

WELCOME TO ST. SOPHIA

Welcome to the celebration of the Divine Liturgy. Please enter with reverence and thanksgiving and for worship in the “nave”, the church proper. The glass-enclosed narthex is designated for parents with infants and young children. However, adults are asked to remain in the narthex during the “*Small Entrance*,” “*Great Entrance*,” “*Epistles*,” and “*Gospel Readings*”. (Also, please turn off all cell phones and beepers during services.)

If you are a visitor or newcomer, we are pleased to have you with us. Please introduce yourself to a parish council member at the Pangari and also sign the guest book. (However, note that only those who are baptized or chrismated in the Eastern Orthodox faith may participate in the Holy Sacraments.) Following church services, we invite everyone to attend the fellowship hour in the parish hall.

Our website is <http://stsophia.net>

Today: (No reading today from the Archdiocese)

Three-year Memorial for the late
Peter Christo
May his Memory be Eternal!

Sunday of the Canaanite

January 29, 2012-February 4, 2012

29 Sunday	9:30 am Divine Liturgy 11:15 am Three Hierarchs Program and Breakfast 12:30 pm Sons & Maids Meeting
30 Monday	9:30 am Liturgy–Three Hierarchs 9:45 am Senior Tai Chi 5:30 pm Greek School 6:30 pm Basketball
31 Tuesday	11:00 am Senior Dance 12:30 pm Senior Program 4:00 pm Greek School
1 Wednesday	11:00 am Senior Exercise 12:30 pm Knitting 4:00 pm Greek School 7:30 pm Bingo “D”
2 Thursday	9:30 am Liturgy–Presentation of the Lord to the Temple 11:00 am Senior Dance 12:30 pm Seniors 5:30 pm Adult Greek School
3 Friday	4:00 pm Greek School 7:00 pm JOY–Candy Making
4 Saturday	8:00 pm Annual Valentine’s Dance

PARISH NEWS & EVENTS

- ▶ Following church services today, there will be a Greek School program and breakfast to commemorate “The Three Hierarchs.” The breakfast menu includes French Toast, sausage, bacon, home fries and scrambled eggs plus juice and coffee. Tickets for the breakfast are available at the door. The price is \$10 for adults; \$7 for children age 6-18; and free admission for children 5 and under.
- ▶ Listen to Greek love songs for words and music that have a unique way of touching the heart. For a beautiful evening of music, join friends and family this Saturday as the Sons and Maids once again sponsor their Annual Valentine’s Dance. The Aegeans will be playing not only some of the best love songs but a wide repertoire of music for an evening of dancing and fun. There will also be a buffet table of delicious mezethes and a cash bar. Tickets are \$30 for adults; \$15 for children 12 and under; and free admission for children under 5.
- ▶ The Senior Exercise Program sponsored by the City of Albany will begin its winter program this Wednesday, February 1 at 11 a.m. The program is open to Albany residents age 55 and older. The program is free. The classes are held on Monday and Wednesday at 11 a.m. Also for seniors are Tai Chi on Monday and dance classes Tuesday and Thursday.
- ▶ A reminder to all festival people. Please plan to attend the first meeting of the year which will be held next Sunday following church services. All chairs from last year’s Festival are requested to attend. If you cannot attend or are not available for assignment this year, please see George Sokaris.
- ▶ Just in time for Valentine’s Day! JOY will be selling homemade candy next Sunday during the fellowship hour.
- ▶ The application deadline for the PanHellenic Scholarship is January 31, 2012. Applications are available online at www.panhellenicscholarships.org.
- ▶ Parishioners who would like to have their home or business blessed, please see Father Pat.
- ▶ NNORC and AARP will once again be sponsoring a free income tax service for seniors beginning February 14. Call Deb Ritano at 505-7498 for an appointment.
- ▶ Please remember that there is a need for donations for the food pantry all year long. The donation box is located across from the coat room.
- ▶ Next Sunday there will be a 40-day memorial for the late Agron Sadikllaris, brother of Nikoleta Prifti.

Epistle Reading

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

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.

Gospel Reading

Matthew 15:21-28

Sunday of the Canaanite

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."