souls: The first Saturday of Souls is Saturday, March 9th. Forms for the names of the departed are available at the Pangari (and attached). Please submit your names to the Parish office by March 8th at 12 noon; however, please DO NOT text the names or submit them via Facebook. Please also remember your loved ones by not only submitting their names, but by making koliva and attending the holy services to offer your own prayers for their eternal rest. Please remember that the names you submit are read on all three Saturdays. Please PRINT CLEARLY, AND ONLY BAPTISMAL FIRST NAMES ARE NECESSARY.
PHILLY CHEESESTEAK LUNCH
MARCH 10
Cheesesteak
French Fries - Drink
Only $15

JOIN OUR LOCAL AHEPA CHAPTER
FOR DETAILS
MATT STOLARCZYK mattstolarczyk@cs.com (215) 740-8841
AHEPA THANKS YOU FOR YOUR CONTINUED SUPPORT

WALKING WITH CHRIST
First Seminarian Benefit Luncheon

St. Luke Greek Orthodox Church
35 N Malin Rd, Broomall, PA 19008
March 16th 11 A.M. 2024

Follow the QR code for Ticket Sales and Event Sponsorships. All Proceeds Will Benefit the Greek Orthodox Metropolis of New Jersey Seminarians and Masters of Divinity Students