

Liturgical Services are now streamed on YouTube. You DO NOT need a YouTube account to access the on-line services, nor do you need to subscribe. Simply click on the following link:

<http://www.youtube.com/@stsophiaVF>

PLEASE keep in mind that our fixed costs are still ever present. We hope you can help us with an online donation. You can give by going to our website, [www.saintsophiachurch.org](http://www.saintsophiachurch.org) and clicking on the "Donate" button.

Donate



You can also donate using Venmo! Just search in Venmo or click on [www.venmo.com/SaintSophiaChurch](http://www.venmo.com/SaintSophiaChurch)

We also accept Zelle as a form of payment! Through your bank's Zelle system, input [treasurer@saintsophiachurch.org](mailto:treasurer@saintsophiachurch.org) as a recipient and you'll be ready to donate to St. Sophia Church.



**St. Sophia/Ss Faith, Hope & Agape  
Greek Orthodox Church of Valley Forge  
900 South Trooper Rd., Jeffersonville, PA 19403**

**Rev. Fr. Symeon Williams  
Proistamenos**

**October 5, 2025**

8:45 am Orthros

10:00 am Divine Liturgy

**Today is Fast Free**

**2<sup>nd</sup> Sunday of Luke**

**National Church Music Sunday**

**Charitina the Martyr**

**Methodia the Righteous of Kimolos**

**Eudokimos the Unknown of Mount Athos**

**Peter, Alexis, Jonah, Hermogenes & Tikhon, Metropolitans of  
Moscow**



**St. Sophia/SS. Faith, Hope & Agape  
Greek Orthodox Church of Valley Forge**

900 South Trooper Road  
Jeffersonville, PA, 19403

Tel.: (610) 650-8960 • Fax: (610) 650-8961

[www.saintsophiachurch.org](http://www.saintsophiachurch.org) email: [office@saintsophiachurch.org](mailto:office@saintsophiachurch.org)

Sunday Worship: 8:45 am - Orthros: 10:00 am Divine Liturgy  
Office Hours - 10 am to 4 pm

Rev. Fr. Symeon Williams  
[frsymeonwilliams@gmail.com](mailto:frsymeonwilliams@gmail.com)  
Metropolis of New Jersey



October 5, 2025  
2<sup>nd</sup> Sunday of Luke

## ENTRANCE HYMNS

### Resurrectional Apolytikion -- Ex Ipsus Katilthes ("From On High You Descended")

*From on high you descended, O merciful Lord. You accepted the cross and three days in the tomb to free us from the bondage of sin, O our life and resurrection. Glory to You, O Lord.*

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

#### Greek

*Ὁς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστῷ καρπὸν ἠδύτατον, τοὺς τῆς νηδύος σου βλαστούς, διὰ γώνων εὐαγῶν, Ἀγάπην τε καὶ Ἐλπίδα σὺν τῇ θεόφρονι Πίστει, μεθῶν δυσώπει ὑπὲρ πάντων ἡμῶν.*

#### English Phonetics for Greek

*Os elea kata karpos anevlastisas, en tes avles tu Kyriou Sofia martys semni, ke prosigages Christo karpon 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 – Prostasia ton Christianon ("O unfailing protection of Christians")

*O unfailing protection of Christians, and our faithful advocate before the Creator: though we are sinners, do not ignore our entreaty; but in your goodness, grant your timely help to us who appeal to you in faith. Quickly make intercession; on our behalf make speedy supplication, O Theotokos, for you always protect those who honor you.*

## 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.

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](mailto: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/LZAHY16LSZ> **OR**
4. Use the QR form below (also found on the box in the narthex) which takes you to the anonymous form.





**Nicaea**  
Then And Now  
An Archon Symposium

**Archons of the Ecumenical Patriarchate**  
Protecting the Future of Faith®



**Saturday November 15, 2025**  
9:30AM

**SPEAKERS**  
Anastasios "Tom" Papademetriou, PhD  
Professor, Stockton University  
George E. Demacopoulos, PhD  
Professor, Fordham University  
A. Edward Sicienski, PhD  
Professor, Stockton University

- SCHEDULE**
- **8:00–9:15 am** Divine Liturgy – Start of the Advent Season, St. George Greek Orthodox Cathedral
  - **9:30–10:00 am** Continental Breakfast
  - **10:00–10:45 am** Witnessing Nicaea: The First Ecumenical Council as Historical Process and Experience, by Archon Anastasios Papademetriou, PhD
  - **10:45–11:30 am** Is there a Nicaean Legacy without an Empire? By Archon George E. Demacopoulos, PhD, Professor, Fordham University
  - **11:30-12:15 pm** Nicaea and Ecumenism Today. By A. Edward Sicienski, PhD, Professor, Stockton University
  - **12:15–12:30 pm** Response by His Eminence Metropolitan Apostolos of New Jersey

**LOCATION**  
**St. George G.O. Cathedral**  
Philadelphia, PA

**ORGANIZED BY THE**  
Archons of the Ecumenical Patriarchate, Metropolis of New Jersey  
RSVP to ArchonCJL@gmail.com

**Archon Symposium - November 15<sup>th</sup> - "Nicaea: Then and Now":** With the blessings of His Eminence, Metropolitan Apostolos of New Jersey, the Archons of the Philadelphia region will hold a symposium entitled: **Nicaea: Then and Now**. It will take place on **Saturday morning, November 15<sup>th</sup>** at the St. George Greek Orthodox Cathedral in Philadelphia. Divine Liturgy, commemorating the start of the Advent Season, will begin at 8am, with the program immediately following, beginning with a brief continental breakfast (see enclosed flyer).

As it is the 1,700th Anniversary of the First Ecumenical Council, convened by Emperor Constantine in 325AD, the timing of this symposium is especially timely as both His All-Holiness, Ecumenical Patriarch Bartholomew and His Holiness, Pope Leo XIV will travel together to visit this holy site later in the month.

We would be most pleased if you can attend this Symposium. Kindly RSVP to Dr. Cary Limberakis at [ArchonCJL@gmail.com](mailto:ArchonCJL@gmail.com)).

**Epistle Reading**  
**The reading is from St. Paul's Second Letter to the Corinthians 6:16-18; 7:1**

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

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty."

Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

**Ἀνάγνωσις ἐπιστολῆς  
Πρὸς Κορινθίους β' 6:16-18, 7:1 τὸ ἀνάγνωσμα**

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

Ἀδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ θεὸς ὅτι Ἐνοικήσω ἐν αὐτοῖς, καὶ ἐμπεριπατήσω· καὶ ἔσομαι αὐτῶν θεός, καὶ αὐτοὶ ἔσονται μοι λαός. Διὸ, Ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει κύριος, καὶ ἀκαθάρτου μὴ ἄπτεσθε· κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρίσωμεν ἑαυτοὺς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἀγιωσύνην ἐν φόβῳ θεοῦ.

**GOSPEL READING**  
**The Gospel According to Luke 6:31-36**

The Lord said, "As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

**ΕΥΑΓΓΕΛΙΟΝ**  
**Ἐκ τοῦ Κατὰ Λουκᾶν Εὐαγγελίου τὸ Ἀνάγνωσμα**

Εἶπεν ὁ Κύριος· καθὼς θέλετε ἵνα ποιῶσιν ὑμῖν οἱ ἄνθρωποι, ποιεῖτε αὐτοῖς ὁμοίως. καὶ εἰ ἀγαπᾶτε τοὺς ἀγαπῶντας ὑμᾶς, ποία ὑμῖν χάρις ἐστί; καὶ γὰρ οἱ ἁμαρτωλοὶ τοὺς ἀγαπῶντας αὐτοὺς ἀγαπῶσι. καὶ ἐὰν ἀγαθοποιῆτε τοὺς ἀγαθοποιῶντας ὑμᾶς, ποία ὑμῖν χάρις ἐστί; καὶ γὰρ οἱ ἁμαρτωλοὶ τὸ αὐτὸ ποιοῦσι. καὶ ἐὰν δανείζητε παρ' ὧν ἐλπίζετε ἀπολαβεῖν, ποία ὑμῖν χάρις ἐστί; καὶ γὰρ ἁμαρτωλοὶ ἁμαρτωλοῖς δανείζουσιν ἵνα ἀπολάβωσι τὰ ἴσα. πλην ἀγαπᾶτε τοὺς ἐχθροὺς ὑμῶν καὶ ἀγαθοποιεῖτε καὶ δανείζετε μηδὲν ἀπελπίζοντες, καὶ ἔσται ὁ μισθὸς ὑμῶν πολὺς, καὶ ἔσεσθε υἱοὶ ὑψίστου, ὅτι αὐτὸς χρηστός ἐστιν ἐπὶ τοὺς ἀχαρίστους καὶ πονηροὺς. Γίνεσθε οὖν οἰκτίρμονες, καθὼς καὶ ὁ πατὴρ ὑμῶν οἰκτίρμων ἐστί.



*Facing the needs of our neighbors, together.*

FOCUS North America exists to serve the poor by bringing together Orthodox Christian churches and community partners to provide Food, Occupation, Clothing, Understanding, Shelter, and other assistance to address the needs of local communities.

FOCUS Philadelphia – based out of Saint Sophia and led by John Pogas as Center Director – is committed to understanding and addressing the needs of our neighbors. As Christ said, “Truly I tell you, whatever you did for one of the least of my brothers and sisters, you did for me” - Matthew 25:40

**We serve hot meals in**

- Norristown every Wednesday evening at 7:00 PM
- Philadelphia every Thursday evening at 8:00 PM

Discover how you can support this vital ministry either by volunteering, donating food, funding or simply spreading the word. Visit [www.focusphiladelphia.org](http://www.focusphiladelphia.org) to learn more or use our SignUpGenius (link below).



Link to SignUpGenius

**JOY/HOPE**

# FALL is for FELLOWSHIP

**Harvesting Memories Around the Campfire**

**SATURDAY** *October 18th*  
*5-8 Pm*

*Join us for a cozy autumn evening for all our JOY/HOPE families*

**FARM ACCESS, HAYRIDE,  
CORN MAZE, SMORES &  
A RESERVED CAMPFIRE SITE**      **\$18  
PER PERSON**

**RSVP:**  
☎ 610-906-5518 (Annie)  
☎ 610-761-7767 (Karl)

**MERRYMEAD FARM**  
2222 S VALLEY FORGE ROAD  
LANSDALE, PA 19446



Support our GOYA while getting your car sparkling clean!



# CAR WASH FUNDRAISER

**SUNDAY, OCTOBER 26th**

**SUGGESTED  
DONATION \$10**

Immediately After Church or  
During Coffee Hour in Parking Lot

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.

### GREEK

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς  
ἀγιασθήτω τό ὄνομά σου,  
ἐλθέτω ἡ βασιλεία σου,  
γενηθήτω τό θέλημά σου, ὡς  
ἐν οὐρανῷ καί ἐπί τῆς γῆς.

Τόν ἄρτον ἡμῶν τόν  
ἐπιούσιον δός ἡμῖν  
σήμερον καί ἄφες ἡμῖν τά  
ὀφειλήματα ἡμῶν, ὡς καί ἡμεῖς  
ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν καί  
μή εἰσενέγκῃς ἡμᾶς εἰς  
πειρασμόν, ἀλλά ῥύσαι ἡμᾶς ἀπό  
τοῦ πονηροῦ.

## THE LORD'S PRAYER

### ENGLISH PHONETICS

Pá-ter i-món o en tis ou-ra-nís  
a-gi-as-thí-to to o-no-má Sou,  
el-thé-to I va-si-lí-a Sou,  
ge-ni-thí-to to thé-li-má Sou, os  
en ou-ra-nó ke e-pi tis ghis.

Ton ár-ton i-món ton  
e-pi-ou-si-on dos i-mín  
sí-me-ron ke á-fes i-mín ta  
o-fe-lí-ma-ta i-món, os ke i-mís  
a-fí-e-men tis o-fí-lé-tes i-món ke  
mi i-se-nég-kis i-más is  
pi-ras-món, al-la rí-se i-más a-pó  
tou po-ni-roú.

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

## October 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 to a specific charitable organization selected by Philoptochos.

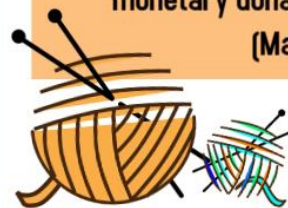
Donations made to the Philoptochos Poor Box for October benefit the students at Whitehall Elementary School in Norristown.

Please consider donating to this worthwhile charity at <http://www.saintsophiachurch.org/poorboxdonations.html> or submit a check payable to St. Sophia Philoptochos adding "poor box" to the memo line. Thank you for your generosity!

## Saint Sophia Knitting Guild

UPDATE

We're excited to announce that we've launched three new projects and are looking for volunteers and sponsors! If you enjoy knitting or crocheting, please consider joining us. You can also sponsor a project with a yarn or monetary donation. Please email or text Maria Swope for details (MariaSwope5@gmail.com/610.291.0895).



Our membership is open to those outside our parish as well. So feel free to share with anyone you know who may be interested in joining us.

Knitting faithfully with hope and love, serving our Philoptochos mission through the donation of handmade knitted and crocheted items





GREEK ORTHODOX  
METROPOLIS OF NEW JERSEY

***His Eminence  
Metropolitan Apostolos of New Jersey***

*Cordially invites you  
to the*

**2025 DELAWARE VALLEY REGION  
AMBASSADOR AWARDS BANQUET**

*on*

**Sunday, November 2, 2025**

*at*

**“The Adelfia”**

1750 Clements Bridge Road, Deptford, NJ 08096

Your presence will be greatly appreciated

***Cocktail Hour: 4:00pm***

***Program and Dinner: 5:00pm***

Tickets: \$100.00

Please contact and make checks payable to your local  
parish to purchase tickets.

**RSVP by October 17, 2025**

### **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.*

October 5, 2025  
2<sup>nd</sup> Sunday of Luke



**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.

**Standing versus kneeling on Sundays:** Each Sunday is a joyful celebration of Pascha – of Christ's victory over death and sin. We experience the Resurrection from Pascha until Pentecost by standing in prayer during all liturgies and do not kneel; kneeling and prostrations are demonstrations of repentance. As every Sunday is a "little Pascha", we are reminded that the Church teaches us to remain standing on Sundays during the invocation (Ἡ Ἐπίκλησις) of the Holy Spirit (the Consecration of the Body and Blood of our Lord). In contrast, during weekday services throughout the year it is customary to kneel during the Consecration. ***In lieu of kneeling on Sundays, please bow your heads reverently and pray along with the choir.***

**Memorial:** Today's memorial is chanted for the soul of **Anna Petridou** (1 year), loving mother, grandmother, and great-grandmother. She was the mother of Xanthie Kotopoulos, and grandmother and great-grandmother to Niko & Britany Kotopoulos Family and Haralambos & Anna Tzinis Family. She passed away at 100 years old with her family by her side. May her memory be eternal.

**Coffee Hour:** Today's coffee hour is offered by Niko & Britany Kotopoulos in memory of Anna Petridou.

**National Church Music Sunday:** The first Sunday on or after the Feast of St. Romanos (October 1st) is designated by our Archdiocese as National Church Music Sunday. Each year on this Sunday, we pause to honor the gifts and contributions of our church musicians – clergy, choir directors, chanters, choir members, organists, and Sunday School music educators. We thank them for their devotion to our Church through their ministry of music.

Thank you to Fr. Symeon, Tom Cox (choir director and organist), choir members, chanters, and our Sunday school music educators for making our services even more beautiful through our Orthodox hymnology.

**Senior Citizen Ministry:** St. Sophia's Senior Pareia is open to all senior citizens of the community. The meetings take place on Thursdays from 10:00 am to 12 noon.

**AHEPA VFC 432:** AHEPA VFC 432 has donated an up-to-date Windows laptop that has been setup in the Greek school classroom under the direction of teacher Dimitra Klapakis. This laptop computer is to be used by ALL students for video and online education of the Greek language.

**Stewardship:** Our fixed costs are ever present. Please remember to fulfill your pledges (or send in your pledge if you have not already done so) as we resume our ministries and activities this fall. If you have misplaced your form, just click on the following link [Commitment Form](#). ***Thank you for your ongoing support of our parish!***

**Mortgage Reduction Campaign:** As of October 1, 2025, our mortgage balance is **\$258,289**. Thank you to our Stewards and friends who participated this month, and please help us continue to reduce the mortgage to \$0 in the near future.

**Sponsor Coffee Hour:** Thank you to everyone who has sponsored coffee hour recently. There are several upcoming Sundays available. If you are interested in sponsoring 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. **The sponsor is responsible for bringing the food, but the church will supply the coffee, creamer, juice, and paper products to eliminate waste and clutter. We ask that the sponsors donate \$25 (made payable to St. Sophia Church) to offset these expenses.** Thank you!

**Free Books!** A selection of books, collected over time and no longer in use, will be available in the Cultural Center lobby again this Sunday. We invite you to explore the collection and take home any books that interest you.

**Lost & Found:** Several lost items, such as clothing, umbrellas, and glasses, are now at the Lost & Found Table in the Cultural Center lobby. Stop by if you are missing something.

**Pan-Hellenic Scholarship**

Calling all exceptional undergraduate students of Hellenic descent -- consider becoming a PanHellenic Scholar! Do you or an exceptional undergraduate student you know qualify to be a PanHellenic Scholar? The 2025/2026 application is now open and accepting applications! Application deadline 1/31/2026. <https://app.smarterselect.com/programs/105586-Pan-Hellenic-Scholarship-Foundation>



The Greater Philadelphia Committee of IOCC invites you to the  
**14TH ANNUAL BANQUET TO BENEFIT IOCC**  
 Sunday, October 26, 2025

3:30pm Hors d'Oeuvres & Silent Auction • 5:00pm Dinner & Program

Come and learn about IOCC's programs around the world and how your support makes a difference in places like Ethiopia, Greece, the Holy Land, Ukraine, and the US.

**Adelphia Restaurant, Pan Athenian Grand Ballroom**  
 1750 Clements Bridge Rd., Deptford, NJ 08096

To reserve your place and for **sponsorships**, see your parish rep or visit

[iocc.org/philadelphia](http://iocc.org/philadelphia)

Or make checks out to IOCC and mail to  
 IOCC | 110 West Road, Suite 360 | Baltimore, MD 21204

Tickets: \$85 per person

Questions? E-mail Theodora Veronis at [TVeronis@iocc.org](mailto:TVeronis@iocc.org)

**ST. SOPHIA PARISH REPS: Tina Coutavas 215-518-0192 and Tom Cox 215-859-1009**



The following sponsorship opportunities are available:

- |   |  |
|---|--|
| <input type="checkbox"/> Grand Benefactor (\$5,000+) - includes 10 guests | <input type="checkbox"/> Sponsor (\$500) - includes 4 guests |
| <input type="checkbox"/> Great Benefactor (\$2,000) - includes 8 guests   | <input type="checkbox"/> Friend (\$250) - includes 2 guests  |
| <input type="checkbox"/> Benefactor (\$1,000) - includes 6 guests         |  |

*Sponsorships received by Oct. 17 will be recognized in the program.*

**NATIONAL CHURCH MUSIC SUNDAY**  
 OCTOBER 5, 2025



Awed by the beauty of your  
 virginity, and the exceeding  
 radiance of your purity;  
 Gabriel stood amazed and cried  
 out unto you, O Theotokos,  
 What praise may I offer that is  
 worthy of your beauty?  
 By what name shall I call you?  
 I am lost and bewildered, but I  
 shall cry to you as commanded:  
 Rejoice, O full of grace.  
 Theotokos of the Akathist



HONORING  
**CHURCH MUSICIANS**  
 ACROSS THE  
**ARCHDIOCESE OF AMERICA**



**NATIONAL FORUM OF GREEK ORTHODOX CHURCH MUSICIANS**

[WWW.CHURCHMUSIC.GOARCH.ORG](http://WWW.CHURCHMUSIC.GOARCH.ORG)

**PARENTS: Please RSVP for Kid Mission via the BAND app or to Annie or Kari directly by the end of the day TODAY, October 5<sup>th</sup>.**



# KID MISSION

FAITH IN ACTION  
HIT TV SHOW

## Time to unleash your inner star!

**REGISTER**



### EVENT RULES

In today's world, our children face various challenges, and it is essential to instill values that guide them through these complexities. The Kid Mission event calls on every church team to contribute their creativity and faith by producing an original TV show that represents religious values and beliefs in a contemporary context.

### Prizes

Most innovative concepts including Best TV Show, Best Script and Audience Choice.

**NOVEMBER 1st**  
10 AM-2 PM  
St. Demetrios Upper Darby

**Donation:**  
Please bring a homeless care package



ST. SOPHIA CRAFT FAIR

## Yiayia's Bakery

Requesting donations of **homemade** cookies | cakes | cupcakes | other desserts

**NOVEMBER 7 - 9**

Please let us know what you will be donating by November 2nd either:

in person  
via Email  
using the QR code

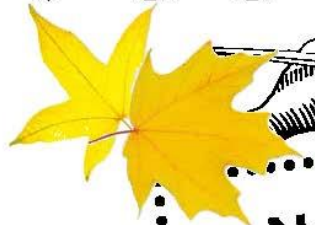


Contact Alex Poloway for more information:  
ahpoloway@gmail.com

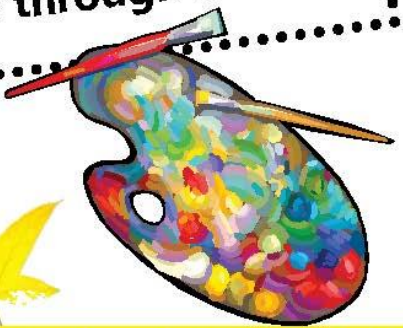
ST. SOPHIA GREEK  
ORTHODOX CHURCH



# FOOD & CRAFT FAIR

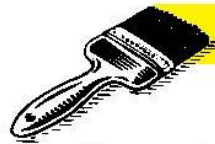


Nov. 7 – Nov. 9, 2025  
Open from Lunch through Dinner!!



**Hours:**

Fri., Nov 7: 11AM – 8PM  
Sat., Nov 8: 11AM – 8PM  
Sun., Nov 9: Noon – 6PM



**Serving Authentic Greek Food Daily**

**Area's Best Greek Food & Pastries**

Moussaka, Pastitsio, Galaktoboureko, Baklava, Gyro, Souvlaki,  
Spanakopita & many other fine Greek favorites.

**TAKE OUT AVAILABLE**

For more information visit: [www.saintsophiachurch.org](http://www.saintsophiachurch.org) or call: (610) 650-8960

St. Sophia Greek Orthodox Church, 900 South Trooper Road, Jeffersonville PA 19403  
From Rte 202, 422W to Trooper Road Exit (Rte 363N), on Right Side before Walmart

**HOPE/JOY Parents:** Do you have children in Kindergarten-6th grade? Do you want to get them more involved with our St. Sophia youth? Would you like to keep up to date on DVYC and other calendared HOPE/JOY events? Please join our BAND App for communications, events, calendar, and more...

St. Sophia HOPE/JOY BAND, please scan the QR code **to the right** to join:

ST. SOPHIA HOPE/JOY BAND



**Sunday School K-12 Parents:** Do you wonder which Sundays we do not have Sunday School over the holidays? When is Sunday School Graduation? Or maybe what is new in Sunday School? Sunday School families please join our BAND App for our communications, calendar, and more...

St. Sophia Sunday School BAND, please scan the QR code **to the right** to join:

ST. SOPHIA SUNDAY SCHOOL BAND



**HOPE/JOY Dance Parents:** Do you have children in Kindergarten – 6th grade who would like to learn to dance Greek dances? Wondering when practice or performances take place? Please join our BAND App for communications, events, calendar, and more...

St. Sophia HOPE/JOY DANCE GROUP BAND, please scan the QR code **to the right** to join:

ST. SOPHIA HOPE/JOY DANCE GROUP BAND



**SCHEDULE OF UPCOMING SERVICES AND EVENTS**

Sat., Oct. 4 <sup>th</sup>	6:00 pm	Trivia Nite (Doors open 5:00 pm)
Sun. Oct. 5 <sup>th</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy <b>2<sup>nd</sup> Sunday of Luke</b>
	12:30 pm	Greek School (Adults)
	6:30 pm	Great Vespers of St. Thomas AT our sister parish of St. Thomas, Cherry Hill, NJ
Mon. Oct. 6 <sup>th</sup>	8:45 am	Orthros; 9:45 am Divine Liturgy for St. Thomas Feast Day AT St. Thomas, Cherry Hill, NJ
	4:45 pm	Little Angels
	5:00 pm	Greek School (Children)
Oct. 6 <sup>th</sup> through Oct. 9 <sup>th</sup>		Fr. Symeon attending Clergy Retreat, Naples, FL
Thurs. Oct. 9 <sup>th</sup>	10:00 am	Senior Parea
	6:00 pm	Greek School (Adults)
Sat. Oct. 11 <sup>th</sup>	5:00 pm	<b>Vespers</b>
	6:00 pm	Adult Catechism (led by Fr. Symeon) – in the church hall
Sun. Oct. 12 <sup>th</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy <b>Sunday of the 7<sup>th</sup> Ecumenical Council</b>
	12:30 pm	Greek School (Adults)
Mon. Oct. 13 <sup>th</sup>	5:00 pm	Greek School (Children)
Tues. Oct. 14 <sup>th</sup>	7:00 pm	Philoptochos Board Meeting (Flex Room)
Thurs. Oct. 16 <sup>th</sup>	10:00 am	Senior Parea
	6:00 pm	Greek School (Adults)
Oct. 16 <sup>th</sup> through 19 <sup>th</sup>		The Annual Archon Weekend, New York City, NY
Fri. Oct. 17 <sup>th</sup>	6:30 pm	Great Vespers for St. Luke the Evangelist AT St. Luke G. O. Church, Broomall, PA
Sat. Oct. 18 <sup>th</sup>	9:00 am	Orthros; 10:00 am Divine Liturgy for St. Luke Feast Day AT St. Luke G. O. Church, Broomall, PA
	5pm to 8pm	HOPE/JOY – “Fall is for Fellowship” at Merrymeade Farm, Lansdale
Sun. Oct. 19 <sup>th</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy <b>3<sup>rd</sup> Sunday of Luke</b>
	12:30 pm	Greek School (Adults)
Mon. Oct. 20 <sup>th</sup>	5:00 pm	Greek School (Children)
Thurs. Oct. 23 <sup>rd</sup>	10:00 am	Senior Parea
	6:00 pm	Greek School (Adults)
Sat. Oct. 25 <sup>th</sup>	6:00 pm	Great Vespers for St. Demetrios the Great AT St. Demetrios Church, Upper Darby, PA
Sun. Oct. 26 <sup>th</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy <b>6<sup>th</sup> Sunday of Luke</b> Demetrios the Myrrh-streamer & Great Martyr of Thessaloniki GOYA Car Wash during coffee hour
	12:30 pm	Greek School (Adults)
Mon. Oct. 27 <sup>th</sup>	5:00 pm	Greek School (Children)
Tues. Oct. 28 <sup>th</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy <b>The Holy Protection of the Theotokos (Agia Skepi)</b>
Thurs. Oct. 30 <sup>th</sup>	10:00 am	Senior Parea
	6:00 pm	Greek School (Adults)
Sat. Nov. 1 <sup>st</sup>	8:45 am	Orthros; 10:00 am Divine Liturgy <b>Cosmas and Damianos the Holy Unmercenaries and their mother Theodota</b>
	10:00 am	Kidmission at St. Demetrios Church, Upper Darby (RSVP to Kari or Annie via BAND app by 10/5)

*Join us for this year's*  
**DVYC FALL GOYA RETREAT**

# Love Your Neighbor.



**November 14th- 16th, 2025**  
**Innabah Camp & Retreat Center**

*Registration deadline: Nov. 1st*  
*\$235/Goan, \$215/add. sibling*

---

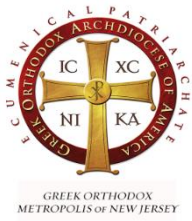
*email [duyouthcommission@gmail.com](mailto:duyouthcommission@gmail.com)*  
*with any questions or concerns*





**Scan to register.**

Metropolis of New Jersey



# ST. SOPHIA

SS. FAITH, HOPE & AGAPE

GREEK ORTHODOX CHURCH OF VALLEY FORGE

900 South Trooper Road, Jeffersonville, PA, 19403 • Tel.: (610) 650-8960 • Fax: (610) 650-8961

Web: [www.saintsophiachurch.org](http://www.saintsophiachurch.org) E-mail: [office@saintsophiachurch.org](mailto:office@saintsophiachurch.org)

Rev. Fr. Symeon Williams, Proistamenos



October 2, 2025

My dear Brothers and Sisters in Christ:

I received an urgent letter from the office of His Eminence Metropolitan Apostolos of New Jersey. After assessing the needs of the Metropolis and our beloved parish of St. Sophia, Ss Faith, Hope and Agape, His Eminence Metropolitan Apostolos of New Jersey has appointed the Rev. Dn. Konstantinos Loukas, as the new Proistamenos of our community. Fr. Symeon Williams, who has faithfully served our community for the past year, has been appointed the full-time Youth Director of our Metropolis. Please join me in thanking Father Symeon for his service and spiritual guidance to our community.

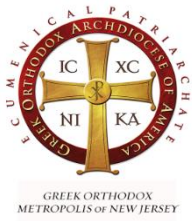
Fr. Konstantinos is a young and dynamic clergyman who was born and raised in the Metropolis of New Jersey, at the parish of St. Nicholas in Baltimore, Maryland. He is a graduate of our beloved Holy Cross Greek Orthodox School of Theology and is an accomplished chanter. Many of you will recall when Father Konstantinos served at our parish during Holy Week 2021. He was ordained to the Holy Diaconate in 2022, and since 2023 has served as the Archdeacon of our sacred Metropolis. He has also served for three years as the Metropolis of New Jersey Youth Director. Fr. Konstantinos brings to our community the added blessing of his beautiful young family, his wife Athanasia and their daughter, Flora. Father Konstantinos will be ordained on October 26<sup>th</sup> at Saint Demetrios Greek Orthodox Church in Upper Darby. Please keep an eye out for more details on the transition and how we can welcome our new Proistamenos and his beautiful family.

This is bittersweet news for all of us as we have great love for Father Symeon, but at the same time we are happy for him as he takes on a vital ministry for the Metropolis. He will leave a lasting impact on our many ministries.

In closing, I ask that you please pray for Father Symeon as he transitions to his new ministry, and for Father Kostantinos and his family to have a smooth transition and that he be given the usual warm welcome that our Parish is known for. I will continue to keep everyone informed as the transition progresses.

Yours in Christ's Service,

John Pogas  
Parish Council President



# ST. SOPHIA

SS. FAITH, HOPE & AGAPE

GREEK ORTHODOX CHURCH OF VALLEY FORGE

900 South Trooper Road, Jeffersonville, PA, 19403 • Tel.: (610) 650-8960 • Fax: (610) 650-8961

Web: [www.saintsophiachurch.org](http://www.saintsophiachurch.org) E-mail: [office@saintsophiachurch.org](mailto:office@saintsophiachurch.org)

Rev. Fr. Symeon Williams, Proistamenos



## Welcome, Father Konstantinos Loukas!

### A brief biography

Fr. Konstantinos Loukas was born in Baltimore, Maryland, to Dimitri and Evelyn Loukas. He is from a family of four and grew up attending St. Nicholas Greek Orthodox Church in Greektown, Baltimore, Maryland. After graduating from high school in 2014, he studied Theology at Hellenic College in Brookline, Massachusetts, where he graduated in 2018. He graduated from Holy Cross Greek Orthodox School of Theology with a Master of Divinity and a Certificate in Byzantine Chant. While at seminary he met his wife, Diakonissa Athanasia.

Dka. Athanasia is from Millinocket, Maine, and grew up attending St. George Greek Orthodox Church in Bangor, Maine. Growing up she attended the Metropolis of Boston Camp. She graduated from high school in 2015 and then attended Hellenic College.

Fr. Konstantinos and Dka. Athanasia were married on September 4, 2021. They lived in Bethesda, Maryland for one year, where Fr. Konstantinos served as the lay pastoral assistant and youth director at St. George Greek Orthodox Church. In June of 2022, Fr. Konstantinos was appointed as the Youth Director of the Greek Orthodox Metropolis of New Jersey, and on September 17, 2022, he was ordained by, at the time, His Grace Bishop Apostolos of Medeia, to the Holy Diaconate and began to serve as the Deacon of the Metropolis.

On September 17, 2023, His Eminence Metropolitan Apostolos of New Jersey elevated Deacon Konstantinos and gave him the offikion of Archdeacon of the Greek Orthodox Metropolis of New Jersey.

On September 28, 2024, Fr. Konstantinos and Dka. Athanasia welcomed their daughter, Flora, to the world.

Fr. Konstantinos, Dka. Athanasia, and Flora are all excited to join the beautiful community of St. Sophia/ Ss. Faith, Hope, and Agape. Fr. Konstantinos believes that St. Sophia and her three daughters have been guiding his ministry, as he was ordained on their feast day.

