



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



May 3, 2020  
Sunday of the Myrrh-Bearing Women  
The Holy Martyrs Timothy and Maura

Peter the Wonderworker ❖ Xenia of Kalamata the Great Martyr

**ENTRANCE HYMNS**

**Resurrectional Apolytikion - Ote Katilthes ("When Thou Descended")**

When You descended to the Realm of Death, You, the Life that is deathless, then did You Hades lifeless rend with the Lightning of Divineness. And when You did raise up those dead from deep within the earth, Then did all the powers that are in the Heavens above cry out, O Lifegiving Christ, You Who are our God, Glory to You.

**Apolytikion of Great and Holy Pascha - Christos Anesti ("Christ is Risen")**

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life.

**Apolytikion for Joseph of Arimathea – O efschimon Iosif ("The honorable Joseph")**

When he took down Your immaculate Body from the Cross, the honorable Joseph wrapped it in a clean linen shroud with spices and laid it for burial in a new tomb. But on the third day You arose, O Lord, and granted the world Your great mercy.

**Apolytikion for the Myrrh Bearers – Tes Miroforis ghinexi ("The Myrrh-Bearing Women")**

The Angel standing at the sepulcher cried out and said to the ointment-bearing women: The ointments are appropriate for mortal men, but Christ has been shown to be a stranger to decay. So go and cry aloud, The Lord has risen and granted the world His 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 ἡ δῦτατον, τοὺς τῆς νηδύος σου βλαστοὺς, δι' αὐτῶν εὐαγγέλιον, 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 nidynos 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.

**Kontakion of Pascha – I ke en tafo ("Though You went down into the tomb")**

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection.

Paschal Troparion: CHRIST IS RISEN – Χριστός ἀνέστη  
From the Holy Eparchial Synod, Greek Orthodox Archdiocese of America, 2012  
March 2013 Revision

Plagal of the First Tone. D.

Christ is ris - en from the dead, by death,  
tram - pling down up - on death, and to  
those in the tombs He has grant - ed life.

Ἦχος πλ. α'. Πα

Χρι - στός ἀ - νέ - στη ἐκ νε - κρῶν, θα - νά - τῳ  
Chri - stos a - ne - sti ek ne - kron, tha - na - to  
θά - να - τον πα - τή - σας, καὶ τοῖς  
tha - na - ton pa - ti - sas, ke tis  
ἐν τοῖς μνή - μα - τι, ζω - ῆν χα - ρι - σά - με - νος.  
en tis mni - ma - si, zo - in cha - ri - sa - me - nos.

The Holy Eparchial Synod recommends teaching this melody and text so that when Orthodox faithful from various parishes and Metropolises gather, they will be able to sing this hymn as one.

Icon of the Resurrection used with permission from  
Holy Trinity Serbian Orthodox Church in Butte, Montana.

## RESURRECTION HYMN

Χριστός Ανέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,  
ζωὴν χαρισάμενος.

*Christos anesti ek nekron, thanato thanaton patisas, ke tis en tis mnimasi  
zoin harisamenos.*

Christ is risen from the dead, by death, trampling down upon death, and to  
those in the tombs He has granted life.

**At the conclusion of each service during the Paschal season until  
the eve of Ascension, the following responses are made:**

Priest: Christ is Risen!  
Ιερεύς: Χριστός Ανέστη!  
*Christos Anesti*

People: Truly, He is Risen!  
Ο Λαός: Αληθῶς Ανέστη!  
*Alithos Anesti*

Priest: Glory to His third-day Resurrection.  
Ιερεύς: Δόξα τῇ Αὐτοῦ τριημέρῳ ἐγέρσει.  
*Doxa ti Aftou trimero egersei*

People: We worship His third-day Resurrection  
Ο Λαός: Προσκυνούμεν Αὐτοῦ τὴν τριήμερον ἐγερσιν.  
*Proskinoumen Aftu tin triameron egersin.*

<b>Albanian:</b>	Khrishti unjal!	Vertet unjal!
<b>Armenian:</b>	Kristos hanyav ee m erelotz!	Orhniat eh harootyunuh kristosee!
<b>Bulgarian:</b>	Hristos voskrese!	Vo istina voskrese!
<b>French:</b>	Le Christ est ressuscite!	En verite il est ressuscite!
<b>German:</b>	Christus ist erstanden!	Er ist wahrhaftig erstanden!
<b>Italian:</b>	Cristo e' risorto!	Veramente e' risorto!
<b>Latin:</b>	Christus resurrexit!	Vere resurrexit!
<b>Polish:</b>	Khristus zmartvikstau!	Zaiste zmartvikstau!
<b>Romanian:</b>	Cristos a inviat!	Adevarat a inviat!
<b>Russian:</b>	Khristos voskrese!	Voistinu voskrese!
<b>Spanish:</b>	Cristo ha resucitado!	En verdad ha resucitado!

## EPISTLE READING

The Reading is from Acts of the Apostles 6:1-7

***The Lord is my strength and my song.  
Verse: The Lord has chastened me sorely.***

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, "it is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochoros, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

**Ἀνάγνωσις ἐπιστολῆς  
Πράξεις Ἀποστόλων 6:1-7 τὸ ἀνάγνωσμα**

***Ἰσχύς μου καὶ ὕμνησίς μου ὁ Κύριος.  
Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος.***

Ἐν ταῖς ἡμεραῖς ἐκείναις, πληθυνόντων τῶν μαθητῶν, ἐγένετο γογγυσμὸς τῶν Ἑλληνιστῶν πρὸς τοὺς Ἑβραίους, ὅτι παρεθεωροῦντο ἐν τῇ διακονίᾳ τῇ καθημερινῇ αἱ χῆραι αὐτῶν. Προσκαλεσάμενοι δὲ οἱ δώδεκα τὸ πλῆθος τῶν μαθητῶν, εἶπον, Οὐκ ἄρεστόν ἐστιν ἡμᾶς, καταλείψαντας τὸν λόγον τοῦ θεοῦ, διακονεῖν τραπέζαις. Ἐπισκέψασθε οὖν, ἀδελφοί, ἄνδρας ἐξ ὑμῶν μαρτυρουμένους ἐπτά, πλήρεις πνεύματος ἁγίου καὶ σοφίας, οὓς καταστήσωμεν ἐπὶ τῆς χρείας ταύτης. Ἡμεῖς δὲ τῇ προσευχῇ καὶ τῇ διακονίᾳ τοῦ λόγου προσκαρτερήσομεν. Καὶ ἤρεσεν ὁ λόγος ἐνώπιον παντὸς τοῦ πλήθους· καὶ ἐξελέξαντο Στέφανον, ἄνδρα πλήρης πίστεως καὶ πνεύματος ἁγίου, καὶ Φίλιππον, καὶ Πρόχορον, καὶ Νικάνορα, καὶ Τίμωνα, καὶ Παρμενᾶν, καὶ Νικόλαον προσήλυτον Ἀντιοχέα, οὓς ἔστησαν ἐνώπιον τῶν ἀποστόλων· καὶ προσευξάμενοι ἐπέθηκαν αὐτοῖς τὰς χεῖρας. Καὶ ὁ λόγος τοῦ θεοῦ ἤϋξανεν, καὶ ἐπληθύνετο ὁ ἀριθμὸς τῶν μαθητῶν ἐν Ἱερουσαλὴμ σφόδρα, πολὺς τε ὄχλος τῶν ἱερέων ὑπήκουον τῇ πίστει.

## GOSPEL READING

The Reading is from the Gospel of Mark 15:43-47; 16:1-8

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Jesus saw where he was laid.

And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

## ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Μάρκον 15:43-47, 16:1-8 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἐλθὼν Ἰωσήφ ὁ ἀπὸ Ἀριμαθαίας, εὐσχήμων βουλευτῆς, ὃς καὶ αὐτὸς ἦν προσδεχόμενος τὴν βασιλείαν τοῦ Θεοῦ, τολμήσας εἰσῆλθε πρὸς Πιλάτον καὶ ῥήτησατο τὸ σῶμα τοῦ Ἰησοῦ. Ὁ δὲ Πιλάτος ἐθαύμασεν εἰ ἤδη τέθνηκε, καὶ προσκαλεσάμενος τὸν κεντυρίωνα ἐπηρώτησεν αὐτὸν εἰ πάλαι ἀπέθανε· καὶ γνοὺς ἀπὸ τοῦ κεντυρίωνος ἐδώρησατο τὸ σῶμα τῷ Ἰωσήφ. Καὶ ἀγοράσας σινδὸνα καὶ καθελὼν αὐτὸν ἐνείλησε τῇ σινδόνι καὶ κατέθηκεν αὐτὸν ἐν μνημείῳ, ὃ ἦν λελατομημένον ἐκ πέτρας, καὶ προσεκύλισε λίθον ἐπὶ τὴν θύραν τοῦ μνημείου. Ἡ δὲ Μαρία ἡ Μαγδαληνὴ καὶ Μαρία Ἰωσήφ ἐθεώρουν ποῦ τίθεται. Καὶ διαγενομένου τοῦ σαββάτου Μαρία ἡ Μαγδαληνὴ καὶ Μαρία ἡ τοῦ Ἰακώβου καὶ Σαλώμη ἠγόρασαν ἀρώματα ἵνα ἐλθοῦσαι ἀλείψωσιν αὐτόν. Καὶ λίαν πρῶτ' ἤκουσαν τῆς μιᾶς σαββάτων ἔρχονται ἐπὶ τὸ μνημεῖον, ἀνατείλαντος τοῦ ἡλίου. Καὶ ἔλεγον πρὸς ἑαυτάς· Τίς ἀποκυλίσει ἡμῖν τὸν λίθον ἐκ τῆς θύρας τοῦ μνημείου; Καὶ ἀναβλέψασαι θεωροῦσιν ὅτι ἀποκεκύλισται ὁ λίθος· ἦν γὰρ μέγας σφόδρα. Καὶ εἰσελθοῦσαι εἰς τὸ μνημεῖον εἶδον νεανίσκον καθήμενον ἐν τοῖς δεξιῶν, περιβεβλημένον στολὴν λευκὴν, καὶ ἐξεθαμβήθησαν. Ὁ δὲ λέγει αὐταῖς· μὴ ἐκθαμβεῖσθε· Ἰησοῦν ζητεῖτε τὸν Ναζαρητὸν τὸν ἐσταυρωμένον· ἠγέρθη, οὐκ ἔστιν ὧδε· ἴδε ὁ τόπος ὅπου ἔθηκαν αὐτόν. Ἄλλ' ὑπάγετε εἴπατε τοῖς μαθηταῖς αὐτοῦ καὶ τῷ Πέτρῳ ὅτι προάγει ὑμᾶς εἰς τὴν Γαλιλαίαν· ἐκεῖ αὐτὸν ὄψεσθε, καθὼς εἶπεν ὑμῖν. Καὶ ἐξελθοῦσαι ἔφυγον ἀπὸ τοῦ μνημείου· εἶχε δὲ αὐτὰς τρόμος καὶ ἔκστασις, καὶ οὐδενὶ οὐδὲν εἶπον· ἐφοβοῦντο γάρ.

May 3, 2020

Sunday of the Myrrh-Bearing Women

The Holy Martyrs Timothy and Maura

Peter the Wonderworker ❖ Xenia of Kalamata the Great Martyr



**St. Nicholas Shrine Vigil Candle: Thank you to Art & Peggy Happas for sponsoring today's vigil candle for St. Nicholas Shrine in memory of Nicholas Kostomite.** 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 \$10.

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

**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)

**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](http://www.saintsophiachurch.org) and clicking on the "Donate" button.**



**NOW, you can also donate using Venmo! You may either search in Venmo or click [www.venmo.com/SaintSophiaChurch](http://www.venmo.com/SaintSophiaChurch)**