

March 22, 2020
Sunday of the Holy Cross
Basil the Holy Martyr of Ancyra ❖ Kalliniki & Vassilisa the Martyrs
Euthemios the New Martyr

ENTRANCE HYMNS

Apolytikion of the Feast – Sosen, Kyrie (Save, O Lord, Your People”)

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Resurrectional Apolytikion – Katelisas to Stavro (“By Thy Cross Destroyed”)

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrh-bearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy.

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

Greek

Ὁς ελαία κατὰ καρπὸς ἀνεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καὶ προσήγαγες Χριστῷ καρπὸν ἢ δύτατον, τοὺς τῆς νηδύος σου βλαστοὺς, διὰ γόννων 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 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 – Ti ipermacho (“O Champion General”)

O Champion General, I your City now ascribe to you * triumphant anthems as the tokens of my gratitude, * being rescued from the terrors, O Theotokos. * Inasmuch as you have power unassailable, * from all kinds of perils free me so that unto you * I may cry aloud: * Rejoice, O unwedded Bride.

TSOUREKI SALE



Complete the form below and return by April 5 with payment to:

St. Sophia Philoptochos

900 S. Trooper Road, Jeffersonville, PA 19403

or drop off form in the designated box in the church hall

Pickup is Saturday, April 11 (Saturday of Lazarus)

2lb TSOUREKI@ \$17 each x $\frac{\quad}{\text{Qty}}$ = \$ $\frac{\quad}{\text{Total Due}}$
without egg

TOTAL AMOUNT PAID \$ _____

Name: _____

Home Phone: _____

Cell Phone: _____



**If you would like to donate Easter Lilies
to help decorate the church at Easter,
please complete the form below and
send it to the Parish office.**

Help the church decorate for Pascha by donating lilies for our church.
Donate them in Honor or Memory of loved ones.
The lilies are \$25.00 per plant.
Please make your check out to: "Saint Sophia Church".

In Memory of:

In Honor of:

Donor's name and address:

Thank you for your support!
Please return this form to the church along with your check.

EPISTLE READING

The reading is from St. Paul's Letter to the Hebrews 4:14-16; 5:1-6

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

Ο ΑΠΟΣΤΟΛΟΣ

Πρὸς Ἑβραίους 4:14-16, 5:1-6 τὸ ἀνάγνωσμα

Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεός μου.

Ἀδελφοί, ἔχοντες οὖν ἀρχιερέα μέγαν, διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθεῖσαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοίότητα, χωρὶς ἁμαρτίας. Προσερχόμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον, καὶ χάριν εὐρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς, ἐξ ἀνθρώπων λαμβανόμενος, ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσιν καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικείται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτως καὶ περὶ ἑαυτοῦ, προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ θεοῦ, καθάπερ καὶ Ἀαρών. Οὕτως καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασεν γενεθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἑτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

THE GOSPEL

The Reading is from the Gospel of Mark 8:34-38; 9:1
Sunday of the Holy Cross

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Μάρκον 8:34-38; 9:1 Εὐαγγελίου τὸ Ἀνάγνωσμα
Sunday of the Holy Cross

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἐλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἂν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἂν ἐπαισχυθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἀμαρτωλῶ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

ST. SOPHIA YOUTH EVENTS

Saturday of Lazarus & Holy Friday



Saturday of Lazarus, April 11th

Gather with us for Divine Liturgy, followed by a delicious pancake breakfast, palm cross-making, church cleaning and palm decorating.

All children, families, and parishioners are welcome.

Divine Liturgy - 10:00 am

Holy Friday Children's Retreat, April 17th

This year's theme is "The Symbolism of Koliva".

The children (Ages: K-6th Grade) will explore our theme through hands-on, age appropriate sessions. A light Lenten lunch will be served. The Sign-Up Sheet is in the Educational Hallway on the Joy/Hope Bulletin Board!!

Please RSVP by April 12th.

GOYAns will have their own activities during the retreat.

11:30am - 2:30pm

Followed by

Service of the Apokathelosis at 3:00pm

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Euthemios the New Martyr



Below is the upcoming schedule of services. If we will be Live streaming the service, we will notify parishioners by e-mail.

CALENDAR FOR THE WEEK

Mon. Mar. 23 rd	7:00 pm – Great Compline
Tues. Mar. 24 th	7:00 pm – Great Vespers of Annunciation at: Annunciation Greek Orthodox Church, Elkins Park Live streaming at (click on the link below): www.facebook.com/AnnunciationEvangelismos-Greek-Orthodox-Church
Wed. Mar. 25 th	9:30 am – Feastday Liturgy-Annunciation of the Theotokos at: Annunciation Greek Orthodox Church, Elkins Park Live streaming at (click on the link below): www.facebook.com/AnnunciationEvangelismos-Greek-Orthodox-Church
Thurs. Mar. 26 th	
Fri. Mar. 27 th	7:00 pm – Salutations to the Theotokos

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Sun. Mar. 29 th	9:30 am – Divine Liturgy – St. John of the Ladder
Mon. Mar. 30 th	7:00 pm – Great Compline
Wed. Apr. 1 st	10:00 am – Pre-sanctified Liturgy
Fri. Apr. 3 rd	7:00 pm – Salutations to the Theotokos
Sun. Apr. 5 th	9:30 am – Divine Liturgy – St. Mary of Egypt
Mon. Apr. 6 th	7:00 pm – Great Compline
Wed. Apr. 8 th	7:00 pm – Pre-sanctified Liturgy
Sat. Apr. 11 th	10:00 am – Divine Liturgy – Saturday of Lazarus Pancake Breakfast; Palm Cross Folding; Myrofores Rehearsal; Tsoureki Pickup
Sun. Apr. 12 th	9:30 am – Divine Liturgy – Palm Sunday

Today we celebrate the Liturgy of St. Basil the Great. The differences between this Liturgy and the Liturgy of St. John Chrysostom are found in the priest's prayers of the Anaphora, between pages 55-63 of your Divine Liturgy books. The Liturgy of St. Basil the Great is celebrated on Christmas Eve, the feast of St. Basil, the Feast of Theophany, Holy Saturday morning, and the Sundays of Great Lent.

St. Nicholas Shrine Vigil Candle: Thank you to Elias & Donna Christou for sponsoring today's vigil candle for St. Nicholas Shrine. Anyone wishing to sponsor a vigil candle should sign up at the Pangari. (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 only \$10.

Directive Regarding Services: With the revised directive from that we received from His Eminence Metropolitan Evangelos of New Jersey on March 18th, we will be having services at the church; however, only Fr. Peter, a chanter and a couple of helpers will be present in the altar. The faithful are to remain at home. We will make every effort to broadcast the services as best as we can. In addition, ALL parish events and gatherings have been **CANCELLED** until further notice.

To view a service, just go to: www.facebook.com/saintsophiachurch and look for "Video" on the left-hand side of the screen and click on the "LIVE" icon.

2020 Stewardship Commitment Forms are available at the Pangari. When paying by check, it is imperative that you indicate "Stewardship 2020" in 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. Should you have any questions, please see Tom Cox, our stewardship chairperson, or call the Parish office. Thank you!

Bulletin Announcements: Any church organization requesting that their announcement or flyer be placed in the bulletin must submit their material by 12 noon Wednesday for the upcoming Sunday's bulletin. Please e-mail information to office@saintsophiachurch.org. Thank you. Elaine Piligian

Pastoral Visits - A Request to All Parishioners: If you desire a pastoral visit in case of a hospitalization, or for someone who is homebound, in a nursing facility, or in prison, please have an immediate family member notify the Parish office at 610-650-8960 so that a visit can be arranged.

In Case of Emergency: If you are having an **extreme medical emergency ONLY** and are in need of an Orthodox priest, please call the Parish office at 610-650-8960.

Dear Members of Saint Sophia Church:

I wish to offer you my prayers during this time of concern and worry as we, as an American nation, deal with the Coronavirus and attempt to prevent its spread. Please know that we remain one ecclesiastical family even though we are separated. We are asked to remain home, using social distancing if we must go out, and using every precaution possible.

Because of this, our Hierarchs have instructed us that all services are to be conducted with only the priest, a chanter and perhaps an assistant in the altar and an operator for live streaming equipment. No one else is to be admitted. We must adhere to these instructions. This is for our safety and for the safety of others. We are doing this so that we can provide a means for us to worship together as a family in a very different way. I want you to know that I miss seeing you all -- but this is only temporary.

Below you will find a link that will connect you to the live streaming of the service, which will begin Sunday morning with Orthros at 8:15 am and the Divine Liturgy of Saint Basil the Great at 9:30 am.

Even if you don't have Facebook, just go to: www.facebook.com/saintsophiachurch.

Look for the "Video" on the left-hand side of the screen and click on the  icon.

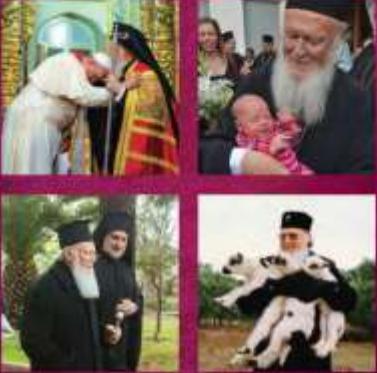
Today is the Veneration of the Holy Cross. What better symbol to have before us during this trying time than the cross of Jesus Christ? Unfortunately, we will not be able to distribute the daffodils as we usually do. They will be taken to the cemetery at Riverside.

Make God bless you...may He give you strength... may He give you peace during this time.

In Christ,
+ Fr. Peter Thomberg



2020
APOSTOLIC
VISIT
BARTHOLOMEW
ARCHBISHOP OF CONSTANTINOPLE-NEW ROME
AND ECUMENICAL PATRIARCH



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GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

Third Sunday of Lent – Stavrosproskiniseos 2020

The Very Reverend and Reverend Clergy

Esteemed Members of the Metropolitan Council, Esteemed Members of the Parish Councils, Philoptochos Sisterhood, Faculty and Students of the Catechetical and Greek Afternoon Schools, Directors and Participants of all Youth Organizations, and all devout Orthodox Christians of the Communities of the Greek Orthodox Metropolis of New Jersey

My Beloved in the Lord,

Today, on the third Sunday of Holy and Great Lent, we celebrate the midpoint of our Lenten Journey towards the feast of feasts – Holy and Great Pascha. The Church, in her wisdom and desiring to strengthen her people, put at the center of this journey a day for venerating the Holy Cross of Christ. The Church arranged it thusly so that Orthodox Christians would remain steadfast in their faith, strengthened in their Lenten devotion, and emboldened in their prayerfulness as the feast of Pascha approached.

The Cross itself is a paradox. Before the time of Christ the Cross was seen as the most shameful manner by which punishment was delivered as it was reserved for the worst criminals and utilized in the most violent and brutal manner. With the crucifixion of our Lord, however, He transformed its meaning. The Cross thus became a symbol of peace, hope, and faith and the prime illustration of our Lord conquering death. Without the Cross, there is no life and there is no hope.

As we contend with the events surrounding the Coronavirus, we are in need of the faith, hope, and assurance that the Cross brings us. Our society stands at the precipice of the unknown as we learn of more and more people becoming ill and as we observe the toll these events are taking on the physical, emotional, and spiritual health of all people. We witness more drastic measures being taken to confront these issues to the point that Orthodox Christian faithful throughout our country and across the world are unable to personally participate in the Divine Services in their local communities. Now more than ever it is most fitting for us to venerate and honor the Holy Cross of Christ – the symbol of life, the image of victory, and the promise of Christ's

Resurrection. Therefore, even in these bleak circumstances, we must never forget that *"through the Cross, joy has come to all the world."* We must remain focused on the hope that the Cross brings and venerate it knowing that it is *"truly our source of help having partaken of its fruit, and incorruption instead of death."* Furthermore, the Cross is the Love of God and our strength at all times, but especially in times of distress. As we hear in the Exapostelation for the Feast of the Holy Cross, *"The Cross is the guardian of the whole world; the Cross is the support and staff of the faithful; the Cross is the beauty of the Church of Christ; the Cross is the mighty strength of kings; the Cross is the glory of Angels; it is the wounding of demons."* Therefore, begin your devotion to the Cross of Christ by wearing your baptismal Cross and making the sign of the Cross when you awake each morning. Never be fearful of expressing your Orthodox faith by making the sign of the Cross, no matter where you may be because the Cross is our weapon of peace and wall of defense.

My beloved in the Lord, I entreat you to take time out of your day to reflect on the meaning of the Cross and to venerate the Cross in your homes. Come together as a family of faith and offer thanksgiving to God that our Lord willingly gave Himself to be crucified upon the Cross so that we might have life. Make the sign of the Cross as a family before you eat and allow yourselves to always look to the Cross of Christ as your symbol of hope. Let us all look towards the example of Christ and His Cross for how we are to confront the difficulties of our life, knowing that with the help of Christ and His Cross we can overcome all adversity. Finally, let us keep the words of our Lord close to our heart, *"If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me"* (Matt. 16:24).

Praying that our Lord, who was willingly crucified for our salvation, and the power and protection of the Holy, Precious, an Life-Giving Cross be with all of you throughout the remainder of the Lenten season, I remain

With Paternal Love and Blessings,

† EVANGELOS
Metropolitan of New Jersey