

## WELCOME TO ST. SOPHIA

440 Whitehall Rd., Albany, New York

Welcome to the celebration of the Divine Liturgy. The glass-enclosed narthex is designated for parents with infants and young children. Everyone is asked to remain in the narthex during the “*Small Entrance*,” “*Great Entrance*,” “*Epistles*,” and “*Gospel Readings*”. Also, please remember to turn off all cell phones and electronic devices. Also know that there is a wheelchair and a walker available to those who have mobility needs. Please ask a Parish Council member at the Pangari.

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. Remember that only those who are baptized or chrismated in the Eastern Orthodox faith may participate in the Holy Sacraments including Holy Communion. Following church services, everyone is invited to attend the fellowship hour in the parish hall. *Our website is <http://stsophia.net>*

**Today: August 13**

### Maximus the Confessor

The divine Maximus, who was from Constantinople, sprang from an illustrious family. He was a lover of wisdom and an eminent theologian. At first, he was the chief private secretary of the Emperor Heraclius and his grandson Constans. But when the Monothelite heresy became predominant in the royal court, out of hatred for this error the Saint departed for the Monastery at Chrysopolis (Scutari), of which he later became the abbot. When Constans tried to constrain him either to accept the Monothelite teaching, or to stop speaking and writing against it - neither of which the Saint accepted to do - his tongue was uprooted and his right hand was cut off, and he was sent into exile, where he reposed in 662. At the time only he and his few disciples were Orthodox in the East.

### Tikhon of Zadonsk

Saint Tikhon of Zadonsk was born in 1724 into a very poor family of the Novgorod province, and was named Timothy in holy Baptism. In his youth he was sent to seminary in Novgorod where he received a good education and later taught Greek and other subjects. Having received the monastic tonsure with the name Tikhon, in the same year he was ordained deacon and priest, and appointed two years later as rector of the Seminary in Tver. In 1761 he was consecrated Bishop of Kexholm and Ladoga, and in 1763 nominated Bishop of Voronezh, a difficult diocese to administer because of its large size and transient population, which included many schismatics. Feeling the burden of the episcopacy to be beyond his strength, the Saint resigned in 1767, retiring first to the Monastery of Tolshevo, and later to the monastery at Zadonsk, where he remained until his blessed repose. In retirement, he devoted all his time to fervent prayer and the writing of books. His treasury of books earned him the title of "the Russian Chrysostom", whose writings he employed extensively; simple in style, replete with quotes from the Holy Scriptures, they treat mostly of the duties of Christians, with many parables taken from daily life. In them the Christian is taught how to oppose the passions and cultivate the virtues. A large collection of the Saint's letters are included in his works, and these give a wealth of spiritual guidance directed both to the laity and monastics. Saint Tikhon reposed in peace in 1783, at the age of fifty-nine. Over sixty years later, in 1845, when a new church was built in Zadonsk in place of the church where

he was buried, it was necessary to remove his body. Although interred in a damp place, his relics were found to be whole and incorrupt; even his vestments were untouched by decay. Many miracles were worked by Saint Tikhon after his death, and some three hundred thousand pilgrims attended his glorification on August 13, 1863. He is one of the most beloved Russian Saints, and is invoked particularly for the protection and upbringing of children.

One-year Memorial for the late

Christos Damascos

Twenty-three year Memorial for the late

Arianne Damascos

Coffee Fellowship Sponsored in their Memory

May their Memory be Eternal!

### Tenth Sunday of Matthew

August 13, 2017 – August 19, 2017

13	Sunday	9:30 am	Divine Liturgy <i>St. Sophia Scholarship Awards</i>
14	Monday	11:00 am	Senior Exercise
		6:30 pm	Great Vespers: Windham, NY
		7:00 pm	Great Vespers: Poughkeepsie, NY
15	Tuesday	9:30 am	Divine Liturgy–Kimisis tis Theotokou
		11:00 am	Chair Yoga
		12:30 pm	Senior Program
16	Wednesday	11:00 am	Senior Exercise
		12:30 pm	Knitters
17	Thursday	12:30 pm	Seniors
18	Friday	11:30 am	Senior Exercise

### News & Events

- ▶ St. Sophia Scholarships will be awarded today to our student honorees. Congratulations to our students on their well-deserved recognition.
- ▶ Great Vespers will be held at Windham tomorrow night at 6:30 p.m. and at 7 p.m. at Kimisis Tis Theotokou in Poughkeepsie.
- ▶ The Church of the Assumption in Windham is also holding its annual Greek Festival today through Tuesday. There will be good food, music, and dancing.
- ▶ The Philoptochos garage sale will be held here on August 26. Donations of household goods, toys and games, small furniture, athletic equipment, and pocketbooks are now being accepted. Items must be clean and in good condition. Please see Catherine Halsdorf or Michelle Culbertson for further information.

## Epistle Reading

***Prokeimenon. First Mode. Psalm 32.22,1.***

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

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

**The reading is from St. Paul's First Letter to the Corinthians 4:9-16.**

Brethren, God has exhibited us apostles as last of all, like men sentenced to death; because we have become a spectacle to the world, to angels and to men. We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the off-scouring of all things. I do not write this to make you ashamed, but to admonish you as my beloved children. For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel. I urge you, then, be imitators of me.

## Gospel Reading

**10th Sunday of Matthew**

**The Reading is from Matthew 17:14-23**

At that time, a man came up to Jesus and kneeling before him said, "Lord, have mercy on my son, for he is an epileptic and he suffers terribly; for often he falls into the fire, and often into the water. And I brought him to your disciples, and they could not heal him." And Jesus answered, "O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to me." And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" He said to them, "Because of your little faith. For truly I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, 'Move hence to yonder place,' and it will move; and nothing will be impossible to you. But this kind never comes out except by prayer and fasting." As they were gathering in Galilee, Jesus said to them, "The Son of man is to be delivered into the hands of men, and they will kill him, and he will be raised on the third day."

## Resurrectional Apolytikion in the First Mode

When the stone had been sealed by the Jews and the soldiers were guarding Thine immaculate Body, Thou didst arise on the third day, O Saviour, granting life unto the world. Wherefore, the powers of the Heavens cried out to Thee, O Lifegiver: Glory to Thy Resurrection, O Christ. Glory to Thy Kingdom. Glory to Thy dispensation, O only Friend of man.

## Apolytikion for Apodosis of Transfiguration in the Grave Mode

Thou wast transfigured on the mountain, O Christ our God, showing to Thy disciples Thy glory as each one could endure. Shine forth Thou on us, who are sinners all, Thy light ever-unending, through the prayers of the Theotokos. Light-bestower, glory be to Thee.

## Apolytikion (Hymn) for the Church in the Plagal Fourth Mode

Blessed art Thou, O Christ our God, Who hast made manifest the fishermen as most wise, By sending down upon them the Holy Ghost, And by them hast drawn the world into Thy net. O Lover of mankind, glory to Thee.

## Seasonal Kontakion in the Grave Mode

You were transfigured upon the mount, O Christ our God, and Your disciples, in so far as they could bear, beheld Your glory. Thus, when they see You crucified, they may understand Your voluntary passion, and proclaim to the world that You are truly the effulgence of the Father.