In 842 A.D., the Council of Constantinople decreed that the first Sunday of Great Lent should annually be celebrated as the Sunday of Orthodoxy. The purpose of this yearly commemoration is to draw attention to the triumph of the Church over the iconoclasts, who attempted to eliminate the use and veneration of sacred images in all public and private worship.

In recent years, it has become a tradition for Orthodox of all national and ethnic backgrounds to come together in prayer at special Sunday of Orthodoxy Vesper. While attention is still given to the original intent prescribed for this day by means of moving processions with holy icons, its scope has widened in significance. Today, we also pause to give thanks to God for our precious Orthodox Faith, which has carefully preserved the theological, doctrinal and liturgical integrity of the “one, holy, catholic and apostolic church.”

On the cover of today’s Church Bulletin, the 12 Apostles are shown holding a church, a reminder to us that Christ entrusted His faithful followers with the enormous task of establishing and preserving His Church. With Jesus Christ being the “Chief Cornerstone,” the Apostles laid the foundation for the Church. Their total commitment to doing the work Christ assigned them to do enabled this divine institution to rapidly grow in size and in impact on the world.

It is fitting, therefore, that the 12 Apostles are remembered on this Sunday of Orthodoxy, for the truths that they carried to all nations are still proclaimed by their successors today. Indeed, this is the Faith of the Apostles!
Apolytikion of the Feast – Tin achrandon Ikona Sou ("Your immaculate icon")
We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God.
By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

Resurrectional Apolytikion – Tou Lithou Sfraghisthendos ("The Stone Had Been Sealed")
The Jews had sealed the stone that was set before Your Tomb and around Your Grave soldiers guarded Your Pure and Sacred Body, yet Savior You arose the third day and granted to the world Your gift of Life. For this do the powers of Heaven acclaim You the Life bestower. Glory to Your Resurrection and glory to Your Kingdom. Glory to Your dispensation, O only Friend of man.

Apolytikion of St. Sophia/Ss. Faith, Hope & Agape
Greek
Ος ελαία κατά καρπος ανεβλάστησας, ανεβλάστησας, καί προσήγαγες Χριστώ καρπόν έν ταίς ανλαίς του Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστώ καρπόν έν ταίς ανλαίς του Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστώ καρπόν έν ταίς ανλαίς του Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστώ καρπόν έν ταίς ανλαίς του Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστώ καρπόν έ
Greek
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.

English Phonetics for Greek
O se lai ka ta karpos anevlastisas, en tes avles tu Kyriou Sophia marty si semni, ke prosiagas Christo kapon idytaton, tus tis nidoys su vlastus, de' agonon evagon, Agapin te ke Elpida, syn ti theofroni Pisti; meth' on dysopi yper pando 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 – Ti ipermacho ("O Champion General")
O Champion General, I your City now ascribe to you * triumphant anthems as the tokens of my gratitude, * being rescued from the terrors, O Theotokos. * Inasmuch as you have power unassailable, * from all kinds of peril free me so that unto you * I may cry aloud: * Rejoice, O unwedded Bride.
The photo above (on the left) shows Carlos, Lucera and their children standing in front of their new home. Prior to July 2023, they had to endure winters in a makeshift home that included a dirt floor. The photo on the right shows their sons celebrating the fact that they will not have to endure another winter of mud in their home during the winter rainy season.

Everything changed when we handed the keys to Carlos and his family. While they thanked us for the home, WE thanked them for opportunity to be the hands and feet of Christ and put our Faith in the Lord to work for this very beautiful family.

Our parish has once again committed to fielding a group of volunteers to help Project Mexico build a house for a needy family in Rosanito, Mexico. This deeply rewarding experience has now become a regular ministry for our Parish. Our team has committed to building a home from July 5 – 11, 2024, but we need your help. We have 7 people on our team and need at least 3 more. If you would like to learn more, join the team, or learn how you can help sponsor our team, please email John Pogas, the group leader, at johnpogas@gmail.com.

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh’s daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen

Διδυμοί, πίστει Μωϋσῆς μέγας γενόμενος ἤρημα ἡγεῖτο υἱὸς βασιλέως Φαραώ, μᾶλλον ἐλόμονος συγκακουσάτα τῷ λαῷ τοῦ θεοῦ ἢ πρόσκαιρον ἔχειν ἀμαρίσια ἀπόλαυσιν; μείζων πλούτων ἤγησαν ὑπὸ Αἰγύπτου ἤθελον τῶν οἴκων τῆς Θεοῦ ἵτε ἀνέπεμπε γὰρ εἰς τὴν μισθωποδοσίαν. Καὶ τί ἐπὶ λέγω; Ἐπιλείψει γὰρ μὲ διηγομένον ὁ χρόνος περὶ Γένους, Βαράκ τε καὶ Σαμώκις καὶ τεθένα, Δαυίδ τε καὶ Σαμουηλ καὶ τῶν προφητῶν· οἱ διὰ πίστεως κατηγωσάντας βασιλείαν, ἐγκατέστησαν δικαιοσύνην, ἐπέτυχον ἔμπαγκλησιν, ἔφεραν στάματα λαῦντων, ἔξεσαν δύναμιν πυρός, ἐφυγον στόμα βασιλέως, ἐνδυναμώθηκαν ἀπὸ ἀσθενείας, ἐγένεθησαν ἵππον ἐν πολέμῳ, παρεβοῦλα ἐκλήσαν ἀλληλον. Ἐλαθον γυναῖκες ἐξ ἀναστάσεως τοὺς νεκροὺς αὐτῶν· ἄλλοι δὲ ἐπημαίνασάν τεκνίαν, οἱ προσδέχοντο τὴν ἀπολύσιν, ήν κρείττονος ἀναστάσεως τύχων· ἔτεροι δὲ ἐμπαιγμονίας καὶ σταυρίνοι πέρον ἔβλεψαν, ἔτεροι δὲ δεσμος καὶ φυλακής, ἐλυθήσαντο, ἐπηρήθησαν, ἐπηρήθησαν, ἐν φωνής μαχαίρις ἀπέβαλαν· περίπλουσι ἐν ἑλευθερίας, ἐν αἰείς δέχοντας, ὑπερωνόμοις, διψαυμοῦντες, ἐν πόνοις ἐν θλίψεις, ἐν γλυκὶς δέχομεν, ἐν σοφίας, ἐν ἀστέριας, ἐν βασιλείας, ἐν ἐρήμωσις, ἐν ἀμήκτηται πληροφορίαις τῆς καθοκίσμου. Καὶ οὗτοι πάντες, μαρτυρήθητες διὰ τῆς πίστεως, οὐκ ἐκμάθησαν τὴν ἐπαγγελίαν, τοῦ θεοῦ περὶ ἢμων κρείττον ἐπεμβαίνεμεν, ἤν μὴ χωρίς ἦμοις τελειωθήσετε.
At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Follow me." Now Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."
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
Ton ár-tón i-món ton e-pí-oú-si-on dos i-min si-me-ron ke á-fes i-min ta o-fe-li-ma-ta i-món, os ke i-mis a-fi-e-men tis o-fi-lé-tes i-món ke mi i-se-né-g-kis i-más is pi-ras-món, al-la ri-se i-más a-pó tou po-ni-roi.

GREEK
Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς ἁγιάσθε τὸ ὄνομά σου, ἐλθέτοι ἐπὶ τὴν βασίλειαν σου, γεννήτοις τῷ θελήματί σου, ως ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς.
Τὸν ἄρτον ἡμῶν τὸν ἐποιεῖσθαι ὑμῖν σήμερον καὶ ἄρτους ἡμῖν τῷ ὑμείῳ ὑπὲρ ὑμῶν καὶ τῶν ὑπὲρ ὑμῶν ὑπέρ καὶ ὑπὲρ πάντων ἡμῶν καὶ τῶν ποιμένων, ἀλλὰ δόσοι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

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

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 is 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/h/9Mx45bUdM OR
4. Use the QR form below (also found on the box in the narthex) which takes you to the anonymous form.

Prayer Request
March 24, 2024
Sunday of Orthodoxy
Forefeast of the Annunciation of the Theotokos
Righteous Artemon, Bishop of Seleucia
Our Holy Father Theonas, Archbishop of Thessalonica

Today we celebrate the Liturgy of St. Basil the Great. The differences between this Liturgy and the Liturgy of St. John Chrysostom are found in the priest’s prayers of the Anaphora, between pages 55-63 of your Divine Liturgy books. The Liturgy of St. Basil the Great is celebrated on Christmas Eve, the feast of St. Basil, the Feast of Theophany, Holy Saturday morning, and the Sundays of Great Lent.

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– Sunday of Orthodoxy: Today we will have the Procession of the Icons at the conclusion of the Divine Liturgy. All children of the Parish (as well as any adults who so wish) are welcome to participate in the procession. This is such a tremendous way to teach our children the importance of icons in the Orthodox Christian Faith.

Greek School Presentation: Immediately following the Divine Liturgy today our Greek school will have a short presentation in observance of Greek Independence Day.

Parish Council Member Recognition: Today, we as a parish recognize the efforts of Catherine Zarcone, Vasilios Tatsis and Peter Patukas, MD, for their significant contributions as part of the Parish Council. Please be sure to thank them each personally during coffee hour.

Coffee Hour: Thank you to John and Maria Papadimitriou for offering today’s coffee hour.

Readers for Salutations to the Theotokos: The second Salutations to the Theotokos are on Friday evening, March 29th beginning at 7:00 pm. We are looking for readers for the English and Greek for that Friday and the following three 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.

AHEPA VFC 432 Meeting: On Sunday March 31st after Liturgy, our local Valley Forge AHEPA Chapter 432 will have its next meeting to discuss chapter activities, events, etc., Please contact mattstolarczyk@cs.com or call (215)740-8841 for attendance and any items to add to the agenda.
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!

The 47th Annual AHEPA Track and Field Meet will take place on Saturday, May 11th (rain date Sunday May 12th) at 10:00 am at Drexel Hill Middle School. All children ages 5 and up are welcome to participate and no experience is necessary! There will be races and field events starting at 50 meters and up. Adults are welcome to participate as well!

If you’d like to join “Team Saint Sophia”, please email Coach Donna or Coach Lou (donnachristou@gmail.com or christoulou69@gmail.com) with your child's name and birthdate and they will be added to the roster. We are looking forward to having a great team again this year!!

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<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>
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<td></td>
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<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; Procession with Icons</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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<td></td>
<td>6:00 pm</td>
<td>Great Vespers for the Annunciation of the Theotokos</td>
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<td>(at Annunciation/Evangelismos O.O. Church, Elkins Park)</td>
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<tr>
<td>Mon, Mar. 25th</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy (St. Sophia)</td>
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<td></td>
<td>8:30 am</td>
<td>Feast of the Annunciation of the Theotokos</td>
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<td></td>
<td></td>
<td>to be followed by a reception hosted by the Philoptochos</td>
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<td></td>
<td>6:30 pm</td>
<td>Great Compline</td>
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<tr>
<td>Wed, Mar. 27th</td>
<td>10:00 am</td>
<td>Presanctified Liturgy</td>
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<td>5:00 pm</td>
<td>Little Angels</td>
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<tr>
<td>Thurs, Mar. 28th</td>
<td>5:00 pm</td>
<td>Greek School (Children)</td>
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<tr>
<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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<td></td>
<td>12:30 pm</td>
<td>Greek School (Adults)</td>
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<tr>
<td>Mon, Apr. 1st</td>
<td>6:30 pm</td>
<td>Great Compline</td>
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<tr>
<td>Wed, Apr. 3rd</td>
<td>5:00 pm</td>
<td>Little Angels</td>
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<tr>
<td>Thurs, Apr. 4th</td>
<td>5:00 pm</td>
<td>Presanctified Liturgy</td>
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<tr>
<td>Fri, Apr. 5th</td>
<td>7:00 pm</td>
<td>Salutations to the Theotokos</td>
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<tr>
<td>Sat, Apr. 6th</td>
<td>8:45 am</td>
<td>District Oratorical Festival at St. Luke, Broomall</td>
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<tr>
<td>Sun, Apr. 7th</td>
<td>8:45 am</td>
<td>Orthros; 10:00 am Divine Liturgy – Sunday of the Holy Cross Greek Independence Day</td>
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<td>The bus departs from St. Sophia at 12:00 Noon SHARP!</td>
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<tr>
<td>Mon, Apr. 8th</td>
<td>6:30 pm</td>
<td>Great Compline</td>
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<tr>
<td>Wed, Apr. 10th</td>
<td>10:00 am</td>
<td>Presanctified Liturgy</td>
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<td></td>
<td>5:00 pm</td>
<td>Little Angels</td>
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<tr>
<td>Thurs, Apr. 11th</td>
<td>5:00 pm</td>
<td>Greek School (Children)</td>
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<tr>
<td>Fri, Apr. 12th</td>
<td>7:00 pm</td>
<td>Salutations to the Theotokos</td>
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<tr>
<td>Sat, Apr. 13th</td>
<td>8:45 am</td>
<td>Greek School (Adults)</td>
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<tr>
<td>Sun, Apr. 14th</td>
<td>12:30 pm</td>
<td>Sights &amp; Sounds at St. Demetrios</td>
</tr>
</tbody>
</table>
THE PRAYER OF ST. EPHRAIM THE SYRIAN

Order by April 20
Pickup April 27

O Lord and Master of my life, take from me the spirit of sloth, Despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, Patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not To judge my brother, for blessed art Thou, unto ages of ages. Amen.

THE SUNDAYS OF THE GREAT LENT

FIRST SUNDAY OF LENT – SUNDAY OF ORTHODOXY (John 1:43-52)

This Sunday commemorates the return of the icons into the churches according to the decision of the Seventh Ecumenical Synod (787). The Church determined that this celebration would take place each year on the first Sunday of Lent, as the Sunday of Orthodoxy, starting March 11, 843. On this Sunday every year the triumph of the faith of Orthodoxy is celebrated with ceremony. The Icon of Christ, according to St. John Damascenus, is a distinct affirmation and a reminder of the fact of His Incarnation, which has a vital significance for the salvation of the faithful, an affirmation which prevails to this day in the Orthodox Church. The celebration of the day includes the procession with the Icon of Christ around the inside of the church with pomp and reverence. The Sunday of Orthodoxy calls upon the people to rededicate themselves to the deep meaning of their faith and to declare in unison, "One Lord; one faith, one baptism, one God and Father of all".