

February 14, 2021

Sunday of the Canaanite

Holy Father Auxentius of the Mountain ❖ Nicholas the New Martyr of Corinth
Cyril, Equal-to-the-Apostles & Teacher of the Slavs

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 for Holy Father Auxentius – Tis erimou politis (“A citizen of the desert”)

*As a citizen of the desert and an angel incarnate * and a wonder-worker you shone forth, O Afxentios, our God-bearing father. * Since you received the spiritual gifts * by fasting and vigilance and prayer, * you can cure those who are ailing and heal the souls * of those who run to you with faith. * Glory to Him who gave His might to you; * glory to Him who placed a crown on you; * glory to Him who operates through you, providing cures to all.*

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

Greek

Ὁς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀναλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καί προσήγαγες Χριστῷ καρπὸν ἡ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δί’ α γώνων 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 Christo karpon idytaton, tus tis nidyos su vlastus, di’ agonon evagon, Agapin te ke Elpida, syn ti theofroni Pisti; meth’ on dysopi yper pandon imon.

English

As an olive tree laden with fruit you sprouted forth, in the courtyards of the Lord, Sophia martyr dignified, and you brought to Christ a fruit most sweet, Namely your womb’s own sprouts, brought up by instructive deeds: your daughters Love and Hope, along with God-minded Faith; together intercede with God for us all.

Seasonal Kontakion – Prostasia ton Christianon (“O unfailing protection of Christians”)

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

During the COVID-19 crisis, all Liturgical Services will be made available on-line. Simply click on the link below. You do NOT need a Facebook account to access the on-line services.

www.facebook.com/saintsophiachurch

PLEASE keep in mind that our fixed costs are still ever present.
We hope you can help us with an on-line donation. You can give by going to our website,
www.saintsophiachurch.org and clicking on the “Donate” button.

Donate



NOW, you can also donate using Venmo! You may either search in Venmo or click www.venmo.com/SaintSophiaChurch

The Philoptochos Poor Box benefits the National Alliance on Mental Illness (NAMI) serving Montgomery County, PA.

 **NAMI** Montgomery County PA

The Ladies Philoptochos Society has recently added a Poor Box in the Narthex to help fund its mission to aid those in need. Donations to the Poor Box will support this effort. Donations made to the Philoptochos Poor Box for the month of February benefit the **National Alliance on Mental Illness (NAMI)** serving Montgomery County, PA. Their mission is to improve the lives of individuals and families affected by mental illness through recovery focused support, education, and advocacy.

You can learn more about NAMI at <https://namimontcopa.org>.

You may send checks to the church to the attention of Philoptochos/Poor Box Donations or donate at <https://www.saintsophiachurch.org/poorboxdonations.html>.

Thank you for your support!

Stewardship: Thank you to everyone who supported our 2020 Stewardship Program! If you have not yet finished paying your 2020 pledge, please do so as soon as possible so that we can finalize our stewardship rolls for last year. In addition, when paying by check, it is imperative that you indicate “**Stewardship 2020**” on the memo line so that your account is properly credited. Also, if you make cash donations, please be sure to include your name either on the outside of the envelope or on a slip of paper attached to the cash. Payments may also be made using PayPal and Venmo (www.venmo.com/SaintSophiaChurch). Should you have any questions, please call the Parish office or see Tom Cox, our stewardship chairperson.

2021 Stewardship Commitment Forms are available at the Pangari. Don't forget to indicate “Stewardship 2021” in the memo line of your check (or on a slip of paper attached to cash) so that your account is properly credited. Stewardship packets for 2021 will be arriving at your homes soon. Should you have any questions, please call the Parish office or see Tom Cox, our stewardship chairperson. Thank you!

AHEPA Super Bowl Block Pool: Thank you to all who participated in our first online Super Bowl Block Pool which will enable our local AHEPA Chapter 432 to continue its support of charities for our district - <https://ahepapowerdistrict4.com/>. The 4 winners of each the 4 quarter blocks, Pat Bailey, Nick Tsouros, and 2 fellow AHEPA district brothers - Basil Mossaidis and John Katras - have donated their winnings back to the chapter.

Again, thanks to all who participated, and for any/all questions regarding the pool or information about joining the locally based AHEPA Chapter 432, please contact Chapter President, Matt Stolarczyk, at mattstolarczyk@cs.com.



GOYA Food Drive: Since the onset of the COVID-19 pandemic, food insecurity has increased in the United States. This is true for households with young children as well as the elderly. Food insecurity occurs when a household has difficulty providing enough food due to a lack of resources. There are several food pantries in the communities surrounding our church. Unfortunately, these pantries are experiencing a shortage of food and resources to help their patrons.

We continue to collect non-perishable food to be donated to the local food pantries. Please place your donations in the bin located in the alcove **OUTSIDE** of the **OFFICE ENTRANCE**.

MOST NEEDED ITEMS:

- Canned meat (tuna, chicken, beef stew, etc.)
- Canned fruit and vegetables
- Breakfast foods (hot & cold cereals, bars, oatmeal)
- Canned or plastic jarred proteins like peanut butter, beans, canned stews and chili
- Macaroni & cheese
- Pasta, rice & dry mixes
- Juice & juice boxes

Please **DO NOT donate** expired food, open packages, perishable food, or glass jars.

Epistle Reading

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

*Sing praises to our God, sing praises.
Verse: Clap your hands, all you nations.*

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

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

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

*Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε.
Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας.*

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

GOSPEL READING

The Gospel According to Matthew 15:21-28

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Ματθαῖον 15:21-28 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἐξελθὼν ἐκεῖθεν ὁ Ἰησοῦς ἀνεχώρησεν εἰς τὰ μέρη Τύρου καὶ Σιδῶνος, καὶ ἰδοὺ γυνὴ Χαναναία ἀπὸ τῶν ὀρίων ἐκείνων ἐξεληθοῦσα ἐκραύγαζεν αὐτῷ λέγουσα· ἐλέησόν με, Κύριε, υἱὲ Δαυῖδ· ἡ θυγάτηρ μου κακῶς δαιμονίζεται. ὁ δὲ οὐκ ἀπεκρίθη αὐτῇ λόγον. καὶ προσελθόντες οἱ μαθηταὶ αὐτοῦ ἠρώτων αὐτὸν λέγοντες· ἀπόλυσον αὐτήν, ὅτι κράζει ὄπισθεν ἡμῶν. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἀπεστάλην εἰ μὴ εἰς τὰ πρόβατα τὰ ἀπολωλότα οἴκου Ἰσραὴλ. ἡ δὲ ἐλθοῦσα προσεκύνησεν αὐτῷ λέγουσα· Κύριε, βοήθει μοι. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἔστι καλὸν λαβεῖν τὸν ἄρτον τῶν τέκνων καὶ βαλεῖν τοῖς κυναρίοις. ἡ δὲ εἶπε· ναί, Κύριε· καὶ γὰρ τὰ κυνάρια ἐσθίει ἀπὸ τῶν ψυχίων τῶν πιπτόντων ἀπὸ τῆς τραπέζης τῶν κυρίων αὐτῶν. τότε ἀποκριθεὶς ὁ Ἰησοῦς εἶπεν αὐτῇ· ὦ γύναι, μεγάλη σου ἡ πίστις! γεννηθήτω σοι ὡς θέλεις. καὶ ἴαθη ἡ θυγάτηρ αὐτῆς ἀπὸ τῆς ὥρας ἐκείνης.

A message from His All-Holiness Ecumenical Patriarch Bartholomew about the COVID vaccine:

When His All-Holiness Ecumenical Patriarch Bartholomew was asked whether he would get the coronavirus vaccine, he replied: *"Of course I will get the vaccine. Besides, I think this is required based on my age. I am close to 81, so I belong to the age group that needs to be vaccinated. But it is not only a matter of necessity or choice, but also a responsibility to fellow human beings. That is why I hope that a large part of the world's population will soon be vaccinated for the spread of the deadly virus to stop. Of course, until then, we must all strictly observe the protective measures so as not to mourn more victims."*

Please heed the words of His All-Holiness! Below are the links to vaccine interest signups in Montgomery and Chester Counties:

<https://www.montcopa.org/3660/COVID-19-Vaccine>

<https://chesco.org/4822/COVID19Vaccine>

Blessing of the Homes at Theophany

If you wish to have your homes and/or businesses blessed by Fr. Peter, please call the Parish Office to schedule a visitation.

Before the Priest Comes to Bless the House

- **To protect everyone in the home, masks must be worn during the blessing.**
- Be prepared (this is a serious sacrament.)
- **Make sure ALL the lights in the house have been turned on, as Epiphany is known as the "Feast of Lights."**
- Make sure all radios, stereos, TVs, etc. are turned off.
- Have a table where you can place an icon, a lit candle, and a list of names (living and deceased) of those you wish to commemorate.
- When the priest begins to sprinkle the rooms, lead him to the rooms that you wish blessed. This "procession" should include all who are able to walk. Children who are very young may need to be carried (nursing mothers are exempted if the feeding needs to take place immediately.)
- Afterwards, return to the place you started (where the table, icon, etc., are) for the closing prayer and blessing.

ST. SOPHIA GREEK ORTHODOX CHURCH



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SUNDAY, FEBRUARY 7 & 14
PICKUP 12 - 1PM**

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SPANAKOPIA - PASTISTIO
MOUSSAKA - LAMB SHANK**

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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.

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St. Nicholas Shrine Vigil Candle: Thank you to the Prieston Family for sponsoring today's vigil candle for St. Nicholas Shrine. Anyone wishing to sponsor a vigil candle should sign up at the Pangari or email the Parish office. (Each vigil candle lasts one week). Each week a new vigil candle will be placed next to the icon of St. Nicholas until the construction of St. Nicholas Shrine has been completed. The asking donation is \$10.

Memorial Service -- Today's memorial service is being chanted for:

- ❖ **Kassiani Araouzou (1 year)**, beloved mother of Carolyn (Harry) Mackrides and Georgene (Richard) Sinclair. We would also like to remember Carolyn and Georgene's father, Christos Araouzou (22years), and their brothers Costas (18 years) and Spiro (10 years). May their memory be eternal.

Thank you to the Mackrides and Sinclair families for offering the kolyva today.

- ❖ **Anastasios and Katina Pogas**, beloved parents of John (Lynn) Pogas. They both passed away during the month of February – Anastasios 25 years ago, and Katina 4 years ago. Anastasios was born in Northern Epirus and Katina was born on the island of Paxos. They met in Athens where Anastasios worked as a translator for the Army. Both were very devoted members of St. George Cathedral. May their memory be eternal.

Thank you to the Pogas family for offering the kolyva today.

Distribution of Koliva – Due to the ongoing COVID-19 restrictions, the koliva will be placed into individual baggies and distributed in the Narthex after Dismissal.



Today we observe Scout Sunday (postponed from last Sunday): The observance of the Scout Sunday tradition was started years ago to make people in the Church aware of Scouting, and to allow Scouts to live out of what is pledged each week, The Scout Law says that a "Scout is Reverent" and the Scouts of all ages promise to do their "Duty to God". These values strengthen youth character in their family, community and faith. The Scouts of our Parish will be honored this morning.

Adult Ed Seminar: On Wednesday, February 17th, Fr. Peter continues his adult education seminar entitled **Searching the Divine – A Study of the Divine Liturgy**. It will take place at **7pm in the church**, in person, and it will also be live streamed on Facebook. You **DO NOT** need a Facebook account to access the on-line services or seminars. Simply click on the following link: www.facebook.com/saintsophiachurch. Each seminar lasts about 1 hour. **Please join us!**

Philoptochos Membership: Calling all ladies of the parish! It's time to join the Ladies Philoptochos Society (or renew your membership). All ladies over the age of 18 are eligible and welcome to help support this important ministry of the church. If you have not received membership information via email or by post, feel free to reach out to Flora Poloway at Flora.Poloway@gmail.com directly.

Help Needed for Eagle Scout Project



Dear Saint Sophia Parishioners,
My name is Dan Cox and I'm working toward my Eagle Scout Rank in Boy Scouts. For my Eagle Scout project, I am planning a raised bed garden at St. Sophia, with six 4'x8' beds, including a perimeter fence so that animals don't get into it. The vegetables we raise will be donated to local food banks. If you are a gardening enthusiast, I could use your advice. Please meet with me after Liturgy on Sunday, February 14th in the church hall so we can talk about my proposal. Or, you can contact me at catcox1@verizon.net (my mom's email) if you are interested in helping me with planning this effort. Thank you!

2021-2022 HUC SCHOLARSHIPS: The Hellenic University Club of Philadelphia is pleased to announce their Scholarships for the 2021-2022 Academic Year. This year they are offering 17 Scholarships (8 Undergraduate, 6 Graduate and 3 Undergraduate/Graduate) totaling \$58,500 to worthy students in the greater Philadelphia area of Greek descent and to students who are declared majors in Greek Studies, regardless of their heritage. Descriptions of the scholarships and applications can be found on their website at www.hucphiladelphia.org. Please note that applications and all supporting documents must be received no later than Thursday, April 1, 2021.

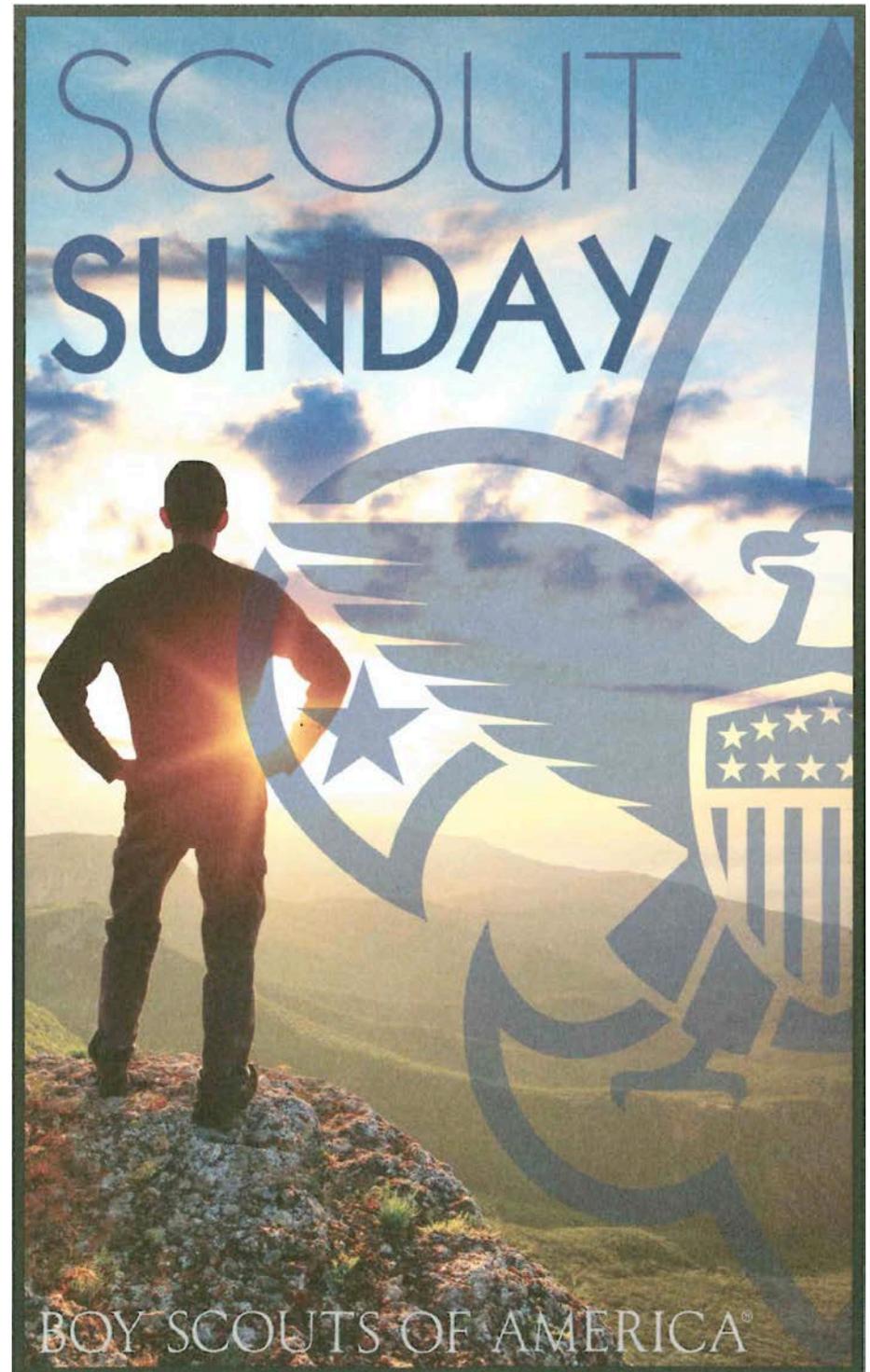
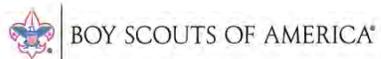
A Scout Is Reverent

Scouting's founder, Lord Robert Baden-Powell, knew that faith gives young people a road map for life, and that it is a wise guide for thoughts and actions.

Over 100 years later we still believe that, and it is our individual faith traditions that inspire us to look beyond ourselves and turn our attention to helping others.

Scout Sunday is a beautiful reminder to ground ourselves in this faith and reverence, both in our personal lives and in BSA's daily mission to make the world a better place.

Thank you to Fr. Peter Thornberg for supporting and encouraging our Boy Scouts and Girl Scouts throughout their Scouting years.





NATIONAL SCOUT SUNDAY 2021

February 7, 2021

Today our Parish observes National Scout Sunday. Scouts all over the United States celebrate National Scout Sunday. This Sunday is set aside to honor God and to remind us that we are all His Creatures and made in His Image or more precisely – to image (reflect) Him to the world. The Assembly of Canonical Orthodox Bishops of the Americas have designated February 7, 2021, also as Orthodox Scout Sunday. Through the Eastern Orthodox Committee on Scouting, the Assembly and its predecessor, SCOBA, have been actively supporting both the Boy Scouts and Girl Scouts of the USA since the 1960's. The Scouts of our Parish will be honored this morning. Please note that although the actual birthday of the Girl Scouts is not until March 12th, we include the Girl Scouts in today's program.

Girl Scouts

Mia Good – Cadette
Sophia Nikas - Senior
Petrina Papadimitriou – Ambassador
Sophia Thornberg – Senior

Boy Scouts

Daniel Cox – Life Scout*
John Cox – Eagle Scout*
Leo Laskaris – Scout Rank

Adult Leaders

Catherine Cox – Boy Scouts – Troop Advancements Chair,
Assistant Scoutmaster*
Presv. Katherine Thornberg – Senior Girl Scout Leader
Fr. Peter Thornberg – Boy Scouts – Eagle Scout; Order of
the Arrow*

*The [Order of the Arrow](#) is the Boy Scouting national honor society for experienced campers.

OUR JOURNEY TO PASCHA! 2021

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 21st	 <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 28th	 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 MARCH 7th 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 MARCH 14th FAREWELL TO CHEESE TODAY	 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 21st	 <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 28th	 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 APRIL 4th	 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 APRIL 11th	 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 APRIL 18th	 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 25th GREAT WEEK BEGINS	 <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!
GREAT AND HOLY FRIDAY APRIL 30th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 2nd NO FASTING!	 <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!