A TEACHER OF SPIRITUALITY

Have you ever heard the story of the man who walked along the banks of the Jordan River when a lion came along, limping, and in great pain? The man approached the animal, found a sharp splinter in the paw, extracted it and nursed the limb. It is said that the lion thereafter never left the side of his benefactor.

St. Gerasimos of the Jordan is that man. He was a great ascetic of the Church, and is said to have gone through the Great Fast taking no food except the Eucharist at the Liturgy.

The saint died in the year 475. When the lion found his friend gone, he searched everywhere for him. A faithful disciple, Abbot Sabbatios, tried to comfort the beast, but it seems nothing could be done. The abbot said, “Our old friend has gone away and left us orphans, and has migrated to the Lord; but here is food, take and eat.” The lion would no part of it. He kept roaming the cell, roaring with his head raised.

Finally, the lion was led to the grave of Gerasimos. The abbot, standing at the tomb, said: “Behold, here is where the old man is buried.” The abbot knelt and wept at the grave of the one he loved as father. Then the lion, too, stretched himself over the grave, with his head on the sand, and moaned in sadness. There the beast stayed, refusing to be moved, until death came and released him from the bonds of this earth.

St. Gerasimos, called “the righteous,” is a great teacher of spiritual life. He is an example for all to follow in this Lenten Season.

The Orthodox Weekly Bulletin . Vestal, Cliffwood, New Jersey . Lisho in USA.

St. Sophia/SS. Faith, Hope & Agape Greek Orthodox Church
March 3, 2024
March 3, 2024
Sunday of the Prodigal Son
The Holy Martyrs Eutropius, Cleonicus, and Basiliscus
Theodoretos the Holy Martyr of Antioch
Nonnita, mother of Saint David

ENTRANCE HYMNS

Resurrectional Apolytikion – Angelike Dinamis ("Angellic Powers")
Angellic 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 St. Sophia/Ss. Faith, Hope & Agape
Greek
Os eleia kata karpos anevlastisas, en tes avles to Kyriou, Sophia marts semini, kai prosgages Christi karpon idiadon, touz tis neidos su vlastouz, di a gwnwn eiaswgn, Agathen te kai Elitha sun tis theofroni Pistei, me ethn dosypo ypeter panion imon.

English Phonetics for Greek
Os elea kata karpos anevlastisas, en tes avles to Kyriou, Sophia marts semini, kai prosgases Christi karpon idiadon, tus tis nidyos su vlastouz, di' agonon eugwnon, Agapin te ke Elipda, sym theofroni Pisti; meth on dysopoi ypeter pandon imon.

English
As an olive tree laden with fruit you sprouted forth, in the courtyards of the Lord, Sophia marty 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 – Tis patroas dhoxis sou ("From Your fatherly glory")
I revolted senselessly * out of Your fatherly glory; * I have squandered sinfully * all of the riches You gave me.* Hence to You, using the Prodigal’s words, I cry out; * I have sinned before You, merciful loving Father.* O receive me in repentance, * I pray, and treat me * as one of Your hired hands.

OUR JOURNEY TO PASCHA! 2024

SUNDAYS

Themes / Gospel Reading

HOW TO PARTICIPATE:

FEBRUARY 25th
Publican and the Pharisee
Epistle: 2 Timothy 3:10-15
Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.

MARCH 3rd
The Prodigal Son Return
Epistle: 1 Corinthians 6:12-20
Schedule a Confession. Every morning say, “Today I will be humble.” Use up/freeze meats this week.

MARCH 10th
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 diary this week.

MARCH 17th
Cheesefor
Epistle: Romans 13:11-14:4
Gospel: Matthew 6:1-21
Ask each other for forgiveness each evening this week before bed.

SUNDAY of ORTHODOXY
Gospel: John 1:43-51
Bring an icon to church for a procession.

SUNDAY of ORTHODOXY
Gospel: John 1:43-51
Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.

APRIL 7th
Veneration of the Holy Cross
Epistle: Hebrews 6:14-15:6
Gospel: Mark 5:34-1:1
Wear your cross to church and kiss the cross each morning with a bowl!

APRIL 14th
ST JOHN of the LADDER
Epistle: Philemon 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!

APRIL 21st
ST MARY of EGYPT
Epistle: Hebrews 9:11-14
Gospel: Mark 10:32-45
Ask the Theologian to offer you the world pure thoughts and ideas this week.

APRIL 28th
ENTRY of OUR LORD INTO JERUSALEM
Epistle: Philippians 4:6-9
Gospel: John 12:1-18
Place your palm branches and posywillows behind an icon at home and in your car!

MAY 3rd
GREAT and HOLY FRIDAY
CHECK WITH YOUR PARISH FOR ROYAL HOURS and VESPERS SCHEDULE
Refrain from TV, Internet & Phones to honor Christ’s Death.

MAY 5th
NO FASTING!
Gospel: Acts 1:1-8
Great everyone with “CHRIST IS RISEN!” & say it before good morning and goodnight!
The reading is from St. Paul's First Letter to the Corinthians 6:12-20

O Lord, save your people and bless your inheritance.
Verse: To you, O Lord, I have cried, O my God.

Brethren, “all things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be enslaved by anything. “Food is meant for the stomach and the stomach for food” -- and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by his power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, “The two shall become one flesh.” But he who is united to the Lord becomes one spirit with him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body and in your spirit which belong to God.
**Gospel Reading**


The Lord said this parable: 'There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of the property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have filled his belly with the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.' And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"
Ἑπτακόσια ἄνθρωποι τῆς μερίδας, καὶ ἔπειτον ὁ νεότερος αὐτῶν τῷ πατρί· πάτερ, δός μοι τὸ ἐπιβάλλον μέρος τῆς οὐσίας, καὶ διέλειν αὐτοῦ τὸν βίον, καὶ μετ’ οὔ πολλάς ἡμέρας συναγαγόν ἄπαντα τὸ νεότερος υἱὸς ἀπεδήμησεν εἰς χώραν μακράν, καὶ ἔκει διεσκότησεν τὴν οὐσίαν αὐτοῦ ἵνα ἀσώμεθα, ἐπιδείχθησαν δὲ αὐτοῦ πάντα ἐγένοτο λίμος ἰσχυρός κατὰ τὴν χώραν ἑκείνην, καὶ αὐτὸς ἠρέσατο ὑπερεξεῖθα, καὶ πορεύεται ἐκκλησία εἰς τῶν πολιτῶν τῆς χώρας ἑκείνης, καὶ ἔπεμψαν αὐτὸν εἰς τοὺς ἀγροῦς αὐτοῦ βόσκειν χοροὺς, καὶ ἐπέθεμεν γεμίσαι τὴν κοιλιάν αὐτοῦ ἀπὸ τῶν κερατῶν ἔναν αὐτοὶ ὁ κυρίος, καὶ οὐδεὶς ἔδοξεν αὐτὸ; εἰς ἑαυτὸν δὲ ἔδωκαν εἰς τὸν δόμον ἡμῖν ἑν τὸν οὐρανόν καὶ ἐνώπιον σου. ὁ λαός εἰκὸς ἄδικος κύριος σου· ποιήσαν μὲ ὡς ἔνα τῶν μισθίων σου. καὶ ἀνασάλαξεν ἢ τῆς τῶν πατέρα αὐτοῦ. ἔπει τοῦ αὐτοῦ μακράν ἀπέχοντος εἶδον αὐτὸν ὁ πατήρ αὐτοῦ καὶ ἐπηλεξαγξίφθη, καὶ δραμῷ ἐπέπεσεν ἐπὶ τὸν τράχηλον αὐτοῦ καὶ κατεφίλησεν αὐτὸν. ἔπει δὲ αὐτὸν ὁ υἱὸς· πάτερ, ἡμαρτον εἰς τὸν οὐρανόν καὶ ἐνώπιον σου, καὶ ὁ λαός ἀδικῶς εἶναι τῆς τοῦ πατέρα αὐτοῦ. εἶπε δὲ αὐτὸν ὁ ἅγιος· παρεκδέξε σαν χειρὶ σου. ἐπεὶ δὲ αὐτὸν παρεκδέξασθαι ἐνώπιον καὶ ἐνώπιον τῆς τοῦ πατέρα αὐτοῦ καὶ ἐφάνη ἀδικῶς εἶναι τῆς τοῦ πατέρα αὐτοῦ, καὶ ἐπεί δὲ αὐτὸν ὁ υἱὸς· πάτερ, ἡμαρτον καὶ ἐνώπιον σου. καὶ ὁ λαός ἀδικῶς εἶναι τῆς τοῦ πατέρα αὐτοῦ. εὐφράσηται. ἦν δὲ ὁ υἱὸς αὐτοῦ ὁ προεξάγων ἐν ἀνοίγω· καὶ ἐξορμιέτοι πρὸς τὸν πατέρα αὐτοῦ· ἀφεύρθησαν εἰς τὰ ἐπετηρεῖα του ἱεροῦ καὶ ἐφαίησαν τὸν ἱεραρχή του τῆς παραβολῆς τῆς. ὁ δὲ ἐπείτον εἶπεν αὐτῷ· ἐὰν τὸν παραβολῆς τῆς ἱεραρχής ἔσκε, καὶ ἐφορμοῦντας τὸν ἱεραρχήν, ἀφεύρθησαν εἰς τὰ ἐπετηρεῖα του ἱεροῦ καὶ ἐφαίησαν τὸν ἱεραρχή του τῆς παραβολῆς τῆς.
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

---

Rise Against Hunger
The Ladies Philoptochos Society of St. Luke, in partnership with Rise Against Hunger, invites you to
A MEAL PACKAGING EVENT
Rise Against Hunger is driven by the vision of a world without hunger. Their mission is to end hunger in our lifetime by providing food and life-changing aid to the world’s most vulnerable and creating a global commitment to mobilize the necessary resources. riseagainsthunger.org
SATURDAY MARCH 30, 2024 • 1PM TO 3PM
ST LUKE COMMUNITY CENTER
Contact: katherine.kennedy314@gmail.com
www.stlukephiloptochos.org

Archpastoral Visit of His Eminence Metropolitan Apostolos of New Jersey
Orthros and Hierarchical Divine Liturgy
Sunday, March 17, 2024
9:00 A.M.
St. Sophia Greek Orthodox Church
900 S Troup Road
Jeffersonville, PA 19403
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/KWdG9UdpdM OR
4. Use the QR form below (also found on the box in the narthex) which takes you to the anonymous form.

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 ἀγαθοθετῶ τὸ ἄνομο σου, ἐλθέτω ἡ βασιλεία σου, γενηθήτω τὸ θέλημα σου, ὡς ἐν σοφροσύνῃ καὶ ἐπὶ τῆς γῆς.

Τὸν ἄρτον ἡμῶν τὸν ἐποιόσκολον δός ἡμῖν σήμερον καὶ ἄφησεν ἡμῖν τὰ ὑπερθέλματα ἡμῶν, ως καὶ ἡμεῖς ἀφήσωμεν τοῖς ὑπερθέλμασι τῆς ἡμῶν καὶ μή εἰσενέγκητο ἡμῖς εἰς παρασκευήν, ἀλλὰ ἰδοὺ ἡμᾶς ἀπὸ τοῦ πανηγυροῦ.

THE LORD'S PRAYER

ENGLISH PHONETICS


Ton ár-ton i-món ton e-pi-oú-si-on dos i-mín si-me-ron ke á-fes i-mín ta o-fe-li-ma-ta i-món, os ke i-mís a-fi-e-men tis o-fi-lé-tes i-món ke mi i-se-né-gí-sis i-más is pi-ras-món, al-la ri-se i-más a-pó tou po-ní-rou.

Phonetics by Dr. Christine Kerchalli, orthodoxtoday.wordpress.com
March 3, 2024
Sunday of the Prodigal Son
The Holy Martyrs Eutropius, Cleonicus, and Basiliscus
Theodoretos the Holy Martyr of Antioch
Nonnita, mother of Saint David

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 soul of Kalliopi Kritikos (40 days), beloved mother of Dr. Konstantina (Dina) Karalis and loving Yiayia to Xena Karalis and George Karalis. May her memory be eternal.

Coffee Hour: Thank you to Dr. Dina Karalis and her family for offering today’s coffee hour in memory of Kalliopi Kritikos.

Choir Rehearsal: We will be having choir rehearsal on Tuesday, March 5th and Tuesday, March 12th at 6:30 pm. Please call Tom Cox with questions (215-859-1009) or email him at tcox@myisolutions.com. Thank you!

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.

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>Event</th>
<th>Location</th>
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</thead>
<tbody>
<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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<tr>
<td>Tues. Mar. 5th</td>
<td>6:30 pm</td>
<td>Choir rehearsal in the church</td>
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<td>Wed. Mar. 6th</td>
<td>5:00 pm</td>
<td>Little Angels</td>
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<tr>
<td>Thurs. Mar. 7th</td>
<td>7:00 pm</td>
<td>Adult Ed – “The Martyrdom of St. Polycarp” – in the church</td>
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<td>Fri. Mar. 8th</td>
<td>6:00 pm</td>
<td>Koliva class in the Parish kitchen</td>
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<td>Sat. Mar. 9th</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy</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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<tr>
<td>Tues. Mar. 12th</td>
<td>6:30 pm</td>
<td>Choir rehearsal in the church</td>
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<td>Wed. Mar. 13th</td>
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<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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<tr>
<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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<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></td>
<td>12:30 pm</td>
<td>Archpastoral Visit of His Eminence Metropolitan Apostolos of NJ</td>
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<td>Mon. Mar. 18th</td>
<td>5:00 pm</td>
<td>Greek School (Adults)</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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<tr>
<td>Fri. Mar. 22nd</td>
<td>7:00 pm</td>
<td>Salutations to the Theotokos</td>
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<td>Sat. Mar. 23rd</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy</td>
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<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></td>
<td>12:30 pm</td>
<td>Greek School Independence Day Program after Liturgy</td>
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<tr>
<td>Mon. Mar. 25th</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy at St. Sophia</td>
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<td>Wed. Mar. 27th</td>
<td>5:00 pm</td>
<td>Little Angels</td>
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<td>Thurs. Mar. 28th</td>
<td>5:00 pm</td>
<td>Greek School (Children)</td>
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<td>Fri. Mar. 29th</td>
<td>7:00 pm</td>
<td>Salutations to the Theotokos</td>
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<tr>
<td>Sun. Mar. 31st</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy – St. Gregory Palamas</td>
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Adult Education: The final Adult Education class in this series takes place on Wednesday, March 6th at 7:00 pm, in the nave of the church:

Saint Polycarp: Bishop, Martyr, and Teacher of Apostolic Tradition
Wednesday, March 6th, 7-8 pm - The Martyrdom of St. Polycarp: The Text, Its Contents, Theology and Literary Format
Tsoureki Sale

Order by April 20
Pickup April 27

Name: __________________ Phone: __________

Quantity: _____ @ $20 each = Total Paid: ________

Make checks payable to St. Sophia Philoptochos, pay with Zelle (ladies@saintsophiachurch.org) or Venmo

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
NOW ON SALE!

GAME ON!

NINTENDO SWITCH
MARDI GRAS
RAFFLE

1 TICKET: $5

DRAWING ON SUNDAY, MARCH 17TH AFTER DIVINE LITURGY
Need not be present to win

CHEESEFARE SUNDAY
MARCH 17, 2024

Tiropites &
Spanakopites
Frozen 6-packs - $25
With Cooking Instructions

LIMITED SUPPLIES - RESERVE TODAY
We accept Zelle (ladies@saintsophiachurch.org) and Venmo payments
FOR ORDERS: Kathy T. 610.539.5413
KOLIVA CLASS

Learn how to prepare koliva for Saturday of Souls and the importance of remembering our loved ones after they have fallen asleep in the Lord

FRIDAY, MARCH 8 AT 6PM
IN THE PARISH KITCHEN

PRE-REGISTRATION IS REQUIRED
no later than Wed 3/6
in order to have sufficient ingredients for all

email st sophiapanish@Saintsophiachurch.org
or call/text Lucy Kline at 215/206-8180

Saturday of the Souls Σαββατώ Των Ψυχών
PLEASE PRINT CLEARLY