

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 15, 2026

8:45 am Orthros
10:00 am Divine Liturgy

Fast Free | No fasting restrictions

Today we commemorate

**Judgment Sunday (Meatfare Sunday)
Onesimus the Apostle of the 70
Our Righteous Father Anthimus the Elder of Chios
Onesimos, Patriarch of Constantinople
Eusebius the Righteous of Syria
Major 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 15, 2026



ENTRANCE HYMNS

Resurrectional Apolytikion – Effrenestho ta Ourania (“Let the Heavens Above Rejoice”)

Let the heavens above rejoice, and all those here on the earth, on the earth, be glad. A mighty feat of strength has been wrought by the arm of the Lord. O Death has he trampled down with his own death. First-born among the dead has He become, from the womb of Hades has He delivered us and has granted to the world His Great Mercy.

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 ἡ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δι’ αἰ γῶνων εὐαγῶν, 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 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 – Otan elthis o Theos (“When you come, O God”)

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge.



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.

Since December 2024, FOCUS Philadelphia has grown from serving 30 meals every Thursday at Aviator Park to providing **over 150 meals each week** across two days in both **Norristown and Philadelphia**. And we’re not stopping there — **by this Spring, we expect to reach 300 meals per week**. But we cannot do this without you.

Our dedicated volunteers work tirelessly every week, and they could use an extra set of hands. **Volunteering is easy**—visit our Sign Up Genius link below to get involved.

Where We Serve:

Norristown: Wednesdays at 7:00 PM

Philadelphia: Thursdays at 8:00 PM

All meals are prepared at **St. Sophia**, and thanks to our recently donated **school bus**, we can safely transport food, supplies, and volunteers directly to the communities we serve. If you cannot volunteer, then no worries. We need help with food and clothing donations, financial assistance, help with communications, keeping supplies organized and more. Discover how you can support this vital ministry either by going to **focusphiladelphia.org** to learn more.



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
www.stlukephiloptochos.org

SCAN HERE:
REGISTER TO
VOLUNTEER



"And whatever things you ask in prayer, believing you will receive." Matthew 21:22

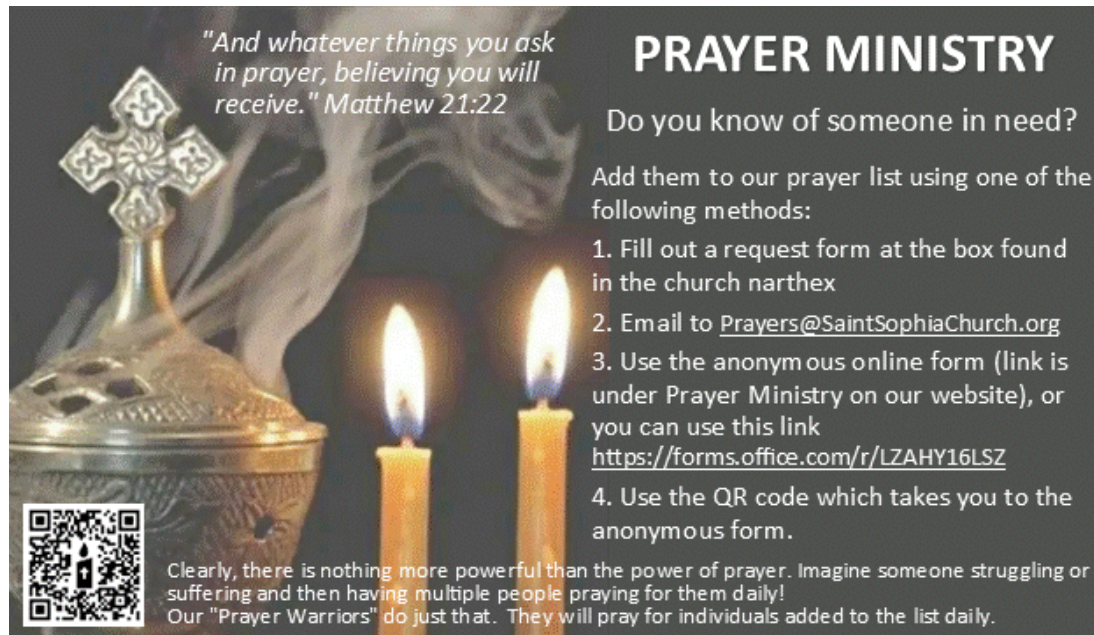
PRAYER MINISTRY

Do you know of someone in need?

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
2. Email to Prayers@SaintSophiaChurch.org
3. Use the anonymous online form (link is under Prayer Ministry on our website), or you can use this link <https://forms.office.com/r/LZAHY16LSZ>
4. Use the QR code which takes you to the anonymous form.

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.



Epistle Reading
The reading is from St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2

***Great is our Lord, and great is his power.
Verse: Praise the Lord, for the Lord is good.***

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Order by
March 16
Pickup
April 4

ST. SOPHIA PHILOPTOCHOS

Tsoureki Sale

TRADITIONAL GREEK EASTER BREAD

\$20 each

Make checks payable to
St. Sophia Philoptochos or pay electronically
with Venmo or Zelle (ladies@saintsophiachurch.org)



Made with PosterMyWall.com



**Ἀνάγνωσις ἐπιστολῆς
Πρὸς Κορινθίους α 8:8-13, 9:1-2 τὸ ἀνάγνωσμα**

***Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχὺς αὐτοῦ.
Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθός***

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησιν τῷ θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γὰρ τις ἴδῃ σε τὸν ἔχοντα γινῶσιν ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθута ἐσθίειν; Καὶ ἀπολείται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῆ γνώσει, δι' ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ ἀμαρτάνοντες εἰς τοὺς ἀδελφούς, καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν, εἰς Χριστὸν ἀμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμι ἀπόστολος; Οὐκ εἰμι ἐλεύθερος; Οὐχὶ Ἰησοῦν Χριστὸν τὸν κύριον ἡμῶν ἔώρακα; Οὐ τὸ ἔργον μου ὑμεῖς ἐστε ἐν κυρίῳ; Εἰ ἄλλοις οὐκ εἰμι ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμι· ἢ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν κυρίῳ.

GOSPEL READING













The Gospel According to Matthew 25:31-46

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

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Ματθαῖον 25:31-46 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ὅταν δὲ ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ, καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἅπ' ἀλλήλων ὡσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρὸς μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἐπέειπασα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐποτίσατέ με, ξένος ἦμην, καὶ συνηγάγετέ με, γυμνός, καὶ περιεβάλετέ με, ἠσθένησα, καὶ ἐπεσκεπασθέ με, ἐν φυλακῇ ἦμην, καὶ ἤλαθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δὲ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δὲ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ, καὶ ἤλαθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. τότε ἐρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἅπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ. ἐπέειπασα γάρ, καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην, καὶ οὐ συνηγάγετέ με, γυμνός, καὶ οὐ περιεβάλετέ με, ἀσθενῆ καὶ ἐν φυλακῇ, καὶ οὐκ ἐπεσκεπασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

OUR JOURNEY TO PASCHA! 2026		
Created by Fr. Jonathan Bannon (ACROD)		
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	 <i>TRIODION WEEKS</i> 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 <small>FAREWELL TO MEAT TODAY</small>	 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 <small>FAREWELL TO CHEESE TODAY</small>	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> 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	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> 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 <i>HALF WAY TO PASCHA!</i> 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.
<i>FLOWERY (PALM) SUNDAY!</i> APRIL 5th <small>GREAT WEEK BEGINS</small>	 <i>GREAT AND HOLY WEEK</i> 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!
<i>GREAT AND HOLY FRIDAY</i> APRIL 10th	 <i>GREAT AND HOLY FRIDAY</i> 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.
<i>FEAST OF FEASTS!</i> APRIL 12th <small>NO FASTING!</small>	 <i>BRIGHT WEEK</i> 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**

**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
μὴ 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 ghís.

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

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.

BLOOD SHORTAGE

Blood donors needed now



Interfaith Blood Drive
St. Sophia Church Cultural Center
Wednesday, February 18, 2026
2pm to 7pm




MEATFARE SUNDAY FEBRUARY 15

**Cheesesteak - French Fries - Drink
\$15**

JOIN OUT LOCAL AHEPA CHAPTER
MATT STOLARCZYK mattstolarczyk@cs.com (215)740-8841

AHEPA THANKS YOU FOR YOUR CONTINUED SUPPORT

CHEESEFARE SUNDAY

TIROPITA AND BOUGATSA SALE

FEBRUARY 22, 2026

	TIROPITA \$6		BOUGATSA \$7
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Proceeds will be used to continue the philanthropic works of the Saint Sophia Ladies Philoptochos




February 15, 2026



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.

Welcome, Fr. Christofidis! We are delighted to have you back, Fr. Christos, and deeply appreciate you filling in while Fr. Konstantinos co-celebrates the Hierarchical Divine Liturgy at the Cathedral for MDF weekend.

AHEPA VFC 432 thanks all who donated and participated in this year's Super Bowl fundraiser. The proceeds for this will aid our Chapter in pursuing scholarship grant activities for 2026. For any/all information on this, reach out to Chapter President Matthew Stolarczyk (215)740-8841 mattstolarczyk@cs.com; Further details on the scholarship grant will be published in early March.

TODAY we will be selling Cheesesteaks for Meat Fare Sunday – please come out and support your local AHEPA Chapter, VFC 432!

Saturday of Souls: The second Saturday of Souls is **Saturday, February 21st**. **Forms for the names of the departed are available at the Pangari (and attached).** Please submit your names to the Parish office by February 20th 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.

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 **February 1, 2026**, our mortgage balance is **\$192,942.34**. 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.

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!

SCHEDULE OF UPCOMING SERVICES AND EVENTS

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
Sun. Feb. 22 nd	8:45 am	Orthros; 10:00 am Hierarchical Divine Liturgy
		Forgiveness Sunday (Cheesefare)
		Parish Oratorical Festival (after Divine Liturgy)
	12:30 pm	Greek School (Adults)
	5:00 pm	Forgiveness Vespers
	6:00 pm	YAL Potluck (following Forgiveness Vespers) with screening of My Big Fat Greek Wedding (see flyer)
Mon. Feb. 23 rd		Clean Monday – Great Lent Begins
	5:00 pm	Greek School (Children)
	6:00 pm	Great Compline
Tues. Feb. 24 th	6:00 pm	Bible Study
Wed. Feb. 25 th	6:00 pm	Presanctified Liturgy
Thurs. Feb. 26 th	6:00 pm	Greek School (Adults)
Fri. Feb. 27 th	9:00 am	Presanctified Liturgy
	6:00 pm	Salutations to the Theotokos
	7:00 pm	Lenten Lecture & Potluck
Sat. Feb. 28 th	8:45 am	Orthros; 10:00 am Divine Liturgy
		Saturday of Souls
Sun. Mar. 1 st	8:45 am	Orthros; 10:00 am Divine Liturgy
		Sunday of Orthodoxy – Procession with Icons
	12:30 pm	Greek School (Adults)
Mon. Mar. 2 nd	4:45 pm	Little Angels
	5:00 pm	Greek School (Children)
	6:00 pm	Great Compline
Wed. Mar. 4 th	6:00 pm	Presanctified Liturgy
Thurs. Mar. 5 th	6:00 pm	Greek School (Adults)
Fri. Mar. 6 th	9:00 am	Presanctified Liturgy
	6:00 pm	Salutations to the Theotokos
	7:00 pm	Lenten Lecture & Potluck

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

Project Mexico 2026



This is Carlos, Lucera and their children standing in front of their new home in Rosarito Mexico. Prior to July 2023, they had to endure winters with a makeshift home made from tarps, pallets, tires and a dirt floor. The other photo is of their sons celebrating the fact that they will not have to stand in mud during the winter rainy season.

Their lives changed when we handed over the keys to the home pictured above. While they thanked us for the newly built and blessed home, WE thanked them for the opportunity to be the hands and feet of Christ and put our Faith in the Lord to work for this very beautiful family.

Once again, a team from St Sophia has committed to build a home with the help of other Orthodox Christians through Project Mexico. Led by John Pogas, the team includes John Papadimitriou, Demetrios Lowry, Stefan Lowry, Anthony Trioli, Jeff Kerns and Jamere Mitchell. **We're still looking for more volunteers!** Our build week is June 22 – 29.

You can help the team in a number of ways. First – please pray for our team and our safety. Second, you can support our team needs for building materials and travel expenses by making a donation through the church donation page and earmarking your funds for Project Mexico. If you would like to learn more about this incredibly rewarding mission, please email John Pogas, the group leader, at johnpogas@gmail.com or call him at 215-896-1963



KOLIVA CLASS



Learn how to prepare koliva for Saturday of Souls and memorial services & the importance of remembering our loved ones after they have fallen asleep in the Lord.

Friday Feb 20 - 6:30pm

Parish Kitchen

PRE-REGISTRATION REQUIRED

by Wed 2/18 in order to have enough ingredients for all

\$10 SUGGESTED DONATION

EMAIL LADIES@SAINTSOPHIACHURCH.ORG

OR CALL/TEXT LUCY KLINE 215/206-8180



Potluck

Join Saint Sophia's YAL on February 22nd at 5pm for Forgiveness Vespers followed by a potluck and screening of My Big Fat Greek Wedding

RSVP on GroupMe



LENTEN RETREAT

SATURDAY

MARCH 14

9AM TO 4PM

**“Steadfast in the Storm:
Keeping the Faith
in Times of Turmoil”**

KEYNOTE SPEAKER:
ARCHPRIEST TIMOTHY
HOJNICKI



Register Here

\$25 Adult Registration Fee (\$10 for kids 6-12 \$20 for students) includes both a Lenten Breakfast and Lunch. The day will also include Morning Prayers, the Sixth Hour, and Great Vespers (3 pm).

Father Andrew Wythe will be offering a presentation to the youth (ages 5-12).

Teens should attend Adult Session

**Holy Ghost Orthodox Church
70 Holy Ghost Way, Phoenixville, PA**



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

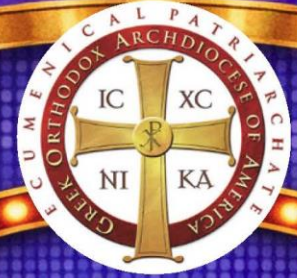
Sunday of St. John Climacus

Orthros and Hierarchical Divine Liturgy
Sunday, March 22, 2026
9:00 AM



**St. Sophia, Sts. Faith, Hope and Love
Greek Orthodox Church**
**900 S Trooper Rd,
Jeffersonville, PA 19403**

DVYC HOPE/JOY




BIBLE BOWL

Join us for fun, fellowship, and friendly competition showing our scripture knowledge

March 14, 2026
10 am – 2pm

Annunciation Evangelismos

 Greek Orthodox Church
7921 Old York Road
Elkins Park, PA 19027

RSVP by 3/9/26
 hopejoy@anngoc.com

