

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 Rd., Jeffersonville, PA 19403

**Rev. Fr. Konstantinos Loukas
Proistamenos**

February 1, 2026

8:45 am Orthros
10:00 am Divine Liturgy

Fast Free | No fasting restrictions

**Sunday of the Publican and Pharisee:
Triodion Begins Today
Forefeast of the Presentation of Our Lord and Savior
in the Temple
Trypho the Martyr**



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, Proistamenos
frkonstantinos@saintsophiachurch.org
Metropolis of New Jersey



February 1, 2026



ENTRANCE HYMNS

Resurrectional Apolytikion – Tou Lithou Sfrayisthentos (“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 for the Forefeast – Ouranios choros (“The heavenly chorus”)

*The choir of heaven’s hosts, from the vaults of the heavens, * bends forward to the earth and beholds as an infant * the first-born of all creation being carried in the embrace * of His holy virgin Mother unto the Temple. * And with us they sign today a fore-festal anthem, * in awe and astonishment.*

Apolytikion for Martyr Tryphon – O martis sou, Kyrie (“Your martyr, O Lord”)

*Your Martyr, O Lord, was worthily awarded by You * the crown of incorruption, in that he contested for You our immortal God. * Since he possessed Your power, he defeated the tyrants, * dashing the demons’ powerless displays of defiance. * O Christ God, at his fervent entreaties, save our souls.*

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 ἢ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, διὰ γόνων εὐάγων, Ἀγάπην τε καὶ Ἐλπίδα σὺν τῇ θεόφρονι Πίστει, μεθῶν δυσώπει υπέρ πάντων ἡμῶν.

English Phonetics for Greek

Os elea kata karpos anevlastisas, en tes avles tu Kyriou Sofia martys semni, ke prosigages Christu 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 – Os angalas simeron (“Like embracing arms today”)

*With our hearts instead of arms * today, believers, * with most pure and righteous thoughts * let us receive in our embrace * the Lord and Master who comes to us, * and let us offer our fore-festal hymns of praise.*



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

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 **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.



Epistle Reading

The reading is from St. Paul's Letter to the Romans 8:28-39

***Among the saints who are in his land, the Lord has been wondrous.
Verse: I see the Lord before me continually.***

Brethren, we know that everything works for good with those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the first-born among many brethren. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

What then shall we say to this? If God is for us, who is against us? He who did not spare his own Son but gave him up for us all, will he not also give us all things with him? Who shall bring any charge against God's elect? It is God who justifies; who is to condemn? It is Christ Jesus, who died, yes, who was raised from the dead, who is at the right hand of God, who indeed intercedes for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, "For thy sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Ἀνάγνωσις ἐπιστολῆς Πρὸς Ῥωμαίους 8:28-39 τὸ ἀνάγνωσμα

***Τοῖς ἁγίοις τοῖς ἐν τῇ γῆ αὐτοῦ ἐθαυμάστωσεν ὁ Κύριος.
Στίχ. Προωρώμην τὸν Κύριον ἐνώπιόν μου διαπαντός.***

Ἀδελφοί, οἶδαμεν δὲ ὅτι τοῖς ἀγαπῶσιν τὸν θεὸν πάντα συνεργεῖ εἰς ἀγαθόν, τοῖς κατὰ πρόθεσιν κλητοῖς οὕσιν. Ὅτι οὐς προέγνω, καὶ προώρισεν συμμόρφους τῆς εἰκόνος τοῦ υἱοῦ αὐτοῦ, εἰς τὸ εἶναι αὐτὸν πρωτότοκον ἐν πολλοῖς ἀδελφοῖς· οὐς δὲ προώρισεν, τούτους καὶ ἐκάλεσεν· καὶ οὐς ἐκάλεσεν, τούτους καὶ ἐδικαίωσεν· οὐς δὲ ἐδικαίωσεν, τούτους καὶ ἐδόξασεν. Τί οὖν ἐροῦμεν πρὸς ταῦτα; Εἰ ὁ θεὸς ὑπὲρ ἡμῶν, τίς καθ' ἡμῶν; Ὅς γε τοῦ ἰδίου υἱοῦ οὐκ ἐφείσατο, ἀλλ' ὑπὲρ ἡμῶν πάντων παρέδωκεν αὐτόν, πῶς οὐχὶ καὶ σὺν αὐτῷ τὰ πάντα ἡμῖν χαρίζεται; Τίς ἐγκαλέσει κατὰ ἐκλεκτῶν θεοῦ; Θεὸς ὁ δικαίων· τίς ὁ κατακρίνων; Χριστὸς ὁ ἀποθανών, μᾶλλον δὲ καὶ ἐγερθεὶς, ὃς καὶ ἔστιν ἐν δεξιᾷ τοῦ θεοῦ, ὃς καὶ ἐντυγχάνει ὑπὲρ ἡμῶν. Τίς ἡμᾶς χωρίσει ἀπὸ τῆς ἀγάπης τοῦ Χριστοῦ; Θλίψις, ἢ στενοχωρία, ἢ διωγμός, ἢ λιμός, ἢ γυμνότης, ἢ κίνδυνος, ἢ μάχαιρα; Καθὼς γέγραπται ὅτι Ἔνεκέν σου θανατούμεθα ὅλην τὴν ἡμέραν· ἐλογίσθημεν ὡς πρόβατα σφαγῆς. Ἀλλ' ἐν τούτοις πᾶσιν ὑπερνικῶμεν διὰ τοῦ ἀγαπήσαντος ἡμᾶς. Πέπεισμαι γὰρ ὅτι οὔτε θάνατος οὔτε ζωὴ οὔτε ἄγγελοι οὔτε ἀρχαὶ οὔτε δυνάμεις οὔτε ἐνεστῶτα οὔτε μέλλοντα οὔτε ὕψωμα οὔτε βάθος οὔτε τίς κτίσις ἐτέρα δυνήσεται ἡμᾶς χωρίσαι ἀπὸ τῆς ἀγάπης τοῦ θεοῦ τῆς ἐν Χριστῷ Ἰησοῦ τῷ κυρίῳ ἡμῶν.

GOSPEL READING
The Gospel According to Luke 18:10-14

The Lord said this parable, "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Λουκᾶν 18:10-14 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωποι δύο ἀνέβησαν εἰς τὸ ἱερόν προσεύξασθαι, ὁ εἷς Φαρισαῖος καὶ ὁ ἕτερος τελώνης. ὁ Φαρισαῖος σταθεὶς πρὸς ἑαυτὸν ταῦτα προσηύχετο· ὁ Θεός, εὐχαριστῶ σοι ὅτι οὐκ εἰμι ὡσπερ οἱ λοιποὶ τῶν ἀνθρώπων, ἄρπαγες, ἄδικοι, μοιχοί, ἢ καὶ ὡς οὗτος ὁ τελώνης· νηστεύω δις τοῦ σαββάτου, ἀποδεκατῶ πάντα ὅσα κτῶμαι. καὶ ὁ τελώνης μακρόθεν ἐστῶς οὐκ ἤθελεν οὐδὲ τοὺς ὀφθαλμοὺς εἰς τὸν οὐρανὸν ἐπᾶραι, ἀλλ' ἔτυπεν εἰς τὸ στήθος αὐτοῦ λέγων· ὁ Θεός, ἴλασθητί μοι τῷ ἁμαρτωλῷ. λέγω ὑμῖν, κατέβη οὗτος δεδικαιωμένος εἰς τὸν οἶκον αὐτοῦ ἢ γὰρ ἐκεῖνος· ὅτι πᾶς ὁ ὑψῶν ἑαυτὸν ταπεινωθήσεται, ὁ δὲ ταπεινῶν ἑαυτὸν ὑψωθήσεται.

February 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 February will benefit the **American Heart Association** (www.heart.org). The American Heart Association (AHA) is a non-profit fighting heart disease and stroke through funding research, educating the public on health living, advocating for health policies, and improving cardiovascular care. They're the largest non-profit funder of heart research and train millions in CPR, driving breakthroughs in science and access to care. They have grown into the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke, having been founded in 1924. Heart disease is the No. 1 killer worldwide, and stroke ranks second globally. Even when those conditions don't result in death, they cause disability and diminish quality of life. The AHA's goal is to see a world free of cardiovascular diseases and stroke.

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 

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



Made with PosterMyWall.com

Blessing of the Homes at Theophany

If you wish to have your homes and/or businesses blessed before the start of Lent, please contact the Parish office to schedule a visitation (office@saintsophiachurch.org or 610-650-8960.)

What do we do to prepare to have our home blessed?

1. Welcome the priest into your home.
2. Gather your family in the kitchen or dining room with an icon and a small bowl of water along with a list of the living family members to pray for. All radios, televisions and electronics should be turned off.
3. Be attentive to the prayers and respond to the petitions with "Kyrie Eleison".
4. When it comes time to bless the home, lead the priest to the various rooms to be blessed.
5. The priest offers a concluding prayer and blesses each family member.
6. Spend some time getting to know one another.

Godparents Sunday February 1, 2026

Godparents and Godchildren are encouraged to come to church together to worship and receive Holy Communion



Plan to spend this day with your Godparents, Godchildren & Κουμπάροι, renewing your unity in Christ

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
ἁγιασθήτω 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 ῥῦσαι 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-fi-e-men tis o-fi-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

CHEESEFARE SUNDAY

TIROPITA AND BOUGATSA SALE

FEBRUARY 22, 2026



TIROPITA
\$6



BOUGATSA
\$7



Proceeds will be used to continue the philanthropic works of the Saint Sophia Ladies Philoptochos



The Ladies Philoptochos Society of St. Luke, in partnership with Rise Against Hunger, invites you to

A MEAL PACKAGING EVENT

Rise Against Hunger is driven by the vision of a world without hunger. Their mission is to end hunger in our lifetime by providing food and life-changing aid to the world's most vulnerable and creating a global commitment to mobilize the necessary resources. riseagainsthunger.org

SATURDAY, MARCH 28, 2026 • 10 AM TO 12 PM
ST LUKE COMMUNITY CENTER

Contact: [Christina Thomas at thomascut@aol.com](mailto:Christina.Thomas@thomascut@aol.com)
www.stlukephiloptochos.org

SCAN HERE:
REGISTER TO
VOLUNTEER



BLOOD SHORTAGE

Blood donors needed now



Interfaith Blood Drive

Joint effort of congregations from:

Saint Sophia Greek Orthodox Church

The Church of Jesus Christ of Latter-day Saints

Wednesday, February 18, 2026

2 pm – 7 pm

St. Sophia Greek Orthodox Church Cultural Center

900 South Trooper Rd.

Jeffersonville, PA 19403



Scan to be directed to RapidPass®



Come give blood 1/26-2/28 for a \$20 e-gift card to your choice of merchant. See rcblood.org/heart



Scan to schedule an appointment.

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

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February 1, 2026

Today is Godparents Sunday!

Welcome to all visiting Godparents and Godchildren!

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.*

Artoklasia – Thank you to the Poloway family for offering today's artoklasia in celebration of the Feast of Ypapanti (the Presentation of our Lord in the Temple), which we celebrate tomorrow, and Elder Symeon the God-Receiver, whose feast day we celebrate this Tuesday.

Coffee Hour – Today's coffee hour is offered by our Ladies Philoptochos. Enjoy some breakfast treats while spending time with your koumbari.

Philoptochos Meeting: There will be a general meeting of the Ladies Philoptochos on Tuesday evening, February 10th, at 7:00 pm in the Cultural Center.

Saturday of Souls: The first Saturday of Souls is **Saturday, February 14th**. **Forms for the names of the departed are available at the Pangari (and attached).** Please submit your names to the Parish office by February 13th at 12 noon. **Please DO NOT text the names or submit them via Facebook.** Please also remember your loved ones by not only submitting their names, but by making koliva and attending the holy services to offer your own prayers for their eternal rest. Please remember that the names you submit are read on all three Saturdays. Please PRINT CLEARLY, AND ONLY BAPTISMAL FIRST NAMES ARE NECESSARY.

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.

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Sat. Jan. 31 st	5:00 pm	Great Vespers
Sun. Feb. 1 st	8:45 am	Orthros; 10:00 am Divine Liturgy Sunday of the Publican and Pharisee: Triodion Begins Today Godparent Sunday
	12:30 pm	Greek School (Adults)
Mon. Feb. 2 nd	8:45 am	Orthros; 10:00 am Divine Liturgy The Presentation of Our Lord and Savior in the Temple
	4:45 pm	Little Angels
	5:00 pm	Greek School (Children)
Thurs. Feb. 5 th	10:00 am	Senior Parea
	6:00 pm	Greek School (Adults)
Fri. Feb. 6 th	8:45 am	Orthros; 10:00 am Divine Liturgy Photios the Great, Patriarch of Constantinople
Sat. Feb. 7 th		DVYC Ski & Snowboard Day at Camelback Mountain
Sun. Feb. 8 th	8:45 am	Orthros; 10:00 am Divine Liturgy Sunday of the Prodigal Son
	12:30 pm	Greek School (Adults)
	5:00 pm	Greek School (Children)
Mon. Feb. 9 th		
Tues. Feb. 10 th	8:45 am	Orthros; 10:00 am Divine Liturgy Hieromartyr Haralambos
	6:00 pm	Bible Study
	7:00 pm	Philoptochos General Meeting in the Cultural Center
Thurs. Feb. 12 th	10:00 am	Senior Parea
	6:00 pm	Greek School (Adults)
Fri. 2/13 – Sun. 2/15		MDF 2026 at the Sheraton Philadelphia Downtown
Sat. Feb. 14 th	7:45 am	Orthros; 9:00 am Divine Liturgy (note earlier start time) Saturday of Souls
Sun. Feb. 15 th	8:45 am	Orthros; 10:00 am Divine Liturgy Judgment Sunday (Meatfare)
	12:30 pm	Greek School (Adults)
Mon. Feb. 16 th		Presidents' Day – The Parish office will be closed
	4:45 pm	Little Angels
	5:00 pm	Greek School (Children)
Wed. Feb. 18 th	2 to 7 pm	Interfaith Blood Drive AT St. Sophia Church
Thurs. Feb. 19 th	6:00 pm	Greek School (Adults)
	7:30 pm	Mini-Series on Church Services (in the Cultural Center)
Fri. Feb. 20 th	6:00 pm	Kolyva Class in the Parish Kitchen (see Lucy Kline for more info)
Sat. Feb. 21 st	8:45 am	Orthros; 10:00 am Divine Liturgy Saturday of Souls

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!

Mortgage Reduction Campaign: As of **January 1, 2026**, our mortgage balance is **\$220,817**. 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.

Stewardship Program: Thank you to everyone who supported our 2025 Stewardship Program. If you have not yet finished paying your pledge, please do so now. In addition, by whichever method you make your payment (cash, check, PayPal, Zelle, Venmo), it is imperative that you indicate "Stewardship 2025" with your name so that your account is properly credited.

Should you have any questions, please call the Parish office or see Tom Cox, our stewardship chairperson. The 2026 campaign will be starting shortly, so it is imperative that we are able to finalize our stewardship rolls for last year. Thank you!

2026 Ecclesiastical Calendars: To save the Parish resources, 2026 Church calendars are available for pickup in the Narthex of the church and in the Cultural Center on the table right outside of the Parish office. The calendars are available on a first-come, first-serve basis. We respectfully request that each stewarding family take only 1 calendar per household. Thank you!





MEATFARE SUNDAY

FEBRUARY 15



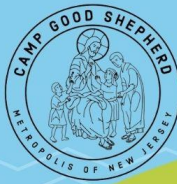
Cheesesteak - French Fries - Drink

\$15

JOIN OUR LOCAL AHEPA CHAPTER

MATT STOLARCZYK mattstolarczyk@cs.com (215)740-8841

AHEPA THANKS YOU FOR YOUR CONTINUED SUPPORT



CAMP GOOD SHEPHERD 2026



Virginia

July 5-11

Maryland

July 12-18

New Jersey

July 12-18

Registration Opens February 2026!

www.nj.goarch.org/camp-good-shepherd



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	 Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 8th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 15th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 22nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 1st	 SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 8th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 15th	 VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 22nd	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 29th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 5th GREAT WEEK BEGINS	 ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 10th	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 12th NO FASTING!	 HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

MINI-SERIES ON CHURCH SERVICES (FEB–MAY)

4 MONTHLY MEETINGS

WHAT WE'LL EXPLORE
LITURGICAL BOOKS
(WHAT THEY ARE AND HOW WE USE THEM)

THE BASIC ORDER OF SERVICES
(A SIMPLE GUIDE TO THE FLOW)

BYZANTINE MUSIC MODES (ECHOI)
(A CLEAR, BEGINNER-FRIENDLY OVERVIEW)

LEARNING ONE HYMN TOGETHER
(STEP-BY-STEP, EVERYONE WELCOME)

**WHO IS IT
FOR?**

ANYONE WHO WANTS TO UNDERSTAND THE
SERVICES A LITTLE BETTER
NO EXPERIENCE NEEDED.

WHERE

SAINT SOPHIA GREEK ORTHODOX
CHURCH OF VALLEY FORGE
(IN THE CHURCH HALL)



THURSDAY,
FEBRUARY 19,
7:30–9:00 P.M.

THURSDAY,
MARCH 19,
7:30–9:00 P.M.

THURSDAY,
APRIL 23,
7:30–9:00 P.M.

THURSDAY,
MAY 14,
7:30–9:00 P.M.

TO REGISTER: PZOURNATZOGLOU@SAINTSOPHIACHURCH.ORG
PANAGIOTIS ZOURNATZOGLOU, PROTOPSALTIS

DELAWARE VALLEY YOUTH
COMMISSION

CAMELBACK MOUNTAIN

SKI & SNOWBOARD DAY

SATURDAY FEBRUARY 7, 2026



Lift tickets/lessons/rentals may be purchased
directly @ www.camelbackresorts.com.
\$69 lift tickets available at Buckman's ski shop or
act fast for a deal for \$40 lift tickets @
www.wmmr.com (mailed out 7-10 days from
purchase/while supplies last).
2 hour snow tubing tickets also available @
www.camelbackresorts.com
Meet in front of Trail's End @ 1pm for a group
photo. We can't wait to see you on the slopes!

Questions? Please contact Kari Zarynow
kari0827@gmx.com

Questions: Kari Zarynow



ST. SOPHIA MENS FELLOWSHIP

CHILI & BBQ COOK-OFF

02.08.2026 **BRING THE HEAT!** Immediately following
Divine Liturgy

Bragging Rights for Best Chili

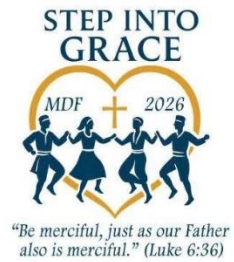
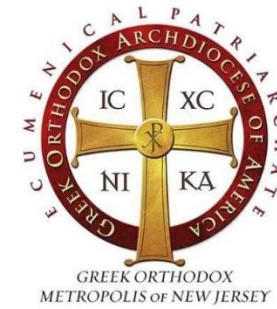
\$10
TO ENTER

\$15
TO TASTE AND
JUDGE

ALL PROCEEDS TO BENEFIT ST. SOPHIA
GREEK ORTHODOX CHURCH



Register to
Enter Here:



"Be merciful, just as our Father
also is merciful." (Luke 6:36)

MDF 2026

February 13-16

Sheraton Philadelphia Downtown

- Friday Night Opening Ceremonies
- Dance & Choir competition Saturday & Sunday
- Saturday Night Glendi featuring Kalomira and the Marcantonis Band
- Sunday Hierarchical Divine Liturgy
- Sunday Night Awards Banquet



Register now!

Praise God with timbrel and dance!
Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ!
Psalm 150:4

