JUDGING BOTH THE LIVING & THE DEAD

When our Lord came down from heaven initially, He entered the world as a helpless Babe. He promised, however, that His “second coming” would be entirely different. When He returns to us, Christ will come to pass judgment on all mankind. In the words of St. Paul: “We must all appear before the dread judgment seat of Christ.”

Judgment Day has been portrayed as a terrifying event. Scriptures tell us of the sudden swiftness with which Christ will return, and the stern manner in which He will deal with sinners, condemning them to a place of everlasting fire and eternal punishment. Listen, for example, to the words of the Kondakion for Meatfare Sunday: “When You will come to earth in glory, O God, all things will tremble before You. The river of fire will flow before Your judgment seat, and the books will be opened and all hidden things will be revealed.”

Faithful followers of Christ, however, need not fear His return! On the contrary, we should all eagerly await this blessed day, for it will afford us the opportunity to achieve our ultimate spiritual goal: to be with the Lord in His heavenly kingdom.

What will determine whether our Lord will invite us to “come, inherit the kingdom” or “depart, you accursed ones?” Ultimately, WE will decide our own fate with our actions during our lifetime. Have we cared for the needy? Have we helped the poor and oppressed? Have we answered the cries for assistance from those less fortunate? After all, how can we claim to love the Lord if we have not been charitable to even the least of His brethren?

May we all prepare for the final day every day of our life! If we live in accordance with Christ’s commandments in this world, we will certainly be with Him in the world to come.

The Orthodox Weekly Bulletin . . . . . . . . . . . . . . Veroa, Cliffwood, New Jersey . . . . . . . . Lithos in U.S.A.
ENTRANCE HYMNS

Resurrectional Apolytikion – Katelisas to Stavro (“By Thy Cross Destroyed”)
O Death didst Thou destroy by Thy Cross. Thou opened Paradise to the Thief and the laments of the myrrhbearers didst Thou change and to Thine own Apostles command them to announce that Thou had risen O Christ our God, Who gives to the World Thy Great Mercy.

Apolytikion of St. Sophia/Ss. Faith, Hope & Agape
Greek
Os elaià kata karpos anevlastisas, en tes avles tu Kyriou, Sophia martyr, didaske, kai prosegigases Christo karpon idytaton, tus tis nidyos su vlastos, di’ agonon evagon, Agapin te ke Eipida, syn ti theofroni PISTI; meth’ an dysopi yper pamanon idyn.

English Phonetics for Greek
Os ellea kata karpos anevlastisas, en tes avles tu Kyriou Sofia martys semini, ke prosigages Christo karpon idytaton, tus tis nidyos su vlastos, di’ agonon evagon, Agapin te ke Eipida, syn ti theofroni PISTI; meth’ an dysopi yper pamanon idyn.

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 – Otan elthis o Theos (“When You come down to the earth, O God”)
When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge.
Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother’s falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.
The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

March 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 March benefit **Worthwhile Wear**, which provides most comprehensive services to survivors of human trafficking in the commonwealth of Pennsylvania. Housing, counseling, educational and other services are provided at two locations in PA. Worthwhile Thrift in Collegeville supports the good works of this nonprofit. You can learn more about Worthwhile Wear at [www.worthwhilewear.org](http://www.worthwhilewear.org). Please pray for those affected by human trafficking and sexual exploitation who are helped by Worthwhile Wear as well as those who work on their behalf.

Please consider donating to this worthwhile charity at: [http://www.saintsophiachurch.org/poorboxdonations.html](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](https://lnkd.in/dnHEH_vS). Deadline April 1, 2024. For any information, please send email to: hucscholarships@gmail.com.
ΕΥΑΓΓΕΛΙΟΝ

Έκ τοῦ Κατά Ματθαίου 25:31-46 Εὐαγγελίου το Άναγνωσμα

Εἴπεν ὁ Κύριος· "Όταν δὲ ἔληθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ άγγελοί αὐτοῦ μετ’ αὐτοῦ, τότε καθίσετε ἐπὶ βρόχου δόξης αὐτοῦ, καὶ συναχθήσεται ἐμπροσθεν αὐτοῦ πάντα τὰ ἔθη, καὶ ἀφορεῖται αὐτοὺς ἀπ’ ἀλλήλων ὡσπερ ὁ ποιμὴν ἀφορεί τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἔρει ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρός μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἔπεινασα γὰρ, καὶ ἐδώκατε μοι φαγεῖν, εὐδίψασα, καὶ ἐποτίσατε με, ἔξος ἡμῖν, καὶ συνήγαγετε με, γυμνὸς, καὶ περιεβάλετε με, ἠσθένεσα, καὶ ἐπεσκέφισαθε με, ἐπὶ φυλακὴ ἡμῖν, καὶ ἤλθετε πρὸς με. τότε ἀποκρίθησατο αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πειναντάνει καὶ ἔδρασαν, ἢ διψοῦταν καὶ ἐποτίσαμεν; πότε δὲ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δὲ σε εἴδομεν ασθενήν ἢ ἐν φυλακῇ, καὶ ἤλθομεν πρὸς σε; καὶ ἀπόκριθηκε ὁ βασιλεὺς ἐρεί αὐτοῖς· ἄμην λέγω ὑμῖν, ἡρ’ ὅσον ἐποτίσατε ἑνὶ τούτων τῶν ἐδομαγένων μου τῶν ἐλαχίστων, ἔμοι ἐποτίσατε. τότε ἔρει καὶ τοῖς ἐξ εὐωνύμων· πορέυεσθαι ἀπ’ ἑμοῖ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰῶνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἄγγελοις αὐτοῦ. ἔπεινασα γὰρ, καὶ οὐκ ἐδώκατε μοι φαγεῖν, εὐδίψασα, καὶ οὐκ ἐποτίσατε με, ἔξος ἡμῖν, καὶ οὐ συνήγαγετε με, γυμνὸς, καὶ οὐ περιεβάλετε με, ασθενῆς καὶ ἐν φυλακῇ, καὶ οὐκ ἐπετίθησατε με. τότε ἀποκρίθησατο αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἴδομεν πειναντάνει διψοῦταν ἢ ξένον ἢ γυμνὸν ἢ ἁσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ δικαιονεμασκέναι σοι; τότε ἀποκρίθησατο αὐτοῖς λέγων· ἄμην λέγω ὑμῖν, ἡρ’ ὅσον οὐκ ἐποτίσατε ἑνὶ τούτων τῶν ἐλαχίστων, ὅδε ἐμοί ἐποτίσατε, καὶ ἀπελεύσατο αὐτοί εἰς κόλασιν αἰῶνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰῶνιον.
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
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/MlVx49Jd4d 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 ἀγιασθεὶς τὸ ὄνομά σου, ελθέτω ἡ βασιλεία σου, γεννηθεὶς τὸ θελήμα σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς.

Τὸν ἄρτον ἡμῶν τὸν ἐποίησαν ὦς ἡμῖν σίμμερον καὶ ὕψος ἡμῖν τὰ ὄφειλήματα ἡμῶν, ὡς καὶ ἡμῖς ἄφησαν τοῖς ὄφειλέταις ἡμῶν καὶ μὴ εἰσένεχες ἡμᾶς εἰς πειρασμὸν, ἀλλὰ ρύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ENGLISH PHONETICS
Pa-ter i-món o en tis ou-ra-nis a-gi-as-thi to o-nomá Sou, el-thi to bá-si-leía Sou, ge-ni-thi to the-li-ma Sou, os en ou-ra-nó ke e-pi tis ghis.

Ton ár-ton i-món ton e-pi-ou-si-on dos i-min si-me-ro-n ke á-fes i-min 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-g-kis i-mís is pi-ras-món, al-la ri-se i-mís a-pó tou po-ni-roú.

Phonetics by Dr. Christine Kerchiali, orthodoxtoday.wordpress.com
March 10, 2024
Judgment Sunday (Meatfare Sunday)
Quadratus the Martyr & his Companions
Anastasia of Alexandria
Michael Mauroudes the New-Martyr

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.

TODAY – Meatfare Sunday Cheesesteaks: Valley Forge AHEPA Chapter 432 is holding a Cheesesteak fundraiser today. For $15 you get a Cheesesteak, French fries and a drink. Now that’s a deal!

Festival Baking: Baking has begun! The ladies will be baking kourabiedes and fenikia on Monday, 3/11 and Tuesday, 3/12, starting at 8:00 am. We would appreciate any help you can offer!

Choir Rehearsal: There will be a choir rehearsal on 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 second Saturday of Souls is Saturday, March 16th. PLEASE NOTE the earlier start time for Divine Liturgy on this Saturday (9:00 am). Forms for the names of the departed are available at the Pangari (and attached). Please submit your names to the Parish office by March 15th at 12 noon; however, please DO NOT text the names or submit them via Facebook. Please remember that the names you submit are read on all three Saturdays. Please PRINT CLEARLY, AND ONLY BAPTISMAL FIRST NAMES ARE NECESSARY.

Sponsoring Coffee Hour: If you are interested in hosting a coffee hour, please sign up on the Coffee Hour Sponsor Sheet on the window at the back of the hall near the coffee/refreshments table. There are several Sundays available in the coming weeks. PLEASE NOTE that the church will supply coffee, creamer, juice, and paper products to eliminate waste and clutter. We ask that coffee hour sponsors donate $25 (payable to St. Sophia Church) to offset these expenses. Thank you!

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.

Readers for Salutations to the Theotokos: The first Salutations to the Theotokos are on Friday evening, March 22nd beginning at 7:00 pm. 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 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 the Parish office to let us know which Friday you are choosing.
Tsoureki Sale

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 STOLARCYZK 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

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
GOYA - JOY/HOPE
Family Bowling Outing

MAR
30
2024
5:00PM

STRIKE UP
Some
FUN!

Bowlero Limerick
653 W Ridge Pk, Limerick, PA 19468
RSVP by 3/24: Matt 484.919.6802
or mattban@aol.com

PHILADELPHIA
GREEK
INDEPENDENCE
DAY 2024
CELEBRATIONS

Save the Dates

FLAG RAISING
FRIDAY
APRIL 5
1:00 PM

BANQUET
SATURDAY
APRIL 6
5:00 PM

PARADE
SUNDAY
APRIL 7
1:00 PM*

1:00 PM | Race on Franklin Parkway at 22nd Street Formation
3:00 PM | Step-off, Parade will begin at 22nd & the Parkway marching towards City Hall.
LEN T E N
FOOD DRIVE

...for I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me...
Matthew 25:35

MARCH 18 - APRIL 27
GOAL: 40 BAGS IN 40 DAYS

NEEDED ITEMS
Juice, Peanut Butter, Beans, Lentils, Nuts, Canned Meat, Stews, Vegetables & Fruit, Tomato Paste/Sauce, Soup, Rice, Pasta, Instant Potatoes, Macaroni & Cheese, Crackers, Breakfast Foods and Personal Care Items (Diapers, Soap, Laundry Detergent & Feminine Hygiene Products)
Please DO NOT donate expired food, open packages, perishable food, or glass jars.

DROP OFF ALL DONATIONS IN LOBBY OF CULTURAL CENTER

Neighbors Helping Neighbors

March 4, 2024

Saint Sophia Church
900 E Trooper Road
Jeffersonville, PA 19403

RE: Food Drive

Dear Friends:

We are very grateful for your recent food collection to benefit disadvantaged families who utilize our Food Cupboard.

Your contribution will be used to assist some of the more than 2,000 needy families who seek assistance in our food cupboard all year long. Your kindness makes a real difference in the lives of the members of those families!

Best wishes to everyone involved!

Sincerely,

LeeAnn Rooney
Executive Director

121 E. Chestnut Street, Norristown PA 19401-3905
610.272.6334 (o) 610.272.3079 (f) www.patriciansociety.org

info@patriciansociety.org
Today our Parish observes National Scout Sunday. Scouts all over the United States celebrate National Scout Sunday. This Sunday is set aside to honor God and to remind us that we are all His Creatures and made in His Image or more precisely – to image (reflect) Him to the world.

Through the Eastern Orthodox Committee on Scouting, the Assembly and its predecessor, SCOBA, have been actively supporting both the Boy Scouts and Girl Scouts of the USA since the 1960’s. The Scouts of our Parish will be honored this morning.

The official date of Scout Sunday (BSA) is February 8th, which is the Anniversary Day of Scouting (February 8, 1910). Scouting’s founder, Lord Robert Baden-Powell, knew that faith gives young people a road map for life, and that it is a wise guide for thoughts and actions. Over 100 years later we still believe that, and it is our individual faith traditions that inspire us to look beyond ourselves and turn out attention to helping others.

Girl Scouts celebrate Girl Scout Birthday on March 12th. The Girl Scout Birthday commemorates the foundation of the very first Girl Scout troop by Juliette Gordon Low in Savannah, Georgia on March 12, 1912. It’s a day to celebrate the organization’s rich history, its continued impact on young girls, and its mission to cultivate courage, confidence, and character, ensuring that they make the world a better place.

**Girl Scouts**
Elisabeth Voutsinas – Daisy Girl Scout

**Boy Scouts**
Daniel Cox – Eagle Scout*

**Adult Leaders**
Catherine Cox – Boy Scouts – Scout Leader*
Fr. Peter Thornberg – Boy Scouts – Eagle Scout*

*The Order of the Arrow is the Boy Scouting national honor society for experienced campers.

Thank you to Fr. Peter Thornberg for supporting and encouraging our Boy Scouts and Girl Scouts throughout their Scouting years.
Saturday of the Souls Σαββατώ Των Ψυχών
PLEASE PRINT CLEARLY