

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 and clicking on the "Donate" button.

Donate



You can also donate using Venmo! Just search in Venmo or click on www.venmo.com/SaintSophiaChurch

We also accept Zelle as a form of payment! Through your bank's Zelle system, input 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 Road
Jeffersonville, PA, 19403

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

www.saintsophiachurch.org email: office@saintsophiachurch.org

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

Rev. Fr. Konstantinos Loukas
Metropolis of New Jersey



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

Rev. Fr. Konstantinos Loukas
Proistamenos

November 9, 2025
8:45 am Orthros
10:00 am Divine Liturgy

Today is Fast Free

7th Sunday of Luke
Onesiphorus and Porphyrius of Ephesus
Matrona, Abbess of Constantinople
Theoktisti of the Isle of Lesbos
Nektarius the Wonderworker, Metropolitan of Pentapolis
Symeon the Translator

November 9, 2025



ENTRANCE HYMNS

Resurrectional Apolytikion – Ton Sinanarchon Logon (“The Word Who Always Was”)

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

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

Greek

Ὁς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστῷ καρπὸν ἠδύτατον, τοὺς τῆς νηδύος σου βλαστούς, δι’ αὐτῶν εὐάγων, 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 – O katharotatos Naos (“The Savior’s most pure and immaculate temple”)

The Savior’s most pure and immaculate temple, the very precious bridal chamber and Virgin, who is the sacred treasure of the glory of God, on this day is introduced into the House of the Lord, and with herself she brings the grace in the divine Spirit. She is extolled by the Angels of God. A heavenly tabernacle is she.



COMMUNITY CHRISTMAS CARD

Please complete this form and return it with your payment of \$30.00 to Saint Sophia Church by Sunday, November 23, 2025.

Saint Sophia Church
900 South Trooper Road
Jeffersonville, PA 19403

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PLEASE LIST MY NAME AS FOLLOWS: _____

**PLEASE PROVIDE ALL INFORMATION AS REQUESTED
AND PLEASE PRINT CLEARLY**

DO NOT CUT THIS FORM! DO NOT CUT THIS FORM! DO NOT CUT THIS FORM! DO NOT CUT THIS FORM!

GIVE POINSETTIAS FOR CHRISTMAS

These plants, at \$25.00 each, may be donated in memory of, or in honor of, your loved ones.

Please complete this form and return it with your payment to Saint Sophia Church, by Sunday, November 23, 2025.

Saint Sophia Church
900 South Trooper Road
Jeffersonville, PA 19403

Yes, I would like to donate _____ poinsettia plant(s) at \$25.00 each.

Please accept my gift:

in memory of _____

in honor of _____

donated by _____

If you participate in the Community Christmas Card AND give Poinsettias, you may pay for both with just 1 check or 1 electronic payment. When paying electronically, please indicate reason for payment.



Archon Symposium - November 15th - "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 15th** 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.



The flyer features a red background with a gold border. At the top left is a circular logo with a cross and a figure. Below it, the text reads "Archons of the Ecumenical Patriarchate" and "Protecting the Future of Faith". The main title "Nicaea" is written in a large, elegant script. Below it, "Then and Now An Archon Symposium" is written in a smaller font. On the right side, the date "Saturday November 15, 2025" and time "9:30AM" are listed. Below this, the speakers are listed: "Anastasios 'Tom' Papademetriou, PhD", "George E. Demacopoulos, PhD", and "A. Edward Sicienski, PhD". At the bottom, there is a small image of a church interior with a large icon of the Holy Spirit.

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

Epistle Reading

The reading is from **St. Paul's Letter to the Galatians 6:11-18**

***You, O Lord, shall keep us and preserve us.
Verse: Save me, O Lord, for the godly man has failed.***

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

**Ἀνάγνωσις ἐπιστολῆς
Πρὸς Γαλάτας 6:11-18 τὸ ἀνάγνωσμα**

***Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.
Στίχ. Σῶσον με, Κύριε, ὅτι ἐκέλειπεν ὄσιος.***

Ἀδελφοί, ἴδετε πηλίκους ὑμῖν γράμμασιν ἔγραψα τῇ ἐμῇ χειρὶ. Ὅσοι θέλουσιν εὐπροσωπήσαι ἐν σαρκί, οὗτοι ἀναγκάζουσιν ὑμᾶς περιτέμνεσθαι, μόνον ἵνα μὴ τῷ σταυρῷ τοῦ Χριστοῦ διώκωνται. Οὐδὲ γὰρ οἱ περιτετημημένοι αὐτοὶ νόμον φυλάσσουσιν, ἀλλὰ θέλουσιν ὑμᾶς περιτέμνεσθαι, ἵνα ἐν τῇ ὑμετέρα σαρκὶ καυχῶσινται. Ἐμοὶ δὲ μὴ γένοιτο καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ· δι' οὗ ἔμοι κόσμος ἐσταύρωται, κἀγὼ τῷ κόσμῳ. Ἐν γὰρ Χριστῷ Ἰησοῦ οὔτε περιτομὴ τι ἰσχύει, οὔτε ἀκροβυστία, ἀλλὰ καινὴ κτίσις. Καὶ ὅσοι τῷ κανόνι τούτῳ στοιχήσουσιν, εἰρήνην ἐπ' αὐτοῦς, καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ τοῦ θεοῦ. Τοῦ λοιποῦ, κόπους μοι μηδεὶς παρεχέτω· ἐγὼ γὰρ τὰ στίγματα τοῦ κυρίου Ἰησοῦ ἐν τῷ σώματί μου βαστάζω. Ἡ χάρις τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μετὰ τοῦ πνεύματος ὑμῶν, ἀδελφοί. Ἀμήν.

GOSPEL READING

The Gospel According to Luke 8:41-56

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had spent all her living upon physicians and could not be healed by anyone, came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter and those who were with him said, "Master, the multitudes surround you and press upon you!" But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, "Daughter, your faith has made you well; go in peace." While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, "Child, arise." And her spirit returned, and she got up at once; and he directed that something should be given her to eat. And her parents were amazed; but he charged them to tell no one what had happened.

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Λουκᾶν 8:41-56 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκεῖνῳ, ἀνθρωπὸς τις προσῆλθε τῷ Ἰησοῦ ὃν ὄνομα Ἰάειρος, καὶ αὐτὸς ἄρχων τῆς συναγωγῆς ὑπῆρχε· καὶ πεσὼν παρὰ τοὺς πόδας τοῦ Ἰησοῦ παρεκάλει αὐτὸν εἰσελθεῖν εἰς τὸν οἶκον αὐτοῦ, ὅτι θυγάτηρ μονογενὴς ἦν αὐτῷ ὡς ἑτῶν δώδεκα, καὶ αὕτη ἀπέθνησεν. Ἐν δὲ τῷ ὑπάγειν αὐτὸν οἱ ὄχλοι συνέπιγον αὐτόν. καὶ γυνὴ οὖσα ἐν ῥύσει αἵματος ἀπὸ ἑτῶν δώδεκα, ἣτις ἰατροῖς προσαναλώσασα ὅλον τὸν βίον οὐκ ἴσχυσεν ὑπὸ οὐδενὸς θεραπευθῆναι, προσελθοῦσα ὀπισθεν ἤψατο τοῦ κρασπέδου τοῦ ἱματίου αὐτοῦ, καὶ παραχρῆμα ἔστη ἡ ῥύσις τοῦ αἵματος αὐτῆς. καὶ εἶπεν ὁ Ἰησοῦς· τίς ὁ ἀψάμενός μου; ἀρνούμενων δὲ πάντων εἶπεν ὁ Πέτρος καὶ οἱ σὺν αὐτῷ· ἐπιστάτα, οἱ ὄχλοι συνέχουσί σε καὶ ἀποθλίβουσι, καὶ λέγεις τίς ὁ ἀψάμενός μου; ὁ δὲ Ἰησοῦς εἶπεν· ἤψατό μου τις· ἐγὼ γὰρ ἔγνω δύναμιν ἐξελοῦσαν ἀπ' ἐμοῦ. ἴδοῦσα δὲ ἡ γυνὴ ὅτι οὐκ ἔλαθε, τρέμουσα ἦλθε καὶ προσπεσοῦσα αὐτῷ δι' ἣν αἰτίαν ἤψατο αὐτοῦ ἀπήγγειλεν αὐτῷ ἐνώπιον παντὸς τοῦ λαοῦ, καὶ ὡς ἴαθη παραχρῆμα. ὁ δὲ εἶπεν αὐτῇ· θάρσει, θύγατερ, ἡ πίστις σου σέσωκέ σε· πορεύου εἰς εἰρήνην. Ἐτι αὐτοῦ λαλοῦντος ἔρχεται τις παρὰ τοῦ ἀρχισυναγώγου λέγων αὐτῷ ὅτι τέθνηκεν ἡ θυγάτηρ σου· μὴ σκύλλε τὸν διδάσκαλον. ὁ δὲ Ἰησοῦς ἀκούσας ἀπεκρίθη αὐτῷ λέγων· μὴ φοβοῦ· μόνον πίστευε, καὶ σωθήσεται. ἐλθὼν δὲ εἰς τὴν οἰκίαν οὐκ ἀφῆκεν εἰσελθεῖν οὐδένα εἰ μὴ Πέτρον καὶ Ἰωάννην καὶ Ἰάκωβον καὶ τὸν πατέρα τῆς παιδὸς καὶ τὴν μητέρα. ἔκλειον δὲ πάντες καὶ ἐκόπτοντο αὐτήν. ὁ δὲ εἶπε· μὴ κλαίετε· οὐκ ἀπέθανεν, ἀλλὰ καθεύδει. καὶ κατεγέλων αὐτοῦ, εἰδότες ὅτι ἀπέθανεν. αὐτὸς δὲ ἐκβαλὼν ἔξω πάντας καὶ κρατήσας τῆς χειρὸς αὐτῆς ἐφώνησε λέγων· ἡ παῖς, ἐγείρου. καὶ ἐπέστρεψε τὸ πνεῦμα αὐτῆς, καὶ ἀνέστη παραχρῆμα, καὶ διέταξεν αὐτῇ δοθῆναι φαγεῖν. καὶ ἐξέστησαν οἱ γονεῖς αὐτοῖς. ὁ δὲ παρήγγειλεν αὐτοῖς μηδενὶ εἰπεῖν τὸ γεγονός.



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 E-mail: office@saintsophiachurch.org

Rev. Fr. Konstantinos Loukas, Proistamenos



Peter & Alice Zavitsanos Scholarship 2025

St. Sophia is pleased to announce that thanks to a generous sponsorship, we are able to offer a \$4,000 scholarship to eligible college or university students.

Applicants must meet the following requirements:

- Be registered in an accredited college or university in undergraduate, graduate, or professional programs
- Achieve a grade point average of 3.5 or higher
- Be a Steward in good standing of St. Sophia Church
- Submit an essay of 1000 words or less on "How the Greek Orthodox Faith has influenced my life and plans for the future."
- Submit a resume outlining all church, community, service, and athletic activities
- Submit a statement of financial need if you wish that to be considered as part of the application
- Submit the name and mailing address of your university bursar

Application materials should be in MS Word format, labeled with name and contact information, and emailed to Fr. Konstantinos Loukas at kloukas21@gmail.com.

Deadline for submissions is December 1, 2025



Peter & Alice Zavitsanos Scholarship: Each year, St. Sophia is pleased to offer the Peter & Alice Zavitsanos Scholarship. Last year's recipient was **John Cox**. Thanks to this generous sponsorship, we offer a \$4,000 scholarship to eligible college or university students. For questions, and to apply, please contact the Parish office at office@saintsophiachurch.org. The deadline for submissions is December 1, 2025.

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>

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10
DAYS TO
EXPLORE &
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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

November 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.

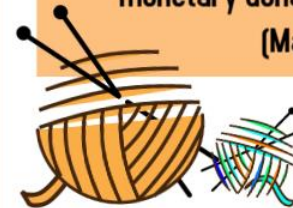
Donations to the Philoptochos Poor Box during the month of November will benefit **Manna on Main Street** (www.mannaonmain.org). Manna on Main Street is committed to end hunger in the North Penn region by providing food, fulfilling social service and education needs, and conducting community outreach. Through a food pantry and soup kitchen, emergency financial aid, counseling and referrals, and education opportunities, they serve those in need with the hope "that everyone might be fed."

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



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." Philipians 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 **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.



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.

November 9, 2025



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.***

Craft Fair Help Needed! Today is the last day of the Craft Fair/Greek Food Festival, and we need your help! It's not too late to sign up. Please use the SignUpGenius online application to sign up for as many shifts that you are able:

<https://www.signupgenius.com/go/20F054CACAF2CA3F58-57583164-stsophia>.

Help is always needed on the food line, as a cashier, or even in the kitchen. If you can't help **during** the festival, consider coming at closing (6pm) to help with the clean-up.

Community Christmas Card/Poinsettias: If you would like to be included in this year's Christmas card and/or if you would like to donate a poinsettia, please complete the attached form, and mail or bring it with payment to the Parish office. **PLEASE DO NOT CUT THE FORM IN HALF.** Forms must be returned to the office (with payment) by Sunday, November 23rd. The form can also be downloaded from our website – just click on the following link: Christmas Card/Poinsettia.



Fall General Assembly: The Fall General Assembly meeting will take place on **Sunday, November 16, 2025, after Divine Liturgy** in the Fr. John A. Limberakis Cultural Center. Official notices are enclosed and have been emailed to parishioners. We look forward to seeing you there.

SAINT SOPHIA

APPAREL SALE



FUNDRAISER

A PORTION OF EACH SALE BENEFITS SAINT SOPHIA SUNDAY SCHOOL
QUESTIONS TEXT/CALL KARI 610-761-7767

SALE ENDS

**16
NOVEMBER**

SCAN HERE



View more items at:

SAINTSOPHIA.ITEMORDER.COM

Orders will be delivered to Saint Sophia approximately 4 weeks after the sale ends



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 to learn more or use our SignUpGenius (link below).



Link to SignUpGenius

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Fri. Nov. 7 – Sun. Nov. 9		Craft Fair & Food Festival
Sun. Nov. 9 th	8:45 am	Orthros; 10:00 am Divine Liturgy 7 th Sunday of Luke Last day of Craft Fair NO Greek School (Adults)
Mon. Nov. 10 th	5:00 pm	Greek School (Children)
Tues. Nov. 11 th	7:00 pm	Philoptochos General Meeting – in the Cultural Center
Thurs. Nov. 13 th	6:00 pm	Greek School (Adults)
Fri. Nov. 14 th		Nativity Fast Begins
Fri. Nov. 14 – Sun. Nov. 16		DVYC Fall Retreat at Innabah Camp & Retreat Center
Sat. Nov. 15 th	9:30 am	Archon Symposium – “Nicaea: Then and Now” at St. George Cathedral, Philadelphia (see flyer)
Sun. Nov. 16 th	8:45 am	Orthros; 10:00 am Divine Liturgy Matthew the Apostle & Evangelist General Assembly Meeting after Divine Liturgy
	12:30 pm	Greek School (Adults)
Mon. Nov. 17 th	5:00 pm	Greek School (Children)
	5:30 pm	Holy Unction
Tues. Nov. 18 th	7:00 pm	DVYC Meeting at St. Demetrios, Upper Darby
Thurs. Nov. 20 th	5:30 pm	Great Vespers – Entrance of the Theotokos
	6:00 pm	Greek School (Adults)
Fri. Nov. 21 st	8:45 am	Orthros; 10:00 am Divine Liturgy Entrance of the Theotokos into the Temple
	6:00 pm	AT ST. THOMAS, CHERRY HILL, NJ – Hierarchical Great Vespers, Acolyte Blessing and Dinner Reception for the Celebration of the Feast of St. Iakovos of Evia, Patron Saint of the Metropolis of New Jersey (see flyer)
Sat. Nov. 22 nd	9:00 am	AT ST. THOMAS, CHERRY HILL, NJ – Orthros, Hierarchical Divine Liturgy, and Reception for the Celebration of the Feast of St. Iakovos of Evia, Patron Saint of the Metropolis of New Jersey (see flyer)
Sun. Nov. 23 rd	8:45 am	Orthros; 10:00 am Divine Liturgy 9 th Sunday of Luke Youth Ministries Bake Sale (see flyer)
	12:30 pm	Greek School (Adults)
Mon. Nov. 24 th	5:00 pm	Greek School (Children)
Tues. Nov. 25 th	8:45 am	Orthros; 10:00 am Divine Liturgy Katherine the Great Martyr of Alexandria
Thurs. Nov. 27 th		Happy Thanksgiving! NO Greek School (Adults)
Sat. Nov. 29 th	9:00 am	Divine Liturgy (Only) – St. Philoumenos
Sun. Nov. 30 th	8:45 am	Orthros; 10:00 am Divine Liturgy Andrew the First-Called Apostle No Sunday School or Greek School (Adults)

Fall General Assembly: The Fall General Assembly meeting will take place on **Sunday, November 16, 2025, *immediately following*** Divine Liturgy. At the meeting we will review the current and future business of our parish, including review of the budget and nominations for six candidates to serve on Parish Council for two-year terms beginning in January 2026. **Elections** for Parish Council will be held on **Sunday, December 14, 2025**, following Divine Liturgy.

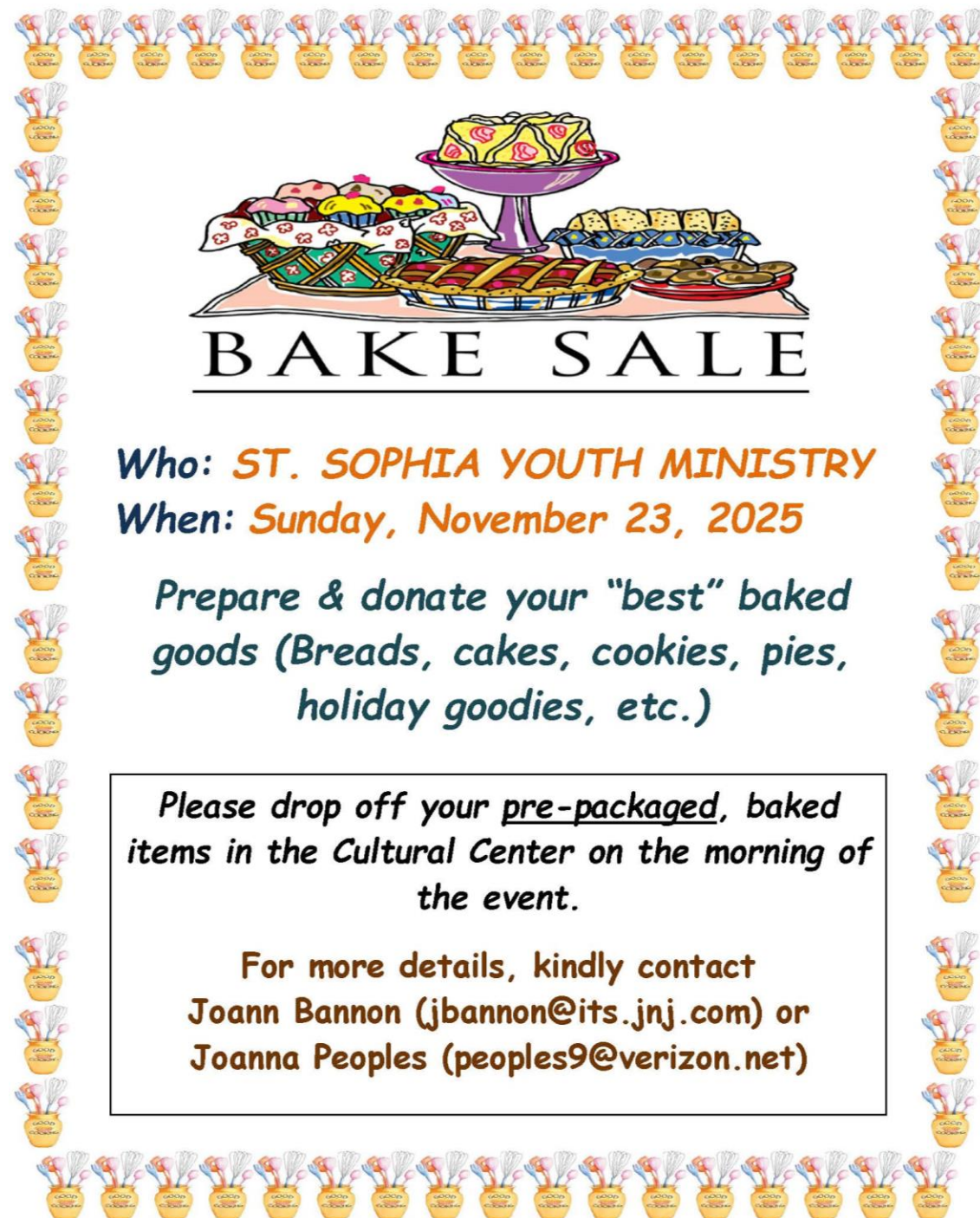
*Please note that to vote in both the General Assembly and Parish Council Elections, you must have returned a 2025 Stewardship Commitment Form and be current in your commitment. If you have not yet done so, please complete a 2025 Stewardship Commitment Form. Pledge forms can be found at the Pangari and by clicking on this link [COMMITMENT FORM](#). If you have any questions, contact the Parish office at 610-650-8960 or Tom Cox at 215-859-1009.

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 November 1, 2025, our mortgage balance is **\$252,493.26**. 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.

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

Coffee Hour Sponsors Needed: 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!



Who: *ST. SOPHIA YOUTH MINISTRY*

When: *Sunday, November 23, 2025*

Prepare & donate your "best" baked goods (Breads, cakes, cookies, pies, holiday goodies, etc.)

Please drop off your pre-packaged, baked items in the Cultural Center on the morning of the event.

For more details, kindly contact Joann Bannon (jbannon@its.jnj.com) or Joanna Peoples (peoples9@verizon.net)

2025 NATIVITY RETREAT
ANNUNCIATION / EVANGELISMOS
ELKINS PARK

Going All In
Deepening Your Faith
Strengthening Our Family
Living Your Purpose



with Rev. Dr. Nick Louh



SATURDAY, NOVEMBER 22ND

8:30 am - 2:00 pm

7921 Old York Rd. Elkins Park, PA 19027. www.anngoc.org

8:30 am
Registration & Breakfast

9 am
"Deepening Our Faith"
w/ Q&A & Refreshments

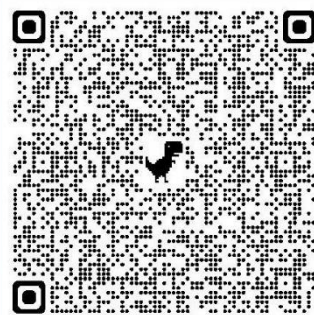
10:30 am
"Strengthening Our Family"
w/ Q&A & Refreshments

11:45 am - Lunch

12:15 pm
"Living Your Purpose"
w/ Q&A & Refreshments

2 pm Closing Prayer

Suggested
Donation
\$30



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 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

Ladies Philoptochos of St. Sophia

Tradition of the *New Year*

VASILOPITA
St. Basil's Bread

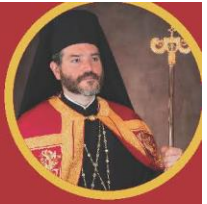
Pick up
Sunday
December 21
Must Pre-order
by: 12/14/25

Giving
St. Basil the Great,
the father of
Philanthropy

Luck
Blessings for the
new year to those
who find the coin

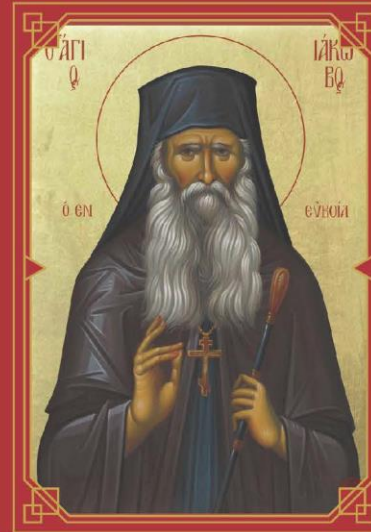
Complete the form and return with check payment to: St. Sophia Philoptochos, 900 S. Trooper Road, Jeffersonville, PA 19403.

NAME: _____ PHONE: _____
QUANTITY _____ @ \$20 each TOTAL PAID: \$ _____



His Eminence Metropolitan Apostolos of New Jersey

Invites All the Faithful to the
Celebration of the Feast of St. Iakovos of Evia
Patron Saint of the Metropolis of New Jersey



It is an enormous
blessing to have, for the
first time, the
Epitrachelion (vestment)
of St. Iakovos presented
for veneration

Hierarchical Great Vespers,
Acolyte Blessing,
and Dinner Reception

Orthros,
Hierarchical Divine Liturgy,
and Reception

Friday, November 21, 2025
6:00 P.M.

Saturday, November 22, 2025
9:00 A.M.

St. Thomas
Greek Orthodox Church
615 Mercer Street
Cherry Hill, NJ 08002

St. Thomas
Greek Orthodox Church
615 Mercer Street
Cherry Hill, NJ 08002



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 E-mail: office@saintsophiachurch.org
 Rev. Fr. Konstantinos Loukas, Proistamenos



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 Rev. Fr. Konstantinos Loukas, Proistamenos



DATE: October 30, 2025
 TO: All Stewards in Good Standing
 RE: General Assembly Meeting & Elections

Dear Fellow Stewards:

Parish General Assembly Meeting will be held on Sunday, November 16, 2025
Following Divine Liturgy

The Fall General Assembly meeting will be held on **Sunday, November 16, 2025**, immediately following the Divine Liturgy. Enclosed you will find a meeting notice and summary agenda. A more detailed agenda will be provided that afternoon.

As always, we will make every effort to make the meeting as time efficient as possible, while still providing an opportunity for everyone to hear about what is going on and to ask questions and provide feedback.

Please make every effort to attend this important General Assembly Meeting as this impacts ALL OF US.

Notice of Elections for Parish Council

Elections for Parish Council will be held on **Sunday, December 14, 2025**, for two-year terms commencing in January, 2026. Nominations will be entertained at the General Assembly meeting and until Friday, November 21, 2025. **In addition, more information regarding elections, including written nomination forms, will be forthcoming under separate cover.**

Parish Council is a rewarding ministry that keeps our Parish moving forward and growing. And we need your help. Please consider being a part of the leadership of our wonderful community.

Sincerely,

Fr. Konstantinos Loukas

Rev Fr. Konstantinos Loukas
 Proistamenos

John Pogas

John Pogas
 Parish Council President

Uniform Parish Regulations, Part Three, Chapter II, Article 18 Section 1: Every person who is baptized and chrismated according to the rites of the Orthodox Church is a parishioner. The religious, moral and social duties of a parishioner are to apply the tenets of the Orthodox Faith to his/her life and to: adhere to and live according to the tenets of the Orthodox faith; faithfully attend the Divine Liturgy and other worship services; participate regularly in the holy sacraments; respect all ecclesiastical authority and all governing bodies of the Church; be obedient in matters of the Faith, practice and ecclesiastical order; contribute towards the progress of the Church's sacred mission; and be an effective witness and example of the Orthodox Faith and Traditions to all people. A parishioner in good standing practices all the religious and moral duties as described in this Section 1. At a minimum, a parishioner in good standing must: be eighteen years of age or over; be current in his or her stewardship and other financial obligations to the Parish, abide by all the regulations herein stated and the Parish Bylaws; and cooperate in every way towards the welfare and well being of the Parish.

****NOTICE OF GENERAL ASSEMBLY****
(Quorum: 25 Stewards in good standing)

Sunday, November 16, 2025
Following Divine Liturgy

You are cordially invited and encouraged to attend our Fall General Assembly Meeting for the purpose of discussing the current situation and future of our parish. Below is a summary agenda. A more detailed agenda will be provided on that day. Every effort will be made to make the meeting both productive and efficient.

REMINDER: You must be a Steward in good standing to participate in the General Assembly Meeting.

AGENDA TOPICS (Other business may be addressed)

- Opening Prayer
- Election of Chairman of General Assembly
- Appointment of Secretary of General Assembly
- Minutes of the Previous General Assembly Meeting
- Pastor's Report
- President's Report
- Finance and Budget Report (Including 2026 Proposed Budget)
- Election of Board of Auditors
- Election of the Board of Elections
- Nominations for Candidates Parish Council for the 2026-2027 term

Parish Council Members with expiring terms:

Chris Altum	John Pogas
Lucy Pappas Kline	David Poloway
John Papadimitriou	Nik Tsouros

- Any other business

Should you have any questions, please do not hesitate to ask. We look forward to seeing you on November 16th.

Uniform Parish Regulations, Part Three, Chapter III, Article 31, Section 3: A Parish Assembly consists of parishioners in good standing of the Parish who have met their stewardship obligations to the Parish in accordance with the Parish Bylaws. A person whose name appears on the Stewardship rolls but who is in arrears in the payment of his/her stewardship obligations may take part in the Parish Assembly by meeting such stewardship obligations on or before the date of the meeting. If a Parishioner is delinquent for more than the current calendar year, he or she may vote at the Parish Assembly only after that parishioner has met the unfulfilled stewardship financial obligations at least thirty (30) days before the Parish Assembly. New parishioners may exercise their vote at Parish Assemblies if they have been parishioners in good standing for at least three months.