

**FIFTH SUNDAY OF LENT - ST. MARY OF EGYPT (Mark 10:32-45)**



This Sunday commemorates the life of St. Mary of Egypt, who is a shining example of repentance from sin through prayer and fasting. She lived a sinful life for many years, but was converted to a Christian life. She went into the wilderness to live an ascetic life for many years, praying and fasting in repentance of her previous sinful life, and dying there. St. Mary's life exemplifies her conviction about Christ, which motivated the changing of her life from sin to holiness through repentance. Her understanding of repentance involved not a mere change from small things in her life, but an extreme change of her entire attitude and thoughts. The Church commemorates St. Mary for her recognition of her own sins as an example of how one can free oneself from the slavery and burden of wrongdoings. This recognition of sin is imperative during Lent for the faithful as a means of self-examination and preparation for a more virtuous life in anticipation of the Crucifixion and the Resurrection of Christ.



Sunday of St. Mary of Egypt



**St. Sophia/SS. Faith, Hope & Agape  
Greek Orthodox Church of Valley Forge**

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Jeffersonville, PA, 19403

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[www.saintsophiachurch.org](http://www.saintsophiachurch.org) email: [office@saintsophiachurch.org](mailto:office@saintsophiachurch.org)

Sunday Worship: 8:15 am - Orthros: 9:30 am Divine Liturgy  
Office Hours - 10 am to 4 pm

Rev. Economist Peter J. Thornberg, Proistamenos  
[frpeter@saintsophiachurch.org](mailto:frpeter@saintsophiachurch.org)  
Metropolis of New Jersey



April 5, 2020

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Monk-Martyrs Claudius, Diodore, Victor, Victorinus, and those with them

Theodora the Righteous of Thessaloniki

Agathopodes and Theodulos the Martyrs



### ENTRANCE HYMNS

#### Resurrectional Apolytikion – Tou Lithou Sfraghisthendos (“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 St. Mary of Egypt - En si, Miter, akrivos (“In you, O Mother”)

*In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.*

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

##### Greek

*Ὁς ελαία κατὰ καρπὸς ἀνεβλάστησας, ἐν ταῖς ἀναλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καὶ προσήγαγες Χριστῷ καρπὸν ἢ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, δι’ ἀγώνων εὐάγων, Ἀγάπην τε καὶ Ἐλπίδα σὺν τῇ θεόφρονι Πίστει, μεθ’ ὧν δυσώπει ὑπὲρ πάντων ἡμῶν.*

##### English Phonetics for Greek

*Os elea kata karpos anevlastisas, en tes avles tu Kyriou Sofia martys semni, ke prosigages Christo karpon idytaton, tus tis nidyos su vlastus, di’ agonon evagon, Agapin te ke Elpida, syn ti theofroni Pisti; meth’ on dysopi yper pandon imon.*

##### English

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

#### Seasonal Kontakion – 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.*



**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:

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In Honor of:

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Donor’s name and address:

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

Below is the upcoming **TENTATIVE** schedule of services.

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](http://www.facebook.com/saintsophiachurch)

#### CALENDAR FOR THE WEEK

Mon. Apr. 6 <sup>th</sup>	6:30 pm (approximately) – Great Compline <a href="http://www.facebook.com/saintsophiachurch">www.facebook.com/saintsophiachurch</a>
Tues. Apr. 7 <sup>th</sup>	
Wed. Apr. 8 <sup>th</sup>	6:30 pm (approximately) – Pre-Sanctified Liturgy <a href="http://www.facebook.com/saintsophiachurch">www.facebook.com/saintsophiachurch</a>
Thurs. Apr. 9 <sup>th</sup>	
Fri. Apr. 10 <sup>th</sup>	
Sat. Apr. 11 <sup>th</sup>	10:00 am – Divine Liturgy – Saturday of Lazarus <a href="http://www.facebook.com/saintsophiachurch">www.facebook.com/saintsophiachurch</a>

2020 Stewardship Commitment Forms are available on our website. To download a Commitment Form, click on this link: <https://www.saintsophiachurch.org/stewardship-2020.html>.

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. PayPal payments can also be made on our website – just be sure to indicate “Stewardship”. Should you have any questions, please see Tom Cox, our stewardship chairperson, or call the Parish office. Thank you!

#### EPISTLE READING

The reading is from St. Paul's Letter to the Hebrews 9:11-14

*Let your mercy, O Lord, be upon us.*

*Verse: Rejoice in the Lord, O ye righteous.*

BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

#### Ο ΑΠΟΣΤΟΛΟΣ

Πρὸς Ἑβραίους 9:11-14 τὸ ἀνάγνωσμα

*Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς.*

*Στίχ. Ἀγαλλιᾶσθε δίκαιοι ἐν Κυρίῳ*

Ἀδελφοί, Χριστὸς δὲ παραγενόμενος ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν, διὰ τῆς μείζονος καὶ τελειότερας σκηνῆς, οὐ χειροποιήτου, τοῦτ' ἔστιν, οὐ ταύτης τῆς κτίσεως, οὐδὲ δι' αἵματος τράγων καὶ μόσχων, διὰ δὲ τοῦ ἰδίου αἵματος εἰσήλθεν ἐφάπαξ εἰς τὰ ἅγια, αἰώνιαν λύτρωσιν εὐράμενος. Εἰ γὰρ τὸ αἷμα ταύρων καὶ τράγων, καὶ σποδὸς δαμάλεως ῥαντίζουσα τοὺς κεκοινωμένους, ἀγιάζει πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσω μᾶλλον τὸ αἷμα τοῦ Χριστοῦ, ὃς διὰ πνεύματος αἰωνίου ἑαυτὸν προσήνεγκεν ἁμῶν τῷ θεῷ, καθαρῆν τὴν συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων, εἰς τὸ λατρεύειν θεῷ ζῶντι;

## THE GOSPEL

The Reading is from the Gospel of Mark 10:32-45

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

## ΕΥΑΓΓΕΛΙΟΝ

**Ἐκ τοῦ Κατὰ Μάρκον 10:32-45 Εὐαγγελίου τὸ Ἀνάγνωσμα**

Τῷ καιρῷ ἐκείνῳ, παραλαμβάνει ὁ Ἰησοῦς τοὺς δώδεκα μαθητάς αὐτοῦ καὶ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι ἰδοὺ ἀναβαίνομεν εἰς Ἱεροσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινούσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαΐξουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· διδάσκαλε, θέλομεν ἵνα ὁ ἐὰν αἰτήσωμεν ποιήσης ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· τί θέλετε ποιῆσαί με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· δὸς ἡμῖν ἵνα εἷς ἐκ δεξιῶν σου καὶ εἷς ἐξ εὐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· οὐκ οἴδατε τί αἰτεῖσθε. δύνασθε πλεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δὲ εἶπον αὐτῷ· δυνάμεθα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσαί ἐκ δεξιῶν μου καὶ ἐξ εὐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ' οἷς ἡτοίμασται. Καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· οἴδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν· οὐχ οὕτω δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὅς ἐάν θέλῃ γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὅς ἐάν θέλῃ ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἦλθε διακονηθῆναι, ἀλλὰ διακονῆσαι, καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντὶ πολλῶν.

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*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 Tina Coutavas for sponsoring today's vigil candle for St. Nicholas Shrine in honor of her husband George's birthday (4/1).* 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 18<sup>th</sup>, 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.

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[www.facebook.com/saintsophiachurch](http://www.facebook.com/saintsophiachurch)

**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](mailto: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.

## RESOURCES TO HELP US GROW IN OUR FAITH

Thank you to Father Stephen Tschlis of St. Paul's in Irvine California for compiling this collection of videos to help us all grow in our faith during these trying times. He has shared this with his brother priests and offered this for us to share with our faithful throughout our Archdiocese.

### INTRODUCTIONS TO ORTHODOXY

What is the Orthodox Church? (with Father Andrew Damick)

[https://www.youtube.com/watch?v=95P744siC7U&list=PLY5cPkFWwO-9ULgeOZzqpt8BwPe1\\_u9Tk](https://www.youtube.com/watch?v=95P744siC7U&list=PLY5cPkFWwO-9ULgeOZzqpt8BwPe1_u9Tk)

5 Misconceptions about the Orthodox Church (with Father Andrew Damick)

[https://www.youtube.com/watch?v=kvfYBWLZoYw&list=PLY5cPkFWwO-9ULgeOZzqpt8BwPe1\\_u9Tk&index=2](https://www.youtube.com/watch?v=kvfYBWLZoYw&list=PLY5cPkFWwO-9ULgeOZzqpt8BwPe1_u9Tk&index=2)

5 Differences between the Roman Catholic and Eastern Orthodox Churches (with Father Andrew Damick)

<https://www.youtube.com/watch?v=Qdr7u6lP6sq&list=PLY5cPkFWwO-9rVhMSzZiucwt0dXzHedIV&index=6&t=5s>

5 Differences between Orthodoxy and Evangelicalism (with Father Andrew Damick)

<https://www.youtube.com/watch?v=3MzWnO1VfvY&list=PLY5cPkFWwO-9rVhMSzZiucwt0dXzHedIV&index=4>

What is Orthodox Christianity? (with Steve Christoforou)

[https://www.youtube.com/watch?v=kSvSbjhsrfs&list=PLY5cPkFWwO-9ULgeOZzqpt8BwPe1\\_u9Tk&index=5](https://www.youtube.com/watch?v=kSvSbjhsrfs&list=PLY5cPkFWwO-9ULgeOZzqpt8BwPe1_u9Tk&index=5)

10 Fun Facts about the Orthodox Church (with Steve Christoforou)

[https://www.youtube.com/watch?v=HHHRbeJ\\_nDA](https://www.youtube.com/watch?v=HHHRbeJ_nDA)

### THE DIVINE LITURGY

Four short videos on the Divine Liturgy by Frederica Matthews-Green

An overview of the Divine Liturgy -

<https://www.youtube.com/watch?v=XDUMf7oFt2s&list=PLY5cPkFWwO-8nTksnB1iY2mlhl2O3NBMr&index=4&t=0s>

An Introduction to the Orthodox Worship Space -

[https://www.youtube.com/watch?v=YimgCkBbH7c&list=PLY5cPkFWwO--kkP\\_xYhEiBCASNge8NZWf](https://www.youtube.com/watch?v=YimgCkBbH7c&list=PLY5cPkFWwO--kkP_xYhEiBCASNge8NZWf)

Why do Orthodox Christians repeat "Lord, have mercy"?

[https://www.youtube.com/watch?v=OI\\_UqPQIGEq&list=PLY5cPkFWwO-8nTksnB1iY2mlhl2O3NBMr&index=1](https://www.youtube.com/watch?v=OI_UqPQIGEq&list=PLY5cPkFWwO-8nTksnB1iY2mlhl2O3NBMr&index=1)

What do you mean "Pray to the Saints"?

<https://www.youtube.com/watch?v=UsPwzdEyHjQ&list=PLY5cPkFWwO-8nTksnB1iY2mlhl2O3NBMr&index=2>

## READING THE BIBLE

Three things you need to know about the Bible (with Steve Christoforou)

<https://www.youtube.com/watch?v=Fhb3t1jXock&list=PLY5cPkFWwO--OWlwhXrwENY8afznu2TS&index=2&t=4s>

How to read the Bible (with Steve Christoforou)

<https://www.youtube.com/watch?v=zFmov78GdBO&list=PLY5cPkFWwO--OWlwhXrwENY8afznu2TS&index=3>

The Bible explored: Can we trust the Bible? (by the Canadian Bible Society)

<https://www.youtube.com/watch?v=bPaeo19sQXw&list=PLY5cPkFWwO--OWlwhXrwENY8afznu2TS&index=7>

Discovering Orthodox Christianity: The Old Testament - An interview with Father Harry Pappas

<https://www.youtube.com/watch?v=68tEUHepVOY&list=PLY5cPkFWwO--OWlwhXrwENY8afznu2TS&index=2>

## ICONS

Venerating Icons (with Steve Christoforou)

<https://www.youtube.com/watch?v=o8iFOqppS6Y&list=PLY5cPkFWwO--i410febcOzCduAt-msZy3&index=8>

The ancient icons of St. Catherine's Monastery at the foot of Mt. Sinai

<https://www.youtube.com/watch?v=NicalTC4bLI&list=PLY5cPkFWwO--i410febcOzCduAt-msZy3&index=3>

A video from Russia: How to paint an icon of St. Nicholas

<https://www.youtube.com/watch?v=NZh6qeY4hMc&list=PLY5cPkFWwO--i410febcOzCduAt-msZy3&index=1>

## ORTHODOXY AROUND THE WORLD

The Orthodox Christian Church's Patriarch Bartholomew (by 60 Minutes)

<https://www.youtube.com/watch?v=K6ZXxgjKk2o&list=PLY5cPkFWwO-9rVhMSzZiucwt0dXzHedIV&index=8&t=0s>

Mount Athos, the Holy Mountain (by 60 Minutes)

<https://www.youtube.com/watch?v=FkCj5N9o1tk&list=PLY5cPkFWwO--zqlg7RiDabsbiknLNEcIP&index=4&t=81s>

Mount Athos: this mountain has been home to monks for 12 centuries (by Great Big Story)

<https://www.youtube.com/watch?v=gM8ZNtOdfa8&list=PLY5cPkFWwO--zqlg7RiDabsbiknLNEcIP&index=14>

Mother Nektaria: the only Greek in Kolkata, India is a mother to thousands (by Greek Reporter)

<https://www.youtube.com/watch?v=t2WLOt55mpY&list=PLY5cPkFWwO- oJMka3M4m90BsiQL3Npo2&index=10&t=119s>

Orthodoxy in Africa: A journey of faith (with Father Martin Ritsi)

<https://www.youtube.com/watch?v=VO9AbyshWmk&list=PLY5cPkFWwO- oJMka3M4m90BsiQL3Npo2&index=2>